

THE PENDULUM

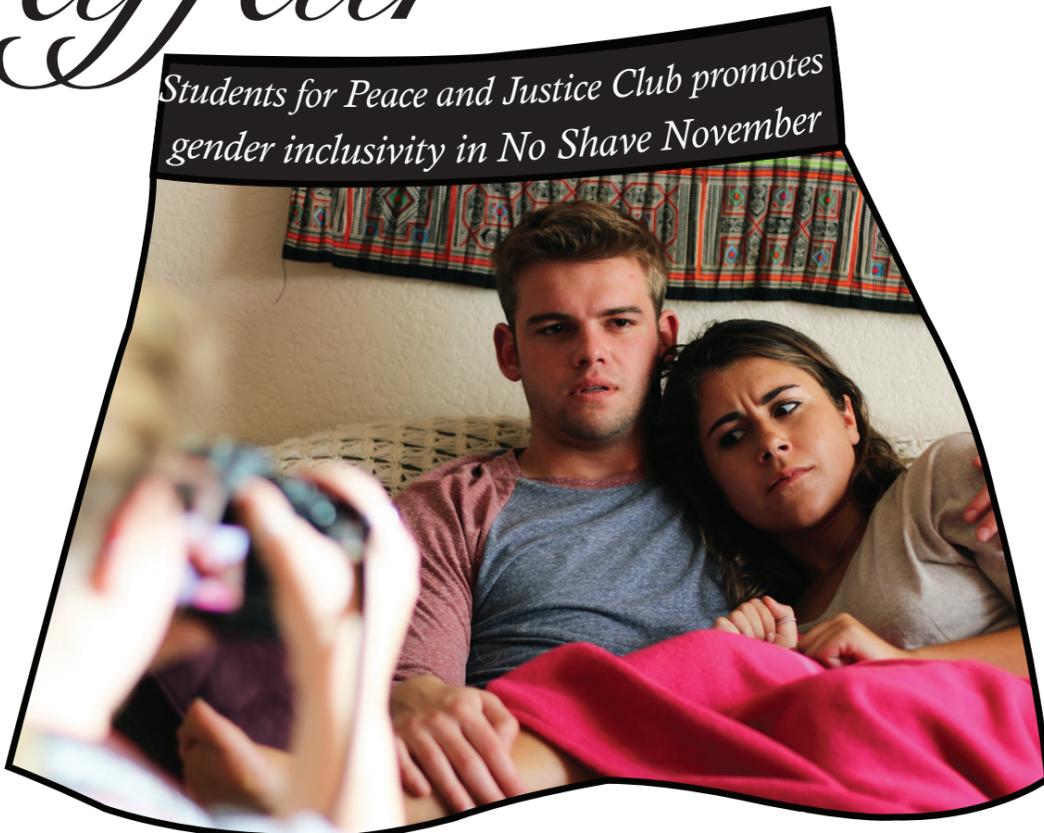
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A gender inclusive

affair with hair

Students for Peace and Justice Club promotes gender inclusivity in No Shave November



Leena Dahal
Senior Reporter

There was one primary topic of discussion at the start of the Elon University Students for Peace and Justice Club meeting Sunday afternoon: a group member and her leg hair.

Junior Emily Collins, club president, began the meeting recounting her week without shaving her legs — one that involved several auditions and a date.

The promise to remain unshaven stems from a campaign the club initiated to raise awareness and funds during No-Shave November, the nationally recognized monthlong campaign during which participants forgo shaving and grooming in order to start conversation and raise cancer awareness.

Members of the club have set up a donation page through the Cancer Research Institute, and since Tuesday's College Coffee have been inviting Elon students, faculty and staff of all genders to pledge a certain amount of money. But there's a catch.

The amount of money participants pledge will reflect the amount they're allowed to spend on razors or any form of hair removal for that month. The campaign also encourages all genders to participate in No-Shave

November regardless of how much they pledge.

While raising funds for cancer research, Collins was excited to begin the campaign with hopes that it would challenge the stigma against women who choose not to shave.

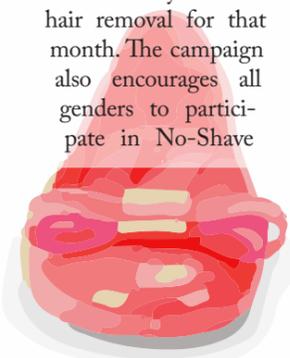
"I think women who don't shave are seen as either dirty or 'letting themselves go,'" Collins said. "I think you can be beautiful in many different ways when you're just naturally yourself."

According to a study conducted by Escentual, a British-based beauty products company, women spend approximately 72 days, or 1,728 hours, shaving their legs over the course of a lifetime. In the same study, shaving was ranked as women's most hated beauty ritual, with 35 percent of women polled saying they hated shaving their legs more than any other form or method of hair removal.

Collins said because of the stigma associated with unshaven women, No-Shave November is often seen as a month limited to men not shaving their beards.

"At the end of the day, it would be so much more powerful if more people were involved in raising awareness [for prostate cancer]," Collins said. "It shouldn't be limited to men, because the more

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The eye of the university

Number of campus security and body cameras rising

Max Garland
Assistant News Editor

Progress in both technology and the size of Elon University has led to the number of campus security cameras to balloon to roughly 500 total.

The cameras are primarily located in places such as parking lots and campus pathways, Elon Police Chief Dennis Franks said in an email, where people could be vulnerable to crime that no one else could witness.

Other cameras are installed on building exteriors and popular areas in larger, public buildings such as the Moseley Center and Belk Library. No cameras are installed inside of residential rooms, according to Franks.

"The cameras serve dual purpose," Franks said. "The footage can be used to identify particular information regarding an incident, either capturing the incident or piecing together information surrounding an incident. The cameras also can serve as a deterrent. If people know there is potential to be caught on tape they might decide not to take a particular action."

Campus security cameras aren't monitored around-the-clock. Their main purpose is to collect

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Acorn GoFundMe reaches 'Ellen'

Caroline Perry
Senior Reporter

Though the money for Acorn Coffee Shop employee Kathryn Thompson's Disney World vacation was raised on Oct. 5, another update appeared on the GoFundMe page on last Thursday:

"To all of our generous and loving supporters we suggest you tune into watch The Ellen Show on Monday, October 26, you may happen to see some familiar faces!" the post said.

On Monday afternoon, three Elon University community members made their debut on "The Ellen DeGeneres Show." Thompson, junior Taylor Zisholtz and freshman Lucy Smith-Williams all sat down with DeGeneres to explain how they changed each other's lives.

"This is a beautiful story," DeGeneres said when they sat down.

Their story began back in September when Thompson asked Zisholtz and Smith-Williams where they were from on a quiet Friday night at Acorn. Thompson wasn't too interested in Zisholtz's hometown, a small Philadelphia suburb, but she was intrigued where Smith-Williams was from.

"When Lucy announced that she was from Florida, her face just lit up, and she was ecstatic," Zisholtz said on "The Ellen DeGeneres Show."

Thompson asked the girls a multitude of questions about how far and how expensive it was to go to Disney World. She explained her lifelong dream was to bring her grandchildren, son and daughter-in-law to the theme park, but it wasn't feasible for

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Healing through helping

Inspirational speaker Dennis Gillan discusses suicide with students



MEGAN KOTTIKAMP | Staff Photographer

Dennis Gillan spoke about dealing with suicide and mental health issues on Monday at Elon.

Caroline Perry
Senior Reporter

Three organizations came together to present inspirational speaker Dennis Gillan, who addressed suicide and mental health Monday in Whitley Auditorium.

Zeta Beta Tau, Alpha Omicron Pi and Active Minds hosted Gillan to talk about his struggles and the greater context of mental health in college.

Gillan opened his talk with a simple, yet powerful, statement.

“My name is Dennis Gillan, and suicide stinks,” he said.

This opening statement focused and silenced the audience. In the next 30 minutes, Gillan informed the audience about suicide prevention and mental health issues through personal experience, powerful statistics and, surprisingly enough, a little humor.

Gillan began his presentation with the

moment he found out his older brother had committed suicide. He was in college at the time and returned to West Virginia University soon after his brother’s death.

“I should’ve gone right over to the wellness center, checked myself in and said, ‘I’m a mess,’ because I was,” he said.

Gillan continued his speech by describing how he and his other brother had trouble dealing with their grief for many years. Eleven years after the death of his older brother, his younger brother committed suicide.

“This is a guy that I should’ve been looking out for,” Gillan said, as he struggled to continue speaking.

Though the beginning of his speech was hard for Gillan to talk about and difficult for the audience to hear, the rest of the speech shifted to focus more on how to help others in difficult situations.

Gillan was a strong advocate of going to counseling and therapy, especially during college.

“You have these services at Elon,” he said. “And they’re free of charge. Walk in there — it’s not that bad.”

Gillan also suggested joining clubs and organizations and looking out for one another.

“If you’re in [the] Greek system, great. If you’re in a club, awesome,” he said. “Just get

involved in something here at Elon, because we aren’t designed to go through this thing called life alone.”

Throughout his life, Gillan has been able to work for the National Suicide Prevention Lifeline. He has used his intimate experiences with suicide to help those in crisis.

“There is healing through helping,” Gillan said.

As he continues to work with different groups, he has spoken at a myriad of events. Each time he emphasizes the importance of reaching out and getting help, he said.

At the end of his presentation, Gillan emphasized how important it is to be cognizant of those around you.

“If something is off, you have to have a conversation with that person,” he said. “It’s hard, but you have to do it. 80 percent of people are affected by suicide. We’ve come a long way, but we still have to do better. Talking saves lives.”

Following his presentation, there was an open discussion hosted at the Zeta Beta Tau on-campus house. Students were encouraged to attend to continue the conversation about mental health, suicide prevention and Gillan’s story.

Editor’s note: Caroline Perry, the reporter, is a sister of Alpha Omicron Pi, the sorority that helped plan the event. Perry was not involved in the planning of the event.

A call for a ceasefire, from a Palestinian

Native Palestinian, human rights activist underlines issues hindering resolution

Christina Elias
Senior Reporter

His homeland’s been “destroyed,” aid dollars have been pocketed and the news media haven’t helped, native Palestinian Bassem Eid said in a talk at Elon University Monday night.

“I am not here to influence anybody,” Eid said. “I am here with a very clear message. And I am here to provide a kind of first-hand information on what’s really going on. I am living there. I know what’s going on there. I already understood the feeling of the ordinary Palestinians who are seeking how to improve their own daily life.”

Elon became the 16th college campus he has visited since his arrival in the United States Oct. 11.

Eid, a Muslim who founded the Palestinian Human Rights Monitoring Group, currently lives in Jericho, a city under the jurisdiction of the Palestinian Authority. During his presentation, “Life

Under the Palestinian Authority: A Palestinian Speaks Out,” Eid spoke about the development of the current political climate in the region, with emphasis on the influence of the terrorist group Hamas and a Palestinian political party called Fatah.

Addressing the kind of partisan coverage of the Israeli-Palestinian conflict common in world media, Eid stressed his goal of reaching their U.S. audiences in a way they do not.

Following the Hamas takeover of the Gaza Strip, Eid said Palestinians “are unable to reach any kind of reconciliation or any kind of unity.”

During much of his presentation, Eid spoke of the consequences the conflict has on civilians, especially those caught between opposing factions and polarized politics.

“Gaza is a destroyed place, unfortunately,” Eid said. “People are waiting for reconstruction.”

He went on to try and make



HALI TAUXE | Photo Editor

Palestinian human rights activist Bassem Eid spoke to Elon students Monday about his experiences during the Israeli-Palestinian conflict. He’s the founder of the Palestinian Human Rights Monitoring Group.

sense of the gridlock: Not only has reconstruction, and peace, been delayed by further conflict between the Hamas and Fatah, but also, outside aid is used by each group for their own benefit, rather than rebuilding damaged areas.

In addition to corruption within organizations and groups hindering progress, Eid cited Palestinian individuals’ reluctance to focus on broader issues in their societies as another roadblock to restoration.

According to Eid, people focus only on their own futures and those of their children. He condemned how groups are addressing — or not addressing — the realities they all must live with.

“This is not the way to build

a state,” Eid said. “This is not the way to make peace with people [who] you still need.”

Eid called for a different approach to ending the conflict and rebuilding Palestinian societies: economic solutions in the form of substantial contributions — building factories, for example, to provide civilians the jobs they need to attain not only money, but also a sense of purpose.

“We need sources of jobs here, sources of income here,” he said.

Throughout the talk, Eid highlighted a need for dignity in terms of basic respect and the right to work, asking, “Where is the dignity? Where is the dignity that we are seeking?”

He also questioned the right

of news media outlets to “speak for” Palestinians, saying that these news sources prescribe to “bias upon bias.”

According to Eid, the international community is focused more on discussing terrorism in the region as a whole than on the conflict in Israel and Palestine. Because no one is focusing on specific issues, he said, “It’s going to be a mess, the whole Middle East.”

“I really hope that the international community will wake up one day and try to find a kind of solution,” Eid said. “In my opinion, we the Palestinians are seeking an economic solution, rather than a political solution. And that’s the message I am trying to spread out all the time.”

“THE PALESTINIANS ARE SEEKING AN ECONOMIC SOLUTION, RATHER THAN A POLITICAL SOLUTION.”

BASSEM EID
ACTIVIST

CAMERAS from cover

footage that is then stored on in-house and cloud-based servers. The costs of storing video are included in the original cost of the cameras, Franks said.

According to an E-Net article published in September, the cameras have recently helped in arresting someone in the process of an attempted Danieley Neighborhood break-in last spring and capturing footage of someone pushing the Kugel ball off a fountain in the Numen Lumen meditation garden this semester.

“When we first rolled out cameras, there was great concern that our community would feel it

was always being watched,” said Christopher Waters, assistant vice president for technology and chief information officer in the article. “Now, it’s not uncommon for students to ask, ‘Why wasn’t there a camera there?’ after an incident not caught by the system.”

Also in the system is footage from body cameras attached to police officers, which has seen a rise in popularity nationally. Elon purchased body cameras in late 2013 and launched their use last year, Franks said. Along with dash car cameras, body cameras are used to document incidents Campus Safety and Police respond to.

VideoSurveillance.com, a security integration company, said on its website that campus cameras can secure facilities, protect students late at night and deter

theft and break-ins. It can be a net positive, especially when combined with the Town of Elon’s fourth-place finish in SafeWise’s 2015 “Safest College Towns in America” ranking.

However, the website also adds that campus cameras are vulnerable to tampering and can create a false sense of security, along with privacy concerns.

Junior Sara Blough said the presence of security cameras makes her feel safer, as long as the university doesn’t install any in residences. Junior Emily Thomas said she feels the same in regards to campus safety, whether there are security cameras or not.

“I live off-campus so it’s not something I think about a lot,” Thomas said. “But generally when I’m walking around here I feel

SECURITY CAMERAS ON CAMPUS

- Roughly 500 security cameras total
- Installed in public spaces, building exteriors and parking lots
- Security footage stored on cloud-based servers
- Campus police also has body cameras, in car cameras

pretty safe. I think more blue lights [emergency response systems] would be more effective than cameras.”

Franks said the video footage is only available to campus police officers, but they may share footage with other law enforcement

agencies at the request of university officials.

“There are strict protocols in place to ensure privacy of people on campus, and the footage is only reviewed in response to specific incidents or investigations,” he said.

Tying notes, numbers together

In regional meeting, keynote speaker connects music, math



MEGAN KOTT/KAMP 1 Staff Photographer

Kristen Mazur, assistant professor of mathematics, helped plan the annual regional meeting of the Mathematical Association of America, which Elon hosted in a half-day event Monday.

Emmanuel Morgan
Senior Reporter

Music, like math, is everywhere, if only one knows where to look, a visiting professor told a packed crowd in Elon University’s Whitley Auditorium Monday night.

The connection between the two seemingly separate fields reinforces the value of a liberal arts education, according to the evening’s keynote speaker, Dave Kung, professor of mathematics at St. Mary’s College of Maryland.

“The key component of any liberal arts education is the ability to see relationships with two different subjects,” Kung said. “I hope that the students can take what they’ve learned here and apply it to all the areas of their academia.”

Throughout the evening, part of the North Carolina annual regional meeting of the Mathematical Association of America, Kung, a violinist of 39 years, argued that mathematics and music are eerily similar.

Kung has made an academic career off proving math’s ties to music, from simplifying a complex formula that predicts the sound of a violin pluck to performing tunes on the most unexpected of instruments.

The Department of Math and Statistics first applied to host the yearly meeting more than a year ago, and it’s required a lot of planning

in-between, according to Ayesha Delpish, department chair and associate professor of statistics.

The planning paid off in a robust turnout, as students and faculty from around the state flocked to campus, coming from schools such as Duke University, Wake Forrester University and Davidson College. With them, many students brought research papers and posters covered in math-re-

lated charts, graphs and formulas of all kinds.

“I think it’s good that other students can see what their peers are doing in research,” Delpish said. “By

actually looking at the research, students can see the practicality in their work and hopefully motivate them to continue.”

To Kung, an understanding of music and math matters not only in research fields, but also in everyday life.

Even in commonplace household objects. The mathematician-musician hybrid brought a tube from a hardware store and played “Taps” by simply waving it around his head. He said the trick works because every tube is similarly shaped — PVC pipe to clarinet.

“The same mathematics used to predict quantum mechanics is used in music,” Kung said. “There is an entire symphony in a single note. As Henri Poincare [an influential French Renaissance man] said, ‘Mathematics is the art of giving the same name to different things.’ This subject is applicable everywhere.”

Another lead organizer, Chad Awtrey, assistant professor of mathematics, said he hopes the subject will gain more of a popular appeal.

“I hope that students can be captured by the beauty of math,” Awtrey said. “I hope that this can give a branding to math and help people realize it’s not dry. If people get more interested in it, we can have more breakthrough discoveries in mathematics like we would in biology or chemistry.”

“ THE KEY COMPONENT OF ANY LIBERAL ARTS EDUCATION IS THE ABILITY TO SEE RELATIONSHIPS WITH TWO DIFFERENT SUBJECTS.”

DAVE KUNG
PROFESSOR OF MATHEMATICS AT ST. MARY’S COLLEGE OF MARYLAND

lated charts, graphs and formulas of all kinds.

“I think it’s good that other students can see what their peers are doing in research,” Delpish said. “By

Junior recovering in Peru after serious pedestrian accident

Michael Bodley
Editor-in-Chief

Following a pedestrian accident in Peru Oct. 22, junior Ben Bridges is in “stable but serious” condition after undergoing surgery, according to several emails sent out to campus organizations he’s involved in. Bridges is studying abroad in the South American country this semester.

As of Tuesday, he was said to be continuing to recover.

Bridges sustained severe injuries in the accident, and an Oct. 23 surgery was said to be successful. By the morning of Oct. 24, Bridges was “awake, responsive, and moving his limbs,” according to an email sent to select student organizations by Jana Lynn Patterson, associate vice president for Student Life and dean of Student Health and Wellness.

The exact circumstances of the accident and the injuries Bridges sustained are unclear. Elon University administrators waited until Bridges’ parents were notified before alerting students. As of publication, a notification had not been sent out to all of campus.

It’s unclear where in Peru Bridges was at the time of the accident. The junior, who is involved on campus with the Center for Leadership and New Student Orientation, is an Honors Fellow, a Lumen Scholar and a tour guide. Within the Honors Fellow program, Bridges is the William R. Kenan, Jr. Fellow, a full tuition scholarship awarded to one fellow each year who exemplifies global engagement and service.

In the email, Patterson said those wishing to send a card or note can bring it to the Office of Student Health and Wellness, where it will be forwarded to the Bridges family.

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Mapping Elon's mushrooms

Campus fungi project looks to highlight biodiversity

Max Garland
Assistant News Editor

On Associate Professor of Biology Antonio Izzo's website is a link to a map that shows dozens of fungi, in all different shapes, colors and sizes, around Elon University's campus. And he hopes that maybe, when the map is complete, it will help students wake up and smell the mushrooms.

"You see all of these beautiful trees and plants around here, but we got these beautiful other organisms as well," Izzo said. "They're just not as easy to see and find, so I thought it would be neat to start raising people's awareness of this other kingdom of life that lives out there."

Izzo's Campus Fungi Project, which started Oct. 1 and will last until at least the end of spring semester, is looking to be a long-term fungi database for students and professors to use while highlighting Elon's biodiversity.

Anyone who wants to get involved can send Izzo a GPS-tagged photo of fungi found on campus, and he will add it to the map.

Through the crowdsourcing aspect of the project, more than 100 fungi have been mapped so far. Izzo said anyone can help, even those who aren't experts in mycology, the study of fungi.

"This does not require high technology," Izzo said. "If you have a cell phone and GPS embedded, and happen to see something cool, you take a picture of it. So now instead of me walking around campus by myself and being very limited as to how much area I can cover and my own biases, it's a fungal foray at full blast."

Year of fungi at Elon

The duration of the project stems from fungi's seasonal nature, with a variety of different species being exclusive to the fall or the spring. With enough participation, the map will become a snapshot of what one year of fungi looks like at Elon.

"Theoretically, if I wanted to go back and find a species [of fungi], I have the GPS location, I can look next year at this same time, and it could be out there," Izzo said. "It opens the door for fungi research projects and other neat opportunities like that."

The fungi kingdom is varied, containing molds, yeast and mildews, but it most popularly contains mushrooms. After Elon's dry summer followed by the long stretch of rain, fall 2015 was the perfect opportunity to find different mushrooms around campus.

"Knowing we had so many cool things coming up with mushrooms and things like that, it seems like a really neat opportunity to jump out there and start documenting some of this as a way of raising awareness of this group of organisms that's right here under our noses," Izzo said.

Danieley Neighborhood and Elon University Forest have the majority of the fungi documented to this point, but areas near Belk Library and Rhodes Stadium have also been reliable sources of fungi. The ground covered on the map is expansive, thanks to the 12 contributors so far.

"It's an interesting project, and I'm glad it's



PHOTOS SUBMITTED BY ANTONIO IZZO

Students and faculty submit photos for a campus fungi map, started by Associate Professor of Biology Antonio Izzo.

starting now, especially going into the winter months where there will be less opportunities to take pictures," said junior and biology major Jordan Finizio.

Not all contributors are in the biology field, with Associate Professor of Art History Evan Gatti and freshman Ana Taveira chipping in as well.

"I heard about the project on the Biology Club group page, and I thought it would be good to help out," Taveira said. "I took some pictures around the lake and Danieley and found some cool stuff."

The role of fungi

According to the website of Kew Gardens, a botanic garden near London, fungi have a crucial impact in the environment and in society. Besides being part of an ecosystem's nutrient cycle and exchange process, fungi can provide assistance to plants and be a source of antibiotics or cholesterol medicine.

"They provide fundamental products including foods, medicines and enzymes important to industry," a section of the Kew website

reads. "They are also the unsung heroes of nearly all terrestrial ecosystems, hidden from view but inseparable from the processes that sustain life on the planet."

Izzo is no stranger to fungi's importance — he earned his Ph.D. at the University of California at Berkeley's Department of Plant and Microbial Biology.

He said studies show the diversity of fungi is correlated with the diversity of plants, and fungi can be very diverse — some live on an unseen dead root in the ground, some live off the nutrients of degraded materials and others have a symbiotic relationships with trees.

"When you have the tables laid out with these hundreds of different mushrooms in there, it really hits you how diverse they are, and you see all these things that were probably right under your feet," Izzo said. "We all look for different kinds of things when we search for fungi, so that's something that's always been one of my fondest memories of all the mycology I've done over the years."

Students can send pictures of fungi on campus to Izzo at aizzo@elon.edu, as long as the pictures can be geo-located.



Hillel International Welcomes

GINNY VELLANI

as the Acting Director and Coordinator
of Jewish Student Life
at Elon University Hillel

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SHAVING from cover

people who participate, the more awareness is created and, in this case, also money."

To raise awareness for its campaign, the Students for Peace and Justice Club will be releasing a promotional video featuring the inner monologues of a woman participating in No-Shave November while on a date with a man who later reveals he does not mind or care about her unshaven legs.

Junior Rebekah Richin, producer for the project, said she hopes the video conveys a message of self-love and challenges the audience to move beyond thinking about what others may think of them.

"I think especially on this campus, it's easy to feel like you have to constantly think about the judgments people might make of you," Richin said. "I think we all need to be reminded that it's okay to be exactly who you are."

Richin, a cinema and television arts major and women's, gender and sexuality studies minor was thrilled to participate — especially as the project deals with women empowerment

and ties her major and minor together.

Sophomore Brendan Warner — who played the role of the male partner in the video — said he is glad to use his acting skills to support a good cause.

"I personally don't think it's a big deal for women not to shave," Warner said. "As long as they're not as hairy as I am, it shouldn't be a big deal."

But to Collins and Richin, not shaving will not be easy.

"Whenever I explain what I'm doing, I still giggle," Collins said. "But so what? I just want to give it a try — there's no harm in trying an experiment like this, especially when it's for a good cause."

Richin, who said she shaves on a daily basis, also looks forward to the challenge.

"I know I'll be conscious about it," she said. "I think I will be uncomfortable, but that's only natural as well."

Senior Evan Gaskin, member of the Students for Peace and Justice Club, said he is excited about the campaign, as it supports the notion of self-love.

"I think it's important that we support the freedom of women, and ultimately all people, to embrace themselves," Gaskin said. "Even the seemingly small things count."

Sourcing meals closer to university

Elon Dining aims to increase local food purchasing

Maria Barreto
Copy Intern

According to the United States Department of Agriculture (USDA), approximately 31 percent of the overall food supply in the United States ends up filling up more landfills than it does stomachs. It's facts like these that prompt events such as the Aramark, Local Food & Sourcing panel discussion that took place Oct. 20 in Global Commons.

Pulkit Vigg, panelist and resident district manager for Elon Dining, formerly known as Aramark, said it's Elon Dining's mission to deliver experiences that enrich and nourish lives by providing healthy and nutritional food. Still, only 6.6 percent of food purchased through Elon Dining is local.

While the panelists agreed they wish this number was higher, they also agreed a large part of the number comes from local food not being sustainable enough to maintain food services. By way of illustration, Aramark marketing coordinator Heather Krieger said buying every piece of produce and vegetable sold in the weekly Elon Community Church farmer's market would not be enough to supply enough food for a single meal time at a single dining location on campus.

Many local farms are in similar positions in that they don't have the capacity to provide all ingredients necessary to feed the entire school. Elon University currently has plans and projects in the works to help farms increase their attribution in order to raise the percent of locally sourced food.

Elaine Durr, director of sustainability and panelist, said the ideal goal is to get a majority of food from farms within 250 miles of the university, which launched a discussion on Loy Farm.

The Loy Farm project has been in the works since its purchase by Elon in 2000.

The farm has become a center for education and research for programs such as Agro-Ecology, as well as classes in the humanities, social sciences and natural sciences.

When a student asked why Elon Dining doesn't source all its produce and vegetables from Loy Farm, Vigg said, "If Loy Farm receives GAP certification, we will buy every piece of lettuce you grow."

Vigg's response brought up another roadblock in raising the percentage of locally-sourced food — third-party evaluation. The process Loy Farm must undergo to receive Good Agricultural Practices (GAP) certification is both lengthy and expensive.

Steve Moore, lecturer in environmental studies, said high pocket costs are the greatest challenge in obtaining the GAP certification necessary to source Loy Farm produce and vegetables into the kitchens at Elon. Moore also said Elon's environmental studies department has been the recipient of various grants that will assist in developing local farms and farmer's markets that will raise the percentage of local food sourced with Elon dining services.

Local farming aside, Elon is the proud sponsor of various other "green" dining options, cementing sustainability as a prominent theme within the community. With dining locations such as Green World, which provides both vegan and vegetarian options, and Biscuitville, a restaurant recognized for sourcing all its food and ingredients from within North Carolina, Elon's efforts are apparent.

"This is going to become the norm pretty soon," Vigg said. "We are ahead of the curve in terms of dining."

Panelists had suggestions to share for students looking to eat both local and green.

They pointed out that eating less meat would play a crucial role in reducing gases



DIEGO PINEDA | Staff Photographer

From left, Steve Moore, Elaine Durr, Heather Krieger and Pulkit Vigg discuss food sourcing.

— such as methane — that hurt the environment.

"The single biggest thing you can do to make a difference in the world is eat less meat," Moore said.

Another main contributor is the leftover food on plates that ends up being composted and thrown into landfills, which also releases harmful chemicals into the environment.

The panelists told attendees that the problem could easily be fixed if students were more educated about where their leftovers go when they're done eating. Krieger said the doors of her office, located on the first floor of Colonnades dining hall, are always open to students interested in learning more about sustainability and protecting the environment.

But there's only so much faculty and staff

can do until students need to instigate the steps to learning. Krieger said in her experience at the school, peer-to-peer education is much more effective in educating the student population than most classes and panels held at the school. It all begins with passionate students attending these panels and absorbing the information.

And students did turn out — approximately 15 attended — including junior Meghan Cashin, a student representative for the environmental sustainability council.

"My favorite part was the amazing panelists coming to provide more information about everything, because as a student, there is a lot of behind-the-scenes work that goes on that we don't get to see that is a critical part of how we can encourage sustainability with our food," she said.

Physical plant says swan injuries a rarity

Recent swan injury raised safety concerns at Lake Mary Nell



DIEGO PINEDA | Staff Photographer

One of the potentially at-risk residents of Lake Mary Nell waddles out of the lake.

Elizabeth Kirkhorn
Senior Reporter

Lake Mary Nell at Elon University has been a hotspot for fishing enthusiasts since its construction, but students have recently questioned the impact of fishing on the lake's waterfowl.

"The lake has always been open to fishing," said Tom Flood, associate director of Physical Plant, in an email. "We have had many student and others in the community spend countless hours fishing in the ponds with-

out a problem."

According to Flood, more birds are maimed on Williamson Avenue as they cross the road in search of resting sites than are injured in the lake. In Flood's 13 years at Elon, there have only been two other incidents involving the waterfowl, aside from a swan's injuries this year.

The swan, a direct descendant of the original swans brought to Elon's campus 10 years ago, suffered an injury that caused it to bleed profusely, alarming students who witnessed it. Soph-

omore Brittany Spengler was at the scene and called campus police.

"We were driving by and stopped the car in middle of the road to get out and make sure [the swan] was OK," Spengler said. "We called campus police and they said they were already taking care of it, so we did everything we could."

The swan was recovered by campus authorities and treated by a local veterinarian, according to Physical Plant. The details of how the swan was injured in the

first place remain unclear.

After this incident, students began to place blame on those who fish in Lake Mary Nell, believing that a fishing line may have hooked the swan.

"I heard quite a few jokes about the swan," said freshman Ben Nelson, who has been fishing since he was young and often spends time at Lake Mary Nell. "My friend who also fishes was often asked if he hooked it."

Even among these rumors, Physical Plant, the authority on Lake Mary Nell and its wildlife, says fishermen are not to blame for any injuries that befall the waterfowl, including to the swan.

According to Flood, the main population of fishermen on campus are Elon students like Nelson. The campus is home to a growing competitive bass fishing team and a leisurely fishing club. Flood said the lake is a habitat for several species of fish including bass, blue gill, crappie and grass carp, but there may be other species as well. Fishing is a fixture on Elon's campus for both students and community members.

"The swan's recent injuries had nothing to do with fishing that we or the veterinarian

could tell," Flood said. "Several years ago we had one situation of a fishhook getting stuck in the beak of a swan and we had to remove it, but it was not a serious injury. There have been no other injuries that we know of that were caused by fishing."

"Both involved swans with wing issues. They appeared to have nothing to do with fishing," Flood added.

Physical Plant has never seen an occurrence in which a bird was severely harmed by a fish hook, according to Flood, and thus does not feel there is enough evidence to question the practice of fishing in Lake Mary Nell.

"If fishermen follow the general rules of responsible fishing, always retrieving their line, hooks and bait, I believe that fishing does not pose any unreasonable risk to waterfowl," Flood said.

This is good news for students like Nelson, who, with the support of the Physical Plant, can continue to pursue their passions at Lake Mary Nell.

"The birds are already accustomed to humans," Nelson said. "I leave them alone, and they don't seem to be bothered by our presence."

Prescription drugs go over

Students look to ADD drugs, medications

Jordan Spritzer and Sky Cowans
Assistant Sports Editor and Reporter

Since he was five, Elon University communications student — who will not be named to protect his identity — has been prescribed medication for attention deficit disorder (ADD). As the student grew older, he began controlling the doses himself and soon realized he could no longer handle the daily medication.

“It just makes me feel uncomfortable,” he said. “I wouldn’t want to take it every day because it suppresses my appetite and makes it hard to fall asleep, so I only take it when I need to.”

The communications student is prescribed 40 milligrams of Vyvanse and 10 milligrams of Adderall daily, but said he prefers to only take his medication for “school-related events” such as studying for or taking tests, or any other classwork where he needs to stay focused.

To him, Vyvanse and Adderall have become nothing more than “study drugs.”

“I think that even if I could focus perfectly, I would still take it when I needed it for a big test because it gives you an advantage,” he said.

While some, like this particular student, are diagnosed at an early age, another Elon student took a more unconventional route. After taking unprescribed Adderall to help her study, this Elon junior went and got a prescription herself.

She first noticed having attention issues in fifth or sixth grade and took prescription medication for the first time her sophomore year of high school. She’d get it from her friends with prescriptions and said it was during her junior year that her usage picked up.

This past summer, before the start of her junior year at Elon, she sought out an ADD prescription so her insurance could pick up the tab, instead of having to pay out-of-pocket herself.

The junior said her parents were opposed to the idea of ADD medication while she was growing up and weren’t fully sold on the legitimacy of the condition, so she went to

her pediatrician herself. After a brief consultation where she expressed her symptoms, the doctor prescribed her 30 daily milligrams of Adderall.

Ginette Archinal, medical director of Elon Student Health Services and university physician, said quick consultations like that — which end in ADD or ADHD diagnoses — are problematic.

“Unfortunately there will always be physicians who will find it easier to just write a prescription rather than doing a full history,” she said. “It’s much easier to write a prescription, get the patient out the door and get another one in.”

The number of ADHD diagnoses increased at a rate of 5 percent per year from 2003 to 2011, according to the Centers for Disease Control and Prevention (CDC). That means more and more students are entering college with prescriptions for ADD and ADHD medications.

It’s what’s on the inside that counts

One of the key factors as to why these medications are abused by college students is because of internal factors such as the biological functions of the body and the chemical compositions of the drugs themselves. Adderall, Ritalin and other name-brand ADD and ADHD medications all cross the blood-brain barrier, meaning they have a direct cognitive effect on the brain.

In a classical model, a person with ADHD would require something such as dopamine to increase their ability to focus and be sharp. Dopamine itself can’t cross the blood-brain barrier, so ADD and ADHD medication use amphetamines and variants of amphetamines to cross into the brain.

Mat Gendle, professor of psychology at Elon said while chemists can manipulate drugs to the minute detail, they still aren’t completely certain what causes ADHD. They know the problem, just not why the problem exists.

Gendle said those with ADHD have a reduction in catecholamine — chemicals that move between cells — in the prefrontal cortex, which is the front part of your brain right above your eyes.

“This is an area of the brain that’s really important in regulation of higher level behavior, executive control, planning [and] higher level attentional control,” he said.

Creating practical policy

Archinal said the policy of Elon, and many other small colleges, is to not prescribe ADD or ADHD medication on campus because they are so widely abused.

The National Institute on Drug Abuse’s (NIDA) latest survey from 2013 reported that just under 11 percent of college students surveyed took Adderall non-medically and just under 4 percent used Ritalin non-medically. The combined rate of 14.3 percent was more than 5 percent higher than the conducted survey of people who are of college age, but not in college.

If a student comes in express-

ing symptoms of ADD or ADHD, Archinal often will do an evaluation herself, before recommending the student to a more specialized physician for a further analysis and final diagnosis and prescriptions. Elon does not refill existing prescriptions for students with ADD or ADHD.

Elon’s Office of Student Conduct has its own policy laid out in the student handbook regarding using and distributing prescription drugs. Possession or using prescription drugs without a prescription can result in punishment ranging from restitution hours, fines or suspension. Distributing or selling prescriptions normally results in a suspension for one calendar year for first-time offenders and permanent separation from the university for second-time offenders.

Students are still able to access these drugs despite the safeguards in place. The senior communications student said he is asked for spare pills on a regular basis.

“So many people have prescriptions so every single person knows a couple of people with a prescription so if you need one, it’s not far away,” he said.

“And because so many people have prescriptions and it’s from a doctor, people don’t think it’s bad or feel any remorse for going and finding it and getting it.”

Despite the law and Elon’s policy, the senior does not view diverting his pills as a problem.

“It’s not drug dealing because with drug dealing you’re trying to make money, whereas this, you’re trying to help somebody,” he said.

“If I don’t use it every day, I don’t use my full prescription every month, if I can help one of my friends out when they need help, then why not?”

Science made easy

Ruben Baler, health science administrator for the National Institute on Drug Abuse, spends most of his time speaking with high school and college students, as well as their parents. Baler said he likes to use analogies during his talks, so the audience can understand the inherently complex topics such as the neuroscience of how the brain works.

Baler said educating college students is a unique challenge.

“Adolescents don’t really look at themselves as vulnerable,” he said. “They see themselves as somewhat immortal and nothing can happen to them, so talking about the vulnerability of the brain is a tough sell.”

Baler said prescription drugs are a “double-edged sword” because while they are manufactured for medicinal purposes, they are still very dangerous and highly addictive.

When he discusses abusing ADD and ADHD medication, Baler encourages his audience to visualize a bell curve. The curve represents dopamine levels in your brain. An average person without ADD or ADHD is at or near the peak of the curve, and has normal dopamine levels.

“Those with ADHD are to the left of the peak so they need to take stimulants to move right along the curve [toward the peak,]” Baler ex-

plained.
When more is less

Baler uses the same model to illustrate what happens when people abuse ADD and ADHD medication.

“When normal populations, who are already at the peak level of dopamine take something like Adderall or Ritalin, what they are doing is moving to the right [of the curve],” he said. “It’s suboptimal because you are moving past the point of optimal performance.”

Since the function between a person’s dopamine levels and cognitive function is non-linear, people on medication without ADD or ADHD are actually lowering their ability to function. Baler added that students who abuse the medication are running the risk of not being able to think outside the box, despite feeling more alert and focused.

Gendle said this aspect is particularly tricky because students will anecdotally say they feel more alert and are able to study more when taking the medication.

He suggests the reason for that lies in the chemical makeup of the majority of ADD and ADHD medication.

The two active ingredients in Adderall are amphetamines and the most effective ADD and ADHD medications are often amphetamine-based. Amphetamines increase levels of synaptic catecholamine in the brain and boost dopamine levels. Essentially, they make people feel more alert, sharp and generally better.

“It’s not enhancing the higher-level functions that you need to actually sit down and write a 20-page paper,” he said.

Gendle said the effects of amphetamines can hide the more serious consequences, like operating at a lower than optimal level.

“Given the complex, multifaceted nature of the cognitive features that you need to employ to write that really good final paper or to study for an exam, I don’t know that it’s going to help you.”

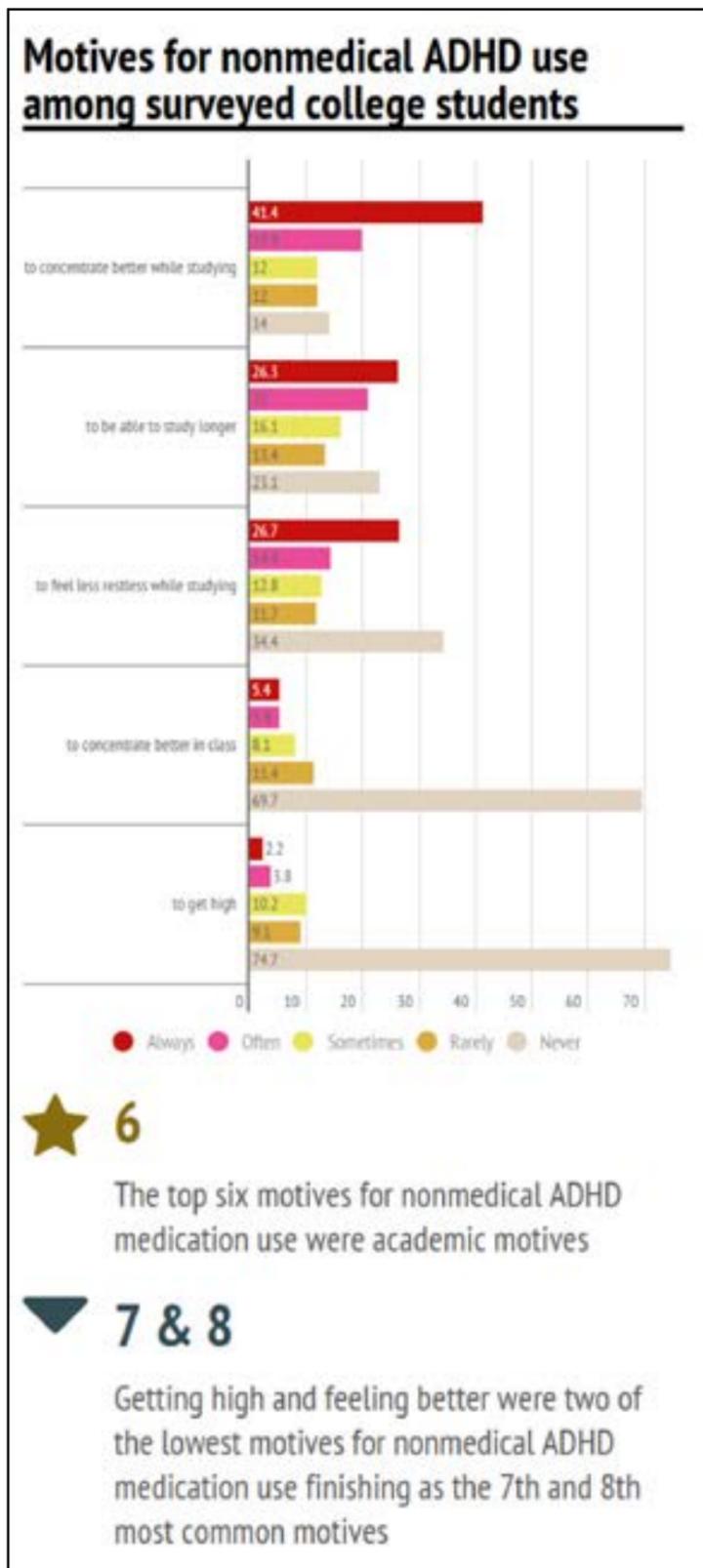
Finding motives

David Rabiner, associate dean of the Trinity College of Arts and Sciences at Duke University, co-authored a study entitled “Motives and Perceived Consequences of Non-medical ADHD Medication Use by College Students.” In their data gathered in 2008, just under 10 percent of students admitted to using ADHD medication non-medically.

“We found the overwhelming majority of students who use these drugs without a prescription, the primary reason is to enhance their academic performance,” he said.

Rabiner said he anticipates the number to be higher now, similar to the NIDA figure. His study showed wide disparities depending on year and ethnicity. For example, abuse among seniors was significantly higher than for first-year students.

“It went from 2 percent of first-year students who reported that, up to nearly 20 percent of seniors who



the counter, under the desk *to keep focus inside and outside classroom*

had reported that they had used non-medically," he said.

The most prevalent demographic of users in Rabiner's survey were white males in fraternities where just under 40 percent reported using non-medically. The senior communications student is a member of a fraternity at Elon and said some friends use it not just to study, but to party.

"I guess they do it to be able to drink more and stay up longer," he said. "They'll take it to wake up if they're feeling sleepy before they go out."

Although he will give his friends medication to study, he said he would not give it to them for the purpose of partying, because he said that's not what it's for. But if somebody needs it for studying, he's happy to give them a pill.

He also said he would not use it himself for the purpose of partying.

"I personally know that it's not fun," he said. "It is not something that I take to have fun so I would never even think to take it when I was drinking."

The junior also admitted to giving her friends pills for free to help them study. She would also occasionally take it to stay awake when going out on the weekends. She said she notices a difference when she mixes Adderall with alcohol, and she doesn't always like the result.

"You black out when you take Adderall and when you drink," she said.

She also never enjoys the coming down ef-

fect after taking Adderall.

"You feel like you can't do anything except stare at a wall," she said. "But you can't sleep, so it's the worst feeling ever."

Despite all of these negative effects, the junior said the benefits outweigh the risks, making it hard to stop using it altogether. She calls it a crutch, one that she can rely on when she needs to be productive.

The communications major had similar feelings and reasons for why he uses and willingly gives to his friends.

"It's hard because you want them to do well [in school] too," he said. "But part of the thing is, so many people don't view it as dangerous because so many people have it and it's not hard to get."

Rabiner said the fact that ADD and ADHD medication is a prescription makes college students think of them as less dangerous.

Finding a balance

Rabiner said another reason for abusing the medication comes from additional stresses of being a student he didn't have to face when he was a student.

"Students are trying to cram in more and more things into a typical day," he said. "I meet with students all the time now and usually when I listen to most students' schedules, I think to myself, 'I couldn't [do that] for a day and a half. How are they going to keep that up for a whole semester?'"



SKY COWANS | Reporter

Despite being diagnosed for ADD, one Elon senior only uses his medication to study.

The student said Elon's culture of fully- if not over-involved students also plays a part in her usage.

"It's such a social culture here," she said. "There are always things to do and it's hard to do your school work too."

Gendle said he's noticed Elon students' tendency to load up their schedules during his 12 years on campus.

"It's completely insane," he said. "I don't understand why though, I've never had a student give me an answer that I would consider to be

acceptable about why that is."

Gendle suggests it may come down to the attitude originating back in high school, where extracurricular activities are crucial for getting into a good college. He said students don't necessarily understand that doesn't matter as much anymore once you get to college.

"Y'all as students are fairly high achievers, which is how you ended up here and for whatever reason," he chuckled. "It's like go hard or go home. It's an attitude I don't understand. It's a very American attitude."

ELON UNIVERSITY

Doherty Center for Entrepreneurial Leadership

Upcoming Events: Fall 2015

Ashton Newhall Lecture



Featured on or in:

seventeen



InStyle

& more!

Thursday, November 5
5 p.m., Whitley Auditorium

Jess Ekstrom founder of



A socially conscious company that designs and sells headbands. It uses portions of the proceeds to give headbands to children with cancer.

Triple Impact Challenge

Wednesday, November 11
4: 15 p.m., Lakeside Hall

****Open to all Elon students!**** Register at www.elon.edu/tripleimpact

Cash prizes!
(\$200-\$500)

Pitch workshops available!

5-minute pitch competition!

2 tracks:
New Business Ventures or Social & Environmental



Cheat Sheet: Speaker of the House

News Briefs



Rep. Paul Ryan (R-Wis.) speaks at the 2014 Conservative Political Action Conference. Ryan is a top candidate for the Speaker of the House. PHOTO COURTESY OF TRIBUNE NEWS SERVICE

Alamance County DWIs increase, number more than surrounding counties

The number of people charged with DWI in Alamance County increased from 827 in 2013-14 to 928 in 2014-15, according to a report by The Burlington Times-News.

The number of DWIs given in Alamance County in recent years was significantly more than other surrounding counties. Catawaba County, whose population is 154,810 people in comparison to Alamance County's 154,378, filed 447 cases of DWI in 2014-15.

Elon to offer post-grad service expo Nov. 3

The Student Professional Development Center will host a service expo 3-5 p.m. Nov. 3 in McKinnon Hall.

The expo will serve as an opportunity for students looking for short-term service opportunities, both domestically and abroad, after graduation.

Organizations that offer such programs will be present to discuss possible paths in the field.

Moseley Center focus groups seek student evaluations

A group of graduate assistants at Elon University is hosting focus groups about how students use the first-floor student center space in Moseley.

The sessions will be held 6:15-7:15 p.m. Oct. 27 in Moseley 120 and 2-3 p.m. Oct. 28 in the center's Ward Octagon Room. The graduate assistants are working with the Moseley Center and the Residential Campus Initiative to evaluate how students view the student center for a class project. The goal of the evaluation is to help the graduate assistants determine if a more comprehensive study of the space is necessary.

In the upcoming weeks, the group will also distribute surveys about the student center. Survey information will be online and displayed on campus.

Halloween in Burlington City Park

The Burlington Recreation and Parks department is holding "Dark in the Park," a Halloween-themed festival, from 5 - 9 p.m. Oct. 31. The event in city park will feature amusement rides, a costume contest at 5:30 p.m. and carnival games presented by local non-profit groups.

Who is slated to be the next Speaker of the House?

Rep. Paul Ryan (R-Wis.) will officially know by the end of the week if the title of Speaker of the House's in his future.

Currently dubbed the House Speaker-in-waiting, the decision to elect Ryan to one of the top positions will be voted on during a secret-ballot GOP election Wednesday and a full House vote the next day.

After years of resisted pressure to take on a more prominent role in the party, Ryan took some convincing to nominate himself as a potential candidate for the position.

Rep. Kevin McCarthy (R-Calif.) had his hat in the race until Oct. 8. After he pulled out, the pressure then further

shifted to Ryan, the only viable option for the position.

Why is Ryan stepping up now?

In a move unexpected for some, the House spot opened up last month after former Speaker of the House John Boehner resigned from the position Sept. 25. Thomas P. O'Neill Jr., who held the position of Speaker of the House from 1977 to 1986, was the last person who left the position willingly.

Others were less surprised about the resignation. After Boehner's emotional final address to Congress, it was speculated, according to The New York Times, that past pressure to push for more spending cuts sped up his departure.

What will be Ryan's first steps as Speaker?

If successfully voted into the position by his party and the rest of Congress, Ryan has made clear to his party that he wants to act as the House GOP's "spokesman and agenda setter without the threat of revolt from the right," according to The Washington Post.

According to The Washington Post, Ryan has already tapped David Hoppe, a former adviser to Republican congressional leaders, to serve as his chief of staff if elected.

Ryan will have to get to work immediately if elected Thursday. Congress is currently working toward raising the government's borrowing limit before the Nov. 3 deadline, a task Ryan will take the lead on.

CRIME REPORT

Oct. 21 LARCENY EAST HAGGARD AVENUE, ELON: An Elon University employee contacted campus police in reference to a stolen yellow vase between the hours of 5:35 p.m. and 7:45 a.m. on Oct. 20 - 21 in the Gerald L. Francis Center, which houses the School of Health Sciences.

Oct. 23 RECKLESS DRIVING COOK ROAD, ELON: An Elon resident was jailed Friday after allegedly attempting to evade a Gibsonville police officer pulling him over for driving without a registration plate, according to a Burlington Times-News report.

The man drove nearly 55 miles per hour over the 45 mph speed limit on Cook Road, the report said. He was charged with felony flee to elude arrest with a motor vehicle, reckless driving to endanger and speeding.

Oct. 23 UNDERAGE POSSESSION OF A MALT BEVERAGE COLONNADES NEIGHBORHOOD, ELON: Two students were cited with possession of a malt beverage by a person under the age of 21 around 3:30 a.m. Friday morning at Colonnades A (Story Hall), according to a University Police report. One was 18 and the other was 19. There were no items seized and the case is currently inactive.

Oct. 24 SHOOTING NORTH CHURCH STREET, BURLINGTON: Police officers responded to sounds of gunfire around 2 a.m. Saturday at Black Jack's, a bar located at 1821 N. Church St, according to a Burlington Times-News report. Two gunshot victims were found injured at the scene and taken to Alamance Regional Medical Center to be treated. Investigators determined an unknown person fired a handgun at the two men while they were in an altercation. Police have not yet determined what caused the argument and no arrests have yet been made, the report added.

Treat Title IX training as a priority

HOW WE SEE IT

Title IX training builds a safer campus, but only if it's comprehensive and engaging.

Staff Editorial

A new population on campus now knows how to appropriately report and respond to instances of sexual assault or harassment: members of fraternities and sororities. They have been trained so they have the knowledge and resources needed to react to instances of sexual assault or harassment — a worthy goal.

But the training itself may have fallen short.

It's great that administrators chose to make Title IX training mandatory for these students. But this training needs to be more engaging to actually make the hoped-for impact.

Jana Lynn Patterson, dean of Student Health and Wellness, requested that all members of the fraternity and sorority community train in Title IX policies so they are able to support each other and assist in reporting in case of any incidents, Director of Fraternity and Sorority Life (FSL) Dan Faill said in an email.

Members of FSL were trained through an

online Moodle course that allowed students to complete the training at their convenience. But it came at the cost of the training's educational impact.

In the course, students took quizzes based on informational slides to demonstrate their understanding of Title IX policies. To pass the course, students had to answer all questions on all nine topics — a total of 30 questions — correctly. Students could take the quizzes an unlimited number of times until they got all questions correct.

Giving students unlimited attempts reduced any risk or challenge involved. Students didn't even have to read the information to pass — they could guess on the quiz, look at the correct answers to the questions they got wrong and take it again until they got it right. Yes, students were forced to look over the information as they read the quiz questions, but the chances that they retained all — or any — of that knowledge is low.

According to a slide in one of the presentations that make up the course, the Title IX training program is designed to provide definitions of terms associated with Title IX violations, among other things.

Everyone — students, administrators, professors, staff and anyone else on campus

TITLE IX

Title IX is a federal law that prevents any discrimination on the basis of sex — including sexual harassment, sexual exploitation and sexual misconduct — in any education programs or activities receiving federal funding.

— should understand what Title IX means and how it needs to be applied, and requiring members of FSL to take the training course is a step in that direction.

But great ideas do nothing when they're poorly implemented. If the university is going to require FSL members to take the training, they need to put enough funds, planning and effort

into it to make it as impactful and helpful as it's meant to be. If the university is going to prioritize Title IX training for everyone in the FSL community, then it needs to take it seriously and do better than an online course.

Require everyone to attend training sessions in person, or build a more challenging online course. Offer optional sessions for people who want to learn more. If this is going to be a priority, treat it as one. Let's make a commitment to put the time and energy necessary into making Title IX the protective law it's meant to be.

Elon longs for longer cafeteria tables

HOW WE SEE IT

Larger dining tables can bring students together to form a closer community.

Staff Editorial

As Elon Dining, formerly branded as Aramark, moves forward, it has a chance to re-design Elon University's dining halls in a way that is much more welcoming. We're talking cafeteria tables. We'd like to see more of them.

With focus groups and conversations underway on how to best renovate McEwen

Dining Hall, Elon Dining is focusing on the specifics — as it should. Especially to younger students, the nit-picky matters, and the devil is in the details when it comes to not only dining hall food, but also design and function.

It seems silly to suggest that a series of 16-person cafeteria tables can seriously change campus climate, or anything at all, really. But the smallest action can have the largest ripple effect on a campus of slightly more than 6,000 students.

A staple of high schools everywhere, cafeteria tables force perfect strangers to sit next to each other. And that, in its own way, allows conversation to happen. It chips away at a campus climate in which students only eat

with people they know — or eat alone.

Now, dining halls at Elon are tailored to the small group of friends or to the individual grabbing a quick bite. There's nothing wrong with that. It works. But if Elon Dining — led by the sweeping ambition of manager Pulkit Vigg — is to live up to grand promises of serving not just better food, but a better experience, it needs to re-think established spaces and models.

Though research is still being conducted, students have been asking for longer cafeteria-style tables, Vigg said in an interview. Elon Dining would be wise to give students what they're asking for. It just might go a surprisingly long way.

Take women's magazines seriously

From age 14 on, I grew up without a mom. I got my period, had my first kiss and attended my first high school formal without the guidance of a woman. My aunt and grandmother stepped in to cook me meals on school nights and help me study for tests — and I don't want to discredit them in any way — but they weren't my mom.

Without a clear maternal figure or older sister to turn to, I did what any reasonable adolescent would: I turned to the pages of a teen magazine. Seventeen.

Seventeen has historically taken its respon-

sibility to instill confidence in its fragile, adolescent reader-base seriously. In August 2012, the magazine pledged to stop digitally altering photos as part of its "Body Peace Treaty."

Ann Shoket, Seventeen's editor-in-chief at the time of the decision, emphasized that the magazine "never has, never will" digitally alter(ed) the bodies or faces of the models it features and will only use photos of "real girls and models who are healthy."

The magazine has also consistently framed itself as the reader's older sister — its mission being to "talk about the tricky stuff you [readers] don't want to discuss with anyone else" and to keep its readers from being embarrassed. "Don't worry, it's just us girls," Shoket wrote in her October 2013 Editor's Letter.

The magazine is not without problems, of course. Like any popular media outlet,

Seventeen perpetuates heteronormative conceptions of gender and emphasizes male-defined standards of beauty. These messages are limiting and disempowering, and they warrant further critical discussion.

Still, it hurts me every time I hear someone refer to Seventeen or any other magazine — particularly those targeted at women — as "superficial" or "self-serving," because I've witnessed the positive impact such a seemingly trivial magazine can have. I was the result of that impact.

Seventeen was the substitute mom/older sister that guided me through adolescence. It taught me how to have safe sex, resist peer pressure and feel comfortable in my skin despite the many bodily changes I faced during puberty. It instilled in me a sense of confidence to abstain from wearing makeup (surprisingly enough) and to treat clothing

as a creative outlet instead of a mechanism to conform to the norm.

That magazine did for me what any responsible media outlet should aim to do: It met me where I was and provided me with the information and encouragement I needed to progress intellectually, socially and emotionally.

So please, don't write off Seventeen, or any other women's magazine, as a cesspool of superficiality and meaninglessness. No, it's no New York Times, and yes, it has plenty of problems it needs to critically address — but it also has worth. It serves as a public good for girls like me and any other adolescent who isn't sure where to turn.

Seventeen is more than its coverage about One Direction and its fashion spreads. It was my maternal figure, and I doubt I'm the only one who can say that.



Lindsey Lanquist
Columnist

THE PENDULUM

Established 1974

The Pendulum is a daily news operation that produces a newspaper, website and magazine. Letters to the editor are welcomed and should be typed, signed and emailed to pendulum@elon.edu as Word documents. The Pendulum reserves the right to edit obscene and potentially libelous material. Lengthy letters may be trimmed to fit. All submissions become the property of The Pendulum and will not be returned. The Pendulum is located on the third floor of the Elon Town Center on Williamson Avenue.

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Editorial policy: The Pendulum seeks to inspire, entertain and inform the Elon community by providing a voice for students and faculty, as well as serve as a forum for the meaningful exchange of ideas.

Lend a hand *Efforts to end cancers need to work together*

The evening of Oct. 31 is the inception of a gradual process in which I slowly transform into a werewolf. As a competitive player



Jenna Barone
Columnist

in the “No-Shave November” since I started taking part in my high school’s competition, I view Halloween less as a terror and more as the day my legs begin to grow ... well ... hairier. I will boastfully display the emerging forest beneath my leggings

to anyone who dares to sneak a peek during the month of November.

Giving the male community the opportunity to show off their masculine features — aka their ability to grow an impressive beard — also gives them a sense of pride. Many prostate cancer organizations take advantage of men’s competitive natures and utilize “No-Shave November” as a promotional tool for awareness.

If society celebrates a man who wears pink to support his mother’s fight against breast cancer, then nothing will hold me back from honoring the memory of my father by embracing a traditional symbol of virility.

Despite very similar breast and prostate cancer statistics for women and men, respectively, the cancers receive very different degrees of support. According to the American Cancer Society, about 40,290 women in the United States are expected to die in 2015 from breast cancer, and about 27,540 men from prostate cancer.

But breast cancer receives disproportionately more government funds, as well as “about twice the number of grants as prostate cancer,” according to the American Cancer Society.

Fall colors of red, orange and yellow are often outshone by bright pink ribbons and T-shirts during the month of October, especially on Elon University’s campus.

But do you know what the prostate is? (It’s a gland surrounding the neck of the bladder releasing prostatic fluid.) Do you know the official awareness month for prostate cancer? (It’s September.) Do you know what color represents the disease? (It’s blue.)

Among cancers, breast cancer is the second-highest cause of death for women (behind skin cancer), and, among cancers, prostate cancer is the second-highest cause of death for men (also behind skin cancer).

In fact, as Cancer Network reports, “A large retrospective analysis of men treated for prostate cancer since 2005 suggested an increase in the number of intermediate and high-risk cancers diagnosed between 2011 and 2013,” but breast cancer death rates have been decreasing since 1989.

Why the difference? Many attribute the success of breast cancer awareness to a longer history of involvement. Others point to a difference in psychology between the sexes, as women tend to share their emotions more willingly, while men shy away from discussing their health.

I applaud the strides of women activists involved in breast cancer awareness, and, quite frankly, boys, girls rule and boys drool on this one. I don’t want to encourage unfriendly competition of awareness and funds among men and women.

Instead, I support periodically uniting causes with similar components to complement and strengthen one another. Ladies, could we help the guys out on this one? Joining hands while promoting awareness of these cancers will draw more attention and increase awareness more than each effort can on its own.

The Pendulum is renewing its efforts to serve as a voice of the Elon University community. Each week, this space will feature a column from a member of the community. Want to participate? Contact us at pendulum@elon.edu.

Campus Voices

Sorority women, keep talking about each other

It comes as no surprise that Elon University’s fraternity and sorority community is at a crossroads.



Kayla Hammer
Panhellenic Council

For a couple of years now, we have torn each other down with pointless Yaks and rumors. We have

thrown each other under the bus by abusing recruitment infractions and ranking one another on Greek Rank (don’t act like you’ve never been on there). We have continued to support and be passive bystanders when it comes to the negative actions and opinions of our brothers and sisters.

We can complain all we want about being under a microscope, but at this point, it’s something I completely support and find extremely necessary given how our community has evolved. It’s time for some changes, and it has been for a while.

But instead of pointing out everything we need to fix within

our chapters, as Panhellenic president and as a friend, I’m going to offer some suggestions to my fellow sorority women.

Take it for what it’s worth, but there are little things here and there, easy fixes that, if we try them out, might shed some positive light on our community for once.

1. Use social media to highlight our successes, not our parties.

More often than not, we choose to post every little detail about our weekends without thinking too much about how it not only portrays our chapters but also our community as a whole.

Is it your best friend’s 21st birthday? Great. Post some cute pictures of everyone in cute outfits with your cute decorations, and then save the ridiculous videos and pictures for friendly blackmail.

Are you throwing a date party this weekend? Love it. Of course, make sure everyone knows your cute theme idea and post cute pictures of you and your cute date, but does anyone want to see blurry pictures in a dark room of you and your bestie falling on the floor? No.

The point is, if we want people to stop saying that Greek life is just a social drinking club, stop feeding into the trash talk.

Don’t give them anything to talk negatively about.

2. Do things with your chapter that benefit the Elon community, not just the Greek community. Don’t get me wrong — if your chapter raises thousands of dollars for your philanthropy, that’s incredible, and I hope you continue to share those success (positive social media!). But let’s start thinking about

what we can do to give back to the community that gives so much to us every semester.

What are your sisters doing to get service hours? Let’s clean up the local parks and highways. Let’s volunteer at the Boys and Girls Club or Allied Churches. Let’s be a physical presence in the community instead of just a signed check or box of cans.

3. Talk about other Panhellenic women, every day. Praise them. Lift each other up, and let others know that being in a sorority is more than a social experience. It’s about service and instilling confidence in the women who surround us.

There’s nothing I believe in more than the Panhellenic community being a place where women can feel safe and cared for, where women know that the work they’re putting into their chapter and the sisters who surround them will teach them more about themselves than they’ve ever known before.

Have we become this perfect place yet? No, but I know that if any Greek community can take a kick in the a\$\$ and turn around and make a change, it’s ours.

“LET’S START THINKING ABOUT WHAT WE CAN DO TO GIVE BACK ...”

DOCTORS’ ORDERS DON’T BE A HALLOWEENIE



Lauryl Fischer & Frankie Campisano
Columnists

Of all the holidays (even the ones that only exist on Facebook and Twitter — looking at you, National Step in Gum Day), Halloween has a special place in a Millennial kid’s heart because it calls for nothing short of anarchy in the week leading up to The Big Night.

It’s the kind of anarchy that society not only accepts but also encourages because it’s all temporary. It’s our Hallmark version of “The Purge,” from the movie “The Purge,” or more recently, the “Rick and Morty” episode about “The Purge.”

We’ve compiled a list of do’s and don’ts this Halloween so you can be a Halloweenier and not a Halloweenie. (That joke was terrible. It’s also the perfect way to kick off our list.)

DO create punderful costumes. What’s spookier than a masterful pun turned into a costume for the big day? The more memetastic, the better. And if you can incorporate clever pop culture references into your costume, then that’s the best. Your friends will “ooh” and “ah” and groan in your direction, but you’ll know that you’re the

smartest cookie of all. There, turn that one into a costume. You’re welcome.

DON’T appropriate cultures and races. Cultures are not costumes. You’ve probably been something racist or problematic for Halloween before. So don’t do it again, or you could end up on a BuzzFeed listicle or in a Facebook comment argument on the pictures of you looking all racist. And frankly, you will deserve the special hell that is a Facebook comment argument. So be respectful or go home.

DO dress as scary or as sexy as you choose. You are the master of your own destiny. If you want to scare small children, that’s your prerogative. If you want to be as far away from children as possible with a costume that would make even a nudist blush, you do you. It’s your holiday to celebrate in whatever fashion you’d like.

DON’T double-dip. While there are legends of Halloween Heroes who could pull off the Extra Scary, Extra Sexy double-dip, chances are a combination of the two ideologies will flop. This isn’t Hannah Montana, and if you try and get the Best of Both Worlds, you’ll end up like Miley Cyrus circa 2015 (in case you’re wondering, we’d put this recent reincarnation of her in the scary category). All your Sexy Freddy Krueger costume is doing is making your friends uncomfortable. You should have just been the fourth Ninja Turtle like they’d asked. It made sense.

DO take a sh**ton of selfies. Whether you’re a sexy minion or a scary one, you’ll want to remember your Halloween later (especially if you’re detoxing the day after because of a, ahem, “sugar coma” — see below) when you’re reminiscing on the good ol’ years. Also, while we’ve got your ear, the appropriate etiquette for interacting with

RX PRESCRIPTION

Doctors’ Orders is a weekly satirical column in which two unprofessional, definitely fake doctors offer up prescriptions for their Phoenix patients.

someone wearing the same costume as you is to take a selfie together. Own it, 30 or 40 Donald Trumps.

DON’T slut shame. Corporate America pressures girls to be sexy during this holiday, so it’s really not fair if you turn around and make terrible comments about a woman’s character behind her back. LET HER LIVE HER LIFE. If we catch you slut shaming anyone, ever, we’ll teach you a lesson. And on Halloween that’s extra scary, just because.

DO eat lots of candy. Everyone knows that on Halloween week, calories don’t even count. All that candy you’re vacuuming into your gullet is a tax write-off, too. Go for broke. It’s a long three weeks until Thanksgiving, and you’ll need to stockpile for the hibernation that awaits. That’s why bears (Ursa major) started the celebration of Halloween in the early 1600s.

DON’T fall into a sugar coma. We know how tempting it is to binge on candy. You’ll probably play candy-eating games with your friends. Maybe some Candy Pong or Candy Cup or even Candyland. Just remember, eat candy responsibly and call Safe Rides before you leave for that sweet party at Wonka’s House.

Have a safe Halloween, probably.



The Mission Taqueria-Cantina

Elon Eats is a review of local restaurants surrounding Elon University.

Lea Silverman
Senior Reporter

Jeff Colgan came to North Carolina with a mission. The Arizona native had just spent a year and a half in New York City and wanted a change of pace.

In 2007, Colgan moved to Greensboro, started working at LabCorp in Burlington and, three years later, started classes at Elon University in the MBA program. He graduated in 2012 and began his next mission: opening a restaurant that filled a gap he felt was missing during his time at Elon.

The Mission Taqueria-Cantina opened Oct. 14. At 961-A Burlington Ave. in Gibsonville, the restaurant is located right next to Phoenix Nails and a bit past The Fat Frogg Bar & Grill and Simply Thai and Sushi.

Creating a labor of love

The Gibsonville location of The Mission Taqueria-Cantina isn't much of a hike for Elon students. It is only about a mile from the downtown area of Elon.

The inspiration for the restaurant came from the lack of authentic, unique food in the area. During his time working in Burlington and studying at Elon, Colgan noticed that he would have to go to a lot of fast food or chain restaurants for lunch or drinks after classes with his friends in the MBA program.

"There were very few options, and they were kind of poor, in my opinion," Colgan said. "There are only a handful of really independent restaurants doing something creative and unique."

That's when Colgan realized that there was a need for a place students could go without the chain restaurant vibe.

Elon played a role in more than just the location for the Mission Taqueria-Cantina. Colgan was able to use the skills he learned in the MBA program and apply them toward his dream of opening a restaurant.

Diners experience all the hard work Colgan has put into his restaurant as they sit at tables and in chairs that he built and finished by hand. He has impacted every aspect of the restaurant, right down to the computer system that connects the orders to the kitchen.

The restaurant is colorful and open, with orange walls and high ceilings. The restaurant's name is written on the bar in a

handmade-tiled pattern. Lights are hung in such a way to create a dynamic restaurant atmosphere — open and cool during the day to warm and fun during the night.

"It truly is a home-built business, with my own ideas and creativity put into it," Colgan said. "Everything is hand-done. The floors, the bar, the tile work. It was a labor of love."

Colgan set out to create an environment different from other restaurants and dining experiences around Elon's campus. He wanted to create a space for students and community members to come after a long week of school and work to socialize with their friends.

"I think it had a very hip and trendy vibe with all of the lights and unique handcrafted tables and chairs," said sophomore Jessie Boak. "I felt very comfortable and cool."

Living a newer pace

Though it was a drastic transition to go from working as a director at LabCorp, a clinical medical laboratory and diagnostic center, to open up a restaurant, the latter was always in the back of Colgan's mind, even as an undergraduate at Arizona State University.

The position as a restaurant owner is fitting for Colgan's fast-paced, dynamic lifestyle derived from his time in New York City.

His personable demeanor is obvious from the second customers enter The Mission Taqueria-Cantina, as is his business training. Colgan goes up to every customer personally to make sure they are enjoying their meal and welcome them. For the first week, he watched the kitchen intensely to make sure each dish that left was correct in presentation and portion size before it went to the tables of his very first customers.

The Mission Taqueria-Cantina is a warm restaurant with large, open tables that foster a social environment. The bar is a fun, lively place to sit and has a lot of drink options listed in front of the diner. There is a long table in the middle of room that Colgan calls the "community table".

Both the bar and the community table are perfect places to eat and watch television, which plays major sporting games or features pictures of daily specials, like churros with a chocolate dip.

Dipping into Spanish cuisine

The food at The Mission Taqueria-Cantina is an extension of the warm vibe of the

room. The menu features a wide range of Mexican, Southwestern and Spanish styles with most dishes incorporating attributes of all three.

For appetizers options, there are chips and a trio of dips, chips and guacamole and the house queso, a warm, melted blend of three different cheeses. The chips also have a seasoning on them that pairs nicely with any of the dips, especially the black bean dip.

There are a lot of different choices for entrees as well.

With a chopped salad, tacos and a Spanish take on shrimp and grits, there are a variety of meals for every mood.

"I thought the food was very good," Boak said. "It was very different from any taqueria place I have ever been to before. It was just very unique."

The Mission's arroz con pollo — one of Colgan's favorite dishes on the menu — has a nice char-grilled flavor and is served on a bed of chorizo fried rice, which is a different take on Asian fried rice. With egg, beans, peas and onions, the makeup is almost identical, but the replacement of soy sauce with chorizo flavoring elevates the rice to a fresh, new level. Queso is also poured over the chicken to create a creamy element.

"The food is adventurous and delicious

with its spices and cheese toppings," said sophomore Lauren DeFranco. "Overall, I enjoyed my experience at The Mission. Also, the atmosphere of the restaurant is warm and inviting. The staff is friendly and welcoming."

All the food is made fresh in the kitchen Colgan designed and put together himself. The chef works to create all of the homemade sauces and food, which can be seen on Instagram under the geotag of the restaurant.

Colgan posted a video of a chocolate ganache sauce created to compliment homemade churros.

The restaurant is more than just an eating establishment for Colgan: it is a place that represents his hard work and the dreams he's had since childhood. This is especially evident in the name.

"This is my personal mission. It is something I've wanted to do since I was young. I didn't know at what point in my career I would do it," Colgan said. "I was getting tired of the corporate world and I needed to push myself to do something new."

Check out The Mission Taqueria-Cantina, open Wednesdays through Sunday for dinner and for lunch on the weekends. Also look them up on Twitter, @themiSSIONta-co, Instagram, @themiSSIONtacos, and on Facebook.



PHOTO SUBMITTED BY THE MISSION TAQUERIA-CANTINA

The Mission Taqueria-Cantina is located in Gibsonville, in the plaza next to Phoenix Nails.



LEA SILVERMAN | Senior Reporter

Chips with three different dips, including a blend of three cheeses, can be ordered as appetizer.



PHOTO SUBMITTED BY THE MISSION TAQUERIA-CANTINA

In addition to Spanish cuisine, The Mission Taqueria-Cantina offers a variety of cocktails.

Baila with El Centro's dance classes

Alexandra Schonfeld
Senior Reporter

Elon University students have the chance to tango, salsa and cha-cha-cha their way through Latin dance classes with El Centro de Espanol.

El Centro provides students and faculty with learning opportunities to not only master the Spanish language, but also to understand the culture from Spanish-speaking countries around the world.

Senior Gaby Mays was asked to teach the classes once a week for four weeks by the assistant director of El Centro, Diana Prieto. Though Mays has no professional training, she spent all of middle and high school on her school's dance team.

"I said sure, because I've done it before in the past — not at Elon — but in my high school, and it worked out there," Mays said.

Mays is from Honduras, and was an active member of the Latin American Student Organization (LASO) for three years. LASO's frequent collaboration with El Centro — often times centered around music, dance and food — led Mays to have close relationships to Prieto and the center.

Classes are at 5:30 p.m. each Friday through Oct. 30. Each week explores a different dance style, starting from the basics. Mays said students learned the merengue during the first class, then bachata and salsa during the next two. All three are considered social dances, meaning the primary purpose is to induce socialization and interaction with a partner.

Senior Caley Mikesell, who is a student organizer at El Centro and a frequent participant of Mays' classes, said the classes are beneficial for anyone thinking of studying abroad in a Spanish-speaking country.

Having recently returned from her study

abroad experience in Ecuador, she can see the benefits of a dance class like this.

"I think Americans don't always realize how important a part of the culture dancing, music and social activities like that are," Mikesell said. "Especially when you're a student in a new country and trying to make local friends and how helpful that can be."

Dance plays a large role in many Latin American cultures. Mikesell observes the differences in culture between Latin American countries, specifically in the way people interact at parties, and of people here at Elon.

"It's really different here versus going to a party there where people are actually dancing," Mikesell said. "I would say it's almost more social, whereas if you go to an Elon party here — a lot of them aren't focused on talking and connecting with people, it's more really loud music and you can't hear."

Mays said the classes serve as a stress reliever for her. She finds that many people come into it with the idea that they can't dance or don't know how, and she gets relief and a break by educating them.

"We start the class and I say, 'Well see, you're doing the exact same thing I'm doing, so you can dance.'" Mays said.

But Mays takes the classes slow, acknowledging that most people don't know the dances.

"[They] are here to learn and I am here to teach the basic steps," she said. "I go throughout the class teaching different forms of the different steps. By the end I've taught them four or five variations and they do a freestyle of what they've learned."

The students not only range in experience, but also consist of both international and U.S. students trying to learn new moves.



PHOTO SUBMITTED BY GABY MAYS

Students learn different Latin dance moves with the help of Gaby Mays' classes.

"Some international students will go and they really like sharing it with other students and it gives them an opportunity to connect to their roots a little bit," Mikesell said. "You also have students who don't speak any Spanish or maybe don't even have any aspirations of studying abroad in a Spanish speaking country and still come and enjoy it."

According to Mikesell, El Centro is a resource for students to explore Spanish culture and conversational skills. Additionally, if any student earns 140 hours in El Centro doing Spanish-related activities, they can be entered to win a plane ticket to a Spanish-speaking country. Students can earn these hours through simply sitting doing homework in El Centro or by participating

in events like Mays' dance classes.

Taking these classes is not just beneficial to those about to study abroad in a Spanish-speaking country: it also brings nostalgia to those who have traveled in the past.

"It's been super helpful as somebody who studied abroad. There were things I wished I learned during my time there and I kind of got a little bit of exposure to them," Mikesell said. "Now coming back and taking the dance classes, I've been able to get more and kind of remember some of the stuff I learned when I was abroad."

For the last session, dancers can expect to spend the hour learning salsa turns. Currently, there are not yet plans to extend the dance classes through November.

Caitlyn Balkcum prepares for senior music recital

Ally Feinsot
Senior Reporter

Senior Caitlyn Balkcum will take the audience through a range of cultures during her classical voice recital at 7:30 p.m. Tuesday, Nov. 3 in Whitley Auditorium.

As a music education major, Balkcum is required to prepare a recital featuring music from various composers and time periods.

Balkcum has prepared 12 songs by five different composers in four different languages: German, Italian, French and English. The preparation for the concert is a culmination of four years of training at Elon University, but she said more serious training began over the summer.

"I got together with my private lesson teacher and we thought about what kind of repertoire we wanted to include, as well as the order of the songs and the composers," Balkcum said.

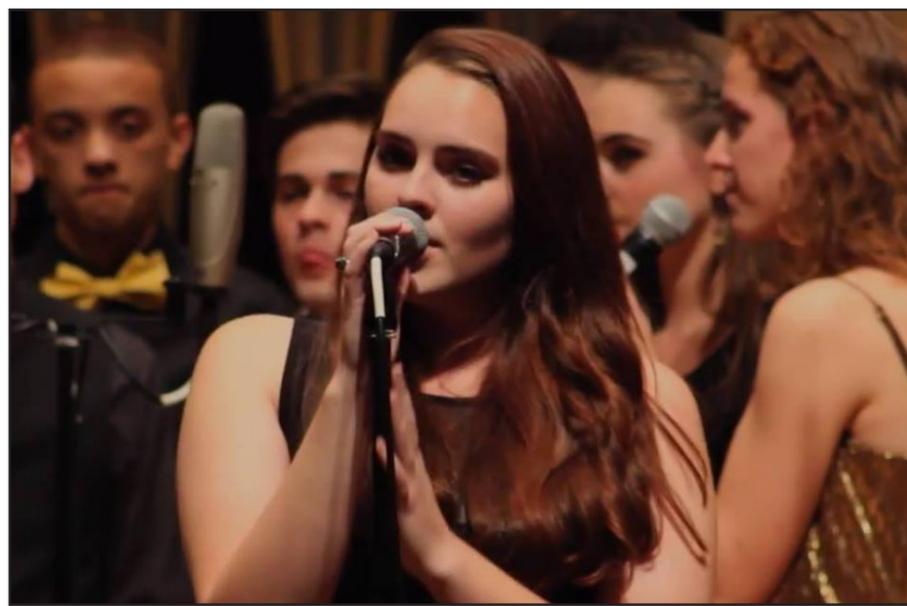
The recital will feature new songs Balkcum began learning over the summer, as well as pieces that she performed during her freshman, sophomore and junior years.

Outside of rehearsals for the show, Balkcum has been researching the pieces and creating a program for the audience to follow throughout her recital.

"In order to perform [the pieces] well, you need to have good knowledge of why they were written that way or what the composer had in mind," she said.

For her program, Balkcum compiled research including background information on the composers and the specific songs being performed, as well as stylistic techniques the composers incorporated and translations for pieces in other languages.

"The audience will be able to read along



RACHEL INGERSOLL | Staff Photographer

Balkcum performs in the a capella group Vital Signs, but will sing classically at her recital.

with the translations and get some background as to what we are singing about, especially because for vocalists, most of our pieces are not in English," she said.

This will mark Balkcum's first solo concert.

"I am really excited because it is a culmination of four years of training, and I know that my voice has changed and that I have grown as a musician working so closely with private instructors and my accompanist," she said. "I have come a long way and it will be nice to show that off."

She is also looking forward to her family coming to the recital because it will be their first time hearing her sing in a different style.

"My family hasn't heard my classical voice in its full capacity, so I am excited for

them to hear how much I've grown," Balkcum said.

During her time at Elon, Balkcum needed to take 10-12 classes and music classes each semester, which she said was like double majoring in music and education.

Balkcum said she had to become proficient and familiar with the guitar and the recorder to understand how to teach lessons for various grade levels. She also had to take education classes such as "Teaching in 21st Century Classrooms."

Following graduation, Balkcum will be certified to teach music for grades K-12, but wants to pursue professional vocal performance first.

"I want to see what I can do performing both classical and contemporary voice," she said. "I am trying to get some demo tracks

out before I graduate so I have that to send out to people."

In addition to a busy class schedule, most music education students are often involved in ensembles that meet outside class.

Balkcum is a part of Camerata, Elon Music Ambassadors and Vital Signs, and she is business manager of the a capella group.

Since the spring of her freshman year, Balkcum has been a part of Vital Signs. But beyond being a member, she is in charge of booking gigs for the group, whether on or off campus, and making sure rehearsals are running smoothly.

Senior Adam Gill, also a member of Vital Signs, has known Balkcum since freshman year and was amazed during her audition to see such a "ridiculously talented individual."

"Caitlyn has always brought positive energy into the group and is always willing to help out in any way that she can," Gill said. "Being a music education major, she is super busy and always hard at work — but despite this stress, she always comes into a rehearsal with a smile and is an amazing addition to the group."

Gill added even though Balkcum is so busy, she has done a great job at coordinating Vital Signs with outside gigs and planning participation in exciting events.

Sophomore Abby Dionise said Balkcum is always encouraging Vital Signs to work hard and take it to the next level.

"Because of Caitlyn's strong musical background, she is a great person to have in rehearsal because she picks up on subtle things we can do to improve our songs," Dionise said.

Acorn meets 'The Ellen DeGeneres Show'

Caroline Perry
Senior Reporter

Though the money for Acorn Coffee Shop employee Kathryn Thompson's Disney World vacation was raised on Oct. 5, another update appeared on the GoFundMe page on last Thursday:

"To all of our generous and loving supporters we suggest you tune into watch 'The Ellen Show' on Monday, October 26, you may happen to see some familiar faces!" the post said.

On Monday afternoon, three Elon University community members made their debut on "The Ellen DeGeneres Show." Thompson, junior Taylor Zisholtz and freshman Lucy Smith-Williams all sat down with DeGeneres to explain how they changed each other's lives.

"This is a beautiful story," DeGeneres said when they sat down.

Their story began back in September when Thompson asked Zisholtz and Smith-Williams where they were from on a quiet Friday night at Acorn. Thompson wasn't too interested in Zisholtz's hometown, a small Philadelphia suburb, but she was intrigued where Smith-Williams was from.

"When Lucy announced that she was from Florida, her face just lit up, and she was ecstatic," Zisholtz said on "The Ellen DeGeneres Show."

Thompson asked the girls a multitude of questions about how far and how expensive it was to go to Disney World. She expained her lifelong dream was to bring her grandchildren, son and daughter-in-law to the theme park, but it wasn't fesiible for her.

"That was my dream, but I just make it pay

day to pay day," Thompson said as she fought back tears and DeGeneres handed her tissues.

The day after hearing Thompson's wish, the two students started a GoFundMe page. People from all across the country donated to the page, including current Elon students, alumni and people who had heard Thompson at all. Donation amounts ranged from just \$5 to \$1,000.

In the beginning of October, Zisholtz and Smith-Williams revealed their fundraising efforts to Thompson before her Monday night shift, leaving her shocked and in tears about the good news — her dream had finally come true.

Both DeGeneres and the audience were amazed by the two students' ability to raise more than \$10,000 to get Thompson to Disney World, which was far greater than their original goal of \$6,500.

"There's a lot of bad out there, and look what you did by meeting someone you didn't know, helping her make her dream come true," DeGeneres said. "So thank you for doing that."

As a surprise, photo company Shutterfly matched Zisholtz and Smith-Williams' fundraising and gave Thompson another \$10,000 to use on the trip.

Both Zisholtz and Smith-Williams embraced Thompson and smiled in disbelief.

What they didn't expect is that they would be receiving a gift as well. The talk show host awarded the two students a six-day vacation to Turtle Bay Resort in Hawaii. Zisholtz and Smith-Williams were both overwhelmed with emotion.

This goal and dream has brought together an unlikely group. Zisholtz and Smith-Williams



Shutterfly gave Acorn employee Kathryn Thompson \$10,000 for her trip to Disney World.

liams didn't know each other before their conversation with Thompson but have developed a strong friendship from this experience.

The two also hadn't interacted much with Thompson before setting up the GoFundMe, which helped keep the secret. But they certainly didn't walk into the coffee shop that night expecting to end up on "The Ellen DeGeneres Show" a few months later.

"It was just a typical Friday night at college, and I was just getting over being very sick, so I headed to get a sandwich," Zisholtz said.

"I was doing some homework and Kathryn was there," Smith-Williams said. "She came

around the corner and asked us, 'Where y'all from?'"

That conversation changed everything.

"We were total strangers, but in a matter of hours our lives were intertwined," said Zisholtz.

Since creating the GoFundMe page, Thompson, Zisholtz and Smith-Williams' story has been featured on numerous media outlets such as The Huffington Post, USA Today, MTV and Cosmopolitan.

A three-minute clip of the interview, titled "Good Deeds Brewed Daily," was released early on DeGeneres' Facebook page Monday

From Prague to New Orleans

Student-produced short film accepted in film festival

Courtney Campbell
Style Editor

After an eventful day in the park, two teenage boys find a rift in their friendship when the power dynamic in their relationship shifts. This is the premise for senior Liam Hall's short film, "Tri Ciga."

Hall produced the eight-minute short film while abroad at the Film and Television School of the Academy of Performing Arts in Prague last fall with two collaborators, Matias Breuer of Vassar College and Zackary G. Mejias of American University.

"We started with this idea that we wanted to have a power imbalance in a relationship and to have that inverted over the course of the movie," Hall said. "We kind of just were traveling around Prague aimlessly just spitballing different activities for teenage boys to do and we worked from there."

"Tri Ciga" features three different scenes, and in each one a cigarette is lit making the title — Czech slang for "three cigs" — fitting.

The team used the setting of Prague and the cold atmosphere to their advantage, as well as the culture and history of the country.

"As far as our story goes, I think Prague was a really good setting for what the story we told was," Hall said. "Someone we showed the film to said the relationship between the characters could be read as the relationship between the Russians and the Czechs during the communist era, which is something we had never thought about."

Since filming finished, "Tri Ciga" has received attention from different film festivals, winning Best Picture, Best Actor and Best Director at the 2015 Trinity Film



Liam Hall's short film 'Tri Ciga' was featured in the New Orleans Film Festival for Narrative Short.

Festival in Connecticut.

Most recently, Hall and his collaborators attended the New Orleans Film Festival for the Narrative Shorts category Oct. 14-22. Though they didn't take home any prizes, Hall said it was humbling just being there, considering there is no student category and the festival only accepted 2 percent of films submitted.

Being one of the youngest groups there, Hall had the opportunity to watch other impressive films, make connections and get a professional response to "Tri Ciga."

"That's kind of the first time I've gotten feedback from someone who's in the industry that has no reason to tell me my work is good and to have genuinely positive things to say about it," Hall said. "It's just really reaffirming."

Next, Hall will head to the Cucalorus Film Festival in Wilmington Nov. 11-15. According to Movie Maker Magazine,

it's one of the 25 best film festivals in the world.

Senior Amory Parks, who was also on the Prague study abroad program, had the opportunity to see "Tri Ciga" during its premiere screening in December 2014.

"Everyone's projects were impressive, especially considering that they were made in a foreign country and foreign language in a relatively brief period of time, but 'Tri Ciga' was the stand-out film," Parks said. "The story is simple but with an effective twist, and the progression of the characters, and specifically their power dynamic, is strong and poignant."

To produce "Tri Ciga," Hall and his team needed to overcome a few obstacles. The dialogue is entirely in Czech, a language Hall and his collaborators were not familiar with.

To get beyond this barrier, the team wrote the script in English, then translated

it and had a professor and actors restructure it to fit Czech dialogue better than a direct translation.

Instead of listening to the words, Hall was more concerned with how they would be conveyed on camera.

"It's kind of a double edged sword because on one hand its good because you only focus on what was seen rather than the words," Hall said. "But then again were mostly showing this film to people who don't speak Czech."

In addition to the language barrier, Hall and his team faced a variety of challenges when filming outside. They scheduled filming during three of the coldest days of the year where it snowed in between takes, meaning they had to dust away snow an hour before shooting for the second day.

They also faced obstacles like choosing the actors from headshots alone, one of the actors twisting his knee — causing them to reblock a scene — and running out of film on the first day of shooting.

Despite these difficulties, Hall said working on "Tri Ciga" with his group was a seamless collaboration — so much so that he plans on living with Breuer, his co-director, after he graduates and creating a feature film on the smallest possible budget.

Hall has never worked on a feature film before, but though the task is quite daunting, he said he's ready to jump in and see what happens.

"The thing I always think about with this film is that a year ago, I went to Prague and I didn't know anyone that was making films that was going from Elon and I met two of my now best friends," Hall said. "Just how incredible it is that we all formed this group randomly and it was the

Life, liberty and the pursuit of the puck

Elon student rocks the rink in Hurricanes' Storm Squad

Alyssa Potter
Reporter

When junior Rachel Zaleznik was growing up, she watched endless hours of hockey with her dad.

"If you don't love hockey and are from the Boston area, you're crazy," she said.

She was raised in Lexington, Massachusetts, an old, colonial suburb of the city of Boston. When she graduated high school, she left the New England ice behind to come to Elon.

Pursuing a sport and event management major with minors in marketing, sales and business administration, Zaleznik knew going into college that sports would be a dominant aspect of her professional life once she graduated.

But her athletic future began much earlier than expected.

Finding her squad

"I went to a Carolina Hurricanes game with a friend as part of a school project," Zaleznik said. "I saw the girls during the periods, saw on-ice promotional stuff, and it looked like a lot of fun. I thought, 'I can do that.'"

The girls she witnessed were part of the Hurricanes' Storm Squad, a promotional fan development team.

"I knew a girl back home that was a [Boston] Bruins ice girl, and she always loved that. So I did my research, and it worked out," Zaleznik said.

In fall 2014, after a two-day process packed with interviews and activities, Zaleznik became the Storm Squad's newest member.

"The first day you meet a lot of executives and people you'll be working with, it's like a group

interview setting," Zaleznik said. "They ask you questions about your hockey knowledge, personality — stuff like that. If you make it to the second day, there are more interviews, you do games and TV interview practice, and they have us do a presentation about ourselves. It's a lot of fun, not like a regular interview."

Once hired, Zaleznik re-immersed herself in hockey culture, working games, promotional events and devoting her time outside of classes to her work. Other than attending meetings for the Sport and Event Management Club, she focused mainly on her commitment to the Hurricanes team.

But the team is located in Raleigh, making the commitment a hefty commute.

"I think I drive the furthest [out of the other Storm Squad members]," Zaleznik said. "Most of them live in Raleigh, go to [North Carolina State University] or [the University of North Carolina at Chapel Hill]."

Managing life with ice

For any college student, time management is a key skill. Because Zaleznik has hour long commute each way to and from the rink, she's had to implement time management to balance school and work.

"The commute isn't so bad," Zaleznik said. "I've gotten used to it. It helps me organize my day because if I know I have to work, I know I need to get everything done. It helps more than it hurts."

The Hurricanes' season this year will last from October to April, but Zaleznik and the other Storm Squad members will only work the home games.



PHOTO SUBMITTED BY RACHEL ZALEZNIK

Zaleznik and other Storm Squad members traveled to East Carolina University for a Hurricanes event.

Her roommate, junior Nicole Soltz, has seen first hand how Zaleznik manages her time.

"I know sometimes she feels like she's missing out on some things that are happening at Elon, but for the most part she enjoys spending weekends in Raleigh and working games and events," Soltz said.

Zaleznik doesn't work every game though — she rotates events with the other Storm Squad members. So far, she has only worked two games and the Hurricanes are on a three-week road trip, so she will start up work again at the end of the month.

When the team is back and in full swing, Zaleznik said she will typically drive into Raleigh two or three nights a week at most.

"They try and help us out so that we're not there every other night if we have a packed schedule," she said.

As part of the job, Zaleznik and her co-workers get to conduct activities on and off the ice, during games and at other Hurricanes events.

"It's more than the typical ice girl squad," Zaleznik said. "We're an ice promotional team, so a lot of what we do is fan-based during the games. We'll walk around the concourse and talk to fans, do the T-shirt slingshot and on-ice promotion games in-between periods."

The fans are her top priority. "Pretty much all we do is based around the fans, making sure they have a good experience," she said.

Sometimes, Zaleznik interacts with fans outside the games. This includes season ticket-holder events as well as events for the city of Raleigh where the Hurricanes wish to show their support.

"Last year we did the autism walk in Raleigh," Zaleznik said. "We interacted with people around the city — Canes fans or not."

Since becoming a Storm Squad member, Zaleznik said she has

met a variety of different people, including girls on the squad and fans, and since this is her second year, a lot of season-ticket holders.

Connecting to Elon

Zaleznik remembers one season-ticket holder in particular well, as she said she sees him at every game.

"He is an Elon alum, and he knows what is going on in the area," Zaleznik said.

Other Elon students, Zaleznik said, have come to home games as well, but the long commute and access to transportation don't make the games feasible for the majority of the student body.

"There are a few [Elon students] that I'll see, but not a lot of specific Canes fans since it's a lot of people from different states," Zaleznik said, noting that a large percentage of Elon students are originally from the Northeast. "A lot of my friends will want to come see me. I know some fraternities will have a rush event and come to a game, so I'll recognize people sometimes."

Zaleznik said, because of where many Elon students are from, a lot of them like hockey — it is just a matter of getting to the game.

"She always reminds [her friends] to go to a game she's working so we can hangout with her before and after the games, but most of us didn't have time or didn't get around to going last year," Soltz said. "I know we're going to definitely go this year because we're so excited she got the job again and it's an awesome job to have for sure."

Some on-campus programs have begun providing advertisements for games or incentives for students to get to the rink. The Sport and Event Management Club is doing a "night out" in November, selling tickets for Hurricanes games. The Student Union Board has also provided trans-

portation to games in the past for students.

"The drive is the thing for most people," Zaleznik said. "My freshman year I didn't have a car either. I think it would be fun though, to see people. I always like seeing people up there."

Working the ice

Other than the fans and other squad members, Zaleznik has interacted with the team itself. In certain events they will skate or interact with the players, such as during the Canes golf tournament.

"We don't hang out with them or go out after games," she said. "We're not really allowed to interact with them in that sense."

During one event called Caniac Carnival, Zaleznik and her co-workers worked a "red and white" game, a scrimmage between the team.

Some players from Charlotte tried out for the Hurricanes, and even though it was technically a practice for the team, it was a game for her and the other Storm Squad members. Otherwise, they strictly work games, promotional events or community events the Hurricanes take part in.

As Zaleznik's second year as a Storm Squad member gets underway, her excitement to continue building relationships with her new community has heightened.

"Since it's my second year, I know a lot more people, so that makes the experience better for me," she said. "I see familiar faces, people come up and say hi to me and hug me."

Zaleznik distinctly remembers being nervous on her first night, but the reliance on her co-workers and the positive attitude of the fans helped her immensely.

"Everyone was so welcoming," she said. "The connections I've made with people are such a neat thing. Every moment is memorable. I love this job so much."

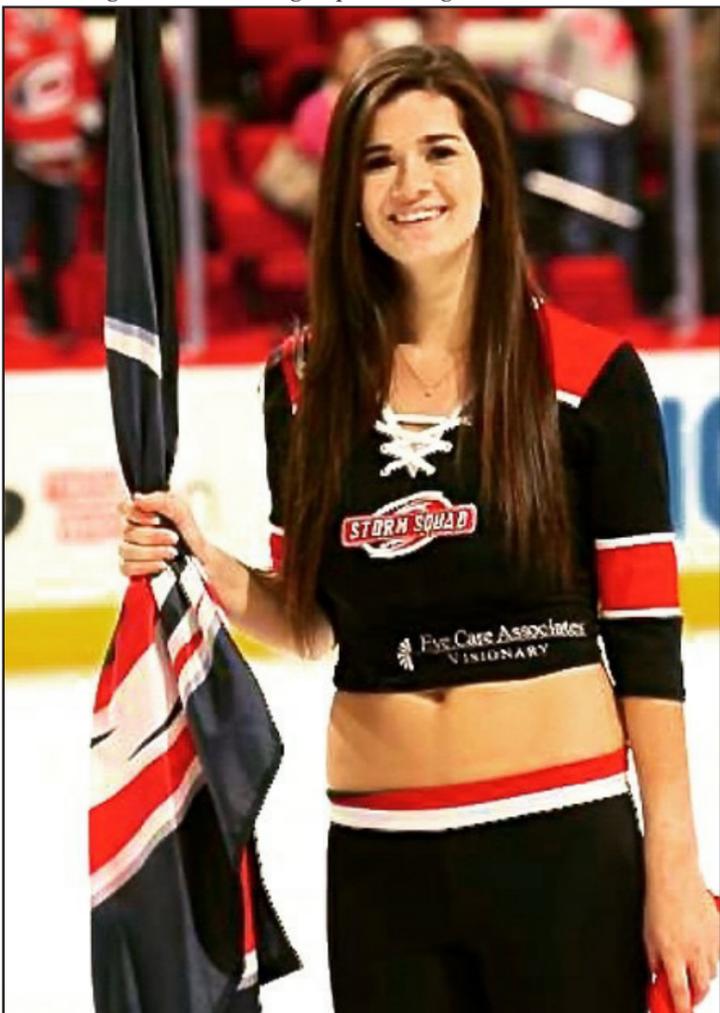


PHOTO SUBMITTED BY RACHEL ZALEZNIK

Junior Rachel Zaleznik has been on the Storm Squad for the past two years.

Finding a way to the film industry

Muller combines sports and faith to teach lessons through film

Kyle Lubinsky
Senior Reporter

Cornelius Muller '93 had never heard of Elon University before coming to North Carolina for college basketball. But after a year at Western Carolina University, Muller transferred to Elon, a decision that had a profound impact on his career path.

Growing up in New York City, he focused on playing basketball and hoped to make it to the NBA. But Elon provided an outlet for Muller's creativity and set up the foundation for his next passion: filmmaking.

With his third film at Cornelius Muller Productions, LLC currently in postproduction, Muller continues to find ways to stay connected with Elon and has aspirations to make more films and expand his company.

Windy road to Elon

As a boy, Muller played both baseball and basketball. When he reached high school, he was cut from the baseball team — so he instead devoted all of his energy to basketball.

Growing up in Brooklyn with crack cocaine on the rise, Muller saw two options: get involved in using and selling drugs, or stay off the street and play sports.

He chose the latter.

"Basketball is what really saved me," he said. "A lot of the guys I grew up with were starting to either experiment with drugs or sell drugs."

Elon was not Muller's first choice for college basketball. Initially, he chose Western Carolina in Cullowhee. At the time, Western Carolina had hired a successful coach from a small school in upstate New York, and Muller was eager to play for him. But things didn't go as planned.

"We thought we'd come and put this school on the map," Muller said. "It just did not work out."

Looking for a change of scen-



KYLE LUBINSKY | Senior Reporter

Cornelius Muller '93 (above) executive produced "Find A Way" (right).

ery and a fresh start after his freshman year, Muller remembered Elon, a small school Western Carolina had competed against the season before. Muller decided to call head coach Bob Burton, who brought him in for a workout. After a tour of the campus, Burton offered Muller a full scholarship.

"It ended up working out for the best," Muller said. "I had a great three years there. Elon certainly stands out as one of the best parts of my life."

Muller earned two All-South Atlantic Conference honors (2nd team in 1992, first team in 1993) and finished with more than 1,000 points in his three years at Elon.

Multiple NBA teams came to watch him play at Elon, including the Charlotte Hornets, Denver Nuggets and Portland Trailblazers. In his office, he keeps a letter he received from the NBA, which visited Elon to inform him that he was on the draft list as a potential draft pick.

"I thought that if I didn't get drafted into the NBA, I would at least get drafted into the CBA," he said.

But neither option worked out. Still holding tight to his dream, Muller played basketball internationally for a few seasons, but quickly realized that it was not for him.

"That wore me out mentally, emotionally, physically, and I

think I got depressed because a lot of my peers were playing basketball in the NBA," he said.

It was time for Muller to find a career in something else he loved. So he turned to another passion: film.

Trials and errors on screen

In high school, Muller was named Brooklyn's Basketball Player of the Year, meaning he was one of the top five players in New York. The expectation was that he would play professional basketball.

Seeking the life of the rich and famous, Muller hoped that acting would give him the same kind of financial rewards as being a basketball player.

"I quit basketball and said, 'I want to be an actor,'" he said. "It sounded like the next best thing. If you're expecting to play basketball, you can't tell your buddies you're quitting basketball, so acting sounded good."

Muller struggled to find his footing as an actor early on. From the outset, he said he was only calling himself an actor so he wouldn't have to admit that he had given up on basketball. But his new career path grew on him in unexpected ways.

Muller enlisted himself in classes at the Carolina Actors Group in Winston-Salem. It has been 15 years since then, and Muller is still developing his skills as an actor.

"The more I took [acting] classes, the more I realized how hard it is," he said.

But acting is not his main source of income — he owns Xplosion, a personal training business based just outside of Elon in Burlington.

Xplosion allowed Muller to pursue his aspirations while keeping a steady income. He established the business as he found cameos on television shows and made appearances in commercials. But he knew he wanted something more, so he began working on his own film.

Purpose through filmmaking

Muller's first film, "Brother's Keeper," premiered in April 2011. The short film follows a man whose brother has committed a serious crime, and it focuses on



PHOTO SUBMITTED BY CORNELIUS MULLER

how the man deals with his brother's actions and tries to help the victim's family cope.

Muller said at the time, he was still honing his craft as a filmmaker.

"Looking back, I thought I was ready, but I wasn't ready," he said. "I sent that film to Sony Pictures."

Reaching out to Sony worked in his favor in the long run. For his second movie, Muller was able to secure national distribution through Wal-Mart and Lifeway Christian stores and stream the movie on a multitude of platforms, including Amazon Instant Video and Google Play.

That second film, "Find A Way," was his first feature-length film. The movie tells the story of Harry Cohen, a star quarterback from Williams High School who died unexpectedly after a game in 2011. The news was particularly difficult for Muller to handle, as he had trained Cohen at Xplosion and had known him since he was a young boy. Muller had already completed the script for the movie, but he decided to rewrite it when he heard of the tragedy.

As a feature-length film, "Find A Way" was also shown in local theaters. A variety of venues from churches to recreation centers hosted the film.

Becoming a filmmaker and shooting his movies locally has given Muller a chance to stay connected with the Elon community, an affiliation he cherishes. Muller has employed students to serve on the production teams and serve as extras in his films.

"The film set was very egoless," said Peyton Lea, director of photography and editor for "Find A

Way." "[Muller] does a great job of assembling a team of people that really want to work hard and make good art."

Aside from working with the university's students, Muller has filmed parts of both films on campus. Rhodes Stadium served as the backdrop for a scene in "Find A Way," for which Muller asked students to come out as extras for a football scene.

"My favorite thing about working with Cornelius was his ability to galvanize those around him," said Nneka Enurah '10, who served as a producer on "Brother's Keeper." "It was clear throughout production that he had an incredible vision for the project and he wanted everyone to feel apart of that."

Aiming higher

Going forward, Muller has plans to ramp up his productions. He is currently working on three new films simultaneously and has plans to enter the upcoming movies in some festivals. His next movie, "Sacred Kind of Love," is currently in post-production.

Despite the differences between sports and film, Muller has found some parallels between the two: the encouragement that he gives to those he trains carries over to his endeavors in film.

"You can push people or encourage people, but if they don't see you actually doing it in your personal life, they say, 'How can you tell me and you're not even trying to pursue something on your own?'" he said. "I'm invested in my dream, just like I'm telling you."



KYLE LUBINSKY | Senior Reporter

Cornelius Muller '93 owns Xplosion, a personal training gym in Burlington, and Cornelius Muller Productions, LLC, a film production company.

The Phoenix Focus

Updated as of Monday, Oct. 26

Football

RESULTS

Sept. 19	vs. N.C. A&T	L 14-7
Sept. 26	vs. Towson	W 17-13
Oct. 3	@ New Hampshire	L 37-14
Oct. 10	@ Richmond	L 27-14
Oct. 17	vs. James Madison	L 51-0

STANDINGS

	Conf.	Overall
Richmond	4-0	6-1
James Madison	4-1	7-1
William & Mary	3-1	5-2
Maine	3-1	3-4
Towson	2-2	4-3
Delaware	2-2	3-4
Villanova	2-2	3-4
New Hampshire	1-3	3-4
Albany	1-3	2-5
Elon	1-3	2-5
Rhode Island	1-3	1-6
Stony Brook	1-4	2-4



ASHLEY KING | Staff Photographer

Men's soccer

RESULTS

Oct. 10	vs. Lipscomb	W 1-0
Oct. 14	@ UNCW	W 2-1
Oct. 17	vs. James Madison	W 2-1
Oct. 20	@ Duke	L 2-1
Oct. 24	@ Hofstra	L 1-0

STANDINGS

	Conf.	Overall
Hofstra	6-1-0	11-5-0
Elon	5-2-0	12-4-0
UNCW	3-2-2	8-4-3
Delaware	3-2-1	7-6-3
C. of Charleston	3-2-1	6-6-2
James Madison	2-2-2	3-8-4
William & Mary	2-5-0	6-7-2
Northeastern	2-5-0	3-9-2
Drexel	1-6-0	2-13-1

Women's soccer

RESULTS

Oct. 11	vs. C. of Charleston	W 2-0
Oct. 16	@ Delaware	L 3-0
Oct. 18	@ Drexel	L 2-1
Oct. 23	@ James Madison	L 1-0
Oct. 25	@ Towson	L 1-0

STANDINGS

	Conf.	Overall
Hofstra	7-1-1	13-4-1
William & Mary	6-1-1	12-3-2
UNCW	6-2-1	13-5-1
James Madison	5-2-2	11-6-2
Northeastern	4-4-1	11-7-1
Delaware	3-4-2	8-8-2
Drexel	3-6-0	9-9-0
C. of Charleston	2-6-1	8-9-1
Towson	1-6-2	7-8-4
Elon	1-6-1	9-7-2

Volleyball

RESULTS

Oct. 11	vs. UNCW	L 3-0
Oct. 17	@ William & Mary	W 3-1
Oct. 20	vs. N.C. A&T	W 3-0
Oct. 23	@ Towson	L 3-0
Oct. 24	@ James Madison	L 3-1

STANDINGS

	Conf.	Overall
James Madison	11-0	21-3
UNCW	8-2	17-5
Towson	8-3	21-4
Hofstra	7-3	16-9
C. of Charleston	5-5	13-11
Delaware	3-7	11-12
William & Mary	2-8	8-15
Elon	1-9	5-19
Northeastern	1-9	4-21

Women's tennis

RESULTS

Singles		Doubles	
Player:	Record:	Players:	Record:
Taylor Casey	1-1	Casey/Zenoni	1-1
Maria Paraja	1-1	Beisenova/Paraja	0-1
Suzanne Zenoni	1-1	Braschi/Ward	0-1
Kamilla Beisenova	0-1	Janowicz/Lucas	0-1
Erica Braschi	0-1		
Natalia Janowicz	0-1		
Olivia Lucas	0-1		

Men's tennis

RESULTS

Event:	Player(s):	Record:
Grey Singles:	Chris Humphreys	3-1
	Neal Port	1-2
White Singles:	Taylor Foote	1-2
Red Singles:	Petar Tomic	1-2
Grey Doubles:	Port/Foote	2-1
White Doubles:	Tomic/Humphreys	2-1

Women's golf

RESULTS

Kelsey Badmaev	T42	225 (+9)
Heather Munro	T63	230 (+14)
Emily Brooks	T77	235 (+19)
Sunna Vidisdottir	T83	237 (+21)
Mary Doyle	93	249 (+33)



ASHLEY KING | Staff Photographer

Men's golf hosts tournament in Alamance County

Elon Invitational is first local event in 33 years, deemed successful by head coach

Alex Simon
Sports Editor

The Elon University men's golf team hosted a local tournament for the first time in 33 years Oct. 19-20. Head coach Don Hill spent two years planning and preparing for the Elon Invitational at Alamance Country Club.

"Brad [Ellinger, general manager of Alamance Country Club] and Adam [McLaughlin, head golf professional at Alamance Country Club] and I sat down in one of my first weeks on campus," Hill said. "I felt like Elon, to establish a golf program where we want it to go, needed to have an event."

The three-round tournament was the first event Elon has hosted at Alamance Country Club since the 1982 NAIA Championships, which the host Fightin' Christians won.

"I feel very comfortable saying we had a successful event," Hill said. "It was a lot of

work and a lot of time, but I feel it was very worthwhile to see players play in front of their friends on their home golf course."

In the 16-team tournament, the Phoenix finished fourth as a team at 25-over-par (287-288-302--877), only trailing East Carolina University, Charleston Southern University and Virginia Commonwealth University. Leading Elon was senior Jonathan Dilanni's sixth-place finish at 1-under-par (69-69-74--212) for the tournament.

"Getting to play at home is really nice because you're so comfortable," Dilanni said. "You're comfortable when you're playing, especially off the tees and around the greens. And also having parents, friends, and even some professors come out makes this event really special."

Joining Dilanni in the top 20 was senior Troy Beaver, who finished at 6-over-par (72-73-74--219). Beaver found the course to be challenging, even with the familiarity of

playing the local course.

"We play here all the time — we play most of our qualifying rounds and practice rounds out here," Beaver said. "The pins this week were tough. They weren't in spots that we hadn't seen, but with the combination of the pins and the green speeds, it was a little bit difficult knowing where to miss putts and play shots."

The 9 a.m. start Oct. 19 was delayed 30 minutes as the region was hit with a bitter chill, with temperatures dropping below freezing early in the morning. It did warm up during the day, reaching 60 degrees later in the afternoon.

"Going into the third week of October, you know there's an element of cold weather, but I think this is one of the earliest frosts we've had in some times," Hill said. "You just have to laugh. You control what you can control, but the weather is what it is. We still got all 54 holes in, and we played the schedule

we wanted to play."

Oct. 20 brought a 40-degree fluctuation, going from 32 degrees in the morning to 72 degrees during the final holes, which led to a multitude of unexpected challenges for golfers.

"When it's cooler, the ball doesn't travel as far — we actually haven't played Alamance this cold all year," Dilanni said. "Some tees, you needed to hit with a little more club, and some Par-3's, you might want to adjust how you typically hit, because when it's 15 to 20 degrees cooler than normal, then the ball doesn't travel as far. There were definitely some adjustments in that regard."

Hill laughed as he recalled the weather, and he said he was just happy the team avoided rain at Alamance Country Club.

"The golf course was in perfect shape," he said. "[The frost] didn't affect pace of play, other than fast greens and tough hole locations and a full golf course."



PHOTOS BY ASHLEY KING | Staff Photographer

Elon University senior Jonathan Dilanni (left) and sophomore Charlie May (right) compete in the Elon Invitational at Alamance Country Club Oct. 19-20. Elon finished fourth of 16.

Assistant coach takes unique path to Elon

Pardini goes from local high school to Division I coach with head coaching dreams

Nathan Smith
Senior Reporter

If someone had told college-aged John Pardini that he'd be coaching Division I soccer in North Carolina at this point in his life, he would have laughed. But after three years as an assistant coach for the Elon University women's soccer team, his interesting path to from Smithtown, New York, to Elon has given him a chance for a future as a collegiate head coach.

John Pardini
Assistant Women's Soccer Coach

All-Atlantic 10 Honors in 2007 and 2008 and participating in the New York Red Bulls

Academy. After graduating, Pardini stayed in the area to get his Master's Degree of Science in Teaching Adolescent Social Studies from Fordham.

"I was playing with the Long Island Roughriders, a semi-pro team in New York, while I was finishing my masters," Pardini said. "[But after an injury], I changed career paths."

He initially came to Alamance County because of an open teaching position at Western Alamance High School, where he could also coach. He then met Chris Neal, head coach of Elon's women's soccer team.

"He had recruited my sister when he was at UNC Wilmington, so we got to know each other. I worked his camps for a few years, and stayed in contact with him," Pardini said.

All the while, Pardini was putting together a program at Western Alamance High School, being named the Mid-State 3A Coach of the Year in 2011 and 2012 as well as the Region 6 Coach of the Year in 2011.

In 2013, Neal approached Pardini about joining the staff as a volunteer assistant coach.

"He was watching me doing one of my coaching sessions at camp, and they had just lost their volunteer position," Pardini said. "I could always help out in my spare time as long as it was conducive to teaching and coaching and everything else I had going on at the time."

Pardini volunteered in 2013, and immediately was treated like any other coach, helping out whenever and wherever he could, often going with Neal on recruiting trips to see players.

"Chris did a really good job of giving me the freedom to be involved tremendously," he said. "He made me feel like I was a part of the program from day one."

There isn't a huge difference between high school soccer and the collegiate game, said Pardini, other than the obvious — increased speed of play and better athletes.

"I think teaching teaches you a lot of things. You learn patience with kids who are emotional, who are still trying to develop," he said. "I learned a tremendous amount. You do the best you can in creating an atmosphere that they can succeed in."

Pardini was promoted to full-time assistant for Elon after one year as a volunteer. Now he's got his sights set on a new career path.

"My goal is to be a Division I head soccer coach," Pardini said. "It's a very unique profession, but right now my goal is to try to absorb and learn as much information as I possibly can."

Despite his career aspirations, Pardini sees opportunities like the team's spring break trip to Costa Rica as factors that make this time at Elon special.

"If I ever decide to leave Elon, it'll be a really tough decision," he said. "Elon offers unique opportunities that many athletes [and coaches] at other schools don't get."

Little keeping tabs on ranking as postseason nears

Men's soccer team understands position in RPI ahead of CAA tournament



ASHLEY KING | Staff Photographer

The Elon University men's soccer team celebrates a goal Oct. 17.

Jordan Spritzer
Assistant Sports Editor

Elon University's head men's soccer coach Chris Little has a lot to appreciate on the field with 12 wins, the team's highest ranking in program history earlier this year and longest winning streak to start a season in team history.

But the second-year head coach is always keeping an eye on national rankings and Ratings Percentage Index (RPI), trying to understand where Elon stacks up nationally. Little hopes his team is successful enough to be in position to earn an at-large bid to the NCAA Tournament if it can't win the Colonial Athletic Association tournament.

"It's really important to us and it's always been to the program," Little said. "Because why would you put all your eggs into one basket in terms of just winning the conference tournament?"

After back-to-back losses to Duke University and Hofstra University, the Phoenix, 24th in the RPI, no longer is able to earn its way into the NCAA Tournament at Rudd Field. Elon's loss at Hofstra was particularly damaging, as Hofstra clinched the CAA regular season title and the right to host the final two rounds of the conference tournament. This means Elon will more than likely have to beat Hofstra on its home field to earn the automatic bid in the NCAA tournament.

Out of the 48 teams that qualify for

the NCAA Tournament, 24 are the conference champions from across Division I men's soccer, and each of those teams receive an automatic bid. The other half of the bracket gets filled with at-large teams, or teams that are considered the top 24 teams that did not win their conference's automatic bid.

RPI is often one of the main factors in determining the at-large bids to the NCAA Tournament, measuring the team's winning percentage, the opponent's winning percentage, and the opponent's opponent's winning percentage, which is better known as strength of schedule.

This year, Little has not taken any chances by loading up Elon's schedule with a talented opposition in hopes of increasing its RPI in 2015.

"RPI influences decisions we make [for our schedule] so when we come to the end of the season, we're alive on two fronts," Little said.

Little said there are two kinds of matches that are vital to the team's RPI: those against top teams and those against struggling teams. Both kinds of games are equally important to Little because a win against a top opponent gives teams bonus points, while a loss to teams in bottom 50 of the RPI rankings yields negative points.

"What's the point of winning at Wake



ASHLEY KING | Staff Photographer

Redshirt freshman goalkeeper Matthew Jegier leaps and catches a cross against James Madison University Oct. 17.

Forest [University] if we were to lose to a bottom 50 team at home?" Little said.

The Phoenix avoided a home upset with a comeback victory over 188th-ranked James Madison University Oct. 17. Elon has been able to knock off some top teams along the way, with victories over top-ranked Wake Forest and 36th-ranked University of North Carolina at Wilmington. Elon will have another chance for a quality RPI victory in its next match against 41st-ranked Radford University Oct. 28.

While the goal is to have the strongest schedule possible, it's not an exact science, as some teams don't turn out to be as strong as anticipated before the season. James Madison was the reigning CAA champion but is currently ranked 188th in the RPI. Lipscomb University and St. Mary's College of California each won 12 games in 2014, but are ranked outside the top 100.

For Little, the Phoenix hasn't picked up "negative bonus points" with bad losses. One bad loss could arguably cost any team a chance at the NCAA tournament. Elon got a taste of this last year, as its

season-opening defeat to Stetson University (who finished last season 158th in the RPI) may have been the loss that prevented the Phoenix from receiving an at-large bid.

Little reminds the team of big matches that can affect the team's RPI and calls on them to acknowledge the challenge. He also calls on experienced players to teach the underclassmen and international players the importance of RPI rankings.

"It's kind of an educational process," Little said. "A lot of the older players kind of assume that responsibility, and I think they learn through experience. They can sense in [another] player's mindset and how they're approaching the game that it's a big game."

Aside from aiming to compete on a national and conference level, Little broadens his scope even more when discussing the ramifications of RPI rankings, such as player recruitment.

"We want to attract the best possible players to Elon," he said. "To attract the best players, [you have to know] they want to play against the best teams."

Extended break gives teams chance to study abroad

Softball heads to Japan, baseball to Dominican Republic over Thanksgiving break

Alex Simon
Sports Editor

Thanksgiving break has been extended at Elon University this school year — classes are off for a full week instead of three days. Counting the weekends, students will have nine days off of school, which gives ample time for the school's baseball and softball teams to travel abroad.

The baseball team will head to the Dominican Republic for the break, with Mark Cryan of the sport and event management department teaching the team on their trip. The softball team will have a much longer flight, heading to Japan with Carol Smith, associate professor of health and human performance.

The athletic department confirmed that the teams will be taking courses abroad but did not comment on details. According to Cryan, the one-credit class, "Globalization of Sport," was approved by the curriculum committee earlier this month and will focus on many of the subjects that Cryan's Winter Term class in the Dominican Republic studies. There will also be scrim-

mages against local teams.

"The goal is to have the team play some games when they are down there," Cryan said. "It should be a terrific academic course, with the opportunity to visit a beautiful place, see the team play some games and academic content that is a really good fit for the students going."

The itinerary for the trip to the Dominican Republic is not yet set, with Cryan stating that the athletic department is in charge of setting the plan. But a goal for Cryan is to have the team spend a day with a youth baseball organization.

"One of the most powerful things [on the Winter Term course] was when the students interacted with young people in the Dominican," Cryan said. "It shows how baseball bridges a cultural divide, that these kids who could not be from more different backgrounds — U.S. college students and 10- and 11-year-olds from the Dominican Republic — could instantly connect over baseball, have fun, understand each other and have a positive experience."

The team will meet three times before departing for the Dominican Republic on



ASHLEY KING | Staff Photographer

The Elon University baseball team will study in the Dominican Republic over Thanksgiving break.

Saturday, Nov. 21. They return one week later, Nov. 28, and will meet once more on campus to wrap up the class.

Smith confirmed the softball team's

Japanese course, but declined to comment further, citing questions about travel logistics. She did mention that she lived in Japan for two years.

Top Photos



HALI TALUXE | Photo Editor
 Students packed into a KOBC classroom on Oct. 26 to hear human rights activist Bassem Eid speak about his experiences living in Palestine.



DIEGO PINEDA | Staff Photographer
 There has been discussion over the impact of fishing on Lake Mary Nell waterfowl after the injury of a swan. See page 5 for the full story.



Top Tweets



Only At Elon
 @OnlyAtElon — Oct. 19
 But like, how great would an on-campus Cookout be.



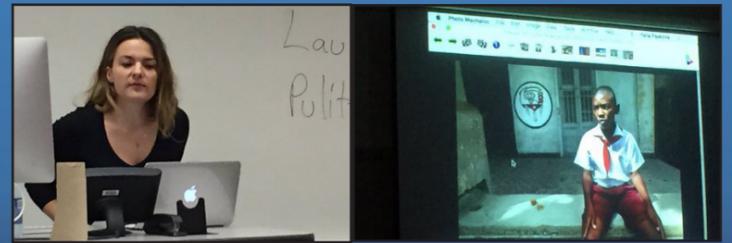
David Kung
 @dtkung — Oct. 26
 Excited to be @elonuniversity talking about Math & Music all day to students and the NC group of the MAA (@maanow)!



chloe
 @chloemadeline — Oct. 22
 ELON STUDENTS ARE GOING TO BE ON THE ELLEN SHOW FOR THE DISNEY WORLD GIFT. I CANNOT. I AM SO HAPPY. I LOVE ELLEN.



Anthony Hatcher
 @ahatcher54 — Oct. 23
 Thanks to @yanapaskova @pulitzercenter for a great overview of her democracy/communism project to @ElonComm.



RACHEL INGERSOLL | Staff Photographer
 Participants in the Mr. Alpha Chi contest model during the costume round. The competition raised money for the Family Abuse Services charity.



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