

THE PENDULUM

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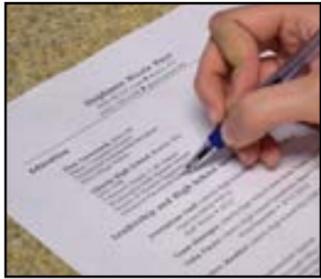


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Hidden, not harmless

Eating disorder awareness week keys on intervention

Hannah Durbin
Assistant Style Editor

Freshman Rachel Kauwe has struggled with anorexia, bulimia and binge eating disorder since childhood.

Coming from a broken family, Kauwe has had anything but an easy upbringing. Her family never achieved financial stability, and Kauwe was nicknamed "poor girl" in high school. Desperate to find acceptance, Kauwe began to believe her classmates would be more accepting of her if she were skinnier.

In the midst of the National Eating Disorders Association (NEDA) annual awareness week — which runs Feb. 22-28 this year — Kauwe shared her story in the hope that it'd help the estimated 40 percent of U.S. college-aged females who have at some point had an eating disorder.

The week focuses on raising awareness of the severity of eating disorders and educating the public on causes, triggers and treatments. This increased awareness and access to resources can lead to early detection and intervention, which can help prevent the development of these disorders in millions of people.

"Eating disorders are a highly complicated, and often highly misunderstood, issue," said Kelsey Thompson, a licensed marriage and family therapist associate in Burlington who specializes in eating disorders, anxiety, depression, and obsessive-compulsive disorder. "Eating disorders are not a 'diet that has just gone too far.'"

Eating disorders have the highest mortality rate of any psychiatric disorder — about 10 percent — but receive a fraction of the attention they need. In 2011, the average

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PHOTO ILLUSTRATION BY JANE SEIDEL | Photo Editor

Housing selection divides students by class

Caroline Fernandez
News Editor

The 2015 Housing Selection process, which begins Feb. 25 and continues until March 11, will direct students to certain neighborhoods by class, unless they apply for a Living and Learning Community (LLC).

According to MarQuita Barker, associate director of residence life for operations and information management, sophomores can expect to find their future homes in Danieley flats and apartments. Some sophomores will be in the Global Neighborhoods, Colonnades and the Loy Center, and a few will be in the Oaks.

Barker said a majority of juniors can expect to be in The Oaks and some will be in the Station at Mill Point. Seniors can prepare to be mainly in the Station with a few in the Oaks.

"We really want students to focus on the experience in each neighborhood," Barker said. "It's really about who you live with and your experiences and not so much about the actual building."

The division of classes by neighborhood comes after recent years of freshmen being scattered across resident halls from Danieley to Historic Neighborhood.

Now, Residence Life look to be more purposeful with where students live and when

they live there.

Freshmen are placed in Historic to be near the center of campus, allow them the opportunity to take part in link courses through the Global Neighborhood and form connections with live-in faculty, Barker said.

She added that the Danieley flats and apartments suit sophomores well because it is not the traditional hall of Historic, but it's also not quite the apartments juniors and seniors occupy in the Station.

"We try to be intentional of students' on campus experiences," Barker said. "We try to

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Coming soon, 24/7 registration

Michael Bodley
Editor-in-Chief

Drop/add — at least as current Elon University students know it — will soon be a thing of the past.

Beginning with the 2015 summer/fall registration period, the university's registration process will switch to a 24/7 model in which students' schedules can be swapped anytime.

It's a move that has been in the works to minimize the impact of administrative red tape on student scheduling, according to Elon's Registrar Rodney Parks.

"It's definitely one we've been working on for a while," Parks said. "Registration here at Elon was put in place at a time when Elon was a very different place, and it followed a very historic way of processing registration."

That "historic way" gave upperclassmen a scheduling advantage by allotting them the earlier drop/add slots. Now, students will still have set registration times based on credit hours earned, but by not closing afterward, underclassmen ought to stand more of a chance at snagging coveted courses.

After the drop/add period begins later this spring, it will remain open until August 31 — except for a chunk of the summer from May 31 to August 11 to register incoming freshmen.

The registration change will not affect matriculating students, who will still be assigned courses by the university.

Elon would like to get to the point where freshmen can register themselves, Parks said, but it's challenging for a school comprised of 78 percent of out-of-state students.

Pointing to his native University of Georgia, Parks said larger state schools are able to funnel incoming freshmen onto campus for registration over the summer. By squeezing advising appointments and an orientation of sorts into one day, it is possible for new students to have some say over their schedule, he said.

But that's not a reality for Elon. "We're at this point in the process where they're still being registered for a lot of first-year specific classes," Parks said. "For some of these classes, we're reserving seats specifically for first-years that we want them to be able to pick up."

Over the course of this school year, the university has conducted networking tests to ensure its servers could handle the increase in students who could access drop/add at any time with the new policy.

It lengthened the process, but it was necessary to make sure the servers could handle the additional load without crashing and adding to students' frustration, Parks said.

"You've certainly seen a ton of initiatives, so this is one of those that was in the line," he said. "One of the things that students may not be aware of is that we have to make sure the technology is in place to handle the load of students."

A call for religious awareness

Professor hopes for further understanding of Islamic culture

Bryan Anderson
Assistant News Editor

Citizens of the United States are unaware of issues confronting Muslims in contemporary French culture, according to Michel Bondurand, a professor at Universite Paris III in France who hosted a lecture at Elon University Feb. 19.

Bondurand, who was born into a Muslim family, emphasized the need for French citizens and the world as a whole to better understand Islamic culture.

"We imagine that Muslim people are the same everywhere," Bondurand said at the beginning of his lecture. "French people don't have a proper idea of how Muslims live in France."

One of the main causes for this misunderstanding stems from an absence of critical information. It is illegal in France to ask people to identify their religion. This makes it difficult to gather reliable statistics on the popu-

lation of French Muslims. But he estimated that 8-10 percent of the population of France is Muslim. In comparison, about 1 percent of United States citizens practice Islam.

One stereotype he addressed was the perception that Muslims are terrorists. When he brought up this stereotype, he noted the proportion of Muslims who practice Islamic fundamentalism, which is commonly referred to as "radical Islam," is significantly low. Some terms used to describe those affiliated with radical Islam are Jihadist and Salafists, the former of whom are better known for their violent acts.

"One percent of people who describe themselves as Muslim describe themselves as Salafists," he said. "0.075 percent are Jihadist."

Since most French Muslims are not extremists, he believes that global citizens must educate themselves on different cultures in order to prevent the spread of stereotypes. But seeking out further information on Islamic culture has become more challenging because

of the French educational system.

According to Bondurand, there is a decreasing number of professors permitted to teach Arabic in France.

Bondurand concluded the lecture portion of the event with a personal anecdote from four days after the Charlie Hebdo terrorist attack in Paris. After stepping into a taxi cab, he noticed his driver, who Bondurand said was a Muslim, had a beard.

"Must be a difficult time to drive a cab with a beard," Bondurand said.

While speaking with the driver, it became clear the driver had little understanding of the Quran, the religious text of Islam. Though Bondurand was frustrated with the driver's lack of knowledge on his own religion, he excited the cab with a greater understanding of the issues facing French Muslims.

"Education is key," he said. "For France, it's critical. There is a large part of our population that has an identity crisis."

TEDx poses new perspectives for future

Tanza Loudenback
Senior Reporter

Elon University's second-annual TEDx pushed the ideal that changing the world starts with the individual.

Nearly 125 students, faculty, staff and community members gathered in Yeager Hall Feb. 22 as six speakers presented ideas on a range of topics pertaining to this year's theme, "Waiting on the World to Change."

The event, directed by Elon students Johanna Rosen and Meredith Berk, was organized to bring TED's mission of "ideas worth spreading" to Elon.

"We live in a society where so much change is either not happening at all or is happening much too slowly," Rosen said. "So I felt having a wide variety of speakers address some of these issues would make a powerful statement. And if you ask me, it definitely did."

The afternoon's first speaker, Jennifer Thompson, a New York Times best-selling author and judicial reform advocate, recounted the story of her brutal rape as an Elon senior nearly 30 years ago. The man Thompson accused — Ronald Cotton — was tried, convicted and jailed. Ten years later, DNA proved Cotton was innocent, so he was exonerated and released from prison.

Together, Cotton and Thompson now lobby to abolish the death penalty and revise police eyewitness line ups, as well as fighting for rights for the wrongly convicted. The man whom she wanted to die for what she thought he had done to her, Thompson said, was the only person who could help her heal and begin to fight for change.

"What are we waiting for? Who are we waiting for?" Thompson said. "The time is now. [The person] is you."

Joining her in the effort, Duke University professor of law Theresa Newman took the stage to discuss her love of law and her



Emily Greener, the cofounder of I Am That Girl, speaks at Elon University's Tedx Conference where she discussed how she and others are changing the world.

fight to eliminate the hundreds of wrongful convictions that occur every year in the United States. Because of DNA testing, Newman said, about 325 people have been exonerated to date. This fact is something prosecutors must accept, she said, because the justice system is changing.

"We're all waiting on human nature to change, but the change is a return to justice and a return to truth," Newman said.

According to speaker Emily Greener, co-founder and CEO of the nonprofit I Am That Girl, the only way to make change happen is to be a leader. "If we're going to be champions of changing the world, we need to go first," Greener said. Her nonprofit exemplifies this through its dedication to inspiring and empowering girls to become their best selves while leading others to do the same.

Elon University's I Am That Girl chapter boasts more than 550 Facebook likes and has a

weekly meeting attendance of more than 50 girls, said Katherine Korol, an Elon sophomore and member of I Am That Girl Elon who attended TEDx to hear Greener's talk.

Leading with vulnerability is one of the most important things we can do for ourselves because it establishes connection and trust with others, Greener said.

"We're a follow-the-leader society," Greener said. "Will you choose to be a leader? Will you choose to be known?"

There are two types of leaders in our society, said speaker Harry Cohen, a psychologist who works with management leaders and organizations to teach the principles of "heliotropic" leadership. The term, often used in reference to plants, means the growth or movement of a fixed organism, Cohen said.

"The heliotropic effect tells us that all living systems tend to move toward self-sustaining systems, not depleting ones," he said.

His experience with company executives has proven the more positive and gratuitous leaders are, the more their employees and their company succeed.

When people make an effort to be positive energizers — attentive listeners who are compassionate and encouraging — it's contagious, Cohen said.

"Be the sun, not the salt," Cohen said.

Innovator, application designer and recent Vancouver Film School graduate Ian Brady is the leader of a platform he calls "Vision." The idea began after he realized the college climate had changed drastically since the World War II era when college was for scholars and free thinkers alike. Colleges are standardizing everyone, Brady said, because they can't keep up with the sheer number of students they're admitting.

Brady created a graphic presentation illustrating the need for individualization of students and a return to a liberal arts foundation.

"The goal is to promote the individual and shape the future," Brady said.

David Levy applied a similar argument to the financial sector. The Elon parent and chairman of The Jerome Levy Forecasting Center, a macroeconomic forecasting and consulting firm, positioned his talk around the question, "Where do profits come from?" Profits are rewards for innovation and raising standards of living, he said.

"You don't have to be a mathematician or an economist to understand it," Levy said. "The world needs to look at a new perspective."

HOUSING from cover

With more than 20 communities, LLCs are another way students can remain in on-campus housing. According to Barker, even though deadlines for LLCs have passed, it's not too late to inquire about open spots.

Junior Michael Nedvin has lived in an LLC for the past three years and plans on continuing to live in one for his senior year.

"I didn't want to worry about housing off-campus so applying for an LLC was a good option," Nedvin said.

Another benefit of living in an LLC is that there are many opportunities for older students and even faculty members to form bonds and mentorships with each other.

It's something supporters say can be hard to come by elsewhere, in other living situations on campus.

"LLCs are nice because it's good to have older students to go to when you have questions about different Elon-related things," said junior Jacquelyn Lanphear.

LLC RAs also see the benefits of having freshmen and older students live together.

"I personally feel that the mix of first-year students with sophomores is incredibly beneficial, especially for the first-year students," said communications LLC RA Riley Billman. "These students can more easily find student mentors than those who live on an all first-year hall."

Billman said she has heard from her residents that the housing selection process can sometimes be confusing, but she appreciates that Elon rewards students who have been academically successful by using students' GPA to partially determine housing selection.

"I've also heard from other schools that [their] housing process is much more convoluted and difficult," she said. "I appreciate Elon's system compared to these other schools."

Looking ahead, Barker said the goal is to be able to house as many people on campus as possible.

"We've made strides to provide enough beds," she said. "We would love to see 75 percent of students living on campus within the next five years."

HOUSING SELECTION DATES

	2/25	Station Sign Up-Phase One
	2/26	Station Sign Up-Phase Two
	3/2	Other Apartments-Phase One
	3/4	Rising Junior/Senior Sign Up
	3/11	Rising Sophomore Sign Up

GRAPHIC BY MIRANDA SIVAK | DESIGN EDITOR

Moving past the stigma

Creating space for mental health conversations

Leena Dahal
Assistant News Editor

During his visit to Elon, Ross Szabo, CEO of the Human Power Project and co-author of "Behind Happy Faces: Taking Charge of your Mental Health," urged a crowd of Elon University community members to move past the social stigma against mental health and recognize the importance of seeking help for themselves and peers.

"Mental health isn't a problem," he said. "It's something we should all have."

The social stigma he refers to is one that affects college students across the country.

The American College Health Association National College Health Assessment found that while an estimated one in five Americans 18 and older, which translates to more than 54 million Americans, will experience mental health problems in any given year, fewer than 8 million will seek treatment. The study also found that 30 percent of college students reported feeling "so depressed that it was difficult to function."

To further Szabo's discussion about peer support in early prevention and treatment, the Elon University Department of Health Promotion initiated Helping Students in Distress: Signs, Strategies & Resources.

The series of conversations and Q&A sessions address the signs, strategies and resources needed to support students suffering from distress or anxiety.

The Q&A is one of the many initiatives the department has provided for students, faculty and staff this year by placing an emphasis on providing resources for peers who notice signs of distress, as well as community members who are experiencing signs of distress.

The department has strived to bring mental health to the forefront of discussion on campus through various educational opportunities, platforms for dialogue and resources.

When Bruce Nelson, director of counseling services and Whitney Gregory, director of promotion and student concerns outreach, designed the program, they hoped to reach as many students, faculty

and staff members as possible. On the day of their first discussion, they stood in front of an empty room.

They raised an important concern: students may not be aware of the initiatives and resources provided by the department of health promotion.

For those more aware of the extent of the problem, social stigmas could be holding back their comment.

Senior Kally Lavoie said that though she has never been to the counseling offices herself, she has heard about their efforts, which she thinks attest to the counselors' attempt to spread the awareness about the resources. "There are times where I was interested in visiting but was intimidated because I didn't know exactly what services were provided or how the center worked," Lavoie said. "I do also think the distance plays a factor. Some mental health issues could hinder motivation or ability to walk such long distances across campus."

Gregory said the ways in which these initiatives are discussed play a large role in generating participation.

"I don't know a student who doesn't connect with the idea of stress reduction and focusing on coping skills and finding ways to support one another to be less stressed," she said.

Help starts with peers

According to Gregory, research has shown that the primary resource that mitigates negative outcomes or worsening mental health conditions is person-to-person contact.

She said that one of the department's major goals in these types of conversations is to intervene at a systemic and organizational level.

"If we can have these conversations with students who may be in the early stages of anxiety or who know somebody who may be showing signs of distress, then we can spread the word that with the right resources and support, the problem can often be resolved," she said.

With student-run groups such as Active Minds, a non-profit organization dedicated to reducing the stigma that surrounds mental health, and SPARKS, a

team of responsible student leaders who provide health-related programming and serve the Elon community as health resources, it's clear that Elon is making space for peer-centered discussion about mental health.

According to Gregory, these discussions need to be supplemented by an awareness of resources and strategies to provide support for peers in need on a campus-wide level.

"Elon students are incredibly involved," she said. "But a culture surrounding staying up late at night to complete assignments or attend meetings can lead to high levels of stress, lack of sleep and impact on emotional health."

Breaking myths and stigmas

There are a variety of rumors about counseling services at Elon, especially related to their cost.

Another is matching the student with the counselor, which requires careful compatibility and planning to ensure a good fit in which both parties are comfortable talking candidly.

"We are fully licensed, trained and have years of experience working here and elsewhere," said Bruce Nelson, director of Elon Counseling. "But our No. 1 priority is to get students what they need and if that means looking for resources within a 40 mile radius, then that's what we will do."

Sophomore Matthew Sheehan said breaking stigmas begins with students.

"A lot of individuals view counseling as an admittance of weakness, but it isn't," he said. "It takes great courage to make the decision to go and then actually attend a session."

Sheehan added that he felt intimidated while in the Health Services waiting room with everyone else as the only person there for counseling.

"I view it as positive but didn't want to be judged by others," he said.

Sheehan said his experience was positive and that the people he met were caring and connected him to the right resources.

Gregory encouraged students who may be thinking about making an appointment to simply try.

"It's not about diagnosing some sort of disorder. It's about identifying a problem," He added. "It's about finding the solutions for yourself and the resources you need to get to a better emotional state."

Helping Students in Distress will take place on March 4 at 1:30 p.m. and March 19 at 5 p.m. in the Psychology building, Room 102.

Counseling Services
Same day appointments for crisis situations

336-278-7280

Counselor on Call
For after hours and weekends, but not for emergency situations

336-278-5555

Student Concerns Team
Can reach out to students to discuss concerns and give them resources

336-278-7200

Safeline
Confidential phone line for students who have experienced or have questions about bias, discrimination, or harassment

336-278-3333

HELPFUL RESOURCES

Inside an Elon snow day

Michael Bodley
Editor-in-Chief

Contrary to popular belief, Smith Jackson, vice president for student life, does not have the final say on when Elon University gets a snow day.

The power to close the university ultimately rests with Steven House, university provost, and Gerald Whittington, senior vice president for business, finance and technology.

But they rely on a lot of help — from Physical Plant, Elon University Police and the input of a slew of other campus departments and organizations.

As the provost gets each to weigh in, it's not uncommon for House to hit the roads in the pre-dawn light and see for himself, according to Dan Anderson, vice president of university communications. Physical Plant workers and Elon University Police officers also beat the pavement to assess conditions early, he added.

"I think it's our responsibility to make an informed decision about how to conduct the university's business, and it's important for every individual to take responsibility for themselves to get around safely," Anderson said.

Though a late-arriving storm dumped a coating of snow and ice around campus Tuesday, the university opted to stay open, drawing the ire of certain students who said they ice-skated their way to class.

"I was really shocked that it wasn't canceled," said sophomore Taylor Hoerr, a former Pendulum staff member. "I went to 'Sunrise Yoga' this morning, and when we walked out, the paths weren't cleared. I feel like they didn't prepare at all, unlike last time."



After Elon University made the call to remain open Tuesday, many students made it to class, while some farther-away faculty stayed home.

Unlike winter storm Octavia — which brought North Carolina plenty of warning before it hit last week — Tuesday's wintry mix took the university by surprise.

By 6:47 a.m. Tuesday, when Jackson emailed campus, much less snow had fallen than would pile on during rush hour. Ideally, that email should be sent out around 6 a.m., Anderson said.

"What happened during the commute made it more slick than anyone would have anticipated," Anderson said. "So, it's not a flawless process to make this decision. Things change, and you can't anticipate weather."

Though no car accidents were initially

reported around Elon, there were injuries, as well as some close calls.

"I was crossing the tracks near West End Apartments and lost control, slid into the curb and bounced off into the road," said junior Lindsey Metcalf. "When I got out of the car to see if there was any damage, I almost slipped on the ice. I got back into my car, and another car making the same turn lost control and just barely stopped in time."

For its part, Elon asks students, faculty and staff nervous about their commute to stay home, saying there will be no penalty for students who skip class out of safety concerns.

But not all students buy in.

"I feel like no teachers will uphold and respect it if you don't make it to class," Hoerr said.

The responsibility is actually with the individual student, not with the university, to make arrangements with the teacher, Anderson pointed out.

"Students should approach each teacher one-on-one, and I think faculty members will understand if they explain the particular situation," he said.

Anderson added, "It always is a judgment call, and it's always going to be second-guessed by people. Every school system in the world has the same issue."

Students, employers face challenges with internship hiring process

Bryan Anderson
Assistant News Editor

The number of Elon students completing internships or co-ops has significantly increased over time, though there have been some growing pains.

According to the Elon Career Center, 55 percent of graduating seniors from 1993-94 participated in at least one for-credit internship or co-op. In comparison, 86 percent of 2013-14 seniors participated in at least one for-credit internship or co-op. From summer 2013-spring 2014, 1,206 students took on a for-credit internship.

Jasmine Turner, an internship ambassador for the School of Communications, goes to different classes to share her internship experiences with undergrads. After securing an internship in the smaller Winston-Salem market, she interned in Washington, D.C. for a local television station and then went to New York City to intern for "60 Minutes."

"Elon does a really good job of making sure that you can have a well-rounded experience if that's what you're seeking out, and you don't have to intern in the same type of places for three summers," Turner said. "My internships have really helped me hone in on what I want to do."

Bringing employers and students together

In an effort to increase student engagement with employers and retain employers' interests in returning to campus, Debby Wall, Elon University's director of internships, is encouraging students to take advantage of new resources.

With the creation of Elon Career Fair Plus, a free app designed to simplify the process of preparing for job and internship expos, Wall hopes to see more students attend the

upcoming expo on Thursday, March 12 than ever before.

"I can walk around with [the app], look at every company at the fair, click on it and it's going to tell me about the company, who they're recruiting for and even take a note," Wall said.

While the app is designed for students, there is an overarching goal to make more companies return to Elon.

Employers struggle to find value in taking the time to post their available jobs when students do not use or are not aware of existing resources like the Elon Job Network.

"When employers aren't hearing from students after they take the time to post, they're going to move onto Duke [University] and they're going to move onto Wake Forest [University]," Wall said. "They really wanted Elon. That's why they came here."

Internships difficult to obtain for some

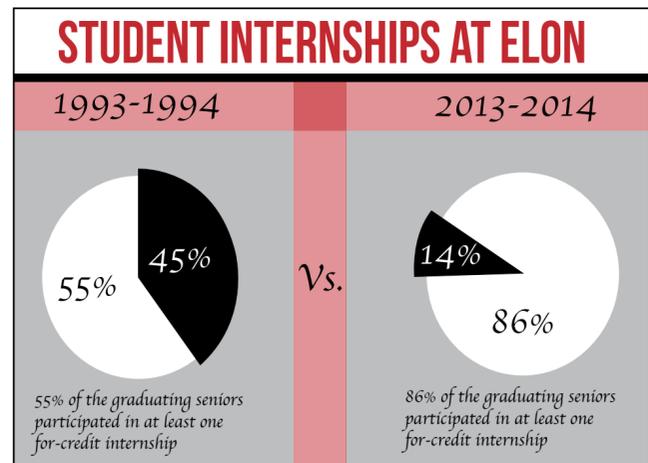
The process for receiving internship credit can be difficult for some students depending on their major.

While a business major, with the exception of an economics and international economics major, and a communications major both require a for-credit internship to graduate, the process for receiving credit is quite different.

Jan Pagoria, Elon's director of internships in the Love School of Business, said the business school has no restrictions on when students can get credit for their internship experience.

"Certain departments have that [class requirements needed before receiving credit], but we don't in the school of business," Pagoria said. "I support the fact that we don't."

In the School of Communications, freshmen are unable to receive internship credit because students majoring within this depart-



GRAPHIC BY STEPHANIE HAYS | Design Editor

ment must take Communications in a Global Age, Media Writing, Web and Mobile Communications and Creating Multimedia Content before applying for credit. Since Web and Mobile Communications and Creating Multimedia Content have a prerequisite of a C or better in Communications in a Global Age, the earliest a student could be eligible to receive credit is after the spring semester of his or her first year at Elon.

The purpose of this process for communications majors is to ensure they are prepared for their internship by the time they enter the work force. Pagoria believes a less restrictive process for receiving credit is more beneficial to students.

According to Pagoria, students who are able to secure a for-credit internship at a younger age have the advantage of getting a better idea of their future career path. Nag-

atha Tonkins, the director of internships in the school of communications, urges students to seek valuable work experience even if they cannot receive credit for doing so.

All students, regardless of major, must pay \$450 per internship credit if they choose to receive credit over the summer. Since 18 credits are included in semester tuition, an internship taking up a 19th credit would cost an additional \$900.

The Student Professional Development Center's web page recommends students "begin thinking about an internship during their sophomore year." Because an internship is a regular course for credit monitored by faculty with a letter grade, regular tuition charges apply.

Raising the bar and the dough

Elon's Campus Kitchen looks to increase funding with national competition

Diana Stancy
Senior Reporter

Elon University is working with Campus Kitchens across the country to "Raise the Dough," a weeklong national competition to raise money for educational efforts and food contributions.

Elon's chapter's goal is to raise \$1,800 by Feb. 27 to implement solutions for food insecurity in Alamance County. Forty-two other Campus Kitchens in the nation are participating in the competition.

The top three Campus Kitchen chapters that raise the most funds will win a cash prize that will help to continue impacting their community.

Feeding America estimates 1-in-5 people in North Carolina struggle with hunger.

Abbey Riesett, program coordinator for Elon's Campus Kitchen, said the organization decided to enter the competition primarily so it could expand education efforts regarding nutrition to residents of Alamance County.

Campus Kitchen is accomplishing those educational objectives by providing weekly nutritional handouts to the John Robert Kernodle Senior Center and the Graham recreation Center. This is done through the nutritional services program provided to senior citizens of Alamance County through the Alamance County Community Services Agency.

"Our goal is to be able to bring fresh produce to the seniors when we make our presentations so they have food to take home with them," Riesett said. "We

are also beginning to develop nutritional handouts and presentations for Allied Churches of Alamance County."

The organization has encountered challenges regarding the competition, mostly because not everyone at Elon is familiar with it yet.

"A lot of people on Elon's campus have never heard of Campus Kitchen or do not realize how big of an impact we have in Alamance County," Riesett said.

"FOOD INSECURITY IS DEFINED BY THE U.S. DEPARTMENT OF AGRICULTURE AS LIMITED ACCESS TO ADEQUATE FOOD."

USDA

Even so, Elon's Campus Kitchen is deeply involved in the community. The organization, composed of 15 student leaders and approximately 180 volunteers, makes and delivers 1,000 meals to residents of Alamance County each month.

During the 2013-2014 academic year,

the Campus Kitchen collected 11,151 pounds of food from Aramark and additional donations from students, faculty and staff. The organization went on to collect 2,344 pounds of food from fraternities and sororities during Greek Week in 2014. That food was distributed to Allied Churches' food pantry.

Riesett said that the Campus Kitchen at Elon has the capacity to become more effective in the community with the "Raise the Dough" competition because of the potential influx of donations.

Likewise, the competition helps other chapters learn new strategies to grow more influential in their individual geographic region.

"It is interesting because every Campus Kitchen is unique even though we all have the same mission and operate under a similar model," Riesett said. "We all have to be unique because we all serve different communities, and those communities have different needs and resources."

One of the resources unique to Elon's Campus Kitchen is Loy Farm, which the university bought in 2000 to use for humanities, social science and natural science courses. Elon's Campus Kitchen has been increasing the level of fresh produce in its meal packages thanks to its established relationship with members of Loy Farm.

The partnership also serves another purpose. Campus Kitchen is an educational resource, not just a nutritional one, for the Alamance County community. With the produce from Loy Farm, community members know the nutritional value of the food they are consuming from

the farm.

Melanie Seidman, president of Elon's Campus Kitchen, said the competition could allow the organization to develop stronger ties with Loy Farm. In addition, the company could inform members of the community and provide the best quality of foods to the county.

"The increased education will hopefully help the community members to begin to be able to make their own food and make smart choices about what they're cooking," Seidman said. "The extra money could go to helping out the farm or to higher quality ingredients to use in our cooking shifts."

People can donate to Elon's Campus Kitchen's "Raise the Dough" campaign:

Go to: www.razoo.com/story/Raise-Dough-Ckeu?referral_code=share.

Students and friends are encouraged to share with friends via social media.

CAMPUS KITCHEN "RAISE THE DOUGH"

Guy Harvey awarded for entrepreneurship

At Elon, clothing giant shares unconventional path to success



President Leo Lambert awards Guy Harvey for his career at a ceremony in LaRose Theatre Monday night.

Tanza Loudenback
Senior Reporter

Elon University awarded the Medal for Entrepreneurial Leadership to Guy Harvey in a packed LaRose Digital Theatre Monday night. Harvey — a renowned marine life artist and scientist and conservationist briefly summarized his near 30-year history as proprietor of Guy Harvey, Inc.

and how he quickly discovered the value of wildlife conservation.

"I learned early on conservation is good for business," Harvey said.

Although he has long been committed to marine life conservation, it wasn't until 2008 that Harvey established the now-thriving Guy Harvey Ocean Foundation. The foundation funds scientific research and educational programs to ensure a mutually beneficial fu-

ture for marine life and their ecosystems.

"As the population grows, [society] places more and more pressure on limited resources," Harvey said.

Most recently, Harvey partnered with Richard Branson and his company Virgin Group in the effort to conserve the world's oceans and marine life.

The Entrepreneurial Leadership award, of which Harvey is

the sixth recipient, honors industry leaders who exemplify Elon's values of integrity, innovation and creativity, passion for lifelong learning and a commitment to building a dynamic community. Elon chose Harvey to receive this award because of his unique blend of expertise in the fields of entrepreneurship, science and art, said President Leo Lambert, who presented him with the medal.

"I really don't deserve this," Harvey said upon receiving the award. "I really have a team of people who help me do this."

Harvey first signed commercial licensing for his artwork in 1986 in Florida when he was still teaching at a university in the West Indies. It was then, he said, that he first learned the importance of copyrighting his work. From there, Harvey spent his time at trade shows and consumer shows trying to gain momentum for his artwork and ideas.

In 1999, in partnership with the Oceanographic Center at Nova Southeastern University, Harvey launched the Guy Harvey Research Institute (GHRI) to research deeper into the world's marine life and their ecosystems. The institute, he said, acts as a strong liaison for collaborating with universities in marine life education and has produced 80 peer-reviewed papers to date.

An eleventh generation Jamaican, Harvey said he draws inspiration for his artwork from his roots in the Caribbean. The island of Panama is an optimum setting for Harvey, he said. It's here — where the fishing is consistent and the film opportunities are plenty — that he is able to find inspiration.

"The bigger animals are the ones I really love to paint," Harvey said.

He has experience with pen and ink, watercolor, acrylic and oil painting as well as underwater photography and cinematography. Still, Harvey credits much of his recent success to his social media team.

"It's good to remain highly visible on the road all the time... Social media has become a very important medium," said Harvey, who has over 760,000 likes on his Facebook page. In addition, Harvey's team compiles and publishes a quarterly print magazine that features visually rich photography and artwork, he said.

Ultimately, Harvey said he would like to bring attention to marine life.

"Wildlife artists are kind of considered the red-headed stepchild of the artist community," Harvey said. But, he advised aspiring artists to make use of modern social media tools to promote their artwork.

Cheat Sheet: ISIS in a Nutshell



Want a complicated news story explained? Email pendulum@elon.edu and find it in next week's Cheat Sheet

How did ISIS begin?

The history of the Islamic State of Iraq and al-Sham (ISIS) can be traced back to the Iraqi faction of al-Qaida, a Sunni terrorist organization. Before his death in 2006, Abu Musab al-Zarqawi led al-Qaida and major bombings, kidnappings and beheadings in Iraq.

Al-Qaida became weaker after al-Zarqawi's death, especially with the Sunni Awakening, an alliance of Iraqi Sunni tribes supported by the United States fighting in opposition.

In 2011, al-Qaida used the Syrian conflict to its advantage and moved into Syria from Iraq, their current base. By 2013, influence spread back into Iraq, where the group's name changed to ISIS, or the Islamic State of Iraq and the Levant (ISIL).

What have they done?

ISIS made its way from Syria into Iraq toward Baghdad thanks to a combination of a shrewd military and unfathomable brutality. The organization is known for social media accounts that have shown disturbing videos of their fighters torturing and executing masses of unarmed prisoners. They have also taken advantage of trained Iraqi government forces who lack the motivation to put up a strong fight against ISIS.

Who is involved?

The CIA estimates that ISIS's total fighting force could have more than 30,000 people, about half of them foreign fighters who left their native country to travel halfway around the world in order to join the terror group. It has been estimated that more than 1,000 of the foreign fighters are from the western hemisphere, with around 100 of them American.

Is ISIS part of al-Qaida?

ISIS was originally an al-Qaida affiliate, but after ISIS leader Abu Bakar al-Baghdadi's 2014 public falling-out with al-Qaida core leader Ayman al-Zawahiri, the two went their separate ways. A February 2014 letter obtained by the Long War Journal showed the disdain of al-Qaida's senior leadership toward al-Baghdadi and implied that all ties with ISIS had been cut.

Is ISIS a threat to the United States?

In the past, ISIS has mainly focused its attention on its regional neighbors, but the August 2014 execution of U.S. jour-

nalist James Foley might be evidence of change. Foley's execution followed U.S. involvement in recapturing the Mosul Dam. The Mosul Dam is an Iraqi dam that, if not given proper attention could flood more than 65 feet deep in the city of Mosul, resulting in significant loss of life and property. The United States provided airstrikes to take back the dam. In Foley's execution video, an ISIS fighter addressed Obama directly, saying that Foley's death was a retaliation for the airstrikes against the dam.

The latest ISIS News

Turkey launched a military operation in northern Syria Feb. 21 to rescue Turkish soldiers surrounded by ISIS. The Turkish soldiers were guarding an Ottoman tomb that houses the remains of important historical figure Suleyman Shah. To ensure ISIS didn't interfere, Turkey moved its 38 guards and Shah's remains.

Why should I care?

Many people believe that recent Muslim hate crimes, such as the triple murder in Chapel Hill, are a result of an ISIS mentality in the United States.



PHOTO COURTESY OF TRIBUNE NEWS SERVICE
Kurdish Peshmerga fighters are positioned on the frontline to protect the main highway between Kurdish occupied Kirkuk and the capital of the Kurdish Regional Government in Erbil from ISIS. A U.S. air base is being opened in the area where planes and personnel will be deployed.

CRIME REPORT

Feb. 20	Feb. 22	Feb. 22	Feb. 22
DRUG POSSESSION GRANVILLE STREET, BURLINGTON A 41-year-old male was arrested by the Elon University Police Department and charged with felony possession of cocaine. Bond was set at \$1,000.	PHYSICAL ASSAULT TIMBERLINE STATION DRIVE, ELON A 23-year-old woman was hit in the right eye by an unidentified male. According to a Town of Elon Police Department incident report, the unknown male swung his fist into the open car window where the victim was seated, leaving a small cut above her eye and some minor swelling.	ILLEGAL DISCHARGE E. COLLEGE AVENUE, ELON Two Elon University males, 20 and 21, were charged with illegal discharge of a weapon in city limits. According to the Elon Police Department Incident Report, the two men discharged a BB gun from the suspect's back porch.	BLACKMAIL & EXTORTION ST. JOHN'S DRIVE, ELON A 21-year-old Elon University male reported that after Skyping inappropriate content with a white female in an online chat room, he was blackmailed for \$300.

GRAPHIC BY MEGAN GRAVLEY | Design Editor

News Briefs

The Oak House cited for serving alcohol to minor

The Oak House recently sold an alcoholic beverage to an underage buyer with an undercover police officer present.

Following complaints, the Elon Police Department conducted an operation to test if local businesses would sell alcohol to underage buyers Feb. 5.

"We received complaints about local alcohol-licensed establishments selling to underage buyers, and we congratulate those businesses that did not sell during this operation," Lt. Kelly Blackwelder said in a news release.

Alamance Citizens for a Drug-Free Community assisted Elon Police with the test, with an underage person acting as a buyer.

Out of the six establishments tested, The Oak House was the only establishment to not pass.

"This incident does not reflect my vision for The Oak House, nor our standard operating procedure," said Phil Smith, owner of The Oak House, in a statement. "I have met with each employee to discuss the importance of checking ID's and we have learned a valuable lesson from this unfortunate error. As a result, we have made staffing changes and will further educate employees to prevent a similar incident from happening."

Department of Art History to celebrate 10th anniversary

Elon University's Department of Art and Art History will host a symposium Feb. 27-28 in celebration of the art history program's 10th anniversary.

The two-day event will feature presentations by international art history scholars as well as Elon alumni who will share their work and ongoing art research.

The keynote address will be open to the public. Jill H. Casid of the University of Wisconsin-Madison will give the keynote, "Art History on the Hyphen" in the LaRose Digital Theatre Friday, Feb. 27 at 7 p.m. Tickets are not required for this event.

To learn more about the symposium and art history program, contact Kristin Ringelberg at kringelberg@elon.edu or 336-278-5249.

Doherty Scholar applications available

Applications to become a Doherty Scholar are available to rising juniors and seniors of any major. Doherty Scholars receive a \$2,000 scholarship to provide leadership in the Martha and Spencer Love School of Business and the Doherty Center for Entrepreneurial Leadership and remain on campus for both the fall and spring semesters of all the years they are scholars.

To apply, students must submit a completed application form, a copy of an OriTrack transcript and a resume to KOBK 100 by 5 p.m. Friday, March 13.

The finalists will interview with an award committee that includes Doherty Center faculty and current Doherty Scholars for one of three spots.

Editorial

Housing prices should reflect housing quality

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.

On-campus housing at Elon University is a mixed bag.

The disparities in the different residential areas are obvious, but they aren't reflected in the prices, which are the same for all on-campus apartments and dorms respectively. And students in certain locations don't get what they pay for.

Associate Director of Residence Life Operations and Information Management MarQuita Barker said maintaining consistent rates in campus housing is an effort to encourage diversity by preventing students who are more financially advantaged from congregating in certain residential neighborhoods.

But the current system of determining housing does little to generate diversity in living spaces because it clumps students together based on class year.

The solution is to alter prices based on the quality of the individual locations and operate the housing lottery based on academic performance.

This way, students can opt for housing options they feel comfortable paying for, and the rates will reflect the overall quality.

To be clear, none of Elon's on-campus housing should be considered a poor option. As far as college-living goes, each option at Elon is more than adequate. But students shouldn't pay inordinate prices for adequate housing.

Though the university is well on its way to achieving its goal of having 75 percent of students living on campus as part of the residential campus initiative, many turned to cheaper housing with similar amenities off campus.

Currently, 37 percent of students live off campus, and 65 have applied to join

that group in the 2015 housing selection process.

Junior Kyle Vines applied to move off campus as a sophomore after he found housing that was as nice as what Elon offered at a lower cost.

"It's been cheaper, and it's nicer," Vines said. "I'm not missing out on anything."

Without having to pay for a meal plan or parking, Vines said the savings are worth the short distance from campus. He also noted his reservations about going through the housing selection process as a sophomore.

"I would have wanted to go into the Oaks because that's where everybody went," Vines said. "I would have been really upset if I had ended up in Danieley."

Currently, students living in Mill Point, The Oaks and Danieley pay the same monthly rate of \$707 for a four-person apartment despite the apparent differences in quality at each location.

This disparity is evident among the newer residence halls on campus and in the Historic Neighborhood. Students living in dorms also pay a flat rate of \$2,699 per semester for a double room. And despite East campus's charming facade, some of the bathrooms are a bit "historic."

Then there are the physical differences in Elon's apartments. Mill Point residents benefit from brand-spanking-new kitchen appliances, recreational-sized common areas and four bathrooms — one for each resident in an apartment. Students in Danieley pay the same monthly fee for fewer amenities and more Physical Plant work requests. Danieley residents are also required to purchase a meal plan.

And, Danieley is the only apartment complex on campus that charges for

laundry services. Newer residence halls provide free laundry facilities, and the Oaks and Mill Point residents have access to washers and dryers inside their apartments.

Yes, Danieley is in the progress of an update. But the promise of bagels and fitness centers doesn't mean much to those who currently pay the same amount as Mill Point residents do for their pool, hardwood floors and gleaming granite countertops.

To ensure students get the biggest bang for their buck at an already expen-

sive university, housing prices should reflect the quality and condition of each apartment and residence hall. As it is, some overpay for average housing options.

Visit elonpendulum.com for corresponding multimedia.

HOUSING DISCREPANCIES

COLONNADES \$2,699.50 per semester (double room) Opened in 2011 • Laundry services included • Large common spaces	DANIELEY CENTER (O-P) \$707 per month Opened in 1999 • Laundry services not included • Requires meal plan • Minimal lighting
OAKS \$707 per month (4-bedroom) Opened in 2007 • Laundry machines in each apartment • Thin walls	GLOBAL NEIGHBORHOOD \$2,699.50 per semester (double room) Opened in 2013 • Laundry services not included • Newest residence hall on campus
MILL POINT \$707 per month Opened in 2012 • Laundry services included • One bathroom per resident • Pool, fitness center, large common space	HISTORIC NEIGHBORHOOD \$2,699 per semester (double room) Opened from 1903-1956 • Laundry services not included • Older furnishings and appliances

Sources: elon.edu
GRAPHIC BY MEGAN GRAVLEY | Design Editor

Changing majors leads to added stress

At the end of my first semester as a freshman at Elon University, I was overwhelmed with campus



Emily Hayes
Columnist

opportunities. There were clubs to join, classes to choose and organizations to sift through. I had a lot on my mind.

At first, four years sounds like more than enough time to figure out exactly what you want to do. But as time slips away, important decisions that significantly impact

the future feel rushed.

As freshman year turned into sophomore year, I felt myself making decision after decision — quick, impetuous choices. Since I'm terrible at math and science, I ruled out any major that involved taking more than entry-level classes in those subjects.

With hardly any thought at all, I found myself declaring a strategic communications major and creating a path for my entire future — simply because I did not feel I had the time to try anything outside my comfort zone.

Deciding what major to declare feels a lot like deciding your future. That's a scary thought. In the four short years we have at

Elon, we're pressured to figure out what we want to do for the rest of our lives. As exciting as that is, the future is not all that far away.

Freshman Liz Moran said she doesn't want to have to choose a major yet because she has so many varying passions and interests.

"I would love to be a marketer for a big business or company, but I would also love to do something in public health," Moran said. "I feel like I just got here, but it's already almost my sophomore year. I'll have to make up my mind sometime soon."

For some students, choosing a major and life track is simple. People who have always known

what they want to do with their lives have no difficulty continuing to follow their initial plans.

I haven't met many of those people. Most students can't decide what they want to do because the idea of choosing a future is intimidating.

"I declared a marketing major freshman year because I didn't know what else I would like," said sophomore Sarah Mullery. "Just recently, I switched to psychology. Who knows what I will actually end up doing?"

During their first two years of college, students are expected to choose a major and take classes that correlate with that major. But choosing a permanent life path

is a big deal. Once you get on a certain track, it is difficult to stop and change directions.

Although the future is exciting, it's also scary. Making decisions that significantly affect the future is stressful and overwhelming, but finding a career in the field that makes you happy is worth the stress.

Submit a letter to the editor at clonpendulum.com.

THE PENDULUM

Established 1974

The Pendulum is a daily operation that includes a newspaper, website, magazine and multimedia. Letters to the editor are welcome 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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The problem with Yik Yak and the 'ideal' user

Since its launch in 2013, social media app Yik Yak has managed to secure a position as one of the most popular sources of mobile information sharing today, especially within college communities.



Tim Melton
Columnist

The formula of Yik Yak is simple yet, effective: users can share posts (called "yaks") that can be viewed and commented on by others.

Yik Yak will only show yaks within a 10-mile radius of the user's device, ensuring that shared information will be relevant to each user. Its users are relatively anonymous in their posts.

The problem with Yik Yak is the basic concept is not tailored for people to simply throw statements of biting sarcasm into the void.

Rather, like a virtual bulletin board, it was for the sharing of comedic random thoughts, perhaps in some way to foster community without explicitly giving names.

In an interview with The Huffington Post, Yik Yak co-creator Brooks Buffington discussed his and fellow co-creator Tyler Droll's original concept for the app as well as the progressive corruption of their idea.

"We were naive... Using the app the way we intended it to be used requires a certain amount of maturity and responsibility. We were idealistic about who possessed that," said Droll.

I'd like to highlight the word "idealistic," because it embodies the main issue with Yik Yak. In the realm of the Internet, there is no such thing as the "ideal" user. Given a forum with a certain level of anonymity, users will be

more tempted to write about what upsets them, even if it defies popular opinion. There is no immediate threat of consequence.

Naturally, Yik Yak's policy on anonymity has been met with much criticism, particularly accusations that people have been using the app to promote the ever-present issue of cyberbully culture. Scrolling through lists of yaks written by students, updated with new posts practically by the second, I found the lack of an identity to associate with one's post resulted in many yaks with aggressive, inflammatory and even downright offensive material.

Students use Yik Yak in order to express themselves in ways that they could never accomplish in real life. Although this form of expression can be pleasurable to the original poster, Yik Yak has indeed been linked to implications of verbal, emotional and sexual abuse across college campuses nationwide.

Despite the issues presented by Yik Yak's legion of invisible users, the app isn't all bad. The anonymity allows for the sharing of deep or personal problems that could not be shared otherwise. Yik Yak can often become a place of genuine encouragement from fellow students, likely absolute strangers.

The creators seem to be aware of the dangers surrounding their app and its users. They have implemented numerous changes in an attempt to curb cyberbullying. The most recent update enhanced the requirements for reporting yaks with inappropriate content for deletion in order to counter trolls who would remove innocent posts.

Buffington and Droll have more work to do to fix what they have created, but it is reassuring to know they have dedicated themselves to the task of making the environment as safe and productive as possible.

It cannot be denied the fundamentals of Yik Yak are



SCREENSHOT COURTESY OF YIKYAKAPP.COM

flawed, and the majority of posters exploit those flaws as a means of self-expression. In spite of our anonymity we should be aware of what information we make public, and how this information could possibly be used against us. While we may find it convenient to blame the creators for all the app's problems, we are the ones responsible for how the app is used on a daily basis, and how it will be used going forward.

DOCTORS' ORDERS

IN LOVING MEMORY OF SQUIRRELS PAST



Lauryl Fischer & Frankie Campisano
Columnists

sidelines at sporting events, too busy pumping up what we'll generously call the crowd.

Let's reminisce about some of our favorite memories with our squirrelly friends, which we will retroactively attribute to the frozen squirrel because we didn't know him or her personally, and none of the other squirrels responded to our requests for comments.

Before we can offer our touching eulogy, this squirrel must no longer remain anonymous. We could call him Nutsy, because squirrels have very few interests. We could call him Elsa, but we would be as bad as every other social media site using that tired joke for cheap laughs and easy likes. Yik Yak would eat that up.

Let's call the squirrel Sandy Cheeks because a new Spongebob movie came out this month, and all those vintage Nickelodeon references are riper than ever.

Sandy Cheeks was a dear friend and an important part of the campus, if not to the student body, then at least to the squirrel population. For all we know, Sandy was the squirrel mayor. Every classic squirrel story could have been Sandy. #IAMThatSquirrel.

Who could forget the time we saw a squirrel escaping with a dropped chicken sandwich outside of McEwen? Or that other, different time we saw a squirrel escaping with a dropped chicken sandwich outside of McEwen? Oh, Sandy. You warmed our hearts, but nothing could warm yours enough to keep it beating.

Now that we got that out of the way, we need to address the rest of the squirrel community, a marginalized

group here at Elon. This status is exacerbated by the fact that Smith Jackson does not send them winter weather updates, and they are markedly unprepared in all events of extreme conditions.

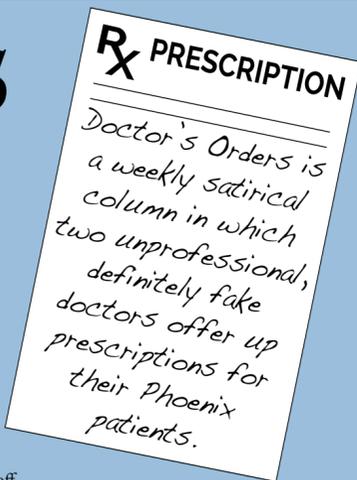
Winter isn't over yet, and you guys need to take precautions so you don't end up like Sandy over there in her frozen grave, destined to live on as a Yik Yak joke because Elon's campus is so intellectually deprived students get off on the deaths of small woodland critters. We're not excluding ourselves from that (see: this column).

Please keep Sandy Cheeks in your thoughts and prayers, but if you could also please keep any comparisons

between Sandy and Scrat from the Ice Age movies to yourself, that'd be just super. It's too soon. Can you believe they're making a fifth one of those? Even Shrek didn't make it to five movies.



Elon's squirrels population faced the elements when an ice storm hit campus hard last week.



EATING DISORDERS

from cover

amount of research dollars per affected individual with an eating disorder was just \$0.93. In contrast, the average for schizophrenia was \$81 per affected individual.

According to NEDA, up to 24 million people of all ages and genders have an eating disorder, with 95 percent of eating disorders affecting people ages 12-25.

But the numbers get higher among college students. The Multi-Service Eating Disorders Association reported that 40 percent of female college students have eating disorders, and 91 percent have attempted to control their weight through dieting. Anywhere from 10-20 percent of male college students are currently are dealing with an eating disorder, with anorexia, bulimia and binge eating disorder as the three most common.

Student-athletes are at a higher risk of developing eating disorders because of the emphasis on appearance, athletic performance, weight requirements and muscularity. Sports including gymnastics, diving, wrestling, running and swimming tend to focus on individual performance, rather than that of the entire team, which can allow an eating disorder to go unnoticed.

The type of training required of student-athletes can also contribute to chronic dieting, pressure to be thin and low self-esteem. Coaches who focus primarily on success and performance instead of the athlete as a whole contributes to the problem as well.

A week for awareness

The NEDA is taking a new approach to awareness week by focusing on the importance of early intervention. Intervening at early stages of development can increase the chance of stopping a full-blown eating disorder and its negative health consequences, so NED Awareness Week is directing individuals to a free online screening at MyBody-Screening.org.

This year's NED Awareness Week's theme is "I Had No Idea," and is centered around the belief that thousands of people may have an eating disorder or may not realize the way they live, eat and take care of their bodies is detrimental to their health.

"We live in a 'diet-ridden' culture, in which all sorts of disordered eating behaviors are marketed as healthy, or the best way to have the body you want," Thompson said.

Struggling with an eating disorder is different than any other illness because there is no medicine to take and the fight is against

http://nationaleatingdisorders.org/get-facts-eating-disorders

DID YOU KNOW?

- 24 million people suffer from an eating disorder
- 95 percent of people with eating disorders are between 12-25
- 40-60 percent of elementary school girls are concerned about their weight or about becoming too fat

I Had NO Idea

GRAPHIC BY VICTORIA LABENBERG | Design Editor

oneself. The symptoms are extreme, the treatment is hard and the process is long, but at the end of it, it's about self-perception.

"Eating disorders, and the behaviors associated with them, often serve as an individual's way of coping with emotions that feel unbearable," Thompson said.

The fine line of recovery

Years have passed, but Kauwe admits that every day is still a struggle. In the malnourished mind of someone with an eating disorder, thoughts become distorted. The result is a continuous chain of unhealthy decisions.

"At times I feel like I have control, but then I also feel that food has control over me," Kauwe said.

Eating disorders are not a lifestyle choice. These illnesses can be caused by genetic, psychological and emotional factors. Societal pressures to conform to a particular look or size can also take a toll. Many people attach their self-worth to the number they see on the scale, resulting in an obsession with numbers, calories and exercise.

"I'm really lucky how far I've come," said a female freshman student who asked to remain

anonymous.

Having struggled with an eating disorder since her freshman year in high school, she compared the dangerous mindset that comes with an eating disorder to a drug addiction.

"It takes over your entire life," she said. "It's not about losing the weight, it's about the need for control and trying to get a grasp on your life."

The student said she kept mostly secret because she feared what her family and friends would think of her if they knew. Although eating disorders are serious psychological issues, she was embarrassed and hesitant to confess she had a problem. Living in fear of disappointing her loved ones, she tried to deal with her struggles on her own, only to realize this was a battle she could not fight alone.

Although she was reluctant to reach out for help, the student now looks back and admits that telling her family was the best thing she ever did.

"The first step is the hardest," she said.

These battles cannot be fought without the help, support and encouragement of friends and family. Although people with eating disorders may feel lonely, scared or lost, support from friends, family, medical professionals,

therapists and former sufferers is available. "There are people that want to hear your story," she said.

Recovery is not achieved overnight or even over the span of a month or two. It requires time, persistence, commitment and the desire to defeat an illness that prevents people from loving themselves.

Reaching out for support

Forced to sit back and watch his sister suffer from a life-threatening battle with an eating disorder, a male student who also asked to remain anonymous explained how painful and terrifying these illnesses are from the outside.

"My family is taking it pretty hard," he said.

Once the student's sister was admitted to a treatment center in Connecticut, family therapy sessions, daily doctor appointments and sleepless nights became the norm for his family.

In one of the group therapy sessions, the student's sister admitted the first time she felt bad about her body image was in seventh grade. The entire family was shocked. They had no idea how long she had been suffering.

From an outsider's perspective, an eating disorder may seem like nothing more than an innocent diet or desire to lose weight — but on the inside, it is a daily battle to survive.

"Eating disorders over time lead to increased anxiety, depression and feelings of isolation," Thompson said. "The heart-breaking thing is, these are often the emotions that the eating disorder was developed to prevent in the first place."

The health consequences of eating disorders include abnormally slow heart rate, low blood pressure, bone density reduction, muscle loss and severe dehydration that can result in kidney failure. Recovery is not simply the decision to regain one's health — it is the decision to live.

Kauwe has taken these devastating effects and struggles and turned her recovery into something positive for herself and others.

"I don't want to be known as the girl who has an eating disorder," Kauwe said. "I want to be known as the girl who overcame her obstacles. [My eating disorder] has made me more empathetic, but more than that, it's defined me."

If you or a friend is struggling with an eating disorder they can reach out to Elon's Counseling Service at the Ellington Wellness Center or (336) 278-7280.

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Spotted: ‘Little Red Riding Hood’ at the Oscars

Michael Bodley and Leena Dahal
Editor-in-Chief and Assistant
News Editor

Dubbed “Little Red Riding Hood” by the media, the mysterious hooded figure prowling the Red Carpet at the Oscars Sunday night has been identified as Alyssa Shiller, an Elon University sophomore.

After Shiller successfully photo-bombed star-studded attendees, including acclaimed actress Reese Witherspoon, and drew snickers from the crowd, the Internet buzzed with questions of who she was and why she was there. The sophomore also became a trending topic on Twitter late Sunday.

Shiller has the opportunity to attend the 87th Academy Awards during her semester in Los Angeles with the Elon in L.A. program.

As part of the “Oscars Fan Experience,” hosted by a joint-partnership between celebrity and entertainment brand PEOPLE and the Academy of Motion Picture Arts and Sciences, the group was given access to many Oscar-related events and attended a special viewing party with a catered dinner at the El Capitan Theatre in Los Angeles.

Sophomore Samantha Allen joined Shiller on this once-in-a-lifetime experience.

Allen said they received the opportunity through Alex Ste-

venson, a 2014 Elon alumnus who works for a company that assists the Academy with logistics related to the guests of the red carpet.

“It was really special that we got in,” Allen said. “Most people have to be part of a lottery.”

Their Oscars journey began at 11:30 a.m. when Allen and her classmates reached the red carpet. After showing their IDs at the check-in table, they received their passes, swag bags with snacks and a T-shirt. From there they made their way to the behind-the-scenes section where hundreds of people gathered and waited for their exclusive experience.

According to Allen, activities such as a Maybelline makeup station, pro photo station and selfie station were available for those joining the Fan Experience.

Though it started to pour down on the students at one point in during the night, Allen said it provided an opportunity for them to stand out.

“A lot of celebrities saw us and said things,” she said. “Like, Zoe Saldana made a sad face and asked where our umbrellas were.”

Between Allen’s star struck moments, she was able to draw several connections between the Oscars experience and her educational growth in L.A.

“At the Oscars, they are comparing movies based on how they are edited, color corrected and written,” she said. “In my screen



Sophomore Alyssa Shiller sports the “Red Riding Hood” coat she wore while lurking around the Oscars. PHOTO COURTESY OF ALYSSA SHILLER

writing class, we are learning about how pacing works, and how to [develop] the rise and fall of a plot.”

Having learned film making techniques in her classes, she em-

phasized that she now fully appreciates the amount of work that goes into each movie.

“It was the first time I watched the Oscars and realized how much work goes into each movie, how

many people are involved and how many creative decisions have to be made,” she said.

Shiller agreed to an interview with *The Pendulum*. Check www.elonpendulum.com for more.

Elon’s Mansfield opens for ‘SNL’s’ Pedrad

Brett Gubitosi
Senior Reporter

Life may be tough, but Powell Mansfield can still find the humor in it.

As a child, he performed dance shows for his friends and relatives. Now a senior, he opened for “Saturday Night Live’s” Nasim Pedrad. The comedy show was hosted by the Student Union Board (SUB) Feb. 18 in McCrary Theatre.

Mansfield showcases his original comedy

on his YouTube channel, iHeartCharmed.

“Today, my biggest passion is to make people laugh,” Mansfield said. “I will always be, first and foremost, a fan of comedy.”

Sophomore Caroline Blanchard, SUB’s performance chair, said they started looking during winter break for potential comedians to perform at Elon with the help of Adam Bell, SUB adviser and assistant director of student activities.

Even though SUB was not specifically looking for an “SNL” performer, Pedrad

fit well considering Elon’s past shows with “SNL” comedians, including Jay Pharoah and Kate McKinnon in 2014.

“It made sense to stick with tradition, and it totally paid off,” Blanchard said. “We had an incredibly successful event.”

Mansfield headlined a SUBLive event in August and told the board that he would be interested in performing again if he had the opportunity.

Looking back, Blanchard said Mansfield’s performance was an excellent addition to the event, considering the comedic reputation he has created for himself.

“Comedy is a form of art that isn’t appreciated as much as the others,” Blanchard said. “Powell is able to bring the arts to the Elon student body. He is able to do what he loves and make people happier at the same time, which I think is a pretty huge contribution.”

Mansfield said meeting Pedrad was both inspirational and informative. He said although their comedy styles vary, the two shared the common bond of the craft: the ability to simply stand in front of an audience and be able to entertain it.

During his performance, Mansfield joked about what he called “Elon Things,” a compilation of all the quirky things that define Elon. Tony’s Pub-N-Subs, West End Terrace and being a senior were relatable topics he spoke about.

After Mansfield’s performance, Pedrad shared a few encouraging words with him.

“We talked about the journey to find your voice as a comic and how important it is to have a resonant and unique point of view when you do stand-up,” Mansfield said.

Pedrad did not specifically comment on any of his material, but she did say she heard the audience laughing and told

Mansfield that he was “killing it.”

“That was super cool to hear from her,” Mansfield said.

Pedrad told him that comedy is an ongoing process no matter where comedians are in their careers.

“She’s obviously further along that journey than me, but it’s such an endless process,” Mansfield said. “It was cool to hear her speak with such candor about how she’s still tracking down the voice she speaks with on stage.”

The pair also discussed his future career. After Elon, Mansfield plans to move to Los Angeles and start classes at Upright Citizens Brigade, an acting and comedy institution where Pedrad trained as well. He plans on bettering his improvisational skills there.

“[Pedrad] was really encouraging and excited to hear I planned to pursue comedy along a similar path,” he said.

Although he does not regularly watch it, Mansfield recognizes “SNL’s” influence in the comedy world.

He is still a fan of many of the comedians who have appeared on the show, including Tina Fey, Amy Poehler, Kristen Wiig, Kate McKinnon and Nasim Pedrad, calling them “comedic rock stars.”

For now, Mansfield is working on finishing his double major in Media Arts and Entertainment and French in addition to his other activities.

He is a member of Twisted Measure, a co-ed a cappella group, which enables him to sing and entertain. His love for interacting with students prompted him to become an orientation leader and a tour guide for student admissions.

“I’m kind of all over the place in terms of my involvement,” he said. “But that’s what keeps it exciting.”



Senior Powell Mansfield opened for Nasim Pedrad’s comedy show Feb. 18 in McCrary Theatre. JANE SEIDEL | Photo Editor

New sorority adds diversity to PHC

Chi Upsilon Sigma promotes inclusivity, women empowerment

Ally Feinsot
Senior Reporter

The road to bring a new sorority to campus is a long one. After a push from students, Chi Upsilon Sigma, Elon University’s only Latina sorority, has emerged.

While 38 percent of female undergraduates are involved in a Greek organization, some women felt that they did not belong in any of the nine pre-existing sororities that make up Elon’s Panhellenic Council (PHC). The start of a Latina sorority was just a thought for students and is now the introduction of Chi Upsilon Sigma is being celebrated.

A sorority like no other

Senior Ana Brambila has been working toward bringing Chi Upsilon Sigma (CUS) to campus since she was a freshman. She said she noticed a lack of diversity within Elon’s PHC and did not personally identify with any organizations in the National Panhellenic Council.

She began to search for other options, especially for students with Latina backgrounds.

“A group of girls and I did some research on Latina sororities and spoke with Shana Plasters, director of Greek Life,” Brambila said. “We then sent out proposals to Latina sororities nationwide that aligned with Elon’s values.”

According to Plasters, the process for a new sorority to become an official organization on campus takes longer than most students think.

“The Panhellenic Council must vote to add another group and once that happens, the faculty Student Life Committee must approve the organization,” Plasters said. “Then, the nationally recognized Latina sororities are invited to campus to make a presentation.”

In an article published by *The Pendulum* in September 2014, senior Nikki Payne, who has been working alongside Brambila since the beginning, said she saw the lack of diversity within the Greek community at Elon as well. She said the Latino population is rapidly expanding on campus, and she believes Elon must “provide for this

community” by allowing diversity within PHC.

The official recruitment process will begin this coming fall. Although CUS technically falls under PHC control, its recruitment will differ from the nine sororities currently on campus. Plasters said that CUS will not participate in formal recruitment, nor will members be eligible to apply for PHC positions such as president or director of recruitment.

To join CUS, potential new members must attend interest meetings, individually research the organization and reach out to sister chapters, such as the one at the University of North Carolina at Greensboro, by attending their events. Women can then become official OWLS, or Organization of Women Looking for Sisterhood, and are initiated into CUS after a five- to six-week pledge period.

The women newly interested in joining CUS at Elon have already begun fundraising for the chapter, a significant distinction from existing PHC organizations. Greek Life is known for high new member fees, a price that some students cannot afford or are not willing to pay, which discourages them from participating in recruitment.

CUS wants to make sure its members do not have to fully pay out of pocket.

“We are currently fundraising for

“CUS IS ALL ABOUT BUILDING YOURSELF UP WITH YOUR SISTERS AND WORKING TOGETHER FOR THE COMMUNITY”

ANA BRAMBILA
ELON SENIOR

the chapter so the girls will have access to those funds and have less of a financial burden,” Brambila said.

Seven Latina women founded Chi Upsilon Sigma at Rutgers University-New Brunswick in April 1980. Its goals were to educate and enrich the community, as well as to

CHI Upsilon SIGMA

- ⦿ Official name: Corazones Unidos Siempre, or Hearts United Always
- ⦿ Founded: April 29, 1980 at Rutgers University-New Brunswick
- ⦿ Motto: “Wisdom Through Education”
- ⦿ Chapters: 56 undergraduate chapters and 8 graduate chapters
- ⦿ Philanthropy: “I Have a Dream” Foundation
- ⦿ Symbol: Almighty Owl
- ⦿ Colors: Red, black and beige

GRAPHIC BY STEPHANIE HAYS | Design Editor

“promote and preserve the Latino culture,” according to CUS’s official website. Brambila added that CUS also emphasizes empowering women, and affectionately refers to its members as “women of wisdom.”

“CUS is all about building yourself up with your sisters and working together for the community,” she said.

school, so I knew I wanted to join a sorority,” she said. “The sororities on campus are great, but what is special about CUS is that it is historically diverse of all backgrounds within each chapter.”

Laureano learned about CUS after attending an NPHC interest meeting, where she inquired if there were any Latina-based sororities on campus. She discovered CUS and found that its values aligned with her own. Laureano’s appointment as president was made possible because of her enthusiasm and investment in CUS.

“I had attended several interest meetings for CUS, and the senior members were looking for a first-year who could take over and grow with the organization from the start,” Laureano said. “They offered me the opportunity to become president, and I immediately accepted.”

Laureano was initially attracted to CUS’ mission to “educate and elevate women through political and cultural awareness.” Through their work with the “I Have a Dream” Foundation, which seeks to help children in lower-income areas by providing tutoring and mentoring programs, CUS is doing its part to give back to the community.

Brambila said that each year CUS focuses on a specific event related to women empowerment. This year’s event was Girl Rising, a global campaign for girls’ education. According to its website, CUS strongly believes in the education of young women, which will “break down the cycle of poverty.”

Leaving behind a legacy

The idea to bring a Latina sorority to campus was not pushed by administration or the PHC — it came directly from Elon students. According to Plasters, Elon has been searching for a way for Greek Life to become more inclusive.

The dedication of Brambila and her peers has allowed the Latina community on campus to have a

voice and an identity, attracting students like Laureano to be a part of CUS.

“For a long time on campus, there has been a divide, whether you are a member of PHC or NPHC,” Brambila said. “There was no organization that I identified with personally or that specifically worked with Latina and lower-income populations. I wanted to be a part of a group that works towards a ‘bigger something’ and have that common ground with who I am working with.”

CUS chapters across the country encourage education of members’ individual cultures. For example, a sister chapter recently held a cultural event on hijabs.

CUS’s promotion of diverse cultures correlates with Elon’s recent push for cultural diversity on campus. Through the “A Campus of Difference” seminar offered this Winter Term, freshmen learned to accept all backgrounds and diversity of their peers by learning to “identify strategies to respond effectively to bias.”

Elon’s current undergraduate population consists of 5 percent Hispanic or Latino students. As Laureano noted, students interested in CUS come from different ethnicities and backgrounds, creating a safe haven for those who feel they do not belong in other organizations on campus.

During the past four years, Brambila has worked to bring CUS to campus. Although she will not be able to become an official member, she hopes for a bright future for the organization.

“I believe CUS will succeed because of its openness to people of all backgrounds, ethnicities and experiences,” Brambila said. “That’s where the richness and inclusivity comes from, and that’s how CUS will make women feel like they belong.”

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Catching up with Luis Vargas

All-American runner for Phoenix still competing after memorable 2014

Miles Garrett
Sports Editor

Luis Vargas stood at the finish line of the NCAA Men's Cross Country championship on Nov. 22, 2014. He had just become Elon University's first cross-country All-American with a 25th place finish among the best runners in the United States.

It was the only race all year in which Vargas failed to finish first — the senior won six out of the seven races he competed in during the season.

"It was incredible," Vargas said of the championship. "I really can't explain. It was unlike any other race I've ever run in. I felt so honored to be there and to represent Elon for the first time. I wish I had another year to compete and do better."

A decorated 2014 season with the Phoenix included a Southeast Regional Athlete of the Year Award after Vargas won the NCAA Southeast Regional Championship with a time of 30:05:78 in the 10K race. Vargas took home the Colonial Athletic Association Men's Cross Country Championship.

That was almost four months ago. Luis Vargas is done running — at Elon anyway. As a student, Vargas has bigger plans he has yet to finish. He plans to graduate in May and intends to continue his post-graduate studies at Elon for the next few years.

"I'm trying to go to graduate school,"

he said. "I'm still trying to enjoy what [Elon] and track has to offer me."

Vargas, primarily a cross country runner, is now spending most of his time running track. After the NCAA Championships, he's been training with Elon runners and head cross country coach Nick Polk, in preparation for his next competition.

Since Elon does not have a men's track and field team, Vargas runs independently, albeit that he trains with other runners affiliated with the school.

For Vargas and his own team, it is the North Carolina State Invitational. So far in 2015, he has competed in one organized event in preparation for the race.

"The biggest meet I have to look forward to is the NC State Invitational," he said. "[As a team], we're just trying to be the best we can and training to get in shape. I've still been training under Coach Polk so hopefully we can represent well."

The training Vargas does with the track team differs from what he did for cross country. For track, Vargas runs shorter distances and covers a different surface.

The differences between the two events focus mostly on strategy and competitiveness versus speed and getting the best possible time.

"I would say that they differ in the sense that cross country is a bit more of a tactical race since it's a lot longer and it's focused more around competitiveness rather than the time itself," he said. "In



Luis Vargas is now pursuing graduate school while still focusing on running track and cross country. FILE PHOTO BY ELON ATHLETICS

track you tend to focus more on running the fastest time you can every race and get a new personal best time."

With only three months left until he can no longer compete with the Phoenix, Vargas spoke highly about the experiences and relationships he developed with Elon while reflecting on his storied career.

Rather than basking in the numerous wins and records that he has set, Vargas took a more humble approach to how his

best memories were spent. "Nothing compares to the bond that you make with your teammates," he said. "These are guys that I will be friends with for the rest of my life. Those were my most cherished memories."

Sports Briefs

Women's lacrosse

The Elon University women's lacrosse team lost 13-6 to Jacksonville University Friday, Feb. 20. The Phoenix trailed early in the contest and was never able to recover from the deficit.

Elon conceded two goals in the first 10 minutes of play. The Phoenix was unable to find the net until freshman midfielder Abby Godfrey scored with 15:56 remaining in the first half. Godfrey would score again later in the half, but the Phoenix still went into the locker room down 6-2.

Aside from Godfrey, Elon found success on offense from sophomore attacker Sloane Kessler, who also scored twice.

The Phoenix wrapped up its Sunshine State road trip with a victory over Stetson University Sunday, Feb. 22. Freshman midfielder Stephanie Asher led the way with six goals and three assists for the Phoenix.

Men's basketball

The Elon University men's basketball team ended its seven-game losing streak Saturday, Feb. 21 against the University of Delaware Blue Hens with an 83-75 overtime victory.

Senior guard Kevin Blake led the Phoenix in scoring with 18 points, including a career-high five 3-pointers — all coming in the second half. Blake was one of four players for Elon who registered double-figures. Senior guard Austin Hamilton and junior guard Tanner Samson each scored 16 points, while freshman guard Elijah Bryant had 10 points of his own.

In the extra period, Samson nailed his fourth 3-pointer of the game to put the Phoenix up by three with 2:29 remaining. Elon held Delaware without a field goal for all of overtime as the Phoenix held on to defeat the Blue Hens.

Softball

The Elon University softball team traveled to Orlando, Florida, to compete in the Citrus Classic Feb. 20-22 at the ESPN Wide World of Sports.

Elon 7, George Washington 2

The Phoenix drove all seven of its runs across the plate in the second inning on three hits.

In the bottom of the seventh inning, George Washington finally plated two runs in.

Elon 1, Jacksonville State 0

Freshman outfielder Kara Shutt tripled in what became the decisive in the top of the sixth.

Elon 5, Morgan State 2

Emily Roper set the tone for the day with a two run home run.

Elon 8, Virginia 6

The Cavaliers led off by bringing in one run before sending Elon to the plate. The Phoenix wasted no time answering back, driving in three runs to get a two-run lead.

As Elon stepped to the plate in the bottom of the fifth, the game was tied at four. The Phoenix offense re-surged. Three hits and a wild pitch put Elon ahead 8-4.

The Phoenix now sit at 7-4 on the season and will return to the diamond Wednesday, Feb. 25 at the University of North Carolina at Chapel Hill.

Baseball

The Elon University baseball team the High Point University Panthers and the Ball State University Cardinals Saturday, Feb. 21 and Sunday, Feb. 22 in Aiken, South Carolina.

Elon 6, High Point 5

Elon scored quickly in the first inning as sophomore utility player Nick Zammarelli drove in senior catcher Chris King off a two-run single down the left-field line. In the fourth inning, Zammarelli hit his first two-run home run before doing it again in the fifth inning.

Ball State 18, Elon 8

Ball State scored two runs in the second inning and four in the third inning to reach a 9-1 lead. Elon rallied to score seven runs in the bottom of the fifth inning off a Zammarelli's double and a grand slam from junior infielder Brett Guba.

Ball State 8, Elon 3

The Phoenix scored sophomore infielder Kory Shumate after an infield single from senior outfielder Quinn Bower, tying the game at 1-1 in the first inning.

Ball State would score two runs in the top of the second inning off an Elon error to give it a 3-1 advantage. The Phoenix responded with a run after a groundout by Bower scoring Chris King from third base.

Women's basketball

The Elon University women's basketball team put a halt to its two-game losing streak Thursday, Feb. 19 against the Northeastern University Huskies with a 74-73 victory.

A jumper by senior guard Sam Coffey with two seconds remaining sealed the win for the Phoenix after a mostly up and down battle throughout the game.

Elon shot a season-high 59 percent from the field, and finished shooting 43 percent from 3-point range as the Phoenix held a 40-26 advantage in points over the Huskies.

Sophomore guard Lauren Brown and senior guard Zora Stephenson led Elon in scoring with 13 points each. Freshman guard Shay Burnett and sophomore guard Essence Baucom also registered double-figure points, each scoring 10.

Phoenix prepares for off season

Skrosky counts on new players, hard work to rebound



Head coach Rich Skrosky organized an open tryout for Elon students as one of the staff's initiatives this winter. FILE PHOTO BY ASHLEY KING

Robbie Nanna
Senior Reporter

It is often said that winning comes in the offseason for many sports teams. It is the time that players build bonds with teammates and coaches and the previous seasons' glories and failures are washed away and the team gets a clean slate.

For the Elon University football team, the offseason is a time to improve in ways that are not accessible during the season.

"Being here a year now, the players are more comfortable with the schemes in all three phases of the game," said head coach Rich Skrosky. "As I have always said, there is no destination in improvement. We need to get better in every area and each player needs to get better every day."

The first step in the process is recruiting.

The Phoenix has signed 19 recruits to join the 2015 season roster, four of whom have enrolled at Elon for the spring semester. Corey Joyner, Josh Ramseur and Daniel Thompson all graduated high school early to begin their Elon careers.

Theos is a running back who transferred from the Naval Academy after only one semester. Joyner

and Ramseur are both wide receivers, a position that is lacking depth this offseason. Thompson is a quarterback and will be competing for a starting spot against red-shirt freshman Connor Christiansen.

Regardless of the recruits that the Elon coaching staff has brought in for next season, the Phoenix is still looking for its first Colonial Athletic Association win. The 2014 season produced only one win — against the University of North Carolina at Charlotte — in 12 contests. Although the standings and statistics don't seem pleasing, Skrosky didn't seem concerned with the outcome in 2014.

"I haven't spent a lot of time thinking about that," Skrosky said. "For the most part, I was relatively pleased with the effort of the team. Once the season ended, we evaluated each player in our program, gave them some feedback, then it was on the road recruiting."

In the upcoming season, the Phoenix will face nine of its eleven scheduled opponents from last year, eight of which are CAA teams. Since it is the team's second year under Skrosky and the coaching staff, the chemistry and familiarity with the schemes has increased for the players, which can only improve the team as a whole.

Skrosky offered tryouts to any Elon student who wanted to join the football team. This effort to improve the team was not as productive as Skrosky would have liked.

"It is something that I have done at different places during my career, and with the program being new, I thought we might draw some interest from some students," Skrosky said. "The response was not great, and I will reevaluate whether we will do it next year."

By putting the past behind them and strengthening the future through recruiting, the football players seem to be buying in to Skrosky's program on their own.

"I think I am seeing more players doing things on their own than we had last year," Skrosky said. "Off the field, we have incorporated some more leadership development sessions as we try to cultivate more leadership on the team and strive to make the players accountable to one another."

The hard work that the Phoenix is putting in this offseason will be seen when the team starts spring practice March 30.

SNOW CANCELLATIONS



Baseball vs. High Point (Wednesday, Feb. 14)
Elon Invitational: replaced by 3 neutral site contests at Aiken, South Carolina (Feb. 21-22)

Men's tennis vs. Winthrop & UNCW (Feb. 20 & 22)

Rescheduled Winthrop match to March 14



Softball vs. Campbell (Wednesday, Feb. 18)
Phoenix Opening Tournament

Replaced by the Citrus Classic in Orlando, Florida (Feb. 21-22)

Women's tennis vs. Gardner-Webb (Feb. 12)

Rescheduled to Tuesday, Feb. 24

Wednesday, Feb. 25

Baseball vs. UNCG, 4 p.m.

Softball at North Carolina, 5 p.m.

Thursday, Feb. 26

Men's basketball vs. Northeastern, 7 p.m.

Friday, Feb. 27

Softball vs. Central Connecticut State, 2:15 p.m.

Softball vs. Brown, 4:30 p.m.

Baseball vs. Wagner, 4 p.m.

Women's basketball at Drexel, 7 p.m.

Women's tennis at William & Mary, 4 p.m.

Saturday, Feb. 28

Softball vs. Brown, 1:15 p.m.

Baseball vs. Wagner, 2 p.m.

Men's tennis vs. Wofford, 1 p.m.

Women's tennis at Towson, TBD

Men's basketball vs. UNCW, 7 p.m.

Sunday, March 1

Women's basketball at Hofstra, 1 p.m.

Baseball vs. Wagner, 1:30 p.m.

Softball vs. Niagara, 2:30 p.m.

Women's golf at Edwin Watts/Kiawah Island Spring Classic

Women's lacrosse at North Carolina, 1 p.m.

Men's tennis vs. Gardner-Webb, 2 p.m.

Monday, March 2

Women's golf at Edwin Watts/Kiawah Island Spring Classic

Tuesday, March 3

Women's golf at Edwin Watts/Kiawah Island Spring Classic

Softball vs. Campbell, 4 p.m.

Seniors making successful doubles combo for Elon

Jordan Spritzer
Assistant Sports Editor

Seniors Brian Kowalski and Stefan Fortmann may have spent a lot of time together during the last four years, but this is the first season when they are sharing a court. The duo has been leading the way for the Elon University men's tennis team as the No. 1 doubles pair.

"Character-wise, it's a good partnership for us," Fortmann said. "Brian is always real friendly and we do well for each other."

During that span, Fortmann and Kowalski have won three matches, and were leading and tied in the two matches that went unfinished. Fortmann said the chemistry has come naturally, like any good doubles team.

"We just think the same way and have the same feel of the game," he said.

The two began playing together in the fall and soon realized the potential they had as a duo.

When they approached head coach Michael Leonard, he had the same idea.

"[Fortmann] is obviously a really high level doubles player," Kowalski said. "I know that from playing with and against him in practice we both felt that we could do well together."

Fortmann played most of the last two seasons from the No. 1 doubles spot, partnering with program standout, Cameron Silverman. Kowalski had played predominantly from the No. 2 doubles position and was eager to make the jump to the top spot.

"It's always been something I've wanted to do, but haven't had the opportunity to," he said, adding that Fortmann's experience at No. 1 doubles eased the transition and took a load of pressure off him. Now, they feel their play needs to kick-start the rest of the team from the beginning of every match.

"I think our court can be and should be a big court," Kowalski said. "We're both seniors, we're both leaders, so we feel like we need to step it up each time and start well."

The pair's season got off to a rocky start, with losses in their first three matches. The first match was a forgettable one, as they lost 6-1 to seniors Thaigo Pinheiro and Kyle Koch of the University of South Carolina.

"We had a tough start to the year being hurt a little bit," Kowalski said. "We had to get used to playing with each other, but when



Senior Brian Kowalski has played in the No. 2 doubles position since the start of the spring. FILE PHOTO BY CAROLINE OLNEY

we play our best and when we're playing with energy and running all over the court, we feel we can compete with anyone in the country."

That confidence was put to the test in the next match when they faced the No. 2 doubles team in the country, the University of Tennessee's sophomore Mikelis Libietis and fifth-year senior Hunter Reese. They had previously been the top-ranked doubles team in the nation, winning the 2014 NCAA doubles championship and were named the Intercollegiate Tennis Association 2014 Doubles Team of the Year.

After playing them in the fall, Kowalski and Fortmann were ready for another shot at the defending champs.

"We didn't feel overpowered," Fortmann said. "We didn't feel over-matched, so going into the second match, we knew we had a good shot at winning."

Kowalski and Fortmann lost the contest 6-4, and felt it was a match that got away. The

two were in great position to pull off the upset, leading 4-3, but dropped the next three games to lose the match.

"It was really tough losing that one," Kowalski said. "If we were playing at a really high level, we both thought we could have won that match."

Kowalski and Fortmann lost their next match against the University of Utah, and were tied at 5-5 in the following match against Michigan State's Brett Forman, a sophomore, and senior Gijs Linders. The improving results meant Kowalski and Fortmann were turning a corner.

"We know that if we play up to our potential we can compete with and beat any team in the nation," Fortmann said. "We kind of got out of that mindset."

The pair's first win came against Old Dominion University freshmen Adam Moundir and Michael Weindl. They followed up two days later with a 6-1 victory over sophomore Michal Vosecek and redshirt-junior Joseph Cohen of Virginia Commonwealth University. Their winning streak continued after a defeat of Campbell University's Steven Billington, a senior, and freshman Jonathan O'Neal. Kowalski and Fortmann were just a game away from making it four in a row, but their match against Presbyterian College went unfinished.

With the season still young, Kowalski and Fortmann time on their side to get more in-sync. Kowalski says Leonard can always point out things in film sessions he and Fortmann would overlook.

On the court, Fortmann said they've been working on perfecting their serves, something he says can never be practiced enough.

"We're not the biggest guys, so hitting our spots on the first serve and having a high first serve percentage is key for us," Fortmann said. "When we're hitting first serves in our spots we usually don't get broken because things just fall into our strengths."

As winter weather continues to disrupt the team's schedule, Fortmann wants to keep the wins rolling whenever they return to the court.

"We've gone out and gotten a couple of wins," he said. "We're riding on a wave of confidence so hopefully we can keep that going."



Senior Stefan Fortmann has shared the court with Kowalski so far this season. The pair nearly beat the No. 2 ranked doubles team in Tennessee's Mikelis Libietis and Hunter Reese. FILE PHOTO BY CAROLINE OLNEY

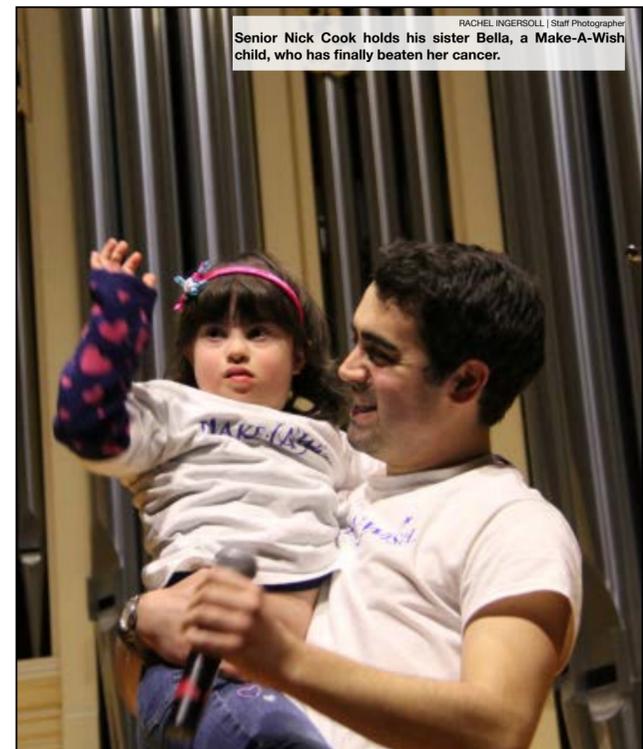
Top Photos



JANE SEIDEL | Photo Editor
During her performance Feb. 18, Saturday Night Live's Nasim Pedrad brought students on stage to act out a sketch that was cut from SNL.



ASHLEY KING | Staff Photographer
Sophomore Lauren Brown shoots a layup in Elon's game against William & Mary Feb. 22. The Phoenix won 64-60.



RACHEL INGERSOLL | Staff Photographer
Senior Nick Cook holds his sister Bella, a Make-A-Wish child, who has finally beaten her cancer.



RACHEL INGERSOLL | Staff Photographer
Twisted Measure's Tyler Meacham performed at the Make-A-Wish a Capella Benefit Concert in Whitley, in which all of the proceeds support the Make-A-Wish Foundation of central and western North Carolina.

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