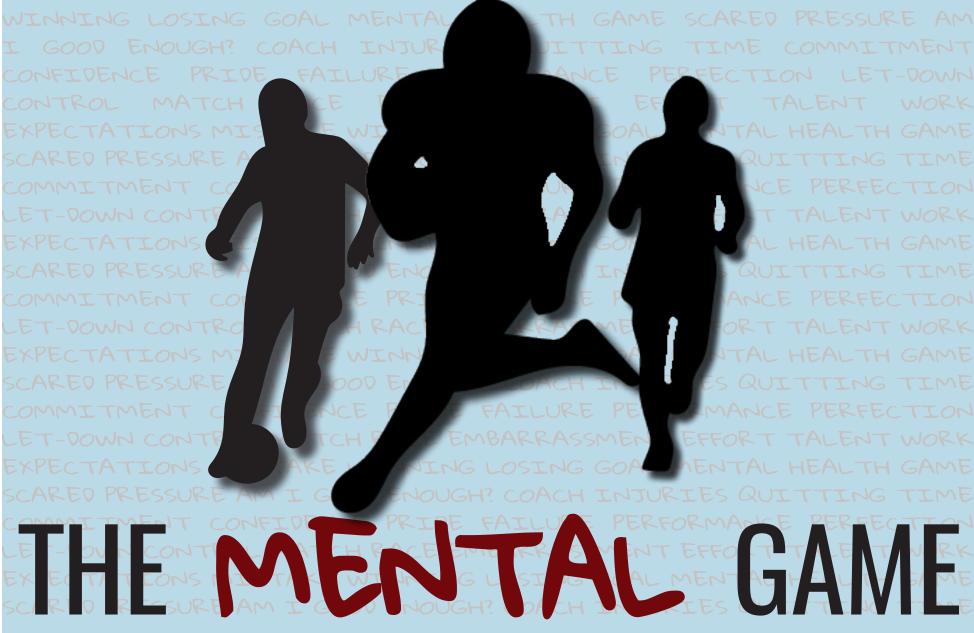
Wednesday, November 3, 2021 Elon, North Carolina Volume 51, Edition 11

THE PENDULUM



EMAN ENDDELL I DECICAL CLUE

Student-athletes juggle classes, practices, games and say the balance can lead to mental health struggles

Caleigh Lawlor

Elon News Network | @caleighlawlor

The sun is still rising when sophomore Lotte Fox prepares for golf practice. Stepping on grass that is filled with dew, Fox attends practice — five times a week and an optional

one on the weekend. With school, sports and extracurricular activities, Fox said she doesn't know how she balances it all.

"Every day is quite literally filled with class, practice and meals, and in order for me to take care of myself, I have to sleep, meaning I don't have time to do homework during the week," Fox said.

And when practice is over and she's onto the next task, where being a student-athlete comes with its challenges, both mentally and physically.

ysically. "I definitely feel burnout, especially when the season comes to a close," Fox said. "When you look at the dates, each season is only a six week concentrated grind of tournaments, playing and practice, but it feels like several months."

But while Fox strongly feels this way during the golf season, it's possible other athletes face the same feeling of struggling with burnout and issues surrounding mental health as well.

See **MENTAL** | pg. 11

Alumni to return in-person after last year's virtual reunion

After celebrating through a screen last year, alumni are excited to be back in person for this year's Homecoming celebration

Madison Powers

Elon News Network

Priscilla Awkard '95 will return to campus for Homecoming Weekend, having not missed a single Homecoming since she graduated from Elon 26 years

"Homecoming, to me, is the best time of the year. I take off work, I even take extra days off because I will be recuperating," Awkard said.

Even with the COVID-19 pandemic, Awkard attended the virtual celebrations last year.



NYAH PHENGSITTHY | MANAGING EDITO

Elon's Phoenix mascot celebrates Homecoming week with students and alumni at College Coffee on Tuesday, Nov. 2 at Phi Beta Kappa Commons.

See **HOMECOMING** | pg. 2

Students unaware of changes to Title IX

Despite email updates, the Title IX and sexual misconduct policy remains unclear to some

Sophie Rosenthal

Chief Copy Editor | @sophrosenthal

Sophomore Jessie Cordwell gets about 30 emails a day. When she received one saying there were changes made to the student handbook, she skimmed it and went on with her day.

The email, sent out on Sept. 28, informed students about the changes made to Elon University's Title IX and sexual misconduct policy. A month later, many students still don't know what the changes are, or even that changes had been made in the first place.

Cordwell said one reason she didn't spend much time with the email was that it didn't seem much different from any other update she gets from university officials every day.

See **TITLE IX** | pg. 4



NEWS • PAGE 4

Study abroad program sees increase in enrollment



LIFESTYLE • PAGE 8

Ines Bakery goes from corner side to storefront



SPORTS • PAGE 10

Elon football's 1981 championship win brings back memories

THE PENDULUM

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ENN 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.

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ENN is committed to accurate coverage. When factual errors are made, we correct them promptly and in full, both online and in print. Online corrections state the error and the change at the top of the article. Corrections from the previous week's print edition appear on this page.

Contact

corrections@elonnewsnetwork.com

to report a correction or a concern.

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There are no corrections from the last edition of The Pendulum.

SCAN FOR ELECTION RESULTS

FLON NEWS NETWORK



SPECIAL EDITION ROUNDUP

SCAN FOR ELECTION COVERAGE

OR VISIT

ELONNEWSNETWORK. COM/ARTICLE/2021/11/ ELECTION-LIVE-BLOG-2021



Elon's 2021 Homecoming is expecting around 2,000 alumni to return

HOMECOMING | from cover

For many alumni like Awkard, this will be the first opportunity in over a year to see old classmates and colleagues. Elon University's Homecoming and Reunion Weekend will be held fully in-person on Nov. 5 to 7. After last year's Homecoming celebration was virtual because of the COVID-19 pandemic, the university is expecting roughly 2,000 alumni to attend this year's return to campus.

This year, several award ceremonies will occur to recognize alumni — the Distinguished Alumni Awards, the Elon Black Alumni Network, and the LGBTQIA Community Enrichment Awards.



AS YOU GET OLDER,
HOMECOMING BECOMES
THE BEST TIME TO SEE AND
CATCH UP WITH YOUR
FRIENDS, THE BEST TIME TO
TRY NEW RESTAURANTS,
THE BEST TIME TO JUST BE
AROUND EACH OTHER. IT
FEELS MORE LIKE A FAMILY
REUNION THAN IT DOES
ANYTHING ELSE.

KARI TAYLOR ELON ALUMNA

Awkard will be the recipient of the Distinguished Service to Elon award — the highest alumni award given to those whose service has promoted the advancement of Elon.

Awkard, also serves as a co-chair for the final year of Elon LEADS, a campaign to invest in the university's endowment. Awkard is excited to return and receive recognition for her work and said that this weekend is about reconnecting with old classmates.

"Homecoming has always been a highly anticipated event for me and my friends because it gives us an opportunity



COURTESY OF PRISCILLA AWKAR

Priscilla Awkard '95 will return to campus for Homecoming Weekend as the recipient of the Distinguished Service to Elon award — the highest alumni award given to those whose service has promoted the advancement of Elon.

to catch up, see each other, make sure everybody's doing well," Awkard said.

Serving as the deputy chief of staff, Kari Taylor '09 will also be attending Homecoming Weekend. Taylor is an alumna of Delta Sigma Theta Sorority Inc., the first Black greek organization on campus. This year will celebrate the 40th anniversary of the sorority, where Taylor also serves as the chair for the planning committee. According to Taylor, around 80 former chapter members will be attending Homecoming this year.

"As you get older, Homecoming becomes the best time to see and catch up with your friends, the best time to try new restaurants, the best time to just be around each other," Taylor said. "It feels more like a family reunion than it does anything else."

Taylor said that she is excited to show her fellow alumni how Elon has changed since 2009 and how contributions from alumni can make a difference to Elon today

"Élon is Elon," Taylor said. "But come back and see it and you'll understand why we're fundraising for Elon — and where those dollars are going to go and how we want to make an impact in a big way, at a place we all have in common and we all love."

Planning events for alumni over the weekend, Elon University's Martin Alumni Center has been working with other areas of campus to bring everyone together. According to Caroline Blanchard '17, senior coordinator of alumni engagement, 19 class and affinity reunions will take place along with signature events such as Rock the Block and the All-Alumni Tailgate.

Though she is assisting in putting Homecoming Weekend together, Blanchard said she has only attended Homecoming once as an Elon alumna back in 2018.

"It was so great to reconnect with friends and staff members I hadn't seen since the spring of 2017 when I graduated," Blanchard said. "Because we had a virtual Homecoming last year, our entire office is very excited to see so many alumni back on campus again."

But while many alumni are looking forward to reuniting with old friends, Awkard and her friends will be remembering old classmates who have died because of COVID-19.

"It'll be kind of sad," Awkard said, "knowing we're missing some."

Awkard said that though the mood will be somber, it will be nice to be around other alumni to grieve members lost with the people who knew them.

Along with alumni in her class, Awkard will be celebrating a belated 25th anniversary at Taphouse with a performance by the band Dakkota, which Awkard said was popular at Elon in the

"It's kind of nostalgic to have that happen again, and to see everybody back for that event," Awkard said.

Taylor is also looking forward to stepping out of her role as deputy chief of staff for the weekend and into her role as an alumni

"When it's Homecoming, you are fully an alum," Taylor said. "We get excited about our alma mater here in the classiest of ways" Junior Sayo Oni and senior Audrey Trullinger rehearse a number called "You're Getting
To Be A Habit
With Me" at a tech rehearsal for Elon's fall musical, "42nd Street." The musical ran from Oct. 29 to 31, and will run again from Nov. 4 to 6.



ELLIS CHANDLER | NEWS DIRECTOR



Sophomore Ben Rosenblatt (27) and senior Jalen Weatherspoon (7) jump for the soccer ball on Saturday, Oct. 30 at the Elon vs. Hofstra soccer game. For more sports coverage, see to page 10.





Rob Meehan, vice president of Elon's chapter of Active Minds, looks at a backpack at the Behind the Backpacks display on Monday, Nov. 1 at the lawn in front of Lakeside. Part of mental health awareness nonprofit Active Minds' Send Silence Packing exhibit, the display is meant to promote suicide prevention and awareness.



NYAH PHENGSITTHY | MANAGING EDITOR

Seniors Avery Lagattolla and Grace Tiedge enjoy a cup of coffee at College Coffee on Tuesday, Nov. 2 at Phi Beta Kappa Commons.

QUESTIONS PERSIST AMONG STUDENTS ABOUT

TITLE IX | from cover

Monika Johnson-Hostler, executive director of the North Carolina Coalition Against Sexual Assault, said Elon sending an email about changes to the Title IX and sexual misconduct policy is a step in the right direction when it comes to informing a university body, but there questions and issues still remain. According to Johnson-Hostler, colleges today face difficulties informing students of changes because students don't always know what the processes are in the first place.

"Some students won't even know the process has changed," Johnson-Hostler said. "We tell every university, please make sure your students are aware of the process, and let's not wait until something traumatic happens to a student."

According to NCCASA, the biggest thing a college can do is promote prevention, and Johnson-Hostler said this means making sure all students, faculty and staff know that sexual violence is not tolerated. At Elon, all incoming students are required to complete an online module about sexual harassment, but Johnson-Hostler said this is not an accessible resource for every student at any time.

"Very few campuses make it a priority for all students to always have access," Johnson-Hostler said. "Because unless you're super involved, what you learned as a freshman may not be what you remember as a junior."

There's one group on campus that does have access to extra training: responsible employees. Elon's campus includes nine types of university employees that are required to report instances of sexual misconduct disclosed to them, including deans, residence life, department chairs and campus security. Student resident assistants are also part of this group.

But sophomore resident assistant Caleb Martin said despite training on how to handle different situations, he's not sure what the policies and processes themselves are.

"I still don't really know what Title IX does," Martin said. "To me, I just report. I don't really know what happens, where it goes."

Molly Zlock, director of HR compliance, equal opportunity and Title IX at Elon, said her main concern is making sure students know her office can offer support to anyone in any situation, not that students are well-versed in how Title IX accountability cases work. Zlock said most students who report to her office don't end up pursuing a case.

"The message that we're trying to get out to the students is, one,

we're responding to all reports of sexual misconduct. Number two, that response is primarily one to offer supportive measures and resources," Zlock said.

The Sept. 28 email said the changes made to the student handbook happened because of updates in federal guidance and recent case law, but this isn't a new occurrence. Under the Trump administration, vast changes were made to federal Title IX policy, and one platform President Joe Biden campaigned on was overturning them.

Prior to 2020, all sexual harassment that fell into one or more categories of severe, pervasive or objectively offensive could be seen under a Title IX process. But in May 2020, the Department of Education, under former Secretary of Education Betsy DeVos, released the Final Rule under Title IX, which changed the definition so that sexual harassment complaints have to fit all three categories.

That's when, according to Zlock, the university created the two processes now used in the office of Title IX. Since the Final Rule definition excludes many cases that would have been covered by Title IX in the past, the university created a second, non-Title IX sexual misconduct process, which covers all other cases.

An email was sent to students on Aug. 14, 2020 — the day the initial changes went into effect — with the 2020-21 student handbook. The seventh and final paragraph of the email stated that the Title IX and sexual misconduct section of the handbook had been revised to reflect changes in federal guidance.

A lot happened at Elon on Aug. 14, 2020. It was the first day of freshman move-in for the academic year, and it was the first day back on campus after the COVID-19 pandemic sent students home halfway through the spring 2020 semester. Zlock said because the Title IX changes had made national news, making sure students knew that they had changed fell second to making sure students knew all of the other new policies being implemented that year for COVID-19 safety.

"I feel like everybody knew these changes were coming," Zlock said. "They knew when it was going to be implemented by August. And then we have to send the handbook out to all students every year, I think that all just kind of fell in mind together, along with everything else that was going on."

Zlock said the two processes are taken equally as seriously and are handled exactly the same way, except for one difference — Title IX cases are required to hold a live hearing, whereas sexual misconduct cases are not.

Prior to July, the Final Rule left a

loophole in this process. If a person, party or witness involved in a Title IX investigation did not attend the hearing, the court was prohibited from using any statement made by them. For example, if a hypothetical person accused of a Title IX offense admitted guilt in the investigation but then didn't show up to their hearing, the admission would have to be thrown away, Zlock said. A district court case in Massachusetts in July changed this. The court found the clause unlawful and removed the amendment.

That was the change made to the student handbook in the most recent email. Effective since Sept. 28, if that person didn't attend, the evidence pertaining to them, such as an admission of guilt, could still be used against them in the hearing.

Johnson-Hostler said she thinks colleges need to make policies and changes clear to students by having more places to learn about them.

"By clear I mean, yes, have it in their handbook, so that they can actually go to it if they need it, because that is where some students go, but it's more important to me that students are aware ... that sexual violence isn't tolerated and there is policies on campus before an assault happens," Johnson-Hostler said.

According to Johnson-Hostler, some campuses do this through sexual violence clinics, organizations and offices that host events and make sure students are always made aware, not just when laws change.

Martin said although he didn't understand the policy or changes made to them from the emails about the student handbook, he does trust that the people working in the Title IX office are trying to support students as they keep up with changes.

"I don't think they're gonna ever throw people out to the wayside and be like, 'I'm sorry, do that yourself," Martin said. "I've met a few of them, they went to our training and stuff, they have counselors on call, they have other people, the anonymous tip line. All these things are built just to make us feel safe and to make our friends or roommates, our faculty and staff feel safe."

In many of the classes she's taken, Cordwell said she's heard the same sentiment from professors over and over — it's students' responsibility to check their email. And though she agrees, Cordwell said not all emails are created equal.

"Ultimately, yes, students should be checking their email, they should be keeping an eye out for stuff like that ... but I think that it's still important for Elon to make sure that all students are aware that this is something that is really critical to the way that the school works," Cordwell said.

Florence study abroad program sees increase in enrollment

Student limit on trips have been suspended because of COVID-19 disruptions

Claudia Risner

Elon News Network

Elon University will send 41 students to Florence, Italy this spring. While the number is higher than the average 20 to 35 student participation on this trip, it still doesn't compare to the number of Elon students who are in Florence now — 98.

According to Bill Burress, director of study abroad at Elon University, programs like Florence, Italy have seen an increase in enrollment because of the COVID-19 pandemic. In a normal semester, Burress said programs are limited to no more than 80 students, but this year, that's changed.

"We suspended that limit for this year because so many people had their plans disrupted by the pandemic," Burress wrote in an email to Elon News Network.

The second largest group sent to Florence was 36 students back in 2019. The increase in numbers for the Florence program also has to do with how other countries are handling the pandemic. Some study abroad programs in Asia, South America and areas in Oceania have been canceled, resulting in many students switching into another program such as Florence.

"We're seeing larger groups than usual in some places because many programs in Australia and New Zealand and some other countries are not able to run because of ongoing border closures," Burress wrote.

Junior Kathryn Broussard will join the 40 other students in Florence, Italy, this spring. Broussard said this being a large group makes the trip even more exciting as she looks forward to being able to interact with more students , especially with ones who had to rearrange their previous study abroad plans because of COVID-19 .

"I know a lot of people who were originally fully set to go and are now graduating and never going abroad," Broussard said. "I think it's good that they're allowing more people to go."

Broussard said she chose Florence because of the Elon community in the city, and academically, it made the most sense for her international global studies minor.

Pamela Winfield, professor of Buddhist studies and faculty-in-residence for the Florence program, said the group will follow all COVID-19 protocols. This will be Winfield's first time as faculty-in-residence and she said she is excited and prepared for the trip.

"Because Italy was the epicenter of the pandemic in Europe, they are actually far more serious and consistent in enforcing coronavirus safety precautions than we are here in America," Winfield wrote in an email to Elon News Network.

According to Burress, there are no specific concerns about the group traveling with the pandemic. Burress also said preparation for students going on the trip will include additional information about how COVID-19 affects study abroad.

"It's worth saying that at this moment, the Italian experience of COVID is dramatically different than the US experience because unlike the US, Italy has implemented consistent public safety measures to prevent the spread of the virus," Burress said.

With Florence being a popular destination for Elon' global education options, this is not new and it's possible that the number will increase in the future.

"I certainly think there are things that make this year different, namely people whose plans were disrupted going abroad in a different term and to a different place than they had originally planned," Burress wrote. "However we do usually have several big groups abroad, so that in and of itself is not an anomaly.

BY THE NUMBERS

98

Elon students are currently enrolled in the fall Florence study abroad program, according to director of study abroad Bill Burress. In a normal year, the trip student limit is 80.



Elon University sees increase in early decision, early action applications

Following the Nov. 1 deadline, admissions attributes increase to families back to visiting campus in-person

Erin Martin and Kyra O'Connor

Flon News Network

Elon University saw an increase in both early decision and early action applications from 2020. Vice President for Enrollment Greg Zaiser wrote in a statement to Elon News Network that the increase in these applications can be attributed to the return of families visiting campus

The early decision and early action applications closed Nov. 1. Early decision applications — an application which is a binding agreement that indicates a student will enroll at Elon if accepted, withdraw applications from all other colleges and submit a non refundable deposit to Elon -- increased by over 21% in 2021; Early action applications, which allow students to be alerted earlier on their application status, increased by about 3%.

Zaiser wrote that he is "really pleased" with the growth in applications this year.

BY THE NUMBERS

more early action application and 53 more early decision applications were submitted to Elon University in 2021 than in 2020.

74% of Elon University students cast ballot in 2020 election

According to data from the Institute for Democracy & Higher Education, Elon's voter turnout increased over 25% from 2016 to 2020

Kyra O'Connor

Executive Director | @ko_reports

According to data released by the Institute for Democracy & Higher Education at Tufts University, 74% of Elon University students cast a ballot in the 2020 election. This number is above the national average of 66% of college students nationally.

From 2016 to 2020, 25% more Elon University students cast ballots, which is consistent with national voting rates by college students in 2020. The voting rate of college students nationally ranged from 19% to 89 percent, which was included in the National Study of Learning, Voting and Engagement.

The study indicated that low yield rates have previously been a problem — that is, students registering to vote but not following through. In 2020, the rate of students who registered to and actually voted hit 80%, up from 69% in 2016.

Vice President for Student Life Jon Dooley said in a press release that organizations such as the nonpartisan collaborative team of the Elon University Political Engagement Work Group and Elon Votes! played large roles in promoting voter registration.



North Carolina residents waiting in line to vote during the 2020 election.

"This significant increase in voter participation is the direct result of outstanding work by Elon Votes! and a dedicated coalition of students, staff, and faculty," Dooley said.

Heidi Weston, a voting ambassador for Elon Votes!, said the organization helped guide students through the voter registration process last year. Helping students navigate the voting process is one of the reasons Weston joined Elon Votes!.

"It's important for students to be civically engaged because policies and politics from the present will shape the issues we have to deal with for the rest of our lives," Weston wrote in a statement to Elon News Network. "Also, voting is the best way to make your voice heard and to impact government."

ENGAGEMENT IN THE POLITICAL PROCESS IS SUCH AN IMPORTANT PART OF ELON'S MISSION TO PREPARE GLOBAL CITIZEN AND LEADERS.

JON DOOLEY

VICE PRESIDENT OF STUDENT LIFE

VOTING REGISTRATION, TURNOUT RATES IN 2016 & 2020

More Elon University students registered to vote and cast ballots in the 2020 election than in 2016, which was consistent with national student voting registration and turnout rates.

2016



2020

Elon University student voter registration rate

78.8%

89.9%

Elon University voter rate

48.8%

74.0%

National Student Voting Rate

52.0%

66.0%

National student registration rate

76.0%

83.0%



Eniris Riddick, the interim executive director of FaithAction International House, stands in front of the organization's building. Riddick works closely with Latinx and Hispanic communities in Guilford county.

Centro La Comunidad and FaithAction International House provide support for Latinx and Hispanic communities

Graysen Shirley Politics Editor | @graysenshirley

Eniris Riddick, the interim executive director of FaithAction International House, was working in her office last week when she received a phone call from a construction worker saying he was unable to work because of COVID-19. The construction worker was distraught and needed help — he and his family were in jeopardy of being evicted from their home.

"He was real desperate because he didn't have anybody in this country ... He was going to sleep on the street that night, including his children," Riddick said.

FaithAction International House assisted the construction worker and his family by contacting the landlord of the home to stop court proceedings on eviction and formed a plan to help him find a stable job.

The construction worker is one of many individuals in the Latinx and Hispanic communities among Alamance and Guilford counties that have faced economic difficulties and hardships — challenges paying rent, obtaining food and receiving broadband internet access - due to the COVID-19 pandemic.

RIGHT NOW, WE ARE THE HUB. WE HAVE ALL THESE COMMUNITY PARTNERS THAT COME THROUGH US AND THROUGH OUR CASE MANAGEMENT DEPARTMENT, WE ARE ABLE TO SUPPORT THESE AGENCIES AND THEIR FAMILIES.

ENIRIS RIDDICK

INTERIM EXECUTIVE DIRECTOR OF FAITHACTION INTERNATIONAL

These difficulties can be tied to economic disparities the Latinx and Hispanic communities face as a result of the pandemic. According to the Federal Reserve Bank, in Sept. 2021, the Latinx community has an unemployment rate of 6.3%, compared to the 4.2% rate of white populations in the nation.

Organizations, like FaithAction International House in Greensboro and Centro La Comunidad in Burlington, are assisting Latinx and Hispanic residents by providing assistance to those struggling with paying their rent and facing language barriers in an online educational environment.

Centro La Comunidad is connecting

families with tutoring services sponsored by the Alamance-Burlington School System. Lucy Rubiano, a family support specialist at Centro La Comunidad, said the shift to online classes during the pandemic caused issues of low broadband internet access to surface in some regions of the county, where a high population of Latinx and Hispanic residents reside.

'Online classes has been very hard for them. Some parents doesn't even speak English or their education are very limited," Rubiano said. "They are not sure if the instruction has been delivered in a complete way that the kids can learn and keep in mind for the next year."

Bridging the language barrier between English and Spanish-speaking families allows children to be able to better understand and retain material spoken in online classes, according to Rubiano.

She is responsible for facilitating meetings between parents and Englishas-a-second-language teachers to ensure Spanish-speaking children are not being left behind in the classroom. The meetings help to foster direct and open communication between parents and teachers.

FaithAction International House is working alongside the Burlington-based agency to provide relief to Latinx and Hispanic individuals through the opening of a food pantry and giving out household products to families with young children.

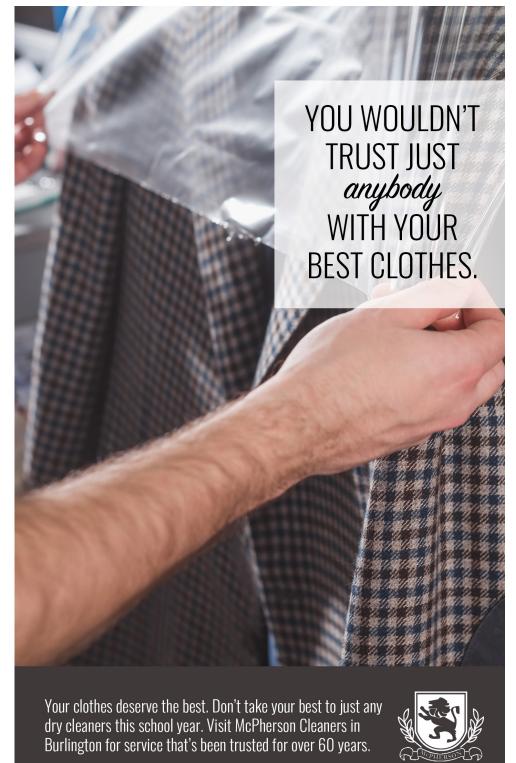
In addition, FaithAction International House established a COVID-19 relief fund to deliver financial aid and food security. According to a 2020 FaithAction Impact report, the agency provided over \$100,000 in COVID-19 rent, food and bill relief.

Riddick said FaithAction International House is continuing to provide emergency assistance to residents and families affected by COVID-19 through a recent \$90,000 grant the organization received from Kate B. Reynolds Charitable Trust.

"Right now, we are the hub," Riddick said. "We have all these community partners that come through us and through our case management department, we are able to support these agencies and their

Despite an ongoing economic recovery from the pandemic nationwide, many Hispanic and Latinx families and children, including those in Alamance County, remain in need of financial assistance and resource support as they adjust to a life with the presence of COVID-19.

"We work alongside them to help them feel welcome, and through case management, we make sure that we assist them," Riddick said. "Basically we hold their hand the time that they arrive here."



OPINIONS

DID YOUR ACTIVISM HELP OR HINDER THE FIGHT FOR JUSTICE?



Shannon Seignious

George Floyd and Breonna
Taylor are two people who tragically
became household names overnight
last year. Their deaths sparked an
international movement to demand
that Black people be seen and
treated as equal individuals. While
this surge in awareness brought
some legislative change and forced
people to educate themselves on
racism, it also led to a movement
of performative activism that may
have done more harm than good.

The mistreatment of Black people at the hands of law enforcement is nothing new in the United States. Just one week after the one-year anniversary of the protest held in Graham, where protesters and Elon students gathered to join the fight against racial injustice, we are left to ponder how much has really changed in that year. Have we taken steps at Elon, in North Carolina, or even nationally to create real and lasting change?

The Black Lives Matter organization was founded in 2013 in the wake of the acquittal of Trayvon Martin's murderer. According to the Black Lives Matter organization's mission statement, the movement was created to "eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes." Though they have been fighting for change and equality for several years now, the organization gained a global audience in 2020 in the wake of George Floyd's murder and the protests organized around finding justice for him.

But why did it take long for them to receive such high recognition?

Despite the headway made by the Black Lives Matter movement and its activists last year, the number of Black people shot to death in 2020 by law enforcement in the United States reached 1,021, the highest number since 2017. So, the question is, did all of the activism from last year actually make a difference? Why has the sense of activism died down since 2020? It is not as though police brutality has been eradicated, or even



Junior Shannon Seignious questions the surge of racism awareness where a movement of performative activism through social media may have done more harm than good. Seignious said activism starts with finding ways to focus on the people who are actually being affected by the issue.



BEN MUSE | ANALYTIC

The Reverend Gregory Drumwright leads the march down main street in Graham on Saturday, Oct 31, 2020. Junior Shannon Seignious reflects on the one-year anniversary of the protest, where protesters, including Elon students, gathered to raise awareness on racial injustices in the nation.

significantly dropped. In fact, the rate of fatal encounters with police in 2021 is on pace to reach a level as high as it was in 2020, according to Mapping Police Violence.

Though it may not seem as though much has been done in terms of legislative progress, there have been some state police reforms as well as progress in the passing of the George Floyd Justice in Policing Act. Several cities such as Austin, Texas and Los Angeles, California have committed to reallocating funding from the police budget to community programs, and some states including Colorado and New York have even passed legislation to change the use of force and accountability standards of police officers. These changes likely would not have occurred without so many people using their social media platforms to spread awareness about issues involving police brutality. However, part of the reason why there has been such a dramatic decline in social media activism in 2021 could be because of the intentions of those who were using their platforms last year.

The role of social media

Several Yale students and professors discussed in "Full Disclosure," a Yale daily news podcast, the difference between performative activism and genuine progress. The podcast stated, "You have this social approval that comes with posting — we conflate likes and views and follows with value — and so even with people who are of the best intentions, you're trying to play this game, this algorithm, of social media, while trying to promote something that is inherently not individualistic."

I am not saying that we should stop using social media to spread the word about police brutality and demand accountability for officers who abuse their power. I am merely suggesting that the next time you think of reposting a tragic story about another Black person being killed unjustly at the hands of a police officer, think about your intentions in making that post. Studies have shown that social media platforms like Instagram and Twitter play a critical role in

maintaining awareness about social justice issues, but think about what other steps you are taking to further the fight against systemic racism.

Are you reposting a picture of a black box because you are seeking social approval from your friends and are scared of what the social ramifications may be if you don't? Or, are you posting it to show support and allyship towards a community that has faced injustice and systematic oppression for centuries? Are you using your platform to provide resources about organizations and educational pieces to help a victim's family get the justice that they deserve? Or, are you reposting it because everyone else is?

Understanding racial issues in the nation and using social media to do so can require self reflection. By reflecting, hopefully, people can begin to see that in order to create real, transformative change, activism must extend beyond social media posts. Activism starts with finding ways to focus on the people who are actually being affected by the issue.

LIFESTYLE

FROM CORNER SIDE TO STOREFRONT

Husband and wife Ines and Ariel Roets open bakery after successful empanada carting business

Olivia Roederer

Elon News Network | @OliviaRoederer

Ines Roets was selling empanadas out of a cart in Miami before opening an Argentinian bakery in downtown Gibsonville with her husband Ariel.

The Argentinian natives were looking for another source of income when Ariel's work took them to North Carolina. Now, open since 2016, Ines Bakery has become an way to support their family. The business they've grown is not only built on their culture, but also customer support.

"When I sell 200 empanadas for one party I say 'whoa," Ines said. "The empanadas come from my country, and when somebody else comes and says, 'Wow that's amazing,' I feel very proud."

At Ines Bakery, customers can choose from a variety of different empanadas, each incorporating a different filling.

"Our empanada recipe is Argentinian style," Ariel said. "I think 99% of Argentinians know how to make empanadas, but everyone has their own touch."

While Ines and Ariel were raised 20 miles apart in Argentina, they share the common experience of growing up eating empanadas. At Ines Bakery, the recipe is loosely based on the ones she ate as a child, but she uses her own techniques in cooking the chicken. Ariel said that Ines has been working with this particular food since their children were young.

"She started making empanadas when my son was a kid," Ariel said. "He used to go in a stroller and help sell empanadas



IVIA ROEDERER | STAFF PHOTOGRAPHER

Ariel (left) and Ines (right) Roets at Ines Bakery in downtown Gibsonville. The couple moved to North Carolina where they opened their storefront shop in 2016.

inside laundromats and more."

Ariel also said that the work ethic and effort put into the food at the bakery pushes their customers to want to return for more.

"When people come and see you working, and that you are the owner and you are working hard, they appreciate that and they support you. They help you and they keep coming," Ariel said. "Of course, you've got to have a product that's good because if what you sell is no good people, will not admire you."

Ines and Ariel said they haven't let

challenges stop them, even with COVID-19 protocols. When the pandemic hit, the couple sold empanadas out of their store window to customers.

"I told the customers, this is the cheapest drive-thru you can see in the town," Ines said. "We started to sell the empanadas and more customers started to come with the pandemic."

While Ines Bakery has provided the couple with a new form of income, pride and satisfaction, it has ultimately resulted in a sense of community. Selling empanadas has formed new friendships and lasting memories.

"The first year I almost cried," Ines said. "We've had five years of working with each other and we're still here."

IF YOU GO

Ines Bakery Where: 112 W Main St. Gibsonville, NC 27249 When:

Monday - Thursday: 10 a.m. - 7 p.m. Friday, Saturday: 10 a.m. - 9 p.m. Sunday: Closed

Seasonal businesses rely on community support

Local businesses in the surrounding area, such as Sophia's Pumpkin Patch, depend on Elon customers

Caroline Mitchell

Elon News Network

Alex Fogelman was just in high school when he purchased the Christmas tree farm in Burlington he had been working at since middle school. Now, 15 years later, he owns and operates the same land with the addition of a pumpkin patch, hoping to provide financial support for his daughter.

Though he sells seasonal vegetables, plants, flowers and Christmas trees, his biggest source of income is the pumpkin patch, named after his daughter, Sophia.

"The majority of the profits from the pumpkin patch are going into a savings account for future education for her or whatever she wants," Fogelman said.

Sophia's Pumpkin Patch, like other locally owned businesses, has a peak season, and he relies on community support so that his business stays afloat. Fogelman said business is usually at its height in the fall and winter months, crediting customers such as Elon University students, faculty and staff for the increase in sales.

"On the daily, we have new folks coming and finding out where we are and what we're doing," Fogelman said. "Really, the best thing for us has been word of mouth and Elon students coming by during pumpkin and Christmas tree season."

Fogelman said he is confident that the addition of Sophia's Pumpkin Patch to his property will be more than enough to support his daughter's future.



CAROLINE MITCHELL | STAFF PHOTOGRAPHEF
Sophia's Pumpkin Patch opened for the first time last year as an addition to Alex Fogelman's Christmas tree farm.

"If everything continues the way it's been going, I think we'll have a good amount, and probably more than she'll need for whatever education she seeks," Fogelman said.

Another local business, Apple Farm, is owned and operated by alumnus Edward Apple '95. Growing tobacco, strawberries and an assortment of vegetables, the peak season for Apple Farm is from summer into early fall. Since taking over the family-owned business in 1995, Apple said he often sees the same customers each season, including Elon students and faculty. He attributes this to their low prices and welcoming atmosphere.

"We kind of strive with our personalities to be more friendly," Apple said. "We strive to please them and be nice to them." To stay afloat, both Apple and Fogelman said they primarily depend on repeat customers each season, though new customers find their businesses on the daily.

"A lot of people have been coming here weekly to get fresh produce and fruit," Apple said. "Then those same folks know the location from Christmas trees from the past 15 years and pumpkins from last year, so we have a pretty good clientele base there."

Apple said unlike other businesses, he does not have a second income, putting the majority of the profit back into the farm. He relies on these sales for support during the off-season, providing them with enough income to avoid living paycheck to paycheck.

"We have to do whatever we have to do," Apple said.

This year, sophomore Karolina Rutyna took a trip to Sophia's Pumpkin Patch with the hope of adding some fall spirit to her on-campus housing.

"With fall being one of my favorite seasons, going to the pumpkin patch adds to my seasonal spirit," Rutyna said.

Rutyna said she values the differences between shopping locally and commercially, citing her experience at Sophia's Pumpkin Patch as a reminder of the excitement of the season.

"Buying my pumpkins at a real pumpkin patch rather than a grocery store made me feel like I was getting the real fall experience," Rutyna said. "Going to Sophia's Pumpkin Patch to look for pumpkins felt more personal."

According to Rutyna, she didn't realize the impact Elon students have on the local community, though she frequents businesses similar to Apple Farm and Sophia's Pumpkin Patch.

"It makes sense that Elon students play such a role in keeping local businesses open, especially since Elon seems to be the center of town and always has something going on," Rutyna said. "I will definitely make an effort to shop small more often."

IF YOU GO

Sophia's Pumpkin Patch Where: 3330 Garden Rd Burlington, NC 27215 When: Monday - Friday: 12 - 6 p.m. Saturday: 10 a.m. - 6 p.m. Sunday: 11 a.m. - 5 p.m.

ELON EATS THE ELON BITE IS A COLUMN THAT REVIEWS RESTAURANTS AND FOOD VENDORS IN THE LOCAL AREA

Protein powder overwhelms fall flavors at Blended Nutrition & Energy



Eddie Keefe

IF YOU GO

Blended Nutrition and Energy Where:

2035 Timberline Station Drive Elon, NC 27244 When: Monday - Thursday: 10 a.m. - 6 p.m.

Friday: 10 a.m. - 3 p.m. Saturday: 10 a.m. - 2 p.m. Sunday: Closed

Coffee, milkshake or smoothie? Blended Nutrition & Energy's pumpkin spice latte shake took the characteristics of all three of those classic treats and made something unique. While the taste wasn't what I expected — sweet and sugary — it was still delicious.

In every sip, flavors of pumpkin and cinnamon jumped out. I enjoyed the taste, but I couldn't ignore the strong undertones and unpleasant flavor of protein powder left behind.

Though the drink was festive and refreshing, the ordering process was confusing, with papers to fill out noting your name and contact information. The wait for a drink was about 10 minutes after the worker processed the contact information to then check me out. My experience at Blended Nutrition & Energy felt like the longest process just to get a shake.

The business has a big indoor space with high ceilings and indoor seating, with modern, fresh decor throughout. Blended is currently offering seasonal fall flavors like pumpkin spice latte, pumpkin oreo cheesecake and caramel apple pie.

While Blended's health advice encourages customers to order an energy drink alongside a shake, I was full after finishing the regular-sized shake. All shakes are between 200 and 250 calories, packed with vitamins and nutrients and can serve as a meal supplement.

Blended is a great place to go for a before or after gym boost. After seeing

the cafe all over Instagram, I was glad I could finally try its drinks. After finishing my drink, I had a successful, energized workout.

I tried a sip of my friend's strawberry and banana shake and it had a very nice, energizing flavor, but once again, the taste of protein powder was overpowering. She was underwhelmed with her drink and said she wouldn't order it again.

I would rate Blended Nutrition & Energy a 7.8/10. It has great smoothies and kind staff, but the shakes have a strong, powdery aftertaste and the timeconsuming check-out process struck me as odd. I don't see myself going back to Blended Nutrition, but if I did I would try out something different on the menu.

If you have any questions or a review idea, please reach out to me at ekeefe5@ elon.edu.



EDDIE KEFFE I STAFF PHOTOGRAPHER

The pumpkin spice latte and strawberry banana shake from Blended Nutrition.

EDDIE'S SCORE

7.8 of 10

Every week the restaurant reviewed is given a score out of 10.



ELON NEWS NETWORK

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SPORTS



Town of Elon resident Kemper Wyatt reflects on Elon football's 1981 championship game as the university's Homecoming Weekend approaches.

AVERY SLOAN | STAFF PHOTOGRAPHER

HOMECOMING BRINGS BACK MEMORIES FROM ELON'S CHAMPIONSHIP WIN

Town of Elon resident Kemper Wyatt shows his unique memorabilia from the 1981 Elon football win

Avery Sloan

Elon News Network | @averylsloan

As alumni return for the Homecoming football game on Saturday, Nov. 6, the 1981 championship game is on the minds of many fans. Elon University beat Pittsburg State 3-0 in Burlington for the NAIA Championship game, occurring before Elon was a member of the NCAA. Yet it was a game Elon was never supposed to win, according to Elon resident Kemper Wyatt. Wyatt is in possession of unique memorabilia for Elon's back to back championship winning games in 1980 and 1981.

Among his collection, Wyatt has the newspaper from that year showing Elon's win and the roster from the games with a photograph of the former mascot, the Fighting Christian. But most interestingly, according to Wyatt, is the stats sheet, showing every detail of what occurred.

"You can read here in the stats sheet how they tried to give the game away," Wyatt said. "They fumbled the ball like three times within the first two quarters, and the second possession, they fumbled. I mean, they're like trying to lose this game. But I think what's interesting is they turn the ball over eight times."

His memorabilia tells a more complete story of the game. This is something that Wyatt feels is valuable and why he has held onto it. He hopes to eventually sell to someone else who will appreciate it or find a way to display it. Through his interactions with Elon alumni, he understands the value they place on these items as well. He interacts most frequently with Elon alumni at the C&R Ski Outdoor store right next to campus, which he works at occasionally. Working at the store, he sometimes comes across alumni who are interested in older merchandise,

especially things with the old mascot, the Fighting Christian.

"People have said, 'Y'all got any fighting Christian,' you know some of the older alumni," Wyatt said. "I'm just looking for somebody. I just want an offer, I put in the time, I put it all together."

I JUST THINK IF ANYBODY LIKES TO LOOK BACK ON HISTORY, I THINK THIS IS A PART OF IT AS FAR AS BACK TO BACK CHAMPIONSHIPS AND BEING THE FIRST PRIVATE SCHOOL TO WIN THIS.

KEMPER WYATT ELON RESIDENT

Wyatt said these older artifacts are significant, as these aren't things one would know about the game without reading the stats sheet. Wyatt was at the game in 1981, though the game itself was not something that was able to hold his attention at the time. In fact, he left in the third quarter because it didn't seem like Elon was going to win.

"Nothing was really going on for offense, we ended up leaving. I wish we had stayed, but it was 0-0 ... Nothing was in their favor. I mean, they really should never have won this game, but their defense is really what held up."

This historic win is recognized by many at Elon today. Although he wasn't there in 1981, current head football coach Tony Trisciani, said he still maintains a close relationship with the teams from 1980 and 1981, recognizing the importance of this part of Elon's history.

"It means a lot to have the '81 team here. A lot of guys are still close to the program and they're around and they follow us and support us, so it's going to be great to have them here and honor them and have an awesome atmosphere," Trisciani said.

Wyatt is an example of members of the Elon community continuing to support the current team.

"I just think if anybody likes to look back on history, I think this is a part of it as far as back to back championships and being the first private school to win this," Wyatt said. "Elon students and some of the newer students, that's part of your history."





Kicker Phil Renn puts the Fighting Christians ahead to stay with a 23-yard field goal.

SPORTS WEDNESDAY 11

Student athletes balance mental health with sports

MENTAL | from cover

According to Bilal Ghandour, assistant professor of psychology, understanding the mental health behind student-athletes, especially in American sports, focuses on the outcome of the sport — winning or losing. The result of a game, practice or test can lead to mental and physical health issues in athletes.

"It's mostly a question of the culture," Ghandour said. "The American culture in general, which focuses intensely on an outcome, on winning, on results and on data. The numbers obviously, they do matter, and that's very, very important, but people become obsessed with that. And then they fail to look at other aspects of it."

Working closely with student-athletes, Ghandour said he sees mental and physical issues in sports, like burnout. This is common because coaches and athletes emphasize success with numbers. The idea of the "keep on going" mentality is also a cause of burnout, which often goes unidentified for some athletes. A national example of this is Simone Biles, American Olympic gold medal gymnast who withdrew herself from the 2021 Olympic all-around competition. Ghandour said she "was courageous enough to say, you know, I'm done", despite the resistance and stigma about giving up in American society.

"There is not enough recognition when it happens because we are driven by culture that tells us 'you've got to persist, persist, you can't give up, you've got to keep going," Ghandour said. "That's a mentality of course that contributes to the success, but then you have circumstances where you really need to quit."

Freshman Meghan Coyne, a thrower on Elon's track and field team, said she experienced extreme burnout during high school when she was on the swim and track and field team. Now in college, the feelings of being burnt out sometimes remain.

"There was no motivation to do school, no motivation to go out on Friday. It was just literally I woke up, went to practice, went to school, went to the practice," Coyne said. "It was constant, no motivation for anything. I can definitely see the risk of being burnt out with 20 hour weeks and the constant go, go, go and lack of rest."

Throwing with Coyne, freshman Emma Woodcock said Elon's track and field coaches provide the team with group therapy every week to help combat mental issues and



NYAH PHENGSITTHY | MANAGING EDITOR

"We meet every Thursday right after lift and it's an hour long session. He addresses everything about the mental game," Coyne said.

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THERE WAS NO MOTIVATION TO DO SCHOOL, NO MOTIVATION TO GO OUT ON FRIDAY. IT WAS JUST LITERALLY I WOKE UP, WENT TO PRACTICE, WENT TO SCHOOL, WENT TO THE PRACTICE.

MEGHAN COYNE FRESHMAN But while the track and field team is provided with group therapy, the access to dealing with mental health with athletes is different for students in other sports teams. According to Ghandour, Elon does not have a general sports psychologist on staff.

Fox said there are resources at her disposal, but there is not a focus on mental health and athlete burnout. Though students have access to Elon Counseling Services that provide individual and group counseling sessions, psychiatric care, support groups and crisis assistance, some student-athletes feel they have care for themselves and their mental health, especially during a busy season.

"There isn't really a lot of emphasis on mental health from what I have experienced. The athlete has to take initiative to go to their trainer for help," Fox said.

Coyne said that there are posters with numbers and websites to Elon's Counseling Services hanging in the field house, but even with resources given to them, balancing mental health in the middle of a season is not the

"Mental health was never a big thing, as big as I feel like it should be because now it's really

coming. It's going publicize how real burnout is and what it can do," she said.

Ghandour said that he knows that the counseling team at Elon puts an effort into helping students "and tries to accommodate everyone." However there are some limitations to what they can provide to students.

"The Counseling Center per se may be limited in terms of what it can do, but it provides students with a number of different resources in case they need help ... or they need to talk to someone for a particular immediate problem," Ghandour said. "I do think there has to be an expansion of that and I am optimistic that this is going to happen in general."

Although Fox said that she feels pressure to take care of herself, she wants the school to highlight the importance of recognizing burnout in student-athletes both during and after the season — one thing Elon should consider more.

"We are somewhat expected to put everything we have into the season while, in the background, taking care of ourselves," she said. "But the school doesn't really emphasize the importance of addressing burnout during a season, more after it ends."

Elon to induct 2020, 2021 classes into Elon Sports Hall of Fame

Elon will honor six former athletes at a ceremony prior to the Homecoming football game

Jacob Kisamore & Caitlin Rundle
Flon News Network

The Elon Sports Hall of Fame honors former Elon student-athletes, coaches and administrators. Nominees must have completed at least two full seasons at Elon and have at least eight years of elapsed time since their last intercollegiate competition. Due to COVID-19, Elon was unable to host a ceremony last fall for the 2020 class.

The inductees for the 2020 class are track and field athlete Veronica Day '11, football player Aaron Mellette '13 and soccer player Chris Thomas '13. The inductees for the 2021 class are baseball player Matt Garner '04, golfer Danielle Mills '09 and softball player Tomeka Watson '13. The six-person class will increase the number of total Hall of Fame inductees to 262.

Elon Athletics Director of Communications Jason Knavel helped organize the event and will take full control of organizing it beginning in 2022. Knavel sat down with Elon News Network to discuss the Hall of Fame and Saturday's ceremony.

Q: Beyond the technical requirements, what are other criterias nominees must hit to be inducted?

"So, obviously on-field, in-competition

success is important, but having a strong academic background and success in the classroom, as well as postgraduate work, all plays a role in a student athlete getting inducted into the Hall of Fame. You know, these are well rounded individuals who Elon can be proud of both because of the work they did while they were at Elon and afterwards."

Q: Do inductees receive any added bonuses or honors upon entering the Hall of Fame?

"You're part of a limited group of people, a club almost. There are ways that we recognize Hall of Famers. There are plaques and things like that within our athletic facilities where their names will be, and people can view them and look at them. There's a Hall of Fame page on the website, where you can review everybody who's gone into the Hall of Fame. They are part of a club that certainly gets recognition and opportunities to attend events and games and special invitations for those sorts of events moving forward."

Q: What will the induction ceremony look like?

"It's a ceremony that will last probably approximately an hour. They'll get the opportunity to talk about some of the individuals who have impacted their lives, maybe tell some stories and kind of go from there. It's just an opportunity to really look at our history and honor the past. And these six individuals who made an impact on Elon."

Q: What about the event are you

most looking forward to?

"The couple of things that are really fun are just listening to the stories they tell about their time at Elon and their teammates and things like that. And then also, watching them interact with the other Hall of Famers is really cool. Because sometimes they did. Sometimes they were in school together as well. But the opportunity for them to kind of have shared experiences of excelling in a sport, whether they were here at the same time or not. And just watching them interact with each other is really cool."

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