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ELON, NORTH CAROLINA

THE PENDULUM

RESCUE IN TRANSIT

N.C. paramedic, fire engineer serves community from behind the wheel of first-response vehicles

Deirdre Kronschnabel
Elon News Network | @kronschn

PAUL MCNABB HAS CUT five umbilical cords. He once administered care to an Elon University student who impaled her leg hopping a fence while on her way to a party. And when he's not working as a paramedic for Alamance County Emergency Medical Services, he's in charge of a fire truck a half-hour away in Guilford County. He also spends his nights watching "Elmo" because his favorite job position is being a dad. First responders are trained to respond to emergencies. McNabb has been con-

ditioned since birth, scrambling around fire trucks as far back as he can remember. Traced back two generations is Grandpa John — he captained the Pleasant Garden Fire Department. His father, Gary, is the assistant fire chief for the Southeast Guilford Fire Department and has been in the fire service more than 40 years. His mother, Susan, is a retired Greensboro Police Department officer, and his sister, Brianna, is a critical care nurse at Wesley Long ICU. And cousin

Jeremy and Uncle Jeff are firefighters too. Last names are all McNabb. "We're a family of givers," Susan said. "They supported me 100 percent," Paul said. "At first they wanted me to be a doctor or a Major League Baseball player — something to make millions of dollars. But for realistic goals — absolutely."

Paul is a third-generation firefighter — now fire engineer — and a first-generation paramedic. His family history and 11 years as a first responder allow him to provide insight into different high- and low-pressure scenarios — and the climate surrounding the people who navigate them.

See **EMT** | pg. 4



Men's tennis wins CAA title, advances to NCAA Regionals

Phoenix advances to NCAA Regionals while making postseason history

Caitlin Rundle
Elon News Network | @caitlinr_21

Coming off their history-making win against the University of North Carolina Wilmington to claim their first Colonial Athletic Association (CAA) championship title Saturday, April 20, Elon University's men's tennis team is now gearing up to make a run in the NCAA Regionals tournament. The Phoenix won the conference championship match 4-3 overall, with the clinching point coming from sophomore Camilo Ponce. The win was historic — it was the first CAA championship not just for the men's tennis team but for any men's team at Elon. The Phoenix started off strong, clinching the doubles point to give the team an early lead before heading into the singles portion of the match. Ponce and fellow sophomore Kyle Frankel won first, followed by the senior team of Mario Paccini and Felipe Saraguse. The Seahawks came out in sin-



The Elon University men's tennis team proudly holds the CAA championship trophy after defeating the University of North Carolina Wilmington in the final match on Saturday, April 20, in the Piedmont Indoor Tennis Center.

gles play confidently, taking down Paccini, senior Felipe Osses-Konig and senior Taylor Foote. This was the first singles match Foote had lost all season, and it came just after he clinched the match for the Phoenix in the semifinals the day before. There were three more singles matches still in play, and with UNCW up 3-1, all the Seahawks needed was one more victory in singles play to be crowned CAA champions over the Phoenix. Frankel won his tiebreaker 7-5 over his opponent to even things up at 3-3. All eyes were now on the remaining nail-biter match of Ponce and Seahawk freshman Leo Sprovieri, who had split sets and were battling it out in the deciding third set. Sprovieri climbed back to claim three games following Ponce's strong start, but Ponce ultimately won the final set 6-3. Ponce's championship point brought cheers from fans who had followed the Phoenix to the Piedmont Indoor Tennis Center in Greensboro to watch the rest of the match, and the excitement brought Phoenix players to tears over their history-making victory.

See **TENNIS** | pg. 10



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Gov. Roy Cooper vetoes the "Born-Alive" abortion bill.



LIFESTYLE • PAGE 8
Greensboro is rich with immigrant-owned international cuisine.



SPORTS • PAGE 11
Maria Paraja finishes her senior season for women's tennis.

THE PENDULUM

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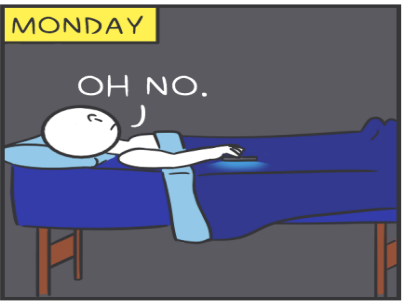
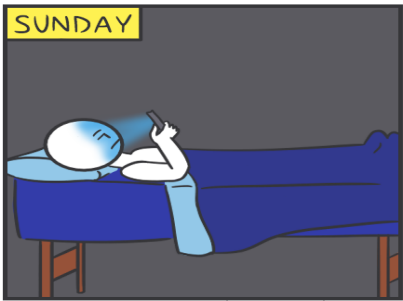
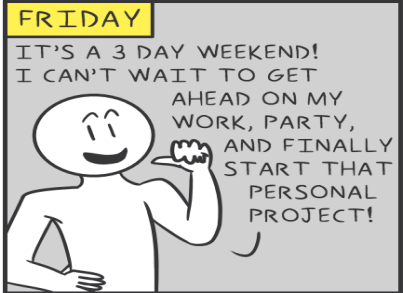
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CORRECTIONS

NEWS

Comic author Sam Porozok's name was accidentally cut off from the comic illustration. Elon News Network regrets the error.

PHONING IT IN



SAM POROZOK

THIS MONTH IN HISTORY - SGA ADVISER RESIGNS

APRIL 18, 1994. Rex Waters, then-assistant dean of student affairs, announced his resignation as SGA adviser on Monday, April 18. Due to a conflict of interest surrounding his advisory position also overseeing the Media Board, Waters acknowledged the direness of his situation.

"I'm advising one group, and I'm advising the other group. One group funds the other group," Waters said.

After Waters stepped down, applications were made available for the advisory of the SGA and Media Board. According to Waters, the Office of Student Affairs was

"undergoing some realignment responsibilities to get a better balance between positions."

Barb Hanke, then-director of student activities and SUB adviser, disagreed with Waters and did not believe advising both SGA and SUB would be a conflict of interest. "I think that some students who are not mature enough may think that would be a conflict of interest. However, if you've been to the budget hearings, the students all make those decisions," Hanke said.

Hanke filled Waters' advisory position and began overseeing SGA and SUB in June.

GAMES

How to Play: Guess the missing word in the five clues, then find them in the word search below. Words can be found backward, diagonal, etc.

1. Paul McNabb works as a _____ for Alamance County Emergency Medical Services. *See Page 1 for answer.*
2. North Carolina Gov. Roy Cooper vetoed the "Born-Alive" bill, which would have required doctors to save the lives of infants born after an attempted _____. *See Page 6 for answer.*
3. The La Palma restaurant serves the greater Greensboro community with authentic _____ and Caribbean cuisine. *See Page 8 for answer.*
4. Elon's _____ office was present at the resource fair that followed the event Take Back the Night. *See Page 9 for answer.*
5. The men's tennis team won the Colonial Athletic Association _____ 4-3 against the University of North Carolina Wilmington. *See Page 10 for answer.*

C	M	E	Q	Q	B	C	E	E	X	K	B	P	R
H	A	P	V	E	I	U	N	Z	J	B	X	C	D
S	N	O	S	D	B	M	V	O	N	O	Y	H	Y
M	E	Y	A	U	E	D	Y	A	P	J	C	A	F
F	H	P	P	M	Z	Q	C	K	U	A	L	M	Y
U	K	P	A	Z	O	I	U	J	T	U	Y	P	I
C	D	B	Q	R	N	A	H	W	T	T	Y	I	Z
H	I	M	Y	I	A	Z	W	I	B	S	H	O	I
O	C	E	M	C	N	M	T	J	V	B	A	N	O
A	F	O	R	O	V	L	E	C	M	B	C	S	R
D	D	D	V	E	E	V	F	D	P	P	J	H	P
C	J	V	A	N	A	Y	V	C	I	R	C	I	S
M	I	C	I	W	B	W	R	M	V	C	I	P	K
M	V	N	H	O	T	L	Q	A	M	J	E	M	F
K	E	K	S	N	O	I	T	R	O	B	A	I	A

CALENDAR: APRIL 24 - APRIL 30

BASEBALL VS. NORTH CAROLINA A&T 6 P.M. Latham Park 24	KARAOKE NIGHT! 6:30 P.M. Carlton Commons 24	NUMEN LUMEN: A THURSDAY INSPIRATION 9:50 A.M. Numen Lumen Sacred Space 25	FINDING LIFE AFTER COLLEGE WITH DREW KERR 4:15 P.M. McKinnon Hall 25	SARGE PRESENTATION AT SCHOLAR'S TABLE DINNER 5:30 P.M. Oaks 212 25
HOLI CELEBRATION 4 P.M. Speaker's Corner 26	BASEBALL VS. NORTHEASTERN 6 P.M. Latham Park 26	INSTANT LAUGHTER 7:30 P.M. Yeager Recital Hall 26	SOFTBALL DOUBLEHEADER VS. TOWSON 1 P.M. & 3 P.M. Hunt Softball Park 27	JAZZ ENSEMBLE PERFORMS "ÉLAN" 7:30 P.M. McCrary Theatre 30

Senior Nicolas Resusta Galdos hits a backhand against his opponent, sophomore Sahrufelix Sandy, during the gold bracket championship match of the tournament hosted by Club Table Tennis on Friday, April 19. Resusta went on to win the match in three straight games.



HANNA MEYERS | ASSISTANT COPY CHIEF



ABBY GIBBS | MANAGING EDITOR

A crowd of Elon fans cheer on the Phoenix during the CAA men's tennis championship match on Saturday, April 20, at the Jimmy Powell Tennis Center. [SEE MORE MEN'S TENNIS | PAGE 10](#)



ABBY GIBBS | MANAGING EDITOR

Senior Felipe Sarrazague pumps his fist after winning the first game against University of North Carolina Wilmington redshirt junior Austin Hussey on Saturday, April 20, at the Jimmy Powell Tennis Center. Sarrazague won his singles match 6-4, 6-2. [SEE MORE MEN'S TENNIS | PAGE 10](#)



ZACH OHMANN | PHOTO EDITOR

Former NBA Commissioner David Stern speaks at the Sports Management Symposium on Tuesday, April 23, in Turner Theatre.



ZACH OHMANN | PHOTO EDITOR

Freshman Olivia Archer returns the ball against Drexel University junior Katarina Majorova during the CAA women's tennis tournament on Thursday, April 18. The Phoenix eventually fell to The College of William and Mary in the semifinal match on Friday, April 19.

[SEE MORE WOMEN'S TENNIS | PAGE 11](#)

PARAMEDIC PREPARES FOR THE UNFORESEEN

EMT | from cover

"I wouldn't have it any other way," Paul said.

Alamance County Emergency Medical Services (EMS)

A shift in Alamance County EMS is 24 hours on, 72 hours off. As a paramedic, Paul works alongside emergency medical technicians (EMTs) to respond to emergency and non-emergency calls in the county. This Halloween will mark his 12th year on the job.

There are 17 employees on each shift, and there are four shifts. Typical EMT training lasts 3 to 5 months, whereas a paramedic often takes a year or more of schooling.

Walking into the West Base — one of the three EMT bases in the county — is surprising to a layperson. The blacked-out windows and massive industrial garage intimidate, but when the door opens, the first sight is five well-worn recliners and a modest kitchen.

"If we're not on a call, we're all here," said paramedic Lisa Raines. "Some people will hang out here, watch TV. Some will go to their rooms. We try to sleep when we can because we never know when we're going to get it. It's like a big ol' family."

Raines is also in the family business. She grew up with her parents involved in rescue, but unlike Paul, who always wanted to fight fires, Raines never thought about getting involved with Alamance County EMS until adulthood.

"I used to work for Lowe's Home Improvement. I was always on the lookout for something that I thought I could have a future at," Raines said. "One of the girls I worked with was going to school while we were working together. The more I talked to her, the more I thought, 'Well, this sounds like fun.' I decided to get my EMT and my paramedic, and I've been here 17 years."

Now, her and Paul are coworkers at Alamance County EMS.

Forget typical coworker archetypes — the flatterer, the long-lunch-goer, the water cooler gossip. In the ambulance, it's "shit-magnets," "black clouds" and "baby magnets."

"I'm pretty good at having a light cloud. I get lots of working calls, I get lots of sick people," Paul said. "There are other people who are white clouds that they don't ever ride any sick people — it's weird. There's a man who retired in December who cut 17 umbilical cords. If there was a pregnancy, he was probably going to be there somehow. My big thing — airway. If somebody needs to be intubated, I'm the guy that's going to be there."

According to the Alamance County EMS 2018-2019 workload measures, the average emergency response time from June to December was 12 minutes and 36 seconds. Once the ambulance arrives, if Paul's driving, the passenger EMT or paramedic will jump out quickly, and Paul will start to grab the bed or follow inside.

"My initial impression sets the pace for the rest of the time," Paul said. "If I went in, and they look sick as crap, then I'm just going to go straight to work."

Most frequently, the emergency calls are for falls. According to the North Carolina Department of Health and Human Services, the county is home to eight nursing facilities and another 17 adult care

homes.

"Gravity is super strong in Alamance County," Paul said.

"When you cluster those geriatric people all in one spot, that's the people that are going to use our services," said EMT and paramedic-in-training Lanning Honeycutt. "We go to those places a lot — it's like, 'Alright, we've been there five times today.'"

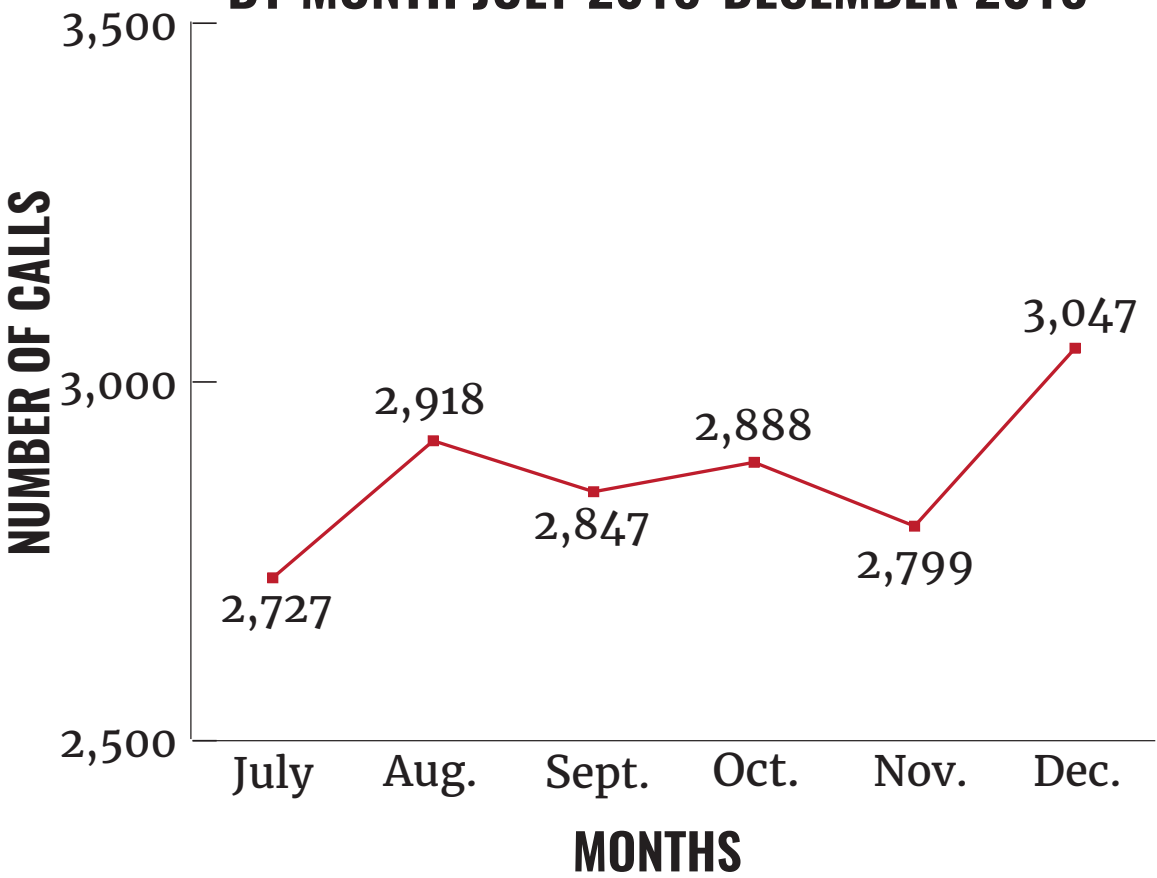
As call numbers increase, the need for more equipment does too.

"I know that there's some really cool technology advancements that are being made," said Elon junior EMT Hannah Alcock. "There's automated CPR machines, or there's new medications for diabetes or for certain other illnesses or situations



DEIRDRE KRONSNABEL | STAFF PHOTOGRAPHER

NUMBER OF CALLS TO ALAMANCE EMS BY MONTH JULY 2018-DECEMBER 2018



that can take place."

The ambulance is home to what Paul calls "a defibrillator on crack." It's worth about \$50,000.

"It's one of those services that a lot of times people don't appreciate until you need it," said EMT Donald Robinson. "It's just something you don't even think about until you're sick or you're having a bad medical event. They'll say, 'Oh my God, I'm so glad you're here,' but a lot of times you're just in the background."

Elon junior Melissa Menard took EMT courses through Alamance Community College and did her ride-along with Alamance County EMS. During a ride-along, the EMT-in-training rides with an active ambulance crew for 24 hours. Whenever Menard's assigned unit received a call from the dispatcher, she would follow along. Her ride-along experience was reflective of the community of nursing facilities and adult care homes — it was mostly elderly people being transported to the hospital.

"It was pretty upbeat, talking to patients who were responding,

but also could be very serious and down-to-business when it needed to be," Menard said. "I learned a lot about the community here and the relationships that EMTs can have with their patients, especially when we were doing elderly patients transport. They were all very happy to talk and explain about their lives and their situations."

Being a first responder isn't all sirens blaring and hearts pounding.

"I have stayed up all night long," Paul said of his EMS paperwork. "1 a.m. is when I sat down, and I got done five minutes 'til 6."

"The biggest thing is capabilities," Paul said. "We're not just ambulance drivers. We get called rescue. We get called ambulance drivers. If that was the case, then call an Uber. You'd get the same daggum result."

Southeast Guilford Fire Department

When a 911 call reaches the dispatch, a fire station is an equally likely candidate as an am-

Above: Adalynn McNabb and her grandmother Susan enjoy a barbecue dinner made by the Alamance County Fire Department at its annual fundraising event.

balance for responding to a medical emergency.

"If there's a call at Elon for an unconscious person — maybe because they were partying too hard — that's automatically an emergency response," Paul said. "You're going to get a fire truck from Elon and an ambulance from Alamance County EMS."

Fire stations drastically outnumber EMS stations and are often the closest to the emergency scene.

"I had always been interested in being a paramedic, but I wanted to be on a firetruck full time," Paul said. "I couldn't get a fire job, didn't have any luck, so I went ahead and took paramedic academy."

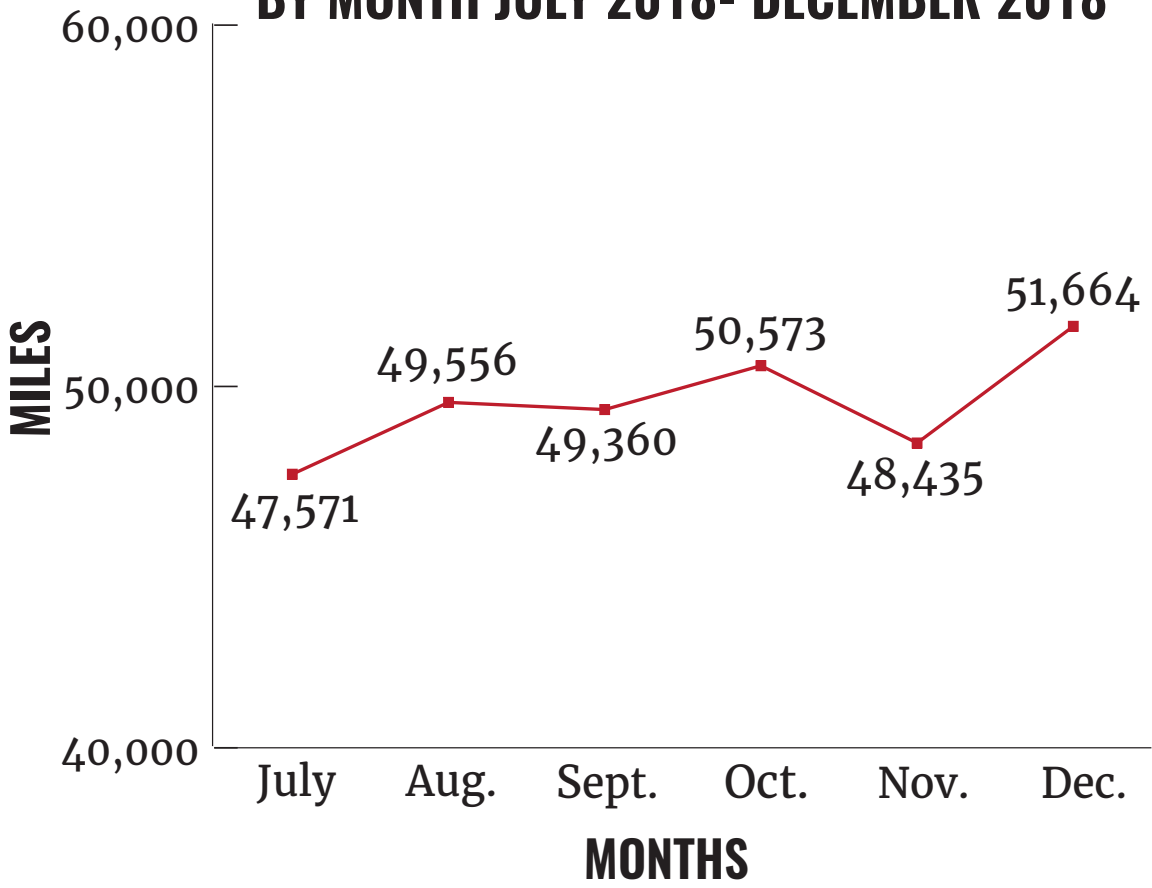
Some fire departments require their fighters to be certified paramedics, and Paul's skillset definitely helps his work for the station. Though he's a paramed-



Paul McNabb checks inventory in the EMS supply room.

DEIRDRE KRONSCHNABEL | STAFF PHOTOGRAPHER

NUMBER OF MILES DRIVEN BY ALAMANCE EMS BY MONTH JULY 2018- DECEMBER 2018



ic, he’s an EMT basic for the fire department. He just doesn’t have access to the equipment he would need to do what he could on an ambulance.

“The equipment on here is a heck of a lot more different,” Paul said.

The fire truck does have a familiar piece of machinery — the exact same computer system as the ambulance. Even the button to indicate a transport to the hospital is there — though a firetruck will never actually escort someone there.

As a fire engineer, Paul’s primary job is to operate the tanker. Along with driving, he’s tasked with monitoring water pressure to the fire hose and unloading large equipment from the truck.

“My dad told me I needed to pay attention to algebra in high school, and I thought he was full of shit because I didn’t think I’d ever need to know whatever ‘X’ meant,” McNabb said. “Well, here I am. My biggest job at the fire station now is to figure out what that ‘X’ is.”

Hidden compartments are

everywhere. One compartment opens to expose limp rope and a traffic cone — the next, the jaws of life.

“Whatever they need inside, I can grab it and go,” Paul said.

On the way to the scene, the firefighters (up to six can fit in the tanker, along with one thousand gallons of water) talked shop — where’s the fire, who’s coming with us, where’s the nearest hydrant — interspersed with good-natured trash-talking. And raw engine noises spewed out of the massive truck. The ride’s a bumpy 60 mph, max 68, and they’re each strapped in with a full harness.

“This truck — it doesn’t like hills,” Paul said. “As much weight as it carries, if you aren’t going as fast as you can, it slows down tremendously.”

Then, wailing sirens

The first couple minutes at the fire are very fast paced. It’s hard for Paul to even describe holding the firehose.

“It’s like somebody is standing right in front of you and pushing

100 pounds directly at you,” Paul said.

Once the other firefighters start to tackle the fire, it begins to slow down for the driver. If at some point they run out of water, Paul can leave the scene to refill the truck.

When he gets back, he doesn’t need to get out of the driver’s seat. At the firefighters’ signal, he turns a wheel on the dashboard which controls the water pressure. The water is then able to speed from the large water tank to the firehose.

“There’s a lot of science in firefighting that people don’t realize,” Paul said.

And it’s not until the fire’s out that the work is done.

“My job doesn’t stop because anything can happen,” Paul said. “I can learn something new on every call. There’s always something that could go a little bit more different, that could help things flow a little smoother.”

All in a day’s work

Even with a family so deeply

immersed in the world of emergency services, Paul juggles priorities.

“Sometimes in relationships, the job is different and difficult to get used to,” Paul said.

“You get to the point where you see stuff that normal people [who] haven’t been in medical professions don’t see,” Raines said. “You see something happen, and you’re able to step back, and it won’t bother you. And other people would be like, ‘Oh my God,’ you know, freaking out. And we’re like, ‘OK, let’s eat, c’mom.”

There was a point in Paul’s life where he was working six jobs and opposite shifts with the mother of his daughter — also a paramedic. They’d have 24 hours together and 24 hours apart in order to take care of the baby.

“I had a bad wreck a few weeks ago, and my patient was 5 years old. I have a 20-month-old at home,” Paul said. “She had two broke hips, and that ate me up a little bit. All I wanted to do was go see my daughter.”

His family supports him, and so does his community.

His coworkers at Alamance County EMS will cook together over their 24-hour shifts, mostly roasts and soups that can sit at the base during calls and be better for it. And if slow-cooker meals are the staple of the EMS community, then the fire department has the claim on barbecue.

After an 8 a.m. to 5 p.m. shift at the fire station, Paul met Susan and his daughter, Adalynn, at the annual Alamance Community Fire Department barbecue fundraiser. It’s at his old middle school, and many of the faces he greets, he’s known since then. He clapped hands with off-duty firefighters and traded gossip about people from Susan’s church. Another man there once took Paul out to dinner as a thank you for administering him CPR.

He left Adalynn at the table for a minute to exchange niceties with his best friend’s family before scooping her right back up. It’s actually hard for the volunteer Boy Scouts to navigate coleslaw dishes through the cafeteria because her adoring fans are taking up the aisle.

Will Adalynn follow Paul’s footsteps and fight fires one day, fourth-generation? Maybe. But for now, she’s perfectly content mouthing the firetruck keys.

“

MY DAD TOLD ME I NEEDED TO PAY ATTENTION TO ALGEBRA IN HIGH SCHOOL, AND I THOUGHT HE WAS FULL OF SHIT BECAUSE I DIDN’T THINK I’D EVER NEED TO KNOW WHATEVER ‘X’ MEANT. WELL, HERE I AM. MY BIGGEST JOB AT THE FIRE STATION NOW IS TO FIGURE OUT WHAT THAT ‘X’ IS.

PAUL McNABB
PARAMEDIC, FIRE ENGINEER

BY THE NUMBERS

68

is the maximum miles per hour a firetruck is allowed to drive.

North Carolina governor vetoes “Born-Alive” abortion bill

Veto of abortion bill sparks controversy in N.C. House, Elon University

Leila Jackson & Jack Chambers

RALEIGH — North Carolina Gov. Roy Cooper vetoed a bill that would have required doctors to save the lives of infants who were born after an attempted abortion, according to a letter his office sent last Thursday. The “Born-Alive” bill passed through both the state House and Senate but will not go into effect because it was stopped by the governor’s veto.

The bill was conceived in response to bills in other states such as New York’s “Reproductive Health Act,” which was signed into law by Gov. Andrew Cuomo on Jan. 22, which allows late-term abortions under limited circumstances.

Republicans in the state legislature were disappointed by Cooper’s decision. The state Senate passed the decision by a 28-19 vote. Republican Sen. Joyce Krawiec of Forsyth County sponsored the Senate Bill 359.

“Caring for a living, breathing newborn infant is too restrictive for Governor Cooper’s radical abortion agenda,” read a statement from Krawiec. “We thought Democrats would agree that children born alive should be separate



PHOTO COURTESY OF MCT CAMPUS

from the abortion debate, but it’s clear that they want the ‘right to choose’ to even extend past birth.”

“This is a sad day for North Carolina,” Krawiec’s statement said.

North Carolina Democrats celebrated Cooper’s veto of the “Born-Alive” abortion bill, according to media outlets. Democratic lawmakers condemned Republicans of trying to score political points by passing the bill.

Elon University senior Amanda McMahon, treasurer of Elon Feminists for Equality, Change and Transformation, said she felt disheartened by the bill.

“It was frustrating to me,” McMahon said. “I felt like it was another attempt by lawmakers to control women’s bodies and lives, and I just really found it unnecessary.”

But she said she was happy with Cooper’s veto because of how it would affect doctors.

“It would have been an unnecessary law, and it would have put doctors in complicated situations where they would have to be held accountable for things they shouldn’t have to be held accountable for,” McMahon said.

Daniel Dorociak, parliamentarian of the Elon North Carolina Student Legislature, was in favor of the bill.

“It would help bring more babies into this world and also help babies who survived an

North Carolina Gov. Roy Cooper said that despite his personal opposition to the law, his office will appeal the court’s ruling against the state’s abortion provision.

“

I FELT LIKE IT WAS ANOTHER ATTEMPT BY LAWMAKERS TO CONTROL WOMEN’S BODIES AND LIVES, AND I JUST REALLY FOUND IT UNNECESSARY.

AMANDA MCMAHON
ELON SENIOR

abortion attempt receive the proper medical care they deserve,” Dorociak said.

If the bill had passed, doctors who did not preserve the lives of the infants born would have been subject to a felony charge and a fine.

Susanna Birdsong, senior policy counsel for the North Carolina chapter of the American Civil Liberties Union, said in a statement to Gov. Cooper that the bill’s intention was to scare both abortion providers and those seeking abortions.

“We applaud Governor Cooper for vetoing this shameless bill with no basis in medical science,” wrote Mike Meno, communications director for the North Carolina ACLU, in an email.



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CAMPUS VOICE

Support first-generation college students at Elon



Nicole Galante @ngalanteee

In May, just one month from now, I will be the first in my family to graduate from college. I'm the daughter of an "illegal" immigrant and a landscaper, and in one month, I'll beat the odds by graduating from a selective university in just four years. I'm lucky. I know I'm lucky. My situation as a first-generation college student might not be rare, but my achievements are — and that upsets me beyond belief.

The institution of higher education as a whole has a first-generation college student problem, and Elon University is not immune. Although the university has some incredible programs like the Odyssey Program and Elon Academy, programs that have touched the lives of such deserving students, I can't help but feel that we as a college community are not doing enough. As an Elon student, I have felt supported in every single sense of the word. As a first-generation Elon student, though, I have felt utterly and unfortunately unsupported.

So much of higher education's efforts are aimed at recruiting and admitting first-gen students that institutions like Elon often forget about us once we're here. I can

vividly remember feeling supported throughout the application process. In retrospect, it's most likely because the label "first-generation" was stamped on my file and my admissions counselor took extra care to make sure I understood everything that was going on. That specialized support ended when I stepped foot on campus four years ago, ostensibly because it was perceived that I had "made it." I had beaten the odds by joining an institution that has historically placed barriers between people like me and a college education. In truth, though, joining the institution and graduating are two vastly different things, and calculated steps must be taken to ensure that the latter is achieved.

Throughout my four years, not a single university employee has approached me with the knowledge that I'm a first-generation student to ask how I was adjusting, how I was dealing with the awkward shift in familial power dynamics as an educated child with uneducated parents or simply whether or not I was happy. While a gesture of this might seem small, it could have made a world of a difference. First-gen students have a significantly higher risk of feeling

inadequate and anxious in a college setting. Too often, these feelings of inadequacy cause us to drop out of school. Only 11% of first-generation students graduate within six years of enrolling in college. One "how are you doing?" could be enough to change that.

I've been lucky enough to have the support of the Elon College Fellows Program cohort as well as my professors and peers in the English department. They've provided me with the generalized support that I needed to make it this far. Lots of first-generation students have cohorts like these, but I struggle to believe that generalized support systems are enough. The cohorts I'm a part of are scholarly and academic. Most of the time, especially in my first two years of college, the questions I had were anything but academic. My questions were sometimes as basic — and stupid, as I felt at the time — as, "What is the heck is an internship?" Other times, I didn't even know what questions I was supposed to be asking. Sure, I could have gone to my professors or cohort members for help, but in my mind, they had it all figured out, and I didn't want to out myself as "ignorant."

The first-generation college student problem might be bigger than Elon, but that doesn't mean we can't do something to begin to fix it on our campus. As the university continues to write its new strategic plan, I urge them to include the implementation of resources to help first-gen students succeed. Recruitment efforts mean nothing if students like myself leave Elon feeling inadequate and unsupported.

We have to be critical of the places we love before they can get better. I feel compelled to call Elon out on their first-generation problem because I know they can do better. Like I said, I'm lucky. Neither of my parents have gone to college, but I'll be graduating in a month as an Elon College Fellow and a member of Phi Beta Kappa. Not only that, but I'll be continuing my education here at Elon as a member of their second Master of Arts on Higher Education cohort. My wish is that my story ceases to be a rarity. Elon can help make that possible not only by continuing to recruit first-generation college students but also by taking concrete steps to ensure these students leave Elon feeling as supported and incredible as they truly are.

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LIFESTYLE

FOOD FOR THOUGHT

Sara Vidal fires up the stove in the kitchen at Simauchi.

CAMMIE BEHNKE | STAFF PHOTOGRAPHER

The story behind Greensboro’s immigrant-owned restaurants

Cammie Behnke
Elon News Network | @cdbehnke

At the La Palma restaurant, cooking is a family affair. Biana Guerrero, the restaurant owner, doesn’t take many breaks. She is at her restaurant seven days a week, along with her husband, children and sometimes grandchildren. Since 2017, La Palma has been serving the greater Greensboro community with authentic Dominican and Caribbean cuisine. With fried plantains, rice and beans at the ready, the Guerreros are always open to sharing a taste of their home with the city.

“My family is always together,” Guerrero said with a laugh. “The Caribbean family and food are just so different.”

For 14 years, Guerrero has called North Carolina her home. She immigrated to the U.S. from the Dominican Republic in 1994, hoping to start a Dominican restaurant while first living in Rhode Island.

“We came here looking for a better job,” Guerrero said. “But the problem was we only had a food truck [in Rhode Island].”

Following the suggestion of a couple friends, Guerrero decided to move her family to Greensboro, hoping to expand their business. But when the Guerreros arrived, they found that there weren’t many Dominicans living in the area.

“People come and see the food and sometimes try and ask for Mexican style food, but we say we don’t have that. It’s hard because sometimes the people living in Greensboro never go into those places where they have Dominican food,” Guerrero said.

Finding community

Guerrero was then approached with a unique opportunity to put her cuisine on the map. After seeing a need for global engagement in the community, Alex McKinney and Donovan McKnight co-founded Ethnosh, a nonprofit network of immigrant-owned restaurants with a goal to connect Greensboro with the



CAMMIE BEHNKE | STAFF PHOTOGRAPHER

BY THE NUMBERS

10%

of foreign-born individuals live in Guilford County.

international food scene. Guerrero has since become one of 40 international restaurants to partner with McKinney and McKnight on their project.

“What we found missing was the cultural information touching the culture of the people that own the businesses and their stories — what brought them to Greensboro and how that food connects them to where they came from,” McKinney said.

The two “adventure foodies,” as McKinney described, met four years ago while working on a design project for Pace Communications, a marketing agency where McKnight works. They both realized one another’s passions for food and culture and combined them to form Ethnosh in 2015.

As part of their initiative, McKinney and McKnight regularly seek out international restaurants to partner with and help develop. McKinney said while some restaurant owners were hesitant at first, many have been open to the idea.

“It’s really what got us into this and helping to bridge that gap between people that have grown up or lived in this area that don’t get to see that particular style of food anymore. We want to make it easy for them. And so we’re helping to bridge that gap,” McKinney said.

Ethnosh provides marketing services for the restaurants through their website. Each restaurant has a dedicated webpage consisting of photographs, features of the owners and items on the menu. The organization also organizes “Nosh Up” gatherings with the owners, giving the community a chance to taste a sample of authentic cooking at one of the featured restaurants.

These events provide owners with a platform to share their personal stories of immigrating to the United States and starting their own restaurants. McKinney said the hourlong events help foster a community where difference isn’t just tolerated but also celebrated.

“This encourages repeat visits after the event and a more aware community. I think people around here support the entire community and they love to see different flavors and different cultures around town,” McKinney said.

Revisiting roots

The city of Greensboro is



CAMMIE BEHNKE | STAFF PHOTOGRAPHER

Above: Sara Vidal, owner of Simauchi, poses with her daughter Shirley Simauchi.

Left: The pineapple shrimp bowl is a favorite Haitian dish served at King Queen Haitian Cuisine in Greensboro.

family at their restaurant makes her proud to be Peruvian. The rich spices and sizzling vegetable rice, which she and Vidal insisted must always be fresh, are deeply rooted in her family’s identity. Simauchi said their restaurant can help people develop a greater understanding for immigration to the U.S.

“I think where people lack understanding of immigration is that they don’t understand the sacrifice parents make. They have to sacrifice making sure their kids are able to see another day, making sure their kids can become something great,” Simauchi said.

Vidal said as an immigrant herself, she hasn’t faced any bias or racism in the U.S., but Simauchi said her family’s cuisine can help change perspectives.

“People really do forget that a lot of these people really love their culture and love where they’re from. They’re proud to be from that country. They wouldn’t want to leave if they didn’t have to, but because they have to sacrifice to make sure their kids are able to see another day,” Simauchi said.

known for its diverse background. According to Guilford County’s most recent census report, 10% of the county’s population is foreign-born. The Center for New North Carolinians reports that more than 140 countries are represented in Greensboro’s population, with strong representation from Mexico, India and Vietnam. Holly Sienkiewicz, director of the Center for New North Carolinians, said Greensboro’s diverse background attracts more foreigners.

“The cost of living is really affordable compared to some other cities. That’s kind of a natural appeal and because there’s such a strong presence of immigrants and refugees, a lot of people will hear about a family member or a friend that realized the cost is less and then make that switch,” said Sienkiewicz.

Just down the road from La Palma is another Ethnosh partner called Simauchi, a Peruvian restaurant owned by Sara Vidal and her family. They ran a restaurant in New Jersey before moving to North Carolina in 1997 for cheaper housing and a slower-paced city.

“It was just so fast-paced in New Jersey,” said Shirley Simauchi, Vidal’s daughter. “Greensboro was more of a calm life compared to the big city.”

Simauchi was born in the United States but said working with her

SURVIVORS SPEAK OUT AT TAKE BACK THE NIGHT

The event allowed students to share their experiences with sexual assault

Hannah Massen

Elon News Network | @elonnewsnetwork

At first, no one wanted to take the stage in Whitley Auditorium. The audience sat silently for a minute, facing handmade posters that read, “If she was asking for it, why couldn’t you?” and “Survivors deserve better.” Then one after another, several Elon University students disclosed their experiences with sexual assault and abuse. Each story was different, but they shared a common message: you are not alone.

Take Back the Night is an event hosted once a semester by the Gender and LGBTQIA Center (GLC) in partnership with the Iota Psi chapter of Alpha Chi Omega and other student organizations, according to Becca Bishopric Patterson, assistant director of the GLC. Students have the option to speak about their experiences in a designated safe space.

“It’s easier for folks to dismiss an accusation or a story when they can’t put a face with that story,” Patterson said. “We have people who bring all kinds of stories to this event and use it not only as a platform to bring awareness but as a way to open up space for people to say, ‘Wow, this has happened to someone else too.’ It creates this movement and community of survivors on campus.”

Senior Lauren Silverman, a gender violence prevention coordinator in the GLC, finds that students have become more open about their experiences in the wake of the #MeToo movement.

“I hope the audience takes away — regardless of if they wanted to speak at it — that there are people around them who are able to empathize with them and that there is a support system even outside of the people that they may know,” Silverman said. “Seeing people speak about their experiences and hearing what they’ve gone through really does validate why I do this work.”

Silverman and her coworker, junior Catherine O’Reilly, deliver active bystander education sessions to residence halls, Elon 101 classes and smaller groups on campus. The 30-minute sessions are meant to equip students with the skills to intervene in a potentially dangerous situation.

Despite the GLC’s sexual violence prevention efforts, Patterson said students may be unaware of other support systems on campus.

“There are resources on campus, but sometimes, we just don’t have the capacity to reach everybody,” Patterson said. “[Students] get the message maybe once over orientation or through the Haven program, but if that’s the last time they hear about resources, when something happens, they’re not going to know what to do.”

Take Back the Night was followed by a resource fair in Steers Pavilion. Campus sexual violence resources include a coordinator for violence response in counseling services; Safeline, a confiden-



HANNAH MASSEN | STAFF PHOTOGRAPHER

Left: Sophomore Holly Eldridge (left) listens to students at a table in Steers Pavilion during the reception for Take Back the Night on Thursday, April 18. Eldridge is an intern for Crossroads in Alamance County, a resource center for victims of sexual assault and human trafficking.

Below: SPARKS facilitators Emily Sedwick and Josie Malone pose at the organization’s table in Steers Pavilion during the reception at Take Back the Night on Thursday, April 18.

“

IT COULD HAPPEN AT A PARTY ON CAMPUS, IT COULD HAPPEN ANYWHERE, AND WE NEED TO MAKE SURE THAT ELON IS HOLDING EVERYONE ACCOUNTABLE IN THOSE CASES.

MADISEN JOHNSON
ELON JUNIOR



HANNAH MASSEN | STAFF PHOTOGRAPHER

tial, 24-hour hotline; and Elon’s Title IX office.

The Title IX office works to provide accommodations for survivors so they may continue their educational experience. Mike Neiduski, the university’s Title IX coordinator, said in a written statement that accommodations might include an alternative class schedule, moving residence hall rooms or apartments, withdrawing from classes or implementing cease contact directives. The office is also responsible for investigating any and all reports of sexual assault.

“For instances where our Sexual Misconduct and Interpersonal Violence Policy may have been violated, we conduct an investigation into the report where both parties have equal protections in the process,” Neiduski said. “We make determinations based on a preponderance of the evidence.”

Even with these campus services, junior Madisen Johnson, vice president of philanthropy of Alpha Chi Omega, said sexual as-

sault can happen to anyone.

Johnson usually feels safe walking around campus, but she has witnessed cat calling, people yelling obscenities and people who do not respond to the word “no.”

“I think there are some voices that aren’t heard and that need to be heard,” Johnson said. “It could happen at a party on campus, it could happen anywhere, and we need to make sure that Elon is holding everyone accountable in those cases. ... They need to support the survivors by having programs and make sure there are consequences for anyone who assaults anyone.”

According to Patterson, the conversation among faculty, staff and student advocates is more complex.

“We don’t just want to hold someone accountable in the sense of suspending or expelling them, and then they go and do this somewhere else,” Patterson said. “What kind of support and counseling do they need to move

forward as well? When students come to us, one of the things we hear a lot is students saying, ‘I just don’t want this person to do it again.’”

But when it comes to preventing sexual violence on campus, the GLC’s team starts by encouraging students to speak out.

According to O’Reilly, reducing cases of sexual assault starts with bystanders.

“It’s about holding each other accountable and having the language and the tools to intervene in a situation if it’s comfortable for them, but not being afraid to intervene,” O’Reilly said. “The best thing is being aware of the resources on campus and being aware that their voice matters.”

Patterson is focused on centering survivors’ stories through events like Take Back the Night.

“We have to start with survivor voices,” Patterson said. “We have to make sure that many different identities and experiences are represented so we know what needs to happen next.”

SPORTS



CAITLIN RUNDLE | STAFF PHOTOGRAPHER

MAKING HISTORY

TENNIS | from cover

“I’m feeling amazing. That was an amazing experience,” Ponce said after celebrating the victory. “It was just amazing playing with this crowd. It was a good experience — not a lot of people can do that.”

This championship win secures the team’s spot in the NCAA Regionals tournament. Seedings have not yet been announced, but head coach Michael Leonard is hoping for a No. 3 seeding in Regionals play on Monday, April 29. This placement would set up the Phoenix against the No. 2 seed in the first round, whereas a No. 4 seed would place the team against the much tougher No. 1 seed.

The men’s tennis team has only lost four matches this year out of 25 games, their best record since the 2013-14 season. The four losses came from Duke University (4-3), UNCW earlier in the season (6-1), Virginia Commonwealth University (4-3) and East Tennessee State University (5-2). Out of those four, the Phoenix have a chance of seeing only two of them in NCAA play. East Tennessee State won the Southern Conference Championship tournament, and VCU has yet to play in their conference tournament fight for a spot in NCAA play.

With a record as solid as that of the Phoenix, it may seem easy to think they will find success in their tournament run. But the only CAA team to find success in the NCAA tournament is The College of William and Mary in 1947 and 1948. Besides the Tribe’s two wins, no other CAA team has ever claimed a NCAA tournament title. The other major difference about NCAA tournament play is that every team that plays has won something to get them there. The Phoenix will most likely still be on a “winner’s high” by the time the tournament starts, but so will every other team they may face in the tournament.

According to Leonard, his players’ mindset is one of his primary goals moving forward in the NCAA tournament. And it begins with Sarrasague, the No. 102 player in the nation, according to the Oracle Intercollegiate Tennis Association Division I Rankings.

“[He’s] unstoppable when he’s in the right mindset,” Leonard said.

Sarrasague came up big in the CAA finals, helping his doubles partner Paccini to clinch the doubles point and winning his own singles match to keep the Phoenix in the match. Sarrasague will have to come with that same mentality and play in that “unstoppable” way to help his teammates and give the Phoenix a fighting chance.

Other players seeking to go far in the NCAA tournament are seniors Taylor Foote, Felipe Osses-Konig and Paccini. Foote lost his first singles match of the season in the championship match against UNCW. If Foote can bounce back from this loss, he has the opportunity to regain his focus in the upcoming tournament.

For Osses-Konig, he’s only lost

MEN’S TENNIS BY THE NUMBERS

21

is the number of total wins the men’s tennis team had this season.

0

is the number of matches the men’s tennis team lost at home this season.

No. 2

was the seed the men’s tennis team held going into the CAA tournament.



ABBY GIBBS | MANAGING EDITOR

Above: Sophomore Camilo Ponce celebrates after he and his doubles partner, sophomore Kyle Frankel, won their match 7-5 against the University of North Carolina Wilmington.

Left: Sophomore Kyle Frankel prepares to return the ball from UNC Wilmington freshman Bruno Caula during singles competition. Frankel went on to win his match in straight sets, 6-2, 7-6.

Below: Senior Felipe Sarrasague hits a backhand volley against UNC Wilmington redshirt junior Austin Hussey during singles competition. Sarrasague went on to win his match in straight sets, 6-4, 6-2.

four of his 24 matches. Leonard describes Osses-Konig as the leader of the team and a reliable member.

For Paccini, winning has become more elusive. In his 23 matches, Paccini has lost 11, making his record less consistent. Paccini has been known to step up in big moments, and partnering with Sarrasague in doubles play has been a match made in heaven, but Paccini will need to carry that confidence to be strong in singles play.

Leonard’s other two go-to players are sophomores Kyle Frankel and Camilo Ponce. When the championship came down to their two matches, Frankel and Ponce stepped up and helped claim the victory for the Phoenix. As the youngest players in Leonard’s starting lineup, they not only show promise for the future of the program, but they also show potential for success in the NCAA tournament. Under immense pressure, they managed to come out on top to finish the job their seniors could not, and they will most likely continue to step up for their team — if not in the NCAA tournament, then in the rest of their careers in maroon and gold.



ABBY GIBBS | MANAGING EDITOR



PARAJA’S LASTING LEGACY

The character of this senior will leave an impact on Elon women’s tennis

Elon University senior Maria Paraja sets up an inside-out forehand during her doubles match with her partner, freshman Uma Nayar, against North Carolina Central University on Wednesday, Jan. 16.

HANNA MEYERS | ASSISTANT COPY CHIEF

Alex Reynolds

Sports Director | @reynolds14_

With Elon University’s 2019 women’s tennis season coming to an end at the hands of No. 1 seed College of William and Mary in the CAA semifinals, the Phoenix must say goodbye to one of its leaders, senior Maria Paraja.

Though the season was cut one game short of the team’s first CAA championship game, Paraja went out on top. She downed the Tribe’s Natalia Perry in straight sets, 6-4, 6-3, to secure a win for the Phoenix in her final match in maroon and gold.

In her senior season, Paraja took the role as Elon’s strong No. 2 behind classmate Suzanne Zenoni. From the No. 2 position, Paraja tallied 12 wins and only three losses for the Phoenix. Many of these matches went to deciding third sets, all battled through and through as Paraja showcased her resilience and scrap.

She also brought many wins for the Phoenix through doubles competition. Paraja and her primary partner, junior Alex Koniaev, tallied nine wins for the Phoenix in the spring, including the first win for the Phoenix in their final regular season match against George Washington University, 6-2.

After Paraja’s final regular season match at the Jimmy Powell Tennis Center, the senior captain said the fact that her career with the Phoenix was coming to a close is finally starting to set in.

“This could be the last time we play here, so it definitely hit me thinking about old memories and how I’m going to miss this team next year,” Paraja said.

Being the team captain and one of the team’s top scorers is far from where the international student started just four years ago.

Paraja grew up and played tennis for the first time in Gijon, Spain. Being nearly 4,000 miles away and playing primarily on clay courts were only some of the differences between play at Elon and her hometown.

Paraja said the biggest difference between Spanish and American tennis is the team dynamic. Juniors’ matches in Spain are more individually based, and according to Paraja, you “play more for yourself.” Because of this, winning and losing rests primarily on the player and does not really affect anyone else. In contrast, the American style of play is more team based: teammates rely on each other to gather points for the team’s total score. Paraja said coming to Elon in fall 2015 was a hard transition, but she came to enjoy the team dynamic more.

“When you play as a team, I think it’s more fun. You have a lot more support for your teammates, and your teammates care about you. You feel more support from everyone,” Paraja said.

From her freshman year to now, Paraja experienced a lot of growth on and off the court. While she is now one the loudest and most energetic players on the team, that confidence came from years of development and learning from previous upperclassmen. As a senior, Paraja has pushed herself to be a

positive role model for the team in all aspects of life. Such leadership is crucial for a Phoenix team that featured three freshman in starting roles.

“I try my best on and off the court because I feel a lot of things you do off the court can affect how you play on the court,” Paraja said. “If you keep a positive attitude, it can impact the rest of your teammates.”

Head coach Elizabeth Anderson has been the at the helm of the women’s team since 2005 and said Paraja has one of the biggest hearts of anyone she has ever coached. Anderson recalled that that Paraja was not in the starting lineup her freshman year, but her tireless work ethic to improve her game made her one of the best players on the team. Anderson said what made her such a great player to coach was her character.

“She’s selfless. It’s always team-first with Maria, and it’s been that way from the first moment she stepped on campus,” Anderson said.

This attitude and character has rubbed off on many other players, but none have been impacted quite like junior Alex Koniaev. Paraja and Koniaev have been doubles partners for three years since Koniaev was a freshman. This year, the pair earned finished with a 9-7 record against their opponents’ top doubles teams. They have also lived together as roommates for the past two years, making them even closer off the court and creating a sisterly bond between the two.

“She took me under her wing freshman year, and especially this year, her and Suzanne [Zenoni] were seniors this year, and they really stepped up and were the best seniors you could ask for,” Koniaev said.

With her heart, passion and love for the team, Paraja will be missed next year by the program, her teammates and especially her coach.

“I think she has developed lasting relationships with those teammates, and I think this is an experience I will treasure — working with her — and I’m so happy I had the opportunity to,” Anderson said.

BY THE NUMBERS

0.632

was Paraja’s winning percentage in singles matches from 2016 to 2018.

“

SHE’S SELFLESS. IT’S ALWAYS TEAM-FIRST WITH MARIA, AND IT’S BEEN THAT WAY FROM THE FIRST MOMENT SHE STEPPED ON CAMPUS.

ELIZABETH ANDERSON
HEAD COACH



ZACH OHMANN | PHOTO EDITOR

Senior Maria Paraja serves the ball against College of William and Mary player Natalia Perry during her CAA semifinals singles match on Friday, April 19, at the Jimmy Powell Tennis Center. Paraja went on to win her match 6-4, 6-3.

5/24/19

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YOU
READY
?**

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