

THE PENDULUM

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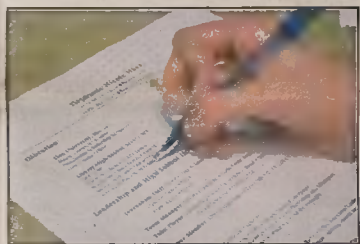


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Hidden, not harmless

Eating disorder awareness week keys on intervention

Hannah Durbin
Assistant Style Editor

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

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

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

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

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

Eating disorders have the highest mortality rate of any psychiatric disorder — about 10 percent — but receive a fraction of the attention they need. In 2011, the average amount of research dollars per affected individual with an eating disorder was just \$0.93. In contrast, the average for schizophrenia was \$81 per affected individual.

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

But the numbers get higher among college students. The Multi-Service Eating Disorders Association reported that 40 percent of female college students have eating disorders.

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PHOTO ILLUSTRATION BY JANE SEIDEL | Photo Editor

Housing selection divides students by class

Caroline Fernandez
News Editor

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

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

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

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

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

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

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

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

"We try to be intentional of students' on campus experiences," Barker said. "We try to do our housing based on those needs."

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