

REVIEW

## Elon Eats: To-go boxes with authentic Korean cuisine

Mixed Rice provides hospitality, only food of its kind in Elon

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A framed picture of five Elon University students in familiar maroon caps and gowns sits at the payment counter of Mixed Rice, a restaurant wedged between NC Jelly Donuts and Painted Grape: Craft & Paint studio in Stans Plaza on South Church Street in Burlington.

**Mixed Rice is translated to bibimbap in Korean, a signature dish of rice with sauteed and seasoned vegetables, chili paste and choice of meat.**

provided at every visit.

"We all had such busy schedules that rarely overlapped that it was 'our place,'" she said. "So, we would escape Elon and go visit Miss Susan and leave with a full heart and stomach."

Jihe, daughter of Susan and one of the owners of the family-owned restaurant, said creating a sense of home is one of their priorities.

"We are a local, family-owned, small, no-frills kind of place," Jihe said. "But we hope that any Elon students who stop by feel like they are eating at home — even if they have never tried Korean food."

But the atmosphere is not the only reason guests often return.

Mixed Rice is one of few restaurants in Burlington that offer authentic Korean cuisine at affordable prices. The food is freshly cooked at the store every day with family recipes passed on by Susan's mother.

The menu features Korean classics including bibimbap, which literally translates to "mixed rice," the name of the restaurant, a bowl of warm white rice topped with sauteed and seasoned vegetables, chili paste and a choice of meat.

The menu also includes teokbokki (duk-boo-kee), which is a food made of spicy rice cakes and spicy glass noodles served with barbecued chicken, pork or beef. All items — including entrees which come with a choice of a spring roll or an egg roll — are just under \$10.

"It was so fresh and healthy," Carey said. "Sometimes we were there twice a week."

The store-front restaurant opened in March 2015 after Jihe's family moved to Burlington from New York. Jihe said the restaurant fulfills a need in the market for authentic Korean take-out cuisine.

"Most Korean restaurants are usually sit-in and pricier," she said. "Mixed Rice is driven by take-out options and is much more affordable, while also being a healthier alternative to other take-out options."

Jihe encouraged students who haven't tried Korean cui-



Mixed Rice offers bibimbap, a bowl of warm white rice topped with sauteed and seasoned vegetables, chili paste and a choice of meat.

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sine to visit and try some of their staples to experience something new.

"It's understanding that every country is different," she said. "They have different snacks, different drinks and a different taste altogether."

Carey added that in addition to trying new things and enjoying the food, the restaurant ultimately leaves students with little treats to carry them over to the next week and she credits this to the smiling faces on the other side of the payment counter.

"Being away at college, it was nice to have a mother's love and a warm smile greet us when we would grab dinner together," she said. "They are classy people working hard with incredible food, it was always a win-win."



Meredith Carey '16 gifted restaurant owners a framed picture as a token of her appreciation.

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## Student, faculty choreography selected for Fall Dance Concert

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Dance students will perform original and new pieces during the Fall Dance Concert Nov. 10-13 in Robert Theatre in Scott Studios, directed by Jen Guy Metcalf, assistant professor of dance.

The concert consists of seven different pieces — three choreographed by dance professors and the other four by students.

Metcalf selected the faculty dance works after a discussion with Lauren Kearns, professor of dance, about their vision for the concert and which pieces would fit.

But the process of choosing student's work for the Fall Dance Concert is different through selection dances created in the "Choreography 1" and "Choreography 2" classes.

"Those students present work in October for a work-in-progress showing for audience members where they can receive feedback," Metcalf said. "Then the students apply the feedback and continue working on those pieces and present their final work in December."

The student choreographers create their pieces a year before, during the fall semester, and present them in December.

During this time, Metcalf and other dance professors discuss which works they would like to select for the American College Dance Association Conference, a national

dance conference, as well as what to include in the Fall Dance Concert.

"Those students have a great opportunity to keep working, keep developing and keep refining their pieces, and receive great mentorship and feedback before the presentation in November this year," Metcalf said.

As soon as the next fall semester starts they have to keep editing, refining and rehearsing their dances.

The student choreographies this year consist of a solo, a duet and group dances.

"In terms of the sound and of the mood, they are all going to end up being different," said sophomore Taylor Cassidy, who will perform in a student-choreographed piece. "I think that this will give the show a kind of dynamic feel."

Junior Abigail Corrigan created a piece selected for the show. She crafted a duet in her choreography class last fall and chose two students to perform it.

Though she hasn't changed anything major about her piece, the students dancing have been working to refine their movement so that the piece is ready for the stage.

"The piece that I choreographed came with a specific meaning to me, but I think that anyone that watched it can get something out of it and something different depending on how they view it," Corrigan said. "So I hope that when the audience walks away from viewing my piece, they feel

I THINK THAT WHEN PEOPLE GO SEE DANCE THAT THEY OFTEN LOOK FOR A STORY IN EVERYTHING THAT THEY ARE WATCHING

ABIGAIL CORRIGAN  
JUNIOR



Junior Taylor Hnatek rehearses "Confluence," which she will perform in the Fall Dance Show Nov. 10-13.

DIEGO PINEDA | Photo Editor

something. It doesn't really matter what that something is as long as they get some kind of reaction that is personal to them."

There is a wide variety of works being presented that have different styles and that will evoke different feelings and interpretations within the audience.

"It's going to be a really good show and I hope that when people walk away they can really see how hard we worked on it and what kinds of things we do here," Corrigan said. "I think that when people go see dance that they often look for a story in everything that they are watching. Just keep an open mind."

The dancers hope the different music, moods and movements within each dance

will entertain the audience and immerse them into this art form.

"Dance is so interpretive, so even if your meaning is something different from someone else's that is not necessarily wrong, it's just different," Cassidy said.

Those participating plan to show non-dancers the art of dance rather than a competition.

"My hope for that part of the audience in the show is to show them what concert dance and the kind of dancing we do is," said sophomore Rachel Linsky, who will be performing. "I feel that a lot of what is in the media is more like competition dance and tricks, and that's what people have of dance rather than the craft and the art form."