

# Features

## COACH Continued from page 1

How do you relate to your players? I definitely see my players going through some of the things that I went through as a college athlete. Like, I have a couple of players who are struggling a little bit. I remember myself as a freshman, coming into college basketball, just kind of feeling a little overwhelmed, so I'm able to give them some empathy, knowing that it's tough now, but you can get from Point A to Point B if you just keep working. So, I try to encourage them and let them know that they're gonna get there, it might take some time, but don't get frustrated. I'm gonna be hard on them and tough on them, but just try to see the bigger

picture.

### Tell me about your first day at Meredith and your first impressions.

The word excited comes to mind: everyone, from Dr. Jackson to Jackie Myers—the athletic director, the students I came into contact with, the staff at the student store, it was just amazing that everybody kind of knew who I was for the most part. Everyone was like, “we're so excited that you're here!” It was really great. It's a little bit of pressure; obviously, people want the basketball team to be successful, so there's a positive side but also a little bit of pressure behind it because they want you to get the job done. But I'm good with pressure.

### What changes have you or will you make to the program?

## Meredith Abroad: The Danish Scoop!

By Huma Hashmi, Staff Writer

Ellie Jones, a junior majoring in Religious and Ethical Studies and double minoring in Communication and Environmental Sustainability, is currently studying abroad in Denmark with the DIS program for the fall semester.

Jones has deep-dived into the exhilarating, confusing and thought-provoking experience of being a foreigner. Jones has engaged in growth not only in her academics but also as person. Being in a new country is encouraging her to explore outside of her norms to experience another culture, language, environment and education system.

She reflects that one of the most important things she's learned is that “being uncomfortable is not only okay, but a great sign of growth.” Here, Jones writes to *The Herald* about community, Swedish meatballs and the secret to the work-life balance.

### 1. What's your favorite memory you've made so far?

My favorite memory would

be my trip up to Hellsingør with my Kierekegaard's Authorship class where we visited places that he studied and wrote the existential philosophy that we are reading and studying. We sat up on cliffs overlooking Sweden and read some of his writings while just existing in the space. So moving!

### 2. What are your classes like?

My classes are a mixture of lecture and discussion. I mostly have readings and papers as far as work goes. My average day includes coffee, class, cooking, lots of bike riding and most likely another cup of coffee. I tend to explore the city on my bike in my free time, and I like finding new cafes as a way of wandering!

### 3. What are some major differences between American culture and Danish culture?

Danish society is incredibly homogeneous, which means that the idea of multiculturalism is controversial and often viewed as a negative aspect within societies. However, diversity is at the forefront

I think we're definitely going to make sure that our roster numbers are a lot higher than they have been in the past. I think it's important to have more than 10 kids, but at the same time, you want it to be competitive. So if that means having a lower roster but having a competitive team, then that's what I'll do, but just to have the option of having more kids on the team would be nice. We're working a lot on recruiting so that for the 2019 incoming class we can have a bigger roster.

### What are your strategies for increasing those roster numbers?

For this year, I'm just trying to work with what I have. There's nothing I can do about the roster size now, I can just make the most of it. But I'm putting in a ton of work for the future. I'm getting out there and watching the kids play and contacting them

and emailing them and calling them. And when I increase numbers for basketball, it helps Meredith too because we're bringing in quality kids: well-rounded students.

### What's something you've had to change about your coaching style coming to Meredith?

I haven't had to change anything. I am who I am, which is a pretty laid-back person; I don't let things get to me. When I step on the court in practice, yeah, I'm more intense, but I'm not demeaning to my players. I'm very encouraging to them, and I feel like everything that I've done in all the years that I've coached has led up to this point, and I've been very successful, so I don't feel like I need to change. I feel like the kids appreciate that I'm different from previous

For full interview, visit [meredithherald.wordpress.com](http://meredithherald.wordpress.com)

of the political and social discussion with the influx of refugees and immigrants in Denmark. There is also a universal sense of trust and community with Danish people which, I think, stems from their roots of a cohesive and similar society. These are aspects contrasting to cultural norms I have experienced both in Asheville, where I am from, and in Raleigh. Multiculturalism and diversity are not only accepted but encouraged (of course this could be because of the circles in which I run). The sense of trust is similar to the community I feel at Meredith, but is something I have not felt anywhere else back in the states.

### 4. What are current events that are distinctive to the area at the moment?

The concept of culture and the ability and freedom to assimilate into Danish culture and society as someone coming from outside the country is probably the most relevant to now. There has also been recent

chatter about burqas in combination with Islam causing friction between the historical Danish church-state relationship. I am a religious and ethical studies major and am taking classes that are relevant to that, so some of the social topics I am familiar with here directly correlate to my course work.

5. What's unique about studying abroad in Copenhagen right now? The concept of “slow living” and having a work-life balance can be weird to Americans, but it is amazing and much more my style. I think that mindfulness and simplicity are some of the key components of life and well-being. In America, that kind of mindset is new and emerging but still radical to many people who are always rushing, always aiming higher, focusing on the future and go, go, going. Life and identity mean much more than accomplishments and future plans. They are about all the struggles, challenges, learning, growth, joys, celebrations, and most importantly, now.

## Eco-Raleigh continued from page 3

that have a positive impact on the environment, our local economy, and all who live, work, and play in Raleigh.”

According to a statement released by the city, Raleigh's goal is to encourage the use of hybrid vehicles by partnering with organizations whose missions are inline with this objective. In the wake of the rise of “smart”, electric, and hybrid cars, which have gained traction in the mainstream media as a viable alternative to the use and dependence on fossil fuels, Raleigh has followed suit by promoting and utilizing the use of clean energy vehicles. As of 2009, the city has participated in a nationwide initiative called Project Ready, which encourages the use of electric vehicles, by installing public and fleet charging stations throughout the area. The R-Line, the city's free transit system, is currently servicing three hybrid, electric buses with the

hope of integrating them into the City of Raleigh/Capital Area Transit (CAT) system in the near future for further public use. Additionally, the city operates over 460 vehicles utilizing alternative and renewable fuels, including but not limited to garbage trucks on B20--biodiesel fuel made from vegetable oil-- and police fleets on dual fuels, propane and gasoline, which has displaced the use of over 100,000 gallons of gasoline per a report release by the Office of Sustainability.

Partnering with Cree Inc, an “innovator in the field of Light Emitting Diodes (LEDs), light sources that use less electricity than traditional sources and shines for a longer span of time, Raleigh has begun switching out bulbs throughout the area in favor of these. Many have been implemented through the municipality in areas such as lighting parking decks and in streetlights. The LED Streetlight

Pilot Project is part of a widespread movement to replace street lights with LED bulbs. As of 2016, five areas have been included in the pilot. Solar LED lighting panels have been installed in public and city owned properties as well. The E.M. Johnson Water Treatment Plant is home to the one of the largest rooftop solar panels in the state, one of three solar arrays, which the Office of Sustainability reports is “expected to generate approximately 325,000 kilowatt-hours a year - roughly equal to the annual energy demand of 22 typical homes.”

Helping the environment doesn't only mean buying the latest green technology but maintaining the land as well through eco-landscaping, which minimizes damage to the environment by preventing soil erosion and keeps maintenance costs low by planting heat-resistant plants. Raleigh introduced an aspect of eco-landscaping in their WaterWise

Garden with xeriscaping, planting specific strains that will withstand the summer heat and store the water it does use as well as nutrients in their roots. With Wake County, the city has begun planting rain gardens at fire stations where native flora are planted in a tilted area to conserve runoff water, and to provide reusable, drinkable water.

All of these sites and projects have contributed transforming Raleigh into an eco-friendly municipal, but there is still more that can be done as citizens to protect and save our planet. According to Sarah Shelton of Angels for Environment, “As for how else students could start change, the largest thing I would say is to start recycling more and convince your friends to recycle. It is something so easy to do, especially at Meredith, that makes a difference.” Students wanting to advocate for these changes should get involved with Angels for the Environment or another local organization.