

CHEAT SHEET

EACH WEEK THE PENDULUM BREAKS DOWN COMPLEX EVENTS BY INTERVIEWING RELEVANT EXPERTS

# Health Services prepares to take on flu season at Elon

Medical Director of Student Health Ginette Archinal explains flu season preparations

**Mackenzie Wilkes**  
Elon News Network | @macwilkes

As flu season in North Carolina continues to affect hundreds of individuals across the state,



**Ginette Archinal**

Elon University's Health Services have made preparations so its affect on campus won't be as severe. Ginette Archinal, medical director of student health and university doctor explains the different ways they will be keeping the Elon community healthy.

**Q: How is Health Services preparing for the flu season?**

**A:** Well, the first thing is it's not just health services that's preparing for the flu season. I work in Student Health. There's also faculty/staff wellness, and then there's also flu preparation campus wide ... Here in Student Health, we are basically in the same position we are year round in terms of infectious disease. The biggest difference during flu season is that to protect ourselves even though we've all had the flu shot, there are certain types of masks we will be

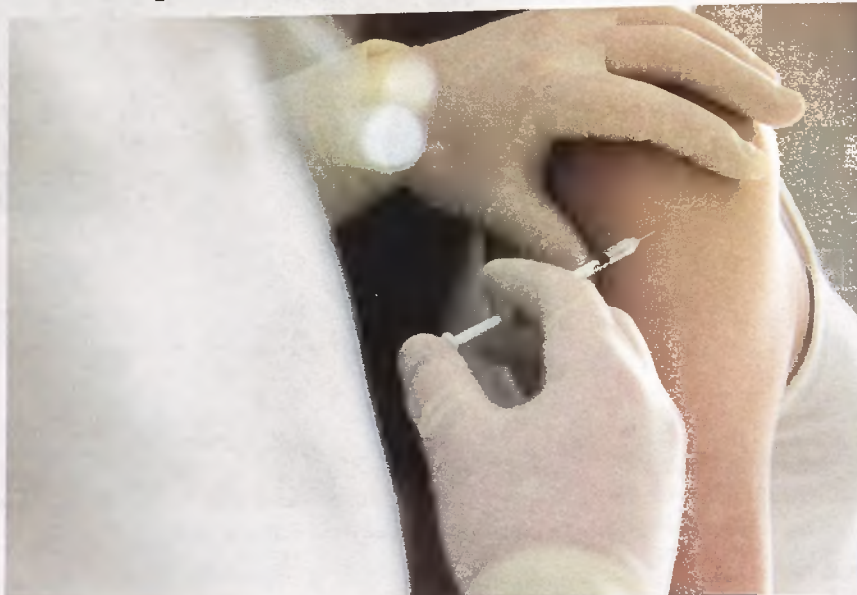


PHOTO COURTESY OF TRIBUNE NEWS SERVICE

The CDC is urging people to act now, just before the October start of the 2018-2019 flu season, and get vaccinated.

wearing.

**Q: What can students do other than getting the flu shot? How can they protect themselves?**

**A:** It's actually relatively easy. Certainly, hand washing is crucial. If you can't wash your hands with soap and water, use hand sanitizer ... Very often you contract and contact infections by touching a surface. Then you push your glasses back, you push your hair back, you blow your nose ...

That's how these things spread. You know, there's hand sanitizer all over campus.

**Q: A lot of people are skeptical of the flu shot and vaccine. What would you tell them to reassure them that the flu vaccine is in their best interest and in the best interest of others?**

**A:** Well, there's a couple of reasons why people don't like getting flu shots. Certainly one of the big myths is that you can get the

flu from the flu shot. You cannot catch the flu from an injectable flu vaccine because ... there is no live particle [in the vaccine] ... If you contracted the flu before you got the vaccine, you may well have gotten the flu, but you certainly didn't get it from the vaccine ... The other thing is that people don't appreciate that you can actually be sick for two weeks with the flu ... The Centers for Disease Control and Prevention recommends you do not go to work, to school or to anything when you have the flu until you have been

without a fever for 24 hours without taking any Advil or Tylenol or anything like that. That's the real reason people need to get the flu vaccine.

**Q: Are there resources here at Health Services to help students if they get the flu?**

**A:** Oh, absolutely. So, we see patients from 8:30 in the morning till 6 o'clock at night, Monday to Thursday. We see patients 8:30 till 4 on Fridays, we're here Saturday and Sunday from 9 till 1. I mean, we have more hours and availability than your local doctor's office. If you do get the flu, we can certainly prescribe a flu medication ... If you are dehydrated from the flu, we can give you IV fluids so that you don't have to go to the emergency room.

**Q: Is there anything you want to add?**

**A:** Yes. People die from the flu. About 181 children died from the flu last year and 80 percent of those children were not vaccinated. And 391 people in North Carolina died from the flu last year, the majority of whom were not vaccinated ... It is a serious disease which kills people. It may not kill you, but it may kill the person you give the flu to. I think it behooves everyone to get a flu shot, not just for themselves, but for their friends, their family, their co-workers, their colleagues, everyone they come into contact with.

# Defining and safeguarding Elon's traditions

A new council forms to maintain Elon's most historic traditions

**Victoria Traxler**  
Elon News Network | @victoriatrax

While Elon University is an institution that prides itself in embracing change, it is now trying to establish its traditions as well. The Elon Traditions Council is now in the early stages of development.

Jodean Schmiederer, chairman of the Traditions Council, believes the group will help define, continue and support traditions at Elon. This includes university-based traditions such as the acorn to sapling process, or student-led traditions such as the Elon Ball.

Schmiederer said the idea for a Traditions Council arose when it was observed that the Commencement ceremony would no longer fit Under the Oaks.

"Traditions sort of ebb and flow," Schmiederer said. "The ones that we don't want to go away, what do we need to do to make sure that they stay? And how do we support students and new traditions that bubble up from among the student body?"

The Traditions Council will be comprised of Schmiederer; Brian Feeley, the director of alumni engagement; Chrystal Carpenter, the coordinator of university archives and special collections; Joel Harter, associate chaplain and director of the Truitt Center; a representative from athletics and five students.



FILE PHOTO BY ELON NEWS NETWORK

One of Elon's most popular traditions, Luminaries, is held in the fall of each year in anticipation of the holiday season.

Of the five students, two will be appointed by the student body president, Kenneth Brown Jr. The other three students will be chosen by the current staff and faculty on the existing council.

Brown said he wants to ensure every voice possible is represented on the council. The diversity of thought could range from diversity in ethnicity, sexual orientation or gender, socioeconomic status to living location on campus.

"[We want] the council to kind of get a full perspective of what students consider traditions, rather

than having similar voices say similar things," Brown said.

Schmiederer added that the current council is looking for students who are wanting to be a part of this council, but are not overscheduled.

"For me and for those who are also on this, we want students who take the values of the institution to heart and really want to see school spirit and school pride," Schmiederer said.

Elon's Holiday Lights, or the Luminaries, is an example of a tradition that is likely to change and

be reorganized under the supervision of the Traditions Council. As the size of it grows, Schmiederer states that it is no longer physically able to be held in front of Alumnance Fountain.

"If we need to move it, where do we move it?" Schmiederer said. "We don't want to lose what makes that special, so let's just have some conversation about what that might look like."

Brown said a student-organized Elon tradition he would like to see continue is the Elon Ball. Designed by the SGA, the Elon Ball is



ONE OF ELON'S TRADITIONS IS THAT WE CHANGE. I THINK THERE WILL ALWAYS BE A NEED FOR US TO PAY ATTENTION TO OUR TRADITIONS AND OUR FOUNDING VALUES.

**JODEAN SCHMIEDERER**  
CHAIRMAN OF THE TRADITIONS COUNCIL

a strong example of a student-led tradition which defines Elon.

"This is what Elon tries to do, bring our students together," Brown said. "We thought having a big dance that's better than your high school prom would be a good way to do that."

Both Schmiederer and Brown believe the Traditions Council will help make sure that the traditions Elon continues or supports in the future keep aligned with the values of Elon as a whole.

"One of Elon's traditions is that we change," Schmiederer said. "There will always be a need for us to pay attention to our traditions and our founding values."