



# news

## AU Greek Life competes in annual Greek Week

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Spirit week in high school was the time of the year when the school came together to celebrate community in the hallowed halls of their place of learning.

Take Spirit week, multiply it by five, and you get college Greek Week.

The planning for last week's events started all the way back in December. Keagan Frey, Vice President of Programming in the Interfraternity Council, worked closely with the Panhellenic council to brainstorm ideas for an amazing Greek Week.

"Once we decided what events we wanted to have and the days we had to create a rules packet, host a rules session, create deadlines, make brackets, create the Family Feud game show, set up all of the minute to win it games, create and set up the obstacle course, and facilitate and co-host all of the events," Frey said. "It was a ton of work."

This year certainly was busy. The week was packed with activities and spirit events.

There was a St. Jude fundraiser at Chipotle on Monday, chapters painted student center windows on Tuesday and spirit day was on Wednesday. The Greek Week events really got started on Thursday with a Family Feud donation competition that had other campus group teams as well as the chapters.

Dustin Hargis, Director of Greek Life, helped the IFC and the Panhellenic council plan his first Greek Week. Hargis has not been the director for long but he has bonded a lot with the Greek community. He especially enjoyed seeing what the students did with the windows in



SUBMITTED BY BRIANA JUROSIC

Alpha Phi's team won the Greek Week basketball game.

the student center.

"Each fraternity and sorority pair, or 'spirit buddies', was given a decade between the 70s and 2000s to paint on the windows. They got to decorate them with whatever they believe fits their decade and I thought they did a great job, they look great," Hargis said.

Brianna Jurosic, freshman and member of Alpha Phi, participated and won the Family Feud event and the basketball tournament with her sisters.

"It was a lot of fun and it really

was fun to celebrate the Greek community as a whole," Jurosic said.

The winners of the Family Feud competition got to donate the money raised from entry donations to the charity of their choice. Alpha Phi decided to give the \$292 to the philanthropy of Tau Kappa Epsilon; St. Jude.

Liz Bucci, junior and member of Delta Zeta, especially enjoyed this year's Greek Week spending quality bonding time with her graduating sisters and her girlfriend, Cil-

lian.

"I feel super connected with my chapter during the year, but there's something about the feeling you get after spending an entire weekend with your sisters and being surrounded by the Greek community. It was also cool because I got to share the time with Cillian. It was our first major Greek event we shared and it was her first Greek Week. I loved seeing her enjoy it with her sisters," she said.

Bucci said her favorite part of Greek Week was seeing the hard

work that each chapter put in that "showed how much people care about their chapters and the community."

Greek Week is a fun and spirit fueled time for the campus, but the main reason it exists is to bring everyone together like a family.

"Greek Week is to bring everyone together as a community and celebrate the year, spend some time with each other and really appreciate the common bond everyone has between each other," Hargis said.

## Peer Educators implement first initiative for Healthy Campus 2020 challenge

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As a part of the Healthy Campus 2020 challenge, the Ashland University Peer Educators have designed a social media initiative for students to partake in, promoting campus wellness.

Dubbed the AU Campus Wellness Challenge, the initiative focuses on encouraging healthy behaviors for AU students using social media.

Deborah Sullivan, director of campus wellness, decided to bring the idea to Ashland after seeing it being used at Florida Atlantic University.

"We wanted to put together a challenge to help us reach our healthy campus 2020 goals," Sullivan said. We got the idea originally from Florida Atlantic University and went from there to create the campus wellness challenge."

The challenge is divided into three parts: Nourish Well, Move Well and Rest Well. For each part, students participating post a photo of themselves doing the health challenge on their social media using the hashtag, #AUWellnessChallenge.

Sullivan is hoping that the challenge will educate the campus community on healthy initiatives

"We're trying to educate our campus community," Sullivan said. "This initiative is focusing particularly on students. We're hoping they have fun with it uploading the pictures."

The challenge is being lead by the peer educators themselves she said.

"We were able to get the program running because the peer educators were so committed and have a passion for this," Sullivan said.

"Whatever they needed to get done, they got it done."

Information about how to lead a healthier lifestyle, including national data on college students from the American College Health Association - National College Health Assessment (ACHA - NCHA), can be found under each challenge tab.

"This is an evidence-based approach," Sullivan said. "We need to stop and take a minute and look at ourselves and say what do I need to do to become a healthier individual?"

One of the researched statistics that can be found under those tabs include the lack off fruits and vegetables that college students get, she said.

"Only about six percent of college students get the recommended five servings of fruit and vegetables," Sullivan said. "That's why for a part of the challenge we're encouraging students to upload a picture of themselves eating fruits and vegetables."

Malorie Anile, one co-chair of the peer educator program, is hoping that by using social media, the challenges will appeal to the campus community.

"We're looking for students to use their social media platforms and post pictures of them doing the various challenges," Anile said. "We want to bring out a community to do these challenges."

Students that want to take the challenge should first like and follow the Ashland University Wellness page on Facebook, Twitter and Instagram. After that, students can register online at [www.ashland.edu/student-affairs/AUCampusWellnessChallenge](http://www.ashland.edu/student-affairs/AUCampusWellnessChallenge) where a google form asking for your name,

class rank, major and social media profile will appear.

Once registered for the challenge, students have exactly one week to post photos of themselves completing the challenge to Nourish, Rest and Move. When completing the challenge, it is essential to remember to tag the AU Campus Wellness page using the hashtag.

"It's always fun doing challenges," Anile said. "It brings out a competitive edge in everyone."

Another co-chair of the peer educators program, Priya Battula, believes that the challenge will appeal to students because of it involving posting to social media.

"Who doesn't post pictures to their social media," Battula said. "I think it's fun!"

Every student can complete this challenge easily, she said.

"I think it's a pretty simple and default thing every student can do," Battula said. "If you don't eat well or rest, you can get too stressed. That is a nightmare for every college student."

Anile also agrees that the challenge can be easily completed.

"You should try this challenge because it can show you how easy it is to follow these things," Anile said. "There are all these different opportunities on campus that students may not realize exist."

Once the challenge has been completed, students are entered in a monthly drawing for prizes including; water bottles, t-shirts, car chargers and the grand prize of a Fitbit.

"You're going to be entered into the drawing for some pretty awesome prizes," Anile said. "You can be competitive with your friends to see who can come up with the cooler picture."

The challenge has been ongoing since March and will be taking place until April 20 of this year. It will, however, continue into next year, with drawings continuing to take place each month.

"This will be carried out into next year," Anile said. "Next year we're going to try to become a student organization so hopefully we'll have more chances to imple-

ment this on a broader scale."

Sullivan hopes that kicking off this first initiative will make AU students excited about health.

"I'm hoping this will be a good way to reach our students," Sullivan said. "Hopefully, they become excited about thinking about their own health and about how to make good decisions and choices in their lives."

## Coburn gallery holds senior art exhibition

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Ashland University senior art majors are preparing for their final art exhibition for the spring semester.

The seniors will showcase their capstone experience and senior art awards will be given out.

A variety of projects will be included in the exhibition like graphic design, ceramics and paintings.

Senior Rachael Santee talks about her inspirations with her artwork and what to expect to see in the gallery.

"My biggest inspiration creating my work is the human body and really giving it all the credit it deserves. My work is about the immense beauty found in the human form and I want to show real people in their realest forms," Santee said. "I'm also inspired a lot by nature, especially that of flowers! I use flowers in my work to help represent the body and show that flowers come in millions of different shapes and sizes, yet we see all as beautiful and how is that any different from the human form."

Along with Santee, there are five other artists that artwork will be showcased in the exhibition.

Seniors Keeleigh Myers, Alex Roddy, Rebekah Hale, Christy Witte and Deveraux Diaz will have their artwork in the gallery as well.

According to Ashland University press release, Coburn Gallery director, Cynthia Petry, talks about how the exhibition is more than just showcasing capstones.

"While the 2018 Senior Art Exhibition provides the capstone experience for graduating art majors, it represents more than just students' studio art experiences," Petry said, "For these students of the liberal arts, the exhibition is the culmination of their undergraduate careers at Ashland University."

The senior art exhibition is set for April 12 with an opening reception at 4:30 p.m. and the senior art awards will be given out at 5 p.m.

The exhibition will run through May 5 at the Coburn Art Gallery located inside the Center for the Arts building.

It is a free event and it is open to the public.



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