

## Arkansas Epsilon

### INSIDE

#### Intramurals finds new heights

SigEp's intramural team establishes dominance on the year's Greek standings

#### Exec on the Move

Executive board prepares for a new year, influenced by CLA

#### Distinguished alumni

Fall '17 Jaedon Mitchell discusses how SigEP has empowered him beyond his undergraduate degree



## Spring '22 Rush Sets New Goals

**Following a dominant rush semester for the spring '21 rush, SigEp brings high standards to this year's spring rush.**

Arkansas Tech University's Sigma Phi Epsilon chapter managed to set a school record in the spring of 2021 with a rush class all said and done of 30. Fall '17's Jaedon Mitchell served as the VP of recruitment where he began to chip away at recruitment beginning on the first day of that spring semester. And while all respect is due for his accomplishments, Dylan Kats heads up this year's recruitment committee as the VP of recruitment on the executive board. Kats has structured a committee around 8 other individuals involved with the recruitment process to develop engaging events for PNMs such as brotherhood bonfires to highlight the tight-knit aspect that these brothers exhibit or sound mind study halls to demonstrate how SigEp empowers the brothers to perform in the classroom. Engaging events such as these will ultimately, as the committee hopes, net 15-20 solid men that fit the cardinal principles of Sigma Phi Epsilon.



## Executive Board Visits CLA

**8 members of the executive board traveled to the Carlson Leadership Academy in Oklahoma City, where over 300 chapters from across the nation send representatives for the regional conference.**

"It was a phenomenal experience for this executive board," says Daniel Geels, VP of communications. "A lot of the guys serving on this board are younger, so there's a bit of a learning curve. This conference enabled us to flatten that curve and develop skills crucial to leading our chapter in a positive direction.

Attending CLA gives new and even experienced officers an edge within their own personal development while also enabling them as leaders by giving them skills to develop their chapters. This year, Arkansas Epsilon sent their executive board away for a weekend in Oklahoma City from January 28-30.

Michael VanNess, president of the Arkansas Epsilon Chapter had this to say about his experience at CLA: "We learned new ways to delegate duties, build better leaders, inspire a shared vision, and encourage the heart of our members to be virtuous." He states that CLA gave him the honor of discussing his experiences and visions for his chapter with other presidents from around the country. This, he says, will ultimately benefit the chapter in ways that can only be seen as time passes.

## Intramurals Finds New Heights

**Ending the month of January, Arkansas Epsilon finished off with 37 points to the Greek Cup, tied with Kappa Alpha at ATU.**

These men have competed in several sports and found success in many of them. Intramural football saw Jeremy Tharp, Spring '21 providing solid coverage to the likeness of Richard Sherman on the defensive side of the ball. This defense was a major contributing factor in winning tight games and holding opponents to low scores.

The spring season basketball games introduced a stacked roster with 6'6" Brayden Gilmore dunking in-game against opponents. This team saw major adversity when Spring '21 Dylan Kats tore his ACL, as he was a major contributor to the offensive side of the ball. However, there was enough talent to go around, as players like Logan New and Ryne Sitkowski were able to hold up the scoring and take opposing teams with ease.



## VDBL Beyond College

-Daniel Geels & Jacob Reprogle



When Jaedon Mitchell joined SigEp back in the fall of 2017, he had no expectation of the organization empowering him to develop a successful business that changes the lives of college students for the better. We were able to sit down with him and have him share with us some insight on what he does and how Sigma Phi Epsilon has given him the skills and the resources to be successful.

“Sound Mind Sound Body Academy targets college students to help them improve their mental and physical health” says Jaedon. He recognized that there was a need for students to have access to health training and resources for living clean, and there were two limiting factors for most students: time and money.

Over 70% of college students will gain significant weight in their undergraduate years, and over 33% will have personal appearance and image issues. So mental and physical health is obviously a target area where students can face issues. Jaedon points out that these issues don’t just stop when they graduate; they will continue to be lifelong. For him, starting a business that focused on these needs came naturally. “I’ve always enjoyed the physical health side of things, and growing up, my mom was a therapist. I noticed these issues college students were having and there wasn’t really a solution out there tailored for them.” Being the leader he is, he decided to change that.

Coming into the fraternity, he took whatever experience he could get. He started as the brotherhood chair, being involved in any way possible. As a sophomore involved in member development, he learned skills pertaining to that role that transferred greatly to his business. Taking individuals with no prior knowledge or experience, teaching them the information and giving them the resources to be successful, and keeping them on course to flourish is no easy task. However, he did that multiple times with different rush classes; his business would be no different. He then moved to the VP of recruitment position on the executive board, where he set an all-time school record for a spring rush class of 30 members. This would have been a large figure even for a fall rush. He was able to successfully market this fraternity for several months, and that hard work paid off.

“These positions were what enabled me to successfully run my business,” says Jaedon. “Being in a fraternity, you see that it is run just like a business organization. It helped prepare me greatly for the real world by giving me that real world experience. That’s where the name came from. Our principles in the fraternity were based off having a sound mind and sound body, and that was what I wanted to take my business towards. If it wasn’t for SigEp, my business wouldn’t exist today.”

Jaedon says that outside of the technical skills that SigEp gave him, it did a lot for him regarding building and maintaining meaningful relationships in life. “I always had people I could count on regardless of the situation. If I was going through something, I knew I always had someone to count on.” He points out that less than 15% of a student’s time is spent in the classroom, and that the 85% is make or break depending on what a student chooses to do. For him, that 85% was becoming a balanced man and leaving his mark at Arkansas Tech University. We will always have the most respect for 885, and we’ll forever be thankful for his work in Arkansas Epsilon and at Arkansas Tech.