

# The Collegian

Nov. 10, 2021

Volume 99, Number 5

## *Relax and have some fun*

by Diana Castro-  
Vazquez

Everyone is very excited about fall break and the end of the semester coming up. We all have plans with our family and friends for Thanksgiving, Christmas, New Year's and all of the other holidays. Some of us will be going back to our home states and hometowns, but some of us will be staying in the area. The end of the semester brings stressful times for all of us. With deadlines and exams approaching, the majority of us are stressed out, so it is very important to take time for ourselves to go out and have some fun. It could be anything from taking a walk down at the park to visiting a museum.

If you are someone that likes nature and likes to take walks, there are many great places for you to go to in Greensboro. One of my favorite parks is LeBauer Park. LeBauer Park is located at 208 N. Davie St. This is a park that is a bit more on the busier side. It is located near a plaza and some restaurants. If you get hungry there are a couple of places you can go eat and there are also a couple of tables where you can sit down and do some homework or



Lebauer Park near downtown Greensboro.

Photo courtesy of Emily Gearhart

sit with a friend.

Another one of my favorite parks is Center City Park. Center City Park is also located at 200 N. Elm St. This park is also on the busier side, but it is very pretty. It has a beautiful fountain that you can look at and enjoy.

The third park that I recommend is probably my favorite. This park is called Greensboro Arboretum located at 401 Ashland Dr. This park can be busy, but it is huge. There are tables where you can eat and there is enough space on

the grass to have picnics. You can also walk your dogs, ride your bike or go on a run. It also has many places where you can take pictures from the entrance to the fountain.

If you do like walking, but you do not want to do it outside, there are plenty of museums you can go to. If you want to learn about the history of Greensboro, Greensboro History Museum is located at 130 Summit Ave. It is a great place to learn about the civil rights movement and the town's involve-

ment. The International Civil Rights Center and Museum are located at 134 S. Elm St. The Greensboro Science Center is located at 4301 Lawndale Dr. It is a great place to learn about science, and many of us probably went when we were younger during field trips. The Weatherspoon Art Museum is located at 500 Tate St. and it displays great art to look at and admire.

What if you are tired from all the walking, and you want to grab some-

See RELAX on pg. 6

**Stress  
management**

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**Christmas  
around the  
world**

**pg. 8**



**Collegian  
T-shirts  
available**

**pg. 12**

# Entertainment

'TIS THE SEASON



*Carol of the Bells*  
- Pentatonix



*Santa Tell Me*  
- Ariana Grande

*Sleigh Ride* -  
TLC



*Jingle Bell Rock* -  
Bobby Helms

*New Year's Day*  
- Taylor Swift



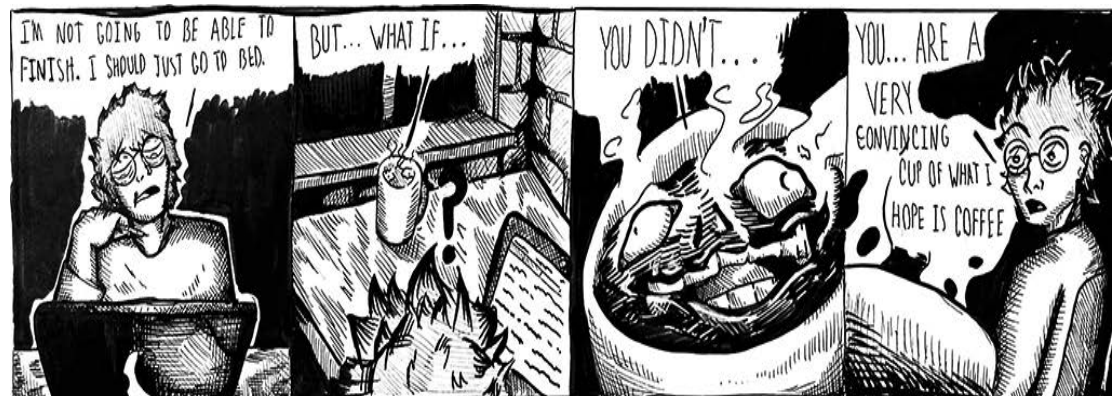
*And more*  
*holiday music*

Wilderness Campus:  
HIBERNATION  
GAMES

by Sarai Acosta



Drawing Lines by Jonathan Abney



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## Rest and recharge

by Josie Gold  
Executive Editor

As the fall semester comes to a close, assignments and final projects are approaching, but soon we will all have a well-deserved break. This time between semesters is one in which we can all take a breath and recover from the stresses of class and other activities. It is important to give yourself time to truly rest and recharge. It is easy to forget to rest and convince yourself that you do not have enough time to take breaks as the semester is going along, so having several weeks before the spring semester begins will allow your mind and body to be ready to start again in January.

This time of rest looks different for everyone. Some people will want to catch up on sleep and give their bodies ample physical rest, others will recharge by spending time with the people that they love and have not been able to see as much while being at school and/or people will spend their time on activities that bring them joy that they have not had time for during the semester. The last few weeks of the semester can be full of stresses and distractions, and when the ever-growing to-do list becomes overwhelming, it can be helpful to think about the time we will have to take a beat between semesters.

I am looking forward to going home and seeing my family. Between classes and rehearsals, it is difficult to find time to make the drive home and see them during the semester, so having several weeks to spend time with them and catch up is something that I cannot wait to do. It can be very difficult

not being able to see the people we care about as often as we would wish, but the knowledge that there will be a set time to be with them and reconnect makes the distance more manageable.

While it is comforting to look forward to something in the future, it is important to not exclusively spend the present looking ahead. If you are so focused on what is to come, there will be no time to enjoy what is currently happening around you. There are so many things to be thankful for in our here-and-now. There are friends and people on campus who care about you, important and exciting things to learn in classes and just the overall collegiate experience.

Amid this ever-present pandemic and all of its changes, it is important to take the time to appreciate what we still have and the experiences that we are able to enjoy. Simply being able to be on campus and attend classes in-person is a luxury that we did not have a year and a half ago, and it is one that some students at other institutions still do not have. Allowing students involved in the arts and those that play sports to continue to do what they love while advancing their education is something that we took for granted a couple of years ago, but now understand as opportunities that really complete and greatly enhance our student experience.

Small, everyday things about our time at college are coming back and making things feel more “normal.” As this is my final year at Greensboro College, I am thankful that things are slowly returning to a collegiate experience that I recognize. Lately, I have been

reflecting on how much time has passed and how many things have happened to me personally in the last four years, but also all of the things that have occurred in the world in general. 2018 is not that long ago, but it is an entirely different world than the one we currently encounter.

This winter break can serve as a time to reflect on oneself and the everyday experiences that we just breeze past without giving much thought. Every day, every moment can be important. If we put our energy towards self-reflection and personal growth, that will be the outcome. Give yourself time to breathe and take in the world around you in this brief educational hiatus.

Take a moment to think about where you currently are and where you want to be. If those two things are the same right now, think about what you can do to maintain your present experiences and prepare yourself for what could possibly come next. If you have a particular aim, think about what you can do to achieve it, the small steps necessary to accomplish a larger goal. We are given a break to rest, recharge, spend time with the people we care about and to give our minds time to think about the future and our next steps.

With the expectations of the semester, it is sometimes hard to think about anything beyond the next assignment, the next paper, but during this break, give yourself time to think about what you hope to accomplish and the potential changes you can make to allow the next semester to be everything that you want and need it to be.

# Fall Festivities

## End of autumn

by Jordyn Clagett

The first half of fall is officially over. October is finishing out with Halloween and quickly going into November. October is the beginning of the wonderful

fall season. It is when the pretty leaves transition from the green of the summer, to yellows and auburns, to falling off the branches and covering the ground. This is a sign that they are dying, but it is still beautiful to

witness.

October, also known as spooky season, is where all of the excitement starts. You have your scary movies, Halloween candy, pumpkin carving and fun costumes. It is a great way to kick off the

last few months of the year. And if you are like me and hate the heat, then you probably look forward to the fall season.

Now that we have entered November, this is when the changes of fall really begin to occur. The weather begins to finally drop, which means it is time for cozy sweaters, warm apple cider and stomping on the crunchy fallen leaves whenever the opportunity is present.

This all leads up to the big holiday that most people look forward to at the end of the month: Thanksgiving. There are many things to look forward to during this month, Thanksgiving being the biggest. But until then, there are lots of other things and trends to look forward to enjoying.

A big one that takes over everywhere is the pumpkin spice latte in coffee shops. It is a trend that people either love or hate, some thinking that it is overrated. Others, like myself, simply enjoy the seasonal drink if it is

made right. It hits just right.

Another thing to look forward to are the state fairs that come to visit around this time. It is a great time to get together with friends and family and have fun on rides and rigged fair games. We also have fun events on campus that are great for coming together and connecting.

One popular trend that surfaces on social media are the countless memes about families on Thanksgiving. We all have that one uncle, that one aunt, that one cousin that might do the most ridiculous things on the holiday, and the memes that surface on social media platforms always relate to them exactly. It is a great way to laugh about it instead of letting it ruin your mood on the day.

There are many other trends that happen during this season as we move through it. So there is never a reason to be bored, there is always something to experience.



SCAN HERE FOR  
THE FULL RECIPE

## PUMPKIN PIE IN A JAR

 <p>1 1/2 CUPS Graham crackers</p>	 <p>1 BOX Cheesecake pudding</p>	 <p>1 SPRINKLE Cinnamon</p>
 <p>6 TBSP Butter</p>	 <p>4 CUPS Coolwhip</p>	
 <p>1/2 CUP Milk</p>	 <p>1 CUP Pumpkin</p>	 <p>1 TSP Pumpkin spice</p>



## Wrapping up the soccer season

by Alex Trepper

Both the women's and men's soccer teams had their seasons end in the first round of the USA South tournaments. While neither team was able to repeat as conference champions like they both did last year, they did not disappoint to repeat the excitement they bring to fans with their play on the pitch.

The Greensboro College men's soccer team, who last year took home the conference trophy, came into the season

ranked third. This rank came from the USA South Preseason Poll despite losing their head coach after last year's run. Under new manager Manbi Nyepon, the men's team finished the regular season 8-8-2, landing them the third seed in a very tough East division.

The amazing thing is that GC ended up losing in overtime, but because of the excitement they attract, even a loss can be a fan's favorite memory of the season.

The men's team ended up falling to Covenant College

in the first round of the USA South Conference tournament. Although they were not able to go back-to-back, they still had a solid year and it is evident that they were able to impress a fan or two along the way.

When asked which game was his favorite from this year, GC sophomore and soccer fan Eli Inman said, "Definitely the Guilford game. GC lost two guys to red cards and came back to score with 20 seconds left on the clock."

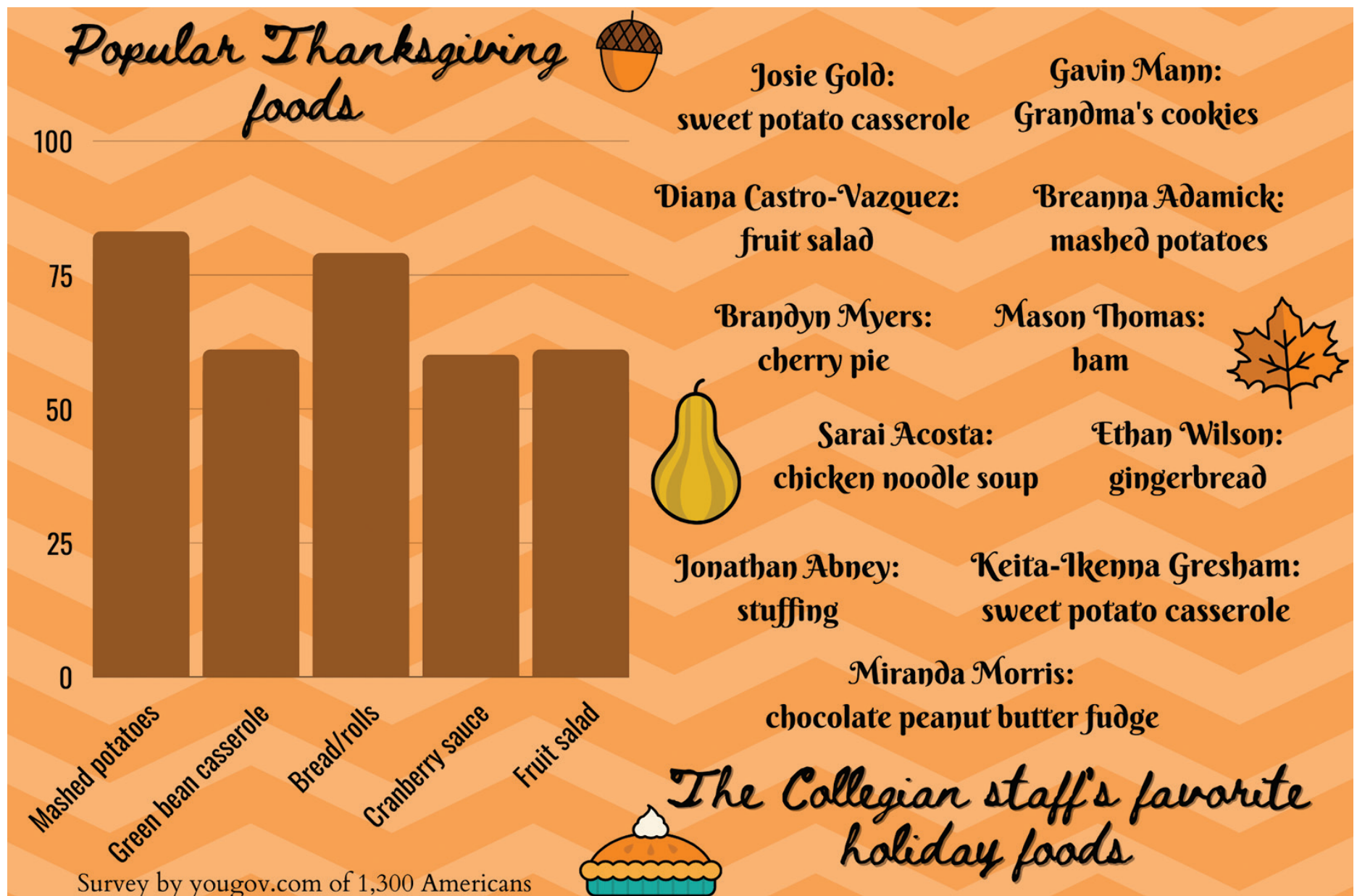
The GC women's team had a solid year as well, includ-

ing an impressive run at the end of the regular season. The first few games did not go as planned for the Pride, as they had to deal with injury after injury including concussions, bruises and muscle tears. They battled through the early season injury bug and clawed their way back into contention.

They capped off the season by getting a huge win at home on senior day to sneak into the USA South playoffs as the fifth-seeded team in the East division. The Pride's women's soccer team mirrored

the men's team and fell in the first round of the tournament to Mary Baldwin, bringing an end to their season, with a record of 5-10-3.

Even though neither team was able to reach the promised land for a second straight year, they both fought until the end and made this whole campus proud. There is still a lot of excitement around these two programs, and there is no doubt they have another date with those trophies in their futures.



# Around Town

## *RELAX*, continued from pg. 1

thing to eat? There are many places in Greensboro to visit. Poka Bowl is located at 116 N Elm St. At Poka Bowl, you can go and pick out a sushi rice bowl, or you can make your own. If you like burgers, Hops Burger Bar is located at 2419 Spring Garden St. Don Ishiyaki & Ramen is located at 423 Tate St. and they have many different Japanese meals to choose from.

For coffee and breakfast,

Tate Street Coffee House is a great option. It is located at 334 Tate St. Lucha Libre Ice Cream is located at 4925 W. Market St., Unit 1100. Lucha Libre Ice Cream is a pretty famous ice cream shop. It has many different Hispanic-inspired dessert options to choose from. Pika Tea is located at 1622 Stanley Road and Moshi Moshi Boba Cafe is located at 2418 Spring Garden St. They are both boba shops

that have many different drink options.

These are just a few of the many amazing places that you can go here in Greensboro. Greensboro has options from food to dessert to parks and museums. As exams and the end of the semester approaches, do not forget to relax and take time for yourself.



Greensboro History Museum on Summit Avenue.

*Photos courtesy of Emily Gearhart*



Hops Burger Bar on Spring Garden.



Moshi Moshi Boba Cafe in Greensboro.



International Civil Rights Center and Museum in downtown Greensboro.



## Strategies to avoid academic burnout

by Ashley Hawkes

With Greensboro College students taking the final strides of the fall semester, things can get hectic. Between exam week, working on showcase and end of the semester projects, not to mention the ongoing pandemic, being a student seems more challenging than ever. With the help of fellow GC students, here are some popular ways to combat the stress.

As students, we all know that classwork comes first, but it can be overwhelming to look at assignments from each class piling up. A good way to calm your nerves and get a better view of how to manage your time while doing work is to compile a list of assignments by urgency, class, or even how difficult it will be to complete. Making a list of assignments can help you get a better idea of just how much you have to do, make it easier to create a schedule and set deadlines for yourself.

With the overwhelmed, sluggish feeling we all get when we are being stretched too thin it can be increasingly hard to be productive. To help ease this feeling, a good first step is to ease your body and mind. Whether it be yoga on the lawn with friends, creating some personal literature to send to the school magazine, The Lyre, listening to music or going to the gym, you should take time to do something you enjoy. If you are too busy to do this, then compromise. Maybe consider studying at a local coffee shop and treating yourself to your favorite drink.

With all of the stress of college, it is important to reward yourself. Whether it be taking a day off during the weekend as a mental health day or a break throughout your work session, take the time to give yourself some credit for being the

amazing part of the Pride that you are.

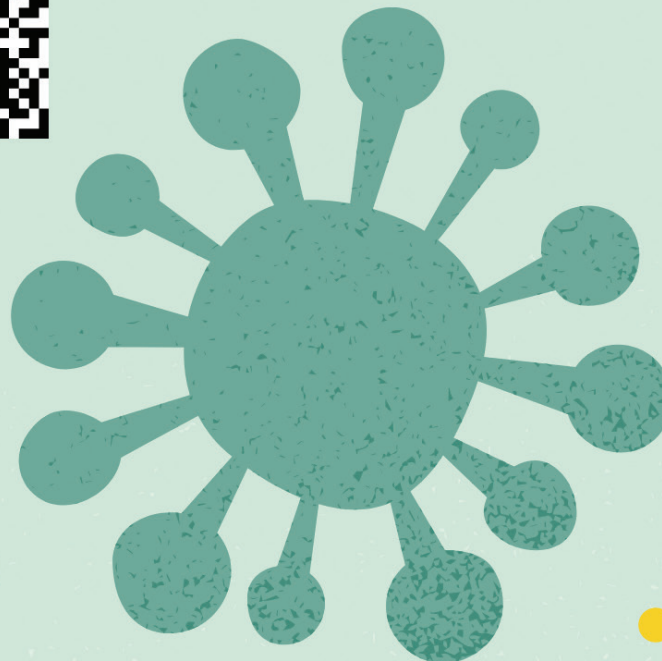
If none of these things seem to be helping, do not be afraid to take a mental health day or even contact the counseling services of Greensboro College at

Counseling@greensboro.edu or in room 325 of main building.

Good luck with the rest of your semester, and remember, nothing is more important than your health, so don't forget to give yourself time to enjoy college.



Scan the QR Code to  
find a location near  
you



**COVID-19  
BOOSTER  
SHOT**

Stop the spread

# Christmas Celebrations

## Christmas at a glance

by Isabella Ruiz

The smell of pine from fresh pine trees, unique ornaments of all different colors and the weather so cold you can see your breath are just a few characteristics of a typical Christmas. However, there are some places around the world that celebrate this beloved holiday in a more unusual setting, and there are also some places in the world that are turned into a Christmas wonderland.

In Australia, Christmas is celebrated completely differently than most countries around the world. During December in Australia, snowflakes are replaced by the light and heat from the sun, since they have summer during December. Since there is no snow during this festive time of the year, the Aussies have formed their own unique Christmas traditions. For example, the typical turkey or ham for dinner is replaced by prawns and a barbecue while having a fun day at the beach.

On the contrary, Denton, N.C., is another popular place to visit during Christmas. With the small-town feel, tourists can calmly enjoy everything that Denton has to offer. The Denton Farmpark's Country Christmas Train passes through Santa's cabin, a life-sized gingerbread house and even welcomes people to sing beloved Christmas carols. This small-town Christmas activity is very kid-friendly and even enjoy-

able for adults who want to relive their childhood.

In addition, Copenhagen, Denmark, is named one of the happiest places on earth, so it is only suitable that they have activities and beautiful sights during the jolly season. They have Christmas markets that have festive snacks and gifts. Festive Danish snacks that are sold at the Christmas markets include Danish donuts, sausage and fries and a beverage, Glogg,

that consists of mulled wine with almonds and fruit. For the adrenaline junkies, there is an amusement park that has Christmas lights surrounding it to make it seem like you really are walking in a winter wonderland.

Last but certainly not least, New York City is a very popular and festive place to visit during the holiday season. People are able to ice skate at the Rockefeller center and visit the Bronx Zoo's Winter

Wonderland.

The zoo has many Christmas trees that are filled with colorful lights. The main attraction, however, are the lantern safaris of animals all across the world. For those who do not want to do anything too extravagant, there are bright Christmas lights at Dyker Heights on display as well as several nutcrackers and inflatable animals.

During the holiday season, there are many plac-

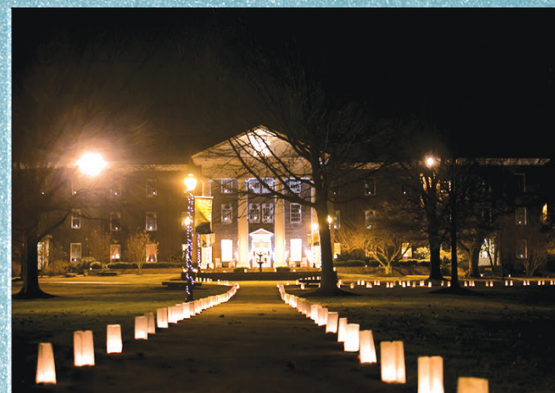
es around the world that put their own twist on this very popular holiday. There is something for everyone, from kids to adults. Whether you want to spend the traditional Christmas in the snow, or to branch out and have Christmas on the beach, there are endless opportunities to keep the holiday experience alive and thriving.

### Queries & Conundrums with Breanna Adamick Lessons and Carols

The production of this Christian worship service is a collaboration between the GC Chorale, Religious Life and the college administration.

A selection of Advent and Christmas carols are sung, and traditional scripture passages are read. The evening closes with the beloved hymn, "Silent Night."

The service this year will be a pre-recorded video available to all this December.



2017 performance by GC's music department

Photos courtesy of Bert Vanderveen

# DIY HOLIDAY DECOR!

### Winter-Themed!

#### Paper Snowflake

You Will Need:

- Paper
- Scissors
- Any embellishments you want!



### Kwanza



#### Decorative Bow Balls

You Will Need:

- Red, black, and green bows
- Pins
- Foam ball
- Ribbon/String



### Christmas

#### North Pole

You Will Need:

- Red pool noodle
- White duct tape
- Dowel rod
- Bubble base



### Eid



#### Table tea light lanterns

You Will Need:

- Paper
- Scissors
- Mesh fabric
- Electric tea lights



### Hanukkah

#### Hanging paper dreidle

You Will Need:

- Decorative paper
- Scissors
- Stapler
- Hole punch
- String/ribbon



### New Years'



#### Triangle Banner

You Will Need:

- Paper
- Scissors
- Cardstock
- Glue
- String



# 'Tis the Season



All kinds of random, vintage items can be found at Design Archives Emporium.

## Local holiday shopping

by Breanna Adamick

With Halloween over and Thanksgiving almost upon us, the conversation will soon turn to Christmas and the gifts that need to be bought. Although we will not all stay in Greensboro during the holiday season, it does not mean holiday shopping here is out of the question. Downtown Greensboro has an amazing, diverse selection of shops to visit and support, all offering wonderful items to make perfect gifts for loved ones back home. Here are just a few shops that are definitely worth checking out.

If you do not know exactly what you are looking for yet, or else you are looking for a particularly unique item, Design Archives Emporium at 342 South Elm St. is the place for you. It is a shop where a person who loves vintage pieces and random oddities will feel as if they stepped into paradise. From eccentric clothing and accessories to vintage cameras, Design Archives Emporium is a must-see, even if you do not end up purchasing anything.

Winter is a great time for all book lovers to settle down with a stack of good books, and if that is the case for a friend or family member of yours, you are going to want to stop by Scuppernon Books at 304 South Elm St. to peruse the full shelves of this cozy little book shop. If you are a book

lover too, it is likely you will find something there for you as well.

What about something more uncommon as a gift? Terra Blue has uncommon in abundance. Located at 518 South Elm St., this special shop holds a wide variety of goods including, but not limited to, candles, essential oils, herbs, divination tools, talismans and much more. And while you shop, maybe you will get to see the adorable cat that lives there!

There is something very special about handmade gifts, whether they are handmade by you or someone else. Just Be has so many beautiful, quaint handmade items to choose from. Whether it is home décor, handbags, clothing or jewelry, you are sure to find something amazing when shopping at Just Be. Stop by 352 South Elm St. and soak in what they have to offer.

Finally, one more great shop worth mentioning is Vintage To Vogue Boutique at 530 South Elm St. This stylish clothing store lets you choose from new and thrifted clothing, as well as beautiful accessories to go with the outfits. If you know someone who loves fashion, this is the place to check out.

Downtown Greensboro has so much to offer. Even if you are not from Greensboro, these are incredible places to visit and do some early Christmas or holiday shopping.

# Happy Holidays

## The time between semesters

by Breanna Adamick

Now that we are well into the month of November, it is on most of our minds that break is coming up quite soon. Final exams and projects are increasingly thought-consuming these days, and it is just a short time until those are turned in, and we all go home for about a month-long break between semesters.

Some people have already begun planning their break, including fun activities such as traveling, attending sporting events and visiting family and friends. For those that have not decided on any plans yet, or else are wondering what they should do or focus on during the break, here are a few ideas.

First, consider relaxation as a vital step in the process of enjoying time away from school. Take a break from things that bring you stress.

Put the long, busy, exhausting semester behind you, and take time for yourself. Your version of relaxation is your own. To some people, relaxing is curling up under a blanket with a good book and reading the hours away, to others it is a peaceful walk in nature or taking an aimless drive with a lengthy playlist of good music. Find what gives you peace of mind and enjoy the extra time you have for yourself.

Second, reconnect. Spend time with your loved ones if you can. When life gets busy, those connections and relationships can sometimes take a back seat for a little while. This can be especially true if a greater distance separates you from someone. The break between semesters is the perfect time to visit and catch up with family and friends. Use your time wisely, and make the most of your opportunities.

Third, consider what preparations you can make for the next semester. Even though thinking of the next semester while on break can be an unpleasant task, at some point during your vacation, it is a good idea to make sure you are going to be ready for the spring semester. Whether this means purchasing the necessary textbooks, cleaning out your backpack and replacing notebooks or even just thinking about what classes and activities you will be doing come spring, making sure you are well-prepared for the next school semester is incredibly valuable.

Lastly, catch up on what you love to do. Take some time for the hobbies you enjoy, or the things you might have put aside for later when you did not have time to do them during the semester. Winter break is your time to do those



*Put on some music and take a drive to help you relax.*

things and feel that sense of accomplishment when you finish what you are working on.

In short, focus on both what you want to do and what you need to do. Let yourself relax and rejuvenate, and give yourself a nice balance of activities to accomplish. You have earned this break – make it something you enjoy.



*Pick up a good book and take some time for yourself.*



### The Collegian staff's holiday plans



**Sarai Acosta:**

mastering spool toon 2

**Breanna Adamick:**

hanging out with friends and family

**Kilee Kemp:**

going home to Colorado to teach sister to ice skate

**Diana Castro-Vazquez:**

work at McDonald's

**Josie Gold:**

spend time with family, write thesis

**Mason Thomas:**

going to Georgia and to a Hawks game

**Brandyn Myers:**

work and look for professional theatre contracts

**Keita-Ikenna Gresham:**

going to see family

**Heaven Thornton:**

snuggle with her dogs

after graduation

**Karin Powell:**

adopt a dog

**Gavin Mann:**

going back to Tennessee to spend time with family and work on projects

**Jordan Thompson:**

sleep

**ShaMeira Williams:**

welcome her new niece

**Jonathan Abney:**

draw 5 comics for next semester

**Isabella Ruiz:**

spending time with mom and brother

**Emily Gearheart:**

work at coffee shop

**Miranda Morris:**

going to Ohio to spend time with fiancé, play in the snow and go to a hockey game

# Well Wishes

## ZODIAC ZONE

By: Karin Powell

Welcome to The Zodiac Zone! Don't see your astrological sign? Come back next time to get your horoscope.



### LIBRA

SEP 23 - OCT 23

This may be a challenging time for Libras. There may have been some sort of illness that has recently affected your life. Understand that you are strong and your pain will help you grow stronger.



### LEO

JUL 23 - AUG 22

This is a great time for any past grievances to be resolved. Your natural enthusiasm is shining bright and you should take advantage of it. You know what your goals are and it's up to you to go out and achieve them.



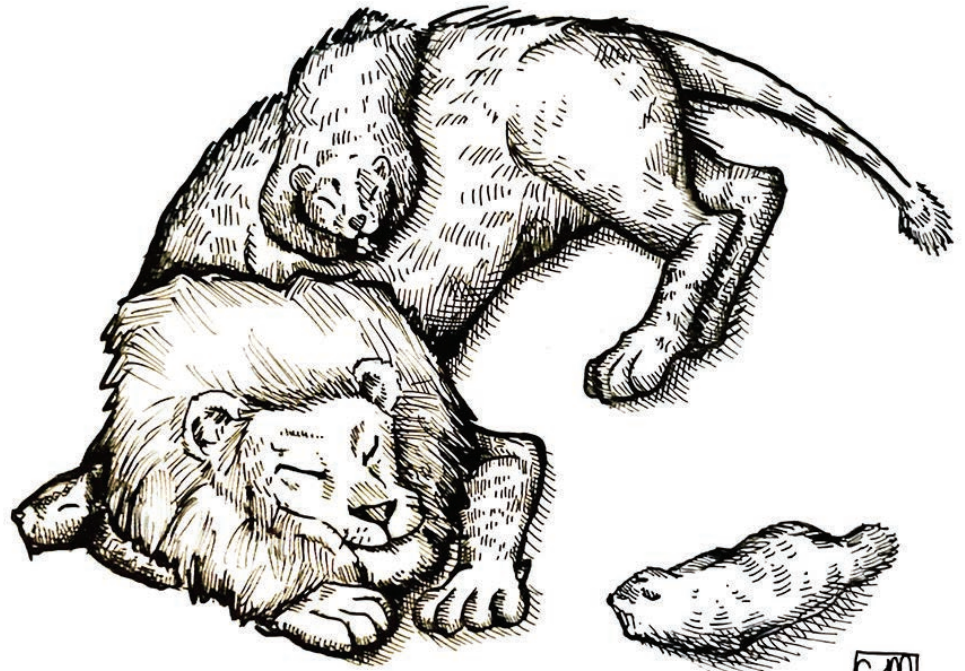
### SCORPIO

OCT 23 - NOV 21

Try to walk in someone else's shoes today. You know what it's like to be yourself but try to get a deeper understanding of the lives of those around you. You may find that you are more similar to your peers than you think.



# MAKE SURE TO



# GET SOME REST

## COLLEGIAN T-SHIRTS ARE AVAILABLE FOR PURCHASE!

FEATURING GC'S OWN  
GROUNDHOGS, AS  
DESIGNED BY STAFF  
MEMBER, GAVIN MANN.



FOR DETAILS, EMAIL  
[THEGCCOLLEGIAN@GMAIL.COM](mailto:THEGCCOLLEGIAN@GMAIL.COM)  
OR DM OUR INSTAGRAM,  
[@THGCCOLLEGIAN](https://www.instagram.com/THGCCOLLEGIAN)