

THE COLLEGIAN

BY THE STUDENTS

GREENSBORO COLLEGE

FOR THE STUDENTS

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NUMBER 2

More to fall than football

by Taylor Cotie

It is that time of the year, and no I do not mean football season. Volleyball season has officially started for the Greensboro College women's volleyball team. These ladies have been pushing strong and have played a total of nine games so far. The team has a current record of 4-5. The girls hit the road to Roanoke, Va., where they played in the Maroon Classic on the campus of Roanoke College. The team faced off against four great teams and finished the weekend by going 2-2.

The first day the team competed against both Ferrum College and Hollins University. Even though they went into four sets with Ferrum, the team ended up taking the win in the fourth set. GC gave it their all against Hollins as they swept them in three whole sets. Going into the second day, they faced strong teams, playing against Methodist University and Randolph College. GC went to five sets with Methodist and did not win that game, but they played strongly throughout the whole match. After the tough loss against Methodist University, the Greensboro volleyball team pulled through to play their last game of the weekend. The team took Randolph into four sets but lost to them in the fourth set.

I talked with GC's own head volleyball coach, Kevin Troup, and assistant coach, Ethan Moore, about how they felt the team performed at the Maroon Classic over the

weekend.

"The team showed a lot of adversity and was very determined in the matches over the weekend," responded Troup.

"We did well both days," Moore said. "The first day we had a little more focus than the second day. The team got down during some of the matches, but we battled back and there were a lot of positives for some individual players and as a team as well."

I also spoke with them about how they feel the team's performance this weekend will stack up to the conference competition and both coaches had a lot to say.

"There are some positives," Moore said. "I think we can take moving forward but there are also things that we are going to have to perfect and make better in order to compete due to the competition level of the conference, from top to bottom, being much higher than it was last year. A lot of the teams that were near the bottom last year are reformed and very good."

"We have to minimize our errors and can not make as many hitting errors as we made over the weekend," Troup said. "The two teams we faced on Saturday were good teams; they are disciplined teams. So, we have to be more disciplined, and we have to make better decisions and better choices in game situations and not allow teams to go on big runs."

I also spoke with senior Katrina O'Neill and asked her what she was most excited about entering her final



The Greensboro College volleyball team all gathered in a huddle during one of the matches at the Maroon Classic, listening to their coaches speak to them about the match.

Photo courtesy of Tina Hinshaw

season.

"This season, I am really excited to show what I have learned over the past three years I have played here, as well as continue to learn and grow in my abilities," said O'Neill, a huge contributor to the team. "I am excited for game days with my team and building relationships with the freshman that have come in this year, as well as continuing to grow the lasting friendships I have made being on this team for the last three years!"

The ladies have been working hard throughout practices and in the weight room and preparing for the tough competition that they will be facing this season. The Greensboro College volleyball team is preparing for its first conference match on Sept. 21 at Salem College. After that, they will be back home in Hanes Gym for a doubleheader on Friday, Sept. 23, against NC Wesleyan College at 3 p.m. and Pfeiffer University at 7 p.m.



**Women's
Triathlon
pg. 4**

**New
faculty
pg. 5**



**Mosquito
study
pg. 7**

Entertainment

Crispy Leaves



Apple Pie
-Lizzy McAlpine

Midnight Love
-Girl in Red

October
-Alessia Cara

Fast Car
-Tracy Chapman

Willow
-Taylor Swift



Quack!!!



To The Collegian

Greensboro, NC



Greetings from the Most Magical Place on Earth!

BRITISH INVASION! 50% of the guests here seem to be British, and another 25% are from the rest of Europe. There was apparently a deal for European visitors. Some said they are going to be here for 30 days! It is so interesting hearing the different words used for items and learning how to communicate above language. This is already such a great learning experience!

Livi G

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Recognizing the need for change

by Breanna Adamick

I am not a big fan of change. This stems from the fact that most change that has happened in my life, especially in recent years, is not necessarily change that I view positively. I have had to let go of many things I held dear, having to simply hope that fond memories will remain.

2020 was a big year of change for me, and probably for a lot of other people, for a multitude of reasons. COVID-19 was a big adjustment for starters, but then for me, it was also my high school graduation and strange, stilted transition to college life. It was losing friends and gaining friends, feeling what it is like to be more on my own and saying goodbye to places that held memories so dear I will cherish them forever.

Experiencing all of that in such a short time was a rollercoaster, and the change, of course, did not stop there. One thing happened after another, and that seemed to make me more jaded and unwilling to acknowledge or truly accept change. For a while, any sort of change was perceived as inherently negative in my eyes.

I believe it is common to at least somewhat resent change, especially when we feel that it does not suit us at that particular moment in time. It is a big step to realize that you may actually need a change in your life. Little or big, the change can be daunting and uncomfortable at first. Often, we get so set in our ways and used to our routines that we are quite reluctant to switch up anything in our lives, even if there's a good chance it will affect us positively. When we do take the chance to change, however, interesting things can happen.

For instance, several months ago I began really noticing my tendency to think pessimistically about things, and I realized that was something I wanted to work on changing. As with just about any sort of change, it was difficult to start. I had to recognize the negative thought I had just had and figure out a way to rephrase it in a more positive light, or else look at the situation from a whole new perspective in order to find the positive. It was not always easy, and it still is not, but after a while, I noticed

*"For me,
Change takes place when I see
things for what they truly are,
or seem to be,
and not what I need for them
to be.
then I let myself be moved by
what I see,
and I am changed.
And I become the man,
and I become the woman
I become.
And, when I introduce myself
to the next person I meet,
I will introduce myself to them,
who I have become
and not who I used to be.
For who I have become is now
who I am."*

– Excerpt from the poem
'Showing Up' by Tommy Thompson

that the optimistic thoughts were happening more and more often, and that it was becoming easier to twist the pessimistic into the optimistic. It is still a constant change I am working on, but it is becoming less and less conscious effort, and more natural.

Change is like that. At first you might be thinking, "this sucks," but as time goes on and it becomes a habit, that thought will cross your mind significantly less every day. It often seems that the scariest part of change is merely learning how to adjust to it and the altered mindset of it, not the actual change itself.

Situations change all the time, and many times the little variations in our lives are not all that significant. No matter what, we have all experienced change at some point, especially at the stage we are in now. Change is a predominant factor of a college student's life. It comes with the transition from high school to college, with moving in and being surrounded from the get-go by strangers – in living situations and everyday schedules. It comes with finding yourself and your passions in a new

phase of life and better learning how to be an adult and more independent.

Our lives, outlooks and feelings are always fluctuating and being altered by experiences we go through to the point where we may realize that things – routines, hobbies, relationships – that were all important before, are less and less of a focal point. This is natural and okay, and a valuable thing to recognize. It is important to be able to observe when something in your life does not serve you anymore, and to be able to take the necessary steps to change it.

With that, there can be a certain amount of experimentation as well. You do not need to know exactly what works for you in every situation and that is where experimentation and gradual change come into play. How often have we all heard that a large part of college is about exploring your interests and passions to help guide you towards the right path? I know I have heard it frequently from many different sources.

Something that goes hand in hand with that exploration is facing change unflinchingly and being open to it. Going into college with one planned career and coming out looking towards another can be challenging and daunting, but in such a situation, the result of being happy in a different career than originally planned, instead of unhappy in the previously planned career, is highly preferable.

You never know if you will like something until you have tried it. I am directly quoting my parents with that phrase, however, I have learned the truth of it now and over the years. A prime example would be becoming a staff member for *The Collegian*, and soon after an editor. I never would have foreseen journalism as a hobby or interest of mine. I started out on staff as a photographer only, but quickly made the transition to writer and then editor.

I had no idea that being on the staff of a newspaper would bring me so much joy, but I tried it, and here I am. All the better for it. College is the perfect time for experimentation and change, we simply have to open our minds to it and embrace what comes from it.

Level of endurance

by Grace Dobson

Not many would dare to compete in a race of long-lasting endurance like the dynamic duo of Alex Prillaman and Sophia Walter. Just two short weeks ago, this team competed in back-to-back races, led by Head Coach Karen Buxton and Assistant Coach Matthew Clancy. The Ridgewood "Try a Tri for Hospice" took place in Greensboro on Sept. 3, and The Bulldog Sprint was raced in Wingate, N.C., on Sept. 4.

Now you may be wondering how this program came to exist? That was all thanks to Greensboro College Athletic Director, Kim Strable. USA Triathlon provides grants at the collegiate level to emerging programs. The \$20,000 grant that Greensboro received proved to be seed money for the team. This team is making history not only at Greensboro, but across the country. There are just six other schools in the state of North Carolina that have triathlon.

Coach Buxton is the biggest advocate for the program. "You can see that with these two athletics that have backgrounds in either running or biking, that we build triathletes," Buxton said. She also considers athletes Prillaman and Walter to be great ambassadors for the program, stating they would not be where they are now without them. "It is rewarding seeing these girls improve every day," she stated.

If not for the connection that both coaches bring to the table they wouldn't be where they are now.

"Matthew Clancy and I make a good team," Buxton said. "I am excited to have him here to work with."

Buxton has an extensive background for running in Ironman races all over the country. She has traveled from Hawaii to New York and even to France to compete with her family.

"It is a very healthy family environment and diverse with people of all sizes, ages and abilities coming together to race in a lifetime sport."

"The environment feels like home, the coaches are willing to help you learn," said Prillaman, a senior from Virginia. "It just feels like a big family."

She also expresses that she and Walter "get along very well, we push one another." That is all that anyone involved on a team could ask for. Though from the outside, you might consider this an individual sport, the fact of the matter is that it is a team sport in the end, with legal drafting and combined team scores.

We are fortunate to have individuals like these that continue to support and build Greensboro College as a whole, not just their team. Hopefully the strong aspirations of the team will come to fruition, like DIII national champs, while being the best program around, introducing a men's club team for the spring and growing the roster.

Sophia Walter, Coach Karen Buxton and Alex Prillaman.



Pride fall sports outlook pt. 2

By Alex Trepper

In our first issue we took a look at half of the Pride teams competing this fall. The teams discussed have gotten off to promising starts. The Pride golf team took home multiple awards in their first tournament of the year and men's soccer picked up a nice win on the road vs. Piedmont.

In this issue, we look at our basketball teams, triathlon and swimming and breakdown their upcoming seasons as well as highlight some athletes to watch on each team.

A new program got its chance to compete in early September as women's triathlon had their first ever competition. This historic team is led by Sophia Walter and Alex Prillaman, and even though neither had ever completed a triathlon before this year, they were able to beat the athletes from Guilford in their first race. Triathlon is running, swimming and cycling all in one race, which makes it highly impressive that in less than a year, Coach Buxton was able to train these athletes



Head Coach Heather Macy directing her team from the sideline.
Photo courtesy of Destinee Allen

enough to beat our in-city rival.

"We are still looking for others to join our team ... we build triathletes," Buxton said.

And build them she does, as evident by the results of the team's first race. The expectation is that they will continue this trend throughout the year.

Our swim team looks very much improved from last year as

the incoming freshman look to be the spark this team needs. After a ninth-place finish in the conference championship meet last year, the team was disappointed because they had a good regular season with a lot of success. This poor showing is on everyone's mind still and they are using that finish last February as motivation to be even better this year. Look

for swimming to improve this season and finish around the middle of the pack in conference.

The next team we will highlight is men's basketball, as head coach Jim Cantamessa begins his fourth year at the helm. This year's basketball is going to look a lot different from the past few years, which is both a good and bad thing. The Pride basketball team lost its top two scorers from last season as Grayson Collins and Kevon Meertins both graduated. Look for Ty Hill or Matt Brown to be the guys to take the bulk of the scoring this year, as those are the players who "have the ability to do that for us," said Cantamessa. The team in general took a step back last year bringing in over 12 new members and a strong returning class. Look for this team to finish in the top five in the conference this year.

Now it is time to talk about the best team on campus. The women's basketball team appear poised to repeat the magical season they had last year. Following a 25-2 record, multiple individual awards and a regular season con-

ference championship, this team is ready to get back on the court again to try and be better than last year. There is a realistic chance this team goes undefeated during the year, and it is not crazy to assume that they will grab an NCAA tournament bid.

"Not getting in last year really hurt, especially after the season we were having ... we are using that as fuel to be even better, as it will probably take a perfect conference record to do it," said Coach Heather Macy.

This team looks dangerous, so when they start their run to the finals in November, everyone should be following along because if they are even half as good as last year, it will be an exciting season to watch.

Fall sports are a great time for students to experience another side of college, and players and coaches alike would love to see the family atmosphere of GC show up for our programs as they compete. There is at least one home game a week for each team so make sure to go out and support our Pride athletes.

Reference and instruction librarian: Jasmine Plott

by Heaven Thornton

I had the opportunity to speak with Jasmine Plott, Greensboro College's new Reference and Instruction Librarian, and learn a bit more about her. Plott has an extensive educational background, with a Master of Library Science (M.L.S.), Juris Doctor (J.D.) and B.A. in English and Psychology, all from The University of North Carolina at Chapel Hill. She was able to complete a dual program for her M.L.S and J.D. at Chapel Hill, allowing her to complete her master's degrees in four years instead of the typical five.

Before working at GC's library, Plott practiced law in various public settings such as working as a legal aid and appeals referee. During her time as a legal aid, she did a lot of incredible work related to the Covid-19 pandemic's impact on people's ability to afford housing. Plott worked with the guidelines of the Eviction Moratorium issued by the CDC, which barred eviction for unpaid rent during the pandemic, helping families stay safely homed. She also did some work with domestic violence cases and saw firsthand how the pandemic exacerbated the issue for many people.

When asked what inspired her to pursue both library and law, Plott stated that she had always been sort of interested in both, and because she found that she had many interests, she really gravitated towards these two as they are both very interdisciplinary. At the core, Plott said she is most interested in "the role that information has and how it is handled."

"With law, you use information that people give you to advocate on their behalf," she said. "When you are working with library science or information science, you are giving people that information that they can use to help themselves."

"It is really amazing to watch someone succeed by giving them the tools

and then they go out and do it. Those are things that always really drew me in because I loved helping people."

While we talked, Plott also asserted that she recognizes the privileges she has had in her life, which she strives to utilize for the benefit of others.

"I have always seen how life hits people differently, and I feel like I have had a really fortunate life, and I wanted to use that to help others."

Plott shared that she learned a lot during her time doing legal work about the way many people are "written off" due to their life circumstances or not taken seriously, which is a factor she felt drawn to with legal work. She feels very passionately about helping those who were dealt less fortunate cards than she and finds advocating for others or helping others advocate for themselves to be very rewarding.

Outside of working at James Addison Jones Library, Plott enjoys time with her husband, who she met in her sophomore year of college, and their dog, Swirl. She is also fond of knitting, crocheting, reading and casual gaming as ways to unwind and relax.

As far as reading goes, Plott says she is currently reading "Remarkably Bright Creatures" by Shelby Van Pelt. She was just getting started on this book when we spoke, and did not have many comments yet, but said she really loved the characters so far. She has also just recently finished "Recipe for Persuasion" by Sonali Dev. Plott discussed that she really loved Dev's works because of their substance in the midst of a romantic plot.

"They are romance books, but they delve into really deep issues like family trauma, racial issues – all that stuff, it's in there."

Her favorite genres to read are generally fantasy, fiction and horror, and like "Recipe for Persuasion" she enjoys books with fun plots that also touch on deeper subjects, as it makes them more realistic and meaningful

for her.

Jasmine Plott is a great addition to the GC team and is a valuable resource for any kind of research you may be conducting, or information that you may need.

She can be found on the main level of the library or contacted at jasmine.plott@greensboro.edu. She has a huge heart for serving others and was an absolute pleasure to chat with.

Jasmine Plott and her dog, Swirl.



Scan here for full recipe!



Passionfruit

AND PROSECCO JELLY CUPS



250 mg
MASCARPONE



1 TSP
VANILLA BEAN PASTE



1 1/2 CUP
PASSIONFRUIT PULP



2 tsp
ICING SUGAR MIXTURE



2/3 CUPS
CASTER SUGAR



8
GELATINE LEAVES



3 CUPS
PROSECCO

Halloween with a view

by Isabella Ruiz

Cold weather starting in the early mornings, pumpkin spice flavored foods hitting the shelves again and the infamous holiday that is Halloween are all things that are a part of the approaching fall season.

People look forward to this time of year for many different reasons. Some just enjoy the cold weather, while others find every way to celebrate not only the cold weather and scenery, but also Halloween.

Normally on Halloween, people dress up and get together while the younger ones go trick-or-treating. This year, however, Greensboro is adding another free event to the fun-filled holiday. On Oct. 21, Lebauer Park, located

in downtown Greensboro, is hosting a “Friday Flicks” movie night in the park. The movie that will be playing is the Disney channel original movie “Halloweentown.”

“Halloweentown” follows the storyline of a single mom who gave up her witch powers so that she could create a “normal” environment for her three children. During one Halloween, the kids’ grandma, who is a witch, comes to visit. The kids do not yet know that she is a witch and decide to secretly follow her out the door when she leaves. The kids end up in another world where they experience a spooky adventure.

This movie will be new to some and a nostalgic comfort movie for many others. Since the movie is a Disney film, it is an activity for the whole fam-

ily. People are allowed to bring a picnic or enjoy a snack while they watch the movie in the park.

The seating for the movie begins at around 5 p.m., while the movie itself actually begins around 6:30 p.m. If you cannot make it to the movie in the park but want to be able to experience it, do not worry. The “Friday Flicks” movie night takes place once a month from fall through spring.

This leaves many chances for people to try to make one movie night, or be able to experience several types of movies under the night sky. In order to find out which movie will be played during a specific month, check out “eventbrite.com” and type in “Friday Flicks.” You will then be able to see which month a movie will play that you

and your family or friends would love to watch together.

“Friday Flicks” gives people the opportunity to experience a movie with family or friends on a Friday night after a long week of school and work. This event can create a bonding experience that is relaxing but enjoyable.

Whether you want Halloween to come early, want to watch a movie or just spend a chill Friday night out with friends or family, “Friday Flicks” is a perfect way to experience a movie in a different setting. Spending time outside can be rare for people who work or are in school, however, this event allows people to enjoy the outdoors while being able to see a movie that is entertaining for all ages.

GC football goes to D.C.

by Shawn King

Over the weekend of Sept. 9, the Greensboro College football team took a trip to Washington, D.C., to play the Gallaudet University Bison. For the football team though, this trip was more than just a road trip for a football game. It was a time to bond with teammates and experience a city that many had not previously visited.

After packing the buses and leaving from Pride Field at 6:30 a.m. on Friday, Sept. 9, the team arrived in Washington, D.C., around noon. From there, food was provided from a local restaurant before the team entered the Smithsonian National Zoo. The players got four hours to explore the park and see all the different animals the zoo had to offer. There were reptiles, gorillas and even cheetahs. Everyone’s favorite animal, and the one they were most excited to see, of course, were the lions. This was the one spot everyone on the team made sure to hit before leaving the zoo.

Next, the coaches decided to have the bus drivers drive around some of the monuments. Some were surprised to see things like the Washington Monument and Capitol building in person. As someone who has grown up around the area and seen these struc-

tures a few times, it was pretty cool to see some of my teammates’ reactions to these things they had not seen before.

Following this, the team arrived at the hotel to clean up a bit before heading to dinner at a nearby Golden Corral. Of course, the people there were a little surprised to see a football team in the building and the workers might have been a little stressed from having to constantly replace the food, but it was more time that the team was able to spend with one another and become closer.

The team had meetings after dinner, to finish preparations for the game the next day, and soon after went to bed. On Saturday, the Pride took on the Bison in a competitive game on Hotchkiss Field. The Pride ended up losing the game 31-14 against a tough Gallaudet football team.

Greensboro College football’s next game was Saturday Sept. 17, against Hampden-Sydney College in Virginia, then Sept. 24 is the Homecoming game against Maryville College.

The Pride football team had the chance to see some other members of a pride at the Smithsonian National Zoo.



Kinwell Plaza mosquito study by GC alum

by Sarai Acosta

If you pass through Kinwell Plaza, you may notice at the corner of Proctor Hall West a tray of jars that just look like dirty water. You may be thinking, like a worried parent in the summer, “That water is a breeding ground for mosquitoes,” and you’d be right, it sure is. The jars in Kinwell Plaza are for a research project being conducted by GC alumna, Carly Uhler, who graduated this past summer. When she realized that her plans at GC were cut short because of the COVID-19 pandemic, she reached out to Dr. Sandra Cooke, Assistant Professor of Biology and Director of Supplemental Instruction here at GC, for an opportunity.

In the fall semester of 2021, Dr. Cooke taught BIO 3490, Aquatic Ecology and Lab. For a project in that class, she piloted the very first mosquito study in Kinwell Plaza. The purpose of this study was to observe the egg-laying behavior of mosquitoes, and whether they preferred clear tap water or water that had leaves or other dissolved organic matter (DOM) in it, making it brown and murky. The study was also conducted to prove the fact that female mosquitoes better prefer DOM water to protect their eggs and larvae from the UV radiation of the sun, since the darker water would work as a type of “sunscreen” for the larvae. Unfortunately, this first study was unsuccessful because of the overfeeding of the experiment. The class would add fish food to the jars to feed the larvae, but too much of it left a film of residue over the water, preventing the larvae from getting oxygen, and so they died off, ending the pilot trial. Then, Uhler rekindled the project.

From July 7 to Aug. 11, 2022, Uhler conducted her first mosquito study trial, searching for the same results as Dr. Cooke’s class, but also researching how certain mosquitoes may prefer different types of water, whether it be regular tap water or DOM water. The DOM water was made by soaking 10 grams of oak tree leaves from GC’s front campus lawn in 800 mL of tap water for almost two days, then vac-



GC alumnus Carly Uhler.

uum filtering it and adding tap water to dilute it to 25 percent DOM and 75 percent tap water.

On the first day, she placed 12 containers with water, six clear and six DOM, out in Kinwell Plaza. Before placing them outside, though, she made sure to check the pH of the water, as well as its absorption (the brownness) of the water, to take note of what the mosquitoes might prefer. Checking in on them every two to three days, Uhler encountered some challenges.

The summer’s unpredictable weather knocked over the containers, overfilled them and even evaporated the water with extreme heat. She didn’t want to interfere with the containers too much and risk the trial, but keeping them regulated and taken care of was essential to keep it going. However, those challenges didn’t stop Uhler from getting the results she needed.

On July 28 she found that two of the containers had larvae. Container No. 3 had hatched 12 larvae, while No. 5 had just hatched one, but the concluding factor is that both of these containers were of DOM water, not the clear tap. Now the next step was to monitor it



Adult mosquitoes in the emergence chamber.

Photos courtesy Carly Uhler

almost daily, watching them grow from larvae to pupa, and making sure that the pupa would not reach adulthood before Uhler could put an emergence chamber on the containers, catching the adult mosquitoes so that she could ID them and see what species they were.

By the fourth week of the trial, Uhler had 13 adult mosquitoes from her study. To properly ID them, she put them in a freezer for about an hour to kill them, then see what mosquito species they were by looking through a microscope. The mosquitoes were identified as the Asian tiger mosquitoes (*Aedes albopictus*), which is an invasive species in America. This species of mosquito prefers to lay its eggs in stagnant pools of water, which is why they found Uhler’s containers to be a perfect nesting spot. Unfortunately, they can also carry diseases like yellow fever and dengue fever.

Uhler’s second trial started Aug. 23, and she plans to end it around Sept. 23. These results that she is collecting are important to know where to find mosquitoes and track their migration and breeding patterns.



Asian tiger mosquito as seen under a microscope.

Uhler gives a huge thanks to Dr. Cooke, who was a great mentor to her and gave her the ability to use lab equipment even after she had graduated. She also plans to present the results from her trial to the Association of South-Eastern Biologists.

GC Canned Food Drive

by Ashley Hawkes

From Oct. 3-7, donations of non-perishable items are being accepted at the Honors House on campus to be contributed to the Spartan Open Pantry on the UNCG campus. Students and staff can donate items on Monday, Wednesday and Friday from 11 a.m. to 2 p.m., and Tuesday and Thursday from 9 a.m. to 3 p.m.

Any non-perishable items such as canned fruits and vegetables, nut butters, crackers, dried fruits, and dried grains are welcomed but refrain from donating any items that could possibly go bad before being eaten such as meat, dairy products or anything that needs refrigeration.

"While Greensboro College offers quality, nutritious meals to students, some people are not so lucky," said Luke Butner, Greensboro College honors student about why he felt inspired to help with the canned food drive. "According to UNCG Community Engagement, there are 17 identified food deserts in Greensboro. A food desert is defined as 'a residential area with a high level of poverty and where at least one-third of its residents live more than a mile from a grocery store.' The mission of this food drive is to supply the Spartan Open Pantry with food to help Greensboro residents in our area that may otherwise not be able to afford groceries and eat."

Greensboro College thanks Dr. Robert Brewer, Luke Butner, Xypher Pino, Mrs. Polly Anton, Dr. Kuo and all of those who graciously decide to donate and help out the community of our school.

HONORS HOUSE FOOD DRIVE!

Attention faculty & students!

The Honors Program will be hosting a food drive for the Spartan Food Pantry to provide food to residents of Greensboro. Any contributions will be gladly appreciated!

★ What to donate?

Non-perishable food items such as:

Canned food products, cereal boxes, granola bars, powdered milk, juice boxes, peanut butter, etc.



★ When & where to donate?



Between **Oct. 3rd to Oct. 7th** at the Honors House (#2 on campus map)

Drop off food on: **MWF (11am - 2pm)**
TTH (9am - 3pm)

Dr. Henry Kuo & Mrs. Polly Anton will be there to assist!

If you have any questions or would like to get involved, contact luke.butner@greensboro.edu or xypher.pino@greensboro.edu!



MEET THE ATHLETE

Mitchell Bone

Year: Freshman
Major: Health Science
Sport: Swim
Favorite song while practicing?
5 Thousand Singles by SAINT JHN

Plans after college: After college, Mitch wants to be a chiropractor.

How long have you been swimming? He has been swimming for six years.

Favorite memory of this sport at GC? Mitch says that the increased levels of training is his favorite memory.

Why GC?
Mitch decided to swim at GC because he loved how welcoming GC was. He also states that GC is a very accommodating school.



Meet The Collegian

Grace Dobson

Photo courtesy of Grace Dobson

Year: Freshman
Major/Minor: Political Science; Minor- Psychology
Favorite Color: Yellow
Favorite Movie or TV Show: Dangerous Beauty
Role in Collegian: Writer
Plans After College: Grace wants to attend graduate school
Hobbies: Grace enjoys staying active in ways like running, soccer, hiking and swimming
Favorite spot in Greensboro: Women's soccer in GC
Zodiac Sign: Capricorn