



THE COLLEGIAN



BY THE STUDENTS

GREENSBORO COLLEGE

FOR THE STUDENTS

VOLUME 100

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NUMBER 4

Costume
ideas
pg. 5



Professor
profile
pg. 6



First podcast
episode!



Photo courtesy of Breanna Adamick

GC football makes history

by Alex Trepper

It is no secret that the Greensboro College football team for the past couple of seasons has been tough and heartbreaking to watch. As students, we want nothing but success for our friends and fellow classmates, especially on the field. The football team finished last season with 0 wins and 10 losses, but Coach Card did not look at his squad's record and give up; he learned from it and recruited like a mad man.

The football team brought in over 50 new recruits this season with intentions on turning things around. For a program that has not seen success on the field for a while, the 2021 season was nothing but another motiva-

tor for the Pride.

This year's team did not let last year's failures and the outside noise get to them as they came into the year with high hopes. Those hopes disappeared early as GC blew an 11-point lead to Guilford in the home opener and went on to start the year 0-5.

While they lost their first five games, they showed promise as quarterback David Loughry II took home an offensive player of the week award as well as Max Steele leading the conference in tackles. On October 8, Southern Virginia (0-5) arrived at Pride Field and the stage was set for two teams to do battle, both hoping to get their first win of the season.

The game started out with a bang as Loughry found

K.J. Greer on the first play of the game for a 75-yard touchdown on a wonderfully run go-route. Following great defense, the Pride marched 93 yards down the field and scored again, making it 14-0 after the first ten minutes. Going into the second quar-

ter, the Pride had a 7-point lead and SVU had the ball on the Pride side of the 50; however, this is where everything went wrong for SVU and the GC defense began its takeover. In the second quarter alone, the Pride defense

See FOOTBALL on page 8



Photo courtesy of Destinee Allen

Entertainment

Something Spooky



SPOOKY SCARY SKELETONS
-ANDREW GOLD



THE PURPLE PEOPLE EATER
-SHEB WOOLEY



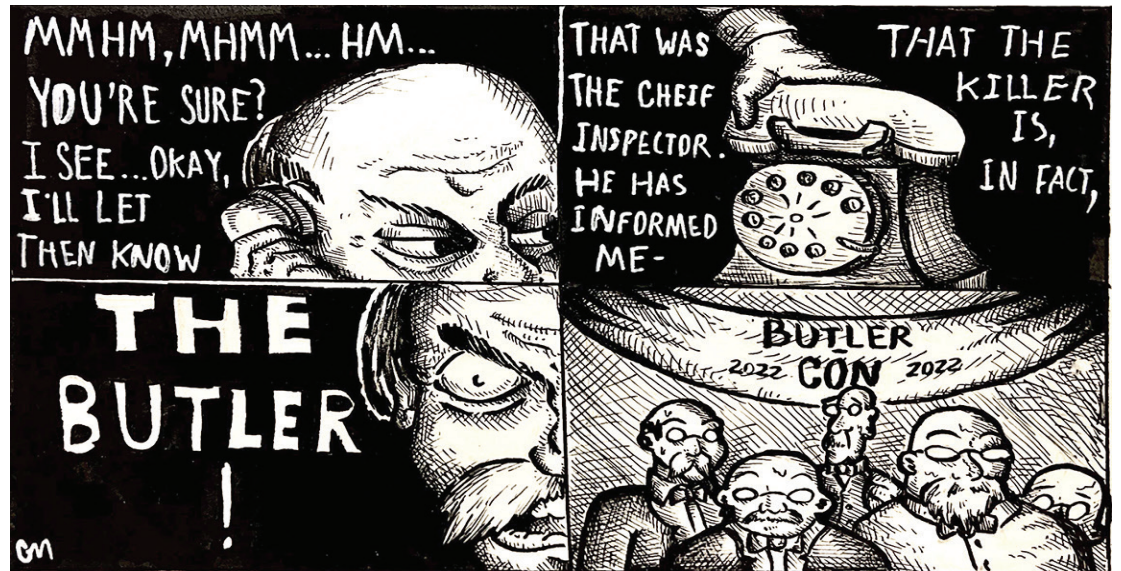
IT MUST BE HALLOWEEN
-LVCRAFT

THRILLER
-MICHAEL JACKSON

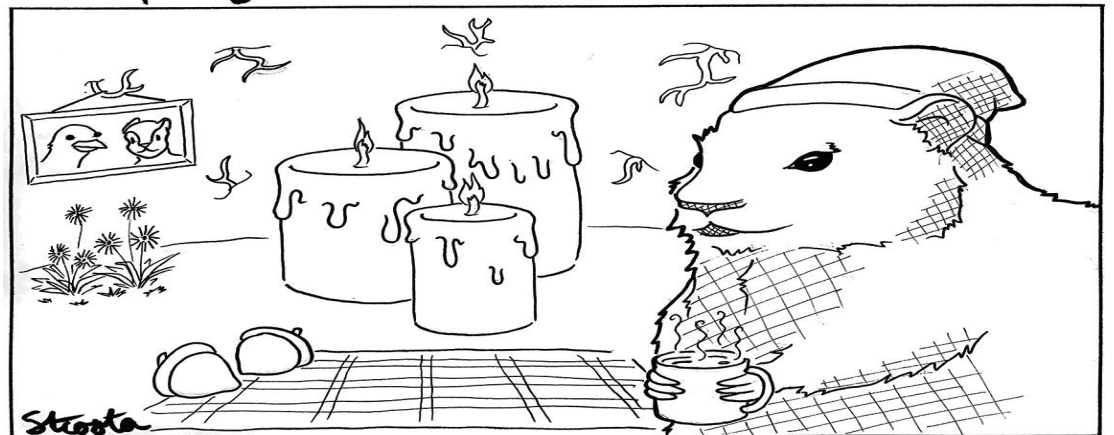


GRAVEYARD
-HAISEY

BONES
-IMAGINE DRAGONS



Keeping Warm!



To The Collegian

Greensboro, NC



Greetings from Walt Disney World-

While observing guest behavior, I have noticed the best way to gauge your audience is which tea you run out of the fastest. In the midst of Hurricane Ian we completely ran out of chamomile tea, as people needed calming comfort. During the wave of British guests, we naturally ran out of English Breakfast. If we have more Asian guests, we run out of green tea, the French-peppermint and ginger. Tea is a universal cultural element. It is such a gift to be able to observe this ubiquitous practice. I wonder what the next tea trend will be.

Have a cup of tea today!

Livi G

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Prioritizing commitments

by Breanna Adamick

We are a little over halfway through the fall semester now and it is a common time for me, and likely several others, to start to realize a few things. Such as, the long list of goals I wrote up at the beginning of the semester, thinking I would have accomplished them – or at least made good progress – by now, is likely not going to be fully finished. Or else, how I completely, once again, overbooked myself in classes, activities and commitments. It seems I constantly have to remind myself I cannot be in two places at once.

There are always so many things I want to achieve each academic semester – both related to classes and clubs at Greensboro College, and in my personal life with friends, family and my own goals. By the end of the semester, prior expectation and current reality do not line up. I will have accomplished several of the really important goals, but there will always be some I lament not completing.

I have come to realize that is natural and that the truly important goals will be remembered and done, while the slightly less necessary ones can wait until a later date. After all, a semester is only so long, and focusing on life and happenings at GC definitely takes precedence over many things, not only for the sake of good grades, but for sports, friendships and fun activities so many of us participate in.

Problems can arise, however, when we overcommit ourselves. We become dragged in so many different directions simultaneously and cannot give our full attention and best effort to any of our activities.

This is where discovering our top priorities is important, so we can truly better focus on what matters most.

Academics and furthering our knowledge for future careers should, of course, be the No. 1 goal on the list in our current situation as college students, but it becomes more specific to each individual after that. Is there a club on campus you are passionate about, or one that will aid you in career endeavors? Are there people in your life you want to spend more of your time with? Narrow down your list of priorities to three or five, if you can, so that you can focus on those most important goals and not spread yourself quite so thin in attempting to do everything.

A big thing we all have to adjust to, and we hear everyone talk about this before and during the transition to college life, is time management and commitment. We have to figure out, as new adults, how to fit everything into our daily lives and not overwork ourselves completely in the process. That can be especially hard at the college age, as we are still, for the most part, discovering our main likes and dislikes, and what interests we genuinely have. So much can change within us during just a semester, as well. It is imperative not to limit yourself to just what you know. Allow yourself the time to contemplate your changes and what will work best for you in that instance.

Another aspect to this is recognizing when we are overloaded and need to step back from a few commitments. If you have joined a club but have not been showing up or doing your part because you have just realized how busy you

are – how much more stress and complication it adds to your current situation – communicate this to your peers in the club and take a step back for a while. You can reevaluate and choose different priorities next semester if that is what you want. Be fair to yourself and your needs, but also to the club, or whatever it is you have pledged your time to.

Remember also to take life one day at a time, as much as possible. I know this can be hard, as I often catch myself thinking far into the past or future when I should simply be focusing on what comes next in my immediate reality. It can be startling the amount of life one can miss if they are so wrapped up in what has happened or what may happen. The past and the idea we have for the future may shape who we are, but so does the present.

With the end of October rapidly approaching, we have shockingly few weeks left at GC for this fall semester. However, we all know the final weeks of fall semester can be quite exhausting, and will likely require a great amount of perseverance, as our minds soon start to turn to the latter part of the year with the holidays and fun times over break to come.

Remember to give yourself the respect you deserve, for your hard work and dedication. Remember to respect and commend your peers and professors for all that they have done alongside you through the course of this semester, and perhaps other semesters and years as well. Be as present as you can this last month of the semester and take the necessary time for the people and things that matter most in your life.

Pumpkin patch with a twist

by Isabella Ruiz

Pumpkins of all different sizes and all different colors, including orange and green, are always the main attraction at a pumpkin patch. Going to get a pumpkin is an annual event for many. Not only do people choose a pumpkin to have as decoration, to decorate or to use in a fall-themed recipe, pumpkin patches are also a place for people to take family photos.

When people think of pumpkin patches, obviously, it is the pumpkins that people think would be the only thing there. McLaurin Farms, however, take

their pumpkin patch to a different level. When driving into the pumpkin patch, which is located in the large farm area behind the McLaurin family's house, I was welcomed with fall decorations and a shop that sold items related to fall and farm life.

After passing the cute shop, I saw not only a pumpkin patch, but many festivities going on around it. There was a place for kids to get a glitter tattoo of any symbol and color they wanted. Then, there was an option to ride the train that gave everyone a tour of the farm. Passing through the farm, I was able to see all of

the other attractions the farm has to offer, as well as the abundance of trees that made the view even better.

After riding the train, I went into another small shop that had many different items such as pickled vegetables that were grown at the farm as well as several different kinds of cider.

After seeing all of these attractions, it was time to explore what I came for originally – the pumpkin patch. Walking into the pumpkin patch, I noticed many different types of pumpkins. The area the pumpkins were in also had a small playground for the children, a swing and a tractor to add to the farm aesthetic. The pumpkins were all around and it was so neat to see different kinds of pumpkins that I normally would not see at a grocery store.

To experience all of McLaurin Farms,

it cost \$18, but included a free train ride, a glitter tattoo for those who wanted, entrance to the pumpkin patch as well as a free mini pumpkin. It is only about a 20-minute drive from Greensboro College; however, it feels like entering a new state with the leaves having already changed color and the peaceful remoteness of the land away from the city.

This pumpkin patch is for people of all different ages. Whether you are taking kids, just wanting to pick out a pumpkin or going for the annual fall pictures to post on social media, the McLaurin Farms has something for everyone. This pumpkin patch is a great way to start off the long-anticipated fall season. It brings joy to everyone and is a different twist on an activity that has been a staple during this time of year for a very long time.



MILK CHOCOLATE

STUFFED

Scan here for full recipe!

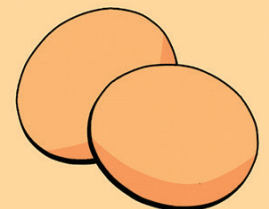
JACK-O'-LANTERN COOKIES



3 STICKS
BUTTER



12 OUNCES
MILK CHOCOLATE



2 + 1/2
EGGS



1 TEASPOON
CINNAMON



It is not just Halloween

by Diana Castro-Vazquez

Día de Los Muertos translates to “Day of the Dead” in English. Día de Los Muertos is a Mexican holiday where families honor their deceased loved ones by laying out the favorite foods of the deceased to honor them.

Día de Los Muertos is mainly celebrated on Nov. 2. According to tradition, the gates of heaven are opened at midnight on Oct. 31 and the spirits of children can rejoin their families for 24 hours. The souls of adults can do the same on Nov. 2.

Día de Los Muertos goes back at least 3,000 years. Its earliest roots trace back to the Aztec people in what is now central Mexico. The Aztecs used skulls to honor the dead a millennium before the Day of the Dead celebrations emerged.

There is a common misconception that the Día de Los Muertos is the Mexican version of Halloween, but the two are very different holidays. Día de Los Muertos and Halloween do share some similarities like costumes and parades. However, on the Día de Los Muertos, it is believed that the border between the spirit world and the real world goes away. During this time, spirits come to the real world to celebrate with their family. Some families will go to the grave of the deceased and place the favorite foods and drinks of the deceased near the grave so that when the spirit comes they can eat something.

Other families have “ofrendas” built into their homes. Ofrendas translates to “offerings.” Ofrendas can be decorated with candles, bright marigolds called cempasuchil and red cockscombs alongside food like stacks of tortillas and fruit. The flowers are meant to help build the spirit’s home.

Candles light photos of the deceased and items left behind. Family members will talk with their deceased – tell them jokes, stories and poems.

During the holiday, you will see a lot of skulls and skeletons. Skulls and skeletons are the main images that are portrayed during Día de Los Muertos and people will wear skull masks and eat candy shaped into skulls. Pan de Muerto is a very popular type of sweet bread that is commonly eaten during this time as well.

In the 20th century, José Guadalupe Posada incorporated skeletal figures into his art, mocking politicians and commenting on revolutionary politics. His most well-known work, “La Calavera Catrina,” is of a female skeleton with makeup and dressed in fancy clothes. “La Calavera Catrina” was then adopted as one of the most recognizable Día de Los Muertos images.

There are a handful of movies that focus on the Día de Los Muertos or that feature a scene with the holiday. Most notably, the 2017 film “Coco” is a movie that focuses on the Día de Los Muertos. Miguel, the main protagonist, travels to the Land of the Dead to learn the real history behind his family. “The Book of Life,” a 2014 film, also features the holiday.

For many Mexicans, it is very important to honor their dead. They will put out offerings, food and drinks for their deceased on the Día de Los Muertos holiday. Día de Los Muertos gives them specific days to honor the souls of their departed. Mary J. Andrade, author of eight books about the Day of the Dead writes, “People are really dead when you forget about them, and if you think about them, they are alive in your mind, they are alive in your heart.”



DÍA DE LOS MUERTOS

A MEXICAN HOLIDAY WHERE FAMILIES HONOR THEIR DECEASED LOVED ONES BY LAYING OUT THE DECEASED'S FAVORITE FOODS



Assistant of Biology professor: Jessica Bostic

by Xypher Pino

An adjunct professor from 2014 to 2019 here at Greensboro College, Professor Jessica Bostic is now GC's newly hired assistant of Biology professor. She has earned multiple degrees, including a B.S. in Biology from The University of North Carolina at Charlotte and a master's in biology with a concentration in genetics from The University of Nebraska at Kearney. Currently, Bostic is working on her dissertation for her Ph.D. in Instructional Design and Technology from Liberty University.

During her educational career, Bostic undertook multiple research projects. For her master's, she performed quantitative research on a population study of eastern box turtles. She compared different capture methods for the turtles, discovering that dogs that are specifically trained to find eastern box turtles were the best method to do so. For her Ph.D., she is doing qualitative research on biology faculty and their transition from traditional labs to non-traditional labs, a change occurring due to the COVID-19 pandemic. As of now, there is not much research available on what happens to faculty during this transition, hence why Bostic wants to focus her dissertation on this area.

According to Bostic, most students prefer in-person labs even though the grades and learning outcomes are the same according to other research. When asked what she preferred between in-person labs and virtual labs, she stated that she wants to "make science education more accessible."

"Right now, there are not a lot of online degree options for sciences. I am very pro on figuring out what is missing from non-traditional labs for faculty so that they offer them more often and it is more obtainable for non-traditional students. One university that I found sends lab kits to the student's home, and they conduct the labs at home. I really love those because you can be teaching someone in Germany or wherever they are, but they could be doing the same thing as you are."

Coming from a family of blue-collar workers, Bostic's parents taught her at an early age that she

could achieve anything through hard work. She had to work her way up the ranks to get into the position that she is currently in. By making education more accessible, she believes that she can help aspiring people reach their goals in life.

Outside of school and education, Bostic enjoys spending time with her loving family of five. She has two boys and one girl, and all of them are heavily involved in sports at their respective schools. Bostic and her husband have been attending each one of their children's games and competitions - a serious dedication!

Besides that, Bostic also loves to create and build things, resulting in a passion for renovation and carpentry.

"I love renovations," she said. "We have completely renovated our house from bottom to top in the past three years through COVID. There is nothing original in the house - not windows, not

walls, everything has been gutted and redone."

Bostic also loves traveling. She wants to explore the world and discover new things. A couple of places that she would love to travel to are Australia and the Galapagos Islands. She has even promised her children an international trip before they head off to college.

"My daughter has chosen Greece. Of course, she picks one of the most expensive places to travel but leave it to the daughter. We plan to do it the summer before her senior year, so I think we are going to do a Greek island cruise next year."

Her favorite quote is, "Day-by-day when you can, hour-by-hour if you can't."

She added: "Do not give up. Everything is temporary and if you just take it hour-by-hour, minute-by-minute, you can get through it to the other side and come out of it. I think we all take

ourselves in life way too seriously and look at everything as if it is a life-or-death situation. You can make mistakes and come back from them. Nobody is perfect."

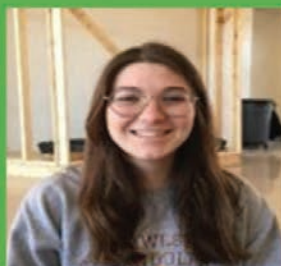
Prof. Bostic is a very loving and caring person with a deep passion for education. Without a doubt, she will significantly enhance the already high quality of GC's biology department.

Bostic is currently teaching both levels of anatomy and physiology alongside genetics, with plans to teach Comparative Vertebrates in the future. You will want to take her classes in the future, even if you are not a biology major. Do not hesitate to reach out to her at jessica.bostic@greensboro.edu with any questions.



THE BOSTIC FAMILY

On the Prowl: Unpopular opinions



Michaela McIntyre

"Candy corn is the best type of candy, it's so good!"



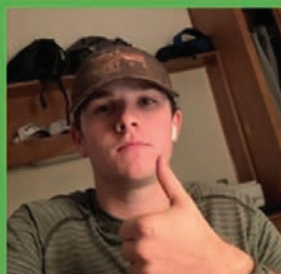
Allysia Alfred

"GC's cafeteria food is one of the best foods I've tried. Also, skittles is the best type of candy."



Jasmine Spero

"Salty foods are better than sweet."



Barrett Gardner

"Pizza has to be dipped in ranch for it to be good."



Nick Brotherton

"I really dislike Stranger Things."



Elmer Ventura Mejia

"I think our football team will win the rest of the games they have this season."

Forgiveness of student loan debt

by Ashley Hawkes

President Joe Biden and Vice President Kamala Harris have announced that from mid-October to December 31, an application will be available for those in need of student loan forgiveness. After completing the application, up to \$20,000 worth of forgiveness will be offered to working and middle-class students who are in need of aid.

Concerning the need for student loan forgiveness, President Biden said “But over time, that ticket has become too expensive

for too many Americans. All of this means an entire generation is now saddled with unsustainable debt in exchange for an attempt, at least, at a college degree.”

President Biden has shown his sympathy for those who are burdened with crippling debt for wanting to receive a higher level of education. This is something that he knows personally, as his family was not of the upper-class.

While student loan payments have been paused due to the COVID-19 pandemic, this will

be coming to an end on Dec. 31, 2022, leaving many Americans in turmoil as the financial crisis continues throughout the country. Due to this, President Biden is beginning to fulfill his promise of student debt forgiveness.

To qualify for forgiveness, you must make less than \$125,000 a year as an individual, or \$250,000 as a married couple. Those who received a Pell Grant, are eligible to receive up to \$20,000 of forgiveness, and those who did not receive a Pell Grant are eligible for up to

\$10,000 of forgiveness. Along with this, those who are in the military, employed by nonprofits or by federal or state government may be eligible to have all of their debts forgiven by the Public Service Loan Forgiveness program.

Although this forgiveness program may assist those who are eligible, there are other plans to help make loan payments more manageable when they continue in January 2023. President Biden and Vice President Harris have proposed that income-based payments be put in place.

This includes having borrowers pay no more than five percent of their monthly income on undergraduate loans, forgiving loans after 10 years of payments and ceasing to increase the amount of loans needing to be paid back as long as income-based loan payments are being made.

As the Biden-Harris administration continues to work towards accommodations for those in need of assistance, more resources have become available. For more information, visit studentaid.org/debt-relief/application.

Breast cancer awareness month

by Taylor Cotie

October is finally here, and the traditional fall colors are everywhere. I’m not talking about red and orange, but several shades of pink, the color of Breast Cancer Awareness Month.

Breast Cancer Awareness Month was first recognized in 1985. It was founded by the American Cancer Society and the pharmaceutical division of the Imperial Chemical Industries. Breast cancer is the most common cancer, and the

second leading cause of cancer deaths in American women.

So, what is breast cancer? Breast cancer occurs when breast cells mutate and grow out of control, which creates a mass tissue, also known as a tumor. It can invade and grow into other parts of your body as well. Although some may think breast cancer occurs mainly in older women, in rare cases it does affect women under the age of 45.

In the month of October, you will see pink everywhere, from sports teams to people in the

community. This is to honor the survivors, remember those who lost their lives to the disease and to support the progression we are making all together to defeat breast cancer.

Over the past several years, various awareness campaigns have saved women’s lives and have brought light to breast cancer. It is so important to raise awareness about this illness because thousands of lives can be saved each year if people are more aware of the signs and symptoms of it. Many tend to think breast cancer can only

affect women and although it is more common in women, the illness can also affect men.

To help support Breast Cancer Awareness month, GC has created an “On Wednesdays We Wear Pink” day, so all students and staff can help support by wearing pink on Wednesdays. When passing by the Pride Field, you may have also seen pink flags on display around the whole

field. This is for the memory and honor of those affected by or fighting this illness. If students would like to add one of their own, they can stop by the health center to make one for free.

Want a GC for the CURE T-shirt? Stop by the health center and grab yourself a pink or gray shirt for only \$15. All proceeds go towards the Relay for Life at Greensboro College.



Pink flags surrounding the Greensboro College Pride Field to honor those affected by breast cancer. Photo courtesy of Taylor Cotie



Meet the Pride

FOOTBALL, continued from page 1

forced two interceptions (Tyler Alston and Derek Smith) and scored a touchdown after Symieon Sheridan returned a fumble for his first collegiate score. The amazing defense displayed, as well as an offense on fire, led to the Pride taking a 35-7 lead into halftime, with hopes high among the students surrounding the field.

The Pride offense in the second half was held to just 3 points thanks to a Christian Burgess field goal in the third quarter. Despite the offense stalling out, the defense for the Pride stayed strong, holding SVU to just 7 points in the third. The fourth quarter got a little nerve-racking, as with three minutes left in the game, the SVU

offense had a chance to pull within one possession of the Pride. The GC defense came up big, however, and stopped a crucial 2-point attempt, keeping the lead at 10 points. As the final seconds ran down, the environment around Pride Field erupted as players, parents and students had just seen the first win on Pride Field since the team started playing on it.

Greensboro College defeated Southern Virginia 38-28 with the defense forcing four turnovers and the offense racking up over 550 total yards. This was a huge win for the program as it cements that this team is heading in the right direction.



Junior Wide Receiver Deaven Hawkins runs down the sideline after a catch.
(Photo courtesy of GC Athletics)



Photo courtesy of Breanna Adamick



Photo courtesy of Destinee Allen

By: Diana Castro-Vazquez



MEET THE ATHLETE

Austin Newsome

Year: Freshman

Plans after college: Austin wants to get a successful well paying job

Inspiration: Austin's family is his inspiration because they are the ones who always believed in him. So to achieve greatness with them by his side would be a major accomplishment.

Favorite memory: Austin's favorite memory is eating breakfast after long practices

Major: Undeclared

Sport: Swimming

How long have you been playing volleyball? 3 years

Favorite song while practicing? "Man in the Box" by Alice In Chains

Why GC?

Austin said that GC was a good choice for him because the coach was a good fit for him, because they gave an "at home feel"

Meet The Collegian

Alex Trepper

Year: Junior
Major/Minor: English Communication and History Minor: Sports media and Coaching
Favorite Color: Purple of any shade
Favorite Movie or TV Show: The Office/The Orville Favorite Movie: Cars and Coming to America
Role in Collegian: Sports Writer and Web team
Plans After College: Alex wants to either go to grad school and continue playing baseball or go straight into sports media.
Hobbies: Alex likes to watch sports, pick up basketball, and play ping pong
Favorite spot in Greensboro: Reynolds or the pride field
Zodiac Sign: Gemini

Photo courtesy of Alex Trepper

By: Diana Castro-Vazquez