

The Collegian

March 30, 2022

Volume 99, Number 9

Covid anniversary

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**by Diana Castro-
Vazquez**

This month marks the two-year anniversary of when Covid-19 took its toll in the entirety of the United States. The first reported case of Covid-19 in the United States was on Jan. 20, 2020. At first, everyone was curious. It was a new disease that affected the respiratory system. Nobody was genuinely scared, it was an isolated case in Washington state, but then it started to spread. It spread everywhere, all over the world. John Hopkins created a Covid-19 map where you can see all the Covid-19 related cases and deaths all over the world. In the present day, you can also see the number of vaccination doses that have been administered.

On March 3, 2020, North Carolina identified the first case of Covid-19. The infected person, from Wake County, had traveled to Washington state. Governor Roy Cooper said, "I know that people are worried about this virus, and I want to assure North Carolinians our state is prepared. Our task force and state agencies are working closely with local health departments, health care providers, and others to quickly identify and respond to cases that might occur." Despite this and all efforts, Covid-19 took over North Carolina in a matter of days.

All of a sudden, schools and businesses were being shut down. Many schools decided to take a two-week break from classes. Their plan was to resume school normally after these two weeks. Unfortunately, this was not the case. Instead of students returning to school after two weeks, students did not return to school until the next school year.

Every class was impacted, but arguably one of the most affected classes was the 2020 graduates. The 2020 class missed out on very important moments in their lives, most notably, they missed a proper graduation. The toll that



Photo courtesy of Livi Greco

Covid-19 took on every student is horrifying.

Many students struggled once their classes went online. Many students are visual learners, and they struggled greatly with all their work being online and having minimal contact with their teachers and peers. During the school year of 2020-2021, Covid-19 had been around for a couple of months already. The K-12 system provided an option for their students to go back to school in person, but it was not the same. Students were put into two groups: group "A" and group "B." Students in group "A" would go to school only on Monday and Tuesday and group "B" would go to school only on Thursday and Friday. All students would be online on Wednesday since schools cleaned the classrooms that day. Students also had the option to be online all week. Everyone was required to wear masks at all times and not allowed to be too close to each other. The classrooms had a limit of how many students could be in that class. Now, during the 2021-2022 school year, students have classes all week long.

When Covid-19 first hit, all GC classes were converted to an online format. GC students were on their spring break when they received an email from the school saying that they were extending spring break for another two weeks. They then received another email saying that school would not resume in person for the rest of the semester, and Zoom classes started in mid-March.

Josie Gold, a senior at

Greensboro College, has detailed her experience with Covid-19 and its impact on her education. Gold was a sophomore when Covid-19 first hit. She had three "normal" semesters before the pandemic; Gold says that each class was different. She is a musical theatre major, so she had classes that really require in-person experience.

She explained that for her dance classes videos were sent from her professor with the combinations, and they would send videos back with the learned choreography. Voice lessons were conducted via live Zoom, but Gold states that it was extremely difficult for her instructor to accurately and clearly hear what was happening on her end. In her other classes, she was given assignments and expected to complete them asynchronously.

This semester, many classes have resumed in-person. Gold believes that everyone is more comfortable with the digital format and the hybrid version of all the classes now than before the pandemic. We were obviously still "masked up" until a couple of weeks ago, which added extra complications to dance classes and voice lessons.

"Honestly, it is hard to remember pre-Covid life on-campus," Gold stated. "That is sort of terrifying and highlights how all-consuming this pandemic has been. I remember specific experiences and shows from that first year and a half, but this new normal has taken over my memory of my collegiate experience. My class is the last one that has had a complete Covid-free year at GC. It is so odd to reflect on the differences in experiences from year to year."

Covid-19 impacted students all over the world. And is still impacting them. It is important to give our support to all students that are having a hard time during the pandemic.



Photo courtesy of Breanna Adamick



Photo courtesy of Jonathan Abney



**Emma Musick at her high
school graduation.**

Photo courtesy of Emma Musick

Entertainment

By women,
for women



Juice
- Lizzo



Man! I Feel Like a Woman
- Shania Twain



Irreplaceable

I AM WOMAN - Beyoncé

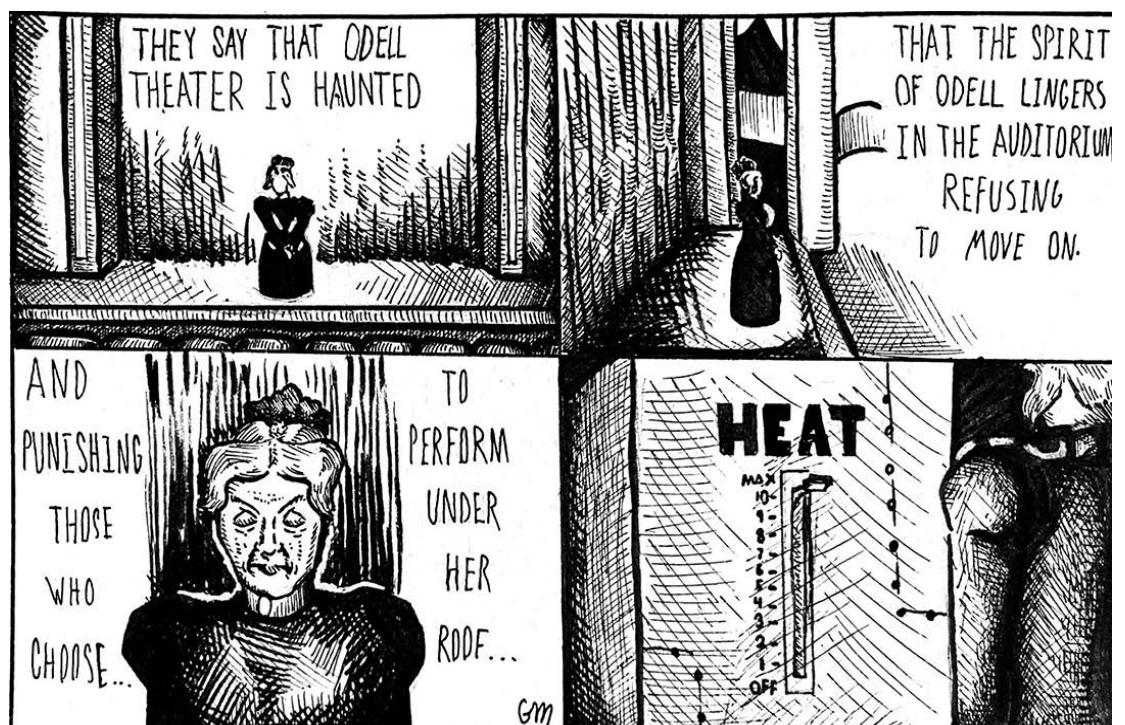
- Emmy Meli

9 to 5
- Dolly Parton



Agent Lint

by: Sarai Acosta



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by Josie Gold
Executive Editor

As we approach the final month of the school year, many students are looking for their next steps and attempting to imagine navigating a post-collegiate world. This thought is often daunting and overwhelming. There are so many unknowns and new possibilities that it sometimes feels easier to ignore the looming need to "figure something out" and avoid the reality that May is right around the corner.

This denial is largely due to the enormity of the task of taking this next step. For our entire lives, we have been in school. Expectations are typically clear, schedules are set, and days are planned. Now, we have more choices than have ever been available. While that is a beautiful and exciting thing, it also provides significant space for worry and stress. In the midst of classes, rehearsals and responsibilities, there is also the necessity of searching for what is coming next.

I believe that the best way to navigate a daunting task is to break it up into small, manageable pieces. Taking things one step at a time helps me to feel more in control and less overwhelmed. It is important to not put too much pressure on yourself and still enjoy your present moment. While it is necessary to put energy towards your future, if you exclusively spend your present stressing about your future, it will be the past before you know it. Taking time to truly be present and experience the world around you is essential to feeling fulfilled and enjoying your life.

Put yourself out there, do research and apply for opportunities for your future, but also trust that you have put the necessary effort into yourself to prepare you for the next step. In

What's next?

your time at college and in your life in general, you have been cultivating skills, fostering talents and learning new things to prepare you for what is coming next. Do not underestimate yourself and assume that you cannot do a job or apply for an opportunity if you have that skill set. Do not be the person that says "no" to yourself. Have the courage to try and to advocate for yourself. If you reject your own capabilities before you try, you are only limiting yourself and your possibilities.

It is also completely okay to acknowledge how terrifying all of this is. Change is scary and the seemingly endless choices that all appear to be just out of reach are anxiety-inducing and stressful. It is important to remember that this is a process. Everything will not work out instantaneously. It is perfectly normal to not have every single thing figured out or know exactly how to navigate every aspect of your goals. Start by figuring out one small thing you can do today. Accomplishing one small task is more beneficial than worrying about all of the big tasks and not accomplishing anything. That task can be spending a few minutes researching opportunities, looking into specific companies or sending an email. It may not seem like a big deal, but eventually, those small tasks will amalgamate into a plan and a path forward.

Worry and fear are a natural response to the unknown and the changes that come, but all worrying accomplishes is taking up your time. It is a distraction that camouflages itself because of its technical relation to your situation. You do not have to give worrying the power to eat away at your time. It is definitely a cycle that you have to train your brain to stop, but letting go of excessive worrying and stress, even a little bit, can make a huge difference in your overall health and outlook toward your

future endeavors.

Trust yourself. Trust your skills and accomplishments. Trust that you have spent valuable time bettering yourself and learning what you need to know. Trust that what you have done is enough and worthy of whatever your next step is. Your journey is just that: yours. It is important to remember that while it can be helpful and beneficial to receive advice, at the end of the day, the most important input is your own. You know yourself best, and you know what will spark joy for you in the future.

Give yourself space to figure things out. Have faith that your hard work and talents will turn into opportunities that are right for you right now. Take action to help this process along, even if that action is searching online for a few minutes or sending one email. Every small step helps, and putting good energy towards a goal while doing practical things to accomplish that goal is exponentially better than worrying and letting that fear create even larger problems that are more daunting than the task itself. Also, if your next step is taking a break and giving yourself more time to figure out what you actually want and need, that is totally valid. You define your path, and you do not need to compare yourself and your goals to anyone else. You know yourself and what you need. Trust that.

If you are not in the position to be looking for the next steps yet, keep looking for opportunities here to grow and try new things on campus. Create opportunities for yourself and find things that make you happy and foster your creativity. Most importantly, trust yourself. Trust that you have done enough to be ready for the next step. Breathe. Make an effort today to look forward, but still remember to appreciate your current moment.

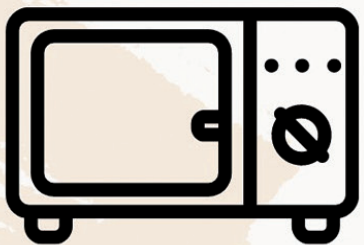
Livi's Lunch



Livi's Lunch

Dorm Cooking

Microwave Meals for Starving Students



Livi Greco March 2022

LUNCH/DINNER

Mac and Cheese Mug

½ cup Noodles
½ cup Water
¼ cup Milk
½ Shredded Cheese

Combine noodles and water with a pinch of salt and microwave for two-minute intervals until the pasta is cooked through. Stir in milk and cheese. Microwave for 30-second intervals until the cheese is melted.

Fried Rice

½ cup rice
1 cup water
Bacon (if desired)
Green onion (if you have it)
Frozen Veggies
2 Eggs

Soy Sauce Packet from the Chinese food you bought a month ago

Combine the first four ingredients and microwave for 6 minutes.
Whisk eggs with salt in a separate bowl or mug and microwave for 2 minutes.
Add frozen vegetables to the rice mixture and microwave for 1 minute or until the vegetables are cooked through. Mix the eggs with the rice mixture.

DIPS

IF YOU HAPPEN TO HAVE ONE OF THE SMALL HAND-HELD BATTERY-POWERED BLENDERS, HERE ARE SOME RECIPES THAT ARE NOT SMOOTHIES.

Hummus

Combine a can of chickpeas, a dash of oil-preferably a tasteless oil-, a tablespoon or two of lemon juice, salt and pepper. If you can find/afford tahini, add that too. Blend and season to taste. Serve with cut vegetables, potato or pita chips, or bread.

Guac

Blend 1-2 avocados, a red onion, and a few cherry tomatoes along with salt and pepper and hot sauce if desired. Serve with tortilla chips.

SNACKS

Potato Chips

Potatoes
Oil
Salt

Chop up one potato thinly, cover in salt and spray with oil. Spread out on a plate and microwave for 4-5 min, flip halfway through.

Baked Potato

Potato
Fillings for Baked Potato

Don't overlook a baked potato, both easy and filling, this can be made as a side or a snack.

Poke holes in your potato with a fork and pop it in the microwave for five minutes, open to let it cool for 15 seconds, then microwave it for three minutes. Fill with butter, sour cream and/or shredded cheese.

"Magic" Popcorn

Glass Microwave Safe Bowl
Microwave-safe plate
Or use a glass Tupperware if you have one, lid included.

Place popcorn kernels with salt and a tab of butter in the microwave for 3-5 minutes or until the popping has slowed. Voila! Popcorn!

Caramel version-
Follow the same as above but place a spoonful of sugar over the popcorn to let it caramelize!

BREAKFAST

Omelette

Eggs
Milk
Cheese

In a mug- Crack an egg, a splash of milk, cheese shreds, salt and pepper and mix with a fork. (Make sure to wash it before you use it) Add any veggies or meats you may have! One minute per egg, or until set.

Overnight Oats

½ oats
½ cup milk of any kind
Dried fruits, nuts, seeds
Cut up fruit

Combine all ingredients listed above in a glass jar. Stir well then refrigerate overnight. You'll have breakfast in the morning!

New art in Irene Cullis gallery

by Ashley Hawkes

The Irene Cullis gallery, located in Cowan, is showcasing new art from Greensboro College professors. The gallery features pieces of all shapes and sizes, using different methods and styles of each artist's taste and experience.

Adjunct computer graphics professor Micah Daw's recent pieces include a collection of abstract acrylic and watercolor paintings. Each painting features orb-like shapes in a colorful array. Although these abstract paintings may seem simple and sporadic to

the average audience, each piece uses intricate layers and details to convey a personal interpretation for each individual. Despite the unique design, Daw evokes an emotional response when looking at their pieces, portraying almost a human presence through his abstract work.

Another artist featured in the Irene Cullis gallery is art professor James Langer. Professor Langer's contribution to the gallery is a wide array of themes and methods, featuring both realistic and abstract pieces, portraying his true artistic talent from his

forty years of experience.

In Langer's piece "Bottom's Rock," he depicts his wife as a queen of fairies, using colorful acrylic paints to create depth and dimension of an ethereal scene that is unlike any other painting. The woman in the painting delicately holds a glass as she seemingly floats in a white gown. Placed next to her is a donkey-human hybrid that glumly sits on his stone. This piece is one of many in Langer's collection that evokes deep emotion from the audience using his great attention to detail and artistic abilities to create a painting

that truly comes to life.

Langer uses his platform as a professor of the arts to break down the walls of ethnocentrism in artistry. His piece that is featured in the gallery portrays two women from different backgrounds, yet using their similarities, Langer has composed one painting using the facial features of both German painter Albrecht Dürer's wife, and Frida Kahlo, who was a famous Mexican painter. Although they come from different cultures, Langer was able to see their similarities and put them together into one piece.

Through this piece and many others that are featured in the gallery, Professor Langer is able to use his skill to further diversity and inclusivity within the field of art and creative expression.

When visiting the Irene Cullis Gallery, you will experience not only a wide selection of painting styles and beautiful pieces but also barrier-breaking paintings, sketches and depictions of raw, real human experiences. Take in the beauty of the Irene Cullis gallery, located in Cowan.

Photos courtesy of Emily Gearhart



Spring has sprung

A new beginning

by Isabella Ruiz

The blooming of bright, beautiful flowers, the warmer weather and wanting to be outside more are all things that are to be associated with the upcoming season: spring. We have had a very long winter with many snowfalls. During these times, it was hard to be outside and enjoy nature because of the brutal weather. Now that the weather is warming up, many people are starting to want to spend more time outside. There are many upcoming events here in Greensboro that celebrate spring and that are soon approaching.

The first event is the Spring Fest on April 9 at Harvest Church. This event

is family-friendly and is from 1:45-3:45 p.m. The activities include an egg hunt, bouncy houses, face paintings and food. This is a fun activity to start off the spring season. Kids will be able to play outside, and not only celebrate spring but also a major holiday, Easter. The event will happen rain or shine, so there will be plenty of activities planned no matter what the weather will be during that day!

In addition, there was an event that happened on March 20 that kicked off the spring season early. It was called the “first day of spring pop-up shop” and was held at Greensboro Cultural Center. This sold-out event occurred from 2-4:30 p.m. It included

many vendors offering things such as clothing, art, jewelry and even food.

This event was also family-friendly and was a good way to get to see the different types of things that local people make. By having this pop-up show at the beginning of spring, people were able to see what types of things in different categories are up and coming for the start of this new season.

Last but not least, there is a Spring Festival at Monroeton Elementary School in Reidsville on April 16. This family-friendly festival will be from 10 a.m. – 4 p.m. and will consist of games for kids as well as food. This event is another way for kids to interact with each other outside! These events are

also good for their social interaction since festivals have not occurred much in the past couple of years.

With the new weather coming and the restrictions due to COVID-19 being lifted, there are many events that are happening in the area for people of all ages. These events contain many different types of activities so there will be something for everyone. Finally, it is time to enjoy social interaction by participating in activities as a community, while enjoying the beautiful warm weather and the season of new growth that is approaching us.

Shades of spring

by Saiir Foy-Coles

Flowers are once again blooming, birds are back to chirping and groundhogs are back outside running about. The very essence of spring marks an important change for many interesting creatures. Among those interesting creatures exists the students and faculty members of Greensboro College. Everyone has their favorite colors and hues, but what colors do we associate with certain ideas like seasons? Since spring is here, it is the perfect time to ask people at the college a simple question: What color do you associate with spring?

In total, 42 students and faculty of Greensboro College were asked what color they associate with the season of spring. There were seven categories starting out: red, orange, yellow, green, pink, blue, purple. Almost every answer given fit into one of the categories. Some of the answers given did not fit into any category. To my surprise, someone even answered black. A separate category was created, and it was titled “other” for the more unique and obscure colors not normally associated with spring.

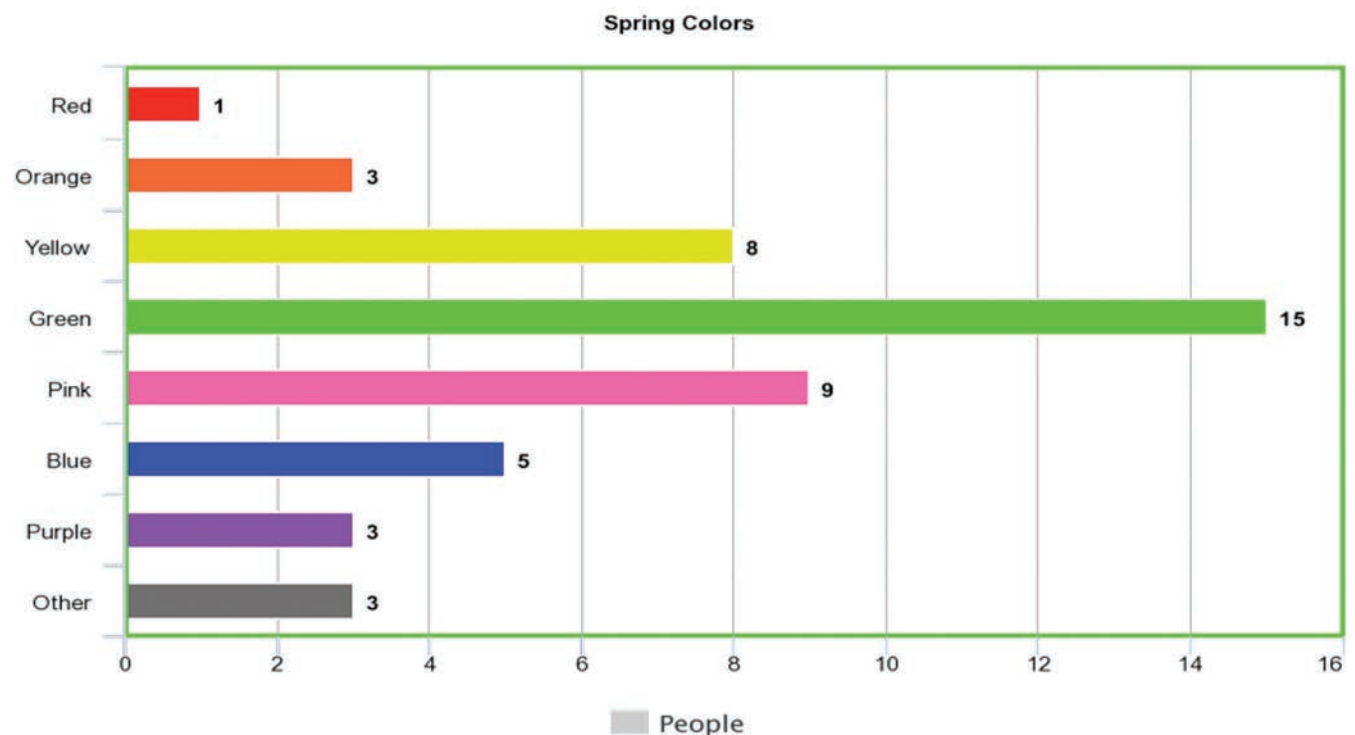
People were pretty eager to answer their favorite colors on the fly, and most were even happier to explain their reasons why. This made asking a good number of people pretty simple. The

most common answer was green. That made sense, since spring is, even in name, a reference to the return of green among plants and the environment: trees regaining leaves, grass regrowing. The second most common color was pink. Many people who answered pink said that this was a pretty color, one associated with softness and warmth. These qualities are also found in nature

and in life, both of which encompass the beauty of spring. The third most-common answer was yellow. It should be noted that no person who selected yellow referred to their selection as “yellow.” The answers given were such as “lemon,” “gold,” “honey” and other various shades of yellow. These colors are associated with springtime occurrences. Sunlight, dandelions, bees and

more. Those who said yellow appeared the most comfortable about their decision.

Personally, the color I associate with spring is green. I thought it was fun that others thought of their favorites differently, and hearing their unprompted explanation was refreshing. Maybe I will take similar quick-paced surveys in the future.



How can I help? Women's Resource Center

by John O'Shields

In the early 1990s, Women's Resource Center of Greensboro (WRC) was conceived from the discussions of Greensboro residents Marian O'Connor Franklin, Vivian Lutian, Ashley Brooks and Susan Sassmann. The area had community programs aplenty, but they were disjointed and there was no central service to connect women to the resources they could benefit from. In the beginning, the services included, but were not limited to, peer advocacy, job-training, a free attorney hotline and a place for women to communicate about available resources. In the first year the WRC worked with approximately 800 women, whereas today that number is over 9,000.



The organization not only works to connect women to resources in the community, it also provides a platform for people and organizations to reach out and assist members of the community with specific training or special events. Some "workshops" are for just women, some are for everyone. These events vary in topic; some are more financial in nature, like their

How to Budget During your Job Search on March 22. Others are tailored to help with more emotional or social needs, like Moving Beyond – Sexual Violence Educational Support Group that also happened on March 22. If any of these events interest you, please view their monthly calendar at https://womenscentergso.org/?page_id=656.

As stated on their website, the WRC strives to connect women with "the tools and the environment for women to use their intelligence and strength to create their solutions." This organization sees the value in all people and works to "treat all people with respect and ... honor their individuality and diversity."

If you would like to support this organization there are many easy ways to do so. There is the option of monetary donation, which is used to support the organizations and the

services they offer. They also have a number of volunteer opportunities in a variety of positions, some in the agency side like data entry and reception work, and some in the more direct support area like program evaluation. They also offer internships for undergraduates in various fields. Please use this link to their website for more information on donations, volunteer and internship opportunities https://womenscentergso.org/?page_id=54.

If you are interested in participating in any of their workshops or support programs, you can use the earlier URL to the event calendar and see if any interest you. Masks are required for in-person visits, but most events should have a zoom option if requested. I hope you take the opportunity to reach out and show your support to this organization and help our community.

Vaping pros and cons

by Breanna Adamick

For years on end, smoking was all the rage. It gained popularity especially around 1919, after World War I, and has only seen a decline in recent years due to the newer trend called "vaping." To some, seeing a decrease in smoking can only be a positive thing, while others are highly skeptical of these new vaping devices. So, which is it, really? Could it be a little of both?

The expression "vaping," much like "smoking," comes from the knowledge of what we inhale as we use cigarettes or vaping devices – also known as vape pens or e-cigarettes. E-cigarettes come in a variety of shapes and sizes, but they all do the same thing. Puffing on a vaping device activates a battery-powered heating device, which then heats the liquid within the device's cartridge and turns it into vapor which is then inhaled.

While most agree that inhaling water vapor is highly preferable to smoke, the dangers to vaping lie in what the liquid within the cartridge contains. Once vaporized, whatever chemicals were in the liquid are inhaled into the lungs as well as released into the bloodstream. While studies have been able to suggest that vaping is less harmful than cigarette smoking, there is still

evidence to indicate that vaping is less than beneficial for one's health, especially when considering the chemicals involved.

"Your lungs are not meant to deal with the constant challenge of non-air that people are putting into them – sometimes as many as 200 puffs a day – day after day, week after week, year after year," states Dr. Thomas Eissenberg, a tobacco research expert at Virginia Commonwealth University.

Although vaping and smoking differ in the key way of water vapor and smoke, they share at least one, if not several, concerning commonalities when it comes to the particulars of what is being breathed in. Nicotine is a chemical both cigarettes and many e-cigarettes contain. Being a highly addictive and harmful substance – carcinogenic, even – it is a cause for concern that e-cigarettes share this ingredient with regular cigarettes.

According to the U.S. National Institute of Health, other potentially harmful chemicals specific to vaping are Vitamin E acetate – a thickening agent (used particularly in THC-containing products) that is a "chemical of concern," according to the CDC, among people with vaping-associated lung issues. There is also propylene glycol, a substance in some cosmetics that is not meant

to be ingested, as well as artificial flavors that are edible but not meant to be inhaled.

"All [of] those are heated up in this little reactor, which is an e-cigarette," Dr. Eissenberg explains. "When they get heated up, those components can turn into other potentially dangerous chemicals."

We would like to be able to say that vaping is conclusively safe or at least certainly safer than smoking. However, given the lack of long-term knowledge and research about e-cigarettes, unlike the extensive and proven evidence about cigarettes, it is not currently possible to confidently state that vaping is safe and undoubtedly less harmful. With several recent reports of vaping-related lung issues and injuries, however, it seems fairly unlikely that e-cigarettes could be deemed completely "safe."

In the grand scheme of things, e-cigarettes have been beneficial to us in the sense of helping some smokers quit regular cigarettes. So, while vaping may not be necessarily good, it can for right now be largely considered better than smoking an actual cigarette. Ideally, no one would ever smoke, but since that is far from realistic, vaping can provide harm reduction, to both the user and the bystanders.

Therefore, while it is better to

avoid smoking and vaping alike, if you must use one or the other, inform yourself of the potential risks and be wary of the many companies out there who do not have

their customers' best interests at heart. There is research available on vaping devices and their risks, but ultimately our choices are our own.

Quick Facts about vaping

1. So far, it is less harmful than smoking, but still not safe
2. Recent studies suggest links between vaping and lung disease and asthma
3. E-cigarettes are just as addictive as regular cigarettes
4. E-cigarettes are not FDA approved as smoking cessation devices
5. Vaping weakens the user's immune system

Meet The Collegian



Meet The Collegian
By: *Diana Castro-Vazquez*

Isabella Ruiz

Year: Sophomore
Major/Minor: English and Communication; Psychology
Zodiac Sign: Sagittarius
Favorite Color: Yellow and lavender! They just give off good positive vibes!
Favorite Movie or TV Show: 10 Things I Hate About You; One Tree Hill
Role in Collegian: Writes articles mainly about current events and Holidays!
Plans After College: Isabella plans to go to Grad school in London, England.
Hobbies: Traveling, listening to music, being outside, wrestling, and hanging out with her friends and family.
Favorite spot in Greensboro: Downtown, specifically the park and the Green Bean Cafe!



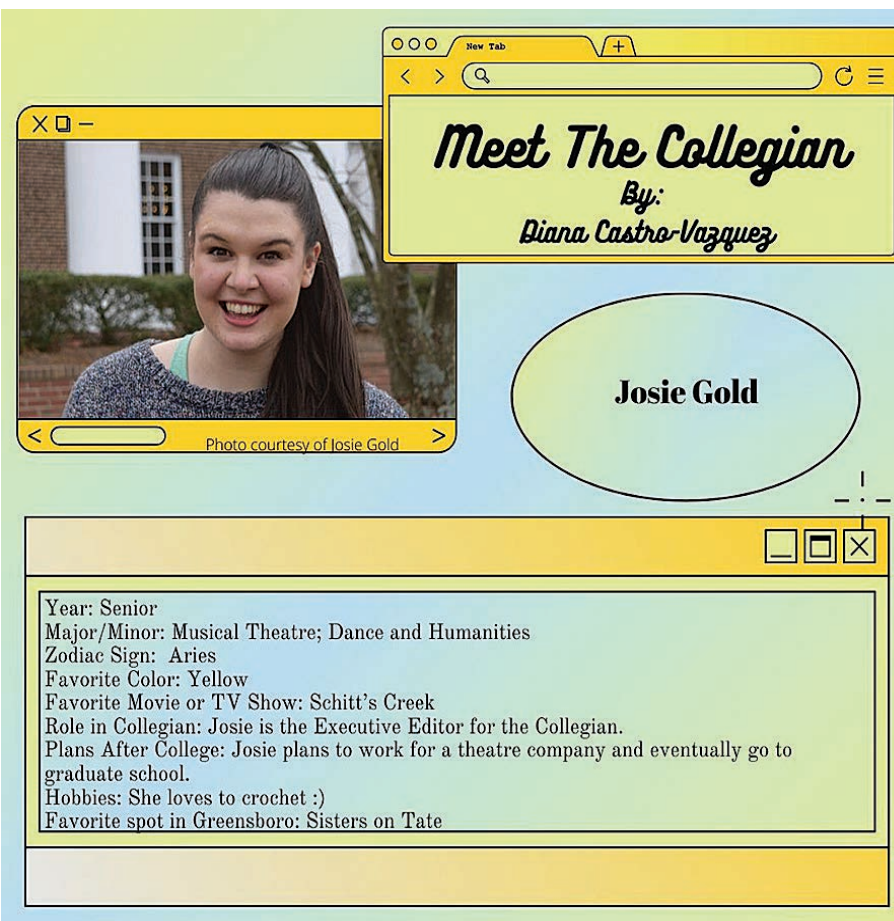
JOIN THE COLLEGIAN STAFF



If you like photography, writing, marketing or editing, join the Collegian!

As the school's student-run newspaper, we are dedicated to providing a voice for all students and are an organization where our staff can freely express themselves.

Come to our meetings on Tuesday and Thursday in the Cowan Lecture Hall at 12:45 p.m. to join us!



Meet The Collegian
By: *Diana Castro-Vazquez*

Josie Gold

Year: Senior
Major/Minor: Musical Theatre; Dance and Humanities
Zodiac Sign: Aries
Favorite Color: Yellow
Favorite Movie or TV Show: Schitt's Creek
Role in Collegian: Josie is the Executive Editor for the Collegian.
Plans After College: Josie plans to work for a theatre company and eventually go to graduate school.
Hobbies: She loves to crochet :)
Favorite spot in Greensboro: Sisters on Tate

YOUR FEELINGS
ARE VALID

YOU ARE
DOING THE
BEST YOU CAN

YOU ARE
WORTHY AND
LOVABLE

IT IS OK TO
START OVER
AND TRY AGAIN

NOTE
TO
SELF

IT IS OK TO
SAY NO

IT IS OK TO
ASK FOR HELP

YOU WILL BE
OK

YOUR
BOUNDARIES
ARE IMPORTANT