

# The Collegian

Feb. 23, 2022

Volume 99, Number 7

## An annual prediction

by Isabella Ruiz

Multiple snowfalls a year and snow covering the ground everywhere you go is normal in some places, but not here in Greensboro. A snowfall once a year is normal; however, we have had it snow more than once this year, and it is only February.

Some people love the snow. They love the snowflakes falling and being able to go outside or stay in and admire the glistening snow on the ground. Some, on the other hand, despise the snow and the cold weather in general. They believe that the snow is too chaotic and can become annoying. It can make it hard to go places, such as school or work.

Although the weather cannot be predicted 100 percent accurately, there are some traditions that people rely on to help predict the weather. One of those traditions is Groundhog Day.

This year, Groundhog Day was Feb. 2. It is an annual occasion where the groundhog comes out of its hole at the end of hibernation. If the groundhog sees its shadow when coming out, then it is said that there will be six more weeks of winter. If the groundhog does not see its shadow, then it is said that spring will be on its way shortly.

Groundhog Day originated in Punxsutawney, Pa., and has since become an annual tradition that many people celebrate and look forward to. The name of the groundhog is Punxsutawney Phil, and he has been the only groundhog

to do this tradition ever since it began in 1886.

This year, the groundhog predicted that there would be six more weeks of winter. Although this is not completely certain, it can still give people an idea of what to expect for the next month and a half. Those who love winter can be excited and maybe even hope for another fall of snow.

For those who are ready for spring, this will give them a chance to prepare themselves for a longer season of the type of weather that they do not like. The groundhog can give them an estimation regarding when the warmer weather will arrive.

For most college students here at GC, we are lucky that we have a small campus, so we are able to walk to class, and the weather does not particularly affect us, but it will affect our professors since they have to drive to campus. Since we have had many unusual snowfalls this year, it is a good thing that we have all been used to online classes, so it is not as much of an inconvenience if we have to have last-minute class online.

As spring sports such as softball and baseball are approaching, it is no doubt that many of the players are ready for the warmer weather and are disappointed that the groundhog predicted six more weeks of winter.

Alex Prillaman, a third-year softball player here at GC, thinks the groundhog's prediction of colder weather will impact some of the softball schedule; however, she

does not think it will affect their ability to win this season.

"I think it will make some of the games be postponed if we do get snow, but I feel that if we play to our potential, no matter how cold it is on the field, it will be okay in the

end when we finally get the win," Prillaman said.

Even though the cold weather may be fun for some and not fun for others, there are people on campus who have confidence in their abilities to achieve what they want, regardless of the weather.



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**New baseball coach**  
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GC has our own groundhogs that live on-campus. The Collegian's mascot is this groundhog, illustrated by Gavin Mann.

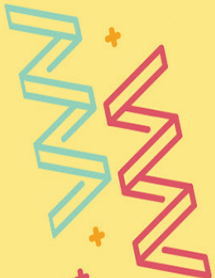
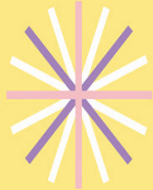


## "Pick-me-up" Music



I'm Still Standing -  
Elton John

Kiwi - Harry Styles

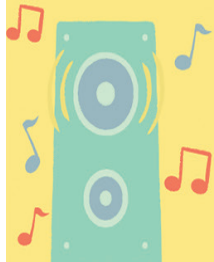


I Want to Break  
Free - Queen

Walking On Sunshine -  
Katrina & the Waves



Determinate -  
Lemonade Mouth



Any many more!



## It's Never Too Much.

by Sarah Acosta





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## Find what works

by Josie Gold  
Executive Editor

As the mid-semester approaches, it is important to check in and recognize when you are feeling burnt-out, overwhelmed or are on your way to those fatigued states. It is honestly shocking that we are so close to the mid-way point of this semester. Because of its virtual beginning, I have often felt like I was “waiting for the semester to get started.” Easing back into the on-campus routine was delayed, so that adjustment period and comfortability with one’s schedule and requirements have been condensed. As deadlines approach and mid-semester grades are due, it is important to finish all of your assignments and responsibilities, but this should not come at the expense of your mental well-being and your ability to have the energy to complete your other work after mid-semester grades are due, through the end of the semester.

An important strategy in combatting academic stresses is knowing yourself and your capabilities. Personally, there are times during the day when I feel drastically less motivated than others. No matter what I do, there is no way I can focus on anything important at that time of the day. I would often get frustrated with myself and panic that I would not have enough time to complete every task that I need to accomplish. Instead of putting that pressure on myself to constantly work, no matter what signals I am getting from my mind that I need to stop, I have discovered what times in the day work best for certain tasks.

I am assuming that this is not going to be a popular option, but I think most clearly and work the best in the mornings. This semester especially, I

have been waking up at least an extra hour before I need to and working on assignments that I physically could not think about the night before. This has made me much more productive and proactive in these last few weeks, and it is a habit that has helped me to accomplish more goals and feel significantly less overwhelmed.

You have to figure out what works for you. Maybe you think best at night, and you can carve out a chunk of time to focus on work and complete your assignments. Maybe you are an afternoon person, and if your schedule allows, you can give yourself time to finish your work then. Figure out your best personal schedule and try different options. You will feel which one works best for you, and it will hopefully help provide some routine and stability to your work schedule.

Once you find your personal best time to work and focus, I find it helpful to have a strategy for the most efficient way to work. When I have a substantial assignment to complete, it can be daunting to think of all of the elements of that task that need to be completed. I am a list person, so it is beneficial for me to write down everything that needs to be done, whether that be for one assignment, my work for the week or any other task that takes multiple steps to complete.

I also find it most effective to “popcorn” my assignments. “The idea of writing a 20-page paper right now seems impossible, so I will just wait until later to start,” becomes a dangerous habit very quickly. Instead of becoming overwhelmed with the volume of a task, I break it up into smaller pieces. I will write my outline, then I will do another small task. I will write one page, or I will

write out one idea, and then I will do something else for a few minutes. This division of work helps me not to become overwhelmed and put more efficient brainpower towards a task. Because I only have a small section to do and there are other things on my mind in between, I come back to the assignment fresh and ready to tackle the next section.

Sometimes this method becomes confusing and daunting in and of itself, particularly if there are a large number of assignments that I am switching between. It is important to gauge when a strategy is becoming more of a hindrance than a help and adjust. If this “popcorn” method seems too chaotic, maybe try setting timers for yourself for how long you need to work on an assignment, and then take a break for a few minutes. Your work time/break time ratio can depend on your personal needs and current level of brainpower, how quickly your due date is approaching or both. The main idea here is to experiment with different methods of working to find the balance between completing everything that needs to be done while also taking care of yourself and giving yourself space to take breaks and breathe.

This semester simultaneously seems to be taking its time and flying by so fast that I cannot believe it is the end of February. In the next few weeks, if you are feeling overwhelmed by your workload or whatever else may be on your plate, try some different tactics to accomplish your goals. Experiment and see if you feel more productive or, at least, more in control of your schoolwork and not the other way around.



## Women's basketball: division champs

By Alex Trepper

Here at Greensboro College, we bleed green and white, and lately, the student body has been out in full force supporting our outstanding women's basketball team.

It is rare in Division III basketball for students to feel so proud of their team that they rush the field or court, but that is exactly what happened on Feb. 9 when Greensboro's women's basketball team defeated Southern Virginia, 83-78, to clinch both the USA South East Division and the regular-season title.

The buzz on campus is electric as students are starting to realize just how good this team is. Head Coach Heather Macy has taken this team to a whole other level as they have outscored opponents by an average of 26.6 points a game, shooting 44 percent from the field. They are averaging seven more steals than opponents in addition to

averaging 15 fewer turnovers.

"What we are seeing this team do is something out of a video game," was the only way that Peyton Ebel, a fan, and senior at GC, could describe just how well this team is playing.

After a fantastic regular season, the Pride is heading into the conference tournament with a lot of confidence, and the student body is expecting and hoping that they bring another USA South title home.

"What a season for our Pride women's basketball team and we wish them luck as they strive to achieve more greatness," stated Vice President of Academic Affairs Dan Malotky, which goes to show the support that the administration has for the team.

After finishing the regular season 24-1, this team is being criminally underrated on the national stage heading into the postseason. It is absurd that this team has beaten

four regionally-ranked teams and one nationally-ranked team and can't even sniff the national rankings. While in a few coaches' polls they have received votes, nobody is putting respect on these young womens' names. There are teams with 3-6 losses and fewer wins than our GC women's team who have been ranked all season while our conference-winning squad can't get any recognition.

National recognition is not all this team wants; this team wants to win and win some more and then keep winning, as they don't just have their sights on the USA South title, but the national title as well. There is no doubt that this amazing team will get a bid to the NCAA DIII championship tournament, and based on their dominant regular season, students should not be surprised if they are driving to Illinois to watch them compete for the natty.



Students out in full force as Greensboro knocked off Southern Virginia.

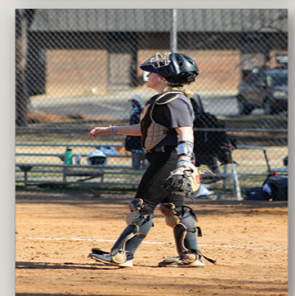
Photo courtesy Destinee Allen



### 1ST MONTH OF GAMES

Date	Time	At	Opponent	Location
February 19, 2022 (Saturday)	1:00 PM	Home	Ferrum College	Greensboro, NC / <a href="#">Latham Park</a>
February 19, 2022 (Saturday)	3:00 PM	Home	Ferrum College	Greensboro, NC / <a href="#">Latham Park</a>
February 23, 2022 (Wednesday)	2:00 PM	Away	Surry Community College	Dobson, NC
February 23, 2022 (Wednesday)	4:00 PM	Away	Surry Community College	Dobson, NC
February 26, 2022 (Saturday)	10:00 am	Neutral	Arcadia University	Raleigh, NC / Walnut Creek Softball Complex
February 26, 2022 (Saturday)	3:00PM	Neutral	McDaniel College	Raleigh, NC / Walnut Creek Softball Complex
February 27, 2022 (Sunday)	9:00 AM	Neutral	Denison University	Raleigh, NC / Walnut Creek Softball Complex
February 27, 2022 (Sunday)	2:00PM	Neutral	LaGrange College	Raleigh, NC / Walnut Creek Softball Complex
March 2, 2022 (Wednesday)	1:00 PM	Away	Randolph College	Lynchburg, VA
March 2, 2022 (Wednesday)	3:00 PM	Away	Randolph College	Lynchburg, VA
March 9, 2022 (Wednesday)	2:00 PM	Away	Brevard College	Brevard, N.C.
March 9, 2022 (Wednesday)	4:00 PM	Away	Brevard College	Brevard, N.C.
March 13, 2022 (Sunday)	1:00 PM	Home	Ithaca College	Greensboro, NC / <a href="#">Latham Park</a>
March 13, 2022 (Sunday)	3:00 PM	Home	Ithaca College	Greensboro, NC / <a href="#">Latham Park</a>
March 17, 2022 (Thursday)	2:00 PM	Away	Roanoke College	Salem, VA
March 17, 2022 (Thursday)	4:00 PM	Away	Roanoke College	Salem, VA
March 19, 2022 (Saturday)	2:00 PM	Home	Bridgewater College	Greensboro, NC / <a href="#">Latham Park</a>
March 19, 2022 (Saturday)	4:00 PM	Home	Bridgewater College	Greensboro, NC / <a href="#">Latham Park</a>

**COME OUT AND SUPPORT  
THE GC SOFTBALL TEAM!**





# Baseball

## Welcoming new assistant baseball coach

by Ashley Hawkes

Joining the Pride this season, from foe to friend, is new assistant baseball coach, Michael Milian. Coach Milian is coming to us from our rival school, Guilford College, where he was assistant coach.

Milian has always had an attraction to baseball, even from a young age.

“From the time I was born and brought home from the hospital, I had a baseball in my crib. Baseball has always been a huge part of my life and has become where I find my dreams and aspirations to be,” said Milian.

With baseball being a lifetime passion of his, from birth, playing through college at Brunswick Community College, William Peace University and then finding his way into coaching in the Old North State League, Guilford College and now for Greensboro College, Milian’s life has always been intertwined with the American pastime that is baseball.

After taking the job of assistant coach here at GC, Milian began to think of his new aspirations and dreams for himself and the team.

“I expect for me as an assistant coach to work as hard as I can each and every

day to become the best resource and coach for these young men. My goal is for each and every player to say the day I was hired was the day their career and their life became better. The day they gained someone who will always put his players first, showed and displayed an incredible work ethic, and most importantly, gained a mentor or role model who they can go to with anything on and off the field.”

Coach Milian plans to make every day with his players, on and off the field, inspiring with great impact.

Although Milian himself is no longer

playing the game he loves, he is still finding ways to be involved and make a difference in the game. Whether it be through coaching, being an analytic statistician or even just a friend, Milian’s goal is to make an impact on the game and every player he comes in contact with.

Assistant Coach Michael Milian undoubtedly is going to add to the winning culture of our baseball program and bring his positivity and light to GC. Welcome to the Pride, Assistant Coach Michael Milian.



### 1ST MONTH OF GAMES



Date	Time	At	Opponent	Location
February 26, 2022 (Saturday)	2:00PM	Home	Brevard College	Greensboro, NC / Truist Point Stadium
February 26, 2022 (Saturday)	5:00 PM	Home	Brevard College	Greensboro, NC / Truist Point Stadium
February 27, 2022 (Sunday)	1 PM	Home	Brevard College	Greensboro, NC / Truist Point Stadium
March 1, 2022 (Tuesday)	2PM	Away	Guilford College	Greensboro, NC
March 4, 2022 (Friday)	6:30 PM	Neutral	Denison University	Mount Berry, GA
March 5, 2022 (Saturday)	4:30 PM	Neutral	Adrian College	Mount Berry, GA
March 6, 2022 (Sunday)	2:30 PM	Away	Berry College (Ga.)	Mount Berry, GA
March 9, 2022 (Wednesday)	4:00 PM	Home	Guilford College	Greensboro, NC / Truist Point Stadium
March 11, 2022 (Friday)	4:00 PM	Home	Adrian College	Greensboro, NC / <a href="#">Ted Leonard Park</a>
March 12, 2022 (Saturday)	2:00 PM	Home	Adrian College	Greensboro, NC / Truist Point Stadium
March 13, 2022 (Sunday)	2:30 PM	Home	William Peace University	Greensboro, NC / Truist Point Stadium
March 15, 2022 (Tuesday)	4:00 PM	Home	University of Lynchburg	Greensboro, NC / Truist Point Stadium
March 16, 2022 (Wednesday)	4:00 PM	Home	St. Anselm	Greensboro, NC / <a href="#">Ted Leonard Park</a>
March 19, 2022 (Saturday)	1PM	Away	Pfeiffer University	Misenheimer, NC
March 19, 2022 (Saturday)	4PM	Away	Pfeiffer University	Misenheimer, NC
March 20, 2022 (Sunday)	2PM	Away	Pfeiffer University	Misenheimer, NC
March 22, 2022 (Tuesday)	4PM	Away	Roanoke College	Salem, VA
March 26, 2022 (Saturday)	1:00 PM	Home	Methodist University	Greensboro, NC / <a href="#">Ted Leonard Park</a>
March 26, 2022 (Saturday)	4:00 PM	Home	Methodist University	Greensboro, NC / <a href="#">Ted Leonard Park</a>



**COME OUT AND SUPPORT  
THE GC BASEBALL TEAM!**

# Around Town



Livi's Lunch

## Lunch Under \$12

*Boujee Brunch on a Budget*



### Healthier Options

#### Ghassan's-

(can probably get two meals for around \$12)- Modern Mediterranean. The menu includes falafel, gyros, platters and more. Great for vegan/vegetarian diners.

#### Poke Bowl-

Sushi and poke bowls! Also, bubble tea. Great for all dietary restrictions.

#### Jerusalem Market on Elm-

This menu includes traditional Jewish, Mediterranean and middle eastern classics. A small market is also inside. Great vegan/vegetarian offers.

### Unchanging Chains



#### Noodles and Co-

Pasta from all over the world. They have many vegetarian options and a few gluten-free offers.

#### Pita Delight-

Fast-food meets Mediterranean. Available for sitting down or to go.

#### Smoothie King-

My new obsession. Extensive menu with healthy smoothie offerings. It makes you feel good about yourself.

#### Pieology-

Pizza your way all day, baby

#### Moe's-

Tried and true and loved.



### Not-so-healthier Options (But so delicious!)

#### New York Pizza-

Authentic! Smells great, even from the outside.

#### China's Best-

Great for vegan/vegetarian options, worth the third-party delivery fees if you can not drive!

*\*Don't disregard grocery stores- Whole Foods has a GREAT hot food bar with reasonable prices for lunch.*



## Get involved with Village 401

by Breanna Adamick

More often than not, we are all looking for ways to get involved in various activities, events and organizations here on campus. As far as clubs go, there are many great options available. While some are fit for anyone, others can be a bit more selective. One organization that is welcoming to all who are interested is Village 401, a Religious Life program named for the last three digits of Greensboro's zip code.

Village 401 is an organization dedicated to connecting the college community through a variety of volunteer opportunities. The organization partners with other colleges in the area, as well as health agencies, nonprofit organizations, businesses and more.

Volunteer opportunities include, but

are not limited to, the food pantry, Martin Luther King Jr. Service and Remembrance Day, an urban garden to work in and the annual Relay For Life event, which works to raise money for cancer research. An exciting event coming up in March for Village 401 is their "Alternative Spring Break," which promises a fun and insightful group trip featuring service, museum visits and lessons from local leaders.

The Village 401 program and events are largely organized by students and those who are dedicated to raising awareness about social justice and creating a group space to explore leadership through service. By joining Village 401 in their mission, you can do impactful service with a group of like-minded individuals by your side.

"I wish people would understand

how volunteering can provide opportunities not only to feel good about yourself, but also to gain leadership skills, learn about your community and seek possible career opportunities in a non-profit setting," said campus chaplain Dr. Robert Brewer, an involved leader of Village 401.

It is very easy to become involved with the Village 401 program here on campus. Student leaders and volunteers are currently needed for various positions for the organization of events such as Relay For Life, and to continue growing and supporting the important

program. Students who are eligible for work-study can also contribute within the Village 401 office to help organize, promote and educate others about the needs of the Greensboro community and beyond.

If you are looking for something rewarding and meaningful to do here at Greensboro College, and in the Greensboro community, look no further than Village 401. Their office is located on the first floor of the student center, and the door is open to all who are interested.

### Alternative Spring Break

MARCH 7 - 11  
UNCG AND GREENSBORO COLLEGE

Learn more about Greensboro.  
Engage in volunteer events.  
Visit museums.  
Talk with community leaders.  
Breakfast and lunch provided.



Scan to apply

APPLICATIONS  
DUE FEB 25  
COST: \$25.00

Poster created by Dr. Robert Brewer.

### Not all wounds are visible

By: Kilee Kemp



Did you know that over 35% of athletes suffer from some kind of mental illness? It could be anxiety, an eating disorder or depression and they do not speak up about it.



#### Why is it important to get help?

- Talking can be a powerful tool in inspiring others and showing that you are not alone
- Talking about mental health can prevent burnout
- This helps reduce mental health discrimination
- Sharing your stories can help you find closure and heal



# Meet the Collegian

## ZODIAC ZONE


By: Karin Powell


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

### SCORPIO

OCT 23 - NOV 21

Beware of stinging yourself this season. Your piercing wit may have gotten too sharp and is not only affecting others but yourself as well. Let others know you care by allowing yourself to take a set back and really listen to their problems.





### GEMINI


MAY 21 - JUN 20


You will be receiving a wave of confidence. Use this to your advantage and create some meaningful relationships. Remember confidence is a good thing but there is a fine line between confidence and arrogance.

### SAGITTARIUS

NOV 22 - DEC 21

This is a good time for you to plan a trip. Whether it be thirty minutes away or three hours away now is the time to plan that trip that you have always wanted. Try bringing a friend you have lost contact with to rekindle a friendship.








Photo courtesy of Diana Castro-Vazquez

## Meet The Collegian

By: Karin Powell and Diana Castro-Vazquez

### Diana Castro-Vazquez

Year: Freshman  
Major/Minor: Special Education Adapted Curriculum, Spanish  
Zodiac Sign: Leo  
Favorite Color: Red  
Favorite Movie or TV Show: Criminal Minds  
Role in Collegian: Writes articles for the reader to enjoy  
Plans After College: Diana wants to start as a teacher and eventually become a therapist  
Hobbies: Read  
Favorite spot in Greensboro: Tate Street Coffee House




Photo courtesy of Emily Gearhart

## Meet The Collegian

By: Karin Powell and Diana Castro-Vazquez

### Emily Gearhart

Year: Freshman  
Major/Minor: Music - Voice Performance; Minor-TBD  
Zodiac Sign: Scorpio  
Favorite Color: Turquoise  
Favorite Movie or TV Show: Criminal Minds  
Role in Collegian: Photographer  
Plans After College: Emily plans to go to Grad school  
Hobbies: Music, photography, travel  
Favorite spot in Greensboro: The Green Bean