Becoming part of the Pride at Greensboro College

by Ashley Hawkes

With back to school upon us, there are some uncertainties that come with starting classes again. Whether it be getting back into the rhythm of the school year, having new classes and unfamiliar professors or even making new friends, Greensboro College is here to help ease the worry with a number of resources to help you feel more comfortable being a part of the Pride this year.

Attending Greensboro College means having many on and off-campus activities to help students feel more at home. With activities such as year-round sports, annual activities including Late Night, schoolwide games of bingo and captivating magic shows, there is something to offer for every student.

There are also a variety of clubs offered on campus that range from our sorority, Alpha Xi Delta, student government, the Fellowship of Christian Athletes and various other faith-based groups, as well as groups that are student-led, such as the United African-American Society and many other organizations that bring opportunities to get involved on campus.

However, Greensboro College is not all about fun. The school also offers student and faculty tutoring sessions that can be scheduled in the PEAK in Main building. Each student can get the help they need to further their success here at GC. Along with tutoring, counseling services are offered to help with the stress that comes with starting a new school year. Students can find the help they need in room 325 of Main Building or by emailing health services at counseling@greensboro.edu.

Starting school at Greensboro College means endless opportunities for making new friends, joining the clubs that interest you, creating student-professor relationships and finally feeling at home here in Greensboro.
The pandemic’s new phase

by Josie Gold
Executive Editor

At the beginning of the pandemic, there were clear lines about what people could and could not do. Businesses and public spaces had consistent guidelines for keeping everyone as safe as possible. Now that the pandemic is in the middle of its second year, these lines are blurred, and pandemic-related expectations are confusing and varied.

Many people are operating under a false sense of security because of the easing of restrictions. Each person seems to have their own idea of the seriousness of the pandemic at its current stage.

In early 2020, everyone was aware of the mandates and the restrictions. While many people chose to ignore those rules, there was still a clear line about what could and should be done to keep people safe.

Over the next year, we operated in this new “normal,” being shocked to see someone’s face and not recognizing many of our peers because our mental image of them is one with half of their face hidden.

As more and more people received the vaccine, there was this surge of hope and thankfulness that this shared trauma we have lived through was nearly over.

Now, there is still so much hesitation about getting vaccinated. There is a lot of false information being spread, and many people are stating facts about the vaccines that are true, but the consequences of which are nothing compared to the deathly virus that has plagued the world for months and months.

There is a lack of accountability. People are not acknowledging their shared responsibility for the overall health and wellness of the people that inhabit common spaces.

It is easy to detach and talk about this virus and its vaccines in terms of numbers, but some people forget that each number is a person, and that person has a family and a life and things to contribute to the world. People say hurtful and misinformed things without giving a second thought for those who will be impacted by their hypocrisy.

Often, it seems that people thrive on conflict for its own sake. They become lost in being “right” and stop listening if they are not being told what they want to hear. This is so dangerous and leaves no room for growth or change.

We have all been living in this state of horror and confusion for over 18 months, and I still see people walking around with their noses out. Something so basic is ignored and glossed over, and it is a physicalization of the disregard many people have for the safety of their peers and the people around them.

Our campus community is impacted by the COVID-19 guidelines of Greensboro College, but we also need to follow the rules given by the state and the county. Guilford County reinstated its mask mandate in mid-August 2021 because of increasing case numbers and the Delta variant.

Masks are inconvenient and make our everyday life as students more difficult, but that does not mean that people can decide that the rules do not apply to them. None of us like the masks. We all want to be able to have a normal collegiate experience.

Everyone wishes that this devastating pandemic was not the defining element of our college careers. But it is. When we reflect back on our time here, COVID will be a major part of that memory.

This pandemic has taken so much from so many. People have lost loved ones or watched them become very sick from this virus while having to listen to people doubt its existence. People lost experiences and important life events because those activities were deemed unsafe.

Every single person has lost something in the last year and a half, and it is OK to mourn that loss. It is OK to be angry with the way things are going and be frustrated with the state of the world. We cannot ignore what is happening. It is real, and we have the opportunity to do something.

While that “something” is not going to drastically alter those larger issues that we as students, as a campus, and as a global community are facing, there are opportunities to, if nothing else, not feel helpless.

Getting vaccinated is the simplest way to take matters into your own hands. If you are already vaccinated, you can convince someone else to do the same. While at this point, that is something that is much easier said than done, starting conversations about the importance of each person’s responsibility to the communities they are a part of can be a catalyst for change.

In this current complicated and confusing stage of the pandemic, it is important to not get restless and stop following guidelines. It is frustrating. It is troubling. It is inconvenient. But the more people that get vaccinated and do their part, the more personal responsibility each person takes on, the closer we will be to “normal,” whatever that means.

Having an issue on campus?
Voice your concerns.
Email thegc collegiate@gmail.com
The Collegian is a student-run publication, and it is our job to advocate for students and discuss issues that are important to you.
By Alexander Trepper

One of the constant biggest stories in sports is coach firings and hirings. Every team, no matter what level or sport, has had to hire or fire a head coach. Collegiate level schools may have to hire one or two head coaches a year, but Greensboro College has seen five coaches leave and need to be replaced over the last year.

“While we hate to see our head coaches leave it is impressive how courageous our staff was in hiring the replacements,” said GC Athletic Director Kim Strable about the number of coaches leaving and coming in.

The Pride baseball team has brought in their third head coach in just two years, while softball is still trying to replace their old manager.

Many players on the softball team are finding it hard to prepare for the season because they are coaching themselves.

“It is hard to get things done together as a group without a manager,” said pitcher Jenna Endsley, “plus we can’t use our field without one.”

This just goes to show the struggle the team is having to practice with no coaches.

Following a conference championship, the men’s soccer team lost their alumnus manager, but quickly picked up a replacement (who also happens to be a GC alumnus), with players saying they don’t expect to miss a step following the departure of last year’s coach.

In the end, GC has had more head coaches leave and come in than UNC, UNCG, Elon and Guilford combined, which is crazy to think about.

There are a lot of reasons why coaches left GC, but the one big takeaway from this is that the newly-hired coaches want to be here. Besides softball, every open head coach position was filled extremely quickly, which is a sign that our athletics are still going strong.

Head coach turnover

New Men’s Soccer Head Coach Manbi Nyepon, in green, looks over his squad during one of his first practices since being hired.

Coach? More like a fellow teammate

“Hands-on demonstrating is what I believe will help swimmers improve beyond their own dreams,” said Jim Sheridan.

Coach Sheridan does something that almost no other coaches do, in high school or in college. He is in the water everyday with his swimmers helping them improve more every practice.

Due to not having a coach, the softball team can be seen here acting as players and coaches.

Photo by Roni Nickerson
Student Wellness

Behind the glamour

by Isabella Ruiz

Sparkly, bright-colored leotards, makeup perfectly done and flips that look effortless, but are extremely difficult are just a few things that are a part of Simone Biles when she steps out onto the competition floor.

Biles is a two-time Olympic qualifier and has won many Olympic medals. Many people all over the world view Biles as an idol because of the level of difficulty her routines and because of how well she executes them time and time again. During the 2020 Tokyo Olympics, however, Biles became an idol for many for another reason.

Biles decided to sit out most of her events during the Tokyo Olympics because she had the “twisties,” which is a gymnastic term that refers to a mental block where an athlete is no longer conscious of their spatial awareness. This phenomenon can lead to serious injuries, since the gymnast isn’t aware of where they are in relation to the ground. Biles was conscious of her mental block and didn’t feel safe executing her intense gymnastic routines.

When Biles decided to withdraw from many events, the whole world was shocked. Some people were upset, because they felt as if she should have kept going despite her mental block because “other athletes do.” On the other hand, however, many people applauded her and were inspired by her speaking up about struggling with her mental health. Terrifying but so bold, Biles’ decision helped other people, even on our campus, feel comfortable with prioritizing their mental health and feeling more confident addressing when they are struggling with others.

Tarron Mccord, a senior at Greensboro College, understands where Biles was coming from. Mccord is not an athlete, but a singer. She knows the boundaries she needs to set in order for her voice to be strong and to avoid straining it. Although she is not an athlete, she understands the pressure that many athletes put on themselves, as well as the pressure that is put on them by their coaches.

“Coaches want us to do our best, but that sometimes can be difficult with outside factors,” Mccord said. She believes that Biles made the right decision because, “She set her limits by putting her mental health first instead of risking and potentially getting a major injury.”

There are some athletes who have already been talking about their mental health to their coaches. Biles talking about mental health just helped the athletes feel like they are doing the right thing. “I have already been pretty open with my coach about my mental health,” said Ariana Wolkerstorfer, a sophomore wrestler at Greensboro College. She also mentioned that she would take a few days off of wrestling when she felt that she needed to for the sake of her mental health.

Wolkerstorfer admires Biles’ decision to withdraw from the events, saying, “She shouldn’t just compete for the sake of others.” Wolkerstorfer stands with Biles because she too believes that the ability to know when to step back is a strength, not a weakness.

Whether it be an athlete, a singer or a person with day-to-day responsibilities, struggling with mental health is something so many people deal with. Many are too afraid to talk about it for fear that it makes them look weak. Simone Biles withdrawing from several competitions at the 2020 Tokyo Olympics was an eye opener for many students at Greensboro College as well as people around the world. It taught them nothing is more important than themselves.
“I was in the rehearsal center in Odell and a student came in and said a plan had hit the twin towers. My class was over, and I went into Dr. Schramm’s vacant office to watch the live coverage. Students were in and out all day depending on their schedule. I was in a state of disbelief, shock, and despair. I was frightened for the future. No one knew what would happen next and there were no answers. The faculty did not know if schools would continue to operate. I had family and friends in New York, and not being able to contact them was stressful. Terrorism was something that always happened in other countries. We never thought it could happen here.”

“Remembering 9/11

Professor Ashley Hyers

“I had just walked into Cowan when a colleague, clearly upset, came up and said something about a plane crash in New York. Pulling up the news on my computer, I cancelled my class and invited students down to the (old) lounge to watch the coverage. Then one of the towers simply … fell. I could not process what was happening. When the second collapsed, it became too much. I went home after that. Later that day, I remembered feeling disbelief, anger, and a sense of loss. Growing up in New England, I had visited the towers on trips to NYC. Along with this, stories such as the “falling man”, survivor accounts, and all of the people unaccounted for with their families waiting for them haunted me for a long time.”

Dr. Kathleen Keating

“Remembering 9/11

Dr. Jim Langer

“I was in the bottom floor of Cowan at the vending machine when I heard Dr. Keating’s voice of despair come from the lounge. She had just seen the news report of the first plane. Together, we watched, live, as another plane hit the second tower. I felt numb and sick to my stomach. Going upstairs, I dismissed the students in my class and told them to try and check with anyone they knew in New York, and later, D.C. and Pennsylvania. As the day went on, after the initial shock and confusion, I felt immensely angry. Later, I just felt sadness and loss. As my sister was engaged to a New Yorker, I called my family in Connecticut. Thankfully, they were not in NYC.”

Dr. Stuart Davidson

“I was just about to begin teaching my math course in Proctor West when my students told me what happened. Some were very emotional about it. I was shocked and, on the inside, doubtful such a thing, on the scale they described, could happen. Cancelling class, I drove home to Hillsborough to check on my kids, who were in middle school. Listening to the radio while I drove, I felt unnerved by the eyewitness reports from the cities. I felt helpless, as I do not usually sit idly by during an emergency, but there was nothing I could do. My biggest fear was the nation being overrun by terrorist groups. Any changes to GC would be the community being more alert as to who is coming on campus.”
Survival guide for newbies

by Jordyn Clagett

I remember when I first got onto campus last year as a freshman, I had many questions floating around in my head. What will my classes be like? Will my teachers be cool? Will I be able to make friends? Am I going to the right building? Will I be looked at as weird if I decide to randomly jump in this rain puddle just for the fun of it? There were plenty more questions while trying to navigate across campus without accidentally making a fool of myself in front of the other students. That tends to happen a lot.

Being a first-year can be scary and nerve-wracking, and I needed a guide on how to be prepared for my classes while also finding time to socialize. Here is your survival guide to being a first-year at Greensboro College.

The first thing I realized is that I needed to tighten up my note-taking skills and my time management. I realized that just because you only have two or three classes a day doesn’t mean you get to slack off on your work for other classes. Color-coding and highlighting keep me from mixing the important from the non-important, and this also helps with memorization. Writing on sticky notes, annotating important passages in my textbooks, and doing bullet points also help. Writing my own notes in my spare time also did me well.

When it comes down to studying and managing time, I find that sitting in your room for hours on end doing homework and reading your assigned textbook passages is the easiest way to burn out. You have to make sure to give yourself small breaks during your study periods to stretch or grab a healthy snack, or else you will easily become tired and unmotivated to do more. A fried brain is not the way to make it through the school year.

Scanning over your written notes every day can help with memorization, changing up your study areas can also help. If your room is a distraction, try going to the library on campus, or the student center to really get the brain juices flowing.

While studying and grades are important, so is having a social life and having time to relax. It helps with stress levels and can keep you from, once again, burning out early on in the year. Treat yourself by going down to Tate Street with friends, or just simply watching a movie. “All work and no play makes Jack a dull boy.”

If you’re an introvert and have some social anxiety like me, it can be difficult to allow yourself to socialize and make friends on campus. It can be daunting and easy to feel like a fish out of water, especially when you have just come from a place that you called home and had all of your friends and family.

Last year was a doozy for me, it took me some time to actually want to leave my room and do something as simple as getting food in the dining hall by myself. But sometimes you have to push yourself, even if it is a little on the uncomfortable side.

I started to step out of my comfort zone by talking to at least one person. It all starts with befriending someone you think you can get along with, and there is a 50/50 chance of it working out or not. When you have a friend on campus, you have someone you can study with or grab coffee with. Whether it is someone in your class or the person that lives across the hall from you. Having at least one connection can lead to having other connections. Finding your crowd is what will help with getting out there. No one wants to be alone all the time.

It is okay to be nervous, it is okay to be shy. If you are still having trouble with getting into the social scene of college, there are counseling resources on campus to help with the nerves. It is okay to ask for help.

College takes some getting used to, but it ends up being worth it in the end. Just remember to be you and that it will take some adjusting to college. Stay safe and wear your masks.
Welcome to The Zodiac Zone! Don’t see your astrological sign? Come back next time to get your horoscope!

PISCES
FEB 19 - MAR 20
September is a great time for you to focus on your current friendships. Slight tensions may arise within your close bonds but is is important to remember that your friends always have your back!

LEO
JUL 23 - AUG 23
September brings exciting new connections for Leos! Do not be afraid to attend social functions and meet new people. This is also a great time to release past energies that may have been negatively affecting you to focus on the new, positive energy coming your way.

TAURUS
APR 21 - MAY 20
During this month, you may not see clarity in your chosen career path. Keep in mind that life is about doing what makes you happy. Try to find clubs or hobbies to keep yourself aligned with your goals!

Queries & Conundrums
with Breanna Adamick

What was happening in September at GC 100 years ago?

8th-9th - Classification and registration
10th - Class work began
11th - Young Women’s Christian Association reception
18th - First meeting of literary societies
29th - Decision night

Have a question? Need some advice?

Email
breanna.adamick@greensboro.edu
to have your question featured in our advice column:

Queries & Conundrums