# Oho <br> <br> Dw <br> <br> Dw Pine burr 

 Pine burr} Tuesday, April 10 Softball game
Gulf Coast Perkinston, MS, 3:00 \& 5:00 Baseball game Baseball game
Pearl River CC Poplarville, MS, 3:00
Wednesday, April 11 QQ: $60 \%$ date
Thursday, April 12 APR04: No-shows due

Friday, April 13
MAR08: 60\% date Softball game East Mississippi Summit, MS, 3:00 \& 5:00

Saturday, April 14 Baseball game Baseball game
Itawamba CC Fulton, MS, 1:00 Monday, April 16 Spring Fest Week Tax Day
Wednesday, April 18 Evening classes en
Softball game Softball game
Jones Summit, MS, 3:00 \& 5:00 Baseball game Dalgado CC New Orleans, LA, 4:00

Thursday, April 19 APR04: Audit verification Bear Necessities Day

Friday, April 20 MAR08: Last day to drop QQ: Last day to drop

## Saturday, April

 Softball gameBaton Rogue Baton Rogue
Summit, MS, 1:00 \& 3:00 Baseball game Baseball ga
Coahoma Summit, MS, 2:00

## Tuesday, April 24

 APR04: 60\% date Baseball game Mississippi Gulf Coast CCSummit, MS, $3: 00$

Wednesday, April 2 Awards Day/Faculty Appreciation Day
Friday, April 27 APR04: Last day to drop

Saturday, April 28 Baseball game Booneville, MS, 1:00


## BSU travels to New York City to serve and to share

While many spent spring break visiting warm beaches, a group of
students from Southwest's Baptist Student Union took a trip into the cold weather of New York City. Working with the Metropolitan New York Baptist Association (MNYBA), Southwest students joined other college students from New York, Alabama, Mississippi and Texas for a mission trip. The organization grouped the students into teams and connected them with local churches and ministries to impact the various cultures and communities throughout the city.
All of the ministry tracks involved All of the ministry tracks involved on the mission held a specific
purpose in serving New York The track I purpose in serving New York. The track I worked on was with a min-
istry called Let My People Go. Let My People Go's goal is to fight istry called Let My People Go. Let My People Go's goal is to figh
human tracking by associating with and showing love towards those who may be typically ignored in society, i.e. the homeless, the homebound, and some children. We spent the first day or two examining the areas where we would be serving and learning about specific needs.
One of the biggest things I learned was that human trafficking is not One of the biggest things I learned was that human trafficking is not always involuntary, but sometimes is chosen when people think they have no other option. This may ultimately lead them to turn to prosti-
tution or unethical labor. One way we worked to counter this was by tution or unethical labor. One way we worked to counter this was by
providing love, comfort and support to those who were most vulnerable.
Different problems that surround New York make up the factors that
create vulnerable people. Several neighborhoods are undergoing rapid gentrification, which causes the cost of living in those neighborhoods to increase exponentially. Because of this, more and more people are falling victim to homelessness. Combined with New York's hustle-and-
bustle nature, people find themselves easily ignored and pushed away bustle nature, people find themselves easily ignored and pushed away
by society. Modern consumerism also plays a role in human traffickby society. Modern consumerism also plays a role in human traffick-
ing, because many of the products we purchase are ing, because many of the products we purchase are produced in part by
slavery in other countries. slavery in other countries.
In order to combat som al different areas and talked to many homeless people. Our conversations often centered around asking them about themselves and how they were doing. We shopped around for fair trade items, which are
paid for with fair prices in developing countries to prevent unfair labor. paid for with fair prices in developing countries to prevent unfair labor.
We shared some of these items (food, snacks, water) with these homeless people and prayed with them. We also worked with an organization called God's Love We Deliver to deliver food to people who were
unable to leave their homes. During the last day of our ministry track, wable to leave their homes. During the last day of our ministry track,
we worked in an after-school program for school children in the neighborhood of Washington Heights. In addition to serving the city, we also had opportunities to enjoy the sights, and visit popular restaurants and areas in the city for fun.
"I love the opportunity to take students to NYC," said Southwest
BSU director Daniel Herndon. "They experience the nations and get the chance to show them the love of Christ." All of the college students who participated were given an opportu-
nity to reach out to several cultures and people groups because of New nity to reach out to several cultures and people groups because of New
York City's international diversity. In addition to changing the lives of the people they ministered to, the students themselves were changed as the people they ministered to, the students themselves were changed as
well. The trip provided an experience that helped grow the students and gave them a better view on the world as well as a better way to share God's love and the Gospel of Jesus Christ with people. Even though it's a big and grand metropolis, New York City has a lot of needs and sev-
eral students from Southwest and other schools were able to help meet some of their needs and improve communities physically, spiritually,



Achord named interim head
coach of the Bears

## After five years as an assistant

 football coach at Southwest, Cameron Achord has been giventhe chance to show what he can do as leader of the program after being named interim head coach
of the Bears. Achord, in his fifth year with the Bears, takes on his new role
following the departure Tucker Peavey. Achord assumed the role of offensive coordinator cial teams, quarterbacks, running backs and tight ends and is the recruiting coordinator.
Director of Athletics Bill
Wallace said the decision to Wallace said the decision to go
with Achord was made because "we wanted to retain someone already on the staff because we
were familiar with them and also because of the timing of the situation."
Wallace
Wallace also said Achord was chosen because he "brings a lot
to the table. He brings high ener to the table. He brings high ener-
gy and enthusiasm. The players gy and enthusiasm. The players
we've recruited and that are still here are familiar with him so we just felt it was best that we el vated him to the position." In addition, Wallace said
Achord "did a great job in his Achord "did a great job in his
interview. He brought up some interview. He brought up some
interesting points and ideas. He's interesting points and ideas. He
a well-rounded young coach and we just felt he was the right fit for we just felt he was the right fit for
the job." Achord is a Brookhaven na
and $\quad 2005 \quad$ graduate and
Brookhaven Academy. He is also a 2009 graduate of Belhaven
University with a degree in University with a degree in
Computer Information Science Computer Information Science
as well as Sports Administration. He received a Master's degree in
Sports Management from the Sports Management from the
University of Southern Mississippi in 2011.
A four-year starter at free safe-
ty at Belhaven, Achord served as ty at Belhaven, Achord served as
a team captain in 2008 and 2009 . He was a two-time Academic
All-American honoree and twice named a Mid-South Conference
Player of the Week. In addition, Player of the Week. In addition,
he was an All-Conference back in 2009 and an Honorable
Mention back in 2007. In 2010, Mention back in 2007. In 2010,
he participated in the NAIA he participate.
Senior Classic.
Achord spent 2009-11 as a
special teams special teams graduate assistant
and worked with linebackers, and worked with linebackers,
the University of Southern
ain offensive graduate assistant for the Eagles, working with the
quarterbacks. quarterbacks.
Achord said he is "excited
about the opportunity to lead this about the opportunity to lead this
program and plans to bring a lot program and plans to bring a lo
of energy and enthusiasm to the position of head coach. Not
everyone is given this esteemed opportunity and I am humbled to
be able to call myself the ne be able to call myself the ne
football coach at Southwest." In the short term, Achord said
there will be "some changes as we look to move forward into the
rest of this semester as well as next season. We are going
implement some more team com implement some more team conl
petition drills and workouts early
on, while we get ready to start on, while we get ready to start
our spring practice in early April before heading into out summ off-season program in July,"
"I believe the future "I believe the future
Southwest football looks brigh Southwest football looks bright," a
Achord continued. "We have a great group of players returning great group of players return
for the 2018 season and we are
excited about our 2018 signin excited about our $\begin{aligned} & \text { class that will arrive on campus } \\ & \text { clas }\end{aligned}$ in the summer. As long as we
continue to focus, maintain the continue to focus, maintain
right attitude, compete and work together, we will hav
and those are the facts."

## The Pine Burr

Editor...
...Kimi Jeanson
Co-Editors.
.Caleb Crosby, Kaitlyn McCarlie, Sarah Polk, Olivia Robinson, Jonathan and Brooke Smith
Staff Writers..
....Terrion Bell, Robert Brown, Jenny Burkett, Jeremy Dalton, Elizabeth Foster, Kelsi Goudeau, Garrett Graves, Scott Johnson, Noah Martin, Reggie Martin, Anna McDaniel, Nicholas Mueller, Laura Nettles, Jaci Robinson, Decorio Wedig, and Michael Wilson

Advisor...
The Pine Burr is published monthly during regular academic sessions. Views expressed in
the newspaper are not necessarily those of the the newspaper are not necessarily those of the
faculty and administration. Writers express faculty and administration. Writers express
themselves under their by-lines. Offices are
located in Kenna Hall, Room 29; the telephone located in Kenna Hall, Room 29; the telephone
number is $276-3843$. The staff invites readers to submit opinion columns and letters to the editor. Pine Burr, Kenna Hall, Summit, MS editor. Pine
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"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." -Ralph Waldo Emerson


BEAR AWARE

In order to effectively communicate emergency information
SMCC employees and students, SMCC has implemented a rapid ale SMCC employees and students, SMCC has implemented a rapid ale and notification system developed by SchoolCast. BearAware is
service that allows employees and students of SMCC to receive alerts news, or other emergency information via text, email, or by phone Participation in Bear Aware is not mandatory but encouraged. At thi
ime, the only information entered into the SchoolCast database is the student's "smcc.edu" email address.

Please read the following because our procedures for handling Bea Aware have changed. An email has been sent to all current student faculty, and staff with their login information for Bear Awar Students, faculty, and staff no long
by emailing bearaware@smccedu

Dear Students,
You should have received an email with your Bear Aware Logir Information on August 31, 2017. An additional email will be sent th your email account at 9:00 AM (September 26, 2017) with your logi information. It's basically the same email that was sent on August 31
2017. If you have already logged in and set up your account, no addi 2017. If you have already logged in and set up your account, no addi
tional action is required on your part. We will be sending more o these login information emails on the 20th of each month this semes ter to encourage participation in the system.

Again, if you have already set up your account, no action
required on your part. We do recommend logging in to Bear Aware least once a month and verifying the accuracy of your information.

Please read the login information email in its entirety. It explain why your password may be represented by asterisks (*
what to do if you cannot $\log$ in or if you forgot your passwor

If you have any questions, send them to bearaware@smcc.edu from your SMCC email account. We cannot communicate about Bea
Aware accounts from other personal or business email accounts you may have. You do not have to contact bearaware@smcc.edu for yo may have. You do not have to contact bearaware@smcc.edu for y
login information unless you don't get a login information email.

## Words from the SGA President

My Fellow Students,
Ihope that everyone had a rejuvenating spring break and that you are ready to finish the remainder of this semester strongly. The Student Government Association has been busy preparing for Spring Fest festivities, which include the
much-anticipated Bear Necessities Day Spring Fest week will be held Aril much-anticipated Bear Necessities Day. Spring Fest week will be held April 16th - 19th and Bear Necessities Day will be
on April 19th. Keep in mind that there is a set number of teams required to hold the event and cancel classes for the day. So, get your teams ready for Bear Necessities Day and let's make it a Great Day to be a Bear! Contact Mrs. Ashley Gray in Student Services for more information. Also, Spring Fest t-shirts and tanks are on sale; they are $\$ 15$ each and can be ordered from Student Services in Kenna Hall until April 3rd. If you're looking for an opportunity to get involved and make a difference on our campus, consider a position in the Student Government Association. While the Student Body Nominations have recently closed, freshmen still have the chance to vote for the best candidate and could even become involved as a sotion Until next time . fun! Until next time
Alexcia Carr
SGA President

## Editorial: saving money



Welcome back! The second half of the semester has begun. Early college admissions are being submitted and scholarship deadlines are approaching quickly for graduating students. Scholarships are crucial when attending college, especially now.
Compared to previous generaCompared to previous genera-
tions, Millennials are said to be tions, Millennials are said to be
the most educated generation, but have the hardest time financially


## Music Department collaborates for a spectacular Spring Concert



Slipher establishes scholarship:LeeAnn Slipher, Attorney at Law, recently established the Antonia "Toni" Grace Marino scholarship through the Southwest Mississippi Community College Foundation. Toni demonstrated courage and bravery that there are no words to
describe. And she did it all with such grace and beauty that left those around her in awe. In her twelve years, Toni was diagnosed with AML four separate times. Each time the cancer returned, she defeated it and in the end of her worldly life, she was still living cancer free. In celebration of the wonderful example that she is and the lessons of perseverance and determination that she taught others, this scholarship is presented in her honor. Toni's favorite pastime was art, so it is only fitting that she be carried on through art. Antonia "Toni" Grace Marino is the daughter of Kevin and Lacy Marino and sister to her brother, Kam Marino. Scholarship applicants are required to write a 750 word or more essay explaining how art is their passion, how they will use art in their hope to inspire and why they will earn and should be awarded this scholarship.
Pictured Includes: SMCC Foundation President Bill Garner; LeeAnn Slipher, Attorney at Law; SMCC Foundation Director Pictured Includes: SMCC Foundation Presid
Gibson and SMCC President Dr. Steve Bishop.

## Before it's

in fashion,
it's in Vogue

PTK inducts new members


PTK New Members: College's Omicron Delta Chapter of Phi Theta Kappa recently inducted its new members in a ceremony held in the Regional Workforce Training Center. Phi Theta Kappa is an international community/junior college scholastic society estab-
lished in 1918 to recognize the outstanding scholastic achievement of lished in 1918 to recognize the outstanding scholastic achievement of
community/ junior college students. The organization is sponsored by community/ junior college students. The organizationata
Dr. Jennifer McLaughlin, Dr. James Stephens, and Natalie McMahon. Pictured includes: Seated: Kelsey Hedgepeth of Jayess; Madison Vanness of McComb; Victoria Johnson of Gloster; Noah Martin of
Wesson; Elizabeth Case of Brookhaven: Jehdiel Harrell of Tylertown Haley Spicer of Brookhaven; Paula Painter of Tylertown; Zoe Miller of McComb; Nora Zebert of Pearl; Trevor Davis of Brookhaven; Joshua Sterling of Ruth; Rashondra Rankin of Hattiesburg;(Row 2)Myesha Landrews of McComb; Brigitte Ciocan of Brookhaven; Alex Laurich of Magnolia; Grant Touchstone of Magnolia; Ashley Vanegas of McComb; Kiara Quinn of Summit; Chase Hodges of Jayess; Haven Johnson of Jayess; Star Dillon of Tylertown; Brianna Pevey of

McComb; Renner Rallos of McComb; Rachel Ryals of Tylertown;
Laurie Richard of Summit; Kaitlyn McCarlie of Summit; Bailey Laurie Richard of Summit; Kaitlyn McCarlie of Summit; Bailey
Winters of Brandon; Anna Morgan Smith of Brookhaven; Destiney Winters of Brandon; Anna Morgan Smith of Brookhaven; Destiney
Gordon of Osyka; Morgan Leonard of Summit; Tiyunna Lee of Florence; Leanne Fuqua of Brookhaven; Tytianna Coleman of Jackson; Jamaya Galloway of Bay St. Louis. (Row 3) Scott Harvey McComb; Lakerionte Lewis of Magnolia; Alyssa Hughes of McComb; Lazavion Brown of McComb; Erin Rushing of Bogue Chitto; Cameron Temple of Brookhaven; Janiya Watkins of Ocean Springs; Katelyn Chandler of Centreville; Lisa Jones of Liberty; Nevin Holley of Randolph; Lesley Walker of Brookhaven; Karon Sherman of Caleb Crosby of Bogue Chitto(Row Makylla Conerly of Jayess; Smithdale; Stephen Holifield of McCow; Nathanael Addison of Kacy Bui of Bogue Chitto; Joshua Dela Cruz of Meadville: Hunt, Bugh of Meadville; David Russell of McComb; Matthew Caulfield of McComb; Kayley Womack of Liberty; Taylor Thornton of Tylertown; McComb; Kayley Womack of Liberty; Taylor Thornton of Tylertown;
Hannah Owen of Summit.


PTK MS/LA Regional conference and awards gala at USM: Alexcia Carr-won the Golden Key Award, Dr. Jennifer McLaughlin won Advisor Horizon Award, chapter won 1st in Honors-In-Action Theme. Pictured above are Neshun Holmes, Korey Dillon, Mlexcia Carr, Dr. Jennifer McLaughlin, Morgan Leonard, Zoe Miller


Read Across America: Southwest Mississippi Community College celebrated Read Across America this week by featuring SMCC guest readers Ashley Gray, Dr. Addie Boone, and President Dr. Steve Bishop. Each guest reader shen
book with SMCC Early Childhood Education program children.
Read Across America is an annual reading motivation and awareness program that calls
fore for every child in every community to celebrate reading on March 2, the birthday of beloved
children's author Dr. Seuss. The purpose of the event is to motivate children to read because children's author Dr. Seuss. The purpose of the event is to motivate children to read because
reading is an important factor in student achievement, and research has shown that children who are motivated and spend more time reading do better in school. Pictured above are the following: Cheyenne Wallace, Kim Burkett, Haley Smith, Jase Johnston, Parker Hodges, Krista Smith, Kyler Myles Houston, Andy Ulrich, Desmuiuna Gayden, Alexia Moore, Dr.
Bishop; secopnd row:Kaitlin Futch, Chandler Smith, Keller Porter (hidden), Stone Boyd, Bishop; secopnd row:Kaitlin Futch, Chander Smitth, Keller Porter (hidden), Stone Brova,
Maddox Abdul-Hadi (hidden), Dawson Carver, Jaden Freeman, Beau Laciura, Fiona Brown, Hadley Huhn, Dillon Boleware, Cimerial Patterson; third row: Ahzhane O'Bryant, Courtney Ratliff, Stone Troxler, Paisley Freeman, Nathen Weathersby, Cale Lord, Pickett Adams,

Fortnite:
Battle Royale

There's nothing better in th gaming world than finding all the
best weapons and materials in the best weapons and materials in the
game and then you run outside to game and then you run outside
be sniped by someone hiding in a bush from a mile away. Fortnite
provides just that. If you haven't heard of Fortnite by now, then
you must be stuck in the Dark Age because it's talked about everywhere. Fortnite: Battle
Royale is free-to-play game mode available on all gaming
platforms. The premise is simple. platforms. The premise is simple
There are 100 players on an
island island and the last person standing wins. Everyone boards a hor
air balloon-propelled bus toward a large island. Pick your starting spot, then parachute down and begin searching for loot. It's a race to see who can find the best
gear and the best vantage points, gear and the best vantage points,
both of which increase your oth of which increase you
chances of surviving. To keep players from staying in one spot
the entire match, there is a blue the entire match, there is a blue
storm that gradually shrinks the map and forces players closer and closer to each other. It's a lot
similar to another battl similar to another battle royale
game called Player Unknown's game called Player Unknown's
Battlegrounds, which came before Fortnite. Although
Fortnite's cartoonish visuals and arcade shooter play set it apart
PUBG, Fortnite's mechanics also allow you to build structures like
walls, ramps, and even huge forts to get a tactical advantage.
Personally , Personally, building is not my
favorite because it takes me out the battle royal experience and
the
leaves players who can't build huge towers toward the end of the game at a huge disadvantage.
I feel that, in high tension situations, I don't have time to switch over to a pick axe to gather build-
ing materials, and scroll over to what type of structure I want
build, and then switch back over build, and then switch
to my gun while trying to stay alive all at the same time. It can
be a bit frustrating to click the wrong buttons while I'm getting
shot at. I accidently pick the wrong structure or pull out a
shield potion when I meant to shield potion when I meant to
pick the assault rifle. It's a little pick the assault rifle. It's a little when you're new to the game. Id
still give Fortnite: Battle Rovale an 8.5 out of 10 . It's not the first game to use the battle royale
mode and it's a good game even mode and it's a good game even
though it has a lot going on. though take my word for it though. Since the game is free-to-play,
there's no reason not to dip your toe in and see if it's the game for

## Bear

Necessities
Day: join
the fun
By Kimi Jeanson,
Editor
Mark your calendars and clear
your schedule for April 10th! It your schedule for April 19th! It
will be our annual Bear Necessities Day. What I promise
want to watch or play,
it will be fun day want to watch or play, I promise
it will be a fun day outside. This
is perfect time to shake your final exam stress off and relax for the day. Sign up your team in Studen
Services with Ashley Gray. There Services with Ashley Gray. There
are men's and women's divisions. The rules are that each
team may only consist of six or team may only consist of six
seven members. Only six will participate each event. No ot
person may substitute on a te in any event. Each team has
captain. There are plenty captain. There are plenty
events for you to participate including tug of war, tire push
relay, three legged race, the relay, three legged race,
Dizzy Izzy, and egg toss. Dizzy Izzy, and
come join the fun!


## How do

 we get everything done?
 How dow westereverthing tonere

 the ke. Five becemen mone efil.



 whith have made ahuse dificer-
 suluding nad just want it to be cety ins. houl
Use atile cercall Ifs casy tor
 Weet codexigs atit.but vo often





 hanki cards op opiuz hemenseles,


 noes over to mide hem anan we read.
Get plenty of sleep. It's been said many times, but getting
enough sleep is critical to being enough sleep is critical to being
able to think clearly. Sleep refreshes us and while we sleep, our brains take the things we've
learned and make long term learned and make long term
memories. The best times to
mer study are right after we wake up
and right before we go to sleep. Space out orrs suby ineme This is specially imporatatifit we aus long term. If we study something ten minutes each day for six days, we ll remember it better
than if we try to sit down and study it for an hour straight. I
personally use a free, open source program called Anki to
sake flashcards that I can sync make flashcards that I can sync
with my phone to take advantage with my phone to take advantage
of downtime wherever of downtime wherever I
encounter it and I use that to
study in tiny bits throughout the day. Anki is especially popular among medical students, law stu-
ald dents, and language learners because of the large amount of
control that the user has over the cards, scheduling times to review, and the large number of cards those types of s
ally need to make.
ally need to make.
If we learn to use our time efficiently, we can see better results
for the amount of effort we put in. Getting plenty of sleep, using active recall methods such as
flashcards, and spacing out our study time are the keys to making sure that we can get better grades
and still have time and energy and still have time and energy
left for the other things that are imporant to us


Employees give back to Southwest


Employees at Southwest Mississippi Community College attended an appreciation luncheon given in their honor by the SMCC Fowdation in appreciation of their monthly payroll contributions to the Foundation. The Foundation serves as a fund
Community College. The SMCC Foundation is a $501-\mathrm{C}-3$; therefore, all donations are tede
Seated, left to right: Dr. Wendy Smith, Kimberly Burkett, Dr. Addie Boone, Stephanie Greer, Dr. Kim Henning, Loran Gerald, Carla Griffin, Debera Reeves, Dr. Alana Gabler, Shellah Young; second row, left to right: Yolanda Young, Dianne Wilkinson, Tanya Boyd, Brenda Wilson, Rhonda Gioson, Nataiie McMahon, Amy Gazzo, Dawn Brumfiela, Ashley Gray, Dr. Steve Bishop, back row, lett to right. Mathew Calho Jesse Greer, Jeremy Smith, Robert Reid, Dr. Bill ucker, Andrew Alford, Dr. Andrew Dale, Dr. Brent Gregory, Joe Eliott; Pictured at above
right: Lisa Alford, Joe Cornacchione, Susan Hedges, Debbie Hodges, Jamie Jackson, Joyce Mabry, Suzonne McLean, Dr. Melissa Temple, Carolyn Williams; not pictured Robert "T" Felder


MACJC Legislative Luncheon: Southwest students visited the Mississippi Capitol for the Mississippi Association Community and Junior College Legislative Luncheon. Pictures below L to R John Shannon, Jonathan Scott, Lorin Hollis, Alexia Carr, Brooke Smith, Jaime Lowe, Israel Coleman, Nelson Ott, and Gary Busby.


Mental Health Day: Chrishuna Bell, Tynesha Allen, Greg May, Raequel Harris, and Taylor Wilson attend Mental Health Day. The students from the Southwest Associate Degree Nursing program attended the Mental Health Day held at our state capitol with ADN Instructor Lisa Alford. The students enjoyed the speakers, learned a great deal and most made cards for the inpatient clients.


Spring 2018 Home Health Aide class: Home Health Aides help the sick, elderly and disabled maintain their safety and inc pendence in their own home. Pictured above are the following: Robin Spring, instructor; Mary Anna McKey, Yolanda McDowell, Dena Phelps,

Did you forget
something?

Research shows that individu-
als with high levels on anxiety, als with high levels on anxiety,
who adhere to more of negative
mindset, may have better recognition skills than others under the
right condition. The study was performed at the University of
Waterloo located in Ontario, Canada and consisted of eighty undergraduate students. In the
first test, participants were advised to study words that were
overlaid on top of negative and neutral images. Following this,
participants were given a recogparticipants were given a recog-
nition test which resulted in researchers finding evidence that
individuals with high anxiety, who initially studied the target words using shallow encoding
instructions, demonstrated instructions, demonstrated
increased memory for words that were contained with the negative
images present in the first test. The research suggested that individuals with high to low amounts
of anxiety are able to adopt a of anxiety are able to adopt a
salient mode and creates a downward bias in encoding and
retrieval of neutral information. In an interview with Myra
Fernandes, a professor in Department of Psychology at the
University of Waterloo and a coauthor of the study, is quoted
stating, "to some degree, there is stating, "to some degree, there is
an optimal level of anxiety that is an optimal level of anxiety that isy
going to benefit your memory going to benefit your nesearch
but we know from other reser
that high levels of anxiety cause people to reach a tipping
point which impacts their point, which impacts their mem-, ories and performance.
Fernandes then describes the
" "optimal" level of anxiety as
"anxiety that is experienced dat "anxiety that is experienced day-
to-day, but that doesn't interfere to-day, but that doesn't interfere
with your ability to engage with
"he " Fernandas hopes that the results will be beneficial to not only stu-
dents and educators, but to anyone who wishes to understand
the process of encoding information better and being mindful of their anxiety. In one last state--
ment Fernandes is quoted stating, it is important to be aware of the
biases that can occur in who we biases that can occur in who
encode and remember information. What could be seen as a
neutral event or neutral informaneutral event or neutral informa-
tion can suddenly be interpreted with a negative tag, making it more salient and more memo
rable, especially in people who have somewhat higher levels
anxiety in their everyday life." anxiety inces:http://www.mdpi.co
$3425 / 8 / 1 / 6 / 6$ htmhttp: $/ /$ allthatsin Black Panther: Movie Review

The much anticipated movie Black Panther, was all yo
thought it was going to be and
more. For those of you whe more. For those of you who
haven't seen it, I would definitely recommend watching it soon.
From the visuals to the plot line, the movie beautifully marries the
classic comic book details while classic comic book details while
modernizing the costumes, charBoseman plays T'Challa, the newly crowned king of Wakanda.
His character is so compelling you can't help but to root for him.
The way T'Challa acts and carhe way $\mathrm{T}^{\top}$ Challa acts and car-
ries himself paints the perfect example of a hero. As every
superhero does, He has demons, but he never loses the
desire to desire to do the right thing and
protect as many people as he can.
On the flip side I dare say that On the flip side, I dare say that
Erik Killmonger, played by Michael B. Jordan, is one of the
best villains in the marvel unibest villains in the marvel uni-
verse. He could be perceived as foolhardy or brash but also you
could understand and somewhat
relate to his frustration. Without revealing too much, in case you
haven't seen it, I can say that by no means was Killmonger
approaching the situation in the movie correctly, in my opinion,
however, his point of view really however, his point of view really
puts the entire plot into perspec--
tive. Also, aside from the excellent storytelling, the cinematic
feel of the movie transports you feel of the movie transports you
to Wakanda and makes it seem like a real nation in Africa all the
while bringing to life their while bringing to life their
unique culture. As in Marvel tradition, there is a post credit scene
and a post-post credit scene you
need to watch. It teases an excit ing possible team-up with Black character. It is well worth yo

## Bears sweep Misssissippi Delta Trojans

| reached on an error to lead off the frame then moved to second on a | opener 10-7 before winning nightcap 12-2 in six innings. <br> The Eagles took a 4-0 lead |
| :---: | :---: |
| Quartez Brown single (Bro |  |
| added a double). After | d Paco Bello |
| d T Tez Cole's dou | of the frame. |
| field scored Brown to $m$ score 6-2. | Bello crossed the plate after an error to cut the Bears' deficit to 4- |
| Michael Buck led off |  |
|  | Single runs in the top of the cond and fourth innings |
|  | d |
| me, | e Bears |
| owed Buck to score | ttom of the fourth whe |
| hite reached the plate on a sacce fly to make the score 10-4. | Michael Buck singled to left with one out and scored two batters |
| e Sun Chiefs answer ttom of the sixth al run of the game to | $\begin{aligned} & \text { The Eag } \\ & \text { top of the } \end{aligned}$ |
| eir lead to 11-4. With two outs | 7-3. In the bottom of the inning, an RBI double from T Tez Cole |
| at bat, White launche | Sis |
| pitch over the left field fence fo solo homer, his third hit of the ame, to score the final run of the me. | ing single to pull the Bears to within 7-5. Cole also had a single in the game. <br> In the bottom of the sixth, the |
| don Baker to | Bears (1-7) tied the game when |
| the mound for the Bears. He | doubled to left |
| rendered six runs | inning. Tyler White's double, his |
| four hits and four walks whil | second hit of the game, sent Buck |
| striking out | 兂 |
| The Bears | White scored on B |
| e nightcap befo | second hit of the game |
| first runs in the top | Sending eight batters |
| th. With two outs, | te, the Eagles |
| ed and Kyle Single | three runs across the |
| to right. Isaiah Davis both racing home with a | top of the seventh and went on record the win |
| drive hit up the middle | Kyle Dillard took the loss on |
| trimmed the Bears' deficit to 3-2. | e mound for the Bears, giving |
| Three additional runs crossed | three runs on two hits |
| plate for the Sun Chiefs | ing |
| he fourth follow | uck out one batter. |
|  |  |
|  | second inning of the finale. The |
| The final runs | Bears got one run back in the |
|  | of the innin |
| k singled with on | to left |
| red | ed |
| , | White's base hit. |
|  | he final run for the Bears |
|  |  |
| third base | th when Zach |
| later, | fith a single. Moving to |
| ved | Bello's third hit |
| single, to sco | Dearman then scored on a |
| Cody | Quartez Brown sacrifice fly to |
|  |  |
|  |  |
| work. | rrth, two more in the fifth and |
| March 3, 2018 | ir final run in the sixth to close |
| visiting Hi | out the win. |
| f | Sy Odom took the loss on the |
| turday afternoon, scoring |  |


work.
March 7, 2018
The baseball side of the Coca-
Cola Challenge presented by Cola Challenge presented by
Powerade got underway Tuesday Powerade got underway Tuesday
night in Wesson with the Bears
coming out on the short end of a
wild $13-11$ contest against arch-
rival Co-Lin.
The Bears The Bears trailed $7-0$ before
getting on the board in the top of
the fourth inning. T Tez Cole, the fourth inning. T Tez Cole,
Isaiah Davis and Tyler White
each had an RBI single in the
frame while the Bears added four frame while the Bears added four
runs via Co-Lin errors to knot the runs via
game at
In the
In the top of the sixth, a Cole
homer over the centerfield fence
was the big blow as the Bears
scored three times to take a 10-7 scored
lead.
Co-
Co-Lin (8-2) then scored four
runs in their half on the runs in their half of the sixth and two more in the seven
out to a 13-10 lead.
The Bears then picked up what
proved to be the final run of the
game in the top of the eighth
when Michael Buck sent a pitch
when Michael Buck sent a pitch
over the fence in left field for his
third hit of the game.
Matthew Graves took the loss
on the mound for the Bears $(1-8)$,
giving up four runs on five hits
giving up four runs on five hits
and a walk in three innings of
work. He struck out three batters.
Paco Bello and Zach Dearman
Paco Bello and Zach Dearman
both had a pair of hits for the both has
Bears.
Mar

five innings.
A two-RBI double from Kyle
Singleton put the Bears on top 2-
0 in the bottom of the first in the
opener. The Cougars answered in
the top of the second, using a pair
the top of the second, using a pair
of walks, three hits and a passed
ball to take a a $3-2$ lead.
A two-out double from Paco
Bello, scoring Payton Yawn, in
the Bears' half of the fifth tied the game at 3-3.
The Cou
answered, sending nine men to
the plate in the top of the sixth
and scoring three runs to move
back on top, 6-3. In the bottom of
the inning,
the inning, T Tez Cole reached
base on a walk before scoring

## Lady Bears beat the Co-Lin Wolves


game while Elsensohn h
up two.
February 28,2018
Despite belting three homers
on the day, the opening of
MACJC conference play did not go as planned for the Lady Bears
as they dropped a doubleheader at Pearl River, 8-6 and 11-4.
The Lady Bears ( $7-5,0-2$ ) $1 / 2$ innings. With two outs in
$6-0$ lead after the
top of the first, Jorda McNabs two-run homer over the left field fence put the Lady Bears on top
$2-0$; also scoring on the play was Miranda Magee. McNabb would
$\begin{array}{ll}\text { Nelson reached base on a one-out } & \text { walking four and striking out two. } \\ \text { double to centerfield, then scored } & \text { Kayla McNabb had a double }\end{array}$ on an error that put Tia Bussey on
base. Two batters later, the first of base. Two batters later, the first of
two Ashley Elsensohn singles allowed Bussey to reach the plate.
Kayla McNabb's base hit then Kayla McNabb's base hit then
allowed Elsensohn to score. line-drive homer to left made the
score $6-0$ in the top of third Pearl River (8-4, 2-0) began
their comeback in the

## their comeback in their half of the third by sending seven batters to

third by sending seven batters to
the plate and scoring three rus to
the plate and scoring three runs to
pull to within 6-3.
Then, in the home half of the
sixth, nine batters went to the
plate resulting in five runs to give the Pearl River the winning mar-
Kin.
Kassie Shipley took the loss in
the circle, giving up seven runs
(four earned) on six hits and
walk in five innings of work.
The Lady Bears also took
The Lady Bears also took an
early lead in the nightcap.
early lead in the nightcap.
Elsensohn led off the game with
the first of her two singles in the
game. She then scored two batters
later on a fielder's choice and an
error to make the score 1.0 .
Pearl River sent eight batters to
the plate in the bottom of the sec-
In the top of the third,
top 4-1.
Elsensohn reached on a leadoff
walk and later scored on a Jordan
walk and later scored on a Jordan
McNabb base hit to pull the Lady
Bears to within 4-2.
Bears to within 4-2.
Pearl River add
Pearl River added four runs in
the fourth and another in the fifth to increase their lead to 9
The Lady Bears made
the top of the sixth when Madison
Bates
Bates led off with a homer.
Nelson followed with
Nelson followed with a line-drive
single to right field and later
crossed the plate on a fielder's
choice.
Pearl River would add two
more runs in the bottom of the
sixth to end the scoring for the

## day. Mik

Mikaela Smith took the loss in
the circle. In four innings
work, she surrendered eight rung
tance in the circle to get the win
dered three runs (one earned) Kayla McNabb had a double and
ingle single in the game
$\qquad$ season-sweep of the Mississippi Delta Lady Trojans Saturday
afternoon by defeating the afternoon by defeating the visi-
tors $10-2$ and $4-3$ in Summit in a pair of MACJC contests. Game
one was called after five innings The Lady Bears $(9-5,2-2)$ took
a 1-0 lead in the first inning of the a $1-0$ lead in the first inning of the
opener when Jordan McNabb's opener when Jordan McNabb's
double to left field scored Miranda Magee,
being hit by a pitch

## and two singles allowed the Lady

Trojans $(0-12,0-4)$ to take a
lead in the top of the second.
In the bottom of the thir
Kayla McNabb reached base on
Kaydaff single and scored two bat-
ters later on a Carringto
ters later on a Carrington Jefcoat
The Lady Bears took a $7-2$ lead
in their half of the fourth inning.
runs home with a triple while
Magee had an RBI double.
Jefcoat and Magee both singled to
drive in
The game came to an end in the
bottom of the fifth with
Elsensohn's base hit scoring a
pair of runs and Kayla McNabb's
doubling in the final run.
Kassie Shipley pick
win in the circle, giving up two
runs on two hits in five innings.
She struck out four batters.
The Lady Trojans took a 3
lead in the finale with solo runs
lead in the finale with solo runs
the first, third and fourth innings.
Ine first, third and fourth innings
McNabb led off with a base hit
and scored two batters later fol-
lowing a Terrah
Magee's RBI double made the
The Lady Bears picked up the
winning runs in their half of the
sixth on an RBI double from
Jordan McNabb and
second hit of the game
the teams split their four gam
the Lady Bears maintained
session of the Challenge trop
for one more year.
Co-Lin took
Co-Lin took a 2-0 lead in the
top of the first in
Lady Bears made it $2-1$ in the bot
tom of the frame when a bases
scored Kayla McNabb, also

## base via a walk.

it $3-1$ in the top of the fifth, the
proved to be their last run of the
game in their half of the fifth
when Bates

## Co- reached on an error.

of the game in the top of the sixth
the circle for the Lady Bears.
five innings of work, she surren dered three runs on seven hits
while walking two. Carrington
a single.
field put the Lady Bears on top
0 in the top of the first in game
two. Co-Lin then scored twice in
the top of the third and three mo
in the top of the fifth to

## lead.

Ashley Elsensohn of the fifth
two outs and scored on Kay
McNabb's triple. Miranda Mas
then sent McNabb home with her
third base hit of the game to make
the score 5-3. That, unfortunately,
would be the last run of the game
for the Lady Bears as Co-Lin
for the Lady Bears as Co-Lin
on for the win and the sweep.
Jordan McNabb took the
in the circle, allowing four r

## Defeat your clone

## Imagine that an evil scientist

 aking an exact copy of you in life form. You're going to have to compete with Shadow You, and you don't have Din's Fire This is your most difficult chal lenge. You and your opponent areperfectly matched in every way. How do you win? First, think about the competi tion. You're competing to se
which copy is a better you, se which copy is a better you, so
you're going to have to see which you're going to achave your goals the
one can achieve best. This is going to be differen
for everyone, but not easy fo for everyone, but not easy for
anyone. What can you start doing today to get ahead of the fake this morning wake up in a lab this morning, did you?) Think about what is important to you in
life, what your own goals are life, what your own goals are and
what steps are required to achieve them. Since you're competing with
your own copy, remember tha the only person you need to com pare yourself to is yourself. strengths to leverage and weaknesses to overcome. You know anyone, and you're the best per son to decide how to use them. Don't give up, and don't forget to visit you
clone does.
Enjoyed years at Southwest

By Terrion Bell
staft writer
In May I will graduate from Southwest, and I plan to transfe
to a four year college. At first did not want to transfer. After talking to my family they convinced me to go ahead and finisł
my education. I have enjoyed my years at Southwest since the beginning. This school is great I involved in the school activities.
ind I plan to transfer to Southeastern to finish my major in physical
education. With Southeastern being closer to where I live I might get a chance to
more of the college life $\begin{aligned} & \text { Southeastern is located } \\ & \text { Hammond, } \\ & \text { Louisian }\end{aligned}$ Southeastern is the state's thirc largest public university boasting
nearly 15,000 students and more nearly 15,000 students and more than 150 programs of study. With
Southeastern being in a small town location, personal time and which emits a small college atmosphere in the classes. This
builds a close-knit communit and provides an engaged learning nown as Hammond Junio Known as Hammond Junior
College until 1928; they change the name to Southeastern Louisiana College by the Bard of Education. It wasn't until 1938 Southeastern became a 4 yeal versity. The first baccalaureate Scgree was awarded one later.
Southeastern began offering $100 \%$ online bachelor's degree in hold associates degree or have been in diploma programs. celebrated its 50th anniversary in 2014. Southeastern football team eted in and won the first story in 2013 . Southeastern urrently has 14,500 students that attend the school; it is a 20 to
student faculty ratio with 15 student faculty
areas of study.

and he agree. They continued their discussion until
daybreak when, at last, someho the groom was persuaded.

That night, without a wink of sleep, Melos hurriedly made his ing at the village the morning of the next day The sun was already high into the sky and the villagers were already working in the fields. Melos's sixteen year old sister was watching out over the sheep in her brother's place. She was surprised to see the exhaust ed face of her brothe as he cas fussing, she poured question fussing,
over him.
"It's no
"It's nothing." Melos tried to force a laugh. "I left behind some business in the city, so I need to return soon. Fomorrow, Ill give you your wedding ceremony Sooner is better right?
His sister's cheek
His sister's cheeks turned red.
"Are you happy? I brought a beautiful dress. Let's announce it to the people of the village. The wedding ceremony is tomorrow."
Melos, legs shaking, went to their house, decorated the gods altar, arranged seating for the banquet, then collapsed on the
floor and, in the space of one floor and, in the space of
When Melos opened his
it was late in the evening. As soon as he was up, he went to visit the home of the bridegroom and asked for the wedding ceremony to be held the next day, becaus there were circums
groom was surprised groom was surprised.
"That can't be don
"That can't be done, the prepauntil the season for harvesting grapes." he answered.
"It can't wait; somehow, please make
begged.
The groom was stubborn. By
telling lies. You know that. There can't be any secrets between you wanted to say." The bride nodded slowly. Melos patted the groom on the shoulder.
"All my treasure in the world is my sister, my house and my sheep. There's nothing else. All of it is yours now. One more thing,
for me: be proud to have become for me: be proud
my little brother."
The groom wrung his hands nervously. Melos laughed and, with a slight bow to the village people, left the feast, slipped into the sheepfold, and fell into a deep, deathlike sleep.
When Melos woke up, it was morning. The morning of the Did I oversleep? No, it's still ok. If I leave immediately I'll make it in plenty of time. Today, by all means, I'll show that king the importance of believing in people. Then Illl laugh and climb onto the platform to be crucified.
Melos calmly began getting Melos calmly began getting
dressed. It seemed like the rain dressed. It seemed like the ranewhat lightened up. Once he was ready, he shot out into the rain like an arrow.
I'll be killed this evening. I'm running to be killed. I'm running to save the friend who took my place. I'm running to change the king's treacherous heart. Thave run and be killed. Farewell, run and be killed. Farewell,
home. Melos' heart was breaking Many times, it seemed like his feet were going to stop moving forward. "ey, ey!" he let out a loud voice, urging himself onward. He left the village, crossed the fields, and went through the forest. When he
arrived at the neighboring village arrived at the neighboring village,
the rain stopped, the sun was high in the sky, and it slowly started to get hot. Melos reached up and
wiped
head.
If. If I've come this far, I can make it. I have no regrets. My sister and her husband are a fine couple. I don't have anything to worry
about. If I head straight for the royal castle, that'll be good. I don't even need to hurry very much. Melos slowed to a walk, returned to his carefree nature,
and started singing. Swaying to and started singing. Swaying to
and fro walking 5 miles to 10 and fro walking 5 miles to 10
miles, until he was about halfway miles, until he was about halfway
to Syracuse, when suddenly he stopped. A river was in front of him. Yesterday's torrential rain caused the mountain stream to overflow, become a giant muddy river, and crash into the bridge
that was there, destroying it completely. He stood there in a daze, pletely. He stood there in a daze,
looking around him. Melos called out in a loud voice, but no one was around. There were no boats or boatmen to cross the river. The river was swelling and beginning to look like an ocean. Melos crouched on the riverbank, raised
his hands, and began praying to his hands, and began praying to
Zeus while crying. "Ah! Calm Zeus while crying. "Ah! Calm
this rampaging flood! Time is slipping by me. The sun has already reached the top of the sky. If I can't arrive at the castle before it sets, my good friend will die because of me."
The muddy ri
The muddy river, as if to sneer ingly became more wild and vioingly became more wild and vio
lent. The waves rolled into themselves and swallowed each other up. Moment by moment, time was slipping by. Melos was still determined. Swimming was the only way. "Gods, watch me! I won't lose to this river!" Melos
plunged into the current with a plunged into the current with a
splash. The waves writhed like a hundred giant snakes, and Melos frantically struggled against them.


Peavy
heads to Brookhaven of the Bears football team, head coach Tucker Peavey is heading submitted his resignation earlie this week to take the same posi tion at Brookhaven High School. A native of Brookhaven and
graduate of Brookhaven High School, Peavey previously served nine years as the Panther
head coach (and 10 years as the head coach (and
school's Athletic Director). schoo's Athetic Director).
Commenting on the mo Peavey first said he would like to
"thank (Southwest president) Dr Steve Bishop and the Board fo giving me this opportunity serve at Southwest. Peavey said his decision to
leave was "kind of a bitterswee thing. When you're at a place like thing. When you're at a place like
Southwest (with) such good people and a good environment, making that change presents a
tle bit of an inner struggle." "At the same time," he con ued, "Brookhaven is home and,
for some family reasons it for some family reasons, it was a
good time for it to happen for us and so I feel like it was the right and so I feel
thing to do."
Peavey feels that, no matter who follows him as Bears head
and coach, things will work out well.
"Here at Southwest," he said, "all the resources are here for an athlete to come in and succeed as a student and an athlete (and there
is) an environment in which they is) an feel comfortable. I know
can things here will keep moving for
Time is important

I've often heard that time is commodity. As such, we' taught time is something one ca
harness, manage and spend eith harness, manage and spend eith
profitably or wastefully. Th profitably or wastefully. Th
problem with this sentiment the implication that we have full control. Hearing this in the past, would always get this funny pic ture in my head where time bull to be tamed and my life going to be either a short reckle
ride or a harvested field I'm ride or a harvested field. I'm
old that we still used bulls to till the ground when I was youn We also used dowsing rods find a well and pitch forks chase the Black Death from ou village. I'm going to get to my point before I stray any furth from it. I bring this up because as students, time is at the fore
front of our thoughts. I hear thi subject mumbled on everyone' lips at school. Whether you' running out of it or thinking tha there's too much of it left befor summer break, time dominate our time. We began college with the same question, and that was
"where do you see yourself is where do you see yourself in 6 years. So we plan each semes
ter out and our career afterwards. However, time is as tame-able the weather. It can bring an unex pected hurricane Katrina, wasi-
ing away your plans and sendin you to places you never though you'd go and live. In fact, it very likely that many reading this
went through that scenario exact went through that scenario exact
ly. Katrina size events happen ly. Katrina size events happen to
us all. Even in the midst of natu ral disasters, think of how boring life would be if it all we according to plan. The lesso time would teach us is humility We don't transcend time so can't control it. Time teaches to roll with the punches, adap
and experience something and and experience something and
hopefully walk away with some pretty hilarious stories in the pretty hil
process.

## Intramurals: basketball champs



## 

## Cartoons..



Announcements.


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