

Campus Events

Friday, April 28
Full Time Online
Classes End

Monday, May 8-10
Online Classes Begins
Final exam

Thursday, May 11
Graduation Career
Tech @ 1:00
Graduation Nursing @
3:30

Friday, May 12
Graduation Academic
@ 10:00

May 15
Cosmetology and
Practical Nursing
Class Begins

May 26
3-Week Online class
ends

Monday, May 29
Administrative Offices
Closed Memorial Day

May 30
Summer 8-Week
Online Class Begins
4-Week Online Class
Begins
Summer Day 1st Term
Class Begins

Monday, June 19
SMCC Campus
Offices Closed

Friday, June 23
June 4-Week Online
Class Ends
Summer Day 1st Term
Class Ends

Monday, July 3-5
Administrative Offices
Closed July 4th

Saturday, July 15
National ACT Testing

Wednesday, July 26
Cosmetology and
Practical Nursing
Class Ends
July 4-Week Online
Class Begins

Friday, July 28
Summer Day 2nd
Term Class Ends

Tuesday, August 15
Registration Ends

Wednesday, August 16
Class Begins
Late Registration
Begins

Friday, August 18
Late Registration Ends

Monday, August 21
Full-Term Online
classes begin



above: Madison Thibodeaux, Melanie Parsons, Sarah Grace Karas, Geroge Harris, and Gracie Senner perform "I Got You." photo by Chuck Barnes

Celebration: 60th Anniversary

By Leah Sterling,
Editor

The annual Spring Stageband Show serves as the perfect outing for students, faculty, and the surrounding community. Students of the college presented their beautiful voices and moves as they performed a myriad of classic hits. Sarah Grace Meyn designed the Playbill for the production. All students pitched in their talent, time, and energy to make the spectacular show possible.

The theme of the 2023 production, "Celebrate," showed immensely through every performance. SMCC celebrated 60 years of tradition with this recent showing. It began with nightly performances Thursday, Friday, and Saturday at 7 pm and a bonus performance at 2 pm Saturday and Sunday. The show featured classic songs including "You Can't Stop the Beat," "Elvira," "Boogie Woogie Bugle Boy," and Bohemian Rhapsody, just to name a few. Amusement showered the audience, laughter filled the auditorium, and smiles beamed from all around.

Students volunteered their time all semester, spending long hours rehearsing the songs, dances, and overall presentation. Under the instruction of Lorin Lewis, Steven Stringer, and Laci Goldbold, the talented students learned the specifics of the upcoming show.

The performers were ready to present their masterpieces. They had practiced using their talents to the best of their ability, and it was finally time to present those talents for the enjoyment of the audience. To start off the show, "You Can't Stop the Beat" was performed by Sierra Case. The audience danced in their seats at the celebratory music. Caleb Brown, Dondria Burris, Nikki Burt, Sierra Case, Presley Gordan, Christian Jordan, Sarah Grace Meyn, Jake Reeves, and Tessa Smith sang "Shake Your Groove Thing." Alex Wroten performed a solo to the song "Imagine." Newer pop music made its way to the stage. The stageband ladies brought out the

Southwest Kids to help them perform a Meghan Trainor Medley. Sarah Grace Karis, Sydney Parker, and Tessa Smith led the girly song.

Madeline Alford took the stage for her solo, "Don't Rain on my Parade." Next, Jeri'lei Brown, Sierra Case, and Syndey Parker together performed "Boogie Woogie Bugle Boy." Sophomore Nikki Burt presented one of her beautiful contributions to the show, "Rolling in the Deep." Afterwards, country music hit the stage. Caleb James, Kelsey Jones, Josiah May, JT McCaffrey, Hannah McLaughlin, and Sydney Parker harmonized as they sang "Jolene." "Carolina" was performed by three talented students, Madeline Alford, Claire Busbin, and Alex Wroten. The Southwest Men entered onto the stage to sing "Elvira," a favorite of the crowd.

The show continued to thrive. Jeri'lei Brown sang "Proud Mary." Following her performance, Kelsey Smith took the stage for her solo, "Walking After Midnight." The funky classic, "I Got You," was presented perfectly by George Harris. The audience chanted, "Again, again!"

Dancers and Singers took the stage for "Bohemian Rhapsody" sang by Claire Busbin. Three guitarist, Jace Brandon, JT McCaffrey, and Ava Moran played skillfully, to the song "Cadillacs." Next, a thrilling number, "Believer," was performed by several dancers and singers, including Chandler Tamor and Alex Wroten. All of the Southwest Stageband united onstage for two beautiful worship songs, "Holy" and "Blessed Assurance." All of the audience was in awe. Lastly, the finale of the night, "Celebrate," was performed by Michael Kees with several others producing the fun.

Year after year, the show outdid itself. Cailey Browning, Trumpet 1 in the Band, commented "Every show is special. New students come in every year, bringing something new and exciting to the stage that we haven't seen before."



above: Jada Martin dances to the music. photo by Sarah Meyn



above: Madeline Alford, Clarie Busbin, and Alex Wroten sing "Carolina" as Ava Moran plays the Bass. photo by Chuck Barnes

Saints' Trainer, Keith Mangum: Mississippi Community College Sports Hall of Fame

By Leah Sterling,
Editor

Congratulations to SMCC alumni Kevin Mangum who was inducted into the Mississippi Community College Sports Hall of Fame. Mangum, an athletic trainer, attended SMCC from 1977-78 before finishing at USM. He is currently an athletic trainer with the New Orleans Saints.

Among the New Orleans Saints longest-tenured employees, Assistant Athletic Trainer Kevin Mangum works in conjunction with the other members of the training staff to maintain the overall health and welfare of the team while treating and rehabilitating injured players.

A native of Tylertown Mississippi, Mangum has collected a lengthy list of honors as he enters his 43rd season with the Saints, including being inducted into the Southwest Mississippi Community College Sports Hall of Fame in 1995, the Louisiana Athletic Trainers Association Sports Hall of Fame in 2008, and the University of Southern Mississippi Sports Hall of Fame in 2010. He received the Tim Davey Assistant Athletic Trainers Society in 2015. He also was the recipient of the Joe Gemelli Fluor De Lis Award, (New Orleans Saints Hall of Fame), in 2022.

His contributions have helped the Saints athletic training staff earn several awards including the 2007 Southeastern Athletic Trainers Association Professional Athletic Trainers Award and the NFL Athletic Training Staff of the Year in 1986 and 2006. Mangum also received the Southeast Athletic Trainers Association's Backbone Award, which recognizes the region's outstanding assistant athletic trainer in 1991.

Magnum was a student athletic trainer at Southwest Mississippi Community College from 1977-1978, and two additional years at the University of Southern Mississippi before joining the Saints in 1981. He received a bachelor's degree in athletic administration with a specialization in athletic training from USM and a master's degree from the University of New Orleans in 1988.



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The Pine Burr

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Joyce Mabry

The *Pine Burr* is published monthly during regular academic sessions. Views expressed in the newspaper are not necessarily those of the faculty and administration. Writers express themselves under their by-lines. Offices are 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 39666.

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Southwest Mississippi Community College does not discriminate on the basis of race, color, national origin, age, sex, religion, or disability in its programs, activities or employment practices. The following persons have been designated to handle inquiries and grievances regarding the non-discrimination policies: Rhonda Gibson, Director of Disability Support Services, 601-276-3885; 1156 College Dr., Summit, MS 39666.-



BEAR AWARE

In order to effectively communicate emergency information to SMCC employees and students, SMCC has implemented a rapid alert and notification system developed by SchoolCast. BearAware is a 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 this time, 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 Bear Aware have changed. An email has been sent to all current students, faculty, and staff with their login information for Bear Aware. Students, faculty, and staff no longer need to request this information by emailing bearaware@smcc.edu.

Dear Students,
You should have received an email with your Bear Aware Login Information on August 2022. An additional email will be sent to your email account at 9:00 AM with your login information. It's basically the same email that was sent on August 2022. If you have already logged in and set up your account, no additional action is required on your part. We will be sending more of these login information emails on the 20th of each month this semester to encourage participation in the system. Again, if you have already set up your account, no action is required on your part. We do recommend logging in to Bear Aware at least once a month and verifying the accuracy of your information. Please read the login information email in its entirety. It will explain why your password may be represented by asterisks (*) and what to do if you cannot log in or if you forgot your password.

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

Editorial: The End Already

by Leah Sterling

Fellow Bears,

Wow! It is crazy how quickly this school year has gone by. Students have experienced so much fun and joy over the past two semesters. While I am sad that my first year at the college is quickly ending, I am really looking forward to the upcoming summer. I think all students could agree that this is a very much-needed break!

For many, these next few weeks are the last time that several students will walk this campus, attending various classes and participating in the traditional Southwest events. Others, though, anticipate returning to campus next year to complete their studies. Regardless of your

academic position or status, enjoy your last few weeks roaming the college! Take advantage of the many opportunities that are offered for your enjoyment and benefit. In fact, Pre-Registration is currently open so that students have the opportunity to schedule their classes for the next school year. Also, graduation seems to be quickly approaching. It is so important to support your friends and family in moving onto the next big thing in their life, and closing the present chapter!

While many exciting things in life approach, it is important to remember the many great moments this past year on campus. For Freshmen, I am sure that this year brought you many

things, such as new friends, a sense of independence, and self-discipline. The faculty and staff planned several events to make your first year of college even better. Several fun back-to-school breakfasts happened, many homecoming activities flourished on campus, and intramural sports games were offered weekly. Southwest was a place where you could not only achieve your academic goals, but also make great memories and friendships.

Also, I want to say how much I have enjoyed being the editor of The Pine Burr. It has been such an honor, and I have loved having a hand in this organization. If you are interested in joining our staff for next year, please do! We par-



Leah Sterling
Editor

ticipate in a myriad of jobs and assignments regarding recent campus events.

Dr. Steve Bishop: Successful Year

Dr. Steve Bishop continued his excellent leadership of Southwest Mississippi Community College, making this his twelfth year as president. He continued to serve as Chair and President Liaison for Phi Theta Kappa Honor Society, and worked closely with the SMCC Alumni Association and SMCC Foundation.

This past year was filled with grief and sadness as we suffered the loss of Dr. William Bryan Tucker, Sr., Vice President for Physical Resources. The entire college continues to mourn the

loss of Dr. Tucker. Gus Paulk filled the position of V.P. for Physical Resources in May of 2022.

Dr. Bishop is committed to the improvement of Southwest's campus, programs, courses, and general atmosphere. His vision and passion for the success of Southwest is evidenced by multiple improvement projects and upgrades throughout the campus. Among them include the installation of synthetic turf on Monroe McElveen Field, updates throughout Kenna Hall, mobile devices for faculty and staff, and

the installation of a new campus phone system. Also, Eula B. Ford Library underwent an extensive renovation which included upgraded HVAC equipment, LED lighting and fixtures, and structural improvements in preparation for the Student Success Center. An architectural firm has been secured to design a new women's dorm. Southwest was also awarded the Reader's Choice Best Place to Work by the Enterprise Journal and was named "Most Beautiful Campus" in the state by bestcolleges.com. Dr. Bishop continued to place

heavy priority on student engagement and activities. Dr. Bishop's encouragement and participation in these activities shows how truly passionate he is for the students, the community, and SMCC. Flexible course scheduling and the college's Distance Learning program continued to expand. His dedication inspired individuals on and off campus. He, along with all the faculty and staff of SMCC, set forth a path for students to become leaders and contributing members of this community and surrounding areas.



"Let's Celebrate"-Katerine Bishop, Sierra Case, and Hannah McLaughin dance to "Material Girl."

photo by Sarah Meyn



"A Rose"- Nikkie Burt performs on stage as Kailey Crawford presents her with a rose from the audience.

photo by Sarah Meyn

Southwest Smackdown

By Isaiah Lessard,staff

One of the most exciting events to be held at our own doorstep here at Southwest Mississippi Community College took place on March 30th. It was an action-packed wrestling event filled with talent and amusement that hopefully gets to stick around here at SMCC. I and many others hope that this event becomes sort of a tradition here at Southwest, and with the level of success mixed with the number of folks and their family here to experience the fun, it is very promising.

To start the night off, one of our own students here, Jace Brandon, played the National Anthem and performed perfectly. Shortly after, it was time for the first wrestling match-up of the night. The Junior Heavyweight Championship belt was up for grabs, so it was believed to be a good first match; oh, did they deliver the level of excitement. Fists were swinging, legs were kicking with no hesitation, and bodies were getting slammed left and right. The highlight of the match had spectators in the stands speechless. From the top rope to the mat, everyone's eyes stared as the guy flew through the air. With a hard clash of the two it was destined to be over; however, with the resilience of these fighters, the match continued. Soon after the spectacular move pulled off, the opponent fighting for the title used his special move and everyone knew it was over. The bell rang with the belt going to the challenger. The championship belt was fought for and lost.

With the first match setting the standard for the night, the second match-up had to one-up the energy levels in the crowd and keep the excitement alive. The fighters were introduced. From the look they gave each other, everyone knew they were rivals. The tension between the two was so heavy, the fight started before the bell even rang, and with a quick start, the standard was met. Body slams and dropkicks were flying and punches leaving marks on faces were thrown. The fight was taken to the outside of the ring and brought to the crowd raising the excited screams. With faces being slammed in walls the hype built up even more until the final move of the match that left everyone including the fighter stunned. A defeated slam on the hardwood floor led the crowd to a deafening silence and suddenly the match was over and a winner was decided.

Next up was the Southern Heavyweight Championship match. Yet another match that was hoped to be thrilling. From the start, the crowd knew something was up; one of the fighters was walking with a limp and his opponent planned to use this to his advantage. With the ring of the bell the match started, and with a slow start, everyone knew it was going to be a long one. With the challenger having a good chance to win against the champ, he targeted his weak leg that was injured. The crowd booed and screamed at the unfair match that took place before their eyes. The match was soon finished with a new champ.

The surprise finale match was up next. One of the faculty members at SMCC was a professional wrestler and earned his spot for a shot at the title. The match started with anticipation due to the sudden notice of the match. The champ had to put his newly earned belt on the line, and with the unfair match-up beforehand, the fighter still had all his energy. The other competitors did not like that this match took place. When the fight started going our way, they all put together a plan to ambush our own fighter. However, he had help from other fighters to take care of the attack. With the fighters taking care of each other, there was one left to deal with. The crowd awed in disbelief as the president of SMCC slid in the ring and took care of what needed to be done, saving the day for Southwest.



PTK New Inductees: Dejeantae Slocum, Latrissa Ezell, Meshalae Dillon, Marcus Jackson, Sabrina Smith, Latonia Lewis, Wanda Dendinger, Haven Jarvis, Sarah Grace Karas, Lila Touchstone, Sydney Gipson, Tamiya Tobias, Jayda Ransom; second row: Tyler Otts, Kayleigh Necaise, Londyn Robertson, WilKevious Bates, Rebecca Nordstrom, Laney Boyd, Zara Methvin, Austin Etheridge, Asa Rushing, Amanti Hughes, Morgan Gras, Ahlyssa Richardson, Rowan Braley, Kylen Reeves, Kaden Reeves, Tyler Ellzey, Colin Netto, Gage Hinmat; third row: Sarah Grace Meyn, Jennifer Neal, Kaitlyn Williams, Haley Kinabrew, Emilee Ashmore, Rose Fourtunia, Kaylea Wall, Mary Elizabeth Kuntz, Peyton Alexander, Hannah Douglas, Ali-Anne Long, Brentlee Boyd, Londyn Nation, Jayne Rogers, Hannah McLaughlin; fourth row: Emily Fortenberry, Jeffrey Thigpen, James Kate, Zack Boyd, Delsin Lovett, William McElveen, Eli Williams, Christian Jordan, Ava Moran, Dashawn Cooley, Gareth Felder Sartin, Noah Agnor, Maksym Chikin, Brady Byrd, Jack Brewer, Josiah May, Caleb Trisdale; fifth row: Colson Thompson, Caiden Necaise, Alyssa Smith, Noah Addison, Gavin Wicker, Colton McGovern, Adam Roberts, Whitaker Price, Jackson Stanford, Holden Helms, Thomas Sasser, Jason Lopez



ADN Nursing Program Back-to-Back: Lyndsey Nations and Andrew Sumrall represented the SMCC Associate Degree Nursing program at the annual quiz bowl hosted by the Mississippi Organization for Associate Degree Nursing (MOADN) Convention. SMCC students have back-to-back wins in this competition (2022 and 2023) where they answer NCLEX style questions competing with 15 other teams from nursing programs around the state. The MOADN convention is attended by over 1,500 nursing students from associate degree nursing programs in the state of MS.



Phlebotomy Course: Congratulations to the students who just completed our very first Phlebotomy course at SMCC. Shown left to right: Dixie Cothren, Karshanda Herring, Instructor-Tangela Edwards, BSN RN, Letitia Stinson, and Tonya Magee.



Pine Burr Winners: Leah Sterling, Sarah Grace Meyn, Joshua Faust, Lainey Dunaway; second row: Levi Lovett, Rocky Jackson and Joyce Mabry, photo by Jennifer McLaughlin

The campus newspaper *The Pine Burr* won 11 awards in the Mississippi Press Association's Better News/Media Contest for college newspapers. The journalism students and staff members were recognized and presented plaques at the O.C. McDavid Journalism Conference in Jackson, MS. The following are the winners: Best Cartoon- First Place out of All Colleges (which include four-year colleges in Mississippi) -Joshua Faust; Best Cartoon- Second place out of All Colleges-Levi Lovett; Best Cartoon- Third Place out of All Colleges-Levi Lovett; Best Sports Feature Story- Third Place- Ka'Mya

Williams; Best Feature Story- Second Place- Lainey Dunaway; Best Feature Story-Third Place-Larina Anderson; Best Sports Photo- Second Place- Sarah Grace Meyn; Best Sports Photo- Third Place-Rocky Jackson; Best Feature Photo- First Place- Sarah Grace Meyn; Best Newspaper Design- First Place out of All Colleges- The Pine Burr-Leah Sterling, editor and Joyce Mabry, advisor; General Excellence – First Place –Leah Sterling editor and Joyce Mabry, advisor

New York City: Mission Trip

By Claire Busbin and Ezra Patty, Freelance Writers

During Spring Break, the Baptist Student Union had the privilege of taking a trip to New York City. The BSU primarily aimed to share God's light in a dark place. The students wanted to share the gospel with strangers who had never heard of it. They wished to show individuals scattered around the city how much God loved them.

When most people think of New York, they think of the danger. Crime, hatefulness, and all of the "bad things" fill the human mind. From the outside looking in, it may appear as if the city did not want anything to do with Christ or His free grace and love. Many think that the locals do not want to hear about Jesus, or that it was an impossible place for God to move. While the BSU students were there, they were able to see and interact with strangers who dealt with homelessness, drugs, abuse, and more, but our God is greater than their circumstances.

Each day, the students would spend time in the Jamaica Queens area. Those who lived there were mostly Bengali. Thirty students toured the city, and split into small groups to go out and pray for people and serve the community. Of course, it was easy to get discouraged, as people would reject the missionaries often, but those who listened had genuine needs and wanted to hear what the loving Christians had to say. It was an amazing opportunity to impact the lives of others and watch God work on their hearts.

The Baptist Student Union members had the opportunity to view all the sights of New York along with the mission works, such as the Empire State Building and Times Square. As exciting as it was to see the beautiful scenery, students knew that it was the most fulfilling to serve the community. God's light was truly shown in the city of New York.

Bahamas: Fun

By Larina Anderson, Co-editor

The Bahamas is a very beautiful place to explore! It includes many different eating spots and activities to partake in. In order to get to the Bahamas, my mom had to travel by boat. She decided to take the celebrity cruise, which included luxury shopping centers and restaurants. My mom's favorite restaurant on the cruise was the Fish Fry restaurant because of the delicious entrees they offered. She also went to the Aquarium where she learned about all types of different sea animals.

She also enjoyed her time around the pool area. There were water slides and people dancing to the music playing while they were swimming. When she arrived at Coco Cay, Bahamas, she was in awe at the spectacular views. She saw a different type of nature that she had never seen before. As she analyzed the beautiful island around her, she saw many foreign trees, grass, animals, and insects. She enjoyed the feeling of being surrounded by the many eco-friendly environments. There were so many beaches on the island to pick from, as well, which grew her excitement for the adventure. Her time spent in the Bahamas was the most ecstatic trip thus far.



Navigating Finals

By Millore Brown,
Co-Editor

Finals are coming up, and you may be wondering how to prepare, or how to control your stress, or any other feelings you have before the big week.

Exams, to me and probably many of you, are never pleasant. Never fear, though, as there are ways to make them feel less daunting.

Rule 1: If you are taking an online class, always be prepared to reschedule or move a date. I have had to do this many times, as either sickness or just something as simple as a time not working out in my favor got in the way. It is always better to schedule early as well, just in case you need to move anything.

Rule 2: Make sure you have studied at least a few weeks ahead of, or if you know the material well, at least a week or more of studying will do you good. I know from personal experience that studying for tests produces a much better outcome than if you hadn't picked up the book to begin with.

Rule 3: This may be surprising, but be sure to take breaks. Cramming and studying all at once will give you a headache and even more stress or agitation. Make sure to give yourself off hours or even a fun day to just relax before you start studying again.

Bear Soccer's Fasoli signs with Southern Oregon

By Travis Connelley, SDI

For the past two seasons, Franco Fasoli has made his mark on the pitch for the Bear Men's Soccer program. Now he will get the opportunity to continue his athletics and academics at a four-year institution after recently signing with Southern Oregon University. "It is a mix of feelings," a bittersweet Fasoli said. "Some people you know, you are not going to see them again but they are going to be a part of your life, for good. (But) I'm anxious, I want to be a part of the team."

Fasoli, who in addition to standing out on the field for the Bears, leading the team in scoring last season with five goals and 15 total points, also shined in the classroom as well. A 4.0 student, Fasoli earned multiple academic accolades including being named an Academic All-American and being a member of Phi Theta Kappa International Honor Society. For his efforts on the field, he earned All-Conference Honorable Mention following the 2022 season. A native of Rosario, Argentina, Fasoli recently expressed how grateful he was for his time at Southwest and how it helped shape him into the person he is now. "There are too many people to thank and be grateful for," he said. "The big family of Southwest, not just the players, not just my friends, not just the coaches. Being an international here, these people made it so much easier for us. (Also) the families of some of our players made a big impact. God's timing is perfect. I don't think that I could have gone to Southern Oregon straight from Argentina. I didn't grow as a player here as much as a person. I am not the same guy that I was when I came here, in a positive way."

Fasoli said that there were multiple aspects that drew him to sign with the Raiders, but perhaps none bigger than the academics.

"My major is Economics and there aren't many schools in the U.S. that have that major," he said. "So I was needing to find a fit that allowed me to play soccer while studying my desired major. When the name popped up, I know (Coach) Zach's experience with the area and he said that it was a really good school for soccer. They go to National's almost every year."Prior to returning to coach at Southwest, Head Coach Zach Mills coached at Eastern Oregon University, a program that is in the same conference as Southern Oregon.Fasoli chose Southern Oregon over offers from schools in Arizona, Iowa, Oklahoma and South Carolina. He also has a message for any international students who may be considering coming to Southwest to play and study, adding that SMCC will help shape them..



Workforce: Mass Casualty Training: Stephanie Peeples, Advanced EMT student; William "Cam" Sharp, NRP/RN AMR Ambulance Service Operations Manager; and Kayla Harvey, AAAAmbulance EMT-B; assist Ben McGregor, volunteer student, during the Mass Casualty Incident training.

By Matt Williamson
Enterprise-Journal

Southwest Mississippi Community College tight end Torriq Cooper had no idea what he was getting into when his football coach told him to go volunteer for a project on campus Thursday morning. The assignment? Pretend to be an active shooter, then get shot and detained by police and treated for fake wounds by EMT students. "I was in class and my coach told me he had something I needed to do for him, so when I went up there I didn't even know what we were doing," Cooper said. "They started putting makeup on me and I said, 'What are we doing?'" They said, 'You gotta act like you got shot,' and I said 'OK.' Then a dude came up and said 'You want to be the shooter?'"

"I didn't wake up with this on my mind this morning. I didn't know anything about it until right now. I just found out about it." The college was staging a scene of realistic gore in a wing of its workforce training center as part of a mass casualty training exercise for its advanced EMT students. Fake blood and gaping

gunshot wounds to arms, legs, heads, and chests, along with real cops wielding fake guns and students using their best abilities as they moaned, cried, and played dead made for surreal sights in the center's hallways as the day began. SMCC Workforce Training Coordinator Loran Gerald said students from the school's cosmetology class gave volunteer victims their wounds and even served as actors themselves, along with health care assistants and nursing students. "some of those are trying to get their community service hours that they are required to get, but they are all gung-ho," she said. "They were here when I got here at 6:45, so they were excited."

The exercise began with Amite County sheriff's deputy Joseph Cothorn and Mississippi Department of Corrections official Lee Turner storming through the hallway with training rifles. "Bang, bang, bang!" Cooper yelled out, as he had been instructed to, simulating gunfire. Cothorn and Turner fired on him, as evidenced by the fake gunshot wound on his arm, realistically leaking blood, then pinned him down to the ground and hand-

cuffed him. The lawmen went room to room with guns drawn to make sure there were no more perpetrators.

"Let me see your hands! Hand, hands, hands!" Cothorn yelled as he entered classrooms, where volunteers laid on floors in staged scenes of chaos with shell casings, blood stains, and overturned furniture. Then the EMT students came in with the supervision of working paramedics and assessed casualties, writing colors on sheets of notebook paper pinned to their chests to determine what level of triage was needed --- black for deceased, red for critically injured.

The mock victims were loaded onto stretchers, taken outside and placed in ambulances. Cothorn's wife Brandy, the EMT course instructor, rode herd on the students. "It's called rapid triage, not geriatric triage," she yelled, insisting they pick up the pace in assessing casualties and be more observant of their surroundings. "Did anybody check the shooter?" her husband asked. "You walked right past a wounded man over there. Just because he's the shooter doesn't mean he doesn't need treatment."

The EMT students went to each victim, asked if they could hear them ad respond, and checked their wounds before color coding their condition. The EMT students got a mental and physical workout in assessing victims then loading them one after another onto stretchers and moving them out of the building. "If you're dead, don't go over there, come back this way," Brandy Cothorn told a group of volunteers in the triage area, hoping to eliminate any confusion caused by socializing. Old pros like Cam Sharp, a career paramedic who also is Amite County's coroner, were on hand to keep them focused.

"I'm gonna die," a wounded volunteer said, crying to amp up the realism.

"Nobody dies or has babies on my watch," Sharp said. While Cooper may not be gaining any course credits for his role in the exercise, he said he was happy to help his school, and it'll be a memorable moment in his college experience.

"I don't think I'll ever forget it," he said.



ADN Scholarship: Stephanie Greer, ADN Director; and Jade Jackson smile for the photographer.

Jade Jackson is the recipient of the \$1000 Mississippi Nurses Foundation Scholarships made possible by the Nurses Car Tag Program.

This scholarship is for Nursing

Students enrolled in an accredited Associate or Baccalaureate Nursing Program in Mississippi. Criteria include the following: currently enrolled in a Mississippi School of Nursing; Mississippi

resident; GPA minimum of 2.5; full-time generic undergraduate second-year student in good academic standing; exhibits professional character, leadership, scholarship and service; demon-

strates community involvement; recipient of Awards or Honors; participates in School of Nursing activities.



Basketball Bear Shootout: Bill Wallace, Athletic Director; Danny Smith, Lott Furniture owner; Brady Polk, and Ken Jackson, Assistant Athletic Director. Brady Scott won a recliner from Lott Furniture Company during the Shootout Contest.

Southwest: the Best

By Jack Brewer, staff

As a student at Southwest Mississippi Community College, you can expect to receive a high-quality education in a supportive and welcoming environment. Located in Summit, Mississippi, SMCC offers a range of academic programs and resources designed to help students succeed both in and out of the classroom.

One of the biggest advantages of attending SMCC is the small class sizes. With an average class size of just 16 students, you can expect to receive personalized attention from your instructors and have plenty of opportunities to participate in class discussions and activities. This can be especially helpful for students who may struggle in larger lecture-style classes.

In addition, SMCC offers a variety of academic programs to choose from, including transfer programs for students who plan to continue their education at a four-year college or university. The college also offers career and technical programs, such as nursing, welding, and automotive technology, which can prepare you for in-demand jobs in your chosen field.

SMCC is also committed to providing its students with a range of resources to help them succeed. The college offers academic advising, tutoring, and study groups to help students stay on track with their coursework. In addition, the college has a strong athletic program, with opportunities to participate in sports such as basketball, baseball, and softball.

Perhaps one of the biggest advantages of attending SMCC is its affordability. Tuition and fees are significantly lower than at four-year universities, and the college offers a range of financial aid options to help students cover the cost of attendance.

Overall, being a student at Southwest Mississippi Community College can be a great choice for those looking for a personalized, supportive, and affordable education. Whether you plan to transfer to a four-year college or university or enter the workforce after graduation, SMCC can provide you with the knowledge, skills, and resources you need to achieve your goals.

Marines

By Thewakrit Srithong,
Co-Editor

Sometimes, on Tuesdays and Thursdays, a couple of young marine recruits are seen jogging and sprinting around campus. As they run laps, onlookers can hear them loudly repeating military chants led by mentor, Sgt. Jones. It is incredible how the recruits do not run out of air, but that's part of the training. When it comes to cardio, not just the Marines but the military as a whole do not hold back. Recruits recalled that in their first sessions of training, they at the very least ran 1.5 miles. Eventually, once their body got conditioned to do those workouts without sweat, distances became longer. The training was intense even for the athletes.

However, many were willing to sign up even with all this hard training they had to do, which caused me to wonder why they would want to perform such strenuous acts. After I spoke with Recruit Sgt. Jones, the reason many joined nowadays is that they want to have guidance. The military was always known for hammering discipline and order into those that lacked it. Individuals who passed through the trials to become a soldier would be given financial benefits for their service in and out of the military; however, many would argue that the materialistic benefits are outweighed by the non-materialistic benefits.

Part of the process to become a soldier was to have a resilient mindset and to rise above hardship. The marine recruits do not falter in this aspect. They did not allow it. "As long as you don't die you were able" was the mindset of everybody who enlisted. If anyone is interested in enlisting, I believe it would be a great path to get on and many life lessons to learn.

Go Bears!

Lady Bears sweep visiting Coahoma



By Travis Connelley, Sports Information Director

April 19, 2023

The Lady Bears’ momentum built from Sunday’s wins over visiting East Mississippi unfortunately ran out Tuesday evening as the visiting No. 9 Co-Lin Lady Wolves took both contests handing Southwest a 7-0 loss in Game 1 and a 14-3 loss in Game 2.

“There’s three facets to the game and we didn’t do a good job at any of them,” Southwest head coach Shea Johnson said.

The Lady Bears (15-25, 5-17 MACCC) fell behind 2-0 after the first inning of the opener on a steal of home and an RBI double.

Southwest put one on in the bottom half of the inning in an attempt to get its offense going as Lilli Robertson singled. But she was stranded keeping the Bears off of the scoreboard.

Co-Lin added to its lead, making it a 3-0 contest following an RBI triple.

After the Lady Bears were retired in order in their half of the second, Co-Lin unfortunately made the deficit larger. An RBI single pushed two more runs

across putting Southwest in a 5-0 hole.

The Lady Wolves rounded-out their scoring in with a run each in the fourth and seventh innings before sealing the win.

Southwest starter Mia Pumila went the distance, walking only one batter while striking out two.

Madi Smith led the offense with a two-hit effort.

In the nightcap, Emme Wallace got the start for Southwest but unfortunately the Co-Lin bats stayed hot as the Lady Wolves played six runs in the top of the first inning.

Despite the deficit, the Lady Bears showed fight at the plate and it showed on the scoreboard. Southwest pushed two across on a sacrifice fly to center, scoring Sarah Stockstill. Pinch runner Robin Neblett also crossed home plate as she scored on the throw pulling the Lady Bears within four at 6-2.

After Wallace retired the Lady Wolves in order in the second, her offense provided a bit more help. Kayci Beth Wallace singled before ensuing batter Shaylee Ingram doubled to right allowing Wallace to score, cutting the Co-Lin lead in half at 6-3.

Unfortunately for Southwest, it was the closest that the Lady Bears would get for the remainder of the contest. The Lady Wolves pushed eight runs across the plate in the fourth despite a fresh arm in relief pitcher Lana Dalton com-

ing on late to try and provide a spark.

The Lady Bears could not recover, getting retired in order in the fifth and sixth innings before the Lady Wolves preserved the win.

Offensively, Southwest was led by Anne Claire Sistrunk who had one hit and two RBIs.

April 22, 2023

Following a tough pair of games earlier in the week, the Lady Bears rebounded and in a big way Saturday sweeping the visiting Coahoma Lady Tigers taking Game 1, 15-3 and Game 2, 16-3.

"They played well and all of the pitchers, hitters and everyone did a good job," Southwest head coach Shea Johnson said. "We came up with some good hits and we played some good defense behind them."

The Lady Bears (17-25, 7-17 MACCC) recorded 17 hits in Game 1 led by three from Sarah Stockstill who also had two runs scored and two RBIs. Five other Lady Bears all recorded two hits including Shaylee Ingram who finished with a team-high four RBIs.

"I knew that I kind of had been in a slump, so I had worked extra hard this week," Ingram said. "I focused on getting my hands inside the ball and not leaking out."

Following a successful opening top of the first from starting

pitcher Mia Pumila and the Lady Bear defense, the multitude of hits came early for Southwest.

A two-out rally was kick-started by Stockstill, who singled to right. She scored during the ensuing at bat after stealing second and taking advantage of a Lady Tiger mistake to plate the game's first run. After Anne Claire Sistrunk followed with a single, Madi Smith, Morgan Gras and Ingram followed suit with the three of theirs plating runs giving the Lady Bears a 4-0 advantage.

Smith, who was mostly known for her skills in the pitching circle, said that hitting is something that she is very comfortable with. "Honestly hitting has never been a problem for me, it has been one of my stronger suits," said Smith who has played mostly in the infield as of late. "I have been enjoying being in the lineup and progressing."

After another strong inning from Pumila in the second, the offense stepped up once again.

An inside-the-park solo home run from Lilli Robertson got things going before RBI singles from Kacey Stampley, Smith, Stockstill and Cheyenne Tyson were complemented by an RBI triple from Ingram and another RBI from Stampley in the inning, this time on a ground out. When the dust settled, Southwest found itself ahead 14-0.

Coahoma answered back with a run in the third but Southwest

plated another one of its own in the fourth when Kayleigh Necaise grounded out, scoring Anlyssa Richardson.

The Lady Tigers added two more runs in the fifth before Lana Bridges, who came on in relief of Pumila got the final out, sealing the win for Southwest.

Pumila and Bridges combined to give up only three hits, three runs (two earned) and four walks while striking out four.

In Game 2, the Lady Bears had another strong performance offensively with 15 hits. On the mound, Emme Wallace got the start but ran into a bit of trouble early as the Lady Tigers opened the second with a solo home run.

Wallace, a sophomore, did not let that bother her one bit as she sat down the next three Lady Tigers in order, picking up a strikeout in the process. "I was definitely feeling it today and as I am making a transition into a starter, my mentality had to change so I kind of had to be feeling it everyday," she said. "I guess it has been about me preparing myself before every single game. I feel like my preparedness has to do with whether or not I am feeling it when I am out there. What I do before a game is just as important as what I do during a game."

Her offense provided an immediate answer. Ingram and Kayci Beth Wallace recorded RBI singles before an RBI triple from

Lilli Robertson was followed by an RBI double from Stockstill and a two-run home run by Stampley giving the Lady Bears a 7-1 advantage.

That lead grew by another seven runs in the third inning on RBI singles from Kayci Beth Wallace and Richardson, Robertson stealing home and two more RBI hits: a double from Sistrunk and a triple by Rowan Braley.

Lana Dalton came on to pitch and picked up where Emme Wallace left off. The freshman from Centreville gave up a single but retired the next three in order, striking out the last two batters in the inning.

Stampley provided her second home run of the day in the fourth, another two-run shot, pushing the Southwest lead to 16-1.

Angelle Delcambre came on to pitch in the fifth and even though the Lady Tigers rallied, scoring two runs, she got the last three outs afterward, preserving the win for the Lady Bears.

Emme Wallace, Dalton and Delcambre combined to give up only four hits, three runs (one earned) and one walk while striking out three.

Go Bears!

Bears show few flaws in sweep of MS Delta

March 27, 2023

Feeding off of the momentum built from Tuesday’s Game 2 win over Gulf Coast in Perkinston, the Bears took it up to Vicksburg Saturday to face Mississippi Delta and walked away with a 20-5 win in Game 1 and a 13-5 win in Game 2.

“We had a really good day,” Southwest head coach Jack Edmonson said. “Both of our starting pitchers were lights out. Our offense was unbelievable. We had 32 hits. We did a good job of preparing for this week and it showed.”

Sophomore Braiden Jones had his best game offensively as a Bear going 4-for-4 with a grand slam, a three-run home run, six runs scored and seven RBIs.

Also turning in big performances were fellow sophomores Hunter Harrell and Connor McHenry who went 3-for-4 with 5 runs scored and two RBIs and 3-for-4 with three RBIs, respectively.

The Bears (14-17, 4-6 MACCC) got into a rhythm offensively early. Marcus Jackson, Harrell and Jones all led off the singles before McHenry drew a bases-loaded walk plating a run. After Christian Kell brought home another run on a fielder's choice, Tyler Otts kept the momentum going with an RBI single making it a 3-0 game.

Southwest starter Justin Thomas ran into some trouble early on as the Trojans rallied themselves, tying the game at 3.

Despite this, he quickly regrouped and shut down Delta in the second.

Jones stole home in the top of the third breaking the tie and putting Southwest ahead once again. But the resilient Trojans drew even for a second time in the bottom half of the inning on a sacrifice fly.

The Bear bats woke up again in the fourth with a four-run inning. Harrell hit an RBI single scoring Brett Boutwell before McHenry hit one of his own scoring Jackson. Kell then reached on an error allowing Harrell to touch home giving Southwest at 7-4 advantage. Otts completed the scoring in the inning with an RBI double to center bringing Jones home.

Southwest added two more in the sixth on a McHenry sacrifice fly

followed by an RBI single from Kell.

Thomas continued dealing for the Bears overcoming a bit of adversity in the sixth and allowing no runs despite two Trojans reaching base.

With the momentum still on their side, the Bears kept pouring it on. Harrell singled in Boutwell before Jones smashed a three-run home run over the center field wall increasing the lead to 14-4.

Delta took advantage of a Southwest error in the seventh to inch closer at 14-5 but it was answered with a six-run eighth inning from the Bears, consisting of Jones’ grand slam, an RBI single from Sam Crowe and a sacrifice fly from Jackson.

Thomas sat the Trojans down in order in the eighth not only marking the complete game for the freshman but also picking up his third strikeout in the process. He gave up only eight hits, five runs (four earned) and one walk.

In Game 2, the Bears once again set the tone with a big opening inning. Jackson homered on just the third pitch of the game immediately giving Southwest the upper hand. Later in the inning, Jones and McHenry reached via back-to-back doubles and both touched home during the ensuing at bat when Kell singled to center.

With the 3-0 advantage Bear starter Luke Lirette fed off of that momentum striking out the first two batters he faced.

The Bear offense went back to work in the second getting another two runs on a fielder's choice followed by an RBI single from Jones making it a 5-0 game.

After neither team scored in the third or fourth innings, the Bears increased their advantage in the top half of the fifth with a pair of long balls. Kell hit a three-run shot over the left field wall before Colson Thompson followed suit with a two-run blast of his own, also to left. The Bears enjoyed a 10-0 lead.

The Trojans went on a run in the fifth cutting into the Bear lead with a four-run inning. They inched closer in the sixth with a run but Southwest pulled away once again in the seventh courtesy of back-to-back RBI singles from Crowe and Matthew Latino followed by an error allowing Crowe to score putting the Bears

up by the final margin.

Lirette went 5.0 innings giving up only seven hits, four runs (all earned) and two walks while striking out six. Dawsan Drennan and Jones combined to pitch the remaining two innings, each picking up a strikeout.

Offensively, Jones led the way with three hits and two runs scored. McHenry and Kell had two hits with the latter also recording five RBIs.

On the day, Jones batted .875 with a 1.750 slugging percentage. He posted seven hits – two of which being home runs – eight runs scored and eight RBIs. He also led the team on the base paths with three stolen bases.

“I felt pretty confident at the plate trying not to do too much,” Jones said. “Coach Edmonson told me to hit it to the scoreboard in the opposite field and it kind of what my main focus was at the end of the first game and it carried over to the second.”

April 17, 2023

The recent five-game win streak came to an unfortunate end for Southwest Baseball Saturday in Scooba with a 9-5 loss in Game 1 to East Mississippi. But the Bears made sure to close out the day on a high note and in impressive fashion, picking up a 4-0 win in Game 2, earning the split with the Lions.

“I think that we played solid baseball again all day,” Southwest head coach Jack Edmonson said. “We played a solid baseball game and got beat in it. We faced some really good arms today. We missed a couple of opportunities early.”

The Bears (20-23, 10-12 MACCC) got the bats going early in the opener. With Hunter Harrell on via a double, Connor McHenry stepped up and brought Harrell home with a double of his own putting Southwest up 1-0.

Unfortunately, the Lions not only immediately responded but also took the lead in the process with a two-run home run. An RBI double in the second pushed the hosts’ lead to 3-1.

Southwest inched closer in the third following a Colson Thompson fielder's choice bringing Braiden Jones home making it a 3-2 game.

A rally in the fourth allowed the Bears to pull even. Tyler Otts got

on base via a single before Marcus Jackson joined him after getting hit by a pitch. Following a double play during the ensuing at bat, Otts raced home tying the game at 3.

The tie, unfortunately, did not last long as the Lions once again jumped ahead by one in the fourth. They added to their lead in the fifth on a bases-loaded walk and a single making it a 6-3 contest.

Southwest was put in an even further hole in the sixth as East Mississippi added three more runs increasing its lead to 9-3.

Following a lengthy delay due to rough weather in the area, play resumed and the Bears cut into the Lions’ lead following a two-run double to left from Otts, scoring Christian Kell and Thompson.

But the Bears could not pull any closer as the Lions sealed the win.

Starter Justin Thomas went 3.2 innings striking out four while giving up three hits and three walks. He was relieved by Caiden Necaise, Collin Netto and Trace Dearman.

Offensively, McHenry led the way with three hits and an RBI.

In the nightcap, the Bears got arguably the best performance of the season, thus far, from starter Luke Lirette. The freshman from Houma, LA went the distance for the Bears striking out six while allowing no runs, one walk and three hits.

He went toe-to-toe with East Mississippi starter Landon Scruggs who, like Lirette, also made his mark early in the contest. Both the Bears and the Lions had difficulty finding consistent offense.

Southwest broke the mold in the sixth. Jones touched home after Thompson reached via an error, making it a 1-0 game. Two batter later, Otts singled to left scoring both Jerod Williams and Kell, increasing the Bear lead to 3-0.

Lirette continued to deal in the sixth, adding another strikeout in the process and keeping the Lion offense grounded.

A passed ball in the seventh allowed Jackson to touch home making the score 4-0 in favor of Southwest. Two more strikeouts in the seventh from Lirette helped the Bears seal the win securing the split.

Otts finished with two hits and two RBIs in the win.

April 29, 2023

For the second-consecutive series, the Bears ran into some trouble in the opener only to bounce back and in a big way, claiming a victory in the nightcap as they got over an 11-1 loss in Game 1 to the host Co-Lin Wolves before closing out play, Tuesday with a 3-1 win in eight innings.

It was kind of Dr. Jekyll and Mr. Hyde, two totally different games for us," Southwest head coach Jack Edmonson said. "In the first, we didn't pitch well, nor swing the bats well. Their (Co-Lin's) starters were really good. In Game 2, Braiden (Jones) just refused to lose and our defense played well.

In Game 1, the Bears (20-24, 10-13) struggled to get the bats going. Southwest starter Myles Green kept the Wolves at bay through the first two frames. However, in the third, the Co-Lin offense rallied plating four runs. The Wolves kept it going in the fourth and fifth with three-run efforts in each, putting the Bears in a 10-0 hole.

Southwest scratched its lone run across the plate in the sixth when Marcus Jackson touched home after Connor McHenry reached safely via an error.

But in the eighth, Co-Lin got that run back, once again putting the Bears in a 10-run deficit before sealing the win the following inning.

In addition to Green, Collin Netto, Trace Dearman, John Austin Ricks and Bradley Whitaker all logged time on the mound for the Bears.

Braiden Jones led the Bear offense with two hits.

Jones got the start on the mound in Game 2 for Southwest. Making his first start of the season, Jones had a strong outing, going all eight innings, striking out five while giving up 10 hits, only one run (earned) and two walks.

Jones shined from the start, recording three strikeouts through the first two innings. He ran into a bit of trouble in the third. A pair of singles put two Wolves on base before an error allowed Co-Lin to score the game's first run putting Southwest down 1-0. Despite this, Jones quickly moved on and

struck out the next batter.

The Southwest offense was mostly kept in check until the seventh. Two of the first three Bear batters in McHenry and Colson Thompson were hit by pitches. McHenry was replaced by pinch runner Matthew Latino who took advantage of a Co-Lin error to race home, tying the game at 1.

After Jones and the Bears shut the Wolves down in the bottom half of the seventh, the Southwest offense had its best inning of the night in the eighth.

Jackson doubled, adding on to his school record of consecutive games reaching base safely, making it now 27 games. He touched home three at bats later when Latino singled to left. Ensuing batter Jerod Williams joined the fray with an RBI single of his own, scoring Jones putting the Bears ahead 3-1.

From there Southwest shut down Co-Lin in the eighth preserving the win.

Braxton Thoms recorded two hits in the game. Latino had a hit, a run scored and an RBI.



GO BEARS!!!!

Peralta signs with St. Mary

By Travis Connelley, SID

The academic and athletic career for Bear Soccer's Thomas Peralta will continue beyond his time at Southwest after the Colombia-native recently signed with the University of St. Mary in Leavenworth, Kansas.

"I'm very thankful for this experience, I am very thankful for my coaches, my teammates, my family for sure," Peralta said. "Now it is time to move on to the next step. I'm looking forward to continuing to play soccer."

Peralta said that he chose St. Mary over offers from multiple schools, some of which in the states of Florida, South Carolina and North Carolina. Multiple factors played a role in his decision including re-connecting with former Bear teammate Jade Baartman who transferred to St. Mary after the Fall of 2022 semester, as well as former Lady Bear Juana Wulff who plays for nearby Columbia College.

Peralta added that he is very thankful for his time at Southwest, not only helping him grow on the field but also in the classroom where he shined with a high GPA.

"I came here as a kid, but now I am leaving more mature," he said. "Everything that I learned here was useful for me to start growing up and seeing things in a different perspective. I learned that if I want to keep playing soccer that I will have to survive in the classroom as well."

Peralta finished his sophomore season starting 12 of 14 games, holding down the important center-back position proving to be a thorn in the sides of opposing teams with his stellar defense.

In addition to being thankful to learn under head coach Zach Mills and assistants Dalton Cooper, Ivan Bastida and Nicole Daigle, he also grateful for the relationships that he built with teammates. One of those teammates he grew close to was Franco Fasoli, who like Peralta, also recently signed with a four-year school as he will head to Ashland, Oregon and play for the Southern Oregon University.

The challenges of succeeding on the next level at St. Mary is something that Peralta is very aware of.

"They have a 50-man roster so it is going to be kind of hard but I have 100-percent confidence in myself," he said. "I know that one day I am going to be there and I am going to star. Hopefully, I am going to be the captain, those are what my expectations are. I am going to prove to everyone that I am a player. It is not going to be because of luck, it is going to be because of all of the hard work that I put in these past two years."

Another aspect that drew Peralta to St. Mary was the fact that he can major in Biology.

"It gives me more time and more areas (of study) there," he said. "I am looking for a minor as well." Peralta adds that he would love to work in a hospital or run a health clinic. "I want to help people out and be there for them, because back home I know how difficult it is to get good help."

Coach Mills adds that he is proud of the progress that Peralta made during his time in Summit and thankful to have the type of student athlete he was, be involved with the soccer program.

"The difference he has made and the changes he has made since day 1 has been amazing," he said. "A special shout out to him because he did have to play positions that he wasn't familiar with or that he loved but we needed it. As a team, we benefited from having him in different spots. But we were happy to get him in his spot, a little more this year especially, getting him ready for Kansas. I think that he will do well for St. Mary."



SMCC Rock Band - Junction 51: Cailey Browning, Nikki Burt, Ava Moran. Second Row: Gavin Calhoun, Drew Smith, Christian Jordan, Dashawn Cooley; second row: Clay Whittington, band director; and Steven Stringer, band director photo by Sarah Meyn



TriBeta Inductees: Kameron Case, Emily Fortenberry, Sarah Smith, Cailey Browning, Claire Busbin, Dailyn Ham, Brianna Bennett, Lauren Bates; second row: Dr. Alana Gabler, advisor; Emma Dickerson, Gabriella Mulligan, Haley Kinabrew, Amy Mabile, Laney Boyd, Sydney Williams, Hannah McDaniel, Anne Speights, Robin Kuntz, advisor; third row: Noah Agnor, Gavin Wicker photo by Sarah Meyn



BSU Junior and Senior Night: Michael Kees and Kylen Reeves entertain the juniors and seniors. photo by Sarah Meyn



Anything But a Backpack Day winners: Knox Parker, Devin Vandall, Jeremy Wells, Caleb Brown, and Micheal Blalock photo by Sarah Meyn

Women's tennis team competes in the NJCAA Region 23 Tournament

By Travis Connelley, SID

Despite giving a valiant effort battling against No. 12 Jones, the Lady Bears were out-matched by the Lady Bobcats Friday in the first round of the Region 23 Playoff Tournament, falling to the tournament hosts.

Afterward, Women's Tennis head coach Joyce Mabry expressed how proud she was with her team not only making the postseason but battling a tough opponent in the opening round.

Spring Fitness

By Jeremy D. Collins Jr., staff

Many people feel like spring provides the perfect time to improve their self-image. Exercising serves as one of the best ways to self-improve. Working out will give you the self-confidence and self-esteem you need. I studied several online articles discussing health information to discuss some means of exercising and nutrition information. What is best for your health at these restaurants?

According to MayoClinic.org, individuals should aim for at least 30 minutes of moderate physical activity every day. If you want to lose weight, maintain weight loss, or meet specific fitness goals, you may need to exercise more. Reducing sitting time is important, too.

Exercising benefits you not only in physical aspects, but also regarding your organs and overall health. It also peaks your confidence. I would recommend exercising to anyone who wants a change in their life, taking it step by step. Wwww.nhs.uk states, "An ideal daily intake of calories varies depending on age, metabolism, and levels of physical activity, among other things. Generally, the recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men".

We must consider these facts when choosing our daily meals. Should you waste the extra calories eating out? It depends on the restaurant that you are wanting to have a meal at. Something to remember when eating out is to always choose the grilled option, such as at Chick-fil-a. The grilled chicken sandwich has a dramatic decrease in calories and fat compared to the original, fried sandwich. Hopefully, this information will help you choose a healthier lifestyle. Fitness and Nutrition serve so important for a positive and healthy life, so be sure to prioritize them.

Memories

By Austin Eiheridge, staff

Throughout my first year on the tennis team, I learned the value and importance of a team. I have been given memories and experiences that I will take with me forever. Within the past year, the tennis team has taught me leadership and values that everyone should be able to be a part of and learn. I have been very grateful for all the fun we have had. I loved traveling to new schools and places. The team made me feel very welcome when I first joined. I made several great friendships by playing the sport that I love.

Another perk of being on the team is the cool clothes and shoes I was given to wear. I enjoyed getting to attending workouts and practicing with the team every day. Having a team bond is a rare thing, and ours is definitely something great. We all individually play for the benefit of our team's points and wins. Every player cheers on their teammates. I think any tennis player looking for a great team, coach, and friends should try out for the Southwest Tennis Team. I feel that we have plenty of memories to carry with us even after we leave college.

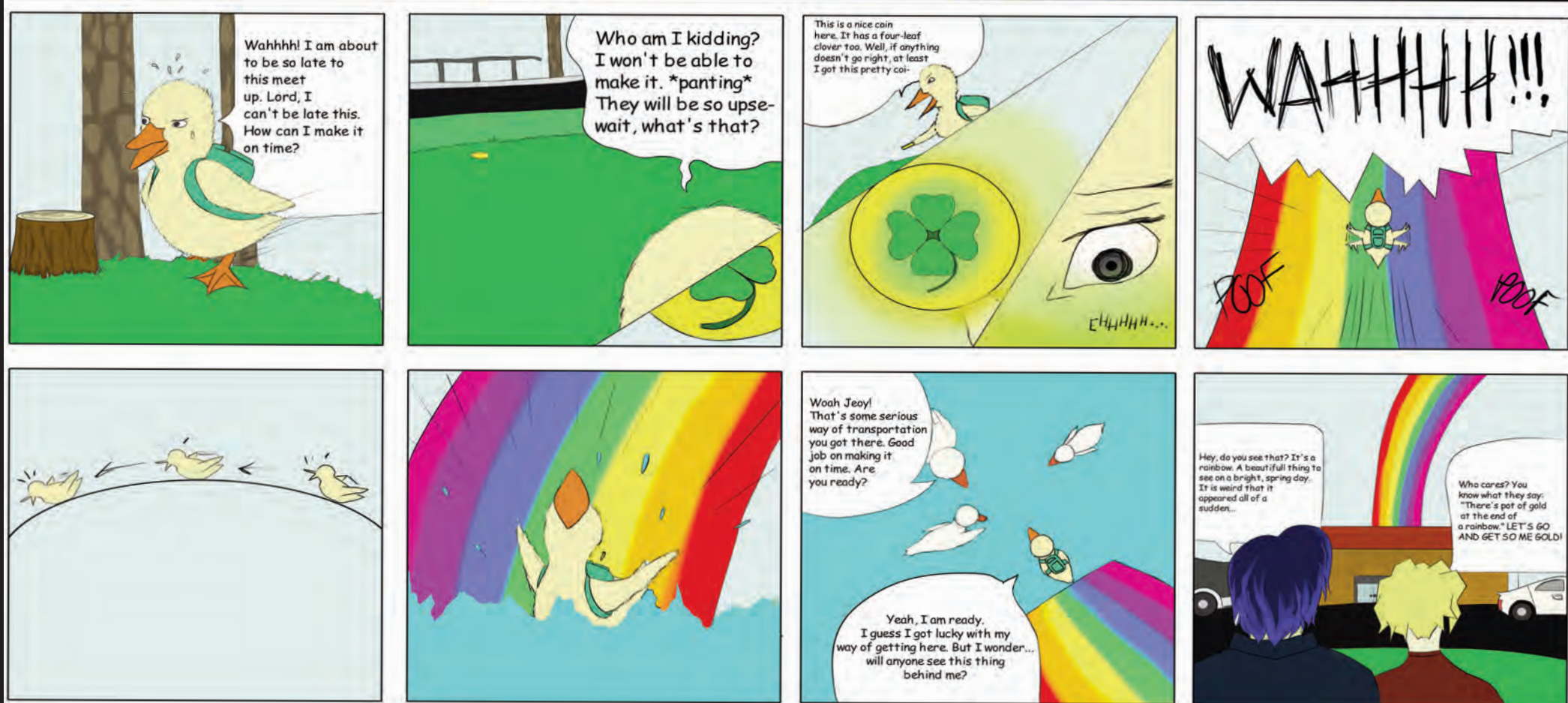


Academic Feather

by Levi Lovett



RANDOM THINGS by Joshua Faust



By Emma Grace Carruth

ADS



In the Zone with the stage band Celebration

photos by Sarah Meyn



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