



## Wanderlust • FEATURES, Page 6

Natalie Jane's reopened recently. Is it as good as it used to be?



## Mr. Mayflower • A & E, Page 8

Men on campus competed to be named Mr. Mayflower. Find out who won.

Tuesday, April 21, 2015

THE  
PIEDMONT  
COLLEGE

# NAVIGATOR

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## Happening in the World News Outside of Piedmont

POLICE BRUTALITY HITS US CLOSER TO HOME



A group protests in front of North Charleston's city hall about the shooting of an unarmed man by a police officer.

By JOSH PARRIS  
Staff Writer

With the turmoil of riots in Ferguson and now new unrest in North Charleston, S.C., the occurrence of police brutality in our society appears to be increasing drastically. However, this problem has been just as prevalent in our nation's history. Accusations of police brutality have been reported for a long time, and with the increased availability of cameras, these actions are now being seen by the world.

Mary Edmond, the assistant sociology professor at Piedmont College specializes in the critique of police work. Edmond said, "In the ad-

vent of the internet with easily-shot video and easily-posted video, there is a wider and quicker audience for those types of stories that are not filtered through other media. They don't have to be filtered through other media to reach people and for people to decide whether it is problematic or not."

The use of video evidence has played a large role in a recent brutality case located in North Charleston, S.C. This event occurred on April 4 where, according to the New York Times and many other news sources, an unarmed man was shot and killed after attempting to run away from the officer. A video supplied

by a witness captures the police officer shooting the man eight times in the back without warning as the man ran away from the officer.

The officer, Michael Slager, initially claimed he fired his weapon in self-defense, but after a cellphone video of these unfolding events was released, he was fired and charged with murder. Although not all of the accusations of police brutality are as clear as this one, they have illuminated a reoccurring motif in law enforcement.

One suggested solution to this problem is the use of body cameras, which is currently being implemented in

**See Police, page 2**

## ATTACK OF THE SMARTPHONES

STUDENT'S IPHONE "EXPLODES" IN CAFE

By JANIE HARRIS  
News Editor, EIC

We all drop our phones. Sometimes they crack, sometimes they don't, but did you ever think your phone could explode?

On Wednesday, April 15, freshman graphic design major Tyra Alston said she dropped her iPhone 6 in Nielson Dining Hall, otherwise known as the café. After inspecting the phone for damage and not seeing anything too distressing, she placed her phone on the table and walked away to pick up some food. When she returned, her phone had "exploded."

"I was in shock," said Alston. "If I would have had it in my hand any longer, it would have burned my fingers off."

Alston walked away unin-

jured, but she is not the first person to report an "exploding phone."

Just last month, CNN reported that a man from New York said that his iPhone 5c exploded in his pocket, leaving him with severe burns. Over the past year or so, people all over the country are reporting that their phones are exploding.

And it is not just iPhones. In 2014, Fox News reported that a Texas girl's Samsung Galaxy S4 exploded under her pillow. The phone melted and ruined a part of her bed, but she and her family were fine.

Alston said, "I'm not sure what caused it, but the battery just exploded on the inside."

Batteries are exploding in  
**See Smartphones, page 2**



Freshman graphic design major Tyra Alston's phone after her phone "exploded."

## LIFE AFTER PIEDMONT

FOUR PIEDMONT GRADUATES GIVE THEIR ADVICE FOR ENTERING THE "REAL WORLD"

By MANYI ENO  
Staff Writer

As you anxiously sit in your seat, waiting for your name to be called, you can't believe after these few short years in college, you are finally done. Your name is called, you walked up onto the stage, take your diploma in your hands and think, "Now what?"

The Navigator spoke with four graduates who gave insight into what it's like entering the real world and the obstacles they faced after graduating from Piedmont College.

In 2011, Tianashan Jones earned her B.A. in sociology and her masters in business administration in 2013. She is currently working at Gallagher Bassett Services in Atlanta,

Ga. where she handles liability claims for clients. However, her first job was as a 911 operator.

"I didn't get a full-time job until September of 2013 after I graduated, and it wasn't for me," said Jones. "I was not prepared for how difficult it would be to land a job."

Patrick Lyons, who graduated in May of 2014, also said it took him a while to find a job, and eventually, he landed a job in October of 2014 that he said he enjoys so far.

"I am currently a media marketing strategist at a company in Norcross, Ga.," said Lyons.

Lyons said he was happy to study mass communications at Piedmont because it prepared him for several different career options that he said he



Hillary Kelley (far right) and her new coworkers at Initials, Inc.

was looking for.

"So many amazing things have already come out of being a Piedmont Lion. While I didn't always agree with cer-

tain rules and decisions Piedmont made about student life on campus, I do believe it prepared me for the real world," said Lyons.

Another mass communica-

**See Life,  
page 2**

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## SGA PRESIDENTIAL CAMPAIGN BEGINS

By JANIE HARRIS  
News Editor, EIC

It's election time, Piedmont. That's right; it is time for you to decide who you want to represent the student population as a member of the Student Government Association, or SGA.

This year, current SGA Vice President Joshua McGowan and Sophomore Representative Brittany Sharer fight to become SGA President.

But should we really say fight? McGowan explained that this might be the most "boring" race that anyone will encounter in their lives.

"Essentially, its two motivated people going for some-

thing that they care about and respecting that no matter who wins, somebody who loves SGA is going to get it," said Sharer.

Because SGA is not like the American government, where when you elect a president, you elect a leader, the race isn't about what each candidate personally wants for Piedmont. This race is more about who students think will be the best communicator between the students and the administration.

McGowan said: "I can't say that I would be a better candidate than Brittany because she is a phenomenal individual, and she can't say that she would be better than me. It

just comes down to who you want sitting in that office to lead that conversation."

And communication is the platform both candidates stand on. Both understand that the student body and administration need to open channels of communication in order to improve Piedmont.

So how are they going to do it?

Sharer said she hopes that by getting involved in many different groups around campus and getting to know administrators, she can create those channels.

McGowan said he plans on hosting general assemblies where both students and administration can sit down and

discuss their ideas with each other.

"We all want the same thing. We all want Piedmont to be a better place," said McGowan.

But what do they want to talk to administration about? Compass? Visitation?

Sharer said, "It doesn't really matter what I would like to see brought up. It matters what they want to see brought up, and that is what I would like to represent."

McGowan explained that they poll students to find out what they will talk to administration about, but really, their personal opinions will not be involved.

Current SGA President

Sam Thomas said: "Josh [McGowan] and Brittany [Sharer] are both exceptional candidates. I hope that no matter what happens in the elections that they both remain active leaders in SGA, and I am excited to see what they accomplish next year."

Sharer and McGowan said voting will be easier than ever this year. Anyone with a smartphone, tablet or laptop can vote. After following a link that will be sent you your email, you will type in your student ID number, select who you want to vote for and click submit.

Voting opens on April 23 at 7:30 a.m. and closes April 24 at 7:30 p.m.

Continued from page 1

tions graduate Hillary Kelley said she overestimated how scary the real world actually was.

"I know I had this impending doom mentality, and I put too much stock into thinking that the real world was so scary," said Kelley.

She earned her B.A. from Piedmont in May of 2014 and is currently part of the marketing team at Initials, Inc. in Clarkesville, Ga. She is head of the company's social media and is overall marketing assistant.

Kelley said she applied for numerous jobs and eventu-

ally applied to be Initials, Inc's graphic designer. After her first interview, they called her back for a second interview and informed her that they had created a brand new position that mirrored her resume.

"The integrated communications approach of the mass communications department provided me with not only a way to strengthen the skills I possess, but it allowed me to learn an incredible amount of new skills in different areas of communications," said Kelley.

For Zach Thomaswick, it didn't take him long to find a job since he accepted a teach-

ing job at Habersham ninth-grade academy before he graduated. He graduated in May of 2012, earning his B.S. in secondary mathematics education and then his M.A. in secondary mathematics education in 2014.

Thomaswick said that Piedmont did prepare him for his current job because of his involvement on campus.

"Working in residence life, especially, helped me gain a unique skill set that I can use in a variety of situations in life," said Thomaswick.

Thomaswick said that what he thinks most graduates underestimate is budgeting.

"Beyond the costs they already have, they have to now take into account a wide array of expenses such as rent, utilities, groceries, etc.," said Thomaswick. "From my experience, many Piedmont students live paycheck to paycheck, rather than having a budget and have a savings plan to help deal with any emergency situations."

For Lyons, he said students today don't want to put effort into making things happen.

"Our generation is quite



Tianashon Jones and Zach Thomaswick enjoy a baseball game at the Braves stadium on their day off.

Photo courtesy of TIANASHON JONES

unique. It's like we gather all of this information and form all of these desires and opinions, but then we don't want to put in the effort to make all of them happen," Lyons said. "In college, you have absences for class, have some mornings where you get to sleep in and so forth. In no way I am saying college is easy, but when you start a career, that is all gone. You don't get to skip a day for no reason. You don't have time for nearly as much social activity. That's a reality that a lot of students aren't ready for by age 22 or 23."

Jones said she thinks graduates underestimate how tough

the job market is.

"I never thought I would work part time at a clothing store with a master's degree," she said.

Kelley said that students should not hesitate to make their dreams come true, but also they shouldn't be afraid to ask for help.

"You have the skills. Now, put them into practice, and you'll go far," she said.

Jones' advice for students is to enjoy every moment in college.

"This may be the last time you live near any of your Piedmont friends," she said. "I miss Piedmont, but I'm excit-



Patrick Lyons (far right) spends his days off with his friends.

Photo courtesy of PATRICK LYONS

## Smartphones

Continued from page 1

phones, so how do we prevent it?

In 2014, Digital Trends reported that there are three main things that cause a smartphone's battery to malfunction—over heating, over charging and applying large amounts of pressure to the phone.

Digital Trends said, "The biggest recommendations we have are to use the official charger with your phone, don't leave it plugged in for days and keep your smartphone out of your back pocket. For heaven's sake, don't sit on your \$300 to \$800 pocket computer."

Alston has sense received a new

iPhone 6 after she and her mother spent an evening arguing in the Apple store in the Mall of Georgia. Alston said the reason they ended up replacing her phone for free was because she could have been injured.

The Navigator reached out to Apple to get a response but never heard back.

As for how she feels about having a new iPhone, Alston said, "I haven't dropped it yet, but I am really nervous about having a new one [an iPhone]."

According to experts at iFix, a New York-based gadget repair store, here is how to prevent your phone from exploding:

1. Stay away from low-quality batteries.
2. Keep your phone in a well-ventilated place while charging.
3. If you get your phone wet, have it checked by a professional.
4. Don't overuse your phone while it's charging.
5. If your phone takes a nasty drop, don't just dust it off and move on.
6. If you notice any overheating or sudden battery drain, you may have a problem.

## Police

Continued from page 1

the New York Police Department. The notion behind this use of technology is that if all officers wear body cameras, it will authenticate the actions of police officers.

Edmond said, "Whenever there is an audience to an encounter, police officers are more likely to act in prescribed ways. They are less likely to use discretion and are more likely to play it 'by the book,' if you will, so a body-worn camera adds that simulated witness that encourages a greater and more prescribed approach."

The Office of Justice Programs Diagnostic Center did a study on body cameras used in law enforcement that validated Edmond's point. There qualitative studies showed that "officers without cameras were more likely to use force without having been physically threatened."

The implementation of this technology does raise a few red flags with some. These cameras would infringe on both

the officers and citizens privacy, and their uses would have to be heavily regulated. If these cameras were to be used nationwide, it would also call for new training and more funding.

According to Edmond, even though the implementation of body cameras may be a step in the right direction, it will take much more to end this problem for good. To find the ideal solution that will end police brutality, one must approach the situation abstractly and find its true origin. However, there isn't just one cause to this problem. It is multidimensional and is caused by many dysfunctional structures in our society. Our society tends to want to place the blame on one entity or group of people, but that shouldn't be the perspective we take.

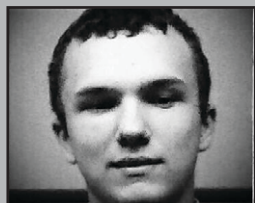
Edmond said, "It can't just be an individual solution. It has to be one that considers each level of our society."



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Empowering Piedmont students through unbiased and credible information.

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# According to Amanda:

## THE FIVE PEOPLE YOU'LL MEET DURING FINALS

By AMANDA DUKES  
Staff Writer

The semester is coming to a close. Those semester-long projects you ignored are due, that paper you totally forgot about is coming up, you haven't quite finished all your make-up work and worst of all: finals.

Naturally, it is a very stressful time, and while everyone deals with stress differently, finals week has a unique way of grouping students into five distinct categories.

The first category is what every student tries to be, yet so many fall short: the Overachiever. They've kept up with the coursework, turned in everything on time and actually studied their class notes, which means that, unlike some of us, they actually took class notes. They planned ahead and drafted their final paper. Most even got it finished in advance, as opposed to the RedBull fuelled, four-in-the-morning, sleep-is-for-the-weak, all-nighter that everyone else pulled. They worry a little about their finals, since it is a big percentage of their grade, but ultimately, they are confident that they're prepared.

Second and most common are the Almost-Achievers. They have more or less kept up with the course work. Occasionally, they'll miss a homework assignment or bomb a quiz, but they've kept themselves on track. The problem with the Almost-Achievers, however, is that they believe they are among the Overachievers. Though, they are not. This false sense of security makes them believe they are more prepared than they really are.

Because of this confidence, they'll begin to slack off. They'll stop studying as regularly because their grades are comfortably within acceptable range. The realization usually hits the first week

of April. Almost-Achievers will be confident in their ability to help their friends study for finals and slowly become aware that they don't remember anything.

Usually, everyone in the room is notified of this realization because it is accompanied by a string of expletives. This realization is usually followed by panic and regret (and crying, in the most extreme cases). Almost-Achievers will try desperately to make up the time they lost by studying excessively for a few days. However, they soon realize that it is truly too late to catch up. Many find comfort in the mantra, "C's get degrees."

They may not ace the final, but they studied for the first two-thirds of the course, and that will usually earn them a passing grade, which they will accept with the bittersweet resignation of an Olympic bronze medalist.

The third category consists of the Underachievers. They follow a similar pattern as the Almost-Achievers, but they stop keeping up with the course work much earlier. They too, are victims of their own confidence. But where the Almost-Achievers are confident their abilities are superior, the Underachievers are confident their abilities are firmly below par. This leads to a liberating apathy that other students revere with a strange

**"Naturally, it is a very stressful time, and while everyone deals with stress differently, finals week has a unique way of grouping students into five distinct categories."**

- Amanda Duker

combination of envy and pity. The Underachievers score exactly as they (and their professors) assumed they would on their final exams. Their day will carry on as usual, though

they may quietly fill out a "Request to Repeat a Course" form later on.

The fourth category is the most widely known: the Procrastinators. They are usually mixed among the Overachievers, yet separated by their Type B personality.

They can be identified by their overachieving expectations paired with underachieving behaviors. They will feign the apathy characteristic of the Underachievers, yet they plan

to ace their finals alongside the Overachievers. They'll remain in this state of academic limbo until mid-April. They will be snapped harshly back to reality, usually when the teacher casually mentions that finals are only "a few short weeks away," and begin the same manic studying that is found in the Almost-Achievers.

They'll review enough of the basics to scrape by with a passing grade. Occasionally, though, the worst of the Procrastinators will become so disheartened by the realization that they cannot possibly ace the final that they will transition into the Underachiever category and accept their fate.

The fifth category is, by far, the most rare and revered group: the Blessed. They exhibit all the behaviors typical of the Underachievers, the confidence of the Almost-

Achievers and yet somehow maintain the grades of the Overachievers. They are to be feared because their ways are not our own.

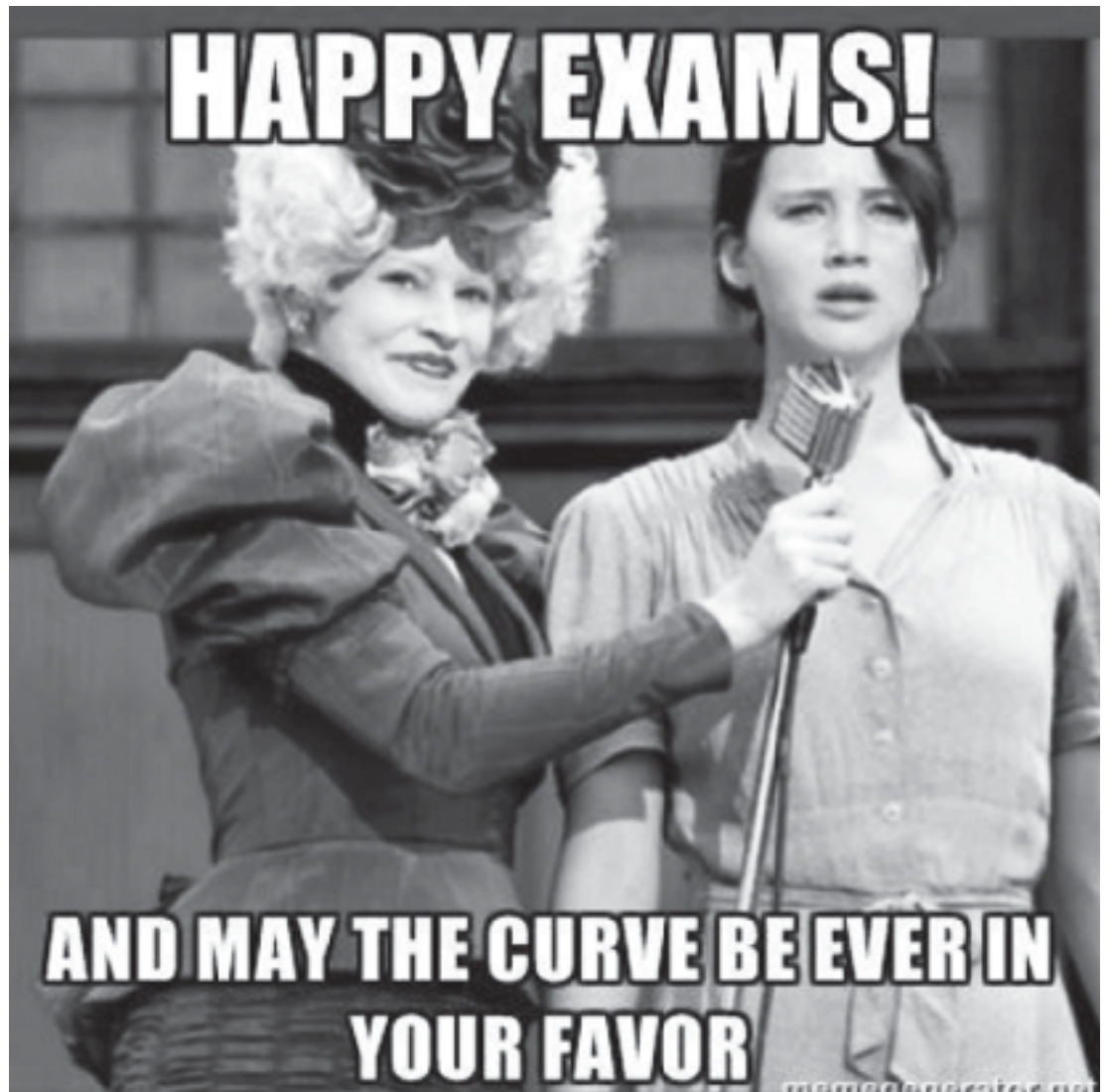
Exams are only a week away, so I'd like to offer some final advice. Overachievers, keep up the good work and be confident - you've got this.

Almost-Achievers, it's too late to learn everything - go over the basics and you should be okay, you'll do better next semester.

Underachievers, let's be honest, you're probably not reading this, but if you are, 'Repeat a Course Requests' can be picked up in the Student Services Office.

Procrastinators, I wish you luck and Starbucks gift cards, you'll need the caffeine.

And finally, to the Blessed, don't brag too much about your natural gifts because the Procrastinators will strike. Excessive caffeine and envy are a dangerous combination.



## FOUNDATIONS

in PERSONAL FINANCE  
college edition



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**April 22:** Wrap-Up, Stock Market Challenge,  
Budget Comparison

**Wednesdays, 2:00-5:00pm, Room 317W**





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[zchurchill@piedmont.edu](mailto:zchurchill@piedmont.edu) to register

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BOOT CAMP</b> 4:00-5:00PM Gym	<b>BASKETBALL</b> 4:00-6:00PM Gym	<b>YOGA</b> 4:00-5:00PM Meetinghouse	<b>BOOT CAMP</b> 4:00-5:00PM Gym
			
		Starts February 11th!	

Questions? Contact Zach at [zchurchill@piedmont.edu](mailto:zchurchill@piedmont.edu)

## The TOFU: Your Official Source for Not-so-Real Campus News

### Moving out



By SARAH SMAGUR  
Opinions Editor

With the end of the semester nearing, many people are packing up to go home and deciding what to take with them, what to throw away and what to sell to other students. Piedmont has decided to take matters into their own hands this year and help students figure out what items they should put in which pile by bringing a cleaning and organizing crew to each dorm for students to use while moving out. Administration will be collecting \$100 from each student for a moving-out fee in order for the school to pay for the teams of professionals to help students.

This idea was sparked after Student Affairs heard complaints from many students that they would need more time to move out due to extra cleaning and making these hard choices on what to keep and give away. In addition to the cleaning crew, the staff of Piedmont will also be setting up a yard-sale sight on the quad, so students can have a table to sell

items they no longer want for next year or to take home. If you are interested in having a table to sell your items, you may pick up an application in the student center. You will have to fill out an itemized form of what you would like to sell, the prices and pay a fee for your table. The date and time of the yard sale has not yet been confirmed, but it will be announced via email once they have been finalized.

**"Administration will be collecting \$100 from each student for a moving-out fee in order for the school to pay for the teams of professionals to help students."**

Want your voice heard?

Contact the new  
Opinions Editor Thomas Looney  
at [jlooney1109@lions.piedmont.edu](mailto:jlooney1109@lions.piedmont.edu)

### Retraction

By JANIE HARRIS  
News Editor, EIC

In the last issue of The Navigator, I wrote an opinions piece, urging students to take action on making the budget available to tuition payers. Some, however, took it as a question of Dean Misner's actions and ethics. This was not the intent. I apologize for any confusion, but the piece was about why students should have the ability to see the budget.

See a trend?  
FAD or *flop*  
You decide.

Be the voice for campus!



## What SGA has done for me



By BRITTANY SHARER  
Contributing Writer

We've probably all heard sayings about opinions and everyone having them, and we've all been told we are entitled to them. However, not all of us were born with the ability to voice them. I fell under that wonderfully introverted category the way the apple fell from the tree. It was natural. It was easy to

hide if I was quiet about my thoughts. It. Was. Easy. Who doesn't want easy, right? Well, the Student Government Association taught me that easy wasn't good enough. I was really living when I stepped outside of my com-

We all were. The Student Government Association gave me the ability to vocalize opinions and back them with action. Before I came in to Piedmont College my freshman year, I would say that my opinions felt like weaknesses to me.

tance of speaking my mind. I know it's silly to think that it took so long in life, but something clicks when you're sitting at that monthly meeting next to people who are so confident and driven, and those same people are working together with you for the

for others. It keeps your critical thinking abilities acute and gifts you with what I would say is a daily growth in better discernment. Every motion that is made and every "second" that follows is a chance that someone else asked for that now has the opportunity to blossom. SGA is a place where people come together despite their differing opinions and find a way to better improve the life of Piedmont College students. It will help you gain a better understanding of the importance of a single opinion. It will teach you to execute your actions in a motivated and professional manner, and it will give you a deeper appreciation of all the different types of individuals this campus holds.

**"SGA is a place where people come together despite their differing opinions and find a way to better improve the life of Piedmont College students."**

fort zone and stated my opinion, when I was helping other people. And if I couldn't help them, I was connecting them with the people that could.

It wasn't until I was introduced to the Student Government and given the ability to be a mouthpiece for others that I gained the vital impor-

betterment of others'. SGA instilled a confidence in me that not only helped me become a better advocate for myself but a better advocate

## The end is near



By CALEB WILKIE  
Features Editor

Students, prepare yourselves because summer is coming. Grab your sunscreen, tank tops, board shorts and beach towels and get ready to relieve a bit of your stress. The homework will be done for three months. That's quite a bit of time on your hands. You will no longer have to worry about those pesky online Spanish assignments that seem to pile up every day or those never ending math problems where you have to find X.

Math, we're tired of looking for your ex. Its time to move on. No more essays to worry about or shows to produce. It will be here before you know it. That all sounds good, but there is one more obstacle we have to face, final exams. That's right, I said it. Finals. Don't stress though, it will be alright as long as you have worked hard all year. Maybe that hard professor will give a 30 point curve on your final.... probably not. Study hard, but don't over do it. Schedule in some free time for a game of pool or volleyball, watch a baseball game or the other alternative, Netflix. Just as long as one episode doesn't turn into ten seasons of Friends. At the end of the semester, after some excruciating finals, many other things are ending, too. For example, this is the last issue of the Navigator for the 2014-2015 school year. Now, that is weird! The year has flown by, and I have enjoyed producing the features section this semester. Although it has had its ups and quite a bit of downs,



Summer means beaches, sunscreen and no classes.

Photo by CALEB WILKIE

a small part of me will miss putting together this section. At the beginning of the semester, I had no clue what I was doing. The only time I had ever written for any school paper was at the end of last semester. Little did I know, that one article would turn into a position on the

Navigator. Although, I was given this opportunity, I feel I have gone as far as I can go and will be leaving the Navigator. The section will be in good hands with Lauren Bartlett, the current Living editor, taking over my position. If any student wants to

write for the paper, these new editors would love to have content for their page. Don't be too scared to report a story. Good luck to Lauren, Janie and the new Navigator staff in the 2015-2016 school year.

## Piedmont parking at its finest



**We also feature tweets!  
Want your tweet featured?**

Tweet with the hashtag  
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and your tweets might be here!

Talk about being on the line.

**The Navigator introduces a new series, parkers at Piedmont College. Watch out, or you could be featured next issue!**

## The new rock wall



By ZACH ENGLERT  
Contributing Writer

ting to implement some ideas from my past gyms into the group and seeing the others in the group get attached to the sport.

Rock climbing is one of the fastest growing sports in the United States because it requires thinking, concentration, problem-solving and muscle. It is both challenging physically and mentally, providing an excellent workout for students looking to break away from the monotony of the day-to-day gym routine.

Another advantage is the ability to continuously challenge yourself and keep getting more and more difficult with plans already being made to ensure advanced climbers will also get their fill of difficult routes.

I can't wait to start setting routes and to start getting the opportunity to pour one of my passions into the Piedmont Campus.

There have been a lot of

different ideas that have been implemented into our wall. The team has definitely been looking to make sure that it is appealing to all aspiring climbers.

This new form of exercise gives goals that are right there for the taking. It gives a full-body workout that will leave new climbers worn out and sore yet, hopefully, looking to make more progress as they begin to get into the sport.

At the beginning of the semester, climbers will get the chance to learn to belay and build some trust with their friends while getting a good workout in at the same time.

I look forward to next semester and seeing everyone join in such a great sport because it is something that I love, and I hope to carry that same enthusiasm and energy into working here.

## FAD or flop



By THOMAS LOONEY  
Opinion Editor

the number of people participating in martial arts in the U.S. in 2011, "Somewhere around 18.1 million Americans participated in karate or some other form of martial art at least once in the past year. That includes 9.4 million adults, 5.5 million teenagers and 3.2 million kids."

Also, there are hundreds of different types of martial arts. Almost every nation on the face of the planet has formed a different style. Some of the more popular forms include:

- Aikido
- Brazilian Jiu-Jitsu
- Judo
- Karate
- Hapkido
- Krav Maga
- Kung Fu
- Muay Thai
- Taekwondo

Plus, there are new forms being invented everyday. Martial arts has become a large part of American culture and always will be. Why?

Because of the various benefits that participants obtain from martial arts. Benefits can include increased coordination and balance, self-discipline, cardiovascular health and muscle tone.

However, the main reason why martial arts is a FAD and will always be a part of American culture is because it is a fun activity.

In today's time, learning some form of martial arts seems to be a given with most people, whether it be for self defense, to hone ones own confidence or to simply learn something new and interesting.

There are multiple facilities right here in Habersham County that teach various forms of Martial Arts, including Georgia Hapkido and Popham Athletics Martial Arts Academy, which teaches Hapkido, a Korean self-defense based martial arts that includes pressure-point strikes, joint locks and throws and highly-refined kicks and hand strikes.

According to an article, called the "Simmons Market Research" by John Moore who did a project recording

## Being part of SGA



By JOSHUA MCGOWAN  
Contributing Writer

sociation. What sold it to me in the beginning was the lack of effort required for entry-level positions.

Little did I know that the Student Government Association would become one of the most influential activities I have been involved with during my time as a Piedmont College student. Even the most mundane of meetings have important lessons to learn.

Through the many positions I have held on SGA, such as Representative, Senator and Vice President, I have learned to present myself in a professional light. This professionalism has not only been a great aid to me at Piedmont, but it will also become extremely useful in my

future career.

I have learned how to negotiate and reach middle ground. This was also an area I felt lacking before SGA. Being able to converse over what two separate parties desire in order to gain a deeper understand of opposing ideologies is an extremely fancy way of saying I have become a better people person.

The Student Government was the tool that gave me these new-found talents. Both professionalism and bipartisanship are wonderful assets that have many implications on the career path.

Having the Student Government Association on your resumé also only helps you reach that career.

**"The Student Government Association is an amazing outlet that encourages true potential to shine."**

## Mixed Martial Arts: FAD

Finally, and most important to me, the Student Government Association is where I found many of my closest friends. Having dependable individuals by my side as we tackled events and issues across campus is something that I have fallen in love with.

These friends I have made, I hope, are life long. Without the SGA, these relationships would have never been possible.

So what does this mean to the average student? I can not recommend you getting in-

involved enough.

The Student Government Association is an amazing outlet that encourages true potential shine.

You not only will be helping students across campus by being a part of this fantastic team, you too will develop as an individual.

It has been an individual getting to implement some ideas from my past gyms into the group and seeing the others.

April 21, 2015

The Piedmont College Navigator

# Pregnant in college? No, thank you

By JESSIE OWENSBY  
Staff Writer

Pregnant in college? No, thank you. Think it won't happen to you? That's what they all say. But the reality is, if you are sexually active, it can happen, and it does. What would you do if you suddenly felt sick, and you forgot to use protection? According to the National

Conference of State Legislatures, "Young women who give birth while attending college are 65 percent less likely to complete their degree than women who do not have children during that time."

Getting pregnant can have a detrimental effect on your college career. It poses many new obstacles for college students.

Do I stay in school? What will my parents think? How will I support a child? All of these are issues you

should not have deal with at this time in your life.

According to the National Campaign to Prevent Teen and Unplanned Pregnancy, three quarters of all college students ages 18-24 have had sex in the last twelve months. This figure is astounding.

Of course, ultimately there is no way to really tell how many of those students actually use protection when having sex.



Pregnant student attempts to carry her belly and books around campus

Photo courtesy of COLLEGE SUCCESS.COM

## LISTEN UP: IT IS TIME TO SAVE THESE WOMEN

By XANDY GREEN  
Staff Writer

Women are constantly being degraded by men in the media. As a society, we have learned to accept that as the norm. Rap songs singing about "hoes" and "making that money in the club to bring home to me" is sung by millions without a second thought. It's on the radio, it's on billboards, on magazines and on the Internet as well. Pimps have never had it easier than now in the twenty-first century.

A pimp is defined as an individual who has complete control over of one or more women who work the streets. A pimp makes his living off of the women who are forced to sacrifice their mind, body and soul to countless number of men each night.

Most pimps will have at least five women in their stable at a time. Johns are charged anywhere from \$50 to \$1,000 per hour. However, the average is \$100. They charge the "Johns" by the amount of time spent with the woman, not the sex act she must perform.

According to the Urban Institute study, about 65 percent of pimps are



Young girls sold into sex trafficking sometimes see no way out of their hopeless situation.

Photo by RIKI KUJANPAA

black, ten percent Hispanic, eight percent are white and the rest were unknown.

Along with sex, our society socially accepts pimps. The words "pimp" or "ho" are being thrown around in casual conversations, on TV shows, movies and, mostly, in rap music.

One of the most known songs is by 50 Cent where he openly talks about pimping "hoes" for his money.

The song said, "I could care less how she perform when she in the bed. B\*\*\*\* hit that track, catch a date, and come and pay the kid. Look baby this is simple, you can't see. You f\*\*\*ing with me, you f\*\*\*ing with a PIMP.....I keep em' on they knees, take a look under my sleeve. I ain't gotta give em' much, they happy with Mickey D's, PIMP."

In the Urban Institute study,

31.1 percent of pimps said the game was in their blood, and this has been a way of living all their life. One middle-aged pimp described it as a "family business."

He described the early encounters during his childhood with pimping and sex-trafficked family members. As a young child, he'd seen his aunt prostituting men out of their home. He saw many men

come and go, but he never understood the complexity of the situation at such a young age.

One night he worked up the courage to ask his aunt who these strange men were as she replied, "The clothes on your back, the apartment, this is how I pay the rent."

His uncle and father were both pimps who would set up dates for his aunt and sister. It was at this detrimental time in his childhood when he fell in love with the "working-man life."

Not all pimps are physically abusive to their girls. In the Urban Institute study, only 15 percent of imprisoned pimps admitted to beating their women. Most men are attracted to pimping if not by their family business, than usually by a mentor in their neighborhood. Usually, pimping is seen as a way out of the drug game.

Pimps do not see trafficking as risky as drug dealing because pimps are rarely thrown in jail. If by chance they are put in jail, it is usually for a night or until they can post bond, and then they are back in the game. To sum it all up for you, pimping is seen as glamorous in the media. Therefore, these men can go about with their daily illegal business.

# Wanderlust

wan-der-lust *noun*: a strong longing for or impulse toward wandering

## The new and improved: Natalie Jane's

By NATALIE GAMBRELL  
A&E Editor

According to our waitress, I caught Natalie Jane's at a good time. It's been crazy busy lately since their reopening. However, at 2:30 p.m., there are only a few tables and a quiet buzz of conversation that fills the room.

Natalie Jane's was originally a popular restaurant on Clarkesville's square. However, when a fire devastated the square in Clarkesville, their old venue was destroyed beyond repair. Finally, over a year later, Natalie Jane's has reopened behind Fender's Diner in old downtown Cornelia.

While it had obviously been a while since I had been in the old Natalie Jane's, the new one reminds me of the familiar home-y feeling of Clarkesville's Natalie Jane's while still having the exciting new feeling of a brand new restaurant.

To begin, the space is so much bigger. The décor also seems more modern than I remember in the old place with

a calm grey background that has silhouettes of trees cut out of it, showing exposed brick.

The venue isn't the only thing that's new. In the new Natalie Jane's, there is a coffee bar that brews espresso beverages with trained barista there six hours a day. The manager, Margaret Wade, who stopped to talk to us said that Natalie Jane used all the extra space in her new venue to add the coffee bar with free WiFi, hoping to welcome Piedmont students to come study there if they want more options for coffee shops besides Starbucks in Ingles.

And according to Wade's description, Jane's coffee could be good competition for other coffee shops in the area. Jane tried countless coffees before picking her blend of coffee, called "Dirty Naked Lady."

The menu is really similar to Natalie Jane's old menu with the occasional unique dish like "Ahi Wonton Nachos" but mostly made up of typical American food. These dishes are made special by the fresh ingredients.

I got a veggie wrap that fea-



The veggie wrap includes a side and a drink.

Photo by NATALIE GAMBRELL

tures vegetables on a spinach wrap with a cream cheese spread, and I was amazed

by how fresh and healthy the ingredients tasted. However, as a vegetarian,

I'll admit I was a little jealous of some of the other dishes I saw including the BLT, the reuben and the fish and chips.

While their dinner menu is a little pricey, their lunch menu is almost entirely priced under 10 dollars, which is very friendly to the college budget, especially for the experience of going to such a nice, sit-down restaurant.

Since Natalie Jane is the one who ran Trader John's until it closed in October, students could also be interested in Natalie Jane's being a possible replacement for the popular former bar, which was much loved by Piedmont students.

Although the struggle to reopen and the sheer amount of customers coming to the new Natalie Jane's has been a little overwhelming, the staff seems to be happy to be back doing what they love.

"We understand we're having growing pains because we're in such a larger area with this restaurant," said Wade. "But I love this restaurant. I feel like I'm home again."

## What all college students really need during finals week: A guide to Netflix

By CAMMIE BAGLEY  
Living Editor

### Orange is the New Black:

This is a Netflix original series that currently has two seasons with a third coming out on June 12. The story line is concentrated around Piper, a woman from New York that is living a pretty normal life until a mistake from her past comes back to haunt her. She ends up being put in prison, leaving behind her fiancé, pregnant best friend and family. The series is about her experience in prison and the people that are incarcerated with her. It shows flashbacks from their lives, explaining how they ended up in prison, along with a storyline in the present as well. It's a pretty vulgar show, so if you aren't okay with crude language and sexual scenes, this may not be for you. The storyline is pretty interesting though, so if you can look past the vulgarity, you might enjoy it.



Cast of Orange is the New Black

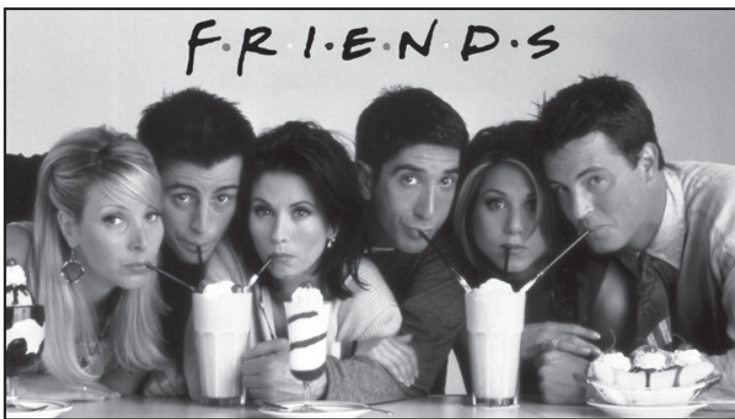
Photo courtesy of TV.COM

### Scandal:

Netflix provides three seasons of this series. The fourth is currently on television. This show is about Olivia Pope, a Washington, D.C. lawyer and her team, working to hide government scandals. While trying to solve government officials' problems, they also must solve their own. This show is all about crime and manipulation. There is a lot of action, sex and mystery within this series. It's the type of show that keeps you constantly guessing and surprises you with twists and turns within every episode. Once you start this series, you will be dying to know what's going to happen next, so it's best to be ready to binge watch.

### Friends:

This 90s sitcom is new to Netflix and provides the complete ten season series. The plot is focused on a group of six best friends that live in Manhattan. They are all 20 something that are basically figuring out life. The episodes are about their life experiences throughout their young adult lives. There is a lot of humor, love and real-life issues that the show addresses, which makes it relatable to viewers of the college age. All of the characters are lovable and draw viewers in with their unique personalities and close relationships with one another. This is a classic sitcom that brings laughter, tears and smiles for viewers.



Cast of Friends

Photo courtesy of TV.COM

### Breaking Bad:

This entire five season series is available on Netflix. This show tells the story of Walter White, a high-school chemistry teacher that gets diagnosed with cancer and is given two years to live. Due to his fear for his family's financial future, he decides to team up with Jesse Pinkman, a former student of his, to make and sell crystal meth. This drama shows how White's life changes drastically once he enters the drug world. It is thrilling and action packed with some dark humor thrown in as well. The characters are very deep and emotional, which makes this show a must see. Viewers are left wanting more of what's to come with each episode.

Do you have a story idea for the Features page?

Why not pitch it to the editor?

Send ideas to the editor at [lbartlett0501@lions.piedmont.edu](mailto:lbartlett0501@lions.piedmont.edu)

## Need a study break from finals?

### Try this word search puzzle

C	N	E	T	F	L	I	X	P	S	R	O	Z	E	W
I	A	D	O	V	V	E	L	Y	T	L	V	I	D	B
C	S	P	S	P	A	N	F	W	U	G	F	Y	L	C
E	H	Z	S	R	E	Z	H	N	D	N	P	R	A	S
C	V	J	K	T	E	H	L	Q	Y	I	X	A	P	N
R	C	J	S	M	O	T	Z	E	I	Y	H	R	T	A
E	P	S	D	U	O	N	H	Y	N	R	W	B	O	C
A	B	S	R	B	R	R	E	G	G	C	C	I	P	K
M	F	E	A	L	V	V	C	M	I	S	K	L	S	S
B	P	R	C	W	P	S	I	N	J	L	C	K	B	J
L	B	T	H	L	X	T	Y	V	T	Q	H	Z	M	P
K	J	S	S	V	E	Z	M	A	I	C	U	G	V	I
L	W	S	A	G	U	P	L	X	S	N	U	C	I	L
F	F	Z	L	C	M	L	O	N	A	S	G	P	U	H
H	W	B	F	I	B	J	Q	D	F	B	E	D	K	W

Word bank:

naps  
studying  
stress  
flashcards  
netflix

crying  
highlighters  
essays  
laptops  
library

surviving  
snacks  
icecream  
capstone

## Piedmont crowns Mr. Mayflower

By KENYA CHANEY  
Staff Writer

Piedmont College hosted the Mr. Mayflower competition last Thursday.

The winner of the competition was Marcus Herrera, a freshman at Piedmont College.

"It's very surprising. I didn't think I was going to win," said Herrera when crowned Mr. Mayflower. "It's pretty awesome. I really like it."

Mr. Mayflower was a fundraiser for Soup Kitchens in Cornelia. Attendees paid a two-dollar fee or donated three can goods. The competition took place on the Main Stage in Piedmont's Swanson Center. Amber Ethredge and Miss Georgia were the emcees for the event. Five contestants took part in the competition: Jason Dang, Tom Gerrell, Marcus Herrera, Thomas Looney and Gabriel Gutierrez.

The competition consisted of three parts: a talent portion, a formal wear portion and a trivia portion. Contestants charmed the audience with their talents, humorous comments and personalities.

"I really wish more people could have shown up. I thought it was really nice. I think they should do it again. It's nice that the money is going to the soup kitchens," said freshman and forensic science major Krista Alberton.

For the talent portion of the competition, contestants



Photos by KENYA CHANEY

(Top) Herrera waves to the audience after being crowned Mr. Mayflower 2015. (Bottom left) Gabriel Gutierrez poses during the formal wear competition. (Bottom Right) Tom Gerrel entertains the audience with his accordion playing during the talent competition.

awarded the audience with accordion playing, traditional Aztec dance, comedic acts, hip-hop dance, and a memorized speech.

In the formal-wear portion,

contestants confidently strutted down the main stage in their best formal wear. In the trivia portion, they answered two questions and made the audience laugh with their wit-

ty comments and answers. As a bonus, the contestants were asked to perform their best pick-up line and swept the audience of their feet.

"It was pretty awesome. It

was really fun," said freshman accounting major Helen Mal.

The audience enjoyed the contestants' performances, energy, humor and personalities.

## Editorial: Chorale performs Carmina Burana

Chorale comes together with soloists, a middle school chorus, accompanists and percussion to perform Orff's masterwork, "Carmina Burana"

By NATALIE GAMBRELL  
A&E Editor

To any random member of the audience, the work that went into "Carmina Burana" may seem like it wasn't really a big deal. After all it wasn't memorized, so we did read off of music the whole time, and it wasn't even focused on just us. A whole section was sung by a middle-school group and assorted soloists. However, as a member of Chorale, I can vouch for the fact that a lot of emotions and hard work went into our last concert.

Chorale is an assorted group of students, faculty and various people from around the community of all ages. Because of this wide variety in scheduling and availability, we only rehearse for two hours once a week, and the amount of days Piedmont missed due to snow and spring break was also a factor.

The limited rehearsal schedule and uncertainty of our weather conditions meant if you missed one practice, you could end up extremely lost in this difficult piece that wasn't even in English. But what about the piece made it so difficult?

To begin with, it's a lot of



A previous year's Chorale performs in Piedmont's Chapel

Photo courtesy of PIEDMONT COLLEGE

music. The entire piece is at least an hour-and-a-half long without interruptions. Although, it didn't need to be completely memorized, having a decent knowledge of that much music required a decent amount of effort. What also required effort was the pronunciation. Not many people are familiar with the language "Carmina Burana" was composed in (Latin), so that brought its own difficul-

ties to the struggle of learning the piece.

At first, the music just seemed weird and random with strange rhythms and unfamiliar words. However, the closer and closer we got to the date of performance, the more that the piece made sense to us and anyone listening.

The cool thing about the piece is that Chorale could not just do it alone. Everyone

involved had so much to add to the performance, from the soloists, to the middle-school chorus, to the accompanists, to the percussion players. Hearing one part by itself never really made sense and nothing could really stand alone. The thing with that piece is that its most effective when everyone comes together.

Our Christmas concert, "A service of Lessons and Car-

ols," was really cool. I really enjoyed it and almost didn't even sign up for Chorale my second semester because I thought that without Christmas music, it wouldn't be worth it. However, although in a different way, I really enjoyed my time with Chorale these last few months. It's really cool to see what can be accomplished when everyone comes together.

*This day in pop culture history...*

On this day, in 2003, it was reported that Evel Knievel had signed over exclusive rights to allow the production of "Evel Knievel: The Rock Opera."



## A Peek into the future

Peek says goodbye to Piedmont in his senior recital before moving on to continue his studies of Organ performance at Indiana University

By AARON SMAY  
Staff Writer

Piedmont senior music major Nikolai Peek gave his senior recital on April 16 in Piedmont's chapel. His set list included thirteen very diverse pieces. The time stamp on the pieces ranged from 1749 to 1952.

Peek performed the recital to fulfill the requirements for his Bachelors of Arts degree in music, with a performance concentration. Peek is a student of President James Mellichamp.

Without much interruption, Nikolai took the stage and mounted his instrument. After a brief silence, music began to fill the room. The distinct flourishes of "Prelude" hummed from the organ and brought the chapel alive with sound.

David Salvatelli, freshman business major, said, "I thought the whole thing was great. Nikolai did really well. I'm not sure how all those songs were supposed to sound, but I enjoyed it. And I enjoyed the diversity of songs."

Peek followed the strong introduction with a three movement piece by Bach. Peek said, "Tocatta, Adagio and Fufue in C Major' is unique because of the slow adagio movement that Bach intertwined into the three movement work."

He then followed with a multi movement piece by Cesar Franck, "Chorale in B



Photo courtesy of NOMEHABERSHAM

Peek poses with the Sewell pipe organ in Piedmont's chapel, the instrument he practiced on during his studies in music at Piedmont.

Minor," and a piece by Felix Mendelssohn, "Sonata V in D Major."

With each piece Peek, mesmerized the crowd.

Britt Kennedy, freshman business major, said, "Peek was great. The song selec-

tion was great, and I enjoyed the multi movement pieces. I even recognized a couple of

the pieces."

In the second half of

gressed so did the sound of

the music. The era of music alternated from classical to romantic. During this transition, composers stopped trying to compose technically perfect pieces and

began having more freeform musical styles. This difference is particularly noticeable

in keyboard compositions.

Peek was unwavering by the shift in musical styles and continued in stride. The resoundingly positive response from the audience was well deserved as there were no audible missteps in any of the pieces.

Peek ended the recital with pieces by Louis Vierne, Joseph Bonnet and Jean Langlais. The final pieces maintained the high quality that Peek started with, and the audience wasn't left wanting anything.

**"I enjoyed the diversity of the songs."**

**-David Salvatelli, freshman business major**

## Event Calender

By NATALIE GAMBRELL  
A&E Editor

If you're looking for something to distract you from finals week or get homesick for campus this summer and want to come back and visit, Piedmont has art events coming up to please people of all ages and interests.

Next Saturday, April 25, Piedmont's very own president will be performing in the chapel. His performance called "James and Friends" will feature President Mellichamp playing the organ as well as many other faculty members showing off their own musical abilities. The concert will take place at 7:30 p.m. in the chapel.

Also, the night of April 25 but maybe marketed for fans of a different kind of music, the band "Broke N Glass" will be playing at the Grant Street Music Room in Clarkesville.

For those unfamiliar with their work, the band plays 80s

rock and country. The event starts at 8 p.m., and ladies get in free.

If you stick around shortly after finals, Habersham Community Theatre presents the next in its "Dinner and a Movie" series with "Back to the Future" being shown May 2 at 3 p.m. or 7 p.m. with special deals on your ticket for the restaurants on Main Street. For more information, call 706-839-1315.

If you miss campus this season and are looking for something fun to do when you come back and visit, Piedmont's summer program called "North Georgia Theatre" puts on some good options for entertainment in Habersham this summer.

First, in the Arrendale Amphitheatre, they're putting on "Twelfth Night," the classic Shakespeare comedy that inspired the movie, "She's the Man," with Amanda Bynes. The premise of the story is that Viola, believing her brother is dead, disguises her-

self as a man and falls in love with the man she is serving, and the lie about her gender and confusion causes lots of funny crushes and relationships for all the characters

"North Georgia Theatre" has a second option as well premiering on the Main Stage called "All Shook up," which is a musical featuring the music of Elvis Presley. "All Shook Up," is a story about a town where everyone is forbidden to dance and fall in love until Chad comes to town and encourages people to follow their dreams. Both plays will be performed the weeks of June 18- 29 and will alternate days starting with "Twelfth Night." Tickets are \$10 for one play, \$16 for two or free for Piedmont students and faculty.

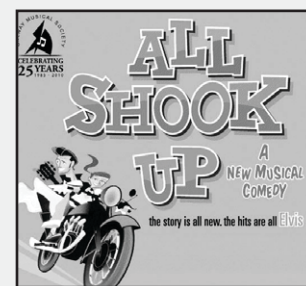
For those interested in getting the most entertainment in Habersham before leaving for the summer and those looking for a reason to come back and visit, Piedmont has events to entertain us all.

## Dates & Times



**"James & Friends"**  
April 25  
7:30 p.m. in Piedmont's chapel

**"Back to the Future"**  
May 2  
3 p.m. or 7 p.m. at Habersham Community Theatre in Clarkesville



**"All Shook Up"**  
June 18 - 29  
on Piedmont College's Main Stage

Do you love movies?

Piedmont's Film Club wants you!

Come watch "Army of Darkness" at 6:45 p.m. on April 29 in the Jenkins Theater!

Submit your articles, and share your love for the arts!

Send your ideas and submissions to A&E editor Natalie Gambrell at ngambrell0516@lions.piedmont.edu.

## Lions fall to Ferrum in aggressive game

By HALEY HALL  
Sports Editor

This past Friday and Sunday, Piedmont hosted the Inaugural Southeast Independent Lacrosse Championship. By the end, Ferrum took home the title.

The first game faced off at 4 p.m. with Huntington College taking on Greensboro College. Huntington beat Greensboro 9-7.

At 7 p.m., Piedmont faced the Panthers of Ferrum College. Ferrum College won with a score of 15-8.

Ferrum received the first goal of the game. Third year Attackman Taylor Carter

came back, scoring the first goal for Piedmont.

"It's been a long fought season since the start. We worked incredibly hard throughout the year and unfortunately just came up short in a few games. It's hard to look at a 4-12 team and think we were successful but we were. We grew as a team both on and off the field, we made huge strides for the program," said Carter.

At the end of the first quarter, the Lions were losing 5-3. At half time, the Lions were losing 8-6. Ferrum lead after two quarters.

The Lions were led by fourth-year midfielder Nick Green and Carter who each

had three goals each. Green scored a hat trick before three minutes had passed in the second quarter.

Green scored 16 goals over his final five games and was able to reach 100 goals during his time at Piedmont. Another Lion, fourth-year midfielder Spencer Ortis, also capped 100 goals in his Piedmont career that same night, scoring twice while assisting on two others.

Scoring the hundredth goal was a goal I've had all season long. I just didn't realize it would also come on my last game. It was a relief and very exciting to finally have passed that mark in my career," said Ortis.

Green will finish with 102 goals, and Ortis comes in just behind with 101.

The two teams went goal for goal with each other through the half with Carter scoring both of Piedmont's goals in the stretch.

Ferrum would assume control in the fourth and final quarter, outscoring Piedmont five to one. The Panthers' control and hardwork gave Ferrum a 15-8 victory and a spot in the SEILC title game bringing Piedmont's season to a close.

"Overall, it was a good game, but some things just didn't fall our way. It's always kind of mixed emotions at the end of every season. You

finally have time to relax, but you will miss being out on the field with everyone," said fourth-year defender Austin Crowe.

The loss wraps up Piedmont's 2015 campaign as the Lions post a 4-12 record in 16 contests this season.

Ferrum moved on to meet third-seeded Huntingdon College on Sunday at 1:00 pm in the SEILC final game.

Ferrum came out on top, winning 13-12 in triple overtime. The Panthers were named the champions and concluded their season with a 9-9 record.

### Leading Lion

### #4 Spencer Ortis, Lacrosse



**Position:**  
Attack/Midfield

**Birthday:**  
Oct. 4, 1992

**Playing since:**  
Eighth grade

**Favorite athlete:**  
Derrick Rose

**Major:**  
Business Administration

**Hometown:**  
Cumming, Ga.

**Favorite pump-up song:**  
"Anything" by Kanye West

**Goal for this season:**  
Beat Berry and Wesley

## Memorable Moments of 2014-15 told by coaches

By HALEY HALL  
Sports Editor

### Men's Soccer

"My most memorable moment was the winning goal against Ferrum College. We scored early and held the lead until the middle of the second half. We went down 2-1 and equalized to make it 2-2. With about 50 seconds to go, we got a free kick outside the 18 yard box. Matt Metzger played the ball in back post to Chris Keller. Chris headed the ball back across the goal to Vince Thomas who sealed the win with less than 40 seconds on the clock.

The reason I think this moment was the most memorable was because Ferrum beat us 6-1 the year before. The 2013 game was the first time Ferrum had ever beaten us, and that's why I feel that the Ferrum game was the most memorable for me," said men's head soccer Coach Jimmy Stephens.

### Women's Soccer

"Shayna Healy scoring against Maryville. It was the game winning goal with four minutes left," said women's head soccer coach Steven Andrew.

### Track and Field

"Freshman distance runner, Cody Parker, ran a new lifetime best of 4:27.78 in the 1500 meter run to get fifth place. Cody was the top NCAA Division III performer and beat several NCAA Division I and Division II athletes. That was the second fastest 1500 meter performance in Piedmont College Track and Field history," said Head Track & Field and Cross Country Coach Jeff Jenkins.

### Men's Cross Country

"Sophomore Cory McClung stepped up at the USA South Championships to finish as the eighth place individual and earn All-Conference honors. Cory finished the 8k race in a new lifetime best time of 29:09. Cory finished almost a minute faster and six places better than the previous season after running 30:08 and finishing fourteenth in 2013. In his spectacular performance, Cory helped the men's cross country team finish with the fastest 8k team average for the scoring runners in school history at 29:00," said head track & field and cross country coach Jeff Jenkins.

### Volleyball

"The five game victory over Averett. We hadn't ever beaten them, and on paper, they were stronger than us. They got out to a two game lead. We came back and won the next three games. We played without a defensive specialist, and Heather LaPrade stepped in and did a magnificent job in the back row for us. Jenna Hoffman subbed in for an injured outside hitter and hit over .200 for the match. Those two subs stepped up when we needed them, and we probably had the best upset victory by a Piedmont volleyball team in the history of the program," said Head Volleyball Coach Sidney Feldman.

### Woman's Cross Country

"After being hit hard with injury and missing two of the top five runners, freshman Ashley Brunner stepped in and filled in some big gaps after only participating in cross country training for about three weeks. Brunner finished eighth at the USA South Championships after being out-kicked by the USA South freshman of the year. With her performance at the USA South Championships, Ashley goes down as the number two freshman runner to ever wear the green and gold of Piedmont College. She helped her team to a top five finish in the conference and went on to represent our women's cross country team at the NCAA Regional Championships," said Head Track and Field and Cross Country

### Baseball

"The first one that comes to mind is the base hit in the tenth inning against number eight ranked Birmingham Southern," said Assistant Baseball Coach Richard Dombrowsky.

### Men's Lacrosse

"Patrick's Ammons play would be a highlight," said Men's Lacrosse Head Coach Pete Manderano.



Photo courtesy of ESPN

## Piedmont to host tournament

By MORGAN EDELMAN  
Contributing Writer

Piedmont College's own Loudermilk Field has been selected to host the NCAA Division III National Tournament in May of 2015 for the second consecutive year.

This marks the second time in Piedmont's history as a member of Division III to host a NCAA post-season event with last year being the first.

"We are very excited to host the 2015 South Regional," said head baseball coach Jim Peebles.

Piedmont College received excellent reviews from the NCAA Division III baseball community after hosting the event last year. Coach Dzik the athletic director of Piedmont College oversees the tournament and manages it.

The Lions did not come out in the top of their division, so they will be looking for a bid to participate in the post-season event.

Last year, Emory University took the title as the 2014 South Regional Champions. The victory landed them a spot in College World Series held at the Fox Cities Stadium in Appleton, Wis.

"It's an honor to be able to show off the field and facilities that we are fortunate enough to play on each day to everyone else," said junior Dustin Fricks.

In 2014, Loudermilk Field hosted a field of six teams. The 2015 regional is still undecided as to whether there will be six or eight teams competing in the tournament.

The event will take place between May 13 and 17 at Loudermilk field. More information will be released concerning ticket sales, schedules and more as the regional date approaches.



Loudermilk Baseball Field

Photo courtesy of PIEDMONT ATHLETICS

## USA SOUTH CONFERENCE CHAMPIONSHIP TOURNAMENT RESULTS

<p><i>Men's Tennis</i></p> <p>First game: won 9-0 against Lagrange College</p> <p>Second game: lost 0-9 against NC Wesleyan College</p>	<p><i>Women's Lacrosse</i></p> <p>First game: won 11-10 against Ferrum College</p> <p>Second game: lost 7-10 against Meredith College</p>
<p><i>Woman's Tennis</i></p> <p>First game: won 5-4 against Huntington College</p> <p>Second game: lost 1-5 against Methodist University</p>	<p><i>Softball</i></p> <p>First game: lost 1-5 against Wil- liam Peace University</p> <p>Second game: won 4-3 against Ferrum College</p> <p>Third game: lost 0-2 against Averett University</p>

## Column Corner

### Off-season: Only the Beginning

By BROCK BENNETT  
Staff Writer

I believe that a lot of people don't realize the work that college athletes put in to make a stellar season come true. All we ever see is the game on Saturday night, but we never see the practice that went on that week, the practice that went on months in advance or the individual training of each player.

According to Stack.com, there are six steps that every football player needs to take during the off-season.

The first step is to set a goal, or goals, that each player strives for. This step will keep athletes focused and will help them get through adversity in order to achieve that goal that they set for themselves.

The second step is to let the body

rest and recover.

Kurt Hester, director of strength and conditioning at Louisiana Tech, said, "Even if you didn't suffer any major injuries, every athlete has muscle imbalances and joint alignment issues. If these problems are not taken care of before you embark on your off-season training program, they will rear their ugly head and develop into serious problems down the line during training."

Yoga is the third step to achieve greatness in the off-season. Dana Santas, founder and creator of Yoga Radius Conditioning, believes that football players need to enhance their functional range of motion during the off-season, specifically targeting their hips and mid-back. Santas recommends that football players do three to five yoga postures in the off-season.

Speed and agility is a must in college football, and that is why this is step number four.

"Football players must work on speed, not just strength, in the off-season." Said owner and operator of Fitness Quest 10 in San Diego, Todd Durkin. "A lot of athletes just focus on getting stronger in the weight room and neglect the actual movement portion of training, including both linear speed and change of directions."

Step number five is to add lean muscle. According to Scot Prohaska, strength coach for nationally ranked football team at Mater Dei High School Santa Ana, California, "The best thing a football player can do is put on seven to ten pounds of lean muscle and drop three percent body fat."

The last step is to improve explosiveness and football-specific

movements.

Chip Smith, owner of Chip Smith Performance Systems, said, "Football players must identify movements that translate directly to their position and work to become more consistently explosive in those movements."

What's the best way to do this? Owner and operator of Athletics Gaines, Travelle Gaines, believes that box jumps are "guaranteed to add explosiveness to your game on the field in the fall."

I am no football player, just a guy that loves to cheer on the Georgia Bulldogs, but I am observant. When I watch the game, I see players that are quick, muscular, limber, athletic and make great decision-making on the field. I am sure that there are more ways for a football player to improve their skills, but these six steps should be the basics for the offseason.

## USMNT Review and Update

By CJ CIARLANTE  
Staff Writer

On March 25, the U.S. men's national team lost 3-2 to Denmark after leading twice throughout the match. It was a hat trick by Nicholas Bendtner that led Denmark to victory, but it was also due to a poor defensive effort from the Americans.

If you did not watch the game, the bright spots for USA were one man and one man only, Jozy Altidore. He has been in sensational form after returning to Major League Soccer, and he was noticeably confident in his first game back for the national team.

He scored the first goal of the game, controlling a well-driven pass from midfielder Michael Bradley and blasting it past the Danish keeper. He assisted on the United States' second

goal, unselfishly passing the ball to Aron Johansson who calmly slotted the ball into the net.

It was most definitely an encouraging sign that both Altidore and newcomer, Johansson were on the same page that night, but it was not enough to stop Denmark's attack.

From what I saw after watching the game, there were two main reasons USA lost. One reason was defensive indecisiveness. The United States' defense was shaky at times, dropping back too far and letting Denmark's attackers gain room up the field, which ultimately led to the goals for Denmark.

The other problem was that the U.S. was relying too much on the long ball. We get it, Jozy Altidore is a scoring machine of late, but too many times, I saw misplaced long balls that gave possession away. The 3-2 defeat was well deserved.

**"Bright spots for USA were one man and one man only, Jozy Altidore"**

On the March 31, USA played Switzerland, and that ended up finishing in a draw at 1-1. USA had many chances in the first half. Center midfielder Michael Bradley missed an open goal in the twenty fifth minute, and just before the stroke of half time, defender Brek Shea curled in a magnificent free kick to give the U.S. the lead going into the half-time break. Unfortunately, it all went down

hill from there.

The second half took a dramatic turn when forward Jozy Altidore mouthed off to the referee, earning him a second yellow card, which sent him off the pitch for the remainder of the match.

Now down a man, the United States struggled to regain the momentum against Switzerland, and in the eightieth minute, Switzerland tied it up. The game could have turned out differently, but that's just how things have been going so far for the U.S.A. Ultimately, the matches against Denmark and Switzerland were very successful from an attacking point of view, but head coach Jürgen Klinsmann must find out a way to stop giving up the lead so many times during the game. This has become a trend in Jürgen's team over the past few years, and if he doesn't correct it, the United States can never become the elite squad that he envisions.

## How to efficiently study for finals

By LAUREN BARTLETT  
Features Editor

It's official. The most dreaded time of the year is here: finals week. Studying for them can be a huge pain if done at the last minute or by cramming. Knowing how to study efficiently for your exams is crucial to avoid that unnecessary stress and ace them all.

This time of the semester is the time when everything seems to go wrong. We are more stressed than ever, and we're also in the middle of trying to figure out our summer plans, jobs and internships. Despite the end of the year crashing down on us, it's time to grab finals week by the horns. Although we would like to prepare for them by getting a relaxing massage or playing with puppies, that is impractical, so turn this time of stress into a time of success using these tools:

- **Mentally prepare.** Make a to-do list of the things you have to do so you don't forget anything. This will keep you from feeling overwhelmed, and you will stay organized.
- **Start now.** Don't wait until a day or two before the scheduled exam to start studying. Start early, and study little by little. Go over your notes and materials for each class, and make yourself a study guide.
- **Study out loud.** It may sound a bit crazy, but repeating the information out loud or teaching it to someone else can help you remember the information better. Finish with quizzing yourself or having someone else quiz you.
- **Say YES to cardio.** Make sure that in-between studying you are getting some type of exercise and are eating correctly. Your physical health affects your mental health if you're not careful.
- **Minimize distractions.** Some students like to text friends, listen to music and watch television while studying. But, studies have shown that you are less likely to retain information that way, so put aside distractions while studying for finals.
- **Wake up ready and alert.** Just because you don't have other classes the day of your exams doesn't mean you should sleep until the last possible minute. While it is important to get plenty of rest, don't over do it. Sleeping too long can make you feel groggy and even more tired. Wake up the morning of your exam, eat a good breakfast and make sure you're sharp eyed and ready to face that test.

One of the most frustrating parts of finals week is having all of your exams crammed in within a few short days. It's important to prepare yourself for them by making sure you study efficiently and are fully prepared. Use the tips above competently, and you can be assured that you will, in fact, survive finals week.

## The guide to an eventful summer

By CAMMIE BAGLEY  
Living Editor

The ever-anticipated summer season is upon us, and while having no class is a relief, gone are the summers of carefree days lounging by the pool. As college students, most of us will be working or interning somewhere until we move back into our dorms for the fall, so our summers seem to be more work than play these days.

Despite spending the summer working towards an adult life, it's still possible to enjoy your time away from school. So what if you can't go to the beach or soak up rays at the lake all day, every day?

There are plenty of things to do that can occupy your days off of the job. Here are just a few ideas to make your summer a little more adventurous:

\*Take a group of friends to watch the laser show at Stone Mountain. It's shown through the summer months, and it's free besides \$15 parking (bring a car full of people and split the price).

\*Make a trip to Helen, and go tubing. They open the weekend before Memorial Day and stay open through the



People enjoy the laser show on the lawn at Stone Mountain Park.

summer months. It costs \$5 per person.

\*Get creative and build a mini beach in your own backyard. Go out and buy a kiddie pool to lounge around in, blare some music and put on your bathing suit in your backyard.

\*Drive to Coolray Field to watch a Gwinnett Braves game. It's cheaper than Atlanta

Braves tickets but just as fun. It costs \$6 per person for lawn seating.

\*Pack a lunch, and have a picnic at a local park with friends

\*Go for a hike at Brasstown Bald. It's the highest point in Georgia, and you can see two other states from the top.

\*Go play mini golf at a local

put-put place. Most prices range from \$8-10 per person depending on the place

\*Find a local animal shelter to volunteer at and play with the animals

These are just a few of the many of things to do in the summer to give yourself a splash of fun here and there. Just because you may not be

able to go to the beach or travel across the world, you can still make sure that you enjoy your three months of freedom from class. Get creative and be spontaneous when you can be. Summer is all about being outside and soaking up the sun. So slap on some sunscreen, and make this summer count.

### Summer is a great time to work on a Compass endeavor!

- Internships\*
- Maymester
- Camps \*



Need information?  
Forms? Facts?

Check out our PilgrimNet page, located under Academics on Piedmont.edu/PilgrimNet.

Questions? Email [compass@piedmont.edu](mailto:compass@piedmont.edu).

\* Experiential Learning Endeavors can be completed through paid or unpaid experiences.



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