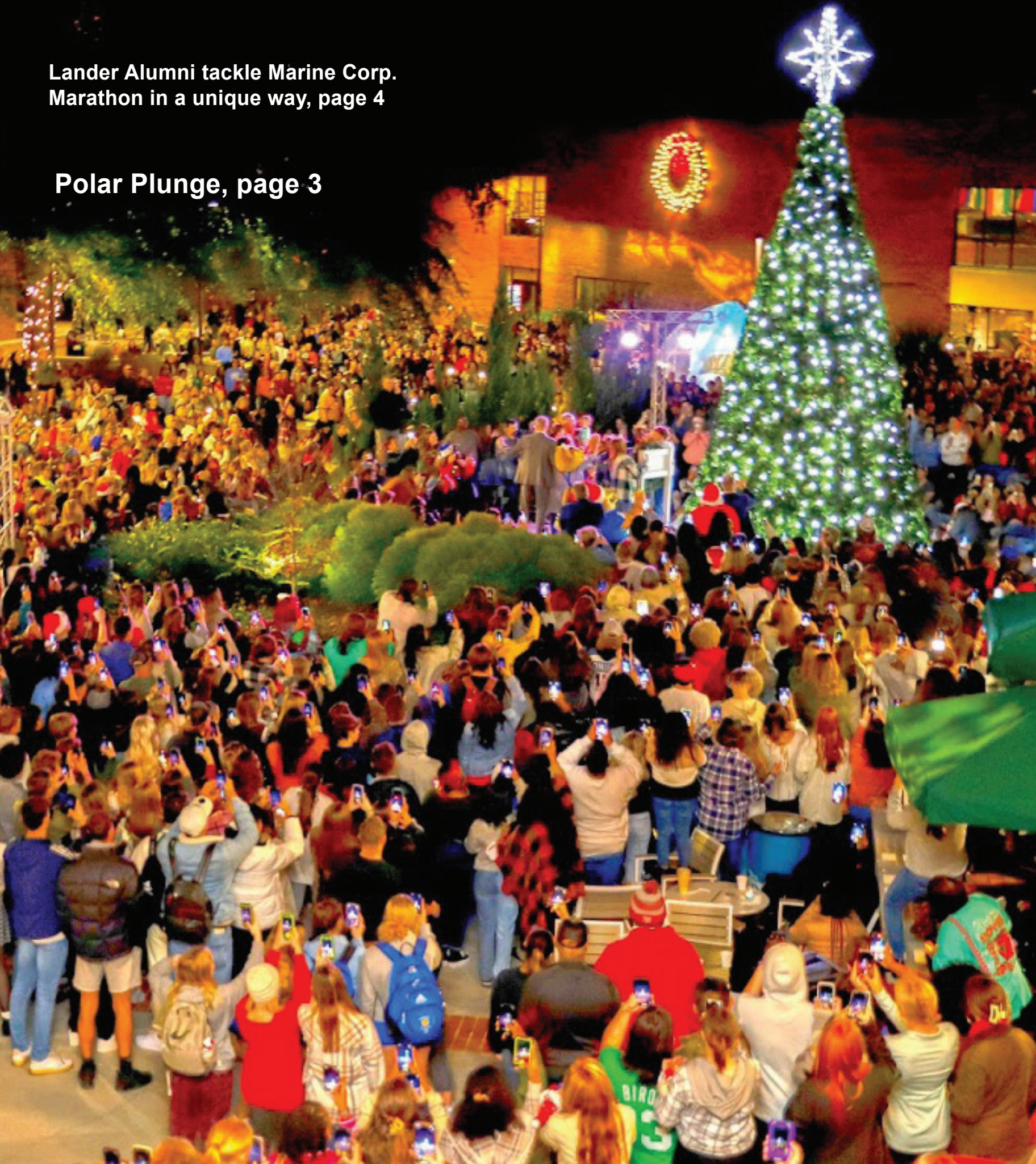


Lander Alumni tackle Marine Corp.
Marathon in a unique way, page 4

Polar Plunge, page 3



This year's highly anticipated Lander University Tree Lighting Ceremony Will Be November 28.

Bearcat Affirmation Station

By Theo Mutter

The Bearcat Affirmation Station located inside the Lander Student Center on the backside of the elevator, was created in the Fall 2022 semester. The program director of Lander's LINK, Micheal Graham, describes the purpose, "The Affirmation Station initiative is designed as a structured form of validating the student experience on campus.

This initiative has a data-driven focus and was developed from a research study conducted during the Fall 2022 semester where we noticed a need for helping students strengthen their belief in being successful as college students.

Each week students are asked a different question to get them to think about their experience so far in the semester and then write their responses on the Affirmation Station.

At the end of the week, all student responses are used to create a piece of word art that is posted on the LINK 101 Instagram account (LanderLink) along with pictures of students writing on the Affirmation Station as our way of saying, "We see you, we hear you, we support you."

It is thought that this will also create validation for students on campus, as well as increase student engagement on social media. The station is open to all students and is run by the LINK Peer Leaders team. The results are shared on the LINK Instagram page every week.

"The Affirmation Station is a component of a larger project



that has been submitted and accepted to present at the First-Year Experience National Conference this upcoming February in Seattle, WA.," says Graham.

Graham has also noted that "...the initial results are greater than we could have anticipated, and students seem to enjoy having an opportunity to share their experience with their peers."

Lander Student Affairs to host Polar Plunge



Lander University will be hosting a polar plunge in the near future. Because the new pool is awaiting inspection by DHEC prior to allowing anyone in the pool, the exact opening date is still not settled. "We will be celebrating a landmark moment for the university when we are cleared to get into the pool," said Vice President for Finance and Administration Joe Greenthal. This, however, will not be a grand opening as we have a second phase intended to be completed later this school year. Phase two includes remaining concrete work, the Pavillion, a new permanent fence and more.

Polaris Gaming: Letting Players Guide the Way

By: Georgia Salley-Oliver

Greenwood has recently gotten a board game store. Polaris Gaming was opened back in the beginning of May 2023 by friends Noah Woodyard, Matt Killingsworth, and Dylan Jones. The store, located at 2005 Edgefield Street, has a wide variety of products.

"We offer board games, trading card games, such as Pokémon, Yu-Gi-Oh, and Magic. We also offer rentals of classic video game consoles, such as super Nintendo, N64, GameCube, Wii."

Killingsworth stated, "Our stock changes frequently with each order so we have a chance to draw more people in and allow returning

customers to have a cooler experience every time they come in." Woodyard added. The store has a large sales floor with other features that customers can use, "There's the Dungeons and Dragons room with lights, audio and a terrain table, the free play area where people can play some of our board games. We are also looking into adding more private rooms in the back for other tabletop games such as War Hammer," Jones stated.

The free play area of the store is equipped with a board game library that customers can play, as well as featuring different game nights. Often there are customers willing and available to play with new people.

"I have said several times that we have the best community of players; you will never find more loving and more accepting people at the store. The store itself is booming because of the community that we've established and the existing community that was already here that wanted to play games and hang out and have a space to be nerds in."

Woodyard enthusiastically said. The trio opened Polaris Gaming in hopes of building a community in Greenwood, "Geographically, considering major cities we are dead center, so even if you live 20 minutes away from Greenwood, it would still be quicker to drive to us rather than Greenville or Anderson," Jones stated.

The store is especially excited that Lander University is back in full swing, "We are excited to start that relationship and build it up and give students a home away from home feel where they can relax from the stress of school."

He added, "Even if people aren't necessarily gamers, we would still love it if they can come and check us out," Woodyard stated.

	Hours	Event
Monday	Noon-Midnight	Coming soon
Tuesday	Closed	Closed
Wednesday	Noon-Midnight	DnD and board games
Thursday	Noon-Midnight	Chess night
Friday	Noon-Midnight	Magic: The Gathering
Saturday	10AM-Midnight	Yu-Gi-Oh! And Live Action RP
Sunday	1PM-Midnight	Pokémon and Digimon

Lander Alumni:

Extreme Triathlete, Disabled Veteran Complete Marine Corps Marathon

By Karen Petit

Mike Hudson, a disabled veteran who served in the U.S. Marines, just completed the

The disabled veteran asked his friend, Dorn, to run the marathon for him, but Dorn’s suggestion was “let’s do this together.”



The men believed that their combined skill, grit, determination and faith could propel them across the finish line when they competed in the 48th Marine Corps Marathon in Washington, D.C.

Dorn pushed Hudson in a customized wheelchair along a 26.2-mile course that runs through the nation’s capital – past many recognizable landmarks – and ends at the Marine Corps War Memorial in Arlington, Va.

While their idea seemed good on paper, “There’s nothing normal about a plan that puts paralysis, wheelchair and a marathon together,” Hudson said.

Yet, the friends were not discouraged by the challenge. “Mike and I connected in 2014 ... we’ve always stayed close,” said Dorn, who earned his bachelor’s degree in business with a marketing emphasis from Lander in 2010. “He has lived a full life. He’s one of those inspiring people.”

Hudson, a 2004 graduate of Lander with a bachelor’s degree in history, is an advocate for people with disabilities. As the founder of the nonprofit organization, Rediscovering Outdoor Activities (R.O.A.R.), Hudson encourages people in wheelchairs, to “get out of their head, out of their home, and find fun.”

Cameron Dorn, triathlete and founder of Suitcase of Courage LLC, pushed his disabled friend in a custom-built wheelchair across the finish line of the U.S. Marine Corps Marathon in three hours and 54 minutes.

Dorn built a career on helping others achieve their goals. Founder of The Suitcase of Courage LLC, Dorn consults with companies across the country to develop custom, corporate wellness programs. An experienced runner who also has three Guinness world records, Dorn holds U.S. national championship titles in duathlon and triathlon events. His international treks to participate in daring adventures have created legendary stories among all who know him.

“I just get myself into things easily,” said Dorn, who grew up in Waterloo and recently purchased a home in Port Angeles, Washington.

In preparation for the rigorous require-

Finished

Cameron Dorn

Marine Corps Marathon Bib 6170

Finish Time: **03:54:13** - UNOFFICIAL

🕒 **Finish Time**

3:54:13

08:56 min/mile

Point	Time	Time of Day	Pace
START	00:00:00	7:55:32 am	---
5K	00:27:26	8:22:57 am	08:50
15K	01:22:15	9:17:46 am	08:50
HALF	01:54:28	9:49:59 am	08:31
25K	02:16:31	10:12:02 am	09:06
30K	02:45:44	10:41:15 am	09:25
40K	03:41:40	11:37:12 am	09:01
FINISH	03:54:13	11:49:44 am	09:12

Avg. Pace **08:56**
min/mile

U.S. Marine Corps Marathon with the help of a friend. Pictured above, Hudson in his everyday wheelchair outside of his non-profit Rediscovering Outdoor Activities and Recreation (R.O.A.R.) Contributed photo

With a “chariot” of unknown endurance, Lander University alumni Cameron Dorn (pictured lower right) and Mike Hudson embarked on a journey few would undertake.

But then, most people have never experienced the adventurous life of an extreme triathlete such as Dorn, or the dedication of a disabled veteran of the U.S. Marines such as Hudson.

Participating in the Marine Corps mara-



thon on October 29, 2023 had always been a “bucket list” dream for Hudson, of Greer, until a diving accident left him paralyzed. Dorn has competed in the Boston Marathon on nine occasions.

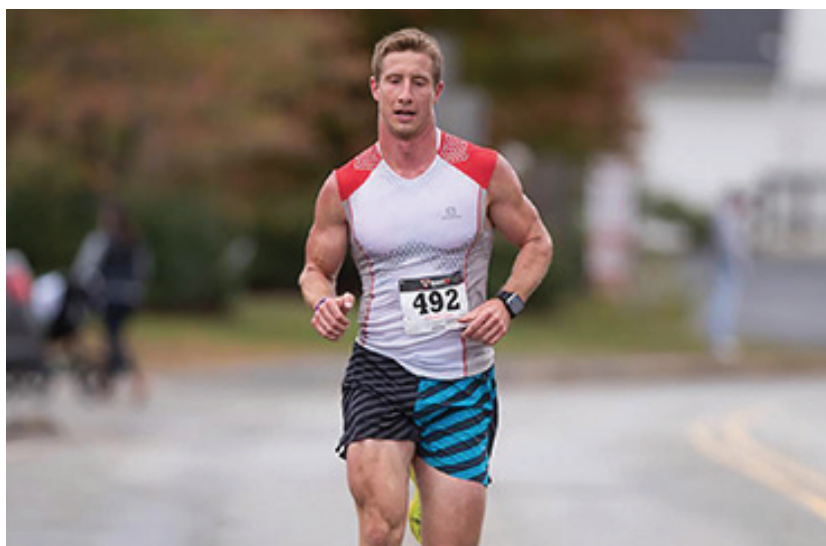
ments of the race, Hudson turned to Ben Huntzinger of Spartan Wheel Chariots in Thomasville, Ga., for help. A paraplegic outdoorsman, Huntzinger is known for building one-of-a-kind, all-terrain wheelchairs for clients.

Factoring the weight of Hudson and the wheelchair, Dorn estimated he pushed about 250 pounds along the race course.

The hills, for which Washington, D.C. is known, presented a challenge on the way up.

In preparation for the grueling marathon, Dorn pushed loaded shopping carts and sleds as practice.

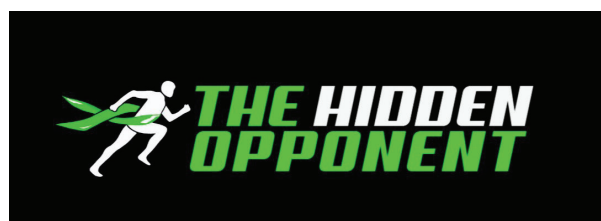
“I’ve run dozens of marathons before. I know what I can handle. My goal is to make sure that Mike has a great time ... and to take care of him,” said Dorn.



Lander University's The Hidden Opponent student athlete support group

By Micaela Pallete

Lander University has over 60 chartered student organizations, and students keep creating new organizations to form a better community. The Hidden Opponent (THO) at Lander is a support and



advocacy group with the mission of helping student athletes on their mental health journey.

ney.

“As athletes we tend to put our responsibilities before our physical and mental health because that is what we were taught. I am trying to create an intentional space where student athletes can talk about their hardships with peers who can relate,” said Fe Eugenie Batoon, member of the Lander women’s tennis team and president of The Hidden Opponent at Lander University.

The first meeting of The Hidden Opponent took place on the Jeff May Complex on October 24. Both campus captains of the organization, Fe Batoon and Brooke Kelly, discussed ways to support and spread mental health awareness.

“We started this organization with the purpose of being there for our teammates, but our goal is for THO to reach out to other student athletes, so we can all support each other as a community,” said Kelly, member of the Lander women’s lacrosse team and co-president of Lander’s The Hidden Opponent.

Final Exam Schedule

Final Exam Schedule (Fall and Spring)				
EXAMINATION DAY	SECTION	REGULAR MEETING TIME & DAYS		EXAMINATION TIME
Wednesday	1	8:00 am - 8:50 am	MWF	8:00 am - 10:00 am
	9	12:00 pm - 12:50 pm	MWF	11:00 pm - 1:00 pm
	15	3:00 pm - 4:15 pm	MW	2:00 pm - 4:00 pm
	A - Only for sections with no formal meeting time.			4:00pm - 6:00pm
	21	5:45 pm - 7:00 pm	MW	6:00 pm - 8:00 pm
	25	5:45 pm - 8:30 pm	M	6:00 pm - 8:00 pm
Thursday	4	9:30 am - 10:45 am	TR	8:00 am - 10:00 am
	8	12:30 pm - 1:45 pm	TR	11:00 am - 1:00 pm
	10	2:00 pm - 3:15 pm	TR	2:00 pm - 4:00 pm
	B - Only for sections with no formal meeting time.			4:00pm - 6:00pm
	24	7:15 pm - 8:30 pm	TR	6:00 pm - 8:00 pm
	28	5:45 pm - 8:30 pm	R	6:00 pm - 8:00 pm
Friday	3	9:00 am - 9:50 am	MWF	8:00 am - 10:00 am
	7	11:00 am - 11:50 am	MWF	11:00 am - 1:00 pm
	13	2:00 pm - 2:50 pm	MWF	2:00 pm - 4:00 pm
	C - Only for sections with no formal meeting time.			4:00 pm - 6:00 pm
	23	7:15 pm - 8:30 pm	MW	6:00 pm - 8:00 pm
	27	5:45 pm - 8:30 pm	W	6:00 pm - 8:00 pm
Monday	5	10:00 am - 10:50 am	MWF	8:00 am - 10:00 am
	11	1:00 pm - 1:50 pm	MWF	11:00 am - 1:00 pm
	D - Only for sections with no formal meeting time.			2:00 pm - 4:00 pm
	E - Only for sections with no formal meeting time.			4:00 pm - 6:00 pm
	F - Only for sections with no formal meeting time.			6:00 pm - 8:00 pm
	Tuesday	2	8:00 am - 9:15 am	TR
6		11:00 am - 12:15 pm	TR	11:00 am - 1:00 pm
G - Only for sections with no formal meeting time.			2:00 pm - 4:00 pm	
H - Only for sections with no formal meeting time.			4:00pm - 6:00pm	
22		5:45 pm - 7:00 pm	TR	6:00 pm - 8:00 pm
26		5:45 pm - 8:30 pm	T	6:00 pm - 8:00 pm

Call Me MISTER:

Mentoring the Next Generation

By: Douglas Dilleshaw

In the United States, more than 70% of teachers are white women. Many students can attest that while they do learn from them, they may learn better from a teacher with whom they can better relate. That is what the Call Me MISTER (Mentors Instructing Students Toward Effective Role Models) organization aims to do.

According to the leader of the Call Me MISTER program at Lander, Rachel Schiera, “The program is dedicated to attracting and retaining individuals to education who are not traditionally represented in K-12 classrooms.” This

program is meant to bring in students who want to go into the educational field and be a role model to



their students, something that is crucial for a young child’s life in today’s world. “I wish that as a kid, I had more teachers who I could relate more to,” says Call Me MISTER member Jeramiah Holmes, “I’m glad that I can now join a program to help this generation’s kids.”

This program is important for all the men who, like Jeramiah, want to join in the education world. It is tough for a man to go into a field that is dominated by women, just like women trying to join other fields dominated by men. Call Me MISTER wants to help those trying to join in this field by providing opportunities to engage in professional development that aims to support them in becoming, not just teachers, but mentors.

While Call Me MISTER is mainly for men or any other students from backgrounds that are generally under-represented in the teaching profession, they will accept anyone, regardless of race, ethnicity, or gender. The program is geared mainly towards men, but they will not turn someone down if they are willing to achieve the objectives of the program. They want to provide any financial, educational, and social support that they can to see their dream of a better tomorrow come true.

COLLEGE OF ARTS & HUMANITIES
PRESENTS
FALL 2023 EVENTS

Logan Woodie: Uproot
11.06 - 12.06 10:00 AM - 4:00 PM Lander Art Gallery
11.09.2023 5:00 PM Reception

Jazz Ensemble
11.16.2023 7:00 PM J. Abney Cultural Center Auditorium

Wind Ensemble, II
11.30.2023 7:00 PM J. Abney Cultural Center Auditorium

University & Old Main Singers
12.03.2023 4:00 PM J. Abney Cultural Center Auditorium

Chamber Strings
12.04.2023 7:00 PM J. Abney Cultural Center Auditorium

Shuttered Horizons:

Artistic Exploration with a Montana-Bound Photography Student



By Calil Rich

In the heart of Montana’s rugged landscapes, where the untamed wilderness meets the infinite sky, a young Lander lensman embarks

on a visual odyssey.

Guided by his passion for photography, Lander art student Amari Brady journeyed through Montana’s breathtaking terrain capturing



Amari Brady

the essence of the Big Sky country through the lens of his own creative vision. From a small town in South Carolina to the rural state of Montana, this trip not only changed the artist, it impacted him heavily.

Brady participated in a Lander Photography Study Tour, led by Professors Jon Holloway and Elizabeth Snipes, from Sept. 30 to Oct. 7, 2023.

“Going to [Montana] was something already on my bucket list for life and on my bucket list for photography,” said Brady, a Lander University student majoring in visual arts with

an emphasis on photography. During his time in Montana and Wyoming, Brady spoke about how he spotted so much wildlife no matter where he went.

“Throughout Montana, there’s so many beautiful sights. Everywhere I went, there was a great opportunity for photos,” he stated. Brady talked about how he enjoyed Montana and how taking pictures there continued the growth of his portfolio titled “Life is Wild.”

The images in his portfolio consists of the wildlife that he sees in the open and the environment around them, showing both his photography skills and the world in all of it’s beauty. Viewing Brady’s photography one is reminded what happens when someone really puts their mind and effort into something that they love to do.. You can see the ideas that he sees and the way that he follows up on them creating a beautiful effect, not only the focus of the photo but with his slight but influential changes towards the background.

Brady provided a beautiful insight into the entirety of the trip.

“The trip opened my eyes so much in composition. As in with wanting to do photography, wildlife specifically, you have to be patient. It forced me to take a whole different approach in photography because I had to be respectfully distant, where I’m close enough for a good shot but distant enough to be respectful of them.”

Brady explained that he took several pictures of different animals such as bison, ducks, elks and more while being at a safe distance for an excellent photo and for his own safety.

The trip was an overall success for this Lander photography student, and his photography skills have grown as his journey west has caused him to be better at what he loves to do.



Building New Leaders One Student at a Time

By Matthew Weyer

Since its arrival to Lander University's campus in the fall of 2022, the National Society for Leadership and Success (NSLS) has experienced rapid growth. Gaining over 650 members in a year, it has served as a place for students to grow and succeed in their leadership abilities while surrounded by their peers.

Founded in 2001, NSLS quickly grew to become the largest accredited leadership honor society in the United States with over 800 chapters and almost two million members. NSLS's goal is to help students achieve personal growth, career success, and to empower them to have a positive impact in their communities.

Madison Pigford, president of Lander's chapter, said, "It provides a unique experience where leaders can grow and develop their goals among peers with different perspectives striving towards becoming the best possible leader." NSLS members will have access to many events and resources, including live speaker broadcasts, networking meetings, and scholarship programs.

"Lander's chapter has become successful in our online hybrid approach to include leaders of both our on campus and online family," says Pigford. This approach has allowed for Lander's chapter's immediate success and growth, as it opens the door for online students, who are often an untapped demographic of student.

"The NSLS has been accredited by Cognia, an academic accreditation service, as well as maintaining an A+ rating with the Better Business Bureau," says Pigford. "It also provides



Pictured from left: NSLS members Mackenzie Jones, Celina Miler, Audra Varner, and Taylor Longshore.

transparency in how its members are selected along with providing countless member success stories and maintaining partnerships with other accredited businesses to provide benefits to its members."

What sets NSLS apart from other honor societies is its focus on leadership, with invitations based on leadership aptitude and growth.

"While being in good standing academically

is important, it is not the only factor that contributes to being an impactful leader," says Pigford. "Everyone has different circumstances in their life that can affect their academic performance, but leadership ability can shine in those times of hardship. We wanted to create a place where people can build and showcase their leadership abilities without being restricted by a high GPA requirement."

Lander Summer Study Tour To Cuba



Forum Reports

From May 16 to June 5 of this year a group of Lander students participated in a study trip to Cuba, sponsored by Lander Spanish Professor Pedro Lopes.

"It was an eye-opening experience. We immersed ourselves in Cuban culture and language, delving deeper into the country's history," said Media and Communications major Allyson Jackson. "It was a chance to see Cuba for what it truly is, not just through the lens of American books and the school system." In just three weeks, the girls on the trip became like sisters, and the Cuban people felt like family. Jackson said, "We formed lasting connections that continue today. The trip emphasized the stark resource disparity between Cuba and the USA, yet despite limited resources, the Cuban people exuded happiness." She added, "It left me profoundly grateful for the resources we have at home."

Pictured (from left) Chantal Chandler, Kiara Wright, Amaya Childers, Allyson Jackson, and Professor Pedro Lopes.

Today's Students are Tomorrow's Communicators

By Graham Duncan

Communication is a vital function of the world we live in. Whether you're a news organization trying to tell a compelling story, a small business trying to roll out a new product, a non-profit organization trying to raise awareness for your cause, or a corporation looking to efficiently train new employees, you need effective communicators on your team.

You need fresh graduates who understand the advantages and obstacles of traditional and new media. You need specialists who can pick up a microphone, a camera or a notebook, and start rolling on day one. You need professionals who are up-to-date on best practices according to your specific industry.

Those are exactly the graduates we prepare in Lander University's Media and Communication program.

Lander's Media and Communication alumni work in a variety of fields. Some work in television and radio. Some work for major daily newspapers. Some work in hospitality and entertainment, and some work for international companies. Yet, no matter where they end up, our alumni say their Lander education gave them the in-demand communication skills that they use on the job every day.

Recently, four of these alumni returned to their alma mater to share their experiences with current students. Here's a closer look at their stories:



Austin Landers is the program director at Sunny 103.5 FM and Magic 102.7 FM in Greenwood, SC, right down the road from his alma mater! He's also the host of his own afternoon drive show, "Austin in the Afternoon," which can be heard Monday through Friday, 3-6 p.m., on Sunny 103.5 FM. He served as production/traffic manager prior to his promotion to program director.

While Landers has 18 years of experience in radio, he first got his start with Sunny 103.5 FM through an internship he completed while still a student at Lander. That real-world experience, along with his coursework, proved to be the right combination for a rewarding career in the radio business. "The radio and television classes taught me valuable information that I still use to this day," said Landers. "Those classes were enjoyable and very critical to my growth as a production/traffic manager."



Aimee Crouch is the news director for South Carolina ETV, the public educational broadcasting network for the state of South Carolina. She originally aimed for a career in front of the camera. Yet through her Lander classes, she found her passion behind the scenes. "I realized the real power is not someone sitting behind a desk and reading someone else's words on a teleprompter," she said. "It's the producer."

With decades of experience in television and radio production, Crouch credits Lander for preparing her for the future. "For over twenty years, I've produced many programs, and wrote the words for more journalists than I can count," she said. "And here I am, as the news director of a statewide TV and radio public

broadcasting network, making bigger decisions, and still writing words." She said these skills came directly from her "journalism classes, English classes, public relations classes and many others that shaped not only my career, but my life."



Raven Favor is another Lander alum working at South Carolina ETV, where she serves as the network's social media manager. While the realm of social media is ever-evolving, she believes Lander trained her to be a patient, adaptable industry professional. The curriculum of Lander's Media and Communication program also creates well-rounded graduates who learn from experiences in a variety of different concentrations.

"Whether it was graphic design, video production or journalism, I was encouraged to be a versatile and competent media professional," Favor said. "This comprehensive approach has made me an asset in the industry, capable of tackling diverse challenges with confidence."



Adam Myrick has over 18 years of experience in media and public relations, and currently serves as the public information officer for the Lexington County (South Carolina) Sheriff's Department. In this role, Myrick is the primary spokesperson and media liaison for the department. As a strategic communication professional, he uses his Lander education every day, adding that the concentrations of Lander's Media and

Communication program have "mirrored" what he's experienced working in the field.

"I'm drafting, producing and delivering messages on and for multiple platforms just as the degree plan has trained hundreds of students," Myrick said. "Lander was ahead of its time in designing and implementing its communication degree program, and I'm so proud of the current faculty members for their commitment to keep the degree's courses on the cutting edge of communication trends and best practices."

Flexibility Meets Affordability:

While a college education is a game-changer in long-term career success, it shouldn't burden you with loads of student debt. That's why Lander University is proud to offer a world-class education at a price students and their families can afford. We've kept our tuition frozen for eight consecutive years, and most students qualify for state and federal scholarships and grants that make the total cost of their Lander education even lower.

In Lander's Media and Communication program, you'll get a rewarding education, acquire essential communication skills that will make you a competitive candidate for a rewarding career, and increase your earning potential with a four-year baccalaureate education. And at Lander, you'll be able to do it at a price-tag you can afford.

Counseling Services Can Help

By Andrea M. Williams

With the weather changing, fall is in full effect. That together with daylight savings time ending on November 5, it is common to experience some sort of seasonal depression. Among college students with the end of the semester quickly approaching, stress and anxiety can increase.



Lander University's counseling services is here for all Lander students. Counselor Delaney Atkinson said, "The best part of counseling services is definitely the team. It's so encouraging to work with other counselors who are so dedicated to the well-being

of the students here." Atkinson works alongside Justin Brewer, Ian Kloss and Hallie Snyder.

She said, "There's nothing shameful about asking for help. It can definitely be intimidating to reach out for the first time, especially if you're not used to being open and vulnerable. The more work you put into counseling, the more you get out."

With the end of the semester approaching, Atkinson has advice for students here at Lander University. "Focus on what is within your control rather than out of it," she said. "Think of stress as being like the weather- we can't change the temperature or make the rain stop, but we can put on a jacket or bring an umbrella. We can't control our stressors, but we can choose how we respond to them."

"Each day brings its own unique set of challenges, so I feel like I learn something new every day!" said Atkinson. "Counseling is a career where you always need to grow and adapt to new challenges, research, and interventions." She added, "Here at Lander, I am able to grow in a supportive environment." Students can set up appointments by calling Miranda Powell, the administrative specialist at the wellness center at (864)-388-8885 or emailing mpowell2@lander.edu.

November Employee of the Month



Courtney Myers

Administrative Specialist

College of Arts & Humanities

"Courtney has been a huge help to the EFL department as our administrative assistant is on maternity leave. She is not assigned to us, so she is juggling not only her main job, but also the responsibilities for our department. Courtney is helpful, efficient, timely, and thorough with her job for the department. She is also positive and helpful, and always available despite dividing her time and having so many responsibilities. She is truly a rockstar."

As a reminder, Nomination Forms are located on the HR Forms site and should be delivered to Human Resources no later than the last day of the month for consideration for the following month's award. Currently sitting members of Staff Senate are not eligible to be nominated or to nominate others during their term.

Lady Bearcats Psyched Up For The Season

By Adam Love

Lander University is home to 15 varsity women's sports. Each sport gives housing to a new class of athletes. One sport that has brought in a large crowd for their performances the past few years is the women's basketball team.

The Lady Bearcats have been showing great performance on the court. Since 2015, the women's basketball team has been breaking a plus .700 season up until last year when they dropped to .296.

When point guard Amani Melendez was asked about her team's performance last season, she commented, "The team last year had a lack of leadership, we were looking for a few girls to step up all season and unfortunately it just never happened." She added, "We did not have players that were bought in."

All athletic teams can face a down year, and it can be very hurtful for the fanbase and the team itself. What defines the team is how they pick themselves. So, the question stands, how will the Lady

Bearcats respond to a down season this winter.

Melendez responded to that question by saying, "This whole offseason we have been training like the team that we truly are, no one is looking back on last season thinking about what we did. Instead we are all thinking about

what we can do. This year we are setting our eyes on having the best record Lander has seen and winning a Peach Belt conference title no questions asked."

Not only that, but players on the team are also sounding like they are taking responsibility for getting better every day. Melendez stated, "We are very focused and know we have to be in the gym a lot more to get shots up and reps in order to better our individual game so that when we come in for practice, we can be the best team together." The Lady Bearcats start off their season in the Jefferson City November 11th against Carson-Newman and host their home opener November 22nd against Auburn-Montgomery.



Greenwood Film Society

Thanks for everyone who came out to see *The Fly* in October. What an excellent early horror film!

Please mark your calendars for the next meeting of the Greenwood Film Society on Tuesday, November 21, upstairs at Good Times Brewing (right next to Millhouse Pizza on Maxwell Ave.)



We will be watching *My Man Godfrey* (1936, directed by Gregory La Cava). It runs 93 minutes. We will also be voting on our December (holiday themed) film selection.

As usual, please join us for conversation (and furniture moving!) at 6:30; the film will start at 7:00.

Remember you are welcome to order food from the Millhouse and bring it over to eat. You can order from the counter or call in at 864-323-0321. They will text you when it is ready.

Greenwood Film Society Films Screened (Jan. 2023 – Present).
 Jan. '23: *The Pleasure Garden* (1925; directed by Alfred Hitchcock)
 Feb. *Body and Soul* (1947; directed by Robert Rossen)
 Mar. *The Men* (1950; directed by Fred Zinnemann)
 April : [No film]
 May: *I'm No Angel* (1933; directed by Wesley Ruggles)
 June: [No film]
 July: [No film]
 August: *Stormy Weather* (1943; directed by Andrew L. Stone)
 September: *Butcher Boy* (1917; directed by Roscoe Arbuckle) & *College* (1927; directed by John W. Horne and Buster Keaton)
 October: *The Fly* (1958; directed by Kurt Neumann)

NOTICE:

The 14th Annual Lander University Film Festival Will Be Held on March 30, 2024. Stay Tuned For More Details.

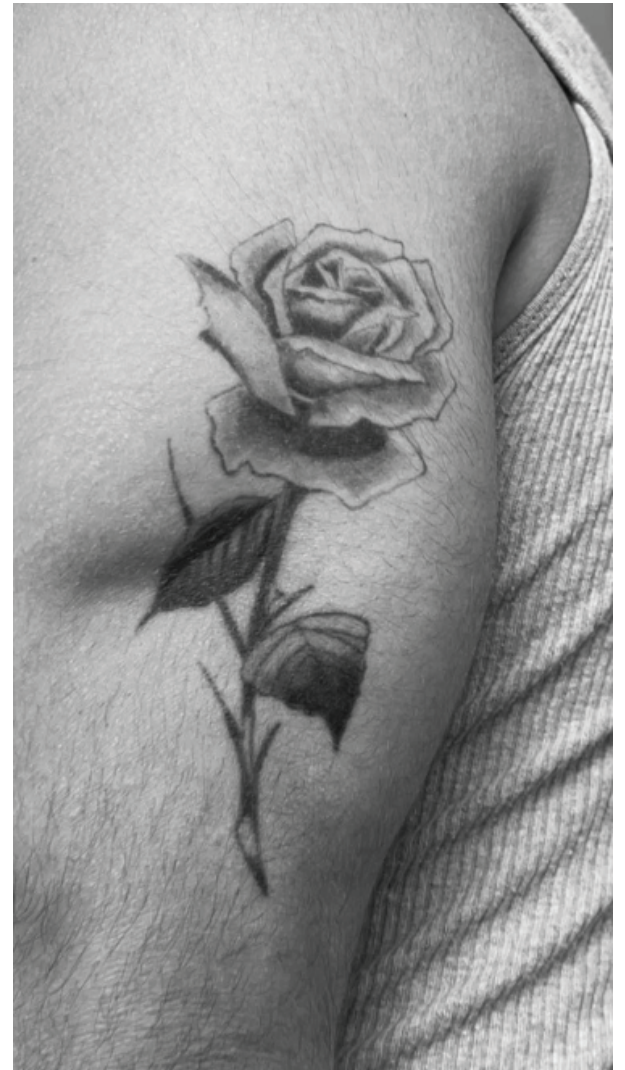
Body, Love, and Ink: The Healing of Tattoos

By Chloe Blackburn

Tattoos have become increasingly popular as it is normalized as a form of self-expression. As tattoos have gained mainstream acceptance, they have crossed over into the realm of fine art. Tattoos have transformed into deeply personal expressions of identity. Many people choose

tattoos that reflect their passions, beliefs, experiences, and emotions.

Isaiah Foster, student at Lander University, explained his favorite tattoo. "I have this rose on my left tricep that reminds me of my dad". He said, "When I was a freshman in high school, my dad was being deployed to Germany. He was supposed to be gone for only a year, but that year turned into him still being there



to this day. So before he left, he had a rose bush he always took care of. I remember him telling me to make sure that I water his rose bush so when he gets back it'll still be there for him, and so I did".

Tattoos can also serve as a form of therapy and healing. People have turned to tattoos to remember loved ones, heal from their past, or empower themselves. Isaiah Foster said, "Last summer break, I went to Germany for a month to be with him, and I told him about the tattoo. He took me to get it, and after I got mine he got a matching one on his right arm, so when we walk together they're next to each other". The art of tattoos continues to evolve, adapt, and thrive, serving as a timeless source of self-expression and creativity.

The art of tattoos is not just about ink and skin. Tattoos have evolved from symbols of rebellion and counterculture to becoming a powerful force for good. As tattoos continue to gain acceptance and recognition, they are increasingly being seen as a positive change in society. In a world that often seeks to conform, tattoos are a symbol of the beauty of individuality and the potential for transformation through ink and art.

Breaking the Silence: Students Unite for Domestic Violence Awareness

By Karen Petit

A Lander University student signs a Tribute Wall with symbols of hope for victims of domestic violence. The University held a two-day campaign to educate students, faculty and staff about domestic/dating violence. October is Domestic Violence Awareness Month. Photo by Laura Wood

Lander University recognized the impact of domestic and dating violence during October's observance of Domestic Violence Awareness Month.

During a two-day awareness campaign, students left symbols and messages of hope on a Tribute Wall to recognize people who have escaped a domestic/dating violence situation or whose lives have been impacted by this violence.

During a campus Resource Rally, students and staff learned about community resources available to help those in need.

Catie Young, Victim Services Manager at the Greenwood County Victim Assistance Office, said domestic and dating violence occurs across all age groups, and many people are unaware of the many services offered to help them.

"Among young people, dating violence can be a serious problem and is more widespread than people realize," she said. "We want to help teens and young adults understand what healthy relationships are and help prevent incidents of violence."

A report from the American Psychological Association found that up to 19 percent of teens experience dating violence. The National Coalition against Domestic Violence reports that one-in-four women and one-in-nine men experience intimate partner violence. National data show that one-in-five victims of homicide are killed by an intimate partner.

"Services are available throughout Greenwood County and our surrounding areas to help those affected by dating or domestic violence," Young said.

Representatives from Beyond Abuse, an organization serving people in Greenwood, Abbeville and Laurens counties, said their work focuses on victims of sexual assault and sexual violence.

Claire Wieters, a prevention specialist at Beyond Abuse, said a wide range of services, including medical and therapeutic care, are available for children, teens and adults. "Treatment and therapies are tailored to help each individual," she said.

As an education specialist for Beyond Abuse, Brittney Chambers said her work is in elementary, middle and high schools. "I talk to students on a level that they can understand," she said, emphasizing that education and awareness programs are key to preventing sexual violence and child abuse.

"Our message is that we want people to know that help exists," Young said, "and we encourage people to speak out and seek assistance when it is needed."



Lander Alumn, Goodwin on national comedy tour

By Caroline Myrick



Lander Alumn Mike Goodwin, is touring all around the United States for his comedy tour, Big Dad Energy.

The "Big Dad Energy" tour is described by Mike as being "laugh-out-loud, refreshing and almost wet your pants funny."

"I started comedy at my church in about 2005, I was running jokes by this professional comedian who worked at the church, and he said, "Hey man, this is really good material," and ever since then I've been in comedy," Goodwin said.

"I've always had a great sense of humor; I just did not think I was a comedian," said Goodwin. He continued, "My parents would get into arguments, and I would crack jokes to make my mom laugh."

Regarding why he chooses to keep his act clean, Goodwin said, "My faith is a big component of how I live, so it is just my personality."

Being on tour, Goodwin is always on the look for new content and inspiration.

"I am intentional in having interactions with people when trying to find new content. Interactions are the most consistent source of content for me," Goodwin said.

Goodwin highly enjoys making content about marriage. "I want to be honest, but I want to provide a perspective of functionality," Goodwin said.

Although Goodwin has hit it big, that does not mean he has forgotten where he started. According to Goodwin, Lander was the first place he was able to host anything. He was involved heavily with the campus as a Presidential Ambassador, Residence Assistant, and was a member of a fraternity. He also wrote for the Forum newspaper.

Tour dates for the Big Dad Energy can be found at <https://www.mike-goodwin.com/tour-page>

Lander Calendar of Events November

<p>November Events</p> <p>NOV. 1: Group X Team Sports 4 - 5 PM STUDENT LIFE</p> <p>NOV. 1: Group X Bearcat Fit Small Group Training 5 - 6 PM STUDENT LIFE</p> <p>NOV. 1: Group X Spin 5 - 6 PM, STUDENT LIFE</p> <p>NOV. 1: Group X Yoga 6 - 7 PM, STUDENT LIFE</p> <p>NOV. 1: Volleyball 6 - 9 PM, BEARCAT ATHLETICS, Bearcats vs. Flagler</p> <p>NOV. 2: Day of the Dead Candle Remembrance 11 AM - 1 PM, STUDENT LIFE</p> <p>NOV. 2: Group X Team Sports 4 - 5 PM, STUDENT LIFE</p> <p>NOV. 2: Group X Zumba 6 - 7 PM, STUDENT LIFE</p> <p>NOV. 3: Community Barrel Race 5:30 - 10 PM, BEARCAT ATHLETICS, COMMUNITY, STUDENT LIFE</p> <p>NOV. 3: Friday Night Lights 6 - 9 PM, STUDENT LIFE</p> <p>NOV. 3: Volleyball 6 - 9 PM, BEARCAT ATHLETICS Bearcats @ Georgia College</p> <p>NOV. 4: Virtual Reality 11 AM - 2 PM, STUDENT LIFE</p> <p>NOV. 4: SATURDAY Men's Club Rugby 1 - 4 PM, BEARCAT ATHLETICS Bearcats vs. NC State</p> <p>NOV. 5: Atlanta Falcons vs. Minnesota Vikings Game ALL DAY, STUDENT LIFE</p> <p>NOV. 6: Logan Woodle: Uproot ALL DAY, PERFORMING &</p>	<p>FINE ARTS Nov. 6-December 6</p> <p>NOV. 8: Mission Responsible 3 - 4 PM, ACADEMICS</p> <p>NOV. 8: Thank You Card Night 6:30 - 7:30 PM, STUDENT LIFE</p> <p>NOV. 8: Native American Storytelling 7 - 8 PM, STUDENT LIFE</p> <p>NOV. 9: Volleyball 6 - 9 PM, BEARCAT ATHLETICS Bearcats @ Augusta</p> <p>NOV. 9: Wrestling 7 - 10 PM, BEARCAT ATHLETICS Bearcats vs. Limestone</p> <p>NOV. 10: Transfer Friday 9 AM - 5 PM, ADMISSIONS</p> <p>NOV. 10: Men's Basketball 6 - 9 PM, BEARCAT ATHLETICS Bearcats @ Tusculum</p> <p>NOV. 10: Volleyball 6 - 9 PM, BEARCAT ATHLETICS Bearcats vs. Augusta</p> <p>NOV. 11: Equestrian Team ALL DAY</p> <p>NOV. 11: Women's Basketball 3:30 - 6:30 PM, BEARCAT ATHLETICS SAC/PBC Challenge Bearcats vs. Carson-Newman</p> <p>NOV. 12: Equestrian Team ALL DAY</p> <p>NOV. 12: Women's Basketball 1 - 4 PM, BEARCAT ATHLETICS SAC/PBC Challenge Bearcats vs. Lenoir-Rhyne</p> <p>NOV. 12: Men's Basketball 3:30 - 6:30 PM, BEARCAT ATHLETICS Bearcats vs. Newberry</p> <p>NOV. 13: Spring & Summer Registration for New Students ALL DAY, ACADEMICS</p>	<p>NOV. 13: Women in Politik 6 - 7:30 PM, STUDENT LIFE</p> <p>NOV. 13: Miss Lander Pageant 7 - 11 PM, STUDENT LIFE</p> <p>NOV. 14: Photo Air Freshener 10 AM - 12 PM, STUDENT LIFE</p> <p>NOV. 14: Medically Speaking 5:30 - 7 PM, COMMUNITY</p> <p>NOV. 15: Bearcat for a Day 9 AM - 5 PM, ADMISSIONS</p> <p>NOV. 15: Community Lecture Series: "Traditional Fairy Tales; The Good, the Gruesome, and the Grimms" 5:30 - 8 PM, COMMUNITY Presenter: Brittany Cuenin Reception: 5:30 p.m. Presentation: 6:00 p.m.</p> <p>NOV. 16: Coffee & Hot Chocolate Bar 9 AM - 12 PM</p> <p>NOV. 16: Wrestling 7 - 10 PM NOV. 16 2023 BEARCAT ATHLETICS Bearcats @ UNC Pembroke</p> <p>NOV. 16: Jazz Ensemble Concert 7 - 9 PM, PERFORMING & FINE ARTS</p> <p>NOV. 17: Women's Basketball 5 - 8 PM, BEARCAT ATHLETICS Anderson University Classic Bearcats vs. Emmanuel</p> <p>NOV. 17: Hop Like a Que 7 - 9:30 PM, STUDENT LIFE</p> <p>NOV. 18: Wrestling ALL DAY, BEARCAT ATHLETICS Life University Open</p> <p>NOV. 18: Bearcat Therapeutic Riding Horse Show ALL DAY, COMMUNITY,</p>	<p>NOV. 18: Saturday Tour 9 AM - 5 PM, ADMISSIONS</p> <p>NOV. 18: Women's Basketball 12 - 3 PM, BEARCAT Anderson University Classic Bearcats vs. Young Harris</p> <p>NOV. 18: Men's Basketball 3:30 - 6:30 PM, BEARCAT Bearcats vs. Virginia State</p> <p>NOV. 22: Thanksgiving Break ALL DAY, ACADEMICS</p> <p>NOV. 22: Men's Basketball 1:30 - 3:30 PM, BEARCAT Bearcats vs. Winston-Salem State</p> <p>NOV. 22: Women's Basketball 3:30 - 6:30 PM, BEARCAT Bearcats vs. Auburn-Montgomery</p> <p>NOV. 25: Women's Basketball 1:30 - 3:30 PM, BEARCAT Bearcats vs. Fayetteville State</p> <p>NOV. 25: Men's Basketball 3:30 - 6:30 PM, BEARCAT ATHLETICS Bearcats vs. Carson-Newman</p> <p>NOV. 29: You've Got a Friend in Us! 4 - 7 PM, ACADEMICS</p> <p>NOV. 29: Women's Basketball 5:30 - 8:30 PM, BEARCAT ATHLETICS Bearcats @ Mars Hill</p> <p>NOV. 29: Wrestling 7 - 10 PM, BEARCAT Bearcats vs. Mount Olive</p> <p>NOV. 29: Men's Basketball 7:30 - 10:30 PM, BEARCAT Bearcats @ Wingate</p> <p>NOV. 29: Bundle Up Bonfire 7:30 - 9:30 PM, STUDENT LIFE</p> <p>NOV. 30: Wind Ensemble Concert 7 - 9 PM, PERFORMING & FINE ARTS</p>
--	--	--	---