



Taliyah Daniels and Yamil Hernández Sánchez were announced as President and Vice President for the 2022-2023 academic year. PN Photos/Andrew Thrift

SGA Election Results and Debate for 2022-2023

by Andrew Thrift, Copy Chief

Taliyah Daniels and Yamil Hernández Sánchez were voted SGA president and vice president for the 2022-23 school year.

The SGA candidates participated in a debate prior to the election on March 29.

Presidential and vice presidential candidates discussed student concerns before casting their ballots.

The slate of Aspen Andersson and Whitney Peck ran against Taliyah Daniels and Yamil Hernández Sánchez in the hopes to be the next Student Body President of UNCP.

Current President Dana Hunt-Locklear and Vice President Ashanti Hendricks graduate this spring, leaving those positions open.

Students filled Upchurch Auditorium at Thomas Hall for the debate. Organizations like Alpha Kappa Alpha wore “Don’t be silly, vote for Tilly” shirts to support their sorority sister Daniels.

Hendricks was the moderator of the debate. The debate started with

a question for Daniels-Hernández Sánchez on what their platform stands for and what they will implement. They said they hope to make a wholesome and inclusive campus.

“I hosted the Hispanic Town Hall here on campus. We had students, faculty and staff attend the meeting and talk about what they want to see here on campus,” Hernández Sánchez said.

The Andersson-Peck platform supports working with the NAACP and NASO, giving them a voice through their platform. They also want to build a diverse executive team so everyone can feel like they can have their voices heard.

Andersson said that she wants the student body to look at them and feel like they are represented through town halls, services and training.

Daniels said that UNCP is a multicultural campus and wants to improve the lives of those groups here. Making all students have a place.

Hernández Sánchez said that students need to become more

involved. He said that since he was here pre-COVID, he got to see first hand the true life of UNCP and he wants to get that back.

“When you go to class, you see a little bit of everyone. Race, sexuality, ethnicity, we have it all,” Hernández Sánchez said.

Daniels said she was able to attend the Hispanic Town Hall. She said she learned a lot of students here on campus don’t have English as their first language and have a lot of problems when they go to offices, like the financial aid office.

“We need to look into translators so everyone has a voice here and can make their voices heard,” Daniels said.

Hendricks asked Andersson-Peck what the biggest issue with students here on campus is and how can you change it. Andersson-Peck said they feel that students don’t know what SGA actually does.

“They don’t know who to go to.

We want to promote student organizations,” Andersson said.

Peck is a peer tutor. She feels like students need to know the resources they have available to them. “When students feel they are doing well, they feel like they can go out, join student organizations, and feel like they belong here at UNCP,” Peck said.

“We aren’t guaranteed a job after we graduate,” Sanchez said.

He said he wants paid internships for students, so they feel like there is value in their work. He wants employers to recognize UNCP students as viable candidates.

“We want to make a council with student organizations with SGA as the head. They hope to have each organization have their voices heard between one another. We want to lay the groundwork to have an open conversation with faculty and students so students can have their needs met,” Peck said.

SGA Impeachment Mixup Causes Misunderstandings

by Anayah L. Peterson, Managing Editor

An uproar occurred at the March 2 SGA meeting. Misunderstandings arose concerning the impeachment proceedings and mental health awareness.

Former senator Aubry Graham was impeached at the Feb. 22 meeting. He singled out another senator at this meeting.

Graham told the group that the SGA Operations Chair, Whitney Peck, had been absent more than he. This was proven false by the attendance records posted online in SGA archives. Peck had one excused absence, two unexcused absences and one tardy in the Fall of 2021.

Graham shared his reasons why he should stay as a senator for SGA. SGA members also asked him questions about his involvement with SGA and what impact he left.

After the question period was

finished and moved to the debate, they listed the pros and cons of why he should stay.

In the minutes of the meeting, Graham said, “I was elected by my student body. I would like to state that while I am unhappy about my absences, I had a traumatic experience and went through a depressive state which kept me from attending meetings.”

The statement was made during his absence appeal. He was impeached on Feb. 22. He missed three days of senate meetings.

When a senator misses three days, it is immediate impeachment. However, they can appeal for those absences.

Governing documents were not up to date at the time of the meeting.

The secretary is supposed to warn senators when they have two unexcused absences in statute 3.14

“I was elected by my student body. I would like to state that while I am unhappy about my absences, I had a traumatic experience and went through a depressive state which kept me from attending meetings.”

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The Pine Needle Shines at SPJ Regional Competition

The Society of Professional Journalists recognized the best collegiate journalism in Region 2, which consists of Delaware, D.C. Maryland, North Carolina and Virginia.

All winners will compete at the national level and national winners will be notified in late spring. All entries were judged by professionals who have at least three years of experience in the field of journalism.

The Pine Needle competed in the small universities division (9,999 students or fewer) and were finalists or won in the following categories:

Corbin Gwaltney Award for Best All-Around Student Newspaper
Finalist: *The Pine Needle*

General News Photography

Winner: *Murdered & Missing Indigenous Women March* by Mahala Treish
Finalist: *Vanilla Ice Homecoming Show* by Alyssa Hernandez
Finalist: *Native Youth Roadside Cleanup* by Zachary C. Young

Sports Photography

Winner: *UNCP Women’s Basketball* by Andrew Thrift
Finalist: *UNCP Soccer* by Andrew Thrift
Finalist: *UNCP Military Appreciation* by Andrew Thrift

General News Reporting

Finalist: *Town of Pembroke \$5.2 Million DoT Grant* by Zachary C. Young

Sports Writing

Finalist: *Conference Carolinas Soccer Champs* by Mahala Treish

Earlier this semester *The Pine Needle* won Best of Show at the North Carolina Collegiate Media Awards held at UNC-Chapel Hill. Andrew Thrift won honorable mention for single or two-page design. Zachary C. Young won honorable mention for feature writing.

Pony Palooza Brings Awareness to Interpersonal Violence



Members of the UNCP Wrestling team celebrating victory in an inflatable pony race held on the UC Lawn. All proceeds from the event will be donated to help combat interpersonal violence. Image on the lower right of the Rape Crisis Center labeling at Pony Palooza. PN Photos/Andrew Thrift

by Andrew Thrift, Copy Chief,
Alana Peterson, Graphic Artist

Hosted by Student Health Services, Campus Engagement and Leadership, Housing & Residence Life, Counseling and Psychological Services, Campus Recreation and Police and Public Safety brought back after two years, Pony Palooza.

Pony Palooza raises money to help fight interpersonal violence with racing inflatable horses. The event featured games, free food, music and local resources to make students aware of their options when reporting interpersonal violence.

The event is hosted each year during the month of April, which is sexual assault awareness month.



Workshop Helps Students Be Their Best Self

by Michaela Tisdale, Promotions & Social Media Manager

“The Best Version of You” covers the difference between wellness coaching and the program “Students Obtaining Academic Resilience.”

SOAR is a program on campus that aims to provide growth and support for all students at the university. It provides academic coaching to enhance school and life skills.

Both of these programs are offered on campus.

Academic success coach Tyler Oxendine delivered a virtual workshop on April 4th followed by a question and answer portion primarily for students on academic probation.

The goal of the presentation was for students to learn and stay connected.

Oxendine said the workshops are created for students who are on academic probation, but anyone can attend the workshops.

“Academic success workshops can introduce new concepts in doing things that they may not be aware of and spurring the participants in investigating how to integrate what they learn and adopt it into their own methods,” Oxendine said.

Oxendine explains how the main goal of the program is to provide a diverse environment and provide services to students, to not only enhance academic and life goals at UNCP, but also after students graduate.

If students would like to schedule an appointment they can email soar@uncp.edu. The office is located in room 324 DF Lowry. The office is open Mon-



The Best Version of You was held to encourage students who are currently on academic probation. Image/Academic Engagement

day through Thursday from 9 a.m. to 4 p.m.

A few of the academic success coaches in the SOAR program are Sarah Baxley and Amber Phillips. Some of the outcomes that SOAR expects from their students are to improve motivation, improve study skills, deal with stress effectively and establish healthy interdependence.

Oxendine said that wellness coaching focuses primarily on a student’s wellness or needs aside from academics.

Students can meet with a wellness coach one on one either weekly or bi-weekly and can last from 30 minutes to an hour.

Oxendine said some of the

topics that wellness coaches can discuss with students, such as wellness stress management, healthy relationships, body image and sleep.

Sessions are private and lean towards a student’s desired needs to be met. The sessions can be either in person or virtual for wellness coaches to meet with students.

Academic Engagement and the Center for Student Success provide fundamental resources that help students achieve their goal in becoming their best self.

The wellness coaching can be accessed in the Brave Health center. Students can contact Jaelyn Wynn by her email at Jaelyn.Wynn@uncp.edu to schedule a wellness appointment.

The Pine Needle

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SGA Impeachment Causes Misunderstandings

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of Governing Documents, but did not do it for Graham. As a result, Graham did not know he was impeached until the meeting.

In the minutes from the March 2 senate meeting, the former senator said he was notified by the vice president of his impeachment through email and not the secretary. Their secretary did not properly notify the former senator.

SGA offered the former senator and the Committee Chair to appeal unexcused absences.

Following the dust up, the governing documents were updated on March 4, 2022. Students can find this in their archive for “Governing Document.”

Senator Justin Pittman said “I’m only concerned about the statues in 3.1.4 that he’d mentioned where he hasn’t received a notification that it’s unfair. He’s entitled to his rights.”

The motion did not pass and Graham is still impeached. From the minutes of the meeting March

2, in the vote for impeachment there were three yes, four abstain and 11 no’s.

Graham said there was no petition sent out to him for the student body to vote on his impeachment.

Governing documents state that a petition for impeachment can be brought forth by five or more senators or five percent of the enrolled student body.

Graham Defended

Graham is a part of a fraternity and his fellow brothers and a sorority went to the meeting in support of Graham.

Graham said they were not asked to come and came on their own.

SGA’s Executive Team released a statement in the next meeting apologizing for how the proceedings went. They said they have learned from this and want future SGA members to learn from this incident.

Graham wants SGA to take



SGA hosts weekly senate meetings at the James A. Thomas Hall 130. PN Photo/Christopher Machine

responsibility for what has happened. He said that you have to represent the student body to be in SGA. He said the student body has the right to voice what happened in their student government.

“I want SGA to be held accountable and take mental health more seriously. I want the student body to decide on my impeachment,” Graham said.

SGA made a mistake with their governing documents and how the impeachment proceedings took place. They did not operate off a bill that was updated in their attendance policy, which allows for three unexcused absences from two.

The governing documents have been updated after the incident but were not followed during the incident.

History Of Sexual Attacks on Indigenous Women

by Jaden Jones

A public presentation was held at the Thomas School of Business about how native women of the present and past have encountered sexual assault.

Sexual assault is a serious issue that plagues many men and women alike in today’s society. Many people either know a victim of this crime or are one themselves.

The speaker at the event, Dr. Rose Stremlau shed light on this topic in an insightful presentation that helped to illustrate the idea that sexual assault has a history and should not be overlooked.

Stremlau said it is actually common for historians to ignore or whitewash instances of sexual assault in history.

She said that this is not always an inherent fault of their own, as they are not trained to decipher references to sexual assault when they’re in the process of translating languages.

There are various euphemisms

that will be used instead, most of that only vaguely hint toward the crime.

“When we don’t include sexual violence in the records of history,” Stremlau said. “Then we are only telling half-truths.”

She goes on to explain that this is a problem prevalent in the Native-Americans community. It is a matter of great importance to the Native-Americans of today.

Sexual and gender-based violence against native women is an indisputable dilemma. Stremlau said that all native tribes and communities have women who are familiar with such injustice.

From settlers to soldiers, the indigenous people of the Americas were subjected to what is known as “spectacle violence.” It is the depraved act of humiliating and dehumanizing a person in public.

Stremlau said it was used as a tool. This inhumane fear tactic was like a weapon, to subjugate minorities, embolden gutless men and to send a haunting message of terror.

CELEBRATING PRIDE MONTH

TRANS 101

April 13 | 3-4 p.m.
Old Main 124 (OSID Office) and Webex

SAFE ZONE EDUCATION FOR STUDENTS

April 14 | 3-5 p.m.
Old Main 124 (OSID Office) and Webex

LGBTQIA+ & ALLY TRIPLE FEATURE

April 18 | 6-8 p.m.
University Center Annex

- Social hour; refreshments will be served
- Resource and involvement fair
- Learn about the history and art of drag culture

LAVENDER GRADUATION

April 20 | 6:30 p.m.
RSVP required

These events are free and open to students, faculty and staff and their accompanied guests. Braves Card/ID required.



STUDENT INCLUSION & DIVERSITY

UNIVERSITY OF NORTH CAROLINA PEMBROKE

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BRAVEPRIDE FESTIVAL

April 26 | 4-8 p.m.
University Center Lawn

Celebrate queer pride, small businesses, artists and performers, enjoy activity stations including games, trivia and a human identity station, music and more.

FILM VIEWING: THE FAVOURITE

April 26 | 6 p.m.
Dial 225

Sponsored by the History Department

PRIDE ROUNDTABLE

April 27 | 3-5 p.m.
Old Main 124 (OSID Office)

Opportunities for students to engage in discussion and provide feedback about inclusivity on campus for LGBTQIA+ at UNCP.



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Fool’s Senior Capstone Art Exhibition

by Anayah L. Peterson, Managing Editor

UNCP’s Bachelor of Arts Senior Capstone Exhibition is titled “Fools,” at the A.D. Gallery in Locklear Hall. Seven seniors were featured in the exhibition. The exhibition is named “Fools” because it started on April 1.

The seniors are Kimberly Creque, Sabrina Doan, Leean-na Earp, Dana Hunt-Locklear, Shenandoah Lowery, Larry Parker and Mary Zanders.

It is a senior show to highlight the artist’s talents and achievements in their most recent work. Art major students must participate in this capstone to graduate.

The work is either titled or untitled, the medium is listed and the date of creation. Each student’s artwork is created and unique to their own taste.

Creque’s concept revolves around processing, recycling and reusing elements from one piece



Kimberly Creque’s mix media PN Photo/Anayah L. Peterson



Larry Parker artwork on Charlie’s Angels. Arcylic and woodcut print on a canvas. PN Photo/Anayah L. Peterson

to the next one. Each of those mediums tie into each other.

Doan’s artwork experiments with different printmaking techniques through aquatic themes. Several of her works include a character with special taste.

Earp uses her art to reflect their passion for nature, wildlife and psychology.

Their current work focuses on self-identity, personal expression and the natural world.

Hunt-Locklear’s works increase the dynamic between the audience and creator by objectifying emotions. To be fueled by their surrounding environment and emotions that are explored.

Lowery gets their inspiration from listening to music, reading a book and more. One of their works is a ceramic flower vase that was created in 2022.

Parker’s work can be playful and fun because

he wants other people to enjoy it as well. The art pieces of Parker’s exhibition are a series called Charlie’s Angels. The overall theme of the series is called representation.

“My senior experience has been a good one. I am continuing to learn many things that I will take with me beyond graduation, and I have also interacted with many people that continue to make my experience even better,” Parker said.

The panel consisted of three paintings of a woman that represented the subject of either race, mental health or sexuality.



Sabrina Doan’s memorial to Steve, a P.O.C., Piece of Child using ceramics and a toilet. PN Photo/Anayah L. Peterson

These are ideas that Parker thinks need to be represented and some things that he believes can be talked about even more.

Review: F-PLUS’ Performance Gets an A Plus

by Victor Mays, Entertainment Editor

The Department of Music presented the music trio F-PLUS at Moore Hall Auditorium last Thursday. F-PLUS stars Luke Lentini on the Violin, Lucas Gianini on the clarinet.

Graham was the only musician that night to play multiple instruments. He played the drums, keyboard, vibraphone and the rumba. Lentini has been playing his violin since he was three. His violin is an 1850s Ithaca stringed instrument. Gianni’s clarinet is a bass clarinet.

F- PLUS was formed in 2016.The music that F-PLUS plays is very unorthodox. I

found the music to be rather quirky and strange, but in a good way. It does not sound like everyday music. Every song that was played managed to be unique while carrying that same quirky feeling.

Each piece had a series of instrumental notes that were just dropped in random places that made the music sound different.

The fourth piece played, “Sempre Dolce” was the stand-out song. That song got a few people in the audience to give a standing ovation and definitely had the longest applause.

The music is similar to video game music. Especially when they tried to build tension in the middle of their songs. Their

second song was written by Liza Sobel Crane specifically for F Plus.

This song changes tone and pace quite a few times throughout making it a very unusual but engaging song that keeps you on your toes. The audience seemed to really enjoy themselves.

“The music was really interesting and cool. As a music major I thoroughly enjoy watching people who are great at playing instruments do just that.” senior Brandon Wamak said.

One of the best parts of F-PLUS is just how diverse the music is with limited instruments. Every song is unique.

“Their music is very virtuosic and has such a great reper-

toire. A great show to watch.” said Professor Joseph VanHassel.

One of the things that F-PLUS likes about their group is that they commission their own music.

All the music they play was written for them specifically.

Four out of the five songs they played that night were written for them by various artists such as Christopher Stark, Liza Sobel Crane, Jessie Montgomery and Matthew Barneson. The final song was written by Kevin Puts in 2001.

I would recommend this F-PLUS to anyone who is a fan of different types of music and doesn’t mind unorthodox and unusual songs.



UNCP PLAYLIST NO. 4

What are students listening to?

by Jillian Shroyer, layout by Andrew Thrift







CATCH MY BREATH
BY KELLY CLARKSON
KAILA THOMPSON



OPHELIA
BY THE LUMINEERS
Morgan Collins



NATURAL RELEASE
BY BRENT FAIYAZ
Nigel Freeman



UNDER THE INFLUENCE
BY CHRIS BROWN
Melinda Dixon



SAY IT RIGHT
BY NELLY FURTADO
James Bullard



CHIVALRY IS NOT DEAD
BY HIATUS KAIYOTE
Kristian Johnson



PLANEZ
BY JEREMIH, J. COLE
Renee Smith



MR. CROWLEY
OZZY OSBOURNE
Jordan Benson



HEART & SOUL
BY YOUNGBOY
DANCE ON ME
BY GOLDLINK
Miya Murphy
Vicki Cascen

ROAD TRIP!

Montana!

WooHoo!

Traveling Across Mountains and Rivers



A view from the M Trail overlooking Bozeman, Montana. Submitted Photo/Sharlyn Tabaco

by Sharlyn Tabaco

North Carolina has some unique and beautiful trails. If you’re seeking a breathtaking view, Bozeman, Montana should be on your travel list!

The Bozeman to Bridger Mountains trail is a part of the Great American Rail-Trail. Located in a 40-acre park, which also has a nature sanctuary which follows along the East Gallatin River. In this park you can find a bird blind, fishing ponds, a labyrinth garden, teaching gardens and plenty of different areas for children to play.

This trail is about 2.1 miles long and allows you to overlook the valleys in Montana. Bozeman is home to a very extensive trail system, which is known as the Main Street to the Mountains system and it consists of 60 miles filled with greenways across the city. The trail is also used by pedestrians and cyclists from the city.

The park is open to the public free of charge and has parking available in the Story Mill Communi-

ty Park and at the M trailhead on Bridger Canyon Drive. If you’re feeling up for an adventure, it is with no doubt worth the trip. This trail would be a great addition to your summer bucket list. If you do plan to visit, you should be cautious of the bears. The area is known to have plenty.

If you plan on visiting the lovely town of Bozeman in the wintertime, then you should consider skiing if that’s something you enjoy or looking to pick up a new hobby. Activities are exhilarating on their own, but it becomes a whole lot better when you’re doing it in a town with some of the finest valleys in the country. The snow makes the scenery extra pleasant.

Regardless of whether you decide to visit in the summer or winter, Bozeman is sure to welcome you with open arms, various activities to keep you busy and many memories to make.

If you’re already planning to travel to Bozeman, you can make a stop at Yellowstone National Park, which is also the first National park. It is approxi-

mately 1.5 hrs away, a small detour to add onto the fun. Yellowstone has an incredible 2.2 miles worth of acreage where you have the opportunity to observe a very interesting new ecosystem and plenty of wildlife. This park also contains nearly half of the world’s active geysers.

If You’re Going

Bozeman to Bridger Mountains Trail Description:
Parking is available at Story Mill Community Park (698 Bridger Dr, Bozeman, MT 59715). You can also park at the M trailhead parking area on Bridger Canyon Drive.

Bridger Bowl Ski Arena
15795 Bridger Canyon Rd
Bozeman, MT 59715

YellowStone National Park:
Open 24/7

2 Officers Row
Yellow National Park Headquarters
Yellowstone National Park, WY 82190

Bridger Mountains to Yellowstone National Park: 1 hr 57 mins driving time

<https://www.railstotrails.org/trail-blog/2021/may/06/top-10-trails-in-montana/>



A view from the backyard of a cabin overlooking the Bridger Mountains in Montana. Submitted Photo/Sharlyn Tabaco

Homemade Bacon Wrappped Jalepeño Popper

by Christopher Machine, Reporter

Ingredients:

- 15 Fresh Jalapenos Peppers
- 1 lb Ground Beef or Ground Turkey
- 1 Pack Bacon (12 oz)
- 8 Ounces Cream Cheese
- 1 Cup shredded cheddar cheese

Prep Time: 20 minutes

Cook Time: 1-1½ Hour

Looking for a simple and efficient way to impress your friends at a party? The “Popper in a Blanket” has you covered. Great taste while not costing too much to make.

To start, preheat your oven to 400 degrees Farenheit. Wash your jalapenos and cut them in half lengthwise. With a spoon, carefully scoop out the flesh of the jalapeno. Depending on

how hot you want the poppers, you can leave the seeds inside the peppers.

You should be left with 30 jalapeno halves.

In a skillet, brown your ground meat on medium heat. While browning, try to break the ground meat into small chunks. Once browned, drain your

meat and add your cream cheese. Stir until the cream cheese is fully melted and combined with the browned meat.

Remove the mixture from the heat and let cool for 10 minutes. Once cooled, carefully fill the jalapeno halves with your mixture, making sure to not overfill your pepper. Sprinkle the shredded cheese liberally on top.

Cut your bacon pack in half, and wrap the bacon around the pepper in a corkscrew motion. You want your bacon to cover most of your cream cheese mixture. If one bacon piece doesn’t wrap around the pepper properly, use another.

Line your poppers on a baking tray and put them into the oven. Let bake for 20-25 minutes or until the bacon is cooked. Remove from the oven and let cool.



Freshly baked Bacon Wrappped Jalepeño Popper. PN Photo/Christopher Machine

Golf Team Wins First Conference of Carolinas Championship

by Zachary C. Young, Editor in Chief

UNCP won its first Conference Carolinas’ Golf Championship, finishing first out of 11 teams. Redshirt junior Georgia Page finished in first place individually and sophomore Toni Blackwell finishing second. The tournament was held April 3-5 at Catechee Golf Club in Hartwell, Ga.

Page carded 77 in the first round, 75 in the second round and 76 in the final round, bringing her tournament total to 228, finishing 15 over par. Blackwell shot a 75, 81 and 74, respectively. Blackwell would record a total of 228, finishing 17 over par.

This was Page’s second individual tournament win of the season.

All five Braves finished in the top ten, redshirt junior Amanda Hamrin finished seventh with a total of 237, and redshirt junior Samantha DeBusk and sophomore Elizabeth Ritchie tied for eighth shooting 239.

As a team, the Braves carded 314 in round one, 312 in round two and 297 in round three. With a three-day total of 923, the Braves finished the tournament 71 over par, 36 strokes ahead of Mount Olive who finished in second place.

This was the Braves’ second first place overall finish this season.



UNCP's Golf Team after winning the Conference Carolinas Championship. Submitted Image/UNCP Athletics

son.

Their first initial place came in the previous tournament; Conference Carolinas Preview on March 15.

The Braves’ 2022 campaign was filled with conference honors such as Page being named Conference Player of the Year and

earning 1st Team All-Conference honors.

DeBusk and Blackwell both received Second Team All-Conference honors, and Hamrin received Third Team All-Conference honors. Coach Hannah Luckett was named Conference Carolinas’ Coach of the Year.

Page also received Conference Golfer of the Week honors four times this season. Page is also the first UNCP golfer in nine seasons to earn conference golfer of the year honors.

The NCAA South Regional golf tournament will be held May 2 through May 4.

Mix Results of Success Throughout the Week



Redshirt sophomore Chase Jernigan pitched a record of 2-1 on the season. PN Photo/Mykayla Brady

by Andrew Thrift, Copy Chief

The Braves took on the North Greenville Crusaders for three back to back games at Sammy Cox Field which left the Braves with two losses and then comeback for the final game of the series opener.

The first of three games took place Friday, April 1. The Crusaders were ranked number five at the start of the game and the Braves number 22. The Crusaders crushed the Brave 15-1 with Ethan Ott lacing a one-out single down the third base line to put runners on the corners.

These runners took a 1-0 lead moments later when they got the better end of a halfway successful double steal attempt. The Braves took that loss and focused on their next game.

The next day, the Braves tried again to defeat the Crusaders in the first game of a doubleheader. This game didn’t give the results they were looking for with another Braves loss 10-2.

The Braves didn’t score a run until

the fourth inning which left them behind by six points before even getting on the board. Andrew Mills gave the Braves their first point with a homerun to center field giving the Braves a little hope.

The second game of the doubleheader finally gave the Braves their 7-5 win. The Crusaders loss snapped their 11 game win streak.

Queens

Later that week, the Braves took on the Queens’ Lions at home beating them 11-10. Bobby Dixon’s two outs in the bottom of the eighth inning gave the Braves the season sweep they needed against Queens College.

Bulldogs

That weekend, the Braves tried their luck against the Barton Bulldogs for three consecutive games. The first of three games started with Braves 7-4 loss.

The Bulldogs, Cody Naylor, led off the frame with a solo shot to left field. The Bulldogs eventually loaded

the bases with two outs to set the table for a 2-run double from Ryan McIsaac that pushed the advantage out to 3-0.

The second game, the Braves loaded the bases with its first three at-bats in the fourth inning. This let the Braves take the lead for good with Trent Harris’s bases-clearing double. Spencer Faulkner’s single hit up the middle of the field in the next at-bat plated Harris with the 4-1 advantage for the Braves allowing the Braves to win 5-2.

The third game took place the next day with the Braves annihilating the Bulldogs 23-5. Eleven of the Braves registered at least one base hit.

The Braves picked up their ninth series win of the season in the process. UNCP sent 13 batters to the plate in an 8-run frame that established the momentum early. UNCP totaled seven hits in the frame, drew a trio of walks and got RBI at-bats from seven different players.

The Braves travel to Mount Olive where they will take on the Trojans away in Mount Olive. Braves take on the Trojans on Thursday and Friday.

Track & Field Set 2 New School Records; 7 New Personal Bests

by Nicole Cook, Reporter

Bill Carson Invitational- April 1-2

The Braves traveled to Greenville. to compete in the Bill Carson Invitational. Oralndus Gamble landed an NCAA provisional mark in his Long Jump, Jaela Thomas broke school records in her 200m-Dash and four runners, three jumpers and seven throwers all recorded new personal-bests.

To start, Ragian Evans snatched third place in the Discus Throw with a personal-best of 40.26m. Lillian Marino finished in the top-five for both the Discus Throw and Hammer Throw, landing fourth place with her disc at a mark of 38.57m and placing fifth with her hammer having reached 45.46m.

The Braves continued to dominate the Hammer Throw with Bennie Oxendine securing fifth place with another personal-best of 43.31m and Evans finishing in tenth with a mark of 39.55m. Cedric Douglas also showed well in the Discus Throw and recorded a new personal-best of 40.70m.

The second day of the invitational saw Orlandus Gamble qualify for a NCAA provisional mark with his best distance in the Long Jump at 7.27m which won him the event.

Soon after, Jaela Thomas ran the 200-meter Dash in 24.75 seconds, finishing in third and breaking the school record for this event held by Jani Perez for eight years at 24.82 seconds.

In more women’s action, Quanterra Harrison landed a third place finish in the 100-meter Hurdles. Thomas won a top-five finish of fifth place in the 100-meter Dash running a 12.34, and Savannah Watkins also claimed fifth place with her new personal-best mark of 5.38m in the Long Jump.

On the men’s side, Jeffrey Gunter, Caleb Baldwin, and Cole Thomas all recorded new personal-bests in their events.

Gunter placed second in the 400-meter Hurdles and third in the 110-meter Hurdles while Baldwin placed third in the 200-meter Dash and Cole Thomas in sixth in the Pole Vault.

Colonial Relays-April 1-2

The UNCP Track and Field Teams took off at the Colonial Relays hosted by William and Mary College in Williamsburg, Va. Joshua Chepkessir and the Men’s 4x1500 Relay team highlighted the Colonial Relays with Chepkessir claiming another NCAA qualifying time and the relay team breaking a four-year-old school record.

Chepkessir ran the 5000-meter Run in 14 minutes and 20.84 seconds leading the Braves in their successful opening day at the Colonial Relays. Chepkessir’s time not only qualifies him for the NCAA’s once again, but it also claimed him the first place title and his personal best.

The second day at the Walter J. Zable Stadium at Cary Field saw Delsin Burkhart, Joshua Chepkessir, Ean Ormsby and Jack Phieffer team up for the 4x1500 Relay and score a top-10 finish while beating the school record for the event by more than 28 seconds.

Burkhart also ran and finished in the top-10 for both the 800-meter

and 1500-meter Runs. He placed eighth in the 1500-meter and set a new personal-record of 3:56.68. To close out the weekend, Norman Junker and Hunter Levi ran the 5000-meter Run with Junker finishing in 20th and Levy close behind in 27th.

Aggies Invitational- April 9

Pembroke headed to Greensboro and competed at the Irwin Belk Track Complex this past Saturday where Lucas Nervo and Jack Phieffer finished in the top-10.

Meanwhile, Savannah Watkins and Zion Blue represented the jumpers with an 11th place finish from Watkins and a mark of 5.21m in the High Jump and a 14th place spot for Blue in the Long Jump at 6.36m.

The Braves will head to Columbia, S.C. for the Gamecock Invitational at the Sheila and Morris Creggor Track this coming Saturday, April 16, and also return to Mount Olive at the Ray McDonald Sr. Track & Field Complex to compete in the Trojan Relays.

The Impact of Sports Injuries on Division II Scholarships



The UNCP Athletic Training Room entrance in the English E. Jones Health & Physical Education Center. UNCP’s athletic training program is one of the best in Division II, however Locklear questions whether Division II schools are lacking in their ability to care for injured athletes off the field as well as on. PN Photo/ Andrew Thrift

by Hunter Locklear

The biggest “cash cow” and priority for the NCAA has always been Division 1 athletes and universities. A concern of Division 2 athletes may be if they get the same treatment as Division 1 athletes, and if they are protected and assured the same way. Since the ancient Olympic, sports competitors have been plagued by injuries.

College athletes, especially ones who rely on sports scholarships, invest money and sacrifice time and energy to compete for schools.

That poses the question, are athletic programs in D2 schools doing enough to protect players short and long term with dealing with injuries?

UNCP’s Student Athlete Injuries

The University of North Carolina at Pembroke is a Division 2 school, where the NCAA labels it as “an intermediate-level division of competition in the National Collegiate Athletic Association.”

The most common difference in D1 and D2 schools is that D2 schools are often smaller and offer fewer sports and support a smaller athletic department.

Catastrophic career-ending injuries aren’t common at UNCP but can still happen. UNCP’s Head Athletic trainer Joseph Tamburo deals with student athletes from a variety of sports daily and sees the amount of physical damage they go through every day.

“With over 450 student-athletes pushing themselves physically on a daily basis, our athletic trainers are the primary resource for injuries.

We do not see a large number of serious injuries or surgeries and I think that is because our coaches, strength staff, and athletic training staff do a very good job of prevention and try not to place our athletes in situations that may result in injury,” Tamburo said.

Sports Scholarships

Division 2 schools like UNCP can only offer athletic scholarships for 1-year at a time, and they can be renewed each academic year.

Christina Chow the Assistant Athletics Director for Compliance for UNCP, has worked under Division 1 regulations before, and now she is under UNCP’s Division 2.

Chow noted that sports scholarships for D2 players can just simply not be renewed by NCAA bylaws if a player has dealt with an aggravated injury or an injury that won’t allow them to compete further.

“Institutions are required to send notification to each student-athlete who received athletics aid the previous academic year and who has eligibility remaining in the sport they

received athletics aid for by the July 1 deadline,” said Chow.

Tamburo also noted that even though the NCAA largely manages the scholarship issue, he has not seen it become a frequent occurrence with athletes losing their scholarships if they are injured, but more so of violating rules or team participation issues.

“An athletics injury would not allow a school to change a student’s scholarship. There have been times where a previously injured student did not have their aid renewed, but that would be related to some other issue regarding their participation or violation of team rules,” said Tamburo.

Short- and Long-Term Safety for Athletes

UNCP has made it a goal to protect student athletes short and long term according to Tamburo.

UNCP is partnered with Scotland Health System where players have access to an on-campus orthopedic surgeon meeting with a physician that comes in once a week.

Tamburo talked about the importance of keeping students safe and what UNCP does to protect athletes for their time at UNCP and beyond.

“UNCP has instituted mandatory sickle cell testing for all athletes and instituted a mental health screening for incoming athletes. Our athletes have instant access to healthcare through their athletic trainers and UNCP has worked very diligently to assure there is a robust team of doctors and specialists available to our athletes,” Tamburo said.

Chow said UNCP has one of the best training facilities, and no matter if a student has a scholarship or not, all students are still treated the same.

“UNC Pembroke has one of the best Athletic training facilities across NCAA Division 2 schools. Our athletes have access to healthcare through their athletic trainers... All student-athletes, whether scholarship or non-scholarship, are treated equally from a medical perspective,” said Chow.

Student Athletes having enough time for Academics

Being a student athlete doesn’t guarantee a free walk-through academic courses.

Student athletes free time is often taken up by home and road games, team lifts and practices.

The NCAA bylaws in section 17.1.6.2 state that “When a team is in their ‘Non-championship Season’ a student-athlete’s participation in CARA (Countable athletically related activities) shall be limited to four hours per day and 15 hours per week.”

In section 17.1.6.1 of the NCAA



The Campbell Wellness Center located inside the Jones Center. Athletes and students alike have access to multiple different workout facilities on campus for exercise and rehabilitation purposes. PN Photo/ Andrew Thrift

Division 2 bylaws it states that if a team is in their championship season, participation limits to four hours a day, and 20 hours a week with one day off.

Anna Grossheim, was a standout freshman in this past soccer season, talked about how she feels she has enough time to be a normal student.

“I feel like I have enough time to be a normal student. In addition to school and soccer, I also work about 36 hours a week at Robeson County EMS and even with a job tacked on to athletics and academics, I still make time for myself,” said freshman soccer standout Anna Grossheim.

Jaylen Mack, who is former UNCP baseball player, talked about how he manages his free time.

“Although we spend a lot of time practicing, team lifts, traveling, and playing, I do think there is a lot of down time for us to get our work done. You just have to manage your free time correctly.”

Student Athletes Using their Voices for Reform

While the NCAA has had a lot of heat over the past few years when it comes to paying players in which they profit so much from, especially in D1 programs,

“I play the sport because I love it. I’m really not concerned with making money through it. Soccer along with academic scholarships pays my way through school though so I am very thankful for that,” said Grossheim.

Mack spoke about the idea of pulling sports scholarships, and

seeing it being the right thing to do under certain circumstances.

“I do not think it’s fair to pull a student athletes scholarship because he or she is dealing with an injury. If he or she comes back from their injury and can’t perform at their scholarship level then I feel it is fair to pull it,” said Mack.

Grossheim said she would like to see students have the option to pick their own doctor for injuries and it still be covered by the school.

“I think our athletic training staff does well to get us where we need to be to fix any injury that may occur. The only thing that kind of sucks about it is that we have to use the doctors associated with the school, we can’t use our own choice of doctor,” said Grossheim.

“I wish athletes could choose the doctor they saw for injury and it still be covered by the school. Some people prefer to go to different places for treatments and their desires should be respected,” said Grossheim.

Conclusion

UNCP makes an effort to protect players from long term from injuries, and players have options to take care of their body through the school for free.

In a D2 setting, sports scholarships cannot be pulled during a season, but the NCAA does have an option to not renew them and the student will know ahead of time.

With playing sports, there is always a risk of injury, and in case it happens, UNCP and the NCAA tries to make it a goal to keep The athlete as safe and healthy as possible.

PAC the Lawn Event: Artists from All Over

Photos by Mykayla Brady, Photographer
Layout by Alana Peterson, Graphic Artist



The Pembroke Activities Council hosted music artist Kaash Paige and Cincinnati band Telehope, at the PAC on the Lawn.

Telehope performed first with a handful of their new songs including “Chapstick” and “Against Us.” Their music was a mix of upbeat and chill which had the audience swaying their heads harmoniously with the beat.

The moment of truth came when Kaash Paige came onstage and opened her performance with, “Love Songs.” Her DJ, Young Jas, hyped up the crowd as beach balls were bounced around. Vendor Celfie 360 Photobooth provided students with props and an animated Instagram video.

