



Holmes Community College
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Donald Trumps the Polls

By Taylor Vance
Growl Editor

In the wee hours of Wednesday morning, the state of Pennsylvania was finally called for Donald Trump clinching the 270-vote threshold needed to secure the Oval Office and making him the 45th president of the United States. In a result that the pollsters, pundits, and politicians themselves didn't see coming, Trump secured the vital swing states of Florida, North Carolina, and Ohio.

Winning the popular vote by over 1,000,000 votes, Secretary Clinton projected a message of unification for the country and support for the new President-elect saying, "We owe [Donald Trump] an open mind and a chance to lead."

President Obama projected a similar message by extending an invitation for the president-elect to come to White House to discuss the transition process that takes place every four or eight years. Obama said we should all hope Trump succeeds so the nation succeeds as a whole, and they had a productive and cordial meeting in the Oval Office.

So, why is the nation so divided? Ac-



Pictured is **Donald J. Trump**, who was elected 45th President of the United States of America on Tuesday, Nov. 8.

ording to the Pew Research Center around half of Republicans fear Democrats and half of Democrats fear Republicans. If our elected leaders can come together and show unity, why can't the American people? When one looks on any social media platform, one could easily see vitriolic and caustic comments being spewed at someone else

based on their political ideology and they voted.

When I went to vote Tuesday, an old, battered car pulled up and two elderly women got out and voted. As they entered the precinct, one lady was telling the other how grateful she was to her friend for taking her to go vote because she doesn't drive very well. As they

were leaving, it occurred to me they probably didn't voted for the same candidate because the two ladies were different races, although I don't want to stereotype. What a testament to their friendship that one of them would carry the other to cancel out the other's vote.

So as Americans let us stop calling Trump voters bigots, racists, and uneducated misogynists. On the other hand, let's stop calling Clinton voters corrupt, immoral, and soulless.

America deserves much better than a divided nation because a democracy just doesn't happen on election night. America is much bigger than Donald Trump, Hillary Clinton, Barack Obama, Paul Ryan, or any other election night.

So let's come together and unify, and continue to have civil, honest, and educated discussions on issues and the future of our nation without demeaning anyone. Let's stop identifying by how we voted in the last election or by what party affiliation we belong to. Let's stop name-calling and actually make America great again.

LaQuisha Johnson crowned 2016 Homecoming Queen

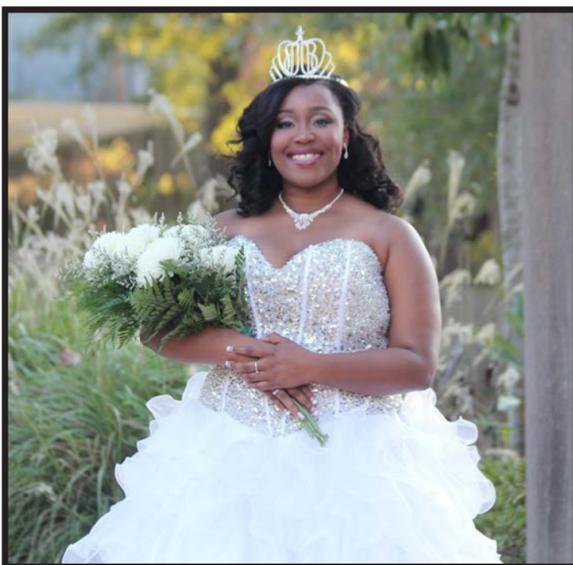
From Staff Reports/Photos

Holmes Community College's annual Homecoming event was held on Saturday, Oct. 29 on the Goodman Campus. The theme was "Horizons Past and Present," focusing on the Holmes Horizons yearbooks throughout the school's history. This year's football game against Itawamba Community College ended in a 63-49 victory.

At halftime, the 2016 Homecoming Court was presented where LaQuisha Johnson was crowned queen. Escorting Johnson was Aureius Myers. Other members of the court included students from all three campuses.

From the Goodman Campus, court members were: Freshman Maid Shelby Turner and her escort Timothy Wallace; Freshman Maid Juliet Warriner and her escort Sam Hudson; Sophomore Maid Whitney Matthews and her escort Logan Ledbetter; Sophomore Maid Taylor Cade and her escort Collin Different, and Student Body Maid Nikki Merchant and her escort Griffin Turner.

From the Ridgeland Campus, court members included: Freshman Maid Al-



Pictured is the **2016 Holmes Community College Homecoming Queen LaQuisha Johnson**.

anna Campbell and her escort Joseph Talley; Freshman Maid Carleigh Achee and her escort Davis Edwards; Sophomore Maid Payton Earley and her escort

Neil Jenkins; Sophomore Maid Catherine Petro and her escort Tim Wade, and Student Body Maid Kaitlin Hill and her escort Hayden Welch.

Grenada Campus maids and escorts were: Freshman Maid Ashlee Bennett and her escort Will Tartt; Freshman Maid Danielle Mitchell and her escort Jamaris Davis; Sophomore Maid Chelsea Wright and her escort Nartavious Miers; Sophomore Maid Ashley Hatch and her escort Jargon McKinley, and Student Body Maid Emily Lamkin and her escort Taylor Vance.

The Homecoming activities for the day begin with a softball alumni game at 9:30 a.m., and a baseball inter-squad game at 10:30 a.m. Simultaneously, the

Art Exhibit in McMorrough Library opened up to the public, and a basketball scrimmage game was held in the coliseum. Holmes also established a new tradition, hosting a Past Employees Reunion at the Holmes House.

Attendees enjoyed lunch in The Grove with the musical stylings of the Holmes Steel Drum Band as well as separate performances by the Coachmen singers and the Connection! show choir.

Holmes also recognized this year's Alumnus of the Year Johnny A. "Bit" Belk along with the Distinguished Service Award Recipient John Lee (J.L.) Peeples, Jr.; Young Alumna of the Year Diana Rone Tate, and World War II Honoree Burnis Gardner. An Honoree Recognition Ceremony was held the morning, and they were each recognized pre-game on the football field, as well.

Another highlight of the festivities included the Homecoming Parade, which lead the crowd to the high-energy Pep Rally in the main parking lot. From there, fans entered the stadium

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The Electoral College Explained

By Elias Haik
Growl Reporter



Every four years American citizens are called upon for one of most important duties to their country, voting on who will lead their country. There had to be some sort of system in place to decide who would be president. The first idea was Congress would decide who should be president, but this was quickly tossed out because they feared that this would quickly become corrupted. The next idea was that the local state governments would decide who should be president, but this was also tossed out for the same reason. The third idea was that popular vote should decide, but this was tossed out because they feared that citizens would not get sufficient information about other candidates from outside of their state. They eventually struck a compromise and the electoral college was born. While the electoral college has worked for us in the past it is not without its flaws; it unequally distributes votes, it does not make presidents care about the votes

from small states, and it completely disregards popular vote.

Before you can understand how the electoral college works you need to understand our voting system. America uses the first past the poll voting system, meaning the candidate with the most votes wins it all. Seems fair at first, but when you put this into the electoral college system we have where states votes are what matters and you can start to see some misrepresentation. For example; Mississippi has six electoral votes, and if next election it comes down to the wire and the candidate wins by a single vote, the fair thing to do would be to give three votes to candidate A and three votes to candidate B since they both received 50 percent of the vote from the population, or even four to candidate A and two to candidate B. But with our voting system the winner takes all the votes, and this has big consequences the closer the election is. This means if candidate A wins in Texas (38), California (55), and New York (29) all by one percent, he will receive 122 electoral college votes, effectively robbing candidate B of the 61 electoral college votes he earned. Only two states split their electoral college votes according to the voting percentage and

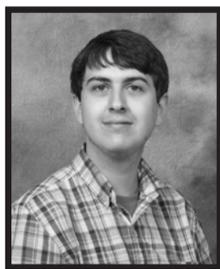
that is Nebraska (5) and Maine (4) for a total of nine electoral college votes out of the total 538 possible electoral votes.

One of the biggest reasons people have argued for the electoral college is that it forces presidents to pay attention to all states and not just the big states, but this is simply untrue. The candidates objective for election night is to win enough states to get to 270 electoral college votes for the majority. This means they have to devote their time and energy into getting the most votes from the biggest states possible. There are some states that candidates can depend on to vote for their party, like Texas for the republican party, or California for the democratic party. This means they can count on their votes and can focus their time and energy elsewhere, but instead of focusing on the smaller states candidates focus on the "swing states" or states that could vote either way. This means states like Ohio and Florida get much more attention from presidential candidates than Mississippi or Maine do. But the biggest problem with the electoral college is that it completely disregards popular vote.

When the voting system was being decided, popular vote was shot down

because the founding fathers were worried that citizens would not be able to receive ample information about candidates from other states and would just vote for the candidate from their state. In their time they were correct, it would be very difficult to get information evenly to every state in the union. But this is simply not the case anymore, with television, internet, radio you can receive more than enough information about any candidate on the ballot, this means that citizens are more than equipped to make an informed decision about who they want to lead their country. Only twice in U.S. history has popular vote contradicted with the electoral college vote, but this is more than enough information that the system we have in place is flawed and needs to be amended.

When our nation was in its infancy, our founding fathers had to put some sort of system in place to organize votes and so they decided on the electoral college. While it has served us well for over 200 years, it is not without its flaws. The electoral college unequally distributes votes, it does not force candidates to pay attention to smaller states, and it completely disregards popular vote.



By Ethan Burton
Growl Cartoonist

The Diagnosis



Burning Heart



Seasonal Wardrobe



The Haul



Autumn Time Pondering



The Growl

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Send to: mturner@holmescc.edu.

The School Fitness Center: Keeping our Minds and Bodies in Shape

By Stephen Griffin
Submitted

On the outside, the fitness center at Holmes Community College is a large and stately yet simple building. If I didn't know better, I might mistake it for a store or retail center of some kind.

Holmes officially acquired the property from Fitness Lady in November of 2015. As a Fitness Lady location, this 25,000 square foot facility served more than 4,000 women. Today, there are roughly 450 student and public members, and this number is steadily rising.

A grand portico, colorful columns, and a swooping overhang for automobiles greeted me before I entered the structure through its swinging glass doors. A behemoth crystal chandelier hangs in the reception area above a small bubbling fountain. The whole building is filled with light. At the right time of day, the general mood might be enough to convince me I was in a place of worship.

Directly inside the main entrance and to the left is a room full of stationary bikes, where several cycling activities are led. I later discovered that this room is kept extremely cold for cyclists. Directly across from this room is what used to be a therapy extension of the Methodist Rehabilitation

Center. This room now houses a few arcade-style video games, which, to me, seemed out of place considering that this was indeed a physical fitness center.

The fitness center is operated by Keshia Lewis-Williams. Williams graduated from Mississippi College with a degree in kinesiology and a minor in nutrition. She has worked at several fitness centers, and served as the manager of Fitness Lady from 2010 to when the school bought the property in 2015. Her passion for fitness arose out of her desire to treat various health issues within her family. She said she loves her job despite the sometimes long hours, having taught "everything except Zumba."

Williams spent the summer of 2016 visiting and researching other college fitness centers in preparation for the fall semester, and the work she put into it is apparent. Before and during the tour of the facility, Williams recounted many adjustments that had to be made in order to shift from serving exclusively women to serving all of the general public as well as college students. Among the major additions was a brand new men's locker room with showers. There is also a whirlpool and sauna, but this luxury is reserved

for staff. This fact didn't disappoint me too much; I am convinced that I can reproduce the effect of the sauna with some hot water and my attic.

One of my personal favorite ways to stay fit is by swimming, and alongside the various amenities on the ground floor there is a pool. To my disappointment, however, it happens to only be available for members taking water aerobics and other aquatics-related classes.

Two sets of stairs split from a central landing to the second floor. As we ascended, I sensed a different atmosphere from that of the first floor. This flat expanse of metal, foam, and rubber must be a fitness junkie's paradise. There are machines and fitness equipment everywhere. The offices seem rather oddly positioned-- two on either side of the stairs and another right next to the room where classes such as yoga are taught.

Williams had said that her favorite part of working at the fitness center was meeting people, and here on the second floor we were able to see some of them making use of the fitness center's 'main attractions.' The central workout space was dotted with people lifting, pressing, running, and so forth. I was inspired almost immediately.

On one side of the room there is a circular arrangement of machines that seem out of place from their categories. Williams informed us that most customers that come on a regular basis use these machines for a "circuit workout." A circuit workout lasts approximately 45 minutes and includes upper body, legs, and core. This routine is recommended for people who don't have a surplus of time to spend working out.

The fitness center has more than 100 pieces of cardio equipment including elliptical, seated elliptical, treadmills, stationery bikes, and more. Williams recommends at least 30 minutes of cardiovascular exercise per day. Having made use of the equipment myself, I can name running as a superb way to end a workout and burn calories.

In my humble opinion, the fitness center is an excellent investment for Holmes. Not only does it encourage physical aptness among students and the community, but it provides income and vocational fulfillment for the people who work there. I have certainly been inspired to make physical fitness an important part of my own life.

Fall is in the air

By Leisa Campbell
Growl Reporter



Fall has officially arrived and what does that mean for us on the Holmes Community College Campus? For one, it means we have survived halfway through the semester. More importantly, it means that sweater wearing, apple cider drinking weather



is making its appearance, and it is important to take a break from studying and enjoy it in as many ways as you can.

With the return of fall comes the

South's favorite sport: football. Watching and coming to football games is integral in our southern culture and here at Holmes, we have a great team with great talent and sportsmanship. Not to mention, it's free with a student ID. So grab a hot dog and a cup of hot chocolate as well as all your friends and come support our team!

A favorite way of appreciating the autumn season for many is to attend the annual Mississippi State Fair. It is an opportunity to get away from pedantic cramming and enjoy the rides, the wondrous array of foods, and the to see the end results of the hard work of Mississippi's craftsmen and agriculturists.

Fall is also a great time to appreciate

the incoming harvest, and one of the best ways to do so is through apples. For the folks up in Grenada, there is a farm called Cherry Creek Orchard in Pontotoc where you can get your apples right there. For the rest of us, you can find fresh and local apples at your local farm stand. These apples can be eaten fresh, baked in a pie, as applesauce, or as cider. The possibilities are endless.

Whatever your method, just remember to appreciate the arrival of autumn and the changing colors of the leaves and to keep in mind three great ways to do so are going to a Holmes football game, going to the state fair, or simply taking the time to eat a fresh apple.

Siklòn: Hurricane Matthew Causes Devastation in Haiti

By Taylor Vance
Growl Editor



The strongest natural disaster in nearly a decade struck the Southeastern coast of Haiti on Oct 5. Hurricane Matthew, a category four hurricane, ravaged the Tiburon Peninsula with winds of 145 mph. Struggling as a third-world country, the hurricane would only serve as another punch to the Haitian citizens just after recovering from the overwhelming earthquake in 2010.

Having done mission work in the coastal town of Léogâne, Haiti, I saw first-hand the damage the earthquake

did. The poorly-built structures collapsed and left children orphaned, citizens homeless, and crops decimated. In fact, the orphanage I was serving at had several children who were displaced by the earthquake.

I remember talking to my friend Makayla who told me his parents were still alive, yet they just couldn't afford to take care for him and his needs. He then preceded to tell me that he wanted to go to medical school to serve his community and care for others' needs and give back. Makayla was just like me-we both had big dreams. The only difference was nature decided to strike his area and not mine.

The Haitian government continues to sit in silence while their people suffer and live in poverty. The Transparency International's Corruption Perception

Index currently ranks Haiti as 158 out of 168 countries in terms of government transparency. I would ask people to start donating funds and supplies to Haiti, but it would do little for the citizens as the government seizes most of the assets that arrive in the country just as they did with the aid for the earthquake in 2010.

So I ask that you remember Léogâne, Makayla, and all of Haiti as they are just trying to survive in this beautiful place of desolation they call home. And even though they experience heartache on a daily basis, the Haitians always look challenges in the face with a pearly, ivory-like smile on their face, which is something America could learn in the midst of election season.



The Traditions of Halloween

By **Elias Haik**
Growl Reporter



Once a year, at the end of October, the ghouls and goblins come out for one of our most beloved holidays, Halloween. People regard it as the scari-

est time of the year, stores fill up entire aisles in preparation for this holiday. Almost every family celebrates this holiday on Oct. 31st, or the preceding weekend, and with traditions like trick-or-treating, visiting haunted houses, and dressing up in costumes, it is not hard to see why everyone loves it.

The first thing that comes to mind when someone thinks of Halloween is

trick-or-treating. This is every child's favorite part about Halloween, they get to dress up as scary monsters, or their favorite superhero and walk around their neighborhood collecting candy from every house. This tradition has its roots in Scotland and Ireland from a tradition called "guising", which originates because the children would dress up in disguises in order to get treats or coins from their neighbors. One of the big differences in guising and trick-or-treating is, in guising the children are expected to perform some type of trick, sing a song, tell a joke, anything the child can perform.

Another big tradition for Halloween is visiting haunted houses. The origins of this tradition of visiting haunted houses around Halloween started because it was believed that from the night of Oct. 31 to the morning of Nov. 1, the spirits of the dead would roam

the earth for the night. This obviously made Halloween the best time of the year to witness any spiritual happenings. This evolved into the idea that spirits would stay in specific places like cemeteries or in haunted houses. Even if you do not believe in ghosts or spirits, visiting haunted houses are still a fun Halloween tradition.

Perhaps the most important, and

longest lasting tradition of Halloween is dressing up in costume. Much like haunted houses, this tradition also gets its roots from the early belief that spirits would walk the earth on Halloween night. When the spirits rise from their tombs to walk the earth again you do not want to look like yourself, the spirits will see you, remember what you look like then haunt you for the rest of



Origin of Halloween

What does Halloween really mean?

By **Morgan Hannah**
Growl Reporter



Halloween is considered the most fun and most dangerous holiday in the United States. Children and adults dress up to be anything they want without

judgment from others. Children roam the streets and go door to door for candy as well. Adults, on the other hand, go to parties and have costume contests. One quarter of all candy sold annually in the United States is pur-

chased for Halloween. Many people think Halloween is for scaring people and making the most mysterious evil laughs possible all while getting the most candy. Throughout all the years of this interesting holiday portraying ghosts and goblins the actual origin is the most mysterious of them all. This celebratory and superstitious holiday has many people left in the dark.

The Celts are people who lived 2,000 years ago and today would be the people categorized in Ireland, the United Kingdom, and Northern France. Unlike Americans, they celebrated their new year on the first day of November. It was significant because it marked the beginning of the

cold, dark winter and the end of summer and the harvest; this time of year was often associated with death. They believed the night before their new year created a boundary of the dead and the living that became blurred. During Oct. 31, the Celts celebrated Samhain. Samhain is when people would ward off roaming ghosts by wearing costumes and lighting bonfires. They only did this when they believed ghosts of the dead had returned to earth. By all this activity the Celts would damage crops and believed the presence of the spirits help Druids otherwise known as Celtic priests to predict the future. Because these people were dependent upon the natural

world, prophecies comforted them and were important to help them endure the long dark winter.

Eventually as the years went by, Halloween evolved into a community-based event that became very secular and kid-friendly with trick or treat. Pope Gregory III designated Nov. 1, as a time to honor all saints and martyrs. The holiday, All Saints' Day, incorporated some of the traditions of Samhain. It was formerly known as All Hallows' Eve and later became Halloween.

The First Thanksgiving

By **Leisa Campbell**
Growl Reporter



Thanksgiving: everybody knows what Thanksgiving Day is, and it's right around the corner. It's the time of year where everyone meets with family and says what they're thankful for

over turkey and pumpkin pie. However, was Thanksgiving always like this? What was the original Thanksgiving like? Did they really celebrate with the same traditional foods we do every year?

The first Thanksgiving wasn't planned to be a great gathering of the Pilgrims and the native Wampanoags. The Pilgrims were Puritans, and the giving of thanks was most likely and very solemn ritual of prayer. There was rejoicing for the great harvest they had, so a feast was planned and the men went hunting to provide meat for the meal, also possibly firing off cannons in celebration. The natives heard

the guns, and were thus alarmed, and 90 native men formed a war party to see if the Pilgrims meant war. After investigating to find this not the case, they began to hunt themselves, and they ate together in a feast, and formed a peace that did not last longer than the next generation. This meal was important, but did not have nearly the significance we put on it today.

Did they really eat turkey and pumpkin pie? Wild turkeys were in abundance in 17th century New England, but the meal could have also included geese, ducks, or swan for poultry. They did not have what we think of as stuffing, but may have flavored the fowls with nuts and herbs. The Wampanoags are credited with bringing four deer to the feast, which was most likely the main protein. Corn was definitely included, possibly as a pudding or a bread. It is also very likely that a large portion of the feast was seafood, such as clam, lobster, and cod. Vegetables such as turnips, onions, carrots and pumpkins were available, but it's unlikely that pumpkin pie as we know it was not present, as they had neither flour nor butter to

make the crust. Another item that was missing was cranberry sauce; it'd be another 50 years before came around. The holiday itself was not well remembered until it was wildly romanticized in the 19th century.

So what does this mean for us? Should we decide to ignore the holiday as the Thanksgiving tale as we know it is mostly just falsehood? While this might be true, Thanksgiving, or any holiday celebrated is what you make of it. Simply because this holiday didn't

start as one thought it did does not necessarily mean the whole tradition should be thrown out. For Americans today, Thanksgiving is a time where we all put what we're busy with aside to sit with those we care about to eat, drink, and have meaningful conversation. In a world where this seems to be rarer and rarer, I think this opportunity in itself is something to be grateful about.



Volunteer at your local animal shelter

By Leisa Campbell
Growl Reporter



Want to make a difference this holiday season, but you don't know how? Volunteer at your local animal shelter. The animals there don't want you to buy them

the latest iPhone or trip to Vegas. All these animals need and crave is human interaction, for someone to take the

time to pet them and talk to them and make them feel important. You possess the ability to grant their holiday wish, all you have to do is drive to your nearest shelter, and find a likely cat, dog, rabbit, or pig to pet.

While shelters possess the capability to feed and shelter animals, there is usually a very high animal-to-staff ratio, and therefore many of these animals don't receive the attention they deserve, or even some days, as much as a pat on the head.

Not sure if you can come on a reg-

ular basis? Not all shelters ask for a long-time commitment. Some shelters, such as Webster Animal Shelter, do not even ask for a call ahead. You just arrive during open hours, sign in, and stay as long as you can.

Also, not only will you help out a furry friend, you will bring your own holiday stress levels down. According to sites such as Harvard Health and Howstuffworks.com, interacting with a dog for even a short period of time can significantly lower blood and stress causing cortisol levels, as well as bring

up happiness-inducing oxytocin levels.

Not all presents have to be made of money or take long hours of crafting. Sometimes the greatest presents are your mere presence, and for a dog who has spent long hours in a kennel, there is nothing better than a friendly face. If you can find time in the crazy winter rush to come and cuddle with a kitten, you will find some experiences are just as rewarding for the kitten as it is for you.

Back in the Woods

By Bobby Neal
Growl Reporter



Hunting season has always been a passion of mine and now that gun season is about to open within the next month, I can finally go out and enjoy nature and having time to (close gap between my and self, one word) my self. Hunting to me is like running, or walking for

others because it is time that I can have alone and not be around everything and everyone constantly talking to me about drama or did you hear about this or did you hear about that, it is just a

time that my friends and I can go out by our self (since my friends and I is plural, it would be ourselves) and enjoy the beauty that God has put out in the world.

People often ask me why I shoot deer and other animals and the answer is to these questions are that to feed my family; and also because deer meat is very good. Killing a deer to me is just like killing a cow for steak or hamburger because the cow was just like the deer that we kill and eat the meat from. Often times I let some of the animals go because I either want to save them for the next year, or I just like watching them graze. I have loved hunting ever since my dad took

me when I was little and it is just a fun time when the whole family can come out during the holidays because Thanksgiving is coming up and family is always important, but being in the woods during the holidays is the best feeling that I have ever experienced. (too long of run-on sentence, split it into two).

Why are you Sick?

By Morgan Hannah
Growl Reporter



Many people live busy lives, and sickness can cause major setbacks. Knowing different ways to stay healthy can prevent the body from getting sick. Simple

tasks can help improve health and may help someone not to get sick at all. Keeping an eye out for your health is a major aspect in leading a positive and proactive life. In order to look and feel

your best, the body internally should be at its best.

Watching what you drink can help your immune system. Drinking an excess amount of soft drinks or alcohol can lower the immune system's ability to fight infection and ward off diseases. Knowing the limit to drinking can help your body long term. Alcohol also causes dehydration which can lead to poor health and also cause sleep deprivation.

Sugar can be a major contributor to bad health. Having a high intake of sugar can also wear away at your immune system causing the white blood cells to be less effective. Candy and soft drinks should be avoided around

cold and flu season due to its harmful effects on the body causing the body to become weaker. Women should intake 6 teaspoons or fewer and men should have 9 teaspoons or fewer a day. The average soft drink has at least 10 teaspoons of sugar, so rethink that choice.

Wash everything that you come in contact with. In order to help someone to stay healthy and not get sick, everything that hands touch should be cleansed. Bacteria lurks on surfaces and multiplies gradually. Germs are most likely to be found in warm, moist areas so cleaning those areas can help drastically.

Do not bite your nails. Biting nails is

worse than eating a cockroach because more germs are underneath nails.

Unless the nails are being washed 24/7 there is no proper excuse to bite nails.

Fresh air in the sickly months is another good way to stay healthy. Make sure to constantly get fresh air because air inside shared with others can cause someone to get sick more quickly and easily.

All in all, small changes can make a big difference when trying to stay healthy. Keeping a close eye out for these simple tips can help tremendously.

College Papers Driving You Crazy?

By Leisa Campbell
Growl Reporter



Midterms just ended, and instead of the course load lessening, it seems as if there is just more and more to deal with. Quite understandably, many people

have been showing signs of stress. While there is not much you can do to get your professors to lighten your

course load, there are many ways to relieve the stress it causes. To keep it easy, here are a few ideas.

Meditation: Meditation is believed to have the ability to change neural passageways, and in doing so, makes you more resistant to stress. Even a few minutes helps!

Go for a walk: Taking even a short walk gives you the opportunity to distract yourself from all your worries and boosts endorphins, bring happiness levels up and stress levels down

Buy a plant: Research shows even just being around a plant can be relax-

ing. It also purifies the air around you!

Take a break from technology: Research shows that late computer usage results in stress in both men and women, and uninterrupted usage can result in depression and lost sleep.

Eat a small healthy snack: Studies show that there is a major connection between the brain and stomach called the gut-brain axis, and when makes your stomach happy, your brain becomes happy too. Even better if it is sweet, as it stopped production of the stress hormone glucocorticoid.

Smell some essential oils: Smells

such as lavender can also reduce stress and pain.

Pick up a hobby: using repetitive motions that require fine motor skills reduces stress and anxiety. Try knitting, crochet, jewelry making, painting, or even ceramics!

Also, remember that this semester will not last forever, and that Thanksgiving is just around the corner, and then very shortly after that, WINTER BREAK! So until then, best of luck on exams, and hang on there!

The Clowns Who Cried Good Intentions

By Mia Jones
Growl Reporter



When some think of clowns, they think of balloons and laughter, while on the other hand, some may think of fear and torture. Due to movies, such as Stephen King's 1990 film "It," clowns have developed a bad stigma, which only adds to the fear and discomfort some may feel when around them. To make matters worse, there has been a sudden increase in creepy clown sightings in the past few months. In addition to these sightings, people have also made clown-related threats. Due to fear, the sight of clowns has caused discomfort within society. These "sightings" of threatening, intimidating clowns has been a mixture of both hoaxes and credible events. With the credible sightings, came hoaxes. People began posting photos and videos of their own clown sightings all over social media, and this quickly took the nation by

storm. Law and society have responded by issuing school warnings whenever danger is detected, and law enforcement have been acting by arresting those clowns that portray dangerous behavior.

Contrary to popular belief, this is not the first time something like that has happened in America. In the 1980s, there were "phantom clown" reports coming from Massachusetts. Children at school were reportedly harassed by a person in a clown costume. He was said to be wearing a clown costume from the waist up, and naked from the waist down. Fortunately, these reports received an automatic reaction from parents and children. Police in the area issued a citywide notice, and the school board sent out a message to school principals to warn students. All in 1981, other similar reports were made, except with the individuals perhaps fully dressed, in Rhode Island, New Jersey, and Pennsylvania as well.

There was not another big wave of sightings until 2014. In the fall, there were reported clown sightings in Florida, California, and New Mexico.

However, it did not get as much news coverage and attention as these recent sightings have. It started off with a sighting in Greenville, South Carolina in August. Kids reported seeing clowns in the woods by an apartment complex. These stories soon spread throughout places like Chicago, Baltimore, and even across the country in the United Kingdom.

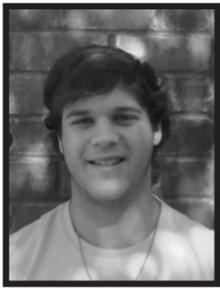
This has caused the law force to act quickly for the safety of society and arrest everyone they see engaging in this behavior. They began questioning and even arresting those seen harassing people in clown costumes or those making any clown-related threats. Naturally, many expected sightings to be worse for Halloween. However, officials were extremely strict regarding clown costumes that day. In some places, fines were even given to those seen in such costumes. While there has not been as many reported sightings in the recent weeks due to the election frenzy, one death allegedly resulted from the collection of events.

In the heat of the situation, many forget about the main group that is suf-

fering, real clowns in the entertainment industry. They make a living off their harmless entertainment, and because of those who want to make sick and harmful jokes, these real clowns are being turned away from in fear and confusion. Instead of cautiously discerning between a "killer" and "funny" clown, people would just rather stay away from them altogether. Due to the influence of social media, children see these videos of cruel individuals dressed in clown costumes chasing and harassing innocent bystanders, and no longer want to be around clowns. Though understandable, the main problem it is affecting the income of pure entertainers with good intentions. While there's no methodical solution to the situation, society, the "jokesters" especially, should consider the lives directly being affected by these occurrences.

Behind the Scenes of the Cowboys

By Bobby Neal
Growl Reporter



On Nov. 15, Tony Romo declared that he would be the back-up quarterback from now on. Dak Prescott has brought the Cowboys back to life and he is one of the best rookies that I have seen actually starting in the NFL. Dak was one of the best football players to

come through Mississippi State and has really earned his spot on the team and has earned his spot as a starter. He has carried the Cowboys to an 8-1 season so far and that is exceptionally good for a rookie.

Dak lost his mom to cancer and he has always played for her and to see someone from a good family and someone that carries themselves as not the best player in the league, but just as a normal player just gives people a lot of respect for the man. While he was in college he earned a lot of the fans respect because he was showing

what he was made of and after carrying Mississippi State No. 1 spot on both of the polls he surely did show what he could do not just at the college level, but now being in the NFL he sure has put himself up with the best players and has proved himself as a starter, but took a veteran's position.

what he was made of and after carrying Mississippi State No. 1 spot on both of the polls he surely did show what he could do not just at the college level, but now being in the NFL he sure has put himself up with the best players and has proved himself as a starter, but took a veteran's position.



Is Cheerleading a Sport?

By Mia Jones
Growl Reporter



When we think of cheerleading, we think of the beautiful girls on the sideline full of spirit at almost every athletic game. They are looked at as the people that keep the crowd fired up to keep whatever athletic team is playing motivated. There have even been numerous movies about cheerleading, with the most popular being the "Bring it On" collection. Due to movies like these, cheerleaders have developed a completely inaccurate stereotype. They are viewed as "mean" girls who serve no actual purpose, when there is a lot more to cheerleading than many may realize. They feel as if it has a lack of athleticism, which is untrue. I asked my friend Pherron Webb, a former Holmes cheerleader, about what others say regarding her being a cheerleader, and she responded, "Cheerleading is taken seriously by those who partake in it, and people who work with the

athletes, like physical therapists and doctors. If a person is ignorant to the do's and don'ts of cheer, they will argue that it is not a sport."

We all know that boys cheer as well, right? As girls are overlooked in male-dominated sports such as basketball, boys are overlooked in cheer, due to its common association with girls. However, the higher the level of cheer it is, the more vital it becomes to have boys for overall team success. Webb stated that male cheerleaders can be vital for a team's success by making a team co-ed. She went on to say, "This means that more pyramids are able to go up, and more flashy stunts can be shown. Some top girls, or flyers, prefer guys and some prefer an all-girl squad for stunting. However, a lot of success can come with the addition of guys."

Trying out for a cheer team is a tedious process by itself. In addition to that, the higher the level of cheer it is, the more complex the requirements in selection process are. This is because the expectations regarding a cheerleader's ability rises the higher the level is. Webb explained, "When picking a team for cheer, there will always be comparisons and divisions. It goes from the best to worst, of course.

There will always be requirements or recommended tumbling and stunting to get noticed. For picking a team, there is normally a limit of how many people are to get picked."

She also noted that competition cheer and simply cheering at games are two different ballgames. "Competition cheer is competing against other teams. The routine consists of an elite stunt, pyramids, tumbling, and a dance," she further explained, "Cheering at a game is specifically cheering for your school and pumping up the crowd. On the sideline, you are still cheering and building pyramids, but only to add spirit, not for a title or trophy."

Like any other sport, cheer can also get extremely dangerous. It is considered a sport due to how many injuries one can get from it. Webb described it as a "very dangerous sport that is all about showing off." If there is one small mistake or a person that is not paying attention, someone can get seriously hurt. She gives various examples by saying, "If a top girl is in the air and gets loose or bails out of the stunt, she is most likely to get hurt because her base or bases may not be able to catch her. In a pyramid, if everyone is not serious or focused, someone is likely

to get hurt. If somebody is falling from tumbling or stunting and they reach towards the ground, they will more than likely break an arm. More than anything, it's vital to remain focused and serious to avoid any injuries."

Some may ask, "What future can you have in cheering?" but they are simply uninformed. Cheerleaders can go on to be anything from a coach to a competition judge. Being synonymous with everything else in cheer, the higher the level, the higher the salary. One can even become a cheerleader for a professional team. Either way, they are still doing their passion, which is cheer. This sport may not involve a referee, pads, or helmets, but that just

highlights the real strength, discipline, and talent of cheerleaders.



Pherron Webb

How Well Do You Know Your Tires?

By Morgan Hannah
Growl Reporter



Most people have seen flat tires, and blown out tires on the side of the road. Many people however, do not know exactly what causes it. Living in areas where trans-

portation is most often through motor vehicles, knowing general tire knowledge is key. You never know when you will need tire knowledge. Most tires start to have a noticeable difference in function during colder times of the year. It is very important to know your tire capabilities so you will never be in a confusing situation.

Tires are good for sustaining the weight of the vehicle, and absorbing shock from road vibrations. They have the capability to maneuver your vehicle and they provide stability in

driving. Understanding the tire size can help in picking out the perfect tire when in need. All tire manufactures worldwide have a universal tire code specified through numbers and letters that indicate data specification, brand, and type. The first numbers are the tires width in mm otherwise known as section width. The aspect ratio which follows the section width is the dimensional relationship of the tire's section height to section width, expressed as a percentage. Next is the rim or the diameter of the wheel in inches. The load index has a symbol and maximum load in pounds and Kilograms. While the speed index follows an assigned letter ranging from J to Z which corresponds to the maximum speed at the associated speed rating in mph and kmh. The two elements put together are know as service description and are mutually dependent. Knowing these terms will help you understand tire size when purchasing your next tire.

Understanding the rating of your

tires can help in assessing probable cause of damage in the future. The Uniform Tire Quality Grades (UTQG) rating is a labeling requirement by the U.S Department of Transportation for all tire manufacturers. UTQG is for a tire's treadwear, traction, and temperature. Treadwear indicates the wear rate of a tire which is a comparative rating based on a test by manufacturers. The number does not indicate mileage but is a comparison. If a tire has a grading of 200 that should last twice as less as a 400 under similar driving conditions. Traction is the tires ability to stop on wet pavement. It is indicated by a rating of AA being the highest breaking ability then A, B, or C. unfortunately traction is only an indication of straight line wet braking and not cornering abilities of

the tire. Temperature is the ability for the tire to withstand heat. It is graded by a properly inflated tire that is not overloaded. C is the lowest grade then B, and A being the highest.

Also knowing how to change a flat tire to a spare is beneficial in making your way to a tire shop. Some cars have a manual located near the spare tire. If you do not have one, its best to look up instructions and print them out then keep them stored in your vehicle.



Confused about Your Major? It is OK!

By Mia Jones
Growl Reporter



Picking a college major feels like you're making a lifelong commitment to something. It's committing to a career that you are not even completely sure

about. A great deal of anxiety comes along with it.

You began to wonder if you are making the right decision. You're young. You are not even sure what you want to eat for dinner, so you wonder how you could possibly be sure of what job you want the rest of your life. What if I end up hating this major? What if I fail in this career field? What if the classes required with this major are unbearable? Some also feel like they will be frowned upon for being undecided, or constantly changing their major. I am here to tell you that these questions and concerns are normal,

and that there is nothing wrong with being undecided.

You always have the option to begin college with your major undeclared. Most who do this classify their major as General Studies. In this major, you learn things from a variety of careers such as law enforcements, management and marketing, sports, advertising, and more.

Not only does this give you information about numerous careers, it also gives you more time to decide. While there will probably still be pressure to hurry and decide on a major, more time gives you the ability to better think and plan your future. The exposure to various career fields will better help you assess your strengths, weakness, likes, and dislikes.

What if you decide on a major and later find yourself not interested in it anymore? That is okay too! Not everyone sticks with the same major they initially started with throughout college. I know many people that have either changed their major or are

thinking about changing it. Some have even changed it and later changed it back to the major they initially declared. Per studies done by the University of Laverne, 50% to 70% of students will change their major at least once in college. Most will even change it at least 3 times before they graduate. It is okay to change your interests. You could think you like something and later realize that it's not something you could dedicate yourself to for years. It happens.

If you pace yourself and keep your priorities in order, you do not have to rush in committing to a major. Of course, there comes a point where you will have no choice but to choose one. However, if you are responsible with your time, you will have more than enough time to come to a decision.

Remember that it is also okay to later change that decision. It is important to keep in consistent contact with your advisor throughout it all. They can help narrow your decision by factoring your grades into the decision as well

as providing extra experienced insight. Changing your major or delaying your commitment to one major will not harm your future success unless you allow it to.

Are you interested in having your work published? Do you love to take photos? Have a passion for writing? We need you! We would love to have you join our staff by signing up for JOU 1111 for the spring of 2017. You are also welcome to send in submissions for possible publication even if you are unable to "officially" join the staff. For more information, contact Mary Margaret Busby at: mbusby@holmescc.edu.

Holmes welcomes New Director of Admissions Kay Bates

Charleigh Mcphail
Growl Reporter



Kay Bates

Growl reporter Charleigh Mcphail caught up with the new Director of Admissions Kay Bates to find out a little bit about one of Holmes' new employees.

Tell me a little bit about yourself. I grew up in McHenry, Mississippi. I am an identical twin and have two other sisters and one brother. I also have three kids and seven grand-kids. I was in the band in high school.

Where were you formerly employed, and what positions did you hold?

Mississippi Gulf Coast Community College from 1985 to 1994 then again

from 2002 to 2016. I worked in the Admissions office for 12 years, then I was the Assistant Dean of Instruction.

What degrees do you have, and from which colleges/universities?

I have my Associate of Arts from Mississippi Gulf Coast Community College and Bachelor's and Master's degree from Faulkner University in Montgomery.

What are some awards/recognition you have earned?

I was a part of the Jackson County Leadership Program in 2012 and also nominated on to the committee for the state board of community colleges for the audit department.

Do you have any hobbies/special talents?

I love to read and exercise, but no special talents.

How has Holmes been so far?

I love it! I love being back on the student services and admissions. The people are so great. All the ladies I work with and everybody else has just been great. I am very glad I was given the opportunity to be at Holmes.

Practical nursing students boast 100 percent pass rate

From Staff Reports/Photos



Pictured are Ridgeland Campus practical nursing students during their Pinning Ceremony.

The Holmes Community College's practical nursing (PN) programs on all three campuses had a 100 percent pass rate on the National NCLEX exam.

"I am extremely proud of our students, as well as the faculty for their dedication in preparing our students for the NCLEX-PN exam," said Holmes Practical Nursing Department Chair Christi Blair. "Our program has a strong history of producing exempla-

ry LPNs for our district and the State of Mississippi."

To add to the magnitude of the accomplishment, Blair explained, "We have always had good board scores but have never had 100 percent pass rate on all three campuses." Every one of the practical nursing students passed the National NCLEX-PN exam on their first try,

"We are so excited to know that we

had a 100 percent board pass rate district-wide for the class of 2016," said Dr. Lakesia Sutton, practical nursing instructor on the Ridgeland Campus. "The students were very receptive to the materials given and a joy to work with."

The 2016 practical nursing graduates

Brewer, Laura Fonseca, Shannon Foster, Carley Hamby, Dustie Hood, Zoranna Jones, Amber King, McKenzie King, Jearica McBride, Melanie Mitchell, Kayla Nichols, Kelsie Owens, Amanda Rowland, Christina Shirley Davis, Tiffany Smith, Tiffany Tillman, Brittany Wallace, and Erin



Pictured are Grenada Campus practical nursing students during their Pinning Ceremony.

on the Goodman Campus were: Teondra Carter, Kaitlin Fowler, Samantha Hibner, Blake Holly, Keaira Jones, Precious Kern, Kally Kirk, Skyla McIntyre, Noah Mincey, Sarah Sepaugh, and Whitney Wilson. Blair and Tammy Caldwell are the instructors in Goodman.

The practical nursing graduates on the Ridgeland Campus were: Cameron Brown, Amanda Edwards, Jennifer Gore, Haley Greer, Lindsey Impastato, Mary Maier, Sharmeshia Manuel, Carmen McKey, and Crystel Sayles. Dr. Sutton and Heather Roberts are the Ridgeland instructors.

For the Grenada Campus, graduates included: Janie Arbuckle, Rachel

Wheeler. Janice Avery and Carolyn Case are the instructors in Grenada.

"Carolyn and I are so excited about the 100 percent pass rate as this was our second year in a row (on the Grenada Campus) to get the 100 percent," Avery said. "We love all the students and wish them only the best. They might not understand now why we pushed them to study and be successful as a person and a nurse, but one day they will look back and know. One of these graduates might one day be our replacements and will have to say, 'I know what you're going through, but it's for your own good.'"



Pictured are Goodman Campus practical nursing students during their Pinning Ceremony.

Holmes employee presents research at DSU

From Staff Reports/Photos

Ridgeland instructor Larry Morgan recently participated in the 2016 Educational Research Workshop at Delta State University. Morgan is currently pursuing his doctorate degree in Higher Education at Delta State, with only two courses left to take. His research plans are to compare the effectiveness of using video clips in Music Appreciation classes instead of using audio-only examples.

During the Educational Research

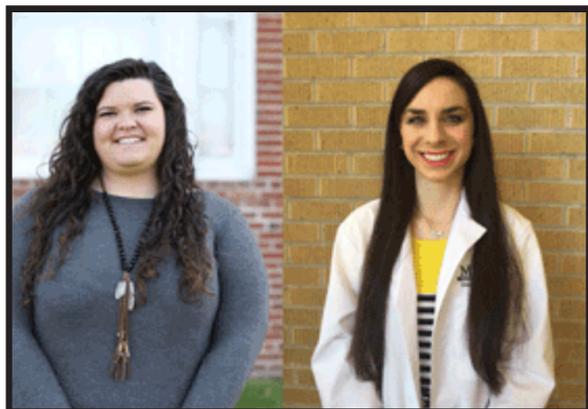
Workshop, Morgan displayed a poster highlighting his research plans and participated in a "blind-read" session with a Delta State faculty member to discuss his plans.

Morgan currently holds the following degrees from Mississippi State University: a Bachelor of Music Education, a Master of Music Education and a Master of Education. He has served as a member of the Ridgeland faculty since 2003.



Adcock, McCrory accepted into professional programs

From Staff Reports/Photos



Pictured are (left to right) Taylor Adcock and Lily Fran McCrory.

Two Holmes Community College alumnae, Taylor Adcock of Sallis (Class of '16) and Lily Fran McCrory of Lexington (Class of '15), each recently received early admittance into professional school programs. Adcock was admitted to School of Pharmacy at The University of Mississippi and McCrory received admittance to medical school at the University of Mississippi Medical Center. Both young ladies will begin their programs in the fall of 2017.

Adcock, who was named All-Mississippi Academic Team - First Team - during the spring of 2016, is the daughter of Jeremy and Beth Adcock.

A graduate of Central Holmes Christian School, she was active in multiple organizations on the Holmes Goodman Campus during her two years as a student, and graduated top of her class as a valedictorian.

Chemistry instructor Heather Jones had the opportunity to work with both of these students as their chemistry teacher and Holmes Plus adviser.

"Taylor Adcock was such an inspiration to teach," Jones said. "She has a strong desire to learn. She will make a great pharmacist with her big heart and outgoing personality."

Adcock was a member of Holmes Plus, the Baptist Student Union (BSU), and served as executive officer for college projects for Phi Theta Kappa honor society. During the Phi Theta Kappa Mississippi-Louisiana Regional Convention, she received the Order of the Golden Key; a top honor to acquire. Adcock was also named the 2015-2016 HEADWAE student recipi-

ent for Holmes.

"I enjoyed every minute of being at Holmes," Adcock said. "I did not realize it, but within the two short years I was there it impacted my life in a major way, and it became my home. I will forever be thankful for the teachers, staff, and friends that came into my life. They are one of the reasons that I can say I was admitted into the early decision group."

McCrory, who was the 2014-2015 HEADWAE student recipient for Holmes, is the daughter of Frankie and Robin McCrory. Mississippi Rural Physicians Scholarship Program (MRPSP). She was selected to participate in the undergraduate portion of the Mississippi Rural Physicians Scholarship Program (MRPSP), which identifies up to 20 college sophomores who demonstrate the necessary commitment and academic achievement to become competent, well-trained rural primary care physicians in the magnolia state.

"I knew there was something special about Lily Fran from the moment I met her," Jones said. "She is such a determined, well studied student. She never settles for less than perfection, which will make her an amazing physician."

A current student a Mississippi

State University, McCrory graduated Holmes with a 4.0 and was named a valedictorian. At Holmes, she was a President's List scholar, a Phi Theta Kappa officer, a member of BSU, of Holmes Plus, and voted Sophomore Class Favorite. In addition to being reporter for the Holmes Goodman Chapter of Phi Theta Kappa, McCrory was also the regional reporter for the honor society. Her career goal is to become an OB/GYN and practice in rural Mississippi.

"I can definitely say that Holmes prepared me for medical school," McCrory said. "I took all of my prerequisites at Holmes, and the instructors there were nothing but supportive. Between the mock interviews that helped me land the Mississippi Rural Physician Scholarship, and my instructors writing recommendation letters in a very efficient manner, I would say Holmes is more like a family than anything. Some of my old instructors even came to watch me speak at Rotary Club in Lexington during their Spring Break. Although I'm at Mississippi State, I still keep in touch with my Holmes instructors, and I can say, they truly provided me with the foundation to succeed at MSU, and now for medical school at UMMC."

Weaver scores in the 95th percentile on Dental Exam

From Staff Reports/Photos



Pictured are (left to right) Joe David White, Natural Sciences Department Chair; Ashley Weaver, former Holmes student; Dr. Santosh Parakkal, engineering, physics, and physical science instructor, and Dr. Troy Milliken, chemistry instructor.

Former Holmes Community College pre-dental student Ashley Weaver of Madison recently scored in the 95th percentile in the nation on her Dental Admission Test (DAT). On Nov. 16, she came and spoke to students on the Holmes Ridgeland Campus about preparing for professional school. An energetic, animated speaker, she kept the students' attention from start to finish as she doled out meaningful advice on how to follow their dreams.

Weaver, who is originally from Fort Lauderdale, Florida, was a student on the Holmes Ridgeland Campus from 2014-2015, where she completed the majority of her prerequisites for dental school.

"It was a joy to teach her General Chemistry I," said Larry Sullivan. "She scored a 54/70 on the American Chemical Society (ACS) General Chemistry I Exam which is in the top 90 percent of all students in the nation. I know she will be tremendously successful in dental school."

Under the mentorship of Dr. Troy Milliken, chemistry instructor, and Dr. Santosh Parakkal, engineering, physics, and physical science instructor, Weaver excelled in all of her physical science courses and was elected as recipient of the Physical Science Award in 2015. She was also a member of Phi Theta Kappa honor society.

out of 30 on the DAT, as with that kind of score, she can pretty much be accepted into a dental school of her choice. She gave an outstanding talk, which provoked a lot of questions by students about dental school."

Weaver graduated from the University of Alabama with a degree in Healthcare Management in 2008. Upon graduation, she worked in a dental office as an operation manager; a position that correlated perfectly with her degree. She soon realized, however, that this may not be the right career path for her.

"I've always thought of myself as a people-person, so working at the front desk of a clinic seemed like a good fit for me," Weaver said. "But once I started working, I found myself back there with the dentists, more interested in the procedures than the front-end responsibilities. I was intrigued by the work they were doing, and how their {the dentists'} jobs still allowed for patient interaction."

Weaver decided that becoming a dentist, rather than an office manager for a dental clinic, seemed the more appropriate career choice for her, so back to school she went. She began taking classes at Holmes in 2014, quickly becoming an instructor-favorite amongst the Natural Sciences

"Ashley was a joy to teach in Organic Chemistry," said Dr. Milliken. "We are proud of her making a 24

Department on the Ridgeland Campus.

"Ashley has a bright mind, strong intellect and good work ethic," said Dr. Parakkal. "She applied for admission to seven dental schools - including University of Mississippi Medical Center (UMMC) and Ivy League Schools like University of Pennsylvania and Columbia University - and got an interview from each one of those schools. That speaks volumes about her, and we are proud to have been a part of her journey."

Weaver began her presentation on preparing for professional school by emphasizing the importance of making good grades, getting involved in study groups, and getting to know the instructors.

"Grades are very, very important," Weaver said. "From Organic Chemistry II to Underwater Basket Weaving {she says with a laugh}, your GPA will stay with you and you really want to keep a 3.5 or higher if you plan to go to professional school. Making a C here or there won't kill you, but just try not to make too many."

Weaver gave a testament to how much her study groups helped her, and pointed out that "these days the world is at your fingertips and you can literally study with others all around the world who are on the same path as you."

She also hammered in the point that students should only take the graduate school entrance exam when they are truly ready.

"Whether it's the DAT, the MCAT, the PCAT or GRE, you can take practice exams to get a feel for the test, which helped me quite a bit."

Weaver continued giving sound advice to the students, reminding them to get to know their professors and only include positive, honest information on resumes and in personal statements.

"When the time comes and you need letters of recommendation, make sure to ask those who can speak highly of you, and make sure that you are making a good impression on your pro-

fessors," Weaver said. "One bad letter of recommendation will get a door slammed in your face before the admissions personnel ever get a chance to even meet you. Also, don't forget to follow up with a thank you note to those who take time out of their busy day to write a letter for you. If you have an F on your transcript, be prepared to talk about it, and remember that depth in one organization is better than superficial membership in seven. The admissions representative would rather know that you really gave your time and energy and made a difference through one organization than that you attended a meeting one time for every club/volunteer group on campus."

Weaver also emphasized the importance of being present in class and really taking the time to learn the material being taught.

"I had Mr. Antoine Gates for Biology and he taught me something that has stayed with me," Weaver said. "He taught me not to memorize every step, but rather to truly gain an understanding of the basic concepts so that you can apply them across the board. This helped me tremendously when I took the DAT and came to questions I didn't know."

She concluded her presentation by sharing a few more words of wisdom regarding the professional school application process.

"Apply several places so that you have options and increase your chances of getting into a school," Weaver said. "The earlier, the better, as far as getting in your applications goes. And if you do get a rejection letter, don't give up: Go shadow someone in a position you want, gain volunteer experience, or take a class to bring your GPA up; do whatever you need to do to improve yourself. If the goal you are working for is truly a dream for you, keep working to achieve it."

Weaver is currently enrolled in the Biology Medical Sciences program at Mississippi College. She intends to begin dental school in the fall of 2017.

HEADWAE honors Holmes' Shirley, Spell

From Staff Reports/Photos



Jim Shirley



Lane Spell

Jim Shirley of Yazoo City, physics and engineering instructor, and Lane Spell of Lexington, a sophomore mechanical engineering student, have been named Holmes Community College's honorees for the Legislature's HEADWAE (Higher Education Appreciation Day – Working for Academic Excellence) program for 2017. Shirley and Spell are both on the institution's Goodman Campus

Shirley, who has worked at Holmes for 21 years, holds a bachelor's in

engineering physics from Delta State University and a master's in mathematics and physics from the University of Mississippi. He has also completed additional studies at Louisiana State

University and Mississippi State University. Shirley began his teaching career teaching high school science classes in Greenwood before moving on to teach at East Holmes Academy. While teaching at East Holmes, Frank Branch, the president of Holmes at that time, reached out to Shirley and asked him to come and teach at the college. After about seven years of teaching in Goodman, Mr. Branch sent Shirley to Yazoo City to teach practical mathematics and chemistry there.

While there, Shirley was able to

assist Mississippi Chemical Company, L.P., with ongoing issues they had been experiencing. Mississippi Chemical was so impressed with his critical thinking skills that they offered him a job at the plant and he ended up working there for 30 years. Upon retirement, Shirley was beckoned back to Holmes when they asked if he would please come back and teach for just a few months while they worked to fill the physics instructor position. Those months turned into 12 years, and Shirley remains a campus-favorite among students today on Holmes' Goodman Campus. He is an adviser for the Holmes Plus Program, which is a scholars program he founded for students who show an aptitude in science and mathematics.

Shirley was a Lamplighters Conference Honoree, a Holmes Board of Trustees Special Recognition Award recipient, a National Science Foundation Grant recipient, and a member of Mississippi Association of Physicists and Rotary Club. He has also worked as an industrial engineering consultant. Shirley and his wife Amy have four children, eight grandchildren and six

great-grandchildren.

Spell, son of William and Angela Spell, is a mechanical engineering student. He was valedictorian at Central Holmes Christian School, and has remained on the President's List throughout his time at Holmes. He is a member of the Holmes Plus scholars program, co-captain for the Bulldog cheerleaders, an Ambassador, treasurer of Student Government Association, a regional officer for Phi Theta Kappa honor society, and a volunteer tutor. Spell was also voted Freshman Favorite and was a 2016 Homecoming Escort.

Spell is both an Eagle Scout and owner of Spell Concessions. Upon graduation, Spell will continue his studies in mechanical engineering at Mississippi State University and go to work as a project engineer in the oil and chemical industry. After retirement, he plans to open a real estate company.

HEADWAE was established in 1988 by the Mississippi Legislature to recognize outstanding students and faculty in Mississippi's colleges and universities.

Holmes welcomes back the Wesley Foundation

By Taylor Vance

After a brief hiatus from the Holmes-Grenada Campus, the Wesley Foundation, a Methodist Christian club, is returning once again. This time, the organization is being led by an ex-musician and music minister, Bob Cannizzaro. The organization has been meeting on Tuesdays at noon, where students receive a devotion and lunch.

Something the organization is do-

ing differently is trying to incorporate music worship into their meetings and getting involved in student activities. Each meeting, the student receives a bulletin that has the day's lyrics of the worship song on it so that every student could engage in song.

"For me, the connection was just automatic. Being a music minister myself, I realize how much music means to people, so I knew that would

be a connection for college students, remarked Cannizzaro regarding the different worship setting.

When asking about how he saw the Wesley Foundation going forward, Cannizzaro remarked he wanted to start getting involved, "in the community and not just at Holmes," because that is what is impactful to students and to others.

Wesley faded out several years ago,

and "I think getting to know students one-on-one and letting other people lead and help steer this organization," is how to make sure it doesn't fizzle out again.

I encourage students who may be looking for an organization to get involved in, to get involved with Wesley in order to grow your faith, your college, and your community.

Clinton's Colby wins 2016 Full-Time Student contest

From Staff Reports/Photos



Holmes Community College student David Colby of Clinton was announced the lucky winner of the Fall Full-Time Contest on Wednesday, Oct. 26. His prize? A 2016 Honda Rancher 4x4, Holmes special edition! Colby, a pre-medical student on the Ridgeland Campus, was chosen from the pool of 4,000 Holmes students from 71 counties who registered for 16 hours or more this fall

semester.

President of Holmes Dr. Jim Haffey, with the help of Vice President Dr. Don Burnham, Director of Marketing Bronwyn Martin, Officer Carzell Cavett and a handful Ridgeland Ambassadors, surprised Colby with the exciting news in the middle of his English Composition class with Dr. Andrew Kelly. After a short prank by Dr. Haffey, Dr. Burnham and Officer Cavett that led Colby to believe he had committed a "vehicle violation," the others burst into the classroom,

balloons in hand. Colby was rendered speechless as Martin excitedly informed him how he could pick up his brand new 4-wheeler, which he had the opportunity to ride in the Holmes Homecoming Parade on Saturday, Oct. 29.

Holmes is grateful to Got Gear for sponsoring the prize giveaway, and plans to make the Fall Full-Time Contest an annual event.

Social Science Club takes part in Operation Christmas Child

From Staff Reports/Photos



The Social Science Club on the Ridgeland Campus recently collected items and put together boxes for Operation Christmas Child. The world's largest Christmas project of its kind, Operation Christmas Child uses gift-filled shoeboxes to demonstrate God's love in a tangible way to children in need around the world.

Pictured with some of their shoe-

boxes are (left to right) Jason Boyte, Keiosha Williams, Morgan Hannah, Anna Williams, Daquan Benton, Adviser Makeaba Latiker, and Samantha Moffett.

Holmes taps Belk Alumnus of the Year

From Staff Reports/Photos



Holmes President Dr. Jim Haffey presents a plaque to Alumnus of the Year Johnny "Bit" Belk.

HCC were the jukebox in the Canteen playing all the 1950's hits, the football games, and the many friends I made there that are still some of my best friends today."

Belk, always speaking fondly of his beloved Holmes, noted that, "The instructors were always very dedicated to their profession and concerned for their students' well-being. They did a nice job preparing us all for the next level of education and the next phases in our lives."

A 1956 graduate of Ethel High School, Belk completed his degree at Holmes before transferring to the University of Southern Mississippi. He served as a member of the Mississippi National Guard from 1959-66, and in the midst of his service, earned his bachelor's degree from Southern Miss in 1962. Since his days of being a dedicated college student, Belk has continued to serve in leader-

ship roles, both in his career and in the community.

Belk worked for the Chevron Corporation for 30 years, holding a number of positions in various locations across the country. He worked as a construction accountant in the Pascagoula Refinery, the manager of financial accounting in Louisville, Kentucky, and as the general manager of marketing accounting in San Francisco, California. In 1998, the Chevron Corporation and Chevron Retirees Association awarded him the Most Outstanding Public Service Award.

Although his career took him all over the United States, Belk was happy to return to and retire in Mississippi. Since his return to the Magnolia State, he has served as a member of the State Workforce Development Council, commissioner of Attala Soil and Water Conservation District, president of Ethel High School Alumni Association, and secretary-treasurer of Tabernacle Cemetery Commission. He also served as the chief of Providence Volunteer Fire Department for 11 years.

For his alma mater, Belk has served as chairman of the Holmes Workforce Development Council, as a member of the Holmes Development Foundation Board of Governors and Directors, and as president of the Holmes Alumni Association.

Not only did Holmes present him with the 1997 Special Service Award, he has also received the 2011 Distinguished Service Award and the Alumni Association Appreciation Award.

He and his wife of over 54 years, Elizabeth Kimbell Belk, reside in their hometown Ethel. They have two children: daughter Kim Belk Libroth of Tallahassee, Florida, and son Jeffrey Belk of Vancleave. Kim and her husband Andre have a son, Steven, and Jeffrey and his wife Cindy have four children: Savannah, David, Colin, and Andrew.

Belk and his wife are active members of Tabernacle United Methodist Church, where he is a Charge Lay Leader and Sunday school teacher.

The Holmes Community College 2016 Alumnus of the Year recipient is Johnny A. "Bit" Belk (Class of '58). The award will be presented on Oct. 29 at this year's Homecoming Celebration held on the Goodman Campus.

When asked what his favorite memory at Holmes was, Belk replied, "My most memorable memories at

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Peeples is 2016 Distinguished Service Award recipient

From Staff Reports/Photos



Holmes President Dr. Jim Haffey presents a plaque to Distinguished Service Award recipient Dr. John Lee Peeples, Jr.

"Two of the best years of my life were spent at Holmes Junior College," Peeples said. "I had great experiences at Mississippi State University and Auburn University, but the best times were at Holmes. I didn't know a soul when I entered the campus on that Sunday afternoon after riding a Trailways bus for 18 hours from Jacksonville, Florida. From the very beginning, I received a warm welcome from faculty and fellow students. Friendships were established that have lasted a lifetime. I was privileged to room for two years with Rev. James Young who to this day is a very special friend."

As a student at Holmes, Peeples not only established lifelong friendships, but also made a name for himself. He was voted as Freshman Intellect, Student Body President, and Mr. Holmes Junior College.

"My first Thanksgiving in Missis-

sippi was spent in the home of Clinton Tompkins and the next Thanksgiving with Hank James and his family. These were the best of times and these friendships will last forever. Even now about 35 to 40 of us gather three or four times a year for a meal, and fun and fellowship. We enjoy reminiscing about our HJC days and we never get tired of telling the same stories over and over again. Abraham Lincoln said 'The better part of one's life consists of his friendships' and that most certainly applies with Holmes friends."

Upon graduating from Holmes, Peeples earned both his bachelor's and master's degrees from Mississippi State University before obtaining his PhD from Auburn University. Before opening his own business, he worked as a research plant pathologist for DuPont Company in Wilmington, Delaware, and then as a plant disease specialist and later district director for the Mississippi Cooperative Extension Service/Mississippi State University.

Dr. Peeples has received a number of awards over the years, including the Career Guidance Award from Missis-

sippi Cooperative Extension Service, the first ever Outstanding Plant Pathologist Award for Southeastern United States, and the designation as honorary "Tator Boy" by the Mississippi Sweet Potato Growers Association. He has also served as president for and received the Distinguished Service Award from the FarmHouse Fraternity Alumni Association.

Peeples and his wife, Sandra, have three children: John Lee Peeples, III, Bradford Howell Peeples, and David Coleman Peeples. John is the owner of Starkville Caf  and The Camp House Restaurant in Starkville, Bradford owns River City Farm Supply in Vicksburg, and David is the network administrator supervisor for Mississippi Farm Bureau Insurance Company. The Peeples also have eight grandchildren: Brittany Leigh Peeples Fowler, 25; John Lee Peeples, IV, 23; Hunter Prestel Peeples, 20; Morgan Kelli Peeples, 19; Mary Katelyn Peeples, 16; Carter Coleman Peeples, 12; Chase Aldy Peeples, 9, and Cooper Howell Peeples, 5.

The 2016 Distinguished Service Award recipient is Dr. John Lee (J.L.) Peeples, Jr. (class of '63). He is the owner and operator of Peeples Pecan Company located in Starkville. The award will be presented on October 29 at this year's Homecoming Celebration held on the Goodman Campus.

Tate becomes first Young Alumna of the Year

From Staff Reports/Photos



Holmes President Dr. Jim Haffey presents a plaque to Young Alumna of the Year Award recipient Dr. Diana Rone Tate.

Kosciusko native and current Brandon resident Diana Rone Tate is this year's Young Alumna of the Year award winner at Holmes Community College.

Tate, a 2001 Holmes graduate, holds a bachelor's degree from the University of Southern Mississippi in speech and hearing science and a Master of Audiology from USM. She also attended Hinds, Mississippi College and Belhaven University for her medical school pre-requisites.

She is currently a pediatric resident at the University of Mississippi Medical Center.

She served as an audiologist at UMMC and the Ear, Nose and Throat Surgical Group during the 2005-2011 years.

At Holmes, Tate served as president of the Kappa Alpha Chapter of Phi Theta Kappa and was also the MS/LA Regional Secretary of Phi Theta Kappa. She was a member of the Dazzlers dance team, Choir and Coachmen, Steel Band, Scholar's Bowl, Ambassador and served as a student tutor. Her awards at Holmes included: President's Scholarship, Kelly Gene Cook Scholarship, Dean's List, Miss Holmes CC, Sophomore Homecoming Maid, All-MS Academic Team, Holmes Hall of Fame and valedictorian.

She also received the following awards after leaving Holmes: USM, Dean's List; Hinds CC, Dean's List

and Chemistry Award; and UMC, MS Rural Physician Scholar (awarded to students pursuing primary care specialty with a desire to practice in a rural area), The Gold Humanism Honor Society inductee (awarded to medical students demonstrating excellence in professionalism and humanistic attributes) and the Charles Preston Winters Scholarship (awarded to a senior medical student wishing to pursue pediatrics). She received the Frohn Award (Outstanding Pediatric Intern) and Humanism and Excellence in Teaching Award, both in 2016.

Tate and her husband, Jason, have three children, Rone Thomas, Edie and Max.

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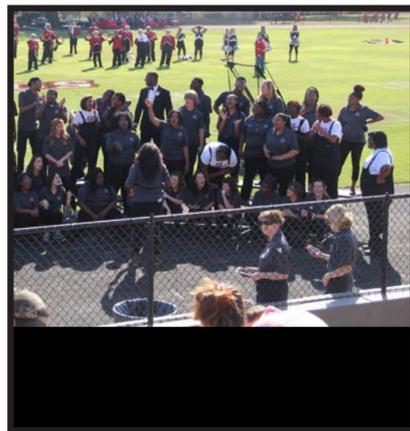
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A Look at Homecoming Day

From Staff Reports/Photos



Homecoming Court 2016



Homecoming Queen LaQuisha Johnson and her escort Aureius Myers



Goodman Student Body Maid Nikki Merchant and her escort Griffin Turner



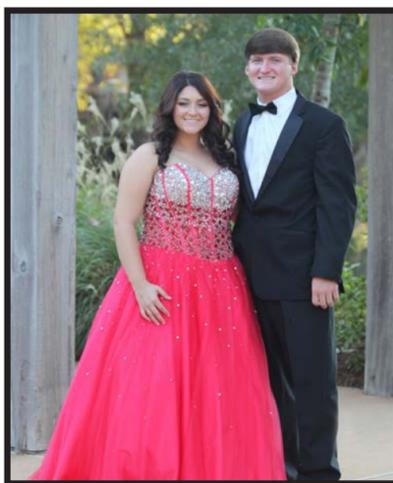
Ridgeland Student Body Maid Kaitlin Hill and her escort Hayden Welch



Grenada Student Body Maid Emily Lamkin and her escort Taylor Vance



Goodman Freshman Maid Shelby Turner and her escort Timothy Wallace



Goodman Freshman Maid Juliet Warriner and her escort Sam Hudson



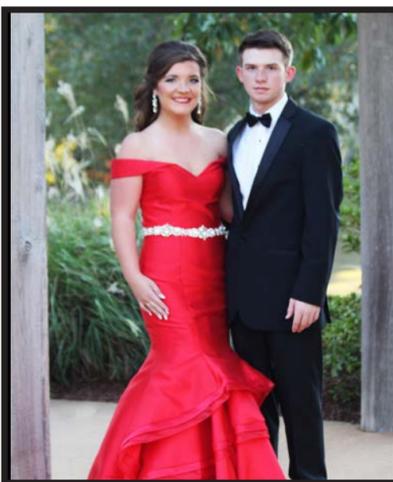
Goodman Sophomore Maid Whitney Matthews and her escort Logan Ledbetter



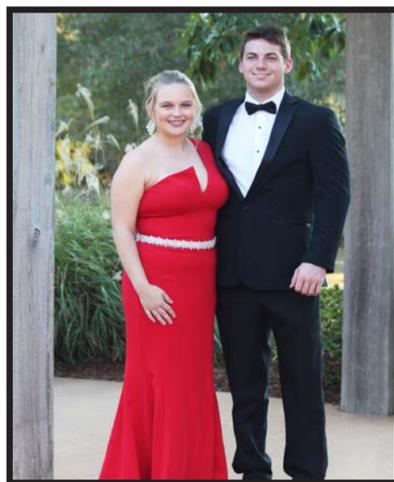
Goodman Sophomore Maid Taylor Cade and her escort Collin Different



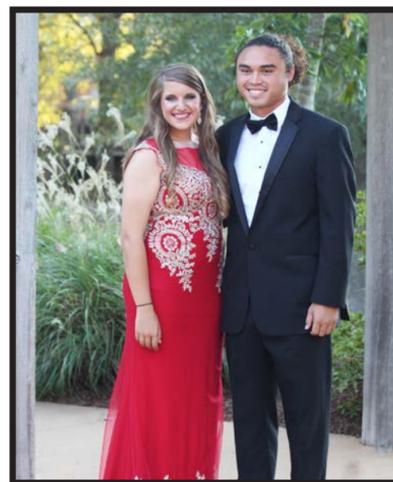
Ridgeland Campus Freshman Maid Carleigh Achee and her escort Davis Edwards



Ridgeland Campus Freshman Maid Alanna Campbell and her escort Joseph Talley



Ridgeland Campus Sophomore Maid Payton Earley and her escort Neil Jenkins



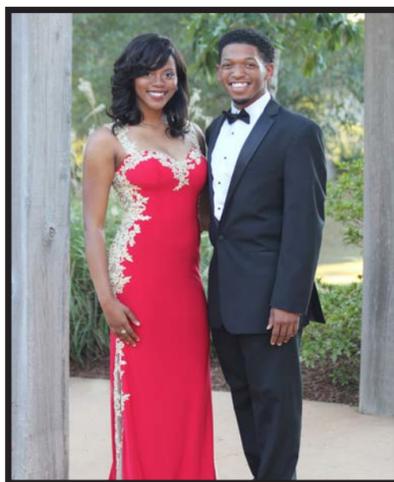
Ridgeland Campus Sophomore Maid Catherine Petro and her escort Tim Wade



Grenada Freshman Maid Danielle Mitchell and her escort Jamaris Davis



Grenada Freshman Maid Ashlee Bennett and her escort Will Tartt



Grenada Sophomore Maid Chelsea Wright and her escort Nartavious Miers



Grenada Sophomore Maid Ashley Hatch and her escort Jargon McKinley

Halloween at Holmes

From Staff Reports/Photos

Holmes Community College celebrated Halloween this year on all campuses, with faculty and staff dressing up and holding small gatherings.



Pink-O-Ween 2016

From Staff Reports/Photos

On Oct. 21, Holmes celebrated Halloween and more importantly raised awareness for breast cancer during the 2016 Pink-O-Ween walk sponsored by Healthy@Holmes.

Faculty and staff from all campuses came dressed in either their pink-themed costumes and walked around the track at the football field. Pat's Pink Ladies from the Ridgeland Campus won the annual costume contest. After the walk, everyone enjoyed chili and treats prepared by faculty and staff. President Dr. Jim Haffey took home first place in the Chili Cook-Off also held as part of the festivities.



Top: (left to right) **Tonya Wooten** and **Jenny Jones** are all smiles at Pink-O-Ween.

Top: Pat's Pink Ladies from the Ridgeland Campus show off their award-winning Pink-O-Ween costumes. Pictured are (front, left to right) **Bronwyn Martin, Heather Mooney, Sawyer Mooney, Lina Lopez**, (second row, left to right) **Sandra Hultz, Stephanie Wood, Rachel Deer, Miranda Burns**, (back, left to right) **Michael Pawlik and Brooke Hood**.

Left: **Michael Pawlik** has a blast at Pink-O-Ween.



Top: Pictured are (left to right) 2nd Place Chili Cook-Off winner **Laura Canard**, 1st Place Winner **Dr. Jim Haffey**, and 3rd Place Winners **Gale Sheppard** and **Leslie Spell**.

Pictured are members of the team "Save Second Base" from the Goodman Campus (left to right) **Terrell Hammett, Dana Nichols, Suzanne Lawshe, and Matt Surrell**.

Left: Pictured are (left to right) **Vic Parker, Stephanie Diffey** and **Jonathan Wright** show off their pink spirit at Pink-O-Ween.



Ridgeland Campus PN program holds annual Culture Fest

From Staff Reports/Photos

The Ridgeland Campus practical nursing program, led by Dr. Lakesia Sutton and Heather Roberts, holds an event called Culture Fest each year. The students are divided into groups of 5-6 and they research a certain culture, then present about the food and health habits of that culture in class. The best part? The students prepare food from their assigned culture and bring it to share with their classmates and faculty and staff.



Good speaks to Entrepreneur class

From Staff Reports/Photos



Jeff Good, president of Mangia Bene Restaurant Management Group Inc., and managing partner of Soul City Hospitality, spoke to Katrina Myricks' Entrepreneur class on the Ridgeland Campus Nov. 9. Mr. Good's presentation was part of the new program, WOW Wednesdays.

WOW Wednesdays entail entre-

preneurs from the Metro Jackson area coming to speak to the Entrepreneur class once or twice a month on a Wednesday, sharing their journeys/stories about how they got to where they are today. This program gives students the opportunity to hear a variety of speakers discuss concepts and ideas they are learning in class.

Good grew up in Salt Lake City, Utah, but became a Mississippian when his family moved to

Jackson. Good family made their move to Jackson the summer before his senior year of high school. His family relocated because his father was hired as Dean of Students at Millsaps College, where Good attended after graduating from Murrah High School. Although he did not take college seriously at

first, in the end Millsaps was the place where he earned his business degree and met his wife Debbie.

Upon finishing school, Good went into sales for NCR Corporation but things went somewhat south when AT&T bought the company and the Jackson office took a hit. It was then that he decided he needed a new path in life, and called his high school friend Dan Blumenthal to see if he wanted to take a journey with him.

Blumenthal was working as a chef in San Francisco, but despite the distance, the two long-time friends spent the next couple of years developing and sharing a business plan for a restaurant with anyone who would listen.

"We started out in Little League, so to speak, with a 30-page business plan that we presented to a bank. Eventually, we made it to the Major Leagues, and after developing a 250-page business plan, brochures, and presenting to literally 750 people, we got 44 invest-

ors on board to open Bravo, our first restaurant."

Since then, the entrepreneur has established Mangia Bene Restaurant Management Group Inc., which is the umbrella company over not one but three successful restaurants in Jackson: BRAVO!, Broad Street Baking Co., and Sal & Mookie's. He is also a managing partner for Soul City Hospitality, a new Mississippi-based public-private partnership of entrepreneurs, non-profits, and academic institutions coming together to develop a robust local food system.

"This has been a tough process, but is definitely worth it," Good said. "People will come to me and ask about business start ups, and when I explain everything we did to get off the ground many peoples eyes will glaze over. I tell people, If it is too hard to do start-up, it'll be too hard to do the actual business."

Student Spotlight



John Popichak

Hometown: Jackson, MS
Holmes Campus: Ridgeland
Major: Pre-Law
Post-Holmes plans: To transfer to Millsaps College to work toward a law degree.
Hobbies: Making music, sports, candle-making, collecting stamps.
Special talent/skills: I can play guitar and have been playing guitar since I was in the 4th grade. I can also ride a bike with no handle bars, no handle bars, no handle bars.

Holmes Community College GOLD Program

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holmescc.edu

Bulldogs head to Graphic Edge Bowl on Dec. 4 in Cedar Falls, Iowa

From Staff Reports/Photos

The No. 9 Holmes Community College Bulldog football team continued leaving its mark on history by accepting a bid to play in its first postseason bowl game since the 1988 season.

The Bulldogs, 6-3 on the season, will play Iowa Western, 6-5, in the Graphic Edge Bowl Feature Game in Cedar Falls, Iowa, on Dec. 4 at 3 p.m. Holmes last played in a bowl game during the 1988 season when the Bulldogs fell to Trinity Valley in the Texas Junior College Shrine Bowl in Tyler, Texas, 66-35.

Bowl Game Director Thom McDonald contacted Holmes Community College through video conferencing in McMorrough Library on the Goodman Campus and extended the bid to Holmes Head Coach Jeff Koonz and Athletic Director Andy Wood in front of a packed house which included members of the Bulldog football team and coaches, cheerleaders, faculty and staff.

"We've had 12 teams ranked or receiving votes inquire about our bowl game," McDonald said when extending the invitation. "We are only interested in inviting one team and that would be Holmes Community College. So I'm calling to officially invite you to attend and participate in a game against Iowa Western Community College. This will be a great game if you

are willing to accept this offer."

"On behalf of Holmes Community College we gladly accept the invitation to the 2016 Graphic Edge Bowl," Wood responded to McDonald.

"We do a lot of research on the teams coming to our bowl game," McDonald said. I've heard nothing but great things about your staff, yourself Mr. Wood, the entire team and institution. This is the first Mississippi team we've ever invited to the Graphic Edge Bowl Game. With that, a lot is on your shoulders. We look forward to meeting you and providing you with great hospitality."

The game is played in the UNI Dome, which seats 16,000. "The dome that you are going to play in is an unbelievable facility," he said. "It's a great loud venue. It's fast and great place to play."

Prior to the game on Sunday, the team will take part in a banquet on Saturday night with Iowa Western and also Rochester and Ellsworth who are playing in the 11 a.m. game at the UNI Dome.

"We thought this was the best bowl for us," Wood told the crowd. "We are thankful they offered us the opportunity to play in this bowl. I'm excited about getting to play in a dome. This is a very exciting time. We didn't want to do it half way.... we want to do it first class. We don't do it any other way at Holmes.



"You are having a great year and are going to finish strong," he said. "It's going to be a great game, but I don't they've seen what we do or can handle what we do well. We are looking forward to going up there and winning."

"I thank Andy Wood and our administration for not hesitating at all," Koonz said. "Guys, it's been 28 years so that's a pretty big thing."

"You are representing this school and a whole lot of guys who played here," he said. "We are going to be on our best behavior. We are going to enjoy the trip. This is your reward for having a great year."

Koonz expressed to his players how proud he is of how they played during the regular season. The MACJC's North Division has five teams in the

latest NJCAA Top 20 poll. "You guys established yourselves as one of those top teams," he said. "You come back as a bowl champion and we'll reap the benefits of that."

"You guys will get a chance to experience another part of the country," Koonz said. "It's a beautiful state with rolling hills, farm land and good folks. Enjoy the journey. You guys have worked hard. Shoot men this is big."

More information on the Graphic Edge Bowl can be found at <http://www.thegraphicedgebowl.com/>.

Bulldogs pick up big 63-49 over the ICC Indians

From Staff Reports/Photos



The No. 19 Holmes Community College Bulldogs gave the 2016 Homecoming crowd plenty to cheer about on Oct. 29 as the Bulldogs picked up a 63-49 win over the ZNo. 15 Itawamba Community College Indians.

With the win, the Bulldogs finished the regular season with a record of 6-3

overall and 4-2 in the North Division.

The Bulldogs got on the scoreboard in the first quarter when sophomore Matt Fuller scored from 10 yards out. Caleb Shelly's extra point put Holmes up 7-0 with 7:19 left in the quarter.

Holmes then got a big defensive touchdown when sophomore defensive

back Dante Wigley stripped an Itawamba and raced in for the touchdown from 66 yards out. Shelly's extra point was good, and Holmes led 14-0 with five minutes to play in the quarter.

Itawamba got a score with 34 seconds to play when the Dan Ellington scored from a yard out. Zach Ellis' extra point was good, and Holmes led 14-7 after one quarter.

The Bulldogs then went up 21-7 with 10:04 to play in the game when Fuller scored from five yards out. Shelly's extra point was

good.

Itawamba then scored three times in the second quarter. One came on a 37-yard pass from Peyton Bender. Bender then connected with Terry Williams from 74 yards out and then connected with Kam Coleman from nine yards

out. All extra points was good, and Itawamba led 28-21 with 3:28 left in the second quarter.

Holmes tied the game at 28 with 34 seconds left in the first half when Treviante McDaniel scored from two yards out. Shelly's extra point was good.

Itawamba scored with 3:46 left in the third when Bender connected with Coleman again from 13 yards out. The extra point put ICC up 35-28.

Holmes answered right back when freshman running back Cameryn Brent broke loose on a 47 run. The extra point was good, and the game was tied at 35.

Itawamba then scored to go up 42-35 with 1:58 left in the third when Coleman caught another touchdown from Bender. The extra point was good.

The Bulldogs then scored early in the fourth when sophomore quarterback Dejeric Bryant connected with sophomore running back Reggie Carter from four yards out. The extra point tied the game at 42.

Holmes added another touchdown in the fourth when Bryant connected with sophomore wide receiver D.J. Montgomery from 58 yards out. The extra point put Holmes up 49-42.

The Bulldogs then up 56-42 when sophomore running back P.J. Simmons scored from 17 yards out with 9:37 left in the game. The extra point was good.

Itawamba then added a score from Bender to Octavious Matthews from 58 yards out. The extra point was good, and Holmes led 56-49.

The Bulldogs' final score came from 12 yards out when Simmons scored off the right side. The extra point was good ending all scoring.

Holmes defeats Spring Hill JV, 101-60

From Staff Reports/Photos

The Holmes Community College Bulldogs defeated the Spring Hill College JV Badgers at home Nov. 15, 101-60.

With the win, the Bulldogs go to 1-2 on the season.

Holmes led 46-22 at halftime and then outscored Spring Hill 55-38 in the second half. Holmes shot 55.1 percent for the game from the floor, 46.7 percent from the three-point line and 78.3 percent from the free-throw

line.

Keith Gilmore led the Bulldogs with 19 points while Mikkell Norment had 11 and Ryan McLaurin had 10. D'Michael Stribling led with five rebounds.

(right) Pictured is Freshman Guard **Keith Gilmore** from Atlanta.



Lady Bulldogs finish second in MACJC/Region XXIII

From Staff Reports/Photos



The Holmes Community College Lady Bulldogs finished second in the MACJC/Region XXIII on Oct. 30 after falling to the Jones County Junior College Lady Bobcats, 6-1, in the MACJC State Tournament finals held at Mississippi Gulf Coast Community College at Perkinston. With loss, the Lady Bulldogs finished the season with a 14-2 record.

Holmes Women's Associate Head Coach Wesley Noble is proud of his team's effort during the season and in the playoffs.

"We knew coming in that Jones was a very good team and talented," Noble said. "We came in with the mindset that we deserved to be here and we do. We put ourselves in this situation and

we wanted to fight. Our girls fought all the way to the end. All credit goes to Jones, and that's what we are working to get to next year."

Holmes scored in the second half on a goal from Bailey Harper off an assist from Sarah Donahoo. "She (Donahoo) was able to beat the girl and slid it across and Bailey finished it," he said. "It was great."

"It's unbelievable," Noble said of the title run. "I'm so proud of the girls. It's all because of the sophomore leadership. It's our first time to ever do this. It's just been an epic year for the girls."

Noble is expecting big things out of the players returning and those added on signing day. "We are very excited

about the class we have coming in," he said. "We are nearly finished with our recruiting because it's gone so well, and we definitely plan on being back next year."

The Bulldog fans went to Perkinston

to support the Lady Bulldogs on Saturday and Sunday. "The fans were great and were very enthusiastic," he said. "They helped us through yesterday.

We knew we were going to have a hostile crowd playing at Gulf Coast. They helped with that and evened it out a little bit. Today, we had more come down. Everybody is just proud of the girls and want to support the team and program because of how well they've done and they should. The better we do, the more fans we get."

"We are super proud of what the girls have accomplished this season," Head Coach Matt Convertino said. "We've taken the program to new levels where they've never been before. I'm super proud of the effort

of the entire team but especially proud of Coach Noble stepping up in his first year as associate head coach. We had a fantastic effort from our sophomore class. We'll miss them dearly.

"Wesley is an extremely aggressive and fantastic recruiter," he said. "I think we are going to turn some heads with the signing class. We are looking forward to releasing that information in the near future."

Convertino is also proud of the fan support this season. "Ours fans have been there for us all year," he said. "They've been that 12th man for us. When the game a little intense they were there for us and we appreciate that."

Against Gulf Coast, Noble said the Lady Bulldogs were well rested and ready to play. "We came out firing," Noble said. "We came out really hard and played really well. We were excited to be here and rested up.

"It was a very good first half," he said. "The second half we went through a spell of 12-15 when they were very dangerous. We got a little off our game but after that we settled in. Gulf Coast is a great team. It's always difficult to beat a good team twice in one year."

Kendal Walsh scored a goal in the 11th minute off an assist from Brooke Burrell. Britain Welzien scored a goal off a Walsh assist in the 46th minute.

Bulldog Basketball Schedule/Results

From Staff Reports

Women's Schedule

Date	Opponent	Result	Time
Nov. 1	<u>Co-Lin</u>	L, 87-84	Final
Nov. 7	<u>Jones</u>	L, 94-46	Final
Nov. 10	<u>Arkansas State</u>	W, 71-63	Final
Nov. 17	<u>Hinds</u>	L, 64-63	Final
Nov. 19	@Southeastern		2 p.m.
Nov. 28	@Baton Rouge CC		5:30 p.m.
Dec. 5	<u>Itawamba</u>		6 p.m.
Jan. 5	@Hinds		6 p.m.
Jan. 7	<u>Southern Univ.</u>		2 p.m.
Jan. 9	<u>Baton Rouge CC</u>		6 p.m.
Jan. 12	@MS Delta *		6 p.m.
Jan. 17	@Northwest *		5 p.m.
Jan. 19	<u>Northeast</u> *		6 p.m.
Jan. 23	@Arkansas State		6 p.m.
Jan. 26	@Coahoma *		6 p.m.
Jan. 30	<u>East MS</u> *		5:30 p.m.
Feb. 2	@Itawamba *		6 p.m.
Feb. 6	<u>MS Delta</u> *		6 p.m.
Feb. 9	<u>Northwest</u> *		6 p.m.
Feb. 13	@Northeast *		5:30 p.m.
Feb. 20	<u>Coahoma</u> *		6 p.m.
Feb. 23	@East MS *		5:30 p.m.

Home games underlined
*Conference Games

Men's Schedule

Date	Opponent	Result	Time
Nov. 1	<u>Co-Lin</u>	L, 74-68	Final
Nov. 7	<u>Jones</u>	L, 81-79	Final
Nov. 15	<u>Spring Hill JV</u>	W, 01-60	Final
Nov. 19	@Southeastern		4 p.m.
Nov. 28	@Baton Rouge CC		7:30 p.m.
Dec. 5	<u>Itawamba</u> *		8 p.m.
Dec. 9	<u>WCU JV</u>		6 p.m.
Dec. 13	@Southwest TN		5 p.m.
Jan. 5	@Hinds		8 p.m.
Jan. 7	<u>Southern Univ.</u>		4 p.m.
Jan. 9	<u>Baton Rouge CC</u>		8 p.m.
Jan. 12	@MS Delta *		8 p.m.
Jan. 17	@Northwest *		7 p.m.
Jan. 19	<u>Northeast</u> *		8 p.m.
Jan. 26	@Coahoma *		8 p.m.
Jan. 30	<u>East MS</u> *		7:30 p.m.
Feb. 2	@Itawamba *		8 p.m.
Feb. 6	<u>MS Delta</u> *		8 p.m.
Feb. 9	<u>Northwest</u> *		8 p.m.
Feb. 13	@Northeast *		7:30 p.m.
Feb. 20	<u>Coahoma</u> *		8 p.m.
Feb. 23	@East MS *		7:30 p.m.

Home games underlined
*Conference Games



The Growl Staff



Ethan Burton

Hometown: Goodman

Major: Liberal Arts/Journalism

Campus: Goodman

Future Plans: My current plans are to attend Ole Miss after graduating from Holmes to earn a degree in Journalism with an emphasis in Digital Media Art.

About me: I am a member of the Growl, serve as a Work Study for Holmes Goodman Library, and am involved with Main Street Baptist Youth Group. I am passionate about drawing using pencil as well as pen and ink media.



Rawley Cadenhead

Hometown: Spring Texas/Brandon

Major: Broadcast Journalism

Campus: Ridgeland

Future plans: I plan to go to Mississippi State and work for Bulldog Sports Radio.

About me: I'm an intern at 105.9 ESPN.



Leisa Campbell

Hometown: Ridgeland/ Haverhill, MA

Major: Liberal Arts

Campus: Ridgeland

Future Plans: All up in the air.



John "Eli" Haik

Hometown: Ridgeland

Major: Liberal Arts

Campus: Ridgeland

Future Plans: After Holmes I plan on going to Southern Miss to get my degree in psychology.

About Me: Outside of school, I have a part-time job at Mazzios. I love to play music, and can play bass.



Morgan Hannah

Hometown: Clinton

Major: General Studies

Campus: Ridgeland

Future plans: I plan to attend a drama school where I can grow and gain much experience about/within the industry.

About me: I am part of the Social Science Club, Yearbook Staff, Newspaper Staff and New Stage Theatre.



Mia Jones

Hometown: Jackson

Major: Communications

Campus: Ridgeland

Future plans: After receiving my Associates Degree from Holmes Community College, I would like to transfer to the University of Southern at Baton Rouge, where I will continue to pursue my major in Communications in hopes of one day becoming bigger than Oprah. (Ya'll know she's getting old, she's going to have to retire sooner or later.)

About me: I have tendencies to look unfriendly and reserved when, in all actuality, I am the complete opposite.



Charleigh Mcphail

Hometown: Purvis

Major: Criminal Justice

Campus: Ridgeland

Future plans: I plan to transfer to Mississippi State to finish my degree in Criminal Justice and eventually become an Investigator.

About me: Outside of The Growl, I am a member of the choir and love Netflix.



Bobby Neal

Hometown: Canton

Major: Constructional Engineering

Campus: Ridgeland

Future plans: I plan to go to Mississippi State and hopefully fulfill my career and make some good money.

About me: I went to St. Andrew's and played baseball. My dream was to play in college, but I did not get the college I wanted to go to play for so now I am at Holmes working on my degree and studies. I love MSU and I'm a baseball freak. I like to talk about trucks with my friends and hangout on the weekends at the football games.



Taylor Vance, Editor

Hometown: Grenada

Major: English

Campus: Grenada

Future plans: I plan to attend Ole Miss and major in Journalism.

About me: I enjoy reading, hunting, and following politics. I also make it a point to wear crazy socks almost every day.

"There's only one requirement of any of us, and that is to be courageous. Because courage, as you might know, defines all other human behavior." -David Letterman