

New downtown center will benefit students, Lubbock

by **AUTUMN BIPPERT**
Editor-in-Chief

purchase and remodeling costs. SPC will receive

ation. Overall, the college will have \$19 million in

of factors that influenced the decision to move for-

Dr. Satterwhite said that he anticipates that

downtown. The Downtown Center is expected to enroll 2,500 students a semester. Dr. Satterwhite also explained that the downtown campus is important for employment preparation and creating a more robust workforce for the city and the region.

The City of Lubbock and South Plains College have finalized the sale of the current City Hall building to become a new campus.

The sale comes just after the 12-month time frame was set aside to explore the possibilities of using Lubbock City Hall as a future campus for South Plains College, as part of the Memorandum of Understanding between the college, the City of Lubbock, and Lubbock Economic Development Alliance (LEDA).

Dr. Robin Satterwhite, president of South Plains College, recently explained that the cost of the building was \$2 million. He also said that the expected cost of the construction is \$15 million. SPC has received \$16 million in commitments from LEDA to support the



The Lubbock City Hall buliding will be remodeled to be the college's Downtown Center. The new campus will house Arts and Sciences classes that are currently at Reese Center and is anticipated to open for Fall 2021.

AUTUMN BIPPERT/PLAINSMAN PRESS

an additional \$3 million in operation support for the first five years of oper-

financial commitments for the project.

"There were a number

ward with the Downtown Lubbock Center," Dr. Satterwhite said. "Among the greatest of these was the long-term decline in enrollment at the Reese Center and the potential for SPC to be located closer to Texas Tech and our other university partners."

this will benefit the City of Lubbock because it will establish a more permanent and comprehensive community college presence in the heart of the city.

Lubbock was previously the largest city in Texas without a college campus

"Being more closely located to our largest transfer partner, Texas Tech, we believe we will have a greater number of students co-enroll at SPC and TTU," Dr. Satterwhite said. "This will allow us to serve a greater number of students. Currently, many of these students cannot commute to Reese or Levelland and maintain their necessary schedule at TTU. However, since we will only be approximately seven blocks from TTU, we expect that students may choose to enroll in many of the courses offered at SPC at a fraction of the cost of attending the university."

He also said that the plan to completely remodel the building in Lubbock will result in very high quality and attractive educational facilities.

See 'Arts' on pg. 2

Library director hopes for increased student interest after improvements

by **DESIREE LOPEZ**
News Editor

During the summer, improvements have been made to the library on the Levelland Campus of South Plains College in

SPC, who adds that upgrades on the first floor are ongoing and there are plans to start renovating the second floor soon.

The furniture is not the only new thing added to the Library. There are also a few new rules in

place where students can hang out with one another in a comfortable setting, meanwhile, the second floor is reserved for those who want to study in a more quiet environment. "Everything we're trying to do as a department

New officers elected for Student Government Association

by **DESIREE LOPEZ**
News Editor

The Student Government Association at South Plains College will have some new faces for the fall semester.

An election was recently held for the offices of president, vice president, secretary, treasurer, public relations coordinator, and historian on Sept. 2 and Sept. 3.

Elected as president was Cameron Pope, a freshman government major from Slaton, Texas. The role of the president is to preside over all SGA members, set an example regarding behavior, and lead all meetings.

Elected as vice president was Danisha Lewis, a sophomore sports broadcasting major from Plano, Texas. The vice president works closely with the president and must be ready at any time to take the place of the president when needed.

Elected as secretary was Cielo Esqueda, a freshman business major from Dimmitt, Texas. The secretary must maintain the records and take notes at every meeting.

Elected as treasurer was Zachary Nava, a sophomore kinesiology major from Slaton, Texas.

The role of the treasurer is to keep up with all finances and the budget.

Elected as public relations coordinator was Holden Basquez, a freshman marketing major from Levelland, Texas. The public relations coordinator is in charge of advertising all events and meetings and organizes fundraisers for SGA.

Elected as historian was Myranda Alvarez, a sophomore computer science major from Morton, Texas. The historian is responsible for all materials and for collecting files, photographs, and any other important documents, as well as, compiling a record of the SGA activities.

An election is held once every school year for vacant positions, according to Miranda English, director of Student Life at SPC.

There is an executive board meeting for officers once every week. The general assembly takes place twice a month in room 102 of the Student Services Building and is open to all students.

Officers are required to attend every meeting. In these meetings, service projects, volunteer opportunities, all campus-wide events, and changes needed at SPC are discussed. This year's focal point is

food insecurity, the state of being without access to food for a certain amount of time, and promoting the SPC Food Bank.

dlopez6338@students.southplainscollege.edu

Find us on social media!



@Plainsman_Press



The Library on the Levelland campus has added comfortable and functional seating to the first floor to make it more inviting to students. DESIREE LOPEZ/PLAINSMAN PRESS

hopes of increasing student interest.

The Library has new furniture throughout the first floor, such as movable tables and chairs, white boards, and charging stations. "We're trying to bring students in from all different parts of campus and make it a place where students want to come and hang out between classes," said Mark Gottschalk, director of libraries at

place for the beginning of this semester. Students are now free to eat and talk with one another on the first floor only.

"We want you to come in here and hang out with your friends, and have a burger or whatever you want to do," said Gottschalk, "and then go upstairs if you need quiet."

The first floor of the library is meant to be a

is to make it a space where students want to be and make it a campus destination," says Gottschalk.

Suggestions are welcomed for how to make the library a more student-friendly environment.

"We're working with more students this year to figure out what else they would like to see," says

See 'Improved' on pg. 3

Cover to Cover	Alumni give advice to current students at first Texan-to-Texan Mixer.	Alum helps patients with mental illness and pain through his new clinic.	Season 3 of '13 Reasons Why' sparks controversy again.	New Lady Texans assistant coach continues career at SPC.	Annual South Plains Balloon Round-Up offers colorful, unique activity in Lubbock.
Feature page 4	Entertainment page 6	Opinion page 8	Sports page 10	Spotlight page 12	
	page 3	page 5	page 6	page 10	page 12

Mixer connects alumni, current students

by **ABI HERNANDEZ**
Opinion Editor

Current students had the opportunity to network and hear from former students during the Texan-to-Texan Mixer held at South Plains College

The event was held on Aug. 27 in the Sundown Room of the Student Center on the Levelland campus. The purpose of the mixer was to celebrate the alumni's journey of completing their years at SPC. There was food and live music provided for students, staff, and the alumni who attended the event.

The host, Stephanie Smith, said she started as an English major and switched to her second major, Public Relations. Smith attended South Plains from 2009 to 2011.

"SPC helped me to blossom into my own person," said Smith.

Among her favorite memories is when she was in the Miss Caprock Pageant, representing the LGBTQ community. Smith was also a Mascot and Campus Ambassador. Her advice to students was to "get involved and

meet new people." Since 2014, Smith has worked at SPC as the Alumni Coordinator.

Miranda English, an alum from SPC, said that she explored several different majors during her time at SPC. English first enrolled in 2004 but dropped out in 2006.



She returned in 2008, before graduating in 2012. Her favorite memory was when she walked into Jim Archer's psychology class and the class was singing along.

English said she thought to herself as she saw them, "This is the place to be."

Smith's advice to students is to explore career choices intelligently and see an advisor to help determine if it is the right career track for you. Currently, English serves as the Director of Student Life at SPC.

Among the other alumni attending the event was Amber Langehenning, who was a double major in Human Development and Tele-

communications. Langehenning attended SPC in 1995 through 1997. Her favorite memory was "being able to do all the cool stuff like student government, Campus Ambassador, the TV studio, and BSM."

Langehenning's advice to students is to "get involved and find your people."

Langehenning is the District 504 Coordinator for Lubbock Cooper ISD. She also produced seven different movies.

The live music was provided by another alumnus named Gypsy Jayne, a Sound Technology and Commercial Music when she attended SPC from 2003 to 2006. Jayne's favorite memory was that she had a good relationship with the administrative assistant in the Commercial Music Building, Tammy Amos, who she enjoyed talking to and hanging out with. Her advice to students was to stick with it, learn as much as you can, and to appreciate and respect all of the professors. Jayne is now a professional musician and a live performer for the past five years.

A few of the stu-

dents who attended the Texan to Texan Mixer were asked what they learned from the alumni and something that they thought was valuable.

Brice Juarez said he learned people end up being like you when you don't expect them to be. He said what he found valuable was that no matter what the alumni stayed with it, even after their lives started.

"The alumni told us

to always take a risk and do not be afraid of new things," said Juarez.

Deja Madrid learned to meet more new people more, and what she found valuable was that she should never give up and always take risks. Some advice she took was to try her hardest regardless of the task.

"They told us to never be afraid of new experiences and opportunities," said Madrid.

Haley Norris said, "I learned about the traditions the alumni had while they attended SPC."

Norris was also advised to return books to get your money back after the semester and save up for the next.

ahernandez5370@students.southplainscollege.edu

Recent legislative session topic at Town Hall Meeting

by **DESIREE LOPEZ**
News Editor

The Texas budget, water supply, mental health, education, and transportation were among the many topics discussed at a Town Hall Meeting held on Sept. 10 in the Sundown Room in the Student Center on the campus of South Plains College in Levelland.

Among those who participated in the event were Charles Perry, state senator for District 28 and chairman of the Agriculture, Water, and Rural Affairs Committee, and Ken King, state representative for District 88.

Senator Perry officially designated Levelland as the City of Mosaics in Texas. Barbara Pinner, mayor of Levelland, attended the meeting to receive the proclamation.

"This (proclamation) designates the city of Levelland as the City of Mosaics in Texas, so it's a new district, it's a new culture... Anytime we recognize a rural city down in the capital we need to reestablish the identity. We need to make people aware of who we are and what we are out there, and that we do have some culture," proclaimed Senator Perry.

Senator Perry represents 13 towns in 51 counties, which allows him to travel to different cities and speak. The topic he discussed most-

ly was the Texas budget, while doing a recap of the 86th Legislative Session.

This year's budget was \$251 billion, with \$72 billion going to public education, \$20 billion for community colleges, \$85 billion for human services, and \$31 billion for transportation. This is the largest state budget yet, and this makes Texas the 10th largest economy in the world, according to Senator Perry.

Two main items Senator Perry went into the session eager to talk about were Public School Finance Reform and Property Tax Reform. When in session, they hit these two items head on, and fortunately, they had a big enough budget to do some of the things they did. Unfortunately, two

areas near lakes and rivers flood, it is required by law to coordinate, collaborate, and work together with other cities in tandem so that one city's solution doesn't create a bigger problem.

Mass shootings in schools were also discussed. Senator Perry blamed unstable mental health as the cause of them.

"I will never advocate shutting down mental institutions," says Senator Perry, "because for a lot of people, it's their last resort."

Representative King, who has served as a representative since 2013, and is currently running for reelection. One of his main priorities is redistricting.

He touched on public education and Senate Bill 11 during the meeting. He said that the idea that teachers should be getting paid more because they are educated and professional people came up during this legislative session. It was also discussed that the state



Rep. Ken King and State Senator Charles Perry discuss the recent legislative session during a Town Hall Meeting held on Sept. 10 in the Sundown Room of the Student Center on the Levelland campus.

DESIREE LOPEZ/PLAINSMAN PRESS

events crept up on them: Hurricane Harvey, which overflowed rivers and coastlines; and shootings, which brought public school safety to the highest concern. Because of these, the budget had to be readjusted.

Through Senate Bill 8, the idea that was agreed upon was that cities should do a watershed basin approach for the lack of water in some areas, which means that when

should help students based on their needs, not by their zip code.

This past session is said to have been the most productive session yet, according to Representative King.

Senator Perry ended the Town Hall Meeting with suggesting the audience read Leviticus 26:40-45.

dlopez6338@students.southplainscollege.edu

Arts, Sciences classes will move from Reese Center in Fall 2021

Continued from pg. 1

Dr. Satterwhite explained that they know that SPC will eventually need to make substantial capital improvements at some of the Reese Center facilities, and the college's investment could be more productive at a location that will better serve the students.

That the current plan is to completely remodel the Lubbock City Hall building, according to Dr. Satterwhite. This will require removing almost all of the current infrastructure of the building to change the function from an office facility to an educational facility. Additionally, SPC hopes to create a very modern and vibrant educational environment to best serve students.

Dr. Satterwhite antici-

pates that the building will be complete for coursework to begin in the Fall of 2021. He also said that they do not have a completed design for the building, and won't be able to begin construction until the current Lubbock city management moves out of the facility.

"The current plan is to move the Arts and Sciences classes that are currently being offered at the Reese Center to this new Downtown Lubbock Center when it is complete," Dr. Satterwhite explained. "The Arts and Sciences classes include those courses that are offered as part of the AA or AS degree plans. It is important to note that not all AA or AS classes are planned to be offered at the new center, only those currently offered at the Reese Center."

Dr. Satterwhite said he's most excited about the potential for increased enrollment at South Plains College.

"One of the major factors in students attending college is accessibility, geographic and financial accessibility," added Dr. Satterwhite. "I believe that this new center will provide greater accessibility through lower costs than the other Lubbock options and ease of access. Additionally, I am excited about the opportunity to create a new location that is supported by our private industry partners that will be attractive and appealing to our students."

abippert0518@students.southplainscollege.edu

PUBLICATION STATEMENT

The Plainsman Press is published every two weeks during regular semesters by journalism students at South Plains College in Levelland, Texas. Opinions herein are those of the writer and not necessarily those of the staff, the administration, Board of Regents, advisor or advertisers.

LETTERS TO THE EDITOR POLICY

The Plainsman Press encourages signed letters to the editor. Published letters are subject to editing. Letters should be brought to CM 130 or mailed to our address at the college.



Editorial Staff

Charlie Ehrenfeld / Advisor
Autumn Bippert / Editor-in-Chief
Kendall Rainer / Associate Editor/Photo Editor
Desiree Lopez / News Editor
Victoria De Souza / Feature Editor
Abiga Hernandez / Opinion Editor

PHONE: (806) 894-9611 ext. 2532
EMAIL: ppress@southplainscollege.edu

Plainsman Press
South Plains College
1401 S. College Ave.
Levelland, TX 79336

Enrollment, academic integrity software discussed during Regents meeting

by AUTUMN BIPPERT
Editor-in-Chief

Fall enrollment, housing occupancy, Title IX changes and academic integrity software were among the topics discussed during the September meeting of the South Plains College Board of Regents.

Dr. Stan DeMerritt, vice president for student affairs, presented the preliminary Fall 2019 enrollment as of Sept. 11.

“Our total unduplicated headcount for the fall term is 9,300, 104 less than last year,” Dr. DeMerritt said. “We’re down 1.1 percent over last year. Not surprising, really looking at the economy continuing to maintain where it’s at, doing better and better.”

Dr. DeMerritt explained that there has been a significant uptick in online classes, with an increase of 203 students, or 7.1 percent, totaling 3,048.

“We did see a decrease in our dual credit,” Dr. DeMerritt said. “Our dual credit decrease is due to the loss of Frenship High School to Angelo State University. Last term, they could not offer what they needed. While this term, Angelo State actually offered what they needed,

and so they pulled from us.”

Dual credit enrollment saw a drop of 3.9 percent, 80 students, totaling 1,986 enrolled.

Levelland campus enrollment is 4,067, which is a decrease of 120 students, 2.9 percent, from last fall. Reese Center campus decreased by 132 students, 6 percent, totaling 2,078. The Lubbock Center campus enrollment increased by 24 students, 2.4 percent, totaling 1,079. Plainview campus decreased by 16 students, 4.9 percent, totaling 312. Online classes increased by 203 students, 7.1 percent, totaling 3,048.

Dr. DeMerritt also presented the housing occupancy for the fall semester.

“We’re sitting at 90.6 percent occupancy,” Dr. DeMerritt said. “Of the 766 beds, we have 694 filled. Of those, eight are private rooms. So we’re sitting really strong.”

Dr. DeMerritt said that in the dorm occupancy, 54.18 percent are male students and 45.22 percent are female students, which is a change in trend to have more male than female students living on campus. Total occupancy is at 90.6 percent which

is an increase from 87.9 percent from the previous year.

“Surprisingly, Gerstenberger still has nine beds open,” Dr. DeMerritt added. “The issue there is some of those folks really liked the cost that they’re paying right now for the triplets at \$1,000 and don’t want to pay up the other \$1,500. It’s the same way if you look at the women’s halls. Tubb has 11 empty beds.”

Dr. DeMerritt also discussed several changes coming to Title IX due to HB 1735, SB 212 and HB 449 that were passed in the last Texas legislative session. He said that these changes will be made within the next month or two. One of these coming changes is transcript notation.

“The State of Texas has approved all disciplinary actions, a suspension or expulsion from an institution to be transcribed on the academic transcript beginning immediately,” Dr. DeMerritt explained. “They have taken collegiate registrars and admissions officers’ recommendations on transcript notation regarding disciplinary actions and have actually instilled that into law.”

Dr. DeMerritt explained that this is beneficial because institutions can see what has happened with these students who have a record of either sexual assault or heinous crimes of some type, and they can’t continue to roll between institutions. Institutions have to honor any disciplinary suspension just as they honor any academic suspension from another institution.

Dr. Ryan Gibbs, vice president for academic affairs, discussed adding a fee of \$10 to a students’ bill for academic integrity software.

“In August, we discussed the need to invest in an academic integrity software application that would allow us to ensure the integrity of our online learning environment,” Dr. Gibbs said. “We are currently going through the state-mandated formal bid process to determine the vendor or the service. We would like to pilot this application in spring of 2020, with institution-wide implementation in the fall of 2020.”

Dr. Gibbs explained that pricing for this type of service is typically based per student per academic year and is estimated to run approximately

\$200,000 annually. SPC has determined that \$10 per student per semester would be enough to cover the cost of the service.

“It will be available to all of our students and to every class, even in-person classes,” Dr. Gibbs said. “I think it’s going to enhance our ability to make sure that our students are doing their own work. So our in-person classes, will actually have a more secure testing environment if they move their test to an online environment with the use of the services. So in the old days when we would go in and take a class and we would take a scantron with multiple choice tests, students were cheating in those classes.”

Dr. Gibbs said that because of the algorithms that are run by the system, students are not going to be able to get away with cheating.

Dr. Robin Satterwhite, president of South Plains College, brought for consideration change in dual credit pricing.

“We charged \$210 for the first dual credit class,” Dr. Satterwhite explained. “Every class thereafter, we charged \$174. That’s how we structure our fee. We find ourselves increas-

ingly competing with universities.”

Dr. Satterwhite explained that the University of Texas, Angelo State and several other colleges have been approaching high schools in the area with lower costs for dual credit classes.

He said that a decrease to \$180 per three-hour course would help retain schools in the area. He also added that the fee would need to be revisited in the future to continue to compete with universities.

Dr. Satterwhite also provided an update on the construction for the Science Building. He said that the original cost estimated was \$13.5 million, and SPC has raised \$12.1 million through private donations. He also said that the cost is only an estimate until they begin to make bids and see where they’ll have more room to spend at.

Groundbreaking for the Science Building is estimated to be held near the beginning of December of this year.

abippert0518@students.southplainscollege.edu

Improved seating gives students flexible study environment

Continued from pg. 1

Gottschalk, “and then figure out how we can keep the momentum up by changing it to what you guys might like.”

Students are free to adjust the new furniture in a way that is comfortable for them.

“We’re kind of watching how furniture moves around, and if you guys use it differently, then

we’ll just shift and adjust,” explains Gottschalk.

Library staff have been working to make the Library a welcoming environment for all students and hope to attract more students to visit.

An event called ‘Grocery Bingo’ for students recently was held at the Library, which is open to hosting any campus or student group meetings and events. In October, the Library will be hosting an author event for Stephen Sanders, an English instructor at SPC, who published his first



The Levelland campus library plans to make additional improvements to its second floor.

DESIREE LOPEZ / PLAINSMAN PRESS

book last year. The library plans to hold more events for students in the near future in hopes of making it a more social place and open space for students.

Plans are still in the works for the upgrading of the first floor, with work to start soon on the second floor and the lobby. All furniture that was not repurposed was donated to Levelland Christian School.

The Library is open from 7:45 a.m. to 8:30 p.m., Monday through Wednesday, as well as 7:45 a.m. to 4 p.m. Thursday and Friday, and from 2 p.m. to 6 p.m. on Sundays.

dlopez6338@students.southplainscollege.edu



Back to School Bash on Aug. 26 on the Levelland campus.

Photos by Autumn Bippert

Professor follows new path after career change

by VICTORIA DE SOUZA
Feature Editor

Vanessa Moffett aspires to improve the lives of students while having a fun time exercising.

Moffett is an assistant professor in the Kinesiology Department at South Plains College.

Growing up in Littlefield, Texas, her relationship with SPC began at an early age.

"I took swimming lessons and went to band camp at SPC," recalls Moffett. "I became familiar with it at age 5 or 6 when I took swimming lessons."

In 2019, Moffett is starting her 15th year of

being part of the SPC facility. She teaches Cardio Kickboxing, Yoga, Latin/Swing/Ballroom Dance 1 and 2, Fitness and Wellness, and Drug Use and Abuse. Moffett shared that in the beginning of her college career she had a tough time choosing a major that she was passionate about it.

"I have always wanted

to go into marine biology," Moffett explained. "But since I received a feature twirling position at Texas Tech University, and Tech did not have that degree, I started college as a Pre-med major to be an ER surgeon."

After starting college, Moffett said she tried several majors inside of the medical field, along with teaching.

"I thought about double-majoring in psychology and kinesiology," said

worked in that field as a graduate student," Moffett explained. "However, I decided to go with teaching."

After receiving her master's degree, Moffett decided to start her career as a Psychology instructor at SPC. Coincidentally, she started to teach at SPC in the same year as her father, Larry Moffett, who started teaching in the Math and Engineering Department.

"While going to school, I wanted to teach at SPC because I always heard good things about the school, and my family was still in this area," said Moffett.

Working as a psychology instructor showed her that being a traditional classroom teacher was not her passion.

"I came from an athletic background where I was always training for a competition or performance, so transitioning to a lecturer position in Psychology was tough," she said.

Her experience of being in a classroom led Moffett to go back to school and pursue her Master of Science degree in Kinesiology at

the University of Texas Telecampus. She later transferred to the Kinesi-

"I get to teach 'fun stuff' with a lot of variety and activity," Moffett ex-

from several people and had several role models in my life," said Mof-



Professor Vanessa Moffett found her passion for kinesiology at South Plains College.

VICTORIA DE SOUZA/PLAINSMAN PRESS

Moffett, "but I ended up simply majoring in psychology."

She pursued her Bachelor of Arts degree in Psychology and a master's degree in the same field to become a teacher.

"I thought about clinical psychology, as I

more active and keeps me moving throughout the day."

Teaching kinesiology courses gives her the opportunity to practice her job and have a lot of fun with her students.

ology Department at SPC.

"Moving to the Kinesiology Department was a great decision for me," said Moffett. "It is much

plained. "I get to exercise and stay active throughout my workday."

Besides enjoying her job, Moffett also enjoys

fett. "The most significant would be my parents, sister, and other family members."

Moffett recommends that students choose a career that they love.

"Don't choose for the money or any other reason," said Moffett. "Choose something you're passionate about, and

work will not feel as much like work."

vdesouzabisp2529@students.

southplainscollege.edu

“While going to school, I wanted to teach at SPC because I always heard good things about the school, and my family was still in this area.”

- Vanessa Moffett

International student strives to help her community

by VICTORIA DE SOUZA
Feature Editor

Lucy Kaiyuki is pursuing her passion for the medical field to have an impactful change in her community.

Kaiyuki lived in Kenya with her mother and two younger brothers until she received an opportunity to obtain her associate's degree in nursing at South Plains College.

“I hope to receive opportunities, like scholarships, to continue my education in the United States so I can transfer back to medical school.”

- Lucy Kaiyuki

Kaiyuki is the first person in her family to go to college. Prior to coming to SPC, she studied for two years at Kenyatta University.

Kaiyuki began by pursuing a medical degree, but she started facing a rough time in following up with the medical school in Kenya.

"School became a little crazy, and I had to take a break for a while," Kaiyuki recalls.

After taking a break from school, Kaiyuki saw the opportunity to explore the medical field by studying nursing. With the help of some family friends

said that it is a very good school, and that I should give it a try."

In 2017, she moved to the United States to enroll in college. She said that she is very grateful for the opportunity of going back to school and looks forward to future opportunities to follow up with her college career before returning home.

"I hope to receive opportunities, like scholarships, to continue my education in the United States so I can transfer back to medical school," Kaiyuki said.

Her career goal is to be able to help her home country to improve its medical resources.

As an international student, Kaiyuki also goes through a hard time being away from her family.

"I miss having my mom and my brothers around, and my community," said Kaiyuki. "I also miss a lot of our food. They taste so

different from the ones here."

Her family is an im-

Kaiyuki, "and I receive a lot of support from my family and my friends.

This semester, Kaiyuki began serving as a residence hall advisor at the Smallwood Apartments on the Levelland campus.

"This job has been very good for me," said Kaiyuki. "It has given me the opportunity to improve my social skills because I have to interact with the residents. Also, it has helped me a lot in developing better time management and leadership skills that I will use after I graduate."

Despite managing a busy schedule between her classes and working, Kaiyuki still finds free time for her friends and hobbies.

"I love singing," Kaiyuki said. "I was in a singing group back home, and every time I go back, I try to go visit them. Now I am working to learn to play guitar, and this has been

a very fun experience."

vdesouzabisp2529@students.

southplainscollege.edu



Lucy Kaiyuki is a first-generation college student from Kenya.

VICTORIA DE SOUZA/PLAINSMAN PRESS

portant reason to keep her motivated and keep moving forward while pursuing her career.

"It is hard being away from my family," explains

We always challenge ourselves to improve and reach our goals. Also, I want to set a good role model for my two younger brothers."

Alum opens first Ketamine clinic in Lubbock

by **KENDALL RAINER**
Associate Editor/
Photo Editor;
AUTUMN BIPPERT
Editor-in-Chief

[Editor's note: This story is part of an ongoing project in conjunction with the South Plains College Alumni Association. The project highlights former SPC students and their achievements.]

Ben McCauley has always had a desire to help people.

He found his calling when he came up with the idea to open Lubbock's first Ketamine clinic after 15 years in medicine.

Ketamine is a dissociative anesthetic that is being used to help treat depression, anxiety, PTSD and chronic pain. It is an alternative to traditional therapies and is a safe alternative to other treatments such as surgery and electroshock therapy.

Beginning the clinic was a good fit for McCauley because it was within healthcare, as he had

into research that was coming out regarding the drug.

"I was looking at it and going, 'Man, this is great; this is a great thing for people,'" McCauley said. "We need to have this. It needs to be a part of people's care."

McCauley explained that he had a family member that he thought would benefit from Ketamine infusions. However, there weren't any Ketamine clinics in Lubbock.

"There's a Ketamine clinic in every major city all over the country," McCauley added. "So I said, let's try to start one."

He opened his clinic, Denovo Therapy Lubbock, in June of 2019.

However, he said that at the beginning of the project, he did not know if the clinic was going to work.

"So the thing about healthcare is that you get to feel like you're making an impact for people," McCauley said. "The thing about being able to run this clinic is that I get to be an even bigger

so it's meaningful for me to give someone who's tried everything else an opportunity to get better."

Trials have shown that 70 percent of depression patients respond to the first Ketamine treatment. The effects of the treatment can last anywhere from a few days to weeks. The therapy duration is three weeks, with a total of six infusions that last an hour, of low-dose Ketamine.

The low dose is "subanesthetic." Ketamine was developed more than 50 years ago for anesthesia during surgery, and has been used as an anesthetic for minor surgeries. It also has been used in veterinary medicine, as it has similar effects on animals. Subanesthetic dosing is considered less than 0.8-1mg/kg during 40 minutes to one hour. This is compared to anesthetic dosing of Ketamine, which is typically considered to be 2mg/kg given all at once.

The risks of using Ketamine is low because the dose used for the treatment is very low and safe. During Ketamine treatments, blood pressure and heart rate may increase, but they are monitored to ensure no complications. Conditions such as uncontrolled

substance abuse, manic phases of bipolar disorder, or active psychotic (hallucinogenic) symptoms,

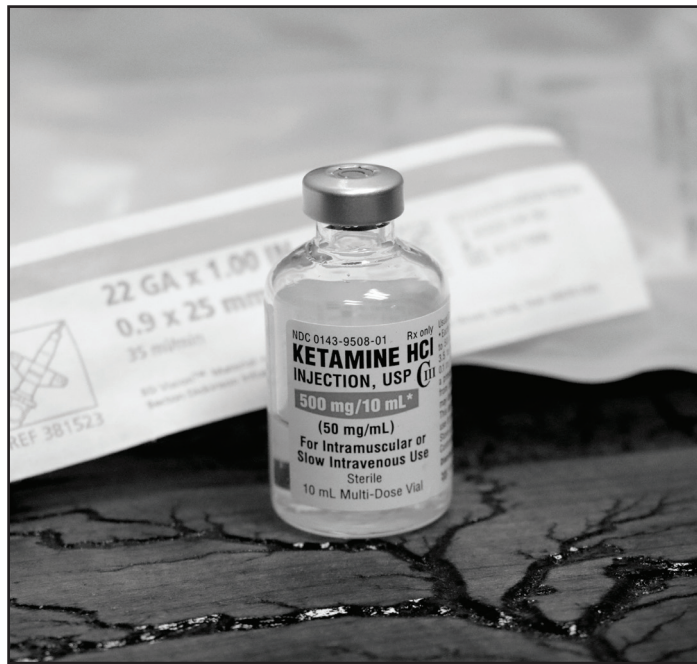
say "hi" to you. That's what I liked."

McCauley grew up in Lubbock and graduat-

tried to leave the hospital a few times in my life to go do other things, just to find out that it wasn't the



Ben McCauley chases his passion by opening Lubbock's only Ketamine clinic to help treat anxiety, depression, PTSD, and chronic pain. **KENDALL RAINER/PLAINSMAN PRESS**



worked in the healthcare industry for a long time.

"I was able to network a lot of relationships in order to start this," McCauley explains. "My history in healthcare and my history in working in healthcare and my relationships helped me get it going."

He said that he's passionate about his work because it has the potential to really change people's experiences with their depression.

McCauley said he began to become interested in mental health and Ketamine after looking

part of that by facilitating people's wellness."

"We (the clinic) have a mental health and pain

“So the thing about healthcare is that you get to feel like you’re making an impact for people.”

-Ben McCauley

focus," he added. "A lot of these diseases are debilitating for people. And

blood pressure, unstable heart disease, untreated thyroid disease, active

may make the Ketamine doses dangerous or ineffective.

McCauley first attended South Plains College in 1999. He later received his EMT certificate in 2002. McCauley periodically returned to SPC to assist in his degrees at Texas Tech University from 2002-2014. He earned his bachelor's degree in Chemistry, from Texas Tech.

McCauley said that his favorite memories of SPC is the time he spent in the Science Building and getting to know a lot of people around campus just after a semester.

"A lot of the admin staff you would see every day and every time you were there," McCauley recalls. "Even the professors recognize your face. So it was kind of like a small community, and people would

ed from Monterey High School.

His EMT certificate helped him get into the medical industry. He started working at a local hos-

pital and has continued to work there for more than 15 years. "I knew as a young person that I wanted to be in healthcare," said McCauley. "That was an executable way for me to get started."

McCauley said that South Plains College helped him get his start in the medical field. He explained that he wasn't sure what he wanted to do after getting his start in the field.

"I worked in and out of the hospital basically since then (after getting his EMT certificate)," McCauley explained. "I

right thing for me. That was a hard lesson to learn, that healthcare is my jam, and that in order to be successful, I need to stay within my wheelhouse."

McCauley added that whenever he was looking for growth opportunities and career perspective, he went back to SPC again.

McCauley considers having a wife and three children, as well as opening and owning his own business, as some of his greatest accomplishments.

McCauley said, "I want to be a net positive change for my community."

krainer1618@students.southplainscollege.edu

abippert0518@students.southplainscollege.edu

VISIT THE SPC LEVELLAND LIBRARY

Study, Research, Relax, Enjoy!

Drop in to try our new furniture today. We are YOUR library!

Simply the Best!

Stop by and enjoy some of Bush's Famous Ice Tea.

FREE TEA

Get a Free Large 32oz Iced Tea

Good at the Levelland Bush's Chicken Location. © 2018 Bush's Chicken United LLC. All rights reserved. Limit one per coupon.

Controversial series '13 Reasons Why' not as far fetched as critics claim

by **AUTUMN BIPPERT**
Editor-in-Chief

With the mysterious disappearance of one of their classmates on the minds of Liberty High School

death of Hannah Baker, played by Katherine Langford, and the effects on her friend, Clay Jensen, played by Dylan Minnette, as he tries to figure out the events leading up to her passing based on tapes she left behind.

In Season 2, as Hannah's friends and family

protecting their daughter. More sexual assaults that occurred at the high school come to light, and everyone learns that the sexual assaults of Hannah and Jessica Davis, played by Alisha Boe, by Bryce Walker, played by Justin Prentice, weren't isolated incidents.

ed, at the Spring Fling where Clay stopped his classmate Tyler, played by Devin Druid, from shooting students at the dance.

The show flashes back and forth between to different time frames, before and after Bryce Walker is murdered. The whole season is focused around

lines and how the prior events affect the current timeline. Once word spreads of Bryce's murder, everyone is on edge, wondering who could have killed him. Was it Tyler, who had planned to shoot his fellow classmates? Was it Clay, who had shown hatred for Bryce because of what happened to Hannah Baker in Season 1? Or was it anyone of the other people who were also apart of the tapes Hannah had sent out?

What's visually appealing about the series is the use of lighting to tell the story. In Season 3, when the show was depicting before Bryce's murder, the scenes were very vibrant and had a light, airy feel. After Bryce's murder, the scenes were dark, almost monochromatic, with a heavier feel. I really appreciate how the show tells the story with more than one aspect. The best

is, of course, dramatized and exaggerated situations.

I do believe that the show does a good job of portraying how high school students interact with each other and respond to conflict, which is a breath of fresh air. A lot of shows have such an artificial view of high school and young adults. I always felt that other shows didn't draw my attention because they were so fake and not close enough to what it's really like to be 16 to 18 years old.

Not everyone in high school, or even later in life, will go through some of the serious situations, such as rape, suicide and abortions, but a lot of people do go through these things. It was more true to real life than most shows that depict high school life.

For its visual storytelling and its ability to show



students, everyone is trying to figure out what happened to Bryce Walker.

The Netflix original series "13 Reasons Why," based off of the Jay Asher book, premiered its third season, which takes its own liberties from the original story.

The series follows a group of students at Liberty High School as they deal with issues including suicide, sexual assault, substance abuse, bullying, and more, following the suicide of a classmate.

Season 1 focuses on the

process her death, the Bakers, played by Kate Walsh and Brian d'Arcy James, file a lawsuit against the school for not

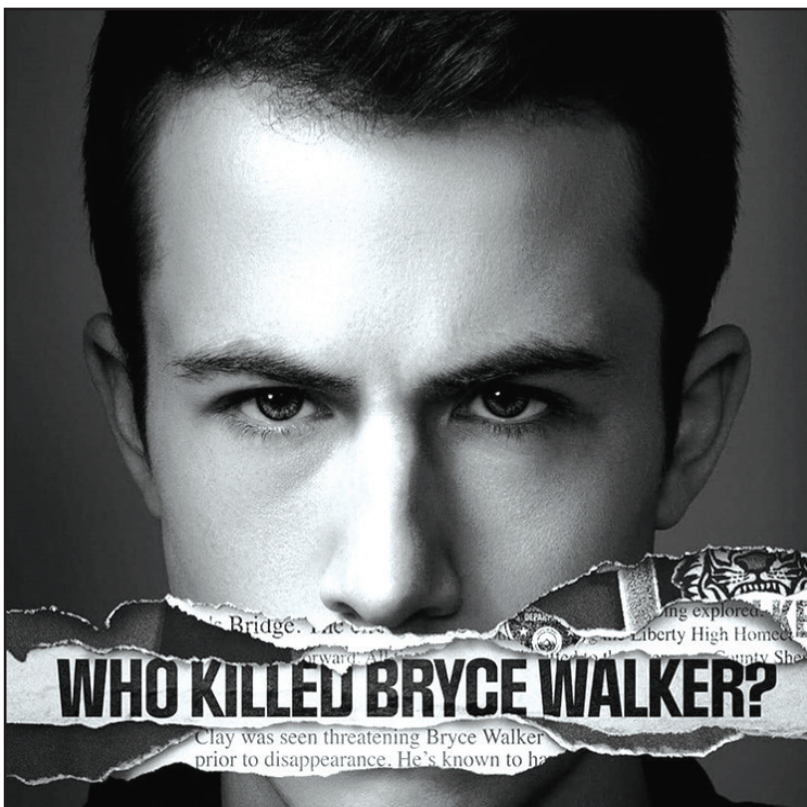
Season 3, like Season 2, is loosely continued from the book. The story is picked up eight months from where Season 2 end-

who killed the former antagonist.

The new season is told by a new narrator, Ani Achola, who's played by Grace Snider.

Ani's narration is actually an interview with the police. The audience is left to wonder which crime she is being interviewed about, and how is this new character a part of it?

The 13 episodes show the two time-



'The Sun and Her Flowers' tells life journey of young women through poetry

by **DANISHA LEWIS**
Staff Writer

A young immigrant girl has moved to the United States in hopes of living a better life.

In reality, she goes through the torment and bitterness of society while trying to make a lifestyle in this new state of mind. "The Sun and Her Flowers," a novel by Rupi Kaur, is every young girl's key to serenity.

Kaur emphasizes the everyday challenges of a young immigrant girl and her family, while expressing major factors of the life of a young adult woman. Throughout the book, the chapters are perceived as different stages of life. Through these different stages, any young lady reading this book can relate or who has even felt the emo-

tional pain and suffering that is being expressed.

This book connects to any perspective on love and reliance. Kaur shows

times, while also giving insight into how to heal from such instances. The stages also resemble a sunflower's journey of

was not expecting Kaur to pierce my soul with such impurity and realization. Personally, I could connect with so many points described in this book. Many women my age can as well.

This book covers many aspects of society and how women are treated today. I strongly suggest any avid reader, young adult women and or men read this book and get a grand view of how women as a whole feel, and what men should think about the next time they commit such neurotic acts on women.

Kaur is a poet who some might despise, while others worship the ground she walks on. She is a poet who is not for everyone, due to her erotic writing style, and the bluntness of what she talks about throughout all of her works. The thing that I did notice is that if you

are an avid reader, like I am, you've come across a lot of similar poets, and sometimes originality can fall short of those. Some people might think she is inappropriate due to her lack of sugar coating and her authenticity in what she writes.

This book may or may not be suitable for younger readers under the age of 16, as their brains are still developing and they are not fully sure what the meanings in the book are. The book also contains graphic illustrations to describe the poem and what she feels as she is writing the poems, so those images may not be suitable for the eyes of young teens.

I love Rupi's style of writing, as it is so relevant in today's society, while helping and healing those who feel that they are not heard. She points out that women are not alone, and that we all stand to-

gether in whatever we go through.

That truly is the message that should be getting passed around to everyone, no matter if you are a man or a female. She has other books such as "Milk and Honey" that actually connect to the soul while being a tad bit more appropriate for young readers.

I would suggest you take part of your day to read a small section of this book or sample to get the realization or Kaur.

I would rate "The Sun and Her Flowers" a 9.5 out of 10.

9.5/10

dlewis7068@students.
southplainscollege.edu

that it is OK to get hurt and feel the way one feels at

wilting, falling, rooting, rising and blooming. I

Disney Studios ruining good franchises with greed



by **KENDALL RAINER**
Associate Editor/
Photo Editor

Disney Studios holds the largest film franchise on the planet and is still growing, with new stakes in entertainment companies arising every year.

The familiar family-friendly company has made its mark with some of the most profitable movies that have hit the silver screen.

However, they are steadily ruining some fan-favorite film series.

Disney purchased Lucas Films in 2012, which subsequently gave them the rights to the "Star Wars" franchise. Shortly after the purchase, Disney Studios began production of the first installment of a sequel trilogy set to take place after "Star Wars: Return of the Jedi."

In December 2015, "Star Wars: The Force Awakens" was released.

The film grossed more than \$245 million on

make it feel like a "Star Wars" film.

Disney continued to produce "Star Wars" Universe films such as "Rogue One: A Star Wars Story" in December 2016, "Star Wars: The Last Jedi" in December 2017, and "Solo: A Star Wars Story" in May 2018. All of these movies hit

it big on opening weekend but seemed to be missing a lot of the traditional "Star

"Star Wars" film Disney produced.

Lucas Films isn't the

a huge success. The film that began to round out phase three of the MCU,

Home," completed phase three and was a pivotal part of the MCU linking

part of the Marvel Universe, as Disney burned their bridges, at least for now, with Sony Pictures, which owns the rights to the Spiderman films.

The reason for the two cutting ties is the fact that Sony did not agree with Disney's proposition to increase the financing of the Spiderman films, with Disney receiving 50 percent of the profit from the films. Sony was also disappointed in Disney's proposal to scale down Marvel President Kevin Feige's involvement in the films.

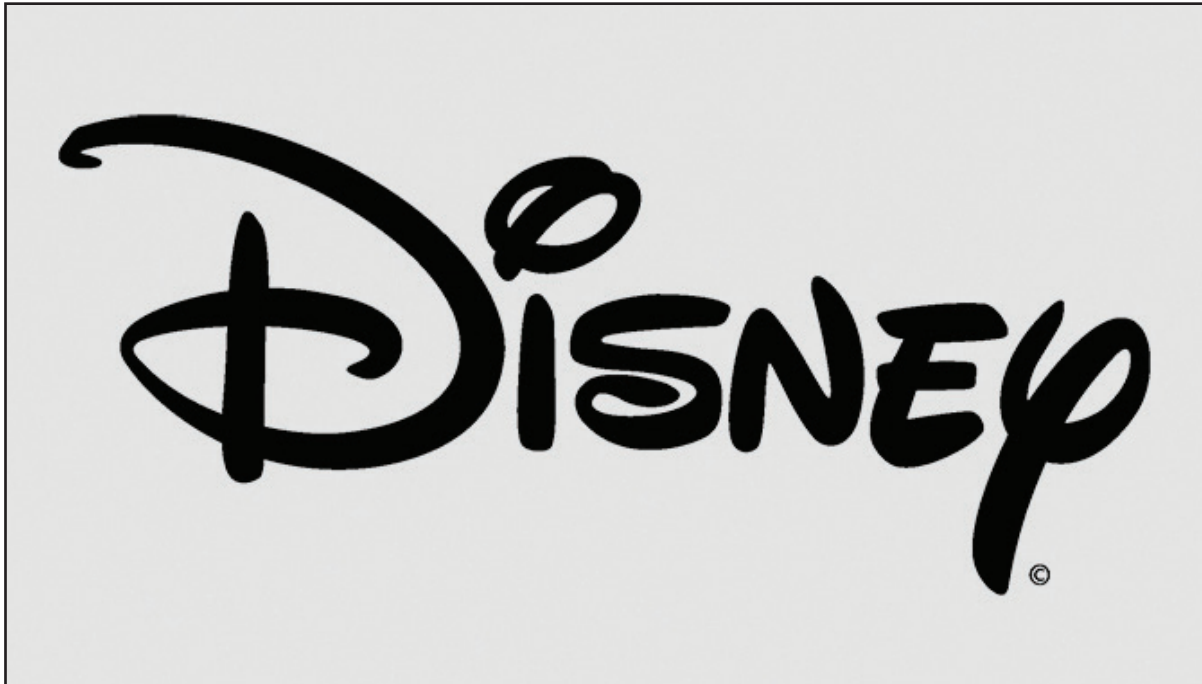
Feige has produced all of the films within the MCU and acted as an executive producer in the Spiderman films within phase three.

The split, for which Disney was largely to blame, has ruined the future of the MCU, as Spiderman plays a crucial role in phase four and is a favorite character in the Marvel films.

Phase four will still continue to be produced and will garner some amazing movies and television shows. However, Marvel will have a hard time trying to write out

Spiderman from the plans. Subsequently, some films may suffer.

krainer1618@students.southplainscollege.edu



opening weekend. That figure makes it sound like it was a big hit. However, the film was lackluster in both story and the overall action that fans have come to expect from a "Star Wars" film. Although the visual effects were quite stunning and done well, there was still something missing that didn't quite

Since Disney has taken over the "Star Wars" film franchise, the films have suffered. If George Lucas had not sold his company, "Star Wars" films would be significantly better. The fan base of the films would be growing continuously instead of shrinking as it has been since the release of the first

entertainment in 2009 and has helped Marvel produce the most successful film series to hit the big screen, grossing more than \$18 billion worldwide.

The Marvel Cinematic Universe has 28 films in the series. Some of the highest-grossing films from the series include: "Guardians of the Galaxy" (July 2014), "Doctor Strange" (October 2016), "Guardians of the Galaxy Volume 2" (April 2017), "Spider-Man: Homecoming" (April 2017), "Thor: Ragnarok" (October 2017), "Black Panther" (February 2018), "Avengers: Infinity War" (April 2018), "Ant-Man and the Wasp" (July 2018), "Captain Marvel" (March 2019), "Avengers: Endgame" (April 2019), and "Spider-Man: Far from Home" (July 2019).

However, Disney did not ruin any of these films. They were actually

year and grossed \$1.2 billion worldwide on opening weekend, breaking the record for highest-grossing opening weekend film.

The following film, "Spider-Man: Far From

However, Disney's destruction of the MCU came after "Spider-Man: Far From Home." Everyone's favorite "Friendly Neighborhood Spider-Man" will no longer be a

THE TOM DELUCA SHOW

HYPNOTIZING

MESMERIZING

CAPTIVATING

FASCINATING

DATE: SEPTEMBER 17 · TIME: 8PM
LOCATION: SPC PE COMPLEX



"Tom DeLuca is not your average entertainer...He's known as the - best in his business and campuses are crazy about him." Campus Activities Magazine

"His approach is to forgo the gimmickry to reveal the fun and wonder hidden in the attics of his volunteers' minds. There are moments of JOY and HAPPINESS on STAGE." Rolling Stone

Females should not be excluded from playing football



by **ABI HERNANDEZ**
Opinion Editor

Football was traditionally a sport for guys since 1869.

But now more and more girls are interested in playing football. When guys hear this, they start complaining and bragging that the girls will just get

be allowed to play on football teams.

In high school, I played football and was pretty good. At the beginning of the season, I got a lot of backlash for even thinking about playing football. When I finally did, it was rough at the beginning. Half of my teammates were not happy when they found out the new player was a girl. My fellow teammates treated me badly. But I would just ignore them and worry about what I was doing.

Even my coaches would treat me badly at times, as well as my own friends. Many people doubted me during this

I made them look weak and pathetic. I just wanted

cause this is a new opportunity and women have

The only thing I do see as a problem is women

for women to get concussions or worse.

The big question is, can they play? Of course. Not every position in football requires you to bench 300 pounds or run a 4.3 40. There are several positions that if a woman wanted to play she sure could. A great example is a kicker. When I played, I was a center field, and on occasion, I was a cornerback.

I got injured during my freshman year and I was almost paralyzed. I broke my knee and dislocated my shoulder because I wasn't that big and the other guys were husky and shredded. During the summer, I recovered and worked until I was happy with my body size and my muscle mass. So I totally understand the concerns,



to open a new opportunity for the girls who would like to play as well.

rights too. Just because I am a girl, that didn't stop me. I had a couple of friends who supported me and helped me get away from the mean comments.

Football is one of those touchy areas where men still dominate and girls are thought to be too weak and unskilled to play. But girls should be able to play football if they really want to.

I understand that football is a very physical sport and can cause some health problems, especially for women. If men can play football, women can play football. Not only can they play with other women, but they should be able to compete with men. It's only fair.

Other than the injuries, I don't see why they won't give girls a chance.

playing in professional football. High school is different because you are



not going against 6-foot-4, strong men ready to bulldoze anything and everything in the way. I am all for girls playing football and trying to get equal treatment. But since the guys are physically stronger, it is more likely

but women still deserve a chance to play football.



hurt and say that it's "not for girls." Women should

time, saying I was just going to let the team lose and

Girls should be allowed to play football too, be-

ahernandez5370@students.southplainscollege.edu

Word on the Street

What are your expectations for the semester?



"I expect to get a car, but first I've got to learn to drive. Also, I hopefully will pass physics and get done with my basics."

Justina Castro
Pre-med
Freshman
Lubbock



"I expect to meet new friends and do really good in my classes, get good grades and enjoy the experience of being in college."

Kasandra Rodriguez
Psychology
Sophomore
Andrews



"I expect to get good grades and get ready to join the Army, since I will be leaving in a couple of months."

McKenna Smith
Nursing
Sophomore
Lubbock



"I really expect to expand my horizons with what I am learning in class and with my music. I just expect to learn a lot from my teachers."

Heaven Nelson
Commercial Music
Freshman
Roby



"I want to achieve my personal goals and improve as a vocalist, and also overcome my fear of stage fright."

Alicia Franco
Commercial Music
Freshman
Lubbock



"I want to get used to going to classes again, since I have been out for 20 years. Also, I want to get good grades in my classes."

Autumn Ford
Nursing
Freshman
Denver City

Compiled by **Victoria de Souza and Abi Hernandez**

Toxic traits create harmful friendships



by **AUTUMN BIPPERT**
Editor-in-Chief

When heading into college, most people have the expectation of meeting life-long friends.

everything and drove to take her back to her dorm. I love doing things for other people, especially if it's an emergency. But for me, that set a bad precedent. This friend continued to use me throughout our friendship, from rides, to food, to help with homework. I even gave her a ride to the hospital and stayed with her for two days. To me, doing those things was being a good friend, and I didn't expect anything back from her. But I was treated badly with other toxic traits and ignored

might belittle your accomplishments or even fail to acknowledge them. They may seem supportive when you're going through a hard time, but when you're the one in the spotlight, they may act out. They might be moody, dismissive and negative, which could be a normal mood swing. But if it happens often, then it's a toxic trait.

Emotionally greedy
Following being an unsupportive friend, that same person will probably also be emotionally greedy. An emotional-

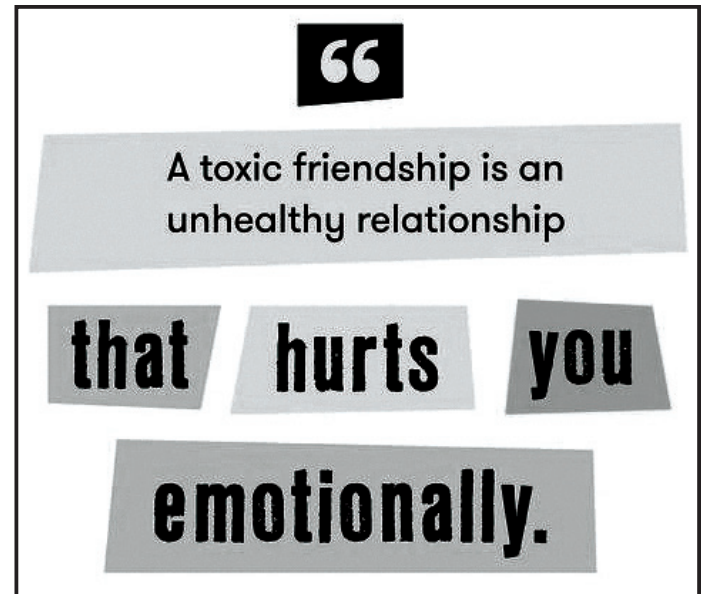
draw attention back to themselves. Some people make up stories or exaggerate actual stories to maximize the attention on themselves. After awhile, you find yourself questioning whether what they told you was true or just a way to get sympathy. After my toxic friendship ended, I replayed all the stories she told me that seemed to be for attention and the details that didn't add up. Sometimes you're not able to recognize everything that is truly toxic in a friendship until after the fact.

Blame/Deflection
A good trait to have is the ability to express when you are upset to the people in your life. Most of the time, when you go to someone in your life and express a concern you have, you will be able to work together to get passed the problem. But in a toxic friendship, the person will take your issue and turn the blame on to you. In this particular friendship, the person would follow up with "Well, I only did that to you because you did these things to me."

In -
never had an issue with me until I had addressed something she had done. In order to have a healthy relationship with your friends, you both need to be able to communicate and not push blame on the other person when problems are addressed.

stead of working through our problem, she would put the blame on me, when she had seemingly

stay in a friendship when you're not sure how the other person will treat you day to day.



With having those hopes so high, many people fall into toxic friendships without realizing because of the exceptions of lastings friendships. There are many signs of a toxic friend. Taken individually, they don't indicate a bad friend. But combined, they make for an unhealthy relationship.

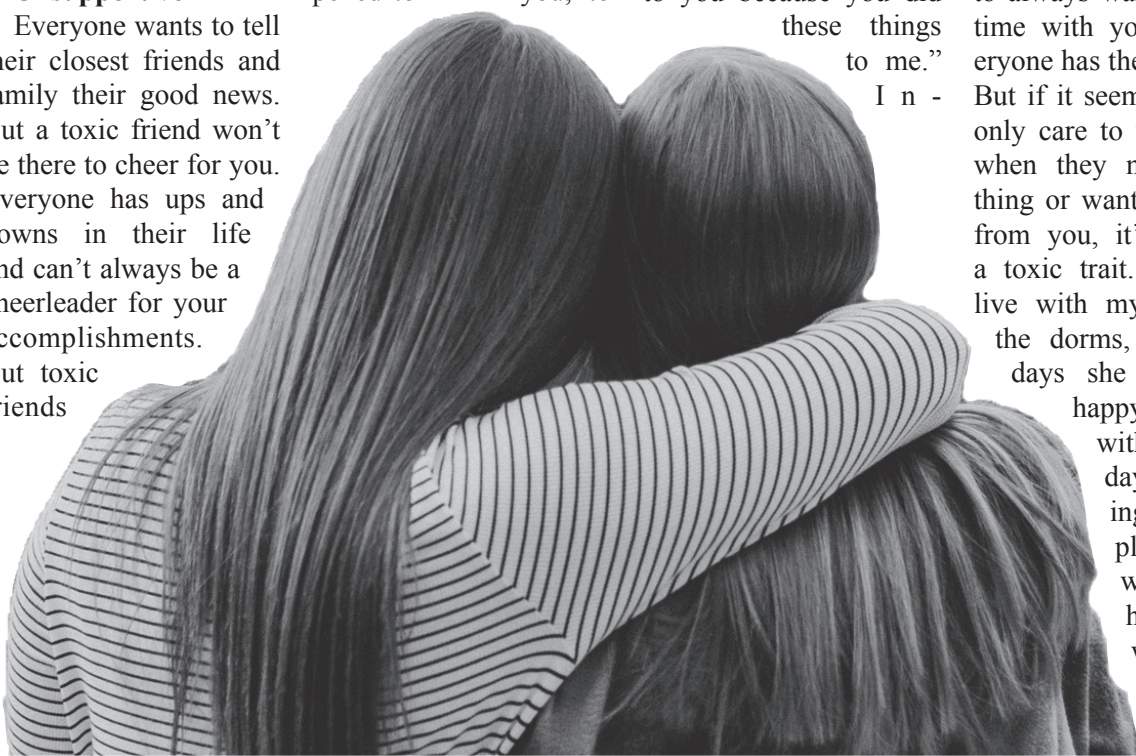
Uses you
Everyone does things for their friends because they care about them. But sometimes maybe a line needs to be drawn when it comes to what you will do for people when you're getting to know them.

I'm a very caring friend, so when a new friend of mine was stranded in downtown Lubbock, in the middle of the night, I dropped

when I needed anything. Toxic friends will be nicer and more polite to you when they need you or need something from you.

Unsupportive
Everyone wants to tell their closest friends and family their good news. But a toxic friend won't be there to cheer for you. Everyone has ups and downs in their life and can't always be a cheerleader for your accomplishments. But toxic friends

ly greedy friend always wants the focus on them, whether it's for praise or sympathy. They will often dismiss your stories, or try to top what happened to you, to



Student finds community, opportunities after beginning college



by **DANISHA LEWIS**
Staff Writer

When I first came to South Plains College, I

had no friends and I was basically an adult, as we all are when our parents drop us off. Coming to SPC was definitely not my first choice, but I am glad I made the choice.

SPC is a great choice for anyone starting out in college. It gives insight into adult life while also giving the college experience, such as attending basketball games to participate in events on campus. The events really

realize that college was not so bad after all.

The moment I started going to events, I made friends and others who have helped along the way. I feel that if a young adult is starting college, the best choice would be a community college, especially SPC.

College offers students many opportunities. SPC allowed me to be part of many organizations such as BSM (Baptist Student Ministries). I also became an RA (Residence assistant), and I also had the opportunity to start my own club. Being on campus has really

Homecoming Queen to being involved in pageants. I have also seen lots of others gain amazing opportunities, academically and athletically.

Our campus encourages diversity and equality among all students. The professors care, and everyone knows each other while giving each other a chance.

SPC has evolved a lot over the course of years. Some might even say this was their best first choice. It sure was for me.

Many students think of community colleges as

an easy way out, or so I have heard. But it really makes everything easier for those who it has an



affect on. Any community college is a great first choice, due to the growth and development it had on younger students who are just getting started. It is cheaper, faster and a more efficient way to get a degree, while allowing students to have the same experience as people their

same age at a University. SPC is a home for many students. This campus has a wide variety of

resources that students are able to utilize, whether it is counseling or needing food from the food pantry and much more.

This is not only a community college, but also a home for many students on this campus. People come from all over

the world to come here. This allows people to interact with people from all over. SPC offers many opportunities for students, and continues to do so through the will of giving and understanding.

dlewis7068@students.southplainscollege.edu



did not know what to do. I was down and out,

opened me up and gave me insight. It makes me

opened up a lot of doors for me, from winning

Pacheco settling into new role as assistant women's basketball coach

by VICTORIA DE SOUZA
Feature Editor

Julio Pacheco brings plenty of enthusiasm to his new job as assistant women's basketball coach at South Plains College.

Pacheco was born and raised in the south of Brazil in the state of Florianopolis.

He obtained his bachelor's degree in Physical Education from the Universidade Federal de Santa Catarina (Federal University of Santa Catarina) and a master's degree in Education Instructional Design and Technology at Arkansas Tech University.

In 2007, Pacheco moved to the United States to serve as a graduate assistant at Arkansas Tech University.

While working at Arkansas Tech, Pacheco met his wife Christine. They are the proud parents of two young girls, Gillyan, 14, and Isabella, 7.

His passion for basketball comes from his childhood.

"I grew up watching basketball," said Pacheco. "I remember when I was 10 or 11 years-old and saw Michael Jordan playing, and that was just part of my life."

Coaching came at a very young age. When he

was 19, Pacheco became an assistant coach for a private club team in the city of Florianopolis after he had tried out for the team.

"I didn't make it," Pacheco recalls, "but they offered me a chance to

"Gilberto and I are very good friends, and he was a good mentor in my first step into my coaching career," he said.

His job as a student assistant coach in Brazil gave him the opportunity to obtain the experience

also spent some time with the men's basketball team."

After moving to the United States, Pacheco had the experience of being an assistant coach at Arkansas Tech, an NCAA Division II mem-

ber of teams that went to the Elite Eight twice and had multiple 20-win seasons.

He later served as the head women's basketball coach at Southern Arkansas University for three years.

"In my first year coaching at SAU, we broke the school record by winning 19 games," he mentioned. "And I had the honor to be named the Coach of the Year in the Great American Conference. That was a huge accomplishment for me."

Pacheco coached at a high school in the Texarkana area for a year before he had the opportunity to come to South Plains College.

Pacheco was introduced to SPC through Cayla Petree, the head coach of the SPC women's basketball team.

"Coach Petree and I know each other from a long time on the recruiting trail and the business of recruiting," he mentioned. "We kept communication, and during the summer I saw the position as avail-

able to be her assistant coach."

Pacheco and his family moved to Lubbock, Texas, during the summer to become part of the SPC community.

"I am so thankful for the opportunity to be here at SPC," he said.

Pacheco hopes to continue the success the team had in the previous season as the Lady Texans team prepare for the upcoming season.

"We have high expectations and we should have based on the team of last year," he said. "And the next step is to build this day-by-day championship mentality that will lead us to achieve our goals as a team."

Beginning this next step of his life and career, Pacheco is grateful for being part of such a united community that he found at SPC.

"It is a privilege to be part of a great school with a very traditional successful program," said Pacheco. "And I hope to continue this high level of energy and high level of knowledge to continue to provide for the SPC basketball program"

vdesouzabisp2529@southplainscollege.edu



Coach Julio Pacheco brings a positive attitude and veteran experience to the Lady Texan coaching staff.

VICTORIA DE SOUZA/PLAINSMAN PRESS

become a student coach for the team of the town."

Working for the Club of Florianopolis led Pacheco to have a closer look into coaching. He also found himself a mentor in Gilberto Vaz, who guided him into the coaching world.

to go to Kennesaw State University in Georgia through a student exchange program.

"That was my first time in the U.S. and my first contact with the language," explained Pacheco. "I spent six months with a host family, and

ber, where he stayed for seven years.

"It was a very solid experience at Arkansas Tech for me," said Pacheco. "And there I found a big mentor in my career in Coach Dave Wilbers."

During his successful time at ATU, he was a part

going backpacking and playing golf.

Coach Miller said he is looking to help the track team get back to the NJCAA Indoor and Outdoor National Championship in the 2020 season. He said he is excited to help develop sprinters, hurdlers, and relay teams.

"It's a very talented group, and I'm looking forward to a lot of hard work," Coach Miller explained. "I would like to see success across all event areas and a strong showing at the national meet."

Coach Miller said his favorite thing about coaching is to help athletes achieve their goals, both on and off the track.

"I also enjoy getting to build relationships with the athletes," Coach Miller continued. "I enjoy helping them to grow and develop as athletes."

Coach Miller said he is very passionate about track and the competition involved in the sport. However, he also enjoys the details of the sport.

"I love the combination of individual performances leading to a team goal," he explained.

He added that he was very passionate about Kinesiology and studying human movement and the idea of continually pushing the limits of performance.

"It's a sport where success depends on the coach's ability to manipulate the biomechanics, physiology, and psyche of each athlete to enhance performance," Coach Miller said. "I love how that attention to detail can lead to the overall team's success."

Coach Miller said, "The team is very deep with great athletes and potential, and our goal is to win a National Championship on the men and women's side."

krainer1618@students.southplainscollege.edu

Miller excited for upcoming season as new assistant track coach

by KENDALL RAINER
Associate Editor/
Photo Editor

Wesley Miller brings a passion for track and field and an abundance of experience to his new role as an assistant track and field coach at South Plains College.

Coach Miller spent three years as an associate head track coach at Louisiana Tech University, where he was in charge of all sprint and jump-based events. Prior to that, he spent five years as an assistant coach at Northwestern State University.

In 2016, Coach Miller had the opportunity to take an athlete to the United States Olympic Trials.

"That was an unforgettable experience for a very hardworking athlete and as a coach," Coach Miller added. "The level of competition was amazing to experience as well, watching some of the best athletes in the world lay it all out to make the Olympic team."

Coach Miller said he

was attracted to SPC because of the level of success that the program has sustained and the support from the Athletic Department. He was also impressed by Erik Vance, head track and field coach at SPC.

"The people we met during the interview were so friendly," Coach Miller continued. "It just felt like home for our family."

Coach Miller grew up in San Antonio, Texas. He took classes at Texas A&M University, and later graduated from the University of Texas at San Antonio.

After getting his Bachelor of Science degree in Kinesiology from UTSA, he took some graduate-level courses at Northwestern State.

Coach Miller has been married for eight years and has two children, Adelyn, who is 8 years old, and Colton, who is almost 1 year old.

Coach Miller also is

interested in music. He enjoys playing the drums

and has played in cover bands and at church. He

In his free time, he said he enjoys the outdoors,

also enjoys playing piano, guitar and writing music.

Coach Miller said he is looking to help the track team get back to the NJCAA Indoor and Outdoor National Championship in the 2020 season. He said he is excited to help develop sprinters, hurdlers, and relay teams.

Coach Miller said his favorite thing about coaching is to help athletes achieve their goals, both on and off the track.

Coach Miller continued. "I enjoy helping them to grow and develop as athletes."



Wesley Miller steps into new role as assistant track coach at SPC

KENDALL RAINER/PLAINSMAN PRESS

limited time deal
**Buy One, \$1
Get One for 1**

Prices and participating items vary. Limited time only. Valid for items of equal or lesser value. Cannot be combined with other offers. ©2019 McDonald's

AUGUST 13 – SEPTEMBER 16

Buy One Get One for \$1 deal featuring Big Mac®, Filet-O-Fish®, 10 pc. Chicken McNuggets® and the Quarter Pounder® with Cheese.

McDonald's

605 College Ave. Levelland TX

DICKEY'S
BARBECUE PIT

HOMESTYLE SIDES
MADE WITH THE SAME CARE
AND LOVE IN EACH BATCH
AND SERVED WITH A SIDE OF...

©2019 Dickey's Barbecue Restaurants, Inc.

DINE-IN • TAKE-OUT • CATERING

Deline ready for new coaching opportunity with Lady Texans

by **KENDALL RAINER**
Associate Editor/
Photo Editor

on to attend Fort Scott southeast Kansas, before College. He graduated

Lindsay Deline is ready for his new adventure as an assistant women's basketball coach at South Plains College.

Coach Deline, a recent graduate from the University of Tulsa, is joining Cayla Petree and Julio Pacheco on the bench this season.

Coach Deline spent a semester as an intern for the women's basketball team at the University of Tulsa. He also played as a guard for one season on the men's basketball team at Tulsa.

Coach Deline grew up in Midwest City, Oklahoma, where he attended Carl Albert High School for his freshman year. He then graduated from Heritage Hall in Oklahoma City.



Lindsay Deline brings experience as a player and intern from University of Tulsa.

KENDALL RAINER/PLAINSMAN PRESS

Coach Deline went Community College in transferring to Rose State from Tulsa in 2019 with a

bachelor's degree in Developmental Enterprise.

Coach Deline is joining a program that went deep into the NJCAA National Championship tournament in the 2018-2019 season. He said he is hoping to get the team back to that point and hopefully beyond to win a national championship.

"We just want to take one day at a time," Coach Deline added. "Work each day as hard as we can and win each game as they come."

Coach Deline is looking forward to helping where he can in his new role as an assistant coach.

"Being humble and doing what I can to help the team," Coach Deline continued. "If that's rebounding for the day, then rebounding. If I need to sweep the floors, then I'll sweep the floors the best I can."

Coach Deline said his favorite thing about coaching is being able to

see the players develop and see the smile on their faces after they know they've gotten better.

"It means they trust me, I trust that they trust me," said Coach Deline. "It feels good to be able to help somebody get to the next level of their skill development."

Coach Deline was referred to Coach Petree by one of his former coaches at Tulsa. He said he was drawn to SPC because he had heard a lot of great things about Coach Petree.

Coach Deline said that he is very excited to be at SPC and is hoping for a great season.

"Everybody that I've run into has been great," Coach Deline added. "I appreciate the hospitality and hope to see everybody at the games."

krainer1618@students.southplainscollege.edu

Reyes stepping into new challenge as college trainer

by **ABI HERNANDEZ**
Opinion Editor

to, which was "too much for two people."

Andy Reyes recently joined the South Plains College staff as the new trainer.

He added, "It got crazy once February came around, because there were sports overlapping and overlapping injuries."

Reyes grew up in Andrews, Texas. During high school, Reyes did not play any sports, but chose another way to be involved.

His most memorable memory at Monterey was that they had a lot of athletes who sustained season-ending injuries who recovered quickly.

"I was a student trainer in high school," said Reyes.

Also, those who had ACL surgeries were a success, and they came back faster and stronger.

Prior to SPC, Reyes was a trainer at Monterey High School in Lubbock for four years. He said he enjoyed the high school setting.

"It gave me a chance to be able to influence young people," Reyes said.

What he didn't like was that there are more than 700 athletes he and another trainer had to tend



Andy Reyes joins SPC after prior experience as a trainer at Monterey High School in Lubbock, Texas.

KENDALL RAINER/PLAINSMAN PRESS

a bachelor's degree at Texas Tech University and got his masters at Texas Tech University Health Sciences Center. Reyes got his start as a trainer for the Texas Tech track team in 2011.

Reyes recalled that he wanted to become a trainer because it allowed him to help people, especially athletes. He came to SPC because he wanted to get back into the college atmosphere.

"I've wanted to work around athletes all my life," said Reyes.

What interests Reyes about being a trainer is that

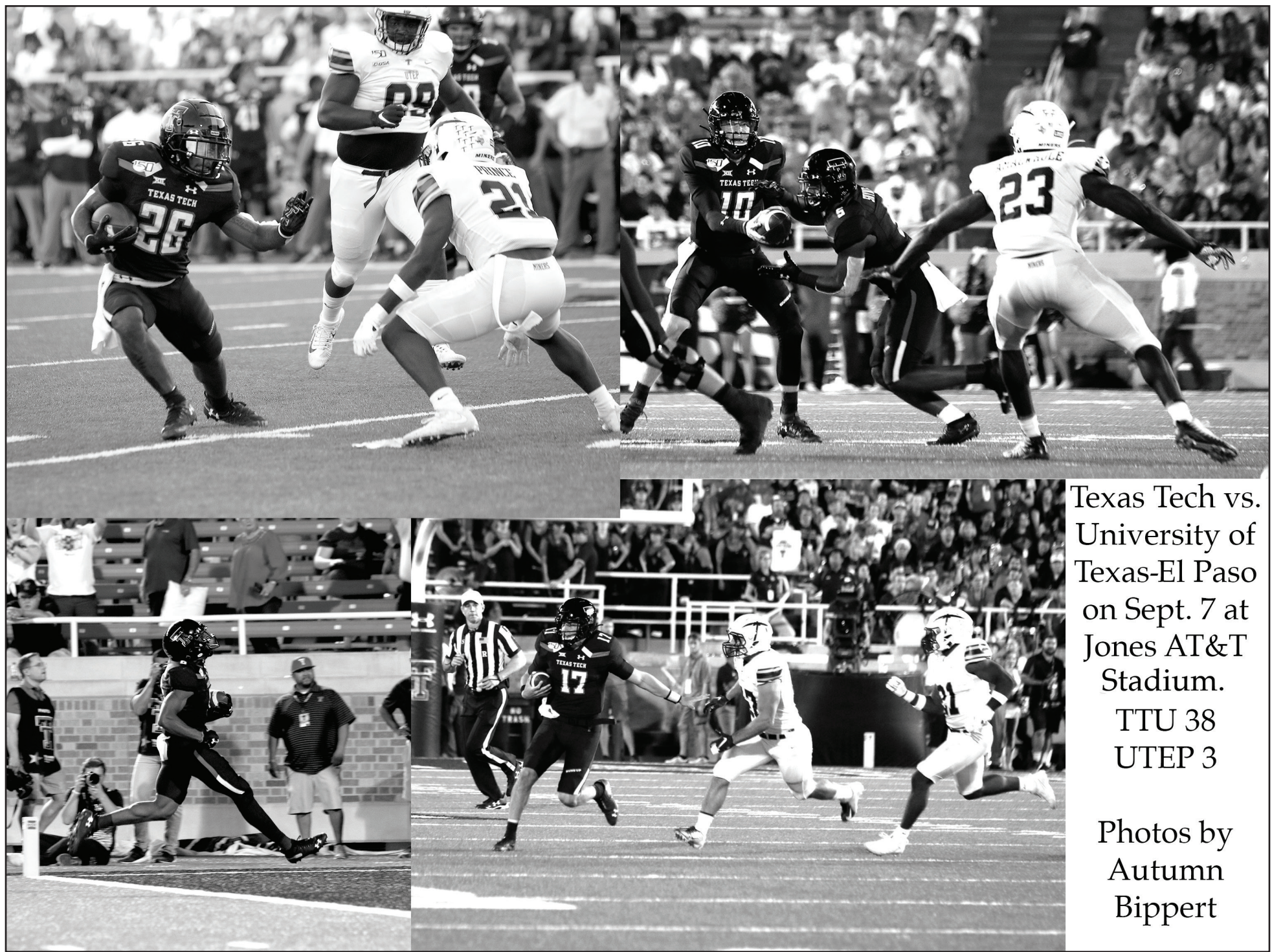
every day there is a new challenge, as well as the opportunity to see seeing people succeed and accomplish goals.

"There's never a boring day," said Reyes. "There's always different situations."

In his spare time, Reyes loves to go to movies. He also enjoys binge-watching TV shows, reading, and relaxing with his family and friends.

Reyes said that any students interested in being a student athletic trainer can contact him at Areyes@southplainscollege.edu. His office is located in Texan Dome.

ahernandez5370@students.southplainscollege.edu



Texas Tech vs. University of Texas-El Paso on Sept. 7 at Jones AT&T Stadium.
TTU 38
UTEP 3

Photos by Autumn Bippert

Up, Up & Away... Buffalo Springs Lake hosts annual balloon round-up

by **AUTUMN BIPPERT**
Editor-in-Chief

Jones from Lubbock, who said that her family and her were excited to see the hot air balloons

said Janis Armour of Lubbock. "It is something fun to do around Lubbock. We like to

loons would not take off.

"We need fairly calm

envelope, which is the bag holding in the air, uses heated air that's

nylon fabric, while the inlet of the balloon, which is closest to the

There's no need to travel all the way to the Albuquerque International Balloon Festival to witness hot air balloons in flight.

Buffalo Springs Lake hosted its annual South Plains Balloon Round-Up on Sept. 7 and Sept. 8.

The balloon lift-off was held at 7 a.m. with the sunrise. Seven hot air balloons took off from in front of the lake on both mornings. A night event was held at 8 p.m. on Saturday, featuring glowing hot air balloons.

Betty Brown, Buffalo Springs Lake crew member, said that the Balloon Round-Up has been around for 15 years, and that the idea to start the Round-Up came from the Albuquerque International Balloon Rally.

Brandon Powell, general manager for Buffalo Springs Lake, said that the Balloon Round-Up has drawn more people to the event each year.

"Anywhere from 1,000 to 1,500 roughly (attend), and that's for each event," Powell explained.

Powell explained that the Saturday morning event normally



for the first time and it was a great activity to

hot air balloon tethered to the ground and took

come to watch them blow up the balloons, and they are so pretty."

Hot air balloon rides were not open to the public. However, pilot Glen Cambel had his



winds to launch," explains Brown. "Other-

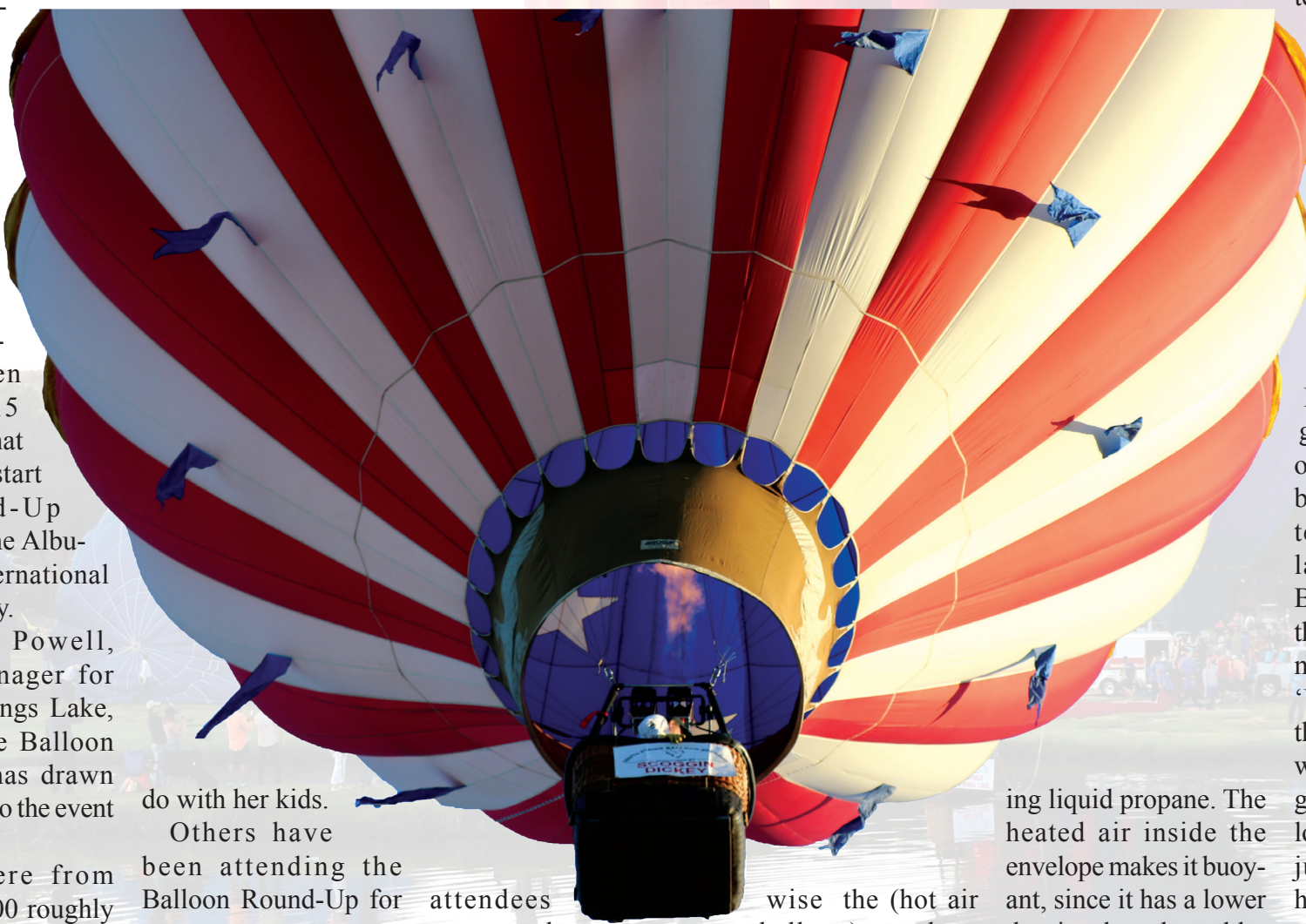
created by an open flame caused by burn-

er flame, is made from a fire resistant material such as Nomex.

There was more than just watching hot air balloons to do during the weekend at Buffalo Springs. There were also food trucks and inflatable bounce houses at the Round-Up.

"We're on a lake," Powell said. "You can go fishing, or camping out here. We do have a bunch of vendors scattered throughout the lake (for the event). But for the kids there this morning we had a movie playing. We had 'Up.' Then we've got the jumpers as well, and we do have little playground areas. There's a lot for them to do. It's just getting them out here and doing it."

Powell explained that there were 15 vendors around the lake for the weekend.



do with her kids.

Others have been attending the Balloon Round-Up for years.

"My husband and I come here every year to camp, and we stay to see the balloons too,"

attendees up and down in the balloon.

Brown explained that the hot air balloons at the event were all

wise the (hot air balloon) envelope will rock like crazy and it would be unsafe to launch it. Once you're

ing liquid propane. The heated air inside the envelope makes it buoyant, since it has a lower density than the colder air outside the envelope. The envelope does not have to be sealed at



draws the biggest number of attendees.

Hundreds of people pulled up before dawn on Saturday to watch the hot air balloons take off. For some, it was the first time seeing a hot air balloon.

Among those in attendance was Angela

from Texas, with one pilot from Amarillo, another from Corpus Christi and the rest from Lubbock.

The overall success of the event is highly dependent upon the weather, which means if the conditions weren't right, the hot air bal-



up in the air, the winds, they'll carry you. You just go with the winds. But the closer you get to the ground, the more

the bottom, since the air inside the envelope is at about the same pressure as the surrounding air. In modern sport bal-

"Last year, we had a little less," Powell continued. "So hopefully with the more balloons we have next year, we'll have more vendors."

abippert0518@southplainscollege.edu

photos by **AUTUMN BIPPERT, KENDALL RAINER AND VICTORIA DE SOUZA/ PLAINSMAN PRESS**



calm you need them." The hot air balloon

loons, the envelope is generally made from