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a student publication

# The Montgazette

FREE

The Students' Voice

Issue 77

Serving Montgomery County Community College and the Surrounding Community

March 2019

Mental illness is an epidemic among college students. Montgomery County Community College students do not have to bear it alone. Help is available on campus. Page 4.

Photo courtesy of publicdomainpictures.net

from the  
**Editor**

# Revel in competition but don't live to regret it

**Josh Young**  
The Montgazette Editor-in-Chief

Around this time last year, something magical happened. The Eagles won the Super Bowl! Most of us at Montgomery County Community College remember the celebration, the parade, the happiness, and the joy of seeing the Eagles finally win the Super Bowl. This year no such thing happened. The Eagles got bounced in the second round of the NFL playoffs by the New Orleans Saints and were sent packing.

Normally, when a team is eliminated, fans react in ways that are unhealthy. They generally want to lash out and demean the other team and its fans, instead of enjoying the rivalry and the fun that comes with competing in these big games. Many fans attack the other team and its fanbase on Twitter, Instagram, Facebook, and every other kind of social platform. And, many times, fans will even destroy personal property, such as the Bears fan filmed destroying a door. Sometimes, fans will

even physically attack another fan out of sheer, unbridled rage.

Instead of living in anger, enjoy the rivalry. Enjoy the moments that are spent with family members or close friends watching the games, and the highs and lows that you experience in a season with your team. Do not take these experiences for granted, like I did.

As a fan of the Dallas Cowboys, a team with only three playoff wins in my lifetime, something that my Eagles friends always remind me of, I was less than enthused about the Eagles winning a Super Bowl. The only thing that made it bearable was that my 74-year-old grandfather, a lifelong Eagles fan, was finally able to see his team win the Super Bowl. He passed away a little over two months later from cancer.

Sometime after the funeral, it occurred to me that I did not share in the victory with him as I should have. If I could go back to

that moment, I would have thrown my arms around him and congratulated him instead of half-heartedly joking about it taking the Eagles more than 50 years to win a title. Instead of enjoying the rivalry, it deflated the emotions that I should have had.

My dad is a die-hard Cowboys fan, like me, who has seen all five of the Cowboys' Super Bowl wins. Unfortunately, I have not been around for any of them. Nevertheless, if the Cowboys were to win the Super Bowl, the celebration that my dad and I would have might be the party of the century. In that moment, all the painstaking defeats, late-season collapses, and losing that we have experienced together would not matter because we would have finally experienced the joy of winning together.

It is for this reason that I urge you to revel in the highs of competing, instead of bemoaning the lows—because there could come a time when you may regret it.

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All clubs chartered through the Student Life office may advertise in The Montgazette free of charge.

## About The Montgazette

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**The Montgazette**  
The Students' Voice



# Rage and sadness: My battle with mental illness

Josh Young  
The Montgazette Editor-in-Chief

Mental illness is a serious issue in our society. According to the National Alliance on Mental Illness, one in five U.S. adults, or 43.8 million adults, experience mental illness each year. Of those struggling, 56 percent do not receive treatment. Perhaps even more alarming is the rise of mental illness, especially depression, among American youth. According to Dr. Gregg Henriques in "Psychology Today," the percentage of college students who experienced depression rose from 28 percent in 2007 to 42 percent in 2017. I am one of those students.

I want to make it clear that I have not visited the Drop-In to Destress Center. Nor have I used any of the facilities at Montgomery County Community College dedicated to helping students suffering from mental illness. I was lucky enough to have a family that recognized the symptoms and got help for me. I realize this is not everyone's case, so I encourage students to use the programs the College offers. It is my hope that my story will encourage others to also get the help they need. To do this, I will start at the beginning.

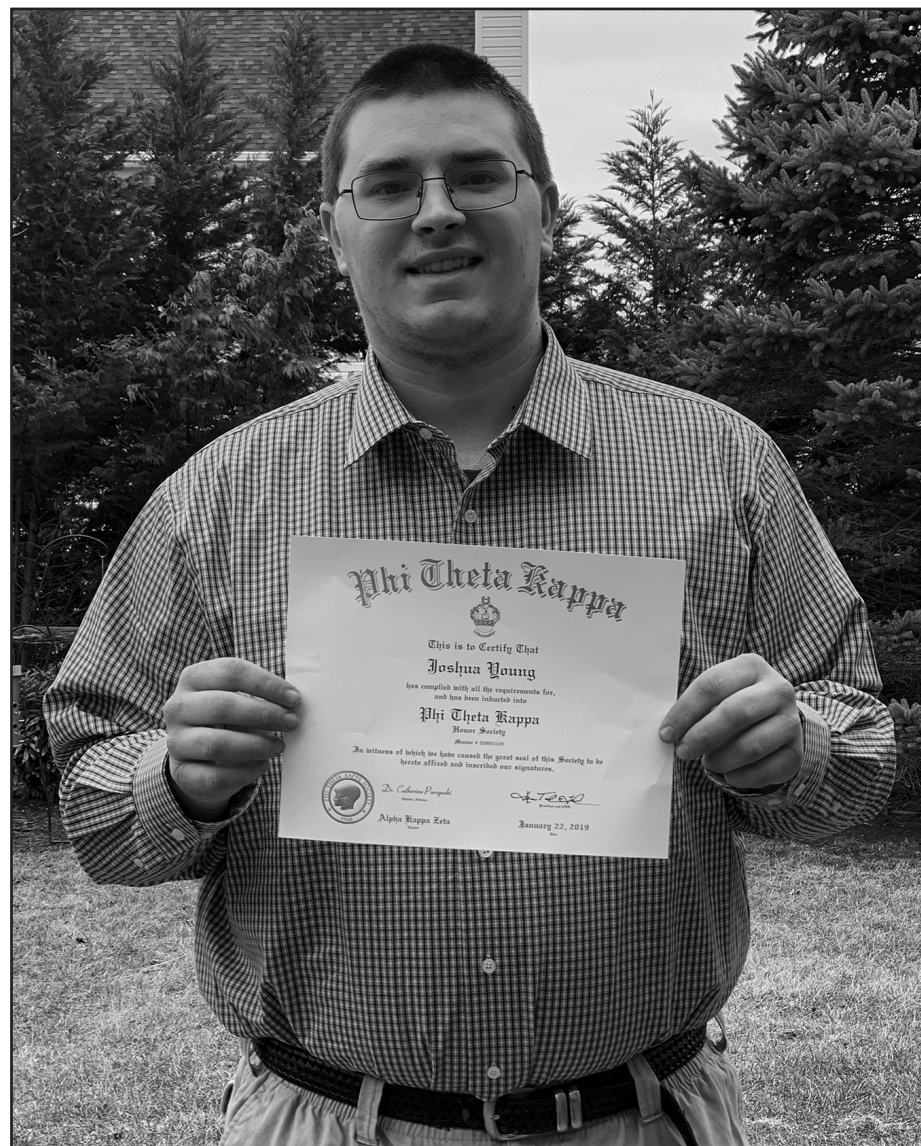
As a small child, I was diagnosed with attention-deficit hyperactivity disorder, more commonly referred to as ADHD. As a result of this disorder, I had a hard time concentrating on tasks and acted impulsively. ADHD is also associated with low self-esteem,

which became the basis for many of my later struggles.

As a kid, I was very much ahead of the curve. I walked at 10 months and was reading by the time I was 3 1/2 years old. The things I was interested in, combined with my shy nature, alienated me from my peers. In daycare, I was more content to sit in a corner and read a book because I was scared to play with other kids. Because I was different and had low self-esteem, I was bullied every day by the other kids. My family could not laugh around me, because if I heard it, I would start to cry. I grew to hate that sound because I associated it with other kids laughing at me.

The bullying did not stop when I went to elementary school or middle school. I was excluded from activities on the playground such as kickball, and I started to not even attempt to talk to others. These experiences led to depression and problems with managing my anger. I began to look for reasons to be distrustful of people whom I had never met before because I did not want to let anyone get close to me. I became prone to fits of rage and going off on rants laced with profanity, seemingly out of nowhere. Thus, by 8th grade, I lived in a perpetual state of loneliness and rage, with what felt like no end in sight.

Continued on Page 5.



Montgazette Editor-in-Chief Josh Young celebrates his induction into the College's honor society, Phi Theta Kappa.

Photograph by Nicholas Young

# Don't suffer: Help is closer than you think

*The College offers free mental health services*

**Khushi Desai**  
The Montgazette Contributor

Today, more and more people suffer from mental illness, and college students are one of the groups with the highest risk. In fact, according to learn psychology.org, 34 percent of college students report feeling depressed at least once every 90 days, and 10 percent say they have contemplated suicide.

Fortunately, there are many ways to get help and even recover. Many universities and colleges in the U.S. offer programs and workshops to help students who are struggling with mental health issues. Montgomery County Community College makes available amazing services for such students, including the MindKare Behavior Health Kiosk and the Drop-In to De-Stress Center.

Eileen Roth, an advisor in the Student Success Center, is a treasure trove of information regarding the mental wellness programs and workshops the College offers to students who are struggling. Many students who seek help via these programs have different

mental illnesses, including anxiety, depression, bipolar disorder, substance abuse and more. These programs aim to help students recover and develop better coping skills for managing their mental health.

The walk-in Wellness Check-In program is available every Tuesday and Wednesday on Central Campus, Blue Bell, and every Wednesday at West Campus, Pottstown. The services are available in the Student Success Center on both campuses.

According to Roth, students can walk in and meet with an advisor, and talk about their semester and how it's going. They can also share concerns about their mental wellness and more.

The walk-in program is connected to the Student Support Referral Team or SSRT, where both students and faculty can get referrals to healthcare professionals and other community resources.

Another great workshop is the Drop-in to De-Stress Center, held every Tuesday and Wednesday on Central Campus, Blue Bell, and every

Tuesday at West Campus, Pottstown.

These workshops began in 2018 with the goal of helping students who are struggling and are unable to get help. They also attempt to help students open up about how they feel and what they are going through.

It is hard for some students to share. They may have had a parent or a family member disregard their feelings, or they were made to feel like they don't matter or belong. Some discussions center on mindfulness. "Results are not really confirmed, but the students seem to do well after participating in these programs," Roth said. "Whatever is discussed, and said by any student in the workshop, is all confidential."

Another great support offered at the College is the MindKare Behavioral Health Kiosk. Students can take a quick, anonymous interactive assessment and learn about symptoms they may be experiencing. The idea behind this type of support is that it allows a person to realize that therapy

may be advised. It also indicates the risk for a mental illness. Finally, depending upon the answers students give during the assessment, the kiosk may provide names of therapists and doctors in the area. Many students find this to be helpful, even if talking to someone feels uncomfortable. The MindKare Kiosk is located on the ground floor of College Hall and online.

Keep in mind that resources and support are always available to assist a person who is struggling. The College offers these resources to help every single student have a great and healthy semester. A healthy mind helps students achieve great education - which can lead to a great future as well.

For more information on these programs, please visit the Montgomery County Community College website: [www.mc3.edu/choosing-montco/resources-for-students/health-and-wellness](http://www.mc3.edu/choosing-montco/resources-for-students/health-and-wellness), [www.mentalhealthscreening.org/mc3](http://www.mentalhealthscreening.org/mc3).

Have a safe and healthy semester, Mustang Students!

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## Rage and sadness Continued from Page 3.

Luckily, my parents and my brother were there for me. They were the ones who pushed me into going to therapy and getting the help I desperately needed. Eventually, I relented and went to therapy with Dr. Randy Sandler. In these sessions, I talked about experiences that I had never told anyone before, which allowed me to get out some of the pent-up anger that I carried inside of me all the time. The most important person in my recovery, however, was my dad. He and I are cut from the same cloth. We share similar interests such as sports, but more importantly, we share experiences—his were comparable to mine. He identified my negative thought process and taught me that not everyone is out there to hurt me. Furthermore, he taught me that I did not need to forgive those who hurt me, but that I needed to give those who did not hurt me a chance.

My father advised me to simply say hello to someone, and try to spark a conversation with

people over something. For that advice, I am eternally grateful. I began to make a small group of friends and experienced fewer and fewer periods of depression, and my rage lessened as well. I urge anyone who feels lonely, or depressed: Put yourself out there, and give people a shot. People will surprise you, and most will look to help you.

However, this progress does come with setbacks. Almost every day, there is the possibility to fall back into despair and anger. The key is not to let yourself fall down the rabbit hole. I believe that people who suffer from mental illness, like myself, and have had experiences that created issues, will never fully overcome them. That does not mean, however, that it is useless to try to dispel these issues. It only means that I must make a deliberate effort each day to make choices that enable me to experience success and live a happy life. I am now the editor-in-chief of The Montgazette and was recently inducted into Phi Theta Kappa. You can overcome it, and experience success.

I believe that there are a couple of lessons that everybody can learn from my experience.

The first lesson is to appreciate those who are always there for you, and who only want the best for you. These are the people you can always trust. The second lesson is that bad things are going to happen to you. People are going to betray you and hurt you, but that is not all people. There are people out there who, if given the chance, will be there for you. The important thing is to give people a chance. They often will surprise you.

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# Maha Farag: From ESL to nuclear medicine

## *The power of perseverance*

Loue Repsik  
The Montgazette Contributor

Maha Farag, a Life Sciences major from Villanova, started her journey at Montgomery County Community College sitting in the back of her ESL classroom, afraid to speak up. In four years, she transformed into an example of how students can overcome any obstacle by focusing on their power and potential.

Farag explained that she lived in Egypt with her husband and children. Her husband moved to America, and she was hoping to join him soon, but they were separated a year while she waited for her immigration papers. Farag only spoke Arabic when she moved to America with her two children, a seven-year-old daughter, and a nine-year-old son. In 2012 she began to learn English before enrolling at the College.

Wanting to attend Montgomery County Community College so she could pursue a career, Farag needed financial assistance.

“Someone told me about FAFSA, so I searched online and found that I could manage my tuition,” said Farag. She credits her ability

to attend the College to the financial aid program, more specifically, to the associate director, Doug Vore, who she calls “the miracle man.”

“I loved how he worked with me, and how my advisor supported me. They told me I was important. The College helps you to feel [like] you are at home with your family,” said Farag. She said the College’s KEYS program helped her commit to studying because she was given financial support as a student mom.

In 2014, Farag started at the College, beginning as an ESL student. She explained that she had tried to learn English in Egypt, but she did not like it. “I hated memorization. It was like being given rice, but I wasn’t taught how to cook it,” said Farag.

She mentioned that her ESL professor Theresa Savard encouraged her to speak up and inspired her to succeed. Farag completed 33 ESL credits and then registered for English 101.

“I worked very hard to understand specific words I wanted to use. I knew the meaning in Arabic, so I would

go to the dictionary to search for the nearest word. It could take me one hour to write one paragraph,” said Farag.

She explained that with the help of her English professor, Joseph Camp, she was able to blossom. Camp helped her edit her papers because she didn’t have any American friends to help her. Over time, she began to build her skills, and her weaknesses developed into new abilities.

“One year ago, I got very interested in physics. My professor, Robin Zulke, started to lecture, and it was fun. She helped me understand, and she led me to choose nuclear medical science as a career,” said Farag.

She explained that her mother and grandfather passed away from cancer and that her goal is to help people in the same situation. “When cancer patients come to me, I will understand what they are going through,” said Farag.

Farag will graduate from the College this spring and begin medical school at Jefferson University in the fall. Her goal is to earn a Ph.D. As a medical

scientist, she hopes to win a Nobel Prize.

“Everything was new, a challenge for me, and [now] I reached this point to be accepted into Jefferson University’s Nuclear Medical program under Radiology.

This is very difficult. For me, it is amazing,” said Farag. “I will never forget what the people of Montgomery County Community College did for me. They worked very hard, not only for me, for everyone” said Farag.



Maha Farag, a student worker in College Hall, overcame a language barrier and will graduate this spring. She will study nuclear medicine at Thomas Jefferson University. Farag wants to find a cure for cancer.

Photograph by Loue Repsik



# Get Ahead With Summer Classes!

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# Former emo kid takes on the opera

## *Midsummer Night's Dream*

Russell Magee  
The Montgazette Contributor

It was the opening night of “A Midsummer Night’s Dream,” the opera, and I had no idea what to expect. Just the name alone, Shakespeare, is enough to give me a headache. It was hard to imagine how his play could be adapted into an opera, never mind what it would be like. Upon entering the Academy of Music, I walked through the crowds of men in black suits and fancy ties, and women in long ball gowns. I wondered for a moment if I should have taken out my nose ring.

I found my seat, top balcony facing the left side of the stage. The lights dimmed, and the conductor of the orchestra took his stand. Amidst coughs and shuffles, the music began, and the curtains were pulled. The set for the stage was a massive green bed with two pillows the size of actual beds. Two actors appeared on stage and began singing.

As the words flew from their mouths, I found myself entirely entranced. This was music at the highest degree of talent. The orchestra moved in waves like an ocean. The string section grew from low hums into loud, epic crests. The horn section blared in tandem with the crashing drums. It sounded like the soundtrack of an action movie. The singers’ notes crawled back and forth, up and down. It was impossible for

me to understand how anyone could sing like that.

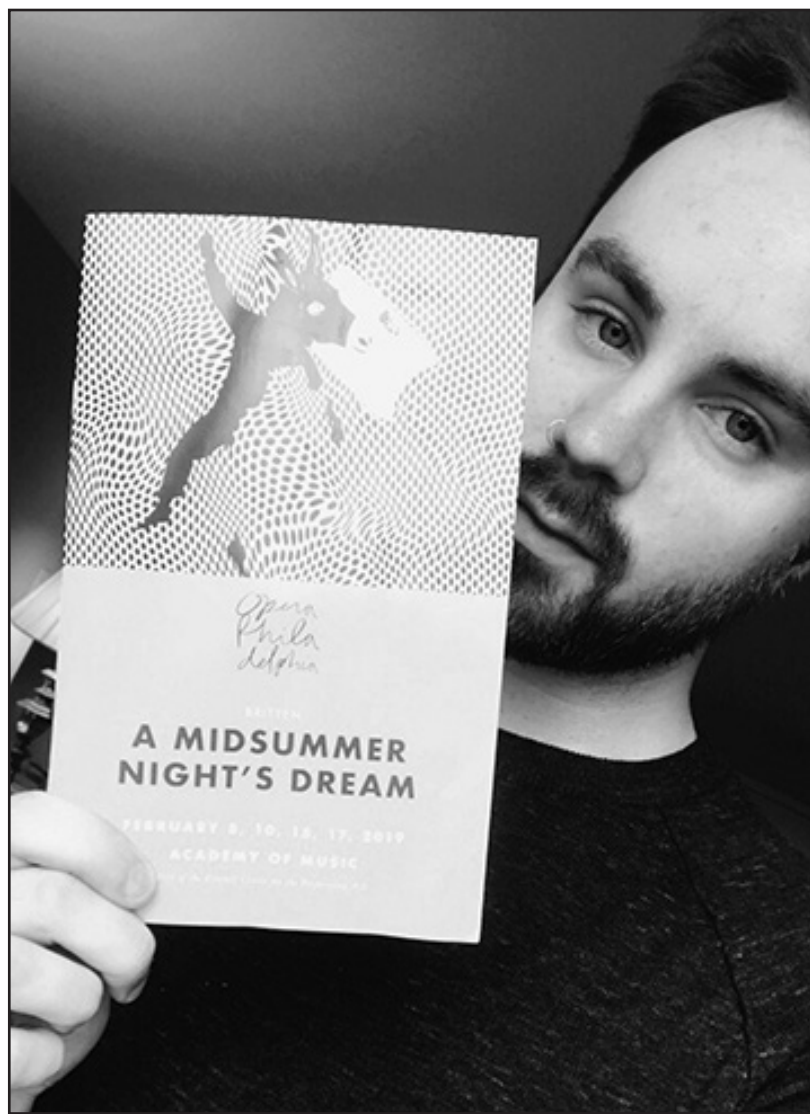
The story of “A Midsummer Night’s Dream” is a complicated one; however, the opera made it much easier to understand. The music reflected the actions and storylines, which accentuated the humor of the show and made it stand out even more. A flute would sound as Hermia entered a scene. A horn would blare when Puck ran across the stage. A triangle would ring when a new character became spellbound by Oberon’s magic flower. The music complemented the story in a beautiful way.

Before I knew it, the show was ending, and the actors were taking their bows. It was bittersweet. The night had passed before my eyes, and I was stunned at how much I had enjoyed it. It was incredible to witness art in such a way, art that has endured for hundreds of years. To be part of such an event was something else, too. I felt classy, having gone to an opera, the classiest of events. I left feeling cultured and proud that I had stepped outside of my comfort zone. I genuinely recommend that other young people go see an opera if given a chance. Young people should bear witness to such beauty and music. Plus, it is a fun excuse to dress up.

CampusPhilly, in association

with OpenArtsPhilly, sponsored the event and provided my free ticket. Students are encouraged to

check out CampusPhilly.com for free events, as well as internship postings.



Russell Magee is fonder of his night at the opera seeing Shakespeare’s “A Midsummer Night’s Dream” than he thought he would be.

Photograph by Russell Magee



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# Book review: Guilty By Reason of Insanity

Russell Magee  
The Montgazette Contributor

In the wake of the new Netflix documentary series, “Conversations with a Killer: The Ted Bundy Tapes,” it is fitting that I recently, and by coincidence, read the book “Guilty by Reason of Insanity,” by Yale psychiatrist Dorothy Otnow Lewis, M.D. Lewis is known for diagnosing serial killer Ted Bundy as a manic-depressive while he was on death row.

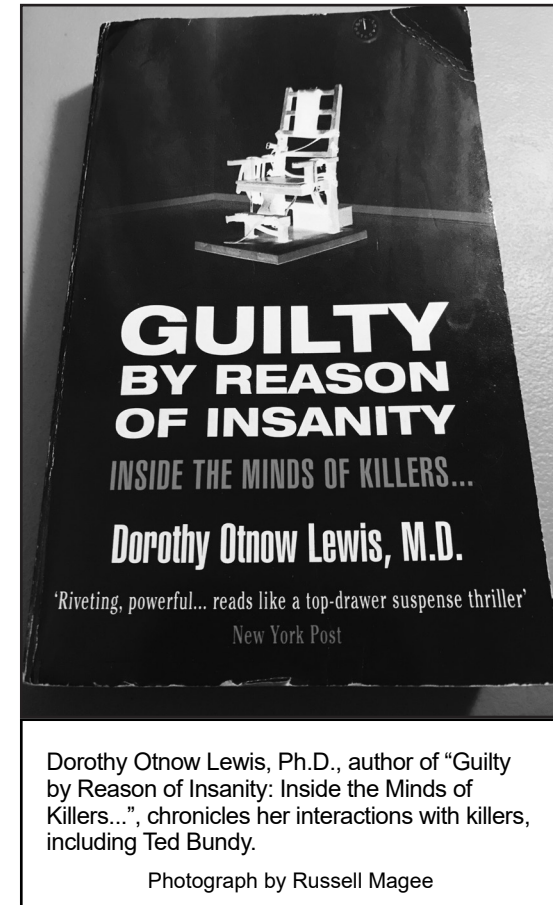
Published in 1999, this book is a true-crime heavy-hitter. It’s half-memoir, half-compilation of the cases that found their way to Dr. Lewis’s desk during her time at Bellevue Hospital in New York City and later at Yale. Cases include children, women, and men with terrifying multiple personalities, who were murderers, serial killers, and executioners. Lewis is a natural-born storyteller, and the details she provides in these harrowing stories paint vivid pictures of gruesome crimes and psychological anomalies.

What’s more, sprinkled throughout the book are little chapters about Lewis’s life. She describes her time in medical school, where she met Jonathan Pincus, her then-psychology mentor, and her future partner-in-crime (pun intended). She recounts their journey, studying the minds of the criminally violent, starting in

juvenile detention centers and slowly moving their way up to death row. Their goal from the start was to dive into the deepest recesses of the minds of those deemed “insane” to formulate a psychological profile that would help in diagnosing future cases. Along the way, they both encountered people who shook the foundations of everything they knew.

One of the things that I liked most about her book was that she included scientific and legal details of cases. Like a doctor, she didn’t spare the medical jargon but also fully explained in laymen’s terms how these killers came to be the way they were. She also delved into the details surrounding the judicial system and how the nature of the courtroom changed depending on the case. As a true crime and psychology buff, I was kept captive by the extra information.

I highly recommend this book to anyone who has the slightest interest in true crime, psychology, or even law. It honestly did read like a “top-drawer suspense thriller” as the New York Post put it. And as the “true crime” genre continues to grow in popularity, “Guilty by Reason of Insanity” is a secret weapon with more information packed into it than any serial killer documentary.



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### ANSWERS TO STUDENTS' MOST OFTEN ASKED QUESTIONS ABOUT SEX

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Maryellen Miller  
Science Center 214

## MARCH 6

### PREP FOR SUCCESS

Learn how to successfully navigate transfer and career fairs.

Takisha Mundy  
Parkhouse Hall 340

## MARCH 13

### MAXIMIZING YOUR COLLEGE EXPERIENCE

Learn how to take full advantage of all of Montco's resources to best prepare you for life after Montco!

Dr. Adrienne Hobdy  
Parkhouse Hall 340

## MARCH 27

### FINANCIAL AID 101

Learn important facts about your Financial Aid and Academic Progress.

Ashley Smith  
Parkhouse Hall 340

## APRIL 3

### BULLET JOURNALING

Learn to be more organized while also being creative.

Nicole Maugle  
Parkhouse Hall 340

## APRIL 10

### PSYCHOLOGY 101

This session is for those interested in majoring in psychology. Find out about the wide range of careers in the field and how you can get started!

Ann Marie Donohue  
Parkhouse Hall 340

## APRIL 17

### YOUR GPS TO PROGRAM COMPLETION

We will discuss how to read "My Progress" in SEP, where course substitutions may be applicable and how to complete a graduation application.

Stephanie Prazenka  
Parkhouse Hall 340

## APRIL 24

### PREPARING FOR YOUR FINAL EXAM

This workshop will help you successfully prepare for and ace your final exams.

Joseph McLaughlin  
Parkhouse Hall 340



PLEASE NOTE! All workshops are subject to change. Please log into MyMC3 for updates.

# SPRING 2019 DINE & DIALOGUE WORKSHOPS

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## FEBRUARY 25

### AIN'T I A WOMAN STAGE PLAY

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South Hall 221

## MARCH 25

### PREP FOR SUCCESS

Learn how to successfully navigate transfer and career fairs.

Takisha Mundy  
South Hall 222

## APRIL 1

### BULLET JOURNALING

Learn to be more organized while also being creative.

Nicole Maugle  
South Hall 222

## APRIL 15

### YOUR GPS TO PROGRAM COMPLETION

We will discuss how to read "My Progress" in SEP, where course substitutions may be applicable and how to complete a graduation application.

Stephanie Prazenka  
South Hall 222



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The  
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The Students' Voice

# Lady Mustangs cruise to victory over Northampton

*Mustangs jump out to early lead, and hang on with patient offense*

Noah Swift

The Montgazette Contributor

The Montgomery County Community College Mustangs Women's basketball team rode a hot start to victory over the Northampton Community College Spartans, outscoring them 62-46 on Feb. 9.

The Mustangs began the contest in attack mode, aggressively assailing the basket in the first half. This strategy led to a 22-9 lead for the Mustangs at the end of the first quarter. The game was considerably tighter during the next three quarters. Fortunately for the Mustangs, that was all the insurance they would need. After jumping out to an early lead, the Mustangs played smothering defense, holding the Spartans to only 46 points. More telling, however, is the fact that the Spartans made an abysmal 30 percent of their field goals and only two of 14 three-point attempts.

"Our game plan was first to play defense. We knew they had stronger girls inside, which we thought might be an issue, so we practiced all week on boxing out and playing good defense," Mustangs head coach Mark McDonnell said. "I think we executed it because we out-rebounded them and we didn't give them many second-

chance shots.

On the offensive side of the ball, the Mustangs utilized a collective team effort to score points. Four Mustangs registered double digits in points. Sophomore guard Taylor Keys, a Liberal Arts major from Douglasville, led the Mustangs with 21 points. Freshman guard Maria Cotellese, a Liberal Arts major from Pottstown, contributed 16 points to the Mustangs' victory.

The Mustangs' offense relies mainly on patience. As such, the Mustangs didn't rush their offensive shots. Instead, they took time to run offensive plays, to get the most efficient shot, which led to success.

"We express patience on the offensive because, at times, we tend to put up a shot with 25 seconds left on the shot clock," McDonnell said. "A lot of our shots today came around 10 or fewer seconds because we were patient."

The Mustang's tactic of patient offense frustrated the Spartans throughout the game. This frustration boiled over as many Spartans landed in foul trouble. The Mustangs made them pay, shooting 75 percent from the free-throw line. In comparison, the Spartans made

only 50 percent of their free throws.

With the victory, the Mustangs improved to a 9-12 record. The

Mustangs will look to finish the season on a three-game winning streak in their final game against Lehigh Community College.



Freshman guard Maria Cotellese passes the ball to freshman guard Caitlin Wallace in an exhibition of patient, offensive basketball.

Photograph by Erin Ilisco

SPORTS



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# Mustangs fall short in loss to Northampton, 87-73

## *Spartan's depth is key to victory*

Noah Swift

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In an intense, hard-fought game, the Northampton Community College Spartans defeated the Montgomery County Community College Mustangs in men's basketball with a score of 87-73. Though the game ended in defeat, three Mustang players turned in fantastic performances.

Freshman center Cameron Reid, a Liberal Arts major from Royersford; freshman forward Seth Compas, a Criminal Justice major; and Vincent Zulli, a Liberal Arts major from Schwenksville, combined for 68 of the Mustangs' 73 points. Reid was the Mustang's leading scorer, with 31 points. Not far behind Reid were Compas, with 22 points, and Zulli, with 21 points.

However, these efforts still were not enough to beat the Spartans. This was in part due to the spectacular performance of Jay Davis, the Spartans' all-time leading scorer. Davis led Northampton with 31 points, to propel the Spartans to a victory.

The sophomore guard from Hatboro-Horsham was extremely effective from the three-point line, including hitting his first seven three-pointers of the game. Davis made a total of nine three-pointers while shooting sixty percent from three-point range to finish the game.

This game came down to the difference in depth between the two

teams. The Mustangs only scored five points outside the trio of Reid, Compas, and Zulli. In comparison, the Spartans got 16 points from freshman guard Tony James and 11 points from sophomore guard Elijah Barret. The Spartans also received 10 assists from sophomore point guard Arnel Lewis.

The Spartans' bench vastly outscored the Mustangs' reserve players as well. The Mustangs only got two points off the bench. That looms small when compared to the Spartans' 21 bench points.

A factor in this domination is the shorthandedness of the Mustangs. The Mustangs only had two reserves, whereas the Spartans had six reserves that could be used off the bench to give them a spark.

Despite trailing most of the game and playing shorthanded, the Mustangs showed grit and determination, consistently fighting for the lead throughout the game. The Mustangs improved dramatically from the previous meeting against the Spartans when the Mustangs were walloped in a 26-point blowout.

On Saturday afternoon, the Mustang's had a better offensive performance with more players contributing on offense in comparison to their last meeting against Northampton. Freshman center Cameron Reid and Freshman forward

Seth Compas were the only two players to score in double digits in the previous contest. They successfully slowed down the Spartans defense with a 2-3 zone, showcasing an effective plan that could be utilized in future games.

"We wanted to force them to shoot

threes. We wanted to stay positive and compete on the defensive end. The first time we played them, we lost by 26, and we didn't compete. This game we competed for a complete 40 minutes. Every game you learn, and you progress," Mustang's Coach Nyere Miller said.



Mustangs forward Seth Compas dribbles up the court on his way to a 24-point performance.

Photograph by Erin Ilisco





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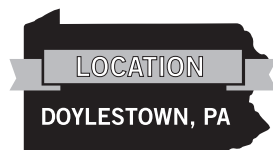
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