

# Arts and Entertainment

## College Athletes Express Appreciation

Cody Jeffery, assistant editor

With seven athletic teams and 130 student athletes, Meredith College collegiate teams bring diversity to the community with a unified ability to bring out the best in players' personalities, experiences, and talents. Being a student athlete at any level adds stress to a young adult's life, and balancing priorities can be a huge obstacle for many collegiate athletes.

For most student-athletes, joining a collegiate team was a goal that took them many years to accomplish. Courtney Saunders, a sophomore center field on the Meredith softball team, stated, "I started playing tee ball when I was five years old and have played softball ever since. My ultimate goal in softball is to win championships as well as [create] unforgettable memories along the way with all my [Meredith] teammates and coaches." Saunders recommends collegiate athletes to push themselves throughout the offseason, work ahead, and go to class, "Although [collegiate athletics] may take away from an extravagant social life, the benefits of making memories with teammates, being competitive and active, and accomplishing personal goals makes an even bigger impact of my life."

Other students found that playing for a collegiate team wasn't the right fit for them. Meredith junior Allie Kahler said she left the Meredith soccer team after her freshman year because "my goal with soccer was to play as long as I could and be as happy as I could at the same time. Once I found myself not enjoying every part of it, I knew I should spend my time doing other things." Kahler says her personal choice to leave the team is not a reflection on the Meredith soccer program but a step in the right direction for her personal opportunities, "I wouldn't change anything about my experience because I learned a lot and met great people. But in the end, leaving the team brought me other opportunities as well. If I hadn't tried out in college I know I would have regretted it."

Both Saunders and Kahler wouldn't change anything about their collegiate team experience, "I am so glad that I have the opportunity to play at a collegiate level [...] with coaches and teammates who always motivate me to get better," said Saunders. Although Kahler decided to change the direction of her college experience, she says not trying out for the Meredith soccer team would have been a huge regret. In a closing statement, Saunders reminds all athletes that sports "offer so many opportunities, so enjoy every second and do everything possible to become the best you can be."

## Downtown End of September Excitement

Skye Hakes, staff writer

If you are new to Raleigh or aren't familiar with all the exciting opportunities that Downtown offers, then listen up! In a recent article published by Forbes, Raleigh was listed as the second best city for young adults to live in. Not only is Raleigh full of job opportunities and energetic college students, the Downtown scene offers an incredible array of events throughout the year. You will hardly find a weekend where there isn't something exciting happening Downtown. If you are looking for a great way to end September, check out some of these events:

- September 27-28: Wide Open Bluegrass Festival
- September 28 (4pm-8pm): Pink Shamrock 5K. This isn't your typical 5K-- upon completion, you'll be invited to the post-race party hosted by the Hibernian Irish Restaurant & Pub.
- September 28 (11am-6pm): Raleigh's Annual Irish Fall Music Festival in Moore Square. This is a fun-filled day that includes lots of Irish bands, food, dancing and more.
- September 28 (9am-2pm): The Color Run is a running experience that you can share with all of your friends. The Color Run is a great way to be active and actually enjoy doing it - especially if you are the kind of person that struggles to do a sit up, let alone run three miles!

While you won't be able to make it to all of these end-of-September events, you should definitely try to make it to one or two. Once you get a taste of the Downtown Raleigh life, you'll keep coming back for more.

To learn more about Downtown Raleigh happenings or about any of the previously mentioned events, visit [downtownraleigh.com](http://downtownraleigh.com). After all, they don't call it Raleighwood for nothing!

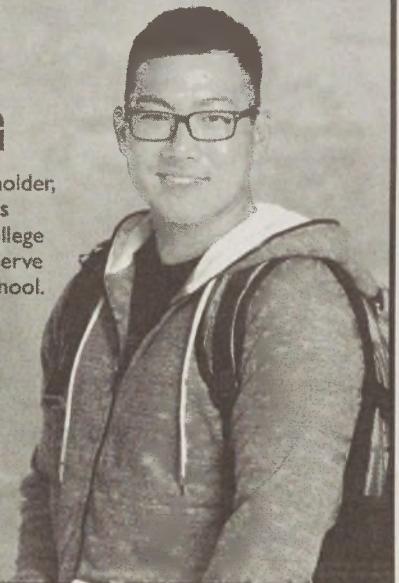
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ANTON CHEKOV'S

## THREE



## SISTERS

SEPTEMBER 24-28, 2013 AT 7:30 PM

SEPTEMBER 29, 2013 AT 3:00 PM

In Studio Theatre/Jones Hall  
Meredith Students, Faculty, and Staff free of charge

Public Admission  
\$5 Students/Seniors  
\$10 Adults

To make a reservation call (919) 760-2840 or email [boxoffice@meredith.edu](mailto:boxoffice@meredith.edu)

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