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The

# ROTUNDA



Longwood 101:  
Introduction to the  
next four(ish) years



INSIDE: Upcoming student events • Back to school fashion • Basketball star transfers



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# A message from the Editor-in-Chief

New Lancers, welcome.

You are embarking on a journey many people in our country wish they could pursue. A journey in higher education.

Be proud to have succeeded in your high school and for taking the chance on entering a completely new environment.

For some of you, it will be the first time you experience a glimpse at living more independently from your parents. Managing yourself, "adulting" somewhat.

It's nerve-racking yet thrilling at the same time.

In a way, Longwood University is the unknown. Luckily, it isn't the kind of unknown typically associated with venturing on your own into a dark cavern or stepping into an abyss.

No, for many, Longwood has been a shining pathway. The future isn't unknown due to the lack of light; it's hard to see due to its prominence.

Stay true to yourself while allowing yourself to change through what you learn here. Work hard.

In the words of Nelson Mandela, "Education is the most powerful weapon which you can use to change the world."

This is your time, make the most of each moment. You can do this.

From all of us here at The Rotunda, we look forward to serving you as a news source and providing a platform for your voices throughout days as a Lancer.

We've filled the pages of our new "newsmagazine"-style print product with helpful tips, unsolicited and personal reflections from our current staff.

And amid the bombardment of invitations from other student groups, we welcome the opportunity to get to know more of you through our organization.

Halle Parker  
@\_thehalparker

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# What would you tell your freshman self?



GRAPHIC BY LAURA GOTTSCHALK

## Current sophomores and juniors give advice to the class of 2021

Jesse Plichta-Kellar  
News Staff  
@longwoodrotunda

As the summer drew to a close and New Lancer Days approached, the Rotunda asked Longwood sophomores and juniors what they would tell themselves as freshmen.

Some students commented academic advice they wish they had known.

"It's gonna be tougher than you think!" said Sydney Walton, a social work major in the class of 2020. "Have an even balance of studying and having fun."

An undeclared student, Kyle Johnson also noted that college work is more difficult.

"Get out of the high school mindset ASAP," Johnson said. "You gotta actually put in work for the grades."

Other students commented on how to make friends and socialize in college.

"I would tell myself that don't worry about making friends, you'll find some people who will soon turn to family for you," said Jessica Black, a public history major.

"Be yourself. Pretending is lame, and you are great!" said Amanda Topping, a junior public

history major.

Madison Lewis, a junior special education major, advised for new students to step out of their comfort zones.

"Don't think the advice everyone gives you about stepping out of your comfort zone doesn't apply to you," Lewis commented. "It does. Do it. Even if it's a baby step. It opens the door to countless opportunities and lots and lots of fun!"

「Take every opportunity you get.」

Some students said that they'd warn themselves that life in college can change.

"Not all of the people you meet your first semester are going to be your best friends forever," said Emily Fuller, a public history major in the class of 2020. "It might take time to find your people, and that's completely okay."

"Majors, friends and just about anything can change," Payton Meeks, an athletic training major in the class of 2020, added. "First semester will be rocky, but everything will work out."

Others recalled what they learned about life in college and at Longwood University.

"Don't forget, in the midst of all the fun and hard work, that your emotional and physical health are the MOST important things," said Kaitlyn Crow, a sophomore english major in the class of 2020. "Don't be afraid to seek help if things get too overwhelming."

Justin Repoli, a psychology major in the class of 2020 commented on homesickness.

"You're gonna miss home until Longwood becomes home," said Repoli.

Dylan Campbell, a criminal justice major in the class of 2019, advised to not pass up opportunities.

"Take every opportunity you get." Campbell noted. "Longwood is the land of opportunity, and a plenty of chances to grow as a leader."



# Class of 2021 first to pilot revised courses for new core curriculum

Program will be implemented in fall 2018 with all freshmen



Longwood University's faculty senate passed the 2018-19 undergraduate new core curriculum last November.

TAYLOR O'BERRY | THE ROTUNDA (FILE)

by Christine Rindfleisch  
News Editor  
@longwoodrotunda

## Background

- The Academic Core Curriculum Committee (ACCC) was established in Fall 2013 and composed of 13 faculty members with a goal to change the current general education program, according Dr. Sharon Emerson-Stonnell, professor of mathematics and also served on the ACCC
- Faculty Senate passed the curriculum in their monthly meeting on Nov. 3, which was then passed by the Board of Visitors in Dec.
- Faculty Senate opted to vote via secret ballot rather than hand count, resulting in 22 approval votes, three disapproval votes and one abstention
- Along with the approval came three new courses to be added: Citizenship (CTZN) 110, Symposium on the Common Good 410 (CTZN) and English Writing and Rhetoric (ENGL) 165, according to Emerson-Stonnell
- The faculty senate unanimously approved the new policy for instruction and advising, the new policy of governance and the new policy of a Core Curriculum director in addition to the Core Curriculum
- Dr. Melissa Rhoten, professor of analytical chemistry, was named the program director for Core Curriculum on March 15
- Rhoten was selected through nominations by the Academic Chairs Council, according to

Dr. Joan Neff, provost and vice president for academic affairs

- Rhoten will work with the Registrar's office and department chairs to coordinate the scheduling of the courses for the curriculum, according to Neff
- "We are really excited to revise existing general education courses and to create new core courses that are consistent with the goals of the new program," said Rhoten.

## How it will work

- The curriculum will be composed of three levels: Foundations, Perspectives and Symposium that will replace the current 14 goal program, according to Emerson-Stonnell
- Students may opt to count up to three core curriculum courses toward each major instead of none in the past, according to Emerson-Stonnell
- CTZN 110 and ENGL 165 will both be required for students to take during their first year at Longwood
- Rather than some majors requiring three semesters of a foreign language all majors will only require two semesters
- "We have built into this program with every single course they take is either going to be speaking infused or writing infused with

10 percent to 15 percent of their grade is either going to be speaking or writing," said Emerson-Stonnell

## Who will be affected

- Fall 2017 the curriculum will go into effect with the freshman class as they may take one of the new pilot courses
- Transfer students will be allowed to choose between the two programs, according to Emerson-Stonnell
- Fall 2018, all freshmen students will be enrolled in the new Core Curriculum program

## Reactions

"I am very excited about the change with the core curriculum. I think it gives us more opportunity to do more interdisciplinary work. I think it streamlines the process of a core we need to have," Dr. Lissa Power-deFur, professor of communication sciences and disorders and also serves as a faculty representative to the Board of Visitors, told the Rotunda in Nov. 2016

"It's an absolutely beautiful program," Dr. Jacqueline Hall, associate professor of mathematics, and who also serves on Faculty Senate told the Rotunda in Nov 2016.

# New business dean approaching her position an with 'open door policy'

## Men's and women's teams host festivities ahead of exhibition games

by Julia Bogdan  
News Staff  
@longwoodrotunda



COURTESY OF LONGWOOD UNIVERSITY

**Dr. Timothy O'Keefe transitioned into his new role as Longwood's dean of the College of Business and Economics after he served in executive positions at the University of North Dakota.**

After the abrupt decision in Jan. 2017, the search began for a new dean for the College of Business and Economics.

The decision for Dr. Paul Barrett, the former dean, to step down came after a traumatic accident concerning his son-in-law, inspiring him to pursue his dream of teaching.

Dr. Timothy O'Keefe, has recently started his deanship, replacing Barrett after the announcement of the transition in April 2017. As O'Keefe takes his dean position, Barrett will start teaching in the management and marketing department.

"This is a great opportunity because I can apply a lifetime of experience in higher education in a position where I can make positive differences on a broader scale," O'Keefe said. "I want every student at every level to know that we are excited that you are here."

"Dr. O'Keefe brings a lot of important skills and

experiences to his (new) position," Barrett said. "He has a doctoral degree in information systems, and it will serve him well related to the Longwood Cyber Security Center and its distinctive programs. He is an entrepreneur and will continue to invest in the business school's culture of innovation in high impact programs."

O'Keefe described the advertisement for the Deanship at Longwood as compelling.

"Farmville and Longwood University felt like home the moment I arrived," said O'Keefe.

Prior to his deanship position, O'Keefe served as the executive director and chair of the School of Entrepreneurship at the University of North Dakota. Before that, he was chair of the department of Information Systems and Business Communication. He also served as director of the MBA program for five years at the University of North Dakota.

O'Keefe believes that he can bring some new opportunities to Longwood.

"In the College of Business and Economics, we have a truly excellent advising office in the McGaughy Internship & Professional Development Center," O'Keefe said. "They understand the challenges freshmen face and are well-equipped to assist students in academic planning and to refer students to other offices and services when necessary. Develop a good working relationship with your advisors and your faculty."

O'Keefe has a ivy-league background.

"For example, the training I received at Stanford University in Lean Launchpad and Pathways to Innovation will be helpful in defining how we make innovation and entrepreneurship part of the curricular inventory in the College of Business and Economics," O'Keefe said. "Innovation and entrepreneurship are topics that are valuable for all students at Longwood University."

O'Keefe was born in a small town in North Dakota, 50 miles south of the US/Canada border. He has lived in North Dakota for the majority of his life. For the past 34 years, O'Keefe and his wife, Bonnie, have lived in the small town of Mayville, North Dakota along with their two daughters.

Traveling 40 miles to Farmville – a two college town – O'Keefe describes the town as "big" in comparison to his previous home population of 2,500 people.

"Both Longwood University and the town of Farmville are perfect for us," said O'Keefe. "Longwood University is small enough to have a good balance among teaching, research and service and large enough to have the critical mass necessary to deliver great educational programs. The Citizen Leadership mission is congruent with my philosophy of business education."

Barrett spoke highly of his new colleague: "Dr. O'Keefe is excited to lead the business school at Longwood and has energized everyone he has met, including me."

## First week of Longwood Events Calendar

### Monday, Aug. 21

Longwood Theatre hosts Macbeth auditions

Time: 6:30 p.m. Location: CSTAC (Communication Studies and Theatre Arts Center)

### Thursday, Aug. 24

Home game vs. Towson University

Time: 7 p.m. Location: Lancer Field

### Friday, Aug. 25

G.A.M.E. 8.0 (Greatest Athletics March Ever) & First Friday Back

Time: 3:30 p.m. Location: Stubbs Mall



# My time as a Lancer



COURTESY OF DAVID PETTYJOHN

## One senior's reflection on his college years (so far)

by David Pettyjohn  
Features Staff  
@PettyjohnDavid

I have spent two years at Longwood, and I am beginning my third and final year at this school. Overall, I would say that I'm glad I came to Longwood, and I think that my experience was overwhelmingly a positive one.

In my freshman year of college, I was not at Longwood, but rather, attending Reynolds Community College. I did not yet feel that I was "ready" to leave for university. I also realized that I had some maturing to do before I went out on my own (maybe I still do). I balanced Reynolds with a job at Kroger, but I ultimately yearned for something more. There were few things to do at Reynolds other than the chess club and the video game club.

So for my sophomore year, I came to Longwood, searching for adventure and new experiences. I think that I had trouble coming out of my shell at first, having left behind the video game club and the chess club of Reynolds and the theatre department of Atlee High School. I found more confidence through the Politics Club at Longwood as well as writing for The Rotunda. I also dabbled in LARPing,

which I may or may not look back at negatively later.

At Reynolds, I had originally planned to study engineering, but I lost interest in that eventually. In my sophomore year at Longwood, I had decided to be a history major, but I realized that I might be limited as far as job opportunities if I did not earn a PhD. It was toward the end of my first semester at Longwood that I found a flyer for The Rotunda. I was soon writing for The Rotunda, and found that I enjoyed it far more than the majors I had looked at before. I made the decision to switch my major again, this time to communication studies. I now have attached a concentration in digital media to this degree.

In my junior year, I joined the resident assistant staff in Curry Residence Hall. In exchange for working as a resident assistant, or "RA," I received room and board free of charge. Despite these generous benefits, I did not feel that this position was for me, especially since it forced me to stay up late before my 8:00 AM classes. My family told me that this work as a resident

assistant was "isolating" me, and I decided that it was best to finish the school year as a RA before resigning ahead of the summer.

Over the summer, I worked in an internship at RVA Magazine, a small local publication in Richmond. This internship allowed me to also work at Wawa at the same time on a flexible schedule. This was one of the most memorable and important steps in my career path so far, I think, because it allowed me to network with people my age along with professionals from a wider range in the journalism industry than I would have expected.

I am overall very pleased with what Longwood has brought me so far, and I think that you, freshmen readers, will be as well. This school has given me much more than I could have expected in my education, and I am very grateful. Good luck!

**JOIN THE ROTUNDA**  
**MEETINGS IN BEDFORD 106 MONDAYS AT 6:30PM**

# Lancer Productions Lineup: This fall's biggest upcoming events



DAVID PETTYJOHN | THE ROTUNDA (FILE)

Welcome Back Bingo, a Lancer Productions staple, occurs once at the beginning of each semester as students compete for prizes of varying value.



TAYLOR O'BERRY | THE ROTUNDA (FILE)

One Man Variety Show, Chris Ruggiero performed juggling and magic last semester in Wygal Hall.

by Rae Mundie  
Features Staff  
@rjmundie

Lancer Productions, a group of students that hosts events for the student body and the community of Farmville. The organization is in charge of events that involve speakers, poets, comedians, movie nights and the much-loved scary stories by Dr. Jordan.

"Lancer Productions are a nice way to gather our community together to enjoy something that our peers put together," said sophomore Alexandra Gracey.

Scary stories by Dr. Jim Jordan, professor of Sociology, Anthropology and Criminal Justice: these are more than just scary stories. They're the history of Longwood. Usually the stories will be two different events. There is the Bonfire that takes place on Iler Field, and then the stories would take place in Jarman Auditorium.

Some of these events will take place during the New Lancer Days in attempt to get the new students involved in different occasions around campus. This includes the New Lancer Days Tailgate takes place right before classes start on Aug. 19 from 9-11 p.m. on Brock Common and

in Willet. This event also includes The GAME, an event in which students will wait until the moment they get their Longwood scarf and they march together.

"You know it's going to be something cool if the event is an LP sponsored event," said junior Sarah Kaufman, Sociology major. "LP does a pretty good job with all their events... it's just difficult to hear about them earlier than the day before."

The Game will take place on Aug. 25, it will start at 3 p.m. on Stubbs Lawn. There will be music and a pre-party before the march starts in which students will walk three miles together. Other events include Rock the Block and Family Weekend; these events are not paid for by Lancer Productions, but they will help with the activities.

"I like the bingo nights and want more movie nights," said senior Kayla Augustine, business major with a management concentration. "I like cultural things like that, LP events always seem cool, but really social (too)."



EVA WITTOWSKI | THE ROTUNDA (FILE)

Comedian Leonard Outz also stepped on stage last semester.

Along with the larger events like Family Weekend, The Game and New Lancer Days, Lancer Productions also hosts smaller events throughout the year. Such events include Welcome Back Bingo on Aug. 26. Later in the semester, closer to Halloween, there will be another interactive occasion. A Murder Mystery will take place will take place on Oct. 21 at 8 p.m. in Lankford Hall, one of the many activities available.

"I think it gives students a chance to see their favorite artist perform live without having to through the trouble of buying tickets that sell out quickly," said sophomore John Kiser.

Students are not required to pay to attend any of the events put on by the organization. It is something to do outside of school work that is also safer for students than going out to parties. The organization has a variety of events that are put on to try and reach different groups of students on campus.

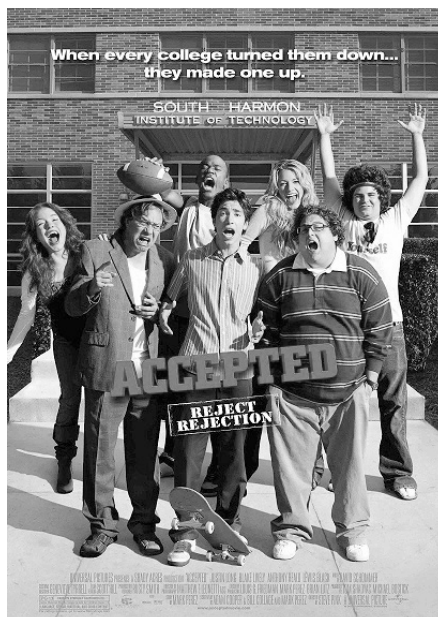


# Cinema transfers to reality

## Actual takeaways from four college movies in the past 35 years

by Jacob DiLandro  
A&E Staff  
@spongejay1

Welcome to college! For some, you'll be well equipped to handle the halls and various dorm rooms of the college life here at Longwood University. For others, this may be your first time stepping onto a campus for realies. If you don't know when the dining hall opens or closes, where the post office is or which of the delicious dining options downtown takes you bonus dollars, then congratulations, you're a freshman! However, if you do need the answers to those questions, you'll have to look elsewhere. This is the place to show you what the fake colleges you may have seen on the big screen can teach you about real college. Because underneath all of the panty raids, mascots being stolen and ridiculous parties, there is actually some valuable information to be learned.



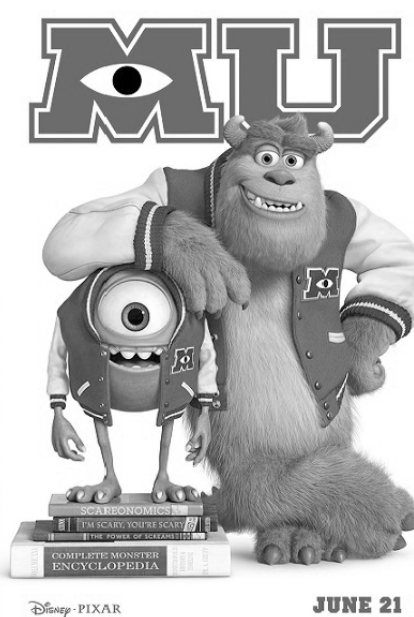
### "Accepted"

"Accepted" is not a perfect film. It has quite a few problems with jokes, pacing and plot. It manages to be entertaining overall, which is due, in large part, to its message. This is a movie about a group of slackers who make up a college after they get rejected from all the ones they applied to. While completely illogical, the movie carries a strong message about following your own passion. This is something that every student should keep in mind while at college. Maybe after two years of learning psychology, you realize that you'd rather learn English. That's okay. It makes no sense to study something for four years if you aren't invested or passionate about it.



### "22 Jump Street"

After the success of the first reboot, Jonah Hill, Phil Lord, Christopher Miller and Channing Tatum created an equally funny sequel to the 2012 film. In that film, there is an important message about spending some time in another person's shoes, but this film has a message (and a plot) more specific to college. Many people come to college with roommates or friends from home, and then get worried or upset when things don't work out. "22" reminds us that, often it's our differences that make our relationships work, and just because you disagree with someone, doesn't mean you should completely shut them out. Especially if it's a roommate.



### "Monster's University"

After the monstrous success of the first film, Pixar returned to the world through the closet doors to tell the story of a monster's college. While the film wasn't as close to perfect as the original, it was still funny and engaging with great animation, a heartfelt story and some well-timed jabs at college film clichés. The message of the film also rings true for anyone college-aged; sometimes things don't work out the way you'd planned. You may make mistakes, fail a class or not get the internship you wanted. But, like "Accepted" before it, "MU" still encourages you to roll with the punches, to dust yourself off and get back up again.



### "Revenge of the Nerds"

It's impossible to mention college films without mentioning "Revenge of the Nerds." The first film is a classic, and manages to have a strong moral and lesson, despite being filled with the same type of debauchorous content that one can also find in "Animal House." The film and characters encourage the audience to embrace themselves for who they are. If you're a nerd, then be a nerd. Don't let the world tell you who you should be, even if they try to with violence or mockery. It's a strong message for an R-rated college film and probably the strongest and most important on this list.

Despite these messages, the most important thing to remember is that college is a new chapter of your life, and you should embrace it. Maybe this is your first time on your own, maybe it isn't. Either way, you should welcome the changes and new opportunities with open arms. But always remember what "An Extremely Goofy Movie," another classic college film, taught us: parents can and will show up at any time.

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# DRESS (AND PREPARE) FOR SUCCESS AS A COLLEGE STUDENT



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LONGWOOD UNIVERSITY

## Our weekly Beauty Community columnist tackles back-to-school fashion tips

by Paulina A. Marinero  
Opinions Editor  
@MarineroPaulina

So, you're about to embark on a new journey as a college freshie. Or maybe, you're returning back to school after a refreshing summer of pool dates and Netflix nights. Either way, you're almost ready to start a new academic year with promising grades and a new attitude toward life.

You've got it figured out until you're starting to pack for school and you forget the most important influence to a new you: your new wardrobe.

There's no mystery to the saying, "when you look good, you feel good." Having a positive mindset toward a new school year can be the difference between late-night panic attacks and waking up early to start your coffee for a bright, new day in front of you. Dressing for success can alter your energy for the day and the way you approach people and new ideas for the upcoming week.

Before you start your first week of classes, take an opportunity to evaluate your wardrobe and the "new you." Does the "new you" reflect your current style? Before you make any irrational decisions, let's talk about what it means to dress for success as a college student and what it means for a brighter, more intuitive you.

The first week of school is all about first impressions – meeting your professors and peers for the first time. You want to leave an unforgettable impression that you're here to conquer campus and leave your mark. What better way to show that than with your style?

You'll want to wear something casual and maybe add a little glam if you're extra like me. Light wash jeans, bedazzled shorts, a "Clueless" inspired skirt – anything you're comfortable in that you can imagine yourself

wearing and proudly discussing where you picked it up from.

Although there isn't really a dress code, feel free to wear your favorite tank top or keep it super simple with a short or long-sleeve blouse! Whether it's a classic white v-neck or a floral bodysuit, ask yourself which one you would wear for a day out to the mall. Grab a necklace and pair it with a few bracelets to complete the outfit! Adding accessories can lift your style from simple to detailed chic in seconds. Be sure to match your gold necklace with gold bracelets or match silver with silver.

When it comes to shoes, don't kill your feet! Especially if you live on a big campus or have to walk from building to building in less than 10 minutes – it's a death wish and you'll thank me later. Stick to print flats, classic adidas sneakers, small pump booties or if the weather permits, wear those cute sandals you bought over the summer! Try your shoes out before the big day to see if they still fit and make sure you'll be able to walk in them for at least more than two hours. You'll find yourself walking a lot more with the amount of errands you'll end up having by the first week.

Congratulations, you're now college bait! Don't be afraid to show off your school spirit and buy some cute tee's and sweatshirts from your bookstore. You'll be surprised to see how many people wear their college gear on a daily basis. It's festive with little thought, yet it's casual enough to go to class and even the gym after!

When it comes to your handy dandy backpack, the classic two-strap will suffice to alleviate any back pain you may have from your textbook buildup. I, personally, carry a tote around from Scoutbags.com (\$39) because they manage to keep all my

shenanigans in place including my laptop. They contain several pockets, and the designs online are to die for. I would definitely check them out if you're on the hunt for a new school bag and you're a tote kind of person.

Lastly, dressing for success means preparing for any and all situations. Keep this list in mind and evaluate anything you may want to bring with you to class as you walk to and from your dorm room/apartment.

- Headphones for the walk to class
- Gum to keep you focused: it's good for stimulation, but don't be a loud chewer!
- Your wallet and school I.D
- Pads/tampons: you never know whose life you might save!
- A snack just in case you have back to back classes and can't make it to the dining hall.
- Finally, deodorant and perfume. It may sound strange at first, but on incredibly hot days and long walks, you might find yourself needing some as you head to the bathroom before class. As you walk through the bathroom door, mist yourself with some body spray to get a fresh, sweet smell.

I hope you take my list and spin it to the best version for yourself. Of course, as you get adjusted to college, you'll find out what's best for you and what's best to simply leave in your room.

Take my fashion advice with a grain of salt and be you. You'll find friends right away for just being yourself, and you might get some compliments here and there throughout the day for adding that extra glam to your natural shine.

Have an amazing first week of classes. I know you'll do amazing. The Beauty Community and The Rotunda are here to help you stay up to date with school news and beauty trends.

xoxo

CREATED WITH ADOBE SPARK POST BY PAULINA A. MARINERO



# Dear upcoming Lancer freshmen

by Vivan Gray  
Opinions Staff  
@50ShadesOfGray3

The past year for me, as a sophomore, has been a complete whirlwind but in a good way. The one thing I cherish from my freshman year is all the life lessons I experienced and learned over the year.

## Lesson 1: Doing your work is the key to success.

Applying yourself and doing your work will help you succeed in college. In high school, I slacked off. I never completed my work on time or studied for tests. Starting my freshman year at Longwood was a slap in the face. If you stick to your schedule, do your work on time, stay organized, study for every test and most importantly, have faith in yourself, your classes will be a breeze, and you'll have time for relaxation.

## Lesson 2: Use your resources.

If you want to do well, take advantage of the resources offered to you at school, in particular the library and your professors. Take the time to get to know them. It can make the class more enjoyable, and it'll make asking questions easier. Going to the library can seem tedious, but it is a great place to complete work in silence or work on a group project where great minds think alike.

## Lesson 3: Give yourself time.

It's okay to be unsure of what you want to do with your life. I had no clue coming into

college what I wanted to do with my life and that scared me, especially because a lot of my friends were so confident about their majors. Now looking back, a good portion of those friends have changed their major multiple times. It's okay not to know for a while because all good things take time. Taking a variety of classes can be very helpful in finding what you want to do with your life and what major to decide on. When you find the major you love and that you are passionate about, you are going to be glad you gave yourself the time to explore.

## Lesson 4: Friends come and go.

You will meet some amazing people that will change your life, but there will be a few you don't click with. That's okay too. I was terrified of the idea of losing all my high school friends from home. I thought I wasn't ready. When those first couple of school breaks come around, you start to realize you don't have as much in common as you used to with some of your high school friends. Sometimes, we grow out of each other. Going to college and making new friends was the reason I wanted to skip the first day of New Lancer Days. Do yourself a favor and attend all the activities. You'll be glad you went, just like I was. I met one of my best friends that day and became close with a ton of people on my dorm floor. You will find people who make you feel good about yourself and that will be there for you in times of need.



THE ROTUNDA | VIVIAN GRAY

## Lesson 5: Love thyself.

The most important lesson I learned was loving yourself for who you are and not for who your significant other or friends want you to be. After realizing this, I became a more positive and happy person, which made my freshman year great. Some of these things I wished I knew before starting my freshman year, so I hope this will give some insight on things you might experience throughout your freshman year. Don't take this year for granted because it was one of the best years of my life, and I'm sure it will be one of yours too.

Buckle up because life's a roller coaster, and it's not stopping any time soon.

# How to be vegan in Farmville, courtesy of a student vegan

by Samantha Rinchetti  
Opinions Staff  
@samiiswami

I know what some of you may be thinking. "Oh, here we go. The vegan telling us all about how they're vegan!" and yes, that is exactly what I'm going to talk about.

Being vegan means avoiding the consumption of animal by-products (no meat, cheese, milk, eggs, honey, even gelatin).

While being a vegan at Longwood can be sometimes difficult with limited dining options, it is not impossible.

So, all my fellow vegans, and even vegetarians, think of me as your own personal Ned Bigby: here to show you all the tips you need to survive as a vegan in a place that is less than accommodating.

## Step One: Congratulate yourself. Going vegan



STOCK PHOTO COURTESY OF ADOBE

is hard. You are giving up a lot of convenience and money by making this switch. It is not easy and personally, took me a very long time to get used to. So, congratulations, you are making an important step to bettering yourself and the environment.

**Step Two:** Do not be afraid to ask for help. There may be a small number of us on campus, but now, you know me. Fellow vegans on campus are your best friends. They can help guide you with recipes, what's good to eat, what contains hidden animal by-products and even more! Do not be afraid to reach out to fellow peers, and if that isn't an option, the internet is your best friend!

**Step Three:** D-hall is not scary, I promise. Longwood has listened to our wishes. By request you can get an array of faux-meats, vegan cheese, rice, beans, tofu and more! You do not need to limit yourself to the salad and fruit bar. Simply find a manager, request what you want and you're golden! If you don't have time to wait, you can always make a nice veggie sandwich or a wrap at the sandwich station.

**Step Four:** Food Lion will save your life. I know, unexpected, right? I was shocked

when I strolled down the pizza aisle with my friends and saw they had a vegan, gluten free, oven pizza. They also have faux-meat products including chicken, ground beef and meatballs, thanks to Gardein, a vegan, gluten free, non-GMO food brand.

Another plus is their veggie and fruit section is fairly priced as well. I can get all the ingredients I need for a week of dinner for about \$40.

**Step Five:** Have fun! Many people think that vegans can be pretentious (guilty), but do not be afraid to voice your feelings on the subject. Whether you made the change due to weight loss, allergies or ethical reasons, do not be afraid to educate people around you about what it's like being vegan.

Becoming vegan was one of the best choices I ever made. I feel better, look better and could not be happier with the switch. I would be lying to you if I said it wasn't difficult. You will think of giving up, but you got this!

Even if going completely vegan is not an option for you, do what you can to help stop animal cruelty. Educate yourself on the companies that test on animals and where your food is coming from. You might be surprised at what you find!



## G.A.M.E. 8.0 Preview

### Hundreds of eyes expected to watch Lancer soccer host VMI in season opener

by T.J. Wingert  
Sports Staff  
@tjwingert

Coinciding with Longwood's eighth G.A.M.E. rally, hundreds of students will crowd to watch men's soccer kick off their season at home during the school's largest athletic tradition.

For the first time since its creation in 2010, this year's G.A.M.E. will feature the Longwood men's soccer team taking on the Virginia Military Institute (VMI) Keydets on Aug. 25 at 7 p.m.

The acronym stands for "Greatest Athletic March Ever." The Friday night starts as students wait in line to get a limited edition scarf, unique to that year's G.A.M.E.

Then, they embark on the march through campus and the Town of Farmville to the soccer field - with Longwood University President William Taylor Reveley IV, out in front leading the march.

Last season, the team made it to the Big South Conference Championship game before falling to Radford 1-0. VMI is on a 49-game losing streak as the match approaches.

Led by 15-year head coach Jon

Atkinson, Longwood only graduated five players last season while this year's recruiting class brought in eight players. The class features three transfer players; the rest are freshmen.

Returning to the team is senior playmaker Dan Campos, a midfielder from Bergen, Norway. Last year, Campos tied for first in the nation in assists with 12. Adding his four goals to the mix, the midfielder ended the season touting 20 points, garnering his third-straight Second-Team All-Big South selection.

In their second season under head coach Michael Bonelli, VMI has a veteran roster of mostly juniors and seniors, carrying only five underclassmen, all sophomores.

Longwood's biggest contenders in the game are Keydet senior midfielder Sam Moffett, team leader in goals scored and points last season, and senior defender Sohrab Shaikh, who played the most minutes of returning players.

## WEEKLY ROUNDUP

### MEN'S SOCCER

**Tuesday, Aug. 15 (Exhibition)**

@ UNC Charlotte 3-2 W

**Saturday, Aug. 19**

vs. VMI 3:30 p.m.

### WOMEN'S SOCCER

**Friday, Aug. 11 (Exhibition)**

@ ODU L 2-1

**Friday, Aug. 18**

@ Richmond 7 p.m.

### FIELD HOCKEY

**Saturday, Aug. 19**

vs. Richmond 11 a.m.

**Sunday, Aug. 20 (Exhibition)**

@ Queens Upcoming

### WOMEN'S CROSS COUNTRY

**Friday, Sept. 1**

@ Hokie Invitational Upcoming

### MEN'S CROSS COUNTRY

**Friday, Sept. 1**

@ Hokie Invitational Upcoming



# After three years as a Lancer, Lane enters new life as a Ram

Former redshirt junior basketball player Khris Lane transferred to VCU for his final year of eligibility

“Individual success is nice, but I really wanted to win, and that was something big while I was (at Longwood) and in my decision making process.”

by Patrick Sanderson  
Sports Staff  
@psanderson



MATT ALEXANDER | THE ROTUNDA (FILE)

After ending a standout junior season averaging 17 points per game, former Longwood forward Khris Lane earned a spot on the 2017-18 roster for the No. 26 program in Division I basketball - Virginia Commonwealth University (VCU).

Lane, now a graduate transfer, said one of the primary factors in his final decision was that he would be playing close to home, calling VCU his “backyard.” As a Richmond native, Lane grew up around two minutes away from VCU’s campus.

“It sounds cliché, but it was just a perfect situation,” Lane said. “It all just presented itself at the same time, and obviously I’m from Richmond, have lived there my entire life, so the opportunity to come home and play, it’s absolutely special.”

The 6-6 student-athlete announced his commitment by way of multiple social media outlets, including Instagram and Twitter on April 22.

Lane said he filtered out all outside influences in his choice, deciding by his own gut instinct. Ultimately, he said all-around team success carried more weight to him than his own individual record.

“I was really contemplating coming back and really pushing hard to have a better year next season as a team,” said Lane, a

2016-17 All-Big South second-team selection. “Individual success is nice, but I really wanted to win, and that was something big while I was (at Longwood) and in my decision making process.”

He averaged 12.7 points and 6.7 rebounds per game while shooting an impressive .527 field goal percentage over the course of his two-season Longwood career. Last season, Lane led the team in those three categories.

Lane said at least 40 different schools expressed interest in him, which he narrowed down choices to Rhode Island, George Washington, Wake Forest, Pittsburgh and VCU.

Lane said he made his final decision while he was on his first official three-day visit at VCU starting April 21. Lane recalls being with VCU head coach Mike Rhodes during his visit when he suddenly decided that VCU would be his next home.

Longwood men’s basketball head coach Jayson Gee praised Khris’ work ethic, saying his commitment to the game of basketball was unlike any other.

“(Lane) has as incredible a work ethic (as) I have ever seen in 27 years,” Gee said. “His commitment to improve his game, his commitment to his conditioning, his commitment to his overall health, was as high as anyone I have ever coached.”

Lane spent his first season of eligibility at Drexel University, where he played in four games. He transferred to Longwood for the 2014-15 season but didn’t see the court until the next year due to NCAA transfer rules.

Chris Cook, the assistant vice president for athletic communications, said players who transfer schools are forced to sit out the proceeding season to discourage players from jumping around transferring from school to school.

As a VCU graduate student and transfer, he is immediately eligible for competition unlike when Lane transferred to Longwood.

Over the past decade, there have been an increase in the number of transfers in Division I basketball.

Cook said there were over 700 transfers in 2016 and 600 in 2015 across the division.

Including Lane and former Longwood junior forward Obi Romeo latest transfers, the Lancers have seen nine players change programs in the past four years.

Of the nine, four have moved on to other Division I schools.

Lane said he greatly appreciated the opportunities Coach Gee presented him when he transferred to Longwood three seasons ago, and the entire Longwood community means a great deal to him.

“Coach Gee and the coaching

staff gave me the opportunity to come back close to home and still play at the Division I level,” Lane said. “Everyone (at Longwood) has been amazing, all these people here played a part in my success.”

The Lancers will enter their 2017-18 season ranked No. 343 in the nation, coming off an injury-plagued season that ended in a 6-24 record.

Gee said Lane and Romeo’s two spots as forwards may be filled by one of the team’s returners, listing junior Jahleem Montague, redshirt senior and captain Damarion Geter, sophomore JaShaun Smith and junior Chris Shields as options.

The four-year head coach also signed two new forwards for this season - junior Boaz, of Houston, Tx. and freshman Jordan Cintron, of Bronx, N.Y. W

He assured the team was “fully prepared” for the movement of players this offseason.

Despite past struggles with health and academic issues, ending with only six players available for last February’s first round of the Big South tournament, Gee said he is excited for what the future holds for the Lancers.

He said, “We are excited about next season. This is the best team we have returning that we’ve had here in my four years being here, and I’m looking forward to coaching and leading them.”