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Rotunda - Vol 97, no. 11 - Nov 12, 2018

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The

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REACHING NEW HEIGHTS

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NOVEMBER 12, 2018

VOL 97. ISSUE 11

JACOB PUTERKO | THE ROTUNDA

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Retail stores push for an eco-friendly environment

The usage of plastic is deteriorating amongst clothing stores

by Taiya Jarrett | A&E Staff | @ohsootay

In an effort to provide eco-friendly environments, stores near you are taking the initiative to alleviate material waste one by one. Recent reports from the United Nations Environment Programme suspect that plastic will overpopulate the oceans "by the year of 2050." Plastic as we know it, is becoming more dispensable each and every day. Over time, it's been estimated that the seamless synthetic product has masked into a harmful substance to the environment, including its inhabitants. In other words, plastic has been of non-existent use to the environment, while endangering the life of humans and wildlife.

People utilize plastic on a daily basis, whether it's in the form of plastic bags, furniture, packaged food and so forth. The use of plastic may seem harmless. However, when manufactured, plastic contains approximately 14 percent of toxic chemicals. These toxic chemicals vary from trichloroethane, acetone to methylene chloride and methyl ethyl ketone, which have resulted in polluted environments and the deaths of countless marine animals.

According to Forbes, "plastic trash is found in the guts of more than 90 percent of the world's seabirds (ref), in the stomachs of more than half of the world's sea turtles (ref), and it's even choking the life out of whales (ref). At the rate at which plastic is accumulating in the oceans of the planet, it's predicted that, by 2050, the mass of plastic in the world's oceans will exceed the mass of all the fish that live there (ref)."

On average, people are unfortunately being exposed to these toxic chemicals brought by plastic through the air, water and even food.

Now, many of you may be asking, how does this affect human life exactly? Well, plastic has not only surfaced in the seas but also in our foods, beverages and containers. The main chemical stemming from plastic is Bisphenol A (BPA). The U.S. Centers for Disease Control and Prevention reported, "93 percent of people had detectable levels of BPA in their urine."

To counter this growing impact plastic has had on the environment and the people within it, well-known clothing labels have decided to partake in decreasing the use of this global deadly weapon. That's right, clothing brands such as Zara, H&M, Burberry, L'Oréal and Stella McCartney have vouched to lessen their use of plastic.

The retail industry is a major consumer of plastic, representing 20 percent of the industry via packaging. However, this is changing. The brands previously mentioned signed The New Plastics Economy Global Commitment, whose purpose is to:

1. Eliminate problematic or unnecessary plastic packaging and move from single-use to reuse packaging models.

2. Innovate to ensure 100% of plastic packaging can be easily and safely reused, recycled, or composted by 2025.

3. Circulate the plastic produced, by significantly increasing the amounts of plastics reused or recycled and made into new packaging or products."

In the grand scheme of things, this may seem like a small gesture from these big brand companies, but ultimately, it's a start.



COURTESY OF JOHN CAMERON



In SGA: Student wellness presentation

by Rachael Poole | Opinions Editor | @rapoole17

EVA WITTKOSKI | THE ROTUNDA

Matthew McGregor, associate vice president for Wellness and Auxiliary Services, discusses health services available from the university as well as addressing past concerns regarding parking services.

In this week's Student Government Association (SGA) meeting, Associate Vice President for Wellness and Auxiliary Services Matthew McGregor presented on student wellness in campus recreation and other auxiliary services he coordinates.

Student Health

McGregor talked about the Student Health Center and Counseling and Psychological Services (CAPS) as part of student wellness efforts at Longwood University. Per McGregor, the Student Health Center came to Longwood in July of 2015 with management partner Potomac Healthcare Solutions.

The health center helps decrease out-of-pocket costs for students and ensures that they are typically seen the same day they go in. It offers acute care, first aid, sexual health exams, diagnostic testing, prescription services and immunization allergy clinics, according to McGregor.



Senator Joe Hyman inquires about what funding given to the Student Health Center goes toward.

CAPS provides individual and group therapy as well as Attention Deficit Disorder (ADD) and Learning Disability (LD) testing, per McGregor. It also provides training for

undergraduate and graduate students.

McGregor also works with other auxiliary services such as facility operations, auxiliary budgets and parking coordination.

Facility operations include housekeeping and capital development while auxiliary budgets ensure efficiency and effectiveness of fiscal resources, according to McGregor.

Parking

Under parking coordination, McGregor works with enforcement, financial operations, communication and statistics, capital planning and space management and special events and transportation.

SGA Vice President Lucas Hobson brought up a resolution from last year that would decrease the cost of parking tickets from \$50 to \$25 for Longwood students and asked McGregor how close the resolution is to being utilized.

According to McGregor, it doesn't seem like anyone is opposed to the resolution, but new software was put in over the summer so it needs to be confirmed the resolution could be used with the new software.

McGregor also said that it could be a possibility to include parking passes in tuition for students who wish to have that added in.

Senator Jalyn Jones asked if Parking Services has thought about going back to a semester pass instead of a full year one. McGregor said the reason it switched was due to students saying they forgot what pass they had purchased. He then said students can still purchase a semester parking pass, but extra steps must be taken.

Per McGregor, one reason a student could get a semester pass is if they only have or need their car for one semester and said that students can get a refund on their passes if not used for a semester.

ADD/LD Testing

Jones also asked if there is a way to make ADD/LD testing less expensive through CAPS since it is \$500. McGregor said that price is one-half to two-thirds of the price of a typical test. Per McGregor, it can also be covered by insurance and payment plans can be implemented for students in tough financial situations.

Junior Class President Haleigh Pannell asked if a mandatory mental health seminar has been thought of for club sports teams and McGregor said that would be a great idea for athletes since there is training to look out for physical injuries such as concussions.

Open Forum

During open forum, Black Student Association (BSA) Representative Tyreiq Wilson-Jones asked if the lights can be fixed on campus because it is starting to get darker earlier, and the lampposts don't turn on to accommodate that.

David Love, director of landscaping and grounds management/sustainability, told Senate the issue is being worked on and is caused by a glitch in the system due to daylight savings time.

During the president's report, President Josh Darst said he's talked with Dr. Tim Pierson, vice president for student affairs, to address dining issues such as food gone bad. Darst also said he reached out to Virginia Commonwealth University (VCU) to talk about new meal swipe options for Longwood's campus.



Junior Class President Haleigh Pannell suggests that sports clubs go to mental health seminars to improve awareness of the issue.

Virginia 21 and State Council of Higher Education for Virginia (SCHEV) Representative Mary Zell Galen asked if food in the Au Bon Pain bakery can have ingredient lists because people with allergies don't know what's in the baked goods.

During the vice president's report, Hobson urged Senate to contact head of departments to address concerns instead of just posting to social media.

The Longwood Lions constitution was approved during Historian Megan Bland's report.

The next SGA meeting will be Nov. 13 at 3:45 p.m. in the Wilson Chamber located in Upchurch University Center.



THE REEL LIFE

Movie reviews by Jacob DiLandro | A&E Editor | @spongejay1

You are not prepared for “Overlord.” No matter what the trailers have shown you, the posters have promised or what other reviews have said. Know this right here and right now: this film is a shock to every sense and a visceral powerhouse of terror, violence and pulse pounding thrills. It accomplishes everything it sets out to do in the most unexpected and satisfying of ways.

Following a group of soldiers assigned with taking out a communications jamming tower mere hours before D-Day, “Overlord” jumps right into the business of grabbing audiences by their shoulders and shaking them up. The opening ten minutes deliver a wonderfully pulpy sense of atmosphere before throwing characters straight into hell.

What glorious hell it is too. Every crackle and pop from gunfire and explosions sizzle with raw power. Sound effects and design are absolutely top notch, especially in the later half of the film, when things start to bend and crack in ways they were never meant to.

Cinematographers Laurie Rose (“Free Fire,” “High-Rise”) and Fabien Wagner (“Justice League”) turn the dank and decrypt halls of Nazi labs and a crumbling small French

town into live wire fright scenarios. Thanks to subtle camera tricks, with angles bent just enough to cause anxiety without ever setting it off, the pair makes even the quieter moments incredibly tense.

The entire cast is excellent, keeping the same composure and characterizations consistent, even as the weird hits the fan. Wyatt Russell (“Black Mirror,” “Everybody Wants Some!”) and Jovan Adepo (“Fences (2016),” “mother!”) play off each other beautifully. John Magaro (“The Big Short”) and Dominic Applewhite (“The Inbetweeners”) are both charming and surprising in their smaller roles. Iain De Caestecker (“Agents of S.H.I.E.L.D.”) gets bonus points for one scene in particular, about halfway through the film. You’ll know it when you see it.

“Overlord” is an incredibly hard film to write about. Every moment or item discussed risks giving something else away. That’s because everything in this film is wound so tightly, every moment so razor sharp, that even saying one detail about one event threatens to send the whole thing tumbling down.

Most miraculously of all though, director Julius Avery (“Son of a Gun”) and writers Billy Ray (“The Hunger Games,” “Captain Phillips”) and Mark L. Smith (“The Hole”) manage to keep the tonal balance rock solid throughout. Even when things barrel past the hour mark and things start to go from bad to buck-wild in an instant, it all feels solidly established, avoiding any sort of bizarre tone shift that a film like this could easily create.

However, if there’s one big thing worth mentioning above all else,

it’s that this film is R rated with a capital “Gore.” This movie is the definition of body horror. Blood and guts spew quite a bit, and the crew isn’t afraid to let a smashed in head or exploding brain be seen in all its glory. This is war, after all.

Most impressively though, some of the sequences later in the film combine physical effects, prosthetics, animatronics and CGI in such ingenious and baffling ways. It’s worth watching purely to see what kind of scenario is thrown out next, and how the crew will accomplish it from a technical standpoint.

This is not a film for the weak-hearted or weak-stomached. It’s far darker and bloodier than even its own trailer seemed. It’s also best experienced with an audience, that way everyone can cry out, wince and shield their eyes all together.

“Overlord” is absolutely crazy. From frame one it throws audiences headfirst into the kind of action, horror, sci-fi, World War II mutation extravaganza that has to be seen to be believed. Every twist and turn feel expertly planned and intentional. The world and its tone are rock solid, with performances that catapult the film from pulpy fun into the realm of the sublime. Its gore is impressive and excessive, maybe to a fault. Regardless, “Overlord” is buck-wild and bonkers. That’s all there is to it.

★★★★★ 4.5/5



Overlord

PHOTOS COURTESY OF
PARAMOUNT PICTURES
AND BAD ROBOT
PRODUCTIONS.

COURTESY OF INDEPENDENT.

POOLE

Midterm elections are step toward accurate representation

by Rachael Poole | Opinions Editor | @rapoole17

Ilhan Omar will represent Minnesota's 5th district after winning 78 percent of the vote.

This year's midterm election marked history as the most diverse election in United States history, with more women, people of color and LGBTQ+ Americans elected to the House of Representatives, Senate or gubernatorial positions.

In this political era, the paramount selection of diversity is not only necessary, but crucial. Throughout American history, primarily white, Christian males have been representing the country on Capitol Hill - this election has started to change that.

In 2015, Congress was 80 percent white, 80 percent male and 92 percent Christian, according to the Washington Post. That was only three years ago.

Now, after this midterm election, two Muslim women, two Native American women, two Latina women, black women and a Korean-American woman are representing their districts or states in the House or Senate. Most of the diversity came from the Democrats.



COURTESY OF ASSOCIATED PRESS.

Young Kim won California's 39th District, with about 52 percent of the vote and is the first Korean-American woman in Congress.

Rashida Tlaib and Ilhan Omar, two newly-elected representatives from Michigan and Minnesota respectively, are the first Muslim women elected to Congress. Omar is also the first to wear a hijab and the first Somali-American in the House.

Sharice Davids and Deb Haaland are the first Native American women in Congress, representing Kansas and New Mexico respectively. Davids is also the first openly LGBTQ+ person to represent Kansas in Congress.

Representing Texas' 16th and 29th districts are Veronica Escobar and Sylvia Garcia.

Escobar and Garcia are Texas' first Latina women to represent the state. According to Business Insider, about 40 percent of Texans are Hispanic or Latino but have never had representation until this election.

Ayanna Pressley became Massachusetts' first black congresswoman, representing the 7th district. In Connecticut, Jahana Hayes was elected to be the first black congresswoman to represent the state. Hayes was also the 2016 National Teacher of the Year and ran her campaign on strengthening the public education system.

Alexandria Ocasio-Cortez and Abby Finkenauer are the youngest women elected to Congress, both age 29. Ocasio-Cortez will represent New York's 14th district and made headlines after she beat longtime Rep. Joe Crowley for the nomination.

Finkenauer will represent Iowa's 1st district and is one of the first women in Iowa's history to represent the state. The other is Cindy Axne, who will represent the 3rd district of the state.

Young Kim, a Republican, was elected to represent California's 39th district as the first Korean-American woman in Congress.

In the Senate, Tennessee elected its first female Senator. Marsha Blackburn, also a Republican, won with 55 percent of the vote against Democratic opponent Phil Bredesen in the race for the Senate seat.

Another standout win is Jared Polis, the first openly gay governor of a US state. Polis won the election in Colorado against Republican Walker Stapleton.

Abigail Spanberger won in Virginia's 7th district against incumbent Dave Brat - she is the first Democrat to hold that seat since 1968.

In addition to the landmark of diversity, the Democrats took control of the House, which was ignored by President Donald Trump. Trump tweeted Tuesday night about his "very Big Win" and then, unsurprisingly, tweeted that he was going to threaten a war with the newly-Democratic House if it proceeded to investigate him and his administration.

Trump's tweeted threat came after Sarah Huckabee Sanders, Trump's press secretary, said on Fox that Trump was willing to "work

across the aisle to get things done."

It's not surprising that Trump blatantly ignored the Democrats' win on Tuesday, but in a way, he acknowledged it by offering blackmail under the guise of bipartisanship. It's also important to note that Trump's presidency is considered a huge reason why Democrats won the House.



COURTESY OF NBC WASHINGTON.

After her shocking victory over longtime Representative Joe Crowley in New York's Democratic primary in June, Alexandria Ocasio-Cortez became a recognizable figure.

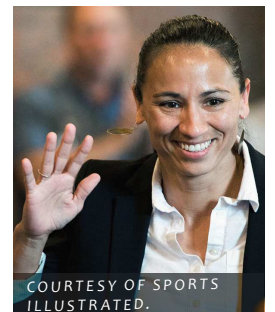
Nevertheless, this election was crucial: In the 229 years that Congress has been around since it was founded, American citizens haven't had the proper racial representation. This is a step in the right direction toward having representatives who actually look like the citizens they are presenting.

America's roots are amazingly diverse, and so are America's politicians. It's time we have a Congress that reflects that because we as American citizens should take pride in where we come from. No matter what race, religion, gender or sexual orientation we are, we should be represented.



COURTESY OF ABC NEWS.

Jared Polis is the first openly gay governor in the United States.



COURTESY OF SPORTS ILLUSTRATED.

Sharice Davids is a member of the Ho-Chunk Nation and won big in Kansas' 3rd District.



Sherif Maalouf, native of Cairo, Egypt, left behind his family to follow his aspirations of studying and playing soccer in America in 2014.

There's a complexity about settling into essentially a new world, as many college students would concur. Adapting can serve as a maturation process, and for college athletes, the process extends stemming from their extracurricular work on the field.

For some athletes, however, it's not merely a drive straight down the interstate or a direct flight into Richmond. International athletes walk into the unknown after countless hours of traveling and attempt to familiarize themselves with their new surroundings.

Longwood boasts 40 total foreign athletes in the 2018-19 academic year, deriving from 25 different countries. There are 23 of student athletes from Europe – making up 57.5 percent – with the next highest amount being five from Africa. The majority of the athletes are male; 23 of them to be exact. However, more than three-fourths of them are members of the men's soccer and men's tennis programs. On the women's side, 11 of the 17 athletes are on the field hockey and women's tennis teams.

Touching down in a different country can be a stomach-churning moment, igniting the fear of the unknown. With students coming from as far as Japan and as close as just north of the border in Canada, travel represents only the first of numerous challenges.

Challenges in which senior Leonie Verstraete of the Longwood field hockey team endeavored just four years ago when she left her family in Utrecht, the Netherlands; just a short 3,989-mile adventure to her second home in Farmville.

"When I came here, I didn't know my role and I didn't know my place, and I always knew people," Verstraete said. "I think my freshman year I struggled with playing, and you could tell by the way I played, like I didn't play my full potential."

She never considered going to school in America until field hockey Head Coach Iain Byers reached out after seeing her highlight tape. Further recruitment, Skyping and constant communication between the two eventually led her overseas.

"I didn't put that much thought into it to be honest, it was kind of spontaneous," Verstraete said. "My initial plan was to go for a year, but then I liked it so I wanted to stay here to finish my education."

Being one of six international players on the field hockey team, Verstraete came to America not knowing much English and struggled with acclimating to the culture change. A struggle in which junior Amadeo Blasco encountered three years ago when he was recruited to play for the men's tennis program.

"It's a different culture, everything is different," Blasco said. "I'm still learning."

Blasco is one of three players under Head Coach Jhonnatan Medina-Alvarez who was recruited out of Spain. In the past two years, he was joined by sophomore Marc Casanovas from Barcelona and freshman Guillermo Cagigas from Madrid.

Contrary to Verstraete, Blasco always had intentions of playing tennis in America.

**"When I'm home,
I'm homesick to
here. Also when
I'm here it's
the same thing.
It goes both
ways."**

- Leonie Cerstraete

Where he lives in Valencia, he said it is extremely difficult to compete at a high level while receiving an education at the same time. Additionally, he's an only child, which had a great impact on his parents seeing him leave.

"I think they were kind of sad I left them that early because I left home when I was seventeen," Blasco said. "But they were excited for me because they knew how much I wanted to come here to America to study and play tennis."

Senior Sherif Maalouf of the Longwood men's soccer team already had a sniff at the American lifestyle his freshman year when he committed to play soccer at Northern Illinois. His first impression wasn't exactly what he pictured, so he re-opened his recruitment to be found by Longwood Head Coach Jon Atkinson.

Maalouf is one of 11 international athletes on the men's soccer team, four more players than the next highest of men's tennis, in which all seven players on their roster are international.

Part of a family who likes to travel, it was still tough for Maalouf to leave his domain in Cairo, Egypt – the only athlete at Longwood from Egypt – when he first came to America.



Amadeo Blasco from Valencia, Spain is now nationally ranked in Division I tennis in America.

Blasco, struggled in conforming to when they first moved to America.

Interestingly enough, though, they said they never win when leaving both home and school on breaks. When they go back home on the two breaks most of them have – winter and summer – they're leaving behind a second family.

"When they get really close to their teammates and other people, for us, it's really hard to leave here. We have, like, a new life," Blasco said.

With winter and summer breaks being the only times when international athletes are able to fly home, this leaves them with the

decision of whether or not to stay with a friend or teammate over fall, Thanksgiving and spring breaks.

Verstraete, who graduates in 2019, says not being able to drive home every so often has become one of the more difficult parts of living overseas. However, her teammates and friendships made the transition to an unfamiliar culture easier, and dreads the day she waves goodbye to her second family.

"I thought at first I was going to get more homesick, but I think I was surprised that I wasn't," Verstraete said. "When I'm home, I'm homesick to here. Also when I'm here it's the same thing. It goes both ways."

Although they miss their family and friends in their respective countries, leaving the friends they've made over the years will be equally as difficult. They've created a new life overseas, missing memories they could be making at home, but making them thousands of miles away. This, in turn, presents them with a new challenge after they graduate.

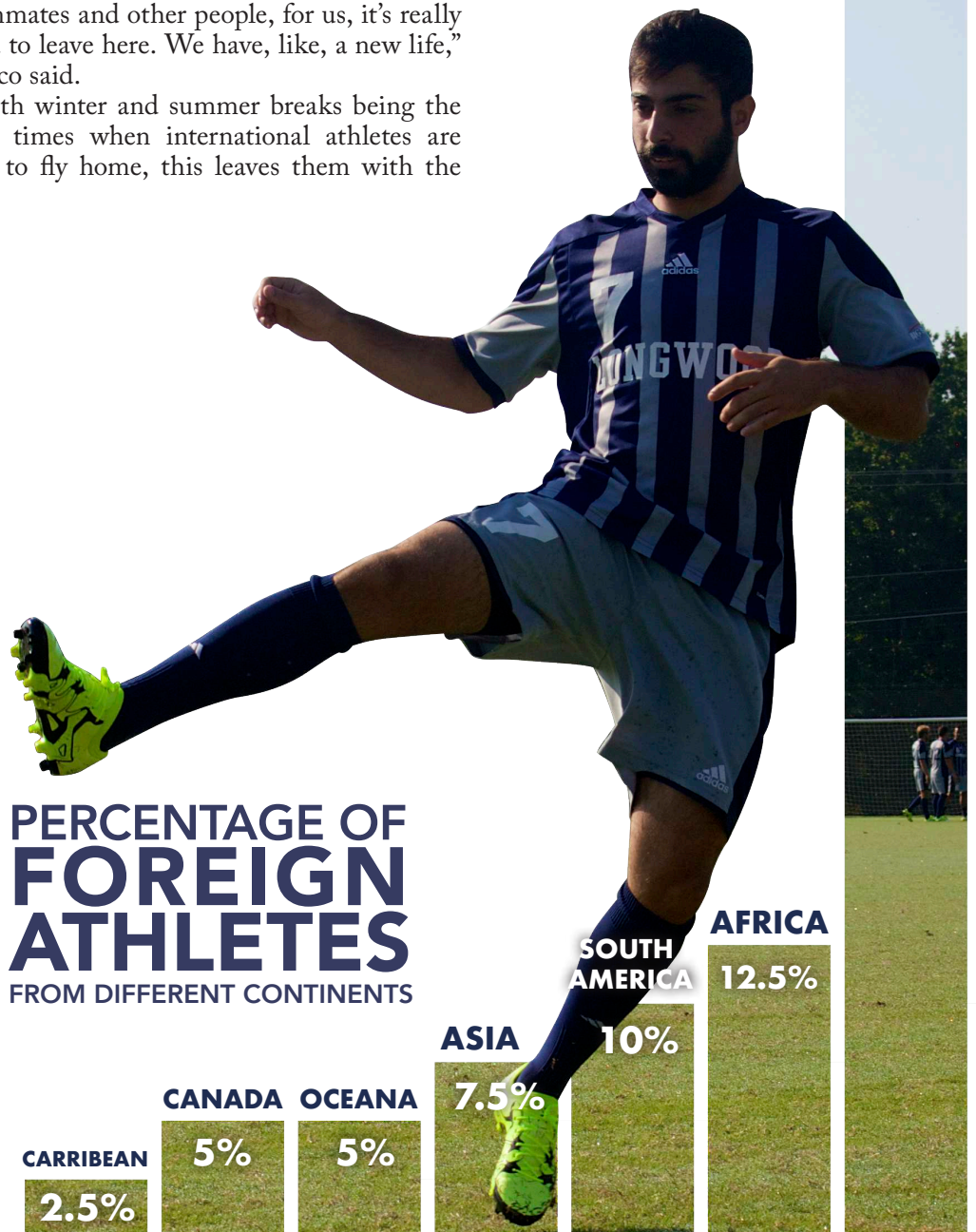
"When they get really close to their teammates and other people, for us, it's really hard to leave here. We have, like, a new life."

- Amadeo Blasco

"In the beginning it was a bit difficult," he said. "I'm a family guy so just not being around the family was difficult."

One of the most taxing aspects of being an international student, Maalouf noted, was not being able to go home whenever they want. In his situation, depending on the layover, a simple trip back home twice a year may reach 20 hours. Although the trip is difficult for those who come from overseas, they have all familiarized themselves with the constant obstacles of travel.

Not only is it tough to adapt as an international student-athlete, according to Maalouf, but transitioning to a different style of education and cultural traditions was something he, as well as Verstraete and



GRAPHIC BY LAUREN QUEZADA AND ANGELI LEONG



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