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CARRIE BAILEY | THE ROTUNDA

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Hannah Prem (bottom left) told the audience her feelings on the disconnect between students and staff members at Longwood when talking about sexual assault and misconduct.

In an effort to bring change and awareness, Ashtyn Clark, president of Bare Naked Ladies along with Mackenzie Spicer, vice president of Bare Naked Ladies and Megan Garrett, who was asked by Clark to also share her story and a senior political science and economics double major, hosted a panel where they shared their own stories of sexual assault in a welcoming environment.

Clark started off the event titled 'Let's Get Uncomfortable', held on Wednesday, Nov. 14 in Bedford 111 at 7 p.m., by sharing her personal story occurring at Hampden-Sydney College (HSC) in April of 2017 where she said she was drugged and raped.

Spicer, who also called herself a survivor as Clark did, had a similar experience at HSC where she said she was sexually assaulted spring break of her freshman year at Longwood.

Both Clark and Spicer felt the Title IX process at HSC had failed them and the effects are still ongoing today.

"I felt defeated and silenced," said Spicer in reference to her case.

"As you know, the college is limited in its ability to discuss the specifics of particular Title IX cases. But the college treats all reports of sexual assault with the utmost care and attention, and all reports prompt an investigative process that is designed to be thorough, fair, and unbiased," said Gordon Neal, director of Communications and Marketing for HSC.

Garrett shared her story but felt it was different from the others in that she said she was sexually assaulted a year ago off-campus at Longwood but did not report the incident. Garrett did not share her story publicly until August 2018 after the political dialogue had shifted to victim shaming she said.

"Your experience is valid even if you don't speak out," said Garrett.

Those in attendance were then given

the opportunity to discuss new ideas on how to bring awareness to sexual assault on Longwood's campus as well as HSC.

Hannah Prem, a senior business administration major, said she felt frustrated with the amount of support from faculty and staff and there is a disconnect between students and faculty. Prem said as a desk aid she had dealt with a sexual assault victim and when authorities were contacted she felt the victim was encouraged not to take further action.

Clark introduced the concept of victim blaming where she felt the national dialogue had been skewed from the recent hearings of Brett Kavanaugh when Dr. Christine Blasey Ford, Deborah Ramirez and Julie Swetnick came forward and accused Kavanaugh of sexual assault and misconduct.

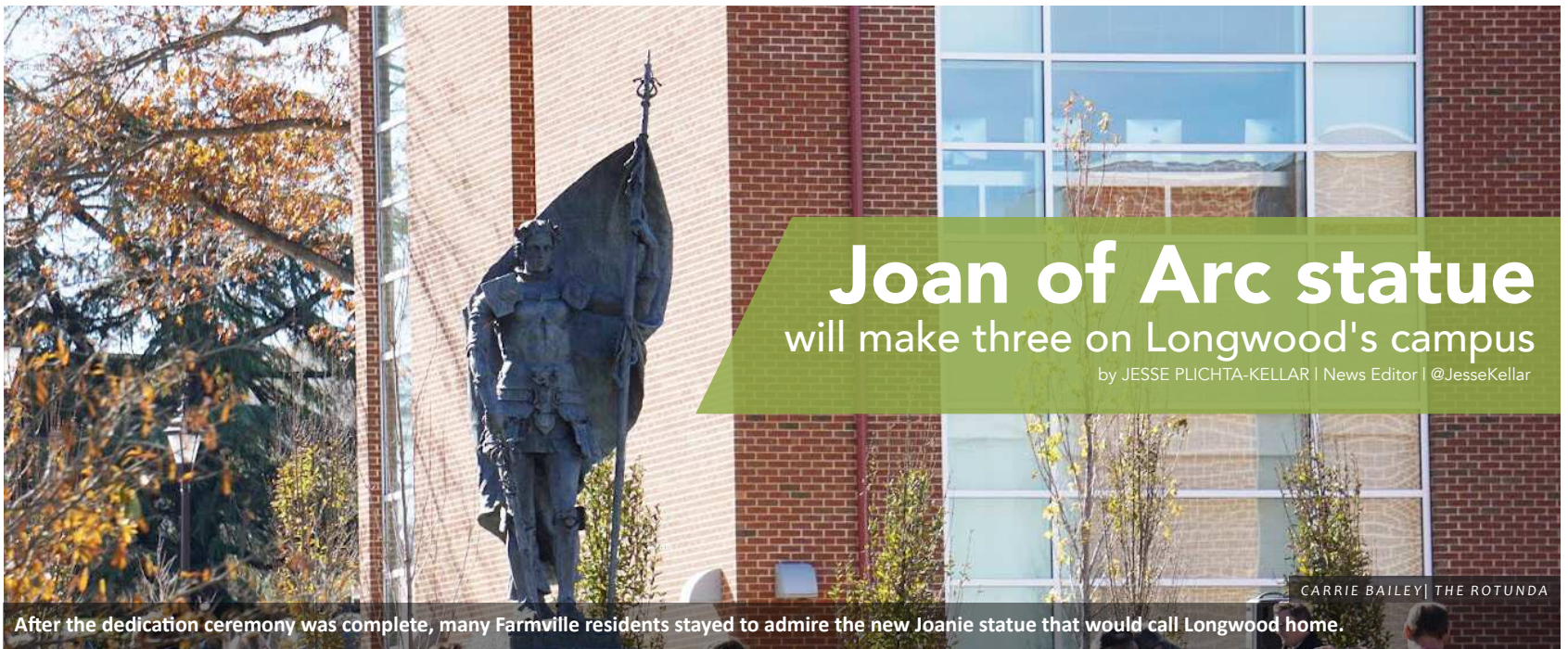
Clark felt it was a good time to share her story publicly on social media.

"My story, sadly, is not unique. It was not until recently that I realized almost every person I have come in contact with has been impacted by sexual assault or sexual misconduct. The national news has sparked a country wide #MeToo Movement, which has enabled survivors to step into the light. It is time for Longwood to step into the light..." said Clark in the post.

University Clery and Title IX Coordinator Lindsey Moran, Esq., who also serves as the adviser to Bare Naked Ladies also was part of the planning process of the event.

"The audience was thoroughly engaged and provided some insightful comments as well as great suggestions for improving our community both on campus and off," said Moran.

An audience member suggested there be more panels in the future in which all three panelists were in favor of.



Joan of Arc statue will make three on Longwood's campus

by JESSE PLICHTA-KELLAR | News Editor | @JesseKellar

CARRIE BAILEY | THE ROTUNDA

After the dedication ceremony was complete, many Farmville residents stayed to admire the new Joanie statue that would call Longwood home.

The third sculpture on campus honoring Joan of Arc was dedicated on Friday, Nov. 16, 2018 at 11 a.m. at the south end of campus by the Hull Hall and Bedford Hall after it was installed on Monday, Nov. 12.

The process of getting the new sculpture on campus began in 2015, according to Longwood President W. Taylor Reveley IV.

According to Deputy Director Capital Design & Construction at Longwood University Kim Bass, the new statue weighs approximately 3,200 pounds, is made of bronze and is around 10 and a half feet tall on a five-foot pedestal.



Along with President Reveley, Rector Marianne Radcliff also addressed the crowd during the ceremony. She discussed Joan of Arc's history as well as how she visited Joanie's hometown in France.

About 75 people attended the dedication ceremony where both Reveley and Marianne Radcliff '92, rector of the university, spoke.

"This is a moment brought by many hands," Reveley said.

He thanked the administrations and the board of visitors for all their work in the creation of the sculpture.

"The vision of the board is at the heart, our great rector most fundamentally. Marianne Radcliff, class of '92, has always seen it as providential that that the patron hero of the beloved alma mater is Joan of Arc," said Reveley.

Reveley then introduced Radcliff to speak to the crowd.

Radcliff gave a history of Joan of Arc, from the time she was born in 1412 to when she was burned at the stake in 1431.

"Her accomplishments are nearly unmatched," Radcliff said. "She taught me what is possible. It's a concrete lesson that tasks that seem insurmountable aren't necessarily so because people say you cannot is no reason to turn back."

Radcliff spoke about Joan of Arc going to see the king of France and asking to lead his army, despite her lack of military training.

"All she had was clarity of purpose, what must have been supreme confidence and love for her people," Radcliff said.

Radcliff said she was happy to see the new statue installed.

"People still look up to her today," Radcliff said. "I love that Longwood students, generations from now, will look at this statue and learn her story."

Reveley spoke again after Radcliff. He compared the new sculpture to the 1914 statue housed in Ruffner Hall, which is commonly called "Joanie on the Stony", per Longwood's website.

"The dedication of a statue like this at a moment it is also natural to ponder the future," Reveley said. "When Longwood's first Joan of Arc Statue arrived in 1914, the beloved Rotunda statue, depicting her as a young girl at her home in Domrémy it was at a time celebrating international celebrations for the 500th anniversary of her birth ... A great work of art endures through time and inspires across horizons of years difficult to fathom. This majestic statue we dedicate today will inspire us throughout all our years."

According to Longwood's website the first statue was donated by the Class of 1914 and the second one, known as "Joanie on the Pony" was donated in 1927.

According to Reveley, Alexander "Sandy" Stoddart, a renowned Scottish sculptor created the new statue.

"His vision of Joan of Arc, I think, embodies the spirit of Longwood, I think, as we look out and then beyond with our special call with all we have been given with the lives of citizen leadership."

After his speech, Lauren Peters, a music senior, sang the Alma Mater before Reveley and Radcliff cut the ribbon.

Per Reveley, the new sculpture does not have a nickname or associated superstitions yet, and no new Joan of Arc statues are currently being planned.

"I do hope, very sincerely, that she becomes a point of inspiration for students," Reveley said.



The new Joan of Arc statue stands between Hull Hall and Bedford Hall.

Elwood's Cabinet opens to end food insecurity on campus

National colleges facing similar issue

by Rachael Poole | Opinions Editor | @rapoole17



College costs can be financially crippling, leaving some students without food after they've paid for textbooks, tuition, supplies and other fees. Many students consider food to be their most flexible expenditure when it comes to cutting expenses, leading them to be food insecure, according to Students Against Hunger.

Student Government Association (SGA) President Josh Darst first learned about food insecurity, the state of being without reliable access to a sufficient amount of affordable and nutritious food, last February at the Conference on Student Government Associations (COSGA) in Texas.

Darst presented some intake from COSGA last year during an SGA meeting and ended his presentation with a proposal that the Longwood community could help with the issue by opening a food pantry.



Bowen, Swinsky, Trebour, Hicks, Garrett, Darst, Dean of Student Engagement Cheryl Steele and Elwood celebrate the opening of Elwood's Cabinet.

That's what he set out to do. Elwood's Cabinet, the new student food pantry, opened on Nov. 14 at Wesley Campus Ministry for Longwood students. The pantry is meant to combat the issue of food insecurity on Longwood's campus, since food has become more of an afterthought for college students.

"A long term goal of this is for it to be a student organization," said Darst.

According to a survey conducted by Temple University and the Wisconsin HOPE Lab, 36 percent of students at 66 surveyed colleges and universities do not get enough to eat.

Prince Edward County has a food insecurity rate of 17.3 percent with 47 percent of its residents below the SNAP threshold for poverty, per Feeding America.

Darst reached out to Justin Hicks, director of Wesley Campus Ministry, in June to ask if the ministry would be interested in partnering with SGA to start the food pantry.

After Hicks agreed to it, Darst established a team that started with SGA Senator Megan

Garrett and Sophomore Class President Brandon Bowen. The team has now grown to include Senator Cecil Hayes and SGA Vice President Catherine Swinsky, who took over Lucas Hobson's position after he announced he was leaving SGA on Nov. 13.

The idea of a food pantry didn't just start in Texas, though - according to senior kinesiology major and President of Wesley Campus Ministry Madison Trebour, students and members of the ministry went on a mission trip to Florida during spring break of 2016 and brought back the idea of a food pantry at Longwood.

Trebour wasn't able to go on the trip, but said that after the other members came back and discussed the idea, she loved it.

"I heard everyone talking about it and how great it was and about how they had started this idea of creating a food pantry at Wesley, and we kind of worked around with the idea for a couple months before we were able to come up with, really, enough supplies," said Trebour.

The food pantry started with minimal donations from students and faculty members.

Per Trebour, her and Anna Knapp, vice president of Wesley Campus Ministry, were presented with the idea by Hicks after Darst asked if the ministry would like to partner with SGA on the student food pantry.

"We realized by partnering with them we could reach much more of the student body than we currently were," said Trebour.

According to Trebour, Wesley had the space downstairs and the essentials such as shelves and tables, but needed help with the presence. Within weeks, an empty room downstairs in Wesley quickly became a food pantry for students in need thanks to the help from SGA.

"We started at the beginning of the semester just kind of brainstorming and talking about it, and then all of a sudden we were like, wait, we want to open it this semester," said Trebour.

At a quick pace, a mural of Elwood's Cabinet's logo was painted on the wall and the room was setup to include a lounge next to the shelves. Trebour said the goal was to have the room look a little more modern and calmer than it was.

Mary Carroll-Hackett, creative writing professor, has had her own food pantry out of her office since she came to Longwood to combat the issue of food insecurity after seeing how her students weren't getting a lot to eat.

"I came here in 2003 and by the end of 2004, I was seeing students who were doing without (food)," said Carroll-Hackett.

Carroll-Hackett said the topic hit close to home to her as someone who grew up poor, but never went without food. However, her mother did, sparking a desire to help students in need. She has a garden and preserves her own food to give to students.

"You can't learn when you're hungry; you can't function when you're hungry," said Carroll-Hackett.

Hicks, who became the director of Wesley last June, was an instrumental part in the execution of the food pantry.

"The willingness of people to come and partner, and I don't think it could've happened as fast as it did without people being totally bought in (sic) and totally understanding that this is a need in the Longwood community," said Hicks.

According to Bowen, the ultimate goal is to establish some kind of point system for students. Elwood's Cabinet takes donations right now at any time at Wesley Campus Ministry.

Garrett said it is also in the works for organizations to partner with Elwood's Cabinet for donations and volunteer hours.

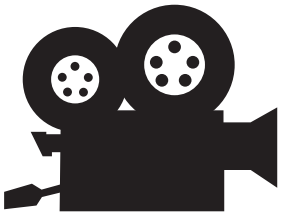
Garrett also believes this will help end the issue of food insecurity on campus and hopes that food becomes more of a priority for students.

"I just want to end the problem with food insecurity on campus because I know it's a big problem for a lot of students, especially with the expensive cost that food is, especially on campus," said Garrett. "Not only food, but tuition costs arising and your compensation fees arising, so there's so many costs and fees that students have to deal with and food tends to get pushed to the background, so I don't want students to be hungry anymore."

It will be open on Mondays from 6 p.m. to 9:30 p.m. where students can come in, show their Lancer ID to prove they are a student, grab a bag and fill it up with items they need.

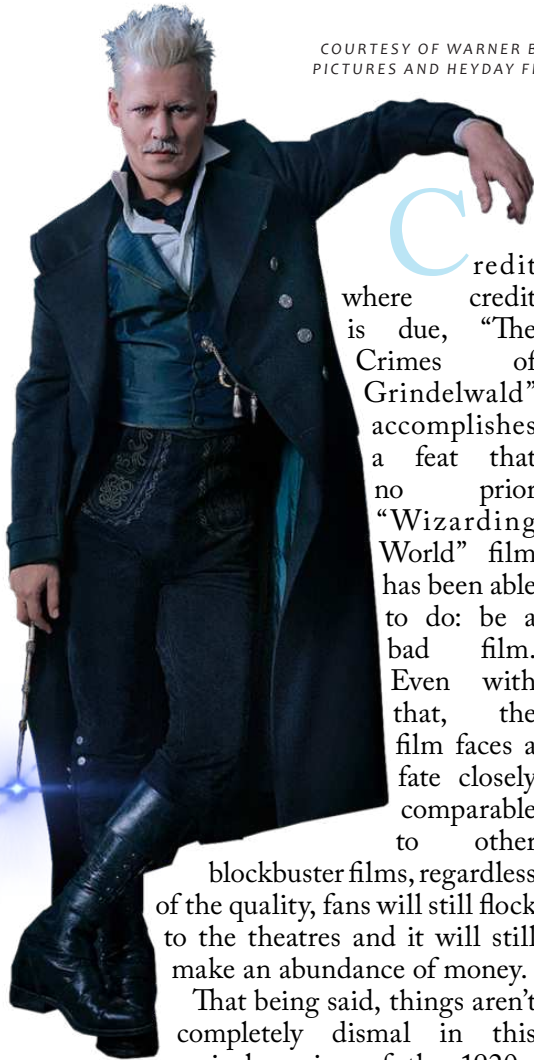
"You can't learn when you're hungry; you can't function when you're hungry,"

- Mary Carroll-Hackett, Creative Writing Professor



THE REEL LIFE

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



COURTESY OF WARNER BROS. PICTURES AND HEYDAY FILMS.

Credit where credit is due, “The Crimes of Grindelwald” accomplishes a feat that no prior “Wizarding World” film has been able to do: be a bad film. Even with that, the film faces a fate closely comparable to other

blockbuster films, regardless of the quality, fans will still flock to the theatres and it will still make an abundance of money.

That being said, things aren’t completely dismal in this magical version of the 1920s.

Newt Scamander is still a wonderfully tame soul played with effortless charm by Eddie Redmayne. Despite a smaller than initially thought amount of screen time, Jude Law is also charming as a younger Dumbledore, working a smug smile into the powerful wizard’s repertoire of quips and misdirections.

That’s where the cast’s skills seem to end though, because the rest of them, even those reprising their roles from the first “Beasts” movie, seem to be floundering. Johnny Depp seems bored as he prances around as Grindelwald, and most of Newt’s friends seem like they’ve had the life sucked out of them. There’s also a steady flow of side characters that keep being slowly introduced, most of them without any real purpose but doesn’t seem entirely their fault though.

As something seemingly impossible, the script and writing is by far the film’s weakest link. Despite her pedigree, J.K. Rowling has delivered a chapter in her world that just seems over complicated and boring. She’s choked this outing full of subplots that either don’t conclude or are just funneled in to conclude in the next film.

The film at least maintains the distinct visual quality set by the previous Wizarding World

films. Sets are mostly practical, blending real effects with CGI in a way that maintains a clean and solid look. A few moments of bad green screen stick out though, and the entire film just looks very dark and black, like the warm tones and colors from the first have been sucked out by Dementors.

It’s a film that spends so much time meandering in its plot, that by the time things actually start to move along, it’s in the third act. Most of it also just doesn’t make a whole lot of sense. Newt seems to have a semi-decent relationship with his brother, until the plot dictates they must give chase. It just feels like things are being made up on the spot to dictate the plot, pre-established lore be damned.

For a small example, Professor McGonagall pops up for a split second in the background. She’s addressed by name by Dumbledore, and leaves. She’s on screen for a total of 60 seconds. Sounds fine. Except, according to pre-established lore that Rowling herself wrote, McGonagall isn’t born, yet alone old enough to be a professor at Hogwarts. The film clearly takes place in 1927, and McGonagall isn’t born until 1935 - bizarre.

Even if lore is thrown out the window, the result is a movie that’s just plain boring. Sure, there are a handful of amusingly entertaining sequences like Newt gets some good beastly moments, just like before, but they’re undoubtedly the highlight. The same goes for Law’s version of Dumbledore, and

when Newt and the Professor are onscreen at once, then the film actually seems to be building to something great.

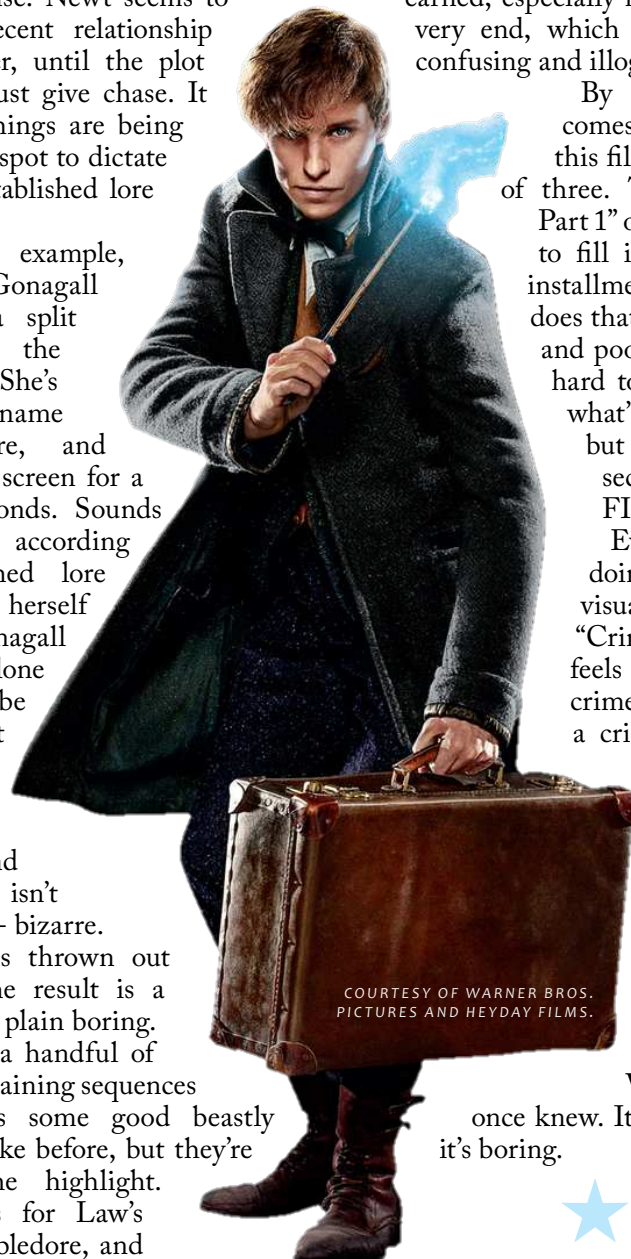
Even if it’s boring for most of its run time, things really start to go downhill once the third act twists start being thrown out. The worst part is, in reality there’s probably only two or three big third act revelations. But because of how poorly this plot conveys any information to the audience, it feels closer to five or six plot twists. None of them are earned, especially not the one at the film’s very end, which manages to be simply confusing and illogical.

By the time everything comes to a head, it feels like this film is the middle chapter of three. The “Deathly Hallows Part 1” of this series, like it exists to fill in lore before the final installment. Except, not only does that lore feel so out of place and poorly constructed that it’s hard to tell what matters and what’s merely world building, but also that this is the second film, OUT OF FIVE.

Even with the actors doing their best, and a solid visual and musical score, “Crimes of Grindelwald” feels just like its title. It’s a crime to Wizarding fans, a crime to coherent lore, a crime to those who’ve spent time loving this franchise. It truly feels like Rowling doesn’t care, like she’s throwing characters and plots in to just create a paycheck. This isn’t the Wizarding World we

once knew. It’s bad, and quite worse, it’s boring.

FANTASTIC BEASTS THE CRIMES OF GRINDELWALD



COURTESY OF WARNER BROS. PICTURES AND HEYDAY FILMS.

★ ★ 2/5

THE "SINKHOLE" WITHIN SPORTS

Longwood basketball star's struggle with mental illness outlines national issue

by TJ Wengert | Rotunda Studios Staff | @tjwengert



Geter taking a free throw with the protective face guard on after suffering a broken nose.

COURTESY OF LONGWOOD ATHLETICS

“I would say more than half of athletes suffer from some sort of depression or anxiety,” said Damarion Geter, graduate student on the Longwood men’s basketball team.

College athletes are often seen as the ‘big men on campus,’ wearing their team’s apparel the day after a big game. Recruited for their talent, some have their college careers paid for, and seemingly have it all. However, some athletes are hiding an internal battle, like Geter.

“On November 5th, right after halftime against the Hawks, I had a panic attack,” wrote NBA champion and five-time all-star Kevin Love.

These are the words of one of the game’s most talented forwards of the last decade in an article he wrote in *The Players Tribune* titled, “Everyone Is Going Through Something.”

Mental illnesses in the world of sports have gained national attention since Love’s article which broke the news of his panic attack at halftime of a game in early November. In the time following this, more players became vocal about their struggles off the court.

“The NBA gave me my depression,” former NBA player Nate Robinson said. “I’ve never been a depressed person in my life.”

Mental illnesses come in different forms, including depression, anxiety disorders, addictive behaviors and schizophrenia. Some people battle different forms, and they can vary. In addition, they have no boundaries, reaching Farmville where Geter has openly discussed his struggles with depression and anxiety.

“You lose interest in doing a lot of things, you probably want to be by yourself more often, and it’s a change in personality,” the soft-spoken Geter said. “Like you don’t feel like yourself and you feel empty.”

The causes of mental illnesses can be difficult to determine because they can differ. For Geter, he believes his was sparked by his battles with multiple injuries.

The Dayton, Ohio native tore his labrum and was forced to miss the 2015-16 season, and then took on a leadership role as a student assistant coach and began his rehab to return

to the court for his redshirt junior year.

“Throughout life you’re taught (that) if you put the work in and you work hard, you’re always gonna reap the benefits,” he said.

That wasn’t the case for Geter, however, as when the next season came around, he was a starter for the first three games before suffering a foot injury in which sidelined him for a second straight season.

With these injuries and missed gametime, depression symptoms began to sink in for Geter. He used the analogy of a sinkhole to describe how “one thing leads to another, and another.”

He said it can lead to someone getting inside their head, thus creating a seemingly never-ending cycle of battling depression.

“Once you’re by yourself and those thoughts happen, there’s no one there to encourage you,” said Geter. “You start to think about all the negative stuff that’s happened in your life before that has led up to this.”

Having a support system helps cope with the constant feeling of loneliness, but pressure to perform up to their standards looms large for Geter. He said he has his family and friends who want him to do well, along with other influential people in his life.

“You have your coaching staff you have to impress, then your weight lifting coach, then you have to do class, and you have yourself too at the end of the day,” he said.

Geter’s depression is similar to that of Robinson’s, in which they believe they had their identity taken from them.

“Just because they play a sport it doesn’t diminish the possibility of them having mental health related issues, and in some cases we would see a higher risk of that,” said Rick Canter, Longwood’s associate athletics director for student-athlete enhancement.

According to a journal from the American College of Sports Medicine (ACSM) published in January 2015, “Depression affects an estimated 6.7 percent of today’s adult population in a 12-month period”, however, “findings from these studies suggest that the prevalence rate of depression among college athletes ranges from as low as 15.6 percent to as high as 21 percent.”

Geter said stress can lead to depression, having their own effects.

“It brought up a lot of anger, especially in the beginning,” he said.

He mentioned a time he was planning for an upper-body workout, but upon his arrival to the gym, his strength coach had made a low body work out for that day.

“It just set me off. It’s those little things that go back to the personality changes,” said Geter.

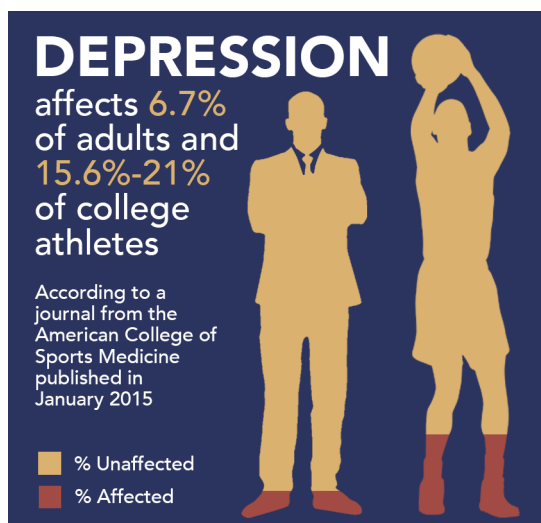
It’s also rare for athletes like Geter to seek any help in the process, where being a male is attached to being strong and not showing any emotion.

This was seen with Geter, who didn’t show emotion to his family, saying he wasn’t very comfortable showing emotion. Fortunately, he sought out the help he needed.

“Honestly it was a lot on myself as well, just the fact that growing up you’re thought to be tough, and tough is not talking about your feelings,” said Geter. “Then growing up, I didn’t really talk much about my feelings, and I don’t even think my family back home knows I went through counseling.”

Geter, with help along the way, has made promising strides in the right direction against depression and anxiety.

He said, “For me it was a long process, and I don’t know if it’s a process I’m fully over with yet, but I feel like I’m in a better spot with it.”



GRAPHIC BY ANGELI LEONG



RESULTS STRAIGHT FROM THE HEART

LONGWOOD ATHLETICS USE MONITORS TO TRACK HEALTH OF STUDENT-ATHLETES

by Kurt Martin | Sports Staff | @IamKurt14

The use of heart monitors before, during and after athletic events is a trend sweeping the landscape in both college and professional athletics to better monitor the health and well-being of students both on and off the field, according to Director for Sports Medicine Carly Fullerton.

Three different Longwood athletic programs currently use monitoring technologies from FirstBeat to track different health statistics while student-athletes are in action. Athletes wear the monitors during lifting, practice and games.

According to Fullerton, the statistics include Training Impulse (TRIMP) score, heart rates, workload amounts, recovery loads, among others.

Fullerton said a TRIMP score is on a scale of one to five and measures workload during a particular session.

"If we're looking at a late recovery day, their TRIMP score should be in the ones," she said. "If we are seeing that they are in the fours and fives then we know that they are not recovered from the day before, and we know they aren't getting maybe the most sleep or things like that."

She continued, "There are still things that I don't understand and I've been looking at it for quite a few years now."

According to Fullerton, the FirstBeat system allows her to check athletes' live statistics on her mobile device, and athletes can receive an email with their statistics to compare themselves with others on the team.

The three teams that currently use the monitors at Longwood are men's basketball, field hockey and women's soccer. The men's soccer program used the monitors during the preseason practices which entailed heavy conditioning, but have since backed off on use.

For men's basketball's first-year head coach

Griff Aldrich, reviewing the data received from the monitors on a daily basis has become a major priority.

"It's a tool to be able to evaluate the exertion level and the physical load level that each athlete is undergoing during an activity," Aldrich said. "It's a great way for us to know where they are physically."

Women's soccer head coach Todd Dyer also uses the information from the heart monitors on a daily basis because it adds an element of accountability to student-athletes.

"They know that they are constantly being monitored, not that we want them working as hard as they can all the time," Dyer said. "Really being able to track the amount of work our athletes were doing on heavy practices, light practices, games and all of those things."

According to Dyer, the main reason they use the monitors is to measure the workload of the team.

"After you play a game, you have a recovery day and then you start to build up again, but you need to rest before the next game," he said. "Basically we are trying to find that 'ideal training rhythm' for our team to make sure that we are putting in the right amount of work on the right days, but then also allowing them to recover either after a match, or get their legs back before a match."

According to Fullerton, the ability to purchase the monitors comes from each team's allotted budget, and is not mandatory for use, but she would like to see more teams use the monitors.

"From a wellness stance and from a strength and conditioning stance it really works well for us to be able to see the information, and it's nice for the coaches to be able to learn about it and see all the data points you can get from the machines every day," Fullerton said.

According to Fullerton, player reaction to

the monitors has been mixed.

"Especially for the male athlete, the biggest complaint is the band and the way it sits and where it sits, for a girl it's fine because it sits right under a sports bra band, so it doesn't affect you," she said. "For guys, they don't have something holding it down, so you either have to make it tight enough where it will actually stay and sometimes it will rub, or it will start to slide as a player sweats."

Each team that wears the monitors are in charge of keeping the bands properly sanitized.



The heart monitor is a strap that goes around the center of the chest so it can register breathing and heart beats.

JACOB PUTERKO | THE ROTUNDA

"It's all on the coaches. Lysol wipes or Lysol spray is fine, something like that, that's going to be an antibacterial," Fullerton said. "The bands are kept in this thing that rolls out and has little pockets for each one to go in, and so you slide them in, and they are numbered, you roll it up, then it clips and slides into a bag. If you don't clean them everything just grows."

The heart rate monitors also assist with the draining, mental side of athletics, according to Fullerton.

"It's been interesting watching it for some kids with the anxiety side of things. They'll go all practice and never get in the red, and then all of the sudden you'll put them up for a free throw and they jump to the red immediately," said Fullerton.

Dyer is very excited about the possibilities that having the heart monitors, brings to his team, and wants to grow and learn more on ways they can be used.

He said, "It definitely helps us, and we're just at the very beginning of what you are capable of doing with that (heart monitor) system. We are better off now than what we were before."

GISELLE VELASQUEZ | THE ROTUNDA



Men's Basketball head coach Griff Aldrich uses the statistics from the monitors on a daily basis to see overall output of athletes.



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