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The

ROTUNDA

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NOVEMBER 18, 2019

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In SGA

Diversity strategic plan, elections

by Allison Turner | Assistant News Editor | @allisonkturner

In this week's Student Government Association (SGA) meeting, Jonathan Page, director of the Office of Multicultural Affairs, came to speak and elections were held for the Executive Senator for Senate Relations position.

Page spoke about what his office does and the five-year diversity strategic plan that he and fellow staff members have been working on. He encouraged the senate to be all-inclusive and to promote diversity on Longwood's campus.

The five-year plan focuses on retention, education, assessment, community outreach, communication and student-developed initiatives. He said, "Diversity goes far beyond just race and ethnicity."

Page also encourages students to come by his office and to give their feedback on diversity on Longwood's campus and the five-year plan. He will finalize the plan over the next few months, and will present it to the University Planning

Council (UPC) in April 2020.

In Open Forum, Student Diversity and Inclusion council (SDIC) Representative Anthony Jackson announced that there will be another Town Hall on November 20 at 7 p.m. in Hiner 207. All students are welcome and encouraged to attend.

In the President's Report, Haleigh Pannell mentioned that the Campus Safety Walk will be held on Tuesday, Nov. 19 at 7 p.m. on campus. Students in attendance will get split into groups and will walk around campus, pointing out unsafe areas that need to be fixed.

The senate then elected a new Executive Senator for Senate Relations for the spring 2020 semester. The senate voted in Resident & Commuter Life Advisory Board (RCL) Representative, Shaunah Smyre.

The next SGA meeting will take place on Tuesday, Nov. 19 at 3:45 p.m. inside of the Wilson Chamber at the Upchurch University Center.



Jonathan Page with the office of Multicultural Affairs presents his 5-step plan to improve Multicultural relations within the Longwood community.

JESS BOGGS | THE ROTUNDA



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Longwood Recovers

receives grant, promotes program

by Allison Turner | Assistant News Editor | @allisonkturner

Longwood Recovers, Longwood's collegiate recovery program, received a grant this past summer to help grow the program, and is making more efforts to promote it in order to reach more students.

The program, which currently serves about five to seven students, was originally started in 2013 by Dr. Kevin Doyle, associate professor of counseling and coordinator of the counselor education program at Longwood.

He said on the program, "Longwood Recovers is part of a national movement to support students on college campuses who are in recovery already, from a substance-use disorder primarily or other health issues, as well as students who are thinking about making a change."

In June, they were one of six universities in Virginia to be awarded a grant funded by the Virginia Department of Behavioral Health and Developmental Services (VDBHDS). The grant is worth \$50,000, and will be spread over the course of two years.

Ashley Hiemenz Green, graduate assistant and coordinator of Longwood Recovers, said on the grant, "The grant money is going towards raising awareness, supporting the students, facilitating meetings and also facilitating events in addition to visiting other schools to see how they run their recovery programs."

Thanks to the grant, Green will also be able to attend the Association for Recovery and

Higher Education (ARHE) convention, to learn how to better structure the program and raise awareness on Longwood's campus.

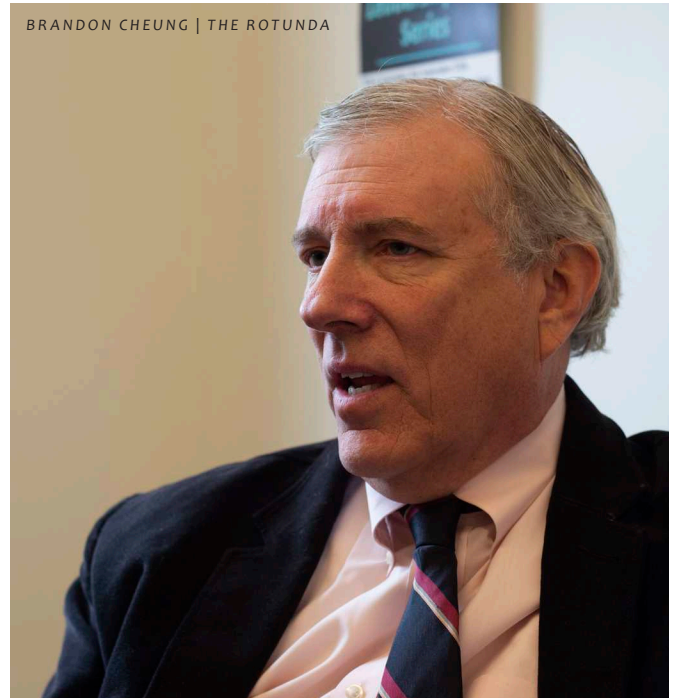
Longwood Recovers currently offers students different options on ways to get help, such as meeting in a group or individually. They currently hold group meetings on Tuesdays at 3:15 p.m. in the Upchurch University Center, and those meetings are used as an informal way to touch base and help each other. Students who feel they need more help are also able to meet with Green one-on-one as needed.

Both Doyle and Green want students to know that there are options for them out there, and that they should use them. Their biggest objective is to create a safe environment where the Longwood community can come together and support those who are in recovery or would like to make a change.

Doyle said, "We want to make this a supportive environment that is welcoming to any student. And we want people to know that there is no wrong door to treatment."

Green added that they also want to get rid of the stigma around recovery and help people learn how to talk about recovery and spread awareness. They also want to reiterate that recovery is always possible no matter how bad, and anyone can get help.

Students can reach out to longwoodrecovers@longwood.edu for more information on how to get help.



Dr. Kevin Doyle (top) & Ashley Hiemenz Green (bottom) share details about Longwood Recovers. This program was funded along with several other universities around the state of Virginia which aim towards helping students with prior addictions to assimilate into college life.

First-Gen college student awareness comes to Longwood

by Victoria Thompson | Features Staff | @longwoodrotunda

Imagine navigating the living, breathing universe of a college campus for the first time, with all the pamphlets filled with smiling faces and ‘Welcome Home’ phrases, and then having the various new waves of vital information piling up before your eyes. Now picture that as a first-generation college student without any family members to seek help from.

On Nov. 14, the First-Generation Student Success Working Group held an event to celebrate first-generation college students.

They tabled on Brock Commons in the morning and Upchurch University Center in the afternoon. The group currently has faculty members, one graduate student and one undergraduate student promoting awareness on Longwood’s campus.

Cheryl Steele, dean of student engagement, and one of the faculty members on the committee, said, “The First-Generation Student Success Working Group...has been working for several years to build positive messaging and information about and for first-generation college students.”

Events like this establish new voices being heard from first-gen students facing struggles that other students rarely hear about or understand. After all, college is tough enough when a student has all the resources easily available to them.

Steele further explained, “While students generally have to adjust to university life, first-gen students do not usually have the base of knowledge and experiences that students can get from family members about how to navigate college. They are trying to figure out a new environment with jargon that is unfamiliar and complexities of processes

with university offices and requirements, both in and out of the classroom.”

Despite all the confusion, the First-Generation Student Success Working Group wants first-gens to achieve a sense of pride in who they are.

Steele also commented, “First-Generation college students are pioneers. They will be the first in their

there is a lot of information for people to learn.

Siles mentioned, “I learned a lot of networking skills. There are committee members that know the community really well and want to better Longwood. They’re generally good people to work with, and they want to work with Longwood students.”

He continued, “It’s not like you don’t get any support, but you don’t get any contextual support. My parents support me, but they don’t support me in the same way as other students who have their parents.”

It’s important for students who are not first-gens to not only be made aware of first-generation college students, but for them to listen and try to understand the extra level of confusion of their first-gen peers have throughout their college experiences.

Madison Stubbs, a first-gen freshman at Longwood, mentioned, “My friends don’t understand that I don’t really know what I’m doing. Like their parents can answer their questions, but my parents can’t. Like when I’m confused, I’m confused.”

When asked about advantages of being a first-gen student, Stubbs said, “An advantage would be getting to do something for the first time and getting to tell my family about it.”

First-generation college student awareness is a topic on college campuses that will continue to grow and be explored by others in the next few years to come.

This event was sponsored by the National Center for First-Generation Student Success.

<https://firstgen.naspa.org/>



JESSICA PAQUETTE | THE ROTUNDA

JeanCarlo “JC” Siles prepares for the first shift at the first-generation student table. “JC” is the only student on the committee as of right now.

family to complete a Bachelor’s degree, and set a new course for their generation. We have 1,116 First-Gen undergraduate students at Longwood. That’s 31% and the number is expected to grow, both here and nationally...First-Gen college students have clear strengths including courage, resiliency, persistence, practical wisdom and adaptability.”

Since the committee is primarily a student-oriented resource, it is important to note when students take interest in causes like this.

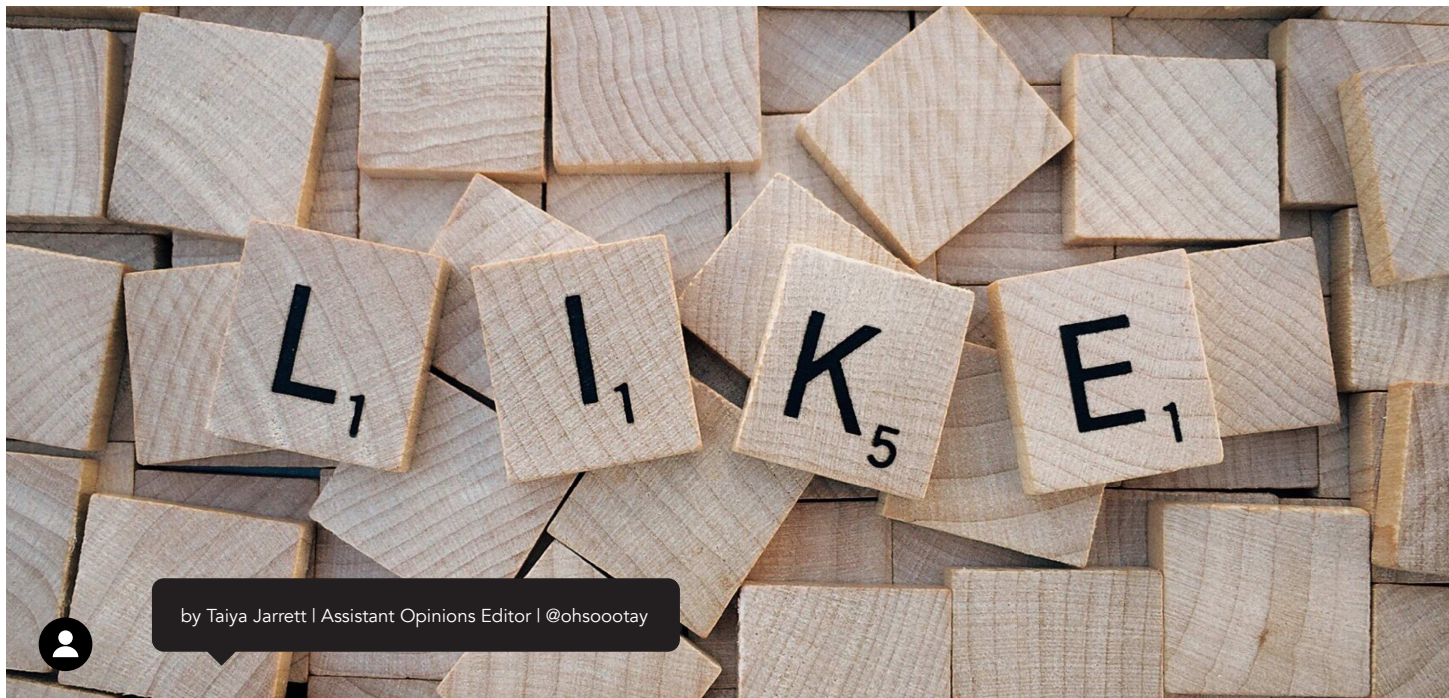
JeanCarlo “JC” Siles, the only undergrad student on the committee, stated, “I created this first-generation proposal in English 400 for upcoming freshman gearing towards the general population of students. My professor, Mary Carroll-Hackett, loved it to death, and introduced it to the committee.”

First-gen awareness isn’t as vocalized as other topics on college campuses, so



Instagram is not pressed for likes

...



by Taiya Jarrett | Assistant Opinions Editor | @ohsoootay

♥ Liked by **1,000 others**

IMAGE COURTESY OF PIXABAY 

Editor's note: The opinions expressed in this commentary are solely those of the author.

Notoriously becoming the hub for instant viewership and validation in non-chronological order, Instagram is slowly but surely becoming a click away from reverting to that concept.

Newly implementing an attempt to no longer have its audience view others virtual likes nor the amount of times another person's video has been viewed, the social media platform has recently adapted to this change in seven countries including; Australia, Brazil, Canada, Ireland, Italy, Japan and New Zealand.

As this is underway, America may be next as an Instagram spokesperson alluded, "we're expanding the test to a number of countries to get a better sense of how the experience resonates with Instagram's global community."

Now you may be under the assumption as to why. According to the Instagram spokesperson via TIME magazine, "we want your followers to focus on the photos and videos you share, not how many likes they get."

However, over time, likes have been proven to be more detrimental than

anticipated. According to TIME Magazine, "the Royal Society for Public Health, described Instagram as being the social media platform that was the most detrimental to young people's mental health."

Furthermore, studies have unfortunately shown just that. In 2017, psychologists Anthony Burrow and Nicolette Rainone suggested that the number of virtual likes we receive does, in fact, negatively alter our self-perception, as we rely heavily on validation from others to satisfy our psychological needs; acceptance and affirmation being met.

That being said, to an extent, we should not look toward social media platforms to strengthen or weaken our self-perception.

People tend to evaluate how they think they'd be perceived via social media based on comparing themselves to others to determine their personal and social worth. This can lead to oneself having negative perceptions about themselves that are rooted in unrealistic or inaccurate views. In turn, social comparison is heavily influenced

by how often the social media platform is used. A recent correlational study done by psychologists Mary Sherlock and Danielle Wagstaff has shown a link between social media use and psychological well-being. The results from the study displayed that the number of times people spent on Instagram, which was more than three hours a day, played a role within their well-being being jeopardized. The aftermath led to depression, body dissatisfaction, high anxiety and poor self-esteem, which does seem quite inaccurate.

Now, despite having these basic human needs of acceptance and validation being met and fulfilled, social media should not be the cause and effect of that. These needs should be met through personal goals, desires and ambitions. As shown, social media can impact one's self-perception that could impact their well-being, doing more harm than good. More so, social media platforms should not be used excessively, especially as a source of validation, as it could negatively impact one's psychological well-being.

Conversion therapy can kill

by Davina Applewhite | Opinions Staff | @longwoodrotunda



COURTESY OF PEXELS.COM

Editor's note: The opinions expressed in this commentary are solely those of the author.

Therapy. This word may evoke many different emotions depending on the context and situation.

Therapy can often be looked at as a positive method of improving one's mental health. Unfortunately, conversion therapy twists the connotation of this word and instead creates a form of "treatment" that, unlike professional therapy, causes more harm than good.

Conversion therapy is a psychological, yet, religious, practice that works to influence and eventually alter a person's sexual orientation through usually abusive or traumatizing means. Overall, it acts as a means of "curing" an individual of being gay.

One of the reasons conversion therapy is such a huge dilemma is because it thrives on the idea that homosexuality is a mental health issue rather than a normal preference.

It also perpetuates the idea that your sexual orientation is something that you choose and therefore, can be changed.

Though it may be 2019 and we're entering a more progressive era, there are still some people who do not agree or support the LGBTQ+ community. This is especially the case for extremely religious individuals with children who

are a part of this community.

Therefore, when a kid makes the decision to come out to their parents, some of them may look to conversion therapy in hopes of being able to change their child's sexual orientation.

Because conversion therapy is not a professional form of treatment, there are no regulations and guidelines for what can be done during these sessions.

For this reason, many who are exposed to conversion therapy are expected to be "cured" by undergoing shock treatments or even participating in degrading and nonconsensual sexual acts.

Knowing the traumatic experiences that many go through while in conversion therapy, it comes as little shock that this takes a serious mental toll on those who are involved.

The Human Rights Campaign states that conversion therapy can lead to depression, drug use and in some extreme cases, suicide.

In fact, many who have undergone gay conversion therapy have needed actual therapy following their experience.

Conversion therapy is also linked to increased suicide rates among young gay individuals, according to The Trevor Project.

Unfortunately, religion still

governs a lot of people's thoughts on homosexuality, but someone who truly wants the best for their child would accept them with open arms and avoid putting them through something as emotionally damaging as conversion therapy.

Kids should be met with support and comfort when they decide to come out to their parents. Belittling a child's emotions and writing off their sexuality as a mental illness or a phase is not only damaging to their psyche but also to their trust in the ones who are supposed to love them.

As an ally for the LGBTQ+ community and someone who is also religious, it's important that I emphasize that it is possible to be both an advocate for the community and dedicated to your religion.

You can still be religious and love those around you, for who they are, without attempting to change them.

"Love thy neighbor" may resonate with many, but "love thy neighbor no matter who they love" resonates with all.

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Actions Speak LouderSM

Foods from across the globe

by Savanna Makins | Contributor



We all have a favorite food, whether it was something from home or something you ordered at a restaurant, but have you ever thought about what the most delectable treats are from around the globe? Let's take a trip around the world and try some of the top dishes in a variety of countries.

The first stop is right here in the USA, most people have tried this dish and over the years, it has become a fan favorite, the classic American cheeseburger.

Everyone already knows the ingredients of a cheeseburger, but did you know its origin? Back in 1926, a man by the name of Lionel Sternberger, age 16, was working in his father's sandwich shop called "The Rite Spot" in California when he decided to experimentally slap a piece of American cheese onto a hamburger and give it to a customer for tasting.

It hasn't been the same since. Now, it sits on a podium as one of America's top dishes.

The next stop on this journey around the world is in England. You may have tried this dish before, but unless you're from the country, you haven't tried Bangers and Mash.

The dish can be translated into sausages and mashed potatoes; however, they do make it differently. The American sausage comes from just pig, but in Great Britain, the sausage comes from a variety of meats including lamb, pig, or beef. This dish is often served with onion gravy or with peas on the side.

Where would we be without a little pasta in our lives? This next dish is quite simple to make, but can spark such a

strong flavor. This next dish is called Käsespätzle from Germany.

Käsespätzle is a dish made with pasta, butter, cheese and onions. While this seems very simple, the German culture takes this dish as one of the best appetizers in their country and if you are not careful, it will fill you up before you get the main course.

Another classic appetizer, hailing from the Country of Ukraine, is Borscht. It's a beet soup mixed with vegetables and all different kinds of meat. The best part about this dish is that you can customize it to what you wish.

Lots of people mix carrots and cabbage with the beats and beef with this dish - it seems to be one of the most popular customs. It is truly one of Ukraine's best-known appetizers.

Now, this dish may be small, but it does seem to fill one up quite fast. This next dish is called Ugali from Kenya. This battered food is described as white and doughy with a taste of popcorn. It is simply made of flour and hot water to be formed into a mass, particularly circular.

Going out east in Africa, we stop at Zimbabwe with a delicious type of sardine known as "Kapenta". These sardines are quite common in Zimbabwe, they can be cooked in multiple fashions, just like any other fish. They can be boiled, fried or cut up. These types of fish have been known to be so grand, it stands great on its own, no sides or substitutes.

What would any meal be complete without some dessert, and what better place to find a sweet-savory treat than in India. This treat is called Gulab Jamun.

One could think of it like donut holes dipped in a sugary syrup. Gulab Jamun is made with milk powder and fried in ghee. Ghee is a type of butter, not oil, the oil has been known to suck out any sweet flavoring that comes with this treat. If you have a sweet tooth, this is the treat for you!

Now, while some may like it sweet, some like it spicy! One of the hottest meals in the Asian culture is called Mapo Doufu, a dish hailing from

China.

It consists of tofu set in a spicy sauce. This spicy sauce is typically a thin, oily, and bright red suspension, based on douban and douchi. Along with that, it may come with minced meat, traditionally beef. This meal is truly something that will liven up your taste buds.

Most South American dishes contain chicken, spicy, sweet, some even sour, but some of the best meals hail from Peru and Brazil.

One of Peru's top dishes is known as Ají de Gallina. Ají de Gallina is, in comparison, a chicken stew. This dish is considered comfort food in Peru. It comprises of chicken cooked with yellow chili peppers, walnuts, spices, garlic and turmeric.

The dish uses Ají Amarillo peppers, which are yellow, mildly spicy peppers. While it may appear to be spicy, this dish is known to be pretty mild and is best eaten in the wintertime when it is freezing outside. Nothing like a nice bowl of stew to make you feel warm inside.

As mentioned earlier, Brazil is also one of the best places to enjoy some chicken. Empadão, also known as a Brazilian Chicken Pot Pie, is the top dish in Brazil to use with chicken.

This savory pie is simple, healthy and most importantly delicious. A traditional and unique recipe originating in Brazil. Chicken Savory Pie is made from a homemade flaky dough called Massa Podre and is filled with a tasty, creamy and chunky chicken-and-vegetable filling. A true party in your mouth!

Looking at different meals from around the world broadens the horizons of food, giving simple and fun recipes that could even be made in a dorm! All savory and delicious, a real chance to go around the world in the comfort of your own home.

Watching cars, driven by attractive stars, zoom down tracks constructed for giant and white knuckle third acts is nothing new to film. Race movies are a genre probably as equally as old and beloved as Western or Spy films. It takes a lot to reinvigorate something like a race car film. However, James Mangold has done just that. "Ford v. Ferrari" is a fabulous two-and-a-half-hour long epic that's as thrilling to watch as it is to feel.

Matt Damon and Christian Bale prove to be a fabulous duo, working extremely well off each other. There's a complicated friendship between the two and it's communicated so well that it feels inconspicuously real. The coolness and collected, boiling under the surface rage of Damon's Carroll Shelby is the perfect counterpart to the overblown, explosive passion of Bale's Ken Miles.

Jon Bernthal also pulls in a wonderful subdued performance as Ford's VP Lee Iacocca. He clearly feels for Miles and Shelby, and wants to help them, but has his hands tied due to his duties to the company. Tracy Letts delivers a great supporting role as Henry Ford II, the CEO of Ford, and Caitriona Balfe is a scene stealer as Mollie Miles, Ken's wife.

Each race is shot with such delight and life threatening precision that it

makes it a literal joy to behold. Miles' real life ability to push his cars as far as they're able to go is excellently communicated here thanks to cinematography from Phedon Papamichael. Marco Beltrami and Buck Sanders score the races and quieter moments with the gentle strums of guitars and jazz instruments, delivering an undeniable feeling of Americana to the proceedings.

Not only is the intensity of each throttle rattling moment incredible, but the emptiness of some of the races also provides a wonderful kind of yearning.

possible, constantly interfered with by the suits sitting up top. Even when there is an attempt to do things right, there's an element of betrayal from the ones funding the small creatives types that echoes throughout the entire film.

Yes, it might seem like a red-blooded American made film, and it is. But it also manages to show a little bit of the darker side of the American grown factory company. Miles and Shelby are quintessential American types, and their fight to maintain their creative and moral integrity while also working for big business is engaging at all times.

Screenwriters Jez Butterworth, John-Henry Butterworth and Jason Keller deliver some truly clever dialogue, and build a film with just as many white knuckle scenes of speed as there are smaller moments. They understand a basic, but extremely important writing detail; the races will be better if the characters are invested in, and build as much detail and meat on their bones as possible.

The quieter moments wherein characters are given time to just ruminate on the aspects of their creative lives versus their personal ones lend the film an element of gravitas. Miles' talking to his son about the perfect lap, and Miles' son talking to Shelby about their friendship might just be more palpable than the race sequences themselves.

This is a relentlessly entertaining film, from frame one, that sucks you into the creative plight of two men, determined to be as good as they possibly can be at what they do. It's expertly shot, with a unique musical score and a sense of purpose and emotional weight that comes out of nowhere for the kind of film it is. This is a wonderful film on nearly every level. "Ford v. Ferrari" sails over the finish line with flying colors.



THE REEL LIFE

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

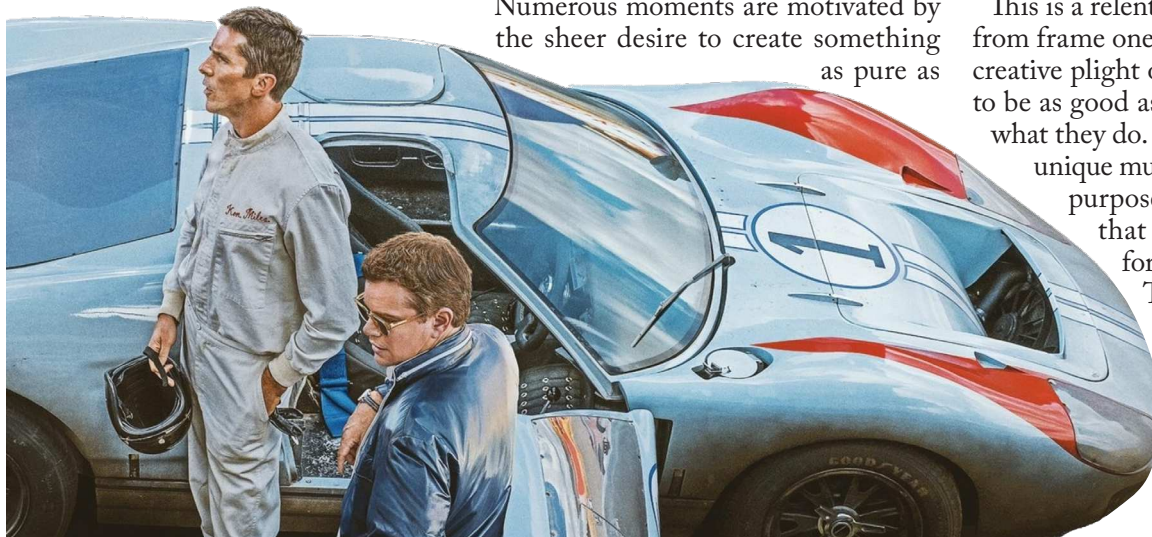
FORD v FERRARI

★★★★★ 5/5

The yearning and loneliness that can come from being so excellent in a particular aspect is one of the film's moment unexpected delights.

Also unexpected is the fact that this is not a film about racing. Yes, it's a film about people who race, but that isn't what the film is about. This is a movie about creative types, expertly disguised as a movie about cars that go fast.

Numerous moments are motivated by the sheer desire to create something as pure as



Toughly contested week results in 2-2 record for women's basketball

by Kurt Martin | Sports Editor | @iamKurt14



SHANNON HENSHAW | THE ROTUNDA

Senior forward Dayna Rouse sets to release a free throw in the team's 59-58 victory over the Seahawks from UNC Wilmington.

If anyone would have told Longwood women's basketball head coach Rebecca Tillett that her team would be 2-2 after four games, it'd definitely be something that would bring a smile to her face.

While one week of play doesn't constitute how the whole length of a season will turn out, the Longwood women's basketball program as a whole is beginning to turn some heads as a result of their last two games, which were both victories inside of Willett Hall. Even the attendance numbers have doubled for home women's basketball games compared to this point in the season a year ago.

It all began last Wednesday night as the Lancers took to their home court

for the first time this season, taking on the Seahawks from UNC Wilmington.

For Lancer fans, it was not a rare sight to see the team come out hot, as Longwood outscored the Gators of Florida in the first period of their previous game, but not many could have expected the 27 point outpouring from the offense which ended up taking place. Senior forward Dayna Rouse had 10 of her 16 points in the period, and helped set the tone right off the bat.

This number would be crucial moving throughout the rest of the game, as the team held an 11 point lead after the first quarter.

As both teams entered the contest at 0-2 after matching up against very tough competition to begin their respective

campaigns, something had to give, and UNC Wilmington would not go down without a fight. After being down by as much as 13, the Seahawks responded and cut the lead down to 10 at the half.

They continued their run in the third, and also ramped up the pressure using the 2-3 zone defense on the Longwood offense, outscoring the Lancers 16-12 in the period. The stage was then set for an absolute slugfest coming down the stretch in the fourth.

While the Lancers offense was still majorly effected by the UNC Wilmington defense moving into the final stanza, only scoring five points in the fourth; the Longwood defense, in response, rose to the occasion.

Neither team scored a single point for the final 2:32 of the game, after Wilmington's Lacey Suggs hit two free-throws, and the contest would come down to the final possession.

With mere seconds left on the clock, the Lancers, clinging to a 59-58 lead, would have to make a final stand to clinch their first signature win of the season, and they did just that as freshman Kyla McMakin, who ended the game with 14 points, rose up and rejected the Seahawks' final attempt;

WBBB

sending the Willett Hall crowd into a frenzy.

Sealing their first win of the season was a huge relief for the team, and it proved exactly what Tillettt was looking for in scheduling two tough games out of the gate; this team can fight to the end.

However, the Lancers didn't have much time to rest on their joy of victory as the team took back to the Willett Hall floor this past Saturday to take on the Bears from

Brown University.

In a complete contrary from the contest previously in the week, it was the Bears who had the hot hand in the first quarter, as they outscored the Lancers 22-17. However, Longwood fired back in the second quarter and cut the deficit to two points going into the locker room.

Now with a great chance to seal two victories in a row against division one opponents, something that hadn't been done since the 2016 season, Tillettt challenged a numerous amount of players to rise to the occasion and flourish in the moment.

She challenged McMakin to continue to fire away after an 0-7 performance in the first half, while also challenging Rouse and sophomore forward Akila Smith to remain in the game after both found their way into foul trouble.

"Obviously I was off in the beginning, I couldn't hit a shot, actually I don't think I had any points in the first half. So she (Tillettt) just came to me and said 'I'm not worried, and neither should you,'" said McMakin

Much like years past, the Lancers fell behind to begin the second half, by as much as 15 in the third quarter and were down 55-40 with 6:01 to go. Instead of folding like before, the team responded mightily and never looked back as they outscored the Bears 46-21 in the final 16 minutes of the game en-route to a 86-76 victory.

Each of the players who were challenged responded in their own respective ways. Rouse led the team with 20 points, and Smith played stellar defense throughout, coupled with both not fouling out of the contest, while McMakin got hot in the second half and finished with 16 points.

Tillettt, after the contest, said the program as a whole grew as a result of the week's performances.

"These women, the ones we brought in, and then you add in our returners; they want to change things, they want to make a big statement this year that Longwood women's basketball is here and we are growing, and so for them to do that back-to-back was really special," she said.

A higher level of guard play has been introduced to the team this season in the form of two junior transfers Tra'dayja Smith and Allysah 'Cookie' Boothe, alongside freshmen Anne-Hamilton Leroy and the aforementioned McMakin.

All four combined for nearly 64 percent of the offensive output in last Saturday's contest and helped seal-the-deal when the going got tough.

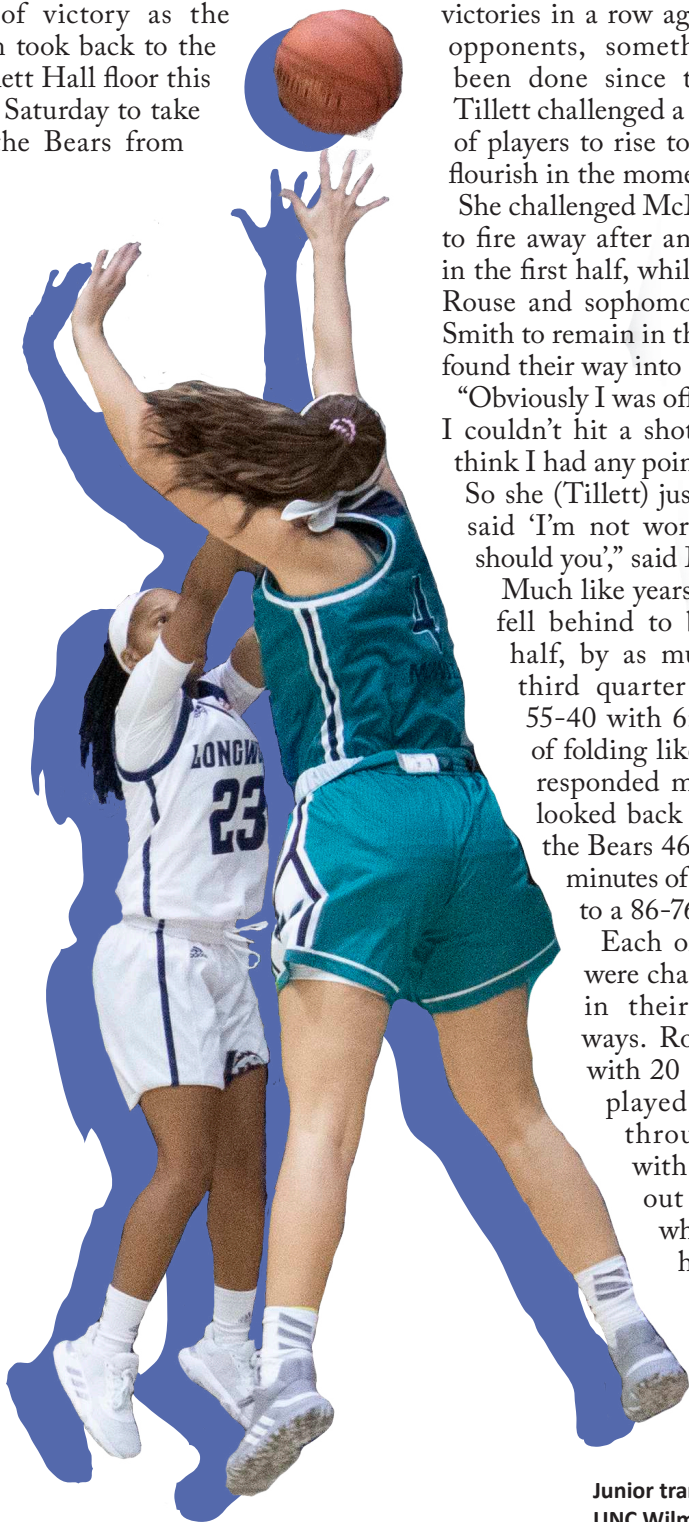
"Day-Day (Smith) plays the bulk of those minutes, but Anne and 'Cookie' also handle the ball quite a bit for us, and I think both of them are doing a good job as well just making the right decisions and getting us in our spots where we are going to make good decisions together," Tillettt said.

Not looking to get too far ahead mentally, Tillettt said herself and the coaching staff will use these victories to help maintain a standard of expected performance.

"As players, they are looking for 'is what we are doing going to lead us somewhere?', and so when they get to taste that, then they get hungrier for more," she said. "We challenged them. We have to keep our practices at a high level, and our shootarounds, when we are working on scout stuff; they have to keep that at a high level."

"For all of us in this program, two consecutive wins is not enough; we want more than that," Tillettt added.

After a few days to review film from this past week, the Lancers will travel to Spartanburg, South Carolina to take on the Terriers from Wofford College on Wednesday evening with a 7 p.m. tip-off.



Junior transfer guard Allysah 'Cookie' Boothe launches a 3-pointer over UNC Wilmington's Jessica Munoz.



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