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The Rotunda

Faces You Should
be Familiar with
Freshman Year
Pg. 7

Online
EDITION
therotundaonline.com

August 21, 2013

Stepping on crowns since 1920

Vol. 92, No. 1

FIRST YEAR EDITION

Service and Spirit: The Secret Societies of Longwood



Photo By: Photo Editor Mike Kroft

Daniel Sweid takes his place as a member of CHI at the annual burning.

NATALIE JOSEPH
Opinion Editor

When CHI was first started in 1900, it was originally represented by the Greek letter "X," and now, 113 years later, it remains Longwood University's oldest service organization. In the 1970s, because of the negative connotation with the letter "X," CHI's symbol was changed to the symbol of the Rotunda with the four columns, which is the symbol that is still used today.

The four columns of the Rotunda represent Loyalty, Character, Respect and Challenge, which are the main ideals of CHI.

CHI's main goal and obligation as a secret society is to maintain and withhold the spirit of Longwood University as well as promote cooperation between Longwood students, faculty and staff.

Even though CHI is a secret society, its presence is seen and heard every day on Longwood's campus. With CHI banners hung before important or influential events on campus and blue Rotunda's painted on the sidewalks, students are constantly reminded of the ideals and importance of CHI.

These Rotundas are forbidden to be stepped on because, if you do, you are considered to be stepping on the spirit of Longwood.

Around campus, CHI also leaves droppings that range from banners to toys and even Easter eggs. These CHI droppings are generally marked with either a Rotunda or an X and may sometimes contain a friendly message as a reminder that, though its members are secret, CHI is always watching.

Also, CHI will choose to write letters or give personal CHI droppings to students who are encouraging and promoting the Longwood spirit. But, as tradition states, by the end of a student's senior year, all CHI droppings should be passed down to other Longwood students because the spirit of CHI and the principles of Princeps should never leave Longwood.

The Longwood community can also attend CHI Walks that are announced at random throughout the year. CHI announces the CHI Walks on banners or more commonly, by placing blue flowers on the main desk in the lobby of Dorrill Dining Hall and under the Rotunda in Ruffner Hall that tell

students when and where the walk will take place.

"I get so excited because you know that there are CHI droppings around, and I love to go and try and guess who is in CHI during the walk," said junior Devon Johnson about his excitement whenever he finds out about a CHI Walk.

At CHI Walks, the members of CHI are completely covered from head to toe, dressed in blue and white robes with Rotundas marked all over their clothing. The members cannot see and are

guided by their advisors.

At the end of each school year, CHI holds its annual CHI Burning, which is when each senior member of CHI is revealed. Also during the burning, not only is the Longwood community reminded of the importance of CHI and the spirit of Longwood, but certain students, faculty and staff get commended for their outstanding contributions to the university.

SEE 'CHI AND PRINCEPS', PG. 5



Photo By: Photo Editor Mike Kroft

The CHI burning takes place on Her field every spring. Senior CHI members have the choice to reveal themselves to their fellow students.

There Is Nothing to Do In Farmville!

MICHELLE GOLDCHAIN
News Editor

It is too easy to think there is nothing to do in Farmville, especially when you don't look around and see what there is to do. Often, people are more inclined to think of what may be available outside of the city limits. Students count the miles from cities like Lynchburg, Richmond or from home. Why not count the ways you can have fun right here in Farmville? How about six ways?

You will be spending almost all of every year right here in Farmville for four years. It is time to look around and see what opportunities are right across the street from you. And I can tell you, it is much, much more than Walmart.

Number One: Take a Hike at High Bridge Trail State Park.

For those moments when you just want to get away, take a hike along the High Bridge Trail's flat, gentle terrain of crushed limestone. Along the trail eventually runs the High Bridge, one of the longest bridges in the United

States, being more than 2,400 feet in length, while soaring 125 feet above the Appomattox River, according to the Virginia Department of Conservation & Recreation. The High Bridge Trail State Park is a good start for those who are beginners at hiking, but for those who want a challenge, the length, itself, of the High Bridge Trail is enough to fill anyone's need for a run. The park size is over 1,000 acres long, while High Bridge Trail, itself, is 31 miles long, running through Burkeville, Farmville, Pamplin City, Prospect and Rice.

Number Two: Take a Swing at the Longwood Golf Course.

This nine-hole course has a layout of 6,000 yards with two practice greens, a 200 yard hitting range, as well as a pro shop with light concession options, according to the Longwood website. The golf course offers discounted rates for Longwood University students, faculty and staff. Additionally, every day of the week offers specials, including unlimited play with a golf cart on Wednesdays

for \$22 and "Ladies Day" on Fridays, which allows for 18 holes, including a golf cart at \$15. The Longwood Golf Course is located at 201 Johnston Drive.

Number Three: Find a Fish Friend at Briery Creek Lake

When you want some peace and quiet and a fishing pole to hold onto, Briery Creek Lake is the perfect destination to take a load off and hook some rewards at the end. Briery Creek Lake comprises 845 acres and is recognized as one of Virginia's premier bass fisheries, according to Virginia Department of Game and Inland Fisheries. The lake is stocked with various species of fish, including largemouth bass and catfish. The daily bag limit is five bass per day, while outdoor motor use is restricted to 10 horsepower or less. Briery Creek Lake is located just seven miles south of Farmville by taking Route 15 south to Route 790.

SEE ACTIVITIES,
PG. 5

GAME 4.0: Same Idea, Different Sports

ERIC HOBECK
Sports Editor

For three years students, faculty and staff at Longwood have gathered in Willett Hall on the night before the year's first classes before walking a couple of miles to the Athletics Complex to take in a women's soccer game.

This year, everyone will do just that, but instead, there will be field hockey and men's soccer games on tap.

In February, longtime Associate Head Women's Soccer Coach Steve Brdarski resigned his position in order to take charge of the program at St. Bonaventure. "Coach Steve," as he was known in Farmville, was the mastermind behind the Greatest Athletics March Ever, known as the G.A.M.E. With Brdarski no longer at the school, those involved knew that the show must go on, and it will, albeit in a different fashion.

"I have certainly missed working with Steve because he has been an integral part of the event since its inception," said Stacey Wilkerson, assistant director of the First Year Experience & Family Programs.

"He brought much enthusiasm to the event and his interest in enhancing Lancer Pride on our campus is unprecedented ... It has been nice getting to know and working with other members of the Athletics community such as Coach Iain Byers and Coach Jon Atkinson as well as reconnecting with key partners such as Troy Austin, Eric Stoller, Whitney Curtis and Scott Bacon."

Instead of a regular season women's soccer match, there will be two games to take in, both

starting at 6:30 p.m. on Sunday at the Athletics Complex: men's soccer plays William & Mary while the field hockey team takes on the Georgetown Hoyas. Before that, there will be a spirit room from 4:00-5:30 p.m. in the Grand Hall at Dorrill Dining Hall, which will feature tailgating food, WMLU-provided music and two professors will be there to share their Lancer spirit: Dr. Jake Milne, associate professor of Sociology, and Jeff Halliday, associate professor of Communication Studies. At 5:30 p.m., the doors to Willett Hall will open and the omnipresent scarves that have become a fixture on campus will be given out, and the rally itself will start 15 minutes later. The walk will start at 6:00 p.m., allowing just enough time for supporters to get to the fields in time. Students who don't participate in the march will have transportation provided, and shuttles back to campus will also be provided to everyone starting at 8 p.m.

Details of the scarf's design are as yet unknown, but Wilkerson said that she doesn't believe students will be disappointed, and that it is "probably" her favorite version to date. Students recognized at Sunday's pep rally for their assistance in this year's scarf design will include Kylie Dyer of women's soccer, Jeylani Dublin of men's basketball, Peer Mentors Brandon Kelly, Katie Sites and Jacob Brumfield, Kaye Goulding of field hockey and Lancer Lunatics president Molly Monaghan.

11th-year Men's Soccer Head Coach Jon Atkinson said that his program, who won two Atlantic

Soccer Conference titles in four years before moving to the Big South last season "feels honored to represent the athletic department and Longwood in such a prestigious game. Being able to bring in the new semester and athletic season with all of the Longwood students and staff, as well as supporters of athletics is exciting as well as nostalgic ... We are grateful to William & Mary and especially Tribe Head Coach Chris Norris for working with us to ensure we got a chance to showcase our athletes on a big stage such as this."

Atkinson, whose squad finished 3-12-3 with a 2-7-1 mark in conference play in 2012, understands the honor of his team playing on this sort of a stage. "I feel blessed to head up men's soccer in front of the school's body on such a prestigious night of athletics," he said. "We know how hard people have worked to make this such a great event, and we know this night will be no exception. Our school may not boast the size of some of our peer institutions, but our heart is as big and spurred on by our twelfth man in the stands makes coming to Longwood a formidable challenge for opponents."

"Our lads will be buzzing with the prospect of playing in what should be their biggest crowd to date in front of their peers. Our players are students themselves and will be sitting in classrooms alongside the supporters this semester and we hope we can represent them well with a good showing not only on the night but throughout our 2013 campaign."

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Are you interested in writing, photography or design? You can contribute to The Rotunda by contacting rotundaeditor@gmail.com!

Living With A Roommate

JONEL ANDREW
Asst. A&E Editor

Having a roommate sounds exciting at first, right? There's always someone to talk to about your day, to check if your outfit looks good and to watch your favorite TV shows with. For most students, the roommate situation tends to start out very well for the first month, maybe even more.

But then the end of the semester comes around and everyone is beginning to get stressed and homesick and ready for Winter Break. This is when the aggravations tend to reach an all time high. Suddenly, every little thing about having a roommate becomes annoying – from the way they leave the bathroom a complete mess in the mornings down to the simplest thing like the loud, obnoxious way they chomp on their chips while you're trying to study. It feels as if the room is being shared with some rude, disrespectful, barbaric animal rather than the fun bestie from two months ago.

This is why, on the first week two roommates move in together, straight from the get-go, they should talk about pet peeves and basic mannerisms. Just sit down and discuss each other's study habits and

cleaning habits. When the annoyances do come along, simply put it out there and tell the other person that what they're doing is bothersome to you. If the frustrations are held inside, then the situation is never going to get resolved, and it will only progress and become worse as the whole year continues.

Living with someone who is already your best friend can present a whole new challenge to your friendship. Naturally, everyone gets annoyed with their best friend, and that's when the time spent together is chosen between both people. Now, however, the two are forced to be with each other every single day while still being BFFs and hanging out during dinners and parties as well. The biggest problem with that is the struggle for some separation. Finding other friends to go out with or have a meal with on a weekly basis can help with this.

Another problem two best friends will often face is the need for boundaries. Clothing, jewelry, shoes and perfumes may start to feel like fair game for best friends living together, but what if that necklace your roommate just snagged from you was your great-grandma's who

received it as a gift from the Queen of England? That would definitely not be cool. If there's something that shouldn't be touched, personal things to be left alone, make sure everyone in the room understands that.

Living with someone in such a small space can get hard, especially if it's a new experience. Try with great effort not be the sloppy roommate who leaves dirty dishes in the bathroom or the disrespectful one who blasts their iPod too loud. Whether it's an old friend or a new buddy, show some common courtesy and let each other know when either of you might be out of the room for long periods of time, and always let your roommate know if you'll be coming back at three in the morning because that's never fun to deal with unexpectedly.

The last and final tip to leave with is to keep all things where they belong. Throwing trash and dirty laundry everywhere is a big no-no. It is disgusting and creates a bad environment for two or more people to live in. If two people can be respectful and organized while living with each other, then the environment is a happy one, and problems will be less likely to occur.

Top Five 'Musts' to Experience during Your Freshman Year!

MONICA NEWELL
Asst. Business Manager

Welcome to Longwood! This year will be a year you will never forget. But with so much to experience in your freshman year, what are the important things you must do? Hold on to your hats because this list might just help.

1. Take an 8 a.m. class: When I was entering my Freshman Year here at Longwood, I had an 8 a.m. class. It was Modern Western Civilization, and I thought that I would be able to handle it with no problems. I had been getting up at 5:30 a.m. every day during the previous school year; why shouldn't I be able to handle getting up early for one class that was only three days a week? Boy, was I surprised. But it honestly helped me. Taking that early class allowed me the chance to learn how to manage my time in a way that allowed me to get to bed early. Homework was done, tests were studied for and I was in bed by 11 p.m. Also, taking an early class your freshman year allows you the chance to say, "Never again!" when it comes time to register for your classes for future semesters.

2. Walk around Farmville: Trust me, there's more to Farmville than McDonald's and D-Hall. Take a group of friends out one weekend and just walk around the town together. There is a lot that's hidden beneath the surface of this small town. Last year, I walked to the location of a story I was writing an article for, and I discovered that we have a skate park. Little things like that will surprise you if you take the chance to discover them.

3. Take part in Longwood Traditions: Like every other school, Longwood has some awesome traditions. You might have already heard of

one while you were moving in—it's called the G.A.M.E. (Greatest Athletics March Ever). Students gather in the gym to celebrate the first women's soccer game of the season (and to get some awesome scarves. Make sure to get one because it changes every year). Then, the students walk to the soccer field to watch the game. But that's not the only tradition we have at Longwood. In mid-October, the Longwood community celebrates Oktoberfest where clubs and organizations try to raise money for their own purposes, and some big named bands come and perform. However, the day before is just as exciting. To start off Oktoberfest, Longwood students face off and throw watered down paint at one another. If you entered Longwood in an even year (like 2012, 2010, etc), you are a member of the red class. If you entered Longwood in an odd year, you are a member of the green class. We call this tradition Color Wars. It's done every year, and if you wear a white shirt, you get a pretty cool design out of the deal! Also, you get to experience the same kind of festival as Oktoberfest in the spring semester with Spring Weekend (except where Oktoberfest has Color Wars, Spring Weekend has Oozeball, a type of volleyball that's played in the mud!). Another tradition worth mentioning is Longwood's Late Night Breakfast. It's the Sunday before finals where some of the faculty come together to serve students breakfast at D-Hall. Not to mention, there's always a dance off at some point during the night, and can you think of a better way to start off Finals Week than hearing your fellow students belt out Journey's "Don't Stop Believin'?"

4. Contribute something to The Rotunda: Don't turn

that page! Contributing something to The Rotunda doesn't mean you have to come to every meeting or write an article every week. We take articles from contributors, and you don't need to feel pressured to write an article weekly. Also, it is pretty cool seeing your name on a byline. But that doesn't mean you have to write an article. If you're an aspiring photographer, contribute a photo for one of the articles. If you're an aspiring artist, send in an editorial cartoon or two. Did I mention it's pretty cool to see your name on your own byline?

5. Join a Club: I know I just got finished talking about contributing to The Rotunda, but hear me out. Yes, college is fun. Yes, college is the time of your life that you will never have the chance to do over. Why not make it as memorable as you can? Joining a club allows you the chance to meet new people who have the same interests as you do; it's just like high school but without the cliques. If you're a big history buff, we have the History Club that meets every Thursday at 3:30 p.m. If you'd rather discuss political events, but your friends groan whenever you bring the topic up, join the Political Science Club. If you love anime, there's a club for that too. Clubs allow you to get the sensation of having an enjoyable college experience like the ones portrayed in movies.

College is a time for discovering yourself. You may find you love your major, or you may find that your major is not for you and end up changing it.

However, no matter what you end up doing or what you decide is for you, these five things are definitely ones you should consider taking part in. Even the 8 a.m.

Your Residence Hall Guide

ARC HALL



Built: 1992
Occupancy: 175
(Women only)
Air Conditioning: Yes

Arc Residence Hall sits along the edge of campus and is home to the Joan of Arc Leadership program. The layout of the building includes rooms with two occupants conjoined by a communal bathroom (shared by a total of four occupants). Each room has its own sink and closet. Trash is disposed of via a chute accessible on each floor, located at the center of the building.

COX HALL



Built: 1962 (Renovated 2008)
Occupancy: 197
Air Conditioning: Yes

Cox Residence Hall's renovations included the addition of air conditioning, a meeting room and improved common areas. The layout of the building includes rooms with two occupants conjoined by a communal bathroom (shared by a total of four occupants). Each room has its own closets. Cox Hall also features a back terrace and updated plumbing/electric systems.

CURRY/FRAZER HALLS



Built: 1969/1970
Occupancy: 420/438
Air Conditioning: Yes

Curry and Frazer Halls are the only residence halls to exceed five floors. Each hall includes meeting rooms and study lounges. Rooms are built suite style, with up to three rooms of two occupants each sharing a communal bathroom. However, there are some rooms available that can hold three occupants. The buildings are connected via a large common room called the Curry Commons.

THE CUNNINGHAMS



Built: Under Renovation (2013)
Occupancy: Varies between branch (North, South, Main)
Air Conditioning: No

The layout of the Cunninghams is best represented as an H-shape, with North and South connected by Main, all with three floors each (with an additional ground floor). Room layout varies greatly between branches but generally consists of two occupant rooms, each connected by a communal bathroom. Each floor features a study lounge, and washers/dryers are located on each floor and in the basement.

SOUTH RUFFNER



Built: Unlisted
Occupancy: 62
Air Conditioning: Yes

South Ruffner features same sex floors with rooms separate from one another, generally with one-occupant and community bathrooms not connected to the rooms. Each floor features its own study lounge, and laundry/vending machines are available. The residence hall is connected to the academic building Ruffner Hall.

WHEELER HALL



Wheeler Hall
Built: Unlisted
Renovated 2007
Occupancy: 181
Air Conditioning: Yes

Wheeler Residence Hall is home to the Honors Program. Each two-occupant room is connected by a communal bathroom. Two-floor features either a lounge with a full kitchen or a study lounge, as well as a trash room located in each hallway. Honors students are housed on the third and fourth floors.

COMPILED BY ASST. OPINION EDITOR KELYNN KEEGAN
INFORMATION PROVIDED BY RESIDENTIAL & COMMUTER LIFE

Most Essential Item at Longwood: The Lancer ID Card

NIKKI CHAPPELLE
Asst. News Editor

The Lancer ID Card is an essential item Longwood students should have on them at all times. It acts as an identification card and, in a way, serves as a debit card.

The Lancer ID contains its owner's meal plan, Lancer CA\$H and Bonus Dollars.

The Lancer Card is also used as a library card, a pass to get students into their residence halls and a card that allows students to access the computer labs.

Also, the card grants free admittance to athletic events, the Health & Fitness Center and the Farmville Area Bus (FAB).

According to the Longwood University ID Card's webpage, students have two ways they can get their picture for their Lancer Card.

One way would be to submit the photo at least two business days before orientation, and another way is to have their picture taken during orientation at the Lancer Card Center.

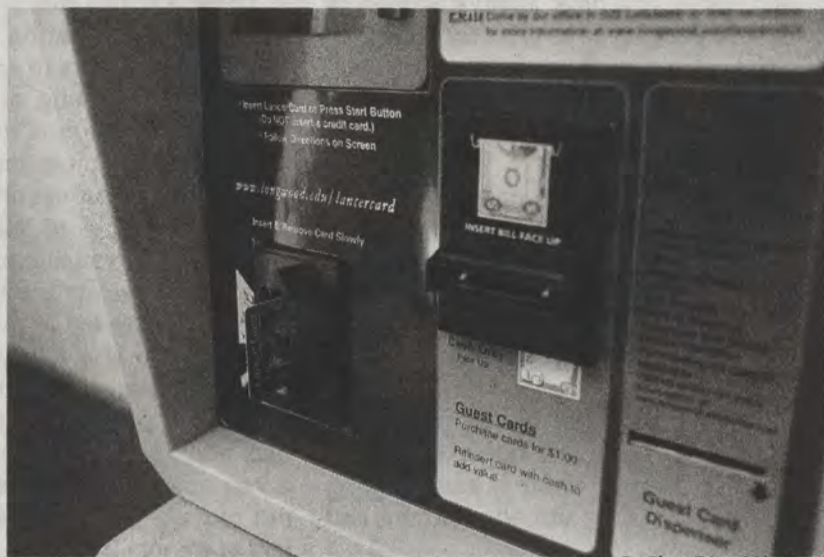
Also, a student's first Lancer Card is free of charge; however, if a card is cracked, misplaced or no longer works, students will be charged 15 dollars

for a replacement card. During the exchange, students must have their old Lancer Card with them.

Additionally, when students are picking up their Lancer Card, they need to bring a driver's license, passport or some other type of government issued ID.

Crissy Sampier, manager of the Lancer Card Center, stated, "We encourage students to keep their ID cards in a wallet, wristlet or badge holder to keep them from breaking. We sell hard plastic badge holders in our office for two dollars and lanyards for two dollars, and the [Longwood University] Bookstore sells ID holders as well."

Sampier added, "To keep the card from bending, we do ask students not to put stickers on the card or punch holes in the card. This will help make sure the prox chip housed inside the ID stays intact and does not break and will keep the magstripe clear from scratches. The prox chip controls the door access and the magstripe is how students access their meal plans, Bonus Dollars and Lancer CA\$H."



Students can deposit cash into their Lancer CA\$H accounts in Lankford Student Union and Greenwood Library. Photo By: Photo Editor Mike Kropf

If your Lancer Card gets lost or broken, the first step is deactivating your card. According to the Lancer ID Card page on the Longwood University website, students can deactivate their card in three different ways.

The first way is to go online to Manage My Lancer Card and mark your card lost.

The second way is to contact the Lancer Card Center, and the third way is to contact the Police Department Dispatch.

Sampier stated, "If the card is lost or stolen, students can come to the Lancer Card Center and get a whole new card. Students typically get

the option of keeping their same picture or taking a new one at the time. Also, account information is in the computer, so when a card is replaced, students will have access to everything on their old card."

Furthermore, Sampier added, "We had about 600 card replacements last year, which includes students and Faculty/Staff."

For more information on the Lancer Card, contact the LancerCard Center by phone number 434-395-2715, email lancercard@longwood.edu or stop by G22 Lancaster Hall.

Bonus Dollars and Lancer CA\$H – What's the Difference?

ERIC HOBECK
Sports Editor

Life takes money, and college life is no different. With that being said, you won't have to drain your savings account in order to enjoy your time in Farmville.

There are two ways to pay for college-related expenses aside from directly out of your own pocket: Bonus Dollars and Lancer CA\$H. While generally similar, the nuances of each system are very different.

Bonus Dollars are included as part of your meal plan and are generally for food. Bonus Dollars are accepted at all establishments in the basement of the Lankford Student Union, Chick-fil-A

and Moe's at the Longwood Landings and Java City in the Greenwood Library.

Bonus Dollars are added at the start of the semester and roll over from semester to semester, but not from year to year.

For example, I have the 10-meal premium plan – that is, I'm allotted 10 meals a week at D-Hall and 350 Bonus Dollars for the semester. I start the fall semester with 350 Bonus Dollars, and whatever is left after the fall is tacked on to 350 added at the start of the spring semester. However, whatever is left after the year is done cannot be spent the following year.

Bonus Dollars are not reloadable – when they're gone, they're gone. Also,

they cannot be used at Subway or McDonald's, as those restaurants don't have contracts with Aramark Dining Services, which runs the dining services at LU. Purchases made with Bonus Dollars are tax-free, according to the Longwood website.

Lancer CA\$H can be spent at the first handful of locations listed above, as well as vending machines on campus, McDonald's, Buffalo Wild Wings, Pino's, Sweet Frog and a host of other restaurants.

In addition, it's for more than just food. You use it for laundry at three dollars a load (washing and drying), the library for printing if you don't have your own printer, other printing locations

around campus, the post office and others.

To add money to your Lancer CA\$H account, simply stop by Lancaster G22, the Janet D. Greenwood Library, Lankford Student Union or create an account on longwood.managemyid.com to add there.

Money can be deposited to Lancer CA\$H at any time, and the balance carries over every year that you're at Longwood.

Hopefully these tips help you manage your time, energy, money and hunger better in your four (or more) years in Farmville.

One last bit of advice is to never forget to bring your Lancer Card with you wherever you go!

Your Go-to Guide For Campus Buildings



LANKFORD STUDENT UNION

Often known as the student activity hub on campus, the Student Union is home to many student organizations and features the recently renovated Lancer Café. The "ABC" rooms and the Ballroom are popular meeting spaces.



JANET D. GREENWOOD LIBRARY

The library hosts a variety of resources for student use, from needed research materials to computers and printers. Those looking for a caffeine fix or a baked good can stop by Java City, the library's coffee shop.



DORRILL DINING HALL

Known as "D-Hall," the dining hall provides students with a sit-down buffet option and "Outta Here," the to-go stop for those with on-campus meal plans. D-Hall now offers Coke products as opposed to the previously served Pepsi.



WILLETT HALL

Willett Hall boasts Willett Pool, Lancer Gym (often used for home basketball games), physical education classes and laboratories and studios. The building is home to the Health, Recreation and Kinesiology Department.



HEALTH AND FITNESS CENTER

Students can exercise in the center with cardio and weight-lifting equipment. There is also a gymnasium, track, climbing wall, racquetball court and space for fitness classes, among other free amenities to students. The attached Health and Wellness offers health care to students.



HULL HALL

This building hosts the Department of Education, Special Education and Social Work. Orr Auditorium, located near the entrance, is a well-known meeting space for many courses and special occasions.



RUFFNER HALL

This signature academic building houses the Rotunda dome and the beloved "Joanie on the Stony" statue. The original building burned to the ground in April 2001. Ruffer was rededicated in 2005.



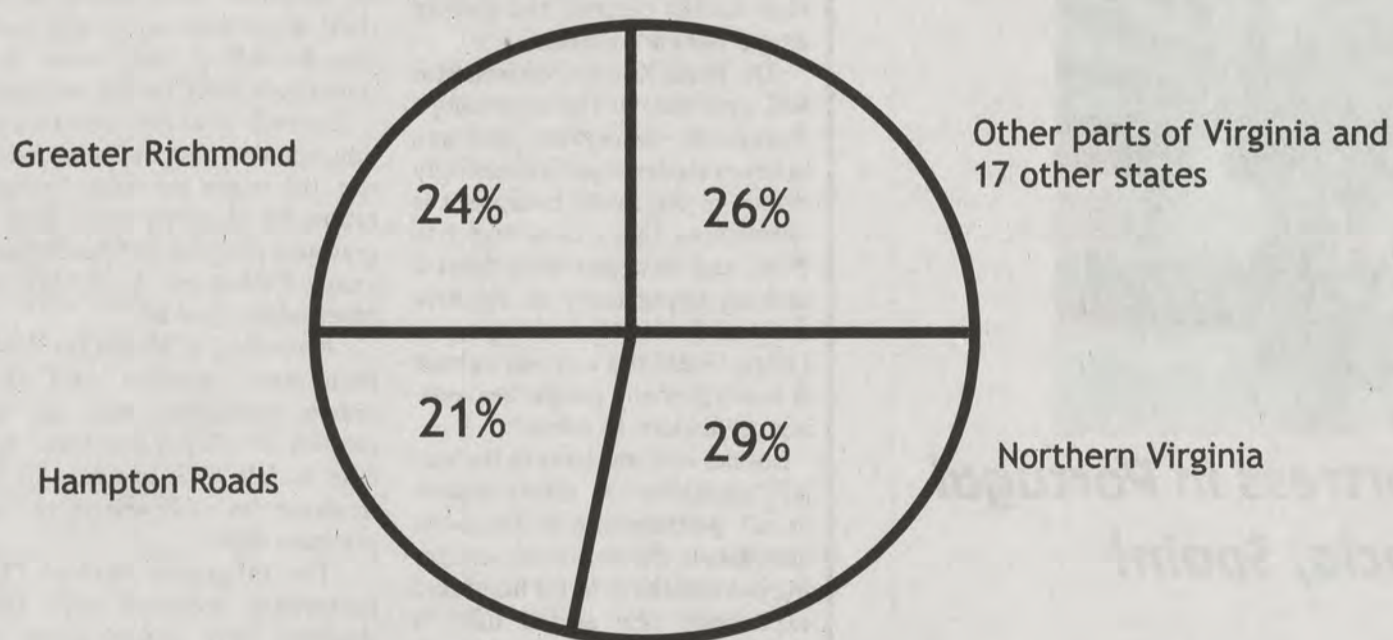
GRAINGER HALL

Another major academic building, Grainger hosts the Department of English and Modern Languages. It was also damaged in the Great Fire of 2001 and was destroyed, rebuilt and reopened in August 2003.

Check out your campus map to learn more about the university's buildings!

Get to Know Your Freshman Class

Where is everyone from?



Most out-of-state freshmen are from:

Maryland Pennsylvania
New Jersey Florida
Texas

High schools with the highest number of students enrolling:

Atlee- 29
Cosby- 20

INFORMATION PROVIDED BY DEAN OF ADMISSIONS
Sallie McMullin

All Other Photos By: Photo Editor Mike Kropf

Declare Yourself Undeclared: There is No Rush to Pick a Major Now

JESSICA GODART
A&E Editor

Starting college is filled with firsts for many incoming freshmen. First time living away from family, first time calling a teacher "Professor" instead of another title, first time doing laundry without a mother or father double checking the load. But for more than some, it is the first time thinking, "What career is most suitable for me?"

It is far from uncommon for college freshmen to enter into their school with their major undeclared. High school can be a complete mess of different classes that are designated by a school official

and not chosen by the students themselves. In this case, it is difficult to familiarize oneself with something that they are interested in.

Longwood has designed specific classes and sessions made especially for those students who come in with open or confused minds. Every freshman is required to take a class called Longwood Seminar, more commonly referred to as LSEM. Students are chosen for this class based on their major that they have declared at orientation; however, there are numerous LSEM classes that are created for undeclared folks.

Some advice: Longwood offers dozens of majors with numerous concentrations and even more minors, so explore your

options. If you have always wanted to try out your creative side, try taking an art class or a creative writing class. Majors are also added almost every year, and new students are always welcome in the programs.

While taking your general education classes, see if there is anything related to those classes that strike your interest. Perhaps you may want to pursue something related to science or history because you love dealing with chemicals or learning about the past thrills you.

Getting involved is very important as well with so many opportunities offered on campus as far as campus jobs, internships, study abroad programs and sports teams.

There are also many extracurricular activities offered during the school year that allow students to explore different paths while meeting new people and making connections at the same time.

One of the most important things you can do as an upcoming freshman, though, would be to talk to your advisor; they are available to help discover some new interests and possible careers that could arise out of those interests.

It helps to also talk with your advisor on the many opportunities that can come from certain majors. Every major may seem black and white, but there is a vast amount of careers that can come out of having even the simplest of majors or minors.

There is a place for everyone at Longwood, as well as a major for everyone. It is okay to be undecided coming in as a freshman. There is no rush in choosing what interests you or what you would want to do when you grow up, as the saying goes.

Majors are not required to be declared until the end of a student's sophomore year. Take those four semesters and look at them as an opportunity to explore what Longwood has to offer.

Do not feel pressured to declare a major; instead, take time to look into each one and decide if it is the right place for you.

Popular Classes You Should Take Before Graduation Day

MONICA NEWELL
Asst. Business Manager

As you move into your dorms and prepare for the first semester of your college career, I'm sure the last thing you're thinking about is registering for next semester. Honestly, it's perfectly understandable. However, registration sneaks up on you faster than you think.

Also, once you finish taking your required classes at Longwood, it gets harder to get approximately 12 to 15 credit hours. So here's a quick list of classes you should take before

graduation—it may come in handy at some point:

Sociology 101: Principles of Sociology is one of the first classes you should take before you graduate. "I liked Sociology 101 because it changed the way I looked at the world (in a good way)," said junior Claire Dryden. The class tries to teach in a way so that you can understand how an individual interacts with their social structure, using examples of media and other points in our culture.

Psychology 101: "I've found [this class] useful, not just in my major, but in life in general," said

senior Brian Klingenfus. "Learning about how and why people think and act the way they do is crucial to life both inside and out of college." This class gives an overview of the theories of psychology and also shows how to apply these theories to contemporary issues.

Public Speaking: Also known as Comm 101, it is required for Communication Studies majors and minors. However, learning how to speak in public is a skill you will never regret learning. "Although it is required for [Communication Studies majors], it is a should-take [class]

for everyone, regardless of their major," said Klingenfus. This class allows students to prepare for any scenario in which they would have to present something to a large audience. It also teaches students how to analyze an audience beforehand, allowing students to know how to avoid offending someone in the audience.

World Music: Introduction to World Music is just what it sounds like. This class teaches you about different types of music from around the world while also teaching the relationship between world music with the his-

tory and culture of the country it originates from. "I liked World Music because I find other cultures fascinating," said Dryden. "Music is a passion of mine, having played piano for nearly a decade, myself."

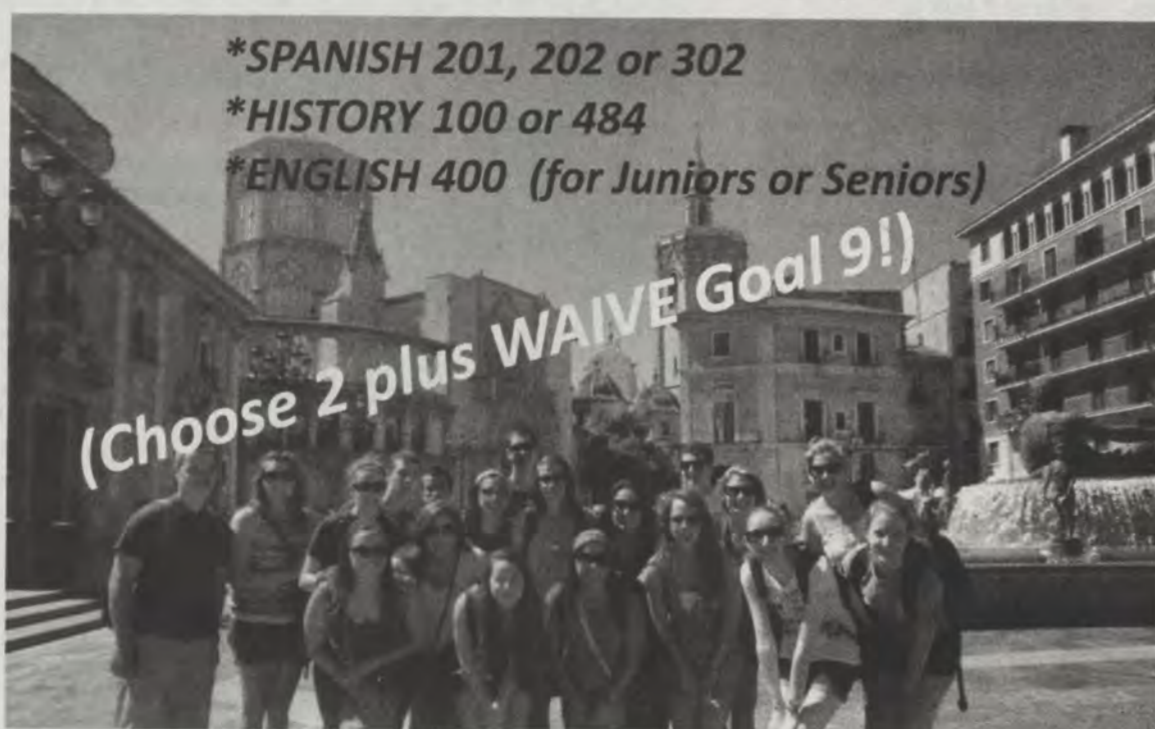
Fitness Classes: While technically this includes more than one class, they are still classes that should be taken. Despite the fact that PHED 101 is required to fulfill Goal 11, there are still other courses that are recommended and allow for enjoyment in what might be a heavy course load. "I took Jogging when it was still available, but I've heard Ten-

nis and Weight Lifting are both amazing classes," said junior Nick Conigliaro. Also, Golf is offered at Longwood, so if you like taking some time off from your studies to spend it on the Longwood Golf Course, you might want to sign up for that class.

As you make your way through Longwood and experience what the university has to offer, you may find out about different classes you may be interested in. Take them. But don't forget about this list when it comes time for registration around your junior year.

Can First Year Students Study Abroad? Yes!

The Gen Ed in Spain & Portugal Summer Abroad will allow you to meet 3 Gen Ed Requirements!



Study at a castle with a ghost, a fortress in Portugal and at the beaches of Valencia, Spain!

Get all the details, info meetings, costs:

<http://www.longwood.edu/staff/goetzla/GenedSpain/>

Contacts:

Dr. Goetz (goetzla@longwood.edu) or Dr. Holliday (hollidaywc@longwood.edu)

A Closer Look at the Fastest Growing Freshman Majors

BECCA LUNDBERG
Editor-in-Chief

A great deal of the fall 2013 freshman class enrolled without declaring a major.

However, three particular majors attracted more student interest than ever, seeing the largest percentage increase of enrolled freshmen from fall 2010 to fall 2013: therapeutic recreation, social work and communication sciences and disorders.

Therapeutic recreation, part of the university's Health, Athletic Training, Recreation and Kinesiology Department, features a webpage that describes it as a service that "promotes health and wellness for persons with an illness or disabling condition to fully participate in leisure pursuits or life situations."

Therapeutic recreation's enrollment rate, according to Dean of Admissions Sallie McMullin, has risen to 180 percent, rising from five to 14 new freshmen.

Dr. Rená Koesler, coordinator and professor of the university's therapeutic recreation program, believes students are increasingly drawn to the major because it is "something that's meaningful to them and that provides them a lifelong opportunity to improve the quality of life for other people. I think [with] the way our culture is moving, many people are seeking professions like that."

Koesler said students in the major "capitalize on direct experience," participating in hands-on activities in the classroom and going out into the field for first-hand experience. She added that "a student who works best through experience is probably a student that it's most attractive to, and if they really like people."

Therapeutic recreation graduates, according to Koesler, have a high rate of obtaining a job within three months after commencement.

Koesler said the most common jobs among graduates are providing recreational activities for senior adults in a nursing home setting, adolescents in a behavioral or psychiatric setting or children in a camp or school setting.

Overall, Koesler said therapeutic recreation majors "have to really believe that what they're do-

ing does improve their quality of life."

Koesler said there are currently about 80 students enrolled in the major, but it continues to grow. As for those interested in the program, she said, "If they're a person who gets bored easily, therapeutic recreation will assure that they will not be bored."

The number of freshman class social work majors, said McMullin, has gone up from six to 14 between fall 2010 and fall 2013, a 133 percent increase.

The major's curriculum, according to the social work webpage, "prepares graduates for first-level professional social work practice as practitioners utilizing the generalist perspective base."

The webpage goes on to say that social work majors often pursue graduate studies after completing the program.

Social work graduates can go on to pursue careers in areas such as adoption, case management, child protection and child welfare, as well as many more concentrations listed on the webpage.

According to the communication sciences and disorders website, the major provides "preparation for students [pursuing] a graduate program in Speech-Language Pathology, Audiology or other related [fields]."

According to McMullin, communication sciences and disorders' enrollment rate has increased to 67 percent from fall 2010 to fall 2013, bringing in 17 freshmen in comparison to the previous nine.

The program's Student Opportunities webpage says that students have opportunities to shadow a "licensed, certified speech-language pathologist or audiologist" in locations such as public schools, hospitals, clinics and private practices. This field experience is meant to aid students in meeting national certification requirements.

For more information on the majors featured in this article, visit the program's respective webpages, talk to the department chairs, professors and students or visit the Academic & Career Advising Center in room G08-A of Lancaster Hall. The resources are endless.

Longwood Lancer Lunatics: Leading the Charge In Lancer Spirit

ERIC HOBECK
Sports Editor

Whether they are rushing the court after a famous one-point win over Liberty University in Willett Hall or leading the chants at a lacrosse or soccer game, the Lancer Lunatics are the self-appointed "team behind the team."

Loudly and proudly thrusting their support behind the university's 14 NCAA-level teams, the Lunatics were created in 2004 by Parks Smith ('08). The Lunatics are, in simple terms, a group of students that support the school by cheering at athletic events and, according to the mission on their website, "[aims] to build tradition and respect by unifying the Longwood community and promoting Lancer pride."

Club President Molly Monaghan said, "We strive to create the craziest home atmosphere for Longwood. Although our university is small, we have passion that can match any large school. It is this passion that makes us the craziest fans in the Big South." Indeed, they are the craziest fans in the Big South — at least according to the Naismith Foundation, who christened the Lunatics as such last spring.

Executive Vice President Matt Tregoning is one of several students who, like Monaghan, are in the front row or in front of the bleachers in Willett Hall at virtually every basketball game. The

organization is a fixture at other events related to the school, such as the Greatest Athletics March Ever (G.A.M.E.).

Tregoning said, "We work with other organizations such as the SGA, [The] Rotunda and Lancer Productions to improve communication about sporting events and spread Lancer Pride. The meaning of being a part of the Lancer Lunatics to me is indescribable; it's about the adrenaline rush that a person gets when the basketball team hits a game winning jumper or the softball team hits a walk-off single to win the Big South Championship. I love this organization because it represents what Longwood is about — what you put in is what you're going to get out of it."

This year, the Lunatics will continue their weekly program, Lunch with the Lunatics. It historically has happened at 12 p.m. on Tuesdays, typically in the Lee Grand Hall or Dorrill Dining Hall. There, students have an opportunity to connect with staff members from the athletics department, such as Director of Athletics Troy Austin and Head Softball Coach Kathy Riley.

In addition, there is a slight change this year in the way the Lunatics run their annual card promotion. For the past couple of years, the Lunatics have offered their official T-shirt and a card good for a myriad of discounts at dozens of shops around town. This year, the card is still around, but the first 500 students will receive replica basketball



The Lancer Lunatics, known as the "team behind the team," show their support for the Lancers.

jerseys. T-shirts are still available as well.

The Lunatics run a Twitter account (@LancerLunatics) that is frequently updated throughout the year.

Students interested in joining the organization are encouraged to contact any member of the executive board or Eric Stoller, athletics director of marketing and game operations.

The Urban Dictionary of Longwood University

KEVIN GREEN
Asst. Sports Editor

To the class of 2017, the latest Green Class (remember this), welcome to Longwood University. In the next four years, you will be taken on quite a thrilling roller coaster. At this particular institution, there are certain traditions you will need to be aware of.

The next 700 words will act as a guide of sorts. Consider this an Urban Dictionary to understanding some of the traditions and lingo of Longwood University.

CHI, Princes and Greek Life

According to longwood.edu, the secret organization, CHI, seeks to "promote and maintain a spirit of cooperation among students in every phase of college life." Two ways this is done is through their CHI Droppings and the midnight CHI Walks.

One brisk stroll down Brock Commons (the center of campus) may get you a CHI Dropping. They can be ordinary objects and found just about anywhere on campus. They are desired objects as they are considered good luck charms.

At the end of the year, the CHI Burning is held. This event serves a couple of purposes. The first is

that graduating seniors in CHI reveal themselves. The second is that certain students and faculty are honored with CHI Commendations for helping to spread the spirit of Longwood.

And finally, a word to and from the wise, it is not a good idea to step on the CHI Rotundas found along the walkways across campus. Stepping on them is considered bad luck since they represent the spirit of CHI and the spirit of Longwood itself. Instead, it is a better idea to step on the Princes Crowns to your heart's content. Princes is the other secret society on Longwood's campus "whose primary purpose is promoting leadership in Longwood students," according to longwood.edu. The seven-pointed black crowns painted on campus sidewalks are known to be good luck to step on.

In addition to these, Greek life has an important place at Longwood University for many reasons. Among these is the fact that four nationally recognized CPC sororities were founded here: Alpha Sigma Alpha, Zeta Tau Alpha, Kappa Delta and Sigma Sigma.

With organizations in College PanHellenic Council (CPC), Inter-Fraternity Council (IFC) and National Pan Hellenic Council (NPHC), Longwood has many opportunities for students to

get involved in Greek Life.

Food, Lancer CASH and the Library

Dorrill Dining Hall (or "D-Hall" for short) will most likely be your go-to dining destination. It is located at the head of campus on Brock Commons. In order to eat there, you will need your Longwood ID card. For different options, Bonus Dollars and Lancer CASH are vital.

Depending on your meal plan, you will have a set amount of Bonus Dollars to utilize at various locations. The most convenient of these is the Lankford Student Union. This building houses Lancer Café with food options such as pizza and Einstein Bagels. In addition, Bonus Dollars can be used at Java City, Chick-fil-A and Moe's. Java City is great place to grab coffee between classes. It is also conveniently located right next to the Greenwood Library. When those options are not enough, you can use Lancer CASH at McDonald's, the Student Union, Buffalo Wild Wings, Domino's Pizza, Main Street Bagels, and many other places around town. Check the full list of locations at longwood.edu/lancercard.

Events and Happenings
One of the biggest tradition-filled weekends at Longwood is Oktoberfest. The festivities begin Friday with Color Wars. This old tradition is a

war with paint between the Red (even graduation years) and Green (odd graduation years) classes. The two line up on opposite ends of Iler Field behind D-Hall. When word is given, students on both sides are free to douse the other with their class paint.

Throughout the weekend, you can enjoy a full line-up of bands behind the student union. Food is provided by Aramark Dining Services, and you can enjoy booths by the various student organizations.

Sporting Events

At the beginning of the school year, athletics are kicked off through the annual G.A.M.E. (Greatest Athletics March Ever). This is an event that begins in Willett Hall ends at the Athletics Complex for a soccer game.

Whether it is Willett Hall for basketball or Charles "Buddy" Bolding Stadium for a baseball game, there are plenty of opportunities to watch the Lancers in action.

While attending these events, keep an eye out for Longwood's mascot Elwood. You will also find yourself quickly acquainted with the Lancer Lunatics. This student-run organization leads the charge in terms of spirit at sporting events. They will most likely be making a good bit of noise.

The Man Behind The Haunt: Dr. Jordan's Annual Ghost Stories

KELLYN KEEGAN
Asst. Opinion Editor

It was half past 2 a.m. when the ringing began. Emanating through the tenth floor hall of Curry Residence Hall, the chiming was no louder than a whisper yet carried a hollow tone, an echo before the sound. Rhythmically, the sound continued, never growing louder yet somehow seeming to fill the empty void from which it came. He was back.

While it may seem like the opening credits of a Martin Scorsese film, the ominous anecdote follows from one of professor of anthropology Dr. James Jordan's famous ghost stories, woven annually before a large crowd of students, faculty and community members eager for a scare with the approach of Halloween.

Hooded in a cloak and taking advantage of the shadowy stage, Jordan always captivates the audience as he shares his ghost stories. One of the more popular tales is about a young child who has been riding his tricycle on the tenth floor of Curry and tragically falls down the elevator shaft.

Jordan has a passion for history that he brings to his stories in order to entice large crowds to gather for this annual

event. While most enjoy a good scare to accompany the waning daylight and eerie atmosphere of late October, Jordan's ability to seamlessly incorporate fact with the macabre invites the question: who really is the man behind the stories?

Jordan is well-known to the student body. From his scary Halloween tales to his spring bonfires, his active interaction with students outside of the classroom is both admired and appreciated by the students themselves.

"Dr. Jordan is the man," one student remarked as the professor told the ghost stories last October, "He helped me out with my paper and actually made it interesting."

What many students don't know, however, is that Jordan has an impressive résumé outside of the academic environment.

In addition to serving as the Chief Faculty Marshal of Longwood University and leading all academic ceremonies, Jordan's outside pursuits include serving 12 years as a Naturalist for Virginia State Parks, three years as Executive Director of the Nature Camp of Virginia and lending his expertise as a technical consultant for the Fox Television Network series "Bones."

His many accomplishments include being recognized

as Virginia Professor of the Year in 1995, a prestigious honor in which recipients are selected on "[the] basis of their extraordinary dedication to undergraduate teaching, determined by excellence in the following four areas: impact on and involvement with undergraduate students; scholarly approach to teaching and learning; contributions to undergraduate education in the institution, community and profession; and support from colleagues and current and former undergraduate students," according to the U.S. Professors of the Year Award Program.

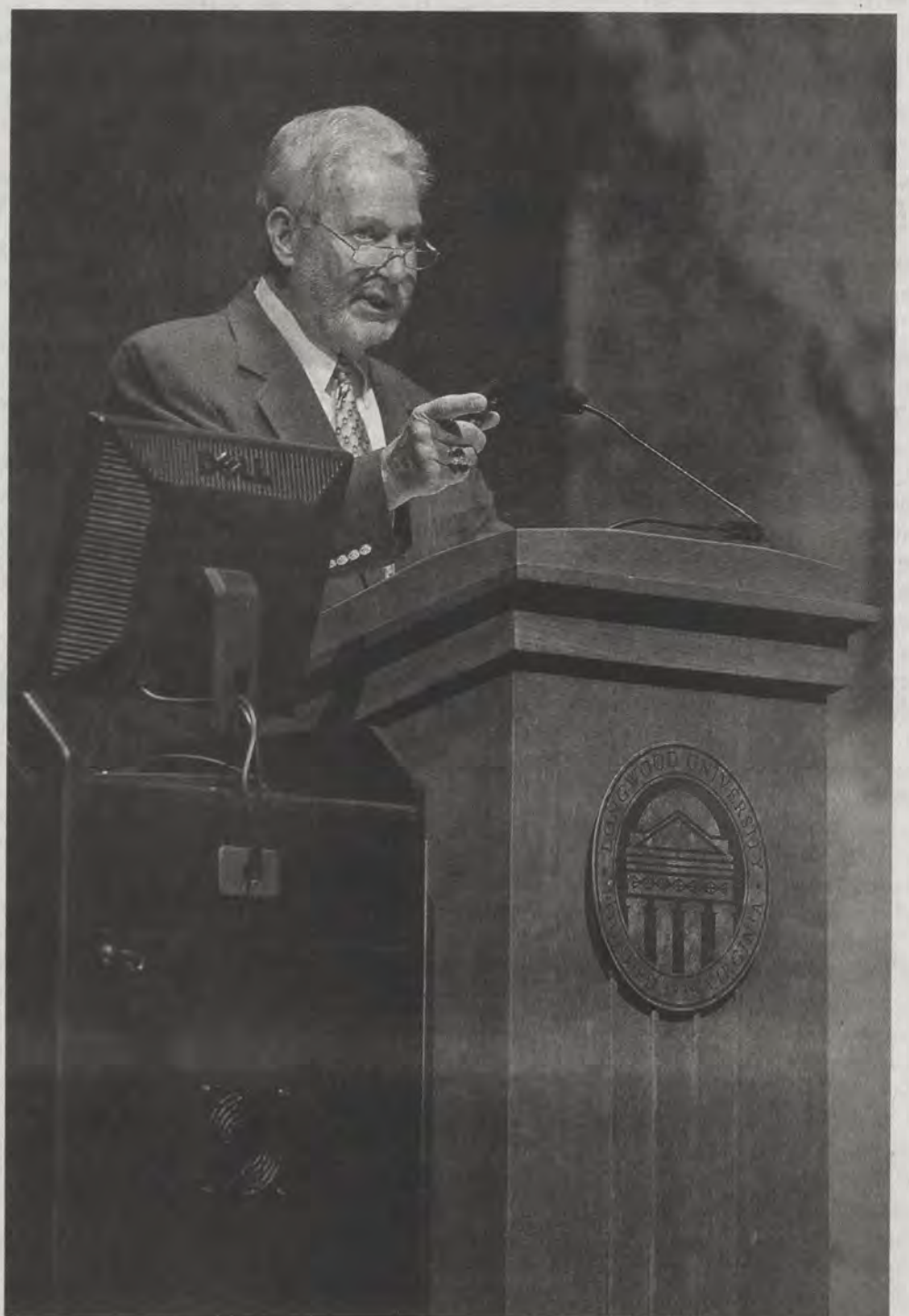
Such commitment to helping students succeed was evident even in the authoring of this article, as Jordan took a great deal of his personal time to provide interviews, research materials and expertise.

It is safe to say most would wholeheartedly agree that Jordan demonstrates these qualities, best illustrated by his renown in the community of Farmville itself. While many college towns across the U.S. grow familiar with the faculty of their respective universities, Jordan's impact on the communities serves as both a token to the close-knit ties the university has with the

residents of Farmville as well as Jordan's attention to reaching out to spread his knowledge and passion for history. Perhaps the best testament to this outreach is a program presented by CBS News, in which Jordan conducted a haunted tour of Longwood's campus for the public to enjoy.

Without spoiling the suspense (and creep factor) of Jordan's ghost stories, one can expect tales including a professor who threw herself onto a fire to save her students and now haunts Stevens Hall, the appearance of a Confederate soldier in the flames of Longwood's Great Fire in 2001 and the infamous story of the girl crushed by the Greenwood Library bell, all, of course, accompanied by pictures of the haunted structures of a large screen throughout the lecture.

In his own words, Jordan had this to say of his annual ghost stories lecture: "Whether people enjoy these ghost [stories] for the chills or the history of our university, I think it's valuable to remember that we modern folks are part of a legion of Longwood students who go back to 1839. Seeing and hearing how they all lived and died makes the olden days seem much more alive."



Dr. James Jordan, professor of anthropology, takes the stage in Jarman Auditorium to charm an audience of students and faculty with one of his famous tales.

Deans, Departmental Chairs ... Do Not Worry, You will Get to Know Them

EJ DOWLING
Features Editor

As many of you are already aware, there are four colleges here at Longwood, including the College of Graduate & Professional Studies, which you should not be concerned with just yet. So we'll focus on the three undergraduate colleges.

Each one of these colleges has a dean, and then each department has a chair that handles the details within its department. Throughout the semester,

The Rotunda will be featuring different departments from all over campus. For now, here is some information on the four college deans here at Longwood.

For the Cook-Cole College of Arts & Sciences, the dean is Dr. Charles D. Ross. Ross has been at Longwood since 1992 when he was a professor of physics and chair of the Department of Natural Science.

Ross graduated from the University of Virginia with a doctorate in Materials Science. With colleagues from U.Va, he was a co-author of a five million dollar

National Science Foundation grant involving work on nanotechnology. Moving a little out of the science field, Ross has also written three books on the role of science and engineering in military history.

The College of Business and Economics dean is Paul T. Barrett. Barrett says that Longwood's College of Business and Economics "is unique among America's business programs. It is accredited by AACSB Internationally, the premier accrediting body for business schools nationally and internationally. Overall,

less than five percent of all business schools worldwide are AACSB accredited."

If business is the way you want to go in school, then go for it. Longwood has a great program, ranked among the best in the south.

The last undergraduate college is the College of Education & Human Services, Dr. Wayne White. White began as the Associate Dean of the College of Education and Human Services at Longwood in 2007. Like the College of Business and Economics, the College

of Education & Human Services is also a place a Longwood that "prides itself on the fact that many of the nation's best educators and administrators, social workers, therapeutic recreation specialists, exercise scientists, speech and language therapists, library media specialists and school/community counselors."

Longwood is very proud of our colleges and many very important and prestigious accreditations. Getting to know the person running your college is good information to have.

Faces You Should be Familiar with Freshman Year



President W. Taylor Reveley IV was previously managing director of U.Va's Miller Center.

EJ DOWLING
Features Editor

There are many faces on campus that you should recognize, ranging from Dr. Tim Pierson, vice president for Student Affairs, to Haley Vest who Student Government Association (SGA) President for the 2013-2014 school year. There are so many important faces that it would be impossible to put them all in one article, so here are the top five important faces on campus this year!

We are all welcoming a new face to the Longwood campus this fall with the arrival of our new President W. Taylor Reveley IV. Reveley, who began his presidency at Longwood on June 1, 2013,

could serve through 2018. The new president is no stranger to Longwood; his grandmother and many other relatives were graduates of Longwood.

As a Longwood student, you will receive many emails from Dr. Tim Pierson. He tends to forward all the things we need to know as students on a regular basis. Pierson can often be seen walking around campus and making appearances at events around campus.

Susan Sullivan, who many students affectionately know as Sully, is the Director of the Student Union and Involvement. Her office is located in the Lankford Student Union. The Student Union is a good place to get some work done, or to pick up a

snack on your way to class. Bob Beach is our Chief of Police & Director of Public Safety. Beach is often seen around campus and has a "reputation for high ethical standards in both his professional and personal life."

Haley Vest is a senior here at Longwood. She has been very active in many clubs and organizations during her time at Longwood. Vest is a peer to all of us and has an incredibly busy schedule, but she is very much looking forward to working with many students in the upcoming year to make Longwood the best university it can be.

For more information on other important faces visit longwood.edu/studentaffairs/12461.htm.

The Academic Career and Advising Center: What They Can Do For You

EJ DOWLING
Features Editor

When you start college, the first professor you really get to know is your LSEM professor. Nine times out of 10, that professor ends up being your advisor when it all comes down to it.

In my experience, the only time that changes is if you decide to change your major or concentration. Your major/program advisor can be the best professor you meet at

Longwood, and they can really help you out if you are in a bind.

According to the Academic Advising website, it is the student's responsibility to schedule regular appointments with your advisor; in return, your advisor can help you with getting paperwork prepared and figuring out a plan for you to graduate in a timely manner.

There is another group on campus that can really help you out academically,

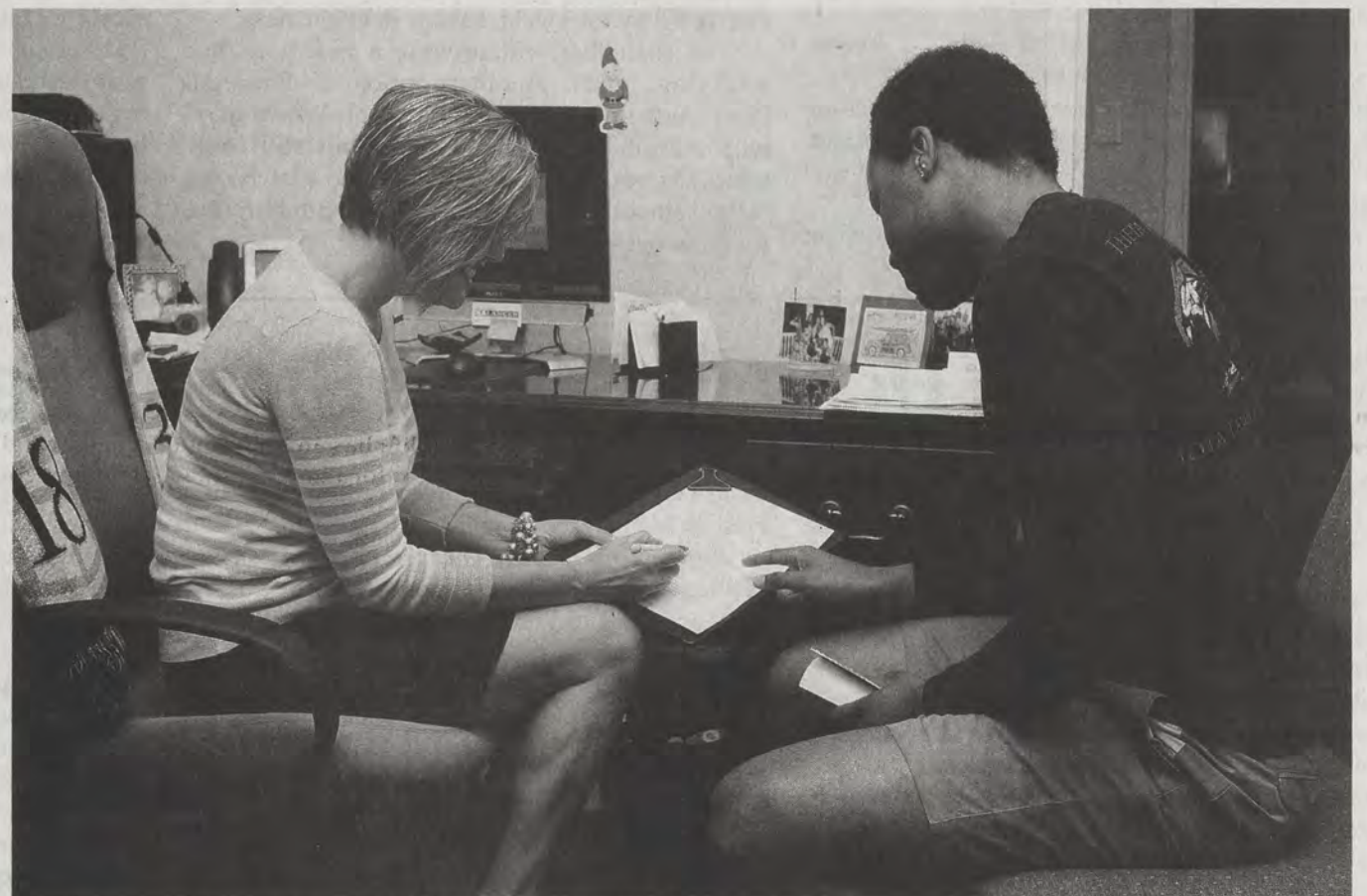
and that is the Academic Career and Advising Center (ACAC) located in Lancaster Hall.

The ACAC provides students with the correct tools to use, so they can better figure out what the future holds.

It is the ACAC that puts on the job and internship fairs that you will undoubtedly see signs for throughout the semester. These fairs can be very beneficial to you. Trust me, it is how a lot of my friends

got their internships, which are required to graduate. Your internship may not sound like a lot of fun, but it really will get you ready for the real world after college.

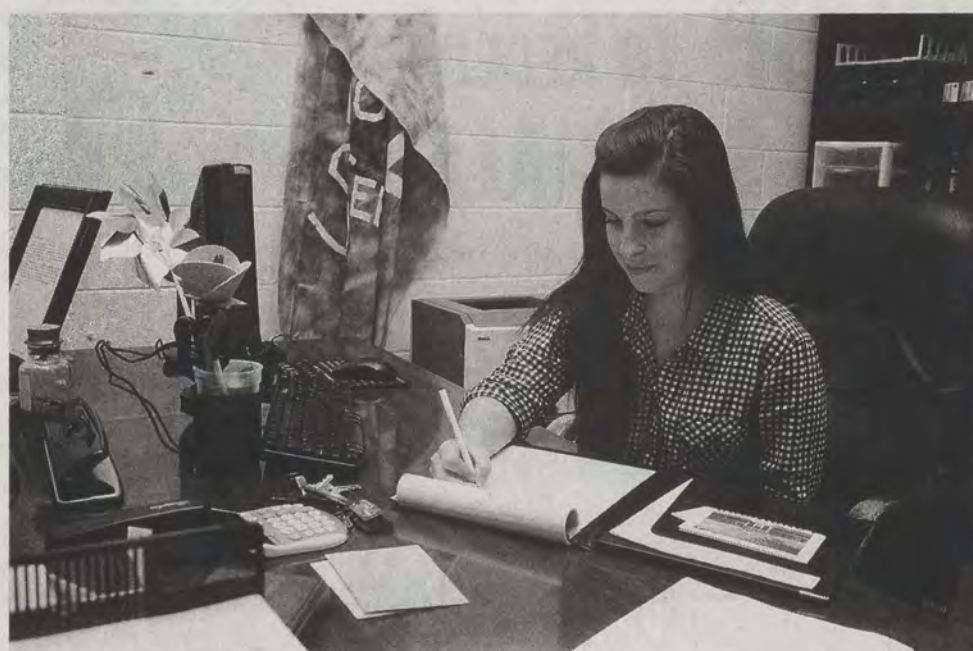
They can also help you find a job when that time comes. They are very willing to talk to you and assist you in coming up with a plan for your years at Longwood. Do not forget to stop by and let them know if you need any help with anything!



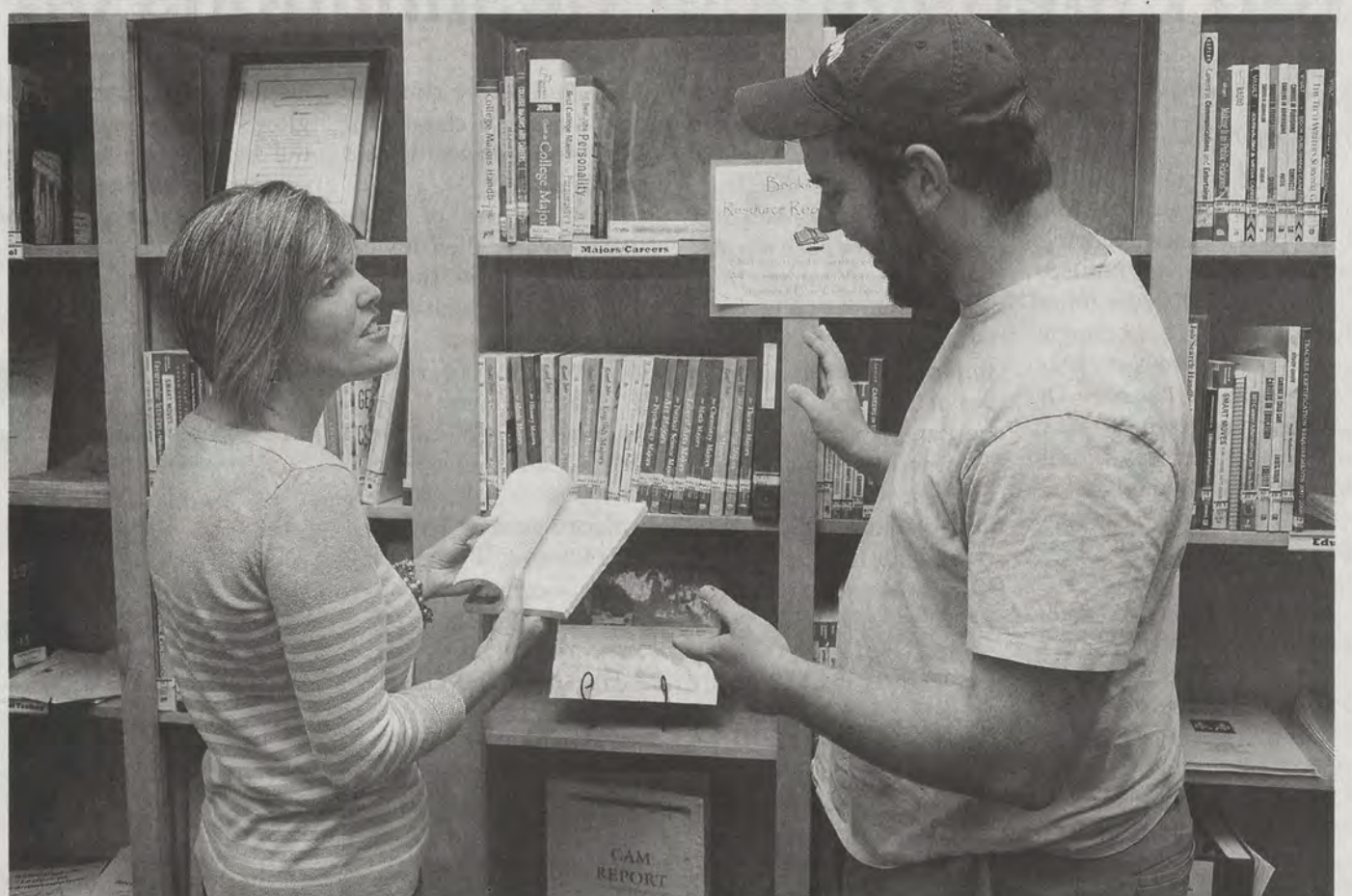
Senior Darrien Drummond goes over advertising materials with Ellen Masters, associate director of the Academic and Career Advising Center.

The Academic and Career Advising Center offers services including:

- aiding students in evaluating their skills, interests, values and limitations
- creating goals in both their education and career
- deciding on a major and major course and registration planning
- offering information about academic policies, procedures and programs
- academic and support service referrals
- transfer credit evaluation



Student Government Association (SGA) President Haley Vest was elected in spring 2013.



Masters and senior Steven Sommer look over books in the center's Resource Room. The space's books include topics such as major and career exploration, career planning, resume and cover letter writing, interviewing skills, job and internship search strategies, specific majors, occupations and companies, graduate/professional school admission.

How to Avoid the Freshman Fifteen in Farmville



Myron Owens is a dedicated employee of Healthy Living LLC, a local health food option for students.



Healthy Living provides a variety of nutritious food items and smoothies, as well as seating, to customers.

JONEL ANDREW
Asst. A&E Editor

Being in college may seem like the time to let go of calorie fears and to stuff yourself with take-out pizza, soda and all the French fries D-Hall can offer; however, finding the healthy alternatives may be easier than you think.

If you're low on money, as the average college student tends to be, then you're probably surviving off your meal plan. Luckily, the meal plan can help in more ways than one.

One benefit of having meal swipes is having free fruits and vegetables available every single day. D-Hall will almost always have more than two different types of vegetables out on the buffet, as well as the salad bar where you will find raw vegetables and a surplus of fruits.

Another two options for small and healthy on

the go meals are "Outta Here" and the café in the Lankford Student Union. Both places have baskets of fruits to choose from and guilt-free meals. "Outta Here" always has a plentiful salad bar and a decent selection of sandwiches to choose from as well as a hot meal option.

The Student Union doesn't work with meal swipes, but almost every plan comes with Bonus Dollars, and most likely this is where they will all go. At first, the Student Union may seem deceiving with their tempting F'Real milkshakes and candy bars everywhere you turn, but try not to get distracted by the sweet, sugary deliciousness.

The sushi bar will provide a nutritious and satisfying lunch. Another option is Einstein's Bagels, where you can grab a whole-wheat bagel with a fruit cup or a pre-made (but still fresh) salad. On your way out, you can also snatch up a Naked smoothie and some pretzels with hummus for an in-between class snack.

Despite all the options Longwood provides for its students, the food still gets a bit tiresome. This will be the time to adventure out into the small town of Farmville and pick up some groceries or eat out for a night. Being on the college student budget, Wal-Mart would probably be the first choice for groceries. Stop by and pick up some healthy, low-priced ingredients for a meal to cook in the kitchens of the residence halls.

Wal-Mart is no Harris-Teeter or a Whole Foods, so if you find yourself looking for more organic choices, stop by the small grocery shop called Healthy Living.

The store is owned by Kendal and Wilma Albert, who describe it by saying, "It's a store providing organic products, sugar-free, vegan ... natural herbs, traditional herbs. We have an open juice bar, open smoothie bar, and we make sandwiches with soy patties, vegan cheeses, vegan mayonnaises." It would be difficult to make the wrong choice here,

whether it's a trip in for healthy ingredients or just a small stop for smoothies.

All in all, eating healthy while on campus is only as hard as you make it. Staying physically healthy is just as simple. The easiest place to check out is the Health and Fitness Center, where the workout equipment and the group fitness classes are fantastic.

The group fitness classes consist of Zumba, Yogalates, BodyPump and CoreSpin, among others, and they are available to whoever wants to take them. These group fitness classes are a fun way to get in an hour workout with friends and fellow students.

Staying active at Longwood, whether it be at the gym, in the kitchen or in the community, will benefit your happiness, your grade performance and your overall experience here on campus.

Small Town Does Not Mean Small Chains: Farmville Food Options

JESSICA GODART
A&E Editor

Believe it or not, there is more than just corn, potatoes and carrots in Farmville. As a small town, Farmville obviously doesn't have hundreds of options for food; the helpful part of living in a small town, though, is that almost everything is within walking distance (or deliverable).

On campus students have the luxury of being no more than a few minutes away from Dorrill Dining Hall (D-Hall), no matter which building you live in, but when mystery meat becomes old, it is okay to spend a few extra bucks on some "extravagant" food. Within walking distance of campus, there are several fast food and sit down restaurants. From McDonald's to Macado's and Hibachi to Pino's Italian Restaurant, food is not scarce surrounding campus.

While McDonald's may be the cheapest and

easiest choice, just across from Frazer and Curry Hall is Main Street Bagels and KJ Hibachi, both of which are relatively cheap and have excellent service. Pino's Italian Restaurant is also located right across from Frazer Hall; again, the prices are very reasonable, and the food is excellent in this small restaurant.

Farther down near the Longwood Landings are the options that accept Bonus Dollars or Lancer CASH. Moe's Southwest Grill, Sweet Frog Frozen Yogurt and Chick-fil-A all are located around the bookstore, a mere five minute walk from the dorms. However, while Moe's and Chick-fil-A both accept Bonus Dollars, Sweet Frog only accepts Lancer CASH.

When entering the town, there are small cafés and bakery shops (for example, The Bakery located on Main St.) as well as Macado's, a delicious sandwich shop that offers dozens of different choices for sandwiches and hamburgers. El Patron Mexican

Restaurant is also located right next to the edge of campus. El Patron has extremely cheap prices, and the environment is fun and exciting, especially if you go there for your birthday - you get to wear a giant sombrero.

Other restaurants are easily accessible by using the Farmville Area Bus (FAB) or driving. Golden Palace, a popular Chinese restaurant, is located across from Burger King in a small shopping center containing other small shops, as well as CVS. Golden Palace offers an array of food at the buffet as well options on their menu. The buffet, which is chosen most often, is less than 10 dollars.

The next shopping center past that is home to possibly the most visited restaurants in Farmville: Buffalo Wild Wings, Cook-Out and Bojangles'. While Bojangles' has the ever-loved bo-berry biscuits, Cook-Out remains the favorite place for late night meals and good fast food with their cheap prices and plentiful servings. Buffalo

Wild Wings, which accepts Lancer CASH, has an exciting atmosphere, including a bar and an area surrounded by televisions which play the latest sports games and news.

Surrounding the Walmart shopping center further up, the farthest the FAB will go, are sit down restaurants Applebee's and Ruby Tuesday's as well as fast food options including Wendy's and Subway. Although, there is a Subway located in the Longwood Landings as well.

Past the town and even past Walmart, in either direction, a car will come in handy in order to reach Charley's Waterfront Café and Shogun (a Japanese restaurant), KFC and Merk's Place, which is located farther outside of town.

For late night hunger, pizza can also be ordered from Papa John's, Dominos or Pizza Hut, all of which are located around town, available for delivery or pick up.

Top Entertainment Destinations on Campus and around Town

KEVIN GREEN
Asst. Sports Editor

If you are a movie fan, like myself, then keeping up with the newest releases is a necessity. On the other hand, maybe you enjoy comic book heroes such as Spiderman or Batman. Or perhaps you simply enjoy reading paperback novels by J.K. Rowling. Whatever your entertainment tastes are, Farmville, Va. likely has an outlet for you.

One of the more well-known entertainment destinations in the area is Sunchase Cinema 8. This local theatre is located a few driving minutes from Longwood's campus; right by the Sunchase apartment complex.

Although it is not owned by the Regal Entertainment Group, Cinema 8 features many familiar attributes. For fans of that theatre popcorn smell, there is, of course, a concession stand.

Like any major movie theatre, Sunchase features all of the latest releases. However, unlike the Regal theatres, Sunchase has four show times for each release. Those times range from 12:30 p.m. to 9:00 p.m.

Tickets are around \$8 for students, making seeing a film at Sunchase Cinema 8 cheaper than most theatres in America. Fans of 3D can rest easy. This local theatre added 3D to their screens for the release of the hit Marvel film "The Avengers."

Sunchase is not the only way to catch recently released films. There is also the Keysville Drive-In Theater. This outdoor venue is 30 minutes driving distance from Longwood's campus. Unlike Sunchase, the Keysville Drive-In does not play all of the new films. Instead, this theatre shows two films at a time. It is a double-dip feature with a two for the price of one deal. Tickets are \$7 for

adults and \$4 for children. In addition, a classic car will get the driver of said car a free ticket.

If neither of those options work, then Lancer Productions shows movies throughout the semester. If there is a film you did not catch in theatres, you can see it before it is out on DVD. These screenings are typically held in the Lankford Student Union.

However, if you are more of a comic book fan, then a new addition to the town may interest you. Dojo Comics and Games has recently opened a store in Farmville. This store has comic books as well as cards and event tournaments.

According to the company's Facebook page, people can sign up for tournaments in card games such as Pokémon, Yu-gi-Oh! and Magic the Gathering. In addition, the company also sells

T-shirts, party supplies and glow sticks. Regardless of the item - or tournament - most everything at Dojo Comics is affordable. For example, the company

advertised a \$3 entry fee for a Yu-gi-Oh! tournament held in July.

However, if you are more of a book person, the Longwood Barnes and

Noble bookstore is located right across campus. It has, essentially, a scaled-down version of a larger Barnes and Noble store. In addition, within the store,

there is a Starbucks coffee shop for you to enjoy your favorite espresso with your favorite book.



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Editors' Advice

Map out your goals at the beginning of each semester, whether they are academic or extracurricular-related or just fun things you would like to do. That way, you'll end your time at Longwood with few regrets and lots of good memories!

--Becca Lundberg, Editor-in-Chief

Join an organization. The best part about joining one is that you can make friends for life. Whether it's a Greek organization, club sports team or even The Rotunda, getting involved will make your time at Longwood infinitely better!

--Eric Hobeck, Sports Editor

Explore the area. Get off campus whenever you can and discover all the gems that Farmville has to offer. I know it might not feel like there's much to do around town, but as a senior, I'm still discovering new places.

--Mike Kropf, Photo Editor

Focus on school, and don't be afraid to ask questions. It is fun and important to join an organization, but school always comes first. It is better to get your GPA up during your general education courses so that you can have a little leeway for when you have to take your harder courses for your major. Keep Calm and Love Longwood!

--Natalie Joseph, Opinion Editor

Speak up in class often. Your professors will notice you and appreciate that you are interested in their class. They may write you generous letters of recommendation when you ask. Also, it's beneficial to ask for help when needed and give the answer when you know it. You'll feel good about yourself.

--Kyrìe Davenport, Asst. Copy Editor

Don't be afraid to talk to your professor, not only in class, but also on a regular basis about assignments, or anything really. The professors at Longwood love to get to know their students. Also, go to events on campus, find friends at club open houses and go to events on the weekends; even if it's just for the first few weeks, it is an awesome way to get to know new people. Learn the FAB schedule! At least figure out what the FAB is. Don't be nervous to ask for anything. Longwood is a great place to spend four years!

--EJ Dowling, Features Editor

Say "yes" to people! When a friend or a professor suggests you check out an event, always say yes. You never know who you will meet and what fun things you will get to experience here at Longwood.

--Jonel Andrew, Asst. A&E Editor

Have Fun! Do not spend ALL of your time outside of class studying. Even though studying is important, too much stress from it will do more harm than good. Take study breaks so that you have time to hang out with friends, go to the gym or just have "you" time. Trust me, it makes college much more enjoyable.

--Zelda Halterman, Online Editor

Try new things, and take in everything Longwood has to offer. Take advantage of the fact that we have a small campus with big opportunities. Make the best of friends, take chances and make mistakes. Now is the best time to succeed and create a new path for yourself. Let Longwood be your home, and step out of your comfort zone. Also, buy a raincoat.

--Liz Greenwood, Layout Editor

Be true to yourself, but leave room to grow. College is all about change, so take a chance and try something new. Change can be scary, but in the end, it's something that can ultimately help you become a better person. The opportunities are endless. Find ways to grow, and remember this is a once in a lifetime opportunity.

--Rachel Faughnan, Asst. Layout Editor

Make college a fun adventure, for it only happens once. Don't spend all your time locked in a dorm room, studying your brains out. Yes, you do need to spend some time studying, but college is an important place where you find out who you are and who you are going to be. It's an amazing journey. Even if you're scared, take the chance anyway. You'll never know what the outcome will be. It may be the best thing you've ever done.

--Christina Creech, Asst. Features Editor

Find your mentor. Whether it's a professor or an administrator or an advisor, find a connection to someone who can help you when you need it most. These relationships will be some of the most important you make in your life, especially in college. The advice from your mentors can guide you to understanding who you are and who you can be. They will be able to challenge you to become someone who you can be proud of. Once you graduate, don't forget to stay in contact with them, and don't forget to tell your mentor how important they are to you once you find them.

--Michelle Goldchain, News Editor

Don't be afraid to change your major! For example, if you find out by the end of the fall semester that you really hate Chemistry, go ahead and switch to something you think is interesting. It's your education, so you should be studying something you're passionate about. The opportunities are endless, and they may just surprise you in the long run.

--Monica Newell, Asst. Business Manager

Don't be nervous if you haven't declared a major yet. College is a learning experience and an opportunity to find your niche and figure out what field best suits you. Professors, advisors and peers are very helpful, so don't be afraid if you have any questions when it comes to choosing a major. Also, a Keurig maker is recommended.

--Nikki Chappelle, Asst. News Editor

Don't go home every weekend. You may feel homesick at first, but Longwood has so much to offer you. Even on the weekends there are all sorts of fun events taking place on campus that you won't want to miss out on. Before you know it, Longwood will start to feel like home.

--Mary Sansone, Copy Editor

Don't be completely bound by your major. With extra credits, try taking a class out of personal interest or one that looks interesting to you. It's okay to explore outside of your major or minor; for all you know, this interest could end up becoming either. Find a class that sounds fun or one that is a complete opposite from what you usually take. You never know, it could end up being your favorite class.

--Jessica Godart, A&E Editor

Don't try to do too much! College classes are no joke, and adding too many extracurriculars will bog you down. Commit to a couple things that you can really put your heart into, rather than putting a little of yourself into a lot of things. And don't forget to have fun! You only get one college experience!

--Kristyn D'Angiolillo, Asst. Copy Editor

Find a balance between work and fun early on. Keep working on this because your workload will get heavier as you go. Finding ways to have fun in between classes, homework, studying and other odds and ends is very important. Getting your GPA up is a great way to open college, but making room for friends is very important as well.

--Kevin Green, Asst. Sports Editor

Make your own experiences and form your own opinions! Don't let rumors or stereotypes stop you from meeting different people or doing what you truly want to do. These are your four years; make them the best you possibly can!

--Hannah Watson, Business Manager

Get out of your comfort zone and meet new people. Don't hide in your room. Make time to go to events and get involved.

--Leah Utz, Asst. Event Coordinator

Major Renovations and Changes Made to Longwood Dining Locations

MICHELLE GOLDCHAIN
News Editor

Three renovations completed over the summer will change how students, faculty and staff experience their dining options on campus. Dorrill Dining Hall (D-Hall) received a face-lift with new counters, flooring, equipment and more. Lankford Student Union was also remodeled with new seating as well as new fast food options. Additionally, there is a new convenience/grocery store built, which will sell fresh produce and allow for Bonus Dollars as payment located at North Campus Apartments beside Lancer Park.

To decide on what changes to add to each of the locations, Longwood Dining Services conducted Market Match, a market program that organizes focus groups for students to discuss what improvements they may want to see. Dine with the Director meetings were also organized, which allowed students to meet Director of Dining Services Grant Avent. The Longwood Dining Services distributes two surveys every year as well.

Plans for renovating D-Hall were a two year process, according to Avent. New changes include new chairs and tables, wood flooring, carpeting, countertops, fixtures and lighting. The light boxes within the seating area of D-Hall also includes new wood paneling. New televisions have also been installed, which will broadcast OrcaTV for news, student content and ads.

Newly added equipment includes

an ice cream machine, a Turbo Chef Panini toaster and a Douwe Egberts coffee machine. With the new Panini toaster, Avent hopes that it will speed up the process for students to get their lunch. The new coffee machine also allows for faster service by not requiring the workers to re-brew coffee throughout the day. The coffee machine allows options for hot water, decaf and iced coffee.

The murals within D-Hall have been taken down, and new art will be installed that can be easily changed periodically.

A Health for Life board is installed at the front of D-Hall when students walk in from Brock Commons. It includes brochures on how to make healthy decisions with nutrition, including understanding serving sizes.

The boards that were originally located within the walkway of D-Hall are moved behind the pizza oven. The boards include information on serving sizes, calories and more on the food served at D-Hall.

A new addition that Longwood Dining Services will also implement includes more advertising that they partner with local Virginia farms and businesses for the food served at D-Hall. This includes produce and tofu from farms in Cumberland, Hanover and Charlottesville as well as bread from The Bakery, a sandwich shop located on Main Street.

Avent commented, "That's something that we're going to focus on this year... letting students know where this [food]



New flooring and counters are among the changes.



New seating options are available for student use.

is coming from."

As Longwood begins construction on the new University Center, which will include a food court area, Avent said that there was uncertainty as to whether or not to spend the money on renovating the Student Union.

After the Market Match was completed, Avent said that he realized, "Look, four years, that's the life of a student. We have to do something. This space needs something. Does it need \$2 million? No, that's a waste of money, but it needs something."

Avent stated that as the discussions and the new designs were completed, the

changes were "smart economically."

By mid-July of this year, the Student Union was "gutted" before completion mid-August, according to Avent.

The original Einstein Bros Bagels and sushi concepts were taken out. The new food concepts that will be added to the Student Union have still not been decided. To decide on what would be added, Longwood Dining Services collected student feedback from surveys.

For the new food options within the Student Union, popular choices from students included a new Mexican concept and a new chicken concept. Avent commented that with Moe's and Chick-fil-A already available to students, they hope to find other options that are also on demand for students.

Currently, the concepts being deliberated on include a burger option, a healthy salad and sandwich option and a Dunkin' Donuts.

The location of the convenience store within the Student Union was relocated to the opposite end of the floor closer to the mail room where there was originally a large television and couches. A cash register was relocated to the location as well.

The Student Union also features new seating and tables.

Avent stated that the Student Union was originally built "with the ability to expand." He further added that there is a big enough hood system, exhaust system, electric system, as well as enough space to add fryers and a grill

eventually.

"We look and see what the students are asking for, and then we will concentrate that a little bit more as we move forward on this project as that is going to be another two years or so," Avent said.

Planning for the new convenience store underwent a three year process on where the location would be and what would be placed in the store, itself. The discussions for the location of the store centered around either Longwood Village or Lancer Park before settling at the latter location, according to Avent.

Avent commented that the convenience store resembles what one would see in a Sheetz or Wawa with fresh vegetables, sandwiches and salads, as well as pizzas. Inside the store, there will also be a bank of walk-in refrigerators with freezers on the end.

Concerning the prices of the items sold in the convenience store, Avent said, "Our prices are going to be like a convenience store price, like a Sheetz or something like that. We may not be able to get the same price as you would get at a Walmart because they can purchase in bulk more than we can."

The hours of operation for the new convenience store will be from 11 a.m. to 2 a.m. from Monday through Sunday. Adjustments to the opening or closing hours may be made as Longwood Dining Services researches the student traffic patterns.

"I think it's going to be a great addition, and I do think that it's going to draw students, not only from Lancer Park, but from all over campus." Avent said.

Mark Your Calendars, Lancers!

BECCA LUNDBERG
Editor-in-Chief

Rock the Block

September 20

This annual event brings Longwood University students and the Farmville community to the Longwood Landings for food, fun and favors. Check out the bands, get your face painted, play games and pick up some trinkets from local businesses.

Family Weekend

September 20-22

Are you feeling homesick or just ready for some family time? Family Weekend takes place nearly a month into the semester, giving your family the perfect chance to visit campus. The weekend's events include a picnic lunch, entertainment from comedy club/theatre and school of improvisation Second City and a golf tournament. Information on fees can be found in the Student Engagement tab on the school website, longwood.edu.

Oktoberfest

October 4-5

This weekend-long festival of

bands, booths and celebrations is hosted by the Geist Chapter of Mortar Board. Oktoberfest begins Friday evening with Color Wars, a tradition in which the Red Class (sophomores and seniors) and the Green Class (freshmen and juniors) duel in a battle of red and green (and sometimes blue!) paint. Campus radio station WMLU '91.3' FM hosts Battle of the Bands later that night, the winner going on to perform at WMLU's Bandfest event in April. On Saturday, student clubs and organizations sell items and host games at decorated booths. The weekend ends with a series of concerts performed by to-be-announced artists and bands. Check out longwoodmortarboard.weebly.com/oktoberfest.html for updates on performers and this year's theme.

Midnight Breakfast

December 8 and April 27

Longwood's bi-annual breakfast tradition is meant to be a break from studying for final exams at the end of each semester. Professors station themselves in the main area of Dorrill Dining Hall (D-Hall) and serve bacon,

eggs, biscuits and many other breakfast foods to students. More professors push trolleys throughout D-Hall and refill students' hot chocolate. The night is complete with dance music and even performances from professors.

Spring Weekend

April 12

Lancer Productions sponsors Spring Weekend, the last campus-wide, weekend-long event before Commencement. WMLU hosts Bandfest on April 11, hosting a series of performers before Lancer Productions brings bands to campus the next day. Like Oktoberfest, student organizations adorn booths with décor and earn money for their respective groups. The Ambassadors host Oozeball, or volleyball with a muddy twist, where teams compete in mud-filled volleyball courts in front of Stubbs Hall. Continue to visit lancerproductions.longwood.edu/spring-weekend for information on performers and 2014's theme.

Dates are subject to change

Your Longwood Bucket List

NATALIE JOSEPH
Opinion Editor

Everyone has certain things they want to accomplish in life, but during your time here at Longwood University, here is a short and condensed list of things that all students should do at Longwood. All of the points on this list were voted on and made for students, by students.

Bathe in the Ruffner Fountain: The most notable fountain on campus, and the most noticeable fountain on campus, is the perfect fountain to take a dip in.

Join a Club or Organization: Whether it is WMLU, Ambassadors, Student Government, Humans vs. Zombies, Greek Life, Psychology Club or whatever floats your boat, join at least one of the 200 clubs/organizations that will change your life. Find that one place where you fit in and feel at home and run with it. Make a lasting impact on the organization, on Longwood and on your life. Trust me, you won't regret it.

Do the Buffalo Shuffle: We have all done it; it just has to be done. Enjoy it, for it will become a great memory to look back on come graduation time.

Study Abroad: To me, this is a no brainer. Put yourself out there and experience a culture unlike your own. Whether it is a short term or a long term stint in another country, Longwood offers over 10 countries to study abroad in.

Attend Every Major Longwood Tradition: Convocation, Oktoberfest, Spring Weekend, Snow Ball and Rock the Block are must-attend events.

Volunteer in Farmville: There is F.A.C.E.S., the Longwood Center for the Visual Arts (LCVA),

The Big Event, the S.P.C.A. and various clubs at Longwood dedicated to volunteering and service, like Alpha Phi Omega. Get involved, help out the community of Farmville and become the citizen leader Longwood encourages you to be.

Walk the High Bridge Trail: It's beautiful and scenic, and if you are like most people who have walked this trail, you will be exhausted by the end of the hike. It's definitely worth the experience.

Attend the New Student Leadership Program Retreat: This happens at the beginning of each school year in the fall and is sponsored by Student Educators of Active Leadership (S.E.A.L.) and is said to be one of the best moments every student that has attended has had during their time at Longwood.

Go on a hunt for CHI and Princeps droppings: Go out early in the morning and search. Bring a buddy because, even if you leave empty handed and show up tired and late for your 8 a.m., it's a blast!

Actually find a CHI or Princeps droppings: This will become a moment that will stay with you forever at Longwood University. Our two secret societies play such an important role in maintaining and promoting leadership, academics and the spirit of Longwood. Many students get them passed down to them by graduating seniors, but it is much more difficult for students to find one themselves.

Dine Like A Superstar: Eat at 202 Bar and Grill, El Patron, Pino's, Macado's, Charley's, Walker's Diner, Farmville Sweet Shop, Cook-Out and the most fine dining of them all, Huddle House.

Go to At Least One Game for Every Sporting



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Event: Express your school spirit and become the ultimate Lancer Lunatic before you graduate by attending a game for each sport we offer at Longwood. The one thing we definitely need more of at Longwood, especially because we just entered the Big South Conference, is support for our sports teams. Not many can say they have completed this before they graduated, so be "that person" who actually did.

Now, my final advice to all who read this and try to accomplish everything listed is this: just remember to have the time of your life in college. But also remember to always stay on top of your school work, work your hardest and strive for the best. Because who wants to complete the entire list of points on this list and not get the privilege of bragging about them with a diploma in their hand?