Comedian Jimmy Fallon Entertains Longwood

KIM URANN Features Editor

It is not often that Longwood greets a famous guest for entertainment. Last Wednesday, though, that changed.

Saturday Night Live comedian Jimmy Fallon filled Jarman Auditorium to almost capacity when he performed his stand-up routine.

Fallon started off the night with a group of perfect impersonations. He warped into other comedians such as Adam Sandler and Jerry Seinfeld and poked fun at actors like Nicholas Cage.

Everyone seemed to enjoy themselves as Fallon joked on Farmville and surrounding cities. Visitors at Longwood love to make fun of this town, so it was not too surprising that he did as well. Would we really have respected him in the morning if he hadn't?

Probably the person who had the most fun was the heckler in the audience who kept up a conversation with Fallon for a good ten minutes. Of course, he did not escape the mockery either.

Fallon put on a good show. I laughed through the whole hour. I don't think I will be able to look at a Troll doll without giggling for quite some time, though.

Longwood Tells Students to "Swallow This"

CHRIS STANTON Staff Writer

Mike, Tracy, Brenda, Samuel, Sana, and Marcus, six students from Stone Brook College in New York City, visited Longwood's campus to talk to students about sex, drugs, and alcohol.

This small band of traveling actors and actresses describe real life events of abuse from alcohol, hallucinations from drugs, and STDs from unprotected sex through character dramatization.

Led by Kathleen Flynn-Bisson, along with Dustin Morrison, the group discussed signs of the various problems and the things you can do, both personally and for others, to get help.

In the confines of Lankford Ballroom, the six students performed for about an hour, and talked for about a half hour to forty five minutes. The skits performed included those pertaining to abuse from alcoholic parents and significant others. Some of the other topics performed were the possibilities of receiving a sexually transmitted disease from unprotected sex, and the implications it could have to all those around you.

The ideas of hallucinations from dropping Acid and the flashbacks that may occur later all came up, along with some of the other implications that it has on life, especially after someone has quit taking acid.

Out of all these problems and topics, it was mentioned that sex, alcohol, and drugs do happen on this campus, as well as all other campuses. The discussion of places to turn for help included the RA and REC of your building and the on-campus meetings of AA, or those in the Health Center. Counseling is also available for those seeking to talk about their problems.

For more information on the traveling group, its members and information on the topics discussed, call Kathleen Flynn-Bisson at 516-632-6682. To donate a personal story to be used in this group's activities, please email the story to Kathleen Flynn-Bisson as well at: KFlynnBisson@notes.cc.sunybrook.edu

World News:
1. Lebanon welcomes Israeli's decision on troop withdrawal
2. Chinese leader promises tough action on government corruption
3. Nelson Mandela hints at giving up Burundi mediator role
4. Police open fire on activists in India's Bihar
5. Persistent cyclone bears down on third Australian region
6. Defying sanctions, Iraqi pilgrims fly to Saudi Arabia
7. Russian forces bombard rebel positions in southern Chechnya

United States:
1. Hubble spies ghostly Reflection Nebula
2. Report: Army to shorten overseas tours of guard, reserve units
3. Auto plant explosion in Virginia leaves 1 dead, 2 missing, 6 hospitalized
4. Police in New Orleans crack down on exposure during Mardi Gras
5. Persistent cyclone bears down on third Australian region
6. Defying sanctions, Iraqi pilgrims fly to Saudi Arabia
7. Russian forces bombard rebel positions in southern Chechnya

What's All the Buzz about?

KIM URANN Features Editor

We all saw the posters, and we all heard the rumors: RA's and REC's of Longwood College, drunk and acting stupid. Who could resist? Apparently, not many people.

Students packed into the Lankford Ballroom on Tuesday night to watch ten lucky people drink free alcohol.

In theory, this seemed a good idea. Dustin Morris, Director of the Wellness Center, designed the program to inform us college students about alcohol and its effects.

He invited Steve Clark, the coordinator of Alcohol Abuse Prevention at Virginia Tech to host the event.

Looking Forward to Spring Break Since 1920

March 9, 2000

The Rotunda

Volume 79, Number 12
Looking Forward to Spring Break Since 1920
I hate computers. I especially hate The Rotunda's computers with a passion that can not be put into words. I had just finished my happy editorial on our Seattle Conference trip and how much we had all learned. It was truly my most positive editorial yet, not one negative thought. I was signing my name to it, and the computer locked up. The rage that hit me was unthinkable.

I was debating on throwing the computer off the top of the student union or perhaps maybe beating it with a baseball bat. But what can you do but open the program up and start again.

As I was saying (or typing) before I was so rudely cut off, The Rotunda recently visited Seattle for a journalism conference. We learned a lot while we were there. I am so glad to have been able to go and share that opportunity with my staff.

Seattle is a beautiful place to me. I was so content there. I was amazed at how many memories/experiences you can cram into four days worth of time.

One of my personal highlights was visiting the great Jimi Hendrix's grave. I grew up listening to Hendrix's music, so I was thrilled to have been able to see his grave.

After that day, I was so happy and content. I had thought nothing of Longwood. Then suddenly, BLAM! Reality hit.

There I was at 2:30 a.m. in front of Frazer with my luggage. My ears were hurting and my body was sick and exhausted. I realized that I wasn't in my happy place anymore.

Phase 2: Jetlag. After crashing in my bed around 5 a.m. (thanks to Functions and Graphs homework), I figured that I could make it on Monday. Yeah, right. I woke up at 2 p.m. realizing that I had in fact slept through all of my classes. I felt terrible. I suppose that was my payback for such a good time. But eventually, my drab routine set in.

Luckily, there is Spring Break. I plan on finding a travel companion and trekking out to some random location. I want rest and relaxation sometime too, I am not mentioning school, work, or Longwood the entire time I am gone. I plan on enjoying every second of it.

I hope that you, my favorite Rotunda reader, will do the same. Enjoy your time off. Whatever it is you are doing, be safe. Just remember that when we all come back, we are past the halfway point for the semester and almost done with another year. By the time that we return, it will all be downhill.

Have a great Spring Break whatever it is you are doing.

Melissa Gill
Editor-in-Chief

The Dangers of Legal Drugs

MICHELE THOMPSON
Copy Editor

We all take drugs on a regular basis in this country and most others. In any store you walk into it is easy to find hundreds of over the counter medications for anything from foot fungus, to nausea, to the common cold.

Most of us don't think about the potential dangers of these drugs. For instance, Tylenol, which millions of people take on a weekly basis for headaches, is easy to overdose and causes liver damage with prolonged use.

Many people are on a long-term regimen of a specific class of drugs called Psychotropic drugs. These drugs affect the nervous system specifically.

Examples of Psychotropic drugs would be antidepressants such as Zanex, and stimulants such as Ritalin.

Antidepressants are useful in helping people with depression, but they do have side effects. Some of these side effects, which your doctor might not be aware of, are vivid nightmares, insomnia, agitation, and ironically, depression.

These symptoms can go on for months, and people naturally think that they need the drug to avoid being depressed. The truth is, most depressed people don't need to be on drugs for life. The problem can be solved easily by weaning yourself off of the drug, decreasing the amount taken as slowly as 1/2 a pill this week, 1/4 next week, 1/8 the next.

Tranquilizers are used often in patients with anxiety

See DRUGS P.7

Send your Props and Drops to rotunda@longwood.lvc.edu.
CAUTION

The Activist Zone

"If you're not mad, you're not paying attention!"

STOPPING STARVATION IN THE CLASSROOM AND THE STUDENT-PROFESSOR RELATIONSHIP

KIM URANN
Features Editor

There was a threat to take away the student's right to eat food in the classroom. The following are several emails that resulted in a decision to allow students to eat in the classrooms.

Dear Dr. Harbour:

My professor of Western Civ informed me today of the regulation that food and drink are not permitted inside the classroom by order of you, the department chair. I find this to be extremely offensive and perplexing. I pay for my teachers to be here because I pay for tuition. The administration here at Longwood has already set down more rules than I can remember when it comes to conduct and attendance, and many of them are understandable.

However, because I am a student, I have a very hectic schedule, and I am often forced to eat on the run while walking from one class to another. I do it, though, because I know that I need nourishment in order to maintain my energy. It just so happens that I am not able to finish eating in time before class starts, and I will bring food into whatever class I may have at that time. Now I find I am not able to do that in my history class, which is an early class for me and the first in a line of classes for that day. If I am able to eat, take notes, pay attention, and not bother the other students or teacher, what right do you have to tell me I cannot eat (something, let me remind you, that all humans need to do)?

I would appreciate it if you would consider changing this policy because it portrays you as someone who does not care about the health concerns of the student population. I understand that they are some good reasons for making a no food or drink policy, but I believe the benefits of nourishment far outweigh any inconveniences. Most people do not eat in class to be annoying or bothersome; we are simply hungry.

Thank you for your time.

Sincerely,

Kimberly Urann
Class of 2002

Dear Ms. Urann:

Dr. Harbour has forwarded to me a most eloquent communication from you to him that justly protests against his truly despotic attempts to prevent student nourishment. As I expected, he tried to shift the blame to yours truly, which is precisely the sort of behavior that caused our department to consider him especially qualified for the position of chair.

You may rest assured that I will not enforce his repressive policies, unless the food in question contains caffeine, sugar, aspartame, chocolate, nuts, polyunsaturated fat, processed dairy products, hormone-injected meat, or fresh fruit picked by non-union workers. Don't be swayed by attempts at intimidation by those tempted to forget that their authority rests on the consent of the governed.

Your most humble and obedient servant,

J. Munson

---

SPEAK OUT

What are your spring break plans?

Kevin Tschai

"This spring break I plan to spend time with my girlfriend and her family in Herndon. We are probably going to go shopping and visit Great Falls. Also, I am excited about spending time outdoors fishing, canoeing, camping, etc...."

Jeromy French

"I'm going to Flagler Beach, Florida, for some fun and sun with some awesome friends. I also hope to catch a spring training game while I'm there."

Steven Tsai

"Over spring break I plan on spending time with my family and closest friends, and catching up on lost sleep."

Stephanie Nelson
Lip Sync Raises Laughs and Over $1,000

WENDY KIRKPATRICK
Opinion Editor

If you weren’t in Lancer Gym on Thursday night, you missed out on the fun!

Lip Sync, the rowdy contest between Fraternity and Sorority pledge classes, was a huge hit this semester. 14 social Greek organizations performed to a packed, standing room only, gym. Most groups had the audience laughing hysterically and singing loudly to the music that they were lip syncing to.

As usual, many songs were repeated by different groups and there was a heavy dose of recent pop hits.

However, it was the unique performances and the occasional surprise move or old song that kept the audience rolling.

Delta Zeta and Alpha Chi Rho took first place for Sororities and Fraternities, respectively.

The evening went off with only a few hitches, and only one performance being cut short for content.

All in all the event was a success, raising $1,050 for IFC and NPC and all the canned food donations will go to F.A.C.E.S.

 deltas zeta and alpha chi rho took first place for sororities and fraternities, respectively.

Lancer Productions

Events for April

4/1- Comedy Jam-9 p.m.
4/3- Movie- House On Haunted Hill-9 p.m.
4/7- Lunch @ Lankford 12 noon (Patio)
Movie- Deep Blue Sea-8 p.m.
Café Night - Karaoke-10 p.m. (Café)
4/8- BS9-10 p.m.
4/10- Movie- Deep Blue Sea-9 p.m.
4/13- Scaventure Hunt-9:30 p.m.
4/14-4/15- Spring Weekend
4/14- Lunch @ Lankford-12 noon (Patio)
Block Party-4:30 p.m.
4/15- All Day Festival 12 noon
4/20- Nikki Giovanni-Speaker-8 p.m.
4/21- Lunch @ Lankford-12 noon (Patio)
Movie- Sleepy Hollow-8 p.m.
4/24- Movie- Sleepy Hollow-9 p.m.
4/27- Fran Snyder-9 p.m.
4/28- Lunch @ Lankford-12 noon-2 p.m. (Patio)
Movie- The Sixth Sense-8 p.m.-10 p.m.
All Night Band Jam-10 p.m.-2 a.m.
4/30- Midnight Breakfast-11 p.m.-2 a.m.
Students become “A Little Richer”

Todd Wippy was the sixth competitor, who walked away with $8.00, he pulled away from the last question, because he had already used both his life lines. Trip Medagor and Nicole Jordan were the next two. They both only won $2.00. The tennis coach at Longwood, Dave Wolden walked away winning the big $16.00, while lacrosse player Kris Denson finished off the last bit of money with the final question, winning $12.00.

The questions ranged from professional team names, to Longwood athletes, to the Olympics. They were all generated by the presenters of the group.

This project was for an O and A (Organizations and Administration) class that is required of all Physical Education majors. Amanda Stombaugh concluded, “I think we had a really good turnout. Everyone seemed to enjoy it. There was a lot of participation and many people went home with some money!”

The Rotunda Newspaper Takes a Trip to Seattle

February 24-27, The Rotunda Newspaper had the opportunity to attend the Associated Collegiate Press’ 16th Annual International College Newspaper Convention in Seattle Washington.

While there, we attended many breakout sessions that taught us a little more about journalism. Some of the sessions included, Ten Tips to Improve Copyediting, Ethics in Action, Covering Collegiate Sports, Trends in Photo Technology, Online Design, Ten Ways to Motivate your Unmotivated Staff, and many more. The conference took place in the Crowne Plaza Seattle hotel in downtown Seattle. There were other colleges attending from many areas of the U.S. and beyond.

Of course, after the sessions, there was plenty of sightseeing to do. We were lucky enough to have snagged reservations at the Space Needle. This was a very yummy (but extremely expensive) restaurant. Some of the other sites visited were Planet Hollywood, Old Navy, Pike Place Public Market, Jimi Hendrix’s grave, Seattle Center, The Seattle Aquarium, and NikeTown. We had a great time and were able to learn a lot about the journalism field as well as a ton about the city of Seattle.

Personally, I have many new experiences. I flew for the first time (a very cool experience). I also took my first trip to the west coast. I also had never seen a sea otter or seal before, so needless to say, I took a half a roll of pictures of seals and sea otters.

All of this traveling made it quite difficult to come back to Farmville. Some of us were plotting to “accidentally” get on the wrong plane and end up in some random area (London anyone?). But we somehow made it home. We were tired, but smarter about many things.

The conference provided us all with a great experience. Just the opportunity to talk to students at other colleges and see their newspapers gave us plenty of fresh ideas to try here on The Rotunda. We learned from some of the best in the journalism field about law, libel, ethics, copyediting, webpage design, and much more. For those of us who are moving on in May, the conference also provided valuable information on the job market and ways to find employment in the journalism world. The staff is looking forward to implementing some of the things we learned, and if you want to hear more about Seattle, please come find one of us, because we are eager to talk to anyone who will listen about what a great time we had on the West Coast!

“I loved our trip to Seattle. We had so much fun bonding with the entire staff. Even though our staff does not hang out all the time, we all got along. I am glad I was given this opportunity to fly to the west coast and learn as much as I did as well as have as much fun as I did.”

Becky Taylor, sports editor.

“Our trip to Seattle was awesome because it gave us a chance to have fun and learn something at the same time. It’s a trip that I will never forget!”

Allyson Blake, news editor.

Photo by our kind waiter, Shawn, at the Space Needle Restaurant
March 21-March 24
9pm, Union Ballroom

Teams of 5 compete for fabulous prizes. Open to faculty/staff and students of Longwood College.

Applications are available at the Student Union office or at residence hall front desks.
DRUGS cont. p.2

Disorders such as social phobia, and in psychotic disorders such as schizophrenia. These drugs are highly addictive, both mentally and physically. Their side effects include irreversible nerve and brain damage with long term use, though in some cases, and especially with children, this can happen in a matter of weeks.

The stimulant Ritalin is used mainly in young children who are diagnosed with ADD/ADHD. It helps them to focus on concrete tasks such as math, but inhibits abstract thinking.

Stimulants are the most addictive drugs known, and range from caffeine, to amphetamine like Ritalin, to cocaine. In young children especially, they stunt growth of the brain, skull, height and weight.

Long term studies on these drugs are difficult to accomplish, and are not required for FDA approval. There are very few long-term studies done, because it requires in depth observation for at least 30 years to know what can happen because of a drug.

Your doctor doesn’t necessarily know about the side effects of the drugs he or she is prescribing you. He/she knows how the drug can help you, but may not know how it can hurt you. Doctors are not trained to know this information, they leave it up to pharmacists. Please, before taking any drug, research its effects. You can look them up on the Internet, or in the library in the Physician’s Desk Reference.

Crime Stats

<table>
<thead>
<tr>
<th>Date</th>
<th>Incident</th>
<th>Location</th>
<th>Disposition</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-1-00</td>
<td>Assault</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-1-00</td>
<td>Assault</td>
<td>S Cunningham</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-1-00</td>
<td>Pugitive</td>
<td>Lancer cafe</td>
<td>Pending</td>
</tr>
<tr>
<td>2-3-00</td>
<td>E-Mails</td>
<td>Frazer</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-3-00</td>
<td>Harassment</td>
<td>Curry</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-4-00</td>
<td>Vandalism</td>
<td>Race st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-3-00</td>
<td>Larceny</td>
<td>Stubbs lot</td>
<td>Pending</td>
</tr>
<tr>
<td>2-4-00</td>
<td>Larceny</td>
<td>Wheeler lot</td>
<td>Pending</td>
</tr>
<tr>
<td>2-4-00</td>
<td>Obscene calls</td>
<td>Stubbs mall</td>
<td>Pending</td>
</tr>
<tr>
<td>2-5-00</td>
<td>Fight</td>
<td>Frazer</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-5-00</td>
<td>Under age poss</td>
<td>Frazer</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-6-00</td>
<td>D I P</td>
<td>S Cunn</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-6-00</td>
<td>Under age poss</td>
<td>Cox</td>
<td>Pending</td>
</tr>
<tr>
<td>2-7-00</td>
<td>Drug poss</td>
<td>Cox/Wheeler</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-8-00</td>
<td>Suspicious veh</td>
<td>Wynne</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-9-00</td>
<td>Trespassing</td>
<td>M Cunn</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-10-00</td>
<td>Auto accident</td>
<td>Larkenstain</td>
<td>Pending</td>
</tr>
<tr>
<td>2-10-00</td>
<td>Accident/window</td>
<td>Tabb</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-11-00</td>
<td>Larceny</td>
<td>Stubbs mall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-11-00</td>
<td>Trespassing</td>
<td>N Cunn</td>
<td>Pending</td>
</tr>
<tr>
<td>2-12-00</td>
<td>Trespassing</td>
<td>Pine &amp; Franklin</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-13-00</td>
<td>Trespassing</td>
<td>Library</td>
<td>Pending</td>
</tr>
<tr>
<td>2-14-00</td>
<td>Harassing calls</td>
<td>Spruce st</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-14-00</td>
<td>Threatening e-mail</td>
<td>S Cunn</td>
<td>Pending</td>
</tr>
<tr>
<td>2-12-00</td>
<td>D I P</td>
<td>Madison st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-15-00</td>
<td>Hazing</td>
<td>N Cunn</td>
<td>Pending</td>
</tr>
<tr>
<td>2-17-00</td>
<td>Larceny</td>
<td>Redford st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-17-00</td>
<td>Hit-n-Run</td>
<td>Wheeler</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-18-00</td>
<td>Attempted b&amp;e</td>
<td>High st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-18-00</td>
<td>D u I</td>
<td>High st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-18-00</td>
<td>Larceny</td>
<td>Pine &amp; Franklin</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-19-00</td>
<td>Larceny</td>
<td>Library</td>
<td>Pending</td>
</tr>
<tr>
<td>2-20-00</td>
<td>Under age poss</td>
<td>ARC</td>
<td>Pending</td>
</tr>
<tr>
<td>2-20-00</td>
<td>Larceny</td>
<td>Stubs</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-20-00</td>
<td>Vandalism</td>
<td>Redford st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-21-00</td>
<td>Harassing calls</td>
<td>Wheeler</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-21-00</td>
<td>Missing person</td>
<td>High st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-22-00</td>
<td>Harassment</td>
<td>High st</td>
<td>Pending</td>
</tr>
<tr>
<td>2-23-00</td>
<td>Harassing calls</td>
<td>M Cunn</td>
<td>Pending</td>
</tr>
<tr>
<td>2-24-00</td>
<td>Hit-n-Run</td>
<td>M Cunn</td>
<td>Pending</td>
</tr>
<tr>
<td>2-26-00</td>
<td>Vandalism</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-26-00</td>
<td>Vandalism</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-27-00</td>
<td>Under age poss</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-27-00</td>
<td>Disruptive acts</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-28-00</td>
<td>Harassing calls</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
<tr>
<td>2-29-00</td>
<td>Perjury</td>
<td>Dining hall</td>
<td>Cleared</td>
</tr>
</tbody>
</table>

I can give rides to people who want to go to Virginia Tech. I go almost every other weekend, so if you are looking for a ride, then give me a call!
Call Allison at x3979

I can give rides to Northern Virginia whenever we have school breaks. If you want to go to the Herndon, Reston, Centerville, Fairfax, or Chantilly area, then give me a call!
Call Allison at x3979
<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>10th</td>
<td>11th</td>
<td>12th</td>
<td>13th</td>
<td>14th</td>
<td>15th</td>
</tr>
</tbody>
</table>

Create Your Own Web Page
Hiner 11
@ 3:30 p.m.

PRAXIS Tests
Hull 109, 129, 245, 247, & 248
@ 7:00 a.m. - 5:00 p.m.

AA Meeting
Nottoway Room
@ 8:00 - 9:00 p.m.

~~~~~~~~~~~~~~~~~~~~~ SPRING BREAK TRIPS ~~~~~~~~~~~~~~~~~~~

Baseball vs. Southern Virginia @ 1:00 p.m.

FUND RAISING
Need a unique fund-raiser? Tired of selling candy bars and t-shirts? Too cold for a car wash? Consider an AVON fund-raiser!

Products everyone knows, love and trusts with a money-back guarantee. Profits in as little as 3 weeks!

Custom-designed fund-raisers, supported by an AVON Independent sales representative. For Details:

Call Sheila Hannah 392-1912
<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16th</td>
<td>17th</td>
<td>18th</td>
<td>19th</td>
<td>20th</td>
<td>21st</td>
<td>22nd</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TIME! ~~~~~~~~~~~~~~~~~~~~~~</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Classes</strong></td>
<td><strong>Resume</strong></td>
<td><strong>Sherwin Williams Recruiter Lancaster 139</strong></td>
<td><strong>Nutrition for the Year 2000: Sorting the Facts by Angie Rawls</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Southern Piedmont</strong></td>
<td><strong>Softball vs. Anderson</strong></td>
<td><strong>Lacrosse vs. Colby</strong></td>
<td><strong>Baseball vs. Saint Paul’s</strong></td>
<td><strong>Softball vs. Belmont Abbey</strong></td>
<td><strong>Family Feud Playoffs Ballroom</strong></td>
<td><strong>Guest Artist Recital:</strong></td>
</tr>
<tr>
<td><strong>Programming Contest Hiner</strong></td>
<td><strong>@ 1:00 p.m.</strong></td>
<td><strong>@ 4:00 p.m.</strong></td>
<td><strong>@ 1:00 p.m.</strong></td>
<td><strong>@ 1:00 p.m.</strong></td>
<td><strong>@ 9:30 a.m. &amp; 12:00 p.m.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Earl Childhood Conference Workshop by Mrs. Osborn Hull</strong></td>
<td><strong>@ 2:00 p.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Baseball vs. Mount Olive</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>@ 8:00 a.m. - 4:00 p.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Softball vs. Coker</strong></td>
<td><strong>@ 2:00 p.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lacrosse vs. Millersville</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>@ 9:30 p.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>@ 7:30 p.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>@ 9:30 a.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Salon A</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Do you ever have that day when you are just feeling so down and your friends are just too busy to talk to you? Everything in your life has just crashed on you at the same time. No one is available for you to vent with, for you to get advice from. What are you going to do?

Well, the answer of this scenario could be going to see a Peer Helper. The Peer Helpers are an organization on campus who, in a situation like this, will just listen to you. They will open up their ears to listen to whatever is on your mind. If you would like to vent, scream, cry, or need advice and you either do not want to talk with your friends/family or they are not available, check out a Peer Helper. It is FREE!

The Peer Helpers, about 15 of them, all have office hours that are open to the entire student body. The office is located in the Student Union by the mailboxes. It is the door directly across from the post office windows. There is a huge sign, in case you do get lost. The office hours are posted right by the door, so if no one is there at the time you will know when to come back.

This project defines the principle of giving back to the community. Students buy gifts for a selected person and then the Peer Helpers deliver these gifts to a certain site where the people can pick them up. They also consult with the counseling center to help them in any way possible.

One of the ways Peer Helpers benefit the students is through RA scheduled programs. RA's contact the office to schedule one of the following programs: nutrition, rape/sexual assault, stress, sexual responsibility, and alcohol responsibility.

They are currently working on a drug responsibility program as well. Once the program is scheduled, the Peer Helpers go to the designated area and present the program to the participants. These programs are very informative, and yet very entertaining.

In conclusion, the Peer Helpers are very beneficial to people on campus. They are there to help in whatever way needed.

If you are interested in having a program, you can contact the office at x2657 or the program coordinator, Bevin Rice, at x3557. Please feel free to contact the office if you need anything or if you want to join this organization.

The Anthropology Department

There are many different majors one can have here at Longwood College. Some choose business, some theatre. There are a few, however, that choose Anthropology. This department, currently located in the Wynne building, is small compared to its counterpart, Sociology.

At last count, there were +/- 50 people currently majoring in Anthropology. The concept behind this department is to help gain an understanding of human development through knowledge of the past. Using studies of bones, tools, apparent patterns in lifestyles, and climatological/geological information, the anthropologist, if concentrating in archaeology, can try to reconstruct the images of the past. If you are interested in the societies and cultures of today, studies of peoples and their habits, lifestyles and traditions, the ideal concentration would be Cultural Anthropology. If you would rather work in museums, there is a concentration for that; Museum Studies.

Currently there are three professors of Anthropology. Dr. Dalton sits as chair of the Sociology / Anthropology Department, and teaches many of the upper level classes, such as Folklore or Language and Culture. Dr. James W. Jordan currently teaches most of the Physical Anthropology classes, such as Archaeology in the classroom. Dr. Jordan also does many field digs to such sites as The Sydney Site and Nomini Hall. Mr. Brian Bates, who is currently studying for his Doctorate, teaches many of the Special Topics courses, such as Site Map Orientation and Cartography or Artifact Illustrations. Mr. Bates also runs field schools over the summer at Stauton River Battlefield Park and some at Tortola in the British Virgin Islands.
CD Review: Smashing Pumpkins

MELISSA GILL
Editor-in-Chief

Drugs, death, firings, and many other random controversies couldn’t hold them down. A mutated form of the Smashing Pumpkins just released their 5th album, MACHINA/The Machines of God.

During the making of this album, the band changed drastically. Jimmy Chamberlain, the previously fired drummer, returned early on. A few months later, bassist D’arcy called it quits after 10 years in the band (to later be brought up on drug charges). Shortly after her departure, Hole bassist, Melissa Auf der Mar quit Hole to join what is now the new Smashing Pumpkins. Somewhere along the way, the album was made.

MACHINA proved one of my theories on drummers in rock bands—you gotta have one. Adore was a rather disappointing album. The drum machines and mushy vocals didn’t seem to cut it. This time around, the Pumpkins opted for a real drummer and some different topics. The album starts with the catchy rock anthem The Everlasting Gaze. In this Billy Corgan explains, “You know I’m not dead” proving that he is ready to roll again.

The Everlasting Gaze was also the first single released from the album. I admit this ended up being the fault to me. I heard the song and was instantly expecting to get my pants rocked off by the album; but honestly, that is the only truly hard rocking song on the album. The other songs are quite good, but they seem to be a continuation of Adore with a real drummer and a faster tempo. Some say that MACHINA goes back to the old school Gish days. I can agree in part. I love the older pumpkins material. This seems similar to it in that it has that spacy Pink Floyd feel to it at times. Other than that, I have a hard time connecting it all.

The album does not disappoint. It has many good songs on there that can be quite addictive. One example, Stand Inside Your Love. As soon as I heard it, I was instantly hooked. There is no stopping it.

Some older Pumpkins fans that expected Jimmy Chamberlain to rock the band silly may be a little disappointed, but otherwise, they are in store for a good Pumpkins experience.

Wellness Advocates

INGRID BITTEL
Wellness Advocate

We are the Wellness Advocates a.k.a WAP. Our job here at Longwood College is to promote wellness through programming. We provide informative, educational, and entertaining programs and forums to promote personal health and wellness for all members of the Longwood College community.

As WAP, we have sponsored and co-sponsored several activities around campus. We wear T-shirts to promote many of our programs. We also have a relatively small organization. At the beginning of each year we have an application process for any interested individuals. After being accepted, all of the WAP members attend a retreat/training session. This organization promotes social gatherings and community living. We try to educate as well as entertain students, faculty, and friends. We receive grants from all over and use them for programs such as Maria Falzone “Sex Rules”, Health Challenge 2000, and many, many more.

Movie Review:

GIRL INTERRUPTED

JEN BALLARD
Guest Writer

Have you ever wondered what was it like to be in a mental institution? Winona Ryder and Angelina Jolie show you what it is like to be in a mental institution. These two girls are different, but they have one thing in common...being ‘insane’.

After seeing this film you feel as if you have been on a wild trip with these two crazy gals. This movie is adventurous and exciting, showing love, joy, and fun while at the same time experiencing pain, unhappiness and hatred. In 1967 Susan Kaysen (Ryder) was diagnosed with Borderline Personality Disorder and sent to a New England psychiatric hospital for the next two years of her life. Susan was placed in a ward for teenage girls and while there she loses herself in a disturbed world of troubled teen women., among them Lisa (Jolie). Lisa is a charming sociopath who stages an escape that ends in disaster. With the help of Dr. Wick, the head psychiatrist, Susan finds herself and resolves to reclaim her life in the real world.

There was never a dull moment in this film and it kept my attention the entire time. Ryder gave an absolutely stunning performance and Jolie was ever so convincing as a sociopath.

This movie is unique and possesses the quality of a captivating new film. I give it a hardy four stars and my utmost stamp of approval.
Co-Author of *Chicken Soup for the College Soul* to Visit IWC

**PRESS RELEASE**

James Malinchak, recognized as one of the top speakers on the college circuit, will speak at Longwood March 28 at noon and 9:30 p.m.

The Career Center, Student Union and Activities, and Greek Affairs offices are co-sponsoring this free event.

Prior to pursuing a full-time speaking and writing career, Mr. Malinchak was an award-winning Beverly Hills stockbroker whose clients included many famous celebrities, authors and professional athletes.

He is a contributing author to, and is currently serving as associate editor for, the number one New York Times best-selling book series, *Chicken Soup for the Soul*.

He has appeared in USA Today, The Wall Street Journal, numerous college newspapers, and frequently writes articles for NACA's Programming magazine.

The first presentation, held at noon in the Dining Hall Annex, will focus on how students can be successful in the job and internship search.

Specifically, Malinchak will discuss how candidates can successfully compete for positions, create unique ways to package, sell, and market skills, and how to find jobs and internships where no one else looks.

“James Malinchak has received rave reviews from students at other colleges and universities, and his message is the most requested presentation. I believe students will learn career strategies that work. What better way to find advice than from someone who’s been there,” said Linda Haas Manley, Assistant Director of the Career Center.

The evening program, held at 9:30 p.m. in the Grand Ballroom of the Dining Hall, will be an inspirational talk that incorporates stories from *Chicken Soup for the Soul*.

Malinchak will provide tips on how to survive difficult times, appreciate loved ones and help others, and the real meaning of success.

---

**DO YOU LIKE TO WRITE? ARE YOU INTERESTED IN PHOTOGRAPHY? ARE YOU CREATIVE? DO YOU WANT TO BECOME MORE INVOLVED ON CAMPUS? THEN YOU BELONG ON THE ROTUNDA STAFF!**

MEETINGS ARE MONDAYS AT 9:00 p.m.

Bring your dog!

BUZZ Cont. p. 7

The effects, carbonated drinks (such as rum and coke) will get alcohol into the bloodstream faster so you get drunker quicker, men can drink more without feeling the same amount of being drunk as a woman, and alternating between water and alcohol will slow the rate of drunkenness.

The police administered sobriety tests to participants and told what a person should expect from a roadside check such as walking the line and the one leg stand.

---

**WEB Cont. p.5**

Server will provide you with a place to host your personal web page without those annoying popup banners and cheap advertising.

For detailed instructions on how to publish your page on Lancer, go to “http://www.lwc.edu/helpdesk/ftp” If you need further assistance, feel free to contact the helpdesk before 5pm or your local RTA from 6pm until midnight.

That about does it for this tech update. I hope to see a large turnout for the open house. Until time, update your virus scans and don’t delete anything.

---

**How To Tell If It Is More Than A Cold**

**STUDENT HEALTH**

**THE COMMON COLD:** Usually starts as a scratchy throat, followed by sneezing, runny nose, and stuffy head. You may also have a headache, watery eyes, hoarseness, fatigue, slight fever, and a cough.

**INFLUENZA/FLU:** Typically you have a headache, fatigue, chills, stuffy nose, dry cough, severe body aches, and fever that can go as high as 104 degrees.

**ALLERGIES:** Symptoms are similar to those caused by cold, except they tend to occur seasonally more often, and include an itchy roof of the mouth and eyes, and more sneezing.

**MIDDLE EAR INFECTIONS:** Severe ear pressure or pain, sometimes accompanied by dizziness, fever, hearing loss and/or drainage of blood, wax, or pus from the ear.

**SINUSITIS:** This causes post nasal drip, pressure over or under the eyes, or along the sides of the nose. Other possible symptoms include cough, fatigue, and fever.

**BRONCHITIS:** Usually have a dry or productive cough along with pain in the back, pressure or burning in the upper chest, sometimes wheezing, and low fever.

**PNEUMONIA:** Typically includes a high fever, shaking chills, persistent wheezing, breathlessness, chest pain that gets worse with breathing, cough, abdominal pain, and fatigue.
Co-Author of *Chicken Soup for the College Soul* to Visit LWC

**PRESS RELEASE**

James Malinchak, recognized as one of the top speakers on the college circuit, will speak at Longwood March 28 at noon and 9:30 p.m.

The Career Center, Student Union and Activities, and Greek Affairs offices are co-sponsoring this free event.

Prior to pursuing a full-time speaking and writing career, Mr. Malinchack was an award-winning Beverly Hills stockbroker whose clients included many famous celebrities, authors and professional athletes.

He is a contributing author to, and is currently serving as associate editor for the number one New York Times best-selling book series, *Chicken Soup for the Soul*.

He has appeared in USA Today, The Wall Street Journal, numerous college newspapers, and frequently writes articles for NACA’s Programming magazine.

The first presentation, held at noon in the Dining Hall Annex, will focus on how students can be successful in the job and internship search.

Specifically, Malinchack will discuss how candidates can successfully compete for positions, create unique ways to package, sell, and market skills, and how to find jobs and internships where no on else looks.

James Malinchak has received rave reviews from students at other colleges and universities, and his message is the most requested presentation. I believe students will learn career strategies that work. What better way to find out how to be successful than from someone who’s been there,” said Linda Haas Manley, Assistant Director of the Career Center.

The evening program, held at 9:30 p.m. in the Grand Ballroom of the Dining Hall, will be an inspirational talk that incorporates stories from *Chicken Soup for the Soul*.

Malinchak will provide tips on how to survive difficult times, appreciate loved ones and help others, and the real meaning of success.

How To Tell If It Is More Than A Cold

**STUDENT HEALTH**

**THE COMMON COLD:** Usually starts as a scratchy throat, followed by sneezing, runny nose, and stuffy head. You may also have a headache, watery eyes, hoarseness, fatigue, slight fever, and a cough.

**INFLUENZA/FLU:** Typically you have a headache, fatigue, chills, persistent wheezing, breathlessness, chest pain that gets worse with breathing, cough, abdominal pain, and fever.

**SINUSITIS:** This causes post nasal drip, pain over or under the eyes, or along the sides of the nose. Other possible symptoms include cough, fatigue, and fever.

**MIDDLE EAR INFECTIONS:** Severe ear pressure or pain, sometimes accompanied by dizziness, fever, hearing loss and/or drainage of blood, wax, or pus from the ear.

**ALLERGIES:** Symptoms are similar to those caused by cold, except they tend to occur seasonally more often, and include an itchy roof of the mouth and eyes, and more sneezing.

**PNEUMONIA:** Typically includes a high fever, shaking chills, persistent wheezing, breathlessness, chest pain that gets worse with breathing, cough, abdominal pain, and fatigue.

**WEB Cont. p.5**

The program was informative, but interest waned as the night progressed.

Half the crowd left after an hour or so of sitting patiently. While the coordinators tried hard to make the program fun and educational, there were minor problems.

This being the first year for Buzz Wiser, next year they can better anticipate these problems and plan accordingly.

According to James (JJ) Malinchak, Assistant Director of Student Activities, “I had the opportunity to see James Malinchak speak at the Association for the Promotion of Campus Activities Conference (APCA) this year. He is a very motivational speaker, and I hope students will attend at least one of the events. I think students will find that it was well worth their time.”

James Malinchak Summary of Events

- From College to the Real World, Noon, Dining Hall, Annex
- A Taste of Chicken Soup, 9:30 p.m., Dining Hall, Grand Ballroom
- IWC’s Programming magazine

**MEETINGS ARE MONDAYS AT 9:00 p.m.**

**BUZZ Cont. p. 7**

DO YOU LIKE TO WRITE? ARE YOU INTERESTED IN PHOTOGRAPHY? ARE YOU CREATIVE? DO YOU WANT TO BECOME MORE INVOLVED ON CAMPUS?

THEN YOU BELONG ON THE ROTUNDA STAFF!

Bring your dog!
To be eligible for this scholarship, you must:

1. Have been a Longwood undergraduate student at least one academic semester
2. Have a cumulative GPA of 2.0 or above
3. Demonstrate financial need as determined by the Financial Aid Office
4. Be active in campus life and student activity

Offices Available:
- Senior Class Officers
- Junior Class Officers
- Sophomore Class Officers
- Honor Board Justices
- Judicial Board Justices

How To Apply

You can pick up an application for this scholarship at your front desk. This scholarship is worth $900 dollars divided over two semesters. Applications are due 5pm, March 31, 2000 to the SGA office in the Lankford Student Union.

Applications Due

Friday April 7, 2000

Applications can be picked up in the Student Union Office. For further questions call the SGA office at 2111.
2000 SENIORS OF WINTER SPORTS ARE REMEMBERED IN STYLE

BECKY TAYLOR
Sports Editor

The senior athletes of the Longwood College winter sports have earned a lot of deserved recognition. Thanks to the Women's Basketball Head Coach, Shirley Duncan and the Wrestling Head Coach, Brent Newell I was able to compile the following information. This page is designed to honor each senior from each team of a winter sport.

Shirley Duncan gave her insight by saying: Kali Brown: Kali capped off an outstanding career with her best season, breaking the 1000 point mark, being named to first team All CVAC, and helping to lead her team to an outstanding 20-9 season record.

Jill Younce: Jill also capped off an outstanding career with her best season, breaking the 1000 point mark, being named to the All CVAC second team, establishing a new record for three point shots, and helping to lead the team to our 20-9 season record.

Terri Williams: Terri did not get the opportunity to play a complete senior season due to a torn ACL playing preseason pick-up. However, she was with the team daily supporting in every way she could, and worked to rehab her knee with the hope of playing at the end of the season, which she was able to do.

Younce finished season with team-best 16.1 scoring average, with 4.9 rpg and 3.5 assists. Brown finished with 11.3 rpg and 5.6 rpg. She also tallied 4.1 assists and 2.7 steals. Younce tied the school record for three-point field goals with 225. Brown finished 9th all-time in career points with 1,243. Kali and Jill will graduate in May, and Terri has one year remaining since she transferred to Longwood.

According to Brent Newell, wrestling coach: Beau Dickerson (Gloucester H.S., VA) - pre-season ranked 12th in NCAA Division II in the 165lb weight class. Suffered a season ending injury before the season began. His record was 18-14 as a Junior and he placed in many tournaments throughout his first 3 years. He was a 3 year varsity starter.

Kris Lucas (Valley Central H.S., NY) - 4 year varsity starter. Wrestled in the Heavyweight division all 4 years. Placed 1st in Washington and Lee Invite, 3rd in the Apprentice School Invite and had a record of 18-10 his senior year. Helped Team earn most dual meet wins in history of the program and also helped team to 2 tournament titles this year (Washington and Lee Invite and Apprentice School Invite).

Using information from Greg Prouty, sports information director, the men's basketball seniors tallied high despite the injuries they faced.

Farrior and Hughes each had their final season cut short by injuries. Farrior missing the final three games and Hughes missing the final 13 contests. Farrior finished his career ranked #6 on the all-time scoring list at the College with 1,300 career points. Additionally, he ranks #2 in career free throws (295), and #5 in career FT% (295-403, .732%). Hughes finished his career with 54 blocks to rank #4 all-time at LC. Williams was the only senior to last the entire season. With his leadership, the men's basketball team finished out the season with 4 wins.

Terri Williams, W. Basketball

Lee Farrior, M. Basketball

Jill Younce, W. Basketball

Beau Dickerson, Wrestling

Germaine Williams, M. Basketball

Jon Hughes, M. Basketball

Kali Brown, W. Basketball

Kris Lucas, Wrestling

Seniors,
The students at Longwood have enjoyed watching you play and compete throughout the years. I know the coaches have enjoyed every minute of your time and effort you have put forth on the court or on the mat. Your teammates will miss your leadership and knowledge of the sports. I personally wish you all the best of luck with your lives and athletic careers if any of you dream of continuing them at the next level. Congratulations!

- Becky Taylor,
Sports Editor
Men and Women Tennis Teams Start Off With A BANG!

SPORTS INFORMATION

Longwood dropped a pair of matches last week, falling 9-0 to CVAC opponent Erskine, March 4 at the Lancer Courts after a 6-1 loss at Averett March 2. The Lancers are now 4-4 overall, 1-2 in the CVAC.

Against Averett, LC got its lone win from freshman Jeff Henley at #4 singles, a three-set duel with two tiebreakers needed.

Through eight matches, Henley leads Longwood with his 6-2 record in singles, followed by sophomore Mirza Bjaicovic at #5 (6-5), freshman Paul Petersen at #3 (6-6), sophomore Gorjan Bilalagic at #2 (5-6), and freshman Matt Graham at #6 (4-1). In doubles, junior Igor Bilalagic and Graham are 4-4 at #3, as are Henley and Petersen (4-4) at #2.

The Longwood Women (6-0) remained unbeaten with a 7-2 collegiate women's tennis decision past visiting Averett Monday at the Lancer Courts. The Lancers got wins in singles from senior Bonnie Maholchic (#1), junior Whitney Shaw (#2), and Laura Veazey at #4, junior Jen Morton at #5, and senior Carrie Armstrong at #6. In doubles, Shaw and Williams-Tober won at #1, Maholchic and Veazey won at #2, and Morton and classmate Tricia Ramsey/South Boston-Halifax County HS won at #3.

Through five matches, Williams-Tober and Veazey lead Longwood with their respective 7-1 records in singles, followed by Armstrong (5-0), Morton (4-1), Shaw (4-2), and Maholchic (3-0). In doubles, Shaw and Williams-Tober are 7-2, followed by Maholchic and Veazey (4-0), and Morton and Ramsey (3-0).

Both the man and the women of Longwood will play Friday, March 10, at Barton: 12 noon. Following the Barton match, the Longwood tennis squads will play six matches on Hilton Head Island, S.C. next week, March 12-16, during the program's annual spring break trip.

HOME GAMES, MARCH 20-25

MARCH 20:
LACROSSE- Colby, 4:00

MARCH 21:
BASEBALL- Saint Paul's, 1:00
SOFTBALL- Belmont Abbey, ?

MARCH 24:
BASEBALL- Erskine, 3:00
TENNIS- Mt. Olive, 2:00

MARCH 25:
BASEBALL- Erskine, 1:00

Lax Finally Gains First Win, Tuesday

FOUR GAMES CONCLUDE WITH 10

Longwood shot 316-308-624 to finish in 12th-place among 24 teams at the Kingmull/William & Mary Invitational men's golf tournament in Williamsburg completed Tuesday. The Lancers were the highest-placing non-Division 1 school in the predominantly Division I event won by Marshall with its 300-298-598 at the 6,853-yard, par-71 River Course at the Kingsmill Golf Club. Senior Joe Copeland (77-74-151) and sophomore Blair Shadday (78-73-151) led LC, followed by junior Niklas Jansson (78-80-158), local senior Toby Towler (83-82-165), and sophomore Myles Jones (88-81-169).

Longwood will next compete at the Carson-Newman Invitational to be played in South Carolina next week, March 13-14.

"It's about time we won! We played our game, even though Howard gave us a fight. We took control of the end of the second half for the win. We have the skill and mental toughness," commented senior captain Heathent Wentzell after the ladies game on Tuesday.

In the game against Howard University, a Division 1 school, the lady lacrosse Lancers came out fierce. The team was ready to play, Not only were the Lancers ready to go, but so were the ladies of the Howard team. This was proven when the halftime score was tied at 8.

The final score of the game ended in Longwood's favor for the 11-10 win. Leading the attack were freshman Jen Hilbert with 3 goals and 3 assists. Sophomore Beth Hadrys, Junior Natalie Smith and Senior captain Tina Whitaker each had 2 goals a piece: Kris Denson and Anne Harmon, defensive players tallied out the final two goals, each scoring one.

Against Mercyhurst, last Saturday, March 4, the Lady Lancers lost a heartbreaker in the final minutes of the game. The final score was 10-9. Goalie Rachel Bunn had fifteen saves in the contest. Hadrys had three goals while Smith contributed two.

Finally against Gannon this past test. Hadrys had three goals while Smith contributed two. Scoring single goals were Freshman Becca Woods, Kristen Beatty, Hilbert, and Traci Ryan (her first collegiate goal).

Finally against Summer the score ended at 10-4, against Longwood, even though the Lancers led at halftime 5-2. The ladies now have a record of 1-2-1 going into their California trip over Spring Break.

In conclusion freshman Jen Hilbert stated, "We haven't played to our potential yet, but our communication is improving, I have faith that we will be stepping up the level of our play to the extent that I know we can."

Baseball Goes 7-4 in First Weeks

SPORTS INFORMATION

Longwood (7-4) took a 26-2 collegiate baseball triumph past visiting Southern Virginia Monday at Lancer Stadium. Junior Travis Pfitzner (4-7, 3 RBI) led the Lancers by hitting for the cycle with a home run, a triple, a double, and a single, becoming just the second Longwood base-

ball player to hit for the cycle in the 23-year history of the program. Sophomore Adrian Watkins (3-5, 6 RBI) added a homerun and a double, while freshman Jeremy Knicely (2-4, 4 RBI) added a home run and a triple. Junior Ryan Coste (2-2, 4 RBI) added to the effort with a rare inside-the-park home run. Local freshman Brad Boldin (1-0) earned the pitching win with a complete-game effort, allowing six hits with eight strikeouts.

Longwood will play again Thursday, March 9, on the road at Lynchburg beginning at 3 p.m.
Basketball and Wrestling Seasons Come to an End

MEN'S BASKETBALL FINAL RECORD: 4-14   WOMEN'S BASKETBALL FINAL RECORD: 20-9

SPORTS INFORMATION
BECKY TAYLOR
Sports Editor

MEN'S BASKETBALL

Longwood dropped its final two games of the 1999-2000 season last week, falling 82-61 at CVAC opponent Belmont Abbey, February 26 after an 87-72 home loss to conference opponent Anderson, February 22. The Lancers will not advance to the postseason CVAC Tournament.

At the Abbey, LC trailed 34-25 at halftime before a 23-11 Crusader run to start the second half put the game out of reach. Junior B.J. Buford had high-hits of 17 points and eight rebounds to lead LC, while classmate Isaac Larkey added a season-high 14 points.

Against Anderson, the Lancer men trailed just 38-36 at halftime before the Trojans pulled away in the second half as Nelson Johnson scored 25 of his game-high 34 points after the intermission. Buford scored 21 points, equaling his career-high, to lead LC, while classmate Jay Louden added 14 points and seven rebounds.

Longwood was led this season by senior Lee Farrior who averaged 13.7 ppg., followed by classmate Jon Hughes (11.9), and Buford (11.5). Hughes also led in rebounding at 5.5 rpg., followed by Farrior (4.5), and sophomore Landa Martin (4.3). Buford led in assists with his 2.5 average, followed by Farrior (2.2), while Farrior led in steals at 1.7, followed by freshman Jay Patrick (1.5). Farrior also topped the team in blocks with 15, followed by Martin (12) and Hughes (11). Buford led in three-point field goals with 20, followed by Farrior (16). The Lancers averaged 67.8 ppg., allowing 71.6 ppg.

Longwood could return as many as eight letterwinners for the 2000-01 campaign.

WRESTLING

Longwood closed out its season with a seventh-place tie at the NCAA Division II Southeast Regional tournament hosted by Gardner-Webb, and brought home two individual placewinners February 26.

Junior Aaron Bradley at 149, and freshman Ben Summerlin at 174 led LC with fourth-place individual finishes. Ashland (Ohio) won the tournament with 101.5 points, followed by West Liberty State (72.5), Carson-Newman (60.5), Ander- son (43.5), Gardner-Webb (38.5), Indianapolis (37.5), Longwood (20), and North Carolina-Pembroke (20).

LC was led by Summerlin, who finished the season ranked #2 all-time in season wins for the College at 32-8, amassing a team-high 16 pins. Summerlin was followed by Bradley (26-6), who set a new record for season winning percentage at 89.7%, and led with a team-high 11 technical falls, freshman Zane Harshman (20-9), and sophomore Jeff Kepler (19-9), with a team-high six major decisions.

WOMEN'S BASKETBALL

Longwood dropped a heartbreaking 98-92 decision to Belmont Abbey, March 6 in North Carolina during the championship.

Lancers had advanced to the title contest with an 81-70 triumph past #3 seeded Lees-McRae, during the March 3 semifinal round before facing the #1 seeded Crusaders in the title game. LC won its quarterfinal contest March 1 past #7 seeded Pfeiffer, 83-72.

Against Abbey in the championship, the lady Lancers battled tough early as the contest was tied 12-12 at the 15:46 mark on a layup from Angel Johnson, this year's CVAC Freshman of the Year. Abbey led just 23-20 with 10:24 left in the half when senior Jill Younce, a 2nd-Team All-CVAC selection, buried a three-point field goal. The Crusaders then extended their advantage to 48-30, their largest lead of the game, with just 3:25 remaining in the first half. The Lancers, however, would not quit and managed to narrow the margin to 53-44 at halftime as Johnson nailed a trey just before the intermission.

Belmont Abbey topped its biggest lead of the second half at 64-51 with 15:06 to play, and still led by 10 points at 79-69 with 7:19 remaining, before Longwood again began chipping away at the margin. A basket from freshman Leigh Farmer at the 4:29 mark cut the lead to 81-78. That would be as close as the Lancers would get, though, as the Crusaders made 1-14 free throws over the final 2:51 to seal the outcome. Senior Kali Brown, a 1st-Team All-CVAC choice, scored five late points to provide for the final margin.

Longwood was led by Farmer who scored 20 of her team-high 26 points in the second half, adding eight rebounds and four blocks. Johnson tallied 14 of her 23 points in the first half, adding seven rebounds, while Younce finished with 15 points, five assists, and three steals. Freshman Tia Richardson added a double-double with 13 points and a game-high 13 rebounds, and Brown finished with nine points, six assists, and five steals. LC shot 43.5% (37-85) from the field during the game, including just 4-26 on three-pointers, and added 14-17 free throws (82.4%). BA shot 48.0% (36-75) from the field during the game, including 3-11 on treys, the difference in the game coming at the free throw line where the Crusaders made 23-30 (76.7%).

"Although we lost, I am very proud of this team," said Duncan, the CVAC Coach of the Year. They played their hearts out and never gave up. We have a young team and we will be looking for bigger and better things next year."

Johnson (52 points, 12 rebounds, five steals) and Farmer (35 points, 11 rebounds, five blocks) were each selected to the All-Tournament Team over the weekend. Belmont Abbey placed three players on the All-Tourney Team, including MVP Cassie Emsley Hunter who had a triple-double against the Lancers with a game-high 27 points, adding 10 assists and 10 rebounds.

Younce finished the season with her team-best 16.1 scoring average, adding 4.9 rpg. and 3.5 assists. Younce was followed by Johnson (14.1 ppg. and 4.6 rpg.), Brown (11.3 ppg., 5.6 rpg., 4.5 assists, and 2.7 steals), Farmer (10.4 ppg. and 7.0 rpg.), and Richardson (9.8 ppg. and 7.3 rpg.). Younce totaled 84 treys this season to tie the school-record (Cassie Emsley Hunter), and finished 7th all-time at the College in career scoring with 1,380 points. Younce is also the school career record-holder for three-point field goals with 225. Brown finished 9th all-time at the College in career scoring with 1,243 career points.

Longwood could return as many as eight letterwinners for the 2000-01 campaign.

The Longwood Lady Lancers played their final home game in the 1999-2000 season. They won the game against Pfeiffer 83-72. This was the seniors last home contest. Photo by Anthony Colucci.