LU shopping to outsource health center

By Travis Lyles
News Editor

Longwood officials say that within the next week they could finalize a deal commissioning the university’s Health Center to an outside party. Through the agreement, Longwood and another organization would officially be in partnership, where the majority of the personnel in the department would be outsourced.

If the deal ends up being successful, it would consist of a three-year initial contract, with seven successive, one-year contract options, starting next school year.

At the end of the 2013-14 academic year, the health center lost three of its six-person staff. The director of the department, as well as two other employees, left the university for various reasons. Shortly after, the school put out a proposal to look for an organization, which could come in and run the facility. —continued on page 3
TheRotundaOnline.com

Arrest made for Comfort Inn robbery

BY CAMERON EDMONDS
CONTRIBUTOR

On Jan. 3, the Farmville Police Department responded to a call at the Comfort Inn on South Main St. It was reported that a black male suspect entered a room, drew a firearm and demanded all of the occupant’s money. The suspect then proceeded to flee with a female occupant of the room.

This past week, the Farmville Police Department stated that there has been an arrest of a female suspect, and she was charged with robbery and conspiring to commit robbery.

“Subsequent investigation has led police to charge Brittany Rae Woods, age 26, of Farmville,” the Department stated in a press release.

They continued, “Ms. Woods was arrested without incident and incarcerated in Piedmont Regional Jail on Jan. 6, 2015 and has since been released on bond.”

According to the release, the Farmville Police Department will continue to investigate this incident and expect additional arrests to be made.

Anyone who has any information about the robbery is asked to contact the Farmville Police Department at (434) 392-9259.

All are welcome to attend the general meetings held in the Amelia room of the Student Union on Wednesdays at 6:30 p.m.

Editorial board and staff positions are available; contact The Rotunda (rotundadirector@gmail.com) for more information and an application.
“It’s an opportunity for an organization to come in and provide us with an expertise in the health field that the campus doesn’t have right now,” said Longwood University’s Associate Dean of Wellness and Director of Campus Recreation, Matthew McGregor. “We sat down and looked at what the department was good at, and what we struggled with a little bit...when you lose 50 percent of your staffing, it makes for some interesting conversation,” said McGregor. “We also looked at whether or not we were being as efficient in that office as possible.”

McGregor also stated that the university was struggling to recruit medical professionals to the area, which played into the decision to outsource. “Part of it was salary based, part of it was Farmville based... just some of the issues of getting people here.”

According to McGregor, one stipulation in the university’s proposal that was directed towards organizations involved them in bringing new entities and options to the health center. “Maybe they have an on-site pharmacy and they can sell (prescription) drugs from here, or maybe they are able to have lower charges for faculty and staff. If they can bring something to campus, that is a plus,” he said.

McGregor said the university’s hope is that the process is seamless and that students don’t even notice the transition. “Like Aramark Dining,” he said for comparison. “Unless you put some thought into it, you just assume those people work for Longwood. That’s the goal we are going for, that the people who are brought in are invested in our campus.”

McGregor wanted it to be clear that the university did its research before making the decision. He said other colleges and universities in Virginia have outsourced medical staff in their health centers, which Longwood researched before moving forward. “We spent a lot of time looking at some of the other schools that do it this way,” he said. “Christopher Newport, Radford, and (I believe) Norfolk State were the specific schools we talked with.”

“Part of it was salary based, part of it was Farmville based... just some of the issues of getting people here.”

According to McGregor, one stipulation in the university’s proposal that was directed towards organizations involved them in bringing new entities and options to the health center. “Maybe they have an on-site pharmacy and they can sell (prescription) drugs from here, or maybe they are able to have lower charges for faculty and staff. If they can bring something to campus, that is a plus,” he said.

McGregor said the university’s hope is that the process is seamless and that students don’t even notice the transition. “Like Aramark Dining,” he said for comparison. “Unless you put some thought into it, you just assume those people work for Longwood. That’s the goal we are going for, that the people who are brought in are invested in our campus.”

McGregor wanted it to be clear that the university did its research before making the decision. He said other colleges and universities in Virginia have outsourced medical staff in their health centers, which

The Student Health and Wellness center, where students can go to for a professional’s medical evaluation.

UPDATE ON STUDENT HIT BY CAR

By Briana Adhikusuma
News Staff

On Jan. 26, a male student was hit by a car while crossing the intersection behind Cox Hall. The driver who hit him, claimed she did not see the student crossing the intersection. According to witnesses, the student hit his head on the pavement and went into momentary shock. The student was taken to the hospital for further examination of injuries and was released later that night.

Acting Chief of Police, Andy Ellington, told The Rotunda that after an investigation, the driver of the car was charged with failure to yield to the right of way. Due to confidentiality, the health and the names, of the student and the driver, were not released.
LU Introduces “Mural Plan” for 2015 Commencement Ceremony

BY BEN BLUMENTHAL
CONTRIBUTOR

Longwood’s 176th Undergraduate Commencement Ceremony has been set for May 9 on Wheeler Lawn. The University is still unsure of what the neighboring Upchurch University Center will look like at the time.

The construction site, which was previously the home of the Cunningham Residence Halls, sits right next-door to where the ceremony will take place. As it stands now, the site consists of a giant mound of dirt, that is surrounded by a chain-link fence. The brick wall that family and friends typically sit on during the ceremony is gone, and the trees have been torn down as well.

Some students fear that the construction site will be an eyesore, and that this could put a damper on their graduation day. However, the university has come up with several solutions that could possibly put people’s worries to rest.

Last Friday, Vice President of Student Affairs Dr. Tim Pierson sent out a school-wide email asking students to submit their best photos in an effort to turn the chain-link fence into a giant mural. Special Assistant to the President for Academic Ceremonies Brenda Ferguson spoke about the project, saying that they envision “traditional type things of Longwood, which will give it a really nice feel.”

Graduating senior Nicholas Carrara spoke about his thoughts on the mural project, noting that it was a good way of hiding the eyesore. “I think that it’s a really creative way to make it look better, and give the seniors something that they can personalize for their graduation. If it’s not going to be as beautiful as it usually is, they might as well make it more about them,” he said.

Another issue that Carrara mentioned was the connection that many of the graduating seniors had with the Cunninghams, and how walking past the barren site may affect them on graduation day.

Ferguson said she faced a similar situation 14 years ago, when Longwood’s symbolic Rotunda burned down less than a month before commencement. She said that the students were given the option of whether or not to walk past the rubble on their way to the ceremony. “They chose they wanted to walk past it, and if you talk to those graduates now they say it was truly touching. The students made the choice, and they marched right on by it, because that was a part of who they were,” Ferguson said.

According to the Longwood University website, construction of the new Upchurch University Center is expected to last through 2017. Therefore, this year’s graduating class will not be the only ones to march past the blemish on commencement day.

“No matter what, it’s a construction site. We’re going to make it work, and it will be special for everybody,” said Chief of Staff Justin Pope. Ferguson and Pope both hope that students will see the construction site as a sign of progress on the university’s campus. Pope said, “You know graduation in the coming years is going to be spectacular with that building there, and it will be really nice.”
SGA Update

Money allocations and upcoming events

Treasure Jessica Darst began the Student Government Association (SGA) meeting with the Student Finance Committee (SFC) report. First, allocating $100.00 to the American Marketing Association (AMA), asking for individual speaker gifts and banner requests, the motion passed. AMA also requested money allocations for conference registration, a conference hotel, airfare and airport to hotel round-trip travel costs. The motion passed for a total of $3,752.00.

The Black Student Association, Lancer Productions and the Student Diversity and Inclusion Council asked for money allocations for shipping costs and movie rights for the premiere of the movie “Selma.” Representatives of all three associations were present. The allocation totaled $1,080.00 and the motion passed.

Other allocations included $500.00 to the Student Educators for Active Leadership, and reallocations to move line item 15 to line item 10, for Walk a Mile.

The Graduate Student Advisory Council asked for a total of $140.50 for advertisement and printing costs, as well as buttons, purple ribbons, pins and a life-size doll. That motion also passed.

SGA Auditor, Justin Parker, presented the ROW award this week to Senator Malorie Kuhn.

President Joseph Gills announced that SGA will host an open house and interest meetings in the coming weeks, encouraging students to run for senate positions. He added that a date and time have not been announced.

Vice President of Student Affairs, Dr. Tim Pierson, discussed the Command Center team.

“The team continues to meet on concerns of the norovirus,” Pierson said. They “applaud [our] campus,” according to Pierson, as well as the students who are “very conscientious, practicing safety and health precautions.”

The “Preferred Parking” comic event will be held Wednesday, Feb. 11 in the Wygal Auditorium at 8 p.m., where comedians “Drew and Samuel” will speak.

The Social Justice and Action Leadership summit will be held next Saturday, Feb. 21, where registration is free.

The Black Student Association and Pride are selling Krispy Krème donuts this Friday, Feb. 13.

Longwood’s Got Talent event will be held Thursday, Feb. 26, at 7:00 p.m. in Jarman Auditorium.

For future SGA memorandums, check back next week, or follow The Rotunda at therotundaonline.com.

“Petition for SANE Nurse” effort continues

President’s office and student activists look to reconvene with Centra

Longwood University student activists have contacted the Longwood University president’s office to advance the petition for rape kits to be administered at Centra Southside Community Hospital. This was the second meeting between university officials and Centra personnel.

“We have asked a couple of presidents from other organizations to join us for a closed meeting with university officials, the Title IX Board, local SANE nurses and Centra personnel,” said President Cameron Kolmer of the College Republicans of Longwood University.

When asked about what’s to come next, Kolmer said, “Our hopes are to deliver a document to Centra officials,” to show a demonstrated interest and need for action.

“With Longwood and the Title IX board involved, we are hoping our petition will carry more weight for Centra to take action,” added Kolmer.

Last fall, College Republicans spearheaded the petition for Centra Southside Community Hospital to “provide the necessary resources for a rape kit to be administered when there are two college campuses comprising of 6,000 students within a six-mile radius.” The petition exceeded the call for 1,000 signatures by 400 in Nov. 2014. The petition currently has 1,531 signatures.

The mission statement further expressed that, “since there is an absence of rape kits at the location in Farmville, the victim must travel to the nearest hospital (i.e. Richmond or Lynchburg), to have a rape kit administered. Why should such a burden be placed on a victim that has just experienced a traumatic event?”

The issue though, is not as simple as providing the rape kits themselves. From the interview, featured by local station WRIC, Centra spokesperson Diane Riley was quoted, “This is absolutely not a cost issue it is most definitely a quality of care issue.” Centra had elaborated that they believed a better quality of care can be better provided in neighboring locations.

According to Riley, “anybody can administer a rape kit.” The goal of the petition then, is for Centra to host Sexual Assault Nurse Examiners (SANE nurses), to provide more immediate access to overall care for the victims. At the first joint meeting, student activists were unsatisfied with Centra’s response.

On Longwood University’s Student Health and Wellness Center’s webpage there is more information that can be found on what to do, “Sexual Assault Nurse Examiners (SANE nurses) are available at Centra Hospital in Lynchburg and St. Mary’s and St. Francis in Richmond. The Longwood, or Farmville Police, will assist with transportation if desired. The SANE exam is FREE to you. The State of Virginia will cover the cost.”

Dr. Virginia Beard, Assistant Professor of Criminal Justice at Longwood University, elaborated on the motivation behind the continual concern, “The hope is to reach a middle ground between Centra and the community so that there is no significant burden on the hospital and on the victim.”

“The last questions posed at the first meeting was: is there a way for Centra to host a highly certified SANE nurse who is able to administer rape kits and to testify in court, on call, who can perhaps travel here instead of having the victims travel,” said Beard.

Beard elaborated, “For a rape victim, a SANE nurse is needed, if the case is to go to court. The next [thing] is to determine the statistics of [need in the community]. What are the objective numbers and can we come to a compromise between the community, Longwood and Centra? How can we best provide care overall?”

The student-initiated effort is currently led, not only by the College Republicans, but is also affiliated with the College Republican Federation of Virginia, Alpha Phi Sigma, Lambda Alpha Epsilon, Alpha Chi Rho and Longwood University’s Student Diversity and Inclusion Council.

According to Kolmer and Beard, a set meeting date has yet to be determined between the president’s office and Centra.
On Sunday Feb. 8, 2015, behind the Lankford Student Union, the sorority Alpha Beta Psi held their second annual walk as an on-campus sorority. They recruited seven girls, consisting of four freshmen, two sophomores and one junior.

ABY used to be an off-campus local sorority that was founded at Richard Bland College of William and Mary. It then progressed to Longwood University in 1998 and was later dissolved in 2002, later resurfacing again in 2008 after four women decided to reinstate the sorority.

In the spring of 2014, after years of trying to become recognized as an on-campus sorority, the Student Government Association finally approved ABY to become an on-campus sorority. This status now gives them the ability to hold on-campus functions such as walk, fundraising and chapter meetings.

Morgan Teeple, the Public Relations chair for ABY mentioned that they have been wanting this for quite sometime, and that "It feels amazing to be recognized by Longwood University, and we’re so excited to grow as a sorority and within the community."

The difference between ABY and other sororities on-campus is that this chapter is a local chapter and is only recognized within the town of Farmville, but that doesn’t stop the sisters of ABY.

Elise Sanders, a senior who joined ABY in the fall of 2013 said, "I went through normal CPC and did not find my home, but I had a feeling that something better was going to happen to me—and that was ABY." Other sisters joined Sanders and agreed with her statement. Shakeyau Jackson, who also joined ABY in the fall of 2013, mentioned that they now have a great support system and have more "people rooting for us versus against us," which is an incredible feeling.

Cassidy Redenz, another senior who joined ABY in the fall of 2012 added, "The process that we went through to become an on-campus sorority has definitely made us all very grateful though, we feel respected as a sorority, and we appreciate all the Office of Fraternity and Sorority Life has done for us! Since I’ve joined, the biggest change and difference is the support from other sororities, fraternities and Longwood Clubs!"

Ryan Carey, a sophomore in ABY who joined in the spring of 2014 is now recruitment chair and was one of the sisters responsible for recruitment. She mentioned that their recruitment process is much different from the on-campus sororities. Their recruitment process is called a "Tea Party," which is where girls are essentially broken up into four groups within the sorority and each sister has someone to interview with.

Teeple added by mentioning, "We hold a few open houses a semester, and each open house [has] a different theme. This semester we had ‘Say Yes to the Crest’ themed open house where we made dresses out of toilet paper and made a competition out of it." She continued to explain that during the games, is where the sisters begin to bond with the potential members and learn who has similar qualities to the rest of the chapter.

President Amanda Ferguson joined ABY in the fall of 2011 and is serving as president for the second semester in a row, as well as taking the position of treasurer. She will be graduating in May this semester, and she is going to miss her sisterhood and does not want to leave. Though she is also excited about how much she has changed because of her organization. "The biggest comparison from when I joined is that there are more girls interested in us than before and we are now recognized as an on-campus sorority which allows for us to do more activities on-campus and with Longwood."

The new members were all incredibly excited to find their homes within ABY, and when asked what word best describes the organization Jackson said, "Individually Unique, Together Complete."
BSA Poetry Night showcases local talent

By Whitney Scott
Rotunda App Editor

“We want students to fellowship together and showcase their talents,” said Quincy Goodnie, the vice president of the B.S.A (Black Student Association) about the annual BSA Poetry Competition on Feb. 6. The competition brought out Longwood’s up-and-coming writers as well as reciters to the Student Union Stage. Goodnie, who planned and hosted the event, said that the event helps students to see each other in a different light.

The event was well attended by students from different backgrounds and all were open to speak. Students who had registered before the event to speak went first, reciting poems that they had either written or simply performed, that although they didn’t write, still meant something to them. Freshman Caleb Rose, a first-year Special Education major performed three poems from the slam poet, and teacher, Taylor Mali. As a Special Education major, Mali’s poems about students, teachers and the classroom life struck a cord with him. Rose’s first poem of the night, “What Teachers Make,” was especially poignant because it showcased that making money wasn’t as important as making a difference.

Rose was not the only student to perform a pre-written poem that spoke to their perspective. Whitley Coco, a member of the BSA, performed a poem entitled “Black Girl,” by poet Kai Davis, a Temple University student whose poetry has been featured on CNN. Coco was originally not registered to perform, nor did she expect to. Nevertheless, Coco conquered her nerves and recited the poem off the cuff, without any practice or preparation. Coco said she’d been memorizing the poem for a month because she related to it so well.

“Sometimes I wonder if there’s something wrong with my skin or with my hair,” Coco said. The poem uplifts her with lines like “She be the darkness we crave / When we can’t stand to look at ourselves / She be the night that carries our dreams.” To Coco the poem tells her that she is enough. Throughout the night, others present poems that were just as deep and meaningful to them. Although the words weren’t their own, the feelings between the performers and the poets were the same.

The winners of the competition were two Longwood students that wrote their own poems. JaSonyia Birdy, a junior Secondary Education major, received runner up, and freshman Elementary Education major Katy Miles took home first place. Miles has been writing poetry for two years and keeps two notebooks filled with her poems. Miles’ performance was unique because she was the only traditional style slam poet. Typically, slam poetry is spoken quickly with hard emotional impact, which Miles says she prefers to preform.

JaSonyia Birdy, the runner up, has been performing since the eighth grade when she did the program Poetry Out Loud and went all the way to the national level. Her poems tackled tough subjects like cheating, drug abuse and death. The poems were personal and before each one she gave the story of who the poem was for. Birdy’s poems stood out from the other poets because despite writing all of her poems, she didn’t write about herself, but for other people.

“Sometimes I feel like other people just need a voice,” Birdy said, “I speak up for other people because sometimes people don’t have the courage to speak for themselves.” Birdy’s poem about her uncle’s struggle with drug abuse called “I Changed My Mind” moved the audience by being written from her uncle’s perspective. Throughout the night the audience snapped and encouraged speakers regardless of who wrote the poems. Katy Miles felt the support especially, saying that they became a community. “It’s a different sense of community,” Miles said, “its something you normally wouldn’t have.”
It was a night full of crafts as the Lancer Productions held their Pinterest event in the Lankford Ballroom, Thursday Feb. 5 at 7:30 p.m.

The Lancer Production late night crew had tables set up around the ballroom, and on each table there were a variety of crafts, and no table was the same. The crafts consisted of pillowcases, canvases, mason jars, pots and wooden plaques.

Jessica Hamilton, the late night director of Lancer Production said that the Pinterest event is a semester-based event and added that, “In the fall we try to make it a more winter theme or a fall theme whereas in the spring we try to make it more towards what people are more interested in doing—this year, we are making the theme Valentine’s Day because it’s coming up next week.”

There are at least 30 to 40 people who attend the event, with the students able to come and go as they please. Hamilton also mentioned that what is different about this Pinterest event, and last year’s winter event, is that movies are now incorporated with the crafting session, in order to further entertain the attendees.

“Today, we have ‘The Proposal’ for the Valentine’s Day theme and last semester we had ‘Elf’ for the winter theme, which is nice, because it draws people’s attention and also makes the event more fun,” said Hamilton.

Hamilton also added that students favor painting over other crafts, “It’s always a test when figuring out which type of crafts to set out and provide, we’ve kind of narrowed it down to which ones they prefer over others, but painting always seems to win.”

Jessica Frye, director of Comedy and Cinema, provided the movie “The Proposal” and also helped set up for the event.

“When coming to these types of events and setting up, it’s important to get here early or right when it starts,” said Frye, “because all the good crafts start to go such as the canvases and the wooden plaques—people like to paint.”

Best friends, Michelle and Rachel, decided to come out and participate in the event. Both sophomores, the girls wanted to have fun and get away from homework and studying, and just enjoy crafting with one another.

“She snapped me through Snapchat and asked if I wanted to come, and I said sure why not,” said Michelle. “I came last year,” said Rachel, “and it was a lot of fun, I wanted Michelle to come and enjoy it just as much as I did.”

The purpose of doing a Pinterest night is not for prizes to be won, but for the students to come and have fun in a non-stressful environment.
The Lasting Lectures latch onto the hearts of students

On Tuesday, Feb. 10, 2015 at 7:00 p.m., Mortar Board hosted their annual Lasting Lecture Series event in Wygal Auditorium. This year Susan Sullivan, director of the Office of Student Union and Involvement, Program Coordinator and Associate Professor Dr. Cathy Roy and Joshua Blakely, the director of Residence Life, were the main speakers at the event.

The Lasting Lecture Series is based on the book and lecture by Dr. Randy Pausch, which reflected on what he wanted to do and what he learned while being happy in our personal and spiritual lives,” and it is an investment we all can make.

Garner and Blakely both used this event to encourage students on campus to take advantage of the resources they have available to them.

Garner commented, “If students don’t have time to develop a daily practice of caring for themselves, then taking a walk, breathing and just being in the present will provide the same effect as the routine I have developed.”

During his free time, Garner sees himself as a student and always enjoys learning something new. Garner commented, “I approach each day wondering what I will learn today [and this] is a feeling I never want to lose.”

When Garner is not writing, he focuses his time on learning and being a student, as most of us reading this article are. “And I Breathed…” is a book not only for students, but for readers of all ages in order to help others find their balance in life and what truly does make them happy.

At this time, Garner doesn’t know what will come next for him. When asked about plans for a future book, Garner stated, “I don’t worry about planning because it prevents being in the present moment. I’m really loving today and I think the present is pretty great on its own.” This quote can be very influential for college students in that, we worry too much about the future and what happens next, when we really should focus on living in the present and letting the future write itself.

“Life is about finding a balance”, Garner says, and the biggest take away from his book is to invest in trust and experience the “beautiful gift, available to us all.” Garner’s book can be purchased on Amazon or through Garner’s website, jasongarner.com/book.
The Longwood Center for Visual Arts was filled to the brim on Friday night with folks of all ages coming to check out the newest exhibit “Artificial/Life.” The dual exhibit is comprised of the work of three artists, all of which used their pieces to ask questions about genuine human experience in the age of rapidly advancing technology.

As you entered the building, there was a large screen to your left, which showed a computer-generated road-trip, using images from Google street view. The piece that is somewhat haunting in its use of solely virtual reality. The artist, Hans Gindlesberger, began the project when he was adjusting to life without a rigorous commute. “This piece I made, right after I arrived in Wisconsin and the year before that, I taught at Marshall University, in West Virginia, and my family stayed in Buffalo,” said Gindlesberger. “So every week I would drive back and forth for my teaching job, which was four hundred and eighty miles, about an eight hour drive that I would do twice a week, so a lot of driving. After my family moved and I was able to stop making that commute I sort of missed the activity of driving and exploring these different places and I thought maybe I could do this virtually.”

Gindlesberger began making his virtual trek by clicking on different points on the map. He ended up traveling the country that way, from Philadelphia, to the coast of California. Even with the advanced technology we have access to, the virtual experience could not match the real thing. “It’s like the mythological American journey westward, but it’s kind of an empty passage through the landscape,” said Gindlesberger.

Jon Horvath’s contribution to the exhibit combines a famous piece of literature and contemporary art. Horvath used Wisconsin’s uniquely named back roads to spell out famous quotes from Jack Kerouac’s “On The Road,” using the GPS mapping of his journeys to create fascinating pieces of contemporary art.

“For me, my work directly responds to a literary influence. Jack Kerouac’s “On The Road,” and I have a bit of a unique familiarity with Wisconsin’s back roads,” said Horvath. “I always thought it would be interesting if a person tried to navigate the roads in some kind of textual way and I just needed to find the right text to pair with it and “On The Road” just seemed like a natural fit.”

Horvath and Gindlesberger’s collaborative piece featured images from famous films mingling with reproduced virtual images of the same locations. “The collaborative work is all about the shared experiences of these images,” said Gindlesberger. Films that are used in the pieces range from “Lost in Translation” to “Scott Pilgrim vs. The World.” However as different as they may seem, there is a common thread, which was a criteria for the artist when choosing which films he would include. “Reality failing around you,” said Horvath, “or the suspicion that maybe things aren’t real, even though they present themselves as real.”

The second portion of the exhibit was a stunning, crowd-sourced piece of digital art, which was originally started by artist Scott Draves. Another piece inspired by literature, “Electric Sheep” is titled after Philip K. Dick’s novel with the same name. At first glance this work may seem like some sort of light show; however, it is actually a sort of living piece of art, which evokes a powerful response in those who view it. This exhibit has been evolving and changing since 1999. No viewer of this display of organic life will ever see the same thing twice, as it is constantly being manipulated.

The two exhibits, which were created so far apart from each other, manage to pair beautifully and allow visitors to be immersed in the questions that define our modern society. This accessible exhibit is meant for more than just those with art expertise. “Even though it’s new technology, and a lot of contemporary art, you can enter in to the show from a lot of perspectives, backgrounds, and areas of study,” said Horvath.

You can visit the Longwood Center for Visual Arts through March 28, for a chance to experience “Artificial/Life.”
The best and the worst: the 2015 Grammy Awards

The 57th annual Grammy Awards took place on Sunday night, February 8, and left me with a mix of emotions. For those of you who watched, you probably turned off the channel at 11:30 p.m., thinking to yourself how unmemorable they were, and those of you who did not, you didn’t miss much this year.

Best Moment:
Hands down the best moment of the night was when Sam Smith officially became the king of the world and we became his peasants. Smith took home four Grammys (should have been more, but then there was Beck) including both Song of the Year and the highest award of the night, Record of the Year. Him winning made the best moments of the night, because of his inspiring acceptance speeches and cute suit.

Best Performances:
- Kristen Wiig arrived during Sia’s performance of her hit song “Chandelier,” and like everyone else who was watching, we all questioned our televisions and our sanity, if that was really the Saturday Night Live alumna on stage at the Grammys. With Sia’s vocals, Maddie Ziegler’s (a.k.a Mini Sia) dance moves and the Kristen Wiig surprise, this performance was one of the most memorable of the night.
- New artist Hozier and older artist Annie Lenox did an amazing mash up performance of Hozier’s “Take Me to Church,” and Jay Hawkins’s “I Put a Spell on You,” was just incredible. The two artist’s vocals went perfectly together, their performance styles matched, and Lenox brought a different and refreshing sound that the Grammy’s needed for the night. Annie Lenox comeback anyone?
- Then, Sam Smith and Mary J. Blige melted my heart. Singing “Stay With Me,” Smith and Blige showed their undeniable raw talent. Blige has been gone for a while, but this was the perfect way to put the amazing singer back on the map. Each sang different verses of the song, and then came together to finish off the song. I wish Blige would have given more of her powerful vocals like Smith did, but I am somewhat glad she did not overshadow Smith’s performance at the Grammys, or what I would like to rename, Sam Smith’s Great Night. Smith’s vocals clearly were the better of the two and overshadowed Blige, but the performance was emotional and beautiful.

Worst Performances:
- Ariana Grande is great and all, but I literally took a nap during her performance. It was emotional, raw, and different from what she usually does, but I wanted to see more from her on her biggest night. I can say that Grande’s vocals were stellar like they always are, and she looked stunning but besides that, I was underwhelmed by the overall performance.

Another performance I hated was Madonna’s. I thought she was going to kill it, since she just dropped a new album, and of course, she’s Madonna. She performed “Living for Love,” but I could not stand the Maleficent-looking back up dancers that were an imitation from the song’s music video. She was being lifted throughout the performance, confusing my eyes and ears, because she was not even singing through half of it.

Wu-Tang’s Ghostface Killah returns with soulful “36 Seasons”

“36 Seasons,” and possibly even Ghostface’s career. Featuring Kandace Springs, “Love Don’t Live Here No More” incorporates a bluesy, old-timey “woooooo-wooooooo” sample that sets the soul level on high right from the get-go. As the underlying piano sounds its Motown-style triplet, Ghost raps, “Love is love, it’d be a long time comin’, Nine long years, I know she missed my lovin’,” as he narrates the main character’s return home to be reunited with his lady.

It’s been some time since this record came out, two months to be exact, as we all packed our bags in our cars to return home for Christmas Break. Nevertheless, this album was too big not to review. Belated as it may be, Ghostface Killah may very well be in the running for one of 2014’s top hip-hop albums.

Anyone familiar with the monumental hip-hop group, Wu-Tang Clan, would probably be familiar with Ghostface Killah’s work, but if not, Ghostface is one of Wu-Tang’s prominent members. Ghostface started his solo career during Wu-Tang’s initial rise to fame among the hip-hop universe in the mid-90s and has garnered much success since then.

Some of Ghostface’s best work came in the early 2000s with the release of 2001’s “Bulletproof Wallets” and 2004’s “The Pretty Toney Album.” But when 2006’s “Fishscale” came about Ghostface hit a new level, pumping out hits such as “Be Easy,” “Back Like That” and “The Champ,” cementing him as one of the most respected MCs in today’s hip-hop world.

The music on “36 Seasons” truly speaks to you through Ghostface’s beautiful imagery and will make even an outsider feel the sights and sounds of New York City. One of the more soulful songs on the album, “Love Don’t Live Here No More,” is undoubtedly a main highlight of "36 Seasons," and possibly even Ghostface's career. Featuring Kandace Springs, “Love Don’t Live Here No More” incorporates a bluesy, old-timey “woooooo-wooooooo” sample that sets the soul level on high right from the get-go. As the underlying piano sounds its Motown-style triplet, Ghost raps, “Love is love, it’d be a long time comin’, Nine long years, I know she missed my lovin’,” as he narrates the main character’s return home to be reunited with his lady.

Though many of the album’s tracks are romantic heart-melters like “Love Don’t Live Here No More,” “It’s a Thin Line Between Love and Hate” and “I Love You For All Seasons,” there are plenty of songs depicting the dark sides of an antihero such as “Double Cross” and “Loyalty.” “Double Cross,” an AZ–featured track, distinctly exhibits the difficulties of living in a crime-ridden New York and features multiple brief skits within the song that send chills up your spine.

Ghostface Killah doesn’t quite get the recognition that the big fish like Kanye and Jay-Z do, but make no mistake, Ghostface is one of the top MCs in today’s game and he has a lot going on in the very, very near future. Feb. 10 saw the release of a joint project between Ghost and BADBADNOTGOOD that will surely make a splash in the hip-hop world. Ghost hasn’t slowed down and it seems that he won’t be slowing down any time soon.

My rating: 8/10
**Dear Norovirus,**

Thanks to you the entire school, surrounding counties and any parent that has a child affiliated with Longwood University or Hampden-Sydney College are now panicking that they might have you in their systems. All of the rumors about you hanging around with so-and-so on the hallway, or the dorm across the way, has everyone on their toes. With you, Norovirus, students are using excuses not to come to class to stay healthy, but are also using you as their newest sick notices. The good part is, at least most of Longwood’s professors don’t take sick notes.

You’re nothing to sneeze at. The idea of being given what is practically dysentery via air contact, not even bodily fluids, is the whole reason people are panicking. Other universities have either cancelled classes or are bringing food to students who have the virus so they do not leave their rooms to keep it from spreading. However, in attempts to prevent you it’s easier to place stricter sanitation implements and hope for the best.

What’s the point, Norovirus, when we already know you spread like wildfire? Anyone who even looks remotely sick is automatically avoided, as if the student is a CHI Rotunda on the pavement. If there were a wildfire? Anyone who even looks remotely sick is automatically avoided, although, when the chance to wear masks in public is way to be Bubble Boy, everyone would find it the latest and greatest fashion piece. Although, when the chance to wear masks in public is available, people still don’t take the chance, even if it might keep them from catching you. One could possibly make the mask look fashionable, if they tried hard enough.

Whenever one walks down the hallways, you are the talk of the town. There are always new reports and stories of someone else catching it, or that the original epicenter is spreading it through another method. Whatever the case may be, it just adds another reason to buy more Vitamin C.

Sometimes, Norovirus, I wonder if one needs all the symptoms to have you or just some of them. It may be food poisoning, the regular flu strand of the month special, or even a hangover but we are likely to call it by your name. WebMD will surely misdiagnose me but I’ll still use it, just to be sure.

Normal routines, like washing one’s hands, are the only prevention from you, Norovirus. There is no health boosting smoothie, no potion nor vaccine that exists to save us. At least with all the other epidemics around the country there is a vaccine that prevents the spread of the disease. We just happened to luck out and get you, Norovirus. What’s the point in getting the flu shot if it only prevents one, and seemingly minor, disease compared to you?

Your name and status has become part of puns and jokes here on campus. Let’s not forget you even have a twitter page now letting us know of your ever-moving spread. Now all that’s left to do is keep waiting for more emails and updates on more infected students, or wait and see if enough people become ill to cancel classes. Perhaps we will even get as lucky as to have you fade out of our population.

Hugs and kisses,
Longwood Students

---

**“Good” music is not all about artistry and Grammys**

When asked what “good” music is, songs that deserve praise, or more than a once-through listen on YouTube, humming in the background of five other BuzzFeed tabs, then there is no greater difference in opinion than the ongoing buzz over this year’s Grammy winners.

Facebook arguments have erupted over Iggy Azalea’s legitimacy as a hip hop artist, and even how Queen B could possibly have not won every single category she was nominated at (least Kanye thinks so).

Twitter is abuzz with chirps of: Who is this Beck anyway? Is “Ain’t it Fun” even a rock song? How is Tony Bennett and Lady Gaga “a thing?”

The real question I’d like to explore though is why are only a handful of artists in contention for what seem to be the most prestigious recognitions by the National Academy of Recording Arts and Sciences? Surely, in our golden age of technologically saturated tendencies to over self-publish and self-release via venues such as Bandcamp and SoundCloud, more artists would be in the running without the record producers holding all the gatekeeping powers.

Not to mention, the multimedia blogs and podcasting platforms are multiplying like rabbits in the social media warrens of the “inter webs” has certainly overthrown traditional notions of quality music.

The first retort to this phenomenon might be cynical, which states that major labels still have the most power and influence over which artists become “mainstream,” featured on MTV, put into commercials and other nationally syndicated features.

An open, peer-reviewed article on the “PLOS ONE” journal recently published a study that confirmed the myth that “all pop songs sound the same,” in which the journal expressed how the same “simplicity” can be so readily marketable. If we are always listening to what is essentially “the same song” then, does it really matter who wins the Grammys? What kind of music, which artists, matter then?

Artists who might have more creative renditions in the same genre, more genuine philanthropic causes, more something and anything you can name often go unnoticed, perhaps undeservedly so. How might this gross social injustice in creativity, as a result of capitalistic natural selection, be remedied?

A look at a very different ranking might provide the answer. The College Media Journal’s (CMJ) weekly ranking of the top 20 songs played by 200 college radio stations, offered a very different list of “good music.” Sleater Kinney, Panda Bear, Viet Cong, Decemberists, Belle and Sebastian topped the chart for the week of Feb. 3, which were not even mentioned once on any Facebook newsfeeds or even my own Twitter feed.

This ranking though constitutes acts that are played most frequently by college radio, surpassing all the mainstream performers I’ve already mentioned. Not a single Grammy winner charted this past week.

In other words, “good music,” while not necessarily that of indie artists with hipster names, is hardly just another byproduct of capitalistic promotions. Music matters most when they are requested and played by venues that we, the public, are tuned into. So how might we keep “good music” alive?

Make a request from your local radio station, even your campus radio station, if I could so boldly suggest.

Be courageous, explore and demand music that you love and give every artist you love the real VIP airplay.

---

**PROPS & DROPS**

**Props:**
- National Pizza Day
- A-Force
- Valentine’s Day
- The Grammies

**Drops:**
- Singles Awareness Day
- Kim Kardashian’s latest photo shoot
- Not enough Snow
- D-Hall Cat having more followers than us
Imagine waking up at 7 a.m. to sprint full field, while heading to practice knowing a big project was waiting back in the dorm, cheering on teammates during a game without entering. Now imagine doing all this and not earning any money for it. That is the life of Division I walk-on athletes.

The NCAA defines a walk-on as a non-scholarship athlete, who is not actively recruited by a program’s coach, prior to entering an institution. Walk-ons attend practices and games, without the push of thousands of dollars to motivate them.

Men’s basketball Head Coach Jayson Gee stated there is no preferential treatment to any player based on money. Gee said that he was “adamant” against this, whereas Field Hockey Head Coach Iain Byers discussed how, depending upon the institution, walk-ons can find themselves treated differently from scholarship athletes by both their teammates and the coaching staff.

Senior men’s basketball player, Tyler Akers, agreed with his coach and felt his experience as a two-year walk-on has been “the same (as if he) was on scholarship.”

Akers attended Longwood after playing at Roanoke College, a Division III institution, and graduating with two years of eligibility remaining. He decided on playing Division I basketball while pursuing his Master’s degree in Business Administration, which was something he wanted to do.

As a preferred walk-on, he was guaranteed a place on the roster, pending his acceptance to the school.

Since joining the team, Akers has been named one of four team captains, placed on the All-Academic team, earned scholar-athlete honors both years and appeared in 26 games.

For him, the equal treatment found in Longwood Athletics was “actually kind of unique.”

“At other schools I’ve been to, walk-ons are kind of treated differently, but here, everything’s expected of me, everything matters, whether you’re on scholarship or walk on,” said Akers.

Despite his lack of playing time and financial aid, Akers influences the team’s dynamic in other ways, playing an important role off the court. Gee described Akers’ role as nothing short of “awesome.”

“I don’t know of a word that gives a more appropriate accolade than awesome. (Akers is a) hard worker, very competitive, leads our team (and) does extra work with getting little playing time, if any,” said Gee.

As a leader, Akers said he has to be “more vocal to people,” “understand what everyone is doing,” and “use (his) experience to help,” the younger members of the team.

On the field hockey team, freshman Lorissa Morton, another preferred walk-on, found herself on equal grounds with the other players coming in for her first season.

I believe that for the most part, there is fair treatment at least for our team and department. On our team it’s actually difficult to differentiate between those who have money and those who do not,” said Morton.

Morton earned four starts, along with playing time in three additional games and recognition as a scholar-athlete in the Fall.

Byers depicted walk-ons as “very valuable” members of any team, his own included, especially since he said “somewhere between” 30 to 50 percent of the players are not on scholarship, since their program is not fully funded.

“I think certain people see themselves as walk-ons and see themselves as slightly different. That again comes down to the culture of the group and the culture of the individuals on the team,” said Byers. “From a role point of view, they do everything else that we expect them, we expect them to be just as strong academically…There’s not huge amounts of difference in our team.”

Currently, neither Akers nor Morton have received aid from Longwood, such as academic scholarships.

“The coaches have made it very clear and obvious that you earn scholarship funds through hard work and commitment at every lift, practice, class and (everything) else,” said Morton.

The question remains, what factors decide whether a player deserves scholarship money or not?

According to Byers, the decision is “very individualized,” the situation depends on many variables like “timing in recruiting” or “other academic reasons.”

“We have certain criteria, that if you meet, you can receive scholarship aid,” said Byers. “Every year there’s this grey area, so if they reach those criteria from us, and we feel like they deserve it, and they’re working hard and we have those funds available, we’ll find out.”

Both coaches said, if a player shows them he or she has what it takes, money will be awarded, if possible.

Akers did not believe he was given the ability to work his way into earning athletic aid, due to the timing of the team’s development.

Whether a walk-on’s motivation develops from the desire to gain money, or achieve a level of esteem, Byers said, the mentality of a Division I walk-on requires “a little more determination.”

“Maybe it takes a little tougher skin, a little thicker skin, in and around the team, a little more self-confidence in order not to allow the fact that you don’t receive aid affect you,” said Byers.

To Gee, if a player was on the team, he was made an equal. The potential divide between players based on money or playing time no longer matters further down the road after the final season ends and “they should still be proud of themselves.”

“When they come back 10 years from today, no one talks about how many points they scored or whether you were a walk-on or scholarship player, they talk about the experience and the family atmosphere that’s created on the team.”

Morton feels players’ spots on their team aren’t determined by the amount of money they are given, but by the amount of work they put in.

“I put in the same hours on the field, in the gym, in study hall and classes,” said Morton. “I didn’t walk onto this team, I earned my place on this team and my coaches and teammates respect me as a player and teammate.”
Lancers continued losing streak goes to six
Road trip proves unhelpful as Longwood is unable to record a win

By Payton Conway
Features Staff

Following their tight season opening win against opponent Villanova University (0-3), the week prior, Friday, Jan. 30, Longwood women’s tennis dominated the Bucknell Bison (0-0) from Pennsylvania on Saturday, Feb. 7, 6-1.

Longwood (2-0) went undefeated in doubles and earned four out of five official singles wins. No. 6 singles senior Nicole Parker’s match against Bucknell sophomore Jorie Fox, was terminated early after a single-set win (7-5), in which Lancers won the majority of sets.

Head Coach Bruce Myers, who is new this season, told the Longwood Athletics’ official website that the team “really focused on [their] doubles play,” in practice.

“Against a strong team like Bucknell, to get the doubles point and an early lead was critical,” said Myers to the Longwood Athletics’ official website.

The No. 1 doubles Longwood pair, senior Malin Allgurin and sophomore Paloma Altorre, came out as victors in the closest matchup of the day, against Bucknell’s junior, Maria Cioffi and Alyssa McAndrew, defeating them 8-7 (2).

Allgurin (6-3, 6-2) and Altorre (6-2, 6-4), both earned wins in their single sets, Allgurin at No. 1, facing Cioffi again, and Altorre against Bucknell junior Stephanie Pino at the No. 4 spot.

After Longwood’s No. 2 duo, sophomore Anna Pelak and Parker, dominated their doubles match against Pino and freshman Lisa Jouravleva, Pelak and Jouravleva faced again in singles.

Jouravleva left Longwood with the only Bucknell match win (6-4, 6-4) against Pelak.

Sophomore Mason Thomas, cleanly finished her first No. 5 singles set without losing a game (6-0), and then quickly contributed a point to Longwood’s position with her final win (6-2). Alongside junior Maria Coronel, the two had picked up an 8-4 win in doubles prior.

“Just like the Villanova match, we got the doubles point, and Mason [Thomas] won her match efficiently to give us momentum and lift the team’s spirits,” said Myers to the Longwood Athletics’ official website.

Coronel battled with Bucknell freshman, Madeline Melch, losing her first single-set 7-5 then coming back in her second set to win 7-6. Ultimately, Colonel won the deciding third set 10-7, clinching the No. 3 spot.

“Everyone played well, and we built off the positives of our first match and carried that over today,” said Myers to Longwood Athletics’ official website.

The team will play again Saturday, Feb. 14 in Fredericksburg, Virginia against host Mary Washington University, which is the first match of the season, and George Mason University (1-2).
McCarthy and Baltzell excel at Pirate Classic as team falls

Longwood softball starts season off at East Carolina University

The softball season has officially begun for the Longwood Lancers. Recently, the team played in the Pirate Classic, a tournament hosted by East Carolina University (ECU) in Greenville, North Carolina from Feb. 6-8.

The team played five games in the tournament where they posted a 2-3 record. Along with Longwood and hosting team ECU, three other teams participated in the Pirate Classic: Delaware State University, the University of Oakland and the University of South Carolina.

Longwood started on a high note in the tournament as they recorded a 9-0 victory over Delaware State University (0-5) early on Friday, before playing the University of South Carolina (4-1) and dropping their first game of the season 3-1.

Senior catcher/first baseman Megan Baltzell took no time to begin, what many have predicted to be a dominating season, as she went 3-for-5 (.600) with four runs, four RBIs, two walks and two home runs (her only two of the tournament) on Friday. Baltzell’s magic number to become Longwood’s all-time leader for most home runs in a career is now at five.

While her defensive counterpart, Big South Player of the Week, sophomore pitcher Elizabeth McCarthy was stuck with her first loss of the season against the University of South Carolina as she posted a 3.50 ERA, allowed four hits, with a home run, five walks and seven strikeouts.

“In our first game, we had an all-around team effort,” Head Coach Kathy Riley told Longwood’s official athletic website. “The biggest difference (between the games) was that we walked five of their girls.”

On day two of the tournament the Lancers, once again, split a pair of games, winning their first game of the day against the University of Oakland (2-3) 5-0, then losing a close one against the eventual tournament champion ECU (5-1) 4-3.

After a forgetful game against South Carolina, McCarthy recorded her first win of the season on four innings pitched, five hits allowed, no walks, no earned runs and, for a second game in a row, seven strikeouts. Hours later, McCarthy pitched in her third game of the tournament as the Pirates gave her another loss in the season. In 4.1 innings, McCarthy allowed two hits, one walk with an unearned run and five strikeouts.

“When we give up no runs in seven innings it epitomizes what we want out of our team defense,” Riley told Longwood’s official athletic website. “We had solid performances on the mound and in the field.”

In Longwood’s final day at the tournament they lost 10-0 to the University of South Carolina. Three Longwood pitchers appeared in this game and combined four innings pitched (game called due to NCAA slaughter rule) with one home run, two doubles, a triple and she walked eight batters.

Although the Lancers fell in the tournament, both Baltzell and McCarthy were selected to the All-Tournament team.

The selection came after Baltzell went 6-for-11 (.545), scoring six runs, drawing four walks, plating five RBIs, striking out once and knocking two out of the park. McCarthy posted a 2.57 ERA with a 1-2 record on 16.1 innings pitched and six earned runs; she also allowed 16 hits, one home run, two doubles, a triple and she walked eight batters.

Longwood goes on a two week break, before traveling to Honolulu, Hawaii for the Pepsi Malihini Kipa Aloha Tournament hosted by the University of Hawaii on Feb. 27.

PHOTOS BY STAFF PHOTOGRAPHER LAURA CLARKE

Senior catcher/first baseman Megan Baltzell (left) and sophomore pitcher Elizabeth McCarthy (right) earned spots on the Pirate Classic All-Tournament team, after leading Lancers to a 2-3 tournament record.

Kathy Riley told Longwood’s official athletic website. “The biggest difference (between the games) was that we walked five of their girls.”

On day two of the tournament the Lancers, once again, split a pair of games, winning their first game of the day against the University of Oakland (2-3) 5-0, then losing a close one against the eventual tournament champion ECU (5-1) 4-3.

After a forgetful game against South Carolina, McCarthy recorded her first win of the season on four innings pitched, five hits allowed, no walks, no earned runs and, for a second game in a row, seven strikeouts. Hours later, McCarthy pitched in her third game of the tournament as the Pirates gave her another loss in the season. In 4.1 innings, McCarthy allowed two hits, one walk with an unearned run and five strikeouts.

“When we give up no runs in seven innings it epitomizes what we want out of our team defense,” Riley told Longwood’s official athletic website. “We had solid performances on the mound and in the field.”

In Longwood’s final day at the tournament they lost 10-0 to the University of South Carolina. Three Longwood pitchers appeared in this game and combined four innings pitched (game called due to NCAA slaughter rule) with one home run, two doubles, a triple and she walked eight batters.

Although the Lancers fell in the tournament, both Baltzell and McCarthy were selected to the All-Tournament team.

The selection came after Baltzell went 6-for-11 (.545), scoring six runs, drawing four walks, plating five RBIs, striking out once and knocking two out of the park. McCarthy posted a 2.57 ERA with a 1-2 record on 16.1 innings pitched and six earned runs; she also allowed 16 hits, one home run, two doubles, a triple and she walked eight batters.

Longwood goes on a two week break, before traveling to Honolulu, Hawaii for the Pepsi Malihini Kipa Aloha Tournament hosted by the University of Hawaii on Feb. 27.

PHOTOS BY STAFF PHOTOGRAPHER LAURA CLARKE

Senior catcher/first baseman Megan Baltzell (left) and sophomore pitcher Elizabeth McCarthy (right) earned spots on the Pirate Classic All-Tournament team, after leading Lancers to a 2-3 tournament record.

Kathy Riley told Longwood’s official athletic website. “The biggest difference (between the games) was that we walked five of their girls.”

On day two of the tournament the Lancers, once again, split a pair of games, winning their first game of the day against the University of Oakland (2-3) 5-0, then losing a close one against the eventual tournament champion ECU (5-1) 4-3.

After a forgetful game against South Carolina, McCarthy recorded her first win of the season on four innings pitched, five hits allowed, no walks, no earned runs and, for a second game in a row, seven strikeouts. Hours later, McCarthy pitched in her third game of the tournament as the Pirates gave her another loss in the season. In 4.1 innings, McCarthy allowed two hits, one walk with an unearned run and five strikeouts.

“When we give up no runs in seven innings it epitomizes what we want out of our team defense,” Riley told Longwood’s official athletic website. “We had solid performances on the mound and in the field.”

In Longwood’s final day at the tournament they lost 10-0 to the University of South Carolina. Three Longwood pitchers appeared in this game and combined four innings pitched (game called due to NCAA slaughter rule) with one home run, two doubles, a triple and she walked eight batters.

Although the Lancers fell in the tournament, both Baltzell and McCarthy were selected to the All-Tournament team.

The selection came after Baltzell went 6-for-11 (.545), scoring six runs, drawing four walks, plating five RBIs, striking out once and knocking two out of the park. McCarthy posted a 2.57 ERA with a 1-2 record on 16.1 innings pitched and six earned runs; she also allowed 16 hits, one home run, two doubles, a triple and she walked eight batters.

Longwood goes on a two week break, before traveling to Honolulu, Hawaii for the Pepsi Malihini Kipa Aloha Tournament hosted by the University of Hawaii on Feb. 27.
The newest hashtag trend on social media is blowing up right now thanks to the book that it is based on, called “20 Beautiful Women.” The book includes 20 stories that are meant to inspire, heal your soul and help you find your passion and purpose.

After the hashtag initially blew up in the past couple of weeks, more and more people have been spreading the word about the challenge through social media. The #20beautifulwomen challenge involves a person taking a selfie of themselves and then tagging twenty beautiful women in the caption, hoping that they will do the same.

Many have stated that it is pointless and a knock-off of the Ice Bucket Challenge, but without donating money. At the same time, others are calling it an inspiring challenge to show the true beauty within women.

Whatever you think of the challenge, the book that it originates from is aimed at telling the stories of women that finally learned to look beyond their imperfections in order to inspire others.

A selection from the books introduction states, “We've learned to look good on the outside while creating the ability to flawlessly hide parts of ourselves. This causes us to die on the inside, and yet, barely existing, we still call this 'living.'

There is controversy with this challenge. People believe that the negative side to this is that if a girl does not get nominated, does that mean they are not beautiful or less beautiful than others?

According to people participating in the trend, this is not the case. This hashtag is a way that people are using social media to boost their own, as well as their friends', self esteem.

Many women on Twitter and Instagram have stated that they are empowered by this trend and that they have learned that beauty comes from within. The book aims to hit the heartstrings as people read the stories of the 20 women.

“Instead of ‘beating yourself up,’ learning to embrace every perceived imperfection, every flaw that your personal journey has been presented to you and brought you through thus far, without further judgment, comparison, or overly critical analysis,” says the introduction of the book.

The book is by best-selling author Saba Tekle, and has recently become an Amazon.com best seller.