Amanda Varnes, the survivor

BY TORI WALKER
EDITOR IN CHIEF

Amanda Varnes, a junior at Longwood University is not your ordinary student. Being diagnosed with Cystic Fibrosis (CF) when she was only one year old, she is the definition of a survivor.

CF is a life threatening genetic illness that causes persistent lung infections, making it more and more difficult for that individual to breathe, according to the Cystic Fibrosis Foundation.

As of now, Amanda is the only person on either side of her family to be diagnosed with CF, even though both her parents are carriers according to her mother, Dina Varnes.

“When she was diagnosed we had to learn exactly what that meant for her life and our lives,” said Ms. Varnes. “The fatal part of CF is that all of the secretions in the body are thicker so that lends itself to chronic and serious lung infections, after repeated lung infections that’s when things become fatal or necessary for transplants.”

Even with CF being a part of her life since she was an infant, Amanda grew up being able to experience a fairly normal childhood.

“It was one of those things where I did treatments or nebs and then I went to gymnastics or girl scouts,” said Amanda. “My parents raised me to not really let it effect me just to keep on going with life.”

She was never really set back by CF until she was diagnosed with Trichosporon, a fungus that caused her to need a double-lung transplant, which took place over this past summer.

Once she started attending high school and college she said her fungus started really affecting her daily routine, like struggling walking up hills and being active like she used to be.

Since Amanda had become pan resistant to certain drugs, her doctors knew that if she became seriously sick then they would not have any treatment options for her. was trached. It went very quickly.”

continued on 6

#44 for Bill

JESSICA GROFF FEATURES STAFF

44 For Bill is a day of service in remembrance of the life of Dr. Bill Stuart. A professor in the Communication Studies Department here at Longwood University, Stuart was a loving and loyal friend, according to many of his colleagues. He left behind a legacy that will last for many years to come. Please help us remember him by joining us September 9, 2015. You never realize just how much a random act of kindness can mean to someone.

- Volunteer at FACES
- Volunteer at Habitat for Humanity
- Tutor children at one of Prince Edward County Public Schools
- Visit a local nursing home
- Ask how someone’s day was and be genuinely interested
- Say something nice and uplifting to a stranger
- Pick up litter or trash off of the ground
- Buy someone’s coffee or food
- Volunteer for the Va. Children’s Book Festival
- Hold the door open for someone

vol. 94, issue no.2
Man steals money from Walmart register

A man pretending to be an employee managed to take all of the money out of a cash register at the Walmart, located in Farmville.

The incident occurred on Tuesday, August 25, around 3:00 p.m. The suspect took over a register and checked out two customers before emptying the drawer and leaving.

According to a release from the Farmville Police Department, the suspect “was wearing a blue Walmart vest, but was not employed at the business.”

The suspect left in a black car, which appeared to be parked between Dollar Tree and Walmart.

The FPD release described the suspect as “a black male, with a thin mustache, approximately 5’6” to 5’8” tall and weighing approximately 180-200 lbs. He also appears to have a tattoo on the front of his neck.”

If you have any information regarding this incident, or can identify the suspect, call Detective Sam Entrekin at 434-392-2127.
Centra opens new medical center

A new medical center has just been opened by Centra Southside Community Hospital. The center will serve Farmville and the surrounding seven counties.

Centra has opened the new medical center in order to provide more medical care for the community. In 2012, Centra conducted a community health needs assessment in order to identify any missing or urgent needs for the area. One of the greater needs was a center for primary care.

“You couldn’t get an appointment here [hospital]. You couldn’t get an appointment for months for primary care. People were using our emergency room for primary care, which is very expensive,” says Kerry Mossler, the Director of Marketing and Public Relations at the hospital.

Located on Main Street, the new medical center cost a total of $12 million to build, and includes services such as primary care, digital X-rays, laboratory services, nephrology, psychiatry, diabetes care, orthopedics and rehabilitation services and general internal medicine.

Over 1,000 people were in attendance at the grand opening for the medical center on Sunday, August 30. Attendees were able to tour the new center and learn more about the services it will provide to patients.

According to Mossler, the delay in bringing a medical center to Farmville was due to the priority of completing renovations in the hospital.

“It was long overdue… the community was waiting for this and was very excited about this coming,” said Mossler.

The center employs around 50 staff members, 35-38 of which were transferred from the hospital. The hospital held a job fair which staffed the remaining 12-15 positions in need.

“I think it’s in such a central part of town that people have seen the construction and have been very excited because it’s been fun to watch it come together,” says Mossler.

The center will be open to walk-ins and will see anyone, regardless of whether they have insurance or not.

“It operates like the emergency room in the way that we treat everyone. If you don’t have insurance, you can still come. If you can’t pay your copay, you can still come. Everyone will be seen,” says Mossler.

The center officially opened on Monday, August 31 and is open every day except Sunday.
The tragedy through an alumni’s eyes

“There are three kinds of people who run toward disaster, not away: cops, firemen and reporters.”
-Rod Dreher, newspaper columnist

The Tragedy.
When the news surfaced that reporter Allison Parker and photojournalist Adam Ward were brutally shot and killed by a former employee, the Roanoke community fell in together to help their beloved station in any way they could. Coworkers voiced positive memories of their fallen friends, saying that they were some of the kindest and nicest people at the station, according to CNN's Todd Leopold and Emanuella Grinberb. It has surely been a solemn week for Roanoke and the surrounding areas.

This tragedy is not new news to most of the American public, but a situation of this magnitude always leaves unanswered questions.

The alumni.
Longwood alumni, Paul Eldert, is a photojournalist at WSLS 10, a NBC affiliate out of Roanoke, Virginia. WSLS 10 is a competing station with WDBJ 7, but in times like this, that factor is pushed aside. According to Eldert, rival stations of all sorts came together as this situation unfolded in hopes of aiding WDBJ 7 in any way they could.

“It hit the community hard, everywhere you go, you see signs saying ‘We stand with WDBJ 7’ and ‘Roanoke Strong,’ ‘Prayers for Adam, Alison and Smith Mountain Lake Commerce,’” said Eldert. “At the high school football game I’m covering Friday night, you’ll see signs of love, support and ‘prayers for 7.’”

However you go, whether it’s in Roanoke, Bedford or the New River Valley Area, people are affected and hurt by this awful loss, and it’s difficult to go almost anywhere without seeing overwhelming support for WDBJ 7, according to Eldert.

He graduated from Longwood University in 2010, with a degree in Communication Studies, and is a former member of The Rotunda, where he created ‘The Rotunda Show.’

How this tragedy affected the community?

“This job is not for the faint of heart; you’re going to have to cover some heartbreaking and terrible stories,” said Eldert. “There will be murders, fires and layoffs, and while the people you are interviewing will probably take the rest of their day to mourn what’s going on, that’s going to be your office until the story gets told.”

Methods of reporting are being altered after this incident, in hopes of keeping journalists out of harm’s way.

According to Eldert, live shots and being a one-man band, are concepts that are currently being reconsidered in the Roanoke community. Stemming from a safety training meeting WSLS 10 had with the Roanoke City Police, they are now putting more effort into ‘look-live’ shots, and doing more ‘in studio’ live shots, so that reporters who are out in the field could have a fighting chance, if it came down to it.

“When you’re sitting out there for two hours doing a live shot, you’re basically a sitting duck, in a sense. The public knows where they can find you if they wanted to confront you about something,” said Eldert.

“For the love of the game.”

Eldert encourages aspiring journalists to not let this discourage them from the career. “What happened last week, that wasn’t an attack on journalism by the public. That was workplace violence played out in front of the public, and that is a very important difference.”

“My love for journalism has never wavered. I don’t say these things to discourage up-and-comers,” said Eldert. “You’ll find yourself surrounded by amazing and inspiring colleagues… it’s a fraternity of sorts, and if you’re as lucky as I am, you will become a part of a group of people who can pull you out of the funk of whatever tragedy you are covering that day.”

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“Is safety an issue for journalists?”

Safety, after that horrible Wednesday morning, is on a lot of people’s minds. Do reporters need to worry every time they leave the station? Will this change anything in the media’s community?

“I know some of my colleagues are on edge at the moment, and rightfully so, but you can’t let that overcome your talents,” said Eldert. “I don’t feel as safe as I did earlier this summer, but there is no fear on my end when I am going out and doing my job.”

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A recent scam has been directed towards Farmville involving phone calls to residents in the area.

According to a released alert from the Farmville Police Department, victims reported receiving telephone calls from persons claiming to work for Dominion Virginia Power.

“The caller threatens disconnection of service for past due accounts, if payment is not immediately made. Victims are instructed to purchase ‘pre-paid’ credit cards and call back with the credit card numbers to pay off their accounts.”

Dominion has denied involvement in the incident. On July 10, Dominion sent out a media release, which stated that the company “does not take payment over the phone, and never asks for immediate payment of cash, Paypal, ‘MoneyPak/Green Dot,’ or any prepaid debit card as a prerequisite to keeping lights on.”

According to the Farmville Police Department, most utility providers do not require payment using a pre-paid credit card or request payment over the phone. Most utility providers will also typically set up a payment plan to assist their customers that are behind on a bill.

If you are suspicious of a caller who is requesting payment for any reason, the Farmville Police Department advises to “collect as much information as possible from the caller and report it immediately to law enforcement or your utility company.”
Waiting for a donor took longer than the family expected, taking roughly two weeks and making the chances for Amanda’s survival to look very grim.

“She was to the point when she was transplanted the 23 of May she was moments from not surviving,” said Ms. Varnes.

There were a few bumps in the road before the procedure occurred, according to Amanda’s mother. Her kidneys had stopped functioning, all of her organs were shutting down and at that point the family thought they would have to remove life support.

Amanda was determined to keep fighting, and even though the odds were not in her favor, her attitude kept everyone’s faith in her strong.

“Her one doctor said ‘because I met Amanda I saw how she was functioning, it’s an indication of her strength and who she is, we’re going to press forward, were not giving up,’” said Ms. Varnes.

Amanda’s survival is, as the family says, ‘a miracle,’ and she is already ahead of the curve when it comes to recovery. Being able to graduate from rehab, she had to attend 23 sessions, where she did numerous tests and workouts before graduating. Because of what she describes is ‘pure determination,’ Amanda did hers in 20.

Already back at school, Amanda’s exceeding everyone’s expectations, and normally what takes months for patients to go back to their jobs and school, took her weeks.

In the process of accomplishing all of this, she also had to switch majors from Liberal Studies, elementary education, to Communication Studies.

“My doctors said that the mortality rate for educators is a lot higher than any other profession because you’re dealing with kids and you have no immune system.”

Since taking immune suppressants makes it almost impossible for her to fight off smaller colds, and according to Amanda, this would really affect her body, since she does not have the ability fight them off.

“The biggest thing was the support from Longwood and I think God; a big a factor was just knowing I was so blessed with prayers from everyone,” said Amanda. “I feel like the power of prayer made it a lot easier, and a lot faster.”

Excited to be back at Longwood, Amanda still says she will always have a few concerns.

“You’re essentially trading one disease for another, I might not have hours of treatments to worry about, but I have medications, schedules, workouts and worrying about whether or not I’m going to get sick,” said Amanda.

“I’m just happy to be alive, and happy to be here.”

Even with a stomach surgery coming up in October, and getting tested every three months to ensure her body fully accepts her lungs, Amanda’s positivity is contagious.

Her advice to anyone going through anything similar is to never give up.

“Fight, absolutely fight,” she said. “The biggest thing is not giving up, believing in yourself. I knew I had it, ‘I got this,’ that was my mantra throughout the whole thing.”
A new bike program for students, faculty and staff has taken off since opening at the beginning of the semester.

All of the bikes have been checked out, and campus recreation has created a growing list of students interested in using the bikes. According to Gus Hemmer, the associate director of campus recreation, there were no bikes left on the first day of classes, and there have been daily inquiries about availability.

The bike program had been present in conversations for a few years, but had never been put into action until this past summer.

The total amount for 25 bikes, in addition to helmets and locks, was $7,900. The money came from a reserve from SGA.

“Everyone I’ve talked to, I’ve stopped people on these bikes all the time, and they just think it’s absolutely terrific. I wouldn’t be a bit surprised if this will expand in the near future,” says Dr. Tim Pierson, the vice president for student affairs.

The outdoor club was also involved in the planning of the bike program.

“We’re happy to advocate for that [the program] in any way that we can, because we do anything we can to get students outside,” says Eli Spangler, the president of the outdoor club.

When students borrow a bike, they also receive a helmet and lock for the bike. The bikes can be borrowed for up to 30 days. Much like the library, the bikes are due on certain dates and if late, can result in late fees. Students are charged $5 a day for late bikes. Any large damages and lost or stolen bikes are also charged to students.

According to Hemmer, campus recreation would be interested in buying 25 more bikes in the future due to popular demand.

“I could totally see it. And the other thing would be to see if there’s a way to put a rental hub out at Lancer Park, so you can get it either from campus at campus recreation, or you can get it from Lancer Park, because we really want to target those students. We have a few of them, a few of our renters are from Lancer Park… we want to get more,” says Hemmer.

Although the bikes are available to faculty and staff as well, Hemmer says that most of the bikes have been borrowed from students, most of which live on campus.

Students are able to take the bikes off campus and around town as well.

“I’ve seen a lot of them out, and every time I talk to somebody, they’re really receptive about it… I just think it’s going to grow,” says Pierson.

According to campus recreation, bicyclists should ride with traffic, instead of against traffic, on the road, and sidewalks should generally be avoided. Although not wearing a helmet is not illegal, campus recreation encourages all bicyclists to wear helmets. They also encourage bicyclists to lock bikes in order to avoid theft and stolen bike fees.

Although bikes are popular and often unavailable, they can be borrowed from campus recreation in the Health and Fitness Center.

The Lee Grand Dining Room was packed full of students ready to play bingo, hoping to win some big prizes, but there was a problem. They ran out of supplies, and there were still students lining up to get in.

“Welcome Back Bingo” has been put on by Lancer Productions for the past three years, and has become a favorite among the student body. According to Jessica Hamilton, President of Lancer Productions, anywhere from 150-200 students normally attend it. But on August 28, she estimated about 350 students managed to squeeze inside the Grand.

“It was a great feeling to have a sold-out crowd, but I have to admit, it was terrifying at the same time,” said Hamilton. “We wanted to make sure every student was satisfied and had an enjoyable time, but after the first wave of students, we realized we were running low on Bingo cards.”

Despite the growing panic during the situation, Lancer Productions managed to pull through. They were able to stall for time with impromptu dance competitions by audience members, with the winners winning complimentary swag bags, while the crew printed off more bingo cards.

“It was an amazing feeling to see so many interested students… Although, it was nerve racking, the crowd kept Lancer Productions going,” added Hamilton.

When asked what the reason for the growth of turnout, Hamilton credits the hard work of their marketing team.

“Hiieu Nguyen, Lancer Productions’ VP of Marketing, along with our marketing team, has revamped our program, and we used various sources to get the word out.
Meet the Greeks

The Longwood Fraternity & Sorority Life in conjunction with IFC, CPC and NPHC held a “Meet the Greeks” information session Tuesday, September 8, 2015 in Blackwell Ballroom. Students interested in greek life attended the session in order to learn more about the recruitment process and the various organizations the campus has to offer. 9 CPC chapters, 8 IFC chapters, 6 NPHC chapters and 1 local organization were in attendance for the event.
September Events

Music, poetry, theatre and more! Local events that will entertain!

by Natalie Joseph

Local Music

Uptown Coffee Café Live Music Events:
September 13 at 7:00 p.m. – Smooth Hound Smith
September 20 at 7:00 p.m. – Bruan Graham acoustic mix
September 27 at 7:00 p.m. – Rural Elixir acoustic mix

Outdoor Concert with Cover Drive
Thursday, September 17, 8:00 p.m. – 9:30 p.m.
Lankford Mall

Books and Poetry

Authors Series Speaker – Poetry reading by Bunny Goodjohn
Thursday, September 10, 8:00– 9:00 p.m. Wygal

Marathon Reading of Paradise Lost
Friday, September 11, 8:00 a.m. – 6:00 p.m. Grainger Lawn. Open to the public.

Epic Rap Battles

Tuesday September 15, 8:00– 10:00 p.m.
Jarman Auditorium

This is a sensationally popular video series that takes people from the past and the present and pits them against one another for an “epic rap battle.” Don’t miss the actor’s come to Longwood and do live performances of some of their most popular raps. Tickets needed.

Dead Man’s Cell Phone

Running September 24 – October 4 from 7:00– 9:00 p.m.
Mainstage Theatre, Center for Communication Studies and Theatre.

This performance is a dark comedy written by Pulitzer Prize finalist, Sarah Ruhl. Tickets needed.
Gary Clark Jr.’s stripped back sophomore album is a must-buy

BY RYAN QUIGLEY  
ART & ENTERTAINMENT STAFF

Gary Clark Jr.’s stripped back sophomore album “The Story of Sonny Boy Slim” is a must-buy. Clark, an Austin, Texas native, burst onto the rock scene after the release of his major label debut, “Blak and Blu” in 2012. “Blak and Blu” is one of the hardest blues records released in recent years.

Clark’s new album, “The Story of Sonny Boy Slim,” incorporates horns more than any other solo project Clark has worked on, mainly featured on songs like “Grinder,” “Hold On,” “Cold Blooded” and “BYOB.” While it’s a far cry from Clark’s bluesy debut, these songs are still filled with substance and groovy riffs.

Another element missing from “The Story of Sonny Boy Slim” is Clark’s guitar prowess. Clark is an absolute fiend on the guitar. “Blak and Blu” featured extensive guitar solos on most of the album’s tracks. For “Sonny Boy Slim,” however, Clark pulls back a little bit. While the guitar shredding is held to a minimum, it still doesn’t take away from the masterful guitar playing Clark displays on his sophomore record.

A couple of can’t-miss tracks, “Church” and “Shake,” are the highlights of “The Story of Sonny Boy Slim.” “Church” is one of those tracks that hits you like a train, painting a picture in your head of an early-morning drive through America’s Great Plains, cigarette in hand, ready for a hard day’s work. “Shake,” on the other hand, is quite the opposite. Its twangy guitar sounds and Clark’s howling, “Don’t stop baby, shake it loose!” make for a picture perfect soundtrack to a night of drinking and dancing in a countryside bar’s parking lot.

There’s a little bit of everything on “The Story of Sonny Boy Slim.” Touching on every genre from hard Rock & Roll, to Blues and Country, Clark’s versatility as an artist is put on full display here and it’s gorgeous, intense and breathtaking all at the same time. In the words of Clark, from his song “Bright Lights,” “You’re gonna know my name by the end of the night.” After this album, that statement will hold true for a lot of people.

Grade: B+

Whoever has the nerve to say that Rock & Roll is dead, probably has never been graced by the guitar fiend-ness that is Gary Clark Jr. This Austin, Texas native burst onto the rock scene after the release of his major label debut, “Blak and Blu” in 2012, which Rolling Stone ranked as number 27 on its list of the 50 best albums of that year. Highlighted by tracks such as “When My Train Pulls In,” “Numb,” and “Bright Lights,” which ESPN featured during its coverage of the 2012 NFL Draft, “Blak and Blu” is one of the hardest blues records released in recent years.

More recently, Clark collaborated with the Foo Fighters on their new album “Sonic Highways,” in which he is featured on the track titled “What Did I Do? / God As My Witness.” On July 4, 2015, Clark was one of the opening acts for Foo Fighters’ twentieth anniversary show at RFK Stadium in Washington D.C. Other guests included Heart, Buddy Guy, Joan Jett, LL Cool J, Trombone Shorty, RDGLDGRN and Trouble Funk.

Not a bad track record for Mr. Clark.

Now, in today’s musical industry, we are in the waning weeks of summer, with Clark’s sophomore album, “The Story of Sonny Boy Slim,” freshly released. Much to the chagrin of a lot of Gary Clark Jr. fans, “The Story of Sonny Boy Slim” provides very different sounds compared to its preceding works. While the inclusion of horns was present on “Blak and Blu,” it was only subtle, which cannot be said about Clark’s new album. “The Story of Sonny Boy Slim” incorporates horns more than any other solo project Clark has worked on, mainly featured on songs like “Grinder,” “Hold On,” “Cold Blooded” and “BYOB.” While it’s a far cry from Clark’s bluesy debut, these songs are still filled with substance and groovy riffs.

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Grade: B+
Orange is the New Black: season three recap

BY EMILY HASWELL
A&E EDITOR

I truly admire those that have the self control to stop themselves from watching all of “Orange Is The New Black” in one sitting. I wish I could spread it out and make it last, but inevitably, I end up watching whole seasons within a matter of days. Season three came out a few hours early this summer causing Twitter and Facebook to explode with cries of “ITS HERE, ITS HERE.” I dove in; the next week every free moment was spent binge-watching.

The result of all this inactivity was a resounding “eh,” the “eh” heard round the world, if you will. It’s not that the highly anticipated third season of OITNB was all bad, it certainly had great moments. It just wasn’t all good; the first two seasons had clear cut arcs, and character development, all while delivering unexpected twists and turns. This season meandered, as if it did not know what it wanted to be. This season was you if you took a year off after high school to “find yourself” but just ended up getting high with the younger siblings of your friends who had all gone away to college.

However like I said, it wasn’t all bad! Black Cindy had a really amazing character arc that flew fairly under the radar until her beautiful monologue about Judaism hit us all right in the feels. “It’s like a verb, it’s like you do God.” It was one of the most powerful OITNB speeches to date.

Plus the rise of Piper, as a legitimate villain, was equally horrifying and entertaining. In past seasons she was whiny and selfish, sure, but in season three we see just what three years in Litchfield has brought out in Piper. In a way, this was an overall theme for the entire season, the prison’s way of turning people into the worst versions of themselves.

The strongest episode of the season was ‘A Tittin’ and a Hairin’, here we see Jenji Kohan do what she does best, which is to make the audience feel so much empathy for a villain that their motivation becomes totally clear. We see in this episode the wayPennsatucky grew up and how rape culture was ingrained in her from her very first signs of puberty, how unwanted sex became such a part of her life that she now has trouble recognizing it as a problem. It’s a powerful episode that shows how Pennsatucky ended up in her current situation. Throughout season three we find ourselves rooting more for her then we do the original heroine, Piper. Kohan’s ability to show you a character from all sides never wavers; she could make you feel bad for the Manson family if she so wished.

The weakest episode of the season was ‘Bed Bugs and Beyond.” Was anyone looking for a Bennett flashback episode? I think not. Daya is angry with Bennett because she’s, you know, pregnant in prison. This should be interesting, but it isn’t because neither character is willing to do anything about it. It’s stagnant; it was boring to have a whole episode that revolved around it.

Additionally, when we finally get the moment we are waiting for, which is Alex finding out that Piper is the reason she is back at Litchfield, that ends up being unsatisfying as well. Rather than getting a big “Piper tell-off,” in which she finally gets put in her place, we get library sex. It certainly makes sense for this couple but still, Piper is the worst in this episode and not in a fun way.

Regardless of the problems this season had, the last scene was one of the more creative and fascinating endings to a season of television I’ve ever seen. Hopefully the symbolic baptism will wash away all the sins of season three, and our favorite inmates will be back to normal for season four.

Octoberfest Reveal

Bands:
AER,
Post Malone,
Charlie Worsham,
Dave Matthews Tribute Band

Theme:
Luau
PacMan breaks through

I found PacMan lying on his floor in Skid Row, electric Kool-Aid on tongue, third eye opened, goggles on, he was ready. He was in the middle of a five-day acid binge and had adopted the habits of a schizophrenic. He was catatonic and unresponsive to my questions. I left him there, it was late, and I was tired. I talked to him the next morning, and he said after that he would never do acid again.

The apparitions vanished never to be seen again by PacMan.

Eyes closed, his other senses became sharp, and he heard a voice, a voice that would prove to be a formidable opponent. The Voice was hollow and emitted an echo that surrounded the entire room making it impossible for PacMan to know where it was coming from. Through the darkness the Voice had an ominous presence in PacMan’s mind. It represented the chaos, the return to a primal state long outgrown by man, he became feral, once contained and controlled he was now free. He had entered the wild without knowing what he was looking for and now PacMan was lost in the horrors of his own mind. The Voice said:

“Skeletons sleeping in their beds
Unaware they may soon be dead
Are you the one they seek”

#HinderOrHelp

We have all logged on to our social media accounts to find that the only thing that has happened since our last visit is the creation and spread of another social change campaign. What was at one moment a hash-tag about the presidential race of 2016, quickly became a hash-tag about police brutality against minorities and childhood hunger. The simple fact, is that many believe that social media is the best way to spread news about some up-and-coming campaign for justice and equality. For those that believe social media’s influence on campaigns is helping rather than hindering—you would be correct.

The effects of social media have gone far beyond the home, invading classrooms, workspaces, and communities across the world. What was once a simple pound sign on a telephone has become a global sensation in social campaigns, helping to bring light to the unjust and sparking conversations on inequality. The real purpose of most social campaigns boils down to four goals: first and foremost, these campaigns want to bring awareness to the forefront of communities around the world. It is not breaking news for a family out of Farmville, Virginia to hear about the unjust mutilation of girls associated with cultural tradition— but one can be absolutely sure that once it hits Facebook or Twitter, it becomes global news instantaneously. The second goal of campaigns is to protect those being treated unfairly. Countering the violence and protecting the involved communities is of utmost important and these campaigns can do that with the proper support. The third effect social media has is bringing global attention to something that most people around the world would not hear about. And lastly, campaigns and their leaders want to gain support—financially, emotionally, and thoughtfully. Though it may be annoying to see your social media taken over by another campaign for justice or equality, know that sharing those posts and making the pledge makes all the difference—even if it saves just one life.

While saving one person is important, we often find that social media campaigns can also be ruined, beginning a downward spiral into what seems to be a dark and dismal abyss, only remembered when we finally go through our social media and delete videos and pictures and tweets we once thought necessary to post. For instance, the #dontjudgechallenge was supposed to raise awareness on bullying and the unimportance of outward appearances, but because one person posted a video that was most obviously transparent and opposite to the main idea of the campaign, a long line of videos in which socially declared “beautiful people” flaunted their looks followed, and subsequently, we all had to suffer the awareness it was created to inspire.

Before we decide to formulate an opinion and take the pledge against childhood hunger and minority rights, we must become informed citizens and more importantly, informed members of a generation whose main form of communication is social media. So before you decide whether you are going to re-tweet that hash-tag or like that post on Facebook, we must first identify the positive change it can cause, and realize that we owe our fellow human beings the same respect and decency that follows the positive change encouraged through a social media campaign. We all have the ability to make a conscious change and social media can and will help us do that if we only use it in positive ways, inspiring change and encouraging hope, equality, and justice for all.

PROPS & DROPS

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<td>CHI droppings</td>
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#Squad Goals

**OPINION**

**BY NATALIE JOSEPH**
**ASSISTANT A&E EDITOR**

Do you have a #GirlSquad? What are your ultimate #SquadGoals? Do you have any idea what I am talking about? Let me explain.

By definition, or what I like to call urbandictionary.com, a “girl squad” is “a crew, posse and gang: an informal group of girls with a common identity and a sense of solidarity.”

This hashtag has been made extremely popular because of Taylor Swift and her insanely unrealistic girl squad parading around on Instagram, posting photos of them together in their gorgeous celeb lives, which no one reading this article has. They have reached the epitome of being a girl squad, better known as #SquadGoals.

Being the pop culture genius I am (self-proclaimed), I have been tracking this trend and have been trying to figure out and analyze why so many young women look to this trend to achieve what they want for their own group of friends.

Some think Swift’s girl squad represents feminism and beauty. I think it represents a group of over-exposed celebrities, which band together for their own benefit, in the hopes of gaining publicity.

Day after day, new members enter Swift’s squad, all being models, singers and actresses, and all young women think about is “that is what I want my squad to be like.”

But I want to bring people, who are looking to those women to achieve their #SquadGoals, back down to Earth. The real and honest deal, is that squad goals like theirs can never be achieved and should not be. These women barely see each other because they are always traveling, shooting television shows, modeling at photoshoots and doing other celeb thing things.

The type of squad we should strive for is a squad that you can bond with and that is real and not just for the cute pictures, the fun parties and the fame. Girl squads are more than what Swift and her friends make them appear to be.

They are drama, they are fun and most importantly they are supportive. Girl squads are regular women that you can call up on speed dial to go out to eat with, cry to when you broke up with your boyfriend or just sit around and watch Netflix with you all day.

But do not think that Swift’s girl squad is anything short of amazing. Any girl squad is cool. Any women who want to be there for each other and share the stage with each other is a pretty damn good thing. My point here is to discourage young women from looking at this squad as the goal for their squad.

Know that your squad is just as famous, beautiful and inspiring as Swift’s. Also know that you do not have to be rich, famous, and beautiful to reach your #SquadGoals. All you need are women, who are gorgeous on the inside, to parade around with, not for Instagram or to start some stupid trend, but for the sheer joy of being with each other and being happy.

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Dear transfer student

**BY EMILY HASWELL**
**A&E EDITOR**

So, at first this is going to suck. Let’s face it, change is a painful but necessary part of life and transferring into a new school is no different. I don’t know your specific reason for transferring, since everyone’s case is different.

Maybe your old school wasn’t a good fit. Maybe you went to community college first, or maybe you took a few years off and then decided to return to school.

All of these reasons are totally common and normal, yet none of them are any solace when you have to sit alone at the dining hall while everyone around you seems to be having the time of their life.

It’s scary. It’s so beyond scary to go to a new place on your own where it seems that everyone already has all the friends they could ever need. You will have a very strong impulse to shut yourself up in your room and watch Netflix every waking hour that you aren’t in class.

Don’t.

When people say the phrase “put yourself out there,” it can be really infuriating. What does that mean? Don’t overthink it.

Join every club that seems remotely interesting to you or seems like an organization that you would want to be a member. Try to chat with the girl next to you before class. Go to all those big events that your university puts on for its students. Ask your roommate if they want to grab lunch. Go to a party and dance to “You Make Me Wanna Shout,” like you are John freakin’ Belushi. Fight that little voice in your head that tells you going home every weekend is a good idea, even if that little voice belongs to your mother.

There will still be days where your efforts feel futile. You will still feel a little like an outsider despite your best efforts. It’s going to be fine because adjustment takes time. Be patient with yourself and your new home.

Keep going.

If you keep going, keep trying and keep fighting the urge to hide under the covers, then something amazing will happen. You’ll belong. You’ll feel a sense of community that will inspire you to do great things, and when it comes time to leave, you will regret any of the moments that you spent fearing the unknown instead of embracing it.

Love,
Emily
The sleeping giant in American sports

How the sport of soccer continues to gain traction in American culture

Eighty thousand fans wait on the edge of their seats, with bated breath, as the clock moves into stoppage time. They've spent the last two hours yelling and chanting their team's fight song in hopes of seeing that elusive goal to seal a victory.

Almost every day, soccer fans around the world, devote their time in hopes of witnessing any sort of magical moment that could happen at any time during a match.

“It's a sport that bridges all sorts of genres, and it kind of speaks to you, and evokes to you the kind of magical part of what soccer's all about,” said Longwood men's soccer coach Jon Atkinson.

This sort of ‘fever,’ that the rest of the world has for the sport, used to be absent here in the United States, but has slowly caught on in the last eight to 12 years, due to the success of the U.S. men's and women's national teams.

“If you see some of the seasoned teams like Valencia,” said Atkinson, “if you immerse yourself in those environments, it would be hard not to become spellbound by that kind of excitement.”

The problem is the fact that the MLS (Major League Soccer) is so young, compared to the most prestigious leagues across Europe, leagues like the Barclays Premier League in England, ‘La Liga' or the Spanish Primera Division in Spain, and even Bundesliga in Germany.

“I think the biggest thing in America, again, we're still building our culture; our league is still very young compared to European leagues, so it takes awhile to build that culture,” said Longwood women's soccer coach Todd Dyer.

Americans can list a number of reasons as to why the sport has taken so long to catch on.

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Lancers face faster pace in upcoming games

Intensity of UNCG only increases as Friday's game approaches

With a week separating the team's first real threats, Longwood men's soccer plans to use the lessons from their 3-1 loss at the University of North Carolina-Greensboro (UNCG) (2-1-0), moving forward to face an even greater opponent, the U.S. Naval Academy (Navy) (2-1-1), according to head coach Jon Atkinson.

In their game against UNCG last Friday, Sep. 4, the Lancers (1-1-0) experienced their first away game, first fast-paced team and first loss of the season. Atkinson thought “dealing with the intensity” of the Spartans presented the main issue.

“They were prepared, strong, physical guys, and they were out hustling us to try to take us out of our passing game. So just dealing with the different pace of this game than what VMI (Virginia Military Institute) offered us,” said Atkinson.

UNCG outshot Longwood in the first half 7-4, applying pressure early by scoring the first goal and regaining their lead just before halftime, off a corner. The first half ended 2-1 in favor of the Spartans.

Despite Longwood's second half rally, outshooting UNCG 8-4 in the second, the Spartans still earned another goal by the end of the game.

“We had some really good moments at UNCG. We competed throughout. We had chances. I just think UNCG was a little bit more oiled, and I think that's just something we lack,” said Atkinson. “I hope our guys learned a great deal from that game.”

On Sunday, two days after Longwood played UNCG, Navy shutout Big Ten member, Ohio State University, at home, winning 3-0. However, the game's result didn’t make Atkinson “more worried than usual.”

Last year, the Lancers lost 2-0 to Navy on the road; much of the play happened on the Lancer’s half as Navy had 24 shots that game. Longwood was held to seven.

“Navy are a very well-coached, strong, organized, methodical team that have ability throughout. We struggled to hold on against them last year, so there should be no surprises about what Navy's going to bring this year,” said Atkinson.

So far Navy has had eight different players score or assist goals. Atkinson called them a "complete team."

Longwood's redshirt, freshman Willy Miezan, leads the team in goals scored, averaging two goals a game, following his hat trick against VMI, and first half equalizer in North Carolina.

“Willy's come on and done very well,” said Atkinson. “Willy has shown that he has the capability to put it in the back of the net, and that will galvanize the team.”

The team will work on maintaining a high intensity game in training, leading up to this Friday's match, Sep. 11, something “hard to replicate” in practice, according to Atkinson.

“It's always a wrestle to try to control their ball game, and I just think that's going to be a challenge for our guys, and that's something for us to practice this week. We can't afford to let our level drop,” said Atkinson.

The Navy Midshipmen finished last season in the No. 2 spot of the Patriots League last year, losing in their conference tournament semifinals on penalty kicks. They finished their 2014 season with an 11-4-5 record overall.

“I firmly believe that we can compete with any team in the country, on a given day,” said Atkinson.

The Midshipmen will travel to Farmville, Virginia, and Atkinson hoped to use the experience gained from this pace found against UNCG to prepare the Lancers not only for the next match, but for the rest of the season to come.

“The level of intensity delivered from that weekend will help our boys build towards executing at the highest level needed to understand Navy, UNCG, William and Mary,” said Atkinson.

“They're all chances, so therefore it's important to execute when the moments do arrive, because that could be the difference between a result or not.”
A few that people quickly point to are 'We're on our own continent,' 'It's just not a sport that originated here,' or even 'It's just boring to watch, quite frankly.'

“I think the big thing right now in America is we have kind of a short attention span. We want immediate attention and feedback to a sport or even ‘It's just boring to watch on TV,’ or 'boring to watch on TV,'” said Atkinson. “I just saw the growth, and it was still very underdeveloped, and it’s still continuing developing. It’s still got a long ways to go.”

The sport has gained some traction in American culture and drastically changed within the last 20 to 25 years from when Atkinson left England. The introduction of academies and youth leagues, television deals with the MLS, as well as international friendlies helped lead to the change.

“The (talent) pool’s becoming a bit more expansive, and the quality are getting better,” said Atkinson. “The introduction of U.S. soccer for the academies, which is kind of mimicking the youth academy in Europe and Latin American leagues as well, where U16’s and U18’s follow a bit more of a model where it’s a bit more akin to the kind of professional and business development side. Its help just develop the game of soccer itself.”

Dyer agrees that the talent level in American soccer overall is slowly starting to catch up with the rest of the world.

“(Players) are getting further developed at a younger age, but just the size, the strength, the pace and speed of the athletes and of the game itself, as with most sports. Everything is just continuing to progress and advance.”

As Atkinson had mentioned, the introduction of the U16 and U18 national teams by the latest men’s national team coach Jürgen Klinsmann has set the foundation for a possible future where the U.S. can compete on a global scale.

“The talent pool has grown, so there’s more good players out there to choose from, but the trick for us right now is the timing of recruiting has sped up so much,” said Dyer. “So there is more talent out there, but you have to identify it and evaluate it a lot sooner now.”

Americans have also been hesitant to catch onto the soccer culture is because it’s ‘boring to watch on TV,’ or ‘I never see any games unless I go out and search for them.’

“[The Big South Conference is] technically split with regard to football and the rest of the conference sports.”

However, Troy also believes that “the energy of this conference will be men's and women's basketball.” With Longwood’s men’s basketball team making it to the conference semifinals for the first time last year, this focus on basketball could possibly benefit Longwood.

In a conversation with Kyle Kallander, the Commissioner of the Big South Conference, Kallander says that he did not get a formal notification of the departure until an email was sent to him Monday, August 31. This was a day before the press conference, saying Coastal Carolina was leaving, but Kallander says he had been aware of the discussions since April.

A large contribution that Coastal Carolina brought to the conference was their location for the conference basketball tournament in Myrtle Beach, South Carolina, as well as the title sponsor for the conference with VisitMyrtleBeach.com. However, last year might have been the last time.

A conference bylaw states that if a conference member leaves without proper notice, which is less than two years, it makes them ineligible to host a conference championship in that upcoming season. This school year, Coastal Carolina is slated to host five conference championships, leaving the conference to find a new location.

“We will be discussing that with membership over the next couple of weeks and make a decision at that point,” says Kallander.

So who will replace Coastal Carolina in the conference? The Big South has missed out on attempts to pull in schools like USC Upstate, so fans don't know if any institution will come in to replace the void.

The first candidate may be the recently added Kennesaw State Owls. As of 2015, they are just in the conference as a football program.

“We don't feel an urgent need to replace Coastal Carolina,” says Kallander. The conference currently has 10 members, and Kallander is content with that number. He adds, “We are always looking at the possibilities, and we always want to be proactive.”

With all the changes that are happening with NCAA Division I conferences, this causes concern for where the Big South will be in the upcoming years.

“I see us with more membership. I see us providing great athletic and academic opportunities for our student athletes,” says Kallander.
New mens’ tennis coach
First head coaching job at 27, will aim to rebuild the program

BY HALLE PARKER
SPORTS EDITOR
@_HAILEYPARKER

The new school year has begun and with the off-season schedule about to begin, 27-year-old Pierre Tafelski is ready to build men’s tennis from scratch as the team’s new head coach.

Following the exit of Jakob Gustafsson, head coach for the past four seasons, at the end of the 2014 spring season, Longwood men’s tennis team went for an extended period of time without an official coach until the hiring of Marty Perry mid-November of 2015.

Perry resigned after his first season ended, finishing his short Longwood career with a coaching record of 7-15 overall, 0-8 in conference play. Since Perry’s departure, women’s tennis head coach Bruce Myers temporarily helped train the men’s team as he did periodically during Perry’s time when it was necessary.

According to Tafelski, he is here to stay for the full process.

“I definitely plan on staying here for a while,” said Tafelski. “The men’s team has been struggling for the last few years, and as a head coach that’s not something you can change overnight.

It definitely takes quite some time to rebuild a program. So, I definitely see myself here for a couple of years.”

A native of Nantes, France, Tafelski came to America on scholarship, planning to play tennis for Division II Ouachita Baptist University in Arkansas for only a few years.

“I was coming here only for a year or two but ended up just loving the lifestyle here, the culture. I think college tennis is such a great place to start,” said Tafelski. “I think it gave me the opportunity to grow as a person and spending my four years and then I fell in love with tennis and the coaching part of it and decided to stay.”

After two years at Ouachita, he transferred to Mercer University in Georgia and started at the No. 1 singles spot for the Division I program immediately.

Post-graduation, his pursuit of a master’s degree in business and desire to coach tennis took him to Division II Hawaii Pacific University (HPU) as a graduate assistant coach for three years. The 2014 season saw HPU go nearly undefeated (23-1), losing the NCAA Division II Championship match, 5-3.

Despite his youth and lack of head coaching experience, Tafelski believes his time as an assistant coach taught him the responsibilities required of the job. In looking for a head coaching position, he was “ready to take a step forward” in his career, according to Tafelski.

“I’m still really young, but I’ve had three good years of coaching prior to this position, so I’m really familiar with the responsibilities that come with the job and I’m really excited to start as a head coach here,” said Tafelski.

Two weeks into training, his age has yet to become an issue as the team’s head coach, though it’s easy to forget, he was in their shoes less than five years ago.

“I think it’s a matter of setting the authority, making them understand who sets the rules. I really don’t think it’s a problem, they already understood how I view running the program, I’ve been really clear from the first day. It was a just a matter of setting up a standard, and then they understand,” said Tafelski.

With a 13-48 record overall spanning the past three years, Tafelski was “a little nervous” regarding the team’s quality and his first training sessions. However, after beginning, he believes the team has “lots of potential,” he said.

“I was a little nervous. I’ll be honest. I have a very nice group of guys. They are willing to work hard, which is what I value the most--hard work. And individually, there’s definitely room for improvement which I’m definitely looking forward to,” said Tafelski.

Myers, entering his second year with women’s tennis, has already seen the difference Tafelski brings to the team in comparison to last year.

“This is his first time coaching on any level, so I think he’s very excited to build his own program and he kind of gets to start from scratch and do what he needs to do. I can already see the practices are very enthusiastic and energetic,” said Myers.

Myers pointed out how Tafelski’s experience as a “high-level” player will assist in him rebuilding the program quickly.

Tafelski plans to begin the process with confidence and hard work, then bring in a few new faces.

“First is bringing more confidence to the team. I think that will be the number one goal for the fall the next couple of months,” said Tafelski. “They’ve been struggling last year and came in a little doubtful of their skills, so we’ll be putting a lot of hard work in until the start of spring break comes then hopefully bring in new recruits to give them a stronger base at like five and six in the lineup.”

The upcoming Villanova Invitational this weekend from Sep. 11 to 13 will provide the team with their first indication of their status this off-season.