A waterline break was discovered in the Cox Residence Hall early Tuesday morning. The break caused an evacuation of all residents in the dorm, as well as water loss to both Cox and Wheeler Hall.

The break was discovered in a mechanical room of the building. According to Angela Stimpson, the executive director for Facilities Management, dispatch reported the break around 5:30 a.m. on Tuesday.

“All water came into the mechanical rooms and no student rooms were impacted,” said Stimpson.

Electric power had to be shut off before the break could be reached and repaired. Last evening around 5:30 p.m., both electric power and water were restored to Cox. All residents have been allowed access into the residence hall again.

“Cox is back up. Everything is functional except the elevator. We are expecting about a two-day delay on bringing that up due to parts needing to be ordered,” said Stimpson.

Wheeler experienced water loss as well on Tuesday morning and will not be restored until Wednesday roughly around mid-day, according to Stimpson. Residents have not been evacuated from Wheeler.

“Wheeler is still down. Wheeler water will not be back up until tomorrow. We have one guy on route leaving early tomorrow morning to get the part needed to bring Wheeler back up. (He) should be back in town mid-morning (or) late morning depending on traffic, and then we’ll have it back,” said Stimpson.

The exact cause of the waterline break is yet to be determined, and according to Stimpson, the break is isolated.

“Everybody pulled together as a team. Glad to see it back up especially with the snow.”

—continued on page 3
Two couch burnings occurred this weekend after the announcement of Friday’s snow day, one was burned on Friday night in the road of Buffalo Street around 10 p.m. and the other was burned a few hours later, according to Chief Curtis Davis of the Farmville Police Department.

“The officers were able to get up there with a fire extinguisher to make sure that it didn’t catch on fire... and turn into a bad fire. We would have had to call the fire department if that had happened. So, they (police officers) got there first and were able to put it out,” said Davis.

This is not the first occurrence of a couch being burned by Longwood students on the night before or night of a snow day. There was a couch burned on the eve of a snow day last February, another burned in 2012, and another two years before that.

“I don’t think that (a couch burning) should reflect on students. This is more of an individual type of thing. You’ve got so many students at Longwood that had absolutely nothing to do with that. I think it’s wrong to reflect on all of them with that incident. I mean, the town is considerate enough to shut the area down to give them (students) access, so they can have some fun when they’re snowed in, when they don’t have school, to be able to allow them to enjoy themselves...” said Davis. “...there’s always going to be some individuals that are going to do things.”

A perhaps unseen issue with the couch burnings is taking away attention from other matters that the police may have to take care of as well.

“They’re really tied up trying to help folks, help folks get vehicles out, and respond to rescue calls. It’s not typical, it takes four or five people to get to a rescue call now when something like that happens. To divert those resources away from those folks, it’s sad. But I don’t think that was their intent. So, hopefully they’ll recognize that, and hopefully it won’t be something that becomes a tradition.”
The waterline break followed soon after a 10-inch water main line broke outside of Bedford Hall during exam week last semester.

Stimpson said the damage to Bedford was significantly more than damage in Cox. Five contractors including water cleanup and electrical had to be called in for the repair and cleanup process.

The damage took all of the winter break to repair and cost more than $200,000, according to Stimpson.

By the time the break was found around 5:25 a.m., “the loading dock, which is below ground level, was completely full, and the dumpster was floating around inside there,” said Christopher Register, the art department chair. “The water had gotten under the main loading dock door and another door, and then a window into Professor Paulek’s office. It went from the street and filled the entire basement, all the way to Brock Commons, three inches deep.”

Although other floors weren’t affected by water flooding, the ground floor had three inches of water throughout the whole floor. According to Register, the majority of the damage was drywall. Eighteen inches had to be cut from the drywall.

“It was a terrible thing that happened, but if it had to happen, it was the best result...We were afraid all the computer were going to be fried because the power was flickering so much. That wasn’t the case.”

Two computers and an art piece constructed from paper were the only equipment and art damages due to the water.

Wygal Hall, the Communication Studies & Theatre building, and Greenwood Library were affected by power loss from the break.

According to Register, Stubbs Hall also suffered from a water main break a few days later.

The cold weather and general wear and tear were determined to be the causes of the break in Bedford.
The New Year has meant a sign of troubling times for the stock market as a whole. Since December 15 the Dow has fallen over 9.3 percent. This type of drop in such a short period of time does not happen often leaving many investors panicking. The Dow was sitting at almost 18,000 points and now at today's close is at 16,167.23 points.

A nine percent drop may not seem too substantial to the average person but if you had a retirement account with $250,000 in it and lost nine percent, like the Dow, you would have lost $22,500. This amount is more than the yearly salary of someone who works full time at $10 an hour before taxes.

The drop off in the economy has some people panicking and worrying about a crash that may soon come, and many investors are advising to get out of the market completely. The main reason that the U.S. market is struggling right now is due to the fact that the Chinese market has been in a downward spiral itself. When a major economic power like China has signs of trouble, it worries investors across the world also leading to negative signs for U.S. stocks and investments.

One of the worst things about an economic downturn is the almost self-fulfilling prophecy that occurs as well. When people believe that a crash is coming, they tend to sell their shares in order to save the losses but when a large volume of people all within a short period of time decide to sell, the market really takes a hit and this drives down prices even further. So whether a crash will occur or not remains to be seen but one thing is for certain, if we do begin to fall we and the rest of the world will fall hard.

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Financial Column

BY JUSTIN PARKER

The New Year has meant a sign of troubling times for the stock market as a whole. Since December 15 the Dow has fallen over 9.3 percent. This type of drop in such a short period of time does not happen often leaving many investors panicking. The Dow was sitting at almost 18,000 points and now at today’s close is at 16,167.23 points.

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SGA Brief: January 26, 2016

In this week’s Student Government Association (SGA) meeting, many SGA members voiced their concerns in regard to the snowstorm that recently hit a large part of the east coast. Many members felt strongly about campus conditions on Tuesday, discussing how they felt unsafe walking and driving around campus.

Senator Mark Barham brought attention to with how parking on Tuesday morning was not safe for drivers. Senator Maribeth Stotler-Watkins added how some of the sidewalks were not cleared as well, making it hard for students to navigate to class, some even needed to walk in the street.

David Love, Director of Landscaping and Grounds Management, spoke on behalf of Facilities Management, stating how crews were working diligently to make sure conditions were as best as they could possibly be, even during the storm. Love continued on to state how this was not “a typical storm” that included more than 12 inches of snow along with high winds.

Multiple members of SGA inquired about what is taken into consideration when making a decision on whether or not to keep the university open. Love replied, “(the students’) safety is the number one priority”.

Love reiterated that 60 percent of staff and faculty live more than 20 miles away from campus, this is taken into consideration when making a final decision as to whether or not it is safe to keep the university open.

Love urged the SGA to be cautious of rain and freezing temperatures in the upcoming forecast.

SGA President Constance Garner added that if anyone else had any additional issues with campus safety related to the snow, that they could discuss them with SGA executive board after the meeting.

Also in open forum, Senator Tonisha Pitchford introduced the idea for maintenance staff to leave a note on the resident’s room letting them know that they were present and if the issue was in fact fixed when a work order was requested. In some cases, the resident was unaware if maintenance had in fact visited the residence for a reported problem if they were not present when crews were there.

In moving on to the Student Finance Committee report, the SGA approved to allocate $605.00 to Delta Sigma Pi for an upcoming conference. This allocation will serve at least eight students to attend for the duration of two nights.
At midnight in Farmville, most people are sleeping, but some are having trouble. The problem is not the sleeping issue but rather the time. There are some people on Longwood’s campus that are still adjusting to jetlag along with being in a new country.

Longwood University may be a small university. However, it is internationally known. Among the totality of students are those that hail from China, Saudi Arabia, Africa, South America and Europe. They have come to Longwood to attend classes, learn English as part of the English as a Second Language program and broaden their horizons.

Even though there are some difficulties that international students can face when arriving at Longwood, such as feeling homesick, dealing with a new and different culture and missing friends and family, Longwood offers a lot of help through the Office of International Affairs and the Global Leaders program. Global Leaders are students that welcome and help foreign exchange students in the transition into the new culture. They are also mentors of the international students, to guide them along the road during the first couple of weeks at Longwood.

Lizz Stoke, a Global Leader, said that by joining the program and becoming a Global Leader, she made a lot of new friends. “It’s a really good experience for us. I get to learn from different cultures, outside of the United States, so we are not stuck in a ‘cultural bubble.’ I have made a lot of friends from several places of the world: Colombia, India, Japan. Now I can go and visit them. All I have to do is buy a plane ticket.”

Other Longwood students who call these international students friends, roommates and classmates, share similar sentiments. Freshman Connor Perry said, “It’s a great opportunity for them, and it means a great cultural diversity for Longwood.”

Alexis Manuel, a sophomore with a major in Teaching English as a Second Language and a minor in German stated, “Having international students means a great opportunity for other people especially myself being ESL major. It’s very helpful because I learn a whole bunch of languages. I can understand native speakers and how they learn a new language.”

Manuel also added exchange students influence the American culture. “I think it’s a cultural thing that needs to be more accepted because we as Americans are so pinpointed to ourselves that we don’t just think about other cultures. We forget that there are other countries and other people beside ourselves.”

She added that the experience of having international students around means a good opportunity to bring the realization that there are other cultures that are so vastly different.

One might ask what brings these international students to the small institution of Longwood to gain the experience of studying abroad.

For Jack Voss, a student from Plymouth, England, he stated, “I wanted to meet new people, experience a new culture and get a feeling for a small town in America.”

Meanwhile, David Hambling, an incoming student from University of Derby in England added, “I chose Longwood because I did not want to live in a big city. I decided to come to Longwood because it is in the southern part of the United States, too.”

Yes, Longwood may be a small university “in the middle of nowhere Virginia,” but people around the world know about it. Students are coming here to experience what it is really like to be in America. The one thing they ask of us Lancers is to welcome them.

Students of Longwood Series: Jordan Boulton

It’s a quiet afternoon at The Manor Golf Club in Farmville, just four and a half miles from Longwood University. After having finished his classes for the day, freshman Jordan Boulton begins to practice with the Longwood Men’s Golf team. As part of his training, he evaluates the wind in order to choose the perfect club and gets in a positive state of mind before teeing off. Originally from Nottinghamshire, England, Boulton was recruited nine and a half hours away to Virginia. With 15 years of experience, his skills were unquestionably coveted by the golf team. His choice to come to America was sealed with the anticipation of nice weather, better golfing facilities and a good coach.

His motivation for the sport stems from his first coach and the support of his parents. Boulton started playing with golf balls at the age of three and a half and when he had grown enough to swing, he began to spend time at the local range, where he met a professional who coached him. When it comes to the Professional Golfers Association (PGA) stars, Boulton looks to Justin Rose and Lee Westwood for inspiration, but he roots for all of the golfers from the United Kingdom.

When he’s not sinking eagles and birdies at the course, Boulton finds himself at the Fitness Center or hanging out with friends in his room. He enjoys social media and watching TV at Longwood, and back in England, he spends his time seeing his family and walking in the winter in his hometown of Mansfield, which is located in central England.

Boulton believes the best place to be at Longwood is undoubtedly the golf course, and his favorite thing about the school is the people, “they’re just all friendly.”

He is a business major with a concentration in management, which he plans to use in a position of administration somewhere in the field of business, as a backup if a career as a professional golfer does not work out. Maybe one day, Jordan will be a future Longwood alum and PGA golfer.
This past week was Dr. Martin Luther King Week, which featured several events such as the MLK Challenge and the MLK Candlelight Vigil. One of the latest in this series of events is a lecture by Dr. Joy DeGruy, a sociologist and author of the book “Post Traumatic Slave Syndrome.”

This book, as well as her lecture, deals with the issue of generational trauma. DeGruy described the lecture as “a ten hour course condensed into a week.”

Generational trauma, as DeGruy says, is the reason behind many of the issues affecting African Americans, and is “due to 339 years of slavery.”

She states, “America’s pathology is the denial of race and racism.”

To corroborate this, DeGruy told a story of a black mother and a white mother. The black mother notices that the white mother’s son is doing very well, and congratulates her. Yet when the white mother congratulates the black mother on her son’s accomplishments, the latter will often understate his achievements.

DeGruy said that this is “not a normal, natural or healthful thing to do.” She compared this to an African slave mother who is told by her owner that her son is doing well at his work, and she does the same because she does not want her son to be sold. She emphasized this claim by drawing attention to the work around epigenetic inheritance, and related a story of work done on mice that caused them to fear a scent, and that fear was also found in the offspring.

Dr. DeGruy continued with her lecture by covering various examples of racial discrimination that are not known about by most Americans, either due to neglect by the government or little to no coverage in history courses. For example, she noted that the original plans for the Statue of Liberty included chains in her right hand, to represent the struggle of slaves in the United States. Instead, the chains were removed and placed under her feet.

She displayed a photograph of the statue’s feet from the ground.

“That’s me, hanging off the edge,” she said, as she pointed to the edge of a chain link that can barely be seen on top of the structure’s base.

There are various other examples of African American history that Americans readily forget, such as some of the aspects of the slave trade. She noted our willingness to discuss the Holocaust, but not slavery. This led her to talk about easily forgotten parts of the Middle Passage, such as slave castles. These buildings held the slaves temporarily, and housed rooms where women that defied their captors were repeatedly raped in front of their husbands. Men that fought against the slave traders were sent to rooms where they were starved to death.

Other revelations from DeGruy included the ways that slavery has continued to exist many years after emancipation. For example, in 1906 (43 years after Lincoln’s declaration), the Bronx Zoo displayed an African man in the monkey enclosure. Ota Benga was an exhibit intended to showcase humanity’s “earlier stages” and his use by the zoo was defended by an opinion article in the New York Times.

The article stated “We do not quite understand all the emotion which others are expressing in the matter,” and that Africans “are very low in the human scale.”

This happened yet again in 1958, this time with a little girl being fed bananas in her cage. DeGruy also compared a United States propaganda poster from WWII to a 2008 Vogue cover featuring LeBron James. The poster displays a gorilla (representing the Germans) carrying a white woman and a club under the words “DESTROY THIS MAD BRUTE.” She pointed out that James had a similar expression on the cover, remarking that “You can be on our cover, but you have to show the animal you are,” and that the women’s dresses are the same in both pictures.

Following the presentation, Rebecca Leigh, a senior, said she felt “enlightened,” and that “there was so much [she] didn’t know, and now [she] know[s]…I thought I knew and I didn’t.”

The organizer for the event, Courtney Jones-Addison, is the Office of Diversity and Inclusion’s Associate Director. She said that she has heard DeGruy speak many times, but she learns something new every time.

Given the scenario of trying to convince a skeptic, DeGruy admits that she does not have an “elevator pitch” for the ideas she is championing. Instead, she would ask them to look into “the literature around multi-generational trauma, and how traumatic events impact the next generation, and how it gets passed along.”
Theatrical classic set to hit the Waterworks Players stage

BY EMILY HASWELL
A&E EDITOR

“Who’s Afraid of Virginia Woolf?” is one of those stories that touches everyone’s life in one way or another. Whether you read it in a high school class, performed in it or just went to the theatre to watch it, there is no arguing that it is an American classic. With its iconic characters and unforgettable scenes, it’s no wonder that this play has stood the test of time.

Now this show is being taken on by the Waterworks Players, under the direction of Dudley Sauve. Sauve is a seasoned veteran who even has some film acting credits to his name including “Confinement” and “The Kings of Farmville.” Sauve is using his directorial skills to bring this time-honored production to life. Sauve recalls that “Who’s Afraid of Virginia Woolf?” ushered in a new era for the world of playwriting.

“I like realistic drama, and this is the play that really began the realistic movement. I was teaching at the University of Cincinnati when I first read it.” Sauve went on to read the play many more times, including when he was preparing for his time as director. Though it may sound simple, Sauve said that reading and re-reading the play was what helped him the most when it came time to start the process.

“As always I read the play as often as I can. Usually I see it in my head as I'm reading it and then just have to put that into real actions.” Sauve’s vision for the production was very clear in his mind. Now it was his job to make the vision clear to his actors, which proved to be a more difficult task than he anticipated.

“I find communication with my actors sometimes most difficult...especially when what I see in my head is difficult to explain in terms of real motivation, movement and voice. It is a real turn-on when what I imagine is translated into actual action on stage.”

While Sauve was able to use his actors to convey the message that he wanted to send, he isn’t spilling any secrets. He wants to make sure not to pre-suggest anything to the audience but rather he wants them to walk away with their own opinions on the story and inspire a discussion.

If you want to carry on the tradition of exploring this classic tale, “Who’s Afraid of Virginia Woolf?” will be running at the Waterworks Players Theatre on February 12, 19, and 20 at 8 p.m., and February 13 at 2 p.m. For ticketing information go to waterworksplayers.org.

Academy Awards Preview

Top nominations and why #OscarsSoWhite is tending again

Once again this year, the Oscars made headlines for all the wrong reasons. Overshadowing the actual nominees was a deeper issue that addressed the lack of diversity in Hollywood.

When the nominees were announced earlier this month on January 14, the Academy of Motion Picture Arts & Sciences found themselves in hot water for the second year in a row, when movie fans realized that no people of color were nominated in any of the top acting categories which include Best Actor/Actress in a Leading Role and Best Actor/Actress in a Supporting Role.

Last year, Twitter created the hashtag #OscarsSoWhite to express their anger and disappointment with the Academy and to no surprise, it’s trending again this year.

But this year, Hollywood’s biggest stars such as Spike Lee, George Clooney, Idris Elba and Jada Pinkett-Smith (to name a few) have also stepped up and addressed the issue.

Spike Lee, Jada Pinkett-Smith and her husband Will Smith have even taken it to the next level by announcing that they are boycotting the February 18 Oscars ceremony that will take place at the Dolby Theatre in Hollywood.

While all the nominees are deserving of their nominations, the Academy president Cheryl Boone Isaacs, who is black, released this statement regarding the lack of diversity.

“I’d like to acknowledge the wonderful work of this year’s nominees,” she said. “While we celebrate their extraordinary achievements, I am both heartbroken and frustrated about the lack of inclusion. This is a difficult but important conversation, and it’s time for big changes.”

She went on to say, “The Academy is taking dramatic steps to alter the makeup of our membership. In the coming days and weeks, we will conduct a review of our membership recruitment in order to bring about much-needed diversity in our 2016 class and beyond.”

Two standout nominations for people of color were Mexican director Alejandro Iñárritu’s nod for Best Director for “The Revenant” and R&B singer The Weeknd (Abel Tesfaye) who was nominated for best original song for ‘Earned It’ off of the “Fifty Shades of Grey” soundtrack.

The awards show will air on ABC and will be hosted by comedian Chris Rock.

Top Nominations

**Best picture:**
“Spotlight”
“Mad Max: Fury Road”
“The Revenant”
“Trumbo”

**Actor in a leading role:**
Leonardo DiCaprio, “The Revenant”
Bryan Cranston, “Trumbo”

**Actress in a leading role:**
Brie Larson, “Room”
Saoirse Ronan, “Brooklyn”
Rooney Mara, “Carol”

**Actor in a supporting role:**
Sylvester Stallone, “Creed”
Mark Rylance, “Bridge of Spies”
Mark Ruffalo, “Spotlight”

**Actress in a supporting role:**
Anne Hathaway, “Suffragette”
Saoirse Ronan, “Brooklyn”
Alicia Vikander, “The Danish Girl”

**Actor in a leading role:**
Bryan Cranston, “Trumbo”

**Actress in a leading role:**
Brie Larson, “Room”
Saoirse Ronan, “Brooklyn”
Rooney Mara, “Carol”

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Sylvester Stallone, “Creed”
Mark Rylance, “Bridge of Spies”
Mark Ruffalo, “Spotlight”

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Anne Hathaway, “Suffragette”
Saoirse Ronan, “Brooklyn”
Alicia Vikander, “The Danish Girl”

**Best director:**
Alejandro Iñárritu, “The Revenant”
George Miller, “Mad Max: Fury Road”
Lenny Abrahamson, “Room”

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Alejandro Iñárritu, “The Revenant”
George Miller, “Mad Max: Fury Road”
Lenny Abrahamson, “Room”
Netflix and Chilly

TV shows to binge watch when it's cold

BY NATALIE JOSEPH
ASSISTANT A&E EDITOR

“New Girl” – “It’s Jess!” will be stuck in your head all day after watching this show. Refreshing and absolutely fun and quirky, this is one that you can Netflix and chill to all day long.

“Jane the Virgin” – A pregnant virgin? Yep! “Jane the Virgin” is a show all about a pregnant virgin who is accidentally artificially inseminated with her boss’ sperm and how she navigates through life as well, “Jane the Virgin.” This hilarious comedy about love, family and crime (yes, crime) will for sure become one of your favorites.

“Parks and Recreation” - This hilarious series is kind of like “The Office,” but a feminist version. Starring the always funny, Amy Poehler, along with a cast of other famous funny people such as Rashida Jones, Rob Lowe, Nick Offerman, Adam Scott, Chris Pratt and Aziz Ansari. The episodes take you through the life of Leslie Knope, a mid-level supervisor at the Pawnee Parks and Recreation Department in Pawnee, Indiana. The show takes you through her and her colleagues’ trials and tribulations in and out of the office.

“Master of None” – Aziz Ansari is back with a brand new Netflix Original show called “Master of None” where Ansari plays Dev Shah, a young, single, America-Indian man living in New York City trying to master life (hence the show’s title). The show is not only funny but also charming and relatable. It is about self-reflection and personal growth, and the brilliant writing and “movie-like” shots of the series make it a unique new show that hits on mainstream topics that many other television shows are not addressing.

“Once Upon A Time” – If you love fairytales, you will love “Once Upon A Time.” The show tells the stories of your favorite storybook characters that got trapped in modern world because of a curse. The twist? They have all forgotten who they are, and only one person can break their spell. Who? You must watch and learn.

“Californication” – “Californication” is sexy, provocative and obscene, while also being heartwarming and realistic. This show takes you through the booze, sex, drugs and family-loving story of fallen writer and single dad, Hank Moody. It takes you through the love story that Hank has with his ex-girlfriend/baby mama, as well as how his playboy/Los Angeles ways affect his writing, his love life and his relationship with his daughter.

“30 for 30” Series – For all of you sports fans out there, Netflix provides the entire “ESPN 30 for 30” series. Every “30 for 30” is different, but each tells the story of something important and influential in sports history or sports culture. Some can be funny, some can be sad, but all are extremely inspiring and enlightening, especially for sports lovers out there.
How to spend a wintery day

Staying warm

BY CASSIE TAGERT
ASSISTANT COPY EDITOR

The first snow day of the year hit Longwood with full force last weekend. Students huddled up inside their rooms as over nine inches of snow blanketed Farmville, according to the Farmville Herald. The university was closed on Friday, and many establishments were closed Friday and Saturday as well, leaving many students to their own devices as to figure out what to do.

Snow days are the perfect opportunity to catch up on sleep. After long hours of studying and partying with friends, a university closing is your chance to finally sleep in. Just turn off your alarms, close the blinds to keep out the bright white and stay warm in your bed.

If you’re the type of person who doesn’t want to brave the cold and frost for entertainment, then spending quality time with friends is a good way to defrost.

Aside from movies, take some time to listen to that new Panic! At the Disco album or familiarize yourself with current events. Other than tracking weather patterns, keeping up with the rest of the world during snow days will help pass the time away.

Snow days are also a good chance to read that book that’s been impossible to glance at due to all the academic readings that are assigned by professors. Just push that textbook aside, curl up in a blanket with some hot cocoa and give that book a read. I’m sure your professors won’t mind if you take some time to reacquaint yourself with the adventures of Harry Potter.

Remember that guitar you bought last semester and never had time to pick up? Days off from school are the best time to pick it back up again. Pick up an instrument or collect some new stamps. If you don’t already have a hobby, find a new one, and if you do, now’s the time to exercise it.

In the event of future snow days, consider these options as ways to pass the time. Take some time off from studying and relax. Take up a new hobby, binge watch your new favorite show and remember to stay warm.

Embracing the cool

BY AUSTIN BERRY
LAYOUT EDITOR

Snowmageddon is upon us everyone! Snowstorm Juan or whomever he was (I put a lot of research into my writing, if you can’t tell) has wreaked havoc on the East Coast. Farmville got a light dusting compared to more northern states, such as New York, which had to shut down its roads entirely.

I realize that our past week of snow storms has come to a close by the time of this writing, as the University opened again on Tuesday despite the fact the many cars are still encased in their icy tombs. However, with the craziness of our bipolar (hahaha polar) Virginia weather, another snow storm is as inevitable as a red ketchup stain on a white tuxedo shirt. The big question here is, how will you spend the multiple days off that are to come? Study, perhaps (yeah, right)? Or possibly escape your dark cave of Netflix and snack crumbs and go enjoy the beautiful winter wonderland? In case you need some ideas on how to do so, I happen to be an expert on going off in any situation, snow days included.

A long held snow day tradition is the construction of snowmen on campus, as many appear every year after a snow shower. Building snowmen is a great way to spend a snow day with friends, however you don’t need them for this! The best part of this snow day activity is that you can, quite literally, make your own friends. That’s right folks, you can create your own chilly snow people to keep you company until we immediately get 70 degree weather because, that’s Virginia. While the frosty elements persist, your snow friends can watch you make snow angels, go sledding or be willing victims for your snowball target practice.

Alas, the winter weather is not all fun and frolic as there are some tasks that have to be taken care of. The time honored traditions of shoveling snow and freeing cars from their icy tombs are duties that are a part of the required drudgery. Just because these are not the go-to snow day games, it does not mean that you can’t make the most of these activities, as well. Shoveling snow is essentially just preparing supplies for snow forts! And extricating your car from its stuck spot is probably the only opportunity where “floor it and hope for the best” isn’t bad advice.

Have fun and be safe in the arctic beauty. You can vegetate in your bed and watch Netflix anytime, but a snow day should be enjoyed outside!
Not even a drop

Pros and cons of a ‘dry season’ for all Longwood student-athletes

BY HALLE PARKER
SPORTS EDITOR
@_HALLEPARKER

As a student-athlete, there are a lot of rules you have to follow. NCAA regulations, athletic department codes of conduct and those made at the coach’s discretion. They are meant to force student-athletes to stay out of trouble.

Within universities, students hold parties with alcohol and other temptations, creating a breeding ground for irresponsible and potentially illegal behavior.

For the average student, while this behavior can still be detrimental to their academic performance or relationships with others, they are allowed a certain level of privacy.

Student-athletes are not guaranteed the luxury of privacy.

They are the faces of the university that other colleges see and represent Longwood University at all times. They are part of the brand. While all teams wear the logo, some receive more external attention than others.

Along with my position as the sports editor of The Rotunda, I am a member of the Longwood women’s soccer team. This makes me a student-athlete associated with this brand and the opinions that come with it.

In light of recent negative press involving student-athletes and substance abuse, I had a casual conversation with Longwood’s Director of Athletics Troy Austin, a former Duke football player, about his general opinion of ‘dry seasons.’ We mulled over the benefits and negatives of ‘dry seasons’ on student-athletes for a while, just sitting in his office.

A ‘dry season’ is a team-regulated policy that removes alcohol from student-athletes’ lives while in-season. Considering other drugs, like marijuana, are always illegal in Virginia, it is assumed that will not be used in or out of season nor is underage drinking ever permissible.

Austin said he never drank as a student-athlete in college and waited until he was 21, but this was a personal choice. The Duke University football team didn’t have a ‘dry season’ policy or any kind of rules preventing them from drinking the night before a game if they chose to.

“I’m going to be honest with you, some of the guys who drank the night before still played better than me,” Austin recalled with a chuckle.

Currently, Longwood athletics does not have a blanket ‘dry season’ across all teams. However, the department does set a rule in the 2015-2016 Student-Athlete Handbook stating “student-athletes may not consume alcohol 48 hours prior to competition” and leaves room for more team rules on alcohol to be determined by the head coach.

This policy aligns with the American College of Sports Medicine’s recommendation to athletes to “avoid alcohol beyond low-amount social drinking for 48 hours” pre-competition.

While the 48-hour rule does stand, there are not any set consequences listed in the 2015-2016 Student-Athlete Handbook for violating the rule. There are consequences for alcohol-related offenses committed by student-athletes when reported to his/her head coach but not for simply breaking the 48-hour rule.

Therefore, a major question is, who enforces this rule? What motivation do student-athletes have to follow a rule that may not be emphasized to them?

Austin noted all department rules are given at a meeting at the beginning of each school year, and the department athletics handbook is accessible on the website. But is that enough?

It is uncertain what the in-season policies of Longwood teams are, as Longwood athletics declined to share “team-specific policies.”

“Coaches have the discretion to impose rules on their student-athletes beyond those I just mentioned (the drug and alcohol policies of the university and athletics), but we consider those team policies internal to their respective programs,” said Chris Cook, the assistant vice president of athletics communication, in an emailed statement.

The women’s soccer team follows a strict 24/48-hour rule in season; this means that 24 hours before a team practice, there is no drinking allowed, and 48 hours before competition, no drinking is allowed.

This rule effectively creates a dry season, very limited times for team members to act foolishly under the influence. The team holds each other accountable, removes parties, where other influences lie, from the equation, and focuses on the sport.

The team finished fifth, upper half, in the conference this past season, with a record over .500 in conference and overall.

Maybe a dry season isn’t for everyone.

Austin made the point that sometimes “micromanaging can be counterproductive,” and I agree. With some athletes, going a full season without a drop of alcohol might lead to dangerous binging after the final game.

At the same time, according to the NCAA’s 2013 study of substance use amongst student-athletes, available online, 61 percent of student-athletes reported “imposing team penalties would be fair and appropriate” in terms of drug use. The NCAA estimated that 65 percent of NCAA schools participated in its quadrennial survey, including all divisions.

After our conversation last week, Austin noted ‘dry season’ as a topic to bring up during the next department meeting, saying it was “certainly something we can look into.”

No one wants to leave a legacy of ending the fun, but this could allow Longwood athletics to advance their reputation through a small measure that could not only improve their image, but also their performance.

Editor’s Note: Halle Parker is the sports editor of The Rotunda, a sophomore member of the Longwood women’s soccer team and the president of the Student-Athlete Advisory Committee. This editorial reflects her opinion, not that of The Rotunda.
Eagles beat Lancers

At the first media timeout of the second half, Longwood trailed 17 points to Winthrop and struggled to finish their shots, sinking 9-of-29 (.310) from the field.

Red shirt senior center/forward Lotanna Nwogbo, normally a key player on the court, was held back due to his three fouls in the first half causing him to be subbed early. This impacted Longwood’s offense and defense as he is normally a large contributor.

“I thought a major key to the game was when Lotanna went out early. It really redirected some things,” said Gee on the Longwood athletics official website.

Longwood’s sophomore guard Kanayo Obi-Rapu Jr. sank over half his threes (.571) in an effort to decrease Winthrop’s lead. Obi-Rapu ended with a game-high of 20 points – his third 20-point game of the season, but first one since coming back from being injured.

“We need him to do that, and we need him to do that consistently,” said Gee on the Longwood athletics official website.

Obi-Rapu’s efforts fell flat as the final buzzer sounded and the Eagles won by a 14-point margin.

The Lancers play again on Wednesday, Jan. 26 at home in Willett Hall against Radford at 7 p.m.

The Longwood women’s basketball team (6-14, 3-8) was able to ride Daeisha Brown’s 19 points to snap a five-game losing skid with a 67-60 win over the Winthrop Eagles (3-16, 2-8) Tuesday night at Willett Hall.

“Daeisha Brown, regardless of how many points she scores, every game she’s always good for a little six or eight point burst,” said Longwood women’s basketball head coach Bill Reinson. “She hit three or four straight buckets, made the difference in the game and gave us the lead.”

Of the 19 points, 14 came in the second half when the Lancers needed them most in what was a back and forth contest throughout.

“I love when they play man-to-man or full court man-to-man because it gives me an opportunity to use my speed to go right past them instead of when they play zone,” said Brown. “I’m not really a big fan of it because I’m not really a shooter.”

Erica Williams, the leading scorer in the Big South Conference, led all scorers with 20 and had two teammates in double figures as well, but it wasn’t enough in the end.

“What we wanted to do is, we wanted to trap her off of ball screens, which we didn’t do early, unfortunately, and then trap her in the post,” said Reinson. “When we did trap her in the post, she looked to pass out of it, so that was pretty effective for us. But what she does do is she splits the defense and attacks the basket.”

Reinson added, “She’s so big and strong that there’s not much you can do when she gets going. We didn’t do a good job at stepping in and taking charges.”

Coming into the game, Brown only needed 38 to reach 1,000 in her career. With her strong second half she now only sits 19 away from reaching the milestone.

“IT feels great,” said Brown. “It feels like it took so long especially since I didn’t play last year because of my torn ACL.”

Brown added, “When I came back, I knew I was coming back with a purpose. It really motivates me every day.”

The Lancers earned their first season sweep over the Winthrop Eagles since joining the Big South. Longwood will take on the Presbyterian Blue Hose (11-8, 7-3) on Feb. 1 in Clinton, South Carolina. Presbyterian currently sits in a three-way tie for first in the Big South standings.
Healthy and hungry

Women’s basketball look to improve as number of able players grows

With the first 10 conference games passed, Longwood was 2-8 in the Big South and ranked last prior to their 26 point win against the Winthrop on Tuesday, Jan. 26.

Although, Longwood has outrebounded the 2012-13 Lancers, their scoring misses the mark. The team averaged 63 points per game, six more than the team's current average, which includes their 100-point victory against North Carolina-Wesleyan earlier this season.

When asked if today's team had the potential to make a postseason campaign like that in 2013, Reinson placed the responsibility on the backs of his seniors.

“I think Raven Williams, I think Kyndal Skersick, I think Deborah Headen, I think they all need to step up their game because back in that year, it was our seniors that carried us. You know, it was Chelsea Coward, Erin Neal, Mieke Elkington. They just willed themselves to win, and that's the mentality that this group needs to have,” said Reinson.

Former Longwood guards Chelsea Coward and Erin Neal led that team by averaging over 14 points per game and being a constant presence on the court by earning over 30 minutes a game.

Brown was also a key factor in the success of 2013 as a freshman. The 5-foot-3 point guard on the court by earning over 30 minutes a game.

Brown is the team’s leading scorers, senior guard Kyndal Skersick and Brown, agreed that while the program was better than last year, they were not where they wanted to be.

"Bad," said Brown candidly.

Both of the team’s leading scorers, senior guard Kyndal Skersick and Brown, agreed that after the injuries, the team has narrowed the gap between them and their opponents in a major area they struggled with in the past - rebounds.

With the help of junior college transfer forward Eboni Gilliam and freshman forward and starter Kemari Jones, the Lancers have tightened the rebounding margin to around nine versus averaging 14 last year.

Gilliam and Jones currently lead Longwood in rebounds. Gilliam, who has played every game, averages 6.4 boards per game, while Jones follows at 4.8 and missed four games due to injury.

“Last year, we used to get outrebounded by 20, 25 rebounds a game, and this year it hasn’t happened,” said Reinson.

Three years ago, the 2012-13 women’s basketball team made it to the Big South tournament finals after going 2-8 in the last 10 games of regular season conference play and finished with a losing 8-10 Big South record, not counting postseason results.

Now, the record is flipped.

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