# COLLEGIATETIME

An independent, student-run newspaper serving the Virginia Tech community since 1903

# March resists inauguration

The Inaugurate Resistance group began demonstrations Friday morning to voice concerns with the new president.

**ASHLEY WILLS AND CLARE** RIGNEY

news reporter and environmentalism

As people across the U.S. came together to protest the inauguration of President Donald Trump, Blacksburg put a local spin on a national conversation.

"A march is a demonstration ... it's also to show that we're here and that there are a bunch of us," said David Breslau, one of the organizers for the Inaugurate Resistance and associate professor and chair of the Department of Science and Technology in Society.

Despite the rainy weather, nearly 75 people came to The Lyric Theatre was in solidarity with other protests around the nation, Brandy Faulkner, visiting assistant professor at Virginia Blacksburg community.

"We wanted to be sure that we put



**AHMED MUSTAFA / COLLEGIATE TIMES** 

Protesters block traffic as they march down Main Street. Their sign reads "Build a United Front against Trump," Jan. 20, 2017.

segments of our community," Faulkner said.

Tech and event organizer, said that Theatre in downtown Blacksburg concerned about what the Trump the day's events were designed for the because of its distinct location administration is going to do," Breslau connecting the university to the town.

"The goal was to do something to put that (anger) into something

at 10 a.m. to kick off the Inaugurate together a comprehensive program to get ... the conversation started constructive." Resistance event. While the event that could draw from many different and the movement started here to bring together all of the different are not involved in minority commugroups of people who feel like they're Organizers chose The Lyric threatened, they're scared, they're said. "You want people to have a way

nities are concerned and even angry.

When choosing people to host panels, organizers kept this frustration in mind and invited people who could form academic arguments around the issues, as well as people who had

started grassroots movements that Breslau said that some people who took a stance against either Trump or some of his statements and policies, making them community issues as well as national ones.

Panels addressed climate and environmental justice, communities under

see TRUMP / page 5

### Perriello challenges lieutenant governor for democratic seat

Tom Perriello, former Virginia congressman and gubernatorial candidate, works to earn the votes of Blacksburg citizens by introducing his belief in "pragmatic populism."

**RICHARD CHUMNEY** news reporter

Former Virginia Congressman Tom Perriello brought his gubernatorial campaign to Blacksburg on Wednesday, nearly two weeks after announcing his surprising decision to the state's Democratic primary.

Perriello, 42, met with constituents employment. at Lefty's Main Street Grille, a casual restaurant familiar to Blacksburg of the great transformations, but earned him an endorsement by the residents. The monthly gathering of honestly also a threat to the kind of Montgomery County Democrats, job rich growth that we want to see known as "Lefties at Lefty's," is often in our community," Perriello said. a time to socialize, but on Jan. 18 the "We all love computers, we all rely on Perriello will have to spurn much of stakes were higher.

### The Populist

Times, Perriello, a graduate of Yale Law School, said he hoped to convince working Virginians of his a little bit more aware of issues like ability to reach solutions, an approach that as well as issues like college he calls pragmatic populism.

"I'm a populist in the sense that I think the people are often smarter about what's going on than the leadership in Washington," Perriello said. "I'm a populist in the sense that I think we need to understand that growth really comes from the purchasing power of the working middle class out, it doesn't trickle down from the top. I'm a pragmatist in that I'm not out here to be a bomb thrower, I'm out here to solve problems."

Before joining Congress, Perriello worked as a human rights lawyer and as a non-profit executive.

Perriello was elected to the House of Representatives in 2008 Obama in the White House and gave Democrats resounding majorities in both houses of Congress. Just Republican Robert Hurt who himself rode a wave of Tea Party support.

During his time in Congress, Perriello was a key Obama ally, sure we remain an inclusive Virginia." helping to pass the stimulus program and the Affordable Care Act. Perriello said he found support among those after announcing his entry into the eager for rationality.

community to go on a rant, it helps a abortion. community to figure out how to bring people together; workers, business actually address issues of social the results."

After leaving Congress, Perriello joined the Obama Administration as a diplomat, leading a review of the State Department's diplomatic efforts and later as an envoy to the Great Lakes Region of Africa where he helped to strike a historic peace deal.

Back in the U.S., Perriello believes challenge Lt. Gov. Ralph Northam in the rise of an automation economy could jeopardize the future of

them, and they've changed our lives in lots of wonderful ways, but they In an interview with the Collegiate are also challenging many traditional employment opportunities. And as a younger person I think I am probably

> I'm a populist in the sense that I think the people are often smarter about what's going on than the leadership in Washington."

Tom Perriello former Virginia congressman

According to campaign officials, from Virginia's 5th Congressional Perriello is currently in the midst of district, riding a wave that put Barack a statewide tour, hoping to spread his political visibility and populist message beyond his former district.

"It's just been a flood of energy two years later he was defeated by from across the state and online," Perriello said. "I think our campaign has really become one of the outlets for people who want to try to make

The early campaign, however, has not been without its setbacks. Shortly race, Perriello faced backlash over "It doesn't help a poor person in my his Congressional record regarding

On Jan. 6, Perriello apologized on Facebook for voting in favor of leaders, diverse communities to the Stupak-Pitts Amendment, an Affordable Care Act proposal that mobility and opportunity," Perriello would have barred insurers from said. "Ultimately what I care about is using government funds for abortion procedures. The amendment was

seen as an expansion of the Hyde Amendment which famously blocks federal funds to pay for abortion.

Ultimately, the amendment never made its way into the final version of the Affordable Care Act. Perriello ended his apology by promising to uphold a woman's right to choose and to oppose a 20-week abortion ban.

Perriello has faced similar skepticism over his pro-gun stance. His "Automation has become one opposition to an assault weapons ban National Rifle Association in 2010.

### The Primary

In his path to the nomination, the Virginia Democratic leadership, including Gov. Terry McAuliffe, who reportedly chose Northam as his successor. Sen. Mark Warner and Tim Kaine have already endorsed Northam, as well as dozens of Democratic state legislatures.

Perriello praised McAuliffe's "laser-like focus on job creation" saying his term as governor was a success.

Many in Virginia believed Northam would not face opposition, especially after state Attorney General Mark Herring declared he would not seek the governorship.

Perriello said that he agrees with Northam on more than with what he disagrees.

"There's a lot more unity among Democrats than there has been in the past," Perriello said. "For those of us who (were) more progressive before, there was a real split in the party. But I think you've seen most of the leadership and base come together and understand issues of radical inequality are a problem, the importance of criminal justice reform, issues that may not have been at the forefront before but are now."

Some political observers have described the Northam-Perriello race as a sort of proxy between competing wings of the Democratic Party. Northam, through McAuliffe, is seen as aligned with Clinton while Perriello is thought to reflect the Obama coalition. Neither Clinton nor Obama have spoken publicly about the primary.

The June 13 primary will be the Virginia Democratic party's first gubernatorial contest since 2009.

The President

Perriello said that as governor, he

see **ELECTION** / page 5

### Top safety recruit commits to Hokies

Ranked the No. 2 safety in the country by 247 Sports, Devon Hunter announced his commitment to Virginia Tech football on Friday evening.

**JORDAN HUTCHINSON** football beat reporter

Tech landed the one it had been hoping for. On Friday night, four-star safety Devon Hunter committed to play football at Virginia Tech. Hunter is a 6-foot-1 safety from Indian River High School in Chesapeake, Virginia.

Jan. 20, 2017, was a date that had been marked on every Hokie safety will most likely become fan's calendar for several months now. No, not because of the faithful. Hunter will surely help Presidential Inauguration, but the already strong Tech defense. because Hunter said he would choose from his collegiate shortlist during his high school's basketball game.

The former high-school standout was the most anticipated recruit of the "Statement '17" class. "Statement '17" was the motto used by Virginia Tech for the entire class of recruits coming to Tech in 2017.

The highly touted recruit had narrowed his list to Tech, Alabama, Florida, Ole Miss, Auburn and UNC.

The decision was so anticipated that it caught the eye of NFL stars Kam Chancellor and DeAngelo Hall. Chancellor tweeted his support for Hunter on Thursday, "Looking forward to seeing where @devonhunter11 will decide to spend his next chapter of life!!!! #BigDayTomorrow." Redskins

defensive-back DeAngelo Hall responded to Chancellor saying, "You and I know where he belongs!!!!!!!" These two Tech alums most likely played a big part in the recruitment of Hunter.

Chancellor actually showed up to Indian River High School to support Hunter during his announcement.

In the coming years, the star a household name for all Hokie-Head coach Fuente can be proud of the work he did to land Hunter in an already impressive 2017 recruiting class.



**COURTESY OF DEVON HUNTER'S** 

### Women's basketball blown out by FSU

The 17th-ranked Hokies lost their first game at home, and their second consecutive game against No. 7 FSU.

JORDAN HUTCHINSON sports staff writer

The Virginia Tech Hokies fell to the Florida State Seminoles 82-54 in what was their second consecutive loss and their first loss at home this year. It simply was not the Hokies' day, as Tech couldn't buy a basket, shooting a measly 38 percent from the floor. The Hokies moved to 16-3

on the year and 3-3 in conference

"It was very tough for us. I was disappointed in the way that we competed," said head coach Kenny Brooks. "Today they were the better basketball team, but I was just disappointed in the way that we competed."  $Brooks\,emphasized\,the\,need\,to$ 

see **BLOWOUT** / page 3



**HOKIE INVITATIONAL** See how the Hokies track and field team stacked up against elite competition.



**MOVIES TO WATCH BEFORE THE OSCARS** Check out the movies with the most buzz from 2016.

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MCT CAMPUS

### column

### Conservative women should embrace feminism

or much of my life, I have without serious doubt considered myself to be a conservative. This holds true today, despite the rally cries of some members of the Republican Party, despite the accusations that conservatives face from the left, which demand that my belief in women's rights cannot coincide with a belief in conservative government.

For many women, I feel that the final straw in this past election cycle came with the 2005 video of Donald Trump and Billy Bush. I was not thrown off by the language as he spoke about women. I've unfortunately become comfortable with the lewd comments men make when they see a woman in low-cut top or a short skirt. It wasn't the way he talked about their appearance; it was the way he talked about touching them without any indication of consent or even any warning.

Needless to say, maybe the leaders of the Republican Party don't understand women very well. As a woman, I'd like to think I do, and if more conservative women engaged in these issues and discussed them, perhaps we could bridge the disconnect between gender equality and what the Republican establishment so often flouts.

Let me begin by stating that women's rights are not, contrary to the popular belief of a great number of Americans, all about abortion. Quite frankly, I don't think any woman wants to campaign for the right to end a human life, regardless of one's opinions about when a fetus or unborn child should be considered living, and it's sad that such a personal and difficult decision has become such a public political spectacle.

It's about the issue that is behind that, and that is a woman's right to control her own body. A common analogy I have come across is the fact that if my brother or sister was dying after a car accident and desperately needed my blood in order to survive, no one could force me to help because I have a right to bodily autonomy. The risk involved in a blood transfusion is monumentally smaller than that of carrying a child to term, but still no one could force me to give up part of my body, not even if it

would save a life. Further, we cannot simultaneously tell women when they have to give birth and then not offer them any support in that matter. Pregnancy may in many cases be less a result of irresponsibility than it is so often claimed, as 61.7 percent of women who are sexually active in the United States reported using contraception in 2013, and that remaining 38.3 percent of women were either sterilized, not sexually active at the time or seeking pregnancy, and thus not in need of contraception. Unplanned pregnancies happen all the time to people who took virtually every step to prevent them, and many pro-life arguments fail to acknowledge this or discuss it.

Instead of trying to convince women that their bodies are not as important as the bodies of their unborn children, perhaps there are better options. For example, when Jeb Bush ran in the primaries, he spoke about building a "culture of life" in Florida when he was asked about his stance on abortion. As a conservative, I do not think that a limited government can impose morality on its people, particularly in the case that it infringes on a person's right to control what happens to her body. There are other ways that Republicans can try to lower the amount of women who decide to terminate their pregnancies, but we spend so much time arguing about the merits of this procedure that no one comes any closer to being understood or to changing anything.

If more women were financially supported throughout their pregnancies, if more women felt that a child they birthed would be cared for and not just a number in the system, then maybe fewer women would feel the need to have abortions. There are ways to try and protect the unborn, if that is what you believe in; you can build a culture of life. But that is the absolute best that you can ask for as a person who is not in that position. You cannot decide for them, and as a complete stranger, it is not your right to try.

Again, this is not what gender equality

or women's rights is all about. In fact, other than equal pay and reproductive rights, much of what feminists are campaigning for is more about society and the way that we treat people than it is about our government.

Has our political environment become so polarized that we cannot even believe in basic human equality if that means agreeing with something in the other party's platform? And further, why should gender equality (and by extension, racial equality and LGBT rights) be an issue that is owned by a single political party?

Both parties are guilty of categorizing themselves in this way, and unfortunately when the Democratic Party claims to be the party that is pro-gender equality or racial equality, it automatically marks the Republican Party as the party that is against gender-equality and racial equality. This self-created divide is not only unfair to the members of these marginalized groups and to women, but it lessens the likelihood that we will be able to move forward with progress on these issues, whether that be in the form of government intervention or simply changing the way we interact with

The Republican establishment speaks on women's rights and feminism as if their ideas are outlandish, invasive and unnecessary. To this end, I will agree with Republicans. As a woman in the United States, I feel in many ways equal to my male counterparts. I don't feel the crushing weight of the patriarchy in my everyday life. I don't feel terribly oppressed because of my gender. I realize that there are women across the globe whose gender is a very real threat to their safety and their personal liberty. All of this, however, does not mean that I and other women cannot ask for our struggles to be heard and addressed, however much they may pale in comparison to the past or even to the experiences of un-American women.

It is my understanding that feminists are fighting for my right to walk down the street and not feel nervous or fearful, even in broad daylight, even if I'm wearing jeans and a t-shirt, because I am a young woman.

They are fighting for my right to walk down a city street without being harassed or catcalled, regardless of what I choose to wear in public. They are fighting for my right to be able to separate my physical appearance from my worth as a person.

They are fighting for my right to have both a family and a career, which is so often a given for men, but something many women feel will be more difficult for them. They are fighting for my right to not have people cast away my concerns by marking them as hormonal just because I am a woman. They are fighting for my right to feel that law enforcement will be on my side if I am ever a victim of sexual assault or rape

and to not be fearful of coming forward. Feminism is not full of unordinary demands, it is women fighting for ordinary women to feel as safe, able and confident as a man can be in our society. Of course some feminists do harbor more extreme views, but why should disagreeing with those people serve to invalidate the entire movement?

Republican or conservative women should reject the idea that feminism is a dirty word or a movement that has no sliding scale of extremism, as every political movement tends to. You are of no obligation to follow every tenant of feminism ideology or to support ideas that you don't agree with. You also have no obligation to discard a movement that relates to you and could be of benefit to you just because Republican pundits tell you it's garbage and Democrats make you feel that you can't be a part of it.

If more women on either side of the aisle would be open to discussing their struggles, their concerns and what they want to see change, then we could finally move forward as women, not as Republicans or Democrats, to correct these issues and create a better future for the next generation of young women.

### **CARSON BARTLETT**

· opinions editor senior/political science

#### column

### Costs should be covered for uninjured April 16 survivors

Only physically injured survivors and the families of those lost on April 16 will be compensated by the university to attend this year's reunion.

is unfortunate that an educational institution that has been ranked No. 1 for "Quality of Life," holds a student body with over-theroof school pride and unites people of all colors, genders and backgrounds, is where many associate with being the place where the deadliest university campus shooting in American history occurred.

We must never forget the tragedies of April 16, 2007. Not only did we lose 27 students and five faculty members after a Virginia Tech senior suddenly attacked people in West Ambler Johnston and Norris Hall, but we also lost the ideas, aspirations, spirit, curiosity, service and love that each life lost had to offer. Along with them went the friendships they formed with fellow classmates, neighbors, teachers, coaches and many others in

our close-knit Hokie family. It was not until after the incident that many school officials realized the gunman suffered from a severe mental illness that had long gone uncared for. The only reason he could legally purchase guns was because he was not institutionalized, but was instead given general treatment for his condition

Had his illness been dealt with more appropriately, April 16 could have quite possibly been another ordinary day in Blacksburg. While the state of Virginia has provided a settlement to the families of those who were lost or physically injured during the attack, what we can learn from this incident is that equal

attention must be given to our students who were harmed psychologically.

Virginia Tech's Office of Family Relations will take care of hotel and lodging expenses for a 10-year reunion that will be held for the 4/16 survivors in April. However, there is a caveat: this funding will only be provided for physically injured victims. Those who are physically unharmed will not receive financial support from the school to attend a reunion that offers reverence to their own friends, family members, classmates and teachers, despite being present in the classrooms that were attacked.

Those who suffer from a mental illness or know someone who does realize that the psychological burden of such a condition is not one that is temporary, but rather ongoing. While there are patients who either receive treatment or attend therapy and eventually recover, the chances of experiencing an onset of the same condition in the future remain high.

The Sidran Institute for Traumatic Stress Education and Advocacy explains that psychological effects of a trauma are most intense if the incident was human-caused and unpredictable, referred to by trauma specialists as a mass violence trauma, and that most clients who receive mental health services are survivors of trauma. The institute states that the primary problem that a trauma survivor endures is being triggered back to the incident at any point throughout life, causing him or her to experience the

scenes and emotions of the episode once again.

It is also imperative to understand that responses to traumatic situations differ from person to person. According to the National Center for PTSD, while some survivors go through on-and-off stages of common post-disaster emotions (guilt, anger, grief, etc.), others will experience more drastic symptoms (anxiety, depression, PTSD, psychosis, substance abuse) that continue for prolonged periods of time.

We cannot categorize all trauma survivors as one and predict the outcome of their behavioral symptoms much like we cannot always predict the outcome of medical treatments for those physically injured.

Time and time again, Virginia Tech has faced criticism by families and government officials in its handling of the events of April 16. Let's revert their perception on our stance in this matter and advocate for housing compensation for those who were psychologically and emotionally impacted that day.

In a community that follows the motto of Ut Prosim (That I May Serve), that strives to put others before ourselves, we cannot suddenly let go of the hands of our friends and families. Instead, we must continue to respect and support them throughout their recovery in a fair manner and honor the legacy that their loved ones will always hold at Virginia

### NISTHA DUBE

- · regular columnist
- · freshman/psychology



### **COLLEGIATETIMES**

#### Editor-in-Chief: Andrea Pappas (editor@collegiatetimes.com) Managing Editors: Lewis Millholland and Zack Wajsgras

Design Editor: Jina Ro Assistant Design Editors: Alison Robertson and Olivia Semones Copy Editors: Jessica Brady and Meg Connors News Editors: Aly De Angelus and Izzy Rossi

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Assistant Photo Editor: Cat Piper

(business@collegemedia.com)

Social Media Editors: Melissa Fairfax and Lisa Kucharczk

Have a news tip? newstips@collegiatetimes.com

**BUSINESS STAFF** ...... 540-231-9860 Business Manager: Breanna Anderson

**COLLEGE MEDIA SOLUTIONS** ...... 540-231-9860

solutions.collegemedia.com advertising@collegemedia.com

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**ZOE SCOPA / COLLEGIATE TIMES** 

Senior Alexander Merritt races the men's 400-meter dash, Jan. 21, 2017.

### Hokies stand out among national talent in invitational

Virginia Tech earned top spots in multiple events this weekend alongside 12 other schools, proving that Tech will be a competitor this year.

**DAVIS CARBAUGH** sports staff writer

This past weekend, the Virginia Tech indoor track and field team hosted its second invitational of the season at Rector Fieldhouse. Thirteen teams were present, including ACC rival NC State and the top ranked men's Florida Gators.

Mackenzie Muldoon was the only Hokie in action on day one, competing in the men's heptathlon. The junior from Christiansburg placed first in the long jump, second in the 60-meter dash, and third in the shot put and high jump event. Despite finishing day one in third place overall in the heptathlon, Muldoon was able to win the 1000-meter on day two to seal a second place finish overall in the men's heptathlon.

In the men's 1 mile, Virginia Tech dominated as the top eight finishers were all Hokies. Daniel Jaskowak finished first with a time of 4:07.37. Freshmen Peter Seufer and Jack Joyce finished third and fifth respectively, proving that Virginia Tech has both depth

and potential in the mile. Hanna Green was bested by fellow Hokie Rachel Pocratsky in the women's 1000-meter as Tech took first and second Florida squad that will likely Championships, which begin place in the event. Green is a be competitors at the NCAA on Feb. 23. four-time All-American and Indoor Championships. maintains the school record in the 800-meter run. She will be day three with a fourth place a crucial piece to the success of finish in the women's pole

the women's track team in her vault. The junior jumped a last season at Virginia Tech. Pocratsky is only a sophomore and is also likely to be a major in his first season at Tech part of the women's team this after transferring from year. Her time of 2:44.23 is a new school record.

The coaching staff has various holes to fill, but the Hokies should be ready to make a run at the **ACC Championships** when the time comes later in the season."

1000-meter, the top three finishers were Hokies. Drew Piazza won the event with a time of 2:22.72 seconds. Piazza should be ready to make a run looks to be competitive in his first year with Virginia Tech after transferring from New

Chesapeake, Virginia, native Grant Holloway dominated National Invitational. Virginia the 60-meter hurdle and long Tech will look to improve on its jump for the Florida Gators. recent performances in prep-The true freshman is part of a aration for the ACC Indoor

Olivia Privitera started off

height of 3.87 meters.

Greg Chiles is a sprinter South Carolina. In only his second track meet as a Hokie, Chiles finished fourth in the 400-meter with a time of 48.26

On the women's side of the 400-meter, Courtney Blanden's 54.54 was good for third place

Tech finished off day three with a second place finish in the men's high jump by William Kendall and the top three spots in the men's pole vault. Deakin Volz won the pole vault event with a phenomenal height of 5.51 meters.

The Hokie Invitational On the men's side of the featured premier national talent and Tech performed admirably. The coaching staff has various holes to fill, but the Hokies at the ACC Championships when the time comes later in the season.

The Hokies will travel to Former Hokie recruit and State College, Pennsylvania, next weekend for the Penn State



### Fifth-ranked Tech wrestling team eyes national success

With the season nearing its end, the Virginia Tech wrestling team is 13–1 and looking toward the postseason with high hopes.

**HUMBERTO ZARCO** sports staff writer

After a fourth-place finish at last year's NCAA Championships, the highest by any ACC team ever, the fifth-ranked Virginia Tech wrestling team is again, as expected, among the nation's elite.

"The air's a little thinner up there, but that's all right," said head coach Kevin Dresser last week. "We're figuring out how to breathe up there."

The Hokies came into this year with national championship expectations after returning five All-Americans. of their respective weight classes.

Having been on the road since their victory in November against No. 24 Chattanooga at the Moss Arts Center, the Hokies were happy to host two home matches this weekend. After dominating victories over Pitt and Virginia at Cassell Coliseum, they are now 13–1 and 3-0 in the ACC. They've beaten four top 25 teams and have won seven straight loss to previously fifthranked Missouri.

After a nonconference visit to seventh-ranked Lehigh this Friday, the Hokies will close out the regular season with three this Sunday's match against victory. Walz is ranked third

Duke at the Moss Arts nationally.

The ACC regular season title will likely go to the winner of the Feb. 11 match against ninth-ranked North Carolina State at Cassell Coliseum on senior night.

champions, they would host an additional fourth consecutive home match at Cassell against a Big Ten team in fourth-place finish at the a bowl-style dual meet as part of the NWCA National Championship Dual Series. This would be a great test for them ahead of the NCAAs, which a Big Ten team has won for the last 10 years.

From 174 through heavyweight, they're as good season, seven wrestlers are as anyone in the country. nationally ranked, including This group of four, known five ranked in the top five as "Murderers' Row," are Chishko (149 pounds) all ranked in the top four nationally in their respective weight classes.

Christiansburg graduate Zach Epperly (174 pounds) is undefeated and ranked No. 2 after an up-and-down season last year. "Now, he's comfortable with the target on his back, and he's been recover. mowing them over," Dresser said.

Redshirt sophomore Zack Zavatsky (184 pounds) and and just three losses between them.

Redshirt senior heavyweight Ty Walz has lost just once (to second-ranked Connor Medbery from Wisconsin) and is a win matches at home, including away from his 100th career

Add Christiansburg graduate Joey Dance (125 pounds) to that mix, and the Hokies have all the makings of a legitimate national championship contender. "This is the best team we've As ACC regular season ever had," Dance said last week. Like Epperly, Dance is undefeated and ranked No. 2.

> After an impressive NCAAs as a freshman in 2014, Dance has had two disappointing performances in the NCAAs. He is hoping this year will be different. "(Before) I was too worried about losing," Dance said. "I can definitely see myself on the top of the podium at the end of the year," Dance said.

> All-American Solomon missed both matches this weekend as he continues to deal with a stomach illness, but is expected to recover. Kevin Norstrem (125 pounds) suffered torn cartilage in his chest against North Dakota State last week and is also expected to

Despite having recovered from a knee injury he suffered at the NCAAs last year, sophomore David redshirt-junior Jared Haught McFadden (165 pounds) is since their close November (197 pounds) have 33 wins not expected to return as a starter this season and will be redshirted. McFadden finished sixth at the NCAAs last year as a freshman. His return certainly could've provided an additional boost to the Hokies down the home stretch.

> the Championships and the NCAAs fast approaching, the end is in sight for seniors like Ty Walz. He hopes to finish his career somewhere no Virginia Tech team ever has: on the podium as national champions. "When we break it down at the end of practice, we say 'national champs' often and we put in national champ-like work in order to be able to back that



**AHMED MUSTAFA / COLLEGIATE TIMES** 

Zach Epperly sprawls on Pitt's Christian Dietrich. Epperly would later go on to pin Dietrich to help the Hokies cruise to a 38–9 victory, Jan. 20, 2017.



@CTSportsTalk

### **BLOWOUT:** Hokies lose first game at Cassell 82–54

from page 1

identity moving forward. He double-doubles from forwards Cook, Chanette Hicks scored recording a season-high 28 also said that not many posi-

forward very quickly.

Seminoles, which marked the from the floor. One bright spot for the longest streak in Tech history.

must figure out the plan going double-double against the only 10 points, shooting 3-17 Hokies. Combining the sloppy have to be stronger at the top

regroup and find the team's Hokies was the two recorded Other than Magarity and in the loss to Florida State, Sunday's game, but that they her seventh consecutive rest of the team combined for of 0.22, a season low for the three points. The Hokies will

mistakes with the fact that the Turnovers plagued Tech Hokies had zero fast-break points, it is safe to say that Tech was off its game. Tech also Sidney Cook and Regan a game-high 18 points, also turnovers. The lackluster play didn't get much help from its tives can be taken away from Magarity. Magarity recorded dishing out two assists. The led to an assist-to-turnover rate bench, which only contributed

going forward, due to the lack of depth on the roster.

us, they stifled us," Brooks

said. "They switch a lot, and

"They didn't seem to stifle

they're tremendous athletically. They didn't press us once, they just swarm the ball." The turnovers were critical for the Hokies, and they set the tone for the game. Moving forward, Brooks needs his

team to have more confidence which will in turn lead to better play. Luckily, the Hokies have a few days off until their next game on the road. "As I sit here, I don't really

know of any positives from this game, other than film. We just have to get back to the drawing board and find out who we are," Brooks said. "I think we're hitting adversity for the first time this year, how you handle it is going to determine the outcome." Next up for the Hokies is

their Commonwealth rival, Virginia. Virginia is 13-6 on the year and 2-4 in the conference. The Wahoos will be a tough test for the Hokies to see how they respond to that adversity. If the Hokies can match the level of play they started with in the nonconference schedule, they will be successful going forward. Tipoff against U.Va. is Thursday at 7 p.m.



**AHMED MUSTAFA / COLLEGIATE TIMES** 

Today's Birthday Horoscope: This is a growth year for family accounts. Your professional status rises with steady attention. Strengthen your health and fitness this month, and renewed personal confidence surges. Shifting priorities this September leads to a breakthrough in work, health and vitality. Love energizes you.







#### **FOR RELEASE JANUARY 23, 2017**

### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

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Wednesday's Puzzle Solved

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38 "Ben-Hur" setting

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#### **ACROSS**

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- 1 Contractor's detail, briefly
- 5 NYSE listings
- 8 Shade-loving plant
- 13 Pull's opposite
- 14 Sitting on 16 "That's \_\_!":
- "Piece of cake!" 17 Hebrew or Latin,
- e.g.
- 20 Cpl., for one 21 Sundial number
- opposite I
- 22 Kitty coat 23 Meetings of selfimprovement
- seekers 29 Child of a
- boomer 30 With 31-Across, flying exhibition
- 31 See 30-Across
- 32 More than fair, less than great
- 34 Petting 36 Composer
- Bartók
- 39 Form 1040 and schedules
- 44 Right triangle ratio
- 45 "Impractical Jokers" network  $_{\sf TV}$
- 46 Most fit to be drafted
- 47 Captures
- 50 Plus 52 "CSI" evidence
- 53 Doctor with a pager
- 58 Itinerary word
- 59 Dubai's fed. 60 Glamorous
- Gardner 61 Most of the
- Atlantic, to
- Columbus 68 Allow to board
- 69 "Frozen" queen 70 Game with rooms
- and weapons 71 Natives for whom
- a Great Lake is named 72 Like a clever devil
- 73 Outdoor faucet attachment

### **DOWN**

1 Massage facility 2 Joke with a homophone, say 3 Top-left PC key 4 Trouser material

By Joel Mackerry

- 5 Elevate to
- sainthood
- 6 Giants great Mel 7 Work a
- crossword puzzle
- 8 "Macbeth"
- cauldron stirrer 9 Buckeye State
- sch. 10 Acronym for a big
- mess 11 Prepare to
- advance after a fly ball
- 12 Mimics 15 Bridge
- partnerships 18 S.A. country at
- zero degrees latitude
- 19 About to happen
- 23 Army vet 24 Vegas signs
- 25 Early spring
- blooms 26 Easy run
- 27 Hanger near the shower
- 28 Be a debtor of
- 33 Summer of disco
- 35 Cereal grain 37 Monday, in Metz
- special vision 42 Flees 43 Indian flatbread

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- 48 "It all happened
- so fast" memory
- 49 Sudden burst 51 Operatic icon
- 53 Developing egg
- 54 Forty-
- 55 Desert plants
- 62 Soil-moving tool

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57 Hidden downside

56 Shoes that make

you look taller

- 63 Ques. response
- 64 Broadband
- letters
- 65 Rock gp. with winds and
- strings
- 66 Moscow's land: Abbr.
- 67 Lay eyes on

tav in the know.

### O'Shaughnessy Hall to close for year-long renovations

A popular dorm for freshmen, O'Shag will be transitioning to the new residential college for the RLC living-learning community.

**ALY DE ANGELUS** news editor

O'Shaughnessy Hall will be renovations and will reopen in fall 2018 as a housing space for the Residential Leadership Community (RLC), one of communities (LLCs) at Virginia

Finger, director of Housing dential living-learning commuand Residence Life at Virginia nities into that space.' Tech, the RLC has outgrown its physical space and will be transitioning as a residential college similar to the set up at West Ambler Johnston Hall. A faculty member will move into the newly introduced student O'Shaughnessy Hall with his housing software, StarRez, for or her family to allow personal connections and frequent interdence halls when the building actions with students.

intermittently with the Steering Committee, staff from Housing

from university facilities to functions such as hand-picking concerns and assures the Hokie needs are our priorities as well. I discuss the implementations of a roommate. StarRez has been community that its vision will doubt they'll miss it, I think they the project on a regular basis.

closing its doors this May for about this on multiple levels. O'Shaughnessy has been a popular residence for our students, but it is a little bit tired," Finger said. "We have the current 14 living-learning this dynamic opportunity to improve the living-learning space and also transition one According to Eleanor of our active and thriving resi-

Students will be ineligible to apply for housing at O'Shaughnessy Hall during construction; however, they will have a chance to pilot Virginia Tech's on-campus resireopens in the fall. StarRez Finger has been working authorizes students to choose which room is suitable for them based on blueprints of the says that the design team has

made available for the next "We are really excited round of housing applications. Although Finger was unable

to disclose specific details regarding the construction of the building, she explained that most changes will occur on the main floor to grant further accessibility to all students on campus and hopes that the interactive architectural design will engage students to explore the community around them.

"Let's just say that we are going to have this very dynamic shift in a front door to back door that engages the beautiful courtyard between Johnson and O'Shaughnessy," Finger said. "That green space is like a well-kept secret on campus, and we want students to love it and engage in it."

For those worried about the building losing its quirks, Finger and Residence Life and staff building, in addition to regular been conscientious of student and our evolution to meet new communities, the more diverse

not deviate far from Virginia will be bedazzled by it!" Tech's traditional building style.

including some air conditioning

O'Shaughnessy has been a popular residence for our students, but it is a little bit tired."

Eleanor Finger director of Housing and Residence Life at Virginia

in the building," Finger said. "As always, I think we are always relevant, traditional and special that are not necessarily the about our housing for student traditional path, so when we success in the system, but access think about living and learning

Along with air conditioning,

"I suspect students will this building will have many appreciate the improvements, other interior installments such as offices, classrooms, kitchens, AV equipment and IT systems. Finger thanks the students of the RLC for their feedback on this initiative and looks forward to supplementing the education of students inside the classroom with worldly experiences outside of their coursework that helps to "blend the life of the mind with co-curricular."

"What we are finding is that contemporary students today are not singular in their lens," Finger said. "While working on your majors, you all as our students are smart, creative problem solvers (and) critical trying to hold on to what is thinkers; you look for pathways

and dynamic the better." For all returning students

who were housed in O'Shaughnessy Hall, Finger foresees that most will be accounted for in alternate residence halls, but they will first adhere to the needs of incoming freshmen. This policy is put in place to prevent a shortage of rooms and guarantee success for the first-year live-in expectation.

For further information, W.M. Jordan Company and Virginia Tech will be hosting an information session about the O'Shaughnessy Residence Hall renovations project for contractors on Jan. 31, 2017, from 2 p.m. to 3:30 p.m. in the Solitude Room at The Inn at Virginia Tech and Skelton Conference Center. Attendance is free of charge.



@RealSlimAD

### Community gathers against Trump



AHMED MUSTAFA & TAYO OLADELE / COLLEGIATE TIMES

Students and community members gathered Friday near The Lyric to protest President Donald Trump's inauguration, mirroring many other protests across the country, Jan. 20, 2017.

### TRUMP: Community disagreement started over protest near Pylons

from page 1

trade and globalization, sexuality, gender-based violence and reproductive justice, and scholars on social movements.

"All politics is local. One stone means nothing, but when you start piling up the stones, you can build a bridge ... and I'm hoping that this will show the unity with the rest of the country," said Ranae Gillie, who has been a resident of Blacksburg since 1981.

In addition to panels, the day included musical performances that Breslau said were meant to and more interesting.'

cally, being involved politically, is not just something you deal with on a cerebral, academic, intellectual level," Breslau said. "It's something that also involves your emotions, your heart, so it was really important to have that more artistic expression."

in The Lyric, people took a protest requires police to the streets of downtown

100 people held up signs and included ending the march and because you can doesn't mean "This is what democracy looks of the Virginia Tech Pylons. threat, foreign policy, like," and "Muslim rights are human rights."

> Lloyd says the march was a way around the Pylons while for her voice to be heard.

"I wanted to come out here and be active for once in my life. I haven't really been sharing my views as much as I want to," Lloyd said. "So just coming out here with other people who feel the same way that I do and showcasing how I feel about around the world just pleases me in a sense."

Zia Shittu, freshman biology make the event "more festive major, noted the diversity at the rally and rallies around the "Being concerned politi- country, saying that it's good to know so many other people Pylons, which honors seven "have your back with issues like Congressional Medal of Honor

> "The more that people have an active voice, the more we although it is an American right will be heard and then more people will notice that and start to take action," Shittu said.

However, protesting can Following the day's events be its own issue. Organizing permission and a pre-planned

marched chanting things like, holding the vigil at the bottom you should."

One passerby, Andrew Whaley, was displeased after Freshman engineer India seeing people protesting watching the speech and vigil in front of the Chapel entrance.

"A lot of civilians don't get it ... but (the area around the pylons) is sacred. You don't screw around with this," Whaley, a sophomore aerospace engineer who used to be in the Corps of Cadets and certain events that are going on whose family has history in the armed forces, said. "It's not a joke; this is a solemn place."

> Whaley became upset when he saw several onlookers leaning on the marble cenotaph at the center of the recipients.

> Whaley insisted that, to assemble and protest, the Pylons was not the proper place to do it.

> "This is a place where you give all your attention to these people (on the Pylons), you don't put the attention on

The event included both community members and students and faculty from Virginia Tech. Gillie says that it's important for students at Virginia Tech to come together with the community.

"It is important for our those who participated in the youth to understand that march and vigil. (Trump) being president will affect our future, and I think faculty began to plan the event that we need to stand strong together and show our support for the community and for all that would include Blacksburg the minorities that are in this in the political conversation as community," Gillie said.

Gillie said that she hopes that the protest will help bring the Blacksburg and Virginia Tech communities together to that fear becoming alienated by the Trump administration.

more of a community; that we move forward for the next four will learn to be more tolerant years," Faulkner said. and show more love instead of hate; that we don't want walls, with groups on the Virginia we want bridges," Gillie said.

speculated that a couple to create the event. Groups hundred people had come in included Coalition for Justice, and out of The Lyric Theatre Tech DREAMers, NRV

cherish

A group of Virginia Tech in November, brainstorming ways to stage a presentation well as students and faculty at Virginia Tech.

"There was a group of us that thought it was important to have a local event where people show solidarity for the people could come out in solidarity with those around the country around the world in fact — "I hope that we become who are planning agendas to

The organizers worked Tech campus and around Throughout the day, Breslau the Blacksburg community Blacksburg where around route, which in this case yourself," Whaley said. "Just throughout the day, including NAACP, VA Organizing,

Women's Center at VT. Planned Parenthood. Environmental Coalition at VT, NRV Green Party, POWHR, Preserve Giles Country, Blue Ridge Environmental Defense League and 17 different committee members.

WENTGOBACK

"What I would like to see people do is walk away with a sense of empowerment and for them to understand that, no matter what is going on electorally, people have always organized against repressive structures and so I want them to feel like they are supported," Faulkner said. "I want them to feel like they don't have to be afraid, and I want them to feel like there is something that they can do."



@ashleywills

### **ELECTION:** Campaign aims to rebuke Trump presidency

from page 1

called "a rigged legislature ... that was chosen by D.C. lobbyists and not Virginia lawmakers.

citizens." Gillespie for the gerryman- in Charlottesville, was a very dering done to Virginia's pragmatic state," Perriello legislative districts. The said. "The legislature was districts were redrawn by the legislature in 2011 and signed into law by then-Gov. in Washington. I think that's Bob McDonnell. Gillespie one of the things we want to helped lead an effort to redraw districts nationwide to help are probably putting up one

Republican candidates. Gillespie is seen as the front-runner to be the Republican nominee for governor. In 2014 Gillespie narrowly lost in his bid to campaign in part as a rebuke to unseat Sen. Mark Warner.

Republican party has over the are often seen as a response to state's legislature, Perriello the president namely because said Virginians have a more they are held just a year after

government. He promised to Virginia's election will be just fight to pass the Affordable one of two statewide races. Health Care Medicaid the other being New Jersey's intends to fight what he expansion, an initiative gubernatorial election. favored by McAullife but blocked by Republican Trump's surprising victory in

Perriello blamed Ed up in, being born and raised much more functional than the dysfunction we started to see stop is now the Republicans of the top D.C. lobbyist and whether or not it's worth it, political operatives who could and we want to make this bring the worst of D.C. politics

to Richmond." Perriello intends to run his the Donald Trump presidency. Despite the control the Virginia gubernatorial races

According to Perriello, the 2016 presidential election "I think the Virginia I grew motivated him to run for the governorship.

"Trump did worse than any Republican in modern Virginia history in the presidential election because Virginians do not want this kind of hate and divisiveness here," Perriello said. "I feel like that whole coalition of Virginians is wondering campaign not just a winning campaign, but a campaign that gives people a reason to believe that they were not fooling themselves, that politics can be a noble thing."





AHMED MUSTAFA / COLLEGIATE TIMES

Former Congressman Tom Perriello (VA-5) sits down to listen to fellow Virginia Democrats during a campaign stop at Lefty's in Blacksburg, Jan. 18, 2017.

### Co-founder of Black Lives Matter speaks to students

Virginia Tech hosts guest speaker Opal Tometi in celebration of Martin Luther King Jr. to share the visions for Black Lives Matter movement.

news reporter

Life Center Auditorium was packed front to back on Wednesday, Jan. 18 at 7 p.m. for keynote speaker Opal Tometi, in part of a week-long celebration of Martin Luther King Jr. Tometi is one of the well. co-founders of the international movement Black Lives Matter and is the executive director of the Black Alliance for Just Immigration.

Tometi spoke to an audience of students, staff members and Blacksburg residents. At the end of the interview, she answered three audience questions submitted on paper and collected by members of the Black Organization Council.

According to Tometi, her motivation for her activism was ignited by the murder of Trayvon Martin and the acquittal of George Zimmerman. Her fear was that in the current political brother could end up in a similar deadly situation.

and let him walk. It was like Trayvon Martin was on trial

of sheer love for my brother, I wanted to tell another story." Kimberly Williams of the Intercultural Engagement onstage with Tometi asking with people like you." Center was chairperson of her questions about how Black

Talk Luncheon at the Black Cultural Center on Tuesday Virginia Tech's Graduate and a speech by Dr. Nnamdi Pole about ethnoracial diversity in post traumatic Similar events occurred all week long in Radford and all over the New River Valley as

> We used social media to amplify our message ... we were building a space for resilience and hope."

Opal Tometi co-founder of Black Lives Matter movement

"Hearing her say that more than just black lives made me realize it's about picking people up that have been thrown under the bus and social climate, her little for so many generations," said junior horticulture major Shaina Pigliacampi. "This "I was completely floored made me realize that it's more that a jury could deliberate important than people think it

vice president of the Black Organizations Council, senior Meriam Nure, were seated the group that organized Lives Matter started and how other celebrations in honor the movement has affected of King around campus, her life. Additional questions

PAULINA FARLEY-KUZMINA such as the Black Liberation concerned Tometi's faith, selfcare and security issues as a visible activist.

> "It's important to understand that the trigger for Black Lives Matter was not just the stress in Pamplin on Thursday. behavior of police and the over-policing of black bodies, but also the marginalization of black life in general," Graves

> > Tometi explained how Black Lives Matter came from a Facebook post from one of Tometi's friends, then expanded into a Twitter hashtag and eventually into a network to promote their mission to improve quality of life for African Americans.

"We used social media to amplify our message ... we were building a space for resilience and hope," Tometi said. "People decided that they wanted a network."

In addition to how Black Lives Matter is so much the Black Lives Matter movement started, Tometi recognized that the organization is not perfect, but is constantly evolving to be more intersectional.

"I've been blown away by how courageous we are and how powerful the human will is and to see hundreds and thousands of people mobilize Sociology Professor around the globe. The himself," Tometi said. "Out Ellington Graves and the movement is ours. I'm proud of us," Tometi said. "I have so much hope in humanity because I'm sitting in a room



### Movie mania at the Academy Awards: What is worth the watch this season

**ALAYNA JONES** lifestyles staff writer

right around the corner. Sometimes it can be hard to tell which movies are worth of 10 must see — and which are not. To save moviegoers time and money, here are a few of the most talked about movies to see this award season.

#### La La Land

"La La Land," starring Ryan Gosling and Emma Stone, is definitely one of the most talked-about movies home a Golden Globe award for Best Motion Picture the lives of two aspiring artists who fall in love with

Washington Post described at other award shows. the film in detail stating, "The real star in 'La La a Plugged In movie critic, Land' is the movie itself, right."

for all of the major categories at the Academy Awards, and Award season is in full it is still playing in theaters. stories are." swing, and the Oscars are Grab some friends and see what all the hype is about for this movie.

the time to watch - a 10 out Gosling as the main character in this movie should entice viewers enough to give this picture a try.

#### Jackie

"Jackie" is another must-see film to watch before the Oscars premiere on Feb. 26. Natalie Portman gives a show-stopping performance as one of the most famous first ladies, this year. It has already taken Jacqueline Kennedy. People are speculating that she is going to receive an Oscar Musical or Comedy. This nomination for her work movie takes viewers through playing Kennedy in the aftermath of JFK's assassination. The film hasn't each other while trying to received any awards yet this make it in the music industry. season, but has been nomi-Ann Hornaday of the nated in multiple categories

> According to Paul Assay, "'Jackie' is a moving,

of just how important our untouched by its message."

to Roanoke to see it at the Grandin Theatre.

any history buff's watchlist, because it gives a more personal account of what went down after the events of the JFK assassination.

#### Moonlight

One final movie that viewers should have on their must-watch list this season is "Moonlight." This film has already been nominated for countless awards and even took home the Golden Globe for Best Motion Picture -Drama. People have foreseen that there are many Academy Award nominations in the future for this film as well.

John Anderson of the Wall Street Journal stated,

story. And it reminds us all walk away from 'Moonlight'

This movie is not a very personal story of currently in theaters around Chiron, a young, gay, black Blacksburg and is not on man, from his childhood to Let's be real - Ryan DVD yet. However, if this adulthood. Three different movie does catch your eye, actors played the role of you can take a ride down Chiron throughout his life in the film.

> This movie should be on struggles that Chiron experiences as he tries to fall in love and grasps a better understanding of his sexuthis film is a real tearierker.

of buzz around this year's Academy Awards due to the controversy surrounding last year's award show. Host Chris Rock's monologue at last year's award show was all about how people of color are not represented Isaacs released a statement memorable one, as always, in the nominations and in after hearing about the disap-Hollywood. He went as far as to call the show the "White People Choice Awards."

At last year's awards, "Director Barry Jenkins has many viewers and celebwhich pulses and glows surprisingly spiritual created a sublime, novel-rities felt that Will Smith like a living thing in its own portrait of a woman grieving istic work of art by empow- got snubbed for a Best Actor

This picture should be up doing, shaping a nation's of the universal: Few will

"Moonlight" accounts

This movie reveals the ality — do not forget to bring tissues to the theater because

in the public eye, and in so ering the specific in pursuit award after landing a Golden more inclusion and diversity



**COURTESY OF TRIBUNE NEWS SERVICE** 

Chris Rock during the telecast of the 88th Academy Awards on Sunday, Feb. 28, 2016, at the Dolby Theatre at Hollywood and Highland Center in Hollywood, California.

part in "Concussion." Idris The announcement of the Elba was also snubbed for a nomination for his role in "Straight Outta Compton."

of Motion Picture Arts and Sciences Cheryl Boone year's show is sure to be a pointment. "I am both heartbroken and frustrated about Awards on Sunday, Feb. 26. the lack of inclusion," Isaacs said. "This is a difficult but important conversation, and it's time for big changes."

Hopefully we will see

There will also be a lot Globe nomination for his in the categories this year. nominees is Tuesday, Jan. 24 via global live stream on the Academy website. President of the Academy Local broadcasters will also announce nominees. This so do not forget to tune into the 89th annual Academy



@CollegiateTimes

# **IEW:** *LOST IN LONDON*

**BRADY TICKLE** movie columnist

Woody Harrelson has done the impossible. While Alejandro Innaritu's Oscar-winning "Birdman (The Unexpected directed to look like it was all one continuous shot, Harrelson's directorial debut, one continuous shot.

As if that were not impressive enough, Harrelson also decided thing that has never been done before: shoot the film live and stream it to movie theaters in his wife. both the United States and Great

Oh, and he shot it in several different, public locations little nervous at first (which is throughout London. Rather than understandable considering initially feeling out directing via the fact that he was shooting a small indie flick, Harrelson and streaming his own movie went all in and dared to make a live), Harrelson is able to get movie unlike anything that has into a solid acting groove a few

ever been done before.

The fact that it even worked is miraculous enough in itself - the hilarious comedy and dramatic lead. soulful drama made it a true wonder to behold.

Virtue of Ignorance)" was Harrelson as himself, and it confidant. Willie Nelson is up follows his true story of the night there as one of the best parts of in 2002 when he got arrested in the whole movie, and to spoil his London. Throughout the movie, small but amazing role would be "Lost in London," is actually Harrelson faces crazy gypsy a crime. women, arguments with Owen insane British cops, the Texas to make history and do some- Dalai Lama, a belligerent taxi driver and more as he attempts is great as Harrelson's wife, to salvage his relationship with

> It is hysterical, heartfelt and touching, sometimes all at once.

Although coming off as a

once again how capable he is as both a comedic actor and a

Owen Wilson is, naturally, perfect as Owen Wilson, "Lost in London" stars Harrelson's friend and

Wilson over Wes Anderson, in his dual role as a bad cop and

a worse cop. Finally, Eleanor Matsuura Laura, giving Harrelson's glum hippie goofball a strong-willed counterpart.

The story is awesome and the performances were well done, but the question remains: were there any technical difficulties during the stream? Surprisingly, the whole movie felt fairly

smooth. Aside from one chase scene

minutes into the film, proving in which the actors' microphones could be heard rubbing against their clothing, the technical crew did an amazing job of following the actors, making sure they were audible and making the cinematography look good.

In the live question and answer portion afterwards, Harrelson told viewers that Ferdinando was late to a Peter Ferdinando is hilarious particular scene in the police station, so he had to improvise a joke revolving around his one phone call; Harrelson is such a gifted performer that, had he not shared these details, I would have assumed that his improvisation was a part of the script.

"Lost in London" not only did the impossible, but it did the impossible well.

Harrelson and his crew pulled off nothing short of a miracle, and it was inspiring to watch this historical event unfold. In the question and answer session after the show, Harrelson claimed that this was a stressful enough experience to make him never want to shoot something live again. However, he claimed he would enjoy directing a more traditional film.

If Harrelson was able to churn out this under the pressures of livestreaming, I can only imagine what he could direct when given all the time in the world to reshoot scenes. I give "Lost in London" four and a half out of five stars.



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### Perspiring with purpose: Classes to try at the gym

Virginia Tech offers a multitude of fitness classes beween its two gyms on campus — which ones will you try this semester?

or some, the into the floor. new year means adopt a lifestyle of working dangerous. out regularly.

break I spent more time curling cookies into my mouth than lifting weights.

Fortunately, on the Virginia Tech campus there are not one, but two gyms. Even more fortunately, during the first week of academic classes, Virginia Tech's recreational sports hosts the Free Week of Fitness.

Free Week occurs at the beginning and end of each semester so students conquering any workout. I can sample the different am just glad it was only 30 Group X and Small Group minutes. I would have to be Training classes for free before deciding whether to class. buy a pass for the semester.

This week I decided to try two Group X classes I have never done: power yoga and insanity.

Until recently, I was under the impression that yoga was not for me. I typically have trouble sitting still for more than a minute, so an hour seemed totally unreasonable

But why not give it a shot? Breathing is important, and I want to make sure I am doing it efficiently.

I quickly discovered the "power" refers to the strength-based workout. My legs must be rock-solid amount of time we spent lunging.

We flowed through poses that stretched out tight muscles for the first 50 minutes of the class. Hip stretches are liberating. The instructor also led us through various poses to strengthen the core, legs

and arms. I especially appreciated the final 10 minutes when we closed our eyes and allowed our bodies to sink

On the opposite end of another chance the spectrum, the following to follow through with the night I went to an insanity longstanding resolution to class; just the name sounds

According to Virginia Admittedly, over winter Tech's Recreational Sports website, Insanity is described as a "revolutionary cardio-based total body conditioning program based on the principles of MAX interval training which pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient

metabolism." Afterwards I felt like a superhuman, capable of the Hulk to survive a longer

The format consisted of short bursts of high intensity followed by brief breaks. We did sets that included tuck jumps, squats and high knees, to name a few.

I am glad I brought a full bottle of water with me. I think I will go back next week to see what else my body is capable of withstanding.

Power yoga and Insanity were great experiences. I think I will make them part of my regular schedule.

VT Fitness offers over 100 Group X and Small Group Training classes every week. There are muscle by now with the classes for those who work out consistently and for those who are just starting

I have a whole semester to try them all. It's time to get started!

For more information about VT Fitness, you can check out Virginia Tech's Recreational Sports

