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# 'Not the America I know' McAuliffe's open house for collegiate reporters

OLLEGIATET

As student reporters gather at the Executive Mansion in Richmond, McAuliffe speaks to reservations about Trump administration.

#### LEWIS MILLHOLLAND, JESSICA BRADY AND MEG CONNORS managing editor and copy editors

front doors, Gov. Terry McAuliffe exploded into the the hand of each student journalist standing around the silver bowl that once sailed with the U.S.S. Virginia as part 1907 to 1909, demonstrating the friendship and power of the U.S. to the world.

giate Virginian reporters to ban executive order. a luncheon at his home in Richmond on Wednesday, Feb. 1. The hour-long event began with an appetizer of roasted celery soup and easy smiles while McAuliffe rattled off his achievements as governor and discussed the contents of his Kegerator (currently Stone Brewing's "Give Me Stout or Give Me Death").

When the journalists started asking questions and the conversation transi- McAuliffe recounted one tioned to President Donald his claims to fame: fighting Trump, however, the mood in felony disenfranchisement. He the Executive Mansion grew recalled the racially charged noticeably darker.

know," McAuliffe said after advocated for barring people

on the Trump administration was gloomy.

"We're close to Yorktown. where we defeated one monarchy 236 years ago - and we sure as heck ain't going to Throwing back the double create another one," McAuliffe said.

Not all of McAuliffe's Executive Mansion and shook rhetoric was negative, though. He lauded Virginia's bipartisan support on issues including economic development, education, transportation and of the Great White Fleet from mental health issues. During a recent dinner, Republican Sen. John McCain came over and thanked McAuliffe for his McAuliffe invited colle- statement criticizing the travel

> This is not the America I know ... He has not had a good first week." Terry McAuliffe governor of Virginia

The tone stayed high while words of Virginia Delegate "This is not the America I Carter Glass in 1902, who



ZACK WAJSGRAS / COLLEGIATE TIMES

Protesters meet at the Pylons to demonstrate against President Donald Trump's recent immigration ban concerning people originating from a list of seven Muslim-majority countries, Jan. 30, 2017.

# Aspirations for solidarity driven by executive order

Henderson Lawn filled with protesters Monday night, rallying with the Coalition of Justice and others against the recent travel ban.

ANDREW SHEDLOCK news staff writer

Blacksburg residents, Breslau, one of central

protests across the country deportation," "Build On Monday, Jan. 30, darity," said Margaret rights."

since the executive orders bridges, not walls," and on Friday. A show of soli- "Muslim rights are human

Protesters carried

Today, sports need politics

It is irresponsible to ignore the unique relationship of sports and politics.

**KYLE COOKE AND** FAIZAN HASNANY assistant sports editor and sports editor

'n a time of divisiveness in America, sports serve as a unifying force. They seem to disregard elements of race, religion and political beliefs in favor of the objectivity of a scoreboard. To many, sports provide an escape from the difficult discussions of the world's issues. Consequently, athletes, coaches, reporters and other members of the sports industry, when involved in a highly political discussion, are encouraged to "stick to sports."

However, for journalists and athletes to discuss politics only through the lens of the games they cover or play is to diminish the undeniable, symbiotic relationship that sports and politics share. It also ignores the fact that these writers and athletes exist outside their professions. They are people

criticizing Trump's travel ban, convicted of a felony from Act. "He has not had a good first week."

are no strangers. Their rela- for each of the 206,000 felons. tionship goes back 20 years, McAuliffe also mailed each and McAuliffe stated that the newly enfranchised citizen two have had dinner together a letter embossed with the on multiple occasions. In 2009, official seal of Virginia Trump donated \$25,000 to McAuliffe's gubernatorial campaign.

that Steve Bannon "and that to jail. We should be dealing alt-right group in the White with treatment and therapy for predicts that the United States Supreme Court will eventually rule the travel ban as unconstitutional, and his general tone

federal hiring freeze and plans voting in an effort to "eliminate to repeal the Affordable Care the darkie as a political factor in this state."

Ultimately, McAuliffe had Trump and McAuliffe to sign an individual pardon containing a voter registration card and a stamped envelope.

"We need more drug courts. Now, McAuliffe worries People should not be going House" are influencing the them to get them as productive president's decisions. He also members of society as fast we can. If we put them in jail, it's costing us money," McAuliffe

**PAMPLIN TO CREATE** 

Dean Robert Sumichrast

announces a new addition.

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**NEW COMPLEX** 

see GOVERNOR / page 9

Virginia Tech students and organizers of the protest signs saying, "No Ban, Virginia Tech professors and a member of the No Wall," "Refugees gathered on Henderson Coalition for Justice. Lawn to protest one of President Donald Trump's nized and put on through several others. executive orders.

The order halts resettlement for all refugees awaiting entry to the U.S. In accordance, this temporarily halts all refugees from Syria entering the U.S. and bans citizens from seven Muslimentering the country.

Throughout weekend, a series of response. The protesters' protests broke out across chants included, "No executive order. "(This build a wall, hands too is an) extension of all the small," "Education not

The protest was orga-

several organizations: Association and the Coalition for Justice.

the country at airports and hate, no fear, refugees are Kathy Finney had views towns opposing Trump's welcome here," "Can't that seemed to closely

are Welcome Here," and "Ban Bannon," along with

Philosophy Professor Tech DREAMers, United Lydia Patton disclosed Feminist Movement, that she had attended the United Students Against demonstration as a support Sweatshops @ Virginia system for those highly Tech, Muslim Student marginalized groups across campus.

"It's a vigil in solidarity. Cars that drove by I would like to see VT be majority countries from would honk their horns a sanctuary campus and and be greeted by the for VT to come out and the crowd cheering in support those that may be affected," Patton said.

Blacksburg resident

Alumni pushes for Bannon's disavowment

#### **RICHARD CHUMNEY** news reporter

Virginia Tech graduate Steve Bannon's meteoric rise in the Trump administration has sent shockwaves throughout the political world. As thousands of alumni join together to disavow the far-right firebrand,



ZACK WAJSGRAS / COLLEGIATE TIMES A protester holds a sign denouncing Tech alumnus Steve Bannon, the Chief Strategist for President Trump, at the "No Ban No Wall" protest, Jan. 30, 2017.

the University has opted for silence.

In an interview with the Collegiate Times, a Virginia Tech spokesperson, Assistant Vice President for University Relations Mark Owczarski, said there are no plans to issue a statement or condemnation of the 1976 urban affairs graduate.

According to Owczarski, there were no discussions within the office regarding Bannon.

"Why would Virginia Tech go out and make a statement disavowing anybody? It doesn't make sense to me, I don't understand the logic and the reasoning of what you're asking," Owczarski said. "Who are we to determine any of that stuff? He is who he is. We'll allow his actions and his works to speak for themselves - as we do with all our alums."

Owczarski said the University will not issue public statements about Bannon in the future.

In the past, the Office of University Relations has released statements about graduates employed within the executive branch. Last October, Virginia Tech News published an article profiling four Virginia Tech alumni working in the White House.

In an open letter published by the Collegiate Times,

Virginia Tech community members denounced Bannon, a former student government president, for standing in opposition to the values of the university.

'He has encouraged prejudice as the Executive Chairman of Breitbart Media, a mouthpiece for the white nationalist 'alt-right' movement," the letter read. "Breitbart, under his leadership, published articles disparaging women, Muslims and the LGBTQ community. He has suggested that only landowners should be allowed to vote."

Over 5,000 alumni, students and faculty have attached their names to the letter.

Bannon, the White House Chief Strategist, is reportedly one of President Trump's most powerful advisers, second only to Trump's son-in-law and Senior Adviser to the President Jared Kushner.

On Saturday the White House announced that Bannon would gain a seat on the National Security Council, further elevating his status within the Trump administration.

Through a spokesperson, Congressman Rob Wittman (R) of Virginia's fifth district declined to

with feelings, concerns and opinions that extend beyond the stadium and they, like the rest of us, have the right - and if qualified, the responsibility — to express them. Sports personalities are the only public figures

in the country who are consistently asked to stay in their lane. Look through Bomani Jones or Pablo Torre or any other writer's Twitter mentions who has the temerity to tweet about something other than a box score. The demand will be there. But why is it that sportswriters are the only people asked to do this?

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This week. Dan Le Batard retweeted someone who told him to stick to sports because it's "what he's good at." So while it's easy to assume that people don't want Le Batard or his coworkers to talk about politics because they disagree with them, that's not always the case. It appears as though some fans simply want a clear separation between sports and politics.

And some fans are quite good at doing it themselves. Stan Van Gundy, head coach of the Detroit Pistons who has denounced President Donald Trump on multiple occasions, expressed disappointment with Pistons fans who support his majority-black team

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**KEEPING YOUR NEW** YEAR'S GOALS Read more to find out how

to keep your resolution.

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collegiatetimes.com/opinion

# your views [letter to the editor] Ban of entry an illogical and dangerous policy

Sand Lindsey Graham have explained in detail, America is made less safe, not more, by the recent immigration ban targeting Muslims for discrimination by denying them access to the country on the basis of their country of origin (and their faith, as Christian immigrants are to be favored).

That the ban conveniently excludes countries where the Trump corporation has business holdings might be coincidental, but certainly the fact that the ban does not apply to Saudi Arabia, which supplied almost all of the Sept. 11 conspirators, indicates that the ban is not based on a rational threat assessment.

How can a ban widely praised on jihadi websites as an ideal recruiting tool possibly make us safer? How can refusing to admit any Syrian refugee, including the youngest children, possibly do anything but further hatred of the United States across the world?

Further, when our country denies entry to refugees who put their own lives at risk for years to aid the American military, it clearly signals that we will ask Muslims abroad to endanger themselves and their families on our behalf, but will then demean and abandon them.

How many people in Iraq or Afghanistan will sign up as translators or help us with crucial information

Sens. John McCain in the future, if this is how they can expect to be treated after years of service followed by as much as two years of rigorous vetting already required for immigration?

That the ban also appears to be unconstitutional, and that it is profoundly cruel to exclude the desperate and vulnerable (even women and children), and that it violates the core values of our nation, ought to move Congress - as it has moved the thousands of protesters at the airports last night, and the thousands of people who in the last few days have donated more than \$600,000 to the International Rescue Committee to aid Syrian refugees.

But even simple logic and pure self-preservation ought to suggest the profound folly and the extreme risk of signaling to the world that America under Trump is in fact, a bigoted, xenophobic, Muslim-hating world bully.

This policy may conceivably exclude a potential terrorist, but it will most certainly fuel the recruitment of many more and deprive us of crucial allies in the Middle East. For the good of our country as well as out of human decency, we need to demand that our elected officials stand up now and tell the world that this is not who we are.

PENNY LIVESAY Department of English

# column Poor mental health stems from educational pressure

The current educational environment focuses on tests and formulaic grading, leading to low self-esteem and high stress for students.

friends after a month and sheet. party for the first six nights of the semester; a week without worst of all, students them- the endocrine system and is

ood old syllabus on memorizing arithmetic from external factors such as week rolled around formulas and complex vocabyet again. For many ulary words which will later high activity in a part of the students, this meant a chance be printed into a test booklet brain known as the hypoto reunite with their closest accompanied with an answer thalamic pituitary adrenal

parents and school can cause axis (HPA). The HPA serves Teachers, parents and, as a response messenger in having to worry about unfin- selves, have fallen under the regulated by corticotropincortisol can lead to the overactivation of the HPA and in many cases cause disorders such as anxiety and clinical depression. According to U.S. News, teachers and professors have witnessed numerous accounts of students facing anxiety attacks and symptoms of sickness during class due to Elaine Cox, contributor to U.S. News Health Care, found that public school teachers are provided with job security through their students' achievement - aka their test scores. Unfortunately, due to this, many teachers begin tailoring their teaching toward the tests instead of of knowledge and application of skills that students must attain for their post-secondary education and entrance into Adolescents are enduring the workforce. This creates an additional setback in the sions that come with it. While most college courses involve the traditional system of lecture-giving, note-taking and letter-bubbling, some receive the opportunity to Frances E. Jensen, author work in teams to discuss class

# column

# Anti-protest legislation threatens First Amendment

The week has been are not there to be convetroubling for the anti-Trump movement. After the nationwide Women's March, the largest protest in United States history, there has been a noticeable movement on the part of the administration to silence the voices of dissent, from a gag on the EPA that started the "alt-agency" movement, to Chief Strategist Steve Bannon's comment on how the media should "keep its mouth shut." None of this bodes particularly well for the opposition, and in some instances, there is reason for concern.

In Michigan, two bills were introduced in 2015 and have recently gained traction: House Bill 4643, which would create fines for picketers, and 4630, which would would repeal the law protecting striking workers' jobs. This is likely in response to the Black Lives Matter protests in Minneapolis after the police shot and killed an unarmed black man. Here in Virginia, a similar law was introduced, though it was quickly rejected with very little support.

Recently, both Minnesota and Iowa have introduced similar bills fining protesters who obstruct traffic and threatening them with possible jail time. This is most troubling because many protests do take place on roads. Also, the protests nient; they are there to be seen and a decent-sized protest is difficult to confine to a city sidewalk.

North Dakota is taking a different approach. After a woman complained about anti-Dakota Access Pipeline protesters obstructing the road, state representative Keith Kempenich introduced a bill that would absolve drivers of any liability if they hit a person obstructing a public road. This is very troubling, especially for the safety of the protesters. Not much has been reported on this bill's progress, but it will undoubtedly have an effect on how other states handle protests.

Meanwhile, according to The Guardian, six reporters have already been arrested while covering Trump protests in Washington, D.C. They have been charged with vandalism, but they all maintain their innocence, insisting that they were merely there to do their jobs. The National Lawyers' Guild, in a statement of support, has said that the D.C. metro police "indiscriminately targeted people for arrest en masse based on location alone" and have accused the police of other unlawful actions.

At this point, it is not clear what the future of protests will be. While the

Constitution does guarantee "the freedom to peaceably assemble," this language is vague and other laws have been passed to temper this, like in the Supreme Court Case Schenck v. United States, which limits free speech in cases that a "clear and present danger" is in play. The ACLU and other agencies are focusing many of their resources to combating

# The protests are not there to be convenient. They are there to be seen and a decent-sized protest is difficult to confine."

censorship and providing legal aid to protesters.

However, the fact remains that so many people are involved in these protests. The administration has no choice but to acknowledge the dissent as people take to the streets to voice their displeasure. At this point, much is still uncertain, but it will undoubtedly be an interesting four years for protesters.

## SALLY DUKES

• opinion contributor

• freshman/political science

# column Hospitals must dictate policy for disaster triages

Then disaster their safety due to carrying that when help did arrive, decisions have to be made on work anymore. which victims get priority Some of these patients in rationing treatments in

strikes in the heavy and immobile patients an evacuation priority list form of another up and down dangerous was in place. This evacumass shooting, another steps in dimly lit conditions ation priority list would also terrorist attack or a hurricane, because the elevators do not serve as a priority list for

for treatments and resources. still need to use bathrooms, order to ensure that enough

the hospital staff to follow

ished assignments or looming contagious practice of placing releasing factor (CRF). Under quizzes.

However, for others, it was a precious time period spent strategically deconstructing hobbies, passions and curiosgrading systems and creating a specific plan in order to ace the semester. If homework counts for 10 percent, exams through an average of grade for 70 percent and participation for 5 percent, as long as I thoroughly study for the tests and complete all required American schooling, but work, I can easily afford to as highly ranked as your skip class once a week while education system may be in the inability to grasp a topic. still maintaining an A.

students can admit to having a thought along the same lines of calculating minimal effort over the college student for maximum outcome. It population of today's age disappoints me to say that I have grown up in a school system in which I've heard, "If I get at least a 93 on the next on the mental health of three take-home tests and turn college students, 50 percent ensuring the comprehension in at least 11 of the next 12 of students claimed their classwork assignments, then I should be able to pull a B+ for 30 percent reported periods of the end of the semester," more prolonged depression. often than I've heard someone say, "I'm looking forward to the daily pressure to arrive taking this class so that I can at certain benchmarks to attempt to minimize stanlearn something I didn't know about the subject before."

It then hit me that academic curricula across the United States have been designed in a way in which students must meet a series of numeric as elementary school into neurologically. boxing up and storing away they are pushed to focus found that continuous strain

grades on a pedestal - one extreme stress, the excess so high that it surpasses the accumulation of CRF and importance of the students' ities in life.

If a student feels as if his or her worth is determined point percentages rather than his or her character, ambitions and goals, I'm sorry comparison to other coun-I'm sure most college tries, you have done something terribly wrong.

Mental illness has swept like an epidemic. In a survey conducted by the National Alliance on Mental Illness mental health was poor, and

meet fixed criteria to receive dardized testing and the admission into college, then mental and physical repercusgraduate school and, finally, land a well paying job. This constant stress can be so overbearing that when a straight-A student fails a test for the baselines if they wish to first time in his or her life, it are being morphed in efforts succeed. We have hard- can be a degenerative expe- to create an open classroom wired children from as early rience - emotionally and setting in which students

their natural talents. Instead, of "The Teenage Brain,"

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#### Voice your opinion. Send letters to the Collegiate Times.

365 Squires Student Center Blacksburg, VA, 24061 opinionseditor@collegiatetimes.com All letters must include a name and phone number. Students must include year and major. Faculty and staff must include position and department. Other submissions must include city of residence and relationship to Virginia Tech (i.e., alumni, parent, etc.). We reserve the right to edit for any reason. Anonymous letters will not be printed.

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decisions should be made servicing rooms in the to ensure that the greatest hospital for emergency opergood is done. But how do we ations, or simply be relodefine the greatest good? Is cated away from areas with this measured by the number unbearable heat. This was of lives saved, the quality of in fact the situation that the lives saved, the type of lives Memorial Medical Center in saved, the years of lives saved New Orleans faced during then patients with the label 2 or something else?

Let's say, for instance, 2005. that a hospital in charge of a multitude of patients at York Times, the hospital varying levels of well-being was serving more than 2,000 is suddenly hit by a hurricane. The hurricane disrupts the power supply including the off. With over 2,000 patients, backup generators, forcing each malady was represented, the hospital staff to make from those with minor aches decisions about who should and pains to those requiring still receive treatment.

decisions to be made about As there is currently no who should stop receiving national guideline on how treatment. This is because to ration limited resources resources are strapped as in disaster situations, the some nurses have to wait doctors at Memorial Medical on the bedside of patients, Center came together to manually pumping resusci- develop a system of some tator bags around the clock. sorts. Other staff members are

Hurricane Katrina in August

According to The New patients when the hurricane hit and when the power shut some form of intermittent Even more callous are the assistance to just stay alive.

The doctors needed to expending their energy and figure out a way to ensure

Many would agree that or be transported to other able-bodied individuals were evacuated.

> A labeling system was developed according to health severity levels where patients with minor aches and pains were labeled 1 and would be evacuated first, would go next if there were enough resources. Patients labeled 3 were placed in the lobby area of the hospital, farthest away from the site of the planned evacuations. These were the very elderly patients, those with chronic illnesses or those with severe health-related difficulties that the doctors projected might actually die in the process of an evacuation.

> This labeling system is called the triage system based on the French word trier which means to select. The question a triage system aims to answer is this: "Who shall live when not everyone can live?" The intent of the

Have a news tip?

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#### Web Engineer: Matt Jones Social Media Editors: Melissa Fairfax and Lisa Kucharczk 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: Alv De Angelus and Izzv Rossi Business Manager: Breanna Anderson Lifestyles Editor: Samantha Smith (business@collegemedia.com) Assistant Lifestyles Editor: Emily McCaul Sports Editor: Faizan Hasnany Assistant Sports Editors: Kyle Cooke and Sierra Huckfeldt **Opinions Editor: Carson Bartlett** Photo Editor: Armahn Rassuli Assistant Photo Editor: Cat Piper

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# **COLLEGIATETIMES**

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# **TESTS:** Education trends spurring mental distress

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content and answer realworld problems that gauge critical thinking.

However, only a few classes have made these changes to their curricula; for the most part, students still find themselves dozing off in class and then hurriedly cramming for their exams the night before.

Ask any college student if he or she can retain even 30 percent of the information absorbed from textbooks or lectures after he or she plugs it into a scantron a few weeks after the exam. Sure, their answers could vary depending on the course; some may leave a class with long-lasting knowledge and a firing interest

While that should be the problems on an assessment. education system's end goal We cannot continue to ignore for all students, it can take a the state that America's adolessubstantial amount of time cents are spiraling into, one to get there, especially if we that will continue to grow do not address this issue on a drastically without immediate wider scale.

It is essential that public schools and universities across comes down to the educators the nation begin to shift the focus from standardized communities of encourassessments to team projects, agement and support for discussions and presentations. students in their academic While some standardization can be helpful in courses that deep understanding of subject heavily involve algorithms matter, interest and curisuch as calculus and physics, osity for curriculum material we must implement a larger focus on the applications of these processes and methods.

It is imperative that we associate personal accomplishments and revelations with the NISTHA DUBE idea of achievement as opposed • regular columnist for that particular subject. to a percentage of correct • freshman/psychology

reform.

At the end of the day, it and school officials to foster journeys — one that leads to a and a healthy attitude toward education.



COURTESY OF TRIBUNE NEWS SERVICE

# **DISASTER:** Triage policy should be implemented

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number of people.

There are many types is universally accepted. the focus is to manage the critical patients first. That is, the most resources and United States.

survivors. Another system is the First-Come, Firstwho arrived first with the assumption that service is

others. system is applied haphaz-

system is to provide the ardly across the U.S. and greatest good for the greatest across the globe with practitioners interpreting what greater good means in is causing some physicians of triage systems all across each context. In the case to make decisions based on the globe, but no one system of the Memorial Medical Center in New Orleans, According to the Boston some staff members felt Medical Center Emergency personally attached to a Medicine journal there is few of the patients and a SALT guideline (Sort, continued providing care Assess, Life-Saving and expending resources Interventions, Treatment to save the patients close to dies as was the case during and/or Transport) where them. Others focused on the Haiti earthquake. Some sustaining the well-being of healthy patients.

attention are given to those actually went as far as redi- tives from their supervisors whose pains are most acute, recting services from a resulting in chaos during and this is the system most group of patients to other these disaster events. commonly applied in the groups. Others went farther. There is also the Sacco were charged with second-Triage Method that degree manslaughter. a national triage guideline, focuses on maximizing According to The New York and we need more work done the number of expected Times and CNN, Anna Pou, in this regard. We need a Cheri Landry and Lori Budo were charged with providing that everyone is aware of, Served method where medication with the intent to even if not everyone agrees care is provided to those kill to those patients labeled "3," or last to be evacuated.

The reports suggest that fairly dispensed this way. the three staff members face and will face when There are also many varia- sedated these patients in the next disaster strikes. It tions of these systems where, order to ease their suffering for example, it stresses and also relieve staff grave decisions in the hands saving the "good citizens" members from the burden of a few humans. first, or saving the doctors, of care. This is based on physician or health workers autopsy reports after 45 in the population first or decaying bodies were TOMILAYO KOMOLAFE the able-bodied first as eventually removed from • regular columnist they can possibly immedi- the Memorial Medical • Ph.D. student/industrial ately contribute to assisting Center and lethal doses of systems engineering

morphine, a pain killer and Unfortunately, the midazolam, an anesthetic drug, were found in the patients.

The lack of such a guideline in disaster events preventing lawsuits rather than saving the most lives. Others are being forced to play the role of God while relying on incomplete information and being tasked to choose who lives and who are forced to interpret the meaning of doing the most Some staff members good and ignore direc-

One group led by Brooke In fact, three staff members Lerner is pushing the discussion toward creating teachable national guideline with it. Having such a law would reduce the pressure that healthcare professionals is inhumane to leave such



# **SPEAK OUT:** Sports writers have a responsibility to discuss politics

#### from page 1

man whom he considers "brazenly racist."

two, we run into problems, who fled his country during will follow star athletes Popovich said about Trump's because sports and politics the second Sudanese Civil like LeBron James simply campaign messages before are not binary. They never War. As of now, it remains because of his status. So a nationally televised Spurs have been, at least not since unclear how the Trump when a major sports figure game on Jan. 21. "That says

achieved their "American most of our information (Trump) said during that Dream" through sports.

"I know for a lot of but still vote for a refugees, they can't speak and news sources, sports grounded them for six up or they can never be figures are the outliers. months. Without a doubt. heard," said Los Angeles Regardless of political affil- But we ignore all that, When fans separate the Lakers forward Luol Deng, iation or ideologies, people because ... because why?'

comes from our own hand- time, if our children would picked group of pundits have said it, we would have

out of me to this day and

# Fuente inks an impressive class

Safety Devon Hunter headlines a star-studded recruiting class for head coach Justin Fuente.

#### PETER BEDROSIAN sports staff writer

At the close of National Signing Day in Blacksburg, doing what they truly need to 17 new players joined Hokie do." Nation and head coach Justin

decision that's best for them," Fuente said when asked about decommitments. "I'm okay with guys getting it right and

Despite a few setbacks on

the days of Muhammad Ali, who famously refused to serve in the military and set the standard for politically charged athletes. Splicing sports and politics down the middle is not only impossible, but when people attempt to do so, they only cheapen the richness that politics add to sports. With the growing diversity of sports personalities and a steady increase of international athletes playing in the United States, it has become insensible for sports figures to not speak about issues they are passionate about and even more ridiculous to criticize them when they do.

The current picture of mosaic of races, creeds, religions and sexual orientabackgrounds: white, black,

Administration's recent speaks, people from all immigration executive order will affect Deng but the NBA, which consists of 111 foreign-born players from 42 different countries, has openly expressed concern for players like Deng who have been targeted by Trump's actions.

"We have reached out to the State Department and are in the process of gathering information to understand how this executive order would apply to players in our league who are from one of the impacted countries," said NBA spokesperson Mike Bass to ESPN on Saturday. "The NBA is a global league, and we are proud to attract professional sports is a the very best players from around the world."

Since sports function tions. Major sports figures as a common ground for He has been one of the most come from entirely different people with differing political beliefs, it is even Christian, Muslim and more powerful when a major the importance of speaking everything in between. sports figure shares his or out. Some are even refugees who her opinion. In an age where

backgrounds listen.

As kids, we look up to athletes and coaches as role models and expect them to act as such. But being a role model extends beyond how you carry yourself on the field or court; it includes what you say, so it is unfair to rely on athletes to be role models and at the same time, criticize them for speaking their minds.

when given the platform of a professional athlete can give the impression and implication of being unbothered or apathetic about the issues. San Antonio Spurs head coach — and arguably the best coach in the history of the NBA — Gregg Popovich does not have that problem. prominent political voices in all of sports, emphasizing

"And all the things



ANDREA PAPPAS / COLLEGIATE TIMES

something about all of us. And that's what's dangerous. That's what scares the hell

makes me uneasy." Athletes supporting Trump have been just as vocal at times. Tom Brady, for example, had a "Make America Great Again" hat in his locker during the campaigns, adding that a Trump presidency would be "great." Approaching In fact, remaining silent this weekend's Super Bowl, Brady has refused to comment on the president's recent executive orders. Maybe it's a result of backlash from fans or maybe he too has decided to "stick to sports." Regardless, many other athletes and coaches have been rooting for Trump since before the election, including Lou Holtz, Rex Ryan and former MLB players Aubrey Huff and Tanyon Sturtze.

Because of the tendency for coaches and athletes to speak about politics, especially during a politically turbulent time, it has become impossible for journalists to "stick to sports," because if the athletes aren't going to do it, they can't either. If these writers, reporters and anchors didn't address Popovich's comments, for example, they wouldn't be doing their job.

In that spirit, the sports editors at the Collegiate Times will not be afraid to talk about the issues should the situation call for it. Like a majority of the country, we enjoy the guiltless pleasure of watching sports, but that does not mean we will ever ignore or avoid an uncomfortable conversation.

@CTSportsTalk

Fuente solidified his reputation as a master recruiter.

National Signing Day puts many worries to rest as commits make their decisions official by signing letters of intent. For Virginia Tech, that meant securing one of the best recruiting classes in recent memory. Highlighted by three top 10 in-state recruits and four top 300 recruits, the Hokies' class currently sits at 25th nationally, according to the 247Sports composite ranking system.

Safety Devon Hunter, the top ranked player in the state, officially committed today, making him one of the highest ranked commits in the last decade. The versatile Hunter stands at 6-foot-1, 205 pounds and is the 45th best player in the country. While not an early enrollee, Hunter is certainly a player to keep an eye on come fall.

The jump in the team rankings from 40th nationally last year to 25th this year is impressive for Fuente. Last year, Fuente had just a couple of months as head coach before signing day, which he equated to "speed dating." He said he was much more comfortable this year.

The strong recruiting class is due in part to an impressive January in which the Hokies secured commitments from their top four recruits. However, signing day was not without its challenges, with a former commit flipping schools.

Tahj Capehart, a wide receiver out of Virginia Beach, Virginia, was a Tech commit since early August 2016. The University of Maryland made a late push and Capehart decommitted from Tech and signed with the Terrapins.

Fuente respected the recruit's decisions. "The kids have a right to make the

signing day, the Hokies' class was an impressive start to the Fuente era. With a large class of 26 players and counting, Fuente felt that solid depth was added to positions of need.

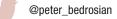
"Defensively we had to add some depth on the defensive line and at the linebacker position," Fuente said. "We needed to get those numbers back up with quality, good people and I think we did a fine job with that."

This class also included several pass catchers including three wide receivers, three athletes and two tight ends. However, three of those players are under 6 feet tall, but they are just the type of guys Fuente likes in his scheme. "We felt like we needed some guys to play on the inside," Fuente said.

Slot receivers that play inside are a big part of Fuente's offense, as seen in wide receiver Cam Phillips' big season in 2016. To continue with that formula, Fuente signed undersized players like Sean Savoy and Kalil Pimpleton to catch the ball in space and make plays with their feet.

Tight end was another position that saw a lot of new faces coming in, as Fuente likes to use versatile tight ends as H-backs. This is a position that needs to be able to run, block and catch. With two tight ends and an athlete all standing at 6-foot-4 or taller, it looks like Fuente has plenty of options for that position come fall.

For Fuente to put together a top 25 class with only one year to sell a growing program is something that should impress fans. Recruiting is not an exact science, but the head Hokie is excited about the players that signed and anxious to show the Hokie Nation what they can do in his second year.



# quide collegiatetimes.com

# Hokie alumna soaring to new heights in grad school

Meredith Kernbach graduated in 2016 and is now studying integrated biology with a focus in ecoimmunology at the University of South Florida.

#### **KATELYN MEADE** lifestyles staff writer

On an average day, Meredith Kernbach can be found chasing down house sparrows around the lab.

minor in chemistry. She then system," Kernbach said. packed her bags for Tampa and began graduate school at the University of South Florida where she is pursuing a degree in integrative biology studying ecoimmunology; a facet of integrative biology that combines aspects of immunology with ecology, biology, physiology and evolution.

Since arriving in Tampa, Kernbach has chosen to focus her research on how light pollution affects the stress response and disease dynamic (how they become infected and what symptoms they display) in house sparrows. She then takes it a step further to study how light pollution may affect their ability to cope with West Nile virus and how they could pass the virus on to other individuals.

Kernbach spends most of her time either doing field work (which involves a lot of chasing down birds in odd places) or in a lab working with the West Nile virus.

"I'll go out super early in the morning to set up nets (to catch birds)," Kernbach said. "We have to catch these birds in all these strange, obscure places - I got permission to catch them in a Home Depot parking lot," she said with a laugh.

But when working with the West Nile virus, Kernbach has to Tech as an animal science work in a high security lab.

"It's almost the complete opposite of field work. It's super vital that you keep sterile tech-Tampa, Florida, or wearing what niques, and you have to work she refers to as a "space suit" in inside of a hood (a local ventilation system that limits exposure Kernbach is a Virginia Tech to hazardous fumes). I wear kind graduate, leaving Blacksburg in of like a space suit type thing the spring of 2016 with a bach- double gloves, tyvek suit, respielor's degree in biology and a rator, face mask - the whole

Kernbach entered Virginia by the research. major, but when she switched to that people don't know about biology she began to attend guest research," Kernbach said. "In speaker seminars in the biology department every Thursday night.

awesome research."

From the first seminar, Kernbach was instantly inspired

"There are so many cool things college people always talk about wanting to cure cancer and you "That's how I got turned on to know, do all these really cool the research scene," Kernbach biomedical things ... but the said. "I just kept going back, really cool thing about research and some of the guest speakers is that you actually get to research they had were just doing super the cure ... there are so many things you can do that can make such a huge difference."

Among many other reasons,



Meredith Kernbach holding a red-winged blackbird in a marsh in Ontario, Canada.

Kernbach chose University of South Florida for the diversity of the program and the freedom of being able to choose to research whatever she wants. She noted that some people in her department are studying plants, and many are working with invasive species, while she is currently the only one in the department studying the West Nile virus.

Along with the diversity, Kernbach notes that geography played a large part. Since house sparrows are a relatively urban species, and Tampa is a relatively large city with a lot of light pollution, Tampa is the perfect place to be for the type of research she is doing.

"I get to go out every day and I get to catch birds and I get to do exactly what I want; the freedom of it is just so awesome," Kernbach said.

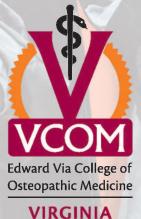
For right now, Kernbach is simply enjoying grad school. When thinking of future plans, she is still unsure.

"I would love to become a professor at a university like Virginia Tech and have my own lab while teaching as well. But there is also the possibility that I could work for the Centers for Disease Control (CDC) and work more with disease - so my research could take me in either direction."

Kernbach will graduate from University of South Florida in the spring of 2021 and plans to continue researching no matter where she ends up.

@meade\_katelyn





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# *Q&A: Applying to grad* school one step at a time

The Collegiate Times talked to the director of Recruitment and Diversity Initiatives at Virginia Tech about the graduate application process.

#### **MEGAN MAURY CHURCH** lifestyles staff writer

When it comes to considering a future before starting graduate school? at graduate school, many undergraduate students feel like they are in the dark. The Collegiate Times spoke with Dannette Gomez Beane, director of Recruitment to going straight into it, especially with techand Diversity Initiatives at Virginia Tech's graduate school, and asked some common questions about the admissions process. Beane explained that about 25 percent of the students at Virginia Tech's Graduate School also did their undergraduate work here.

Graduate programs are time intensive. A master's program is usually two years, while instances if they have a relationship with a PhD program can take from three to five. It's important to have all the information when considering making this kind of decision.

CT: How late is too late to apply for graduate school?

DGB: It depends. Every university has different deadlines. Some deadlines start on per credit hour plus your student fees. It Dec. 1 for the following fall, and we also have depends on your campus and your program, a deadline of Aug. 1 for that fall, so it's a huge window.

In undergraduate, when applying there's usually like a priority deadline, like early application, and then the final day when the application closes. That is the case with some programs at the graduate level, but other programs are on a rolling basis and will accept applications all year. Some will accept applicants up until the first day of classes for that term.

Applying to grad school is really relational ... we try to find "a fit," and sometimes that fit doesn't come before classes start. Faculty either for a nine- or 12-month term. That is will make an effort to get students in if it's a good fit.

#### CT: What if I'm not sure what I want to do after undergraduate studies?

**DGB:** Graduate school is really for people who have an understanding of what their next steps are going to be - or maybe their next, next step. I think jumping into a graduate student accepted into the Virginia Tech program just because you don't know what you want to do next is a really bad idea.

Graduate school is a great investment of time and energy for the students and the departments, so it needs to be intentional and it needs to be purpose driven. Even a master's program, which is usually a two-year program, is really a large commitment.

So if you don't really know what you're going to do, applying for a program with that high level of intensity is going to be obvious to both you as a student that you're not ready

and to the faculty that you're not as invested as you need to be.

CT: Is it a good idea to take time off

DGB: It depends. Some programs require that you have full-time work experience.

With other programs, there is some benefit nology, which is very quick to adapt. Or if as an undergraduate you've been working on some cutting-edge research, you want to stick with it as a graduate student.

**CT: Do Virginia Tech undergraduates** get preference when applying?

DGB: Not preference, but in some faculty already through the research relationship, then the faculty is going to want to keep them here.

CT: How much does graduate school cost?

DGB: At the graduate level, you're paying and it depends on whether you're in or out of state.

Also, at the graduate level, about 70 percent of students get some kind of support, mostly in the form of an assistantship that covers the cost of tuition.

An assistantship is a contractual assignment on campus where you're basically an employee to the department that's hosting your assistantship. Ten hours a week is a half assistantship, and 20 hours is a full assistantship, and the department who's hosting you will pay your tuition and a salary very common at research intensive universities.

The work options are GTA (graduate teacher's assistant), GRA (graduate research assistant) in labs or an administrative assistantship in an office.

CT: What is the average GPA of a graduate school?

**DGB:** We have a minimum of 3.0 GPA on the last 60 credit hours (you've taken), so you must have received an average of a B in your last two years of your degree; some departments can require higher. A 3.0 is definitely the bottom, so anything higher than that is going to be desirable.

@CollegiateTimes

# **GRADUATE SCHOOL** APPLICATION TIMELINE

(Information courtesy of the Princeton Review)



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2017 U.S. News & World Report's

# Best Graduate Schools of Education

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MAY

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# JULY

Request information from schools that interest you. Consider paying a visit to your alma mater to meet up with a few former professors.



# AUGUST

Take the GRE general test. If you're not happy with your scores, sign up to take it again. Begin drafting your statement of purpose.

# **SEPTEMBER**

Finalize your list of prospective schools, and familiarize yourself with the professors who share your research interests at each school. Contact your recommenders. Keep polishing your statement of purpose.



# **OCTOBER**

Send your recommenders supplemental materials (like your resume, personal statement, etc.) that they can use as a reference. Make contact with students and professors at your prospective schools. Arrange a campus visit if you can.



# NOVEMBER

Have someone in the field and a few smart (and honest) friends read over your personal statement. Take the GRE subject test; make sure that your scores will be sent directly to schools.

# DECEMBER

Complete and submit all applications, keeping copies of every section for your records. Verify that your recommendations have been sent.

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Graduate School DUCATION



Today's Birthday Horoscope: Explore and learn this year. Organized and coordinated teamwork wins. Shift directions with a partnership this month, before income surges to new heights. Personal growth and development in September leads to romantic and collaborative breakthroughs. Reach new levels in love.

"This is love, she thought, isn't it? When you notice someone's absence and hate that absence more than anything? More, even, than you love his presence?"

- Johnathan Safran Foer

# START YOUR MORNING THE RIGHT



FOR RELEASE FEBRUARY 2, 2017

# Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

# ACROSS

- 1 Brewski
- 5 Scrubland succulent
- 10 Skate park
- protection 14 " در مناطبة protection
- something I said?"
- 15 Bounded 16 Settled on the
- tarmac 17 Headline during
- an African wildfire season?
- 19 "¿Qué ?"
- 20 Peach or orange
- 21 Snitch
- 22 Rental duration 24 Former NASCAR
- Cup sponsor
- 26 Pass along
- 27 Go over again 29 Kind of key
- 33 Bro
- 36 Tolkien villain
- 37 "This feels
- familiar" feeling
- 38 Corner office fig. 39 Casual parting ... and a hint to this
- puzzle's four longest answers 41 Had too much
- 42 Satisfies, as thirst
- 44 Reduction
- 45 Attending
- 46 Fable teller
- 47 "Challenge
- accepted!" 49 West Coast pro
- 51 Possible reason
- for an empty seat 55 Picture of health?
- 58 Profession, casually
- 59 Hosp. area
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# **By Chuck Deodene**

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- 10 Artist Jasper during his
- tropical period? 11 Cumming of "The
- Good Wife"
- 12 CD part
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- 18 "Rule, Britannia"
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68 Core belief 69 Out of shape

# DOWN

1 Punjabi monotheists 2 Burn through 3 Eatery often named for its owner

28 Before, poetically 30 Green gem 31 Wrapped up 32 Deserving a slap, maybe 33 Badlands landform 34 Shaft with

bushings

from the kids 40 "Delish!" 43 Amazing, in dudespeak 47 Biological map subject 48 Slime 50 Pester 52 Card table request

# The black coffees of Blacksburg

From neutral dark roasts to strong coffees with hints of citrus — see how the blackest roasts in town stack up against the competition.

#### **KATELYN MEADE** lifestyles staff writer

Blacksburg is home to many different coffee shops, each one unique in its own way. Every local shop has many options when it comes to ordering your favorite caffeinated treat - teas, lattes, cappuccinos, mochas. But the real challenge is in the fundamentals: the black coffee. No cream, no sugar, just plain old coffee.

It's the one item that every coffee shop must have on its menu, and not all black coffee is created equal. This weekend I went around and taste-tested some local black coffee so that you wouldn't have to. This is what I found:

## **Bollo's Cafe and Bakery**

Located on Draper Road, Bollo's is a cozy shop where you can get a small coffee for just over \$1.50. Here, they simply hand you a cup and behind you there's a table with airpots filled with different blends to choose from - typically its house blend, a flavored coffee (it has a coconut coffee that is just heavenly), decaf and of course hot water for tea.

Its house blend is a very neutral dark roast with small hints of chocolate. While sipping this coffee was very pleasant, the thing that gets me about it is that since it is served in an airpot,

However, this coffee was very easy to unique atmospheres that I have found in drink, and was enjoyable to drink black all of Blacksburg, this spot also sports - no cream or sugar needed.

I give this coffee four out of five stars.

# Mill Mountain Coffee & Tea

Located right off of North Main Street, Mill Mountain fosters a great atmosphere for the inevitable days you'll spend studying this semester. Mill Mountain is a very pleasant place to be. It has a large space with a lot of natural light, long counters and tons of wooden tables - Mill Mountain is definitely a comfortable place to settle in for the day.

While it has an extensive food and drink menu, its black coffee is not quite as pleasant as its atmosphere. For just two dollars for a small, this coffee is bold and smooth. However, it also has an odd, almost burnt coffee taste to it that would be better hidden under the power of cream and sugar.

I give this coffee two and a half out of five stars.

# Idego

Off of Draper Road, behind the Farmer's Market, you can find Idego nestled in the alley next to Champ's. This shop is simplistic, with a light and airy vibe. It has a small menu which seems to say that Idego makes everyit is not always as hot as I would like. thing its specialty. With one of the most

the most delicious coffee.

This complex coffee is strong and intense, but somehow also light, smooth and just simply pleasant. With some citrus notes to it that leave you feeling refreshed, it can also come off slightly acidic, which could be toned down by adding a hint of sugar. This small coffee came in at just over two dollars for a small, but was definitely the best, most unique tasting of the three.

I give this coffee four and a half out of five stars.



**ARMAHN RASSULI / COLLEGIATE TIMES** There are plenty of coffee shops in Blacksburg, but finding the perfect black coffee can be a challenge.

# **BAN:** Students protest Trump's executive order

#### from page 1

administration.

Through a spokesperson, Congressman Rob Wittman (R) of Virginia's fifth district declined to discuss Bannon. Wittman graduated from Virginia Tech in 1981 with a degree in biological science.

In an appearance on Meet the Press on Sunday, Virginia Sen. Tim Kaine said it was not a coincidence that a White House Holocaust Remembrance Day statement failed to mention the Jewish people. Kaine blamed Bannon and his connection to Breitbart, "a news organization that traffics in white supremacy and anti-Semitism."

Kaine echoed those remarks in a Sunday evening fundraiser with Blacksburg supporters. A spokesperson for the senator declined to say if the University has a responsibility to issue a statement about Bannon.

Virginia Tech President Timothy Sands penned a letter to the community Sunday advising students affected by President Trump's executive orders limiting immigration to not travel abroad. Sands indicated his commitment

to international students, but did not condemn the actions of the White House.

Bannon and Senior Advisor to the President Stephen Miller reportedly lead the effort to implement the immigration ban. The two had previously collaborated in writing Trump's inaugural address.

Blacksburg's Coalition for Justice and Virginia Tech DREAMers called on Sands to ask Trump to rescind the orders.

Hundreds took to Henderson Lawn on Monday to protest Trump's proposed Mexican border wall and recent immigration ban. The event was organized by the Coalition for Justice. Many demonstrators carried signs denouncing Bannon.

Organizer Margaret Breslau said the university and the community should not direct their disapproval at just Bannon, but the entire administration.

"He was one of the architects of the (executive orders)," Breslau said. "He's a Hokie, but not a very good one, he's not representing us very well I'm afraid."



# collegiatetimes.com/lifestyles

# Resolutions: How to make one you can actually keep

It's been a month since New Year's Day, and chances are you've forgotten about your resolution. Here are some tips to make one and stick with it.

#### **ALAYNA JONES** lifestyles staff writer

New Year's Day seems as though it was just yesterday. On Jan. 1, we all felt enthusiastic and excited to make positive changes in our lives — for many, a new year means new goals and resolutions.

Now, it's a month after New Year's Day and this time of the year is notorious for people abandoning their overly ambitious resolutions. We all get busy and ultimately our resolutions get pushed to the bottom of our crazy schedules. One good thing is that it is never too late to get back on track with your resolution. Even if you haven't set one yet — it is also never too late to start.

Follow these steps to make a reasonable resolution and stick with it:

#### Keep it simple

To start off, don't overthink a resolution. A resolution can be something as simple as wanting to smile at strangers more. It doesn't have to be something that someone can see physically such as going to the gym more. No resolution is a stupid one.

#### Be mindful of time

Time is an important aspect of a resolution. There are only 24 hours in a day, so make sure that you set aside the right amount of time for your goal if it needs it. For example, I will go to the gym two time a part of a goal will hold you accountable for completing the with.



Studies have shown that informing people about exercise reduces calorie intake more than displaying the amount of calories in a product.

#### Listen to your gut

times a week for an hour. Making how much you can keep up a resolution is key. Basically, if thinking way, you won't be upset with about being at the gym every goal. Just remember, don't make day much makes you want to die to keep up with a goal. In the end your goal too tough to keep up a little inside — alter it to match what is attainable.

is the best one to choose because them from trying again. Being truthful with yourself on then it will not be considered "work" to keep up with it. This yourself if you find that it is hard when individuals cannot keep

## Be realistic

yourself that you will not eat junk food again for the rest of the year. Every single one of us knows we with their goal, many give up love to eat junk food, so do not A resolution that excites you which ultimately discourages deny yourself that for a whole

year. There are plenty of other options you can choose to eat healthier while still being able to eat foods you enjoy.

If you want to eat healthy, making a promise to yourself to only eat dessert twice a week is a good option. This allows you to treat yourself, but cutting back will help you maintain your goal. Also, you can decide to eat more fruits and vegetables with every meal as an option. Adding healthier options, but not taking too much of what you like away can also be beneficial.

#### Be specific

Target specific aspects you want to work on. If the goal is to get more fit, do not just say I want to be stronger. Where do you want to be stronger? In your arms? In your legs? A good example would be, "I will work on getting more muscular in my arms at the gym three times a week for one hour to become stronger." Focusing on one specific aspect of a goal will not be as overwhelming.

#### Envision yourself achieving your goal

Put pictures up of what you want to see. Write notes of encouragement to help when you feel like giving up. Nothing is impossible with positive thinking and having a goal set that is right for you.

Whether your resolution is to lose weight, eat healthier, get better grades or talk to more strangers, anything is achievable Do not go crazy and promise if you put the time in and believe in yourself.

@CollegiateTimes

# *Counting calories: More harm than health?*

#### **KATIE RICE** fitness columnist

One day as I was walking through Squires, I casually glanced to my right, taking in in the Chicago Policy Review, studies were

boards. The idea was to make calorie counts more prominent so that consumers would be inclined to choose healthier options.

Outlined in an article by Matthew Green the familiar sight of a large red Coca-Cola conducted shortly after the policy implemen-



obstructing the upper-right corner. It said, "Calories count. Check then choose."

I thought it was strange that a machine carrying notoriously sugar-laden beverages was warning me to mind my calorie consumption - this prompted me to investigate the origin of the sticker.

the American Beverage Association website. These vending machine signs are part of the Calories Count Beverage Vending Program to combat the obesity epidemic in America and to remind consumers that "calories count in all the choices they make."

According to the CDC, as of September 2016 more than one-third of adults in the U.S. are obese.

The program was launched in 2013 with the intention to remove full-calorie sodas from schools and provide students with smaller portions and better options.

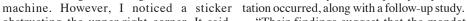
According to the Calories Count Beverage Vending Program, "through this program, America's beverage companies are ... teaming together to encourage lower-calorie beverage choices and provide consumers with Baltimore corner stores. The sign that significlear calorie information right at the point of purchase."

These vending machines inspired me to look further into the caloric awareness movements dealing with food.

In 2008, New York City required chain choices are unhealthy. restaurants to post calorie counts on menu



KAILA NATHANIEL / COLLEGIATE TIMES A vending machine in Squires Student Center, Jan. 30, 2017.



"Their findings suggest that the mandate helped people notice calorie information before purchasing meals, but the effects were strongest immediately after the policy change in 2008 and dissipated over time," Green wrote.

In the 2013–14 follow-up studies, customers Through a quick Google search, I was led to were likely to notice calorie listings, but not likely to order the lower calorie options because of it.

> For me, these findings are unsurprising. I find that when I decide to be health conscious and start focusing on lower calorie choices, I persevere for about a week. It's not that I don't value my health. I just cannot turn down the triple chocolate cookies at Turner forever.

> What if listing calories isn't the best way to reduce caloric intake?

> A study was conducted by Johns Hopkins University researchers in 2014 and published in the American Journal of Public Health. They found that telling people how much time it would take to burn off calories is more effective than listing calories.

> The researchers placed different signs in six cantly reduced calorie consumption said, "Did you know that working off a bottle of soda or fruit juice takes about 5 miles of walking?"

> Apparently threatening people with exercise proves more convincing than suggesting their

> My question is - should we be counting calories at all?

Last year, I embarked on a month-long health journey, the critically acclaimed Whole30 program by Melissa and Dallas Hartwig. There is a section in the Whole30 explaining potential issues with calorie counting.

"Your body knows how much you should be eating better than any calculator you'll find on the internet," the Hartwigs wrote.

Granted, a poor diet gets in the way of our natural bodily counters. Based on the program, a proper meal includes one or two palm-sized protein sources, filling the rest of the plate with fruit and vegetables and a small portion of healthy fats.

Eating nourishing foods this way for about a month should allow the body to know when it is satiated.

I admire the steps the government has taken to make the U.S. a healthier nation. However, health is about far more than calories.

@KatieRice\_CT

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# **PETITION:** Critics say Ut Prosim is lost on Bannon

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community.

said.

Hyre suggesting that return to the U.S. the Women's March on Washington focused too much on the issues of white women instead of the issues that all women face

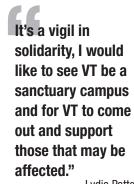
"White feminism is a sect of feminism that only focuses on issues of white women and needs to be intersectional and focus on the problems of all women," Hyre said.

A considerable number of protesters were carrying signs indicating their disapproval of Steve Bannon in addition to Trump. Bannon, a notable alumnus of currently the chief strategist Security Council meetings.

In addition to the protesters on Henderson petition is an open letter recent executive order goes against Virginia Tech's principles of community and Virginia Tech's motto "Ut Prosim," currently

holding just under 600 signatories.

A Virginia Tech student align with Patton's who wished to remain perspective and sense of anonymous expressed how the executive order could "We need to be accepting affect her. As a Muslim and of all people and abide by an immigrant from Tunisia, our Constitution," Finney this student was concerned for her mother who had Kelli Hyre, another recently left the U.S. on Blacksburg resident, a mission trip and that if held a sign reading, Trump placed bans on addi-"White Feminism is tional countries that her White Supremacy," with mother would be unable to



Lydia Patton philosophy professor

The second is a letter Virginia Tech and former that disavows Bannon's head of Breitbart News, is appointment by Trump and suggests that Trump should to the president and will dismiss Bannon from his now be attending National administration; it has over 4,900 signatories.

At the end of the protest, the protesters Lawn, two petitions against marched down College Bannon have been circu- Avenue toward the lating online. The first Pylons, concluding with protesters lighting candles to Bannon stating that the at the Pylons and chanting, "Hokies Don't Hate."

@RichChumney

collegiatetimes.com/news

# Town Council's forward thinking involves town, university growth

#### LEWIS MILLHOLLAND AND CAROLINE PROVOST managing editor and news staff writer

The Blacksburg Town Council held its quarterly work session on Jan. 31, 2017, to provide updates on its comprehensive plan, address community concern regarding the Windsor Hill pump station and to discuss the Virginia Tech Master

Plan, as well as other issues. As with every quarterly work session, the council began by updating the public on the progress of accomplishing strategic goals, which consist of preparing for Virginia Tech's growth in enrollment, determining the future of the old middle school and high school properties, expanding recreational opportunities, planning for additional downtown parking, facilitating broadband and drafting plans for zone ordinances.

"We're kind of slowly making progress you'll see it accelerate because some of it is dependent on some of the consultants we're getting ready to hire," said Marc Verniel, the town manager. "Once we get the consultants rolling that will help make progress on several of these goals and we hope to be done around late fall."

Anne McClung, director of planning and building, provided the council and the public with a five-year update of the comprehensive plan and addressed issues of citizen engagement and involvement.

"(The plan) really does need to address the impact of university growth. I think the community is more attune than they were in previous updates and we want to go forward feeling like this is truly a community vision and that they have shared their thoughts," McClung said. "Everyone seems to be acknowledging that there is a certain amount of growth that is going to happen but the biggest concern is: How will it feel like Blacksburg?"

She said that her team will focus on getting documents of the plan out for review and ready for public hearings in proceed to look at school and university manholes adjacent to the pump station." population in April.

as potentially offering incentives and the storm in September 2015 matches density bonuses to businesses who attain those conditions. a certain development.

on the direction we receive, to identify which of those elements are workable for the idiosyncrasies of this community," Davis said.

green development and successful implementation of legislation and standards in other states such as West Virginia and New York. However, Virginia is limited in that it can only further green devel- out." opment through incentives.

authorities that other states have to simply set those standards," McClung said.

The council moved on to discuss the adequacy of the Windsor Hills pump station. Citizens of Harding Road raised concerns at the Jan. 24 Town Council on them. I think over the next two quarters meeting that the sewage system feeding into the pump station was overflowing, ultimately contaminating local wells.

Public Works Director Kelly Mattingly stated that while the issue warrants the town's attention, there is no immediate evidence that the system has overflown. He stated that even during critical situations, the wet well data logger never reported volumes of water higher than 3.5 feet below the surface, and the Windsor Hills staff have not observed overflown non-liquid items (such as center appears as an obtrusive island in a bathroom tissue, tampons and condoms) appear on land after a heavy rainfall.

"There's a whole host of theoretical undetected," Mattingly said. "We just don't have any evidence for that."

Town Engineer Victoria Hoyland explained the town's proposal to conduct a sewer water analysis on the site.

"The evidence (indicates) that there wasn't an overflow at the wet well (during) the 2015 water storm that we had," Hoyland said. "But we do not have larly scheduled meeting is Valentine's in our models right now the ability to eliminate the possibility that there could Blacksburg Municipal Building at 300 January, February and March, and then have been an overflow upstream of that in South Main St.

Hoyland announced that the town will Carol Davis, sustainability manager, conduct studies in the field to determine discussed the possibility of further green in what circumstances an overflow

development in Blacksburg as well scenario could occur, and determine if

Recently, after a series of rainy days "I think the task before us is, depending in Blacksburg, a pocket of land within 50 feet of the Windsor Hills pump station fell in on itself — "It is a sinkhole," said Deputy Town Manager Chris Lawrence.

'We can see what we can see on the She also offered a few examples of surface, and we can see what we can see through a camera in the actual sewer line, but outside of digging there's only so much that you can actually see," Lawrence said. "So we'll keep an eye

Virginia Tech's Assistant Vice "Sadly, we do not have the same President for University Planning Jason Soileau took the floor next to discuss updates to the Virginia Tech Master Plan and to the Creativity and Innovation District.

> Most of the presentation was focused on improvements to the latter, which occupies the southeast side of campus. The district includes Moss Arts Center, Squires Student Center and Newman Library. Soileau discussed the intentional use of interior and exterior space as well as lighting and innovative structures to foster a community of creativity.

> Drawing from pedestrian data collected through Virginia Tech's MOVES App, Soileau dubbed Squires "a Great Wall of China." Based on Virginia Tech's graphics, the 79-year-old student sea of heavy pedestrian traffic.

"Do we want to renovate Squires? Do we want to tear Squires down? Those possibilities for overflows that could go are going to be the questions that we're asking," Soileau said. "We know that the functions that happen in Squires have to happen somewhere."

Soileau reiterated the university's intention to keep the town up-to-date on the Master Plan as it progresses.

The Town Council will next convene in a work session on Feb. 7. The next regu-Day, Feb. 14, at 7:30 p.m. in the

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# **GOVERNOR:** Technology positions hold promise

college presidents tech-related. It has to be was to "cut the fat" some computer science, instead of raising tuition code writing, something said. "You're doing rates year after year. like that." Virginia Tech, however, Near the end of the passed its lowest tuition meal, McAuliffe backed raise for this current off of the cyber-only luncheon was red pepper academic year since 2001, agenda he had been partially because the pushing. "I'll take my governor the governor always nearly \$13 million in addi- hat off for a second. I'll tell all the young people: The governor circled first off, do what you another of the U.S.S. back to the topic of jobs enjoy," McAuliffe said. "I push the cyber because this time a large platter. the afternoon. He esti- it's important to me as governor ... At the end guests to guard their lamb tech-related positions of the day, follow your from Guinness, the first in the Commonwealth passion, do what you love currently unfilled, and he doing. You don't have to be a cyber warrior to be nalists asked McAuliffe to fill these jobs is to happy. But if you're asking his thoughts on student revamp K-12 education me, as governor, what jobs debt and the existing with a focus on STEM exist in Virginia, those are those jobs.' McAuliffe himself of students get taken reported that the holds a bachelor's degree advantage of on these Commonwealth experi- in political science and loans," McAuliffe said enced 70 million cyber said his daughter is in before quoting \$30 billion attacks - not counting Africa "saving elephants," admitting that there was a The situation calls for a which comes to around world beyond technology. "I cannot imagine going "It's very easy to find a to work every day in a job," McAuliffe said. "But job I don't like doing," McAuliffe said. "I can't

ANDREW YOUNG / COLLEGIATE TIMES

Students gather in the Pamplin Atrium for the Global Business and Analytics Complex reveal, Feb. 1, 2017.

# Pamplin to bring Global **Business Anayltics project**

Dean Robert Sumichrast debuts big plans for 2-year-old Global Business Analytics Complex project, where expansion will be a huge priority.

#### LEWIS MILLHOLLAND managing editor

It's been nearly two steps of the Pamplin Atrium Business and Analytics Learning Community.") Wednesday afternoon, the dream took one step closer to reality when Sumichrast project.

"(G-BAC) is going to be be something far greater than that," Sumichrast said.

to the south of the Inn at Virginia Tech for an approxyears since Dean Robert imate total of 700 beds. The Sumichrast first stood on the residences will be populated by both Pamplin and nonto announce the Global Pamplin students to foster the university's fledgling Complex (at that point it data analytics and decision was called the "Business sciences destination area, a intends to break ground on curricular approach designed the the Pamplin School of to "advance transduction of data into decisions."

Sumichrast stated that the appeared on those same future of Pamplin may not steps to formally reveal the be limited to the Blacksburg campus.

unique because we are using chance we're going to collaboration between the want to expand some of different colleges - because these (G-BAC) facilities an opportunity for a great it isn't going to be just a into northern Virginia, for career." business school; it's going to example," Sumichrast said. "There could be a place in northern Virginia for the The \$250 million project business school, and for

includes the construction of data analytics and decision two new residential buildings sciences at the undergraduate level as well."

Pamplin's welcome to the G-BAC will also be its final goodbye to Pamplin Hall. which will retain the Pamplin family's name but will no longer be the hub of the business school. Sumichrast Business' new home in 2020 and have students move in three years after.

"I hope that you're feeling proud today. I hope that you feel some Pamplin pride," "I think there's a good Sumichrast said. "You're getting a great education - you're going to have

@WithTheFancyGuy

from page 1

nothing about the underlying problem."

The main course at the coulis-topped lamb with polenta and asparagus, Commonwealth allocated being served last. Behind tional support for Tech. the governor's seat was Virginia's pieces of silver, repeatedly throughout The governor warned his mated there were 150,000 dog.

student loan system.

"I do think a lot of student debt in Virginia. private businesses closer look, the governor two attacks per second. said, because the current situation is "crippling."



LEONOR TAYLOR GRAVE / THE FLAT HAT Gov. Terry McAuliffe speaks during a reporters' luncheon at the Executive Mansion attended by student newspaper leaders, including members of the Collegiate Times, Feb. 1, 2017.

One of the student jour- believes a critical method curriculum.

Last year, McAuliffe

McAuliffe's message it has to be something

imagine anything worse." However, he did cut in with one last thought before conversation moved along.

"But – cyber!"

McAuliffe left after a dessert of opera cake and coffee, opening his house to the exploration of his guests. Portraits of Native-American leaders, English monarchs and former governors decorated the walls. The 205-year-old mansion has survived fires, a civil war and numerous restorations, but continues to stand strong.



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