

The Critograph

Student Voice of University of Lynchburg

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Earth Day Junk Drive

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On April 22, 2022, Earth Day, the University of Lynchburg's Environmental Sustainability Society (LESS) held a junk drive to reduce the amount of waste on campus.

President of LESS Jeana Burdge said, "The Junk Drive was very successful. We had both students and faculty bring in clothing, chargers, jewelry, school supplies, shoes, and a variety of other items. This



Photo retrieved from Jeana Burdge on April 23, 2022. Jeana Burdge, the President of Lynchburg's Environmental Sustainability Society, is proud that her junk drive on Earth Day made a difference.

was our first junk drive our community."

event and I believe that it Burdge explained, was a success because we "LESS holds recycling away. We will soon be received various items that tables every other having an event that shows we could then donate to Thursday to limit the students how much plastic

amount of recyclables that would have been thrown away. We will soon be having an event that shows students how much plastic

they produce within our campus community. We hope to provide students with reusable water bottles to limit the use of harmful throw away bottles."

She believes her organization has made an impact around campus, the Lynchburg City, and the Earth. She said, "LESS strives to create a society of environmental activists to ensure a more sustainable campus and community as well as making students

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more aware of the impact they have. Our mission is to improve campus through eco-conscious decisions that help sustain our beautiful environment. We believe that earth and nature are very important aspects of our lives and want to make a healthy change. We want to share with our campus

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Claire King, Caitlynn Freece, and Tanner Wynne were the successful candidates from the 2022-2023 Student Government Association elections. They will hold the positions of SGA President, Vice President of Internal Affairs, and Vice President of External Affairs respectively.

These rising leaders

community how important our environment is and how simple and fun it is to make a change."

William Fowler, a senior and a volunteer at LESS, said, "Earth is all we have. We have to remember that all the things we use every day are finite and if we pollute the air, the water, and the ground then we will not be able to function as a species.

It is vitally important that every human realizes the negative impacts they have on the planet and curb those to create positive impacts such as recycling or campaigning to reuse materials for other purposes."

Fowler said, "Volunteering with LESS will give someone a sense of accomplishment knowing they are helping make the

Earth, their home, a better, cleaner, more efficient place to live. A lot of the volunteer opportunities are also pretty fun and only require around an hour of commitment. The benefit is greater than the cost."

If you are interested in volunteering for LESS, please contact Jeana Burdge at burdgej842@lynchburg.edu.

New SGA Leaders

have served the campus and their community in several ways before being elected to their positions in SGA. Both King and Freece have served on SGA and Tanner Wynne is currently the president of the Phi Kappa Tau fraternity.

Wayne stated, "For me, I ran for this position in SGA because I feel as though student-led organizations have declined greatly after COVID and student's are not getting the most out

of campus by just going through the motions. I feel that students aren't aware of the vast amount and variety of organizations

that are present on campus that can give them great experiences and

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Security Blotter

Saturday, April 16

Clothing Items reported missing from disabled vehicle

Friday, April 15

Keyboard stolen from desktop

Tuesday, April 12

Hit & Run to parked vehicle

Security Blotter reprinted verbatim from online campus crime log.

SGA from page 2

opportunities for personal, professional, and social growth. There truly is something at Lynchburg for everyone. As the next Vice President of External Affairs, I hope to get students more involved and enjoy their Lynchburg experience by creating the campus they want to be a part of.”

Along with this, both King and Wayne have keen

interest in aiding Greek Life on campus.

In a public statement from King stated, “I plan to assist Greek Life by prioritizing community development and working towards a culture that helps more students to be involved. I also hope to ensure that social life is prioritized in the coming year. The COVID-19 pandemic took a large toll on groups from all facets of our campus, and

I am hoping that SGA can collaborate with Greek Life in the future to ensure that students have a place to feel both welcomed and accepted.”

Wayne also noted, “I have always been a big advocate for the benefits of what Greek Life offers to campus. I want to be able to build a positive relationship with administrations to act as a liaison between the Greek community

and the administration. This campus used to be nearly 1/3 Greek, it would seem like everyone you know was part of an organization. Nowadays, we have incoming freshmen that barely know we have Greek Life. By showing how Greek Life gives students a stronger sense of belonging than any other kind of student organization is what I think the key is to saving the Greek community.

Being a part of a Greek organization helps to make students more well rounded and gives valuable opportunities for students to find the reason why they want to stay at Lynchburg and look forward to coming back to see their brothers and sisters.”

For more information on SGA at Lynchburg visit: <https://www.lynchburg.edu/student-life/student-government-association/>

Concert Choir to Host Spring Concert

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The University of Lynchburg Concert Choir is hosting its final concert of the semester on April 29th at 7:30 p.m. in Snidow Chapel.

This concert will be the

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The University of Lynchburg Concert Choir performs at the President's inauguration on October 1, 2021, retrieved from The News and Advance

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last time for the many seniors in the program to sing in the ensemble ahead of commencement in May.

According to the Choir's website, "the choir prepares and performs various choral literature from the medieval to 20th century," and during

this finale, they will sing selections from Ola Gjeilo and Andrea Ramsey.

Senior, Savannah Turner said, "My favorite part about being in the choir is being able to share my love for music with the campus community and building relationships with those who share an interest in the performing arts!"

Throughout the time together.

semester, the students in the Concert Choir practice for three hours each week and earn an extra credit hour towards their degree.

The graduation of the 2022 class brings many bittersweet memories for the members of the choir, as they have formed a tight bond during their

"Concert Choir has made my experience at Lynchburg so rich with the community and connections it has brought me," said freshman Alyssa Camejo. "Choir always feels like a big family, and having those musical experiences together is so special and gives me a safe

place on campus that I can retreat to."

Admission to the spring concert is free.

For more information contact:Melissa Brooks - Administrative Assistant for the School of Visual and Performing Arts, brooks_ms@lynchburg.edu

Horoscopes



Pisces

Feb 19 – Mar 20

You will feel excessive boredom for awhile. Sometimes excessive boredom could be a good feeling though.



Aries

Mar 21 – Apr 20

You will feel healthy and ready to go. There is no better feeling than good health.



Taurus

Apr 21 – May 21

You will begin the week in a happy mood and end the week in a happy mood. It is always great to be in a happy mood.



Gemini

May 22 – June 21

You will want to revert back to old habits this week. Sometimes reverting back to old habits is better than developing new ones.



Cancer

June 22 – July 22

You will want to eat healthy food this week. Make sure not to over adjust your diet though.



Leo

July 23 – Aug 23

You will want to go out and do things you have been doing for years. You will find out how much you miss these hobbies



Virgo

Aug 24 – Sept 22

You will be very activity oriented. All you will want to do this week is to have fun.



Libra

Sept 23 – Oct 23

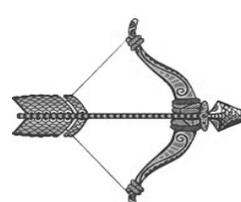
You will have an urge to submit all your assignments this week. You will realize that work is the most important thing in your life.



Scorpio

Oct 24 – Nov 22

Your number one wish this week will be having good health. Every other wish you previously had no long matters.



Sagittarius

Nov 23 – Dec 21

This is not a good time to overextend yourself. Try to take things slow and easy for awhile.



Capricorn

Dec 22 – Jan 19

You will want to attend a lot of sports games this week. This might not be a smart idea because of your busy schedule.



Aquarius

Jan 20 – Feb 18

You will want to show appreciation for all of your friends. Appreciation is such a valuable feeling.

The Buzz

[catches hornet opinions in writing]

The columns in "The Buzz" do not represent the opinions of *The Critograph* or its staff, but instead captures the views of their authors.

The Seven Chakras: A Rainbow of Strength

Em Maxey
Staff Writer

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As you grow through your spiritual journey one term you will constantly hear is "chakra" or "chakras." This term refers to the seven strongest spiritual points in the body. These chakras are identified by location, color, and element. Before you read more about the specifics of chakras, remember that the colors are used to bring attention to and grow the chakras. The colors of the chakras are often worn during meditation specific to certain chakras. The stones mentioned are not the only stones which represent the specific chakra. Stones that enhance the characteristics of the chakras are used as well as some stones that are within the same colors



Photo by: Hands on Health

of the chakra.

The root chakra is the first of the chakras. Also known as muladhara, the root chakra is located in the feet and is an

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Week in Review

1). Two Russian generals were killed in Kherson according to Ukraine sources. Russia is definitely struggling taking over Ukraine, so this war looks to continue for a prolonged period of time.

2). On Friday, April 22, 2022, U.S. Treasury Secretary Janet Yellen stated that the United States economy has proven to be strong in the face of adversity and that a recession is not in sight. This is impressive considering the United States economy is battling high levels of inflation.

3). Chilly upcoming mornings and nights are ahead for many places along the Eastern Seaboard of the United States over the next three days. Farmers need to be cautious planting vegetation in the southeast until early May.

4). President Biden is continuing and worsening his sanctions on President Putin. Many still wonder whether these sanctions are enough to cause a difference.

5). The NFL Draft Selection will happen on Thursday, April 28, 2022. The Jaguars will receive the first overall pick for the second year in a row.

Information compiled from various sources.

CHAKRAS

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earth elemental chakra. This is the grounding, foundational chakra that is also known for financial stability. Muladhara's most intensive growth is between one and seven years of age. The most common mantra is "I cannot grow from an unsteady foundation." Mantras are Buddhist and Hinduist meditation repetition sayings to guide the body to its goal. The root chakra is represented in red and often affiliated with hematite stone for its strength and mass.

The next of the chakras is the sacral chakra, a water elemental chakra. The sacral chakra rules sexual energy and

creativity. The sacral chakra is also known as swadhisthana and is located in the lower abdomen below the naval. The most of the growth of the sacral chakra is during the ages of eight to fourteen. The sacral chakra is orange and represented by the tiger's eye. The most popular mantra for the sacral chakra is "I will always honor others but not before myself."

The solar plexus chakra is located in the stomach. Known also as the Manipura, the solar plexus is all about the self: self-worth, self-esteem, self-confidence. The solar plexus is yellow and develops between fifteen and twenty-one. This is a fire elemental chakra

represented by the amber stone. "Self love starts when I accept all parts of myself," is the well known mantra for the solar plexus.

Anahata, or the heart chakra, is after the solar plexus. The heart chakra is fueled by love, joy, and peace. The heart chakra is, well, located in the heart, is the green chakra, an air elemental chakra, and represented by rose quartz. The mantra for the heart chakra is often "When I love myself, loving others comes easy." This chakra typically develops from twenty-one to twenty-eight.

The next chakra is located in the throat. Known as vishuddha, the throat chakra is the source

of self expression and communication. The throat chakra is sound elemental and is represented by turquoise or light blue. The stone for the throat chakra is aquamarine. "I speak the truth, always." is a common mantra. This chakra is developed heavily between twenty nine and thirty eight.

The third eye chakra is a purple, light chakra. This chakra, Ajna, is developed between thirty-six and forty-two. A popular mantra is "I am open to exploring what cannot be seen." Amethyst is the stone of the ajna; and, the third eye chakra is known for intuition. The specific location for this chakra is between the eyebrows.

The last of the chakras is the crown chakra. Samsara or Sahasrara is the alternative name for this chakra. This chakra is located at the very top of the head, and is known for spiritual connection and outer beauty. This chakra is white and the mantra is typically "I am known for love and light." This chakra grows most between forty-three and forty-nine. This chakra is characterized by the divine consciousness elementals. Clear quartz is the most common stone.

Now that you know the basics about the chakras. I encourage you to open your heart chakras to others and open your third eye chakras to the possibilities of the world.

Weather or Not**Dr. Michael Robinson**

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An old saying goes--
everybody talks about the

weather, but nobody does anything about it. Unless you live in the Marvel Universe. There, some superheroes like Thor

and Storm can and often do control atmospheric conditions. It must be strange to live in a world where weather control

exists.

Unsurprisingly, weather is usually a weapon for Thor. As the Norse God of Thunder,

Thor will summon down lightning and let loose

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terrible storms to smite his enemies. Thor prefers clonking his foes with his mighty hammer Mjolnir. The thunder and lightning arrive when Thor faces a particularly dangerous opponent that provokes his anger or frustration. These downbursts pummel monsters and drive down armies.

While not quite as powerful as Thor, Storm has a greater range of weather control. All forms of weather are hers to manipulate. Storm will often use thunderstorms in battle too, but she can also create blizzards to freeze her foes or fog to obscure the movements of her X-Men teammates. While technically not a god in the sense that Thor is, Storm was regarded as a goddess in her younger days. Storm's powers are directly linked to her emotions. A bad mood

could unintentionally lead to a thunderstorm. A good mood could mean a beautiful day. For many years in the X-Men comics, the need for Storm to control her moods frustrated her. This was also a thematic representation of her move from Africa to the United States. Storm often longed to return to the free spirit days of her time living in Kenya (these days she is Queen of Mars, but that's a different story altogether).

Every real-world meteorologist has some funny and frustrating stories about how the public actually blames them for the weather, like it's the forecasters' fault that it rained on a picnic. In the Marvel Universe though, there really is someone to blame.

Did your basement flood because of a terrible downpour? "Thor,

you jerk! Was it really necessary to fight the monstrous Fin Fang Foom like that?"

Did you miss the ballgame because it was rained out? "Thanks a lot Storm! These schedules are published in advance. Maybe next time you and your friends take on the Brotherhood of Evil Mutants you could do it during an away game day?"

The average Marvel Universe person probably does not even know when weather is happening naturally or because of superpowered influences. I have always loved the slow arrival of a thunderstorm in the summer, that sense of the energy in the air. Anybody living in this fictional world must also wonder what superhero battle is coming their way.

Does that oncoming storm mean a big fight with the Sentinels or

the Masters of Evil is also rolling into the neighborhood? Meteorologists in the Marvel Universe probably have to issue watches and warnings about superhero activity: "Well, if you look closely at the radar here, you'll see a lot of magnetic interference in the area of this thunderstorm over Westchester County, specifically in this storm cell near Xavier's School for Gifted Youngsters. The weather service has issued a Magneto Watch. Folks in our viewing area should head to their plastic shelters right now!"

There must also be a terrible temptation to bribe these heroes as well. Got a wedding day coming up? Or a graduation? Try to find Storm and see what it costs to make a sunshine day.

LPD News

Lynchburg Police Department is investigating after a malicious wounding this morning.

On October 30, 2020 at 11:34 a.m., an individual arrived at Lynchburg General Hospital with a non-life threatening gunshot wound. Officers are still investigating the possible location of the shooting.

Anyone with information about this incident is asked to contact Det. Dubie at (434) 455-6102 or Crime Stoppers at (888) 798-5900. Enter a tip online at <http://p3tips.com> or use the P3 app on a mobile device.

How to win? Get on base!

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When thinking about the sport of softball most people would presume that in order to win a game the team must score runs. This statement itself is true but the question then becomes how to score runs? The answer to scoring runs is to get on base. The OBP, on-base percentage, statistic is one of the most valuable statistics in sports because it can be a direct causation to winning games. If you have a higher percentage of getting on base then your team

has a higher chance of winning the game.

The University of Lynchburg's Softball Team has experienced some very good games so far this year including multiple wins over ranked opponents as well as disappointing losses to conference foes.

Freshman Pitcher Kailey Dorcsis says, "So far this year when we are the most successful is when we score lots of runs and our bats are making good contact."

With that being said the teams OBP in wins this year .416 while in losses it is .297.

Over the course of 38 games so far this year it has given enough statistical data that when a team gets on base it is going to help them win games.

Freshman Kinnice Turner said, "When I step into the batter's box my goal is to get on base. It can be a walk, hit by pitch, or a hit. As long as I am getting on base I know that it is going to help the team."

In order to raise an OBP for a team it takes discipline and looking for the right pitch. Drawing walks raises a team's OBP without

even hitting the ball. This year the Lynchburg softball team has drawn 64 walks in games that they have won while only 36 in games that they have lost. That comes out to just over three walks a game in win and just only about two walk a game in losses. For a team that has lost nine times this year by a run differential of one, that extra base runner could be the difference between a 21-17 record and a 30-8 record.

If one is looking to win softball games it comes down to getting on base.

Upcoming Events

Women's Sports:

University of Lynchburg Women's Lacrosse Team vs. Guilford on Wednesday, April 27, 2022, at Shellenberger Field at 4:00 pm.

Men's Sports:

University of Lynchburg Men's Lacrosse Team vs. Bridgewater on Wednesday, April 27, 2022, at Shellenberger Field at 7:00 pm on Faculty/Staff Appreciation Night.

Other Events:

Student Activities Board presents WINGO on April 28, 2022, at 8:00 pm at Pete's Place in Room 112 of the Drysdale Student Center.

Career and Professionalism Center hosts Social Media Presence on Tuesday, May 3, 2022, in Schewel 231 at 12:00 pm.