

Radford Esports Reduces Hours Ahead of Relocation

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Radford Esports has been one of the fastest growing communities on campus. Now in their fourth year as an organization the students were met with a bit of a scare regarding the Esports center's hours of operation, this past Labor Day weekend. On Wednesday August 27th the Esports community was notified via Discord of an incoming change to the availability of the center. When the Esports program was first implemented on campus, they were open from noon to 10, last year the hours were noon to midnight, the new updated schedule will see the center open for students-

Monday to Thursday from 4-8 p.m.
Fridays and Saturdays from 2 p.m. to mid night
Sundays 5-9 p.m.

The change is partly due to the Esports staff being in a transition period.

The Esports center will be relocated from Cook Hall room 131 to Peters Hall, and the plan is for the facility to open this January. Doug Benedict the Associate Director of Esports spoke of some of the plans for the new center-

"...we are opening a new facility in January. In January we'll be moving to Peter's Hall, and we'll be moving into a space much larger than the space we're in right now. We will have a larger community space. We'll have an arena style space that will serve as additional community space, but also a place to host competition because in the past, we have hosted competition and had to shut down this space, which takes away from (the rest of) our community."

There was a belief among some students that school officials were interfering with the organization due to concerns of students spending too much time in the center, or perhaps skipping class to play video games causing grades to drop but Benedict denied the rumor-"No, I don't think that's the case. Do I understand where that's coming from?"



Gaming Computers in the Esports Center Photo Credit:
Radford.edu/esports

Yeah, I think that students are defensive, certainly over the space. I think students really love this space and I think we've provided a lot of access in the past. I wouldn't say the administration is out to get anybody, I think the biggest thing that happened is we're just in a transitional period right now. Like I said, we're opening this new facility. The staff and I are trying to kind of figure out what we're doing here, we're looking for a long-term solution to providing access to our students...what we really did when we determined the current hours is we looked at our check-in data, and we essentially said, okay, this is when the most students are swiping in and this is when we need to have open hours."

Doug Benedict assured the Tartan that the data collected from students visiting the center does not suggest that their visits are impeding their academic success. Benedict and the rest of the staff are still committed to having the Esports center open and available for students as much as possible and would like to see the hours revert to what they were last year when the time is right.

Contents

- 01 Radford Esports Reduces Hours Ahead of Relocation
- 02 Executive Order Renaming DOD to ‘Department of War’
- 03 Hollow Knight: Silksong Review
- 04 Campus Dining Updates Ft. Chick Fil A, Moe’s and More - Science Expo Highlights the Community and Excitement of Curie and Reed Hall
- 05 Opinion: Unfair Stigma Surrounding Lane Filtering
- 06 Wrestling With an Overactive Mind? Sleep Meditation and the Importance of Quality Sleep
- 07 Controversial Influencers Visit Virginia Tech
- 08 Highlander Highlights: Soccer Programs Each Achieve Big Win; Women’s Cross Country Wins VT Meet

Executive Order Signed Renaming DOD to ‘Department of War’

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Photo Credit: Reuters.com via Skynews

On September 5th, President Donald Trump signed into effect a change that could cost taxpayers over \$1 billion. **The President signed an executive order on Friday afternoon to change the name of the Department of Defense to its former name, the ‘Department of War’.** This is to indicate that America has “the strongest military” he told reporters.

The name change will likely cost American taxpayers billions of dollars, due to the hundreds of Pentagon agencies, as well as international bases, that would need to have their signage replaced and updated. When Trump was asked how much this endeavor might cost, he replied, “Not a lot. We know how to rebrand without going crazy.” (Trump, Sept. 2025, The New York Times)

This comes as the second major rebranding venture the President has set his sights on, following the ‘Gulf of America’. This rebranding cost an estimated \$62.5 billion, in addition to his \$200 million budget for his White House renovations. Which seems to be ‘not a lot’, for President Trump.

Furthermore, this distances Trump even more from his long-awaited goal of obtaining a Nobel Peace Prize. Back in February of this year, Trump proclaimed: “They will never give me a Nobel Peace Prize. I deserve it, but they will never give it.” (Trump, Feb. 2025, The Independent)

Hollow Knight: Silksong Review

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Hollow Knight: Silksong has been one of the most anticipated games of the decade. Back in 2019, the development team of Hollow Knight, Team Cherry, announced that the game Hollow Knight would get a DLC expansion, but that was later scrapped and became a stand-alone game because of the amount of content. Some fans worried that Silksong was never getting released because it was going through development hell. Development Hell is when a game goes through a creative rut and then production is halted. However, this was far from the truth and in a more positive turn of events it was revealed that they were in Development Heaven. Team Cherry was having so much fun creating a new world and creating the playstyle for Hornet the main protagonist of the Game. They aren't a team that is very online, so they didn't know about the massive hype building up over the past 6 years. Silksong became such a massive hit that within the first hour its Steam, Playstation, Xbox, Nintendo and many other servers crashed because of the high demand.

After only putting 30 hours into the game, I can say that Team Cherry has outdone themselves tenfold. The fluidity of the movement and the new playstyle really shines through compared to Hollow Knight. Those who liked the challenge of the last game will love this one as enemies take far more hits to kill and will find bosses are more active during fights. I also realized playing Silksong makes it difficult to go back to the first game because a lot of enemies are easier to kill and the movement of the knight vs hornet is so drastically different. The knight feels very good, but the movement of the Hornet is so much more fluid. The knight feels kind of static while Hornet always has to be dynamic if she wants to kill an enemy. Once I realized this, it was a lot easier to defeat enemies. The new setting is breathtaking. Silksong has a more vibrant setting with more life surrounding it as pilgrims make their way up to the Citadel and as you find in your path up many become cursed. I think it's a great setting in Contrast with Hollow Knight that's set in an infected dying kingdom. One of my few dislikes



Photo Credit: ifantasybox.com

in the last game was the silent protagonist not interacting with NPC dialogue and the world. Team Cherry moved away from the silent protagonist from the first game and it has been a great addition as Hornet's kind but fierce personality shines through the dialogue. **Silksong only costs 20 dollars right now and with free DLC expansion on the way, it is a deal that I believe every gamer should dip their toe in.**

Mark your calendar & join us!

Family and Friends Weekend

Sept. 26-28

19 R 10

FAMILY AND FRIENDS WEEKEND

2025

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Campus Dining Updates Ft. Chick Fil A, Moe's and More

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The past five months have been a demoralizing time for students who enjoy a variety of dining options in and around Campus. It was during this past year that Moe's on Tyler Ave posted signs of their closure. Their neighbor D.P. Dough saw the bustling weekend shifts dwindle until they too, showed signs of abandonment. Towards the end of last semester, on one fateful Saturday in April, Chick Fil A and Hissho Sushi were also crossed off the list of options so the University could get each of them renovated.

This past Saturday a new and improved Hissho Sushi was opened and is now located in the Bonnie next to the Chick Fil A, where Student Choice



Tyler Place restaurants and stores including D.P. Dough and Moe's Photo Credit: Brandon Whitaker

operated previously. **Hissho's weekly hours will be from 11 a.m. to 12 a.m. on weekdays and 12 p.m. to 12 a.m. on weekends.** As for Chick Fil A according to new.dineoncampus.com the Bonnie Chick Fil A will open on October 1st.

Over the weekend the Tartan was able to speak with Jeff Price, co founder of Price Williams Realty about the properties that housed Moe's and DP Dough's. The rumors swirling about Moe's being replaced by another Mexican restaurant are true. It will be a restaurant and bar, and the aim is for the new owners to open to the public in October. Unfortunately we could not obtain the name of the new restaurant before printing. DP Doughs is still under lease at this time and it seems that the owners of the property are in the process of finding a new tenant.

Science Expo Highlights the Community and Excitement of Curie and Reed Hall

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The Science Expo is a fun and exciting way for students of all majors to get involved and explore the depths of the science world and knowledge. The expo took place on Friday September 7th and had all different types of booths demonstrating the various departments within the Science building. These including physics, biology and showcasing the greenhouses and planetarium. Each booth showcased some of the fun activities that students do for their majors. Students stopped by the tables to learn new facts about each department and gather more details regarding majors and minors in Reed & Curie Hall. You could also gain new swag from each table, such as buttons, stickers and 3D printed keychains from the Peery Hall Markerspace students. While there were many professors and students who were very inclusive and encouraging, with many handouts, mainly food. The highlight that they had was liquid nitrogen ice cream! Both students and professors really enjoyed the Science Expo, especially Professor Stephanie Huckestein, who is the Greenhouse Manager/Instructor, she stated, "The Science Expo is awesome with the students checking out different areas of science, it engages them, and gives them a chance to walk around and see what the science department has to offer".



Opinion: Unfair Stigma Surrounding Lane Filtering

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Motorcycles are different from cars due to their shapes, sizes and safety. Cars are big squarish cages and have been built to protect the driver and comfort them on the drive to McDonalds. Motorcycles are smaller, quicker and more vulnerable this allows them to do things cars can't do. I'm sure you've seen a couple of them around town and maybe even heard one revving in the distance.

They are freakishly fast and you may find yourself surprised using the whole speedometer unlike a car. As fun as riding around in a motorcycle is, vulnerability is one of its biggest weaknesses. A motorcycle rider will feel the scorching heat from the sun in mid July and they'll feel the chilling cold from a December wind. This vulnerability has its ups and down, some like the feeling of being more connected to the road by taking away the metal cage and others will warn against riding a motorcycle because of it.

A crash on a motorcycle is not a small thing a rider can walk away from. Oftentimes the rider will have scraped a portion of their skin against the pavement like a meat crayon. There are ways to mediate accidents such as becoming a skillful rider, though this takes experience and time. You can also buy protective gear such as a helmet, gloves, pants, shoes and a jacket, but these can be unaffordable options for many as protective gear can be pretty expensive. **Another underrated method to reduce accidents is called lane filtering.**

Lane filtering is when a motorcycle is going in between two cars generally stationary or at a slow speed to move forward. Not to be confused with lane splitting which is a motorcyclist going in between moving vehicles at a



Motorcyclist lane filtering on the highway Photo Credit: ridermagazine.com via Kevin Wing

pretty high speed like the ones that can be seen on TikTok. Now Lane filtering is not this radical idea, it's legal in other countries such as the European Union, India, and more countries across the world. Often times it's encouraged by other drivers in these countries to lane filter to avoid congestion on the roads. In the USA right now, a motorcyclist can only filter in four states: California, Arizona, Montana, and Utah.

Some might say "well why can't they just wait their turn in line like everybody else?" Rear ends are one of the most common collisions in a motor vehicle and with 30 percent of crashes being rear ends it's one of the things riders have to be wary of, being in between two cars. That's because motorcyclists don't want to be sandwiched to death between two cars. The great thing about

Wrestling with an Overactive Mind?

Sleep Meditation and the Importance of Quality Sleep

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If you're anything like me you may have days starting with a fight to lift yourself from your bed. A long day of classes causes you to let out a few untimely yawns during a lecture and you can't wait to return to that bed. Eventually you get home, the sun sets, and you're near that bed but your mind and body aren't on the same page. We're finally back reunited with the sheets and pillows that we were craving at 9 am, so **why can't we fall asleep?**



Sleeping Students Photo Credit: Huffpost.com via Getty Images /Image Source

Sleep Quality vs. Sleep Quantity

You may find yourself getting eight, nine or even ten hours of sleep and still struggling to wake up. There are many factors that can allow you to sleep for a healthy duration while simultaneously damaging your quality of sleep. Most of these factors relate to decisions you made before bedtime. Went out for a few drinks? According to an article from health.clevelandclinic.org, sleep disorders specialist Marri Horvat MD states, "While alcohol may feel like it is helping you fall asleep, it actually leads to fragmentation of your sleep and changes your sleep stages,".

Another barrier to a healthy sleep cycle is when you fall asleep watching a show or YouTube. I'm guilty of throwing on something to watch until my brain gets exhausted but even once you've fallen asleep you are unconsciously processing all of the music, lights and dialogue coming from your tv. There is also a chance that if you were watching a horror film or any emotional content that your cortisol levels will rise causing you to wake up feeling stressed.

Here are three tips that I have utilized to help me get better sleep so far this year.

1. Wind Down

When I was younger I always had the lights on in my room and one or two screens on until nearly midnight and still wondered why

I couldn't just pass out in my bed. Now I make sure to dial down my electronic usage when it gets late and prep for the next day to avoid unnecessary stress. Now obviously sometimes you can't avoid utilizing a screen late at night so my next tip would be...

2. Provide your body AND mind time to decompress

One thing that has helped me correct my sleep schedule is falling asleep to audio only, specifically guided meditations. These are especially helpful after a long night of finishing assignments. I think this helps tremendously for people who need to quiet their mind but can't sleep in complete silence. There are plenty of helpful videos on YouTube of meditations/instrumentals to help with sleep for people who need stimulation but not too much to the point they're adding more stress to their night.

3. Regulate your diet (at least before bed)

I previously mentioned how alcohol disrupts your sleep cycle but other factors including what you're consuming and how close it is to bedtime also heavily influence sleep quality and your sleep cycle. It is generally recommended that you wait 2-4 hours after eating your last meal before going to sleep. Of course there's the obvious advice that you should limit your fluids as well, because frequent bathroom breaks will keep you in a stage of light sleep.

Controversial Influencers Visit Virginia Tech

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Last week Christian influencer and author **Cliffe Knechtle** visited Virginia Tech's campus on Thursday and Friday. Knechtle is known for preaching to and debating with college students from across the country and being very passionate, often leading to controversial content. In addition to being an author he is also a senior pastor at Grace Community Church in Connecticut. Speaking of controversial campus visitors, On September 24th at 12 p.m. Conservative influencer **Charlie Kirk** will be visiting Virginia Tech as well. This will be the seventh event of his "The American



Cliffe Knechtle sporting a Maryland hoodie at one of his visits Photo Credit: hiptoro.com

Comeback" tour. During the event there will be a "Prove Me Wrong Table" which Kirk has become famous for, and also an evening event. If any students are interested in seeing what Kirk is like in person, the tickets are free and can be found at www.americancomebacktour.com.

On September 4th two contestants from the hit reality show "Love Island" visited Blacksburg for a meet and greet.

The contestants were **Austin Shepard**, **Gracy Blackmore** and **Savanna Einerson** who were on the show in season seven.

The event was a back to school event hosted by @project.wknd on Instagram who claim to be the "#1 College Event Brand." A few days earlier on August 31st, the same event planners had another season seven cast member hold an event in Blacksburg by the name of **Tj Palma**.



Gracy Blackmore and Savanna Einerson in a club Photo Credit: @projectwknd on Instagram

Highlander Highlights: Soccer Programs Each Achieve Big Win; Women's Cross Country Wins VT Meet

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Men's Soccer

Friday's match against the Howard University Bison saw the Highlanders post a 3-0 shutout. Junior forward Kenshin Akimoto first broke through the Bison defense in the 21st minute for his second goal of the young season, leading the Highlanders in goals thus far. Sophomore Carter McClain and Junior Hiromasa Iwai added scores in the 53rd and 70th minute respectively. The man behind the shutout was Sophomore Goalkeeper Ben Miller, accounting for four saves on the night. You can catch the Men's soccer back at Cupp Stadium on September 20th for their first conference matchup of the year against Longwood.

Women's Soccer

On Sunday August 31st Senior forward Paige Olson helped the Highlanders to a 4-1 victory against the Shepherd Rams. Olson #4, knocked in two goals in the 9th and 87th minutes and had four shots total that were all on goal. Freshman Midfielder Ary Oliver aided in the offensive effort, scoring her first collegiate goal in minute 57. It was a day for firsts as Senior Defender Amani Green also scored her first goal off a penalty kick late in the game. The women's soccer team will be back at home hosting the Longwood Lancers on Wednesday September 24th at 7 p.m.



Cross Country

Last Friday the men's and women's cross-country teams competed at the Virginia Tech Invite in Blacksburg. In the Women's 4K Radford Senior Sophie Magson finished second with a time of 13:47.4 good for the women's program record. Three more Highlanders finished in the top ten with Sienna Bailey in 6th, Mia Farley in 9th and Cora Gentzel in 10th. Their performances earned them the program win for the women's side. For the Men's team Sophomore Azrael Cabusao finished 13th in the 6K. His time of 18:40.4 secured his spot at second all time for the Highlanders. The next meeting for the men's and women's



Highlanders (left to right) Jillian Silverstone, Ary Oliver, Ava Kertgate, Ryane Devlin celebrate during game vs. Shepherd Photo Credit: @rsimmonsphotographer on Instagram