

# WASHINGTON AND LEE UNIVERSITY THE RING-TUM PHI

VOLUME CVII, No. 9  
MONDAY, SEPTEMBER 27, 2004

The student voice of Washington and Lee University since 1897

## Political groups ready for upcoming election

BY KATHERINE SHELL  
SENIOR STAFF WRITER

With this year's election date nearing, as George W. Bush and Dick Cheney prepare to face John Kerry and John Edwards in the 2004 Presidential Election, the College Republicans and the Young Democrats make their plans for Election Day on campus. Both committees have been influential in enabling students to become registered voters, through absentee ballots and online registration. As November 2 approaches, plans have been made among both groups to further support the GOP and the Democratic Party.

During Orientation Week, the College Republicans held a drive to register new voters and also to give students the opportunity to become a College Republican. This semester, the CRs are holding various parties to watch the President speak. CRs have also been volunteering in the Bush-Cheney '04 phone bank in Lexington as well as for other Republican campaigns across the state of Virginia.

"Because this area [of] VA is not an extremely contested state, we are offering our campaign assistance to other areas," said Rachael Seidenschur '06, chair of the College Republicans. "On Election Day, we will be poll watching and holding signs at precinct polling places." Other plans for this year include a Second Amendment Appreciation Day as well as a winter term debate with the Young Democrats.

For the Young Democrats, plans on campus include the upcoming Blue Dog Bash at the W&L Pavillion on September 29. "Over the next month, we



KELLY BOSS / THE RING-TUM PHI

**POLITICAL SHOWDOWN.** Members of the College Republicans and Young Democrats are actively working to help their respective parties win the upcoming presidential election. Each group has several events planned leading up to the Nov. 2 poll.

have several social events planned to get students excited about the election and to encourage students to watch the upcoming debates and keep informed about election issues," says Joanna Persio, '05, president of the Young

Democrats.

On Election Day, the Young Democrats will work to have as many Kerry supporters as possible come out to vote. The Young Democrats have also been working phone banks to de-

termine undecided voters.

On Election Night, the College Republicans and the Young Democrats will host a joint party as the final votes are cast and counted.

Anyone interested in learning

more about either committee should contact Rachael Seidenschur at seidenschurr@wlu.edu or Joanna Persio at persioj@wlu.edu or visit the websites: <http://republicans.wlu.edu> and <http://youngdemocrats.wlu.edu>.

## Campus Security: students are to blame for recent parking difficulties

BY ROB ARMSTRONG  
STAFF WRITER

University parking continues to hassle W&L commuters this year. On weekdays it is often difficult for students with registered vehicles to find available parking spots at the University garage, forcing them to search for any available parking on city streets.

A student with a University parking permit must cough up \$50 for this privilege. But even registration doesn't guarantee that there will be a spot available.

Has the University registered too many vehicles to be able to accommodate everyone?

According to campus security, the answer is no. "There are 609 spaces in the University garage, and as of right now we've got a total of 541 registered student vehicles designated for those spaces," explained Stephen T. Tomlinson, Associate Director of University Security.

The 541 registered vehicles to which Tomlinson is referring compose of a variety of student parking permits:

- Country parking (more than 1/2 mile from campus) - 364
- Sorority parking - 68
- Dorm Counselor/Resident Adviser - 29
- Gaines Hall - 68
- Woods Creek - 90

There are a handful of other types of vehicles, including those belonging to University and faculty, that have not been taken into account. Tomlinson believes, however, that

the main factor contributing to the parking problem is *unregistered* student vehicles.

"The other day, I was down [in the garage] writing tickets...it was pretty clear to me what is causing the problem," Tomlinson said. "In about an hour, an hour and a half, I wrote 22 tickets. And that was only on the 1<sup>st</sup> and 2<sup>nd</sup> floors."

In other words, student abuse of parking privileges is the main source of the problem. Tomlinson noted that 21 out of the 22 tickets he wrote were for unregistered vehicles.

The 22<sup>nd</sup> car had rights to park only at the Davidson fraternity parking lot on the other side of campus.

The fine for parking an unregistered vehicle on campus is \$100. "The rule we've been going by is fining them double the registration fee," Tomlinson explained.

College students at other campuses have found alternative ways to get to class, including using roller blades or bicycles.

But in the 22 years that Tomlinson has been working for the Washington and Lee community, he has never seen students use bikes past their first days as freshman.

"I see the freshmen move in and put up their bikes on the racks next to Graham-Lees. Then those bikes stay there for four years. We've had seniors come and tell us their bike was stolen. We ask them when they've seen it last and they tell us 'not since freshman year.' Then we ask if they've had it locked up and the typical response is 'no.'" Tomlinson chuckled, "There's not much we can do there."

"The other day, I was down [in the garage] writing tickets...it was pretty clear to me what is causing the problem."

STEPHEN T. TOMLINSON

ASST. DIR. OF UNIVERSITY SECURITY



CORBIN BLACKFORD / THE RING-TUM PHI

It's YOUR OWN DAMN FAULT. At least, that's what Campus Security says is the cause of recent parking problems. According to Stephen Tomlinson, Assistant Director of campus security, student abuse of parking areas is the problem.

## International students now encounter difficulties trying to study in the United States

BY ERIN JULIUS  
EDITOR-IN-CHIEF

All around the country, colleges and universities have seen their international student population encounter difficulties as a result of the tense world climate.

This year's election has prompted much attention to recent world events, including the September 11 attacks, the Iraq War and the development of the Department of Homeland Security.

The main problem is "larger [schools] with graduate programs which rely very heavily on foreign student enrollments," said Dr. William Klingelhofer, Washington and Lee's Director of International Education. "We do not."

More foreign students, however, are looking at other options, Klingelhofer said.

In larger school such as the University of Virginia, international students have run into problems obtaining visas as a result of stricter Department of Homeland Security regulations. Klingelhofer defines international students as students who live in foreign countries and require visas. Admissions may define international students differently, such as those with dual citizenships or even as Americans living abroad, Klingelhofer said.

"We have not had a student denied a visa in quite a few years," said Amy Richwine, the International Student Advisor.

Richwine explained why very few of Washington and Lee's international students encounter difficulties obtaining permission to study in the United States. "At UVA., they have a more diverse student population with more students coming from the Middle East...we have very few students from the Middle East or any of the 'axis of evil countries' partly because we have no mosque or local Islamic community to support them," she said.

Nevertheless, between fall of 2001 and the fall of 2004, the number of incoming international students in the freshmen class dropped by half, said Klingelhofer. "It is what we hope is a temporary significant dip in freshmen enrollment...the general trend is forward and upward with International students," he said.

During the same time period, Washington and Lee Law's international student population increased. In 2001, the Law School had 4 international students. By fall of 2004, that number increased five times, to 20 international students.

At the same time, the number of international students already enrolled in the University is extraordinary. "Last year a record number of international students graduated, and they represented 23 countries," Richwine said.

As far as long-term affects on America's higher education system, Klingelhofer said the economic impact of a dropping international student enrollment could be significant. "Graduate students [from abroad] bring unprecedented talent," he said, calling the diminishing numbers a "reverse brain-drain." A loss of these great minds, combined with the possible loss of a "staggering" amount of money generated by international students, could permanently damage American higher education, Klingelhofer said.

"It is what we hope is a temporary significant dip in freshmen enrollment...the general trend is forward and upward with International students."

DR. WILLIAM KLINGELHOFFER  
DIRECTOR OF  
INTERNATIONAL EDUCATION.



# VMI professor found dead following heart attack

BY ROB ARMSTRONG  
STAFF WRITER

A 60 year old VMI professor was found dead Thursday evening, apparently the victim of a sudden heart attack. A cadet discovered Col. Michael S. Harris, who was rushed to Stonewall Jackson Hospital and pronounced dead, according to VMI officials.

"It's definitely a shock, there's no question about that," explained Lt. Col. Stewart MacInnis, Associate Director of Communications and Marketing. "It would be one thing if it were expected, but no one surely had seen this coming."

"[Harris] was a very well respected member of the faculty," MacInnis added. "He touched a lot of lives."

Harris was on the faculty at the Virginia Military Institute for 32 years. A professor of French and Spanish, Harris served as head of the Department of Modern Languages and Cultures since 1993.

Harris' cousin is making the funeral arrangements. Harris did not have family in the Lexington area and the funeral will be held close to his family's hometown in Chicago. VMI officials have yet to make plans regarding a local memorial service.



COL. MICHAEL S. HARRIS

# Homecoming events set

BY DIANA DOZIER  
STAFF WRITER

Homecoming weekend here at Washington and Lee rapidly approaches, promising a weekend filled with tailgating, sporting events, concerts, and much more. Kicking off this September 30th, plenty of alumni will make their annual pilgrimage to the campus to take part in the festivities.

On Friday there are numerous activities, from the Hike Up House Mountain sponsored by the Outing Club to checking out the open houses at DuPont Hall, Reid Hall, and the Fitness Center. Also, that evening even W&L students can find their fair share of parties at the various fraternity houses.

"I'm looking forward to the return of all alumni, the celebration of football, and especially the dedication of Huntley Hall Williams School," said President Burish, who is excited about the upcoming weekend. The dedication will take place

at 11 a.m. Saturday morning. The Mink Rally begins at 11:30 at the Doremus Lawn, featuring the band Loose Change, lunch, and a chance to mingle with the alumni.

At 1:30, the football team will take on Randolph-Macon at Wilson Field. Half-time will include the 2004 Athletic Hall of Fame Inductees and the crowning of the 2004 Homecoming Queen; afterwards fans are encouraged to stay and watch the exciting second half of the football game.

Football isn't the only sport competing this weekend. If you time it right, you can swing by and catch a little of each game, starting with men's soccer at 11:00 a.m., followed the football game at 1:30, women's soccer at 3:00, and women's volleyball at 4:00. Then students above legal drinking age can head over to the Virginia Wine Tasting at the Liberty Ruins at 5:00p.m. and afterwards enjoy some good old fashioned barbeque from 6:00 to 8:00.

For the complete schedule, go to <http://alumniapps.wlu.edu/HC2004/schedule.htm>.

# Beta plans charity dodgeball tournament

BY JORDAN ANDERSON  
SENIOR STAFF WRITER

The game of Dodgeball is simple - two teams of five, three balls, one line dividing the two teams. The object is, of course, to dodge the balls and to try and nail your opponents. If you catch a ball thrown at you, then one of your teammates who had failed to dodge a ball gets to come back in. First team to eliminate all of their opponents wins.

We all know the rules. It is one of the simplest games to be played on the elementary school playground. However, with the recent summer blockbuster and the reemergence of "pro" dodgeball leagues, this fun little game has become a full

blown sport.

This past summer, juniors Tim Blair and Dan McMenamin competed in a small dodgeball tournament organized by a bar in New York City. Upon their return, they convinced the W&L chapter (presently suspended) of Beta Theta Pi to organize a dodgeball tournament for the students of Washington & Lee. Similar to the various fun runs for charity, the dodgeball tournament will have several teams, each with an entry fee that will go to benefiting a charity.

Though much of the specifics are still in development, the tentative date thus far is Saturday, October 9th behind the Pole Houses. Currently the

money will go to benefit hurricane victims or the Red Cross. The fee will be \$25 for teams, and so far support looks very good.

The games will follow traditional rules, and if support is strong enough, there will be two separate brackets for gender. Teams should be completely open ended, with no restrictions. The winners will be rewarded in some way, but the reward has not been decided on yet. Blair and McMenamin are completely open to ideas, and e-mails are very welcome.

Currently the organizers are looking for referees and further support. All inquiries can be e-mailed to Blair or McMenamin.

# Students urged to get involved in the community during Nabors Service Day

BY MARSHALL RULE  
SPORTS EDITOR

At Washington and Lee, all students are encouraged to get involved in the community. One of the best ways to do this is at the upcoming Nabors Service Day.

On October 9, students will join together in a group effort to make a difference in Rockbridge County.

There will be numerous different activities, including garbage pickup on House Mountain and

work at nearby schools. Whatever your interest, there is no doubt you will be able to find community service that you will enjoy.

Diane Kuhn '07, who serves as Issues Awareness Chair of the organization, says that "the best part about Nabors is the chance to truly make a difference in the county. It gives us all a chance to put a little back into this small community."

In addition to many service projects, Nabors will also be bringing in awareness speakers. To get involved, contact Jill Waity '05, Nabors' General Chair.

## TALKBACK: Have you ever had problems parking on campus?



"Yes, the parking garage has been really full."  
-Elizabeth Amoni '05



"People like to park right by you, so opening your door can be a pain."  
-Max Vilenchik '08



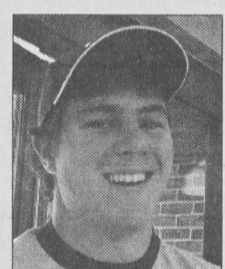
"The parking garage is terrible. Every time you go in or out, you almost get in a wreck."  
-Kelly Price '07



"I've never had any trouble."  
-Mallory Lobisser '07



"The parking garage is so small...During the day, if you leave it's almost impossible to get a spot."  
-Jenny Scott '06



"I have a dorm counselor pass, so I can park anywhere. I'm also tight with security, so I can park illegally for about a day."  
-Chris Walker '05

## The Antique Mall

760 N. Lee Highway  
College Square Shopping Center

40,000 Square Feet  
160+ Dealers

Area's Largest Antique Mall, specializing in used furniture and "cool" accessories for the "cool" house or apartment.

There's something for everyone!  
Monday-Saturday 10 a.m. - 6 p.m.  
Sunday 11 a.m. - 6 p.m.  
(540) 464-5555

## Enjoy writing?



Join us at  
THE RING-TUM PHI

### Spring Break 2005

Travel with STS, America's #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring on-campus reps. Call for group discounts. Information/Reservations 1-800-648-4849 or [www.ststravel.com](http://www.ststravel.com).

## Energetic, Enthusiastic, & Motivated?

If you fit these three categories call

**ROCKBRIDGE  
MEMORIAL GARDENS**

today at 540-463-7750

We have a full-time position for our sales staff and one for a family service counselor.

Career includes paid training and all company benefits apply.

Don't wait, call today!

## Flowers & Things Florist

For the "Unique" at affordable prices!

- Teleflora Wire Service
- Corsages & Bouts
- Gift & Fruit Baskets
- Balloons & Fresh Arrangements
- Daily Lexington Delivery (if ordered by 12)
- All major credit cards accepted

Call 540-261-6300 or 1-800-872-6156  
2463 Beech Ave., Buena Vista, Va. 24416

**Like No Other Shop You've Seen!**  
Gifts & Snacks  
For All Occasions  
**Check Out Our Tea Room**  
(Serving Premium Teas, Light Fare & Sweets)  
**Body Frosting! Student Care Packages**  
**Stress Mints! Something for Everyone**  
**Chocolate Band-aids! Novelty Candies**  
**KickAss Popcorn! Gift Baskets**

Monday-Saturday 10 a.m. - 5:30 p.m.  
Sunday Noon - 4:00 p.m.  
13 South Main Street  
464-4433  
[www.funfoodsforyou.com](http://www.funfoodsforyou.com)

W&L's most trusted source for news



# THE RING-TUM PHI OPINIONS

## STAFF EDITORIAL

### Is a two-week break enough?

We realize it's September. But we're thinking ahead. To Santa Claus, to snow, to presents, to Christmas Break. Sadly, our good cheer regarding that blessed holiday is dampened by the bitter taste left in our mouths by a two-week break. What is this? Washington and Lee High School?

Washington and Lee is a school of the highest caliber. Students here work desperately hard during the school year. After Fall term, we are tired and brain-drained. Christmas itself is no time for relaxation. There is traveling involved, family commitments, and residual stress from exams.

In addition, it costs money to get plane tickets home, or to drive home. Because there is no food available on-campus during breaks, we are forced to head home, or make other arrangements for every break. Over Christmas break, students aren't even allowed to stay in on-campus housing, which forces us to spend that money to go home.

Once we are back in the safe haven we call home, it's nice to spend some time with family and friends from past lives. We think there is a reason that colleges generally have month-long winter breaks. College is stressful for busy students. College is also stressful for Professors. What Professor couldn't use an extra week or two in January to make final preparations for their winter classes?

An extra week of break would rejuvenate our minds and bodies. To replace that week of instruction time, we could start earlier in September rather than waiting until it's practically Fall to start classes.

If made, these changes would bring in a better start to Winter term. People will be more relaxed and ready to face Lexington in its cold, dark, dreary, and wintry state.

## Quote of the Week

"I remember the memos from 20th Century Fox- 'Can you put a pair of lederhosen on the Wookiee?' All they could think of was, 'This character has no pants on!'"

-Mark Hamill, aka Luke Skywalker

## THE RING-TUM PHI

Editor in chief **Erin Elizabeth Julius**  
Managing Editor **Chris Lauderman**

News Editor **Sarah Murray**  
Opinions Editor **Caley Anderson**  
Asst. Opinions Editor **Anne Finley**  
Arts & Life Editor **Emily Edwards**  
Photography Editor **Corbin Blackford**  
Sports Editor **Marshall Rule**  
Layout Editor **Chad Kiewiet de Jonge**  
Asst. Layout Editor **Emily Hulén**

Copy Editors **Catherine Swan**  
**Alexa Moutevelis**

Business Manager **David Seifert**  
Circulation Director **Rob Rain**  
Asst. Circ. Director **Legget Kitchin**  
Distribution Dir. **Stephen Lipscomb**

The Ring-tum Phi is published Mondays during the undergraduate school year at Washington and Lee University, Lexington, Virginia. The Ring-tum Phi is a member of The Publications Board, but is otherwise independent.

The Ring-tum Phi welcomes all responsible submissions and letters. All submissions must be e-mailed to phi@wlu.edu or in the University Center mailbox by 5 p.m. Friday to appear in the following week's edition. The Ring-tum Phi reserves the right to edit submissions for content and length. Letters and columns do not necessarily reflect the opinion of The Ring-tum Phi Editorial Board. Advertising does not reflect the opinions of The Ring-tum Phi or its staff. This newspaper observes current court definitions of libel and obscenity.

The Ring-tum Phi

University Commons Room. 341  
Washington and Lee University  
Lexington, Virginia 24450  
Telephone: (540) 458-4060  
Fax: (540) 458-4059  
Email: phi@wlu.edu  
Subscription rate \$40

## Black Greeks badly needed at University



PHOTO COURTESY OF CORNELL.EDU

**JEWELS.** The seven founding jewels of Alpha Phi Alpha represent the virtues Black Greeks would bring to W&L. Who can doubt that diversity is badly needed?

In the past few weeks there have been articles printed in both major university newspapers about historically Black Greek letter organizations coming to campus. However, what these articles have failed to include is actual information about the formation of the organizations and how Washington and Lee University can, and is, going to benefit by their presence.

To understand why historically Black Greek letter organizations are still needed today, one has to look at their origins. The first Greek letter organization was Phi Beta Kappa which was founded on December 5, 1776 by 5 students at the College of William and Mary in Williamsburg, Virginia. According to the Phi Beta Kappa website, the first women were admitted in 1875, the first Black member was initiated in 1877, and the first Black woman became a member in 1905. By 1883 there were 25 chapters and around 14,000 members nationwide. With the proliferation of this, predominately white male, Greek organization, the necessity of a similar organization for Blacks became more evident. This ultimately led to the creation of the first historically Black Greek letter organization, Alpha Phi Alpha Fraternity, Incorporated. Alpha Phi Alpha was founded on December 4, 1906 at Cornell University in Ithaca, New York. According to the Alpha Phi Alpha website the organization was initially a study/support group for minority students, who were facing racial prejudice both educationally and socially at Cornell. And although the organization continues to stress academic excellence, they also stress the need to "correct the educational, economic, political, and social injustices faced by Blacks." In total there are nine historically Black Greek letter organizations, which are known as the Divine Nine: Alpha Phi Alpha, Kappa Alpha Psi, Omega Psi Phi, Phi Beta Sigma, Iota Phi Theta are the fraternities and Alpha Kappa Alpha, Delta Sigma Theta, Zeta Phi Beta and Sigma Gamma Rho are the sororities.

Each of these nine organizations was formed during a period when Blacks were systematically being denied basic human rights. The racial and social isolation of Blacks on predominantly white campuses created the necessity for Blacks to unite themselves with others who shared similar ideas and goals. For this reason Washington and Lee University will benefit from the presence of historically Black Greek letter organizations. It will provide those who choose to join a sense of brotherhood/sisterhood, foster their interest in aiding the Black community as well as being a part of a long legacy of members: W.E.B.

Dubois (Alpha Phi Alpha), Rick James (Phi Beta Sigma), Eleanor Roosevelt (Alpha Kappa Alpha), Michael Jordan (Omega Psi Phi), Martin Luther King Jr (Alpha Phi Alpha) and Aretha Franklin (Delta Sigma Theta) just to name a few. The presence of historically Black Greek organizations will give prospective students, who may see joining them as important, a greater incentive to apply/enroll to this fine university, thus increasing the diversity of the campus. But the benefit will not only be felt among the Black students but students of all races and ethnicities. Although they are historically Black they are NOT exclusively Black.

Many of those who oppose historically Black Greek organizations often say that bringing the organizations on campus is another example of the Black students self-segregating ourselves and trying to be divisive. This could not be further from the truth. Many Black families have traditions in joining certain historically Black Greek organizations; without their presence on campus many Black students would be forced to miss out on a family tradition that in some cases can span many generations. Not only that but there are both Black

and non-Black students who feel uncomfortable with the historically White Greek organizations on campus and would feel even more uncomfortable "rushing" one of these organizations. Those who oppose them also do not take into consideration that in general, Greek letter organizations are one of the largest institutions that advocate and emphasize the performance of community service in college aged people. This can only help to enrich the college experience of those who wish join a historically Black Greek letter organization. The organizations would not be divisive because the students who would be interested in joining them would most likely have no interest in joining the historically White ones. It would merely provide students who are currently independent with more options.

Being Black in American society has its implicit difficulties but being Black at Washington and Lee University can at time be even harder, especially when out of slightly over 1730 undergraduates only 78 of them are African American/Black. This environment can often cause Black students, including myself, to feel isolated both institutionally and socially. Although the presence of historically Black Greek organizations will not stop students from feeling this way, it will provide both Black and non-Black students an outlet in which they can develop and foster relationships with their fellow students and lifetime build bonds

## INTRODUCING MARCAS BANKS '07

## Military needs to avoid interfering with Iraq elections

Colin Powell announced that the U.S. military will be moving into Iraq "no-go" danger zones controlled by insurgents, attempting to secure the entire country for the elections planned for the end of January. To me, there is a paradoxical irony about this—the insurgents are, for the large part, Iraqi citizens, just the people you'd want to vote. Are we going to clear out rebel camps and then hand out ballots to the defeated insurgents? Seems odd to me.

I think that the source of a lot of the insecurity in Iraq is the mere presence of U.S. forces. If our military were to leave tomorrow, a lot of the insurgents would quit. They fight because they perceive us as a foreign invader, rather than the liberators we prefer to be portrayed as. But clearly, removal of our troops

from Iraq isn't going to happen anytime soon. So, what's the solution?

## Moderate's Musings CALEY ANDERSON '06

Simply put, the interim government must be allowed to run this election on its own terms. Iraqis must man the ballot boxes, and even secure their own polling sites, free of the combined Armed Forces and mercenary troops that the U.S. currently employs in Iraq. Trying to "keep an eye" on the Iraq elections would simply give the appearance of illegitimacy, an appearance which is dangerous not only for our troops, but for our credibility as a capable liberty-creating, nation-building country.

Donald Rumsfeld says— "Let's say you tried to have an election and you could have it in three-quarters or four-fifths of the coun-

try, but some places you couldn't because the violence was too great. Well, that's — so be it. Nothing's perfect in life. So you have an election that's not quite perfect." This seems to make sense to me, and seems a better alternative to the "fair voting by force" strategy proposed by Powell. You certainly can't force elections, and you certainly can't persuade armed rebels to cooperate with what they view as a (temporarily, at least) illegitimate government.

We already have a very tenuous grasp on the legality of our most recent attack on this Middle-Eastern country. We came to free the people from a tyrannical government and to win over support for the democratic, capitalist way of life. While we have certainly accomplished the first, our success with the second remains to be seen, and we shouldn't endanger it any further.

## Phi Quick Poll

"Should the EC be unanimous in a finding of guilt in HV closed hearings?"

Yes  
44%

No  
56%

48 students polled, 23 male, 25 female. Poll has 95% confidence in a +/- 5% margin of error



# Entertainment industry not deserving of awards hoopla



**POMP AND CIRCUMSTANCE.** The subjects that are honored by the Emmys, Grammys, and Oscars aren't the only things that count in life

Being a big fan of tv and movies, I dutifully sat and watched the Emmy awards last Sunday night. Elaine Stritch's warning that she would not leave the stage until someone carried her off and Sarah Jessica Parker's thanking of the "passerbys who always wanted the best for her" made me realize that such an award truly is a result of the culmination of a lifetime of hard work. During high school and even before, I was often awarded with some sort of prize, most of which I only appreciated because they allowed me to add one more thing to my resume. I'm sure many of the students here can relate to my lack of enthusiasm at being praised and I began to wonder... Why are some awards more personally valued than others?



IN THE IRONS  
CARISSA SHIPLEY '07

In April of 2003, one of my favorite aunts came to my house for Easter. Both being horse-lovers, we decided to go on an early morning ride through the national forest nearby. Riding side by side down the road to the trails, I asked my aunt what she had planned for the upcoming summer. After discovering that the cancer she had six years prior had returned, she had decided to quit working as the Director of the American Bar Association's Commission of Domestic Violence in Washington, DC. The job as Director had been the culmination of a career which began by going to law school after her divorce and while raising her two young daughters, an incredible accomplishment. She told me how she wanted to relax, take painting and photography classes, and begin riding again after a long hiatus. As her disease progressed, she planned to move back to a more rural setting and it seemed to me like she longed to return to her roots. Maybe she felt that she didn't need the stress of such a high-profile job when she was so very capable of helping people at an individual level instead of helping so many people but being distanced from them. I started to wonder if her original dream had been swept away by sacrificing herself for so many other people.

While my aunt's hard work was rewarded by being offered dream jobs that allowed her to touch people's lives by creating a lasting standard for the practice of law in cases of domestic violence, the winning actor is rewarded by a statue. Both

types of awards bring about overwhelming joy, but the two are so different that they are almost impossible to compare. So what gives both so much meaning to each recipient and would an actor be as thrilled at getting an ABA job as my aunt was? After watching several E! True Hollywood Story episodes, I noticed an emerging theme. Almost without exception, every star had taken risks and given up another, more secure job in order to become an actor. The actors sacrificed, worked hard, were rejected, and failed in the acting industry numerous times before finally landing the dream role which made them famous. Sometimes, even after their first taste of fame, they were forced to overcome obstacles and fight their way back to the top. Even those actors who are very successful may not receive an Oscar or Emmy.

In my eyes, my aunt's job was far less superficial than that of an actor's, but it seems clear that both my aunt and the actor were fulfilled by what they achieved. My aunt made huge sacrifices to get her job. Not only did she put herself through law school, after graduation, she moved to various states, often where she did not really know anyone, to take a job which would allow her to help more people. She didn't have time to ride or take art classes, like she wanted because she put her all into a demanding job. Even after all the sacrifice and hard work, she lived her dream. While she may have had regrets that she couldn't do some of the things she really wanted, ultimately I think there is a lot to be said for living your own dream and it is only by doing this that you receive that meaningful award. Thus the less-than-exciting awards only recognize an accomplishment born from necessity, instead of desire. And so it seems like those who pursue their own personal dream, no matter the sacrifice, seem most fulfilled by an award that recognizes their personal drive. For actors, it is materialized in gold, but for others, just knowing that they have achieved great things is enough and from their achievements, we should be inspired to follow our own hearts.

This article is lovingly dedicated in memoriam to my wonderful aunt, Bette Garlow. August 8, 1954 - Sept 30, 2003.

## Ups and Downs

Opinions Editor Caley Anderson gives you his take on what rose, what fell, and what stayed about the same this week at W&L, and the world.

- Unanimous HV Verdicts** ↓ No matter what your opinion, and opinions do vary pretty violently, you've got to think that this idea isn't going to appeal to the EC.
- Hurricanes** ↓ Dear Atlantic Ocean air systems- Please stop.
- Fake ID = HV** ↓ I don't see why it's NOT an HV, but I know when popular opinion's against me.
- EC Budget Allocations** ↑ More \$\$\$ in the coffers means happy, happy student orgs. Allocate wisely, brave members of the Committee.
- Beta** ↔ Gone the way of SPE. Message to nationals- crushing out chapters is no way to make yourself look good. Still, dodgeball tournament = awesome.
- Trident Vs. EC skirmish** ↑ The winner is us, the viewing public.
- Homecoming** ↔ Beating the Yellow Jackets would be pretty sweet, but can the ol' blue and white make it happen?
- Auditorium next to Commons** ↓ Does that thing ever get used for anything but studying anymore? It seems like the only time I ever went to anything there was early last year.
- Roanoke** ↑ But only because there's no Lexington mall.
- Cadavers** ↑ More plaques honoring them around campus. Here's to the secret organization that puts their money where their mouth is.
- GDI** ↑ 2 less frats + S.A.O. = lots of indie fun next year.
- Teach for America** ↑ Awesome, challenging program. Anyone who goes through it should be hireable by any employer.
- Election** ↓ Apparently the best way to get out the vote is acidic, partisan hatred.
- Young Dems** ↑ Even College Republicans would have to admit that Blue Dog Bash is looking like a potential major success.
- Lex Fast Food** ↔ Digestion-disrupting Taco Bell to Salty Fry Burger King.
- Professor Velasquez** ↔ By his own admission.
- BoSox** ↑ I'm from San Diego, and even I'm excited.
- VRB** ↑ Finally, we can get our debate on.
- Bookstore** ↔ Rockin', but do we really need two shelf units full of chick lit?

Got something to say?  
Write Opinions for the Ring-tum Phi



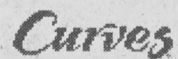
If you like to hold forth on the weighty issues of the day, the Ring-tum Phi is the paper for you. E-mail the Opinions Editor at [Andersonc@wlu.edu](mailto:Andersonc@wlu.edu)

It's time to exercise something other than your mind.



Student Membership  
**\$99**  
Per Semester

Finally, a place to work out that fits your small student budget and a busy student schedule. Curves is 30-minute fitness, common sense weight loss, and all the support you need to achieve your goals.



[www.curvesinternational.com](http://www.curvesinternational.com)

(540) 464-5546  
780 N Lee Hwy  
Lexington, VA 24450

Over 2,000 locations worldwide

\*This is not a franchise. It is a membership program. We are not a franchise. We are a membership program. We are not a franchise. We are a membership program.

**STRINGED INSTRUMENT**  
Expert Repair & Set-Up

Guitars & Bases

Acoustic & Electric



References Available

Local Service/Will Pick Up & Deliver!

LEO LORENZONI

Luthier

540-258-1401

Prepare yourself for,  
well... anything

Find out how you can use your degree and volunteer experience to assist communities in developing countries around the world. Don't miss this opportunity to talk to a Peace Corps recruiter and learn how you can make a difference in others' lives, and your own.

Wednesday, September 29

Peace Corps Table 11:00 a.m. - 1:00 p.m.  
Elrod U. Commons Living Room

Information Session 7:00 - 9:00 p.m.  
C-School Room 221

Peace Corps  
For more information,  
contact Jason Kane  
(800) 424-8580 x1048  
[jkane@peacecorps.gov](mailto:jkane@peacecorps.gov)





# Gritter opposes free agency

He believes free agency, lack of team spirit, quests for money ruining baseball

BY RYAN GRITTER  
STAFF WRITER

I can fully understand when people say that baseball is boring, I really can. It doesn't anger me when people tell me that. You have to have played baseball to appreciate a nine inning game, and honestly I can't make it through a whole game unless it's the playoffs or my Florida Marlins. But despite the fact that more people enjoy football or basketball, baseball always has the claim of being "America's Pastime." It's the sport with all the history. Because of this, I absolutely hate when I feel like that nostalgic feeling is being attacked.....now is certainly one of those times, and the attack is coming from many sides.

The free agency problem has finally reached a point that I just cannot stand. I keep track of minor league prospects for almost every team and consider myself a guru of sorts concerning baseball, yet even I can't keep up with all the off-season moves. I'm fine with free agency but only as long as it operates in a system based on team loyalty. Free agency is a way for a player to leave a team if the club and the player don't get along or if the player feels he is grossly underpaid. These days staying with one team for a career is utterly unheard of. Going along with this is my least favorite word in the business of baseball: "arbitration." What kind of system are we in where a third party is deter-

mining when a player deserves more money? That's up to management of the club, if the player doesn't like it because he feels he is being grossly underpaid (there's that phrase again) he can use free agency to get more once his contract ends. Furthermore, this process is an argument of value, which forces the team to devalue their player to the best of their ability in front of the player!! WTF?! Pitting team against player creates no feeling of team loyalty and completely

Pitting team against player creates no feeling of team loyalty and completely undermines the fun of seeing an owner try and build his team

undermines the fun of seeing an owner try and build his team as Mark Cuban continues to do with the Dallas Mavericks. While I'm in the same general area let me talk about holdouts as well. I'm a firm believer that when you sign your contract you had better be willing to live with that contract.....you signed the papers! If you have a completely unexpected breakout year and become a star then the team's sense of loyalty should encourage them to give you the money you deserve, if not.....tough. Frank Thomas especially is the greatest offender of this principle. Two times now (at least) he has signed a ridiculously lucrative contract only to complain about it within a couple years and demand that it be restructured. One

time, as he was making 8.5 mil/yr, he said "I looked around, and I was only the third highest paid player on my own team.".....So? Please people, if you love baseball and aren't a White Sox fan (actually you don't even have to love baseball, just hate d\*\*kheads), don't like Frank Thomas. So that's one realm in which I feel my beloved sport is being killed, but there is another that is being directly attacked this season that angers me more.

Hank Aaron's home run record and George Sisler's single-season hit's record are both being neared and I'm not happy about it at all. Baseball's records are very meaningful, and when they are broken it should be done in a way that fits with the honorable tradition of baseball. As Randy Johnson passes baseball's greatest strikeout pitchers I feel no ill will towards him, because he's been the same pitcher his whole career and has gone out and given his best without any cheating or questionable practices. This sentence, obviously, leads me to the Home Run record Bonds is approaching. I already wrote an article about this very thing last year, but for the benefit of the freshmen, Bonds definitely used steroids and

therefore his records lose meaning. Even if you say he didn't use them because it can't proven, his records will always be given a shady squint since his body's transformation just doesn't seem natural.....because it isn't. Anyways, you may be wondering what I could possibly have against Ichiro approaching Sisler's 257 hits in one season. Well, besides the fact that Ichiro was very pompous when he came over before proving himself, I have another reason. I don't like players going from the Japanese Leagues and coming over to the Major Leagues and having success.

Don't get me wrong, I have nothing against Japanese players making it in the majors, I just don't like them playing in those leagues first. Why? Because it takes away from the mystique. Ichiro's numbers in Japan can be compared rather closely with his numbers in the majors and that encourages other JL players to think they can do the same. Tsuyoshi Shinjo had no right at all to think he could make the jump to the Bigs. Had Ichiro been signed when young and worked his way up in America or only played for a national team like the Cuban signees then I wouldn't have any problem. Some call this feeling elitist, since I wish to preserve the feeling of awe the rest of the world has for MLB (as well as the NBA, NFL, NHL....wait, who cares about the NHL? Strike on!!). I prefer to call my feelings "Patriotic."



PHOTO COURTESY KATIE GOODRICH

## Bright outlook for equestrians

Team's great reputation is still to improve

BY ASHLEY METZLOFF  
STAFF WRITER

The W&L riding team looks like they're going to have a great season.

According to junior Caitlin Lane, the team has "great people on each level" coupled with a group of "strong freshmen" who will help boost the season's success.

Last year, the team won 3<sup>rd</sup> in the region, which was an upward trend that team members feel will continue to rise. In the 03-04 season, the team also sent two riders to nationals; Lane won a 4<sup>th</sup> place show-

ing in the open flat, and then senior Sarah Michaels earned 3<sup>rd</sup> in the novice fences. Both girls were on the zone All-Star team.

The riding team also won first and second at last year's Collegiate Cup.

Although this year's season doesn't officially begin until Oct. 3 at the Radford Invitational, team members have been busy practicing and perfecting their riding skills to ensure a season of success.

With an ever-rising record, W&L's riding team is sure to have a season to remember.

## THIS PAST WEEK'S SPORTS IN BRIEF...

### W&L SPORTS RELEASE

**Women's Soccer Defeats Chowan, 2-1 (9/26)**  
Freshman defender Haley Bunting (Bellaire, Texas/St. John's) scored a goal at 70:26 to lift the No. 23 Washington and Lee women's soccer team to a 2-1 victory over Chowan College on Sunday afternoon in Murfreesboro, NC.

**Volleyball Wins Both Matches on Second Day of Emory Invitational (9/25)**  
The Washington and Lee volleyball team won both its matches on the second day of the Emory University Invitational on Saturday afternoon in Atlanta, Ga. The Generals defeated Eastern University, 21-30, 30-20, 30-27, and 30-21 in their first match of the day. In their second match against

King, W&L trailed two sets to none before coming back to win, 15-30, 29-31, 30-17, 30-28, 18-16.

**Football Drops 28-23 Decision to Centre College (9/25)**  
Senior quarterback Brian Behrendt completed 28-of-40 passes for a school-record 377 yards and three touchdowns and senior wide receiver David Crowley caught eight passes for a school-

record 206 yards and two touchdowns to help lead the Centre College football team to a 28-23 win over Washington and Lee on Saturday afternoon in Danville, Ky.

**Men's Soccer Ties Hampden-Sydney, 2-2 (9/25)**  
The Washington and Lee men's soccer team played its third overtime game of the season and came away with a 2-2 tie against

ODAC-foe Hampden-Sydney College on Saturday afternoon in Hampden-Sydney, Va.

**Field Hockey Defeats Eastern Mennonite, 5-3, for First Win (9/24)**  
Senior midfielder Kitt Murphy (New York, N.Y./St. Catherines) scored two goals to help propel the Washington and Lee field hockey team to a 5-3 win over ODAC-foe Eastern Mennonite on Friday

afternoon in Harrisonburg, Va.

**Cross Country Competes in NYU Invitational (9/18)**  
The Washington and Lee men's and women's cross country teams were in action on Saturday as they competed in the New York University Invitational at Van Cortlandt Park in the Bronx. The W&L men

finished second of 28 teams, while the women finished fifth of 22 teams.

**Men's Tennis Hosts Fall Classic (9/12)**  
Washington and Lee junior David Shay (Martinez, Ga./Augusta Prep) won the championship match of the first singles flight as the Generals hosted the W&L Fall Classic on Saturday and Sunday.

Spring Break Bahamas Celebrity Party Cruise!  
5 Days \$299! Includes Meals, Parties!  
Cancun, Acapulco, Nassau, Jamaica  
From \$459  
Panama City & Daytona \$159  
www.SpringBreakTravel.com  
1-800-678-6386

**\$450 Group Fundraiser Scheduling Bonus**  
4 hours of your group's time PLUS our free (yes, free) fundraising solutions EQUALS \$1000-\$2000 in earnings for your group.  
Call TODAY for a \$450 bonus when you schedule your non-sales fundraiser with CampusFundraiser. Contact Campus Fundraiser, (888) 923-3238, or visit www.campusfundraiser.com

**For Rent**  
Parents/Alumni Weekends - Beautifully restored and modernized cabin on 45 acres in mountains 15 min. west of Lexington. Completely furnished with period antiques and local art. 2 BB?BA - sleeps 6. Separate guest cottage - sleeps 2. Perfect for 2 to 3 couples. Private vacation residence occasionally available for rent either weekly or nightly w/ 3 nt. min.  
Call (804) 355-0002.

**WIN-WIN SATURDAY!**  
If the Generals Football Team WINS - so do the FANS!  
Take **20% Off All Washington & Lee Merchandise Only.**  
Saturday Only!

**CUSTOM embroidery, screen printing and engraving**  
Employment Opportunities Available! Apply at the Store!

www.universitysportwear.com

**UNIVERSITY SAYRE SPORTWEAR**

Downtown Lexington  
15 W Washington Street  
464-3000

Exclusive Football Polo for 2004 Season

www.universitysportwear.com

**Φ**

**S**

**P**

**O**

**R**

**T**

**S**

**Intimate U**  
FINE LINGERIE

Brands You Know and a Whole Lot More!

Felina  
Hanky Panky  
Cosabella  
Le Mystere  
Arianne  
Honeydew

21 W. Nelson St.  
463-6963  
Mon - Fri 10-5:30  
Sat 10-5

"semper ubi sub ubi"

**Orchardside Yarn Shop**  
Knitting Specialty Shop  
273 Raphine Road  
Raphine, VA 24472  
540-348-5220 • 1-877-NIT-YARN

Knitting cottage nestled along the creek which carries a fabulous selection of basic and novelty yarns, kits, needles and accessories. Customer service from start to finish with your projects. Mail order and Internet accessibility made easy.

Call for workshop & class information.

Halfway between Lexington and Staunton  
On I-81 / I-64 at exit 205, Raphine. 4 miles west on Route 606, Raphine Road. Located on a working farm that offers "U-PICK" opportunities for fresh fruit when in season.

Tues - Sat 10:00 - 5:00, Wed until 8:00  
www.oysyarnshop.com





CORBIN BLACKFORD / RING-TUM PHI

## Team kicks into high gear Wednesday's game leaves soccer girls victorious

BY SARAH BLOOM  
SENIOR SPORTS REPORTER

A defeated Hollins College left Lexington on Wednesday after the W&L Women's soccer team defeated their competition with a sweeping 10-0.

Following the trend from the women's game against Greensboro, sophomore Anne Wiltshire led the charge with

two goals. Wiltshire scored her two goals within 10 minutes of each other to get the Generals off to a clear lead over Hollins. The team led 7-0 at the halftime break. Other goal earners included Shana Oltmans, Cara Burton, Sarah Helms, Conner Esworthy, Martha Caulkins, Kerry Giblin, Casie Pedroza, and Mary Clair Turner.

Goalkeeper Emily Binns pro-

tected the net for the Generals, preserving the teams untouched net and claiming her first win of the year.

The Generals suffered a disappointing loss to ODAC rival Virginia Wesleyan on Saturday with a final score of 3-1. Senior Captain Kelley Zagol scored the only goal for W&L.

# Harvey enthusiastic about W&L football

BY KATHERINE KRALL  
STAFF WRITER

At the home opener against Sewanee this past Saturday, the Washington and Lee football team turned heads with their commanding win, but one player stood out. With one dazzling play, Kyle Harvey solidified the win, broke a five year defensive scoring drought, and established himself as one of the premier defensive backs in the conference. After racking up five tackles and two sacks, Harvey returned an interception fifty yards for a touchdown. For his performance, Kyle Harvey, a freshman from Columbia, South Carolina, was named Athlete of the Week.

Harvey began to play Pop Warner football when he was just nine years old. The son of a football player, Kyle inherited athleticism and natural talent from his father. At Richland Northeast high school, he excelled in the sport, and his hard work paid off when he was named to the All-Regional team his senior year. It was a clear choice to

play football in college. "Football is part of my life. I don't know what I would do without it. I just really love the game. People have always told me that I am not big enough, not strong enough, not fast enough. I want to prove them wrong" said Harvey.

The transition from high school to college was an adjustment, but one that Harvey made quickly. "W&L is a lot tougher mentally. You have to learn reads, coverages, formations. Also, you are playing against twenty-two year old grown men, whereas in high school you are playing against teenage boys," said Harvey.

His ability to play well and play smart is obvious at the games, but even more so on the practice field. Big plays are not products of chance, and Harvey is a prime example of this. His work ethic is incredible, as he balances a full academic course load with difficult practices and a full schedule of games. "Kyle is a hard working, very dedicated football player. He truly enjoys playing the game and does so

with enthusiasm, intensity and focus," said head coach Frank Miriello.

Kyle Harvey proved his ability at pre-season camp, but his real chance to play came when two defensive starters were injured early in the season. Thrust into a playmaking position, Harvey was forced to step up. He was surrounded by a supportive team. "The upperclassmen are a great group of guys, and they are not opposed to freshmen playing. They put the success of the team first, we all do," said Harvey. He named Stuart Swan as a player who has been a strong role model to him.

Although it would be easy to let the success go to his head, Harvey remains humble and committed to the success of the team, rather than focusing on his own accolades. He explains, "I just want to be able to contribute to the team as much as possible. For our team to be successful is the biggest goal. I want this team to change what everyone thinks about W&L football."

## This Week in Sports

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>Field Hockey at Lynchburg--4:30</li> </ul>	<ul style="list-style-type: none"> <li>M Soccer at Emory and Henry--4</li> <li>W Soccer vs. Hollins--4:30</li> </ul>	<ul style="list-style-type: none"> <li>Open</li> </ul>	<ul style="list-style-type: none"> <li>Volleyball at Emory Invitational--4:30</li> <li>Field Hockey at Eastern Mennonite--5:30</li> </ul>	<ul style="list-style-type: none"> <li>W Soccer at Virginia Wesleyan--11</li> <li>Volleyball at Emory Invitational--2</li> <li>Football at Centre--1:30</li> <li>M Soccer at Hampden Sydney--11</li> </ul>	<ul style="list-style-type: none"> <li>W Soccer at Chowan--1</li> </ul>

# Prepare yourself for, well... anything

Find out how you can use your degree and volunteer experience to assist communities in developing countries around the world. Don't miss this opportunity to talk to a Peace Corps recruiter and learn how you can make a difference in others' lives, and your own.

## Wednesday, September 29

**Peace Corps Table**  
11:00 a.m. - 1:00 p.m.  
Elrod U. Commons  
Living Room

**Information Session**  
7:00 - 8:00 p.m.  
C-School  
Room 221

**Peace Corps**  
For more information,  
contact Jason Kane  
(800) 424-8580 x1048  
jkane@peacecorps.gov





W&L Bookstore Presents...  
**Student Book of the Week**  
A weekly feature of the Bookstore and *the Ring-Tum Phi*

This week:

THE DAILY SHOW WITH JON STEWART PRESENTS  
**AMERICA**  
(THE BOOK)

A Citizen's Guide to Democracy Inaction



With a Foreword by Thomas Jefferson

Cheeky, irreverent, and playfully ingenuous, this abbreviated history of democracy is everything one would expect from the writers of Comedy Central's fake news program. The book is laid out like a textbook, with "Discussion Questions," "Classroom Activities," and plenty of amusing graphics. A must for Jon Stewart fans.

\*a list of the whitest U.S. Presidents  
\*Stephen Colbert's guide to dressing like a TV Journalist  
\*A guide of drinking games to play while watching

Regular price: \$24.95 This week: \$19.95

# Freshmen fight the fifteen fiend

BY KATHERINE GREEN  
STAFF WRITER

It's the threat that lurks behind every french fry, around every candy bar, inside every package of Easy Mac. It's the Freshman 15, and it's currently instilling fear in the hearts of young women on campus.

What is this fiend which causes pants to grow tighter and swimsuits to suddenly become unfashionable? It's the phenomenon which purportedly causes once-lean college freshman women to experience sudden weight gain. According to Jan Kaufman, director of health promotions here at W&L, it's nothing to panic over and can be easily avoidable.

"The average gain is usually only about five pounds," she said, but added, "It doesn't really have to happen."

So why does this happen to 18-year-old women, in particular?

Kaufman said there are generally four factors affecting freshman women specifically: hormonal changes, unbalanced nutrition, decrease in activity, and a sudden spike in alcohol consumption.

Health Center nurse Jan Asbury agrees. "It is more of an emotional and physical adjustment than anything else," she said. "A lot of female students especially put on a lot of weight because their whole routine changes."

One freshman woman, who wished to remain anonymous, said her routine has changed drastically in the past month.

"I actually eat three meals a day now, instead of two," she said, but added that she also feels she's eating unhealthy foods. "I always try to get greens," she said, "But I never used to drink coffee and now I have to stay awake in lectures."

She also expressed concern over Marketplace choices. "There's certain things I have no control over," she said, "like how much mayo goes on my sandwich or how much butter is in a recipe... When you don't cook yourself, you don't really know how much fat is in [your food]."

"And that fro-yo machine," she added, "I just can't stay away from it!" Is this a helpless situation? Kaufman says it's not. "The key thing is there has to be balance," she said. "Women have to be careful about the choices they're making."

She explained that typically, students don't get enough fruits and veggies, and said women really need to introduce more whole grains and fiber into their meal equations. "Although french fries once in awhile isn't necessarily

a bad thing, having them three times a day is probably not a good choice," she said.

Exercise is also important, she said. "Women really need to include exercise... perhaps four or five times a week." She added that the form of workout is not important. "It could just be a brisk 30 minute walk," she said. "Alcohol consumption also adds a lot of empty calories," she said. "I really do think that's one thing to think about." The average beer, she explained, contains about 150 calories, while light beer has 110. "But as they drink more, the calorie intake just goes up from there."

Also, mixed drinks, which are more popular among women in particular, are the highest in calories. "You have to include all the calories in the fruit juices and syrups [such as sour mix or daiquiri syrup] as well as those in the shot itself." Even a simple mix, such as rum and coke, contains approximately 200 calories.

What a lot of these women don't realize, she said, is that they are drinking the equivalent of a meal or more in calories each night when they party.

"I want to stress that no one should substitute drinking for eating," she said. "It becomes a dangerous situation because they get intoxicated quicker."

There is hope for concerned freshman women, however. Anyone, regardless of weight, can seek help or advice at the Student Health Center on the bottom floor of Gilliam Hall, at the Health Promotions office in Commons 232, or from seminars Panhellenic is planning on holding sometime this winter.

Kaufman said, "It's important [to seek help] early, because problems you develop in college stay with you in life."

So if you reach the top of a flight of five steps feeling winded, think twice before reaching for the Fudgesicles in your Micro-Fridge. Remember moderation and keep the Freshman 15 from taking over your life.

Students interviewed chose to remain anonymous due to the sensitive nature of the topic.



ILLUSTRATION BY EMILY HULEN

Washington and Lee Dietary Health & Lifestyle Statistics	
Women who exercise 20-30 minutes, 3 times a week or more	53%
Women who exercise 1 or 2 times a week	82%
Women who eat 5 or more servings of fruit and vegetables per day	11%
Women who eat 3 or 4 servings of fruit and vegetables per day	37%
Women who exercise to lose weight	47%
Women who diet to lose weight	45%
Women who claimed an eating disorder or problem	14%
Women who identified themselves as bulimic	6%
Women who identified themselves as anorexic	3%

## BlueRidge PHYSICAL THERAPY

Care with you in mind  
463-5888  
728 North Lee Hwy  
Lexington, VA  
(College Square shopping center)  
John 3:16

Specializing in:

Orthopedics  
Sports Medicine  
Spinal Mobilization  
Post-OP rehabilitation

Please call or stop by to speak with one of our staff members with any questions you may have concerning your treatment, or your insurance.

Φ  
A  
R  
T  
S  
&  
L  
I  
F  
E

Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ Φ

Welcome Students!

Artists in  
Cahoots

Lexington, Virginia

We invite you to take a walk down Washington Street and meet some local artists at Artists in Cahoots, a cooperative gallery on the corner of Washington and Main.

540-464-1147  
www.artistsincahoots.com

Open: 10-5:30 Monday-Saturday  
11-3 most Sundays

Paintings • Wood Carvings • Photographs • Pottery  
Handcrafted Jewelry • Glass  
Art related to W&L and Lexington

## Blue Ridge Auto Center is now a ...



Blue Ridge Auto Center & Custom Muffler Centers have joined forces to bring you the best in Custom Designed Aluminized or Stainless Steel Exhaust Systems & Complete Original Replacement Systems.

"Lifetime" Limited or Entire System Warranties Available.

◆ VORTEX ◆ FLOWMASTER ◆ SUPREME DIESEL ◆ VOLT ◆ MUSTANG PERFORMANCE ◆  
◆ ELIMINATOR TURBO ◆ METAL CAT ◆ CMX CONVERTER ◆

Grand Opening  
Specials  
Good only for a limited time

Take \$20.00 Off  
Any Stainless Steel Muffler  
for Import Cars

Vortex Muffler, Aluminized Pipe  
& Chrome Tips  
Starting at \$195.95

Come Visit Us At ...  
**Blue Ridge Auto Center**

1973 Magnolia Avenue - Buena Vista, VA 540-261-9377

## Berky's Restaurant

PEDAL CAR DINER & TIN TOY CAFÉ

Order from our complete menu  
Or join us for one of our ALL YOU CAN EAT Buffets!

~ Friday Night Seafood Buffet with Crab Legs 5PM-10PM  
~ Saturday Night Steak & Shrimp 5PM-10PM  
~ Sunday Baked Chicken & BBQ Ribs 11AM-9PM  
~ Breakfast Bar 7 Days a Week 6AM-11AM  
~ Daily Hot Country Bar 11AM-10PM  
~ Daily Soup, Salad, & Fruit Bar 11AM-10PM

Home Cooked Meals & Southern Hospitality!

Order Breakfast 24 Hours a Day, Seven days a week!

Located at

LEE HI TRAVEL PLAZA

I-81 & I-64, EXIT 195, 2516 NORTH LEE HWY, LEXINGTON, VA

540-463-3478

Great Food & a great collection of  
Antique Pedal Cars & Tin Toys!





## Freshmen guys: be yourself, even if it means enjoying girly drinks

It is one of the hardest decisions we, as students at Washington and Lee, have to make. The decision you make will forever determine how you are thought of. The decision I am of course referring to is what you are going to drink on Friday and Saturday nights.

When at a party or bar, and the bartender asks "what'll it be," what will you say? And more importantly, at our oh-so-vain school, how will that decision reflect on you?

If you say I'll have a screwdriver, this means, you are a freshman and are only ordering that because that's the only drink you know.

You haven't quite had the experience that the rest of us have had. You may say, "Well my screwdriver is different because it has cranberry juice in it too." But remember this, the more fruit juice in your drink the more fruity you look.

Color should be a key factor in choosing your poison. The closer your drink is to brown, the more masculine you look. This is why any whiskey on the rocks is always a good call. Just don't make a face when you force it down your throat.

No matter what Tim Smith says, don't try his croc cool-

ers out of a Nalgene. Yes, they do taste amazing, but they are like a German prostitute, fun to party with until your friends see you. The bright green color makes people question which team you're on.

On the flip side, a White Russian is always a good choice. For those of you unfamiliar with this choice beverage, it was immortalized by "the Dude." Referred to by "the Dude" as a "Caucasian," this drink proves that dairy products and alcohol can go together. However this drink is rarely provided at parties so make sure to drink these up at the rare cocktail parties that provide them.

If you truly want to have an out-of-body experience, tequila shots are the only way to go. Tequila allows for the second best pick up line of "Wanna take a body shot?" (The best line of course being, "Hey, ever slept in a frat bed before?"). Just remember that eventually, you will have that one experience with tequila that will prohibit you from ever drinking it again. So enjoy the Mexican sauce while you still have the stomach for it.

By the way, on the subject of shots, do not ever take a shot of Kaluha. I know, I know, you are saying, "Who in the world would ever do that." But trust me,

sometimes you have one of those nights where you aren't quite thinking clearly, and right before you go upstairs with a girl loosely resembling your golden retriever, you down a shot or two of Kaluha.

Also make sure you know what you are drinking. If some guy says, "Hey, let's go have five shots of 151," you better understand what 151 will do to you.

And freshmen, listen up. Don't drink stuff out of a trash can unless you know what it is. A friend of mine recently had a freshman tell him about the amazing grain he had had at some party during Orientation Week. Apparently they poured like five handles into the garbage can to make the grain.

Grain is not made by pouring vodka or rum into a garbage can. It is a type of alcohol that must be brought across the border from West Virginia. Most drinks out of a garbage can are either Sangria (wine, fruit juice, and sprite) or a simple mix of handles and Kool-aid and juices.

But when it comes down to it, as long as you are having fun it doesn't matter whether you are drinking grain, tequila, Natty Light, or water. If Cosmopolitans make you happy, drink up. We work way too hard at this school, and we have to be careful not to let work engulf our social life too.



POTATO MAN  
MARSHALL RULE

*The officers of Kathekon and the Washington and Lee University Alumni Association are pleased to announce the 2004-2005 Washington and Lee Homecoming Court.*

*Representing Chi Omega is Ms. Jill Waity.*

*Representing Chi Psi is Ms. Kaitlin Abplanalp.*

*Representing the Kappa Alpha Order is Ms. Kathryn Temple.*

*Representing Kappa Alpha Theta is Ms. Elizabeth Falco.*

*Representing Kappa Delta is Ms. Marion Frierson.*

*Representing Kappa Kappa Gamma is Ms. Catherine Torrey Stroud.*

*Representing Kappa Sigma is Ms. Elizabeth Amoni.*

*Representing Lambda Chi Alpha is Ms. Celia Landgren.*

*Representing the Law School Class of 2005 is Ms. Angela Ernst.*

*Representing the Law School Class of 2006 is Ms. Sara Allenson.*

*Representing the Law School Class of 2007 is Ms. Meredith Abernathy.*

*Representing the Minority Students Association is Ms. Kaela Harmon.*

*Representing Phi Delta Theta is Ms. Kelly Jo Larsen.*

*Representing Phi Gamma Delta is Ms. Leigh Otey.*

*Representing Phi Kappa Psi is Ms. Mary Aldrich.*

*Representing Phi Kappa Sigma is Ms. Allyson Selby.*

*Representing Pi Beta Phi is Ms. Susan Somers.*

*Representing Pi Kappa Alpha is Ms. Kara Lehman.*

*Representing Pi Kappa Phi is Ms. Elisabeth Putney.*

*Representing Sigma Alpha Epsilon is Ms. Grace Barlow.*

*Representing SAIL is Ms. Sarah Jafri.*

*Representing Sigma Chi is Ms. Martha Allgood.*

*Representing Sigma Nu is Ms. Rian Lewis.*

## Homecoming Fashion 101

*Little Black Dress + Vineyard Vines = The Winning Couple*

BY EMILY EDWARDS  
ARTS & LIFE EDITOR

Homecoming provides many wonderful chances for one to get ob-scenely drunk, sleep in bushes, and go to the hospital. It also provides many chances for the quintessential fashion faux pas. On that note, I shall offer you freshmen ladies and gentlemen a few tips for a safe, happy, and fashionable Homecoming weekend.

We will start off with the cocktail dress. You can never go wrong with the classic "little black dress." Remember, girls, that you are being watched by upperclassmen. This dress should be

neither skanky nor dowdy. Leave the excessive cleavage for a sketchy late night DJ bash.

If you are going to a cocktail party on both Friday and Saturday, do not wear the same dress. Also, have fun on the second night. Don't get so wasted on Friday that you cannot function on Saturday. You'll never know whether W&L actually won their game.

The sundress is appropriate for Saturday's football games. Think bright, but nix the Lilly. You probably won't want to wear spiked heels. The Law School field can be treacherous when parading around in your prized stilettos.

Freshmen guys, the football games are all about pastel shorts. Shirt and tie (jacket optional) are a must, but wear long pants, and you will most certainly face frat-ostracization. Bonus points for a Vineyard Vines tie.

Guys should wear either the standard navy blazer and tie with khakis or a suit to the cocktail parties. While it is

not necessary to match your date, it looks great in pictures. Remember to never, ever wear a short sleeved dress shirt. This is fashion suicide for a guy. Moving on to etiquette.

Guys, when

walking on the street, remember to always walk on the outside. This is so your date does not get her dress dirty by a passing car. At dinner, pull out the chair for your date and regardless of how hungry you are, do not start eating until everyone at your table has his or her food.

Later that night at the cocktail party, do not make your date get a drink while you talk to the guys. The older brothers will note the chivalry if you get the lady a drink yourself.

Lastly, For the courtesy of everyone involved, do not make out on the dance floor. You have a room somewhere, use it.



PHOTOS COURTESY OF JCREW.COM AND NEIMANMARCUS.COM

## QUICK HITS

Φ If some girls are cows, then men are the patties for them to step on.

Φ The second floor Graham-Lees boys love Cathy and #48!

Φ Discussing your new diet Friday night with a mixed in your hand? Classic.

Φ Professor Meghan Griffith actually said this in class, "You were made possible by certain biological actions."

Φ Way to go GDI rush! Five independent girls made homecoming court.

Φ Hey Dean Leonard, how about some good toilet paper in the freshmen dorms?

Φ There was someone rappelling off the Cadaver Bridge yesterday!

Φ Joke: Kerry and Edwards are at McDonald's doing some campaigning. An employee, in her excitement, spills some coffee on Kerry's hand. Edwards wants to sue - but Kerry wants to write it up for his fourth purple heart.

Φ Kudos to the Marketplace for deciding to serve American food this year.

Φ I love my online poker "dork" who won \$17,000 so far!

Φ There is no better friend than a Nalgene by your side...with what other drink receptacle can you measure your liquor in 8, 12, or 16 ounces.

Φ You've heard of the cookie monster, well Eric Nelson is the chocolate monster.

Φ If you burn down your neighbor's house, you'll have a whole lot of new enemies.

Φ Oh my gosh! Has anyone else tried the new Hershey's kisses that are injected with caramel! So good!

Φ I think that we need a longer Christmas break.

Φ When I call in sick I am usually in bed with... a) a fever over 101, b) a hangover, or c) a new friend. Which is the correct answer?

Φ Tight jeans are hot, khakis are not.

Φ Lambda Chi's Tropical Party was awesome!

Φ Jennifer Aniston married a journalism major, you should too.

Φ Rumor has it, Avril Lavigne has a child. The best kept secret in the entertainment industry.

Φ Any freshman guy who is already wearing the pink polo shirt with the collar up, backwards croakies, seersucker shorts, and rainbow sandals should be shot.

Φ A big thank you to the grounds crew for dispersing that pleasant smelling fertilizer this week!

Φ Our Photo Editor almost got arrested. That would have been tragic.

Φ I kissed a guy simply because I couldn't stand listening to him any longer.

Φ Kudos to Kristine Early for holding the Lambda record with 51 goldfish

Φ Oprah is so cheap! Elli only gets to keep one outfit from her shopping "spree" and now the people who won the free cars have to pay almost \$10,000 to pay in taxes.

Φ I'm sorry we kissed last night. When can I have your children?

Φ When is Kappa Sig's redneck bash? I want to hit another car.

Φ Freshmen, don't complain that the only liquor you see at a party is Aristocrat. That's so low class.

Φ Sarah and Lara: Chi-O's dancing queens.

Φ You know something is fishy when the EC President fails to obey the speaking tradition but Lane Morgan can.

Φ As a matter of fact, the EC President was on the phone with her father- the guy who pays her tuition; however, she would love to get to know the individual to whom she inadvertently did not "SPEAK."

Φ I like picas. Not to be confused with PiKAs. Well, I guess I like them too.

Φ Girls, need a homecoming date? Ask a guy. There are few things sexier than a girl who takes charge.

Φ Girls, need a homecoming date? Ask a guy. There are few things sexier than a girl who takes charge.

Φ When was the last time you had a DTR?

Φ Taking off a grass skirt proved easier than I thought

Φ Email your anonymous quick hits to phi@wlu.edu