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Do you use profile pictures and wall posts to make yourself look cool?

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New business brings healthy smoothies and wellness advice to Lexington.

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WASHINGTON AND LEE UNIVERSITY

THE RING-TUM PHI.

MONDAY, SEPTEMBER 21, 2009

BY THE STUDENTS AND FOR THE STUDENTS SINCE 1897

VOLUME CXIII, NUMBER 2

Interpreting the doctrine

Constitution day speaker
Louis Fisher argues
against judicial supremacy

By Jessica Strait
STAFF WRITER

Two hundred and twenty-two years ago, a document was adopted by the Constitutional Convention, and from that moment on it became the supreme law of the United States. To celebrate and mark Constitution Day, Washington and Lee invited Louis Fisher, an author, scholar, researcher and government consultant, to speak in Stackhouse Theater about Judicial Supremacy, the idea that the Supreme Court has more power than other branches to interpret the Constitution.

Fisher said the Founders regarded the Supreme Court as the least threatening branch of government, and he used historical examples to argue that judicial supremacy was never intended, has never existed and never should exist. His speech was especially relevant after a summer of media attention focused on the nomination of Sonia Sotomayor, now a Supreme Court justice.

Fisher said the Constitution is for all of us to interpret, pointing out that most of our rights and liberties come from us and the values we hold dear, not from court rulings. The most direct communication through citizens and government is through jury decisions.

When the Supreme Court rules on a case, the public is involved in constitutional law through their reactions to these decisions. In the past, the Court has changed rulings when the public overwhelmingly disagrees. In 1940 the Supreme Court ruled upheld a compulsory flag salute for students in school. In 1942 they declared the case "wrongly decided," and credit for the overturned decision went to the whole country, more specifically the people who did not accept it and voiced their disgust.

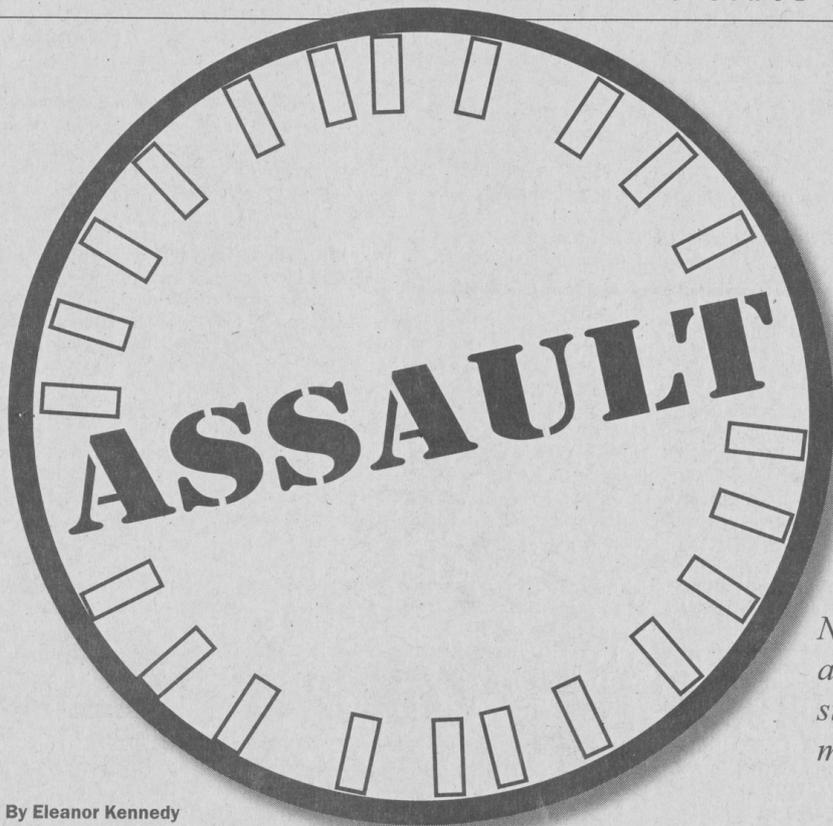
Fisher stressed that even if the Supreme Court votes unanimously on a case, policy does not change until a law or statute is passed. In 1954, the Supreme Court struck down the idea of "separate but equal" in *Brown v. The Board of Education*. However, until Congress passed the Civil Rights Act in 1964, almost zero social changes came out of the 1954 ruling.

And often, if Congress does not agree, it will pass a law to make its point, proving that the Supreme Court has far from the final say. When the Supreme Court upheld a decision in 1986 denying a Jewish Air Force officer the right to wear a yarmulke while he testified, the court justified it by claiming that the military needs uniformity. A year later, Congress, which obviously disagreed, passed a law that allowed the wearing of religious gear as long as it does not interfere with duty.

Fisher also said the Supreme Court is fully aware that it makes mistakes. He said that "the Court in its better moments has recognized it's a joint enterprise," reinforcing that the purpose of the country's three branch governmental system, including two branches within Congress, is a precaution to keep other branches in check. Chief Justice Earl Warren once reflected that just because the Court ruled that something was constitutional did not necessarily answer the question of whether it is.

So then, why and how did Judicial Supremacy become such a popular misconceived notion? Citizens often overlook what comes after a Supreme court ruling. Fisher also blames journalists for reinforcing the all-powerful stereotype of the Supreme Court by polling citizens about which branch has the most power, all while hoping for "the Supreme Court" as the largest percentage answer simply because it seems to make more waves in the news.

Fisher emphasized that the court can let their opinions be known, but it is citizens who, in the end, make the final decisions that form the values and shape the laws of our country.



By Eleanor Kennedy
STAFF WRITER

Starting with Orientation Week, Washington and Lee students are constantly reminded of the prevalence of sexual assault on our campus. This fall W&L students had the chance to enroll in a course that attempts to do something about it.

Senior Emily Coyle said that she

philosophy, law, psychology, sociology and public health. She consulted with Bell who developed a curriculum that Coyle describes as "the most perfect manifestation of what I had been imagining when I brought the idea to her."

The new course, taught by Bell

"I hope to raise awareness of sexual misconduct issues on our campus primarily in the domain of empowering students to do something about them. I would like students to feel that they can reduce the prevalence of sexual misconduct."

EMILY COYLE, senior

got the idea for a class focusing on sexual assault at W&L after her experience in Professor Melina Bell's Philosophy of Sexual Assault class. According to Coyle, for the students' final project, they had to write a sexual misconduct policy for W&L. Several students from the class presented their findings at the Science, Society and the Arts conference last winter.

At the end of the term, Coyle real-

ized that no action had been taken despite the discussion in the class. She

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Sowing the seeds of justice

W&L Law and Grimes Law embark on second year in Liberia Human Rights Practicum

By Katherine Roberts
COPY EDITOR

The Washington and Lee University School of Law is starting its second year in the Liberia Human Rights Practicum with a joint class held with students in Liberia.

The practicum is a partnership with the Louis A. Grimes School of Law at the University of Liberia in Monrovia to work on increasing justice in Liberia.

The program, which also works with the United Nations Office on Drugs and Crime and the American Bar Association in Monrovia, features a joint class of W&L and Liberian law students. W&L Law Professor Speedy Rice teaches the class by videoconference—the Liberian law students meet at the U.S. Embassy in Monrovia, according to Ryan Decker, who coordinates the class from Liberia. If heavy rains cause problems with the video feed, Decker teaches the class.

"Class time can serve unique and different purposes for the W&L and Liberian students," Decker said.

While the course teaches W&L students about a completely different legal system, it exposes Liberian students to "material not covered under their normal legal curriculum, and... a practical way of developing solutions to the issues preventing access to justice in Liberia," he said.

The class learns about human rights on international and regional levels before focusing on Liberia, according to Juliette Syn, who filled Decker's role last year. In November, W&L students will visit Monrovia for two weeks and interview prisoners to learn about civil rights in court.

Over 85 percent of the prisoners who students from this program interviewed last year were still in pretrial, according to Syn. She attributed this to the civil war that ran from 1989 to 2003, and the subsequent loss of infrastructure necessary for the justice system. "Although you might have a judge, you may not have a support staff," she said. Prisons keep track of prisoners' arrivals and departures with

a white board, according to Syn.

Record-keeping is "one of the biggest obstacles facing the Magistrate Sitting Program, although seemingly simple to the American observer," Decker said. Last year, students gathered information on prisoners and their reasons for arrest, and put it in

ing court files and helping to develop better record-keeping methods, in addition to traveling to prisons. The program "has the potential to make a large impact," Decker said. "The Practicum gets stronger with each semester as we develop stronger connections in Liberia that, in turn, open

RYAN DECKER, Liberian law class coordinator

a format useful for the Ministry of Justice.

This year, to work to reduce prison overcrowding, students will work with the newly created Magistrate Sitting Program, acting as judicial clerks for the six magistrates in Monrovia. Students will be organiz-

ing court files and helping to develop better record-keeping methods, in addition to traveling to prisons. The program "has the potential to make a large impact," Decker said. "The Practicum gets stronger with each semester as we develop stronger connections in Liberia that, in turn, open

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opinions

Joe Wilson's ungentlemanly attack on President Obama

South Carolina Congressman and W&L Alumnus Joe Wilson's controversial outburst is analyzed by Dane Davis

By Dane Davis
STAFF WRITER

In the middle of what was supposed to be the re-launch of President Barack Obama's health insurance reform agenda, a Congressman yelled out two simple words that managed to change the national discourse for the next few weeks.

While stating that his health-care plan does not cover undocumented workers, Pres. Obama, along with Speaker Nancy Pelosi and Vice President Joe Biden seated behind him, was clearly shocked to hear and see Representative Joe Wilson of South Carolina point and yell, "You Lie."

This breach of decorum set off a flurry of sound and fury from the pundit class. David Brooks of the New York Times lamented the "expressive individualism" and "self-exposure" of today's "High Five Nation."

Some, such as former President Jimmy Carter, took the outburst as an indicator of a deep seated racial resentment finally bursting over because of a black president. Others took to Rep. Wilson's defense, stating that the insurance reform did in fact in-

clude illegals. Furthermore, they argued, Britain's parliament has rancorous debate that anyone who has access to C-SPAN can witness.

The issue of whether or not Obama actually lied is not that important. Congress has since

that somewhere along the line America has lost the maturity, civility, and general class of previous generations.

On the first topic, individuals are obligated to respect, or at the very least tolerate, opposing viewpoints even if these individ-

haviors that are shared by the populace so that it may become a reality. One such behavior is toleration. Shouting, filibustering, and deceitful debate tactics do nothing to advance the public good.

Viewing one's intellectual opponent not as someone with whom you disagree but as someone who is malicious, evil, or possessing maligned intentions leads to a personal defensiveness that is incompatible with a true belief in reason and an honest attempt at the truth.

This quality is unfortunately possessed by members of both sides of our political spectrum. Observe the cries of "Fascism!" by made certain liberals during the Bush years and repeated by some of today's conservatives.

That said, this trait is not new. It is an ongoing tension that occurs within the body politic and even within individuals; a clash between civility and the zeal of which only ideological assuredness can produce.

Since it is present in all governmental systems that allow their citizens and politicians

to speak freely, it is not unique to America or today's society. Television, the internet, and other forms of mass media may exacerbate particular instances of poor behavior, leading to the overall impression of a decaying society.

The United States has a long tradition of libelous statements made against presidents and politicians, oftentimes made by those within Congress.

We are fortunate that our current disagreements are expressed only in words. Congressional history has many examples of past fights on the floor of the House and Senate. Pundits, and those reading them, must be careful not to idealize the forgotten past as a barometer or standard for whatever is apparently lacking in contemporary times.

While "You Lie!" is certainly coarse and boorish, it does not compare to more despicable statements made by members of Congress throughout the institution's past.

How is all of this relevant to the Washington and Lee community? As an alumnus of W&L, Joe

Wilson represents our tradition of honor. His behavior unjustifiably portrays a negative impression on the public image of our school.

As students and one day graduates, we must not only remember but internalize the words of Robert E. Lee: "I have but one rule here, that each man be a gentleman."

And remember, dear readers, a gentleman never shouts.

While "You Lie!" is certainly coarse and boorish, it does not compare to more despicable statements made by members of Congress throughout the institution's past.

barred non-residents from enrolling in future public health-care programs as a response to the kerfuffle.

Instead, there are two deeper issues surrounding the current debate over Joe Wilson's jejune behavior. The first is a broader conversation over the appropriate level of deference one ought to owe the opposing party, its leaders, and ideology in a loud and often cacophonous republic.

The second issue is a concern

uals believe said viewpoints are erroneous.

In a pluralistic democracy, the clash of ideas is an essential and necessary part of discerning the public good. Since no man has a monopoly on truth, free discourse is required in order that public reason may discern what is proper and true, a point eloquently made by John Stuart Mill.

This idealistic belief must be accompanied by certain be-

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staff editorial Where's the spirit?

Dressing up for games and cheering should be part of the tradition

Attending a university whose undergraduate population is only 1,700 students obviously creates a different sort of sports scene than one found at a college with 30,000 people. We don't have Division I athletes, gigantic stadiums or televised sporting events.

But does that mean we don't owe our sports teams the same level of enthusiasm? At Washington and Lee, where we value tradition, shouldn't we value school spirit, too?

It's common knowledge that many home sporting events are poorly attended by students. The stands lack the sea of students more commonly seen at bigger schools, but should that deter us from attending? It hurts to hear the visiting team's cheers drown out our own on our home turf.

Yes, you read that correctly: the visiting teams have a larger fan base at our home games.

Football, contrary to popular belief at this school, lasts for four 15-minute quarters. It's hard to believe that when at football games, even at Homecoming, a mass exodus from the stadium takes place at

halftime. We tell to our boys, "fight to the finish we are with you." Of course we are - well, a small percentage of us stay until the finish, anyway.

It's as if we're just feigning interest, leaving as soon as we can. After halftime, the stands become barren - it's quite possible even to see a stray tumbleweed blow past, and yet, the clock is still ticking down the minutes to the third and fourth quarter as "Washington and Lee's men fall in line."

Recognize that lyric? You should. Does anyone even know the words to the Swing anymore? Upperclassmen remember the days of competing in the Swing-off with their first-year halls, a fun, spirited practice that has since gotten lost.

Cheering at games is also lackluster. Sporting events should be spirited, high-energy experiences for both the players and the fans. Otherwise, what's the point.

And what's more, it seems that this year in particular, another cherished tradition is fading away. Several people have commented that at the first few home football games this year, spectators are failing to get decked out in their sundresses and

bowties.

This is a disappointing sight for upperclassmen who look forward to dressing up for games and seeing the sea of bright colors and seersucker.

We're not saying that men should wear blazers during the heat of September nor that women are required to spend \$200 buying Lilly Pulitzer for a game. It isn't hard to dress up a little nicer and still be comfortable and practical. What's wrong with dressing like you have pride in your team?

When students visit and tour W&L, this is one of the traditions they hear about, and it sticks with them. When alumni come back for Homecoming, this is what they expect to see at the game. Did the first-years not get the memo?

If we're not going to paint our faces in the team's colors like fans do at Division I games, we should at least be able to support the Generals by respecting the traditions we have. And once we've got our dress clothes on and our blue poms in hand, we should stay at the game and "yell like hell!"

Profiles in Leadership: Omicron Delta Kappa

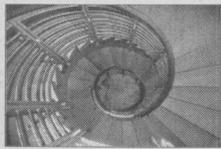
Omicron Delta Kappa was founded December 3, 1914 at W&L by 15 student and faculty leaders. The founders formulated the idea that leadership of exceptional quality and versatility in college should be recognized, that representatives in all phases of college life should cooperate in worthwhile endeavors, and that outstanding students, faculty, and administrators should meet on a basis of mutual interest, understanding and helpfulness. ODK was the first college honor society of a national scope to give recognition and honor for meritorious leadership and service in extracurricular activities and to encourage development of general campus citizenship.

Tuesdays with Leadership:

Leadership Without Easy Answers

12:15 and 6:30 PM, Room 214 Elrod Commons

Adaptive leadership requires revitalization of civic life, such that technical solutions to complex issues no longer suffice



opinions

Trying to survive the student election cam“pains”

Law student Jordan Rothman takes a long, hard look at the current state of student elections

By **Jordan Rothman**
STAFF WRITER

I absolutely hate election season.

No, I am not talking about the national political landscape, full of sound bites, amorphous phrases, and the like.

No, I am not even talking about the state-wide campaigns, which seem to be flooding lawn signs and television sets everywhere.

Actually, I am referring to the electioneering that is happening right now on campus, and in many regards this campaigning is more repugnant than anything that can be cooked up by professional politicians.

Over at the law school, and soon on the undergraduate side, people have been putting on their phony faces, manufacturing somewhat humorous signs, and going from person to person like traveling salesmen all trying to garner people's votes.

The walls have become laden with flyers, the gossip is all about the candidates, and I can't help but wonder why the hell it all matters in the first place.

Since this is my first article, perhaps I should introduce

myself and relate some of the background information which makes me repulsed at any type of student elections. My name is Jordan Rothman, and I graduated from Brandeis University in May.

While at Brandeis, I served

The whole process has transformed candidates into beggars, as I see little difference between Dickens' Oliver Twist and the roaming candidate requesting my vote.

on the undergraduate student government for 3 years in a variety of capacities. Long ago I was deluded by the whole student election process, certain that if I won, I could make a difference. This advancement, to me, would somehow countervail all the rigors and indecencies experienced during the campaign.

This mentality, however, all changed during my run for the Vice-Presidency of the Brandeis University Student Government during my junior year of col-

lege.

The election season of 2008 wasn't just hot in the national arena, but also on the campus of Brandeis University.

After a rigorous primary election round of unrealistic promises and ambiguous slogans, I had

finished one vote behind the top candidate. For the second round, I traveled around campus like a vagabond, put on my phoniest smile and tried to congenially convince people to select me for VP.

After losing 9 pounds, days of sleep and a lot of time, I lost by a handful of votes. Nevertheless, this experience was important, for it showed me one critical absurdity of student elections, and perhaps even of democratic selection in general.

I wish we could return to the early 19th century, when candidates would “stand” for office, and electors would select individuals based on their credentials, rather than a stupid phrase or ambiguous message. It seems that our student elections are a

far cry from this noble system. It's not like these people have any grand idea to reform the campus, or better our lives in any meaningful way. They merely want something to place on their résumé, a testament to the fact that they didn't just drink and party during their educational years.

What I must ask these candidates is if it is really worth it. Is the prize of a simple title enough to counteract the guilt you should be feeling from selling yourself out?

I hope the point I am trying to make is crystal clear.

As we can see in our own little community, one of the principle casualties of the democratic process is the dignity of every candidate who runs for office. This extends from the highest levels of government to the lowliest student government official, as every politician must be insincere and phony while campaigning.

I hope you pity the individuals who decide to take on this mantle. I hope you see that they are no better than beggars and vagabonds.

Is Facebook real?

Wondering if people's Facebook profiles are really an indicator of how they are as people

By **Gozi Egbuonu**
STAFF WRITER

As I sat in the Commons thinking about topics to discuss in this article, I couldn't help looking back and forth between Microsoft Word and my Facebook profile.

I found myself just sitting and watching the homepage as the status updates refreshed or as I got notifications of interesting things like new quizzes to waste my time taking, new photo albums in which I am tagged, or the union or break-up of the infamous and all too popular Facebook couples.

At that moment, I knew what I had to discuss with you, my fellow Generals: the question of whether or not Facebook is real.

In my opinion, I have found that most people use Facebook more as a means to create a more exciting or interesting version of their real lives.

I bet you're wondering how I came to this conclusion. Well, it is rather simple and I will attempt to explain my observation in two simple parts: 1. The Photos and 2. The Wall Posts.

Our Facebook photos are the clearest way to really relay our so-called “real” lives to our friends and family. Thus, I thought it would be the best choice to begin with an explanation of

doing something. I have once, in a serious bout with boredom, looked through a Facebook profile purely created to make the individual's life seem much more exciting than it actually was, only to find an album in which all of the pictures were of people posing.

And speaking of friends, the friendly Facebook wall posts are another way in which people try to create an image of themselves that drastically differs from their actual lives. Now, I will admit that I blow up people's wall posts, but for the most part, those people are actually my really good friends.

Nothing makes me scratch my head more than when I get a newsfeed of someone writing on another person's wall when I know for a fact that (a) they are not really friends and (b) they probably do not even like each other.

I mean why else would one waste time writing on another person's wall, whom they clearly do not like, unless it was to create an image for outsiders that says, “Hey, look! I have friends?”

I hate to sound like I am bashing Facebook users, because I am not. I have committed offenses on Facebook that would greatly displease

What I don't get about people who manufacture Facebook lives is how they are able to find that much time while they are socializing to be taking so many pictures. Do you stop in the middle of your shenanigans and request that people take pictures?

how some people manufacture a “cooler” life via Facebook.

For example, one's Facebook profile picture is often a picture that either shows others that you are attractive, have friends or are the quintessential emo, prepster, hipster, athlete, thug, or all around fool. People go to great lengths to ensure that the profile picture they choose falls into one of those categories.

You don't even have to question my point here. Just look at the profile picture of any of your friends. Does it fall into one of those categories?

What I don't get about the people who manufacture Facebook lives is how they are able to find that much time while they are socializing to be taking so many pictures. Do you stop in the middle of your shenanigans and request that people take pictures? The clear difference between manufactured social lives presented in picture form and real ones are what the people in the images are doing.

Yes, there are times at a social function where you will stop and pose with your friends, but when you are truly socializing, those pictures will often have people in action—that means

my forefathers, but I just can't deal with how people are now using what used to be a site that was solely expected to be used to unite old friends in college and across the globe, but is instead being used by some people as a means for turning themselves into someone they clearly are not.

Despite the aforementioned points, is creating an inflated or completely false social life really be all that terrible?

We live in a world that puts a great deal of emphasis on the way you look, your personality, and the friends you keep, and if you do not have high marks in all three areas, does it hurt to make it look like you do?

I guess this is the question Facebook, MySpace and Twitter is forcing our generation to ask ourselves, and I think the answer is not going to be as simple as we would all like it to be.

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arts & life

Yummy! Lexington gets nutritious

Local resident starts new business despite down economy selling good-for-you smoothies and slim-down supplements

By Shannon McGovern
STAFF WRITER

Nelson Street has a blossoming new business. Lexington Nutrition, the

town's newest addition, is a wellness club that promotes a healthy, nutritious lifestyle.

The shop opened its doors Sept. 8, offering free wellness evaluations and membership

to the wellness club, as well as smoothies with complimentary herbal tea and herbal aloe.

Lexington Nutrition is not a restaurant, although the meal alternative smoothies have drawn in customers.

Owner and Lexington resident Richard Beagan works in the shop with his daughter, making smoothies and educating customers on the personal wellness system, Herbalife, that he sells. Patrons may also request free wellness evaluations and receive a consultation specific to their body type and lifestyle.

The store is foremost a wellness club and distributor of Herbalife products, said Beagan. He started the business out of his home, providing tips on healthy habits and samples

of Herbalife products. Now the shop allows him to continue his distributorship on a larger scale.

Made with Herbalife nutritional shake mixes, the smoothies contain soy proteins, vitamins, and fiber to balance the metabolism. Customers receive a glass of complimentary herbal tea and a small cup of herbal aloe to sip while their smoothies are made. The lemon or raspberry herbal tea contains antioxidants and an energy boost, while the mango-flavored herbal aloe helps to aid digestion.

Through the use of its pharmaceutical-grade products, Los Angeles-based Herbalife's website reports that 60 million people throughout the world have lost weight. The products target not only weight management but sports, cellular and digestive nutrition.

Beagan said he looks forward to furthering business and promoting healthy lifestyles in the area. He hopes to find local residents interested in becoming wellness coaches, who he would educate on the Herbalife products and wellness program. These coaches would then start their own local fitness programs.

There is also a weight loss challenge in the works. For a \$35 registration fee, 15 to 20 people

can participate in the competition, where they will learn about topics such as heart health, exercise and the importance of drinking water. The person who loses the most weight will win 75 percent of the registration fee money.

Beagan admitted that people warned him he would face roadblocks when opening a new business in a down economy, but so far things have gone smoothly, he said. He has even acquired a few regular customers.

While the Herbalife products are a bit pricey, the drink mixes and powders make many servings. The company's statistics speak to the power of the products, which suggest the investment is worth it for those interested in a healthy lifestyle change.

Even customers just looking to check out the \$5 smoothies will find themselves welcome and wellness information available but by no means forced upon them. The smoothies, made with vanilla, chocolate, coffee or fruit flavors, are delicious, and perfect as post-workout meals.

The friendly, comfortable atmosphere of Lexington Nutrition promises the presence of the wellness club to be a positive one.



STEPHANIE HARDIMAN / Arts & Life Editor

Students lend an ear

Project Horizon begins volunteer training

By Holly Suthers
STAFF WRITER

A new volunteer training session will begin for Project Horizon, the non-profit organization dedicated to reducing domestic, dating, and sexual violence in the Rockbridge County area.

The organization, which began in 1982, provides a 24-hour hotline, housing, counseling and support for women and children.

Each year about 170 victims take advantage of Project Horizon's services. Twelve full-time staff members plus volunteers help maintain a functional and successful organization. Many Washington and Lee students have participated since the group's founding.

Training starts on Saturday and will last until Oct. 3. Volunteers must complete the 32 hours of training in order to begin work.

The training sessions consist of several workshops focusing on domestic violence, sexual assault and crisis intervention. Staff members will talk about their roles, the people that they serve and the effects the organization has on the community.

A session on domestic violence and sexual assault in the gay population, as well as a forum with the Rockbridge County Sheriff's Department and the Lexington Police, is included.

While the training seems rigorous, Project Horizon's Volunteer Coordinator Rebecca Hamilton believes it's important all volunteers understand how to react to potential scenarios.

She thinks that once volunteers begin working they understand that the training was worthwhile.

"Volunteers need to know how to respond to every possible situation and how to give the best information and advice to callers," Hamilton said.

She said that volunteers mostly answer the hotline in the evening hours, provide childcare to the children of victims at the shelter and help organize community events. Volunteers are also required to maintain confidentiality of the safe shelter location and the names and information of the victims.

Volunteers are asked to work for at least six hours per month,

but Hamilton said that most work much more than the minimum requirement.

Like most volunteers, junior Kara Karcher primarily answers the hotline at night and provides crisis intervention for victims, informs them about Project Horizon's services and also lends callers an empathetic ear.

Karcher, who has volunteered since the fall of 2008, believes that she has become much more educated about the serious issues of domestic violence and sexual assault.

"I feel fortunate that I have been able to touch the lives of a few women, whether it's talking to them on the phone during a hotline call or visiting with residents in the shelter," said Karcher.

She encourages others to volunteer and has been struck by how many volunteers, many female, give their time and energy to help ensure the safety of other women in the community.

And while Karcher said that it has been emotionally challenging to maintain appropriate boundaries with victims while they divulge such personal information, she believes that it is completely worthwhile.

"Some of the stories will break your heart," she said, "but it has been eye-opening, challenging, and so rewarding to have the opportunity to reach out to women in our community."

To volunteer or to learn more information about Project Horizon, contact Rebecca Hamilton at (540) 463-7861 or rhamilton@rockbridge.net.

Crossword of the Week

The Tri-dent by Neville L. Fogarty

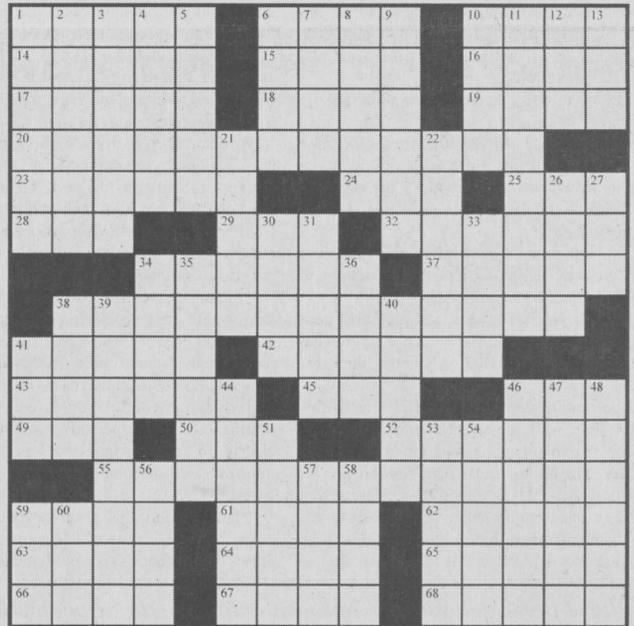
For the solution to this puzzle, visit phicrosswords.tumblr.com.

ACROSS

- 1 Dog that inspired a 1995 film
- 6 "Rock rabbit"
- 10 Son of Telamon
- 14 Without ___ in the world
- 15 Lyric poems
- 16 "No problem!"
- 17 Fills up
- 18 Blind segment
- 19 Schools of thought
- 20 LifeLock offers protection against it
- 23 Block sort
- 24 Dallas area sch.
- 25 Ketchum of "Pokemon"
- 28 Opportunity to get a 2400
- 29 Dance, e.g.
- 32 Lawrence's land
- 34 Places to have outdoor meals
- 37 Checks the copy
- 38 There were five in a 1964 kids' book
- 41 Kennedy who had an experiment in the 2000s
- 42 Messing and Winger
- 43 TV teaser phrase
- 45 It gives out nine digit nos.
- 46 Suffix with malt
- 49 Floral necklace
- 50 Female with a wool coat
- 52 "I fly like paper, get high like ___" - M.I.A.
- 55 John Nance Garner, once
- 59 Bohr's study
- 61 Subj. for an M.B.A.
- 62 Louvre, par exemple
- 63 "Fame" singer Irene
- 64 Mrs. Lincoln's maiden name
- 65 Role for Ann B. Davis
- 66 He's got tiny arms
- 67 Holy Fr. women
- 68 "Na Na Hey Hey Kiss Him Goodbye" band

DOWN

- 1 Rudiments
- 2 Maine's ___ National Park
- 3 Like some talents
- 4 Economist's study
- 5 Direction from Pamplona to Leon
- 6 Drop off a letter
- 7 Without aim
- 8 "Hyperion" poet
- 9 Piggy's problem in "Lord of the Flies"
- 10 "Yeah right!"
- 11 Slightly
- 12 Shot spot
- 13 Crosses (out)
- 21 Foaming at the mouth
- 22 Syfy show since 2006
- 26 Wins musical chairs
- 27 Keeps
- 30 Drink garnish
- 31 Lugs
- 33 Fruity drinks
- 34 Graceful bend
- 35 Don Draper on "Mad Men," for one
- 36 Bros
- 38 Catch flies, so to speak
- 39 Stephen, Billy, or Daniel Baldwin, but not Alec
- 40 Game with easy and hard tens
- 41 Mo. with a ruby
- 44 Some online updates
- 46 Tot's outfit
- 47 "De Brevitate Vitae" author
- 48 High regard
- 51 Home of Spaceship Earth
- 53 Butter beans
- 54 ___ swim
- 56 Original format of "Fantasia 2000"
- 57 Took the bus
- 58 Some football players
- 59 Put on a show
- 60 Feather's partner





sports

Men's tennis shines in ODAC tourney

During fall season opener, Generals take three out of four singles flights in ODAC Singles Championships

By Brooke Sutherland
SPORTS EDITOR

After a disappointing 5-3 loss to Hampden-Sydney in the Old Dominion Athletic Conference Championship match last year snapped Washington and Lee's string of 13 consecutive ODAC titles, the Generals had a lot to prove as they kicked off the 2009-2010 season. And they didn't disappoint.

Playing host to the ODAC Singles Championship last weekend, the Generals claimed the top place in three of the four singles flights.

"Last year was kind of a slap in the face for us," said sophomore Michael Freeman, who competed in the No.

2 singles flight for the Generals. "It was really a wake-up call for us... We wanted to make a statement to Hampden-Sydney and show them that we're a better team this year. We want to show them that losing to them last year was just a fluke."

The winners of the three singles titles never even lost a match and with all-W&L match-ups in the No. 2, No. 3, and No. 4 flights, the only real competition in the tournament came from the Generals themselves.

"I think it speaks to the amount of depth we have on our team," said first-

year Hayden White who competed in the No. 1 singles flight for the Generals. "We're a fairly young team. To have so many players in the finals and the semi-finals is just great."

In the No. 2 singles bracket, Freeman put up a 4-0 record to swing his way into first place. Freeman defeated fellow W&L player sophomore Jonathan Gaffney 6-3, 6-2 in the finals.

"I struggled with my serve a little bit," Freeman said. "But I was able to grind it out and win some big matches."

In the No. 3 singles flight, junior Will Hall also went undefeated at 4-0 to claim

the top spot. Hall defeated W&L junior Tad Hatcher 6-1, 6-1 in the finals.

In the No. 4 singles flight, sophomore Brian Roberts defeated junior Morgan Hopson 6-2, 6-2 to take first place. The championship victory gave Roberts an undefeated 4-0 record as well.

White was the only W&L player who didn't have to battle his teammates in the finals. He faced off against Hampden-Sydney's Will Moss in the championships of the No. 1 singles flight. Moss, the 2009 ODAC Player of the Year, defeated White 6-3, 6-4. White finished the tournament with a 3-1 record.

"The Hampden-Sydney No. 1 is just a strong player," White said. "He's the best player in the ODAC. We're just trying to improve as much as we can so hopefully in the spring a Washington and Lee player will be named the best player."

The Generals will look to continue their strong play as they head to the University of Mary Washington on October 3 to compete in the ITA Regional Tournament.

Volleyball crushes Marlins, falls to Bullets

Generals bounce back from Wednesday ODAC loss to go 1-1 in weekend home matches

By Stephen Peck
STAFF WRITER

The Washington and Lee women's volleyball team (2-5, 1-1 ODAC) returned to action Saturday at the Warner Center, defeating Virginia Wesleyan 3-0, but losing a nail-biter to Gettysburg 3-2. The team has endured a rocky first week, dropping four of its first five matches and losing a conference match for the first time since 2007.

"We changed a lot of technical and tactical stuff this year," said Head Coach Brian Snyder of the team's slow start. "It's a lot of new ideas on defense and it is simply not habit yet for the girls. It's a tough adjustment."

The ladies showed the potential of this year's team during their first match

on Saturday. After seeing their 19-game conference winning streak snapped on Wednesday to Randolph-Macon, the Generals were out for vengeance against a team to which they have never before lost. The squad set the tone early against the Marlins, taking the first game 25-18. Unfortunately for the Marlins, that would be the closest they would get to tasting victory as the Generals closed out the match by winning 25-17, 25-17.

The straight set win over an ODAC rival proved that the Generals are not going away this year. Senior leadership prevailed in this well-played contest as outside hitters Rachael Phillips and Kelly Harrison combined for 19 kills,

while Harrison added 12 digs. Senior setter Megan Steinhardt also filled up the stat sheet by tallying 33 assists. Junior middle blocker Louise Brooks had a nice day of her own, clocking in 10 kills and 5 digs.

After watching Virginia Wesleyan play Gettysburg, the Generals got ready to play the second match of their doubleheader. W&L has never won against Gettysburg in school history. Snyder encouraged the team by telling them that "none of that matters." The ladies rode the momentum of the morning's win as far as they could, taking the first game from the Gettysburg Bullets by a score of 25-19. Gettysburg immediately

responded with a 25-18 win of their own in the second set. The back-and-forth affair continued with W&L taking set number three 25-22, and Gettysburg answering again with a 25-21 win in set four. The tiebreaking fifth set saw W&L come within two points of closing it out for the win at 13-11, but the Bullets scored four straight points to end it and win the set 15-13, and the match 3-2.

Phillips and Brooks continued their stellar offensive play with 14 and 18 kills respectively, while Phillips also chipped in 16 digs. Freshman libero Cameron Hill also recorded 22 digs. Steinhardt stole the show, however, with an astounding 51 assists. But while the

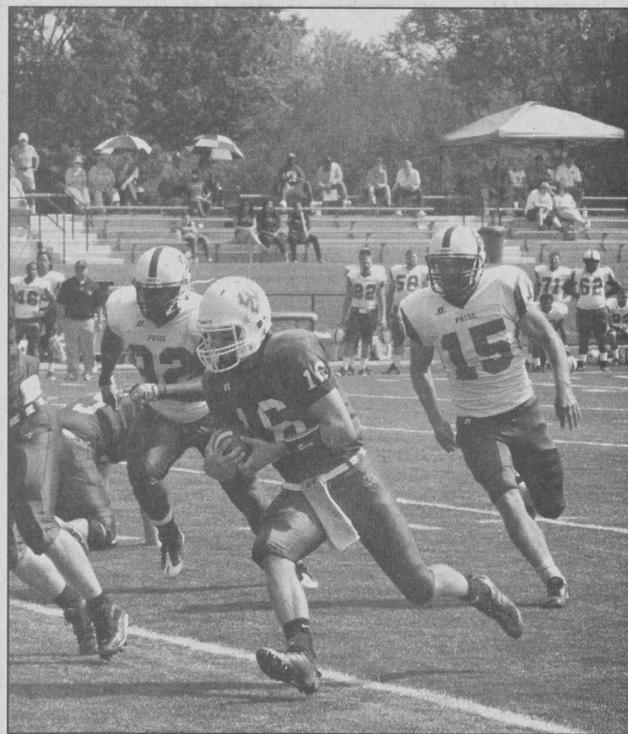
stats look good, W&L was not able to close out Gettysburg.

"There were definitely a lot of good things today and a lot of improvement from Wednesday night" against Randolph-Macon, Snyder said. "However, our play was very up-and-down and we shot ourselves in the foot with unforced errors."

The team travels to Eastern Mennonite on Tuesday for another ODAC conference match. Its next home game is October 3 against the University of Mary Washington.



Left: Sophomore running back Harrison Hudson sprints past Greensboro defenders. Harrison contributed an 18-yard touchdown run in the Generals' 26-20 loss
Right: Sophomore quarterback Charlie Westfal tries to gain yards for the Generals



Miscues doom Generals in overtime loss

Washington and Lee falls to Greensboro 26-20 after overtime fumble; record drops to 1-2

By Lee Tackett
STAFF WRITER

An overtime fumble, two missed field goals (one blocked) and a blocked extra point kept the Washington and Lee Generals (1-2) from victory Saturday as they fell to the Greensboro College Pride in overtime 26-20. The Generals were effective at using their option-based rushing attack throughout the game, rushing for 322 yards as a team. But W&L struggled to account for the athleticism of Greensboro's wide receivers, surrendering 280 yards through the air.

It took both teams a quarter to get into their offensive rhythms, but scoring was non-stop in the second quarter. Sophomore running back Jonathan Clemo was able to break the ice with an 8-yard touchdown run to put the Generals up 7-0. Greensboro would answer on the following drive, as quarterback Mike

Caparaso found Brandon Richardson to tie the game at 7-7.

But W&L wasted no time taking back the lead. The Generals ran the ball on eight of nine plays, using four different rushers, and capped the drive with an 18-yard touchdown run by another sophomore running back Harrison Hudson. Despite their success on the ground, the Generals' defense struggled to slow the Greensboro passing attack. Caparaso found receiver Nathan Scott three times on the next drive, with the final pass being a 15-yard touchdown.

Greensboro struggled with special team miscues, failing to tie the game after a missed extra point. The Generals attempted to raise their lead at the end of the half, but were unable to convert on a field goal attempt, leaving them ahead

14-13 at halftime.

The Generals elected to keep the ball on the ground for most of the second half. But their first drive ended in a failed fourth down conversion and the second on a blocked field goal. The W&L defense shut down the Greensboro attack, but a W&L fumble allowed Greensboro to start a drive deep into W&L territory. A strong defensive effort by linebackers sophomore Rob Look and senior David Love shut down the Greensboro drive.

"They had run a similar play before and I was just trying to run down hill and fill the gap," said Look.

The Generals' offense had a productive drive to carry them into the fourth quarter, but another fumble stopped the drive. After the defense stood tall for two more drives, stopping another

Greensboro fourth down conversion attempt, the Generals' offense was finally able to break through again. The Generals ran the ball four times and Clemo found the end zone for the second time. A missed extra point put the Generals ahead at only 20-13.

With 1:30 left to play, Greensboro drove the length of the field and Caparaso connected with Antwan Thorpe to send the game into overtime with the score tied at 20-20.

Greensboro continued their momentum into the overtime, taking the lead at 26-20. A missed extra point put the Generals back in a position to win the game, but a fumbled exchange between sophomore quarterback Charlie Westfal and first-year running back Brett Murray was recovered by Greensboro to end

the game.

The Generals turned in a great performance on the ground, with three rushing touchdowns and three players rushing for over 70 yards.

"It was definitely the most success we've had running the ball this year" said sophomore tackle John Fitzgibbons. "However, despite our ability to move the ball, we couldn't quite finish drives."

The Generals outgained the Pride by almost 100 yards, but their three fumbles, two inside Greensboro territory, kept the Generals from putting the game away. The Generals travel to Averett next Saturday, September 26, for their first road game of the season.

sports



ondeck

	MON	TUES	WED	THURS	FRI	SAT	SUN
Football						at Averett 1 p.m.	
Field Hockey			vs Lynchburg 7 p.m.		vs Randolph Macon 6 p.m.	at Sweet Briar 1 p.m.	
Men's Soccer		at Randolph Macon 4 p.m.				at Lynchburg 7 p.m.	
Women's Soccer		at Hollins 4:30 p.m.				at Messiah 1 p.m.	
Volleyball		at Eastern Mennonite 6:30 p.m.			at Emory Shorter 2 p.m. Emory 7 p.m.	at Emory Thomas More 1 p.m. Lynchburg 3:30 p.m.	
Men's XC						at Roanoke Invitational	
Women's XC						at Roanoke Invitational	
Men's Tennis							
Women's Tennis						ITA Atlantic South Regional at Mary Washington	ITA Atlantic South Regional at Mary Washington

in the numbers

21

Tom Brady's streak of consecutive wins as a starting quarterback. That streak came to an end Sunday when the Patriots fell 16-9 to the New York Jets

205

The number of yards for University of Texas quarterback Colt McCoy in the Longhorns' 34-24 defeat over Texas Tech on Saturday. The win avenged the Longhorns' 2008 loss to the Red Raiders.

9

The number of spots the University of Southern California dropped in the Associated Press poll following its 16-13 upset loss to Washington on Saturday. The Trojans are the second top-five team to lose in the first three weeks of the season. No. 3 Oklahoma lost to BYU in its season opener

3

The number of goals scored by first-year midfielder Ainsley Daigle in the Generals' 4-1 victory over Virginia Wesleyan on Saturday. The Generals are undefeated at 4-0.

soapbox

"It is a panic level of proportion I've never seen before. That's coming from me. You hear about, I think, Wisconsin had 40 players. Ole Miss had 20 players. My wife, with her great insight, said, 'Do you realize the swine flu and everything is hitting the Florida campus last week.' My gosh."

University of Florida head football coach Urban Meyer on his worries about the swine flu affecting his football team. Running back Jeff Demps, tight end Aaron Hernandez and defensive end Jermaine Cunningham were isolated in the days leading up to Florida's game against Tennessee, but all three played on Saturday. The Gators defeated the Volunteers 23-13.

"We'd get on a roll offensively and then get a penalty and go right back where we started. We tried to beat Texas and ourselves in the first half. In the second half, we just tried to beat Texas."

Texas Tech quarterback Taylor Potts on the Red Raiders' 34-24 loss to the University of Texas Saturday night



Top: Sophomore forward Allie Espina looks to score off a breakaway
Bottom left: W&L teammates celebrate after the Generals' 4-1 victory over Virginia Wesleyan
Bottom right: Sophomore forward Kat Barnes goes for a header over a Virginia Wesleyan defender

W&L soccer remains undefeated

Generals dominate Virginia Wesleyan 4-1; improve to 4-0 overall, 2-0 in ODAC

By Adam Cancryn
STAFF WRITER

Midfielder Ainsley Daigle's three-goal day propelled W&L's women's soccer



team to a 4-1 win over Virginia Wesleyan on Saturday.

Starting for the first time as a General, the first-year made an immediate impact, striking twice in the first half. She capped off her sparkling debut in the 68th minute, scoring from 18 yards out and completing the hat trick.

It was Daigle's first collegiate hat trick and gives her four goals on the season.

"Funny enough, this was the first game she started," head coach Neil Cunningham said. "It was a coming out party."

W&L was able to put pressure on Virginia Wesleyan's defense from the outset, controlling possession with crisp passing and long sideline runs.

The hard work paid off in the 27th minute when Daigle corralled a loose ball in the box, faked out the keeper and slid it into the net.

"It was just kind of one-on-one with the keeper and I just passed it" into the

goal, she said.

Energized by the lead, the Generals used their speed to work the ball deep into Virginia Wesleyan territory. Keeping the ball around the goalmouth, W&L extended its advantage when a turnover allowed Daigle to net her second goal in less than ten minutes.

Virginia Wesleyan responded shortly after halftime, but Daigle's third goal put the game away.

The win was the Generals' first over Virginia Wesleyan since 2004, a fact Cunningham said made the victory even more special.

"No one on this squad's ever beaten them," he said. "It's just nice because it's a benchmark, because they're always good and they're always ranked, so to beat them and to beat them comfortably was really important to us."

Though the winning margin was comfortable enough, the scene on the field was another story. Virginia Wesleyan played physically the entire match to counter W&L's speed.

"They said it was going to be a tough game," said Daigle. "We came in with the mentality that we were going to get pushed around, but we just had to play our game and get over it."

Virginia Wesleyan racked up 17 fouls, three yellow cards and one red card. The ejection came when a Marlins' defender took down sophomore forward Allie Espina during a breakaway. The ensuing penalty shot was blocked, but senior captain Maggie Sutherland put away the rebound to make it 4-1.

The win pushes the Generals to 4-0 overall and 2-0 in the ODAC, an excellent start for a young team that has lost a number of key players. Top scorer Anne Van Deventer, defender Marisa Van Brunt and goalie Kiki Moreo all graduated last year. But that has not slowed the team, thanks to its depth and the strong early play of first-years Daigle and Hannah Sackfield.

The nice thing is that we had a good group of first-years last year, and they've

played," Cunningham said. "That one year makes a big difference."

He pointed especially to the improvement of sophomore defender Corinne Smith and keeper Emily O'Leary.

"Corrine has really matured at the back, and Emily has really changed what we can do," he said.

The solid defense has allowed W&L to



utilize all of its offensive weapons. Espina and fellow sophomore forward Kat Barnes have combined to record 12 points in just four games, including three goals and an assist in Wednesday's 10-0 dismantling of Sweet Briar. Sackfield also scored twice in that game.

The Generals will look to continue their undefeated record as they take on Hollins on Tuesday.

W&L hosts Rockbridge Rapids

Smith Field home to inaugural season of collegiate league baseball team this summer

By Brooke Sutherland
SPORTS EDITOR

Classes were over and the students were gone, but sports were alive and well at Washington and Lee over the summer this year as the school played host to the Rockbridge Rapids baseball team.

The Rockbridge Rapids became the twelfth team in the Valley Baseball League with their inaugural season this year. The other member teams come from cities around the area including Covington, Fauquier County, Front Royal, Harrisonburg, Staunton, and Woodstock. The league is one of eight summer baseball leagues in the country that provides regular competition for collegiate players. All members must have completed at least one year of college and still have some remaining eli-

gibility. Tagged the "Gateway to the Majors," the league is known for the large number of 'graduates' who go on to play professional baseball.

Battling against frequent rain delays, the Rapids finished the season with a disappointing 9-33 record. Their record put them in last place in the league, but for the team's organizers and promoters, the inaugural season was still a massive success.

The stated mission for the Rockbridge Baseball Club is "to provide competitive, exciting college baseball in a wholesome fun family atmosphere for the enjoyment of the people of Rockbridge County, Lexington, and Buena Vista." And with a total fan turnout of 7,000 for the season, the

Rockbridge Rapids seem to have done just that.

"Through the rain-outs and lightning delays and bad pitching, our local fans we're absolutely wonderful," said Ken Newman, general manager for the Rapids. "We averaged almost 350 fans a game and that ranked us fifth in the 12-team Valley League. For our first year, we really think that shows how much the community enjoys summer evening baseball."

Building off their positive impact on the community, the Rockbridge Rapids will be looking to make a greater competitive impact on league play when they return to action next summer.