Let's pig out, Lex.

Try Pure Eats, a new restaurant owned by John Blackbun (who also owns the Red Hen)

ARTS&LIFE / page 5

Who's been naughty or nice? Pat Smith knows which sports figures are getting presents or coals in their stockings this year.

SPORTS / page 7

WASHINGTON AND LEE UNIVERSITY

THE RING-TUM PH

Don't get SAD, get healthy

Colder weather and finals stress can lead to "winter blues" or seasonal affective disorder

By Tilden Bowditch

stress levels get higher, students might tible to SAD. find themselves experiencing the win-

People often mistake the winter blues for Seasonal Affective Disorder, a form of clinical depression that usually occurs in the fall and winter.

The shorter days and long, dark nights of the winter season can cause anyone to experience the winter blues. Symptoms of the winter blues include depression, tiredness, weight gain and social withdrawal - not to mention every year. anxiety as finals and rush week loom ahead.

Seasonal Affective Disorder, or SAD, occurs when a person experiences these symptoms intensely for at least two consecutive weeks, says Director of Health Services Dr. Jane Horton. According to Horton, students mental health Thursday, Dec. 1 in the Active Minds advisor, says pulling and law libraries.

As the weather gets colder and prone to depression are more suscep-

Depression at Washington and Lee University is not uncommon. In last year's National College Health Assessment, 35.6 percent of W&L students reported feeling so depressed it was difficult to function at some point during the year. Senior Lauren Ashley Tipton, who runs student mental health organization Active Minds, says she notices student depression more obviously during exam week

"People become so overwhelmed with their work that any preexisting tendencies towards depressive thoughts are exasperated by the isolation that one typically experiences during exam week," Tipton said.

Active Minds hosted a panel on

Stackhouse. The panel consisted of an all-nighter actually hurts more than two staff members, one law student it helps a student's academic perforand three undergraduate students who spoke about their personal experiences with mental health issues.

Topics discussed included depression, self-injury, relationship violence and substance abuse. Staff member Kelsey Goodwin shared about losing a friend to suicide last year.

"It was really intense, powerful more productive. stuff. I don't think there was a dry eye in the room," Goodwin said.

This season, students might consider being aware of their own wellbeing as well as their friends'. As exam week draws closer, students often sacrifice their physical health for a few extra hours of studying. Dr. Barongan, a clinical psychologist at the University Counseling Center and

mance.

"Yes, you have more time to study but you'll be working longer and harder because you won't work as efficiently," Barongan said.

Instead, she suggests students take the extra time to exercise, sleep, and eat so when they do study, they'll be

Maintaining a daily routine and prioritizing a healthy lifestyle is key for battling seasonal depression, says Dr. Horton. Horton says students should prioritize eating well, exercising, and sleeping at least 7 hours every night.

She also suggests an hour of light exposure every day. Light therapy boxes are available in all three campus libraries, including the science ways to stay sane during finals

- Avoid all-nighters
- Exercise
- Eat healthy
- Get light exposure
- Maintain a routine

Are you ready for recruitment?

End of fall term signals beginning of formal recruitment for both first years and upper classmen By Leigh Dannhauser

As the fall term comes to a close, first years and upper classmen alike are get- of Greek and resident life, this process ting ready for the excitement of formal will not be affected too much by the larg-

ess on both sides

Fraternity Rush

A few weeks ago all male potential new members met with the Interfraternity Council. Each PNM ranked their top six fraternities, out of the 14 total.

Each PMN will receive an invite from four of the six houses that they ranked in November. PNMs visit the four houses over the span of two days. They attend what are called rush parties. On Tuesday and Wednesday PNMs can only attend one rush party per house they are invited to.

At this point houses can choose whether or not to invite the PNM back to the rush parties on Thursday and Friday. Those receiving invites back to those parties are automatically given a bid to that house.

er first-year class. Only eight more boys Here's a breakdown of the rus pro- are registered to rush this year compared to last year.

> "I wouldn't say it's statistically significant," says Coleman.

> There are no caps or quota systems in fraternity rush.

Coleman says that the golden rule in the rush process is to respect other organizations. He says he expects honor, integrity and civility during the rush pro-

"We're a community that respect one another," Coleman says.

With Christmas Weekend just passing there are not really any more opportunities for fraternities in terms of rushing. Coleman says that this week is a dead week with finals coming up, and then its winter break.

Fraternity brothers can talk to PNMs all the way up to through rush without that female PNMs attend get longer and

According to Clay Coleman, director restrictions. Fraternity rush does not less frequent. have a no-contact period.

Sorority Rush

ent than fraternity recruitment.

Female PNMs do not rank the sororities before January. Also unlike fraternity rush, PNMs cannot talk to sorority girls during winter break. This time period is called no contact. This continues throughout rush week, except for at night during rush.

On the first night of rush, PNMs go to all six houses. Afterwards they head to the D-Hall to rank the sororities. Girls rank five sororities as their number one and one sorority as their number two.

As the days of rush week pass, PNMs can attend fewer and fewer houses, which they are invited back to. On Thursday PNMs can only visit two houses and then on Friday they receive their bids to one house.

Throughout the week the rush parties

This year, with the larger first-year class there are more girls rushing. As Sorority recruitment is much differ- of last Thursday, there were 220 female PNMs.

The large number of PNMs is just one aspect as to how rush is different

"The large number of women registered will likely result in larger new member classes," says Katie Salvati, Panhellenic council recruitment chair. "We are excited that our sorority community continues to grow."

The main difference to rush week of 2012 is that the Alpha Delta Pi house has been completed. This year PNMs will stay on sorority row during the night. Last year ADPi had their rush parties in Evans Dining Hall. A bus shuttled girls from Evans to sorority row and back after each party had been completed.

"It is wonderful to have all of our chapters recruiting out of a house on sorority row," says Salvati.

This process can be stressful for some

Head Rho Gamma Alexandra Frazier says that it should be a positive experience instead.

"Be honest with yourself, and preference the house where you best fit in,' Frazier said. "That may or may not be where you thought you were going in September, where your roommate is going, where you're a legacy... but it will be where you're happiest for the next three and a half years.'

For those who are overwhelmed by the process, Rho Gammas are a valuable resource. They have been through the process already and give unbiased sup-

"They have training. They know things," says Frazier. "It's better to ask a Rho Gamma directly if you have questions than to ask other PNMs."

Career Services

would like to wish you good luck with exams 217d



Stop by and see us with last minute questions before you leave.



DEC 1 3 2011

opinions

Shacking 101: a guide to a night out

Planning on spending the night out? Take a look at the top ten misconceptions and misdemeanors of sleepovers



By Tucker Willow COUMNIST

10. Kiss and Tell

It's no secret that at a small school every millisecond long DFM is a public affair. After laughing about it with your friends, you come up with a catchy nickname that successfully hides the identification of your hook-up from everyone but your friends so you can publicly discuss and harass them without being outwardly rude. While childish and immature, at least this method of sharing your story saves some face. In general, a classic, classy move of not kissing and telling is preferable.

9. Hickeys

From cold spoons to unused toothbrushes, there are a million hilarious quick fixes every shacker has tried, and failed, at least once. The "Vacuum Hookup" is a classic source for social embarrassment, and these people should be publicly humiliated ten times over for each of their victims. Your best bet in hiding your Saturday night shack is to rock a pashmina to class, but in the event of a Lexington heat wave, I'd say do your best to avoid the vacuum hookup. Unless you want to look like you survived a bear attack.

8. Activity Volume

a screamer. There's nothing worse than having to swallow your pride to stay in and study... until you encounter an over-enthused lover. Granted, the first 20 seconds are hysterical once you realize what's going on, but after that it's just annoying. Congratulations on getand you can bet I'll be sharing it with all of my closest friends. So please, keep it down. That way everyone around you gets a good night sleep - and you get to keep your dignity.

7. IDing Your Victim, Location, etc. There's nothing quite like waking up in a strange, unknown location...except for waking up in a strange, unknown location with a strange, unknown person beside you. A common misdemeanor in the shack attack is not remembering every exact detail. It's safe to say that if you don't at least know someone's first name, you probably shouldn't be sharing his/her bed. But never fear, not all hope is lost. After finding your clothes and phoning a friend for a ride home (if your location is unknown just start shouting that once they find a car you can get them an address), quickly sweep the room for a wallet or swipe. This is the easiest way to figure out whose room you just slept in. If you can't find an ID, look for a phone. Check their latest texts, calls, etc. to try and determine who it is. This is a shot in the dark – maybe their phone is locked, maybe they only put contacts in their phone with first names, maybe they only talk to their mom... who knows. So don't rely on this one. In a state of complete desperation, you can always resort to photographic evidence. This is best done while the victim is still sleeping, but then you can utilize your friends in IDing your shack. Do not freak. At this point, hopefully your ride is outside, but if not, be sure to book it outside, there's nothing worse than an awkward morning (see no. 5). Once outside, hopefully you will recognize your surroundings and be able to inform your Everyone's been on the wrong side of driver where to get you. If not, hopefully you've got an iPhone and you can just

6. Sexile Island

Everyone's worst fear entering colan avid Dungeons and Dragons player?

case scenario until you Facebook stalk them and discover they are at least mildly normal looking. But you're not free yet - a good-looking roommate could lead to the worst roommate of all: the sexiler. For those who don't pay attention to the outside world, a sexiler is a cruel and unusual person who puts their own sexual needs above the common courtesy and respect for other human be-

what sounds like a murder on my phone a never-ending game you play of worst of the bed. The next series of events depends on who you're with but it all ends the same – they're trying to kiss you. As appealing as a make out sounds while you reek of Natty and shame and your mouth is as dry as the Sahara, you're just not that into it. This misconception is all too common, and a little hard to swallow so let me just say it: Don't try to relight the flame in the morning. Most likely I'm ready to go home and shower, alone, ings. Maybe it's been a long night out at so please don't touch me. And just be-

> The opposite of the silent treatment, the Delusional Dater immediately begins planning a wedding, mapping out the nursery, and searching for vacation homes after getting the hook.

the poles, or maybe you're just returning from a hard night's study at the Leybs when you find the locked door. The giggling from within taunts you as you hopelessly knock and bang on the door trying to gain entrance. You have been sexiled. Once you've realized your misfortune you have a few options:

1. Unlock the door. Immediately start apologizing and pretending you had no idea, but then refuse to leave and quickly show the unwanted third party (as well as your roommate if you so choose) the

2. Sleepover!! Quickly make your send this around—you will look like a way to the nearest safe-haven friend's room and make yourself comfortable on the shag rug.

> 3. Call as many friends as you can, roam around rousing them from their sleep and camp outside your door. Eventually someone is going to have to leave, and when they do, break into a roar of applause and snap a candid shot of the shacker leaving. Sucks to suck.

5. Morning Makeout

You open your eyes to an unfamiliar lege is the dreaded roommate. Will he be ceiling. You roll over to an even more cause I make polite, even friendly, conversation does not mean I'm interested. Unless you've woken up with this person before, assume they're over it until after they get some breakfast.

4. Walk of Shame

Everyone's seen the occasional first year try to sneak up the stairs to their own room or run across the quad in their Halloween costume, but for off-campus shacking there is a whole new set of rules. One of the worst, and most common, misdemeanors that can be committed during a Shack Attack is actually what doesn't happen. When you don't give your overnight guest a ride home, you're simply rude. This especially applies after 7am when the walk is ten times more likely to encounter friends or professors as you scurry through downtown Lex. This rule also especially applies if you live in a frat house not in/close to red square. I'm sorry, but the mile walk back from KA is not pleasant in the morning, particularly as you dodge churchgoers in your Dirty South outfit.

3. The Silent Treatment

The Speak Tradition is one of the unfamiliar bed. As you try to determine things that sets W&L apart. Another one Will she constantly black out and puke your location and escape route you hear a of those things is the Non-Speak Traditing laid, I've got a voice recording of in our room? Will they steal my shit? It's gravelly "hey" come from the other side tion effective immediately following

reason to avoid eye contact with someone who just days ago you were shoving your tongue down their throat, but probably not. Another common misdemeanor on the hook-up circuit is the silent treatment. We've all experienced a little awkwardness following a shack, but complete silence is just rude. I'm not asking you to marry me (see no. 1), but you could at least wave and acknowledge that you know me.

2. There's no "sleep" in sleepover

While some of our campus thrives on the hook-up culture of the party scene, there's no law that says you have to get down when shacking up. In fact, your reputation, dignity and self-worth are more likely to stay intact if you don't. We've all read the posters in the dorms, and we all passed 7th grade health don't do what you aren't comfortable doing. Just because you're taking half the bed doesn't mean you have to return any favors. So roll over and snore away, your only obligations are to yourself.

1. Delusional Dater

Here we are, number one. The top misconception of the shack culture: the Delusional Dater. Everyone knows one, is one or has been with one and some might even argue a Delusional Dater starts their sexual life out as a Morning Make Out artist. Whichever way you slice it, this person is all wrong. The opposite of the silent treatment, the Delusional Dater immediately begins planning a wedding, mapping out the nursery, and searching for vacation homes after getting the hook. They frequently refer to their shacker as their "boy/girlfriend" and tend to fabricate, expand on, and just plain make up ridiculous facts, stories and situations to go along with their new "relationship". Shacking is not dating, and while the occasional shack can turn into something beautiful, it is important to remember the golden rule: You are the rule, not the exception. Unless, of course, you are the exception.

WASHINGTON AND LEE UNIVERSITY

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aestion of Honor

Beall describes the importance of honor inside and outside of the classroom Most everyone can agree that the Honor dishonorable acts could be considered HVs or "You must study



By John Paul Beall COLUMNIST

to be frank with the world: frankness is the child of honesty and courage. Say just what you mean to do on every occasion, and take it for granted that you mean to do right." These are the

words of Robert E. Lee, and they sum up the importance of honor at Washington and Lee. For a concept that surrounds

W&L students everywhere, there is nothing more nebulous than the definition of honor. This article will explore some of the defin-

itive issues in the Honor System, from where it applies, its broadness of scope, and some grey-area situations. Ultimately, the student lation, should different sanctions be adminbody defines the concept of honor, so take some time to think about what honor and the honor system mean to you.

System is present "on the hill." Lying, cheating, and stealing are the Holy Trinity of honor violations, demonstrated by verbose tour guides through open doors, unattended laptops, and the famous "take-home" tests. By extension, honor has its place in dorms, Greek houses, and into the community, if at least through stealing and academic cheating. The situation gets more difficult with social cheating and lying, which are harder to pinpoint.

What about in the community? Consider a situation where a police officer asks an intoxicated person if he or she is sober. Should this person lie to the police officer, or moreover, is this grounds to visit the Executive Committee? What if a person lies to a student government body like the Student Faculty Hearing Board or the Student Judicial Council about something they did out in the community? Is that conduct unbecoming or an Honor Violation? Depending on the degree or type of vioistered besides permanent removal from the W&L community?

Some may wonder if certain questionably

be held subject to the single-sanction policy, but the threat of punishment is not what honor is about. Honor means doing the morally conventional and right thing, regardless of benefits or consequences. Honorable people do not need sanction as a deterrent from action. The chance that someone is less likely to report a cad at a party than a cheater in the classroom should not make the difference in a person's actions. Is the threat of soiled reputation enough in social cases?

To close, one last Robert E. Lee quotation: "The trite saying that honesty is the best policy has met with the just criticism that honesty is not policy. The real honest man is honest from conviction of what is right, not from policy." The true strength of our honor system is not in policy and codification, but in the people who adhere to it. So, it is up to us all to perpetuate it, especially by talking about it.

I challenge everyone who reads this to take a short study break and think about the Honor System for a few minutes, to ensure that our community of trust will always remain.

Sally Platt's quick list on how to survive finals week and staying up all night



By Sally Platt

sometimes a fact of painful-but-necesming sessions.

COLUMNIST

college life. There is no avoiding them. There is that ten page paper you forgot about, that group project that somehow turned into a youproject, or just those sary all-night cram-

Not that this is all bad - sometimes it's

easier getting all your work for the week done in one night. Plus, the adrenaline rush from having a three thousand word paper due in five hours can be quite exhilarating. Yay for dates with Leyburn! It's the day after that you have to worry about. Life,

because you spent the last twelve hours glued to a computer screen.

So, how do you avoid acting and looking like a tired, washed out zombie the next day? There is no real answer to this, but here are some things that can help...

1. Don't wear the same clothes that you wore yesterday. The temptation is to go straight from Leyburn to class but trust me --people will notice. (Actually, they probably won't notice but you will be so paranoid that they will that you won't be able to concentrate

2. ...on that note, trade the hoodie for the Barbour. Dressing nicely can be a great moodbooster - aka how you dress is how you act, or so the idea goes.

3. Buy a 5-hour Energy! Just when the first cleaning crew hits Leyburn, around 4 AM, you need to start getting energized up. (Just

All-nighters are class, and people don't stop happening just don't go overboard, energizer bunnies are not attractive).

4. Resist the urge to speak in class unless you have fully formulated your ideas. The sleep deprived brain has a tendency to go on long rambles and bunny trails - fun, but not always the most useful thing if you are trying to look vaguely intelligent.

5. Listen to Christmas music! Even one little "Holly Jolly Christmas" or "Jingle Bells" before class can have the best effect. (And have a candy cane, too. Why not?)

Finals week is almost upon us. All-night dates with Leyburn will be happening. Just make sure you're not that kid who comes stumbling into class looking like a wreck (teachers read this as: hung-over). So, change out of your sweats, take a 5-hour Energy, and survive finals week! Christmas is almost upon

opinions

Making the most out of finals week

Stressed out about exams? Senior Stockton Bullitt offers advice for navigating through finals week

Although space your exams and papers over two sessions meet on Sunday night in the strategy is to take coffee in the morn-nothing better to do. The only social as-



COLUMNIST

to explain to you the finer gift to give this holiday season, Tim Tebow has proven that we should be more focused on the religious aspect of the holiday season. The

commercial na-By Stockton Bullitt ture of Christmas is always appealing, but Santa didn't have a 154

quarterback rating against the Vikings. During this holiday season, students at Washington and Lee should be focused on the most important "F." No, not friends or family, but finals! The only way students can truly appreciate the holidays is by getting all of their fall semester classes off their backs. And the only way your parents will actually step up and get you the presents that you really want is for them to see you overachieve on your report card. Basically, you need to crush finals these next two weeks to have any semblance of joy over the next month. No pressure though, because I have some advice that should help you dominate finals the same way LSU dominates everyone else who plays football.

Use the Saturday Final Exam slot

This is probably the most important strategic advice you can take for the finals period. Assuming you have three exams and a paper due during finals week, you can make your week much more manageable by simply tak-

day spans rather than having to do two exams on back to back days. I promise that by Wednesday, you will be burnt out by exams, and there is no way you can crush two exams after you are already

That being said, nobody likes studying that much on Friday nights. You are ready for the weekend, and you will be easily distracted by anything and everything. So, make sure you take your easiest exam on Saturday. You can crush it, and you won't need to worry about it later in the week. Plus, once you are done with the Saturday afternoon exam, you can successfully...

Celebrate Saturday Night

This is an absolute must. Taking final exams is like taking a girl on a dinner and movie date: you can't be successful if you don't have anything to look forward to. You won't put as much effort into a date if you know you won't be getting a happy ending, and you won't put as much into studying if you know that once you are done, you will only have to study more. So, reward yourself for a hard day's work by enjoying Saturday night. I'm not saying that you should get plastered because you want to have enough energy to study on Sunday, but you should still have a good enough time to say things like "Woah, it's already December 2011; time goes by fast."

Take Your Hardest Final on Monday Afternoon

Under no circumstances do you want to put off taking your hardest final. You will be close to mentally checked out by mid-week, and if you have another final hanging over your head, the health center might put you on suicide watch. Plus,

Plus, you need to take the exam in the afternoon because you will need the extra night when the 5-hour starts wearing off.

library. At this point, most students are ing, a caffeinated beverage (like Mounfocused on studying and not complain- tain Dew Amp!) in the early afternoon, ing about how hard their week has been. a 5-hour Energy right after dinner, and then a beverage of your choice late at

Taking final exams is like taking a girl on a dinner and movie date: you can't be successful if you don't have anything to look forward to.

half day to study for your hardest class. Furthermore, since you probably slept in on Sunday, waking up early on Monday will be that much harder.

Caffeine! Caffeine! Caffeine!

There is significant worldwide news that has gone under the radar in 2011. Neither the Ring-tum Phi nor the Rockbridge Report has given adequate mention to arguably the greatest threat to grades at Washington and Lee. According to the FDA, there is a nationwide shortage of Adderall. This means that around mid to late December, professors will start complaining that students at Washington and Lee don't work as hard as they used to because the average test score went down considerably from the last semester. Due to this panic, the supply will dwindle even more because sellers will worry about the possibility of actually getting their next prescription, and prices will most likely go through the roof. And don't think that Ritalin and Vivance aren't getting the same treat-

Therefore, you will need to take as much caffeine these next two weeks as humanely possible if you want to survive

Yeah, it's not exactly a 12-hour amphetamine cycle, but what are you going to do? Not take drugs?

Stay the whole week

I know the prospect of finishing all of your exams early and getting out of school by Tuesday afternoon seems appealing, but by rushing exams, you won't get the grades you ultimately want, and by leaving early, you miss the best part of exam week: playing defense against your most stressed friends. There is nothing quite like drinking a beer and turning up the television to full volume on your off night while your roommate is busy writing a paper. The passive aggressive comments and the repeated, "Please, just stop doing that!" will provide you with ample entertainment for the night. There is nothing as beautiful as Schadenfreude.

No Facebook or Twitter

Just deactivate the accounts now. If any of your tests require online material, you know that you will spend way too much time looking at needless news feeds instead of studying. Nothing interesting socially happens during finals week, and the only people using Facebook during finals week are the good for

pect of your life that you should be worried about is staying single. You do not need a relationship to be distracting you from your studies at this point.

More importantly, you should not be tweeting during finals week. Let's face it, you are only going to use it to write things like "Two exams down, two to go #mylifeishard #pleasepityme." You are only drawing needless attention to yourself, and your blatant narcissism is only going to distract you from your studies. For that matter...

No Video Games

Let's say that you partied a little too hard on Saturday night, and as punishment, your roommates locked away your television and XBOX 360 for a couple of days. You can either be angry and aggressive at the move, or you can look at it in a positive way. Maybe, you can use the time you would spend watching "Breaking Bad" or playing "Modern Warfare 3" to do some extra studying. Just something to think about.

Look, the key to finals week is minimizing distractions while keeping productive incentives intact. If you can do quality work while watching a marathon on ABC Family, then by all means go ahead, but don't be that kid talking about fantasy football on the morning of your history exam, or you'll be writing essays about how bullshit it was that Adrian Peterson and Fred Jackson both got injured on the same weekend when they were clearly the best running back duo in your league. By the way, it is total bullshit.

Don't be a scrub

You're in college now. You know what works for you and what doesn't. Just don't be a scrub, and you'll be able

ing a Saturday exam. This allows you to all the best study groups and review the Adderall Armageddon. The basic nothings who are addicted to it and have to successfully enjoy this holiday season. Kissing 2011 and a habit goodbye

Want to be hot and healthy at your college reunions? Campbell Burr offers New Year's resolution ideas to help you! Wear some- ing out VMI style, turn down your Ipod speakers to turn the music down. You'll skinnier because the sugar gives you a screaming at you every time you drop



By Campbell Burr OPINIONS EDITOR

the music!

you're in the right place.

wrinkle and hearing aid- free.

There are many activities we engage

in everyday that could harm us in the

long run. Why not save our futures and

give up one of these habits? You'll thank

me at our 50th reunion when everyone is

want to hear when your 40? That's what

I thought. And by hear I mean without

1. Give up loud music—Do you

Here are the places where you prob-

a. The gym—I understand. I convince

myself that I can only run fast when my

ably listen to loud music the most:

thing flashy, pop a couple of notches each time you work be the coolest dude at the party. a little cham- out so you gradually become less depenkiss dent on it. With the amount of use our the music at parties even louder, invest much. Also, if you give up dark sodas and every time you shotgun that beer... work out room gets, it will be Ipod-free b. Your car-We get it, you think

your sick beats will pick up chicks. But will you be able to hear when it really ine anything worse. I am addicted.

bank off of your deaf classmates.

don't even get me started. I can't imag-

teeth. Drinking a beer while you do your 2. Give up Diet Coke—I know, girls, homework is probably a lot better for you than throwing back a Diet Coke.

> 3. Give up using your cell phone— The cell phone: the easiest way to communicate and the easiest way to avoid communicating to that certain someone you pass between classes (convenient that "your mom" just happened to call...). Well, hate to break it to you, cell phones are like freshmen: not as cool and innocent as they look.

> They may cause brain cancer. You could plug a home phone into your off-campus house ("Darnet, Pumptown's line is giving me a busy signal AGAIN"), but considering that many male residents don't bother fixing the plumbing or getting rid of the skunk living under the house, I doubt this will ever happen.

> 4. Give up painting your nails— Scientists suggest that the phthalates in nail polish may cause infertility. I heard this when I was 12 and obsessed with painting my nails, so I began wearing a facemask while giving myself manicures. Always knew there would be a second use for mom's anthrax mask!

5. Give up drinking—Your liver is

lower tolerance for sweetness than an your cup back into that grain bucket, ev-Or...you can just say screw it, turn artificial sweetener so you don't eat as ery time you throw back that Jello shot, in hearing aid manufacturers, and make altogether, you will not have stained but what good will ordering a bunch of kids at College Prowler's number two "Most Raging Party School" (West Virginia beat us...I thought they said "school") to stop drinking? Waste of my time. On to the next one.

6. Give up tanning—You make think golden skin looks better now, but wrinkles and cuts where skin cancer has been removed won't look better when your 50. There's Botox and facelifts, but they do not look the same as naturally taut skin. Don't forget that skin cancer can kill you.

But, let me guess, this does not apply to you because you are seasonally depressed, vitamin-D deficient, white as a ghost, preparing your skin for your tropical winter break vacation...I don't want to hear the excuses. Pale is the new tan!

Now that I have made you aware of all the self-destructive behaviors you engage in on a daily basis, do not have a panic attack. Maybe make some adjustments, or maybe just enjoy being young, hot and functional and forget about the future. Ignorance can be bliss.

Foxy girlfriend: Oh Darwin, I think I should get a new job. Deaf Darwin: A boob job? Sounds like a great idea!(Slap.)

are looking for a New Year's resolution, matters?

but I can guide

you through the

fourth. If you

Foxy girlfriend: Oh Darwin, I think I should get a new job.

Deaf Darwin: A boob job? Sounds like a great idea!

c. Parties—Whether it's a band party on Windfall, a basement party with a DJ, or a late-night dubstep dance sesh, you are putting your hearing in danger. You obviously are not going to stay in to avoid doing damage to your ears, so hearing aids. The solution? Turn down you could do one of the following. (1) Dance at least 20 feet from the speakers. (2) Stick a little bit of lamb's wool into each ear. You won't have any game, but at least you won't have to be cued on when to say "I do" at your wedding. (3)

Over the summer, I chugged cans of Diet Coke upon returning from runs. Every day of high school, I bought a 44-ounce fountain soda on the way home from school and drank additional cans while I worked. Now I cannot even keep track of how much I drink out of the sorority house spout, and I don't really want to know.

We are all addicted, but unfortunately, aspartame—the sugar substitute in Diet Coke— is dangerous. So be brave and give it up! I once did for three months, before I rebounded.

Think about the positives! What is one of the reasons why we drink Diet Coke? Because we think it will keep us skinny. This is false reasoning-drink-

music is loud. Instead of eliminating Tell the band or person controlling the ing regular coke is said to make you music altogether immediately and work-Breaking out of the W&L bubble

In Francesca Wilson's final article from Spain, she explains how studying abroad has helped her grow



over two and a half weeks left, my semester in Madrid is drawing to a close. Three months could not have flown by any faster. I have to admit that when I arrived in Spain at the beginning of September,

COLUMNIST

By Francesca Wilson I was nervous about living alone in a foreign country for such an extended period of time. Nevertheless, as I fell into a routine of going to classes at the Middlebury institute, going to Bikram yoga and hanging out with my newly acquired (and quite

international) friend group, I found that

my stay here is quite limited. While the

past three months have been short, they

of personal growth in my life.

In my first article, I discussed the importance of feeling uncomfortable. During my freshman and sophomore years at Washington and Lee, I was rarely uncomfortable and always well cared for. For example, if I was ever feeling sick, the health center was a few minutes away. If I was working on a research paper and I needed a specific source, Leyburn was bound to have it and in all honesty, Inter-Library Loan requires very little personal effort besides filling out a form. And, let's not forget that in Virginia there isn't a casual language barrier to deal with.

Here in Spain, I've had to go to the doctor's office and deal with pesky insurance companies, trek twenty-five minutes out of my way to look for research sources and had to converse in Spanish almost the entire time almost entirely on my own. Ironically, speaking in Spanish provides me with much

just have undoubtedly been the largest period less stress than filing insurance claims in my homestay or emotionally isolated and travelling to the other end of Madrid in search of a particular source. During these moments of stress, I've broken down, laughed in irony and gritted my teeth, all the time trying to remind myself that the tough moments are the moments that undoubtedly build character and personal strength.

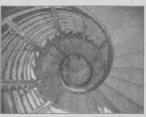
It isn't until the end of a particularly long day, when I find that I'm still standing, that I realize how much I've grown. I did not know how to be alone six months ago, when I packed my bags and departed sorority row. While I traveled west to east for university, I've been lucky to be surrounded by many people with whom I identify and always had friends to reach out to if I was ever in need. During my two-year tenure at Washington and Lee, I never once felt entirely alone. Throughout my semester abroad not a day has gone by where I haven't felt lonely in one sense or another, whether it is because I feel physically isolated

by the language barrier. While this reality may seem daunting, I believe it has fundamentally changed my character for the better. Feeling lonely has forced me to get to know myself and to learn what makes me happy because I haven't had best friends to run to when I've felt in doubt. I've learned how to make time for myself and honestly, to solve my own problems. I have never felt more selfsufficient. In addition, I've learned how to live in a big city. I'm comfortable with the metro, I function without a car and large crowds of people no longer stress me out. Although this semester has been a period of major life transitions, I find that as it draws to a close I am content, tranquil and grown-up.

My main goal with these articles has been to shed some light on my experience in Spain in the hope that my words will inspire more Washington and Lee students to explore past the Lexington city limits. While W&L has a tremen-

dous amount to offer on campus, I believe that our school is no match for what awaits each of us in Europe, Asia, Latin America, Africa, Australia and the Middle East. I realize it's easy to get into the groove of W&L and the idea of leaving our cozy campus is daunting, but I bet that by the end of sophomore year, most students could do with a break from Windfall parties and may be a little bit sick of alternating between Blue Sky, Hillel and the occasional Bistro lunch. Choosing to be uncomfortable for a little while will only make you fully appreciate what you have to come home to. Although I have another semester left, in London, I have to say that my tummy started to grumble when I typed the words "Blue Sky" and I may be in the mood for a good band party right about now. With that said, expect to hear from me in the near future because...London's Calling...

opinions



Reviewing the White Book

Suggestions to the EC: make your work more accesible and transparent to students

By Todd Smith-Schoenwalder CONTRIBUTOR

would be necessary.'

Recognizing the truth of Madison's assertion, the Washington and Lee student body has elected an Executive Committee that serves as enforcers of the Honor System. The White Book, our of the EC. Notice that there is no equivequivalent of a constitution, essentially guides the EC's procedures, thereby establishing a relative "check" on its power. Every several years, the EC aption, I suggested some modifications to nothing. Even though the students,

provided that such votes are at least one week apart." Curiously, the White Book describes the only direct amendment process of itself to be in the hands alent of a public referendum.

improvement to the White Book. You create a petition supported by hundreds points students to a White Book Review of signatures. You initiate a school-wide Committee. Recently, I applied for a vote, and your idea garners the majorposition on this board. In my applicatity of votes! Unfortunately, this changes regarding both accountability and trans-

Honor means doing the morally conventional and right thing, regardless of benefits or consequences.

well received. I am certain, however, that those chosen for the White Book Review Committee will respectfully carry out their duty in the manner our EC envisions.

As a student who lives by our Honor System, I believe it is my duty to write this article in order to stimulate proactive discussions concerning the White Book as it presently exists. I deem it to be deficient in two ways. Therefore, I offer the following suggested reforms.

The first of these ideas relates to Book: "The Executive Committee may

our charter document, which were not those truly upholding the Honor System, embrace the amendment, the White Book states that only the EC can alter our legal statutes. Essentially, we've given total judicial, executive, and legislative power to a few elected officials. Madison argues that such encompassing power is the "very definition of tyranny." However, I cannot in good conscience deem any member of the EC as tyrannical. But, the flaw still exists. Let it be rectified by adding an amendment

to the White Book that provides: If a student submits a petition of at the following passage from the White least five hundred signatures to the Executive Committee regarding an amend-

"If men were angels, no government Book by a two-thirds vote of the quo- be held among the student body in a each closed trial? No, the votes are use- ing the right of the accused to make this rum present in two consecutive votes, timely fashion. If either two-thirds of those voting or the majority of the student body polls in favor of the amendment, then this student body-led process amends the White Book, thereby bypassing the Executive Committee.

Undoubtedly, such an amendment Suppose that you conceive a brilliant process would modestly reduce the EC's highly centralized power over the Honor System, and grant due voting

rights to the student body. The second idea involves a concept parency. The EC's initial "closed trial" is one shrouded in mystery. All involved are bound by vows of secrecy, allowing the EC's actions to go unchecked. Nowhere in a civilized courtroom does this "black box" method exist. Even the U.S. Supreme Court produces video of its proceedings.

Transparency allows for citizens to become more involved with legal procedures, thus producing a more engaged body of citizens as a whole. They can access the dissenting and majority opinion of the Court itself, as well as documents that help to shape the final opinion, such as briefs filed by amicus curiae. If the student body is to be legitimately involved in the implementation of their own system, the present restrictive construction of our White Book must be altered.

Clearly, it is critical that this new, participatory Honor System have a foundation of pellucidity. Yet surfacelevel implications arise from this arguadopt such an amendment to the White ment to the White Book, a vote will then ment. Does one publish the votes of

less without the case itself. What if a detailed account of the trial, with names of those involved stricken out, is published alongside the votes? No, the accused could be easily identifiable within our small community merely from the other details of the case.

Therefore, I propose the following: allow the accused the option to open his or her "closed" trial to the student body. All current aspects of the closed trial would remain the same, except students could sit in for the entire trial. The EC would still act as adjudicators; however, now some light would be shed on their otherwise clandestine practices. We must realize that the option of a transparent legal system is a fundamental civil right among advanced societies such as ours.

The notion that a governing document precludes the accused from having this right is perhaps the most inherently unjust of all. By decreeing that anonymity is in each student's best interest, the White Book patronizes the entire student body and certainly the accused student. Proponents of this method claim that an accused's identity must be kept anonymous, as the student's reputation would be tarnished merely because of the accusation itself. I argue that if a member of our community wants his or her EC trial accessible to the student body, then a refusal of this simple request is a mockery of any notion of due process. The EC disagrees with my core belief that the closed trial should offer open doors to all, but refutso infringes on a civil liberty.

Finally, consider what the accused student stands to gain from opening his or her closed trial to the public. Honor Advocates will be better prepared knowing they are being scrutinized not only by the EC but also by an intelligent and discerning student presence. The EC, now removed from secrecy, will more carefully reach its final verdict when acting before its constituents. the student body. Finally, the EC itself can gain from this amendment simply because its members can now publicly demonstrate how engaged and compassionate they are in the case before them.

The underlying premise of these two ideas is both practical and philosophical. We must learn to challenge a system unopposed, if only because history shows that government will not challenge a structure to which it answers. Therefore, is it not strange that we hold our current Honor System to be perfect and sacrosanct?

No system, even one based upon "time-honored tradition," can be flawless. I implore you to actively seek these changes and produce conversation among your peers concerning the validity of the current White Book. In order to foster an open discussion of these issues, I ask the EC to respond to my concerns through a public forum.

True Life: I go to Dubyunhell

Students report Santa Clause sightings on Washington and Lee campus



COLUMNIST

ings of Santa much to do that." campus and off school grounds during the past week. These accounts have been confirmed by the Division

of Student Affairs, which has recorded 12 individual incidents to date.

The first sighting took place on Nov. 28, when first-year Buddy Elphe reported seeing a man dressed in a red wool suit, velvet cap, and black buckle boots running down the Colonnade.

"It was the first day back from Thanksgiving break, and I was sitting in cials at the Division of Student Affairs the middle in my writing seminar when all of a sudden I see this random guy literally booking it down the Colonnade." said Elphe. "At first I thought he was

sack over his shoulder.

"He had this enormous bag on his back - I have no idea where he got it from - but I'm pretty sure I saw the sleeve of a blue W&L sweatshirt hanging out, and some Vineyard Vines bags and a couple of bow ties in there, too," Elphe said, noting that she reported the suspicious activity to authorities immediately that day. "It looked like he had the entire school store stuffed inside that sack. Call me crazy, but I know what I

Elphewho rIn fact, the thought that this individual could have been Santa Claus did not occur to him until offisuggested the possibility, after creating a character sketch of the man based on Elphe's descriptions.

"This person did seem rather famil-

Students and going to streak or something, but then iar, especially because it is not the first I remembered that it was 3 in the after- time we've had to deal with something bers reported noon, and who would do that in broad like this," said Director of Student Afmultiple sight- daylight? He was also wearing way too fairs Nicholas Carol. "As a matter of comes in whistling 'Jingle Bells,' and fact, we've had several encounters with orders a glass of warm milk and a platter According to Elphe, the mysterious Mr. Claus in the past, which usually in- of sugar cookies. Like, who even gets ous locations on man was also carrying a giant burlap volved him showing up on campus and that?" said junior Cindy-Lou Hoo. "And making some sort of appearance. It's actually become quite a tradition. The reason we do not normally draw attention to this is because we do not want students to be distracted from their studies, especially in the weeks leading up to final exams.'

While Carol welcomed the festive visits from Santa, he expressed his concern about the timing of the most recent encounter: "I am a little surprised with how early Mr. Claus showed up this year... normally students report seeing him during the first week of December, but never in November. Hopefully this development will not interfere with scheduled campus activities."

According to the Division of Student Affairs, the number of sightings increased steadily throughout the week, becoming progressively more public in the countryside.

with each new encounter.

"I was grabbing coffee from the was him. I Co-op when this bearded guy suddenly then he walks out laughing, saying 'Ho, ho, ho, and to all a good night!' in this gi-

ant booming voice. I was so confused." Students also reported feelings of being observed by an unidentified man in

"I was just eating my breakfast one morning, minding my own business, when I felt a pair of eyes boring into my back, like someone was watching me. I turned around and there's this grandpa staring at me and scribbling furiously into his notepad. He was mumbling something about 'naughty' and 'nice.' Not gonna lie, it kind of creeped me out," said first-year Kris Kingle.

The most prevalent number of sightings happened on Wednesday night, when nine different students described separate encounters with the same man

all the news that didn't make the front page Everyone was wearing these

> tacky holiday sweaters and red suits, but this dude was the real deal," said senior Ebenezer Scott, "Trust me. I know what I saw. I swear I ran into the Three Wise Men, too. Man, it was such a crazy night."

On-site campus staff also noted various incidents which may be related to the recent Santa sightings.

"All of the holiday decorations and ornaments just randomly showed up in the Commons one day... it literally happened over night. I had no idea how the wreaths and Christmas trees got there, but this explains it," said Student Life Coordinator Jack Frost.

According to Carol, the encounters should continue until the beginning of finals week.

"For some reason, the sightings always stop once they reach 25 times... so expect Santa to keep on appearing until then. Who knows where he could show up next?" he said.

letter to the editor

I am a silent reader of the Ring-Tum-Phi, an advocate for honesty and fairness, and subscriber to Christianity. But, I cannot remain silent any longer about the hypocrisy that has entrenched itself in media, politics, and student's minds.

I would like to use a recent article, "Defending Gay Marriage" by Ali Greenberg, to illustrate my point. Certainly, I am not advocating one way or another on gay marriage, however, the language Ms. Greenberg uses is indicative of a growing social problem – the use of demeaning, condescending, and utterly useless language to attack the

cal aisle use wildly unfair characterizations of one another, but this nuanced attacked is different.

Ms. Greenberg writes: "At the end of the day, [gay marriage] is a moral issue, but not the kind that the religious zealots would like you to believe."

This is the type of argument structure that Liberals love to use. Rather than make a cohesive argument, they resort to attacking individual's backgrounds or religious beliefs. The argument for abortion, gay marriage, and many other issues are played out this way.

Many Christians believe in Creationopposition by liberal thinkers. To be ism or Intelligent design. Liberals call sure, both sides of the proverbial politithis idiotic or Bible thumping. Many

conservatives do not believe in gay marriage. Don't tell a liberal or you'll be called a "bigot." Many conservatives believe in cutting spending to certain entitlement programs. Well, be careful or you'll be called a fascist or worse, a "racist." So we have an abundance of conservative or Christian Americans who remain silent for fear that voicing our moral beliefs will lead to verbal at-

A recent example shows the height of this hypocrisy. Two weeks ago, Republican candidate for President Michele Bachmann went on the Jimmy Fallon show. The walk on song chosen was entitled "Lyin' A** B****" with offensive

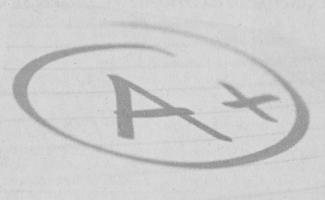
lyrics characterizing women as "sluts" numerous times. Members of the band tweeted that it was a "perfect entry song for her" that they had clued viewers in on the song choice prior to the show on Twitter. This situation is utterly repulsive and offensive. A woman running for president was given this sort of treatment on TV. Yet, very few people have reported on it. No apology was issued. Hypocrisy abounds.

I can guarantee that if Nancy Pelosi went on FOX News and a similar circumstance occurred, the media would be up in arms about the bigotry and sexism. But not when it's a Christian conservative.

Certainly, the rhetoric on both sides of the aisle can be toned down. But discounting individuals using loaded terms like bigot, zealot, or racist is wrong. The very fact that I omit my name from this article emanates that same fear of criticism from the left that I will be called a bigot or a crazy Christian. Ms. Greenberg, tell me why my moral beliefs should be changed, don't tell me that I am misguided simply because I am religious. It's time to have reasoned debate and honest discussion.

Deo Adiuvante

Good luck on exams, y'all!



larts&life

New "noms" in Lex Vegas

John Blackburn's second restaurant, Pure Eats, features burgers, doughnuts and locally-produced foods

By Stephanie Krasnov STAFF WRITER

A new restaurant occupying the blue roofed cottage of 107 North Main St. is thriving by selling mouth-watering burgers and decadent doughnuts. Pure Eats opened during September of this year, and owner John Blackburn plans to make his second restaurant a hit.

As a small town that relies heavily upon the business of college students, restaurants in Lexington come and go quickly. Blackburn, who also co-owns the Red Hen in Lexington, seems to know how to keep his restaurants thriv-

"I'm a big believer in the purity and integrity of the food," Blackburn said. Although their menu may be small (12 items), the quality of the food is the highest.

Many restaurants may offer larger menus, but this is why Blackburn thinks they may have failed in the past.

"You can't do everything," he said. Instead, Pure Eats has radically simplified a menu, "to things we can do exceptionally well."

burgers, sweet potatoe and regular fries, chips, deep fried potato salad, doughnuts, milkshakes, coffee, and soft drinks.

The name Pure Eats originates from an old oil company named Pure Oil. Pure Oil used to be one of the largest oil companies in the country, and in the late 1920s, they began building service stations in what is known as the "English Cottage Style."

The Pure Eats building is one of the best examples remaining in the U.S. of the English Cottage style Pure Oil station. It still has the original roof on it, "that crazy, blue enamel tile."

The iconic Pure Eats logo was adopted from the old Pure Oil logo as well. Pure Eats is open from 7:30 a.m. until 8 p.m., Monday through Saturday, and

11 a.m. until 8 p.m. on Sundays. Doughnuts are baked each morning by chef Katrina Ulrich. She comes in at 5:30 a.m. and bakes fresh cake doughnuts. Ulrich, who grew up in a doughnut shop, invents all of the flavors, ranging

Their menu includes burgers, veggie from classic cinnamon sugar to Oreo equal following among the community chocolate dipped, and even margarita.

"Her passion is doughnuts," Blackburn said.

The first restaurant that Blackburn opened was the Red Hen, also located in Lexington. Washington and Lee junior and Red Hen waitress Ali Greenberg referred to Pure Eats as the "vounger sister" of the Red Hen. They both share the same philosophy on local ingredients yet cater to different crowds.

Blackburn says that one of the things he loves most about Pure Eats is that it's open all the time and the following they have generated. Its sort of "anybody and everybody, and at Red Hen it's a certain clientele.

The pricing of the menu and casual atmosphere is what makes Pure Eats appealing to a much wider audience than the Red Hen.

"I like having a place where anybody feels comfortable coming in," Blackburn

Although Pure Eats has a seemingly

and college students, Blackburn said they realized just how important students were over Thanksgiving break.

"When the students went away last week we realized how much a part of business our students are," he said.

Washington and Lee senior Elizabeth Starnes says that the reason she chooses Pure Eats over other restaurants is because "The food is fresh and of a good quality, and the establishment is locally owned.'

Some think that the prices are a bit steep, but as Starnes noted, "If I wanted to get a cheap burger and fries I would go to Wendy's or McDonalds."

"We serve our meet fresh," Black burn said. "We pick it up from Charlie Potter, the man who raised the cattle, three or four days a week."

For anyone still caught up on the size of their menu, Pure Eats plans to expand this winter. Blackburn is looking forward to introducing soups and stews as the



colder, and even possibly a breakfast biscuit.

When walking into the restaurant today a patron commented, "It's a great place! People seem to really like it!"

But don't let him be the only judge, go to Pure Eats today and try it for yourself. Blackburn aims to please, "I want everything to just blow your mind"

V&L dancers take the stage

Students to perform this Tuesday and Wednesday, showcasing their own choreography and designs

By Paige Gance ARTS&LIFE EDITOR

will present W&L Dancers Create..., an entirely student choreographed, designed, and performed production, at 7 p.m. in the Keller Theatre this Tuesday and Wednesday.

The show will feature 11 different student pieces and a guest composition from Zaq Lawal '10, which will include a number of duets and group works staged by troops of eight to 13 dancers. These selections will exhibit various elements of dance, ranging from jazz to rock & roll to Kathak, an Indian classical dance.

Jenefer Davies, Assistant Professor

The Theatre and Dance Department on tasks normally completed by faculty and staff.

> "The purpose of this production is to highlight student work. It was created to celebrate our student dancers and the amazing talent they contribute to the W&L campus. It's also a very practical outcome of a semester's worth of creating, critiquing, rehearsing and refining student dance works," said Davies. "In addition to creating and performing the dances, students researched and edited the music, are stage managing, working lighting and sound as well as backstage and marketing it."

Junior Jennifer Ritter, a student cho-

The purpose is to expose all of the choreographers and dancers to working with their peers and learning to adapt to each other's different styles. And plus, it's just fun for us to be able to perform and show each other's choreography for the W&L community."

Ritter developed two individual creative pieces, The Experiment and Wanderings, which delve into the lyrical movement of time and space.

"Choreographing is always a scary experience at first for me, because I never know how things are going to go... however, it is always so much fun getting to know and work with the dancers and in of Dance, organized the program and reographer, said, "[This] really allows the end, it all works out and a dance has said every student contributed an aver- us... to explore and experiment with been made," said Ritter. "The best memage of 70 hours toward the show, taking dances that we have been thinking about. ories are made in rehearsals where we the concert was to raise awareness about

just get to become better friends while sharing our passion for dance."

According to Susan Wager, Assistant Director of Lenfest Center, W&L Dancers Create... began last year as an opportunity for the W&L Repertory Dance Company members to perform and preview their choreographed works in anticipation of the upcoming grand production in March, which will feature professional pieces in addition to student compositions selected from this concert.

"Last year the performance was packed by an overwhelming majority of students and dedicated dance patrons," said Wager. "This year we anticipate an-

Davies stated that the ultimate goal of

the talent and creativity of the student dancers throughout the school-wide and local community. Davies said, "I hope that audiences take away something that changes their perception, makes them think or challenges them in some way. I hope they have a great time and feel compelled to attend a dance concert again. Eventually, it is my hope that they realize the necessity of the arts in our

Admission is free and open to the public, although there is a suggested donation of \$10 to defray costs of participation in the American College Dance

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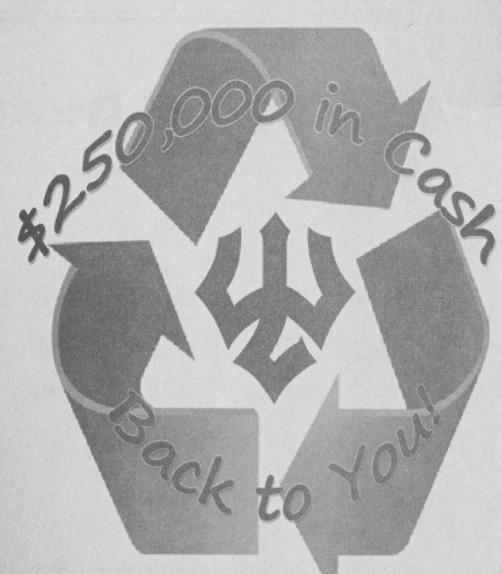
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ALEXANDER MARAGOS

STEPHEN PECK

It's been a while since I've last shared my thoughts, so let me catch you up on what I have been watching on TV the last few weekends: The Green Bay Packers. For those who have managed to avoid Green Bay - which is easier to do with the city than the team - I'll get you caught up on what the defending champs are doing these days.

I'll start by reminding everyone that the Packers are really stinkin' good. I think their 12-0 record is the only evidence I need. Second, I want to remind you how good the league's best player and my MVP vote (if I had a real one), Aaron Rodgers, has been. If Drew Brees' passing performances were not shattering the record books, Rodgers would be named MVP by professional writers without second thought. Finally, let me tell you that the Packers have had a relatively easy schedule to help defend the Super Bowl crown that they won last year.

All we heard immediately after the Super Bowl last year was: the Lombardi Trophy is coming home. Yeah, it did, but it

might be renting another year of space in the lobby of Lambeau Field if the Packers maintain this high level of play. I know the playoffs are a different animal, just ask the 2007 New England Patriots, but I don't see anyone taking down the Packers this year.

Before the 2011 season began, you might remember that I warned everyone to watch out for the Packers this year. They won the Super Bowl last season with over a dozen players on Injured Reserve. Coming into the season healthy, I knew Green Bay could do some serious damage. And so far, they have delivered.

The Pack has had a favorable remaining schedule in 2011 to say the least. Looking back on the season, their toughest test came on opening night against the Saints. That 42-34 win started a full throttle and so far undefeated 2011 campaign. The Packers have only improved over the course of this year, and aside from a small scare against the Chargers, have been on cruise control.

In Week 14, they face the Oakland Raiders, who is surging thanks to the Bengals' masterful Christmas re-gift of Carson Palmer. Still, Oakland is giving up over 374 yards of total offense going into Week 13. I don't see Aaron Rodgers and the rest of the offense tripping up at home against that defense.

After the Oakland game, Green Bay visits currently 4-7 Kansas City, then will host Chicago on Christmas Day and Detroit the next week to close out the regular season. I could pull the Chicago-Meatball-Fan Card (they're not hard to get) and predict that the Bears will steamroll the Packers in their own building, providing the city with the best Christmas present ever. Or would the Bulls beating the Lakers in LA on that same day be better? Flip a coin. In any case, I couldn't bring myself to predict such foolishness even if Jay Cutler did not have a broken thumb.

That leaves the Lions to defend the gates against a total Green Bay takeover for NFL supremacy.

Now in years past, I would rather have the best NCAA team playing this game instead of the Lions. However, this

year they're a really good team that is in the hunt for an NFC Wild Card berth. Still, even if the Packers rest their starters--something we usually hear from the Colts and Patriots year after year--the Lions might not be able to stop the Packers.

Green Bay would be smart to rest Aaron Rodgers and several other starters toward the end of the season, but this team is so sharp, quick, talented and healthy, that they will play like they have nothing to lose.



The Green Bay Packers are still undefeated after 12 games, and some are predicting a perfect 16-0 record for the team. Others, though, are still skeptical and expect them to trip up somewhere between here and the Lombardi trophy.

Alex and Stephen add their two cents.

Out of curiosity, I looked up what the odds are that the Green Bay Packers go undefeated the rest of the way in the regular season. After perusing more greasy sports gambling web sites than is probably healthy, I came across an article by Wunderdog Sports (seems legit) that broke down the Pack's chances in-depth.

The article examined the projected lines for each of their remaining games (-7 vs. OAK, -11 @KC, -7 vs. CHI, -7 vs. DET), translated them into money lines, then translated those figures into chances of winning percentages (86% vs. OAK, 90% vs. KC, 75% vs CHI, 75% vs. DET). Then doing some higher math (multiplying those percentages together), it was determined that the Packers have a 43% chance of going undefeated

What does that say? Going undefeated is really hard to do. Green Bay is 12-0, clearly the class of the league, and only has four games left, two against teams they already beat and two against teams that far inferior. And yet the odds still aren't in because I don't believe they will finish 16-0

their favor. And rightly so, because I don't believe they will finish 16-0.

Looking at their remaining games, the Packers seem like a lock to be 14-0 by week 16.

They host Oakland next weekend, then travel to Kansas City the week after. Both games should get ugly quick.

But the week after that, the Chicago Bears travel to Lambeau Field on Christmas Day. With Jay Cutler at quarterback, I actually think Chicago can take this one. They have a bruising defense, a stud running back in Matt Forte and a highly accurate, strong-armed quarterback. They match up well, especially if there are unfavorable conditions and they are forced to run the ball. And Chicago will really need this game to keep their wild card hopes alive. The Pack could easily lose this game, especially if they decide to rest guys in the second half. But I don't see them resting guys in this game, and they certainly won't lose if Caleb Hanie is at quarterback for Chicago.

So that means that Green Bay will be 15-0 headed into their match up with Detroit in the last week of the season. I was at Ford Field for the Thanksgiving Game. I wouldn't even call it a game. It was a complete debacle. The Lions couldn't do a single thing right. They out gained the Packers by a significant margin in the first half, but a terrible interception deep in Detroit's own end by Matthew Stafford gift wrapped a touchdown for the Packers. Stafford (and his broken finger) threw two more picks. The Lions didn't take any shots downfield. Their two top defensive backs, Louis Delmas and Chris Houston, both got hurt, depleting the secondary to the point where Rashied Davis, a wide receiver, had to play safety against Aaron Rodgers. They took dumb, costly penalties. And to cap it all off, Ndamukong Suh decided that it was a good idea to stomp on an opponent on national television. I'm not saying Detroit lost that game as opposed to Green Bay winning it, but they sure made it a lot easier for the Pack. I still think the Lions match up very well with the Packers. They have a lethal passing game, the best receiver in football (MEGATRON), and a defensive line that is among the league's best and will be hungry to exact revenge.

In short, this game means a lot to the Lions. They might need to win it to make the playoffs and they really want to show the Packers that Thanksgiving was a fluke. I don't know if I would let Aaron Rodgers play the second half of a meaningless game for the Packers and risk letting Suh try and decapitate him. I see the Lions winning this game.

The thing that might make the Packers go undefeated, is if Rodgers convinces Coach Mike McCarthy not to rest him and instead let him go after some records. Aaron has a shot to break Marino's single season passing yardage total of 5,084 (Rodgers is on pace for 5,054), Brees' completion percentage record of 70.6 percent (Rodgers stands at 71.8), Brady's touchdown record of 50 (Rodgers is on pace for 48), and Peyton Manning's passer rating record of 130.7 (Rodgers stands at 127.7).

There is no right answer when it comes to playing or resting players with a perfect season on the line. The Patriots played their starters in week 17...yet lost in the Super Bowl. A few years before, the Colts rested their stars...and also lost in the Super Bowl.

Whatever Coach McCarthy decides to do, rest some guys or play them all and go for the perfect season, I think the Lions beat the Packers in the last week.

But don't fret Packers fans, you should be happy with a 15-1 regular season record and another Super Bowl Championship, because nobody is beating you in the playoffs.

He's making a list, he's checking it twice

Columnist Pat Smith gives his opinion on which recently controversial sports figures are naughty and which are nice



COLUMNIST

Tebow

As someone who was an adamant Tim Tebow-hater throughout his life, this may come as a shock. I could not have disliked Tebow more throughout his college tenure, mostly because of his goody-two-shoes attitude. We get it, Tim, you work harder than everyone else. We do not need to make another

ing above your head for the Denver Broncos.

Nonetheless, Tebow is 5-1 as a starter this season (as of last week), and that is the truth. His uncanny ability to fool the opposition that he can throw a football has proved to be quite successful. Upon extensive research into his playing style, I have come to a conclusion on his plan of attack. Tebow has three weapons in his arsenal. He obviously brought his one-look, five-yard pass with him to the NFL. If that is not open,

"promise" monument commemorating the halo hover-

he runs. He also has the ability to throw a live quail 50 yards down the field, which may or may not be caught

by his only receiver Eric Decker.

Tebow; just because you made the nice list does not mean I would buy you a beer. I would not even think to waste those precious suds on your stupid face, just be happy you are getting presents this year. What Tim Tebow wants from Santa? A smile from the world, but more importantly, Team President, John Elway. Good luck with that one, bro.



Everybody knows that Joe Paterno was in the wrong with the whole Penn State Scandal. He turned his shoulder to a plethora of disturbing allegations. His blatant lack of action is not copacetic and lands

Paterno's poor actions, or lack there of, leaves him retired and at home with his wife of 49 years. Santa pities you, Mr. Paterno. You are now a lonely man, and Santa is feeling quite merciful. He has decided to grant you one gift so that you can cope with your current situation: an Apple iPad 2.

him at the top of Santa's naughty list.

They are sweet, trust me. Joe, imagine that you are holding your lame clipboard. Now imagine that your clipboard can do quite literally ANYTHING. The possibilities are endless. You can watch documentaries on The Great Depression or The Industrial Revolution, schedule an appointment with your physician, even look up information to see EXACTLY what medications you are prescribed. Even fiends deserve some love from Santa once in a while.



You aren't fooling anyone when you say that stomp was unin-

ten-fortable to stomp with one leg out at a 45° angle, right? I have a little cousin who throws a fit when he loses in "Call of Duty," do you want me to call him up and ask him to give you lessons? There is proper protocol to throwing a temper tantrum on the field, just ask Albert Haynesworth.

Suh is a monster, do not get me wrong. He is one of the hardest hitting defensive linemen in the league and can tackle Greg Jennings with a broken leg. So what does Ndamukong Suh want from Santa besides coal? Since he has a lifetime supply of Subway sandwiches and Chrysler vehicles, this is a bit tough to say. I think it would be appropriate to get him the world's smallest violin so he can shut up and get back to playing good, clean football. No Fun League, remember?



Woods

Ok, now is the time we all start forgiving Tiger for his heinous actions. He was addicted to much less attractive

women than his gorgeous wife. Moronic is the word that comes to mind

That being said, he owned up to it. What else can the guy do? He in no way denied what he did or addressed the media wrongly. If there was a Fidelity "follow the green line" to overcoming the extent of his addiction, I feel strongly he is following the path.

Santa realizes this and decides to put Tiger Woods on his nice list. Santa dons one firm pat on the back to Mr. Woods. He experienced a monumental change in his life and needs this positive reinforcement so he can get his Mojo back. Tiger is starting to look like the old Tiger on the golf course, which is exciting.

He played amazing golf at The President's Cup, leading America to victory against the International squad. He also just won the Chevron World Challenge this past weekend for his first win in over 2 years. Kudos, Tiger, keep it up.

Sports

ondeck

	Мон	Tues	WED	Thurs	FRI	SAT	Sun
Wrestling			Southern Virginia 7 pm				
Men's Basketball			vs Guilford 7:30 pm				
Women's Basketball			vs Hollins 6 pm				
Men's Swimming							
Women's Swimming							
Men's X-Country							
Women's X-Country							

in the numbers

Carolina Panthers quarterback Cam Newton has rushed for this many touchdowns this season, which marks a new record for rushing touchdowns by a quarterback. The rookie scored his 11th, 12th and 13th TDs in the Panthers 38-19 rout of the Tampa Bay Buccaneers. The previous record (12) was set by Steve Grogan in 1976.

0 - 12

The Indianapolis Colts record this season. The Colts are the sixth team to start with 12 losses since the NFL went to a 16game schedule in 1978. Their most recent loss came in the form of a 31-24 final score against the New England Patriots. To their credit, the Colts rallied from a 31-3 deficit but inevitably ran out

of time.

The number of games each NBA team will play this season after losing a significant portion of the season to the well-documented lock-out. Each team usually plays 82 regular season games every year.

The total number of national titles claimed by LSU's and Alabama's football teams, and with the two teams facing off for this year's title, that number will soon change to 17. Alabama claims 13 while LSU claims 3.

Men's track and field kicks off its season with a young team and an abundance of talent

By Leigh Dannhouser STAFF WRITER

Two school records were set by the Washington and Lee men's track and field team as they kicked off their season at the Liberty Kickoff meet this weekend. The Generals were competing against NCAA Division I, II and III teams.

Sophomore Dillon Myers and first-year Aaron Jeong both set their records on the day two of the meet, which took place on both Friday and Saturday. Myers broke the school heptathlon record while Jeong broke the school 60m dash record.

Myers began his record setting performance on Friday, competing in the 60m dash, the successful performances laid out by the

one he tallied 2,242 points.

On Saturday Myers competed in the 60m hurdles, pole vault, and finished off his day with the 1000 meter run. After totaling the points for all seven events he scored 4,028. This is eight points more than the previous

Jeong broke the 60m dash record Saturday morning. He ran a time of 7.03 seconds to place second among Division III athletes. The previous record had been 7.19 seconds.

Myers and Jeong were just a couple of

long jump, shot put, and high jump. After day men's team. Senior Tyler Grant and sophomores Zander Tallman, Mac Keers, Parker Howard, and David Fishman all put in top three performances in Division III.

Grant placed second in the 800m run while Tallman, Keers, and Howard took the top three spots in the 400m dash. Fishman placed second in the pole vault.

The Generals will be back on the track after the holiday break. They will travel to Marietta, Ohio for the Marietta Open on Jan. 14.

First-years give the Gennies a boost as they open their new season with 6 wins By Angela Williams

STAFF WRITER Washington and Lee women's track and field team showcased old and new talent as they took part in the Liberty Kickoff meet last weekend. The meet included NCAA Division I, II and III teams, but the Generals' performances were compared only to other Div. III teams.

Nine athletes combined for 14 top four performances in Div. III. This included six number one performances.

First-year Janey Fugate was one of hagen in the pole vault with a height of

dash for Div. III with a time of 1:01.26. Her efforts also placed her third out of competitors from all three divisions.

Fugate was also a member of the 4x400m relay that placed first in Division Marietta, Ohio with the men's team on Jan. III competition. Jillian Katterhagen, Jennifer Friberg, and Lauren Woodie joined her in the effort, running a time of 4:12.00.

Other Div. III winners include Katter-

W&L's top scorers. She won the 400m 10'4" and Marissa Thompson with a score of 2781 in the pentathlon. Mary Kamp and Leigh Dannhauser tied for first in the high jump with heights of 4'11"

The women will next be heading to 14 for the Marietta Open.

No. 22 swimmers finish 2nd

As the Generals land the program's first Top 25 ranking, their season success continues

Courtesy generalssports.com

First-year Caroline Hamp's (Avon Lake, Ohio/Elyria Catholic) school-record in the 100 fly highlighted the Washington and Lee women's swim team's second-place finish at the two-day F&M Invitational on Sunday afternoon.

W&L totaled 625 points and trailed only California University of Pennsylvania's 883.5 points. The Generals were followed by F&M (542.5), Kutztown (463.5), St. Mary's (442), Susquehanna (268.5), Ramapo (173.5), McDaniel (108.5), Washington College (51) and King's (7).

Hamp took third in the 100 fly and set a new school record with a time of 59.23, breaking the old mark of 59.54 previously held by Brittany Ross '13.

The Generals' lone event win came in tie Salvati (Roselle Park, N.Y./Mount Saint

dy (Cary, N.C./Athens Drive) won with a time of 1:56.04.

Fredericks (Yorktown, Va./York), Hamp and Hardy took second in the 400 medley relay (4:03.06) and the 200 medley relay team of Cassada, Fredericks, Hamp and junior Izzy Brassfield (Greensboro, N.C./ Greensboro Day School) also placed second in 1:51.87.

Fredericks added a third-place finish in the 100 breast (1:08.97), Hardy took fourth in the 100 free (56.40) and Cassada tied for third in the 200 back with a time of 2:11.09.

In the 100 back, Cassada and senior Ka-

the 200 free, as sophomore Meredith Har- Mary Academy) took fourth and fifth with times of 1:00.17 and 1:00.83, respectively.

Cassada, Brassfield, Fredericks and Senior Jocelyn Cassada (Charlotte, Hardy teamed up in the 400 free relay to N.C./Charlotte Country Day), senior Dana finish fourth in 3:39.87 and Hardy, senior Joanie Hudak (Boxford, Mass./Masconomet), sophomore Lauren Kasoff (Owings Mills, Md./Saint Paul's) and junior Delaney Rolfe (Dallas, Texas/Highland Park) finished in second place with a time of 8:00.22.

> The Generals return to the pool on January 14, when they take part in duel meet at Bridgewater beginning at 1:00 pm.

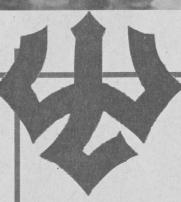
soapbox

"I believe I misspoke very badly in my response to the allegations that have been made. I shouldn't have questioned what the accusers expressed or their motives. I am really sorry that I did that, and I regret any harm that I caused."

-- Syracuse basketball head coach Jim Boehelm apologized for earlier comments lashing out at individuals who are accusing former associate head coach Bernie Fine of sexual molestation.

"They won the game and stormed the field and ripped down the goalposts and some were jumping off the stands and hit the field and others got trampled. It was a nasty deal."

-- Following Oklahoma State's 44-10 win over rival Oklahoma, the OSU fans rushed the field. At least 12 were trampled, three people were treated for injuries at the stadium and one fan had to be airilfted to a hospital.



men's basketball

opponent Wesley Roanoke Randolph

date result 11/26 W 88-81 11/30 W 73-66

12/04 L 70-78

wrestling

event Ohio Northern Invit.

date result 12/03 28th of 45

women's basketball

opponent Colorado Col.

date result

11/26 L 68-48 12/04 W 72-63 Randolph-Macon