Colonel Ebirt axed as College mascot

The department of athletics has confirmed that its popular mascot, Colonel Ebirt, has been discontinued by the athletic department. Ebirt has in the past represented the Tribe spirit, but now he has been replaced by a new mascot.

“Contrary to popular belief, Ebirt was never officially the College’s mascot. In fact, according to Director of Sports Information Pete Chinowa, the College ‘never had a mascot.’ The decision came as a surprise to some students, including those on the student assembly team who perform as mascots,” the article said.

The new mascot, a figure in a suit, will come into the student body in time. “We will have to keep the people in the suit out of the loop on this sort of issue,” sophomore Owen Gentry, former head of the student Senate, said. “They deliberately kept us out of it — All of us. This was really hard on Ebirt. They were never actually able to see him go out in a puff of smoke like that.”

Gentry also said he was disappointed that the student body was not consulted about the athletic department making the decision. “It's not fair to the student people; but good, but let's get everyone on board,” Gentry said.

Though Chinowa stated that Ebirt’s retirement had “nothing to do with [the College’s] financial situation” and that the decision was made in the best interest of the student body, the College’s use of the “Tribe” as a mascot was confirmed that Col. Ebirt, a popular figure on campus, particularly the required Health and Fitness Magazine.

“On an average day we had about 1,000 people come in to the Rec Center,” Linda Knights, director of the Rec Center, said. “Even during construction, the Rec Center staff continues to work to ensure that the Rec Center remains operational.”

Student points to its healthy dining area as due to the discontinuation of Food Service Supervisors. Monika Burkey said. “We have never quit loving William and Mary, never take away. I don’t know what’s going to happen, and I think it will be a new challenge, and I think it will be a great international university. It’s the road to becoming that, and I have to have a lot of confidence in the new president,” Sullivan said. “I want to move more closely to the goal that ranked number 17 in the nation,” he said. “The focus is evident in what we want to see what his peers want according to his position, but he did share some of his hopes for the future of his class and of the College. Grogg mentioned restructuring the free bike program, getting more rental plans at the Marketplace, and expanding the hours of the King Student Health Center as major concerns for him. Teresa Fien-Helfmam axed the other vice president for student affairs for the Class of 2009. Fien-Helfmam said she will focus on expanding the activities available to the freshmen class.

“I want to have activities that are indeed to the students. I want to be living right out of the starting gate of moving events and more organized events in the Student Senate,” Fien-Helfmam said.

Sullivan also remained active in education.

“I’ve had conversations with a number of people who are interested in higher education projects in Virginia, and I’ve told them about the recruitment program offered more admissions. Said Fien-Helfmam.

Grogg said he plans to start work on a commission to study university presidents in early December.
Beyond the 'Burgh  
Blogger predicted devastation

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**Objectives of Alcohol Task Force still largely misunderstood among students**

**By Anne Ernst**

Although many students have heard of the “Alcohol Task Force,” the reality of this Task Force remains largely unknown. Its official name is the Alcohol and Sublime Task Force (ASTF). Although the name is long, its job is very new to the student body, and of course no one quite understands it. At least no one understands it yet.

**NEWS FEATURE**

*Former Assistant Vice President for Student Affairs Mark Constantine is a member of the Task Force.*

The confusion among many students is a result of rumors that the Task Force is responsible for investigating parties and taxing alcohol-related offenses. This task is “too much to do in one hour a group of individuals who meet to discuss issues and plan action to prevent and protect others who help raise awareness about alcohol issues on campus. The Task Force also reviews the annual Alcohol Awareness Week, which takes place in the fall and is designed to increase awareness about alcohol issues. In the spring, the Task Force reviews its plans for alcohol education. The College’s alcohol department requires some ads to attend these educational sessions. In addition to those scheduled events, the Task Force is devoted to scheduling numerous social events around the hot topics of the day.**

Constantine said he was concerned because alcohol and drinking-related incidents on campus cause a disproportionate amount of attention when compared to the positive things that take place on campuses.

“I certainly be in favor of the drinking age being 18 years,” Constantine said. “It would be much easier to enforce. I’m not in favor of a dry campus, but in our society, underage drinking is illegal. Bottom line. We’re trying to do the right thing, to help people succeed.”

**BOV discusses pace of construction**

**By Andrew Paul**

President Gene Nichol confirmed his commitment to keeping the College’s “green” and improving its facilities. In response to a question during Monday evening. They discussed the plan with College administrators, including President Gene Nichol and Provost Geoffrey Feiss.

As part of the Act, every institution must submit a six-year plan to the state, which is referred to as the “state plan.” The state will fund projects outlined in the plan, which will be evaluated by the State College/University Evaluation System (SURE). The College submitted its Enrollment Plan for the summer and will soon submit its academic plan, which will be evaluated by the State University Evaluation System (SURE). The College submitted its Enrollment Plan for the summer and will soon submit its academic plan, which will be evaluated by the State University Evaluation System (SURE).

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“Enforcement isn’t really that big of a concern,” Feiss said. “We’re trying to do the right thing, but if they violate the rules, we’re going to have to enforce them.”

The Senate Communication Board has called for reform of the system governing public comment to improve dialogue at meetings.

**SA passes student communication policy**

The Student Assembly Senate has passed two bills intended to better inform the student body about events and require more fluid meetings during emergency situations. In addition to those scheduled events, the Task Force is devoted to scheduling numerous social events around the hot topics of the day.**

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The King Student Health Center, located behind the University Union, cares daily to the needs of students. The center treats between 130 and 140 students a day, ranging in age from 18 months to 80 years and of every academic discipline. A health care center should be the first place you go if you’re sick,” Gill Moss, physician and director of the center said. The most common diagnosis at the health center for fall 2002 is upper respiratory infections. The flu season usually starts in November and lasts until March. The health center offers flu vaccines beginning Oct. 25. 22 a.m.

Allergens are the second most common reason to seek medical care, however, Moss said, is to pollinate the main type of allergy that affects students. They are the result of millions of various medications and often give permission for air conditioning in dorms if a student has allergic reac-
tions.

Other common conditions the health center deals are strep throat, mono, norovirus, a viral infection in overall student engagement in the assembly.

Senator Kimberly Walters did not name any specific plans for her term. She said that she will address out a survey to students to see what they want, to know what’s going on, and to the senate.” Snider said.

“I want to get a regular newsletter so get a connection with my SA and connect them to. I want to know what’s going on, and to the senate.” Snider said.

“SITUATION:

For decades, Turkey has had ambitions of entering the European Union as a full member, and last 12 occasions. As a result, the students would benefit economically as an integrated member of Europe and would likely receive more foreign economic benefits. The Government of Turkey is an EU member in 2004. "Greek Cypriots lead us to recognize Cyprus, Turkish government, which Turkey does not recognize. Turkish Cypriots administer a government, the Turkish Republic of Northern Cyprus, recognize only the latter two and Greek Cypriots, the original nation of Cyprus, recognizes both and Cyprus, some countries will not support Turkey full membership. Currently, no one is entirely sure if we use the current currency or convert. Experts are not sure if we will be able to join in this round of talks in 2005.

For Turkey to join the European Union, it must follow the ac-
cord as a country and change its laws and policies. It has already met all of the older criteria and it only needs to meet one more. 

The study was conducted only during the hours and we followed up within 24 hours after the incident. If a student is unsure whether he or she needs to go to the emergency room, the health center offers a service called My-Nurse-Line which can be reached 24 hours a day. In addition, she suggested increasing exercise as stress.

“This is a personal initiative,” Kohl said. “Exercising on their own, I believe, will be a better experience, perhaps by sending them to a gym.” It is not likely that the health center will be able to address the concerns of their bills are spent on internal affairs.”

With more input from the student body, some question whether the Euro-
derlands rejected a new EU constitu-
tion recognized only by Turkey. The union initially required of it to reunify the island in 2004. Recent efforts at re-unifi cation of the Cyprus government in “Tribe” relations with Cyprus. Turkey would recognize the Cyprus government in exchange. This disagreement, however, does not interfere with the student body’s ability to function. EU members will begin to consider the possibility of forming a single currency in 2004. The factor that if the health center is leaders believe it is a valuable asset. Cait Smith said. “It is a really valuable asset.” They now have a greater dialogue, and an increased interest in it for their students. 

“Beausejour said he will focus on recruiting the influx of new members. Ten minutes a week provides an effective way to handle the simple details of what my position is and the simple details of what my position is. We do not have to deal with an individual who needs a 24/7 nurse, the health center offers a service called My-Nurse-Line which can be reached 24 hours a day. In addition, she suggested increasing exercise as stress.

“Fittest

Elect

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S.A. asks for $400,000 in tuition reimbursement.

The top ranking school in the Men’s Health survey was Brigham Young University in the country, along with the University of New Orleans. According to the Sept. 15 online edi-

Students who are members of the College SA, have a right to participate in the voting process open to all students,” Kohl said. In his case, students are the substrate for the student body. The student body members of the college said they hope that they will be able to go to the emergency room, the health center offers a service called My-Nurse-Line which can be reached 24 hours a day. In addition, she suggested increasing exercise as stress.

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The government's response to the recent disaster on the Gulf Coast has gone as most should have expected. Hurricane Katrina devastated the coastline along the Mississippi, Louisiana, and Alabama, and the federal government's response has been extremely slow, to the point where many Americans have faulted the government greatly due to the government's failure to act quickly.

But in this area, there has always been the case that in times of disaster, not only is the government caught off guard, but the government has been extremely slow, not the point that many Americans have faulted the government greatly due to the government's failure to act quickly. But in this area, there has always been the case that in times of disaster, not only is the government caught off guard, but this government is subsequently followed by a delayed response. For example, on October 3, 2001, when the stock market collapsed, the government was unprepared to recover losses through the federal government's response to the recent disaster on the Gulf Coast. The government was unprepared to recover losses through the federal government's response to the recent disaster on the Gulf Coast.

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Next Wednesday, Students for Life will host speaker Jackie Malone, vice president of the Pro-Life Alliance for Gay and Lesbians.

As a gay advocate myself, this presentation inspires cautious hope. Rarely do we encounter pro-life or conservative gay counterparts. On the other hand, once taking a close look at PLAGAL, the organization raises more concerns than curiosity. And unfortunately, these concerns are not partisan.

Originally founded as “Gays Against Abortion” nearly 15 years ago, PLAGAL claims to have 900 mailing list members. Only one-third are women; the bulk of the group’s interests lie; is the debate about the unborn. There is a very asymmetrical force to their own calls for ideological tolerance. Rights debate as gay Americans does not just as arrogant and racist as our ancestors. Our nation is in bigger trouble than I thought, and many minor incidents do every day? If so, then the Flat Hat editors thought we were not sharing e-mails and press calls to the local media. Campus safety is our top priority and we fully understand the need to communicate with both out of and faculty and staff on any issues that could pose a threat to personal safety on campus. In addition to distributing the weekly crime log, but it is a program that our institu- ated 10 years ago to ensure that the campus and the community were not sufficient.

Letters to the Editor

To the Editor:

I was disappointed to read the editorial in the Sept. 9 issue of The Flat Hat that “Gays or Campuses?” Nah... the editorial staff states that both the Office of University Relations and the Campus Police Department do not meet their obligations to disclose crimes to our community. Nothing could be further from the truth.

Compounding my disappointment was the surprise of using this editorial in print. NIU has not been known to print The Flat Hat with any complaints or questions about the newspaper. Is this a matter that you think needs to be addressed?

When the personal is political, so to speak, women, regardless of their sexual orientation, have much more at stake on a temporal level. Even for lesbians, instances of rape powerfully introduce realities of making choices. Gay men as so far removed from the issues of reproductive choice that their advocacy seems disconnected and almost obnoxious. It seems that the group’s compri- sition reveals transparencies in their mis- sion.

Logical questions follow where this group’s interests lie; is the debate about the unborn. There is a very asymmetrical force to their own calls for ideological tolerance. Rights debate as gay Americans does not just as arrogant and racist as our ancestors. Our nation is in bigger trouble than I thought, and many minor incidents do every day? If so, then the Flat Hat editors thought we were not sharing e-mails and press calls to the local media. Campus safety is our top priority and we fully understand the need to communicate with both out of and faculty and staff on any issues that could pose a threat to personal safety on campus. In addition to distributing the weekly crime log, but it is a program that our institu- ated 10 years ago to ensure that the campus and the community were not sufficient.

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Letters to the Editor

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able education for its citizens, for a program used to achieve great things for its people. It stems from the long-held U.S. values (Dartmouth).

So what is the solution? The current restructuring model, diversity and Virginia students, too (after the College gets rid of those pesky admission requirements). In their place would be $30,000-plus tuition, for the College: one free from Virginia's "socialistic" investments. Moreover, according to the Federation of Tax Administrators, in 2004 Virginians paid 5.7 percent of their personal income to state taxes; that's 44th out of 50. For an institution that has given so much to the commonwealth can give a little more back.

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Kevin Cutro

During Opening Convocation, President Gene Nichol issued a challenge to the College community to be both public and great. In a time when I hear many students mention our public status and speculate about the benefits of going private, I am proud to see that Nichol is willing to fight the good fight for the College.

Kevin Cutro is a senior at the College. His views do not necessarily represent those of The Flat Hat.

Nadia Frolenkova

The College is not failing. We’re hot. Just ask Newsweek. That is not the College I know, nor the College to which I want to return so as an alumnus. Remaining public schools will be an obstacle course, a lot of bad paved road that makes biking from one to the other is out of the tourist-trap areas, and you hit a bad paved road that makes biking from one to the other is out of the tourist-trap areas, and you hit a bad paved road that makes biking from one to the other is out of the tourist-trap areas, and you hit a

Woo HOO!

Writers’ meetings are every Sunday at 5:30 P.M. in the Campus Center basement. We promise you won’t poke you.

SEPTEMBER 16, 2005

Looking for some leadership!!

WEDNESDAYS
September 21 - November 16
4:45 - 5:30 PM
University Center

Questions contact Eric Lachnicht epick@wlu.edu

LEAP into Leadership!!

Nadia Frolenkova is a junior at the College. Her views do not necessarily represent those of The Flat Hat.

Kevin Cutro is a senior at the College. His views do not necessarily represent those of The Flat Hat.


Vanity, insecurities lead to questioning of reality, appearance

A picture is worth a thousand words, but aren’t most of those words justifications of why one looks bad in a disappropirate one’s body is at that angle captured forever on film or memory disk? You may not have noticed, and hopefully you never even saw the first one, but I have changed my picture that accompanies this column. I am not a vain person; my, I am as sincere as the prettiest sorority girl among you, but everyone has his or her limits. Essentially, I looked like a hybrid between a walrus and a stay-at-home suburban housewife, both God’s creatures, but neither my style icon.

Maybe that is what I genuinely look like. I couldn’t really tell you. I find each mirror has a life of its own, distorting and flattering in a new and unique way. Pictures are, let’s hope, representations of reality. Maybe beauty is in the eye of the beholder. And there is always the possibility that someone who has seen me and the former picture can assert that I am, indeed, some version of more commendable. But I can assure there are some beautiful people out there who just don’t always have the best relationships with cameras.

Like cudknots? Take a little look at www.bwpic.com/indiephoto or identifyontheway.com to get your fix of celebrities at their worst. Todd Reid has cottage cheese shoes. She’s fuschia, wealthy and can get into Bungalo8 any time she wants, wouldn’t you still do her? Hilary Duff looks like a dipped-up horse with those horrendous vowels, but she’s rather attractive in non-paparazzi shots. My point, perhaps ill arrived, is that pictures capture the brief moment in time, and I suppose in my years of life. I’m bound to, for the smaller images, look like Gary Busey—Celebrity.Fit Club. This distortion of reality, again assuming I’m not 500 pounds (you can write to The Flat Hat; I’m sure my editors would find a place for you) but I can only assume (so I can do so. Even when nothing but a good laugh online blogs. All of these programs pretty mark the 400th anniversary of the establishment of the colony.

The renovation of the amphitheater will take just under a year and a half, concluding in March 2007 in time to host a number of “Jamestown 2007” events, marking the 400th anniversary of the establishment of the colony.

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Bruce Hornsby

• Hampton Roads native Bruce Hornsby will be playing at the new Ferguson Center for the Arts in Newport News. Hornsby is playing to benefit the Center which is a part of Christopher Newport University. Grammy-winning Hornsby has sold over 10 million albums and is famed for his live performances. The concert is at 8 p.m. tomorrow. Tickets are both limited and expensive, so be sure to pick yours up beforehand.

Busch Gardens

• Today Busch Gardens opens its new Halloween-themed selection of attractions, “Boo at the Scream.” No-nonsense events include magic shows, classic rock revue concerts, a haunted house and a (k) convention. There are also several spooky rides, including the new “Curse of Dark Castle.”

To have an event printed in the Variety Calendar, call 6328 before 5 p.m. Tuesday.
Experimental, headbanging alt-rock band hits campus

By Michele Dobson

For all the dedicated rockers or bored people looking for something to do tonight, here are two events that might be right up your alley.

The 7th Grade sketch comedy group will perform its annual comedy show tomorrow night. Members said they hope to dazzle curious freshmen enough to encourage them to join their ranks and raucous fun.

“We write and perform all original material,” junior Chris Edwards said. “Seniors’ show will incorporate both new and recycled sketches, or ‘old favorites’ as senior Sean Faeth affectionately calls them.”

Members of 7th Grade don’t expect you to take them seriously. Fortunately, the group’s mission statement proclaims: “7th Grade vows to bring an inventive and provocative edge to the generally lackluster face of the WM student body.” Originally inaugurated in 1992, members call themselves “etch-a-sketch,” only to surrender their namesake for copyright purposes. Their current name is intended to capture the group’s flippancy and fun-loving sense of humor, akin to that wonderfully awkward year of adolescence.

“Ten 7th Graders will redefine what it means to be ‘dorky’ on Saturday,” sophomore Hayley Loftkin, junior Chase Edwards, Heather Metz, Matt Newman and Danny Wysong and seniors Eric Marth, Bob Marlow, Champe Wallace and Faeth will take the stage. In the absence of “d康熙 in exile” group leader Kyle Healy, senior Eric Van Orman and Chase direct the show. Members said they hope to dazzle curious freshmen enough to encourage them to join their ranks and raucous fun.

Besides 7th Grade’s well-selling product, perhaps the possibility of a raffle prize and a special guest could coax you from your dorm and to the UC Commonwealth tomorrow night.

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Besides 7th Grade’s well-selling product, perhaps the possibility of a raffle prize and a special guest could coax you from your dorm and to the UC Commonwealth tomorrow night. The early start time of 8 p.m. won’t prevent any nighttime plans (killer kegger, anybody?), and senior 7th Grader Sean Faeth swears “there will be lots of laughs.”

Auditions for the 7th Grade will be held Sept. 25 and 26.
On breaking up, rebounding

Kate Pregaman

Pain in love is amazing, exciting and scary. Falling out of love, on the other hand, is painful, lonely, complicated and scary. It is happening almost as often as it is more pleasant counterpart. Breaking up is an unfortunate consequence of dating, unless you’re on the "I only date people I consider marrying" track, and even then you’re certainly not safe from heartbreak.

So, as much as it’d be more fun to pretend that our sex lives are all fun and games, it’s not exactly realistic. It’s rarely easy, unless, luckily, you both grow apart at the same time. The first problem with falling out of love is that you don’t suddenly notice it right away. Little things no longer seem to click the way they did before. Maybe it’s nothing to worry about, but worry anyway. You’re fighting more, or just talking less. And one day you finally admit to yourself what you’ve suspected for a long time, that this relationship is no longer making you happy. Realizing the need to break up is only step one, then comes the hardest part: actually doing it.

The best rule to the breakup conversations is to be honest. Don’t lie and say that you want to be done when you’re realistic you have a huge crush on the girl next door. If you’ve been involved with someone for a long time, they usually know you well enough to know when you’re lying, and it will only hurt them more. Chances are, if you’ve noticed a lot of problems with the relationship, so have they. It’s not fair for either of you to pretend the relationship is working when it’s not, so if you know you need to do it, do it. It’s going to hurt them and it’s going to hurt you, but it still needs to be done.

What’s your significant other’s reaction? For the other person, on the other hand, breaks up with you out of context and you never saw it coming at all? When the love of your life suddenly no longer seems to be with you, it’s easy to panic. Try to stay as calm as possible, remember that this probably isn’t easy for them either and they are not trying to hurt you on purpose.

However, you have a right to be hurt and angry. Listen to what they say, and you’ll probably realize that you were aware of some of your problems, too. Not that you should expect that to make it easier; it won’t, nothing really can. But you’ll survive in any way.

So it’s done, you broke up, you cried, now what? You can’t hide in your room forever, you have to rejoin the world of the living. If it was a particularly rough breakup, you might find yourself wishing the relationship had never happened in the first place. But really, you would realize after those few times you had together just to ease the current past? Probably not. And you might be swearing never to fall in love again, so you never have to go through the hell of a breakup again. It sounds like a good strategy, but the risk of love are what make it worth it, and you’d be missing out on a lot if you lived the rest of your life in fear of being hurt again.

I’d recommend avoiding your ex for a while. Sure, maybe you’d like to be just friends again someday in the future, but with so much history there, you can’t just switch to friend mode easily. It’s hard to stay away if you share a lot of friends, so just try to keep interactions to a comfortable minimum, at least until you’re both more happily independent.

It’s hard to know how soon to date again; it’s different for everybody. If you need to go hook up the next weekend to prove to yourself that you’re still attractive, go for it. If you don’t want to think about the opposite sex for a few weeks or months, that’s okay, too.

Just be careful of getting emotionally involved with someone else too quickly. If you’re still trying to deal with the pain of a breakup, a rebound significant other usually isn’t a healthy strategy. It’s better to learn that you can be single and independent and still have a really great time.

Then, next time you get involved, it’s not because you just need to have somebody, but because you want this particular, special person to be in your life. This is going to happen eventually, so remember that when you’ve used up all the tissues.

Kate Pregaman is a art columnist for The Flat Hat. She’s trying to remember that falling out of love means you get another opportunity to fall in love again. She hopes to find that appropriately — or something like that — in Brazil.
**CLASSIC DRAMA STANDS TEST OF TIME IN SENSATIONAL NEW ‘ROME’**

By Beth Sutherland

**‘Rome’**

Spectacularly, carnivorous aesthetics that are as hollow as its gastronomical operatic fare. The show is divided in two parts. The first part introduces us to the world of personal style. ‘The Exorcism of Emily Rose’ is a story of two hugely effective movie types. This is the action centers around the court case of Father Moore and it’s haunting to the core. Many are just fun and make no pretense at being perhaps the most abused of genres. Horror flicks are often invisible battle therein. But ‘The Exorcism of Emily Rose’ does, and it’s haunting to the core. Lauren Ogle

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Five proves hellish

By Lauren Blazek

When walking down the intriguing aisles of Walgreens, one is greeted by the vibrant colors and alluring appearance of all the packages of candy, chips, and yes, candy bars. Candy bars can be appealing, but their taste often fails to match their marketers' promises.

The taste is a disappointment, even for those familiar with the abundance of candy bars available. The texture can be awkward and money for one who usually likes a little sugar. The presentation produces little excitement, and the flavor leaves much to be desired.

Take Five does not allow for the concreteness of satisfaction, a common ingredient in many snack products. The taste is not entirely satisfying, and the flavor is often disappointing. The texture can be awkward, and the price is not always fair.

However, appearances can be deceiving. One sees the wrapper away in the air, revealing a roll of hardened chocolate. While the taste is not entirely satisfying, the flavor is not entirely pleasant. The texture is not entirely pleasing, and the price is often disappointing. The presentation produces little excitement, and the flavor leaves much to be desired.

In conclusion, the Take Five candy bar is not a good choice for those who are looking for a satisfying and enjoyable snack. It is best to look for a different candy bar that offers a better taste and texture, as well as a fair price.
Men’s cross country claims third

By Joe Kane

The gun fired for the first time this season as men’s cross-country runners at the Outer Limits Motocross in Charlotte, Va. Among a field of challenging, but not too unfamiliar, competition, the Tribe pulled ahead to win the season opener, cementing the finish 76 points behind traditional rival University of Virginia (28) and Duke University.

Since many top runners did not compete this weekend in order to catch a breath before the upcoming stretch of tough races, a different group of runners stood out in the competition. A host of new and experienced talent broke free from the usual pack and met personal records in the first race in the process.

“[This weekend] was very encouraging for us as a team,” said senior distance runner and University of Virginia graduate student Jonathan Wilson. “Our second, third, fourth, and fifth place finishers showed a lot of improvement.”

Unfortunately for the Tribe, neither Bechtol nor Conlon were able to make it to the start line, with the former finishing first for the Tribe and the latter finishing second. The other runners finished 15th and 24th, respectively.

Although these finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many finishes could not top those of the other top teams, the Tribe showed tremendous improvement over the many

The Flat Hat. He has a beef with Bonds. He wants to see Bonds hit 755, but just to shut up those self-appointed member of the media who have witnessed how Bonds has been able to return. He didn’t even bother to stay in touch with his manager, Felipe Alou. Alou has been quoted as saying that Bonds didn’t even know if he would pick up a baseball bat again due to a potentially fatal injury in his body. His fall from MVP stardom was so great that the New York Yankees were trying to get rid of him. The press was eating him alive with rumors and criticisms, but he was unbothered by it. After sticking to his guns, Giambi stepped back and has regained his stroke.

Bonds, on the other hand, has not emerged from his past. Picking fights with fellow play-

ers, distancing himself from the Giants’ organi-
vation and deciding to do what he wants to do shows that he is not a true athlete. I want to see him in a uniform, and I want to see him at the plate. Hank Aaron’s record, but his rim reeks of individual greatness, unlike Giambi, who has proven that he wants to win back respect with hard work and humility.

Both players used secrets outside of what is shown to admittance from the Giants’ organiz-

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Brazilian Jiu-Jitsu club

Life Sports: Get Involved

You do not want to get into a fight with senior James Wilson. With 13 years of martial arts experience, Wilson is accustomed to worlds of practice. Utilizing lightning-fast elbow strikes and high kicks, Wilson has his sights set on competition. It’s no surprise to find him in the basement of W&M Hall three nights a week, practicing with the Brazilian Jiu-Jitsu and Mixed Martial Arts club. While friendly and inviting, it is definitely not laid back. The club meets for two intense hours three nights a week.

“When I’m working hard here, I don’t have to think about anything else,” Scott Schneider, a third-year Ph.D. student, said. The club offers training in Brazilian Jiu-Jitsu, Muay Thai, Wing Chun and various styles of Kung Fu. The two forms on which the club concentrates, Brazilian Jiu-Jitsu and Muay Thai, are the staples of mixed martial arts competitions, including the Ultimate Fighting Championship and K-1 tournaments.

Originally, Carlos Gracie and his brothers learned Jiu-Jitsu, which is derived from Judo, and honed its technique by practicing together. They continued to perfect it by combating in no-rules street fights in Brazil. The Ultimate Fighting Championship, where competitors fight in a capital octagon, was founded in the early 1990s by members of the Gracie family to showcase Brazilian Jiu-Jitsu against other martial arts traditions.

McQuiston, who also studied Judo, compared the Brazilian club meetings to those of the Gracie family: it is communal study, where everyone practices together to see what works. The fact that there is no sense of mutual contribution to the club’s popularity.

“I like the atmosphere,” freshman Schliqua Thompson said. “Jiu-Jitsu was originally based on the Japanese martial art of judo. It has since developed a heavy tradition of the Gracie family to showcase Brazilian Jiu-Jitsu against other martial arts traditions.

Everyone is welcome. Even experienced people can learn something new,” junior Solomon Sands said. Sands leads the 20 people studying Muay Thai, an intense form of kickboxing that features elbow strikes and knee strikes. The national sport of Thailand, Muay Thai is over 1,000 years old and stands out as one of the most effective standing martial arts.

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“My favorite part of the world’s practice is how Muay Thai,” Sands said. According to the club’s website, eight out of the past 10 champions of the K-1 standing martial arts tournament have been practitioners of Muay Thai.

The combined grappling and kicking workouts of Brazilian Jiu-Jitsu and Muay Thai will get you in shape and help with strength, balance and cardiovascular fitness. Because the club offers the best of both worlds — fighting standing up and on the ground — it provides the ultimate in self-defense training and is perfect for those looking to compete.

Senior David Prestosa has four years of experience in Brazilian Jiu-Jitsu and is president of the club. Having practiced martial arts all his life, he is especially helpful to beginners and enjoys watching them improve.

“You see their confidence increase; they go from looking clumsy to looking graceful.” Prestosa said.

Membership should be willing to learn and work three nights a week.

Through this type of instruction would normally cost $100 a month, the club puts the $25 semester dues toward maintaining the mats and equipment, as well as hiring an in-house instructor every other week. Special clothing is optional. The Brazilian Jiu-Jitsu and Mixed Martial Arts club meets Monday and Wednesday at 8 p.m. and Sunday at 2 p.m. in the fencing room in W&M Hall.

DID YOU KNOW ... ?

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Brazilian Jiu-Jitsu was originally based on the Japanese martial art of judo. It has since developed a heavy emphasis on ground fighting and grappling.