

STUDENT LIFE

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University sued over Thurtene accident

BY STEVE HARDY
CONTRIBUTING REPORTER

The University is settling a lawsuit resulting from a woman being injured at the Thurtene carnival in April.

After injuries and safety concerns at last year's Thurtene, student groups can expect to receive additional safety training prior to this year's

event. Thurtene's leaders will film and edit a new video detailing construction safety while the University's insurance company settles a lawsuit with a woman injured at last spring's event. The woman, unaffiliated with the University, is seeking compensation for damage inflicted when the façade of Sigma Alpha

Mu's food stand fell on her. As they may not comment on an ongoing settlement, University staff and members of Thurtene honorary will not discuss the incident.

Senior Joe Brown, president of Thurtene Honorary, called the incident a "fluke" and cited weather as a likely factor. The University staff and Thurtene members were also quick to point out Thurtene's long-standing safety practices, as well as new measures to ensure the safety of all participants. The University's insurance company would not return calls to their office concerning the accident.

While the University is not the main contributor to these safety practices, it is still legally responsible for Thurtene. Yet because Thurtene is one of the University's student groups, the woman injured last year is seeking compensation not from Sigma Alpha Mu or Thurtene, but from the University itself. Members of Thurtene and of the University hope the settlement will end amicably so Thurtene may focus on selecting the students leading this year's carnival.

"You try to get all your student groups to do the right thing," added Dean Henry Biggs, advisor for Thurtene. "There's only so much you can control, so we're trying to do the right thing and let people still have the freedom to do what they want to do."

Chief among Thurtene's new safety practices is creating a video for the participating student groups, including fraternities and sororities. The video will demonstrate how to safely construct vari-

ous structures at the carnival.

"It teaches how to use a table saw to a freshman who might be using one for the first time," said Brown.

The video, which will be available both online through YouTube and in hard copies distributed to participating student groups, focuses primarily on the safe handling of power tools, appropriate safety attire and the proper procedure for working on a construction site.

"We have fines for not wearing goggles when we're working on the saws, and there are always two senior Thurtene members there," said Brown, describing several of the practices in the video.

Thurtene has compiled the list of safe practices with the help of Paul Landgraf, a health and safety specialist for the University, and Brad King, University Safety Officer.

Structures such as the food booth will be under the scrutiny of both Thurtene and the city government while the carnival is being run.

In January, groups begin submitting their building plans to Thurtene, which passes them on to professional architects. These architects examine integrity and safety concerns before the structures are even built. City inspectors then examine the structures to make sure they are up to code.

Additionally, all groups that help contribute to Thurtene are student groups from Washington University, with the exception, last year, of the Black Repertory Theatre, which performed during the carnival.

Newark mayor to speak on community change

BY JEREMY ROGOFF
CONTRIBUTING REPORTER

As the face of one of the country's most challenged cities, Newark Mayor Cory Booker has earned a reputation as an innovative thinker for social change. Booker will be coming to Washington University today to speak as a part of the Assembly Series.

In celebration of the 20th anniversary of the Ervin Scholars Program, an academic scholarship historically created to assist students of African American descent, Booker will address the need for strong individual leaders in a talk entitled, "How to change the world with your bare hands: A commitment to community."

Booker, 38, is known for his unique style of implementing social change by working directly with members of the community in an effort to spread positive civic action.

Many Newark residents were wary that the mayor—who was raised in an upper-middle-class family and holds degrees from Stanford and Yale—had no personal stake in seeing their city improve. Booker, however, quelled their doubts when he moved into the inner city, closest to the neighborhoods in which his administration sought to fight crime and poverty.

"He's well-educated, well-trained, and he decided to take his talents and devote them to the development of a community," said Dean James McLeod, director of

the Ervin Scholars Program. "He is taking on one of the big problems of our time: how do we develop these communities that are faced with great challenges?"

Plans to bring Booker to campus began over a year ago, according to Barbara Rea, director of major events and special projects, and involved a selection committee



MCT CAMPUS

Newark mayor Cory Booker is speaking about commitment to community at 4 PM at Laboratory Sciences on Friday, Sept 14.

that chose from a number of prominent public figures, including Atlanta Mayor Shirley Franklin, entrepreneur Chris Gardner and Bill Cosby.

The Assembly Series, said Rea, ultimately chose Booker because of his reputation as a dynamic public speaker, his broad appeal to the community and his ability

See CORY BOOKER, page 2



JENNY SHAO | STUDENT LIFE

Sigma Alpha Mu's food stand facade fell on a woman last year at Thurtene. She is seeking compensation for her injuries which led the University to increase safety regulations for Thurtene in the coming year.

Stem cell research progress better than suggested

BY ANDREA WINTER
NEWS EDITOR

The future of stem cell research in Missouri may not be as dismal as originally suggested by a recent article in the New York Times.

The New York Times article that ran last month had stated that "political and financial roadblocks" in Missouri have put the future of stem cell research in doubt. But, the failed legislative efforts of anti-stem cell activists and a series of advancements suggest that stem cell research in Missouri is progressing slowly, but surely.

"Missouri has great scientific institutions and great leaders who have been on a great trajectory. The amendment allowed research to continue and it's still good news that scientific expansion is occurring," said Donn Rubin, the chairman of the Missouri Coalition for Life-saving Cures.

Last November, when Missouri became the first state with a constitutional amendment protecting embryonic stem cell research, proponents of the research optimistically anticipated that research facilities would immediately expand and that

top investigators would flock to the "Show Me State."

Over the last 10 months, however, human embryonic stem cell research has not progressed as quickly as proponents had expected. Immediately after the amendment was approved, stem cell research opponents immediately began the fight to repeal it.

According to many stem cell researchers in Missouri, the article "Stem Cell Amendment Changes Little in Missouri," featured on the front page of the New York Times last month, exaggerated the research's lack of progress in the state.

The article focused on two major setbacks that have kept stem cell research from moving forward—firstly, the its opponents have not thrown in the towel, and secondly, the initial plans for research expansion at the Stowers Institute for Medical Research, a private facility in Kansas City, and at the University of Missouri-Columbia have been suspended.

Even though opponents of stem cell research have continued their fight, many suggest

See STEM CELLS, page 3

Record number of students 'licensed to dance'

BY NICK HAWCO
CONTRIBUTING REPORTER

One day after opening its door to registration, Dance Marathon executives looked at a list that had already reached the triple digits.

Within 24 hours, 233 people became "licensed to dance" in the 12-hour fundraiser, Dance Marathon.

Although the majority of the dancers are students, faculty and alumni are also eligible to register. Participants are not required to dance for the entire 12 hours, but must, with the exception of two meal breaks, stand for the whole marathon.

"It's the largest amount that we've ever had register on one day," said senior Greg Perlstein, executive director of Dance Marathon. "Last year, it took us a week of registration to get 230 people registered, so we've already surpassed in just one day of registration. We're very pumped about that."

Over 800 dancers participated last year, an increase of 350 from 2005. Even more participants are expected this year.

Because of the increase in participation, Dance Marathon has received a larger allocation of funds from Student Union (SU) than in years past.

This year's initial SU al-

location before appeals was around \$4,680 more than last year's allocation before appeals.

"A lot of that money is needed for taking care of our dancers, providing everyone with food and materials they receive as participants for Dance Marathon," said Perlstein.

Budget increases will also help improve technology in the event. Stereo systems, lighting and live camera feeds will be improved for the event.

During registration, dancers are assigned to different teams. Teams are most often organized by floor, but can also be customized to include friends from other residential colleges. Each team is lead by one or two morale captains, who promote the cause among their floors and generate excitement for the event.

Registration will continue until October 17, less than three weeks before the event takes place.

Dance Marathon is a charity event, with all proceeds benefiting the Children's Miracle Network, and dancers are asked to raise \$150 for the cause.

Each person pays \$25 as a registration fee and finds

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ETITAN HOCHSTER | STUDENT LIFE

Last year Dance Marathon raised a record breaking amount (roughly \$23,000) for the Children's Miracle Network. This year, as the number of registered dancers increase from last year's, Dance Marathon challenges dancers to break last year's record.

Girls in spandex



Our reporter Johann sets the stage as the volleyball team prepares for this weekend's game. Also, find out more about Red Alert's costume competition. **Sports, page 4**

Jill Carnaghi in a hard hat?



What is our assistant vice chancellor for students doing at the construction site? Learn more about the daily lives of Wash. U. faculty, staff and students. **Scene, page 10**

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Pulse



Compiled by Josh Hantz

Friday, September 14

Melting Pot Party

Get your groove on at this charity dance party with music from around the world, and performances by various student groups. While the event is free, donations are requested, and all proceeds go towards building a Habitat for Humanity house in Sri Lanka. WUSauce, Washington University's salsa team, will be performing as well. The dance party starts at 9 p.m. in the Gargoyle and continues until 1 a.m.

Saturday, September 15

Great Forest Park Balloon Race

It's a bird, it's a plane, it's the... Energizer Bunny? Spend your day in beautiful Forest Park watching the launching of over 70 hot air balloons. Participate in food booths, pony rides and photo contests, among other activities. The Skydiving Team performs and lands in the center of the launch field. The action takes place in the Central Field of Forest Park from noon to 6:30 p.m.

Schlafly Beer Festival

Bottoms up! What better way to spend a Saturday than with a nice cold beer? Schlafly brews more than 40 beer styles for this annual festival called "Hop in the City." Sample each of the beer styles, enjoy barbecue food, and the local, live music for \$30 at the door and \$25 in advance. The beer flows from noon to 5 p.m. at the Schlafly Tap Room. Visit www.schlafly.com for more information.

St. Louis Pirate Festival

Arrrrrr! Slap on your eye patch, replace your hand with a hook, put a parrot on your shoulder, speak with a pirate accent and generally dress up and act like a scurvy, no-good sea dog for the St. Louis Pirate Festival. The Festival will take place on Saturday and Sunday at the Rotary Park in Wentzville, from 10 a.m. to 6 p.m. Tickets are available for \$9 for students, \$12 for students. Check out stlpiratefest.com for details, mates.

Sunday, September 16

"Boesman and Lena" at Edison Theatre

The St. Louis Black Repertory opens its 31st season with "Boesman and Lena" at Edison Theatre. Written by South African activist Athol Fugard, the story follows two ragged wanderers who have been evicted from their home and are forced to scavenge for shelter, food and firewood in order to survive. The show starts at 3 p.m. Tickets can be purchased for \$35 through Edison Box Office at 314-534-3810.

ON BECOMING AND REMAINING AN ART CRITIC



Lecture

Roberta Smith

Art Critic

The New York Times

Thursday, September 20
7:00 pm
Saint Louis Art Museum
Auditorium
FREE

Please join us for acclaimed art critic Roberta Smith's lively lecture on the role of criticism in the art world and in life. Smith will discuss her writing process and describe how her views of criticism have been shaped by the publications for which she has written.

Smith was the art critic for the *Village Voice* and a senior editor at *Art in America* before moving to *The New York Times* in 1986.

She has also contributed essays to exhibition catalogues and has received art criticism grants from the National Endowment for the Arts. In 2003, Smith was honored with the College Art Association's prestigious Frank Jewett Mather Award for Art Criticism.

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Tuesday-Sunday, 10 am-5 pm; Friday, 10 am-9 pm; Closed Monday

Feed St. Louis, STONE Soup join forces against hunger

BY DAVID SONG
NEWS EDITOR

Hunger relief takes a new name as two Washington University student organizations merge into a single organization to unify their relief efforts. Feed St. Louis and STONE (Students Together Offering Nourishment and Enrichment) Soup, now working under the name Feed St. Louis, will apply to become a branch of the Campus Kitchens Project (CKP), a national nonprofit organization that utilizes kitchen space from universities for hunger relief.

STONE Soup, a group that operates through the Catholic Student Center (CSC), relies on food drives to obtain their food. Feed St. Louis, on the other hand, has traditionally taken leftover trays of food from Center Court and Bear's Den to homeless shelters in the area.

While the functions of the two groups may have not changed much, junior Tiffany Chung, Campus Kitchens chair of Feed St. Louis, sees synergy in the merge between Feed St. Louis and

STONE Soup.

"Basically, we thought we could collaborate since our causes were similar," said Chung. "It would increase our volunteer base and better serve our clients."

"Our merger has doubled the size of our force. It's exciting stuff," noted STONE Soup President Jay Werber. "With Campus Kitchens, we'll have to focus on a food salvage aspect, which Feed St. Louis has always done."

Werber also stated that the merged Feed St. Louis, in addition to enjoying the benefits of partnering, will work with CKP as an affiliate in its efforts to promote hunger relief. Campus Kitchens exists at a number of universities, including nearby Saint Louis University.

However, the health-certified kitchen required by all Campus Kitchens affiliates, is proving difficult to find, and will most likely be housed off-campus at a nearby location.

"All of last semester, we were looking for kitchens, but Bon Appétit didn't have the availability for us. Now

we're still looking for a kitchen in a systematic way, but it has to be within walking distance of Washington University," said Werber.

Chung described Centenary Cares, a local Methodist church that serves homeless people, as "the best situation" when it comes to finding a health-certified kitchen.

"I don't know when, but I'm hoping [we will find a kitchen] as soon as possible," said Werber. "For now, we'll continue working in the CSC."

Moreover, Feed St. Louis hopes to see new projects for the merged student group as the school year progresses.

"We'll have more awareness events throughout the year, and have more nutrition education programs," said Werber.

For now, Chung recognizes potential, both in the collaboration between the two groups, and in joining CKP as an affiliate Campus Kitchen.

"I'm really excited about it. There's so much opportunity about it. [CKP is] very supportive about the collaboration between us and STONE Soup," she said.

DANCE MARATHON ❖ FROM PAGE 1

sponsors to donate the difference.

"We give you as many opportunities as we can to help you raise that money," said Perlstein.

According to Perlstein, the Dance Marathon executive board will help teams plan fundraisers such as date auctions and breakfast fundraisers to assist teams in achieving their goals.

For the most part, the morale captains decide how their floor raises money.

"They leave it up to us," said freshman and morale captain Tricia Bailey.

Prewritten letters, describing the event and the cause, are also available for students who are looking to increase their donation total.

The dancer who raises the most amount of money will receive two round trip tickets to anywhere in the U.S., Canada or the Caribbean compliments of American Airlines.

For college students, raising \$150 may prove to be a daunting task.

"It's a challenge," admitted freshman Harry Hartfield, "but I think it's a good challenge."

In 2006, Dance Marathon

raised roughly \$123,000 for the Children's Miracle Network.

"We're trying to integrate the hospitals more," said senior Dan Silver, highlighting St. Louis Children's Hospital and Cardinal Glennon Children's Hospital in particular.

"When you think about it, standing for 12 hours is really nothing compared to what these kids are facing in the hospital," said Perlstein. "We are definitely optimistic that we will be able to achieve our goal of welcoming 1000 participants to Dance Marathon."

CORY BOOKER ❖ FROM PAGE 1

to "excel in community service," a central value of the Ervin Scholars.

Senior Whitney Richie, an Ervin Scholar, describes Booker's visit as a chance to motivate everyone on campus.

"[Booker's talk] is something that everyone could benefit from hearing," said Richie. "I'm hoping to learn something and be inspired."

In his efforts to bring a new energy into social change,

the mayor has worked to tackle Newark's rampant crime problems by initiating gun-registration ordinances and forming civic organizations. In 2002, Booker founded Newark Now, a community outreach group that supports residents in transforming their neighborhoods into productive environments.

Still, Booker's administration has not been immune to adversity. The murder rate, encouraged by a "no-snitch"

culture of silence, remains the principal problem facing the city, along with a high poverty rate and slow economic development.

Booker's talk, held today at 4 p.m. in Laboratory Sciences, is free and open to the public.

The program is co-sponsored by the Assembly Series and Campus Week of Dialogue. For more information, visit assemblyseries.wustl.edu.

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New rival introduced to battle popular Common Application

BY JOSHUA GOLDMAN
CONTRIBUTING REPORTER

The Common Application has a new competitor in the Washington University Office of Admissions. Beginning with the class of 2012, applicants can apply to the University using either the Common Application or the new Universal College Application (UCA).

While the two applications are virtually identical, the UCA asks applicants to write the common essay on any topic, an unpopular final choice on the Common Application's list of essays. The new UCA offers a less extensive application that is intended to diversify the applicant pool at all participating universities.

UCA creator Joshua Reiter, the founder of the for-profit corporation ApplicationsOnline, also pioneered the unified application process by introducing the Common Application online in 1998.

Reiter, whose company lost its technology contract with the Common Application this year, introduced the UCA to encourage more low-income, first generation and minority applicants to apply to institutions that they would previously never consider. According to Reiter, he introduced the UCA to diversify the applicant pool at all universities.

In order to join the Common Application consortium,

a school must require teacher recommendations and an essay—options many universities do not require. In contrast, any accredited institution that upholds the National Association for College Admission Standards' Policies of Good Practice can join the UCA. Theoretically, the UCA consortium could include more institutions than the Common Application, thus making it easier for students to apply to a wide range of schools.

Only 400 universities comply with the application standards of the Common Application, 315 of which are already members. The UCA has the potential to include even more institutions, including those that use the Common Application, since each institution can draft a supplement to fill any holes left by the UCA.

Rob Killion, executive director of the Common Application, disagrees with the stance of his corporation's new rival. Killion believes that his corporation's application needs no change and that low-income applicants are best served by a more detailed application, since it allows colleges to better evaluate students based on academic factors alone. In a press statement, Killion emphasized his company's view of a holistic application that enables institutions to view students in manners other than by their test scores.

Despite Reiter and Killion's

assertion that the two applications are different, students may not see a noticeable difference in their admissions process.

When asked why the University decided to adopt the UCA in addition to the Common Application, director of Admissions Nanette Tarbouni emphasized the University's inclusiveness of college applications.

"We are being open to accepting both since it helps make things easier. I imagine that most students will use the Common Application this year—until the UCA becomes better known. I don't really see any major differences either [between the two applications]."

Since the two applications mirror each other, many institutions have chosen not to adopt the UCA.

Jean Jordan, director of admissions at Emory University, explained that Emory will not adopt the UCA since the university already offers two applications—Emory and Common—and the school is changing its technology system this year.

While Emory has not chosen to join the UCA, Jordan stated, "I really [can't] predict the future of the Universal Common Application, but I certainly wish Josh Reiter and his team the best."

The UCA now has 35 members, notably Harvard, Duke, and Johns Hopkins Universities, along with Washington University.

STEM CELLS ❖ FROM PAGE 1

that these activists have been given more credibility and attention than their efforts merit.

"Anti-stem cell advocates really deserve to be marginalized due to their inability to get support in legislature," said Rubin.

Earlier this year, Missouri Representative Jim Lembke and Senator Matt Bartle introduced versions of a resolution to place a ban on stem cell research on the 2008 ballot. Both of these bills never made it to the legislative floor because they were defeated in sub-committees.

Steven Teitelbaum, the Messing Professor of Pathology and Immunology at the Washington University School of Medicine, has testified before representatives and senators on behalf of the benefits of stem cell research.

Teitelbaum currently uses the stem cells of mice as a research tool in his study of osteoporosis. In the future, he hopes to incorporate human stem cells into his research.

Teitelbaum has remained optimistic in the face of the opposition's efforts to repeal the stem cell amendment.

"I think we have a challenge, but we won last time and we will this time," he said.

Despite the fact that the amendment passed by a slight margin of 51 to 49 percent, and the secretary of state's records show it was rejected in 96 of the state's 114 counties, Teitelbaum is confident that the opponent's anti-stem cell rhetoric does not reflect the sentiment of most Missourians.

"The opposition does not appreciate that the majority of Missourians support all forms of stem cell research. That op-

position is working against the wishes of Missourians," said Teitelbaum.

Both Rubin and Teitelbaum pointed out that opponents of the research have fared so poorly that they have been forced to take an entirely new approach. Because opponents have come to realize that the majority of Missourians do support stem cell research, they have begun to call their cause "anti-cloning" rather than "anti-stem cell."

The controversy over what constitutes cloning boils down to a debate concerning where the replication of cells takes place. Proponents of stem cell research maintain that only the implantation of a fetus in the uterus constitutes cloning, whereas opponents claim that even the replication of cells occurs in a Petri dish should be considered cloning.

Laurie Roberts, the spokesperson for the Stowers Institute of Medical Research, said that the New York Times article had a skewed account of what has taken place at the institute. According to Roberts, even though there have been some setbacks, stem cell research has been moving forward at the institute.

In June, the Stowers Institute for Medical Research temporarily suspended plans for a \$300 million expansion due to the "persistent negative political climate." Two top researchers at the Harvard Stem Cell Institute, Kevin Eggan and Chad Cowen, had agreed to move to Missouri but have since put their plans on hold.

"It was our hope to immediately attract the best researchers and but because of [anti-stem cell activists] efforts to immedi-

ately overturn the amendment, the scientists are now taking a waiting and seeing approach. They don't want to uproot their research and their families and come here to have the amendment overturned," said Roberts.

Although plans for expansion have been put on hold, the institute recently purchased 100 acres of land in Missouri.

"While the current climate may not be ideal, we are optimistic that the people of Missouri will recognize the benefits of stem cells. This was one of the main reasons why we purchased the land in Missouri," said Roberts.

In addition to the new land, research at the institute has had a big advancement: embryonic stem cell research is being conducted for the first time. Dr. Olivier Pourquie moved to the Stowers Institute last winter. His team is currently conducting research with human embryonic stem cells.

In terms of progress, Teitelbaum said that the United States is falling behind other nations like Israel and Singapore in stem cell research and that Washington University is lagging behind comparable research institutions like Harvard University and Stanford University.

Harvard and Stanford are better equipped to attract the nation's best researchers because these universities are situated in states with more conducive political climates. Unlike Washington University's research, which is primarily funded by the government, these universities have set up privately funded research institutes so they face fewer restrictions and have greater access to human stem cells.

CS40 College Council Election Results

Liggett/Koenig
President: Mckenzie Moore
Vice President: Shira Solomon
Secretary: Michael Cohen
Treasurer: Jordan Roberts
Assembly Reps: Cindy Gallin; Kara Hendrickson; Jerry Porter; Hannah Taylor
College Council Reps: Andrew Bochner; Risa Eilbaum; Michelle Kolodny; Shauna Miller; Andrew Schumeister; Peter Comerford

Park/Mudd
President: Nannan Zhang
Vice President: Bob Tacconi
Secretary: Morgan Fixel
Treasurer: Nicole Tatz
Assembly Reps: Joe Bertroche, Kevin Lam, Adam Panzer, Stephanie Volftsun
College Council Reps: Nicole Bakshi, Vanetia Cannon, Adrian Githuku, Ly Pham, Alison Stempel

Ruby/Umrath
President: Michael Chen
Vice President: Jake Novick
Secretary: Rachel Thompson
Treasurer: Arian Hassanalizadeh
Assembly Reps: Andrew Cortopassi; Brian Dorne; Young Kyung Lee; Tiffany Ogawa
College Council Reps: Reva Clemens; Perri Feinsilber; Vanessa Lukas; Nicole Salzman; Katharine Thomas; Bob Yu

Wayman Crow (Dardick, Nemerov)
President: Stacey Goebel
Vice President: Sally Wippman
Secretary: Ciara Caprara
Treasurer: Anchit Mehrotra
Assembly Reps: Alex Christensen; Randall Pippenger; Lisa Thompson; Jessica Yeung
College Council Reps: Anna Arkin; Lana Hompluem; Alexander Jacobs; Beth McNellis; John Schneider; Minti Shah

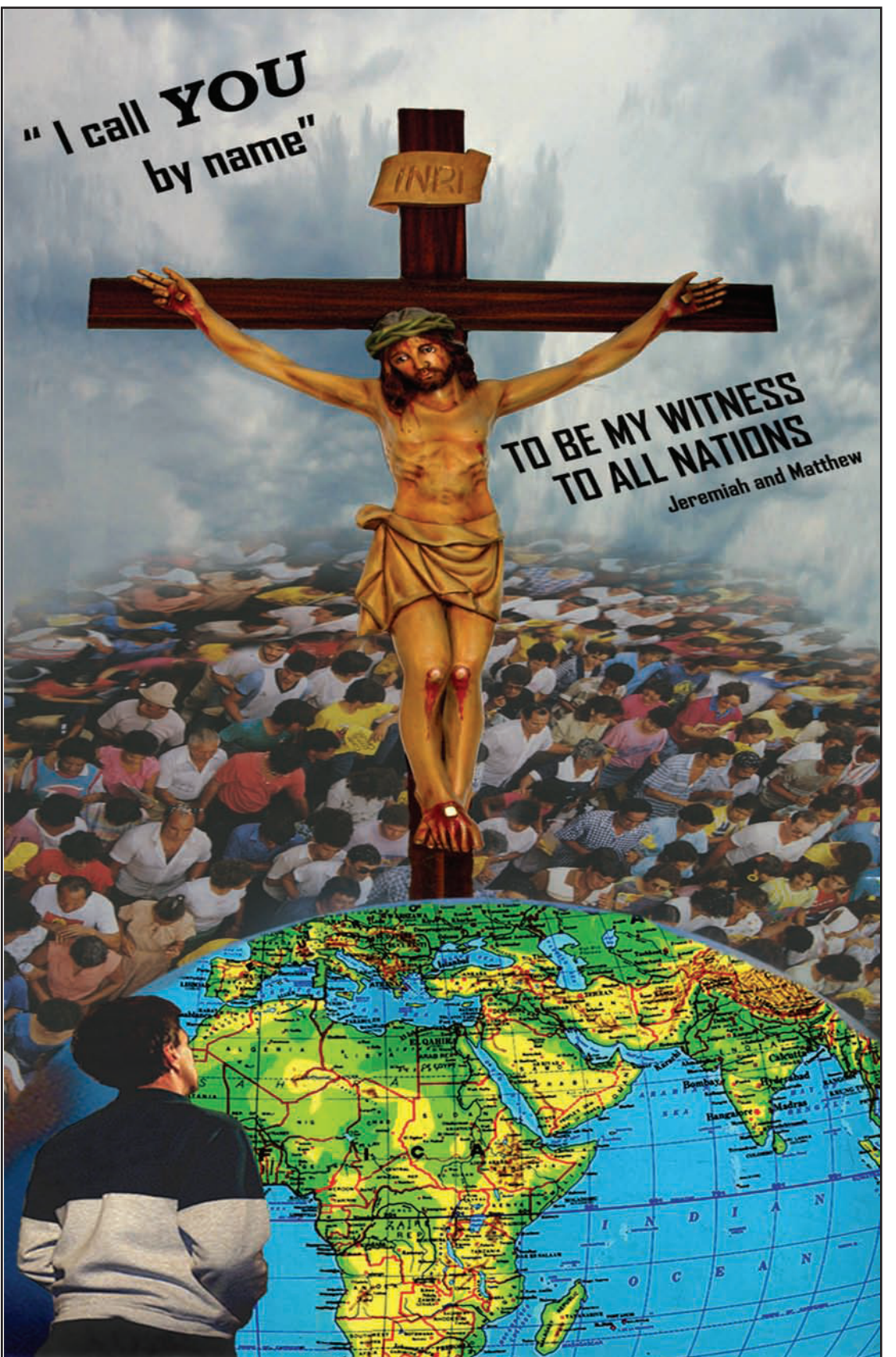
WGE (Danforth, Shepley, Wheeler)
Mediator: Alice Gu
Freshman VP: Ambrose Wu
Upperclassman VP: Brian Lee
Secretary: Jamelah Neal
Treasurer: Will Dahl
Assembly Reps: Amanda Hay; Annie Kwan; Michael McDonald; Nandan Prasad; Christopher Teng; Hugh Williams
College Council Reps: Jen Kerikari; Michael Park; Charles Bittner-Rossmiller; Nathan Regenal; Chase Sackett; Josh Tan

Brookings (Lien, Gregg)
President: Andrew Seidel
Vice President: Becca Shareff
Secretary: Brendan Blase
Treasurer: Ross Fellars
Publicity Chair: Stefanie Horowitz
Assembly Reps: Joseph Chen; Christine Ford; Jimmy Ma; Rachel Kleinman
College Council Reps: Adeete Bhide; Darren Finkelstein; Scott Kihg; Eric Kim; Matt Lanter; Rishi Pandya; Laura Steefel-Moore

HIGE (Hitzeman, Hurd, Myers, Eliot)
President: Selam Kidane
Vice President: Alan Lundeen
Secretary: Nick McKenna
Treasurer: Chrystal Okonta
Assembly Reps: Spencer Berry; Cara Clurke; Ben Haefele; Debbie Lewis; Jeremy Slevin
College Council Reps: Ariel Albertson; Brittany Bernacchi; Jamie Blau; Alex Garcini; Merigan Mulhern; Dan Riff; Jessica Williams

JKL (Dauten, Shanedling, Rutledge)
President: Alex Choi
Vice President: Kimberly Burfiend
Secretary: Lauren Chircus
Treasurer: Sylvester (Sly) Marshall III
Assembly Reps: Michaela Wilson; David Kan; Jon Eisen; Felix Hu
College Council Reps: Amy Crumpler; Tim Shoemaker; Liz Caravati; Cheryl Chi; Josh Morris; Allison Kong

Lee/Beau
President: Michelle Lu
Vice President: Roshni Shah
Secretary: Annie Cai
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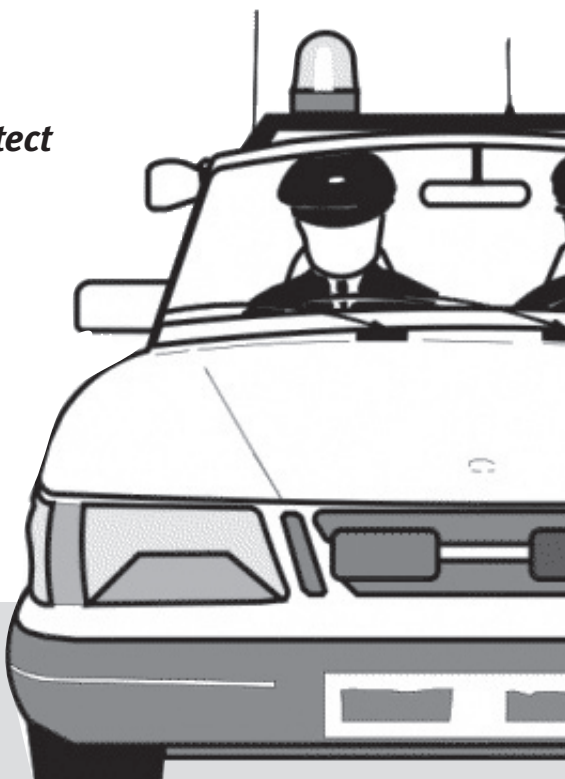
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SPORTS

PREVIEW

Godzilla, King Kong teams to arrive at Wash. U. this weekend

❖ Volleyball faces toughest weekend of season in Teri Clemens Invitational

BY JOHANN QUA HIANSEN
SPORTS REPORTER

The ground is shaking and squirrels are darting for their trees as giants arrive in St. Louis. "We have Godzilla, King Kong and all these great teams coming this weekend," said Head Coach Rich Luenemann. "The tournament this weekend might prove to be better competition than the Final Four."

On Friday night, the Washington University (no. 4) volleyball team will go head to head against reigning national champion Juniata College (no. 2) at 7:30 p.m. The Bears are looking for revenge as Washington University fell to Juniata in a tightly fought NCAA championship game, 3-2.

Saturday's action in this tournament of volleyball juggernauts will also include games against University of La Verne (no. 14) at 9:30 a.m. and University of Wisconsin-Whitewater (no. 3) at 3 p.m. Every team participating in the Teri Clemens Invitational has won at least one NCAA championship since 2001, with Juniata and Whitewater holding two apiece.

Last weekend, the Bears fell to now top-ranked Wittenberg University in a tight four-set match. The team is hoping to avenge that close loss this weekend.

"We have something to prove and nothing to lose and we're going to play like that," said junior Alli Alberts.

If last weekend's games are a preview for this weekend, then fans should expect to see balls flying at breakneck speeds as players dive for the floor to save the ball from a kill attempt.

Red Alert, with about 3,500 members, has many plans aimed at packing the Field House, including its signature free pizza at 7 p.m.

"We're going to get everyone to wear Red Alert shirts to class and paint the campus red," said Co-Director of Red Alert Kristy Kramer.

A costume and serving contest will also be happening as fans show off their creativity or sporting prowess. The winner of the inaugural red character contest, which involves dressing as any character who's primary color is red—such as the



Coach Rich Luenemann talks to the team during a timeout while playing Concordia College at the Washington University Invitational in the Athletic Complex on Sept. 8.

Red Power Ranger, Super Mario or Elmo—will receive a \$200 airplane voucher.

The serving contest, slated to be held between the second and third set, will feature 10 students competing for T-shirts, Domino's Pizza and the grand prize of a DVD player.

Members of the volleyball team have expressed their gratitude to their fans, especially the basketball and football

players for all their support.

To be the best fans, "Just be as loud as possible," said junior Ali Crouch. "A little face paint never hurt anyone."

If the free pizza, T-shirts, contests and quality play do not prove exciting, there is still the ultimate reason to go to any volleyball game.

"Come on...girls in spandex," said Alberts. "What more could you want?"

WOMEN'S SOCCER

WU 3 • PRINCIPIA 0

Hat trick wins game for Bears

BY TRISHA WOLF
SENIOR SPORTS EDITOR

Caitlin Malone had the game of her Washington University career this week. The junior scored all three of the Bears' goals in Tuesday's soccer victory over Principia College (4-2). With this latest win, the team moves to 5-0 on the season heading into play at the Loras College Classic this weekend.

"It was really a team effort," said Malone of her hat trick. "Others really worked hard and I was assisted on each goal."

Principia appeared to be a worthy foe for the season's home opener. Their play strategy featured a tricky off-sides trap, making it hard for opponents to have a constant flow to their game. In fact, they caught the Bears offside 18 times over the 90 minutes of play. However, they could find no answer to Malone's exceptional play.

Malone's first goal of the evening came just 10 minutes into the game. Sophomore Caryn Rosoff brought the ball down the field and crossed it to senior Marin McCarthy. McCarthy then passed the ball to Malone who put the one-timer past Principia goalie Kenzie Jones.

Just seven minutes later, she was at it again. Senior Abbey Hartmann set her up with the perfect cross and Malone finished off the point.

"We came out strong after a not so good weekend," said Malone. "We watched film and saw what we [needed] to work on."

Wash. U. dominated play

for the rest of the half, but could not get anything else into the net. Sophomore Therese Fox came close in the 24th minute, but Jones made a particularly good save. Classmate Becca Heymann also got hot toward the end of the half, but her shots fell just off the mark.

Malone completed her hat trick at the beginning of the second half. In the 52nd minute, Fox gave Malone the ball 20 yards out and she put it into the corner.

"She was incredible," said head coach Wendy Dillinger of Malone. "She put the ball away and picked up a lot of offensive presence."

Even with a comfortable lead, the Bears never let their intensity die. The defense played a particularly stellar match, rarely letting the ball travel to their half of the field and only allowing three shots the entire contest. Keepers Carrie Sear, Amanda Boe and Katy Southworth combined for the shut-out.

"We struggled last [weekend] so we refocused and came back," said senior back Jessica Deneweth, who sat out all last season with an injury. There was no sign of any recovery struggle Tuesday as she played a key role defensively, particularly in the second half.

The Bears head to Iowa this weekend and return home Sunday, Sept. 23 when they play Illinois Wesleyan.

"Our movement on and off the ball was great," said Dillinger. "[This game] was a confidence boost and gives us momentum heading into the weekend."

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We welcome your submissions and thank you for your consideration.

FORUM FLASHBACK

Upperclassmen need to eat, too!

Every year, large numbers of upperclassmen who live in the Village must grapple with the severely limited hours of operation at the Village eateries. In light of the fact that these hours have remained essentially unchanged, we are publishing a staff editorial from the October 30, 2006 issue of Student Life, which advocates extending the hours of the Village eateries. We believe the message of the editorial is still relevant today.

If there's anything distinctive about college, it's the weird hours at which people function—suddenly, midnight has become the new 7 p.m. and 1 p.m. seems like a nor-

mal time to start one's classes and work for the day. This means that students often find themselves eating at irregular times. Eating the third meal of the day later at night is a regular occurrence and often times lunch falls in between classes and the beginning of homework, somewhere in the middle of the afternoon. For some students, this isn't only a lifestyle choice, but also a forced phenomenon that results from packed class schedules from early in the morning until the afternoon. In general, Wash. U. has done a good job accommodating the odd schedules of students by having Danforth Campus lunch options like Subway or Whispers open into the

afternoon and keeping places on the 40, like Bear Mart and Bear's Den, open respectively until the early hours of 1 a.m. and 2 a.m. Despite the general successes of the Wash. U. dining options, there remain a few changes that could make eating more convenient for students.

The first of these changes would be expanding the hours of the dining hall in the Village. Though Village housing was originally made up largely of married and graduate student housing—a population with a potentially slightly more normal eating period—it has become home to more and more undergraduate students throughout the years.

Particularly this year, as a

result of the University's fall housing crunch, the Village houses a significant number of undergraduates who keep the same hours as those living on the South 40. The infiltration of undergraduates into the Village means more people hanging out in the Village and hungrier students who want food after 8 p.m., Sunday through Thursday. If the midnight rush at Bear's Den is any indication, keeping the Village open later would be profitable for the University and also an asset to students who live on the North Side of campus.

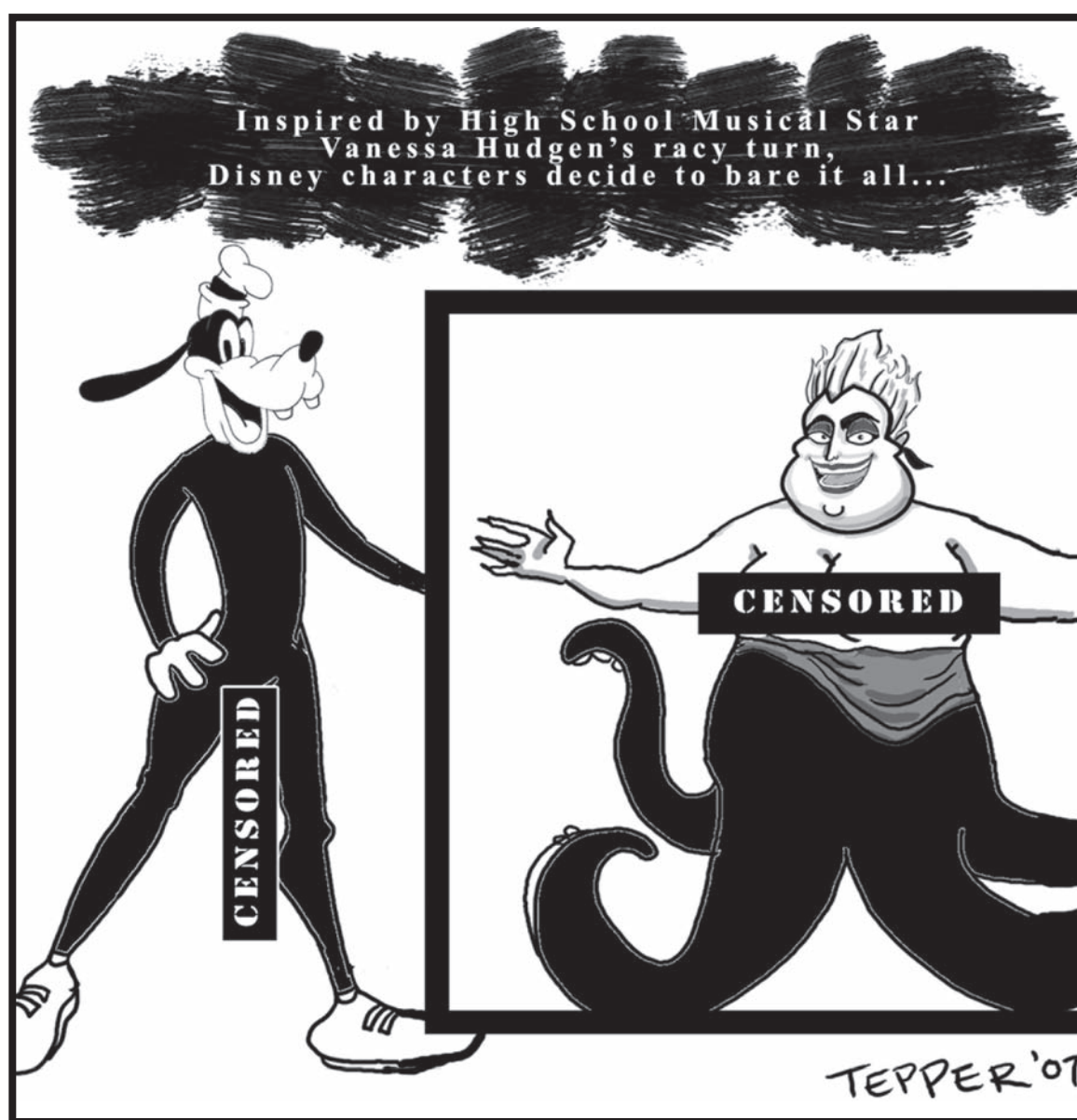
Let's face it, food is vitally important to late night study sessions and student existence in general, walking

across campus to the South 40 in the middle of the night is extremely inconvenient (not to mention cold) and it seems keeping the Village food venue open later would only benefit Wash. U. While providing students who live on the North Side an option for eating on campus late at night and in the afternoon is critical to many students, opening Bear's Den or Bear Mart earlier in the morning would also help other students. Though being open at this time may not be as profitable as other times because it isn't a high rush period, there are athletes who really should be able to eat a solid breakfast before they go to practice.

Not only is breakfast "the

most important meal of the day," but for athletes who are burning a lot of energy, it seems especially important. The University should provide some place on campus where athletes and anyone else who might happen to be up at a normal hour on the weekends can eat breakfast. Though providing some food options in the morning is important because some students do have weekend lives that begin before lunch, it's understandable that the University has been hesitant to do so. Extending the Village hours, on the other hand, seems like one of those rare ventures that would allow the University community to have its cake and eat it too—past 8 p.m.

RACHEL TEPPER | EDITORIAL CARTOON



Chinese unrest envelopes rural areas

BY JOSHUA MALINA
STAFF COLUMNIST

The recent recall of paint-laden children's toys, toothpaste and other goods imported from China may well encourage safety reforms (or the death of Chinese health officials, as punishment is often meted out there) from the number one source of U.S. imports in the world. It won't, however, solve a tide of other problems plaguing the nation as it further industrializes, including the destruction of rural life for the millions of villagers excluded from their country's economic transformation.

Evidence of the civil unrest comes in the form of riots among farmers and others not profiting from the country's industrial boom, which numbered 87,000 in 2005, compared to a mere 8,700 in 1993, according to an article in *Adbusters* magazine. Specific rural areas, like Dongzhou village in southern China, have been sites for deadly armed conflicts between police and residents, as poor residents demand compensation for the construction of power plants and other projects on land they used to farm.

Unfortunately, the benefits of economic booms are not equitably allocated to all citizens of an industrializing country, and many, especially the uneducated and rightless, often get the short end of the stick. This inequality is exaggerated further in a country like China, where poor villagers still living by the rules of the 15th century have never known property rights, or what it means to own something apart from the government. So when these farmers' lands suddenly become prime real estate for the construction of a power plant, a toy factory or some other institution of capitalist development, they are often not fairly compensated for the loss of a lifestyle now becoming quickly obsolete.

So, they often take to the streets, where they are paid for their land in the form of bullets and bruises from police-hired thugs, whom the

government finds cheaper to employ than actually paying the villagers for their resources, both in a monetary sense as well as in accountability, as a nascent national press and a heavily regulated Internet prevent such news from coming to light.

These conflicts have become a regular occurrence in the Chinese countryside and in poor urban areas, where the gap between the very rich and the very poor has been so exaggerated that the wealthy are often above the law, able to bribe themselves out of any legal conflict involving the working poor, who have no such recourse.

In 2005, a riot broke out among workers angered at police indifference to the injury of a bicycle rider on his way to work, who, after being hit by a car driven by the owner of a local hospital, had his legal rights ignored.

Unfortunately, this duality of Chinese life is not only the product of a loose legal structure, but principally is due to the influence of world goods and financial markets, who have financed this economic development. Every year, through the purchase of billions of dollars of imports from the burgeoning country, as well as billions of dollars of financial capital flowing into the country's business, both investors and consumers are to blame for providing the motor for this economic upheaval.

This is not to say that we should stop purchasing cheap, Wal-Mart distributed consumer items, as some have suggested, or refrain from reaping high returns on emerging markets funds pouring money into the country, which would certainly help, but to recognize, at the very least, that in the globalized world that we inhabit, little that we do thousands of miles away from a country like China can be felt in the everyday struggles of its citizens.

Joshua is a sophomore in Arts & Sciences. He can be reached via e-mail at joshua.malina@gmail.com.

The 500 sex tricks you really shouldn't try

For most of my life I've managed to avoid the major pitfalls of my sex. I was never a Barbie girl. I didn't get decked out in butterfly clips and bell-bottoms. I'm not graceful in heels. I don't watch "The Hills" and I've never participated in a three-way phone call.

To my knowledge, I don't own anything sparkly. But I am no match for *Cosmopolitan* magazine.

It started out innocently enough. Freshman year I started buying *Cosmo* to read on flights to and from school. I believe there's some widely held, unwritten rule that you can read trash on a plane sans judgment. So, on the four hour flight from St. Louis to L.A., I would inevita-



Tess Croner

bly read the whole thing start to finish, trying to hide the "six million new, mind-blowing tricks to maximize his orgasm" from the old lady sitting next to me. But then, like some terrible sickness, things got worse. True, I never got a subscription (at least not yet), but somehow I always managed to cross paths with *Cosmo* each month (with or without flying Southwest). And I hit rock bottom this summer. One day, I had a half hour break from ecology fieldwork and (still in my rattlesnake chaps) I went into the gas station to buy the new issue of *Cosmo*. My coworkers never looked at me the same way again.

Now, I know *Cosmopolitan* has its flaws. It's redun-

dant—I think I've been told to tie him up and strap him down at least 50 times. It's ridiculous—many of those sure-fire sex tips would have any man running for the hills. It's shallow. Very shallow. But let's move past all that, please. None of that puts a dent in *Cosmo*'s universal appeal. It's that simple.

No one can resist. No one. In a culture that is so fascinated (obsessed?) with sex, it's hard to reject a magazine that promises to keep you ahead of the curve. I admit that my expectations for startling insights and real-life rewards from reading *Cosmo* get lower with each issue, but I'm still an optimist.

When *Cosmo* promises to answer my deepest relationship questions or deliver the best sex of my life, I can't help but feel a little curiosity.

For example, this past issue threatens, "Could Your Man be Gay? The Foolproof Sign." Now, see, that's just absurd... but what if it's not? What if he is? And, so, once again, *Cosmo* has tossed out the bait and hauled me in.

The worst part is, even when I'm so frequently disappointed with the goods, I keep coming back like a whipped puppy. It's like a bad relationship: I lose brain cells and dollars and for what? The same old hackneyed sex tricks and some fashion advice I'll never use? Does reading *Cosmo* really put me ahead of the curve? Probably not. Maybe the next issue will give me a better idea.

Tess is a junior in Arts & Sciences and a Forum editor. She can be reached via e-mail at forum@studlife.com.

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A theory of men and muffins

BY SARA REMEDIOS
STAFF COLUMNIST

First, a confession: I read chick lit. A lot of it. In my readings, I recently came across a theory devised by one of the more inventive authors, holding that men come in two varieties: donuts and muffins. Donuts, it was said, are the attractive jackasses, who are without exception shiny and irresistible on the first day, but who the morning after are slightly soggy and stale, becoming progressively less desirable.

“It boils down to one essential fact, true of diets and dating: always read the label.”

They make you feel guilty for wanting them, dumb for being drawn in by temporary appeal. Muffins, on the other hand, are not irresistible, but they are substantive—they have fiber and nutrients. Muffins may even look better the morning after, and they never give you a reason to regret having indulged.

For my column today, I've decided to take this impressive theory and extrapolate a bit, offering a new (if not original) way to look at dating.

First, we should add a few more varieties: muffins disguised as donuts, and donuts disguised as muffins. In the former group we find all those delicious tasting, healthy alternative muffins they sell at Ursa's—low fat, but nonetheless sugar-coated and full of flavor. They may not be as irresistible as a

chocolate-glazed Krispy Kreme, but they'll still make you look twice. They have intrigue, and substance. These are the best, but the most rare.

In the latter category, we find what they sell at Starbucks—blueberry muffins that many buy thinking they're being healthy, failing to realize that there are 40-some grams of sugar and 20-some grams of fat in every serving. There may be a little fiber, but it's rarely enough to justify the indulgence and almost never as much as you expected going in. You saw a muffin, but you ate a donut just the same. These are the worst, because you don't see it coming.

The problem, then, is first distinguishing which is which, and next convincing your cravings of what your head knows is right. Sticking to the diet, if you will.

As with a diet, it's easy to rationalize: “Sure, it's a lot of sugar, but there's almost no saturated fat!” Do not fall into this trap. Seeing substance where there is none is what keeps people in abusive relationships (or at the very least, unfulfilling ones); looking at donuts and convincing yourself they're muffins is how you end up with type II diabetes (aka the herp).

Another common rationalization: “I'll eat this now and start again tomorrow. Tomorrow I'll be healthy, but tonight I just want it to taste good!” This excuse is much less dangerous, but can lead to trouble just the same. It's not that you can't enjoy a perfectly good donut now and again, but too many can lead to weight gain and sugar comas (and eventually, type II diabetes). You have to be



aware of what you're eating!

So how can you tell which is which, and how do you stick to the diet? The book, and again I'm extrapolating here, implied that family and friends should be used as a guide—the FDA of dating, if you will. They can't neces-

sarily convince you not to eat something that you really want, that you really think will taste delicious, but they can give warnings against obviously bad decisions and hold your hair back when that sugar binge comes back up on you. They probably also have

a relative sense of your metabolism—what you can take, and what will bring the diet crashing down around you. At the end of the day, though, it boils down to one essential fact, true of diets and dating: always read the label. [The above theory was

adapted from the donut-muffin theory of men recounted in Jennifer Crusie's “Faking It.”]

Sara is a junior in Arts and Sciences. She can be reached via e-mail at saremedi@wustl.edu.

Swiping away our sense

BY ANDREW WEISBERG
STAFF COLUMNIST

The term “nickel and dimed” gets thrown around a lot these days. From annual tuition hikes to STS's comprehensive Internet and cable fee, Washington University appears relentless when trying to squeeze a few (hundred) more dollars from the student body.

Although these aforementioned costs supposedly benefit students (by financing the construction of the new student center or saving certain students money on their Internet and cable charges), the University's current meal point system brings students higher costs with no conceivable gains.

Student response was swift and direct when STS announced its controversial comprehensive cost plans, but no significant debate has ensued over the fact that students, particularly freshmen, routinely overpay for

their meal plans only to lose their (often substantial) leftover points at the end of the year. Not only does student inaction allow this issue to continue, but the fact that Washington University allows such a faulty and unfair system to exist at the expense of its students puts the University's priorities in question.

Washington University prides itself as an institution that takes care of its students and gives them the freedom to be independent, but its meal plan policy violates both of those goals. Under the system currently in place, freshmen are required to buy a minimum of 2,780 points for their first year. Because freshmen are not allowed to purchase the smaller, and often more appropriate, meal plans offered to older students, many freshmen finish the year with hundreds of dollars worth of leftover points, which do not roll over to the next year, but instead become a donation to Washington University's pockets.

Under the Square Meal Deal plan, the smallest plan that first year students are

“Many freshmen finish the year with hundreds of dollars worth of leftover points, which do not roll over to the next year but instead become a donation to Washington University's pockets.”

allowed to buy, meal points cost \$1.42 per point, an overcharge that supposedly compensates for Missouri sales tax. The University offers a few different gradations of meal plans to South 40 residents, ranging from the small Grab-A-Bite plan (which isn't available to fresh-

men) to the largest Bountiful plan, where the student buys 3,200 meal points for \$4,380. Even though this larger plan should logically give students a significant per point discount, students on this plan pay only six cents less per point than their Square Meal Deal counterparts.

Although freshmen are essentially locked into this pricing scheme, older students are able to pay less for the same meal plan by purchasing additional meal points at \$1 per point. Under this system, a freshman on the Square Meal Deal plan could buy an additional 420 points at \$1 per point, essentially purchasing the Bountiful plan for \$4,350, \$30 less than they would have paid had they bought the Bountiful plan outright. Upperclassmen, who are allowed to initially purchase smaller meal plans could save even more money, upgrading the Grab-A-Bite plan to 3200 points for \$80 less than buying the Bountiful plan outright.

Although \$30, or even \$80, does not seem very substantial compared to the cost of University tuition, the fact that the current system forces freshmen to buy any meal points at all, much less setting the decently large Square Meal Deal plan as the minimum purchase level, leads to the conclusion that the University does not have the students' best interests at heart when creating its policies. Even though it is certainly convenient to eat on campus and almost all students would choose to buy meal points in the absence of such a system, the University should allow each student to buy the amount of meal points that they personally desire. Although mandatory freshman meal plans are a common fundraising tool at most campuses nationwide, I would like to see Washington University be a leader on the path of honesty rather than misuse its authority and jump on the bandwagon of greed.

By recommending, but not requiring, that students buy a certain number of points in their freshman year, the University could continue to provide guidance to new students without using its powers for unfair financial gain. Such a policy would encourage students to buy the correct number of points as the year progressed, preventing students from finishing the year with hundreds of points (representing hundreds of dollars of their parents' money) wasted and unspent. Although such an open and honest system would no doubt cost the University potential revenue, eliminating such a blatantly self-indulgent system would certainly ease student concerns over the administration's questionable “nickel and diming” tendencies.

Andrew is a sophomore in Arts & Sciences. He can be reached via e-mail at ajweisbe@wustl.edu.

Yo! MTV Craps: What happened at the VMAs?

BY ALTIN SILA
SENIOR STAFF COLUMNIST

Maybe I'm too old to still be watching the MTV Video Music Awards, but I couldn't help but watch this Sunday as the VMAs took over the Palms Casino in Las Vegas—a grave mistake. I think I can unequivocally say that it was one of the worst things I've seen on television in a long time.

I spent the first hour (yes, I actually watched more than an hour of it) trying to figure out who the host was, what happened to the podiums, and why they kept cutting to random hotel rooms for 30 seconds at a time.

I wasn't the only one having trouble; I don't think anyone really understood it. There was a main room with a main stage and lit up tables that served as dance floors for the so-called performers, and the celebrity audience was kept almost completely in the dark. All I could make out was a grill or two. At

times chosen for no apparent reason during the show, they cut to various “party suites” where bands were shown mid-song for about 30 second periods before cutting away. I'm still trying to understand the logic behind doing this. I guess they took the brilliant format from TRL—have a show completely about music, but allow each song a chorus and half of a verse of air time.

The only theme I could discern from the show was some kind of strange, '80s, robotic technology motif. The graphics were made to look like they came from old VCRs or TVs, I think. (I had a lot of trouble figuring this one out too). Hasn't this '80s resurgence fad gone far enough? It started with the Aviator glasses, then came the pink popped collars and now T-Pain's enormous success ought to signal the end. (I actually heard Sway, the Walter Cronkite of MTV, make the statement that “T-Pain has monopolized the robotic-sounding-singing-voice-in-hip-hop market.” I hear he's in

contention for a Pulitzer Prize this year.)

The show did have a few high points though: Kanye West and Soulja Boy doing the Superman, Sarah Silverman's vicious rip on Britney and Paris, and Miss Teen South Carolina's 15 minutes ending. In a perfect example of MTV's incompetence, the most entertaining event was completely missed by their cameras: Kid Rock and Tommy Lee's fight. The show was so bad that seeing two washed-up former rock stars slapping each other around over a hot blonde from 10 years ago would've been interesting.

But it wasn't that the show was extremely boring as much as that it was extremely bad. It was confusing, odd, poorly produced and poorly directed. There wasn't a host—which took me a while to figure out, and the performances were absolutely awful. Are Fall Out Boy, Panic! At the Disco and Gym Class Heroes really the best rock 'n' roll has to offer these days? And should I even

mention the Britney Spears performance? All I'll say is that Kanye West had it right when he said the other day that she was exploited by MTV. It's obvious that she wasn't in the physical or mental

“The show was so bad that seeing two washed-up former rock stars slapping each other around over a hot blonde from 10 years ago would've been interesting.”

shape to make her so-called comeback, and MTV probably wouldn't have gotten half of their ratings, or the press coverage, without her opening the show.

It wasn't the only questionable tactic MTV used. George

Maloof Jr., who runs the Maloof family-owned Palms Casino, told the Associated Press that the people seen gambling in the casino during the show were actors cast by MTV who were “gambling” with fake chips. It's also been reported by some sources that the “party suite” performances were not only carefully directed and not as impromptu as they appeared but that they were pre-recorded days prior to the award show.

It shouldn't come as a surprise though. This year's Video Music Awards were just the latest example of what has happened to MTV. MTV was once a form of alternative media where music videos were played constantly. It was once the safe haven for artistic expression from the corporatization of the music world.

Now, MTV has become that world. It has become more concerned with the industry of music than the music itself. Music videos have virtually disappeared from the channel and have instead been

replaced by mindless reality shows, most of which have no relation to music.

Here's just a sampling of Music Television's current programming: “Engaged and Underage,” “My Super Sweet 16,” “The Hills,” “Newport Harbor: The Real OC” (because we really needed two different spin-offs of a reality show based on a horrific FOX drama), “The Life of Ryan,” “Date My Mom,” “Wanna Come In?” and “Parental Control.” What's next? Ladue: The Real West County? How do shows consisting of rich kids staring at each other in awkward silences for minutes at a time air on a channel originally dedicated toward music videos?

The truth is that it isn't just the VMAs that have become absolutely unwatchable; it is the entire channel. It's time to face the music: MTV is dead.

Altin Sila is senior in Arts & Sciences and a senior staff columnist. He can be reached via e-mail at asila@wustl.edu.

Stepping Out

Luciano's Trattoria

172 Carondelet Plaza
St. Louis, MO 63105
Phone: 314-863-9969
Price Range: \$10-15

Rating: ★★★★★

BY PETER DAVIS AND OPTI LOGDBERG
SCENE REPORTERS

After reading about the brilliance of Luciano's Trattoria's five-star chef, Marc del Pietro, we were interested in checking out the restaurant's fare. When we learned about the restaurant's purported \$10-15 price range, we thought that we had a winner and made the five-minute drive to it's downtown Clayton location. We entered the restaurant with high expectations, as it is positioned right next to the Ritz-Carlton Hotel. When we stepped into Luciano's, it was like stepping into a teacher's lounge: they knew we weren't supposed to be there, and we knew we weren't supposed to be there. Maybe what tipped us off was the sea of coats and ties—a huge contrast with the rugby jersey and Target polo shirts of our crew. Regardless, we all knew that Luciano's was not quite the same as the dear ol' Cheesecake Factory.

When we sat down we got a chance to take in the restaurant's beautifully designed décor. And, though we were engrossed in intellectual conversation, males without an immaculate ability to socialize would have found comfort in being able to watch ESPN on the nearby TV.

Luciano's boasts of its fabulous wine list and while our age prevented us from trying a bottle of the \$570 Ornellaia Maseto 02, it could not stop us from seeing that both Luciano's and its customers take wine very seriously. At one table in particular we noticed a beautiful relationship between customer and wine boy. Customer snapped his fingers and out of nowhere came wine boy with

the remains of an expensive bottle of merlot.

Of course, the reason for we went to Luciano's was the food. Extravagant dishes were aplenty, with choices like lump crabmeat and lobster/mushroom sauté and grilled beef tenderloin with roasted Yukon gold potatoes, arugula, roasted garlic and white truffle vinaigrette. But, while these choices looked excellent, they were all out of the \$10-15 price range we expected and were closer to \$20-30. So, we were forced to go for the less interesting dishes from their pasta menu, which were mostly \$15. The pizza was the most reasonably priced item on the menu at \$9.

It was immediately obvious that the service at Luciano's is some of the best. We were never forced to use the "snap yo' fingers" technique, but the service was still quick, courteous and competent. The waiter didn't seem to mind at all that most of us ordered inexpensive dishes and that all of us got water.

It was no surprise that the tomato salad one of us ordered came very promptly. The dish was beautifully prepared, with four vibrantly colored red and yellow tomato wedges, arugula, parmesan cheese, green beans and a dressing composed of red wine vinaigrette and olive oil. Though the green beans weren't that great, the other ingredients in the dish worked well together. The tomatoes truly looked and tasted as if they had been picked that day. The main problem was that the salad was \$10 and not very big. Since only one person had been willing to pay for both a starter and entrée, the rest of us looked on with only bread and water (though the bread was simply to die for).

When the main dishes came everything looked great, and when we took our first bites, there was a general consensus that the food was indeed better than what we get at Bear's Den. Goat cheese and fresh tomatoes made the fettuccini con pomodoro outstanding until the last bite. The ravioli fritti, which is ravioli filled with veal, fried and then served with tomato sauce, was also a big hit. The pizza salsiccia, made with Italian sausage, onion and balsamic vinegar, was tasty for those who like onion taking over a pizza. Del Pietro's burger was a delicious sandwich with Gorgonzola, arugula and meat on fresh ciabatta bread. However, with this dish came a serious problem: too much salt. Over-salting was also a major problem for the pollo con gnocchi, served with asparagus. The chicken was cooked so that it was tender and the gnocchi were nice and plump, but after about five minutes we wanted to just push the dish aside. And though the penne alla Bolognese (penne pasta with sausage, veal meatballs, parmesan cheese and meat sauce) charmed with our first taste, we were soon crying for more water.

Overall, Luciano's provided us with a nice experience. The food clearly had a lot of potential to be great, but we would have appreciated if the cooks had gone a little easier on the salt. Check out Luciano's if you're looking to celebrate a special occasion or you're with your parents. Otherwise, go to St. Louis Pizza Haus and get yourself an appetizer and drink along with your main meal. It won't be much worse for you than Luciano's, and you'll have some money left over to save for your next culinary expedition.

Health Beat

Bulking up the smart way

Recently, more people have started to increase their protein intake as a means of increasing overall muscle mass. Several students, including some of my closest friends, consume daily protein supplements either in the form of amino acid pills, whey protein powder or soy protein powder. All of these substances are purported to augment protein, which my friends hope will boost their muscle mass. However, there is a lot that most students don't know about "bulking up," and in this case what you don't know could very well hurt you.

Proteins play a part in preparing the muscles pre-workout and repairing them post-workout. Though it is true that increasing protein intake can increase muscle mass, this truth only functions to a certain point. Proteins contain several different amino acids, which provide the essential building blocks necessary to gain muscle. Providing your body with more "building blocks" will inevitably lead to an increase in muscle mass.

After intensive physical activity like running or swimming, tiny tears develop in the muscle fibers. The more strenuous the exercise, the more tears that form. The "ripped" look we talk about is actually derived from the notion that the way muscles look bigger and stronger is from "ripping" them and fixing them with amino acids.

The average person on an American-style diet receives adequate protein to build and repair muscles. Yet, athletes need to ingest even more protein, as their muscles are more regularly put under duress.

Washington University nutritionist Connie Diekman warned that building muscle is not as simple as adding

some protein to your diet. It involves a complex combination of eating both slow and fast digesting proteins. Slow-digesting proteins like casein prevent muscle breakdown, while fast-digesting proteins such as whey protein promote muscle anabolism. In order to maximize workouts and performance levels, both varieties of protein are eaten together, often in specific ratios and with carbohydrates, before and after workouts.

"An athlete—or anyone—will not build more muscle if [he or she does not] consume adequate calories first, then adequate carbohydrates, and finally adequate protein," said Diekman. "Many people assume muscle building is strictly a matter of protein, but it [also involves] proper fuel and working the muscles."

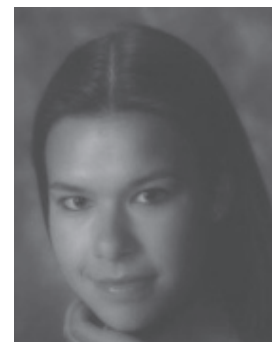
So, proportionately, an athlete following a restrictive diet and limiting his caloric intake must eat more protein than he would if he were eating more calories overall. While protein needs vary from person to person, Mike Berry, an athletic trainer at Wash. U. recommends that athletes consume 1.3 to 1.7 grams of protein per kilogram of body weight each day. He suggested that non-athletes consume between .8 and 1.2 grams of protein per kilogram of their body weight per day. While these are just basic guidelines, they are helpful to use when trying to adjust your nutritional intake.

Both Diekman and Berry strongly recommend that students try and meet their protein needs with real food first, and then employ processed supplements only if absolutely necessary. Since the processed supplement versions of food are inherently less natural, they simply can't be as beneficial as the foods themselves. Many athletes I

have spoken to recognize that their bodies feel more satisfied when they eat a meal than when they consume processed meal replacement bars and protein shakes.

As always, one of the concerns when adding more of a food group to your diet is that too much could be harmful.

"In terms of staying trim it should be understood that ingesting unnecessary protein is ingesting unnecessary



Brooke Genkin

calories, which may result in extra body weight in the form of fat," said Berry.

Diekman agreed, and warned that many people do not realize how to control portions of "healthy" foods.

"It is important for people to know that just because some is good, more may not be better," said Diekman. "Protein needs have an upper limit and if we exceed that [limit] the protein ends up getting stored as fat. [Then] the kidneys must filter out the nitrogen, a process that can strain the kidneys and [harm] susceptible individuals."

If you are truly serious about changing your eating habits to increase muscle mass, I strongly encourage you to see Connie Diekman. You can contact her by phone at 314-935-4439 or by e-mail at Connie_Diekman@wustl.edu.

R♥mance 101 '1' not the loneliest number

BY NICOLLE NEULIST
SCENE REPORTER

It often feels like a couple's world out there. Sometimes people are discreet about it, but sometimes they aren't and are the ones hanging all over one another. Your paired-up friends tell you not to worry. They say to keep looking, keep waiting, and you'll find yourself part of a happy couple one of these days, too.

Most people in this society

grow up thinking that couplehood is the ultimate state of bliss and that a long-term partner is the one thing that brings lasting happiness. A recent survey showed that more kids grow up dreaming of a happy marriage than grow up dreaming of being astronauts. Some people still fear the stereotype of the old maid who lives the rest of her life alone.

What never occurs to most paired-up people, or to many single people for that matter,

is that it is extremely fun and rewarding to be single. A fun, healthy relationship can be a positive thing, but it is not the only route to being happy.

At this age, there are several categories of single people. People who elect to be single have chosen to do so for numerous reasons. Maybe it's fierce independence or a desire to focus life decisions on solely their own interests, or maybe they feel that they are just too young for anything serious. Sometimes these reasons are tied to past relationship experiences and they want to wait before jumping back in the dating pool again. Then there are the people who are single by chance, many of whom actually wish to be

in relationships. Regardless of the reason for the single status, however, there is a lot out there for the single person to enjoy. Specifically, a single person has the greatest amount of freedom, and as a young person this freedom is extremely important. It's the freedom to go out and meet as many people as possible, either as friends or as dates. It's the freedom to explore yourself and your place in the world without being tied inextricably to somebody else. It's the freedom to grow and change without tying those changes to any one person.

When you are single, it is a lot easier to live your own life on your own terms. Large-scale decisions most obviously illus-

trate this point. A single person can always decide matters such as where to work during the summer or where to move after school by considering only his or her own motivations. Those long-range decisions get a lot more difficult when there are two people involved because, in a healthy relationship, such things are discussed and planned together.

Many day-to-day matters are also easier as a single person. You have a lot more control over your weekend evenings if you are single, because you won't have to consider whether a certain party, or the fact that you are just really tired, is a good enough reason to cancel date night. Your social life can revolve around different people and different groups of people without having to worry that there are certain friends of yours that your partner likes or doesn't like. If you are single, you are always making those decisions for yourself without having to factor in a partner's needs. This is an important

freedom to have, especially if you are a spontaneous person by nature.

Still, as freeing an experience as it is, it remains true that most people do not intend to be single forever. If you are single by chance, and hoping to be in a relationship at some point soon, take advantage of the freedom of being single now so you can go out and meet someone new with whom you may be able to develop a meaningful relationship. The search is important, but don't make it the single concern of your life. It's very easy for others to pick up that someone is focused more on needing a relationship than being focused on getting to know another person for who they really are. That narrow focus is no fun for you either—you're going to be a lot happier if you spend time with the friends you have, the activities you do and the life you are leading. You'll be confident, you'll be fun to be around and, if you want a relationship, you will meet people who will be good for you.

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TALENT CONTEST: BAM

Bam Slam, the online Talent Contest and Social Network has launched. Upload your performance videos and try to win cash. Musicians, singers, dancers, models, bands, and comedians are not the only categories, this is a game for everyone. There are categories for pet videos, rants, interviews, friends, and even air-guitar for those who are perhaps less talented, but still creative. All on BamBamSlam.com.

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Sudoku By The Mephram Group

Level: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Wednesday's puzzle

7	9	8	6	2	5	3	4	1
1	4	5	3	8	7	6	2	9
3	2	6	9	1	4	7	5	8
8	7	2	5	6	3	1	9	4
9	1	4	2	7	8	5	6	3
6	5	3	1	4	9	2	8	7
5	3	7	4	9	6	8	1	2
2	6	9	8	3	1	4	7	5
4	8	1	7	5	2	9	3	6

Sudoku on your cell phone. Enter 783658.com in your mobile Web browser. Get a free game!

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Crossword

ACROSS

- Moved smoothly
- Snatches up
- Crew
- Trains rider
- Scoundrel
- Meet event
- Black-hearted
- Soap follower
- Greek god of war
- Regardless of
- U.S. Capitol feature
- On a roll
- Mr. Turkey
- Out-of-towner
- Books of maps
- Site of the action
- Lubed
- Height of fashion?
- Chips off the old block
- Wild card
- Filly's mom
- Bring to conclusion
- Thin cookie
- Jeopardy
- All go!
- Satchmo's horn
- Part of WWW
- Cable channel
- Liberty
- Throw into confusion
- Dappled bay
- Betray
- Map speck
- River beneath the Brooklyn Bridge
- Poetic Muse
- Ruler of Olympus
- Low card
- Adlai's 1956 slate-mate
- Before, before

DOWN

- Get rid of
- Hold dear
- Sacred Egyptian bird
- Agile marine cetaceans
- Small cave
- Heavy cord
- Birthday count
- Jefferson's VP
- Pacific marine mammal
- Emotional shock
- Merit
- Got a top grade on
- Small steep plateau
- Smidgen
- Spilled the beans
- Florist props
- Humorous incongruity
- Transmits
- House tops
- On one's toes
- Clearly detailed
- Supernatural
- Silvery fish
- White House nickname
- Big celebration
- Learn by heart
- Dandelion, e.g.

Solutions

L	S	H	E	S	E	L	S	E	K	E	R	L	
S	N	E	Z	O	L	V	H	E	L	S	V	E	
E	T	S	I	N	O	L	V	H	N	V	O	H	
L	P	N	H	S	I	D	W	O	D	E	E	R	F
			O	B	H		B	E	M				
L	E	D	W	N	H	L	S	W	E	L	S	A	S
T	I	R	E	P	H	E	V	M	D	N	E		
E	H	V	W	H	E	K	O	R	S	N	O	S	
W	E	H	D	E	L	I	O	V	N	E	R	V	
S	E	S	V	T	L	V	H	O	L	I	S	I	A
			W	O	L		L	O	H				
V	D	N	N	L	O	R	E	L	I	S	E	D	
S	E	H	V	V	H	E	D	O	T	I	A	E	
E	O	V	H	E	N	G	O	H	O	B	O	H	
M	V	E	L	S	B	V	H	E	D	I	T	S	

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SCENE

Fulfilling the dream:

Habitat for Humanity

BY SCOTT FABRICANT
SCENE REPORTER

I sat in bed, enjoying my hangover, wondering why I was awake at 6:30 a.m. on a Saturday. Oh, right, I had volunteered for Habitat for Humanity. I threw on some ratty old clothes and work boots, grabbed a bowl and some cereal and was on my way. After meeting the rest of the group at the Clocktower (which should really be called the clocksicle), we split up and caravanned our cars into the city.

We parked near the intersection of Saint Louis Avenue and Grand Boulevard. Graffiti, cracked windows and boarded doors haunted most of the buildings around us. But one block stood out: a row of 20 brand new houses, basically clones. They were all pristine, beautiful and graffiti-free, and the sound of saws and hammering nails could still be heard inside.

The volunteers were split up and assigned to different houses. Two of the people assigned to my house were given caulk guns and sent to work. Needless to say, the word puns went on for a while. The rest of us were sent up the unfinished stairs to paint. It wasn't glamorous, but it was work that needed to be done. Roll one coat of white on the walls, carefully brush a different shade onto the trims... and clean up the paint that constantly spills. The work was repetitive but we became fairly proficient at it, and the repetitiveness of my task gave me time to talk to some other volunteers.

One of the volunteers assigned to work with us, an older woman named Karen Stephenson, had been working in this house for the past eight weeks. Like most volunteers, she was a jack-of-all-trades, assigned to do whatever menial work was most needed, such as painting walls. But for her, it was a labor of love.

"I've cut boards, hung siding, laid laminate flooring, raked gravel, laid sod and of course painted," said Stephenson. "I feel like my life is

blessed and I want to share my blessings with others. It's also part of my nature to get things done. I'm a hands-on person."

As it turns out, we volunteers got it easy. We showed up at 8 a.m. House leaders, on the other hand, started showing up at 6 a.m. for meetings with Habitat employees and crew leaders. There was a 20 minute break for lunch, and work otherwise continued nonstop until 3 p.m.

When the upstairs painting was done, it was time to descend the now-glued steps and paint downstairs. I was assigned to a closet. While painting the inside I couldn't really leave because I'd track paint all over the house; essentially, I was trapped in the closet. R. Kelly jokes ensued.

Hard at work next to me was the home's buyer, Shon Hart, and her son, both painting doors. Hart explained to me that Habitat houses are not actually free - she does have to pay. Part of the money comes from an interest-free loan, something that most lenders won't provide.

She also has to put in at Habitat for Humanity volunteers work together, painting and sawing, to build houses for those in need of a home.



COURTESY OF KELLY HUNT



COURTESY OF KELLY HUNT

least 450 hours of sweat working on the house and attend finance, nutrition and home buyer education classes.

"I wanted to become more self-sufficient, to not depend on public housing to help me," said Hart. "I wouldn't qualify for a normal loan, but I did [qualify] with Habitat. I'll make this house beautiful and fulfill a goal I've had since I was 20, a home of my own to live and die in."

Before we left, I got the chance to fulfill one of my own lifelong dreams: using a nail gun. It was quite satisfying. But it was 3 p.m., my clothes were permanently marked with paint and it was time to leave. We said goodbye to our



COURTESY OF KELLY HUNT

house leader, Hart, and fellow volunteers.

Sure, the house was nearly complete when we got there, and the home dedication was only a few weeks away, but every hour put in by every volunteer helped this woman's dream come true and she genuinely appreciated our aid.

"I feel great, I feel wonderful, I feel blessed," said Hart. "I feel like all of you guys love me."

Wash. U.'s chapter of Habitat for Humanity will be taking a trip to Jefferson City over fall break to participate in their first build of the year. For more information check out <http://habitat.wustl.edu>.

A day in the life of Jill Carnaghi

BY LANA GOLDSMITH
SCENE REGULAR FEATURES EDITOR

As the assistant vice chancellor for students and director of campus life, Jill Carnaghi is largely involved with making sure that everything non-academic at Wash. U. runs smoothly.

She is also an academic advisor for a group of Arts & Sciences students and a part of the Richard A. Gephardt Institute for Public Service. In all, Carnaghi's life is chock full of taking care of Wash. U. business.

So what is a typical day like for Carnaghi? Due to the nature of her job, there is no such thing as a 'typical' day. Every day presents her with new chances to collaborate with other members of the Wash. U. community. For a glimpse into her life, let's take a peek at the schedule she kept this past Tuesday.

After walking her children to school, Carnaghi raced over to Wash. U. to meet with the new Student Technology director. She then had a meeting to discuss freshman orientation. At noon Carnaghi gave blood, which required being shuffled around campus until a spot opened up at one of the blood drive's busy locations. She told me about the blood drive that was organized six years ago for the day immediately after 9/11. It was clear that she is happy to see the drive continue as a

Wash. U. tradition.

Following the blood drive, Carnaghi grabbed a quick lunch and hurried to a discussion with a faculty member about possible research topics for undergraduates. Next she was off to debrief Dean McLeod on the plans for the interior of the University Center that is under construction.

She was able to meet up with me at 4:30 p.m. at a get-together for the members of the Interfaith Campus Ministries Association. Her role in organizing the catering for this event represents a tiny fraction of what Carnaghi actually does for students on campus. She works closely with lots of groups within Wash. U., including community service organizations, event services and Greek life. Her goal is to maintain positive and productive relationships between students and the administration. Carnaghi's commitment to student life on campus and constantly improving it is evident in everything she says and does. She wants students to feel multiple connections to the school, to be proactive and to leave their own mark.

Carnaghi's office (one might wonder when she has time to be there) is in the Office of Student Activities so that she is easily accessible to the student body.

She urges students to ask themselves what they are doing to make the University a different place and to approach her with any ideas about how to make their dreams for student life become realities.

At the end of our talk, I simply had to ask what this incredibly active woman would do if there were more time in a day. Her response?

"I'd spend it with my family, and being alone. [Laughs]," she said.

Jill Carnaghi takes a tour of the new Student Center on Thursday Sept. 13th.



MATT LANTER | STUDENT LIFE



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Le Pool brings smiles, warmth to admissions office

BY FELICIA BASKIN
SENIOR SCENE EDITOR

At first glance, Wash. U.'s Office of Undergraduate Admission looks just like that of any other private university.

Tables covered in glossy brochures, pictures of fraternizing students, comfortable chairs—it's all there. Take a closer look, however, and you'll find one of Wash. U.'s greatest assets, smiling and ready to brighten your day.

From her desk on the ground floor of South Brookings, receptionist Delise Le Pool keeps tabs on all that relates to undergraduate admissions. Her tasks range from fielding telephone requests for information about the University to providing visitors with directions to local attractions like Ted Drewes. And then, of course, there are the effervescent greetings. No matter why you call or why you walk through her door, Le Pool is sure to greet you with an energy and warmth that most people reserve for their closest friends.

Le Pool's role as an admissions receptionist effectively places her at the forefront of the Wash. U. image, and her face is often among the first that

visitors see when they come to campus. The school sends out dozens of publications a year to prove that Wash. U. has a unique atmosphere, but it is up to Le Pool to create one of the primary links between the culture advertised in the pamphlets and the University's physical campus.

Le Pool recognizes that with her job comes the power to make a lasting impact on visitors' impressions of Wash. U.

"When visitors come in, I want them to feel like they're in my living room," said Le Pool. "You want to treat everyone who comes to visit [Wash. U.] with kindness and happiness and [show] that you're happy that they're here."

For her part, Le Pool is certainly glad to come to work every day. Her care for the Wash. U. community and the campus itself is quite extraordinary. Like many of the students who decide to attend the University, Le Pool was drawn to the school because of its standout atmosphere. Her son attended college at the Art Institute of Chicago, but Le Pool found something at the Wash. U. campus that she had never experienced at AIC.

"It's that ambience—I think Wash. U. is like its own little community," said Le

Pool. "When I first stepped on [campus] I fell in love with the architecture, I fell in love with the grounds. I fell in love with everything about it. It's just a different feeling."

Le Pool decided to translate that feeling into a job and began to keep an eye on openings at the University. She would constantly check job postings in hopes of finding a position that clicked.

"I would go online all the time and look for jobs," said Le Pool. "The jobs would intimidate me, but finally a job came up for a phone operator and I thought well heck, I can do that!"

It's been 10 years now and Le Pool's love for her job has grown from a fascination with the campus to a true respect for the University's students, faculty and staff. She has also gained an appreciation for the role that Undergraduate Admissions plays in shaping the University's environment.

"You don't really know how powerful Undergraduate Admissions is until you've worked for them," said Le Pool. "Every applicant [who] applies is special and great. To choose one out of so many wonderful students is a task they do every year, and they do it with love."

The care that is put into selecting Wash. U.'s undergraduates shines through for Le Pool in multiple aspects of campus life.

"When I'm walking across campus and I see a student, I [think] to myself, 'that's someone that we've chosen,'" said Le Pool. "Think about it, every student [who is] attending this college had to come through [Undergraduate Admissions]. That is unreal, and I love being a part of that."

Though Le Pool sometimes used to attend on-campus events like the Travel Lecture Series, she now focuses on making sure she gets enough sleep each night to be her best at work.

"If I have any intention of having any kind of personality at 8:30 a.m. I need to go home and go to bed," said Le Pool. "I save my excitement and fun for the visitors."

Le Pool's role in students' lives does not stop when they pass through the admissions process to matriculation as full-time students. She has befriended numerous students over the years, students who make a point of dropping in to say hello. Her desk is decorated with cards and trinkets sent by former students as tokens of

appreciation for her kindness and kinship.

"I sit here and fall in love when students visit," said Le Pool. "And then I see [them] in junior year and [they're] getting ready to graduate and then I get to see them graduate. It's sad—you all grow up too quick. No one said that was permitted!"

Luckily, alumni who come back to spend some time at Wash. U. often start at the same place they did on their very first visit as prospective students and head over to find Le Pool.

"When students come back

to visit the campus one of the things they tell me they want is to come see me," said Le Pool. "I don't even need to go out."

At the end of the day, Le Pool finds working on the campus to be extremely rewarding. She learns from her interactions with students and is inspired by the lessons that they learn during their time spent at Wash. U.

"You have kids trying to set up their blueprint," said Le Pool. "It's scary, but it's one of the best experiences that I think anyone can come through in the long run. I wouldn't give this up for [anything]."



Delise Le Pool at her desk.

BRITTANY MEYER | STUDENT LIFE