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Wednesday, February 11, 2009

tor universities echo past crises

William Shim Contributing Reporter

With the nation dealing with an economic downturn and an increasing unemployment rate, universities and colleges are trying to take prudent steps in investing their funds after drastic reductions in their endowments.

"What we are trying to do, in this era, is to take prudent steps to make sure that we can thrive as we look to the future," Chancellor



AM GUZIK I STUDENT LIFE Chancellor Mark Wrighton says the endowment spending amount will decrease on July 1 and may continue to decrease for the 2010 school year.

Mark Wrighton said. Because audited reports are re-

leased annually, Washington Uni-

versity," Wrighton said. "And then the next fiscal year of 1974, there was a reduction of 10 percent of the spending from the endowment."

The University also experienced endowment losses between 2000 and 2002. Despite its losses, the University did not have to reduce the spending from the endowment. The University based this spend-

ing on how the endowment fared during the previous five years.

"This July 1, we will have a new spending amount, which may be down about 2 percent," said Wrighton, when asked to project next year's endowment spending. "But the next July 1 of 2010 might see a steeper decline if the value of the endowment does not improve."

Forty percent of the University's endowment is invested in public equities or publicly-traded stocks.

The endowment's value can be increased by two means: by receiving new gifts and by making investment decisions that will yield growth in value. The Washington University Investment Management Company, under the direction of Chief Investment Officer Kimberly Walker and a separate committee of the Board of Trustees, decides the target location, strategy and allocation of the investment.

Despite the current economic instability, Wrighton expressed confidence that Walker and her team have solid plans for the University's endowment.

"We are always looking for new

Uncertain times Governor's plan for college grants upsets private schools

Puneet Kollipara News Editor

A group of private colleges and universities in Missouri that includes Washington University is distraught over Gov. Jay Nixon's proposal to lower the maximum award private college students can receive from the Access Missouri grant program.

The new governor's proposal would change the maximum Access Missouri award for any four-year college student in Missouri to \$2,850 per year starting in fiscal 2010. Students at four-year private institutions can currently receive up to \$4,600 in Access Missouri grants each year, while students at four-year public institutions can receive up to \$2,150.

Access Missouri grants are needbased awards for full-time students from Missouri attending a post-secondary institution in the state.

Nixon's press secretary Scott Hol-

ste told Student Life that the primary reason Nixon wants to make the maximum award equal for private and public school students is that the grants are taxpayer funded.

"They're an important part of ensuring that students in Missouri are able to get a quality education," Holste said. "We've got great schools, great universities in Missouri, both public and private, and we want to continue to have a welltrained workforce. Because this is taxpayer money, the governor believes we should have equal distribution on those grants."

The total monetary amount of grants would stay at its current level of \$95.8 million under the new plan, with \$2.5 million in additional funding to offset inflation. Holste said.

According to Missouri Department of Higher Education (MDHE) spokesperson Kathy Love, 42,244 students have received Access Missouri grants this academic year.

Roughly 50 percent of funds go to private school students. Twenty-nine percent of award recipients in the 2007-2008 academic year attended private institutions.

The measure, which is part of the state's annual budget, must first pass the Missouri General Assembly. The state's budget is expected to be a hot topic during the current legislative session as the new administration faces a more than \$250 million budget shortfall this year.

Leaders of some public universities are praising the proposal. Gary Forsee, president of the University of Missouri System, released a statement on Jan. 28 supporting the governor's plan.

"Students who attend private institutions are currently eligible for more than twice the funding of those who choose to attend public institutions," Forsee said. "The governor is on the right track to make this a fair and balanced financial aid program that will improve access to higher education for all students."

The proposal comes after Nixon's pledge to maintain the current level of funding for Missouri public colleges in fiscal 2010 in exchange for tuition freezes, in light of the economic crisis.

But there is some concern that the changes to Access Missouri would compromise the ability for students receiving the grants to pay for private institutions, according to Rose Windmiller, director of state relations and local government affairs at Washington University.

Windmiller told Student Life that Access Missouri, which was devised with input from experts in Missouri's private and public education sectors, is doing its job. She said the University does not support Nixon's proposal.

"Our argument for graduated awards is that students at public institutions are already receiving the benefit of substantial state subsidy to public institutions, which helps them with a lower tuition

See GRANTS, page 2



versity's endowment figures are not available during the course of the fiscal year. However, Wrighton estimated that as of the end of December, the University's endowment was down by about 23 percent compared to the previous fiscal year.

Many universities are reporting large losses in their endowmentslosses that seem to echo the 1970s, when the University reported similar financial problems.

"Back in the fiscal year of 1973, there was no increase in the endowment payout [for] Washington Uni-

opportunities," Wrighton said, "In an environment like we are experiencing today, I do not think we have much forward visibility in terms of what will be happening again of the traded companies. But I believe the diversity that we have in our investments is one strategy that should serve us well."

Compared to previous investment strategies, which mainly concentrated on stocks and bonds, the University now invests in many additional sectors, including real

See LOSSES, page 2

INDU CHANDRASEKHAR | STUDENT LIFE

Jeff Todisman, a Washington University Facilities staff member, searches for a clogged drain in the Danforth University Center underground garage. The water accumulation began shortly after midnight on Wednesday morning, forming in large puddles on the garage's first floor and flooding the garage's entry way. Todisman attributes the drainage problems to mulch from nearby flower beds that washed away in the rainstorm.

Mr. Wash. U. to sell Bear's Den, Center Court photos in auction



COURTESY OF ALEX GARCIN



Top: A picture for the play "Big Love" that used to hang in Bear's Den is being sold at an auction by Mr. Wash. U. to raise money for City Faces on Thursday at Ursa's Fireside. Bottom: Sophomores Tyler Bertroche, David Klein and Bryson Tombridge spoof the "Big Love" picture.

READ ALL OVER

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Sophie Adelman

Assignment Editor

ton University history.

idea for the auction.

said of the auction.

break

Students have all seen those pictures

on the wall in Bear's Den and Center

Court. Now, they have the opportunity

to own those special pieces of Washing-

will be held on Thursday at Ursa's Fire-

side at 7 p.m. to sell the photos depict-

ing campus life, which were replaced

by photographs of food over winter

freshman candidates competing for the

title of Mr. Wash. U., came up with the

ter] aren't complete, but it is unlikely

that those photos would be a part of

it. We didn't have any use for them

so when the requests came in from Mr. Wash. U. we thought it would be

a worthwhile project," Assistant to the

Director of Operations Paul Schimmele

tain amount of money to benefit City

Each candidate must raise a cer-

Michael Offerman, one of four

"The plans for the new Wohl [Cen-

An auction to benefit Mr. Wash. U.

Faces, a local initiative that works with inner-city St. Louis children to provide a positive outlet through art. In 2008, Mr. Wash. U. raised about \$30,000 for the charity

Last year, the most money raised by a candidate was \$2,000. Offerman hopes to top that goal and said that he is leading in fundraising efforts among the candidates.

Tyler Bertroche, a sophomore who is also a candidate for Mr. Wash. U., has a special relationship with one of the photos. He saw the infamous "singing girls" picture in Bear's Den with his high school soccer team and remained an admirer of it as a student here.

While with two of his friends, sophomores David Klein and Bryson Tombridge, Bertroche said he remembers thinking, "That picture is ridiculous and I think we could do them one better."

After taking a spoof clutching an electric razor and a hairdryer, the friends made a \$64 poster-sized copy and pasted it over the original picture. According to Bertroche, one manager even said they would put it under glass. It was up for seven days before disappearing.

Editor: editor@studlife.com News: news@studlife.com Calendar: calendar@studlife.com

Shortly afterward, a Facebook group called "I HATE that picture in Bear's Den" came into existence. The group has slightly more than 200 members

The infamous picture was taken as a publicity shot for a University play, "Big Love," in 2003. "If I ever met [the girls], I would tell them that I admire their work and that each person did a great job of creating the emotions that we tried to replicate," Bertroche said.

The starting bid for the original picture will be \$50. Offerman said he hopes that bids for the piece will top \$300. So why should students buy it?

"To own a piece of Wash. U. history. To remember their freshman and sophomore years on the South 40 forever and have it immortalized in an image of campus life," Offerman said.

The auction is being held in conjunction with Mr. Wash. U.'s annual date auction, which aligns with Valentine's Day to match up students with candidates. Candidates will "sell" for anywhere from \$15 to \$45.

Jeanette Wong, a junior who is involved with internal fundraising, said, "It's a fun way to get everyone

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involved. There's not only the benefit of giving money to a charity, but also getting to go out on a date with a friend or a crush.'

The photos maintain a cult status on campus, and many are sad to see them

"[The new photos] don't really capture the essence of Wash. U. student life quite as well as the Thurtene and cheerleadering picture," Offerman said. "Hopefully for the new Wohl Center, they will bring back some more fine pieces of art."

Assistant Vice Chancellor for Operations and Director of Dining Services Steve Hoffner said that the photos gave the dining halls a familiar feeling.

'This is a different dining establishment than if you went off campus. It customized the space," Hoffner said.

But Bertroche said he is proud of where the photos are going.

"I think it's one of the greatest ideas for fundraising a candidate's ever had," he said. "It's sad to see the original go because it means so much to our generation of Bear's Den eaters. It truly represents the eating experience that is the Bear's Den."



THE **FLIPSIDE**

newsbrie

eventcalendar

WEDNESDAY 11

Assembly Series: Lela Lee

Graham Chapel, 4 to 5:30 p.m. Actress, cartoonist, short filmmaker and Web comic artist, Lela Lee has experience with many artistic pursuits. She will discuss her experiences as a minority and how art and entertainment have allowed her to express herself in her talk, called "My Culture is Pop Culture." It is sponsored by the Asian American Association.

Sexual Responsibility Week: Open Forum on Judaism & Reproductive Choice

Danforth University Center, Formal Lounge, 7:30 to 8:30 p.m. The Hillel Women's series hosts a

discussion on how Jewish values relate to reproductive choice. Faith Aloud's executive director, the Rev. Rebecca Turner, and Rabbi Daniel Plotkin will be on a panel to discuss the issue with interested students.

Lock & Chain information session

Wohl Center, Friedman Lounge, 10 p.m. Lock & Chain, Washington University's sophomore honorary, is hosting an information session for interested freshmen. Come to learn what it means to be part of the Lock & Chain family!

THURSDAY 12

Ursa's film showing of "W."

Ursa's Cafe, 10 p.m. Come for some delicious Ursa's desserts while watching this remarkable political film. The film chronicles the life and presidency of former President George W. Bush. Love him or hate him, this film is sure to incite political dialogue on the South 40

Campus

Medical school professor Abdullah Nassief dead at 43

News Editor / Ben Sales / news@studlife.com -

Abdullah M. Nassief, a stroke expert and assistant professor in the Department of Neurology at the Washington University School of Medicine, passed away on Tuesday, Feb. 3 due to coronary artery disease at age 43.

Nassief was born in Riyadh, Saudi Arabia, where he received his medical degree from the King Saud University College of Medicine. He later interned at the University of Virginia and completed his neurology training at the University of Vermont

Before finally joining the faculty in 2000, Nassief had two years of fellowship training in cerebrovascular diseases at the University's medical school.

Nassief had been recognized for his excellence in teaching. In 2000, he received the Washington University School of Medicine Distinguished Clinical Teacher of the Year Award and the Sven Eliasson Award for Teaching Excellence from the Department of Neurology in 2001.

Nassief is also known for helping the center become one of the leading stroke centers in the nation and for leading a team of doctors and researchers whose work would eventually make Barnes-Jewish Hospital a first-rate stroke center. At the time of his death, Nassief was enjoying a game of soccer with medical school students at Heman Park in University City.

Nassief is survived by his wife Sheri Nassief, his two sons, Fahris and Sammy, and his parents. Mohammed and Sameera Nassief, who live in Pabuk, Saudi Arabia. The date for Nassief's memorial service will be announced by the medical center. (Kat Zhao)

Spend money on a memory, not a possession, researchers say

Researchers at Washington University and the University of Texas at Austin's McCombs School of Business have pioneered research on the psychological results of making negative purchases.

Led by Leonardo Nicolao and Julie Irwin of the McCombs School of Business and Joseph K. Goodman of Washington University in St. Louis, research teams have determined that while experiences generally lead to greater happiness, negative experiences lead to more lasting unhappiness than bad material purchases do.

Good or bad, experiences affect our happiness for longer periods than material purchases do, researchers concluded. (Kelly Fahy)

National

Tribal ceremony for first lady

First Lady Michelle Obama has spent her first weeks in the White House taking tours of government agencies in an effort to applaud government employees and thank them for their service to the nation.

On Monday, she visited the Department of the Interior and was greeted with Native American tribal drums, chants and a purple shawl. The Black Bear Singers drum band, a traditional Native American band, played an "Honor Song" for the First Lady.

Mrs. Obama was given the purple shawl by the Interior Department's public affairs director, Nedra Darling.

Mrs. Obama said that the Interior Department would be crucial for the president's desire to secure energy independence while preserving the environment. She guaranteed that Native Americans would have an ally in the White House. (David Messenger)

weatherforecast

Wednesday 11

Rain High 53

Sunny High 52

Low 34

Thursday 12

International

Australia's Victoria state devastated by wildfires

Wildfires in Australia's Victoria state have resulted in the destruction of four major towns and many smaller villages, leaving 4,200 people homeless, according to the Country Fire Authority.

So far, 181 people have been confirmed dead from the wildfires, more than from any Australian natural disaster in recent history.

Australian Prime Minister Kevin Rudd has said that the government will completely rebuild the towns. (Kelly Fahy)

policebeat

LARCENY-Feb. 8, 2009, 10:54 p.m. Location: BEAR'S DEN Summary: Student reported her laptop computer stolen from her unattended bookbag in Bear's Den. The laptop computer was a pink MacBook valued at around \$1,400. TOC 10:30 to 10:40 p.m. Disposition: Pending.

LARCENY-Feb. 9, 2009, 7:42 a.m. Location: EARTH & PLANETARY SCIENCE

Summary: Contractor reports his DeWalt construction site radio/charger was taken from the site between 5 p.m. on Feb. 6 and 7 a.m. Feb. 9, 2009. Retail value \$139.

quoteoftheday

"That picture is ridiculous, and I think we could do them one better."

Sophomore Tyler Bertroche, on the "girls singing" photo in Bear's Den



GRANTS from page 1

rate than private institutions, because private institutions don't have the benefit get money to come here. It doesn't come and Universities of Missouri (ICUM), of

"You just have to try really hard to easily, so you have to either get a grant or

to be rich," Jensen said.

shortfall.

the 2007-2008 academic year.

some sort of scholarship, or you just have

ington University students received Ac-

cess Missouri grants totaling \$547,000 in

versity, a private school with more than

500 students receiving Access Missouri awards, criticized the proposal, address-

ing the issue in light of Missouri's budget

must address budget shortfalls, but we

should not balance Missouri's budget at

the expense of students trying to fulfill

their dream," said Mark Johnson, Font-

bonne's director of communications, in a

statement Monday afternoon.

"We realize the state government

According to Windmiller, 158 Wash-

A spokesperson for Fontbonne Uni-

On Jan. 30, the Independent Colleges

Low 32



Engineers Week Kickoff Celebration Monday, 9 Aм Danforth University Center



Undergraduate Student Research Fair Tuesday, з рм Whitaker Hall Atrium



WU Tech Entrepreneurship Seminar Sunil Hirani, CEO and co-founder of Creditex Wednesday, 6 рм | Whitaker Hall Auditorium



"Mission to the International Space Station" Robert Behnken, NASA astronaut Friday, 11 AM Whitaker Hall Auditorium



Engineers Night-Washington University Basketball* Reception sponsored by Union Pacific Friday, 7 РМ Hall of Champions * women's game-6 рм; men's game-8 рм

engineering.wustl.edu/engineersweek Visit our website for a complete list of events.

Washington University in St.Louis SCHOOL OF ENGINEERING & APPLIED SCIENCE

of direct state support," Windmiller said. "The most important thing is funding the student and the school that best fits their need, whether it's a public four-year institution, a community college or an independent institution."

A position paper released by the University of Missouri System, however, argues that the 50 percent rate at which Access Missouri grants go to private school students is too much higher than the national average of 33 percent.

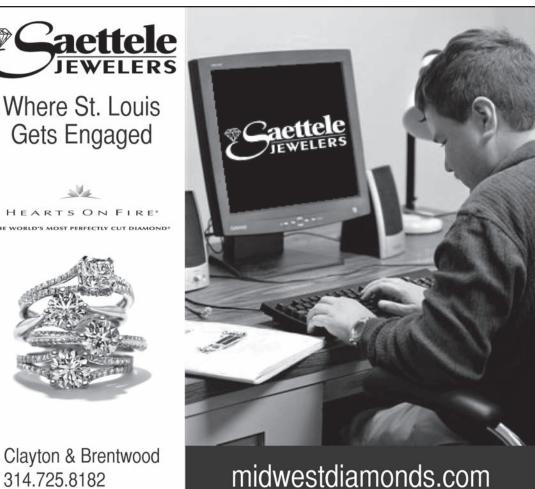
The tough economy and the 4.4 percent rise in the University's tuition next academic year mean that the changes, if passed, would have "a pretty big effect" on the ability of University students receiving Access Missouri grants to pay for their educations, senior Alexandra Jensen said.

LOSSES from page 1

estate. By diversifying the allocations, the investment company and the chancellor hope the problem of one sector is mitigated by the promises of another.

'Tuition has increased," he said. "But, it is the lowest increase in more than 10 years in terms of percentage. We are trying to retain great faculty, to make sure we have

exciting programs and to be able to operate the University; we know we need to make sure we have the revenue stream."



which the University and Fontbonne are members, also issued a statement criticizing Nixon's plan, saying that it "would amount to a tax increase for some working and lower-income families in our state."

The proposal has not been introduced to committee in the General Assembly vet, but discussions about the plan continue in the executive branch. MDHE's Coordinating Board for Higher Education will discuss the Access Missouri changes with the presidents and academic officers of Missouri schools at its meeting tomorrow in Wildwood, Mo.

ICUM and a recently formed coalition of Missouri parents, students and educators called Keep Me in College are lobbying state lawmakers to vote down the changes, Windmiller said.

Missouri receives disaster relief

David Messenger Staff Reporter

As Washington University enjoyed the snow on the South 40 swamp almost two weeks ago, Missouri Gov. Jay Nixon issued a request to President Obama for federal disaster relief for Missouri.

The storm dumped more than an inch of ice in rural southern Missouri and was responsible for the loss of power in more than 100,000 Missouri homes and businesses. It is also blamed for the deaths of about a dozen people.

On Jan. 30, Nixon announced that Obama approved a request for a disaster declaration for Missouri in response to the winter storms of Jan. 26-28.

"I am asking the president to issue this major disaster declaration so that communities affected by the recent winter storms, including counties, local governments and rural electric cooperatives that have sustained severe damage, will have the resources necessary to return rapidly to business as usual," Nixon said.

Obama granted Missouri an emergency disaster declaration that permits the state to receive federal assistance to cover its costs related to the storm. The declaration entitled affected areas to millions of dollars in federal disaster funds.

According to a White House press release from Nancy Ward, the acting administrator of the Federal Emergency Management Agency (FEMA), the president's action gave way for the Department of Homeland Security and FEMA to manage and organize all disaster relief efforts to provide relief to the citizens on Missouri.

"The president's action authorizes the Department of Homeland Security, Federal Emergency Management Agency (FEMA), to coordinate all disaster relief efforts which have the purpose of alleviating the hardship and suffering caused by the emergency on the local population, and to provide appropriate assistance for required

emergency measures," the statement said.

Nixon then requested that Obama and the Federal Emergency Management Agency (FEMA) waive the normally mandatory requirement that local and state governments pay for a portion of the emergency costs.

"I am requesting that President Obama and the Federal Emergency Management Agency waive the requirement that state and local public entities pay a portion of these costs. This disastrous storm struck at a difficult economic moment, and I believe it is critical that Missourians have access to all available resources in getting back up and running," Nixon said.

Despite Nixon's request, the White House statement said that the federal government would only cover a portion of the cost burden.

"Specifically, FEMA is authorized to identify, mobilize and provide at its discretion, equipment and resources necessary to alleviate the impacts of the emergency," the statement said. "Emergency protective measures, limited to direct Federal assistance, will be provided at 75 percent Federal funding.

The federal response to date has included 298,000 liters of water, 4,500 blankets, 2,250 cots and 50 generators.

Obama's decision to grant federal assistance to Missouri comes after his previously declared federal emergencies for Arkansas and Kentucky.

Initially, Obama granted disaster relief for all of Missouri. This past Friday, Nixon requested further assistance for 22 Missouri counties located in southern Missouri.

While Obama's initial declaration included St. Louis County, much of the funding was directed at counties in the south and southeastern parts of Missouri. St. Louis was affected less by the storm than many other counties in the state.

The University was not greatly impacted by the storm or the disaster declaration. The cost of the damage to the state caused by the storm is estimated at \$193 million.

STUDENT LIFE

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City Year, Nationwide Recruiting for: Corps Member Majors: All Majors Apply end: 2/15

ZS Associates, Nationwide

Recruiting for: Business Associate, Operations Research Analyst, **Business Information Specialist** Majors: Arts & Sciences, Business, Engineering **Apply end:** 2/15

teachNOLA, New Orleans, LA **Recruiting for:** Teaching Fellow Majors: All Majors Apply end: 2/17

Fund for the Public Interest, Nationwide

Recruiting for: Citizen Outreach Director Majors: All Majors **Apply end:** 2/18

Washington University in St. Louis, MO Recruiting for: Accounts Receivable Representative; Admissions Officer;

Career Development Fellowship Majors: Accounting; All Majors Apply end: 3/1; 3/6; 3/20

INTERNSHIPS

Brown Shoe Company, St. Louis, MO

Recruiting for: Brown Shoe Co/Famous Footwear Summer Internship Majors: All Majors **Apply end:** 2/11

Nestle Purina PetCare Company, Seattle, WA Recruiting for: Intern/Trainee Sales

Majors: All Majors Apply end: 2/12

Ewing Marion Kauffman Foundation, Kansas City, MO

Recruiting for: Interns in Communications, Office of the President, Investments, Legal Department, Research & Policy, Entrepreneurship, Education Majors: All Majors **Apply end:** 2/15

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ESD-Environmental Systems Design, Inc., Chicago, IL Recruiting for: Electrical & Mechanical Consulting Engineers Majors: Engineering **Apply end:** 2/17

Washington University in St. Louis, MO Recruiting for: Alumni & Development Summer Intern; Career Peer; Admissions Majors: All Majors Apply end: 2/19; 2/23; 3/20

INFO SESSIONS

New Sector Alliance: 2/13, 12-1 PM, Danforth University Center, Room 234 Enterprise Rent-A-Car: 2/13, 3:15-5:30 PM, Off-Site Location Students Partnership Worldwide: 2/17, 8-9 PM (Career Call) Peace Corps: 2/18, 6-7 PM, Danforth University Center, Room 234 MIT Lincoln Labs: 2/19, 6:30-8 PM, Danforth University Center, Room 232

WORKSHOPS & EVENTS

Internship Search Team: 2/13, 12-1 PM, Danforth University Center, Suite 110

Interviewing to get the Offer: 2/13, 12-1 PM, Danforth University Center, Suite 110

Interviewing Practice: 2/13, 1-2 PM, Danforth University Center, Suite 110

Freshman Fiesta: 2/16, 7-8 PM, Mudd Multipurpose Room Learn how the Career Center can assist you to determine a major, construct a resume, find an internship, and many other topics relevant to freshmen. A FREE Mexican-themed dinner buffet will be provided. Please RSVP on CAREERlink.

Government & Public Policy Careers Day: 2/19

Join us for a complimentary lunch from 12-1 PM with government and public policy leaders, and an afternoon session from 3-4 PM. Guests include Peace Corps, City of St. Louis, U.S. Department of Labor, U.S. Marine Corps. This program is sponsored by the George Warren Brown School of Social Work, the Gephardt Institute, Center for Social Development and the Career Center. For more details and to RSVP, please visit CAREERlink.

start here. washington university career center

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STAFF EDITORIAL

Wash. U. should expand University College options

niversity College, the testament to Washington University's early history as an evening educational institution serving a large immigrant population, offers some unique opportunities to its students. Unfortunately, many of its courses are either denied to full-time undergraduate students, or when allowed, rarely receive the attention or endorsement they deserve.

Many students know they can take courses in University College, but relatively few do. This is perhaps in part because the idea of sitting in class at night-instead of socializing or studying-is alien to most fulltime students. But those who can get past the matter of the time face a number of restrictions. First, a student may not take more than one University College course per semester. As many of these classes are not available directly from the College of Arts & Sciences, including some languages taught exclusively through University College, this fixed rule unnecessarily limits educational exploration and the completion of a liberal arts education.

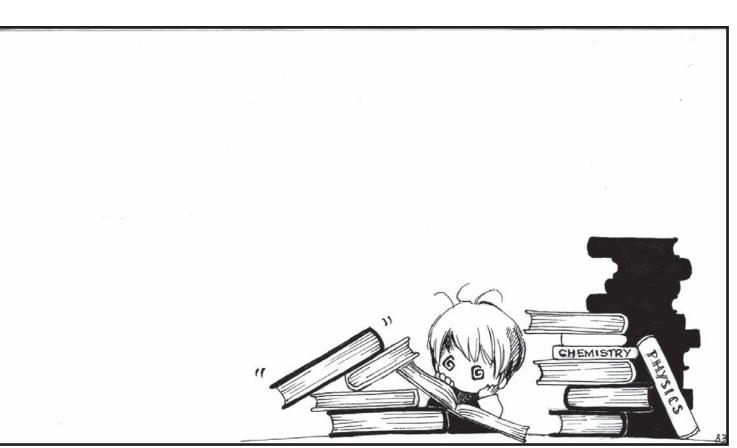
Even more troublesome to us is the ban on independent study courses by full-time undergraduates with University College faculty. There are many niche areas of study lacking an academic expert in the College of Arts & Sciences (ArtSci) where a true authority can be found in University College. For instance, one wishing to do an independent study on the Balkans will encounter problems in that the closest specialties of any ArtSci professors in relevant departments are Germany and Eastern Europe. On the other hand, University College has an instructor whose precise area of expertise is the Balkans. Under the present rules, said student would be denied the opportunity to engage in independent study with said professor and could thus not properly explore their unconventional academic interests. Needless to say, this is greatly disheartening for such students who find experts capable of guiding their studies only to be disallowed by institutional red tape.

Though University College instructors may serve as thesis advisers or secondary readers, it is quite rare that this happens. Many students are not even aware that this option exists because the process for doing so is neither obvious nor well advertised. Accordingly, what could be a great source of thesis aid to seniors is utilized far less than ought to be the case. Especially with the number of seniors who have trouble finding secondary readers, the failure to better inform the student body of this option is highly disconcerting.

As it stands, there are only two components within the existing structure that are sound. First is allowing enrollment generally within University College courses by full-time day students. Second is limiting certain courses to graduate students. The logic there is that the average student, even with substantial upper-level coursework in a given area, may be unqualified for masters level coursework, and the student has not been formally admitted to pursue such a course of study. Naturally though, the former is too limited in scope, and the latter little different from the restrictions that apply to graduate courses in other University

divisions.

Ultimately, given the University's mission of providing its students with a well-rounded education in both the liberal arts and real world skills, the present limitations and underutilization of the resources of the University College must not continue. While we believe the University should continue to place some restrictions on the number of courses students can take through University College to prevent abuse, we believe the University should significantly expand and promote the University College opportunities it currently offers. Allowing students to enroll in multiple University College courses or complete independent studies through it can only expand the breadth of student education and allow for the development of practical skills useful in the post-graduation job hunt. And promoting those limited offerings presently available to full-time undergraduates can only help revitalize University College by bringing in new students who cannot enjoy these benefits because of inadequate information available to them.



Don't fetishize me

This article approved wholeheartedly by God

etishize," according to the American Heritage Dictionary, Fourth Edition, means "to make a fetish of." A "fetish," then, is (besides a magical object associated with shamanistic religious practices and an object or body part that arouses remarkable sexual desire) "an object of unreasonably excessive attention or reverence" or "an abnormally obsessive preoccupation or attachment; a fixation."

You fetishize this article. I write today to explain your fetishization of this article and to inveigh against it. Some students' responses to an article last week that I wrote called "'-isms' and 'ities' and crayons and coloring books" were the most profound of a number of examples I've seen in the last few years of a really bizarre, undue attention that the average human gives to language laid down permanently and in an organized way in ink: a fetishization of the printed word.

I notice this also from the incensed responses many of our columnists glean online from responders often going by "Anonymous" or the default "Your name." Often readers feel personally affronted by the opinions printed in Washington University's independent student newspaper, and by extension by those same articles online.

Many students (and faculty) feel that after they read someone's opinion they disagree with in the newspaper, they have to "set the record straight" and publicly declare how vehemently their opinion differs from that originally expressed. They will write online comments, or letters to the editor or entire opinion-editorial pieces to defend their cause, their organization and their sense of self.

The reason this alarming urge to



Dennis Sweeney Forum Editor

people misinterpreted that article and b) that those people felt personally insulted by an opinion that, I felt, was quite personal to me and me alone. So I am reacting to that feeling.

I will send this article in tomorrow, after proofreading it maybe once, and at about 6 p.m. Tuesday night our Forum designer for Tuesday will copy and paste it into a text box in Adobe InDesign, place my headshot at the top of one of the columns and organize other similar articles to fit on the page in a visually pleasing way. Then I will come in at about 9 p.m. and make sure the layout fits our design vision, because that's my job too, and our editor in chief will PDF the InDesign file after it is copyedited three times, and it will be sent via some sort of server to a printer who will print what we all created, and then a bunch of dudes whom nobody at Student Life knows will put the paper out in some of the prime spots around campus (which spots they skip on which days is always worth betting on) and people will pick it up and read it.

Notice that at no point did God, or a wizard or your mother give me, my editor or any of our columnists their blessing. Notice that we wrote what we wanted to and that that was it.

The words on this page are things that people think, organized into a comprehensible and compact design so that you can more efficiently and pleasurably read them. Why do we do it? What is the point? I write because I think that the things I think about are worth telling other people about. That's all. I have no more legitimacy than your boyfriend who claims Florida is a country in eastern Europe or your professor who does not know what reading he assigned for today.

BEKCY ZHAO | STUDENT LIFE

Lower the credit cap

.....

You can't study how to live a life

Brent Sherman Staff Columnist

hile most students at Washington University know how to balance their classes with their social lives, some do not. It is for these few, who against their better judgment (or lack thereof) overwork themselves that I propose that Washington University lower its credit cap per semester to 18 credit hours. It would balance a student's academics with his or her life and improve the community on campus.

I generally favor a bottom-up approach to solving social problems, as I hate a nanny government, but when that approach

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has failed, other methods should be tried. Just as the ban on sales of bottled water has succeeded where encouraging students to give up bottled water on campus failed, this cap will succeed as well.

Whether you agree with me or not, chances are that you have heard about someone who is taking 19, 20 or even 21 credit hours! With this many hours, there is no way that a student can effectively learn while still being a part of the community (a.k.a. having a social life).

I know people who are studying so much that I never see them. I was that person one semester, and I missed my friends. I did not hang out with my roommates or floor. I really just stagnated and backslid socially. Albeit, I did learn a lot.

Or I think I did. I knew what I had to know and what I didn't have to know and at what times. I made it by on the razor's edge in each class because if I tried to step off of that edge and onto surer ground, I would fall off the edge in another class. Put another way, I lurched from crisis to crisis. From exam, to exam, to paper, to work, to exam, to class...

In a car mechanic's office one day, I read a kitschy piece of advice, "Don't get so caught up making a living that you forget to make a life." Everyone agrees that workaholics are bad, and I say that studyaholics are just as bad. By lowering the cap, students will be able to study a sane amount and still succeed in class.

Furthermore, the new cap would improve the community by allowing students the necessary free time to have a life. You will not remember that night you stayed up in Whispers until 5 a.m. to finish a project. You will remember that night you and your friends had a snowball fight on the Swamp. Think back to what you remember about high school and see if I am right. The studyaholic, like the workaholic, is always the friend in absentia. Theirs is a selfish approach to life. They are a void that is missing from people's lives. Studyaholics will protest that they really wished they did not have to study all of the time, but then they will sign up for just as many classes next semester as before.

Lastly, the studyaholic will also miss out on the extracurriculars that are just as important as the curriculum. By joining clubs, getting involved on and off campus and simply hanging out with friends, a student will grow as a person. Regardless of what any of us ends up doing, we should all be people who have lived a life outside of class.

Brent is a sophomore in Engineering. He can be reached via e-mail at zuklug@gmail.com. respond to what is said in our newspaper confuses me is that it assumes that the words printed in our newspaper are in some way especially legitimate.

Let me assure you: They are not. I want to tell you a little about the process. It is 12:36 a.m. right now on Sunday night. I know I need to finish this article and send it to my editor sometime tomorrow, along with those of Wednesday's staff columnists, so she can edit them for grammar and put them on the *Student Life* server.

I conceived this article in thinking about the response to my last article. It bothers me a) that I feel many I am just a person, and I am just typing on my computer.

Dennis is a junior in Arts & Science and a Forum editor. He can be reached via e-mail at djswee@gmail.com



Behind Executive Committee restructuring

Less bureaucracy needed, not more

It all sounds like more bureaucracy to me. Just what we need, more layers and rules to SU. How about FEWER layers, SU? What's the point of all this, anyway, SU? How about you just stay out of everyone's business.

'Your name'

All housing should cost the same amount

Unintended Consequences

So you want to make it more fair for low-income individuals by raising the cost of living in our 'low-cost option'? I think your proposal will have unintended consequences similar to raising minimum wage to help low-wage workers.

'Joe'

YOUR VOICE: LETTERS AND GUEST COLUMNS

Student Life welcomes letters to the editor and op-ed submissions from readers.

Letters to the Editor One Brookings Drive #1039 St. Louis, MO 63130-4899

News: (314) 935-5995 Fax: (314) 935-5938 e-mail: letters@studlife.com

All submissions must include the writer's name, class, address and phone number for verification. Student Life reserves the right to edit all letters for style, length, libel considerations and grammar. Letters should be no longer than 350 words in length. Readers may also submit longer articles of up to 750 words as guest columns. Student Life reserves the right to print any submission as a letter or guest column.

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OUR WEB POLICY

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Once an article has been published on www.studlife.com, our Web site, it will remain there permanently. We do not remove articles from the site, nor do we remove authors' names from articles already published on the Web, unless an agreement was reached prior to July 1, 2005.

Why do we do this? Because Google and other search engines cache our Web site on a regular basis. Our thought is this: once an article has been published online, it's too late to take back. It is irrevocably part of the public sphere. As such, removing an article from our site would serve no purpose.

Dead letters

Charlie Bohlen Staff Columnist

e who work today by accident in paper and ink...should be happy. For we know-we must know—that the words and pictures and ideas and images and notions and substance that we produce is what matters-and not the vessel that they arrive in." This is taken from a talk delivered at Columbia University's School of Journalism in the year 2000, by the then-editor of Time, Inc. and future public editor of The New York Times, Dan Okrent. It was a speech entitled "The Death of Print." In this speech, Orkent made a pithy ode to the enduring nature of journalism, confident that whatever happened, the people would always

What confronts us is the grim reality that there is nothing that print journalists pro*duce that cannot be* produced better and cheaper on the Internet.

need the news. But a decade later, this death is undeniably upon us.

The entire publishing world, long overextended and debt ridden, has begun to painfully contract. A few daily papers have officially ceased to exist in physical form, and dozens of magazines have folded. And perhaps fittingly, it is the grim optimism of Okrent that is most often invoked among many journalists and their families when I hear this current crisis discussed. Try as I might, I can't see any way toward agreeing with them.

What confronts us is the grim reality that there is nothing that print journalists produce that cannot be produced better and cheaper on the Internet. This does not, in and of itself, spell journalism's doom. Print journalists are still professionals. schooled in an art that most of us deem essential to any free society.

They must merely adapt, goes the Okrentian line. And taking stock of current digital efforts, like The Daily Beast-started by former New Yorker Editor Tina Brown-an earnest if uneven attempt at "news curation," or more established successes such as The Huffington Post or the Drudge Report, one might believe it. They are, after all, chiefly comprised of articles or links to articles written by people whose chief aim is to educate, analyze or explain. Perhaps it is merely a matter of abandoning one vessel for another.

But this too is mere hopeful axiom. The net is young, very young, and it is ever changing. Any similarity between current news offerings should not be taken as an official benediction of the digital age. We should remember that the very newspapers we read took several hundred years to become the avowedly independent, neutral and boldly enterprising content gatherers we now revere. In between came the invention of such notions of copyright, free speech, libel law and other institutional innovations. Some look upon these ideas as milestones of human progress. It's hard to see them now as anything more than minor tweaks in a defunct software. For their survival in the digital age is no assured thing.

Because the net, unlike movable type, has the power of rapid and unbounded evolution. And it is a ruthlessly opportunist. Any slightly more personalized, more socially amenable, more efficient or just plain prettier method of disseminating information is heedlessly adopted in droves. Twitter, the short-form blogging apparatus that most mocked as a farcical and masturbatory exercise in narcissistic over-sharing, has become a cultural phenomenon. Facebook recently made an attempt to purchase it. Obama used it for his entire campaign and uses it still. And it took two weeks to build and implement. One year from now, it could be as dead as Ruckus. There is simply no way to tell. What is apparent is that the net is rudderless and will probably remain so throughout the foreseeable future. And in its many metamorphoses, I struggle to find any systematized format that hews to any notion of craft. Bloggeristic integrity is not an idea I expect to come across any time soon.

So, I hold no stock in the assumption that just because any given format that happens to resemble newspapers is currently surviving on the Internet, its future is secured. To

really square this question, we have to ask ourselves if there is anything, anything at all, that journalists, as journalists, can provide better than anyone else. We can no longer expect to be the guild of the worthy opinion. The New York Times could shutter up tomorrow, and we could

still get Paul Krugman's ideas on the stimulus package. We cannot expect to be the ones who break the real scoops. TMZ and Matt Drudge are far less encumbered by either scruples or taste, while more civicminded sites like Follow the Money allow us a dimension of congressional accountability that even the best papers could not ever hope to effect. Can we call ourselves the voice of the people, when they are learning, for better or worse, to speak for themselves? We are left with little more than our debunked methodologies and our empty commitment to

interesting. Posner writes that

GODIVA REISENBICHLER | STUDENT LIFE

the truth, or its best approximation. In that I must disagree with Okrent: Compared to the vessel, they could not matter less.

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

The fallacy of moral equivalence

Roei Eisenberg **Op-Ed Submission**

here is tragedy in Gaza, as Monday's Op-Ed "Tragedy in Gaza, on both sides" (Student Life, Feb. 9) would have you believe. However, since Israel uprooted settlers and withdrew its armed forces, the tragedy is wholly one-sided. At first, I was dismayed by the author's choice of words. But as I reminded myself of tragedy's etymology, I let out a brief chuckle. The word originates from the Greek "tragoidia," meaning "goat-song," dating back to a time when a chorus would sing before the ritual sacrifice of a goat. The parallel is striking. Hamas is singing louder and louder. And the Palestinians pay a higher toll each and every time.

Wash. U. Amnesty International would have you believe that there is tragedy on both sides. Yet pictures of destruction in Israel and interviews with distraught current and former residents of Sderot are not flooding your screens. Wash. U. Amnesty International would have you believe that there is a moral equivalence argument to be made. Yet nowhere in the article do they inform you that Hamas, the democratically-elected government of Gaza, stole U.N. aid last week, forcing the United Nations to stop supplying residents of Gaza, who rely almost wholly on the world's generosity.

So I ask, which side is denying civilians their basic human rights, the side that specifically targets civilians or the side that risked the lives of its soldiers in a dangerous ground offensive? Which side is denying civilians their basic human rights, the side that teaches its children that Jews and Christians are "pigs and apes" and that the greatest honor is to die in the act of killing others, or the side that has painfully tried to integrate a minority that sides with its enemies?

Also, if you ever want to pre-

tend to have any objectivity, try not to write such morally ambiguous sentences in your articles as: "Amnesty does not support the targeting of civilians by either side. However, Israel's 18-month blockade on Gaza left Palestinians with limited resources and medical supplies and increased poverty in the area." Are you trying to hint that the targeting of innocent Israeli civilians is justified by a decrease in the quality of life in Gaza, or did I misunderstand the "however"?

Within that quote, the author further neglects the \$650 million underground economy of weapons and explosives or Hamas' seizure of nearly half the diesel fuel supplies and its attacks on the border crossings through which those supplies are received. The author simply blames the poverty of Palestinians on Israel. Furthermore, in an article that claims there are multiple sides to the story, the omission of Gaza's other neighbor, Egypt, who instated a brutal blockade more than a year ago and ordered its soldiers to shoot or break the legs of border-hoppers, is quite telling.

My favorite part of this entire situation is that last week, I asked the Wash. U. community to commit to a real dialogue about the conflict. This Saturday, the co-president of Amnesty International on campus accused me of having an agenda and attacked the organization I work for. Then on Monday, she published the aforementioned reason for this response. Since the times have not changed, I will end as I did before: "There is no real dialogue about these issues on campus. There are only ideologues on both sides, pitching their 'solutions' to the wrong conflict. Until people make a real effort to educate themselves about the real conflict. I'll go back to sitting on my couch wishing I had something substantive to do.'

Roei is a senior in Arts & Sciences. He can be reached via e-mail at rmeisenb@wustl.edu.

hurch of hate A response to

Zach Gietl Op-Ed Submission

s I sat down to eat my lunch on Friday while reading Student *Life*, I nearly choked when I read the article "Church of hate" by Caleb Posner. As I read through the article, I became more and more frustrated by the lack of the fullness of truth and the hypocritical tone of the author. However, before I delve in too far, first let me state that there is no room in our or any society for discrimination in any of its forms, including anti-Semitism. What Bishop Williamson said is categorically unacceptable and flat out wrong. Had Mr. Posner's article focused solely on this. I would have had no objection to the article; however, what

was presented was in fact an attack on the Catholic Church.

At the beginning of his article he states, "There are many things both in centuries past and in recent years for which to criticize the Catholic Church." I cannot argue with this fact; there are many things in the history of the Catholic Church which I, as a Catholic, am not proud of. Nevertheless, I challenge him to find any organization that is flawless. As stated in the Bible, "Let the person among you who is without sin cast the first stone" (John 8:7). Moreover, I found it highly ironic, one might even say hypocritical, that someone who titles his article "Church of hate" would write such a hate-filled piece. Perhaps a better title for his work would be "The hated Church."

I also find his interpretation of Nostra Aetate to be quite

...Nostra Aetate, the declaration that formally established that the Jews were no more responsible for the crucifixion of Jesus than any other peoples." What the pertinent part of the document actually states is "True, the Jewish authorities and those who followed their lead pressed for the death of Christ; still, what happened in His passion cannot be charged against all the Jews, without distinction, then alive, nor against the Jews of today. Although the Church is the new people of God, the Jews should not be presented as rejected or accursed by God, as if this followed from the Holy Scriptures." Perhaps Mr. Posner should apply this logic to the Catholic Church. Of course there are going to be people within the Church who are going to do or say stupid, hurtful things, but to

state that the 1.2 billion-member Catholic Church is a "Church of hate" because of a few people or actions is utterly reprehensible in my opinion.

"

While Mr. Posner is certainly entitled to be skeptical of the Catholic Church and feel that it has no place "in our modern and rational society," I do not feel that he is entitled to use his bully pulpit to preach views which are not only flawed but also hypocritical. If we look at the definition of hate, we find that it is "intense hostility and aversion usually deriving from fear, anger, or sense of injury" (M-W.com). Based on his column, it would seem that the author is full of hate.

Zach is a freshman in Business. He can be reached via e-mail at gietlz@olin. wustl.edu.

Eight hours of wasted potential

Sleep may be necessary, but I'll still fight it

Tom Butcher Staff Columnist

f you are exactly 21 years old, then you have lived for 184,080 hours. And if you get an average of eight hours of sleep a night, then you have spent 61,362 of those hours in bed and unconscious. That's almost 2,557 days, more than 365 weeks, and precisely seven years. In other words, it's a third of your life. Have you ever considered that fact? We spend one third of our existence in a nocturnal state, where we are unable to accomplish anything.

Just think of what could be ac-

complished! The books you could read, the languages you could learn! Why, you might even be able to actually finish that mountain of homework your professors give you every week! Hell, even if you just spent it playing games, at least you would be having fun. Almost anything would be better than surrendering a third of your life to the nightly void.

Of course, the usual counter-argument to this is that without those eight hours of sleep, the 16 waking hours couldn't be productive – or, indeed, even tolerable. "You have to spend some time recharging the batteries," they always say.

I suppose that this might be the point where most would go for some sort of grand, neo-existentialist point about how short life is and how we have to appreciate what we've got, 'because we've only got one life to live,' and so forth and so forth. Well, screw that, I say! That's just giving in, passively accepting

sleep's reign over a third of our existence. I intend to fight! After all, just because sleep is necessary doesn't mean that I have to be appreciative of it. Taxes are necessary too, but you don't find too many people singing their praises.

I think it's very important, therefore, that we devote as much energy as possible to find a way to reduce or eliminate the need for sleep. In my formative years, I played a video game called Earthbound, which featured a group of four children who team up to save the universe. Normally, you would sleep in a bed in order to regain all your health. However, at one point in the game, you come across a science lab where, instead of beds, the scientists have special pod-devices that give them the equivalent of a full night of sleep in about five seconds. How cool is that? I'm not sure if such a thing is possible, but it seems to me that if we can split atoms, we ought to be able to find a way to get by with less sleep.

In the meantime, I suppose I'll just have to do what I can to sleep less. Part of this might be required by those previously-mentioned mountains of homework which seem to follow me at all times, but I like to think that I'd do it anyway. For each hour less you sleep per night, you gain an extraordinary amount of your life back. If you can manage to sleep just six hours a night, then you'll only lose onefourth of your life, as opposed to one-third. By the time you reach 60, that's an extra five years that you get to live, just by sleeping two fewer hours per night! Imagine the possibilities!

Yes, I do acknowledge that humans need and usually appreciate sleep. But that doesn't stop me from wishing that we didn't.

Tom is a junior in Arts & Sciences. He can be reached via e-mail at tmbutcher@wustl.edu.

Men set to defend title after winning run

Josh Goldman Senior Sports Editor

The Washington University men's tennis team will begin the spring season ranked No. 1 in Division III and poised to make another title run.

The Bears have held onto the No. 1 ranking after winning the 2008 NCAA National Championship and following the title with strong play in the Intercollegiate Tennis Association Small College Championships last October.

In October, junior John Watts, the No. 3-ranked singles player in D-III, lost in the semifinals while the No. 3 doubles team of seniors Charlie Cutler and Chris Hoeland won the tournament

The 2007-08 season was a year of firsts for the men, who beat UAA powerhouse and rival Emory University twice last season, including in the NCAA championship match.

"With a team that's returning every member from a championship team, you have expectations, but really it's almost a relief. We accomplished our goal last year, so we don't really have to stress about it this year," Cutler, a co-captain, said.

The team, however, still lost to the Eagles in the UAA final and is seeking its first UAA title.

"It's probably one of the first things I heard when I started here. It's been consistent," Head Coach Roger Follmer said of the Emory rivalry.

The men open play on Saturday at Drury University, which reached the semifinals of the Division II NCAA tournament last season.

"We're just looking for a good start to the season. It's going to be good competition, so we'll just use this match to see where we are heading into nationals," Hoeland, a co-captain, said.

"Outcome is not as important as getting some solid matches under our belts...It would be nice to beat them too," Cutler said.

The team will use the Drury match to find all areas of necessary improvement before the National



Last year, the Bears earned a No. 1 ranking and won the NCAA Division III Natinal Championship. All 13 members from the championship team will return for the 2009 season.

on Feb. 20.

"The following weekend will probably be the first taste these guys get. We didn't win national indoors last season, but we'll be the top seed at national indoor, so it will be the first look at how they handle at having the number one sign," Follmer said.

"There's only as much pressure as we put on ourselves. We always have high expectations. There's no added pressure after having won,

als] last year, so we're just looking to improve on that," Hoeland said.

The team returns all 13 members from last season and has added three freshmen, making it arguably the deepest squad in Wash. U. history. In challenge matches this season, starters have fallen and are constantly tested by the rest of the team, which has raised the level of play of every athlete.

Citing past Wash. U. volleyball teams that had reserves capable of

confident that the added competition of intra-team play has brought the Bears to the top of D-III tennis.

Equally impressive is the team's ability to turn a tough loss into a positive, as evidenced by the Bears' first win in school history against Emory last season following a loss to the University of California-Santa Cruz at last year's indoor championships.

"We're really just focused on

disappointed that we lost to Santa Cruz in the semis since we really let the doubles get away from us. In doubles, we were up a break on every court, and then next thing you know, we were swept out 3-0...And so the next day, we went out there and swept doubles with Emory. So I think the first time we beat them in school history, we didn't even think about playing them since we were disappointed that we let one go against the Banana Slugs."

Indoor Championships on Feb. 20, the rest of the team will get the chance for some early playing time against McKendree University on Feb. 21.

'We can only play our best and let the chips fall where they may. We have to prepare, train a lot, play well and be working on things we need to, and after that, we just have to relax on the court and let our game take over," Hoeland said on the team's pursuit of its first UAA





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bearprofiles: Kelly Kono

Becky Chanis Sports Reporter

Senior Kelly Kono, captain of the women's swim team, is a very humble and outgoing individual. But underneath that cheerful exterior is an internal fire that helps her leave competitors in her wake.

"She's an interesting duality," Head Coach Brad Shively said. "She's got all these components to her, but honestly, when she gets to a race, she's pretty mean."

Kelly's competitive focus has definitely proven its worth. Currently, Kono holds six school records, three of which are in individual events. She is an 18-time All-America swimmer and has qualified for the NCAA Division III Championship each of the past three years; this year will be no exception

While Kono has been swimming for 16 years and has trained tirelessly to attain her successes, she attributes much of her success to her team

"I think a lot of the time what motivates me the most is not letting down my teammates," Kono said. "During a lot of relays when I've been racing to catch up or stay in the lead, I think of or envision my teammates, the people who are counting on me and who I don't want to let down."



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"That's always a relief to have her on your relay, because you know when she goes in the water, anything that she can do, she will do," junior Jessica Lodewyk said.

Like many other varsity athletes, Kono chose Wash. U., since it mixed top-tier D-III athletics and academics.

"I looked at a lot of schools," Kono said, "and when it came down to the choice between a D-I program and a D-III program, I picked Wash. U. because it offered the best of both worlds."

Kono's intensity in the water is tempered by her spirit and enthusiasm for her team. Although she takes her role as captain seriously, Kono is always eager to enjoy her time on the pool deck.

"Kono has a lot of energy," Lodewyk said. "She always has a positive influence on the team. She's always ready to get up and cheer, get up and make a fool of herself like any leader should."

Her enthusiasm doesn't stop there, as she organizes team outings and invents cheers. Enthusiasm seems to be in her nature, especially when involving swimming.

Yet, as in any other athletic career, Kelly has faced setbacks. A back injury has forced her to cut back on workouts and find creative solutions to training problems, such as tying her-



COURTESY OF WASHINGTON UNIVERSITY PHOTO SERVICES Kono has been named an All American 18 times during her 3+ years at Wash. U.

self to a cord and swimming in place during practice.

"I've had so many teammates who have had to quit because of injuries," Kono said. "I am just really grateful I haven't had to do that."

But in dealing with her injuries, Kono's competitive fire and spirit always shines through.

"It's amazing. She trains as well as she can, but she can't do the full things that we can do," Lodewyk said. "But yet, she gets to a meet, and she can do the starts, she can do the turns. It's just really incredible what she can pull out when she needs to for the team."



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Scene Editor / Shayna Makaron / scene@studlife.com

STUDENT LIFE | SCENE

Health beat*** The power of touch

Brooke Genkin Scene Online Editor

In studying the healing practices of different cultures, one finds certain commonalities, the most notable of which is the "laying on of hands." The human touch has long been considered to have healing powers, and the practice of laying on of hands can be seen even in ape families, in which grooming is an intimate form of bonding. As far as we've come from our ape predecessors, as humans, we too feel a connection to others, and perhaps a sense of healing through touching.

Medical practices such as chiropractics and acupuncture have long taken advantage of these healing powers. Manipulating the spine and targeting pressure points and chi energies, these practices date back hundreds of years and have continued to exist for their continued benefit to the human body, mind and spirit.

In addition, spa treatments such as manicures, pedicures, facials and even haircuts serve more

than just beauty purposes-they are forms of person-to-person contact that can have healing powers. Bridging the doctor's office and the spa, massage therapy has always held a prominent position in the healing model.

Of the several massage types available, the most basic and instinctive is a traditional back rub. Back rubs are a quick way to help relieve stress by physically targeting aching muscles in the neck and back and stimulating circulation to the rest of the body.

The physical release of tense muscles sends hormone signals back to the brain. "Feel good" serotonin and dopamine hormones are then released while the production of cortisol, the "stress hormone," is inhibited. This means reduced heart rate, blood pressure, depression and anxiety, as well as alleviated physical pain.

Lucky for Wash. U. students, back rubs will now be offered for free at special events held by a new program on campus called "Stressbusters." Trained student Stressbusters will be offering back rubs as a means of stress

relief in addition to wellness information regarding stress management.

This is great news, not only because back rubs feel good, but also because they have incredible benefits. Physically working and stimulating muscles prompts old blood to move out and new blood to move in, improving circulation. Improved circulation has benefits of its own as new oxygenated blood to the muscles reduces the amount of lactic acid in the muscles and associated soreness.

Back rubs can also stimulate the lymphatic system of the body, improving the immune system and reducing the risk of contracting an infection or virus (which is especially helpful during these winter months). So helpful, in fact, that health practitioners claim a 1-hour full body massage can have the physical benefits of three hours of aerobic exercise. Unfortunately, that does not mean you should drop your morning workout for a trip to Massage Envy, but it does mean that every now and then a good ole back rub could do you some good.

reschuste makes getting busted a good thing

Shayna Makaron Senior Scene Editor

"Wanna give me a back rub?" Chances are you've asked this of one of your friends at some point, or perhaps you make the request on a regular basis if you're especially ballsy. And the response generally goes something like this: your friend scoffs at you and reacts with a firm "no." Or maybe you get the classic "I'll do you if you do me," at which point you sigh and retract your request.

With the introduction of the Stressbusters program on campus, this scenario will become obsolete. Washington University students and faculty prepare to enter a new era of back rubs provided on campus by trained students. Best of all, it's free.

Rewind several years to when Jordan Friedman, creator of Stressbusters, was in his first year at the University of Maryland, College Park. Upon visiting health services with stomach pain and indigestion, Friedman learned that his ailments were caused by stress. The doctor referred Friedman to a stress management course and, although he was skeptical, the class turned out to be a huge help.

Friedman continued to take classes in stress management as part of his academic field of study, going on to receive his Master of Public Health degree from New York University. While at NYU,



Friedman did field work in the health promotion office at Columbia University, which he later went on to direct. It was then, in 1996, that Stressbusters was born. Due to instant popularity at Columbia, Stressbusters soon spread to other schools: Johns Hopkins, NYU, St. John's, Harvard and now, Washington University

The mission of Stressbusters is "to provide sustained relaxation opportunities, to increase wellness outreach, to provide stress reduction skills and to increase visibility of wellness programs on campus."

To achieve these goals, students on campus apply to go through an extensive, yet enjoyable training program (think learning to give back rubs on each other) that prepares them to be official "Stressbusters." A licensed massage therapist (LMT) teaches trainees the skills essential to being a successful Stressbuster, including how to communicate with clients, information about body areas and back rub techniques.

Another element of training is a course called "Stress and Relaxation 101" that teaches the trainees what stress is and how back rubs help; not only are Stressbusters prepared to help with their hands, but they also act as wellness ambassadors by providing health information and referrals to Student Health Services.

Mental Health Promotion Associate Ginny Fendell noted that one of Student Health Services' favorite elements of Stressbusters

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is that it is not just for individual students, but also for faculty and groups on campus.

"It's another way to unite the students with the rest of campus," she said.

Once students have been trained, Stressbusters will be open for business and conducting events on campus. Popular events at other schools have taken place during midterms at the library, Dance Marathon, Staff Appreciation Day, move-in weekend or study breaks. As an Event Host, the president of a student organization can collaborate with Stressbusters to host an event for their group.

After the events, the "Just Busted" can leave comments on their 5-7 minute back rub experience. Friedman's favorite thus far is one left by a student who, believe it or not, said it was the first back rub that he or she had ever had.

"That's why Stressbusters is so amazing," Friedman explained. "As a student Stressbuster, you can open up this huge door to someone who's never had a back rub before and they might think it's awesome and keep coming back. It's really an amazing opportunity.'

For notifications of future Stressbusters events or to learn how to set up your own Stressbusters event on campus, contact wellness@wustl.edu.

To apply to be a Stressbuster, download the simple application at shs.wustl.edu/stressbusters.htm. The first training sessions will be held on Feb. 27 and 28.

Scott Fabricant Scene Reporter

Former porn actress and sex educator Annie Sprinkle visited the University yesterday and today to take part in a series of talks and movie screenings to educate students about sex and pornography.

The Tuesday events were a

though women resonate more with it because its a woman's story. My talk is probably more for women while Ron's is for the guys.'

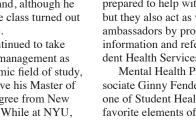
Sprinkling sex across campus

And yes, Jeremy and Sprinkle have made several movies together.

Sprinkle's career dates back to 1978, when she entered the world of pornography and prostitution at the age of 18. With 20 years in the business and as many as 3,500 partners, she became a pioneer of alternative pornographies and was the first porno actress to get a Ph.D. in human sexuality from the Institute for the Advanced Study of Human Sexuality in San Francisco.

making pornography, instead focusing on art, writing, education and advocacy about pornography and prostitution.

"I know lots of sex workers who love their work and take pride in their work and do great service. But then I've met some who are pretty miserable. But it's that way with many jobs," Sprinkle said. "I enjoyed it. I liked sex and I felt like I was bringing pleasure to many. It was



panel discussion on pornography in society and a lecture called "My Life as a Feminist Porn Activist." Wednesday's events focus more on sex, with an open sex clinic in the Danforth University Center, a screening of the documentary "Annie Sprinkle's Amazing World of Orgasm" and a workshop on "ecstasy breathing," described as "erotic experience through the breath, and a possible energy orgasm experience."

"We'll be giving real practical hands-on sex advice ... well, not hands-on, but practical," Sprinkle joked

Sprinkle's visit is being hosted by the Alternative Lifestyles Association.

Sprinkle will not be the only porn star visiting campus this Sex Week, as Ron Jeremy will be taking part in a debate on pornography on Friday. However, Sprinkle believes their talks target a different audience.

"He's got the male, mainstream pop culture version, and I'm the political feminist, artsy person," Sprinkle said. "Guys may find my talk interesting, al-

"I was a pioneer in alternative kinds of porn," Sprinkle said. "Still sexually explicit imagery, but more in the art category. It's not mainstream, you can't jerk off to it. It's intellectual stimulation, more conceptual experimentation. I'm like the Yoko Ono of porn."

An unexpected virtue of porn, at least in Sprinkle's opinion, is its value as a cultural artifact.

"They're historical documents, a mirror of where our society is at sexually. It documents people's sexual habits. Porn from 100 years ago is very different; people had sex differently than they do now," Sprinkle said. "There's mainstream, but there's also docuporn, artsy porn, fetish porn that's quite sweet and some hard and heavy BDSM stuff that's pretty extreme. There's all kinds, but that's how people are. That's a reflection of our society.'

kind of interesting to get naked and have sex with strangers, a kind of performance art."

Sprinkle contests the notion that pornography and prostitution are by nature exploitive of women.

"Most industries are exploitive-people are paid to do jobs. If you see sex as a bad thing but you have to do it anyway, that's exploitation," Sprinkle said. "The real problem is poverty. There are women and men who don't have choices because they're so poor they don't have other options. I had other options."

Ultimately, Sprinkle's workshops are more than titillating talks about sex. She is a window to sex and art beyond porn, and her life is worth learning a lesson from.

"Porn is just one little part of what I've done. I love to talk about it, but it's not all who I am," Sprinkle said. "Mainstream porn was 20 years ago for me. It was a great adventure, but I'm on to newer and better things."

Sprinkle is no longer active in



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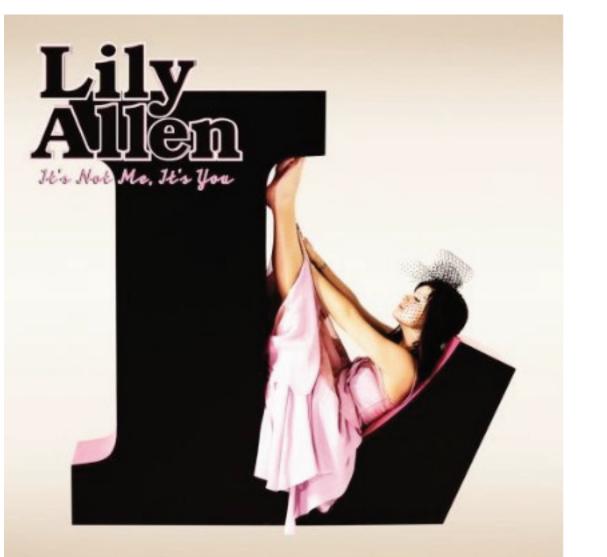
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It's Not Me, It's You Lily Allen



Eric Lee Cadenza Reporter

Lily Allen: temperamental pop songstress, user of ecstasy at age 14, bearer of three nipples and chronic alcoholic. To this list of dubious yet compelling qualities can now be added: creator of awesome second album.

The notoriously-mouthy singersongwriter made a splash in 2007 with the release of her debut "Alright, Still" and kickoff single "Smile," a reggae-inflected verbal castration of an ex-flame.

Two years, one miscarried baby, several media-aided battles against Katy Perry and Amy Winehouse and a few weight fluctuations later, she returns with a similarly-minded disc and attitude. Despite her claim that she was attempting to move in a different direction (citing the fact that several acts copied her style), her most recent effort remains remark-

ably similar to her first, mixing her trademark combative, promiscuous ethos with a suitable number of tender ballads. Nothing here matches "LDN" or the aforementioned "Smile" off of her debut, but every song is a winner.

Those looking solely for powerful vocals and intricate wordplay should back away slowly, shaking a clove of garlic to hide their scent. Allen crafts pop songs backed with intricately-layered electronic and rock production, adding her thin vocals and effective lyrics

She has added dramatic political overtones; the first track "Everyone's at it" explores the overly-medicated state of the world, the brilliant "F*** You" was originally aimed at big oil, but Allen states. "I felt this issue has become relevant pretty much everywhere, we are the youth, we can make coolness for our future, it's up to us. Go green and hate hate."

tion creates interest throughout the album with a variety of electronic and riff-based tricks. Lead single "The Fear" topped the UK singles chart in December, and with its blaring synths and dark bassline, seems poised for similar success stateside. Standout track "Not Fair" is a song about a potato-sack-with-a-dong type lay and characterizes it with the lines "look into your eyes, I want to get to know ya, but then you make this noise, apparently it's all over."

to song construction, her produc-

Allen's career is basically constructed around her persona, topping lists for her style and making headlines for both her fondness for recreational drug use and her Britney Spears-esque stints in therapy and rehabilitation. Despite these tendencies, her willingness to mock the music industry and her brutal introspection in album and in press has created a new type of celebrity-decadent yet self-aware, hedonistic but inspiring in her candor and moral philosophies.



for fans of Britney Spears, Robyn

tracks to download "The Fear," "Not Fair", "F*** You"

For example, her diatribes against fellow starlets have been refuted in turn, stating "I felt like 'Oh God, I'm short, fat, ugly and I hate all these people who flaunt their beauty."

Her enlightened attitude toward homosexuality has landed her on the cover of Gay Times (making her the first female on the cover in 12 years). and her interest in the environment has led her to record exclusively at Studio A, England's only solarpowered recording studio. Lily Allen is the shiznit, and is everything I want to be, except female and white. Google her.

ALBUM REVIEW

Two Tongues Two Tongues

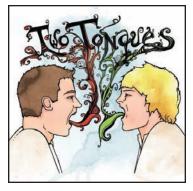
Steve Hardy Music Editor

Two Tongues, the hybrid supergroup that is one half Saves the Day and one half Say Anything, isn't quite as poppy as the former or punkish as the latter. But, to be fair, they never really settle comfortably in any one sound. In the mere 35 minutes it takes to burn through the 13 tracks on their eponymous debut album, the two vocalists trade lyrics and styles, jumping from Say Anything's Max Bemis spitting spite over staccato guitars to Saves the Day's Chris Conley wailing over lush instrumental arrangements.

The contrast is astounding. On "Wowee Zowee," Conley and Bemis play Jekyll and Hyde, with Conley's voice lilting over gentle arpeggiated guitars and melodic bass, while Bemis charges in with a thunder of cymbals and chugging guitar. Besides commanding vocals, Conley and Bemis wield distinctive guitars (each plays the lead, in a way) and lay needling melodies with razor-sharp power chords, respectively.

"If I Could Make You Do Things" is another excellent example of the vocalists' complementary ability, as the two begin with a very similar timbre and diverge over the course of the song, with Conley becoming increasingly whiny and while Bemis pours on the menace, each giving face to a vital facet of the song's underlying sense of desperation.

The band doesn't operate within this double act for the entire album, however; perhaps they quit before the artifice becomes tiresome and self-parodying, but even tracks without an obvious one-onone structure are solid, and there's a lot of great backup and supporting vocals from each singer. It is in these tracks, without the trade-off styles, that the band nestles more



★★★★☆

for fans of Say Anything, Saves the Day

tracks to download "Wowee Zowee,"""If I Could Make You Do Things,""Positive Negative''

"indie rock" sound, bolstered by the bass and drum corps of Dave Soloway and Coby Linder, on loan from Saves the Day and Say Anything, respectively.

With a punk rock drummer who always seems to want to be just a hair ahead of the beat (in a good way) and a bassist with his mind on melody, straightforward tracks like "Alice" are lively and surprisingly nuanced.

The only real complaints against the album are that two of the three closing tracks aren't as strong as the rest of the album. At more than four minutes, "Try Not to Save Me" tries to be a little too sweeping and ends up overstaying its welcome and perhaps taking itself too seriously. The closer, "Even If You Don't," with its bouncy, pop-punk feel seems like an afterthought or a B-side. However, neither is unlistenable, and both are merely blips on an otherwise excellent debut album from a band of variously experienced and

Regardless of the motive, the results are fantastic. Despite her formulaic, verse-chorus-verse approach

Love, Hate, and

Then There's You

The Von Bondies

REVIEWS ALBUM

Lonely Road

Red Jumpsuit Apparatus

Cici Coquillette Cadenza Reporter

ration. After the commercial

success of their previous al-

pigeonholed into the familiar

pop-punk category. This time

The first track, "You Better

Pray" is almost unrecognizable.

With more feedback, blistering

guitar licks and an open-throat-

ed howl that brings out the best

in Ronnie Winter's vocals, they

seem to be channeling equal

parts Avenged Sevenfold and

Guns N' Roses. This venture

into another genre is incred-

ibly rewarding and exciting

metalcore and post-hardcore

hit their stride.

and sounds like they've really

However, this new sound

doesn't last. By the next track,

the band is back to tired pop-

punk sounds and sentiments.

RJA describes their album the

best themselves. On "Pen and

Paper," Winter laments, "This

whole routine is getting old/

and so am I/ and so are you/

my reputation lets me know/

I can do whatever I want to."

"Lonely Road" is split pretty

evenly between patches of their

more innovative moments and

some uninspired tracks.

for listeners-the band tackles

around, RJA has gone back

into the studio and halfway

reinvented themselves.

It's been more than five years since The Von Bondies' last album and frontman Jason Stollsteimer's altercation with Jack White of the White Stripes. Stollsteimer, beaten soundly, lost not only a fight but also the respect of the public

Christina Wilson

Cadenza Reporter

The Von Bondies looked poised to flourish in the limelight after their 2004 album, "Pawn Shoppe Heart," and its hit song "C'mon, C'mon" (the theme song of TV show "Rescue Me"). But their light faded, and no one expected a fourth album. Had this been 2004, some of these songs may have made it to the top of radio playlists. And it's a shame because there are some gems within this glossy garage rock album.

The Detroit rockers keep the songs short, with only one song exceeding four minutes. The songs end before the listener can become too tired of them but also before a true connection can be made. The hard-hitting guitar riffs, fast paced drums and lively backup vocals pass by in a blur of energized urgency that would have taken hold had there been any hooks within the song.

Most songs exhibit little exploration in terms of sound and are stereotypical pop. Within this expected fluff, the hidden gems struggle for attention. One song is "She's Dead to Me." Although it's only a minute and a half, it's rich in its variation, including a wailing Stollsteimer, smooth and at times pulsing guitar riffs, steady drums and complementary '60s-esque female backup vocals. Its ends in a flourish that leaves the listener wanting more, which probably could and should have been worked out.



for fans of The Killers, Band of Horses, The New Pornographers

tracks to download "She's Dead to Me" and "Accidents Will Happen"

Stollsteimer lulls you into "Accidents Will Happen" with his softened voice and intense but endearing lyrics, "She set herself on fire/ I was burned from head to toe/ please don't tell anybody/ I can't bear them to know." He continues these contrasts by intensifying his voice for the chorus and then falling back into lulling tones.

The Von Bondies exude a cool attitude and retro sound but neither is enough to carry an album. "Love, Hate and Then There's You" is full of expected, built up choruses and unimaginative song structures. The female backup vocals differentiate the album, and the lyrics and Stollsteimer voice are adequate to gain the Von Bondies new fans. But the Von Bondies surviving may be the best part of the album.

"Lonely Road" is a snapshot of a band in the course of matubum, "Don't You Fake It," Red Jumpsuit Apparatus (RJA) was

for fans of Velvet Revolver, Fall Out Boy, My Chemical Romance tracks to download

"You Better Pray," Pen and Paper," "Senioritis"

Ironically, only one song sounds like classic Red Jumpsuit Apparatus. "Senioritis" brings back the soaring vocals and more treble-infused power chords we've come to expect from them. Of the three acoustic tracks on the record, two are excellent. "Represent" and the title track show off just how far RJA has come musically from their early days. The third, "Godspeed," is an unfortunate turn of My Chemical Romance's "Black Parade"-style theatrics. All things considered, "Lonely Road" is a solid album, but one that could do with a few more years' perspective.

comfortably into a recognizable

life after Twitter



Cici Coquillette Cadenza Reporter

If you were to look at my Twitter during the past five minutes, it would look something like this:

CicAndDesist is writing an article about Twitter.

CicAndDesist wonders if Twittering about Twitter should be called meta-Twittering.

CicAndDesist is lul'ing. My love affair with Twitter began as a joke. I created my account to prove to my suitemates that meaningful communication could be accomplished in 140 characters. "Brevity is the soul of wit," after all. What followed was a simultaneous explanation of our desire for connection and immediate gratification and what some would call an unhealthy addiction.

The onset of Twitter's popularity was really only a matter of time. The whole phenomenon began with Facebook and specifically with the introduction of the Facebook status. Once upon a time, we only had three options for Facebook statuses, which was quickly replaced with the obligatory "[Your name here] is...' Now the status possibilities are limited only by the imagination and

what fits into the third-person singular. As we became more and more proficient in communicating through one-line sentences, we began to look for an outlet for that creative energy-updating your Facebook status multiple times in one day is a little suspect.

The most fascinating thing about Twitter is how intimately people get to know each other within the context of 140-character entries. Amidst all of the posts about delicious sandwiches and mundane errands are very honest, revealing entries. It's really what I imagine confession must be like for Catholics. (I'm tempted to make the obligatory "confession behind a screen" pun, but I just can't bring myself to do so.)

Twitter forces one to consider the difference between destroying communication and hearing too much. While some say that technology limits real interaction and is turning our whole generation into antisocial techno-hermits, the fact of the matter is that we're more connected than ever before. We end up paying more attention to each other and understanding each other better by examining the minutiae of our days. Oftentimes what we get is too much information, to be sure, but it's a small price to pay for our newfound collective consciousness