

VARIETY
Catch the buzz
 Believe it or not, there are a few radio stations in Williamsburg. Tune into our article in Variety. /5

SPORTS
Learn your ABCs
 Take a quick course in Tribe athletics with this guide to W&M sports from A to Z. /9

VARIETY
Food, folks and fat
 You don't have to leave here with a huge, disgusting gut. Fight the "freshman fifteen." /5

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The Flat Hat
 The Student Newspaper of the College of William and Mary
 FRIDAY August 19, 1994
 FRESHMAN ISSUE

So, you want to party?

By Jake Marvel
 Flat Hat News Editor

Alcohol, Oops, Mom and Dad are still around, eh?
 Beer and liquor are a part of college, or at least that's what you've heard. And hey, college is about learning, right? So why not start with a beer.
 William and Mary is traditionally thought of as a conservative campus, but according to Mary Crozier, the College's drug and alcohol czar, students here have no reservations about drinking.
 "We think that learning about drinking happens through experience," said Crozier, the substance abuse educator. "But actually, we can learn vicariously through other people's experiences or by reading books."
 The percent of those who drink on campus is consistent with the national average of 88 percent, she said. But the number of heavy drinkers — binge drinkers as she called them — has been decreasing at the College over the last three years, according to studies her office has conducted.
 The number of students at the College who use other drugs like marijuana, amphetamines and LSD and other hallucinogens is below the national average, she said.
 On a campus that is almost half Greek, is located next to the infamous deli's (Virginia law prohibits traditional bars), and has close knit, hard working student body that looks forward to breaks, you will inevitably encounter alcohol.
 And according to Crozier, "the first two weeks are the most dangerous for new students."
 She said that students face more than just the legal risk of drinking under age. Other problems range from date rape to getting off to a bad academic start.
 Statistics say that one in every four college women will be raped before they graduate, she said. For men the rate drops to one in seven. According to Crozier, most of these cases involve alcohol.
 Academics are affected by drinking also. Crozier cited a nationwide study conducted last year, in which students taking one drink a day averaged a C in their classes. Students taking less than four drinks in a week held an A average.
 "Four drinks, in a week," Crozier said. "When you think about it, that really is not much."
 Contrary to some opinion that freshmen are the heaviest drinkers, Crozier's studies in campus have found that first year students drink about as often as upperclassmen. Although 12 percent of the entire campus does not drink alcohol and most who do drink do not abuse it, Crozier has some advice for newcomers to college parties.
 "If you choose to drink, watch your quantity and frequency rate."
 See DRINK on Page 4

Life before William & Mary...and after



...Of course this point of view could be reversed, but that depends on your perspective. File photo

Clubs ready for recruits
 New students can meet with 200 clubs Wednesday

By Amy Syvalek
 Flat Hat Managing Editor

Wondering what the College has to offer in the way of extracurricular activities? Trying to decide which activities to join? Puzzled over how to go about joining a club?
 The College provides a way to explore the options for students: Activities Night, which will be held on Wednesday from 8pm to 10pm in the University Center.
 "Activities Night is a good opportunity for students to see all the facilities in the University Center and to spotlight activities," Ken Smith, vice president of Student Activities, said.
 Each organization represented will set up a table and distribute information. Representatives from the organizations will be available to answer questions and plug their groups.
 The tables will be grouped according to type of activity, such as publications, political clubs or religious groups.
 In addition, some groups will try to drum up interest by showing off. For example, club sports teams will demonstrate their skills, and singing groups will perform in the Commonwealth Auditorium.
 Smith said he was very pleased with the number of groups planning to participate in Activities Night this year.

Government sets goals for the year

By Lee Banville
 Flat Hat Editor

Now that you are at the College of Knowledge you are pretty much free to do what you want (as long as it doesn't involve the Honor Code) and one of the major issues every student will face is whether or not to participate in student activities or student government.
 Vice President for Student Affairs Sam Sadler advocates that students should seriously look at working in some form of student government.
 "Obviously, entering students have been involved and sometimes, when they get to college, they sometimes think they are just going to take time off from activities and they never come back," Sadler said. "There are a small number who do overextend themselves, but there are also a larger number of those who hold back completely. I'm concerned about both."
 "It is a greater loss if you come here and don't get involved than if you ever get overextended," Werkhelser said. "You should really take advantage of the opportunities to lay the groundwork for an education outside of class."
 Both the administration and student government offer resources and leadership possibilities for freshmen interested in serving the student body. In student government, both the Student Association Council, a student council based on dorm representation, and the executive branch of the SA offers the Fresh Year Council, a membership with high-ranking student officers.

INSIDE
Index
 1 sections, 10 pages
 Variety.....5
 Opinions.....3
 Sports.....9
Weather
 Make stands with a person with an attitude. If you don't, you'll learn a new meaning of the word "stuck."
Weekly Quote
 "Oh, no, William and Mary isn't a club."
 —Meady Dink

College getting ready for 301st
 Planning groups looking to entertain

By Chris Donnelly
 Flat Hat Asst. News Editor

For those who say that there is nothing to do but study, look again. The University Center Activities Board (UCAB) has been busy planning a wide variety of activities for students with all interests. In addition, William & Mary Hall will host two headline bands this fall, and the Office of Student Affairs has prepared campus-wide fun for the entire family.
 The weekends will feature live bands such as Gibb Droll, Waves, and Steve Vargo and the Calico Band. Other weekend activities include a trip to Norfolk, country line dancing, a safer sex lecture, and an Indian Cultural Society Event.
 The UCAB will also feature prominent speakers such as author Carol Winberg who will discuss issues facing college women and Peter Burchell from the Coastline Society.
 The lectures will be featured in the UC Auditorium and most of the bands and other activities will appear in the UC Cafe.

UC Activities

The University Center (UC) is a student magnet. Opened just last spring, it offers a video game room, video rentals, copy machine facilities, a small convenience store, and the Post Office. Now, the UCAB has added to the environment.
 For starters, Monday Night Football will be featured in the UC Cafe (known to several students as the Rathskeller) starting August 29. Baseball is dead, so enjoy the 1994 NFL season.
 Every Tuesday and Wednesday, the UCAB has slated movies such as *With Honor*, *Age Ventura*, *In Like Name of the Father*, *Wolf*, and *Sirens*. The movies will be shown at 8pm each night in the auditorium and will cost \$2.
 On Thursdays, the UC Cafe will show *Sinfeld* at 9pm and then at 9:30pm will host *Change of Pace*, a campus-wide Star Search.
 Fridays will offer a variety of hands-on, feet-tapping activities for everyone to try such as video jumping, Karaoke, a disco dance party, a Multicultural Dance, Stupid Human Tricks Contest, and Politics as Unusual Debate.

Family Events

The Office for Student Affairs has been busy preparing for family get-togethers during the fall semester. Parents and students should watch for Family Weekend beginning September 23 and a homecoming which will start on November 5. A schedule of events and activities for the spring semester will be available in November. Pay attention to newspaper ads, fliers, and the books around the College and remember that there's always something to do.



Margaret Thatcher was installed as Chancellor of the College during last year's Charter Day salute.

From Thatcher to Sandler
 A look at the highlights of the College's 300th anniversary

By Jake Marvel
 Flat Hat News Editor

This ain't high school, buddy. William and Mary is a big-time institution as you can tell from a look at some of the big events on campus last year.
 The College's 300th anniversary dominated events. The anniversary, our bicentennial, marks us as the second oldest college in the U.S. next to Harvard. And to celebrate, we partied like champs.
 For Homecoming, Bush Gardens opened its doors to all students and faculty free of charge. At the homecoming football game, Governor Koppes presented the College's Phi Beta Kappa key that had orbited the earth.
 The celebrations also included the first visit by the College's new chancellor, "Iron Lady" Margaret Thatcher, the former Prime Minister of the United Kingdom. Thatcher replaced past Supreme Court Chief Justice Warren Burger in the primarily ceremonial position. Her term ends in six years.
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Learn the language

By Lee Barville and Mike Hadley
Flat Hat editors

The old adage says "When in Rome, do as the Romans do" which probably means speaking Latin and wearing togas. While here at the College we don't speak Latin, however, without some knowledge of the lingo it will all be greek to you.

Here is a brief "College of William and Mary in Virginia Dictionary" of terms and phrases and terms you'll hear a lot.

Add: This is the fun-filled process of throwing yourself at the mercy of professors in hopes of adding a course to your schedule. It is not a pretty event and it has never worked for me, but try it anyway and see all they way-cool classes you won't be taking this semester.

Ancient Campus: The point of campus enclosed with the fence around the Wren Building. So named because the buildings were the only ones on campus until the early twentieth century.

Caf: This is called the Dining Commons on all the maps. Call it the Caf, not the Dining Commons.

Card Key: This is how you get in your dorm after they lock it at night, which is around 9pm. For the love of God, don't lose this thing.

The College O' Knowledge: William and Mary, or so we have been told.

CW: Colonial Williamsburg. Dillard: Freshmen men, listen up. This is your housing for next year. It's an old mental hospital, enjoy.

DOG Street: Duke of Gloucester [n. gloss-tur]. This is the road with all the hoaky colonial junk on it that runs from the Wren Building to the colonial Capitol and is a mile long.

Drop: This is the opposite of adding, go figure. Luckily dropping is as easy as telling the prof: "Get me the hell out of this class."

Green Machines: Buses, nothing exciting, just buses.

Hook Up: A meaningless, one night stand which is popular here at the College.

Old Campus: Immediately behind ancient campus, these are the buildings that line the Sunken Gardens.

OA: Orientation Aid. This person knows most of the important stuff and organizes ice cream socials.



A family of tourists attempts to take photographs while visiting CW.

They can answer any questions you might have, so ask them.

New Campus: The really ugly square buildings that are gratefully hidden from the pretty part of campus by a lot of trees.

RA: Resident Assistant. Mom or Dad away from home. They can help you when you need it and nail you for breaking the rules.

RAR: The RA's roommate. This is the upperclassman that will tell you all the juicy stuff the RA can't talk about.

Scope: [v. scope] The act of checking out the opposite sex in the naive hope that you have a chance to converse with them or [n. scope] the said person on which you have set your amorous intentions.

Shake: Officially, a gentlemen's agreement between a fraternity and a rushee that he has been accepted. However, here's what you need to

know about it: a lot of very loud men will be running through your dorm at 4am.

Spoon: [Start Planning Other Options Now.] This refers to the act of leaving a signal to your roommate not to enter the room because you are...shall we say...occupied. Apparently people used to leave spoons outside as the signal, but no one does that anymore. A simple, "Bob, stay out. I'm about to find God" written on your message board will suffice.

Tourons: These are fun — they are the Williamsburg tourists that continually plague the College. They tend to ask you dumb questions, so if you look really angry when walking near them you should be fine. They are easily spotted by the tacky "Patriot Passes" that are about the size of a legal pad and found attached to their bright pink-neon fanny packs.

Review

Continued from Page 1

structure. Look for a massive campaign to educate students about the changes.

Speakers at the College last year ranged from Adam Sandler of Saturday Night Live fame to poet and author Maya Angelou. Concerts on campus featured bands like Nirvana, Smashing Pumpkins, De La Soul and Richmond's own Dave Matthews.

Various campus improvement projects were started or finished last year. James Blair Hall, formerly

home to departments like the Dean of Students and the Office of Residence Life, emptied this summer and has begun a two-year renovation to create more classroom space.

Across the Sunken Gardens in old campus, construction on the new Tercentenary Hall continues. Work there started last fall and the building should be open for classes next year.

James Blair, the first president of the College, now stands next to the building named after him. He bears a close resemblance to the dark side of the force — except when students painted his face blue last year for a football game.

After a 40 year absence, a statue of the Lord Botetourt returned to the Wren Courtyard. Its predecessor moved to the basement of Swem Library in the late 1950's. Also, Thomas Jefferson, a gift from the University of Virginia to commemorate our 300th, stands in old campus between Washington Hall and the up and coming Tercentenary Hall.

Hitting the road by bus, bike or on foot

By Chris Donnelly
Flat Hat Asst. News Editor

Williamsburg and the surrounding areas have plenty of places to eat, stroll, read and shop. Getting around without a car is fairly easy, provided you have patience. The bus service, bicycles and students' feet have proven to be reliable in this tourist haven.

The Bus Service

Having a car is convenient but sharing road space with tourists gets annoying and everyday wear and tear can dent your pocket book.

The College's bus service, or the Green Machine, can move students around the Williamsburg area. The furthest points of the two routes are the Ludwell Apartments west down Jamestown Road, the College's Law School southwest of the main campus on Henry Street, and the Dillard Complex, housing off campus which is east of the College on Ironbound Road.

Outside the College campus, the bus goes to the Monticello Shopping Center which has a movie theater, a laundromat, some restaurants and a drug store. Across the street there is another shopping center including a grocery store and a music store.

Several banks are within walking distance of the Monticello bus stop including a Crestar, First Virginia Commonwealth, Jefferson National and Central Fidelity.

On campus, the buses stop at Swem Library, the University Center, the Dining Commons or "caf," William & Mary Hall, Rogers Hall (home to the chemistry and religion departments) the dormitories Landrum Hall and Brown Hall. Another stop is Blow Memorial Hall, which holds several administrative offices such as Telecommunications and the Bursar as well as the graduate business school.

Walking and Biking

Walking and biking around the "Burg are the easiest forms of transportation for undergraduates. Merchant's Square, located across

the street from the Wren Building on old campus, has the Williamsburg Theater, historical and tourist shops, restaurants and taverns and Colonial Williamsburg [CW] with all its sights and wonders. Students do not have to pay to get into any of the exhibits or museums in CW.

Some of the delis catering to students are across Richmond Road from the football stadium. Also across Richmond Road and a block off campus from the Wren courtyard are another deli, a Japanese restaurant and a hairstylist. Baskin Robbins, the Cheese Shop restaurant, a bank machine, the College Shop, a camera shop and a coffee house border the road by Brown dormitory.

Another coffee shop operated by a recent graduate of the College is a block across Jamestown Road from the Wren building.

Trails through the College Woods and boating and sunning at lake Matoaka are minutes from your dorm.

For the adventurous biker, Jamestown Road leads to the (you guessed it) Jamestown settlement. The trip is less than ten miles and students have access to the settlement and the island with their identification cards. If you are worried about your bicycle, bike racks are in front of most dorms and academic buildings.

Other Options

For students who choose to avoid the bus and hate walking and biking, there is the option of using a friend's car or waiting for parents.

If you have access to a car, the Williamsburg Crossing Shopping Center is about a mile off Jamestown Road on John Tyler Highway. Here you can find anything from a comic book shop to a pool hall. Interstate 64 east leads to Patrick Henry Mall in Newport News. Virginia Beach is an hour to an hour and a half down the road.

King's Dominion amusement park, north of Richmond, is about an hour away. Busch Gardens and Water Country USA are here in Williamsburg.

Hey Mom and Dad!

Reading the Flat Hat is a great way to keep up with events at the College. Subscriptions are \$35 for the year. To start your first class delivery, send a check to The Flat Hat at PO Box 320, Williamsburg, VA 23185.

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Frosh guide still applies

The following is an excerpt from Here's How! at William and Mary, a handbook for freshman women in 1944-45. While a lot has changed—women can wear pants or whatever else they want on campus—some things are still the same and we here at The Flat Hat think this manual offers some pretty interesting advice.

Most importantly the student voice, whether unified or divided, can be shaped and influenced by your work. Every week, on this page, the students, administrators, faculty, and staff of the university have the ability to address issues on the opinions page. Also, the editorial board of The Flat Hat will chime in with its consensus editorial on a current issue on campus or in the "outside" world. This page is here to serve you as a source of opinion and a platform for your ideas.

The simple theme of our message is to be aware of your surroundings and participate, whether intensely or more leisurely, in student organizations or student debate. Any contribution (writing a letter, joining a club) will allow you to develop a more defined self as you continue through college.

Several years down the road, you will want to look back at your college years and feel proud that you made the most of the experience. As it so many other aspects of life, the more enthusiasm you put into college, the more you will learn, grow and enjoy.

in high school will be "new" here at college.

Radio and vic. Records.
Tennis racket.
Typewriter.
Dictionary.
Hairdryer.
Iron.
Hot plate or grill.

You'll find that Williamsburg has a variety of stores where you can buy everything from doughnuts to shampoo. The first block of Duke of Gloucester Street, the "downtown" of Williamsburg boasts:

- A small department store.
- Hardware store.
- Grocery store.
- Bakery.
- Florist and record shop.
- Movies!
- Drug stores.

Sometimes college students live in an ivory tower...this means that they isolate themselves from events going on in the world at large. A good way to avoid this is to subscribe to your hometown newspaper. You will find that it is almost a sure cure against homesickness and besides, you will keep alert to world events.

William and Mary, you will find, is not so very different from your high school or prep school; it's simply a place of advanced learning, academic and social, where boys and girls become men and women.

WHATEVER IT IS YOU WANT FROM COLLEGE, YOU CAN FIND IT AT WILLIAM AND MARY.

Being a part and doing your part

Well, you have finally made it to college after four tedious years of high school where you were class president, yearbook editor, quarterback, and field hockey captain. So, now it's time to relax... That is true, to an extent.

It is rare that the administration, the student government, and The Flat Hat agree on anything, but we all support the active involvement of students, from freshmen to graduate students, in all aspects of the College. It may seem that after you have been active in several organizations in high school that you would want to take time off to just go to college and experience the freedom that comes with moving out of your house.

William and Mary is probably a lot bigger than your high school. We have 269 different organizations to choose from whether you want to join a religious group or political one, the College has what you seek. The best advice is to have an open mind and go to the Activities Night and see what sparks your interest.

The other words of advice The Flat Hat has for new students is to stay on top of the events on campus. By reading The Flat Hat or the William and Mary News or listening to WCWM News, you can learn the latest news on campus issues, entertain-

ment, and sports. It is essential for a student to be a part of the College community for them to know the problems and subjects of debate. With a basic understanding of the issues, you can possess a more holistic vision of the College.

W&M life requires patience

Last week, a friend of mine told me she made a mistake when she got married a month ago.

We were standing on a beach in San Diego under the moon. The waves were slapping against our ankles, and she murmured her conclusion out loud, barely audible above the waves; she had jumped too quickly. We have been close for years and dated our junior year in high school. Dating wasn't as much fun, so we broke up but kept a close friendship.

We talked regularly, even though we are both on opposite sides of the continent, so I had been privy to all the gruesome details of her new boyfriend. When he was going to propose, she called me the night before, asking what she should say.

Throughout her relationship with her future husband, Julie told me all her doubts and fears. And asked me for advice. Advice was not a new angle to our friendship. We had talked together about colleges, our families, other relationships for as long as I had known her. We valued each other's opinions. But about her boyfriend, I was unwilling to say anything.

I couldn't go to the wedding since she was in southern California and I was working in Washington, so this was the first I had seen her since he proposed last winter. Standing on the beach after she said she made a mistake, I couldn't very well stare at the moon all night.

"Give it a chance," I stumbled. "It's only been a month." Then I gave her a hug because I didn't know what else to do.

So there you are, a new freshman, sitting on the john or on your newly-made bed, Mom and Dad have just left, your roommate already is better friends with your neighbor than with you. You are worried that your hall mates will leave you behind when they go to dinner, and you ask "Why should I care what your friend got herself into?"

After a month of my freshman year, I skipped class for the first

Williamsburg will be a new experience

time (1pm Biology), locked myself in my room, and broke out my high school yearbook and the family photo album. I cried.

I moved here from sunny southern California and I hated the weather, I missed my friends from home, people on campus no longer knew me for what I did in high school (in fact, they didn't care). I hated the school, hated my classes, and hated my new life.

I picked up the phone later that night, prepared to call the whole thing off. Dad was the only one home. I honestly don't remember what we started talking about, but I do remember the tone of his voice. He no longer talked like he did when I was at home. He treated me like an adult, like an equal.

Encouraged by his candor, I told him honestly how I felt. I missed my friends and the security of home. I think I took him off guard, he didn't know what to say.

"Well, uh, give it a chance, Jake," he said, "It's only been a month." Good advice.

And, strangely enough, you'll feel quite at ease in your new home.

Your roommate: When you meet your roommate, don't be awed if she is tall, stately, and poised; and don't be dismayed if she is quiet at first. Breaking the ice is probably hard for her, too, and friendliness at first will help you get acquainted quickly.

Don't forget the courtesies you owe to your roommate. Consider her feelings. Consult her for ideas about the arrangement of the room. Wait for her at meals until you both know your way around the campus. Keep the room neat and put your own things away. Cooperate with her and see what a wonderful girl she is and what good times you can enjoy together.

Clothes: Try to plan your college wardrobe so that your clothes will be "coordinated". That way you won't be caught at the last minute trying to wear a pink hat with a red coat. RE-MEMBER, the clothes you've worn

Yesterday
Tests were clear to me like Perrier
God I wish I went to UVA
Oh I believe in Yesterday.
Suddenly
People here are twice as smart as me
And I struggle just to get a C
Oh yesterday came suddenly
I must bust my ass
Just to pass
I don't know why
If my grades sink low
I can go to VMI
Yesterday
School was such an easy game to play
Now I wouldn't recognize an A
Oh I believe in yesterday.

Campus Center, College of William and Mary, Williamsburg, VA, 23185 (804) 221-3281

The Flat Hat welcomes all letters and columns expressing reasonable viewpoints. Letters and columns must be typed, double-spaced, and must include the author's name, telephone number, and any relevant titles or affiliations with campus or national groups. Letters and columns must be submitted to the Flat Hat office (Campus Center, William & Mary, 23185) by 7 pm Wednesday for publication in the following Friday's issue.

The editor reserves the right to edit all material. Because of space limitations, the Flat Hat does not necessarily have to publish all material. As a guide, letters and columns should be less than three double-spaced pages, or as short as possible. Shorter submissions may be more likely to be published.

Letters, columns, and cartoons in The Flat Hat reflect the views of the author only. An editorial board comprised of the editor, managing editor, and the sports, variety, and opinions editors meets each week to discuss the material taken in board submissions. Unpublished submissions are written by the editor, and assigned editorialists are written by the respective member of the editorial board. All board editorialists are members of the Flat Hat staff.

FRESHMAN YEAR

EXPLORE AND DISCOVER POSSIBLE ACADEMIC CONCENTRATIONS

- Visit the Office of Career Services
- Explore potential concentrations/majors
- Take a class or two you might enjoy that isn't for anything
- Explore extracurricular activities
- Attend Concentration Week activities (Spring Semester)
- Identify possible career choices
- Discuss your future with a career counselor
- Attend Career Exploration Day
- Attend Career Exploration Receptions (Winter Break)
- Plan a summer work experience to investigate a career option
- Attend the Summer Employment Fair (Spring Semester)

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Blow Memorial Hall
Room 123
221-3240
Career Hotline: 221-3238

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When the sun is shining, the Sunken Gardens is a popular study sanctuary among nature lovers.

Keeping up with the studies

By Wade Minter
Flat Hat Calendar Editor

Many entering freshmen have the wrong idea about studying. A lot of you are coming off of four years of high school where studying for the big test meant nothing more than glancing over some notes as the teacher called roll for the day. For most of you, this study schedule produced good results and got you a ticket to beautiful and historic Williamsburg, Virginia.

When those first C's and D's arrive on assignments and take you completely by surprise, hopefully, you'll decide to hit the books a little harder. So, with notes, pens, and coffee in hand — and a head full of resolve — you will begin your quest for better grades. The big question, though, is "Where can I go to study?"

First, let's take care of the places not to study. The absolute number one place to avoid is anywhere in your freshmen dorm. Your room is probably looking like Grand Central Station with all the people stopping by, so that's out of the question. Sure, a "study lounge" has

probably been set up, but forget about that place. It won't stay quiet for long. Also, the temptation to slack grows strongest the closer you are to your room and your friends.

Another no-no is your significant other's room. Unless you haven't hit puberty yet, we all know that you won't get any studying done there. Scholastic studying, that is.

All is not lost, dear souls. There are more places to study around here than you can shake the proverbial stick at.

The most popular place to hit the books is Swem Library. The upper floors of Swem house the Dewey stacks, huge odd-looking bookshelves that never seem to get used. There are quite a few study desks scattered around in these stacks of books, and Swem also offers the advantage of copying machines very close by.

Just outside the library's front door is the 24-hour study lounge. Housing snack and drink machines, it's a great place to cram if you have a big midterm the next day. There are usually quite a few people in Swem, though, so you should look

elsewhere if you can't study with people around you.

Most of the academic buildings are open all night. As a rule, they're usually deserted and you can have lots of room to yourself. Big empty classrooms are nice if you want to study by yourself.

(A word of warning, however. If you're studying in the second floor lounge of Tucker late at night and a girl comes up to you and asks how your studying is going, tell her it's going bad. Trust me on this one, or ask someone who's been on one of the campus ghost tours.)

If you like communing with nature while studying and the rain has taken a rare day off, there are outdoor locations that can ease your mind as you learn. The Sunken Gardens and Barksdale field are nice — but watch out for occasional frisbees. And for the aquatic-minded, Lake Matoaka's picnic shelter and amphitheatre can be a nice, quiet place.

The big secret to successful studying is finding a place where distractions are at a minimum. Once you set your mind to the task at hand, the rest should all fall into place.

Drink

Continued from Page 1

she said. Drinking too much too fast can lead to quick intoxication, especially for those who do not know their limits, she added.

Some options are open to partiers who do not want to drink or agree to drink sensibly.

"There are drinks that look, how would you say it, cool to drink," Crozier said, citing as an example

plain soda water with a twist of lime.

She warned against shots of liquor and other fast chugs because they cause quick intoxication. Alternating alcoholic with non-alcoholic drinks helps slow the process down and maintain sobriety. If no other drinks are available, slip into the bathroom and fill an empty beer can with water, she recommended.

Although most freshmen will not have cars, driving after drinking should still be a concern. Since "a lot

of students are going to drink off-campus out of fear of getting caught here on campus," you may be asked to drive after a party. Lawmakers changed Virginia law on the first of July to drop the legal blood-alcohol limit to 0.08 percent from 0.1 percent.

For those under the age of 21, if you are caught driving with a 0.02 percent BAC, you face a \$500 fine and a six-month license suspension. A single drink will put even for a 240 lb man over the 0.02 percent level.

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Main Desk - 221-4386 Health Educator - 221-2195
Pharmacy 221-2190 Substance Abuse Educator - 221-3631

VARIETY

Bye-bye to Mom and her apple pie

man
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and
Action Manager

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File Photo

Let's Eat!

There are three ways to get your chow in here at William and Mary. The first is trusty Marriott—the Caf, the Marketplace, and the University Center. Second, you can check out the delis, notably Paul's, College, Mama Mia's, and the Green Leafe (above). All are within walking distance across Jamestown Road. Finally, you could go for some of the more upscale options, like the taverns of Colonial Williamsburg (right) or Sakura's.

Paul's, the Leafe, College, and Mama's). Each Deli caters to a different group. Paul's and the Leafe are geared more towards under-classmen. The Hot Hollies at Mama's are exquisite and the College chicken fingers are out of this world. Each Deli boasts its own special flavor and you can definitely count on good meal at any one. These Deli's also play a large role on the social scene here at the College—Thursday nights through Saturdays are usually pretty crowded.

In viewing the historical aura that surrounds the school, this article would mean nothing if no mention was made of places to dine in Colonial Williamsburg. The Taverns are the closest to colonial you can get, but when you eat there do not expect it to be cheap. You pay not only for the wonderful food but also the atmosphere, which is definitely worth the cost. A bar maid here, a strolling musician there, these are the places to take your parents when they come to visit and are feeling generous.

Feel like dining in high society? The Trellis is the place to go. Famous for its sinfully wonderful



File photo

Death By Chocolate, as well as other scrumptious dishes, this restaurant is popular with the students as well as the locals. This is also a great place to go for special occasions.

Perhaps the most well-known area restaurant is the Cheese Shop. Sandwiches from the Cheese Shop are perfect for all occasions, whether it is for a picnic in the Sunken Gardens or an evening of the town. The "bread ends and house dressing" is a well loved bargain with a bag of bread ends selling for \$.75 and a

Remember that most places in Colonial Williamsburg offer some type of special for all the students so do not be bashful to announce that you are from the College. For a change of pace and some excitement in your dining, you might try Sakura, a Cook-it-in-front-of-you Japanese Steakhouse. While their dinners are expensive, Sakura is a veritable bargain at lunch for \$4.95 (\$6.37 with tax) for students.

By far, however, my favorite place to eat around campus is the Short Stop Cafe. This cafe is located on Jamestown Rd. across Barksdale Field from Barrett Hall. It is a classy little joint and food choices range from hamburgers to past, with everything in between. During the 1960's it was a favorite of the William and Mary basketball team, whose members would hang out there after games. Today it is frequented more by those who are lucky enough to have discovered it. Before striking out to Richmond Rd. in search of food, I strenuously advise trying this first. You will not be let down.

There is no shortage of places to eat around campus. While the school cafeterias are not bad, it is nice to get out and explore a little on your own. Depending on your particular tastes, once you start looking it is amazing what types of food you can find.

Escape the freshman fifteen demon; watch what you eat

By Michelle Miller and Rebecca Ferguson
Flat Hat Staff Writers

A broken mirror signifies seven years of bad luck. Walking under a ladder results in a horrible course of fate. A rumor with just as much truth as the rest is that upon entering college, a freshman will undoubtedly gain fifteen pounds.

Although some students insist that there is no escape from extra weight gain at college, wise freshmen have discovered ways to avoid the dreaded curse and stay healthy in the process.

The first step to conquering the hazards of poor health and an inadequate diet is to recognize possibly harmful situations. Now that parents are not around to nag about eating right, anyone who wants to avoid the dreaded fifteen and stay healthy has to take responsibility for his or her own diet.

Unfortunately, the war has already begun before students arrive in the 'Burg. All freshmen are required to purchase the Carte Blanche Gold meal plan, which in reality is a nom de plume for the "all you can eat" plan. Do take advantage of the many healthy food selections Marriott has to offer. Cook your own meals at the Caf's wok line, piling on the rice and nutrient rich vegetables. Eat at the salad bar frequently, remembering to have the low fat dressings. Water-based soups are always a good dinner alternative. Try to avoid eating pizza every other day, even though it may seem the most convenient. If you must eat pizza, go easy on meat toppings, since they add more calories than nutrients.

A hidden source of calories at meal time is high sugar and high fat beverages, including whole milk and soft drinks. It's a better idea to drink water with meals and snacks.

Even following the above guidelines, late night study break snacks can easily sabotage students' diets. Rather than relying on the dorm's vending machines to supply snacks, freshmen should take advantage of trips to the store by purchasing healthier snack foods that can be stored for a few weeks. Foods such as pop-tarts, cereal, peanut butter and saltines are standard campus fare that offer higher nutritional content than the little bags of chips in the machines.

One of the primary food hazards encountered at college is the temptation to eat while studying in order to ease anxiety and tension. Junk food always sounds like a better stress reliever than carrot sticks. Although downing a bag of Doritos may help make studying for a Chemistry exam slightly less painful, the nervous energy could be better spent chewing gum or munching on low cal popcorn.

One of the most common excuses among students is that there is not enough time to sit down and eat three square meals a day. It is easier to grab a candy bar than trek to a dining hall, but taking time to eat is worth the benefits of staying healthy. Substituting a Snickers bar for a healthy dinner in order to save time will lead to added weight and health problems.

When all else fails in the quest to avoid an extra fifteen pounds, exercise is always an option. For those who can wade through the tourists, Colonial Williamsburg is a mecca for bikers, walkers and joggers. You can explore the options at the Rec Center, which features an exercise room, racquetball courts and aerobics classes.

Even if being a freshman means gaining a few pounds, it is definitely not the end of the world. The most important thing for new students to remember is to simply be health conscious. If the freshman fifteen is still a problem, there is always time during Christmas break to get back in shape.



The Domino's guy: a common sight at college residence halls.

Disin' the airwaves in comfort of your dorm

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Writers

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These radio stations cater to certain genres. Country stations, Classic Rock stations, Alternative stations, and the rest, are alike in many respects anywhere in the USA. This guide should help you locate a radio station comparable with your favorite hometown station.

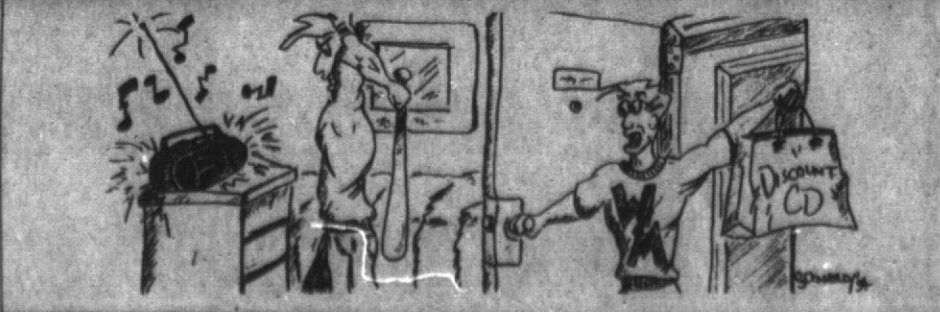
College radio is the one exception to this rule of similarity. If a school has a radio station, you can never be sure exactly what you will hear from one hour to the next. WCWM (90.7) Williamsburg, is the College's radio station. It is run by students who volunteer their time to play whatever kind of music they like on the air for an hour or two each week. Handy schedules may be found around campus to let you know exactly when each show will be.

"We have different shows with techno-dance, jazz, classic rock, heavy metal, acoustic, hip-hop, and seventies music," station manager Kenya Hannans, senior, said. "Our goal is to play a wide variety including stuff you wouldn't normally find on commercial radio."

Not only is WCWM a break from the monotony of normal commercial radio, but it is often the only radio station you will be able to get in your room.

Their studio is located in the basement of the Campus Center and the signal is broadcasted from the roof of Phi Beta Kappa Memorial Hall. The station also has request line, ext. 3288.

Alternative Rock fans have a choice between the Coast (93.7) and 96X.



The Coast is a good station to hear the more "alternative" side of the Top 40, as well as older music by artists like Peter Gabriel and the Police. Like most Top 40 stations, the Coast can be counted on to overlap any hit single. "Mr. Jones and me..."

A new station in the Hampton Roads area, 96X (96.1) features slightly more progressive rock than the Coast. It is the peninsula's version of "alternative" radio and is a wonderful station to hear all your favorite new rock bands, like Green Day, Counting Crows, Stone Temple Pilots, and Frenzy. They

play the B-sides of the singles, too. Definitely worth moving your radio around until you find it.

For those that prefer the Top 40 format or watched MTV mindlessly all summer then Z104 from Hampton is the station for you (located at 104.5 on the dial). For those that do not like that "hard rockin' rap" and are more of a VH-1 crowd then tune into MIX 105 (105.3).

The peninsula's "oldies" station is 95 the Duck. It has an extremely strong, clear signal. The Duck plays the standard "oldies" — the selection doesn't change much from year to year. They really do have a good

variety of 50's and 60's. Aretha to Elvis, Motown to Beach music, the Duck plays it all.

The peninsula's country radio station is Eagle 97. Trisha, Garth, Alan and Reba all receive their share of air time, but they do not outplay Martina, Sammy, Confederate Railroad and others. Eagle 97 plays a well balanced mix of country music, be the artists mega-superstars or mere superstars.

News junkies will want to tune their radio to National Public Radio (NPR) at 89.5. NPR offers comprehensive and intelligent news reports.

This is Confusion Corner

By Mike Cole and Pam Mason

Welcome, Gelfings to the wild 'n woolly world of CONFUSION...fusion...fusion... CORNER...corner...corner.

For ye unenlightened folks, we are the light which guides you through the darkness of ignorance, the beacon which leads you through the tumultuous seas of obliviousness, the tiny little troll that lives under your pillow and whispers sweet nothings in your ear every night.

Actually, all we do is try to find the answers to your questions, queries and ponderments, however difficult or dangerous that task may be. Because we here at The Action Squad ("Dedicated to You, the Viewer at Home") really do care about you. Honest we do, and we're not just saying that so we can score on the first date. The second, maybe.

Or the third; we're not that desperate... yet. But we are lonely. You never call; you never write! We need to hear from you.

So, drop us a note every now and again. There's an envelope on The Flat Hat door just waiting to be filled with your cries for help in unmuttling the world around you. We're here for you!

Now, we cover everything from reporting the average rainfall in Nambibia to explaining why you can't buy cashews in their shells. We also handle the confusions of dorm-life, such as: how do roaches manage to get into my sock drawer? and why does the third floor shower in Reves drip down into the second floor? The Action Squad ("There is No Question Too stupid, No Thought Too Random") We will also unearth ancient history for you like: why did the first floor in Hunt Hall nearly cave in two years ago?

and who invented the platypus?

There is a wealth of information at your very fingertips, all you need to do is ask. Don't be shy. Even freshmen are allowed to submit inquiries. We will find the answer. We have secret sources in high places, and very vivid imaginations in case our sources prove useless.

There's no business like show business, and that's why we're here. So sit back, relax, procrastinate, stop worrying about the fact that you can't get into any of the classes you wanted to take, don't worry that your roommate looks and smells like an eggplant, call your mother (trust us, she misses you already), travel across campus with at least ten other people from your hall at all times, ask your RA to explain the birds and the bees to you (and hold out for the REAL answer; HINT: it doesn't involve a stork... no matter how kinky it gets), and try not to break out in hives.

Variety Calendar

Friday
August 19

HOWDY! You are now part of William and Mary. This will be your home for a while, and the activities of the next week will help make the transition to college life a little smoother. You have a full day ahead of you today, so make the most of it. This calendar will give you an idea of what is going on this week, and will continue to keep you abreast of all activities that are cool. Happy reading!

FOUR PLUS ONE. The critically acclaimed film *Four Weddings and a Funeral* will be playing at DoG Street Theatre tonight and tomorrow night at 7pm and 9:15pm. This would be a good excuse to check out a really cool movie and an awesome theatre at the same time.

Saturday
August 20

YE OLDE COLONIAL WELCOME. CW pulls out all the stops when the Royal Governor introduces you to the tourist mecca that is Williamsburg. You will get to experience the people, homes, shops, and diversions of your new home. There's also free food, entertainment, and discounted shopping. The events start at 6:30pm and continue into the night.

TO BOLDLY GO... I know. You're probably sick to death of mixers and socials and meeting people and the whole orientation process. You wish you could just curl up in the air conditioning (didn't think it would be this hot, did you?) and take a nap. Well forget it. You have to pay your dues just like the rest of us. You'll be missing this when classes start. Now if you'll excuse me, my air conditioner's calling me.

Sunday
August 21

WRITEON TARGET. The first Flat Hat writers meeting of the new year starts tonight at 6pm in the office in the basement of the Campus Center. We'll be there, even if our furniture isn't.

I SCREAM, YOU SCREAM. The Freshman Ice Cream Social will be dishing out frozen treats, as well as the Green and Gold Directory, at this get-together. Go down, get some ice cream, and meet some of your fellow freshmen.

Hey Freshmen!

Normally, this space is filled with a cute and witty little graphic. However, it's getting close to two in the morning, there are only eight staff members putting the whole bloody paper together, and none of us can draw. Ergo, no graphic. If you have the artistic talent and a good imagination, come to Flat Hat production on Thursday nights. You'll make me a very happy calendar hick.

Monday
August 22

COMPUTE THIS! Washington 201 will be the site for a Computer Center Orientation today at 10am and 4pm. This will teach you about the joy of computers, and you may find out about neat stuff like LION and TEAMate and Gopher. If you want to know what the heck those things are, go to one of the sessions.

HERE WE GO AGAIN. Yet another Freshman social event. Tonight at 8pm in the UC's Chesapeake Room, the SA will have a DJ on hand, so you to party the night away while meeting more people whose names you will soon forget.

Tuesday
August 23

SCHOOL DAZE. The University Center Auditorium will be host to a showing of an, er, interesting movie. *Dazed and Confused*, a movie that shows why the 70's should stay dead, will be shown at 8pm. Tickets are \$2. For information about this and other movies, call 221-2132.

Wednesday
August 24

LET THE GAMES BEGIN. Welcome to the real world, kiddies. Today is the first day of classes for this semester. All the fun and frolic of orientation week is now over. Kaput. End of list. Now, you get to join the rest of us in the ulcer club as we slug our way through another semester. Betcha don't think those mixers were so stupid now, do ya?

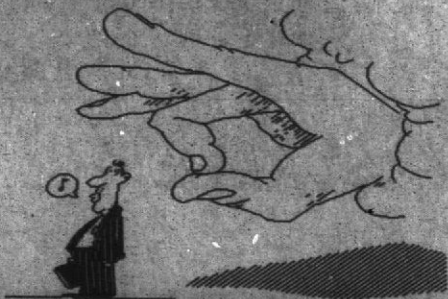
H.O.R.D.E. IN THE HOUSE. The Classic Amphitheatre, at the State Fairgrounds in Richmond, will be overrun by bands as the H.O.R.D.E. Festival rolls into town. The concert will feature Allman Brothers Band, Dave Matthews Band, Blues Traveler, Cycomotogato, and four other bands, all for low prices starting at \$20.50. The concert starts at 2:30pm, and you can get tickets from Ticketmaster or by calling (804) 872-8100.

HYPERACTIVITIES. If you think there's nothing to do on campus, then head on over to the University Center tonight at 8pm for Student Activities Night. Campus organizations will have tables set up so that you can find out what activities there are to do during your spare time here. Trust me, if you've ever wanted to do it, there's probably a group on campus that does it. Don't miss this. -Compiled by Wade Minter

Oh the irony of it all! Current and former members of the Sports section spent a considerable amount of time putting the finishing touches on their arch-rival, the Variety section (of course it's only known as that in Vichy France—Features everywhere else). And as you can see, it turned out pretty good, with a few flashes of brilliance.

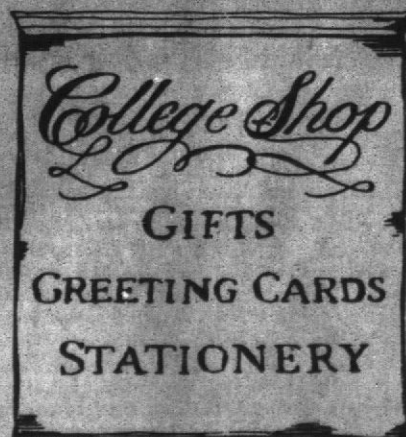
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while supplies last
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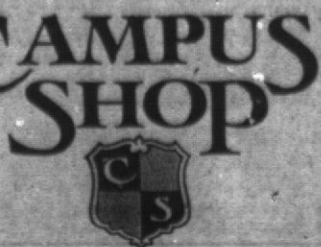
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Briefs

Wesley Events

The Wesley Foundation welcomes all new students and invites anyone who is interested to attend a worship service especially for freshmen and transfer students on Sunday August 21 at 10:30 am. The services will take place at the Wesley House which is located at 526 Jamestown Road across from Barksdale Field (look for the banner!). Just because school has started it doesn't mean that the summer is over-join us for a trip to the beach on Saturday, August 27. Meet at the House at 9am to carpool and don't forget your towel and some sunscreen.

Activities Night

Activities Night will be held on Wednesday August 24 from 8pm to 10pm in the University Center. Come by to check out all the extra-curricular opportunities available at the College.

Tutors Needed

Disability Services seeks math and foreign language tutors (all levels). Stop by the Dean of Students Office, 109 Campus Center, or call 221-2510 for further information.

Volunteer Readers

Volunteers are needed to assist blind and low vision students on campus by recording class readings to tape. Subjects include Music, Religion, Computer Science, and American Studies. Read as much or little as your schedule permits. Stop by the Dean of Students Office, 109 Campus Center, or call 221-2510 for further information.

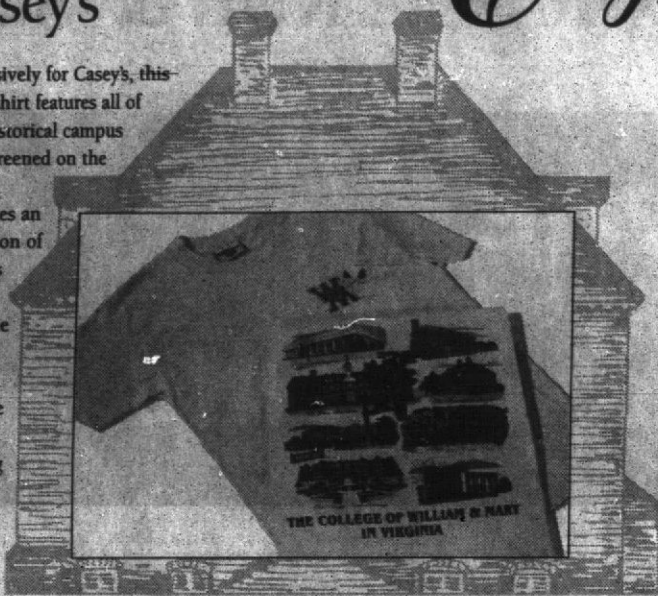
Flat Hat Staff Meeting

The first Flat Hat Staff Meeting of the semester will be held on Sunday, August 21 at 6pm. Please come by if you are interested in writing, photography, graphics, layout, or any other aspect of newspaper production.

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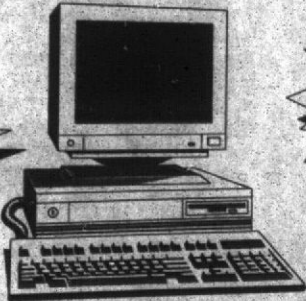
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Sports

Tribe sports from A to Zable

For the incoming freshman, a guide to your William and Mary athletic ABCs

By John Kolman
Flat Hat Sports Editor

Alright, let's be honest about it. The only reason there is a Sports section here is because the College takes big bucks out of our tuition to support varsity sports, so they better get some coverage. We know that everyone isn't going to go to every golf and tennis match. But if you're paying for over 20 varsity sports, at least you should know a little about them. So, here's a quick overview of Tribe athletics, from A to Z.

A is for Anna Finley, the co-captain of the Tribe volleyball team last year. The Tribe has won eight of the last ten CAA Championships and lost in a tightly contested final last year. I'm going to be covering Tribe volleyball this year so you'd better come out and watch them!

B is for baseball (Of course!). Since the professionals have decided to go on strike, you'll have to get your baseball from the Tribe. The team plays at Cary Field, which is behind the University Center. They have both a fall and a spring season so there will be plenty of games to satisfy your craving for the game.

C used to be for Chuck Swenson, the old men's basketball coach. But since he hasn't had a winning season since Nixon was president, C now stands for Charlie Woolum, the new men's basketball coach.

D is for Diving, half of the team appropriately called swimming and diving. Yes, it's one team! Look, I didn't make the rules. I voted for them to be two separate teams, but nobody listens to me.

E is for the Equestrian Team, which is one of the many club sports here at the College. They're the ones that ride them horses.

F is for Field Hockey. Don't you think those little skirts are sexist? Write your congressman (or woman).

G is for Golf, the sport with the least amount of body contact. You know who I hate? Nick Price! That haircut? What's the deal with that? He looks like a chla-pet gone wild! Not to mention the fact that he had the nerve to win two of the four majors this year! Aren't we being a little bit selfish, Nick?

H is for hockey. We don't have a hockey team but I'd like to use this space to say that the New York Rangers have broken the curse. They won the Stanley Cup! Wow!

I is for intramurals. If you're interested, see the article on Rec Sports. If not, well then just sit in your dorm room eating Fritos and rot.

J is for Jock. Make up your own joke here.

K is for Kappa Sig Towel Man, which is kinda a basketball tradition here. You'll see him at the games. He's dressed in all white and runs around the stadium during time-outs. There's a cheer that goes along with it, but you'll figure it out.

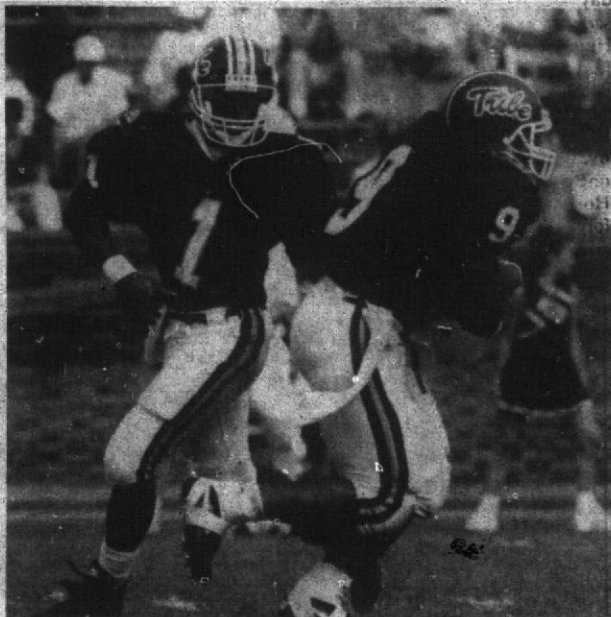
L is for Laycock, Jimmie Laycock. He starts his 15th season as head coach of the football team this year. He's the College's winningest coach in history, a history which includes Marv Levy and Lou Holtz. (Actually, we were pretty bad when Holtz was here. Go figure.)

M is for Matt Verkey, the shooting guard for the men's basketball team. Here's to another year of rainin' down the threes. (Maybe some of them will go in this year.)

N is for none, which is what is listed under "Coach" for the 1893-94 football season. All they had was a captain, H.G. Humphrey. The book says their first game was against the Norfolk YMCA.

O is for Outpicks! For all you freshmen, this is an important thing to remember. In each issue, I'll make predictions for next week's football games. There is also a coupon you can fill out and bring down to the office to try and outpick me. The Flat Hat will be awarding a prize to the Top Outpicker of each semester. Read next week's issue for more details.

P is for P.E. credit. You need two semester credits to graduate, so I would suggest getting started. But don't count on getting a cool sport this semester, they'll all be taken by



Quarterback Shawn Knight is one of the players to watch this season.

the time you get to the Kinesiology table at Registration.

Q is for quotes, which is simply the most boring part of the sports page. How many times do we print, "It was a team effort" or "I was very pleased with his/her performance" or "We just went out to do our best"? If you're in a varsity sport, start thinking NOW of something to say when we talk to you.

R is for Rec Center. That's where you freshmen should go to work off all those late-night Domino's Pizzas. Read the Rec Sports article, fat boy!

S is for Shawn Knight, our starting quarterback. He's also a pretty good baseball player. (He played Single A ball for the San Diego Padres this summer!)

T is for Tribe at Home, that nifty little box in the sports section every week which tells you where and when our various teams will be playing on campus. Read it and plan your schedule accordingly.

U is for UVA. Now that you're a William & Mary student you have officially severed all ties with all current UVA students and alumni. Plain and simple—we hate them. No, we never win any games against them, but damnit, we've come pretty close once or twice this century.

And please: do not wear your UVA t-shirts, sweatshirts, shorts, or underwear on campus. It makes the rest of us look bad and it's just plain rude.

V is for vault, which is an excuse to mention our men's and women's gymnastics teams. There, we've mentioned them.

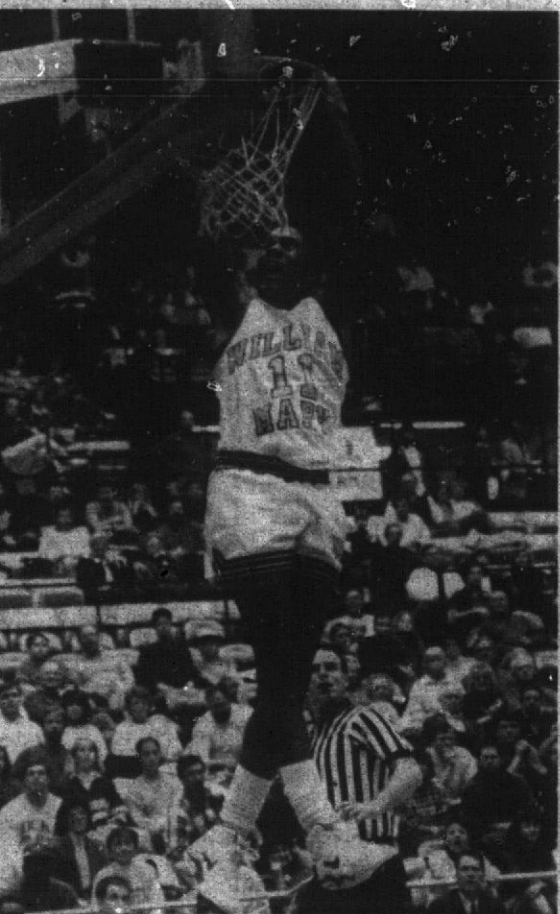
W is for William and Mary Hall, the big place near the Caf. That's where you'll see those basketball games and maybe even a Toad the Wet Sprocket concert. Bruce Hornsby (and Prince Charles) hang out there too sometimes.

X is for X-country (that's cross country, dummy!) Since it's hard to keep up with the runners, we'll keep you informed of their progress.

Y is for Yankee Conference, which is the conference our football team plays in, effective this year. Most of the other sports are in the CAA (Colonial Athletic Association), but football, which is a I-AA sport, plays in the Yankee. You know what that means, right? You got it, we get to play the always-strong University of Maine Black Bears. Good luck, UM!

Z is for Zable, of course. That's the big place near the University Center. It should be fairly loud on Saturdays.

amma Jamma, baby



Kurt Small slams one home for the Tribe in a game last year. Small will be coached by new appointee Charlie Woolum, who replaces Chuck Swenson for the '94-'95 season.

quick primer on sporting venues

By Jane Hamel
Opinions Editor

in the dorm room walls because in and the sight of your mate sickens you, it's your problem to get out and cheer for the Tribe. Varsity athletic home at W&M run year-round, so always something to go here's a short guide:

Saturdays will usually find fans at Zable Stadium, cheer for W&M football. Admission with student ID, and kickoff usually 1pm. In the spring, Zable is the men's and women's teams, which host several meets throughout the season. Zable occupies Cary Field, Zable during the spring season.

sdale Field, located next to Hall, is used by women's in the fall and lacrosse in the fall. Men's soccer and field occupies the artificial turf at Field, next to the Rec Center.

Tribe cross country teams by Dillard, on a course about 10 miles from campus. Men's and

women's club rugby uses the fields behind the William and Mary Hall parking lot.

As for indoor entertainment, the Tribe is not lacking. The women's volleyball team competes at Adair gym in the fall. Multi-team tournaments are a common event at Adair, and the games are usually on weekends. Winter, of course, finds W&M inside, primarily at William and Mary Hall. Men's and women's basketball, men's and women's gymnastics, wrestling, and fencing teams all compete at various locations in the Hall.

The men's and women's swimming teams have meets at the Rec Center swimming pool. However, to see the men's and women's diving teams, you'll have to take yourself over to the pool in Adair, because the Rec Center has no diving pool.

Tribe tennis, after being inside for the fall and winter, gets a change of venue in the spring. You'll find the men's team on Busch Courts, next to Busch stadium, once the See **TRIBE**, Page 10

John Kolman

Strike hurts players and fans

Major league baseball went on strike August 12th. The A's and the Mariners finished their season on the 11th, and then they were packed up and left. Some went home or they went to Disney. And the fans were left, holding the bag. The baseball strike is bad for everyone. The owners are losing money. The players are losing money. And for many of them, the chance to break records here for a long time thought unobtainable.

There are a number of players who are losing out. The Roger Maris home run record. Matt Williams had 43 runs as of the 11th. Ken Griffey Jr. had 40. Jeff Bagwell and Frank Thomas had 38. The players went on strike for 50 days left in the season.

Plenty of time. Gwynn had a good chance to be the first person to hit a home run since Ted Williams did it. He was hitting .395 when the

strike started. Barry Bonds had 37 HR and 29 stolen bases in an attempt to become the second ever 40/40 man.

There was even a chance for the first triple crown winner since Mickey Mantle. Frank Thomas was batting .353 with 39 HR and 101 RBIs. Albert Belle batted .357 with 36 HR and 101 RBIs also.

If the strike lasts until next season and the owners bring up minor leaguers, Cal Ripken's streak of consecutive games played will be over. Less than one year short of Lou Gherig's record.

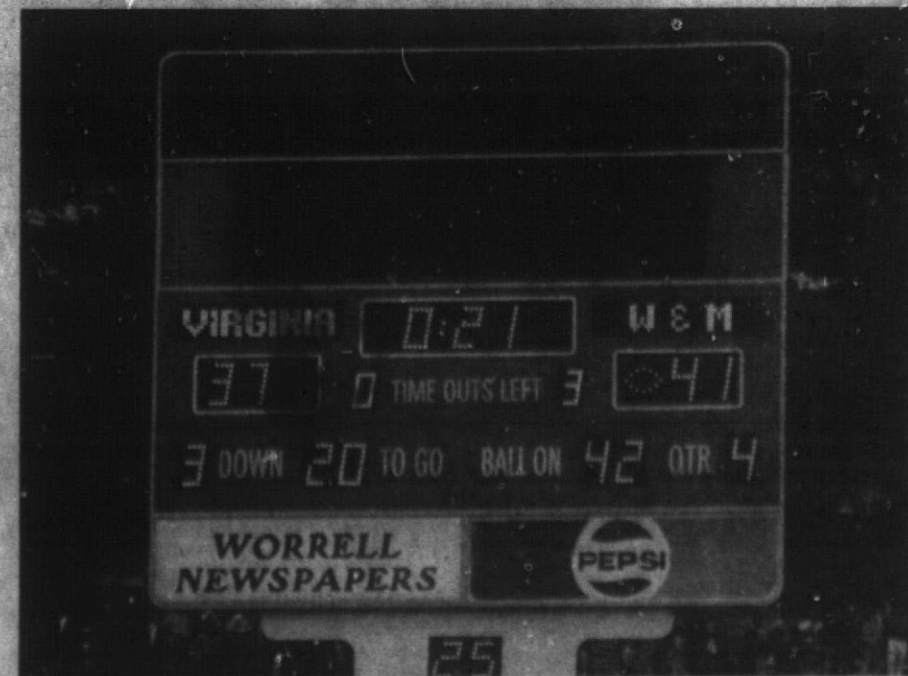
But more importantly than all of this, the fans are losing out. Cleveland has not won a pennant in 54 years. And now that the Indians are in the thick of a pennant race, the season is suspended, possibly over. The New York Yankees are in first place for the first time since 1981. If the strike continues past the end of the season, there will be no playoffs for the faithful New York fans.

And that does not include baseball fans everywhere who are reeling at the loss of their pastime. It has been said that baseball is on the way out. But that does not explain the millions of fans who have flocked to the ballparks this year in record numbers...until last Friday.

Beyond the fans, there is another group who will suffer from the loss of baseball, far more than the owners or players. Those whose livelihood depends on the game, what will happen to them? The vendors, the groundkeepers, the front office employees, and even those who own places such as bars near the ballparks. These people depend on baseball being played for their livelihoods.

One major league team has said it will release over 50 percent of its employees by the end of the season. Another team has recalled all of its scouts, major and minor league.

Keep dreaming



This photo, taken in 1986, shows a sight you're probably not going to see during your stay here at William and Mary: The Tribe beating Virginia with 21 seconds left. This year we square off against the Cavaliers on October 1 in Charlottesville. We could win...stranger things have happened.

Keep trim with Rec Sports

By Mike Hadley
Flat Hat Sports Editor

College life can be hard on a young body. Sitting in class, eating at the Caf, and staying up late ordering from the delis can all add up to a terribly out-of-shape body. Luckily, the College provides facilities and activities for the majority of students who don't play a varsity sport. Taking advantage of these options is easy if you know what and where they are.

The best place to start is the Student Recreational Center, which is located behind William and Mary Hall (that's the place where you had your professional quality ID picture taken). This indoor facility provides a variety of opportunities for a good workout. There is a large basketball and volleyball court, six racquetball courts, two squash courts, two fully equipped weight rooms, an Olympic-sized swimming pool, and a sauna. Some of these facilities get busy at night, and it is best to call and reserve the courts ahead of time. Call the Rec Center at X3310.

In addition, the Rec Center allows students to check out a wide variety of sporting equipment, from Frisbees to croquet sets. Outdoor equipment like tents, sleeping bags, and canoes can be rented for a small

daily fee. Remember to call first before going down there. And remember you can't get into the Rec Center or rent equipment without your student ID.

There are other facilities available for student use on a more limited basis. Adair Gym contains another indoor pool, basketball and volleyball court, aerobics room, and an indoor and outdoor climbing wall. These areas are often in use by the Kinesiology department for class use during the day, but are opened up at certain times for general use. (The indoor climbing walls, for example, are about 7-8 feet high a week.) A quick call to Adair can give you all the information.

Although William and Mary Hall is used primarily for varsity basketball and other varsity sports, there are auxiliary gyms with basketball hoops. Again, check for availability, as it changes depending on varsity and intramural needs.

For those of you who wish to exercise outside, there are a number of places where you can work out. Both Adair and the Rec Center have tennis courts which are generally free in the evening. There is also a fitness trail which begins at the Rec Center and travels around campus, with various stops for fitness exercises. You can usually find

a volleyball game behind the Fraternity Complex or in front of Yates Hall in the warm months. And Frisbee is the preferred sport in the Sunken Gardens.

Rec Sports provides a number of structured activities, such as aerobics classes. In addition, students can join the club sports which compete with other colleges.

There are more than 25 club sports at the College, including cricket, rugby, crew, and ultimate Frisbee. Your calendar contains a list of all the club sports. If you are interested in any of them, you should call the Rec Center for more information.

In addition, Rec Sports sponsors dozens of intramural competitions over the year, like football, soccer, basketball, floor hockey, softball, tennis, Putt-Putt, three-point shooting, and place kicking.

Individuals must sign up for the competition by the date designated by Rec Sports, and pay a small fee, usually \$2. For the team sports, the team designates a captain and pays a fee of usually \$20. Freshman halls often use hall dues to pay this.

Be sure to keep an eye on your calendar for sign up times for the competitions. Rec Sports often makes changes in the schedule and adds new sports according to demand, so call the Rec Center for more information.

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Baseball

Continued from Page 9

Then they would have all of the offseason to work out their differences without harming the game.

That is one solution that was worked out over a chicken sandwich and a couple of beers at a party. Why can't the players and owners come up with something?

The two sides have seemingly given up and are content to outwait each other while the game of baseball withers in the heat of August. Give me a bat and a glove and I will play for you. Where has the love for the game gone? Has it been lost under piles of money? If so, it is a sad day for baseball.

John Kolman is Sports Editor and a junior at the College. His opinions do not necessarily reflect those of the Flat Hat.

Enjoy your college career; write for Flat Hat Sports. It's concentrated happiness.

Tribe

Continued from Page 9

weather warms up again, and the women on the courts next to Adair.

Every week, you'll find a box called Tribe At Home here in the Sports section of the Flat Hat. We'll list all the home varsity games for the week, along with time and venue. Keep an eye out for it.

Pretty much anytime you want to get out and spectate, the Tribe will have something worth watching. Be sure to support your favorite athletic team.

If you are interested in writing for the sports section or any other Flat Hat section, stop by our table on activities night. There's no obligation, and all we ask is that you get the score right.

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