

OPINION Letter to the editor supports proposed sale of

91.1 FM **SEE PAGE 3**



SPORTS A look ahead to this weekend's matchup against UConn see PAGE 5



THE VANDERBILT HUSTLER

VANDERBILT SINCE 1888

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■ GREEK LIFE

Delta Gamma charter relinquished, formal chapter review underway

KYLE BLAINE News Editor

The Eta Epsilon chapter of the Delta Gamma Fraternity at Vanderbilt University voted to relinquish their charter Monday, Sept. 20, following a decision from national fraternity officials that the chapter should not extend bids to new members, according to a statement released by Delta Gamma on Wednesday.

According to Chapter President Moriah Kathleen Lutz-Tveite, the decision to relinquish the charter was not an easy

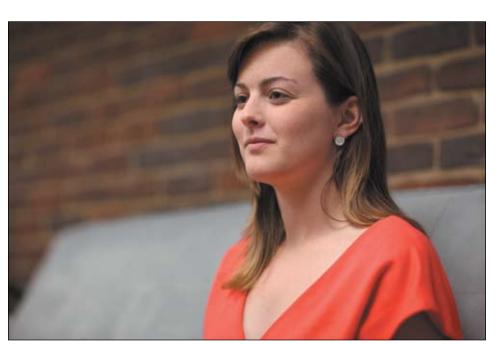
"We have a strong sisterhood and our bond with one another has only grown stronger through our challenges," Lutz-Tveite said. "In evaluating our viability, we felt it was important to focus on lifetime membership in Delta Gamma."

The notice of relinquishment begins the formal review process. Delta Gamma collegiate members and alumni have a 60day period to write letters to the Council of Delta Gamma expressing their views on the future of the chapter. The council will review all relevant information and make an official decision in November about the final status of the chapter.

visited campus last week indicated to her that the fraternity would not be able to recruit on campus indefinitely. To her understanding, if the council votes to close the Eta Epsilon chapter in November, all current members of the fraternity will be given Delta Gamma alumni status and the house would be vacated at the end of the 2010-2011 academic year.

Lutz-Tveite said she was disappointed with the way the national fraternity handled the situation.

"I don't think the way it was handled was in line with the message of the national



GABY ROMAN/ VSC Media Relations

Moriah Kathleen Lutz-Tveite, president of Delta Gamma's Eta Epsilon chapter, sat down with The Vanderbilt Hustler to discuss the future of the chapter.

organization," Lutz-Tveite said. Deborah Etheride, the fraternity vice

president, visited Vanderbilt last week to review the fall recruitment process.

"The maturity and resolve of our women has been poignant. Chapter members According Lutz-Tveite, the two have a passion for success but are representatives from the council who reframing what success looks like on their campus at this time," Etheride said in the press release. "Delta Gamma wants to be at Vanderbilt, and we want our members to have a quality membership experience. We will evaluate if those two goals can be met in the present circumstances."

Lutz-Tveite said that Etheride and another national representative expressed to her that there was not enough interest on campus to revitalize the chapter.

The Eta Epsilon chapter has been present on campus since 2000. Over the course of a decade, 410 women have been

ABOUT DELTA GAMMA

- Founded in 1873
- Delta Gamma is an international
- Consists of more than 200,000 members
- Nationally-recognized philanthropy, Service for Sight

"Eta Epsilon chapter is a treasured part of the Delta Gamma family, and the present situation is difficult," said National Fraternity President Beth Searcy. "It does not reflect the caliber of the women who comprise the chapter, past or present; they have been faithful leaders. And these Vanderbilt members will always be Delta Gammas." ■

■ TITLE HERE

Carasso: students should be whistle blowers for peace



MURPHY BYRNE/ The Vanderbilt Hustler

Sean Carasso, the founder of a non-profit organization called Falling Whistles, speaks about the use of child soldiers in the war in Congo.

JENNIFER GRASCH

Staff Writer

Sean Carasso, founder of the non-profit organization Falling Whistles, brought his message to a standing-roomonly crowd Thursday night as part of a national tour.

"For us, it is about men and women using what is most fundamental to our freedom - our voice - to bring justice and peace," Carasso said.

Carasso founded Falling Whistles in 2007 after visiting the Democratic Republic of Congo and hearing the stories let's bring him in," O'Connor of child soldiers. Children too young to carry a gun are given whistles to make enough noise to scare the enemy. As opposing forces approach, they become the front line, absorbing the first shots of the enemy.

Falling Whistles encourages supporters to buy whistles and become "whistleblowers for peace."

"People wear the whistle and everywhere they go, they get asked about it. What's the whistle? It's for peace in Congo," Carasso said.

Carasso emphasized the

importance of storytelling during his speech. "Storytelling is strange,

but storytelling is powerful," Carasso said. FreshmanWhitleyO'Connor helped organize the event this

"I got involved with Global Poverty Initiative this year, and they were asking for some ideas for a big speaker. I said, 'I know this guy named Sean,

The events was free and open to the public.

"It's not like organizations where they're trying to give you a pitch about why their organization is better. They say this is important and this is our story, but they also want to know your story, and I think that makes it much more affecting for people our age," Mutter said. ■

■ CAMPUS EVENTS

Owen School to host BP oil spill panel discussion on Oct. 6

CHARLOTTE CLEARY

Staff Writer

The Vanderbilt Owen Graduate School of Management will host a panel discussion on the causes and consequences of the BP gulf oil spill next Wednesday, Oct. 6 from 1 to 2 p.m. in Averbuch Auditorium.

The "What BP Should Do Now" panel, timed accordingly with the arrival of new BP CEO Robert Dudley on Oct. 1, will feature management professors Ray Friedman, Ranja Ramanujam and Tim Vogus as well as economics and ethics and corporate social responsibility professor Mark Cohen.

According to Owen Business Editor Ryan Underwood, "The panel grew organically out of the fact that there are several professors at Owen who are looking at the BP case in very interesting ways." A similar discussion took place in 2008 in the midst of the financial crisis.

Friedman, the Brownlee O. Currey professor of management, is an expert on negotiation and conflict resolution, and some of his most recent research explores the shame and guilt that employees may feel when their companies make public misdeeds such as the BP oil spill.

As the leading researcher and consultant on the organizational causes and consequences of operational failures in high-risk work settings, Professor Ramanujam examines the role of leadership,

communication processes in enhancing the quality and safety of organizations.

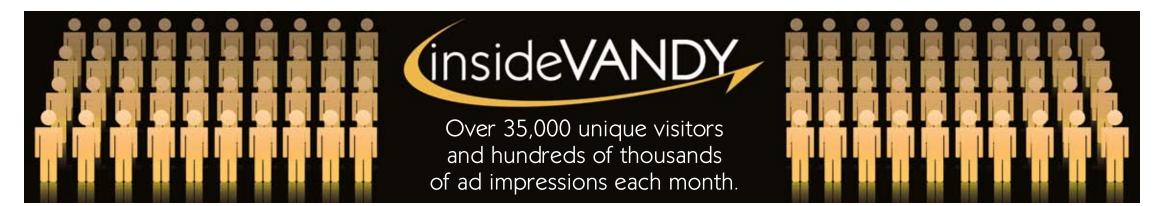
The professors will also be accompanied by Vogus, from whom the idea to hold a panel discussion originally stemmed. research focuses on the practices and processes through which organizations create and sustain a culture of safety. The discussion will be rounded off by Professor Cohen, who currently serves as vice president of research for a non-profit research organization in Washington, D.C., that has been tapped to consult for President Obama's Gulf Oil Spill Commission.

The event is free and open to the public. ■



Vanderbilt Media Relations

The Gulf Oil Spill flowed for three months, beginningin April 2010. A panel will be held at Vanderbilt's Owen Graduate School of Management to discuss the spill.



Traci Ray, associate director in the Office of Housing and **Residential Education**

TYLER BITTNER

Staff Writer

VANDERBILT HUSTLER: What are your primary responsibilities? TRACI RAY: Alumni Lawn, Highland Quad Residential department-wide programming, Living and Learning Communities and security — but that's being



TRACI RAY

VH: What is a typical day like for you?

phased from me. But security was one of the things that

really grounded me when I

came to Vanderbilt.

TR: Well, the coolest thing is that nothing is ever the same, which energizes me to be organized between the various committees, regular staff meetings, one-on-one meetings with students, follow-ups and crisis response and then pre-planning events. I'm so fortunate to have a grad staff (Bryan VanGronigen and Courtney Williams) that functions well with autonomy. They recognize I can't be everywhere at once ... I'm a fan of Wonder Woman.

VH: What is your favorite part of the job?

TR: Student interaction, both undergrad and grad. I spend a lot of time with my grad staff, who give me both worlds — the grad student professional perspective and ... the undergrad experience. I enjoy the relationships that we get to have with the students we work with. It would not be the same to work in an environment that didn't have students.

Photo of the week: **ROTC** scales Stevenson



ZAC HARDY/ The Vanderbilt Hustler

Vanderbilt ROTC scaled the walls of Stevenson Center on Thurs., Sept 30, 2010.

SERVICE GUIDE

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Spiros Vergatos: a provider of comfort food

LIZ FURLOW

Spiros Vergatos, general manager of the Varsity Markets and specialty dining, has worked at Vanderbilt for 12 years and has learned much about what serving the student body truly

"I've been in the food business my whole life," Vergatos said.

Born in New York City, Vergatos began to work in his father's deli when he was eight years old, where he used to sack groceries and run deliveries across the city. After college, he

of work, establishing delis and pubs in Denver, Colo. He then worked as a manager for Food Lion, where he extended their chain of stores across middle Tennessee.

"We moved here because of my wife, who was born in Nashville," Vergatos said. "Then one day I was looking through the paper, and I saw that Vanderbilt was hiring. I decided to do it."

As manager of all Varsity Markets on campus, Vergatos is in charge of stocking the shelves of what students refer to to Vergatos, his business is not about making money, but about serving the students purchasing the foods they want and continually adding new food items to offer a variety of choices.

"Students come here for an education, to graduate and do great things. We just want to make it easier for them. That's what's great: We see the students as the future of our society, and we feel like we're a part of that path," Vergatos said.

Vergatos also believes that the dining staff offers a support

continued in his family's line as "Munchie Marts." According network for students.

"We're the ones who interact with students the most. You might see your professor for an hour three times a week, but we see students around 15 times a week. In the morning, after class, very late at night," Vergatos said. "And we try to watch out for them, make sure they're doing alright."

Some Varsity market employees have played pivotal roles in the lives of students.

"We have one worker in Towers, Carla, who about eight years ago set up a shy football player with a girl who really liked him. They started dating, and after college they got married. They sent her a ticket to the wedding, and when they had their first daughter, they named her Carla," Vergatos said.

Most market employees have worked an average of 14.6 years at Vanderbilt and have seen multiple classes of students grow from first years to seniors.

"The two most important days are the first day of move in, and four years later, when they're graduating. The change is absolutely amazing. It's one of the best parts of the job," said Vergatos. ■



SPIROS VERGATOS

■ CAMPUS NEWS

Vanderbilt students create online directory to help Nashville immigrants

VANDERBILT NEWS SERVICE

An online directory designed to help connect Nashville immigrants to resources for English instruction and other services has been launched by students at Vanderbilt University.

The website, connectingnewnashvillians.org, went online on Sept. 30. Designed for use by agencies who serve the immigrant and refugee population, it was developed by fellows from the Cal Turner Program for Moral Leadership in the Professions at Vanderbilt.

"Cities that attract immigrants and new Americans are the cities that are going to thrive," said Nashville Mayor Karl Dean, who spoke Sept. 29 at a Vanderbilt event to announce the website. "I'm pleased with this effort to create a directory for immigrants and refugees coming to Nashville.

I think it's a wonderful effort and you're all to be applauded for it."

The website also consolidates information on computer literacy and job skills training available in Nashville. Data is still being added. To view the current bank of information, go to www. connectingnewnashvillians.org and type "agencies" in the search box.

discussion with organizations that serve Nashville immigrants, there was overwhelming agreement that language was a barrier to resources and integration in Nashville's foreign-born population," said Mikel Cole, a Cal Turner fellow. "More than 80 percent of social service providers reported language as a significant barrier to immigrants."

Vanderbilt's Cal Turner Program for Moral Leadership in the Professions mission is to develop the leadership and ethical capacities of those serving in the professions.



Vanderbilt Media Relations

Nashville Mayor Karl Dean speaks at Vanderbilt on Sept. 29 to announce the creation of www.connectingnewnashvillians.org.

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COLUMN

Infrastructure nightmare



THOMAS SHATTUCK Columnist

a little concerned about the job market. But it's not jU.S.t the shortterm labor issues that continue to vex me; the U.S. currently has some long-term structural issues that might prevent the continued development of the manufacturing and chemical sectors. As an engineer, this will surely become one of the defining problems I face as my career develops.

Make no mistake: The current state of U.S. infrastructure is not a secret. The History Channel has recently been airing the program "The Crumbling of America," and The New York Times columnists frequently compare the U.S. to China in terms of capital expenditures on essential infrastructure including highways, bridges and wastewater treatment facilities. And, of course, there are the American Society of Civil Engineers' annual report cards that in 2009 rated the U.S. to be underperforming in every category, with Solid Waste receiving the highest grade of a C+.

Despite the severity and prominence of the issue, people in general ignore the problem, hoping it will go away. Part of it is that the issue is fundamentally technical in nature, which tends to turn people off — the realities of the problem are beyond the scope of a fluff piece in Time. We only pay attention when something goes horribly wrong like when a bridge collapses, industrial effluent leaks into a stream or a levee

These catastrophes only highlight the

Like most college seniors, I'm underlying symptoms. It is a tragedy when civil infrastructure fails so spectacularly, but to be honest, I am surprised that these failures are not much more frequent. We students, as active citizens in the community, need to personally confront these issues. For example, our section of Nashville uses a combined waste/stormwater sewer. When it rains for extended periods of time, this can overload the system, necessitating that the excess be discharged without treatment. In our case, this means that untreated sewage is occasionally discharged into the Cumberland. If the system is overloaded on a regular basis, the effects on the river basin could be ruinous.

> The combined sewer issue is one of many. As a long-time resident of Alabama, I can in all honesty say that much of the road system has not been maintained properly. This leads to unnecessary wear on vehicles and unforeseen slowdowns due to emergency repairs. We as a nation cannot claim to be moving into the future as the infrastructure that supports our way of life slips into the past.

> Though many of the technical issues fall into STEM related subjects, all students need to be aware of the future problems that will arise from overuse and under-maintenance of our collective roadways, bridges and waste treatment plants. While the deficits concerns are legitimate, remember not all government spending is ruinous — at least some of it is needed for future development.

> -Thomas Shattuck is a senior in the School of Engineering. He can be reached at thomas.w.shattuck@vanderbilt.edu.

■ COLUMN

HCR symptomatic of bigger issues



PREZ Columnist

is the new rule that parents may now keep their children on their health insurance plan until the age of 26, regardless of **KATIE DES** employment status, residency or financial dependency. For many Vanderbilt students soon

On Sept. 23, a host of measures

from the new health care reform

bill took effect. Among these

to face the void of job searching and that weird socioeconomic situation that we call grad school, this rule is probably a welcome relief. I am personally happy to be able to place that particular responsibility on the back burner for the next five years. The new measure is also a reminder, however, that even at 21, I am still a child. In fact, throughout this healthcare reform and debate, the American electorate looks increasingly childlike.

Nobody understands the current health care reform bill. If someone tells you that he does, he is lying. We are like a group of kindergarten students learning addition and then asked to prove the theory of relativity — few mathematicians can even do that kind of math. Part of the reason that the Affordable Care Act (a name that in itself says little about what the act actually does) is so confusing is because it seeks to reform an inherently haphazard system pieced together over the past few decades. The other part of the confusion, though, comes from the fact that no one provides a straight answer for what is going on. It's as if we were asking our parents about sex for the first time: Even if they kind of know what's happening, nobody will ever completely understand, and there is too much complicated, nuanced language around the issue to get a straightforward answer.

Like children, then, we resort to the only way we can think of to get some sort of information: throwing a fit. For example, some of us clamor that this bill socializes medicine, which is not true since privatized insurance is still at the crux of the policy. At the current point in the debate, though, the political principles we call on as ammunition for our tantrum need not be upheld. We just want to yell at the government. And even though we claim that we want something about our system to change as a result of this outburst of dissatisfaction, we balk when actually faced with the reality of a shifting government role. I guess we're going through health care reform puberty.

This bill is just as convoluted as the system that it seeks to address, which is partially the legislature's error and partially a result of the prolonged electoral childhood of the voters. Just as it is hard to respond appropriately to a whining teenager, it is hard to design a health care bill that satisfies an increasingly polarized and decreasingly rational political atmosphere. As has been indicated throughout the debates over reform, every other developed nation (and some developing nations, such as Costa Rica) has some form of government-provided health care — not government-backed access to private insurance, but government-supplied care. Something, then, is missing in the United States' development. This health care bill reminds me not only that I have a few more years before I am fully adult, but also that our institutions and voters have a hard time

- Katie Des Prez is a senior in the College of Arts & Science. She can be reached at this katherine.e.des.prez@vanderbilt.edu.

THE VERDICT

Stand and be judged by the Hustler opinion staff! Compiled by the staff of The Vanderbilt Hustler

Documentation



A former Duke student's hook up list went viral this week, debuting on the website of New York Magazing and the blog Jezebel. In a mock senior thesis power point, a Duke co-ed describes the most intimate details of her steamy trysts all over the North Carolina campus. She used her own name and her hook ups' names and Facebook profile pictures, all of which have contributed to her newfound hermit status.

Fraternizing



In the wake of scandals at Goldman Sachs, the company's perspective on inter-office relationships has been made public. There is not necessarily a ban on dating your colleague, but you must clear any relationship by your superior first. DTRing not only with your significant other, but with your boss — I can't think of a conversation I would rather have.

"l'm a Serious Actor

Justin Timberlake, who is generating Oscar buzz with his role in the new Facebook movie "The Social Network," has proclaimed that making movies is superior to making the best pop music of our junior high years. He declared it is unknown when he will return to music. Talk about turning your back on your past. And fans. And me.

The Senate



In a long-awaited vote, the United States Senate voted yesterday to ban loud television commercials. The hold up was caused by votes on a dozen post offices and Republican filibusters over several major pieces of legislation. I guess that's why the American people are about to put the Republicans back in power.

Attorneys general



The Attorney General of Michigan is refusing to condemn his gay-bashing Assistant Attorney General, a man named Andrew Shirvell. Shirvell runs a blog dedicated to harrassing The University of Michigan's gay student body president. It's always good to see government hard at work.

■ LETTER

91.1 sale good for VSC

To the editor:

Much has been written about the potential sale of the WRVU frequency, and I have to admit I was convinced it was an illconceived idea. But then I got to thinking about it a little more. When KTRU, Rice University's radio station, decided to sell their radio station this summer, they estimated the value of the frequency at \$10 million. Yes, ten million dollars. I know I haven't looked at the Congressional budget deficit in a while when I still think that's a lot of money. The arguments for keeping the frequency have already been discussed, so I don't feel the need to repeat them, but I'd like to offer a different perspective.

What could \$10 million do for the student communications programs? We would lose a great avenue for community outreach, yes, but what could we gain? If the money was put into an interestbearing account set aside for student communications, the possibilities are nearly endless. What about using just the

interest from the account and offering grants of \$10,000 to \$20,000 for student projects? That would be without even touching the principal from the sale. What about partnering with homeless outreach to increase circulation of The Contributor (Nashville's homeless paper) to generate awareness in the community? I have to admit, I get excited just thinking about all the cool things that money could do for students interested in communications projects far too many to list here. Think of how many students' creative ideas could come to fruition with the appropriate funding.

At the end of the day, I believe the sale of the frequency would be a major boon to the student communications programs, providing the resources to let students' creativity grow unhindered by the limited number of outlets the school has to offer.

> Joel Walden Class of 2012

OPINION POLICY

The Vanderbilt Hustler opinion page aims to stimulate discussion in the Vanderbilt community. In that spirit, columnists, guest columnists and authors of letters to the editor are expected to provide logical argument to back their views. Unreasonable arguments, arguments in bad faith or arguments in vain between columnists have no place in The Hustler and will not be published. The Hustler welcomes reader viewpoints and offers three methods of expression: letters to the editor, guest columns and feedback on InsideVandy.com.

Letters must be submitted either in person by the author to the Hustler office or via e-mail to opinion@insidevandy.com. Letters via e-mail must come from

a Vanderbilt e-mail address where the identity of the sender is clear. With rare exception, all letters must be received by 1 p.m. on Tuesday, Thursday or Sunday. The editor reserves the right to edit and condense submissions for length as well

Lengthy letters that focus on an issue affecting students might be considered for a guest column at the editor's discretion.

All submissions become the property of The Hustler and must conform to the legal standards of Vanderbilt Student Communications, of which The Hustler is a

CORRECTION POLICY

Accuracy is our profession. As the "Voice of Vanderbilt," we are committed to ensuring our work is fair and accurate. Errors of substance will be corrected. With very rare exception, these corrections will be listed on Page 2. Bring corrections to the Hustler office in Sarratt 130 or e-mail us at hustler. news@insidevandy.com. You may also report them by telephone to the news line at (615) 322-2424.

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The Vanderbilt Hustler encourages its readers to voice their opinions on legislative issues. The following students and legislators represent the Vanderbilt community.

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Rep. Jim Cooper U.S. House of Rep. Washington, DC 20515 (202) 225-4311 (615) 736-5295

Rep. Brenda Gilmore Tenn. District 54 P.O. Box 281934 Nashville, TN 37228 (615) 876-3665

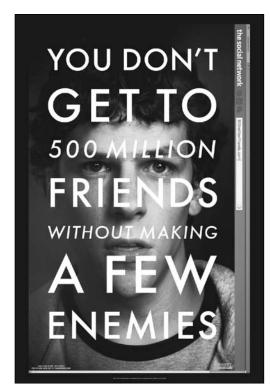
Sen. Douglas Henry Jr. Tenn. District 21 11 Legislative Plaza Nashville, TN 37243-0021 (615) 741-2380

Council Member Kristine LaLonde 2005 20th Avenue South Nashville, TN 37212 (615) 522-7319



MOVIE PREVIEW

"Network" this weekend



Jesse Eisenberg plays Facebook founder Mark Zuckerberg in tonight's "The Social Network."

MCCALLEN MOSER I realize it is hard Staff Writer to go 121 minutes without checking

your Facebook, but I'm challenging you to try. Keep in mind, for this two-hour time period you will be watching a movie that is entirely about the creation of Facebook. Think you can do it now?

Facebook has revolutionized communication for our generation. We are constantly chatting, messaging and stalking our friends (and, lets be honest, strangers) on Facebook. We can thank founder Mark Zuckerberg for this wonderful creation, along with cofounders Dustin Moskovitz, Eduardo Saverin and Chris Hughes. I know you are so interested in learning all about how this integral part of our daily life was created, so I am about to make you extremely happy: Hollywood made a movie all about the journey of founding Facebook. Those of you who live under a rock and didn't already know this, it is called "The Social Network," and it comes

Granted, it has been made very clear by the producers and director David Fincher that they took some artistic leeway when making this movie and never actually communicated with any of the founders themselves. However, the movie is based on the book "Accidental Billionaires" by author Ben Mezrich, who consulted founder Eduardo Saverin; so I think it's safe to say the movie will still give you the general idea of what these four guys went through to create the sensation known as Facebook - just with a little extra

"The Social Network" has already received acclaim from a variety of reviewers. Peter Travers of Rolling Stone Magazine called it "the movie of the year that also brilliantly defines the decade." This \$50 million film stars Jesse Eisenberg, Andrew Garfield, Justin Timberlake (playing Napster guru Sean Parker) and Brenda Song, just to name a few. So stop reading about it and go buy your ticket now. You definitely want to be one of the first to see "The Social Network." ■

What is your position on being "Facebook Official"? Do you think a relationship must be "FBO" to be considered a legitimate relationship?

"I think if you're in a genuine romantic relationship, you don't have a need to broadcast that to the entire Facebook community. Still, being 'Facebook official' with someone is an easy way to let many people know what's going on — or not going on — in your love life."

— BEN CRANE, Class of 2012

"No, it's more of a real relationship if it's not on Facebook."

— JESSICA GINN, Class of 2013

"In my personal experience, a relationship does not need to be FBO in order to be considered a real relationship. I think on a more general level, if the other person in the relationship is going to get mad at you for hooking up with someone else, then you are probably in a real relationship whether you're FBO or not."

— JOHN RATLIFF, Class of 2014

"No, definitely not."

- TODD LEWIS, Class of 2013

"I don't know. It depends. Some girls get freaked out if a guy doesn't want to make that commitment."

- KATIE DUNN, Class of 2013

"The only couples that are legitimate are those who keep the world posted every time something changes in their relationship — get in a fight and obviously go to 'It's Complicated."

— EVAN GARLOCK, Class of 2013

■ VENUE REVIEW

Venue of the Week: Cannery Ballroom

BEN RIES Staff Writer

One of Nashville's most exciting venues, the Cannery Ballroom is tucked away in an unassuming spot just off Eighth Avenue, about

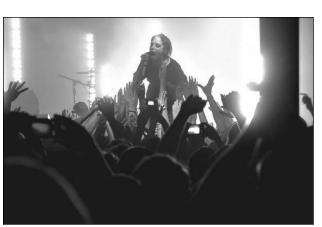
half-a-mile away from downtown Nashville. The Cannery Ballroom began in 2005 as an addition to the smaller Mercy Lounge in Nashville's Historic Cannery building. The venue reflects its origins as a flour mill, as exposed bricks line the sides of the hardwood floors of the sparse main room, which provides standing room for up to 1,000 people.

The Cannery Ballroom has a full bar and a seating area isolated from the performance room, making it a perfect place to take a break or hide from an annoying opening act. Smoking is prohibited, but an outdoor smoking patio is available.

Cannery attracts plenty of big names: Beach House, Bon Jovi, She & Him, the Wallflowers and the Walkmen have all performed there in recent years. It's fairly easy to get close to the stage unless a performance is packed — just watch out for the large columns that can obstruct your view. The acoustics are great, and Sept. 16's performance by Ghostland Observatory featured a thrilling light show that brought the crowd to life.

Ticket prices vary, though prices typically range from \$10 to

\$25. Most events are 18+, but check in advance as many are 21+. If you choose to drive instead of taking a cab, be prepared to pay a small fee for a spot in the parking lot outside, which can be overrun during popular events. ■



STEVE CROSS

The Cannery Ballroom, which opened in 2005, has become a hub for headliners performing concerts in Nashville.

■ NUTRITION

Studies prove protein pumps up women less than men

LAURA DOLBOW Staff Writer

Whether you just finished pumping iron or running a race, power bars and protein shakes are staple recovery foods. Yet, recent research suggests that perhaps protein does not benefit women in recovery from exercise as much as it

According to existing research, protein appears to assist in the absorption of carbohydrates from the blood, so muscles are able to pack in more fuel when protein is present. Furthermore, protein is believed to help fix muscle damage after hard exercise.

In 2008, a study by Dr. David Rowlands of the Institute of Food, Nutrition and Human Health at Massey Unversity found that men who ate a mixture of protein and carbohydrates after hard

exercise performed better in subsequent workouts than men who solely consumed carbohydrates.

His most recent follow-up study, however, suggests that protein does not have the same benefits for women after exercise. The somewhat surprising results found that women who at e protein actually felt sorer in later workouts than women who only ate carbohydrates.

Studies of sports science have often only included male subjects, but now that more female athletes are coming into studies, scientists are finding different results. For example, new studies on women with carbo-loading found that women only loaded about half as much

extra energy intro their muscles as men. One possible reason for the different responses in women than men is the hormone estrogen, which new evidence suggests may have a bigger impact on

metabolism and muscle health than previously considered. It seems as though estrogen may cause women to burn more fat and less protein or carbohydrates to fuel their exercise.

Other interesting results from the study included that women sustained less muscle damage than men and their blood had lower levels of creatine kinase, which is a chemical that marks trauma in muscle tissue.

The full implications of these studies remain unclear. "We need more research into the differences between male and female athletes," said Dr. Rowlands in The New York Times.

As for now, women athletes should look skeptically at exercise studies that rely solely on male subjects. In the meantime, there's a lot about female athletes that sports scientists are still working to figure out. ■

■ EVENT SPOTLIGHT

High schools to gather for Marching Invitational

BEN RIES

The Vanderbilt Staff Writer Marching Invitational will draw over 30 high school marching bands to the Vanderbilt Stadium this Saturday for its annual daylong competition. The event will be run by the Spirit of Gold Marching Band and

Beta Sigma co-ed band service sorority. The non-profit competition was founded in 1987 as part of a service project. Since then, it has expanded greatly: 8,000 spectators attended last year, and this year's bands come from Alabama, Arkansas, Florida, Georgia, Kentucky,

the Eta Phi Chapter of Vanderbilt's Tau

Indiana, Mississippi, New York, Ohio, Tennessee and Wisconsin. Revenue will go towards funding scholarships for the Spirit of Gold Marching Band and next year's invitational.

The Vanderbilt Marching Invitational is free for students with Vandy IDs and is perfect for fans of the Spirit of Gold's elaborately choreographed halftime performances at football games. According to Publicity Chair sophomore Sarah Canon, this will be one of the most important events of the year for many of the attending bands, and their acts are likely to be well polished as a result.

The competition will begin at 10:17 a.m. Saturday morning and will continue until around 8:30 p.m. Saturday night. ■



Here's your comprehensive guide to this weekend's

Courtesy of Ben Ries

■ GREEK LIFE



fraternity parties. **FRIDAY NIGHT:**

Pike: Euro Pikes Sigma Chi: South **ZBT: ZBTahiti**

SATURDAY NIGHT:

Kappa Sig: Vineyard Wines SAE: Jungle Sigma Chi: North **ZBT: ZBTahiti**





CAROLINE SESSOMS

Fall is officially here, Staff Writer but with afternoon temperatures still climbing into the mid-

CAROLINE SESSOMS

70s, it can be difficult for even fashion's most devoted to create an outfit that is both temperature- and season-appropriate.

By pairing an olive, felted-wool mini-skirt with a casual white tank top, a cardigan for chilly mornings and classrooms, and a tan woven belt, junior transfer student Lex Ardeljan has effectively captured fall's trends (military-inspired, neutral hues and tailored pieces) while managing to stay cool.

Of her look, Ardeljan said, "As the weather starts to change, I like to incorporate darker pieces with heavier fabrics, but keep it light on top. This way, you can create a look that is suitable for the season, and you won't burn up on the way to class. Plus, you know, we're all dying to start wearing our new fall clothes." ■

■ MUSIC

THIS WEEK IN NASHVILLE:

OLIVER HAN Asst. Life Editor



upgrade.artapsu.com

SATURDAY, OCT. 2 **SOUNDCRAWL: NASHVILLE**

You've heard of a pub crawl and maybe even an art crawl, but this Saturday, prepare for a trip to unchartered territory. The event features ambient, electronic, nonmusical and traditional sounds by local composers Aaron Doenges and Kyle Baker

with background digital video at several downtown galleries. (Free, 2:00 p.m. to 6:00 p.m., 65 Arcade)

> SATURDAY, OCT. 2 **CELEBRATION OF CULTURES FESTIVAL**

With this newfound fall weather, take a trip across West End and join the festival as it celebrates its 14th year in Centennial Park. This free event promises world dance, music and cuisine that should meet your non-Vanderbilt activity quota for at least a few weeks.

(Free, 10:00 a.m. to 6:00 p.m., Centennial Park)





MONDAY, OCT. 4

ROCK AND ROLL TEAM TRIVIA @ MERCY LOUNGE Get some friends together and head downtown to throw

down some trivia knowledge. Prizes will be awarded to the top three teams, so refresh your memory of rock star names, one-hit wonders and album covers. There are drink specials all night and even parking is free, making this an event not

to miss. (Free,

21+, 7:00 p.m., 1 Cannery Row)

MONDAY, OCT. 4 **LEARNING TO COOK 101** If you want to cook and really impress

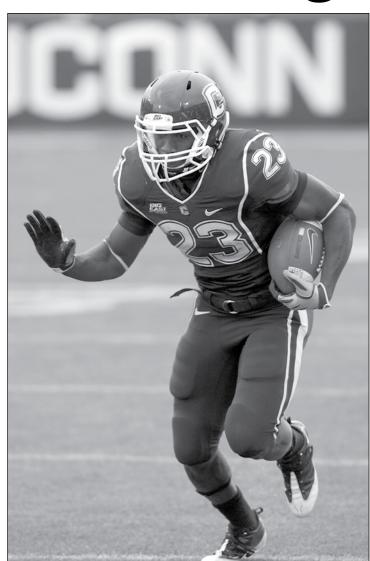
someone, consider this opportunity. Every other Monday, Mitchell Delicatessen offers a class for those who don't truly know their



mitchelldeli.com

way around the kitchen. Reserve a spot by calling 426-9517. (\$25, 7:30 p.m., 1402 McGavock Pike)

Vandy heads north to face Big East foe



STEPHEN SLADE/ UConn Athletics

UConn junior Jordan Todman's return from an arm injury has the running back listed as questionable for Saturday's game.

REID HARRIS Sports Writer

Following a big win on the road at Ole Miss and a week off, Vanderbilt hits the road again this weekend facing the Connecticut Huskies in East Hartford, Conn. The Commodores will be looking to pick up where they left off two weeks ago and win consecutive games for the first time since 2008. So far this year, the Huskies have severely underachieved, losing badly to Temple and Michigan and struggling against Buffalo. This weekend's contest will show whether UConn can live up to their pre-season expectations of winning a Big East title.

It's been an interesting week in UConn football. Last weekend against Buffalo, redshirt junior Cody Endres replaced Zach Frazer at quarterback in the second half. On Monday, Coach Randy Edsall announced that Endres would start in place of Frazer this week; in fact, Frazer has moved all the way down to thirdstring quarterback. Endres is a traditional pocketstyle quarterback, the likes of which Vanderbilt has yet to face.

Another important note about last week's game

is that tailback Jordan Todman, the fifthleading rusher in the NCAA, did not play due to an injured arm. Whether or not Todman plays on Saturday will be a gametime decision. In his absence, Robbie Frey rushed for over 100 yards in the 45-21 win over Buffalo. UConn has consistently played a very physical, run-first offense behind an experienced and talented offensive line. If Todman is unable to play to his full ability, the Huskie offense will be severely diminished and the Vanderbilt defense should be able to hold them to minimal points.

In addition to these on-the-field concerns, two of UConn's players were arrested early Tuesday morning on charges related to a fight that broke out in the parking lot of their apartment complex. However, in his press conference this week, Coach Esdall said there was a "strong chance" that these players will play this weekend. The conflict certainly doesn't help the team's chemistry and may be a symptom of a frustrated, discouraged

While the Huskies seem to be on a downward slide, Vanderbilt is moving in just the opposite direction. For the first time all season, all four running backs seem to be healthy and Coach Caldwell expects Norman, Stacy, Tate and Reeves to see playing time. Tight end Brandon Barden, the Commodores' leading pass-catcher, has practiced this week after suffering a foot injury two weeks ago. It also looks like defensive tackle TJ Greenstone may be healthy this week after hurting his ankle in the first quarter

of the Ole Miss game.

After scoring 28 points and rolling up over 200 yards on the ground two weeks ago, Vanderbilt's offense looks as good as it ever has in the past few years. Meanwhile, UConn has struggled against the rush and ranks 74th in the country in running defense. Even though their pass defense numbers look better, UConn's secondary is largely untested. The secondary is the defense's biggest weakness, which could give Commodore quarterback Larry Smith an opportunity to have a breakout game or at least keep the defense honest if UConn begins to overplay the run.

Just a season after winning eight games, including a bowl game over South Carolina, UConn is now a team struggling to find its identity despite returning 16 starters. Vanderbilt will be looking to take advantage of UConn's numerous problems and build up considerable momentum before heading into a tough stretch in the schedule in two weeks, starting against Georgia. With a healthy team fully rested after a week off, look for the Commodores to pull off their second road upset in as many games.

Stadium Preview: Rentschler Field a.k.a. "The Rent"



STEPHEN SLADE/ UConn Athletics

UConn's Rentschler Field bears a striking resemblance to Vanderbilt Stadium. The Commodores make their first trip to East Hartford, Conn. in program hisory to face the Huskies.

BRUCE SPENCER

Sports Writer

The story of how UConn came to play at "The Rent" could be easily summed up as, "it's better to be lucky than good." The 75-acre plot of land that "The Rent" was built on was donated to the state of Connecticut in 1999 by United Technologies. United Technologies used to use the site as an airfield called Rentschler Field, which conveniently also makes a good name for a football stadium. The stadium was developed by the Connecticut Office of Policy and Construction because Connecticut desired to build a venue that would host not only the UConn Huskies football team, but also concerts and other sporting events. Four years and \$91.2 million later, the first football game was played at "The Rent," a 34-10 UConn mauling of Indiana.

This will be the first time that Vandy and UConn have met since Oct. 26, 2002, in what turned out to be a thrilling 28-24 Commodore victory at Vanderbilt. Now

the Commodores must go up to East Hartford, Conn., to take on a Huskies team that is 35-12 all-time at "The Rent" and 2-0 there so far this season.

The average attendance last year at "The Rent" was 38,229 fans, but so far this year they have only managed to get an average of 36,869 fans through the gates. Considering that "The Rent" and the University of Connecticut's main campus are separated by 21.8 miles, that's actually pretty good.

"The Rent" is easily one of the newest, most modern and most advanced fields in the Big East being only seven years old, making it the youngest in the conference. The field boasts a 24-by-32 foot video replay screen at its west end zone and if it were not for the six sections of seats directly in front of that scoreboard, the stadium's configuration would be identical to Vanderbilt Stadium. This familiarity will work to the Commodores' advantage as they head out on their longest road trip of the 2010 season. ■

SEC FOOTBALL POWER RANKINGS by Jackson Martin



1. #1 Alabama (4-0 overall, 1-0 Southeastern Conference)

Last week's 24-20 comeback win over Arkansas removed any doubts that Nick Saban's team is the best in the conference. However, the Crimson Tide will have to prove itself again this weekend against Florida.



7. Mississippi State (2-2, 1-2 SEC)

The Bulldogs had a convincing win last weekend over Georgia. With games against Alcorn State and Houston coming up, Mississippi State can position itself very well in the next few weeks for a shot at bowl eligibility.



2. #7 Florida (4-0, 2-0 SEC)

Florida finally played like typical Florida against Kentucky last weekend, delivering a 48-14 thrashing of the Wildcats. The matchup with Alabama this weekend could very well be a preview of the SEC championship game in December.



8. Georgia (1-3, 0-3 SEC)

The Bulldogs looked bad against Mississippi State this weekend, but they do get star receiver A.J. Green back for this week's trip to Colorado. If he can ignite a spark for Georgia's offense, Mark Richt's team could go on a run the rest of the season.



3. #10 Auburn (4-0, 2-0 SEC)

Quarterback Cameron Newton looked clutch against South Carolina last weekend to move the Tigers to 5-0 on the season. That instinct probably won't be needed again this weekend as the Tigers take on Louisiana-Monroe.



9. Kentucky (3-1, 0-1 SEC)

After a blowout loss to Florida last week, Kentucky will look to rebound when they travel to play Ole Miss this weekend. If the Wildcats can pull out the win, they will still be in good position to head to a bowl for the fifth straight year.



4. #15 Arkansas (3-1, 1-1 SEC)

There's no shame in losing by four points to Alabama, even at home, but the Razorbacks had a couple of opportunities to win the game. Instead, they threw them into the hands of Alabama's defensive backs.



10. Vanderbilt (1-2, 1-1 SEC)

The Commodores picked a perfect time for a bye week, giving themselves two weeks to prepare for a big game against Connecticut this Saturday. If Vanderbilt beats the Huskies and handles winless Eastern Michigan the next weekend, the Commodores would head back into SEC play with their first winning record since 2008.



5. #12 LSU (4-0, 2-0 SEC)

The Tigers held on to beat West Virginia 20-14 at home last weekend despite getting less than 100 yards passing from quarterback Jordan Jefferson for the third straight game. If Les Miles doesn't get the passing situation fixed soon, it could be a tough SEC schedule for the Tigers.



11. Tennessee (2-2, 0-1 SEC)

It took five missed field goals by UAB and double overtime for the Volunteers to beat the punchless Blazers. Things haven't looked this bad in Knoxville in a while and Derek Dooley's team will be lucky to get to .500 this year.



6. #20 South Carolina (3-1, 1-1 SEC)

South Carolina had Auburn on the ropes last weekend but turned the ball over on each of its last four possessions of the game. All of a sudden, the Gamecocks don't look like the team that can upend Florida to win the SEC East this year.



12. Ole Miss (2-2, 0-1 SEC)

The Rebels had a nice win against Fresno State this weekend, but the defense still gave up 38 points. Pull off a solid win like that in conference play, and the Rebels could very well move ahead of Tennessee in the rankings.

View The Hustler online at InsideVandy.com

Click the Hustler button at the bottom right of the home page





ACROSS

1 Aloe target

5 Indian royal

9 Treat meanly 14 1990s Expos

manager 15 Approach shot club

17 Bubbles

16 "Platoon" co-star

18 *Ancient Chinese

cote occupant?

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22 Happy hour order

25 *Observation after a

30 Japanese-American

23 Partook of 24 Bit of dental work

Bush walk?

28 "Hold on!"

31"If ___ only

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54 Carpenter

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32 Shade sources

35 Florida's City

36 *Nickname for a so-

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41 "Even Napoleon

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47 Dry cleaner's supply

50 *Habitually drunk

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57 *Kenyan health care 34 Common sense?

56 "All in the Family

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13 Article of faith

19 Keystone State

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21 It may be evil

25 "The Optimist's

26 Generic pooch

27 "Out of Africa"

Daughter" writer

author Dinesen

29 Good name, briefly

33 He said "Learn from

the masses, and

then teach them"

36 Atkins diet no-no

WHO SEES THIS AD? 11,500 STUDENTS

and many faculty/staff, parents and alumni



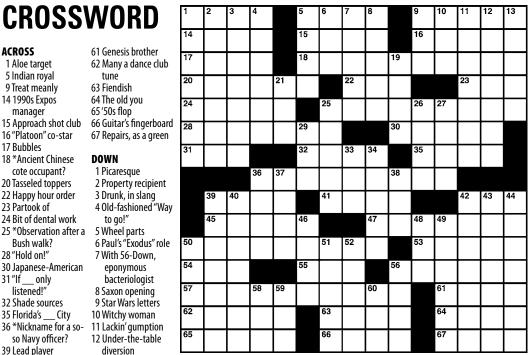
THE SAMURAL OF PUZZLES By The Mepham Group

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Level:

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

For the solution to today's puzzle, please go to the bottom of the homepage at www.InsideVandy.com



37 Gas brand seen at 48 Former RFK ampm stores 38 Peeples of "Fame" 39 Reached across 40 Powwow communication source

42 Dismissal, and a hint to how the answers to starred clues were derived 43 Traveled from point A to point A?

46 Clopper

50 Ballet rail 51 Fire indicator. perhaps 52 Green shade 56 See 7-Down 58 Old cry of disgust 59 Rose of rock 60 Prez, to Gls

Stadium NLer

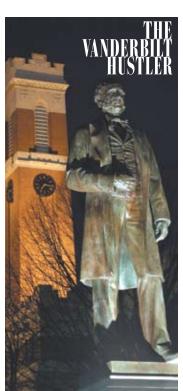
49 Mill inputs

44 Analysts' concerns

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10/1/10

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Faculty Lecture Series

Get a taste of the intellectual life by attending one of these fascinating talks by Vanderbilt faculty members.



Friday, October 8

"Life Flourishes in Antarctica: When? Where? Why?" College of Arts and Science faculty lecture by Molly Miller, Professor of Earth and Environmental Science 1:30-2:20 p.m., Sarratt Cinema



The Blair String Quartet, a nationally prominent ensemble whose members are faculty at the Blair School of Music, will introduce and perform a short concert, including works by Haydn, Bartok, and Schubert. Faculty performers include Christian Teal, violin; Cornelia Heard, violin; John Kochanowski, viola; and Felix Wang, cello. 1:30–2:20 p.m., Student Life Center, ballroom C



College of Arts and Science faculty lecture by Houston Baker, Distinguished University Professor and Professor of English 2:40-3:30 p.m., Sarratt Cinema

"War and the Making of the Modern University"

Peabody College faculty lecture by Christopher Loss, Assistant Professor of Public Policy and Education 2:40–3:30 p.m., Student Life Center, ballroom C

Saturday, October 9

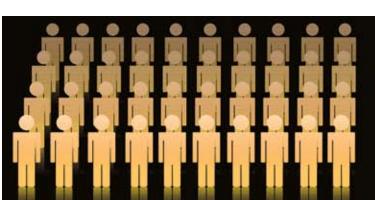
"Chemical and Biomolecular Engineering: Applying Science at All Scales - from the Really Large to the Really Really Small"

School of Engineering Faculty Lecture by Peter Cummings, Professor of Chemical and Biomolecular Engineering 1:00–1:50 p.m., Sarratt Cinema

"The World is Flat and What You Can Do About It"

School of Engineering Faculty Lecture by Douglas Schmidt, Professor of Electrical Engineering and Computer Science 1:00-1:50 p.m., Student Life Center Lower Level Rooms 1 and 2







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