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## Features

Professor Bob Sulkin speaks about his new exhibit, page 5.



## Sports

Tennis team competes at Southeast Regional Championships, page 7.



# Hollins

# Columns

April 5, 1999

Hollins University, Roanoke Va.

Volume 71, Issue 8

## Virginia women seek to ratify Equal Rights Amendment

by Cecily Farrar

In recent months, members of the Virginia Federation of Business and Professional Women have been actively campaigning in support of the proposed ratification of the Equal Rights Amendment in Virginia. According to information provided by their website, the BPW/VA is "a leading voice advocating women's workplace issues...and was the first women's organization to endorse the Equal Rights Amendment in 1937." The ratification of the ERA continues to be a main goal of the organization, whose members hope that the amendment will be successfully passed during next year's General Assembly.

The Equal Rights Amendment was written by Alice Paul, head of the National Women's Party, and was introduced to Congress in 1923, several years after women were allowed to vote in the United States. However, it was not approved by the U.S. Senate until 1972, and even with an extended ratification period, was not ratified by the necessary number of states in order to become an amendment. Many different objections to the proposed amendment were expressed, but a common belief was that

under the ERA, women would no longer be granted long-standing privileges, such as exemption from military service and economic support from their husbands.

Associate Professor of Political Science Susan Thomas stated that she believes that the ERA was not ratified because "opponents feared that the ERA would blur the gender line...traditionalists want the line to be sharply drawn because they hold outdated assumptions about proper roles for women..."

Donna Fernandez, Legislative Chair of the BPW/VA, said that the organization feels the ratification of the amendment is necessary because it "will strengthen existing prohibitions against sex discrimination in the work place, and require uniform enforcement of current laws which outlaw bias in wages, fringe benefits, hiring practices, and other conditions of employment." It will also prohibit discrimination within educational institutions and in the military.

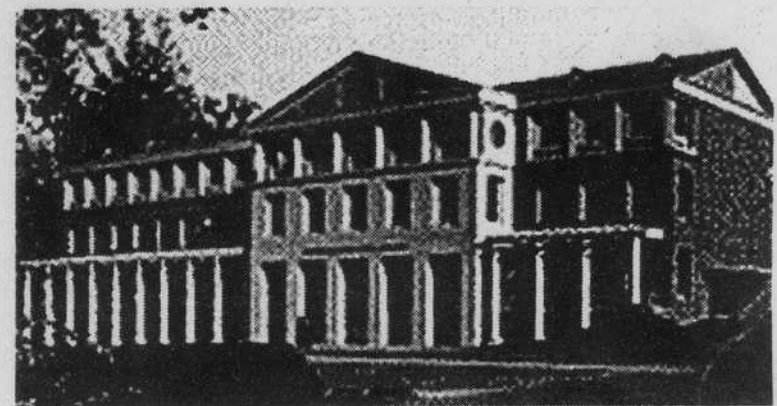
She added that the ERA brings forth economic issues as well. Women will make up 52% of the job market in the year 2000, and as she asked, "How are we going to compete in a global economy with 52%

of our workforce under trained, employed, and paid?" She also pointed out that "even though such laws as Title VII of the Civil Rights Act and the Equal Pay Act are cited as protecting...women, they can't be enforced without the backbone of the ERA."

Thomas added, "We need one, consistent, coherent principle of equal rights for women and men, a principle of law that would serve as mandate and policy for the public sector and for the courts."

At the present time, Illinois, Mississippi, and Missouri are also proposing bills to ratify the ERA. Eleven other states, including Alabama, Georgia, and North Carolina, are seeking to ratify the amendment in hopes that the ERA will be able to become enforced throughout the nation.

Those interested in learning more about the efforts to ratify the ERA in Virginia can visit the Virginia Federation of Business and Professional Women's website at [www.bpwva.advocate.net](http://www.bpwva.advocate.net). Additional information about the history of the Equal Rights Amendment can be found at Encyclopaedia Britannica Online ([www.eb.com:180](http://www.eb.com:180)) and at <http://now.org/issues/economic/cea/history.html>.



## New Library Open and Running

by Rachel Brittin

The coming of spring not only marked the beginning of a new season, but also a new era for Hollins with the opening of the new Wyndham Robertson Library on Tuesday March 23.

As the first few buds opened their eyes to the coming of spring, Hollins too began a spring transition. The opening of the Wyndham Robertson Library, though not quite finished, opened for student use on March 23, but not without a little concern for pushing the envelope of time.

"It's coming along better than we thought it would," said Library Student Assistant Jessica Meadows '02. "There is

still a lot to be done by the next opening."

The staff is still unpacking as they approach the library dedication weekend of April 9, but there seems to be little concern about deadlines.

"The operation of the library has gone well," said Library Director Diane Graves. "People don't seem to mind the workmen around, and I don't think they really mind us. They are very understanding."

According to some of the employee's of South Eastern Carpentry Incorporation, they really have no problems with students and staff members. "There's really no trouble, they understand," says South Eastern's Dennis Savage.

SEE LIBRARY PAGE 4

## Hollins Columns

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# Time flies when you're having fun

By Cristen James

Six weeks until graduation, six weeks! I don't know how I feel about that statement. I have to admit it really hasn't sunk in yet. I left my brain and some other vital organs in Mexico last week so I'm not sure of what is going on. But one reality has hit, I just flipped my calendar to the month of April and all of my classes are on the second page of the syllabus. Panic has hit.

I don't know what scares me more, leaving Roanoke and Hollins and having to live in the "real world," or having to face all of the final assignments staring me in the face. I've had it with homework and class. I was seriously considering placing a call to Dean Mesner from Mexico and having him fax me my diploma. I think

I've come close enough, come I deserve to graduate--NOW.

But then there is this little voice that keeps saying, wake up--you aren't visiting your advisor, planning for next years classes, you aren't worrying about lottery numbers for housing you are graduating in six weeks! You

have to find a place to live (or prepare to move back home--not) and a job to afford food

and rent and things that I haven't had to think about. Mom and Dad are starting to turn off the money supply. And then six months from now someone somewhere is going to demand I pay back all of this money that I have borrowed. Maybe I won't do all of this work starting me in the face and live in my safe Hollins bubble one more year, even just a semester.

Then I hear a clearer voice, one that starts to get me excited. I'm about to graduate from college! That's some-

thing I didn't conceive of doing not so many years ago. I'm about to have the world looking at me, I can go anywhere, I can meet new people and experience tons of different things. I've grown up (a little) and life is just starting. I don't have to move from Hollins to some office building and train myself to a boring daily ritual. I have so much to look forward to.

And yes, time does fly when you're having fun, it seems like only last semester I was moving into Tinker. These four years have been filled with love and work and friends and failures, and triumphs. My advice to my fellow seniors, remember these four years and prepare for the world--it will be one wild ride that is sure to be full of excitement!



**Cristen James**

The Hollins Columns is looking to fill the following positions for next year:

- Editor-in-Chief
- Layout Editor
- News Editor
- Features Editor
- Copy Editor
- Photography Editor
- Columnist
- Advertising Manager
- Business Manager
- Staff Writers

Applications will be posted soon.

April 5, 1999

News Editor: Elizabeth Wyatt

## Let's get physical ... well, maybe tomorrow

by Ellen Burns

It's that time of year again! Yes, when bathing suit season rears its ugly head. Though some of us agonize, wail, and groan, what do we do? Nothing. Perhaps we try a well-marketed crash/fad diet for a week or two. A few pounds may come off, but with only a few moments of temptation the starvation period has ended. Then the weight that came off while bad moods and sickness came on starts filling up previously loose clothing. Was that smart? No. We just are not able to lose weight are we? Apathy is a much better answer, right?

Well, it is time to revamp your image of health and fitness. There's the why, the how, the when, and the what of living well and feeling great. When? Now! Yes, we can

all do it, but Why?

In case it has been easy to miss the American Medical Association's warnings, here they are in short. Exercising regularly can reduce high cholesterol and high blood pressure. Building muscle mass is as important as drinking milk for women. Strong muscles can help ward off osteoporosis. We need to battle obesity, which is becoming an increasingly pervasive problem in the US. Being fit also helps us avoid heart disease, the number one killer.

On the upside, your energy level will increase. You could shed a few pounds or inches. And, of course, you will attain that truly pious feeling of knowing you worked out.

Okay, now how?

Get motivated! Not that easy? Try getting out of the gym and on to the Blue Ridge Trail or the Climbing

wall. Maybe you could borrow a bicycle or buy some roller blades. It's springtime, get outside! Make an up beat mix and set some goals. Write your personal goals down with a big magic marker and tape it to your wall. Don't be too ambitious and try to stick to your schedule.

What should your schedule be like?

Staying healthy requires at least three sessions of twenty-minute cardio workouts a week. Yes, that means running, biking, swimming, stair climbing, jump roping, elliptically training, aerobics, Tae-Bo, or something of that nature. However, if you truly wish to burn fat, up that minute mark to thirty. It takes twenty minutes to reach a heart rate high enough to burn fat. To optimize time and fat burning, you could do high impact exercise for fifteen minutes then take a quick breather.

Once your heart rate has slowed its pace some, hit it with another fifteen-minute interval. If you can, try a third or work up to that.

Endurance comes with time. If you push yourself too hard, you can hurt yourself. Results also come with time. Don't be too discouraged if it takes a month or two to see progress. If you weigh yourself daily or take measurements too often, you'll be frustrated. The female body's weight can fluctuate one to six pounds in one day (water retention, a skipped/big meal, dehydration, etc.). Instead, monitor success monthly of just notice how your clothes are fitting. In to stay motivated during inevitable lazy days, buy some new leggings or shoes. You could also vary the routine: monotony is boring.

What about weight

training? It's important to be careful. A day should elapse between every weights session. Your muscles need time to recover. If you are too tired, your muscles will not attain the maximum benefits. A routine and target areas should be figured out. Try taking a class next semester or having a session or two with a professional trainer. Sound like too much time or expense? Check out an issue of *Self, Shape, or Fitness*.

With the senior gift of a treadmill coming this fall, your excuses are running out! This is an opportunity you may even start to enjoy. After a while, exercise is not something that you are forced to do or have to do. It is something you do, a way of life, a better way, maybe a longer, healthier way. Good luck!

## Justice Harry Blackmun, a life

by Ellen Burns

Supreme Court Justice Harry A. Blackmun died on March 4, 1999. He was ninety years old and had been in retirement for five years. Justice Blackmun's passing does not end his legacy though. He will always be remembered as a crusader for the abortion right.

Three years after President Nixon appointed him in 1970, Justice Blackmun became the author of *Roe v. Wade*. In the case, the Supreme Court voted seven to two for the legalization of abortion. The decision secured a constitutional right for women to choose.

Blackmun's participation shocked many people. He was a mild-mannered

Republican from Minnesota. By the end of his twenty-four year term, however, his career reflected his liberalism and courage.

Justice Blackmun's opinions were often met with controversy, protests and personal attacks. Despite adversity, Justice Blackmun's vision remained steady.

Blackmun had worked diligently to achieve in his life. His ideals and tenets were staunch. He received his undergraduate and law degrees from Harvard University. He subsequently taught law, joined a prestigious firm (Dorsey, Colman, Barker, Scott, and Barber,) became the general counselor the Mayo Clinic, and served as a Federal appeals court judge.

While having a conserv-

ative background, Justice Blackmun valued civil liberties and did not capitulate to political pressure. In 1986, Justice Blackmun disagrees vehemently with the Court's ruling to deny the homosexual community their constitutional right to privacy. He said in his dissent, "...much of the richness of a relationship will come from the freedom an individual has to choose the form and nature of these intensely personal bonds." Blackmun respected personal choice and equality.

Justice Blackmun was also a resolute supporter of affirmative action and education. Referring to the *University of California V. Bakke* (1978), Blackmun wrote, "...in order to treat some persons equally, we must treat them differently.

We cannot--we dare not--let the Equal Protection Clause perpetrate racial supremacy." Justice Blackmun felt states could not deny young people education on the basis of race, gender, or status as an alien.

One extreme transformation during Justice Blackmun's distinguished career was his stance on the death penalty. He felt that the death penalty could not be used with "...the rationality and consistency required by the Constitution." Therefore, he could no longer support it as means of punishment.

Blackmun was a logical man concerned with the individual and justice. He expresses the need for women's rights in his opinion on *Roe v. Wade*, "We need not resolve the diffi-

cult question of when life begins. When those trained in the respective disciplines of medicine, philosophy and theology are unable to arrive at any consensus, the judiciary, at this point in the development of man's knowledge, is not in a position to speculate as to the answer...We do not agree that, by adopting one theory of life, Texas may override the rights of the pregnant woman that are at stake." Justice Blackmun will always be associated with this landmark decision.

His death last month reminded the nation of the value of the American judiciary system. While a great legal mind has moved on, hopefully his work for rights will remain immutable.

## Spring Break 1999 in Jamaica

by Bridget Halpin

Every year Hollins organizes a mini peace corps project to an impoverished community in Jamaica. The service project takes place in Lucea, which is a part of Hanover Parish, on the Northwest Coast of Jamaica. The program has been around since the Spring of 1988 and is lead by Jeri Suarez, Assistant Dean of Service/Learning Programs.

This years Spring Break program began on March 19 and lasted until March 26th. By the time we left, we had participated in five, two hour training sessions. During the sessions we discussed ideas for lesson plans, touched on the matter of behavioral conduct when approaching a new culture, and learned about special safety precautions to take. We even had guest speakers, Dr. Coogan and Flat Stanley come and talk

to us about Jamaican history as well as the economic situation of the third world country. The preparation was extremely helpful during our travels.

This year Renee Romono, Vice President of Student Services, lead the group with Jeri, so that Jeri would be able to fly home on Tuesday to be with her brand new baby girl, and still leave us in good hands. The Hollins group consisted of seven first-year students and three juniors; Laura English, Kami Risk, Adie Shreffler, Augusta Glendenning, Jacqueline Williams, Amy Jakelsky, Julie Griggs, Suzie Snider, Sarah Wright, and myself, Bridget Halpin. We had the time of our lives. Although we were well prepared for our journey, Jamaica was still a wonderful surprise. Experience is truly the best teacher. We learned so much and learned things that we will treasure for the rest of our lives.

We all stayed with host families, there were at least two of us at each home. We woke up everyday around 6:30 or 7:00, to the sound of roosters crowing and baths of sunlight rushing in through the windows. Then we ate breakfast and walked to school. We worked with a wide variety of classes, from grades 1-9. We had lesson plans prepared and had brought loads of supplies in our suitcases. It was very exciting and the children were lots of fun.



Photo by Adie Shreffler

The service group takes a break from their teaching.

Then we had lunch down town, which was usually a piece of freshly cooked coco bread, a sort of big buttered roll and a carbonated grapefruit drink called "Ting". Lunch usually only cost about \$1.50 and was delicious!

After lunch we would hoof it up to the infirmiry, where we handed out shirts and soap and books, as well as other supplies. We read to the patients, played music or cards, put together puzzles, and simply talked with them. Some of us painted the ladies nails and shaved the men's beards. It was a sad place sometimes, but we learned a great deal from being there and really helped out people in need of some kindness.

By around 3:00 we would walk to the beach and lay back for a little rest and relaxation before we went home for dinner, which was usually between 4:30-5:30. Sometimes, in the evenings, we participated

in group seminars and attended lectures given by local community members on the sociological, political, and educational structure of Jamaica. Some of us went to religious sermons that took place in the cool night air, outside, under a tent. We obtained a great deal of knowledge by going to these events.

While we were in Jamaica we ate many new and exotic foods and even foods that we had thought we knew but had never tasted fresh off the tree.

We loved the coconuts and fresh pineapple, oranges, and mangos. We saw tropical flowers and fruit trees everywhere and the beautiful Caribbean Sea smelled warmly of salt and nature. It is a majestic place.

We had two vacation days and we spent them at Magotee Falls and Negril. At Magotee, we hiked and did a lot of swimming and jumped off the

rocks into sparkling, refreshing water falls, it was incredibly dream like. Our last day in Jamaica, was spent in Negril, which is a very tourist populated beach. It was a lot of fun, but it was strange for us to see the change from the natural culture of Jamaica into the big hotel's and high lives of rich vacationers. Some of us took the opportunity to go snorkeling and parasailing while we were there, but others just relaxed in the hot sun and took lots of pictures.

Over all the Jamaica Spring Break experience was one that will have a strong impact on us for the rest of our lives. I would strongly like to recommend that any time you see an opportunity to learn about another culture or travel to a new place, you should reach for it. Your life is an opportunity. And as Hollins students, we must seize the days and the chances that are offered here. Let yourself embrace life!

## Library

FROM PAGE 1

"At least we haven't hit anybody with boards yet."

Others are still wary of the noise created by the workmen. One student said she thought the library was a little loud for the time being but that she thought the building was "Beautiful."

Another student, Kelly McConnell '01 said, "I like the open space...it's not like a dungeon. It builds up and out instead of down into the ground like Fishburn. It smells like a new house."

The library expects to

have most of the building completed by Friday, April 9 for the Library dedication. There will be a few unfinished rooms

"The operation of the library has gone well," said Library Director Diane Graves.

such as the Screening room on the Lower Level, as well as the Hollins Room. The Screening Room should

be ready in mid-April and the Hollins Room is scheduled to open sometime later this spring.

The keynote address will be delivered by Carnegie Corporation's President Vartan Gregorian.

### Summer Camp Counselor Jobs:

Looking for a challenge, fun, and the best summer of your life? Camp Easter Seal in Virginia has job openings for camp counselors and Program Directors. Work with children and adults with disabilities in a beautiful outdoor setting. All majors welcome to apply. Great experience for everyone especially O.T., P.T., special education, nursing, speech or recreation. Internships available. Work with dedicated, caring staff from across the country and around the world. Room, board, salary provided. 800-365-1656. Camp Easter Seal; 20500 Easter Seal Drive, Milford, VA 22514. <http://www.campeasterseal-va.org>.

April 5, 1999

Features Editor: Maggie McWilliams

## Nobilis in morte: An exhibit of photographs by Robert Sulkin

By Elizabeth Wingate

Robert Sulkin, Associate Professor of Art at Hollins, presented a new collection of his photographs entitled *Nobilis in Morte* to the Hollins community on March 30, 1999, in the Green Drawing Room. Professor Sulkin developed this exhibit during his recent sabbatical, made possible by the Cabell Foundation, and incorporated the art of 19th century photography.

*Nobilis in Morte*, or "Nobility in Death," explores the fragility of life, the soul, evil, and mortality through a variety of techniques and objects. Professor Sulkin's use of Hungarian paper and time-consuming photo-

graphic technique give the photographs a brownish-red dusk that promotes their 19th century aura. Extensive use of taxidermy, glass, and fruit can be found among Professor Sulkin's images, presenting the viewer with complex and often startling impressions that stir thought and foster further reflection. The use of symbolic elements such as butterflies, gourds, and several wooden structures enriches the work, while adding historical context.

In his lecture, Professor Sulkin displayed several works by historical and contemporary artists that inspired him. Among those

18th and 19th centuries, contained images from a variety of species; Professor Sulkin has included many species into his photographs, and states that working with these animals (some are a hundred or more years old) has, "contributed to my understanding of both nature and aesthetics." Professor Sulkin's introspective treatment of his subject matter enriches

the photographs with life beyond the "death" of many of the animals.

*Nobilis in Morte* is a scintillating display of talent and thought, which reaches the viewer through its personal tones, and meditative

**Photographs are in the Hollins Gallery until April 30.**

artists were portraits by Felix Nadar, one of the most important photographers of the 19th century, as well as images by Martha Maxwell and Joel Peter Whitkin. Many of the older works, both from the



photo by Forrest Holland

Bob Sulkin lectures on his exhibit, "Nobilis in Morte."

approach to Nobility in Death. The exhibit, which can be viewed in the Art Gallery until April 30th, 1999, is a great example of artistic prowess at Hollins, and will surely intrigue those who view it.

## Craig Fields sings in Talmadge

by Farah Sanders

His voice was almost too big for Talmadge Recital Hall, but baritone Craig Fields kept audience listeners in their seats, while Althea Waites-Hayes gave an intensely graceful performance on piano on Sunday, March 14.

Fields opened by singing poems by Robert Louis Stevenson with music by Ralph Vaughn Williams. Fields is a very theatrical performer singing with great enthusiasm and vigor. His voice resonated throughout the hall. Waites-Hayes made playing the piano the most enjoyable task. Her energy was spellbinding.

Despite the small audience, one could imagine being at an opera performance.

The pair went on to perform music by Tchaikovsky and spirituals by H. T. Burleigh. One encore was granted at the end of the recital.

The recital was held in memory of Fields teacher and Waites-Hayes' husband, the late Marvin Hayes. Hayes was a singer, poet and teacher. Fields quotes, "Marvin's radiant spirit mad an indelible mark on each of us."

Fields, a member of the Virginia Tech music faculty, has also a professional singing career that has taken him to over fifty

opera companies in Europe and the U.S. He has sung leading roles with the operas of San Francisco, Geneva, Berlin, Los Angeles and others. He is currently artistic director of Opera Roanoke.

Waites-Hayes is an acclaimed pianist who has performed throughout the U.S. Europe and the Far East. She has appeared in several major festivals including Aspen, Tanglewood and the Yale Summer Festival. She has a number of recording credits. She is currently on piano faculty at California State University at Long Beach.



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# Ed-TV is a fun film but not much more

by Maggie McWilliams

*Ed-TV*, the new Ron Howard film starring Matthew McConaughey and Jenna Elfman, is a fun comedy that studies the complexities of what it is to be a celebrity in today's culture. The cable channel True TV has hit bottom and an executive from that network, played by Ellen Degeneres, has come up with a radical idea to save it. The idea is to pick a subject and then follow them around for their every waking moment with no edits and no breaks. The subject is Ed Pekurny, who is picked after making an appearance on his brother Ray's audition tape. Ray, played by Woody Harrelson, is upset by his brother getting picked over

him but decides to use the situation to his favor by starting and promoting his own gym through Ed.

McConaughey puts in a great performance as Ed. He is a thirty-one year old video clerk without much of a life. As luck would have it, like McConaughey the character of Ed is from Texas, so McConaughey is able to make full use of his slow Texan drawl.

When the show first begins it looks as though it's going to be an instant failure, but a developing love interest between Ed and Ray's girlfriend Shari, played by Elfman, captures the public's interest and guarantees the shows success. Jenna Elfman plays Shari who is drawn to Ed, but just as their relationship is beginning, Ed

begins a different sort of relationship with a large television audience. The camera and publicity are hard on Shari which is a nice contrast to the perpetually laid-back Ed. Although Shari definitely has her good moments, it is hard to get past her constant complaining about the cameras and attention that comes off as just plain annoying.

The film follows how Ed's simple life changes from just being a video clerk, to being recognized and spotlighted as the star of a hit TV show. McConaughey has said Ed's instant fame closely mirrors his own life when he became famous almost overnight with the success of *A Time to Kill*. Ed's best friend, played by Adam

Goldberg, comments at one point that it used to be people were considered famous by the fact that they were special, now people are considered special by the fact that they are famous. It is very interesting to watch the changes that take place in Ed's life, in the behavior and attitudes of his friends and family and in the behavior of the public around him, as his fame grows.

The film is definitely a comedy but also contains many surprisingly touching moments. One of the most moving moments takes place between Ed and his step-father Al, played by Martin Landau. Landau's performance in this film is one of the strongest and adds many

layers to the film. Sally Kirkland puts in a star performance as Ed's mom. These two characters although never the focus, are well-developed and the splendid performances by Landau and Kirkland make them even more memorable.

Dennis Hopper puts in a cameo as Ed's down on his luck father who returns to Ed's life once Ed hits it big.

*Ed-TV* has been compared to *the Truman Show* because of they are both about TV shows that follow the life of one man. While *Ed TV* is entertaining and funny it is nowhere near the level of depth and inventiveness as *The Truman Show*. But then, it never promised to be.

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April 5, 1999

Staff Compilation

## Tennis team competes at the Southeast Regional Championships

by Alicia Kemnitz

The Hollins tennis team made its second appearance at the annual Southeast Regional Championships on the weekend of March 28th. The twelve person squad, including a record high nine freshmen, placed 7th out of the eight teams competing.

During their first match against number two ranked Mary Washington College, the Hollins team was faced with a major obstacle. Their number two player, Brea Strager '02, sprained her ankle--an injury that would take her out of the rest of the matches, causing problems for the team. In their second match against 5th ranked Meredith College, Hollins lost 6 to 3. If Strager would not have been injured, Coach Bernard said that it would have been a much closer match. The team did manage to leave the tournament on a good note, beating Sweet Briar 6 to 3.

There were good individual performances by Hollins tennis players at the tournament. Lindsey Colgan '02, playing in the number seven position, won her matches and remains undefeated this season with a record of 3-0. Colgan teamed up for the first time with sophomore Valerie Sledd in the doubles matches. This duo also went undefeated in the tournament, winning all three matches.

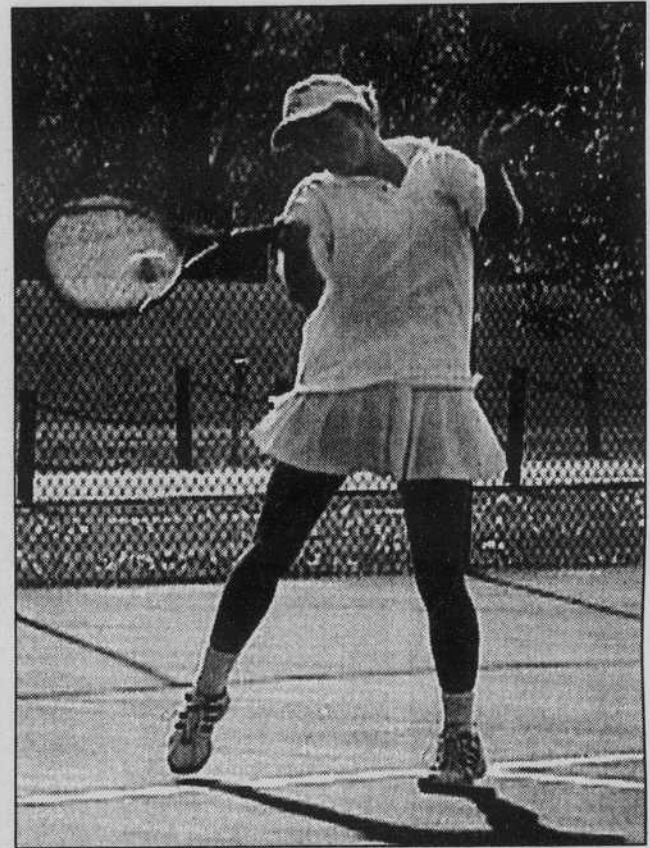
Taking the poor weather conditions, injuries, and the inexperience of the team into consideration, Coach Bernard seemed proud of her players saying, "Considering that we just came back from spring break, everyone played awesome. They fought hard and really showed that they wanted to win. This tournament gave us more match experience and will help everyone's play."

Experience is something that is lacking with this year's tennis team because most of

the team is made up of freshmen. There are only three upperclassmen, none of whom are seniors, and their team captain, Liz Schnare, is only a sophomore. Molly Kelly '02, commented on the positive aspects of having such a young team: "We all spend a lot of time together outside of tennis, and it's nice to know we will be playing together for a long time because we are all young."

So far this season the team has won three of its four matches. Their loss came against Washington and Lee, but they beat Randolph-Macon Ashland, Eastern Mennonite, and Guilford colleges.

The tennis season is a long way from being over. On Wednesday, April 7, the tennis team plays Sweet Briar at 4:00; on Thursday, April 8, they take on Mary Baldwin at 3:00; and on Wednesday, April 14, they go up against Bridgewater at 3:00. All matches will be held at the Hollins tennis courts.



File photo

Team captain Liz Schnare does her best during a recent match.

## Softball team hopes to match last year's winning season

by Maggie McWilliams


The Hollins Softball team is already four games into this year's season. They played Washington and Lee twice, winning one game and losing the other. Alicia Kemnitz '02 scored a home run in one of the Washington and Lee games. On March 31, the team played two winning games against Mary Baldwin with the close scores of 13-8 and 14-10. On April 5 the team travels to Sweet Briar for a game, and on April 6 the team squares off against Mary Baldwin at the Hollins soccer field.

The softball team is a club sport and is co-coached by Sumner Menchero '00 and Julie Zalenka '99. They are in charge of practices and in getting the group together. Karen Harvey is the team supervisor. The team has been practicing since March

Menchero says that they have had problems in getting enough people to come out for every game. "So far it has been a very fly by the seat of our pants season. We have had some difficulties, but we have a very talented group and we hope to match last season's winning record." Menchero attribut-

es a lot of the team's success to the talent of the teams many power hitters. These include Courtney Dickinson '02 and Jessica Meadows '02. She also names Jenny Scott '02 who has been serving as the team's pitcher and Zalenka who pitched at the Mary Baldwin game as part of the teams driving force.

One thing the team is looking forward to is the faculty/student game. The faculty won last year and the team say they are looking for revenge. The dates are April 22 and May 5.



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# Break it Down

How many of you sit at home and watch as Billy Blanks tears it up in the 6,000 hours of Taebo infomercials and buff bodies to boot? As spring break rounds the corner some of you may be wishing that Billy could do miracles, but some of you are getting bored with the same routine of climbing stairs, rowing your boat and treadmilling around.

It seems some of us at Hollins have taken a new version of working out under our wing. Everything from kickboxing to Taebo has lately seemed to dominate the daily source for sore arms and legs. As we approach the summer months we could be looking at an even newer breed of workout remedies.

It seems like every-

time I open a new magazine another way or gimmick to lose weight has been born. I've seen something called "Kickboxing H2O" where the combination of kickboxing, yoga and karate merge with the added resistance of water; something called "Salsa Spin" where your everyday spinning workout turns into a Latin rumba routine with the addition of Salsa music. And then if that wasn't enough there is "Bikram Yoga," which is a combination of the sauna and yoga. The reason for the heat is so your muscles stay warm making it easier to stretch not to mention sweat.

What's next for the rest of 1999? Are they



**Rachel Brittin**

going to start coming out with underwater basket weaving meets ballet? What would they call that?

The moral of the story I think for the recent phase of these weird fitness trends seems to stem from the

lack of variety in the past. How much fun can it be to walk in place for 20 minutes or sitting on a bike that never goes anywhere for 45 minutes? Plus, why walk on the stair climber when you never get to reach the top? I personally like these new trendy aerobic workouts, but you have to be extra careful.

Just recently I went to take a few classes in Taebo at a local karate center with my friends. It was shortly after I saw the Taebo infomercial on late-night TV. I had been bitten by the Billy Blanks bug but remained unconvinced. What I found surprised me. Not only did I get a good workout and a boost of energy, but I sprained my knee and

have resorted to icing my leg twice a day.

So I guess you should really look into what you are doing before you go. I can't imagine how many other people get injured as well. Not everybody can just stick a yoga tape into their VCR and expect to wrap around themselves like a circus performer. I think a lot of people jump in without doing the research or at least keeping within their body's limits of physical ability.

I guess whether they are the "in" thing to do, or just plain odd, the newest craze in working out all remain under one goal. The quest for variety and maybe a whole lot of sore buns.

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