As the big day of moving in finally winds down to a close, the freshmen are left with doors wide open to get involved with clubs and organizations a plenty. But how does one go about learning about all the opportunities available to them? Monarch Review of course. Monarch Review is a week long ice breaker that encompasses many different events. Among these events are Debut, Playfair, Mainstreet, and Beachfest.

Debut is an event that is intended for freshmen and transfer students to get to know each other and the different organizations that are held here. Within the first week, many new students find it rather difficult to get to know one another; that is why Debut is held. It is the perfect ice breaker because it gathers all of the new students that live on campus into one room. Although it may get crowded, it is the perfect opportunity for the students to interact and participate in the activities that are held. If one is tired of talking and meeting new people without anything else to occupy some time, Playfair is the event for you. Playfair is an event that is held to have the freshmen and transfers to interact following Debut. This is an event in which students may participate in a variety of games. Along with the games, food is provided, and who can beat the opportunity of free food?

Now that all of the new students have had the chance to meet one another and make friends, what is one to do with their spare time? Join an organization of course. The prime opportunity for this is Mainstreet. This is an event that is held outside of Web Center in which all of the organizations that wish to set up a table are allowed to. At these tables, members hand out pamphlets and brief the unknowing of why they should join their group.

Last, but not least, is Beachfest. This is an activity that is held outside of Whitehurst dormitory. The cafeteria from Whitehurst serves hot meals to anyone who has paid or has a meal plan, and benches are provided for people to sit and enjoy the outside environment. Volleyball nets are set up and those who wish to may take advantage of the facilities. Organizations have also been known to set up tables to help recruit new members.

With all of these activities that have been provided by Old Dominion University for new students, why not take advantage of them? If we are going to spend the four most important years of our lives here at ODU, we might as well get off to a good start by getting involved!
The incoming freshmen take a break during Debut to make some new friends. Part of coming to a university is about meeting new people and getting fresh ideas from others.

After enjoying a good meal, Jamyz Rosensteel sits contentedly. The weather for Beachfest 2000 was mild and enjoyable.

At Beachfest, Dennine Jordan, Deborah Major, Lacy Carruth and Dwayne Blair look for volunteers for their organization. F.O.R. Kids inc. is a group that helps children.
Getting a standing ovation is a thing that some people only dream about. For Ryan DeRossett, it was a dream come true, not to mention a big self-esteem boost.

We all need each other sometimes. At Playfair, Thomas Lankford and Matt Sayre link up in an exercise of togetherness.
Participants in Playfair create a human chair. They are linked as a chain; if one person moves, everyone falls.

At Playfair, Paul McGraw gets crazy with a free frisbee. With all the new experiences that university life brings, fun is at the top of the list.

At Mainstreet, organizations do their best to recruit new members and to let students know about the services they offer. Dawn Zentmyer, president of Wesley Student Association, sits in front of the fountain, letting students know about the services they offer.
On some campuses incoming students are usually the fresh-faced (naive) out of high school type...not here. Old Dominion has the advantage of attracting students from all ages. Yes it is common to see many fathers and mothers, even a few grandparents working and learning right next to the “traditional” college underclassman. ODU is gradually redefining that tradition. In fact the average age is 28 of the student body. So Mr. & Miss 18-year-old, look around and take notice that their is an older generation.
(Above): This is the crane that Reggie built. **Reggie Jackson** diligently works on his group project for OTS 321, manufacturing technology. (Above Right): Men trading their recliners and remotes for pen and paper?! These ODU students find the Pown Teletechnet classes fit their schedules better, and they can still watch TV. (Right): Is it true what they say, the older you are the wiser you get? **Dave Lorenze** discusses the finer points of life with the younger student in his group.
With going to class, studying, working, cleaning up after your roommates, etc... Do students really have lives? You decide.

So you were sitting there... at home, with your diploma, staring blankly into space, mouth wide open, not a thought in your head, as the television played static... suddenly, INSPIRATION! Woo-hoo! College!

Hopefully, that wasn’t you or someone you know. If it was, well... anyway, odds are you and others came here deciding a high school diploma wasn’t quite good enough. It could have been for any number of reasons. Whatever the reason, there is one thing you may not have thought of in your decision-making process. College life makes people just a little bit... crazy. Or let’s just say "eccentric" since this is a place of advanced education.

Thus it brings us all to the ever pressing question: do students actually have lives? One, get in some study time. Two, go to class. Three, get in study time. Four, go to a social life. Five, get a decent GPA and a handsome college transcript. Throw in some clubs and organizations, perhaps fraternities/sororities, dorm life, work, maybe some partying, or you may have family life as well... and did I mention you have to study? That is a lot to do. So how do you do it all? Do you do it all? Let’s take a few examples.

Note: The following examples are based on fictitious characters and do not have any connection with anyone living or dead. Any relative similarities are purely coincidental.

Example one is an out-of-state male freshmen who lives in Rogers Hall. His greatest concern mainly lies in when the heck his financial aid will finally come in and in looking forward to the oodles of fun he’s going to have during the weekends. MacArthur Center Mall again? Yeah! After finishing classes, he rushes over to the cafeteria only to find that the dorm food he loves oh so much is unavailable. Alas, the cafe has closed for the day. Tired and famished, he staggers up to his room to find his roommate has done some "redecorating," and is now studying, in his boxers, listening to Limp Bizkit. And yet, before example one is able to get to his bed, a group of his dorm friends on his hall race down the hallway, screaming "Dude, we just found another party man!" Weak to the promise of chicks, music, and food, he throws his books on his bed and follows in suit. And you call this a life?

Example two is an in-state female commuter. Her largest concern lies in finding that perfect parking spot right next to class. Sure, she doesn’t have to worry about dorm life, like example one, yet she does have other concerns. Every morning she carefully calculates how much time it will take her to get to her first class, thus coming to an ideal time to leave. A time early enough to get a good parking spot, but still late enough to sleep in just those few extra minutes. In between classes her favorite place to hang out is at Webb Center where she picks up lunch at the food court, giving in to "outrageous prices" and giving up the meal points. On-campus students don’t know how well off they are. Of course, there is the relaxing drive to look forward to everyday. Traffic? In Virginia? Impossible!

Example three is a male international student who has come to Old Dominion University to take up a major and practice his English. His greatest concern is sounding incoherent. He finds the American culture extremely bizarre, yet fabulously exciting. In his first semester, he was overjoyed when he finally was able to see, in real life, something Americans call a "squirrel." At times he may get a headache, constantly having to think of his translations before speaking. Could you imagine concentrating that hard for an entire day? Nonetheless, he has made a lot of friends. Each one teaches him strange idioms, exceptions to the American English language, and behavior in contemporary American pop culture. In return, he tells them amazing stories of all the things he’s seen back home. Now, his friends want to contact Dragas to study abroad.

Example four is a female off-campus student who is using the TELETECHNET Program. Her number one concern is connection speed and whether or not the site staff will help her. It sure beats commuting all the way to ODU. She’s actually quite grateful, being a single mother makes it hard for her to leave home for long periods of time. She’s determined to try her best in furthering her education, even if it does mean dealing with a crash every now and then.

So do students have lives? Sure. Some of it may include locking yourself on the library quiet floors for several hours at a time. Sound boring? Check your breathing. Or it could mean joining a few clubs and organizations or being included in a fraternity/sorority rush. Why not? Go on out, have fun. Meet new people, see new places, learn something. That’s what college life is all about.

by: Dan Kim
Looking for a new way to get around campus? William Corey is showing off his new ride in the hall of Whitehurst.

Do Students Have Lives?
Once again, the orange shirts emerged for the 8th annual Wacky Olympics. Volunteers ran all across Webb lawn on September 21 to encourage students to sign up and participate in the events. Melvin Urquulant, a staff member with the Powhatan Housing department, was one such volunteer. "Come on everyone and get free prizes," he shouts into the bull horn. "I love the games. This is my 6th year volunteering, but this time I am not joining in on the races. It's my turn to sit back and watch." Many other people decided to merely observe the events happening, all while taking advantage of the free food.

Angela Harris, senior, decided to get a peach and passion fruit snow cone and cotton candy. "I haven't had cotton candy since I was 10 at the circus, but it is so good, even if it is melting," she laughed. Spectators such as Angela stood on the side lines and ate, but still cheered and laughed for the participants. Olympians Crystal Cary, junior, and Jewell McDonald both cheered when they won the all women balloon race. "I was so afraid the balloon wouldn't pop right away, but no problem," said Crystal.

The ladies took home datebooks for their classes and stated that they would definitely compete for the other prizes later. And, a lot of prizes there were too, including bicycles, televisions, hats, blankets, balls, and so much more. Wacky on Olympians!

(by Jen Sitka)

(Below): In an act of supreme silliness, Dwaine Bassett dons clown apparel for the teacup race. Don’t forget to hold up the pinkies guys. (Right): Wearing her official orange shirt, Carrie Penn jaunts down Kauffman Mall collecting the names of wacky participants.

(Above): The quickest way to check out the annual games is to get some wheels. Christina Liei rolls down Kaufman Lawn on a scooter.
At the Wacky Olympics balloon toss, students team up to see who can go the longest without getting wet.

(Left): What could be wackier than dressed-up dogs? People with pig noses. (Above):
ODU has one of the most beautiful campuses in the state. We had to make sure everyone got a complete eyeful of it.
Monarch Madness
by: Geoff and the Dans

With the basketball season officially underway, what better way to celebrate than by throwing a party. Monarch Madness is the annual event that is held to commence the season. It is an event that provides numerous games for students and friends. Among these games are the inflatable boxing arenas, an inflatable mountain that people may choose to climb, and the opportunity to attempt some free throws from lying in a bed. Not only does Monarch Madness bring together many people with the love of the game, but it also provides a chance for the team to let off stress from the anticipation of how this season will turn out. Party on Monarchs!
President Koch Retires

Ten years ago Old Dominion University was a very different place. How many ODU students today could picture the university without the same old Webb Center or without the Oceanography/Physics Building or the Gormno Teletechnet lab? To those who have not yet realized, Old Dominion University has indeed grown and gone through quite a bit in the last decade. The person behind all the success could only be our President, Dr. James V. Koch.

A completely perplexing mystery to some of our more oblivious students. "We have a president?", some might ask. Others swear it's "President Cook."

Still, some merely question what ever happened to our football team. So who is James V. Koch? What does he do? Why should anyone care he is leaving his presidency?

President Koch first arrived at Old Dominion University in 1990, just after serving as president at the University of Montana from 1986-1990. In fact, prior to his arrival at ODU, Koch gained experience from a number of universities including Illinois State University, where while serving as a faculty member, he was named "Teacher of the Year." Koch served as dean of the Faculty of Arts and Sciences for two years at Rhode Island College. Later at Ball State University, Koch served as Provost and Vice President of Academic Affairs. He has held other faculty positions at California State University, Brown University, the University of Hawaii, and even the University of Grenoble in France. "Of course, out of all the colleges, this one is my favorite. It's my pride and joy," said Koch.

However, Koch began his career as an economist, having earned a Ph.D in economics in 1968 from Northwestern University. Koch has actually written several books on the field of economics. His latest is entitled Presidential Leadership: Making a Difference.

"I think every president wants to be remembered for making a difference," said Koch.

A well known little secret amongst a number of students is Koch's Economics and E-Commerce classes. Koch enjoys teaching the classes, changing from his role as president to professor. "It's a real way to keep in touch with what is going on in the university."

"On a regular basis students would tell me the toilet is stopped up in Whitehurst Hall or this and that and then they'd ask about the football team," laughs Koch. "And that's a very nice point of contact for me... The fact that I like to teach and it's an academic way to support the university, and I also like to keep a really good relationship with students, the quality of students, what they like, and what makes them angry."

So what of his job as president? What exactly does he do while sitting in that big office in Koch Hall? What is the role of a president of a university?

A good choice to look for the answer would be to ask the Board of Visitors, a group of individuals who maintain rules and regulations to both check and reinforce the president's power. During a meeting on September of 2000, Koch received a $30,000 bonus for doing such a fine job. Or perhaps one could consult with a study funded by the Exxon Foundation which named President Koch one of the hundred most effective university presidents of the United States. Possibly one could ask the Norfolk Sports Club as they named President Koch Man of the Year, granting him the Tom Ferguson Memorial Award for his support of intercollegiate sports.

The job of the president of a university consists of gathering valuable resources that the institution can utilize. Koch has done an exceptional job, bringing the university from a $10 million adornment to $100 million. In other words, he's has given all of us a whole lot of money.

Koch has gained praise especially for bringing in the TELETECHNET Distance Learning Program. On last record, there were 20,000 students enrolled through TELETECHNET, all throughout Virginia and even some out on ships at sea. The TELETECHNET Program and Gormno Building have brought more than a few technological benefits to the university, ranked as one of the top twenty in the nation by Forbes magazine and attracting worldwide attention.

Ending his presidency with a grand finale, Koch is bringing ODU the gift of the University Village and Ted Constant Convocation Center. The new Village will bring new restaurants, new housing, shopping centers and much more.

So what of Koch after his presidency? Koch plans to stay with his favorite university and students, continuing teaching his economic courses.

Until then, Koch will do as much as possible as far as gaining resources for the university and getting the new president, Rosanne Runte, ready. Coming July 1st 2001, Koch prepares her to better understand the institution and make the best judgements for it.
In spite of his role as the president of a university, Dr. Koch isn't afraid to have some fun. At a men's basketball game, he takes a few free throw shots while Big Blue looks on.

“It's like watching your children grow. You have pride in how it does but you also have some grief when something doesn't go the right way. Your children misbehave but you have that personal attachment.”
If you are under 21 please do not look at the page to the left or your parents might be notified. Seriously, ODU has an alcohol policy and here is Ted Gallo’s take on the subject.

When students get ready for college, they are preparing for a whole new world. Every new student that the school gets has their own expectations about what they're college experience is going to be like. Many of the freshmen are 18 and are still overwhelmed by the very concept that they are adults. Coming to a brand new city and separating from your parents, in a way that means more than just avoiding them, is one of the biggest events of a person's life.

Who will I meet? What will they be like? What will I do with them? Everyone asks themselves these questions and on some level the week before you leave for school, you think you know the answers. The only thing a student is sure of is that college will change their life. It is a time when you learn about who you are, not what your parents tried to raise you as. College is the time when you make big mistakes to have the chance to learn from them without having it weigh on you too greatly for the rest of your life. In short, the most important reason that you come to a college campus is to learn how to adapt in the real world.

The most important thing in a person's life is happiness and it is a proven fact that no one can be happy without social interaction on some level. For a new student this usually means the weekend party. You meet up with some friends and head out to a house, apartment, or (heaven forbid) dorm room and the party shall commence. The old myth about college being a breeding ground for drinkers is very true. At these gatherings, eventually alcohol will be served. Not everyone chooses to drink, though they are a minority, and Old Dominion University has set up several rules for the people who choose to drink and have the misfortune of being caught.

The first offense is a $50 fine, probation for a year, a mandatory workshop, as well as a phone call to the parents of the student if they are under 21. The second offense is an extra year worth probation, $100 fine, an additional workshop, not to mention another phone call to the parents. For the third offense, your parents are notified and the student is suspended for a semester.

For many students, the idea of parental notification is childish. Facing the responsibilities of adulthood should warrant the rewards of adulthood. A phone call to mommy and daddy is hardly an adult or mature reaction. Many students do not even see it as a threat. “I don’t care, my parents know I drink,” says Dan, an underage sophomore. Despite the fact that the students are to be held personally responsible for such things as their grades and attendance, students are not allowed to suffer the consequence of what is considered a normal part of college life. Dealing with consequences of their actions is one of the most important life lessons.

All students who live in the dorms for the year have the policy written out to them. The policy should not be a mystery to many ODU students, but it is. One of the little known facts about the alcohol policy is that a student may not enter into any of the dorms on campus under the influence of alcohol. The policy is almost ridiculously dangerous to the student’s safety. Old Dominion policy is to deny a student a safe refuge when they have been in the company of people committing illegal activities and committing those illegal activities themselves.

Regardless of what a student may think about the alcohol policy it is there for the student’s safety. Every university has a policy and the policies must be enforced. Until the student body does something to tell the administration how they feel about the policy, it will stay and it will be enforced.
Common Superstitions

Don’t walk under a ladder

Don’t let a black cat cross your path

Don’t break a mirror or it will give you 7 years bad luck

Don’t spill salt otherwise throw some over your left shoulder

Don’t step on a crack or you might break your mamas back

Don’t split a pole

Leave through the same door you entered

Don’t close someone else’s pocketknife if they opened it

Knock on wood to appease the spirits

The number 13 is bad luck

Science and Reason in Hampton Roads (SRHR) “celebrated” Friday the 13th by inviting passers by to break mirrors, walk under a ladder and stab a voodoo doll. They also welcomed the chance to educate people about the history of various superstitions. SRHR is devoted to promoting the scientific method and critical examination of dubious or extraordinary claims.
Top: Eighty-eight people broke a small mirror in a trash can lined with reflective plastic. That adds up to 616 years of bad luck. Above: Stacy Plichta read the same fortune to everyone that stopped by. Left: Mark Scerbo concocted and handed out homeopathic juice, which was actually carbonated Welch’s raspberry Juice.
“Hey baby, do you want to go back to my room?”
“Ok, sure!”
“Alright! Let’s go in.”
“Wait a sec. Won’t your roommate mind if he’s in there?”
“It doesn’t matter. He likes to watch!”

How many times have you seen something like this happen in movies? Someone’s roommate wanders in late at night with a special guest, and does not bother to think whether their roommate would mind. They assume it is fine because half of the room is theirs. Well, you will not see that here on this campus. ODU students are notorious for having respect to make sure that it is OK to have a visitor before coming in the room. Daisy Stemple, a freshman says, “Respect is the most important thing to have, when you are living so close to someone else.” Of the total students interviewed, 7 out of 10 responded that they must have their roommates approval before having overnight or late night guests.

Last year, students reported visitation problems, so the school decided to enforce a new and more strict visitation policy. As a result of this new policy, students have changed their attitudes. Residents do not even mind giving their roommates privacy when they want to spend time alone with their guests. As unique as this may seem, it is very true among ODU students.

It all boils down to respect. ODU students have respect for one another and therefore it makes this campus one of the best to study and spend the four most important years of our lives.
(Left): Chrissy Vohar and Carrie Zimmerman chill on their bunks while Benjamin Early and Joshua Graves invade their space to watch the tube. (Below Left): Jennelle Burden seeks the expertise of Leigh Woods-Hulse when she wants to get her hair done. (Below): Diane Benner takes the moment to relax in the midst of writing yet another paper for a class.