

2005

Laureate, 2005

Old Dominion University

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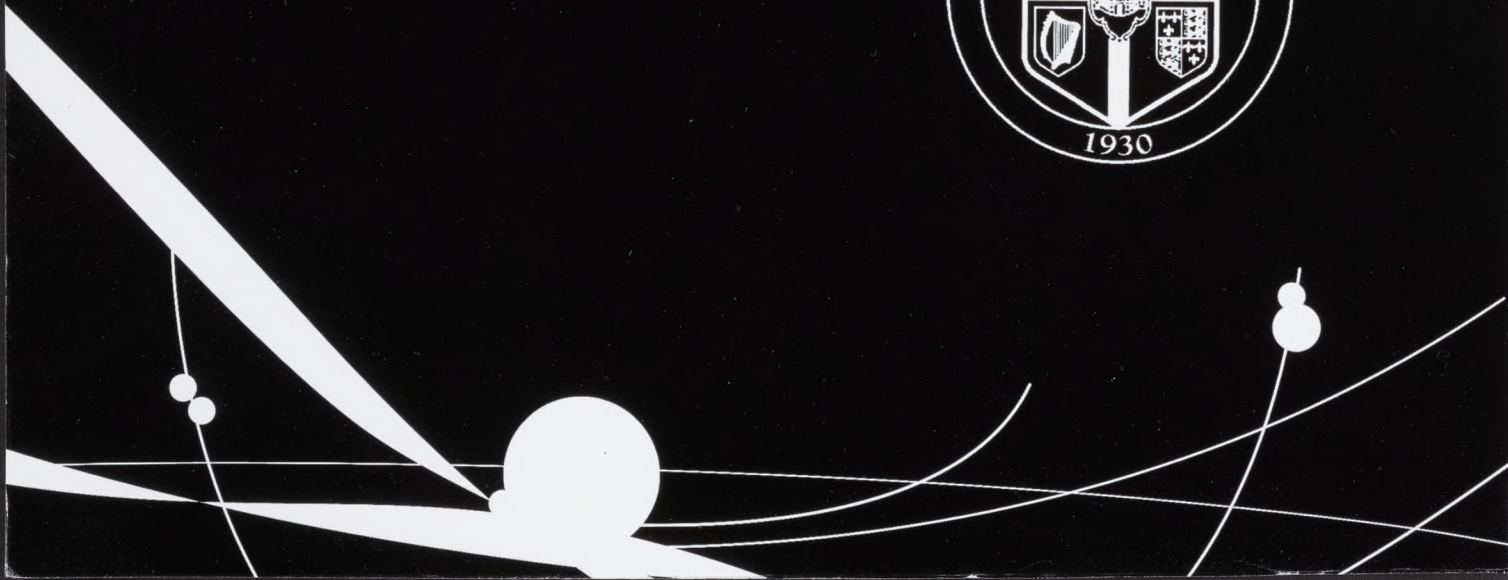
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Old Dominion University

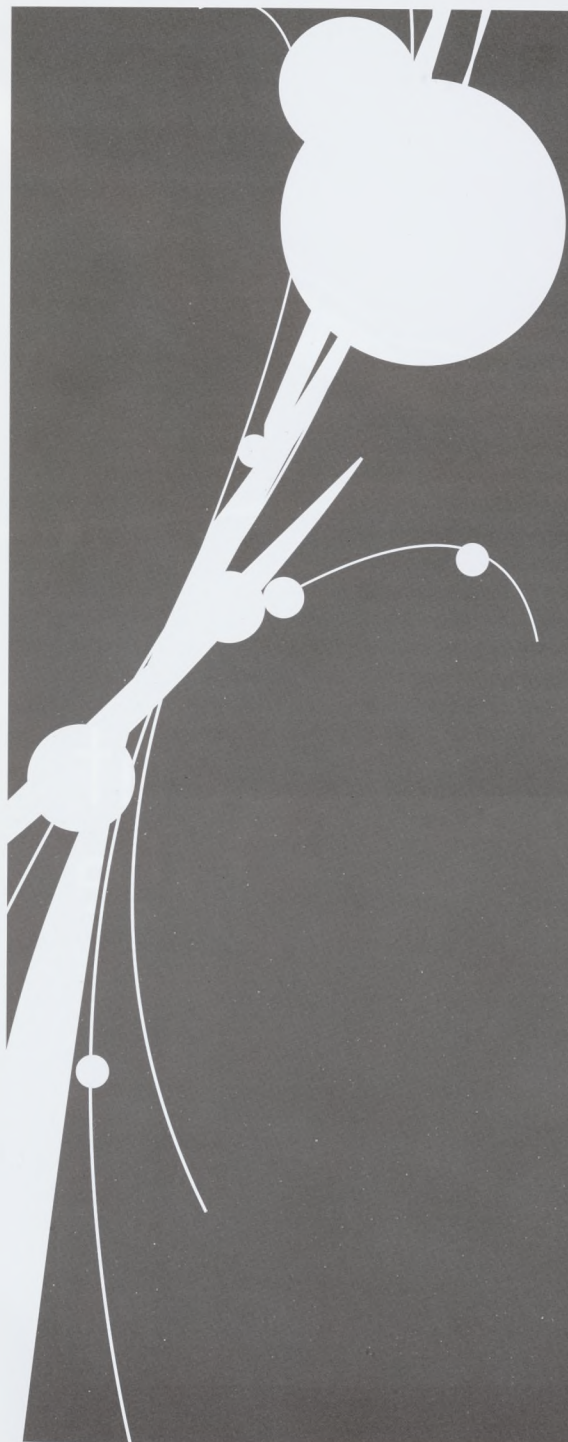
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Alma Mater

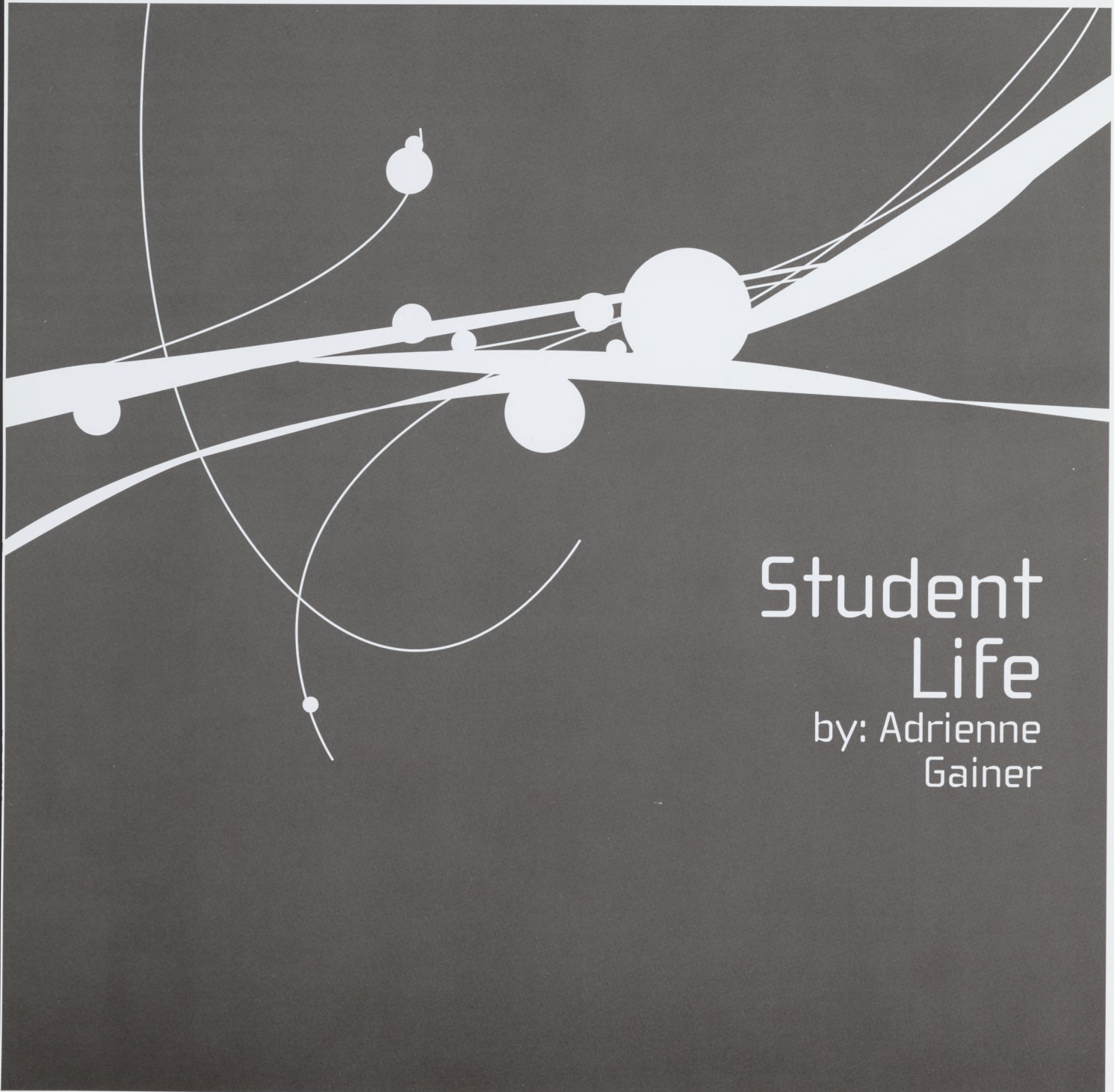
Hail to thee our Alma Mater
Blue and silver, hail!
By the ocean's billows flying
See them proudly sail.
University, young and strong,
This our song of Alma Mater
Old Dominion, hail!

(Words and Music composed by Robert Jager '70, '74)





02_student life
49_sports
62_student organizations
98_greeks



Student Life

by: Adrienne
Gainer

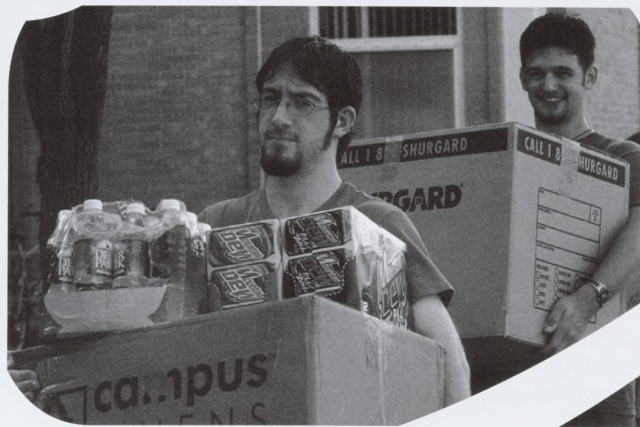
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New Kids on the Block


Will I fit in? Will I make friends? Will I be homesick? By the time move in day arrives, first year students are ready to burst with expectation. On the weekend of August 27th, freshmen arrived at dorms bright and early, at 9 am, eager to start a brand new chapter in their lives. This was the first time that the majority of these 17, 18, and 19 year olds will be living completely on their own, without parental supervision, that is no bed times, no chores, and no nagging.

As students arrived at their new homes, they were greeted by friendly upper classmen wielding shopping carts and trolleys. Not even this help was enough for a few freshmen who arrived with several car loads worth of stuff. Many of them were forced to send some of that stuff home with mom and dad after they visited their rooms and found meager storage space. At the front door, freshmen were directed into the lobby to pick up their room keys, and to learn about the events planned to introduce them to college life during welcoming weekend.

After the initial shock of separation, everyone settled down into their new routine without much fuss or conflict. Orientation activities, outings planned by RAs, and other events such as Mainstreet helped the new students quickly assimilate into their new environment. And after months of waiting questions were answered, freshmen found friends, fit it, and although some were homesick they learned that it is not the end of the world.



EE



A Warm Welcome... *Monarch Style!*

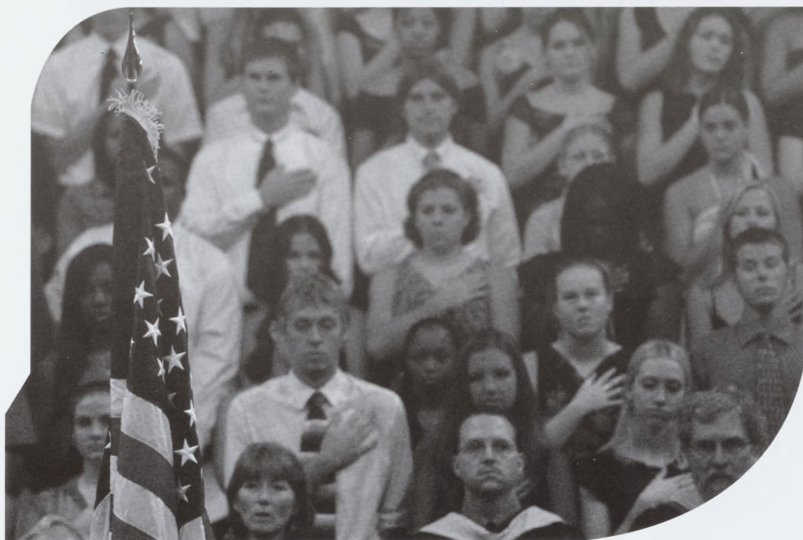
"The Party" was the first activity planned for freshmen to mingle and meet other ODU students. At 7pm, freshmen headed to the Webb Center for an evening of games such as Dance Dance Revolution and casino games. To enter the raffles students had to win 10,000 dollars at the casino games. A few raffles took place throughout the party, but the main attraction went on at the end of the night. At 10 o'clock everyone crowded the room with eyes fixed on the stage where WODU, the student radio station, had earlier been blasting hits. Freshman and upperclassmen alike shrieked with happiness whenever they won a prize. The casino games and raffle were a wonderful way for freshman to learn about ODU while making new friends and having fun!

On Saturday morning at 8 am, freshman attended part two of their orientation. Everyone gathered in the Ted Constant Convocation Center to listen to a guest speaker and to receive more information about college life. Every freshman was given a copy of Microsoft One Note 2003 and an ODU key chain. After the Debut program, counselors led freshmen to their colleges to meet with the professors in their prospective majors. From 11:45 to 1:30, students enjoyed a free lunch and picnic at Kaufman Mall. There freshmen could get their free tshirt, get a caricature, or play on one of the inflatable games. Saturday's activities concluded with an outdoor movie. At 8:30, people spread blankets on the lawn of Kaufman Mall and settled down to enjoy Troy, starring Brad Pitt and Orlando Bloom.



Declared Freshman

The first weekend of college activities ended for freshmen with the 11th Annual Freshmen Convocation on Sunday, August 29th. Parents attended the formal ceremony, which started at 4 o'clock with the presentation of the colors by the Army and Navy ROTC and the singing of the national anthem by Brian McGowan. Dana D. Burnett, the Dean of Students, welcomed everyone to the event, and Christina Carlson, Chair of the Honor Council, read the Honor Pledge. Brandon Boyles, President of the Student Body, introduced the Keynote Speaker Curtis Zimmerman who delivered a powerful speech and taught the freshmen class to juggle. Next, President Roseann Runte delivered the Inspirational Charge, and Brian McGowan closed the event with the singing of the Alma Mater.



A reception for students, parents, and faculty followed the Convocation, and with that the freshmen's debut weekend came to an end. For most of the freshmen, this was the last night before they attended their very first classes of their first fall semester and officially became students at Old Dominion University.

Mainstreet! Organizational Showcase



On September 9th, half of ODU's 200 student organizations gathered at Kaufman Mall for the annual organizational showcase. On this picturesque Thursday, the tables were arranged in rows to offer a tantalizing buffet of potential activities. Around every table gathered student leaders and active members who were eager to convince those who passed by to join their organization.

The fair got off to a slow start. At eleven o'clock half of the tables were empty, and the sidewalks were bare. The delay did not last for long, and by activity hour, 12:30, the mall was bustling, and the fair was in full swing. A wide variety of activities could be found at the fair. There was a ticket tank provided by Coca-Cola, caricature drawings, and the pep band played some tunes. Hungry students could swipe their cards and eat some picnic foods.

The event ended at two, and as always, it was a great way for volunteer agencies and campus organizations to raise awareness about a cause or to recruit new members. The organizational showcase is a way for freshmen and transfer students to learn about all there is to do at ODU and for returning students to get involved in something new. For all students the showcase is an opportunity to hang out and have fun!



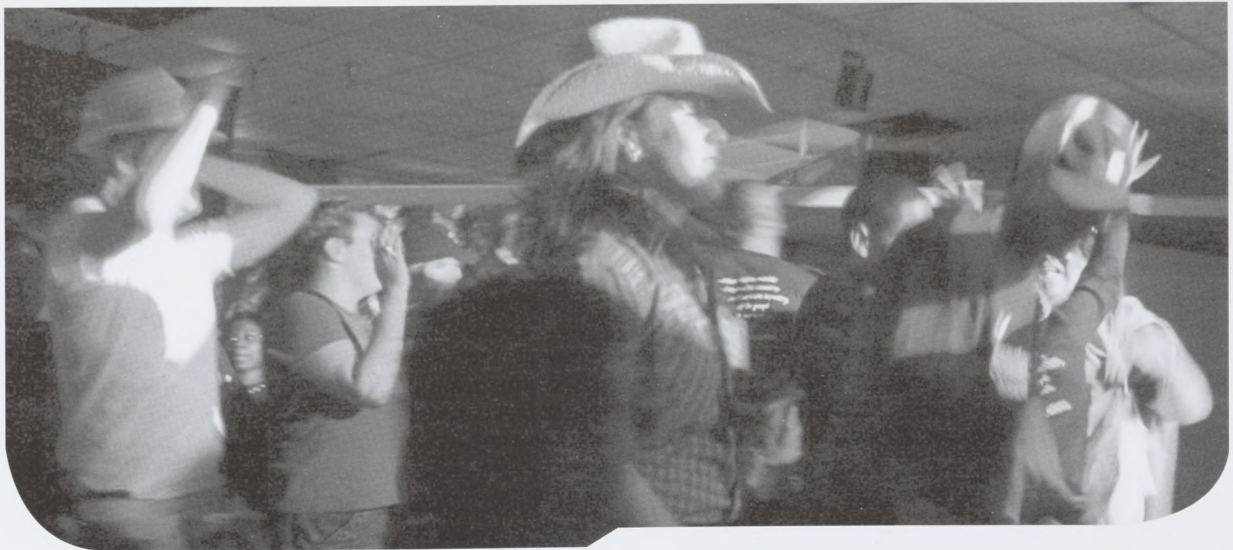


PAW Events

PAW is quality activities and events planned to keep students busy on campus. PAW stands for Programs All Weekend because these events are held on Friday and Saturday nights. The goal of the program is to turn ODU into a residential university. PAW hopes to make college so much fun that students will not want to leave on the weekends. Many events on campus are part of PAW, including Late Nighters, Cultural Connection and Explosion, Vagina Monologues, Relay for Life, Community Care Day, and Leadership Labs. If there's a weekend coming up, you know there's a PAW event. So make it a date; come out with your ODU friends. You can't afford to miss this weekend's PAW program!

Late Nighters

Part of Monarch PAW (Programs All Weekend) is the Late Nighters held in the Webb Center or the PE building. Keeping with the goal of PAW, Late Nighters provide plenty of food for students including samples from cafeteria restaurants, such as Quiznos. Another Webb Late Nighter had breakfast food, granola bars, cereal boxes and a variety of milk. At Get Active Late Nighters, students can take part in dodge ball and basketball tournaments and play on inflatable obstacle courses. Other activities include hat decoration, wacky photos, Dance Dance Revolution, laser tag, and an interactive game show. Every Late Nighter ends with a raffle in which students can win ODU gear and other prizes such as movie tickets.



CAUTION:

...leadership happening!

On Saturday, October 2, the Office of Student Activities and Leadership continued the annual tradition of hosting the fall Leadership Lab. At 8:30 am, the Webb Center cafeteria was bustling with students eager to get the lab started. Graduate assistant Angela King welcomed everyone to this year's lab, which focused on The Fish Philosophy.

The keynote speaker Sally J. Field was very entertaining as she introduced The Fish Philosophy, which was developed at a fresh fish market in Seattle. The Fish Philosophy has four main points; choose your attitude, play, be there, and make their day. Sally owns a company called Sky's the Limit Coaching and Consulting that instructs companies and individuals on how to go further and reach their full potential.



The lab consisted of three conference sessions in which students could choose from a long list of subjects all geared towards enhancing organizational success. For example, in session one Ryan Davis presented "Transitioning from Recognizing to Appreciating Diversity: A Four-Step Model for Student Leaders," a strategy "to gain cultural competency as a student leader." In session two, G. W. Thompson of Counseling and Advising Services presented "The Time Management Challenge," in which students played a game where they answered questions concerning time management skills.

Free donuts, coffee and juice were provided for breakfast followed by a free lunch of pizza and fish shaped cookies.

After the wrap-up by Fields and closing by King, student leaders left with a folder full of information and a new planner. At the end of the event, every student was given a colorful stuffed fish and a long sleeved T-shirt. Students left with renewed motivation and exciting new ideas that will ensure that Old Dominion University's organizations will continue to grow and thrive.



Leadership Recognized

The Office of Student Activities and Leadership (OSAL) and the Division of Student Services are constantly devising plans for encouraging students and faculty to reach their full potential. Student and Faculty of the Month Awards and the Student Services Awards recognize those who stand out among their peers. The Student and Faculty Leader of the Month Awards promote excellence and leadership within the university. The student award recognizes students who contribute in leadership, programming or a special activity.

The faculty award recognizes faculty members that have provided outstanding support and service. Up to two students and one faculty member can be selected every month. Student recipients receive a certificate, a messenger bag that says "Student Leader." Students, faculty, and organizations are recognized for their exceptional achievements throughout the year at the Annual Student Services Awards in April. Winners in this very competitive program receive a plaque and their names on the OSAL web site, www.odu.edu/studentactivities.com, so that everyone will know of their excellence.





Reunite was the homecoming theme that brought everyone together during November 15th through 20th. Students attended the week's events in record numbers, causing the 2004 Homecoming to be one of Old Dominion's best!

The activities started with a mentalist, Craig Karges: Psychic Entertainment. On Tuesday, SAC painted big blue paws on the street in front of Whitehurst Hall, and the annual King and Queen Pageant took place with the admission price of one canned food item. Thursday the eighteenth was Pride Day. The Pep Rally took place during activity hour in the Webb, and that evening there was a 3-on-3 basketball tournament at the Field House. The next day students, faculty and staff sported their ODU gear for Spirit Day. Friday's festivities also consisted of the Homecoming Concert featuring Fabolous.

Homecoming would not be complete without ending on Saturday with Family Day. Parents, siblings, and relatives of students traveled to the campus to take part in jovial activities. Guests ate breakfast with the President, watched a parade, attended a tailgate party, and cheered for the Monarch Men at the basketball game against the South Alabama Jaguars. Everything ended with Victory Fireworks after the game.

Powder Puff F♥♥TBALL

What little girls are made of: Sugar and Spice and Everything Nice. Usually true, but not during this homecoming favorite. On Wednesday ODU's women got rough and rowdy for Powder Puff Football, an event sponsored by SAC and the ODU Greeks. All girl teams put on their jerseys, painted their faces, and devised crafty plays with true blue competitive spirit! For hours they ran, pulled flags and yelled battle cries, but in the end only one team could come out on top! The winner of the day: The Women's Soccer Team.

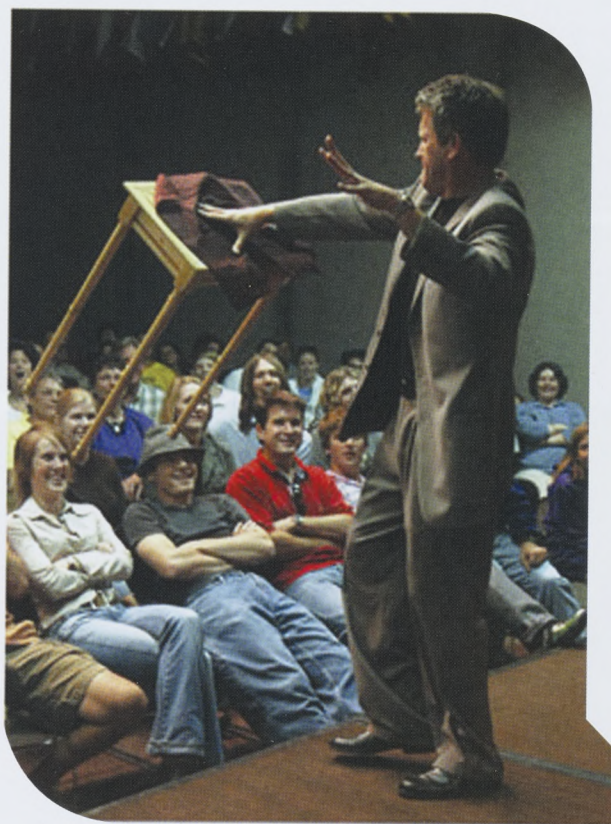


Craig Karges @ Old Dominion University Homecoming

On the first day of Homecoming week, a mentalist, Craig Karges awed and astounded a packed room in the Webb Center with mind reading and object movement. Those members of his audience who came to the show skeptical left believers or just plain dumbfounded. How did he know that? How did he do that? He began his one and a half hour show with what he called easier demonstrations and worked towards the more difficult ones. He used volunteers randomly selected from the audience. Blind-folded, he told audience members what objects they had brought up on stage to wave in front of his hand, even determining the name of one student just by holding her ID.

Toward the end of the show, Karges was able to cause a thick wooden stick to fall over while he was yards away! As if that were not enough, he lifted a table just by barely touching it with his fingertips. Karges also had four members of the audience each give a characteristic of their dream car: model, color, license plate number and price. Once he had their dream car described on a piece of paper, he withdrew from his pocket a sealed envelope and had a volunteer from the audience read it aloud. It described the exact same car, yet had been written while he was on an airplane hours before the show! Whether his audience believed that his demonstrations were really done with ESP or not, they certainly left the show entertained and puzzled, wondering "How did he know?" and "How did he do that?"

Jessica H. Vance



How did he do that?

Crown Me!

Perhaps the oldest, most universal and highly anticipated Homecoming event is the pageant. Students love pageants because they get to see some of their own strut their best on stage. The favorite part of the pageant is the talent section in which contestants must show the audience and judges what they can do. Some sing, some dance, and some tell jokes in this very entertaining segment. Another pageant favorite is the question and answer section in which contestants must come up with a compelling response to a question. This year as usual the competition was tight and everyone was on the edge of their seat as the results were announced!

This years winners are:
King - Bill Kirms
Queen - Amber Ivey
Prince - Sergio Gutierrez
Princess - Jamie Stump





Family's Are Really Cool.

Every third Saturday in November is Family Day, the culmination of Homecoming events. Over 600 participants took part in this year's Family Day held on November 20. The day started out with the President's Breakfast which was the first event that many parents had attended in the Constant Convocation Center.

The Big Blue Room was so packed that additional tables had to be brought in. President Roseann Runte gave a speech welcoming parents to ODU and informing them on the many changes, mostly construction, happening on and around campus.

For the remainder of the day families went on campus tours before lining the streets of Hampton Boulevard and Monarch Way to watch the annual Homecoming Parade. Following the parade was the tailgate party behind the Convocation Center. Parents and students relaxed under a huge tent in a casual atmosphere as they ate hot dogs and other picnic foods. The tailgate party built anticipation for the basketball game in which the Monarchs led ODU to yet another victory! Triumph ended Homecoming on a good note and fireworks sealed the deal.



Homecoming Parade

Gray skies and a chance of rain did not stop the students of Old Dominion University from having their Homecoming Day Parade. People from all over town gathered behind the Ted Convocation Center to watch. With WODU General Manager, Ruben Brown, acting as announcer, the parade was sure to become a hit with the students already fired up with school spirit.

The song, "Yeah," from R&B artist, Usher, blasted through the speakers as the first float emerged from 49th street, carrying the President of Old Dominion University, Roseann Runte. The crowd cheered as they watched their beloved President sitting on top of a shiny, convertible with her adorable, little dog, "Jay."

The floats that went down Monarch Way road were creatively designed to excite the crowd. The ODU Rowing Club constructed a float showing off two huge rowboats. Another float featured students dressed up as the "Spice Girls" as they shook to the rhythm of the song "Wannabe."

Other students dressed up as Britney Spears and Justin Timberlake were not far behind. Pirates were also at the parade shivering everybody's timbers with mock sword fighting and throwing beads at the crowd.

Nasmond River High School joined in the fun by showcasing their impressive marching band. They walked down the street blasting their trumpets as the cheerleaders dance to the rhythm of the drums.

ODU mascot, Big Blue, was also in the parade. ODU cheerleaders escorted the mascot as they chanted "Let's Go Monarchs! Let's Go!" They hyped up the crowd by showing off their skills and tossing a cheerleader up in the air.

Old Dominion University made sure the crowd felt the school spirit and, in spite of the gray clouds, nothing was going to rain on their parade.

John Mizal



Parade Float Winners:
1st Place - Pi Kappa Alpha & Women's Soccer Team
2nd Place - Alpha Xi Delta & Theta Chi
3rd Place - ODU Sailing Team







Pep Rallies

During activity hours before big games, students gather in the Webb Center to show support for ODU's sports teams. Athletes are presented, cheerleaders and dance teams perform, the pep band plays, and free t-shirts are thrown off the stage into the crowd as students cheer. Homecoming had one of the most elaborate pep rallies when hundreds of students rallied together in front of the bookstore. Pep rallies add extra spice to the most action-filled time of the week, activity hour.





Spirit Fridays

Every Friday at ODU is "SPIRIT FRIDAY!" SPIRIT FRIDAYS include all students, faculty, and staff, who sport ODU clothing and memorabilia. Students who show their spirit are caught by the Blue BANDIT and rewarded with spirit packs. Several events, such as the ODU Fashion Show, "Swap Your Top," and Fun with Friday Food, are also held on SPIRIT FRIDAYS to promote school pride.

A Victorious Season



The most attended sporting events are the Men's and Women's basketball games. The Monarchs have a history of dominating the competition and this year was no exception. Cheerleaders, dance team, pep band, and Big Blue the mascot helped cheer the teams on to victory. Towards the end of every game cheerleaders and dance team members will dance to "Ice Cream and Cake" which is fast becoming a tradition. This year both the Men's and Women's teams made it to the NCAA Tournament!





Monarch Maniacs

You have probably noticed an extremely rowdy section of students at important games sporting ODU blue t-shirts. The Monarch Maniacs is an elite group of students who are faithful supporters of ODU sporting events. Maniacs are typically the loudest cheerers and most spirited fans. Maniacs know all of the chants and follow their teams to away games to further show their support. Maniacs' events are preceded by picnics at which students get their faces painted, eat, and get free merchandise from ODU. At one event there was a live band playing! Maniacs rally together all year at soccer, field hockey, basketball and baseball games. Their faithful support shows that Monarch Maniacs are proud to be a part of ODU!



Pep Band

The Pep band's cheerful music can be heard at pep rallies, outdoor events such as the Homecoming Tailgate Party, and at sporting events. Members of the Pep band are perhaps the most spirited supporters of ODU basketball.

They can always be heard chanting and be seen holding up signs to support the team and the cheerleaders.

One member of the band, saxophonist Kristian Caricofe, even gets up out of his seat and runs around the court doing the dance to "Ice Cream and Cake." In addition to playing traditional songs such as the fight song and Alma Mater, the pep band plays other popular tunes to help excite the crowd.



2004 Laureate art

Once again, the 2004 ODU Laureate Art Contest was a huge success. With more than 15 submissions, our pool of judges have voted on the top 5 submissions - showcased here. Enjoy.



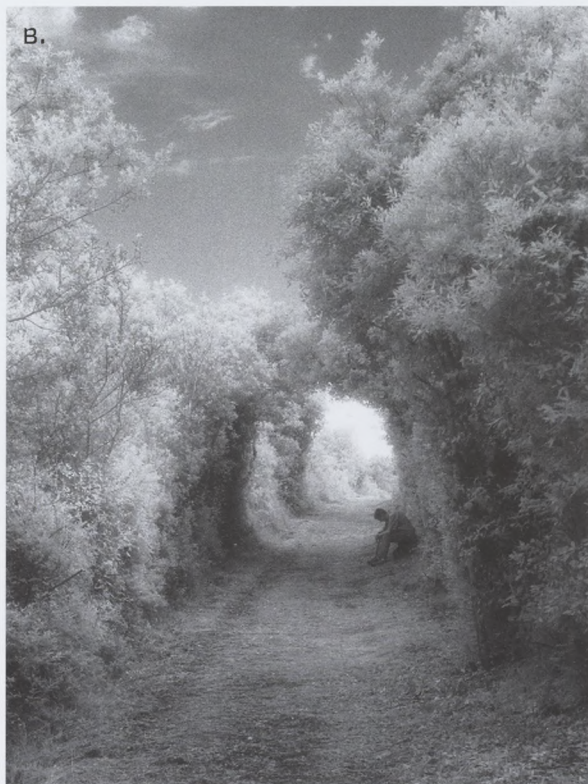
joe BULLINGER

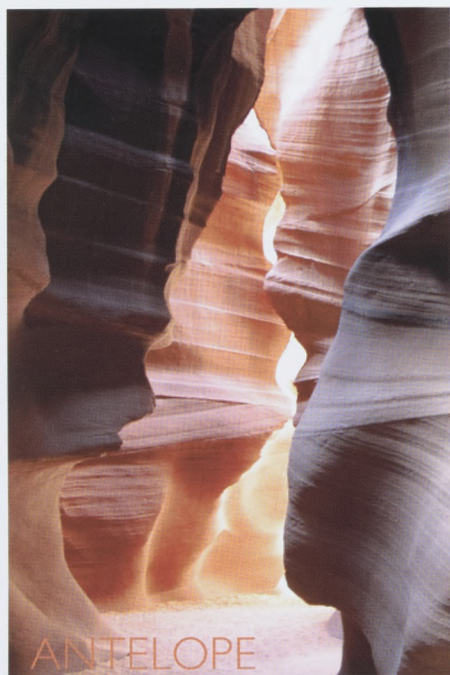
a. digital art / digital manipulation, titled "Jodi".

description: shot with a Nikon D100 and Nikkor 24-124mm lens. "taken of a friend in late 2004. we had just taken a bunch of pictures for fun, but as i was looking them over one image struck me differently. i had to keep her blue eyes."

b. photography / black and white infrared, titled "Along The Way".

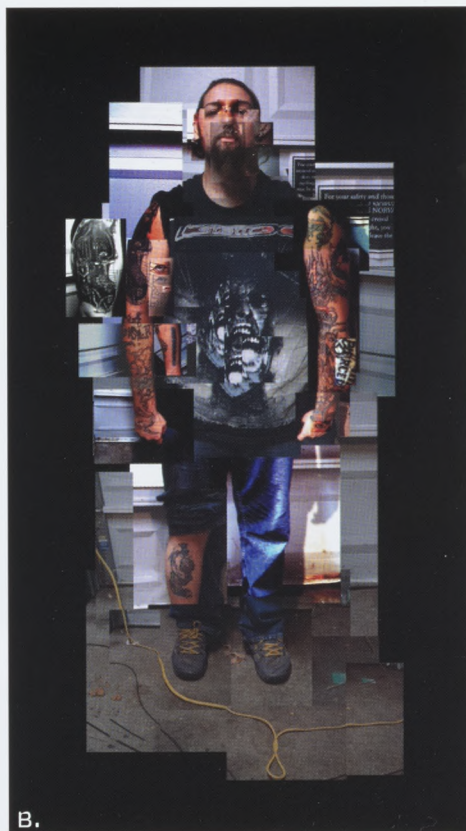
description: shot with a nikon F3 and nikkor 35-105mm lens. "taken in gaeta, italy in the summer of 1999. i was walking with a friend when i came upon this scene, but the human element was missing. i enlisted my not-so-willing friend to become the missing piece."





ANTELOPE
CANYON

a.



b.

- a. MARY BO SAUNDERS
- B. ERIN OVERSTREET
- C. KEN ALLISON
- D. MIKE SMIGIEL



c.

28



d.

Cultural Explosion

Students and Staff explored cultural diversity on November 5 at the highly anticipated annual Cultural Explosion. The purpose of the event is an opportunity for groups to showcase their talents so that students can get a better understanding of ODU's many diverse organizations. A crowd of 1500 people attended the event which showcased music, singing, dancing, fashion, and spoken word from across the globe. Students sampled food from several different cultures, such as Chinese, Indian and American, while they watched a wide range of presentations and performances.





International / American Connection

ODU has...

...1400 International students from 108 countries! Many of these students do not know much about American culture. Multicultural Student Services helps plan events such as the first International-American Cultural Connection held in the Webb Center on Friday, October 22. This PAW event was an opportunity for International and American students to get better acquainted with each other and American culture. American-born students got the chance to sample foreign cuisine while International students sampled traditional American cuisine. Many of the American students were assigned as hosts to International students prior to the event. Hosts and international students played time-honored American games, such as Jenga and Monopoly, before dinner. After dinner, students and staff danced popular American and International dances, such as the chicken, the Macarena and Meringue. Many students were eager to play popular party games, such as limbo and musical chairs. In the next room, students participated in a game of Mafia, in which students have to guess who are cops and mafia before the mafia kill the cops. A raffle took place towards the end of the evening. More than 450 students attended this event that encouraged interaction between different ethnic groups. The first International-American Cultural Connection was a huge success and will become a tradition in ODU's bright future.



Founders Day

Exceptional alumni and community organizations were recognized for their outstanding achievements at the annual Founder's Day celebration. The semi-formal evening event was held at the Constant Convocation Center on October 14th, the same day it was originally held in 1987. Four hundred alumni, faculty, and students attended this prestigious dinner and awards show.

Founder's Day has been adopted from the convocations started to celebrate Old Dominion's 50th year in 1980. Classes were cancelled for teachers and students on the day of these celebrations so that everyone could attend, but few showed up. Due to lack of interest, President Joseph M. Marchello cancelled the Convocations and created the Founder's Day Luncheon, which was originally held in the Hampton/Newport News room of the Webb Center. Today's Founder's Day celebration accomplishes three goals, to honor the founders of Old Dominion University, to advertise and promote the University to its many publics, and to encourage community participation, fund raising, and a better understanding of the excellent resources and services the University has to offer.

Guests were seated and dinner was served, followed by the welcome of the Honorable G. William Whitehurst and the invocation by Student Body President Brandon Boyles. When most were finished eating, University President Roseann Runte began the awards.

After awards were given out the video "Changing Lives" was presented on two large screens to promote the campaign for Old Dominion University. The campaign goal is to raise \$100,000,000 so that Old Dominion University can continue to provide quality education to students, to attract top professors and to contribute critical research to the Hampton Roads community and to the world.

To close the evening, Tommy Newsom serenaded the crowd with his saxophone. The John Toomey Trio, a band of drums, string bass and piano players, followed the jazz quartet. Last was the singing of the ODU Alma Mater lead by Dr. Nancy Klein. The 17th Annual Founder's Day celebration was a huge success and continues to motivate students to graduate and become productive members of our community along side Old Dominion's numerous extraordinary alumni.



Etiquette Dinner

On November 12th, students and faculty gathered in the Big Blue Room of the Constant Convocation Center for an evening of fine dining accompanied by a lesson in proper etiquette by Susanna Theo, owner of Protocol and Etiquette Services. One hundred eighty-five diners learned two forms of eating, Continental and European, during a full four course meal. WODU provided music for the pleasurable evening from which everyone gained a better knowledge of polite dining.





Holiday Ball 2004

On Friday, December 10th, Old Dominion University celebrated the holiday spirit with a cheerful Holiday-Christmas Ball. The atmosphere was filled with laughs, great food, and performances by the Ebony Impact Gospel Choir and the Monarch Swing Dance Association. During the ball, guests could be seen mingling or taking photographs by a brightly lit Christmas tree. Then the dancing began! But before the guests could bump and grove, a quick beginner swing dancing lesson was offered by the Monarch Swing Dance Association. Guests learned how to do basic moves, along with a couple of easy spins. Soon, songs of the "roaring twenties" swing dance era were played, and guests got a chance to show their new swing moves. Next, the "Macarena", along with the "Chicken Dance," was blasting on the speakers, and everyone got on the dance floor. A raffle was offered in which guests could win movie tickets and cute stuffed snowmen or reindeers. Students danced the night away! Overall, the Holiday-Christmas Ball was an event enjoyed by all who attended.

Jenny Monokrousos



A Solemn TRIBUTE

On September 10, 2004 President Runte approached a microphone in front of Kaufman Mall with a solemn purpose: to display her poignant remembrance of the 3,021 people who died as a result of the terrorist attacks on the morning of September 11, 2001. President Runte spoke with an edge of melancholy in her voice as she reminded ODU students, the Board of Visitors, and members of the community that September 11, the greatest tragedy the US has ever endured, would remain "engrained in our conscious an memory forever." Before turning the stage over to Admiral Hal Gehman, President Runte underscored the importance of having hope for the future and remembering the bravery that showed American citizens at their noblest on that terrifying day.

Admiral Gehman, recently appointed the board of Visitors, pressed the importance that September 11 was not the beginning of the attack on America, but the day America finally "woke up." Admiral Gehman cited that attacks on the World Trade Center in 1993, the Kenyan embassies in 1999, and the USS Cole in 2000 as the true beginning of the attack on American ideals and freedom. The admiral was careful to make a distinction between fighting a war on terrorism and terrorists, stating that ours is a war not against individuals but ideologies, and thus need to be fought not with guns, but with "values, ideals, persistence, and patience."

Following President Runte and Admiral Gehman's remarks, was a tree-planting ceremony in which President Runte and the Board of Visitors planted a tree as a symbol of respect and commemoration to our fallen compatriots, hopeful that this living memorial will remind students and visitors for years to come of the continuous struggle for freedom and its sometimes heavy price.

Reverend David Persons, representing all campus ministries, performed the benediction.

Abby Lynn Waldron



Community Care Day

Community service is a way to come together as one for a common goal, to appreciate one another, and to build a sense of community. Old Dominion University offered students and volunteers a chance for community service during its Second Annual Community Care Day. This day long event took place on Saturday, October 16th, and brought together over 400 Old Dominion students, faculty, and staff. The main purpose of this day was "to promote neighborhood pride and enhance community spirit," as stated on the Community Care Day web site. Volunteers were separated into groups and were assigned to different streets in the surrounding Norfolk neighborhoods to pick up trash and debris. Students were also bussed to Highland Park, Lambert's Point, and Larchmont/Edgewater. Other volunteer opportunities were offered at the Norfolk Zoo and at a Habitat for Humanity car wash. The Honors College and the honor society Phi Eta Sigma contributed to Community Care Day by taking a group of their students to the Harbor Point Medical and Rehabilitation Center to help with various activities, such as leading a Bingo game and serving lunch. Other events on Kaufman Mall and in the Webb Center were seminars to inform people on topics ranging from home and lawn care to health care issues. The Health Clinic conducted several free screenings for blood pressure, glucose, and oral cancer. Children's activities included a moon-bounce, a cheerleading clinic, and cookie decorating. The success of the Second Annual Community Care Day has proven that it will become a long lasting tradition at Old Dominion University.

Michele Wanzer

Tsunami Events

The world was shocked by the devastating tsunami that caused more than 150,000 deaths on the southern coast of Asia. Americans reacted by raising over \$579,000,000 to help aid the relief efforts. ODU did its part by having a wide range of fund raising events. A memorial was held on January 18 during which people of several religions made statements and prayers. There was also a slide show of pictures from devastated areas.

30 clubs and organizations helped raise money for tsunami relief on Saturday, February 19th by selling their old and unwanted things. The flea market, sponsored by SGA, lasted from 10am to 2pm, and raised \$1441. Organizations got to keep half of the money they made although many of them gave all of their proceeds to the fund. Left over clothes were donated to the Salvation Army and other items to the Dwelling Place, a family shelter in Norfolk. Students and faculty had a great time making this fund raising event a huge success.

At the Webb Late Nighter that same Saturday raffle tickets were sold, two for a dollar, proceeds of which went to the tsunami fund. Organizations turned in their donation collection cans, and a reflective display was set up with pictures, quotes, and facts about the tsunami, relief efforts, and the effects of both. Overall, the University raised \$7691.



Relay For Life

A graphic of several hand-drawn footprints, some overlapping, arranged in a path that curves around the right side of the title.

*Are you ready to change lives?
Are you ready to save lives?*

Relay for Life is an event that begins on a Friday at 7pm and ends the following Saturday at 7am. The goal is to raise as much money as possible to help fund research and services for cancer patients, victims and survivors. Relay for Life is the money generator for the American Cancer Society and is held across the nation at different times. All throughout the night and early morning, the ODU community is entertained with music, food and ceremonies for local cancer survivors and victims.

The first ceremony is the Survivors' Reception held prior to Relay. This leads into the first lap, which is ceremonially walked by cancer survivors. Later in the night, we honor cancer patients, victims and survivors with the lighting of candles during the Luminaries Ceremony. Relay is all about awareness and making changes. This year we want everyone to be informed and willing to help us make a change for the better by meeting and beating our goals for Relay 2005, one of which is to raise \$50,000 for the American Cancer Society on April 15th and 16th. We know that this is not an impossible task when we look at our accomplishments from last year. For example, last year we raised \$44,968, increased attendance and had the highest online funding of any college in our region. So this year we are hoping to grow and become even better at what we do. At Relay we are changing lives simply because of people who care. Will you be joining us this year? Plan to be ready to change and save lives!

Laurin Hodge

Life @ Whitehurst Hall

Six floors of absolute randomness, a cafeteria that feeds your crew, and the assurance that someone, somewhere, is always around to entertain you. That's life at Whitehurst Hall. Nestled at the end of 48th street, with a great view of the river, Whitehurst Hall is home to over 300 freshman residents, along with upperclassmen resident assistants- the RA's. Life here is quite exciting; elevators get stuck, fire drills go off at the oddest of hours, and the C-Store always has fresh baked cookies. Then, just when you thought you've heard everything, it's time for food. Breakfast, lunch, and dinner are served everyday in Whitehurst's cafeteria. A variety of foods are available, as well as the college staple, pizza. Just recently, we received a soft-serve ice cream machine, which has quickly become the new favorite indulgence.

Dorm life may not be exactly what you see on the boob tube, but there are times when it comes real close. Shaving cream pranks, Halo tournaments, and the blasting of country music, are just some of the things happening; and there's always something happening! Everyone, from the guitar players to the cheerleaders live here. Even help with homework can be found on one of the six floors. So, it's not exactly paradise, but who would want to live on a secluded island alone, when you can stay at Whitehurst.

Jenny Monokrousos



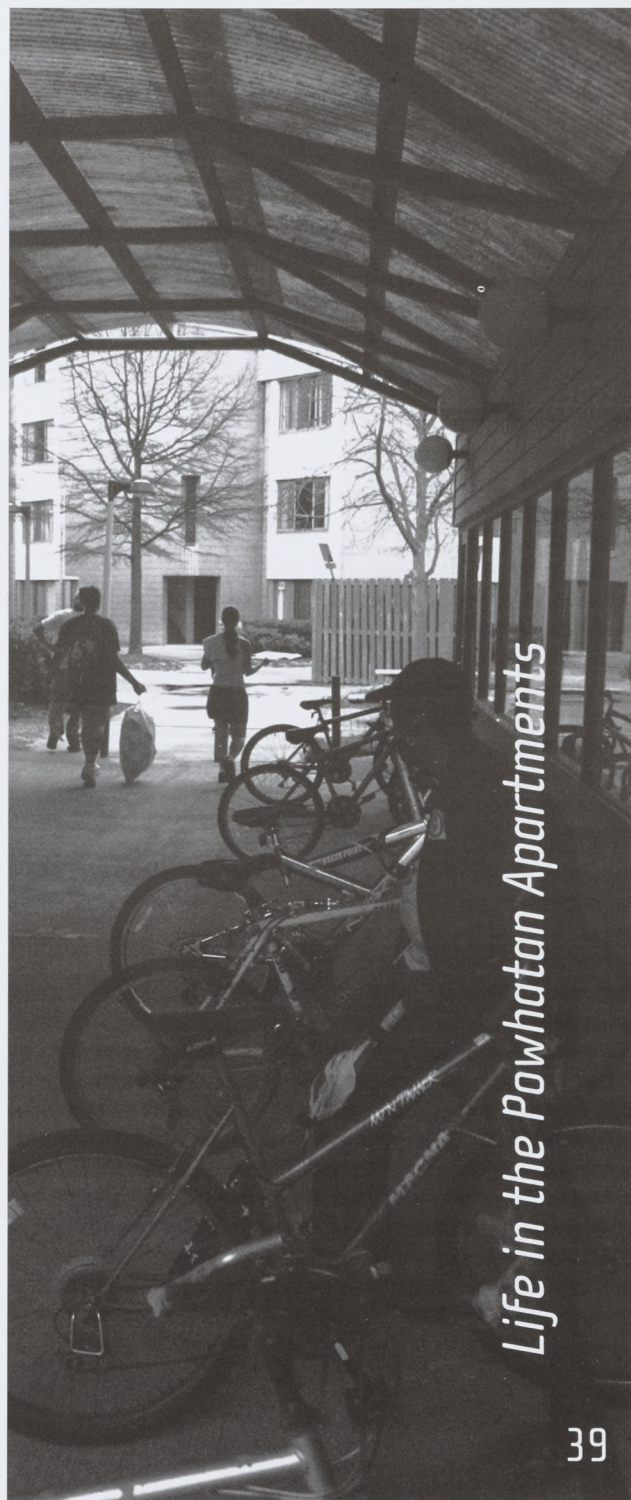
From Wild to Wired

With an open mind and the willingness to compromise, students can learn to live with almost anyone. Hopefully, by the luck of the draw, most did not end up with a Shirley Temple or a Cruella Deville as a roommate. Roommates may not have been best friends, but at least they were usually not enemies. Sophomore Stephanie Carter said, "All three of my roommates had already known each other from last year, but I fit right in after a short while. They are all amazing, and we're all great friends."

Living in Powhatan can help jump start students' social lives, ease the transition to life on their own, and introduce them to a diverse group of people. A social life is built in, whether students like it or not. Roommates get to see each other at their most fun and most vulnerable. All roommates eventually learn that it is these moments that enable them to grow. At least they do not have to worry about being bored or lonely. It is very easy to find a buddy to go eat, study, or hang out with. Plus, Powhatan-sponsored social activities enhance the feeling of family and provide excellent entertainment. Student activities are designed to enhance interpersonal skills, self-development, and interaction with others from different backgrounds. Even on a seemingly tranquil day, Powhatan residents will stick their stereos out of their windows and transform the yard into their own club. Junior Alexis Lyons said, "No matter what hour of the day, there is always someone up and about, whether it's your own roommate or someone smoking a cigarette outside on the bench." Having a social life is basically a given when you live on campus.

Remember the rhythmic wall-pounding competitions between roomies and their neighbors? Or what about those shrieks of excitement that echoed through the walls? Maybe it was a Saturday night, and the girls next door were blasting dance music and getting ready to hit the town to check out the party scene, or maybe it was a fit of late-night studying delirium that caused a roommate to vocalize her frustration. Either way, most students did not mind it so much after a while. They probably even shrieked once or twice themselves. Junior Sarah Hill said, "College can be crazy and stressful, so it was nice to know that I had a handful of friends that looked out for me so my head didn't explode." Sure, living in a small apartment can have its drawbacks- no privacy, crowded bathrooms, and weird roommates. But after a while all roommates begin to share a special bond. Living with peers who represent many different backgrounds and interests broadens knowledge of others and provides important preparation for the real world. It is for this reason that the rewards outweigh the frustrations.

Laura Copley

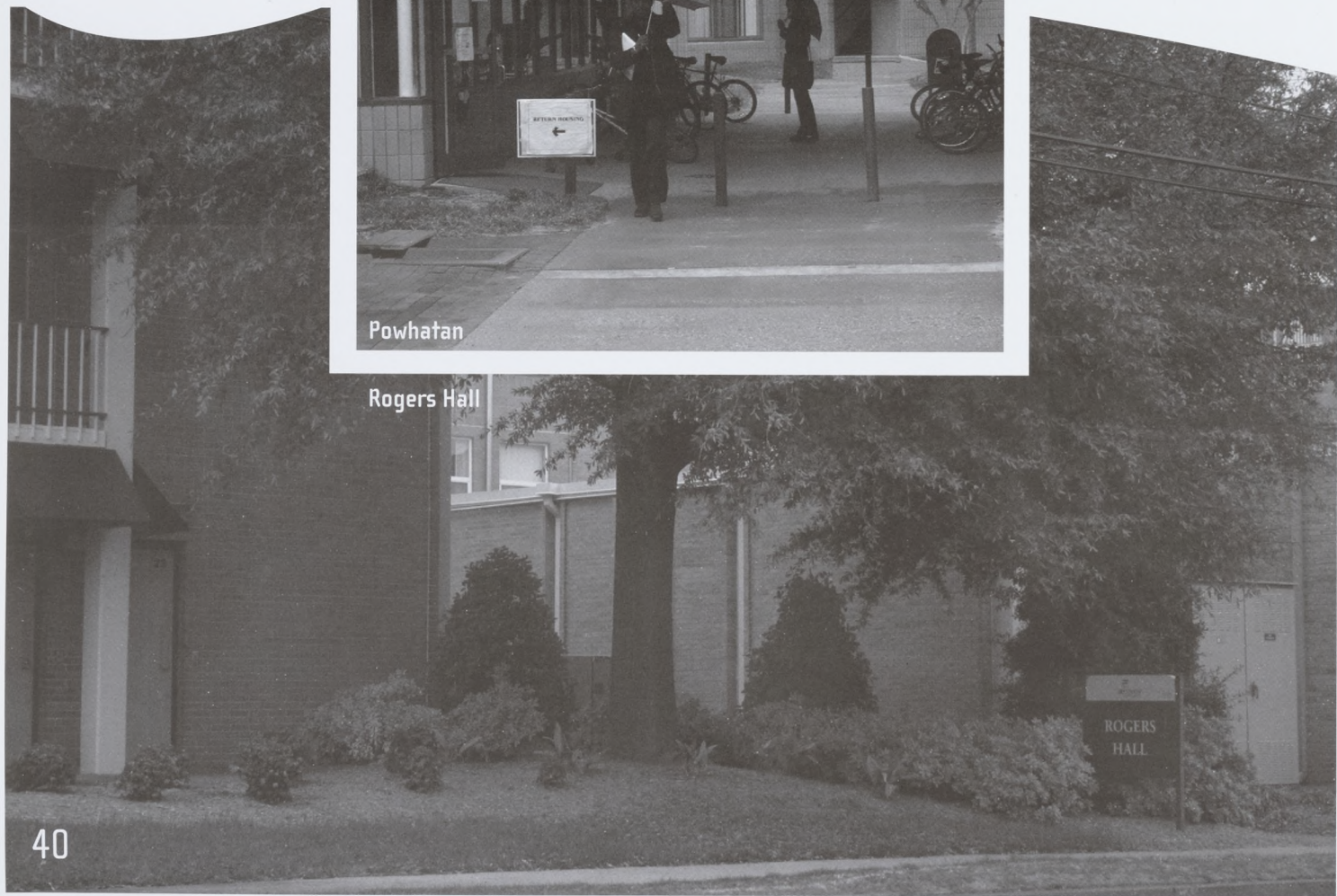


Life in the Powhatan Apartments



Powhatan

Rogers Hall





Resident Assistants

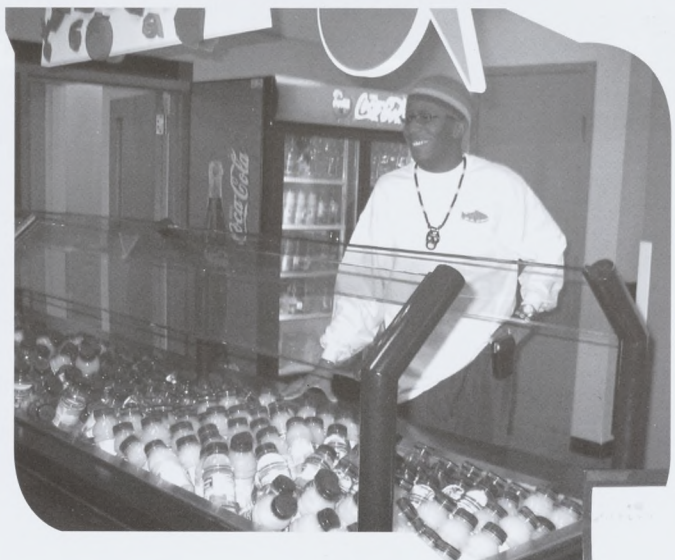
They are in every housing unit on campus, on every floor, and down every hall. At night they are lurking around every corner to make sure that nobody gets too loud or rowdy. The moment a student misbehaves, he or she is caught and stopped, thanks to Resident Assistants (RAs). They are the ones keeping everything running smoothly in ODU dormitories and apartments. Getting to be an RA is tough, and it should be because the job is coveted. RAs get free housing and meals as compensation! This great reward is fitting for such a tough job. Not only do RAs have to be the bad guys who stop students from having too much fun, but they also have a long list of duties to complete in order to keep their jobs. In freshmen dorms, they help students get acquainted with living on campus and organize outings and socials. In the University Village, they must collect rent. RAs must attend training workshops over the summer and go to weekly staff meetings. When breaks come, RAs are the last ones out and the first ones in because it is their job to check residents in and out. Most of all, RAs have to take care of students, many of whom are not ready to live on their own. When students mess up, their RA is there to help them through. Most RAs, such as Michele Wanzer, feel that being an RA is worth it and enjoy their job. "I love my job because I get paid to do what I pretty much already did!" As long as there are students on campus there will be RAs to keep them in line!

Campus Kitchen

Drop that homemade peanut butter and jelly sandwich! Those days of brown bag lunches are gone. Let Old Dominion University introduce you to a real tasty lunch and dinner if you're on campus long enough. Quiznos, Taco Bell, Pizza Hut and Chick-Fil-A are just some of the many varieties of foods to choose from. There's also sushi, char-grilled burgers, and exotic Indian cuisines to take a bite out of. ODU even offers a variety of drinks to go with your meal. Starbucks and a smoothie shop whip up tasty treats for any taste bud.

Still not satisfied? Then take your pick of Subway's, Chinese, or NY style pizza from across the street on Hampton Boulevard. They even take Monarch Plus! Well, I'm sure your mouth is watering by now, so I'll let you go find something to munch on. By the way, yes, there is a deli on campus for those who still want their peanut butter and jelly sandwiches.

Jenny Monokrousos



Jack-o-Lanterns, costumes, music, food, games, and prizes all on the same night under one roof... all of the ingredients needed for a spectacular party, thrown by none other than the Black Student Alliance. On Saturday October 30, 2004, BSA sponsored its third annual Children's Halloween Party. Over 300 children and their families from the local ODU community, including the children of faculty, staff and ODU students, attended. The party was a fun and safe alternative for young trick-or-treaters and their parents. This year's party was even larger than last year's. In addition to food and games, this year there was a costume contest as well. The event was preceded by a pumpkin carving put on the Commuter Student group. Special thanks to all of the student organizations that contributed to the success of this event.

Jessica Fuller, BSA President



BSA Halloween



Murder Mystery



The show was unlike any other Murder Mystery. On Tuesday October 27th, SAC threw away the blueprint on the traditional "whodunit" and tore a page out of hit television series "Whose Line Is It?" This style of improvisation needed the assistance of the audience.

The show began with three interesting characters wandering the cafeteria asking people random questions. They introduced themselves as the Hillenbrandt Triplets: Martha, Stevie, and Andrew, the hottest new act out of Vegas, who were about to get their own television show on Bravo. However, they had competition with the Rumbleman Twins, a dancing duo taking the nation by storm. Luckily, the Hillenbrandt Triplets discovered that they had a long lost quadruplet who was rumored to be at Old Dominion. Upon finding their missing quadruplet, the Hillenbrandt Triplets were guaranteed to get their own show.

The triplets found their missing sister, a student from the audience, but before she could join the act, she fell dead on the stage: murdered! While the boys carried her off the stage, Martha sang a farewell song, "Ding Dong the Witch is Dead." A flat tire, some incestuous action, and a strip tease on an imaginary pole were the highlights of that event. The Hillenbrandt Triplets kept randomly selecting audience members to be their suspects.

In the end, the long list of suspects was narrowed down to Martha, Beyonce, a British guy, and an old lady. A young woman from the audience put two and two together and fabricated the criminals' tale: the British guy was the missing quadruplet's ex boyfriend, but he started dating Beyonce. Beyonce was jealous and because the quadruplet had cut her in line, Beyonce wanted revenge. The accused couple confessed their crime and was escorted off stage. The case had been solved. The production of the Mystery Dinner was over. The triplets revealed who they truly were, improvisation actors from Chicago.

SAC provided a fantastic play. The once thought to be dry and boring "the butler did it with a kitchen knife" evening was filled with suspense and a charismatic cast of actors.

'Sade'

SAC Movies

For a poor college student without a car, life can get pretty dull. Especially for new freshmen that are not yet acquainted with living on campus, Friday and Saturday nights can get boring. SAC to the rescue! On Wednesdays, Fridays and Saturdays at 8pm in the MGB Life Sciences Building, students view movies sponsored by the Student Activities Council (SAC). There is no need to ride the shuttle to MacArthur Center and spend \$7 on a movie, when a wide range of box office hits, such as "Man on Fire", "Day After Tomorrow", "Anchorman", "Bourne Supremacy", "I, Robot", and "Collateral", can be viewed for **free!** A few movies, including Troy, were even shown on the lawn of Kaufman Mall. SAC movies provide a fun way to pass time and make life a little more bearable for students stuck on campus 24/7.



Night Life

After hours when the campus shuts down, the fun is just beginning for many students at ODU. On campus events and activities are not all there is to do in Norfolk. Every month students can catch concerts at Constant Convocation Center. On Thursday, Friday and Saturday, students can catch the shuttle to MacArthur Center to shop or catch a movie. Students who want to get their groove on can go to the Monarch Tavern or Chicho's, both conveniently located on Hampton Boulevard in front of Gresham and Rogers dormitories.

In the University Village apartments, several bars and restaurants are opening for students to enjoy. Downtown Norfolk is bumping with bars and clubs at Waterside. If nothing suits their fancy in Norfolk, then students can venture down to Virginia Beach, which is only a hop, skip and jump from ODU. When the weather is warm, the strip in front of the beach comes alive with activities to keep tourists and students busy. There is always something to do at and around ODU!

@ Construction

Construction, construction, construction. This is the word that all students and faculty will hear and see in the next several years at Old Dominion. Our administration has planned numerous campus construction projects that will enhance and enliven our school as never before. Renovations, new buildings, new parking garages, and new golf courses are just a few items that are on the list to get done. Although the process of construction can create many inconveniences, such as debris, changing classrooms, and fewer parking spaces, the benefits of each undertaking will outweigh the drawbacks. The following explains just a few of the special construction projects that will be coming soon to make our campus a bigger, better, and more pleasant place to learn.

Recreation Center

The H&PE building will be getting a makeover as a new Recreation Center by September 2006. This construction will include features such as a state of the art aerobics room, a juice bar, a rock climbing wall, and even a circular track above the basketball gymnasium. Students will be able to enjoy the center for free.

Engineering and Computational Sciences Building

One of the biggest highlights of the year has been the opening of the new Engineering and Computational Sciences Building in the fall of 2004. This building is equipped with "environmentally sensitive architecture" which includes sun panels to heat the building, rainwater collectors, and special light sensors that go off when the building is vacant. The structure stands right next to the Oceanography Building and contains several computer labs and classrooms.

Batten Arts and Letters

A new design for the BAL building is in the works, construction is scheduled for Fall 2005. Instead of closing the whole building, renovation by floor. Contractors hope to increase space in the building for certain programs and to upgrade the utilities and technology of the building.





@ Construction

43rd Street

Have you ever noticed the numerous bumps and holes while traveling down 43rd street? Well, there are some improvement plans to help this problem. Possible improvements include expansion of two lanes to four, new lighting, new sidewalks, and a traffic control point. Although, there is no timeline for completion of this project.

Golf Course

Construction has already been underway near Whitehurst dormitory to complete a brand new nine hole golf course. Not only will the course be available to the ODU students, but it will also be open to the public and will include a driving range.

Other construction projects that could be in ODU's future include:

- A Greek Row
- Removing parking lot 27 so that more resident halls and classrooms can be constructed
- Several additions to the Webb University Center
- A new music center
- An Administration Building to house the administrative staff

ODU will continue to create a positive learning atmosphere, more recreational activities, and a memorable college experience for its students.

Sports

by: Michele
Wanzer



Men's Basketball

Sport: Men's Basketball
Name: Alex Loughton
Position: Forward
Standing: Junior
Major: Business Marketing

History: Alex started playing basketball when he was in the 2nd grade in Australia. He began to play competitive ball when he made the state team in 10th grade, which competed nationally all over Australia.

ODU: After visiting four different American schools, Alex decided to come to ODU because of the strong recruitment by Coach Blaine. Alex took into account Blaine's credentials, the fact that there is a nice family environment at ODU, and ODU's academic record when making his decision.

Achievements: 2001 - Scholarship Holder for AIS (Australia Institute of Sports); 2002-2003 - All Rookie Team CAA; Academic Honors; 2003-2004 - 1st Team All Conference CAA; All Defensive Team; MVP of Team; Academic Honors

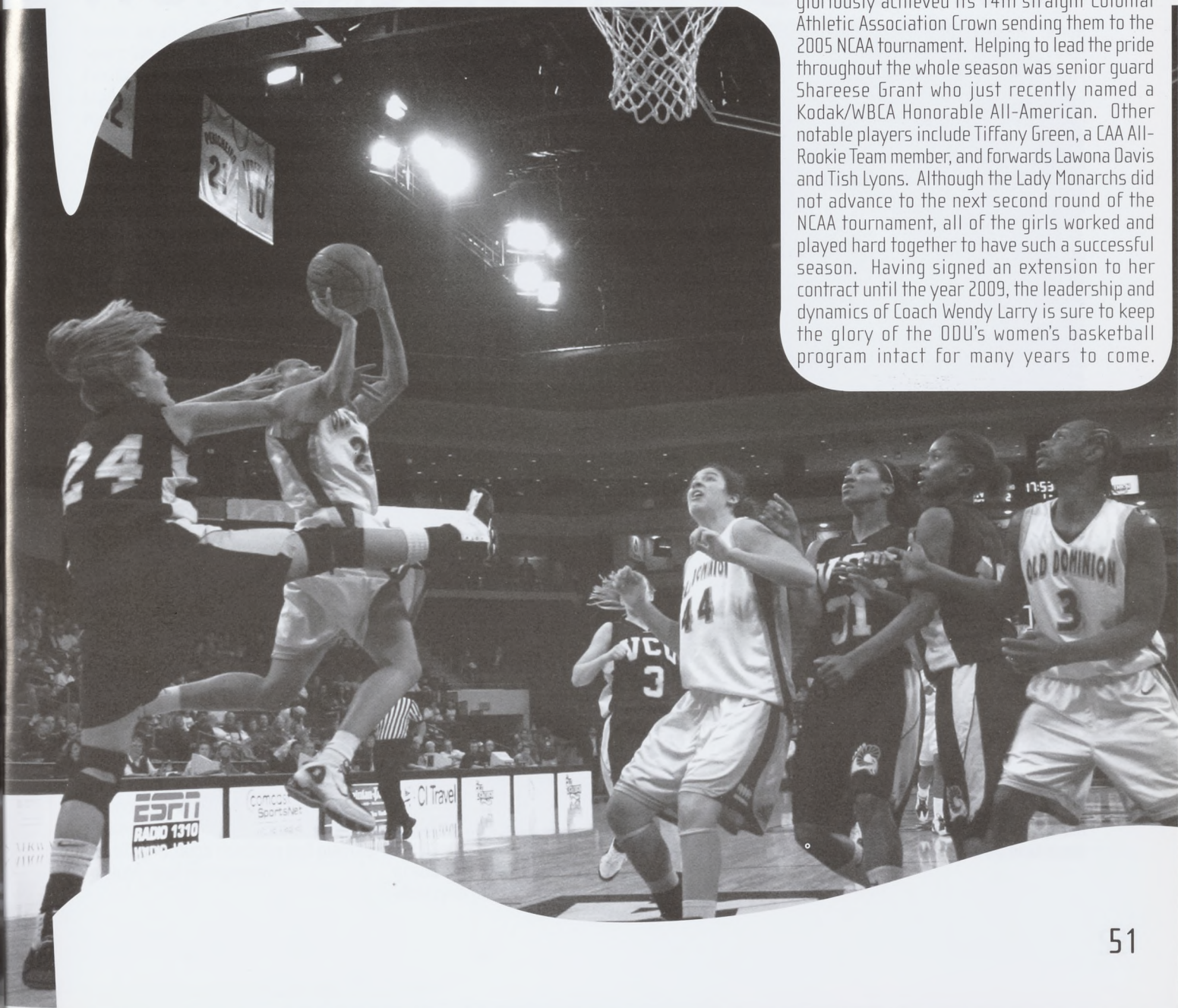
Aspirations: Alex's overall hope is to one day play on the Australian Olympic team. He also would like to play professionally in either Europe or in the NBA.

His Sport: "Basketball is great because it takes every player, not just one, to make the team successful. The cooperation of playing as a team is very rewarding. I especially love the game when the crowd is cheering for support and my whole team is working together."



Women's Basketball

The women's basketball team has done it again! After ending the regular season with an impressive 22-8 record, the Lady Monarchs gloriously achieved its 14th straight Colonial Athletic Association Crown sending them to the 2005 NCAA tournament. Helping to lead the pride throughout the whole season was senior guard Shareese Grant who just recently named a Kodak/WBCA Honorable All-American. Other notable players include Tiffany Green, a CAA All-Rookie Team member, and forwards Lawona Davis and Tish Lyons. Although the Lady Monarchs did not advance to the next second round of the NCAA tournament, all of the girls worked and played hard together to have such a successful season. Having signed an extension to her contract until the year 2009, the leadership and dynamics of Coach Wendy Larry is sure to keep the glory of the ODU's women's basketball program intact for many years to come.



Women's Field Hockey

Name: Janelle Engle
Sport: Women's Field Hockey
Position: Center back
Standing: Junior
Major: Music Education

History: Janelle began playing field hockey when she was in 6th grade and continued to play throughout her four years in high school.

ODU: After being recruited to the ODU team, Janelle started in about half of her freshman games. She worked her way up to start all of her games in her sophomore and junior years.

Achievements: Captain of the ODU team 2004-2005; High School All State Pennsylvania team as a Junior and Senior; High School team State Finalists; Academic All American 2002-2004; 2nd Team All CAA 2002-2003; 1st Team All CAA 2004-2005

Team Achievements: NCAA Final 4, 2002-2003; Elite 8 and Conference title 2003-2004; NCAA national tournament 2004-2005

Aspirations: For the future, Janelle plans to always keep field hockey as a part of her life but not at the highest level. She plans to coach field hockey while pursuing a career as a music teacher.

Influences: Janelle's parents are her biggest influences because they support her and always make her strive to do her best.

Her Sport: "I enjoy field hockey because of the teamwork. I get to work hard while learning about the sport and learning about my teammates at the same time.



Women's Lacrosse

Name: Sarah Wosczyzna
Sport: Women's Lacrosse
Position: Defense
Standing: Junior
Major: Elementary Education, Special Education minor

History: Sarah started playing lacrosse when she was in 7th grade and continued to play throughout high school. One of the main reasons why she took up lacrosse was because her older sisters played and she caught on to the sport.

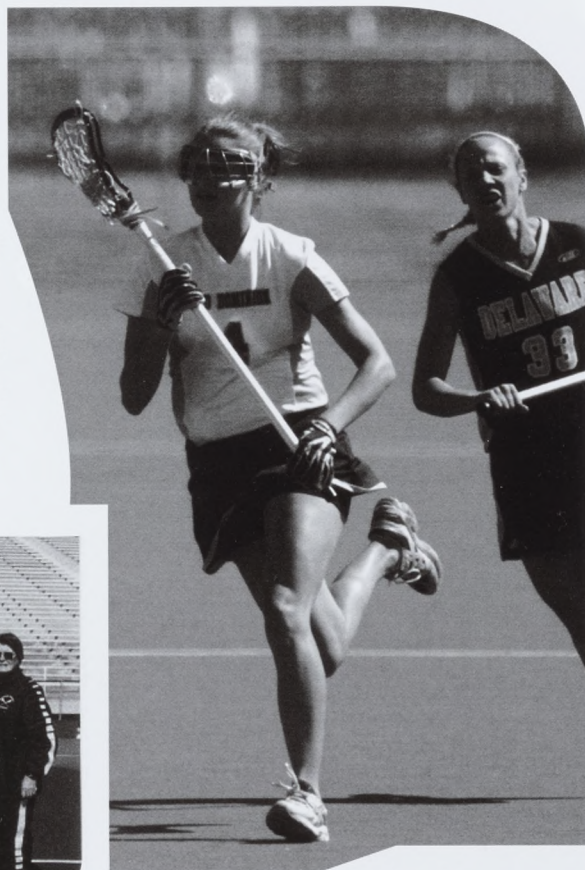
ODU: After being red-shirted her freshman year, Sarah is currently in her second year of playing on the ODU team. The reason for "sitting out" freshman year was because Sarah fell and tore her triceps just five days before the first game. Having a medical red-shirt gives Sarah another year of eligibility on the team.

Achievements: 3 years high school Varsity team



Aspirations: After college, Sarah hopes to find a job in her field and to continue to keep lacrosse a part of her life possibly through coaching and playing in clubs and tournaments.

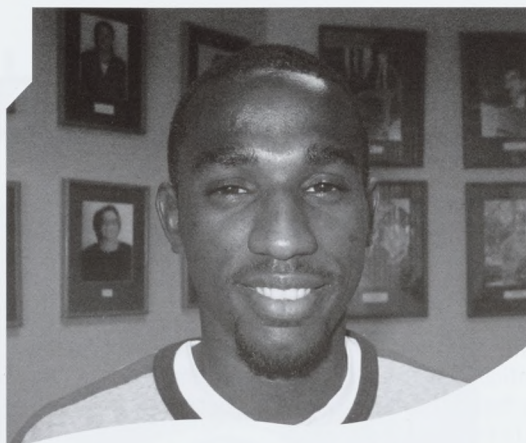
Influences: Two of Sarah's main influences on her game are her two sisters who also played lacrosse. Susan Wosczyzna also played at ODU and graduated last year, while Michelle Wosczyzna played at Temple University.



Both sisters encouraged and pushed Sarah to play her best and to be a fierce competitor on the field.

Her Sport: "Lacrosse is just a thrill to play because it is enjoyable, fun and competitive. It is the best feeling to go on the field and work together as a team to do something right. I am also working hard to get better and improve."

Men's Soccer



Name: Kevon Harris
Sport: Men's Soccer
Position: Midfield, Forward
Standing: Senior
Major: Mechanical Engineering

History: Kevon has played soccer ever since he was a small child and has played club soccer at the 13, 14, 16, and 20 club levels. —

ODU: Coming all the way from Jamaica, Kevon has played soccer here at ODU for all four years of his college career.

Achievements: 1998 Rookie of the Year in the Men's Club League in Jamaica; 2001 MVP of the Kasfa 20s team; 1st Team all CAA

Aspirations: Kevon hopes to continue playing soccer all of his life at any level.

Influences: Brazilian soccer player Ronaldo and French soccer player Zidane have greatly influenced Kevon because he admires how both men play their game.

His Sport: "Soccer is the greatest sport ever! Long live the game! I enjoy soccer because I have grown up around it. My passion for the game is never-ending, and it's a way for me to get away from all of my worries."

Women's Soccer

Name: Tracy Donachie
Sport: Women's Soccer
Position: Mid-field
Standing: Sophomore
Major: Human Services Counseling, Psychology minor

History: 13 year old - Ease Kilbride Girls Soccer Club, Scotland; 16 year old - Kilmamock Soccer Club Premier League, Scotland; 17-19 year old - Glasgow City Soccer Club Premier League, Scotland; 19-20 year old - Grindavik Soccer Club, Iceland; 20-21 year old - Adelaide City Soccer Club, Australia

ODU: Tracy joined the ODU team in 2003 as a freshman and is currently a sophomore.

Achievements: 16 year old - Captain and Players' Player of the Year, Scotland; Scotland Cups under-16 Elite Squad Scotland and Development; Squads "A" + "B" Team Trials for National Team; Fully trained referee and coach for soccer

Aspirations: Tracy wants to travel the world after college and play in as many countries as possible.



Influences: Tracy's main influences are her parents and her uncle. Her parents are always supportive and come to all of her games to cheer her on, while her uncle was a professional soccer player in Scotland and currently coaches a team in Manchester.

Her Sport: "Soccer is my life. I honestly did not like it at first, but then, it grew on me and became adaptive. I'd be lost without it.



Men's Tennis

Name: Izak van de Merwe
Sport: Men's Tennis, Division I
Standing: Senior
Major: Business Finance

History: Izak started his tennis career at the age of 6. He represented South Africa in the World Youth Cup's 14-and-under and 16-and-under tournaments held in Japan. Izak was ranked #1 in South Africa for singles and doubles at only 17 years of age.

ODU: Izak is currently a senior and has been on the ODU team since he was recruiting as a freshman.

Achievements: CAA Player of the Year, 2003-2004 season; MVP of the ODU tennis team, 2003-2004 season; All American in singles and doubles; Ranked #9 in country, 2004

Aspirations: After ODU, Izak plans to play professionally as a representative of South Africa. His focus will be on playing in several divisional tournaments to further his career in tennis. Although a very demanding lifestyle, Izak is committed to going as far as he can to become a professional.

Influences: Izak looks up to professional tennis player Pete Sampras as one of his role models due to his good temperament on the court and because Pete is one of the best players of all time.

His Sport: "I enjoy playing tennis because it combines a lot of things into one sport. A tennis player needs to have a lot of different skills, such as fitness, speed and agility to play well. I also like the competitiveness of the sport and that it is physically demanding."



Women's Tennis

Name: Kerstin Endlich
Sport: Women's Tennis, Division I
Standing: Junior
Major: Pre-Med.

History: Kerstin first started to play tennis at the age of 8 in her hometown of Neustadt, Germany. When she was 10 years old, Kerstin began practicing regularly, and by age 13, she was competing in several tournaments for a team tennis league.

ODU: Kerstin first joined the team at ODU as a sophomore in January 2003, and continues to be one of the leading women players.

Achievements: Regional Championships, Germany; 2nd Straight ranked #2 CAA doubles and singles champion; Attended two consecutive All American Championships in California; Plays as #1 for ODU; Advanced to the finals of the Hampton Roads Collegiate Invitation al Tournament of Newport News 2004.

Aspirations: After ODU, Kerstin plans on moving back to Germany to go to school to study in the medical field. She also plans on continuing her tennis career by playing team tennis in several tournaments in Germany.

Influences: Kerstin's main influences on her game are her parents because of their tremendous support that they give her.

Her Sport: "I love to compete in tennis singles and doubles matches. In a singles' match, you are responsible for how well you do. I am an ambitious player, and so I like being the one who can win the match for me. But, I also love playing doubles because it is more fun with someone else and there is more teamwork involved.



Men's Golf

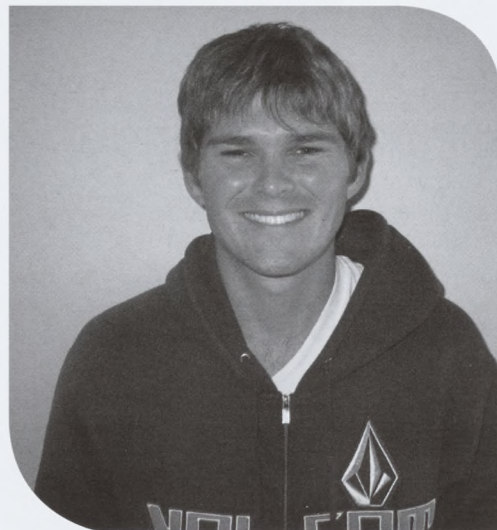
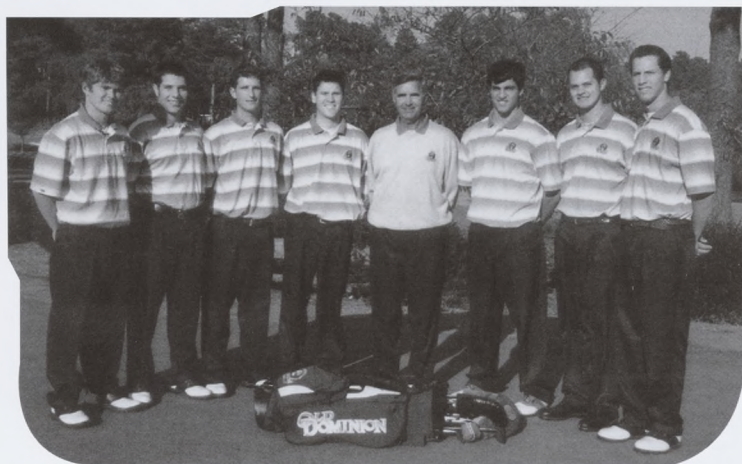
Name: Leighton Harris
Sport: Men's Golf
Standing: Senior
Major: Finance and Economics with a minor in Decision Science

History: Leighton started playing golf when he was thirteen years old in South Africa. He would practice every Saturday and eventually played on the Royal Durban Golf Juniors team.

ODU: Leighton has played all four of his years here at Old Dominion. He was first recruited after he sent a resume to Coach Rudisill.

Achievements: Captain of Durban Golf Juniors team; High School State Honors in National Championship; 2002-2003, 2003-2004 CAA Scholar Athlete certificate; Received the Hunter-Hogan Endowed Scholarship for academics and golf.

Aspirations: Leighton does not plan to pursue golf professionally, but will still continue to play in weekend tournaments and for social purposes.



Aspirations: Leighton does not plan to pursue golf professionally, but will still continue to play in weekend tournaments and for social purposes.

Influences: Ernie Els, a South African golfer, has been a big influence on Leighton because he is a player that always looks relaxed on the golf course. Leighton's parents have also influenced him by giving him the drive to be all that he can be on and off of the course.

His Sport: "I enjoy playing golf because of the fact that you can't put the blame on anyone else; you are responsible for your own actions. It is rewarding that the more time you put into practicing, the better you play. Golf has been very character building for me, and I have met so many people on the golf course."

Women's Golf

Name: Meghan Schaefer

Sport: Woman's Golf

Standing: Freshman

History: Meghan started playing golf when she was 7 years old, but began to get serious about the sport in high school. She even started playing on her high school team as an eighth grader.

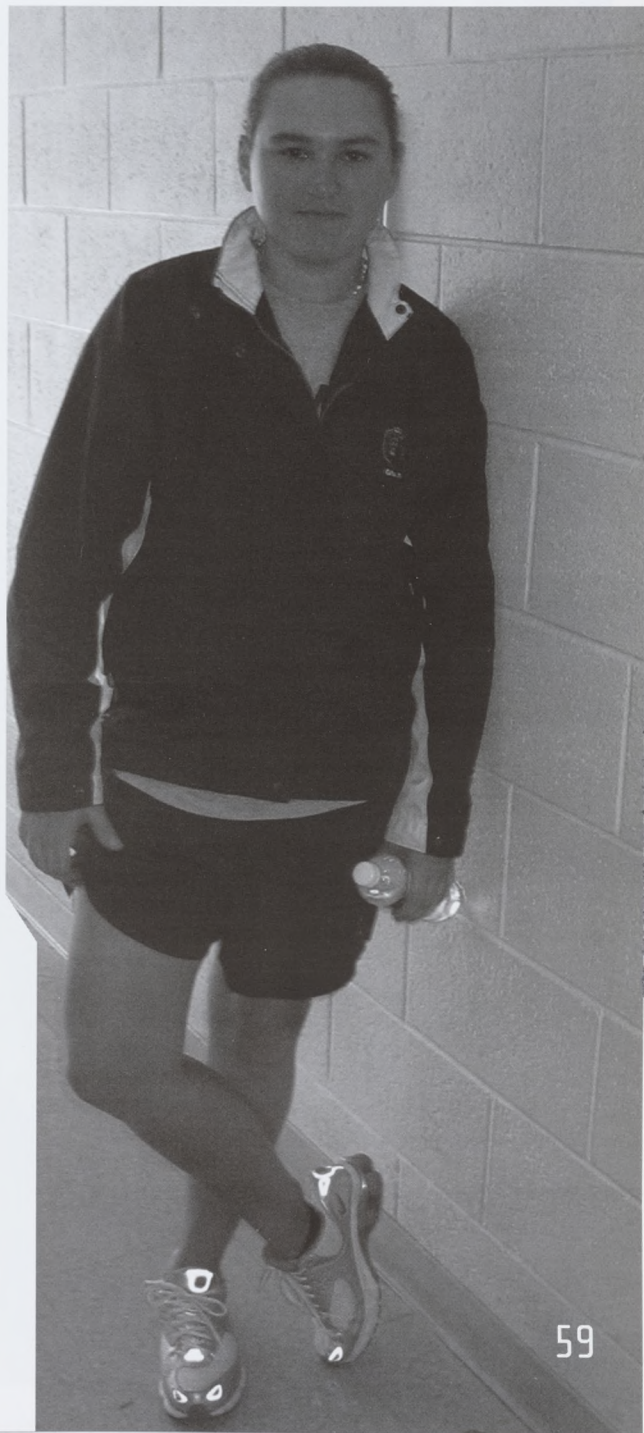
ODU: Meghan was contacted and recruited to play golf as a freshman and hopes to continue to play each of her years at ODU.

Achievements: Local Regional Medalist, NKAC Medalist, 10th at Kentucky High Championships

Aspirations: As many women golfers strive to do, after graduating from college, Meghan aspires to one day be a part of the LPGA tour.

Influences: Meghan's biggest influence and motivation in her game comes from her father who also plays golf and has taught his daughter to never give up.

Her Sport: "Golf is an addicting sport that challenges you everyday."



Swimming & Diving

Name: Martin Lundgren
Sport: Swim/Dive
Swim: Butterfly and Individual Medley
Standing: Senior
Major: International Business and Finance

History: Martin started swimming when he was 12 years old in Sweden and swam on various club teams. His college career first started at North Illinois University before swimming for ODU.

ODU: After being recruited from Northern Illinois University, Martin began swimming for ODU in 2002 and is currently in his senior year.

Achievements: 2000- 3rd place in Jr. Nationals in Sweden; MVP of ODU team in 2002; 3rd place in CAA conferences; 2003 Finalist in butterfly at the CAA Championships

Aspirations: After college, Martin wants to pursue a career in business and possibly become a swim coach.

Influences: Martin's main influence on his swimming has been his mother who made him wake up everyday to go to swim practices.

His Sport: "I enjoy swimming because I like to compete, race, and win. In swimming, you are alone out there so you cannot blame anyone else. When you succeed, it's all because of your hard work and dedication."



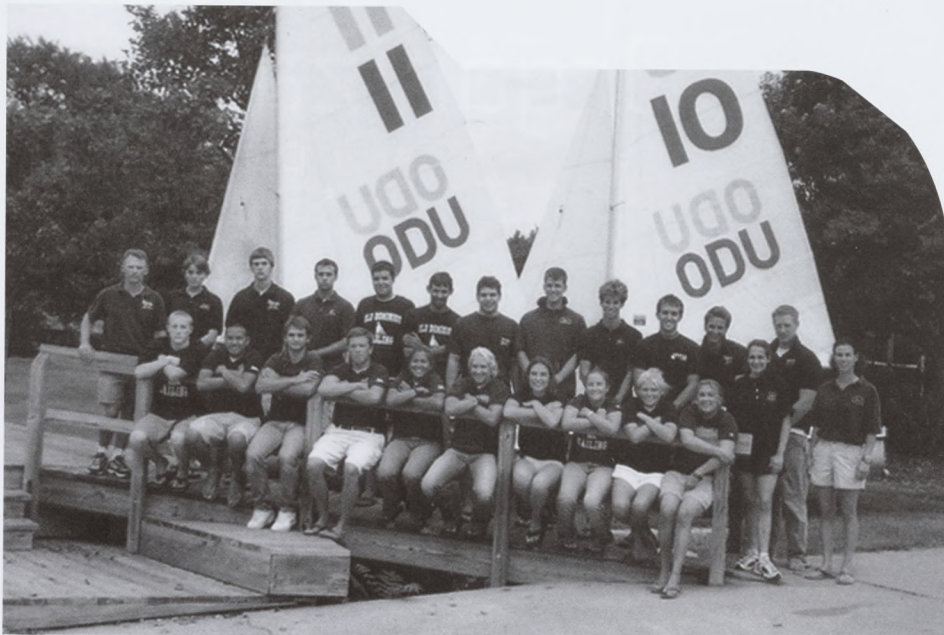
Sailing

Name: Anna Tunnicliffe
Sport: Sailing, A Division
Standing: Senior
Major: Accounting and Decision Science

History: Anna has sailed all of her life due to her parent's love for sailing. At the age of 12, Anna began racing, yet could not sail in high school due to the lack of a sailing program. Instead, Anna ran track, cross country and swam.

ODU: Currently a Senior, Anna has been on the sailing team for all four years of college. She joined the team as a freshman after filling out a resume and calling the coach of the team.


Achievements: Single-handed North American Champion, three consecutive years (2002-2004); Two-time All American; Was a part of the 2001 Women's Dinghy team that won the North American Championship; Runner up for the Women's College Sailor of the Year (2003)



Aspirations: Anna wants to continue sailing and start an Olympic 2008 campaign after college. The dream to be on an Olympic team would mean vigorous training for the next four years.

Influences: Anna is driven by her own goals and aspirations.

Her Sport: "I love the sport of sailing for its competition and because every race is different. Each regatta has 16-18 different events, and thus this makes each race a challenge."



Student Organizations

compiled by:
Michele
Wanzer

African Caribbean Association

"Unity in diversity" may have become a cliché but it is a reality in the African Caribbean Association (ACA). Since 2001, ACA has been the medium through which students from Africa and the Caribbean would connect to reflect on the issues at home, to present their cultures to others, to reduce the effects of culture shock and nostalgia, to encourage each other and to form friendships that will stand the test of borders and time. Even though the majority of the members are from the above listed areas, ACA includes members from the United States and welcomes anyone interested in African cultures. Every year, ACA presents a cultural show to promote the various forms of African and Caribbean cultures. On October 2004, the association introduced on Old Dominion University campus the African Diaspora United Dinner. An event designed to encourage the unification of all people of African descent living in Hampton Roads, to cultivate the idea that all black people should remember that their roots are African, to promote African/Caribbean owned businesses in the community, and to open the doors of the university to the African and Caribbean communities living in Tidewater. Those events and others help to promote ACA's motto:

"Come, Let Us Unify!"

John M Leconte
President

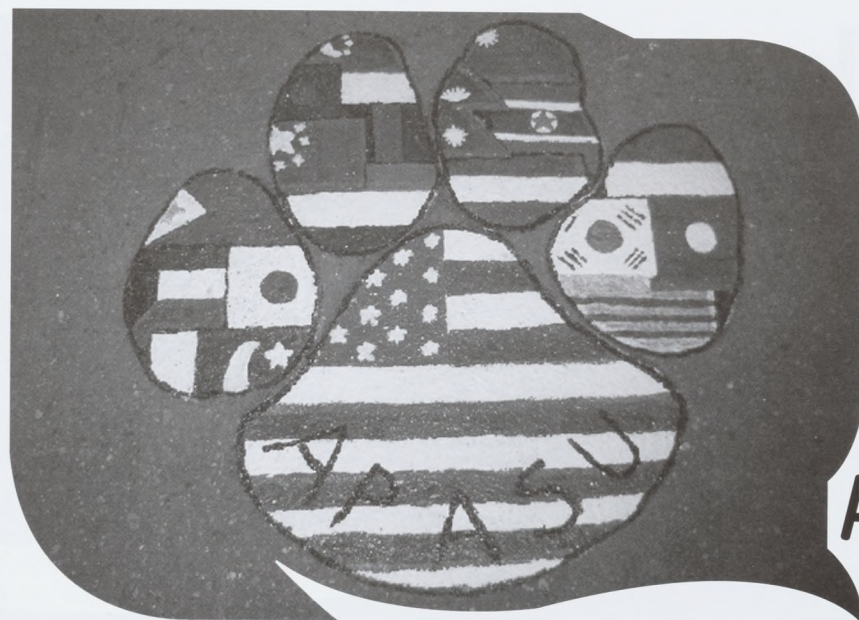


alpha kappa psi

Alpha Kappa Psi is America's first professional business fraternity founded October 5, 1904. The men and women of Alpha Kappa Psi reflect the world's diversity and are united by a common interest in business and other related fields. Our mission is to develop well-trained, ethical, skilled, resourceful, experienced business leaders. There are now more than 230 college and alumni chapters. Epsilon Lambda Chapter was founded at Old Dominion University on April 26, 1959. Since then, our chapter has flourished and remained active in the business world. We have participated in well-organized community service and fundraising projects for the betterment of the community and fraternity as a whole. One of our major accomplishments is our annual Empowerment Workshop. This workshop provides leadership skills, self-confidence, and motivation to underprivileged teenagers. In addition, we are expanding our efforts to mentor students on a more frequent basis. As we strive to gain recognition as one of the most active and well-conducted organizations on campus, we continue to further the individual welfare of our members and educate the public to appreciate and demand higher ideals. For the latest information on our chapter, please visit: <http://www.odu.edu/ao/akpsi>.

Kaesha Matthews
Executive Vice President
& VP of Technology

Asian Pacific American Student Union



APASU

The Asian Pacific American Student Union was founded in 1996. The primary purpose of APASU is to increase the level of awareness of Asian and Asian-American culture and raise the consciousness of Asian and Asian American students at Old Dominion University. APASU hopes to be representative of the Asian and Asian-American population of the campus and to provide a voice for Old Dominion's Asian and Asian-American community.

Activities of APASU include canned goods collections, Cipher v5.0: Wordplay- spoken word, comedy event sponsored by Filipino -American Student Association and co-sponsored by APASU, Minds About Progress, and a MSS. Also, a ECAASU conference held at U. Penn on February 18th-20th. It challenges Asian Pacific Islander American student leaders to focus on what they can accomplish in the present in order to improve the outcome of the future. It features various well- known artists and speakers in the Asian and Asian American community.

New this year is a Winter Formal, a formal gathering opened to everyone, with a performance by Giles Li, from Reverse, who is a spoken word artist. The Show, also new, is an event full of spoken word, hip hop, and live music performed by a members of APASU, Marco Mercado.

We were involved in Community Care Day, Voting 4 Kids, Cultural Explosion, and other activities.

Belen Joa, the Facilitator of APASU.

Black & Gold

Black and Gold is a student organization that engages in numerous on and off campus activities such as athletic events, parades, blood drives, rafting trips, repelling, intramural sports and more. The Black and Gold Society is an excellent way for students to make their presence felt within the community. Many options and opportunities are available to all students in the Black and Gold.

Joel C Eberly



The Board of Visitors

The Student Voice serves the interests of Old Dominion University by acting as a forum for ODU's decision-making Board of Visitors (BOV) and the student body. It's the Student rep's responsibility to keep ODU students abreast of Board debates and decisions. Furthermore, it is also a goal of the Students' Voice to inform voting Board members about the student body's suggestions.

Emily Richardson was appointed to serve for 2004-2005. She works to keep the student body informed of those issues that may have a direct effect on ODU's students through her website, <http://studentservices.odu.edu/bov/index.html>. She also co-hosted the Virginia-Wide BOV Student Representative Retreat in April 2004 in Virginia Beach. This retreat was open to all Student Representatives to BOV's in Virginia. This growing tradition makes it possible for an invaluable exchange of ideas across schools and fosters long-term impact based on student interests.

BOV meetings are open to the public, so the Student Rep encourages students to attend to see how the Board affects their collegiate life. Meeting times are on the BOV's homepage: www.odu.edu/webroot/orgs/AO/PO/bovpols.nsf/ Remember, YOU are the Student Voice! Be heard by contacting your Student Representative to ODU's BOV!

Emily Richardson



Black Student Alliance

For fifteen years, the Black Student Alliance has worked to enhance and promote Black leadership, social and professional skills. Members are encouraged to embrace their culture and to function well in a diverse campus such as Old Dominion University. By emphasizing such skills, BSA hopes to provide students with key ingredients that will promote success in their academic, professional, and personal lives. Working with the organization allows students to gain valuable experience and to learn first hand what it takes to plan events. It also allows them to gain contacts that will be of value to them in their professional careers.

BSA strives to be very active on campus, providing programs of interest and enjoyment for the student body as a whole, not just the Black population. Our annual events are highly anticipated throughout campus and the neighboring communities. Such events include Club Candlelight, the Children's Halloween Party, the Fashion Show, Apollo, and Ms. Ebony ODU. BSA can often be seen networking with other campus organizations, as we are a diverse group. We are always open to new ideas and encourage everyone to come out to our general assembly meetings which are held twice per month in Webb Center.

Jessica Fuller





Catholic Campus Ministry (CCM) is a religious organization for students, faculty, and staff at ODU. From the first experience of college life at PREVIEW to the glorious days of a senior's final semester, CCM offers a wide variety of activities for students not only to foster growth in religion, but to encourage a sense of community and belonging. CCM kicks off the year by welcoming students at Preview and by having an annual "Back to the Books Bar-B-Q". Each Sunday there is Mass on campus for students to worship together. Another main activity we participate in is Relay for Life. At the end of the year, we honor those who have impacted our community in our Recognition Banquet. This is a special way to honor those who have served the CCM community, and it is a way to say farewell to those moving on.

Catherine Kinney



Circlek

Circle K Order is one of the few strictly volunteer and service-based organizations at Old Dominion University. It is affiliated with Kiwanis and has younger affiliations, such as Key Club for high school students and Builders Club for the youth. Each year, our members take part in several service projects. We work closely with the Ronald McDonald House, Salvation Army, Red Cross, Armed Forces YMCA, Relay For Life, Hampton Roads Community Care Program, Habitat for Humanity, For Kids, the Dwelling Place and many more organizations in the Hampton Roads area. The objectives of Circle K Order members are to foster compassion and goodwill through service and leadership, to develop our abilities and the abilities of all people, and dedicate ourselves to the realization of mankind's potential.

This year's officers are President- Lauren Staub, Vice President - Ayanna Hogan, Secretary- Karma Reed, Treasure - Lauren Stokes, Sergeant of Arms - Tamara Barksdale, Historian - Precious Williams, Media, Public Relations - Jessica Woodson, and our Advisor is Barbara Cuffee.

Lauren Staub
President - Circle K Order



College Democrats

Decisions are being made on your behalf in the national and state capitols. Politicians decide the amount of funding your school gets, the economic policy that affects the job market when you graduate, the quality of the air you breathe and the water you drink, what you can say and read, and it goes on and on.

Politicians create the laws that tell you what you can and cannot do and the policy that guides our future. Why would you not want to influence this? It is simpler and easier than you think. Our goal is to bridge the gap between you and politics to give you more control over your life.

College Students Against Drunk Driving



(CSADD)

College Students Against Drunk Driving is an organization at Old Dominion University which takes an extra step forward for awareness. Our area of focus is for ODU students to be aware of the dangers of drinking and driving, and the effects it may have on families and friends.

Delta Sigma Lambda

Delta Sigma Lambda is comprised of women age 25 and up who have returned to school after delays in formal education. The sorority's history began on Valentine's Day in 1956 when a group formed the Twenty-Five Plus Club. Their objectives were Duty, Service and Loyalty. On March 2, 1956, the club members voted to become a sorority. When the Intercollegiate Council accepted their plan, Dr. Ruth Harrell became a sponsor for DSL and served until she retired from Old Dominion University in 1969.

DSL provides a supportive network for women who are working to balance the demands of families, jobs, and academics. Our members represent a broad range of academic fields. Each year, we accomplish much through community service projects to benefit Relay for Life and the H.E.R. Shelter for battered women, but we also make time for fun. Friendships made in DSL often last a lifetime as our alumnae have proven.

In addition to our regular business meetings and social events, we sponsor speaker meetings designed to inspire and empower women. Prospective members are invited to attend our business or speaker meetings, though social events are for members only. Our meeting schedule is posted on our website at <http://orgs.odu.edu/deltasigmalambda/>.

Melissa Watkins Starr

Ebony Impact

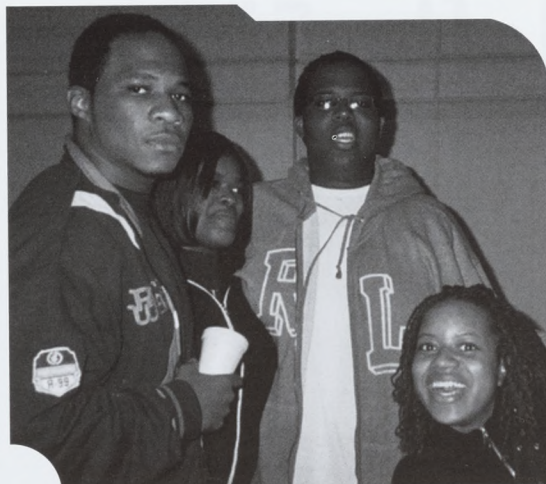
gospel choir

Ebony Impact Gospel Choir, known as E.I., was founded in 1977 on the campus of Old Dominion University. Ebony Impact Gospel Choir's mission is to uplift the name of Jesus in all that we do and to enlighten the ODU community about the word of GOD in song. E.I. is more than a "singing group." Ebony Impact has made a commitment not to only sing about our beliefs but to also uplift this campus academically, as well as socially. Thus, E.I. was named Old Dominion University's Most Outstanding Student Organization in 2004.

Ebony Impact hosts annual events such as Fall and Spring Revival, weekly Bible studies, and programs such as "Let's Talk About Sex." Ebony Impact Gospel Choir's biggest event is the Annual East Coast Gospel Music Festival. The East Coast Music Festival is designed to bring choirs from the east coast to participate in a wonderful night of song and dance.

Ebony Impact Gospel Choir is open to EVERYONE!! We have rehearsals every Wednesday at 7:15pm in Diehn Fine and Performance Arts Building, room #127. you may contact Ebony Impact Gospel Choir at 757-683-5488 or via e-mail at ebony_impact_odu@yahoo.com. We hope to hear from you soon!!

Katrina Thornton
President, Ebony Impact Gospel Choir



Filipino-American Student Association



Established in 1991, FASA strives to reach people of all races to understand Filipino Culture through education, community, social and cultural experiences. During this upcoming year, FASA is planning events such as the 3rd Annual Ballers Only Invitational, Cipher v5.0, Wordplay and our annual production in the spring semester. FASA also plans to participate in events such as the Literary Festival, Cultural Explosion, and the Filipino-Intercollegiate Networking Dialogues's (FIND) Annual Conference at William and Mary.

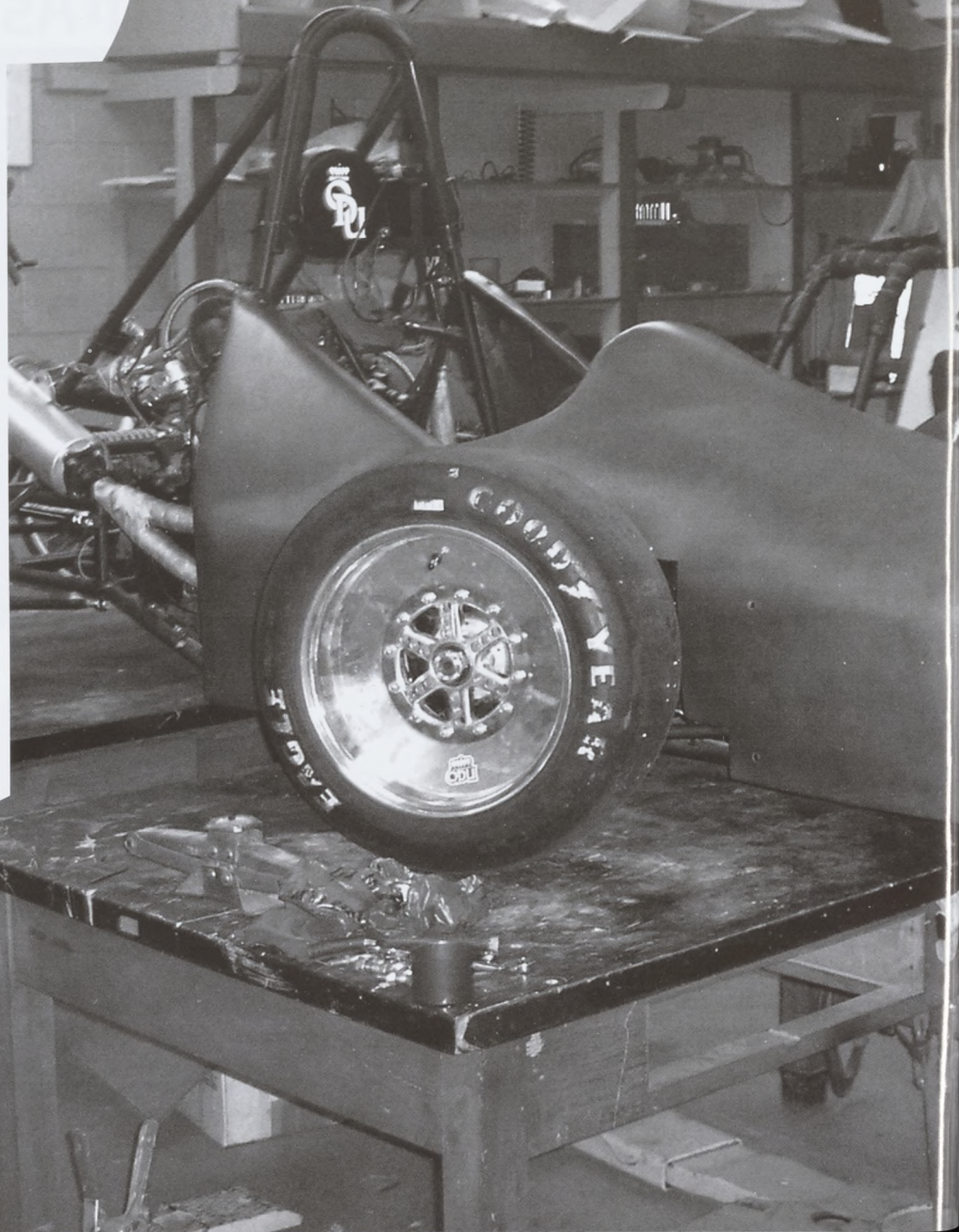
This past fall, FASA hosted a FIND Mini-Dialogue. This Mini-Dialogue was attended not only by students from all over Virginia, but also young professionals and high school students from around the Hampton Roads area. FASA was also heavily involved in sports and community-related activities, such as the Rock and Roll 1/2 Marathon, the ODU CARE Day, and intramural flag football. Being a part of the Multicultural Student Services, FASA has become one of the top organizations on the ODU campus. FASA will continue to thrive in the upcoming years through our inventive ideas, and, most importantly, for remembering the fact that "FASA is family."

Wendell Cruz
Angeline Fontimayor

Formula SAE & BAJA

The Old Dominion University Formula SAE and Baja teams are comprised of engineering and multi-degree seeking students from different backgrounds and strengths. Working on the Formula SAE or Baja project is considered an important part of the learning process for becoming an engineer or successful business professional. Both undertakings provide real world experience for all students involved by providing the opportunity to work on a full-scale team project from start to finish. All members of the teams demonstrate self-discipline, enthusiasm, and teamwork. This year's team is comprised of a select group of students with the skills and knowledge to plan, build, and market a Mini-Formula car and a Mini-Baja all terrain vehicle that will perform at the national competition.

Katie Lucca



Human Services Association



Old Dominion University's Human Services Association is the student organization for Human Services majors and minors in related fields. We hold meetings that provide information related to the Human Services field, participate in campus events, and generate an overall atmosphere of support, fellowship, and fun among members.

In 2004, the HSA expanded to 107 Teletechnet and 91 on-campus members. They dedicated many hours to community service including projects that took us to the Dwelling Place Walk-a-thon, Relay for Life, Community Care Day, and the Ronald McDonald House. HSA established the first Human Services honors society at ODU, the Alpha Delta Omega chapter.



The Human Services Association also sent delegates to the Southern Organization for Human Services Education (SOSHE) professional conference in Atlanta, Georgia, last spring, and they plan to assist in the 2005 conference. If you are pursuing an education in Human Services or a related field, then you are more than likely an individual concerned with the well-being of others. The Human Services Association represents these students who strive to help those in need.

Emily Webster



International Balkan Society

The International Balkan Society (IBS) is a get-together for students, faculty, and staff from the Balkan region in Europe and for all those interested in learning more about our culture, meeting new interesting people, and having fun. The society concentrates on cultural activities with a main goal of raising awareness about the Balkans and allowing those who are interested in the region to interact with one another. Our last major event was the Balkan Movie Festival, which featured six movies from different Balkan countries.

We also organize Balkan parties with food, drinks, and cultural experience from the region. Major events for Spring 2005 that we are planning include organizing a Balkan Culture Lecture Series, which will present different topics from the Balkans' cultural heritage, and an Orthodox Easter celebration with eggs painting and competing contests. IBS participates actively in many campus activities, such as Cultural Connection, Homecoming, Community Service Council, and many others.

IBS is a new organization and its scope will probably expand in the future. We would like to help facilitate student and faculty exchanges between ODU and Balkan universities, to bring books and journals from the region, to get in touch with similar organizations in other US universities, and broaden our activities. We hope that our efforts will enrich and diversify Old Dominion University's ever-changing culture and environment.





MBA Association

The MBA Association was established to provide a forum for professional development and social interaction among MBA students at Old Dominion.

Each semester, our members are provided with activities ranging from speaker engagements to weekly after-class get togethers. Other highlights from 2004-2005 include:

- Negotiating agreements with consumer product companies allowing them to distribute free samples on campus
- Arranging tours of Fortune 500 firms that further improved our understanding of the business world
- Overseeing a formal dinner geared specifically to introduce alumni to current students
- Forming a softball team
- Sending volunteers to aid other organizations' campus projects
- Creating an apparel catalog full of MBA merchandise
- Co-sponsoring a brand new MBA monthly newsletter (with the MBA Program Office)
- And much more

Currently, our organization has roughly 80 members. We truly believe that with more university support, the MBA Association could become one of the top five most important student groups on campus.

Erik Metzroth, MBAA President

Minds About Progress

Minds About Progress is a professional student organization founded on the campus of ODU in January of 1999. Our mission is to promote unity, to ensure maturity and advancement, to promote academic success, and to encourage active and positive community involvement. M.A.P. has a vision to decrease disparities between males and females and to decrease hostilities and ignorance of all races and diverse cultures. M.A.P. seeks to fulfill that vision by hosting building sessions, retreats, educational lectures, workshops, open mics, and family oriented programs. Minds About Progress holds a variety of different programs on the campus of ODU throughout the academic year that seek to fulfill that vision.

In the fall, M.A.P. holds an annual Kwanzaa event in celebration of family, community and culture. M.A.P. also holds another annual event Sankofa, which is an Akan word that means "We must go back and reclaim our past so we can move forward." We also host and co sponsor several bi-weekly and monthly events, such as our open mic, Etymology, building sessions, and Zulu Analysis. If you want more information about our organization, you can attend our weekly meetings in the Webb Center on Mondays.

Nelson Sidney



Monarch Dance Team

The Monarch Dance Team was established in 1990. The purpose of the Monarch Dance Team is to show and promote school spirit for the various school sports and activities on and off campus. The Monarch Dance Team performs at both the Men's and Women's basketball games, Pep Rallies, University events, and other events.

The Monarch Dance Team has been involved in Community Service projects in the Hampton Roads Area. In 2004, these young ladies really focused their efforts on the Norfolk Retirement Home that they adopted as their own and for which they raised funds.

These young ladies constantly fundraiser for Competition, uniforms, and travel expenses. In April of 2004, the Monarch Dance Team placed 2nd in the Jazz Category at the Tremaine Dance Convention/Competition, held in Memphis, Tennessee. These dancers did so well at Competition that these girls will have the opportunity to travel to New York City again to take dance classes from famous choreographers, see musical productions and get a broader perspective of dance.

The Monarch Dance Team is under the direction of Dawn Adams (Head Coach) and Kerry Richardson (Asst. Coach).

Dawn C. Adams
Monarch Dance Team Head Coach



Muslim Student Association

"Educate, Participate, Illuminate"



MSA is an association of Muslim individuals at ODU that provides a common platform for presenting Islam, supporting Muslim communities, developing educational, social and outreach programs. MSA houses a large number of foreign and local students at ODU. MSA also works to help build better understanding of Islam and Muslims on campus and at the same time, to participate with others to build respect and accord between different groups at ODU. MSA strives to foster good relations with other religious communities and civic and service organizations.



MSA develops Educational, Rec/Sports and Outreach programs for ODU students. The Educational activities include weekly classes and invited speaker lecture series, held at the Islamic Center (1442 W. 49th St.). The Rec/Sports activities include picnic trips and sports nights. The outreach programs are intended to present Islam and build better understanding between groups of different faith by organizing lectures and Interfaith panel discussions. Islam Awareness Week is held every year from 8th to 12th Nov. and showcases various aspects of Islam. The outreach program also includes fundraising or food drives for various social service organizations in Norfolk. Please visit our website at: www.odu.edu/ao/msa.





National Association of Blacks in Criminal Justice

The Old Dominion University student chapter of the National Association of Blacks in Criminal Justice (ODU-NABCJ) is an affiliate member of the National Association of Blacks in Criminal Justice, a multiethnic, nonpartisan, nonprofit association of criminal justice professionals and community leaders dedicated to improving the administration of justice. The Association was founded as a vehicle by which criminal justice practitioners could initiate positive change from within, while increasing opportunities for the average citizen to better understand the nature and the operation of our local, state, and federal criminal justice processes. Membership and participation in the activities of the Association are open to all, irrespective of race, creed, or country of national origin.

The goals developed by ODU-NABCJ are designed to enhance public safety, promote crime prevention, build committed relationships between ODU and the community, strengthen university student's personal growth & development, and career & networking opportunities, while also addressing the University's service mission.



National Society of Black Engineers

The National Society of Black Engineers (NSBE), with more than 10,000 members, is the largest student-managed organization in the country. NSBE, also the premiere African American professional organization for students in Technological arenas, is comprised of more than 270 chapters on college and university campuses, 75 Alumni Extension chapters nationwide and 75 Pre-College chapters. These chapters are geographically divided into six regions. We are a diverse pool of talent, from which thousands of companies choose to select employees. Since its genesis at Purdue University in April 1975, this great organization has played a significant role in developing the best and the brightest Engineers.

Our mission is to increase the number of culturally responsible Black engineers who excel academically, succeed professionally and positively impact the community. More specifically, our chapter's mission is simply to cultivate effective leadership.

NSBE's exemplary Executive Board has organized a host of events:

- "Engineers Are Spicy Too" Salsa y Merengue Dance
- Region II Zone Conference
- Nova Chemicals Plant Tour/Luncheon/Presentation
- Weekly Study Hall
- Chartering local NSBE Jr. Chapters

NSBE urges the community to understand that our call to fulfill the mission is not mundane plea but the responsibility of excellence.

Shanese Collins
Chapter President



National Student Speech Language Hearing Association

The ODU chapter of the National Speech Language Association seeks to provide professional growth and socialization opportunities for students who are interested in pursuing careers in speech language pathology or audiology. With a growing membership of undergraduate and graduate students, currently 52 members, we support philanthropic activities that help raise awareness of the issues that many of our future clients face.

We participate in the ODU Buddy Walk and Relay for Life in addition to sponsoring our own fundraising events such as our annual Silent Auction. Through the generosity of individuals who support our Silent Auction, we have been able to financially support many causes, including Operation Smile, Baby's First Book, and Camp Gonnawannagoagain, which provides summer camp opportunities for autistic children.

Our 2004-2005 officers include Courtney Holmes (President), Amy Curling (Vice President), Robyn Collins (Secretary), Alyce Hudson (Treasurer), Meredith Hill (Membership), and Krystle Murphy (Publicity). We are greatly appreciative of our advisors, Mrs. Kathy Fleming and Dr. Anastasia Raymer, for their constant support and guidance.

Wendi Varvel and Courtney Holmes



The Naval Aviation Club

The thrill of flying is rarely surpassed in excitement. The Naval Aviation Club exists to provide future Naval Officers with the opportunity to familiarize themselves with this community in the Navy. Aviation is an integral part of today's military, and Aviators have to be among the most trustworthy and capable individuals in the military. Activities the Aviation Club participates in include survival swimming classes, backseat flights in various Navy aircraft in the surrounding area, general aviation information outside of the university. The Aviation Club is a rewarding experience that opens up many opportunities to students for a sensational career as Naval Officers in the Reserve Officer Training Corps (NROTC)

Officer Candidate
Brandon Oswald

PreHealth Club

The PreHealth Club (PHC), an organization for future health care professionals, was established on the campus of Old Dominion University in January 1985. The PHC was founded with the purpose of providing its members with opportunities to enhance their academic, interpersonal and clinical skills.

Currently one of the largest and diverse organizations on campus, with over 150 members (with various majors/minors) and a team of 15 officers, we offer many opportunities to network with present medical professionals via bi-monthly club meetings/luncheons; conferences and seminars; shadowing, internship and volunteer experiences. We also offer extensive, supportive advising resources as well as assistance with the application process to post-graduate health programs via the PreHealth Advisory Committee (PHAC).

Since its establishment 19 years ago, the PHC has consistently made significant contributions not only to its members but to both the university and community via participation events that promote both social wellness and academic excellence. Our annual events includes (but are not limited to) the following: ODU Community Care Day; Candy Sale and Light the Night Walk to benefit the Leukemia and Lymphoma Society; Kaplan Test Drives; Jr. Marshals for Commencement; Relay for Life; NEST program to feed/house the homeless; Annual Red Cross Blood Drive co-sponsored by our sister organization Alpha Epsilon Delta (Pre-Medical Honor Society) and Beta Beta Beta (Biological Sciences Honor Society) where we collected a record 155 pints in December 2003.

PreHealth Club is committed to excellence. As we approach our 20th year anniversary, our goal is to continue this legacy while educating and promoting the development of caring, dedicated and qualified "Health Care Professionals of Tomorrow."

Wanda L Golden, President



PsiChi | APS

Psi Chi, The National Honor Society in Psychology, was founded in 1929. Old Dominion's chapter of Psi Chi was established on December 1, 1972, for the purpose of encouraging, stimulating, and maintaining excellence in scholarship and advancing the science of psychology. The chapter hosts speakers in various fields of psychology and invites faculty to discuss departmental programs to help members build a strong foundation for a future in psychology. Speakers in the past have included: Dr. Thomas Cash, Lavern Gaines, Janis Smith, Dr. Janis Sanchez, Dr. Robin Lewis, and many others.

The Association of Psychology Students (APS) is an organization open for membership to any student interested in psychological topics and research. Members can have a major or minor of any discipline, and credits in psychology are not required. We have had a very successful year, thanks to the help of our wonderful faculty, staff, and members. Psi Chi and APS members are involved in such activities as fund raising, community service, and social events. In the past the clubs donated books to the Criminal Justice Program and the Tidewater Literacy Council, volunteered at the Dwelling Place, and participated in Relay for Life. On-going and future projects include a visit to Bon Secours Maryview Nursing Center, a food drive for Salvation Army, a toy drive for Toys for Tots, book drives, and many more. The officers for the academic year 2004-2005 include Ebony Bailey, Travia Ferebee, Michele Haley, Jenny Duenas, and Marcela Garcia. Advisors are Dr. Barbara Winstead and Jennifer Younkin.

Jenny Dueñas
Treasurer, Psi Chi & APS



RANGER CHALLENGE

The Ranger Team at Old Dominion University affords highly-motivated Army ROTC cadets the opportunity to acquire and demonstrate specific military skills in a tough, competitive environment and to represent the Monarch Battalion in a 19 school competition. Ranger Challenge training supplements and complements normal cadet military skills training and is geared to the small-unit level of operations; it includes military skills such as communications, patrolling, rope bridge construction, land navigation, weapons, and physical fitness. Participation in the Ranger Challenge training is open to all enrolled ROTC cadets.

On the weekend of October 22-23, 2004, 10 members of the team competed in a brigade level competition at Fort Pickett in Blackstone, Virginia, which consisted of a variety of tasks, both physically and mentally challenging for an individual but more importantly for a team. The competition included 23 teams from 19 different schools from Virginia and North Carolina.

The team commander is Matt Howard, and team First Sergeant is Tyler Espinoza. Team members include J.J. Vipond, Scott Dyer, Andrew Daniele, Wallie lacks, J.R. Haller, Emma Taylor, Adam Shabbott, and David Lora. Team alternates were Les Stanfield and Andrew Lambert.

Cadet Matt Howard



The Student Activities Council (SAC) of Old Dominion University exists in order to initiate and coordinate programming on a University-wide basis that will complement the academic programs of study and enhance the overall educational experience of students through the development of, exposure to, and participation in social, cultural, intellectual, recreational, and school-spirited programs.

The Movies committee coordinates and facilitates the viewing of movies here on campus before you can view them on home release - bringing movies to the campus near you.

Special Events brings the evening programs to campus. Such events have included BMX Bike Stunt show, Comedy Show, ODU American Idol, Murder Mystery Dinner, Laser Tag, and much more.

General Programming brings all the novelty events to the campus. Past events have included Wax Hands, Murder Mystery, Caricatures, and Laser Tag.



We plan and produce concerts specifically with the student body in mind. It's hard work but also a lot of fun. We have done shows with Dave Matthews, Ludacris, Nappy Roots, The Used, Thrice, Lil Flip, Skills, Cam'ron, Freeway, the Ying Yang Twins, Green Day, Backyard Band, UCM, Chris Rock and others.

The Homecoming committee is dedicated to providing the best events during Homecoming Week. Our goal is to provide free, fun entertainment which every student can enjoy.

Community Outreach/Spirit works alongside university organizations in participating in various community driven projects, including Relay for Life, Habitat for Humanity, and Paw Painting.

For more information visit us at: www.odu.edu/ao/sac

Scabbard & Blade

The National Honor Society of Scabbard and Blade was founded in 1904. The Society is comprised of Army ROTC cadets who are dedicated to the highest standards and expectations of academics, military proficiency, service, and character. This year the members have continued their sponsorship of a mentorship program at Larchmont Elementary School, working with at risk children. They also assisted the Larchmont PTA, as course officials, during the 23rd annual RAT (Run At Twilight) Race. This marks the 8th year they were able to contribute, and they look forward to future years of involvement.

The other highlight of the year will be the hosting of a symposium for the other Army ROTC programs from the Hampton Roads area to raise the standard of military education; to encourage and foster the essential qualities of good and efficient officers; and to promote friendship and good fellowship among the cadet officers. The seniors and cadre from the schools will have the chance to share their experiences from this summer's training out at Fort Lewis, Washington, with the juniors as they prepare for their upcoming opportunity this summer.

Cadet Kathryn Moore

SGA

The Student Government Association at Old Dominion University is a group of students that recommends policies and policy changes to the faculty and administration, recognizes student groups wishing to be recognized, and allocates funding to student organizations.

The SGA is divided into three branches: executive, legislative, and judicial. This year is the first year that a House of Representatives exists to allow student organizations to send representatives to discuss issues important to them. The executive officers, who ran in the spring elections as the Freedom Fighters, have a vision for this year that include many big changes for students. Upon entering office, Student Body President Brandon Boyles created an ad hoc Athletics Committee to lay groundwork for the return of a football team at ODU. A comprehensive Student Bill of Rights and Responsibilities is also in the works, with contributions from several committees and interaction with the Faculty Senate. The SGA also hope to start more traditions, including an annual Holiday Ball in the Convocation Center.

The SGA meets weekly to discuss serious issues that students are facing, with regular interaction with faculty and university administrators. But SGA members are college students too! Members participated in the Culture Explosion, Big Man On Campus, Powderpuff Football, Homecoming, Leadership Lab, and an ongoing sports rivalry with the department of Auxiliary Services.

2004 - 2005 Executive Officers:

Student Body President - Brandon Boyles

Vice President of External Affairs - Leighton Harris

Vice President of Internal Affairs - Pam Majumdar



Student National Environmental Health Association

Striving to improve the health and well being of people, members of the Student National Environmental Health Association (SNEHA) here at ODU represent a very diverse and driven group of individuals. Under the leadership of club president Rusty Patterson, the club's primary goal is to enlighten and educate individuals about important environmental and public health issues through an assortment of activities. Members of the organization get involved with the University, as well as the community through activities like Adopt-A-Spot cleanups, community outreach projects, educational seminars given by professionals from agencies like the Environmental Protection Agency (EPA) and Centers for Disease Control and Prevention (CDC), and field trips to environmental health conferences. Other club functions include co-sponsoring the Angel Tree event and Safe Halloween for kids, holding a back to school BBQ, and taking part in numerous fundraisers. Being a part of SNEHA provides endless possibilities to learn about the environmental and public health fields as well as affords a great opportunity to meet individuals with similar interests.

Arabella E. Pelina (Historian)



Student Ambassadors

Student Ambassadors is an organization that seeks to tie together the University's past, present, and future. They have an immense pride in calling themselves Monarchs and demonstrate that love for Old Dominion whenever possible. The Ambassadors can be seen helping out at Open Houses, attending athletic events to cheer on their fellow Monarchs, or assisting in the "Adopt- A- Paw" program. This program developed by the Ambassadors encourages all of the organizations on campus to show their pride on a paw to be seen by everyone on the campus. The organization also insists on going outside of the University to give back to the community. A couple of the community service activities that they participate in are volunteering at the Food Bank and mentoring elementary school children. The Student Ambassadors' goal is to promote spirit, pride, and tradition amongst ODU's students as well as staff. They believe that spirit leads to pride in one's school, which can develop into traditions that members of the university can remember for a lifetime.

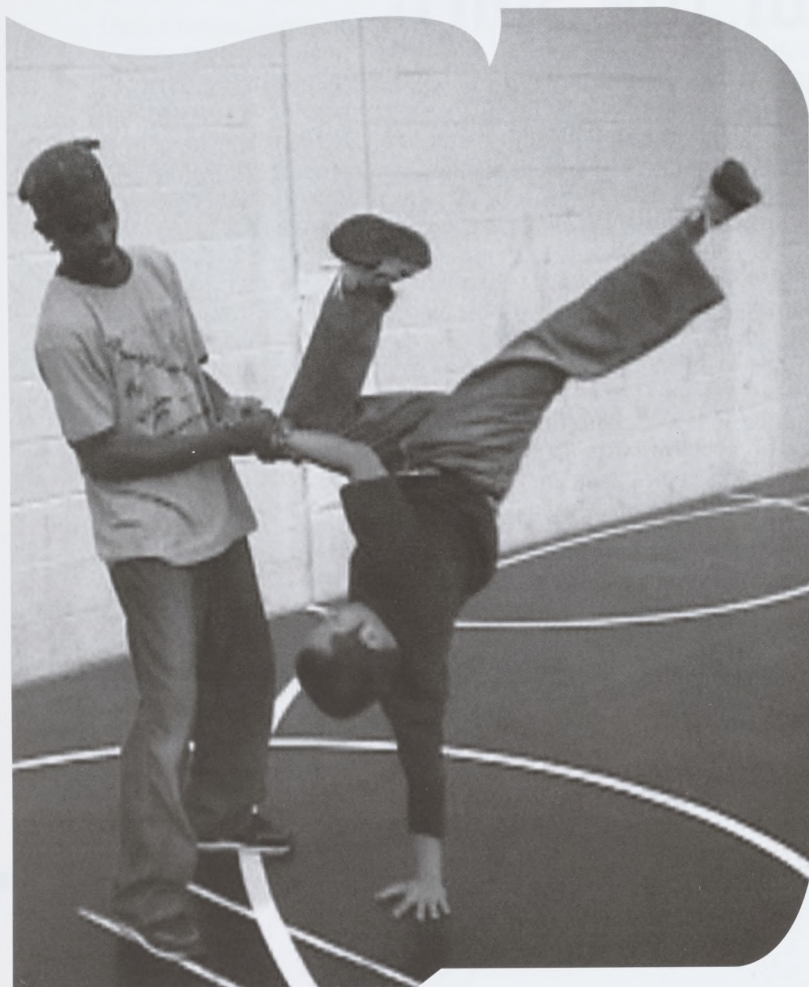
Ashley Jackson

Sword of the Spirit

When many think of Christian Organizations, they think of groups that are going to try and control their lives and tell them what not to do. Sword of the Spirit has set out to eliminate this label. As a Christian Organization, Sword of the Spirit strives to give individuals the tools they need to establish a relationship with God, grow in it, and build these same individuals into leaders. It is our goal to show the world that one can live a life for God and in doing so still have an awesome time and enjoy life. Some of our regular activities include bowling, dinner parties, movie nights, and game nights. In the fall semester alone, Sword of the Spirit has grown from having 10 active members to now having 35 active members and is continuing to grow. We've contributed to the Old Dominion community through participation in Cultural Explosion, Community Care Day, International American Connection, Summer Leadership Retreat, Leadership Lab, and co-sponsorship of activities with other campus organizations. Every Thursday evening at 7:30, we have bible study in Webb Center, and we welcome all who seek to grow in their relationship with God.

Naaila S. Gray,
Sword of the Spirit President

Urban Street Dance Association



Members of USDA have also been seen performing at various university functions such as Cultural Explosion, BSA Halloween Party, and basketball halftime shows. USDA also holds a dance competition which includes the elements of hip hop and prizes.

Jeddie Balido (JEDI)
President of USDA

The Urban Street Dance Association was created to continue and promote the different aspects of street dances. B-boying, b-girling, popping, locking, and acrobats are a few such forms included. Dancers are seen throughout the campus showcasing their skills indoors at the Webb Center or outside on the cement in between classes. The organization holds dance sessions and meetings every Tuesday and Thursday nights in the front lobby of the Fieldhouse. They move to the sounds all the way from old school break beats and early '90's hip hop to house music and today's chart topping hits. At times to liven these dance practices, DJ's will bring out their turntables to feed the members with an ongoing mix. The club is open to those experienced and those willing to learn. This year USDA is happy to see an increase in the number of freshmen and in the number of girls and hopes to continue increasing membership with every year that passes.



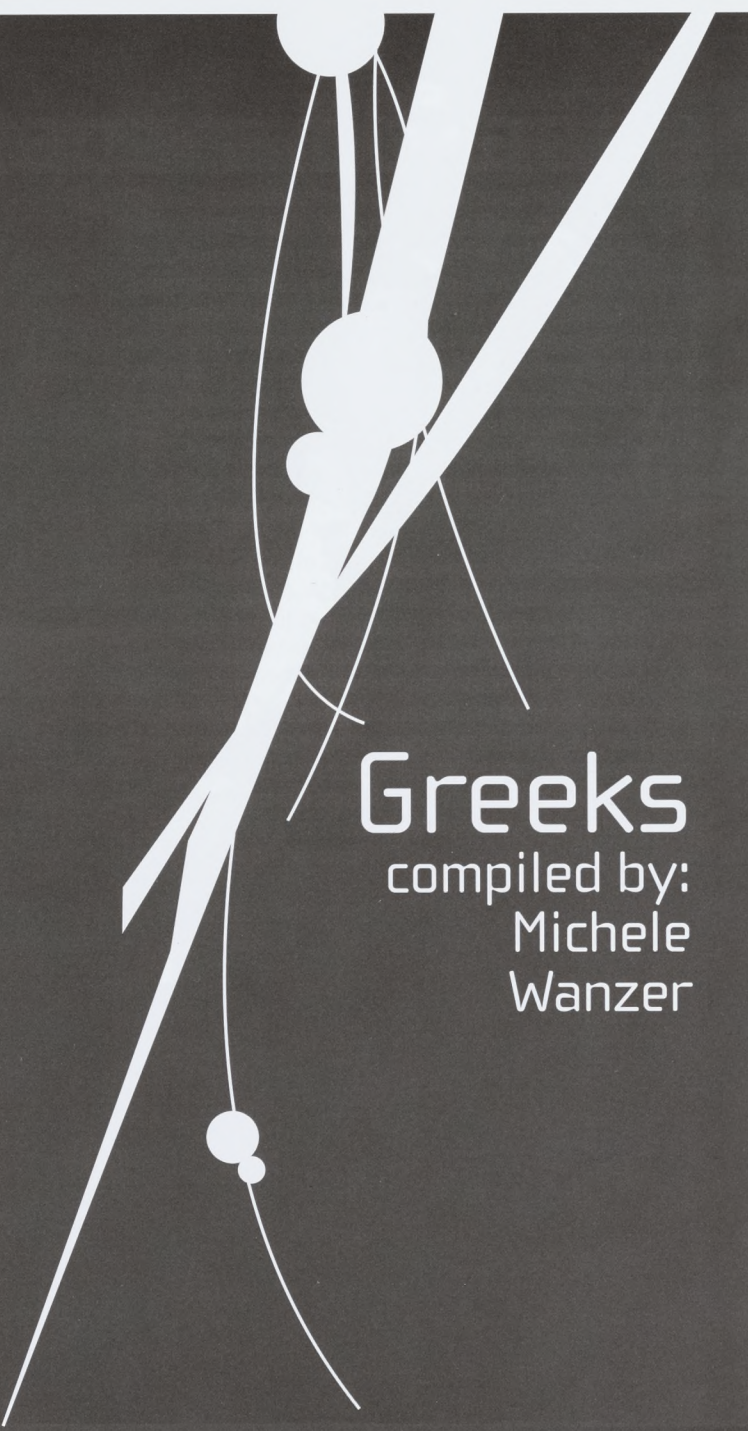


WODU

WODU is Old Dominion's student-run radio station. Students are not only DJ's, but they also act as the station's management. There is a full-time schedule of free-form radio that includes hip-hop, rock, news/commentary, and everything else. You can check out the station @ www.woduradio.com. Students in the dorms can view these programs on ODU cable channel 51.

Rome Gehrig





Greeks
compiled by:
Michele
Wanzer

ALPHA PHI ALPHA

The brothers of the "Nasty" Nu Theta chapter of Alpha Phi Alpha Fraternity, Incorporated have steadfastly been marching onward and upward toward the light. We have also been diligently working towards uplifting the community by way of our campus involvement.

This semester our chapter was successful in coordinating numerous events. These activities include but are not limited to community service and performing at the Fall Block Show. The Fall Block Show has become an annual event that has allowed not only the men of Alpha Phi Alpha, but all NPHC Greeks to showcase and promote the ideals of their organization through stepping. Many ask why our chapter takes so much pride in stepping. The brothers of the Nu Theta chapter use stepping as a means of celebration. We use it as a means of passing down our heritage, the same way various tribes in Africa use different dances to celebrate, symbolize, and pass down their history.

Our chapter is also committed to uplifting the community through manly deeds. These manly deeds consisted of participating in the Fall 2004 "Buddy Walk." The Buddy Walk was an event held to raise awareness about children with Down Syndrome. Another event we participated in was a Haunted House for the Southside Boys and Girls Club of Portsmouth, Virginia. This also has become an annual event for our chapter. In the coming weeks, we will be assisting our graduate chapter with its "Salvation Army Bell Ringing" project. During the holiday months, the brothers will be ringing the bells outside of various stores within the Tidewater area to raise money for the Salvation Army.

One of our future events will be our illustrious "Miss Black and Gold" pageant. The brothers are making preparations to build upon the success of last year's pageant.

Domonique Goode, President
Nu Theta Chapter



DELTA SIGMA THETA

Delta Sigma Theta Sorority, Incorporated is a non-profit, public service, sisterhood organization built on Christian principles. Delta Sigma Theta Sorority Incorporated was founded on January 13, 1913 on the campus of Howard University by twenty-two educated black women to maintain and establish morality and scholarship among black women. The Lambda Eta Chapter of Delta Sigma Theta Sorority, Incorporated was chartered on Sunday March 17, 1974 by 11 trailblazing black women who are known as the Eleven Shining Stars. The current members of the Lambda Eta Chapter are:

Karma Reed - President
Ashley Pride - Vice President
Candice Crocker - Recording Secretary
Tabitha Daniel - Recording Secretary
Aneesha Faniel - Treasurer
Ashley Mabrey - Financial Secretary
Ayanna Hogan - Parliamentarian
Misty Waytes - Sergeant at Arms
Zena Perthone - Historian
Precious Williams - Chaplin
Kristen Wells - Public Relations Chair
Dalyana Tillman - Programming Chair
Gia Dyke - Fundraising Chair
Ivy Dennis - Community Service Chair
Tamika Champagne
Ciara Bradberry
Katrina Conaway
Tequila Jefferson
Caroline Knight
Teresa Wesley

Karma Reed



DELTA ZETA SORORITY

The Theta Phi Chapter of the Delta Zeta Sorority was founded on December 11, 1965, at Old Dominion University. The purpose of Delta Zeta is to unite its members in the bonds of sincere and lasting friendship, to stimulate one another in the pursuit of knowledge, to promote the moral and social culture of its members, and to develop plans for guidance and unity in action, endeavors worthy of the highest aim and purpose of associated effort.

Delta Zeta Sorority's national philanthropy is the Speech and Hearing Impaired and the Theta Phi chapter works to bring awareness to the community about this cause and also donates funds to its efforts. At the 2004 Delta Zeta National Convention, the Theta Phi Chapter was the only chapter in Virginia to receive an award for having one hundred percent involvement for the 1902 Loyalty Circle Foundation.

Locally, the chapter has adopted the Virginia Aquarium and Marine Science Center as its local philanthropy. The sisters have contributed over one hundred hours to the aquarium in one semester and will continue their work there.

The sisters of Theta Phi are excited to welcome wonderful new women into their chapter each semester and look forward to branching out in both the ODU and Hampton Roads' communities.

Jamie Stump



Old Dominion's Kappa Delta Rho is not an ordinary fraternity. We strive to make ourselves as diverse as possible. We pride ourselves on not fitting one stereotype or another. Is KDR for everyone? No. Fraternity life is a huge responsibility and a lifetime of dedication. But for those who do join, we can promise exciting new opportunities that they can find nowhere else on campus. Kappa Delta Rho has made great strides in becoming one of the more recognized chapters on campus. In this semester alone, we have tripled our chapter's size, gaining thirteen new members. Thanks to new members, like Jon Ishee, who planned our annual Car Bash, we raised almost three hundred dollars for charities. New members Jon Reynolds and Chris Deuell have helped significantly with the aid of Brother David in setting up a stable and continuous fundraiser with the Norfolk Scope and are in the process of organizing community service with the Kings Daughters Children's Hospital. Currently, we are getting more brothers out there wearing letters, which in turn is gaining us recognition among the ODU community. Also, the brothers of KDR are making great improvements on our new member education, making sure our pledges realize they are not just joining a fraternity, but they are also embracing the fraternity's values, which will be with them their entire lives.

Kappa DELTA RHO



Timothy Gioconda



LAMBDA CHI ALPHA

Fraternity, Morality, Learning, and Patriotism are four values that the Lambda Chi Alpha fraternity upholds. We start off each year searching for these qualities in young gentlemen, and this year was no different. We pinned eighteen men in our fall rush. We held rush events including barbecues, sporting events, and our annual wing-eating contest at Dixie's Tavern. We hope to expand on those numbers during our spring rush, in order to keep our chapter growing.

Our chapter is actively involved in community service projects on campus and off campus as well. We had a large amount of Brother and Associate Members' support at ODU's Community Care Day. We walked around campus throughout the day picking up trash and making our campus look beautiful. Also, our chapter participated in our national fraternity's annual service project, the North American Canned food drive. We collected over 5,000 pounds of food from Norfolk neighborhoods.

Another important aspect of our fraternity is academics. This past academic year, our chapter had the second highest GPA of all Greeks and the highest of any IFC chapter. With study sessions in place, we hope to have the highest overall GPA for next year. Our Sigma Iota chapter is active in athletics as well, competing each year for the coveted President's Cup. We are working closely not only within our chapter, but with the school also to see that Lambda Chi Alpha continues to grow and prosper in the upcoming years. ODU can benefit greatly from Greek life, and Lambda Chi Alpha is here to lead the way.

Danny Kammer & Josh Crawford



PI BETA PHI

Pi Beta Phi was founded on April 28, 1867, at Monmouth College in Monmouth, Illinois. The Virginia Delta chapter has been at ODU for the past 36 years. The mission of Pi Beta Phi Fraternity for women is to promote friendship, develop women of intellect and integrity, cultivate leadership potential and enrich lives through community service. We are based on six core values: Integrity, Honor and Respect, Lifelong Commitment, Personal and Intellectual Growth, Philanthropic Service to Others, and Sincere Friendship. Pi Phi's philanthropies include Arrowmont Settlement School, Young Park Elementary School, and Links to Literacy. On campus, we participate in events such as Relay for Life, an annual fundraiser where all of the money made through donations, food, and games goes to the Relay for Life Foundation. We also sponsor Pie with the Pi Phi's in which we help raise money to support our philanthropies. This year, Pi Phi is going to be reading with Young Park Elementary students as we take part in a mentoring program. We continue to work toward our goals through Old Dominion and through our commitment to the national organization.

Amanda Cagle



Sigma Gamma Rho

"Greater Service, Greater Progress" was to become the slogan and call of the organization that made November 12, 1922, a significant date in the history of the Black Greek community, for this date would mark the establishment of the first sorority of Black women on a predominantly white campus, Butler University in Indianapolis, Indiana. Three other sororities of Black women, all founded at Howard University, had already been established in the early 1900s. Because Black students could not join the all-white Greek sororities at Butler, a tough and determined Black female, Mary Lou Allison Little, envisioned the need to pull Black women together into the bonds of sisterhood. Six other Butler students who had chosen teaching as their profession joined Soror Little in laying the foundation for a new sorority and further advancing the Black fraternal movement. Over 78 years later, with a membership of over 80,000 founded in over 450 chapters in the United States, the Caribbean and Germany, the legacy of Sigma Gamma Rho continues. The Theta Chi chapter of Sigma Gamma Rho Sorority, Inc. was founded on March 20, 1982, on the campus of Old Dominion University. Since this day, the classy ladies of Theta Chi have strived for and achieved excellence in the areas of scholarship and service on ODU's campus. The chapter currently consists of seven women:

Takeya Terry - President
Kendall Shearn - Vice President
Tara Hogwood - Secretary
Felicia Ford - Treasurer

Tiffany Mitchell - Parliamentarian
Misha Bryant - Historian
Jacquie Greely - Chaplain



Fall 2004 proved to be a busy and productive semester for the ladies of Theta Chi. Our list of activities this semester include:

"Vote or Die: The Ballot or the Bullet?"
"Don't Get Got: Keys to Auto Maintenance"
"Black students at HBCU's vs. Black Students at White Colleges: Who's Getting the Short-end of the Stick?"

We also celebrated our Founder's Week this semester hosting events from November 8th - November 12th. These programs included:

"Black Eats: Food for the Soul"
"MAC Night"
"Founder's Day Birthday Bash and Salsa"
"The Roommate Game"
"Founder's Day Dinner"

The classy women of Theta Chi also supported ODU in such events as Freshman Move-In, Meet The Greeks (hosted by NPHC), Mainstreet, and the Cultural Explosion. We also participated in two voter registration drives this semester and completed several community service events such as volunteering at the YMCA, Fort Monroe Youth Services, and the Mission. For more information on Sigma Gamma Rho's "Classy" Theta Chi chapter and to find out what we have going on next semester, check us out at www.geocities.com/thetachi_chapter

SIGMA PHI EPSILON



Sigma Phi Epsilon has been making great strides this semester. In the summer months, using Preview, our men recruited many of the incoming students that walked through Webb Center. While the students were there brothers answered fraternity questions, got to know the incoming freshman, and took down many names and numbers of some promising young men.

Our fall semester started off really strong. Recruitment was our biggest focus. We had many Rush events and encouraged the potential new members to bring friends and classmates out too. We had many successful barbecues and took them for laser tag and other various trips out. Bids were given out and we were fortunate to pin seventeen men.

Aside from showing our new members what Sigma Phi Epsilon is all about we've been very proactive with planning socials with the sororities. Keeping the semester moving forward our chapter has also been very involved with all the recreational sports ODU has to offer. Some of the sports we've participated in have been tennis, flag football, table tennis, and indoor soccer being the most recent event.. Our chapter, along with Lambda Chi Alpha, went out to Chesapeake to help with the Chesapeake's Police Department, Riot Division. We went there so that we could participate in a mock riot. The police were trained on how to remove protestors, handle group riots, and how and when to use force.

SigEp also went out and helped with the TGIF Event held in the Hilton Garden Inn. Along with our brothers we teamed up with the Lady Monarchs to show our Monarch Pride. The event went off without a hitch and we were happy to have participated and help clean up. This semester has proven that good organization and commitment can warrant a strong new member class. We're striving to continue down this path so that our chapter will grow stronger and have the manpower to do more things on campus here at ODU.

By: Eric Toomey



ZETA PHI BETA

The Rho Nu Chapter of Zeta Phi Beta Sorority, Incorporated was founded on November 15, 1987, on the campus of Old Dominion University. The members of this organization are women who strive to excel far beyond their potential. Since Spring 2002, the chapter has accepted nineteen women. The chapter has received awards such as NPHC Chapter of the Year, Program of the Year for Greek Honor Organizations, and Best Chapter GPA. The young ladies of the Rho Nu chapter set high standards for their members and work diligently to help others in all of their endeavors. Throughout the school year, the chapter sponsors programs that uplift the community as well as those that will benefit the less fortunate. These programs include but are not limited to "Making Sandwiches for the Less Fortunate", collecting canned foods and clothing during the holidays, volunteering at local schools, and mentoring high school young women who are unsure what college can offer them. Other programs which focus on educating the community include voter registration drives, blood drives, and informational programs to inform others about Zeta Phi Beta Sorority, Incorporated. The women of this chapter are devoted to service and continue to uphold the principles of their sorority.

Zeta Tau Alpha

Zeta Tau Alpha would like to welcome our new members to the Greek community. Congratulations to Samantha Barnes, Kimberly Drisko, Stephanie Franks, Courtney Miller, Kristen Miller, Haley Mitchem, Ashley Reichelderfer, Ashley Sorady, Maureen Walker, Heather Amtower and Jannah Tuter! This semester has been a busy and fun-filled semester for Zeta. The Zetas also had their monthly adopt-a-street cleanup and one month the men from Theta Chi Fraternity came to support and help clean. After the street clean up we enjoyed a barbeque to get to know one another. The month of October is Breast Cancer Awareness month., our national philanthropy, and the Zetas passed out pink ribbons on the ODU campus to help raise awareness. The Zetas also helped at the annual "Race For The Cure" in Virginia Beach. The Zetas also started a pageant called "Big Man On Campus", a new way to raise money for breast cancer research. There were three types of recognition awarded: Mr. Philanthropy, Mr. Popular and BMOC! This years Mr. Philanthropy was Ryan Brown. Mr. Popular and BMOC went to Barry Wilson. Runner up for BMOC was Bryan Williams.



AUTOGRAPHS



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2004 ODU Laureate Staff



Co-Editors:

Michele Wanzer / Adrienne Gainer

...would like to thank: everyone who helped out in the production of this yearbook. I especially want to thank all of the organizations and sports athletes that gave their time writing articles and letting me interview them. Thank you also to Dionicia, Milton, Jesse, and Adrienne for all of your hard work for the book.



graf / d'sign:

Jesse Courtemanche

...would like to thank the following: god; mom and dad, for putting up with me these 20-odd years; lucien, for the plug and being a genuine friend; dionicia, for the opportunity, guidance and positive attitude; kenneth fitzgerald, for sharing your time and wisdom; jason, for being more of a listener than i will ever be; silk, for being a brother; noggin, for being the voice of reason on more occassions than i can recall; 1015; bob probert; the macabre crew, the laureate staff and all of the professors and adjuncts that have taught me at ODU - thank you all.



Photographer:

Milton Hill

...would like to thank the following photographers: ben stevenson, chuck thomas, carlos sanchez and the faculty for their contributions - you've been wonderful.

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