



Special points of interest:

- Nathan Neal - our fearless leader
- Alumni Attend Initiation
- Local Housing Corps Report
- Capital City and the Marine Corps Marathon
- Support for local Undergrads

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October 1, 2002

Capital City Constantine

SIGMA CHI
CAPITAL CITY ALUMNI ASSOCIATION

Report of the President

Nathan A. Neal - E '83

Our next meeting will be held on **Wednesday, October 9, 2002, at 7:00 p.m.**

We will be returning to **CHADWICKS OF GEORGETOWN** located at **3205 "K" Street, NW in Washington DC, 202-333-2565.** At our

previous meeting on September 11, 2002, members of Capital City conducted a White Rose Ceremony in honor of those SIGS whose life was cut short due to the September 11, 2001 attacks. ALL HONOR TO THEIR NAMES. The Capital City presiding members who conducted the White Rose included Treasurer Bob Grabowski and myself. In

addition, we would like to express our thanks to the Kappa Rho Chapter for allowing us the use of valuable SIG material until we receive our own. Our next meeting will be more social in nature and we can once again enjoy the company of Brothers and the half-price appetizers and beverage specials on Wednesdays at **CHADWICKS OF GEORGETOWN.**

On the Horizon, is our group's attendance at 27th Marine Corps Marathon. We have three members who are competing in the race: Mike Lally, Vincent White, and Grant Olan. We

wish them well. The 27th Marine Corps Marathon will be held on Sunday, October 27, 2002, beginning near the Iwo Jima Memorial in Arlington, Virginia. The mission of the Marathon is to promote the United States Marine Corps commitment to physical fitness by organizing a "People's Marathon" where runners can achieve a personal goals and realize their full potential. More than 16,000 runners have registered to run one of the most scenic routes in the country: along the Potomac, around the Pentagon, down the National Mall and

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Initiation - An Alumni Perspective

Robert Mellen & James Paluskiewicz - KP '01

On Saturday, September 21st, 2002 Members of the Iota XI Chapter of the Sigma Chi Fraternity initiated four new brothers into their Chapter. The newest additions to George Mason's Sigma Chi brotherhood are Mike Isabel, Ryan Mulkay, Andrew Shivickas, and Zack Fuqua who were under the guidance of magister Joe Kennedy. The event was held at the Episcopal Church of Our Savior in Silver Spring, Maryland. Everyone did an excellent job and the event was well attended by undergraduates

and graduates alike. Many George Mason alumni attended including but not limited to Dan Glass, Adam Bailey, and John Miller. The Capital City Alumni Association was proud to have had non IX alumni brothers Nathan Neal, Ryan Harmon, Rob Mellen, and James 'JP' Paluskiewicz attend to further demonstrate that Cap City is ever willing to show our support whenever we can for all local undergraduate Chapters. We would like to further congratulate Iota Xi for selecting 13 quality men,

later that same day, for their next pledge program.

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Report Of The President (cont'd)

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around the Capitol Building. We are planning to be there to support our fellow SIGS, and a new member of Capital City Ryan Shuell, Iota Alpha Chapter, has agreed to coordinate this event. Our Social Chair Heath Hutchison will help him. Ryan's email address is ryanshuell@yahoo.com and Heath's email address is hvhutchison@worldnet.att.net

In the near future, plan to hear more from them on the exact location on where we will meet up on October 27, 2002, along the Marine Corp running path. Additionally, Capital City would like to welcome the following members to our ranks. They are: Michael Stefanski - Kappa Rho 2002, James Ormered - Kappa Rho 2002, Robert Farrow - Kappa Rho 2002, Ryan Shuell - Iota Alpha (Cal State San Bernidino) 1997, Abel Olivio - Alpha

Gamma (Ohio State) - 1999. Also, on the Horizon is a Birthday. Kappa Rho turns three years old on October 9, 2002. From your Installing Magister and Honorary Installing Officer ~ **Happy Birthday Kappa Rho!!!**

As for our official Chapter status, I have been told that the Sigma Chi Executive Committee will be entertaining our Formal Petition at their next regularly scheduled Executive Committee meeting. While Capital City has been in existence for more than the year time requirement, because of the attacks of September 11, 2001, the Executive Committee September 2001, meeting was postponed and held during the weekend of October 19 - 21, 2001, at which point we were approved as an Association. According to the SIGMA CHI BULLETIN, SPRING 2002, EDITION, the vote on Capital City's

approval as an Alumni Association was 8 in favor, none opposed with Grand Trustee Member Robert H.W. Jones, III abstaining from the vote. Nonetheless, we hope to be approved at the next regularly scheduled Executive Committee meeting. The reason for the abstaining is not clear.

Finally, Jon Miller the long-time Chapter Advisor of the University of Maryland has been appointed Assistant Grand Praetor for the Eastern Province. According to the announcement, Brother Miller is a 1966 graduate from Oklahoma State and currently serves as Chief Information Officer for Reilly Mortgage Group, Inc., in McLean, Virginia. His term in office begins immediately and he will serve until the next elections at the 2003 Grand Chapter.

"You Will
Find It Here."

Local Housing Corporation Reports

Frank Araby, President EHT, E' 84

Heath Hutchison, President SCRHT, KP '00

EHT - Frank Araby

The Epsilon Housing Trust, Inc. is truly enjoying our position as an absentee landlord and have great tenants. There have been no issues to report and all seems well.

Looking to the future, we are establishing a Colony Committee. If anyone is interested in volunteering please contact me at, frank.araby@telelogic.com or 703.708.1424.

SCRHT - Heath Hutchison

The Sigma Chi Rho Housing Trust, Inc. (SCRHT) at American University (Kappa

Rho) recently conducted the quarterly meeting on September 10th, 2002. I believe that the meeting was very productive and the Housing Corporation and the undergraduate chapter were able to lay the ground work for another productive year. Of particular interest will be the Fall 2002 Initiation Luncheon to be held following the Kappa Rho Initiation later this year. For obvious reasons we will not publish the date, but you all will be invited to the initiation and the following luncheon which will most likely be held on the American University campus. The price of the

Luncheon is \$15, but more details to follow. We are working with the brothers to create an entertaining program, so a good time should be had by all. More details to follow.

On a business note: The SCRHT is a very young Housing Corporation and we need as much support as possible for any alumni who would like to help. We have some opening on our Board of Directors and are in an exciting growth period. Please contact Me if you are interested, I will have more details for you.

They're Off - And Running, That Is

"Nasty" Nathan A. Neal - E '83

Of all running events, and perhaps all sporting events with their roots in the Olympics, the marathon is by far the most storied. Legends have been built around this great race. In fact, the legend from which this event is derived is a tale of valor, persistence, and triumph. As the story goes, a very large Persian army had landed near the battlefield at Marathon, Greece in 490 B.C. with the intent of invading Athens. The Greeks dispatched a messenger to enlist the help of the Spartans nearly 150 miles away. But when a reply was too timely in coming, the Athenians decided to attack on their own. They fell upon the larger Persian army while it was still preparing to battle and prevailed against great odds. A messenger, Pheidippides, was immediately dispatched to Athens to carry news of the victory. As legend has it, he ran the nearly 25 miles in record time. When he reached the city, he cried out "Rejoice and conquer!" and immediately fell to the ground, dead. While this tale is most likely pure fiction, the inspiration drawn from it cannot be falsified.

In 1896, when the modern Olympic games were inaugurated, the French sponsor of the event, Pierre de Coubertin, felt that the games should highlight the host country of Greece. He had heard the legend of Pheidippides and wanted to commemorate it through a 24.85 mile (40,000 meters) run from Marathon Bridge to Olympic stadium in Athens. The race drew a crowd of over 100,000 and was hallmarked as the keystone event of the games. Word of the race spread quickly around the world and within a few years, a 25-mile marathon was being run in Boston and New York. The official race distance of 26 miles, 385 yards began at the London Olympics of 1908. The original 26-mile course was designed to cover the distance from Windsor Castle to White City stadium. Days before the start of the games, 385 yards were added on so the race could finish in front of King Edward VII's royal box. By 1924, the distance was made official.

To this day, the marathon remains a challenge of the human spirit. To race a marathon is a great feat, and to finish requires both physical and mental strength in extreme proportions. The Capital City Alumni Association is honored and proud to have three of its members who will challenge themselves and the clock as they race the 27th Marine Corps Marathon on October 27, 2002. **Michael Lally, Grant Olan** and **Vincent White**, will join the field of 16,000 runners from around the world as they pace through the 26.2-mile course traversing our nation's capital and past some of the finer watering holes and other important sights that this city has to offer. Here are their stories.

MICHAEL LALLY ~ "I'M SO CRAZY THAT I'M GOING TO TRY TO WIN"

Running, to me, is a metaphor of life. A long distance



race with its hills, valleys, "cruises" and "walls" mirrors the many changes and events we experience throughout a lifetime. This metaphor and the challenges it presents are my reasons for running. The Marine Corps Marathon, like running itself, has become an obsession of mine. This time last year I was in Dublin, Ireland racing the Adidas Dublin City Marathon. At the halfway mark I partially tore the lateral meniscus in my right leg. I continued to run the race and paced myself through another 12 miles of excruciating pain before my knee finally gave out and I was carried off the course in an ambulance. A year's worth of dedication, hopes and dreams were immediately crushed as I hit the cold pavement that day. Had I completed the remaining 1.2 miles, I would have finished near 2 hours, 31 minutes, likely placing 23rd in a field of over 5,000 and making me the first American to cross the line. It would have been an amazing accomplishment.

I was able to avoid surgery for that injury, but I was unable to run for nearly four months. I battled the personal fears and doubts imparted by my own consciousness and questioned whether I should continue running. Was the thrill of the race worth risking permanent injury? I contemplated the situation for many lonely hours and finally set my mind on completing a marathon the way I would have in Dublin. I dared myself to think big and set my sight on potentially winning that race. The Marine Corps Marathon seemed to be the natural choice with its proximity to my home, family and friends; the support I would need to achieve my goal. I focused on my target and commenced training eight months ago, suffering through rehab and getting myself back into shape. From that time until the present I have sustained and beaten some minor injuries (shin splints, tendonitis, etc.) but I have been able to stay the course and my determination runs high. Will victory in the marathon be mine? I question that daily. It's possible, and I have put forth the time and effort to make that probable, but nothing in life is guaranteed. Champion or not, I have discovered that the journey in getting to the race has been, in many ways, its own reward. Regardless of where I place in the field, I know that October 27th will mark a day of personal victory for many reasons.

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GRANT OLAN ~ "I THOUGHT I WAS GOING INTO THE NAVY, WHEN I GRADUATED, BUT I FOUND SOMETHING ELSE TO DO"

While it's going to be an uphill battle, I'm looking forward to the challenge. The race is now only three and a half weeks away and quickly approaching. For me, a novice run-

ner, I just hope to get through the race. If I can do that, then I'll be joyous.

However, I can't do it alone. Vinn and Mike have been a tremendous help; and, in the end, what I think it will all come down to is seeing familiar faces in the crowd. There is nothing more encouraging and motivating



Grant
& Tipper Gore

than seeing those one has tipped back glasses of Miller, Harp or Sam with, or driven to New York with to get a free meal from TGI Fridays, cheer you on to the finish in the midst of over tens of thousands of people and braving the 40 or 50 degree weather throughout the early and long morning. It is that kind of commitment that is going to propel me along to the completion of my first marathon.

My favorite quote, quite appropriate for such an occasion, has always been, "The race is not to the swift, but to those who keep on running." That's what I'll be thinking about before, during and after the race. May none of us ever stop running?

VINCENT WHITE ~ I HAVEN'T DISAPPEARED, I'M STILL ALIVE AND ABLE.

I really didn't have a firm grasp of what running in the Marine Corps Marathon meant to me, and how much of my character it has brought me to this day, until recently. On Saturday, September 21, I fool-heartedly found myself on a football field on the mall, and later at the emergency room of Georgetown Hospital. Despite the culmination of my training and the focus of running 26.2 miles, I let myself meander onto that field, placing it all in jeopardy. Fortunately, I sustained a pair of fractures to the left middle finger, one of which is now lodged in the joint. I say that the result was fortunate because, the injury notwithstanding, I found myself in the ER thankful that I had my legs and feet in tact - ready for the race.

I feel strongly that my blurred vision and lack of focus nearly brought a year's worth

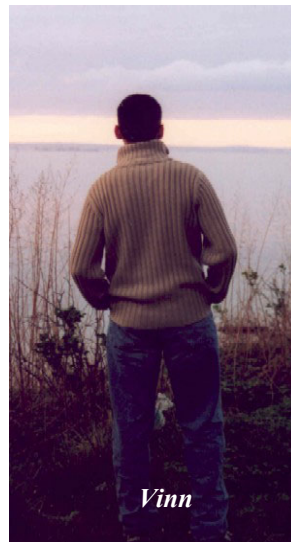
of diligence to an end. My ability to get swept up in the moment, quite nearly deprived me of my bigger goal: to finish the race and, more importantly, to finish what I started.

These trials in life are not only found in the history of our fraternity, but in every facet of everything we do. They build upon and result in who we are. My personal lesson throughout this endeavor has not only been to lead with your heart and express diligence in all that you do, but it has also reinforced the importance of depth in vision, the notion of mental toughness and the necessity of focus. As men of excellence, I would preach that we all apply life's lessons and build upon those for the future.

And for those of you, who are wondering, the other team scored a touchdown on the play, literally bringing insult to injury. It matters not, though, because my focus is renewed and the marathon will be my way of proving that.

As President of Capital City and former Chapter Advisor to the three, its is quite amazing that we have three fine men challenging themselves in this great race.

Too bad they didn't contact me early and inquire as to whether I could be apart of this fine event. Of course, my answer would have been a resounding and inspirational HELL NO! However, I would have considered the thought. Nonetheless, on October 27, Capital City Alumni should attend this event to encourage our fine Brothers. Good Luck to: **MIKE "I'M SO CRAZY THAT I'M GOING TO TRY TO WIN" LALLY**, **GRANT "I THOUGHT I WAS GOING INTO THE NAVY WHEN I GRADUATED BUT I FOUND SOMETHING ELSE TO DO" OLAN** and **VINN "I HAVEN'T DISAPPEARED, I'M STILL ALIVE AND ABLE" WHITE** in the race.



Vinn

Important Dates

- **October 9** - Kappa Rho - Three year Anniversary
- **October 9** - Capital City Alumni Meeting - 7:00 pm, Chadwick's of Georgetown
- **October 10 - 12** - Foundation Board of Governors Meeting - Sigma Chi HQ, Evanston, IL
- **October 18-20** - Grand Trustees Meeting - Key West, FL
- **October 24** - RMF Board Meeting - Sigma Chi HQ, Evanston, IL
- **October 31** - Halloween
- **November 15-17** - Sigma Chi Alumni Training Workshop - Nashville, TN
- **January 31 - February 2** - Executive Committee Meeting - Orlando, FL



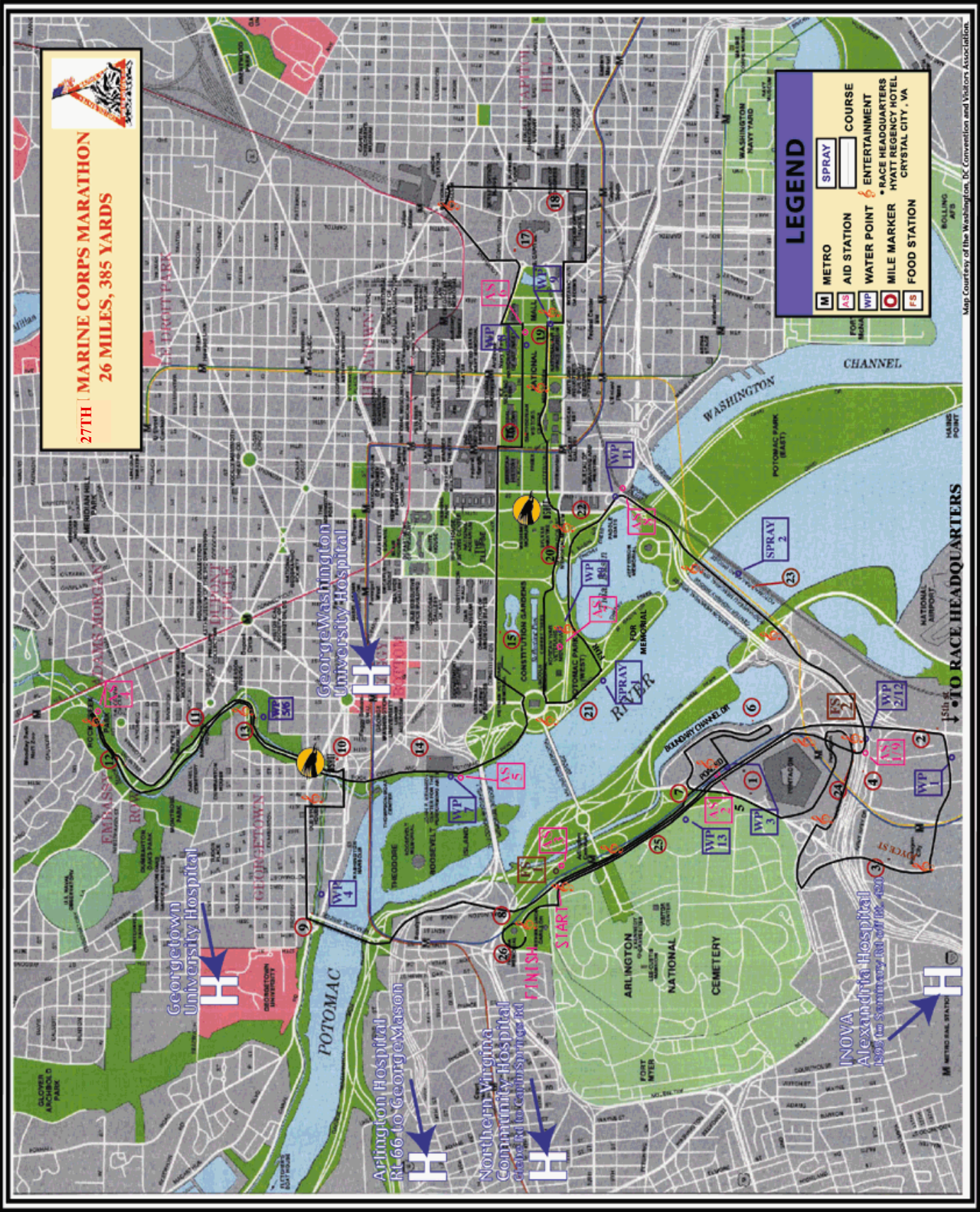


27TH MARINE CORPS MARATHON
26 MILES, 385 YARDS

LEGEND

M METRO	AS AID STATION	WP WATER POINT	MP MILE MARKER	FS FOOD STATION
SPRAY	COURSE	ENTERTAINMENT	RACE HEADQUARTERS	HYATT REGENCY HOTEL
				CRYSTAL CITY, VA

Map Courtesy of the Washington, DC Convention and Visitors Association.



Local Undergraduate Chapter Reports



Kappa Rho - American University Dan MacAvoy - Tribune

www.sigmachi.xs3.com

This semester, the Kappa Rho chapter has formally pledged a class of seven men, making up the chapter's theta pledge class. Led by **Marshall Thompson** as Magister and **Brian Ayers** as Assistant Magister, this pledge class can look forward to participating in traditional events, as well as some new events. Already, the thetas have seen a mix of the classic and the new—Toasting a ceremonial Harp Lager with founder **James Messina**, taking to the streets to chalk the greek alphabet outside of American University's Mary Graydon Center, and participating in a first-ever pledge class retreat on the New Jersey shore. All events were rousing successes, and the brother-

hood is looking forward to seeing what else Marshall and Brian have in store for these men.

Here are some details on the pledges themselves:

Alan Bradin: Alan comes to us from Old Greenwich, Connecticut. He is a junior in the School of Public Affairs.

Alex Davin: Alex is a sophomore, and has not yet declared a major. He is from New York City.

Christopher Peleo-Lazar: Chris is a sophomore with a double major in Political Science and History. He hails from Chicago Illinois.

James Mazzella: James is a sophomore in the School of Communica-

tions, with a visual media major and computer science minor. His hometown is Vernon, New Jersey. Oh, and he looks a lot like Billy Cerrato.

Dan Paepke: Dan is a junior with a double major in Psychology and Political Science. He hails from the, in his words, "not so beautiful town" of Clifton Park, New York.

Kevin Duncan: Kevin is a senior in the School of Public Affairs. He is from Burlington, New Jersey.

Aaron Killian:

If you would like to find out more information about upcoming events or pledge meetings, contact **Marshall Thompson** at 202-361-7261.



Iota Xi - George Mason University Ryan Mulkay - Editor

www.sigma-chi.org

Approximately two weeks ago, on the morning of September 21st, the Iota Xi chapter initiated four worthy gentlemen of the Alpha Theta pledge class. Brothers **Michael Isabel**, **Ryan Mulkay**, **Andrew Shivickas** and **Zack Fuqua** are already taking active roles in the fraternity. We would like to thank all the alumni who made it out to this event. Later that evening the

chapter pinned the Alpha Iota pledge class. The new pledge class consists of **Douglas Cunca**, **Thomas Darlington**, **Chris McGraw**, **Jim Meredith**, **Brian Oh**, **Chris Pellot**, **Chad Poland**, **Vinny Polisenio**, **Eddie Sua**, **Mike Shubert**, **Justin Talbert**, **Branndon Wilson** and **Tim Winkler**. The magister elected to the fall class of 2002 is **Greg Nosal**, a well-qualified brother for the job. We are eagerly

awaiting to guide these men through their pledgship and to teach them the high ideals embodied by Sigma Chi.

With Derby Days and formal approaching we have much planned for the semester and a lot of work on our hands; however, we are expecting yet another successful year.

www.angelfire.com/sc3/capcityalum

Official Web site of
The Capital City Alumni Association



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In Hoc Signo Vinces



The Capital City Constantine is the publication of the Capital City Alumni Association/Chapter of the Sigma Chi Fraternity. It is published for the sole purpose of disseminating news amongst its members and to fellow Sigs. The reprint of articles and/or pictures are permitted provided that credit is given to the Capital City Constantine and the Capital City Alumni Association/Chapter.

Join The Capital City Alumni Association!

CONTACT INFORMATION

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bob_grabowski@hotmail.com

Also, please send a check for \$25 made out to the Capital City Alumni Chapter to either of the following addresses:

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1920 Columbia Pike Apt. 13
Arlington, Virginia 22204

OR

Capital City Alumni
Post Office Box 1414
Washington, DC 20013

Thanks and Welcome!!!!

NAME _____

ADDRESS _____

PHONE NUMBER (day) _____

PHONE NUMBER (night) _____

PHONE NUMBER (other) _____

EMAIL ADDRESS _____

PLACE OF EMPLOYMENT _____

DUES PAID?---

UNDERGRADUATE CHAPTER _____

GRADUATION YEAR _____ BIRTHDAY _____