



Report of the President

Nathan A. Neal - E '83

Our next meeting will be held on **Wednesday, November 13, 2002, at 7:00 p.m.** We will be returning to our favorite location: **CHADWICKS OF GEORGETOWN** located at **3205 "K" Street, NW in Washington DC, 202-333-2565.** At our previous meeting on October 9, 2002, the Assistant Grand Praetor attended and informed several attending members of his views.

On Sunday, October 27, 2002, it was great to see so many of you at the 27th Marine Corps Marathon. We had no Mint Juleps; no Black-Eyed Susie's just a lot of fun as we watch the successes of several SIG's competing. They included:

our editor Mike Lally; our awards co-chairman Grant Olan; Capital City member Vinn White, new Capital City member and past Epsilon Housing Trust President Rich Meade; past Assistant Chapter Advisor of Sigma Chi Rho Mike Weaver and Kappa Rho Pledge Brother Dan Paepke. Congratulations once again for running in the People's Race. I would like to thank member Ryan Schuell for coordinating Capital City attendance at the Marathon as well as Balfour Fellow and Capital City member Mike Stefanski in assisting with the undergraduate attendance at various places along the Race Course. It was also great to see past

AU cross-county team members Kyriakos Vassilalos, and Rich Cohen along with Scott McCready in attendance at the Marathon offering there comments and editorials on the various runners, especially the female runner. Thanks guys. Hey, we were able to secure the promise of Brother Rich Cohen to become a member in Capital City. Rich, Bob Grabowski our Treasurer is waiting on you!! At the last meeting, we completed the SIGNIFICANT SIG application for Brother Laird Anderson. The application has been submitted to the awards Committee which is chaired by Past Grand Consul

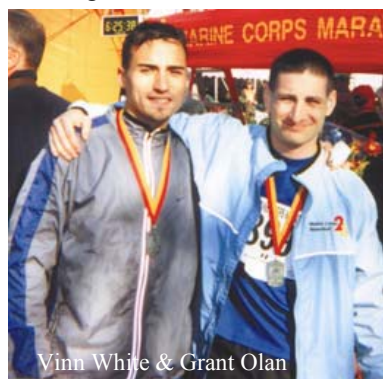
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Marine Corps Marathon Recap

Michael Stefanski - KP '02

On October 28, 2002, five Sigma Chi alumni brothers and one active pledge joined 18,000 runners in the Marine Corps Marathon. As friends, family, and fraternal brothers cheered them on, these six men ran 26.2 miles throughout the nation's capital. The race started at the Iwo Jima memorial, looped around the Pentagon, crossed the Key Bridge into Georgetown, went up and down Rock Creek Parkway, around the National Mall

before crossing back into Virginia to finish at Iwo



Vinn White & Grant Olan

Jima. This incredible feat was accomplished by

Michael Lally (KP '00), Michael Weaver (E '97), Richard Meade (E '89), Vincent White (KP '98), Grant Olan (KP '01), and Dan Paepke (KP pledge Fall '02) all under five and half hours. Lally ran in 3:27:26, Weaver in 4:13, White in 4:26, Olan in 4:29, Paepke in 4:52, and Meade in 5:22, but the times are just a point of interest, considering that many just set out to finish.

The marathon marked the

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Report Of The President (cont'd)

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Murray K. McComas. We wish Brother Anderson good luck.

On the family front, in early October our Vice-President Tim Wargo became a DAD. After 30 hours of labor, Sophia Katherine Wargo was born on October 3, 2002 at 12:07 am, weighing 8lbs, 14 ounces. Congratulations to Tim and his wife Erica. Also, congratulations must be given to Capital City member Teddy Novin on his upcoming marriage to Kristi Lynn Altriger on Sunday, December 8, 2002.

On November 15 -17, 2002, our editor Mike Lally will be attending the Alumni

Workshop in Nashville, Tennessee. Have fun at the workshop. I'm sure that you will pick up some great ideas, which will assist you in your duties as Alumni Chapter Editor and House Corporation Officer.

Coming up next month will be a change in location for our regular meeting. Maybe **Hooters** of Washington, DC, which is scheduled to open in mid to late November 2002, and a **Holiday get together**. Our Social Chairman Heath Hutchison is working on these events. Also discussed at our October meeting were the thoughts of inquiring of the two undergraduates Chapters as to

whether they would like to see another Preparation Seminar and/or Workshop sponsored by Capital City in February, 2003. Vice-President Tim Wargo and Balfour Fellow Mike Stefanski are conducting the inquiry amongst the undergraduates and will report back to us at our next meeting.

Well, as I write this, I am off to Austin, Texas with my Howard University School of Law Trial Advocacy Team to compete in the Tournament of Champions. Let's hope as my first year as Coach that the Team will place prominently in the field of the sixteen (16) top Trial Advocacy Law School Teams.

See you on November 13!

A Sig I'll Be Stephen J. Lally - KP

"A true friend is one who knows all about you and loves you just the same." These words, written by Elbert Hubbard, can almost completely sum up the feelings of a prodigal Sig. I have found out through the hardest way possible that the old saying is true; you can always go home. As I am sure many brothers can empathize, regardless of where life has taken me, through my ups and downs twists and turns, my brothers have been there for me and, for that, I am eternally grateful.

As most of my brothers in the Kappa Rho chapter know, I left American University shortly after pledging what was then Sigma Chi Rho. I returned briefly to be initiated into Sigma Chi, but really, for three years, had very little contact with my brothers. However, when the opportunity to return

to the Washington area surfaced last year, and I anxiously grabbed it, most of my friendships picked up exactly where they left off. As soon as I returned, the true spirit of Sigma Chi became real to me. It occurs to me now, in retrospect, that the ideals I professed as an unknowing eighteen-year-old really had deeper meaning to them.

My brothers in the Kappa Rho chapter have seen me at my best and worst. Through the most turbulent years of my life, they have offered council and aid; they showed their disappointment at my departure, but reveled in the eventual joy of my return. Through shattered relationships, traumatic life events, deaths, births and anything else that has crossed through my life, there have been few constants like Sigma Chi. Perhaps, out of college,

seeing what the world really has to offer to a man, it is a good time for each of us to re-examine exactly what Sigma Chi means. The links attaching the upper arms of our badge also attach each of us irrevocably to one another. Is Sigma Chi just the parties and nights we have spent together on the town, or is it the unspeakable bond that we share with one another? In my heart, our fraternity will always provide the unmistakable notion that we will each always have a home where we first saw the white cross. Each of us went through his own trials in order to earn his place in the fraternity, and, from one who has been there, it will always be a comfort to brothers in need to know that his tribulations were not in vain. As the song says, "...a Sig I am, a Sig I'll be until I die."

"You Will
Find It Here."

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culmination of months of training. Michael Lally, an Information Systems Engineer with Technica Corporation of Dulles, VA, had been training upwards of 80 miles a week, and there had been significant talk that he could be a top finisher. Unfortunately, injury struck as a competitor cut Lally off, forcing him to sprain his ankle and strain his Achilles tendon. It was reminiscent of the 2001 Dublin marathon when a meniscus tear forced Lally to stop running. Unlike 2001, Lally did not stop, but rather slowed his pace and crossed the finished line as the 615th athlete.

Lally was not the only experienced marathon runner, though. Mike Weaver, currently the Director of Selection, Training and Development for the Community Living and Learning Center at GW, raced in the March 2002 DC Inaugural Marathon. He ran the Marine Corps Marathon this year in honor of his grandfather, who passed away four years ago on October 26. While Weaver plans on running another Marathon in the future, his running may take a slight hit as he sails off with GW's Semester at Sea as their Resident Director from January to May.

The other Sigs running this race were all novices to the marathon scene. White, a Coordinator with the Business Development Department at Patton Boggs, LLP, already has sent his application for the 2003 DC Marathon, and would love to

run the NYC Marathon in the future. White comments on the race, "Even if you imagine it or attend as a spectator, you never get the full ambiance of it all. I ran, saw some weird things, some weird people, drank water – then ultima and at mile 20 – beer – they were free. As a spectator you see it in parts, but as a runner you see and taste the whole thing." The final hill was tough part for White, but the sight of the finish line and support of the crowd carried him to the end.



Mike Lally



Dan Paepke

Olan, who works with Café Deluxe and Tortilla Coast, claims that it was the support that got him through the race. "I got such a burst of energy from seeing everyone, and I don't think I could have finished the marathon otherwise."

In the Spring, Olan intends on pursuing his Navy aspirations. In typical Olan fashion, when asked about his thoughts on the race, he focused the attention to others, in particular Lally, giving him credit for fighting through the

Dublin injury that should have finished his running career and through the Marine Corp Marathon.

Dan "Panski" Paepke, a student at American University, had just finished planning the 5K Race for Humanity with friends and Sigma Chi's at AU the week before. Dubbed "the New Guy" of the Race for Humanity E-Board, Paepke was the jack of all trades and helped raised over



Rich Meade

Important Dates

November 7 - Kappa Rho, Sigma Chi Jeopardy - 10 pm - TBA

November 11 - Cold Weather Clothing Drive to benefit the Eleanor Kennedy Homeless Shelter - All day in the GMU JC

November 12 - Iota Xi benefit for CMN - 10pm - Rhodeside Grill in Fairfax

November 13 - Iota Xi Triathlon - 2pm - GMU Aquatic Center

November 14 - Iota Xi Derby Dub Lip Sync competition - TBA

November 15 - Iota Xi benefit for CMN: Live DJ and dancing - 10pm - Bridges in Fairfax

November 15-17 - Sigma Chi Alumni Training Workshop - Nashville, TN

November 16 - Kappa Rho, Metro Adventure - 9am - TBD

November 21 - Kappa Rho Bridge Builder alumni/pledge event - 10 pm - TBA

January 31 - February 2 - Executive Committee Meeting - Orlando, FL



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\$4500 for Habitat for Humanity. Balancing out his responsibilities as a Resident Assistant, pledging and school, Paepke found time to train with The National AIDS Marathon Training Program. Through the course of six months, he raised \$1700 dollars. Paepke remarked, "immediately after the marathon, I didn't want to walk ever again, let alone run . . . one week later though, I'm ready to start training for another race." Unfortunately, his prospects

of running another in the Spring will have to be put on hold as he will be studying abroad in London next semester and missed the deadline for the London bid.

Richard Meade, the Chief of Staff for the House Budget Committee, finished the race strong, with his wife, Elizabeth cheering for him. Meade was a familiar face on the Epsilon Housing Trust, serving as Treasurer, Vice President, and President over the course of nine

years.

The accomplishments of these six men are immeasurable. Those of us who were spectators at the race can attest to that. We saw them at all different points throughout the course, and their determination was apparent. Hopefully it will not be the last race for any of these fine runners, and perhaps next year we will be cheering for them or other Sigs from our area.

Local Undergraduate Chapter Reports



Kappa Rho - American University Adam Natale - Consul

www.geocities.com/EXPsiG

The Fall 2002 semester is proving to be outstanding for Kappa Rho. We have always said in the past that *we are only as strong as our weakest link*. I can proudly state that there are no weak links among our ranks. We have thirty-two brothers who collectively make up the strongest chapter I have ever seen in my five semesters in the Fraternity. Earlier in the semester, the chapter held its annual

brotherhood retreat -- a weekend without "beer and babes" -- and is noticeably on a new high. Currently, the chapter is focused on assisting the Magister with the seven gentlemen that make up our current pledge class. These men have already proven to be worthy of wearing the Norman Shield and we hope to see even greater progression in the weeks to come. As for campus involvement, we held a hugely

successful alumni pancake breakfast this past Homecoming Weekend and Sigma Chi won its first Spirit Cup for most spirit/involvement during the weekend. All in all, we are looking forward to the rest of a great semester and looking towards our increasingly bright future



Iota Xi - George Mason University Tim Regan - Tribune

www.sigma-chi.org

We are right around the midway point of our semester here at Iota Xi. We have a busy month ahead of us. On November 1st, we leave to go to West Virginia for a brotherhood retreat. The brothers are very excited about this weekend of camping and would like to invite all alumni who are available to attend. For directions and other information, please contact our Consul,

Dave Faulk at djeremyf@aol.com. We also have Derby Days this month. The weeklong event will start November 11th and end the 15th. Not only are we raising money for CMN, but we are having a food and clothing drive to benefit a local homeless shelter as well. We are planning to do the following events: Having a band at Rhodeside Grill in Fairfax, a triathlon at the Aquatic Center/Patriot Circle to be

followed by Firehouse Grill (our weekly bar night), Derby Dub on campus, Bridges where the banners from the banner contest will be displayed. The times and dates are not set in stone yet, but I will let the alumni know once they are finalized. In other chapter news, our intramural soccer season is over. We are starting our football season now and looking forward to volleyball and basket-

www.angelfire.com/sc3/capcityalum

Official Web site of
The Capital City Alumni Association



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In Hoc Signo Vinces



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Join The Capital City Alumni Association!

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Thanks and Welcome!!!!

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