

# The Cornerstone

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## Important Dates:

*All meetings start at 6:30pm in 1013 DOW (unless otherwise noted)*

- *Rock 'n' Bowl—  
Friday, Feb. 21, 9:00-11:00pm, Colonial Lanes*
- *New Initiatives—  
Tuesday, Feb. 25*
- *Initiation—  
Saturday, April 12,  
4:00-5:00pm, 1109 FXB*
- *Banquet—Saturday,  
April 12, 5:30-8:30pm, Campus Inn*

## A Letter From the Editor

Hey there Tau Beta Pi!

This morning when I walked out of my apartment, for a split second I was fooled into thinking that we were emerging from this ice age. The difference from 5 degrees to 30 degrees made it feel like it was spring or something, but we all know that's false. In even better news, it's supposed to reach up to 42 degrees on Thursday. However, it is also supposed to rain, so get your rain gear ready!

Though this Michigan winter has been particularly brutal, we have the Winter Olympics to distract us! In spirit of the games, I've included a fascinating "History of Olympics" article and an Olympic-themed crossword for your entertainment. Make sure to cheer on the eight UofM affiliated athletes competing in the Olympics in Sochi. Meryl Davis and Charlie White, two UofM students, just won gold and two records for ice dancing. Go blue!

And if you need even more to look forward to after the Olympics, Spring break is only 10 days away. I hope that all of you have plans to relax or go on a fun trip (maybe somewhere warm?). I'm going skiing in Colorado, so that should be an adventure.

As always, if you have any thoughts you want to share or fascinating articles you find online that would fit perfectly in the Cornerstone, you are more than welcome to send them in to me! Added bonus: I am now giving away free insomnia if you write for the Cornerstone (see the add on the next page)! Keep that in mind when you start craving Insomnia (the cookie—not the awful sleeping disorder) and remember to write for the Cornerstone!

Sincerely,  
Sylvia Domanico

## Free Insomnia!

Need a break from studying? Want to get your creative juices flowing? Craving Insomnia?

Wait.... INSOMNIA?

HOW DO I GET FREE INSOMNIA?

**Submit an article of at least half a page** in length to me (Sylvia) by *midnight* the night before a **General Body meeting!**

Ps: If you need ideas on what to write about, check out all the old Cornerstones here:

<https://tbp.engin.umich.edu/publications/cornerstone/>



## Ancient Olympic Games

(<http://www.olympic.org/ancient-olympic-games?tab=history>)

### History:

According to historical records, the first ancient Olympic Games can be traced back to 776 BC. They were dedicated to the Olympian gods and were staged on the ancient plains of Olympia. They continued for nearly 12 centuries, until Emperor Theodosius decreed in 393 A.D. that all such "pagan cults" be banned.

### **Olympia**

Olympia, the site of the ancient Olympic Games, is in the western part of the Peloponnese which, according to Greek mythology, is the island of "Pelops", the founder of the Olympic Games. Imposing temples, votive buildings, elaborate shrines and ancient sporting facilities were combined in a site of unique natural and mystical beauty. Olympia functioned as a meeting place for worship and other religious and political practices as early as the 10th century B.C. The central part of Olympia was dominated by the majestic temple of Zeus, with the temple of Hera parallel to it.



### **The Games and religion**

The Olympic Games were closely linked to the religious festivals of the cult of Zeus, but were not an integral part of a rite. Indeed, they had a secular character and aimed to show the physical qualities and evolution of the performances accomplished by young people, as well as encouraging good relations between the cities of Greece. According to specialists, the Olympic Games owed their purity and importance to religion.

### **Victory Ceremonies**

The Olympic victor received his first awards immediately after the competition. Following the announcement of the winner's name by the herald, a Hellanodikis (Greek judge) would place a palm branch in his hands, while the spectators cheered and threw flowers to him. Red ribbons were tied on his head and hands as a mark of victory.

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## Ancient Olympic Games (cont'd)

The official award ceremony would take place on the last day of the Games, at the elevated vestibule of the temple of Zeus. In a loud voice, the herald would announce the name of the Olympic winner, his father's name, and his homeland. Then, the Hellanodikis placed the sacred olive tree wreath, or kotinos, on the winner's head.

### The Sports Events:

The ancient Olympic Games were initially a one-day event until 684 BC, when they were extended to three days. In the 5th century B.C., the Games were extended again to cover five days.

The ancient Games included running, long jump, shot put, javelin, boxing, pankration and equestrian events.

#### **Pentathlon**

The Pentathlon became an Olympic sport with the addition of wrestling in 708 B.C., and included the following:

#### **Running**

Running contests included:

- the stade race, which was the pre-eminent test of speed, covering the Olympia track from one end to the other (200m foot race),
- the diaulos (two stades - 400m foot race),
- dolichos (ranging between 7 and 24 stades).

#### **Jumping**

Athletes used stone or lead weights called halteres to increase the distance of a jump. They held onto the weights until the end of their flight, and then jettisoned them backwards.

#### **Discus throw**

The discus was originally made of stone and later of iron, lead or bronze. The technique was very similar to today's freestyle discus throw.

#### **Wrestling**

This was highly valued as a form of military exercise without weapons. It ended only when one of the contestants admitted defeat.

#### **Boxing**

Boxers wrapped straps (himantes) around their hands to strengthen their wrists and steady their fingers. Initially, these straps were soft but, as time progressed, boxers started using hard leather straps, often causing disfigurement of their opponent's face.

#### **Pankration**

This was a primitive form of martial art combining wrestling and boxing, and was considered to be one of the toughest sports. Greeks believed that it was founded by Theseus when he defeated the fierce Minotaur in the labyrinth.

#### **Equestrian events**

These included horse races and chariot races and took place in the Hippodrome, a wide, flat, open space.

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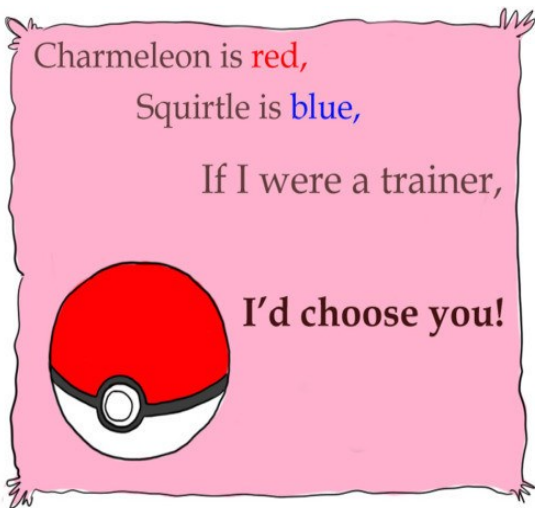
# Electee Competition Standings

(Also available at: [https://tbp.engin.umich.edu/members/electees/electee\\_groups/](https://tbp.engin.umich.edu/members/electees/electee_groups/))

Rank	Team	Points
1	T-Rex Karaoke	50
2	Bear Spiders	45
3	Team Awesome	35
T4	Two Girls & a Guy Levitating Rocks	25
T4	Claustrophobic Jack-in-the-Box	25
6	Royal Purple Ducks	15
7	Team Grad	5
8	Gagnon & the World Champion Moose Callers	0

## Happy (nerdy and belated) Valentine's Day!

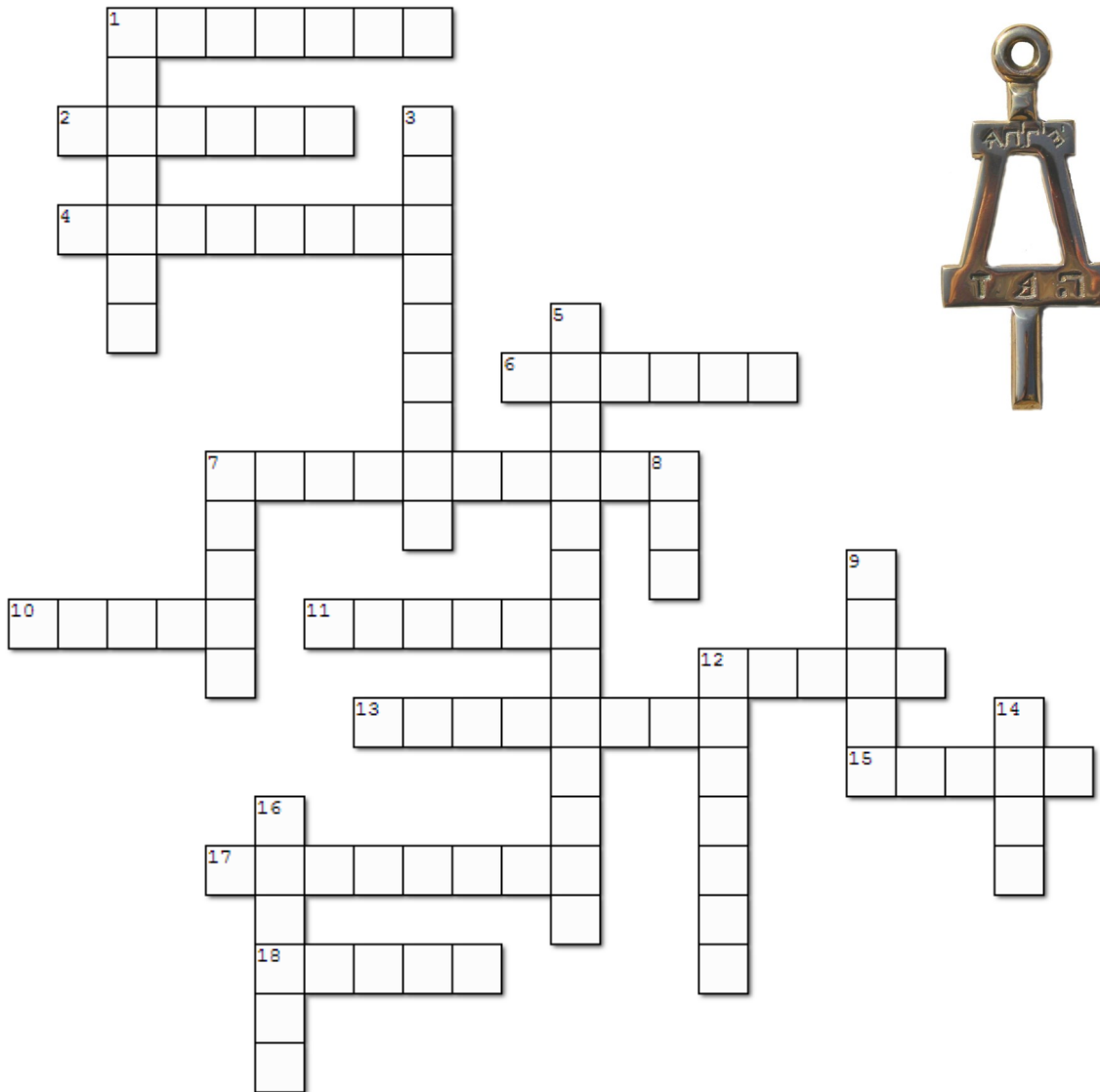
Came across a couple nerdy Valentine's Day cards. I thought I'd share to try and make you laugh. Happy belated Valentine's Day!



Middle: [http://benKling.tumblr.com/tagged/portrait\\_valentines](http://benKling.tumblr.com/tagged/portrait_valentines)

Left and Right: <http://o.canada.com/technology/internet/a-great-collection-of-geeky-valentines-day-cards/>

# Olympic-Themed Crossword Puzzle



## Across

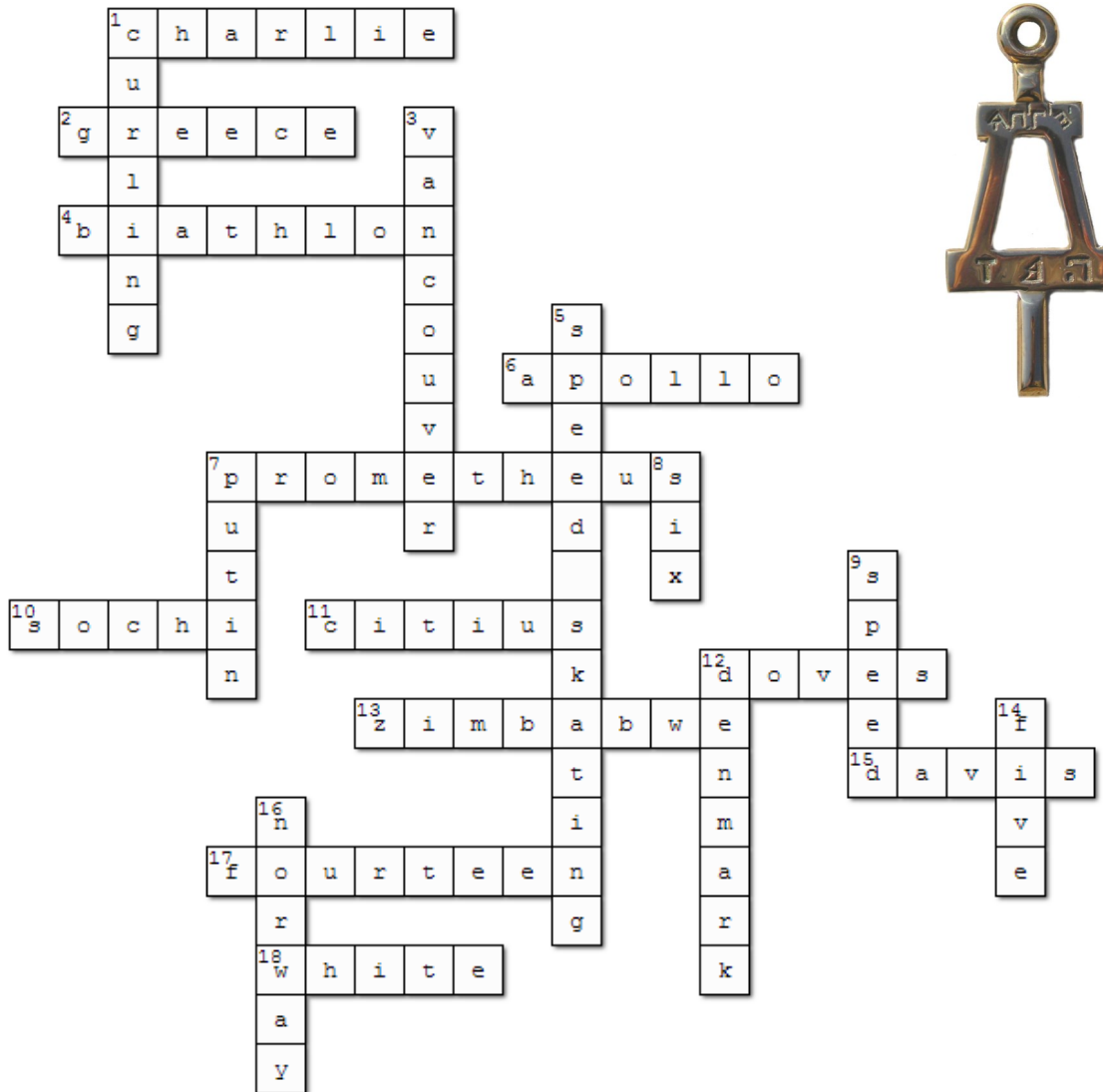
1. first name of male umich gold winning ice dancer
2. location of first olympic games
4. only winter event US has yet to medal in
6. all time leading USA winter medalist
7. god the ancient greeks believe gave mankind fire
10. location of olympics
11. first word of the olympic motto
12. released after the cauldron is lit
13. african country making winter games debut
15. last name of female umich gold winning ice dancer
17. number of countries at 1st modern olympic games
18. background color of olympic flag

## Down

1. one of four indoor winter sports
3. location of 2010 olympics
5. the olympic demolition derby
7. president of russia
8. number of nations making winter olympic debut
9. short track \_\_\_\_\_ skating
12. only country competing that starts with a 'D'
14. number of olympic rings
16. all time winter medal count winner (country)

Created on [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Maker

# Crossword Solutions



Created on [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Maker

## Across

1. first name of male umich gold winning ice dancer (**charlie**)
2. location of first olympic games (**greece**)
4. only winter event US has yet to medal in (**biathlon**)
6. all time leading USA winter medalist (**apollo**)
7. god the ancient greeks believe gave mankind fire (**prometheus**)
10. location of olympics (**sochi**)
11. first word of the olympic motto (**citius**)
12. released after the cauldron is lit (**doves**)
13. african country making winter games debut (**zimbabwe**)
15. last name of female umich gold winning ice dancer (**davis**)
17. number of countries at 1st modern olympic games (**fourteen**)
18. background color of olympic flag (**white**)

## Down

1. one of four indoor winter sports (**curling**)
3. location of 2010 olympics (**vancouver**)
5. the olympic demolition derby (**speed skating**)
7. president of russia (**putin**)
8. number of nations making winter olympic debut (**six**)
9. short track \_\_\_\_\_ skating (**speed**)
12. only country competing that starts with a 'D' (**denmark**)
14. number of olympic rings (**five**)
16. all time winter medal count winner (country) (**norway**)