

## WEATHER



**MONDAY** – Sunny with highs in the mid-40s. Lows in the mid-20s. Winds up to 10 mph.



**TUESDAY** – Mostly sunny. Highs in the low 50s. Lows in the low 30s.

# Commonwealth TIMES

## INSIDE

• Stressed out? Check out the tips on how reduce you stress level. See story page 8.



MONDAY, January 22, 1996

The Student Press of Virginia Commonwealth University

Vol. 27, No. 39

## American heroes Astronauts, aviator detail historic missions



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**James McMahon**  
CT NEWS EDITOR

Richmond, this is Houston, you are cleared for liftoff. Nearly 5,000 people were treated to a voyage through time, space and flight Saturday evening at the Robins Center on The University of Richmond campus as The **THE RICHMOND FORUM** Richmond Forum presented its second show of the 1995-96 season.

The program, titled "Space and Flight and the First and Last Men on the Moon," featured two of history's most famous men of space and a record-breaking pilot.



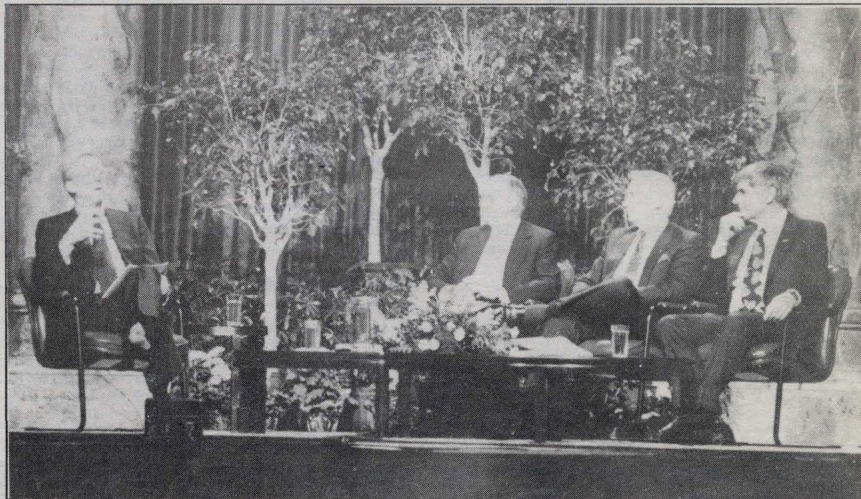
**Armstrong**

Neil Armstrong, the first man to walk on the moon, joined Capt. Eugene Cernan, the last man on the moon and the veteran of three separate space missions, and Dick Rutan, the only pilot to fly an aircraft around the world nonstop without refueling.

The forum, moderated by David Hartman, an award winning journalist and former host of ABC's Good Morning America, detailed the experiences of these men, while examining their thoughts, feelings and concerns about the space program.

For each of these men, flying provided a release — an opportunity for a freedom they could only experience thousands of feet above the earth's surface.

"You're in control of your own destiny," Cernan said.



Corey Fyke/Commonwealth Times

**THE SKY'S THE LIMIT** — Astronauts Neil Armstrong and Eugene Cernan and record-setting pilot Dick Rutan appear Saturday night at The Richmond Forum. David Hartman moderated the program.

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## Assembly questions education proposal

**Sherry Jones**

CAPITAL NEWS SERVICE

The House Appropriations and Senate Finance committees question the feasibility of Gov. George Allen's proposal to turn over \$95 million to higher education.

The \$95 million would come from \$159 million distributed to a charitable foundation by Trigon Blue Cross-Blue Shield of Virginia as part of its bid for becoming a public company.

Several House Appropriations Committee members, Democrats and Republicans alike, said they want the General Assembly to have the control in distributing this money.

"I think the funds should flow through the General Assembly," Delegate J. Paul Councill, D-Franklin, said, citing the need for the assembly to allocate the funds.

According to Allen's proposal, \$95 million would be allocated through the budget bill to higher education, while the remaining \$64 million would be used to establish a foundation to finance higher education research.

Attorney General James S. Gilmore III would appoint its trustees — another move with some disagreement among legislators.

Deputy Attorney General Catherine C. Hammond said Trigon will pay out \$159

million regardless of how it is divided up.

"That's a firm number," she said. "That's not an assumption. The \$95 million is a judgment call. The number came from the attorney general and the people preparing the budget."

Nevertheless, some lawmakers expressed concern about making up for the \$95 million if the State Corporation Commission fails to approve the Trigon deal.

State Secretary of Finance Paul W. Timmreck told the House committee that there would have been no extra money in the governor's proposed budget for 1996-98 had he not recommended that the majority of the Trigon settlement go toward higher education.

"Without the Trigon funding," Timmreck said, "I can't tell you where you would have increased funding for higher education."

Moreover, Hammond said she feels sure the SCC will approve the Trigon settlement. But even if the SCC approves the deal, an appeal of the ruling could postpone a final decision for at least another year.

"Nothing would make us happier than having enough money for higher education, but it could be at least another two years before the money is available," said

ASSEMBLY continued to page 4 ➤

## Crowd packs special budget hearing

**Terry Scanlon**

CAPITAL NEWS SERVICE

They came from across the state — the east, the west, the south, the north. They stood before the legislators — some quiet, some forceful — telling their stories. They represented the common folk, the poor, the weak, the children, the elderly.

They came to ask for one thing: more money for everything from education to social services to salaries.

Some 121 people signed up to speak to the General Assembly's budget-writing committees at the special public hearing Jan. 15 in Richmond. Many told of the needs that weren't included in Gov. George Allen's proposed budget for the next two years.

John T. "Til" Hazel Jr., chairman of the Virginia Business Higher Education Council and a Republican bankroller from Northern Virginia, was on the list. He cited the burden that college students and their families face with the increased tuitions caused by the legislators' refusal to implement broad-based tax increases in recent years.

"The result has been a dramatic increase in tuition — or some would say a

'tax' on students and parents," he said. "And our tuition now is second highest in the nation."

Hazel, who long has led a fight for increased legislative support for higher education, argued for increased financial aid, higher faculty salaries and a greater investment in technology for the state-supported colleges and universities.

Brian Hubbard, chairman of the George Mason University Student Senate and former chairman of GMU's College Republicans, echoed Hazel's sentiments for increased funding and spoke out against the governor he helped elect.

"I walked many a mile and drove down many a street to work for this governor's election," said the Russell County native. "But I stand here in public today to tell you he is wrong."

"He is wrong for not putting education at the top of his list of priorities. He is wrong for making higher education a partisan issue, and he is wrong for playing politics with our state's future."

Though Robley S. Jones, president of the Virginia Education Association, said he was pleased with much of the governor's proposed budget — including the increase in funding for the at-risk 4-year-old pro-

EDUCATION continued to page 4 ➤



# Health NOTES

*News from the medical community*



## • FDA clears light therapy for cancer

A new therapy, recently approved by the government, soon may be able to help patients who choke on cancerous throat tumors. The process requires a simple light to destroy tumor cells.

The Food and Drug Administration approved Photofrin in late December, to help clear the esophagus when patients' tumors grow so big that they cannot swallow.

The treatment, called photodynamic, is the first of its kind where patients receive a drug to make their tumors light sensitive. The light then kills the cancer cells.

The drawback, however, is that patients remain vulnerable to very severe sunburns until the drug wears off in 30 days.

The American Cancer Society estimates that esophageal cancer affected 12,100 Americans in 1995, killing 10,900 of them. The cancer slowly constricts their throat until sufferers cannot eat or swallow saliva.

Standard therapy was to chip away at the tumor with a laser. Patients whose tumors were too big for laser therapy though had nowhere to turn for help.

## • Behavior gene found?

Now more need for personality tests. There may be a gene that will tell everything there is to know about one's personal nature.

Scientists say they have found a gene that may influence how impulsive, quick-tempered, excitable and extravagant people are — a big step, they say, in unraveling the genetics of personality.

Two studies provide the first confirmed association between a particular gene and a normal personality trait — in this case, a characteristic scientists call, "novelty-seeking," which includes impulsiveness, excitability and other similar traits.

Other studies only demonstrated generally that genes influence personality, along with a person's life experiences.

Such findings could open the door to identifying people at risk for problems — such as drug abuse — and counseling them on how to lower their risk, researchers say.

On the other hand, the research may open debates about who is entitled to know information about a person's genetic makeup.

An insurance company, for instance, might want to know if a candidate is genetically a thrill seeker when establishing its rates.

## • Gene found for disorder of heartbeats

A newly identified gene has been linked to about 55 percent of cases of an inherited heart disorder that can kill young, otherwise healthy people.

It's the third gene to be found for the

inherited form of the illness known as "long QT syndrome," which affects an estimated 20,000 Americans and is thought to cause 50 to 200 deaths a year.

Those with the disorder are prone to episodes where their heart may race at 300 to 400 beats a minute, far too fast to pump blood effectively. Episodes can lead to fainting and even death.

Researchers say the finding of the third gene will help in diagnosis of the rare condition. In addition, knowing the three genes that cause it suggests a possible strategy for treating the more common problem of abnormal heartbeat, called ventricular tachyarrhythmias, which kills 300,000 to 400,000 Americans each year.

The full report of the findings is published in the January issue of the journal *Nature Genetics*.

## • Duration of infection halved?

A nonprescription medication for yeast infections that works in three days instead of seven soon may be available to women.

Femstat 3 was switched from prescription-only to over-the-counter by the Food and Drug Administration last week. Every other over-the-counter medicine for yeast infections requires seven days of treatment.

The drug, manufactured by Switzerland's Roche Holding Ltd., will be sold in the United States by Procter and

Gamble. The company said Femstat would be on the shelves by spring but had not yet set a price.

Some women with particularly persistent yeast infections or other complicating diseases still may need the seven-day medication, the FDA said.

Femstat is a thick cream that will be sold in prefilled disposable applicators. Women should use one applicator each day for three consecutive days, preferably just before bedtime.

Women should only take a nonprescription drug, the FDA cautions, only if a doctor previously diagnosed a yeast infection and are experiencing the same symptoms.

## • FDA approval won for wrinkle cream

Ortho Pharmaceutical Corp. has won permission to promote its acne drug as a wrinkle reducer.

Tretinoin, sold under the brand name Retin-A, was approved in 1971 to treat severe acne. But it soon won wide popularity as a potent wrinkle remover — and a federal investigation into whether Ortho illegally marketed tretinoin for wrinkles.

Doctors can prescribe drugs for any purpose, but companies cannot promote them without the Food and Drug Administration's approval.

— Compiled from news sources.

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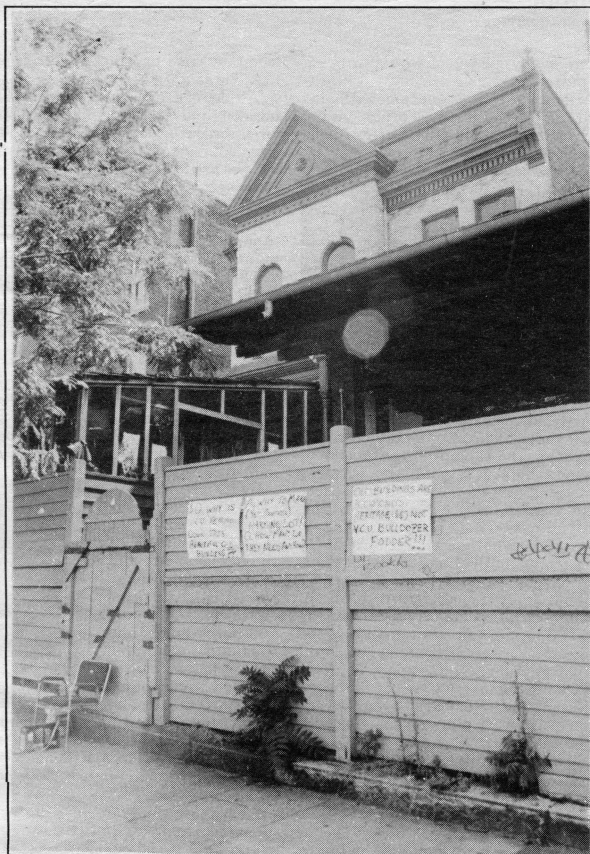
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File photo

**EMBATTLED PROPERTY** — Plans for the building formerly known as the Jade Elephant, purchased by VCU last summer, has drawn criticism from area business owners.

## VCU's plans underway

### Midtown West Association concerned about Grace Street block

**Skip Nonamaker**  
CT STAFF WRITER

VCU's plans for the 900 block of West Grace Street still has many businesses and the Midtown West Association concerned as the university continues to buy property and propose structural changes to the area.

Last summer VCU bought the old Jade Elephant and Mad King Ludwig's buildings at 907 and 909 W. Grace St.

Melissa Burnside, a VCU spokeswoman, said the properties were bought in a defensive maneuver to secure the buildings for possible future use.

In fact, Donald Bruegman, senior vice president for administration, said the university never had any real intentions of purchasing the Jade Elephant.

"The Red Light Inn that operates a topless bar next door had designs on that property to make it a parking lot," Bruegman said. "Our goal is that we don't want to promote the Red Light Inn, and we hope its presence will somehow be absent from Grace Street in the near future."

Wess Martin, owner of the Red Light Inn, said VCU has made their plans for Grace Street apparent.

"Over the last five years, VCU has made every move they can make to stifle business down here with an eye towards acquiring all the properties," he said.

Martin also used to own the Greca, located at the intersection of Shafer and Main streets, which is now owned by VCU. The university has torn the building down and is using the property as green space.

"I would imagine five to 10 years from now that they'll own all the property on both sides of the street, and Grace Street won't exist like it is now," Martin said.

As for VCU's plans for the Jade Elephant property, Bruegman said it is not

financially possible for the university to renovate the property, adding that the school is open to outside offers.

"We've offered it to anybody who wants to buy it for what we paid for it and develop it. We're giving everybody until March 1 to come up with a proposal," Bruegman said.

The "defensive buying" of the Jade property, he said, was intended to block the expansion of the Red Light Inn.

"We had no intention of prolonging the presence of the Red Light Inn," he said.

The property acquisitions upset Linda Beales, president of the Midtown West Association and owner of The Bidder's Suite Cafe at 917 W. Grace St.

"The purchase of the Jade property was a hasty move," Beales said.

"We don't want a building to just be torn down without thought and planning, and a parking lot is not really an exciting thing. The buildings would never be built back like they are right now."

In addition, VCU purchased the old Lee Art Theater at 934 W. Grace St. to keep it from showing pornographic films.

The theater, Bruegman said, will be used as a building for the School of the Arts as early as the spring semester.

Despite its concerns, the Midtown West Association isn't totally displeased with VCU. The university, Beales acknowledged, has made the 900 block of West Grace Street much more appealing to businesses and patrons. Nevertheless, she still questioned VCU's use of the properties.

"I would like to see the buildings renovated and put to a better use than a parking lot," she said. "Now that the businesses on Grace Street are technically right in the middle of the campus, we have a lot more concern than before when we were on the outer boundaries of the campus."

## The stuff of spies now concerns salesmen

THE ASSOCIATED PRESS

**SAN FRANCISCO** — You're bopping around the World Wide Web checking out cool sites and you stop in at one of the shiny new on-line malls sprouting up everywhere. There's that CD you've been meaning to get. You pull out your credit card, and you ... Stop.

Technology hasn't stopped you; the technical part of making a purchase by computer was worked out long ago. The gods of commerce haven't stopped you; they're eager to sell through cyberspace.

What has stopped you is your own mistrust — the fear that by inputting your credit-card number into a computer, you are opening yourself up to fraud.

Perhaps, you think, some hacker will take my number and buy himself a new skateboard.

In fact, public fear of security risks on the Internet is stalling the boom many companies anticipated. But experts say sending your credit-card number over the Internet to buy something is as safe as calling up L.L. Bean and ordering a sweater.

It's not that the computer security flaws being discovered every other week by bored graduate students — and trumpeted by the media — aren't problems.

They're just not problems for the average user.

"If a person's standards are that they're not willing to send their credit card over the Internet, they probably shouldn't order anything by phone or from a store where they don't know the proprietor," said Rod Kuckro of Information and Interactive Services Report.

Said Douglas Barnes, who helps build secure computer systems for Electric Communities in Los Altos, Calif.: "Credit-card information is given out to hundreds of thousands of low-paid clerks all over the country every day — it would be hard to imagine a less secure approach."

Stories about wily hackers stealing thousands of credit-card numbers have created the public perception that the Internet is a dangerous place to do business. When the FBI's "most wanted hacker" Kevin Mitnick was arrested last year, one of the things he was credited with doing was stealing a file from an Internet service in California that contained information on 30,000 credit-card accounts.

What wasn't as widely reported was the fact that Mitnick apparently never used any of the accounts and probably only wanted the file as a trophy.

Security problems have been overhyped, even according to Simson Garfinkel, author of a book on one of the strongest publicly available encryption programs,

Pretty Good Privacy. Encryption uses complex mathematical algorithms to turn computer files into a soup of letters and numbers unreadable by anyone except the person for whom they are intended.

Scares about security loopholes on the Internet only really affect large corporations who use computers to transfer sensitive information.

Individuals buying a few CDs on-line aren't at risk, Garfinkel said.

"The whole thing about encryption over the Internet is that it's not to protect the customer — it's to protect the credit-card companies. By law, if there is no signature, the customer is liable for nothing. If there's a signature, they're liable for \$50. The reason the credit-card companies want (cryptography) is to limit their own liability. It has nothing to do with protecting the consumer," he said.

For many Internet users, their first encounter with security issues is the dire warning that pops up on the widely used Netscape Navigator browser for the World Wide Web if they attempt to send information across the Web.

"Any information you submit is insecure and could be observed by a third party, while in transit," says the stern message, labeled "Security Information." "If you are submitting passwords, credit-card num-

bers or other information you would like to keep private, it would be safer for you to cancel the submission."

But according to Garfinkel, the warning's just a scare tactic. "Netscape Navigator is printing those messages because they're trying to sell encrypted servers. It's an ad. It doesn't look like an ad, but it is."

Netscape says the feature, which can be turned on and off, lets people using the Web know whether their transaction is encrypted.

"We want users to make an informed decision about whether or not they want to send credit-card data over the phone," said spokeswoman Rosanne Siano.

To convince shoppers to take the plunge into electronic commerce, San Mateo, Calif.-based eShop counters consumer fears by taking the direct approach.

"We have what we call the 'eShop Secure Purchase Guarantee.' If you have any financial loss due to the use of your credit card at eShop plaza, we cover you," said chief operating officer Matt Kurt. "We're not going to explain 128-bit public key encryption to you — you don't care. But what we will say is that you're not going to lose any money."

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## • Learning LEXIS-NEXIS

University Library Services will be offering a series of free workshops on working with the LEXIS-NEXIS computer database Jan. 29 through Feb. 1. The series will be repeated Sat., Feb. 3. Students, faculty and staff may register for one or more workshops depending on their interests. Sessions will be held in the Library Instruction Classroom Lab at Cabell library. Advance registration is requested. Call 828-1101, send e-mail to jslewis@gems.vcu.edu or stop by the Cabell library reference desk for more information.

## • Extra Credit by Air

Delta Air Lines is offering its Student Select Savings Certificate to college students until March 4, 1996. The "Extra Credit" fares — zone-based tickets allowing travel as low as \$138 round trip — are valid for travel until March 31. Holiday blackout dates are in effect Feb. 16, 18, 25 and March 3. Tickets are nonrefundable and must be purchased at least seven days before departure. Requests are limited to one per student. For more information call 1-800-9DELTA0 by March 4.

## • Dinosaurs and Other Old Matter

Dinosaurs once roamed the earth. Now only traces of their ancient lives remain. Explore the world of dinosaurs and learn

the different theories explaining their disappearance at the Science Museum of Virginia's Super Second Saturday program "Dinosaurs and Other Old Matter" from 10 a.m. to 2 p.m. Feb. 10. The program will take place in the Wonderplace space on the museum's second floor. Call 1-800-659-1727 for more details.

## FYI

for your information

## • Connecting with Chemistry

Discover how chemistry is a part of everyday life for photographers, cosmetologists, police scientists, teen-agers and researchers.

Learn how it's possible that 107 different kinds of atoms make up everything in the universe at the Science Museum of Virginia's new visiting exhibition "Connecting with Chemistry." The exhibit, which runs through May 12, is filled with examples and activities that connect atoms and molecules to your everyday world. Call 1-800-659-1727 for more details.

## • Timely Debate

As a part of Community Learning Week, VCU will present a debate on affirmative action at 7 p.m. Thursday, Jan. 25 at the VCU Performing Arts Center. "Affirmative Action: Is It Still Necessary?" is scheduled to feature George Mason University professor Roger Wilkins and radio talk-show host Armstrong Williams. For more information call 828-1831.

## FORUM

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"There is only one person who is swinging the putter."

Armstrong, forever remembered for his words as he took man's first step on the moon's surface, detailed that historic Apollo 10 mission from liftoff to his now-infamous steps.

"At first you are a little surprised that you are really going," Armstrong said of the launch. "There are so many things that can go wrong and hold you back."

Those few steps Armstrong took, Cernan said, were as important as any ever taken.

"It is not the size of the steps, it's the direction the steps are taken," he said. "And we all know that Neil took one small step in the right direction for this country."

Cernan, the captain of the Apollo 10 mission, helped to map the way for Armstrong as he flew to within 50,000 feet of the Earth's surface during in-space exercises.

"We knew who the crew for the Apollo 11 mission was, and we had little doubt about their navigating ability," he joked.

While he never made a trip to the moon, Rutan finds himself in very rare company when it comes to aviation accomplishments. Rutan's Voyager flight around the world in 1986 put him in the company of greats like Charles Lindbergh.

Rutan's nonrefueled, nonstop voyage was a result of five years of hard work with his brother and co-pilot Jeana Yeager.

"We had a 50-50 chance of dying in the first five minutes after liftoff," Rutan said. "But after five years I just wanted to get this thing underway."

The 10-day trip was a difficult one for Rutan because of a plane that had to be designed to carry 1,800 gallons of fuel, leaving little in the way of efficient aviation design.

"We had to compromise certain things in the design," he said. "I told my brother the plane wouldn't even turn, and he replied 'It doesn't have to. It's a world flight.'"

In fact, when Rutan landed he had only 18 gallons left, only 1 1/2 percent of the 1,800 gallons with which he started.

The discussion turned to the evolution of the space program as Cernan suggested the leadership of President John F. Kennedy helped to spur mankind to the moon.

"When he (Kennedy) made the statement that we were going to the moon, most people believed it could not be done," he said. "But with leadership and commitment he challenged this country beyond its wildest dreams."

This nation's accomplishments in space and flight, Rutan said, can be traced to its willingness to look to the future and realize what once was thought unobtainable.

"The only limitations on what we can achieve is what we can dream," he said.

Though change is often resisted, Armstrong added, it is the visionaries who take the country to the next unforeseen challenge.

"When they first started flying the bal-



Cernan

loon they tried to attack it with a pitchfork," he said.

A video of live coverage from the Apollo missions and Rutan's flight played on two large screens at either side of the stage, often spurring emotional responses from the two astronauts.

"When you're up there you can look across from ocean to ocean and watch the world turn," Cernan said. "You are witness to our world, our home. If you don't take a minute to take in where you are and what you are accomplishing, then you are truly missing something."

Asked if they were ever scared or apprehensive, Cernan said he relied on his faith in the people he worked with and, oftentimes, some divine intervention.

"I didn't go to the moon not to return home," he said.

"I went to the moon because I believed in what my country was doing. We had to have faith in other people and have faith in ourselves that we could actually do this."

Of the recent movie "Apollo 13" detailing the near-disastrous events of the mission carrying the same name, the three men agreed that the movie honestly depicted the events.

Rutan congratulated the film for not "dummying up" to the audience.

"They said a lot of things people probably didn't understand," he said. "But they did get the essence that what was being said was important."

The actual Apollo 13 challenge, Cernan said, helped to put the entire Apollo project into perspective.

"For those who were alive during that time, it is a real lesson on what can be done if you want it bad enough," he said. "We came closer to losing three men in space than I think anyone realized at the time."

As for the future of space travel and exploration, Rutan cautioned people of becoming complacent.

"We should never accept the status quo," he said. "If you do then you are in the process of dying — you are no longer moving forward."

We should never think, Rutan continued, that we have accomplished all there is to accomplish.

"If they had believed that we could do no better years ago then we would still be looking at the back end of an oxen," he said.

The future, Armstrong suggested, will hold challenges and changes we can't even imagine today.

"It's tempting for us to say we have accomplished everything," he said. "But if we look into the next century there will be so many changes that we can't comprehend today."

Cernan challenged America to find new challenges to increase its commitment to the space program and to country's future.

"What we are lacking is a will and a commitment," he said. "I have been the last man to walk on the moon for too long — it's been over a quarter of a century since man has walked on the moon, now doesn't that tell you something?"



Rutan

## EDUCATION

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gram — he acknowledged one substantial flaw.

"Our disappointment is with the lack of funds for salaries for school employees," he said.

Moreover, Dorline Davidson Harvey, president of the Virginia Governmental Employees Association, estimated that state employee salaries are about 10 percent behind those in the private sector.

"We believe across-the-board structure adjustment of 5 percent in each year of the biennium will help close the gap and place the state in a position of being able to attract and retain the most qualified individuals into state service," she said.

As the hearing proceeded, legislators heard representatives of social services throughout the state contend that during the past two years they have taken a beating financially and otherwise.

Clarissa Rowe, a policy analyst from Roanoke who represents the Coalition for Mentally Disabled Citizens of Virginia, said recipients will suffer from the governor's proposed funding cuts.

"One-third of new money for prisons

and education came out of the health and human services budget," she said. "The waiting lists continue to grow and the funding continues to fall short."

Likewise, the Virginia Council Against Poverty representative, Judith R. Mason, said state funding for community-action agencies — for the second straight year — has been eliminated from the governor's budget.

And those support services provided by community-action agencies, she said, are vital to welfare reform.

"The child-care and comprehensive services provided by community-action agencies enabled 730 families to move off Virginia's welfare rolls into the work force," Mason said.

Delegate V. Earl Dickinson, D-Louisia, who chairs the joint committee, said the governor's budget is based on a lot of "if" money:

"If the legislature goes along with Keno and Powerball — and if the State Corporation Commission and other people go along with the Trigon settlement — all the funds are in there."

predicting a huge increase in on-line transactions for the coming year as more and more people use the Internet.

Input, a California-based information services research firm, estimates a jump from \$40 million in business done in 1995 to an estimated \$260 million for 1996. Those figures may seem high but compared to the estimated \$650 billion in credit card transactions done in the United States in 1995, they're only a drop in the bucket. Catalogs alone did \$50 billion dollars in business in 1995.

Kuckro thinks on-line sales can be that big or bigger.

## WEB

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Kurt believes that it will take two things for people to begin buying on-line — being told it's safe and trying it for themselves. All of which will take time.

"I am old enough to remember 20 years ago when the idea of seeing an ad in the newspaper and picking up the phone and giving someone your credit-card number seemed really crazy," he said.

Whether it's really that dicey to give out your credit-card number on-line is a big issue because the potential market is enormous.

At least one market research firm is

## ASSEMBLY

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Delegate Alan A. Diamonstein, D-Newport News.

Besides this time frame, he said, the governor's proposal is misleading because there are numerous legal maneuvers that could delay receiving the funds.

Trigon filed its application for demutualization with the SCC in June. If approved by the Bureau of Insurance and the SCC, Trigon would be allowed to convert from a nonprofit company to a for-profit company owned by shareholders.



# Drama in real life

*Editor's note: (This is the second in a two-part series.) The recent heavy snowfall was an unexpected inconvenience to many, but for VCU Professor of Physiology Joseph Feher it was dangerously close to becoming a life-threatening situation. Trapped in the dense and rugged terrain of Shenandoah National Park during the state's worst snowfall in more than a decade, Feher and his two sons Ben, 21, and Jay, 23, survived on military MRE's (Meals Ready to Eat) airlifted in by helicopters, a space heater and companionship for four days until snow removal crews could make it to isolated Swift Run Gap and clear a path. The following excerpt, the second in a two-part series taken from an account of the trip written by Professor Feher, portrays another side of the Blizzard of 1996, a grueling side the vast majority of Virginians will never have to endure but can certainly learn something from.*

## ■ Monday, Jan. 8

### Staving off boredom

We awoke late, about 8 a.m., to a frigid cabin and the sound of a ringing phone. It was Ranger Jensen. He told us that there was probably no chance that a plow could make it to us on Monday, and that we would probably have to wait until Tuesday, and possibly Wednesday.

He mentioned the possibility of using Humvees or Halftracks if the plows couldn't reach us on Tuesday. We could see our breaths, and the moisture had condensed around all the windows. We couldn't see out. The nails protruding inside through the siding of the building were covered with ice from the frozen moisture of our breaths.

The pee can was almost full. Jay filled it, stopping in mid-stream. It isn't easy to stop mid-stream. He put on his snow pants to spill the pee can.

We decided on no breakfast, just a lunch for today. The snow stopped about 11 a.m.

We had turned on the heater and had started melting the ice on the inside of the windows of the cabin.

The snow was as high or higher than my waist. I shoveled completely around the building and was trying to build a latrine with a wind break on three sides: the cabin and two walls of snow. "Are you done?" Ben asked through the partially opened door, "because you have a customer."

"About 10 more minutes," I answered, and redoubled my efforts.

"Just don't cross the line in the snow!" Jay said as he came back into the cabin.

The water we had melted using the space heater was incredibly dirty.

We couldn't tell if it was from the fan in the heater blowing all sorts of dust over it, or because there was that much dirt in the snow.

We started warming snow with the pot lid on it to keep out the dirt. We found some paper towels on the Ranger's desk and filtered the water through the paper. We added fruit punch and drank it along with lunch.

I had a pita pocket and some Yard-O-Beef, which neither Ben nor Jay liked very much, while they shared a ziplock bag filled with trail mix.

I got the bright idea to call people. I called Lee. I called John Dean.

I figured he would be home, with the big snow in Richmond and its reputation for stranding every-

body at home for a week. He was home. I left a message on Steve Pierce's phone, sorry I couldn't reach him.

I called my parents. I put all of these calls on my Visa card.

Later on in the day, I began shoveling a path toward the camp store. I got about 50 yards. Later, Ben came out and helped. He would walk the path out about 50 yards, come back to me, and walk out again, so he had compressed the snow three times.

Then he would shovel toward me and I toward him. It was easier shoveling the compacted snow because there were fewer operations with the heavy shovels. In this way, we shoveled out to the camp store.

We tried to see how much surface area was needed to support our weight.

I cut out two sides of a cardboard box and used Ben's line to attach it to his foot.

He went outside with these clunky square pieces of cardboard on his feet. [He took] the first step, and he sunk to mid-thigh.

The cardboard was not rigid enough, and bent.

It prevented him from sinking as far as he would without the cardboard, but it was nowhere near good enough.

What was needed was a rigid frame for the cardboard or rope weaving. We racked our brains trying to think of how to make a suitable frame.

We thought about cutting up the shelves in the building, but decided maybe the Park Service would not take too kindly to that idea.

We ran out of ideas, and we weren't too motivated to continue looking. The cavalry, we thought, were already on their way.

We passed the time talking and reading. There were some Reader's Digest Condensed Books there.

I read one, entitled *Snake*, about a black mamba that some dumb sailor had set loose in Central Park when he was mugged.

Dinner was rice and chili. We decided to use the water from the rice to drink. Ben added fruit punch, but I had added a little salt to the rice, and the drink was terrible. We couldn't bring ourselves to drink it, and finally ditched it next to the pee.

I warmed the chili in the iron skillet with some extra cooking oil for energy.

We split the rice and chili three ways. Jay didn't want all of his, to my surprise. We finished everything, and licked the bowls and skillet clean. We did not clean up, again.

We went to bed early, but left the heater on this time. We expected Ranger Jensen to call back, but he did not.

## ■ Tuesday, Jan. 9

### Meal droppings

We had pancakes for breakfast. It was not clear how much batter we had. I mixed it all, and we were able to have three pancakes apiece.

"OK. You guys have the syrup, and I'll have the last hot chocolate," I said.

They agreed, but in fact there was enough syrup for me, too.

"How are you doing?" Ranger Jensen asked over the phone when he finally called.

"We're excellent!" I replied. "We're running low on food, but we're all right. We're warm enough and we have enough water."

"Later today, a helicopter is supposed to fly over and drop you some food," Jensen said.

It seemed like a big deal to us, especially since we were OK.

Jay and Ben went out to shovel further toward Skyline Drive. They came back, reporting success, but they didn't shovel it.

Ben figured that walking it repeatedly was easier than shoveling it, and they had made a path to Skyline Drive by passing over it a total of four times. While they were gone, I cleaned up all of the dishes from the previous three meals.

About 11 a.m. we heard a helicopter. I went outside and waved madly. They continued to fly north. The helicopter was blue and white and had "STAFF" written on its side.

Lunch was a repeat of Monday. After grace, I ate a pita pocket with Yard-O-Beef, and Jay and Ben dove into the trail mix. We had fruit punch-flavored water. There wasn't a lot of fruit punch mix left. Jay and Ben were a bit grouchy.

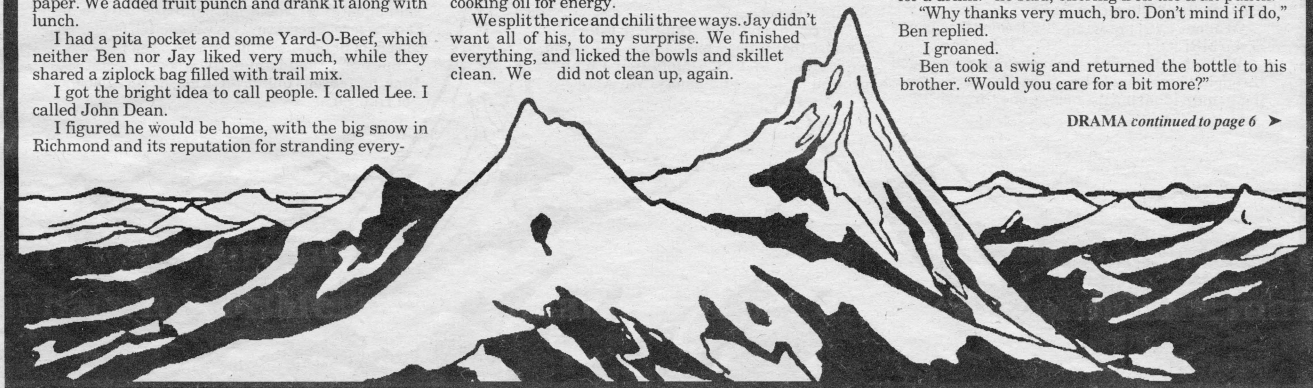
"Can't you guys be nice to each other?" I said. A mischievous look came over Jay. "Why bro, care for a drink?" he said, offering Ben the fruit punch.

"Why thanks very much, bro. Don't mind if I do," Ben replied.

I groaned.

Ben took a swig and returned the bottle to his brother. "Would you care for a bit more?"

DRAMA continued to page 6 ➤





## DRAMA

continued from page 5

"Sure! Thanks! Would you like some drink, father?" Jay asked. I took a swig. Exchanges like that kept up the morale for the three of us in such close quarters.

Ben had found an interesting book in a Reader's Digest Condensed Book, *The Shape of Illusion* by William Barrett. We began reading it aloud to each other, first me, then Jay and Ben and so on.

The book was about a miraculous painting of Jesus Christ right after the scourging. He was being led out toward the cross, to take it up and be crucified.

The angry mob had not yet dispersed, and they were yelling at him, calling him names and spitting and throwing rocks at him. Everyone who looked on the painting would eventually look to the crowd of people and see their own face. But other people could not see that face; they, too, would see their own face in the painting.

The protagonist of the book was assigned to find out more about the painter, and traveled to Friedheim, Germany, where the painter had once lived. That was as far as we got.

### Contingency plans

Ben and I hiked out to Skyline Drive for a test of our ability to hike out. We reasoned that if the plows reached within a mile or two of the cabin, we could hike to the plowed areas and then stroll out the rest of the way.

We gave ourselves a half hour to see how far we could get. The hike out to Skyline Drive was relatively easy, as Jay and Ben had already made a trail. Skyline Drive was another matter.

Ben went first, and still I couldn't keep up with him. In 15 minutes we made it only a couple of hundred yards.

I figured it would take us two hours to hike a mile, and we would quickly become exhausted from the effort.

At about 2 or 3 p.m., the helicopter came back. Jay and I were both outside. The helicopter dropped a box of MREs (military Meals Ready to Eat) down into the snow and then took off.

The wash from the helicopter was amazing. I grabbed my hat, making sure to note the place the box of MREs fell. I dug out to the MREs and brought them back into the cabin.

Ben was laughing.

"What a bunch of jerks!" he said. "Here I am, cozy warm in here, laughin' my ass off at you idiots! There's the guy in the helicopter, taking aim at the nut in the orange hat! 'OK, I've got the target in my sights!' And then the wind from the helicopter nuzzles blows you off the mountain. You guys are dummies!"

With no alternative, Jay and I laughed with him.

Ranger Jensen called about 4:30 p.m., indicating that the plows were having a heck of a time and it was unlikely that we were going to be reached today.

He said the plows would probably reach us by tomorrow. I called Lee. She re-emphasized that Steve Pierce could pick us up.

At about 4:45 p.m., we finally decided to try some of the MREs.

We opened up the package and rummaged through. There were 12 brown packets corresponding to individual meals, menus one through 12.

We opened number five. It had spaghetti (with spicy tomato sauce!), a small chocolate bar, some crackers and a packet of processed cheese (yuck), and an accessory packet containing matches, toilet paper and some other stuff. The chocolate bar was instantly consumed in three parts. We ate the crackers and cheese, too.

### Salvation

We were about to open a couple more MREs when I looked out the window and saw a blinking light attached to a snow plow, and it was coming our way.

"Holy smokes! There's a plow!" was my original outburst.

The flurry of activity was amazing. Jay threw material of unknown description into his pack. We stuffed our sleeping bags as quickly as we could. Chester, a man who was as big as a mountain, met us just outside.

"Boy! We're glad to see 'ya!" was my understated exclamation. "We'll pack up as soon as we can!"

"Take your time," the man mountain replied.

We didn't take our time. We threw it all together, put all of the boxes where they came from and saddled up as soon as we could.

The last thing I did was call Kitty Pierce and tell her that we were leaving for Swift Run Gap and could Steve please pick us up. We threw our packs in the back of a four-wheel drive pickup and jumped into the back seat. The driver was a 60-year-old, gristled veteran. He drove out behind the plow.

We stopped for a few minutes to watch the snow plow pull a grader out of the snow right near the camp store. The plow's wheels, fully chained, spun around while the grader was hung up on an eight-foot snow bank. Finally, everything got out and we headed back toward Skyline Drive and Swift Run Gap. Our ordeal was over.

Although our hiking trip was over, the talking about it was not. For some reason, the news media thought this was newsworthy. Swift Run Gap Entrance Station was awash with Park Rangers. We got a call there asking if Brenda from Channel 3 News in Harrisonburg could interview us. I agreed.

Over the next few days, we would get phone calls from all kinds of people asking for details of our trip. I thought it was important, but for a different reason. We discussed what had happened to us.

We felt that the hand of God had led us to where we were on Lewis Mountain, and for a variety of reasons. There is not telling what might have happened if we hadn't arrived there.

Perhaps we would have gone a few miles and decided to bivouac somewhere.

We had a saw and rope. We could have cut a limb, lashed it between two trees, and laid pine boughs across the limb to form a tent.

A thick, interwoven set of boughs would have caught the snow and formed an insulated layer.

We could have laid pine boughs under this canopy to prevent us from melting the snow under us. But this idea occurred to us afterward: We were never in the position of needing to think of it.

Alternatively, we could have become separated under white-out conditions. Exhausted, hungry and cold, we could have slipped into hypothermia without sensing its approach.

We could have died. But there is no telling, because that is not what happened. Instead, we were led to Lewis Mountain Camp-ground and safety. We were

in the best place possible. We had heat and light and four walls. We had a phone to keep in communication with the Rangers. Once in the registration station on the mountainside, there was no question of our eventual rescue, intact, with all our body parts.

Steve Pierce drove up in his new four-wheel drive Ford pickup truck with Jim and Jamie Ketchum. They arrived around 9:15 p.m.

We were certainly glad to see them! We hugged everybody all around. We threw our packs in the bed of the truck and jumped into the back seat.

Steve had not had much to eat, so we stopped to eat at Burger King near the intersection of Routes 33 and 29.

I felt very grateful to have a friend who would drive all the way to Swift Run Gap from Richmond after a hard day's work at Boulevard Auto Repair. We arrived back in Richmond around midnight.

Lee was sound asleep. Daughter Teresa was very glad to see us, and we were very glad to have finally made it back home.

### A higher meaning

There is another lesson in this business. Ben was both angry and ashamed that somebody had to bail us out. I felt only shame, not anger.

I have been camping well over 300 nights in the woods. I have built emergency shelters for fun.

Jay had slept under pine boughs in 5-degree weather at Gladbrook Farm along with Jeff Hall and other Boy Scouts.

How could we get in such a predicament? Well, it is clear now that we were dependent on others for our eventual return home.

This dependency was what rankled us. How could proud and strong hikers such as us bear the thought of being dependent?

The truth is, we are all dependent on others, almost all of the time.

Sometimes we are strong, and others borrow from our strength and rely on it for their survival. We didn't make our back packs. We didn't make our sleeping bags.

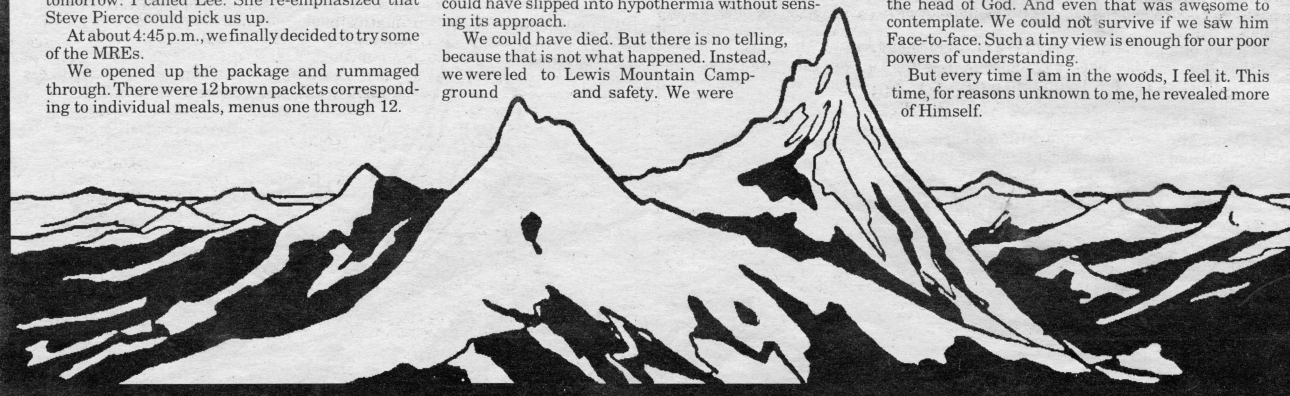
We didn't grow the food we brought with us. But the message was being hammered home to us: You cannot live without the hand of God.

The message is that God is in all of that. He is in the back pack, in the food, in the clothes, in the equipment, in the people who made these items, in the wind, in the pink glow of the sunset on the snow, in the bitter cold morning, in the frosted air in front of my face, in the ice on my beard, in the man on the mountain headed up the plow crew, in the reporters who asked a bazillion questions for no reason, in Jay and Ben and our continuing good mood.

It gives me great joy to see the hand of God. It is always there, but usually we are blind to it, like Jay who could not see the fire growing in the shavings [on the second day of the trip].

This episode was like a tiny glimpse of the Beauty and the Power. A tiny view of a piece of dandruff from the head of God. And even that was awesome to contemplate. We could not survive if we saw him Face-to-face. Such a tiny view is enough for our poor powers of understanding.

But every time I am in the woods, I feel it. This time, for reasons unknown to me, he revealed more of Himself.





# Letters

TO THE EDITOR

## Excuse\$, Excuse\$

DEAR EDITOR, COMMONWEALTH TIMES:

There is no legitimate excuse, yet excuses continue to be made for the deplorable conditions in VCU classrooms. We could blame the errant architect who planned buildings and classrooms without windows, but it's a little late for that. Poor classroom conditions are legendary at VCU — we borrow good money to pay for this. The saddest fact is that most of us have resigned ourselves to sweating in 80 — plus degree classrooms. It's always been that way, so why rock the boat?

Are we to accept the explanation that "nothing can be done?" What does this say about the competence of those who have power over this aspect of our education? What does this say about their commitment to quality? One of the most elementary principles of education is that a comfortable environment is necessary for optimum learning. Is this considered irrelevant at VCU? Are the surveys about course and classroom suitability just a charade of pacification or will there be a change in our infernal classroom environment?

I've been told that our heating systems are on some sort of 3-day plan where temperature must be set in advance according to assumptions about upcoming weather. Who bought into this inefficiency? How much does it cost us to maintain a classroom environment that induces profuse sweating in the middle of winter? Perhaps the purchasers of this heating system were

expecting more Luciferian students than I've met in the saunas I am enrolled in this semester. Oops! I meant classroom, not saunas.

It would seem that it is the responsibility of VCU to provide a comfortable environment for learning, not excuses for intolerable conditions. If we can repave Shafer Court repeatedly, why can't we lower the temperature in the classroom? If the current heating and cooling system is inefficient in this respect, doesn't it make sense to adjust it accordingly? I'm not talking about an entirely new system, just a simpler, more sensible approach. Is it really too much to ask for classrooms

***"One of the most elementary principles of education is that a comfortable environment is necessary for optimum learning. Is this considered irrelevant at VCU?"***

that don't involve the distraction of sweating? Sweating might be fine in athletics, but it is entirely inappropriate to academics.

I suggest that the current easy-bake system be replaced or adapted to a system where a comfortable, economical temperature can be maintained. It can't be cheap keeping classrooms at 80 — plus degrees every day. Are simple electric fans beyond the VCU budget? If we must err on the subject of temperature, it would make more sense to err on the cool side since we can all bring sweaters to class. There are only so many clothes we can remove in an academic environment.

Sincerely,  
Lee A. Carleton

***"I know of no country, indeed, where the love of money has taken stronger hold on the affections of men and where a profounder contempt is expressed for the theory of the permanent equality of property."***

— Alexis de Tocqueville, *Democracy in America*, (1835), pt. 1, ch. 3.

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## Morality and Economy

DEAR EDITOR, COMMONWEALTH TIMES:

One development that occurs when people lose respect for proper moral reference is that they engage in activities which are satisfying to themselves but destructive to life. Without respect given to proper moral reference, people collectively are extremely destructive to life.

Perhaps you can relate what I am saying to aviation. Without proper respect given to instruments, I have heard that a pilot may not know whether he is flying right-side up or upside down. Moral reference serves the same purpose to society as instruments do to pilots.

Moral reference is required to control the intentions of people. It is not directly to be used in controlling their individual actions. It is the intentions, not the actions, of people that moral reference influences.

Today, only reckless or naive people trust the intentions of others. Nobody is totally trustworthy anymore. This is evidenced by the presence of exploitation in society. People are demonstrating intention to benefit one another's expense.

People respond to systematic influence in developing their values. They watch television en masse and develop ideas of normalcy from viewing television. Television shows people what to believe and how to act. Our present culture is very much a product of television. But television serves no purpose other than to bring financial returns to corporations. The people controlling our culture are driven exclusively by profit motive. Our culture is therefore an accidental creation resulting from the profit maximizing decisions of television executives.

This is a new development in all of history. Prior to television, our culture was created by a myriad of factors, many of which had nothing to do with making money. We entered a new era of existence when television was introduced.

Today, a business executive is offered the proposition to pay money for advertising time on television and as a consequence AUTOMATICALLY increases sales. Business executives are dramatically changing people's values with advertising dollars. Our society is being dramatically impacted daily by what amounts to brain-

washing in order to allow businesses to maximize profit through television advertising.

OUR COUNTRY IS OUT OF CONTROL! An unprecedented crisis is present. There is nobody other than myself having the intention to protect society's long lasting survival. Everybody but myself has a more exploitative intention toward society.

To change the subject, I would like to inform you that our country's stock market is nearly completely controlled by people having the morals of apes in Africa. The market which crashed as I predicted in writing in 1986 has been secretly propped up by wealthy world interests. The market is NOT REAL.

The stock market is controlled through use of futures market contracts. The futures markets offer the leverage to manipulators that they need in order to control the market. But they also need control of powerful components of the "free press." If economists like myself were allowed to be published, their efforts to control our country's economic welfare would be compromised.

Our country is in trouble due to prolonged deficit spending by the federal government. Our country is a much, much poorer nation than people currently realize. This is why it is felt necessary by irresponsible people for the stock market to be artificially propped up, and economists such as myself be censored.

Currently, extremely irresponsible Americans, combined with foreigners having exploitative intentions toward American society, have dominant control of our country's affairs. Consequently, our country is destined to suffer devastating problems in the future. It is my wish for responsible college students to grasp these simply stated facts.

I am an experienced and successful former futures market speculator with a masters degree in business administration from Indiana University.

Sincerely,  
Joe Kinney,  
Plainfield, Ind.

**We're for you.**  
**Let us hear what you**  
**have to say.**  
**Editorial e-mail:**  
**eng3slr@hibbs.vcu.edu.**





# Get a grip!

Sara Kukorlo  
CT EYE EDITOR



Exams, research papers, deadlines, jobs, relationships, parking, crime, money problems — every college student has experienced many of these stressors. Trying to balance all of these things is enough to make the average college student throw his or her hands up and want to quit.

Defined, stress is an event or a series of events leading to both bodily and psychological strain.

Everyday living, especially in the lives of college students, involves dealing with frustrations, conflicts, pressures and change.

"We all need some sort of stress in our life. I mean that a little bit of stress is OK," said Maureen Earley, assistant director of the office of health promotions. "It's just trying to get that medium of what is oversteering us and what is

causing some things to change in our lives."

Earley added that people are getting stressed over changes that are happening and stressing out is the only response to it, because many people feel they cannot control what is happening.

"Students get stressed over classes. Why? It's because they cannot control their grades really," she said. "But what they need to do is things to help alleviate that stress. It's called working on that paper in September and not November."

## Roots of stress

Stress has its roots in environmental, physiological and psychological sources.

Environmental stress can result from looking for a parking space (a problem many students at VCU face), waiting in a long, slow-moving line (registration lines, perhaps) or being stuck in rush-hour traffic (a commuter student's nightmare).

Perceived threats, whether from people or from the perception that the campus is not safe, are prominent at VCU's urban setting, which Earley said becomes a stress for some people.

"For some people, coming down here in the evening is stressful," she said.

Illnesses, exposure to environmental pollutants (a big problem with VCU's the urban location), improper diet, lack of exercise, poor sleeping habits and abusing the body in a number of different ways are all leading causes of physiological stress.

"Some of the stress is continually built up by lack of sleep and not eating well," Earley said. "The body wears down so that stress level just continues to build because you are not taking care of your body. It's not getting that whole body approach to taking care of yourself."

Psychological stress stems from frustration, conflict and pressure. How one labels, interprets, about and reacts to certain events that cause pressures has a lot to deal with how stress is determined.

## College burnout

Whether a freshman, transfer or commuter, every student is affected by stress and some frazzled students will retire their academic careers due to burnout resulting from stress.

In an October 1987 feature article, "The Perils of Burnout," *Newsweek on Campus* reported that burnout is the most common reason students list for leaving college before earning their degrees. It also reported that 25 percent of college students may suffer from enough stress to make them consider dropping out.

For freshmen living on campus, their whole lives have changed. They are in a completely new environment and they no longer have mommy and daddy to come home and answer to. They must deal with the stress of having to make their own decisions for the first time.

"Sometimes students would love to have mom and dad on the other line saying 'No you need to come home,'" Earley said.

Transfer students have a lot of different changes to cope with, such as learning a new system, meeting new friends, especially since a lot are commuters, Earley said. They must deal with the questions of how they are going to meet new people, while at the same time adjusting to a new community and environment, she added.

Actually getting to campus is a problem for some commuting students, and for others living at home and dealing with family issues there are stressors.

## Fan living

Fan apartment residents and those living in VCU housing may find differences with roommates to be a cause of their stress.

"They may have different work styles or different living styles, and that becomes a major stressor that affects a lot," Earley said.

With the costs of education and living expenses today, it seems almost impossible to breeze through the college years without some sort of job. Balancing a job and studying is the cause for a great amount of stress. How can they do it all and be successful?

"For some people, they can do it. For others, I think they need to re-look at what they are doing," Earley said. "They need to say 'I cannot take 18 credits and work 30 hours a week. I need to kick back and take 13 credits.'"

Some stress, she added, results from procrastination. It is easy to blow off everything in the first three weeks of a semester, then all of a sudden, things start coming up and everyone is stressed.

## Relationships

Relationships also play a large part in the college student's life. Taking time for that special someone and buddies adds to the responsibilities of students. Everyone has a responsibility to themselves, their significant other and friends.

These people should not be put on the back burner, although sometimes it seems as though they must be penciled into a busy schedule.

"For some of these relationships, how often are they trying to make something work

that is never going to work anyway?" Earley said. "Is it worth the time and energy that they're putting into some of their relationships?"

Lack of exercise is another factor that adds to the mounting tension. Doing physical exercise releases some of the physical stress, such as headaches, backaches and muscle aches that occur from tensing up. Exercise also helps to clear the mind and take time to analyze the stressful



## STRESS-REDUCTION

### WHAT TO DO

- Exercise regularly in some vigorous activity that develops the heart and lungs, such as jogging, swimming or bicycling.
- Eliminate smoking.
- Eliminate or reduce caffeine in your diet.



- Reduce salt in your diet.
- Eat plenty of fresh fruit and vegetables.
- Get as much sleep as you need.

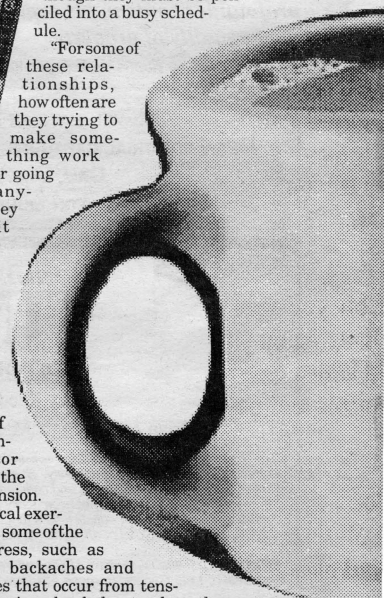
Try to sleep on a regular schedule for more

consistent rest.

- Learn a relaxation technique and practice it regularly to increase your ability to stay calm.
- Have an "escape" activity such as a hobby or passtime which is strictly for your own enjoyment and which you can use to get pleasure on a regular basis.
- If you drink alcohol, limit the amount to no more than one or two drinks per day.
- Schedule regular times in your life for relaxation and fun. Do what you enjoy. Treat this time as something that is just as important as your other responsibilities.

### WHAT NOT TO DO

- Don't use alcohol or other drugs to cope with stress
- Don't repress negative feelings
- Don't compare yourself with others
- Don't get stressed about stress







situations.

"I have heard people say 'I just don't have time, but I need that run.' Sometimes you have to take that run," Earley said. "Some people work on an exercise program; for some people they don't want to take the time to do it. In the long haul it is important."

She added that simply walking 20 to 30 minutes or leaving the car at the apartment and walking to school (if it's not too far) might be enough activity to release some of that stress.

### Reactions to stress

People react to stress in different ways. What stresses one person out may not stress another. Earley said people tend to worry about what is happening and use so much energy fretting over things that they neglect to take a step back and focus on what the problem is and how to ease the pressure.

"When you look and the that starts it's having start to look at what is you, what is happening and pening, and take a few minutes what is going on," Earley said.

### Stress relievers

Eliminating nicotine, which produces a stress response in the body, and depleting or reducing caffeine intake are important in maintaining a stress-free body.

"If you need caffeine in the morning, go to caffeine-free beverages during the day," Earley said.

Keeping the body healthy, which begins with a lot of time-management skills, will reduce stress in students' lives.

"You can continue to sleep four and five hours a night and not eat healthy and get ripped every weekend, but eventually that's going to catch up to you in the form of stress," she said. "You are going to gain additional stress from lack of sleep and lack of nutrition."

At the start of a brand new semester, make a promise to yourself — your mind and your body — to do all you can to reduce stress in your life. Start that paper early, study for that big exam without cramming, do not overload yourself with responsibilities and take care of your body.

Maintain your peace of mind and you may just have your most productive semester yet.



Sara Kukorio/Commonwealth Times

**STRESSED OUT? — This student works out at Cary Street Gym between classes. Exercising is only one of the many ways students can relieve stress.**

### PHYSICAL SYMPTOMS

■ Beware of these physical symptoms! They could signal that you are a victim of stress exhaustion:



- Appetite change
- Headaches
- Tension
- Fatigue
- Insomnia
- Weight change
- Colds
- Muscle aches
- Digestive upsets
- Pounding heart
- Accident prone
- Teeth grinding
- Rash
- Restlessness
- Foot-tapping
- Increased alcohol use
- Increased drug, tobacco use

### EMOTIONAL SYMPTOMS

■ If you're experiencing any of these emotional symptoms, you probably have more stress in your life than you can handle:



- Anxiety
- Frustration
- The "blues"
- Mood swings
- Bad temper/short fuse
- Frequent nightmares
- Crying spells
- General irritability
- "no one cares" attitude
- Depression
- Nervous laugh
- Worrying
- Easily discouraged
- Little joy







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# the top 10

## WRXL XL-102 FM

Rank	Artist	Title
1	Pearl Jam	"I Got It"
2	Bush	"Glycerine"
3	Red Hot Chili Peppers	"My Friends"
4	Tom Petty	"Waiting for Tonight"
5	Seven Mary Three	"Cumbersome"
6	Collective Soul	"The World I Know"
7	Dave Matthews Band	"Satellite"
8	Alanis Morissette	"I Really Want"
9	Smashing Pumpkins	"1979"

## WRVQ 94 FM

Rank	Artist	Title
1	Fun Factory	"I Wanna Be With U"
2	Mariah Carey	"One Sweet Day"
3	GoGoGo Dolls	"Name"
4	TLC	"On You"
5	Hootie and the Blowfish	"Time"
6	Groove Theory	"Tell Me"
7	Diana King	"Shy Guy"
8	Sophia B. Hawkins	"As I Lay Me Down"
9	Whitney Houston	"Exhale"
10	Le Click	"Tonight is the Night"

## WKHK-FM K95

Rank	Artist	Title
1	Faith Hill	"It Matters to Me"
2	Shania Twain	"I'm Outta Here"
3	Terri Clark	"When Boy Meets Girl"
4	John Michael Montgomery	"Cowboy Love"
5	Doug Supernaw	"Not Enough Hours..."
6	Reba McEntire	"Ring on Her Finger..."
7	BlackHawk	"Like There Ain't..."
8	Joe Diffie	"Bigger Than the Beatles"
9	Colin Raye	"Not That Different"
10	Wade Hayes	"What I Meant To Say"

## Anderson Gallery opens with three exhibits, 'charged atmosphere'

Angela D. Hill  
CT STAFF WRITER

Even the post-blizzard chill could not keep approximately 2,500 students, professors and members of the Richmond community from attending the Anderson Gallery's first opening reception of 1996.

The gallery, at 970 1/2 W. Franklin St., appears at first glance to be another administrative building but is a three-story contemporary arts museum boasting six galleries.

A performance by the Leonidas B. Young Ensemble of the Fourth Baptist Church complemented the opening of Lorenzo Pace's "Honor Thy Father and Mother," adding aural to visual sensation as viewers contemplated the sensitive multimedia exhibits that attempt to recapture the history of a family's past.

"I think any time you provide a charged atmosphere of entertainment like this it adds to the power the art can provide," said Loretta Cooper, development coordinator for the Anderson Gallery.

Also on exhibit until March 3 is "Effective Sight: The Paintings of Logan's exhibit, "Where he (Logan) really succeeds is in keeping the communication open using simple forms to construct a lot of messages. I think a lot of times artists will use symbols in a way as a narrative."

Erin Knight, also a senior graphic arts and design major, noted that Logan, however, does allow the viewer the freedom to infer his or her own meanings from the paintings.

The third piece, "The Shell That Remains: An Installation by Kendall Buster," includes an emerging work that the artist will complete at the Anderson Gallery by March 3.



**ART ATTACK** — Juan Logan's "Pray For Me" opened Friday night at the Anderson Gallery and will run through March 3.

Buster combines the traditional craft forms of weaving and thatching with unusual materials, such as steel and bee's wax, to create a three-dimensional explanation of the art that happens when biology and technology meet and confront one another.

## Effective Sight: The Paintings of Juan Logan

John Caperton  
CT STAFF WRITER

*Editor's note: Beginning with this issue, the Commonwealth Times will carry a weekly Anderson Gallery column. This series of articles will give an inside look into the museum as well as provide highlights from current shows and their artists. The Anderson Gallery is VCU's museum of contemporary art. All lectures, tours and openings are free and open to everyone.*

Among three exhibits at the Anderson Gallery are paintings by Juan Logan. "Effective Sight" is a collection of 26 pieces by Logan that gives a broad overview of his work.

In many of Logan's paintings, which were described by one curator as "seductively beautiful," various objects are presented in a simple yet ironic way: a necktie, a hooded figure, a heart and a church altar. In a sense, these icons all are taken from a Southern African-

American visual vocabulary.

Far from being innocent objects, these have become symbols charged with meaning. The necktie appears as a symbol of white corporate power in some paintings, while in others it summons the formalities of the black church.

In subsequent works, even the colors are charged with meaning. In "Just Yellow," a yellow line marks a hooded figure against a dark, menacing background. The painting evokes the terror that the Ku Klux Klan elicits, as well as the "yellow" cowardliness of the Klan members hidden behind hoods.

The seductive surfaces of Logan's paintings are almost impossibly rich with beautiful markings and layers of color. This may seem at odds with the serious content and complexities of his subject matter, but, as one curator puts it, "He draws the viewer in with beautifully constructed forms and then confronts them with the ugly truth behind each."



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## miscellaneous

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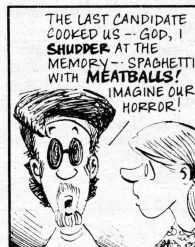
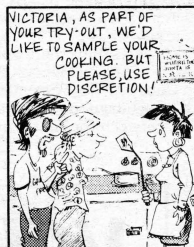
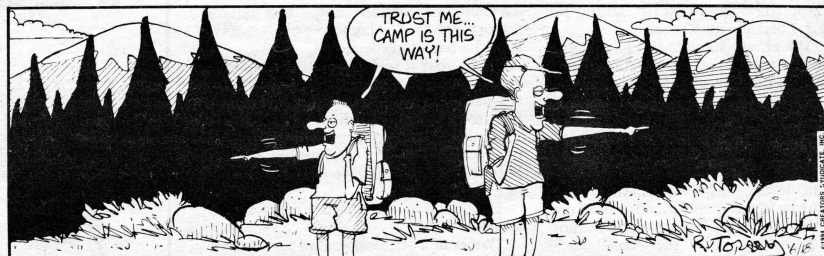
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## Thatch

— Jeff Shesol

PETE AND CLETE  
by Richard Torrey

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## P. S. Mueller





On occasion two writers will use the CT to voice their opposing opinions on a particular sports topic.

# SPORTS FORUM

Today's topic concerns interleague play and whether it is good for the game of baseball.

## Baseball shouldn't be afraid to change Owners mess up the game again

**Brian J. French**  
CT STAFF WRITER

A baseball brief in a newspaper, say in 1998:

The Yankees used a three-run homer by Paul O'Neill in the eighth to complete a five-run comeback en route to a 8-6 win against the Braves last night. Bob Wickman (5-3) pitched three no-hit innings after David Cone was chased in the fifth. Terrell Wade was credited with both a blown save and a loss in his first action since being called up from Richmond. New York also got two RBIs and two stolen bases from Derek Jeter...



**French**

Spring training story?

What if this was a three-game series on the Fourth of July weekend?

Barring any unforeseen incidents or Fehr-mongering by the players union, expect to see the aforementioned scenario, and others like it, as early as the 1997 season.

And why is this such a good idea?

Ask season-ticket holders of either New

York team. Neither the Yankees nor the Mets draw sellout crowds these days, except when the home team's making a play-off run. But give them a three-game series on a holiday weekend and ... voilà! (as opposed to Viola!, the former Mets pitcher). Three straight packed houses.

Remember 1994? The Year the World Series Stood Still? Remember how everyone figured Montreal or Atlanta and the Yankees would play in the Fall Classic? Now, we get that opportunity to see it, even if the series gets swept away by a bunch of moron owners and their equally jackass players.

And speaking of which, take the Milwaukee Fighting Seligs. The Brew Crew normally can't draw a blank, much less 20,000 fans, to their outhouse of a stadium. Put the Cubs in there, though, and watch the money roll in.

Interleague play affords the average fan to see for himself/herself Greg Maddux pitch against Mo Vaughn, or Kenny Lofton stretching over the wall to catch a would-be Jeff Bagwell moonshot. And in a meaningful game, instead of just the All-Star game, which is just a glorified version of MTV's Rock n' Jock Softball.

Baseball needs something to bring the fans back. This can't hurt.

**Coveh Solaimani**  
CT SPORTS EDITOR

Baseball purists must be rolling over in their graves. Once again, Major League Baseball owners have decided to change tradition and play with the game many people call the national pastime.

Two years ago this group decided to expand the playoffs and add a wild card. While many people argue that this new tier of playoffs brought excitement to the game, all it really did was destroy pennant races and remove the prestige of winning your division.

Now, the owners, 30 people who can't even elect a commissioner, have decided that interleague play is the next step in solving the problems between the fans and the sport.

Owners think there will be nothing more exciting than a Mets vs. Yankees series or a Cubs vs. White Sox matchup. Maybe so, but how about the exhilarating three-game set between the Astros and the Brewers?



**Solaimani**

And what about the excitement that will be generated when the Pirates play Detroit?

That's good stuff, huh? A team that can't hit against a team that can't pitch will have people clamoring for tickets as they fall in love with the game.

And let's not forget the World Series. Isn't one of the things that makes the Fall Classic a classic — the fact that the two teams haven't met during the regular season?

One of the main reasons why the battle this year between the Cleveland Indians and Atlanta Braves was so unique was because the teams hadn't played each other, and no one knew what to expect.

Baseball isn't the National Basketball Association. It isn't the National Football League and it isn't the National Hockey League. Those sports have a regular season that is as meaningful as a Hartford vs. Ottawa matchup. Now that's ugly. After the move to the expanded playoffs baseball is catching up.

Let's preserve the World Series and its meaning. Don't schedule a series between the Giants and Texas. If those two teams have to play, let it be before an audience of millions in a series for the ring.

### ASPECT

continued from page 16

year, but in importance the Cowboys rank fourth on the Sooners hit list behind Nebraska, Colorado and Texas.

Do the games have to be close? North Carolina-Virginia is a rivalry, but the advantage is clearly with Dean's boys. Do they always have to play before sellouts?

After careful consideration of the previous requirements, the question then becomes thus: Is VCU-Richmond a real rivalry?

Considering the question in the context of Saturday's game would lead one to think that, if it's a rivalry, it's not much of one. During the course of the Rams' 79-51 steamrolling of the undersized Spiders, the record for largest VCU win against UR was established, and the Spiders never took a lead.

All before a crowd of 6,694, which might be the largest number to see a VCU home game this season but still low by VCU/UR standards.

And despite the proximity of the two campuses (within 10 miles of one another), there isn't much of a Richmond flavor to either team. No native Richmonders dot the VCU roster, and the one local boy on the Spiders squad (Kevin Connor) is no longer with the team, pending an assault charge.

The players, naturally, have mixed reactions as to how important this rivalry is to them.

Bernard Hopkins, after posting 22 points

and eight rebounds against the hopelessly overmatched Spiders, noted the game's importance isn't as big to the players as it is to the fans and coaches.

"Last year it meant a little more, as a rivalry with bragging rights at stake," said the leading Colonial Athletic Association Player of the Year candidate.

"This year, it doesn't matter as much to us, because we have to play them at the Robins Center again. We just looked at it as a CAA game."

Richmond point guard Carlos Cueto agreed.

"We're at a stage where we just want a win, regardless of the opponent," Cueto said of his Spiders, now losers of eight straight and sole possessors of the coveted CAA last-place rung.

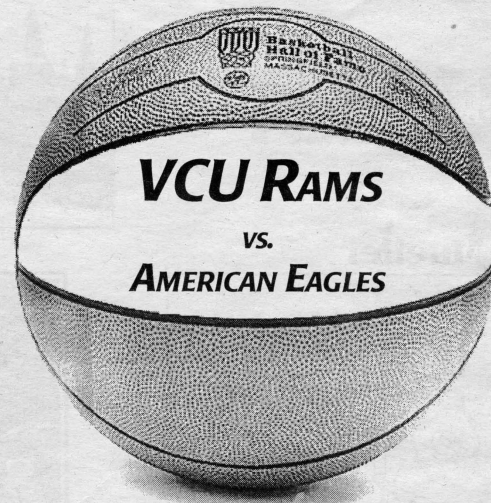
Still, there are those who see the importance of VCU/UR as more than just a conference game.

"Everyone seemed more pumped up today. This is our biggest rival, and we didn't want to go out and disappoint," said Rams guard Ben Peabody.

With VCU now holding a 26-17 lead in the overall series, the rivalry or nonrivalry, depending on your perspective, gets another test Feb. 24 at the Robins Center. By then, VCU may be close to clinching the top seed for the CAA Tournament in March, and the Spiders may have a conference win.

Will plenty of seats still be available?

## VCU BASKETBALL



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# It's Miller time

## Freshman guard fuels Lady Rams past American

**Terry Scanlon**

CT ASSOCIATE SPORTS EDITOR

What a difference a week can make. Seven days ago the Lady Rams were recovering from an 86-59 thrashing at the hands of Old Dominion University and were straddling the .500 mark.

Following that loss, the Lady Rams made a personal commitment to win the eight games leading up to the rematch with the Lady Monarchs on February 28.

Sunday afternoon a pair of strong performances from beyond the arc sparked VCU (9-7 overall, 3-2 conference) to a commanding 68-55 victory over Colonial Athletic Association foe American University (8-7, 3-2).

The first 20 minutes sophomore guard Gabrielle Kyhlstedt took advantage of an Eagles sloppy half-court defense draining three of five three-pointers.

Krista Miller assumed the role of marksman in the second half, connecting on five of six three-pointers. Miller, who sat out the first 13 minutes of the game and still notched career-highs in points (22) and rebounds (eight) as well adding four steals. The freshman realized that being one of three primary threats from the perimeter means sometimes she must wait her turn.

"Maria (Albertsson) and Gabby were playing real well," Miller said. "When they play good one of us has to sit out of the three-man rotation."

Miller, who acknowledged that she had a good performance, said she felt there were too many quality perimeter shooters on the squad for her to proclaim herself the best.

Kyhlstedt disagreed. "I think Krista is the best three-point shooter on the team," she said. "Today she was extremely hot."

Assistant coach Rodney Ashby said Miller's 5-of-7 performance from beyond the arc alone would have been enough. But she also hit the boards.

"We don't expect eight rebounds from her but we're happy to have it," he said.

AU head coach Jeff Thatcher said his team didn't execute well on the offensive end, but that the perimeter play of the Lady Rams made defending them difficult.

"You never expect somebody to shoot 10 for 17 from three," he said referring VCU's team performance.

The victory was the second in as many games since last Sunday's loss. The remainder of the schedule are all conference foes and Kyhlstedt said it's important for them to establish themselves in the CAA.

"We have eight games coming up that we have to win," Kyhlstedt said. "We lost some games that we should not have lost."

### MEN

continued from page 16

the court.

Up 35-29 with 18 minutes remaining, the Rams went on a torrid run, outscoring UR 35-17 to take a 70-46 lead. After the game, Smith said he was pleased with his team's fast-break offense.

"This was a real good fast-break night

for us," Smith said, adding that the Rams committed fewer turnovers in the second half even though they played more of an up-tempo style.

VCU's performance in the fast break shows through in the statistics. After a poor shooting first half, the Rams hit 17 of

29 shots (59 percent) in the second 20 minutes. Most of that is due to the several layups VCU got off the break.

This year's win holds a different meaning for VCU compared to victories in the past because now UR is a conference opponent.

"Last year was just a rivalry," Hamilton said. "This year it's a CAA game, a conference game which had to be treated as a conference game. We have to play them again and that could be a City Championship, too, and if we lose that, what does it all mean?"

### CT PLAYER OF THE GAME

#### KRISTA MILLER

VCU GUARD

■ Posted career highs in points (22) and rebounds (8) as well as shooting 5-7 from three-point range and recording four steals.

#### ■ QUOTE OF NOTE

— "I think Krista is the best three-point shooter on the team. Today she was extremely hot."

— Gabrielle Kyhlstedt, VCU guard



### WOMEN'S BASKETBALL

#### COLONIAL ATHLETIC ASSOCIATION

#### VCU 68, American 55

(At Richmond)

		fg		ft		rb		a	pf	tp
		min	m-a	m-a	o-t	a	o-t			
Greenfield	American (55)	26	5-12	2-3	2-7	0	2	12		
Meeker		28	1-8	6-6	4-6	0	3	8		
Klima		22	1-4	0-0	1-3	1	1	2		
Patterson		22	0-2	1-3	0-1	2	0	1		
Grant		21	4-12	3-4	4-8	0	4	12		
Hebling		6	0-1	0-0	0-2	1	1	0		
Gaskins		17	2-7	2-2	2-4	1	2	6		
Campbell		9	1-2	0-0	0-0	0	4	2		
Olsen		7	1-3	1-2	1-4	0	1	3		
Dorezas		20	1-3	0-0	0-0	0	1	2		
Gombola		22	2-4	3-6	2-4	0	4	7		
<b>TOTALS</b>		<b>200</b>	<b>18-58</b>	<b>18-26</b>	<b>16-41</b>	<b>5</b>	<b>23</b>	<b>55</b>		

Percentages: FG-.310, FT-.692. 3-point goals: 1-3. 333 (Grant 1-2, Dorezas 0-1). Team rebounds: 2. Blocked shots: 3. Turnovers: 25. Steals: 10.

#### VCU (68)

		fg		ft		rb		a	pf	tp
		min	m-a	m-a	o-t	a	o-t			
Albertsson	VCU (68)	17	4-8	1-2	1-1	1	3	10		
Coleman		38	2-4	4-5	2-4	0	2	8		
Karlsson		27	2-4	0-1	0-7	1	5	4		
Kyhlstedt		35	4-11	0-0	2-9	4	3	11		
Thelander		38	3-7	6-10	3-7	7	3	13		
Blackmon		11	0-3	0-0	0-1	1	5	0		
Miller		26	7-13	3-4	2-8	1	1	22		
Trayers		4	0-0	0-0	0-0	1	0	0		
Lewis		4	0-0	0-0	0-0	0	0	0		
<b>TOTALS</b>		<b>200</b>	<b>22-50</b>	<b>14-22</b>	<b>10-38</b>	<b>16</b>	<b>22</b>	<b>68</b>		

Percentages: FG-.440, FT-.636. 3-point goals: 10-17. 588 (Albertsson 1-2, Kyhlstedt 3-7, Thelander 1-1, Miller 5-7). Team rebounds: 1. Blocked shots: 4. Turnovers: 26. Steals: 13.

American 28 27 — 55  
VCU 36 32 — 68

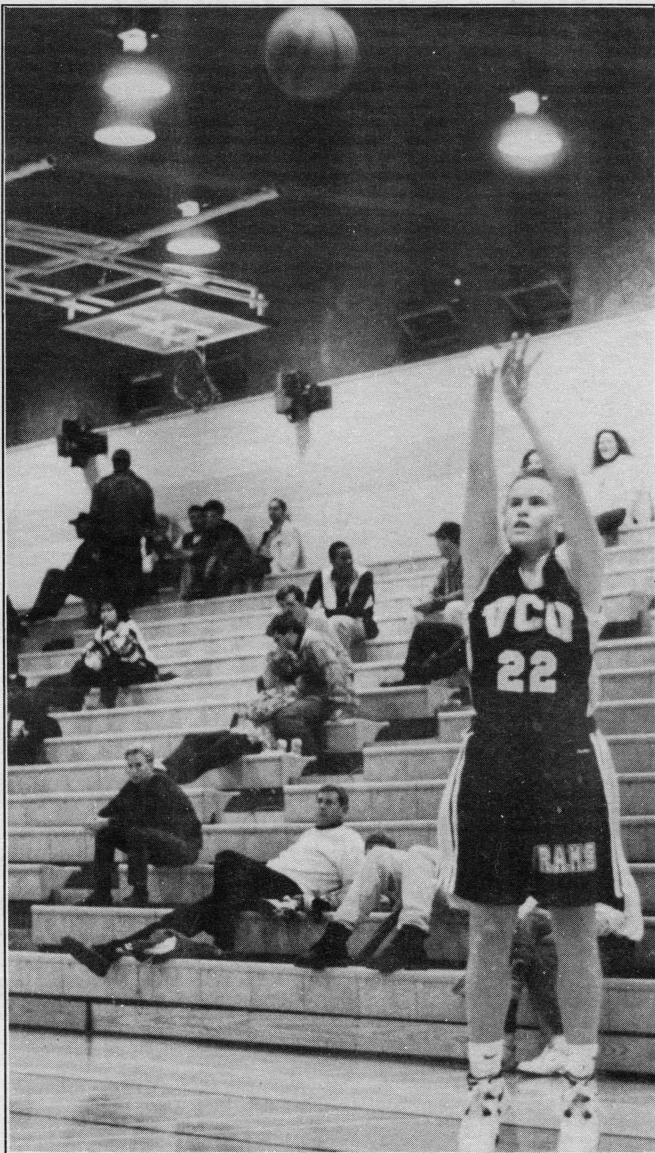
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Two of the losses, George Mason University and East Carolina University, came against teams VCU defeated last season.

Under first-year head coach Peggy Sells, the Lady Rams are beginning to play better as a team, Miller said.

Kyhlstedt said it's only normal to experience some growing pains.

"It takes time to change a program and get people together," she said. "And teams change too. Everything changes."



File photo

**NOTHING BUT THE BOTTOM OF THE NET** — Lady Rams shoot 10-17 from three-point range in their 68-55 victory over the American University Eagles Sunday. Gabrielle Kyhlstedt was 3-7 from beyond the arc.



■ Former women's basketball coach Mike Dunavant led the Lady Rams to a 21-8 mark in 1986-87. The best mark in the program's history.

■ Is interleague play good for baseball? See Sports Forum page 14.

MONDAY, January 22, 1996

Commonwealth TIMES

Vol. 27, No. 39

## Spiders tangled in VCU's web of domination



Pete Van Vleet/Commonwealth Times

**HE WHO LAUGHS LAST** — University of Richmond's Eric Poole (45) blocks Bernard Hopkins' (5) shot late in Saturday's game. Hopkins posted eight rebounds and a game-high 22 points.

## Is VCU/UR still a 'rivalry'?

**Brian J. French**  
CT STAFF WRITER

Continuing the discussion on rivalries: What is it that makes a rivalry a rivalry? What circumstances must be met for a series of games to be considered more than the sum of its results?

Must the games be continuous, played year after year without interruption? Virginia plays Georgia Tech and Wake Forest every year in every sport but neither matchup constitutes a rivalry.

The Pittsburgh Steelers and Dallas Cowboys don't play every year but their upcoming Super Bowl tilt is called by every

media outlet known to humanity a rivalry. That leads to importance. Should the games always, or usually, be momentous occasions, with titles and money at stake? It generally helps. The date of the Nebraska/Oklahoma almost always is circled in red.

But when was the last time the Army/Navy game led to a bowl berth? A conference title is nice, but it does not a rivalry make, at least not on its own.

Regional importance? How important an ingredient is that in the rivalry formula? Notre Dame/Southern Cal is big in football, and the two schools are thousands of miles apart.

Oklahoma plays Oklahoma State every

**Coveh Solaimani**  
CT SPORTS EDITOR

Last Wednesday when the starting lineup for VCU was announced, a familiar name was missing. VCU coach Sonny Smith had decided to start Marlow Talley in place of George Byrd in hopes of sending Byrd a message.

Message received.

In Saturday's game against the University of Richmond, Byrd was back in his starting role and once again was a dominant force, helping VCU to a 79-51 whipping of their cross-town rival before 6,694 at the Richmond Coliseum.

Byrd had his first double-double of the season. He scored 12 points and grabbed 11 rebounds while blocking four shots as the Rams (5-1, 12-7) dominated the Spiders (0-5, 4-11) in the paint and took the City Championship.

"Tonight I was a little more aggressive," Byrd said. "I've been watching film all day, and Richmond is a pretty aggressive team so I had to be aggressive."

VCU senior Bernard Hopkins, who led all scorers with 22 points and had eight rebounds, said Byrd's strong play wasn't a surprise.

"George can go out every night and get 10 to 15 points and 12 rebounds," Hopkins said. "He just needs to stay out on the floor. Lately he's been getting a lot of fouls. If he can stay out on the floor, I expect that out of George."

While Byrd's presence was definitely felt on the floor for VCU, so was the presence of Hopkins, Talley and Ivan Chappell. The Rams frontcourt owned the inside and was able to control the backboards against UR. VCU outrebounded the Spiders 43-32 including a 20-15 edge on the offensive glass.

"Their offensive rebounds really set the tone for the entire game," said UR guard Carlos Cueto. "Their first shots were either layups, or they missed the shot and put the rebound in."

This was clearly evident in the first half when both teams struggled to get anything to drop.

VCU started the game with intense man-to-man defense and mixed that in with a full-court press to rattle UR and take a 32-24 lead at the break.

"The last couple of games, we have tried to pick the defensive intensity up from the beginning to the end," said VCU guard Sherman Hamilton. "We are gradually getting there, but we still have some work to do."

The Spiders hit only eight of 25 shots (32 percent) from the field in the first half, but VCU didn't fare much better. The Rams hit

**VCU 79**  
**UR 51**

### CT PLAYER OF THE GAME

**GEORGE BYRD**  
VCU CENTER

■ Twelve points, 11 rebounds, first double-double of the season, four blocked shots

#### QUOTE OF NOTE

— "George can go out every night and get 10 to 15 points and 12 rebounds."



— Bernard Hopkins  
VCU forward

### MEN'S BASKETBALL

#### COLONIAL ATHLETIC ASSOCIATION

**VCU 79, Richmond 51**

(At Richmond)

Richmond (51)

	fg	ft	rb			
	min	m-a	m-a	o-t	a	pf
Mobley	24	2-5	0-0	0-2	0	2
Poole	26	3-8	2-4	3-4	0	2
Edwards	26	6-13	0-0	1-3	1	3
Cueto	34	1-4	0-0	0-3	9	3
Baker	31	4-6	2-2	0-0	2	2
Stevenson	21	1-5	2-2	2-3	1	0
Patrick	12	1-6	0-0	1-2	0	0
Ward	3	0-1	0-0	1-2	1	0
Jefferson	11	1-6	1-2	0-3	0	4
Hensel	4	0-1	0-0	0-0	0	1
McKinney	8	0-1	0-0	1-2	0	2

**TOTALS** 200 19-56 7-10 15-32 14 19 51

**Percentages:** FG-.339, FT-.700, 3-point goals-.12, 500 (Mobley 2-5, Cueto 0-1, Baker 3-4, Patrick 0-1, Jefferson 1-1). **Team rebounds:** 8. **Blocked shots:** 5. **Turnovers:** 21. **Steals:** 2.

**VCU (79)**

	fg	ft	rb			
	min	m-a	m-a	o-t	a	pf
Chappell	24	4-7	0-2	1-1	2	0
Hopkins	32	7-13	8-10	3-8	3	1
Byrd	29	5-6	2-4	5-11	0	2
Peabody	18	3-6	0-1	2-4	0	1
Hamilton	23	2-6	2-2	0-2	4	3
Smith	5	1-2	0-0	1-1	0	1
Wood	1	0-0	0-0	0-1	0	0
Reed	17	0-6	0-0	1-2	4	2
Lee	20	3-6	0-1	1-2	4	1
Talley	14	2-4	2-2	3-7	0	2
Martin	2	0-0	1-2	0-0	0	1
Marston	15	2-4	2-2	1-2	0	2

**TOTALS** 200 29-60 17-26 20-43 17 15 79

**Percentages:** FG-.483, FT-.654, 3-point goals-.14, 286 (Chappell 0-2, Peabody 1-2, Hamilton 2-4, Reed 0-2, Lee 1-2, Marston 0-2). **Team rebounds:** 2. **Blocked shots:** 6. **Turnovers:** 15. **Steals:** 8.

**Richmond** 24 27 — 51  
**VCU** 32 47 — 79

A: 6,694.

just 12 of 31 first-half attempts (39 percent) with most of their points coming off putbacks.

In the second half, the game was no contest. UR went to a man-to-man defense on the Rams, and VCU ran the Spiders off

ASPECT continued to page 15 ➤

MEN continued to page 15 ➤

**VCU**  
at home



7 p.m. Wednesday Jan. 24

Men's basketball vs. American University

