Free classifieds are listed on page 4

THE Commonwealth TIMES

THURSDAY
March 28, 2002

Vol. 36, No. 20

The Student Press of Virginia Commonwealth University

Special to The Commonwealth Times

Students say Hibbs' machines frequently don't work.

Special to The Commonwealth Times

Cleanliness also tops students' list of concerns.

Students plan to boycott Hibbs Dining Center today

Action stems from alleged health code violations, student says

BY SARAH EDWARDS
Staff writer

A resident assistant in Johnson Hall, Brandon Jaycox, said he began suspecting health code violations occurring at the Hibbs Dining Center and he later realized that other students were noticing these same violations.

Although Jaycox said it was obvious some aspects of the dining hall was unsanitary, he talked to students who knew at least one other person who became ill after eating there. Thus, he decided it was time to do something to improve the conditions.

"One weekend I was warned by an employee not to eat the hamburgers," Jaycox said. "That was the day when I was like, all right, something needs to change."

Last week, Jaycox appeared at a Student Government Association meeting with examples of health code violations and a plan of action, asking the senators to consider backing a one-or two-day boycott of the student dining hall.

That boycott started this morning and continues until after dinner tonight.

Senate Speaker Shawn Peay said the governing body could not participate in such a protest, but as individuals SGA student members could.

Pam Harabis, senior food service director at VCU for the ARAMARK Corporation, said when the students visited her and a location manager Tuesday, they cited three specific complaints:

- concerns about weekend service
- employee lack of gloves when handling food, and
- the overall appearance and cleanliness of the dining facility.

All of these issues are being addressed, Harabis said, and dining services administration Wednesday approved a letter that addressed these and other students' concerns.

"We can fix all of the issues students have," she said. "All of the issues Brandon brought to us would have been resolved had we known about them."

Since Harabis said she considers the lack of communication among the students and the managers of the food service as the major problem, she arranged for a communication board to be available so students can call a manager to report problems in all dining halls by Friday.

"Frankly, we as managers didn't hear about these problems," she said. "There are comment card boxes, a place for comments on the Web site and we are listed in the phone

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Spectrum

- Locker50B: Art student Virginia Samsel thinks small. Page 15
- Opinion: Columnist Jeff Qureshi offers his take on the Arab-Israeli conflict. Page 18
- Sports: The women's tennis team keeps on winning. Page 20.

TODAY'S WEATHER

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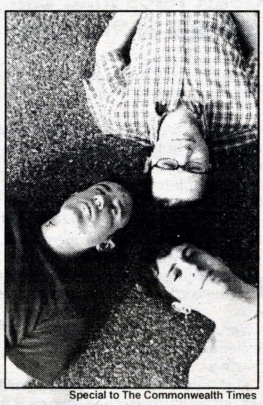
HI 60 • LO 41

BAND BEAT



Special to The Commonwealth Times

Monday: Local hard-rock trio Adara discusses their new album, "Caught Between the Stars and the City."

VCU student musician dies in weekend accident

Music School loses violist and a shining star

BY HOLLY HOBBS
Associate news editor

A memorial service to morn the loss of Jessica McCain, a VCU viola player, will be held today at noon in the Performing Arts Center's Vlahcevic Hall.

Ms. McCain, 21, died Friday as a result of a two-car accident.

John Guthmiller, acting chair of the Music School, said he hopes the ceremony will allow students and faculty to be together in one place to commemorate the life of Ms. McCain.

The memorial will feature faculty and student stories about McCain as well as a performance by the University String Ensemble, which Ms. McCain was a member.

Guthmiller said a number of faculty and students have donated money for a scholarship in Ms. McCain's name to be awarded to a fellow string player. Details of the scholarship will be announced at today's memorial.

McCain

Ms. McCain, a music education major, was a member of many performing groups, including the VCU orchestra.

"She was the viola at our school," Kimberly Ryan, a sophomore violin player, said. "She's been someone I've looked up to. She was so committed to her music."

Ms. McCain worked as a student assistant for the Music department. Coworker Linda Johnston said Ms. McCain was one of the most dependable student workers they

McCAIN continued to page 3

In Brief

CALENDAR

Thursday March 28

Ready? Fight! Supreme Tae Kwon Do performance in the University Student Commons' Commonwealth A and B from 8 p.m. - 10:30 p.m.

"The Trial of One Short-Sighted Black Woman vs. Mammy Louise and Safreeta Mae" performs at the Shafer Street Playhouse. The performance is free for VCU Students with valid ID, $10 for general public, $8 for faculty, staff and seniors.

Friday March 29

SGA Appropriations Meeting from 2 p.m. - 6 p.m. in the University Student Commons' Alumni Board Room.

Didn't make it to New Orleans? Come get a taste of Mardi Gras at VCU's Mardi Gras party and dance. The fun begins at 9 p.m. in the University Student Commons' Commonwealth A and B.

"Ghost World" will be showing in the Commons Theater at 9:30 p.m.

Saturday March 30

Richmond's natives Cracker will perform at the 9:30 Club. Doors open at 9 p.m. Tickets are $15.

Sunday March 31

Hatebreed, Converge, Stalemate and Reflux perform at the 9:30 Club. Tickets are $15.

Easter on Parade from 1 p.m. - 5 p.m. on Monument Avenue from Davis to Allen avenues. This event is free and open to the public.

Airport workers shock owner with dead dog's 'resurrection'

A woman who had her dead dog transported by plane for burial was shocked when she picked it up apparently alive.

Romanian airport workers thought the dog had died in transit and decided to replace it with an exact matching dog from an animal shelter and hoped no one would notice.

The officials at Bucharest's Otopeni airport didn't realize the dog was already dead before it arrived.

They thought they would face legal action, as they mistakenly thought it had died while in their care.

The woman, from Germany, wanted her original dog to be buried in its native Romania.

The lady from Frankfurt adopted it several years ago from a Romanian animal shelter and took it to her home.

The woman was shocked when she went to collect the dead pet - only to find it was alive.

An airport spokesman said, "No one would have noticed the difference, except that her dog was dead and the new one was alive. I don't think she would ever have noticed. It was quite a surprise for her. When she spoke she didn't make any sense."

When she recovered from the shock and realized what had happened, the woman decided to adopt the replacement dog.

Mass suicide cult's van being auctioned online

A religious cult leader's van is being sold on eBay to mark the anniversary of the group's mass suicide.

The Heaven's Gate cult believed they were going to follow a comet on a spaceship when they killed themselves March 26, 1997.

Now Rio DiAngelo, the only surviving member of the group, is auctioning off the cult's van.

The eBay auction went online March 22 and ends March 29. Bidding for the van, described as in "very good condition," starts at $39,000. There have been no bids so far.

DiAngelo, now a freelance designer, spent three years with the group before leaving in 1997.

A month later he discovered the mass suicide after returning to the Heaven's Gate rented mansion when he received a message from members.

They took a lethal concoction of vodka and barbiturates and put plastic bags over their heads to shed their earthly "containers" to follow the Hale-Bopp Comet.

DiAngelo said, "They weren't trying to kill themselves because of a crazy idea, although some people saw it as a crazy idea. It really is an advanced level of being."

The 48-year-old, who now lives in Los Angeles, said he still shares the cult's beliefs and sees himself as a messenger. Bid on the van at http://cgi.ebay.com/ebaymotors/ws/eBayISAPI.dll?ViewItem&item=1815173591.

Iggy the Piggy saves family from fire

A potbellied pig saved her human family from a fire by grunting and barking at her sleeping owner.

Iggy the Piggy rushed into the living room to raise alarm after apparently smelling smoke coming from a bathroom heater.

The house in Poca, W.Va., was gutted by the fire. But Iggy's owner Cathy Carder, her two sons and a friend escaped unhurt.

The family moved to Poca last summer because of a law forbidding farm animals in their former home town of Winfield.

Carder said, "She (Iggy the Piggy) is a wonderful animal. If I had gotten rid of her, there's no telling what would have happened.

"She saved our lives. The fire alarms went off after she did."

Scientists predict genetically-modified jeans on high street

Scientists say people may soon be wearing genetically modified jeans.

The researchers have altered a bacterium so it produces the pigment commonly used in blue denim.

The coloration could be more environmentally friendly than the man-made dyes manufacturers currently use.

The so-called indigo dye used in blue denim is usually made from coal or oil and has potentially toxic byproducts.

Walter Weyler and his colleagues at Genencor International in California said this is possible by altering the E.coli bug.

The bacteria use sugar as its raw material and create less waste. But the industry is unlikely to use it until it is as cheap and effective as current methods.

Around 16,000 tons of dye are made annually and almost all of it is used on denim.

The research is published in the Journal of Industrial Microbiology and Biotechnology and reported online at http://www.nature.com/nsu/.

Court rules man can garden in the nude

A Pennsylvania man has won the legal right to work and sit in his back garden while naked.

Charlie Stitzer from Pleasant Gap was found guilty of indecent exposure and disorderly conduct in February 2001 after a neighbor complained about him.

But the conviction was overturned by three Superior Court judges who ruled he could go nude on his own property.

He appealed the indecent exposure conviction after being sentenced to two months probation, according to the Pittsburgh Post-Gazette.

Stitzer, 63, often mowed the back lawn of his home wearing just a thong if the weather was hot.

On summer evenings he would garden or relax without any clothes, saying it was too dark for his neighbors to see him.

The judges said Stitzer wasn't exposing himself in a public place or drawing attention to himself. The complaining neighbor was too far away to be offended, they added.

While Stitzer said he will still take his clothes off at night "if it gets hot enough," state prosecutors said he could be prosecuted for disorderly conduct.

His lawyer Andrew Shubin said, "If people don't want to see what's going on in his backyard, they can avert their eyes. It was a civil rights issue."

Man's latest pavement crawl worse than previous disaster

A man wanting to beat the world record for crawling on hands and knees has failed to match his disastrous first attempt last year.

Belgian Daniel Schuddinck wore specially reinforced kneepads and had a new 'caterpillar-like technique' for the crawl along pavements.

He crawled less than three miles in seven hours. Last year he managed to just break the three-mile barrier.

The former soldier from Herentals hoped to crawl the 15 miles from his hometown to Lichtaart. The record stands at 12.5 miles.

Schuddinck, a father of nine, said he wanted to show solidarity with people with disabilities.

"My wrists are killing me," Schuddinck said after abandoning his effort, adding, "It's a pity, but this is inhuman. I will never try it again."

He said he now wants to try to beat the world endurance record for watching videos non-stop.

THE Commonwealth TIMES

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NEWS

NEWS BRIEFS

COMPILED FROM STAFF AND WIRE SOURCES

Magic Johnson wants to run for mayor of Los Angeles

Magic Johnson wants to be elected mayor of Los Angeles.

The ex-LA Laker said he wants to run because of the current mayor's treatment of the city's police chief.

Johnson, 42, who is now a sports commentator, is concerned James K. Hahn's plans not to reappoint Bernard Parks as LAPD chief. The Los Angeles election for mayor is in June 2005.

Parks has operated a zero-tolerance policy toward police corruption.

One inquiry has revealed widespread corruption and 70 policemen face disciplinary measures.

Mayor Hahn says he won't reappoint Parks because morale in the force is low.

15 killed, 100 wounded in Passover suicide bombing

Fifteen people have been killed and more than 100 injured after a suicide bomber struck an Israeli hotel.

The blast went off in the dining room of the Park Hotel, on the boardwalk of the coastal resort of Netanya, as guests gathered for a Passover meal.

An Arab satellite TV station has received a claim of responsibility from the Islamic militant group Hamas.

The bomber entered the hotel, which was crowded with guests, crossed the lobby and reached the dining hall where he blew himself up, said a local police chief, Aharon Franko.

The explosion tore through the ground floor of the hotel, blowing out walls and overturning tables and chairs. Bits of rubble and wires dangled from the ceiling. Some of the wounded were seen staggering out of the lobby, which was plunged into darkness by the explosion.

This latest attack has threatened to derail the latest U.S. truce mission, which survived two suicide attacks last week. An adviser to Prime Minister Ariel Sharon said that, while Israel was trying to reach a truce, it would have to reassess its policy in light of the attack.

U.Va. student sues professor for misconduct

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First-year University of Virginia Law student Marta Sanchez is filing a complaint against law professor Kenneth Abraham claiming she experienced "extreme discomfort" in an introductory Law School program last summer and is considering action against the Commonwealth.

On Feb. 26 Sanchez filed a claim of assault and battery in Albemarle Circuit Court, seeking $25,000 in compensatory damages and $10,000 in punitive damages.

Sanchez attended an "Introduction to Law School and Legal Methodology" program, a presentation Abraham volunteered to teach to 20 selected incoming students. Abraham, a nationally renowned legal scholar in the field of tort law, was explaining a legal issue when, according to Sanchez's lawyer, Steven Rosenfield, he indicated he should not do what he was about to do and "momentarily" touched Sanchez's shoulder.

> "What some would characterize as mere touching to this victim was an extreme event. What makes it different is that she was the victim at the hands of men in the past." – Steven Rosenfield, Sanchez's laywer

"What some would characterize as mere touching to this victim was an extreme event," Rosenfield said. "What makes it different is that she was the victim at the hands of men in the past."

Sanchez, originally from Panama, was victimized at a young age during the turmoil and anarchy that surrounded the reign of Manuel Noriega and the United States' effort to remove him. Beginning at age 11, she was "terrified, molested and raped multiple times."

"When he touched her, she was very upset, she didn't know what he was doing or how far he would go," Rosenfield said. "Everything came flooding back."

After learning she was enrolled in Abraham's tort law class last semester and therefore would have a second class with the professor, Sanchez sought counseling and spoke with administrators who encouraged her to discuss the incident with Abraham.

Rosenfield said the talk was unproductive, leaving Sanchez with "no other way to seek satisfaction" than a civil suit. He said Sanchez was not interested in criminal charges, and he felt criminal intent was lacking.

University officials, including Abraham's legal representation, declined to comment on the case because University policy forbids discussion of pending lawsuits. Abraham declined to make a statement.

Many University faculty members speak highly of Abraham, who has received national and University awards and published several books used in more than 100 law schools around the country.

"He is one of the most admired and respected faculty members, not just here but among law faculties across the United States," said Richard Merrill, professor of law and dean of the law school from 1980 to 1988. "Even though he is one of the most widely published professors, he has always taught to a wide array of students."

The danger of facing lawsuits for routine classroom actions poses a unique question to faculty at the University and elsewhere.

"Some people have difficulty with people coming into their personal space; it's not unheard of," said Lenny Carter, crisis management coordinator at Counseling and Psychological Services.

However, forcing professors to check the mental state of each student would "place an unfair burden on professors," Carter said.

Merrill said faculty members are concerned such an accident could result in a lawsuit.

"No one who teaches seriously is indifferent to students who are uncomfortable," Merrill said. "What is not possible is to know if there is something in their background that makes them overly vulnerable."

Law faculty expressed concern that because of the nature of the field, students expect to encounter some adverse or uncomfortable material.

"Law is a combative profession," Merrill said. "People who come to law school are expected to be more resilient and open to challenge or controversy than other graduates might be."

Rosenfield also has served Attorney General Jerry Kilgore with notice the Commonwealth may be liable for suit due to the incident.

McCain

Continued from page 1

had.

"She was someone who really stood by her principles," Johnston said. "If it was something she believed in, she would go to battle for it."

Johnston said Ms. McCain was very close to her family and talked about them all the time.

"She wanted to go back (to Danville) and teach strings in rural Virginia," she said.

The music major had planned to student teach in the fall with her former roommate. Reid said Ms. McCain was a few credit hours away from graduating.

"We've been talking about (in) the last six months about how much she improved (musically)," Reid said.

"She had just come into her own," Diane Rainey, a senior performing arts major and coworker of Ms. McCain's, said. "Her whole sound matured."

"We've cried together about it," Johnston said. "Everyone was in shock because it happened so suddenly."

Ms. McCain's friends from the School of Music said no one ever had anything bad to say about her.

"She was so happy. She was a smart aleck too. She could dish it out and take it. But not in a cruel way," Rainey said. "She was one of those people who could say anything to you and it was funny."

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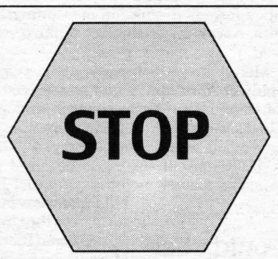

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Life Science building to be torn down to make way for new dining facility

BY HOLLY HOBBS
Associate news editor

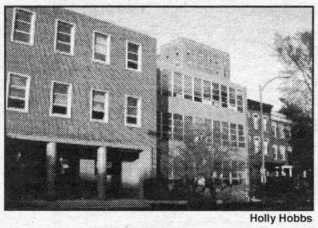
Out with the old and in with the new

As students voice complaints over rotten food and poor service at Hibbs student dining facility, VCU moves to build a new dining hall where the old Life Science Building sits.

"The plans are to take the old building down," said Dan McDonald, assistant director of business services, of the Life Science building, built in the 1950s and never remodeled.

Location was a major factor in the decision to destroy the old Life Science building.

"It's the most central location for the dining facility," Brian Ohlinger, assistant vice president of facilities management, said. "It's the closest to the dormitories."



Holly Hobbs

Original Life Science Building

Ohlinger said the reason the new Trani Life Science Building was built was to replace the old building, which he referred to as inadequate.

"(It all) depends on how you define safe," Ohlinger said as he listed the faults of the old Life Science building. Among those inadequacies were: lack of handicap accessible entrances, air conditioning, energy efficient windows and sprinklers.

"(It's) just inadequate for any purpose," he continued, adding that low ceilings made remodeling for modern technologies like air-conditioning "prohibitally expensive."

"It would cost us more to refurbish the old building then to tear it down and build a new one," he said. "So, it's more for economic reasons."

The drawn up plans for what is currently being called the Shaffer Court Dining Facilities show a two-story building approximately 57,000 square feet.

The proposed $18 million project will include residential dining on the second floor, which will allow seating for 850 people. Retail food for a more commercialized atmosphere, somewhat like the University Commons, will reside on the ground floor, McDonald said. The first floor will seat around 100 people.

In addition to indoor seating, the plans show outside seating areas. The plans for the new dining facility also include glass windows on both floors of the building, which McDonald said he hopes will add an open feel to allow students to see various locations on campus including the Cathedral of Sacred Heart.

Mike Credle, a sophomore art major, questions how the funding for the new dining center will be obtained.

"It's scary because of all these budget cuts," Credle said. "They're raising tuition and stuff and spending it on food."

McDonald said the new facility is a capital project and, like a private business expansions, will have to self-support any new developments.

"It's the same principle as the parking decks," McDonald said.

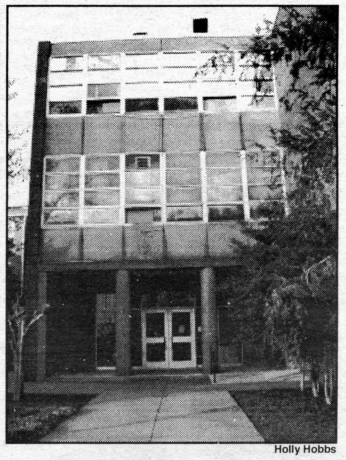
Similar to the parking projects, bonds will be issued to help pay for the dining expansions and will be repaid over a 20-year period.

"We will pay a mortgage on it every year," McDonald said.

Money brought in by the 1,200 students who use the Hibbs dining facility is mainly used to pay for meals and maintaining the current facility.

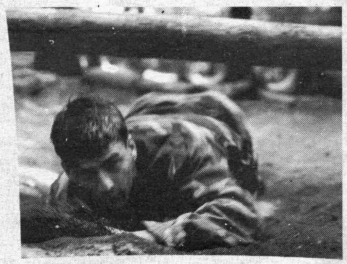
Credle said improvements should be made to the current facilities instead of building outside problem areas.

"It was never to the point where I couldn't find a seat," he said. "They want the illusion of quality (I'm) not concerned that there be a club like atmosphere (in the dining halls or library)." He continued by adding, "It's all about putting funding in the right places."



Holly Hobbs

Original Life Science Building



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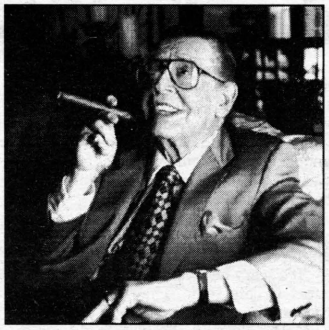
'Good evening ladies and germs'

Television says goodbye to comedian Milton Berle

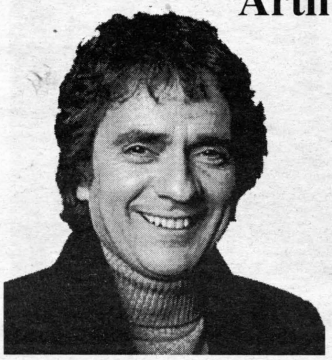


Comedian Milton Berle, referred to by millions as "Uncle Miltie" and "Mr. Television," died in his sleep in his Los Angeles home Wednesday. He was 93.

Berle was host of "The Texaco Star Theater" from 1948 to 1953, which later became "The Milton Berle Show" in 1954. He also appeared in numerous films including, "It's a Mad Mad Mad Mad World," "The Oscar" and "The Muppet Movie."

Widely known for his crazy antics and cross-dressing comedy, Berle had been in declining health since suffering a stroke in December 1998 and was diagnosed with colon cancer in April 2001, according to Reuters.

'Arthur' star dies at 66

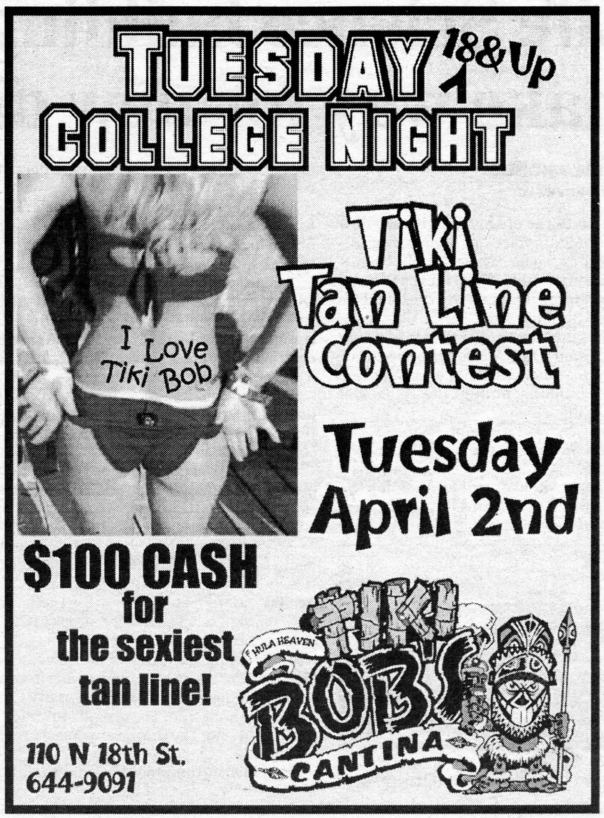


British-born actor Dudley Moore died Wednesday in his New Jersey home. He was 66.

Moore, widely known for his roles in the movies "10" and "Arthur," died of pneumonia as a complication of progressive supranuclear palsy, a rare degenerative neurological disorder.

An accomplished pianist, Moore has recorded several jazz albums and has appeared in concert with the Los Angeles Philharmonic Orchestra.

He was born in Dagenham, Essex, in 1935 and first came to public attention in the early 1960s with the "Beyond The Fringe" show, together with Alan Bennett, Jonathan Miller and Peter Cook.



ANNOUNCEMENT!
ADVANCE REGISTRATION for Fall 2002

The Schedule of Classes is available at this VCU website: http://www.vcu.edu/schedule/

Copies of the Schedule of Classes can be picked up in Founders Hall, Room 104, or in the school or college of your major, and in University Student Commons.

Monday - March 18 --- Summer advance web/telephone registration begins for all students

Monday - Friday, March 25-29 --- Advising for Fall 2002 term

Monday – April 1 ---Advance web/telephone registration for Fall term 2002 begins (except for Honors students). See registration schedule below.

Honors students	March 25
Graduate Students	April 1
Post-Baccalaureate Certificate students	April 3
Seniors	April 3
Juniors	April 8
Sophomores	April 15
Freshmen	April 22
Special Students (non-degree seeking)	April 29

Telephone and Web registration hours:
Monday – Saturday: 7:30a.m. – 10 p.m.
Sunday: Noon – 10 p.m.
Telephone registration number: (804)828-1495
Web address: http://iserver.adm.vcu.edu/students

If you have any questions, please call Records and Registration at 828-1349.

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HIBBS

Continued from page 1

book, but we weren't contacted."

Nonetheless, after meeting with the SGA, Jaycox and five other students decided to proceed with plans for today's protest and petition for better quality food and for better service at the facility.

"We have the letter and petition as well as the boycott just to sort of get the awareness out of what we're doing," said Rebecca Honts, a first-year art history major. "They (food services) already have our money; we've already paid for the meal plan. We just want change. We don't want Hibbs to close or anything like that. Better food quality, better service — those are the points in the letter. Our main concern is just change.

"This is just a group of people with the same concerns and complaints coming together and trying to fix that. It's something we've heard all around so we've just decided to do something about it."

Since last Friday, this group has collected more than 650 student signatures, petitioning the dining facility to improve quality and service.

Thomas Woodall, a sophomore science major, said he, too, thinks the food service needs improvements.

"The general consensus is that something needs to be done," he said. "We're just a group of students who organized something to get it done. We are not supported by the SGA or anything."

As of this fall, ARAMARK will implement a human resources manager to interact more with the employees. To date, Harabis said more than 100 employees have gone through safety and sanitation training.

"The idea out there is that we don't care," she said. "We have made changes and continue to make changes. I have responded to every issue and concern that students have brought to me."

> "We have the letter and petition as well as the boycott just to sort of get the awareness out of what we're doing. They (food services) already have our money; we've already paid for the meal plan," – **Rebecca Honts, a first-year art history major**

As for employee apathy, Harabis said the company created monthly focus groups so employees can freely express their concerns. As a result, an "Employee of the Month" award began this month that honors one employee from each location whose name will be engraved on a plague displayed in Park Place at Student Commons.

Most of the issues will be handled through more training of the employees, Harabis said, explaining that many of the nighttime staff have other jobs and cannot attend afternoon training, so a late night training class would be implemented.

"There was a concern about employees handling silverware and plates without gloves," Harabis said. "According to the Virginia Health Code, employees are not required to wear gloves while handling dishes and silverware."

Virginia law does not require employees to wear gloves to handle food if they use tongs or wax paper, but it is a VCU Dining Services and ARAMARK policy that they do wear gloves.

Another policy ARAMARK introduced this fall that Harabis said should help involves background checks, which she said now are required for all new employees to raise the employees' overall standards.

"It's difficult to say there is going to be change overnight," Harabis said. "We're dealing with humans so that doesn't always happen."

Though a monthly "Dine with the Director" dinner allows students to express concerns to Harabis about the food service, she has scheduled weekly dinners for April. Dinners are limited to 20 students who can discuss their concerns directly with Harabis.

"We need to know students' concerns," Harabis said. "I'm on e-mail all day long and respond to every issue."

What do the students think of the way these concerns are being handled?

"I'm being as optimistic as possible," Jaycox said. "At this time it seems like Hibbs is really trying to change. I hope it really does pan out and everything works."

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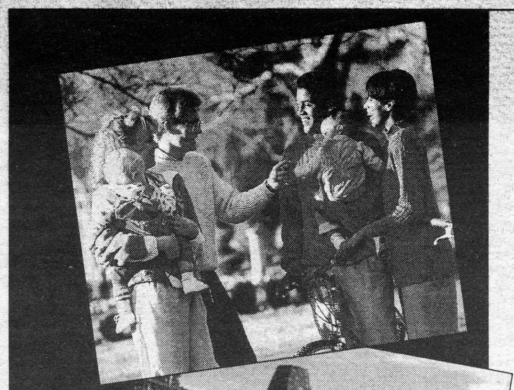

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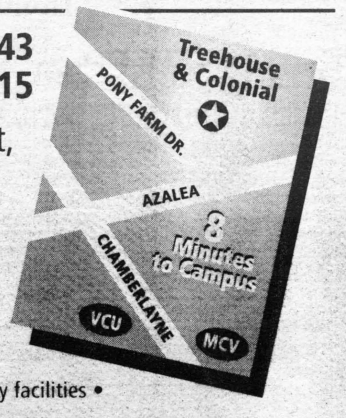

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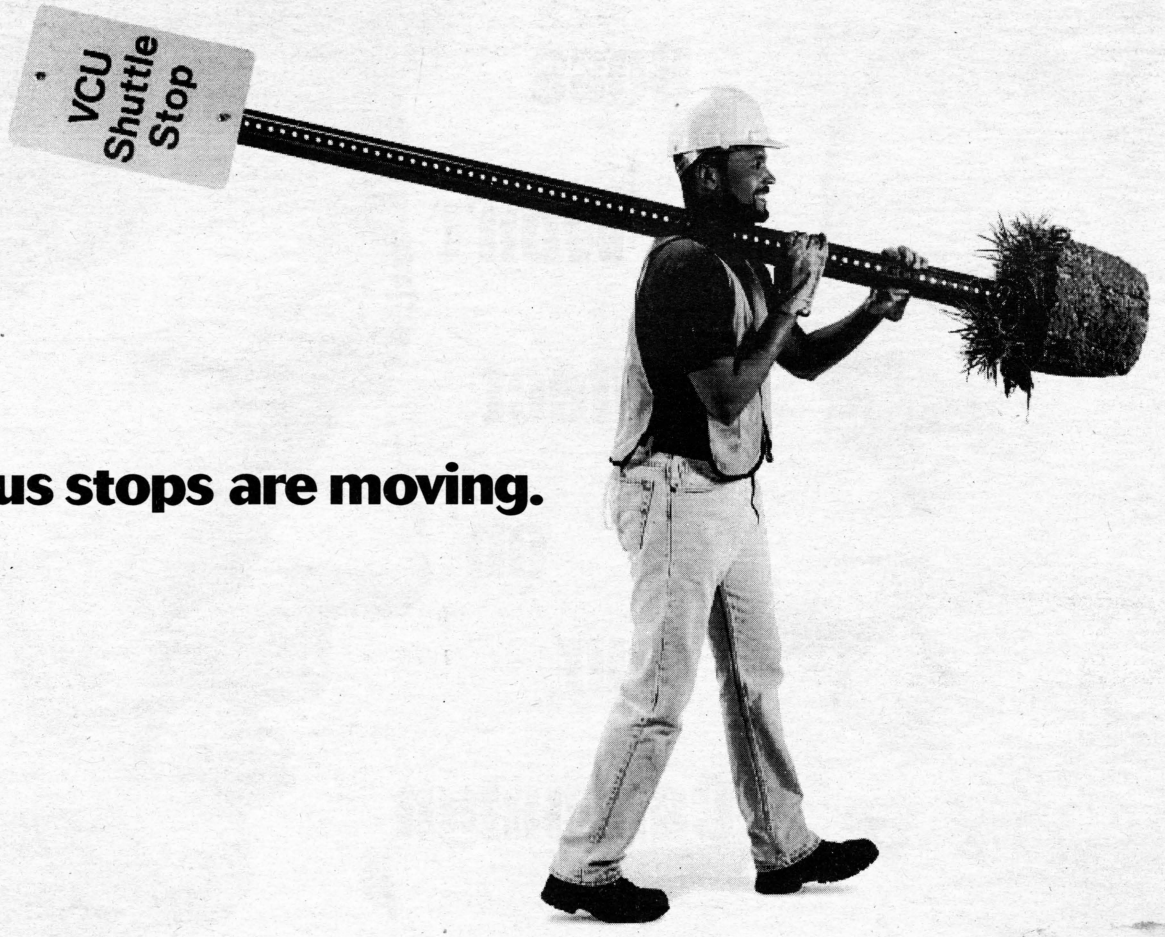
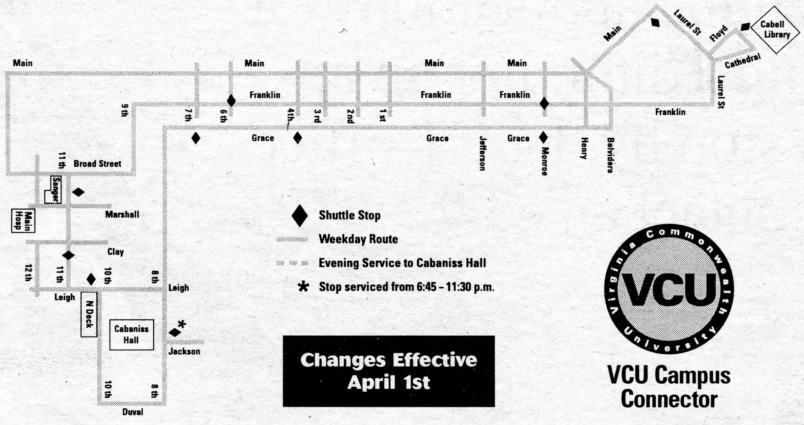


Bus stops are moving.



Changes Effective April 1st

VCU Campus Connector

VCU Campus Connector bus stops and routes are changing effective April 1st.

The shuttles will run every 15 minutes from each new bus stop. Service schedules will stay the same, beginning at 7:15 a.m. and running through midnight during the academic year.

Don't miss the bus!

For additional information, please call
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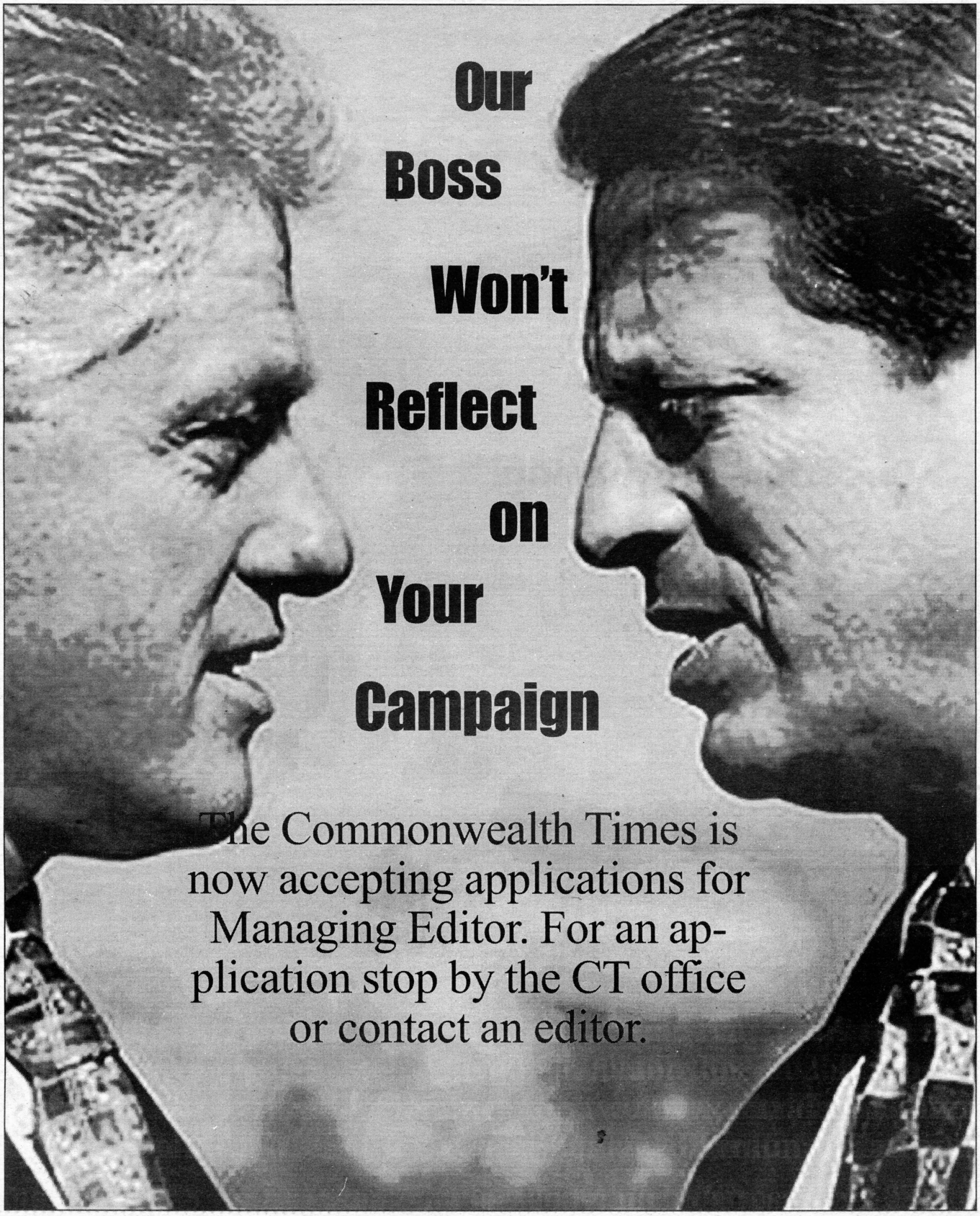
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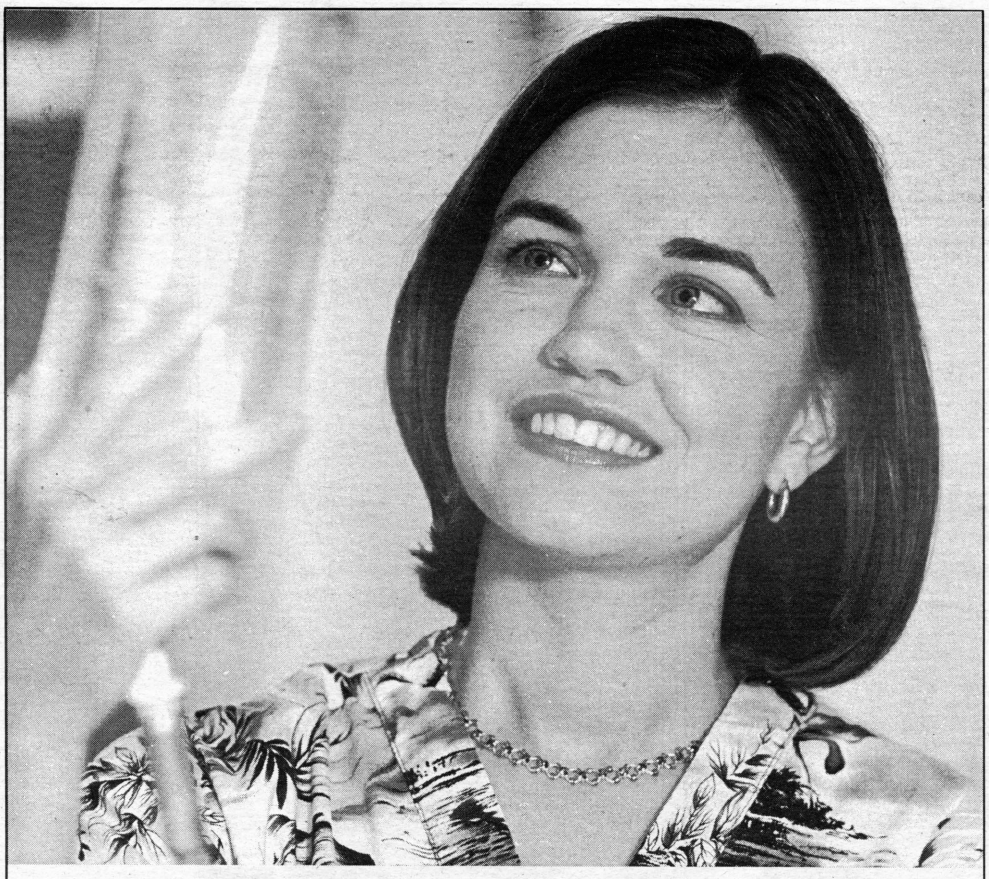

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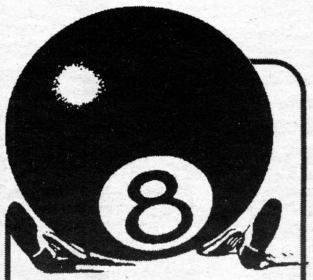

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DEPO-PROVERA Contraceptive Injection
(medroxyprogesterone acetate injectable suspension, USP)

This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is DEPO-PROVERA Contraceptive Injection?
DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm once every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

How effective is DEPO-PROVERA Contraceptive Injection?
The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given **ONLY** during the first 5 days of a normal menstrual period; **ONLY** within the first 5 days after childbirth if not breast-feeding; and, if exclusively breast-feeding, **ONLY** at the sixth week after childbirth. It is a long-term injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Percent of Women Experiencing an Accidental Pregnancy in the First Year of Continuous Use

Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Implants (Norplant)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)	-	3
Combined	0.1	-
Progestogen only	0.5	-
IUD	-	3
Progestasert	2.0	-
Copper T 380A	0.8	-
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	18
Cervical cap	6	18
Withdrawal	4	18
Periodic abstinence	1-9	20
Spermicide alone	3	21
Vaginal Sponge		
used before childbirth	6	18
used after childbirth	9	28
No method	85	85

Source: Trussell et al. Obstet Gynecol. 1990;76:558-567.

*From Norplant® package insert.

Who should not use DEPO-PROVERA Contraceptive Injection?
Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:
- if you think you might be pregnant
- if you have any vaginal bleeding without a known reason
- if you have had cancer of the breast
- if you have had a stroke
- if you have or have had blood clots (phlebitis) in your legs
- if you have problems with your liver or liver disease
- if you are allergic to DEPO-PROVERA (medroxyprogesterone acetate or any of its other ingredients)

What other things should I consider before using DEPO-PROVERA Contraceptive Injection?
You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:
- a family history of breast cancer
- an abnormal mammogram (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples
- kidney disease
- irregular or scanty menstrual periods
- high blood pressure
- migraine headaches
- asthma
- epilepsy (convulsions or seizures)
- diabetes or a family history of diabetes
- a history of depression
- if you are taking any prescription or over-the-counter medications

This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?
Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection.* The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

What are the risks of using DEPO-PROVERA Contraceptive Injection?
1.Irregular Menstrual Bleeding
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting, an increase or decrease in menstrual bleeding, or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA your menstrual period will usually, in time, return to its normal cycle.
2.Bone Mineral Changes
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.
3.Cancer
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.
4.Unexpected Pregnancy
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.
5.Allergic Reactions
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.
6.Other Risks
Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?
Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:
- sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)
- sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)
- severe pain or swelling in the calf (indicating a possible clot in the leg)
- unusually heavy vaginal bleeding
- severe pain or tenderness in the lower abdominal area
- persistent pain, pus, or bleeding at the injection site

What are the possible side effects of DEPO-PROVERA Contraceptive Injection?
1.Weight Gain
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.
2.Other Side Effects
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolus, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?
1.Missed Periods
During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.
2.Laboratory Test Interactions
If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.
3.Drug Interactions
Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.
4.Nursing Mothers
Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

How often do I get my shot of DEPO-PROVERA Contraceptive Injection?
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SPECTRUM

Combination art: Virginia Samsel finds importance in the smaller things

BY AMBER HENDRIX
Spectrum editor

"Locker 50B, Richmond's newest gallery, is the brainchild of Virginia Samsel.

Locker 50B is both gallery and an artwork.

Locker 50B is a conceptual project that has pulled itself inside out.

Locker 50B blurs the boundary between public and private space.

Locker 50B is the voyeur's delight.

Locker 50B is the interior of a woman's pocketbook.

Locker 50B is a Japanese sleeping compartment hotel.

Locker 50B is your world in miniature.

Locker 50B is two cubic feet of pure radiant power.

Locker 50B is Soviet architecture.

Locker 50B is state property.

Locker 50B is red hot fantasy.

Locker 50B travels the Blade Runner-Tokyo-Calcutta-Chelsea Express.

Locker 50B is jerry-rigged and pirated.

Locker 50B is the solution to an overcrowded future.

Locker 50B's inaugural exhibition includes the work of eight pioneers of the miniscule.

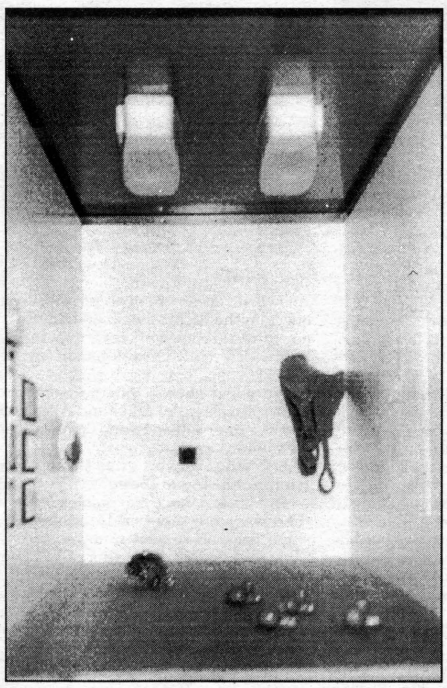
Locker 50B- say it softly and it's almost like praying.

Locker 50B is a Lilliputian gallery that packs a mighty punch- and you had better get out of the way."

-Richard Roth, chair of VCU's Painting and Printmaking Department

Virginia Samsel, a sophomore Painting and Printmaking major, revealed her innovative new exhibit of miniature works last Friday in the School of the Arts Center. The show, entitled "Primer," included small sculptures and paintings displayed in Samsel's locker in the hallway of the Painting and Printmaking Department.

Samsel, who curated the exhibit, transformed her locker space into a dwarfed gallery. Visitors to the opening were invited to nuzzle close and look into Locker 50B, a tiny parallel universe with light wood floors and soft lighting. The result was nothing short of amazing- a Swiftian world, very much like our own, fit into a 2-by-2 area.



Inside shot of Locker 50B Amber Hendrix

With Locker 50B, Samsel challenges an established sense of space and forces a re-evaluation of set perceptions of depth and size. The pieces she included, works by eight VCU art students, serve as a reminder that art does not have to occupy a realm larger than life, or even one scaled to human size. Instead, Samsel and the Locker 50B artists find relevance in the smaller things and offer to let the rest of us in on their delightful little secret.

CT: *What was the concept behind the Locker 50B show?*

VS: To show smaller art in a semi-formal environment, one open to students so they could see each other's work. Just easy access. I think with smaller work, people can try different things because they're not as intimidated by size or cost of materials.

CT: *What are the criteria for the work in Locker 50B?*

VS: It has to fit. That's the main thing. I guess it's ultimately up to the curator, which happens to be me this time.

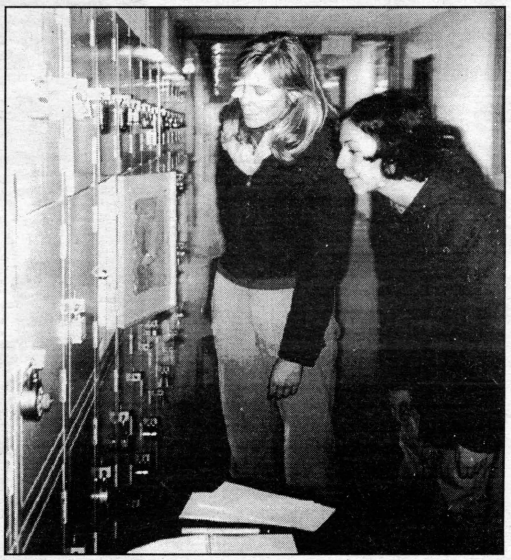
CT: *What do you think is important about small work? Do you think it's valid?*

VS: I think it's important because it's something that I enjoy working with, a smaller scale.

My personal experience is that other people might not find it valid, but I don't really care.

CT: *What made you want to have a show like this?*

VS: It was just an idea. I've only been developing it for a couple weeks. I turned my locker into a gallery, put walls up, put a floor down and put together a show.



Visitors peer into Locker 50B Amber Hendrix

CT: *Were you already thinking about people who had done smaller works?*

VS: Yeah, I thought about it beforehand so that I could mention it to people with smaller works. That way, I could just go to them really quickly and take something they already had and put it in the show.

CT: *How did you go about getting your idea to become reality?*

VS: I just moved my stuff and put the walls up. I was really glad that people were able to give me work to put in the show on such short notice.

CT: *Since the art world is so fragmented and varied, do you think it's important to have work that stands out? What do you think makes good art?*

VS: I think it is important for work to stand out. Materials being used are important. Interesting images and subject matter. I guess just trying to do different things; I don't really see why you need to keep doing the same things over and over. Variety is important, not just from other people but what you're doing yourself.

CT: *What are your influences as an artist?*

VS: I'm influenced by my peers. I think that's one reason I put this show together, so people could see each other's work, and not just leaning against walls. As far as established artists, Tom Freedman.

CT: *What are your future plans for Locker 50B?*

VS: I want to have shows every two to three weeks. I think I'll try to keep curating them this semester. Eventually, I want to get other people involved. I don't want it to be just what I like, but try to make it more of 'a gallery,' rather than just 'my gallery.'

CT: *Does Locker 50B make art more accessible to people who aren't artists?*

VS: I think any representation of art might do that. It's definitely not as restricted as an actual gallery.

CT: *Suppose you hadn't been able to set up the show in your locker, where else could you exhibit a show like this?*

VS: A bathroom, shoe boxes, bags. I could always pretend I was bringing in my lunch but it would really be art- a 'lunchbox gallery.'

"Primer" can be viewed in Locker 50B by appointment only. The Commonwealth Times will include the dates for the next Locker 50B exhibit in the upcoming calendar section.

My War battles through Richmond scene

BY SAGHI TEHRAN
Spectrum editor

Editor's Note: this story is a continuation from the Monday, March 25 issue.

The following is a recent interview with local band, My War. My War is: Braden Govoni, vocals; Keith Browne, bass; Jason Steed, also known as "Tinc," guitar; Brandon Ellison, drums and Luke Deskins, guitar.

CT: How would you describe your music for someone who has never heard it before?

Browne: I guess the way I could describe it to somebody would probably be pretty loud, fast, aggressive. Not anything that wouldn't be considered "in your face." It's pretty noticeable when we play that we're not quiet.

CT: How long have you been together?

Govoni: Four out of five of us have been in a band together for two and a half years and what we're doing is pretty much a continuation of that, it's just a different name, different songs. It's a different band because we lost one member of the original band and then Luke joined the new band, but the four of us have been playing music together in this line of thinking for close to three years. The band itself has only been together for four months.

CT: What are your influences?

Govoni: I would say as far as directly influential music, obviously other hardcore bands and other metal bands, there are tons of specific ones. I'm sure any of us could spout out a dozen bands that have strongly influenced our individual style but, beyond that, all of us listen to all different kinds of music and I think that definitely influences the way we play. I mean, Tinc listens to a lot of jazz and while that may not be on the surface as something you would think of when you listen to his guitar sound. It's something that is still there in the way he writes music. Brandon listens to a lot of country and I'm sure that is something he thinks about. We all have our different things that we listen to.

CT: Who writes the songs?

Deskins: We all write the songs, I'll come up with a guitar part and maybe I'll bring it to the band or Jason will do the same or even Keith. Braden writes his own lyrics.

CT: What inspired you to start a band in the first place?

Browne: Pretty much ever since I was young and being raised on MTV, I wanted to be in a band and I loved playing music. I learned how to play guitar and bass and just got into the underground music scene like punk rock and hardcore music, I just enjoyed playing music and loved that feeling I get from playing and recording and putting out records.

Ellison: I would say getting into punk rock really got me into music because before that I wasn't into any music of any real value. I actually went to the same high school as two of these guys (Braden and Luke) and they were much older than I was. I was in eighth grade when they graduated and my first local show was to see their old band. I looked up to them so much and it was cool because my first band got to play with them. To be able to come play with them as we've gotten older and wiser has been a blast.

CT: Do you guys have any plans to record something?

Govoni: Yeah, we're supposed to start recording April 4. We're just going to try to record a short demo tape to send out for booking an east coast tour this summer. Beyond that, we're going to try to record a short CD or seven incher. It really all depends on if someone is like 'Hey, you want to put out a record?' or if we can come up with money on our own.

CT: Do you hope one day to be signed to a label?

Govoni: If a label that we respected on an ethical level and if we respected them money-wise, then if they wanted to put out our record, I'm sure we'd be really happy. I don't think it's a huge priority if that happens. If it doesn't, we'll do it ourselves or our friends will do it for us. We're all in this whole punk rock, hardcore thing–it's not a priority to get signed, get a deal and go tour the country. It's doing things ourselves–we're always doing what we do without any concern to follow the main stream–the linear path toward being successful.

CT: What bands were you in before this one and what are your current side projects?

Browne: I am currently still in a band that's been running for six years now, before I even joined this band, that is from the Virginia Beach area called Sideburn Black.

Steed: I'm also in another band that had been going on previous to this band, about six years, called Tri-state Killing Spree and we've been really busy lately trying to get out a new record. That's the only other thing I have going on, besides trying to do this jazz thing I have been trying to do for years, I can't seem to find the players. If anybody out there wants to, come check me out. I play drums for that.

Ellison: I have been in another band called Flicker Flame for about two and a half years. I guess we're around the Northern Virginia area, except for me going to college in Richmond. I play drums in that also, it's kind of in a similar vein but we're more on the punk rock edge, more rock and roll craziness.

CT: What bands are you currently listening to?

Govoni: Everything by the Misfits, the first two Iron Maiden records, Aphex Twin, a lot of Verve, 108, Tragedy and DS13.

Browne: Just a wide variety of things, whatever I'm in the mood for. I am constantly buying records, I'm a real record junkie. I always have to spend money on that and keep the music going. Currently, I'm really into this new band that is getting pretty successful. They're called And You Will Know Us By The Trail Of The Dead. It's been making me want to rock out lately.

Steed: Currently in my CD player there is one CD–Elvis Costello's Greatest Hits. What I normally like to listen to on a day to day basis is at least one song by Bruce Springsteen, Coltrane, along with Thelonius Monk. Of course, hardcore wise, Agnostic Front has been in my CD player recently, I had to get a good laugh out of it. I've also been listening to the radio because I have a driving job and all I have is a radio, no tape deck. Also, P.O.D., they rock. Just kidding.

Ellison: I have been listening to so much stuff right now, just random things. I guess consistently I have been listening to Black Flag, Black Sabbath, Fu Manchu, Turbo Negro, Country music, all kinds of stuff.

Deskins: Lately I've been listening to Black Sabbath, Led Zeppelin, Eye Hate God, Michael Jackson, Prince, and various other punk rock/hardcore bands.

CT: What do you each of you like to do when you aren't focusing on music?

Govoni: When I'm not focusing on music, I am failing out of college and the reason I'm doing that is I'm devoting all of my time to the band and to riding my bike as much as possible and to painting. Even though I hate art school, I still really love painting, that and bonsai trees–that's what I do.

Browne: I'm currently an art student, too. I'm a senior photography and film major and it's frustrating to get a degree and move on to whatever. I work on various projects in my free time and there's also a lot of hanging out.

Steed: Waiting on my application from VCU to see if I will be a student; riding my bike a whole lot. Hoping to compete soon. Hanging out with my girlfriend a lot and my other full- time job–playing music. I have two full-time bands so that keeps me pretty busy, traveling when I can, buying a car when I have the money and sleeping.

Ellison: Besides this, I am always busy trying to do my work and catch up on things. I'm sociology major but I don't know what I'm doing with that. I sit around, I listen to music a lot and I drive up Interstate I-95 a lot to go practice with my other band. I'm trying to learn how to play guitar in addition to drums.

Deskins: Aside from music I just hang out with my girlfriend a lot and I have a full-time job. I ride BMX when I can and that's about it.

Govoni: I need to add something, or else I'll be in trouble. I also like to hang out with my girlfriend a lot.

Browne: Yes, as do I.

CT: Has it been easy to get gigs around Richmond?

Govoni: No! Basically ever since Twister's closed down it's been kind of this downturn over the entire Richmond scene. I am beginning to realize that all punk rock scenes have this trickle down effect from larger clubs even though a lot of the shows that our old band would have played wouldn't have been at Twister's. They would have played house shows or smaller venues- there has been a significant drop off in that. I think it's directly attributed to the fact that there isn't a consistent flow of larger bands bringing in energy and bringing kids out and getting kids more involved. A lot of the kids that were into hardcore and punk rock when I came to school in Richmond aren't any more because they are all older and working jobs and there hasn't been an influx of younger kids because there is no consistent show space. Some 15 or 16-year-old's mom isn't going to let them go to some hole in the wall record store on Broad Street because they don't know what it is and it's not chaperoned. Twister's is supposedly opening up again soon and I'm personally hoping that in two months, it's going to kick start things. The stuff that is going on down at Alley Katz doesn't really seem to have an effect on the Richmond scene because it's downtown and shows there are sporadic at best, so it's really hard to get shows right now. There is one house that is consistently doing shows and the 818 Space (which is closing in May) and Alley Katz and a couple of other 18 and up places that we wouldn't play at anyway.

CT: What do you guys think of the Richmond music scene?

Browne: I have no problem, I wish there was more, there used to be more a few years back as Braden said–you know it fluctuates up and down, there's you know all different kinds of bands and all different kinds of styles and sounds, they are all very good, some are bad. Richmond is very populated with local music of all kinds other than punk rock and hardcore, differ

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WAR

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ent indie-rock bands. I think right now there needs to be some sort of new upbringing of music that will put Richmond back on the map after this little down time. Hopefully it will come back up.

CT: What do you think about the state of music right now? Would you change anything?

Govoni: If we're talking about mainstream music then I would change everything, because 99 percent of mainstream music is really crappy this year. Last year -- well I mean it goes up and down. I mean by comparison 1994 and 1993 were significantly better than what is going on now as far as what you see on MTV. As far as the state of punk rock and hardcore, I think it's ridiculous what's going on. Every label is trying to emulate the major labels, giving out exclusive contracts and booking agents, and all these new kids are hearing about stuff at the mall that every label is trying to emulate the mainstream. And there are so many bad punk rock and hardcore bands out there and there are so many that are just copying one style or another and they're not trying to be original or not even trying to do anything. Well, they are just playing the same games that bands like Limp Bizkit are, just on a smaller level.

Steed: Just to elaborate on what Braden was saying, it seems as though the punk rock/ hardcore scene -- whatever you want to call it -- is trying to basically become the mainstream. Not necessarily doing business as usual like as the mainstream does it, but actually becoming the mainstream. Especially with bands like -- now I know I'm going to make enemies -- but Dashboard Confessional and Jimmy Eat World. All these bands fed off basically what all the kids thought was underground and they never were. It's basically like making the underground above ground so there's no more underground! Everybody who's doing it for themselves, who's out there struggling and fighting and actually touring in vans, mini-vans, big ass cars -- whatever their touring in -- it's basically strangling them out. It's not really giving them a chance. It's weeding out anybody that might actually be doing it for the right reasons.

Browne: Well a lot of the bands that are considered heavy and on the rap/ rock/pop collaboration thing have been labeled hardcore and that's kind of a downer for bands like us and other bands because most of their songs are about pretty unintelligent material. And other bands come out and they sound more intelligent than just writing songs about getting the Nookie and becoming popular and what happens in radio is that there is a loss of intelligent music. I'm not saying political, but maybe something with a little more thought behind it other than just trying to be a weird guy playing guitar, you know, and wearing a mask -- just more substance than having a gimmick and being ridiculous. Just broadening your mind and thinking a little bit, not just being an upset teenager mad at your mom because she won't let you go out to the mall.

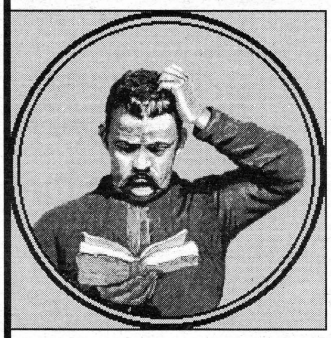
Ellison: I just recently experienced some really great kids in the punk scene. I agree with these guys that on the surface a lot of stuff has really gotten bad, both in the mainstream and the punk rock and hardcore scenes as well, but I went to New York and saw some people that really inspired my life. I saw these kids that were thirteen, fourteen and fifteen years-old putting on shows, running a hall by themselves, having bands, having zines and totally doing their own thing and not being influenced by major labels or anything and just living the lifestyle and really being sincere about it and it really meant a lot. And I still think there is some sincere stuff going on in punk and yeah, you might have to dig deep for it, but it's still there and you may look at the surface and it looks bad but there's still a good foundation underneath.

Govoni: Yeah, I mean despite my disillusion with what's going on, Brandon is really right and when our previous band toured across the country last summer we met a lot of awesome kids in Colombia, Missouri and Illinois. There are lots of kids out there that are doing things in the true spirit of what punk rock and hardcore is about. I don't want to come off like I don't think that's out there, but there definitely is less of that and part of it is an age gap as well and most of the people that were doing those things five or six years ago are getting old, and for lack of a better word, cashing in.

CT: Would you guys like to add anything else?

Ellison: "Hail Satan, party hardy and surf naked!"

The band will play at 818 Space tonight with three out-of-town bands. Show starts at 7 p.m. and admission is $3-5.



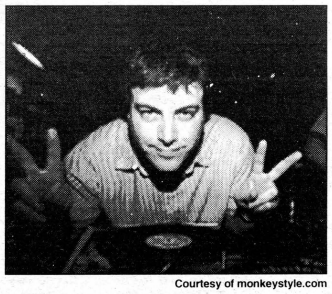
Got a question?

Ask Bob.

If you have a question you would like answered, send it to **ctvcu@hotmail.com**. Put "Ask Bob" in the subject line. Bob will answer your questions biweekly.

Chapter 01: a hopeful beginning

MELISSA NOBLE
Spectrum writer



Courtesy of monkeystyle.com

East Coast Boogiemen DJ

Living in the middle of a college campus and a city, it is easy to find a considerable amount of entertainment on the weekend. Somewhere amid the confusion, you can find events that have substantive worth. For example: "A Tale of Two Cities: Chapter 01" was a collaborative effort by Tequila Sound Records, Mixmedia, Icarus and High-5 productions.

Held at Outlaws in Shockoe Bottom, "Chapter 01" was a cohesion of music, art and fashion. This party attempted to recapture the magic of past events thrown by Mixmedia at the Shockoe Bottom Art Center.

Although there are various gallery openings and local bars that display Richmond's musical talents, productions this organized are less frequent. "Chapter 01" was an important outlet for those who enjoy electronic music, art and fashion all in one.

> "A Tale of Two Cities: Chapter 01" was a collaborative effort by Tequila Sound Records, Mixmedia, Icarus and High-5 productions.

The fashion show, orchestrated by Ronda Gregorio, was a mixture of knits, denim, dyed garments, dresses, sportswear and lingerie. Though much of the show included styles from last year's event, there was one new piece, Shibori -- a stunning Japanese tie-dye.

Nick Look, a second year fashion merchandising major aided in the production of the fashion show. He said the VCU fashion department is "very multi-faceted, offering a wide variety of creative along with business oriented classes."

The music and art twisted together, forming an alliance of wordless expressions. The music, organized by Tequila Sound Records, was okay. Tequila Sound is known for producing house, broken beat and downtempo sounds. Featured DJs were East Coast Boogiemen, Karri On and James Newton.

Even though it is tempting to categorize music and fit genres into set definitions, Sam Poulin, a featured local Richmond DJ, doesn't see it as black and white. Poulin , a house DJ, said he incorporates everything from reggae to hip hop to jazz to blues into his music.

He said that the goal of such events is to "produce something genuine and sincere to an audience that otherwise wouldn't pay attention."

Paula Hazelwood, a featured artist, produced an "abstract flow of energy" through oil on canvas paired with portraits and black and white photography. As an artist, Hazelwood said she enjoys events like this because artwork can be discussed in a comfortable atmosphere -- an aesthetically pleasing environment of abstract beats, multi-colored lights and enthusiastic people.

"Chapter 01" was essentially an attempt to build an appreciation for underground artforms. All things fair, the creators of "Chapter 01" have set up a fitting prologue for the rest of the book.

Courtesy of monkeystyle.com

East Coast Boogiemen DJ

OPINION

Jeffrey Z. Qureshi

Slackers of the world unite and take over

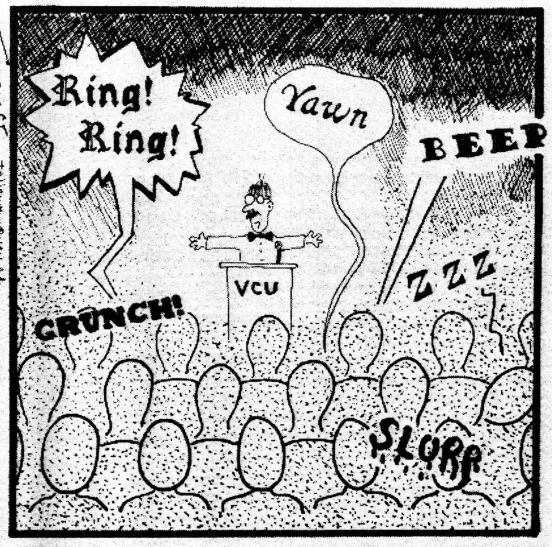
Editor's Note: *After receiving his graduate degree in 1996, former Commonwealth Times editorial board member and columnist, Jeffrey Z. Qureshi, Esq., has returned to pick up where he left off.*

So, where did I leave this column when I left MCV... ah, yes, with "Slackers of the World Unite and Take Over." Today is a good a day to take over.

PEACE IN THE MIDDLE EAST? NOT LIKELY

The Arab League summit began Wednesday. Twenty-two Arab nations are meeting to evaluate the Saudi proposal of full Israeli recognition in exchange for land won and occupied by Israel since the 1967 war. There are two issues that must be addressed. First, whether Israel will allow Palestinian leader Yassar Arafat to attend the Beirut summit. Second, and more importantly, if he goes, will Israeli Prime Minister Ariel Sharon let Arafat return to

QURESHI continued to page 19



"CLASS PARTICIPATION" HAS A NEW MEANING...

by *Mike Talley*

Amul Madan

Final Four frenzy

Over the past few weeks or so, college basketball enthusiasts as well as occasional followers of the game have turned on their TVs to watch the NCAA tournament. As the tournament started, many predictions were made that just didn't pan out the way they should have to. I, like many other followers of college basketball, printed out brackets and became engaged in tournament play. And just like those who followed the NCAA tournament thus far, my brackets were shot by the end of the first weekend.

For those who don't follow college basketball and haven't been following me since the onset of this article, let me explain. Every year the NCAA selection committee selects 64 teams to play in the NCAA tournament based on records and how they did in their respective conference tournaments. The selection committee then places those 64 teams into regions (either the West, East, Midwest or South regions). Play began on March 14 and 15 and will conclude on April 1, when two teams meet in Atlanta and play to determine who will lay claim to college basketball's National Championship.

Of course, for those who already know about the selection committee, have been

MADAN continued to page 19

Students plan to rally against bad food

It's about time. Hibbs' dining experience worthy of students' outcry

The CT received a letter from some "concerned students at VCU" stating their discontent with the food services at Hibbs Dining Facility. The complaints contend that the facility neglects health concerns, service quality, nutritional menu balance and limited vegetarian options.

The students who sent this letter are planning to boycott the dining facility today and it is the opinion and hopes of The Commonwealth Times Editorial Board that this protest is successful and strikes a chord with the powers that be.

Traditionally, this is not a pro-active campus – partially because of the student commuter to campus resident ratio is very unbalanced (a commuter survey taken in 1996 revealed that nearly 70 percent of VCU students commute). Another factor appears to be general apathy. And when you take into consideration that a good number of students attend night classes, one can see why student protests and unity seems to be lacking at this institution.

> Surprisingly enough, there are actually students at this institution who are pro-active. The question is how many are there?

Pam Harabis, ARAMARK's Senior Food Service Director says that ARAMARK is addressing the issues and complaints made by students and their goal remains to provide the best possible services in VCU's dining facilities. If that is the case, then why are students planning a protest today?

Sanitation, heath, service and menu issues need to be addressed at every meal, not just when students have to file complaints and stage protests. Students pay more than $1,000 per semester for full meal plans. If students are expected to pay more than $2,000 a year to dine at VCU's dining facilities, they'd best get their money's worth. At the very least, students shouldn't have to worry about drinking rotten milk, eating leftover meals, receiving poor service and having a limited dining selection.

Students should come out in force to support this boycott. In addition, administration officials need to swiftly address and resolve this issue. If VCU ever wants to expand on-campus residents, they'd better be sure they are able to provide above-adequate services to students.

THE Commonwealth TIMES

TY BOWERS
Executive editor

ROBB CROCKER
Editorial editor

The opinion section of The Commonwealth Times is a forum open to the public. Virginia Commonwealth University students, faculty and administrators are encouraged to submit letters and columns expressing their opinions and concerns. The opinions expressed are those of individual writers and do not necessarily reflect the views of The Commonwealth Times or VCU. Editorials represent the institutional opinion of the Commonwealth Times.

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Have an opinion? Send it to ctvcu@hotmail.com

MADAN

Continued from page 18

watching the games and following the brackets,etc., you are aware of the upsets that have occurred over the past few weeks. I, like a few other people I know, picked USC to upset Duke in the Sweet 16, not knowing that they would be upset in the first round by our own conference foes, UNC-Wilmington. At any rate, the final four is now upon us, meaning that March Madness, although in full swing, is drawing to a close.

As a result of the USC pick falling short, my bracket now reads like everyone else's: Indiana, Oklahoma (my Arizona pick fell short too), Maryland and Kansas. Now, unlike many of the experts' picks, I am picking Maryland to win it all, not Kansas or Oklahoma. But only time will tell.

QURESHI

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Ramallah?

President Bush backs Arafat's participation in the event and is placing what little pressure he can on Sharon to be reasonable. Israel remains defiant. According to a March 25 Washington Post article, should the summit fail and attacks continue, Sharon and his advisors plan for an extreme escalation in the armed conflict. Sharon's scheme to increase Israel's state sponsored terrorism against the Palestinians is dangerous, if not a wanton disregard for humanity.

It is important to remember that Sharon was a key figure in the September 1982 slaughter of Palestinians at Sabra and Shatila. As a direct result of the massacre, Sharon was forced to resign as Minister of Defense in 1983. He has a long history of violent confrontations and his recent decisions demonstrate his strong belief in the use of force rather than diplomacy.

President Bush is doing the best a leader can in this tense situation. The fact he dispatched Vice President Dick Cheney indicates Bush understands the matter's gravitas. Cheney did not meet with Arafat, a calculated move to put more pressure on Israel to do the right thing.

But if Arafat does attend, no doubt Sharon will not allow him to re-enter Ramallah. The Israeli leader could use a myriad of excuses in support of a finding that Arafat furthered terrorism during the Arab League summit. While this may seem an easy way to dismiss the Palestinian leader, it could also backfire and result in more attacks by Iranian backed Hammas.

A friend of mine, who is Jewish, suggested that an economic approach to this conflict would be far superior than a war of attrition. Set up a true market economy, stop the flow of Israeli and Palestinian subsidies and provide a true incentive for peace, peace through capitalism. Sounds too easy to work, but I like it!

• NEXT WEEK: JEFFREY QURESHI TALKS ABOUT MARION BARRY'S TROUBLED WASHINGTON LEGACY.

Letter outlines students' dining concerns

To Whom It May Concern:

We, the students of Virginia Commonwealth University, would like to bring to your attention our concerns involving the Hibbs dinning facility. In the following we have compiled a concise list of common concerns and complaints about Hibbs.

1.Quality of Food: This includes sanitation concerns, such as the mishandling of silverware, dishes and food by Hibbs employees. On more than one occasion, students have observed employees not wearing gloves when handling these items. Students report seeing employees going to the restroom without removing or changing their gloves.

The absence of running water to wash ice cream scoops is another concern; scoops which have been handled are often left in a bucket of stagnant water. Weekend food is a special a concern of ours, due to warnings from employees not to eat certain several-day-old foods (hamburgers, fish fillets, chicken patties, various sauces). In addition, sour milk and fermented fruit salad have been distributedon numerous occasions for several days in a row; this raises health concerns in addition to quality concerns.

2. Service: There is a general inconsistency with service at Hibbs; quality service seems to be the exception rather than the rule. Service is also inhibited by the general rudeness of employees, as well as apathy towards their jobs; some employees even harass female students. Often employees do not know what they are serving when asked and make no effort to find out. Drink dispensers frequentlyproduce water rather than the labeled beverage, and silverware and dishes repeatedly run out. On the weekends Hibbs is understaffed and unprepared to deal with the students; this results in poor service and long waits.

3. Selection: Food at Hibbs is regularly unvaried and nutritionally unbalanced. On weekends foods such as hamburgers and fries are, most of the time the only option. Many students complain about the limited and fluctuating vegetarian dishes, which are especially scarce on the weekends.

We feel that these problems have become intolerable. This letter, the enclosed petition and the subsequent boycott on March 28, 2002 are efforts by the students of Virginia Commonwealth University to change the conditions at Hibbs dinning facility. Thank you for your time and consideration on this matter. We hope these actions will prompt decisive and effective changes for the Hibbs dinning facility.

Sincerely,
Concerned Students at Virginia Commonwealth University

• THIS LETTER HAS NOT BEEN EDITED. IT HAS BEEN PUBLISHED EXACTLY THE SAME WAY THE COMMONWEALTH TIMES RECEIVED IT.

ARAMARK responds to students' concerns

March 27, 2002

Dear Students,

I want to respond to student concerns regarding the Hibbs Dining Center recently communicated to me through meetings, SGA minutes and a letter from concerned students. As always, we appreciate and welcome your comments on dining services. The comments can be grouped into three areas: quality of food, customer service and food selection.

Quality of Food

• Food items are prepared only for the meal intended and unused portions from previous meals are not served again as main entrees.

• Milk is typically delivered as needed and the dairy supplier rotates the inventory. We will begin using a new dairy distributor who will provide daily deliveries.

• Prior to spring break, we received several comment cards from students regarding a sanitation concern with the ice cream freezer. We immediately responded to the concern and removed hard packed ice cream and replaced the ice cream with novelty bars such as popsicles and ice cream sandwiches.

• According to the Virginia Department of Health, an employee is not required to wear gloves while handling silverware and dishes. FDA requirements state that gloves, tongs, or tissue paper are required when handling food. VCU Dining Services and ARAMARK have set a higher standard and require the use of gloves. Boxes of disposable gloves are placed at each food station for use while serving and handling food product.

Customer Service

• In the fall, the ARAMARK management team was introduced to the RA staff. Table tents were displayed for a week with the names and contact information for all managers. All correspondence sent out from Dining Services includes a website address where an on-line comment card is available. A series of "Dine with the Director"meetings were held this year at Hibbs, Larrick, and the University Student Commons. Comment card boxes were installed at all dining locations in the fall. As a result of a recent comment card, changes were made to the ice cream station.

• Beginning last fall, we added a more comprehensive Sanitation and Safety training for our employees. To date, over 100 employees have been through the training, which emphasizes the importance of food safety and includes a thorough "hand-washing" demonstration.

• Since the fall, ARAMARK has added a full-time Human Resources position to enhance the employee work force. Dining Services now conducts employee background checks prior to employment and this process has helped us screen employees more efficiently.

• Employee FocusGroups began in the fall to encourage employees to voice their concerns to management. As a result, we have implemented an Employee of the Month program where we recognize employees who exemplify the spirit of service. Since the fall, all employees have been raised above minimum wage and no one is employed at minimum wage.

Food Selection

• A four-week menu cycle is in place and fresh food is prepared for all meal periods. Occasionally, with food safety as a top priority, we utilize unused portions in soups and other foods if needed.

• Vegan Action, a not for profit advocacy group, has worked with us to incorporate more vegan/vegetarian items into our menu cycle. We hosted a vegan/vegetarian class in the fall and presented menu items which have since been incorporated into our menu cycle. Vegan Action helped us identify vegan/vegetarian items and has allowed us to correctly label these items.

Together, VCU Dining Services and ARAMARK have made many changes over the past year because of student input.

• Students are now allowed "take out" meals for more flexibility and convenience.

• Late night meal equivalency is available for students at the University Student Commons.

• Students are now able to enjoy continuous service at Hibbs every day of the week.

What I hope you can see is a spirit on the part of ARAMARK and VCU Dining Services to be more entrepreneurial and willing to respond to requested changes.

Recognizing we are all better served with open lines of communication and feedback, I am taking the additional actions enumerated below:

1. An open letter to concerned students will be provided to the Resident Advisor for Johnson Hall, Brandon Jaycox, for further distribution to students.

2. An additional series of "Dine with the Director" will be held beginning Thursday, March 28th and every Thursday in April at 5:30pm in U Club as a forum to address student concerns. E-mail will be sent from Brandon Jaycox to interested students and posters will be placed in Hibbs and distributed to the residence halls. This regular monthly event will continue to be part of the communication process.

3. A formal Food Advisory Committee will be established in the near future.

4. A communications plan will be implemented to include meetings with RA's; posters in residence halls with contact information; manager contact information/ communication board to be installed at Hibbs and Larrick with Dining Services contact information and happenings; weekly dining table tents will also include contact information, etc.

5. "Meet the Manager" night will be held on Tuesday, April 2 at Hibbs. Flyers with contact information will be posted.

6. At every meal, one of three managers will be "on the floor" along with the supervisors during meal service. Managers will make it a policy to engage in conversation with students during meal periods and will report findings back.

We want to reiterate our commitment to the students and faculty of VCU that we strive to make dining services at VCU the very best. We would like to apologize for any inconvenience we have caused and we hope we have opened the lines of communication. By working together, we can continue to make improvements. As always, we welcome your feedback.

Sincerely,
Pam Harabis
ARAMARK,
Senior Food Service Director

• ARAMARK, THE CONTRACTOR THAT PROVIDES FOOD TO STUDENTS AT THE HIBBS DINING FACILITIES, ISSUED THIS RESPONSE TO STUDENTS' CONCERNS WEDNESDAY. THE COMMONWEALTH TIMES HAS ALSO PUBLISHED THE LETTER AS IT RECEIVED IT.

SPORTS

Baseball team rolls past Liberty, 11-3

FROM NEWS SOURCES

Juniors Jose Pabon and Justin Mattison each went four for five to pace a 17-hit VCU attack as the Rams defeated Liberty 11-3 Tuesday afternoon at The Diamond.

Mattison also knocked in a game-high three runs for the Rams, who improved to 16-10 overall and increased their winning streak to a season-best six games, while Pabon had a double and a solo home run in the win. Senior Bryan Gillespie and junior left fielder Rigo Orozco added a pair of RBI in the affair and VCU also received two hits each from senior center fielder Joe Jackson, junior first baseman Danny Lopaze and freshman catcher Jeff Parrish.

Rams' senior starter Bo Acors upped his season record to 4-1 with seven strong innings on the mound. The right-hander allowed just one earned run and six hits while striking out four Flames' hitters.

VCU got its scoring done early when the Rams put up six runs in the bottom of the first inning. Jackson opened the frame with a base hit and crossed the plate on a balk preceded by a throwing error from Liberty pitcher Jeff Lever (0-1) for the game's first run.

Consecutive one-out singles by Pabon, Lopaze and sophomore third baseman Nick Jones then loaded the bases, and a walk to Gillespie followed by an Orozco sacrifice fly gave VCU a 3-0 advantage. Mattison, Parrish and Jackson then strung together RBI singles to close out the inning.

Liberty scored two unearned runs in the top of the fourth to close the deficit to four. Junior center fielder Keith Butler led with a base hit and moved to second on a sacrifice bunt from second baseman Larry Wayne York. After a Rams' error, senior first baseman Kelly Knouse drove home Butler with a fielder's choice and later came in on a single off the bat of classmate Steve Baker to make the score 6-2.

VCU came out swinging in the bottom of the fourth, when a walk and two hit batsmen filled the bases with one out. Gillespie then delivered a sacrifice fly to plate senior second baseman Chris Gerrity, and Orozco and Mattison laced run-scoring singles later in the frame to put the Rams up 9-2. VCU extended the margin to eight runs in the fifth when Pabon launched his third homer of the year off Flames' reliver Joey Mathew Babyak.

Butler and Baker each compiled a pair of hits for Liberty, which fell to 13-8-1 with the defeat.

VCU will be back in action at home tomorrow evening when the Rams meet Drexel at The Diamond. Game time is 7 p.m.

Women's tennis team wins at South Carolina

FROM NEWS SOURCES

COLUMBIA, S.C. — The 12th-ranked VCU Rams won their seventh consecutive match on Sunday afternoon, defeating 23rd-ranked South Carolina at the Maxcy Gregg Tennis Center on the USC Campus.

With the win, VCU improves to 10-1 overall while USC falls to 11-4.

South Carolina won a tough doubles point by taking two of the three doubles matches. The Rams were victorious at the No. 1 position, as Martina Nedelkova and Andrea Ondrisova defeated Kathy Boyanovich and Jennifer Radman, 8-6.

VCU tied the match by with a 6-3, 6-1 win in No. 2 singles, as Ondrisova defeated Radman. VCU then took a 2-1 lead as Silvia Urickova beat USC's Kathy Boyanovich 6-1, 6-4 in No. 3 singles.

The Rams then ran their lead to 3-1 with a win at No. 6 singles, as Jana Carollo downed Ayako Suzuki 6-3, 6-2. VCU clinched the match with a win at No. 5 singles as Barbora Zahnova defeated USC's Jodi Kenoyer 6-0, 2-6, 6-2.

At the No. 1 position, 48th-ranked Martina Nedelkova won a three-set thriller over 57th-ranked Katarina, 5-7, 6-2, 6-2. South Carolina's Lynn-Yin Tan defeated Christina Gago in the final match of the day at No. 4 singles, 5-7, 6-3, 6-3.

VCU, which has won its last three matches on the road, all against ranked opponents, travels to face James Madison Tues., March 26 at 3 p.m.

WOMEN'S TENNIS MATCH POSTPONED

Tuesday afternoon's women's tennis match between VCU and James Madison has been postponed due to rain in the Harrisonburg area. No makeup date has been announced.

Derek Stamey • *Out of Bounds*

No football? Think again

Attention all Rams fans. Tired of longing for a football team to call your own? Sick of listening to all of your long-distance friends bragging about the glories of their football teams? Well, its time to stand up and be proud because VCU has a football team. Yes, that's right. This is no misprint. VCU now has a football team. Not only do they have a team, but they also have a team that is expected to win a championship. VCU has a football team that is exciting offensively and hard working defensively. VCU has professional talent. VCU has the Richmond Speed.

The Richmond Speed returns to the Richmond Coliseum this spring for its third season of Arena Football. Back are most of the offensive stars that carried the team to their first playoff appearance and a slot in the Arena2 football championship. The Speed is sure to excite and probably will make a similar run, given the amount of talent it brings to this upcoming campaign, which brings me to my main point.

The Richmond Coliseum is less than five minutes from the Academic Campus and literally a stone's throw from the MCV Campus.

VCU, as we all know, lacks the facilities and the necessary money for a football team. What the university lacks, the Richmond Speed provides. And why shouldn't we all take advantage of this?

VCU students, we now have a football team to call our own. It's a proven winner and it's quality entertainment. All it takes is our support. It's footbal whether it wears our colors or attends our classes. And who knows, with a large constant turnout, maybe the football orphans of VCU can have a team of their own someday. But until that day comes, I'm pulling for the Speed.

Men's tennis team downs ODU

FROM NEWS SOURCES

VCU improved to 15-2 on the season after defeating Old Dominion, 5-2, on Sunday afternoon at Thalhimer Tennis Center.

The Rams got off to a quick start, claiming the doubles point by winning all three doubles matches. VCU's seventh-ranked team of Florian Marquardt and Pedro Nieto won at the No. 1 position, 8-5, over Zoltan Csanadi and Izak van der Merwe. Marton Ott and Mats Norin won at the No. 2 slot, while Fernando Sanchez and Daniel Casquero earned victory at No. 3.

VCU claimed victory in the top four singles matches. Marquardt, Casquero and Norin each won in straight sets at No. 2, No. 3 and No. 4, respectively, while Pedro Nieto won 7-6, 5-7, 7-5 over Csanadi at the No. 1 position. Old Dominion won at the final two singles positions, with Salman Mohammad winning 2-6, 6-2, 7-5 over Julien Lousao at No. 5, and Niklas Oskarsson winning by injury default over Sanchez at No. 6.

Sports schedule

THURSDAY MARCH 28
Men's Tennis vs. Tulane 3 p.m.

FRIDAY MARCH 29
Men's Track and Field at Raleigh Relays
Women's Track and Field at Raleigh Relays
Baseball vs. Drexel 7 p.m.

SATURDAY MARCH 30
Baseball vs. Drexel 4 p.m.
Men's Track and Field at Raleigh Relays
Women's Track and Field at Raleigh Relays
Women's Tennis at Tulane 10 a.m.

SUNDAY MARCH 31
Baseball vs. Drexel 2 p.m.
Men's Tennis at North Carolina 1 p.m.
Women's Tennis at South Alabama 11 a.m.