



the

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FREE

THURSDAY
DECEMBER 7, 2006
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INSIDE

News

Students learn
their HIV status

Sports

Semester
in photos

Got Adderall?

Some students
turn to stimulants
during test time



| Page 3



Spectrum

Student en route to
Milan fashion show

Opinion

Huszar gets
sentimental

The CT will resume printing Jan. 18.
See you next semester!

The independent press of Virginia Commonwealth University



Briefs

WEATHER

THURSDAY

55/25

FRIDAY

43/22

SATURDAY

49/27

SUNDAY

54/34

The Commonwealth Times strives to be accurate in gathering news. If you believe we have made an error, please call Executive Editor Karen Bolipata at 828-6056 or e-mail her at editor@commonwealthtimes.com. Corrections will appear on this page.

IN THE NEWS compiled from wire reports

WORLD

SUVA, Fiji - Fiji's military commander declared a state of emergency Wednesday, a day after he overthrew the elected government, bringing international sanctions and censure that began to isolate the South Pacific country.

It was the nation's fourth coup in 19 years. The radio network Legend quoted a military statement saying that armed forces would set up a cordon of checkpoints around the capital, Suva, as part of the state of emergency.

"As of 6 o'clock this evening, the military has taken over the government, has executive authority and the running of this country," Commodore Frank Bainimarama, the armed forces chief credited with resolving Fiji's last coup, said Tuesday in a nationally broadcast

statement.

Prime Minister Laisenia Qarase, who insists he is still Fiji's legitimate leader, flew Wednesday from the capital to his home village on the remote northeastern Lau group of islands, said Pene Nonu, his private secretary.

The takeover, like the previous three coups, has its roots in the ethnic divide between the descendants of ancient Melanesian warrior tribes and those of Indian laborers brought by former colonial power Britain to work in sugar plantations.

Fiji has lurched from one political crisis to the next since the military twice grabbed power in 1987 to ensure political supremacy for the 51 percent majority indigenous Fijians, cutting out the 44 percent ethnic Indian minority.

NATION

NEW YORK - New York on Tuesday became the first city in the nation to ban artery-clogging artificial trans fats at restaurants, leading the charge to limit consumption of an ingredient linked to heart disease and used in everything from french fries to pizza dough to pancake mix.

In a city where eating out is a major form of activity - either for fun or out of hectic necessity - many New Yorkers were all for the ban, saying health concerns were more important than fears of Big Brother supervising their stomachs.

Health and nutrition groups say artificial trans fats clearly contribute to heart disease. Studies have shown they raise bad cholesterol and lower the good kind. Partially hydrogenated vegetable oil, the main form of artificial trans fats, is used

for frying and baking and turns up in a host of processed foods: cookies, pizza dough, crackers and pre-made blends like pancake mix.

The Board of Health, which passed the ban unanimously, gave restaurants a minor break by relaxing the proposed deadline. Restaurants will now be barred from using most frying oils containing the fats by July 2007 and will have another year to eliminate them from all foods.

The ban, which was advocated by health-conscious Mayor Michael Bloomberg, follows a national requirement beginning this past January that companies list artificial trans-fat content on food labels. Efforts are also being made to reduce the trans-fat content of snacks in school vending machines.

STATE & LOCAL

RICHMOND - Chickahominy Chief Stephen Adkins said Tuesday that Virginia Indians would be troubled if they didn't receive federal recognition before the Jamestown 2007 commemoration, but stopped short of saying they would boycott the 18 months of events in response.

"I think it's going to happen before then," Adkins told journalists gathered at the fifth annual AP Day at the Capitol. "I'm an eternal optimist."

Adkins spoke on issues facing Indians - from tribal recognition to Indian-inspired sports mascots - at the event, which familiarizes journalists with issues likely

to arise during the upcoming legislative session.

Despite increased visibility, Virginia's Indians continue to struggle with basics like getting accurate Indian history lessons in schools, Adkins said.

Six Virginia tribes, including the Chickahominy, have attempted to secure federal recognition. Tribal leaders have spent years seeking the status, which would make them eligible for things like federal assistance programs.

Critics argue the recognition would be a stepping stone to Indian-run casinos in Virginia. Indian leaders say they're not interested in gambling.

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News

Studying with *Adderall* and other stimulants

Exam time

RYAN FARR
News Writer

**Some names have been withheld.*

Final exams and term papers have again taken over VCU. With them come the modern rites of passage for stressed-out students: all-nighters, endless cups of coffee and for a growing percentage of crammers, Adderall.

"It is like the leprechaun with the pot of gold," said Jason, a 21-year-old senior English major with an Adderall prescription. "All the kids are after me lucky charms. My lucky charms just happen to be amphetamines. Someone hears you have Adderall, and everyone becomes ravenous, clawing at you, trying to get you to give them some."

Jason has taken the stimulant amphetamine for the past year, replacing a Ritalin prescription he took since he was a junior in high school. After each of the three refills of his 60-pill prescription, Jason said word got around fast. Each time about 15 to 20 people have asked him for pills.

"Everyone wants it," he said. "The demand is outrageous."

Originally prescribed as an appetite suppressant in the 1970s, Adderall is now typically used to treat attention-deficit hyperactivity disorder, or ADHD. The drug works because it tends to enhance mental focus. Such focus, however, has made Adderall highly attractive to un-prescribed users for studying, perhaps even surpassing the popularity of more traditional stimulants like caffeine, which merely keeps its users awake longer.

Since the Food and Drug Administration approved Adderall for treating ADHD and attention deficit disorder in 1996, it rapidly became an underground college phenomenon. Studies have shown that by 2005, up

to 20 percent of college students had taken Adderall or its older cousin Ritalin at least once for studying, writing papers or taking exams, according to The New York Times. Most of such use is illegal.

Jason said he thinks the true percentage of users is higher.

"I would say 50 percent of the college population has used Adderall or some other pharmaceutical stimulant like Ritalin or Dexedrine," he said. "Even people who say, 'I do not do drugs, I do not smoke marijuana' or 'I only drink occasionally' will break the rules a little bit for a better grade."

David Nelson, a physician with University Student Health Services, said much of the widespread abuse stems from the 500 percent increase in ADHD diagnosis over the past decade.

"There is more medication out there to be diverted away from its appropriate use," Nelson said. "It is alarming."

Despite his prescription use of the drug, Jason said he still felt it was risky.

"It is dangerous because it allows you to function at a high level," he said. "You can go on with your life and actually do everything better and have more energy."

Nelson said that because of the benefits, the drug can become psychologically addictive.

Jason agrees. "If you have a prescription, and you want to get something done, it is really easy to just grab a pill, pop it and shooo," he said.

Getting things done faster, however, is not Adderall's only effect.

"Taking it late, trying to study through the night for an exam or a paper, it tends to disrupt the sleep-wake cycle" Nelson said. "That is not a healthy practice."

Typical side effects also include a increased heart rate, high blood pressure, nervousness and dry mouth, but sometimes th

unintended effects can be more extreme.

Early in 2005, Health Canada, the country's drug regulatory agency, suspended all Adderall sales in Canada after studies linked the drug to 20 sudden deaths in the United States from 1999 to 2003.

Studies by Shire Pharmaceuticals suggest 58 mg a day is a lethal dose of Adderall for a 140-pound person. Considering the common 30 mg-sized pills given with prescriptions, illegal drug sales could possibly lead to overdoses among those unaware of the side effects.

Although Jason said he warns friends about mixing Adderall with other medications, it is hard to ensure their safety. One night he gave six 30 mg pills to a student who immediately crushed and snorted them all at once.

"It is wild to me how crazy people go, saying, 'Oh my God, people are drinking underage,'" Jason said. "But these same kids are on amphetamines. Because the results seem good and it does not hinder anything, though, usually people are okay with it."

While Nelson said there is a risk of sudden death — approximately five people out of every million Adderall users — the number of incidents is not high.

"It is not insignificant, but it is quite a small number," Nelson said.

Through Dec. 19, James Branch Cabell Library will facilitate hordes of good-grade seeking students by opening its doors 24 hours a day on weekdays. Although Adderall does not seem absent from library-goers' agendas, caffeine still appears to be students' drug of choice.

Jillian, a sophomore anthropology major, said caffeine will be essential in the upcoming weeks as she worked Friday evening on a 10-page archaeology term paper at Cabell

EXAMS continued to Page CT4

EXAMS continued from Page CT3

Library.

"I have three finals and two papers due next week, so coffee is what I am going to be living off of," she said.

One security guard at Cabell Library said students always cheer when Red Bull promoters park outside during exam week and hand out free cans of the highly caffeinated beverage. Some students have been concerned about whether the Java 901 café will remain open at all hours for buying coffee. She said she definitely has not found any Adderall users or anyone admitting to using it.

Cabell Library employee and junior Freda Ntiamoa said that while students are definitely carrying around more cups of coffee, they are not revealing whether they are taking Adderall.

While coffee may be her primary stimulant, Jillian said if she had the chance, she would take Adderall, a drug she occasionally used in high school.

"I would be more than glad to have some right now," she said. "I would not feel bad about it at all."

But Jillian said she has mostly learned to function without Adderall.

"I just make myself stay up without it," she said.

Many students say they know people who take Adderall, but they choose not to use it.

"I am a good girl," said sophomore pre-physical therapy major Mary Anne Tomko. "I only use caffeine. I promise."

To get through his school-work, jazz

studies major Daniel Smither said he takes a caffeine pill every morning, then drinks energy drinks like Red Bull or Monster when he needs an extra energy boost.

Although he took Adderall for pleasure in high school, Smither, now working as a pharmacy technician, said he will not touch the drug.

"Someone hears you have Adderall, and everyone becomes ravenous, clawing at you, trying to get you to give them some."

—Jason, a senior

Smither said a friend of his recently started having seizures because of an Adderall prescription.

"It is like Dr. Sigmund Freud giving cocaine to his patients because he thought it actually helped them," he said. "Adderall is essentially the same thing. It has a highly addictive potential for abuse."

Armed with two cans of Red Bull for emergencies, sophomore communication arts major Julia Hodges said she also sticks to caffeine and avoids Adderall's abusive potential.

"Thanks to those health classes back in high school, it is pretty

drilled into my brain not to take amphetamines," she said.

Some students, meanwhile, opt for no drugs at all, caffeine included.

"I take naps," junior economics major Jessica Preko said about when she gets tired while studying. "The only thing I drink is a bottle of water."

Jason recommends not using any drugs.

"It is hepatotoxic, really bad for your liver and depletes a lot of vitamins," he said. "Take multivitamins instead. They work as well. Take them every day. You will be surprised at the difference it makes."

Jason also recommends exercising more often.

"It works in the same way as Adderall, pumping dopamine into the brain," he said.

Nelson noted the drug has had a very positive effect on those who need it.

"The abuse gets a lot of attention and understandably so," Nelson said. "But on the positive side, a lot more people with ADHD are being treated and are able to be successful in college and successful in their careers, whereas they may not have been able to in the past."

Despite the advantages for some prescribed users, Jason said he plans to quit after his current refill runs out.

"In my particular case it may have been a little bit hasty to prescribe it," Jason said. "You get stuff done, but in the long run you have to learn to do without it. You cannot keep that pace up in the business world. There are very few people that go through

their whole lives popping amphetamines every morning. They do not really last that long."



Katy McDaniel photo illustration

the ct ELECTIONS

The Commonwealth Times candidates for spring semester's executive editor and managing editor spoke Tuesday night to a small crowd at the Student Media Center. A Q-and-A session followed the candidates' speeches, and votes were cast afterward.


Fall contributors may vote at the center until Friday at 5 p.m. Candidates' speeches can be heard on the CT Elections blog at <http://ct.vcstudentmedia.com/blog/>. Results will be announced on the blog Friday evening.

Executive editor candidates



Pat Kane, mass communications major and history minor, class of '07
Tyler Bass, English major, class of '08
Omar Yacoubi, French major and media studies minor, class of '07

Managing editor


Gayland Hethcoat, mass communications major and global studies minor, class of '07
Katie Pugh, English major, class of '07



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Students attempt to find out HIV status

SHEENA JEFFERS
News Co-Editor

Phillip Ranallo sat in Virginia Room C in the University Student Commons holding a yellow slip of paper. Munching on snacks and stealing glances around the room, he waited for his name to be called. Slightly past noon, Ranallo heard his name, and he found out how he tested for HIV, the virus that leads to AIDS.

Ranallo, a junior mass communications major who is getting married soon, stopped by the free HIV/AIDS testing program sponsored by the Caribbean Student Organization because he felt it was important to learn his status.

"It's nice to know," he said. "You future sexual department depends on you knowing."

The entire testing process took Ranallo 25 minutes.

The OraQuick ADVANCE Rapid HIV-1/2 Antibody Test uses a sample of oral fluid to detect the presence of HIV antibodies.

Each test costs about \$14, which is paid for by the Virginia Department of Health. The results are 99.8 percent accurate, said Robert Key, a HIV and STD test counselor at Fan Free Clinic.

"The oral sample picks up the mucous membranes on your gum," he said. "It's going to mix with the chemical that is in the test, and 20 minutes later you'll have results."

The CSO initiated the testing program last year with help from the Fan Free Clinic. Together, with the help of various other cosponsors, they plan to bring free testing to VCU every year to raise awareness.

Christine Campbell, vice president of CSO and senior business management administration major, said awareness is one of the major reasons the organization

holds the annual program.

"Knowing is beautiful," she said, quoting recent HIV/AIDS commercials on MTV. "When you know, you feel so much more comfortable with yourself."

Campbell said she thinks the reason people are so afraid to get tested is because of the virus' stigma.

"It's a lifelong thing, and when you know you might be doing things you shouldn't be doing, it makes you that much more scared to go out and get tested," she said.

Getting tested is about breaking the ice, said Susan Tellier, senior prevention specialist for Fan Free Clinic.

"When you get tested for the first time it breaks the ice," she said. "Then you know what to expect, and in the future when they think about getting tested, they're more likely to get tested."

"Information is the key to calming people's fears," she said. "The fear of the unknown."

Tellier said she wants students' fears to disappear, and she wants them to know if their tests come back positive, they will not die tomorrow.

"HIV is a treatable disease," she said. "It's not a death sentence. So if you are positive, you want to know so that you can protect others you care about and so that you can get treatment and live a quality life."

Angelique, a sophomore mass communications major who asked for her last name to be withheld, said she came to get tested because she hated not knowing her status.

She said regardless of how nerve-racking the process is, students need to go through with it.

"Everybody's afraid of the outcome," she said. "You could actually be HIV-positive. But everyone should get tested because it's better to be more aware."

"Your life is important," she said.

KNOW YOUR FACTS

- Virginia reported 16,378 cases of HIV/AIDS from 1981 to 2005.
- Pap smears do not test for HIV/AIDS.
- You are at high-risk for HIV/AIDS if you have had three sex partners in a year or 10 in a lifetime, if you are a man having sex with other men, a woman who has sex with a gay man, or someone who uses needles to inject drugs.
- More than 25 medications for HIV/AIDS are now available on the market.
- Viral load refers to how many times the virus has multiplied in the body.
- If the body's T-cell count is low, it cannot fight off infection.

Information from Fan Free Clinic and Statehealthfacts.org

YOU GOT TESTED. WHAT DOES YOUR RESULT MEAN?

- Negative/Non-Reactive: No HIV antibodies detected in the sample you provided.
- Invalid: A problem occurred with sample collection. Result not indicated.
- Preliminary Positive: HIV antibodies may be present in your body. Test again for confirmation.

FOR MORE INFORMATION

National AIDS Hotline

1-800-342-AIDS (2437)

Fan Free Clinic

1010 N. Thompson St.
P.O. Box 6477
Richmond, VA 23230
(804)358-6343

Student Health Services

(Monroe Park Campus)
Sports Medicine Building
1300 W. Broad,
Suite 2200
(804) 828-8828

MCV Campus Clinic

VMI Building
Room 305,
1000 E. Marshall St.
(804) 828- 9220



After father's death, son plans to keep rental company on track

PAT KANE
Managing Editor

Donald "D.K." Waybright became a larger-than-life figure in the VCU area, renting apartments to thousands of students. But after his death on Nov. 25, his son Jonathan plans to keep moving forward with the family company, Waybright Investments.

Waybright got into the rental business after his time as the university's rowing team coach in the 1970s, said Christy Cyrus, office manager for the company.

"It started with noticing problems some of the people on the rowing team had with housing," she said. "That's how he got into it."

"He was just a giant person. The students loved him," said Jonathan Waybright. "He started off buying an old rooming house, the 1600 block of West Grace Street, got a loan, got in it and renovated it." He said from there it snowballed to the point where the company owned 14 buildings and 500 apartments. But they stayed focused on students.

"Students would go in, and he'd sit and talk to them. Sometimes he'll sit there for an hour and talk to you before he'd show you anything," Cyrus said.

Waybright agreed about his father's storytelling. "I used to yell at him for spending so much time with them. He always wanted you to sit and say, 'What's going on in your life?'"

He wants to keep renting the company's 250 or so apartments primarily to students. A professor in the School of World Studies for the past nine years, Jonathan Waybright said it was a great symbiotic relationship that attracted him to work both jobs.

"I thought it would be a nice thing to be able to rent apartments to students, work with my dad at a family business and teach at VCU.

"I want to maintain the system. It's such a wonderful niche to be involved with young people in the first steps of their lives," he said.

Jonathan Waybright said he is considering a scholarship or two in his father's name after being closely involved with the university community for over 30 years.

"We're going to think through those possibilities of moderate scholarships that will be in his name. I'd like to do one through the School of World Studies," he said.



Jonathan Waybright

Vote for your editor!

Your readership means a lot to us, and your participation in this year's CT Elections would help determine the new leadership for spring semester. If you were published in the CT this semester, you are eligible to vote.

Voting ends Dec. 8 at 5 p.m. You may stop by the Student Media Center between 9 a.m. and 5 p.m. (please bring your VCU ID or driver's license).

For more information, contact Executive Editor Karen Bolipata at editor@commonwealthtimes.com.

* Read about the candidates at ct.vcustudentmedia.com/blog

commonwealthtimes.com

Holiday & Intersession Hours

| Help Desk Hours | Date | Cabell B8 Lab Hours |
|---|------------------------------------|----------------------------|
| Exam Hours (November 26 - December 19th) | | |
| 7:30 am - 10:00 pm | Monday - Thursday | 24x5 same as Library hours |
| 7:30 am - 6:30 pm | Friday | same as Library hours |
| 10:00 am - 2:00 pm | Saturday | same as Library hours |
| 7:30 am - 6:30 pm | Tuesday, December 19 th | 7:30 am - 6:30 pm |
| Holiday Break Hours (December 20 - 26) | | |
| 7:30 am - 6:30 pm | Wed - Thurs, December 20, 21 | 7:30 am - 6:30 pm |
| Closed | Fri-Tue, December 22 - 26 | Closed |
| Intersession Hours (December 27 - January 12th) | | |
| 8:30 am - 5:30 pm | Wed - Fri, December 27 - 29 | 8:30 am - 5:30 pm |
| 10:00 am - 2:00 pm | Sat, December 30 | 10:00 am - 5:30 pm |
| Closed | Sun, December 31 | Closed |
| Closed | Mon, January 1 | Closed |
| 7:30 am - 6:30 pm | Tue - Thu, Jan 2 - 4 & 8 - 11 | 7:30 am - 6:30 pm |
| 7:30 am - 5:30 pm | Friday, January 5 & 12 | 7:30 am - 5:30 pm |
| 10:00 am - 2:00 pm | Saturday, January 6 | 10:00 am - 5:30 pm |
| 1:00 pm - 4:00 pm | Sunday, January 7 | 1:00 pm - 6:30 pm |
| Closed | Sunday, January 13 | Closed |

Note: lab hours are based on Library hours and are subject to change—for latest, see www.library.vcu.edu/jbc/hours

Marriage amendment still heavy on some minds



Students Bonnie Gabel and Amanda Zoe Reidinger brave the cold for an intimate vigil.

Cynthia K. Merchant photo

GAYLAND HETHCOAT
News Co-Editor

Monday evening marked one of the coldest nights of the semester, with temperatures dipping several degrees below freezing. The weather was hardly conducive to outdoor activity, but it didn't stop two Queer Action at VCU members from meeting downtown for a candlelight vigil mourning the Nov. 7 passing of the state constitutional marriage amendment.

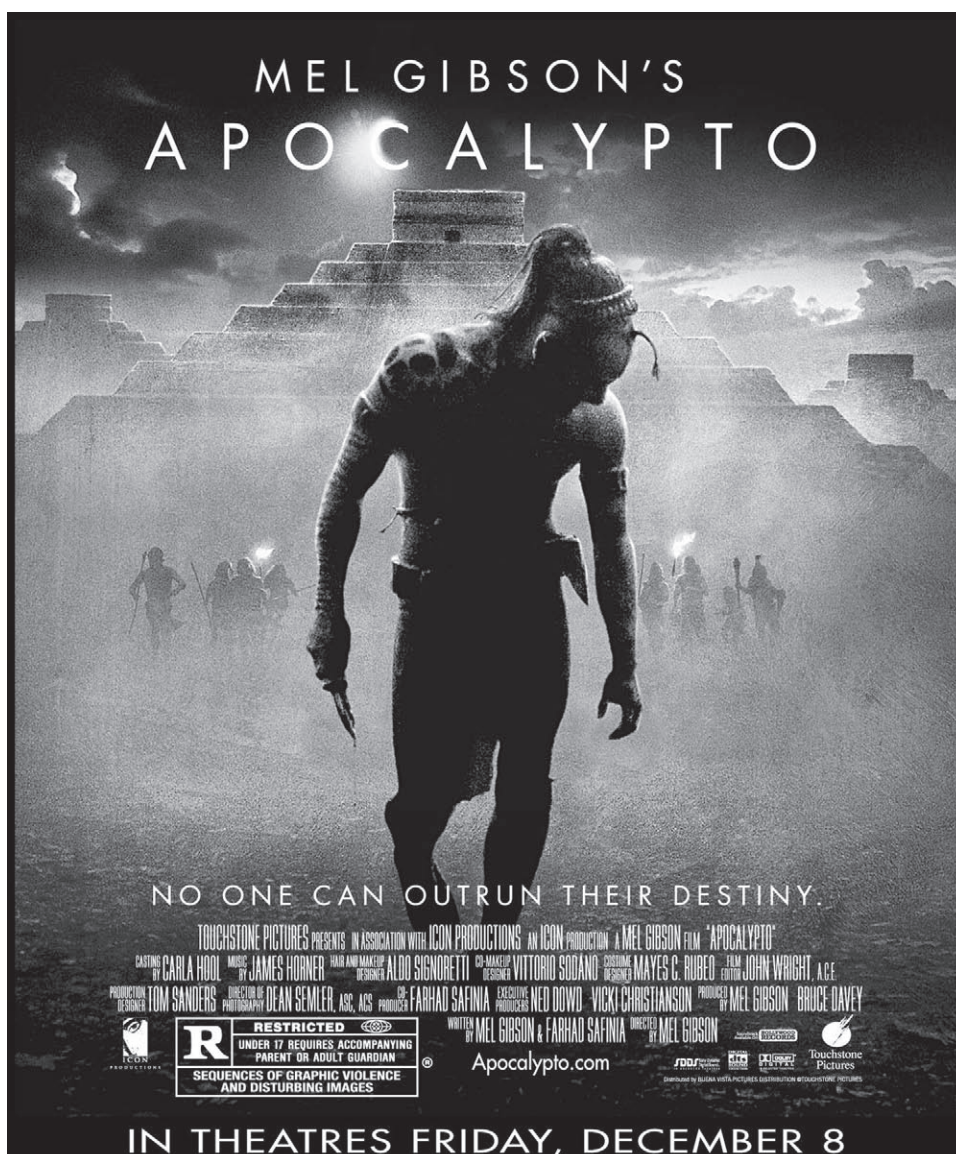
Bonnie Gabel, president of the group, and Amanda Zoe Reidinger, its treasurer, expected a number of fellow Queer Action members and students to join them for the vigil. Maybe it was because of the weather or next week's finals, but no one else showed up.

Sticking to their principles, Gabel and Reidinger decided anyway to continue with the vigil, opting to make it a personal, intimate experience. At about a quarter after 8 p.m., the two lit candles and walked toward the Capitol as onlookers at a nearby bus stop watched them.

"The Marshall-Newman marriage amendment killed our rights," they said aloud, the candles lighting their cheeks rosy from the cold. "We are memorializing our chance at a right to marriage, our chance at a right to be seen as a functional part of society, our chance at a right to have our families recognized."

At the building's gates, Gabel and Reidinger set down

AMENDMENT continued to Page CT9



CT8 • commonwealthtimes.com



Thursday, December 7, 2006

AMENDMENT continued from Page CT8

their candles and pieces of paper with the text of their chant.

“There’s only two of us, but there’s a lot of people who this legislation affected,” said Gabel, a sophomore theater and political science double major. “We’re not just going to lay down and play dead. We’re going to stay here and keep fighting.”

Other groups are also fighting the marriage amendment, which will become law Jan. 1. The gay rights lobbying group Equality Virginia recently launched “A m e n d m e n t Watch,” a program that is designed to make sure the amendment is interpreted narrowly.

As part of the program, Equality Virginia is asking those who feel the amendment has legally affected them to report their stories. In return, the organization says it will secure legal assistance to determine whether a basis for litigation exists for such individuals.

The American Civil Liberties Union of Virginia has similarly created its own watchdog program. Like Equality Vir-

“We’re not just going to lay down and play dead. We’re going to stay here and keep fighting.”

—Bonnie Gabel, president of Queer Action at VCU

ginia, the ACLU of Virginia is promising to examine legal options for individuals who feel they may have been impinged upon by the measure.

“Examples of the scenarios that could lead to a legal challenge include a third-party’s refusal to accept the conditions of agreements made between unmarried individuals regarding guardianship of children, hospital visits, wills, or advance medical directives,” its Web site says.

Both Equality Virginia and the ACLU of Virginia’s Web sites feature complaint forms for those seeking to report their experiences.

Looking back at the general elections campaign, Gabel, who campaigned extensively against the measure, said there is little more opposition groups could have done to achieve victory on Election Day. The fact is, she said, social conservatism remains deep-seated in Virginia, although some trends are changing.

“We did everything we could in the

time we had with the resources we had,” Gabel said, emphasizing that the marriage amendment passed with a margin that is tighter than those of 23 out of 27 states that have passed marriage

provisions in recent years.

“You can always look back and say, ‘Maybe if we had done this,’ but that doesn’t really help anything,” she said. “It’s now ‘What can we do?’”

Proposed Constitutional Amendment 1 - Marriage

Precincts Reporting: 2,599 of 2,599 (100.00%)

Registered Voters: 4,554,683

Total Voting: 2,398,589

Voter Turnout: 52.66 %

| | Vote Totals | Percentage |
|-------|-------------|------------|
| Yes | 1,328,537 | 57.06% |
| No | 999,687 | 42.94% |
| Total | 2,328,224 | |

**Information from the Virginia State Board of Elections Web site. Visit the site for a breakdown of the results by locality and district.*

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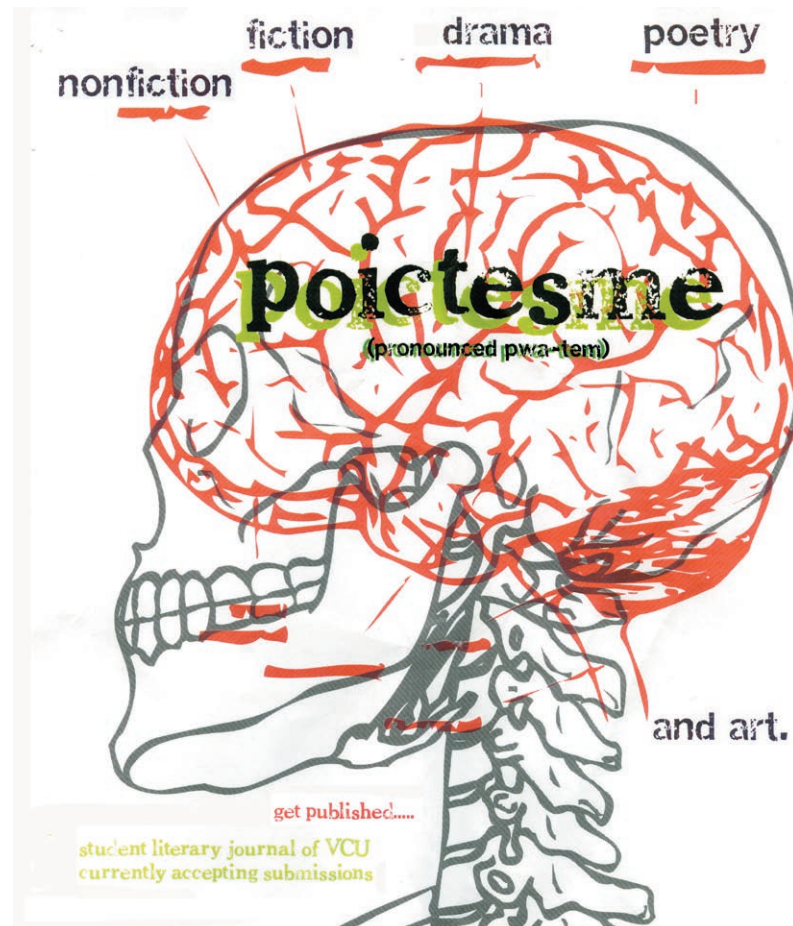
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NO WAITING, NO WALKING, NO WORRYING

Scholarship winner sees the world

LEWIS MILLER

Contributing Writer

Many people don't get the opportunity to travel to Spain, France, Italy, Portugal and Greece in their lifetimes. Even fewer get financial support to do so.

Matthew Chris Walker wanted to do just that, so he set out to find a way to make it happen.

His ticket came last December when he won the Benjamin A. Gilman International Scholarship. The scholarship is designed to help "undergraduate students of limited financial means to pursue academic studies abroad."

If you are interested in applying for the Benjamin A. Gilman International Scholarship for the fall 2007 semester, here are some important dates to remember:

February – Online application available

April 3 – Deadline for students to submit online applications

Early June – Applicants are notified of the status of their applications.

June 15 – Recipients must accept or decline their awards.

Walker, 21, spent about five months, from February to June, studying abroad. He spent most of his time in Spain, but he also traveled throughout Western Europe.

"I tried to make the most out of Spain's location and used it to travel to Portugal, France, Italy as well as Greece, all of which were fantastic experiences," he said.

Walker said his time in Spain made a huge impact on his academic and personal life. "Academically, I left America having completed only the 102 level of Spanish, and I returned with a fairly strong grasp of the language," he said. "I jumped from 102 to being able to take 300-level Spanish classes and really understand them."

During his time in Spain, Walker lived with a Spanish woman who treated him like a son. He was able to experience firsthand a Spanish family dynamic.

"Seeing how life was different and their outlooks on life, politics, and seeing their customs and holidays was great," he said.

Walker said "although inevitably it was easier to have American and international friends," he tried to make the most of his time there by hanging out with Spaniards.

One way he managed to do so was through sports. Walker plays soccer, which he used to his benefit. "They're crazy about soccer, so I got to know some people like that," he said.

Living and traveling internationally is nothing new for Walker. The son of Christian missionaries, he was born and raised in Japan.

"Growing up, I never really got to see my extended family too much, and my international friends tended to come and go according to their parents' work," he said. "So I learned how to make and remake friendships."

Walker said he utilized that skill when he came to VCU almost four years ago and again to adjust to life in Spain.

"Spain was actually not as big of an adjustment as I thought it was going to be, although there were some things that caught me off guard about their culture," he said.

One of those things being was the daily schedule. In Spanish culture, people typically eat a large meal early in the afternoon followed and then take a siesta – a short nap traditionally lasting about 30 minutes.

"The siesta is an amazing idea. We should introduce it to America," Walker said.

Dinner wouldn't arrive until 9 p.m. or later. "This schedule took a little getting used to, but once I got with it, there was no problem," he said.

Winning the Gilman scholarship changed Walker's life. "In sum, my study abroad experience was unforgettable," he said.

Walker decided to apply for the scholarship because it seemed like a good fit for him. The scholarship required that he write a paper explaining where he wanted to study and why and complete a follow-up project upon his return. It did not require letters of recommendation, which Walker believes worked to his advantage.

"Although I'm an honors student and maintain a high GPA, I'm not the most noticeable guy in class who gets the

teacher's attention," Walker said. "As a result, I didn't have very many people here at VCU who could write me letters of recommendation."

"Not having to worry about that, I figured, 'Why not write a paper and see if they wouldn't let me go to Spain?'"

Walker is in his fourth year at VCU, majoring in international studies and minoring in Spanish and urban studies.

He knew he wanted to study Spanish abroad, and he knew he needed money to help him do so.

"I'm of the opinion that if you want to do something or go somewhere and you're willing to put in some effort and convince people why it's a good idea, I feel there's got to be someone out there who's providing funding for it," he said. "For me, the Gilman Scholarship was it."

Throughout the process, Walker received help from VCU's national scholarship coordinator, Jeff Wing.

"Despite the numerous projects he had going on and his jam-packed schedule, he always found time to schedule me to meet with him and to give me advice," Walker said.

Wing said his role is to "identify, recruit, nurture and support VCU students in their application for the nationally competitive scholarship programs." In Walker's case, he reviewed and offered feedback on ways to improve his ap-

plication. He also advised Walker on different ways to present his credentials to the selection committee.

Wing believes Walker won the scholarship because he "is an excellent student with an interesting background, demonstrated language capabilities and a persuasive rationale for needing to study in Spain in order to prepare for a career using his language skills."

Aside from his classes, Walker has many activities which keep him, as he puts it, "wonderfully busy." He enjoys playing racquetball, basketball, soccer and judo. He's also involved with Intervarsity Christian Fellowship.

Walker works at the Office of International Education. "It's great to be in contact with international students, to hear about where they are from and to learn things about their culture," he said. "It's also a great way to keep up with my Spanish and Japanese."

Walker admitted he still wonders why the scholarship committee chose him. After all, he says, he already had international experience, and he wanted to study in a very typical location abroad – Western Europe. "Looking at my application from their eyes, I must have seemed like a weak candidate," Walker said.

"I went into this scholarship with the mentality that I would give it a shot, and things sure worked out for me."

CRIME LOG

Nov. 10

A female was arrested at the Broad and Belvidere Apartments for possession of marijuana.

alcohol, resisting arrest and maintaining a common nuisance.

Dec. 3

A female was arrested at Rhoads Hall for underage consumption of alcohol.

A female advised that an unknown person(s) removed \$150 of personal property from its unsecured location in the James Branch Cabell Library.

Dec. 1

A female was arrested at the University Student Commons for trespassing and disorderly conduct.

Dec. 2

A female was arrested on South Harrison Street for underage possession of alcohol. Another female was arrested for underage possession of

Dec. 4

A female was arrested at North Hospital for possession of cocaine.

Sports

VCU BASKETBALL

In Brief

Francescato picks up all-region honorable mention

Senior Ludmila Francescato (Fraiburga, Brazil) has just earned a second American Volleyball Coaches Association Division I All-East Region Honorable Mention.

The outside hitter broke VCU single-season records in kills with 549 and kills per game with 4.46. She hit for .210 in 123 games.

She also led the Rams with 46 service aces and added 60 blocks. She led the Colonial Athletic Association in points per game and for the second straight season, she was named to the league's first team.

Last year was her first-ever AVCA recognition when she was presented with the same honorable mention.

Anthony Grant live on VCU SportsTalk

The men's first-year basketball coach is re-joining Robert Fish tonight for another radio talk session starting tonight at 6 p.m. and running until 7.

This episode of VCU SportsTalk will be broadcast from Glory Days Grill in the West End off of Ridgefield Parkway.

People with questions are invited to stop by to talk face-to-face or by calling in to 421-4007.

Tune in to 100.3 to hear the show.

Robert Fish also conducted some interviews with two basketball players – junior women's team player Quanitra Hollingsworth and graduate student Calvin Roland about the game and their personal lives.

Calvin Roland receives Charles Barkley scholarship

Calvin Roland received the Charles Barkley scholarship August 28 – en-

dowed by 11 time all star and hall-of-famer Charles Barkley – awarded annually to a basketball player who has “overcome obstacles while excelling both academically and athletically.”

Roland graduated with a B.A. in Sports Management and is pursuing his master's degree in Sports Leadership working in the VCU SportsCenter.

In the essay Roland wrote for the scholarship, he told of the difficulties in his life as he grew up; Roland even spent two years without a home before he came to VCU.

“I couldn't wait to get to VCU, because I knew I would have a place to stay, I knew I'd have money, I knew I'd have food,” he said. “My parents worked so hard, but had some financial downfalls which resulted in us being homeless for a while...we are starting to bounce back from that now. I think getting the scholarship is one of the big reasons why I went through all of that.”

See **FISH DISH**, Page CT13 ►

VCU Sports Talk with Robert Fish

Broadcast live 6-7 p.m.
Thursdays on WARV 100.3 FM from Glory Days Grill, 10466 Ridgefield Pkwy., Richmond

Call-in number:
(804) 421-4007

This week's guest:

Anthony Grant,
coach of the
VCU men's
basketball
team



► The results from last night's basketball games can be found on the CT breaking news blog: ct.vcustudentmedia.com/blog

THIS WEEK

S U P E R W I N T E R B R E A K E D I T I O N

Men's Basketball

All home games at Stuart C. Siegel Center's Alltel Pavillion

Sat. Dec. 9
@ Richmond, 7 p.m.

Sat. Dec. 16
vs. UAB, 7:30 p.m.

Wed. Dec. 20
vs. Delaware, 7 p.m.

Sat. Dec. 30
vs. Appalachian State,
7:30 p.m.

Wed. Jan. 3
@ Towson, 7 p.m.
Towson, Md.

Sat. Jan. 6
@ JMU, 7 p.m.
Harrisonburg, Va.

Mon. Jan. 8
vs. Northeastern, 7 p.m.

Wed. Jan. 10
@ William & Mary, 7
p.m.
Williamsburg, Va.

Sat. Jan. 13
vs. Towson, 7:30 p.m.

Wed. Jan. 17
vs. UNCW, 7:30 p.m.

Sat. Jan. 20
vs. Old Dominion,
5:30 p.m.

Women's Basketball

All home games at Stuart C. Siegel Center's Alltel Pavillion

Sat. Dec. 9
@ Toledo, 7 p.m.
Toledo, Ohio

Thu. Dec. 21
@ Appalachian State,
5 p.m.
Boone, N.C.

Sat. Dec. 30
vs. Longwood, 5 p.m.

Thu. Jan. 4
vs. Old Dominion, 7
p.m.

Sun. Jan. 7
@ Hofstra, 2 p.m.
Hempstead, N.Y.

Wed. Jan. 10
@ Towson, 7 p.m.
Towson, Md.

Sun. Jan. 14
vs. UNCW, 2 p.m.

Thu. Jan. 18
vs. Northeastern, 7 p.m.

Sun. Jan. 21
@ Georgia State, 2 p.m.
Atlanta, Ga.

Men's Track and Field

Jan. 13
Navy Invitational
Annapolis, Md.

Jan. 20
U.Md. Invitational
Landover, Md.

Women's Track and Field

Jan. 12-13
Va. Tech Invitational
Blacksburg, Va.

Jan. 20
Navy Invitational
Annapolis, Md.

Men's Tennis

Jan. 19-21
VCU 4x1 Invitational
Thalhimer Tennis Center

Women's Tennis

Jan. 26-28
VCU 4x1 Invitational
Thalhimer Tennis Center

Intramural Sports

Jan. 16-23
Sign up for basketball,
soccer, volleyball or
racquetball doubles
MCV Aquatic Center, Siegel
Center & Cary Street Gym

VCU sporting events are free to students with a valid student ID. For more information visit vcurams.vcu.edu or call the VCU Sports Line at 828-3440.

FISH DISH, from Page CT12

Roland met Charles Barkley at the banquet, where they exchanged values and Barkley revealed to him the reasons he does what he does.

Sitting out a whole year due to injury is tough on a natural basketball player. "As every game went by, a hunger grew inside me...I wanted to play."

Coach Anthony Grant said, "Calvin is a lesson for everybody, not just an athlete, but just people in general. Here's a young man, that as a senior had a devastating injury that could've ended his career from a basketball standpoint; he took it a different way than most people would normally look at it – he took it as an opportunity to earn his degree, he took it as an opportunity to be prepared if basketball was going to still be an option in his future...also, he took it as an opportunity to earn a master's degree."

Grant concluded, saying "It's just a way of life for him, overcoming adversities."

Quanitra Hollingsworth discussed her career

Quanitra Hollingsworth, who entered high school at the age of eleven, seems way ahead of herself. She just turned 18 in her 2nd year of playing and third year of college.

Despite being so ahead of people, she noted missing out on life was not an issue for her. She said age has never been a factor – she recalled some old advice that age is just a number. "Come out here and see yourself as a woman amongst girls," she said. "I feel like my talent, my desire, is going to take me a longer way than just the fact that 'oh she's young and so much has happened before in her life.'"

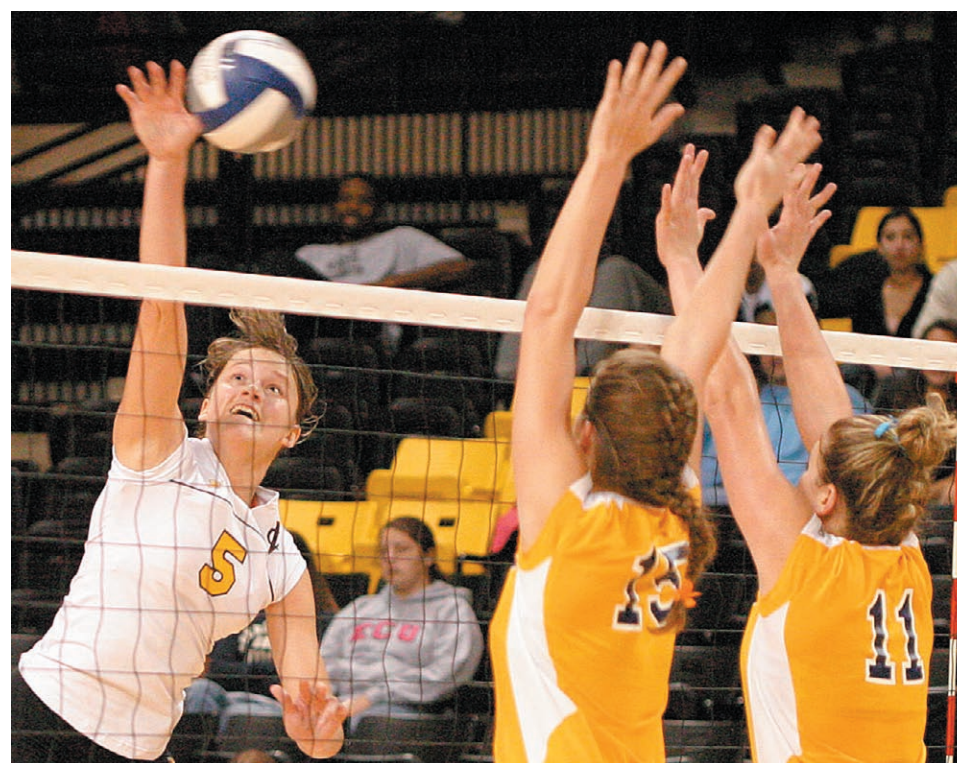
She tried out for the 18 and under national team, which she said showed her a lot of her weak points and gave her a chance to improve upon them.

Hollingsworth has already attained CAA Rookie of the Year, third-team all-CAA, freshman all-American honors and CAA all-defensive team. With a substantial record coming into her 2nd career year, her goals, she said, are to make first team and get back on the defensive and all-American team. She said this year she is more focused on the team.

Quanitra changed over the summer to a double major in statistics and operations research and computer science – similar to her old major – computer engineering – but with more work in mathematics.

Thursday, December 7, 2006

semester in photos



Record:
16-18, 8-10 CAA

Finished sixth in the conference in regular season play. The defending CAA champions lost to Hofstra 3-1 in this year's championship game.

Clockwise from top left:
Ludmila Francescatto (9),
Ana Luiza Bernardes de Borja
(5), Cat Junson (3)



Volleyball

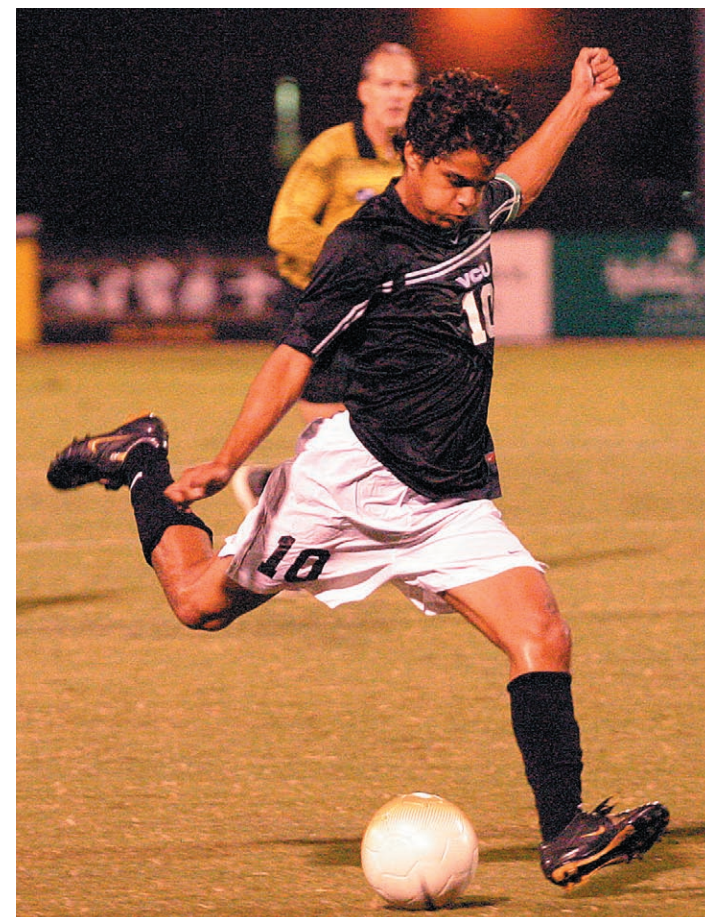


Record:
4-15, 2-6 CAA

Finished dead last in the conference in regular season play. The good news is that VCU field hockey can only get better.

Left: Nikki Lloyd (6)

Field Hockey



Men's Soccer

Record:
4-13-1, 2-8-1 CAA

Above: Nate Burkey (17) and teammates
Right: Matthijs Maruanaya (10)

Finished 10th in a field of 12 in regular season play. This is the first time that the team did not play in the conference tournament.

Record:
11-6-3, 7-3-1 CAA

Finished third in the conference in regular season play. The team played in three consecutive championship matches, but lost in the first round of the conference tournament this year.

Right: Hayley Moorwood (20)

Women's Soccer



Mediocre teams make NFC runs

BARRY WILNER
Associated Press

NEW YORK – Going .500 gets fans upset, coaches in trouble and players released.

Except in this year’s NFC, where a break-even mark is looking playoff-worthy. And a winning record makes you a Super Bowl contender.

When the Philadelphia Eagles beat the Carolina Panthers on Monday night, it created a four-way logjam for the two NFC wild-card berths between those teams, the New York Giants and Atlanta – all at 6-6.

So while teams possibly headed for 10 wins in the AFC are wondering if it will be enough to get them into the Super Bowl chase, mediocrity – not parity – in the other conference might well be rewarded with a trip to the postseason.

“That’s the way the NFC is this year, and because of that every game is like a playoff game,” said Philadelphia kicker David Akers, whose 25-yard field goal beat Carolina on Monday night and created the four-way tie at 6-6.

“It was a playoff atmosphere out there,” Akers said. “Next week is going to be the same thing, because each game is so critical to win going down the stretch. You never can tell and if you don’t give up, maybe good things will happen for you.”

Really good things, such as division championships and byes, definitely will happen to teams with more wins than losses in the NFC. The Bears are 10-2, own the North title and could clinch home-field advantage throughout the conference playoffs this weekend.

Dallas, New Orleans and Seattle all are 8-4 and, with wins Sunday, could secure at least wild-card spots. Of course, the Cowboys host the Saints, so one of them won’t get that prize right away.

But as long as they get another victory, they all should be playing in January.

Of the 6-6 teams, who has the edge – even if they wind up 8-8?

Maybe nobody. All four teams play each other twice. Atlanta finishes by hosting Carolina and visiting Philly. The Panthers are home for the Giants this Sunday. New York follows that by hosting the Eagles, and Philadelphia finishes at home against the Falcons after three straight road games.

All are struggling – that’s how you get to 6-6, after all – and show few signs of putting together a winning streak this month.

Carolina (four) and New York (five) already have had such strings, but the Panthers also have had three two-game losing streaks and the Giants are mired in a four-game skid. At least the Panthers don’t have the turmoil on and off the field that has plagued the Giants.

Nor does Carolina have the string of injuries plaguing New York, Philadelphia and Atlanta.

“We’re still in there, but it makes it harder for us,” Panthers defensive end Mike Rucker said of the 6-6 gridlock. “We have to play lights out now. We’ve been here before and that’s what we have to get across to the younger guys and let them know there’s a sense of urgency.”

Not to mention a sense of mediocrity.

Section Pool | NFL Week 14

| Galloway's Picks 99-85 (.538) | | De Soto's Picks 99-85 (.538) |
|----------------------------------|---|---------------------------------|
| Pittsburgh | Cleveland (4-8) @ Pittsburgh (4-8) 8 p.m. Thursday | Cleveland |
| Atlanta | Atlanta (6-6) @ Tampa Bay (4-8) 1 p.m. Sunday | Atlanta |
| Baltimore | Baltimore (9-3) @ Kansas City (7-5) 1 p.m. Sunday | Baltimore |
| Indianapolis | Indianapolis (10-2) @ Jacksonville (7-5) 1 p.m. Sunday | Indianapolis |
| Minnesota | Minnesota (5-7) @ Detroit (2-10) 1 p.m. Sunday | Minnesota |
| New England | New England (9-3) @ Miami (5-7) 1 p.m. Sunday | New England |
| N.Y. Giants | N.Y. Giants (6-6) @ Carolina (6-6) 1 p.m. Sunday | Carolina |
| Cincinnati | Oakland (2-10) @ Cincinnati (7-5) 1 p.m. Sunday | Cincinnati |
| Philadelphia | Philadelphia (6-6) @ Washington (4-8) 1 p.m. Sunday | Philadelphia |
| Tennessee | Tennessee (5-7) @ Houston (4-8) 1 p.m. Sunday | Tennessee |
| San Francisco | Green Bay (4-8) @ San Francisco (5-7) 4:05 p.m. Sunday | San Francisco |
| Seattle | Seattle (8-4) @ Arizona (3-9) 4:05 p.m. Sunday | Seattle |
| N.Y. Jets | Buffalo (5-7) @ N.Y. Jets (7-5) 4:15 p.m. Sunday | N.Y. Jets |
| San Diego | Denver (7-5) @ San Diego (10-2) 4:15 p.m. Sunday | San Diego |
| New Orleans | New Orleans (8-4) @ Dallas (8-4) 8:15 p.m. Sunday | Dallas |
| Chicago | Chicago (10-2) @ St. Louis (5-7) 8:30 p.m. Monday | Chicago |

Cleveland Browns find giant inspiration from legless teen

Associated Press

CLEVELAND – Pounding his hands into the turf, Bobby Martin propelled his 3-foot body across the field the way he once chased high school quarterbacks.

Born without legs, Martin, wearing a Browns jacket and hat, slid into place in a single-file line of Cleveland players during pregame introductions before

Sunday’s game against the Kansas City Chiefs.

As the NFL giants darted past, Martin reached up, slapped hands and screamed encouragement to his new friends. He no longer inspires by playing football. These days, Martin motivates simply by being himself.

“He was firing people up,” Browns safety Brian Russell said.

He always has.

Last weekend, Martin was invited to be a guest of the Browns, a team

desperate for wins and one quickly coming apart at the seams.

A week earlier, Cleveland had been embarrassed 30-0 by the Cincinnati Bengals, a lopsided loss made much worse by Braylon Edwards’ sideline tirade. The wide receiver was upset about the Browns’ offensive line and yanked at quarterback Charlie Frye’s jersey to prove his point.

That outburst set off red flags for some Cleveland fans, who wondered if coach Romeo Crennel had lost control.

The Browns seemed to be unraveling fast.

Meeting Martin may have helped them get it together.

“I think it inspired some of the guys to feel different about what they consider to be their problems,” Crennel said. “Their problems are that they’re feeling bad and they didn’t catch enough balls, and here’s a guy who doesn’t have any legs who has a great attitude and who can still operate and play the game.”

Spectrum

Celebrate "Dimebag" at the beach

GRANT FANNING
Staff Writer

Friday will mark the two-year anniversary of guitar legend "Dimebag" Darrell Abbott's murder.

According to Port Folio Weekly, Tonics Bar & Grill in Virginia Beach will be hosting a special musical tribute show Saturday to honor the late Pantera and Damageplan guitarist. Among the bands playing are Dreadline, Sinn, Richmond-based Bullistic and Scarz Within.

As a huge fan of his guitar playing, myself, along with tens of thousands of fans around the world, make it a point to celebrate the legacy that he leaves behind. Whether it be listening to his music all day or going to a tribute gig or party, I find a way to remember the guy that influenced so many people's lives.

Throughout middle school and

high school, Pantera was my band of choice. I would listen to them all day after school, blaring songs such as "This love," "Cowboys from Hell," and "Five Minutes Alone" and playing air guitar to Dime's unique guitar solos.

As a guitar player, Dime influenced me in a huge way. Learning Pantera songs at a young age helped develop the tightness in my picking hand. He was also experienced with various whammy-bar techniques that are copied by thousands of metal players, including myself.

Dime and his music also helped me through tough times during my life. Listening to Pantera was an easy escape to help get out any anger and confusion I had in my life. I can vividly remember working out while listening to "Vulgar Display of Power" and head banging by myself in my room to "Far Beyond Driven."

Dime seemed to be the nicest person in the universe. By watching the many home videos that Pantera and Dimebag have released, you get the image that he was the guy who always smiled and lit up every room that he entered.

"Darrell was a beautiful person. We lost a great guy who did a lot for a lot of people," said Jimmy Bower (Crowbar, Down, Superjoint Ritual) in an interview. "The guy made me stay at his house anytime a tour I was on stopped in Texas."

Fellow musicians never ran out of nice things to say about Dime.

"Darrell was incredibly warm, open, fun, nutty, talented, embracing, accommodating and he always had a very attractive innocence about him that obviously made him never threatening and always welcoming," Lars Ulrich said in an interview.



"Dimebag" Darrell Abbott was murdered two years ago when a deranged fan rushed the stage during a Damageplan concert in Ohio and shot four people. Three others were killed along with Abbott. The gunman was shot and killed by a police officer.

The Dimebag tribute show is also a Toys for Tots drive. Admission is free; just bring along a new, unwrapped toy.

Wizards and warriors meet at GRC

ALEX MAYO
Contributing Writer

On certain dark nights at VCU, brave students come together to battle it out with wizards, dragons and axe-wielding trolls.

And they do it armed only with a set of dice.

Members of the "Dungeons and Dragons" student organization meet on select Thursdays and Fridays each month. On those nights, the lobby in the Gladning Residence Center Phase III is transformed into "The Hole." For the next five hours, the members take turns playing out fantasy scenarios using characters they've created.

Tom Liles, president of Dungeons and Dragons at VCU, said he started the organization as a cheap way to get the supplies necessary to play the game. He later realized that the club was a great way to welcome off-campus, transfer or new students to the university.

"The D&D community is very close-knit and friendly," Liles said. "Joining the club is like making two dozen good friends at once."

Liles describes D&D as a video game without the computer. All the rules are found in a book. Using these rules, the players create a character to play in the game. Each character has its own strengths and weaknesses.

"You can make any character you want, like a sneaky thief, brave warrior or mysterious wizard," Liles said.

Being able to create your own characters and

environments is a big part of the game's draw.

"It's kind of engaging. You've got this whole imaginary world for your characters to explore," said Joe Starsja, the owner of One Eyed Jacques in Carytown.

Conflicts between characters during the game are settled by rolling sets of dice. Unlike most games, however, even after these conflicts are settled, there is still no real winner or loser.

"It's more of a cooperative thing. You get together with your friends and have some fun and have something to do," Starsja said.

The "Dungeons and Dragons" group is an official student organization. That's important, because official organizations get support that's not available to informal groups. They're even eligible for financial help from the Student Government Association.

"When you're a student organization, you have the ability to request funding from the SGA," said Tzeira Creditor, office assistant at Student Organization Services. "You also have the privileges here, with the copier and the printer. If you want to make a banner, we'll give you the paint and the paper."

A fair is also held at the beginning of each fall

For information about the "Dungeons and Dragons" organization, contact Tom Liles at lilestm@vcu.edu.

For more information on starting your own student organization, visit www.usca.vcu.edu/studentorgs/index.htm.



Karen Sagun
illustration

semester. It provides a place for the official organizations to set up tables. Liles took advantage of past fairs to recruit new members.

"We ran a table at the student fair to generate interest," he said. "We got a fair amount of people signed up."

He says that the best way to recruit for the group is through friends and the Internet. With a current roster totaling 20 members, Liles and his organization are always looking for more people to come play.

"My group is always very welcoming to newcomers," Liles said.

Fashion student a finalist in international fur competition

DIANA HAN
Contributing Writer

VCU fashion student Soo Hyun Kim never expected that a simple class assignment would result in having her clothing design showcased in one of the world's biggest fashion capitals.

Kim was recently chosen as one of three U.S. finalists for the Remix 2007 International Fur Design Competition. Her design of a fox fur coat will be showcased at Mifur, the international fur fair in Milan, Italy, next spring.

Assistant professor Linda Lee assigned her junior students to make sketches of fur designs that met the criteria for the competition. Of the VCU students' designs, four were submitted to the national level of the competition. There, Kim was chosen as one of the top three.

"There were about 73 schools that participated, and about 220 students who had entered on the national level," Kim said.

The competition is sponsored by the International Fur Trade Federation (IFTF) and has been attracting more students each year since it was established in 2003. Entries for the federation's 2006 competition came from more than 37 countries.

"The three international finalists will receive a generous prize package that includes a trip to Milan, cash prizes, introductions to fashion and fur industry leaders, exposure in major international fashion publications and additional public relations support," Lee said.

While the contest is an honor, it's also controversial. Animal rights protesters have demonstrated at fashion shows displaying fur. Some acts involve protesters climbing up on the runways to express their discontentment with animal skins

being turned into clothing.

"There were some professors who were against becoming involved in the competition for animal rights reasons," Kim said.

Keith Kaplan, executive director of the Fur Information Council of America (FICA), says it is unlikely that protesters will show up at this event. "Protesters have never shown up in the past, and I don't think it will happen this year," he said.

But Matt Rice, a spokesman for People for the Ethical Treatment of Animals, said there were two protests in September against designers in Milan. On Sept. 25, protesters stormed a Burberry show, and two days later they took to the catwalk at Roberto Cavalli's show.

"We want to point out that wearing fur supports such cruelty to animals," Rice said of the protests. "It's no more acceptable to skin minx or foxes alive and wear their fur than to skin cats and dogs alive for their fur."

Though Kim finds this opportunity working with fur advantageous, she doesn't really see herself using animal skins in the future.

"In the future of my career as a designer, I would be a little bit concerned with using animal skins, but right now, I'm looking for opportunity, so anything will do," she said.

Kim conducted research to come up with an original fur design for her entry.

"I did some research to learn about the techniques to make the fur coat because I wanted to learn how to make it. The thing that stood out most about my piece was the sleeve, which is a net-like structure. I didn't see any net-structured designs on the Internet or anywhere else – just whole solid pieces," she said.

Kim's entry for the competition will be a fox fur coat with an attached fox cape collar.

"Her design, like all the designs this year, really took things to a new level," Kaplan said. "There seemed to be a tremendous amount of creativity... keen understanding of fur fashion design and how fur can integrate into ready-to-wear."

The four-day event in Milan is expected to draw celebrity judges, famous designers – and about 15,000 buyers from around the world.

Kaplan said the competition can help fledgling designers launch a career in the fashion industry. "It gives them international media exposure," he said. Magazines such as Vogue and Elle often cover the event.

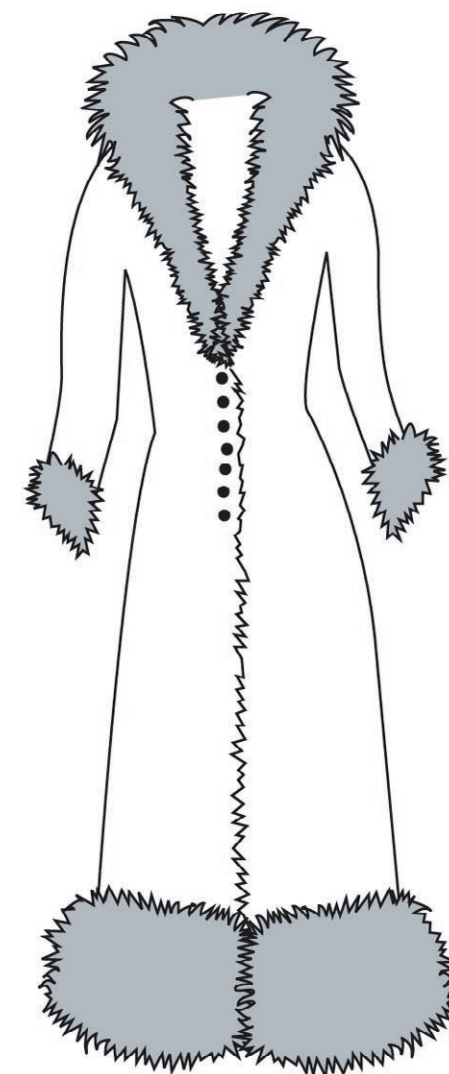
Kim said she has learned a lot by entering the competition.

"I never had experience with fur, and the whole thing was just a new experience – even contacting the guy in New York making the fur coat. I never knew anything about the people making the coat. I never knew about there being one person specializing in the process of making the coat," she said.

Kim will be in good company when she goes to Milan. She will join Emily Jean Burnett, a student at the Parsons School of Design and Natallia Pilipenko, a student at the Fashion Institute of Technology, both in New York. Burnett designed a satin and mink trench and Pilipenko designed a mink jacket.

Kaplan said the U.S. students' designs are better than ever.

"The bar has been raised from last year. There have been some tremendous designs. They are very detailed, intricate, with very advanced techniques that showed much greater understanding of



Karen Sagun illustration

the possibilities that come from working with fur," he said.

"We are very proud of our entries this year. In the sense of competitive spirit, I think we've got a really good shot!"

Kim hopes the Milan competition will open doors for her future as a designer for wedding gowns – the inspiration for her fur coat design.

"My goal is to have a wedding shop and have beautiful wedding dresses. I dreamed of making wedding dresses. That was my inspiration for this piece. I hope that my future career opens because of this opportunity."

Pat Kane contributed to this article.

EVERYONE HAS A STORY TO TELL... WHAT'S YOURS?

FREEDOM WRITERS

OPENS IN THEATRES NATIONWIDE ON FRIDAY, JANUARY 12, 2007.

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What an Act!

The trapeze coat will have you on your stylin' toes...

VIRGINIA TA
Associate Spectrum Editor

Who said winter coats have to be frumpy, bulky and shapeless? As temperatures drop and winter approaches, heat up your wardrobe with a real statement-making piece. Forget the trench coat, the pea coat and those less-than-flattering bubble jackets. This season, designers and stylists alike are reintroducing the striking '60s aesthetic of clean shapes in bold colors. Tap into this look by calling forth a new style from an old era and invest in a trapeze coat this season. These dramatic, billowy sleeved, A-line coats automatically update any outfit and are sure to channel your inner Jackie O., making you feel and, of course, look just as amazing.

Besides its forgiving shape, what's really great about the trapeze coat is its versatility. Following the autumn trend of layering, the trapeze coat adds a great finishing touch over any dress, jumper

or jersey piece. It's all about proportion! These voluminous coats look best in contrast with a slimmer silhouette. So think legs, legs, legs and streamline your figure with your favorite pair of tights or leggings that will still give you a sleeker silhouette without having to bare it all. And just for good measure, the pant-friendly population doesn't have to sit this one out either because the trapeze coat also works just as well when paired with this year's other essential trend—the skinny leg trouser.

Though the trapeze coat can be found in an array of different colors, darker hues like black, navy or houndstooth will keep you looking classic. For the bolder fashionista, take center stage with brighter colors like yellow, red or purple. Whatever hue you choose, you almost can't go wrong with the trapeze coat. Just be sure to finish off your look with a high heel and you're good to go for the next couple months.

Hannah Choi illustration



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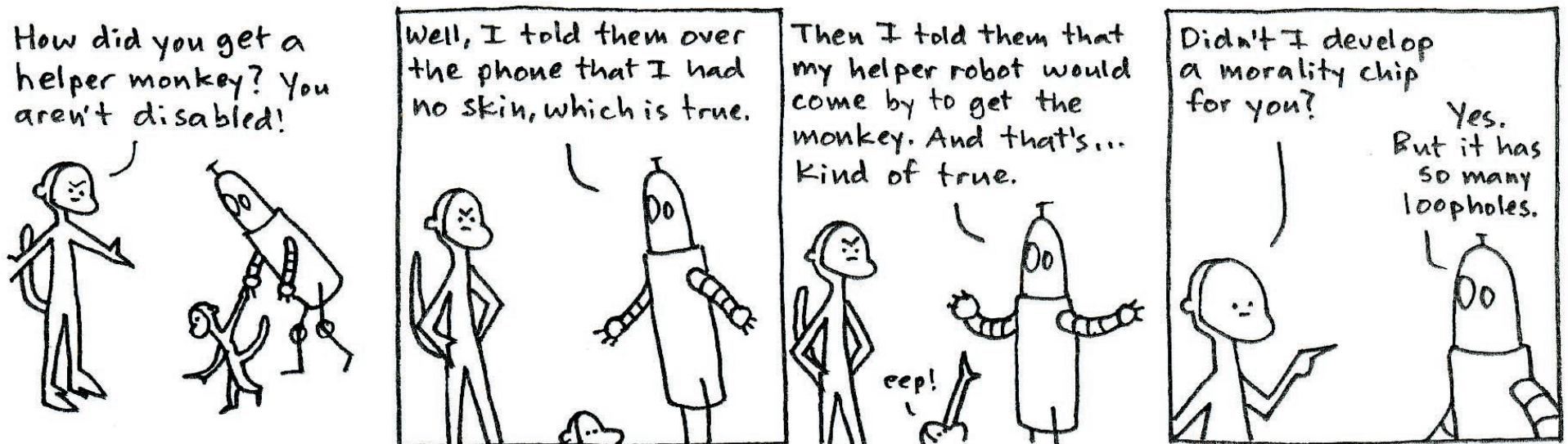
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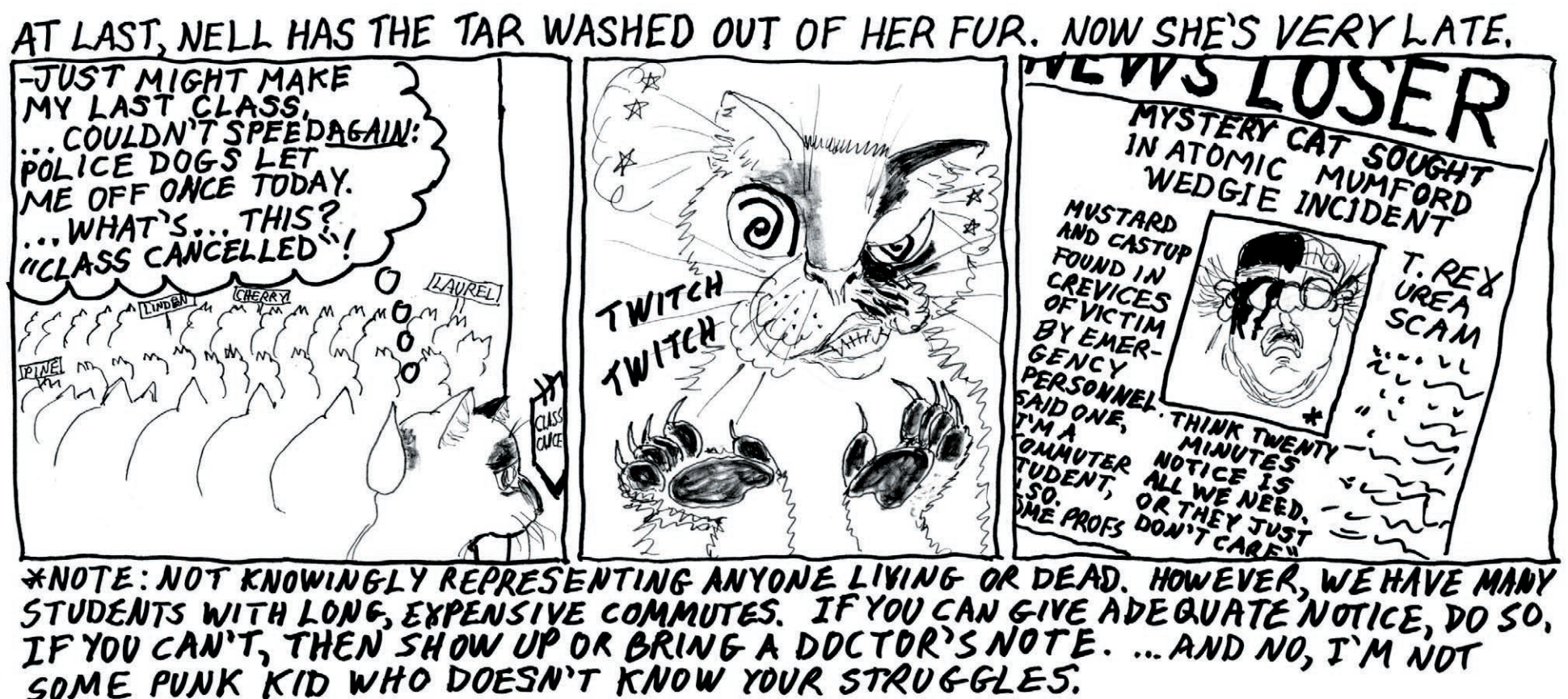
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Pizza from Scratch

Bill Lemmond



Thursday, December 7, 2006

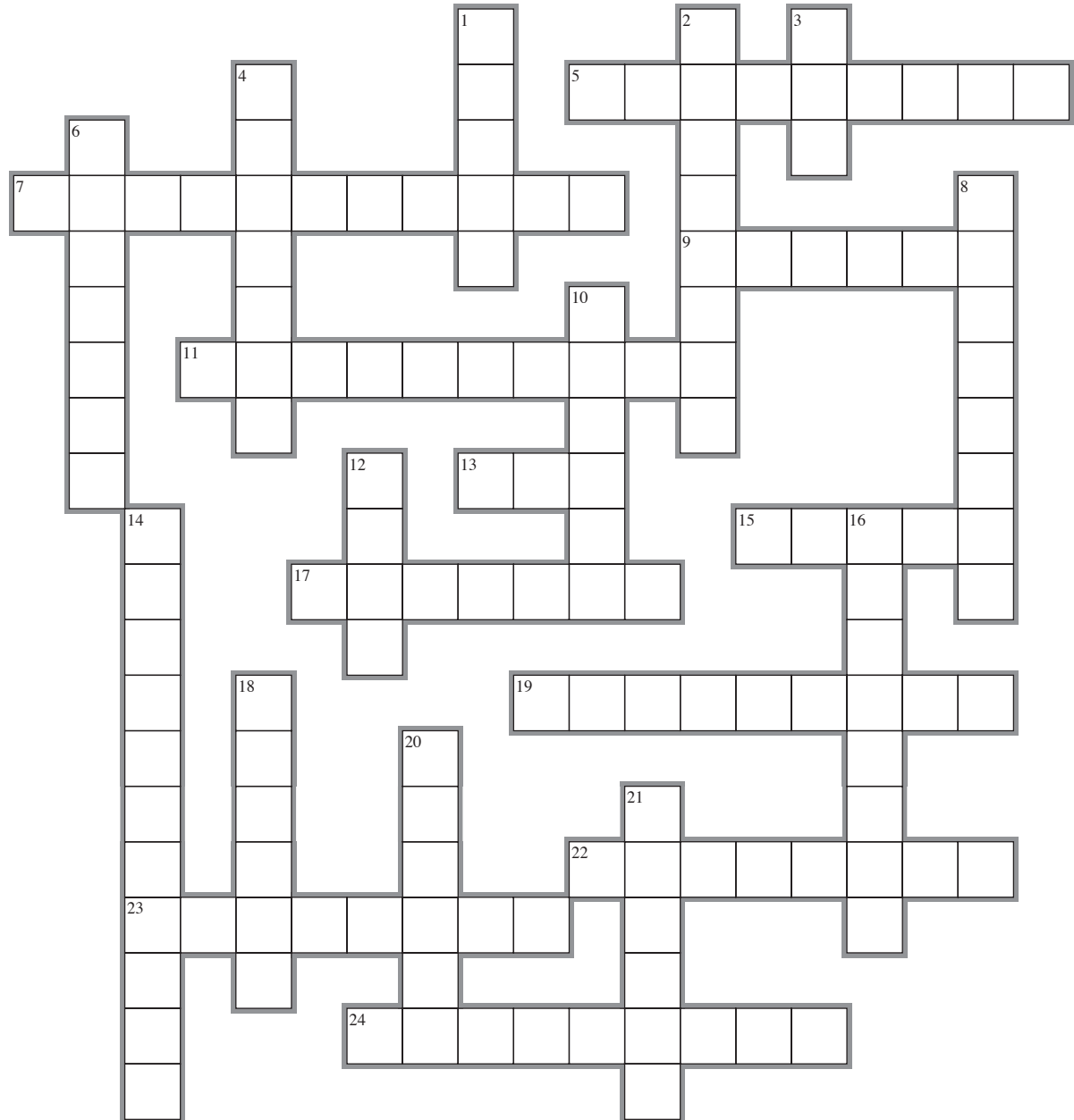
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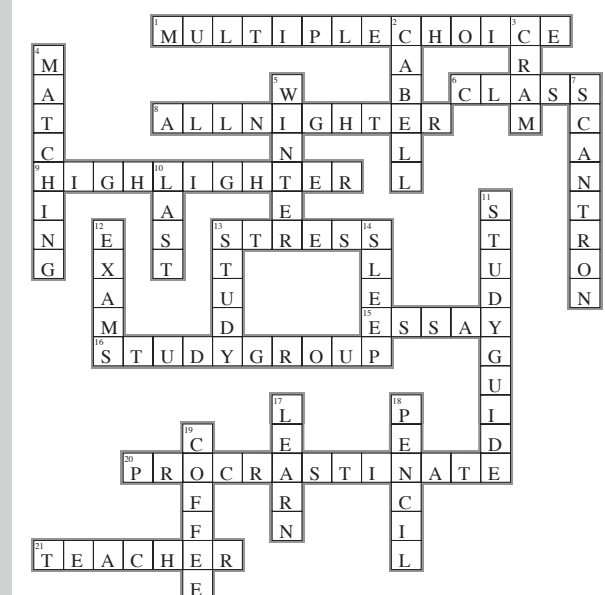
5. Town where Jesus was born
7. January 1
9. African-American winter holiday
11. New year's _____.
A promise of change.
13. Kwanza principle meaning "purpose"
15. One of the seven principles of Kwanza meaning "unity"
17. Day of celebration
19. Striped treat in a curved shape
22. Another word for "gifts"
23. Buying things
24. Christian winter holiday



Down

- | | |
|--|---|
| 1. Greetings through the mail | 12. White icy flakes |
| 2. Hung by the chimney | 14. December 31 |
| 3. Santa's helper | 16. Shiny balls hung on the tree |
| 4. Hanukkah toy that spins | 18. Beverage that typically consists of milk, eggs, and sugar |
| 6. Eight candles | 20. Santa's vehicle |
| 8. Jewish winter holiday | 21. Circle of greenery hung on door |
| 10. Kwanza term that means a candle holder | |

Answers
from Dec. 3



Opinion

In Brief

To all of our readers, we wish everyone a few more weeks of luck during final exams and term paper due dates. It's been a great semester, and everyone can kick back in a few more days and enjoy the winter break. From The Commonwealth Times, we thank you for your readership and hope that your breaks are restful and rewarding.

When all seems lost

WILLIAM HUSZAR
Opinion Editor

During this time of year, between all of the final exams, long papers and class presentations, we often find ourselves at the end of a rope. We can easily despair at the prospect of a bad grade, a breakup, or any other unfortunate event we may encounter during our already stressful academic regimens. The combination of too much happening too soon can bring a person to his knees, and such collapses spill over into all aspects of our lives. We must be wary of the ramifications of such calamity and how we are the ones who control how those events affect us.

Very often, we find ourselves being worn down over time through repeated mishaps and mistakes. Our confidence is shaken, our wills become fatigued, and our bodies grow tired from lack of sleep or illness. We find ourselves lashing out at friends and family over minute incidences, though we don't mean it. Forgetful or perhaps ashamed by the need of support

from people around us, we take on too many burdens, and pull away from those close to us thinking that we can handle it on our own. That in and of itself leads to worse situations: We are not meant

"So long as your heart beats, and your mind thinks, you always have the next moment to act."

to carry all of the weight of world upon us as individuals. By not acknowledging our needs of support and help from those closest to us, we set ourselves up for failure. Strength is exponential: The more people we surround ourselves with, the more easily we can confront the issues and baggage that accumulate in our

lives. Forgetting that truth is what often contributes to a feeling of defeat, of loss, and a lack of control over our future.

Folks, it is when you allow yourself to feel defeated that you become so. So long as your heart beats, and your mind thinks, you always have the next moment to act. Life is not a single path from one point to another, but an open world where we have the choice to follow a path, and failing that, to beat one through the wild and the unknown with at least a shot at reaching our desired destinations.

For everyone who is staying up all night wondering about their future during finals, and for those who had a bad week, for those who have lost something dear, and those who have recently made a mistake: All is not lost. It never, ever is. Without hope, we are empty shells drifting day to day merely accepting what fate grants us. No one overcomes obstacles without the belief that something better lies ahead, that trying is better than not trying, and that there is an inherent worth within all good people that makes our efforts in life meaningful. So don't give up.

see you next year New issues resume Jan. 18
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