



VCU recently imposed a smoking ban on its Monroe Park campus. Photo by Jon Mirador

Vaping rates among high schoolers, young adults have increased nationally

GEORGIA GEEN
Capital News Service

When cases of lung disease linked to vaping began popping up across the country this summer, the Virginia Poison Center started receiving calls from people who thought they might be ill from using e-cigarettes.

“Nobody knows why there’s all of a sudden been a cluster,” said Dr. S. Rutherford Rose, director of the Virginia Poison Center. “There is an inherent danger, and nobody really knows what that danger is. If you’re young and healthy, why risk it? Just stop.”

On Thursday, the Trump administration moved to ban flavored vapes in response to the spike in lung illnesses, the latest in a series of measures nationwide aimed at curbing e-cigarette use. This summer, a Virginia law went into effect that increased the age to buy

cigarettes and other tobacco products from 18 to 21, and Virginia Commonwealth University instituted a smoking ban on its Monroe Park Campus.

Virginia is one of dozens of states with reports of vaping-related illness. Nationwide, officials have linked 380 cases of lung disease and six deaths to e-cigarettes.

Altria Group, the Henrico-based conglomerate that produces and sells tobacco and related products, is a top investor in Juul Labs Inc., maker of the popular Juul e-cigarettes. On Monday, the U.S. Food and Drug Administration warned Juul about its marketing practices, “including those targeted at students, tribes, health insurers and employers.”

“We agree that urgent action is needed, and we look forward to reviewing the guidance,” Altria spokesman George Parman said in an email.

“Reducing youth use of e-vapor products is a top priority for Altria.”

Vaping is often cast as a safe alternative to cigarettes. But Rose, who is also a professor at the VCU School of Medicine, said that because the products are so new there is a lack of data on the long-term use of vaping. As a result, it’s “premature” to say e-cigarettes are indeed safer, Rose said.

“When these things were touted as a safe alternative to cigarettes, that was really only based on the harmful effects of long-term cigarettes. It really wasn’t a comparison because there wasn’t any data,” Rose said. “There’s certainly no data for long-term use of these products; they haven’t been around long enough.”

Using vapes early on can lead young people to smoke cigarettes in the future, according to a 2015 study.

See **VAPING** on page 2

Howdy, neighbor: New census data maps where new Richmonders are from

HANNAH EASON
News Editor

The population of the Richmond metro area has been increasing in recent years, and new data shows where new Richmonders are moving from.

The U.S. Census Bureau released data estimating how many people moved from one place to another. The data, collected by survey, shows the migration between metro areas, states and counties.

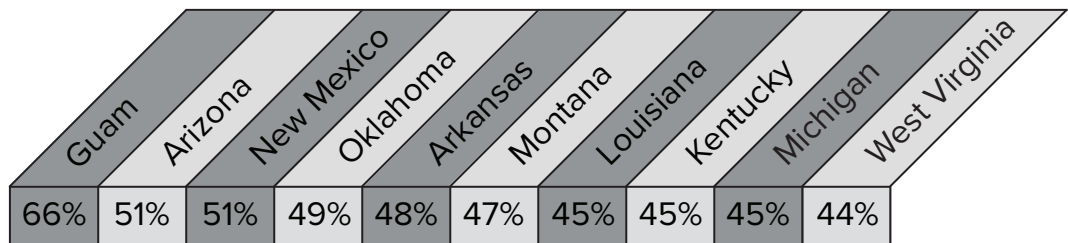
The Richmond metro area — which includes the cities of Richmond and Petersburg; the counties of Henrico, Chesterfield and Hanover; and 12 other localities — has seen about 10,000 people move annually from the Washington, D.C., area in recent years. The numbers are estimates from surveys conducted by the bureau, and they have a margin of error. The influx of people from D.C., for example, could be 1,000 higher or lower.

At the same time, about 7,000 people a year moved from the Richmond area to the D.C. area. So the Richmond area had a net gain from the Washington region of about 3,000 people annually, according to the Census Bureau.

See **MIGRATION** on page 3

Vaping in U.S. high schools in 2017

These places had the highest proportions of students who have vaped at least once.



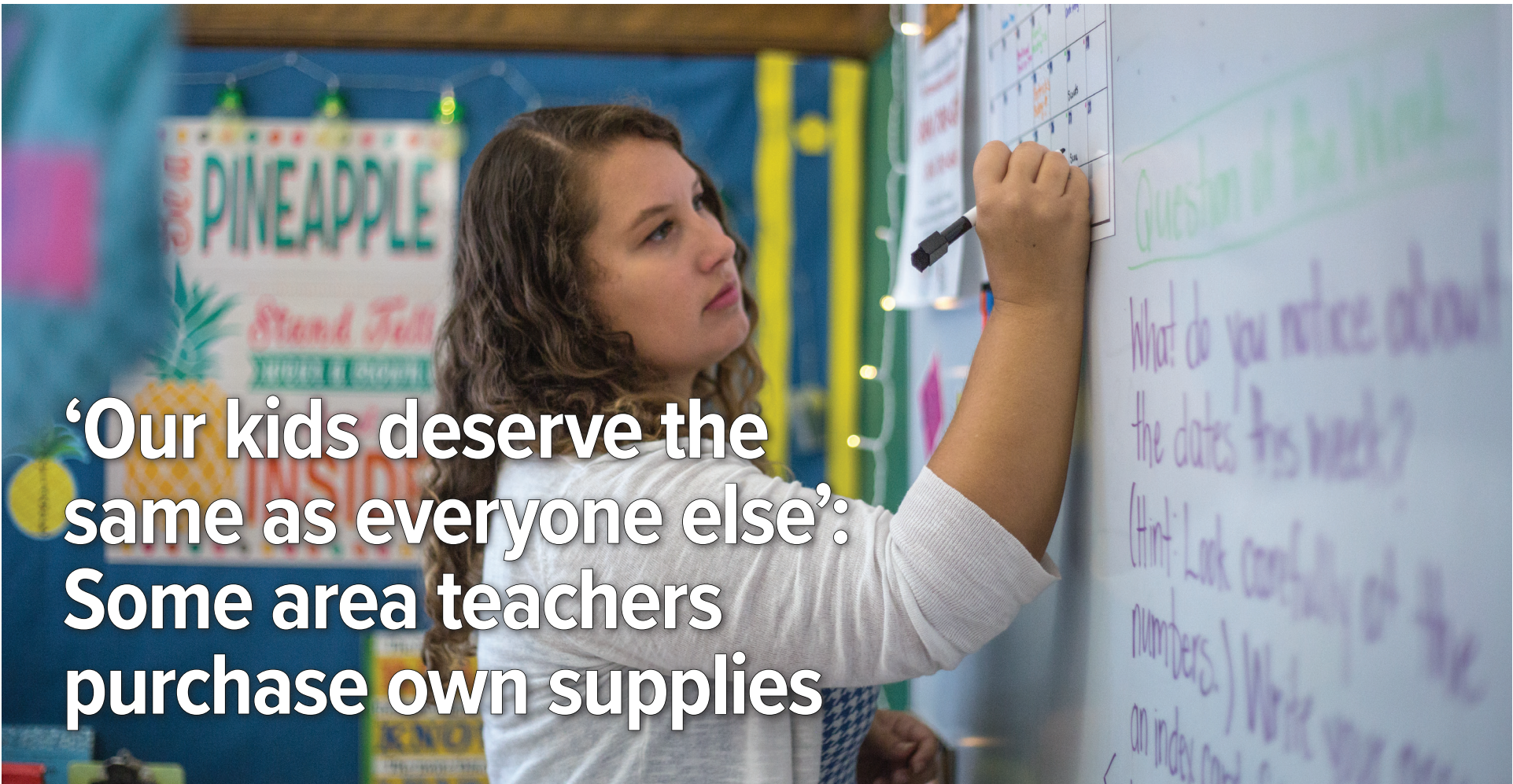
Based on 2017 data from the U.S. Centers for Disease Control and Prevention.

Information compiled by Georgia Geen
Infographic by Jeffrey Pohanka

Stories of the week

NATIONAL: CNN reports at least 50 people were killed Tuesday in two separate suicide attacks in Afghanistan.

INTERNATIONAL: New York City Public Schools will excuse the absences of its 1.1 million students Friday to participate in global climate strike protests.



Miriam Thomas, a fifth grade teacher at Barack Obama Elementary School, marks an important date on the class calendar she purchased. Photo by Wessam Hazaymeh

KATIE HOLLOWELL
Contributing Writer

Richmond Public Schools gave every teacher a \$150 Amazon gift card for back-to-school shopping, but teachers say it “goes really fast” and they have to reach into their own pockets to get their classrooms ready.

Miriam Thomas, a fifth grade science and social science teacher at Barack Obama Elementary School, said the gift cards are helpful, but many of her problems as a teacher extend beyond a lack of supplies. Some air conditioners are leaky, and the buildings need repairs, she said.

“And more and more gets cut, and it’s allocated to other things,” Thomas said. “Then we don’t have the things that we need to teach the kids.”

Thomas said some supplies, such as tables, desks and chairs, are paid for by the school, but other supplies are out of pocket. Teachers have to pay for decorations, books and extra supplies.

“It isn’t just about decorating the room and making it feel homey, but that’s important. I want the hands on activities. I want extra resources that other counties have that we don’t have in the city,” Thomas said. “Our kids deserve the same as everyone else.”

For college students looking to help, Thomas suggested creating donation drives throughout the year for supplies, winter

“

I want extra resources that other counties have that we don’t have in the city. Our kids deserve the same as everyone else.”

Miriam Thomas,
Richmond teacher

clothes and snacks for kids “who may not have a dinner when they go home.” She said students could create a club devoted to helping a local school, and fraternities and sororities could turn it into a community service project.

Retired Richmond Public Schools teacher Lisa Joseph estimated she spent \$250-300 or more a year on supplies.

Joseph, who taught at Thomas Jefferson High School for 11 years and used to teach accounting at VCU, said media was a large part of her expenses.

“I remember always buying my own things, flashcards and markers,” Joseph said. “At the time we didn’t have YouTube, I bought a lot of videos and CDs.”

A trend that started with a Texas teacher’s Facebook group called “Teacher Amazon Gifting,” spread into the hashtag #clearthelist on Twitter and Facebook. Teachers can create wish-lists on Amazon for their classroom supplies and share it to their social media pages.

Chara Robinson, a former teacher and parent to Henrico County Public Schools students, says the social media trend makes the financial struggles of teachers more apparent to the average person online, and people can see specifically how they’re helping.

“I think people are more aware of all the weight put on teachers. Testing, long hours, parenting students in many cases, pay that doesn’t keep up with all the hours or years working, needed supplies,” Robinson said. “So the public looks for ways to support them.”

There are also other ways people can help support their local public schools. Robinson said community members should give schoolchildren “what is best for them.”

“We’re in the middle of your neighborhood, in the middle of your city,” Robinson said. “We’re raising up people who are going to take over and lead all of this, why would we not want the best for them? Why would we not work together?”

VAPING

As vaping illnesses mount, officials warn of dangers of e-cigarettes

Continued from front page

HOW PREVALENT IS VAPING IN VIRGINIA?

The U.S. Centers for Disease Control and Prevention has compiled data on e-cigarette use in 37 states and U.S. territories in 2017. The data showed that:

- About 33% of Virginia high school students had used an electronic cigarette at some point. That compared with about 42% of high school students nationwide.
- About 12% of high schoolers in Virginia were current vape users, just below the national average of 13%. (The CDC defines a current user as someone who has vaped at least once during the past 30 days.)
- About 3% of the state’s high school students vaped frequently. That was on par with the national average. (A frequent

user is someone who has used e-cigarettes at least 20 days during the past month.)

- About 10% of Virginia’s young adults (ages 18-24) were current e-cigarette users. That also was about the national average.

“If somebody’s a teenager, a young person, you don’t want them to continue doing this for 20, 30 years,” Rose said. “There is an inherent danger, and nobody really knows what that danger is. If you’re young and healthy, why risk it?”

Last week, the FDA announced it had found a commonality — the presence of vitamin E acetate — among users who had fallen ill after vaping cannabis products. But Rose said it could take months or years to understand the cause of the outbreak, which he expects will grow before the situation improves.

The wide scope of products people are using — some of which contain nicotine or THC, and are purchased at stores or

illicitly — makes it more challenging to narrow down an exact cause.

“There are a variety of products out there, people putting a variety of ingredients in those products,” Rose said. “So there’s not a lot of uniformity. There’s some common themes but not to all patients who have developed the problem.”

SOME E-CIGARETTE USERS ARE HAVING SECOND THOUGHTS

VCU student Kevin McGarry has seen that variety firsthand. He said he started using a Juul over the summer, about a month or two after he stopped smoking cigarettes. He said he knew one person who modified a vape so that he could put “Juul juice” in it. That product has one of the highest nicotine concentrations of any e-cigarette, health officials say.

“There’s so many different things, all different kinds of new vapes coming out,”

McGarry said, “new devices all the time.”

As a 20-year-old, McGarry said he’s found it more challenging to acquire Juul pods since the smoking age increased to 21 — but at the end of the day, “anyone who wants it could really get their hands on it.”

And data shows more people have picked up vaping in recent years. Nationally, the rate of current e-cigarette use among high school students increased to almost 21% in 2018, according to the CDC.

McGarry says he doesn’t plan to continue vaping for very long, and the recent outbreak of illnesses has a lot to do with that decision.

“Before all this came out, I was kind of comfortable thinking, ‘OK, yeah, I’m not smoking cigarettes anymore; this is a better alternative,’” McGarry said. “Seeing that these young kids are getting really sick just a few years into vaping, it’s really changed my mind.”

Psychopaths, negative empathy and the stigmas of mental illness:

Q&A with grant-winning psychology professor

ANYA SCZERZENIE
Contributing Writer

Soon, a psychology professor will begin researching the brains of psychopaths and what makes them different from the average person, thanks to a \$25,000 grant from VCU's Wright Center. David Chester is attempting to study the empathic abilities of psychopaths and change the common stereotype that they don't feel empathy.

Answers have been edited for length and grammar.

What made you choose the topic of psychopaths?

Who doesn't want to talk about psychopaths? I like, just as much as the next person, to watch a crime documentary or listen to a podcast on true crime. On a more serious note, people who are high in psychopathy, those we call psychopaths, inflict some pretty heavy costs on our society. They disproportionately hurt and kill people and disproportionately commit violent crimes, so if we want to make our society a less violent place, we need to study psychopathic individuals so that we can better treat them and intervene early to make sure they don't actually engage in these behaviors.

What do you plan to do with the grant money?



David Chester. Photo courtesy of David Chester

Science, and a lot of it. Our goal is to run a big study that we proposed, where we will recruit people who are high or low in psychopathy — psychopathic individuals and a control group [of non-psychopaths]. And we're going to bring them into the MRI center on campus — the CARI [Collaborative Advanced Research Imaging] center — and look at their brains. The goal of this study is to understand the psychological construct of antisocial empathy. It's a new thing that psychologists are starting to look at.

Tell me more about the "negative empathy" concept.

Typically, empathy is what we call 'prosocial.' It makes people want to help each other. Empathy is 'I see you in pain, and I feel your pain.' People always talk about it in this warm and fuzzy way. But some research has come out to suggest that people don't always use it in a helpful way. Psychopaths might also use empathy to hurt people. That's why we call it antisocial empathy. If you want to inflict pain on someone, you need to know what causes them pain. Psychopaths are a very diverse group of personalities. Some of them certainly don't feel empathy, but recently studies have come out showing that some can, it's just that they don't want to. They have the capacity, but not the motivation.

If they have a motivation — say, somebody pays them — they can be just as empathetic as you or I.

How will the study work?

For this specific study, we're bringing in people with psychopathic traits and then our controls, who are just typical caring folks. Then we'll put them in an MRI scanner, which will look at their brain and how it's working while they're doing some computer tasks. A great way to study empathy is to show pictures of people in pain, and ask subjects how much pain they're in. We know there are parts of the brain that tend to be active when a person is feeling empathy. In normal people, these parts of the brain light up during this, but in psychopaths, they normally don't. Psychopaths don't have that brain response. What we're going to do differently is give psychopaths a motivation to feel empathy. So we tell them that at a later point in the study, they're going to have the opportunity to hurt the people in the pictures. Because psychopaths are motivated to hurt these people, they'll all of a sudden start having empathy, if they think they will be able to use it later to decide what kind of pain hurts [the person in the picture] the most. They don't actually get to hurt anyone, we just tell them that they do.

What if the people going into the study know that researchers aren't actually going to let them hurt people? How do you account for that?

A lot of studies show that people are very willing to believe, in the context of a psychology study, that you can hurt someone. We make sure that no one ever does, but we're very good at making people believe that that is the case. We talk to them at the end of the study, once they know everything, and we ask them if they felt like we were tricking them. So far, no one's really guessed.

How is a psychopath different from a sociopath?

In psychology, psychopathy is an established construct with an established group of personalities. Sociopathy is kind of an old, outdated term. Psychologists just think that it falls under the umbrella of psychopathy.

Do you think that psychopaths are unfairly stigmatized in society, or do you think the negative view of them is fair?

I do feel like it's acceptable to portray them negatively in the media, and that's because they hurt people. They're stereotyped that way very scientifically accurately. If you have higher psychopathic traits, you are much more likely to be violent. But that doesn't mean you should treat them with stigma, that's not effective. Shunning them from society is not likely to have good effects. Instead we should give them treatment. We should have interventions. That's why we're doing this study, to understand what went wrong so we can fix it.

MIGRATION

About 10k people moved from the D.C. area to Richmond metro, data shows

Continued from front page

Richmond also saw a large amount of migration from the Virginia Beach-Norfolk metro area — about 7,900 people relocated from Tidewater to the River City each year. Around 6,300 Richmond residents went in the opposite direction — giving the state capital region a net gain of about 1,600 people a year from Tidewater.

Internationally, approximately 3,000 people migrated to Richmond from Asia, and 1,000 from Europe.

- RICHMOND AREA NET GAINS IN MIGRATION:**
- New York-Newark-Jersey City metro area: more than 1,700 people per year
 - Philadelphia metro area: around 670 people per year
 - Lynchburg, Virginia: around 600 people per year
 - Miami-Fort Lauderdale-West Palm Beach area: around 450 people per year

At the same time, people tended to move out of the Richmond area to the Atlanta area (a net loss of about 1,000 a year).

Grayson Glueck, owner of social media company Grayson Media, was one of the estimated 7,000 people who moved from Richmond to the D.C. area last year.

After graduating from Radford University, she moved to Richmond in 2017. In 2018 she moved to Fredericksburg and started developing her social media marketing, photography and videography company.

"Both places I lived in Richmond had less traffic and people than I have now," Glueck said. "Where I live now, if you leave between four and five you're stuck in bumper to bumper."

Chris Joseph, a 28-year real-estate veteran, says there are many reasons the Richmond area is attractive to D.C. residents, such as lower taxes, affordability and easy access to the ocean and mountains.

Joseph says many businesses are opening offices in the Central Virginia region, and the ability to work remotely from Richmond has also become more common. With transportation options such as carpooling, Amtrak and driving on Interstate 95, living in Richmond and commuting to D.C. is still a common option.

"The distance between Richmond and D.C. is getting shorter and shorter, but takes a lot of time and is very expensive," the RE/MAX Commonwealth associate broker said. "It's much more affordable and less stressful when it comes to commuting."

Recent VCU graduate Mohamed Bushra moved from Richmond to the D.C. metro area after getting a job at the Qatar Embassy.

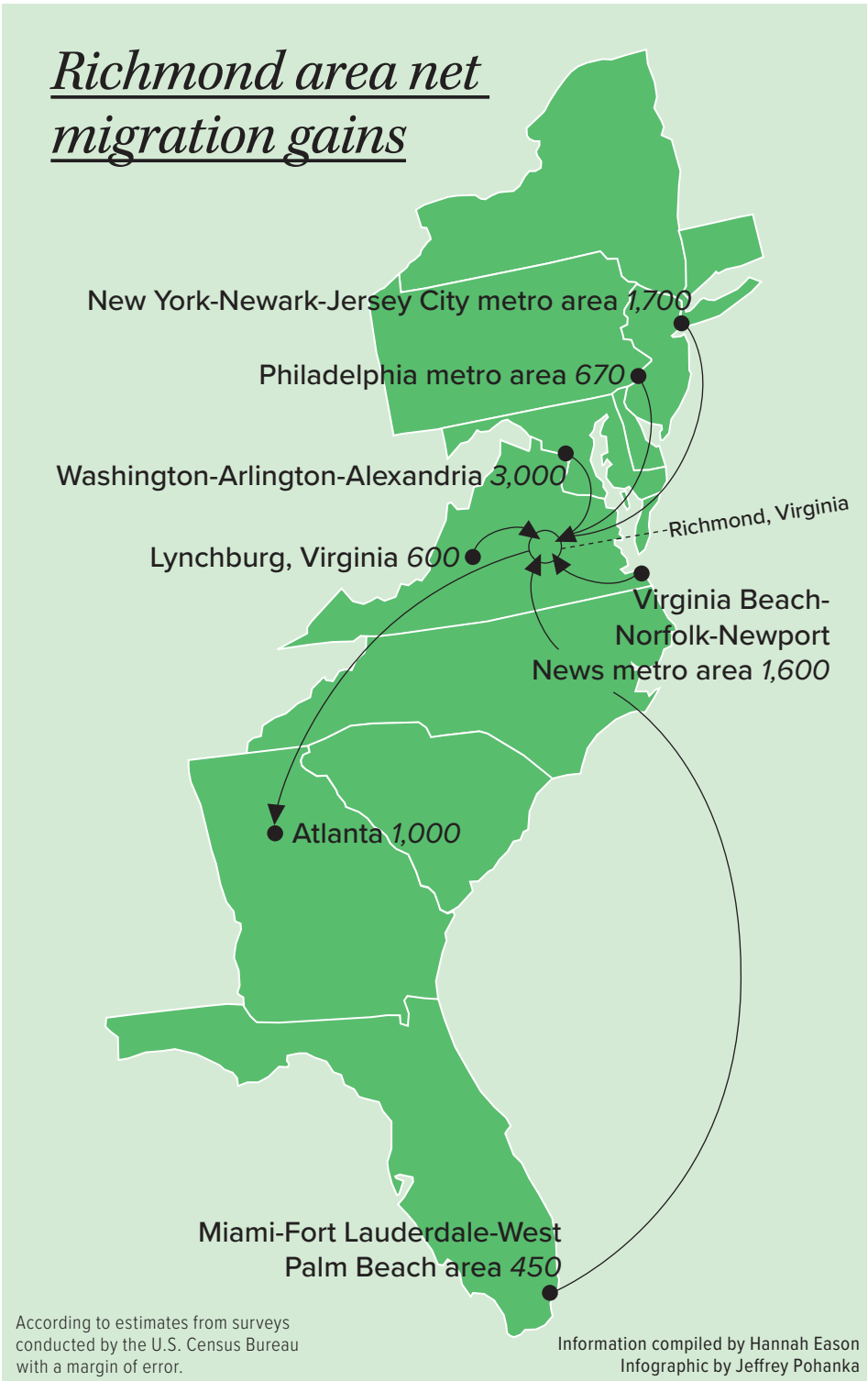
"I wanted to come back to where I grew up," Bushra said, "and D.C. is a much bigger city with more opportunities."

While he's closer to his job living in Springfield, he says traffic and affordability are still prominent issues.

"If you're looking for a one bedroom, in Richmond you can get that for like \$1,000, and I used to think that was expensive," Bushra said. "But over here, you can pay \$2,000 for a studio apartment, and it's tiny."

Working in the public relations department of the embassy, and serving as "the connection between the diplomats and the outside world in the U.S.," Bushra says the traffic can be overwhelming.

He says it often takes him about 90 minutes to drive to work each morning, and a five-mile trip can frequently take him half an hour.



88-year-old retired teacher itching to return to classroom

KATHARINE DEROSA
Contributing Writer

During her 47 years as a teacher, Jane Smith never entered the classroom without her earrings and high heels. Her love of teaching began early in life, as she helped her three younger brothers learn to read and write.

“It’s a gift you are born with, and you recognize it early,” Smith said.

Smith started teaching in 1957 when she graduated college, and she says her passion for guiding others has only grown since then. After she retired in 2004, she became the oldest substitute teacher in Buckingham County, which is 40 miles south of Charlottesville.

Smith spoke highly of her teaching experiences, shared views on the recent NAACP lawsuits in Virginia and cherished many fond memories of the classroom.

Although teaching was always enjoyable for Smith, she took her job very seriously.

“A teacher needs to be a role model from the moment she walks into the classroom to the moment she gets in her car to go home,” she said.

Like most teachers, Smith’s passion reaches beyond the paycheck.

“When I was in the hospital when my femur was broken, all I was saying was, ‘I can get a walker and help a kid read. They don’t have to pay me a dime.’”

Having lived through the desegregation of schools in the 1960s, Smith has firsthand memories of the events, including comments from former U.S. Sen. Harry Byrd Sr., who served from 1933 to 1965.



After retiring in 2004, Jane Smith became the oldest substitute teacher in Buckingham County. Photo courtesy of Jane Smith

“I remember Harry Byrd Sr., who said to just close the black schools and let the black students go anywhere,” Smith said. “I was a senior at Radford University, and it broke my heart to see black students walking around with nowhere to go.”

Smith’s experiences influence her view on recent NAACP lawsuits in Virginia schools; the organization has sued Lee-Davis High School and Stonewall Jackson Middle School for their Confederate names.

The NAACP lawsuit writes that “When African-American students are required to identify as ‘Confederates’ or ‘Rebels’ in order to participate in school activities, they are required to endorse the violent defense of slavery pursued by the Confederacy and the symbolism that these images have in the modern white supremacist movement.”

Smith said that although the administrators lacked the wisdom to know better when they named the schools, it doesn’t excuse a failure to change.

“It’s saying we cannot grow,” Smith said.

Despite some difficulties, teaching has carried Smith throughout her life, and will continue to be a calling for future generations.

“Everyone has a gift and sometimes it takes a while to discover what it is,” Smith said. “Once you realize what your gift is, you are able to get that achievement in life.”

Smith now resides in the Scottsville area of Buckingham County and loves her dogs, church and grandchildren.

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Stat of the week

Sophomore Ian Peng finished tied for third with a score of 10-under at the VCU Invitational Monday and Tuesday at the Country Club of Virginia.



Redshirt-senior middle blocker Jaelyn Jackson slams the ball over the net during the VCU Invitational against NC State on Sept. 5. Photo by Jon Mirador

Jackson overcame injury, depression to become key player in rotation

NOAH FLEISCHMAN
Sports Editor

First it was a broken shin in 2012. Then the rod needed to be replaced in 2014 in her right leg. A couple years later, it was a torn ACL and meniscus in her left knee.

That was the latest in a series of injuries senior middle blocker Jaelyn Jackson overcame as she battled depression throughout her volleyball career.

Jackson, a South Chesterfield, Virginia, native, wanted to be far away from home when she left for college in 2014, so she decided to attend Baylor. While playing in Waco, Texas, Jackson had to redshirt her freshman year because of a new rod in her leg.

Missing her freshman year on the floor made it hard for Jackson while at Baylor. But she says not feeling appreciated on the team worsened her depression.

"I was super depressed at Baylor, and it made it really hard to want to play volleyball or come back [from injury]," Jackson said.

Jackson knew after recovering from her injury she would return to the same thing, not feeling appreciated or wanted at Baylor. She says it made her tougher mentally.

"If I got injured today I'd bounce back quick because they [VCU] need me," Jackson said. "I have a reason to want to come back now and I think that was just a lesson I had to learn."

Jackson has a competitive spirit, but battling through her injuries was not a competition for her. She said she didn't feel like a competition back then; it felt like she was getting beaten down "unmercifully" and couldn't come back from it.

"And that's where it got difficult," Jackson said. "Not only did I not believe in myself, no one else did either."



Redshirt-senior middle blocker Jaelyn Jackson. Photo by Jon Mirador

Two people did believe in Jackson: her parents, and they were constantly motivating her to return to volleyball. She told them every time she wanted to quit, but they remained supportive of her and wanted her to play again.

Jackson said she has a "competitive itch" that she has to scratch. During her final season at Baylor, she was able to scratch that itch after a couple players went down with injuries.

"That re-jogged my memory of what competing felt like, because I wasn't going to play my fifth year," Jackson said. "I was just like 'forget it.' But I don't know, I just didn't want to let it go."

Jackson finished her career at Baylor appearing in 32 matches and recording 130 kills and 115 blocks. In 2017, she only appeared in one match, playing in one set.

After her senior season at Baylor, Jackson decided to leave.

"I wanted to be close to home," Jackson said of her decision to transfer to VCU. "I wanted an experience that was opposite of Baylor, not that I had an awful, terrible time there, but I didn't feel wanted there."

Jackson said her parents missed her more than she thought they would when she left for Baylor, and by attending VCU, she would be closer to them, just like they wanted.

Fellow graduate transfer, redshirt-senior middle blocker Kat Young, plays alongside Jackson on the front row.

"Jaelyn's a very fiery player," Young said. "I love playing next to her and I think we feed well off each other. She's also a very supportive teammate, very empathetic, here-for-you kind of person."

On the court this season, Jackson had to fill the shoes of Tori Baldwin, who graduated last year as the all-time leading blocker in program history. Coach Jody Rogers said Jackson stepped right into the role, playing well in a challenging position.

"Her leadership has been great," Rogers said. "On teams you need leadership to be successful, and she's brought both of those tangibles to our program."

This season, Jackson has logged 58 kills and 57 blocks, appearing in every match.

Rogers said that the strength and performance staff at VCU has helped Jackson and other athletes with injury prevention and recovery.

"Her work ethic is incredible, but she also takes care of her body," Rogers said. "I really think it's a combination of the strength performance team that we have at VCU that works so great with our student athletes."

Rogers said it's beneficial for Jackson to be at a university where the strength performance team is "paramount." And Jackson says the kindness of the coaching staff was a big reason she chose VCU.

"I just felt like I was supposed to be here," Jackson said.



Women’s soccer recorded 39 shots, including 20 on goal in the win. Photo by Liza Hazelwood

Offensive explosion leads Rams over St. Francis

JOE DODSON
Contributing Writer

Women’s soccer extended its winning streak to two games Sunday afternoon at Sports Backers Stadium, knocking off St. Francis (Pa.) 5-1.

Senior forward Amanda Tredway lead the Rams over the Red Flash with two goals in the second half to clinch the victory.

In the early going, senior defender Susanna Friedrichs jump-started the Rams offense early with a shot on goal and a run down the right side, ending with a sharp pass to junior midfielder Lyndsey Gutzmer leading to a corner kick.

The Rams were the aggressors early on with five shots on goal in the first 10 minutes.

St. Francis struck first as Abigail Tarosky deflected the ball past redshirt-sophomore goalkeeper Grace Young in the 12th minute of action.



Senior midfielder Alyssa Tallent plays a ball near the box. Photo by Liza Hazelwood

Redshirt-junior Emma Kershner tied the game for the Rams when she floated the ball over the Red Flash goalkeeper off a free kick in the 18th minute.

Two minutes later, junior forward Cici Fox put the Rams in front, scoring her second goal of the season.

Junior midfielder Samantha Jerabek

capped off the first half scoring from a left-footed shot from just inside the box. The Rams took a 3-1 advantage to the locker room at the half.

In the first 45 minutes, the Rams dominated almost every offensive category. They out-possessed the Red Flash and tallied 17 shots with 10 of those on goal.

The Rams picked up where they left off to start the second half as redshirt-senior forward Amanda Tredway scored, putting up the Rams by three.

Tredway scored her second of the night in the 51st minute off a quick shot from inside the 18.

VCU continued to dominate the game in the second half, ending the game with 39 shots, 20 of which were on target.

The Rams will begin Atlantic 10 play Sept. 22 at Duquesne.

Late goals drop Rams in tight game with ODU

TRENTON FISHER
Contributing Writer

Field hockey fell to ODU on Saturday afternoon 2-0 at Cary Street Field after knocking off William and Mary on Friday afternoon in overtime.

“I think that we allowed their press to get us out of our structure of attack,” coach Stacey Bean said. “I think our youth showed a little bit today.”

It was a slow start to the contest, as the two squads were 0-for-6 shooting in the first half. ODU had a scoring opportunity in the second quarter, but the goal was negated due to a foul on the Monarchs.

The Monarchs started rolling in the fourth quarter with two goals, both off the stick of Riley Taylor.

Taylor scored her first off a penalty corner from Alice Demars in the 47th minute, finding its way into the goal.

Late in the fourth quarter, Taylor scored again to put ODU up by two and seal the win for the Monarchs.

The Rams are one game under .500 after

falling to the Monarchs. Bean said the Rams have to work on getting better each day.

“Keep getting better every day,” Bean said. “If we’re able to get those early goals because of the early momentum we had, it’s a totally different game.”

“

I think our youth showed a little bit today. ...Keep getting better every day. ... If we’re able to get those early goals because of the early momentum we had, it’s a totally different game”

Stacey Bean, VCU field hockey coach

VCU will travel to Richmond on Friday to take on the Spiders at 3 pm.



Field hockey logged seven shots against ODU. Photo by Wessam Hazaymeh

Men’s basketball adds 2 class of 2020 recruits in 1 day

NOAH FLEISCHMAN
Sports Editor

Men’s basketball picked up two class of 2020 recruits over the weekend as forwards Jamir Watkins and Mikeal Brown-Jones committed to VCU.

Brown-Jones and Watkins both visited campus at the beginning of the month. The two have played for EYBL Team Final (Pa.), Watkins in 2019 and Brown-Jones in 2018.

The pair joins Ace Baldwin and Josh Banks in the 2020 recruiting class, leaving one scholarship.

Watkins — a 6-foot-7, Trenton, New Jersey, native — selected VCU over Virginia Tech, West Virginia, Seton Hall and St. Johns, which rounded out his top five schools.

While playing with EYBL Team Final (Pa.) this summer, Watkins averaged 9.1 points, 5.7 rebounds and logged eight blocks.

Brown-Jones averaged 5.4 points and 2.3 rebounds last season at IMG Academy. In 2018, he averaged 11.2 points and shot 43% from the field.

The 6-foot-8 forward originally committed to Penn State before de-committing in April and reopening his recruitment. He picked VCU out of his top five schools, which also included Temple, Saint Joseph’s, New Mexico and USF.

The Rams have only one more scholarship for the 2020-21 season following the graduation of five senior this year.



Coach Mike Rhoades has four commits in the class of 2020. CT file photo

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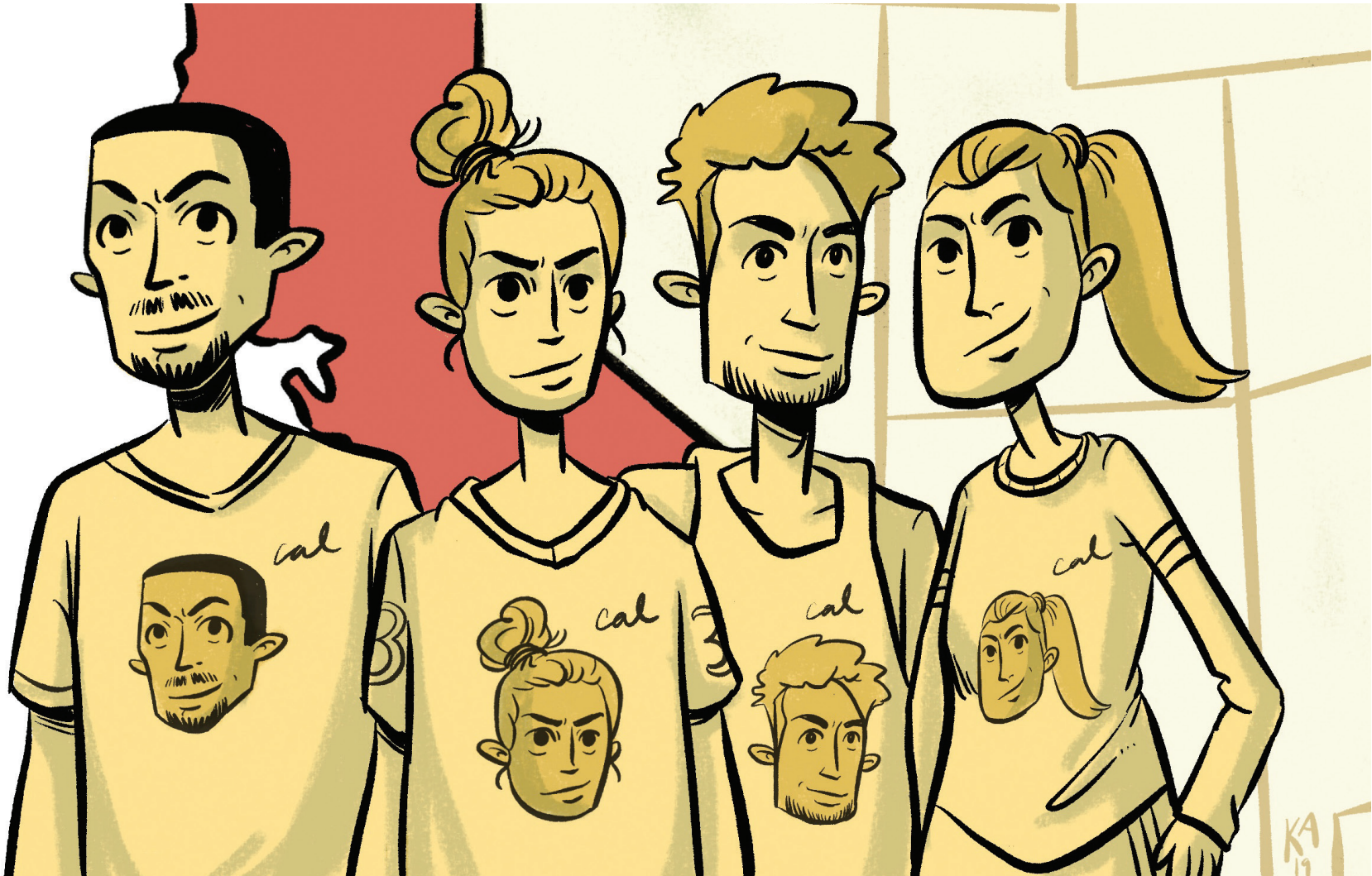


Illustration by Karly Andersen

California’s ‘Fair Pay to Play Act’ would set a precedent

NOAH FLEISCHMAN
Sports Editor

Donald De La Haye, a former UCF football player, was asked by the NCAA to stop monetizing videos that included him in an athletic setting.

“The waiver also allowed him to create videos that referenced his status as a student-athlete or depict his football skill or ability if they were posted to a non-monetized account,” UCF said in a statement at the time.

De La Haye did not accept the NCAA’s proposition, making him ineligible to continue playing on the football team.

Currently, the NCAA does not allow athletes to accept money for using their name, image or likeness. In some instances they have tried to shut down college athletes’ YouTube channels because they were profiting off of them.

In California, the state assembly and senate passed a bill that would not necessarily pay athletes for playing a college sport, but it said that the athletes

couldn’t have their eligibility revoked if they profited off their likeness.

The bill was passed unanimously in the assembly Sept. 9, and in the state senate Sept. 11. Now, it sits on the governor’s desk to be signed into law. The NCAA sent a letter to the California governor Sept. 11 calling the bill “unconstitutional.” It also said that the schools in California would be ineligible to compete in the NCAA.

If California senate bill 206 — or what it’s known as “Fair Pay to Play Act” — were signed into law, it would set an important precedent.

The NCAA said the Fair Pay to Play Act would give schools in California a recruiting advantage over the 49 states that do not have a similar law in place. But, if the bill were to be signed into law, it would not go into effect until 2023, giving other states ample time to pass similar laws.

In order for it to work, every state needs to pass a law similar to California’s so that the NCAA is forced to recognize it. Currently, the NCAA looks at the new

bill as an unfair recruiting tactic because only athletes in California would be able to profit off their likeness. This would result in more athletes attending schools in California, putting schools not in California at a disadvantage.

“

If California senate bill 206 — or what it’s known as “Fair Pay to Play Act” — were signed into law, it would set an important precedent.

Noah Fleischman, sports editor

As it stands now, NCAA athletes cannot make money coaching at youth camps or accept free gifts. These athletes make so much money for the NCAA and their schools, and they should be allowed

to profit off their names the same way the NCAA does.

Drive on Interstate 95 and you’ll notice billboards for VCU Athletics, mainly advertising men’s and women’s basketball. That’s a prime example of a university using the likeness of athletes to sell tickets to games, and it’s no different from an athlete using their image to make money.


Look at the NCAA Tournament as another example. During the 2018 NCAA Tournament, the entity made a total of \$1 billion.

Why did the NCAA make that staggering amount of money? The players who competed.

An argument the NCAA made in its letter to Gov. Gavin Newsom was that the act would blur the line between a professional athlete and a college athlete. Well, most college athletes are practically professionals in their sport based on the amount of time spent training during the week. Don’t forget that the athletes go to class on top of their athletic obligations.

On this day

In 1972, TV comedy M.A.S.H, starring Alan Alda, Loretta Swit and Wayne Rogers, debuted on CBS in the U.S.



Nikki Giovanni visits ICA to celebrate Toni Morrison film 'The Pieces I Am'

The ICA hosted a screening of the Toni Morrison documentary "The Pieces I Am" on Sept. 11. Photo by Jon Mirador

IMAN MEKONEN
Spectrum Editor

Ever-changing pieces of paper — ranging from flower patterns to thick portions of a woman's face — were displayed on a wide screen at the Institute for Contemporary Art at VCU. In a scrapbook-like fashion, these fragments slowly create the face of Toni Morrison in different stages of her life.

This scene is from the documentary, "Toni Morrison: The Pieces I Am." Directed by Timothy Green-Fields, the film explores the life of novelist, essayist, editor and professor, Toni Morrison, from her humble beginnings in Lorain, Ohio.

"The Pieces I Am" was released on June 21, less than two months before Morrison died on Aug. 5.

Enjoli Moon, curator of film at the ICA, saw the film for the first time in New York and immediately knew she wanted to bring it to Richmond.

"While it was a privilege to bring the film initially, now it has transitioned into an honor," Moon said. "I'm glad that we can share this space here together and I'm excited to be able to present this film. It's something that I think will be able to elevate her legacy."

The ICA hosted a screening of the film on Sept. 11, as well as a discussion afterward with poet, activist and professor Nikki Giovanni.

In the film, several celebrities, activists and writers shared stories about Morrison's life, such as Angela Davis, Oprah Winfrey and Sonia Sanchez.

"The Pieces I Am" is narrated by Morrison in a conversational style, directly to the camera, making the viewer feel as though it is an intimate discussion of her journey as a black author in the U.S.

As she provides comedic and insightful commentary, Morrison shares details about

her life from adolescence to adulthood. The film acts as a literary portrait with videos, images, pictures and text.

Some of her notable works: "The Bluest Eye" (1970), "Sula" (1973), "Song of Solomon" (1977) and "Beloved" (1987), were highlighted through her writing processes and comments from various celebrities that were close friends of Morrison's.

Oprah Winfrey shared a memory in the film that included her reading "Beloved" for the first time. She said she called Morrison immediately after she finished with plans of turning it into a movie.

Described as being from Morrison's "sister circle," Giovanni has published works of poetry, nonfiction and children's books, and is a distinguished professor at Virginia Tech.

"It's like having a big sister in many respects. Just somebody that you can relax with," Giovanni said about her relationship with Morrison.

She came to the event to reflect on Morrison's life and to share memories in a Q&A session after the film.

"Toni read The New York Times with a pencil — she would correct it. I always laughed about things like that with her because I can't spell. I was always amazed like 'girl, you caught that?'" Giovanni.

Moon mentioned Morrison and Giovanni's strong sisterhood, highlighting when Giovanni helped to organize the event "Sheer Good Fortune" with Maya Angelou at Virginia Tech in 2012, after Morrison's son, Slade, died from pancreatic cancer in 2010.

"We knew that Slade had pancreatic cancer. ... So you know, it's gonna be a hard transition," Giovanni said. "And I teach at Virginia Tech, and Maya [Angelou] is — was — at Wake Forest. So I drove down to Wake Forest and I said to Maya 'What should we do for Toni?'"



After the film, a discussion was held with poet, activist and professor Nikki Giovanni. Photo by Jon Mirador

Maya Angelou, who died in 2014, was also part of Morrison's circle.

"What I had wanted, just in terms of vision, was that we give something back to Toni," Giovanni said.

The poet also mentioned that all of the writers at the event read their favorite pieces by Morrison.

"What she said that struck us all, was that 'If nothing else ever happens for me

in my public life, this does it for me.' That brought tears to my eyes," said Giovanni on Morrison's reaction to the 2012 event.

Giovanni shared more fond memories of her friendship with Morrison.

"She [Morrison] loved sunfish," Giovanni said. "Every time I had fried fish, I'd always take a picture with my iPhone no matter where I was in the world. ... And I would send it to her and say 'wish you were here.'"

Quote of the week

“The one who follows the crowd will usually get no further than the crowd. The one who walks alone is likely to find himself in places no one has ever been.”
— ALBERT EINSTEIN

Your mango-flavored pods are killing your lungs

BRYCE RANDALL
Contributing Writer

Walking through campus, it’s clear that flavored flash drives have become a pointless trend. Students with no real reason to smoke stroll around with Juuls and e-cigarettes because they are thought to be a healthy option. In light of recent evidence, though, vaping devices might not be the healthy choice many believe them to be. Studies have been released showing that Juuls and other e-cigarettes are potentially toxic, and smoking them could be a death sentence.

“

Let’s be honest with each other, I doubt the majority of you would run tests on a product you know is dangerous. Blissful ignorance, right?”

Bryce Randall,
contributing writer

By Sept. 9, there had been five deaths and nearly 500 reports of the same illness. As of Tuesday, two more deaths were reported, bringing the overall death toll to seven. The common factor among all who died or became ill is the use of e-cigarettes, commonly known as vaping.

Whether the devices themselves or the liquids loaded into them are causing the harm is unknown, however, the U.S. Food and Drug Administration is

warning that there appears to be a particular danger for people who vape THC — the psychoactive chemical in marijuana.

Normally, THC is not an ingredient in licensed vape products. However, due to recently passed state legislation that prohibits people younger than 21 from purchasing nicotine vapor products, some have turned to alternative non-licensed vaping products. Based on what I’ve witnessed, at least on campus, this new law has pushed many to buy off-brand vape products online or from sketchy shops on or around Broad Street, which can be modified to include THC and a number of other harmful chemicals.

That being said: Stop buying nicotine vapor products off the street. Buying

off-brand goods from shady dealers has never been deemed “OK” for any reason. There is no real way of knowing what is in the products you buy unless you take the time to run tests on them. Let’s be honest with each other, I doubt the majority of you would run tests on a product you know is dangerous. Blissful ignorance, right?

Vendors could be selling you anything, and it seems like most of you would smoke it anyway. Plain and simple.

In all honesty, smoking non-modified vape products is also not recommended. As clearly stated on Juul’s website, “vaping can have a positive impact when used by smokers, and can have a negative impact when used by nonsmokers.” If you are dependent on e-cigarettes as a

means to satisfy your nicotine addiction, this message is not for you. I, just like most of you, respect those who are using Juuls for their actual purpose: to wean yourself off nicotine slowly. This message is, however, for all the people who puff flavored smoke after falling victim to the bandwagon.

My question for those of you without a nicotine dependency is: What possesses you to vape? You might like the temporary buzz you get in the moment, but it surely isn’t worth being hospitalized, or even dying. If you want to avoid the respiratory disease that is sweeping through the country like the plague, I suggest that you put down your e-cigarettes. Death and illness isn’t a good look on anyone.



Illustration by Lauren Johnson

Climate change is not up for discussion

ANDREA KANIECKI
Contributing Writer

The U.S. is divided, and whether this division stems from partisan government, a less-than-positive attitude or maybe just from all the negativity in our country, one thing is definitely clear: We love to argue.

We love to argue about guns, we love to argue about immigration policies, and we love to argue about health care. Some issues deserve debate; sometimes, you have to have a discussion to reach a solution. Sometimes, two parties both have equal, legitimate concerns about an issue.

But on issues like climate change, that two-sided debate becomes obsolete. Despite being a proven problem confirmed time and time again, many people still believe that climate change is a “hoax.” Thus, this issue continues to be an argument, an unnecessary one at that.

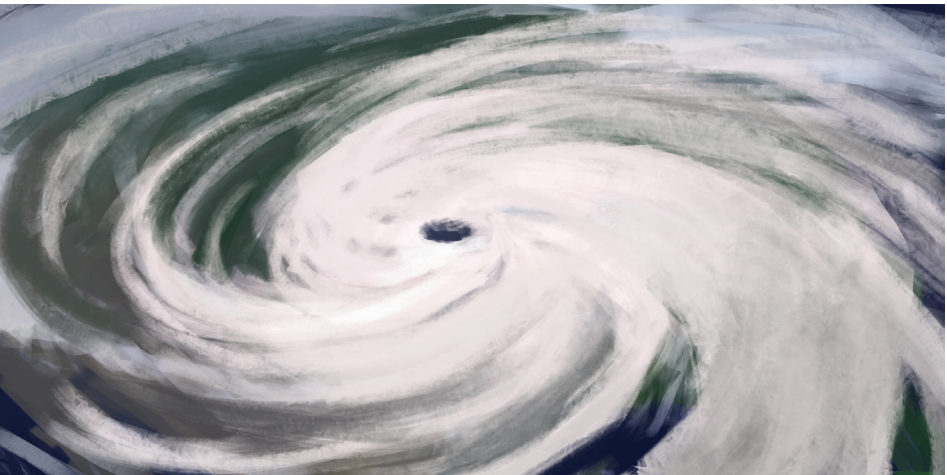


Illustration by Jonah Koppel

“

Our summers are getting hotter, our landfills are piling up, and our ice caps are melting.”

Andrea Kaniecki,
contributing writer

According to the U.S. Global Change Research Program, evidence points to human activities — such as deforestation,

changes in land use and the trapping of heat from greenhouse gases created by fossil fuel combustion — as the roots of climate change over the past 60 years.

This is just one direct example of confirmed climate change. Our summers are getting hotter, our landfills are piling up, and our ice caps are melting.

So, why are we still arguing about it? Because the debate on climate change is rooted in partisan politics. Democrats generally argue for policy change to protect the environment, while Republicans tend to turn a blind eye and argue that it is all made up. Just like our own president did in 2012 when he tweeted that “The concept of global warming was created by and for the Chinese in order to make U.S.

manufacturing non-competitive.”

Frankly, this is an ignorant and lazy statement. Climate change is clearly backed by science, which is something President Donald Trump chose to ignore when he originally sent his tweet. How much longer will we continue to feed into this narrative? What will prompt us to actually make a change?

Whatever prompts us to make actual change, it wasn’t Hurricane Dorian. As Hurricane Dorian hit the Bahamas and Carolinas, Fox News continued to raise questions about the validity of climate change as it covered hurricane news. Fox News continues to host more guests who do not believe in climate change, including Roy Spencer and Marc Morano. According to a Public Citizen analysis, “Climate denial claims dominated 86% of climate change segments on Fox News this year.”

In contrast, protests have sprung up all over the surrounding Richmond area, demanding action to fight climate change. The Richmond Times-Dispatch reported that 100 students walked out of Open High School participating in the School Strike for Climate, and was one of about 2,000 participating schools internationally.

It’s time to follow the lead of those who demand action. It’s time to stand up for what you are passionate about. It’s time for change. Our world will thank us for it.

CT Comics

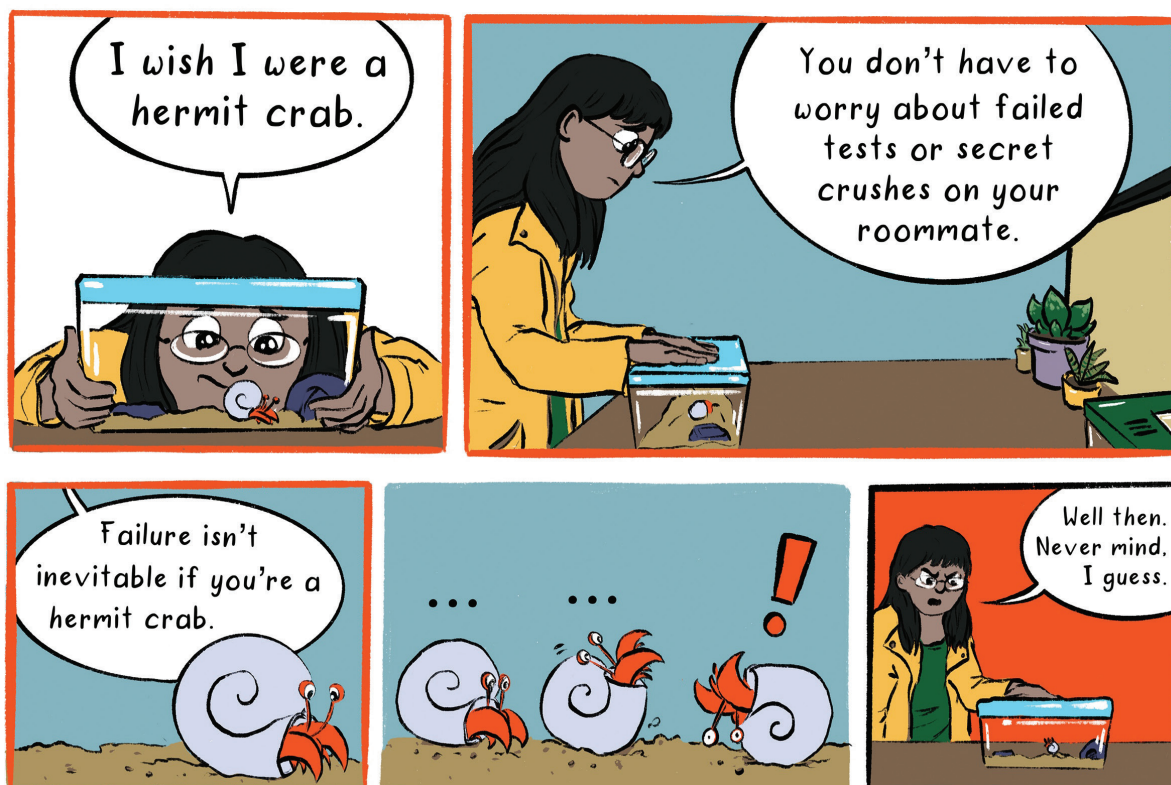
Sweater Weather by Sarah Brady



New Game by Erin Joo



The Love Song of Caralina M. Palacios by Ellie Erhart



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CT

Puzzles

For answers to this week’s puzzles, check commonwealthtimes.org/puzzles every Friday at noon.

Los Angeles Times

Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

- ACROSS

1

Roadie’s burden

4

It isn’t meant to be taken seriously

9

Fateful day for Caesar

13

Control

17

Like Richard of

21

“Carmen on Ice”

22

Wall Street threat

24

With 98-Down, Broadway’s first

25

Sharply focused

26

Amber and silver

27

Emmy winner for 1997’s “George Wallace”

28

Brutus’ 551

29

What gym members try to get in

31

Medical screening tool

33

Occupy, as a bar

35

Overseas seas

37

Source of sticker shock?

39

Some window units

41

Sandal feature

43

Google ____

45

Program blocker

47

“Way to go!”

50

Rock memoir

51

“Oh, and another thing,” on a ltr.

54

Market section

55

Idaho exports

57

Its “C” once stood for “cash”

58

Crop up

60

Match play?

62

Spoke from memory

64

Corn Belt sight

65

With 67-Across, what appears in each set of circles

67

See 65-Across

70

Spanish painter who influenced Pollock

71

Ballet need

73

Freeze over

75

Red Sea nation

76

South end?

77

Dangerfield’s “There goes the neighborhood,” e.g.

80

Refuse

83

RNs’ workplaces

84

Soda purchase

86

Puts an early stop to

89

Rusty with a bat

90

Retro photos

91

Mercedes subcompact

94

“No prob”

95

Word in a White House title

96

Leatherwork tools

99

Exams for future 88-Downs

101

Winter driving aids

103

They’re driven

105

Collar wearer, often

106

Celebrate an anniversary, say

108

F equivalent

112

Take-home

114

Drum major’s move

115

Buttery Boston bread

118

Sci-fi figure

119

“Agnes Grey” novelist

120

Galleria filler

121

Match

122

De-grayed?

123

Hard rain?

124

Astonished cries

DOWN

1

Ladybug snacks

2

Like a romantic evening

3

Sticky-edged squares

4

Gunk and grime

5

Gator follower?

6

Wrap again, as an ankle

7

Fossil fuel freighter

8

Paul’s “The Prize” co-star

9

“____ that”: “On me”

10

League parts: Abbr.

11

Shoe box spec

12

Armenia, once: Abbr.

13

Do, as business

14

Preemptive action, proverbially

15

Team with a skyline in its logo

16

Buffalo’s county

18

GPS suggestion

20

Anthem contraction

21

TV kid in Miss Crump’s class

23

Good way to take things

27

RR map dot

30

Theater opening?

31

Maier with a swimwear label

32

Maker of CarbSmart ice cream bars

34

Part of NCAA: Abbr.

36

Part of the NCAA: Abbr.

37

Whip

38

____ d’oeuvres

40

More genuine

42

Org. for shrinks

44

Prefix with scope

45

Tom Cullen’s title on “Downton Abbey”: Abbr.

46

Excuses

48

Wrath, in a hymn

49

Ceremonial pile

51

Muted colors

52

Job that takes precedence

53

Popular charity event

56

Parisian possessive

59

“Mamma Mia!” song

61

Decides not to go

63

“____ Mine”: George Harrison book

65

Red letters?

66

Checks

68

Sign of neglect

69

Deep-water beauty

72

Kitchen additive

74

Novelty “pet”

75

“Just wait ... ”

78

Levels

79

iPhone downloads

81

Bakers get a rise out of it

82

“Manifest” airt

85

Over the moon

87

CIA relative

88

See 99-Across

92

Largest city on the island of Hokkaido

93

Cat burglar’s asset

95

Tailor’s concern

97

Pop artist from Pittsburgh

98

See 24-Across

100

Individual manners

102

“____ Lang Syne”

104

When it all started

106

LAX postings

107

Off the mark

108

Shore bird

109

LAX posting

110

Right-to-left lang.

111

LAX postings

113

____-la-la

115

Increase fraudulently

116

“____ luck?”

117

Sporty ride, for short

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Contact Allison Dyche @ abdyche@vcu.edu

It’s A Plus by Pam Amick Klawitter

1	2	3		4	5	6	7	8		9	10	11	12		13	14	15	16
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121																		

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Sudoku

By The Mephram Group

DIFFICULTY LEVEL

- 1
- 2
- 3
- 4

Complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit, 1 to 9.
For strategies on how to solve Sudoku, visit sudoku.org.uk

8			4		3			
			8				9	
	2	9					8	1
		5	2					9
	9		3		4		7	
6					9	2		
7	8					1	5	
	4				7			
			1		2			6

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