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'USE MY VOICE'

Women's History Month events highlight inclusion,
honor women's accomplishment

The
WOMEN'S HISTORY MONTH
Issue



Stories of the week

NATIONAL: Disney employees plan walkout to demand action against ‘Don’t Say Gay’ bill in Florida.
INTERNATIONAL: Marine scientists have discovered deep sinkholes, one larger than a city block of six-story buildings, on a remote part of the Arctic seafloor.

KATRINA LEE
News Editor

Continued from front page

NA’KERA RICHARDSON addressed an audience at the “Women in STEM: A Panel Discussion,” speaking frankly about her experiences in science classes when she was younger.

“I never saw anyone like me. All my science teachers were white or men, and that made me want to go into STEM,” Richardson said.

Women make up only 28% of the workforce in science, technology, engineering and math, or STEM. Men vastly outnumber women majoring in most STEM fields in college, according to the American Association of University Women.

Richardson is the director of operations for “Girls For A Change,” an organization dedicated to empowering Black girls in central Virginia to visualize their futures. She was one of the five panelists who spoke about their individual and shared experiences in STEM.

The “Women in STEM: A Panel Discussion” event took place March 15 in the Virginia room located in the VCU Student Commons. The panel included both women studying STEM and professionals in STEM-related industries.



‘USE MY VOICE’

Women’s History Month events highlight inclusion, honor women’s accomplishment

Sheila Hernandez-Rubio, a health physical education and exercise science student and secretary for the Society of Advancement of Chicanos/Hispanics and Native Americans in STEM, was also one of the panelists.

“I am a first generation student and had to grow up really quickly. My parents came to this country so I could get a really good education, and the fact that my parents did that for me really energizes me,” Hernandez-Rubio said.

“

We hope that with each group that may feel as though that they are marginalized, we want them to know that they are valued and that we see them.”

Brandi Daniels, OMSA Graduate Assistant

Hernandez-Rubio said she was pushed by one of her mentors throughout her career to be outspoken as a woman in a STEM field due to the competitiveness in the industry and how women are often overlooked.

“He did encourage me to use my voice because he said people would assume I didn’t have one,” Hernandez-Rubio said.

The panel discussion was one of many events the Office of Multicultural Student

Affairs has put together to prompt discussion about women in society. Other events include discussions on body image, female representation in male-dominated fields and artistic performances by women.

Women’s History Month is a celebration of women’s contributions to history, culture and society. It has been recognized every March in the United States since 1987, according to history.com.

The Office of Multicultural Student Affairs offers “diversity, inclusion and social justice dialogues, presentations, and workshops, cultural heritage month events,” according to its website. The office often sponsors events and discussions for popular cultural heritage months.

Brandi Daniels, the OMSA graduate assistant for diversity & inclusion education and advocacy, organized and hosted the event. She said this was the first “Women In STEM: A Panel Discussion” OMSA has put together and said she hopes it becomes an annual event that showcases women who are thriving in STEM.

Daniels said the office puts on events every cultural heritage month to uplift the voices and narratives of people who are marginalized in society.



“We hope that with each group that may feel as though that they are marginalized, we want them to know that they are valued and that we see them,” Daniels said. “That of course, also is for everyone. We’re hoping to bridge the communication between different groups of people, create dialogue, and of course, possible unity from the events.”

More events sponsored by OMSA are scheduled for the rest of Women’s History Month. Upcoming events include “Womxn of RVA” on Thursday, March 24; “Pay Me, Don’t Play Me” on Tuesday, March 29; and “Being My Own Boss: Redefining Career Paths” on Wednesday, March 30.

Stephanie Bagby, an electrical engineer and program manager for renewable energy at Dominion Energy, was also one of the panelists. She said many times in her career she heard people say the reason she got to where she was in her career is because she is an African American woman.

“The truth is that you can’t come to the table if you have nothing to offer,” Bagby said.

Bagby also said one of her goals in the industry is to offer mentorship and advice to other women who want to enter the STEM field.

“It is on us to pay it forward, to help the girls behind us,” Bagby said.

Illustrations by Rachel Farzan



Stephanie Bagby, Celena Russell, Dr. Dina Garcia, Na’Kera Richardson and Sheila Hernandez-Rubio are panelists for the Women in S.T.E.M. A Panel Discussion event. Photo by Jay Stonefield



Masked students walk around campus. Photos by Jay Stonefield

VCU LIFTS MASK MANDATE FOLLOWING DECLINE IN COVID-19 CASES

KATRINA LEE
News Editor

MASKS BECAME OPTIONAL in most common spaces on campus on Monday at VCU's Monroe Park and MCV campuses, according to the One VCU website.

Locations where masking is no longer required include the James Branch Cabell Library, the University Student Commons, residence halls and more public places, according to VCU PR spokesperson Tom Gresham.

"Effective Monday, March 21, masking is optional in most spaces on VCU campuses, including residence halls. Masks will continue to be required in classrooms, clinical settings, health system facilities and when using public transit," Gresham stated.

Prior to the rescission, VCU mandated indoor masking in August 2021, which was a reinstatement after a spike in COVID-19 cases. Other universities in Virginia have also since dropped mandatory masking in common spaces, including James Madison University, Virginia Tech, University of Virginia and others.

The decision to lift the mandate was based on "positive trends and improvement in COVID-19 conditions," according to the One VCU website.

COVID-19 cases in Virginia have been declining since the omicron variant surge that occurred in December and continued to decline from 2,846 cases on Feb. 18 to 656 on March 22, according to the Virginia Department of Health website.

The Centers for Disease Control released new guidance on wearing masks last month based on location, ranking areas from low to high transmission. The CDC stated that masking is based

on personal preference in low status areas. The City of Richmond recently shifted from a medium status to a low status, according to the CDC.

Pre-med junior Reshma Rajendran is a resident assistant at Gladding Residence Center, a freshman residence hall. She said she is not sure if it was a good idea to lift the mask mandate in residence halls, due to the guest policy also being reinstated.

“

I definitely am a more COVID-cautious person, but I also think that making policy measures that make sense for where we are at is good, especially because of the toll of mental health that the pandemic has taken.”

Anthony Belotti
political science student

“I am a little iffy because like you can't really tell where people are going, but at the same time I understand that COVID-19 cases are going down so it is bound to be lifted at some point,” Rajendran said.

Residential Life and Housing plans to implement a guest policy for non-residential and non-affiliated guests at 9 a.m. on Friday, April 8, allowing students to have up to three guests who don't live in the residence. Previously, the university's COVID-19 policy did not allow for non-residential and non-VCU affiliated guests to be in the residence halls, according to VCU Residential life and Housing.

Rajendran said she agrees with masking still being required in classrooms, due to some of her classes containing hundreds of students.

“I think it's a good idea because you can't socially distance yourself from other students,” Rajendran said.

Political science student Anthony Belotti said he agrees with the lifting of the mandate in some circumstances like not wearing a mask while being in the library when no one is around.

“I definitely am a more COVID-cautious person, but I also think that making policy measures that make sense for where we are at is good, especially because of the toll on mental health that the pandemic has taken,” Belotti said.

Belotti said he believes certain stigmas around COVID-19 added to the decline in mental health that took place during the pandemic.

“I personally believe that we would have seen a lot less pandemic depression if folks weren't shamed for meeting in an outside area,” Belotti said.

Richmond's positivity rate is currently at 7%, according to the Henrico County Website.

Belotti, however, said he doesn't believe Richmond's percentage of positivity rate is accurate and doesn't agree with other changes VCU has made to policies related to COVID-19.

VCU ended its policy requiring faculty and students to receive the COVID-19 vaccine and booster on Jan. 31, according to the ONE VCU Together Website. ONE VCU Together also stated that 97% of faculty and staff and more than 95% of students were

vaccinated when the decision to rescind the vaccine mandate was made.

“I don't think that the vaccine mandate should have ever been reversed,” Belotti said.

Contributing Writer Kaitlyn McMahon contributed to this report.



Masked students walk around campus. Photo by Jay Stonefield

SAHARA SRIRAMAN
Contributing Writer

INTERDISCIPLINARY STUD-
ies senior Masha Timina
said they recently saw a
video of Russian soldiers in
the Ukrainian neighborhood where they grew
up and where their grandparents currently live.

“It just kind of progressively got worse,”
Timina said. “It was bad the first few days, it
was very much a jarring experience; at first, it
didn’t feel real.”

Timina said they lived in Kyiv, Ukraine’s
capital, until they were eight-years-old and
visited Kyiv every summer to see family before
the COVID-19 pandemic.

Since Russian troops invaded Ukraine on
Feb. 24, there have been hundreds of casualties
and millions of people displaced, according
to the International Rescue Committee. The
International Rescue Committee stated the
war is “the worst humanitarian crisis Europe
has seen in decades.”

Timina said they suspected Russia would
invade Ukraine because of the conflict lead-
ing up to the invasion. They watch the news
to stay updated on what’s happening in the
region as the invasion progresses.

“It’s definitely part of a collective traumatic
experience and it’s interesting to see myself go
through this outside of that situation but still
adjacent to it,” Timina said.

Timina said they’re disappointed that
Ukraine is “only” getting media attention now
when the country is being attacked, as they
said there is much Ukrainian culture and his-
tory people don’t know. However, they’re glad
the invasion is being discussed in the news.

“In the back of my head, I was wonder-
ing if it would become such a constant thing,
people would just forget that it was happen-
ing,” Timina said. “But I think because it’s a
representation of what could possibly happen

‘IT DIDN’T FEEL REAL,’

Ukrainian students grapple with Russia-Ukraine War

to the rest of the world, everyone is a little
bit on edge.”

Judy Twigg, a political science professor
who specializes in Russian politics, said the
war also shows how conflicts between dem-
ocratic and authoritarian governments can
affect foreign affairs, as Ukraine is a liberal
democracy and Russia operates under an au-
thoritarian regime.

“This is a fight for the principles that we
say we believe in,” Twigg said. “We have lots of
reasons to be paying attention and supporting
Ukrainians because they are fighting for our
way of life and our system of government.”

Twigg said she believes if the conflict be-
tween Russia and Ukraine persists, the United
States will continue to impose economic sanc-
tions on Russia.

“That’s intended to put pressure on
Russia to get them to change their mind,
to change course, to stop this aggressive be-
havior,” Twigg said.

President Biden has announced the
U.S.’s support of Ukraine and condemned
Russia’s actions, and introduced a number
of economic sanctions, such as a ban on im-
ports of Russian oil, according to the White
House. Many companies, including Star-
bucks, McDonald’s and Pepsi have inde-
pendently suspended operations in Russia,
according to National Public Radio.

Twigg said there are a lot of different
outcomes that could happen with this crisis,
the worst-case scenario being Russia takes
over Ukraine and causes more destruction.
She said if this happens, though, the Rus-
sian economy will be negatively affected

because the rest of the world will cut off
economic ties with the country.

Twigg said the best-case scenario is
that the Russian people and those close
to Russian President Vladimir Putin push
for a regime change and demand he stop
the invasion.

Bill Newmann, a political science pro-
fessor, said this conflict also poses a national
security risk for the U.S. He said the war
could turn into a world war if it continues
to escalate and Russia invades a NATO, or
North Atlantic Treaty Organization, coun-
try. However, he said the U.S. will not mili-
tarily defend Ukraine.

“The possibility that
this war expands outside of
Ukraine and into Poland,
for instance, would bring
the United States, by its ob-
ligations and by its own na-
tional interest, directly into
conflict,” Newmann said.

Olena Lloyd, a clinical
social work master’s student,
said she is from Vinnytsia,
Ukraine and has been liv-
ing in the U.S. with her son
since 2014.

Lloyd said she feels the
war is an ongoing extension
of Russia’s invasion and
annexation of Ukraine’s
Crimean Peninsula in 2014.

“I remember we were des-
perately begging the world
to ‘don’t be silent, help us to

spread information’ and we
didn’t get as much support,”
Lloyd said. “And, fortunately,
we do now but what it is cost
us is just incredible.”

She said her mother,
sister, niece and nephew
are still living in Ukraine. Lloyd said her
mother told her she doesn’t want to leave
her home, but might change her mind after
seeing the bombings of Ukrainian cities.

Lloyd said transportation out of Ukraine
is very difficult, especially for young chil-
dren. She said her sister’s family has had to
stay in shelters and that because her nephew
is disabled, her sister worries she will not be
able to get medical care for him.

“There’s no transportation, you can’t just
plan your trip,” Lloyd said. “And to pack a
bag and take two little kids. It’s just incred-
ibly challenging.”



Infographic by Gabi Wood

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GIDEON APPAH: FORGOTTEN, NUDES, LANDSCAPES

NOW OPEN

Forgotten, Nudes, Landscapes is a newly commissioned exhibition by Gideon Appah. Appah’s work serves as an homage to Ghana’s old cinema houses, which were once at the center of social life, particularly during the country’s struggle for independence from colonial rule in the 1950s and ’60s. His paintings merge his interests in Ghanaian popular culture with his own imagination, dreams, and fantasies.

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Stat of the week

Junior Charles Bertimon was named Atlantic 10 Conference men's tennis Performer of the Week, while freshman Joaquim Almeida was named A-10's Rookie Performer of the Week for events held March 7-13.

Rams lose to Elon 13-8 at home, despite strong start to women's lacrosse season

JJ HENDRICKSON
Contributing Writer

LACROSSE SEASON IS OFFICIALLY underway and the VCU women's program has enjoyed a strong start to its season.

Through its first seven games, the Rams held a record of 4-3. The first game was a loss to Johns Hopkins University, who was ranked No. 20 in the nation at the time, according to VCU Athletics. VCU followed its loss with a narrow win over Old Dominion University. The team then had to travel to take on Virginia Tech, where it suffered defeat.

Following its trip to Blacksburg, the Rams racked up three consecutive victories against Longwood University, Coastal Carolina University and Radford University, all of which were won by four goals or more.

Sophomore midfielder Kelsey McDonnell is VCU's leading scorer, VCU Athletics stated. She has poured in 13 goals at this point in the season, to go along with three assists. McDonnell said the team's cohesive offense has allowed her to have success.

"When our team works together on offense we create opportunities and then I just trust myself to finish them when I have them," McDonnell said. "You don't get those opportunities unless the team works all together for them."

The VCU women's lacrosse program lost to the Elon Phoenixes 13-8 in a Saturday afternoon game at Cary Street Field, which ended its three-game winning streak.

Rams head coach Nicole Flores said the team did not perform well enough to get the win at the end of the game.

"[We were] lacking. We definitely didn't do the little details right and it showed up on the scoreboard," Flores said after the game.

Elon jumped out to an early 2-0 lead in the game, with goals coming from senior attacker Gillian Curran and junior midfielder Hannah McCarthy. The Rams responded with three goals of its own from sophomore midfielder Morgan Reed, junior attacker Juliana George and junior midfielder Emma Barber.

VCU freshman attacker Mia George scored early in the second quarter, which put the Rams up by two goals. It was at this point Elon seemed to flip a switch. The Phoenixes scored six unanswered goals before the horn sounded for halftime, making the score 8-4. Elon's Gillian Curran assisted freshman attacker Cierra Hopson for two of those six goals.

When the second half started, Elon picked up right where they left off, hitting the back of the net two more times, which opened up a six-goal lead for the Phoenixes. VCU sophomore midfielder Kelsey McDonnell was able to pull one back for the Rams shortly after.



Elon's defense surrounds VCU's offense in the loss against Elon on March 19. Photo by Jay Stonefield

After a delay due to clock issues, VCU senior attacker Abby Osmeyer scored a quick goal to trim the deficit to just three. Unfortunately for VCU, this was as small as it would get. Elon responded with three goals in the fourth quarter. The Rams fell short, despite two more goals from Osmeyer.

VCU lost the momentum they had during its recent winning streak. McDonnell said the team needs to work to regain it.

"I think going into this week, we need to really grind at practice and get back to the place that we were before today. We start [conference play] next weekend, so we just need to come out hot for the start of that," McDonnell said.

Despite the disappointing result, Osmeyer was a bright point for the black and gold. She filled the stat sheet with three goals and an assist during the contest. Osmeyer said her teammates helped her have a great game on Saturday.

"I think it was just, I don't know, it was a big day," Osmeyer said. "I kind of had a rough start to the beginning of the season and I came out and all of my teammates had a lot of confidence in me. I think when we play calm, cool and collected and move the ball quickly we're really able to dictate the game."

The Rams will begin Atlantic 10 play against George Mason on Friday, March 25 at 2 p.m., at Cary Street Field. The game will be streamed on ESPN+

From player to coach: an impressive resume for an impressive woman

OLIVIA DILEO
Contributing Writer

When assistant coach Stefana Andrei came to the VCU women's tennis program, players and coaches had no idea how valuable of an asset she would turn out to be.

With player experience in her pocket, her coaching advice would prove to be valuable.

Andrei is originally from Târgu Jiu, Romania where her journey went from professional tennis player to collegiate athlete and now a full time assistant coach at VCU.

This is Andrei's first year as assistant coach and third year with the VCU program as a coach and graduate assistant. Over this period of time, she has become an influential member in the team's recruiting and player development. Andrei stated she uses her own experience when coaching the team.

"One way I can help the girls by coaching is kind of relating my experiences as a player to them because we have that in common," Andrei stated. "A lot of times especially during the matches I coach them by thinking about how I felt in those situations or what would I have liked my coach to say."

Andrei played professionally for two years before attempting a collegiate career in the United States at the University of Louisiana Monroe. At ULM, Andrei collected many accolades and accomplishments like winning Sunbelt Newcomer of the Year and going undefeated during the 2018 season, according to VCU Athletics.

The National Collegiate Athletic Association, or NCAA, required her to sit out her first year and gave her only two years of eligibility due to her short professional experience.

"These varying experiences have made her a coach that truly understands players from a variety of backgrounds and playing situations. Andrei has found a passion in coaching and specifically collegiate tennis coaching," stated VCU Athletics.

Andrei coached at ULM for a year as assistant coach under Terrence De Jongh. In 2019, Andrei made the switch to VCU as a graduate assistant under then-head coach Paul Kostin. Eventually, Andrei became the full time assistant coach with head coach Vivian Segnini for the 2021-2022 season.

"It was very interesting, at first it was very difficult, it's tough at first when you start coaching because maybe you don't have as much confidence," Andrei stated.

Andrei had the opportunity to work under three separate head coaches at VCU and she said has learned a great deal from each of them, including Paul Kostin.

"He [Kostin] was so successful, he is the second coach with the most wins in all of college tennis, so he definitely knew how to recruit good players," current head coach Vivian Segnini stated.

Kostin coached for nearly thirty years at VCU and was director of tennis. The former coach is second on the NCAA's all-time wins list and led VCU men's tennis to 19 conference titles and 22 NCAA tournament appearances. He is one of only four coaches in NCAA history to obtain 1,000 wins, according to VCU Athletics.

Andrei stated she was able to learn from Kostin and understand his coaching style, as well as his unique stance of caring for and developing specific techniques for players as individuals. Andrei stated she likes this approach and uses it in her everyday coaching.

"For me it was a great honor to work with him, I was so very lucky to have this experience, I didn't expect him to be such a nice person and so down to earth," Andrei stated. "I had a lot of things to learn from him and I think what made him so successful is the fact that he cares so much about everyone around him."

Andrei stated her lessons from Kostin have proven to be valuable in her coaching career.

"The one thing that I learned from him, he always had this phrase, 'you are who you are,' I think that is really important for coaches to realize every player is unique and yes you can work hard to improve their strengths and weaknesses," Andrei stated.

Andrei stated she believes she has an opportunity to help develop the college game, with experience as an international coach and working with mostly international players. She ultimately aspires to be a coach that her players have total confidence in during matches and off the court.

"It's a big honor, especially because of the success VCU Tennis has had. It's also a little bit of pressure because we kind of have to live up to Paul's [Kostin] legacy, so hopefully Vivian [Segnini] and I can carry on the success he had," Andrei stated.



VCU assistant tennis coach Stefana Andrei during a practice on Feb. 24. Photo by Alessandro Latour

Rams blaze through Quinnipiac Bobcats, SWEEP WEEKEND SERIES

TOM CALLAHAN
Contributing Writer

THE VCU RAMS BASEBALL TEAM SWEEP a three-game series against the Quinnipiac University Bobcats, outscoring its opponents 39-12 in the process.

Coming into the series, the Rams struggled to hit its stride against difficult opposition. Of the 17 games prior to the series against Quinnipiac, seven were against nationally ranked teams at the time, including a three-game series against No. 3 Ole Miss Rebels.

However, after losing by two in the first game against No. 22 University of Maryland Terrapins and a postponement in the second, the Rams started a win streak. The black and gold won the following four games, one of those against No. 12 Liberty University Flames. The Rams were not ranked in any preseason polls.

Sunday- March 20

The final game in the series saw the Rams dominate offensively. At the top of the second inning, the Bobcats were able to open the scoring with a solo home run to left-center field. The lead was short lived after the Rams scored eight runs in the bottom half. Four of those runs came off a Grand Slam by junior right fielder Logan Amiss.

The Rams grew the lead again in the sixth inning, scoring five more runs. Quinnipiac was able to score three runs after most of VCU's starting fielders were substituted, but it was too late as the game ended in the ninth inning, with a score of 17-6. Standout performers for the game were sophomore designated hitters Will Carlone and Devan Barnett. Both batted in two runs in the sixth and eighth innings, respectively.

VCU head coach Shawn Stiffler said it was down to improvements in pitching and extra work in practice that allowed the team to fight back.

"We really cleaned things up on the pitching and defensive side, that's what allowed us to take our time, and get our breath and, hopefully, things are starting to, we think, see positive results offensively right now," Stiffler said. "It's been guys doing extra hitting, getting here early, putting the work in and not wanting to stink anymore."

Saturday- March 19

Saturday's game, a 14-4 win for VCU, showed the strength of pitching on the roster. The game's starting pitcher, left-handed sophomore Campbell Ellis, is the first starter to pitch for longer than four innings this season. Ellis allowed just one hit after facing 14 batters.

After a slow start to the game, scoring only twice in the first five innings, the Rams' batters were able to score seven runs in the bottom of the sixth inning. Three of those runs came off a home run hit to left field by redshirt sophomore center fielder Scottie O'Bryan.

One batter who didn't play as well as he has in recent games is redshirt sophomore third baseman Tyler Locklear. Last season, Locklear led the Atlantic 10 conference in runs batted in with 67, according to the A-10's official website. This season, Locklear has brought his total up to 24 so far, according to VCU Athletics.

Against Quinnipiac, Locklear was quiet for the most part, registering two hits from his 10 at bats, both of which came in the first game. Locklear said while the pitching is good in conference play, he focuses on his own game.

"The A-10 [Atlantic 10] is a good conference and a lot of good arms come out of it, including a second rounder last year from Fordham [University]," Locklear said. "So you just kinda take it one at bat at a time, waiting for a good pitch to hit and try to drive it, it never really changes."

Friday- March 18

Friday's game ended in an 8-2 Rams' win, extending the team's winning streak to five games. VCU played well on defense, making no errors, a metric which denotes when a fielder's mistake gives a tangible advantage to the other team. Junior first baseman Michael Haydak stood out on both sides of the ball. Haydak managed to get three hits and completed nine outs, second only to sophomore catcher Nic Ericsson, who had 11.

In addition, head coach Shawn Stiffler's decision to bring on right-handed freshman pitcher Chase Hungate paid dividends. The Abington, Virginia native and 2021 Times News Southwest Virginia male athlete of the year pitched four innings in relief.

Those four innings saw Hungate face thirteen batters, striking out five and allowing only one hit. Huntgate said when facing skilled batters he avoids changing his approach.

"Not really, you got to attack each hitter, just go at them and have faith in your play and defense," Huntgate said.

VCU's next game will be played against the Norfolk State University Spartans on Wednesday, March 23. First pitch will be thrown at 3 p.m. at the Marty L. Miller field in Norfolk, Virginia. The game will be televised on ESPN+.

GAME RESULTS

MARCH 15

MEN'S BASEBALL - VS. #12 LIBERTY
WON 2-1

MEN'S BASKETBALL - VS. PRINCETON
WON 90-79
NATIONAL INVITATIONAL TOURNAMENT- FIRST ROUND

MARCH 16

WOMEN'S LACROSSE - AT RADFORD
WON 18-8

MARCH 18

WOMEN'S BASKETBALL - VS. STONY BROOK
WON 56-48
WOMEN'S NATIONAL INVITATIONAL TOURNAMENT- FIRST ROUND

MEN'S BASEBALL - VS. QUINNIPIAC
WON 8-2

MARCH 19

MEN'S BASKETBALL - AT WAKE FOREST
LOSS 80-74
NATIONAL INVITATIONAL TOURNAMENT- SECOND ROUND

MEN'S BASEBALL - VS. QUINNIPIAC
WON 14-4

WOMEN'S LACROSSE - VS. ELON
LOST 13-8

MARCH 20

MEN'S BASEBALL - VS. QUINNIPIAC
WON 17-6

WOMEN'S TENNIS - AT SOUTHERN METHODIST
LOSS 4-0

MARCH 21

WOMEN'S BASKETBALL - VS. SETON HALL
LOSS 70-67
WOMEN'S NATIONAL INVITATIONAL TOURNAMENT- SECOND ROUND

MARCH 22

MEN'S BASEBALL - VS. LONGWOOD
WON 6-5

Redshirt junior outfielder Logan Amiss at bat against Quinnipiac on Sunday, March 20, at The Diamond. Photo by Jay Stonefield



On this day
In 1966, Florence Ellinwood Allen, the first woman to serve on a state supreme court and one of the first two women to serve as a United States federal judge, was born.



Illustration by Clare Wislar

VCU ALUMNA FEATURES HISTORICAL FEMALE WRITERS BURIED IN VIRGINIA CEMETERIES

ZAHRA NDIRANGU
Contributing Writer

On any given day, writer and VCU alumna Sharon Pajka is at a cemetery.

Pajka said she began this hobby as a child, visiting burial grounds for family reunions and exploring with her grandfather who was a genealogist, someone who studies family descent.

“As a kid, I got to be outside in the cemetery and I thought that was always cool,” Pajka said. “It wasn’t ever presented as spooky, it was always like ‘these are people’s stories.’”

Pajka, an English professor at Gallaudet University in Washington, D.C., translated this passion into her book “Women Writers Buried in Virginia.”

The novel highlights 44 female writers buried in Virginia cemeteries. The subjects vary, from gothic novelists to Western fiction writers to African American poets, according to the book’s online description.

“Women Writers Buried in Virginia” also features female authors who were known during their time, like Pulitzer Prize-winner Ellen Glasgow, as well as authors who were lesser known when they were alive, like African American poet Anne Spencer.

Pajka said she wanted to highlight these women who, despite making writing their livelihood, are still forgotten by history.

“Growing up, you did the standard basic history,” Pajka said. “I learned about W.E.B. Du Bois as a literature professor,

but why didn’t I learn about Anne Spencer, who didn’t have the same access as a Black woman.”

While the book debuted in November 2021, Pajka said her work continues, as she still searches for female writers buried in Virginia and documents her findings on her blog.

Pajka said she also encourages others to explore cemeteries. In this pursuit, she started the community organization River City Cemetarians as a resource for those interested in visiting cemeteries in a group, according to Pajka.

Pajka said the artwork used on the tombstones in cemeteries also intrigues her.

“There’s so much great symbolism in the artwork,” Pajka said. “You’ll look at a grave marker and it looks like a mirror. It’s intended to remind you that that will be you one day and to seize the day, the whole ‘carpe diem’ thing.”

VCU history professor Ryan Smith said he initially found Pajka’s work through Facebook. He said he admired Pajka’s focus on the more physical aspects of the burial sites, like the different styles of grave markers used and who the women were buried alongside.

“She has identified women authors as an interest of hers, but just the general direction of what she’s done and her ability to highlight women in general and how they’re memorialized has been really necessary,” Smith said. “There aren’t many other projects like this around the state and beyond so it’s really pathbreaking material.”

Barbara Lagasse, a board member of Friends of Shockoe Hill Cemetery, met Pajka through Pajka’s work with Richmond cemeteries. She said Pajka’s book will also help expose people to the literary works of the past.

“

It sounds weird that thinking about death actually makes me live better.”

Sharon Pajka, Author

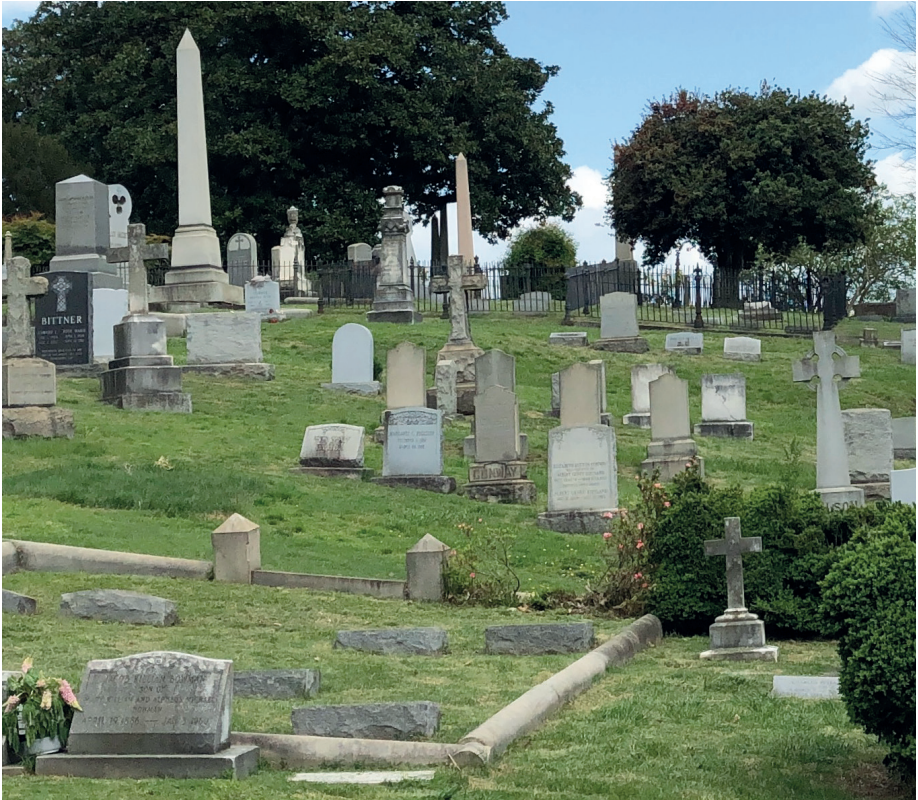
“She’s bringing to light all the contributions made by women who oftentimes are very obscured in history,” Lagasse said.

Pajka said the way she lives her own life has changed from spending time around the dead, as it encourages her to live for herself and reach for her goals.

“It sounds weird that thinking about death actually makes me live better,” Pajka said. “A death positive movement isn’t like ‘we want to die,’ it’s more like ‘you are going to die, so live today, so don’t postpone anything, take that trip because you never know what’s going to happen.’”



Sharon Pajka. Photo courtesy of Sharon Pajka



Hollywood Cemetery is the setting of 12 chapters of Sharon Pajka’s ‘Women Writers Buried in Virginia.’ Photo courtesy of Sharon Pajka

VCU alumna balances creative and professional passions

GABRIELA DE CAMARGO GONÇALVES
Spectrum Editor

“Don’t be afraid of crossing your personal life with your work life because you never know

what’s relevant,” Lauren Thomas said. Thomas said she once brought up in a meeting that she was an artist. Next thing she knew, a clothing collection was underway and her craft was exhibited.

In her latest exhibition, the VCU mass communications alumna balanced her passion for art and her advertising agency job with a gallery feature following the unveiling of her work “Our Flowers,” RPA’s Black History Month special clothing collection.

“At least for mass communications or advertising, inspiration can really come from anywhere, and you can really bring anything to the table,” Thomas said.

The main symbol of the collection is a pansy flower because of its survival all year through winter and spring, according to Thomas. Every color signifies something; purple pansies symbolize justice for Black women, and gold pansies symbolize power for Black men.

“I also like doing kind of abstract graphic versions of Black people and African Americans,” Thomas said. “I just like capturing the culture and the beauty of my people.”

“Our Flowers” debuted Thomas’s art with pieces that represented the need for allyship in the Black Lives Matter

movement all the time, not just momentarily after a surge in protests, according to Thomas.

The collection was in partnership with Thomas’s advertising agency Rubin Postaer and Associates and its website, RPAxGoods. Thomas said the brand invited her to be a part of the project after learning of her artistry during a meeting.

Thomas said all proceeds from the collection went to Prince George’s Arts and Humanities Council (PGAHC) in Thomas’s hometown, Prince George County.

“

I just like capturing the culture and the beauty of my people.”

Lauren Thomas
artist and copywriter

Thomas said the PGAHC offered her a booth at its gallery to exhibit her art starting in April, where people will have the opportunity to view and purchase her pieces.

Caitlyn Mumaw, Thomas’s project partner at RPA, said Thomas is “wicked” smart and talented with great things in her future after the collection with RPA. The two work together with Thomas as the copywriter for Mumaw’s art direction.

“We’re not all just people behind a computer pumping out materials. We are living human beings,” Mumaw said. “Who



Lauren Thomas holds up two paintings for her collection titled, ‘Our Flowers,’ which celebrates Black lives. Photo courtesy of Lauren Thomas

have feelings and histories, and who have thoughts and opinions, and they [RPA] actually really value those opinions and thoughts and histories, and they want to celebrate that and promote and encourage people to continue exploring their history and their and everything with it.”

Thomas’s former professor, Jess Collins, said she was not surprised with Thomas’s quick success following her graduation in 2020.

“You hear her talk, you look at her work, and you just immediately know she’s a superstar,” Collins said.

Collins said she taught Thomas four times throughout the years. They met at a

portfolio review typically only upper-classmen attend, but Thomas showed “bravery” and attended as a sophomore with her unique hand-painted business cards, according to Collins.

Thomas used to commission paintings depicting a word that was a representation of the people who purchased the pieces. Collins said she asked Thomas for a surprise word: inspire.

“It’ll be there forever and I’m just so honored that’s what she picked,” Collins said. “That’s what I need to do, and that’s what she does for me.”

Concert fundraises for scholarships, legal services

GABRIELA DE CAMARGO GONÇALVES
Spectrum Editor

The audience roared in applause as a new instrument smoothly began to play. Heads bopped subconsciously during different songs and a collective disappointed sigh sounded when the conductor announced the last song of the night had arrived.

Sanika Pinpulkar, audience member and sophomore biology student, attended her first “Jazz4Justice” concert in support of her boyfriend on Thursday at the Sonia Vlahcevic Concert Hall, located in VCU’s Singleton Center.

“I think it’s really cool, and they’re raising money for getting legal services for a lot of different people,” Pinpulkar said. “That’s an important cause, and the legal world has mashed into the music world this way.”

VCUarts Music and Greater Richmond Bar Foundation, or GRBF, came together for its eighth annual partnership for J4J, which is a collaborative effort to raise money through donations and ticket revenue for legal aid and music scholarships.

GRBF is a legal aid organization that connects attorneys to cases where they can volunteer their time, according to GRBF’s Director of Administration and Programs Shane Harper.

Harper said VCU’s J4J concerts have raised “at least” \$150,000 for the cause in total since its inception in 2015.

The concert was a fundraiser which after expenses donated half the proceeds to GRBF’s pro bono initiatives, and the other half went to Jazz Studies scholarships, according to Antonio García, the director for J4J scholarships and Jazz Orchestra I director.

García said he and the faculty handpick five students to take 50% of the night’s funds.



Nathan Fussel (right) and Tara Davis (left) perform ‘The Cry of My People’ in harmony during a special performance during the Jazz4Justice concert. Photo by Alessandro Latour

“The J4J scholarship is very important to me because it means I can devote more time to my craft and less time to working,” saxophonist and scholarship recipient Nathan Fussell stated in his scholarship remark. “This will definitely help me during my senior year in this program.”

García said J4J has collaborated with many universities across Virginia, but said VCU’s differs in the number of ensembles, because the university has two “big” bands, a vocal group and a combo of students who received scholarships. García said the concert takes a lot of planning because the performers are “never in the same room together.”

When the choir came on, the audience had to guess who was singing which part because of masks the performers

were wearing. The beautiful harmonies blended together.

Another difference unique to VCU’s J4J is the invitation of a guest conductor. García said J4J have had a range of different people — some from the legal community, a politician, a meteorologist and a mayor. This year was no exception as Todd “Parney” Parnell, the vice president and chief operating officer of the Richmond’s minor league baseball team, the Flying Squirrels, guest conducted for J4J.

The Flying Squirrels’ mascot cheered on Parnell’s stage entrance. Parnell wore a St. Patrick’s Day-themed set of pants and shirt with a sparkly rainbow blazer. He used a baseball bat as his conducting baton and danced during the entire number, making

the audience laugh throughout. García said there were no prior rehearsals with the Flying Squirrels.

“

Jazz musicians have often written music in celebration of human rights or in protest of injustice, segregation and racism for a hundred years now,”

Antonio García
scholarships director and Jazz Orchestra I director

García said the music chosen was oriented specifically towards the idea of social justice or equality, which was not a “stretch” because jazz and social justice have history “hand-in-hand.”

“Even if the piece itself isn’t necessarily waving a social justice flag, it’s [the music] still highlighting someone who has that voice,” García said.

The concert included music from a plethora of different artists, such as General Grant, Oliver Nelson, Archie Shepp, Michael Jackson and more.

“Jazz musicians have often written music in celebration of human rights or in protest of injustice, segregation and racism for a hundred years now,” García said. “There is a library of music

that has been expressive from the Jazz musicians literature about life in the world and the United States in any given community.”



Artist Ed Trask opens the live auction at Hardywood Park Craft Brewery. Photo by Kaitlyn Fulmore

‘FOX IS LOVE’:

Richmond community comes together for fundraiser art auction

GABRIELA DE CAMARGO GONÇALVES
Spectrum Editor

THE WILLIAM FOX ELEMENTARY
School PTA organized an art auction on Friday to raise funds for the school following a three-alarm fire that occurred last month, causing significant structural damage.

The live auction of art totaled \$60,850, along with 39 donations for non-art related auction items, and a “call to heart” donation period in which 28 people donated any amount between \$50 to \$1,000. The event also included a silent auction.

PTA president-elect Amelia Boschen said the PTA sold more than 200 tickets for the event. Attendees walked around the silent auction, pointing and taking note of the artists.

Boschen said it’s a long-standing tradition for Fox to organize its annual art auction, but it hadn’t happened in two years because of COVID-19. However, after the

generosity of donations from the artists and Fox’s needs after the fire, the PTA put on the auction, according to Boschen.

“I think for sure we’re really devastated by the loss,” Boschen said. “But we also are really motivated to stay together as a community to support each other and make sure that all of our special traditions, and, the loving community that we are, is able to continue even during this time.”

Hardywood Park Craft Brewery donated its family-friendly venue for the art auction, along with catering from its pizza kitchen, according to Hardywood’s event director Catherine Poston.

Artist Ed Trask, a former Fox parent, offered to donate pieces for a fundraiser and encouraged the PTA to “take advantage” of the artists’ generosity and put together the art auction, according to Boschen.

“Fox is family, Fox is love, Fox is light,” Trask said as he kicked off the live auction. “To all the teachers and the people there: we are here for you, and Fox is going to survive.”

The art auction included a selection of items that were a part of live or silent auctions according to the auction’s website.

Miguel Carter-Fisher, a participating artist and former VCUarts faculty, said he was interested in participating because he grew up in The Fan area of Richmond and attended Fox Elementary.

“

Tragedy did not strike Fox’s heart.” Jacobs said.

Daniela Jacobs
William Fox
Elementary Principal

He donated five pieces for the silent auction that include some kind of connection to his childhood in Richmond, like Belle Isle and William Byrd Park.

“It is important the demonstration of people’s coming together as a community, and I think it’s cool that the arts, that painting, can be a part of that,” Carter-Fisher said. “It’s financial support, but it’s also positive community engagement.”

Lucy Leake, a Museum District native, said in light of having to rebuild the school, efforts need to be made to preserve the building’s history while also being better equipped for the children.

“I think what brought me here mainly was I wanted to support the teachers and the children that are presently at the school,” Leake said. “But also in memory of children who have gone there because it’s just been a staple in the neighborhood in a very positive way for decades. My older brother and sister went to Fox.”

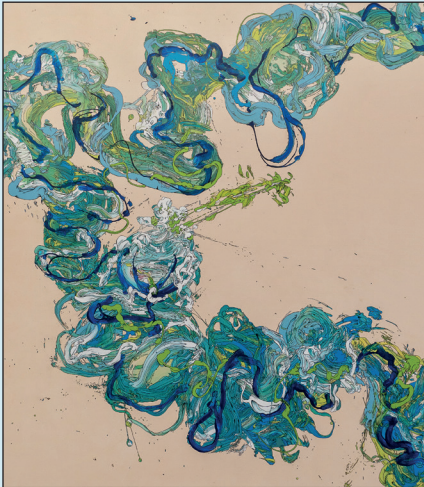

Art consultant Michaeline Sander said she went to the auction in support of her nephews who attend Fox.

“I think it’s really beautiful how everyone is coming together and all these artists are donating their time and their work,” Sander said.

Fox Elementary Principal Daniela Jacobs spoke to the attendees, calling for donations in the middle of the live auction. Jacobs smiled as she said “our kids are coming back.” Fox students started their schooling at First Baptist Church on Monday, March 21.

“Tragedy did not strike Fox’s heart,” Jacobs said.

Two out of 18 art pieces sold at auction

<p>“PsHBBBBT”</p>  <p>HEIDE TREPANIER MARKET VALUE: \$7,000 SOLD FOR: \$10,000</p>	<p>“Memories of Fox”</p>  <p>LAURA LOE MARKET VALUE: \$4,200 SOLD FOR: \$12,000</p>
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Art handler shows off piece by artist Hamilton Glass at art auction. Photo by Kaitlyn Fulmore

CT

OPINIONS

Quote of the week
“Remember that positive self-talk is an intrinsic part of a healthy mind.”
— ASA DON BROWN

Imposter syndrome is real among college students

MYA HARRISON
Contributing Writer

I WAS FEELING OUT OF TOUCH with myself, and I knew something was up. Who would have thought it was imposter syndrome?

Last semester, I was lucky enough to land a competitive internship as a production intern for a podcast called “Writing Our Way Out.” I was ecstatic to have been selected, but during the internship, I felt crippling anxiety and self-doubt about whether I was good enough for it. This hindered my performance — I had a wonderful opportunity, but felt undeserving of it.

After reflecting on these feelings, I think I had a case of imposter syndrome. Imposter syndrome is an internal feeling in which one doubts their abilities in spite of their accomplishments. One feels like a fraud because they are constantly wondering how they were able to get to where they are.

In a 2019 study, it was found that 20% of college students experience imposter syndrome during their time in college,



Illustration by Olivia McCabe

according to Brigham Young University. That’s one out of every five college students. If you have ever had these feelings, you are not alone in them.

Students who experience imposter syndrome often believe that luck has played a more important part in their success than their hard work. Personally, I’ve always had a feeling that I am not as smart as I think I am, even though I have things to show for it. I thought it was my luck coming to save me.

My imposter syndrome was exacerbated by the COVID-19 pandemic; during the initial stages of the pandemic, we were forced to shift to virtual learning on top of being quarantined at home.

I vividly recall feeling like I had nothing going on in my life because of the routine schedule of getting up and staring at my computer for hours at a time. The sameness to my days was exhausting. I wasn’t going out. I didn’t accomplish much during that time.

When I was finally able to return to in-person learning and get back into the swing of things, I felt doubtful because of my lack of productivity during quarantine. I felt behind my peers and that it would be extremely difficult to make up for what I had lost.

After reaching out to many of my peers, I learned they felt the same way I did. Finding solidarity with others and communicating these feelings openly has reduced my imposter syndrome.

Now, as I finish up my final semester at VCU, I am starting to become more confident in myself. I have been able to put the thoughts of doubt aside and believe that I am capable of accomplishing anything I put my mind to, without feeling worthless.

Continue to remind yourself that you are succeeding because you are putting in the work. You are striving to be the best version of yourself. You deserve to be where you are. As long as you wake up every day and try your best, that’s enough.

You are enough.

BURNOUT CAN BE OVERCOME: improving your mental and physical health

ISHAAN NANDWANI
Opinions Editor

As a junior pre-med student double majoring in Spanish and biology and applying to medical school this application cycle, I’ve experienced my fair share of stress.

In addition to taking challenging upper-level courses, I volunteer as an interpreter and scribe at a local free clinic, study for the MCAT, serve as a service-learning teaching assistant, teach golf lessons to children on the weekends and my personal favorite — write and edit for The Commonwealth Times, of course.

While I love each and every one of the endeavors I’m involved in (well, perhaps studying for the MCAT has lost its charm), I acknowledge that this is an overwhelming number of responsibilities to take on, which has led me to feel burned out at times. There have been days when I’ve simply lost motivation, or felt crushed by the weight of my obligations.

Burnout is when one experiences these feelings for an extended period of time, which is extremely damaging for one’s mental and physical health and sense of fulfillment.

While the logical solution might seem to drop some of these commitments, for many of us, it’s not feasible. Several of my involvements are compulsory by my program, or necessary toward my ultimate goal of becoming a physician. This is also the case for my peers pursuing other fields; others must work in order to pay for college.

An April 2021 survey from Ohio State University found that burnout rate among college students was as high as 71%; these rates were exacerbated by the COVID-19 pandemic.

With so many college students facing extreme amounts of pressure and stress, it begs the question: what can we do about this?

While college is a time of novel exploration and excitement, is it supposed to be this difficult?

The structure of our university system breeds the struggles that students face. We feel defined by the grades we earn, or the internships we score. We’re inclined to put ourselves on a scale and compare ourselves to others. When we feel like we don’t measure up, we become anxious and even burned out — after all, our future career prospects are defined by what we do now.

The truth is, these feelings of stress and burnout that many of us are facing won’t end in college. Ideals of competition and hard work are deeply entrenched into American society. In many ways, college is a microcosm of life: a rat race in itself.

I’ve been afraid of this future recently. I’m pursuing a demanding career in medicine, and am well aware of the workload and sacrifice ahead. I wonder if I’m already feeling like this, what’s it going to be like when things get harder?

I don’t have all the answers, but I’ve learned that I’m not alone in these feelings. It’s important to have open conversations about these feelings and acknowledge how they affect us, which can destigmatize conversations about mental health and the work-oriented culture in the U.S. Desiring a healthy work-life balance should not be frowned upon.

Lately, I’ve sought out ways to prioritize myself during these challenging times, which has decreased my stress levels immensely. Creating a life of balance and taking care of our physical and

mental health are the most important things we can do to reduce burnout.

After much self-reflection, here are some of the adjustments I’ve made that have greatly improved my overall happiness. I hope you can benefit from reading some of these.

First and foremost, remind yourself why you’re doing what you’re doing. I love medicine, and I’m incredibly grateful for the opportunity to pursue this path and one day make a difference in the lives of my future patients. Being a skilled and culturally competent physician is something that deeply motivates and drives me. Reminding myself of my goals every day fuels my resolve to work harder and keep going.

Importantly, taking care of yourself is not optional. I don’t care how busy you think you are — prioritizing your wellness will improve every aspect of your life. Eat healthy. If for you that’s taking the extra time to get groceries and cook, then so be it. I suggest eating at the same time every day to get into a routine.

Exercise. Find ways to get your heart rate up each day, which will improve your cardiovascular health and energy. Instead of taking the elevator up a building, consider taking the stairs. Instead of taking the bus to work, walk. Even these small adjustments can improve your overall health and happiness.

That brings me to my final wellness tip, which is to sleep. I’m sure you’ve heard it a thousand times, but there’s a reason it’s preached so often: a healthy eight hours can do wonders for how well you feel during the day.

I’ve also tried simple things, like writing a list of things I’m looking forward to — going to my cousin’s wedding in Mexico, a trip to France in August — and what I’m grateful for each morning. Approaching our responsibilities as things we get to do rather than things we have to do puts everything into perspective.

I’ll end this by saying that you are capable of achieving anything you set your mind to. Whether you’re a student reading this struggling with classes, a grown adult overwhelmed from the responsibilities of work and child care or anyone in between, your dreams are possible.

Every morning, I wake up and ask myself, “why not me?” Others have done this before and succeeded, from all walks of life. You can too.

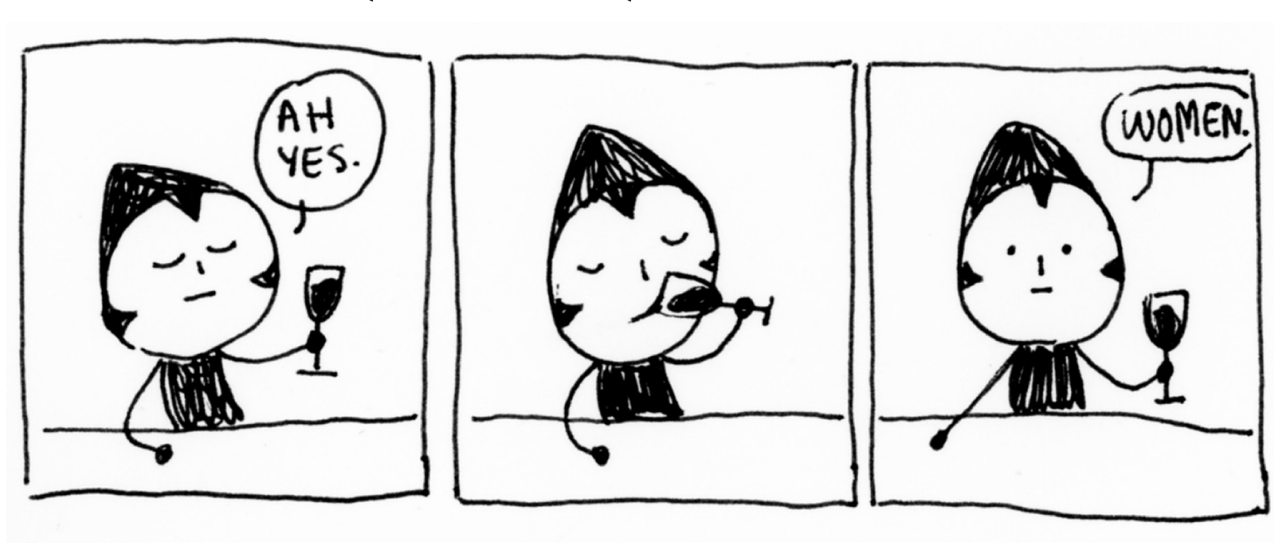


Illustration by Olivia McCabe

Do It, but Better by Rodney Ram



Like Fine Wine by Sarah Brady



New Mascot by Rena Bridge



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All of the typefaces in this issue were created by women typographers. The typefaces used are Adobe Caslon designed by Carol Twombly, Authentic Sans designed by Christina Janus, Maiola designed by Veronika Burian and Movement designed by Noel Pretorius and María Ramos.

CT

PUZZLES

Los Angeles Times

Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

- ACROSS

1

Big do

8

Attacks

14

Discusses, with "out"

20

Traditional Eastern garments

21

Arch support

22

1974 Top 10 Ringo Starr hit

23

"Surgeon freaks out over higher ___!"

25

Dish out messily, as goulash

26

Email clutter

27

Nerve cell transmitter

28

Bring comfort to

30

Jared of "Fight Club"

31

Luv

32

TV Drs. Isles and Quincy

34

Build-it-yourself furniture chain

35

Scott in an 1857 case

36

"Cattle rancher freaks out over ___!"

43

Estate planning list

44

White option, briefly

45

"___ go down to the seas again": Masefield

46

Put on notice

47

Ones at home on the range

50

Stock seller, often

51

Hesitant sounds

52

Vaccine safety agcy.

55

It may accompany vertigo

56

"Landscape freaks out over cut back ___!"

59

Open, as an envelope

60

Write "mispell," e.g.

61

Hard-to-move type

63

Hawks

64

Popeye's stop

65

Country singer Haggard

67

Mekong River land

69

Grammy, alternatively

70

All, in scores

71

Curved moldings

72

Ski resort near Montpelier

74

"Let me sleep on it"

76

Dr. Seuss' Sam-___

77

Billionth: Pref.

78

"Shrimper captain freaks out over ___!"

80

Punk rock's Joey or Dee Dee

82

No. on a landscaper's doc

83

Came out on top

84

Newspaper stand?

85

Some fictional turtles

86

Name in early Genesis chapters

88

Auricle, in anatomy

90

Sombrero wearer's title, often

91

Breakfast strips

93

"Restaurant owner freaks out over ___!"

97

Aunties' mates

98

Card relative?

99

NBA great Ming

100

La-la preceder

102

New Mexico art colony

103

Julie with multiple Tonys and Emmys

106

TriBeCa neighbor

109

How many ER orders are given

110

Perceptiveness

112

"Car rental agency franchisee freaks out over ___!"

115

Common workday starting hr.

116

"Swan Lake" heroine

117

Longtime "General Hospital" actress

118

Major course

119

Affirmatives

120

Taco truck fare

DOWN

1

Itty bit

2

"Hungry, hungry" game beasts

3

"Let me clarify ... "

4

It's not unusual

5

___ kit

6

Itty bit

7

Unofficial EU leaders group

8

Bottom-line name

9

Letter abbr.

10

General ___ chicken

11

Just okay

12

Tin mints

13

Radon detection aid

14

Book before Joel

15

Minor league rink org.

16

Burn sans flames

17

"Balloonist freaks out over ___!"

18

Stage attention-getter

19

Church councils

24

Bedouin, e.g.

29

With it, old-style

33

Tackled moguls

37

Folk legend Phil

38

Cocktail hour array

39

Gold measure

40

Woolf's "___ Dalloway"

41

Salon and Slate

42

Large serving bowl

43

Is down with

46

Subj. of arms negotiations

47

Buttercup relative

48

Krypton, for one

49

"Electrician freaks out over drop in his ___"

50

Chill

51

Retract

53

A long ways off

54

Now and then

56

"Perfectly Good Guitar" singer John

57

Attacked via email

58

Arm bones

59

"Law & Order: ___"

62

Daily Planet name

64

Gorged oneself

66

Sign of summer

68

Passes out

73

College sports airer

75

Netflix title puggle dog

78

___ de guerre: alias

79

Morally repugnant

81

Trade center

83

Sickly looking

85

Travis Tritt's "Tell ___ Was Dreaming"

87

FBI file

88

Original name of a classic NOLA sandwich

89

Offer an unwelcome opinion, maybe

90

Left one's seat

91

Lighter fluid

92

Pain relief brand

93

"Argo" spy org.

94

Cuts partner

95

Fifth-century enemy of Rome

96

Explicit, in a way

98

What's done for fun?

101

On the briny

104

Dire day for Caesar

105

Pepper et al.: Abbr.

107

Pressure

108

___ consequence

109

"Beat it!"

111

___ Bo

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Paris Jazz Festival saison

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Seat holders

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Contact Dominique Lee @ leeds3@vcu.edu

Freakonomics! by Ed Sessa

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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

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

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2022

WOMEN'S

herstory month

Thursday, March 3

Virtual

5:30 - 7:30 PM

Women's Body Acceptance: How Our Relationship With Movement, Food and Social Media Affect the Way We See Ourselves

Thursday, March 24

Virtual

5 - 6:30 PM

Womxn of RVA

Tuesday, March 15

Hybrid | Virginia Rooms (A) & Virtual

6:30 - 8 PM

Women in STEM: A Panel Discussion

Tuesday, March 29

Virtual

1 - 2:30 PM

Pay Me, Don't Play Me

Thursday, March 17

Hybrid | Rams Lounge & Virtual

7:30 - 9 PM

Pass Her The Mic

Wednesday, March 30

Virtual

5:30 - 7 PM

Being My Own Boss: Redefining Career Paths

VCU

Office of Multicultural Student Affairs

Student Affairs