

Ban on gay marriage overturned

Both the Massachusetts and Virginia governors said marriage should be reserved for the unity of a man and a woman

by **Tiffany Hoffman**
Managing Editor

Massachusetts is joining its neighboring state Vermont in an endeavor to protect gay and lesbian rights by declaring the ban on same-sex marriages unconstitutional.

"A person who enters into an intimate, exclusive union with another of the same sex is arbitrarily deprived of membership in one of our community's most rewarding and cherished institutions," the court's ruling said.

The highest state court ruled 4-3 Tuesday in favor of seven couples who filed complaints against the Massachusetts law. The state's lawmakers have six months to institute changes in the law.

"The court today recognized that a constitution that protects individual rights does not allow government to say that only some families will be protected," said Matt Coles, director of the American Civil Liberties Union's lesbian and gay rights project, in a press release.

Derek Knoderer, a senior theatre arts major and member of the Lesbian, Gay, Bisexual, Transgender

Alliance, said the ruling was a big step for the LGBT community.

"It's great, but it's just the beginning," he said. "We need not to lose this momentum. The legislation that's changing helps show the general majority is doing something about it."

Massachusetts Gov. Mitt Romney disagreed with the ruling and made a statement to CNN saying, though civil rights are appropriate for nontraditional couples, marriage should be reserved for a man and a woman.

Virginia Lt. Gov. Tim Kaine said he disagreed with the court's decision.

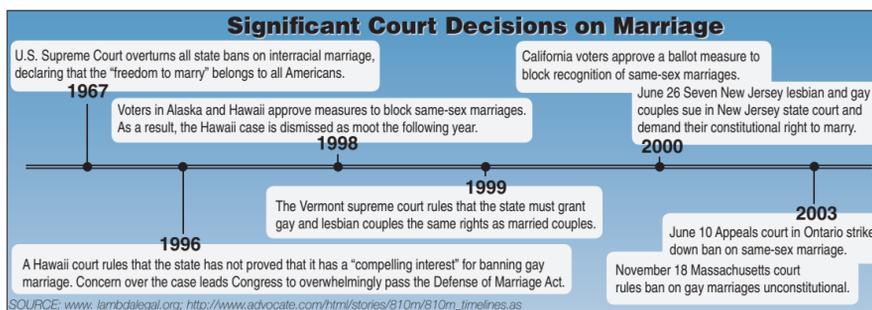
"I cannot agree with a court decision suddenly declaring that marriage must now be redefined to

include unions between people of the same gender," he said. "Regardless of the court ruling today in another state, I am confident that there is nothing in the Virginia or federal constitutions that would require Virginia to alter its longstanding policy about marriage."

Kevin Hall, spokesman for Gov. Mark Warner said, should a challenge to the current law surface, Warner too would stand by the current definition.

"Virginia law has the same definition — that marriage is between a man and a woman," Hall said. "Gov. Warner, for his part, has indicated he would not support legislation

See **COURT**, page 2



Holiday season not prone to suicides

Though the holiday season may sometimes increase stress and sadness, it does not increase cases of suicide

by **Eric Beidel**
Associate News Editor

Around this time every year, articles appear in newspapers and magazines citing a link between the holiday season and an increase in suicide.

But national and local medical officials say there is no evidence to substantiate the link.

"If that were the case, December would have the highest suicide rate, but it doesn't," said Herbert Hendin, medical director for the American Foundation for Suicide Prevention. "It has one of the lowest of the year."

According to a study by the AFSP, December has the lowest suicide rate by over 10 percent, and November has the third lowest. Most suicides occur between March and August and peak during June and July.

There is a tendency for people to have "the blues" during the winter months, Hendin said, but it generally passes with the season.

"The holidays see an increase in stress and sadness, but not an increase in clinical depression," he said.

The holidays are toughest on those who have lost a loved one to suicide, Hendin said.

RAFT Crisis Hotline, a suicide prevention organization in the New River Valley, receives more "empathy" calls during the holidays, said manager Nathan Reed.

Empathy calls originate from those who call in to talk to someone to relieve stress, not because they are having thoughts of suicide, he said.

"Our call volume increases minimally during the holidays, but not to where we would staff any heavier during these times," Reed said.

Student traffic to Cook Counseling Center on Virginia Tech's campus is heaviest during November and immediately following Thanksgiving break, said director Robert Miller, a psychologist.

The end of the fall semester is a busy time for counselors because it is a busy time for students, he said.

"Any change in mood might be because of stress, not depression," Miller said. "Students have exams and financial stress. In general, they are in an environment where they have more responsibility."

People will feel more depressed during the holidays because there is a dramatic increase in expectations, he said.

"The holidays create unrealistic expectations for happiness," Miller said. "Commercialization and returning home to family and friends create very high expectations."

The beginning of the spring semester

See **SUICIDE**, page 2

Beauty perception based on culture

by **Noelle Landers**
Staff Writer

American culture is leaning more and more toward a multicultural society, but according to the discussion held last night in 152 Squires Student Center, cultural pressures still have a significant impact on perceptions of beauty.

It's a universal question — what is beauty? Is it a tiny waist, big butt and wide hips? Or is it long legs, waif-like thinness and blond hair?

The discussion was originally meant to highlight the media's impact on peoples' perceptions, but the discussion kept circulating back to the cultural effects as well as the competitiveness that drives it.

Many group members said they think there is a lot of pressure to remain true to one's culture. At the same time, there is a desire to see beauty as no set color or race.

There is such a mix of what the opinions of the typical female and male are. Not one person in the room expressed the desire for a specific form of beauty, neither in race, culture or physical beauty. Instead they commented on what attributes a person has that makes them beautiful.

Some commented on the pressures their parents placed on them to marry within their culture or race, but they also commented that they saw nothing wrong with seeing beauty in other races.

The pressure to avoid being judged by sex was an issue that sparked a lot of debate as well, particularly on the women's side. Many of the women expressed the feeling of competition between other women is what



ELEANOR HOPSON/SPPS

Theta Nu Xi held a forum last night to discuss the impacts of culture and the media on beauty.

drives them to look better or to dress to impress. They went as far as to say that the opinions of other women on how they dress is more pressing than the opinion of a man. With further discussion and debate, some men in the room eventually came to the conclusion that perhaps the whole issue of perceptions of beauty is driven by women. At first, many of the women were rather offended by this, but then, some agreed.

"That comment blew my mind, but

the more I think about it the more I see their point," said Paola Tabar, a senior international studies major. "The cultural issues especially had an impact. The different views people have are interesting."

According to those involved in the discussion, it takes something that already exists and blows it up exponentially. Some men stated that a woman who is too dressed up is not as impressive as someone who dresses normally.

"I see her potential," said Edric Carter, a senior economics major. "If she's cute now, without trying to get attention, imagine what she looks like when she is trying to get attention."

Nikki Eley and Leah Wilson, sponsors of last night's discussion and members of Theta Nu Xi were happy with the way the discussion went. "We wanted to spark ideas and create a learning environment and a place to discuss and debate," Eley said.

Planning day brings GIS work to public

The World Town Planning and Geospatial Information Systems Day is being held in Christiansburg today

by **Aaron Blackwell**
Associate News Editor

Many members of the Virginia Tech community will participate in Montgomery County's World Town Planning and Geospatial Information Systems Day, being held today at the County Government Center in Christiansburg from 9 a.m. to 5 p.m.

Randy Dymond, director of the Tech Center for Geospatial Information Technology, said this

event is a good way to bring CGIT's work to the public.

"(The event) will open people's eyes to what this technology brings to everything we do," he said. This technology can be put to practical use in fields like land planning, public health and transportation, Dymond said. The goal is to make it a public event and not just an academic event.

The program will also show how technology can be used for more recreational purposes.

A Global Positioning System can be used for hikers, hunters and fishermen, said Shane Parson, a senior project associate with CGIT and professional engineer.

"It's good just to have folks get to know how these technologies are being used," Parson said.

The theme for GIS Day is "Our Community, Our Decisions," said

Bob Pearsall, GIS manager for Montgomery County.

"It's our way to show our progress for the taxpayers," he said.

Montgomery County will reveal its new comprehensive plan as part of the day's activities.

There will be various presentations to appeal to as many people as possible, Parson said.

Parson said he will give a presentation about compass navigation that will include tips on how to use a compass and how to effectively use a map for travel.

Though the topic he is presenting is not highly technological, he said basic information like this will help people if they ever have problems with technology.

"It's a good opportunity to interact with the community," he said.

Other presenters from Tech include John McGee, geospatial

extension specialist in forestry, Paige Baldassaro, GIS programmer, Gene Yagow, research scientist, Rachel Wagner, graduate student in biological systems engineering and Jesse Richardson, assistant professor of urban affairs and planning.

Parson said he served on the steering committee, which worked months in advance to plan the program.

The event is usually planned by a joint effort between Montgomery County, Christiansburg, Blacksburg and Tech. Last year Tech hosted the program in Squires Student Center, Parson said.

GIS Day has been around for 20 years in localities across the country.

This will be the fifth year Montgomery County has had such a program, Pearsall said.

Suicide Among College Students

- ➔ **Nationally, 7.5 out of every 100,000 college students commit suicide per year.**
- ➔ **Four out of 100,000 college females commit suicide.**
- ➔ **Ten out of 100,000 college males commit suicide.**
- ➔ **December has the lowest suicide rate by over 10 percent.**
- ➔ **November has the third lowest rate.**
- ➔ **Most suicides occur between March and August.**
- ➔ **Peak months are during June and July.**

SOURCE: Cook Counseling Center

News in Brief

Peterson to stand trial for murders

SMODESTO, Calif. (AP) — Scott Peterson will stand trial on murder charges that could bring the death penalty in the slaying of his pregnant wife, Laci, and her unborn son, a judge ruled Tuesday. Superior Court judge Al Girolami said prosecutors presented enough evidence in 11 days of testimony spread out over four weeks to show probable cause that Peterson killed his wife and dumped her body in San Francisco Bay.

Clark, Dean on Va. primary ballot

RICHMOND (AP) — Retired Army Gen. Wesley Clark and former Vermont Gov. Howard Dean on Tuesday became the first Democratic candidates to get their names on the ballot for Virginia's presidential primary. Clark was the first to file the required 10,000 signatures with the Virginia State Board of Elections. Six hours later, Dean's campaign rushed nearly 20,000 signatures to the state board, which stayed open late to accommodate it. Both campaigns said their early filing demonstrated their organizational strength.

Jamestown 2007 fundraising begins

WILLIAMSBURG (AP)

— Organizers of the \$21 million celebration planned for the 400th anniversary of the founding of Jamestown are behind schedule on finding sponsors for the event. "We're about a year behind in our work, but we are catching up," Stuart W. Connock, chairman of the Jamestown Foundation board of trustees at its annual fall meeting on Monday. Officials hope to obtain about 13 national corporate sponsors that would contribute \$3 million each. In return, they would be allowed to incorporate the Jamestown 2007 logo in their own advertising promotions.

Pilot to blame for senator's death

WASHINGTON (AP) — Pilot error caused the plane crash that killed Sen. Paul Wellstone, D-Minn., and seven others just before the 2002 election, federal safety officials said Tuesday. They recommended tighter scrutiny of charter airlines. The twin-propeller King Air A100 carrying Wellstone, his wife, daughter and three campaign workers stalled when the flight crew slowed it too quickly on its approach to Eveleth-Virginia Municipal Airport in northern Minnesota on Oct. 25, 2002, investigators told the National Transportation Safety Board. The charter plane lost altitude, veered sharply, sheared off treetops and crashed 2 1/2 miles short of the runway, killing all aboard.

Suicide: Weather alters moods

Continued from page 1

also brings many students to Cook for counseling, but the load lightens as the weather changes, Miller said. Nationally, 7.5 per 100,000 college students commit suicide per year. Four out of 100,000 college females commit suicide compared to about 10 out of 100,000 males, Miller said. "But my own experience has been that suicide doesn't increase during the holiday months," he said. Many psychologists attribute people's gloom during winter to seasonal affective disorder, or SAD. SAD is a form of depression brought on by the longer nights and lack of sunlight

taken in through a person's eye. Six out of every 100 Americans suffer from SAD, Miller said. Treatments for SAD include light therapy and the use of light boxes, which are commercially available. "(Light boxes) give off an intense light so when people sit in a room with one, it gives off the effect of sunlight during the colder, darker months," Miller said. Miller said there are several things people can do to battle holiday stress. People should make realistic expectations and goals for themselves and pace themselves, as well as limit their alcohol consumption, he said. "People don't need to put all their energy into one day," Miller said. "Holiday cheer can be spread out over many days, and making lists and setting priorities help a great deal." If someone is lonely, Miller recommends volunteering and helping others to alleviate feelings of isolation.

"Holiday cheer can be spread out over many days and making lists and setting priorities help a great deal."

Robert Miller
director, Cook
Counseling Center

Court: Poll shows many Americans against gay marriages

Continued from page 1

that would repeal Virginia's ban on same-sex marriages." According to a CNN/USA Today/Gallup poll, 61 percent of Americans said law should not recognize gay marriages. Thirty-five percent said it should. Beau Correll, chairman of Virginia Tech's College Republicans and a senior international studies and political science double major, said he did not think Virginia would ever consider such a change in law. "Massachusetts is not at all representative of America or the Commonwealth of Virginia," he said. "People (in Virginia) understand the importance of marriage and that it's between a man and a woman — it's always been that way."

"With an issue as important as marriage, it's the job for legislators to decide on this, and I don't think run-away liberal judges should be doing that." Knoderer said he foresees an increase in legislation with the progress in Massachusetts and the June ruling in Ontario, Canada. "With the changes that happened in Canada, the (United States) realized there were discrepancies," he said. "We're definitely opening up the door to action." Nathan Davis, a student at New River Community College, said the most important things for people to remember is the gay community is not asking to be recognized by the church, but by the law. "We're not asking for special rights, we're asking for equal rights," he said.

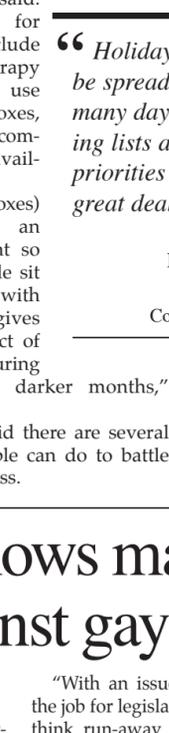
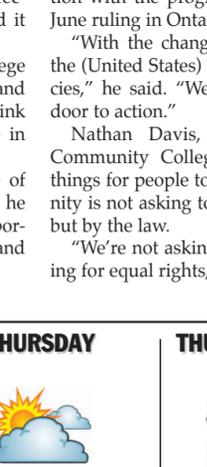
Malvo: 'I intended to kill them all'

by Sonja Barisic
Associated Press

CHESAPEAKE (AP) — Sniper suspect Lee Boyd Malvo told police he was the triggerman in all of the Washington, D.C.-area shootings and says on an audiotape played Tuesday during his trial that he planned "to kill them all." When a police officer asks Malvo whether he squeezed the trigger in all the shootings, Malvo first responds, "Basically, yeah." Asked to clarify, Malvo says, "In all of them." Samuel Walker, a detective with the Prince William County police department, also asks Malvo during the interrogation whether he intended to kill all the victims. Ten people were slain and three were wounded during the spree in October 2002. "I intended to kill them all," says Malvo, who was 17 during the spree. Walker focused specifically on the shooting of Dean Harold Meyers, eliciting through a series of questions that Malvo fatally shot Meyers in the head because Meyers was standing sideways. "His body twisted this way, so I couldn't get a body shot," Malvo said.

STOCK MARKET REPORT — 11/18/2003 —		WEATHER		TODAY	TONIGHT	THURSDAY	THURSDAY NIGHT	FRIDAY	SATURDAY
DJIA	9624.16 ▼ -86.67	Rain... heavy at times Highs: 50° - 56°	Rain showers likely Lows: 45° - 52°						
NASDAQ	1881.75 ▼ -27.86			Mostly cloudy Highs: 48° - 53°	Partly cloudy Lows: 35° - 40°	Partly cloudy 40°/57°	Partly cloudy 40°/55°		
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Editorial

NATIONAL ISSUE

Gay marriage precedent set

Yesterday Massachusetts' highest court overthrew a state ban on same-sex marriages, ruling the right to marry means the right to marry whomever you choose — man or woman. The court voted 4-3 that Massachusetts was violating its own state constitution by denying same-sex couples the rights and benefits traditional married couples received.

The main argument in favor of the ban states the purpose of marriage is procreation. The court concluded this definition acts as a cover for constant prejudices against homosexuals.

The court redefined the common law definition of marriage in Massachusetts, saying marriage is "the voluntary union of two persons as spouses, to the exclusion of all others." Although the court invalidated the ban, it did not legalize same-sex marriages and gave the Massachusetts legislature the job of taking action appropriate to the ruling.

Massachusetts Gov. Mitt Romney, a Republican, criticized the court's decision and said he would support a state constitutional amendment. However, this is a far cry from ensuring equality for same-sex unions. Marriages in any state are recognized across borders; however, civil unions are not. If a couple should have to relocate to another state, they would not receive the same benefits and rights of a married couple.

In a nation priding itself on the protection of minority rights, homosexuals have been excluded. Same-sex unions should be recognized as legal marriages by the state and given the same benefits as all other married couples. Religious beliefs on the subject should remain separate from state rulings.

Real Americans must use real arguments

Ben Kommer

I would like to respond to the letter "Real Americans believe, support war effort" (CT, Nov. 18). I really would. Unfortunately, the author didn't actually say anything.

In short, in his article he declared anyone who disagreed with him a mouthpiece for the Democratic party, proclaimed himself the winner and then proceeded to parade unsubstantiated opinions and pretty words around an argument with no core.

Firstly, the author accuses Sen. John Kerry of "leading the charge to convince the American people that the United States has failed in Iraq." If the author disagrees with this, he must have a pretty loose definition of failure, because we're still at war.

Declaring a war to be over does not make it so, and it's difficult to dub this job "peacekeeping" when there hasn't been a moment of peace since we got there.

I also disagree with the author's unsupported contention that, unlike the Vietnam War, we've only been at war for eight months. We have been bombing Iraq regularly for the last 13 years, and only now have we finally set about trying to finish the Gulf War.

The author's next point is by far the most mystifying. He claims somehow the doom-and-gloom Democrats invented this little problem over the absence of weapons of mass destruction in Iraq. President Bush was nearly rabid over the perceived threat of Saddam Hussein's "vast caches of WMDs." To think the United Nations or even the U.S. Congress would approve the spending of billions of dollars merely to depose a foreign dictator is folly, especially from our "fiscally responsible" conservative brethren.

The author then goes on to cite some as-yet unnamed benefits we have secured for the Iraqi citizens. I'm not entirely sure what the author is referring to here, since they have been for the most part without power, without representation in their own government and without the ability to leave their homes unafraid.

In fact, the appointed governing council approved a measure permitting foreign powers to own 100 percent of all corporations in Iraq. One can't imagine this going over well, especially when we're supposed to be "liberating them from tyranny," not replacing it with another tyranny.

According to a Gallup poll, only 29 percent of Iraqis support Bush's actions. Ironically, this is the same 29 percent approval rating Hussein maintained before we moved in.

The final statement the author puts forth is "we will not need to institute a draft ... thanks to ... our voluntary forces." This is an interesting statement, since these forces have ceased to be voluntary.

Thanks to the "stop-loss" measure instituted by the Pentagon, terms of service have been repeatedly extended, and many servicemen have been informed they will be retained indefinitely. Essentially, it's a draft of our enlisted men.

Hopefully, "real Americans" will have learned from our mistakes in Vietnam and not forego the ability to recognize when we make a mistake.

Perhaps if we were willing to give up some of our dictatorial control over the region, we could get some help from countries with a better track record at peacekeeping than ours. No one wants to see this turn into another 30-year nightmare.

Ben Kommer is a regular columnist for the Collegiate Times.

Real life experience is essential

Steven Du

On Business Information Technology career night, an event of the Pamplin Fall Program Series 2003, sponsored by Pamplin Executive Planning Committee, I had the chance to interview outstanding alumnus Pat Matthews, CEO of Excedent, a fast-growing company specializing in the commercial e-mail service industry.

Most of Matthews' concerns dealt with the current economic situation, e-commerce industry development prospects and the job market, as well as career planning.

The first theme of our conversation was the economy. Matthews said few people are optimistic on the looming and fluctuating economic recovery. However, he did express his positive and confident expectations of the U.S. economy.

He said the economy is on its way back and will continue to push forward, at least for the next couple of years. Indeed, even though it is hard to expect economic growth of the magnitude seen in the late 1990s, he did foresee continued growth. The growth can be attributed to a number of factors.

Defense spending is way up and Congress just passed the president's \$87 billion reconstruction plan for Iraq. A large portion of this money will flow through the U.S. economy.

Also, consumer confidence is rising. The threat of terrorist attacks on our soil is not as imminent — at least that is the general feeling. The Securities and Exchange Commission and Wall Street have been cracking down and enforcing a higher level of corporate governance, which will in turn give investors more confidence in the stock market. This all amounts to more jobs in the country. Jobs are being created as more consumers

gain confidence and spend more money.

Nobody can really talk about today's economy without mentioning the Internet, e-commerce and other information technology sectors. According to Matthews' personal experience, just as the two things that put more fire in the last recession — the attacks of Sept. 11 and business scandals — faded away, the e-commerce bubble has emerged, and consumers are feeling more and more comfortable online with major Web sites, such as eBay and Amazon. More and more consumers, industry and even prudent investors are adopting e-business.

For example, in the most recent stock upsurge, companies like eBay and Amazon are obviously the biggest winners. Based on fundamental profitability, these stocks reaped the biggest gain and led the total high-tech industry.

As a matter of fact, web-based and e-commerce technologies are still in their infancies. Businesses are finally beginning to understand how the Internet can and will play a major part in their business strategies. They are starting to act based on those initiatives. In fact, as businesses continue to learn how to use technology to streamline processes, automate tasks and communicate more efficiently, the technology sector will reap the benefits.

Based on our conversation, Matthews said, rather than a free and personal communication facility, e-mail can be a quick, secure and powerful commodity and service with bright prospects and a fast-growing market.

"The industry is competitive, but I see a lot of consolidation taking place over the next 24-36 months," Matthews said.

Like any other industry, cooperation and competition fills the Internet service industry. Excedent

"Even though it is hard to expect economic growth of the magnitude seen in the late 1990s, (Matthews) did foresee continued growth."

has conducted a series of alignments with other businesses and focuses on technological innovation as the core agent of competition.

"We have built a backend to our e-mail system that integrates with third party software systems so that our partners can offer an e-mail solution under their own brand, maintain their customer relationships and host the e-mail with us without their customers realizing it," Matthews said.

Matthews also discussed his participation in the Cooperative Education Program. He strongly recommended today's students involve themselves and gain experience. Gaining experience gives students valuable insight into the corporate world, which lies down their career paths.

Not all people, including some parents and instructors, realize the experience students get will help them to appreciate their education more because they see the outcome and hear feedback from applying what they learned in class. By participating in co-op programs, students discover their likes and dislikes and possibly what type of job they aspire to have.

There is no doubt that while class teaches students how to think creatively, real-world experience gives them more realistic and practical life lessons.

Steven Du is a regular columnist for the Collegiate Times.



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Features

Living Healthy as a Hokie: Only time cures hangover from hell

Anna Trivette

While lying on the bathroom floor at 8:32 a.m. watching the ceiling tiles spin in a nauseating fluorescent glow, you wonder why your head feels as if it were split in two and your salivary glands have appeared to stop working. Two words make their way through the cloudiness of your mind: holy hangover.

Yes, it's official. You're irritable, nauseous, achy, dizzy and can only think about drinking a gallon of water and climbing back into bed. Other than your choice to take that one extra shot, what causes these symptoms? A hangover is actually your body responding to an overdose of alcohol and the toxins associated with it.

Toxins involved with a hangover include ethanol, which is produced naturally during the fermentation of alcohol and congeners, byproducts of the fermentation process present in the drink itself. Different alcoholic beverages have different levels of congeners, thus explaining why some drinks seem to produce nastier hangovers than others.

When the liver breaks down alcohol using enzymes, a byproduct called acetaldehyde is produced. This toxin makes you feel extremely ill. The human body does a remarkable job of ridding itself of these toxins metabolically, but sometimes too much alcohol is consumed for the body to keep up and the process lasts several hours longer than we would prefer.

Toxins are not the only culprits contributing to hangovers; dehydration plays a huge role as well. Organs like the kidney and the liver need water to process the alcohol in your system. This combined with the fact that alco-

hol is a diuretic (causes increased water excretion) means more water than usual is actually needed while the body detoxifies itself of excess alcohol.

If extra water is not available, water is pulled from every part of the body to aid the kidneys and the liver. This causes headaches and even body aches.

Lack of proper rest also contributes to the unpleasant symptoms. When heavy levels of alcohol affect the body, the brain is drugged and does not function properly. Entering the rapid-eye-movement stage of sleep is virtually impossible. This stage allows the body to recover emotionally and physically every night, and when it is not allowed to do so, fatigue and irritation set in.

The only way to avoid the unpleasant side effects of too much to drink is to not drink at all. If you decide to do so anyway, there are a couple of methods to avoid a hangover or at least lessen its effects.

First of all, drink plenty of water before, during and after alcohol consumption. Juices or Gatorade may stay down a little easier the morning after. Eating a light, easy-to-digest meal beforehand is beneficial because food slows the absorption of alcohol, giving your body additional time to break down the toxins, and it also eases the irritation of the stomach that may occur from alcohol.

Continue nibbling and drinking non-alcoholic beverages throughout the night.

All alcohol has the potential to present you with a hangover,

but avoiding certain drinks can help. Mixed drinks take longer for your body to recognize and metabolize. Carbonated drinks such as champagne are absorbed more quickly.

Sweet drinks like margaritas and pina colodas can mask the taste and amount of alcohol you are consuming. Dark liquors like bourbon contain more congeners and are therefore more likely to produce a nasty hangover. Red wine has more congeners than white wine and is associated with splitting headaches when consumed in excess.

Avoid the cheap stuff! More expensive brands of liqueur

endure a more extensive distillation process resulting in less congeners. Remember, the darker the drink the more likely it is to cause a hangover.

If you are one of the thousands who turn to over-the-counter pain relievers before or during drinking in hopes they will alleviate symptoms in the morning, think again. The Food and Drug Administration announced in 1998 that those who consume more than three alcoholic beverages a day may incur harmful liver damage or stomach bleeding when combined with products containing aspirin, acetaminophen, ibuprofen, naproxen sodium or ketoprofen.

A study published in the Journal of the American Medical Association found taking aspirin before consuming alcohol "increases blood alcohol levels by 26 percent and the alcohol actually remains in the body longer because your metabolism

is slowed." However, over-the-counter pain relievers are safe to take the morning after.

Many individuals have their own rituals for hangover prevention, ranging from taking vitamins and drinking orange juice before bed to downing a Bloody Mary the moment they wake up. While vitamins may not help some people cope with a hangover, it appears many do benefit from extra doses of B-complex vitamins and the antioxidant vitamin C.

But be careful! Vitamin C can add to the irritation of the stomach caused by alcohol and too much can even give you diarrhea causing further dehydration.

Drinking a Bloody Mary in the morning is an old wives' tale. While it may alleviate some of the hangover symptoms at first, you are actually adding more alcohol to be metabolized by your body, setting your recovery time back at least an hour.

Drinking coffee does not actually sober you up. It makes you a wide-awake drunk, and the caffeine will add to the dehydration effect your body experiences and will inhibit your much-needed sleep.

Although it is a silly rhyme and often hard to remember at the times you need it most, "beer before liquor, never sicker; liquor before beer, never fear" is actually a good philosophy to follow. The carbonation in beer allows alcohol to be absorbed much quicker.

The only old wives' tale guaranteed to work for everyone is that time is the only cure.

If you decide to drink, remember these things as you go downtown. Your body and your head will thank you for it in the morning.

Anna Trivette is on the Health Wellness Team at Schiffert Health Center.

Greeks, geeks to battle for supremacy

by Anne-Henley Beck
Staff Writer

A slew of performers will play tonight in the Greeks vs. Geeks battle of the bands in celebration of the Silhouette Literary Magazine. Three performances from each side will be judged, and an individual winner as well as a group winner, either Greeks or Geeks, will be announced.

"This is the second year we've done it," said business manager for the Silhouette and senior English major Katie Norton. "It was more of an open-mic last year, but this year we tried to make it more of a battle of the bands. We want to keep it a continuous thing."

Greeks vs. Geeks will begin with the benefit MC, Heather Traversi, who, Norton said, "has a way with words. She is very entertaining."

Then each band will play for 20 minutes, with 10 minutes in between each set to prepare for the next performer. Performances from Greek organizations include Troy Schultz, Clinch and Bob and Zack (Bob and Zack will replace Four and a High Chair because of a band-member illness). Non-Greek performances include One Week, Dean Entekin and Community Dinner.

Although bands are placed into the labels of either Greek or geek, talking with band members showed little animosity toward each other.

"I don't really care about being called a geek," said Kevin Lichtfuss, bassist for One Week and a junior interdisciplinary studies major. "Geek's fine with me. I just like playing and to play at Baylee's is great. Most of the bands are pretty well established, so it'll be good to see how we do and the response we get." Clinch, representing Pi Kappa

Phi, describes its music as a tight sound with emotional energy and showed no problem with being categorized.

"We are proud to be Pi Kappa brothers, and everyone better hold on to their butts, because we're gonna melt their faces with some rock," said drummer and sophomore communication major Bryan Mineo.

Both groups expect a good turn out from friends and fraternity brothers supporting each other.

"We really feel like a strong following of both the Greeks and geeks will represent the bands well," Mineo said. "I'm excited to introduce a few new songs on our lineup to the audience and show the audience our art, as well as enjoying the other bands' music."

Even though they are being judged by an array of people, including a WUVT deejay, editor-in-chief of the Collegiate Times and a driver for Hoopie Ride, Lichtfuss said his band plays for the audience.

"The whole reason we are putting on this show is for the crowd," Lichtfuss said. "I love talking to the crowd. I'll probably make fun of myself a lot. We like to make them feel like they are there for a reason."

Silhouette's latest edition will be available to all patrons. It is the magazine's hope to raise awareness of the creative abilities in Blacksburg, Norton said.

"We hope that having both those affiliated and not affiliated will attract both parties," Norton said. "There will be different types of music. This is to help build a creative side to the school."

Greeks vs. Geeks begins at 9:30 p.m. at Baylee's with a cover charge of \$3 for 21+ and \$5 for under 21. Go to www.baylees.com for more information.

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A	V	O	W	G	N	U		O	K	R	A		
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D	I	O	R		L	E	E		M	A	T		

What's a Hokie?

Some folks say that 'Hokie' is a nonsense word that fills space in a pep cheer, but those who remember the cadets of 1894 know better.

The Virginia Tech Corp of Cadets traditionally hosts spirit missions amongst the freshman in each company. Title by military call letters of the alphabet, A-Alpha, B-Bravo, etc, they conspire to play pranks on each other. (That's how it came to be that a pig is released every year during Ring dance, but that's another tale.) Cadet Jones, a freshman in H(Hotel) company, conspired with Cadet Nelson of K (Kilo) company, to pull the biggest prank in VPI history.

Jones planned to steal the flag of rival school VMI. He owned a trained turkey named Bird who was the fastest critter around, plus he could retrieve. Nelson, a transfer student from this other military institute, was the perfect accomplice for Jones.

The three traveled to VMI. Nelson silently stole the flag from its special case, put it in Bird's mouth, and whispered "Find Jones!" Bird "fetched" the flag to Jones, who was waiting a -ways off.

Traveling VMI athletes saw on Tech's football field the next morning their flag hung UPSIDE-DOWN, UNDER the VPI flag! The VPI cadets were elated. They shouted "Hotel" and "Kilo" the companies of Jones and Nelson. As the chants got faster and louder, the words began to blend. HOTEL, KILO, Ho, KI, HOKI! Thus "Hokie," a combination Hotel and Kilo, was born. Bird was renamed Hokie, and became the first mascot Hokie Bird.

A contest was held for students to write a tall-tale about the origin of the Hokie Bird. The top three selections will run in this week's issues of the Collegiate Times, with the winner being announced Friday.

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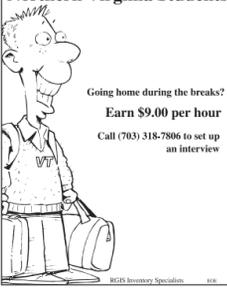
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Sports

Imoh ready to carry load for Tech

■ Virginia Tech running back Mike Imoh has been patiently waiting for the coaches to call his number

by Chris Bayne
Staff Writer

Most Virginia Tech freshman football players can expect to redshirt their first season in order to learn head coach Frank Beamer's system.

Last year, the Tech coaching staff decided to make an exception with running back Mike Imoh.

Imoh, a Fairfax native, arrived in Blacksburg and made an immediate impact on the Hokie offense. In his first collegiate game, Imoh rushed four times for 22 yards and caught four passes for 28 yards and a touchdown against Arkansas State University.

"From that point on I thought the whole year was going to be fun and games, but it didn't go that way at all," Imoh said regarding his first year.

With Lee Suggs and Kevin Jones splitting most of the snaps at running back, Imoh saw limited action during the rest of the season. As frustrating as it was being the third option, Imoh admits that his time on the sideline was a valuable experience.

"It was frustrating (not getting playing time), but at the same time I had to be patient," Imoh said. "I just watched what (Suggs and Jones) did and kept working hard."

This season, the Tech coaching staff has given Imoh considerably more playing time on offense and special teams. Imoh has not disappointed coaches or fans with the opportunities he has been given.

In addition to establish-



ERIC CONNOLLY/SPPS

Mike Imoh returned the second half kickoff 91 yards for a touchdown against Connecticut. He hopes to have a more prominent role in the Hokies offense next season.

ing himself as a reliable and explosive kickoff returner, he has garnered impressive numbers on the offensive side of the ball considering he is not the featured tailback. Imoh has carried the ball 22 times for 86 yards and has caught five passes for 52 yards and two touchdowns.

"Playing different positions has helped me understand exactly what is going on (on the field) at all times," Imoh said. "If look at me this year, I am a much smarter than I was last year."

Even with the increase in

playing time, Imoh fully understands his role as backup to Heisman-hopeful Jones. He is fully aware that the bar is set high every time he checks into the game.

"I know my role right now, and that is to be a playmaker every time I touch the ball," he said. "I want to score every time I touch the ball."

Though Imoh is serious about becoming a standout player for the Tech football program, he also realizes the importance of balancing his time on and off the field. Off the field, Imoh is

majoring in consumer studies and enjoys hanging out with friends, including quarterback Marcus Vick.

and enjoys hanging out with friends, including quarterback Marcus Vick.

"You've got to be able to get away from the physical and mental stress that this game puts on you," he said. "After practice I just try to get away from all this stuff, play video games, and relax."

Meanwhile, Imoh patiently waits for the Tech coaching staff to ask him to step up and become an impact player on a more consistent basis. Until then, Imoh is determined to continue making strides and prepare for his chance to become one of Tech's next stars on the gridiron.

"I plan to work real hard on and off the field during the off-season so I can put myself in a good position for next season," Imoh said.

Hokies score 100 in exhibition game

by Erica Hampton and
Clark Ruhland
Sports Staff

The Virginia Tech men's basketball team beat Interhoop 100-74 Monday in its final exhibition game.

The Hokies got off to a strong start in the first half, leading by as many as 11 points while managing to keep Interhoop scoreless for the first four minutes. Interhoop got on the scoreboard and was able to tie up the score because of Tech turnovers and fouls.

Tech managed to pull away, never letting Interhoop get within five points of them.

Tech dominated offensively in the first half, scoring 30 points from the paint and 14 points off fast breaks. On the defensive end, the Hokies only allowed Interhoop to score 16 points in the paint, while scoring 31 points off turnovers.

Freshmen Jamon Gordon, Zabian Dowdell and Coleman Collins all contributed in the first half. Collins had nine points and five rebounds, Gordon had 15 points, three assists and five steals and Dowdell had five points, two rebounds and one steal.

Markus Sailes came out explosive in the first half with 10 points, one assist and three steals. A talk Sailes and head coach Seth Greenberg had earlier in the week allowed him to relax and play his game, he said.

At the break, the Hokies led by 13 points with the score 52-39. Interhoop began to tire, and Tech took advantage of all of their mistakes.

The Lithuanians tired even more after committing 11 fouls in the second half. The Hokies took advantage, hitting 16-22

in the half. Early in the second half, Matthews tossed an alley-oop to Collins to fire up the crowd. The Hokies kept their fire until the final buzzer.

With four minutes left and the game well in hand, Sailes tossed a big pass to Gordon for the tomahawk jam to get the score to 97-65. Gordon finished with 19 points, and Sailes finished with 17 points.

Greenberg called a timeout and put in some of the reserves to catch some minutes before the final buzzer.

Tech went through a scoring drought sitting at 97 until Chris Tucker hit a free throw to bring the point total to 98. In the last minute, the crowd began to cheer for triple digits.

With 15 seconds left, the crowd got its wish with a Mykhael Lattimore layup to bring the final total to 100.

Bryant Matthews led the Hokies with 26 points. He hit all 13 foul shots he attempted.

"It feels good to get a win and get something else on tape that we can learn from," Greenberg said.

"The most important thing is that these next three days we've got to get better. Our guys know that we're not close to where we need to be. I'm happy that we had some success and now we have something to build on for the season."

There are a few things that still need to be done before Saturday night, Greenberg said. He stressed rebounding both defensively and offensively, being off-balanced on closeouts and improving on zone defense.

The Hokies open their regular season against the University of New Hampshire on Saturday.

Wrestlers hope to rebound from disappointing year

by Clark Ruhland
Staff Writer

Last year, the Virginia Tech wrestling team suffered losses both in the record column and with injuries. In his eighth year as head coach, Keith Mourlam hopes to rebound from last year with a strong start.

"We lost six starters to injuries last year," Mourlam said. "We will have one 125-pounder, a redshirt sophomore 133-pounder, a 141, a new 157 and a new heavyweight in the lineup. There are five guys there I have not seen wrestle many college matches. The staff is interested to see what happens soon."

The coach said he is not concerned with who will be this season's captain, but right now, red-shirt sophomore David Hoffman has been designated based on his past performances and his great work ethic.

At 133 lbs., Hoffman was a first team All-American as a freshman, he went 2-2 in the national tournament and he is ranked in the top 10 in the national polls.

"I've always wanted to be an NCAA champion," he said. "That's my goal going into the season and seasons beyond this. Anything less will be disappointing."

The Hokies are bringing in six new freshmen and three redshirt freshmen, some of whom Mourlam said he plans to start this season.

"Right now it looks like Ryan Broughman will be the 125 starter out of Lord Botetourt High School," Mourlam said. "The only drawback is that he is a bit small for the weight class. Donny Ooton in the 141 class lost his first preliminary, (but) still may compete for the starting spot."

Along with upcoming freshmen, Mourlam said there are returning wrestlers in the majority of the nine weight classes.

"Everybody is back to being healthy," Hoffman said. "It will be interesting to see how some of the guys we thought were going to step up last year compete and do well this year."

Along with victories in the regular season, the team has set goals for the postseason.

"My goal for the team is to finish in the top four of the division of the EWL (Eastern Wrestling League)," Mourlam said. "Perhaps we can make it in the top four of the EWL tournament. This is our last year with the EWL before we move into the ACC next year. We would like to finish strong and qualify some for the national tournament in March."

The Hokies open their regular season against Gardner-Webb University at 7 p.m. tonight in Cassell Coliseum.

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