The Road To Success

Opening 3

Student Life 10

People 50

Ads 164 Closing 172
The Medical College of Virginia has become our main attraction, and the green and white signs signaling us stand out among the rest. Many of us have seen many mile posts, road signs, and toll booths pass us by as we headed in this direction. However, now all that seems trivial since our concentration is focused on the journey ahead. There are many routes transversing and encircling the campus and no matter which one we take it seems they all provide us with their distinct road blocks, flashing lights and arrow signals. Each profession has its own course design and all that is expected from us is the fuel and driving skill. Interestingly enough, we manage; even though the path to "professionalism" seems never ending at times. We keep in mind that "success is not a destination but a journey."
CV students arrive on the corner of I-95 and Broad Street from different backgrounds and with widely varying expectations. Some have spent their undergraduate years exploring the vastness of large state universities, while others have nurtured their individuality at small private colleges. Now they travel with the common goal of becoming health care professionals. Many intersections are encountered in this process as we maneuver through the obstacles on the Road to Success.
conservative. The students from up North usually get a kick out of the statues on Monument Avenue. To them, the cobblestone street dotted with monuments of the confederate soldiers is simply a showcase of second place trophies. Actually, it’s amazing to think that MCV was an integral part of that chapter of our Nation’s history. The battle of Richmond saw the Capitol building nearly destroyed by fire; the Medical College remained open throughout the turmoil. While preserving its past, Richmond is aggressively pursuing modern trends of growth and expansion, as evidenced by the everchanging skyline. Past, present and future, a unique atmosphere provides the backdrop as we forge ahead on the road to success.
Directions and Decisions
Contemplating or Carefree
Detours or Shortcuts
Hustle and Bustle
Overpass or Bypass

... On the Road to Success
Student Life

... Larrick parties ... Backpack ... The River ... finances ... receipts ... video games ... 6th Street Marketplace ... Brain cells ... Clinics ... Friday — celebrate! ... Saturday — relax ... Sunday — cram ... Monday — take a hit! ... Athletics ... Intramurals ... Organizations ... Apathy ... Behind the scenes ... Dominoes ... Obligations ...
Apartment Picnics
Cafeteria Cuisine
“Cheers” and “Hill Street Blues” in the dorms
Alumni House Parties
... Professional School ... a Unique mixture of

LIFESTYLES
Welcome. As the school year began, the opening of the 6th Street Marketplace brought flavor to downtown Richmond. The commotion that was created by the grand opening matched the hubbub of the beginning of the year. Coming back to school let us reminisce and share our summer experiences with old friends at class barbeques. While at the same time, the usual spots in lecture rooms and outside corners became occupied. “Welcome,” meant we could review the past and get started on the new. It is a busy schedule ahead.
Your stomach is grumbling for lunch and you are fighting back the Sandman as the lecture comes to an end. It's 80 degrees, sunny and the outdoors call. When the heat is on it's amazing how you can always find thousands of things to take you away from the classroom, lab or clinic. Meeting new friends, searching out old ones, video games, racketball, and of course pool and ping-pong in the Larrick Center are great outlets. And for the sun worshippers, Cabaniss “Beach” and the nearby River provide a wonderful means of procrastination. There are many activities around the campus which let you unwind, relax and recharge your battery before returning to the books.
Diversions
Provide Time To
RELAX
CHECKING STATEMENT
ACCOUNT STATEMENT 10-09-85
PAGE 1 OF 1
ITEMS: 11  BRANCH: 219

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WE THOUGHT YOU WOULD...
Checking Statement

Date of this statement: 09-11-85
Page 1 of 1

Items: 12  Branch: 219

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I THOUGHT YOU WOULD LIKE TO KNOW:

Out goes the income
hen the professor bellows "can I have the first slide," you know that once again you'll truly be in the dark. They throw everything at you — tests, projects, papers — and expect you to attend lecture well rested and fully attentive. It seems like a vicious cycle. You become a nocturnal creature reliving old lectures through co-op notes, then with shadows under your eyes new material is flashed at you in the morning. The temptation to rest the eyelids is tremendous especially when the lights go low, since you know it's going to be another late nighter. It's not that you don't appreciate the hours the lecturer spends synchronizing Kodachromes and overheads; but no matter if the learning process takes place in the lecture room or in the late hours of the night, you always seem to be in the dark!
Some students like them and other students hate them. Some greet them warmly while others work to avoid them. They make us laugh and they make us scream. While they can't make brains, the faculty really works to educate the masses.

Day in and day out they lecture, answer questions, critique work, demonstrate skills, grade projects, tolerate the insults of snoozers, and never seem to tire. Some lecturers spice up their presentations with witty comments and classic remarks. Certain well traveled professors even provide escapes to their vacation hideaways by giving scenic tours on their slide carousels. Marveling over their good fortune to finally reap the benefits of their hard labor causes us to dream of our future adventures.

Respected careers, time and money to enjoy life, and contentment ... professors seem to have it all. If only the process for achieving such status would speed up! Oh well, patience and perseverance are two lessons they have silently taught us.

It sure is humbling though, to realize that they used to be in our shoes, struggling to stay sane during exams, and fighting the phantom of sleep while their instructors attempted to stimulate the gray matter. This means at least one thing; even if you can't make brains, there is still hope ...

Dr. Walter Nance, Genetics, University Award of Excellence
Dr. Ives Townsend, Genetics, Medical Students Award
Success for the student involves not only making the grade but also acquiring a facility for working with people, with good interpersonal relations and high ethical standards, and preparing for a life that includes things other than his work. After all, a person not only needs to work to provide sustinance for the body, but also needs to provide sustinance for the soul.

— Dr. Ives Townsend

Dr. George DeVries, Biochemistry, VCU Distinguished Scholar Award
Nothing can take the place of performing the task yourself. Hands on experience is the key. There are three simple steps involved — research, study, and actual performance of the task. Ah, the excitement that is felt when the third step is executed. At times you are the clinician, diagnosing and treating your classmates and patients, while other times you are the patient being treated. Many memories are made from these experiences. It’s easy to recall the time your partner insisted on listening to every pulse beat as he took your blood pressure or the time you trembled as you approached your partner with a needle. Eventually, you develop your techniques, dexterity and awareness. There is a lot of teamwork that is involved in this learning process. As you practice, instructors correct and guide you, patients obtain a service, and you learn your profession. Nothing can recreate the atmosphere or the situation — nothing can take the place of performing the task yourself.
backpacks, jeans, or scrubs, MCV students are OUTSTANDING.

You can spot them a mile away. Brisk paced sneakers, khaki slacks, faded 501's, fraying backpacks, white pressed jackets, stethoscopes, cardboard and "Igloo" stamped containers are some of the features which characterize a student and forecast his plans for the day. No one can deny that gross anatomy is the main event when students dangle cardboard skull boxes; and there is no mistake that it's a day of "professionalism" when ties, white hose, surgeon green outfits, and stethoscopes are adorned. Then when the day ends a style transformation takes place. Now vogue city clothes are seen. Chic hair styles, bulky knitted sweaters, surfer shorts, "swatch" watches, sleek earrings, and black leather jackets accent each student's individual style. Whether it's a back pack or a button down shirt, self-expression allows MCV students to stand out in the crowd.
Friday. As usual you’re in the shower by 6:30. However, this morning is for making plans …
Home by 3:00 to do some studying, dinner over by 5:00, people to call, places to go. Buddy’s in the fan, Houlihan’s in the west end, or Darryl’s on the southside beckon with special drink prices and free hors d’oeuvres during “Happy Hour,” a practice that the state legislature may ban in the near future. The budget minded may catch a 99¢ flick at the Westover theater, or kick back and relax with friends. On some Friday evenings, you may just stay home and catch the latest episode of “Dallas” or “Miami Vice” … decisions … planning …
You suddenly realize that it’s 7:15 and you have to be in class by 8:00. Oh well, it’s Friday and nothing is going to get you down — you’ll finish planning your evening during class!
Friday
A Chance To
UNWIND
Saturday is a day for good intentions. The alarm sounds at 8:00 a.m. Half awake you roll over and proceed to hit the snooze button three times. You had intended on getting up early to study; however, remembering that Saturday is one of the few days you have to sleep in, the alarm is turned off and the covers pulled up. It's now noon and hunger overrules your desire to hibernate. After lunch the books are pulled out and you finally begin to study — lofty goals of completing assignments seem easily attainable. After daydreaming through five pages of your notes you begin to realize that you are your own biggest distraction, and as usual "study Saturdays" lure you outdoors with beautiful weather. The phone rings and it's a couple of your classmates who have no trouble convincing you to leave the books on the table and walk out the front door. The River, Byrd Park, Leigh intramural field or the pool in your apartment complex provide numerous options for wasting away a sunny afternoon. The sun begins to set and you return home to see your books laying in the same peaceful manner in which you left them. Dinner has to be eaten, then back to the books. With dinner over you realize you need a shower, your clothes need to be ironed and phone calls need to be made to line up the evenings entertainment — the slip, a party at Larrick or one of the quaint spots in the fan. You return home late and discover your books are still laying undisturbed. Oh well, there is always Sunday!
Studying Gains Intensity
During the Last Minute

CRAM!

Panick! Out of the blissful haze of Saturday emerges the chilling fear of impending doom. On Sunday, deadlines for tests, papers, and projects can no longer be overlooked and the long, lonely sojourn through stacks of books and notes can no longer be postponed. Even though students arrive at CV with well-proven academic abilities it's mazing to think that probably only a hand
ill actually enjoy studying. The rest wait until the last minute and then begin to cram formulas, charts, graphs, and definitions to their eyes and ears hoping that at the proper moment in time these facts will spill forth.

Like a well trained athlete each student develops his or her own rituals and superstitions. Some like to stay up late and then sleep in the morning, while others do the opposite, arising in the wee hours of the morning to review those last few details. Some more brave or desperate souls stay up all night, dragging into their classes gaunt and unshaven. The stacks in the library, Sanger Hall, a dorm lounge, or an apartment dining room become favorite study spots when the pressure is on. To all the multicolored highlighter becomes the indispensable tool during the last minute cram, lecture notes taking on the appearance of an early experiment with color animation. Some utilize complex color codes to organize notes, while others 'highlight' every fact on every page creating a sea of yellow or green.

At 2:00 am Monday morning you always tell yourself that next time will different — you'll keep up with your studying and take your next exam well rested. However, in the back of your mind you know that you'll probably procrastinate and spend your Sunday nights, highlighter in hand, involved in yet another last minute CRAM.
If they ask us anything about survival rates and epidemiology I'll just have to take a HIT!

When test day rolls around, desperation sets in. After hours and hours of cramming you come to the conclusion that there should be a special hell for the guys who name drugs and microorganisms. Facts and figures race through your mind as you wonder what is in store on today's test. Giving your technicolor notes one last, quick glance you resign yourself to the task at hand.

"Multiple choice" sounds easy enough, at least the answers are there on the page. However, when instructors discover K-type, I-type, and other multiple multiple choice questions you suddenly realize that you have to know four or five facts just to correctly answer one question. F-type questions seem appropriately named. Computer grading simplifies the job of the faculty; however, it's as easy to imagine a trained, laboratory ape scoring as high on a pathology exam, filling in black dots probably with the same gestures and facial expression!

It would be great to be able to go to class and complete the assignments without having to worry about trick questions on a test. Graded tests may not be an exact measure of your learning ability, anyway. Most, however, would fall behind and probably not finish their assignments without the ultimate motivator—the test day.
For students and faculty alike, sweat proves to be the best way to shed pounds of stress. For example, on the basketball court in the campus gym, ten people sprint back and forth sweating stress droplets as they shoot for their goals, while upstairs fifteen to twenty aerobic dancers exercise to the beat of such artists as Talking Heads and Dire Straits. Weight lifting eases stress for some; but first, painful grins must be worn before the tension is released.

Some people prefer a racquetball game, which provides relaxation for two boxed-in players who skillfully smash the ball against the walls. Joggers find solitary relief from stress. These runners pace down endless pathways concentrating on breathing in fresh air, and breathing out anxiety. Also, on days when it becomes too hot to sweat off stress and inner turmoil, kicking off the shoes and tubin' down the James may prove to be the perfect relief.

Stress Sweaters
HOW MUCH CAN YOU STOMACH?

Joe's cheeseburgers, video games, and 'can-I-hep-you?' are inseparable. Also, any association of noon time and Skull and Bones means crowded booths and thick chocolate shakes. Amidst all the lectures and busy schedules it seems one develops favorite or routine places to eat while learning to make time for lunch, early dinner, or any other synonym for fueling the body. For some, home cooked meals concealed in modern Igloos or traditional brown paper bags are a regular. However, for others their stomachs are conditioned to fast foods and even addicted to foods labeled "instant" and "just add water". On some occasions one might seriously consider buying stock in the Macke Company after scavaging for coins to fill the vended machines. But all in all, Domino's, steventers, and Larrick aren't so bad. It seems that in the process of learning, one also learns to stomach everything.
on one side of the coin you have
PARTICIPATION

Why would anyone volunteer to organize a fraternity? Why would anyone assume the responsibilities of a student government office? If the person was in high school or college the reason would probably be clear since they would be trying to get ahead. They would put in the extra hours and effort in order to dazzle an admissions committee or to impress a group of friends. However, at this point, everyone stands out among the rest and recognition of accomplishment is well proven. Now the reason to devote free time to extra-curricular organizations are more deeply rooted. Some want to accent leadership qualities, to unite a class, and to meet new people. Many, while not committed to a specific position, volunteer to help whenever possible. These people devote their time and are rewarded with personal satisfaction for a job well done.
SGA Executive Council, left to right: Maria Bredologos — Yearbook Editor, Hamada Makharta — Yearbook Editor, Jon Williams — V.P. Social, Corydon Butler — President, Charles Thomas — Treasurer, Cheryl Emery — Secretary, Jim Reynolds — Yearbook Editor, Scott Allegretti — V.P. Parking.
on the other side of the coin you have APATHY

Who cares? Picture library newspapers in disarray, missing periodicals, trash next to the garbage cans, and poor turnouts at meetings and social functions. Picture APATHY. Maybe it’s a different value system or maybe it’s unintentional; however, feelings of apathy surface all around. It’s impossible to condemn any particular individuals since, as the academic year progresses, everyone gets overwhelmed by that ‘don’t give a damn’ feeling at one time or another. Since this epidemic has only temporary effects on most people the overall results aren’t unbearable. But after all, who cares?
There are many familiar faces on campus which you recognize and sometimes take for granted. Faithfully, everyday they make sure everything runs smoothly. Not many departments could function if it weren’t for the secretaries who organize papers and files containing trivial and important messages. Similarly, each school couldn’t function if it weren’t for the administrators which head everyone in the right direction. You may not know the names or titles of these diligent people but interestingly enough, you would be dismayed if a familiar glance didn’t appear in its usual place. It is hard to imagine the Larrick Center without Mr. Miller and his crew, and it just wouldn’t be the same to arrive at MCV and not see uniform security guards tack parking tickets on windshields. However, you must keep in mind that organization is the main objective of these behind the scene glances.
Cupid Warms Up A Winter Weekend

The MCV Winter Dance provided the opportunity to dance, dine, and simply have a good time. Seven hundred and fifty people attended the gala event which was held in the Marriott's elegant grand ballroom. Music was provided by the Waller Family and on this Valentine weekend Cupid was given another chance to release his bow.
Crazy Coping

Crazy! It's not completely uncommon to see someone toss their books aside opting for a rousing game of cards, or share the latest Tina Turner hit with their articulated skeleton. Paradoxically, in order to maintain sanity students often use craziness as one of their coping strategies. This paradox isn't restricted to MCV — people from Jersey probably act the way they do as a result of their hectic lifestyle. But here the everyday experience of lectures, practicals, exams, and clinical schedules is compounded by those hurdles that cause even the most stable person to act a little nuts.

Students may not be able to list the enzymes of the Kreb's cycle but they'll never forget their experiences with Richmond's rush-hour traffic. Richmond's rush-hour has an appearance similar to gasoline poured on an anthill — cars going in every direction at break-neck speeds, their intended destination unclear. The ubiquitous exact change, "money toss" toll booths truly give you the feeling of throwing your money away.

In addition students often go crazy when outside obligations intrude upon the daily experiences. A wife or husband, children, or a part-time job add complexity to an already hectic atmosphere. It's sometimes hard to imagine surviving the daily academic and clinical pressure only to go home to face the sobering responsibilities of raising a family, or punching the clock at work.

Even natural disasters elicit unusual responses. While the James River crested 19 feet above flood level, commuters from Southside struggled to cross the only bridge open to traffic, and those safe from the flood waters simply made light of the situation.

Coping with rush-hour, a family, a part-time job, or anything out of the ordinary brings out that little bit of crazy in everyone.
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Charles Stewart
Michael Stout
Paul Stubbs
Thomas Taylor

Charles Thomas
Karl Tylski, Ill
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Jon Williams, Jr.
Edward Windmiller
Chris Cios
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John Cranham
Kyle Curtis

Cris Dedmond
Bruce Deginder
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Kurt Obeck
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Dina Pearl
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Sally Harnel
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James Popp
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Edward Salzberg

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Judith Grossberg
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John Prince, Jr.
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Doug Reid
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Andrew Schutrumpf
Cara Siegal
Lewis Siegel
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Steve Smith
Anne Spaulding
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Cynthia Steichen
Douglas Stoltzfus
Michael Taylor

William Vollmar II
An Watlington
Susan Webber
Victor Wei
Peter Wilbanks

Steven Williams
Frederick Willison
Janine Wollis
Michael Witting
James Woo
“Now, this shouldn’t hurt at all.”
Lisa Kin
Donna Lawrence
Sarah Loflin
Jill Lubbs
Carla McClanahan

Bryan Meister
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Anne Mostrom (grad)
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Paula Norton
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126 Nursing 1987
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Patricia Hanula
Debra Henze
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Thomas Morris
Merle Motley

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Patricia Person
Marie Perucci
Anita Rhee-Moon
Kimberly Rice
Class Participation

Melanie Creasy
Sheryl Dahl
Jeffrey Dalton
Tamara Drory
Franklin Ewing III

Christie Fleetwood
Marlene George
Kenneth Gilliam
Jeffrey Hancock
Kathryn Harris
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We're investing in the future.
The road to success is a long and arduous journey. At times the barricades and pot holes appear to bring the journey to a screeching halt. Requirements, instructor approval, extramural rotations, and spring fever divert our attention from the ultimate goal of entering the health care professions. Often we're presented with only a piece or two of the puzzle — specific requirements, that don't make sense, lecture material that doesn't seem important. Often we think that the instructors should give us the real scoop — information we need for "real life" situations so the learning process could be easier. Then one day some of the pieces begin to fall together and we approach the task at hand with renewed vigor and interest.

Our curriculum offers no guarantees. We are simply given the green light as we pursue our goals in the everchanging world of health care — the green light on the road to success.
Disasters in the skies: Delta Airlines 737 crashed as it approached the runway in Dallas killing 137 people.

— Flames engulfed singer Ricky Nelson's private plane en route to a New Year's Eve engagement.

The nation watched in horror as the space shuttle Challenger exploded 72 seconds after take-off, killing all seven astronauts including Christa McAuliffe, a New England school teacher.

Disasters on the ground:

— Hurricane Gloria pounded the east coast bringing high winds but little damage to Richmond.

— A week of torrential rains resulted in the worst flood in history for western Virginia. The flood killed the James River to swell 19 feet above flood level, closing all but one bridge to traffic.

— An earthquake devastated Mexico killing 5,000 people and leaving 150,000 people homeless.

— Columbian volcano erupted, leaving more than 20,000 dead or missing in mud and ashes.

Political chaos:

— Violent rioting kept South Korea apart in the forefront of world concern.

— Ferdinand Marcos claimed victory in a controversial election, but was forced to flee the Philippines when the opposition rallied for his political foe Corazon Aquino.

Terrorism:

— TWA flight 847 with 152 passengers on board was diverted to Beirut by terrorists. The 17-day ordeal included the brutal murder of Navy diver Robert Stethem.

In an unprecedented event 4 PLO terrorists hijacked the Italian cruise ship Achille Lauro, forcing the ship to port in Egypt. On their flight to Lebanon the hijackers were hijacked by US Navy fighters who forced them to land.

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Tunes of the times.

We built this city.

What's coming? Who'll do it first?

Money for nothing

I don't know why you don't want me

When the going gets tough, the tough get going.

**Barricades**

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HOLLYWOOD COMES EAST FOR "DREAM WEST"

There's no doubting the success of a mini series on television. "Sins," "Harem," "North and South," and "Peter the Great" all provided a special treat for those able to tune in for several consecutive nights of viewing. The filming of "Dream West" at the Valentine Museum brought this Hollywood success to MCV. Through the use of artificial flowers and tree leaves, dirt, horses and carriages Clay Street was transformed into a tree-lined boulevard in Washington, DC in the 1840's. Students and faculty alike were able to view from the sidelines as Richard Chamberlain, Alice Krige, Fritz Weaver, Rip Torn, and F. Murray Abraham rehearsed and then taped their scenes. Some lucky students and faculty got into the act when they were selected to be extras during the filming.

When "Dream West" aired on CBS in the spring and received high television ratings students could see that the successful finished product was only possible after long hours of hard work. Even the most glamorous Hollywood film stars face long days and sleepless nights, challenges and hard work on their road to success.
Good luck on your Road to SUCCESS!
Success! This space is usually reserved for the editors to lament about the pains of publishing a yearbook — we dare to alter tradition.

A new format — theme pages! student life! body text! — a new challenge. We hope that the expanded coverage of Richmond, and student life will help you retrieve memories, both good and bad, in the years to come. Throughout the year we have been able to work with students from the various classes who otherwise we would not have had occasion to meet. To you we say thanks and best wishes for the future. We extend special thanks to Jim Miller, Larrick Center Manager, Robert Clifton, Dean of Student Affairs, and John Perry, Hunter Publishing Representative for their support and assistance. We would also like to thank our dental faculty for tolerating the shift in our time commitments during the year. Most of all we would like to thank our fellow D-88’s for the extra push that you have provided. As the administration has said, you truly are an incredible group of people!


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