

The Commonwealth Times

FREE

SGA senators walk out

*Read
Thursday's
issue!*

Commons

Phase 3



VCU University Student Commons Phase III
Virginia Commonwealth University

Architect: Clark Nexsen, P.C.
Contractor: Evans Construction, Inc.
Project start: Summer, 2002 Occupancy: Spring, 2004 Project budget: \$9,370,000

Completion planned for spring 2004

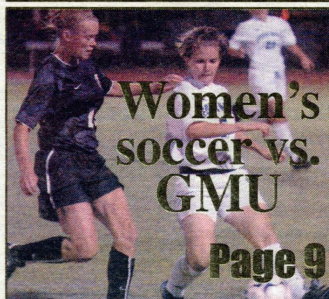
Page 3

News

Richmonders
debate
mayoral
election
proposal

Page 5

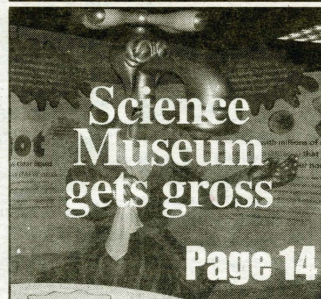
Sports



Women's
soccer vs.
GMU

Page 9

Spectrum



Science
Museum
gets gross

Page 14

OP/ED

Lisa Chun
unleashes her
wrath

Page 19

IN BRIEF

CALENDAR

OCT. 20 THROUGH 22

Monday, Oct. 20	Tuesday, Oct. 21	Wednesday, Oct. 22
<p>If midterms don't stress you out enough, go to the Scream Forest where nothing stands between you and the creatures of the night. This walking haunted adventure is set in a forest where you can scream as much as you want. Tickets are \$13, gates open at 7 p.m. For more information and discount coupons, visit www.ScreamForest.com or call (804) 752-6992.</p>	<p>Celebrate Richmond's revitalization at the courtyard of the Carolina and Consolidated buildings on 23rd and East Cary streets. Special guests are Mayor Rudolph McCollum and Lt. Gov. Timothy Kaine. Music will be provided by Emme St. James and food by Chez Foushee. The event is from 5 p.m. to 8 p.m., dress is business casual.</p>	<p>Richmond has decided to read a book. You should join them. The Go Read! project is putting together a dinner at the Fountain Bookstore for those who participate in reading this year's book selection, "The Things They Carried" set in the Vietnam War era. The dinner starts at 6 p.m., tickets are available. For more information, call (804) 788-1594.</p>

THE Commonwealth TIMES

ROOM 1149

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CAMPUS FORECAST



Monday
68/47



Tuesday
76/47



Wednesday
61/38



Thursday
60/40

Octogenarian knocks out rat

An 80-year-old woman is a heroine of sorts at a Belgian supermarket for aiding in the capture of a particularly sneaky rat. The rodent, which had eluded store employees' attempts at capture for nearly a month, apparently bit the shopper's hand while trying to steal her cheese. She grabbed the rat with her other hand and smacked it on the floor, rendering it unconscious.

Lip-sewing prisoners protest

Eleven jail inmates in El Rodeo, Venezuela, sewed their lips together last Monday in protest because they wanted to be transferred to another jail. By Thursday, eight of the 11 still had stitched mouths, but they could apparently eat and drink through the corners. The prisoners wanted to be transferred back to a prison they had been at until a riot broke out. Authorities said they had agreed to the prisoners' request.

Mexican evangelists pray for Marilyn Manson

Bible-equipped Mexican evangelical Christians prayed for Marilyn Manson's soul last week in Monterrey, Mexico, which is regarded as one of the country's most conservative cities. Nearly 100 people prayed and sang outside government buildings in the heart of the city, where a Manson concert is scheduled for Nov. 5. The City Council confirmed that the show would go on as planned despite a 3,000-signature petition given by the protestors. Manson is currently touring to support his

latest album, "The Golden Age of Grotesque."

Man world's oldest at 122?

Sek Yi, of Tuk Young, Cambodia, might be the world's oldest man. His relatives say he is 122, but all of his documents were destroyed in the 1970s by dictator Pol Pot's forces. Sek Yi and his wife Long Ouk, 108, said tobacco and prayer contributed to their long lives. The two have a dream of visiting Cambodia's world-famous Angkor Wat temples, which are nearly 800 years old. Guinness World Records said they cannot bestow the honor of being the world's oldest man on Sek Yi because his age cannot be verified. The record for world's oldest person is held by Kamato Hongo, a 116-year-old Japanese woman.

Used underwear imports banned

Tanzania, fearing that second-hand underwear might spread skin disease, has banned the imports of the used garments. Underpants, bras, stockings and undershirts are covered by a new law that regulates the examination of used clothing that enters the country. Imports of second-hand clothes are a significant part of the economy in Tanzania because many people cannot afford new clothing.

China plans world's tallest Ferris wheel

A 690-foot, \$100 million Ferris wheel is planned to soar over Beijing by the time the Olympic Games hit the city in 2008. The wheel will top both the London

Eye, currently the world's tallest Ferris wheel at 443 feet, and one Shanghai plans to build by 2010. Shanghai officials said their wheel could be as tall as 656 feet by 2005, but the China Daily reported it would only reach 557 feet. The Beijing wheel's sole investor is Global Investment & Banking, a Europe-based corporation.

Man paranoid of guinea pig

A California man was sentenced to 50 days in jail, three years probation and ordered to psychiatric and drug counseling after he killed and dissected a guinea pig for spying on him. The 35-year-old Benny Zavala, a methamphetamine addict, starved the animal to death before slicing it open. He told his neighbor that he believed the guinea pig had bar codes in its teeth and a camera in its head, which the government was using to spy on him.

Smallest German shepherd

Eight-week-old Kricket might be the smallest German shepherd in the world, measuring eight inches from the floor to his shoulder. His owners, Mary and Andy Higgins of Gorefield, near Wisbech, Cambridgeshire, claim that he will only grow one more inch. Kricket is less than a third of the size of typical German shepherds and suffers from a rare genetic disease.

Cover photo by Kent Brockwell.

Spectrum cover photo by Stephanie Dawson.

Sports cover photo by Pat Kane.

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NEWS

Commons' Phase 3 construction on schedule

MELISSA DANCE

Staff Writer

Construction on Phase 3 of the University Student Commons continues to proceed ahead of schedule, with completion expected by spring 2004.

Timothy Reed, director of University Student Commons and Activities, said efficient work placed construction ahead of the agenda, and the original plans have been followed with almost no changes.

"The only problem we encountered was heavy rain over the summer, which delayed the roofing work briefly," Reed said. "Other than that, everything has gone smoothly and according to the original project schedule."

The first completed project, a renovation of the Park Place Food Court, reopened August 2003, in time for the fall semester.

The Commons Cafe closed for renovations in August but will reopen January 2004 with a Subway restaurant, a coffee bar and an open dining area.

The Commons Theater, which originally had no seating, will be updated to include seats and a renovated sound system.

The final renovations scheduled include an updated Online@VCU, the Commons' computer store, as well as a relocated Information Center and new offices for the Commons' administrative staff, First Year Student Services and Services for Students with Disabilities.

Renovations aren't the only aspect of Phase 3.

A new addition, which will include a 4,000 square-foot ballroom entitled Richmond Salons to be used for conventions and student events, is in the process of construction as well.

"The Commons already has four smaller ballrooms on the second floor, which we plan to connect to Richmond Salons with a breezeway called James River Terrace," Reed said. "This area can accommodate four or five thousand people."

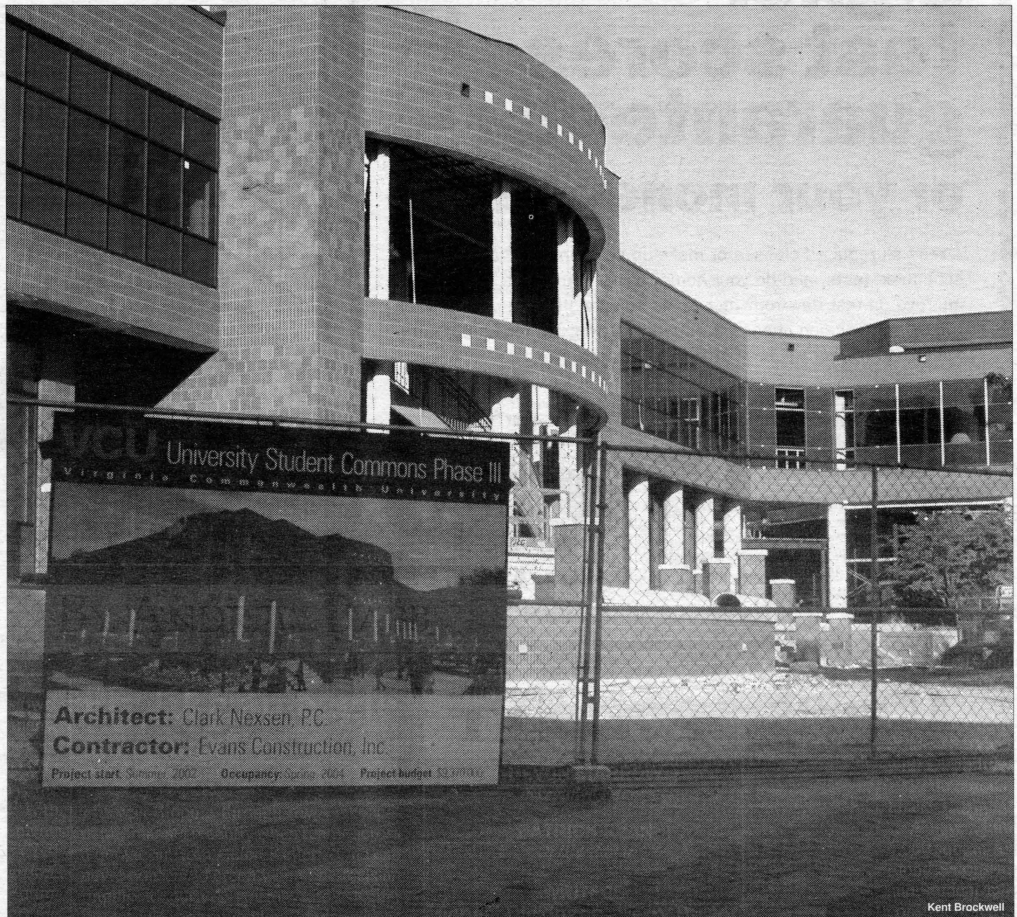
Reed said this is just one example of how expansion of the Commons will benefit the growing student population.

"The population for next year is expected to be 29,000 students," Reed said. "We can serve their needs better with more space, larger food service areas and more facilities to provide entertainment, activities and conferences."

A few students said expanding the Commons will have significant benefits in the future.

Samantha Marsh, director of university relations for the Student Government Association said, "I think the Commons expansion is a definite benefit to students with more room to utilize for social, academic and student life purposes. This includes the expansion of many integral of-fices that help students."

Similarly, Tiffany Kao, director of the



Kent Brockwell

Above and below: the University Student Commons under construction

SGA's student services committee, said the expansion will be a healthy benefit to student organizations.

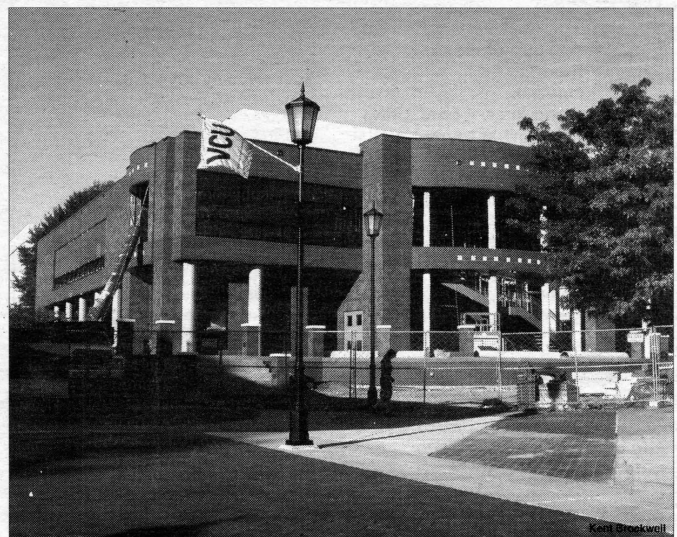
"We will no longer have to wait in line for an available time and space to hold our events," Kao said. "This will encourage more student activities to be hosted at the Commons."

Although expansion contains advantages, the construction might bring an inconvenience for some students.

Coley Stone, an information/office assistant in the Commons said, "The breezeway was closed last May, so now people have to go through the building to get across campus. It gets pretty crowded inside. Construction also makes it harder for me to work because it can be really noisy."

Likewise, Reed said he receives complaints from students about tight hallways and mobility problems.

"We're working to create a temporary tunnel outside for students to walk through during construction," Reed said. "This can be done when the mechanical work is complete, which should be in January."



Kent Brockwell

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NEWS

Richmonders debate mayoral selection proposal

TANJA ZLATKOVIC
News Co-Editor

Richmond voters and officials debated Thursday a proposed change on how to elect their mayor — a decision that, if made, would change their current form of government for the first time in 55 years. Under this new proposal city voters, not the nine city-district representatives, would elect the mayor.

James Sheffield, a former Richmond Circuit Court judge, along with Thomas Shields, assistant professor at the University of Richmond, argued in favor of the proposal.

"This proposal is a start, an effort to bring Richmond together," Sheffield said. "If you decide that you want the opportunity to vote on who the mayor of Richmond should be, then you opt for this kind of proposal. However, if you decide that you want five other people to vote for your mayor, you will oppose this proposal. I would like to choose my mayor."

The only responsibilities and powers

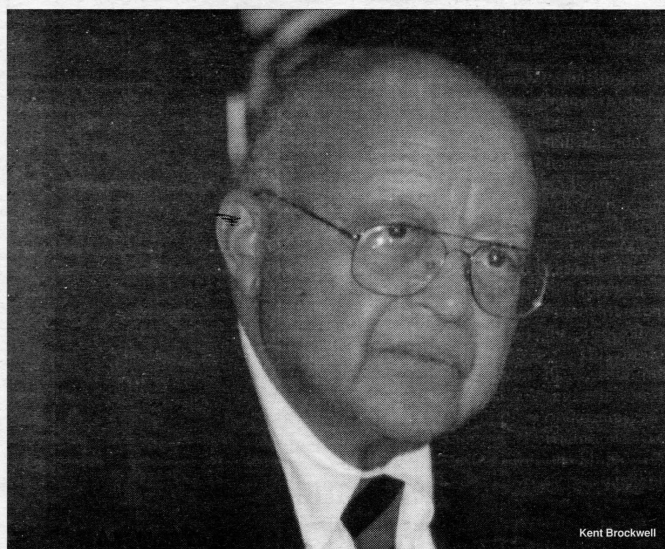
the Richmond mayor currently has are ceremonial, he said, adding that the city needs a stronger mayor.

The opposition to changing the mayoral election was led by Commonwealth's Attorney David Hicks and Earl McClenney, professor of public administration at Virginia State University. Hicks disagreed with Sheffield's statement that this proposal would give more powers to the mayor, adding that the mayor would not only be ceremonial but would not even have the duties of presiding over city council.

Additionally, he said, financing a campaign for an office that has limited powers would create a gateway for businesses to invest in the campaigns.

"Who in the world is going to spend the \$500,000 that is going to take to run for this office and has these limited powers?" he asked. "This proposal does not put power into the people, but into businesses. And that is not something democracy is about."

MAYOR continued to Page 7



Kent Brockwell

James Sheffield, who spoke in favor of the proposal

Kaine: 1-year jail sentence for DUI offenders' third conviction

MATT BUSSE
News Co-Editor

Lt. Gov. Tim Kaine proposed last week that Virginia mandate tougher penalties for repeat convictions of driving under the influence of drugs or alcohol, or DUI.



Lt. Gov. Kaine

Brian Shepard, chief of staff in the office of the lieutenant governor, said Kaine's proposal stipulates a one-year jail sentence for drivers convicted of their third DUI or those who refuse a breath test.

Currently, the penalty for a third DUI conviction within 10 years of the first is a minimum of 10 days jail time as well as a \$1,000 fine. If the third offense occurs within five years of the first, the sentence is 30 days in jail plus the \$1,000 fine.

Shepard said the proposal targets "hardcore repeat offenders" who often choose to refuse a breath test — thus losing their driver's license for one year — rather than face a third DUI conviction and spend 10 days in jail.

"If you refuse the test," Shepard said, "there might not be enough evidence to convict you of DUI, but we'll get you for refusal."

Pam Lepley, director of University News Services, said that between Sept. 10 and Oct. 10, VCU police made 147 DUI arrests in their "west jurisdiction" on and around the Academic Campus, and 47 in their "east jurisdiction," which includes the Medical Campus and surrounding areas.

Col. Willie Fuller, chief of VCU police, wrote in an e-mail to the Commonwealth Times that the university takes drug- and alcohol-related crime "very seriously."

"Globally, it is immaterial to me whether an impaired driver is a student or not, we will enforce the laws of the Commonwealth," he wrote.

Regardless of whether Kaine's proposal becomes law, VCU students convicted of DUI could potentially face additional penalties from the university.

Robert Clifton, dean of student affairs for the MCV campus, said that depending on where the conviction occurred and whether the driver posed a threat to others, he might talk to them and take one of several disciplinary actions.

"We don't govern off-campus behavior unless it's a distinct danger to the university," he said.

If the incident occurs on campus, Clifton said, those actions could include writing a letter of censure or putting the offender on probation for one year.

Goodman speaks on media, politicians

MELISSA LYNCH
Spectrum Editor

Pulitzer-Prize-winning columnist Ellen Goodman gave her view on the personal versus political aspects of media coverage Thursday at the University of Richmond.

She discussed how the media dealt with political figures from Franklin D. Roosevelt to Bill Clinton and Arnold Schwarzenegger.

When she began her career as a columnist 25 years ago, she said, politics, public affairs and business were in the front of newspapers while home, family and relationships were in the back.

"Journalism packaged and separated the world into these nice, neat little parts — into genders and into subjects," she said. "But men and women didn't stay put, and neither did life."

Goodman said she wanted to break barriers when it came to segregating private issues from public issues.

"I deliberately set out to write about life as we experience it," she said. "We are, after all, in fact, people who get up in the morning worrying about global warming and our weight, about terrorism and whether there are any clean socks in the drawer, and I always wanted to make the connections between private and public."

Media coverage of politicians has evolved from a clear distinction between their public and private lives to a blurring of that line, Goodman said.

She said that when Roosevelt was president, photographers refused to take pictures of him getting in and out of his wheelchair. They would surround him if a new photographer tried to take such a picture.

When John F. Kennedy was in office, reporters had a "gentlemen's agreement" not to tell the public about his affairs with

other women, she said.

The Gary Hart scandal, in which he was accused of adultery, changed the media's coverage of politicians, Goodman said.

"The media went through a period of soul-searching," she said.

Goodman discussed how the media covered Hart's private life as if the public had a right to know what he was doing behind closed doors.

Clinton's alleged adultery with Gennifer Flowers was a true breaking point between private and public coverage of political figures, Goodman said.

"Many of us in the media at that moment became more comfortable (with covering a politician's private life)," she said. "There was a sense at least that the American public was able to put the 'a-word' back into the alphabet soup of character."

Goodman questioned whether the media went too far with the coverage of the Monica Lewinsky scandal.

"The media didn't lose our capacity for making judgment (with Lewinsky) — we simply gave it up," she said.

The current Schwarzenegger scandal has pushed the boundary of media coverage even further, Goodman said.

"Now it's become harder and harder to figure out when writing about private behavior is a matter of serious character investigation and when it is an invasion of privacy," she said.

Goodman's speech was a part of the Weinstein Hall dedication ceremony and the Brown Alley lecture series at UR.

June Aprille, UR's provost and vice president for academic affairs, said she was thrilled with the turnout, the lecture and the new building being dedicated.

"This has been a wonderful day and a wonderful event for the university," she said. "We're all on cloud nine."

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NEWS

CT Hits the Streets

Q1: Have you heard about the Oct. 4 armed robberies in the Fan area?

Q2: Have you felt unsafe since then?

Q3: Have you taken any precautions?

TANJA ZLATKOVIC & MATT BUSSE

News Co-Editors



Olivia Connors, sophomore, fashion merchandising

Q1. Yeah.

Q2. I haven't felt a change.

Q3. Not really. I try to stay as safe I can, walking in groups at night. Nothing I didn't do before.



Melissa Miles, freshman, psychology

Q1. Yeah.

Q2. Yeah, especially since the university didn't tell us until people actually got robbed.

Q3. Traveling in numbers.



Laura Shapiro, freshman, undeclared

Q1. Yes.

Q2. No, not really.

Q3. Traveling in numbers and carrying Mace (pepper spray).



Monica Amin, sophomore, sociology

Q1. Yeah.

Q2. I don't live on campus, so it's not a problem to me now. But it is scary to get e-mails about stuff like that.

Q3. I walk with a crowd. I try to stay in the public eye, don't take back alleys. I know friends.



Michael Basham, junior, psychology

Q1. No.



Donald Hutchinson, senior, chemistry

Q1. Yeah, one of my buddies was the victim.

Q2. Absolutely.

Q3. I don't stick around after class, I just go home.

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MAYOR continued from Page 5

The Richmond Renaissance sponsored the forum, held at the Greater Richmond Convention Center, where about 200 people gathered to listen to the debate. Eugene Trani, president of VCU, and Del. Dwight Jones, D-Richmond, welcomed the audience and participants. Diane Walker, anchor for WWBT 12 and FOX 35, served as the moderator and set the ground rules for how the discussion would be held.

"As a journalist I will try to be fair," she said, adding that she was not interested in the outcome but in the dialogue that could lead to an ultimate decision.

To give the audience background on the issue, three speakers explained different aspects of the current form of government before the panel began.

Njeri Jackson, director of African-American studies at VCU, spoke on how Richmond arrived at the form of government it has today. John Moeser, professor of urban studies and planning at VCU, told the audience how the mayor is elected and presented his opinion on the proposed change. The third presentation was a read statement from Rep. Robert Scott, D-Va.

In closing, the panelists took questions from the audience as well as one another. City voters will make the ultimate decision on Nov. 4, when they will either switch to the new mayoral elections or leave it to Richmond's City Council to continue to appoint the mayor.

Crime Log

Oct. 8

Male arrested at W.E. Singleton Center for Performing Arts on Park Avenue for possession of an open container.

Oct. 9

Male arrested at McDonald's on East Marshall Street for being drunk in public.

Female student arrested at Rhoads Hall on West Franklin Street for possession of marijuana and possession of an identification of another.

Student arrested on West Franklin Street for disorderly conduct.

Do you like pumpkins?



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SPORTS

Upcoming Sports Events

Friday, Oct. 24

Women's soccer
vs. College of William & Mary, 7p.m.
Williamsburg, Va.

Field Hockey
vs. College of William & Mary, 7p.m.
Williamsburg, Va.

Men's soccer
vs. Hofstra University, 7:30p.m.
Hempstead, N.Y.

Hockey
vs. Mary Washington College
Fredericksburg, Va.

Saturday, Oct. 25

Rugby
Ed Lee Cup
Pole Green Park
Mechanicsville, Va.

Volleyball
vs. James Madison University, 7:30p.m.
Harrisonburg, Va.

Sunday, Oct. 26

Men's soccer
vs. Drexel University, 1p.m.
Philadelphia, Pa.

Women's soccer
vs. Old Dominion University, 1p.m.
Norfolk, Va.

Field Hockey
vs. Old Dominion University, 1p.m.
Cary Street Field

Rugby
Ed Lee Cup
Pole Green Park
Mechanicsville, Va.

For more information contact the VCU sports line: 828-7000. VCU sporting events are free to students with a valid student ID.

The Commonwealth Times is seeking sports writers for the upcoming baseball and basketball seasons. Please contact Tyler Cooper at coopertt@vcu.edu or Pat Kane at kanepm@vcu.edu for more information.

Women's soccer breaks 9-loss rivalry jinx

TYLER COOPER
Sports Editor

VCU's women's soccer team captured its second Colonial Athletic Association win of the season against George Mason University Saturday at Sports Backers Stadium.

The Rams shut out the Patriots 3-0, earning their first win after a nine-game losing streak against the rival CAA team.

The first half was scoreless and aggressive on both sides, with two yellow cards handed out to GMU's players. VCU outshot the Patriots 3-2 in the first half of game play.

It took VCU less than five minutes to break the deadlock once play resumed. Jen Parsons fed the ball to Genevieve Tremblay, who found the back of the net and moved VCU 1-0 ahead of GMU.

The Rams found another scoring opportunity at the 57th minute when Jen Parsons kicked a cross from the left baseline to the foot of Hedda Gardsjord, who beat GMU's netminder, Sarah Coughlin and upped the score 2-0 in favor of the Rams.

VCU maintained offensive pressure and it paid off when Jen Parsons rock-

eted past two GMU defensive players for a goal and a 3-0 safety net with less than 15 minutes remaining in the second half. The Patriots couldn't respond to the three-goal deficit.

The Rams took five shots-on-goal during the second half, while GMU attempted three. Chrissy Lloyd, VCU's goaltender, set a VCU record with her 14th career shut out, earning five saves. Jen Parsons tied a VCU record

after earning her 85th point for the season.

The Rams remain undefeated in CAA play after Saturday's win, moving their record to 2-0-3 for the season.

VCU plays the College of William & Mary on Oct. 24, their next stepping stone toward the CAA tournament beginning Nov. 4.

Four games remain until the end of the soccer season, the last to be played Nov. 1 at Towson University.



Jen Parsons (2) scored a goal and earned two assists during VCU's win against GMU.

SPORTS IN BRIEF

From news sources

Volleyball victorious against UNC Wilmington

A combination of a career high 59 assists from Liffi Sheppard and 21 kills from Laura Connell gave the Rams a 3-1 win over UNC Wilmington at the Alltel Pavilion at Siegel Center, Saturday evening during conference action.

Virginia Commonwealth came out strong in game one to win, 30-21. The Seahawks fought back in game two for the 33-31 victory. The Rams sealed the victory with wins in the last two games, 30-28 and 30-18.

Meghan Boyle tallied season-high 16 kills for VCU and hit a team high 481. The middle blocker also added five block assists towards the teams nine total blocks. Freshman Rachel Ross added another double-double to her books with 14 kills and 14 digs. Connell hit .362 and tallied her 13th double-double for the season (21 kills, 16 digs). Griselle Lopez Periera marked team

high 22 digs for the Rams.

The Rams improved to 9-15 overall and 2-5 in the Colonial Athletic Association, while the Seahawks fell to 5-14 overall and 1-6 in the conference.

Jansen nears record during 9-1 victory

Karlijn Jansen scored four goals and assisted on another as Virginia Commonwealth rolled to a 9-1 victory over St. Francis University in field hockey Friday night at Cary Street Field.

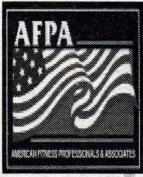
Junior Casey Smith finished with two goals and an assist for the Rams, who recorded their third consecutive victory and are now 8-6 on the season, while freshman Ashley Cadwallader had a goal and an assist in the win.

Jansen's four markers were just one short of a VCU record, while the Rams' nine goals were the program's most in a single game since the 1992 season.

Jansen opened the scoring with an unassisted goal less than 12 minutes into the contest, then set up Cadwallader's tally with 15:23 remaining before the half which put VCU up 2-0. After senior Nicole Sullivan scored off a feed from junior Madeia Mustafaa in the 30th minute, Jansen gave the Rams a four-goal cushion when she one-timed a pass from Smith with just 26 seconds left before intermission.

Smith registered her first goal of the night at the 24:18 mark of the second half to put VCU ahead by a 5-0 count, then Jansen scored twice more during a nine-minute span to extend the margin to seven points. Thirty seconds after Smith found the cage again on a penalty stroke with 10:51 left to play, senior Nikki Cappetta knocked home the Rams' final score after taking in a pass from sophomore Carly Driscoll.

St. Francis (0-13) spoiled the Rams' bid for a third consecutive shutout with 5:35 remaining in the contest on freshman Katie Grogan's first career goal.



Personal Trainer Workshop & Certification

Saturday— November 22, 2003 9am-6pm .7/7.0 CEC's

& Nutrition Consultant Workshop & Certification

Sunday— November 23, 2003 9am-6pm .7/7.0 CEC's

Where: VCU—Virginia Commonwealth University
Stuart C. Siegel Center—1200 West Broad Street, Richmond, VA
Contact Person: Dr. Eric West 804-827-0317

Cost: Personal Trainer Certification: \$189.00 (\$139.00 for CEC's only)
Nutrition Consultant Certification: \$189.00 (\$139.00 for CEC's only)
Both Days: \$349.00 for Certification; \$299.00 for CEC's only
Certification fee includes materials & exam.
PRE-REGISTRATION REQUIRED!

Personal Trainer Workshop/Certification

- Screening Details, Fitness Evaluation and Testing
- Training Programs & Exercise Guidelines for Your Clients
- Developing Cardio, Strength & Flexibility Programs
- Training Techniques for Function, Stability and Performance
- Special Populations Programs: Obese, Diabetics, etc...
- Common Training Errors & Misconceptions
- Resistance Training Techniques and Spotting Procedures
- Muscle Gain & Weight Loss Building Strategies
- Business Issues—Marketing, Networking, Liability
- Hands on Application Using Various Equipment

PT Exam Process: Exams for certification are distributed upon completion of the workshop, taken home & completed in a 60 day time period. Upon successful completion of your workshop and exam you will receive your credential and membership. Certification is valid for 2 years of which time you may choose to renew your certification.

Nutrition Consultant Workshop/Certification

- Understanding Physiological/Biochemical Pathways
- Absorption, Digestion & Utilization of Nutrients
- How The Foods We Eat Effect Our Body
- High Protein Diets—Truths & Myths
- Carbohydrates: Your High Octane Fuel
- Secrets for Permanent Fat Loss
- Supplementations: The Performance Edge
- How to Make Money as a Consultant
- Designing Nutritional Programs to Client Goals
- Nutrition/Lifestyle Modification & Disease Prevention

Nutrition Exam Process: Exams for certification are distributed upon completion of the workshop, taken home completed in a 60 day time period. Upon successful completion of your workshop and exam you will receive your credential and membership. Certification is valid for 2 years at which time you may choose to renew your certification.

AFPA is a Nationally recognized certification organization.

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 Location: _____ Date: _____
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By Fax: Complete registration & fax to AFPA at 1-609-978-7582
By Email: Email your request to attend this event via email to afpa@afpafitness.com
By Phone: Please call 1-609-978-7583 9am-5pm EST using AMX, VISA, MasterCard or Discover
 Name: _____
 Address: _____
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 Phone#: () _____ email address: _____
 Amt. Enclosed \$ _____ Form of Payment: _____ Check _____ Credit Card _____ Money Order
 Credit Card # _____ Exp. _____ Signature: _____

All certification materials mailed priority mail USPS. Registrations received less than 14 days prior to seminar date will be assessed a late fee of \$25.00. If you cannot attend this event, you will be issued a credit toward a future event good for one year. Sorry no refunds. AFPA reserves the right to reschedule seminars dates & times due to circumstances beyond their control. You must be 18 years or older to attend.



RECREATIONAL SPORTS FITNESS / WELLNESS PROGRAMS

Virginia Commonwealth University

DIVISION OF STUDENT AFFAIRS AND ENROLLMENT SERVICES
WWW.STUDENTS.VCU.EDU/RECSPORTS

Free Fitness & Wellness Workshops

October 2003

Stuart C. Siegel Center



Tuesday October 14, 2003

Yoga Intensive Part I, 4:00pm-5:00pm

Mark Interian will work on Sun Salutations and the Dancing Warrior sequence. Mark will also address how to bring more fluidity and grace into the sequences. The emphasis will be to float through the poses and transitions and remain present through the entire practice.

Thursday October 16, 2003

Strength Training for Women, Noon-1:00pm

Kim Brown will go over strength training exercises and fitness tips that females may use in their fitness programs.

Yoga Intensive Part II, 3:00pm-4:00pm

Mark Interian will open with Sun Salutations, then move the practice to the floor and focus on how to link floor poses in to up-dog and down-dog flow sequences.

Fitness Q & A, 5:30pm-6:30pm

Jake Glover will hand out cards to participants of the workshop so that they may ask any question they have related to fitness. Jake will answer the questions and give tips and suggestions on how to improve participants workouts and fitness levels.

Wednesday October 22, 2003

Dine Healthy Tutorial, 6:00pm-7:00pm

Ryan Ho will give a step-by-step tutorial on the Dine Healthy program, so that participants may get a detailed analysis of their diet and see whether they are meeting their nutritional needs.

Thursday October 30, 2003

Dine Healthy Tutorial, 5:00pm-6:00pm

Brandon Cox will give a step-by-step tutorial on the Dine Healthy program, so that participants may get a detailed analysis of their diet and see whether they are meeting their nutritional needs.

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Stuart C. Siegel Center

Cary Street Recreation Complex
 MCY Campus Recreation & Aquatics Center

Phone: 804.827.0317

Fax: 804.828.6031

VCU**Recreational Sports
Fitness/Wellness Program**

Virginia Commonwealth University

Division of Student Affairs & Enrollment Services
www.students.vcu.edu/recreports**Siegel Center Fitness Class Schedule****Fitness Class Schedule Fall 2003 Session I I****October 20-December 6, 2003**

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am				5 K Constantine Alexakos			
8:00am-9:00am			Wake-up Call Jake Glover	Spin Donald Scales		A. B. S. Donald Scales	
9:00am-10:00am		Stress Relief Yoga Lila Moore					
10:00am-11:00am							Total Body Step Heather Gagnon
11:00am-12:00pm					A. B. S. Eric West		Yoga Mark Interian
2:00pm-3:00pm	Basic Step Heather Gagnon		Stress Relief Yoga Lila Moore		Stress Relief Yoga Lila Moore		
3:00pm-4:00pm	Capoeira Meoleake Jones	Capoeira Meoleake Jones				Boxing Circuit Jake Glover	
4:00pm-5:00pm		Tai Chi/Taiji Jonathan Shear		Tai Chi/Taiji Jonathan Shear	Spin Cycle Reebok Greg Wittwer	Afro Cuban Dance Meoleake Jones	
5:00pm-6:00pm		Spin Cycle Reebok Greg Wittwer	Cardio Kickboxing w / Wave Masters Lynn Ball	Spin Cycle Reebok Greg Wittwer	Capoeira Jason Absher	Capoeira Meoleake Jones	
6:00pm-7:00pm		Spin Cycle Reebok Constantine Alexakos	Spin Cycle Reebok Eric West	Step Lynn Ball	Total Body Step Heather Gagnon	Yoga Mark Interian	
7:00pm-8:00pm		Intermed/Adv Step Heather Gagnon	Muscle Toning Kelley & Don	A. B. S. Eric & Jake	A. B. S. Donald Scales		
8:00pm-9:00pm		Hip Hop Suzanne Lynch	Sport Karate Berkley Driskill	Stress Relief Yoga Lila Moore		Classes are Subject to Change	

Suzanne

**Fitness Class Schedule Fall 2003 Session I I****October 20-December 6, 2003****MCV Campus Recreation & Aquatic Center**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:00am					Stress Relief Yoga Lila Moore
4:00pm-5:00pm					
5:00pm-6:00pm	Spin Cycle Reebok Elizabeth Herman		Spin Cycle Reebok Elizabeth Herman		
6:30pm-7:30pm	Water Exercise Kandi Knighthead		Water Exercise Kandi Knighthead		Water Exercise Kandi Knighthead
6:00pm-7:00pm	A.B.S. Jake Glover		Yoga Mark Interian		
7:00pm-8:00pm		Spin Cycle Reebok Greg Wittwer			
8:00pm-9:00pm				Sport Karate Berkley Driskill	

Fees (one price for unlimited attendance, including Water Fitness classes)**Fitness Passes (Academic Year, 7-week sessions)**

Students and members \$30

Non-members/Community \$60

Semester Pass (Includes both 7-week sessions)

Students and members \$50

Non-members/Community \$100

Summer (5-week sessions)

Students and members \$25

Non-members/Community \$40

Summer Pass (Includes both 5-week sessions)

Students and members \$30

Non-members/Community \$60

Cary Street Recreation Complex

TIME	Monday	Tuesday	Wednesday	Thursday
5:00pm-7:00pm		Classes are subject to Change		
8:00pm-9:00pm			Martial Arts Tricks Berkley Driskill	Capoeira Meoleake Jones

Payment method accepted by Cash or Check Only

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Recreational Sports, please contact Dr. Eric West, 804-827-0317.

**Passes are good
for ALL****Rec Sports Locations**

Spectrum



Tarantino is back with a vengeance

MATT BUSSE
News Co-Editor

"Kill Bill" is a film for people who hate film reviews. It is a movie for those who run screaming into the streets when they hear phrases like "uplifting, heartfelt drama" or "it will change your life." It is also one of the slickest, bloodiest and most fun movies ever made.

Quentin Tarantino's fourth film (following "Reservoir Dogs," "Pulp Fiction" and "Jackie Brown") is a darkly comedic and thoroughly enjoyable gorefest. Injected with heavy doses of style and that undefinable quality which separates that which is merely entertaining from that which epitomizes cool.

In this, the first of two parts (the full title is "Kill Bill: Vol. 1" — "Vol. 2" is scheduled for release in February), Uma Thurman plays a swordswoman whose name is spoken but

always bleeped out. On her wedding day, she, her husband, her unborn child and the rest of the wedding party are brutally slaughtered by members of the Deadly Viper Assassination Squad, led by the mysterious and icily-calm Bill.

But the Squad made a mistake. She lives, albeit in a coma for four years, and when she wakes there is nothing to do but seek revenge of the most ruthless sort. The plot never grows much more complex, except for explaining the history between some of the characters. A detailed storyline is not what this film is aiming for (nor should any revenge movie aim for). It is simple and straightforward and it succeeds largely because of that.

Although Thurman is excellent in her role, "Kill Bill" really belongs to Lucy Liu, who plays O-Ren Ishii, a half-Chinese, half-Japanese American who breaks away from Bill's gang to form her own and

eventually leads the Yakuza crime ring in Tokyo. "Kill Bill" is similar to Mel Gibson's revenge-action flick "Payback" in that Liu simply steals every scene she's in. The scene where she meets with the Yakuza council is the best in the entire film and Thurman is nowhere to be found in it.

Vivica A. Fox is decent as Vernita Green, but her role is overshadowed by the stronger presences in the movie.

Tarantino's flourishes further support the theory that the word "Tarantinoesque" will soon enter mainstream vocabulary if it hasn't already. These would seem silly if handled by anyone besides him. His use of unusual techniques, including comic-book-style animation to explain a back story and black-and-white cinematography in the middle of a stunning fight scene, would seem like fresh-out-of-film-school pseudo-artistic tripe coming from another director.

In addition, his numerous references to

films of the past, while often tongue-in-cheek, are respectful, not mocking, and as such his admiration for the movies he pays homage to shines throughout.

The sometimes bass-heavy score by the RZA as well as the violently loud fight scenes require a quality theater for full enjoyment, but fortunately "Kill Bill" is well worth a premium-price ticket. Whether you're a die-hard Tarantino fan or simply in the mood for a top-notch film, "Kill Bill" will more than quench your thirst for fun and leave you eagerly anticipating its sequel.

Kill Bill: Vol. 1
Rated R – strong, bloody
violence, language,
some sexual content
★★★★★ (out of five)

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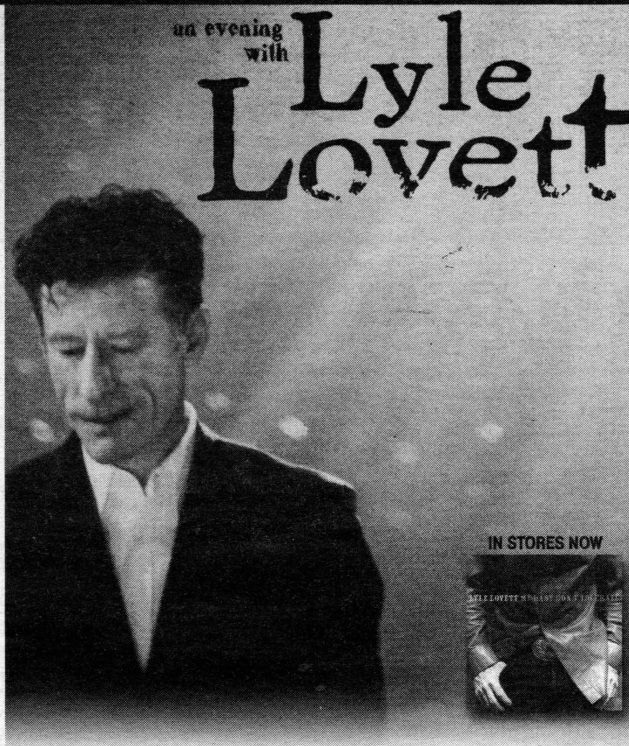


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character and
his phrasing in
impeccable.

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Spectrum

"Real World" star discusses sexuality issues

D. J. JOVE

Spectrum Writer

The University of Richmond's Women Involved in Living and Learning (WILL) Speaker Series Program was host to one of the gay community's most famous advocates, Danny Roberts, formerly of MTV's "The Real World New Orleans."

Roberts' discussion, "Real World, Real Life, Real Issues," included his own stories on revealing his sexuality to his family and friends, his life pre-and-post "Real World," and his life now as an openly gay man and role model.

"I think my story is very typical, very common," Roberts said. "I believe a lot of people go through the same story and that many people can relate to it. That's the reason I share my stories."

"The Real World's" portrayal of 26-year-old Roberts gave new meaning to defining gay men. His appearance on the show put gays in a positive light that opened a door for the gay community to address such issues as homosexual marriage, adoption rights for gays and gays in the military. Named "The Accidental Advocate" for the positive impact his appearance on "The Real World" left with viewers, Roberts has become a voice for the gay community.

Small Beginnings

Growing up in a small town, Roberts always had the feeling something was different about him.

"I thought it was because I enjoyed playing tennis," Roberts said. "No one from a small town plays tennis. I was hoping that's what it was."

This was clearly not the case, as most of us became familiar with Roberts and his story while watching him on "The Real World." Though his story isn't what one might assume to be.

"Gays were one group of people I wanted nothing to do with," Roberts said. "Coming from that small town, every negative stereotype was enforced about them."

It was at the University of Georgia where Roberts would learn who he really was.

"When I got to college I was young and naive. I thought I knew everything about life I already needed to know," Roberts said.

Lesson Learned

As Roberts arrived at college with his pre-conceived notion of "not wanting anything to do with gays," he was ready for anything else life would bring his way.

"I wanted to experience everything the world had to offer," Roberts said. "I wanted to be surrounded by hordes of random people, but gays were still one group too close for comfort."

In his first year of college Roberts would not find himself surrounded by hordes of random people, but by another young man with something all too much in common.

"His name was Andy. We went from hanging out and playing basketball to a full-on relationship," Roberts said. "You know how that sport is, there's butt-slapping involved."

Roberts' new-found relationship came all too soon with a price. Realizing a gay relationship was something he couldn't deal with, he broke it off.

"I sat him down and told him I cared about him, but there's no way I'm going to have this in my life, this isn't who I am," Roberts said. "The relationship came at the wrong time of my life. I was 19 or 20, and being that young, a serious relationship was something I didn't want. Especially a gay relationship."

As Roberts continued his college career, he discovered being gay was something he couldn't run from.

"From that point on I said it was just a phase and I'm moving on with my life," Roberts said. "I eventually got it into my mind that it was a 'college' phase and that I was in control of it. When I graduate I'm going to magically turn off this phase and move on."

While finishing up his college career, Roberts would cross paths with some people who would change his perception about homosexuality.

"I met some guys who seemed normal as normal can be," Roberts said. "They were at the same point I was at with my life, but some of them were married and had families, and they were definitely gay."

Realizing living with a lie was not the way to go, Roberts made a decision to come to terms with himself.

"These guys were miserable," Roberts said. "They were living a lifestyle society told them was OK to live, but it wasn't a lifestyle for them. At that point I decided there was no way in hell I was going to live my life being completely miserable. I was going to have to deal with being gay if I was going to be happy with my life."

Still unclear about what he was going to do with his life upon graduation, Roberts' decision to accept his sexuality was one of the only things that made sense to him.

"Unfortunately, my sexuality was about the only thing I learned in college," Roberts said.

The Catalyst

After graduating in '99, Roberts would stumble upon the opportunity that would truly start his life.

"I discovered 'The Real World' was in town having tryouts," Roberts said. "I thought, this sounds like a good vacation. Sign me up."

Now living in Atlanta, Roberts went through an extensive three-month casting

process for the show. Right before Christmas he was thrown a catch.

"I was told I was picked for the show, but the producers wanted me to come out to my family first," Roberts said. "It's twice as tough because you only have one family."

Imagining the worst-case scenario of being disowned, Roberts still wanted to tell his family.

"I was 22 then, and I was dying to tell them," Roberts said. "I had a child-adult relationship with my parents because I was always lying to them. We couldn't progress the relationship any further until I was honest with them."

For Roberts, telling his parents was one of the scariest things in his life, however it made his relationship with them better.

"Being cast on the show was a blessing in disguise because I was forced to tell them," Roberts said.

The World

"I didn't think my life could get any more complicated after telling my family and friends," Roberts said.

Before he left to start filming "The Real World," Roberts met Paul. Paul was a man Roberts started a relationship with before moving to New Orleans.

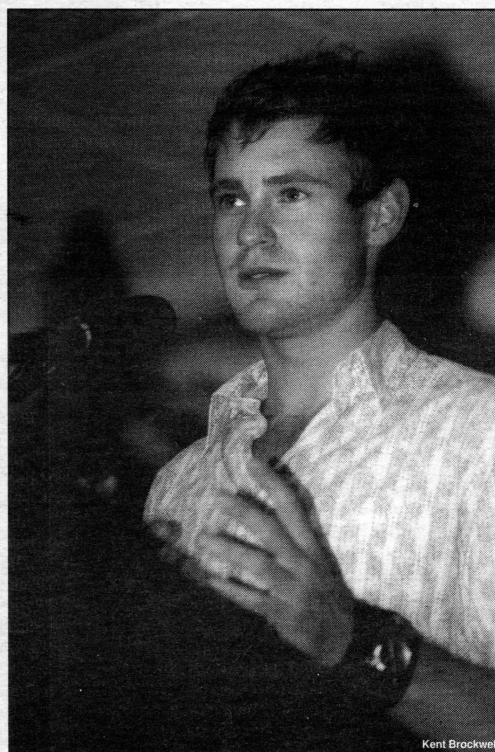
"He came to visit me on the show, but wanted nothing to do with himself being on it," Roberts said.

Because Paul was in the military, the producers kept his identity a secret by blurring out his face. The storyline of Roberts and Paul on "The Real World" opened the door to address the issue of gays in the military.

"The issue with gays in the military is discriminatory as hell," Roberts said. "It says a gay relationship isn't worthy of being addressed but a heterosexual relationship is something we all want to hear about."

Today Roberts and Paul are still a couple. Paul left the military two years after Roberts finished "The Real World."

"Our lives weren't meshing," Roberts said. "We couldn't even go out in public



Danny Roberts

together. At the risk of being seen together, we became prisoners in our own home. Paul leaving the military made our lives so much easier."

Keeping it Real

"I never had any role models growing up," Roberts said. "I think that's why so many young gay people adopt a stereotypical gay identity. They don't have a way of identifying themselves other than with what's been put out there."

As Roberts continues to tour colleges throughout the nation, he believes what he does can help put gays in a positive light, he said.

"I like to think of it as P.R. for gays," Roberts said. "Being able to be a voice for the gay crowd can be tiring, but it's worth it when I get positive feedback for myself and the gay community."

Nowadays, mainstream media has found a way to incorporate gays into entertainment. Although none of them can compare to the impact Roberts left with "The Real World," it's easier to believe the world is slowly embracing the gay culture.

"I don't believe 'Queer Eye for the Straight Guy' puts gays in the best light," Roberts said, "but I love watching that trash."

Spectrum

Grossology: A sickening science

STEPHANIE DAWSON
Spectrum Writer

"Sometimes it's smelly, sometimes it's crusty, and sometimes it's slimy, but hey, it's your body," is the slogan for Grossology, which is now showing at the Science Museum of Virginia.

Based on a book written by Sylvia Branzei and illustrated by Jack Keely, Grossology is a great program that many will enjoy. From snot to burps, barf and even scabs and pimples, it is sure to test your tolerance for all things grotesque. However, don't come on a full stomach.

The audience is first escorted into the adjacent IMAX dome for a short film showing the up-close and personal things that go on in a human body throughout a single day. The film includes scenes from the inside of your intestines to the inside of a human heart.

For the rest of Grossology, the guests are brought to the basement of the museum for the Grossology exhibit. Here people of all ages can experience gross bodily functions first hand.

Some of those exhibits include: a larger than life sized nose, which the nostrils are big enough to walk in and take a look around, Nigel the giant snot faucet with a cold, a interactive game called "Urine" the game where players can act like kidneys and choose the bad particles to go to the bladder or choose the good particles to stay in the body, a giant skin climbing wall where guests climb a wall covered in pimples, scabs, and wounds, a burp man where players can pump soda from a huge man's mouth to his stomach to get him to burp, plus many, many more gross experiences.

Grossology is fun for every member of the family.



The burp man awaits at the Science Museum.

Happenings

Monday, Oct. 20

Daphne Gottlieb reads from her latest book "Final Girl" at Chop Suey Books at 7:30 p.m. While there, check out "Conditional Love," a series of new paintings by Cortne Lanier on display until Nov. 10. 1317 W. Cary St. 497-4705.

Club Boss hosts Enon, I Am The World Trade Center, Irving and The Holy Ghost starting at 8 p.m. Admission is free to VCU students, \$8 for others. 534 N. Harrison St. 353-9670.

Dixie Witch comes to Alley Katz at 10 p.m. 10 Walnut Alley. 643-2816.

Tuesday, Oct. 21

Drag Bingo with Barbie Q features prizes, a "50/50 Raffle" benefiting the Fan Free Clinic and, of course, bingo. 9 p.m. at the Cosmopolitan. 3156 W. Cary St. 355-5527.

Ballet Nacional de Cuba performs scenes from classical ballet at the University of Richmond's Jepson Hall. The show starts at 7:30 p.m. and is \$28 for adults. 287-6627.

Poets, singers and songwriters can ply their trades Tuesdays at Tropical Soul Café's open-mic night. Come in at 8 p.m. and bring \$5. 314 N. 2nd St. 771-1605.

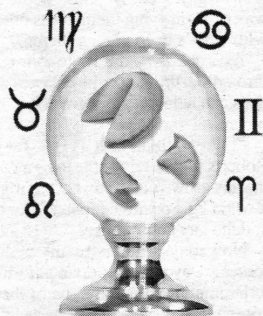
Wednesday, Oct. 22

Stop the Violence: Face the Music is an outreach program to youth and young adults featuring gospel artists Tonex, Lisa McClendon, Percy Bady, Byron Cage, Debra Killing and Virtue. It's free and starts at 7 p.m. at St. Paul's Baptist Church.

Bogart's hosts Terry Murphy Band at 9 p.m. Admission is \$5. 203 N. Lombardy St. 353-9280.

Got something going on? Have the inside track on some hot info? E-mail Melissa at lynchmd@vcu.edu

Zodiac Cookies



Zodiac Cookies

Libra: The world won't come crashing down if you don't work yourself into a full-body cast. Take it easy.

Scorpio: You are truly blessed in the sense that sometime this week, a little sprinkle of water will probably hit your forehead. Perhaps you'll sneeze somewhere near a polite person.

Sagittarius: The sun is moving toward your house. At least I think so, it's hard to tell with all those clouds out.

Capricorn: Being the envy of all your friends can be as easy as staying out of trouble or, in this season, staying cold-free.

Aquarius: The world is more complicated than any one person may know. Don't feel so bad if you missed one or two things along the way.

Pisces: You're only half as amusing as you think you are, so start thinking of yourself as four times more amusing. You'll then be twice as amusing as you thought you were.

Aries: Someone cares about you: they pointed out your fortune was missing in a past issue of the paper.

Taurus: Your wit is sharp. Be careful you don't draw blood while cutting someone down.

Gemini: You look confident and ahead of the curve. If you're not, keeping this appearance isn't encouraging others to offer help.

Cancer: Make a minor change and see what difference it makes. If everyone gushes about how great it is you won't know if it's good, but at least you have polite and attentive friends.

Leo: Gazpacho is a dish best served cold.

Virgo: Your focus on the negative is fine if there's anything you can do to improve it. If not, quit bringing everybody down.

Spectrum

Richmond lacks WB affiliate, NBC picks up programming slack

D. J. JOVE
Spectrum Writer

With the start of the new fall television season, many wait in anticipation wanting to watch new episodes of their favorite shows.

As many students moved to the Richmond area to start a new school year, they've been left wondering: "What channel is the WB on?"

The Warner Bros. Television Network, which airs popular shows like "Charmed," "Smallville," and the cult-followed "Buffy the Vampire Slayer" and its spin-off "Angel," doesn't have a network affiliate in the Richmond area; this leaves fans of the network wondering whether they'll be able to watch their favorite WB shows or catch the premieres of new shows.

"Some of my favorite shows are on the WB," said Travis Surley, a junior accustomed to watching the WB at home. "Now I have to resort to finding something else to watch. It really

sucks not being able to look forward to my favorite shows coming on."

Though the WB is not carried in Richmond, NBC-12 (WWBT) gives

Richmond viewers the opportunity to catch their favorite WB shows.

"We understand the distress of not being able to watch a favorite television program," said an NBC-12 programming affiliate. "The WB carries many of America's popular shows, especially favorites among college students."

NBC-12 tapes programs from the WB and airs them at a later time.

Unfortunately, it isn't at the most convenient times — especially for college students. NBC-12 airs WB shows at 2:30 a.m. The reason is that NBC-12 has a commitment to air its regular NBC programming and has to stick to its schedule.

The time slot of 2:30 a.m. is most convenient to the regular NBC schedule to air WB shows.

"Even though the shows aren't aired at the most convenient of times, it gives viewers the option of programming their VCRs to tape the shows," said an NBC-12 affiliate. "Just remember to start your VCRs timer a little earlier than 2:30 a.m., and let it run past 3:30 a.m. to make sure you catch the ending of the show."



Photo illustration: Candice Anderson

The WB schedule on NBC12:

Tuesday:
2:30 a.m. "Gilmore Girls"

Wednesday:
2:30 a.m. "7th Heaven"

Thursday:
2:30 a.m. "One Tree Hill"

Friday:
2:30 a.m. "Angel"

Saturday:
2:30 a.m. "Charmed"

Sunday:
1:00 a.m. "Smallville"
2:00 a.m. "Everwood"
3:00 a.m. "Tarzan"
4:00 a.m. "Steve Harvey's Big Time"
4:30 a.m. "Jamie Kennedy Experiment"
5:00 a.m. "Run of the House"

All-star cast pumps up 'Temptations' soundtrack

RESHMA SIDDIK
Spectrum Writer

Now, we all know that Beyonce Knowles makes hit music. She's got an incredible voice that pulls you in and the drum shaking to match.

Not only that, but she's trying to get into acting as well. I'm sure you have all heard of her latest film, "The Fighting Temptations."

With a team of people like Missy Elliott, Montell Jordan, Faith Evans and P. Diddy, you can't go wrong. And sure enough, the soundtrack is pretty impressive.

The music is great, a mix of some hip-hop beats, some gospel and some rhythm and blues. Each track has the power to move you, either to get up and dance or just chill and nod along. And yes, everyone's performance was great.

Angie Stone, who did a couple of tracks on the album, delivered like a true diva, but I didn't expect anything less. It was a nice surprise to see MCLyte on the album, though she is only there for part of a song. Could she make a comeback? I'd support it.

One particularly interesting song on this album is "Don't Fight the Feeling." It reminds me of the song "Baby Boy,"

with Beyonce and Sean Paul, only instead of them it was Solange and Papa Reu. But don't be fooled, it is a great song. Solange has a beautifully sweet voice, and Papa Reu knows how to flow. The two of them together on a nice exotic beat was very enjoyable.

Another interesting duet (not featured in the movie) is with Beyonce and P. Diddy, singing about falling in love in the summertime. Since Beyonce has worked with so many people in the industry, it shouldn't be too shocking, just inevitable. And of course, Beyonce is amazing on this soundtrack, as she always is.

This is a great soundtrack. It's great for parties, to blast in your car or to wind down to. There's a little something for every mood. Boasting a combination of superstar vocalists and awesome music, this CD will be a great addition to your collection.

The Fighting Temptations Soundtrack

★★★★ (out of five)



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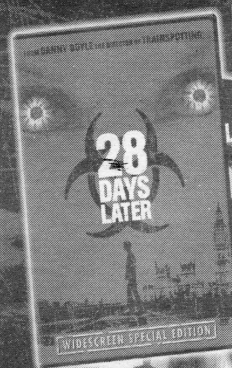
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Spectrum

Upscale mall earns high style points

RESHMA SIDDIK
Spectrum Writer

Richmonders can no longer shudder when they think about shopping. Thanks to the opening of Short Pump Town Center and the new Stony Point Fashion Park traveling far in search of a pleasant shopping experience is a thing of the past.

So why is it called Stony Point "Fashion Park?" Well, the name says it all. This mall is outdoors, structured much like a town park. Walking through the mall feels like you're taking a stroll in the park — a park with a lot of shops.

It has benches, greenery and even a fountain. The customer service center gives out umbrellas for rainy days, so if you thought the weather might keep you from coming here, think again.

The store selection is upscale, with Saks Fifth Avenue as the main attraction. Other stores include Banana Republic, Wilsons Leather, Brooks Brothers, Charlotte Russe, Louis Vuitton, Betsey Johnson, The Body Shop, Victoria's Secret and White House/Black Market. The last time I saw a White House/Black Market was in Miami. This store is very stylish, selling only white and black clothing.

There's also Gap, PacSun and Skechers USA. I was a little disappointed that there was no Steve Madden, but Skechers makes up for it.

While you're promenading through this lovely shopping center, you can stop by Baskin-Robbins or Haagen Dazs for some ice cream, or you can hit up Mr. Smoothie, which will be coming soon. Starbucks Coffee Company is also available for your empowering caffeine rush.

Hungry? Sorry, there's no food court; the absence of a food court upholds this mall's fine image. There are, however, plenty of nice restaurants to choose from, including P.F. Chang's China Bistro, Brio Tuscan Grille and Chipotle Mexican Grill. Copeland's Cheesecake Bistro, which is a restaurant, bakery and bar, will be coming soon. If you want more time to shop and less time to eat, Subway is available to cater to your fast-paced needs.

This shopping center

may not be extremely big, but it has all the shopping categories covered: apparel, beauty and health, electronics, home furnishings, jewelry and shoes.

They didn't even leave out the Build-A-Bear Workshop! There is also a pen specialty store, Paradise Pen Company. The most amusing thing I saw here was an ivory pen priced at over \$1000. This mall also has a beauty salon so women can get their nails done, and my favorite was the MAC store — not counter, but store.

I found Sur La Table to be a very nice

kitchen shop, especially since they offer culinary classes. If you are interested in cooking, head on over for classes on food and wine pairing, pastries, throwing dinner parties and other fun stuff.

One thing I really enjoyed about this mall was the great service. You walk into a store and receive a warm greeting and lots of help — not pressure, but help. The personnel were more likeable than the customers.

On a Friday afternoon, the mall was pretty busy and customers weren't very friendly.

One fun thing about this mall is that it's dog-friendly, so dogs will be scampering around as you shop.

All in all, this mall is beautiful, fun, pleasant, friendly and different. I can't wait to go back myself! I am very happy that we can finally have a good time shopping in Richmond.

**WHILE
You Were Out**

WWE SmackDown!

Kurt Angle mimics John Cena with the assistance of a midjet dressed as Angle. When Cena arrives to complain, the midjet sneaks behind him and punches him in the groin.

Chris Benoit vs. Doug Basham: Benoit makes Basham submit. After the match A-Train and Benoit fight.

Stephanie McMahon, barred from the arena, said in a prerecorded interview that she loves her father, but does not like him and she never thought they would physically fight as they will at No Mercy.

Jamie Noble vs. Tajiri: Tajiri spits poison mist into Nidia's eyes. After the match Brock Lesnar attacks Noble.

Vince McMahon says that since he loves his daughter Stephanie, he will hurt her.

Eddie Guerrero vs. Rhyno: Guerrero hits Rhyno with a title belt and pins him. After the match the Big Show attacks Guerrero and uses a pipe to dent Guerrero's truck.

Rey Mysterio vs. Johnny Stamboli: Mysterio wins by pin.

The Undertaker explains the rules of a biker chain match: the chain is suspended above the ring. Whoever gets to it first can use it. Lesnar attacks the Undertaker. They fight to the ring and the Undertaker gives Lesnar a Chokeslam.



Saks Fifth Avenue anchors new mall.

Melissa Lynch

OP/ED

Letter to the editor

On Sept. 15, I picked up The Commonwealth Times newspaper. The paper contained an editorial cartoon titled "Proud Black Men." The cartoon clearly states that it is about two black men. Not only does the title prove this, but the two men in the cartoon are displayed to be black men. The cartoon exhibits that these two men are laughing at first-year students that eat in the dining hall on campus. By the end of the laughter, the two men are sad. One makes a comment, "How bout' ketchup and water for dinner tonight?" and the other responds, "Sounds good."

Initially, it would have been funny as it is intended to be. My intentions were to leave the situation alone. But I could not do this. On Sept. 25 another editorial cartoon titled "Proud Black Men" was included in The Commonwealth Times. This published cartoon made it completely clear to me that the author, Chris Powell, probably did not know how his cartoon could affect people. Once again, it is two black men and they are describing that for now on it's proud black men, they are not kids anymore, ignorance is behind them, and they seek knowledge to destroy stereotypes infesting their culture. They look at each other at the end and one says, "How do we do that?" The other responds, "I don't know. That was as far as I got."

Today, we face a renewed effort as the forces of racism and retrogression in America are again on the rise. Many of the civil rights gains of the past three decades are under assault. I think to myself and wonder if the author intended to abruptly put the African-American race down. The first cartoon makes me think, can black men not afford anything other than ketchup and water? Are they proud to be black and too proud to eat at the dining facility? The second made me wonder if black men are too proud to destroy stereotypes and not be ignorant. If you look closely at the second editorial, there is a misspelled word. The word should be "we're" not "were". Is the black man too proud to educate himself? I believe that this author would answer yes to all of the questions that I have asked.

I am a part of a family that has a multicultural background including a lot of history. The majority of my ancestry included African Americans and others include Native Americans, Asian Americans and Hispanic Americans. I take pride in many things when it comes to my minority race because the race was long and hard and the struggle continues today.

When I think of my African-American culture, I begin to think back as far as the 1600s. If memory serves me correct, 1619

was the year Africans arrived in Jamestown. This promoted, what is known to many, slavery. The system of American slavery was completely established around the 17th century. Many facts such as slavery, the Emancipation Proclamation, the 13th Amendment, The Civil Rights Movement, The Civil Rights Act of 1865, The Civil Rights Act of 1875, Plessy v. Ferguson, Brown v. Board of Education, The Voting Rights Act and organizations such as the Ku Klux Klan (KKK) and the National Association for the Advancement of Colored People (NAACP), reminds me of what my ancestors and cultural has done for me. Once again I state, I take pride in this knowledge and will do anything in my power to persevere that all men and women are created equally.

These editorials should be a wake up call to the African-American culture. This should be a reason to continue to obliterate ignorant writers that believe that the African-American culture is not capable of continuing doing what we have been accomplishing for decades. I did not find the cartoons funny because they are putting down the African-American race and culture and I do not support anyone that has the audacity to do this type of action. History tells us that the African-American race has accomplished many things, and I assume that this writer is not aware of this.

Tiffany Townsend

ELECT HIM ONCE -
SHAME ON HIM!!

ELECT HIM TWICE -
SHAME ON YOU!!!

ANDREW BABB '03



PRESIDENT BUSH

BY ANDREW BABB

Fly like an eagle

TERRY BURTON
Op/Ed Writer

I was flipping through my VCU academic planner recently when I came across a quotation from Helen Keller: "One can never consent to creep when one feels an impulse to soar." As you may know, Keller is famous for tremendous undertakings despite being left both blind and deaf by a childhood illness. What may be less known is that even before young Keller met the teacher who would open the world to her, Anne Sullivan, she was able to identify others by touch and could make her desires known to her family despite limited communication skills. With Sullivan's help, she became able to communicate more clearly, attend college and even publish a book about her life and experiences being deaf and blind.

At this point, I'm sure you're wondering why I've provided this brief bit of biographical information on Keller. I feel she is a shining example of the true spirit of Americans. Readers of The Commonwealth Times might recall an article this past Monday, Oct. 13, about the "lazy American", extolling mediocrity and suggesting that the future of the country is best left to the "3.5-4.0 GPA crowd".

While I'm fully aware that this was probably written with tongue firmly in cheek, I cannot agree with my colleague,

EAGLE, continued to page 19

THE Commonwealth TIMES

DEVON MARROW
Executive Editor

PATRICK RYAN
Op/Ed Editor

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OP/ED

Filled with hate and proud of it

LISA CHUN

Op/Ed Writer

I will usually write well-organized and focused articles but sometimes I won't. This is one of those times when I won't. Now please enjoy some random complaints.

I hate our "well-rounded" education system, which is so screwed up that it makes students take the most undesirable and unnecessary classes. I want to either be a history or English major, so screw math. It shouldn't be that engineering majors have to take history, biology majors shouldn't have to take an art course and dance majors shouldn't have to take English. I hope you get the idea. See, we students are forced to take courses so irrelevant to our lives because we should be "well-rounded" and "we should learn more".

Well, there is nothing wrong with that except many students don't want to. College is not so much of a great educational experience as it is a way for us to earn our piece of paper that will get us a job so we can keep ourselves well fed and alive. So when our system of education forces its pretentious bull down our throats "for our own sake," I would like to give it the finger on behalf of all of us who appreciate common sense.

I hate the little, moronic, inbred maggots of Johnson Hall that have no sense of sanity

and decency. Most people in Johnson Hall are nice but the ones that aren't (and there are plenty of them) are evil, lowly, filthy mutations. In case they're reading this I would like to tell them to flush toilets, not leave Ramen noodles in the bathroom sinks and not to spit or leave used condoms in the elevators. Now, I feel like I'm forgetting something here, what else did I have to say to them? Oh yes, now I remember. I wanted to tell them I hope they all suffer a most painful death. Let's go through the basic points. Some people in Johnson Hall are nasty - they should stop their nasty habits like spitting in the elevators. And I think they should die.

Yes, I think that covers it. This probably applies to other dorms as well.

I despise Hibbs Building breakfast food. I love the people that work at Hibbs. Most of them are friendly and hard working. But the fact is that their breakfast food shoots through your entire digestive system in one hour. Another fact is that it is not healthy, comfortable or convenient to have food digest that fast. This makes my history class uncomfortable sometimes. Well, I hope that at least that everyone else enjoys a serving of Ex-Lax with his or her biscuits and gravy.

My last and final complaint is that I hate it when people tell me not to hate so much. Hate can be a great emotion. It is a motivator, an energizer and most of all it's just a nice part of life. I don't want to like everything in the world. What would I have to rant and rave about? And yes, I need to rant and rave. I'm sorry but the fact is that "I'm addicted to rage-a-hol," - a quote from "The Simpsons" - so either let me shout and shake my fist or go away.

Ah, thank you for listening to my set of rants. This has been a very peachy experience.

CURLS



BY CAROLYN BELEFSKI

EAGLE, continued from page 18

Lisa Chun, that we should be willing to settle for "good enough" and that it would be somehow unpatriotic to do otherwise. If "good enough" was truly the spirit of our country, then there would be no America as we know it today. Had our founding fathers been willing to leave their fates in the hands of the "better educated," America would still be in the control of the British.

To those who would point out that many of our founding fathers were educated, perhaps the equivalent of our 3.5-4.0 GPA students, or in many cases even higher, I would respond that they did not do it alone. The rank and file soldiers of the colonial army came from the common people who were not willing to settle for "good enough" or just accept the status quo.

I contend that the spirit of America that was evident in our founding fathers and Keller is the true spirit of our nation. I further believe that this spirit is not absent in our current society. From the time of our country's inception well through the twentieth century and now into the twenty-first, American inventions and innovations have helped to reshape the world.

As an example, I'd like to point out that in spite of tragedies such as the Challenger explosion in the 80s and the more recent destruction of the space shuttle Columbia, our space program has not been disbanded

and we continue to make plans for exploration of the cosmos with the hope of manned missions to other planets some day. As President John F. Kennedy noted when discussing our space program in its infancy, we chose to go to the moon "not because it is easy but because it is hard." To this day, only America has put men on the moon multiple times and our flag is still there even as I write these words, a shining beacon for the American spirit.

To Chun's point that the United States

did not become involved in either World War until provoked, which was due to our policy of isolationism, I would like to respond that there were European countries who declared neutrality despite the fact that the conflict began on their continent in neighboring countries. At the current point in time, some of our so-called allies who opposed unilateral action in Iraq, preferring that it be a strong multinational effort, now balk at the idea of sending in any of their own soldiers to help

secure peace in a still contentious area.

On a more local level, one only has to look at the pace of our life to see that laziness isn't an effective idea to live by. Outside of college, a certain amount of complacency may sustain you within a job, but it is the innovative and self-directed individuals who will be promoted. If you want to succeed in American society you have to strive. I would write more but if you'll excuse me, I seem to be a little busy at the moment.

PROUD BLACK MEN



BY CHRIS POWELL

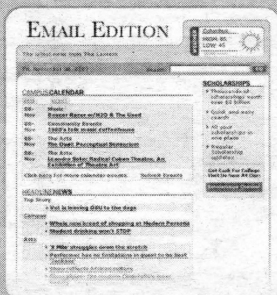
SO...
psychology, huh?



Way to go buddy.

You finally worked up the nerve to talk to that girl from Psych 101, but you still sounded like a doofus with nothing intelligent to say.

That's where we come in.



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