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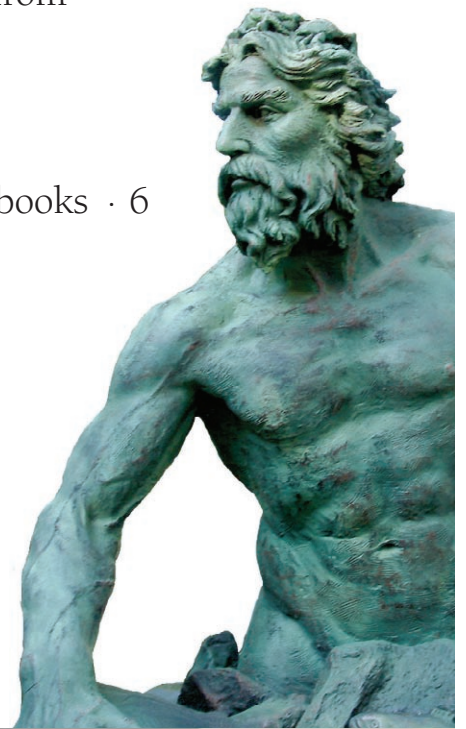
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the ct

The **independent** student press of Virginia Commonwealth University

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New campus group fights against eating disorders

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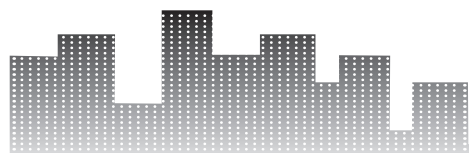
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WORLD

KARACHI, Pakistan—Benazir Bhutto blamed al-Qaida and Taliban militants Friday for the assassination attempt against her that killed at least 136 people, and she declared she would risk her life to restore democracy in Pakistan and prevent an extremist takeover.

The former premier presented a long list of foes who would like to see her dead—from loyalists of a previous military regime that executed her politician father to Islamic hard-liners bent on stopping a female leader from modernizing Pakistan.

Bhutto, who came home to lead

her party in January parliamentary elections, said she had been warned before returning that Taliban and al-Qaida suicide squads would try to kill her.

“It was an attack by a militant minority that does not enjoy the support of the people of Pakistan, that has only triumphed in a military dictatorship,” she said.

Authorities said the assault bore the hallmarks of a Taliban-allied warlord and the al-Qaida terror network—with a man first throwing a grenade into the sea of people around Bhutto’s convoy

and then blowing himself up with a bomb wrapped in bolts and other pieces of metal.

Bhutto’s procession had been creeping toward the center of Karachi for 10 hours Thursday when a small explosion erupted near the front of her truck as well-wishers swarmed around it. A larger blast quickly followed, destroying two police vans.

Rejecting criticism that she had endangered her supporters, Bhutto said it was the right decision to return to help her homeland and she was willing to pay the price.

NATION

PHOENIX — Police raided a drop house for illegal immigrants and discovered several, including a pregnant woman, whose handlers had beaten and tortured them, authorities said.

Police took 54 people into custody after the raid Friday, including four children and seven suspected smugglers.

One man’s head had been wrapped in a plastic bag and submerged in a toilet, said Maricopa County sheriff’s

spokesman Capt. Paul Chagolla. The man’s pregnant wife was severely beaten and will probably lose her baby, he said.

Deputies are investigating reports that smugglers held at least five other immigrants at gunpoint and demanded more money.

Women and children were screaming inside the home when deputies entered, Chagolla said. There was little food and no furniture inside,

he said.

“Toilets were filled with human waste and buckets were dispersed throughout the house as makeshift toilets,” he said.

Sheriff’s officials learned of the drop house during an investigation into human smuggling, Chagolla said. The home is the third discovered in a ring of related drop houses, and 80 people have been arrested under immigration laws, Chagolla said.

LOCAL

RICHMOND — A proposed wildlife protection plan to limit the impact on wildlife by a Highland County wind farm could hinder the energy project, the company behind the proposal says.

Highland New Wind Development is seeking certification from the State Corporation Commission to build the \$60 million project, which would plant 19 turbines more than 400 feet tall on remote Highland County ridges.

According to a report issued last

week by an SCC hearing officer, there should be plenty of revenue to make the wind project financially viable and still protect wildlife.

The report by Alexander Skirpan now goes to the SCC for a final decision on whether the project can be built in a 4,200-foot cow pasture outside Monterey. Skirpan found that the towering turbines post a “significant risk” to bats and “a lesser risk” to birds. He

recommended that Highland New Wind Development pay for monitoring and altering their use, including speed, for the life of the wind farm. Residents believe Highland, for instance, should be required to qualify for a permit to account for any incidental deaths of endangered species, such as the Virginia big-eared bat, which migrates through Highland County, or bald and golden eagles. The company opposes the proposal.

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cover illustration by Rachel Larue

The Commonwealth Times strives to be accurate in gathering news. If you believe we have made an error, please call Executive Editor Gayland Hethcoat at 828-4770 or e-mail him at editor@commonwealthtimes.com. Corrections will appear on this page.





News

"I've found in my experiences, every time you're honest with someone, nothing but good can come out of it. Eating disorders are about fear – fear if you eat, fear if you don't eat."

—Matt Wetsel, founder and president of Students for the Elimination of Eating Disorders

Lifting the veil of shame

New student group aims to eliminate stigma of eating disorders

GAYLAND HETHCOAT
Executive Editor

Matt Wetsel is a healthy-looking 22 year old, standing tall and lean with wispy blond hair and a short, cropped beard.

Looking at him, one might never guess he struggled for two years with anorexia nervosa, an eating disorder characterized by self-starvation and significant weight loss.

"I'm kind of the antithesis of the person stereotypically you would expect to get an eating disorder," said Wetsel, a fifth-year student double majoring in psychology and religious studies. "I'm not female. I'm not gay. I'm not a wrestler. I'm not an athlete."

As someone who does not fit the poster-child image of an eating disorder sufferer, Wetsel said he was inspired to found and become president of Students for the Elimination of Eating Disorders, a new campus organization.

The group's top priority, Wetsel said, is to communicate to students battling eating disorders that they should not feel compelled to hide their conditions.

"It's nothing to be ashamed of, plain and simple," he said.

As is the case with many people who develop an eating disorder, Wetsel said, his experience with anorexia derived from a combination of psychological and emotional issues – not necessarily a worry about his weight.

"Coming out of high school, a lot of things went wrong in my life, and I became very depressed and lost my appetite," Wetsel said. "(I) couldn't sleep and started losing weight. Before I knew it, I had lost a lot of weight."

Throughout his freshman and sophomore years at VCU, he said, it became a game to see how much weight he could lose. The negative consequences of his



Approximately 9 million Americans have one or more eating disorders, according to a national survey released earlier this year.

Rachel Larue
photo illustration

decisions, however, caught up with him eventually.

"I hurt a lot of friendships, (and) I destroyed my GPA, all in the name of starvation," Wetsel said. "I was at war with my body, and I didn't know why."

The first nationally representative study of eating disorders in the United States, which appeared in the February 2007 edition of Biological Psychiatry, found

approximately 9 million Americans have one or more eating disorders.

The survey of 9,282 English-speaking adults ages 18 and older discovered binge eating disorder, which is characterized by recurrent overeating without

EATING DISORDERS continued to CT5

commonwealthtimes.com · CT3

Monday, October 22, 2007



Former Washington Post editor teaches students ins and outs of journalism

BETHANY EMERSON
News Co-Editor

Jackie Jones, a former editor for The Washington Post, has spent her career working at more than 11 news services, but she tells VCU students not to resent small beginnings.

"When you're young, you're in a hurry. You want the best beats, the best hours, the best days off. You want to be a rock star," Jones said. "But sometimes in your haste to achieve, you pass up or ignore the journey along the way."

Jones came to VCU after she was awarded the 2007 Virginius Dabney Distinguished Professorship.

The School of Mass Communications has granted the Dabney award to selected journalists annually since 1988 with

an endowment by Richmond Times-Dispatch and Media General Inc.

The professorship gives students and faculty an opportunity to learn from professionals in the media world.

Jones currently teaches a weekly editing class to print journalism students.

"The Dabney professor is always someone who has an expertise in an area that we don't normally teach," said Judy VanSlyke Turk, director of the School of Mass Communications. "We also like to get people who have unusual jobs. I met Jackie ... and I knew that she had been at the Post and ... that she is a writing and editing coach these days. And I thought, 'That's different.'"

Jones worked as a reporter in four cities, including Detroit and Baltimore, and

has also held various editing positions at six newspapers, including the Milwaukee Journal Sentinel, Philadelphia Daily News and New York Newsday.

Jones' first job was a two-year position at Mutual Broadcasting in Washington, D.C., editing tapes for news and sports departments.

Jones said her passion for journalism began years before, as she studied at George Washington University and began writing for its student newspaper, The Hatchet.

"I did a story for the GW Hatchet on the university's food service," Jones said. "Students complained about the food and would periodically bring food samples to the office to back up their claims. Someone brought a saucer of

Mary Katheryn Luther, a print journalism major who is enrolled in Jones' editing class, said she is learning from Jones' personal experiences.

"Jackie's real-world, real-life experience makes the class worthwhile," Luther said.

Stacy Tyler, a print journalism major, said she has benefited from the class and appreciates Jones' teaching style.

"She brings enthusiasm to the classroom, which encourages us to ask questions and get involved in the discussion," Tyler said. "She is always friendly and approachable."

Jones said the main goal of her editing class is to teach students the value, philosophy and purpose of editing. She said she wants students to gain passion for editing.

"A lot of students don't see editing as a glamorous job," Jones said.

Bonnie Davis, associate professor of mass communications, said VCU is very pleased to have Jones teaching the editing course.

"We are thrilled to have someone of Jackie's caliber join us this semester," Davis said. "Jackie is a news veteran and has spent considerable time in the classroom teaching future journalists."

Her advice to students who are just leaping into their professional careers is to be open-minded.

"Try a little bit of everything before you make up your mind," she said.

Jones said students are most interested in working in big cities with thriving social scenes. She suggested students not be opposed to working in places they didn't originally consider.

"I would encourage students to look at smaller markets because that's where the opportunities are," Jones said.

For all students, Jones said, enjoy every opportunity along the way – whether a prestigious position or a fresh-out-of-college job.

"I wish I had known earlier to take my time, to treat every assignment as an opportunity and to be open to trying things I might never have thought of doing on my own," Jones said.

Jones currently works as the director of Jones Coaching LLC, a personal development and consulting service, and is a Washington, D.C.-based correspondent for BlackAmericaWeb.com, the Web site affiliated with the Tom Joyner Morning Show.

"When you're young, you're in a hurry. You want the best beats, the best hours, the best days off. You want to be a rock star. But sometimes in your haste to achieve, you pass up or ignore the journey along the way."

— Jackie Jones, the 2007
Virginius Dabney Distinguished
Professor

asparagus to the newsroom that had twigs in it."

Jones said that when she began reporting on the situation, she met several barriers, including the food service managers shrugging off the twigs by telling her the cafeteria asparagus had "a wood-like consistency."

Jones said her reporting required the school to take action.

"It forced the university to put out new bids and made the food service clean up its act in an effort to retain the contract – which it did, ultimately. The meals got better, and the selections became more diverse."

Jones said as soon as she saw that her reporting had an effect, she was hooked.

"What sold me on journalism was learning that I could make a difference, as clichéd as that sounds," Jones said. "Working for the student newspaper best prepared me for my career."



Jackie Jones teaches to her class on a Friday morning. Rachel Larue photo

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EATING DISORDERS continued from Page CT3



**Matt Wetsel, founder and president of Students
for the Elimination of Eating Disorders**

compensatory measures to counter the eating, is the most common disorder among men and women. Bulimia nervosa, which is characterized by a cycle of overeating and compensatory measures to counter the eating, such as self-induced vomiting, is the second most common disorder among men and women.

Katie Vatalaro Hill, assistant director of the Office of Health Promotion, said eating disorders at VCU reflect national trends.

Every year for the past several years, the Office of Health Promotion has administered a random representative survey of

undergraduates measuring their health behaviors. In the last survey, conducted this past spring, between 7 percent and 10 percent of the 1,000 students surveyed reported they struggle with some kind of disordered eating problem that does not fit the clinical description of an eating disorder.

Between 1 percent and 5 percent of respondents reported being bulimic, and about 1 percent reported being anorexic. The survey did not address binge eating.

"The percentages seem small, but they're such severe issues that we think they're important," said Vatalaro Hill.

Elizabeth Bochicchio, vice president of Students for the Elimination of Eating Disorders, urges students with eating disorders to seek treatment.

"Recovery is possible. I've been through it myself," said 20-year-old Bochicchio, who has received outpatient therapy for her eating disorders. "It's a hard, long road. It's not easy, but it is possible."

Treatment options range from inpatient care at a hospital or other facility when an eating disorder might be life-threatening, to outpatient individual or group therapy, like the kind Bochicchio has undergone.

At VCU, Vatalaro Hill, in her capacity as nutrition services coordinator at the Office of Health Promotion, meets one on one with students to develop a healthy eating plan tailored to a student's needs.

Counselors at University Counseling Services also offer therapy services to students having a difficult time coping with the emotional or psychological dimensions of their eating disorders.

Despite the variety of treatment choices that exist, however, most eating disorders go undiagnosed and untreated, according to the national survey published earlier this year. One of the reasons for this is that many insurance companies deny or impose restrictions on care for mental health problems.

Wetsel said Students for the Elimination of Eating Disorders is dedicated to seeing that eating disorders have parity with other health issues. The organization plans to lobby for more insurance recognition of eating disorders and other reforms in February during National Eating Disorders Awareness Week, the largest annual eating disorders awareness and educational outreach effort in the United States.

If eating disorders are ever to be eliminated, Wetsel said, society must understand that recovery is a gradual process, as it is with most mental health conditions.

"I see recovery as the ability to consistently make healthy decisions, to know yourself and to not be afraid of making healthy decisions," he said.

Wetsel, who wants to conduct clinical work on eating disorders after graduation, said his catharsis came when he discussed his disorder with his parents.

"When I finally talked to them about it, I was like, 'Who am I keeping this from? What is there to hide?'" he said. "Now that I was being honest with people, so much of my anxiety went away.

"It was like the weight of the world came off my shoulders."

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Sports



Karen Sagun illustration

Athletes work hard on the field, in the classroom

JONATHAN HOWARD

Sports Editor

The NCAA released the most recent statistics regarding graduation rates of athletes at Division I schools about a month ago. What the organization found was good: The success for student athletes who entered school between 1997-2000 held the same number, 77 percent, as the previous study.

Although the NCAA wants this figure to continue to improve, schools are doing everything they can to make it happen. At VCU, a support system is in place that aims to make this happen.

Sofia Hiort-Wright, director of Student Athlete Support Services, said VCU athletes are set up to succeed right from the start.

"We meet with the freshmen every week, and we catch up on what they are doing. I also give them a planner," she said.

However, that is not all the help that the student

athletes receive.

"We have tutors available 10 a.m. until 10 p.m. everyday," Hiort-Wright said. "Most student athletes are in tutoring two days per week."

Although these services are available to athletes to keep their grades in check with the university and with NCAA regulations, classes, practices and games make it difficult for students to do anything else.

"Most Mondays we have lifting at 7:30 a.m. Then I have class from 8 until 2 and then practice from 3 until 6," said Cat Juson, a junior setter on the volleyball team.

Juson also has class following practice, from 7 p.m. until 9:40 p.m.

"It's a full day," she said.

Juson said that volleyball players often miss classes on Thursday and Friday because of traveling and games. This, however, does not mean that the players are not studying.

"There is a lot of staying up late trying to finish work. The whole team stays up studying," she said.

The struggles of Juson and the volleyball team are made more difficult by a set of strict standards. However, these standards don't come from VCU or the NCAA.

Head coach James Finley lays down the law for his team.

"We have study hours – and it's dictated by me," Finley said.

Finley, a former teacher, thinks that he is somewhat strict because of his teaching background and the small percentage of professional female athletes.

"They are not allowed to miss a class – period, unless it's athletically related," he said.

The team must turn all work in early and before games, not after, Finley said.

With all the hard work put in on and off the court or playing field, it is easy to see why such a support system exists for student athletes.

"We try really hard to have our players graduate in four years," Finley said, "which is hard for non-athletes to accomplish."

THIS WEEK

Men's & Women's Cross Country

Fri., Oct. 26, @ CAA Championships, Hempstead, N.Y., TBA

Field Hockey

Fri., Oct. 26, @ Princeton, Princeton, N.J., 6 p.m.

Sun., Oct. 28, @ Northeastern, Boston, 2 p.m.

Men's Soccer

Fri., Oct. 26, @ George Mason, Fairfax, 7 p.m.

Sun., Oct. 28, vs. Towson, Sports Backers Stadium, 2 p.m.

Women's Soccer

Fri., Oct. 26, vs. George Mason, Sports Backers Stadium, 7 p.m.

Sun., Oct. 28, @ Towson, Towson, Md., 1 p.m.

Golf

Oct. 26-28, @ Landfall Intercollegiate, Wilmington, N.C., all day

Volleyball

Fri., Oct. 26, vs. Hofstra, Siegel Center, 7 p.m.

Sat., Oct. 27, vs. Radford, Siegel Center, 5 p.m.

VCU sporting events are free to students with a valid student ID. For more information, visit vcuathletics.com or call the VCU Sports Line at 828-3440.

VCU MEN'S TENNIS

The French connection



The VCU men's tennis team rallies before a match.

CT file photo

MATT BECKER
Contributing Writer

Jeu, set et match.

This declaration of victory is now common at VCU's Thalhimer Tennis Center thanks to the recruiting efforts of VCU tennis coaches.

After talking with a recruiter who was familiar with VCU, senior Alex Israel transferred from Marseille, France, as a sophomore. Israel said he transferred here to study business-marketing and to play tennis after the recruiter suggested VCU was one of his best options.

"I never really considered anywhere else," Israel said. "I already had friends here, and I wanted the chance to study and play tennis."

Assistant coach Romain Ambert took over responsibilities as men's tennis coach this year. Ambert said head coach Paul Kostin's background is one reason VCU continues to get the attention of prospective players.

"Coach Kostin is Swedish, and so he has a lot of European connections,"

Ambert said.

A native of Toulouse, France, Ambert also is involved in the recruiting process. Ambert said he talks to players and parents in France during the summer.

"I talk to them about how American colleges work," Ambert said. "Players come here for the opportunity to play good tennis and get an education."

The current men's tennis roster is made up of one American walk-on player and five scholarship players, one from Sweden and four from France. Ambert said he hopes to fill an eight-man roster by the spring.

VCU scholarship coordinator Kate Tucker said the university has awarded more than 170 athletic scholarships this year. Five of the men's tennis players have percentage scholarships, awarding them 80 percent of in-state tuition each semester.

The men's tennis team is preparing for a run at 17 consecutive winning seasons under Kostin. Kostin has guided the men's tennis team to a winning season each year since arriving at VCU, racking up 13 conference championships and 14 consecutive NCAA tournament appearances.



Sports

COMMENTARY

The CT sports editor sounds off

BASEBALL

Because the paper went to print before the end of game seven, I can't tell you who will represent the American League in the World Series ... but I can tell you that the Boston Red Sox are now the Colorado Rockies' biggest enemy. The Rockies wrapped up their series fairly quickly and have since sat around waiting to play again. Although it appeared the Indians would breeze through the ALCS with a sweep, the Red Sox refused to go away, forcing a seventh game. Whichever team comes out of the American League will have an immediate advantage in the World Series because of Colorado's long layoff. A day or two off is always a good thing, but two weeks off without game conditions can make for a frustrating first game.

As for my prediction for the World Series – I was definitely down on the Rockies when the playoffs began, and although they are on an incredible winning streak, I believe the winner will come out of the American League. Boston has the pitching and hitting to overcome Colorado, and the city of Cleveland is due for a title – in anything.

COLLEGE FOOTBALL

As I've stated before, I am a big fan of what South Florida has accomplished this season. With that said, I'm really getting

tired of teams, such as USF, that rise through the ranks, finally crack the top 10 and then lose to a team that they shouldn't lose to. Granted, the Golden Bulls fell to Rutgers, everyone's favorite underdog from last season, which fields a very respectable team. However, to continue to get respect, you have to earn the ranking that is given to you. The same goes for the likes of South Carolina, which, after cracking the top 10 two weeks ago, has scored only six points over the last six quarters against North Carolina and Vanderbilt (combined record of 6-8).

On another note, I continue to be amazed by the University of Virginia. The Cavaliers have won seven in a row after the team lost its first game of the season at Wyoming. The most amazing part: five wins have come by five points or less and the last three by a combined four points. Although the wins haven't necessarily been pretty, the Cavaliers' winning streak might provide Al Groh enough relief to get off the proverbial hot seat. Another ACC coach who might be feeling the heat is Georgia Tech's Chan Gailey. Gailey's squad went to the ACC championship game last season – but overall his teams seem to under-perform. This year's team looked promising early after a blowout victory over Notre Dame – but that win has proved unimpressive. If the Yellow Jackets don't get it together next season, things might not be all and well in Atlanta

NFL

I don't have much to say about Sunday's action because I found it boring. What I did enjoy was watching Arizona kicker Neil Rackers take down Washington's Carlos Rogers during the Cardinal's loss to the Redskins. What I did not enjoy was listening to the radio as my Miami Dolphins got stomped by New England. The Dolphins are not a well-put-together team. They are old, they are slow, and the depth chart is thin. I don't blame head coach Cam Cameron for this – but I am still a little bitter at his selections in the draft. Unless many (and I stress many) moves are made with free agency next season, it will take at least five years for Miami to have a competitive team again.

ONE LAST THING ...

Roberto, the CT spectrum editor (or the soccer guy ... whatever you want to call him), reminded me of some good European soccer action coming up. The UEFA Champions League features outstanding matches on Tuesday and Wednesday. Two matches will be televised, including Glasgow's Rangers FC vs. FC Barcelona on Tuesday and Chelsea FC vs. FC Schalke of Germany on Wednesday. Both games will be aired on ESPN2 at 2:30 p.m.



JON ATHAN SAYS

Advertisement

Pick'm UPDATE

The football pick'm guys took the weekend off because of Fall Break, but here is an updated scoreboard with last week's results:

Sports Editor Howard made up some ground on Dynan and the coin with a 13-7 performance, bringing his overall record to 74-56. His smartest picks of the week: Penn State at home over Wisconsin and Tampa Bay at home over Tennessee.

Doyon had what he'd consider an off week, going 10-10 for the week.

His record is now 85-45. His biggest downfall came from road teams. He favored road teams in seven of his 10 incorrect choices.

Dynan turned up the heat on Doyon, tying Howard for the week with a 13-7 record, bringing him to 79-51 overall. Dynan's best pick was Georgia Tech's road win over the Miami Hurricanes.

Lady Luck finished 11-9 last week and is now 76-54 overall.

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Sports

SPORTS BRIEFS

GOLF

The Rams had their best finish of the season last week, placing third at the Frank Landrey Invitational in Amherst at 10-over. Sophomore Vincent Nadeau (Penn Hook/Purdue) won the individual title, finishing with a 10-under 206. Sophomore Lanto Griffin (Blacksburg/Blacksburg) placed third at 4-under and shot a tournament best 65 on the final day.

MEN'S SOCCER

The Rams split its weekend schedule, falling 3-1 to Northeastern on Friday and defeating Hofstra 5-1 on Sunday. The win over Hofstra snapped a four-game losing streak. Sven Meusch (Cologne, Germany) scored VCU's lone goal in the loss to the Huskies. Gerson Dos Santos (Sao Paulo, Brazil/E.E. Ruth Cabral Trancarelli) and Jorit Loehr (Bremen, Germany) scored two goals each, and Pat Viray (Reston/South Lakes) added one in the win over the Pride. VCU's record is now 2-4 in the CAA and 6-5-2 overall.

WOMEN'S SOCCER

The Rams defeated Northeastern 1-0 on Friday, their ninth shutout of the year, a single-season record. Megan Flanagan (Franktown, Colo./Ponderosa) scored on a corner kick early in the second half to give the Rams the firepower to win. Goalie Emily Niman (Pittsburgh/Fox Chapel Area) made five saves in the win. Sunday didn't go quite as well, however, as the Rams fell to Hofstra 2-0. The Pride recorded 13 shots and 10 corner kicks to overpower the Rams.

WOMEN'S BASKETBALL

The Rams were selected to finish fourth in the conference in the pre-season media poll released last Wednesday. Junior Quanitra Hollingsworth (Chesapeake/Great Bridge) was named first team All-CAA, while Krystal Vaughn (Baltimore/Lake Clifton-Eastern) was named to the second team.

Editor's note: For more information regarding the upcoming basketball seasons, look for season previews in the Nov. 1 issue of The Commonwealth Times.

MEN'S BASKETBALL

The defending CAA champions were picked to finish second in the conference in a poll released last Wednesday during CAA Media Day in Washington, D.C. The poll included votes from conference coaches, sports information directors and the media. George Mason was selected first while rival Old Dominion ranked third. Junior point guard Eric Maynor (Raeford, N.C./Westover) was named pre-season CAA player of the year, as well. The Rams return three starters from last year's NCAA tournament team.

FIELD HOCKEY

The Rams dropped to 1-6 in the CAA and 5-11 overall during the weekend after two tough conference losses against William and Mary and Old Dominion. The Tribe shut out the Rams 3-0 on Saturday behind three first half goals. Goalie Brittany LoVullo (Williamsville, N.Y./Williamsville North) relieved Laura Baker (Kent, England/Langley Park) at halftime and made four saves while shutting out William and Mary in the second half. Sunday's loss to Old Dominion was a heartbreaker, a 3-2 decision in overtime. Merel Kroon (Amstelveen, The Netherlands/Keizer Karel College) scored her seventh goal of the season in the first half, while Emily Guerra (Yorktown/Seton Hall) scored her third in the 70th minute. ODU's Titia Beek scored 3:09 into the overtime period on a penalty stroke to end the game.

VOLLEYBALL

The Rams defeated Georgetown on Tuesday but dropped conference games against James Madison on Friday and George Mason on Saturday. On Tuesday, VCU won two games in a row before dropping the next two. However, the Rams held strong in the fifth game, blowing away the Hoyas 15-6 in the final frame to take a 3-2 victory. Ariel Newman (Greensboro, N.C./Southern Guilford) had 21 kills and 15 digs in the victory. The Rams won the first game against JMU before dropping the next three in a 3-1 decision. Against George Mason, the Rams got in trouble early, dropping the first two games. VCU was able to win the third game, but the Patriots held on to win game four and take a 3-1 victory.

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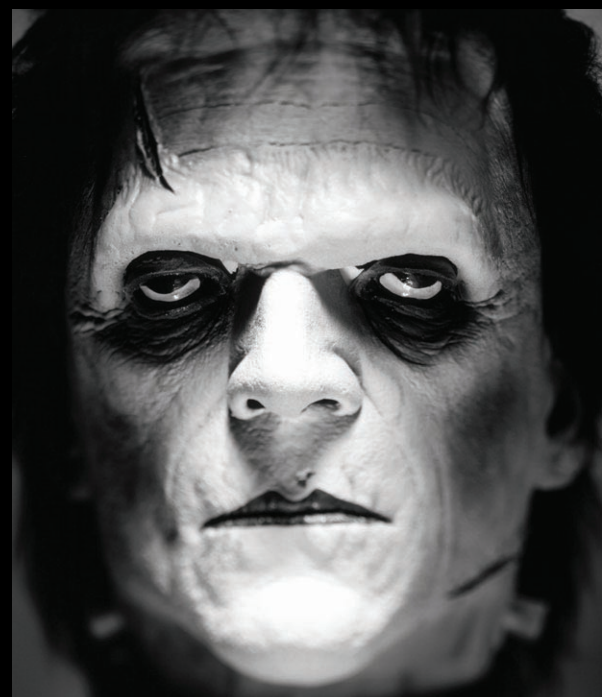
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Spectrum



Amanda Dalla Villa works on a cast of Martin Luther King Jr. in Paul DiPasquale's studio. Phillip Ranallo photo



A replica of Paul DiPasquale's "Neptune," a 34-foot-high statue in Virginia Beach. Phillip Ranallo photo

Local art legend takes student under his wing

PHILLIP RANALLO
Contributing Writer

Some art students might find it hard to come up with an inspiration. But not Amanda Dalla Villa – she found hers in a Richmond art legend.

Dalla Villa, 21, a senior sculpture major, works alongside well-known Richmond sculptor Paul DiPasquale.

DiPasquale is known for creating large-scale sculptures, such as the Indian at the Richmond Braves stadium, the Arthur Ashe statue on Monument Avenue and the Neptune at Virginia Beach. He happens to be a VCU sculpture graduate, as well.

Dalla Villa began working with DiPasquale in July, and she said her experience has taught her techniques that far exceed those taught in the classroom.

"He's shown me more about the realm of public art,"

Dalla Villa said. "I get to see how an artist can just have a career as an artist and still be successful."

A friend of Dalla Villa who was taking a rowing class with the sculptor and knew about her plans in her major first introduced Dalla Villa to DiPasquale.

This is not an internship for Dalla Villa; she describes her experience with DiPasquale as more of an artist assistantship. She has been able to work with fiberglass, cast molds, sand and grind, and she said she could do just about anything involving plaster.

Dalla Villa said the most rewarding part of working with DiPasquale is just talking to him.

"I enjoy being able to pick his brain and tap into his knowledge, concerns and interests," Dalla Villa said. "Paul is very personable and is really excited to share the skills he's acquired over the years."

Through her assistantship, Dalla Villa has learned new techniques, shared the problems of her own artwork and gained advice about materials and skills.

As a student, Dalla Villa is restricted by a lack of monetary resources for projects, and said she wonders how she can find outside funding to make her own art.

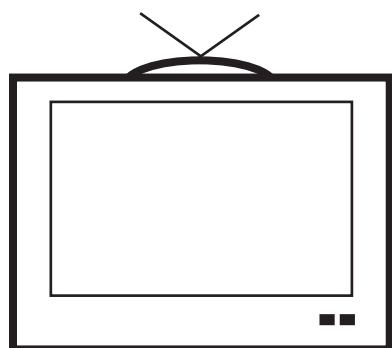
"Paul's work has interested me on a scale size," Dalla Villa said. "He's able to work large and still find a budget, commissioner or audience that is willing to make the piece a reality."

Dalla Villa plans to continue to work for DiPasquale until she graduates in December. DiPasquale has encouraged her to work for a foundry, a factory that produces metal castings, in Florence, Italy, and has even been in contact with the foundry to see if this is possible.

"In regards to my future, Paul has taught me how to have an employee-employer relationship in the art field," Dalla Villa said. "Further, under Paul's direction, I feel as though I have mastered another skill (plaster), which I can use in the future."



The four best TV shows you're not watching



RACHEL VAMENTA
Opinion Editor

For true TV junkies such as me, fall pilot season is bigger than Christmas. Guessing which shows will sink, swim or barely stay afloat is a lot like athletic drafts.

The following four shows are my top picks on primetime network television. The first two shows are brand new, and the last two shows are returning for a second (and hopefully not a final) season.

In case your night class or job prevents you from tuning in, you can watch full episodes online – so you have no excuse to miss them. You'll thank me later. Really.



CHUCK Mondays, NBC, 8 p.m.

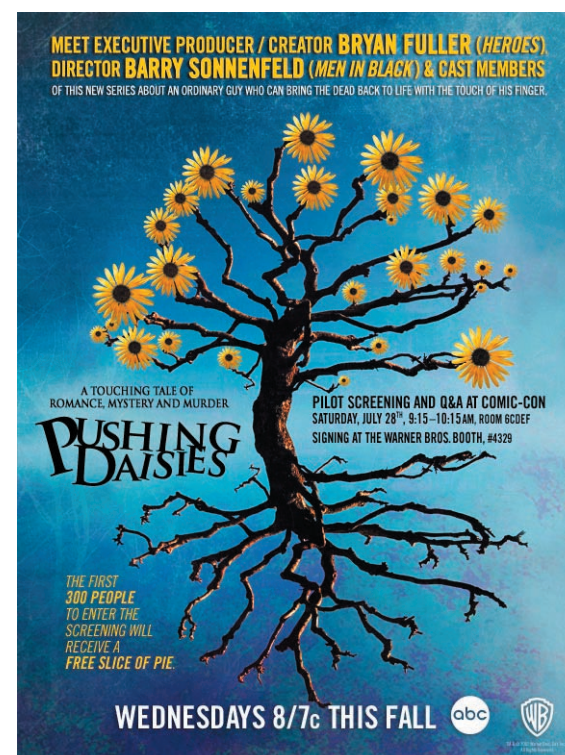
Move over, Jim Halpert, because Chuck Bartowski is my new TV boyfriend.

"Chuck" is what we get when a relationship writer dabbles into spy action. We get a lovable, unsuspecting geek as the lead character and two dangerous spies tossed in for good measure. Chuck Bartowski, a member of the Nerd Herd at Buy More (aka Best Buy), receives an e-mail from his old college roommate-turned-spy, laden with national secrets. Chuck then has to work with two government agents to help save the world – no easy task when one of the agents is played by Adam Baldwin (in his next major tough-guy role after "Firefly").

It's easy to see the purpose the supporting characters serve, especially after watching modern dramatic spy shows like "Alias" or "24." Chuck's sister Ellie is his emotional support, his friend Morgan is his wacky sidekick, and Sarah is the frighteningly skilled woman who just might be Chuck's dream girl. But because "Chuck" is a comedy, it's easier to look past these caricatures. You don't have to believe them.

The show reportedly has received an order for three more additional scripts, which might lead to a full-season order. Score one for Team Bartowski!

PUSHING DAISIES Wednesdays, ABC, 8 p.m.



Everything you've heard about this show is true: It's whimsical, quirky, and the two leads are downright adorable. Yes, it's reminiscent of Tim Burton and certain French films. But there's something else you should know about this show: Quite a few guys confess to liking it.

The show is about Ned, a pie-maker who can bring the dead back to life for one minute to find out who killed them – any more than one minute, and someone else will die. Ned decides to keep his dead childhood sweetheart, Charlotte "Chuck" Charles, alive, but he can't touch her or she will die for good. This twist in Ned and Chuck's relationship is what gives

the show a lot of mileage. The show's quirky humor gives Wednesday nights the lift you never knew you needed.

When Ned explains his dilemma to Chuck in the pilot episode, she doesn't seem worried that she'll die if he ever touches her again. In fact, she's actually upset that she can't hug him. "A hug can turn your day around," she points out. "It's like an emotional Heimlich."

That moment was probably when my guy friends got on board with the show. Yes, it would suck not to be able to touch someone you loved. But it would really suck if "Pushing Daisies" got cancelled.

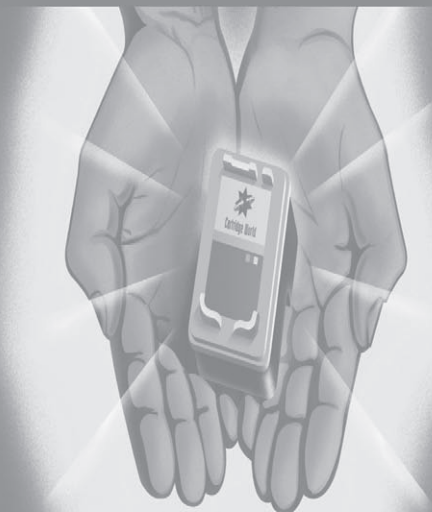
TV REVIEWS continued to CT13



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review

Spectrum

TV REVIEWS continued from CT12



30 ROCK
Thursdays, NBC, 8:30 p.m.

When “30 Rock” won the Emmy for Outstanding Comedy Series last month, I screamed so loudly it was almost like I’d won the award. My friend jokingly congratulated me, but hey, it’s good being on the winning team.

“30 Rock” trumped all the NBC Thursday comedies as my favorite last year. It was funny and irreverent, with guest stars that weren’t extra bodies, but who actually added to the show’s dynamic. (See the episode “Black Tie,” featuring Paul Reubens and Isabella Rossellini, who is much better here than she ever was on “Friends.”)

The show is Tina Fey’s return to NBC comedy after leaving “Saturday Night Live” and is an exaggeration of what might have happened behind the scenes at “SNL.” Fey is an excellent comedic writer and proves she’s still an excellent performer. All her scenes with Tracy Morgan (basically playing himself) and Alec Baldwin (the scene-stealing network executive, Jack Donaghy) demonstrate this.

The season premiere, guest-starring Jerry Seinfeld, had a couple of good touches (the wedding dress gag), but it didn’t wow me the way last year’s pilot did. However, the second episode put “30 Rock” back on point where it needs to be. As long as the show doesn’t go overboard with recurring characters and guest stars, it’ll stay funny.

Oh, and if you’re still not sure what “30 Rock” stands for, it stands for 30 Rockefeller Plaza, the headquarters of NBC’s New York City studios.



FRIDAY NIGHT LIGHTS

Fridays, NBC, 9 p.m.

This is probably the most realistic out of all the shows I’ve picked. “Friday Night Lights” is about more than football. It’s about strength, community pride, family and Kyle Chandler’s quest for an Emmy.

Well, maybe not so much that last bit. But he deserves it for making coach Eric Taylor the heart of Texas high school football. A weekly TV show gives coach Taylor the depth that the 2004 “Friday Night Lights” movie didn’t give coach Gaines, played by Billy Bob Thornton.

“FNL” boasts a strong ensemble and supporting cast that excels at portraying life in a small town. The actors are so pitch-perfect in their roles that the audience can recognize the characters, from the shy, reluctant new quarterback to the all-star running back and even the community booster.

The first season show successfully tackled issues, such as race, sex, drugs and alcoholism – issues we all have seen before, only this time against the backdrop of high school football, which makes them all the more relatable. You don’t have to like football or sports – a couple of characters don’t – to like this show.

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TRANSFORMERS

dvd review

REBECCA LANDAU
Managing Editor

Some movies make audiences feel smart. For instance, what makes supernatural thriller “The Sixth Sense” great is the moment the viewer foresees its famous plot twist.

Other movies, however, might make audiences feel much, much dumber for having paid hard-earned cash to watch them. The latest addition to this category is “Transformers,” director Michael Bay’s live-action remake of the children’s cartoon of the same name.

Bay’s “Transformers” exchanges most of the fun of the original cartoon for a stupid, poorly conceived story and lame dialogue spoken by unimaginative, one-note characters.

The film’s paper-thin plot focuses mostly on actor Shia LaBeouf, who plays Sam, a lovesick teenager whose grandfather’s eyeglasses are the key to saving the world. When LaBeouf’s character buys a used convertible to impress a girl, he discovers the car is actually an alien robot, an Autobot, sent to Earth to protect humans from evil robots, the Decepticons.

The Autobots and Decepticons can convert at will from large, walking humanoids hundreds of feet tall to cars, planes, tanks and even stereos. The Decepticons aim to find a mystical robotic cube, which can turn harmless home appliances into evil transformers.

Thrown into the story are ridiculous scenes, such as the scene in which Sam brings the band of Autobots to the backyard of his family’s house. As he rifles through the contents of his bedroom, desperately trying to find his grandfather’s mystical glasses for the Autobots, his parents burst into the room, and his mother accuses him of masturbating.

Yes, it’s as stupid onscreen as it reads on paper.

LaBeouf’s performance is basically a bad Jimmy Stewart impression. For those unfamiliar with old-school movie stars, this means lots of stuttering, awkwardness and overacting. To be fair to LaBeouf, though, he isn’t given decent lines, anyway.

But, as much as “Transformers” lacks a decent script or acting, the movie does look good. The film’s cutting-edge action set pieces and pitch-perfect sound and picture



quality are undeniable. During the final battle between the good and evil robots, Bay’s camera techniques and the detail given to the robots’ changing structures are impressive. Yet, with a limitless budget and producer Steven Spielberg, decent special effects are to be expected.

Plus, there is little value in renting the “Transformers” DVD merely for its special effects, which are only 13 inches tall on a typical television screen anyway. “Transformers” enthusiasts might be better off watching head transformer Megatron on a Saturday morning “Transformer” cartoon than renting

this painful exercise.

Or, if those snazzy television ads for the new DVD make the film a touch too irresistible to ignore on the video-store rental shelf, at least plan on creating a drinking game to help pass the time. (Every time LaBeouf runs in fear, drink. Every time a transformer changes shape, drink. Every time a cheesy line makes you want to switch the channel and/or barf, drink ...)

Grade: D



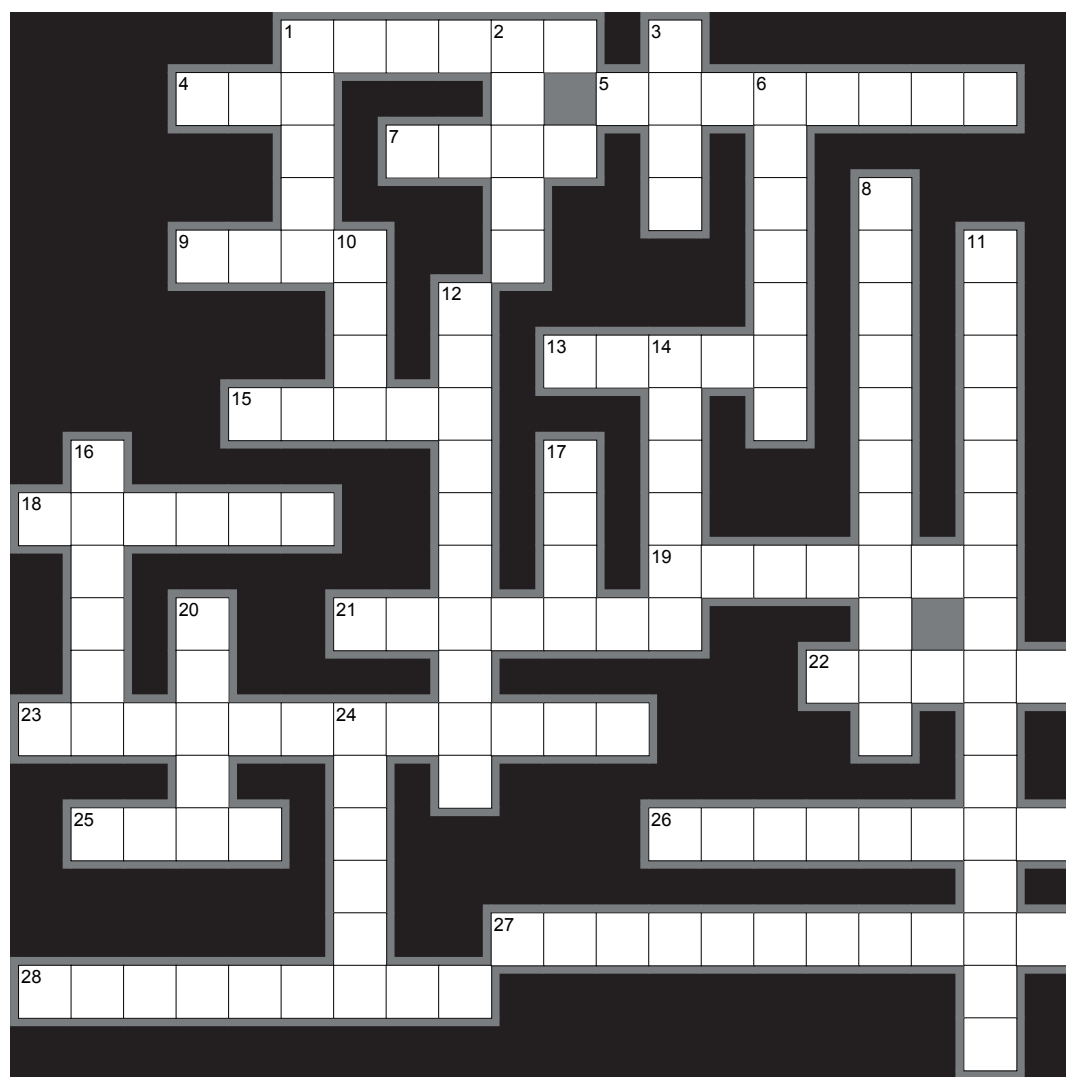


Crossword

Riddles

Across

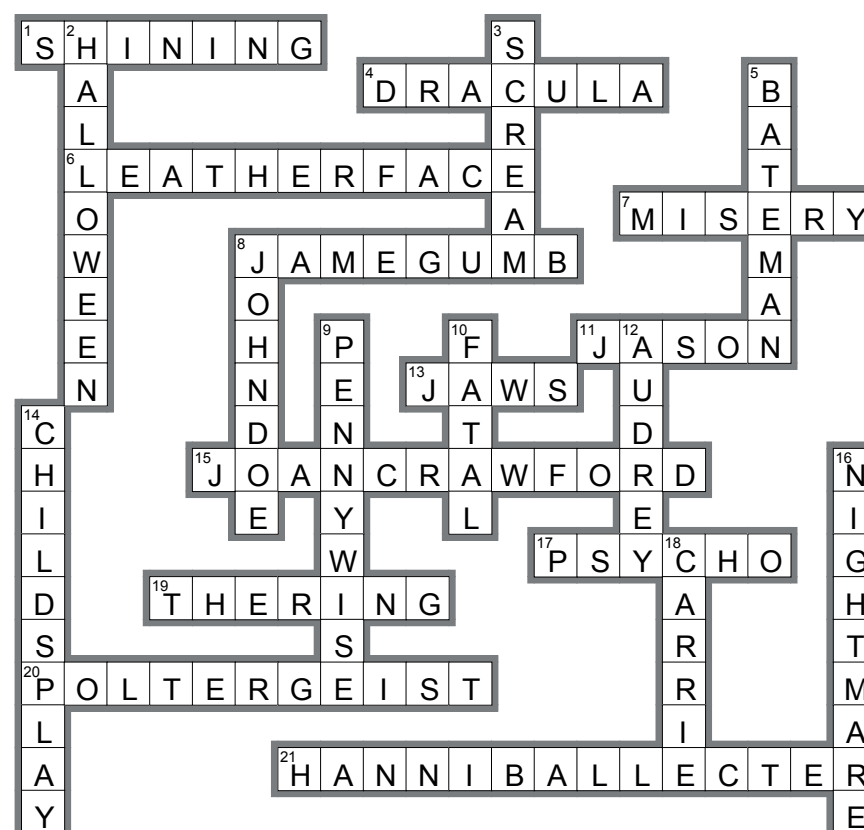
1. If you were running a race, and you passed the person in second place, what place would you be in now?
4. What goes round the house and in the house but never touches the house?
5. Poke your fingers in my eyes, and I will open wide my jaws. Linen cloth, quills or paper, my greedy lust devours them all.
7. I have a tail, and I have a head, but I have no body. I am not a snake. What am I?
9. What is it—the more you take away the larger it becomes?
13. What is put on a table and cut but never eaten?
15. Brothers and sisters have I none, but that man's father is my father's son.
18. I bind it, and it walks. I lose it, and it stops.
19. What goes into the water black and comes out red?
21. What is it that you will break even when you name it?
22. What gets wet when drying?
23. I am the ruler of shovels. I have a double. I am as thin as a knife. I have a wife. What am I?
25. What goes round and round the wood but never goes into the wood?
26. What belongs to you but others use it more than you do?
27. What fastens two people yet touches only one?
28. The more you take, the more you leave behind. What are they?



Down

1. Though it is not an ox, it has horns; though it is not a horse, it has a pack-saddle; and wherever it goes, it leaves silver behind. What is it?
2. What is that which goes with a carriage, comes with a carriage, is of no use to a carriage, and yet the carriage cannot go without it?
3. What lives without a body, hears without ears, speaks without a mouth, to which the air alone gives birth?
6. As I went across the bridge, I met a man with a load of wood, which was neither straight nor crooked. What kind of wood was it?
8. I soar without wings. I see without eyes. I've traveled the universe to and fro. I've conquered the world, yet I've never been anywhere but home. Who am I?
10. Who are the two brothers who live on opposite sides of the road yet never see each other?
11. He who has it doesn't tell it. He who takes it doesn't know it. He who knows it doesn't want it. What is it?
12. I am taken from a mine and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody.
14. When one does not know what it is, then it is something; but when one knows what it is, then it is nothing.
16. What state is surrounded by the most water?
17. It's been around for millions of years, but it's no more than a month old. What is it?
20. I am slim and tall. Many find me desirable and appealing. They touch me, and I give a false good feeling. Once I shine in splendor, but only once and then no more. For many I am "to die for." What am I?
24. What holds water yet is full of holes?

Answers from the Oct. 15 edition



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Classifieds & Comics

TRAVEL

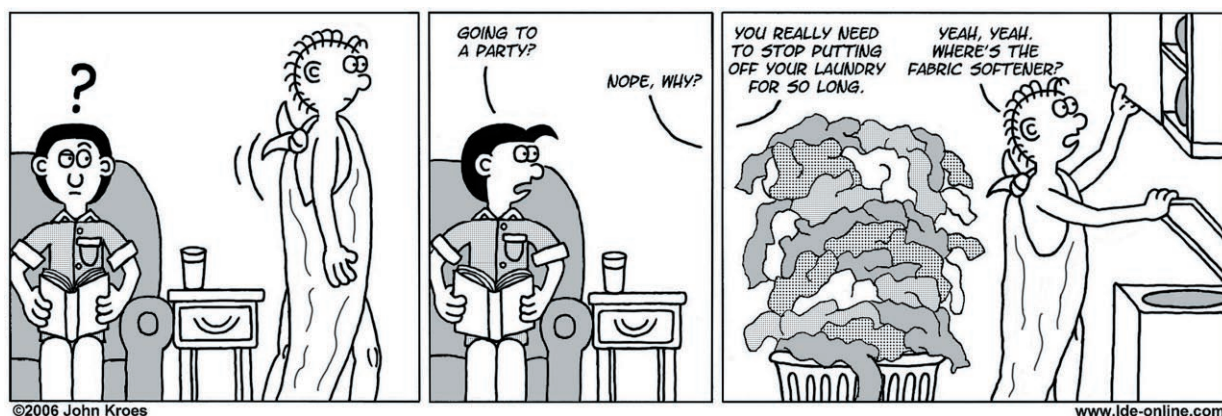
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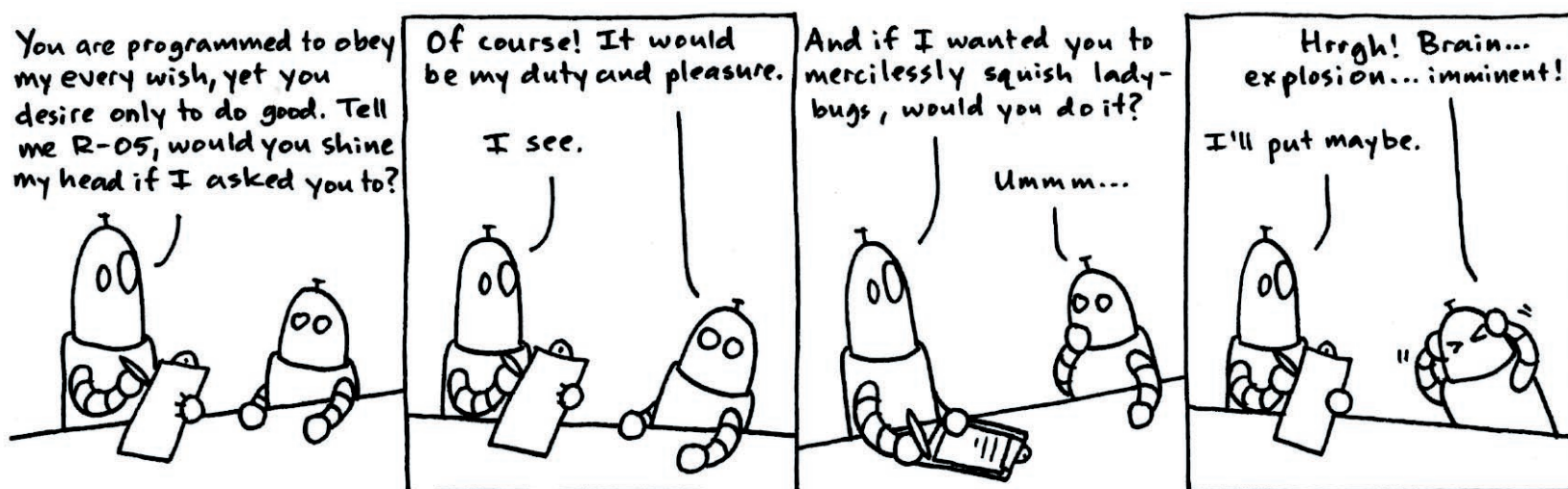
Last-Ditch Effort

John Kroes



Digits

Geoffrey Cook



Pizza from Scratch

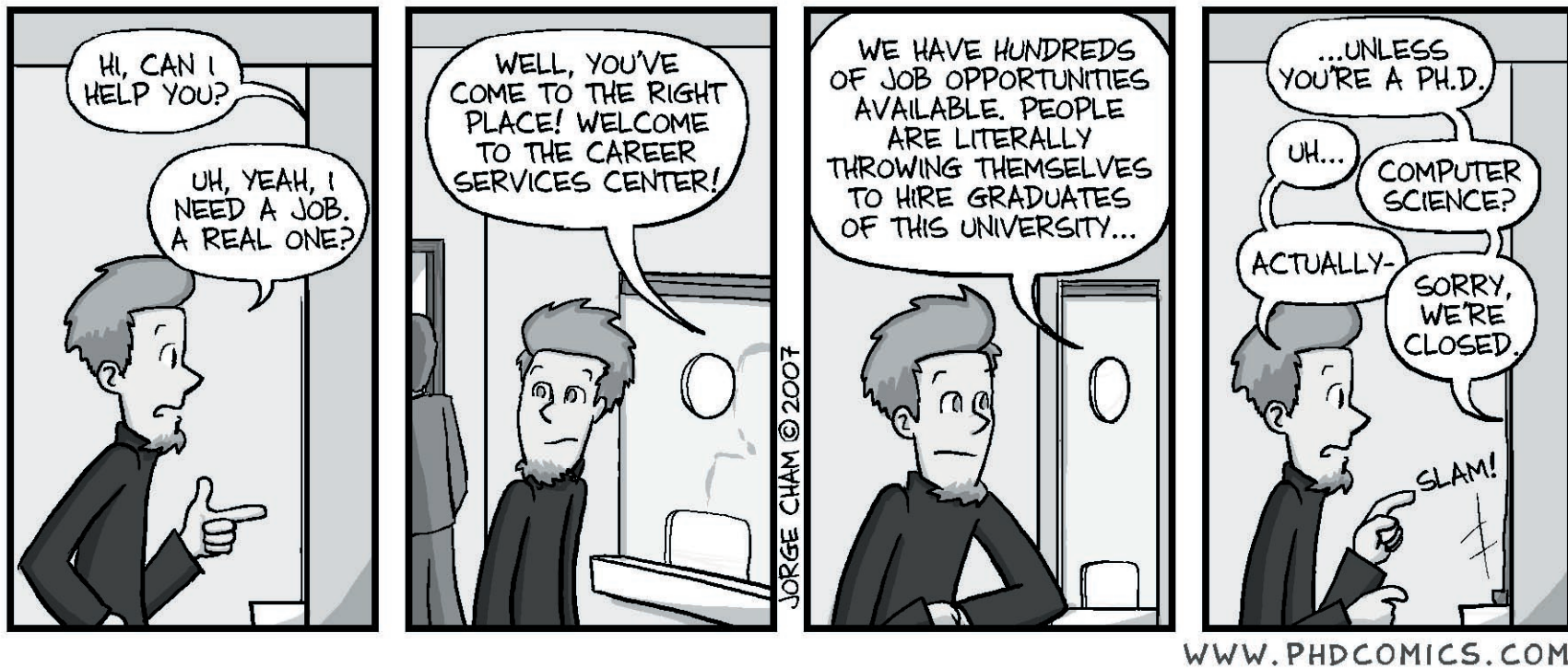
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Comics

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Opinion

Now recruiting: Colbert Nation and Dumbledore's (big gay) army

Karen Sagun illustration



RACHEL VAMENTA
Opinion Editor

Isn't it funny two big stories this past weekend were about a comedian running for president and a gay wizard? This is not a joke. At least the second part isn't.

But first, the media's still buzzing about Stephen Colbert's Oct. 16 announcement that he will run for president, which Fox News predictably reported as a "mock candidacy."

Is it anything to get excited about?

Maybe. Given the number of candidates already running, one more couldn't hurt, since Sam Brownback dropped out Friday. There's a chance Colbert's name could appear on the Democratic and Republican primary ballots in South Carolina, where he is running. There have been more ridiculous presidential candidates (let's not name names). And if that's not enough, just think of all the snark Colbert could bring to the race.

The biggest question for many people doesn't concern "The Colbert Report," but rather, Colbert's seriousness. On the Oct. 21 "Meet the Press," Colbert said he didn't want to be president – he wanted only to run for president. But since this is Colbert, this

ARMY continued to CT19

LETTERS TO THE EDITOR

Rachel Vamenta's opinion column in the Oct. 11 edition left me reeling. At the end of a well-considered essay, she flippantly added, "We can simply file Susan's comments under 'stupid things said by women undergoing menopause.'"

Ms. Vamenta is right on this point: The comment in question (a slight against the efficacy and validity of a Filipino education) was in poor taste and the product of desperate scriptwriters, hoping for a laugh. Her own comment, however, cannot be categorized as simply the lines of a silly character on a primetime soap. Hers was the commentary of an editor, expressing her real opinion and exposing her very real prejudice.

Reading Ms. Vamenta's comment, I cannot help but ask if, like the writers of "Desperate Housewives," she was making a bad-taste effort to be funny or if she really believes that menopausal women are more prone to saying stupid things. In either case, she is reinforcing the cultural misunderstanding that women are slaves to their hormones and therefore lose intelligence, emotional stability or self-control when faced with a hormone storm.

Ms. Vamenta's remark is reminiscent of the sexism of previous generations. It is one step removed from the old joke, "Q: Why can't we ever have a female

president? A: Because once a month the whole world would tremble, knowing that a woman with PMS also possessed the nuclear codes." It wasn't funny then, and it is even less funny now.

What is funny, however, is that Ms. Vamenta got her fact wrong. Susan, the character in question, turned out to be pregnant, not menopausal. This would make the character's idiotic comment the result of prenatal hormones as opposed to menopausal hormones. That would not, however, change what seems to be Ms. Vamenta's baseline assumption that women are prone to bouts of idiocy based on hormones. If we accepted that cultural characterization – one sharp spike of estrogen, and there goes that scalpel, gavel or neutron bomb – we must ask ourselves if any woman should, at any time in her life, hold any position of real power.

Thankfully, smart, competent women continue to dispel the myth that women are slaves to their hormones. I would expect that Ms. Vamenta is especially grateful for this, since her right, as a woman, to attend a public university and to serve as the editor of a student publication is the product of feminist struggles against such notions.

LETTERS continued to CT19

the
ct

GAYLAND HETHCOAT
Executive Editor

RACHEL VAMENTA
Opinion Editor

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ARMY continued from CT18

statement could mean any number of things.

I'm more interested in the seriousness of Colbert's die-hard fan base. We've seen how far he can go, but what about his followers? We are members of a generation that supports as many causes as there are people in the world. As young people, this means we have to hurry and join the right Facebook.com group. I agree with this Washington Post blog post: "If he's really serious about running for president, he'll need an official MySpace page, a YouTube channel ..." If that's not official, then I don't know what is.

Members of the Colbert Nation weren't the only

ones who had a tumultuous weekend. Harry Potter authoress and billionaire J.K. Rowling announced Friday night on a book tour stop at Carnegie Hall that wizard Albus Dumbledore is, in fact, gay.

All right, then.

Actually, I'm pretty sure this revelation is what caused my Internet to explode on Saturday. Harry Potter fandom, or Potterdom, is so vast that fans will keep speculating the most minute detail after hearing things straight from Rowling's mouth. Although this is the truth behind any fan following, Potterheads are part of one of the biggest fandoms in the world, which makes them as daunting as Star Trek fans, or Trekkers.

Having only read up to the fifth book, in the seven-book series, "Harry Potter and the Order of the

Phoenix," I can't say what this means for my perception of Dumbledore's character. Does his sexuality really matter if the essence of Dumbledore's backstory is that he was let down by the love of his life? This idea is one of the oldest stories in the world. It's great to see gay characters in any fictional work, as long as their presence means something, and they're not gay for the sake of having a gay character. So yes, this adds another dimension of angst, but I don't know exactly how much. I'll have to catch up on my reading and find out.

All I know is that Fox News looked even more ridiculous when one of its TV reporters took to the streets this weekend to ask parents how they felt about Dumbledore's outing.

I wonder what Colbert would say about this.

LETTERS continued from CT18

As a nontraditional student, I am also offended by the whiff of ageism I detected in Ms. Vamenta's commentary. I am not yet menopausal, but at 38, I am staring down the barrel of my reproductive mortality. I find myself wondering when Ms. Vamenta expects me to begin making

stupid comments. Perhaps this next sentence will prove that I have already begun my hormone-induced cognitive decline. Ms. Vamenta, I would like an apology.

—Christine M. Woodman

Opinion editor's response: Ah, yes. Thank you for your correction regarding Susan's pregnancy. Perhaps this discovery hadn't occurred at the time I wrote my original piece, but

then again, I don't keep up with what must be the most female-empowering show on primetime.

However, your first guess about my comment is correct. It was, as you say, "a bad-taste effort to be funny." You are also correct in thinking that I simply might have replaced my "menopause" sentiment with "prenatal."

Hormones or no, women will say stupid things. I know I do. And like it or not, there will always be jokes about hormone-induced irrationality.

We can't run away from those jokes, no matter how much we think society has progressed. We might as well beat men to the punchline. (Besides, don't men have their own problems, too?)

I have no reason to believe that the residents of Wisteria Lane embody smart, competent women. So I am sorry, Christine, if you misinterpreted my comment. I am also deeply sorry that America has such poor taste in TV programs. I honestly don't know how I sleep at night.





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