



Freshman guard Bones Hyland recorded 10 points in the Black and Gold game. Hyland is the highest-rated recruit since senior wing De’Riante Jenkins. Photo by Alessandro Latour

# Freshmen debut at Black and Gold scrimmage

NOAH FLEISCHMAN  
Sports Editor

The smoke cleared by the tunnel, and one by one men’s basketball’s freshmen received their first tastes of the raucous crowd the black and gold are accustomed to greeting. That crowd consisted of thousands of fans who turned out to see the 2019-20 team in action for the first time at the Siegel Center.

“It tells you the type of people that support VCU basketball,” coach Mike Rhoades said. “They’re awesome, they’re so into it. To be a college basketball player, and you get to come to a scrimmage and you see this crowd — you’re a very lucky basketball player.”

All five freshmen saw playing time in the scrimmage, and Rhoades expects to continue to play them throughout the season.

“I tell these guys all the time, we’re going to throw them into the fire, throw them to the wolves and some days you get eaten and some days you figure it out.”

Mike Rhoades, coach

“It’s part of being a freshman in college,” Rhoades said. “I tell these guys all the time, we’re going to throw them into the fire, throw them to the wolves and some days you get eaten and some days you figure it out.”

Freshman guard Bones Hyland made a splash in the game, logging 10 points, including two 3-pointers. The Wilmington,

Delaware, native has been improving each day at practice, Rhoades said.

“Bones is a very good player, he’s talented, he’s just got to learn like all of us in our freshman year in college,” Rhoades said. “And then when you’re playing against all-conference players in practice every day, they’re seniors, they’re men. But he’s battling every day.”

Hyland was the only freshman to play all 26 minutes of the scrimmage.

Freshman forward Hason Ward showed off his 6-foot-9 frame in the contest, soaring above the rim to rebound and tip in missed shots.

Rhoades said having a player like Ward on his team is always a good thing.

“Some of the rebounds he got and some of the balls he kept alive [were] above the

rim where other guys can’t go to,” Rhoades said. “When you have a player that can get higher above the rim than anyone else and gets you extra possessions, gets you good defensive rebounds.”

Ward logged 8 points and eight rebounds in the annual scrimmage, including an alley-oop dunk. The Barbados native was described as a “good listener” by Rhoades.

“He plays with great energy and the guys really like him because he listens,” Rhoades said. “He listens to the older guys and he listens to the coaches. He’s going to play because he plays with great energy.”

Freshman guard Tre Clark had a highlight-reel 3-pointer from the corner late in the contest, after avoiding junior

forward Marcus Santos-Silva’s block attempt, collecting himself and draining the three.

Rhoades noticed that Clark can make plays when he’s on the floor.

“Tre Clark has great ability, he can really guard the ball and make plays with the ball in his hands,” Rhoades said.

Clark finished the night with 6 points, both from 3-pointers. In his 13 minutes of action, Clark logged two steals and one assist.

Freshman forward Jarren McAllister logged 7 points and three rebounds. He was a perfect 4-for-4 from the free throw line. Freshman guard Arnold Henderson VI logged six minutes of action, scoring 5 points and going a perfect 2-for-2 from the field.

## Meet the 2019-20 freshmen



**Nah'Shon "Bones" Hyland**

**Hometown:** Wilmington, Delaware  
**Height:** 6'3"  
**Fast Fact:** Named 2019 Delaware Player of the Year by USA Today



**Hason Ward**

**Hometown:** St. Thomas, Barbados  
**Height:** 6'9"  
**Fast Fact:** Blocked 22 shots in one game during his junior year of high school.



**Tre Clark**

**Hometown:** Covington, Georgia  
**Height:** 6'3"  
**Fast Fact:** Selected 8-AAAAAA Player of the Year his senior year.



**Jarren McAllister**

**Hometown:** Wake Forest, North Carolina  
**Height:** 6'4"  
**Fast Fact:** Scored over 1,000 points in his high school career.



**Arnold Henderson VI**

**Hometown:** Richmond, Virginia  
**Height:** 5'10"  
**Fast Fact:** His uncle, Gerald Henderson, played at VCU from 1974-1978.



Stories of the week

**NATIONAL:** A federal judge ruled that a Virginia law requiring couples to reveal their race when applying for a marriage license is unconstitutional.

**INTERNATIONAL:** New research shows glaciers in Switzerland have shrunk by 10% in the last five years, a rate never seen before in modern observations.



The 15th Richmond Folk Festival featured more than 100 performers and 30 food vendors from around the globe Oct. 11-13. Photo by Jon Mirador

# 15th Richmond Folk Festival draws crowds, showcases more than 100 performers

**ANYA SCZERZENIE**  
Contributing Writer

Charlie Constantino seemed to be having a good time Saturday at his first Richmond Folk Festival. But it was hard to tell, because he didn't say much.

"He's 7 months old," said his mother, Alison Constantino. "He seems to like the music and the people watching. We've been here an hour and have been watching the bluegrass performance for most of it."

Bluegrass was just one of many music genres featured at the 15th Richmond Folk Festival, which was held on and around Brown's Island from Friday through Sunday. The festival featured more than 100 performers and 30 food vendors from cultures around the globe.

The Garifuna Collective, which performed on Saturday, came to Richmond on the last leg of an international tour that

took them to the U.S., Canada, Europe and Asia. The Belizean group played the music of the Garifuna people, a mixed Afro-Latino indigenous group from the Caribbean.

"I think the audience are very strange, you know?" said Mohobub Flores, a percussionist who plays turtle shell drums. "The language that we sing in, they probably won't understand because it's Garifuna, it's our language. But the rhythm, the beat, that's very interesting for the audience."

The Garifuna Collective held one of their performances in the Dominion Energy Dance Pavilion, where attendees had floor space to dance to the music and a reserved area for partner dancing.

The dance pavilion was one of six stages at Richmond Folk Festival, including the CoStar stage on Brown's Island and the Altria, Richmond Times-Dispatch and Capital One stages between 2nd and Tredegar streets.

A crafts marketplace and food truck areas were also featured. The food trucks included cuisines from the U.S., Thailand, Mexico and Greece.

Panfilo's Güera, a musical act at Saturday's festival, is a three-piece band that performs Mexican-American string music known as tejano — or Tex-Mex — conjunto fiddle.

"What I'm doing is preserving and conserving tejano conjunto grassroots string," said Belen Escobedo, violinist and leader of Panfilo's Güera. "In the past it used to be all string instruments. Now it's accordion, electric bass, drums, all this modern crazy stuff."

Dale Watson and his fiancée Celine Lee performed what they call 'Ameripolitan' music, which is a genre derived from country-Western songs.

"I went to the Richmond Folk Festival a couple years ago," said Watson, who has

been performing since the 1970s. "There are a lot more people [this year]. I feel like it's running smoother, too."

Other performers include traditional Scottish-Gaelic singer Julie Fowles, the Native Pride Dancers from St. Paul, Minnesota, and the Lonesome River Band, a bluegrass band.

The Richmond Times-Dispatch Virginia Folklife Area hosted some non-musical performances. These included auto mechanic demonstrations and a contortionist.

The Richmond Folk Festival is free to attend and is funded by donations. The "bucket brigade" — a group of volunteers in orange vests who carry buckets for donations — are a common sight around the festival each year.

According to its website, more than 220,000 people attended the Richmond Folk Festival last year, which is almost the population of the city itself.

## 'Homophobic' driver remains at large after last week's hit-and-run

**ANDREW RINGLE**  
Managing Editor

Police are still searching for a man in connection with a hit-and-run from last week that injured two people and sent one VCU student to a local hospital with non-life threatening injuries.

The hit-and-run occurred around 11 p.m. Friday in the alley behind 7-Eleven at 122 S. Belvidere St. According to Richmond Police, an argument took place before the man got into his vehicle and drove down the alley, striking two people.

Katelyn Tilts, a VCU freshman, told CBS 6 she and a group of friends were walking in the alley when the hit-and-run



**Police released a photo of the man in connection with a hit-and-run last week.**  
Photos courtesy of Richmond Police

occurred. She was one of the two people hit, and she was taken to VCU Medical

Center in an ambulance. She's now recovering and using crutches.

The other victim was checked and cleared by Richmond Ambulance Authority on scene.

Sean Fallon, who was at a party the night of the incident, says he was the first person hit by the car. He said he saw it coming, so he jumped into it with his right leg and arm to roll off the vehicle and into the dirt.

"It was literally a scene out of the video game Grand Theft Auto," Fallon said in a message. "He was trying to hit everyone in sight."

Fallon said the driver was trying to hit a gay couple after the altercation occurred inside the 7-Eleven.

Davis Hampton, a VCU junior, said he witnessed the incident and that the driver was "extremely homophobic." He said the man made fun of two people with painted nails and had issues with them being in the store.

"They started walking back up the alley when the guy that was inside 7/11 got into his car and pulled up through the alley, speeding up, and hitting a different guy," Hampton said.

The man was last seen driving away in a dark blue, four-door Honda Civic, said a Richmond Police spokesperson in an email. The passenger side of the car is missing the side view mirror, and the man is believed to be about 24-30 years old and 5 feet, 9 inches tall.



# The Birds are back in town: Dockless scooter company returns

ANDREW RINGLE  
Managing Editor

Bird's electric scooters returned to Richmond on Tuesday after a yearlong hiatus that started with the city's removal of the unpermitted vehicles last fall.

The company announced the return of its dockless rides in an email sent to employees — the “chargers” who collect the scooters, charge them at home and then return them to the sidewalks — and in a news release Tuesday morning.

“We look forward to serving the micro-mobility needs of the residents and visitors of Richmond to connect more deeply with the city,” said Bird's director of safety, Paul White, in the release.

White said the company wants to help people safely replace their car trips with “a more sustainable and efficient option.”

After Bird dropped hundreds of scooters unannounced in Richmond last year, Mayor Levar Stoney responded by creating an ordinance that would require scooter companies to pay the city a fee for a license to dis-

tribute. The proposal, which was approved by City Council in January, includes a fee ranging from \$20,000 to \$45,000.

Scooters are a “final mile” solution that can fill gaps in the city's current transportation network, the mayor said in a news release.

“We wish Bird success on its official launch, and are grateful to provide yet one more transportation option that makes it easier and more enjoyable to live work and play in our city,” Stoney said.

Lynne Lancaster of the city's Department of Public Works told Richmond BizSense that Bird will start with 150 scooters before eventually growing the fleet to 500.

Bolt Mobility was the only electric scooter company to foot the city's fee for distribution before Bird's return. The new competitor shared a few tips on etiquette in the news release:

- Ride near the middle of bike and car lanes, especially if the lane isn't wide enough for both a car and a scooter to move side by side.



Bird scooters returned to Richmond on Tuesday after a yearlong hiatus. CT file photo

- Riders should listen to the sounds around them, and avoid taking selfies or listening to music.
- Learn how to do the “box turn”: First, go to the far corner of the intersection and stop. Then, pivot left and wait for the green light.
- Go with the flow of traffic and yield to pedestrians.
- Don't block public pathways when parking, and park near bike racks when possible.

# Fight the Muslim Ban founder likes ‘busting stereotypes’

TAYLOR TOBEN  
Contributing Writer

When President Donald Trump announced a travel ban on people from majority-Muslim countries in 2017, Seema Sked was devastated. The event changed her life, she said, by launching her into activism.

“I was a wreck,” said Sked, who immigrated to the United States when she was two years old. “After that, I attended my very first protest against the ban that weekend in downtown Richmond.”

Now, the Richmond resident is an advocacy coordinator for the Richmond Peace Education Center, or RPEC, and founder of activist group Fight the Muslim Ban. The travel ban continues to affect people from Libya, Somalia, Sudan, Syria, Yemen, Iran and Iraq, among other countries.

That first protest touched her the most, Sked said. She remembers seeing people of all ages, and a few protesters carried a flag that read “Sí se puede,” which translates to “Yes we can” in English.

Later that year, she went to her second protest. It was the counterprotest to the “Unite the Right” rally in Charlottesville in August 2017, in which a white nationalist killed a woman when he drove his car into a crowd.

“Being there and seeing all that hate was something that I really needed to see,” Sked said.

After that, she made the choice to become more involved. Sked called the Council on American-Islamic Relations, or CAIR, a civil

rights organization for Muslims in the U.S., to ask what she could do to help fight the travel ban.

She began a campaign that asked people to create and send handwritten postcards to encourage their representatives to support bills that would reduce the ban's effects. Through this process, 5,000 postcards were sent out.

Sked attended the first congressional hearing on the Muslim ban, where she heard stories of people who haven't seen their families in years; a mother desperate to see her ill 2-year-old child tried for more than a year to enter the U.S., only to spend 10 days with him before he died.

Now, Sked's advocacy through Fight the Muslim Ban focuses on new bills pushing to remove the ban. The group's Facebook page spreads information about the ban, events in the area and information on how to become involved.

Sked's advocacy is not limited to her organizations. She traveled to the Southern border to help asylum seekers understand their rights, and has attended several protests in D.C.

When Supreme Court Justice Brett Kavanaugh — who was accused of sexual assault — was appointed, Sked was there



Seema Sked, founder of Fight the Muslim Ban, is also an advocacy coordinator for the Richmond Peace Education Center. Photo by Enza Marcy

to protest the same day as the Senate confirmation, she said.

“I sat on the floor at one of the buildings and chanted with several hundred people until I was arrested,” Sked said.

Through her work at RPEC, Sked has organized advocacy events, including the program's most recent “Teach-in on Immigrant Social Justice” held in Monroe Park a few weeks ago.

The event featured performances and speeches from activists and members of minority communities. Faith leaders and allies were also a part of the conversation of sharing experiences, knowledge and expertise.

“I wanted the voices to be heard that never get heard,” Sked said about the event.

RPEC focuses on conflict resolution, training and healing. It also offers programs for students to learn how to diffuse conflict and violence.

The organization offers training events, including nonviolent direct action and conflict resolution training. These courses recommend ways to be prepared in advocacy and ways to diffuse conflicts. They also include trauma healing trainings that teach people how to process and begin healing from trauma.

“Organizing is about building relationships,” Sked said. “I really like busting stereotypes. If nothing else, people have now met a Muslim, somebody who doesn't fit their idea of a Muslim. I have the opportunity to change somebody's perspective.”

“



A series of flags decorate the inside entrance of the Richmond Peace Education Center and share positive messages. Photo by Enza Marcy

Seema Sked, founder of Fight the Muslim Ban



# 8 journalism and PR professionals inducted into Va. hall of fame

**KATIE HOLLOWELL**  
Contributing Writer

After editing for the Blackstone Courier-Record, publishing many books and winning awards from the Virginia Press Association, Doug Coleburn says being inducted to the Virginia Communications Hall of Fame is the highest honor he’s ever received in his 72 years in journalism.

Eight communications professionals were announced as inductees into the Communications Hall of Fame on Oct. 1 by VCU. Along with Coleburn, Barbara Ciara, Brian Ellis, Bill Eure, Kym Grinnage, Cabell Harris, Thomas Kapsidelis and Donald Lee were honored this year. The ceremony will take place March 26 at the Altria Theater.

“We believe in a strong editorial policy,” said Coleburn, who said he has strived for transparency while taking stands on important issues through his editorial work. “Part of [Courier-Record’s] success in having readers is taking a strong stand on important issues.”

Photographs also played an important role in how Coleburn told stories in Southwestern Virginia. He says he remembers what it was like when technology was less advanced.

“Computers have made it so much easier to publish anything,” Coleburn said. “Photographs are so much better ... because the old press didn’t do the job, but now with the new offset presses, it’s a joy.”

Interim Director of the Robertson School of Media and Culture Marcus Messner said the selection process for the Hall of Fame is made by a committee in which a variety of media industries and organizations are represented. It first begins with a public call for nominations, and then the committee reviews the candidates. After decisions have been made, VCU announces the inductees.

The committee is co-chaired by Frazier Armstrong, who is an advisory board



**Doug Coleburn presses a book using a Linotype machine in the mid-1960s.** Photo courtesy of Billy Coleburn

member of the Robertson School and a consultant for communications and marketing, and by Jeff Wilson, VP at Padilla, a national branding agency focusing on public relations, advertising, digital and social media.

Here are the other seven 2020 inductees for Virginia Communications Hall of Fame:

**Barbara Ciara** is an anchor and managing editor of WTKR-TV News 3 in Hampton Roads. Ciara was the youngest woman and first African American news director at a commercial television station in the Southwest, according to a VCU news release. Ciara is an Emmy award-winning broadcast journalist who has reported in Afghanistan, Saudi Arabia, Cuba, Haiti and Mexico. She’s covered statewide political campaigns including

interviews with former President Barack Obama. Ciara graduated Summa Cum Laude from Hampton University.

**Brian Ellis** is an executive vice president at Padilla for crisis and issues management practice. Ellis began his career as a DJ in college at the University of Florida while being a reporter and anchor at the university’s PBS station, WRUF. According to Padilla, Ellis then moved around the country working for different TV stations in Augusta, Georgia, Richmond and Tampa, Florida, becoming an Emmy award-winning news reporter. After working in TV, Ellis switched to public relations, working on national campaigns along with crisis management. He helped start Carter Ryley Thomas, which later became Padilla.

**Bill Eure** was a broadcaster from Portsmouth, Virginia, and began his broadcasting career at WAVY-AM/TV in Hampton Roads. He was a general and sales manager at TV stations in the 1960s and ventured into broadcast ownership in 1970 with the purchase of radio stations WSSV-AM and WPLZ-FM in Petersburg. Eure created the first FM station programmed exclusively by African Americans in Richmond, Magic 99, in 1981. He has served on many boards and was the president of the Virginia Association of Broadcasters in 1975. Eure received the C.T. Lucy Distinguished Service Award from the VAB. He died in January.

**Kym Grinnage** is the vice president and general manager of WWBT-TV NBC 12 and WUPV-TV CW Richmond. He has been with NBC12 since 1990, starting out in sales and growing from account executive to general sales manager. Grinnage previously lived in New York and worked with CBS television. He has received recognition from the Associated Press for Best Editorial and the Virginia Center for Inclusive Communities’ 2018 Humanitarian Award.

**Cabell Harris** is the founder of WORK Inc., a creative branding agency in Richmond, Virginia. He worked with companies earlier in his career in New York, Boston and Los Angeles. Cabell taught at VCU’s BrandCenter — a Master’s program that covers tracks in art direction, brand management, design and other areas — for 10 years. He has been recognized in many major industry award shows, spanning from Cannes Lions to British Design & Art Direction.

**Thomas Kapsidelis** is a local journalist and author of “After Virginia Tech: Guns, Safety, and Healing in the Era of Mass Shootings,” which was published this year by the University of Virginia Press. Kapsidelis was an editor at the Richmond Times-Dispatch for 28 years and left to complete his book through a fellowship. He was also the Richmond bureau manager for United Press International, a global news organization that focuses on world news, entertainment, trends, science, health and photography. Kapsidelis graduated from University of Maryland with an undergraduate degree in journalism and from Goucher College with an M.F.A. in creative nonfiction. He is a visiting journalism professor at the University of Richmond and was previously an adjunct professor at VCU’s Richard T. Robertson School of Media and Culture.

**Donald Lee** is a cameraman and journalist for CBS News’ “60 Minutes” in Washington. He began at VCU as a student enrolled in the first bulletin for broadcast news curriculum. Lee began working at local radio and TV stations in Richmond. He has worked for five decades at “60 Minutes,” covering a range of topics in conflict, politics and natural disasters. He has won three Emmys, two duPont-Columbia Awards and an Edward R. Murrow Award.

## Design and engineering students utilize training, resources at new large-scale workspace

**HANNAH EASON**  
News Editor  
**MACKENZIE LABAR**  
Contributing Writer

It may seem like a massive, gray warehouse from the outside, but the 60-year-old building on a site once used for trolley repairs is now a design space for engineering organizations on campus.

After a \$610,000 property acquisition in 2017 of the former Grubbs’ Auto Service mechanic garage, VCU’s College of Engineering opened its new Maker Garage this semester for engineering students involved in design-related intercollegiate projects.

The garage gives engineering students a central location for group mechanical and design-related project work. The building is equipped with conference rooms and workspaces to allow groups to hold professional meetings. The College of Engineering website calls the space a “fully equipped machine shop with modern precision tooling and machinery.”

The site of 12 W. Cary St. dates as far back as 1889. According to VCU News, the location was home to carpenter and contractor William Gibson, who died in 1903 after contributing to the construction of the Cathedral of the Sacred Heart. By the 1900s, trolley cars ran close to the property, and the alley behind the house was connected to a streetcar maintenance bay.

In the 1960s, the building was torn down, and the new structure later became Grubbs’ Auto Service.

Charles Cartin, director of the Maker Garage and faculty member at the College of Engineering, says the space provides “real-world experience” for students by teaching the effects of time and money in designing a project.

“If they take the time to take the classes and take the training for it, it also opens many doors out there in the real world because it gives them practical, hands-on experience,” Cartin said. “So it lets them have that curiosity to make something creative.”

One of the most notable organizations utilizing the new workspace is Hyperloop at VCU, a student organization that develops ideas for passenger and freight transportation. It competed in Elon Musk’s SpaceX Hyperloop Pod Competition in 2018 and was one of 18 teams worldwide — and one of nine teams from the United States — to advance to the final at SpaceX headquarters in Hawthorne, California.

According to SpaceX’s website, the competition’s judging criteria were based entirely on the Hyperloop Pod’s “maximum speed with successful deceleration (i.e. without crashing).”

VCU senior Arthur Chadwick, the organization’s founder and president, spoke about the industrially “disruptive” capacity of Hyperloop. Chadwick said the vision for



**Students can take three training modules in the building that teach safety, tool usage and machining.** Photo by Jon Mirador

the Hyperloop is to transport people and cargo at speeds up to 700 mph, “drastically decreasing” travel time.

“As a faster and potentially more affordable and safer mode of transportation ... a Hyperloop system has the potential to disrupt the transportation industry,” Chadwick said.

The garage has plans to open up to an even wider array of potential users, as plans to offer training and safety curriculums to certify students of other focuses, as well as returning alumni, may be in the works.

Boris Solomonov, lab manager and professor for Maker Garage, ensures projects

completed inside the workspace are done “right, legal and safe.”

The courses Solomonov teaches include three modules, starting with safety and hand tools in Innovation Shop Training I and ending with “real machining” in Innovation Shop Training III.

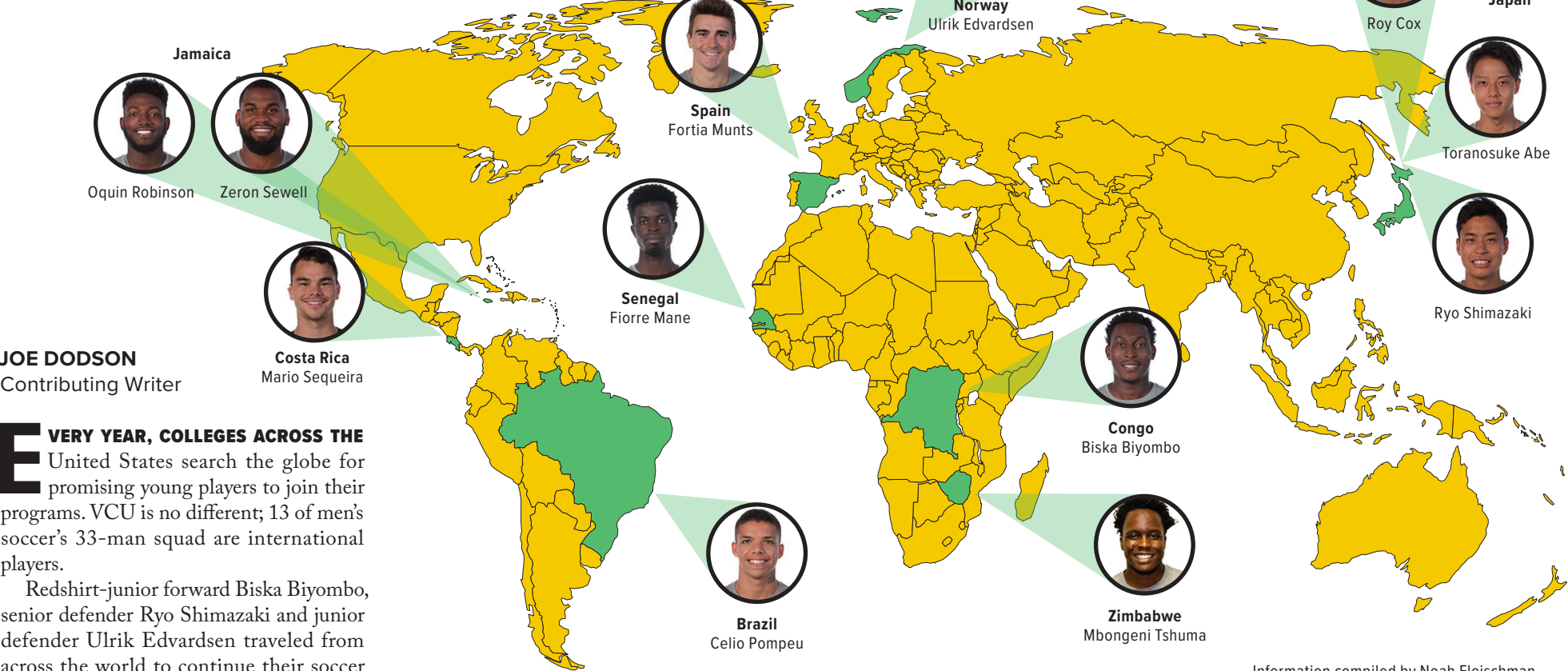
The classes, which are in the engineering curriculum, are classified as “Short Course Instructional Method” classes.

The Maker Garage is open from 8 a.m. to 5 p.m. Monday through Friday.



**Stat of the week**  
Senior middle blocker Jasmin Sneed was named A-10 Defensive Player of the Week for the third straight week.

# International roots shape men’s soccer



**JOE DODSON**  
Contributing Writer

**EVERY YEAR, COLLEGES ACROSS THE** United States search the globe for promising young players to join their programs. VCU is no different; 13 of men’s soccer’s 33-man squad are international players.

Redshirt-junior forward Biska Biyombo, senior defender Ryo Shimazaki and junior defender Ulrik Edvardsen traveled from across the world to continue their soccer journeys at VCU. Although they come from different cultures and speak different languages, they have formed a family bond with their teammates.

### RYO SHIMAZAKI

Shimazaki is from Kawasaki, Japan, and he played club soccer for the city’s under-18 first division team. His freshman year, Shimazaki had difficulty making relationships; until recently, he only spoke Japanese.

“My first year I barely spoke English. I was struggling with communicating with the guys and my coaches,” Shimazaki said. “I barely understood what they were talking about, I just nodded my head and smiled.”

Now, Shimazaki has learned English and formed close friendships with his teammates. His sophomore year was a noticeable step up for the defender — he started every game and scored his first two goals.

Last season, Shimazaki took another step forward after helping the Rams become Atlantic 10 regular season champions. He was named to the VaSID Second Team All-State and All-A-10 Second Team.



Senior defender Ryo Shimazaki has played in all 11 games. Photo by Alessandro Latour



Junior defender Ulrik Edvardsen was named Second Team All-A-10 last season. Photo by Wessam Hazaymeh

### ULRIK EDVARDSEN

Before VCU, Edvardsen was the captain of Norwegian first division club SK Brann’s under-19 squad.

His former club told him he was not going to get a professional contract, so this left two options for Edvardsen: he could play in the lower divisions in Norway or try something new.

“I really wanted a new environment,” Edvardsen said. “After meeting with coach Giffard, it was VCU for me.”

Edvardsen has improved throughout his time at VCU. His freshman year, he started 17 of 18 games in which he helped his team achieve eight shutouts, and was named to the A-10 All-Rookie team. Edvardsen started all 18 games last season, half of which were shutouts. He was named to the United Soccer Coaches Third Team All-Southeast Region, along with being named to the All-A-10 Second Team.

### BISKA BIYOMBO

Biyombo’s family moved to the United States from Congo six years ago, and he attended Montverde Academy in Florida for high school.

Biyombo then played two years at Trinidad State Junior College in Colorado where he scored 38 goals. He said he felt a big change between junior college soccer and Division I.

“It was a big step for me,” Biyombo said. “I remember my first practice I went to go for a ‘50-50’ against Ulrik ... I found myself on the ground.”

Biyombo only played five games his first year at VCU before an injury required surgery and ended his season.

This year, Biyombo has played every game, scoring four goals and assisting three. Although he hasn’t had the best start at VCU, coach Dave Giffard is confident in his starting forward’s ability.

“He is continuing to improve and grow,” Giffard said. “[He’s] starting to find his way.”

Biyombo hopes to play professional soccer after VCU. His brother, Bismack, plays in the NBA for the Charlotte Hornets and motivates him to achieve professional status to help his home country — and make his family proud.

“I’m really proud of him [Bismack]. I really thank him for what he does for the kids and our family,” Biyombo said. “That’s why I want to make it to that level as well.”



Redshirt-junior forward Biska Biyombo has a team-high four goals this season. Photo by Jon Mirador

### FAMILY TIES

All three players depend on their families for support. Unlike local players whose families can watch them anytime there’s a home game, international players often don’t get to play in front of their loved ones.

“It is really hard as an international,” Biyombo said. “When you leave the country they expect you to do more. Family plays a big part in our role of being international [players].”

Edvardsen calls his parents after every game to get constructive feedback, regardless of his performance.

“We’ve just become a family. I feel like I have 32 brothers in my locker room.”

Ulrik Edvardsen, defender

“They’re always there for me,” Edvardsen said. “Everything I do in soccer, and the reason I want to play professional, is because of my family.”

No matter where the players come from, or what language they speak, men’s soccer has become a brotherhood for the team’s international players. Even without their families and friends from home, they feel supported.

“We’ve just become a family. I feel like I have 32 brothers in my locker room,” Edvardsen said.

The 33 players from 13 countries share the same goal of becoming A-10 conference champions. For seniors such as Shimazaki, this is their last chance to do so — the team is confident that this is the year.

“I can’t leave without it,” Shimazaki said.



# Cross country makes strides ahead of conference championships

**RYAN GRUBE**  
Staff Writer

When cross country began the 2019 season, the team set out with one goal: to finish better in the conference than both squads did a year ago.

In 2018, the women’s team finished 11th at the Atlantic 10 Cross Country Championships, while the men finished 12th out of the 14 teams that competed.

So far in their 2019 campaign, the Rams have made significant strides toward fulfilling their collective ambition.

Even though he says there is room for improvement, senior cross country runner Bryce Catlett says he likes where the team is headed as it approaches this year’s conference championships.

“I think we continue to move in the right direction,” Catlett said. “We’re probably still not where we want to be as a team, but we still have a few more weeks until conference and regionals to work that out.”

VCU’s most recent meet at the Lehigh Paul Short Run — in which Catlett finished fourth out of 394 runners — delivered the most encouraging results, as the Rams had multiple runners from both sides emerge with personal record times. Sophomore Hisham Vohra and senior Ashley Brown were among those who set personal record times. Vohra set a personal-best 25:11.9 in the 8k, and Brown set a personal-best 22:50.5 in the 6k

In the two prior meets, every Rams scoring finisher ended in the top 50.

Director of Cross Country Nicole Cook said she’s pleased with the last meet’s results, given how far her teams have come from their first race of 2019 at Pole Green.

“I think last meet was a very good meet for us because I think everybody could see the hard work that they’ve been putting in, and it actually is translating,” Cook said. “I think a lot of them probably ran faster than



Senior Sean Moulton, left, set a personal best 8k at the Paul Short invitational with a time of 26:17.7. Photo courtesy of VCU Athletics

they typically have at this point of the year, so I think that’s a good sign.”

Cook said confidence has been key for the Rams. By grouping together in meets, both teams have been able to push one another throughout the races.

It’s a strategy Catlett says develops every day during early morning workouts.

“You just gotta continue to motivate one another, and use that to push off and support each other — whether it’s in the workouts or in the races,” Catlett said. “Just knowing that you have teammates to fall

back on, and they’re there to support you.”

Teamwork has been essential for VCU on its quest for an improved 2019 campaign. With freshmen and sophomores on both sides, the Rams haven’t let youth deter their focus. Cook said everybody is hurting the same during their respective races, regardless of class.

“Just continue to build each year, and they’re going to see the progress that they want to see,” Cook said. “I think a lot of my guys are developmental, so they may start on a good level, but they end up getting on

better levels once they continue to push and continue to do the things they’re supposed to do to get better.”

Along with Cook’s encouragement, Catlett said his veteran leadership will play a role in the team’s success. He said the bunch has to remain locked in on the future, and they can’t dwell on past poor performances.

Next up for the Rams is the Pirate Invitational at Eastern Carolina University on Friday.

RAM IN ACTION

## Tredway reflects on soccer career

**ADAM CHEEK**  
Staff Writer

Redshirt-senior forward Amanda Tredway is in her final season of women’s soccer, but she’s made the most of her last year. The fifth-year player has scored three goals on 16 shots and racked up six points through the team’s 13 games.

The Downingtown, Pennsylvania, native has scored 12 goals over her four seasons of active play. Tredway redshirted her first season but has played in all 73 games the VCU squad has had since.

Having been a part of the Rams for five total seasons, Tredway says it’s been an honor to represent VCU.

“It’s like a family to me,” Tredway said. “Everyone that I’ve played with these past five years have really been sisters to me.”

Tredway’s final year has altered her role on the roster, and she says she’s become more of a leader.

“It’s almost like a lot of the younger girls ... look up to me for answers, whether it’s school-related or soccer-related,” Tredway said. “It’s definitely a big role. But I like it.”

Tredway took to the pitch at a very young age and has played since she was nine — all the way through middle school, high school and college.

“I just always stuck with it,” she said. “I played other sports, but ... the adrenaline that soccer brought into my life was just an irreplaceable thing.”

The forward had committed elsewhere

but reached out to VCU once the coach who had recruited her departed the school.

“They came and watched me play a game, and I loved the coaching staff,” Tredway said. “And then I came and visited campus, and it was so different than where I grew up.”

“

I can distract myself from all the issues in the world by going to practice and [being] with my best friends.”

Amanda Tredway, forward

She has learned a lot from soccer and knows to show her commitment on the field.

“It’s also like being able to control your emotions in the positive and negative way,” Tredway said. “But you also have to stay calm when situations don’t go well.”

Tredway and Tallent play alongside several other seniors, among them midfielder Ingrid Brouwer, defender Susanna Friedrichs and midfielder Rachel Hardy.

“It’s great, because they’ve been here my whole time,” Tredway said. “I’ve got to see them progress as players. I know they’re always going to have my back on the field.”

Coach Lindsey Martin is in her seventh



Redshirt-senior forward Amanda Tredway has logged three goals this season. Photo by Raelyn Fines

season, and Tredway has appreciated everything she’s done for the team.

“She’s helped us get to the conference championship two years in a row,” Tredway said. “She always puts the team first, and she cares so much about us and just wants us to succeed.”

She appreciates the opportunity to play for the black and gold, and says the sport

motivates her.

“I can distract myself from all the issues in the world by going to practice and [being] with my best friends,” Tredway said. “To be able to compete with my friends every day, it can be tough in the moment. But when you step back and look at it, you can see how far you’ve come.”



**On this day**

In 1968, Olympic medalists Tommie Smith and John Carlos gave the Black Power Salute on the 200m medal podium at the Mexico City Olympics.



“

As fashion week has moved on to progress each year, it has become more of a collaborative effort. I love to see that. More people are getting involved.”

Michael Hostetler,  
RVAFW media director



Clockwise from left: VCU student and RVAFW model Tirtha Ratnam walks the runway in a dress by Jessy Agnu from iamsewcrazy. Nikola Novak shows off a piece by Tough Cookie clothing. Monica Ruffin showcases a blazer, jeans and heels from Leve Lifted. Photos by Alessandro Latour

# Individuality floods the streets for Richmond Fall Fashion Weekend

**MILAN BREWSTER**  
Contributing Writer

The bright city lights filled a wide-open room of the Main Street Station. Hues of purple, pink and green vibrantly illuminated the long runway located in the middle of the room.

Hundreds of people gathered around to watch models in designer clothes walk down the runway during the intense and fast four days of RVA Fashion Week's, or RVAFW, Fall Fashion Weekend.

“There is so much talent here and so much hidden talent,” said fashion blogger Janie Medley. “This [fashion weekend] is a great way to showcase.”

The RVAFW team held its annual Fall Fashion Weekend from Oct. 11-13.

“As fashion week has moved on to progress each year, it has become more of a collaborative effort. I love to see that. More people are getting involved,” said Michael Hostetler, the media director for RVAFW.

On Friday, RVAFW partnered with Runway2Life, a charity that encourages awareness of mental health and suicide prevention. The event was co-hosted by Jackson Scott and Shannon Siriano.

Runway2Life was started by founder Alicia Amsler four years ago after her mother suffered from depression and lost one of her employees to suicide.

“That started the idea. It blossomed



**Past and present Richmond Fashion Week staff gather for a picture to celebrate and support this year's celebration.** Photo by Jon Mirador

from there on,” said Taylor Amsler, Alicia Amsler's daughter.

The first to walk the runway at the event was Celebrity Bridal, whose collection was inspired by owner Kaitlin Call's late grandmother. The models walked in pairs, displaying the bridal gowns and the tuxedo collection.

They introduced Anne Moss Rodger, a Richmond-based writer who lost her son to suicide in 2015.

“Listen to them [people with mental illnesses]. You can't fix it, but you can listen,” Rodger said. “I don't want the world standing in my shoes, even if they are designer.”

As a surprise, Scott and Siriano told the audience Runway2Life is launching its first collection of shirts and sweatshirts with words of encouragement, and their slogan for this year, “Not today,” which references suicide prevention.

Saturday's event was the Styles of RVA

day-to-night party and fashion show at the Courtyard by Marriott. Many designers such as Creation Lords, BANR and FallIntheBrand were at the event with DJ Caasim and Markus Gold.

The festivities concluded on Sunday with the final event, the fall designer show, cohosted by Dapper Luq and Caroline Kalentzos.

“This is my first fashion show ever. I got to walk for iamsewcrazy, Able and Blas Couture. It was a crazy experience,” said model and VCU student Tirtha Ratnam.

MK Vendetta was another designer brand in attendance with a streetwear collection. The collection gave an edgy and retro vibe.

“This is my second time doing it, and I love the experience,” said MK Vendetta designer Mateen Khan. “Coming to a show that is a little smaller and intimate really humbles you, and the experience is very heartfelt.”

Event attendees were also dressed to impress; some wore caution tape as a wrap for a dress, plenty of sequins or a spray-painted trench coat with words of empowerment on it.

“We had a phenomenal turnout,” said Jimmy Budd, executive producer of RVAFW. “[It is] really exciting to have new designers for the fall and [I] can't wait for the spring.”



UPCOMING EVENTS

See something

SUN. 10/20

48 Hour Film Project screenings

Teams of Richmond filmmakers will screen their films created within a 48-hour time period. The screenings will be held at the Byrd Theatre. For specific showtimes and tickets, visit the program's website.  
*The Byrd Theatre & Foundation*  
*(2908 W. Cary St.) \$10*

TUES. 10/22

‘Germany Year Zero’ Film Screening at Grace Street Theater

The cinema program is hosting a screening of the 1948 film “Germany Year Zero” as part of its Cinematheque program. This event is free and open to the public.  
*7 p.m., Grace Street Theater*  
*(934 W. Grace St.) Free.*

Do something

THURS. 10/17

Blood Drive

The Red Cross Club is sponsoring a blood drive at the Cathedral of the Sacred Heart’s Parish Hall.  
*10 a.m.-4 p.m. Cathedral of the Sacred Heart (800 S. Cathedral Place)*

MON.–SUN. 10/21–27

Richmond Restaurant Week

Locally-owned Richmond restaurants will offer meals for under \$30 as part of their weeklong program. Every meal purchased will result in a \$4.19 donation to Feed More, a Richmond-based nonprofit.

TUES. 10/22

Department of English Course Fair

The Department of English will be hosting a Spring 2020 Course Fair that will introduce new courses to students for the next semester. Students will also be able to meet department professors and review syllabi. For more information, contact R. Dale Smith at [rdsmith@vcu.edu](mailto:rdsmith@vcu.edu).  
*10 a.m. to 2 p.m., Room 308 of Hibbs Hall, (900 Park Ave.)*

Learn something

THURS. 10/17

Da Vinci Doughnut Day: Solar Panels for Hospitals

Alumni from the Clinton Global Initiative University will be talking about their work with 3D printing solar panels for hospitals in Puerto Rico. There will be free donuts and coffee and an information session about the program.  
*9-11 a.m., VCU da Vinci Center (807 S. Cathedral Place)*

SAT. 10/19

RVA Booklover’s Festival

The second annual RVA Booklover’s Festival will feature authors, crafters, vendors, children’s activities, and local food trucks. This event is free and open to the public.  
*10 a.m.- 4 p.m., Jefferson Park (1921 Princess Anne Ave.) Free.*

MON. 10/21

Midterms and Madness: Keeping Sane, Safe and Sober

The Wellness Resource Center and the VCU Police Department will conduct a discussion about staying safe during midterms season. The topics will include alcohol, mental health and violence prevention. For more information, contact Kendyll Graham at [grahamk4@vcu.edu](mailto:grahamk4@vcu.edu) or 804-828-7815 or visit [thewell.vcu.edu](http://thewell.vcu.edu).  
*Noon to 2 p.m. Health Hut on the VCU Compass (199 N Linden St.)*



The 2019 Richmond Zine Fest took place at the Richmond Public Library on Friday and Saturday. The event showcased the artistic voices of the Richmond community. Photo by Lake Mannikko

Richmond Zine Fest amplifies marginalized artistic voices

KATHERINE NOBLE  
Contributing Writer

Outside, it was just another quiet fall Saturday. But inside the Richmond Public Library, there was a clamorous and cheerful commotion of people of all ages around tables stacked with prints, stickers, patches, and of course, zines.

This was the two-day Richmond Zine Fest that took place on Friday and Saturday. The event began in 2007 and was initially a small gathering outside the Firehouse Theatre and the Camel.

The event celebrated zines, which are magazine-style independent publications, and focused on supporting LGBTQ people and communities of color.

“As a queer Afro-Latinx who makes zines, I can say with certainty that zines provide a safe space to share pieces of ourselves and our lives, thoughts, traumas and wishes that would be chewed up and digested differently if we just put them online,” said event organizer Celina Williams.

In 2016, the program’s current organizers — Williams and Brian Baynes — moved it to the Richmond Public Library where the event now covers the upstairs foyer, art gallery, and the entirety of the downstairs.

Williams, a 2008 VCU alumna, attended the very first Zine Fest while still in school. She had previously made zines but wasn’t aware of the potential the activity held until she attended the festival. They can cover anything, from personal stories to gardening tips, to comics, and are usually photocopied and made in very small runs.

Williams also spoke on the community-building power of zines.

“We’re here to uplift in a way that is honest and inclusive, not to be fake or positive-vibes only,” Williams said. “But to show what can happen when we’re ready to really see and appreciate each other and the connections can grow from there.”

After her first taste, Williams was hooked. The very next year she tabled at the event, and by the third year, she volunteered as an organizer.

Now, she runs the event with Baynes.

“As the internet is full of voices and policed by corporate and government interests, zines are one area where we don’t have to worry about our existences being up for debate,” Williams said. “We take the time to make something and we get to share it with people who want to connect.”

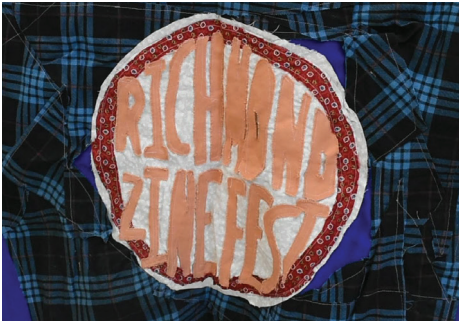
She emphasized the significance of zines, specifically how they serve as an outlet for creative expression.

“I want everyone to be seen and valued for exactly where they are at with their writing, art, etc. at this point in time,” Williams said.

Kamille Jackson, a 2014 alum of VCU’s communication arts program, is one of the artists behind Take it Slow Press, her business described as “being rooted in the pursuit of an unhurried and uninhibited approach to their art practices.”

Jackson became interested in zines soon after graduating and saw it as a way to continue making art after school, and an opportunity to explore her practice and potential.

Jackson views zines as different from magazines because they’re self-published.



Several pieces of crafts were on display at the event. Photo by Lake Mannikko

This hands-on, DIY style nurtures independent makers, who then provide a product that is accessible to a wide range of people, she said.

“I want everyone to be seen and valued for exactly where they are at with their writing, art, etc. at this point in time.”

Celina Williams,  
Zine Fest organizer

“Artists and designers can use whatever they have access to when it comes to printing and materials,” Jackson said. “It feels immediate, and I think that that’s really healthy and necessary for you to upkeep your own mode of creating — to stay inspired.”



Artists and organizations came together to share their collection of zines, magazine-style independent publications. Photos by Lake Mannikko





# ‘El Camino’ is a love letter to the fans of ‘Breaking Bad’

VAILA DEYOUNG  
Contributing Writer

“El Camino: A Breaking Bad Movie” opens quietly with a flashback to a conversation between Jesse Pinkman and Mike Ehrmantraut. This peaceful scene acts as the film’s cold open, a narrative technique that director Vince Gilligan — a Richmond native — faithfully utilizes in his television series, “Breaking Bad.” The scene quickly cuts to Pinkman as we last saw him, barreling away in a stolen El Camino.

Gilligan’s “Breaking Bad” is a chain of events that mimics a complex chemical reaction. The series follows a generic high school chemistry teacher, Walter White, turned tenacious leader of a drug cartel under the pseudonym, Heisenberg.

Teaming up with a former student, Pinkman, the pair organizes a highly destructive meth business that ultimately crumbles under the hand of White.

The overall “Breaking Bad” story lacks a clear start to the ensuing madness that overcomes its leading characters — instead, it creates an elaborate chain reaction that swells into the final season.

By the time of the series finale, the chemical reaction of “Breaking Bad” reaches a climax, and Walter White’s story fizzles out to a close. After White’s demise, Pinkman is left to deal with the outcome that leads him to his defining moments in “El Camino.”

This sequel is not the next reaction in the grand tale of “Breaking Bad,” but an epilogue of how Pinkman logically deals



Illustration by Lindsay Hart

with the aftermath of his involvement in an international crystal meth empire.

The film follows Pinkman immediately after the events of “Felina,” the “Breaking Bad” series finale. After he breaks free from a group of criminal neo-Nazis, Jesse speeds away, finally escaping the world of drugs and relentless violence that White dragged him through. The focus lies on the bleak consequences that Pinkman faces alone, without support from any person that was ever close to him.

Gilligan crafted an excellent epilogue to the main “Breaking Bad” storyline, making nostalgic callbacks to the show’s unique style and look. It managed to accomplish a

smooth transition from the bright, contrasting colors in “Breaking Bad” to a more dark and gritty look of black and brown hues to match the circumstances that follow Pinkman in “El Camino.”

Although the film has its own fresh, distinctive look, it fosters a familiar feeling through its characters, soundtrack, and editing style.

The performances were concrete across the board, as each actor seamlessly emulated their character from “Breaking Bad.” This was notably one of Aaron Paul’s strongest performances as Pinkman, and it was satisfying to see certain characters make a return for the long-awaited sequel.

Alongside well-grounded camera work, fast-paced editing, and other technical aspects of the film, Gilligan’s style of directing and writing has quickly become one of my favorites. Though I wish the film was a little bit longer than its two-hour running time, Gilligan utilizes just the right combination of visual storytelling and dialogue-driven scenes to create engaging and interesting scenarios that keep audiences addictively coming back for more.

“

Gilligan crafted an excellent epilogue to the main “Breaking Bad” storyline, making nostalgic callbacks to the show’s unique style and look.

Vaila DeYoung,  
contributing writer

“El Camino” symbolizes a shift not only in Gilligan’s usual format, but in focus from the infamous White to a broken Pinkman. The film is handled with care; all the attention is (deservingly) placed on White’s former partner. It serves its purpose as a love letter to the fans of “Breaking Bad,” while also giving Jesse the ending he deserves.

Rating: 4.5/5

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# CT Opinions

## Quote of the week

"Beauty is when you can appreciate yourself. When you love yourself, that's when you're most beautiful." - Zoe Kravitz

## Religious pandemonium across the street from Panda Express

**BRYCE RANDALL**  
Contributing Writer

Are y'all tired of the loud religious men standing across the street from our Panda Express? I know I am.

Picture this: it's 11:30 p.m. You just got done studying for your upcoming midterm at Cabell Library. Your stomach is garbling some foreign language; roughly translated, it's saying "feed me." Panda Express is about two blocks away and closes at 1 a.m., so you start walking in that direction and — out of nowhere — you hear shouting. This must be your lucky night. A group of men dappered up in their fanciest black shirts and grey sweatpants are standing across the street from Panda Express hollering out verses from their Bibles. Dinner and a show anyone?

This situation is all too real. In fact, while at Panda Express with a friend, I took the time to watch these men in action. The first thing I noticed was people's commitment to avoiding them. Many simply sped up their walking. Some moved to the opposing sidewalk. In one case, a woman left her friend group behind and ran across the street while the pedestrian light was red because she refused to stand on the corner next to the men. All in all, it's pretty safe to say people were uncomfortable.

In addition to being uncomfortable, others were getting agitated. Sitting outside, the second thing I picked up were verbal reactions to the men. Occasionally, someone from a distance would shout "shut up," in response. I clearly remember one woman turning around, after passing

them, and saying "No one cares." It was becoming wildly clear that the majority of people did not like these men.

To make sure I was correct in my observations, I decided to talk to a few students to see exactly how they felt. Unsurprisingly, many stated they didn't appreciate the demonstration across the street. One student remarked, "The men across the street are annoying just because they yell at me when I walk by. But, without fail, every single time I walk into Panda at night they're yelling at me."

Don't get me wrong, I completely support freedom of speech and freedom of religion. I truly have no problem with their message or their willingness to spread it. However, their presence is both disruptive and obviously unwanted.

We are a body of students. If we are lugging our backpacks to Panda Express at midnight, kindly leave us alone; we are tired and hungry. The last thing we need is a group of grown men shouting and saying we should find Jesus. Most of us are preoccupied with classes and student organizations. After all, the whole reason we are in college is to set up the foundation for our future.

Time and time again, at universities all over the United States, religious groups feel it is their responsibility to save us from burning in hell. I appreciate the sentiment, but bombarding me with



Illustration by Lindsay Hart

scripture is not helping me. If anything, it's pushing me further away.

Outside of the fact that we are busy students, some of us already practice our own religions. Attempting to push out anyone's beliefs and replace them with your own is just plain disrespectful. If the tables were turned, I doubt they would appreciate complete strangers barking at them from a distance and calling their religion blasphemy.

Setting aside the fact that they are attempting to push religion on us, they're loud. Standing at Grace and Shafer streets, they are surrounded by student housing: West Grace North, West Grace South, and The Square. At 11:30 p.m., many people are trying to sleep. Their disruptive presence is not limited to how it affects people on the street, it also bothers those trying to spend a quiet evening in.

I respect their right to promote their beliefs, but the manner in which they're doing it is poorly chosen. At night, people are on edge. As VCU students in a city, we are taught to be alert when roaming the streets in the dark. After all, it wasn't too long ago that Richmond was the most dangerous city in Virginia.

I believe the demonstration would be more successful if they set up a table in the daytime and yelled less. As my mother always told me, "You'll catch more flies with honey than vinegar." The way they are operating, they aren't attracting any students, they're just annoying them.

If I am going to Panda Express at midnight, the only thing I expect to be shoved down my throat is grilled teriyaki chicken. I can do without the attempts to force feed me religion.

## The 'perfect body' is your body

**TAGWA SHAMMET**  
Opinions Editor

RVA Fashion Week's Fall Fashion Weekend was beautiful last week — a show full of stunning designs and breathtaking models of different body types, sizes and colors. But that level of inclusion is the exception, not the norm, in a fashion industry that still neglects models who aren't tall, skinny and white.

I can give credit where it's due. Richmond's fashion weekend had models walking the runway with such elegance, all of them unbelievably gorgeous. One designer, Very Ashley, highlighted body positivity

to the fullest extent. The brand is primarily designed for a working woman — a woman who slays everywhere she goes and everything she does. All the models walking for Very Ashley on Sunday night had different body types, and the brand's pieces fit so well, flattering all the models. There was no "perfect body" because they were all perfect.

One designer from Able claimed she was promoting body positivity, but the one "plus-sized" model she had walking wore a dress that was so unflattering, it looked like a curtain. If your line doesn't accentuate the beautiful curves on the woman wearing it, that just means you haven't tailored it to people of her body type.



Illustration by Karly Andersen

Designers, please start designing clothes that fit women of all body types. Body positivity is a wave all of us will continue riding, but we need all women to be involved. If designers start making designs that flatter women of all shapes and sizes, it will twist the arms of those who don't. We have yet another opportunity to create a movement so great that nobody can ignore it. More importantly, we have the opportunity to unite as women and lift one another up.

For the past decade, the fashion industry has been consistently scrutinized for its lack of inclusion, especially when it comes to body size. For as long as I can remember, models have been tall, skinny white women. As time has progressed, I've seen a bit more color. But the tall and skinny characteristics of a model have stayed the same.

Calls for body positivity and inclusion in the fashion industry have gotten so loud, it's no longer an option to ignore them. Nor should it be. Women deal with enough scrutiny from men; the last thing we need is to start coming at each other. Let's keep it real: This stigmatized version of the "perfect model" comes from the fantasized version of the "perfect woman" created by men in their deranged, narrow minds.

Body positivity is a relatively new term. While it originated from calls of action to the fashion industry, it is meant to serve in all

aspects of life. Fashion photographer and body positivity activist Anastasia Garcia describes body positivity as "the radical idea that you should love the skin you're in, regardless of its size, shape, color, age, ability."

Is it really that radical of a concept to advocate for body acceptance and self-love? Obviously Garcia is poking fun at the idea that there are people in this world that cannot seem to grasp the liberation of women from absurd social standards. Fashion executives, let's choose to leave fat-shaming and degrading women in 2000 with low-rise flared jeans and cargo pants.

Companies that refuse to join the body positivity movement are receiving great backlash because of it. Ed Razek, a former Victoria's Secret executive, told Vogue on behalf of the company that it isn't interested in catering to the plus-sized market. I truly don't care what Victoria's Secret does. The brand can continue losing money over its lack of evolution. And it will lose money because, according to Forbes, by 2020 the plus-sized market will reach \$39 billion in sales. So, if Victoria's Secret and other bigoted companies want to give up their share, I hope they enjoy unemployment.

Ladies, the "perfect body" you see all over TV and on your social media is just propaganda meant to cause self-hate and body shaming. All of you are beautiful, to the fullest extent of that word. The "perfect body" is the one you have.

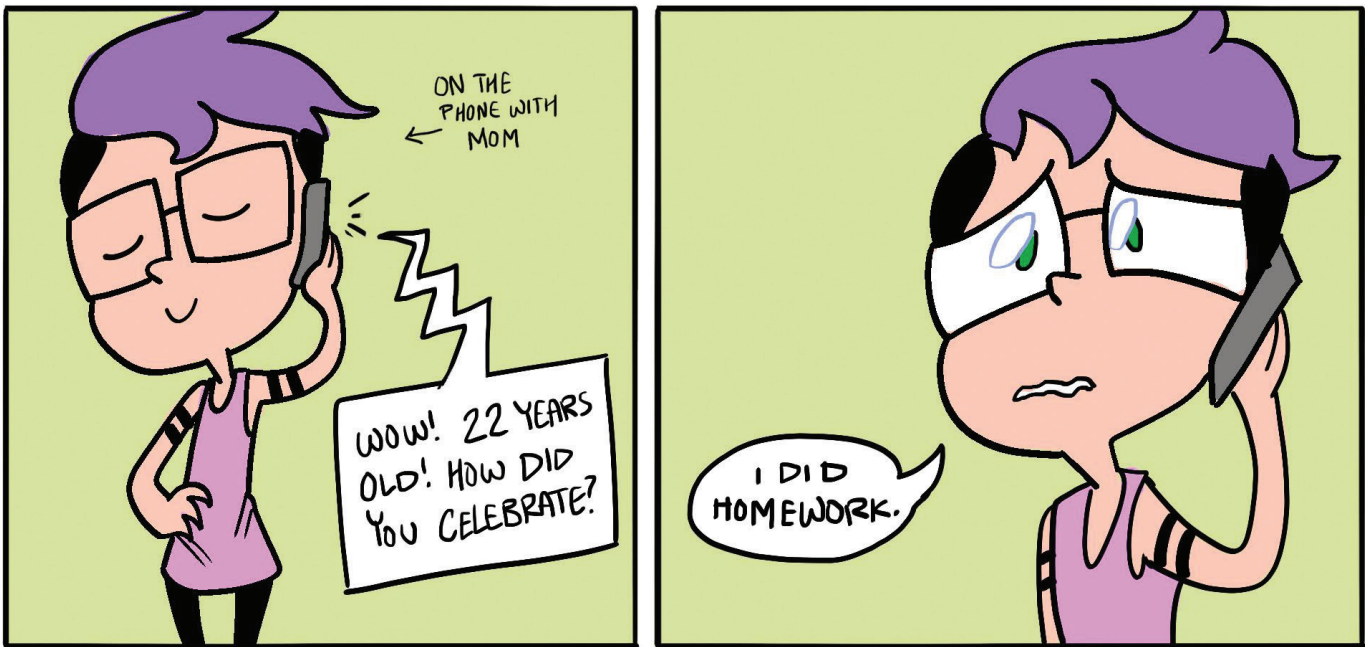


# CT Comics

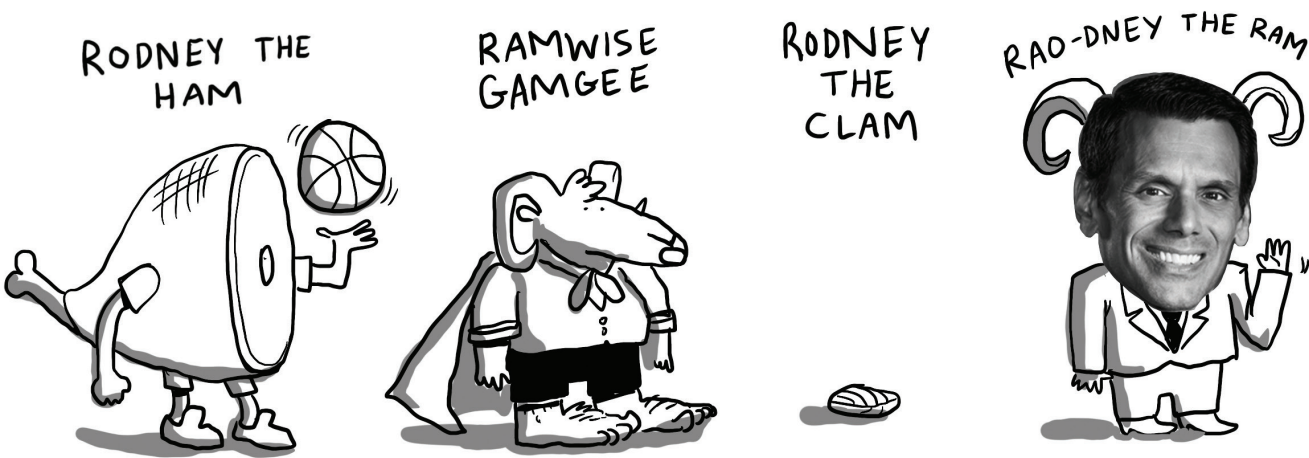
## The Search Continues by Ellie Erhart



## Happy Birthday To Me by Lake Mannikko



## Rejected VCU Mascots by Sammy Newman



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CT

Puzzles

For answers to this week’s puzzles, check [commonwealthtimes.org/puzzles](http://commonwealthtimes.org/puzzles) every Friday at noon.

Los Angeles Times

Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

- ACROSS

1 Expert’s nugget

7 Seaside eatery

14 Relative challenge for some

19 Stand-up sort

20 Filmmaker for whom a Golden Globe award is named

21 Part of TNT

22 Lectured about links?

24 Got out of the pen

26 1974 Peace Nobel

27 Nobel

28 Word on a towel

29 Icky stuff

30 \_\_\_-cone

33 Portable preparedness kit

35 Rang

37 2019 NCAA hoops champ

38 Start of a few choice words?

40 World Golf Hall of Famer Lorena

42 Big discount events

45 Fabric flaws

46 Govt. health org.

47 “We have that in stock,” e.g.?

49 Uniformed “O Canada” singer

51 Prom coif

52 Maple syrup base

53 Oktoberfest vessel

54 Balaam’s mount

55 “In memoriam” piece

59 Adjust the length of

63 Peach center

64 “Cabaret” film director

66 Spanning

68 Foo Fighters frontman Grohl

69 “\_\_\_ dreaming?”

70 Extra-base hit, likely?

73 Guys

74 Frog hangout

76 Like many awards

77 Similarly named rival of a video game plumber

78 PDX : Portland :: \_\_\_ : Chicago

79 Heavenly body?

81 Sentence structure?

82 Wetland

83 Tips politely

85 Complainer who won’t quit

87 Dressed

89 Fundraiser

91 Fake modeling material?

97 Round number?

98 Obama Education secretary Duncan

99 Specialized market segment

100 Big name in grills

102 Utah’s \_\_\_ Canyon

103 Do brunch, say

104 Maze navigator

106 Cara of “Fame”

108 Yet, in poetry

109 “That was ages \_\_\_”

110 Law firm fig.

111 Brief affair

113 XL, for one

115 Work intermittently (in)

117 Let go of a factory workers unit?

122 Intel-gathering mission

123 Premier League powerhouse

124 Syrian city

125 Rainbow-shaped

126 Has no wrong answers, say

127 Academy bestowals

DOWN

1 Downing St. VIPs

2 Union \_\_\_

3 “Blueprint for a Sunrise” artist

4 Chiding sounds

5 Frigid time

6 ID card feature

7 New Orleans summer hrs.

8 Bethlehem university

9 “Absolutely!”

10 Prop for an emcee

11 Olive pursuer of comics

12 Sprouts source

13 Call the game

14 First to hear the news

15 Little bites

16 P.O. delivery

17 Peppery salad green

18 Convinced

23 Twerp

25 “Find out”

28 \_\_\_ mentality

30 NBA’s Nikola Jokic, e.g.

31 “Lost in Yonkers” playwright

32 Guidebook for throwing a shot?

34 37-Across conf.

36 “Hamilton” creator \_\_\_-Manuel Miranda

39 “Aha!”

41 “I’m such a klutz!”

43 Char

44 Energetically excited

46 Cooking oil option

48 Poor spirits?

50 Sec

51 Good to have around

54 All together

56 Prepared, as beer

57 Waterloo resident

58 Ruler until 1917

60 Stage hog staying sober?

61 From then on

62 Patch

63 Rollin’ stone, in a Motown classic

65 What collaborators should be in

66 46-Across HQ city

67 Small burger

71 Edie of “The Sopranos”

72 Fish-eating bird

75 Academy Award winner Dame Judi \_\_\_

80 Limnologist’s subject

82 Wither away

84 Funhouse reaction

86 Commit a hoops no-no

88 Good times to build sand castles

89 Least adorned

90 Many a “Freaks and Geeks” character

91 Manipulate digitally

92 Falls for someone who’s married?

93 Red \_\_\_: fictional sub

94 \_\_\_ party

95 American Heart Mo., aptly

96 Armed conflict

97 What “/” may mean

101 Ardent enthusiast

102 Frames around smartphone displays

105 Top-tier

107 Mandarin hello

110 Lotion ingredient

112 Hendryx of the “Lady Marmalade” trio Labelle

114 Util. supply

116 Include covertly, briefly

117 Online gaming annoyance

118 St. Pete’s place

119 Beer choice

120 “Code Switch” ailer

121 Dawn goddess
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YOUR AD HERE

Contact Dominique Lee @ [leeds3@vcu.edu](mailto:leeds3@vcu.edu)
- Flip the Switch by Kevin Salat

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- Sudoku
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- DIFFICULTY LEVEL
- 1

2

3

4
- Complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [sudoku.org.uk](http://sudoku.org.uk)
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|   |   | 8 |   |   |   | 7 |   |   |
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