

TOMORROW

BALANCE, SECTION D

# taste test

Hermitage culinary students fire up stoves in an Iron Chef-style competition.

School fight ruling

Judge upholds suspension of Clover Hill teen who fought with allegedly armed schoolmate.

No vote for now

Senators delay vote on John Bolton's nomination as U.N. ambassador

B1

A9

50¢

# Richmond Times-Dispatch

RICHMOND, VIRGINIA

VIRGINIA'S NEWS LEADER  
A MEDIA GENERAL NEWSPAPER

WEDNESDAY, APRIL 20, 2005

FINAL

www.TimesDispatch.com

BENEDICT XVI THE 265TH POPE

# 'A simple, humble worker'

Portrait of a pope A11 | A happy hometown A11 | How quick will he act? A12 | Area clerics expect stability A13 | Local residents react A13



L'OSSERVATORE ROMANO VIA THE ASSOCIATED PRESS

Pope Benedict XVI, the former Cardinal Joseph Ratzinger of Germany, greeted the crowd from the central balcony of St. Peter's Basilica at the Vatican yesterday.



L'OSSERVATORE ROMANO VIA THE ASSOCIATED PRESS

Pope Benedict XVI was chosen as pontiff yesterday on the fourth ballot.

## A conservative cardinal born in Germany is chosen, at 78, as the Catholic Church's new pontiff

BY TRACY WILKINSON  
LOS ANGELES TIMES

VATICAN CITY — Joseph Ratzinger, a renowned theologian and provocative hard-line enforcer of Catholic doctrine, was chosen yesterday to succeed his friend and close ally, Pope John Paul II.

Ratzinger, 78, became Pope Benedict XVI, the 265th leader of the world's largest and most power-

ful Christian institution. The swift election of the German-born Ratzinger was a vote for continuity of John Paul's policies, signaling an endorsement of the church's most conservative teachings.

The new pope will lead a church in crisis, strongly divided after John Paul's 26-year reign and in sore need of healing. Despite John Paul's personal magnetism, many of the church's 1 billion members are disaffected. The faith is losing ground in many parts of the world to other religions and is under threat from radical Islam and secularism.

Minutes after his name was read out to crowds in St. Peter's Square, Ratzinger stepped onto a balcony overlooking the multitude and described himself as "a simple, humble worker in the vineyard of the Lord."

"The fact that the Lord can work and act even with insufficient means consoles me," said the new pope, dressed in flowing white robes and the scarlet papal cape and golden stole, "and above all I entrust myself to your prayers."

Meeting secretly for less than 24 hours, Roman Catholic cardinals locked inside the Sistine Chapel elected Ratzinger on the fourth ballot and then burned the papers on which each had disguised his handwriting and penned a name.

White smoke puffed from a chimney on top of the chapel, signaling to the world that one man had received at least 77 votes, the required two-thirds ma-

SEE POPE, PAGE A12 ▶

## A 12-sided pyramid? Check out new guide

USDA's redesigned icon offers a dozen versions of nutrition suggestions

LOS ANGELES TIMES

The federal government released its new symbol of national nutrition yesterday, morphing the familiar food pyramid into 12 separate pyramids to reflect the nation's diverse lifestyles and nutritional needs.

Replacing the venerable icon that has graced the walls of school classrooms and hospital cafeterias for 15 years, the new version requires a computer to help consumers pick out which of the 12 versions

is right for them.

The new icon, called MyPyramid, can be viewed at www.mypyramid.gov.

Instead of the old pyramid, which had food groups arrayed like building blocks, the new pyramid has rainbow-hued bands running vertically, each color representing a different food group. Orange represents grains, green is for vegetables, red stands for fruits, yellow means oils, blue represents dairy products, and purple stands for meat and beans.

The width of the bands represents the relative proportions of each group that individuals should consume each day, with grains and vegetables predominating.

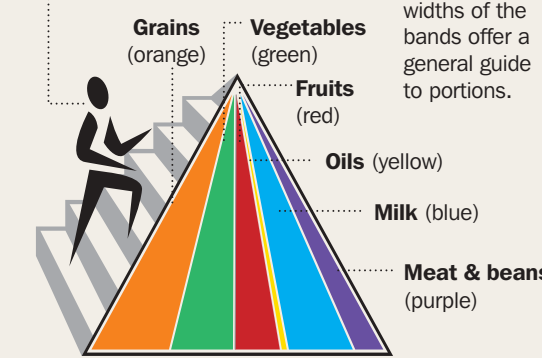
Agriculture Secretary Mike Johanns

SEE PYRAMID, PAGE A8 ▶

### Food pyramid gets a new look

The Department of Agriculture unveiled a new version of the food guide pyramid yesterday, adding a colorful reminder to make healthy food choices and increase physical activity.

Figure represents the importance of daily physical activity.



THE ASSOCIATED PRESS

## U.S. overstated danger of being heavy, study says

THE ASSOCIATED PRESS

CHICAGO — Being overweight is nowhere near as big a killer as the government thought, ranking No. 7 instead of No. 2 among the nation's leading preventable causes of death, according to a startling new calculation from the CDC.

The Centers for Disease Control and Prevention estimated yesterday that packing on too many pounds accounts for 25,814 deaths a year in the United States. As recently as January, the CDC came up with an estimate 14 times higher: 365,000 deaths.

The new analysis found that obesity — being extremely overweight — is indisputably lethal.

But like several recent smaller studies, it found that people who are modestly overweight actually have a lower risk of death than those of normal weight.

Biostatistician Mary Grace Kavar, a consultant for the University of Chicago's National Opinion Research Center in Washington, said "normal" may be set too low for today's population. Also, Americans classified as overweight are eating better, exercising more and managing their blood pressure better than they used to, she said.

The study — an analysis of mortality rates and body-mass index, or BMI — was published in today's Journal of the American Medical Association.

## WEDNESDAY

Partly cloudy. High: 85. Low: 58. /B8

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### Hefty reserves

Some renegade Republican delegates rank high in campaign treasuries.

Metro /B1

### Business blogs

Web logs can help the bottom line, firms are finding.

Business /C1



MAKE THAT TWO: The Redskins pick up another first-round draft pick / E2

### Waiting game

Will William and Mary's Lang Campbell draw NFL draft interest?

Sports /E1

### Inside MS-13

Parties, tattoos, beatings, thefts. A former member offers a glimpse of life inside the gang.

Metro /B2

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