

# BLUE ROOM'S LOVE CHAIN

TANGLED UP IN BLUE, PAGE B1

Women's Lacrosse  
wins USA South PAGE B6

CNU TONIGHT: A year  
of laughs concludes PAGE B2

Tennis teams win USA  
South Conference PAGE B6

## THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | APRIL 19, 2006 | VOLUME 37 ISSUE 24

WWW.CNU.EDU/CAPTAINSLLOG

### Tribble's decade at CNU

#### NEWS YOU CAN USE

##### COLLEGE CAMPUSES SEE JAVA JUMP

BY KEVIN HILGERS  
KNIGHT RIDDER TRIBUNE

Young adults form the fastest-growing segment of coffee drinkers in the country as they come for the caffeine and stay for the cool factor — or vice versa. Coffee consumption in the 18- to 24-year-old age group is expanding like none other, jumping by more than 18 percent in 2005, according to a National Coffee Association survey.

Coffee has made a resurgence overall in the last decade after struggling for much of the latter half of the 20th century. According to author Mark Pendergrast, who wrote a book chronicling the history of coffee, it was relegated to "housewives and harried businessmen" in the 1950s, when soda became popular with everyone else. Its comeback came in the 1990s when a new generation of coffee-houses, with their inviting couches and diverse menus, sprung up across the country. Just as they were in London and Vienna of the 17th century, coffeehouses reign once again as social hot spots. ■

#### INSIDE

##### Authentic Carrabba's is a local Sicily

If you want to try some delicious and authentic Italian food, then you want Carrabba's.

SEE PAGE B5

##### Tel Aviv bomber kills 9

A Palestinian suicide bomber blew himself up outside a fast-food restaurant in a crowded shopping area of Tel Aviv on Monday, killing at least nine people and creating a fresh crisis for the new Palestinian government.

SEE PAGE A4

##### Names in the news: Ashanti

R&B singer Ashanti flew home from South Africa Monday, bringing back the body of her cousin, Quinshae Snead, 20.

SEE PAGE A3

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President Paul  
Tribble Jr. became  
President of CNU in  
January 1996.

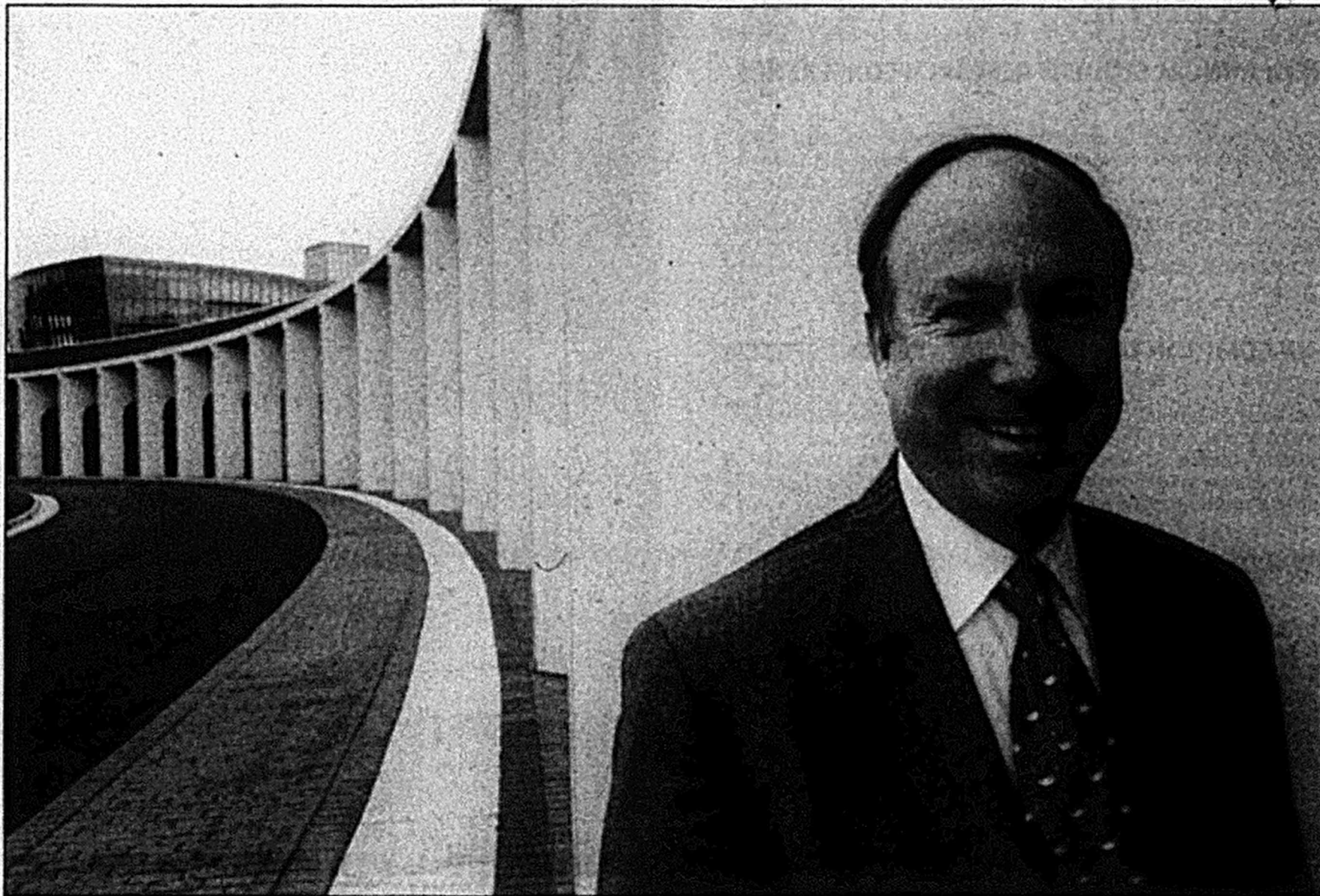
BY LAURA GEE  
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Since President Paul Tribble Jr. became the president of CNU in January 1996, CNU has gone from a primarily commuter school to an increasingly exclusive residential university.

In 1960, Christopher Newport College was founded as a two-year school operating beneath the College of William & Mary. In 1977, CNC broke away from W & M and in 1991 CNC officially became Christopher Newport University. Under Tribble's leadership, a \$500-million building project began and academic requirements for admission into the university have increased. In 1996, the first year of Tribble's career at CNU, 1,204 applications were submitted and 82% were accepted. This year, 7,115 applications were submitted with an acceptance rate of 44%.

"My job was to turn the school around. CNU was slowly going out of business and losing students each year," said Tribble.

Tribble planned to make CNU a university that more effectively drew in traditional higher education students. "It was important to reach out to traditional students, and CNU has become, over the past 10 years, a school of choice for students in Virginia and



RYAN BURKE/THE CAPTAIN'S LOG

President Paul Tribble Jr. stands in front of the Ferguson Center for the Arts, which is one of the many new additions at CNU.

beyond. The strategy has been vindicated by an explosion in applications," Tribble said.

Applications and admissions requirements are not the only statistics to have changed over the years: the average Grade point average of admitted students has risen from a 2.8 to a 3.5 and average admitted students' SAT scores have risen from 960 to 1175.

The landscape of the school has changed as well, with a multi-million dollar building campaign creating The Freeman Center, new residence halls and the Ferguson Center for the Arts, in addition to beginning the new Student Union and renovating the Captain John Smith Library.

"He has certainly elevated the profile [of CNU] far beyond

what it was before," said Professor John M. Thompson of the Department of Philosophy and Religious Studies.

"Just look around: see all the buildings. We have grown from a college to a university," said Dr. Antonio C. Slochi, associate professor of computer science.

Tribble has plans for CNU's future and hopes to see it

continue to improve over the coming years, though without gaining size.

"We don't want to get bigger, but we will get better and better and better. The genius of CNU is that we are small and personal and we will remain at 5,000 students," he said. "We want to improve

SEE TRIBBLE, PAGE 6

### Of mice and men

**LAB ANIMALS** | A committee is currently being assembled to help bring laboratory animals to CNU. It will be called the Institutional Animal Care and Use Committee.

BY PAIGE MANKIN  
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When mice and rats begin to fill the rooms of the university it is usually time to call the exterminator, but for seven future committee members who the Provost, Richard Summerville, will soon select, the squeaking sounds of these rodents sound more like "kaching!" Cash register sound effects and dollar signs aside, however, the possibility that CNU may soon be the site of animal research is considered by some to be exciting, controversial — and imminent.

A committee is currently being assembled to help bring laboratory animals to CNU. It will be called the Institutional Animal Care and Use Committee.

The goal of the IACUC will be to work to ensure that any animal research done on the CNU campus complies with standards set forth by federal law.

"An IACUC must be established at any university using

animals for research or testing purposes," according to IACUC.org, "to oversee and evaluate all aspects of the institution's animal care and use program." The laws pertaining to animal research are instituted by the U.S. Department of Agriculture's Animal Welfare Act, protecting certain animals from inhumane treatment and neglect.

A diverse assortment of faculty and community leaders will form the IACUC, which will, according to section VII-4 of the University Handbook: "consist of seven members: a committee chair, a doctor of veterinary medicine, a member of the community not affiliated with the University, a faculty member who is a practiced scientist with experience in research involving animal subjects, a faculty

member whose primary concerns are non-scientific, and two members from areas not represented on the committee. All seven members are appointed by the Provost."

"[An IACUC] helps us to do the right thing relative to the welfare of animals used at the university," Summerville said. "Having an IACUC in existence makes it possible for CNU to be the recipient of federal grants that otherwise we wouldn't have access to."

The IACUC is important not only to students who wish to do research involving animals, but also to faculty members in various academic departments. It is a violation of federal law to conduct animal tests without an IACUC.

There are currently several professors researching the behavior and genetic make-up of various birds and mammals. Without an IACUC, these professors must find grant money to fund their studies from universities other than their own. One of these professors is Assistant Professor Richard Sherwin of the Biology department.

Sherwin's area of study is population ecology and conservation of Townsend's big-eared bat, according to his personal Web site.

The creation of an IACUC at CNU would greatly benefit Sherwin's work at the university; he still holds a faculty position at the University of

### LimeLight finds new beginning

The Student  
Media Board will  
oversee the  
publication.

BY NICHOLAS MIRABAL  
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The LimeLight, TheatreCNU's former newsletter, is set to receive advice — and possibly funding — from the Student Media Board for the 2006-2007 academic year thanks to talks between LimeLight Editor Chelsea Renner, freshman, and the SMB. At the SMB's meeting Friday the board accepted the LimeLight under SMB's oversight for a trial year.

By the meeting's end, the SMB determined that for 2006-2007 the LimeLight will be supported by the SMB. At the beginning of this academic year the LimeLight's budget was cut, reducing the amount available to them from TheatreCNU from about \$5,000 down to \$500, Renner said.

"Under the current circumstances, we lack the ability to produce, much less expand, the LimeLight," she said. "By operating under the Student Media Board, the LimeLight can receive the funding it needs and the resources it requires to grow."

The SMB said that for the LimeLight to become an officially recognized student media organization it must better focus on the general student populace, broaden its artistic focus and reduce its overall output to cut costs.

According to her original proposed budget, Renner would need a grand total of \$12,787.50 for the entire year to produce the LimeLight's traditional three issues per semester. Each issue costs roughly \$1,000 to produce.

Renner removed two issues and a portion of the LimeLight's student stipends from her budget request, lowering its grand total to \$9,218.

At the same meeting, Red Flag's creator and The Captain's Log Arts and Entertainment Editor, senior Amber Lester, spoke, saying Red Flag, an arts magazine, would officially retire due to lack of student interest.

"I would like to suggest that the Student Media Board endeavor to host workshops, seminars and guest speakers that can help encourage students to seek roles as leaders and work to further their careers," Lester wrote in a statement.

The board also debated whether or not to revise Currents' editor application

SEE SMB, PAGE 6

SEE IACUC PAGE 6





# THE WEEK APRIL 19-25

## wednesday

Second Annual Santoro Hall Council Cookout, Volleyball Courts, 1 p.m.

Blood Drive, Student Center Lounge, 10 a.m. to 4 p.m.

R.A.D.D.; Freeman Center Multi-Purpose Room, 6:30 to 9:30 p.m.

University Band, Brantley Douglas, Ferguson Concert Hall, 7:30 p.m.

Citizens of the World Meeting; James River Hall multi-purpose room, 10 to 11 p.m.

## thursday

Captain's Log Critique; Ratcliffe 101, 12:15 p.m.

## friday

Karaoke; Discovery Café, 8 p.m.

CAB Movie: "The Producers," Gaines Theatre, 7 p.m.

## saturday

Student Research Conference; Ratcliffe Hall, 8 a.m. to 5:30 p.m.

CAB Movie: "The Producers," Gaines Theatre, 7 p.m.

Relay for Life; Great Lawn, 7 p.m.

"The Blue Room," Studio Theatre, 8 p.m.

## sunday

York Fest 2; York Lawn, 1 to 6 p.m.

"The Blue Room," Studio Theatre, 2:30 p.m.

Roman Catholic Mass; Student Center 150, 4 p.m.

## monday

CNU Lip Sync; Gaines Theater, 8 p.m.

## tuesday

NAACP; Anderson Auditorium, 12 p.m.

Vanguard Championship Wrestling; Freeman Center, 7:30 p.m.

Fellowship of Christian Athletes; Freeman Center President's Box, 8 p.m.

# PAGE TWO

WEDNESDAY, APRIL 19, 2006

## On campus

### FIFTH ANNUAL STUDENT RESEARCH CONFERENCE

The fifth annual Paideia student research conference will take place in Ratcliffe Hall on April 22. Students will present their research and papers covering a wide variety of topics from disciplines such as biology, history, business, government and psychology. Dr. John A. Weinberg, senior vice president and director of research of the Federal Reserve Bank of Richmond, will speak at Regatta's at 1 p.m. as part of the event. The conference will open at 8 a.m. with a continental breakfast and will end at 5:30 p.m. The event is free and open to the public.

### ANN COMPTON TO GIVE COMMENCEMENT SPEECH

ABC News White House Correspondent Ann Compton has agreed to deliver the 2006 Commencement speech to CNU's estimated 580 graduating students. Commencement ceremonies will begin at Pomoco Stadium at 10 a.m. on May 13. The graduating class is expected to include about 512 undergraduates and 68 graduate students.

### AWARDS GIVEN AT SGA BANQUET

The awards for leaders, administrators, faculty members and organization of the year were given out at the SGA banquet held this Monday at 7 p.m. Molly Buckley, 2006-2007 SGA president, received Female Leader of the Year. Jason Scheel received Male Leader of the Year. Dr. Anita Tieman of the Office of Career and Counseling received Administrator of the Year. Dr. Quentin Kidd of the government department received Faculty of the Year. Campus Activities Board received Organization of the Year.

## Around town

### COMMUNITY SHREDDING AT WAL-MART

Shred-It and Crime Stoppers USA will be present at the Newport News Wal-Mart located on Jefferson Avenue for a community paper-shredding event. Community members and members of the media are urged to bring all the personal documents they want for shredding. These events are being hosted all over the country at more than 200 Wal-Mart stores in order to help Americans combat identity theft. The Shred-It mobile shredding trucks will be parked in front of Wal-Mart on April 29 from 10 a.m. until 2 p.m.

### RISE IN STUDENT LOAN RATES MAKES WAVES

Congress has recently approved measures that will cause student loan rates to rise significantly beginning on July 1. As a result there has been a large public outcry to stop the growing cost of either college loan payments or the costs of college tuition. Senator Richard Durbin of Illinois recently introduced new legislation that could cut student loan rates in half. Groups such as the U.S. Student Association joined together with Campus Progress at the Center for American Progress and are building support on campuses across the country in trying to fight for lower student loan rates.

## Police blotter

<b>April 21</b> Money and valuables were stolen from a building on Chatham Drive.	residence on Pointer Circle. Items reported stolen from a residence located along Clay Drive were recovered.	business on Oyster Point Road. Clothes and other valuables were stolen from a business on Jefferson Avenue.
<b>April 22</b> A business located on Warwick Boulevard reported receiving a series of prank phone calls.	<b>April 23</b> There was a simple assault on an individual resulting in minor injury on Onancock Trail. Someone assaulted an individual on Palmer Lane, causing minor injury.	<b>April 25</b> A damaged vehicle was witnessed leaving the scene of an accident on Jefferson Avenue.
<b>April 22</b> A case of simple assault on an individual was reported from Minton Drive.	<b>April 24</b> Someone vandalized a vehicle located on Turlington Road.	<b>April 26</b> There was a malicious wounding and an incident of vandalized vehicles on Warwick Boulevard.
<b>April 22</b> A group of damaged vehicles was witnessed leaving the scene of an accident on Jefferson Avenue.	<b>April 24</b> The was a burglary reported from a	<b>April 26</b> Information from the CNU Police Blotter

## Corrections

Senior Abbie Tang did not found the Navigator. She is part of a team that helps to produce the Navigator.

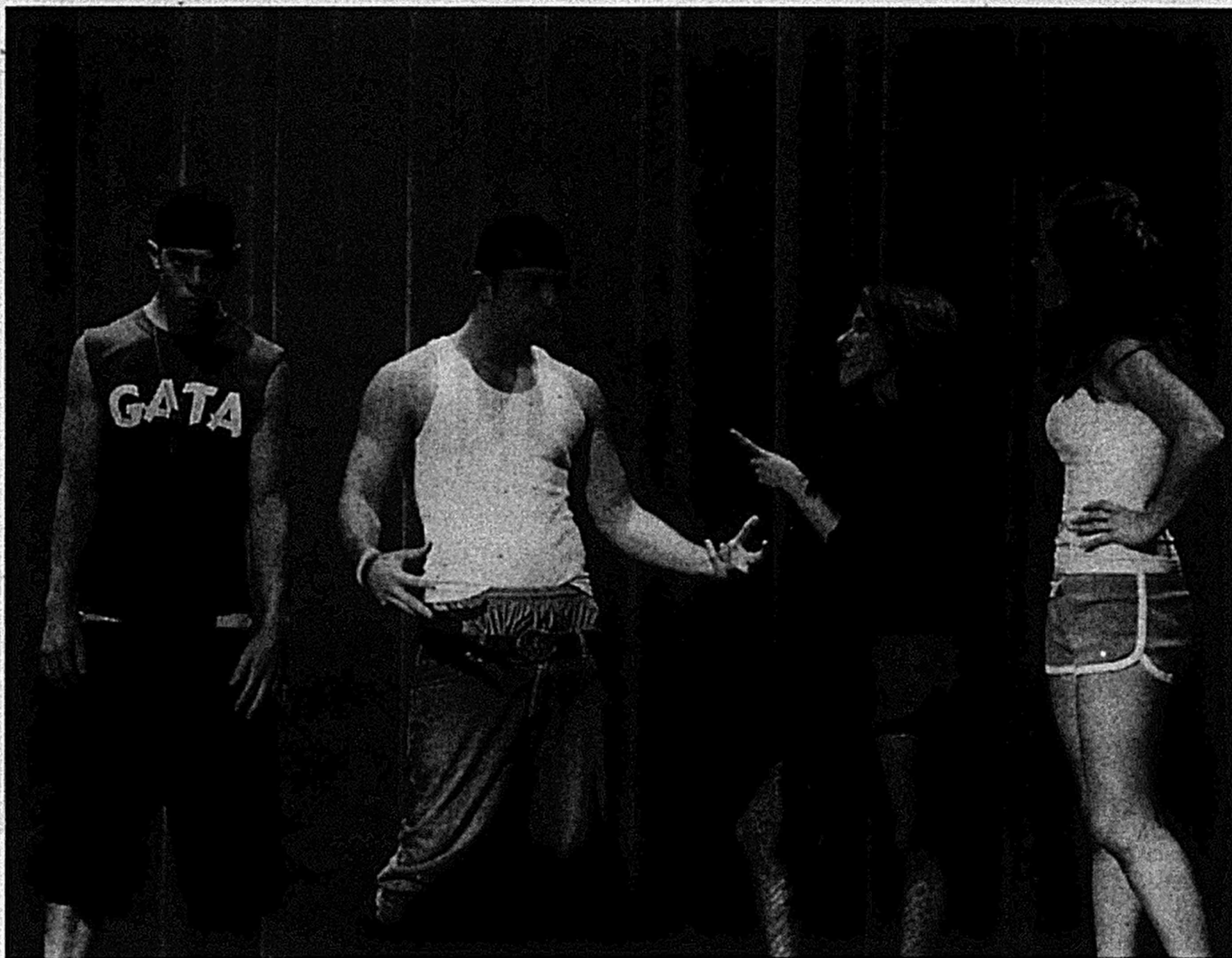
Megan Therrien selected Dr. Nathaniel French as her favorite professor in last issue's Man on the Street. Alana Morton selected Dr. Michael Lewis.

The article about CAB's trip to the Rocky Horror Picture Show included pictures from the show without naming the Fishnet Inc. actors depicted. The picture on the left shows Kevin Bosman playing Janet Weiss, with Rick Gallipeau in the background playing one of the Transylvanian convention attendees. The picture on the right shows Gidget Rhodes playing Dr. Frank-N-Furter, with Ty McNeal and Phoenix Malizia in the background playing two more Transylvanian convention attendees.

Ian Sass-Basedow contributed additional reporting to the article "Students open Lazy Dayz, the new hookah place" in issue 22.

The Captain's Log promptly publishes corrections. Please contact the editors at clog@cnu.edu or 757-594-7196. The Captain's Log Web site can also be viewed at www.cnu.edu/captainslog.

### PHOTO OF THE WEEK



WILL SUMMERS/THE CAPTAIN'S LOG

CNU TONIGHT actors (from left to right) junior Andrew Tao, junior Arron Grant, junior Melissa Fraase and sophomore Natasha Jackson.

**Want to see your shot published?** To contribute a photo for "Supershot," send the attached file (in .psd or .jpg format) with your name and class status. Please include in the body of the e-mail information about the picture, including who or what is pictured, when the photo was taken and any other pertinent information. Send to: [clogphotos@cnu.edu](mailto:clogphotos@cnu.edu)

## Names in the news

### SINGER ASHANTI BRINGS HOME DEAD COUSIN

R&B singer Ashanti flew home from South Africa Monday, bringing back the body of her cousin, Quinshae Snead, 20, who was killed Saturday after her car was struck by an unlicensed 17-year-old driver in Johannesburg.

Snead reportedly had been running an errand for Ashanti, who was in South Africa for a concert with several other performers. Ashanti canceled her appearance.

The teen, who according to police had stolen his mother's car, also was hospitalized.

### BRUCE SPRINGSTEEN AND BAND BEGIN TOUR

Rock legend Bruce Springsteen and his Seeger Sessions Band will begin their U.S. tour April 30 in New

Orleans. Their folk-tribute record, "We Shall Overcome: The Seeger Sessions," was due Tuesday.

### ELVIRA REACHES FOR REALITY TV

Elvira, Mistress of the Dark is shopping around a reality show that pits black-lipstick-brandishing wannabes to inherit her crown as the stygian version of models who vamp it up at car shows.

Nee Cassandra Peterson, Elvira tells the Hollywood Reporter. "Obviously, I don't want to be walking around dressed up like Elvira when I'm 105 years old."

### VH1 VOTERS CHOOSE FAVORITE U2 LYRICS

Is its message pantheistic or monistic?

Whatever it is, the favorite line of music among Brits is

"One life, with each other, sisters, brothers." Responding to a VH1 poll, fans said a big "yes" to Bono's life-affirming, unity-embracing, world-uniting words from U2's 1992 tune, "One." Balancing Bono's cosmic smiley-face, The Smiths' verbose cry of anguish — "So you go and you stand on your own, and you leave on your own, and you go home, and you cry, and you want to die" — from "How Soon Is Now?" came in second.

### BRAD PITT TO STAR IN JOURNALIST MOVIE

The much-ballyhooed Brad Pitt movie about slain journalist Daniel Pearl is a go.

According to the New York Times, Pitt and Angelina Jolie will adapt "A Mighty Heart: The Brave Life and Death of My Husband, Danny Pearl," Marianne Pearl's book about her husband, the Wall

Street Journal reporter who was kidnapped and murdered in 2002 in Pakistan.

Marianne Pearl said five studios bid for the story, but she gave it to Pitt because out of all the Ivy League-educated execs clamoring for it, Pitt "was the only one who had read the book."

### WAITING FOR 'APOCALYPTO'

"Apocalypto," Mel Gibson's follow-up to his epoch-making epic "The Passion of the Christ," will be released Dec. 8, instead of Aug. 4. Production on the film, about the origin, meaning, significance, importance and future of Mayan civilization, language, religion and food, has fallen behind because of heavy rains at its locations in Mexico.

BY TIRDAD DERAKHSHANI  
KNIGHT RIDDER TRIBUNE ■



**THE CAPTAIN'S LOG** is the official student newspaper of Christopher Newport University. It is a public forum, which is published each Wednesday, 25 times throughout the academic year.

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**CREDITS** The Captain's Log is created with Apple Macintosh computers, using Adobe InDesign, Adobe Illustrator, Adobe Photoshop and Microsoft Word.



# CNU considers four food vendors

BY REGINA CERIMELE  
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As CNU's Dining Services Advisory Committee reviews contracts received from the University's four prospective vendors and their final decision date of May 4 approaches, much will be considered by members of the administration and individuals working for the national and international food services contractors.

Committee Chairman and Executive Vice President Bill Brauer, alongside other members of the committee, will review elements of each vendor's proposals while considering which vendor might best meet the needs of CNU, Brauer wrote in a recent e-mail to the CNU community. A decision will be made by President Paul Tribble Jr. regarding the future of Dining Services by the end of April, Brauer wrote.

Aramark is one of the vendors seeking a possible contract with CNU. No infor-

mation can be given about what specific needs or accommodations might be included in the final contract during the contracting process, said Karen Cutler of Aramark's Corporate Communications Office.

Sodexho, another vendor who has submitted a proposal, was also unable to comment on specific attributes contained in the company's proposal to CNU, said Sodexho's Senior Manager of Communications Tara Baten.

CNU has never before contracted out Dining Services, it would not be the first time Sodexho has dealt with such a situation, Baten said.

A recent press release by Sodexho in April said a successful \$43 million contract was signed between Sodexho and Voldosta State University following procedures similar to those Sodexho might assume for CNU, Baten said.

Balanced recipes, nutritional calendars and opportunities to submit feedback are all available to any university

contracted under Sodexho, according to Sodexho's Web site, Baten said.

An independent survey has been issued allowing those who respond to compare CNU's current Dining Services with existing food operations in universities across the country, Brauer wrote in his e-mail.

The Dining Services Advisory Committee intends to take a trip to James Madison University to review dining services operations there and gather opinions from the students and staff there, Brauer also wrote.

In his e-mail, Brauer wrote that JMU was ranked number six in the country for food quality by the Princeton Review.

"The committee met with representatives from Sysco, current food provider to CNU, and Aramark, a national dining services contract provider, to better understand how we operate and to learn how a typical contractor operates," Brauer wrote. ■



RACHEL LORIA/THE CAPTAIN'S LOG

The Dining Services employees at Hiden-Hussey Commons.

## Student to share research at regional conferences

**ABOVE AND BEYOND** | Freshman Nicole Justice is attending three conferences to present her research on the discrimination of women in medieval European societies.

BY ANNA HASTINGS  
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While most students are anxious to finish up the school year and head into summer, freshman Nicole Justice delves into medieval history.

Justice is preparing to attend three undergraduate conferences this week, where she will present her research on the discrimination of women in medieval European societies.

Justice's research won't earn her class credit and didn't begin at the request

of a professor, though; she's researching because she wants to research.

Justice, a native of Virginia Beach, is passionate about making the most of her education. She learned to motivate herself to perform in school at a young age, when she grew up watching her parents struggle with drugs and alcohol dependencies, she said.

In her last two years of high school, Justice emancipated herself from her family to live by herself during her senior year. Despite these problems, Justice excelled in school

and was accepted to Harvard University, but she decided instead to attend CNU, where she said she was given the help she needed financially and otherwise to get a college education. School was her "salvation from life's problems," she said.

Justice submerged herself in her history classes and formed great relationships with the professors in the department, she said. She formed her closest relationship with Dr. Elizabeth Kreydatus of the History Department, who has mentored Justice this semester in her researching efforts. Earlier this semester, Kreydatus asked Justice's class to find a piece of historical text and analyze it.

Justice chose Malleus Maleficarum, which she says

is a European guide to witch-hunting. In medieval times, both men and women were accused of being witches, but the Malleus Maleficarum changed this, making women the prime targets for witch hunting, she said.

In her research, Justice is trying to establish the Malleus Maleficarum's role in setting the misogynistic cultural view of Europe for centuries, allowing for women to be discriminated against based solely on their sex.

Along with Kreydatus' help, Justice has turned what was originally supposed to be a small history project into a research study that is being recognized at conferences across the eastern coast of the United States. This week, Justice will present her work at the 26th Annual Mid-Atlan-

tic Undergraduate Research Conference at Villanova University in Pennsylvania, the 4th Annual Undergraduate Research Conference at Virginia Tech and at the Paedeia Research Conference at CNU.

Justice is excited about these opportunities, but she anxiously looks toward October, where she has been selected to present her research at the International Historical Research Conference at Villanova.

For each of these conferences, applicants had to submit a one-to-two page research abstract outlining what their project entailed.

Justice's interest in history began with her curious nature and a desire to learn more about her Irish heritage, she said.

She looked into her own

legacy and began to take an interest in how everything came to be.

"How do you know where you're going and who you are if you don't know where you came from? Why were women discriminated against? What happened in history to make things the way they are? I just wanted to figure it all out, I guess," Justice said.

She hopes her research and attendance at upcoming conferences will one day help her achieve her dreams of attending graduate school at Harvard, but right now she's doing the research because she takes an interest in it and enjoys answering the questions history poses, Justice said.

"I'm just trying to make the world seem a little bit smaller," she said. ■

## Greek life differs from movies

**PANHELLENIC** | Judge Mitch Crane came to speak to CNU fraternity and sorority members about what it means to be Greek and why non-Greeks dislike Greeks.

BY HILLARY MACSWAIN  
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An arrogant, self-centered frat boy: that is how Judge Mitch Crane described himself to an audience of CNU fraternity and sorority members. Crane, a Sigma Phi Epsilon brother, spoke to his audience about what it means to be Greek and why non-Greeks dislike Greeks.

"They don't know what I know about being Greek," he said. "They don't read about the good stuff — only the bad." Crane spoke about hazing, including an incident that involved two young women drowning.

"The difference between perception and reality is spelling," Crane said. The effects of people's perceptions are that Greek recruitment is down, he added.

"There are three times as many undergraduates as there were 30 years ago. And there are fewer Greeks than there were 30 years ago," he said. The number-one reason people do not join fraternities or sororities is that they fear being hazed, he said. He spoke about a freshman at the University of Texas whose

mother told her son not to join a fraternity.

Several weeks later, the boy's mother received a call from his roommate, telling her to come down. She found her son curled up in the fetal position in his closet. "Don't tell them I'm here. They'll

**"There are three times as many undergraduates as there were 30 years ago. And there are fewer Greeks than there were 30 years ago."**

JUDGE MITCH CRANE

kill me," he said. The boy had endured a ritual involving claw hammers clamped to his testicles and getting beaten by a baseball bat while doing pushups, among other things.

Statistically speaking, fraternity parties are the most dangerous place for a freshman student-to-be, Crane said.

One young woman whom Crane dubbed "Susie" attended a SigEp party at the

insistence of her new sisters and found herself binge drinking. She was later raped by one of the male guests.

People read about such stories in the newspapers and wind up thinking that this must be how fraternities run themselves, like big parties, Crane said. But that is not what the reality is, Crane said.

"We are held to higher standards because we have higher standards," he said. What makes fraternities and sororities what they are are the principles upon which they were founded.

The friends that are made in a fraternity or sorority will more than likely be that person's best friends for life also, said Crane.

"They will be with you when you get married, they will be with you when you are ill and they will be with you when you are divorced," he said.

Crane's own wife left him, he said. "Mitch," she said, "I will never leave you." She did leave him, though, with a note on his door that read: "I'm leaving."

Crane said the support he received from his brothers at SigEp was amazing. They walked the dog, attempted to cook and went on vacation with him. They were 18, 19 and 20-year-old kids, while Crane was already an adult, but he found solace with them, he said. ■

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# WORLD+NATION

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## Tel Aviv bomber kills nine

**SUICIDE BOMBING** | Hamas leaders defend bombing as a legitimate response to the recent Israeli military operations, drawing criticism from both Israeli and U.S. officials.

BY DION NISSENBAUM  
AND VITA BEKKER  
KNIGHT RIDDER NEWSPAPERS

TEL AVIV, Israel — A Palestinian suicide bomber blew himself up outside a fast-food restaurant in a crowded shopping area of Tel Aviv on Monday, killing at least nine people and creating a fresh crisis for the new Palestinian government, led by the militant Islamic group Hamas.

The terrorist group Islamic Jihad claimed responsibility for the attack, the deadliest in Israel in two years.

The group released a videotape of the bomber making his farewell statement.

Hamas leaders, who are already faced with a cutoff of aid to the Palestinian Authority, defended the bombing as a legitimate response to Israeli military operations.

Their statements drew immediate criticism from Israel and the United States and the prospect of further political isolation.

"The continued (Israeli) occupation is the reason behind the tensions and the never-ending cycle of violence," said Ghazi Hamad, a spokesman for Palestinian Authority Prime Minister Ismail Haniyeh.

Israeli and American officials called the bombing a clear test of the new government's intentions.

"The signs are clear that Hamas has one goal:

It's to destroy the state of Israel," said Gideon Meir, a spokesman for Israel's foreign ministry.

In Washington, White

House spokesman Scott McClellan said Hamas' reaction would toughen the U.S. refusal to cooperate with the Palestinian government.

The bombing of the Mayor's Falafel restaurant came just before two p.m. as shoppers were preparing for the end of the week-long Passover celebrations.

It shattered car windows and filled the street with shards of broken glass, water bottles and broken chairs.

At least 50 people were injured.

A security guard who'd been hired after a January attack on the same location stopped the bomber before he entered the restaurant.

While the guard was checking the man's bag, the bomber detonated as much as 30 pounds of explosives hidden inside, police said.

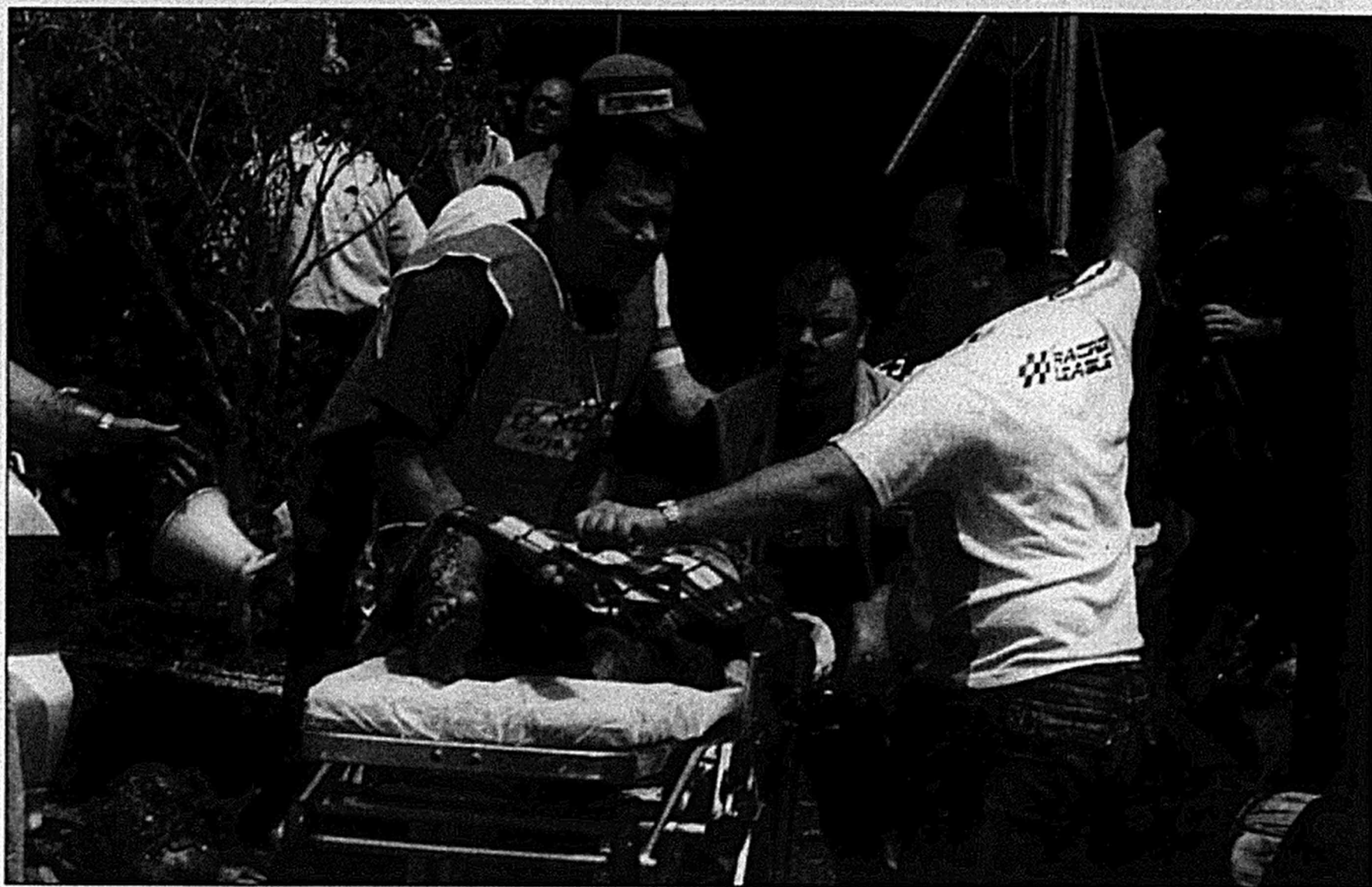
"I heard a big explosion and immediately lay on the ground," said Moshe Dorani, 54, a government worker who was in a store across the street.

"I saw smoke coming out of the falafel place and saw people lying on the ground with deep wounds. No one was moving inside."

Israel's Cabinet was expected to meet Tuesday to weigh its response to the bombing, which occurred hours before the new Israeli parliament was sworn in.

Interim Israeli Prime Minister Ehud Olmert, who's in the process of putting together a new coalition government, said he'd do what was necessary to deter more attacks.

"We know how to respond,"



A Palestinian suicide bomber blew himself up outside a fast-food restaurant in Tel Aviv during the Passover holiday Monday, killing nine and wounding dozens in the deadliest Palestinian attack in more than a year.

Olmert said.

Soon after the blast, the Israeli military re-entered the West Bank town of Nablus, where soldiers have been hunting Palestinian militants and engaging in firefights for several weeks.

The Israeli military also continued shelling the Gaza Strip as part of its campaign to stop homemade rockets from being fired into southern Israel.

On Monday, a Palestinian teenager was killed and two of his friends were injured by Israeli artillery fire in north-

ern Gaza, the Israeli military reported.

Last week, a 7-year-old Palestinian girl was killed when an Israeli artillery round struck her house after Israel had expanded its fire zone in Gaza.

Israeli officials have warned that Palestinian government leaders, including Prime Minister Haniyeh, might be targeted for retaliation if they're linked to terrorism.

"Anyone who has a hand, or serves as a catalyst, or instigates, or takes part in these acts will certainly bear the

consequences," said a senior Israeli official who spoke on condition of anonymity because of the sensitivity of the issue.

"They are not excluded from Israel's defensive actions."

Hamas' defense of the bombing put the new government at odds with more moderate Palestinian Authority President Mahmoud Abbas.

As leader of the rival Fatah party, Abbas has long criticized suicide bombings as counterproductive.

"It's like we are seeing a Palestinian body with two

heads, and this is going to lead to a conflict between the two," said Jihad Hamad, a political analyst from Al Azhar University in Gaza City.

Islamic Jihad identified the bomber as Sami Hammad, 21, and said he was a college dropout from a village near the northern West Bank city of Jenin.

Wearing a black headband with Quranic verses and a black T-shirt with "Army" written in English, Hammad posed with a machine gun and said more bombers would follow in his wake. ■

## Competition for minority students intensifies

BY PATRICE M. JONES  
CHICAGO TRIBUNE

CHICAGO — High school student Emily Harris remembers coming home one day to find 27 college letters and brochures waiting for her near her family's front door in Hyde Park, Ill.

She recalls that day, she said, because her two younger sisters took some pride in counting her college recruitment letters every day, one by one.

"We would just laugh about it," she said with a smile. "They thought it was hilarious that I would receive so much mail in one day."

A high-achieving black senior, Harris has been fought over by a range of elite universities that might make some of her classmates jealous, and now she has to make up her mind: Will it be Yale, Stanford, Columbia? Oh yeah, she was accepted by the University of Illinois at Urbana-Champaign, too.

"They offered me a full-tuition scholarship at the U. of I," Harris said. "I'm not going to go there, but I haven't told them yet. It's just not one of my top choices."

Harris, a student at Chicago's Walter Payton College Preparatory High School, basically has had limitless

options since last spring when she racked up impressive scores on the ACT and SAT, the two widely used college entrance exams.

She got a composite score of 34 out of a possible 36 on the ACT, a test now required of all Illinois public high school juniors, and she earned a combined score (verbal and math) of 1480 on the SAT (out of a possible 1600). In the high-stakes competition to attract a diverse student body at the nation's elite universities, scores like that, combined with an A average and extracurricular activities, make Harris the scholastic equivalent of a rock star.

The numbers are still being compiled for Emily's class of 2006, but for high school seniors across the country in 2005, there were 864 blacks and 2,033 Latinos who earned a composite score of 29 or above on the ACT, while 66,708 white seniors did.

In the SAT testing program, there were 696 blacks and 1,458 Latino seniors in the class of 2005 who earned combined scores of 1400 or higher, while 36,471 white seniors did.

Clearly, the nation's very best minority students — particularly blacks, American Indian and Latino — make up a small pool, and they are generally the most underrepre-

sented student groups at elite universities.

Court challenges have resulted in universities pulling back from affirmative-action programs for everything from admissions to enrichment programs — upping the stakes in the competition for the nation's top minority students such as Emily Harris.

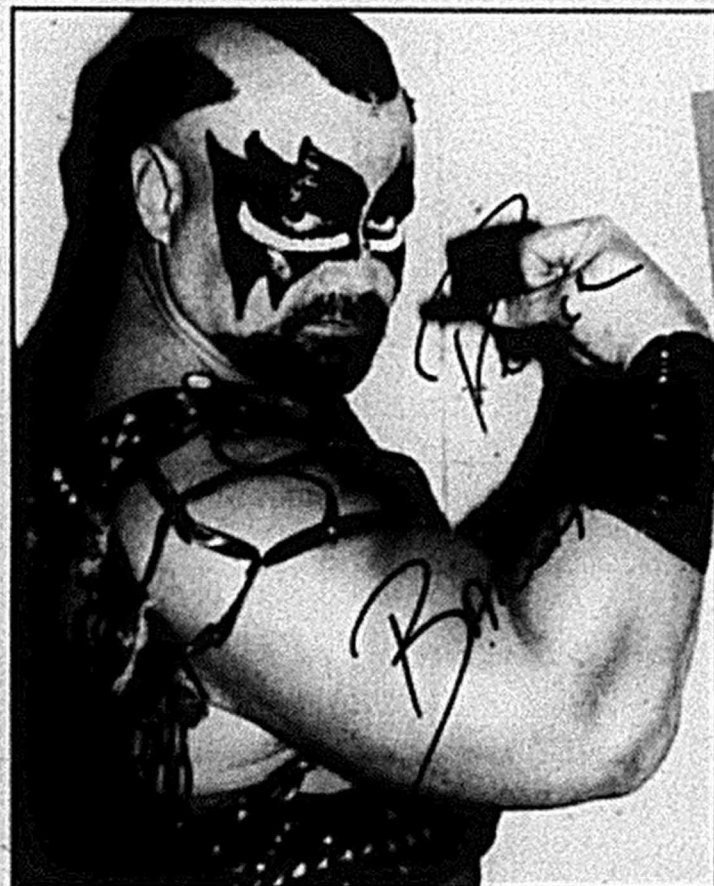
University admissions officials say they pursue top minority students with scholarships, fly-ins to campus and a barrage of outreach efforts, including using current students and alumni to extol the virtues of their schools.

The University of Illinois at

Urbana-Champaign also had success with its President's Award Program, a longstanding system-wide program that gives students scholarships to be used toward tuition or other college-related expenses.

"We really try to get present students speaking on our behalf," said Richard Herman, chancellor of the University of Illinois at Urbana-Champaign, talking about a new push to use personal calls from current students to lure those considering the university.

"We have had some fantastic return on that investment." ■

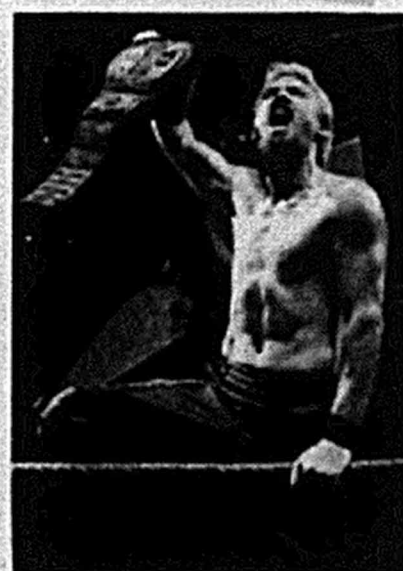


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## THE QUESTION | What is the best thing Paul Tribble has done for CNU during his time as President?

By Ian Sass-Baseow and Nicholas Mirabal

"The President's Leadership Program. It's good to have a minor and leadership opportunities in the community."

TIFFANY FRESHMAN



"He's expanded the campus."

SHANNON PERRY FRESHMAN



"I would say the Ferguson Center for the Arts."

GEMMA SMITH JUNIOR



"The expansion — trying to turn it from a small school into a big school."

CHARLES LEAGUE SENIOR



"I like what he's done with the living conditions."

TIM LAVEY SOPHOMORE



# OPINION

WEDNESDAY, APRIL 19, 2006 | PAGE A5

## WHERE WE STAND

## OTHER VOICES

### After ten years, Tribble has much to be proud of

As Paul Tribble celebrates his tenth year as president, it is an exciting time for the university. CNU, once a small, quiet institution designed for commuter students, has undergone a huge transformation since its founding in 1960.

This year, the fully completed Ferguson Center for the Arts flourished. It will continue to do wonders for our students and the community, attracting bigger names in entertainment and drawing more and more attention to our school.

The construction of the new Student Union and Captain John Smith Library, proposed construction such as new academic buildings and residence halls and a revamped academic curriculum in the fall of 2006 will all but affirm CNU's status as an emerging undergraduate powerhouse.

But it's not just buildings and the curriculum that make CNU great: It's the people. Just as President Tribble came here ten years ago, students and faculty choose to come to CNU and improve the community.

In this week's issue alone, we mention students such as senior Tiffany Slaughter, 2006 class council president (page A6) and freshman Nicole Justice, who has brought her love for research to CNU instead of Harvard University (page A3).

"The Blue Room" cast members let us inside their world as they prepared for their performance of the Tony award-winning play (page B1) and successful CNU athletes like Kristyn Hankins, Eddie Glidewell and Natalie Pitts

(lacrosse, men's tennis, women's tennis, pages B6-8) show us that dedication and effort pay off.

On the faculty side, we have professors like Professor Denise Gillman, director of "The Blue Room," Dr. Elizabeth Kreydatus of the History Department, who has mentored Nicole Justice this semester in her researching efforts, and Assistant Professor Richard Sherwin of the Biology department, who came to CNU even though CNU lacks an IACUC, which is necessary for his research. Not to mention

Dr. Marcus Griffin of the Sociology and Anthropology Department, who is working with his students on an ongoing food and food-waste study.

It's people like this that remind us why we're here. Our "Question" above is "What

is the best thing Paul Tribble has done while at CNU?" The responses we received were varied, but mostly centered on the things we expected to hear: the things, like construction, that we can see.

Although academic buildings, curriculum changes and new residence halls are often the first things to come to mind — CNU has more to offer than structural benefits.

We're an up-and-coming university because of the people. This is what we have to offer. President Tribble has facilitated change in CNU — from the construction to the academic curriculum changes to the move to a more residential campus.

Bravo.

**Although academic buildings, curriculum changes and new residence halls are often the first thing that comes to mind, CNU has more to offer than structural benefits.**

### The Death of "Love": Choice of usage dilutes meaning

TODD SHOCKLEY  
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The statement, "I love this movie," can be heard in many discussions about popular films. Likewise, many things in a person's life or culture can be shown esteem by simply saying, "I love \_\_\_\_\_." People seem to not want to search their vocabulary very far to find a suitable word to describe something they enjoy or someone of whom they think better-than-average.

However, this "I love" statement is a cancer in our society because it undermines and dilutes the absolute power and grandeur of the entire concept surrounding "love."

The Oxford English Dictionary defines love in many ways as both a verb and a noun.

In each of the variations there is still great emphasis placed on the word and its implications; love, essentially, is a major driving force between a person and something else.

The power and effectiveness behind a word such as love is like that of a battery: if it is used too often it begins to lose

its power and fade. Love in our current culture of "Me" is a 9-volt battery running at a third of a charge.

I write with a concern that love is dying, and this death is a direct result from how loosely the word is used in everyday dialogue. "I love you" is synonymous with "good bye" in conversations with friends. What does love mean to people these days?

**Do you really love that person in that deep, metaphysical sense of total sacrifice and passion? If you can't say "yes," then don't say "love."**

Is it the next step above "like"? Perhaps love means "really really a lot good" or some other nonsensical string of verbiage strewn together to show some higher level of affection. But that's the thing: love is not "just" higher affection, nor is it nonsensical (though it can be quite illogical).

Love is simply too huge and too great in importance to be limited and bound to simply being the word above "like."

My argument is that love

should not express a higher level of esteem or affection but rather show the ultimate — the highest — expression of devotion to someone or something.

My question to my peers is, Do you really love that person in that deep, metaphysical sense of total sacrifice and passion? My response is that if you can't say "yes" then don't say "love."

Reader, we must stop ourselves before we nonchalantly say, "I love this sandwich" or — even more so — "I love you." The huge implications behind the L-word are too weighty for us to devalue the meaning and might of the word, which has shaped humanity since our beginning.

Save the love for something or — even better, someone — who deserves that lofty praise: a family member, a long-term boy/girlfriend, or a book, which has guided your life for years. Before you go and praise "Dumb and Dumber" or that classmate you talk to every Friday, consider the implications behind love, and see if you are actually willing to say "I love" to that film or person. ■

### Time to wake up and look outside

KELLY ESCH  
KELLY.ESCH.05@CNU.EDU

Why can't we wake up? And I'm not talking about for your 8:00 AM class. There is so much in the world that we as individuals, as a campus, and as a nation are refusing to see.

It's important to be concerned and involved with issues like housing and dining services that directly affect us.

But we get so caught up with these immediate and more visible concerns that we fail to look into the world beyond us.

For example, the city of Virginia Beach has a housing deficit of 12,500 affordable housing units. In Darfur, 2.5 million people have been displaced by their government, most are in

refugee camps and 500 of them die everyday from disease and starvation.

In Zimbabwe, 1.6 million children are orphans due to AIDS, and one dies every 20 minutes. Starvation, disease, and

**In Darfur, 2.5 million people have been displaced**

death have become a way of life in many countries. Even here, poverty and homelessness are still prevalent. We find it easier to ignore these issues, than to face the brutality of our world.

But, we can't continue to close our eyes. Issues become inter-

twined and will ultimately affect us, even if we can't tell how.

So, pick up a newspaper. Go to speakers and presentations and rallies.

Learn as much as you can about issues of all kinds: those present on campus, in the community, or even as far away as Africa.

Join clubs or organizations, and brainstorm about how you can help out.

Listen to politicians and vote. Stand up if you believe your elected officials are doing wrong. Give your time and money to charities. If we are pro-active, a difference can be made in the lives of so many others. As someone far wiser than I once said, "Be the change you wish to see in the world." ■

#### Editor's Note:

Welcome to the newest version of The Captain's Log. The new design is meant to reflect the campus' evolution, our growing student body and the paper's changing role on campus. Our general look is cleaner, more functional and modern. We hope that you will find the paper easier to navigate, more entertaining and more visually appealing.

The Captain's Log has undergone many substantial changes in the past five years. In 2001, the newspaper transitioned from a tabloid format to a traditional broadsheet. Student members have redesigned minute details nearly every year since, but never in such a unified grand scale. The newspaper was missing cohesion, and while some elements were well-planned, they were not as well-executed as the staff would like.

Each year, the editorial staff attends the College Media Advisors journalism conference in New York City. During the conference, editors attend sessions on copy editing, staff guidance, feature writing, photography and newspaper design. With this year's staff attending some truly inspiring design sessions, and with the addition of color to our pages this year, it seemed only natural that a redesign would follow.

With the help of David Putney, an award-winning page designer at "The Virginian-Pilot," we have found a whole new look for The Captain's Log, and hopefully a whole new future for the newspaper and its readers.

Most of the current editorial staff will be graduating in May, but we felt it was important to make these changes before we leave. Enjoy the new look, and hopefully if we still need to make changes, we'll hear from you!

The Captain's Log prints editorial submissions on a first-come, first-served space-available basis. Editors reserve the right to edit letters for style and length, as well as to refuse publication. To submit an editorial, e-mail [clog@cnu.edu](mailto:clog@cnu.edu), with the subject line Attention: Opinions. Editorial submissions should be between 300 and 500 words and include the writer's name, e-mail address and phone number.

**LETTERS TO THE EDITOR** The Captain's Log welcomes letters from its readers. Editors reserve the right to edit letters for style and length, as well as to refuse publication.

**SEND LETTERS TO** The Captain's Log, 1 University Place, Newport News, VA, 23606. Letters may also be brought to our office, SC 223, or sent by e-mail at [clog@cnu.edu](mailto:clog@cnu.edu). Anonymous letters may be printed, but writers must sign the original, providing a full address and telephone number for verification purposes. Students, please indicate your class status. If the writer is affiliated with an organization, that may be noted. For a letter to be considered for publication in the next issue, we must receive it by noon of the Friday prior to publication.

#### LETTERS TO THE EDITOR

### It is that time of year again

It's that time of year ... the end of the year. We're all looking back over the last nine-ish months, thinking about what we did and what we didn't do, what we could have done and who we were with. We made some mistakes, had some triumphs and learned a little bit along the way. Now it's time to start thinking about next year. Seniors or those who are graduating: congratulations, good luck in all your endeavors. Remember to never forget your years here at CNU, always live a life of integrity and honesty and do what makes you happy. Those of you who are stuck here for a little while longer: do not fret, there's still time left. It is

what you make of that remaining time that counts. Whether you are a freshman, sophomore, junior or super senior, I encourage you to find something to get involved in. "Coughcough" SGA "coughcough". But in all seriousness, I urge you to get off of AIM and facebook.com, and find something you are passionate about and get involved.

Do you want to look back on your four, five, six, ten years of college and regret not doing something you wish you could have done? CNU has so much to offer its students, but students are simply not taking advantage of the opportunities that lay before them.

At the beginning of this year, I called on the students to get

involved, and I started to see a little bit of that this year with the vast improvement of attendance at campus events and overall enthusiasm on campus.

But this year was just a jumping off point. I hope all of your enthusiasm and gusto continue into the summer and next year. If you are interested in getting involved in Student Government, we are looking for your help! Just come on by the SGA office upstairs in the Student Center or E-mail [SGA@cnu.edu](mailto:SGA@cnu.edu) and ask how you can get involved. I am so proud of all the students here at CNU, and I am proud to call myself a Captain. Make every day count!

MOLLY BUCKLEY  
2006-2007 SGA PRESIDENT

#### SUBMIT A LETTER TO THE EDITOR:

The Captain's Log is now reserving space for your letters! Unlike editorial submissions, which we ask to be between 300 and 500 words, Letters to the Editor can be as long or short as necessary. Letters to the Editor will appear in this space throughout the upcoming year. We encourage student club and organization leaders, faculty members, staff and administrators to submit Letters to the Editor on a regular basis, in hopes of facilitating dialogue between members of the community on topics of interest to CNU. Please send all Letters to the Editor to [clog@cnu.edu](mailto:clog@cnu.edu), Attention: LTE.



# Griffin concludes research as CNU chows down

**FOOD STUDY** | Dr. Griffin and his Anthropology 325 students turned the Hiden-Hussey Commons dining hall into a makeshift research facility for a project.

BY IAN SASS-BASEDOW  
IAN.SASSBASEDOW.04@CNU.EDU

For three weeks following March 13, Dr. Marcus Griffin, of the Sociology and Anthropology Department, and his Anthropology 325 students turned the Hiden-Hussey Commons dining hall into a makeshift research facility for the CNU Food Culture project.

With Griffin's help, the students researched many food-related topics, especially food waste, for the class entitled Food and Culture. The food waste research is part of a primary research project related

to some of the concepts that Griffin teaches in the class.

In addition to guiding and advising his students, Griffin conducted his own seven-week-long study of food waste in the dining halls.

"What was a great success was students' ability to gather firsthand data by themselves — to learn to construct knowledge based on information they obtained. So, rather than writing a research paper based on library materials or secondary data sets, they wrote papers based on their own data," Griffin said.

One student researcher, junior Catherine Kiser, exam-

ined social behaviors in relation to food, using the dining halls to distribute a survey using convenient sampling.

"I did research on CNU students and going out to eat to socialize. What I found was, that it was not so much the meal, but hanging out that was important. 80 percent of the people I surveyed would go out to eat just to be with friends," Kiser said.

Kiser and Griffin both made a similar policy recommendation: seeing as students are concerned with socializing more than eating, they wouldn't feel the need to go out to eat if students weren't required to pay to get into the dining halls even when they are not hungry.

According to juniors Rachel Blood and Annaleise Fernandez, who collaborated on a survey crafted see how much

food students waste and for what reasons they throw excess food away, the test conditions were not entirely ideal: some students were not entirely forthcoming.

"A lot of ignorant and foolish comments were put down on the surveys geared toward the Dining Services debate; things like, 'keep dining services the way it is,'" said Fernandez.

Griffin and his students did discover that not a lot of food is actually wasted. When it does happen, students said, it is after they discover that the food simply does not taste right — because it has a weird texture or is too greasy, for example.

For this reason, a large number of students said they wanted more baked chicken and vegetable entrees, said Fernandez and Blood, yet

many of those students also wanted to have pizza, macaroni and cheese and chicken tenders on the menu at all times.

Griffin, in his private study of food waste, found similar problems due to the current controversy over whether to outsource Dining Services.

"CNU Dining Services modified their services and menus, changing food culture. This really hurt the validity of my data," he said.

Students changed their behavior in response to the Dining Services issue, too.

"The whole nature of dining at CNU was politicized: the way students were thinking about their food, consuming their food or throwing it away," Griffin said.

Griffin's students had to turn in summaries of their findings to Griffin for review.

Once the reviews are complete, the students will turn in all of their data in a course portfolio, he said.

"This data will become part of an ongoing database that future students can update and build upon," Griffin said.

He looks forward to continuing hands-on, primary research studies of this kind in the future as the new academic curriculum begins in fall 2006.

"I believe strongly that students can produce knowledge if given the opportunity," he said. "And when they see that they can do this, most of them will have a greater investment in their own lifelong learning because they see how knowledge is produced. They know that they can do it and that they can continue to do it. That, to me, is true learning." ■

## SENIOR PROFILE Tiffany Slaughter, 2006 Class President

BY ANNA HASTINGS  
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As the year winds down and graduation approaches, senior Tiffany Slaughter is busy trying to plan the senior class party.

Serving as the president of the Class of 2006, Tiffany Slaughter worked to prepare her peers for their graduation from the university and their entrance into the "real world."

Slaughter, along with the other members of the senior class council, has put on a number of events over the past two semesters for the members of the class of 2006, and Slaughter is proud of what she and the class council have

accomplished. Along with the donation of the senior class gift — a large Howard Street Clock to be positioned on campus — Slaughter and the Class of 2006 Council have sponsored the senior speaker series throughout the semester, bringing in presenters on a number of topics.

The class council has also hosted a number of well-attended events, such as the Senior Kickoff, which was attended by over 300 students.

Although Slaughter currently serves as the senior class president, she has also involved herself in a number of other areas at CNU over the past four years.

Within CNU, Tiffany has served on the class council for

the past three years. Slaughter is a member of Phi Mu Fraternity and the President's Leadership Program, and currently serves as the Presi-

**"Soon-to-be graduates of CNU have truly made an impact on the university."**

TIFFANY SLAUGHTER, SENIOR

dent for two honor societies (Omicron Delta Kappa, the National Leadership Honor Society, and Pi Sigma Alpha, the Political Science Honor Society). Slaughter said she became active on campus

because she wanted to take advantage of every opportunity with which she was presented. Slaughter said she can proudly say this seems to have been the mantra of the entire Class of 2006: "Soon-to-be graduates of CNU have truly made an impact on the university," she said.

Slaughter served summer internships with Delegate Ryan McDougal and Senator John Warner and graduated from the Thomas C. Sorensen Institute for Political Leadership.

The leadership is a nine-month program where 35 selected leaders from the state travel to different areas of Virginia on weekends to attend classes in politics and

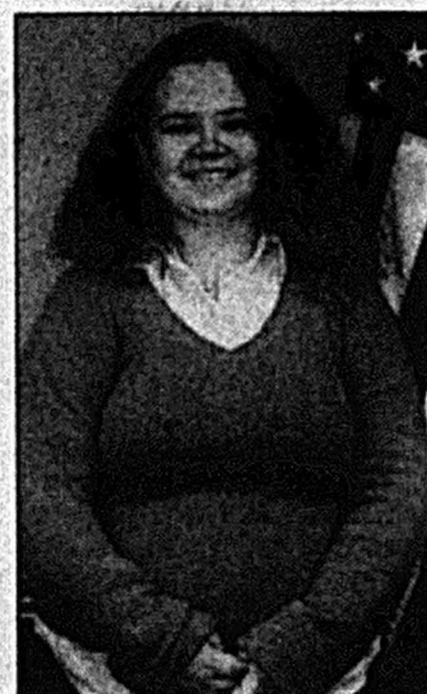
leadership. Slaughter currently serves as an intern for the Hampton Public Defenders Office.

She is grateful that she has been awarded these opportunities and hopes that they will help her to get into law school and become a commonwealth attorney, she said.

Slaughter said what she has loved the most about CNU is its community of students and faculty.

"This is what I'll miss most about CNU: the community," she said.

Like most seniors, though, Slaughter is ready for the end of her academic workload. "I need a break! Socially, though, I could stay here forever," she said. ■



Senior Tiffany Slaughter

## Animal testing comes to CNU

IACUC, FROM PAGE 1

New Mexico, where he came from in 2005, in order to continue his research with the big-eared bat.

"I have two jobs. For me [not having an IACUC at CNU already] means I haven't been able to completely move," Sherwin said. "It means I can fully move my research program here and it legitimizes us," he added.

Summerville mentioned Sherwin when speaking about why an IACUC is necessary for the university.

"He's a good example," Summerville said of Sherwin. "If we're going to have a state-of-the-art Biology department, we have to have not just buildings and equipment, but faculty as well. Dr. Sherwin, a mammalogist, is on the cutting edge."

Sherwin is currently unable to conduct the research he does on Townsend's big-eared bats at CNU, and Summerville sees this as a problem.

"To ban bats from the Life Sciences department is to Sherwin's work as banning certain books from the library is to a historian," Summerville said. "We don't ban books and we don't ban bats."

Without an IACUC, Sherwin is not only unable to conduct his research at the university, but he is unwilling as well. He appreciates the opportunity for review that an IACUC affords him.

"For my program it represents peer oversight to make sure I'm functioning ethically," Sherwin said. "Just

going through the process reminds me that my research is about the animals, not just me."

Sherwin understands the difficulty associated with bringing animal research to a campus and he understands that there will be individuals who do not agree with what is happening, he said.

"No matter what you do," he said, "there's always someone

**"It means I can fully move my research program here and it legitimizes us."**

RICHARD SHERWIN, BIOLOGY DEPARTMENT

who's going to think you're wrong for doing it."

Sophomore Jamie Atkinson is one of those people.

Despite the committee's purpose to maintain a humane and ethical environment for animals used at the institution, Atkinson disagrees with the very need for their existence.

"[Animal research] is still abusing an animal, which I think, in essence, is just wrong," she said.

Faced with the alternative — using human subjects for behavioral studies and drug tests — Atkinson did not waver from her convictions.

"I don't see a difference between testing on a human and testing on an animal," she said. "It's still a life and all life should be respected."

Summerville wishes to reassure students with concerns

as to the committee's creation and the animal research that will one day follow.

"We share many of the same interests," he said. "We are concerned with doing it ethically."

Senior and Vice President of the Animal Welfare Coalition Danielle Brigida has come to terms with the idea that animal testing will happen one way or another and sees the need for an IACUC.

"Despite how people feel about animal testing, it is going to happen," she said. "In my opinion this is a move in the right direction. I have heard rumors that CNU was not exactly following guidelines and so in a way I am relieved that we are implementing some way to monitor animal experimenting."

Summerville was uncertain how long it would take the university to construct animal research facilities on campus.

"I think that we will get there in the relatively near future," he said. "And that may mean two, three or even four years."

Despite her strong feelings against the research, Atkinson did not feel that there would be much of a reaction in the student body to the construction of these facilities.

"People at this campus have a habit of not caring," she said.

"There are a few people on campus who are aware and do care, but most people just ignore it. It makes me sad. I wish people would just open their eyes more to the world around them." ■

TRIBLE, FROM PAGE 1

the quality of everything we do. We will improve by building world-class facilities for teaching and learning and by enriching academic life by adding new faces that are intellectually alive and committed to great teaching. We will continue to emphasize leadership, honor and civic engagement."

Tribble hopes to improve CNU's academic facilities in the next few years, also, both by erecting two new buildings and renovating two existing buildings. Intended changes include: replacing the old student center with a new academic building, remodeling Gosnold and McMurren Halls and constructing another residential building. ■

SMB, FROM PAGE 2

process and have the SMB, rather than Sigma Tau Delta, the English honor society, to choose the Currents editor. Like Lester, Currents Editor Kristin Brickley, senior, said she found it difficult to recruit students to take over her position for the 2006-2007 academic year.

"In order to avoid this problem in the future, I think we should open the doors a little wider, making the application for editorship open to both English majors and minors," Brickley said.

Both Dr. Jay Paul and Dr. Kara Keeling of the English Department said they had reservations about changing the appointment process for Currents editors after 25

years of success with Sigma Tau Delta-appointed editors. Dr. John Camobreco of the Government and Public Affairs Department said accountability might be a concern for students not majoring in English.

"If we stop appointing editors directly out of Sigma Tau Delta, we have a greater student body to pull from. We still have accountability — just because our editor is not a major under this department doesn't indicate that they will not be responsible leaders," said Brickley.

SMB member Jonathan Page, and SMB Chairman Justin Pritchett, agreed that for the Fall 2006 academic year the Currents Editor should come from Sigma Tau Delta. ■



## CLUB PROFILE: CNU Motorsports

PRESIDENT: BRIAN JUMP

CLUB ADVISOR: ANDY MANSFIELD

CLUB MEMBERSHIP: 19 PEOPLE


Funding Sources: CNU Motorsports hosts annual car shows in the spring, for which they charge an entrance fee of \$10. They charge an additional \$50 to use the dynamometer to measure the mechanical power of their car. The entrance fee is waived for CNU students, staff and faculty.

WHAT DOES THE CLUB DO?


In addition to their annual car show, CNU Motorsports hosts a series of autocross races at Pungo, an old Air Force/Navy base (ACU4). Each race is a timed course marked off by cones. Races usually last about 60 seconds each. CNU Motorsports also operates a Rally cross race at a farmland location in Orange, Va.

HOW CAN I JOIN?


Students can either show up to meetings on Mondays at 7:30 p.m. on the second floor of the Student Center or send CNU Motorsports an e-mail at [cnumotorsports@cnu.edu](mailto:cnumotorsports@cnu.edu). They also have a Web site: [cnumotorsports.net](http://cnumotorsports.net).



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# TENNIS TAKES TITLES

TENNIS, PAGE B6

# A+E

ARTS AND ENTERTAINMENT | WEDNESDAY, APRIL 19, 2006

## CAMPUS

Literature and art journal Currents will celebrate its release at a party in the Alumni Room on Friday at 5.



## MUSIC

Taking Back Sunday takes back rock with "Louder Now," and performs at The NorVa on April 22.



## ART

Small Impressionist show at Norfolk's Chrysler Museum emphasizes quality over quantity.



COURTESY OF RYAN BURKE

Sophomore Katie Parker plays an actress wooed by an aristocrat (played by senior Chad Foreman) in one of ten vignettes in "The Blue Room."

## Tangled up in blue

**THE BLUE ROOM** | The lives of ten different people are intertwined in fantasy vignettes exploring sex, loyalty, love and intimacy.

BY BETH BECK  
BETH.BECK.04@CNU.EDU

City skylines, intersecting lines and objects floating in space are all painted in warm hues on the newly constructed stage. The curtain drapes down like rumpled bed sheets, lights painting it with a city skyline at sunset. For the last show of TheaterCNU's season, the Studio Theater has been transformed into a dream world where one woman fantasizes about a daisy chain of lovers.

"The Blue Room," a play

adapted by David Hare from "La Ronde," opened last Friday to a curious audience. By 7:45 p.m., the chairs were almost full and a low murmur filled the room as audience members discussed the show. At 8 p.m., the lights faded out, and the audience quieted down with hushed anticipation. Suddenly, a light flared on in the inky blackness, revealing a young woman standing behind the translucent curtain. The show had begun.

Wednesday night, two days before the show's opening, the cast and crew of "The

Blue Room" assembled for one of their last run-through rehearsals. As the cast playfully bantered while getting ready in the dressing rooms, the director, Professor Denise Gillman, sat in the theater explaining the show.

"We worked on it before in my Directing I class, and the students loved it," she said. "When we were picking shows, we were looking for a contemporary play to do in [the Studio theater] space. 'The Blue Room' seemed like a logical choice for these reasons, but also because the show has 10 fun roles that are close to the ages of our students."

One of the show's most well-known characteristics is the fact that all the actors and actresses show up onstage

in their underwear. It's this factor that seems to preoccupy most audience members.

"I think the spirit of the play is laughter and getting us to laugh at these situations instead of judging, which is normally what happens in society," said Professor Gillman. "It's not meant to point fingers at guilty parties, but to be more playful."

Nevertheless, "The Blue Room" has garnered most of its attention because of its history of being risqué and even controversial. "La Ronde," the show that inspired "The Blue Room," discussed the spread of syphilis through all of 1897 Viennese society. "La Ronde," like "The Blue Room," featured 10 interconnected characters ranging in social status from a prostitute

to a count. The love scenes, in both plays, demanded onstage nudity and intimate staging.

"I guess it is risqué in that it shows sexual issues and gets very intimate," said Gillman. "It can make some people uncomfortable."

Cast members say the point of the show isn't to portray people running around onstage in lingerie, as many people may be expecting.

"There are a bunch of messages in this show, and the key one we've been exploring is intimacy," said Erik Clancy, a junior theater major who plays a cab driver. "But it's also about the strength of relationships and when they are successful and when they have failed. It was originally

SEE **BLUE ROOM**, PAGE B2

## THE LIST

### campus

**April 19**  
Senior Thesis Exhibit, 10 a.m., Falk Gallery  
ArtCNU Studio Majors Exhibit, 10 a.m., Falk Gallery  
Symphonic Band, 7 p.m., Concert Hall

**April 21**  
Santoro Hall Council Cookout, 1 p.m., Volleyball Courts  
Currents Release Party, 5 p.m., Alumni Room  
"The Blue Room," 8 p.m., Studio Theatre  
"A Night for the Stars," Senior Class Party, 8 p.m., Point Plaza Suites

**April 22**  
"The Blue Room," 8 p.m., Studio Theatre

**April 23**  
Grills Gone Wild, 1 p.m., York Lawn  
"The Blue Room," 2:30 p.m., Studio Theatre

**April 25**  
Vanguard Championship Wrestling, 7:30 p.m., Freeman Center  
CNU Lip Sync, 8 p.m., Gaines Theater

### concerts

**April 19**  
Anberlin, 7 p.m., The NorVa, Norfolk  
Honda Civic Tour, Black Eyed Peas, 7 p.m., Norfolk Scope Arena, Norfolk

**April 21**  
Taking Back Sunday, 8 p.m., The NorVa, Norfolk

**April 22**  
The Wallers, 9 p.m., The NorVa, Norfolk  
Virginia Symphony, Sibelius by Chang, 8 p.m., Chrysler Hall Theater, Norfolk

### movie releases

**April 21**  
"Silent Hill" Desperate for a remedy for her daughter's fatal disease, Rose flees with her child, only to find herself in the eerie town of Silent Hill. When her daughter suddenly disappears, Rose chases shadows and silhouettes, discovering the darker side of Silent Hill. Ultimately, creatures and a feared Living Darkness stand between Rose and her daughter. "Silent Hill" is rated R.  
"American Dreamz" Hit TV show American Dreamz is searching for the next singing sensation. Even the President takes a part as a judge between a Midwestern girl and a recent Orange County immigrant in an unforgettable season finale. "American Dreamz" is rated PG-13.  
"The Sentinel" Special Agent Pete Garrison fears an attack on the President from the inside. Facing blackmail, a murder framing and his ultimate dismissal from duty, Garrison works against the odds to uncover the suspected assassin. "The Sentinel" is rated PG-13.  
"Standing Still" Long-standing couple Elise and Michael decide to tie the knot. When college friends and crazy personalities show up for the wedding, chaos ensues. "Standing Still" is rated R.

### cd releases

**April 25**  
"A Girl Like Me" - Rihanna  
"Todd Smith" - LL Cool J  
"Let Love In" - Goo Goo Dolls  
"We Shall Overcome: The Seeger Sessions" - Bruce Springsteen  
"IV" - Godsmack  
"Director" - Avant  
"Louder Now" - Taking Back Sunday

### dvd releases

**April 25**  
"Aeon Flux," "Shopgirl," "Match Point," "Casanova," "Tristan + Isolde"



Hannah Vaughn  
The Prostitute



Erik Clancy  
The Cab Driver



Michelle Polera  
The Au Pair

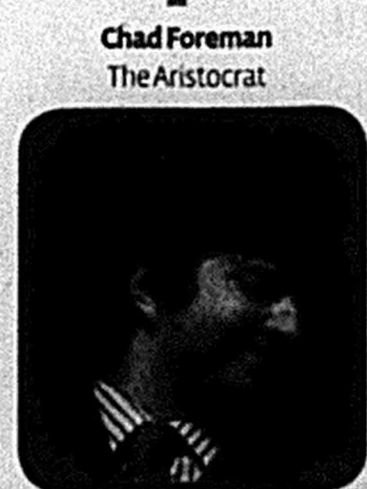


Steven Ferrier  
The Student



Jane Phillips  
The Society Matron

## The Game of Love



Chad Foreman  
The Aristocrat



Katie Parker  
The Actress



Daniel Devlin  
The Playwright



Caroline Dudley  
The Model



Nick Childress  
The Politician



# A year of laughs concludes

**CNU TONIGHT** | The sketch comedy that entertains campus demands weeks of preparation, witty writing, clever casting and plenty of practice.

BY STEFANIE TURNER  
STEFANIE.TURNER.04@CNU.EDU

Three students storm through the elevator on the top floor of the Student Center. They are wearing fake beards and Viking helmets. One is even swinging a devil's trident, but no one is alarmed. The students are members of CNU TONIGHT. Members of this sketch comedy group have been meeting every Tuesday and Thursday for the past month to prepare for their final show of the year.

The groundwork for each show is quite complex and usually takes about a month. The members use a step-by-step process that aims to bring some writing professionalism to CNU TONIGHT. Their meetings begin by brainstorming and coming up with ideas for skits. Once they decide on the skits, the writing process begins. The scripts go through many transformations until they become finalized. Once the scripts are completed, they begin casting and rehearsing for their performance.

Much of the members' inspiration comes from some "Saturday Night Live" favorites like Will Ferrell and Mike Meyers. The members write news commentary for Christopher Newport News, their own CNU rendition of a daily news report that is strikingly similar in wit to that of "The Daily Show." "We use all original material that we come up with from things on campus, things in the news and pop culture and experiences from our own daily lives," said junior Ryan Hansinger, who co-hosts the news segment with senior Jordan Maroon.

Members of CNU TONIGHT will argue that everything around us holds comical value, and it's their job to find it.

The night of their final show is the true test of their comic ability. At the April 11 performance, Gaines Theatre didn't have an empty seat in the house. The cast set the bar high early on in the show. The opening skit put a light-hearted spin on the controversial housing issue. After showing a series of students being rejected by the housing department, portrayed by junior Ashleigh Stacy dressed as the devil, the cast received laughter and cheers from an appreciative student body.

The issue of housing seemed to be a hot topic throughout the show, and inspired a cameo by William Wallace, the rebel leader in "Braveheart." This Scottish hero, played by Shaun Whiteside, galloped across the stage challenging the housing department's devil to a duel. In a convincing Scottish accent, Wallace shouted, "Housing can take our rooms, but they can never take our freedom!"

No subject went untouched by this cast. Throughout the night, the cast acted out skits involving, among others, President Paul Tribble, the "Couch People" of the Student Center, CNU Housing, the Navigator and RAs.

"What we're making fun of, we're making fun of in jest," said sophomore Aaron Martin, who appeared as a construction worker, a tyrannosaurus rex and the excruciatingly slow-minded Terrence the Tortoise.

"We're not trying to be vindictive," said Martin. "We're trying to poke fun,



WILL SUMMERS/THE CAPTAIN'S LOG

Molly Buckley portrays a beauty in "Beauty and the Couch," a parody of the WB TV show, "Beauty and the Geek," performed during CNU TONIGHT on Tuesday. The "couch," played by senior Jordan Maroon, was meant to be the original founder of couch people.

cause you know, pretty much the audience is going to enjoy it, and we're going to enjoy it."

The audience was laughing or cheering for the better part of two hours, and by the end of the show, the theater was only slightly less packed than when the show started. Most of the jokes appeared to hit, but a few seemed to miss, including a bizarre singing and dancing number near the end of the performance.

"It was pretty funny at times, and other times it was just really weird, to the point of being scary," said audience

member Charles Tyler, a sophomore.

"Honestly, you can never tell really what they're going to laugh at," said senior Cathy Evans, who was performing in the show for the last time. "But I thought overall, they seemed to like the show."

When Hansinger and Maroon took the stage for Christopher Newport News, they ragged on each other, joked about facebook.com and stood firmly behind the fact that the food provided by Dining Services "still sucks." Continuing to poke fun at the

CNU media, Captain Christopher Newport engaged in a dual with a pirate, representing The Captain's Log and The Hook, respectively. Newport was laid low by the blade of The Hook's one-eyed pirate, complete with eye-patch.

The cast of CNU Tonight also threw in some pop culture references along with the CNU-relevant skits. Jack Bauer, from the hit Fox TV show, "24," elbow-dropped a McDonalds employee over a Big Mac. Tom Cruise and Katie Holmes had their baby according to the guidelines of

Scientology. In another skit, fake members of the "Couch People" answered questions asked by Evans, who played the host in a game show entitled, "Beauty and the Couch," a parody of the TV show "Beauty and the Geek."

The shows success could be measured by the increasing amount of laughter that echoed off the walls from beginning to end. All of their preparation had paid off. "We have a lot of people in the cast who are dedicated to what we do and have a passion for comedy," said Hansinger. ■

## TheatreCNU explores sexuality

The politician, played by senior Nick Childress, dances drunkenly with the model, played by junior Caroline Dudley, in "The Blue Room."

COURTESY OF RYAN BURKE



BLUE ROOM, FROM PAGE B2

done in 1994, but these messages still apply today. Beyond that, the show is also just really entertaining."

In order to make the show more comfortable for audiences, the show was reinterpreted to make the entire daisy chain a fantasy of the prostitute, played by freshman Hannah Vaughn. The set and lighting design work together to create this illusion.

"When we were thinking about the set, we originally thought we'd design it as a dream," said Gillman. "Then we changed that to creating a fantasy. It was important to move into the realm of fantasy to give the audience license to laugh even more at situations it isn't normally proper to laugh at."

The set is minimal in that places are not clearly defined as different. Lighting is one of the tools used in this show to help define space as well.

"The main purpose I was trying to do was give the audience a sense of different places," said Professor Chris Spiel, the lighting designer. "But there were challenges. With everything flying in and out, there are only so many places I can put lights, so this has definitely been one of the toughest tech experiences I've had in a while."

One of the obstacles Professor Gillman anticipated was getting students comfortable with the partial nudity their roles required.

### WANT TO GO?

**WHAT** "The Blue Room"  
**WHERE** Studio Theater, Ferguson Center for the Arts  
**WHEN** 8 p.m. on Friday, April 21, Saturday, April 22, and Sunday, April 23, 7:30 p.m. matinee on Sunday  
**HOW MUCH** \$12 for adults, \$8 for seniors, faculty and staff. CNU students free.  
**MORE INFO** For tickets and times call the Ferguson Center Ticket Office at (757) 394-8752

"I anticipated challenges with getting the actors comfortable onstage and in costume. But they have all been courageous and open to the circumstances and the risk involved," said Professor Gillman. "They all love, believe and value the play so much that they are more willing to take that risk and put themselves out there. It was definitely a lot less difficult to get through the obvious obstacles a show like this creates."

Now, most of the actors will say that they are perfectly comfortable onstage.

"I'm very comfortable with myself, so I've really had no problem with letting go during this show," said Clancy. "I'm pretty much willing to do it for the sake of art."

"At the very beginning of the process we tried to find ways to increase comfort," said Gillman. "The dance

in the beginning was really choreographed to create a comfort between everyone. Dancing is really an intimate experience."

After the run-through, the cast and crew meets, going over the show and figuring what isn't working. They spend extra time on one scene they've completely changed. But everyone involved is willing to put in the extra work to make this show the best they can.

"It's several years in the making, even though this particular collaboration has only been together for a few months," said Gillman. "Everyone involved has been very respectful and supportive of each other."

"It's also been one of the most fun tech experiences because everyone has these great spirits," said Professor Spiel. "I don't think I've laughed as much in any other show I've been involved with."

Two hours after the show opened on Friday night, the lights and music fade.

The audience sits in the dark, still mesmerized by the fantasy world that has been created for them. No one is sure if it's over, and it isn't until one person in the back starts clapping that the spell is broken.

Immediately, the audience picks up the applause, and it spreads through the room. The lights come on as the cast takes its curtain call. The show ends as everyone involved hoped it would, with a standing ovation. ■

## 'Art' for art's sake

BY RACHEL LORIA  
RACHEL.LORIA.05@CNU.EDU

What makes a piece of art valuable? What makes it art? In a production of "Art," TheatreCNU will confront this debate head on. Senior William Henline, junior Jordan MacArthur and senior Nathan Cotter will perform the play at the Peninsula Fine Arts Center on April 23, at 4 p.m., with a staged reading of "Art."

The play is by French playwright Yasmina Reza, and is translated by Christopher Hampton. The show won a Tony Award for "Best Play" in 1998 with a starring cast of Victor Garber, Alfred Molina and Alan Alda. The play also received an Olivier Award for "Best Comedy" in 1996.

The play is about a group of three friends who are debating over the significance of a white painting, which becomes a symbol of everything wrong with their friendship. One friend, Serge, buys a solid white painting for a large sum of money, which infuriates his friend, Marc. Their friend Yvan just wants them to get along, which both men find irritating. To add to the tension, Yvan is preoccupied with his own upcoming marriage and the complaints of his mother.

"It's essentially a show about friendship, and it's been great to work on



COURTESY PHOTO

Junior Jordan MacArthur, senior Nathan Cotter and senior William Henline play three friends in "Art" at the PFAC on April 23.

together amongst the three of us, being friends ourselves," said Henline.

He said that the show has been performed by TheatreCNU before, with almost the same cast in 2003. Senior Daniel Devlin rounded out the cast in 2003, but due to rehearsal conflicts with "The Blue Room," Nathan Cotter was cast.

"This year's production is different obviously because, first, it's off campus at PFAC, and second, it's actually a staged reading of the play rather than a full production," said Henline.

During staged readings, actors read through the play

with script in hand. They also do not use costumes.

"Because Jordan, Nathan and I were all in 'South Pacific' recently, doing a staged reading was a lot more viable as far as scheduling and preparation," Henline said.

This show is produced through a partnership between Alpha Psi Omega (CNU's Theater Honors Fraternity) and the Peninsula Fine Arts Center.

The event is free to the public and part of the Community Day Program at the Fine Arts Center. The center is located at 101 Museum Drive. ■

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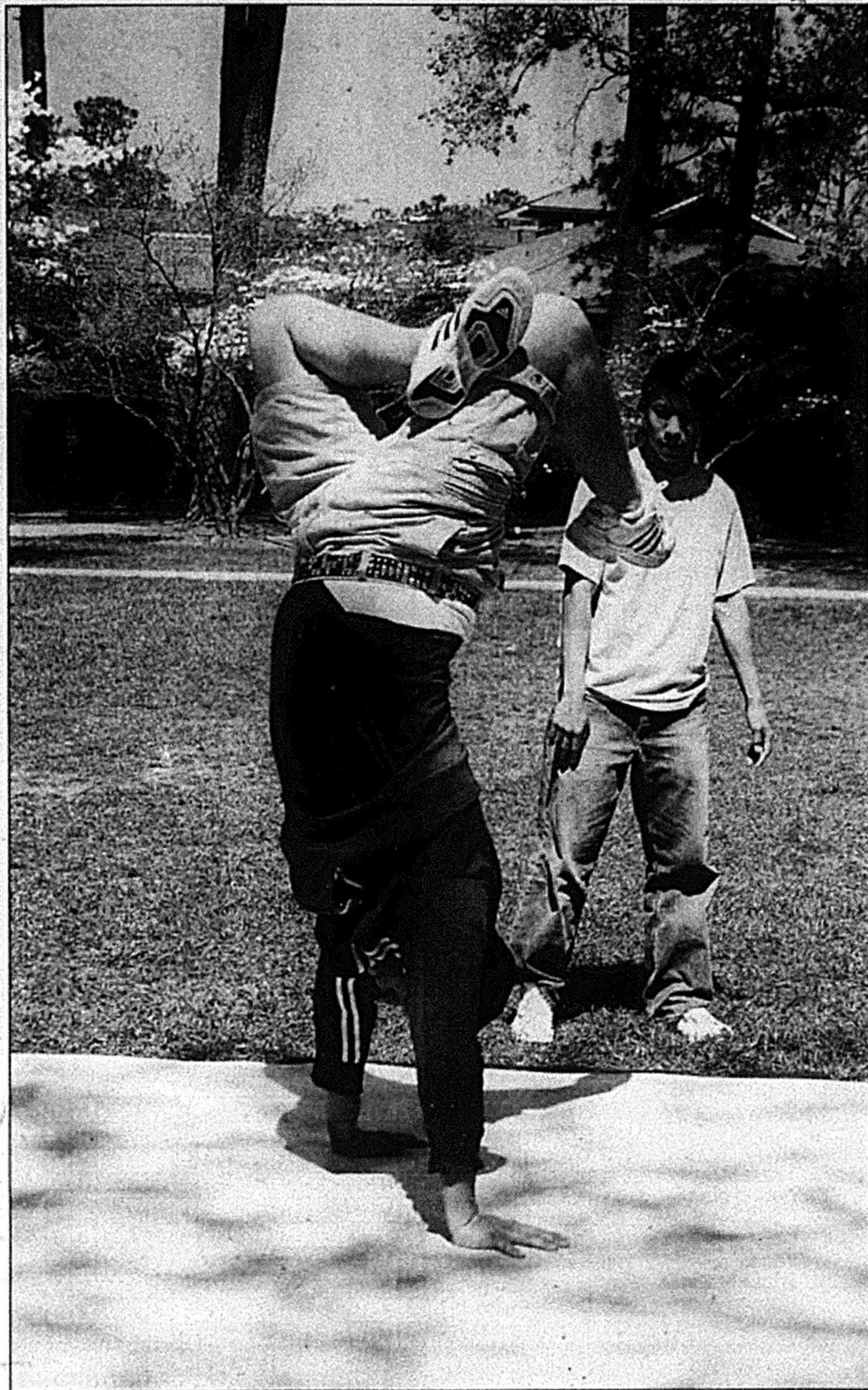
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# Dancin' machines

**CHARITY** | Altered Xpressionz get a leg up in fundraising for Relay for Life during Break-a-Thon.

BY CHANELLE LAYMAN  
CHANELLE.LAYMAN.04@CNU.EDU

**\$200**  
raised

**24**  
hours of dancing

"Hey Hodge, do a Kodak," instructed sophomore Brent Blakeney, as Altered Xpressionz president Thomas Hodge, sophomore, suspended his body in the air, balancing on just one hand. Upper body strength, a lot of endurance and a little bit of rhythm categorized last Tuesday's Break-A-Thon, a 24-hour break-dancing fundraiser.

Members of Altered Xpressionz, in an effort to raise \$200 for Relay for Life, rotated shifts on the Great Lawn, collecting funds and demonstrating their moves. "We saw ideas like the Swing-A-Thon and See-saw-a-thon, so we figured we'd come out," said Blakeney.

In addition to their public performance, Altered Xpressionz was available to teach any interested passers-by. "Anyone who wants to can come out and learn," said Blakeney.

For those willing to devote 20 to 30 minutes of their time, the club could teach at least one basic move. "In two to three hours, we can teach you a lot of the basics," added Blakeney. "Your moves will be jerky, but you just keep working on it." Some starter steps include the toprock (the basic dance element),

the 6-step (a floor spin), and a freeze (a prolonged suspension).

Most of the current Altered Xpressionz members have only been break dancing for about a year or so, according to Blakeney. "We get together, watch videos and try to imitate what we see. You talk about it, hear about moves through word-of-mouth, and sometimes just get taught by random people," he said.

The Break-A-Thon attracted some first-timers as well as some veterans throughout the day and night. Toward the evening, a group from Virginia Tech joined the event. "They were sick!" exclaimed freshman Conor Breen.

By the end of the event, there was a little less energy on the dancing mat. In the wee hours of the morning, sophomore Patrick Leong slept for a couple hours on a mat in the grass.

"I'm feeling tired and sore, and the shifts were a little harsh," said Breen, who manned the table and the linoleum mats from noon to 5 p.m. on Tuesday and from 9 a.m. until 12 p.m. on Wednesday. "It was a good cause," said Breen. ■

Sophomore Patrick Leong watches as John Cassidy learns how to hold a freeze during the 24-hour Break-a-Thon held from Tuesday to Wednesday.

# Theater grads benefit AIDS Walk

**AIDS WALK** | Graduates of TheatreCNU use talents to fundraise for AIDS research.

BY ERIN ROLL  
ERIN.ROLL.04@CNU.EDU

They call themselves Team Supersnack. They devote themselves to all manners of wildly manic sketch comedy and whatever other antics they can dream up.

In fact, one glance at their Web site, skewedperspective.com, would convince the average viewer that this gleefully altruistic team exists pretty much for fun and free expression ... right?

Don't let the first glance fool you. This crew of CNU alumni and students, along with several others, are entertaining for a serious cause.

Team Supersnack will walk and take part in the 2006 AIDS Walk New York in Central Park on May 21.

The walk is dedicated to raising awareness about the HIV/AIDS epidemic as well as raising money to benefit a variety of AIDS charities and hotlines in the New York area and across the United States. The team plans to raise at least \$10,000 to contribute to the walk.

The team will be doing much more than walking, however. They will be acting, singing, performing sketch comedy, asking theaters and businesses to contribute money and simply doing what they can



COURTESY OF ANGELA HAMILTON

Team Supersnack, including former TheatreCNU students, pose after 2005's AIDS Walk.

to get the word out about AIDS and AIDS Walk.

The CNU students and graduates on the team include organizer and 2002 graduate Angela Hamilton, Allison Allen, Fred Arsenault, Adam Downs, Rian Kerfoot, Caryn May, Greg Poljakic and current senior Mike Raymond.

The team will not only walk on the route through Central Park, but on the evening of May 19, two days before the walk starts, they will host "an evening of music, sketch comedy and general debauchery," according to a press release, at Mo Pitkin's in New York.

Team member Shawn

Decker, who is HIV-positive, and his wife, Gwenn, will host the evening at Mo Pitkin's. The Deckers are nationally-known speakers who educate high school and college students on subjects such as safe sex and coping with HIV.

On May 20, the day before the walk, Hamilton said the team will put on a "salon performance" in Central Park. The show will include music and various acts, including a production of the play "The Fifteen-Minute Hamlet," she said.

Hamilton became involved with AIDS Walk last year, and along with her teammates, convinced

some of her college friends to join in what became Team Supersnack. The success of last year's walk inspired them to do it again this year, adding a benefit cabaret and other performances to go along with the walk. "I thought since there are all these really talented people coming, why not have a benefit and show them off and raise some money?" Hamilton said.

Last year, Team Supersnack was deemed a Top 100 team, out of 2,100 teams taking part in the walk, and raised a total of \$4,725.35, according to the team's Web site. The team's total currently stands at \$8,736.66.

Raymond, a current CNU student, became involved with Supersnack when Hamilton sent him an E-mail asking him if he would join. "After some good thought about the event and what it stands for," Raymond said in an e-mail, "I decided that [AIDS Walk] was a great place to spend time and energy."

Outside of the benefit, other members of Team Supersnack have been doing their part to raise money for the walk.

Greg Poljakic, a 2004 CNU graduate, has asked the producers of a show in which he is performing to stage one of the performances as a benefit for AIDS Walk. Poljakic also has plans to teach a stage swordplay class, and donate the class's proceeds to AIDS Walk.

"I think it's an energy thing ... we feed off of each other, when we see one person doing something ... it's like a chain reaction of fundraising ideas," Hamilton said.

The walk proceeds will go to benefit the Gay Men's Health Crisis network, Aid for AIDS, God's Love We Deliver and 50 other AIDS organizations both in the New York area and across the country.

"It is so important to educate people about AIDS and to raise awareness that AIDS is still a very real issue in the world," Raymond said.

To learn more about AIDS Walk, please visit the walk's Web site at [www.aidswalk.net/newyork](http://www.aidswalk.net/newyork). ■

# Starry, starry night at museum

BY SARAH NEBEL  
SARAH.NEBEL.04@CNU.EDU

Come in, take a seat and put on the 3-D glasses that have been given to you at the entrance. Let your eyes adjust to the darkness. Now sit back and enjoy the vivid explosion of light, color and music in the planetarium at the Virginia Living Museum.

The explosion of light, color and music is Laser Rock, the Virginia Living Museum's latest attraction.

The 11-week-long series of laser light shows began on March 10. If you love classic rock (or most any other kind of music) and have a yen for flashing, pulsating laser shows, Laser Rock is for you. It was certainly for me.

Being a Led Zeppelin fan myself, I went by early to get tickets for the 10:30 Zeppelin light show. I was immediately disappointed when the cashier told me that there was something wrong with that particular show and U2 was being played instead. The midnight viewing of Pink Floyd's "The Wall" suddenly became more appealing.

I got to the midnight show about 10 minutes early, riding in a car full of other CNU students. About 20 people sat beneath the domed ceiling of the planetarium, waiting for the show to start. People next to us started pulling out 3-D glasses, which cost \$1.

A man's calm, soothing voice came over the intercom and asked the crowd if they were ready for some Pink Floyd. The audience cheered as the man said cheering and shouting were encouraged, and if any particular patterns or light designs were especially great, to cheer and let him know so he could do more of it.

I reclined my head and adjusted my 3-D glasses as the lights dimmed. Colors started to flow across the dome with the music and the ceiling illuminated with the Pink Floyd logo for "The Wall."

The audience cheered as images relating to the music appeared and gyrated on the screen.

Spectrums and hues flew through the air right into my face at about the same time I realized that my \$1 glasses were working. I was pleasantly surprised and excited to finally see that the glasses do enhance the experience.

After the last song was played, the audience cheered for an encore. The operator's deep voice came over the intercom once again and said that he had one more song he could play for the crowd. Excited for a bonus, everyone leaned back for one last song and the lights returned in the planetarium.

Laser shows were first offered in 1999, but technological advancements allow the museum to offer an improved sensory experience.

"The past ten years have brought great advancements in high speed motors, laser diodes and miniaturization," said Astronomy Director David Manness in a museum press release.

"The result is a smaller, quieter system, with a faster scan rate, giving a more accurate and smooth appearance. For the first time we can scan the entire projection dome, virtually surrounding visitors in light and color. Believe me, this is not your parent's laser show."

Audio-Visual Imagineering developed the full sky multi-color laser presentations that incorporate 2-D animation, computer-generated 3-D animation and abstract geometrics. The entire theater also uses surround sound.

The museum is offering several shows on Friday and Saturday evenings featuring different genres and decades of music, appealing to a wide variety of music lovers.

There will be shows dedicated to The Beatles, Kiss, Journey, Aerosmith, Led Zeppelin and a midnight showing of Pink Floyd's album "The Wall."

Admission to the light shows is \$8 (\$7 if you are a member at the Living Museum).

The Virginia Living Museum is located at 524 J. Clyde Morris Boulevard. For more information about the museum, its shows and exhibitions, visit [www.thevlm.org](http://www.thevlm.org). ■

# Student Gallery hosts Art Review exhibit

BY KATIE BAHR  
KATIE.BAHR.04@CNU.EDU

Hidden in the hallways of the Ferguson Center is the student gallery, a good place to go if you are looking for some creative inspiration during these last stressful weeks. Not to be confused with the Falk Gallery, the student gallery focuses entirely on the work of art

students and gives them a place to show their pieces throughout the semester.

If you haven't discovered this gallery already, right now is the perfect time to do so because the room is currently home to the Art Department's 2nd Annual Review Exhibition.

The pieces were chosen from the art review, a required presentation of

each student's work to the art faculty. During the art review, students are given guidance on how to proceed with their art production, and exceptionally good pieces are selected to be displayed.

The Art Foundation Review exhibit brings viewers insight into the diversity of CNU's art students. One of the most interesting

pieces on display in the gallery is "Time Journey" by junior Ryan Stromfors. Originally done for a 3-D design class, the piece consists of a cardboard clock with wooden hands and a staircase climbing out of it. Another interesting work was an altered book created for a crafts course entitled "Winner Take All" by sophomore Courtney Forget.

The intriguing book is open with its pages burned and geometric designs cut into it.

All art students are required to put together a portfolio of work at the end of their second year. Not only do the participants get to have their work displayed in the gallery, they are also eligible for different scholarships, which will be announced on April 28. ■



# DIVERSIONS

WEDNESDAY, APRIL 19, 2006 | PAGE B4

## Mystic Stars April 12-18

BY LASHA SENIUK | Knight Ridder/Tribune News Service

**IF YOUR BIRTHDAY IS THIS WEEK:** Social proposals and rare family gatherings are strongly favored over the next two months. Loved ones or long-term friends will soon request your loyalty concerning complex home decisions or unique group announcements: expect key relationships to expand in the coming months. Previously ignored emotional issues will be publicly resolved before the end July. Listen, observe and let others vent their feelings.

After August 24th, a new era of romantic sharing and open family discussion will be established. Property investments and quick financial risks, however, are best avoided until mid-January 2007. Although key officials or potential partners are enthusiastic, wait for clear documentation. Much of the coming year will provide improved money options and new sources of income. Remain patient and watch for obvious clues.

**After August 24th, a new era of romantic sharing and open family discussion will be established. Property investments and quick financial risks, however, are best avoided until mid-January 2007.**



**ARIES** (March 21-April 20) New friends and potential lovers will now ask for special consideration. Family disruptions, complex money decisions or rare power struggles in the home may be a constant distraction this week. Your patience will be acknowledged and appreciated. After mid-week, offer advice and wait for subtle signals of approval: friends and lovers will soon share their innermost thoughts. Late Saturday, study legal documents for mistakes: deadlines and definitions may need to change.



**TAURUS** (April 21-May 20) Business officials may this week announce fast policy changes or improved team assignments. After several weeks of slow progress, individual success and group accomplishments are available. Take the initiative and ask for a more public role in daily projects. Bosses or managers will welcome your enthusiasm. Wednesday through Saturday, a complex romantic proposal may require discussion. Loved ones will expect concrete dates, times and choices: stay focused.



**GEMINI** (May 21-June 21) Brief love affairs will now adopt a serious or publicly emotional tone. Passionate outbursts are temporary, so not to worry. Do, however, clearly define your short-term needs and long-term expectations. Later this week, potential lovers may request a firm declaration of your private loyalties. Trust your instincts: new relationships will take extra time to establish. Friday through Sunday, avoid excess spending; home budgets and new family expenses may be draining.



**CANCER** (June 22-July 22) Before Wednesday, workplace officials may demand the full disclosure of recent decisions or sensitive documents. Carefully verify all legal needs and job regulations. Poorly defined facts or mistaken numbers may now cause lengthy delays. Later this week, your integrity may be briefly questioned: remain dedicated to reliable business sources and all will be well. After Saturday, romantic triangles and social jealousies are highlighted: go slow and watch for subtle clues.



**LEO** (July 23-Aug. 22) Emotional changes in romantic relationships may now signal the end of silent disagreement and doubt. Loved ones are strongly motivated to review yesterday's promises. After Wednesday, key decisions from several months ago may demand discussion. Reaffirm your lifestyle choices and goals: shared ideals will soon prove rewarding. Friday through Sunday, loved ones may ask for extra private time. Home enjoyment and contemplation will offer clarity: opt for quiet activities.



**VIRGO** (Aug. 23-Sept. 22) Private romantic attractions now offer excitement. Early this week, a friend or lover may reveal an unusual flirtation or the past history of a key relationship. Avoid gossip or group speculation, if possible, and wait for confirmation. Minor facts, important emotional details or mistaken comments may now be easily exaggerated. After Wednesday, a quiet business proposal may usher in a new era of financial rewards. Study late arriving documents for valuable opportunities.



**LIBRA** (Sept. 23-Oct. 23) Employment and financial speculation may this week reveal new career options. Study the recent experiences of friends or close relatives for valuable hints. A creative approach to long-term goals will be needed: use this time to re-establish forgotten business ideals, begin job searches or explore postponed partnerships. Late Thursday, a close friend may announce an unexpected romantic or lifestyle change. Remain diplomatic: passionate responses will not be trusted.



**SCORPIO** (Oct. 24-Nov. 22) Job negotiations and special contracts may this week provide unique business opportunities. Ask key officials for detailed explanations of recent promotions, policy changes or workplace needs. Rare assignments or verbal agreements will create valuable pathways to success. Don't hesitate to accept difficult or controversial projects. Friday through Sunday, friends and lovers may be moody or unresponsive. Remain patient: powerful breakthroughs will soon take precedence.



**SAGITTARIUS** (Nov. 23-Dec. 21) Delicate social triangles will require diplomacy over the next few days. Close work mates and long-term friends may soon challenge or contradict established plans. A recent phase of confusing priorities between friends now needs to be publicly clarified: stay focused and don't allow others to assume your affections or loyalties have shifted. Later this week, business or financial negotiations may be briefly postponed. Not to worry: new strategies will soon emerge.



**CAPRICORN** (Dec. 22-Jan. 20) Confidence and group optimism now return. Some Capricorns will this week expand their social goals, family commitments and romantic obligations. Fitness, emotional health and revised goals may play a key role. Ask friends or loved ones for suggestions. After mid-week, a rekindled awareness of intimacy, trust and sensuality will be a top priority. Romantic partners may expect a meaningful display of loyalty and affection. Be expressive: bold statements will bring clarity.



**AQUARIUS** (Jan. 21-Feb. 19) Minor attractions between colleagues may this week be quickly misinterpreted. Avoid overstating your views, feelings or short-term social goals. Before Thursday, potential friends or new co-workers may be easily influenced by open discussions, perceived flirtations or new suggestions. Stay alert and, if possible, avoid complex emotional questions. Later this week, ask a close friend or relative for financial assistance or practical advice. Shared duties will help alleviate stress.



**PISCES** (Feb. 20-March 20) Tuesday through Thursday, watch finances closely for unexpected errors or last-minute expenses. Home duties and family planning may this week demand extra dedication. Outline clear debt schedules or ongoing money expectations: at present, loved ones may require steady guidance to reach established short-term goals. After mid-week, a close friend or relative may publicly resolve recent feelings of romantic doubt. Provide new ideas: optimism is returning.

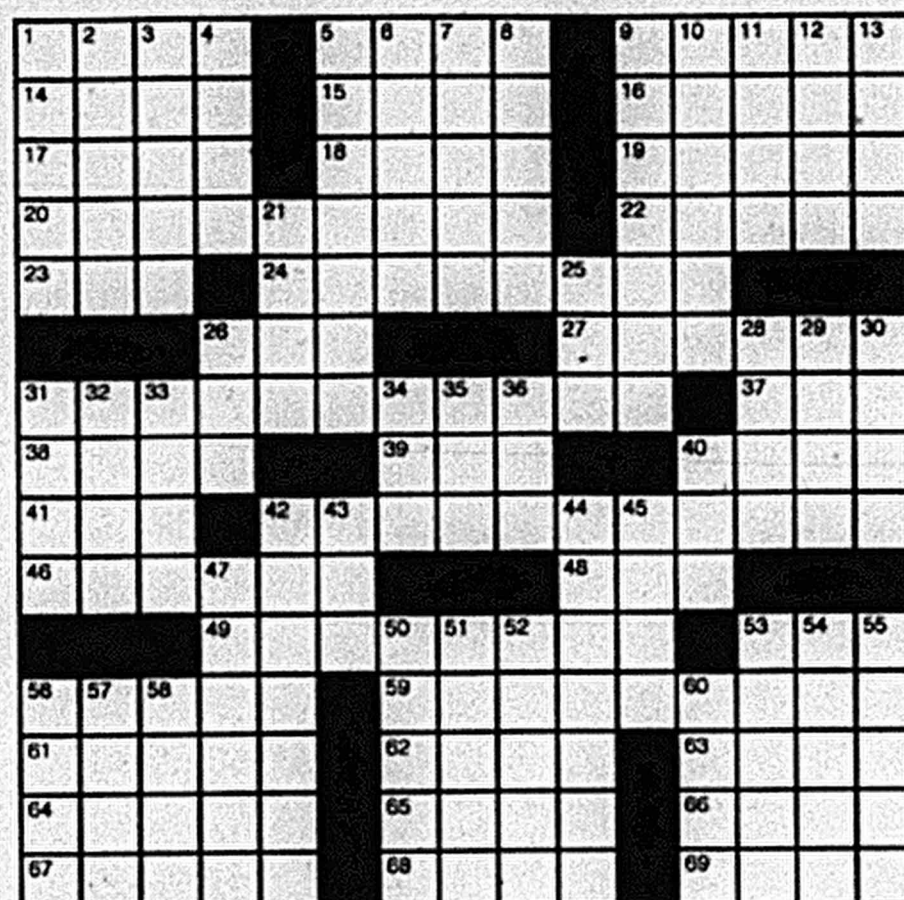
## Crossword

### ACROSS

- 1 Spill the beans
- 5 Hacks
- 9 Get outta here!
- 14 Ms. Moreno
- 15 Chills and fever
- 16 Loa volcano
- 17 Unsightly fruit?
- 18 Lay down some cards
- 19 Oneness
- 20 Dare
- 22 Units of force
- 23 UFO crew
- 24 Other self
- 26 Bother
- 27 Seller (alt)
- 31 Office aides
- 37 5th or Lex.
- 38 Powdery substance
- 39 Director Howard
- 40 Part of a plan
- 41 Dos Passos opus
- 42 Game officials
- 46 Pockmarked
- 48 Actor Aldo
- 49 Nuclear power sources
- 53 City near Bayonne
- 56 Poppy product
- 59 Sites
- 61 "Mama's Family" character
- 62 The last word
- 63 Sound of relief
- 64 Giant
- 65 Lake near Las Vegas
- 66 Wight or Pines
- 67 Borneo ape, briefly
- 68 Attaches temporarily
- 69 Fortuneteller

### DOWN

- 1 Actor Willis
- 2 Fire up
- 3 Map collection
- 4 Security for freedom
- 5 King Arthur's court
- 6 Emissary
- 7 Protuberance
- 8 Passover feast
- 9 Dirty spots
- 10 Grand gorge
- 11 Bankruptcy
- 12 Chip in a chip
- 13 Willie of baseball
- 21 Put on cargo
- 25 Adam's mate
- 26 Circle part
- 28 See socially
- 29 In perpetuity
- 30 D.C. bigwigs
- 31 Sort of poker
- 32 Let off steam
- 33 Extended family
- 34 Provide weaponry
- 35 Fish eggs
- 36 Squid defense
- 40 Mata Hari or 007
- 42 Abounding
- 43 Mrs. Cantor
- 44 Some honey-dos
- 45 River of NYC
- 47 "In Cold Blood" author Capote



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4/19/06

### Solutions



- 50 Holding device
- 51 "My Cousin Vinny" Oscar-winner
- 52 Watery expanse
- 53 Composure
- 54 Slant
- 55 Theater worker
- 56 Not bamboozled by
- 57 Tango team
- 58 Greek letter
- 60 Osiris' wife/sister

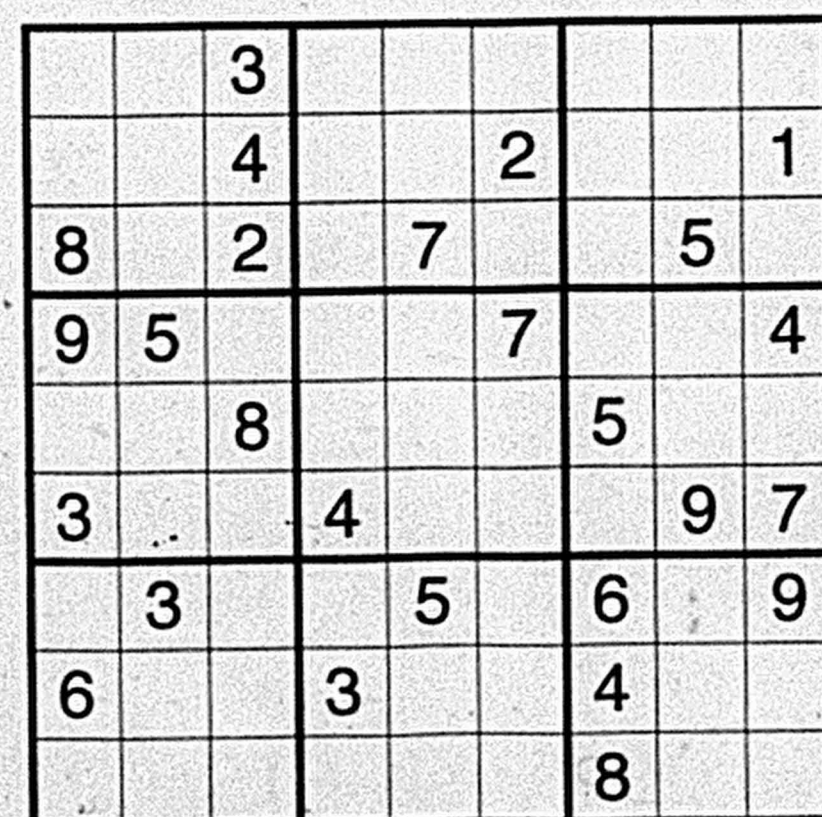
## A College Girl Named Joe

BY AARON WARNER



## Su|do|ku

BY MICHAEL MEPHAM



LEVEL: Gentle

Complete the grid so each row, column and 3 x 3 box (in borders) contains every digit 1 to 9. For strategies on how to solve, visit [www.sudoku.org.uk](http://www.sudoku.org.uk).

Solution to last week's puzzle.

1	5	6	7	3	9	4	2	8
8	2	9	4	1	5	6	3	7
7	4	3	8	2	6	9	1	5
6	8	4	1	5	3	2	7	9
5	3	2	9	6	7	8	4	1
9	1	7	2	4	8	5	6	3
3	6	1	5	8	4	7	9	2
2	9	5	6	7	1	3	8	4
4	7	8	3	9	2	1	5	6

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# FOOD+HEALTH

WEDNESDAY, APRIL 19, 2006 |

## Jump the pounds away

**FITNESS FUN** | Plyometrics is a new type of exercise, jump training, that helps you train to get the maximum effort out of single reps.

BY AMY BERTRAND  
ST. LOUIS POST-DISPATCH

Like many young football players, Albert Schmidt wanted to be better. Last summer, he was preparing for his first year in high school and hoping to be an even better tight end/defensive end.

So he joined a summer sports clinic at the Four Rivers Area Family YMCA in Washington, Mo. There, he learned something new: a type of exercise called plyometrics.

Plyometrics, or jump training, helps you train to get the maximum effort out of single reps, said Emily Rockwell, an exercise specialist at Missouri Baptist Medical Center.

"It really helped me get the edge," said Schmidt, 15. "It helped me get that explosive power ... And people noticed how much better I got between eighth grade and freshman year."

The science of plyometrics rests on alternating between lengthening and shortening of the muscles while resistance (usually gravity) is applied to them.

For instance, you squat down before a jump to shorten your muscles, then leap up to lengthen them.

In plyometrics, you train the muscle to get strong and to contract faster. "The rubber-band effect," said Dave Reddy, a trainer and owner of Reddy Health & Performance of Brentwood, Mo.

"Strength training gets you to a certain point, where, say, you can lift 100 pounds. But plyometrics makes us gener-

ate that 100-pound force in less time."

Plyometric movements are used mostly by athletes, such as Albert, particularly those who play football, basketball, volleyball and soccer.

"They are great for (those) who want to increase their ability or improve their sports performance," said Kym Mutert, physical director for the Four Rivers, Mo., YMCA, where trainers incorporate plyometrics into boot-camp classes as well as the summer sports clinic.

Plyometrics isn't just for athletes, said Reddy. "A lot of people are doing it without knowing it. (Plyometrics exercises) are one of those things that sound pretty darned fancy when discussing Rams football players doing 20-pound medicine ball press-up tosses with their strength coaches, while at the same time most fifth-graders are doing their share of plyometrics on the playground every day simply jumping rope."

While advanced athletes will use medicine balls and boxes for advanced movements, certain simpler plyometric movements can be used by most anyone looking for stronger, more toned, less injury-prone muscles.

### HOW TO INCORPORATE PLYOMETRICS:

Because these moves are "very intense," says Mutert, a little goes a long way. She recommends doing six to 10 repetitions for three sets of just three different plyometric moves, with a two- to five-minute rest in between.

Of course, do a good warm-up beforehand.

"They are so intense that you can't sustain them for a long period of time," she said.

In that way, they are anaerobic moves, which means they are good to incorporate into other workouts.

### THE HISTORY AND SAFETY:

In 1966, a Soviet jumping coach wrote about the importance of finding a new way of improving sports performances.

He developed an exercise called depth jumping, in which an athlete jumps from a predetermined height and, on landing, quickly jumps upward or forward.

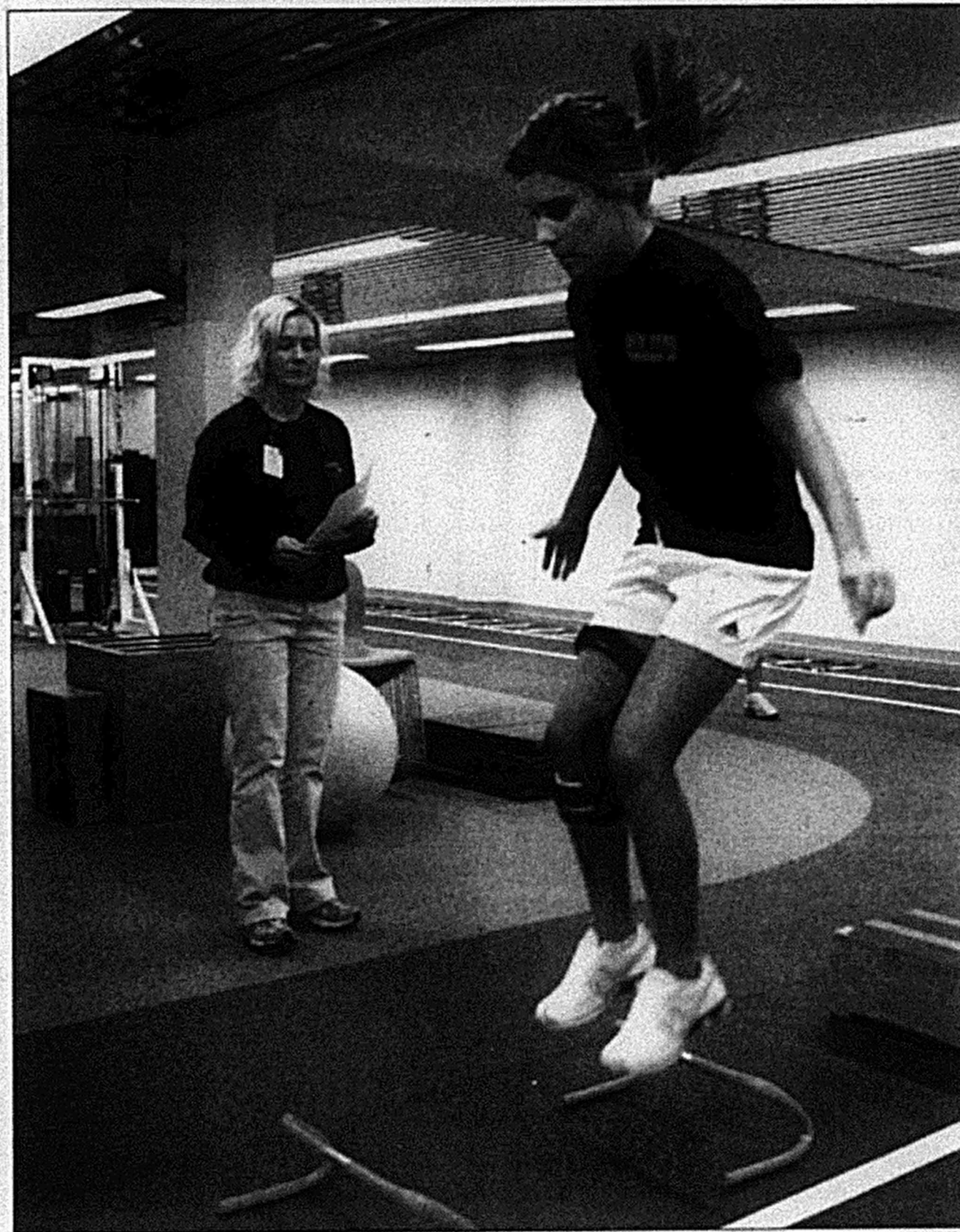
By the mid-1970s some U.S. trainers caught on, said Reddy, and by the mid-1980s it started to grow in popularity.

Some college coaches are opposed to plyometric moves because of the stress they put on joints. But many programs have found much success with them and rely on them for results.

The National Strength and Conditioning Association generally recognizes them as safe and effective.

In fact, the NSCA says they are "no more harmful than other forms of sports training and competition, and may be necessary for safe adaptation to the rigors of explosive sports."

But they caution that "only athletes who have already achieved high levels of strength through standard resistance training should engage in plyometric drills."



KAREN ELSHOUT/ST. LOUIS POST-DISPATCH

Erin Flecke, 15, jumps up and down for trainer Emily Rockwell at the West County Sports Fitness and Rehab Center in St. Louis, Missouri.

## Authentic Carrabba's, a local Sicily



BY ALIYA ALTAFULLAH  
ALIYA.ALTAFULLAH.04@CNU.EDU

If you want to try some delicious and authentic Italian food, then you want Carrabba's.

Carrabba's Italian Grill was started by two Sicil-

ian friends who grew up in Texas and had a passion for good Italian home cooking. Damian Mandola and Johnny Carrabba had a vision to serve up family recipes from their childhood and share the same love for food their relatives shared with them. A warm atmosphere allows you to relax and enjoy the whole Italian experience.

Carrabba's also has an open kitchen, so you can see these master chefs at work while they prepare your meal. No matter what you order, your experience is sure to be one that you won't soon forget.

Carrabba's doesn't have a big menu; in fact, it's rather small compared to some of

the other restaurants in their area. However, it's quality, not quantity, that matters, and each dish is carefully selected to represent the heritage of the two founders.

Their "Antipasti," (appetizers) are the best way to start out your meal at Carrabba's, and they are all under \$10.

Choose from crispy calamari, sautéed shrimp in garlic butter, grilled bruschetta, fried mozzarella marinara and more. You can even get a sampler if you want to try three different appetizers.

Carrabba's also hand-tosses their signature wood-fired pizzas. Also under \$10, you can enjoy a crispy pizza made with fresh ingredients.

If Pizza Margherita (plain cheese) isn't what you desire, then Carrabba's lets you create your own pizza from a variety of toppings. Carrabba's also offers a number of delicious salads (the Caesar is my favorite) and some hearty Minestrone soup that will take you away to Sicily. Carrabba's definitely doesn't skimp on the size or the flavor of their delicious pasta dishes. Whether it's ravioli, fettuccini, spaghetti or lasagna, Carrabba's does an excellent job bringing these signature Italian dishes to life. Carrabba's also offers Veal Marsala and a Chicken Parmesan that is to die for — melted mozzarella and a creamy pomodoro

sauce are slathered over a grilled chicken breast that's dusted with crispy bread crumbs. Another specialty at Carrabba's is their "from the grill" menu. Grilled Salmon, top-of-the-line steaks, and "Chicken Bryan" are just a few of the items that Carrabba's is famous for.

Their "Chicken Bryan" is an original recipe that features a grilled chicken breast topped with goat cheese, sun-dried tomatoes and a basil lemon butter sauce. My favorite Carrabba's dish is the "Spiedino de Mare," which translates to "skewer of the sea." Juicy shrimp and thick sea scallops are coated with bread crumbs and grilled to

### WANT TO GO?

**WHAT** Carrabba's Italian Grill  
**WHERE** 12363 Hornsby Lane, off of Jefferson Ave and next to Cheeseburger in Paradise  
**FOR MORE INFO** Call them at (757) 269-4917

perfection. They are served with a tangy lemon butter sauce and the creamiest garlic mashed potatoes you will ever eat — trust me, it's amazing.

All these dishes are works of art and cost no more than \$10-\$18, which is a bargain considering the quality of the food and the whole ambience Carrabba's offers. Ciao!

## Sunscreen might not protect

BY KATE SANTICH  
THE ORLANDO SENTINEL

Like a lot of blond-haired, fair-skinned people, 34-year-old Jonjon Baus slathers on sunscreen before he heads outdoors. As a bicyclist and runner, he opts for the sweat-proof formulas, and because he rarely gets sunburned, he figures he's safe.

But in the wake of a class-action lawsuit filed recently in California against sunscreen manufacturers — claiming they have fraudulently exaggerated the effectiveness of their products — Baus has started to wonder.

In fact, although dermatologists still recommend the liberal use of sunscreen, they warn that it's entirely possible for the sun to damage skin without burning it, and that most of the sunscreens currently on the market do a better job preventing sunburn than they do at preventing other problems — including premature wrinkles, age spots and even skin cancer.

Neither sun protection factor (SPF) ratings nor the labeling of a product as "broad-spectrum" gives consumers any information on how much they'll be shielded against ultraviolet A rays, which don't cause burning but do cause aging of the skin and potentially cancer.

"I wish sunscreens were better. That would be terrific. But they're not," said Dr. James Spencer, a St. Petersburg, Fla., dermatologist and clinical professor of dermatology for Mount Sinai School of Medicine. The problem is that many people may expect too much from a sunscreen.

The confusion comes in part because there are different types of sunlight responsible for skin damage — mainly UVA and UVB. Because UVB is what causes sunburn and has a well-established link with skin cancer, it is generally considered more harmful. But scientists now believe UVA causes much of the premature aging of the skin and, more critically, much of the

skin's genetic damage, which may also lead to skin cancer. UVA rays can even penetrate windows to reach people indoors.

No product, experts say, is truly waterproof, sweat-proof or capable of lasting all day.

"If you read the fine print," said Dr. John Meisner, chief of dermatology for Orlando Regional Healthcare System, "it does say that you have to reapply them."

Meisner, a competitive swimmer and occasional surfer, said that each time you dive in the water or perspire, you'll need to put on more sunscreen afterward — at least every 60 to 80 minutes. But he still recommends the waterproof variety.

He also advises his patients to use products that offer an SPF rating of 30 or higher as well as those that claim broad-spectrum protection, even if there's no way to measure how much.

After all, the doctor noted, some UVA protection is better than none.

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# SPORTS

WEDNESDAY, APRIL 19, 2006 | PAGE B6

## CHAMPIONSHIP CALIBER

Women's lacrosse, men's tennis and women's tennis come back from North Carolina with USA South Conference championships in tow.

### SPORTS SCORES

#### baseball

(17-16, 9-9)

**Finals:**  
4/12: CNU 4, Greensboro 3  
4/12: Methodist 4, CNU 3 (12)  
4/13: CNU 9, Ferrum 7  
4/14: Greensboro 5, CNU 3

**Final Rankings**

1. Methodist	13-5	23-13
2. N.C. Wesleyan	11-7	26-16
3. Ferrum	10-8	26-11
4. Greensboro	10-8	26-15
5. CNU	9-9	17-16
6. Shenandoah	7-11	24-15
7. Averett	3-15	13-27

#### Upcoming games

4/19: vs. VA Wesleyan  
4/20: at Randolph-Macon  
4/29: at Salisbury  
4/30: vs. York (DH)

#### softball

(13-17, 6-8)

**Finals:**  
4/13: N.C. Wesleyan 6, CNU 1  
4/14: Shenandoah 4, CNU 3

**Final Rankings**

1. Methodist	13-1	15-6
2. Greensboro	11-3	16-1
3. Ferrum	8-6	8-5
4. N.C. Wesleyan	6-8	7-12
5. CNU	6-8	7-10
6. Peace	5-9	4-10
7. Averett	4-10	2-12
8. Shenandoah	3-11	0-13

#### women's lacrosse

(10-6, 5-1)

**Finals:**  
4/14: CNU 15, Methodist 12  
4/15: CNU 10, Greensboro 9

**Final Rankings**

1. Greensboro	6-0	9-6
2. CNU	5-1	10-6
3. Methodist	4-2	11-4
4. Averett	3-3	9-7
5. Shenandoah	2-4	6-8
6. N.C. Wesleyan	1-5	3-12
7. Ferrum	0-6	3-9

#### Upcoming games

4/19: at Marymount  
4/22: at Roanoke

#### women's tennis

(16-1, 6-1)

**Finals:**  
4/13: CNU 5, N.C. Wesleyan 0  
4/14: CNU 6, Shenandoah 0  
4/15: CNU 6, Methodist 1

**Final Rankings**

1. Methodist	7-0	15-6
2. CNU	6-1	16-1
3. Shenandoah	5-2	8-5
4. Peace	4-3	7-12
5. Greensboro	3-4	7-10
6. Ferrum	2-5	4-10
7. N.C. Wesleyan	1-6	2-12
8. Averett	0-7	0-13

#### men's tennis

(14-6, 6-0)

**Finals:**  
4/14: CNU 4, Ferrum 0  
4/15: CNU 4, Methodist 2

**Final Rankings**

1. CNU	6-0	14-6
2. Methodist	5-1	17-6
3. Averett	4-2	8-12
4. Ferrum	3-3	12-7
5. Greensboro	2-4	4-11
6. Shenandoah	1-5	3-12
7. N.C. Wesleyan	0-6	2-12

#### track & field

##### Upcoming events

4/22: CNU 4-Way Invitational  
4/27-28: Penn Relays  
5/5-6: Mason-Dixon Conference Championship  
5/11: Liberty Twilight  
5/13: Last Chance Meet  
5/25-27: NCAA Championships

#### sailing

##### Finals:

4/15: Buckeye Intersection Second place  
4/15: Arrigan Memorial Regatta Eighth place

##### Upcoming events

4/22: CNU 2-on-2  
4/29: America  
4/29: Grant Regatta

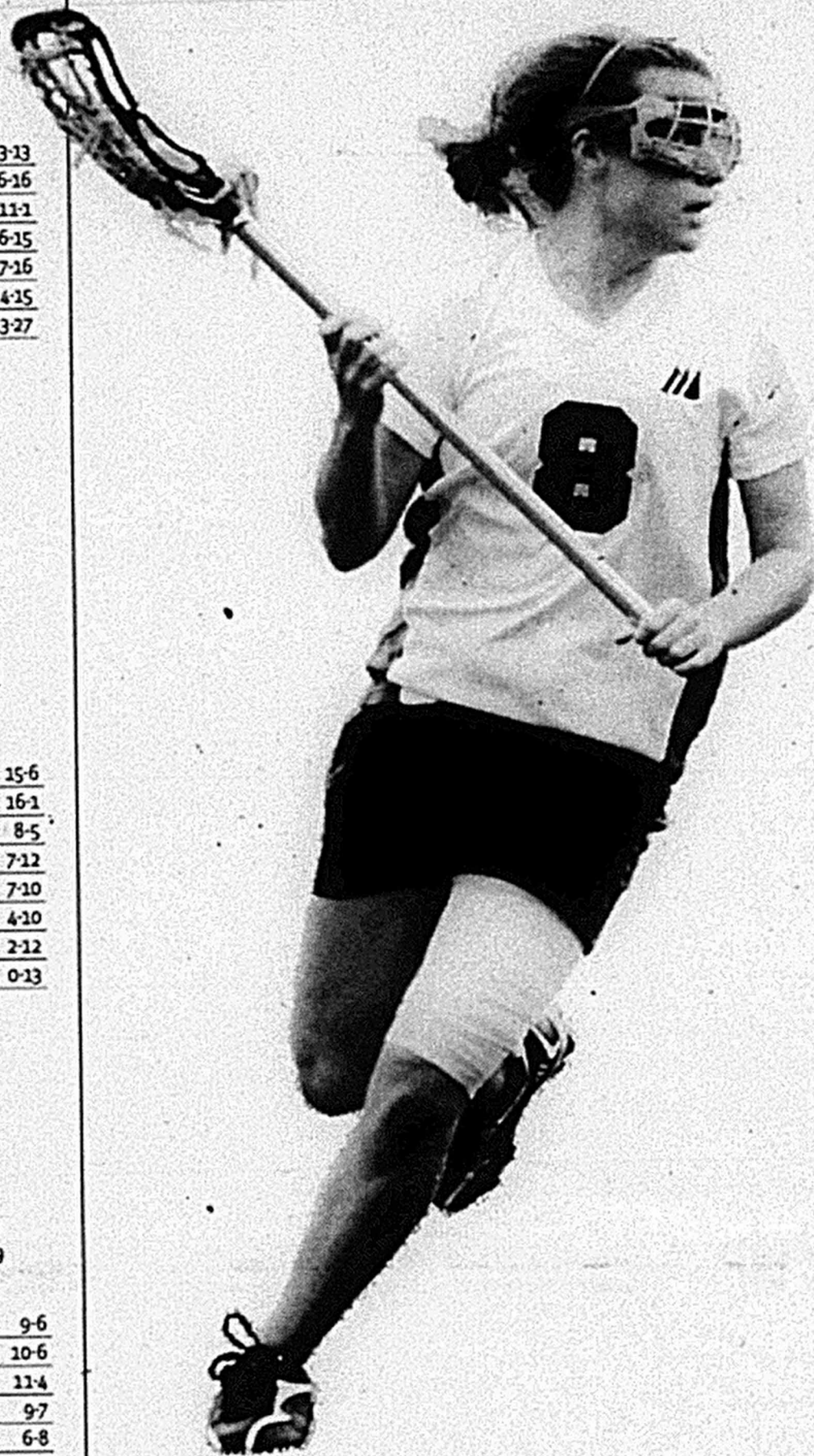


PHOTO ILLUSTRATION BY RYAN BURKE/THE CAPTAIN'S LOG  
Sophomore Lisa Thomson

## Lacrosse wins first title

CNU's women's lacrosse team beats Methodist and Greensboro to capture their first USA South Conference title and secure an automatic bid for the NCAA tournament.

BY BRIAN BENISON  
BBENISON@CNU.EDU

By setting a record for wins in a season and winning the USA South tournament, the Lady Captains lacrosse team achieved two school firsts.

And they did it without maintaining their streak of finishing with the regular season top seed.

The Lady Captains entered into the tournament as the second seed. It was the first time under the tutelage of head coach Kwame Lloyd they had not finished first in regular season wins.

"It's the first time we've been USA South Conference champions. It's also the first time we didn't finish first in regular season play. Some of the girls saw the loss to Greensboro as a blessing in disguise," said Lloyd.

The team faced off against Methodist in their first match. Despite having defeated Methodist earlier this season, the Monarchs were not expected to be pushovers.

"Methodist had the player of the year in Lyndsey West who is just an amazing player. Lauren McGonagle is another one for them and she had four goals and one assist on the day," said Lloyd. "We were confident going in. We just didn't want their two big players to make the difference."

In the end the Lady Captains were able to pull out ahead while controlling the Monarchs' star players' production.

"The Methodist game was an exciting game. It went back and forth the entire time. We won the game 15-12. We knew we had the depth to pull away. They just didn't have the depth to run with us," said Lloyd. "The two stars of the game were Sally Allstadt and Kristyn Hankins. The last two goals by Sally put the game away."

Despite scoring the goals, Allstadt was more wrapped up in the motions of a hard-fought game.

"I didn't even remember the goals. It was a big adrenaline rush for me. I told the team at the beginning I wasn't going to let us lose," said Allstadt.

With Methodist under their belt, the team's next challenge came against Greensboro. The team had lost to Greensboro in the regular season in a lopsided 17-9 match. Though the team started off slow, the Captains managed to take the game away.

"We were down 4-3 at the half. We decided not to change our defense and the way we play. The only thing we changed were the names for some of our regular plays to confuse them," said Lloyd. "We put in a faster lineup. Sally Allstadt went back and played defense. For Katie Ross

**25**  
goals scored in post season

**10**  
number of those goals scored by junior Kristyn Hankins

**1**  
number of NCAA bids in CNU lacrosse history

it was really a heart game. She got injured against Methodist and she just toughed it out against Greensboro."

The game went back and forth. Despite leading for most of the game, Greensboro fell behind and had to force overtime.

"We go up by two goals in the last nine minutes and within two minutes they tie it. We went up again, they tied it again to send it into overtime. Jennings scored the winning goal in the first minute of overtime and we spent the rest of the time playing stall ball," said Lloyd.

Despite scoring the game-winning goal, sophomore Kylen Jennings began the day with an inauspicious start.

"I got locked in the bathroom on the bus while the coach was making his inspirational speech," said Jennings.

SEE LACROSSE, PAGE B8

## Tennis teams dominate USA South Tournament

The CNU tennis teams have no problem in the USA South Tournament, as the men and women both defeat Methodist for the postseason championships.

BY BRIAN BENISON  
BBENISON@CNU.EDU

Both the men's and women's tennis teams began the season picked to finish second behind Methodist. Both proved their doubters wrong by defeating Methodist in the finals to take the conference.

The women's team held a 16-1 record for the regular season with Methodist being the only blotch on an otherwise perfect season.

They were seated second at the tournament and had to play two more schools to get to a rematch.

"The first round we played NC Wesleyan, we beat them 5-0. Next game we beat Shenandoah 6-0," said head coach Jenny Nuttycombe. "It was the first year we had done a team competition for the tournament."

"This year it was more like basketball, the first seed played the eighth all the way down."

The men's team also fell to Methodist earlier in the year and had to play their way through Ferrum to get to their rematch.

In that match the Captains shut them out with the score of 4-0.

Both teams improved from their previous match against Methodist in the finals.

"We played Methodist in the finals. We lost 5-4 in our last match in an intense game. In the championship game we played doubles first and we swept doubles, something they weren't ready for. We ended up

beating them 6-1," said Nuttycombe.

"We needed two points going into singles. We took some deep breaths and everybody asked each other to do their part."

Brittany Stevens got the first points. Natalie Pitts, our lonely senior, revenged her loss in the last match, defeating her opponent 6-2, 6-3 for the win," said Nuttycombe.

**"We were definitely pumped up. We came out more prepared. We just didn't think losing was an option."**

BRITTANY STEVENS, FRESHMAN

The Methodist game meant revenge for the only splotch on an otherwise perfect season.

"When I got off the court it was a pretty amazing feeling. I was kind of overwhelmed and I just decided to focus on my singles match," said freshman Brittany Stevens.

"We were definitely pumped up. We came out more prepared. We just didn't think losing was an option."

Sweeping doubles was very important to the team's success in the tournament match.

"Doubles is the most important part. If you win all through you only need to win two more," said Stevens.

The men's team also returned to dominate Methodist, defeating them 4-2. However, the Captains fell behind

early, losing the doubles match 2-1.

It took wins from sophomores Eddie Glidewell, John Mook and Matt Brueggemann and senior Worth Richardson in their singles matches to turn the tournament around.

Head coach Rush Cole could not be reached for comment by press time.

Overall, both teams achieved a conference title, a first for both.

"Our ultimate goal was to work toward the conference. They wanted to win out in the regular season but when that didn't happen they focused on getting the conference," said Nuttycombe.

"We had a couple of goals at the start of the year, be competitive at the Hilton head tournament, which we were, and secure our conference, which we did."

In addition to winning the conference, the women's team also set a record for wins in a season at 16.

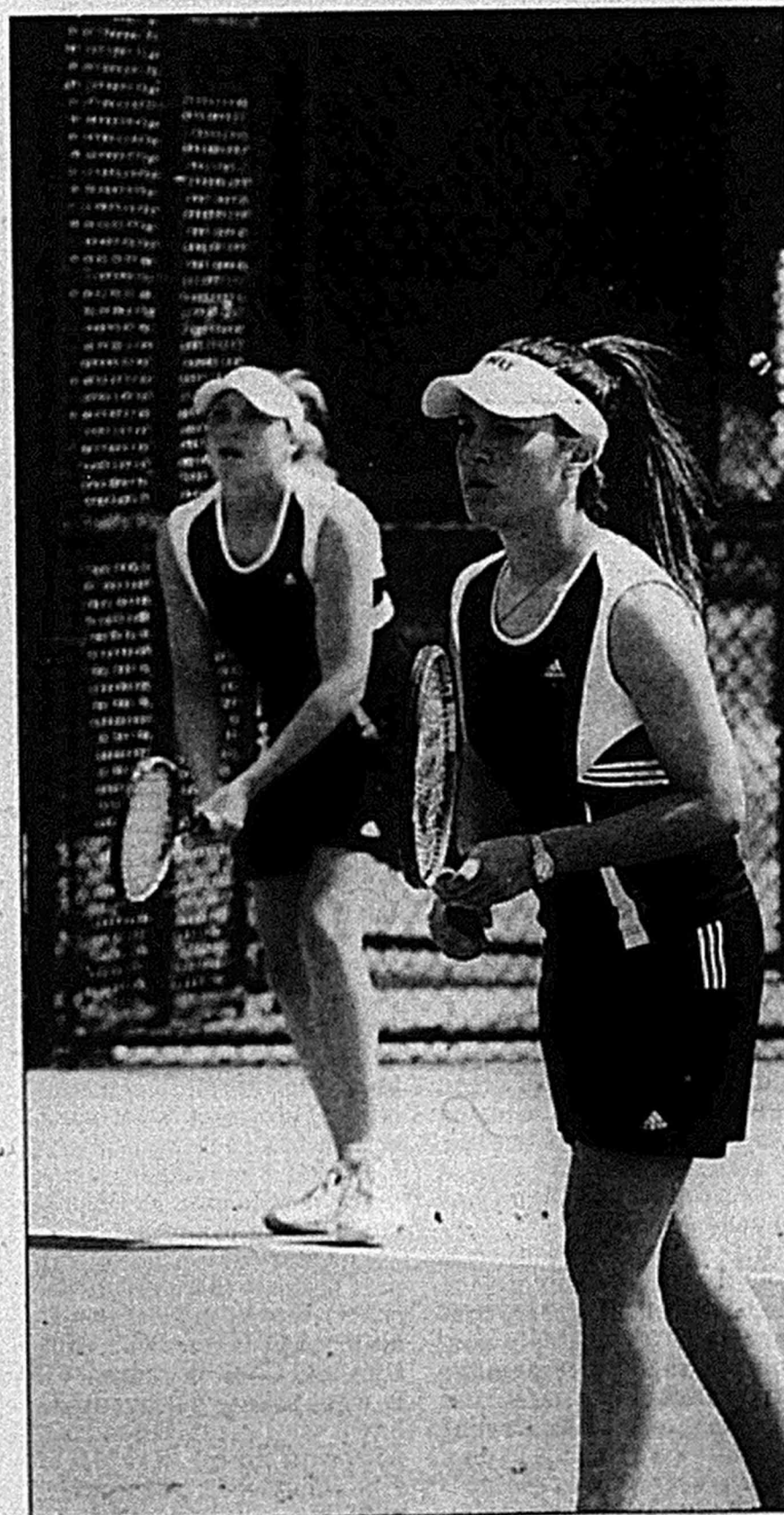
"I think it's pretty amazing. Of course we all wish it would have been 17-0 but I think we got Methodist back for that with the conference championship," said Stevens.

Despite taking the conference, both teams' seasons end there because winning the USA South tournament did not constitute an automatic bid for an NCAA tournament.

"Next year we get an automatic bid for winning the conference."

"There is a next level tournament for Division III tennis but it only has a limited number of seats."

"It would have been nice to get a bid this year but we're looking forward to next year," said Nuttycombe. "And being so young to realize what we've done is wonderful." ■



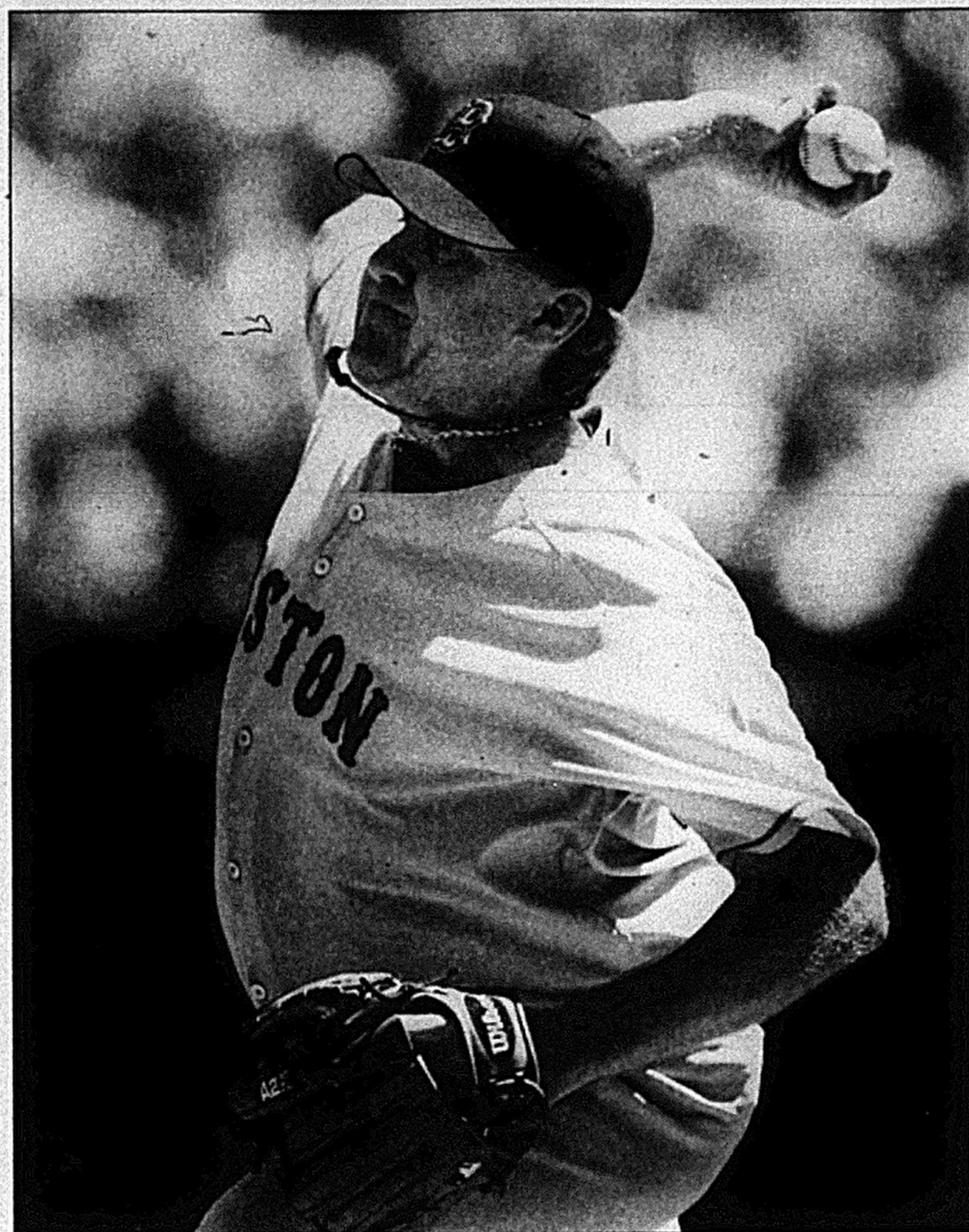
JAIME SEAGRAVES/THE CAPTAIN'S LOG

Freshman Lindsey Pantele (front) and sophomore Stefanie Leblang (back) prepare to accept a serve during a doubles match.



## MLB ON DECK

# Red Sox thrive with addition of new pitchers



Red Sox starting pitcher Curt Schilling delivers a pitch against the Texas Rangers. Schilling is backed by newcomers Josh Beckett and Jon Papelbon on the pitching staff.

RON JENKINS/THE FORT WORTH STAR-TELEGRAM

MLB columnist Chris Inzirillo focuses on what he feels is the reason that the Boston Red Sox are in control of the AL East - new additions Josh Beckett and Jon Papelbon.

BY CHRIS INZIRILLO  
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On a two-ball, one-strike count, Yuniesky Betancourt grounded out to complete another seven stellar innings by Red Sox pitcher Josh Beckett. Two innings later, Kenji Johjima grounded out to third base on a 3-1 pitch from Jonathan Papelbon, notching Papelbon's sixth save and Beckett's third win. It appears as though the BoSox have some new kids in town, and they are more than ready for the challenge.

This past offseason, while the Yankees were wasting their time worrying about an already complete offense, the Red Sox realized that it is pitching, not hitting, that wins championships, so they made sure that they had plenty of it. So far, the two biggest positives have been premier starting pitcher Josh Beckett and hard-throwing closer Jonathan Papelbon. Papelbon was originally drafted by the Oakland A's in 2002, but has been in Boston's system since '03. After posting lights-out numbers in the minors, he came up for a short stint at the end of last season and was one of the only good things about the Sox playoff performance last season.

On the other hand we have Josh Beckett, already with a World Series title and MVP award to his name. All that has blocked his path to stardom is a recurring blister

on his throwing hand. After years of dealing with it, I feel that this is the year that the blister is kept in check. A native of Spring, Texas, Beckett was raised in the Florida Marlins organization, but was traded as a result of their "market correction."

Boston was willing to pay a high price for Beckett. A price that included one of the top prospects in all of baseball:

**"Keep an extra eye on Beckett. I expect him to win the Cy Young award."**

five-tool shortstop Hanley Ramirez. Ramirez is already showing his great talent at the major-league level this season. Beckett came with a great resume though, and I'm not talking about stats.

I'm talking about his historical World Series performance in 2003 when he dominated the New York Yankees with a 2-0 shutout at their own park. This marked the first time in over 20 years that the Yankees lost the deciding game of a World Series on their home field. What more could the Sox ask for?

So far this season, Beckett is 3-0 with a 1.29 ERA. His win yesterday afternoon against the Mariners marked the first time in his career that he posted a 3-0 record in April — already a sign that this season will be different.

Critics are concerned that Beckett is not reliable because he has never thrown 200 innings in a season, but since 2002, his inning total has consistently increased, which means that this could be the year for 200.

Meanwhile, the young Papelbon has thrown seven innings, struck out six, has six saves and has yet to give up a run. He received his first opportunity to close after former closer Keith Foulke had a rough inning to begin the season.

Papelbon has since held the position. An ERA of 0.00 equates to some pretty good job security.

It is a turning of the tides for the Red Sox, who as world champions had the start/finish punch of Pedro Martinez and Keith Foulke. Pedro is with the Mets, and Foulke isn't what he used to be.

That leaves the reins to youngsters Beckett and Papelbon who could become the most dominant starter/closer combo in the league for years to come.

Keep an extra eye on Beckett. I expect him to win the Cy Young award in the American League this season.

I'll even take it one step farther to say that this season will be a landmark in Beckett's career as he begins to follow in Roger Clemens footsteps and become one of the best pitchers in the history of the game.

And the Red Sox should reap all the benefits until he retires — as long as they don't trade him. But the Red Sox would never be dumb enough to do that.

Actually, you never know, they did trade that Ruth guy a few years ago. ■

## SOFTBALL

## CNU falters in tournament

The Lady Captains drop games to N.C. Wesleyan and Shenandoah and are eliminated from the USA South Tournament without getting a postseason win.

BY JAMES CARROLL  
J.K.CARROLL.04@CNU.EDU

This week marked the end of the softball team's season as they traveled to Burlington, N.C. for the USA South Conference Softball Tournament.

They played Thursday against N.C. Wesleyan, who was tied with them for fourth in conference standings, where they were dominated from the first inning onward.

The Captains fared just as badly on Friday against a Shenandoah team that had never beaten them in the 35 meetings prior to the tournament.

The end of the season is not without a little sunlight. The team had a handful of players named to the all-conference teams and both pitchers Fairchild and Kelly along with senior CJ McQueen picked up honorable mentions for their season.

Senior Andrea Rohde was picked as a utility player for

the first USA South team; her batting average (.387) is second only to sophomore Margit Severin (.393) who was picked for the second team as catcher. Freshman second basewoman Katie Moyers was given Rookie of the Year honors for the conference and will join Severin on the second team at second base.

Thursday's game started well for the Captains; in the top of the first Rohde singled to score Moyers.

But in the bottom of the inning, the Lady Bishops scored six unanswered runs due in part to two fielding errors. The rest of the game was silent on the scoreboard with a scattered hitting pattern (eight hits on the game) from the Captains, who could not drive anyone home.

Fairchild took the loss, bringing her season record to 11-7. She allowed six runs on eight hits with six strikeouts and one walk. The following day brought the Captains head-

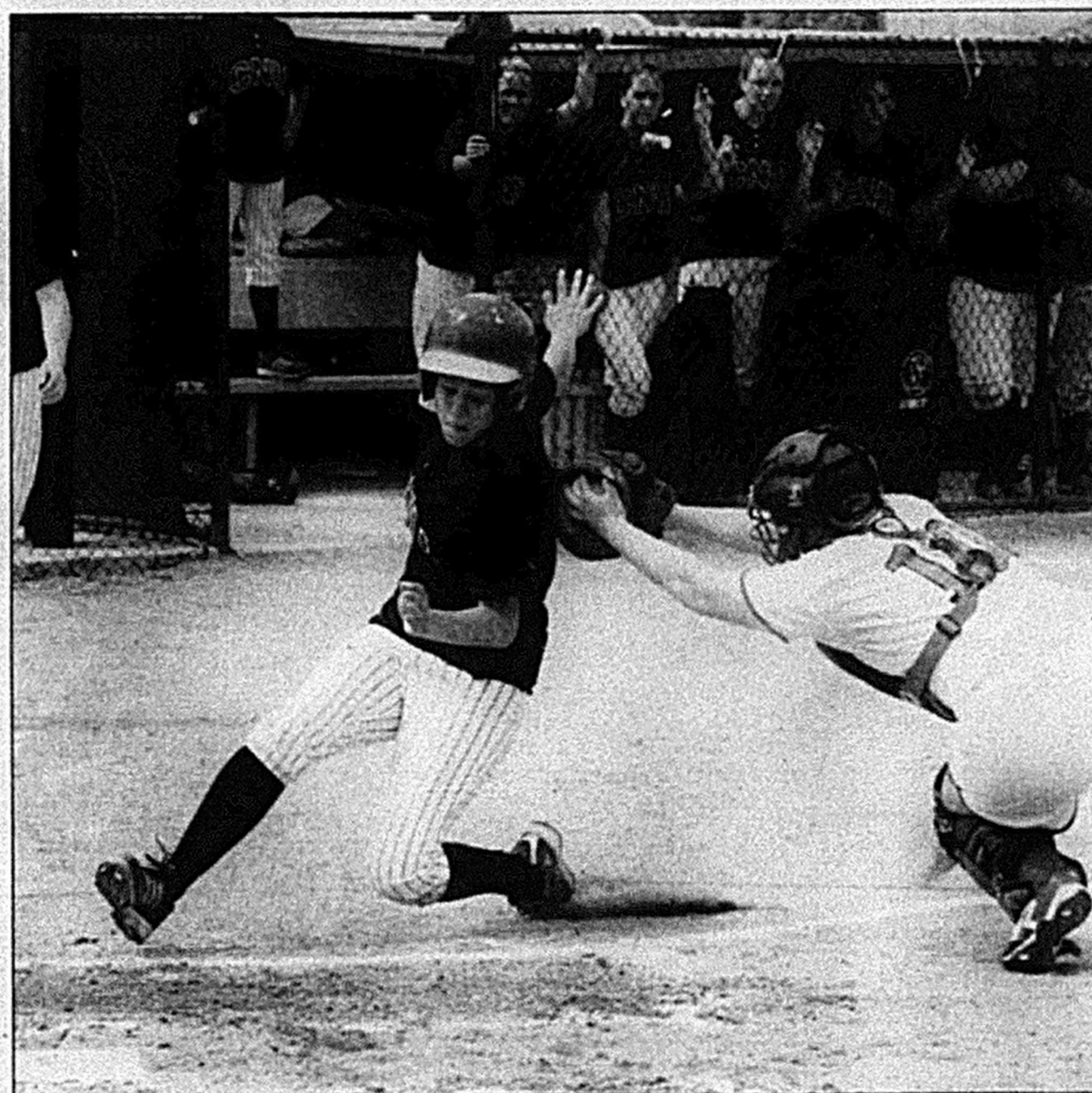
to-head with the Shenandoah Hornets, who are at the bottom of the USA South standings. Going into the game with a perfect record of 35-0 against them, success seemed imminent for CNU.

CNU started the offense in the fourth inning, scoring two runs in three hits: Rohde's single to left field developed into a run after senior Susan Ishman's double up the center. Freshman Rachael Clark plated freshman pinch runner Danielle Steele for the second run with her single. Shenandoah responded to tie the score in the bottom of the inning.

With the score 3-3 in the bottom of the seventh with a runner on third, Hornet Jessica Bollinger hit a single straight to freshman Lindsay Kelly, which bounced off her glove towards third base. Bollinger made it to first without a throw as the Hornet baserunner crossed home plate to defeat the Captains 4-3. They finished with 11 hits. Ishman and Melanie Hose both had two each.

"We left a lot of people on base," said Kelly.

She pitched the full game, allowing four runs and 10 hits with three strikeouts. ■



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior C.J. McQueen is tagged out trying to score from third during one of the Lady Captains' home games this year.

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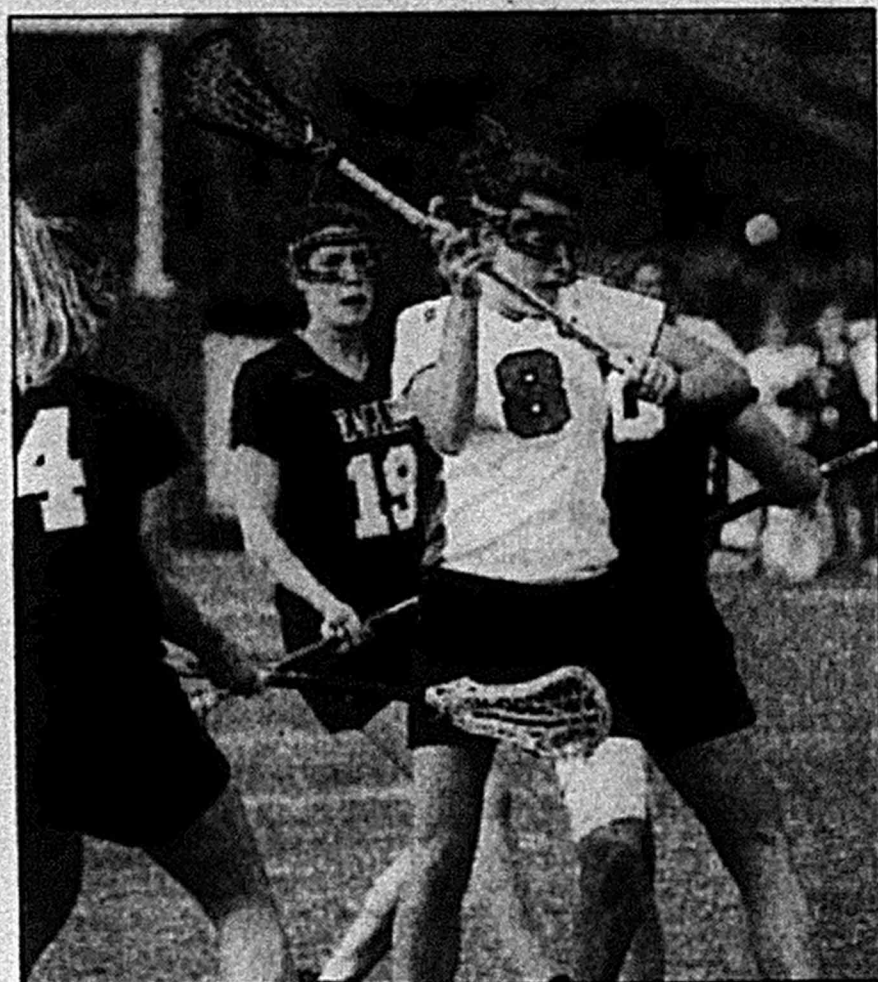
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Wednesday, Feb. 22, 2006  
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JESSE HUTCHESON/THE CAPTAIN'S LOG

Sophomore Lisa Tomson jumps after the ball while surrounded by Mary Washington Eagles players.

## CNU wins title in overtime

LACROSSE, FROM PAGE B6

The winning goal for Jennings turned out to be a very tough shot. She received an assist from freshman Holli Sawyer.

"It was probably the most awkward shot [she'd] ever had to take," said Sawyer.

The game was never about revenge for the team despite their earlier loss.

It was about proving they could play with any of the teams out there.

"It wasn't really revenge because they played really well and we didn't in the first match up. We just proved we're better than what we played in the first game," said Allstadt.

The team defeated Greensboro 10-9 in overtime for the win.

Junior Kristyn Hankins received the most valuable player award for the tournament for her 10 goals over two days in both the Greensboro and Methodist matches.

"I didn't realize how many I

scored. I just wanted to win," said Hankins.

The team is now 10-6 on the year, setting a record for wins in a season.

They still have two games left in regular season play before the NCAA tournament.

"It's more about the team's development and maturity. I think we have two more regular season games and we can come away 12-6," said Lloyd.

After the regular season ends the team's next challenge will come in the form of the NCAA tournament. But for now they're just relishing the automatic bid for the tournament they receive from the USA South Conference victory.

"The first expectation of the team was getting to the NCAA tournament and we're going to enjoy that.

"We're excited to be there and looking to play that perfect game.

"I feel sorry for the team we play if we play that perfect game," said Lloyd. ■

## BASEBALL

# Captains fall short of championship

CNU goes 2-2 in the USA South Conference tournament and is eliminated by Greensboro, the team that the Captains beat in the opening game of the tournament.

BY PAUL FROMMELT  
PAUL.FROMMELT.04@CNU.EDU

The baseball team won two games during the USA South Conference Tournament last week before being eliminated one game shy of the championship game.

The fifth-seeded Captains started off strong by defeating fourth-seeded Greensboro 4-3 in their opening game of the tournament.

Both teams were held scoreless until the fifth inning, when the Captains got on the board with an RBI double by senior Rob Quinn. The Captains added two more runs in the sixth with back-to-back RBI bunts by freshmen Trae Bailey and Mike Giarrizzi with the bases loaded, making the score 3-0.

Greensboro got on the board in the sixth with a triple by the Pride's Brent Justice and an RBI double by Jeff Gregory.

Both teams scored a run in the seventh to make the score 4-2.

Greensboro pulled within one run in the ninth inning on an RBI single, but was unable to reach the Captains and CNU won the game 4-3.

Sophomore Kenny More-

land pitched a complete game for the victory on three days' rest. Moreland allowed three runs on eight hits and struck out five.

In the second round of the tournament, the Captains fell to top-seeded Methodist in twelve innings. Because the tournament was double-elimination, the Captains continued to compete in elimination games.

The team's first elimination game was against third-seeded Ferrum.

Early in the game, the Captains were trailing 6-1 and appeared to be on their way to elimination. The Captains, though, would not let the five-run deficit faze them and began to slowly work their way back into the game.

CNU scored two runs in the third inning, one in the fourth and fifth, three in the seventh to take the lead and an insurance run in the eighth. The go-ahead run came in the form of a solo homerun by Bailey in the seventh.

The Captains faced off against Greensboro for the second time in the tournament the next day, but this time fell to the Pride 5-3 and were eliminated from the



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Rob Quinn stands in the batter's box during a conference game at Captains Park.

tournament. Greensboro, after losing to CNU in the first game of the tournament, went on to the championship game but lost to N.C. Wesleyan.

The Captains end their

USA South season at 9-9 on the year. The team has four more games against non-conference opponents starting with a game against Va. Wesleyan today at Captains Park. ■

## SPORTS BRIEFS

### Golf

The Captains competed in the USA South tournament, where they finished second with a score of 609 over two days. They fell to first-place winner Methodist, who accumulated 591 points over two days. The team was led by freshman Christian Frey-

meyer, who finished individually in second place although he was just one shot off the leader. Freymeyer finished with rounds of 72 and 74 to finish at 146. The tournament marks the end of the Spring schedule for the Captains.

### Track

The track team competed in the Lou Onesty Invitational held at Virginia Tech

last weekend. Although there were no specific team results many athletes had the opportunity to improve on their times against tough higher-division schools. The track team next faces off in the CNU 4-Way Invitational.

### Sailing

The sailing team competed in two tournaments last weekend, the Buckeye

Intersectional and the Arri-gan Memorial Regatta. They finished second and eighth, respectively. The Intersectional was the major event for the Captains. It was marked by the team's victory over Notre Dame and Purdue. The team fell to South Alabama.

Information from  
<http://athletics.cnu.edu> ■

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