

Weekend Forecast

courtesy of www.weather.com

Thursday:
Partly Cloudy

High: 56° Low: 37°

Friday:
Sunny

High: 51° Low: 33°

Saturday:
Few Showers

High: 50° Low: 30°

Sunday:
Sunny

High: 39° Low: 24°

Monday:
Sunny

High: 40° Low: 31°

Corrections

In issue 15, Rachel Loria took pictures for the article entitled "Alumni Entertainment Act Approved."

In last week's issue, Sam Pelstring was incorrectly attributed as the writer for the article "Player Profile: Candace Bryant." The article was written by Kim Davis. "The Big O" was held in Gaines Theatre and was attended by over 200 people. The Chinese New Year celebration featured a lion dance, not a "dragon dog dance," and was attended by over 250 people. Courtney Forget won the Foundations award, for which there is no second place.

Books to sell?

Roommates needed?

Purchase a 1/16 page ad

\$12

A cheap way to get the word out.

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supershot

Softball players freshmen Lindsay Kelly and Megan Crawford, and senior Allison John hanging out before practice.

Jesse Hutchinson/THE CAPTAIN'S LOG

On the record Police Blotter

CNU Police Blotter

Feb. 13: A bicycle was stolen from the Science Building.

Feb. 14: There was a theft of a secured bicycle at Santoro Hall.

There was an altercation between a student and ex-boyfriend in Santoro Hall.

Feb. 15: Two drug violations occurred in Potomac River North, as well as an additional charge for possession of drug paraphernalia.

Feb. 16: A drug violation was filed in York River West for possession of marijuana.

Feb. 17: An unsecured bicycle was stolen from Potomac River North and later recovered.

Feb. 18: A student in Potomac River North was charged with underage possession of alcohol and received an alcohol violation.

Feb. 19: A resident in James River Hall found in possession of alcohol was given an alcohol violation.

According to the Newport News Police Department Offense Listing:

Feb. 14: Consumable goods were stolen from a car on Sarah Court and were later reported damaged.

Feb. 15: There was a report of intimidation on an individual on Hornsby Lane.

A vehicle with parts damaged was reported leaving the scene on Warwick Boulevard.

There was a case of damaged property, which occurred at business on Jefferson Avenue.

Feb. 16: There was a report of intimidation on an individual on Warwick Boulevard.

A vehicle was vandalized on Backspin Court.

Damaged vehicles were witnessed leaving the scene on Arthur Way.

There was a charge of possession of drugs/drug seizure that occurred on Jefferson Avenue.

A report of child neglect resulted in a drug seizure on Jefferson Avenue.

Feb. 17: Property damage was reported on Normandy Lane.

There was a runaway reported from a residence on Kiln Creek Parkway.

There was a drug seizure on Jefferson Avenue.

Bicycles were stolen from an individual on Deep Creek Road.

Feb. 18: A vehicle with parts damaged was reported leaving the scene on J. Clyde Morris Boulevard.

Around town State/Local News

Howell speaks on approval of new state budget

William J. Howell, Speaker for the Virginia House of Delegates, displayed his satisfaction with the recently announced and approved amendments, which were ratified by the House Appropriations Committee to the new state budget. The new budget provides for core services and opens the door to critical initiatives that will empower the quality of education on all levels, strengthen the transportation system, and will make access to health care more feasible, according to Howell. Additionally, the House budget will help public education on the grade school level by making \$12 billion over the next two years.

MeadWestvaco moves to Richmond

MeadWestvaco Corporation, a Fortune 500 global packaging company founded in West Virginia, is moving from Covington to the greater Richmond area to establish a new corporate headquarters, Governor Timothy Kaine announced last Wednesday. The final location of the facility is not yet clarified; the company is still deciding what specific needs the proposed space will provide. The project, which was competed for by Virginia and several other states, intends to generate 400 new jobs. Two hundred jobs in Chesterfield County will move to the new facility. They plan to lease temporary space in the summer of 2006 and move to permanent facilities by 2008.

Unarco comes to southern Virginia

Unarco Industries, Inc., a shopping cart producer, intends to invest approximately \$9 million and generate 194 new jobs in Danville, Gov. Timothy Kaine announced last week. The company is hiring welders and assemblers for its projected opening in April. Unarco is a Marmon Retail Services company that serves major retailers throughout North America.

Insidious Rays to play at the Jewish Mother

In promotion of their fourth album "Exotic Handshakes," Insidious Rays has been on tour through the New York-Philadelphia region and will be coming to play at the Va. Beach restaurant "the Jewish Mother" on March 10. Dates may be subject to change.

Your life Campus News

CNU signs admission agreement with Rappahannock Community College

CNU has recently established its first guaranteed-admission agreement with Rappahannock Community College on Feb. 13. The agreement guarantees that 15 seats in its junior class will be reserved each year for RCC graduates who are members of the Phi Theta Kappa International Honor Society (a specific achievement for community college students).

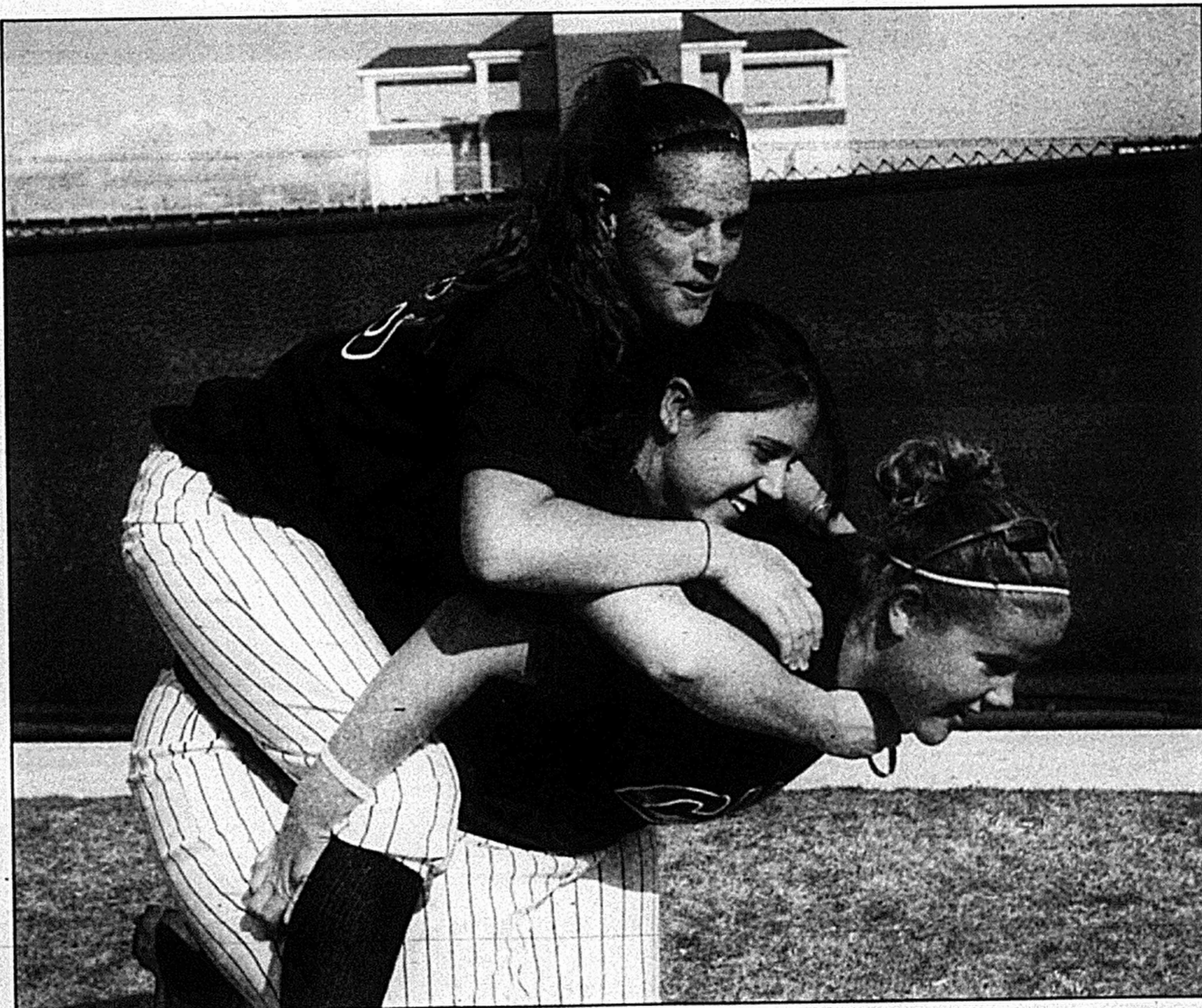
"I am delighted that CNU chose RCC to be the first, and at this time, the only institution with which it has partnered on a transfer agreement. This — our 13th significant GAA — is a testament to the quality of student that RCC produces," RCC President Dr. Elizabeth Crowther said in a news release.

CNU Small Business Institute students win case of the year

Top honors were granted to CNU School of Business students enrolled in a national competition. Students in the Small Business Institute program were awarded Best Undergraduate Case of the Year for the second year in a row. The award was presented to CNU business student Meghan Joyce (team leader of the business consulting case) by Dr. Stephanie Bardwell, director of the Small Business Institute program, in front of more than 500 people at the competition. The entire student team included recent CNU graduates Meghan Joyce, Franklin Dalmida, Nga (Mary) Nguyen, Francis Brient and Ivelisse Medina.

Virginia Arts Festival at Ferguson Center

The Virginia Arts Festival will make its final appearance at the Ferguson Center for the Arts at Christopher Newport University on June 4. The 10th anniversary festival is planned to be at a series of performing venues throughout Hampton Roads. The event will have its share of musical guests such as pianists Lang Lang and Van Cliburn, trumpeter Wynton Marsalis and the Lincoln Center Jazz Orchestra, and the Alvin Ailey American Dance Theatre. As the finale for the festival, a special event, "Oz with Orchestra," will be performed by the Virginia Symphony followed by the classic film. Single tickets to the 52 events at the 2006 Virginia Arts



Campus Calendar

February 22-28

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
2:30 to 5:30 p.m. – CNU vs. Randolph Macon: Baseball; Captains Field	12:30 p.m. – Religion Honor Society Meeting; BTC 207	8 to 10 p.m. – Orchestra Concert; Ferguson Center for the Arts Music and Theatre Hall	12 to 5 p.m. – CNU vs. Averett University: Baseball; Captains Field	1 to 4 p.m. – CNU vs. Averett University: Baseball; Captains Field	5 to 6 p.m. – Tavola Italiana: Italian Conversation Hour; Einstein's Cafe	12:15 to 1 p.m. – Tertulia Viva! Spanish Conversation Hour; JR Multi.
7 p.m. – Young Democrats Meeting; SC 205	4 p.m. – Greek Leadership Series; SC 150	8 to 10:30 p.m. – The Mikado; Ferguson Center for the Arts Concert Hall	8 to 10:30 p.m. – Jerusalem Symphony Orchestra; Ferguson Center for the Arts Concert Hall	1 to 4 p.m. – CNU vs. Salisbury University: Lacrosse; Lacrosse Field	5:30 p.m. – SGA Meeting; SC 150	5:30 p.m. – Baptist Student Ministries Meeting; SC 233
7:30 p.m. – CNU Fishing Club; GOSN 111	7:30 p.m. – "Finding God in the Dark;" MCM 102			4 p.m. – Roman Catholic Mass; SC 150	7:30 to 9 p.m. – Paul Rusesabagina lecture: Hotel Rwanda; Ferguson Center for the Arts Concert Hall	7 to 8 p.m. – Time Management; JR Multi.
7:30 to 10 p.m. – Chamber Ensemble Series; Ferguson Center for the Arts Music and Theatre Hall	7:30 to 10 p.m. – H.M.S. Pinafore; Ferguson			7 p.m. – Captain's Log Staff Meeting; SC 233		7:00 to 9:30 p.m. – Living the Questions: Discovering Christianity in the 21st century; JR Multi.
9:30 to 11:30 p.m. – CNU Bowling Club; Hidenwood Lanes	8:30 p.m. – King of Hearts Pageant; Anderson Auditorium 9 p.m. – SGA Banquet Planning Board Meeting; SC Upstairs Lounge					8:00 p.m. – FCA; Freeman Center, President's Box

Farooq reports suggested handbook changes for '06-'07

By PHILIP LECLERC
News Editor

The SGA nearly heard about the new library at its last meeting, but the presentation that University Librarian, Mary Sellen intended to give was postponed a week due to technical difficulties. What they did get to hear about, however, were the proposed changes to the student handbook — affecting both students and faculty.

In her executive report to the senate, SGA President Mehreen Farooq drew attention to a number of changes awaiting input and approval for the current student handbook.

"Every year, there is a review process that looks at the current handbook and makes suggestions," said Farooq. As a part of that process, the student government has the chance to provide input on the changes, whether supporting, rejecting or proposing different changes, she added.

The current changes suggest that professors with emeritus status no longer be offered honorary parking permits, according to Farooq. If the changes go through as proposed, emeriti will still receive faculty discounts at the bookstore, access to the Freeman Center, and one-course-per-semester tuition waivers, but they will not receive complimentary parking staff decals. Additionally, the university will issue emeriti identification cards.

The new handbook changes may affect students as well: the handbook describes several campus committees, including the Undergraduate Admissions Committee and the newly-created First Year Coordinating Committee. The UAC oversees the university's admissions standards, while the FYCC will work closely with first-year students and related programming, according to Farooq.

"I think it would be beneficial to have a student representative in [UAC], and maybe this

person could make periodical reports back to the senate," said Farooq. "There are some people who think that it would just be redundant or unnecessary, but I think there is no harm in letting students be on these committees (the UAC and FYCC)."

If Farooq's suggestions to the senate become actual changes, (placing students on a few more of those committees) one change would allow all students to see their grades mid-semester in the same fashion that freshman currently do. "Mid-semester grades for all freshman have to be submitted at the mid-semester point, and others with a course below a grade of C at the time of submission [have to be submitted as well]," said Farooq.

The changes to the handbook discussed by the senate also included expanding the Budget Advisory Committee from five members to six, adding a Degree of Communication Studies to CNU's offerings and changing the degree of legal

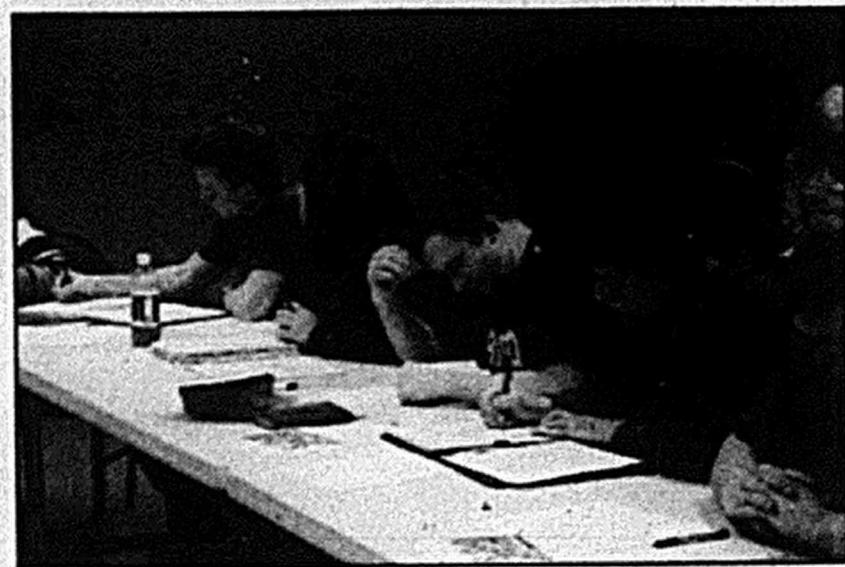
proof required in honor councils, according to Farooq.

That change, if it takes place, will lower the degree of guilt required for CNU Honors Councils from Clear and Convincing to a Preponderance of the Evidence. Clear and convincing guilt requires that there be very little doubt about the guilt of a victim, whereas systems seeking a preponderance of the evidence need to be only slightly more convinced of a person's guilt than of his or her innocence, according to Farooq.

"I don't personally agree with that change because when I went through training to become a panel member we were always told that this is college," she said.

In addition to Farooq's executive report, Vice President of the Senate Katie Grace asked the senate to look over a letter written on behalf of the senate to Chief of University Police Jeffrey S. Brown.

The letter requests increases in police activity during specific times of the day. The senate also discussed recycling programs on



SGA senators review proposals for a Va. flag salute to begin SGA meetings, suggestions for the new dining hall and for more vending machines.

campus, and discussed four pieces of legislation.

Proposal 05.06, the Flag Salute Act, was intended to make the senate adopt a new opening to its meetings including a salute to the Virginia state flag but failed to pass. Proposal 06.06, which suggests that the dining hall opening in the new Student Union be named af-

ter dining services worker Linda Carter, passed unanimously. Proposal 08.06, (which establishes a dress code for the student senate consisting of SGA-purchased polo shirts beginning during the next academic semester) and proposal 07.06 (suggesting greater variety be provided for in residence hall vending machines) also passed.

SMB, FROM PAGE 1

on the SUB, senior Lynanne Hodges, the meetings should remain closed because they deal with information that could harm student organizations. Information dealt with at the SUB's meetings is very sensitive, according to Hodges and SUB Representative at-large, sophomore Danielle Kearney — including a list that ranks each club in order of which organizations deserve Student Union office space the most.

"During the allocation process, some of the information that we talked about wasn't necessarily anything anyone wanted to keep secret, but things that were of a sensitive nature that could potentially hurt the self-esteem of an organization," said Hodges in an interview with The Captain's Log.

There was some concern that information concerning clubs on campus and reasons for their rankings in the allocation process might be misreported,

according to Hodges. "That could potentially send a completely different message to the campus about that."

In outside interviews with Kearney, Hodges, senior Panhellenic SUB representative Tiffany Campbell and senior Residence Hall Association SUB representative Jeni Ramos, they said the allocation process used by the SUB has been very fair and successful.

"It's a very detailed process which involves numerical ratings — I think it's seven or eight different categories," said Ramos.

The SMB also discussed a new charter written for WCNU by its president, sophomore Aaron Ward. He could not retrieve copies of the charters for the radio stations at James Madison University or the College of William and Mary to rewrite WCNU's charter from, and so produced the document from scratch, he said.

SMB members adjourned, determining to read over WCNU's new charter and discuss it at their next meeting. ■

ROEDER, FROM PAGE 1

"And so I want to give you some thoughts on how to have alternatives to meetings."

Cyber meetings — meetings in which participants meet only electronically — have become more popular. These virtual meetings take place in e-mails, chat rooms, listservs or video conferences, but they require some special attention to be effective, Roeder said.

Roeder had a list of items that should be included in, for example, an e-mail sent out in lieu of a meeting.

"Spend some time talking about new programs or projects, make sure you're listening who's affected by those, have agenda items for the next meeting."

It's always a good idea to have some sort of kudos section," she said.

A meeting e-mail should summarize the most recent meeting as well, and clearly identifies the group's title in

the e-mail's subject heading, she added.

E-mail can also supplement actual meetings rather than simply replacing them. A meeting's organizers might send out agendas ahead of time, for example, to let participants think about the meeting's agenda items.

"There are very few meetings that I go to where I actually got an agenda before the meeting," said Roeder.

There are a number of other items meeting organizers should focus on, according to Roeder. They include: the content of your agenda, the neutrality of your chairperson, and injecting a bit of fun into meetings — even assigning one person to making regular, relevant jokes at meetings.

"Meeting Mayhem" was the second presentation in the "Greek Leadership Series," a new program Fisher thinks might become a semester staple. Although the turnout was low, the program has only be-

gun, and according to Fisher, the most exciting programs are still on their way.

"We're slowly starting into it. I think we did the more simplified type programs to start off with," she said, "and we'll get into some different — I guess you would say more fun topics or more interesting topics."

The series will run until Apr. 13, with its "series highlight" on Mar. 23, according to Fisher.

Then, Behind the Shield Consulting representative George Dickson will present strategies for motivating organizations' members.

"[George Dickson] works with Behind the Shield Consulting. It's a fraternal based consulting group," said Roeder.

The Greek Leadership Series' next event, "Planning a Program," — presented by Assistant Director of Student Activities for Student Programming, Trici Frederick — will be held on Feb. 23, at 4 p.m., in SC 150. ■

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Captain's
Log!

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Reformation Lutheran Church

13100 Warwick Boulevard

Newport News, Virginia

Office: 757-249-0374 E-mail: rlc@reformationlc.org

Christopher Newport University Chamber Choir

on Sunday, February 26

4 p.m.



The program will celebrate Sacred Cathedral Classics; American Folk Songs; the American Spirit, American Popular Songs and the African-American Tradition.

Reformation Lutheran Church and Childcare offers professional childcare Monday through Friday from 6:30 a.m. to 6 p.m. for children 6 weeks to 12 years. The childcare offers a before and after school program, and on Wednesdays - FaithWeavers™ - for children released early from school in Newport News.

We are located one quarter mile from the intersection of Oyster Point Road and Warwick Blvd.

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A free will offering will be taken and, after expenses, matched by Thrivent Financial.

Comics and Crosswords

MYSTIC STARS

Weekly Horoscope For February 20-26

By LASHA SENIUK
Knight Rider/Tribune News Service

ARIES (March 21-April 20) Potential lovers or trusted friends may this week ask for special understanding or added privacy. At present, old family disputes may prove unusually draining. Respond quickly to unexpected tensions and sudden bursts of emotion. Disagreements will be brief but intense; make sure others understand your commitment to long-term harmony. After Thursday, career speculation is best avoided. In the coming weeks, business advancement will be unpredictable: remain patient.

TAURUS (April 21-May 20) Over the next four days, family schedules demand careful planning. Long-term friends or younger relatives are now open to creative suggestions and bold emotional requests. Social commitments and romantic obligations may be a continuing influence. Remain cautious: added information will soon arrive. Wednesday through Saturday, lovers and close friends may be both irritable and withdrawn. Moody temperaments are best left unexplored: private family tensions are accented.

GEMINI (May 21-June 21) Revised employment plans or business expansion will require careful timing this week. After Tuesday, bosses or managers may be privately critical or unwilling to approve new projects. Remain determined: over the next seven weeks, many Geminis will be challenged to adopt a more independent approach to financial gain or career advancement. Friday through Sunday, complex discussions trigger rare choices. Stay alert: daily routines or spending habits may be key issues.

CANCER (June 22-July 22) Planned celebrations or group events may this week trigger rare social triangles. Strained friendships or inappropriate romantic invitations may now increase mistrust. Avoid responding with bold comments or new humor: over the next eight days, relatives and long-term friends may be unusually sensitive to feelings of isolation, regret or doubt. After Wednesday, last minute financial announcements will require careful planning. Stay focused: legal contracts may be necessary.

LEO (July 23-Aug. 22) Romantic overtures and new attractions between co-workers are undeniable this week. After Tuesday, expect previously shy friends to be outgoing, seductive and open to suggestion. Remain patient, however, and expect minor disputes between old friends and potential lovers. Later this week, rest and study dream imagery. For many Leos, this brief phase of intuition signals the end to several months of low self-esteem. Powerful insights are now available: stay alert.

VIRGO (Aug. 23-Sept. 22) A trusted friend or relative may this week reveal an unusual financial mistake. Areas affected may involve home purchases, large investments or legal disputes with key officials. Review all outstanding paperwork and legal agreements: small errors, if discovered early, can now be easily corrected. After Thursday, a new or subtle flirtation may be impossible to ignore. Younger colleagues and potential lovers will actively seek your attention or approval: stay balanced.

LIBRA (Sept. 23-Oct. 23) Closely study all new career or employment proposals this week. Over the next few days, powerful business and financial advances can be gained through creative problem solving and shared partnerships. Timing will prove vital: opt for quick agreements. After Wednesday, new friendships will encourage a new outlook on group politics and romantic potential. Don't hold back: for many Librans, the expansion of daily obligations will bring meaningful social rewards.

SCORPIO (Oct. 24-Nov. 22) Before mid-week, a trusted friend may announce a controversial lifestyle change. Gently press for concrete details: at present loved ones may need to describe their plans, challenge the established ideals of others or vent their feelings. Offer support: an underlying fear of abandonment may be at issue. Friday through Sunday, business or financial decisions help raise optimism. Friends and relatives expect a bold commitment to short-term gains: remain attentive.

SAGITTARIUS (Nov. 23-Dec. 21) Early this week, a brief but intense wave of social disagreement proves annoying. After Wednesday, close friends will respond positively to group invitations if, and only if, their own private needs and opinions are publicly acknowledged. Some Sagittarians may also encounter similar restrictions between colleagues. Opt for open debate. Thursday through Sunday may highlight new romantic proposals. Remain cautious: competing family loyalties may require diplomacy.

CAPRICORN (Dec. 22-Jan. 20) Financial disagreements will quickly fade over the next few days. After mid-week, expect relatives to request revised paperwork and introduce creative business or money information. Refuse to be isolated from group discussion: this is not the right time to avoid difficult suggestions, shy from vital decisions or postpone home improvements. Thursday through Saturday, a long-term friend may challenge or publicly doubt the motives of others. Remain sensitive: sensitivity is needed.

AQUARIUS (Jan. 21-Feb. 19) New levels of trust, intimacy and commitment are a top priority over the next five days. After several weeks of social isolation and failed progress, romantic partners are now willing to adjust family schedules. Home improvements and revised financial agreements will require careful planning: stay open to positive suggestions. After Thursday, an uninvited workplace flirtation may strain relations with partners or colleagues. Remain quietly detached: expectations may be high.

PISCES (Feb. 20-March 20) Monday through Wednesday, loved ones may press for fast family adjustments, revised social decisions and planned celebrations. Although difficult to initiate, new habits are positive and rewarding: so not to worry. Do, however, expect costly delays concerning travel plans or group events. Wednesday through Saturday, minor health decisions will help increase optimism and physical energy. Daily routines and fitness programs will provide strong benefits: don't hesitate.

If your birthday is this week: News from potential employers is positive over the next two weeks. Brief delays, however, are also accented: expect improved contracts and valuable opportunities but postponed financial rewards. Wait for revised information to arrive shortly after March 9th. Later in March, romantic partners may announce extended travel plans or unusual educational interests. Revised career paths, fresh cultural experiences and social curiosity will be a continuing theme for much of the coming year. After April 17th, expect loved ones to introduce dramatic lifestyle changes. Early May through mid-July, a delayed family or financial decision will require immediate attention. Throughout 2006, close relatives and long-term friends will expect reliable leadership, valid emotional choices and concrete family plans. Don't disappoint.

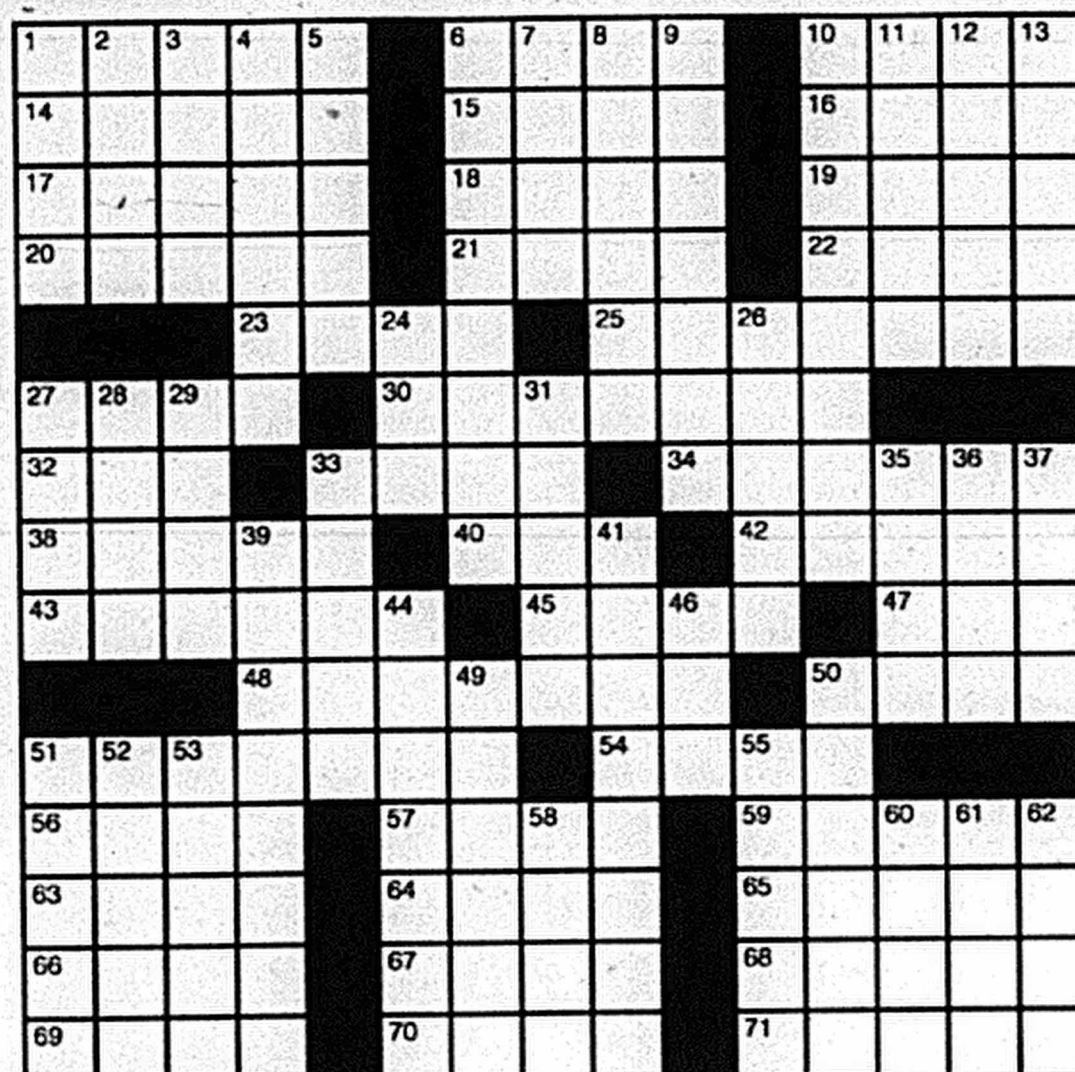
Crossword

ACROSS

- 1 Acts down in the dumps
- 6 Big hairdo
- 10 Attention getter
- 14 Arena happening
- 15 Political unit
- 16 Pro's foe
- 17 Daring
- 18 Transmitted
- 19 Paper quantity
- 20 Disunite
- 21 Author Ferber
- 22 Inconsequential
- 23 First garden
- 25 Puts between
- 27 May celebrants
- 30 "___ of Laredo"
- 32 Bother
- 33 On the briny
- 34 Sailor
- 38 Turns bad
- 40 ___ Marie Saint
- 42 Accustom
- 43 Medicates
- 45 In any way
- 47 Lawyer's levy
- 48 Chest of drawers
- 50 Yonder
- 51 Cassava dish
- 54 No ___ for the weary
- 56 Pelvis parts
- 57 Antlered animals
- 59 Catchall category
- 63 Color shade
- 64 Wine companion
- 65 Personal record
- 66 Biblical preposition
- 67 Organic compound
- 68 Bandleader Shaw
- 69 Burn slightly
- 70 "Da Ya Think I'm ___?"
- 71 Is on a quest

DOWN

- 1 Bill of fare
- 2 Stove chamber
- 3 Sassy
- 4 Views with jealousy
- 5 Proud mount



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2/22/06

Solutions

S	K	E	E	S	A	X	E	S	H	V	E	S
E	I	L	H	V	T	O	N	E	O	I	N	N
A	H	V	I	D	E	N	I	D	I	N	I	L
H	E	H	L	O	S	K	T	E	V	I	T	I
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N	V	W	V	E	S	V	E	S	V	O	D	V
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S	L	H	E	S	N	I	N	E	D	E		
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W	E	H	I	N	E	S	E	L	V	E	E	N
I	L	N	V	O	T	B	L	N	E	A	E	
I	S	T	P	O	R	O	F	A	S	E	P	O

- 6 Not in residence
- 7 Went on the lam
- 8 Country singer Milsap
- 9 Gas ratings
- 10 Type of cheese
- 11 Villain's expression
- 12 Get the ball rolling
- 13 Uses a stopwatch
- 24 Last letter of words?
- 26 Beef on the hoof
- 27 Ship's pole
- 28 Nose alert
- 29 Pouty expression
- 31 Harangues
- 33 Jetson's dog
- 35 Drop the ball
- 36 Locale
- 37 ___do-well
- 39 Car cooler
- 41 With repugnance

- 44 Withdraws
- 46 Before, before
- 49 Doctor's solution
- 50 Duds
- 51 N.T. book
- 52 Dress type
- 53 One of a sailing trio
- 55 Colas
- 58 Kentucky fort
- 60 Despise
- 61 Actor Estrada
- 62 Deli loaves

A College Girl Named Joe



JOE IS LIKE THE BEST ROOMMATE EVER. I LOVE HOW WE NEVER FIGHT.



by Aaron Warner

Los Angeles Times

SUDOKU

THE SAMURAI OF PUZZLES By Michael Mepham

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

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 Sudoku, visit www.sudoku.org.uk.

Solution to last week's puzzle:

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

Opinions

Where We Stand

Readers hold the media accountable

There's a certain perception that the media is annoying, overly aggressive or too biased. Maybe that view is right or maybe it's wrong. All we know is, the media is still important. Readers wouldn't be angry or upset with the media if they didn't understand the importance of the ink on this paper. It's one thing to read the newspaper. Please, read everything. But it's another thing completely to understand the important balance that must be struck in everyday life: the balance between the readers, reporters and editors.

To take an active part in the newspaper, every reader must try, to the best of their ability, to hold the newspaper accountable. As reported in The Captain's Log in the past years, The Captain's Log is accountable to its editors, its advisor, the Student Media Board, the administration, CNU students, faculty, staff and community members.

We're held accountable by you, every week. The only way we learn from our mistakes is if you tell us. In no way do we wish to ignore submissions of corrections, editorials, clarifications or any other sort of correspondence from our readers. In every case, we try to explain the difference between a clarification or a correction; the difference between a necessary correction of fact or an unnecessary clarification of opinion; the idea that an editorial page should be balanced; that the editors have the discretion to decide if a specific issue has run its course; and the necessity of media secretaries to let us know when an event is coming up — these people are hired, appointed or elected to stay in contact with the media.

Clubs and organizations: if you want an announcement on page two — submit an announcement. Our event calendar/announcement form sits outside of our office. Our contact information is on our Web site. Our advertising rates are also on our Web site. Submit an editorial on a topic. Ask us about the difference between editorials and announcements. Send us head counts, announcements for upcoming events, contact information, press releases or press photos. Contact the newspaper if you want to attend a meeting and see what we talk about and what we cover. Better yet, come to our critiques. Even though we're held accountable every week by our readers, we hold ourselves accountable as well — we critique the newspaper every week on Thursday at 12:15 in Ratcliffe 101.

We're going to make mistakes. We know that. We need to know when, and if, we are making them. If there's a bias in a story, or the reporter left something out that's pertinent — please alert the section editor or the editor in chief, because (more than likely) the editor was not at the event in question.

The media is supposed to reflect, as accurately as possible, the events and issues in the community. We can only do that accurately if we find out when we've made mistakes.

We want people to believe: that their newspaper is here to serve a purpose; that we represent the community at large; that we are working to keep a historical account of the changes on this campus; and that we are working to hold others accountable for their actions.

That may not make us the best liked, but we hope that we earn your respect. If we don't, we want you to tell us. We want to fix what's broken — with us as well with what we report on.

Watchdog. Vulture. Gatekeeper. Opportunist. Sensationalist. Yellow. All names some might use for reporters or journalists. We just want you to call us fair. So, call us: (757) 594-7196.

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MyCNU Group: The Captain's Log

Letter to the Editor: A clarification on my opinion

Josh Dermer
SGA Sergeant at Arms

As I spend my last semester here at CNU, I am often reminded of the fact that I am one of the most misunderstood students on campus. Last week's editorial by Josh Hopkins, which was a response to my previous writing, is a case in point. Not only did Hopkins twist my words and distort my statements, but there seemed to be a larger misunderstanding of my message. I would like to take a moment to correct such misunderstandings.

First, I never agreed with the notion that sex is akin to a "normal bodily function" as Hopkins stated. Quite the opposite, actually. My statement was that society in the aggregate views it that way, and that this is a bad trend. My argument was that today's culture has cheapened sex to the point where it no longer has significance beyond a mere bodily function. In fact, I went on to express my disgust for this cultural worldview. As such, I be-

lieve that sex is a gift from God intended to be enjoyed only within the bounds of marriage. So contrary to what Hopkins said, my editorial was not some kind of diatribe against sex itself.

Second, I never compared marriage to "taking a crap," as Hopkins accused me of saying. That is a complete fabrication invented out of whole cloth. Anyone who read my original column will realize the gross inaccuracy of his statement. Indeed, I adhere to the Christian worldview which teaches that marriage is a sacred, loving bond between one man and one woman. In point of fact, one of the messages I was trying to convey in my editorial is that our culture no longer values marriage and family as being sacred, the evidence of which is the fact that roughly half of all marriages end in divorce.

Third, my editorial was not an attack on Valentine's Day itself. I never said that Valentine's Day is evil or immoral. I was simply saying that this day has become increasingly sexualized in many quarters,

reflecting an overall trend in our culture. I was not at all vilifying everyone who celebrates Valentine's Day — far from it. One of the reasons I wrote that editorial is that I'm tired of my peers treating me like a leper because I choose to remain celibate until marriage. This is a healthy choice that should be respected by everyone. After all, abstinence is the only 100 percent effective method of protection against STDs. The other main reason I wrote the editorial is because I view the Sexual Revolution as a dangerous fifth-column movement which is undermining our society. On both counts, Hopkins seemed to miss those messages entirely.

Finally, I completely support Hopkins having his right to free speech. Indeed, I believe that our rights are God-given and that no government can take them away. But that does not justify distorting my message. It would behoove all readers to carefully examine everything, and do so in the context in which it was written. ■

Slavery Museum: Moving America Forward?

By DOUGLAS TURNER
Knight Ridder Tribune

WASHINGTON — Learning about America's one-time addiction to slavery is like peeling back layers of a tough white onion.

For example, how many know that New Yorkers kept slaves through 1840; or that a fifth of New York City's population in 1776 was slave? Outfitting slave ships was a churning engine of the city's prosperity, according to black historian W.E.B. DuBois.

How many schoolchildren in Pennsylvania, Connecticut, Indiana, Delaware, New Jersey, Ohio and Rhode Island are taught that the federal census of 1840 counted slaves in their states?

Douglas Wilder, the grandson of slaves, former governor of Virginia and now mayor of Richmond, hopes to cut right through the hard onion with a lot of help from his friends.

Wilder was in Washington recently to push the proposed U.S. National Slavery Museum. A \$200 million effort, the museum will be located near Fredericksburg, Va. just off Interstate 95 — the nation's major north-south freeway along the Atlantic Coast.

It is being designed by the firm of architects that did the East Wing of the National Gallery of Art and the pyramid addition to the Louvre in Paris.

Early help is being given by Bill and Camille Cosby, musi-

cian Wynton Marsalis, actor Ben Vereen, Best Western, Hyatt Hotels, Toyota, Mitsubishi, McDonald's and "many, many others," Wilder said.

Wilder, in a speech at the National Press Club, called on a number of large corporations by name to join the parade of donors.

"And I'm calling for them now to get involved, not as a sense of reparation and I want to be as clear as I can be about that — but as a sense of acknowledgment of doing what is right," Wilder said.

A full-size replica of the Portuguese slave ship, Dos Amigos, will be the centerpiece of the museum.

Wilder said historian John Hope Franklin urged him to put a slave ship in the place. "Not just because it's a ship," Wilder said.

"But it'll be a place to see the size of the seats that the people had, the hold that they had to go into, the deck that they had to come to for the shortest period of time, to empathize with how people could endure two to three months of this."

Americans have been served a lot of bogus history about slavery through the Reconstruction Period that followed the Civil War, right up to now.

Few if any schools teach that slavery was woven through the Constitution's fine print. The document not only mandated the continuation of slavery through 1808 and forbade any amendment from abolishing it until 1808, but also perpetually

required the return of escaped slaves.

The Constitution had to be amended four times to give African-Americans their rights, the last time in 1966.

Vereen, who came here with Wilder, said school children are taught, "once we had slavery, and then President Lincoln issued the Emancipation Proclamation, and then they were free."

Not quite. Wilder noted that Abraham Lincoln's proclamation exempted the Atlantic coast counties of Virginia and what is now West Virginia.

With advice coming from Brown, Duke and Howard universities, the museum will have classrooms and distribute instructional materials to schools that seek to get in step with the truth.

"We'll give the educational tools," Wilder said. "But we will provide no crutches for anyone to say this is an excuse for you not to excel, to be competitive, to do the best you can."

There is a museum about African-Americans being built on the national Mall. Wilder said the Fredericksburg facility will not compete for funds with the federal one. "There are plenty of art museums," he noted.

Besides, I think I prefer a private place run by African-Americans to one governed by the Smithsonian Institution and Congress, particularly this Congress. They are, after all, white establishments. Mistakes turn accidents into public relations debacles. ■

Cheney's silence is questionable

Knight Ridder Tribune

but he was clearly distraught over the event.

Even so, he remained utterly unapologetic for the way in which the information was temporarily withheld from the public, even as he conceded that he knew the shooting would turn into a big deal. It was left to the owner of the ranch to call a local newspaper the next day.

"Remarkably, this elementary proposition seems to have escaped the vice president."

Cheney said he had no press aide with him on his private hunting trip to Texas, but that's no excuse for failing to put the news out through the regular White House channels. That would have been the easiest and most effective way to deal with

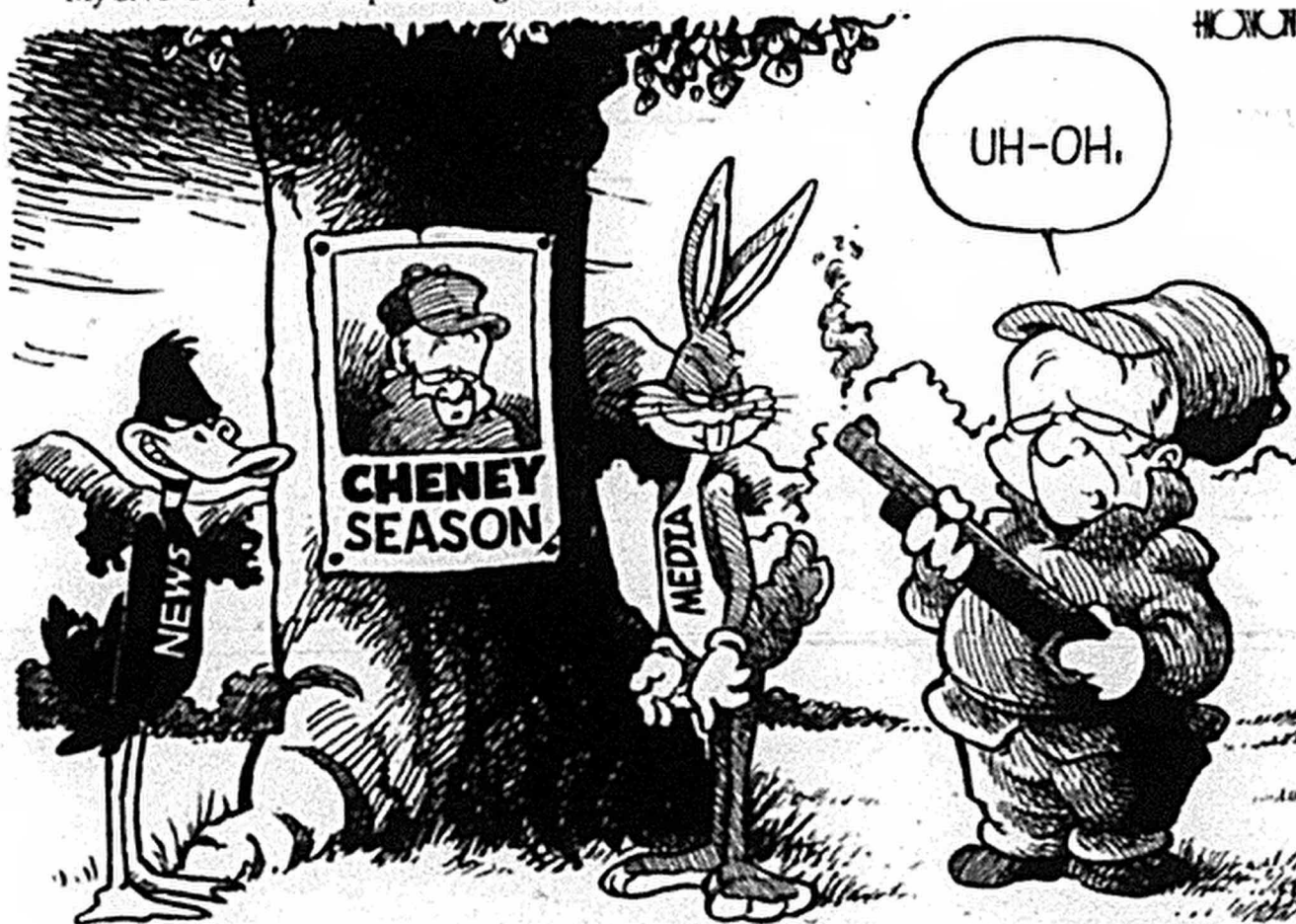
the accidental shooting.

The public needs no reminder that this administration has an image problem, to say the least, as it relates to telling the truth — from the cost of a multibillion-dollar Medicare drug program to intelligence on Iraq. Cheney himself has a well-known propensity to operate under a veil of secrecy.

But he and all other public officials should be mindful that, along with the power vested in them by virtue of holding public office, there is an obligation to undergo public scrutiny and, yes, even answer questions from pesky reporters from time to time.

There is no evidence that this was anything other than an unfortunate accident, but giving an interview to one individual, particularly in a forum deemed friendly to the administration, is unlikely to silence the criticism.

There are more questions to be asked and other angles to be pursued. The vice president should hold a news conference and answer questions from a larger circle of interviewers if he wants to put this public relations debacle behind him. ■



The Captain's Log

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The Captain's Log is the Official Student Newspaper of Christopher Newport University.

The Captain's Log is published on 24 Wednesdays throughout the academic year. New contributions are accepted by fax (594-8759), by e-mail (clog@cnu.edu) or in our office (SC 223).

Circulation inquiries, advertising rates, and policies are available upon request by telephone, (757) 594-7196, e-mail or on our Web site, <http://www.clubs.users.cnu.edu/clog>.

The Captain's Log is created with Apple Macintosh computers, using Adobe InDesign.

The Captain's Log reserves the right to edit letters according to style and length, as well as to refuse publication.

The Captain's Log welcomes letters from its readers. Send letters to: The Captain's Log, 1 University Place, Newport News, VA 23606.

Letters may also be brought to our office or sent to us by e-mail at clog@cnu.edu. Anonymous letters may be

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For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication.

Corrections/Clarifications to The Captain's Log will be published in the issue following the error, at the discretion of the Editor in Chief.

World and Nation

Israel cuts Palestinian Authority funds

The Israeli prime minister calls the new legislature a "terrorist authority."

By *Dion Nissenbaum*
Knight Ridder Newspapers

JERUSALEM — One day after the Islamist militant group Hamas took control of the Palestinian parliament, Israel's acting prime minister dubbed the new government a "terrorist authority" on Sunday and immediately cut off funds needed to keep the Palestinian Authority afloat.

Israel stepped up its efforts to isolate the incoming government now that it is run by Hamas, which introduced suicide bombings to the Israeli-Palestinian conflict and refuses to accept Israel's right to exist.

"Israel views the rise of Hamas as a dangerous milestone that turns the PA into a terrorist authority," acting Israeli Prime Minister Ehud Olmert said before his Cabinet approved the new steps.

The combative steps underscore the calculated risk Israel is taking in response to the Hamas victory: Israel's efforts to isolate the new Palestinian government could either force Hamas to moderate its views or drive it toward further extremism and deepen the economic despair of the Palestinian people.

Olmert said Israel would sever military and political ties to the Palestinian Authority until Hamas accepts Israel's right to live alongside a new Palestinian state, disarms its militants, renounces terrorism and accepts existing peace deals.

In the most significant punitive measure, Israel will stop funneling about \$50 million in monthly customs and tax revenue that it collects for the Palestinian Authority and passes along to it.

The money is essential to paying the salaries of 138,000 Palestinian government employees, including 58,000 members of the security forces who could be thrown out of work.

Palestinian Authority President Mahmoud Abbas, the moderate leader undercut by the Hamas victory, told reporters in Gaza City that the Israeli moves were deepening his government's financial crisis.

Israel also is trying to convince other countries to cut off funding to the Palestinian Authority.

The United States has demanded that the Palestinian government return \$50 million in aid it gave last year, and it's unlikely to hand over any more money unless Hamas agrees to the changes sought by Israel and much of the rest of the world.

Following Israel's actions, a top Hamas leader, Khaled Mashaal, headed from Syria to Iran to seek financial support from a government whose president has called for Israel to be wiped off the map.

"Under the Israeli threats, the Palestinian government and the Palestinian people have the right to look for finances for this government from whomever - and no one has the right to oppose that," said Said Sayyam, one of the new Hamas lawmakers from Gaza.

Hamas last month won 74 of 132 seats in the new Palestinian Legislative Council, putting it in position to create a new Cabinet, which is charged with overseeing everything from the economy and security to education and foreign relations.

Abbas met Sunday with Hamas leaders at his Ramallah compound to begin the three-week process of choosing the



Palestinian President Mahmoud Abbas speaks during a news conference in Gaza, February 19, 2006. Israel settled for watered-down restrictions on the Palestinian Authority in an apparent nod from international calls to avoid adding to Palestinian hardships after the Hamas' election victory.

Cabinet. As expected, Hamas tapped Gaza City lawmaker Ismail Haniyeh to be the next prime minister, and it will be up to him to form a new government.

Since winning the elections, Hamas members have been touring the Middle East in an effort to persuade Arab and Muslim nations to replace any loss of funds. So far they have obtained no public commitments of support.

An Israeli security official who spoke on condition of anonymity called the Hamas trip to seek funding in Iran "a bit of a

bluff." The official questioned whether Iran had the ability to replace money from Europe and the United States. Iran provides about \$100 million a year to Hezbollah militants in Lebanon, a sum that wouldn't even pay the salaries of the Palestinian Authority for one month, the official said.

In response to the moves by Israel, Haniyeh, the incoming Palestinian prime minister, said he wouldn't be intimidated.

"The Palestinian people and the Palestinian government will not be scared of this," he told reporters in Gaza City. "We

and our people are able to manage with these obstacles and obstructions."

Mark Regev, a spokesman for the Israeli foreign ministry, said Hamas would be better served by agreeing to international demands for reform.

"If they're going to act like pariahs, they're going to be treated like pariahs," he said. "If they act like responsible members of the international community they're going to be treated like responsible members of the international community."

Cutting off direct aid could create problems. Disgruntled se-

curity forces have staged several violent marches and taken over government buildings in recent weeks to protest frozen salaries and small paychecks.

Regev said his government understands the dangers, but "the risk involved in passing money to a Hamas-led government we think is greater than the alternative."

Israel and the United States are trying to differentiate between money going directly to the Palestinian government and funds going to humanitarian projects in the West Bank and Gaza Strip. ■

Sunnis probe Shiite death squad

New prime minister's election is said to bring religious influence to the office.

By *Dogen Hannah*
Knight Ridder Newspapers

BAGHDAD — The Iraqi Interior Ministry has launched an investigation into an alleged police death squad.

Iraq's Sunni Muslim minority has claimed for more than a year that members of Iraq's Shiite Muslim-dominated security forces intimidate, kidnap and murder Sunnis, but the probe was triggered by Iraqi soldiers' chance discovery of 22 Iraqi men in police uniforms allegedly preparing to kill a Sunni man.

The Chicago Tribune first reported the detention of the 22 men in Thursday's editions.

U.S. Army Lt. Col. Mi-

chael Negard, a spokesman for the American-led effort to train Iraqi forces, confirmed the Iraqi investigation. It marks the most public and forceful action that the Shiite-led government has taken to pursue the allegations.

Even so, Saleh al-Mutlaq, a prominent Sunni politician, told Knight Ridder on Thursday that he didn't trust the Interior Ministry to conduct a thorough, independent investigation.

"We lost that trust a long time ago," he said.

Iraq's majority Shiites were repressed under Saddam Hussein's mostly Sunni regime.

Last June, Knight Ridder documented several instances in which Sunni men who'd been detained by uniformed men in police vehicles later were found

dead. The Interior Ministry denied any involvement.

Although there's never been any proof that Interior Ministry forces were involved, suspicions ran high, in part because the interior minister, Bayan Jabr, is a leading member of the Shiite-led Supreme Council for the Islamic Revolution in Iraq, which has close ties to the Badr Organization, a prominent Shiite militia group that's linked to Iran.

Reining in ethnic and religious violence, including that perpetrated by Iraqi security forces, is crucial to establishing widespread confidence in Iraq's fledgling democratic government. Failing to do so could lead to civil war and forestall the withdrawal from Iraq of U.S.-led coalition forces, which are imposing some measure of law and order.

Negard confirmed that the

22 men were detained at an Iraqi army checkpoint late last month after they told the soldiers that they were taking a Sunni man to be killed. American forces are holding four men who are thought to be the group's leaders, and Iraqis are detaining the other 18, he said.

In what could be a related account, the Dar al Salam (Home of Peace) newspaper - which is connected with the Iraqi Islamic Party, a major Sunni group - reported Tuesday that Iraqi soldiers had detained a group of men at a checkpoint.

The soldiers grew suspicious when the men, whose cars included an Iraqi highway patrol vehicle, couldn't produce a warrant for the arrest of a man in their custody. Some of the men subsequently said they'd kidnapped the man and intended to kill him, the newspaper reported. ■

N.J. Court debates legalizing gay marriage

By *Stephen Henderson*
Knight Ridder Newspapers

TRENTON, N.J. — As the New Jersey Supreme Court considered last week whether to make the state the second in the nation to legalize gay marriage, the arguments in the courtroom were framed by a debate over history and change.

Opponents say same-sex marriage is, among other things, a historical contradiction. Marriage, they say, has always been between a man and a woman and the laws are written to reflect that. That argument echoes reasoning that has been proffered time and again to defend such outmoded laws as those that defined wives as the property of their husbands, or that prohibited divorce, or even prevented epileptics and other disabled people from marrying.

One of the key questions for the justices in New Jersey, and for courts all over the nation, is whether the long traditions surrounding marriage trump demands to eliminate eons-old gender restrictions in the name of equality.

"I think people who talk about history as a reason to deny gay marriage just don't really know what the history is," said Jon Davidson, legal director for Lambda Legal Defense Fund, the advocacy group that represents the gay couples seeking marriage licenses in New Jersey.

Katherine Spaht, a law professor at Louisiana State University and an expert on family law, said permitting gay marriage would constitute a change more profound than any other in history.

"Most of the changes, historically, have been at the edges of the concept of marriage, not at its core," Spaht said.

"We've changed lots of things about the relationship between married people, but not as much about the fundamental idea of what marriage is."

For their part, at least four of the seven justices in New Jersey expressed serious doubts that history was a compelling reason to deny marriage rights to gays.

Chief Justice Deborah Poritz challenged the argument.

"It's a historical fact that marriage has been between a man and a woman, but it's also a historical fact that women were property and that women couldn't accuse their husbands of rape," Poritz said. "Why should we just defer to the historical basis?"

New Jersey isn't relying explicitly on history in its arguments before the court, instead insisting that legislatures themselves should decide issues.

Spaht said the problem with arguments that place gay marriage in a category with other changes is that they ignore the social and culture context for marriage, something key to its legal existence.

"Marriage isn't a legally created institution. You're dealing with a social institution that pre-existed law," she said.

"It's about a man and a woman, because it's about children, procreation," she said. "Even the Greeks, who were very accepting about homosexuality, never confused it with marriage."

It's also true that under civil law in America, marriage isn't bound solely by social constructs and has instead been held to legal and constitutional standards that have evolved dramatically over time.

In many states, women for years had their legal identities washed away when they married.

When Myra Blackwell, a pioneering female attorney in Illinois, first sued in 1873 to gain a law license, the state's Supreme Court was unyielding.

No woman could properly perform the duties of a lawyer, the court wrote, noting the special role that women fulfill in marital relationships. ■

New site for the college job hunt

CBCampus.com launches new Web site for resume posting and job hunting.

By *Linh Bui*
Knight Ridder Newspapers

Cover letter. Resume. Job interview.

These words will turn most college students into a bundle of nerves. But CBCampus.com tries to ease the transition from school to the real world.

CBCampus.com, launched by CareerBuilder.com, is a new Web site designed for students about to graduate, or who recently graduated, from college.

The Web site is very user-friendly and provides many search options. You can search for jobs by category or your major. Even if you have no idea what kind of job you want, you can try searching by location or skills.

Interested in making money? Check out the highest-paying jobs.

Need an adrenaline rush while on the clock? Scour the list of most-dangerous jobs for ideas. Facts like these can be found in the site's handier-than-it-sounds "Stuff" section.

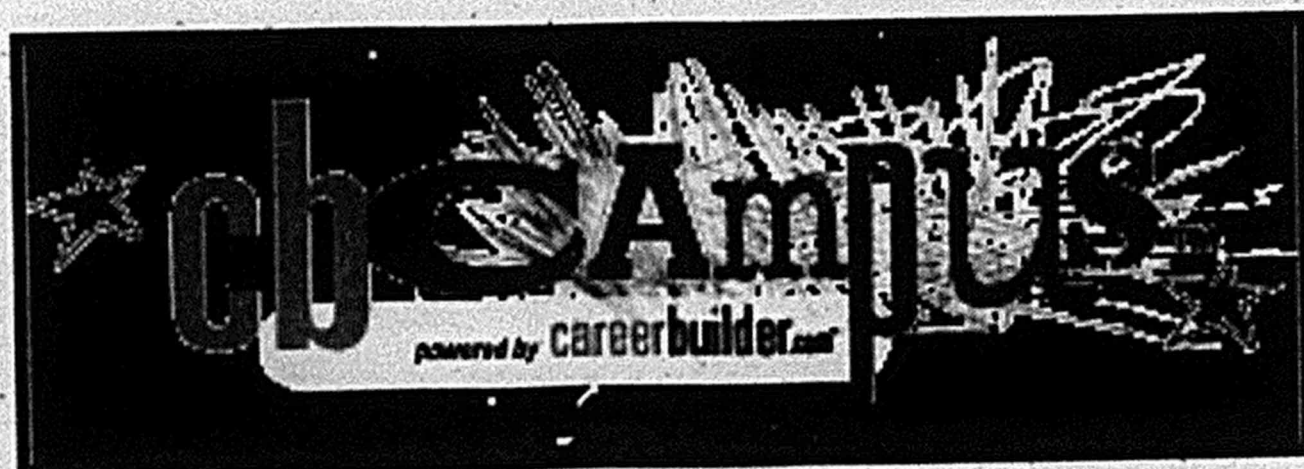
You can post and distribute your resume for potential employers to see, but before you post anything, check out tips on how to improve your resume — or make one from scratch. The site also has similar tips on how to improve your cover letter.

What about the dreaded interview? It's easily the most intimidating part of the job-search process. Thankfully, the site features mock interview questions for you to practice and advice

on proper interview etiquette.

You can even take a quiz to test how much you know about interviews. Try one: "Research suggests applicants who interview at which time of day have an advantage?" (See answer below.)

On the off chance that you don't find what you're looking for on the Web site, there's also information about CareerBuilder.com job fairs taking place in cities across the nation. ■



Food & Health

HEALTH LIBRARY:

What you need to know about birth control

Birth control comes in many forms and it is important to understand each method.

MyStudentHealthZone.com
Knight Ridder Tribune

With the freedom many students gain by leaving home, decisions about sex often begin to take a larger role. But with this decision comes responsibility. In addition to preventing unwanted pregnancies, people must protect themselves from sexually transmitted diseases (STDs). There are many effective birth control methods to choose from:

ABSTINENCE: The most effective method of birth control, abstinence means no sexual intercourse. Abstinence is the only absolute way to avoid pregnancy or STDs.

BIRTH CONTROL PILL: The birth control pill is a daily pill prescribed by a doctor that contains the hormones estrogen and progesterone, which pre-

vent pregnancy. The birth control pill does not protect against sexually transmitted diseases (STDs).

CERVICAL CAP: A cervical cap is a small, thimble-shaped cup made of rubber that fits over the cervix (the area between the vagina and the uterus). The cervical cap keeps sperm from entering the uterus by forming a seal. For added protection, spermicide is put into the cap before inserting the cap snugly over the cervix. The cap is inserted before having sex and can be left in place for up to 48 hours. The cervical cap does not protect against STDs.

CONDOM: A condom is a thin latex sheath worn on the penis. The condom works by keeping semen from entering the vagina. It is placed on the penis when it becomes erect. When properly used, latex and plastic condoms are effective against most STDs. Condoms

are available without a prescription and are sold in drugstores, supermarkets, and even vending machines.

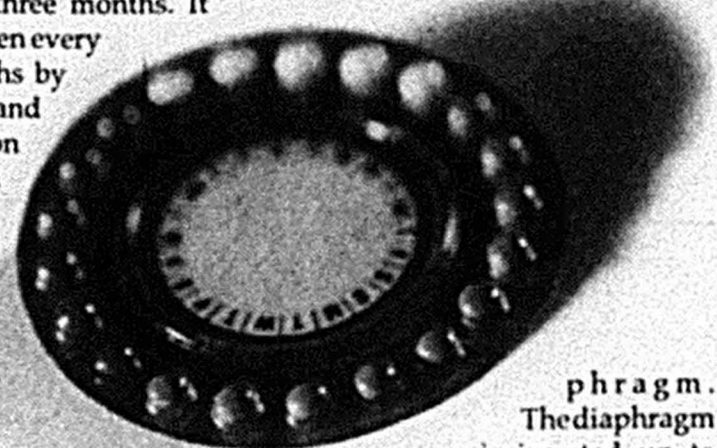
DEPO-PROVERA: Depo-Provera, or the birth control shot, is a long-acting form of the hormone progesterone given by injection to protect against pregnancy for three months. It must be given every three months by a doctor, and the injection is given in the arm or the

but-

tocks. The shot primarily works by preventing ovulation (the release of an egg during the monthly cycle). It does not protect against STDs.

DIAPHRAGM: A diaphragm is a dome-shaped bowl made of thin, flexible rubber that

sits over the cervix (a doctor must initially fit a patient with a diaphragm). It keeps sperm from entering the uterus by blocking the cervix. For added protection, spermicide is put into the bowl of the diaphragm and along its edges before inserting the dia-



phragm. The diaphragm is inserted up to

six hours before having sex. After sex, it must be left in for at least six hours, but no longer than 24 hours. The diaphragm does not protect against STDs.

EMERGENCY CONTRACEPTION (MORNING-AFTER PILL): Emergency contraception is a way to prevent pregnancy af-

ter unprotected sex. Often called the morning-after pill, emergency contraceptive pills (ECPs) can be taken any time up to 72 hours after having unprotected sex. ECPs are prescribed by a doctor. Emergency contraception does not protect against STDs and is not recommended as a regular birth control method.

IUD: The intrauterine device (IUD) is a piece of plastic placed inside the uterus by a doctor. The most common type of IUD is T-shaped and covered with copper wire.

Some IUDs are coated with the hormone progesterone. The copper-coated IUD primarily prevents pregnancy by not allowing the sperm to fertilize the egg. The IUD does not protect against STDs.

RHYTHM METHOD: The rhythm method is a way to prevent pregnancy by not having sex around the time of ovulation. Couples who want to have a baby can also use this method to have sex during the time that they are most likely to get pregnant. It is sometimes called nat-

ural family planning, periodic abstinence, or fertility awareness. The rhythm method does not protect against STDs and is not a reliable way to prevent pregnancy.

SPERMICIDE: Spermicides contain nonoxonyl-9, which kills sperm before they are able to swim into the uterus. Spermicides come in several different forms: cream, gel, foam, film, and suppositories.

They are most effective when used with another method of birth control such as a condom or diaphragm. Spermicides are available without a prescription and are found in drugstores and some supermarkets.

WITHDRAWAL: Withdrawal is when a man removes his penis from the vagina just before he ejaculates (also called coitus interruptus or pulling out). Withdrawal is an attempt to keep sperm from entering the vagina by having the man ejaculate outside the vagina. Withdrawal is not a reliable way to prevent pregnancy. ■

New zero-calorie sweetener, Zsweet, using sugar alcohol

By Nancy Luna
The Orange County Register

SANTA ANA, Calif. — Tim Avila toiled for months in his San Juan Capistrano, Calif. kitchen concocting a diet food using an old favorite: sugar.

A consultant with no academic training in food science, Avila set out in 2001 to create an all-natural, zero-calorie sweetener using erythritol, a little known sugar alcohol. Avila, chief executive of Ventana Health Inc. in San Clemente, Calif., eventually formulated Zsweet and began selling the diet sweetener this month online and at health-food stores in five states, including Florida.

It has not hit grocery shelves, but is expected soon, Avila, 40, said.

"It's just about ready to explode," he said.

Avila and his partners raised nearly a \$1 million in capital to form Ventana in 2004. It plans to manufacture and market diet smoothies and nutrition bars made with Zsweet. The company is making a grab at health-conscious dieters who have long complained of a lack of natural, zero-calorie sugar substitutes on store shelves.

"There's a huge market out there wanting natural noncaloric products," said Janet Little, a nutritionist for Henry's Farmer's

Market, which runs five grocery stores in Orange County, Calif.

That makes Zsweet well-positioned to become a food marketer's dream: a category pioneer.

"If this is a healthy alternative that really is natural, then it might have a great chance," said Hillari Dowdle, editor in chief of Natural Health magazine.

Still, Dowdle said Ventana will have some "consumer-education hurdles" marketing Zsweet against Splenda, which has turned the sugar-substitute market on its head. In 2003 Splenda sales accounted for one-third of the \$309 million market, according to the latest market-research data from Packaged Facts.

Industry watchers say Splenda's appeal with consumers has been its "made from sugar" campaign and its ability to be used in baking.

"Splenda is not natural, but they've marketed it so well that people think it is natural," said Little, adding that consumer demand forced Henry's to stock Splenda.

Avila said he has no desire to persuade loyalists to Splenda or aspartame-based sweeteners to buy Zsweet. Instead, he's going after people who reluctantly use artificial sweeteners because they have few natural alternatives.

"This is an all-natural, worry-free solution," Avila said.

But nutrition experts caution that most artificial sweeteners such as Splenda are safe and promote a healthier lifestyle because they reduce caloric intake.

"I'm a proponent of tools that people can use to lose weight," said Stacey Bell, registered dietitian with Ideasphere, the New York maker of nutritional supplements under the brands Twinlab and Nature's Herb.

Bell and Little also cautioned of the side effects of sugar alcohols, frequently found in sugar-free candy, chewing gum and low-carb products. Zsweet is made with erythritol (pronounced ee-RITH-ri-tol), which Little said "can cause intestinal distress" that leads to gas, diarrhea and bloating.

The other hurdle Zsweet must face is price. A half-pound of Zsweet sells for \$15, compared with \$7.49 for a package of Splenda of the same size. Still, Ventana is betting its consumer, whom Avila describes as an avid "label-reader" with a household income of \$75,000 or more, will be willing to pay the price.

"We want to present this as a lifestyle product," said John Corella, Ventana's vice president of marketing and Avila's high school buddy.



Zsweet, an all-natural zero-calorie sweetener, is manufactured by Ventana Health in San Clemente, California.

Avila drummed up the idea of creating a zero-calorie natural sweetener eight years ago after stumbling upon the granular erythritol while working as a salesman at Metagenics, a privately held dietary supplement maker in San Clemente.

Avila's job required him to bone up on ingredients on the company's 400 natural products sold to medical providers.

"I gave myself an instant education in food science," said Avila, a high school graduate who never went to college.

He soon learned that erythritol was a rarely used sugar alcohol, or polyol, that looked, tasted and felt like sugar. He immediately saw its potential because it didn't have a power-

ful, sweeter-than-sugar taste like some artificial brands.

After quitting Metagenics to become a food-manufacturing consultant, Avila began experimenting with erythritol in his home. He tried to craft a perfect blend of natural ingredients to make it taste and measure spoon for spoon like sugar.

In 2004, he formed Ventana in preparation of this month's Zsweet launch. The market seems ready.

In 2003, retail sales for sugar substitutes jumped 18 percent to \$309 million, according to Packaged Facts, a division of market-research.com.

In 2004, shoppers also shelled out \$45.8 billion on natural foods. To create a buzz for

Zsweet, Corella, a former music promoter, is turning to guerrilla marketing tactics such as posting information about Zsweet on blogs and developing search-engine formulas to ensure the brand is the top hit on Google.

The company also plans to hit the road with the "Zsweet van" to gain "street credibility" by offering samples to people outside health-food stores.

By the end of the year, Ventana expects to launch a line of smoothies and powdered drink mixes made with Zsweet. Avila also hopes to license the use of Zsweet to diet-beverage makers. ■

Sources: Zsweet and Mayoclinic.com

MAIN COURSE

Quick Chili and pasta

- 1 lb. ground beef
- 1 jar Ragu spaghetti sauce
- 2 cups water
- 2 cups pasta shells
- 1 can kidney beans
- 1 medium onion, chopped
- 1/2 cup Parmesan cheese
- 1 Tbsp. chili powder
- 2 Tbsp. Italian seasoning
- 1 Tbsp. cayenne pepper

Brown beef in frying pan. Make sure beef is fully cooked and then drained.

Add spaghetti sauce, water, pasta, beans, onions, 1/4 cup of Parmesan cheese, Italian seasoning, cayenne pepper and chili power. Stir ingredients frequently.

Cover and cook until pasta is tender for 10 minutes. Spread remaining Parmesan cheese over chili when served.



Put the function back in fitness

Do squats or a functional exercise as opposed to using any machine at the gym.

By William Hageman
Chicago Tribune

You want to get in shape. But where do you start?

Chicago White Sox head trainer Herm Schneider said the first thing a person needs to do is take stock of what he wants to accomplish. Does he simply want to tone up? Lose weight? Add muscle?

Once you know what you want to do, don't just jump in.

"To do it right, you might want to consult a personal trainer-type of person at a health club or something like that," Schneider said.

"I'm sure if you go on the Internet there's probably ways of (planning a course of action). But it doesn't hurt to talk to a professional. In a health club situation, or at a YMCA, wherever they do a lot of that, I'm sure there are professionals who can guide them a little bit.

"You also want to be wise. If you're heavy and decide, 'I want to lose weight,' make sure

your heart can take that. See your personal physician as well to see if you're capable of accomplishing your goals health-wise."

Next is to set your priorities and figure out what kind of blend of workouts would be beneficial.

Schneider isn't big on what he calls "canned" exercise programs, the generic one-size-fits-all workout. He said programs should be tailored.

"You set yourself up with a program that kind of fills your needs. But even if you're trying to get real big, you still want to do some cardio, although cardio isn't high on your list at that point.

If you're trying to lose weight, then cardio would be your primary focus. And to get bigger, muscle-wise, you don't want to do that (when trying to lose weight) because it defeats the purpose."

Schneider said he prefers functional, closed-chain exercises, in which the end of an extremity is fixed and support-

ing weight, such as a squat, as opposed to an open-chain exercise, such as a leg lift while in a seated position.

"I'm a real big believer in functional exercise. If you go to a health club and see someone in a leg-extension unit, where in any sport do you do that, (where) you sit and push your leg out? You're better off doing some squats or some functional exercise.

"But if you go to a health club, they want you to use the machines. Machines are great if you just want to keep yourself toned. But if you play ... softball, like to rock climb, something like that, you need functional strength."

Schneider, who works out daily, suggests step-ups, or, if you play tennis, a lot of lateral work.

Work on balance, using something such as a Bosu balance-training apparatus.

"Back problems are probably the No. 1 culprit in society," he said.

"So (have) a back-stabilization program, using a Swiss ball, to help stabilize your core. A more stable core, the better your back will be." ■



From left to right: Sophomore Justin Pritchett, junior Lauren Strack and junior, Jennifer Vencill

Students research in Brussels

BY ERIN ROLL
Asst. Copy Editor

It's an opportunity that would look good on a lot of graduate school resumes: the chance to work alongside professors at one of Europe's most well-known schools of international politics. Add to this the opportunity to work in NATO or in the European Parliament, and you've got something that would fire up any undergraduate student's imagination.

If your name happens to be Justin Pritchett, Lauren Strack or Jennifer Vencill, no imagining is necessary: That will all be reality starting this May.

Pritchett, Strack and Vencill will represent CNU in the International Research Assistantship for six weeks this summer at the School of International Relations in Brussels, Belgium.

The School of International Relations is associated with the University of Kent at Brussels, which is the Belgian campus of the University of Kent at Canterbury, England.

CNU's involvement in the program is the brainchild of Professor Octavius Pinkard, of the department of Government and Public Affairs, along with Dr. Jay Paul, head of the Honors Program.

According to Paul, Pinkard wanted to give CNU students

the opportunity to study and work in Brussels. "We've embraced it as part of the Honors Program," Paul said. "It's our first stab at it."

As research assistants, Vencill, Pritchett and Strack will work in a graduate school-type setting alongside a group of professors at the university. They will assist in collecting, research-

at one of several international organizations in Brussels, including NATO, the European Parliament, the European Women's Lobby, the International Organization for Migration and the International Crisis Group, Paul added.

Vencill, a junior psychology major, heard about the IRA almost immediately because of her involvement with the Honors Program. "As soon as the applications were posted online, I jumped at the chance to study abroad for six weeks," she said.

Pritchett, a sophomore philosophy and religious studies major, has participated in programs in Ireland and England before, but this will be the first time he and his fellow students travel to Belgium.

"I decided to take part because it sounded like a great opportunity to gain academic experience and build a resume for graduate school applications," Pritchett said.

Strack, a junior with a double major in French and political science, says she is "ecstatic" about studying in Brussels.

The IRA program is open to rising sophomores, juniors and seniors. Since the classes at the School of International Relations are offered in English, proficiency in a foreign language is not crucial. The program prefers students who take a strong interest in international relations. ■

"As soon as the applications were posted online, I jumped at the chance to study abroad for six weeks."

- Jennifer Vencill

ing and analyzing data, and will have the opportunity to research and write papers and scholarly articles.

According to Paul, the students might also have the opportunity to choose their fields of study, though that's not guaranteed.

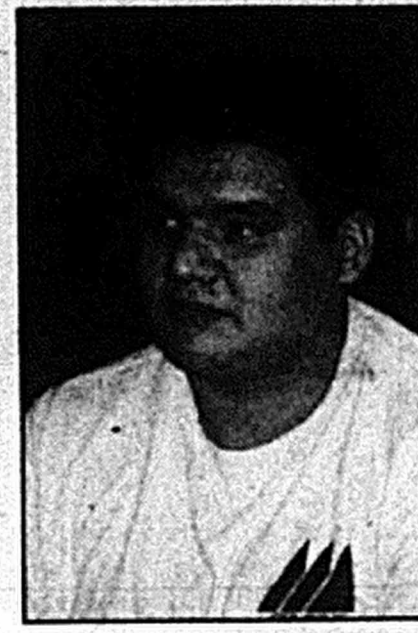
Students who do work as assistants at the school can also take advantage of an internship

"Where would you like to intern one day?"

By Laura Gee & Laura Smith



"I would want to work at the White House."
- Mary Pauline Jones, sophomore



"I would want to intern for Microsoft."
- Mike McCabe, sophomore



"It would be cool to work at the Playboy Mansion with Hugh Hefner."
- Kurt Laskowsky, senior



"Penske Racing would be a good place to intern."
- Sean Rankin, senior



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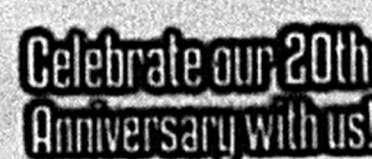
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The Captain's Log

November 14, 2005 | Issue 11



Students tour the construction - Safety all

On Nov. 4, members of the Student Union Board, as well as Deanna Eddleman and Director of Activities Kim Rooder, along with the new Student Union construction, the new Student Union, scheduled to start of the Spring 2006 semester, to replace the current Student Union. According to CNU Clerk of Works, Outten, will likely be done in a year.

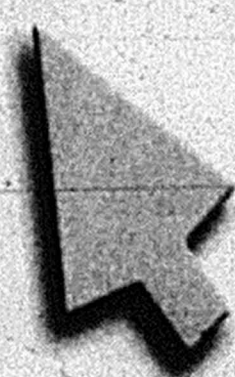
Farooq ready for SGA changes

On Thursday morning, Student Government Association President M.

Tribble says

<http://users.cnu.edu/captainslog>

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Arts & Entertainment



Lauren Kostoski, playing a sex worker for women, conducts an orchestra of moans, performed by (left to right) Carol Wilson, Michelle White, Amanda Abbott and Jane Phillips.

Hear them roar

'The Vagina Monologues' raises over \$4,000

BY SARAH NEBEL
Captain's Log Intern

Men who love vaginas. Lesbian lovers who teach women how to love themselves. Reaching puberty for the first time. Giving birth.

These milestones of womanhood and more were celebrated during three performances of "The Vagina Monologues" in the Gaines Theater on Friday, Saturday and Sunday.

The ladies in the cast had the undivided attention of audiences as each of them performed monologues written from interviews conducted by playwright Eve Ensler.

The stories told were diverse, bold and eye-opening. The audience did not have time to be embarrassed about the subject matter; the actresses were too busy getting the crowd to join them in shouting alternative terms for female genitalia.

One of the stories discussed mutilation, accounting one woman's story of what it felt like to lose her clitoris, following brutal rape during the conflict in Bosnia.

The crowd went silent as the shocking details were recounted by actresses Lauren Kostoski and Gabi Yount, portraying the woman before and after her harrowing experience.

During this monologue on mutilation some of the men in the crowd (which were surprisingly many) cringed at the idea of genitalia mutilated with a

shard of glass.

The mood did not stay somber for long. A story about an elderly woman discovering her vagina and "the flood" that poured out of it when she got a kiss from her crush got the crowd back to laughing once again.

It was hard to think that all of the stories came from women willing to openly talk about their vaginas. Not only that, but many women were gracious enough to tell their stories and agreed to have their anecdotes retold to other people. If that doesn't take courage, I don't know what does.

The crowd really laughed when the group described different moans. As a sex worker who pleasures women (played by Kostoski) told the audience, there was a kind of moan for everyone. That must be why everyone laughed with recognition as the ladies sensually moaned out a cry that they were familiar to.

All of the women involved in the production wore black, white, red and pink, looking strong and courageous. Though the women looked serious, they were ready to have fun with the crowd while talking candidly about a topic rarely discussed.

Each monologue is empowering in a different way; the topics all emphasize embracing womanhood.

The group did not fail to mention the power of the vagina, reminding audience members that the female clitoris has more nerves than any other

By the NUMBERS
\$5,000 total ticket and T-shirt sales
10 % will go to the spotlight organization
\$60 could still be raised with the sale of T-shirts

body part in either sex, including the penis.

The audience cheered and one of the female audience members looked at her boyfriend when this fact was announced, giving him a pointed look.

The performances raised over \$4,000 for Transitions Family Violence Services. This non-profit organization provides shelter, counseling and advocacy services to help families in need.

If you know someone in need, Transitions offers a 24-hour hotline that can be reached at (757) 723-7774 and a Web site for other information, www.transitionsfvs.org.



Senior Michelle White performs a monologue during Friday's performance. This was White's second year in the show.

Students, teachers respond in 'Monologues' talk-back

BY RACHEL LORIA
Contributing Writer

Staff members and students sat across from each other on Friday night in Gaines Theater to have an informal discussion about what one audience member called "an ugly word no one talks about."

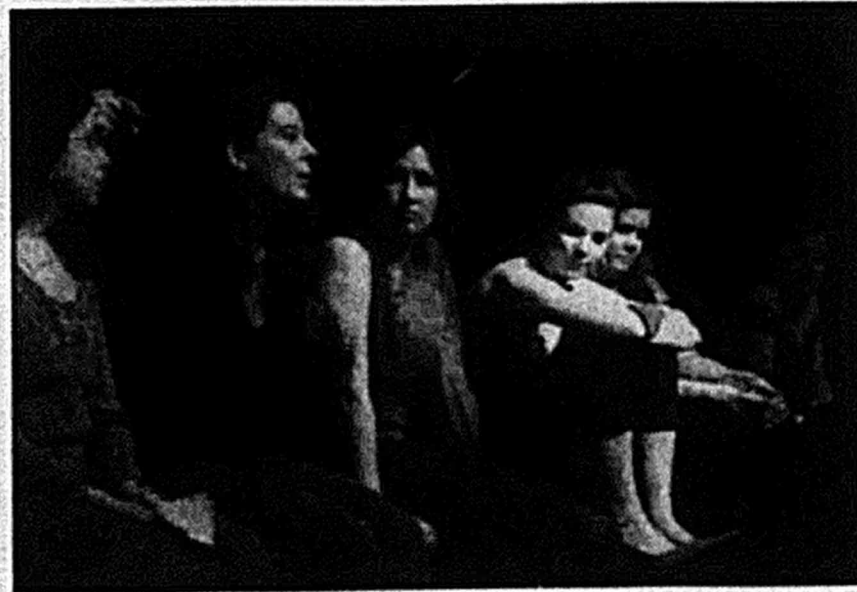
The Department of Women's Studies sponsored a talk-back session with a group of professors including Director of Women's Studies Dr. Roberta Rosenberg, Dr. Stephanie Bardwell of the Marketing Department, Dr. Linda Waldren of the Sociology Department, Dr. Claire Jacobs of the Communications Department, Dr. Quentin Kidd of the Government and Public Affairs Department and the entire cast of "The Vagina Monologues."

Some audience members were what producer Lauren Kostoski called "Virgin Vaginas" — people who have never

seen the show before. Others come year after year to see the performances. Freshman Chelsea Renner, a theater major, commented that she found out about the show on the Internet while searching for monologues.

Another audience member, Alan Bardwell (husband of Dr. Bardwell) said he heard about the show on talk radio, and he thought it would be more political because of the reactions that he heard. Ultimately, he said he found that the show is political, but not in the traditional sense. "It deals with issues of power, who has it and who doesn't," he said. He concluded by stating that one way to change the way men relate to women is to laugh, talk and cry about the experiences the women discuss in the play.

One theme that emerged in the talk-back session was self-respect and knowledge about oneself. "This is your body, learn about it!" said one



Dr. Roberta Rosenberg (far left) and cast members listen as Dr. Linda Waldren of the Sociology Department discusses the themes of the play.

audience member.

Many people still feel uncomfortable with talking about their bodies in this way, however. Dr. Bardwell said that when she mentioned that she was going to see "The Vagina Monologues," a fellow colleague was astonished. She explained that

from what her colleague had read about the play, she interpreted the show to be something completely different, something "unchristian." She stated that she "cannot wait to go back to work Monday morning" to tell her colleague how much she enjoyed the show. She found that

the show was not unchristian at all; in fact, one audience member stated that the show is "not even about the vagina. It's about being comfortable with yourself. It's about what people go through within themselves."

Rosenberg noted that the fact "The Vagina Monologues" has come to CNU shows a lot of progress. She told the audience about the first time she called to schedule the theater.

"There was silence on the phone," she said, noting that the person on the other end was surprised to hear the title of the play. "This isn't the university you thought it would come to," she said. "The number of people here is a sign of our progress."

The audience and professors seemed to agree that the play promoted being comfortable with oneself, and in turn, opened up a community. "A community of vaginas," Kostoski added.

This Week

ON CAMPUS

February 22

Chamber Ensemble Series
Ferguson Center
7:30 to 10 p.m.

February 23

King of Hearts
Anderson Auditorium
8:30 p.m.

February 24

Comedian Alexandra McHale
Studio Theater
9 p.m.

Harry Potter Event
Student Center Lobby
6:30 p.m.

Harry Potter and the
Goblet of Fire
Gaines Theater
8 p.m.

H.M.S. Pinafore
Ferguson Center
7:30 to 10 p.m.

February 25

Mayhem Poets
Student Center 150
8 p.m.

Harry Potter and the
Goblet of Fire
Gaines Theater
7 p.m.

Jerusalem Symphony Orchestra
Ferguson Center
8 to 10:30 p.m.

CONCERTS

February 24

The Veronicas
The NorVa

February 26

NOFX
The NorVa

February 27

The Starting Line
The NorVa

MOVIE RELEASES

February 24

"Madea's Family Reunion"

While planning her family reunion, a pistol-packing grandma (Perry) must contend with the other dramas on her plate, including a runaway who has been placed under her care, and her love-troubled nieces.

"Madea's Family Reunion" is rated PG-13

"Doogie"

Legend tells of three magic diamonds that, if in the wrong hands, can be united to create a force powerful enough to freeze the sun. When the evil sorcerer Zeebad (Jon Stewart) escapes from his ancient prison, he vows to exact revenge by deep-freezing the earth forever. Determined to save the world, a fellowship of four unlikely heroes band together to foil Zeebad's villainous plot. Led by the candy-loving mutt Doogal (Daniel Tay), friends Dylan (Jimmy Fallon), Brian (William H. Macy) and Ermintrude (Whoopi Goldberg) all embark on an epic adventure to save the world.

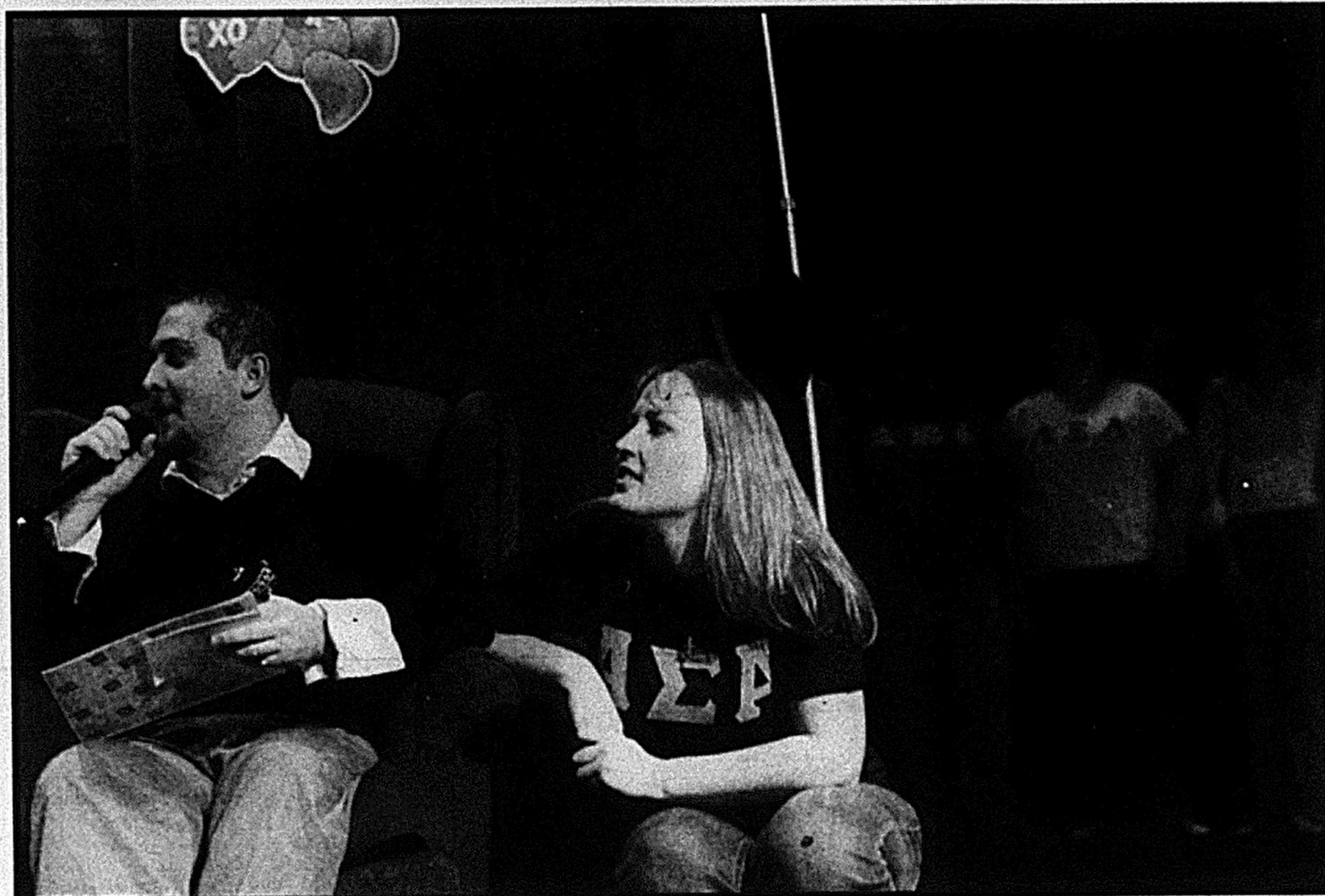
"Doogie" is rated G.

"Running Scared"

Joey Gazelle (Paul Walker) is a low level mob flunkie whose role is to dispose of "hot" guns from mob killings. But Joey has been hiding these guns in the drywall of his basement, instead of tossing them in the river. When Joey's 10 year-old son (Alex Neuberger) and his best friend, Oleg (Cameron Bright), witness Joey hiding some guns from a botched drug deal, Oleg steals one of the guns and shoots his abusive stepfather (Karel Roden) with it. As if that isn't bad enough, the stepfather didn't happen to be the nephew of a Russian mob boss.

"Running Scared" is rated R. ■

Snapshot: Tau Delta sponsors 'Singled Out' on Valentine's



Sophomore Chris Butler and junior Tatem Inskeep participate in Tau Delta Phi and Alpha Sigma Alpha's Valentine's Day version of "Singled Out." The program was a spin on the MTV show of the same name that was on the air from 1995 to 1997. The show launched the careers of hosts Jenny McCarthy, Carmen Electra (both of Playboy fame) and Chris Hardwick.

Laura Smith/The Captain's Log

Oscar Watch

Oscar audience may be smaller

By ROGER MOORE
The Orlando Sentinel

Suppose they gave away Oscars, and nobody watched? The year of movies that nobody went to is about to become an Oscar show that nobody watches. The Academy Awards are about to become the priciest "niche audience" telecast in history. They are, a Los Angeles Times headline put it, movies with "depth" but not "breadth."

Seriously. The slide in ratings for the big telecast has been pronounced for years, and the number of viewers is very much connected to people sitting down to watch their favorite stars compete on something that isn't a skating rink or dance floor. What do you get when the acting nominees are all character players, and the movies are all "sleeper hits," code for profitable cheapies that few people saw?

When the producers of "Brokeback Mountain" feel compelled to let us know that they just became the top box office draw of the nominated films, passing "Crash," which has been out on DVD forever, and only after two solid months of being the only movie to generate publicity at all, well, there's trouble in River City.

More people saw "Fahrenheit 9/11," a documentary, than saw any of the nominated films or performances. More people saw the penguin documentary. That's pathetic.

Granted, the major studios didn't exactly fill the multiplex with movies the award-oriented could get behind. Some of the very best work of the year was recognized. But teeny tiny movies from "Junebug" to "Capote" to "Syriana," produced the nominees. There's no "big movie" vs. "underdog small movie" competition when they're all small movies.

And the subject matter — pimps and preg-

nant Southern ninnies, chubby spies and TV anchors generations don't remember, gay writers, gay cowboys, a transvestite, race and racism, big oil and big pharmaceuticals. ALL important.

But history has shown Americans don't want to think that much about their entertainment. Tom Hanks can lead us onto the streets of "Philadelphia," but he can't make us stay for a double, triple or quadruple feature.

USA Today went after that idealistic notion that where Hollywood leads, audiences will follow. It probably won't happen. Yes, everybody's talking "Brokeback." It's in the lexicon, and it's still doing modestly well. But will we "quit" on the spit by March 5?

Or will it reach \$100 million and become, at least, an "English Patient" for the new millennium? That bore showed that the Oscars aren't a universal conversation starter when most moviegoers haven't seen your most honored movie.

If the movies are to remain a part of the international dialogue, then the Oscars are going to have to be more representative than this.

It's enough to make one long for the bad old days, when Miramax was so adept at working the Oscars, rallying support for its chic films in the face of Hollywood's biggest and most bloated.

Urge the mainstream to get better, yes. But it's not chic when everybody nominated has "indie" cachet and esoteric subject matter. The guy who nicknamed the Oscars "the gay super bowl" was more right than he could have known. But who tunes in when its Charlotte vs. San Diego, worse yet, when San Diego's favored by five touchdowns? ■

Crash deserves Best Picture

By DANIEL SETTLE
Contributing Writer

"Crash" is a superbly well-written and directed film about the lives of ten people and a few supporting characters, intertwining over a 36-hour span in Los Angeles. Each person's situation in some way connects with the others to show how people's actions affect the lives around them.

The film has a very diverse cast, and necessarily so, because every character's interaction with another is race-related. Director Paul Haggis, who also developed the story and co-wrote the script, carefully and accurately portrays the many different issues of stereotypes that people of all races face everyday.

There is not one truly central, lead character in the film, but there is no need for one with the collective performance of the entire cast. One of the most important aspects for an ensemble film is the chemistry between the characters, and this cast shows its chemistry almost perfectly.

There is not one weak performance throughout, but some show greater than others. The best come from Sandra Bullock, Don Cheadle, Matt Dillon, Terrence Howard and Thandie Newton. All of these performances were deserving of an Oscar nomination. One-scene cameos by William Fichtner and Keith David are excellent as well.

The most surprising role came from a friend of my family (seriously, my dad used to work with his mom), rap star Chris "Ludacris" Bridges. He gives a

powerful, scene-stealing performance as a car thief who thinks that everyone is racist towards him.

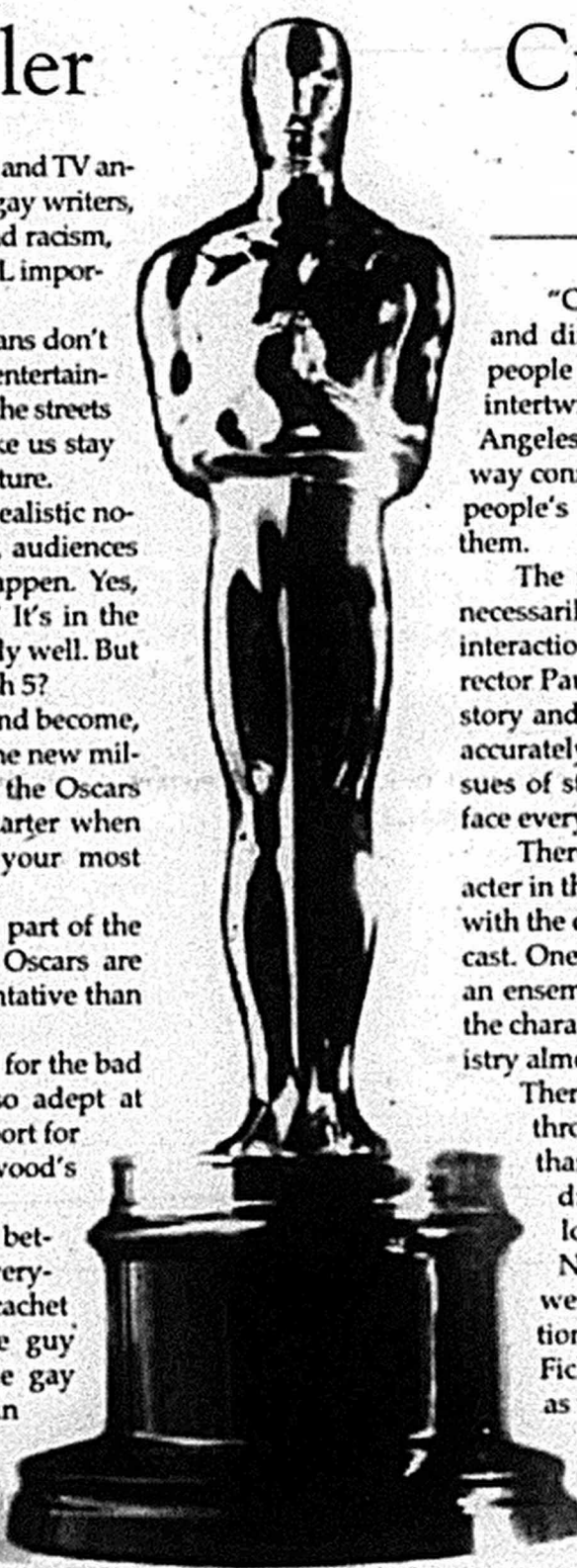
One of the reasons the acting in "Crash" is so great is the excellent script. Despite being somewhat unrealistically contrived due to an abundance of coincidental interactions between characters, Haggis and Moresco craft a brilliant story — each scene moves seamlessly to the next. They are unafraid to tackle the complicated issue of race, and do so with brutal honesty, yet they also maintain sensitivity without being discriminatory to any one nationality.

The film has been nominated for six Academy Awards, and it should have been at least ten. Even after the entire cast won the Outstanding Performance by a Cast at the Screen Actors Guild Awards, Matt Dillon received the only acting nomination for the entire movie, though Terrence Howard was nominated for "Hustle and Flow," making it that much harder for him to earn a second nomination.

It was also nominated for Best Original Song for "In the Deep" by Kathleen York, which is a chilling song that deserves to win.

The big winner on Oscar night from "Crash" is likely to be Paul Haggis, who is nominated for Best Screenplay, Best Director and Best Picture. Haggis, who was nominated for his screenplay last year for "Million Dollar Baby," will likely take home that award this year.

After that he will probably run into more competition from "Brokeback Mountain" (which I reviewed in last week's issue). Though it is still an underdog, hopefully this movie will be able to "crash" the party at the Academy Awards. Final Grade: A+.



Newest addition in 'Pink Panther' series delivers laughs for all ages

By CHRIS MCCracken
Contributing Writer

Yet again, Hollywood has given up creative ideas in favor of bringing back another classic franchise. This time, they've revived "The Pink Panther" series that was popular from the early 60s all the way into the 80s. Fortunately, this movie is not a remake; instead it is a prequel to the original "The Pink Panther" from 1963.

The new addition to "The Pink Panther" series seems to be made with much more care and planning than other re-

makes and additions to classic film series. Steve Martin actually co-wrote the screenplay, and with his experience in comedy movies, you can trust that there are plenty of funny moments throughout the film.

Just like all of the other "The Pink Panther" films, the current story revolves around the crazy antics of a French policeman, Inspector Jacques Clouseau (Steve Martin). After a French soccer victory over China, the French coach, Yves Gluant (Jason Statham), is murdered, and the famous Pink Panther diamond he was wearing is stolen. Chief Inspector Dreyfus (Kevin Kline) of

the French police then hatches a grand plan to finally receive the French Medal of Honor by putting an extremely incompetent inspector on the murder case. After that inspector has not been able to make any progress, the Chief Inspector will immediately take command and solve the crime.

Clouseau starts out with two suspects — one of the French soccer players and Gluant's girlfriend, Xania (Beyoncé Knowles). With the odds stacked against him, Clouseau begins the investigation, getting into plenty of mischief as he tries to find the culprit.

This film owes most of its humor to Steve Martin taking over the role of Clouseau, originally played by Peter Sellers. Martin's attempted French accent is hilarious and leads to many comical scenes. He also has a great supporting cast, including Kevin Kline and an unusually funny Jean Reno, who typically stars in action and drama films.

"The Pink Panther" has a PG rating, providing clean humor for all ages. In the same style of "Napoleon Dynamite" the film shows you can have a hilarious movie without having to use dirty or raunchy jokes. It is refreshing. ■



Jean Reno, Steve Martin and Emily Mortimer star in Metro-Goldwyn-Mayer Pictures' action-packed comedy 'The Pink Panther.'

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Men share perfume preferences

By KATHY VAN MULLEKOM
Daily Press

Smell is better at helping recall memories than any of the other senses. With that in mind, what memories do people associate with perfumes? What do men really think when they smell that sweet musk, or fruity flavor?

To find out what men prefer in fragrances for women, we asked three guys: David Cross, 42, of Hampton, Va.; Eric Doherty, 32, of Yorktown, Va.; and Steve Gilchrist, 29, of Newport News, Va. to test a few perfumes at Ulta, a cosmetics and fragrances store with locations around the country.

Jon Q. Williams, a fragrance consultant at the store, selected the scents used in this unscientific sampling.

The fragrances were sprayed on the wrists of women working there, and we blindfolded the men to ensure they couldn't see the fragrance containers or the woman wearing the scents.

Then, as the trio sniffed away, we asked them to describe the woman who would most likely wear each perfume and to comment on them.

Sometimes they agreed. Sometimes they didn't. Fragrance is in the nose of the smeller.

FANTASY

By Britney Spears, described as a charming, romantic scent with a blend of fruit, musk and floral aromas.

Cross: A slender, sexy woman would wear this. It's kind of sweet, but not too sweet; actually pleasant. It's sort of a mild, springtime fragrance.

Doherty: It's my grandmother's house; I can smell it! It's something my grandmother would wear. I don't like it.

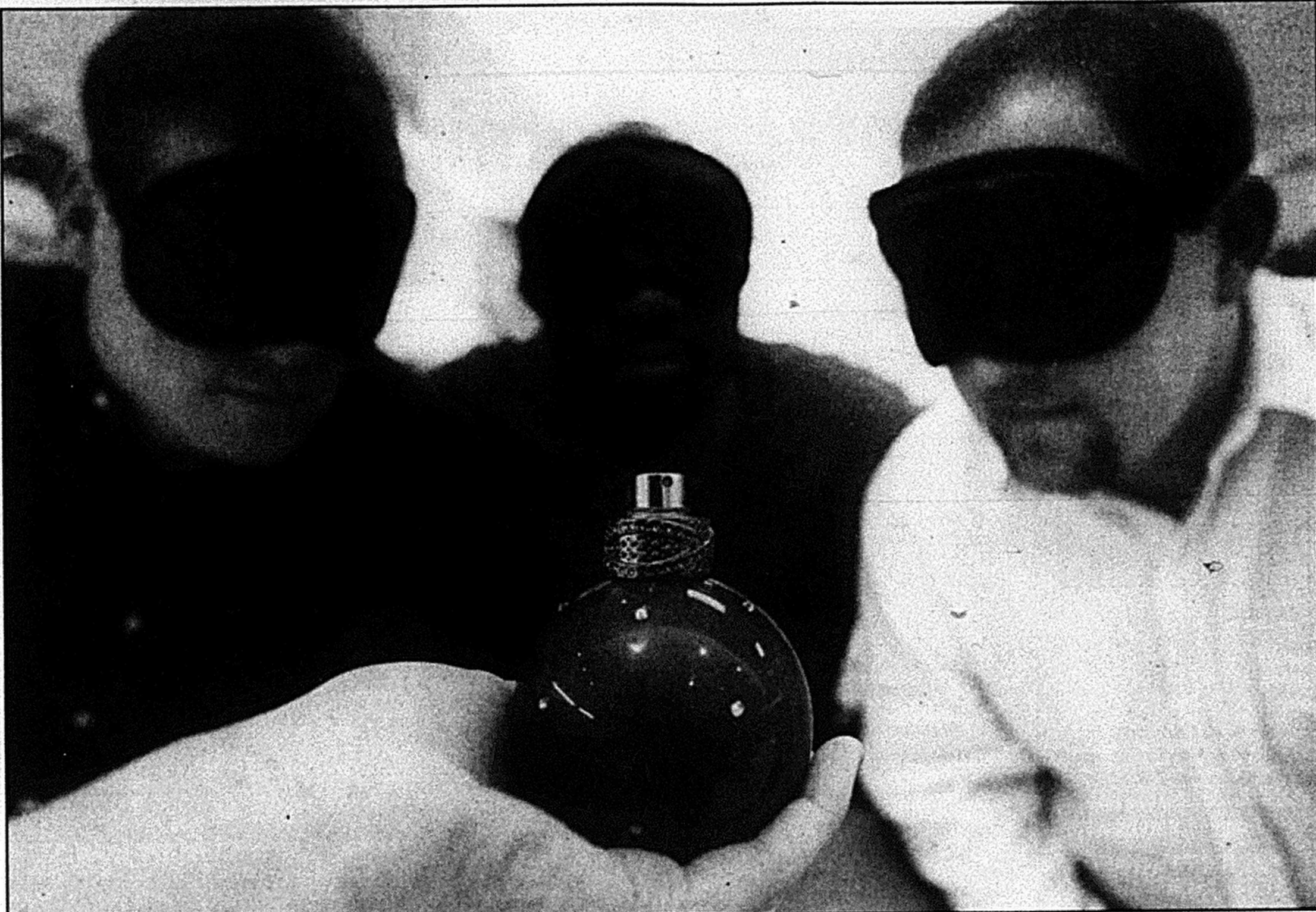
Gilchrist: A young, vibrant, energetic woman, someone in her 20s to 30s, would wear this. Teens could get away with it. I like the young springtime floral smell. I think it's pretty good; it's my favorite.

EUPHORIA

By Calvin Klein, described as a sexy, sensual scent with hints of black orchid, lotus blossom and liquid amber.

Cross: It's for the woman who doesn't want to get a date. Kind of too strong; meant for an older woman. I don't like it.

Doherty: I see a middle-age



Heather S. Hughes/Daily Press

From left, David Cross of Hampton, Steven Gilchrist of Newport News and Eric Doherty of Yorktown smelled Britney Spears' "Fantasy" along with four other scents in a blind-folded perfume testing at Ulta's in Newport News.

secretary wearing this scent. Smells like baby powder.

Gilchrist: Yeah, there's a little baby powder here. It reminds me of a cold, hard office building.

LIGHT BLUE

By Dolce and Gabbana, described as a lively blend of Granny Smith apple, bluebells, bamboo and white rose with a touch of amber and musk.

Cross: It's kind of old, a Sunday perfume, I don't care for.

Doherty: Smells fruity, something a teenager would wear. I like it.

Gilchrist: Smells fresh, hypnotizing. Can I smell that one more time? Not bad, I like it.

ROMANCE

By Ralph Lauren, described as an essence of falling in love;

scented with marigold, ginger, chamomile oil, lotus flower, day lily and oak moss.

Cross: I can see it on a woman who has gray hair and wears white pearls. Smells like a bunch of flowers. It's for the woman in her 50s to 60s.

Doherty: My mom would wear it.

Gilchrist: A modest woman who wears a suit would wear this perfume. It smells too much like a car freshener.

PURE TURQUOISE

By Ralph Lauren, described as sensual and provocative, yet refined; scented with night-blooming cereus, patchouli, polished amber, vanilla bourbon, rum and lily of the valley.

Cross: I could get lost in it; it's my favorite. Kind of refreshing, not too powerful.

Doherty: A woman with flowing hair would wear it. Elegant smell. It's a party or fancy dinner perfume. It's my favorite.

Gilchrist: I see a woman with flowing hair wearing this perfume on a moonlit beach. Or, maybe with some kind of evening wear.

PICKING A PERFUME

Jon Q. Williams is the man with the nose that knows. At the Ulta store in Jefferson Commons in Newport News, Va., he is the fragrance expert, having worked at similar specialty shops for more than a decade.

Here are some of his recommendations first for women, then for men based on price, top sellers, personality types and ages:

FOR WOMEN

Cheapest: "Single-note" types with names such as Dirt, Rain, Angel Food, Fuzzy Navel and Gin & Tonic by Deme-ter: they really smell like those names, too, for \$18.

Priciest: Half-ounce Chanel No. 5 eau de parfum for \$155

Top seller: Paris Hilton by Paris Hilton (\$32); her newest fragrance is Just Me.

Intoxicating/: Rush by Gucci. "Women love it because men love it," says Williams.

Professional: Euphoria by Calvin Klein

Sports enthusiast: Ralph by Ralph Lauren

Laid-back, casual: Cashmere Mist by Donna Karan

20s-something: Curious or Fantasy by Britney Spears; Live or Love at First Glow by J. Lo

(Jennifer Lopez); or Lovely by Sarah Jessica Parker

30s-something: Romance by Ralph Lauren; Perfume by Marc Jacobs; L'Eau by d'Issey

40s-something: Amange by Givenchy

50s-something: Oscar de la Renta, Chanel and Bob Mackie fragrances

FOR MEN

Top sellers: Onyx by Az- zaro; Polo Black by Polo; Jean Paul Gaultier; Miyake for Men

Other favorites: Curve for Men by Liz Claiborne and Cor- duroy by Zith

Professional: Platinum by Chanel

Sporty: Hummer by Hum- mer

Ages 18-40: Acqua Di Gio by Giorgio Armani. ■

Reviewer says skip the stage tour, 'Rent' movie instead

By SARA JORDAN
Contributing Writer

As a huge fan of the movie, I was so excited to find out that "Rent" was coming to the Chrysler Hall in Norfolk. Before the movie, if I ever had the opportunity to see "Rent" on Broadway in New York City, I would have jumped on it.

After purchasing a \$60 ticket, I just knew it was going to be as close to the NYC production as I would get without leaving Virginia. But after my introduction to the "Rent" phenomenon through film, it was hard to adjust to the longer, louder stage version.

"Rent," a Tony and Pulitzer Prize-winning play, opened in New York City on April 29, 1996. It continues to run on Broadway, and is now the eighth-longest running musical.

"Rent" is centered on a group of impoverished young artists and musicians struggling to survive in New York City under the shadow of AIDS. In 1996, "Rent" was rare among Broadway musicals for featur-

ing gay, bisexual, lesbian and transgender characters on stage.

The play follows the lives of Mark, a struggling filmmaker; Roger, a musician with AIDS; Maureen, Mark's bisexual performance artist ex-girlfriend; Tom Collins, a teacher at NYU who is HIV-positive and a former roommate of Mark and Roger; Angel, Collins' drag queen lover, also HIV-positive and a street musician; Benny, an old friend and former roommate of Mark and Roger who later becomes their landlord; Mimi, an HIV-positive dancer and heroin user; and Joanne, a Harvard-educated legal aid lawyer and Maureen's girlfriend.

Measuring their lives in love, as one song states, these starving artists strive for success and acceptance while enduring the obstacles of poverty, illness and the AIDS epidemic.

In 2005, Chris Columbus directed the movie version of "Rent." The cast featured many of the original Broadway performers who brought the roles to life in 1996. These actors included Taye Diggs as Benny, Wilson Jermain Heredia as Angel, Jesse

L. Martin as Tom Collins, Idina Menzel as Maureen, Adam Pascal as Roger, and Anthony Rapp as Mark. New to the cast were Rosario Dawson as Mimi and Tracie Thomas as Joanne.

The movie hit the right note by casting the original actors. This brought a sense of nostalgia to the screen for those who saw the play ten years ago. It was evident the actors felt very at home in their character portrayal, and they exuded the confidence and vulnerability they brought to the show, over the ten-year run. "Rent" comes alive on the big screen by coming as close to the original as Chris Columbus could get without making it exactly same.

In 2006, "Rent" is still running strong. As a musical, it ran too long on plot and too short on the musical resources. The songs, though lengthy and conversational, keep the audience's attention because they tell the lyrical story of the characters' feelings.

One highlight of the play is Maureen's monologue, a protest over the tearing down of apartments to make room for com-

ing-of-age technology spaces (recording studios, computers). Her monologue, titled "Over the Moon," resembles the singsong tune of nursery rhymes. At one point of the monologue, she had the audience mooing like cows — literally. The audience was a little overzealous with the mooing, which may have kept some audience members from returning to their seats after the intermission.

On first notice, the actors paralleled the original actors who played the characters in the movie. Their voices and mannerisms mimicked the characters perfectly, which was a great plus. On the downside, the play was unusually loud and the singing monologues were longer.

After seeing the play and comparing it to the movie, I realized I didn't need both. The movie accurately depicts the play and vice versa.

In a sense, this is what I was looking for. But I was also secretly hoping there would be a wonderful surprise or moment in the theatrical production of Rent that wasn't portrayed in the movie. ■



Photo courtesy of Sony Pictures

For fans who want the experience of seeing the original "Rent," skip the touring company and rent the film with the original cast.

Hated that movie?

Loved that CD?

Write reviews for **The Captain's Log**

Email clog@cnu.edu for more information.

Attend meetings Sundays at 7 p.m. in SC 233

Fun Summer Jobs! Now hiring at local theme park:
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Sports

CNU Scoreboard

Men's Basketball

(18-7, 9-3)

2/17/06 Final:
Greensboro 88, CNU 82
2/18/06 Final:
Methodist 89, CNU 77

Final Men's USA South Standings in Seeded Order

1. CNU	9-3	18-7
2. Averett	9-3	18-7
3. Methodist	7-5	9-16
4. Greensboro	7-5	12-12
5. NC Wesleyan	6-6	8-17
6. Ferrum	3-9	7-18
7. Shenandoah	1-11	9-15

Next Week's Games:
USA South Semifinals:
2/24/06 in Freeman Center
vs. TBA, 6:00 p.m.

USA South Championship:
2/25/06 in Freeman Center
Championship, 2:00 p.m.

Women's Basketball

(17-8, 11-3)

2/17/06 Final:
Greensboro 74, CNU 52
2/18/06 Final:
CNU 68, Averett 51

Final Women's USA South Standings in Seeded Order

1. Greensboro	9-3	18-7
2. CNU	9-3	18-7
3. Ferrum	7-5	9-16
4. Peace	7-5	12-12
5. Methodist	6-6	8-17
6. Averett	3-9	7-18
7. Shenandoah	1-11	8-17
8. NC Wesleyan	0-14	2-22

Next Week's Games:
USA South Quarterfinals:
2/21/06 in Freeman Center
vs. Shenandoah, 7:30 p.m.

USA South Semifinals:
2/24/06 in Freeman Center
Semifinal #1, 4:00 p.m.
Semifinal #2, 8:00 p.m.

USA South Championship:
2/25/06 in Freeman Center
Championship, 4:00 p.m.

Ice Hockey

(3-6-2)

2/17/06 Final:
CNU 4, VCU 3
2/18/06 Final:
ODU 4, CNU 4

Baseball

(1-1, 0-0)

2/15/06 Final:
CNU 10, Randolph-Macon 3
2/18/06 Final:
Cortland 6, CNU 1

Next Week's Games:
2/25/06:
vs. Averett (DH)
2/26/06:
vs. Averett

Indoor Track

2006 Indoor Track & Field Championship
Notable Finishes:
Women's 200-Meter Dash:
Karen Simon, 1st Place
Women's 1-Mile Run:
Megan Fogarty, 1st Place
Women's 800-Meter Run:
Megan Fogarty, 1st Place
Women's 5000-Meter Run:
Ashley Ezell, 1st Place
Women's 55-Meter Hurdles:
Karen Simon, 1st Place
Women's Pole Vault:
Stephanie Prækken, 1st Place
Women's Long Jump:
Tiffany Jones, 1st Place
Men's 200-Meter Dash:
Matt Weissenborn, 1st Place
Men's 400-Meter Dash:
Matt Weissenborn, 1st Place
Men's 55-Meter Hurdles:
Xavier Higgins, 1st Place

Indoor Track

Captains dominate Mason-Dixon

By BRIAN BENISON
Assistant Sports Editor

During a season that had begun with the resignation of their head coach, the men's and women's track and field teams finished their seasons with dominating first-place finishes at the Mason-Dixon Indoor Track Conference Championship.

"This is a testament of what teamwork and support can do," said head coach Louis Johnson. "We've got support from the President's Office all the way down."

The team performed very well with 20 first place wins and numerous people reaching a personal season record.

The men scored 183 points with the second-place team, Frostburg State, scoring 85.

The women scored 186.50 points with the second place team, Salisbury over 100 points behind.

"You take the kids up to a certain level and open a door," said Johnson. "Then you tell them what's inside is yours, go get it."

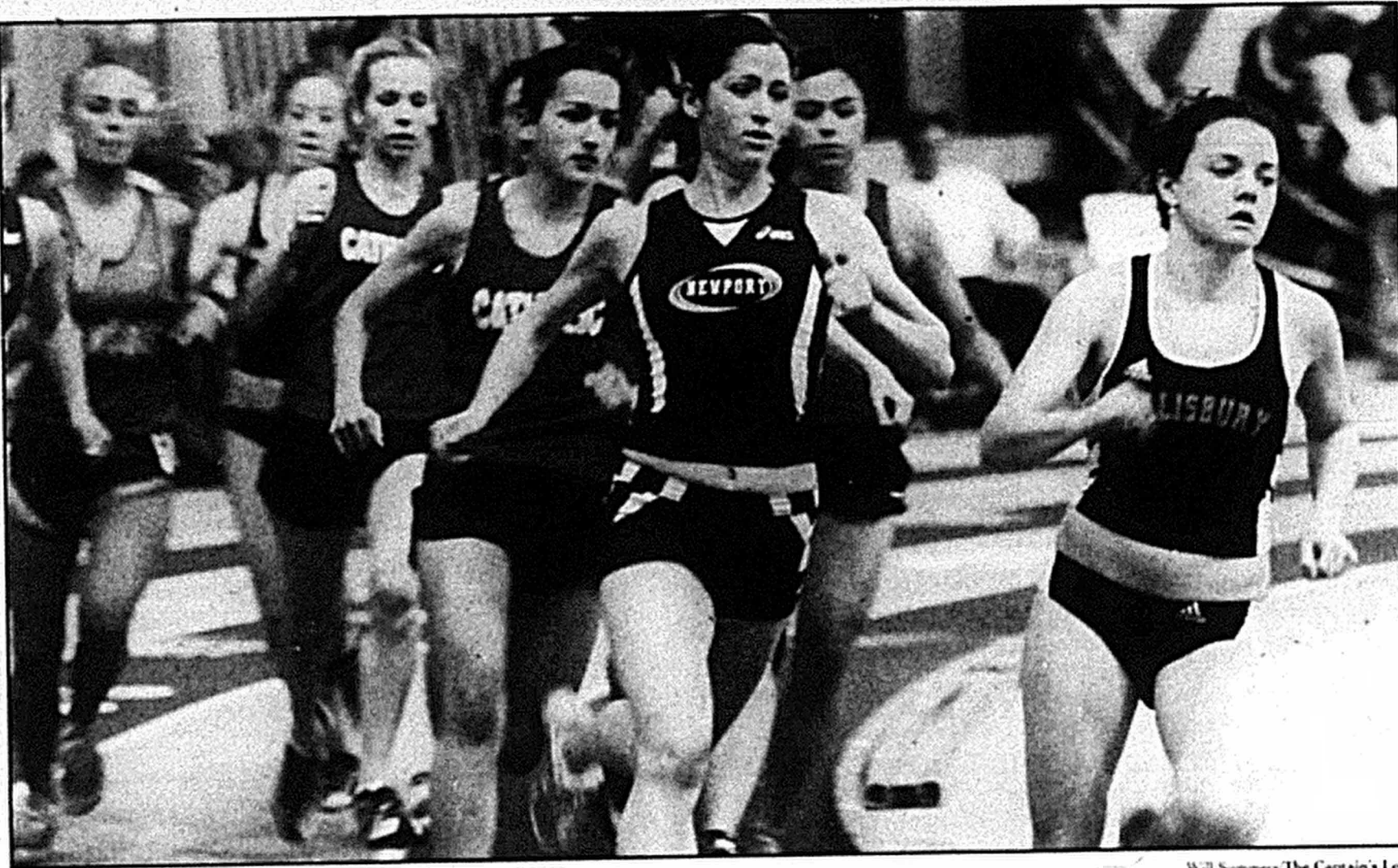
Juniors Matt Weissenborn and senior Karen Simon led the teams with a combined 80 points and were named conference MVPs.

"I put in a lot of work," said Simon. "It takes a lot of skill; a lot of heart. I owe a lot of it to my coaches."

Weissenborn also took a humble approach to winning MVP.

"I came out and just did my best," said Weissenborn. "The coaches voted on it, I just competed."

This was Weissenborn's



Will Summers/The Captain's Log

Senior Megan Fogarty tries to separate herself from the pack during the women's one-mile run at the Mason-Dixon Conference Championship held in the Freeman Center. Fogarty won the event and broke the Freeman Center and conference record with a time of 5:07.05.

second year winning the award.

"They are at the point right now where we thought they would be. We had Simon qualify in the 55, Clark in the shot put, Joseph Owens in the high jump. I'm estimating that we had at least four or more personal records set, and Simon broke the indoor 200 school record," said Johnson. "It was a total team effort, to include the coaching staff as well."

"A lot of people [broke] personal [records]. A lot of people did what they had to do. I couldn't ask for a better team,"

said Simon. "I'm going to miss them."

Senior Megan Fogarty just missed qualifying for the NCAA Championships but broke the Freeman Center and conference record in the women's one-mile run. Fogarty also won the women's 800-meter run.

Johnson also won the Coach of the Year award for both the men's and women's teams.

"It does mean a lot," said Johnson of the Coach of the Year award. "But I couldn't have done it without the ath-

letes and coaches. Coaches like Perrin, Stille, Drake, Hazard, Santa Williams, Mike Hanks and Keith Mauer."

The team is now looking ahead to the national qualifiers and the Last Chance Meet.

"It sets us up in a pretty good position to go to [nationals]," said Johnson.

"We're still just outside the national qualifier meet and so a lot of us are looking forward to the Last Chance qualifiers," said Weissenborn.

Johnson was appointed interim head coach after the resignation of Ron Garner and

is unsure if he will continue to coach the team next year.

"The good Lord willing, if the creek don't rise," said Johnson. "That's someone else's determination. I would like to be here."

Johnson was pleased with the team's performance and happy to bring home the awards.

"I'm glad this one's over with," said Johnson. "But it's been a good year. I want to give thanks to everybody who worked with us from day one. These awards go to them just as much as us." ■

Sports Briefs

Men's basketball limps into playoffs; baseball opens season

By BRIAN BENISON
Assistant Sports Editor

Men's Basketball

After clinching first place in the conference, the Captains dropped their last two games, forcing them to share the conference title with Averett.

In an 88-82 decision at Greensboro, the team fell behind early — trailing at half-time by five. Greensboro would dominate the second half. Though the Captains tied the game at 61 with 10:42 left in the game, Greensboro took control late.

Despite the loss, the Cap-

tains could have clinched sole possession of first in the conference with a win at Methodist, but the team fell behind early and could never recover.

Methodist took control in the first half, going into half-time with a 38-31 lead, which they padded in the second half. Methodist connected on 21-of-25 free throws, reducing the Captains' chance to rebound. Despite strong performances from junior Corey Lewis and freshman Mark Blasingame, the team lost an 89-77 decision.

Ice Hockey

The Captains' Ryan Pringle and sophomore Mark Wilkinson were named to the Blue

Ridge Hockey Conference All-Conference team on Monday. Pringle, a graduate student, was named to the first team as goalie and Wilkinson was named to the second team, according to the team's Web site.

The team's season ended with a win over VCU, which was followed by a loss to ODU, causing them to miss the playoffs by one win.

Women's Basketball

The Lady Captains' eight-game winning streak came to an end with a 74-52 loss to Greensboro.

The team followed the loss with a 68-51 win against Methodist to finish as the No. 2 seed

for the USA South Conference Tournament.

In the game against Greensboro, the Lady Captains led by as many as 10 points in the first half, but Greensboro rallied to lead take the lead at half time 30-26. Greensboro would dominate in the second half, going on a 36-12 run after the Lady Captains retook the lead with 13:08 left in the game.

In the second game, the Lady Captains had an opposite performance, starting out low but dominating in the second half with 55% shooting from the floor. Junior Candace Bryant led in scoring and rebounds in both games, collectively ac-

cumulating 38 points and 26 rebounds.

The team finished with a regular season record of 17-8 and an 11-3 conference record.

Baseball

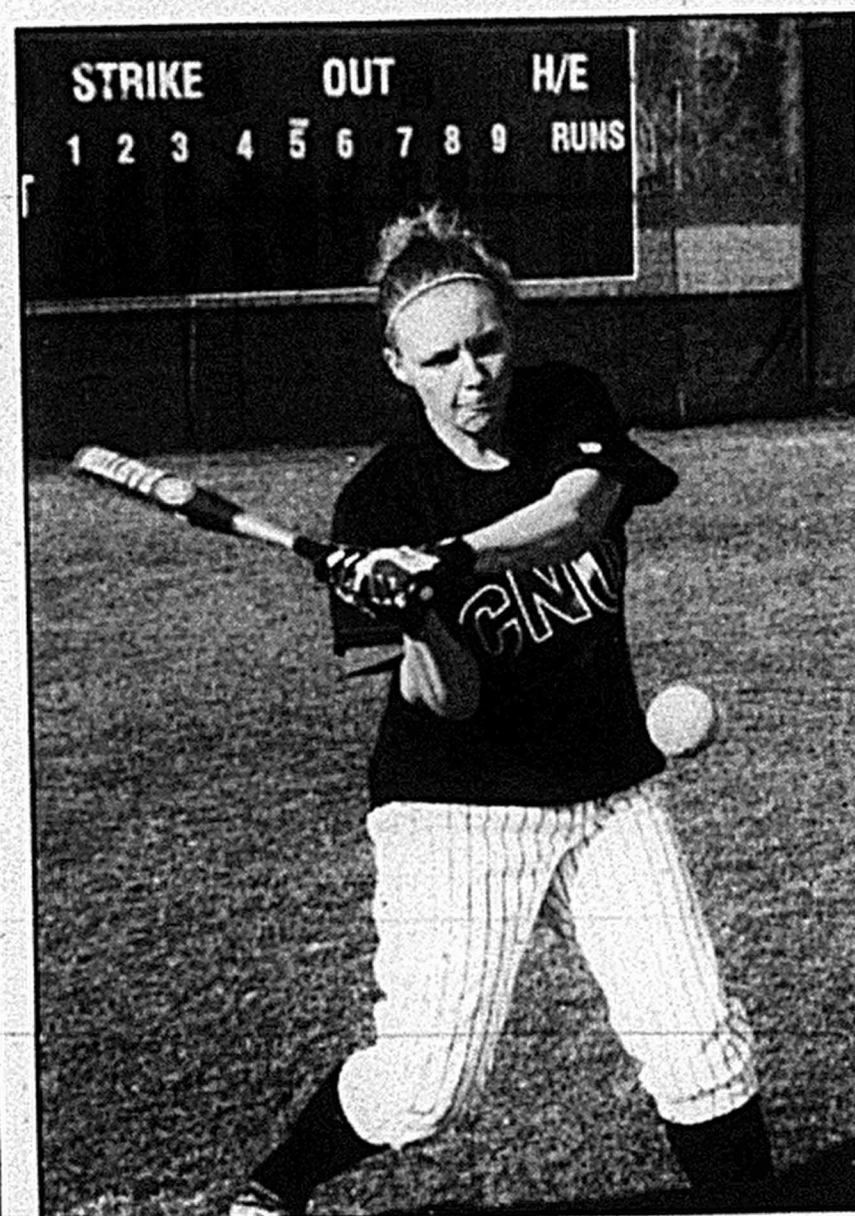
The Captains opened their season with dominating performance — a 10-3 victory over Randolph Macon at Captain's Park. Senior John Corbin led the offensive strike, going 4 for 5 with a solo home run. Junior Brad Melton, the designated hitter, also finished strong, going 3 for 3 with two doubles and two RBIs.

The Captains followed their opening day victory with a 5-1 loss to Cortland State. ■

Softball

Lady Captains regroup after losing key seniors

By JAMES CARROLL
Captain's Log Intern



Jesse Hutcherson/The Captain's Log

Senior Andrea Rohde practices her swing in a batting drill during one of the softball team's preseason practices.

"I feel good about training. I'm ready for games to start," said freshman pitcher Lindsay Kelly of the Lady Captains softball team, whose season is scheduled to kick off Feb. 24 against Peace College at Captain's Park.

Last season, the Lady Captains finished 24-18 overall and 7-7 in the USA South Conference. While their record set them fifth in the conference, their play in the postseason tournament placed them as runners-up for the conference championship.

"We played 12 teams who were ranked within the top 25 in the nation. I would say it was the toughest schedule we've had," said Lady Captains' head coach Keith Parr.

Parr described this season's schedule as "a little bit slack." The Lady Captains have fewer matchups with nationally ranked teams, but Parr said none of their games will be easy wins.

In the USA South's preseason poll, CNU was selected to finish second behind Methodist College in the conference.

The poll compiles predictions made by coaches in the USA South. The Lady Captains received one of the eight first place votes while Ferrum also received one and Methodist received six.

Coach Parr voiced confidence in the Lady Captains' offensive play, instead saving his concern for the defensive side of the ball — specifically pitching. While the team may be able to produce offensively, Parr believes the outcome of games will rely on their defensive play to ensure wins in low scoring games.

Never forfeiting a season as a "building year," Parr does admit that after his first year as head coach — a year in which they finished first in the conference — he has consistently lost key seniors. With the graduation of Michelle Kass-Prewitt last year, the Lady Captains are forced to replace their ace by dipping into a young talent pool.

Sophomore Janet Fairchild is the most likely choice, stemming from her role last season in which she pitched in 20 games, ending with a record of 8-6 from the mound.

Freshman pitchers Kelley and Meghan Crawford will

be Fairchild's support. These pitchers are not alone in having little collegiate experience. The Lady Captains will be competing with a team half comprised of freshman.

"I've seen players with great high school careers not develop anywhere in college and underrated pitchers become starters," said Parr. "The dedication of the player will make the difference."

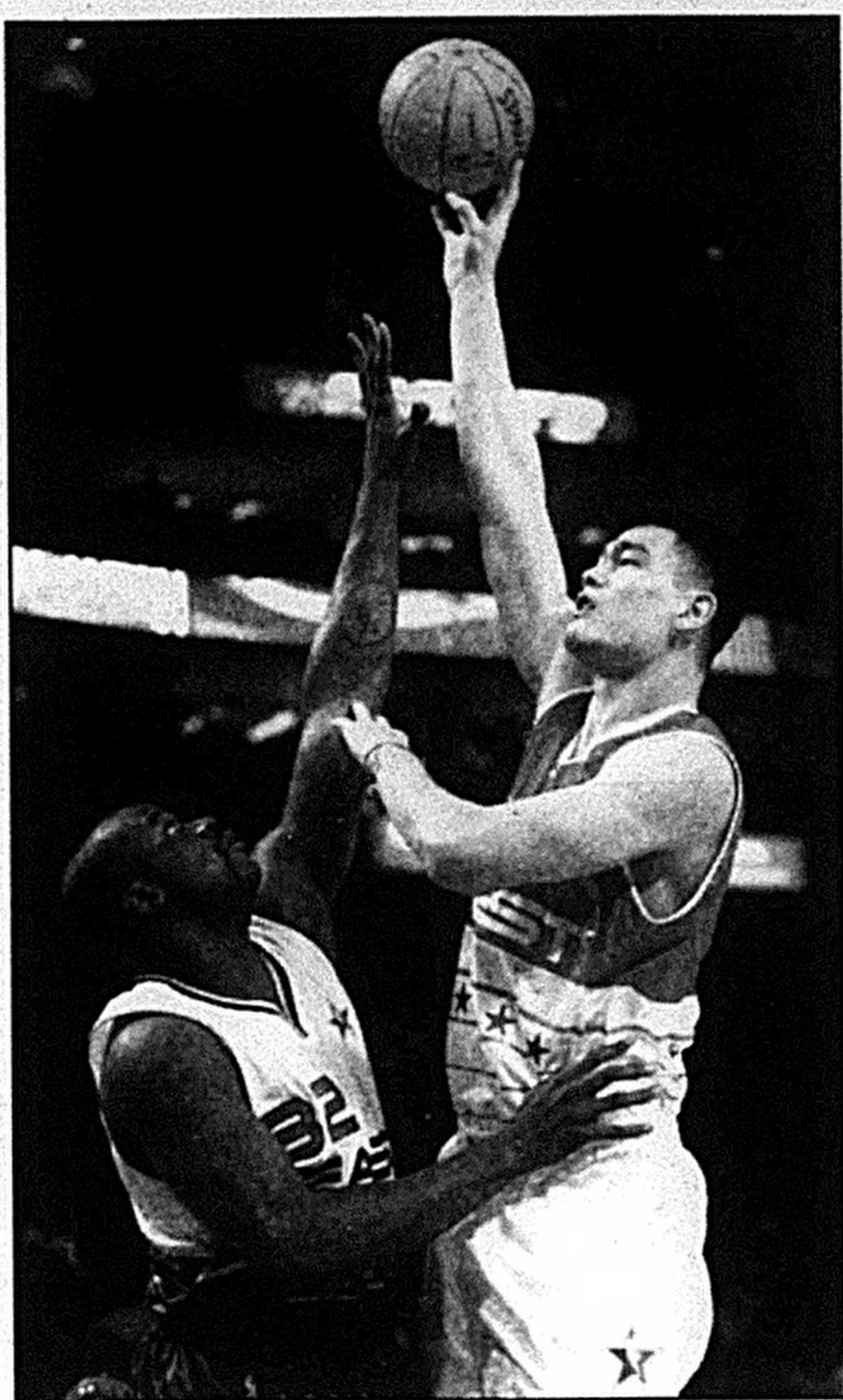
Parr has been with the team since 1999 and took over as head coach two years ago.

The USA South Conference named him Coach of the Year in 2004.

With such a young team, the leadership will inevitably fall on the shoulders of returning seniors. The senior staff will include shortstop C.J. McQueen, catcher/base-woman Andrea Rohde, outfielder Allison John and first baseman Susan Ishman.

Assistant coach Paul Weiss tried to emphasize the amount of work that the team has ahead.

An average season plays 40 games within a six-week period with many double-headers, mid-week games and the potential for four more games in the conference tournament. ■



Vernon Bryant/Dallas Morning News

Houston Rockets' Yao Ming shoots over Miami Heat's Shaquille O'Neal during the first half of the 2006 NBA All-Star game at the Toyota Center.

NBA Weekly

All-Stars and revelations



BY BEN SETTLE
NBA Columnist

On the eve of this year's NBA All-Star game, I came to a very disheartening conclusion. Amid the crazy passes from all over the court and the rim-rattling dunks, I finally realized that I would never play in the NBA, much less the All-Star game. Believe it or not, I can't dunk. My jump shot is like forcing a watermelon into a soda can and my defense is simply indefensible.

I usually try pretty hard, but my career crested with a 20-point outburst in a house league game my senior year of high school.

The NBA teams are not exactly lining up to sign a six-foot white guy with limited athletic ability and slow feet. This is taking some time to set in, but I think I can accept the cruel reality.

The actual game itself was choppy in the first half with a few too many forced passes that didn't quite turn into alley-oops.

There were some nice plays though, with a missed dunk being my personal favorite. I normally favor the shots that go in, but this was a great exception. Vince Carter drove from the right side towards the rim and went up to dunk over Kevin Garnett, only the ball bounced off the back of the rim and just flew into the air. Apparently, it nearly hit the scoreboard above center court, but ended up landing near the foul line on the opposite end of the floor. That's nearly 60 feet that the ball traveled! The ball must have been in the air for six seconds! I have never seen a more spectacular

miss. I'm convinced that if it had gone in, it would have been the most powerful dunk in the history of basketball.

The halftime show featured some girl who apparently won American Idol and some guy who apparently won some Grammys. After the music, TNT announcer Craig Sager presented Garnett with some citizenship award that led to an awkward ad-libbed interview at mid-court between the two. What's better than an awkward live interview? The actions for which Garnett received the award were admirable — purchasing homes for those affected by Katrina — but these interviews were a bit forced.

The East's 70-53 deficit at halftime did not survive the third quarter because of one guy: LeBron James.

Apparently, he's good. James absolutely took over the game in the third, nailing jumpers and setting up plays all over the hardwood — totaling 13 points in the quarter. The West's lead was down to two points at the end of the third, and the East kept the momentum through the fourth. Our man Dwyane Wade hit the game-winning shot on a put-back at the end of the fourth, sealing the East's 122-120 win.

Your 2006 NBA All-Star game MVP: Mr. LeBron James! James totally deserved it for putting the team on his back in the third. Apparently, James is also the youngest player ever to win the All-Star game MVP.

I might be a tad bitter, seeing as he's, well, the MVP and is a full year younger than me, but the award presentation made for yet another awkward interview. How exciting! James wanted to thank his teammates, fans, etc.!

"We got another win," James said.

Umm, wasn't this an All-Star game? How many more times will these guys play together?

That left me a little confused, but James can say whatever he wants because, well, he's LeBron James and he'll own the world in about three years. Once James takes over, maybe I can convince him to start an NBA for average guys like me.

I better find my basketball shoes. ■

NASCAR



Gregg DeGuire/Fort Worth Star-Telegram

Tony Stewart (20) battles with Jimmie Johnson (48) during the Daytona 500 at the Daytona International Speedway in Daytona Beach, Florida.

Johnson wins amid controversy at Daytona 500

BY MIKE BRUDENELL
Detroit Free Press

DAYTONA BEACH, Fla. — After calling for sanity on the racetrack earlier this month, Tony Stewart blew his top — and possibly cost himself the race — as Chevy's Jimmie Johnson steered to yellow-flag victory in Sunday's contact-filled Daytona 500.

Emotions got the better of Stewart, reigning Nextel Cup champion, and Roush Racing's Matt Kenseth, in a race that resembled a Saturday night Bristol stomp. Bump-drafting and door-slapping were the order of the day.

Casey Mears in the No. 42 Texaco/Havoline Dodge finished second, with Ryan Newman in the No. 12 Alltel Dodge in third.

Johnson averaged 142.667 m.p.h., winning one of the wildest 500 races in recent memory. Contributing to the race's craziness were the 11 cautions occurring in 39 laps.

The race, set up for a green-white-checkered finish, ended under caution when Ford's Greg Biffle spun on the final lap, bringing out the yellow.

Ford's Elliott Sadler finished a solid fourth, while

Stewart stormed home for fifth in the No. 20 Home Depot Chevrolet.

"We won the Daytona 500," screamed Johnson, who drove a smart, controlled race all day in the No. 48 Lowe's Monte Carlo SS. "I wish Chad was here. I know he's kicking the TV set in now. He's so bummed out."

Johnson, whose best start in a 500 before Sunday was third, was talking about his Hendrick Motorsports crew chief Chad Knaus, who was suspended by NASCAR for cheating in Bud Pole qualify-off the road on Lap 106, spinning Kenseth through the infield grass on the back straight. It seemed to be a payback for an earlier incident between the pair, when Kenseth passed Stewart and loosened him up.

Kenseth's No. 17 DeWalt Ford then shot up the track and narrowly missed being T-boned by several cars.

NASCAR sent Stewart to the rear of the field for over-aggressive driving. As Stewart and Kenseth exited the pits following the caution, they tangled again, this time with Kenseth receiving a drive-through penalty. This led crew chief Robbie Reiser to plead with his driver to calm down.

"Tony took me out intentionally," said Kenseth, the 2004 Cup champion, afterward. "There's no two ways out of that. He's a madman. Tony went out and said all

"I'm dedicating this to the haters of the No. 48 team," said Johnson, runner-up in two of the last three Cup championships. "I believed this team could still win it. No doubt Chad not being here was a

huge handicap. But everyone stepped up."

Grubb was overcome with emotion. "I'll remember this every day for the rest of my life," he said.

Stewart, who urged NASCAR to crack down on dangerous driving before someone gets killed at the Daytona International Speedway, ran Roush Racing's Matt Kenseth off the road on Lap 106, spinning Kenseth through the infield grass on the back straight. It seemed to be a payback for an earlier incident between the pair, when Kenseth passed Stewart and loosened him up.

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"Tony took me out intentionally," said Kenseth, the 2004 Cup champion, afterward. "There's no two ways out of that. He's a madman. Tony went out and said all

that stuff earlier in the week. If he's worried about people's lives and everything, and then he's going to wreck you at 190 (m.p.h.), I wasn't too happy with that."

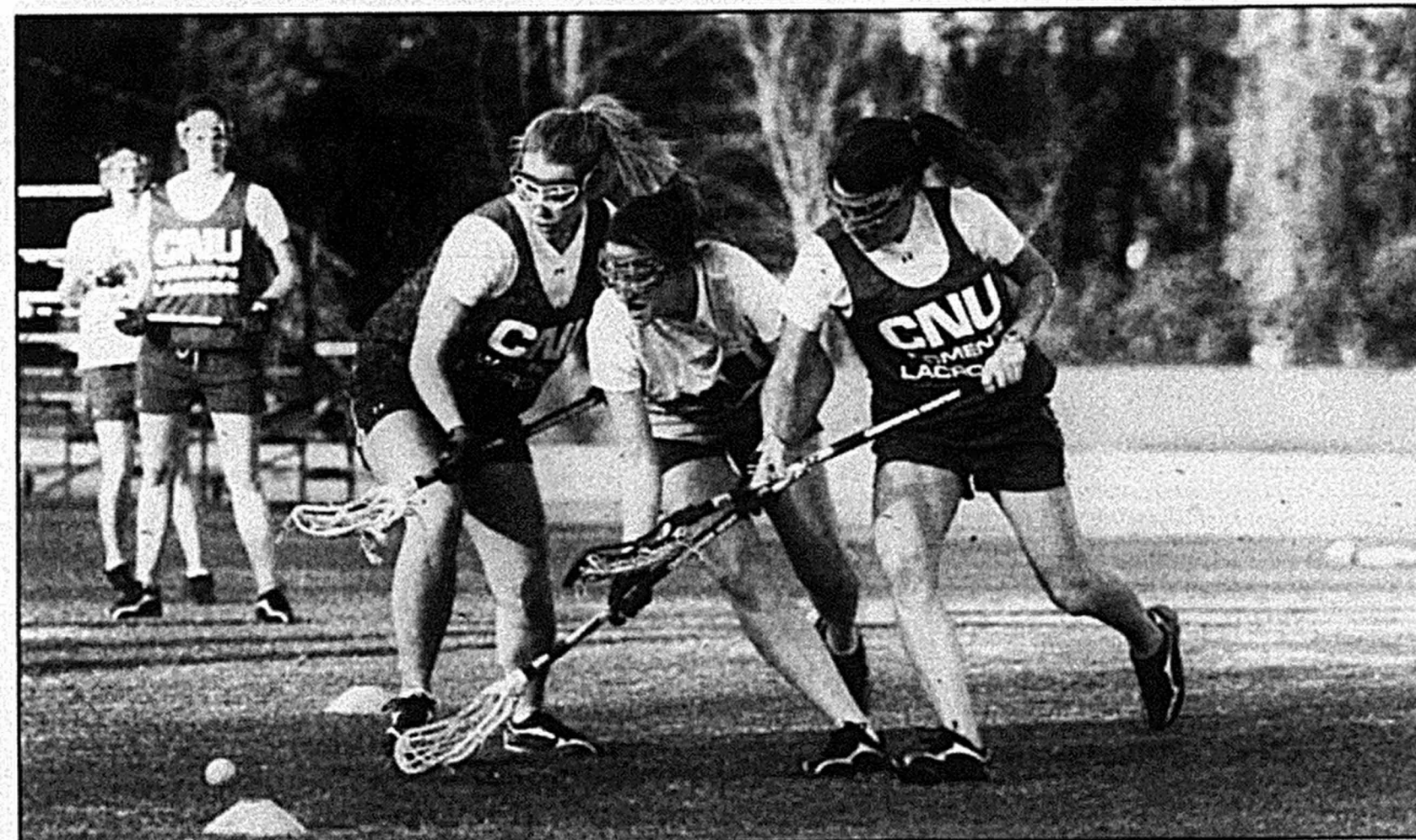
Stewart rallied from the two penalties and several near spins — he also ran over a piece of equipment in his pit box — to challenge for the win. Kenseth ended up in 15th position.

Pole-sitter Jeff Burton led the race for the first 16 laps ahead of Gordon and Sadler before Martin Truex Jr.'s Chevy ran high and brushed the wall, bringing out a caution, which resulted in Truex, Dale Jarrett (Ford) and Kirk Shelmerdine (Chevrolet) heading to the rear of the field for pit penalties.

The first sign of rough play came when Roush driver Jamie McMurray's Ford bumped Stewart in the turn. Stewart recovered, however, making a good save as his car wiggled across the track.

The first major wreck came when Jarrett appeared to clip the right rear of Jeff Green (Chevrolet), cutting down Green's tire and sending him up the track and involving J.J. Yeley (Chevrolet), Joe Nemechek (Chevrolet), Carl Edwards (Ford) and Kyle Petty (Dodge) in the accident. ■

Women's Lacrosse



Will Summers/The Captain's Log

Sophomores Caroline Morris (left) and Lisa Thomson (right) fight for the ball against a fellow Lady Captain during a preseason practice.

'Bitter' Lady Captains prepare for season

BY BRIAN BENISON
Assistant Sports Editor

Following a disappointing season that ended with an upset loss in the first round of the conference tournament, the Lady Captains lacrosse team was picked to finish first in the conference in the preliminary USA South coach's poll this season.

According to the team captains, that's exactly where they belong.

"It's standard. We usually get picked [first]. This is nothing new. If we don't get first, it's usually a huge letdown," said senior co-captain Sally Allstadt.

The overall make up of the team is young, despite the new leaders. Two of the cap-

tains are juniors and there are nine freshmen on the team.

"The upperclassmen have to step up and lead, whether or not they were told to," said junior co-captain Kristyn Hankins, of dealing with the challenge of a younger team. The team is coming off a season that ended with an upset to Shenandoah, a team they had beaten in the regular season.

"We were really upset," said junior co-captain Kristen Conques. "But we're really pumped for this year."

"Last year we had problems with team chemistry," said Hankins.

"It was embarrassing," said head coach Kwame Lloyd. "We had nine All-Conference kids and we lost. If you want one word to describe that game, it's bitter. But that's the

seasoning you need to have. The pepper to have that desire."

The Lady Captains are all ready to wash the taste of last year out of their mouths though, and Allstadt is ready to lead the way.

"Since I'm a senior and a captain, people look to me to be one of the best players out there," said Allstadt.

"We have to have one of the top schedules in our conference," said Lloyd. "We definitely don't want to back down and we play a very tough schedule."

Yet Lloyd feels the experience on the team gives them a decided edge.

"This is probably the most experienced team in CNU lacrosse history," said Lloyd. "I have a junior class who is

just phenomenal with training. One of the unsung heroes is [junior] Katie Ross. They've done the work off the field to get ready for the season."

The team's grudge matches for the season go beyond Shenandoah — one of their top rivals is Virginia Wesleyan.

"We really want to beat V.A. Wesleyan," said Allstadt.

But in the end, the team's main goal is to win the conference and going to the NCAA tournament.

"We want to win our rings and go to the NCAA tournament," said Hankins.

"It's like getting to the top of the mountain. We've been climbing it for four years," said Lloyd. "We want to win the conference championship, and then we get to go to nationals." ■

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2006 Winter Olympics: Davis skates historic run



By GEORGE DIAZ
The Orlando Sentinel

TURIN, Italy — There wasn't any anger in Shani Davis' heart, only the satisfaction of completing a chase that began with a joke to a friend in Chicago 11 years ago.

The chase ended dramatically Saturday afternoon, when Davis became the first African-American to win a Winter Olympic gold in an individual event.

Bound by purpose and dropping the unwelcome attitude over his decision to skip a team pursuit event earlier this week, Davis won the men's 1,000 meters event at Oval Lingotto. He crossed the line in 1:08.89 to capture the third gold speed skating medal for the United States in these Olympics.

"I wanted to win really badly regardless of all the he-said, she-said — all the talk," he said. "I've been doing this since I was six, and what's more regarding than fulfilling the challenge of a dream. There was a lot of pressure, but I try not to concern myself with that."

Davis, 23, chose to carry that albatross on his own. By refusing to compete in the team pur-

suit — and fueling the crossfire between himself and teammate Chad Hedrick — Davis became a symbol of the "me-first" attitude in a place where Americans usually wrap themselves in red, white and blue.

He then isolated himself from reporters and teammates for several days. It did him no favors, instead fostering the contentious relationship he and his family have had with the media for years.

All of those issues came up in his post-race press conference, which Davis used as a stage to express some real emotions, instead of spin control. He embarked on his historic journey by embracing a sport that is predominantly white, devoid of any role models.

"I chose a different route but it's not a hard thing because I love what I do," he said. "I wake up every morning wanting to make myself better."

"Ever since I was a kid, I used to joke around with my friend and say, 'Man one day I want to win the 1,000 meters.' I had an opportunity to chase that dream [today]."

Accelerating in the final 400 meters, Davis beat out teammate Joey Cheek, who won gold in the 500 meters Monday. Hedrick, who won the 5,000 meters event last Saturday, finished sixth.

Hedrick, who aimed to duplicate the single-Winter Games mark of five gold medals — set by Eric Heiden in 1980 at Lake Placid — saw that chase fizzle when the U.S. men were upset by Italy in the quarterfinals of the team-pursuit event Wednesday. Davis' decision not to compete, so as to focus on the 1,000, touched off a firestorm over his

perceived lack of patriotism and escalated talk of a feud between him and Hedrick. Davis is considered among the best in the sprints, and would have raised U.S. hopes considerably.

"I respect the talent he has," said Hedrick, who did not congratulate Davis after the race.

"Whether he and I have the same outlook on things is different. Who knows what's right or wrong? I'm here as part of Team USA and that's what I'm going to do, whether it's the team pursuit or practicing with everybody. I'm trying to create a positive vibe so we can come out and represent our country the best we can."

Those focusing on Hedrick perhaps failed to acknowledge the obvious: Davis, the world record holder in the 1,000 meters, had no intentions of losing to Hedrick. He had his own book of dreams to pursue. Davis took a victory lap wearing a gray Chicago White Sox cap, acknowledging his parents in the stands and waving to a vocal contingent of Dutch fans who have a fanatical loyalty to the sport.

It has been an arduous trip from the streets of Chicago, one that the skater began when he was six. He had no historic compass to speak of. Wilf O'Reilly of Great Britain was the first black speed skater to make the Olympics, winning two races in short-track speed skating in 1988, although the sport still was not an official part of the Olympic program.

Davis became the next in line, making the U.S. Olympic team in short-track in 2002, only to be squeezed out of an opportunity to compete in a relay



Smiley N. Pool/DALLAS MORNING NEWS

Shani Davis of the USA competes and wins the gold medal in the 2006 Winter Olympics Men's 1000-meter Speed Skating event Saturday, February 18, 2006 at Oval Lingotto in Turin, Italy. USA teammate Joey Cheek won the silver medal and Erben Wennemars of the Netherlands won the bronze.

race. The acrimony would lead to charges of racism and inadequate funding by U.S. Speed skating levied by Cherie Davis, his mother. A number of her e-mails have labeled the speed skating community "KKK," "white supremacist," and "neo-Nazi genetic mutation."

Cherie Davis has also railed against journalists who have

profiled her son and touched on those issues.

"There's always going to be someone who is going to be critical," Davis said. "But it's hard to make judgment and criticize people when it's not your kid."

The kid did all right Saturday afternoon, a day when jeers became cheers and David gave the United States reason to sing

along with the National Anthem at the medals plaza ceremony later that evening.

"This is where you do it," he said. "This is once every four years. There's no telling whether you will ever have the opportunity that you have right now because there's always going to be someone else coming, so I did what I had to do." ■

Women's hockey wins bronze

By HELENE ST. JAMES
Detroit Free Press

TURIN, Italy — The U.S. women won a bronze medal Monday afternoon, and within minutes, they were defending it.

Usually, Olympic athletes get four years to celebrate their accomplishments, but when a team is expected to play for the gold medal and winds up in third place, it's different.

So it was for the Americans after they shut out Finland 4-0 at Palasport Olimpico, just hours before Canada beat Sweden 4-1 to capture the tournament.

The Americans' hopes of gold ended with a 3-2 shootout loss to Sweden on Friday. Since then, the U.S. players have had to accept that nothing better than bronze was within reach, and for some, that wasn't satisfying.

"Personally for myself, no," Angela Ruggiero said. "I came here to win gold. But am I proud of my team? Yes."

We were at rock bottom after we lost to Sweden. No one expected to play for bronze. I would have liked a different color medal, but am I proud of the effort and everything else

we put into it? Yeah, and that's just sports."

Chanda Gunn made 14 saves Monday, and afterward praised her team's resilience.

"I don't think I could be prouder," she said.

"You have seen more courage and more grace from this team in defeat and in coming back and winning a bronze medal than you could possibly have seen from any team in vic-

"Am I proud of the effort and everything else we put into it? Yeah, and that's just sports."
- Angela Ruggiero

tory and winning a gold medal. There are a lot of people out there that want to send us home with a bronze medal, send us home from the Olympics feeling like failures. [...] I think we refuse."

When the game ended,

players hugged and some cried. Kim Insalaco tried to find her parents in the stands to blow them a kiss, and saw the sign made by her college friends that said, "Kimmie, you made our dream come true."

Monday's game was Insalaco's last. Katie King, who had a hat trick after Kelly Stephens scored the first goal, said she is also pretty sure she's done. Ruggiero might play another season of hockey, but she doubts she'll be around for the 2010 Winter Games in Vancouver. Their last Olympic medal will be etched in bronze.

Their coach, Ben Smith, kept telling the team before the game: They don't give out medals; you have to earn them.

"We earned this," he said.

They did, too, with their finest game of the tournament. In all aspects, they dominated the Finns.

But it wasn't the game anyone set out to play, and so instead of a pure celebration, the night was tinged with explanations.

"It would have been nice to play Canada, but we didn't get that opportunity because of the other night," King said.

"We're probably going to have to defend it a little bit." ■



Sherri LaRose/St. PAUL PIONEER PRESS

Members of the USA women's hockey team (from left to right) Tricia Dunn-Luoma, Natalie Darwitz, Helen Resor and Julie Chu celebrate during the medal ceremony at the 2006 Winter Olympics in Turin, Italy, on Monday, February 20, 2006. USA defeated Finland to win the bronze medal.

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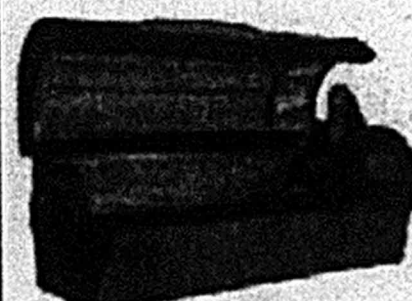
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