

The Captain's Log

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Senate discusses statewide SGA conference

By PHILIP LECLERC
Contributing Writer

At Monday's meeting, the SGA discussed a variety of issues, most notably the statewide student government conference and the issue of winter commencement.

The senate considered the recent e-mails to students regarding Winter Commencement ceremonies. It was proposed that a letter to the senate be sent to request the reasoning behind the change, but the senate eventually decided to send an informal representative instead.

President Melissa Bell delivered her biweekly executive report to the senators. She then discussed old and new legislative business, student concerns and the statewide SGA conference.

According to Bell, the average high-school GPA for incoming students is 3.6. She also

reported that the average high-school GPA for freshman committed to attending this fall is 3.5 and the average SAT score for committed freshman is 1155.

Bell also reported on the status of the SGA Senate's Resolution 02.05, which was aimed at improving recycling accessibility on campus. Bell has signed the resolution into law and contacted Associate Vice President for Auxiliary Services Steve Pappas to try to enforce the resolution through the administration.

"I was focusing on having it go through the university," said Bell.

Senator Jim Deeley then mentioned reactions to the recent offerings of alcohol at school events.

"The change has been noted negatively by the community at large. They actually have similar feelings to mine - that it's only going to take one incident to ruin everything," said Deeley. He asked if the Alcohol Task

Force had taken this into consideration.

"We'll definitely take that into consideration; that's an excellent suggestion," said Bell. Referring to earlier town hall meetings held by the SGA and open to community members, Bell then said that it was too early to judge the community's reaction.

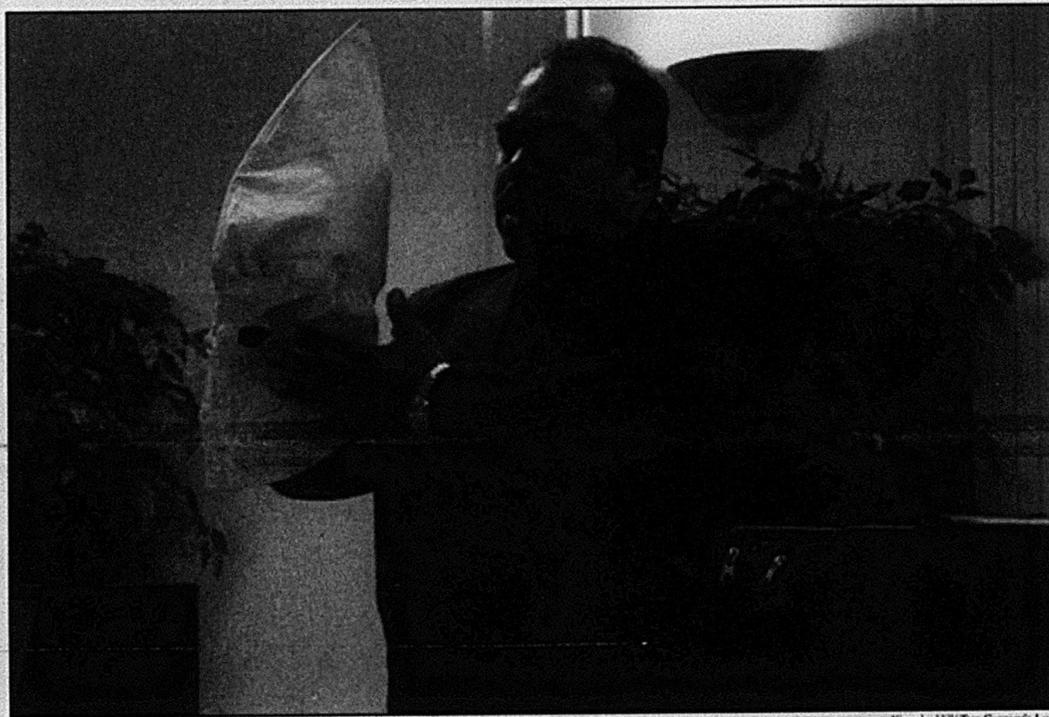
Vice President Thomas Welch IV gave his report to the senate regarding the Virginia State SGA Conference held on Jan. 21 and 22.

"It had originally been planned as a three-day conference and we had 10 schools scheduled to attend," said Welch. He said that because of weather conditions, only three schools attended. Welch and ICA Chairperson Stacey Vande Linde represented Christopher Newport. The conference allowed for various schools' SGAs to compare ideas and informa-

SEE SENATE, PAGE 3



Senator Ashleigh Stacy, sophomore, enjoys one of her birthday cupcakes while the Senate meeting begins.



Daryl Davis shows various articles of clothing of the Ku Klux Klan. These were collected from Klansmen he encountered while writing his book, "Klan-Destine Relationships."

Davis studies Klan to understand racism

By KIMETHA HILL
Captain's Log Intern

Daryl Davis, 47, a musician who has been playing with his own band since 1981, lectured in a guest speaker series sponsored by the Multicultural Student Association on Feb. 9 at 7 p.m. in room 150 of the Student Center.

For those who did not realize what was going on, the speech was quite a shock.

How was a black man going to stand up and give a lecture on something that has caused so many problems for the African-American community?

Davis did more than that - he relayed the message that racism will not die until our fears die.

Davis began the lecture recounting the days when he was young and traveled with his father around the world.

His father was a diplomat; therefore, Davis was exposed to many different cultures at a young age.

He cited that this was the reason why he never looked at color.

When Davis was about nine years old, his family moved to Belmont, Mass.

The town was predominantly white and Davis was the only black in his Boy Scout troop.

The boys learned about the great battles of the Revolutionary War and decided to march in a parade through the town to

commemorate some of the heroes from the war.

As the procession marched through the town, Davis began to feel sticks and rocks being pelted at him.

At first he didn't realize that he was the only one having foreign objects thrown at him, but as time passed a parent and troop leader had to shield him from the debris.



White children and white adults alike were taking part in making a scene and throwing things to distract Davis.

He asked, "Why are they throwing things at me?"

His troop leader responded, "Don't worry about it, just keep moving."

Leslie Bonci discusses nutrition for students

By ERIN ROLL
Contributing Writer

Leslie Bonci, director of sports nutrition at the Center for Sports Medicine at the University of Pittsburgh, delivered a comprehensive lecture on nutrition and body images Thursday night in the Music and Theatre Hall of the Ferguson Center.

Bonci, who is also a registered dietitian, has worked with the Pittsburgh Ballet and a number of professional sports teams, including the Pirates, the Steelers and the Cincinnati Reds.

In her 40-minute lecture, which began at 7 p.m., Bonci discussed different types of foods and how eating habits can greatly affect both athletic performance and different body images. She also debunked a lot of myths surrounding dietary supplements, energy drinks and fat diets.

Bonci began by complimenting CNU on the warm welcome she received upon arriving on the campus.

"Never, on any campus I've been to, and I've been to a lot, have I been escorted back to the green room," she said. "This is much better than talk-

ing to the Steelers, when I can count on getting 15 minutes of undivided attention."

Bonci said that the buzzword for her talk that evening would be "performance."

"What I am not going to do tonight is be the food police. I'm not going to lecture you on healthy eating," she said. She also added that the general public is constantly bombarded with negative information when it comes to nutrition.

She cautioned the audience, composed mostly of student athletes, that "not one size fits all," that no one particular diet will work for everyone.

When Davis arrived home that evening, he reported the situation to his parents.

"My parents always told me the truth, about anything that was going on. They never lied to me," said Davis during the lecture.

His parents explained to him that people were throwing things at him because he was black.

"I couldn't believe it. I just couldn't. I refused to believe that someone would intentionally try to harm me that had never seen me before and didn't know me at all," he said.

It was at this moment that Davis's curiosity grew and he became determined to find out the cause of such mindsets.

As Davis got deeper into

SEE KLAN, PAGE 3

Habitat house dedicated

By ASHLEY MILLER
Contributing Writer

The power of over a year's efforts came to bloom this Monday as CNU and Habitat for Humanity joined to dedicate the newest Habitat House to the Turley family.

At noon on Feb. 14, anyone who had been involved with the process of making this house a reality gathered to officially welcome the Turleys to their new home.

The process that led to this moment began over a year ago on Feb. 9, 2004, when President Tribble, President's Leadership Program faculty and Habitat for Humanity members gathered to discuss the kickoff of a fund raising campaign geared to gather \$16,000 for the project.

The funds were raised through such events as a benefit concert, car wash, bake sale, can-crush for recycling, dunking booth and more.

Efforts from campus organizations at events like Spring Fest and individual students were also made.

One of the most difficult parts of the process was collecting the funds.

Cristin Toutsis, leadership fellow, said "We basically collected funds for six months."

During the actual process of building the house, the university volunteered efforts for 12 weekends.

The remaining weekends' efforts were put in by affiliates of Habitat for Humanity.

Second-year student Collin Clark said that the experience he had helping with the build was well worth the effort.

"I enjoyed getting a chance to get out and help the community," he said. "It was a rewarding experience."

The house is in the standard Habitat style of three bedrooms, one story and approximately 1,100 to 1,200 square feet.

It also includes air-conditioning and two baths.

The families that are given these homes will pay between \$335 and \$350 per month using a no-interest 20-year mortgage and are required to complete 400 hours of what Habitat for Humanity refers to as "sweat hours."

These are hours put toward building their own home or working with Habitat for Humanity on other Habitat Homes.

The Turleys were chosen through the customary application process for Habitat.

Applications are available twice a year (usually in Febru-

SEE HEALTH, PAGE 3

SEE HABITAT, PAGE 3

Weekend Forecast

courtesy of www.weather.com

**Thursday:
Partly Cloudy**

High: 48° Low: 26°

**Friday:
Sunny**

High: 47° Low: 30°

**Saturday:
Partly Cloudy**

High: 53° Low: 34°

**Sunday:
Mostly Cloudy**

High: 48° Low: 37°

On the record Police Blotter

A case of larceny was reported on Feb. 4 in Lot C: A parking decal was stolen. The case is inactive.

A case of vandalism was reported on Feb. 6. Windows were broken in the Teahouse. The case is inactive.

An alcohol violation resulting from underage possession of alcohol was reported on Feb. 6 at Sweetbriar. An arrest occurred and the case was referred to Judicial Affairs.

On Feb. 7 in York River West, a drug violation resulted from possession of drug paraphernalia. The case was referred to Judicial Affairs.

Larceny was reported on Feb. 8 in Lot D resulting from the theft of a parking decal. The case is inactive.

Vandalism occurred between Feb. 5 and Feb. 8 in the Ferguson Annex. A window was broken and the case is inactive.

A case of larceny in the form of theft of equipment occurred on Feb. 9 at the library construction site. The case is inactive.

Larceny in the form of the theft of a parking decal from Lot N was reported on Feb. 9. The case is inactive.

Newport News Police Department

Child Injured

At about 2:55 p.m. on Feb. 9, Newport News Police and medics responded to a report of a crash on North Cedar Court. Apparently, 9-year-old child was standing outside a Kia van with his hand on the door handle while talking with his mother.

She believed the conversation was over and began to drive away. The child's hand had become stuck on the handle and he was then dragged a short distance. He fell and struck his head on the ground. His injuries may be life threatening.

Teacher Arrest

Newport News Police Special Victims Detectives arrested a Riverside Elementary teacher on charges of contributing to the delinquency of a minor. Jason Matthew Kriner of the 200 Block of Evergreen Drive in Newport News was arrested at about 8:30 p.m. on Feb. 10 in the first block of Cedar Lane. Kriner, 27, was released under the condition that he will appear in court Feb. 24, 2005.

The charge stems from a report that the teacher forced a 10-year-old student, for disciplinary reasons, to stand outside for about 30 minutes in a short-sleeved shirt without a coat. The temperature on that day, Jan. 28, was about 30 degrees with winds of 15-20 miles per hour. The student notified school administrators.

Around town State/Local News

Teaching

Governor Mark Warner has announced the formation of a national partnership designed to improve teaching quality in schools that are hard to staff. This goal will be achieved through programs such as the Commonwealth's Teacher Retention Initiative. This program offers incentives to effective teachers who agree to teach in low-performance schools. The governor himself will serve as chairman of the National Partnership on Teaching in At-Risk Schools (NPTARS). NPTARS plans to analyze the impact of state, local and institutional policies and practices on teacher quality, particularly in hard-to-staff schools.

Long-distance Charges

The State Corporation Commission, SCC, has directed Verizon to reduce long-distance access charges. The SCC concluded that in the new competitive telecommunications market, subsidizing local rates with revenue from long-distance carriers was no longer a needed practice. Verizon, the largest telephone company in Virginia, must reduce the access charges by Aug. 1, 2005 and again on Feb. 1, 2006.

School Matters

The Virginia Department of Education will present "School Matters" on Feb. 20 on Virginia Public Television. "School Matters" is a half-hour program that features high school students earning college credit through the Early College Scholars program and students who are training to become "Teachers for Tomorrow." Each of these programs will be highlighted and explained, along with discussions by Governor Mark Warner and Superintendent of Public Instruction Jo Lynne DeMary about the commonwealth's attempt to improve high school education and productivity.

Lobbying

Students and SGA members will join Virginia 21 on Feb. 16 in Richmond to lobby about issues such as textbook prices, student fees and financial aid. For more information, contact Ashley Boyd at sga@cnu.edu.

Legislative Basketball Game

Governor Mark Warner and members of the General Assembly and staff will be playing their annual basketball game on Feb. 17. The game will take place in the Franklin Street Gym of Virginia Commonwealth University in Richmond at 7 p.m.

Mine Safety Bill Signed into Law

On Feb. 10, Governor Mark Warner signed House Bill 2573 into law. This law is in response to the death of three-year-old Jeremy Davidson who was killed on Aug. 20, 2004 when a coal-mining company accidentally dislodged a boulder that rolled down a hill and into his family's Wise County home. The bill passed unanimously in the House of Delegates and the Senate.

Your life Campus News

Writing Session

The Writing Center will be giving a free workshop on Feb. 16 from 3 to 4 p.m. in Ratcliffe 106 on argumentative writing. The session will be instructed by junior Mark Pangilinan and senior Matt Crim. To sign up call the Writing Center at 594-7684, e-mail wcenter@cnu.edu or stop by Ratcliffe 110.

Student Hosts

Anyone interested in hosting a high school student on March 11 should contact freshman Victoria Busey at vbusey@yahoo.com.

Great Books

The Great Books discussion on Feb. 16 will be on "Hamlet." It will be held in Gosnold 111 at 5:30 p.m. and will be lead by Professor Steven Breeze.

W-squared

CNU Fine Arts will present an easel exhibition labeled "Women squared: by women of women." The exhibit will be in the Studio Theater lobby of the Ferguson Center Feb. 18 and 19 in affiliation with CNU and the Peninsula Fine Arts Center.

Afternoon Lecture

The Lifelong Learning Society will be offering its afternoon lecture series on Feb. 21 at 3 p.m. in the Ferguson Studio Theatre. Dr. Mark Reimer will present "CNU in Concert" with the Guitar Orchestra.

MTVU Campus Invasion Tour

There has been an offer by Mtv-University to bring its Campus Invasion Tour, featuring MUSE, to CNU. A petition has been started as an attempt to persuade administration to allow this event or an event like this on the campus.

For more information and to sign the petition, e-mail Lauren Kostascki at kostascki@hotmail.com.

PAC

Peer Advising Club is hosting a Great Give-away all week long in the SC Breezeway.

History Bowl

There will be an African American History Bowl on Feb. 19 at 8 p.m. in Gaines Theatre. Prizes include \$200 cash and three \$50 gift certificates, one each to Best Buy, WalMart, and Barnes and Noble.

Student Media Board Accepting Applications

The Student Media Board is now accepting applications for the positions of editor in chief of the Captain's Log and president of WCNU.

Applications are due at 5 p.m. on Monday, March 8, and they can be downloaded at <http://users.cnu.edu/~tlec/editorapp.pdf> and <http://users.cnu.edu/~tlec/radioapp.pdf>. Please submit completed forms to Dr. Terry Lee, Department of English, RATC240.

Want to place a classified ad?

The Captain's Log is now offering a classified section. Post roommate needs, items for sale, wanted, personals, etc. For more information, contact the Captain's Log at 594-7196.

DISCLAIMER The Captain's Log is not responsible for business dealings regarding classified ads. Personal ads will be screened for appropriate content.

FREE CLASSIFIED

First classified ad free with purchase of two weeks in The Captain's Log!

Good through February 23rd, 2005. Present this coupon for discount. Classified must be submitted by Sunday preceding desired issue.

supershots

Atlas drummer David Brear, sophomore, executes complicated fills in the middle of Atlas' performance. The band is made up of residents from Potomac River Residence Hall.



Lindsay Simpson/The Captain's Log

Campus Calendar

February 16 - 22

| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
|---|--|--|---|---|--|---|
| 12:00 p.m. - GSSU Meeting; SC 233 2:00 p.m. - Religion Club meeting; Admin 346 2:30 p.m. - Campus Activity Board; CAB Office - Student Center 5:30 p.m. - Peer Advising Club; PAC Office 7:00 p.m. - Anime Club meeting; Gaines Theatre 8:00 p.m. - Jazz Recital; Ferguson 9:00 p.m. - CNU Tonite; Gaines Theatre | 12:15 p.m. - Financial Management Association Meeting; SC 214 2:30 p.m. - Men's Baseball vs. Hampden-Sydney; Captain's Park 2:30 p.m. - Phi Sigma Tau; Philosophy and Religion Dept. 7:30 p.m. - CNU Roleplaying Guild; SC 20 8:30 p.m. - Altered Xpressionz Meeting; Freeman Multipurpose Room 9:00 p.m. - CAB movie "The Incredibles;" Anderson | 4:00 p.m. - SVEA; Ratic. 112 6:00 p.m. - CAB movie "The Incredibles;" Anderson Auditorium 8:00 p.m. - Jennifer Marie; Gaines Theatre | 12:00 p.m. - Men's Baseball vs. Rowan; Captain's Park 2:00 p.m. - Women's Basketball vs. Methodist; Freeman 4:00 p.m. - Men's Basketball vs. Methodist; Freeman | 11:00 a.m. - Men's Baseball vs. Rowan; Captain's Park 2:00 p.m. - Men's Baseball vs. Bridgewater; Captain's Park 2:00 p.m. - Women's Basketball vs. Greensboro; Freeman 4:00 p.m. - Catholic Campus Ministries Mass 4:00 p.m. - Men's Basketball vs. Greensboro; Freeman 5:00 p.m. - Captain's Log staff meeting; SC 233 | 12:00 p.m. - Baptist Student Union Meeting; SC 233 12:15 p.m. - Gay-Straight Student Union Meeting; SC 214 3:00 p.m. - Young Democrats; Student Center Lounge 7:00 p.m. - CNU Rowing Club Meeting; SC Lounge 8:00 p.m. - Joel 2:28; Barclay 48 | 12:15 p.m. - College Republicans; SC 150 12:20 p.m. - Biology Club meeting; Sci. Bldg. 131 2:30 p.m. - Men's Baseball vs. Salisbury 7:00 p.m. - Campus Girl Scouts Meeting; SC 205 |

HEALTH, FROM PAGE 1

ever, tend to work better than others, she said.

She described how drinks such as sweet tea, soft drinks and certain energy drinks, which have high sugar levels, will stay in the stomach longer and will take more time in getting to the muscles.

Some energy drinks, like Red Bull, are high in caffeine and sugar, both of which can be detrimental to an athlete's performance, Bonci said.

"Your heart is already exhausted."

She added that some contain the fake sweetener Sorbitol, which also acts as a laxative. "Oh, great, they'll be running, and not just on the field," she said.

Bonci devoted the second portion of her lecture to food, carbohydrates, proteins and fats and how they relate to athletic endurance.

"Everyone expends a lot of calories during exercise," Bonci said. And for some sports, it's 800 or 900 calories an hour."

Bonci stressed the value of carbohydrates to a student athlete's diet.

"The only thing that is fueling your body through that are carbohydrates."

She described how eliminating carbohydrates, a practice made popular through such diets as the Atkins diet, could be harmful for athletes. She stated that the ideal meal for an athlete would be one that is two-thirds carbohydrates and one-third protein, which was her next topic.

Protein is just as important to an athlete's diet, Bonci explained, due to its role in maintaining a healthy immune system. She recommended that one consume no more than one gram of protein per pound of body fat daily, adding that excess protein is stored as body fat. Bonci also discouraged athletes from using protein powders available in drugstores and health food stores.

"You can do just as well with a glass of chocolate milk. And it'll probably taste better than those powders on the market," she said.

Bonci also mentioned that protein powders also contain certain herbs that act as diuretics.

"You'll be paying a lot for

some rather expensive urine," she said.

Finally, Bonci mentioned how athletes need at least some fat in their diets if they plan on acting at their best potential.

"Fat stays in the gut longer," she said. "You feel fuller."

Bonci devoted the third portion of her talk to body images and weight loss, issues on the minds of many Americans today.

She explained that a person's physical appearance is mostly dictated by three unchanging factors: height, body frame size and overall shape, all of which vary from person to person.

She debunked the belief that muscles turn to fat if a person does not exercise. She also said that if someone does not eat before exercising, that could deteriorate the muscles.

Her advice to those seeking to lose weight was to change what one drinks and she described some good weight-loss foods - such as yogurt, cheese and chicken - that are rich in protein. She also recommended changing snacking habits.

"Unless you have some sort of 'Jaws' device that clamps on

your hand when you reach in for that third handful, might I recommend putting some in a bowl, then sitting down with it."

Towards the end of her lecture, Bonci said that if people make a little change in what they eat, there is a chance that it would be for the positive, and that there was no way of guaranteeing that with dietary supplements.

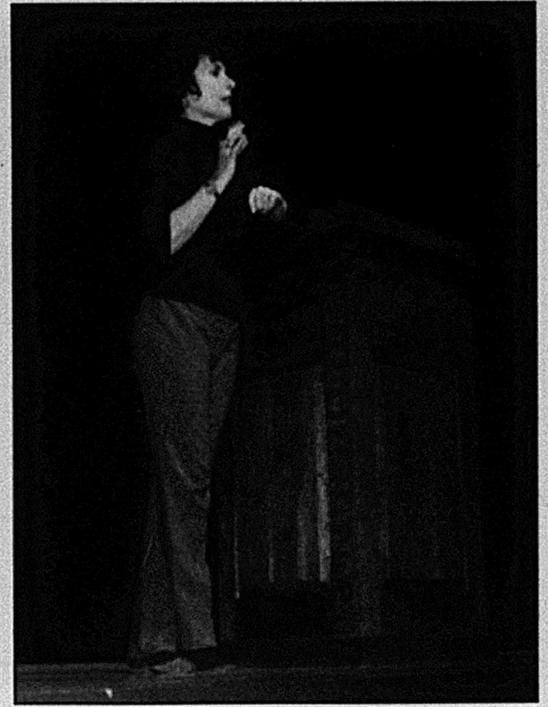
Bonci estimated that she has been lecturing to college students on nutrition for "probably ten years." As a dietitian, Bonci said that she's seen many patients who are suffering from a negative self-image of their bodies.

"It's not just athletes," she said, "it's about everyone, and all ages."

For those people, Bonci stressed the need for one to seek counseling.

"I think that it's very important to seek help. It's not just something you can do by yourself."

She also strongly encouraged those with eating disorders or negative self-images to concentrate on the positives, stating that people tend to put too much emphasis on the negatives.



Leslie Bonci describes the importance of proper nutrition.

What are your thoughts on the recent change in winter commencement?



"I think that it's probably a good idea because attendance was always very light. I am in favor of just the spring commencement."
- Dr. Bell Pendleton, Associate Professor of Art History



"I think it just makes sense to have one at the end of each semester. I don't think it's good to take it away."
- Kevin Corcoran, Freshman



"I don't think that's good. I'm graduating in four and a half years."
- Jamie Keithley, Freshman



"I think it's really inconvenient. Basically, what are you supposed to do? The ceremony is a big part of going through college. That's what you are waiting for."
- Brandon George, Senior

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HEALTH, FROM PAGE 1

ary and August) in the Habitat Newport News office and most area libraries.

The application process takes from three to five months.

Applicants who are eligible for a Habitat House must exhibit need, ability to pay and must be willing to be a partner in the building process.

These families must make between 30 and 50 percent of the area median income.

This project was a large effort involving much of the CNU community along with dozens of Habitat affiliates.

As third-year student Elizabeth Browning, who was also involved with the build, said, "Habitat for Humanity was a big challenge that required par-

ticipation from students, faculty and the community.

Raising \$16,250 and helping build a house is a feat we can all be proud of."

After the tours of the house, where visitors walked on plastic, and the pictures where everyone had to smile just right, and all of the ceremony was over, the Turley family was handed the keys to their new home.

KLAN, FROM PAGE 1

the lecture, he relayed the story of how the American Nazi Party came to his school.

They were lecturing and then pointed to Davis and the only other black person in the classroom.

"We're going to ship you back to Africa," they said.

Davis said that he was confused. He was always taught to respect his elders and wanted to respect them, but not at all respect what they were saying.

From that moment, Davis decided to learn everything about racism, where it came from and how one "became" racist.

One night, when Davis' band played in a diner in a small town in Maryland, a white man came up and complimented how well Davis played, saying that he had never heard a black man play the piano like Jerry Lee Lewis.

"Don't you know that Jerry Lee Lewis learned how to play from the great black legends like Fats Domino?" Davis asked the man.

The man was surprised, but invited Davis to sit down and have a drink.

After the two conversed for a while, the white man admitted that he had never sat down and drank with a black man before because he was a member of the Ku Klux Klan.

Davis and the man continued to talk, exchanged phone numbers and eventually became friends. Davis revealed in his lecture that this was how he began his career and his search for different members of the Ku Klux Klan.

During the lecture, Davis spoke on his relationships with different Klansmen over the years; many of whom have since left the KKK.

Through these encounters, Davis has collected various clothing articles from Klansmen such as hoods, robes, flags and t-shirts.

"I would rather keep these articles of clothing than have those people wear them, because it is a symbol of racism dissolving," said Davis.

Davis said to fight racism, one must speak civilly with those who hold opposing views, to discover why these people have these ideals.

Davis mentioned that while not all of his encounters have been positive, he has been generally successful in gathering information, which is included in his book "Klan-Destine Relationships."

Davis has published several other books on the subject and is the first black man to recount the history of the KKK in novel form.

SENATE, FROM PAGE 1

tion. "We found every problem we said we have here - it's not just us," said Welch.

Additionally, Welch and Vande Linde discussed the creation of a statewide SGA at the conference; however, no final decisions were made.

"The guys next year can decide whether or not they want to participate," said Welch.

After executive reports ended, committee reports began with Senator Rebecca Layman reporting on the committee on retention.

Last Friday, they continued to discuss ideas to improve the problem.

"We're in the process of implementing them and presenting them to Paul Trible," said Layman. The retention committee's next meeting will be held on Feb. 25.

Senator Jonathan Judkins stepped down as head of the Parking Committee.

"I know we talked about parking a lot last week in our discussion, so Jason [Scheel] has offered to head that up," said Chandler.

"We have a guest next week coming from Parking Services," he said. I'm going to expect each person to have three good questions."

Committee reports came to an end and the senate moved on to consider a constitutional

amendment proposed by Deeley at a previous meeting.

Discussion was never opened on Deeley's amendment at that meeting, but at this one, the senate discussed his proposal to elect the senate's vice president exclusively from the senators at large.

"They, by the definition of their position, represent the entire school," said Deeley.

Discussion continued with opinions offered on both sides of the issue.

"The way I see it, I think as long as we have the best person for the job, it doesn't really matter what their first title was," said Senator Katie Grace as the discussion ended without voting on the amendment.



Silent Witness Program

The "Silent Witness" program is an anonymous, internet-based reporting tool for all students, faculty and staff to use when they are aware that a crime has occurred or is about to occur. This program allows any individual to send anonymous information directly to the University Police Department's Investigator.

To report a crime to the University Police, please contact them at: <http://www.cnu.edu/police/index.html>

If the crime that you are reporting is "in progress" or currently happening, call University Police immediately at 594-7777.

This information is confidential and anonymous. University Police will not try to contact or locate you at any time. You will not be asked to testify should the information lead to an arrest.

Opinions

Where We Stand

Take advantage of the opportunities offered.

To fully take advantage of the education offered at Christopher Newport, students must pay attention to the events around them. As our campus grows, the availability of diverse and interesting lectures and speakers grows as well. Programming and educational opportunities hosted by the university greatly benefit the community at large, and are an opportunity for students, faculty and staff to come together, share ideas and enrich their own lives.

In the past two weeks, CNU hosted four different lectures on four very different topics. On Feb. 7, photographer Tom Ulrich presented his work and shared his experiences as a photographer. On Feb. 10, dietitian Leslie Bonci discussed body image and diet, covering topics such as water intake, dieting, healthy eating habits and athletic performance. On Feb. 9, Daryl Davis discussed his experiences with the Ku Klux Klan and what those experiences taught him. His lecture was an eye-opening look at the inner workings of racism and its effects on him as a young man. On Feb. 14, Dr. Quentin Kidd lectured on war profiteering and ethical issues with the war in Iraq as part of the Dean Parks Colloquia Speaker Series.

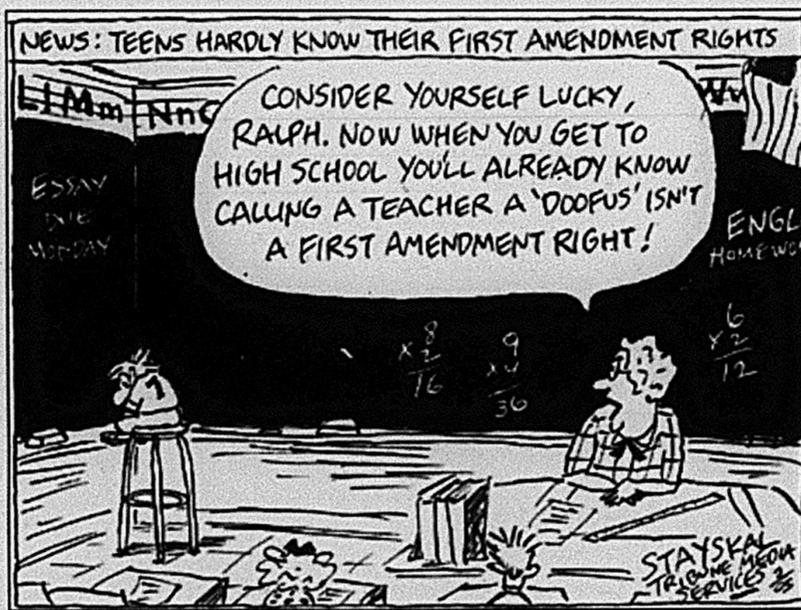
Each of these speakers attracted different groups of students. For example, athletes made up a large portion of the audience at Bonci's presentation. Ulrich's presentation attracted many students interested in photography, as well as a number of local residents. The show was packed, and many audience members were left to stand or sit on the floor. Kidd's discussion attracted students and professors alike, as did Davis' presentation.

These events were open to the public and attracted large and diverse audiences. Although some students attended because of class assignments, it was evident that many were there of their own free will.

For the rest of the semester, CNU will continue to host and offer numerous educational and enriching opportunities for the benefit of the community. Many of these activities are organized solely for the benefit of those attending. For those individuals that have already taken advantage of the opportunities offered to them, we expect to see you there.

For those who have not yet attended the numerous programs and functions presented primarily to enrich the educational experience at CNU, understand that these events are an opportunity to take the education 'out of the box.'

Go. You may learn something.



The Captain's Log

2004 - 2005 Staff

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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 printed, but writers must

sign the original, providing a full address and telephone number for verification purposes.

Students: please indicate your class status. If the writer is affiliated with an organization, that may be noted.

For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication. Corrections/Clarifications to The Captain's Log will be published in the issue following the error.

Fresh Perspectives

When we began working for Parking Services we were extremely excited, mainly because we would be outside for our entire shift, we would be walking and we would get to give people tickets. We were thrilled. Never did we think, however, that we would be followed, almost run over, splashed, tracked down by foot or by car and screamed, yelled or cursed at each day. Nor did we know that we would be blamed for not only the ticket, but also the parking lots, the lack of spaces, a bad day the person was having or the rain that was falling from the sky.

Essentially, being a ticketer for CNU Parking Services implies that we are trying to take over the world and in the process, screwing each and every member of the CNU community. It's quite the responsibility - do we tell our friends and professors that we are ticketers and risk being hated and attacked? Do we jump in on all the conversations around us about how much CNU Parking sucks (or some other tasteful words, believe us, we have heard them ALL) or do we just stay out of it and pretend like we, too, hate CNU parking? It's debatable.

The roommate of one of our friends, who shall remain nameless to protect the innocent, found out that we are ticketers and asked our mutual friend if we had a thing against sororities and fraternities because all had been given tickets - are you serious?

We ticket those who choose to park where they aren't supposed to park. If you have a green decal and you park in the blue-only decal section, then yes, we will give you a ticket. If you are a student at CNU who doesn't have a decal and decides to park in a visitor spot, we suggest you don't leave your textbooks and class schedule in the front seat, because yes, we will give you a ticket. The yellow curb is a "prohibited zone" - in other words, don't park there because a ticket is in your immediate future. And it's true: we ticket seven days a week, 24 hours a day. And if it's raining or snowing, we are still out there; when it's freezing or scorching, it doesn't matter.

There are a few out there who praise us for doing our job. The CNU police love us. Faculty members (some) like us for giving tickets to the students who park in faculty parking, which is ridiculous because of the ratio of student parking to faculty parking. Seriously, Lots I, N and J are the only full faculty parking, while the rest of campus is student parking.

No matter how many people hate us or like us, it's not a job for the faint of heart, but luckily, we are not faint of heart. Remember in kindergarten when you would color in the lines with the correct colors? Well, essentially, it is the exact same idea; green goes with green, orange with orange, blue with blue and purple with purple. So to all students and faculty members, we are not ashamed to call ourselves CNU Ticketers for Parking Services. We do our job; it's not our fault that you continue to break the rules, but if you do, we will be there to give you your next ticket.

- Juniors Emily Seamon and Kristin Murry

Linkage is not a correct argument

Freedom of speech and religion warrants rational discourse

JOSHUA DERMER
 SGA Senator

Dipping their pens in a pot of vitriol, Scott Jaeschke and an anonymous writer from the Gay-Straight Student Union wrote columns last week in which they vilified me because I dared to stand against a proposal which could limit freedom of speech.

While both of these writers certainly have the right to pen those columns, their vilification of me is unwarranted.

Moreover, both of their columns present a very twisted and incorrect analysis of my stance.

The anonymous writer

attacked the idea of religious organizations having moral standards for leadership, even going so far as to misquote Matthew 7:3-5, forgetting that the aforementioned quotation of Scripture is conditional in nature.

Also, James 3:1 teaches that religious leaders are to be held to a higher standard.

In many Christian denominations, including my own, pastors can be removed from their position for engaging in any number of sexual sins, including adultery and homosexuality.

When liberals go out to demonize their opponents, they do so through the process of linkage, usually linking a certain individual with extremist sentiments.

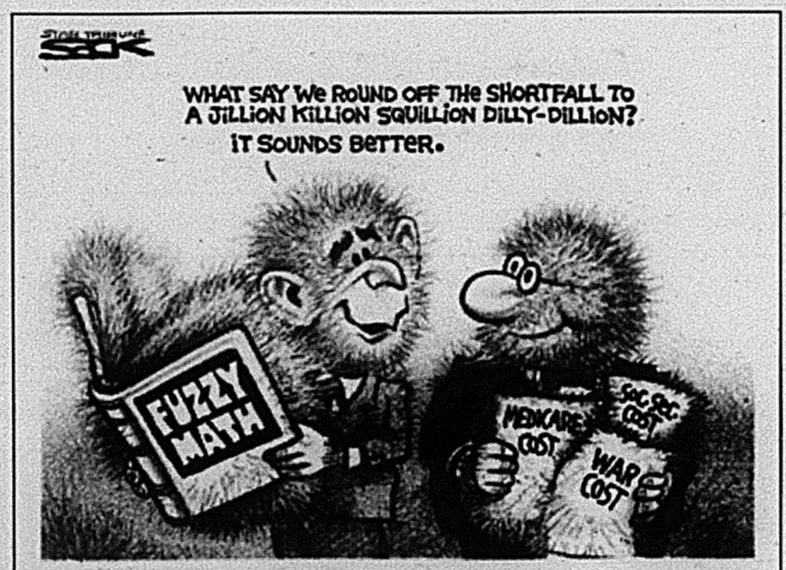
That's exactly what Jaeschke did when he played the "race

card" by attempting to link my statements with those who defended Jim Crow in years past.

Apparently Jaeschke believes that any organization with moral standards is equivalent to the racist institution of segregation.

This is just as absurd as him putting deviant sexual behavior on the same level as someone's ethnicity. Jaeschke should be reminded that it was a multiracial group of pastors who attended a recent conference in Virginia to promote amending our state constitution to define marriage as being between one man and one woman.

Those who wish to hear my stance in greater detail can listen to my talk-radio program on Wednesday nights between 9 and 11 on WCNU radio.



World and Nation

Former Lebanon Prime Minister and bodyguards killed

Rafik Hariri's death is being blamed on Syrian assassins

By AZADEH MOAVENI AND SORAYA SARHADDI NELSON
Knight Ridder Newspapers

BEIRUT, Lebanon- The car-bomb assassination of one Lebanon's most prominent politicians raised fears Monday that Lebanon once again would become a battleground for the country's dueling ethnic and religious groups.

An unknown Islamist group claimed responsibility for the death of Rafik Hariri, a multi-billionaire businessman and former prime minister whose motorcade was blasted apart shortly before 1 p.m.

But supporters of Hariri, who resigned as prime minister last October over Syrian interference in Lebanon's affairs, blamed

Syria for the bombing.

"The responsibility for the assassination is known: It begins in Damascus and passes through the Lebanese presidential palace," Marwan Hamadeh, a former Lebanese economy minister who himself survived a car bombing last October, told Lebanese television Monday.

Syrian President Bashar al Assad disavowed any involvement. He called the bombing a "horrible criminal act," according to the official Syrian news agency, SANA.

U.S. officials in Washington said they didn't know who was responsible for the killing. But they indicated that the United States will push Damascus even harder to reduce its role in Lebanon in advance of parliamentary elections scheduled for this spring.

"Whoever is behind it, it's... another sign that Lebanon needs to be free of violence. Lebanon needs to be able to stand on its own and take care of itself," State

Department spokesman Richard Boucher said.

Hariri, 60, served three terms as prime minister, first coming to power in 1992. He's generally credited with luring European investment to the war-ravaged country and re-creating Beirut as a tourist haven, especially for Arabs who no longer felt welcome in the United States and Europe following the Sept. 11, 2001, attacks in the United States.

But he resigned last fall after the Lebanese legislature amended the constitution to allow President Emile Lahoud, who was handpicked by Syria, to stay in office an additional three years. The move was in retaliation for the joint France-U.S.-sponsored U.N. resolution.

Hariri and other opposition leaders hoped to wrest power away from the pro-Syrian factions in general elections coming up in May, a strategy that was thrown into turmoil by Monday's assassination.

Beirut residents at first mistook Monday's explosion for a sonic boom caused by Israeli military jets that periodically buzz the area.

But plumes of smoke quickly brought panic. Local newscasts showed screaming and injured passers-by staggering past flaming cars and charred buildings.

More than 650 pounds of explosives were used in the bombing, according to an unnamed security official quoted by The Associated Press.

The explosion left a 30-foot crater in the street and ripped the facades off nearby buildings. At least 12 other people were killed and 100 wounded.

The Lebanese government, through its official news agency, said Hariri was dead on arrival at the American University Hospital. His body was badly burned. Several of his bodyguards were also killed.

Future TV, which Hariri owned, reported that a fellow



Security personnel surround the crater left by the explosion that blew up the motorcade of former Lebanese Prime Minister Rafik al-Hariri on Feb. 14 in Beirut, Lebanon.

opposition leader, former Economy Minister Bassel Fleihan, was critically wounded in the blast.

Stunned commentators and officials struggled to make sense of the assassination in a country that in the past decade has

become a favorite tourist destination within the war-plagued Middle East.

"We are turning into Iraq," moaned a 62-year-old seamstress, who gave only her first name, Samira.

Condoleezza Rice, the U.S. Secretary of State, has a bright future in the Republican party

Rice-Clinton battle could take place in the near future

By HELEN KENNEDY
New York Daily News

WASHINGTON - President Condi?

Political speculation starts earlier and earlier these days, but it's particularly strong now as President Bush starts his second term without the usual clear successor.

Condoleezza Rice, one of Bush's most trusted advisers and now as newly minted secretary of state, arguably the most powerful woman in the world, is setting GOP hearts aflutter in the wake of her boffo first foreign trip.

Already, many are starting to dream of a Condoleezza Rice-Hillary Clinton smackdown in '08.

"That's how we get our jolies in this town," said Stephen Hess, senior presidential scholar at the Brookings Institution.

Rice's completed a whirlwind trip last week to Europe

and the Middle East, where she attempted to mend fences with the French and Germans and reached out to the Palestinians.

Her actions on the trip made her an instant international star.

Continental columnists gushed over her "impeccable grooming."

The French newspaper Liberation commented that she dresses the way she negotiates, "seductive, but also no-nonsense."

"When has the United States been represented by a very attractive, very articulate, very forceful black woman?"

Hess asked.

"And when the other fellow looks like Chirac or Sharon, wow, who are you going to look at? This is visual dynamite."

There are at least two Draft-Rice groups, one of which recently set itself up as a 527 group to accept donations and says it has an organizer in all 50 states.

"I just think she's great," said Shari Demers, New Hampshire chairwoman of Americans For Rice.

Demers says she's getting 15 calls a day from people who want to sign up.

"She could really unite this

country as far as between the races and between the parties," Demers said.

"I know Hillary's going to run, and it's very difficult for a man to run a campaign against a woman. So how perfect, Condi vs. Hillary."

Fans trade rumors that Vice President Dick Cheney may step down soon to make way for Rice, who could get a jump on the campaign by starting in the White House. But it's not just grass-roots fans or political junkies. Some of the same buzz is coming from inside the White House, too.

A senior Bush administration official called Rice "a rising star" and termed her efforts in the Middle East "legacy building, and not just for President Bush."

Putting peace in the Middle East on one's resume means "your name goes to the top of the list," the official said.

Rice laughed off the notion of running for president when asked about the draft movement by BBC interviewer David Frost last week.

"Oh my goodness," she said. "I think no one should count on such things."

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Lambda Chi Alpha

Lambda Chi Alpha representatives are on Campus now recruiting Founding Fathers for the *newest* fraternity at Christopher Newport University.

Contact Joey Jackson for more details.
jjackson@lambdachi.org or 319.321.5783
www.lambdachi.org



Comics and Crosswords

Mystic Stars

Weekly Horoscope
For February 14-20

By Lasha Seniuk
Knight Ridder/Tribune News Service

ARIES (March 21-April 20) Early this week, close relatives may present unique social ideas or business arrangements: group investments or planned gatherings are accented. Remain thoughtful, however: before mid-week, revised financial plans and rare social information will arrive. Wednesday through Saturday also highlight new romantic encounters and bold public decisions. Over the next few days, expect potential lovers to openly vie for your loyalty and attention. Stay open: there's much to consider.

TAURUS (April 21-May 20) Postponed projects and past business colleagues will now actively vie for your attention: before Wednesday, expect a wave of creative work proposals. Carefully research all financial details: lost payments or outdated records may soon cause unnecessary delays. Wednesday through Saturday, a new friendship may trigger unexpected tensions in the group. If so, avoid criticism or public discussion: at present, minor jealousies may easily derail social or romantic promises.

GEMINI (May 21-June 21) Don't withhold romantic feelings or deep impressions: loved ones will this week respond positively to suggestions and subtle invitations. After Tuesday, expect a recently stalled relationship to provide security and intimacy. Welcome all emotional changes: this is an excellent time to make new promises or rekindle lost passions. Friday through Sunday, an older relative may announce a controversial financial plan. Remain alert: small details are important.

CANCER (June 22-July 22) Friends, lovers and close relatives may this week ask for your advice or emotional guidance. Past romantic promises and stalled relationships are a strong concern: watch for ongoing miscommunications or family differences to require firm attention. After Thursday, business relationships may be mildly strained by conflicted priorities, revised workplace methods or minor power struggles. Ask for written documentation: concrete facts and numbers will prove crucial.

LEO (July 22-Aug. 22) Short-term money contracts may soon require careful evaluation. After Monday, avoid quickly signed agreements or vague contracts: reliable definitions will now ensure fast results. Tuesday through Thursday, vivid dreams will provide subtle romantic insights. Someone close needs extra private time to end unproductive relationships or finalize family decisions. Yesterday's doubts and limitations will eventually be addressed: remain patient and watch for consistent progress.

VIRGO (Aug. 23-Sept. 22) Loved ones may soon rely heavily on your business or financial expertise: over the next two days, expect calculations, revised legal documents or ownership papers to be complicated by money mistakes. Thoroughly research all options: before March, new methods and choices will emerge. Wednesday through Friday, a long-term relationship may experience powerful moments of passion or confrontation. Key issues involve reliable social promises: ask for decisive action.

LIBRA (Sept. 23-Oct. 23) Rare romantic attractions are highlighted before mid-week: respond quickly to all invitations and social proposals. Some Librans may now begin several weeks of fast romantic choices: if so, remain focused on long-term security and expect valuable insights from friends or relatives. Thursday through Saturday, employment applications and sudden workplace changes are highlighted. Refuse to be limited by the political ambitions of others: your needs are valid.

SCORPIO (Oct. 24-Nov. 22) Recent feelings of isolation or loss will soon fade. Many Scorpions will begin an important phase of private contemplation and renewed faith. Romantic expectations, home planning and shared family goals may be a central theme: expect loved ones to challenge new ideas, revise daily plans or reveal unusual social facts. After Wednesday, vivid dreams or sudden glimpses of future relationships are accented: respond quickly to all hunches and intuitions.

SAGITTARIUS (Nov. 23-Dec. 21) Before mid-week, potential lovers may openly compete for your attention. Friends and relatives will react with mistrust or minor jealousy. No long-term affects are accented; so not to worry. Do, however, expect brief romantic triangles and mild family tensions. Maintain a social balance and wait for progress: loved ones will need reassurance. Late Friday, a friend or lover may reveal new career goals. Change will be fast and poorly researched: don't hesitate to ask probing questions.

CAPRICORN (Dec. 22-Jan. 20) Conflicting invitations may this week present an unusual dilemma: after Tuesday, expect loved ones and new friends to disagree on dates, times or social promises. Enjoy the social antics of all involved but remain silent: this is not the right time to act as adviser to the group. Later this week, an old lover or forgotten friend may reappear. If so, expect fast proposals and compelling moments of passion. Key decisions will be necessary: stay focused on private romantic ideals.

AQUARIUS (Jan. 21-Feb. 19) This week, it may be wise to avoid financial discussions will loved ones. Over the next 12 days, friends, roommates and close relatives will provide misinformation, flawed plans or exaggerated expectations. Remain silently dedicated to established goals: at present, trusted methods and an affirmation of shared values will provide the desired results. After Thursday, last minute romantic invitations demand diplomacy: expect friends and lovers to push for bold public promises.

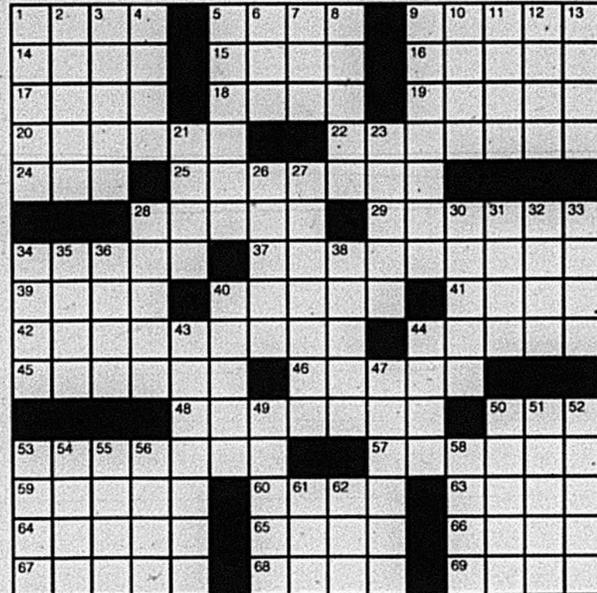
PISCES (Feb. 20-March 20) Optimism and rekindled sensuality will now return to key relationships: late Tuesday, watch for loved ones to propose unique activities or shared ventures. Accept all attention as positive: at present, new social and romantic roles are being established. Wednesday through Friday, a strained business relationship may escalate toward group disagreement. Pay attention to private workplace politics, social triangles and hidden agendas: complex choices will soon be needed.

If your birthday is this week ... news from distant friends or relatives may soon trigger intense family discussions. Areas of concern involve unexpected business changes, career risks or sudden relocation. If possible, avoid group negotiations over the next few weeks: at present, little can be accomplished through confrontation or public criticism. After mid-April, relations return to normal: remain patient and watch for loved ones to set their own priorities and goals. Much of 2005 will bring fast home progress, family changes and business or financial expansion. Throughout the summer months, watch for rare employment opportunities or investment options: new career partnerships and written agreements will prove rewarding before the end of August.

Crossword

- ACROSS**
- 1 Demonstrate
 - 5 Smile expansively
 - 9 "The Medium" or "The Bat"
 - 14 Vegas game
 - 15 Gymnast Korbut
 - 16 Heroism
 - 17 Absorbed by
 - 18 Legal claim
 - 19 Follow
 - 20 Exchanged
 - 22 Bull's-eyes
 - 24 Liquid sample
 - 25 Breakfast grains
 - 28 Kitchen gizmo
 - 29 Tell secrets
 - 34 Paradigm
 - 37 Authorized
 - 39 Peruse
 - 40 Man from Manchuria
 - 41 Yao of the NBA
 - 42 Gaiety
 - 44 Old-style poetry
 - 45 Francis or Dahl
 - 46 Dazzling success
 - 48 Discomposes
 - 50 End of command?
 - 53 Titular
 - 57 Suffer from deprivation
 - 59 Watchful
 - 60 Feathery accessories
 - 63 Per ___ (for each day)
 - 64 Danger
 - 65 Reverse an action
 - 66 Hosiery shade
 - 67 Fidgety
 - 68 Earth orbiter
 - 69 Dissenting votes

- DOWN**
- 1 Comic routines
 - 2 Painter Matisse
 - 3 At hand
 - 4 Lumber
 - 5 More daring
 - 6 Actor Wallach
 - 7 Mature
 - 8 Kind of ray
 - 9 Supervised
 - 10 Sharp spasm
 - 11 Otherwise
 - 12 Disorderly retreat
 - 13 War god
 - 21 Environmental sci.
 - 23 Illinois city near St. Louis
 - 26 "Touched by an Angel" star
 - 27 Some weasels
 - 28 Core group
 - 30 Entice
 - 31 Small combo
 - 32 Give temporarily
 - 33 Advantage
 - 34 "___ la Douce"
 - 35 Ruminant of the woods
 - 36 Actor Holliman
 - 38 Temporary fix
 - 40 Single-celled organism
 - 43 Senselessly
 - 44 River of NYC
 - 47 Practice session
 - 49 Photo collection



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02/16/05

Solutions



- 50 Writer Jong
- 51 ___ so often
- 52 Story-telling uncle
- 53 California valley
- 54 "The Virginian" writer Wister
- 55 Trade center
- 56 Eye part
- 58 Middle Eastern gulf
- 61 Lennon's love
- 62 Bother

You Are Here

By Aaron Warner



It wasn't his trusty grappling-hook gun Batman grabbed on his way out this morning, but instead the garage door opener.

2 Dudes

By Aaron Warner



The Family Monster

By Josh Shalik



www.joshhalik.com kid_shay@joshhalik.com

Dear PAC:

Questions? The Peer Advising Club has answers

Hi, we're the Peer Advising Club (PAC). You've probably seen us around at one of our events like the Slam 'N' Jam car smash or in the Student Center Breezeway staffing a table on sexual assault or alcohol awareness.

We work to foster awareness on daily issues that we all experience as college students.

We help students make informed choices that will benefit themselves and others around them. But first, allow us to introduce ourselves further.

We are the only peer education organization on campus and we started in the spring of 2003. For those of you who do not know what peer education is, it can be best described as a group of students who attempt to foster awareness of health and social issues. You may have had experience with a peer group in high school in the form of mediation, peer helping or counseling.

We, as PAC members, are students just like you who have the spirit and passion of wanting to help others and receive specific training through the Office of Career and Counseling Services (OCCS). Through this training we become certified as peer educators, learning skills such as education awareness, active listening and information on current issues. As certified peer educators, we are empowered to bring awareness of such issues as stress, eating disorders and relationships to other students.

Our goal is to provide our resources and extend our knowledge about the campus and surrounding community. For example, did you know that our university offers short-term emergency loans up to one hundred dollars? These are cash loans that you can take out and not pay, interest free, for 30 days. You can take out two emergency loans per semester and once during the summer sessions. The PAC can provide you with information like this that will help you survive and make the most of your time in college.

The Peer Advising Club will now offer another service to the campus community in association with the Office of Career and Counseling Services.

Our weekly column will debut in full starting next week. In doing so, we need your help! We will provide answers to a variety of different issues, especially ones that seem to be prominent at Christopher Newport University.

We want to create a column that will feature feedback for your concerns. We will answer any question you have relating to college academic, social, health or campus issues.

We hope in the coming weeks everyone will benefit from the different topics that will be covered in the new PAC article. Feel free to mail questions, comments or any concerns to pac@cnu.edu. You will also remain anonymous if we use your question.

Look for the first PAC article in next week's edition of The Captain's Log and do not be shy to submit your questions.

Arts & Entertainment

Dudes don wigs, make-up and heels

Sparkles, sequins, fake hair and back flips accentuate a 'dragtastic' show

By ASHLEIGH TULLAR
Captain's Log Intern

Santoro Hall Resident Assistants held their first "Dude Looks Like a Lady Pageant" last Saturday afternoon in Gaines Theatre, featuring seven CNU students competing against one another in drag.

The male volunteers who were involved in the pageant were scored on talent, formal wear and a question and answer section. Kate Griffin, hall director of Santoro, and the Resident Assistants of Santoro Hall organized the pageant.

Senior T.J. Quarles and junior Laura Simpson hosted the pageant; their outgoing personalities made the program even more comical.

The judges for the competition included the Associate Director of Residents Life Ryan Brown, James River Hall Director Lynne McMullen and Associate Professor of Government and Public Affairs Dr. Quentin Kidd.

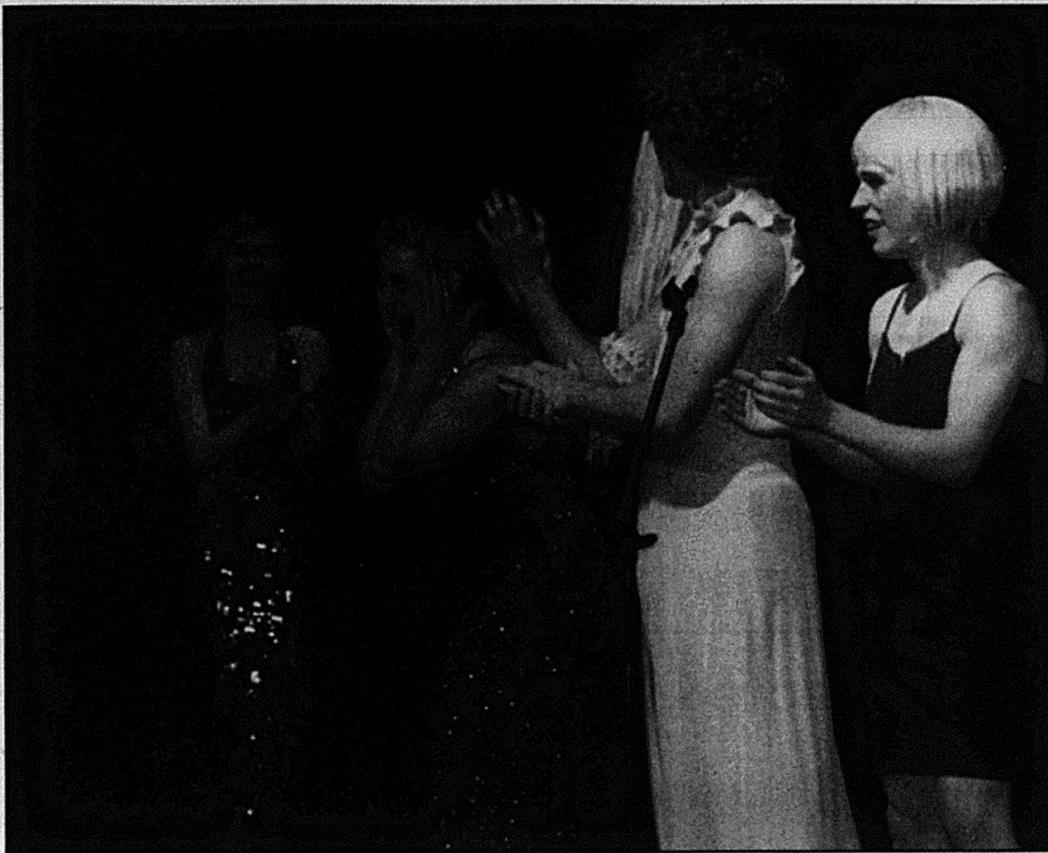
First place went to junior Justin Hardwick, humorously named "Kaye Why," who received a \$150 check.

Hardwick delivered the best performance, appearing in a cheerleading outfit, chanting a CNU cheer and doing flips and round-offs on the stage.

For evening wear, he wore a sparkling silver formal gown that really accentuated his muscles and tattoo. From the beginning, Hardwick seemed to be the audience favorite.

Another favorite of the competition was junior Andrew Almand, who performed as "Juanita," complete with a foreign accent and sexy heels.

He made a mountain fresh



Junior Justin Hardwick won first place in the "Dude looks like a lady" contest held Saturday afternoon in Gaines, winning the audience with his cheerleading routine and silver formal gown. Below, freshman Mark Bock, standing tall at 6'2", sings Kelly Clarkson's "Breakaway."

dryer sheet sombrero for his talent and sported a short, curly wig. Almand, an RA in James River Residence Hall, won the second place prize for \$75.

Freshman Mark Bock was the tallest contestant on stage at a staggering height of 6'2" plus heels. Bock was a very funny-looking woman on stage and his short pink dress looked even shorter with his long legs.

During his question and answer portion of the pageant, he started to tear up as he said, "It's hard being a lady and hav-

ing size 16 feet." The audience loved his act, which made his amusing personality shine even more.

Prizes were also given to the audience members during the breaks, while the men were changed outfits and their make-up was touched-up.

The first game during the break included females from the audience who had to unpeel a banana and eat it, the first person to do this won a gift. During the second break

two males from the audience had to spin around a baseball bat five times, run to the middle of the stage and rush to put on women's clothing.

Some of the prizes included gift certificates to the CNU Bookstore, Cold Stone Creamery, Einstein's, Best Buy and Hollywood Video. The funny competitions were perfect to keep the audience

entertained, while the men were getting situated.

At parts it was more interesting to watch the audience's reaction than to watch the contestants on stage.

"I know that the participants and the crowd had a fantastic time, and the Santoro staff was excited from the moment we began planning until the pageant was finished," said Griffin.

"All seven participants brought something unique to the show, and we were so proud of their contributions."



Daytime King Maury Povich is my idol

I usually don't use this space to push my personal beliefs. Today, for today only, this will change. I need to tell you all about Maury Povich, who is more than your every day talk show host.

He is a man among boys, a beacon in the dark, and more than anything, he is my first. No, not that first; I mean the first talk show host that I could really see cared enough to show me a piece of his world for one hour, daily.

As much as I kid around about this, I do watch the Maury show frequently. Heck, I'm even in the "Maury Povich is my hero" group on Facebook. What is it that makes his show so great?

That show ... words cannot express the quality of this show. He has only the highest caliber guests, and is so variable in his show topics, I never know what to expect. Alright, I'm not serious about that part.

If you ever get the chance to watch this show for a month, you will notice there are no more than four shows in that month. Yes each show has its own guests, and has a different "title," but each show is more or less the same. Let's break these shows down into the four categories.

First there is the paternity test show, and I must say this is my favorite. I'm sure you've seen something like this on some show before. Here is the plot: Dick and Jane were dating/having sex at some point, and now they aren't together. Jane has a kid and Dick doesn't pay child support, so Jane wants to prove that Dick is the father.

What Jane doesn't realize is that although she is "200%" sure that Dick is the father, Dick is at least 1,000% sure, and his posse is somewhere in the audience to make sure everyone knows.

Then the results are in, and Maury says, "Dick, you are not the father!" Jane runs off stage in hysteria, and Maury promises they will help her find the father. Twenty-seven men later, they do, but the man is either in jail or deceased ... typically, that is.

The second show is the lie detector show. This show features a man and a woman who are together in some fashion. The woman suspects the man has been cheating on her, and is calling him out, saying "he smells like sex."

The man firmly objects, saying the reason he is out late is because he has to stay late for work. The lie detector results come in, and BAM! "We asked Jim if he has ever had sexual relations with a woman besides you, and our lie detector determined that was a lie, and in fact Jim has slept with over 100 other women."

The "exact opposite couple" is the third type of show. On this show, a man will come out in a business suit, and seem very normal and conservative. His girlfriend will come out, and be an exotic dancer with size 23ZZZ breasts.

The crowd is in shock, and Maury is, too. There are variations on this equation, such as the 6'1" man and the 3'7" girl, or maybe the 18-year-old girl with the 72-year-old man. Watch and see how all of them are "different."

The final show has to do with something "shocking." This may be a makeover of a transvestite, or video of girls changing in a locker room.

In any case, on these shows, Maury brings out the big guns, and reacts in ways no other human could. He opens his mouth in shock, and crunches his eyebrows in confusion. These shows feature multiple guests, and are so shocking you might die of electric shock, because they are shockingly shocking.

So those are the shows, and that is the man. Respect him for who he is and where he comes from, or else the seven other people in "Maury Povich is my hero" and myself will poke you!



Lindsay Simpson/The Captain's Log

Sophomore Cody Zimmerman plays bass in Atlas, a band recently formed on campus. In only a few weeks, Atlas has recorded a demo and begun booking shows nearby.

Atlas finding success after only weeks

By LINDSAY SIMPSON
Contributing Writer

There have been college bands in the past. There was REM. There was the Dave Matthews Band. Now, there's Atlas.

Atlas has emerged on campus as the premiere campus band, sporting new sounds and an energy that few possess. Freshmen Graham Todd (lead vocals) and Walter Pierce (guitar/piano/backup vocals) as well as sophomores Cody Zimmerman (bass), David Brear (drums) and Nate Fender (guitar/piano/backup vocals) comprise the newest band on campus.

From the first notes to the last verses, Atlas has chemistry that attracts fans from almost every genre. Their sound is rock, fused with influences from various musical genres and artists such as Dave Matthews and Rage Against the Machine, according to Nate Fender.

"[We're like] Matchbox 20, Maroon 5, and Coldplay with muscle," said Zimmerman.

Atlas has four songs recorded and available for download, such as "My Addiction" and "Sneak and Peek."

Like many of the most renowned bands, Atlas writes their music from feelings, experiences and thoughts, from breakups to getting over first love or even as far as politics and critiquing of the government.

"Basic Needs" and "Until the Day Breaks" were both written by Graham about a girl he was interested in. "My Addiction" has become very poignant and relevant to Fender and me, dealing with girls we just can't get over," Zimmerman said. "Sneak and Peek" is, of course, about the Patriot Act and various other grievances Graham has with the Bush administration, which I personally love and agree with."

The processes that the band uses to create and perform their music would suggest that Atlas had been together for years, when in reality they have been an official band for just over a month.

"The first time we played there was immediate chemis-

try," Fender said. "From then on, things began to flow."

"I think our love of music in general and performing our music transcends any differences we have over genre preferences and such," said Zimmerman. "Also, personality-wise, everyone has their little niche: Graham's the showy front man, David's the wacky drummer, Fender's the musical purist, etc."

Atlas' first official show was on Jan. 11 in the Potomac River North lobby.

Fans, however, were not the only ones present at their show; after hearing about Atlas from one of their fans, freshman Robert Beggs, a booking agent for Anywhere But Here (ABH), showed up to see what the fans had been talking about.

"After I realized that everyone on campus seemed to be talking about them, I knew I had to go to this show and see what all the hype was about," Beggs said. Beggs had also previously listened to some of Atlas' early demo recordings.

"The booking agent was

SEE ATLAS, PAGE 9

Captain George's offers boatload of food with affordable seafood buffet

By ALIYA ALTAFULLAH
Captain's Log Intern

Inexpensive, good-tasting seafood is hard to come by. But since we do live in the Hampton Roads area, we are fortunate enough to find a number of different seafood restaurants, each one catering to a different need. Some mainly serve crab legs while others specialize in seafood soups or certain types of fish. Recently I came across one seafood restaurant that will accommodate any and all seafood cravings that you might have.

Captain George's Seafood restaurants were started by George and Sherry Pitsillides and have been serving fresh, amazing seafood since 1978.

The chain is highly renowned and well-known for the

wide variety of seafood they offer.

The closest Captain George's to campus is located in the heart of Hampton Roads, right on Mercury Boulevard. Don't be fooled by the size; the Hampton location is deceptively large, and needs to be to support the vast amounts of food that it serves to all of its loyal customers.

At Captain George's you are given a choice: you can order off their menu (which has about five items) or, you can decide to order the seafood buffet, which, in my opinion, is the best way to go. In fact, Captain George's is mainly known for its buffet and it is the main reason why the restaurant is so appealing.

For only \$19.99, you get a bottomless plate of every type

of cuisine you can imagine. Captain George's buffet has everything you need to make a healthy, refreshing green salad, not to mention three different types of seafood salads and a number of fresh, steamed vegetables.

The buffet consists of three types of fish as well as two different kinds of seafood soup. They offer clams, mussels, oysters, crawfish, stuffed mushrooms, crab imperial and, of course, everyone's favorite, steamed crab legs. If you don't like seafood, the buffet even includes grilled steak, barbecue ribs and broiled chicken.

All together, there are over 70 items on the seafood buffet and as you can see it is an unbelievable offer considering how much food you are given to choose from. Not to mention



Chanelle Layman/The Captain's Log

Captain George's Seafood features a \$19.99 bottomless buffet of seafood and more.

they also include dessert on the buffet at no extra charge: pies, cakes, cobblers, fresh fruit, cookies, pastries, puddings - it's all there and for only \$19.99.

To get to Captain George's, just take a right onto Jefferson Avenue from J. Clyde Morris

Boulevard. Go about five miles down Jefferson and make a left onto West Mercury Boulevard. You'll find the glittery pirate ship a couple miles down on the left side. Visit their Web site www.captaingeorges.com or call 757-826-1435 for more details.

Ain't nothin' like some administrators playin' bluegrass

By AMBER LESTER
Arts & Entertainment Editor

The east coast of Virginia is known for many things — crab legs, Missy Elliott and extreme humidity in summer, to name a few. But bluegrass bands? Comprised of college administrators, alumni and current students? That's not really what one would expect to pop up on the CNU campus.

But anyone who had the pleasure of hearing Sun-Baked Possum perform in Einstein's Thursday night can verify that not only can a bluegrass band form at CNU, but it can sound darn good. Sun-Baked Possum includes Assistant Director of Auxiliary Services Andy Mansfield, Director of Multicultural Affairs Alex Butterfield, Parking Services Manager Mike Hott, 2003 CNU alumnus Tom Verna and senior Matt Humphrey.

Mansfield and Thomas Arthur, another CNU alumnus who has since left, formed the band in July 2003. Mansfield grew up listening to bluegrass during his youth in Nelson County, Va. After realizing that he had, in his own words "no musical talent,"

he decided to learn banjo. Not long after, Mansfield recruited Hott as a bass player. Hott had also grown up in a small country community called Beaver Dam, located just past Kings Dominion. Verna, a former roommate of Hott, was brought in to play mandolin. He fell in love with bluegrass after attending the Cabin Fever Pickin' Party, a yearly Hampton event intended for bluegrass jams. Butterfield was recruited to join as a singer in September 2003. As a native of Blacksburg, Butterfield had also grown up listening to bluegrass. Finally, the group found a guitarist in Humphrey, a friend of Verna.

During their Thursday performance, Sun-Baked Possum played a variety of bluegrass songs, some traditional, some recognizable and some unknown to their audience. The group had toes tapping on "Rocky Top," the official song of the University of Tennessee's Volunteers, and got nods of approval as they launched into "I'll Fly Away," a song made popular by "O Brother, Where Art Thou."

The band is influenced by "pretty much anyone else who's playing," according to Hott.

Their song set is heavily influenced by The Dillards, a group featured on "The Andy Griffith Show." Mansfield cited Ricky Scaggs and Doc Watson as personal influences, while Butterfield is a fan of Alison Krauss.

The group also demonstrated their sense of humor, introducing themselves with hokey performance alter egos. Verna was called "Sweets," because of his tendency to declare every performance "sweet." Humphrey's swiveling hips earned him the nickname "The Boogeyman," while Hott was called "Pooh," because Mansfield told the audience he preferred to rehearse in a red shirt and nothing else. Students were encouraged by Mansfield to come to Butterfield, or "Biscuit," with their multicultural needs.

"If you're wishin' to have a multicultural affair," Mansfield joked, "talk to her."

Throughout their two-hour set, the band's performances were comical, humble and, ultimately, impressive. While introducing a song about groundhogs, Mansfield humorously observed, "most of our songs have barnyard animals." When they cut loose, the group genu-



Sun-Baked Possum members Mike Hott, Matt Humphrey, Tom Verna and Andy Mansfield performed in Einstein's on Thursday. Not pictured is singer Alex Butterfield.

inely jammed, with Verna's mandolin stirring sweetly and Mansfield's thumb plucking quickly over the banjo strings.

The band even has a manager, senior Hillary Branem, who books them gigs at nursing homes, where evening entertain-

ment is rare. The band is a hobby, however, and its members regard it as a stress reliever, rather than a ticket out of CNU.

"It's just a chance to just get together and jam," Mansfield said. "We're not performers, but we'll play for anyone who

can't run away — we're thinking about hitting the prison circuit."

When asked about the band's musical future, Hott snickered. "There is no future in it!" he exclaimed.

"We've definitely reached our apex," Mansfield agreed.

Festival of Unexpected this weekend

By PATRICIA LANN
Captain's Log Intern

CNU Players, TheatreCNU, and ArtCNU will join forces Feb. 18-19 to present "The Festival of the Unexpected," a series of performances and art displays designed to shout the unmentionable and promote awareness to stop violence against women.

"It will make people really uncomfortable because it's designed to make us face the issues," said sophomore Carol Wilson. "It's controversial because it's taboo, it's suppressed."

Wilson, five other students and one faculty member will perform Eve Ensler's "The Vagina Monologues," the first leg of this weekend's three-part festival. The Players proudly take on the name "Vagina Warriors," also the title of Ensler's book to be released this V-Day.

"The Vagina Monologues" is a vital, visceral piece of theater," said junior Danny Devlin, associate producer and stage manager for "The Vagina Monologues." "One of the slogans of the V-Day celebration is 'Until the Violence Stops' and that is a sentiment echoed by the [CNU] Players."

Ensler traveled around the world interviewing women and compiled their monologues into the piece that is now presented at hundreds of locations worldwide each V-Day.

CNU Players joined the battle in 2003, and the performance has grown in popularity each year, expanding to include a reading of Tony Kushner's "Millennium," the first half of "Angels in America," and an ArtCNU show, titled "W2: of women by women" in the Fer-

guson Center's lobby.

"This is the first year the players have attempted something as ambitious as a full-fledged festival," said Devlin. "The Players hope not only to raise awareness, but to also raise money to benefit a local women's shelter, TRANSITIONS."

"As artists, it is our responsibility to comment on the world around us and then do something to positively influence the world around us," said Devlin. "In this case, through 'The Vagina Monologues,' we are influencing our local community."

While "The Vagina Monologues" focuses on violence against women, "Angels in America" ties in violence in other areas including race, sexual orientation and religious hate crimes.

"'Angels' is a show that I think everyone should be required to see," said Devlin. "While being an epic tale of life, death, heaven, hell and everything in between, it is the smaller, personal issues that truly make it amazing: sexual orientation, faith, relationships, loyalty and racism — issues that still plague us everyday, from the highest office in the land to a CNU college student."

"W2: for women by women" will be on display at the Ferguson Center during the festival.

"Community, faculty and CNU students contributed, and women are represented in the show," said Director of Fine Arts Betty Anglin. Works of senior Fine Arts major Tom Stormer will also be on display as part of the festival.

"The Festival of the Unexpected" is all about pushing the boundaries artistically and

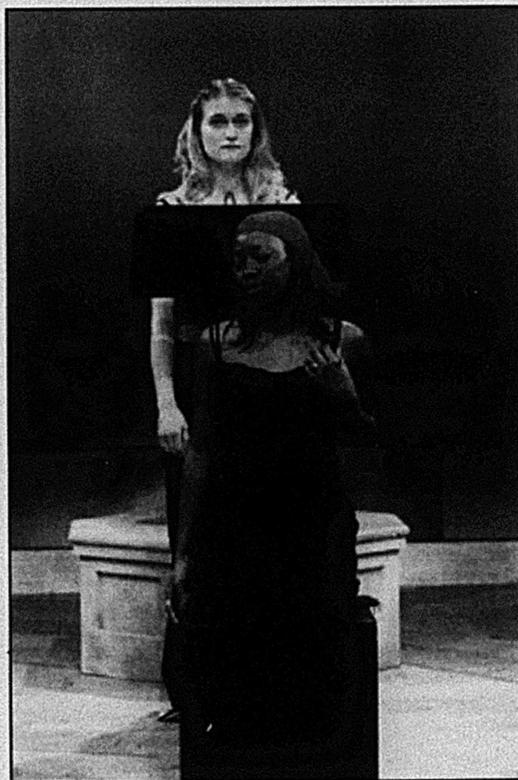


Photo courtesy of Casey Denton

Last year's performance of The Vagina Monologues raised \$5,400 to benefit women.

reaching out to the community through our art," said Devlin. "Everything about the Festival, from 'Vagina Monologues' to 'Angels' to 'W2,' is reaching out to the community and challenging and encouraging them, through our art, to grow."

"The Vagina Monologues" will be performed Feb. 18 at 7 p.m., followed by "Angels in America" at 9:30 p.m. Angels in America will also be performed Feb. 19 at 7 p.m., followed by

"The Vagina Monologues" at 9:30 p.m. There will also be a 2:30 p.m. matinee performance of "The Vagina Monologues" on Feb. 19.

Tickets are \$12 for students and \$15 for general admission. All performances will be in the Ferguson Center for the Arts' studio theatre.

Tickets can be purchased in advance by calling the Ferguson Center ticket office at (757) 594-8752.

Arthur Miller dies at 89

By DANNY DEVLIN
Contributing Writer

The American Dream failed Willy Loman. Or maybe Willy Loman failed the American Dream. Whatever your interpretation, it's hard to not feel a twinge of sadness upon even the simple mention of the name. You know his story, you know his life, you know his tragic last days on Earth, brought to life in a way not previously seen on the American stage.

Willy Loman, and all of the characters in Arthur Miller's play "Death of a Salesman," ushered in a new age in the American theater community, becoming the first play to simultaneously capture the Pulitzer, a Tony for Best Play and the New York Drama Critics Circle Award. Willy Loman had a distinctly human feel to him; he just wanted to be remembered fondly and well liked.

Arthur Miller died Feb. 10 of congenital heart failure at the age of 89, leaving behind a collection of some of the finest works of American drama. Of particular note were, of course, "Death of a Salesman," a frank look at the deteriorating American dream post-World War II and "The Crucible," a direct allegory of the 1950s Red Scare in America.

Both plays have been made into major motion pictures: "Death of a Salesman" (which seems to get turned into another new television movie every two or three years) stars Dustin Hoffman as Willy Loman, while "The Crucible" stars Miller's son-in-law, Daniel Day-Lewis, as John Proctor, one of the theater's most beloved characters.

In both, Miller's focus

was on systems — political, social, economical or religious — destroying average men and women's lives, although Miller's life was anything but average.

After "The Crucible" was published, Miller was called to testify before the House Un-American Activities Committee, reportedly for attending communist meetings. Miller stood firm, refusing to reveal any names, earning a charge of contempt of Congress. The charge was later overturned.

He also had a very public, very controversial five-year marriage to ubiquitous pin-up girl Marilyn Monroe. Technically, they married twice; once in a legal proceeding, and a second time in a traditional Jewish ceremony, after Monroe had converted to the religion.

Ultimately, it is Miller's command of the language, his sense of characterization and his unabashedly honest commentary on American society that will give him immortality. "Death of a Salesman" and "The Crucible" are two staples of not just American theater, but theater worldwide. They have each been translated into dozens of languages.

The timelessness of his stories will always make him relevant. While set in the 17th century and commenting on the 1950s, "The Crucible" speaks honestly about humanity and human nature, even as "Death of a Salesman" speaks about the need to change with the times.

Willy Loman was a man who got lost in the changing tides of time, a man who couldn't keep up. Arthur Miller kept up, and through his works, has assured that, while a great loss to the world of literature and theater, he will always be remembered fondly.

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Hahn-Khayat/ASACA PRESS

Black-Eyed Peas took home Grammys for Best Rap Performance by a Duo or Group for their hit single "Let's Get It Started," which they also performed to kick off the program.

Ray Charles big winner at Sunday's Grammys show

By CATHY EVANS
Captain's Log Intern

The 47th Annual Grammy Awards were held at the Staples Center in Los Angeles, Ca., this past Sunday. The program was hosted by Queen Latifah, who also sang a song from her jazz CD released last year titled, "The Dana Owens Project." The CBS broadcast began with an opening number from five bands, beginning appropriately with "Let's Get it Started," performed by the Black Eyed Peas. They sang a little over thirty seconds of their song before the cameras cut to Eve and Gwen Stefani, singing their latest song, "Rich Girl," on a pirate ship-inspired backdrop. Los Lonely Boys then performed their hit song, "Heaven," followed by Maroon 5 singing "This Love" and Franz Ferdinand performing "Take Me Out." They ended the opening performance by

meshing the five songs together. Big winners included Kanye West and Alicia Keys, who received four Grammy awards each, while U2 and Usher each won three Grammy awards. West stole the show at various times during the night: when Maroon 5 was presented with the Best New Artist award, they seemed apologetic for winning over Kanye West. The camera cut to West, who was making an ugly, displeased face at the group. West's onstage performance of "Jesus Walks," with John Legend and the Staples Sisters, included a church backdrop, a gospel choir and a congregation caught in the "holy spirit." West was emotional when he was presented with the Best Rap Album award. He told the audience about his appreciation of life after his surgery, and thanked his mother and God. The crowd gave him a standing ovation at the end of his speech. Another noteworthy per-

formance featured Alicia Keys, joined on stage by Quincy Jones and Jamie Foxx for a special performance of Ray Charles's song "Georgia on my Mind." Jones directed a live orchestra while Keys and Foxx both played piano. Janis Joplin won a Lifetime Achievement Award and Joss Stone and Melissa Etheridge gave vocally demanding renditions of Joplin's famous songs "Cry Baby" and "Piece of My Heart." Tim McGraw performed his single, "Live like You Were Dying" and was presented with the award for Best Country Song. Loretta Lynn won two Grammy awards in the country category for her CD "Van Lear Rose." She won Best Country Album over McGraw and gave a memorable speech about how her record was banned in Nashville because of working with producer Jack White, and she was honored that the Grammy people thought different.

The Academy dedicated portions of the show towards their Tsunami Relief Fund efforts. There was a performance of the Tsunami relief song, "Across the World," with proceeds being donated to the people affected by the tsunami. "Across the World" is performed by an assortment of artists, including Stevie Wonder, Alicia Keys, Steven Tyler, Bono and others. Among all the artists, the night truly belonged to the late Ray Charles. Charles received awards for all eight of his nominations, including Album of the Year and Record of the Year, two highly coveted awards for most artists. Others up for that award were Green Day, Alicia Keys, Usher and Kanye West. "I think I'm going to cry," Norah Jones, who sang a duet with Charles, said when she went onstage to receive the award for Record of the Year. "I think it shows just how wonderful his music can be."

Vic Henley brings Southern humor to Gaines Theatre

By ALIYA ALTAFULLAH
Captain's Log Intern

The sound of about 100 chattering voices quickly came to a low rumble as stand-up comedian Vic Henley approached the Gaines Theatre stage around 8 p.m. this past Friday night. His crude yet amusing routine lasted about an hour and a half, consisting of a number of different jokes, stories and some fairly odd noises. Henley grew up in Alabama, graduated from Auburn University with a degree in finance and began his career out in Phoenix, Ariz., as a stockbroker. After auditioning and performing at a number of different comedy clubs, Henley eventually decided finance was not for him, packed up his jokes and has been splitting sides for the past 20 years.

Henley's comedy routine was a detailed outline of all his trials and tribulations on the road as a professional comedian. In between a few awkward pauses and jokes about Celine Dion, Henley talked about his love/hate relationship with NASCAR, George Bush's eloquent speaking talents, his first deer hunting trip, the Amish and how he feels about the charming citizens of West Virginia. Henley also compared and contrasted

his performances at other colleges and universities, and even used his act as an opportunity to crack on unsuspecting audience members such as the couple in the front row holding hands, or the student wearing flip flops in February.

"He was funny; I liked his political jokes," said sophomore Matthew Alexander. "He blended his stories together well so you could relate to them."

When asked who inspired him to do comedy, Henley listed several talented celebrity comics that helped guide him to where he is today.

"Bill Cosby and Richard Pryor for sure," Henley said. "Oh and of course George Carlin, Chris Rock and although he's a fairly new comedian, I love Dave Chappelle and what he's doing with his show, it's great."

Henley also mentioned that one of his goals as a comedian is to travel all over the world meeting and learning from other comedians, as well as participating in several different comedy festivals.

Campus Activities Board representative junior Justin Ferrell, who introduced Henley to the audience, said that the comedian put on a fine performance.

"He did a pretty good job; I was quite amused," Ferrell said.

ATLAS, FROM PAGE 7

such a surprise. Rather than us finding him, he actually sought us out," said Fender. "It's something we definitely were hoping would happen eventually, but for it to happen so early was such a surprise to all of us."

According to Beggs, for a band to be noticed and supported by a booking agency, the crowd response and fan loyalty, genre of music and the overall potential of the group are evaluated.

"For the most part, we look at the bands that have great potential and are easy to work

with," said Beggs. "Especially the ones that have their fans make me go to their shows. Atlas got three out of three."

Atlas is currently working with ABH and booking shows off-campus solidly every weekend after Spring Break.

They are also working on a studio EP, scheduled to be released around March 8.

"Bands are only as good as the audience they attract," said Zimmerman. "If we can get even a small following of hardcore fans, we'll know we've done something good and worthwhile and those fans will always have our appreciation."

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Zeta Tau Alpha

Sports

Captains roll in openers

The Captains open the new season with two wins against Frostburg St. in a doubleheader over the past weekend

By SEAN KENNEDY
Sports Editor

Just two years removed from a loss in the NCAA Division III World Series, CNU's baseball team kicked off its season at Captains Park on Saturday, beating Frostburg State 8-1 and 3-0 in a doubleheader sweep on opening day.

"It's just been a while ... you look forward to opening day every year," said senior Jason Moody, who hit a solo homerun in the third inning of the first game.

"The night before [the game], you can't sleep. It's one of those types of things."

The Captains used a five-run sixth inning to dominate the Bobcats in the first of the two-game doubleheader.

Going into the bottom of the sixth inning, CNU held a slim 3-1 advantage over FSU when Moody was walked to first.

Moody then stole second base on the next pitch.

Junior John Corbin singled to left-center field and Moody was able to score from second to give the Captains a 4-1 advantage.

The next batter, senior Ricky Medina, singled to left field, allowing Corbin to advance to second base. The Cougars switched pitchers, yanking Marcus Nalls for Andrew Byers, hoping to stop the bleeding.

With still only one out, the bleeding was far from over.

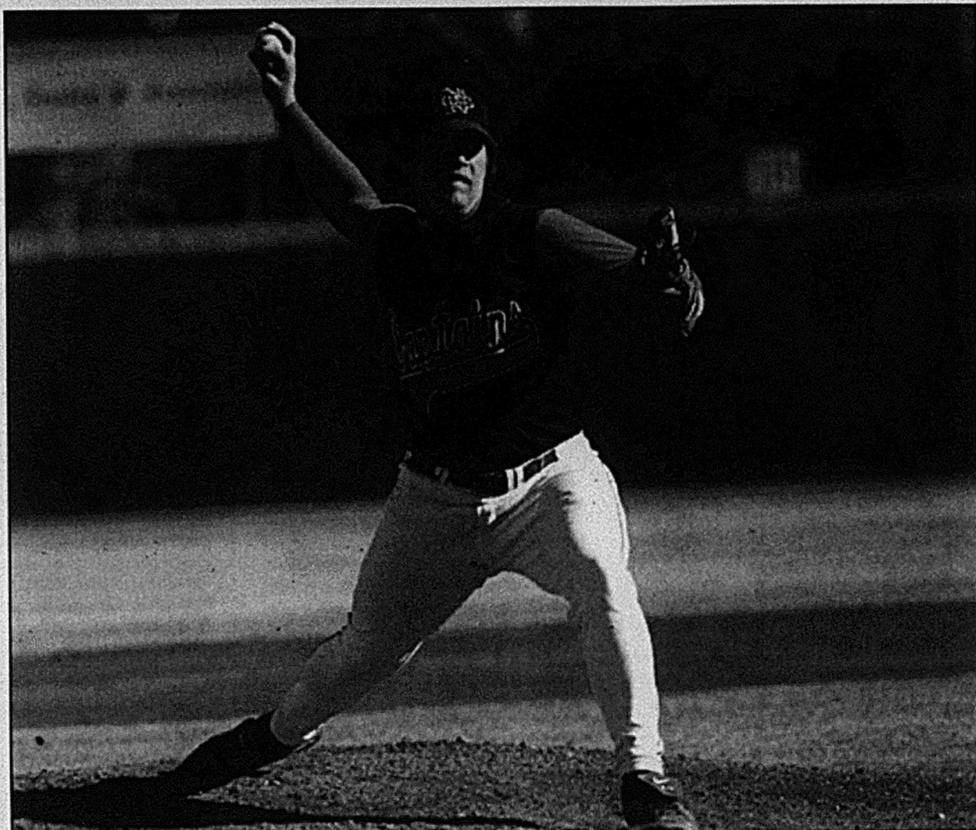
Sophomore designated hitter Brad Melton sent Corbin home and allowed Medina's advance to third base after Byers committed an error on Melton's hit.

The score was 5-1 with still only one out.

Junior Rob Quinn came in to pinch run for Melton at first base before junior David Deibler singled.

The next batter, senior catcher Charlie Hardie, hit a sacrifice fly that sent Medina home and allowed Quinn to advance to third.

Quinn stole home a pitch later, sliding headfirst into the catcher. He lay



Junior Eben Brower throws a pitch in the second game of a doubleheader against Frostburg State University on Saturday. Brower pitched a one-hitter.

on the ground for some time before he was helped up.

After the game, coach John Harvell said he was fine.

The score was 7-1 before junior Garrett Robinson hit a double to right-center field, driving home Diebler.

The stat sheet read like a tombstone: Five runs, three hits and only one runner left on base.

The strength of this year's Captains will be the pitching staff.

"We have a great pitching staff, they're the best in the country," said Moody.

Senior Mike Cosby started the first game of the doubleheader and pitched five innings, allowing six hits and one run.

Cosby struck out four batters, and consistently worked his way out of jams.

"I wasn't hitting all my spots, but

I know that it will get better as you go," said Cosby.

Corbin hit 2-for-3 with three RBIs while Moody had three runs to lead the team.

Junior pitcher Eben Brower led the Captains to victory in the second game against the Cougars.

Brower fell only one hit short of a no-hitter, striking out nine in five innings. FSU's Chris Jones hit the Cougar's only hit of the game, a single right up the middle.

Freshman Kenny Moreland, a transfer from the Naval Academy, recorded the save for the Captains.

While the pitching staff is obviously up to par, the offense had consistency problems throughout the day.

"We hit the ball well, but we're going to have to hit better," said Moody.

"We're going to have to get the two-out hits. And when we get runners on, we need to score. We don't have the big guns

like we used to. We have to hit the small ball now, too."

The expectations for this season are sky-high. Many of the players on this year's roster have played in the World Series and are itching for a chance to get back there.

The Captains have the pitching staff to get there, but what bears watching is how the offense shapes up this season. Moody has his own way of putting it. "This year I see us going very far, I'm not going to lie to you."

The Captains have a full week ahead of them.

They play against Hampden-Sydney at home tomorrow at 2:30. Then there are four more games this week, including two against Rowan, a national power. The Profs finished last season with a record of 41-8 and advanced to the NCAA Division III Championship Tournament.

The Hockey team drops a game to ODU

The team plays one of its best games of the season against one of the better teams in the Division III Atlantic region

By KIMBERLY WADE
Contributing Writer

The phrase "Not quite there, but almost" came to mind when the Ice Captains faced Old Dominion at the Chilled Ponds Ice Rink in Norfolk on Feb. 12 at 9 p.m.

Though the match ended with a win for ODU at 7-3, CNU played one of its best games of the season.

In the first period of the game, the Ice Captains were amazing.

They were able to block numerous shots and get off many shots on goal as well.

About seven minutes into the game, freshman Mark Wilkinson scored the first goal, putting the Captains up 1-0. The score remained the same through the first period.

The second period didn't go as well - ODU scored three goals in a row.

In the third period, ODU was able to score three more goals while CNU's sophomore Colin McCarthy added two more.

Considering the score for the last game was 10-2, the fans and the players agreed that this performance was much better to the last one.

This feeling could be because the CNU players dominated most of the game.

Coach Ryan Pringle said, "[ODU] is the sixth-ranked team [in the Atlantic region] and we controlled a lot of the game but the minute we eased up, it had its affects. Last time, we didn't control much, but today we controlled a lot of the game."

What many players agreed on was the great performance shown in the first part of the game.

"We are a starting team, we played strong for two periods and we just lost it. We have to work on our finish," said freshman Bryan Trumble.

But many on the team know that practice makes perfect, especially for a new team.

"You can't get expect to get out and win, it takes practice," said sophomore Ashley Ager.

Sophomore Colin McCarthy agreed by saying, "Basically we're trying to build up our team one game at a time."

It was evident that the team had been practicing, which was shown through the many shots and tricky maneuvers that the team displayed while playing.

One particular move that caught many eyes was when Freshman Mark Wilkinson jumped over an opponents stick to go after the puck.

This seemed quite difficult and looked like it took quite some practice to get it right.

Many players are optimistic despite the outcome of the game. "We can only get experience when playing a high-caliber team," said sophomore Greg Simon.

Senior Ryan Smith said, "It's our first season and in a couple of years we're hoping to be a varsity sport."

For many fans new to the game, the experience was well worth the trip.

"I think it's interesting ... I like the contact that they have, they played a lot better than the first game," said freshman Kristy Kocinsk.

Considering that the hockey team hasn't been around for very long, the fan turnout was exceptional.

"I hope that the CNU student body continues to show interest in the sport and show spirit for the team," said sophomore Jeff Dohse.

Freshman Mark Wilkinson agreed with the fans and showed his appreciation by saying, "Having fans at the games helps out our team's morale, we really appreciate it"

The team will play their next home game this Saturday against UNC Charlotte at 11 p.m.

Softball team gets younger while trying to deal with the loss of stars

In the process of switching to a new playing field, this year's team will include eight freshmen on the roster

By ERIN EUDY
Managing Editor

Despite losing four star players, the Lady Captain's softball team has been picked to finish first in the most recent USA South preseason poll.

This is not an unusual expectation for the women, seeing as they have won their conference championship 13 out of the last 14 years.

"We have had many good teams in the past," said coach Keith Parr. "This year, we are getting more recognition though, and people are really starting to open their eyes to us."

Four former softball players graduated at the end of last season: outfielder and second-team all American Lauren Batson, outfielder and first team all American Nicole Slosjarik, conference pitcher of the year Vanessa Gray and all-conference catcher and designated hitter Renee Sigafoos.

"Eight of the 12 all-conference players were from our team," Parr said. "We lost four of those eight, but we have four returning."

"We also have many returnees that are great ball players and they are going to get their chance to show what they can do this season. We also have some really good freshmen to help."

There are eight freshmen on the team this year. While some may consider this a large number, many of the players are excited.

"It's a lot different having so many freshmen," senior second baseman Nicole Gray said. "Being a senior is more than just playing, there's more responsibility."

"I think it's fun though, and it's nice to have freshmen. It will be especially good in the long run because they will have played together for so long."

The Lady Captains finished their



Members of the softball team practice on Friday. The team is busy preparing for the upcoming season.

season ranked 21st in the nation out of several hundred division III schools. According to Parr, the team is currently ranked 30th in the nation, even after losing four players.

"I think we can beat that," junior Andrea Rohde, catcher for the team, said.

"Even though we lost a lot of good players, we have lots of good freshmen stepping up."

Parr also acknowledged that the team faces one of its most competitive schedules in history.

"We play 10 games against schools that are ranked 23rd or higher," he said. "Four of those games are against the teams that are tied for second in the nation: Salisbury and Moravian."

The Lady Captains have beaten both of these teams in years past.

"If we can beat both of them, that will

Jordan Smith/The Captain's Log

The Lacrosse team is in a state of change

By KIMETHA HILL
Captain's Log Intern

The CNU women's lacrosse team was picked to finish number one in the conference for the 2005 season by the most recent USA South lacrosse pre-season poll. Although the team has experienced a few changes from last year within the roster, this season should be very promising.

The women's lacrosse team finished the 2004 season with a 6-9 record overall and were 4-1 in the USA South. They suffered a disappointing loss in the semi-finals of the USA South conference tournament to Shenandoah last season.

"We were upset last year and this was an awakening for us," said coach Kwame Lloyd.

The team has changed in many ways since last season, one being in overall dynamics. Recruiting has been the biggest factor in the dynamics of the team and how they work together.

"We have more players with previous experience," said Lloyd. He went on to say that in previous seasons, there were many players joining the team who had never played lacrosse. However, now the team is mostly comprised of players who gained previous experience in high school.

Lloyd said that the team was still successful in the past with players who had no experience, but that the previous experience is an added bonus.

This mixture of veteran players contributes to a better roster and overall team. Lloyd noted that the team is more diverse this season, with players from Maryland and all over Virginia.

One of the biggest elements that Lloyd feels the team lost from last season is leadership. However, he is confident that seniors Elaine Kirby, Hadley Silver, Lacey Milburn and Amy Zucharo will step up and fill these leadership positions.

"These players will bring leadership in experience, skills and academics," said Lloyd.

When it comes to being ranked number one in the polls, Lloyd feels that will fuel the players to compete with more intensity.

"We enjoy the bull's eye in our backs," said Lloyd (on being ranked number one).

Lloyd also said that the team has more than enough talent to live up to the number one ranking and that this ranking gives them confidence.

The ranking is a good incentive to do well; however, Lloyd feels that Greensboro is the team to beat in the conference.

Greensboro has won the conference championship three years in a row and is tough competition for the Lady Captains this season. When the two teams have met in previous years, CNU has always won at Greensboro and Greensboro has always won at CNU.

Lloyd referred to the fact that CNU needs to step up, be focused and play to their standards at home.

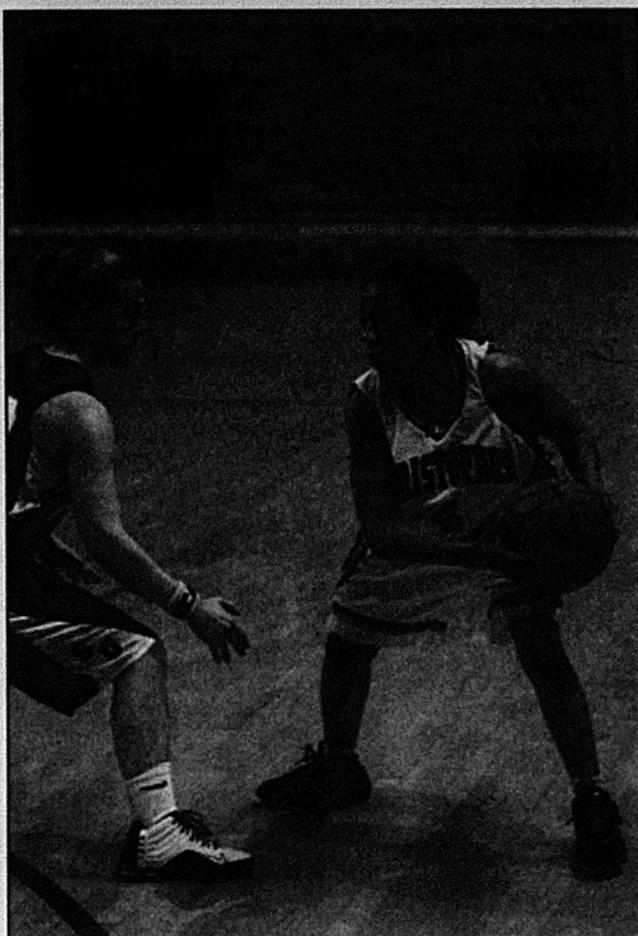
Lloyd firmly believes that if the team competes at the highest level of consistency that they set for themselves, then they will no doubt be successful. "We have a tough schedule this season and we have to live up to the expectations and compete to the best of our abilities," said Lloyd.

Lloyd has coached the women's lacrosse team for three seasons and has a conference record of 12-2.

The team will host its season home opener against Randolph-Macon at 4 p.m. Feb. 23 at Captains Field.

Russell's size doesn't bother her in the least

By SHAUN HOY
Contributing Writer



Craig Whisenant/The Captain's Log

Freshman Michele Russell looks to make a play to the basket against Shenandoah last week.

At 4' 11", to say Michele Russell is down to earth would be an understatement.

CNU's freshman point guard, whose friends affectionately refer to as Tu-Tu, has more to her life than simply basketball.

Russell grew up in Hampton where she's been refining her game since she was five years old.

While she was growing up, she played on the local Amateur Athletic Union team and then for Phoebus High School.

Now a freshman here, she can be seen wowing the crowds of the Freeman Center with the rest of the Lady Captains.

But, when she's not on the court, Russell has a lot more going on.

"I love driving around in my car. Yes, I sing and dance when I drive, I know every song on the radio," she said.

She doesn't only get down in the car - she likes to hit all the clubs at Virginia Beach too.

"I also like to go to the mall and shop. I love to spend money. It's not hard for me to have fun," she said. "I'm just a big kid. I love actin' a fool, man."

When Russell isn't out and about, you can find her lounging around watching a movie.

She likes everything from "Friday" to "The Shawshank Redemption."

Russell also likes being around her family and giving back to the community.

Living at home with her family

gives her an excellent chance to give back to the community all the time.

"I like to go visit my high school and help out with the team," she said. "I also coach in the summer league there too."

Russell admits that everything isn't fun and games. "I like to joke around a lot but when it's time to get serious I'm ready for it," she said. "That's why I look up to [senior] Chazzy Morris. She's real serious when it nears game time."

You can find Russell getting pumped up before the games by listening to Crime Mob. "Knuck if you buck, boy." That's how I get ready for a game.

Russell isn't only serious about basketball.

She came to CNU because of the education as well. Russell is a biology major and is thinking about a career as a physical therapist.

"I want to stay involved in sports for the rest of my life. And I'm never going to stop playing sports," she said.

She has been through surgery on both of her knees and her heart but doesn't let anything stop her from doing what she wants to do. She also lost her father on Jan. 14 but still plays every day.

"Never give up," she said. "That's all you can do is never give up."

Her statistics alone reinforce this statement.

As a freshman, Russell is averaging 6.6 points per game and 3.2 rebounds per game, is third on the team in assists in the season with 52 and has also added 25 steals.

"Michele is a fearless competitor," assistant coach Lamont Strothers said. "Her heart is a lot bigger than her size."

The Silver Storm is still evolving

By CATHY EVANS
Captain's Log Intern

The Silver Storm, which performs at halftime for home basketball and football games, has been a part of the university for four years.

The squad has had their ups and downs over the years but Silver Storm continues to deliver energetic dance routines to Captains fans at all of their home games.

In years prior, another dance team was on campus under the name Blue Wave.

During the 2001-2002 academic year, the Blue Wave had problems and eventually the dancers parted ways.

After the Blue Wave ended, two of their former dancers, Missy Taylor and Christa Crawford, approached Dean of Students Donna Eddleman about their interest with starting another team.

They then organized a new dance team under a new name, The Silver Storm. C.J. Woollum, the Director of Athletics, gave the dance team its name.

"I was sitting in Captains with Donna Eddleman, brainstorming new names for the dance team and it just popped into my head," said Woollum.

The NCAA does not recognize dance as a sport and the squad does not fall under the department of Athletics.

Therefore, it's currently defined as a club.

Senior Nicole Glose, the captain of Silver Storm, and most of the squad would like the team to be a part of Athletics or a part of the Department of Dance in the future.

Because Silver Storm is defined as a club, they receive funding from the Student Government Association,

but the team primarily relies on fundraising to raise money for the various things they need throughout the year.

"Earlier this year we went around to local businesses to collect money to make t-shirts, we have their ads on the back of our shirts," said Glose. "We probably made around \$1500 that way."

Last semester, the team fired their coach.

After reviewing the contract and talking to Eddleman, they realized that they were their coach's boss.

After a team meeting, the squad decided to release their coach at the end of the football season.

"The team needed a change in direction," said Glose.

Six of the 17 girls on the squad are graduating this May.

Due to that and the lack of a coach, the team has formed committees to delegate the responsibility among the girls on the team.

They have different committees in charge of stretching, choreography and other duties.

"There is a lot more opportunity for ladies to step up; before there wasn't any," said Glose.

Senior Jennifer Lopez choreographs most of the team's routines with the help of the choreograph committee, which has several members from the squad.

"I like to freestyle dance in my room for a while, then I'll place the moves to beats so that I can teach the girls," said Lopez.

Tryouts for next season will begin in April, and there will be a \$25 registration fee.

The girls are currently preparing for their final performances that will occur this weekend at the men's basketball team's games in the Freeman Center.

The squad's final performance of the semester will be this Sunday.



Courtesy of Nicole Glose

Members of the Silver Storm pose with their 2004 second-place trophy in the Sweetheart Competition.

Roundup

Track

Senior Marquita Mines finished first in the women's long jump with a finishing distance of 5.43 meters in the College Winter Frolic, held in the Freeman Center over the weekend.

Freshman Candace White finished first among division III schools in the 55-meter dash with a time of 7.70.

As for the CNU men, sophomore Cary Chaffee finished first in the 1500-meter run with a time of 3:59.35.

Freshman Matt Griffis and sophomores Jon Hoehne, Matt Weisenborn and Zack Crump finished first in the 4x400-meter relay with a time of 3:26.27.

Sophomore Justin Loda finished first in the pole vault with a height of 4.49 meters. Freshman Xavier Higgins finished first overall among division III in the 55-meter hurdles with a time of 8.08.

Men's basketball

The Captains had a successful weekend as they managed to defeat both Ferrum and Averett, improving their record to 16-7 overall and 6-4 in the USA South conference.

Against Averett, they were able to come from behind in the second half to pull out a victory of 71-64.

Women's basketball

Against Averett on Saturday, the team's 47-game winning streak (against Averett) ended. The last time the Lady Cougars beat the Lady Captains was back in 1979.

Against Ferrum the ladies trailed by as much as 25 points in the first half and were behind 53-31 at half time before falling to the Lady Panthers 93-77.



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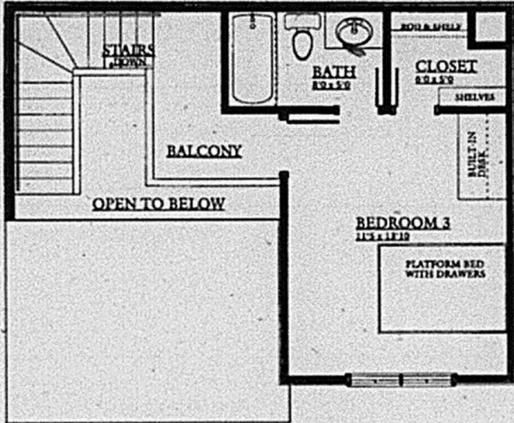


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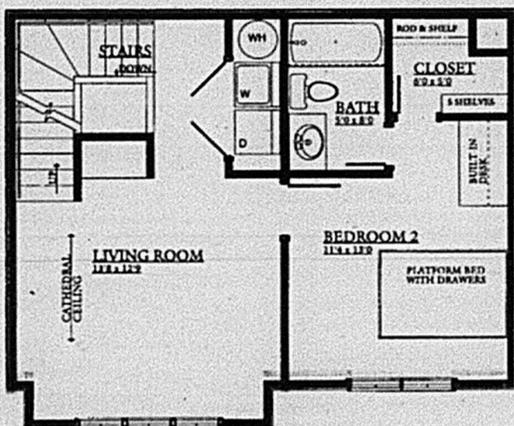
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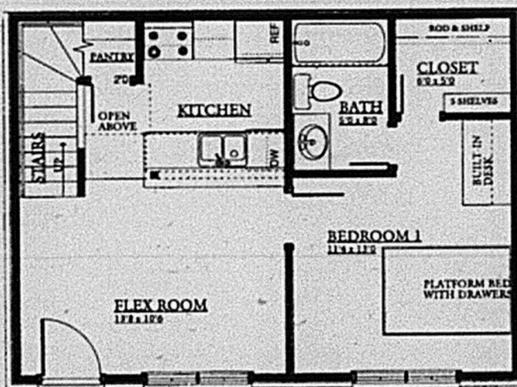
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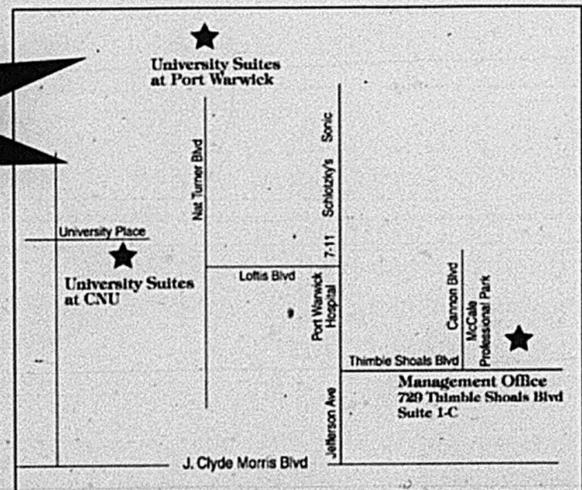
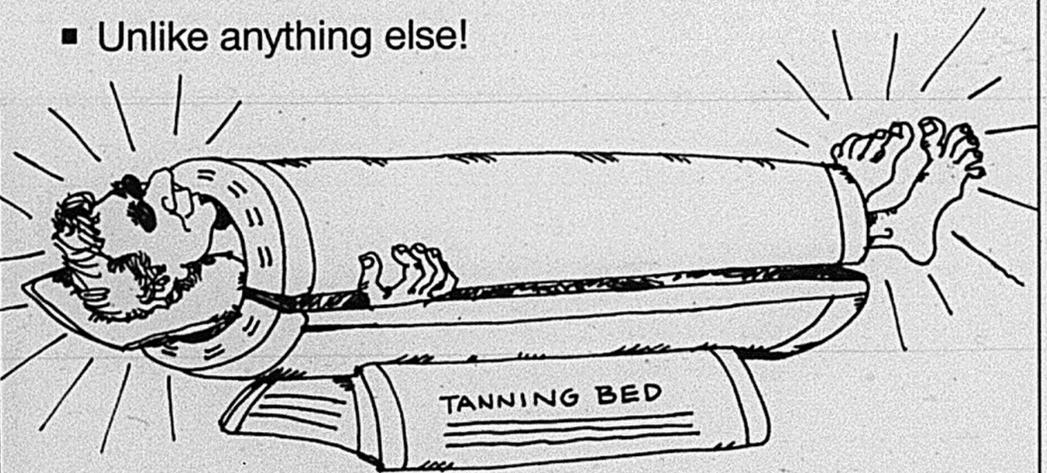
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