

# The Captain's Log

The Official Student Newspaper Of Christopher Newport University

Volume 37, Issue 18

Wednesday, March 1, 2006

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



## INSIDE



### OSCAR PICKS

Which will win? "Good Night, and Good Luck?" "Syriana?" "Crash?"  
Page 14

## World

### VIOLENCE IN IRAQ

Sectarian killings spread through Iraq on Thursday, leaving more than 120 dead as gunmen patrolled neighborhoods across the country, and fears rose that the nation was careening toward open civil war." Page 6

## Food & Health

### FEEL THE BURN

At the end of a good workout it's one thing to feel the burn. It's another thing altogether to feel burned out. Page 7

## Sports

### PLAYER PROFILE

Senior Megan Fogarty steps up to the line, and her look is that of extreme concentration. "Runners on your mark."  
Page 9

## LACROSSE

The Lady Captains lacrosse team's first home game did not end well on Sunday when they fell to nationally second-ranked Salisbury 15-4.  
Page 13

## A & E

### KING OF HEARTS

"Alpha Phi's annual 'King of Hearts' event held last week raised over \$2,100 for women's cardiac care, the sorority's chosen charity.  
Page 13

## SPEAKING OF...

"Are you listening? It is today or never for us to listen to those voices."

— Paul Rusesabagina,  
Page 3

## Food, dining issues spread across campus



Andrea Strackheim/The Captain's Log

From left to right: Freshman Casey Martin and sophomores Mason Henry and Andrew Brandt eat at Hiden-Hussey Commons. The Commons is just one of many dining facilities on campus that may be affected by a proposed corporate takeover.

## Dining declaration draws tears in Senate

By PHILIP LECLERC  
News Editor

The SGA senate's guest section, normally host to between four and ten students, was packed with students and dining services employees Monday night, filling about 25 of the 27 available seats. Director of Dining Services Kevin Ososkie and seven dining services managers took eight of those seats; the Assistant Manager for Student Center Dining Jennifer Font stood in front of her chair, crying.

On Feb. 27, Ososkie brought Font and her six colleagues to the senate to speak about the announcement regarding Dining Services made by university President Paul Trible earlier in the week at a town hall meeting. The university created a committee, led by Executive Vice President Bill Brauer, to determine whether CNU should adopt a national vendor for its Dining Services.

Each manager present — including Manager of the Commons Barron Whitehead, Manager of Discovery Café Anthony Augustine, Front of House Manager of Regatta's Linda Carter, Einstein's Store Operations Supervisor Lisa Taliaferro, Catering Manager June Miles, Executive Chef for the University Ericka Nestler and Font — introduced themselves to the senate, and spoke about when they had joined the university and what they thought of the dining services announcement.

"I'm the Front of House Manager at Regatta's, and I have been here since Regatta's opened," said Carter. "And I think I know almost everybody in here, and I think almost everybody in here knows me, and I would truly like to stay here."

Carter, Nestler and Taliaferro serve as representatives on Brauer's committee.

SGA President and junior Mehreen Farooq also sits on that committee, and spoke at the senate meeting regarding the possibility of adopting a national vendor as well.

"On Tuesday, there was a faculty-staff town hall meeting, and Trible announced that within the next 60 days, by about June 1, the university would look into the possibility of changing from self-operating dining services method to contracting out," she said.

Currently, Dining Services employees are hired

SEE SGA, PAGE 3

## National vendor may take over

By IAN SASS-BASEDOW  
Editorial Assistant

After an announcement made this past week by the administration, the future of Dining Services is an open question, while the university determines whether to contract a national vendor.

In a campus-wide email, Executive Vice President Bill Brauer announced a 60-day period during which an advisory committee appointed by President Paul Trible Jr., and chaired by Brauer, will determine whether to hire an outside vendor to replace the existing Dining Services infrastructure.

If the decision is made to do so, the committee, which includes officials from the faculty senate, SGA, materials management and Dining Services itself, will choose an appropriate vendor, Brauer continued.

If a national vendor is adopted, it will also hire all current Dining Services employees, and would sort out employees' benefit packages in the event of a switch, according to Brauer's e-mail.

The proposal surprised some workers, like Carter, who now weigh the uncertainties.

"We were floored. We had no prior knowledge of any considerations like this. We knew that students had small issues we thought we could correct," Carter said.

Director of Dining Services Kevin Ososkie said he and his staff, in coordination with the SGA's Food Service Committee, have addressed numerous small issues presented by students.

Harbor Lights began to use spray cans on frying surfaces instead of bottled oil after complaints about excessive grease, while chicken parmesan subs are being served on both food aisles to prevent long lines, according to Ososkie. The Food Services Committee meets every Wednesday

in Regatta's and is open to all, he added.

Although a national vendor would rehire current Dining Services employees, there are no guarantees that people will get the same jobs they filled previously or receive equivalent benefits, Carter said.

It's possible the committee will find that nothing needs to be done. The administrative move is not a critique and evaluation of the Dining Services staff, according to Brauer, but rather an exercise in institutional research.

He asserts that similar, sweeping reviews have been undertaken in other departments like admissions and housing.

Increased competition on Warwick Boulevard and the ever-growing number of students eating on campus, which reached 3000 this year, have both helped to push forward changes, according to Brauer.

CNU and Virginia Tech are the only two schools with self-operating Dining Service programs in Virginia; all others have contracted out, according to Brauer. ■

## Professor conducts food waste study

By NICHOLAS MIRABAL  
Assistant News Editor

First, it was Harbor Lights — then, the Hiden-Hussey Commons — and now, it's a research site. Professor Marcus Griffin of the Anthropology Department has called the Commons home for three of his office hours per week, per semester, for the past three semesters. There, he studies students and their food-eating habits.

Over the past three semesters, there has been a fair amount of food waste, according to Griffin. He is now in charge of a new Food and Culture course offered by the Anthropology department, and his 29 new students help him conduct his research.

"The creation of this course will move us into an all-new learning curriculum," he said. "There have been a number of qualitative changes to the course that will urge students to learn how to gather their own research and draw their own conclusions."

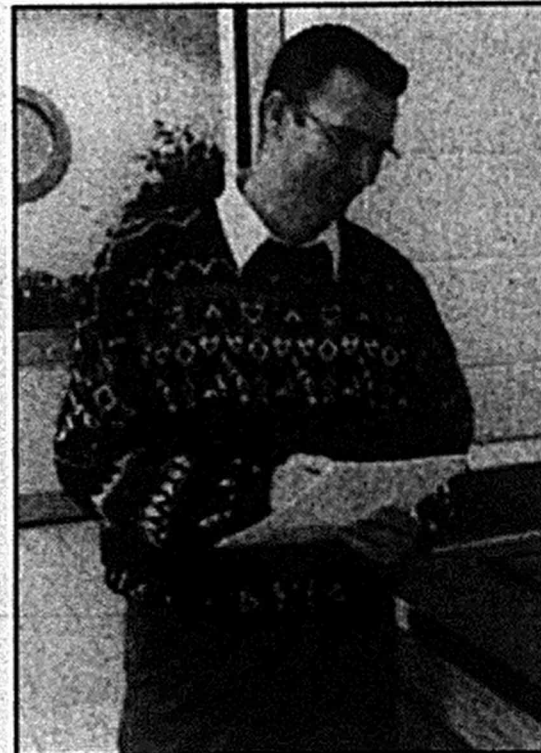
Over the past four weeks, Griffin gathered observations and administered surveys in order to aid his class's research and provide them with a stronger basis from which to draw their conclusions.

"Since the second week of class I have been doing my own research, taking notes and doing coded observations," he said.

Griffin and his class first had to submit a research proposal to the Institutional Review Board (IRB), explaining the intended goal and purpose of their project.

"This is done mainly to ensure that human research subjects are protected from any type of harm. Pretty much all research these days requires you to go through an IRB," said Griffin.

The proposal has been written and approved, and Griffin's students are ready to begin their portion of the study.



Andrea Strackheim/The Captain's Log

SEE STUDY, PAGE 3 Professor Marcus Griffin.

## Spots secured for Rappahannock students

A guaranteed-admissions agreement with a community college will open 15 slots.

By REGINA CERIMELE  
Asst. Layout and Design Manager

As part of CNU's first ever guaranteed-admissions agreement, each year the university will reserve 15 spots in its junior class for qualifying transfer students from Rappahannock Community College. RCC and CNU partnered on Feb. 13, thanks to the efforts of CNU President Paul Trible Jr. and RCC President Dr. Elizabeth Crowther.

Trible and Crowther became friends while attending the Council of Presidents of Virginia, of which Trible is chairman, and they then began to move towards creating an agreement between the two institutions, Trible said. Trible invited Crowther to tour CNU's campus and talk began about ways for the two educational institutions to work together.

Trible visited RCC as well, and there the particulars of the admission agreement were cre-

ated and the necessary documents signed.

It is a priority for higher education to facilitate passage from community colleges into Virginia's four-year schools, according to Trible.

The applications process for institutions of higher learning has become more competitive, making the transition process for transfers more complicated as well.

"It is increasingly difficult for students to transfer," said Trible.

RCC students seeking to transfer must be members of the Phi Theta Kappa International Honor Society, and maintain a

3.5 GPA. Successful transfers must demonstrate high academic achievement and emphasize public service and leadership, according to Trible.

RCC students bear those qualities, according to Crowther in a recent press release.

"CNU accents service and leadership in its undergraduate experience, and they were anxious to begin the RCC relationship with Phi Theta Kappa students, who bring these qualities with them into their junior year of college," said Crowther, according to the release. CNU currently accepts approximately 100 transfer students each year into the university.

"I would envision that over the next four to five years that number would reach 200," said Trible.

CNU is not planning to increase the number of transfer students accepted to offset the 15 spaces allotted for RCC students.

The university aspires to create similar admissions agreements with other community colleges in the Tidewater region as well.

Trible anticipates that Tidewater Community College and Thomas Nelson Community College might be likely to part-

SEE RAPPAHANNOCK, PAGE 3



## Weekend Forecast

courtesy of www.weather.com

**Thursday:**  
**Few Showers**

High: 73° Low: 45°

**Friday:**  
**Sunny**

High: 56° Low: 33°

**Saturday:**  
**Sunny**

High: 49° Low: 31°

**Sunday:**  
**Mostly Sunny**

High: 49° Low: 38°

**Monday:**  
**Few Showers**

High: 56° Low: 38°

## On the record Police Blotter

### CNU Police Blotter

Feb. 20: An unsecured bicycle was stolen from Washington Apartments.

Hockey gear was stolen from a vehicle in the Barclay lot.

Feb. 21: There was a theft of a book bag from an unsecured vehicle.

There was an alcohol violation issued in Potomac River South.

Feb. 22: A charge for disorderly conduct was filed against a male resident who was making threats towards two female residents.

There was a radio stolen from a locked vehicle in Lot G.

A stereo system was stolen from a locked vehicle in Lot N.

A vehicle's side view mirror was stolen in Lot N.

Feb. 23: Drug and alcohol violations were filed in Santoro Hall for possession.

Credit cards were stolen from a vehicle on University Place.

Juveniles skateboarding were charged with trespassing in the Student Center.

Feb. 24: An alcohol violation was issued at Potomac River.

Feb. 25: An alcohol violation was issued in James River Hall for underage possession of alcohol and public drunkenness.

An alcohol violation was issued in Santoro Hall for underage possession.

Money was stolen from a wallet and later recovered from CNU village.

Someone stole an Ipod and camera from a resident's room in James River Hall.

Charges were filed in CNU village for breaking and entering, domestic altercation and being drunk in public.

Feb. 26: Someone stole a hubcap from a vehicle located in Jefferson Apartments parking lot.

### According to the Newport News Police Department Offense Listing:

Feb. 21: A vehicle was stolen and later recovered on Jefferson Avenue.

Feb. 22: There was a case of simple assault on Warwick Boulevard.

A report of carjacking occurred on Bland Boulevard.

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

Feb. 23: Vehicle parts were damaged on Village Green Parkway.

Property was damaged on Village Green Parkway.

## Around town State/Local News

### Hampton History Museum sponsors new speaker series

The Hampton History Museum is sponsoring a new program: the George Wythe Distinguished Lecturer Series. On March 2, 2006, Dr. William C. Davis will begin the program with a speech about The Brothers Laffite: Myths and Realities of the Great American Pirates. Davis will speak in the museum's Great Hall; admission charge is \$3.00 for members of the museum and \$5.00 for non-museum members.

### Laser rock show makes a comeback at the Virginia Living Museum

On March 10, the Virginia Living Museum will begin an 11-week run of laser rock shows. The shows will take place on Fridays and Saturdays, and be held in the planetarium theater dome, which provides a 360-degree show of lights and sound. The last time the museum presented the laser rock shows was in 1999. The shows will run from March 10 until May 27. Until April 7, the show will feature the following: at 8 p.m., Laser Retro with 80s bands; at 9 p.m., Laser Hypnotica with techno music; at 10:30 p.m., Laser Metallica; and at midnight, Laser Floyd: Dark Side of the Moon. For more information call (757) 595-1900.

### Va. House initiatives budget for safety and mental health

On Feb. 27, Virginia House of Delegates Speaker William J. Howell (R-Stafford) explained two budget initiatives that allocate monies to mental health facilities and combat sexual violence. The Virginia House of Delegates approved the 2006-2008 Biennial Budget, HB 30, on Feb. 27, which included \$150 million in funding for the mental health facilities and \$20 million to combat sexual violence.

### Sheryl Crow Wildflower tour postponed

Sheryl Crow has postponed her North American Wildflower tour due to illness. On Friday, Mar. 10, at 7:30 p.m., she was to appear at the Ted Constant Convocation Center; updated times for her Norfolk appearance will be forthcoming. Tickets purchased for postponed shows will be honored. For more information please call 757.683.4444 or visit www.constantcenter.com or www.sherylcrow.com.

## Your life Campus News

### Sig Ep celebrates leadership

Ten members of CNU's Virginia Pi chapter of Sigma Phi Epsilon gathered together in Charlotte, North Carolina with fellow brothers from all over the country. The point of the rendezvous was to promote valuable lessons in leadership and applaud the triumphs of their fellow brothers at Carlson Leadership Academy (CLA). The meeting consisted of lessons about building academics and community service and campus involvement. It is part of Sig Ep's effort to replace the negative "frat boy" image with one of higher moral and scholastic standing. Sig Ep will champion positive changes to help CNU Greek life become one of the top reasons students choose to come and stay at this university.

### Business school offers to e-file tax returns for free

Christopher Newport University's Joseph W. Luter, III School of Business is volunteering to prepare and e-file tax returns for free. This service is being offered from 8 a.m. until noon on Tuesdays and Thursdays until Apr. 13, except for Mar. 7 and Mar. 9. The base of operations of this service is Room 325 on the third floor of the Suntrust Building. These services are provided through business accounting majors who are participants in the Volunteer Income Tax Assistance Program, an IRS-sponsored program. Appointments are not necessary.

### 5th annual etiquette program

The Joseph W. Luter, III School of Business Student Academic Advisory

Board will host the Fifth Annual Etiquette Program on Wednesday, March 22, in the Student Center Alumni Room. The entrance fee is \$10 per person. Professional attire is required.

Lynne Breil of The Professional Edge, Inc. is organizing the event. This program is open to the entire CNU Community. Seating is limited.

*To submit an announcement for Page 2, please send an e-mail to clog@cnu.edu. Make sure to include: your name, organization and all information needed in the announcement. Submissions are due by each Thursday before the issue.*

## Corrections

In issue 17: Dr. Nigel Sellars was not present the last Student Media Board meeting. Former president of CNU's chapter of the Student Virginia Education Association Nicole Crayton stepped down from her position as president after speaker Philip Done's presentation on Mar. 17.

In issue 15: the CNU Alumni who Leaders of Tomorrow were part of the CNU Social Work Department, not the CNU Sociology Department. A quote about living on the east end was misattributed to Kimberly Williams; the quote should have been attributed to Angela Rollins.

## Books to sell? Roommates needed?

Purchase a 1/16 page ad

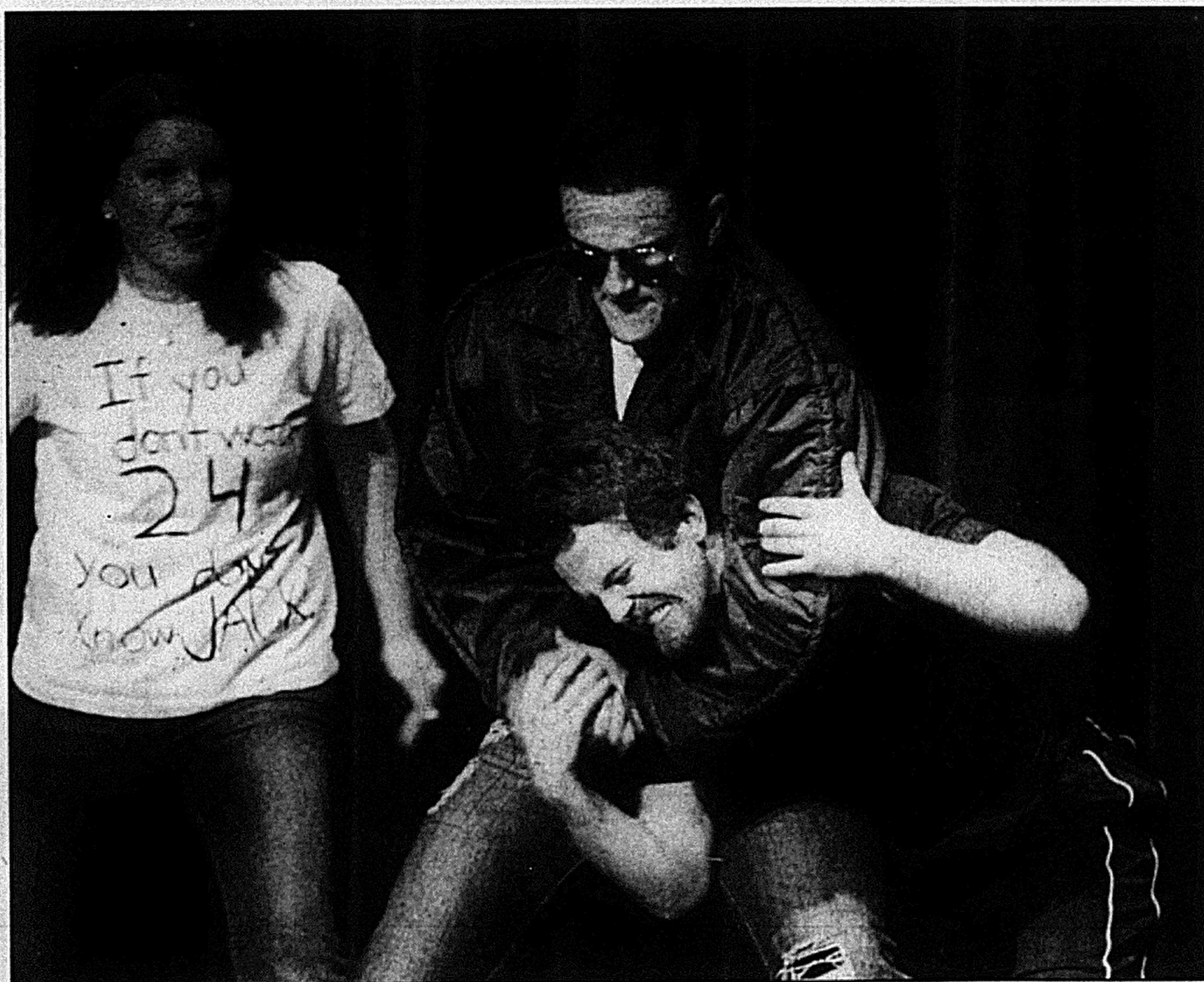
**\$12**

*A cheap way to get  
the word out.*

*This rate applies only to CNU clubs, affiliates, students, faculty, staff and alumni. Larger display ads are also available. To purchase an ad, e-mail clogads@cnu.edu.*

## supershot

Juniors Molly Buckley and Aaron Grant and sophomore Charles Fairbanks perform in the February 21 CNU Tonite show.



Will Summers/THE CAPTAIN'S LOG

## Campus Calendar

## February 22-28

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
11 a.m. to 1 p.m. — Healthy Coping Strategies Fair; SC Breezeway	12:15 p.m. — Religion Honor Society; Einstein's Café	3:45 p.m. — Student Art Show Opening; Library	*Spring Break*	*Spring Break*	*Spring Break*	*Spring Break*
2 to 4 p.m. — Wireless Wednesday; McMurrin Hall	4 p.m. — Greek Leadership Series; SC 150		8 to 10:30 p.m. — Virginia Symphony, Larger Than Life; Ferguson Center for the Arts Concert Hall	2:30 to 5 p.m. — Virginia Symphony Sunday Series; Ferguson Center for the Arts Concert Hall		12 to 5 p.m. — CNU vs. Misericordia College; Captains Field
5:30 p.m. — Great Books discussion group; GOSN 111	7 p.m. — Roleplaying Guild Meeting; SC 205					
7 p.m. — Young Democrats Meeting; SC 205	9 p.m. — SGA Banquet Planning Board Meeting; SC Lounge, Upstairs					
9:30 to 11:30 p.m. — CNU Bowling Club; Hidenwood Lanes						



# Rusesabagina: The true story of 'Hotel Rwanda'

The man portrayed by Don Cheadle in the Oscar-nominated film speaks to CNU.

By PAIGE MANKIN  
Contributing Writer

A near-capacity crowd jumped to its feet and gave Paul Rusesabagina a standing ovation as he stepped onto the stage of the Ferguson Center for the Arts Concert Hall Monday night.

Standing 5'6, he's not a big man, but during a three-month period in 1994, Rusesabagina was a larger-than-life presence at the Hotel Mille Collines in Rwanda.

The evening, sponsored by the Campus Activities Board with the support of the Multicultural Student Association, began with an introduction by freshman CAB member Chelsea Renner, who quoted Christopher Reeves when describing Rusesabagina's heroism.

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles," she said.

Some members of the audience — ranging from small children, to college seniors, to senior citizens — seemed to need no introduction to the heroism of Rusesabagina's actions.

"I actually lived in Africa and heard about [the Rwandan genocide], so when I heard [Rusesabagina] was coming, I was excited to see him," said senior Kristen Harding.

Other students had seen the movie 'Hotel Rwanda' and were eager to see the man Don Cheadle portrayed in the film.

"I'm just so excited to see him and hear what he has to say," said sophomore Chrissy Jaeger.

When audience members fell silent and returned to their seats, Rusesabagina thanked everyone for coming and explained why he had come to CNU.

"Tonight, I am going to tell you the true story behind the movie 'Hotel Rwanda,'" he said in a heavy Rwandan accent, "but before doing this, let me give you a background of Rwanda."

Rusesabagina described the world he lived in prior to the events portrayed in the 2005 Oscar-nominated film "Hotel Rwanda." He explained the differences between the Hutus and Tutsis — two of the three ethnic groups that occupy Rwanda.

"We speak the same language, share the same culture,"

he said, "We, above all, are mixed through intermarriages."

During a time of great conflict, Rusesabagina stayed in his country despite Hutu violence.

"We had to leave our houses," he said. "Criminals break your windows — throw grenades in your home while you are sleeping."

Rusesabagina does not blame the brutality the Tutsis suffered under the Hutus on the people themselves.

"People hate people because of the leadership. People are never bad," he said, "but their leaders can make them bad."

A three-month struggle began on April 6, when a plane carrying President Juvenal Habyarimana and Cyprien Ntaryamira, the Hutu President of Burundi, was shot down as it prepared to land in Kigali, the capital of Rwanda. Both presidents were killed.

"Immediately, the killings started," said Rusesabagina.

"The whole world decided to abandon a whole nation," he added. "They simply closed their eyes, closed their ears, turned their backs and walked away."

After having to barter with the Hutu militia for the lives of friends and family members, Rusesabagina changed.

"That was the worst experience I had ever gone through in my life but also the best lesson," he said. "How to deal with evil."



Paige Mankin/The Captain's Log

Paul Rusesabagina stops to pose for a picture with CAB members freshman Kristin LaRiviere, sophomore Genieve Conger and freshman Chelsea Renner.

Rusesabagina continues to fight injustices in the world. He urges people to "learn to listen," and get involved.

He mentioned a film he was watching on Air France on the anniversary of the Holocaust.

"The most repeated words," he said, "were 'never' and 'again.' How many times can we go on talking without joining our words with our actions?" he asked.

Freshman Chris Ojeda, treasurer of Citizens of the World, a student-run organiza-

tion dedicated to international awareness, liked that Rusesabagina seemed to urge students to do something.

"I thought he was really good," Ojeda said. "Seeing him speak makes students want to stand up and take action."

Rusesabagina finished his speech with a call to action. "Listen to those voices calling for help, calling for rescue," he implored the audience.

"Are you listening? It is today or never for us to listen to those voices." ■

RAPPAHANNOCK,  
FROM PAGE 1

ner with the university next.

Sandy Darnell, a CNU graduate and professional counselor at Rappahannock Community College, experienced the transition from a community college to a four-year institution herself. After first attending Thomas Nelson Community College, Darnell transferred to CNU, then Christopher Newport College, and graduated in 1973 with a Bachelor of Arts in Psychology. Darnell credits much of her success to her start in a community college.

A community college such as Rappahannock can be a strong stepping stone for students, and allow students to adjust to the college life, according to Darnell.

Many students choose to attend a community college for

financial reasons, seeking to save money for their first years at college. CNU is a likely choice for students transferring from community colleges in the Tidewater area as well, according to Darnell.

Increases in enrollment at RCC would be to CNU's advantage, given the number of students who would continue to be able to transfer to CNU upon the start of their junior year, according to Tribble.

Increases in enrollment at RCC are not seen as having any effect on applications at CNU, he added.

RCC has 13 other guaranteed-admission agreements, according to their Web site, including such institutions as the College of William and Mary, James Madison University, Longwood University, Virginia Tech, Radford University and Virginia Commonwealth University. ■

SGA, FROM PAGE 1

through the state and through the university. As a self-run operation, they have their own managerial operating system, recipes and create their own mass food orders, according to Farooq.

She spoke with a former Aramark employee, who had worked at the University of Virginia (UVA) for the international food services company.

"The culture at UVA, working for Aramark, is that he was an Aramark employee working at UVA. He was outside of the UVA community; he had no ownership in UVA; he had no investment in the students," she said.

"I want you to consider the present employees here at CNU, what their ownership is and what they are investing over here."

Adopting a national vendor might bring that culture to CNU, according to Farooq.

The SGA will hold a town hall forum this Wednesday regarding Dining Services. Farooq concluded by reporting to the senate regarding recycling, which the senators discussed at the senate's last meeting on Mar. 20.

The senate heard from freshman Patrick McBride, who has gathered support from student councils across the university campus to add a block option to student meal plans. If implemented, it would allot students a certain number of meals per semester, rather than per week or per day, according to McBride.

Additionally, University Librarian Mary Sellen spoke to the senate about plans for the new university library, and Chief Justice of the SGA Angela

Brooks, junior, reported to the senate that the judicial branch overturned a constitutional amendment previously passed by the senate, Proposal 10.05. The amendment granted senators two excused absences, but was ruled unconstitutional because it created a contradiction within the SGA constitution. The bill is being rewritten.

In an e-mail sent out earlier in the week, Sergeant-at-Arms senior Josh Dermer said that Proposal 05.06, the Flag Salute Act, which the senate had not passed at the last meeting, actually had passed.

There had been some confusion at the Feb. 20 meeting in which the proposal was voted on, and senators discussed whether abstentions counted against the proposal; Dermer stated in the e-mail that they do not, and Proposal 05.06 has passed. ■

STUDY, FROM PAGE 1

Procedure for the project calls for randomly sampling people approaching the food-waste conveyor belt in the Commons and asking them if they can take five minutes to complete a survey.

Students will begin distributing surveys in the Commons as soon as classes resume after spring break ends; then, their data will be pooled together.

After the third week of April, Griffin will collect his students' findings, analyze them and redistribute the findings to his students.

Each project team will use that data to write a research paper based on their own personally recorded data; they can draw their own conclusions and provide policy recommendations based upon their conclusions as well. ■

TOYOTA

\$400 OFF

ANY NEW TOYOTA OF YOUR CHOICE\*  
AS A COLLEGE GRAD, YOU MAY BE ELIGIBLE!

\*NOT ALL CUSTOMERS WILL QUALIFY. CUSTOMERS RECEIVE \$400 FROM TOYOTA TOWARDS LEASING OR FINANCING THE PURCHASE OF NEW UNTITLED TOYOTA MODELS THROUGH PARTICIPATING TOYOTA DEALERS AND TOYOTA FINANCIAL SERVICES. SEE DEALER FOR DETAILS. COLLEGE GRADUATE PROGRAM IS SUBJECT TO CHANGE OR TERMINATION AT ANY TIME.

TOYOTA

COROLLA S

buyatoyota.com

STANDARD FEATURES:

MACPHERSON STRUT FRONT SUSPENSION

+ AM/FM/CD WITH 6 SPEAKERS

+ 1.8-LITER 170 HP ENGINE

+ SIDE ROCKER PANELS

+ 38 MPG HWY†

= YOUR NEW CAR

AS SHOWN \$17,360††



†EPA ESTIMATED MPG FOR 2005 COROLLA S MODEL 1812 4 SPEED AUTO. ACTUAL MILEAGE MAY VARY. ††MSRP FOR 2006 SPORT MODEL 1812 EXCLUDING TAX, TAGS AND LICENSE FEES. DEALER SETS FINAL PRICE.



# World and Nation

## Bush bows to Congress and agrees to port deal delay

President Bush changes original stance on vetoing congressional delays of bill.

By William Douglas  
Knight Ridder Newspapers

WASHINGTON — Apparently bowing to congressional pressure, a top White House aide said Thursday that President Bush would accept a delay in the deal for a United Arab Emirates-owned company to manage terminals at six major U.S. ports in order to give skeptical lawmakers more time to study it.

Deputy White House Chief of Staff Karl Rove's comments in a radio interview signaled Bush's new willingness to soothe angry Republican and Democratic lawmakers who oppose the deal because they feel it would jeopardize national security, something the Bush administration stoutly denies.

Bush had vowed Tuesday to veto any congressional measure that would stop the deal, which is set to close on March 2, next Thursday. But on Thursday, when asked if Bush would now accept "a slight delay," Rove replied "yes."

No aide is closer to Bush than Rove, who oversees political strategy. Rove wasn't involved when the administration approved the ports deal last month, but once a political firestorm erupted on Capitol Hill this past week, he got involved.

Both Senate Majority Leader Bill Frist, R-Tenn., and House Speaker Dennis Hastert, R-Ill., called for a delay earlier this week to permit a more thorough review of the deal, and so had dozens of oth-

er lawmakers. They fear past UAE connections to al-Qaida could put U.S. ports at risk.

The administration says such fears are groundless, saying the UAE is a cooperative partner in the war on terror and that the UAE firm involved has agreed to meet all security requirements.

UAE-based Dubai Ports World will pay \$6.8 billion to take over management of terminals at the ports of Miami, Philadelphia, New York, New Jersey, Baltimore and New Orleans from Peninsular and Oriental Steamship Navigation Co., a British firm.

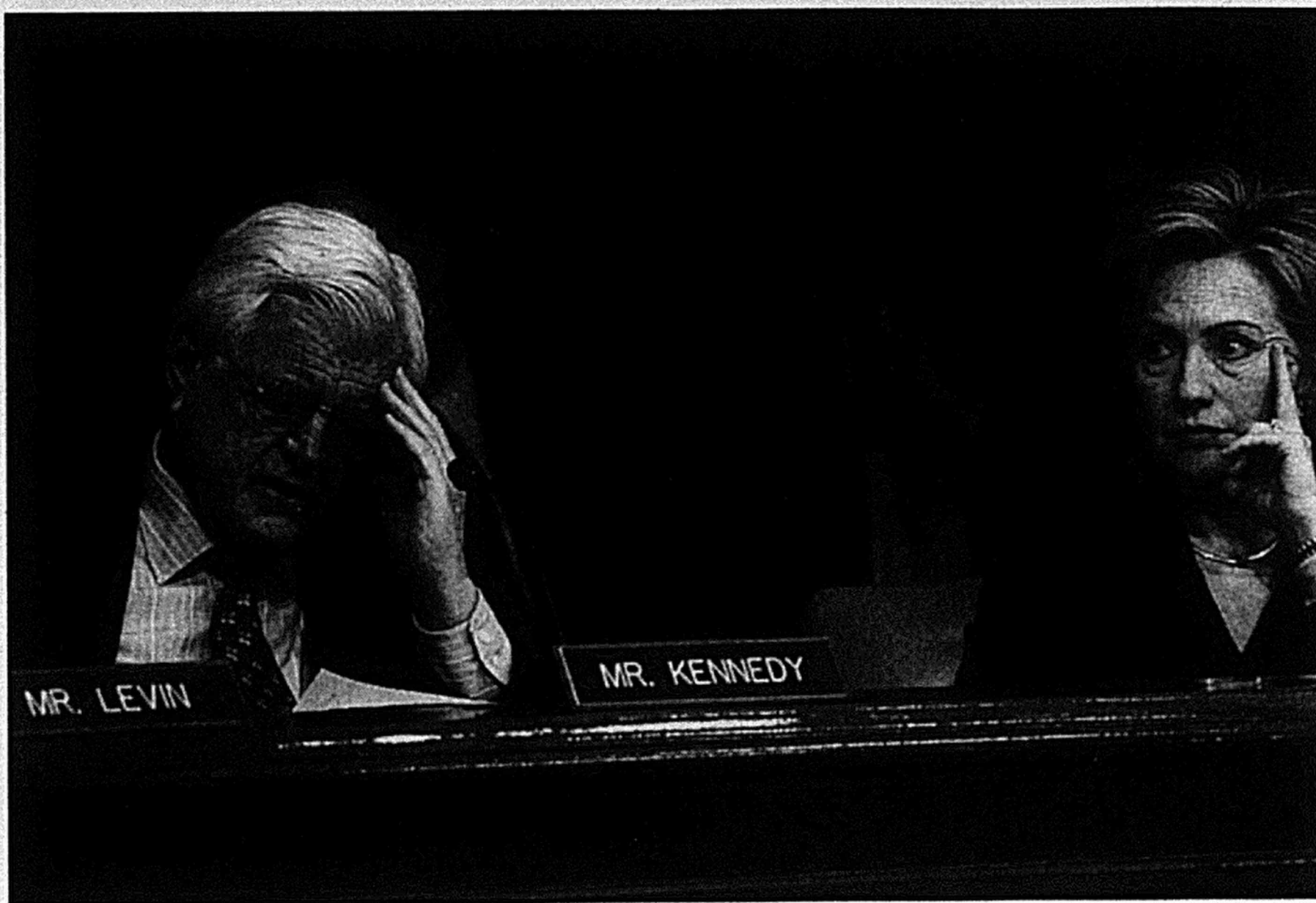
"Look, there are some hurdles, regulatory hurdles, that this still needs to go through... that are going to be concluded next week," Rove said on Fox Radio's 'Tony Snow Show.'

"Our interest is in making certain members of Congress have full information about it, and that, we're convinced, will give them a level of comfort with this," Rove said.

White House communications officials seemed to be caught off guard by Rove's remarks, initially declining to comment when asked if he spoke for the president. After a couple of hours, White House Press Secretary Scott McClellan returned a reporter's call, but refused to answer directly whether Bush now supports a delay.

All McClellan would say is that Bush wants the deal to go through, adding, "We're glad to provide (Congress) with more information."

We believe once they have the facts, they will be comfort-



Sen. Ted Kennedy, Sen. Hillary Clinton and Sen. Robert Byrd listen to a Senate Armed Services Committee briefing from representatives from the departments and agencies represented on the Committee on Foreign Investment in the United States (CFIUS), to discuss the national security implications of the acquisition of Peninsular and Oriental Steamship Navigation Company by Dubai Ports World.

able with the transaction moving forward."

Rove's comments came as administration officials briefed the Senate Armed Services Committee about why the deal should move forward. Testimony there appeared to contradict Rove's assurance that a delay can be arranged.

Robert Kimmitt, deputy security of the Treasury Department, was asked if Bush has legal authority to delay the

deal after the administration has already approved it. Kimmitt said the approval process could be reopened only if parties involved in the deal are found to have provided false, misleading or incorrect information.

It was unclear how Bush and Congress could delay the deal further, although one option could be for DP World to request the delay. But Sen. John Warner, R-Va., who chaired the Senate committee hearing, indicated that he didn't think

it would be a big problem.

Unaware of Rove's radio comments, Warner said that Congress could pass a law ordering a 45-day delay, then noted that Bush had threatened to veto any such legislation, but concluded:

"I do believe this thing — it's my opinion — can be worked out satisfactorily so that there's a reconciliation of the views of Congress and the executive branch that's in the

best interests of our national security."

Many political analysts think a delay is necessary to defuse a political confrontation between Bush and Congress and permit the administration time to allay public fears.

A delay of up to 60 days would "get people to back off the ledge here and give everybody a chance to back down," said Republican consultant Rich Galen. ■

## Iraqi militia groups take to the streets after bombing

At least 129 Iraqis killed since bombing of historic Shiite shrine in Samarra.

By Nancy A. Youssef  
and Tom Lasseter  
Knight Ridder Newspapers

BAGHDAD, Iraq — Sectarian killings spread through Iraq on Thursday, leaving more than 120 dead as gunmen patrolled neighborhoods across the country, and fears rose that the nation was careening toward open civil war.

Police reported that at least 129 Iraqis had been killed in the 36 hours since a group of men in Samarra — widely presumed to be from Iraq's minority Sunni Muslim population — detonated two bombs that destroyed the golden dome of one of Shiite Islam's most important shrines. Most of the 129 dead were Sunni, police said.

The U.S. military said seven American soldiers had been

killed in two roadside bombings Wednesday, both north of Baghdad.

Late Thursday night, state television announced a curfew banning foot and vehicle traffic until 4 p.m. Friday in four central provinces, including predominantly Sunni areas. The extraordinary measure is intended to control crowds at Friday prayers at mosques, a potential flash point for violence, especially at Sunni mosques damaged by the violence of the past two days.

As Iraqi politicians took to the airwaves to calm the populace, many in the nation said they'd lost confidence that the government and its security forces could protect them. Residents from Baghdad to the southern city of Basra said it was now up to private citizens to take up arms.

A resurgence of private

armies would be troublesome for U.S. officials, who've hung hopes of withdrawing American troops on establishing a democratically elected government and self-sufficient security forces. Instead, the government struggled Thursday to assert its authority over a tense situation in a country in which private militias controlled by religious or ethnic groups already have effective control of many cities.

Iraqi government leaders had been in the midst of tortured negotiations over the shape of the new government, more than two months after the elections. The violence promised to delay — or derail — the process, even as Sunni and Shiite religious leaders called for peace.

The top U.S. military spokesman in Iraq, Maj. Gen. Rick Lynch, assured Thursday that the Iraqi security forces could control the situation.

"We're not seeing civil war igniting in Iraq. We're not seeing 77, 80, 100 mosques damaged. We're not seeing death in

the streets," Lynch said at a news briefing in the heavily fortified Green Zone in Baghdad. "We're seeing a competent, capable Iraqi government using their capable Iraqi security force to calm the storm that was inflamed by a horrendous, horrific terrorist attack yesterday."

Lynch said the U.S. military wasn't stepping up its operational tempo because of the violence. "We don't see a need, based on our read of the battlefield."

While some residents hid in their homes Thursday, fearing mob violence, others grabbed AK-47s and set off to protect their mosques and streets.

In one case, 47 mostly Sunni workers traveling on a bus were stopped at a checkpoint, dragged out of the vehicle and killed northeast of Baghdad, police said.

In the Shiite eastern Baghdad neighborhood of Sadr City, members of radical Shiite cleric Muqtada al-Sadr's militia — some of whom had boasted the day before of attacking Sunni mosques — surrounded Sunni mosques Thursday, saying they were there

to protect them.

In Amariyah, a predominantly Sunni neighborhood in western Baghdad, loudspeakers at Sunni mosques were broadcasting "Allah Akbar" — "God is great" — which some took as a call to arms.

Top Shiite religious leader Grand Ayatollah Ali al-Sistani condemned the mosque attacks and said those who participated "were not followers of the family of the prophet."

After the destruction of the Askariya shrine Wednesday — home to the remains of two of Shiite Islam's 12 imams — more than 50 Sunni mosques were attacked in retaliation, Iraqi police said.

The bombing occurred "because of the negligence of the government, and the ministries of defense and interior. They bear full responsibility," said Hassan Ali Muhi, 24, a businessman from the southern city of Najaf. "We do not trust the officials in this weak government."

In Samarra, three Iraqi journalists — who were last seen

reporting after the bombing — were found dead Thursday. The journalists — including one of Iraq's most prominent female reporters — had been shot multiple times.

"I think we will resume talks in a few days," said Mahmoud Othman, a member of a Kurdish political bloc. "We will also try to calm things down and get the (Arab) Sunnis again to sit at the table with everyone."

Two top government officials, including Alaa al-Safi, the minister of civil society, said Thursday that Prime Minister Ibrahim al-Jaafari's Cabinet had received an intelligence report saying the shrine was being targeted but didn't respond.

Lynch said U.S. forces in charge of securing Samarra didn't hear of any threat.

"If we'd had any indication that something bad was fixing to happen, you can take it to the bank that we would have done something about it," he said. ■

## British historian jailed for three years after denying Holocaust

Nine European countries nationally restrict denying existence of the Holocaust.

By Matthew Schofield  
Knight Ridder Newspapers

VIENNA, Austria — British historian David Irving was sentenced to three years in prison Monday on charges that he denied the Holocaust, just hours after he admitted that he'd been wrong to doubt the systematic murder of millions of Jews.

To supporters, and even some critics, the other crime on trial was the oppression of free speech.

"The way the law is written, I didn't have any other choice but to plead guilty," Irving said. He'd faced as many

as 10 years in prison on the charges.

Irving, 67, heads to prison for statements he made during a lecture in Austria in 1989, when he said that the gas chambers of Auschwitz were a fairy tale. In addition, he's known for having said that the number of Jews murdered by Nazis was greatly exaggerated, that most Jews died of diseases during World War II, and that until 1943, Adolf Hitler had never heard of the Holocaust.

At least nine European countries, as well as Israel, have national laws that make it a crime to deny or diminish the reality of the Holocaust.

Before and during court on

Monday, Irving acknowledged that he'd been wrong. He said "history is a constantly growing tree" and that documents he'd studied since 1989, especially the files of Adolf Eichmann (often called the architect of the Holocaust), had made it clear to him that "millions of Jews were murdered."

Irving was the author of more than 20 books before becoming known as one of the world's foremost anti-Semitic researchers. He once famously sued American historian Deborah Lipstadt for libel after she wrote that he was a Holocaust denier. He lost that case; the judge called him an "anti-Semite and racist" who twisted history, and the legal fees of roughly \$3.5 million broke him. Still, Lipstadt told the BBC on Monday that — while Irving's

a-poor historian — censorship doesn't work.

"He should be released to return to London and the sound of one hand clapping," she said.

Irving's attorney sought leniency for his client based on pity: The historian will turn 68 on March 24.

"This lecture took place 17 years ago," Elmar Kresbach said. "He is an English citizen. He doesn't live in Austria, and he is 68 years old. He is not really dangerous, especially not to Austria."

Others around Europe don't share that opinion. Prosecutor Michael Klackl said Irving's research tried to convince others that the worst crime in world history never happened.

While Irving is considered the most prominent Holocaust denier, just northwest in Mannheim, Germany, 66-year-old Canadian

historian Ernst Zuendel is into the third week of his trial. He's also accused of denying the Holocaust and of inciting racial hatred.

Zuendel's trial has been more colorful. Neo-Nazis have applauded him loudly, called the judge "Roland Freisler," after the Nazi judge who sentenced Hitler opponents to death, and have even sung the banned first verse of the German national anthem ("Deutschland, Deutschland, ueber alles").

Zuendel faces up to five years in prison for allegedly promoting neo-Nazi materials and revisionist Holocaust theories in his books.

Deidre Berger, the managing director of the American Jewish Committee office in Berlin, which tracks anti-Semitism, said it's important not to under-

estimate the seriousness of these crimes.

"They should not merely be dismissed as idiots," she said. "They're dangerous men."

Irving, in particular, "has led a life that is all about denying the Holocaust," she said. "These are important trials, especially at a time when anti-Semitism in Europe and around the world is on the rise again."

Rob Boudewijn, a European issues expert for the Dutch research center Clingendael Institute, said that while it may be difficult for Americans to understand, many Europeans do believe that free speech ends with Holocaust denial.

"Denying the Holocaust is denying our history, and the pain of that time and the fear that it could happen again is too much here," he said. ■



# Opinions

## Where We Stand

It's time to investigate,  
before making decisions

A number of important events dotted the past week, including a CAB-sponsored speech by internationally known hero of the Rwandan genocide Paul Rusesabagina and a meeting of the university's Board of Visitors, but for many members of the CNU community, the question suddenly facing our Dining Services employees hits closest to home: Do we want to contract our food services out to a national or international corporation?

The most pressing question, for many, has been answered: According to Executive Vice President Bill Brauer, current Dining Services employees will not be terminated, and will be rehired with the new agency.

There are other concerns as well, though, as members of the CNU community like Regatta's Front of House Manager Linda Carter and SGA President Mehreen Farooq have addressed. As Carter points out, assuring employees they will still have a job does nothing to ensure they will make a comparable amount of money, be expected to meet similar obligations or receive similar benefits. Corporate management might foster a different atmosphere as well, as Farooq brought up in this week's SGA Senate meeting.

Still, neither of these concerns will necessarily develop into actual problems: A specific food-services corporation has not even been selected, the terms for the contract have not been created. The students, Dining Services employees, administration and faculty still have the chance to voice their concerns and have them reflected in contractual negotiations; if Dining Services employees can at this point be assured they will still have jobs after the transition, then the university community could also let it be known if they would like further conditions to be added to negotiations as well.

Though it is possible that placing operations in the hands of a large corporation could weaken the personal touch provided by Dining Services Staff right now, it is also possible that the transition could grant the university a food provider with greater experience and more efficient connections in the market. It is possible that more extensive corporate management could offer the university the lowers prices and higher quality food associated with those connections without hampering the warm hellos Ms. Linda shares with students, and without taking the family out of CNU's Dining Services.

To predict which is more likely goes far beyond the scope of this opinion piece; in fact, we must avoid prejudging the situation, because it is only through a thorough exploration of the issue that we can come to a well-informed and accurate decision. Whichever view you may hold now, what's most important is to openly consider both options, and to provide your full feedback to the university and Brauer's committee in their investigation.

If this can help CNU — and it might — then let the university population embrace it. If it will not, then reject it.

But whatever the university does, let it do so with the knowledge that it explored all possible options, and considered every way in which it could improve its Dining Services — and its community.

## Lobbying Constitutional Crisis: When government goes too far

Josh Dermer  
SGA Sergeant at Arms

In his last act before leaving office, President James Madison dealt with a bill that came across his desk which bothered him greatly. The legislation in question was an appropriation for "public works" and "internal improvements" within the nation. Reading past the platitudinous statements of the bill's proponents, one can see that it was nothing more than a subsidy for construction industries and such. As with any veto of a piece of legislation, the president will list his reasons for not approving the measure. In his veto message, Madison clearly demonstrated that the bill in question was unconstitutional.

James Madison is often described as the "Father of the Constitution" because of his steadfast leadership at the Constitutional Convention in 1787 and helping to hammer out a series of compromises which were incorporated into the document and serve as the framework for government.

In addition to being one of the main authors of the Constitution, he was also one of the authors of the "Federalist Papers." He knew the Constitution on an intimate level and is perhaps one of the best sources of information about it.

So why should his veto message be considered edifying in 2006? In light of the recent Abramoff Scandal, I think it is

especially useful for us to reflect upon Madison's words of counsel with respect to constitutional law.

If our Federal government of today actually obeyed the U.S. Constitution, then K Street would not be filled with so many lobbying organizations. While there will never be a government that is completely free of graft and corruption, there would certainly be a lot less if our members of Congress would take seriously their oath to uphold and defend the Constitution.

Think about it. With every new Federal program comes a myriad of different contractors and other special interests lobbying for their piece of the pie. I would contend that lobbying itself is a form of legalized bribery, and — as the old saying goes — there's no such thing as a free lunch.

This scenario produces a culture within the federal government which inevitably leads to bribery of the illegal variety. Hence, we should not be surprised to see Jack Abramoff's face plastered all over the news because of bribery charges. In the aftermath, we're seeing all of these silly elected officials trying desperately to give back all of the money Abramoff gave to them. It would be humorous if it weren't so sad.

The spending powers of Congress are found in Article I of the Constitution. As we can clearly see, there is no constitutional justification for many of the programs we have today.

Welfare, education funding, foreign aid, the Legal Services Corporation, corporate welfare, "faith-based" initiatives, Medicare, Medicaid, Social Security, etc. — all of these programs are unconstitutional.

In addition, the 10<sup>th</sup> Amendment makes it crystal clear that the federal government has only those powers which are delegated to it by the Constitution. The closer we look at exactly where this money is going, the more ridiculous the federal budget seems. Despite calls to end the gross amount of pork-barrel spending, more and more of our tax dollars get sucked into this unconstitutional wasteland of programs.

Neither Democrats nor Republicans are committed to limiting the federal government to its delegated, enumerated, constitutional functions. A long look at the federal budget makes this strikingly clear.

Both major parties support big government, and there seems to be no end in sight.

Proposed legislation to supposedly "reform" lobbying misses the point entirely. The real problem that needs to be addressed is the lack of constitutional fidelity on Capitol Hill.

I hope that this latest scandal will cause more Americans to wake up and see the federal government for the leviathan it is.

If nothing else, this situation should give us all something to think about when April 15<sup>th</sup> comes again. ■



## The Captain's Log

2005 - 2006 Staff

Editor in Chief/ Amber Nettles  
Editorial Assistant/ Ian Sass-Basedow  
News Editor/ Philip Leclerc  
Assistant News Editor/ Nick Mirabal  
Layout and Design Manager/ Ashleigh Tullar  
Assistant Layout and Design Manager/ Regina Cerimele  
Photos and Graphics Editor/ Will Summers  
Photos and Graphics Assistant Editor/ Ryan Burke  
Copy Editor/ Mark Pangillan  
Assistant Copy Editor/ Erin Roll  
Sports Editor/ Paul Frommelt  
Assistant Sports Editor/ Brian Benison  
Arts and Entertainment Editor/ Amber Lester  
Online Editor/ Brian Rimel  
Advertising and Business Manager/ Jamaal Williams  
Faculty Advisor/ Dr. Terry Lee

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

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

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

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

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

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

Letters may also be brought to our office or sent to us by e-mail at [clog@cnu.edu](mailto:clog@cnu.edu). Anonymous letters may be

printed, but writers must sign the original, providing a full address and telephone number for verification purposes.

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

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

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

## An important tool for job search: Introduction to eCampusRecruiter

The Office of Career  
Development Staff

Your recent article provided valuable information about CB-Campus.com, a web site used to locate employment opportunities.

While there are many useful sites, the Career Development staff would like to make sure CNU students and alumni are aware of the site used in our office, eCampusRecruiter.

eCampusRecruiter is a free online database that allows students to do a number of things, including: upload their resume and cover letter for review, view employment and internship opportunities, view employer information, receive e-mail updates from Career Development about on-site visits, Career Fairs, etc, view employer requested events (information tables, interviews, etc), and view career related university scheduled events (Career Fairs, Workshops, Etc).

It allows registered employers to post jobs and internships, search CNU student resumes on the Internet, request to recruit at

CNU, provide employer information to CNU students, register for Career Fairs and Gradu-

"The Career Development staff would like to make sure CNU students and alumni are aware of the site used in our office, eCampus Recruiter,"  
— Career Development Staff

ate/Professional School Days, and view career related events scheduled at CNU.

When students post their

resume and cover letter onto the system, the career development staff provides critiques of these documents to help individuals better market themselves to employers.

We can also provide this assistance during appointments which can be scheduled by calling 594-7047.

While job search Web sites like CB-Campus.com can be helpful, it is important to keep in mind that individuals using them may be competing with candidates worldwide.

The positions posted on eCampusRecruiter through CNU can only be viewed by CNU students and alumni, which narrows the competition.

To self-register and post resumes and cover letters, please go to [eCampusRecruiter.com/cnu](http://eCampusRecruiter.com/cnu).

We encourage students to contact our office at (757) 594-7047 for more information about how we might provide job and internship search assistance. ■

## Racist backlash to UAE port lease is unjust

Cait Finnegan  
& Andrew Geary  
Citizens of the World

This is not the complete truth.

The company itself, Dubai Ports World, is run mostly by Westerners and is under an American chief operating officer. Also, America will not be relinquishing every security protocol over to Dubai Ports World; the Coast Guard and customs agents will still be the main level of security at the ports. It is also important to acknowledge that the UAE has been — and continues to be — an ally on the war on terror. In a White House fact sheet released last Saturday on the port deal, it stated "We have more U.S. Navy ships in UAE ports than in any other port outside the United States. The UAE services our ships while in port, refueling them, providing them with food and water and doing small repairs, among other services." This is not an enemy we are dealing with, but an ally by our side helping our troops and our country.

There is something even more frightening underlying this whole issue — racism. Last

week, there was a panel discussion at CNU dealing with this issue and other cultural obstacles in reference to the movie, "Crash." There is a stereotype in our society when it comes to thinking of the Middle East, and in particular, the religion of Islam. This no doubt goes back to the tragic events of September 11, which has led to a certain level of paranoia in our country.

Nicholas Kristof referenced this present trend of paranoia in a column entitled "The Arabs are coming!" in Sunday's New York Times. He specifically paralleled how this type of paranoia has led to such recent events as the war in Iraq, the alleged torture in Guantanamo and domestic N.S.A. wiretaps.

Why is the Dubai Ports World deal causing so much conversation? Does America have a justified phobia of the Middle East? Are there concrete facts that this deal could compromise our ports' security? Or, as Kristof said, are we just "engaging in quasi-racist scaremongering?" ■



# Comics and Crosswords

## MYSTIC STARS

### Weekly Horoscope For February 27- March 6

By LASHA SENIUK  
Knight Ridder/Tribune News Service

**ARIES** (March 21-April 20) Early this week, private home discussions reveal the hidden fears of loved ones. Public criticism, career failure or the disapproval of authority figures may be more debilitating than anticipated. Plan unique family events or social gatherings: friendly encouragement and group support will prove invaluable. Wednesday through Friday, a long-term relationship may begin an intense phase of emotional negotiation. Key issues involve traditional roles and older relatives: stay alert.

**TAURUS** (April 21-May 20) Younger friends or relatives may be unusually introspective over the next few days. Allow for extra privacy, if possible. At present, complex social or romantic decisions will require quiet reflection. Later this week, study financial records for errors. Before mid-March, forgotten payments, newly revealed mistakes and unfinished paperwork may prove costly. Ask key officials for guidance: this is not the right time to rely on independent or creative business solutions.

**GEMINI** (May 21-June 21) New relationships are exciting but temporary. Over the next six days, enjoy private moments with potential friends but avoid long-term goals or future plans. Before next week, emotional promises may prove unreliable: ask for clearly defined dates and respond quickly to sudden changes. Thursday through Saturday, a business agreement from approximately 28 months ago may demand fast revisions or lengthy negotiations. Don't hesitate: there's much to be gained.

**CANCER** (June 22-July 22) Study daily habits and health regimes for needed improvements this week. Many Cancerians will now benefit from a rekindled interest in exercise or outdoor activities. Tuesday through Friday, avoid business discussions or minor disagreements with colleagues. At present, the hidden agendas or private politics of co-workers may affect the decisions of authority figures. Later this week, dreams and sudden intuitions may reveal the romantic doubts of a friend. Be supportive.

**LEO** (July 23-Aug. 22) Over the next six days, a colleague or close friend needs extra encouragement. Social isolation will not help heal ongoing family or romantic disappointment. Creative entertainment, new ideas and group involvement will bring the desired results: offer cheerful discussion or fresh activities. Thursday through Saturday, workplace routines steadily expand. Key officials may soon ask for volunteers or special advisors. Be consistent: yesterday's successes will need to be repeated.

**VIRGO** (Aug. 23-Sept. 22) Business decisions, although controversial, will this week work to your advantage. After Tuesday, revised duties may bring added job opportunities and a need for skill development. Ask key officials for special permissions, educational funding or new assignments. All is well. Wednesday through Saturday, an old friend may reappear and demand bold public discussions. Areas of concern may involve romantic triangles, forgotten proposals or lost ambition. Remain diplomatic.

**LIBRA** (Sept. 23-Oct. 23) Before mid-week, home plans may be easily disrupted by the emotional demands of a close friend. Romantic advice, social guidance or the recent actions of a potential lover may all be at issue. Remain dedicated to ethical solutions and public honesty: your observations are accurate. After Thursday, a colleague or business partner may reveal an unexpected need for revised legal agreements. If so, job standards and corporate policy will be a central theme: stay focused.

**SCORPIO** (Oct. 24-Nov. 22) Long-term career aspirations can now be re-established. This week, many Scorpios will end almost three years of low business interest or workplace disillusionment. Carefully consider all job proposals: before mid-March, employment contracts will require detailed negotiations. Wednesday through Saturday, social and romantic invitations are misleading. Someone close may wish to derail a new relationship. Ask for clear explanations: much can be learned.

**SAGITTARIUS** (Nov. 23-Dec. 21) Family relations now improve. Over the next six days, respond positively to the detailed plans or rare social discussions of loved ones. Close friends and relatives may now wish to expand leisure activities in the home. Your enthusiasm will be appreciated: remain open to all creative ideas. Friday through Sunday, minor financial restrictions may also be lifted. In the coming weeks, home budgets and daily routines will steadily change: remain dedicated to short-term goals.

**CAPRICORN** (Dec. 22-Jan. 20) Friends and new acquaintances may now press for added access to your daily life. Special favors, living arrangements or rare family activities may be a key concern. Be polite but set firm boundaries: private and public relationships are this week best kept clearly defined. After Wednesday, a recently shy co-worker may voice strong opinions. Key issues involve team leadership, financial revisions or shared documents. Don't back down: your decisions are valid.

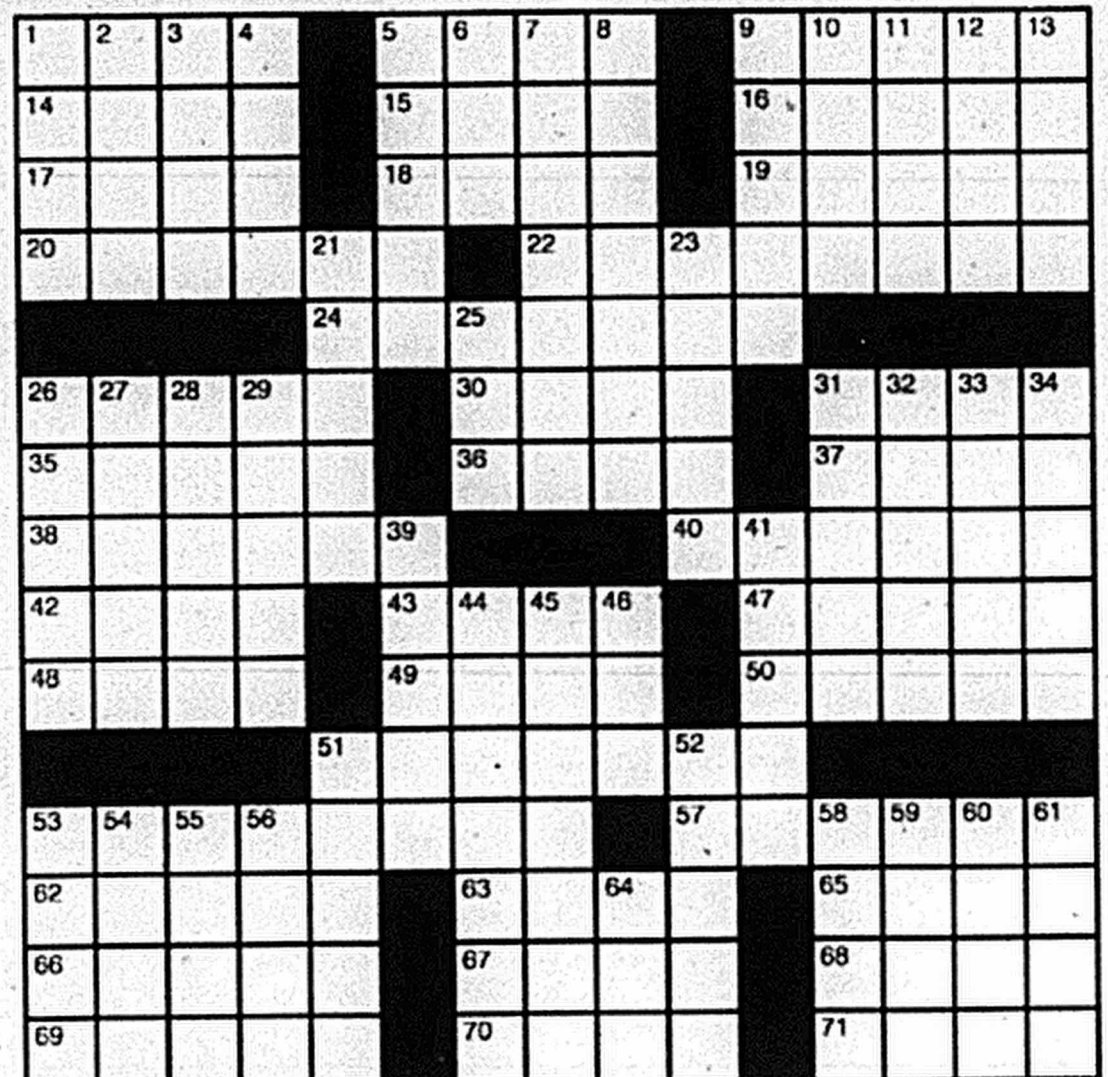
**AQUARIUS** (Jan. 21-Feb. 19) Romantic triangles are this week distracting and unproductive. After Tuesday, a close friend or lover may misinterpret your emotional or social interest in a colleague. Avoid complex discussions: this is not the right time to address ongoing issues of trust and privacy. Later this week, financial documents require attention. Timed payments, schedules and legal obligations may be a key concern. Stay focused: authority figures may provide purposefully misleading facts.

**PISCES** (Feb. 20-March 20) Workplace negotiations will this week provide unique insights into the methods of key officials. Financial improvement, long-term contracts and job promotions may not arrive as expected. Diplomacy and accurate facts are important: thoroughly evaluate all options before offering a response. Wednesday through Friday, a new romantic attraction may trigger controversy in your social circle. Avoid public speculation: friends and close colleagues will soon demand privacy.

**If your birthday is this week:** Business disruption and rare workplace negotiations will be an ongoing theme for the next two months. Key officials will soon opt for new hiring procedures or changed personnel. Don't be unnerved. By mid-April, a new era of business acceptance and job creativity will arrive. Sudden career opportunities may also be presented from outside sources. If so, expect fast expansion and positive financial gains over the summer months. After August 12th, family decisions and romantic proposals are highlighted. Much of 2006 will bring meaningful revisions to family routines and romantic relationships: take extra time for special consideration of long-term home goals and expect loved ones to provide concrete solutions.

## Crossword

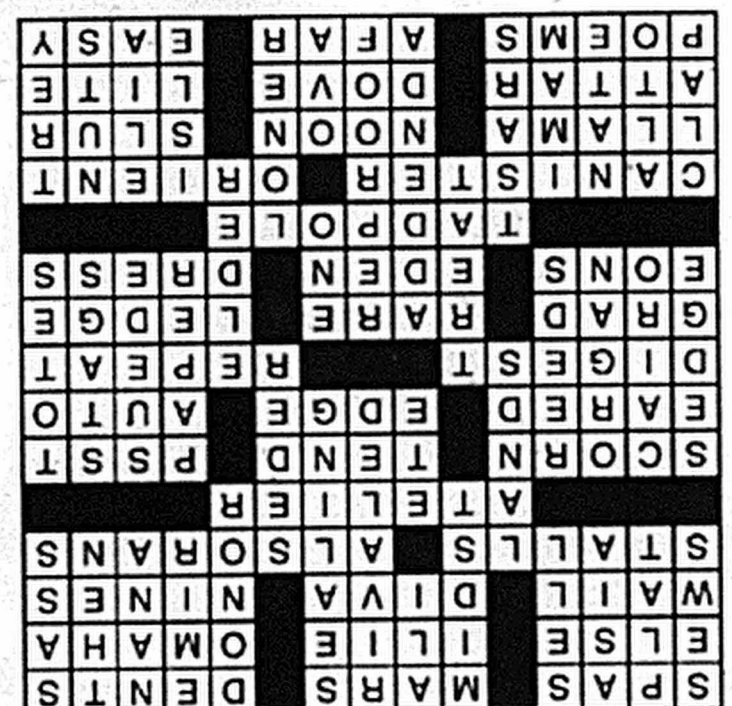
- ACROSS**
- 1 Mineral springs
  - 5 Milky Way maker
  - 9 Pockmarks
  - 14 Otherwise
  - 15 Nastase of tennis
  - 16 Invasion beach
  - 17 Mournful cry
  - 18 Singing star
  - 19 Baseball groups
  - 20 Stable compartments
  - 22 Losers
  - 24 Artist's workshop
  - 26 Disdain
  - 30 Take care of
  - 31 Attention getter
  - 35 Sort of seal
  - 36 Advantage
  - 37 Freeway filler
  - 38 Abridged version
  - 40 Iterate
  - 42 Alum
  - 43 Uncommon
  - 47 Windowsill
  - 48 Almost forever
  - 49 First garden
  - 50 Attire
  - 51 Polliwog
  - 53 Kitchen container
  - 57 Familiarize with new surroundings
  - 62 Camel cousin
  - 63 Showdown time?
  - 65 Pronounce indistinctly
  - 66 Petal oil
  - 67 Peace advocate
  - 68 Dieter's word
  - 69 Verses
  - 70 At a great distance
  - 71 Kind of chair
- DOWN**
- 1 Bastes and hems
  - 2 du jour
  - 3 Nepal's place
  - 4 Put on the market
  - 5 Center
  - 6 The Greatest
  - 7 Was the equal of
  - 8 Making airtight
  - 9 Giver
  - 10 Middle Eastern leader
  - 11 Zola novel
  - 12 Afterward
  - 13 Wise off
  - 21 Comes down
  - 23 Passover feast
  - 25 Nice summer
  - 26 Marsh grass
  - 27 City on the Nile
  - 28 Church instrument
  - 29 Certain grasses
  - 31 Rock, scissors,
  - 32 "Blue \_\_\_ Shoes"
  - 33 Males-only affairs
  - 34 Schleps
  - 39 Trick partner?
  - 41 Church officer
  - 44 Supplements
  - 45 Admonishment
  - 46 Rock composer Brian
  - 51 Russian royals
  - 52 Recluse
  - 53 Thunder sound
  - 54 Lower voice
  - 55 Archibald or Thurmond
  - 56 Prayer leader of Islam
  - 58 Wight or Skye
  - 59 Charles Lamb
  - 60 Rats!
  - 61 Low card
  - 64 Caesar's eggs



© 2006 Tribune Media Services, Inc.  
All rights reserved.

3/1/06

## Solutions



### A College Girl Named Joe

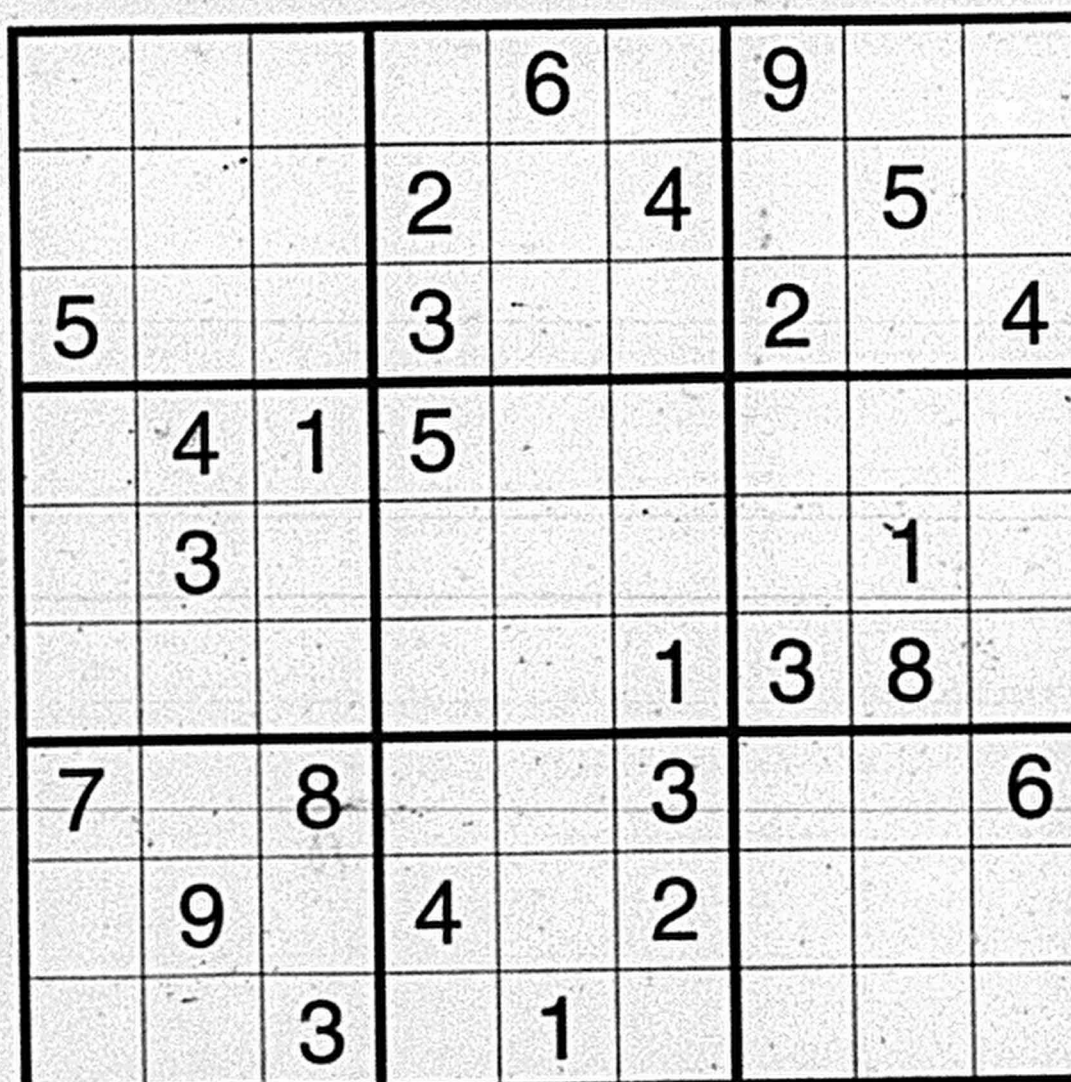


by Aaron Warner

### Los Angeles Times

## SUDOKU

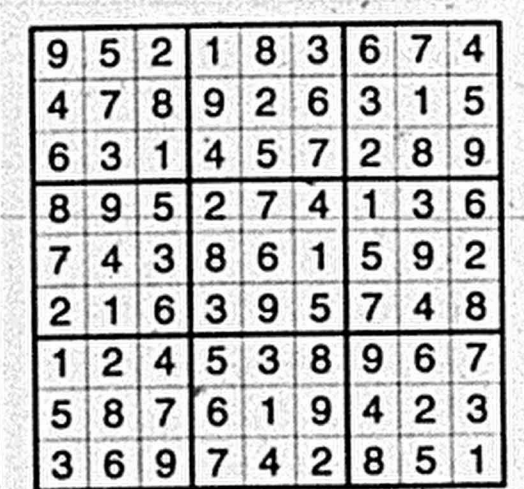
### THE SAMURAI OF PUZZLES By Michael Mephram



LEVEL: Gentle

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

Solution to last week's puzzle:





# Food & Health

## HEALTH LIBRARY:

# Stay motivated with new exercise routines

Designing an exercise routine with short-term goals can make workouts easier.

By Doug Worgul  
Knight Ridder Tribune

At the end of a good workout it's one thing to feel the burn. It's another thing altogether to feel burned out. By now, many New Year's resolvers are feeling somewhat less enthused about exercise than they did, say, on Jan. 2.

What to do? Recharge your energy and interest by first restating your goals, says Bobbi Dunn, fitness specialist at St. Luke's Hospital's Center for Health Enhancement. "Many people become discouraged with a new exercise regimen because they feel like they're not making enough progress toward their goals," Dunn says, "when, in fact, they've actually set their goals unrealistically high. It's better to set more modest short-term goals that can be achieved than to set an ambitious long-term goal that seems to take forever to reach."

Dunn has these suggestions for revving up your commitment to your fitness program: Make sure your goals are

your goals. "Lots of people start exercising because a spouse or other person has told them they need to lose weight," Dunn says. "But you'll only stick with it if it's your own goal, if it's something you're committed to."

Set specific short-term goals. "It's better to say, 'I'm going to go to the gym three days a week for the next three weeks,' than to say 'I'm going to lose 30 pounds in the next three months,'" Dunn says. "It's easier to see progress toward a short-term goal, and it's not as intimidating."

Dunn recommends stating your goals in specific language. For example: Lose two pounds in two weeks.

This helps you keep track of your progress.

"It may also help keep you motivated to set your sights on specific training challenges," Dunn suggests. "For example, you may want to train for an upcoming 5K race or other athletic event."

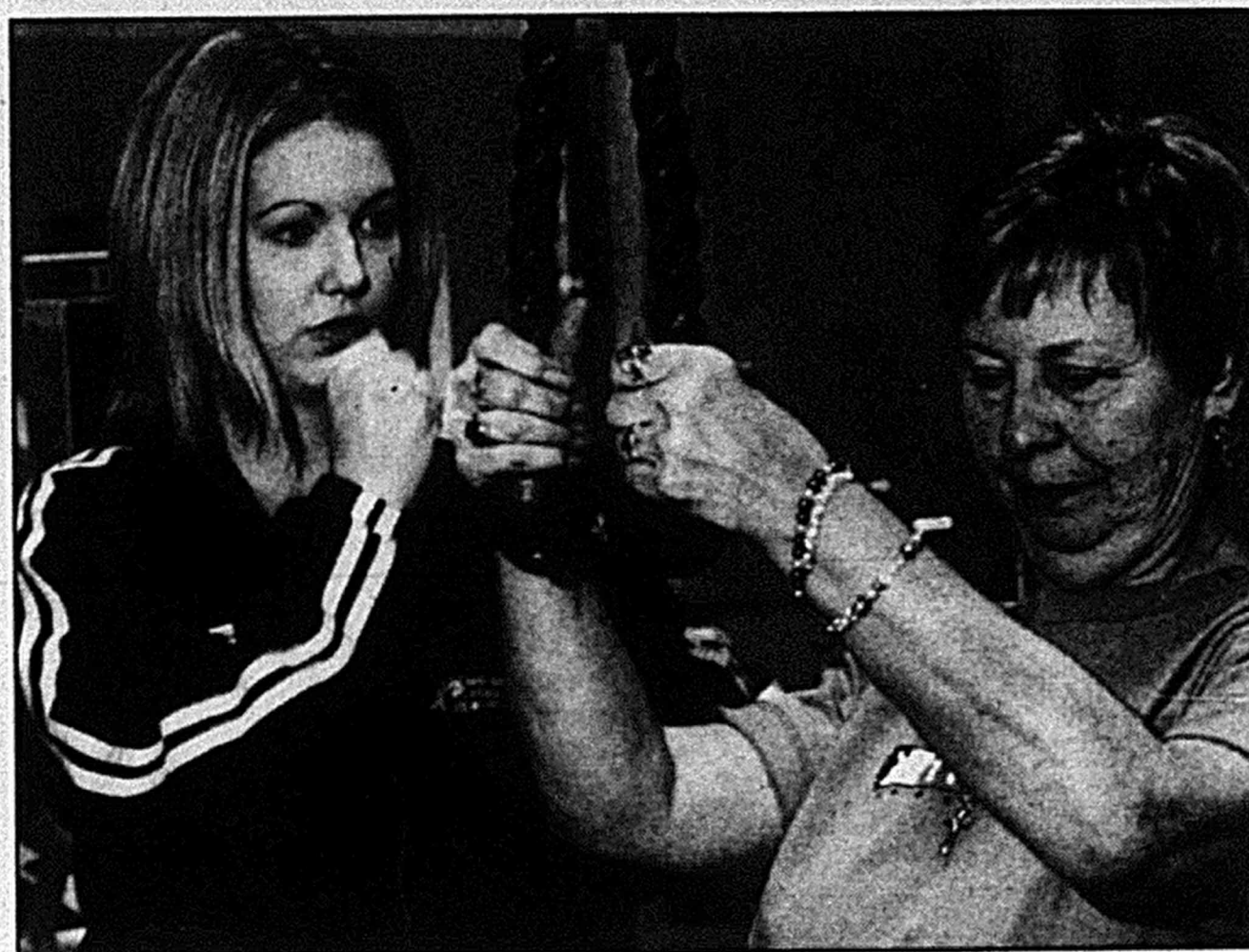
Keep an exercise log. By recording your exercise and you can see yourself becoming more fit, explains Dunn. "Even if you haven't lost as much weight as

you'd like at the end of, say, six weeks, if you've been recording your workout information you might see that when you started you could only do two sets with 10 pounds, but now you're doing three sets with 15 pounds. Or maybe you'll see that you're walking three miles at 15 minutes per mile, where you started at two miles at 20 minutes per mile. That's success. And that'll keep you motivated."

Don't give in to the "all or nothing" mentality. "Some people will miss a day or two at the gym, and then just skip the rest of the week because they've told themselves 'Well, this week is a bust anyway.' But then it's even harder to get back on track," Dunn says. "If you miss a day or two, start making plans right away for getting back to your routine on a specific day."

Mix it up. "If you've been getting your aerobic workout by running, consider changing to an elliptical trainer for a while," Dunn says.

"If you've been working out indoors, try it outside for a while. If you've been exercising alone, join a group. Even more fun is to try something way out of the ordinary, like taking a rock climbing class or signing up for a team sport. These will help you achieve your fitness goals,



Fred Blocher/Kansas City Star

Fitness specialist Bobbi Dunn, left, shows Carol Osborne the proper way to use one of the fitness devices, Feb. 10, 2006, at St. Luke's Hospital's Center for Health Enhancement in Kansas City, Missouri.

too. But for some people these are a lot more fun."

Buy some toys. Dunn says adding exercise accessories can sometimes spice up a dull routine. These might include an MP3

player, a pedometer, a heart monitor/watch or a new pair of shoes.

Reward yourself. "It's important to acknowledge progress toward your goals.

"Tell yourself if you go to the gym 12 times in the next three weeks you'll treat yourself to a massage. Make sure the reward is something like a massage and not a milkshake." ■

## Medical facilities turn to pet therapy

By Kim North Shine  
Detroit Free Press

DETROIT — During her stay at St. Mary Mercy Hospital in Livonia, Mich., this month, Lisa Goodman cringed when she heard footsteps coming into her room.

"Every time someone walks around the corner, you think they're coming in to poke you again," said Goodman, 35.

So when a visitor to her stark and sterile room turned out to be a peppy Jack Russell terrier named Daphne, followed a little while later by a big, panting golden retriever named Parker, Goodman was not only relieved but also restored.

"Oh my, this is great. Come here, baby," she cooed to Parker.

"It's OK. It's OK," she told Steve Frank, Parker's owner and a hospital volunteer, as the energetic dog threw his upper body onto Goodman's bedside. "Oh, he's so sweet," she said.

Dogs like Daphne, a therapy dog trainee, and Parker, a certified therapy dog, make the rounds on a regular basis at hospitals, nursing homes, assisted living residences and the like across metro Detroit and

throughout the country.

The dogs do their duty with their owners, volunteers who have likely been through certification and training by local organizations that are chartered by national animal-assisted therapy programs.

The emotional effect the therapy dogs have on patients is easy to see.

What wasn't as obvious until the findings of a groundbreaking study were released at an American Heart Association meeting in November were the positive physical effects dogs have on sick people.

The findings of the first major study on therapy dogs, which was conducted on heart failure patients at the University of California, Los Angeles, "demonstrate that even a short-term exposure to dogs has beneficial physiological and psychosocial effects on patients who want it," said Kathie Cole, a clinical nurse from UCLA Medical Center and lead author of the study.

By using a battery of tests on 76 heart patients who were visited by a volunteer with a dog, just a volunteer, or no one at all, researchers documented health benefits in the patients visited by dogs.

There were significant drops in stress hormones, pulmonary

pressure and artery pressure, and improved heart function was noted during the 12-minute visits.

The findings have earned therapy dogs some serious credibility among the medical establishment.

Much as massage, relaxation techniques and Eastern medicine have worked their way into America's mainstream medical care, "this therapy warrants serious consideration as an adjunct to medical therapy in hospital heart failure patients," Cole told doctors at the American Heart Association meeting.

In addition to the measurable physical effects, Cole said: "Dogs are a great comfort. They make people happier, calmer and feel more loved. That is huge when you are scared and not feeling well."

There are complaints about germs and disease, fears of dog bites and concerns about patients who are afraid of dogs and who might be upset by their presence.

But supporters say that there are precautions to prevent problems — including certifying only dogs that are behaviorally sound and making sure dogs are vaccinated, groomed and clean and kept away from areas where the risk of infection is high. ■



By Aliya Altafullah  
Captain's Log Food Critic

## Lunch Bell rings in praise with convenient prices

who want to sit and enjoy their meal on a high-topped stool.

Only open on weekdays from 6:30am to 4:00pm, the Lunch Bell's menu is extremely extensive and has every possible type of sandwich you can imagine.

From fried bologna to hot dogs, you can find it at the Lunch Bell. I enjoyed their chicken salad sandwich on a sourdough loaf. Not only was the salad fresh and creamy, but it was served with a heaping pile of potato chips, a tangy deviled egg and some sweet pickle chips.

The tuna salad is also delicious, and the Lunch Bell makes some of the crispiest french fries I've ever tasted. If cold sandwiches aren't your thing — no worries. The Lunch Bell also offers hamburgers, Reubens, B.B.Q. and a rib-eye steak sandwich that's big enough for two.

Their menu also includes a handful of garden and tossed salads, as well as fresh soup that's homemade each day.

Of course, if you're as old fashioned as the diner, you can always have some grilled cheese. The Lunch Bell also offers daily specials, so take a quick look at the white board

located in the main lobby when you walk in.

Hot and cold sandwiches at the Lunch Bell are only between five and seven dollars, which is a great deal considering the size of each entrée. You can also get tasty side dishes such as potato, macaroni or egg salad for three or four dollars an order. They even offer a soup/salad/sandwich combo — pick two of the three for around eight bucks. No matter what you choose to order, you'll leave with both your stomach and wallet full.

Eating at the Lunch Bell reminded me of those lazy summer Saturdays in elementary school when my whole family would eat lunch on the deck together. The food is homey and warm and delicious, and the environment is casual and friendly. Most of the waitresses are adorable little ladies who call you "dear" and "sugar" and brighten up your day with a smile. I recommend checking out this sweet little diner and enjoying not only the food but also the ambiance it has to offer.

It's located on 694 Town Center Drive. For questions, comments or orders to-go, call (757) 873-1839. ■

### APPETIZER

#### Oscar Night Appetizers:

#### Skewered Chicken with Mango Dipping Sauce

For the chicken:

- 1/3 cup hoisin sauce
  - 1 teaspoon sesame oil
  - 3 cloves garlic, minced
  - 1 tablespoon minced ginger
  - 2 tablespoons low-sodium soy sauce
  - 3 tablespoons rice wine vinegar
  - 2 whole, boneless, skinless, chicken breasts, cut into 1-inch cubes
  - 25 to 30 metal or bamboo (soaked in water) skewers
- For the mango sauce:
- 1 cup mango chutney
  - 2 limes, juiced
  - 1/4 cup water
  - 2 tablespoons cilantro, chopped
  - 1 tablespoon sesame seeds, toasted, for garnish

1. Combine the hoisin sauce, sesame oil, garlic, ginger, soy sauce and rice wine vinegar in a medium bowl. Add the chicken and mix well to coat the chicken evenly. Marinate for at least one hour or overnight, refrigerated.
2. Preheat the oven to 400°F.
3. Combine the mango chutney, lime juice, water and cilantro in a food processor and puree. Transfer the puree to a small serving bowl.
4. Skewer two pieces of the chicken on a skewer and place them on baking sheet. Bake until cooked through about 7 minutes.
5. Sprinkle a platter with the toasted sesame seeds, place the skewers on the platter with the dipping sauce and serve.

(from <http://www.foodfit.com>)



## Heavy snoozers face future health

Study reveals extensive amount of sleep could lead to a greater risk of strokes.

By Linda H. Lamb  
Knight Ridder Newspapers

COLUMBIA, S.C. — Lots of people may envy Sleeping Beauty for her long, luxurious slumber, but nobody wonders how her health was once she woke up.

That figures: Insomniacs get all the attention. Pop songs lament the restless nights of the lovelorn, and drug ads describe the soothing sleep you can get if you pop the right pill.

It's no wonder people's eyebrows shoot up when Shawn Youngstedt tells them he's studying the health hazards of people who sleep too much.

To many, it seems crazy, counter-intuitive," said Youngstedt, 41, an assistant professor of exercise science in the University of South Carolina's Arnold School of Public Health.

Yet studies have documented the health risks of "long sleepers" — those who report needing more than eight hours on the mattress each night.

For example, one study found long sleepers had a 50 percent greater risk of stroke than did those who slept six to eight hours a night.

They have higher rates of cardiovascular disease and possibly an increased risk for diabetes, Youngstedt said.

Most significantly, he said about 20 studies involving more than a million people have shown that long sleepers have a greater risk of dying than do those who sleep less.

A large Japanese study, for instance, found that those who slept more than 7.5 hours had a greater mortality risk than those who slept less than 6.5 hours. Lack of shut-eye can be hazardous, of course — and sleep centers all over the country have sprung up to solve sleep-disturbing problems such as apnea.

Yet Youngstedt tells skeptics they shouldn't be surprised that long sleepers may suffer, too.

"We remind people that there are many behaviors that can be harmful in excessive

amounts," he said, citing examples of getting too much sun, doing too much exercising and even drinking too much water.

How can too much sleep be harmful?

With all the emphasis on getting enough sleep — the proverbial eight hours — some people stay in bed so long their sleep is fragmented by multiple arousals a night, Youngstedt said.

The jolt to one's nervous system from waking up several times might cause some of the harmful effects to long sleepers, he said.

It also has been theorized that waking up and being exposed to light (such as switching on the light in the bathroom) depletes the hormone melatonin, which is important for regulating sleep.

If sleeping too much can be hazardous to one's health, does it follow that long sleepers should try to sleep less?

That's the focus of the unusual research at USC. Youngstedt and colleagues, with a \$450,000 grant from the National Institutes of Health, are testing long sleepers to see whether restricting their pillow time has any ill effects. ■



## "How much food do you think students waste in the dining hall?"

-By Patrick Crow



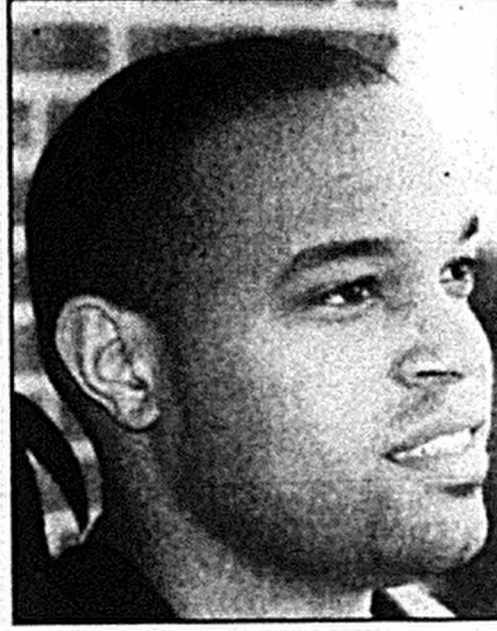
"A lot of food is being wasted because a lot of it is not that good, especially on the weekends."

— Ashley Moyer, sophomore



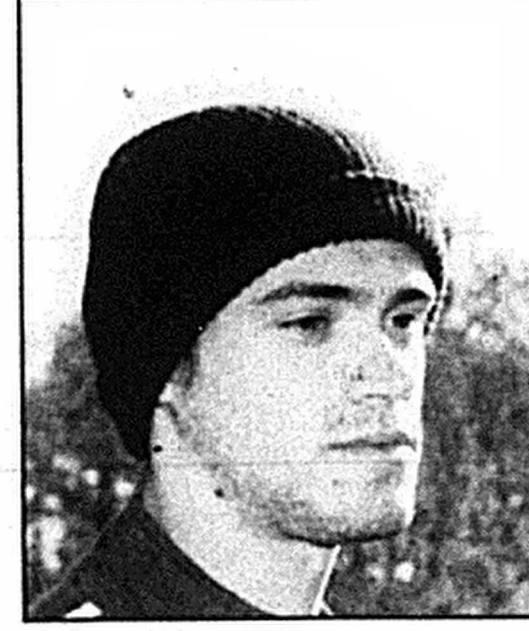
"People generally eat what they get; more drinks are wasted than the actual food."

— Brittany Sheppard, freshman



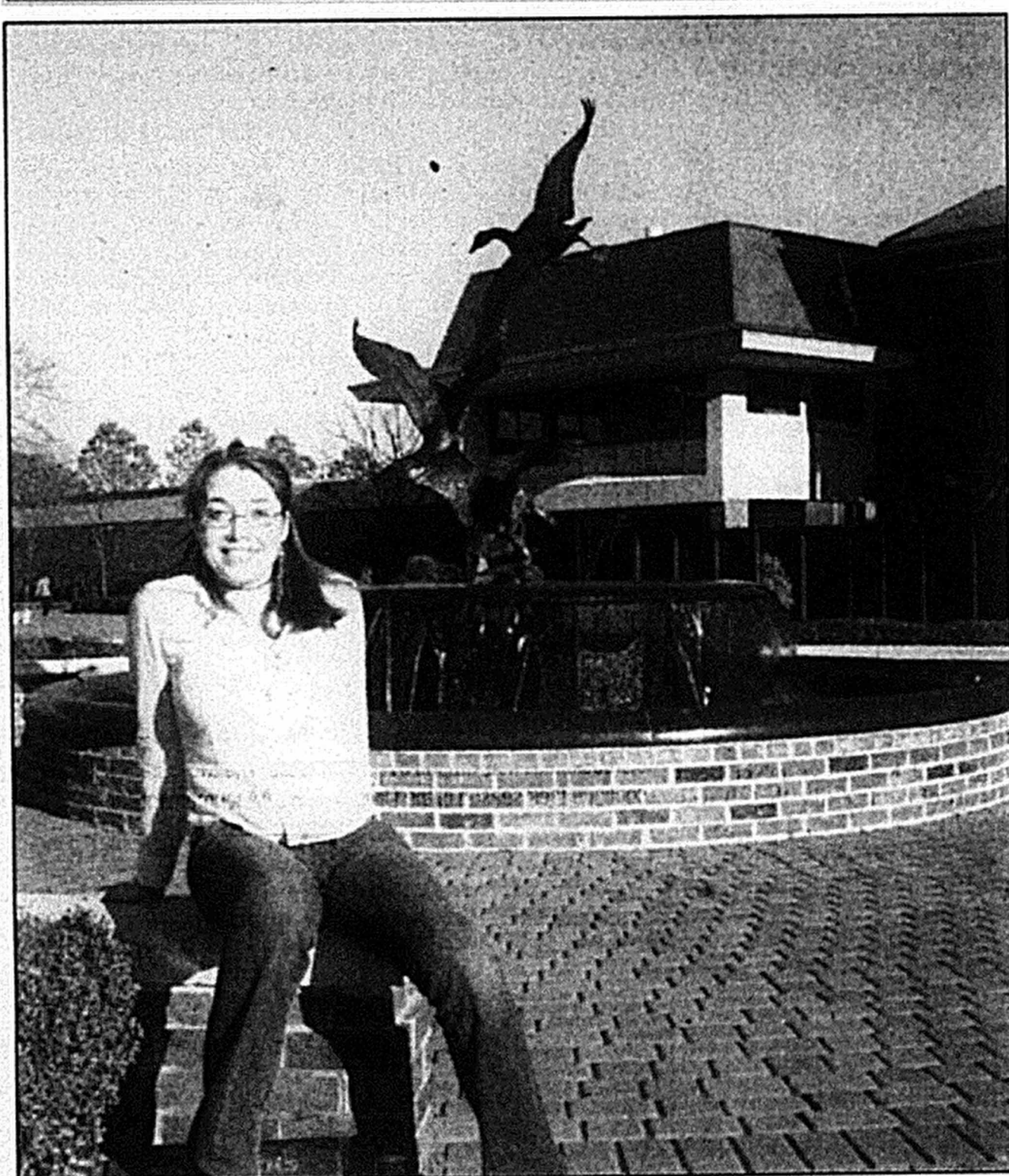
"I keep thinking there could be better uses for the food being wasted — like taking it with us when we leave, but we can't."

— Mike Sligh, senior



"Tons of food is wasted; we always return our inedible food. I don't eat there anymore."

— Ted Packard, junior



Nick Mirabal/The Captain's Log

Freshman Kathryn Wilson sits outside Saunders Plaza beside the Captain John Smith Library. Wilson's car accident two years ago sheared her brainstem in half and left her in a coma for 22 days.

## Freshman survives car crash: now works on writing

By Nick Mirabal  
Assistant News Editor

Almost two years ago, freshman Kathryn Wilson woke up from a 22-day coma in Kennedy-Krieger Hospital in Baltimore, Md., after a near-fatal car accident.

Today, she is an active student and citizen of CNU's campus.

"I try to go to the Freeman Center every morning for about an hour, and I stop by Einstein's coffee shop when I can because the people there are so nice," she said.

Wilson was in her junior year at Hayfield High School when she was involved in the crash on Feb. 5, 2004.

It resulted in severe brain injury, and her brain stem was sheared in half.

A helicopter airlifted her from the scene to Fairfax Hospital; she was later transferred to Kennedy-Krieger, which specializes in treating brain injury and adjoins Johns Hopkins.

Doctors told her she would have to deal with body tremors, a loss of fine motor skills and months of physical therapy. They gave her heavy sedatives to help her sleep.

"They gave me TV to watch

when I was bored," she said. "I've never been much of a TV person. So, I spent the whole time writing."

Wilson's recovery steadily progressed during her time in physical therapy.

"When I first came out of it, I had to use a wheelchair to get around," she said.

"My first occupational therapist got me playing lacrosse while I was still in a wheelchair, because it has always been one of my favorite sports."

While comatose, Wilson lost all muscle quality due to several weeks of inactivity.

Fortunately, as her doctors told her, she had been in very good physical shape, making her recovery much simpler.

When she was finally able to leave the hospital, Wilson was transferred to outpatient therapy.

She slept in her own bed again, although it meant visiting Mt. Vernon Hospital from eight in the morning to one in the afternoon.

From five to 10 p.m., she focused on herself and schoolwork.

"The doctors told me that it would be two to five years before I would regain my basic physical abilities," she said.

"It hasn't even been the full two years, and I've been walking and going to the gym for over six months now."

Wilson's recovery continues today.

Although advised not to take more than three classes for her first semester, she enrolled in four.

There have been difficulties, according to Wilson.

"Until a couple of weeks ago, I couldn't take notes in class with pen and paper," she said.

"My parents bought me a typing device but I've been trying everyday to write naturally."

In her time here, Wilson has made some strong relationships with those she's met on campus.

"It's really such a miracle to have her with us," said Einstein's Manager Lisa Taliaferro.

"Everyday she walks in here, she's always got a smile on her face. She's such a sweet girl."

Wilson plans to double major in English and Biology and double minor in Spanish and Chemistry. She has written a manuscript based on her experiences, which has yet to be published. ■

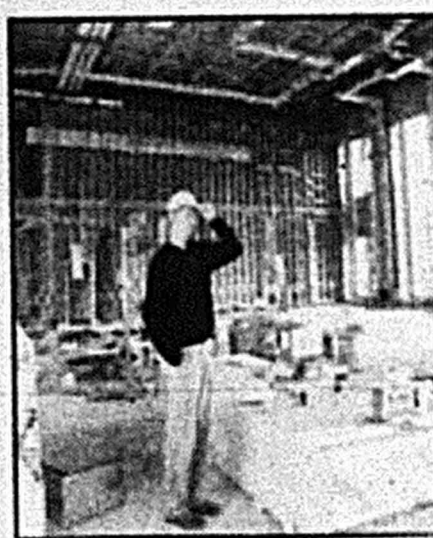
### The Captain's Log

November 16, 2005 | Issue 11

Front Page  
News  
Opinions  
Sports  
A&E

About Us  
Our Staff  
Downloads  
Contact Us  
Advertising  
Subscribe  
Submit a Tip  
Archives

Join the  
Captain's Log



Farooq ready for SGA changes  
On Thursday morning, Student  
Gov. Farooq Ali, a freshman, will be

Students love  
construction  
all

On Nov. 4, members of the Student Union Board, as well as Student Activities Kim Rouse, and the new Student Union Board, will be at the start of the Spring Semester to replace the current Student Union Board. According to CNU's Student Union Board, the new board will take over the Student Union Board's duties.

## Check us out Online

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

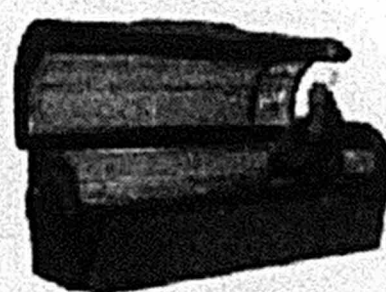
## CONTACT THE CAPTAIN'S LOG

(757) 594-7196

CLOG@CNU.EDU

CLOGADS@CNU.EDU

## BODY & SOL TANNING BOUTIQUE



### Student Special

1 Month Unlimited Tanning

Basic Bed

\$39.95

valid student ID required



Newport News  
12715 Warwick Blvd.  
(Commonwealth Center)  
534-9259

Yorktown  
209 Village Ave  
(Village Shops @ Kin Creek)  
234-4765

Additional Coupons Available at [www.BodySolTanning.com](http://www.BodySolTanning.com)

4 levels of Tanning and New 100%-UV Free Mystic Tan

(Mystic available only at Kin Creek)

## "Come Voice Your Opinion about Dining Services"

Want to know what is going on with Dining Services?  
Worried about the quality of your food?  
Need to voice your opinion on Dining Services?

Then come out to the open discussions about the new changes.

When: March 2<sup>nd</sup>, 2006 and March 14<sup>th</sup>, 2006

Where: Gaines Theatre

Time: 4:00-5:30

Topics: Dining Services discussion

Who: Open to all students, faculty and staff

LET YOUR VOICE BE HEARD



# Sports

## CNU Scoreboard

### Men's Basketball

(20-7)

2/24/06 Final:  
USA South Semifinals:  
CNU 96, NC Wesleyan 77

2/25/06 Final:  
USA South Final:  
CNU 89, Averett 88

Next Week's Game:  
NCAA Tournament:  
3/3/06:  
at Lincoln

### Women's Basketball

(17-9)

2/24/06 Final:  
USA South Quarterfinals:  
Shenandoah 64, CNU 61

### Baseball

(3-3, 2-1)

2/24/06 Finals:  
CNU 12, Averett 0  
CNU 7, Averett 4

2/25/06 Final:  
Averett 9, CNU 1

### USA South Standings

1. Fernam	2-1	6-1
2. N.C. Wesleyan	2-1	6-2
3. CNU	2-1	3-3
4. Methodist	1-2	5-3
5. Greensboro	1-2	6-4
6. Averett	1-2	2-7
7. Shenandoah	0-0	4-1

Next Week's Games:  
3/4/06  
at Shenandoah (DH)  
3/5/06  
at Shenandoah

### Softball

(1-3, 1-3)

2/24/06 Finals:  
CNU 4, Peace 2  
Peace 20, CNU 2

2/26/06 Finals:  
Methodist 7, CNU 1  
Methodist 6, CNU 5

### USA South Standings

1. Methodist	2-0	4-0
2. Peace	1-1	5-1
3. CNU	1-3	1-3
4. Greensboro	0-0	4-0
5. Shenandoah	0-0	0-0
6. N.C. Wesleyan	0-0	0-0
7. Fernam	0-0	0-0
8. Averett	0-0	0-0

Next Week's Games:  
3/3/06:  
Atlantic vs. East Challenge:  
vs. Frostburg  
vs. Wilkes  
3/4/06:  
Atlantic vs. East Challenge:  
vs. Lycoming  
vs. Rutgers-Newark

### Women's Lacrosse

(2-1, 2-0)

2/25/06 Finals:  
CNU 18, Peace 4

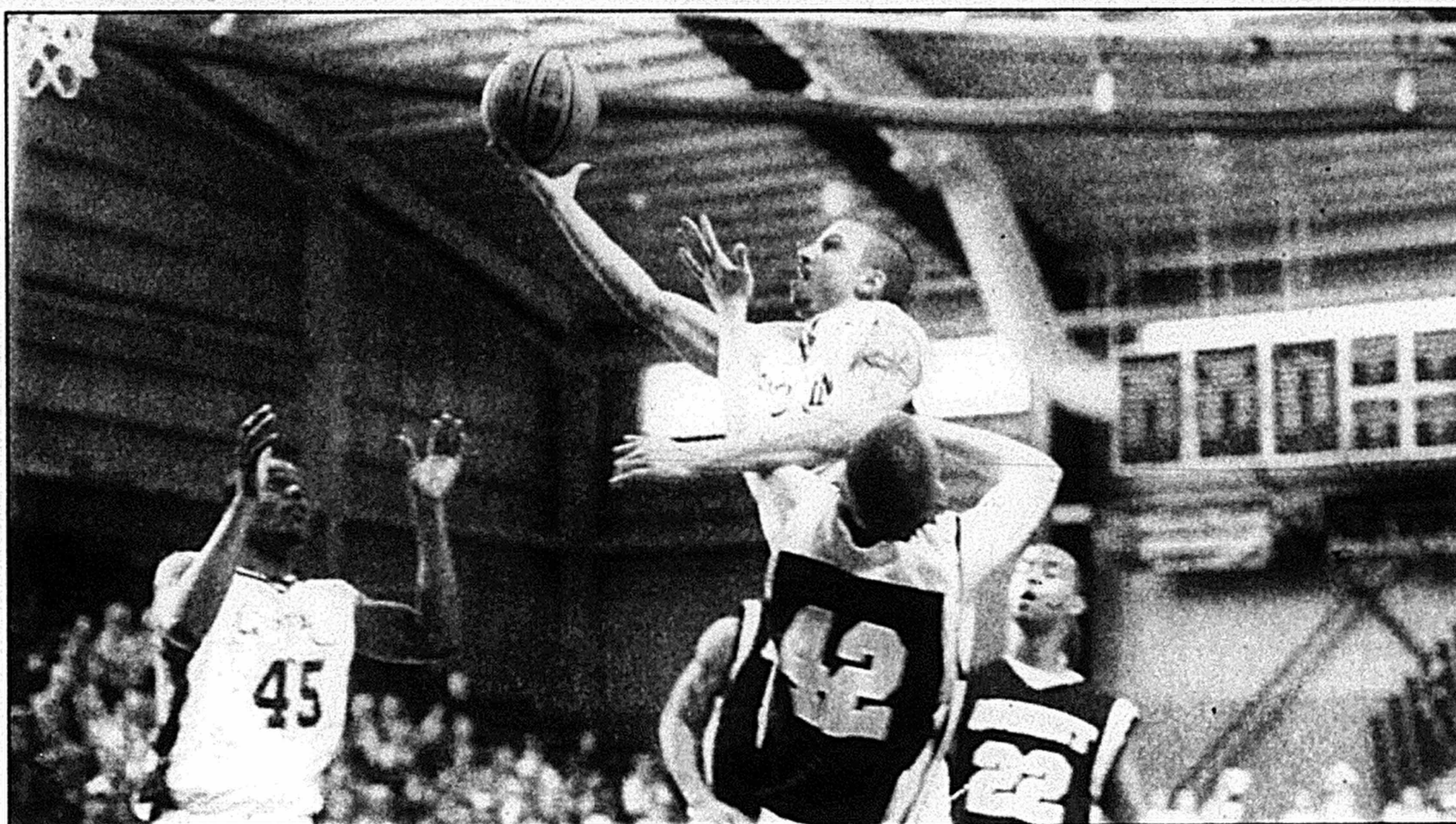
2/26/06 Finals:  
Salisbury 4, CNU 15

### USA South Standings

1. CNU	2-0	2-1
2. Averett	1-0	2-0
3. Greensboro	1-0	1-1
4. N.C. Wesleyan	0-1	1-2
5. Fernam	0-1	0-1
6. Methodist	0-1	0-2
7. Shenandoah	0-1	0-2

Next Games:  
3/11/06:  
vs. Shenandoah  
3/12/06:  
at Catholic  
3/18/06:  
vs. Averett

## Men's Basketball



Senior Jeremy Romeo jumps past an Averett player while driving to the basket. Romeo finished with 20 points during the Captains' 89-88 victory.

# Captains top of the South

By BRIAN BENISON  
Assistant Sports Editor

In a game where momentum shifted back and forth constantly, the USA South men's basketball championship came down to junior Dontá Selden, three simple free throws and a layup.

"It was a great game," said senior Jeremy Romeo of the Captains' 89-88 victory. "I congratulate Averett for making it to the big game, but the champs came out tonight. We're picked fourth, and we finished first, and nobody can take that away from us."

The game was a battle from the start, with the lead changing three times in the first half.

The Captains got off to a rough start, but eventually took a seven-point lead. Averett would battle back to cut the Captains' lead to 41-40 going into halftime.

"I've got the utmost respect for Averett," said Selden. "There was not one possession out there — that was not a battle."

Averett took control quickly out of the gates in the second half, taking a 12-point lead with 11 minutes, 36 seconds left in the game. From there, the Captains battled back to cut their lead to three with 16 seconds left in the game.

The game was sent into overtime by three foul shots by Selden with less than a second left in the game.

"I don't know," said Selden. "I haven't woken up yet. I was just in the zone out there. I knew that we needed the shots to win the game. I guess it was just fate. The good Lord wouldn't let me miss them, so I didn't miss them."

"Dontá Selden's three free throws to send the game into overtime were as clutch as you'll ever see. I've been saying all year that Selden's the heart and soul of this team," said head coach C.J. Woollum.

The Captains went on to win it in overtime, scoring 10 points to Averett's nine. The game-winning points came off of a layup by Selden with freshman Davon Barton assisting.

"The last pass between Selden and Barton, we were down at the time, and the accuracy of the pass was amazing, and then for Selden to have the focus to finish the layup was impressive," said Woollum.

The championship was especially meaningful to the two seniors on the team: Jeremy Romeo and Adam Purdham.

"It meant a lot to go out on top to Adam and me. But we weren't alone, our teammates stepped. Davon did, and Dontá — Dontá has more heart than anyone out there. We were down there for a time, and

Dontá's three points from the free throws pushed us into overtime," said Romeo.

Selden also took it upon himself to help his teammates go out on top.

"I told Romeo and Purdham, 'This is not your last game. I will not let you go out like that,'" said Selden.

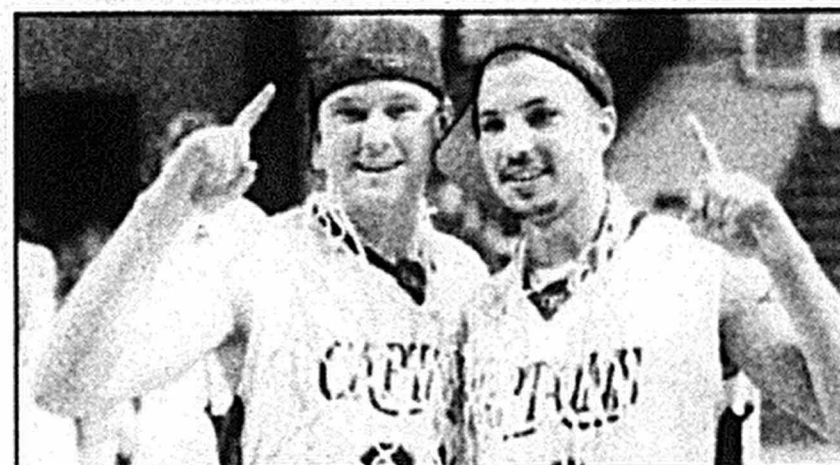
The clutch performance and the last second play of the Captains was what made the game memorable, according to Woollum.

"It was an unbelievable game. I know I've never been part of a game like that. It was just a battle from the get go," said Woollum. "There's a fine line between winning and losing, and we were fortunate to be on the winning side."

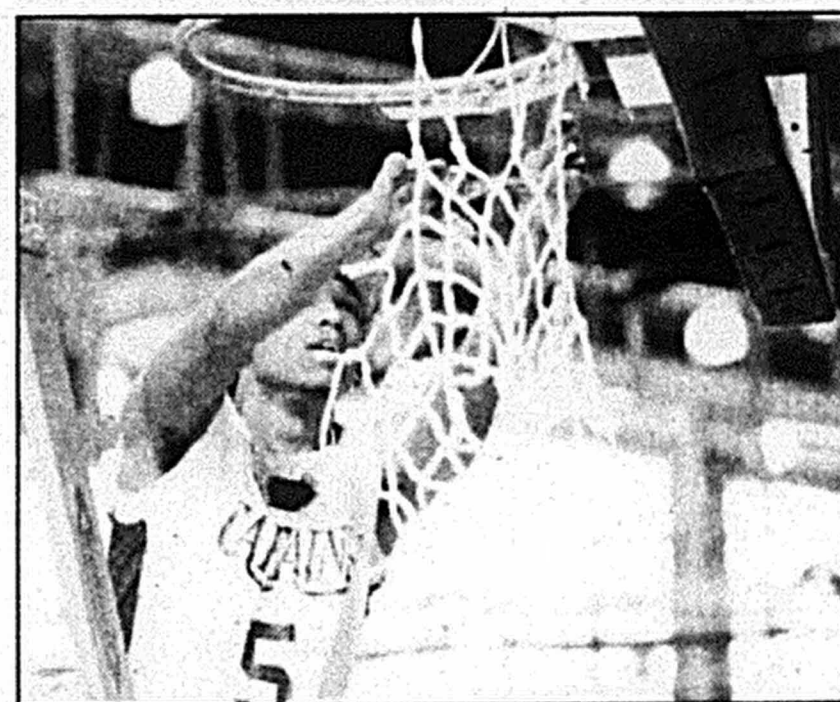
The Captains' season is not over; their next challenge awaits them in the Division III NCAA tournament.

But for right now, the team is relishing in their winning effort, after they were voted to finish fourth by the USA South coaches' poll at the beginning of the year. The fact that they had been picked to finish fourth had been the team's rallying cry all year.

"Right now we're just enjoying this," said Woollum about the upcoming tournament. "Right now, we know we're in. A lot of people didn't even pick us to do that. We were picked fourth." ■



Seniors Adam Purdham (left) and Jeremy Romeo (right) celebrate with the basketball nets draped over their heads. The two Captains seniors will continue their season in the Division III NCAA tournament.

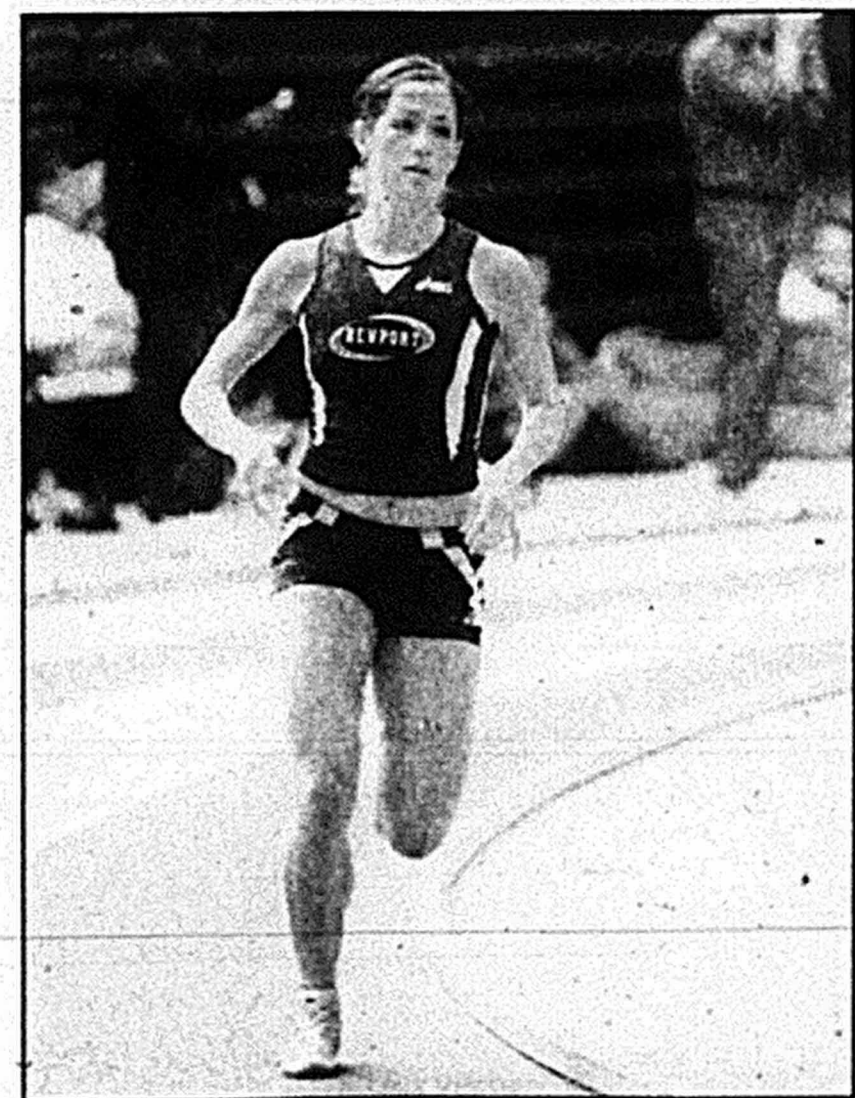


Junior Dontá Selden cuts down the basketball net in celebration of the Captains' tournament victory. Selden hit three free throws with less than a second left to send the game to overtime.

## Player Profile

# Track's Megan Fogarty runs with dedication

By JUSTIN GRIGGS  
Contributing Writer



Senior Megan Fogarty enjoys a comfortable lead during the women's 800-meter run at the Mason-Dixon Conference Championships.

Senior Megan Fogarty steps up to the line, and her look is that of extreme concentration.

"Runners on your mark," She widens her stance, leans forward and waits. The silence makes the entire Freeman Center seem empty. But she is not alone. Her mom, dad, twin sister and roommates are all there to give her support.

"Bang." The sound of the gun jolts her into action. She quickly moves to the front. Steadily gaining distance, Fogarty dominates the race. In the end, even though she has blown the competition away, her face shows the look of disappointment. Her mile time of 5 minutes, 7 seconds was still two seconds shy of qualifying for nationals. Her time is a Freeman Center record.

"Running is a lifestyle. Your day kind of revolves around it," said Fogarty after the race.

Fogarty's philosophy accurately describes her daily life. The closet is color-coded, and her bedroom is clean and organized. She has her day planned

out before it has even started. She likes consistency and order. Running and proper nutrition have given her a toned and slender figure and have also made her into a running machine.

She is a vegetarian. She eats mainly nutritional food, such as power bars, fruits, vegetables and complex carbohydrates. She was anemic her freshman year, but has overcome this through managing the kind of food she eats and reading labels to make sure what she eats is healthy.

Her coaches hold practice six days of the week. She bikes on the seventh. What makes Fogarty so unique is her dedication to the sport. She has made it a habit to show up an hour early to practice. An hour early to practice lets her do abs, weights and stretching.

"I am usually always early to everything," said Fogarty.

Fogarty has made many friends on the track team and holds a close relationship with her roommates. Unfortunately, success comes at a price. Track takes up a large portion of her time and balancing work, friends and school is tough.

The key to her success lies in her fortitude. Rotation has

been an important element of her season: some days she works on speed, while other days she works on endurance. She estimates that, on average, she runs 60 miles per week.

"I was tired of just being this 'ok' runner. I wanted to leave something behind, prove to people what I had in me," said Fogarty.

This is Fogarty's fourth and final year running for the track team, and she wants to leave without any regrets. Fogarty feels fortunate and grateful for all the support she receives.

She is accompanied by a group of friends and family who attend every meet. It is their presence that helps push her to the extreme.

With the pressure of her sport, Megan admits to getting nervous. Before she runs, she must properly stretch. Her adrenaline gets pumping to heavy rock and hip hop music. Complete concentration overtakes her anxiety.

To Fogarty, running has become a relief to all the problems of daily life. It is a stress reliever. It is her love. It is her passion. ■



## Sports Briefs

## Baseball wins opening series

By PAUL FROMMELT  
Sports Editor

## BASEBALL

The Captains' baseball team took two out of three games against Averett this past weekend in their first conference series of the season. The Captains (3-3, 2-1) swept the opening double header with a strong offensive output and dominating pitching.

In the first game, senior Garrett Robinson went 2-for-5 with three RBIs. Senior John Corbin and junior Michael Kurbjewit each added two hits in the 12-0 victory.

Sophomore Kenny Moreland pitched eight scoreless innings with 13 strikeouts while

only allowing three hits.

Averett came on strong in the second game, scoring two runs off senior pitcher Eben Brower in the first. Brower would settle down, allowing only one more run in the next six innings. The Captains' offense retook the lead in the second by scoring four runs on five hits.

Robinson matched his totals from the first game, going 2-for-5 with three RBIs in the 7-4 victory.

Brower allowed only six hits and struck out eight to pick up his first win of the season.

In the final game of the three-game series, the Captains were denied a sweep by losing 9-1. Averett pitcher Keith Lawrence allowed only five hits and

no earned runs. The Captains' senior pitcher didn't fair as well, allowing eight runs on seven hits in the loss.

Senior Trey Collier broke up Lawrence's no-hitter in the bottom of the fifth and finished 2-for-4.

The Captains are on the road next weekend to face Shenandoah in a three-game conference series.

## WOMEN'S BASKETBALL

The Lady Captains' basketball team was stunned in the first round of the USA South tournament, losing to Shenandoah 64-61.

The second-ranked Lady Captains were heavily favored over the No. 7 seed Hornets. The

SEE BRIEFS, PAGE 11

## Ice Hockey

## CNU has successful second season

By PAUL CIRILLO  
Contributing Writer

The CNU hockey team finished their first season in the Blue Ridge Hockey Conference (BRHC) with a record of 7-8-2. Last year, the team posted a record of 1-8 in their first full season as a team.

"We came a long way in only our second season, and everyone worked really hard to make the team successful," said head coach Chad Fraser. "Everyone took care of their individual job and remained positive even during our struggles."

Although they improved their record, the Captains had many close losses that could have put them over the .500 mark. The team lost by only one point to East Carolina University, Richmond University and Virginia Commonwealth University.

"What was disappointing for all of us was that these three losses all came from excellent teams that have all made the playoffs and in each game, we had an opportunity to steal the win and just fell short in each game," said Fraser.

The season started out slow for the Captains, but they were able to win some important games late in the season. The Captains had their first two BRHC wins against William and Mary in two games that were played sixteen hours apart. First, the Captains overcame William and Mary 7-4 at home. The next day, the Captains again went head-to-head with the Tribe, but this time at the highly anticipated game at the Scope, home of the Norfolk Admirals.

"To be able to perform on that stage in front of so many of our fans was something that ev-



Will Summers/THE CAPTAIN'S LOG

A CNU player is leveled by a Radford player during the Captains's game against the Highlanders on Nov. 18. The game ended in a 7-7 tie.

everyone associated with our team will never forget. And on top of all of that, to come out with a win, was a perfect ending to an exciting weekend for all of us," said Fraser.

The Captains defeated William and Mary 7-5 at the Scope.

Another memorable moment for the team was when they met BHRC Conference leader Richmond for a second time at the end of the season, defeating them on their home ice 7-4.

"We had a close game against them at the beginning of the season, and it felt really good to win that second one," said team captain and junior Colin McCarthy. "They were also ranked No. 1 in the conference, so it was a big win."

"From the moment we stepped on the ice, we felt that

we deserved that win. And the players carried out what they felt they were owed. That game will go down in history as the night we beat a very well-established and highly successful team. I was proud to be a part of it," said Fraser.

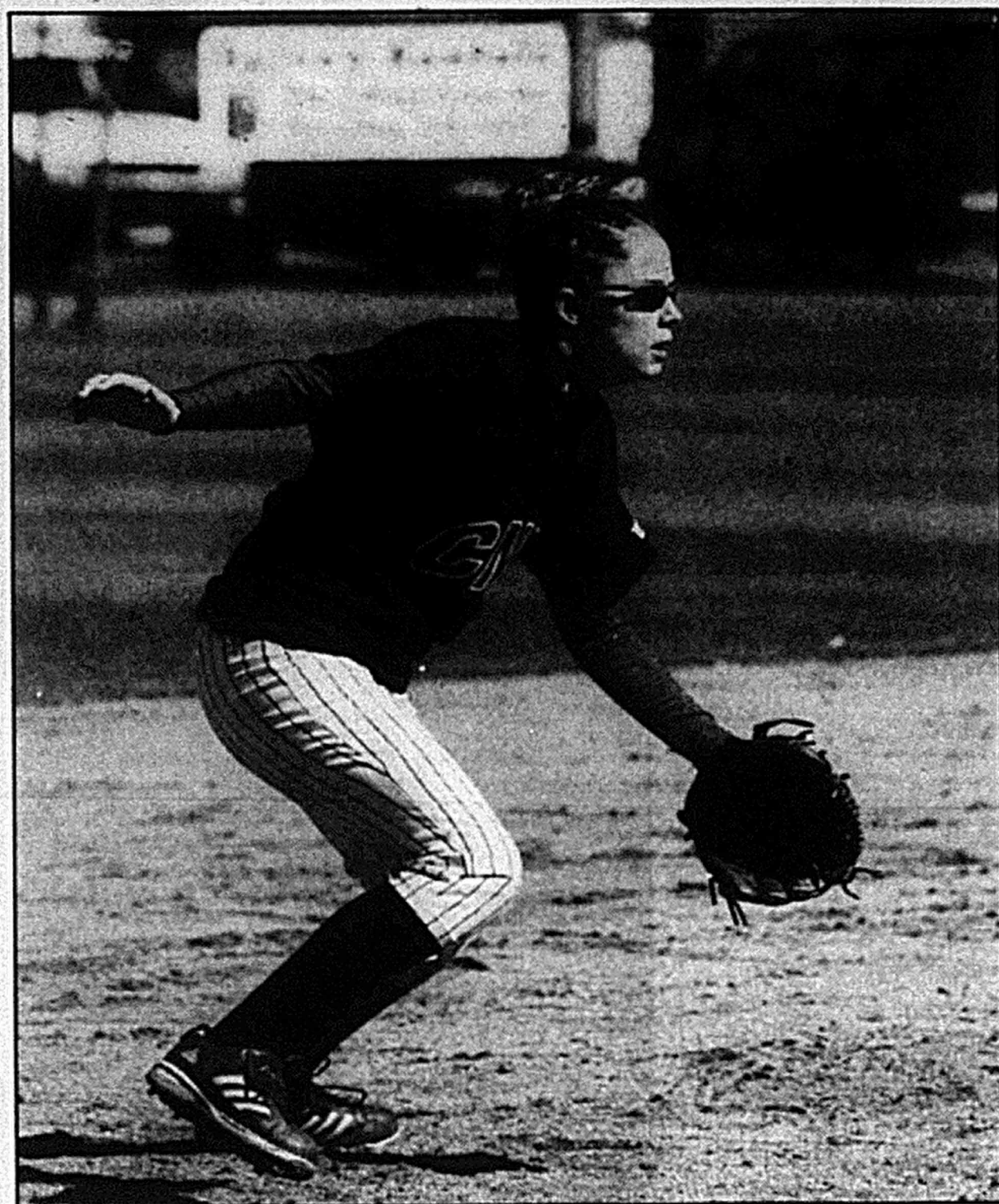
Graduate student Ryan Pringle was voted All-BRHC first team goalie of the year, saving 90% of the shots on goal.

Junior Mark Wilkinson led the team with 43 points and was voted to All-BRHC second team. The team is losing a few players to transfers and graduation. Still, they hope to bring in some freshmen next season to compensate for the loss.

"We had some really big wins, and some disappointing losses," said McCarthy.

"Overall it was a successful season." ■

## Softball



Jesse Hutcherson/THE CAPTAIN'S LOG

Senior C.J. McQueen gets into position to field a ball during the Lady Captains' first game of their double-header with the Peace Panthers. The Lady Captains won the first game 4-2.

## CNU splits doubleheader

By JAMES CARROLL  
Captain's Log Intern

Just as head softball coach Keith Parr indicated last week, the Lady Captains' defense had a key role in the outcome of the doubleheader against the Peace Pacers last Friday.

"In close games we are going to have to rely on our defense," said Parr.

In the opener, the Lady Captains held Peace to just two runs, but the Lady Captains' defense struggled late against a Peace offense that was consistent throughout the two games.

The first game was a tightly contested 4-2 victory between both defenses in which all the runs were scored in the fifth and sixth innings. In the next game, however, Peace broke out against the Lady Captains with a 17-run offensive barrage in the fourth inning.

In the first game, the veterans made the difference; seniors C.J. McQueen and Susan Ishman made the majority of the defensive plays. McQueen

assisted on four of Ishman's six tags. The fielding by the Lady Captains combined with sophomore Janet Fairchild's pitching held the Pacers to only two runs on six hits in the first game. This opened the door for the Lady Captains' defense to take the lead.

After loading the bases in the fifth inning, sophomore Becky Bond doubled to centerfield, emptying the bases and giving the Lady Captains a 3-0 lead. Diana Kaoudis gave the Lady Captains an insurance run in the sixth inning with a sacrifice fly.

The Lady Captains' pitching was the deciding factor in both games — when the pitching struggled, the team struggled.

Fairchild's pitching in the first game showed confidence under pressure. With two outs and the bases loaded in the fourth inning, Fairchild sent the Pacer batter back to the dugout swinging.

"[The batter] smiled at me, and I wasn't going to have that," said Fairchild, who finished the game with seven strikeouts and three walks.

It became clear in the first

few innings of the nightcap that the second game would be much different than the pitching battle of the first game.

In the first inning, senior Andrea Rohde singled in freshman Mia Johnson, and freshman Katie Moyer brought in sophomore Margit Severin on a sacrifice drive in the second.

The top of the second saw Peace pull ahead with three runs on Fairchild. After taking the lead, Peace never looked back.

In the fourth inning, it looked as though the innings began to wear on Fairchild's arm; and the Pacers began to capitalize. Fairchild allowed three more runs on four hits and two walks before Parr brought in freshman Megan Crawford in relief.

But the Pacers were not done scoring in the fourth.

"Megan was pretty much thrown out in the fire," said Parr.

When the inning was over, Peace scored 17 runs on 10 hits.

The game was called in the fifth inning, with the final score 20-2 in favor of the Pacers. ■

## Golf

## Captains look to use experience

By MATTHEW CLARK  
Contributing Writer

The CNU men's golf team is set to swing off their spring season this weekend over spring break at the Callaway Collegiate Invitational located in Pine Mountain, Georgia.

After a hard-fought fall season, in which they finished in fourth place in the Virginia State Division III Championships, the Captains have been picked to finish third in the 2006 USA South Preseason Poll, falling just behind Methodist and Greensboro.

"It's kinda what we expected. Greensboro and Methodist are both real good teams," said junior Eric Smialek.

"We think that if we play like we can, we can definitely take both of them, and if nothing else, we can at least jump

ahead of Greensboro."

Head coach Chad Wilson seems to have the same optimistic approach to the season, looking to steal the second-place spot that has been held by Greensboro for a while.

He feels that with their deep roster, and returning All-Conference players senior Ryan Patrick and juniors Matt Hopkins and Andrew Geary, they hold a solid shot to jump ahead of the Pride.

Although the top three spots on the team may be rather secure come tournament time, there is still much to be determined for the remaining two. Eight of the 14 men on the roster are freshmen, and all eight have been working hard in the offseason to secure a spot of their own.

Freshmen Kyle Gregory and Christian Freymeyer had tournament experience in the fall season and are expected to do great things once again this spring. Also among the freshmen this

year is foreign exchange student Thomas Meulemans from the Netherlands.

Wilson hopes that the young roster of freshmen will "push for a starting spot at some point this season."

Leading the team this year as captain will be Patrick, who feels that the key to this season's success is going to be a team wide focus.

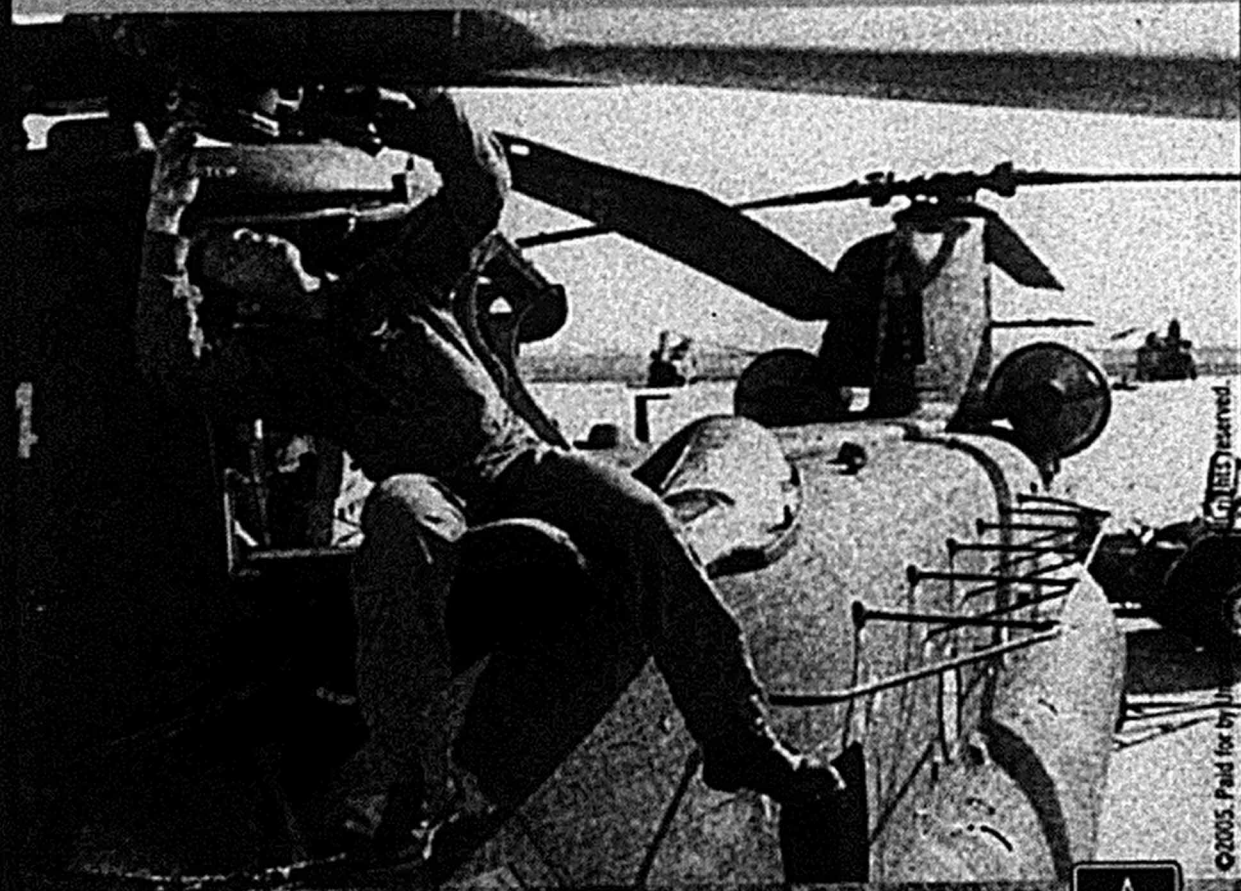
"[In previous years, the team] has just never had the focus to make a run at the conference title and to make a run at nationals," said Patrick.

"We have the talent this year and definitely the focus thus far this season to make a run."

Wilson expects the team to have a good year but understands that expectations do not produce results.

"Golf is a crazy game so anything can happen," said Wilson. ■

ADD A NEW ROUTINE  
TO YOUR OLD ROUTINE.



Becoming a Soldier in the U.S. Army Reserve allows you to serve your country while maintaining your lifestyle near your hometown. You'll get to choose from over 120 careers and likely train with friends and neighbors you already know. To find out more, check out GOARMYRESERVE.COM or call 1-800-USA-ARMY.

Where: 14346 Warwick Blvd Suite 370 Newport News, VA 23602

When: Mon-Fri 9am-5pm, Sat 10am-2pm

Who: Staff Sergeant Terry Trent (757) 890-6219

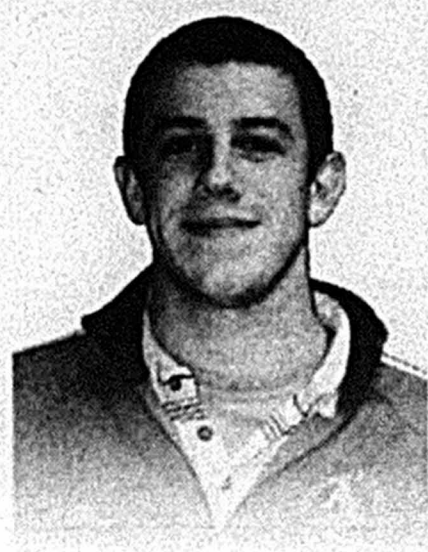
CHECK OUT THE SPORTS SECTION  
ONLINE:

[www.cnu.edu/captainslog](http://www.cnu.edu/captainslog)

Read Articles Online  
Download Past and Present Issues



## NBA Weekly Francis and Marbury?



BY BEN SETTLE  
NBA Columnist

The NBA trade deadline came and went without any earth-shattering significance. Many good teams such as the Miami Heat, New Jersey Nets and Cleveland Cavaliers (who were one trade away from establishing themselves as serious title contenders), among others, failed to make any moves to put them over the top.

The "biggest" trade to come through the league office involved the most over-priced team in the league, the New York Knicks, and the rebuilding Orlando Magic. The Magic shipped career malcontent Steve Francis to New York for the expiring contract of Penny Hardaway and second-year forward Trevor Ariza. This trade gives the Magic another young player in Ariza to build around, as well as some cap flexibility once Hardaway's contract expires at the end of the season.

For the Knicks, however, this trade is just another question mark on the list of dubious moves made by general manager Isiah Thomas.

Now the Knicks have a projected starting backcourt of Francis and Stephon Marbury, which could lead to the first-ever incident of two teammates fighting to the death on a basketball court. In Francis and Marbury, the Knicks now have two shoot-first point guards to go with the other five shooting guards already on the roster. Not exactly championship material, unless you're playing XBOX.

Many writers and analysts have been killing this trade for the Knicks, claiming that adding Francis to the already overwhelmed roster makes about as much sense as adding ketchup to a bowl of cereal. In the midst of all the trade backlash, NBA TV's Fred Carter shared an optimistic approach to the Knicks' new look. Carter emphasized how the backcourt pairing of Marbury and Francis will give the Knicks flexibility, since either one can initiate the offense. This is sort of true. He went on to say that many older teams in the 1970s and 80s often used a "combo-guard" lineup, with no real point guard or shooting guard.

A "combo-guard" is a nice way of saying that the point guard is too small to play shooting guard, but can't get anyone else involved and only looks for his own shot. This is not typically a good thing since it destroys any semblance of rhythm or flow to a team's offense. Instead of just dealing with one of these players, the Knicks now have two.

Carter's point is logical, since Marbury and Francis will both try to be good soldiers and keep their teammates involved so they both don't look like overpaid shooters.

A popular reaction to this trade seems to be that it is so unbelievable, how could Isiah Thomas possibly keep his job? Shouldn't he be fired already? The answer is yes, he should be fired, but I wasn't surprised at all by the trade. In fact, as soon as the talks of Francis to the Knicks got started, I was nearly certain that Isiah would make it happen. This is the same thing he has done since he took over the Knicks — try to make a splash with some interesting trades, regardless of team chemistry or payroll.

So far, it's not working. Even though this trade is not enough to put the Knicks in the playoffs, it may have bought them three to five more wins for the season.

Count me among those who hope they flounder for the rest of the season and take a fresh start in their quest for 0-82 next season.

### BRIEFS, FROM PAGE 10

Lady Captains were 2-0 against the Hornets in the regular season and had a 13-game winning streak against Shenandoah going into the quarterfinal game. Shenandoah had only four regular season wins in the USA South conference.

The game was close throughout, with the score knotted at 29-29 at halftime. At the beginning of the second half, the Hornets went on a 24-10 run. The Lady Captains' defense tightened with eight minutes left in the game as the team began to mount a comeback.

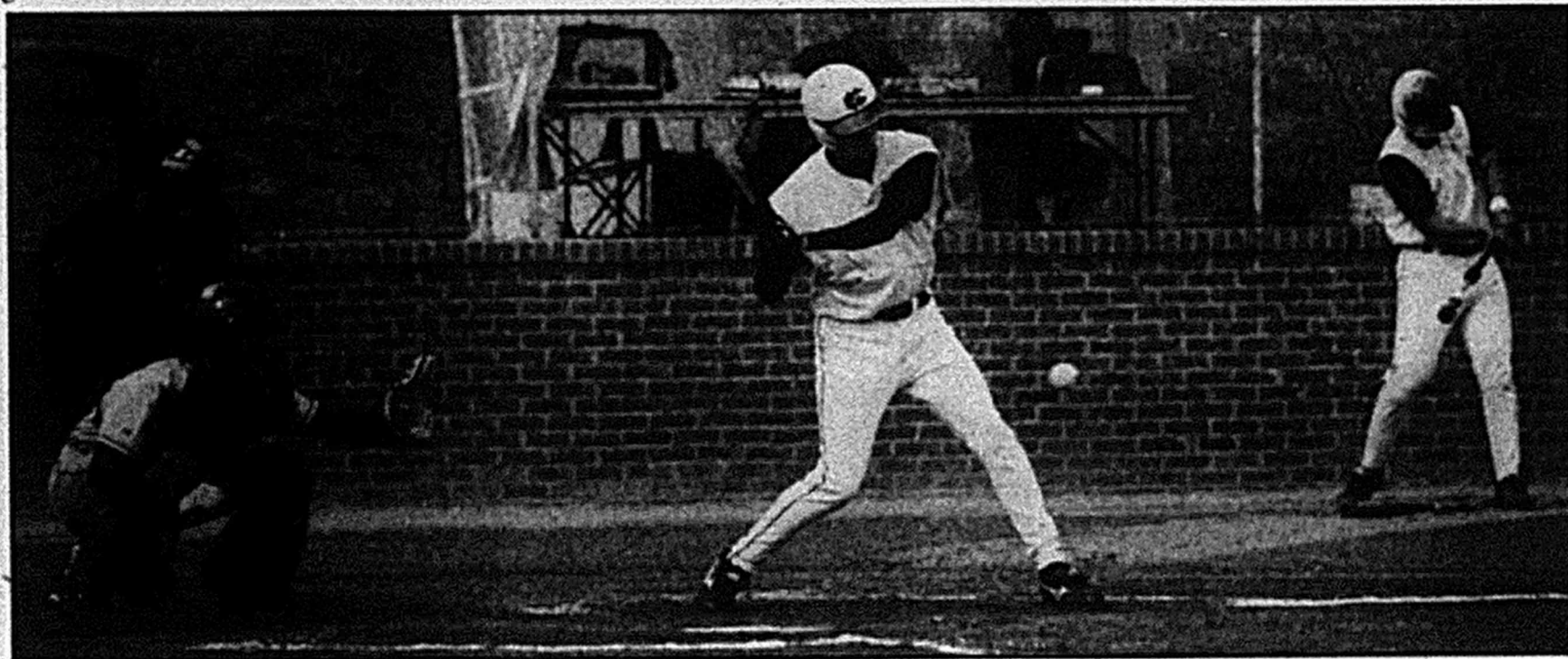
The Lady Captains cut the lead to seven with 2:21 left in the game, but were unable to capitalize on the Hornets' mistakes and fell three points short of a comeback.

The Hornets scored 23 of their points on 28 Lady Captains turnovers.

Junior Candace Bryant, who was named to the USA South All-Conference Team, finished with 17 points and 12 rebounds.

Sophomore Dee Luck finished with 13 points, 11 rebounds, five blocks, four assists and three steals.

Joining Bryant on the USA South All-Conference Team is junior Nikki Rowland, who finished with six points.



Senior Garrett Robinson takes a cut at an offering from an Averett pitcher during the Captains' Saturday doubleheader against the Cougars.

Senior Garrett Robinson takes a cut at an offering from an Averett pitcher during the Captains' Saturday doubleheader against the Cougars.

This is the second-straight year that the Lady Captains were defeated in first round of the USA South tournament. The team finishes with an overall record of 17-9.

#### MEN'S BASKETBALL

CNU men's basketball coach C.J. Woollum and freshman Davon Barton were named Coach of the Year and Rookie of the Year, respectively, by the USA South Conference.

Junior Davon Barton and senior Jeremy Romeo were named Second-Team All-Conference, while juniors Korey

Lewis and Dontá Selden were honorable mentions.

The Captains were USA South regular season co-champions and conference tournament champions. The team will travel to Lincoln this Friday for the first round of the NCAA Tournament.

#### SOFTBALL

CNU's softball team, fresh off of a split with Peace at home, dropped two games on the road against Methodist last Sunday.

The Lady Captains allowed four runs in the third inning and were unable to mount a come-

back. Methodist scored three more runs in the sixth, putting the game out of the Lady Captains' reach.

The Lady Captains scored in the fourth inning off of a RBI single from senior Susan Ishman. It was the only run the team would score and they fell 7-1.

The second game of the doubleheader was much closer, but the Lady Captains again fell to the Lady Monarchs 6-5.

The Lady Captains fell behind 3-0 in the third off of two hits and two errors. The

team tied up the game in the fifth. With the bases loaded, senior C.J. McQueen was hit by a pitch, sophomore Hannah Brown smacked a single, and sophomore Becky Bond reached on an error, scoring the Lady Captains' three runs.

Methodist responded with another three runs in the sixth making the score 6-3.

In the seventh, the Lady Captains again mounted a comeback with RBIs from junior Melanie Hose and freshman Rachael Clark, but came up short, falling 6-5. ■

### Major League Baseball

# White Sox top our preseason rankings

BY CHRIS INZIRILLO  
Contributing Writer

"People ask me what I do in the winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."

-Roger Hornsby

Hornsby could not have said it better. With February almost over and Spring Training underway, all baseball fans know that April 2 is just around the corner. This season should be quite interesting as it follows probably the busiest offseason in the last decade. We had the Florida Marlins handing out their players to the highest bidder.

We had the Dodgers and Blue Jays turn themselves into contenders with a few phone calls and signed contracts. We had teams like the Mets, Yankees and White Sox, adding more high-profile talent to their already stacked teams.

The bottom line is that we will see a lot of new faces in new places this season, and it will be very interesting to see which team's chemistry works best in the uphill battle of reaching the fall classic.

Here is a look at how the teams stack up in my pre-season Power Rankings:

1). Chicago White Sox: Additions of Jim Thome and Javier Vazquez make the champs even better.

2). St. Louis Cardinals: With Scott Rolen healthy again, they have their eyes on the prize.

3). Los Angeles Angels: Could be the most balanced team in the American League.

4). Boston Red Sox: After adding Yankee killers Josh Beckett and Alex Gonzalez, the

Sox are hopeful of moving up in the standings this year.

5). New York Yankees: They have the best bullpen that I've ever seen, but who's going to pitch the first six innings? Do they think Randy Johnson is going to get better with age?

6). Toronto Blue Jays: With three ace-quality pitchers in their rotation, they look to make some noise in the AL East.

7). Los Angeles Dodgers: Their new look infield has them primed to run away with the NL West.

8). New York Mets: Stand-out lineup and bullpen, but terrible pitching after Pedro.

9). Oakland Athletics: Look for big "Zito" numbers in his last season before free agency.

10). Cleveland Indians: A young team with proven heart and skill. What more could you ask for?

11). Atlanta Braves: Maybe they should aim for the Wild Card. Winning the NL East never seems to get them very far.

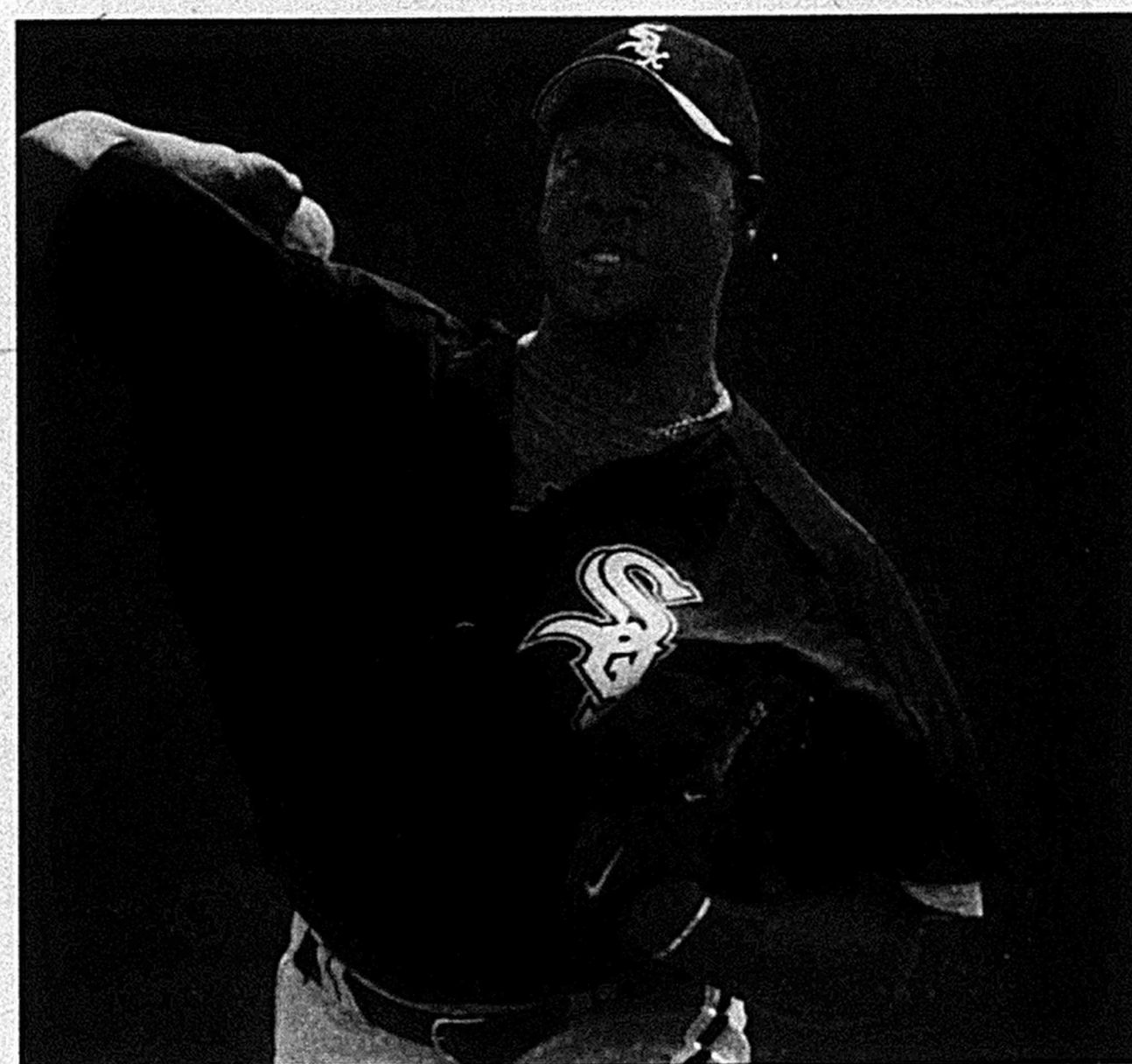
12). Seattle Mariners: If Felix Hernandez and Kenji Jojima live up to hype, watch out.

13). Houston Astros: They need Roger Clemens to join team in May, or they are in trouble.

14). Minnesota Twins: They landed the best second basemen in the game with Luis Castillo.

15). Florida Marlins: They always do their best when no one gives them a chance. Is there another miracle on the horizon?

16). Detroit Tigers: They are getting better every year; look for new manager Jim Leyland to get them going in the right direction.



Chicago White Sox pitcher Jose Contreras throws during spring training practice in Tucson, Arizona on February 18, 2006. Contreras will be an integral part of the Sox pitching staff as they try to repeat as World Champs.

Chicago White Sox pitcher Jose Contreras throws during spring training practice in Tucson, Arizona on February 18, 2006. Contreras will be an integral part of the Sox pitching staff as they try to repeat as World Champs.

17). Chicago Cubs: They need Kerry Wood to get healthy. Can Derrick Lee repeat last season's numbers?

18). Philadelphia Phillies: They had a quiet offseason after acquiring Aaron Rowand.

19). Washington Nationals: It was a great move getting Alfonso Soriano, but it's not nearly enough.

20). San Francisco Giants: Will Barry Bonds bat second? They are thinking about it.

21). Texas Rangers: They

haven't done much to improve.

22). Baltimore Orioles: It will be a breakout season for Daniel Cabrera.

23). Pittsburgh Pirates: Will Zach Duke be a Cy Young candidate?

24). San Diego Padres: When a 37-year-old Mike Piazza is your biggest addition, you're in trouble.

25). Tampa Bay Devil Rays: They are two years away. Great young talent.

26). Cincinnati Reds: Ju-

nior is ready to prove himself ... again.

27). Colorado Rockies: Clint Barmes could be a five-tool player in the making.

28). Milwaukee Brewers: The team is going nowhere, but Prince Fielder should turn some heads.

29). Arizona Diamondbacks: They have a pool in their stadium ... That's pretty cool.

30). Kansas City Royals: Why would Reggie Sanders willingly sign with them? ■

### Women's Lacrosse

# Lady Captains fall to aggressive Sea Gull offense

BY SAM PELSTRING  
Contributing Writer

The Lady Captains lacrosse team's first home game did not end well on Sunday when they fell to nationally second-ranked Salisbury 15-4.

Coming off back-to-back wins to open the season, head coach Kwame Lloyd knew that his team needed to play with courage or they would not survive the game.

The Lady Captains kept up with Salisbury in the early stages of the game, but Salisbury broke through the Lady Captains' defense and scored their first goal with 27:03 left in the first half.

Salisbury's assault would not end there.

After that first goal, the momentum of the game shifted, and Salisbury began to control the field with precise passes and excellent defense. The Lady Captains attempted to gain

control of the game but could not get past mid-field and attack Salisbury's net. Salisbury continued to score throughout the half, finishing with 10 goals at halftime.

CNU was able to score two goals in the second half. Junior Kristyn Hankins scored CNU's first goal with 10 minutes left in the first half.

CNU scored again right before halftime to make the score 10-2.

The teams huddled for warmth discussing their strategies for the next half.

The Captains returned in the second half, and the crowd was hopeful that they would come back be able to gather some momentum, but Salisbury continued to dominate the game.

The Captains stepped up in the end of the second half with only six minutes left, scoring two more goals before the final whistle.

Head Coach Kwame Lloyd

said, "They started to compete and played aggressively."

With only 4:07 left on the clock, Salisbury decided to switch their goalkeeper.

But the running goalies were not fast enough for senior Sally Allstadt, who saw her chance and made a run for the open goal.

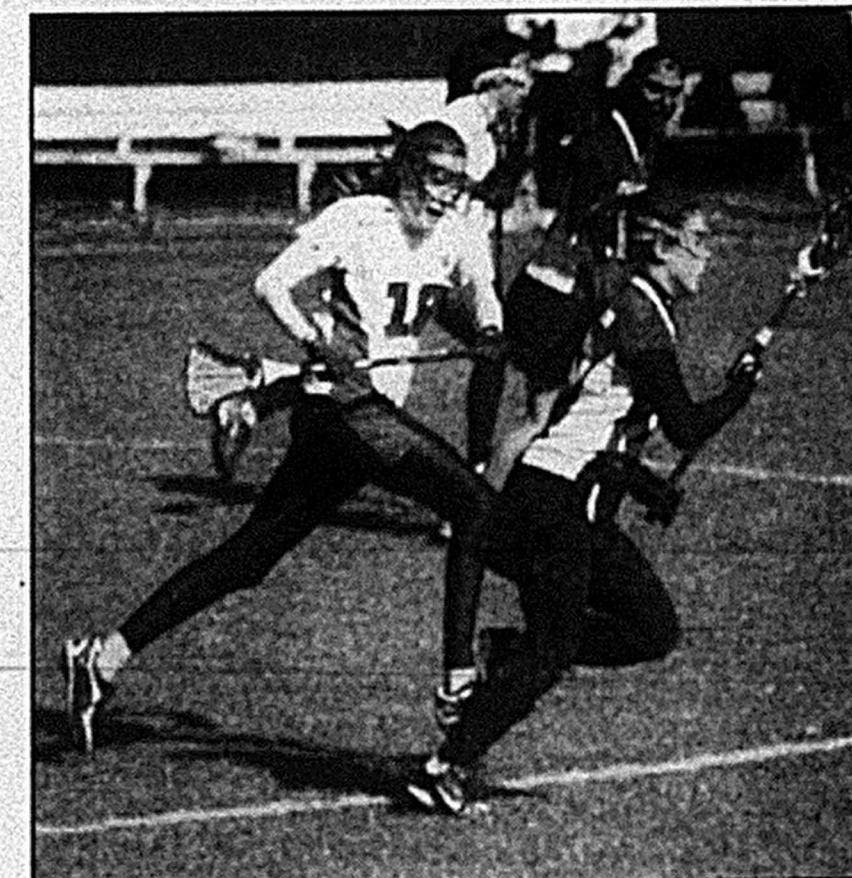
Allstadt dodged past two defenders and shot the ball into the unattended net.

"I was going for speed," said Allstadt.

After Allstadt's play, the Lady Captains' intensity on the field heightened considerably, but was still not enough for Salisbury's stifling defense. The Lady Captains moved the ball and made effective passes but could not finish.

The Lady Captains were outshot by Salisbury 33-15. Senior goalkeeper Lindsay Naill saved 14 shots out of the 29 shots taken on goal.

The Captains are 2-1 in the season. ■



Freshman Katie Doherty chases after a Salisbury player during the Lady Captains' game against the Sea Gulls. The Lady Captains were unable to keep up with Salisbury and fell 15-4.

Freshman Katie Doherty chases after a Salisbury player during the Lady Captains' game against the Sea Gulls. The Lady Captains were unable to keep up with Salisbury and fell 15-4.



# Arts & Entertainment



Rachel Loria/The Captain's Log

## Funny Girl

### Alexandra McHale brings universal comedy to CNU

By SHANNON HUMPHREY  
Contributing Writer

First dates gone bad. Cow tipping. The "tree people" in West Virginia. One-uppers. Dieting. Cheerleaders. Bad roommates.

These were just some of the topics in comedian Alexandra McHale's act. Sponsored by the Campus Activity Board as part of the Ferguson Funnies series, McHale performed at the Studio Theatre on Friday.

McHale brought the audience to near tears. Not once did the theatre fall silent, as the laughter continuously roared on. "It was hilarious from start to finish," said senior Brian Thomas.

The jokes and stories were diverse, sidesplitting and common to everyone in the audience. "It is comforting to me because the jokes work everywhere. All college kids deal with the same stuff, whether it's a bad roommate or a one-upper," said McHale. The audience responded with laughs and cheers as McHale discussed having the bad roommate on the bottom bunk, affirming her thoughts about the universality of her comedy.

McHale is a graduate of Fairfield University in Connecticut and a member of the prestigious Actor's Studio in New York City. Over the past four years she has toured at over 350 colleges, traveled over 800,000 miles and performed in every state. While McHale originally started off with dramatic acting in theatrical productions, she eventually decided to switch to the happier outlet of comedy. "If I played Ophelia one more time I'd drown myself in the river for real," said McHale.

Comedy suits McHale well with her energetic and outgoing personality. The feisty, red-haired comic knows her audience and what they want. McHale describes herself and her comedy as being "authentic."

"I am not any different from here to there. I am a very straightforward person," said McHale. McHale's straightforward attitude shined through as she called an audience member out for being "chatty" throughout the show. "Hey, Ms. Chatty what's going on back there, everything alright?" she called.

"I think what sets me apart from other comedians, is that I don't do comedy because I have a hole to fill inside. I had a happy childhood and parents

that taught me how to laugh at everything," said McHale. "This is really why I became a comedian."

McHale is interested in storytelling. This comes across in her jokes throughout the show. "Have you ever thought about the nutrition facts on the back of a box of cookies? What it should say is 'Drop and run, fatty. And pick up a jump rope,'" said McHale. "Then there's that annoying serving size. It's like two cookies, no four, screw it, it's the whole box."

The dieting theme continued in her comedy as she described gaining the "freshman fifty." "Basically I gained a seventh grader," McHale said. "I've even tried combining the diets. I start off with the high protein, eating some steak and eggs, then move to the high carbohydrate for lunch with some cake, then the liquid diet at night with some vodka, and somehow, I'm not losing any wait."

McHale's storytelling style grabbed the attention of her audience and gave them a night to remember.

"She was really funny, and I loved the way she would go off on random things the audience said and did," said sophomore Nikki Landry.

## Snapshot: Celebrity Impersonators



Rachel Loria/The Captain's Log

Senior Danny Devlin performed as Chandler (Matthew Perry's character from "Friends") during a celebrity impersonation contest that served as pre-show entertainment before McHale. Devlin won the contest, beating out three other competitors.

## This Week

### ON CAMPUS

March 4 - 13  
Spring break

### March 4

Virginia Symphony:  
Larger than Life  
8-10:30 p.m.

### March 5

Virginia Symphony  
Sunday Series  
2:30-5 p.m.

### March 12

Russian National Ballet  
2-5 p.m.  
5-7:30 p.m.

### March 14

The Chieftans  
7:30-10 p.m.

### CONCERTS

### March 1

Taste of Chaos  
ODU Constance  
Convocation Center

Shinedown and Seether  
The Norva

### March 2

Dropkick Murphys  
The NorVa

### March 3

Matchbook Romance  
The NorVa

### March 4

Arena Racing  
Norfolk Scope

### March 8

Glen Philips  
The NorVa

### March 10

Revery  
The NorVa

### CD RELEASES

#### February 28

Alan Jackson  
Precious Memories

Hawthorne Heights  
If Only You Were Lonely

Kid Rock  
Live Trucker

Lil' Flip  
I Need Mine

### MOVIE RELEASES

#### February 10

"Ultraviolet"

Violet is part of an unusually engineered breed of humans, complete with super-speed, long-lasting endurance, and above-average intelligence. When the government fears this human project has gone awry, Violet becomes a fugitive destined for extinction. Determined to ensure her race's survival, she plans the destruction of the government's elimination weapon — a nine-year-old laboratory boy.

"Ultraviolet" is rated PG-13.

"16 Blocks"

Sixteen blocks may seem a short distance, but it may mean life or death for New York detective Jack Mosley. Assigned with the duty of escorting a criminal to the courthouse, Mosley faces a test of character and wits in this action-based thriller.

"16 Blocks" is rated PG-13.

"Block Party"

Dave Chappelle unites music, all-new comedy and community in his free Brooklyn neighborhood block party. Included on the guest list are members from his hometown in Ohio, a college pep band, and a host of musical talent.

"Block Party" is rated R.

## Alpha Phi's 'King of Hearts' raises over \$2,100 for women's cardiac care

By LAURA GEE  
Contributing Writer

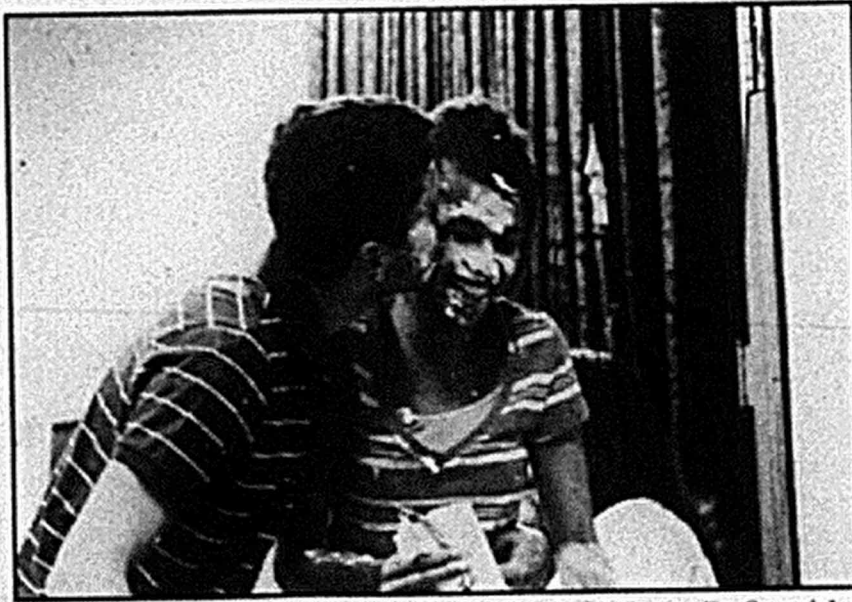
Alpha Phi's annual "King of Hearts" event held last week raised over \$2,100 for women's cardiac care, the sorority's chosen charity. Freshman Patrick McBride, representing the Campus Activities Board, took home the title of "King of Hearts" and was crowned for having raised the most money.

"Different guys were picked from various clubs on campus to represent that club in the show," said freshman Taylor Whitehead.

Men from 24 organizations around campus participated in the event. During the week before the event, Alpha Phi had a table set up in the breezeway of the Student Center. The sisters sat at the table with 24 cups, each with a picture of a different participant in the King of Hearts event. People could stop by throughout the week and put money into the cup of their favorite participant to help them win.

At the King of Hearts event, the men had to pop balloons to find out what stunt they would have to perform. "Basically tonight is like a variety show," said Whitehead.

Stunts ranged from simple questions like "What is your favorite item of clothing that a



Will Summers/The Captain's Log

Sophomore Patrick McCabe plants a kiss on girlfriend Clare Brown, also a sophomore, after shoving a pie intended for him into her face instead.

woman wears?" to having to sing and dance to songs from the 1980's. If the participants did not perform up to the standards of the audience, the participant would get pied in the face.

The goal of the night, aside from having fun and raising money, was to inform people about the importance of cardiac health and care. Junior Kristen Willett gave a speech at the beginning of the event trying to raise awareness of the seriousness of cardiac care.

"One of my favorite times of the night was when everybody was silent for Kristen's speech. Everybody connected with her," said Alpha Phi Philanthropy Chair and sophomore

Yasmeen Fletcher.

Cardiac Care has been the focus of Alpha Phi women since their initial founding in 1872. Many of the sisters expressed that they personally knew women that had died from cardiac disease.

The CNU chapter of Alpha Phi does other events throughout the year to raise awareness. For cardiac care week the girls made red bracelets, talked about how to help each other with the problem and did everything they could to raise awareness. Another event that they host is the 24-hour Teeter-Totter marathon, during which the sisters try to raise money while riding a teeter totter.



# Exhibits offer look at war

By PAUL CIRILLO  
Contributing Writer

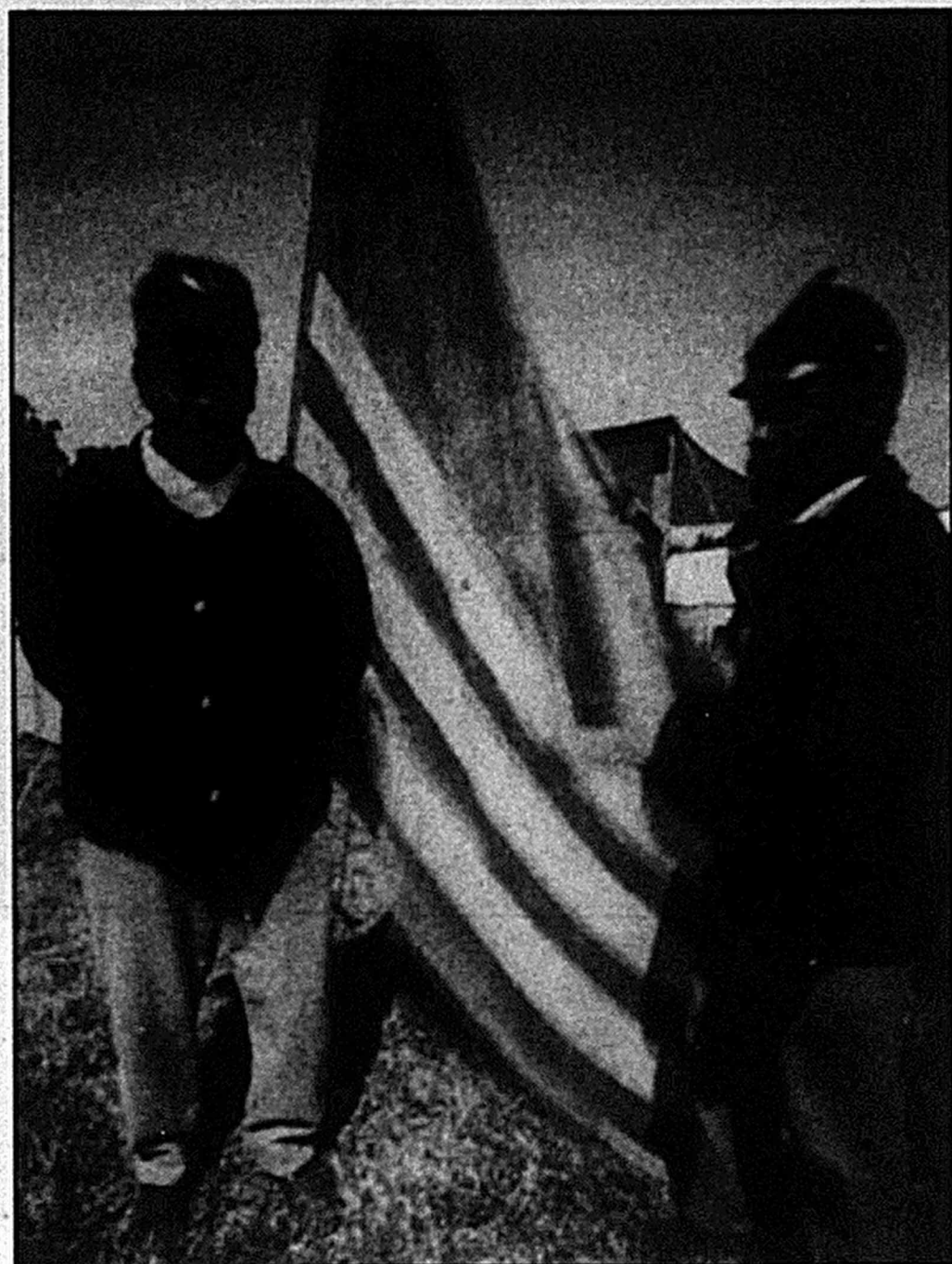
A new exhibit featuring 50 photographs from the Civil War offers glimpses into America's past and history in the making. The Chrysler Museum of Art is showing photos from a larger collection given to the museum by David L. Hack. The collection includes photos of Lincoln, Anderson Prison, the execution of the Lincoln conspirators and photos of Union and Confederate soldiers.

"Colors of the sixteenth regiment of New York Volunteers" is a testament to the difficulties of the war. It is a powerful photo, taken in a studio in 1863 or 1864 by an unknown photographer.

Two enlisted soldiers stand next to one another, holding the color flags of their regiment. The flags, torn to shreds, show what the men have seen. One can only imagine the battles that the flags and soldiers had been through. The soldiers are standing at attention in uniform, but looking into their eyes, a viewer can see that these men are not just posing for a picture with the regimental flags. The soldiers in the photo have a look in their eyes that resembles the condition of the flags.

Eight photographs by Alexander Gardner titled, "Execution of Lincoln's Conspirators" are included in the exhibition. The photos document the last moments of four conspirators (Mary Surratt, Lewis Payne, David Herold and George Atzerold) sentenced to death for the assassination of the president.

Viewing the photos, one travels back through time, witnessing the execution. The first in the collection, "View from Exterior of Courtyard," shows a bird's eye view of the courtyard and the gallows. Second is a photo that captures wooden coffins stacked next to open graves, waiting to receive the bodies of the convicted. Next



This photograph, titled "USCT Members with an American Flag," was taken by Willie Ann Wright in 1995 at a Civil War re-enactment. Wright's pinhole photographs are one of two exhibits of Civil War-related photography at the Chrysler Museum. The other exhibit features historic pictures from the David Hack collection.

to the graves are some shovels leaning against the courtyard wall. Only a small fraction of the gallows can be seen. A small gathering of soldiers stands in the bottom corner of the photo, conversing before the execution.

The third photograph, "Arrival at the Scaffold," shows the four conspirators on top of the scaffold. Mary Surratt is hidden behind an umbrella that was provided for her comfort because of the extremely hot day. The fourth photo shows General Hartranft reading the death warrant. The fifth image in the series is "Adjusting the Ropes."

A viewer has to bend over and look through a stereopticon to see the sixth image, "The Drop." The photo was taken at

1:26 p.m., when the death warrant was carried out. Photo number seven shows the four convicts hanging with "Sic Semper Sycariis," written on the bottom of the picture, which is Latin for, "Thus be it ever with assassins." The eighth photo is of the General Hartranft and company.

"Father Thomas F. Mooney Preaching to the 69th New York State Volunteers," is the first photo ever taken of a religious worship in the army. Father Mooney stands in the middle of the photo. Beside him a tall wooden cross towers over him and the men who flank him on both sides. Father Mooney stares directly into the eyes of viewers. The photo was taken early in the war, in 1861.

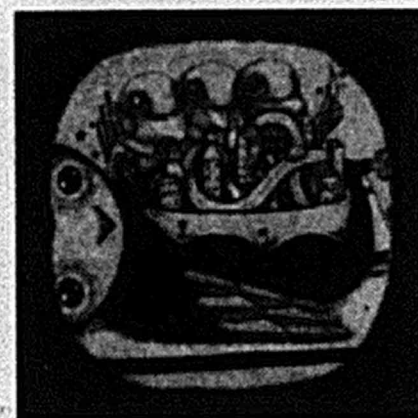
Also included in the collection are photos of the Andersonville Prison in Georgia. The prison was a hell for Union soldiers. According to National Park Service of the U.S. Department of Interior, more than 45,000 Union soldiers were confined there; of these, almost 13,000 died because of the horrible conditions. One photo shows a sea of tents as far as the camera can see.

The photos were taken well over century ago, capturing a time in American history when our country was divided to the extremes of war. The photos are of a foreign time, but the places are our backyard.

"Civil War Photographs From the David L. Hack Collection" will be shown at the Chrysler Museum of Art in Norfolk through Oct. 29. ■

## [CD Reviews] My Morning Jacket improves with 'Z'

By NICK HUBER  
Contributing Writer



Two years ago, I read a glowing review on Pitchfork-media.com for My Morning Jacket's "It Still Moves," their first album on a major label. A week later, the band was playing "One Big Holiday" on Late Night with Conan O'Brien, and I was hooked.

It was a real, authentic rock'n'roll band alive and well in the 21st century, and I was stoked. I grew up listening to my parents' southern rock bands — Creedence Clearwater Revival, The Eagles, Jackson Browne and Pure Prairie League. "It Still Moves" fell somewhere between Neil Young and The Band, which equates to, essentially, rock godliness. So when the new album, "Z," was announced, I sacrificed a lamb in anticipatory glee.

And "Z" doesn't disappoint — not even close. It leans less on southern rock than MMJ's back catalogue, but this affords them the opportunity to explore the sonic playing tables of soul, Motown and even carnival (yes, carnival) music. This exploration was perhaps initiated by more than half of the members switching out for newbies.

The old lineup was solid enough, but if the record is any indication, the new lineup is built for stardom — beer-guzzling keys, punchy classic-rock drums, dazzling guitar lines

soaked in their customary reverb, and organs to fill out the gaps.

Jim James is one of my favorite singers (and also tends to bathe in reverb) and the new styles lift the ceiling on his attack a bit. His skyscraping yelps, oohs and aahs on "Wordless Chorus" reference not just the improv crescendos of gospel but, oddly enough, the piercing wails of The Deftones' Chino Moreno. James even lets his voice slip from its usual smooth, tender, clarity to a bit of gruff shouting on "What a Wonderful Man" and "Anytime."

In fact, this is what really defines "Z" in the My Morning Jacket album list. It's here and now that the band really stops playing it safe and begins to try for something their own even at the very real risk of alienating longtime, devoted fans. But anyone who's really listening will see plenty of the old MMJ, especially in "Anytime," "Gideon" and "Lay Low." The band hasn't abandoned their roots: they've picked them up and moved them to a more interesting, more satisfying homestead. ■

## Cunninlynguists redefine southern hip hop scene

By MATT CLARK  
Contributing Writer



After taking almost two years off since the release of their sophomore album ("Southerunderground"), the Cunninlynguists have released "A Piece of Strange," what might be the most defining album of southern hip hop this year.

With the likes of Lil' Jon and Mike Jones polluting the airwaves with their incessant yelling of their own name, the Cunninlynguists take an opportunity to redefine southern rap, and prove to the hip hop world that ill music is still being produced by those south of the Mason-Dixon line.

The Kentucky and Georgia-based duo consisting of producer Kno and MC/Producer Deacon, have enlisted Natti of the Kynfolk to join them on seven of their 15 tracks. Stepping up to fill the shoes of previous group affiliate Mr. SoS, Natti starts off with an incredible verse on the track "Nothing to Give," that gives a vivid description of the horrors seen in the inner-city night life — and the media that has so carelessly forgotten them.

While Deacon and Natti are keeping a firm grip on the mic, producer Kno remains behind the scenes on this album, running the boards and doing what he does best: mixing beats. After showing the world his ability on his first two albums and his critically-acclaimed Jay-Z remix, "Kno Vs. Hov-The White Al-bu-lum," he came back from his two-year

hiatus to produce a collection of progressive beats that flow perfectly with Deacon's southern drawl — and has now been dubbed "one of the top loop-miners east of the Mississippi" by URB Magazine.

"A Piece of Strange" it certainly is. The album, played in order, tells the story of a black man who was recently released from prison, with Kno rapping, "He meets a girl, they have a baby/The girl he meets, her father is racist/The father ends up passing away." The story that this album tells and the images these artists can lyrically paint in your mind are amazing.

For those of you that may have trouble following the "concept," as I did, consider checking out [www.whatisapos.com](http://www.whatisapos.com) (a Web site dedicated to explaining the concept behind the album and building a progressive puzzle — line for line with the artists' words).

The equation for this album is simple: two incredible MC's (paired with a collection of special guests: Tonedeff, Immortal Technique, Cee-Lo) and a collection of dirty south beats, and you've got a progressive concept album with the ability to revolutionize southern rap. ■

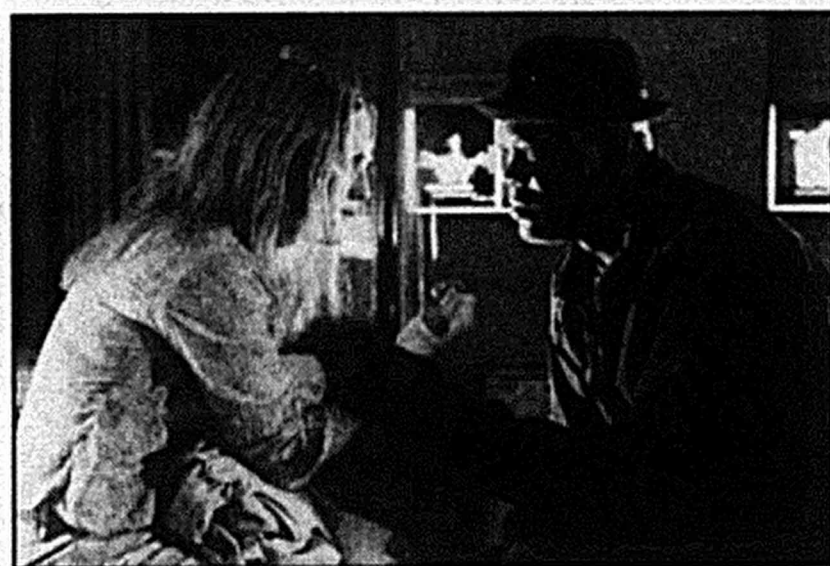
## 'Freedomland' fails to deliver any thrills

By CHRIS MCCracken  
Contributing Writer

"Freedomland" falls flat in every possible way: a movie can. The story is boring; the characters don't evoke empathy; and the movie goes nowhere.

The story begins with Brenda Martin (Julianne Moore) walking into a hospital with wounds on her hands after being carjacked. Detective Lorenzo Council (Samuel L. Jackson) is called in to ask her further questions. Brenda then tells him her story and blames the carjacking on an unidentified black male, before suddenly remembering that her son was also in the stolen car. Brenda's brother is Detective Danny Martin (Ron Eldard) of a neighboring police department, who quickly puts the entire black neighborhood where the carjacking took place under lockdown.

To diffuse the situation, Detective Council rushes to find Brenda's son before riots break out



Julianne Moore and Samuel L. Jackson star in "Freedomland."

in the neighborhood or her son is found dead.

"Freedomland" tries to deliver a twist ending at the end, but everyone in the audience can see it coming. Ironically, the movie openly tells you many times what the ending is going to be. But when the truth is told, the audience is supposed

to be shocked and amazed.

Even the strong cast of actors cannot save this movie from being totally lost. Samuel L. Jackson really underplays his role. Jackson is probably the loudest actor in Hollywood, and in this, the one role that needs it, he does not deliver. Julianne Moore, on the other

hand, overplays her role as Brenda, who instead of a grieving mother comes off as a lunatic. By the end of this movie the viewer has no sympathy for her character because she is so annoying and irrational.

The true shame about this movie is how it poorly tries to bring in themes of racial inequality. It seemed like an original plot device to use the characters enduring lockdown in the black neighborhood. Unfortunately, the points the film is trying to make take a back seat to the boring story of Brenda and her missing child. The racial ideas are never fully developed and just fall short as a type of afterthought.

Also, what happened to this movie being a supernatural thriller? Every advertisement has shown the movie involving the child going missing for some mysterious reasons. The movie should not even be considered a thriller because nothing exciting or suspenseful ever takes place. Instead, viewers just drag along with these characters knowing exactly what is going to happen at the end.

"Freedomland" is one of the worst movies I have seen in a long time. It really should be an educational video of how not to make a movie because there is nothing good about this film. ■

# MacGuffin



## The Graphic Novel Bookshop

## COMICS – MANGA GRAPHIC NOVELS

Present this coupon to receive

### 15% OFF your entire purchase

340 Oyster Point Rd #103  
Newport News, VA 23602

Between Bonefish Grille & Starbucks

Expires April 30, 2006

(757)249-1481

<http://macguffinalley.blogspot.com>

## AUTHENTIC GUITARS

Fender Taylor Martin & Co. Gibson Alvarez Marshall Ampex



New • Used  
Vintage

### GUITARS LESSONS REPAIRS

"We Buy Guitars"

[www.authenticguitars.com](http://www.authenticguitars.com)

12715-Q Warwick Blvd.  
Newport News, VA • 595-4663

5251-42 John Tyler Hwy.  
Williamsburg, VA • 259-9711



# Oscar Picks 2006

Who could have known that a group comprised of closeted cowboys, a flamboyant writer, country singers, newscasters and even a transsexual would become the tightest Oscar race in years? We've comprised a list of our humble guesses for sure bets, our sentimental favorites and the forgotten ones. The Oscars will air March 5.



## Best Picture

### Will win

"Brokeback Mountain": Daniel, Amber, Chris

"Crash": Paul

### Should win

"Crash": Daniel, Amber, Paul, Chris

### Should have been nominated

"Wedding Crashers" (Daniel); "Walk the Line" (Amber); "Jarhead" (Paul); "A History of Violence" (Chris)



## Best Lead Actor

### Will win

Philip Seymour Hoffman: Amber, Daniel and Paul

Heath Ledger: Chris

### Should win:

Heath Ledger (Chris); Philip Seymour Hoffman (Amber); Terrence Howard (Paul); Joaquin Phoenix (Chris)

### Should have been nominated

Vince Vaughn in "Wedding Crashers" (Daniel); Eric Bana in "Munich" (Amber); Mickey Rourke in "Sin City" (Paul); Ralph Fiennes in "The Constant Gardener" (Chris)



## Best Supporting Actor

### Will win

George Clooney: Daniel, Paul and Amber;

Jake Gyllenhaal: Chris

### Should win

Matt Dillon, Daniel and Chris

George Clooney: Amber and Paul

### Should have been nominated

Jamie Foxx, "Jarhead" (Daniel); Peter Sarsgaard in "Jarhead" (Amber); Terrence Howard (Paul); Christian Bale in "The New World" (Chris)



## Best Original Screenplay

### Will win

"Crash": Daniel, Amber, Paul and Chris

### Should win

"Crash": Daniel, Amber, Paul and Chris

### Should have been nominated

"The 40-Year-Old Virgin" (Daniel); "Me and You and Everyone We Know" (Amber); "Junebug" (Paul); "Cinderella Man" (Chris)



## Best Director

### Will win

Ang Lee: Daniel, Amber, Paul

Spielberg: Chris

### Should win

Paul Haggis: Daniel and Chris

Bennett Miller: Amber and Paul

### Should have been nominated

Robert Rodriguez and Frank Miller for "Sin City" (Daniel); Fernando Meirelles for "The Constant Gardener" (Amber and Paul); David Cronenberg for "A History of Violence" (Chris)

## Best Lead Actress

### Will win

Reese Witherspoon: Daniel, Amber, Paul

Felicity Huffman: Chris

### Should win

Reese Witherspoon: Daniel, Amber, Paul

Felicity Huffman: Chris

### Should have been nominated

Maria Bello in "A History of Violence" (Daniel); Miranda July in "Me and You and Everyone We Know" (Amber); Catherine Keener in "The 40-year-old Virgin" (Paul); Suzuka Ohgo in "Memoirs of a Geisha" (Chris)



## Best Supporting Actress

### Will win

Rachel Weisz: Amber, Paul,

and Chris

Michelle Williams: Daniel

### Should win

Rachel Weisz: Daniel and

Chris

Amy Adams: Amber, Paul

### Should have been nominated

Thandie Newton in "Crash" (Daniel and Amber); Celia Weston in "Junebug" (Paul); Maria Bello in "A History of Violence" (Chris)



## Best Adapted Screenplay

### Will win

"Brokeback Mountain": Daniel, Amber, Paul, Chris

### Should win

"A History of Violence": Daniel

"Capote": Amber

"Munich": Paul and Chris

### Should have been nominated

"Jarhead" (Daniel, Amber and Paul); and "Thumbsucker" (Chris)



## ABOUT US

### Daniel Settle Sophomore

"I have never studied film or had any training on critiquing movies. But, I have seen a ton of movies and have had a subscription to Entertainment Weekly for a long time, so I have a good grasp on these types of things. And as I write this, I'm toggling between 'Braveheart' and 'The Shawshank Redemption' on TV, and these are two of the ten best movies I've ever seen, so that should prove that I am a genius."

### Chris McCracken Junior

"I have been a huge fan of movies my whole life. I am also a film studies minor here at CNU. Some of my favorite movies are: 'Heat,' 'Fight Club,' 'Aliens' and 'Predator.'"

### Paul Frommelt Graduate

"I recently graduated with a major in Journalism and a minor in Film Studies, which basically means that I spent the last four-plus years in college to make Oscar predictions for The Captain's Log. My parents paid a lot of money for me to attend college, so I hope you're readin' mama, cause I'm gonna make you proud." Frommelt's favorite movies include 'The Usual Suspects,' 'Say Anything' and 'Superman the Movie.'"

### Amber Lester Senior

"I am in my second year as Arts and Entertainment editor for The Captain's Log, which essentially means I have read too many movie reviews. I consider the Oscars my Superbowl — definitely one of my favorite events of the year. My favorite movies include 'Breakfast at Tiffany's,' 'The Philadelphia Story,' 'Amelie,' 'Say Anything,' and my two absolute favorite guilty pleasures: 'Troop Beverly Hills' and 'Don't Tell Mom the Babysitter's Dead.'"