

Rob Paravonian offered a unique blend of jokes and music in Gaines Theatre March 12.

In wake of the terror attacks that killed 200 in Madrid, Spain will pull troops out of Iraq June 30.

Captains lose two of three in series with Greensboro; face Hampden-Sydney at 3 p.m. today.

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Arts students await completion of Ferguson Center

By Lindsay Simpson
Staff Writer

All construction, according to William "Bill" Biddle, the recently appointed Executive Director of the Ferguson Center for the Arts, is on schedule and Phase One of Ferguson will be complete by late

summer 2004. Phase One includes the two smaller theaters, which consist of 200 seats and 500 seats respectively.

Phase Two of the Ferguson is expected to be completed by early summer 2005. It will include the 3,500 seat main theater.

It was initially expected, according to some music majors, that the

music department would move in early 2004. The news that the move is later than originally planned has some music and theater majors anxious. Freshman music major Erin McElrath said, "I originally heard February ... it doesn't quite upset me but I am anxious to get in there. The facilities are so amazing that it is just exciting to be able to

be there.

"I'm looking forward to having my recitals in there and listening to other performances, especially in the large theater because from what I have heard it has got some of the best acoustics in the state."

Another music major, freshman Corrine Whitis, agreed with McElrath. "I was told the Center for the

Arts was to be completed by my sophomore or junior year ... totally completed ... I'm not entirely sure how long it has been put off.

"It is frustrating to me that we couldn't move in at the beginning of this semester but I'm not up in

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Chanelle Layman/The Captain's Log

Rocking For Humanity

Adam Carluccio, along with his band To The Rescue, performs for the Habitat for Humanity benefit held on March 12. Bands such as To The Rescue, from ECU, and Speakeasy, volunteered their talents for the night, allowing all the proceeds to go toward the Habitat for Humanity housing project.

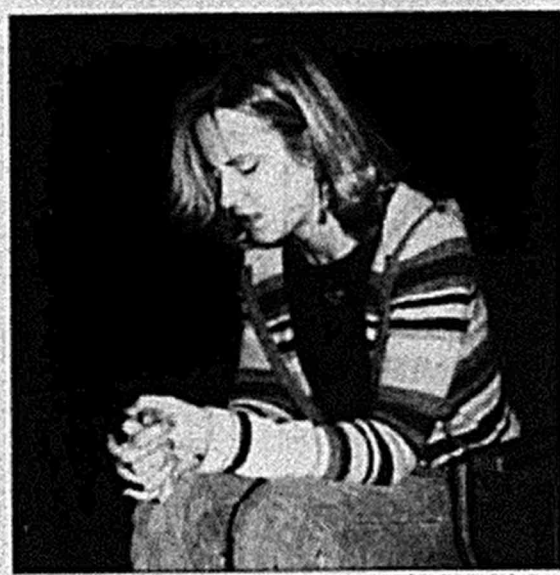
Joel 2:28 Organizes 24-Hour Prayer

Constant turnout
impresses the ministry

By Brandon Hasky
Captain's Log Intern

It seems to be another quiet Saturday night on campus with noting eventful happening. A few students walk into the library, on of the few signs of life around. The Administration building is almost completely locked: only one door remains open as a CNU police officer drives into the night. One would think that he had accidentally left the door unlocked, but a table with water and coffee stands in the lobby outside Anderson Auditorium - something must be happening inside. 24 Hours of Prayer, an event sponsored by Joel 2:28 ministries, is reaching its final hours.

Inside the auditorium, the lights were dim while slides with subjects to pray for are displayed on a screen hanging above the stage. "We're using a Power Point presentation to show different slides every three minutes or so,"



Chanelle Layman/The Captain's Log

Bianca Neff, with her head bowed in quiet reverence, prays for nationwide purity during the 24 Hours of Prayer, hosted by Joel 2:28. Students from CNU and the community gathered to pray for the nation and school.

Sophie Phair, a senior and member of Joel 2:28 ministries said. "This way, everyone prays in agreement with each other, rather than everyone praying for random things." Phair said that they are praying specifically for the administration of both CNU and the nation, as well as seniors who are graduating and CNU's professors.

Phair came up with the idea of 24 Hours of Prayer. "God had laid the idea for this in my heart," said Phair. "At all times, we're having at least one prayer leader and at least two people praying." The event began at midnight Friday, March 12 and ended at midnight on Saturday.

As students sat in prayer, Anatoli Ivashinko, a member of the New Life Christian Fellowship Church, led a prayer directed towards the victims of the recent attack on Madrid.

"It was great of him [Ivashinko] to come out and support Joel 2:28 ministries," said Senior John Backens, a member of Joel 2:28 ministries. "His family is here helping to teach us leadership skills. It was nice of him to befriend us poor college students."

Backens said that Joel 2:28 ministries have been part of CNU since 1999. "We talk and discuss scripture, either on campus or off," said Backens. "We seek both God and growth with one another."

The turnout for the event impressed Phair. "People will come in and stay anywhere from a half-

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Goins leaves after 13 years

By Ashley Rich
Captain's Log Intern

She's taught hundreds. She's developed new courses within her department. She's made a difference in the lives of those she's encountered.

She's Dr. Terilyn Goins - and she's moving on.

Dr. Goins, Associate Professor and Chair of the Communication Studies Department, came to CNU 13 years ago, following a year of teaching at Radford University.

"I had applied to CNU right out of my doctoral program, but I didn't get the job," Goins said. "Then the same position came open again the next year. I reapplied and got the job."

During her time as professor, Goins has taught a number of communication courses, including Gender Communication, Opposing Viewpoints, Relational Communication, Women's Issues in Communication, Resolving Relational Conflict, Family Communication and Communication and Leadership - all courses she created.

Although she has enjoyed her teaching career, she feels that it's time to move on.

But to where?

"I have absolutely no idea," she said. "My hope is that I'll be going a lot of places, sharing my programs with a lot of people. Where that may lead, no one knows."

"I'm planning to pursue other career possibilities," Goins said. "Possibilities that are not in conflict with my work at CNU but, rather, in competition with my duties there."

Those possibilities include the pursuit of business endeavors that will allow her to use both her vocal talents and her communica-

tion abilities.

"It's like I'll have the best of both worlds," she said. "I can use my unique talents to create powerful positive messages, combined with my educational training, knowledge, and background."

"Specifically, I plan on doing motivational music programs and training in development workshops for various audiences including public and private schools, churches, universities and businesses of various types."

"I will also pursue writing for the trade industry," she said. "I plan to convert my programs into training modules and make them available to my audiences."

But that's not all.

"Of course, I want to continue to record CDs," Goins said.

"My next two projects will be a love CD and a praise and worship CD. I'm trying to ensure that I have a positive message to share with people of all walks of life, not just those who have a strong faith base."

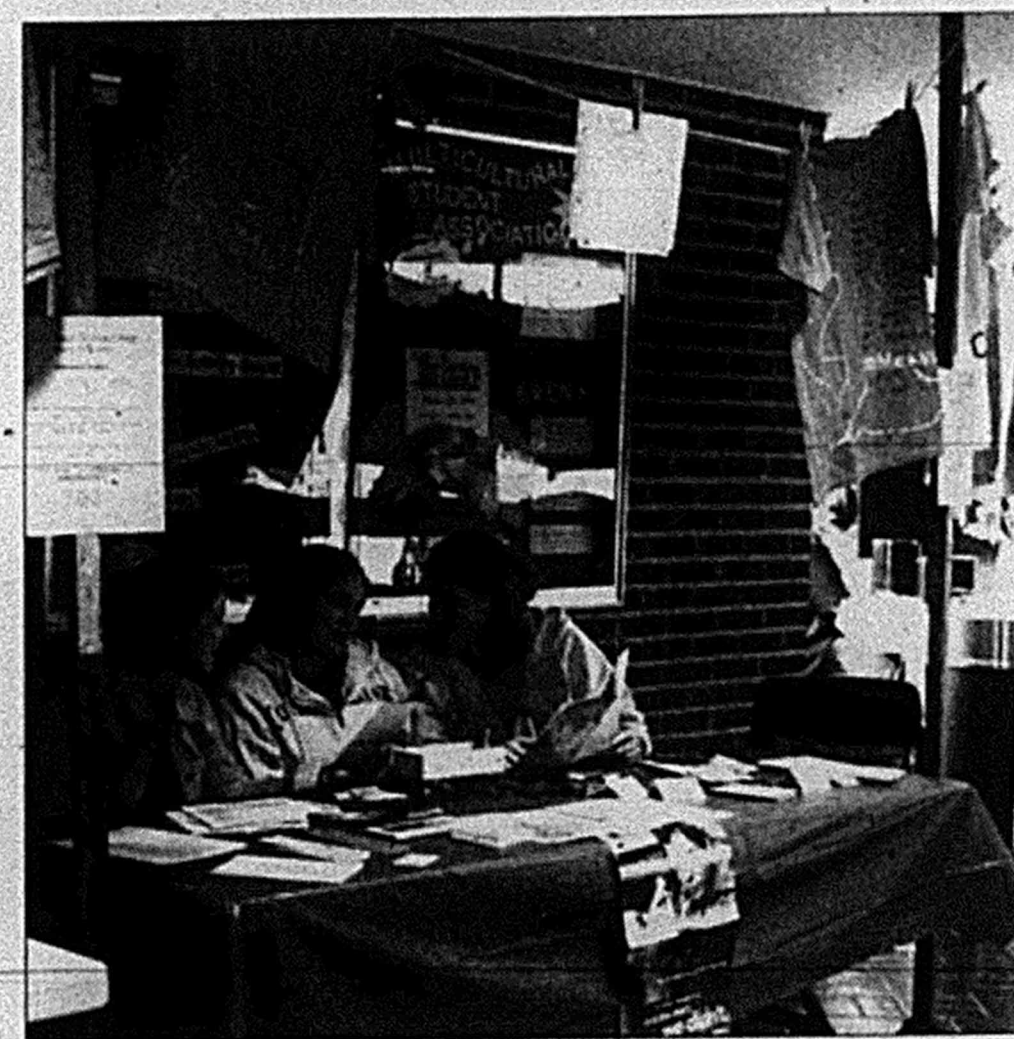
"Essentially, I want to present a positive view of life and help myself and others to focus on those things that really count in our day-to-day existence - things like relationships with family and friends, development of positive self-esteem, making good choices, and leading others."

Dr. Goins plans to share such lessons through a format that combines music and lecture because she believes it's more effective.

"Human beings are multi-dimensional," she said. "They possess a physical self an intellectual self, an emotional self, and a spiritual self. Speaking engages mostly the mind, while music

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Spreading The Awareness Of Sexual Assault



Chanelle Layman/The Captain's Log

March 15-19 is CNU's Sexual Assault Awareness week. Juniors Steph Pulas and Becca Warner and sophomore Anna Richter of Phi Mu distribute information about the week's events and local sexual assault support organizations. The Office of Career and Counseling Services also allows victims of sexual assault to anonymously design T-shirts, which are displayed above.

Campus organizations coordinate eating disorder awareness events

By Jon Allegretto
Captain's Log Intern

As part of the National Eating Disorder Awareness week Feb. 23-27, various clubs and organizations provided activities and events in order to help call attention to the causes, effects and treatment of

eating disorders. Many students wore purple ribbons as a symbol of support for the week and for those struggling with an eating disorder.

Throughout the week, information tables sponsored by Alpha Sigma Alpha and the Gay Straight Student Union (GSSU) provided pamphlets and information including statistics, facts and assistance guides to students and faculty in

the Student Center.

"We all wanted to bring awareness to the CNU community about the dangers and risks involved with all kinds of these disorders," said Junior Julie Hagy, philanthropic chairperson for ASA. "They affect a lot of people and it's important that people are informed."

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Campus In Brief

Our thoughts are with Dr. Cahill

Dr. Danielle 'Cahill's father passed away in Washington D.C. on March 13. She will stay in DC this week to make arrangements and take care of her mother. Cahill will be back on March 22.

Faculty Senate Meeting

The Faculty Senate will meet March 19 at 3 p.m. in Student Center Room 214. All are welcome and the agenda was sent through WebMail.

One proposal on the table is for mandatory attendance on the first day of classes.

PRAXIS review session

Sophomores, juniors and seniors planning to take the PRAXIS may register to attend a free review session on March 29 from 2-5 p.m. in Student Center room 233.

To register, send your name and contact information to svea.cnu.edu.

Get a Clue

James River Hall is hosting its campus-wide event "Get A Clue! Murder Mystery."

Doors will open at 3:45 p.m. and the show starts at 4 p.m. March 21 in Anderson Auditorium.

There will be T-shirts and prizes for CNU students. The first 45 students get a free T-shirt.

Diversity Scholar Series

Lan Cao will be speaking on "Cultural Bridges: A Reading and Discussion" on March 17 at 7:30 p.m. in the Alumni Room (SC 150).

Cao earned a law degree from Yale and clerked for a U.S. district judge. She is currently a professor at the Marshall-Wythe School of Law at the College of William and Mary.

The Perfect Date

As part of Sexual Assault Awareness Week, the Office of Career and Counseling and Phi Mu are sponsoring "The Perfect Date" on March 17 at 6:30 p.m. in the James River Multipurpose Room.

Trisha Hunsaker from Avalon will discuss healthy relationships and how to see the red flags of abusive relationships.

SGA Appoints Parliamentarian

The SGA appointed Eric Creasman to the position of parliamentarian at the March 9 Senate meeting. He will replace Bryan Herrin, who resigned before Spring Break.

The SGA also voted to remove contingency funding from the budget policy.

-Compiled by
Jenn Rowell
Managing Editor

Phase One of Ferguson opening in late summer

FERGUSON, from page 1

arms or anything. I would have liked to decorate the SAI [Sigma Alpha Iota] office for our rush class' service project for the music department, but since we aren't in the new building we aren't allowed to ... I'll just be happy when we move in, whenever that may be."

The funding for the Ferguson Center for the Arts has come from a

few sources, the most prominent being Ferguson Enterprises, who committed more than \$2 million. This number did not take into account the programs that Biddle looks forward to producing in Ferguson.

"As an emerging arts center of national distinction, programming at the Ferguson Center for the Arts will be designed to excite the beginner and engage the enthusiast, serving as a personal gateway for our students and the community to the finest professional, live entertainment available anywhere," said Biddle.

According to Biddle, every season

Prayer in Anderson

PRAYER, from page 1

hour to about two hours. It was nice to see people coming in at 3 a.m. and praying for an hour," said Phair. There were sign-up sheets made before the event, but very few signed up for a

time slot. Despite this, there were always enough people to keep the event going. "We've had people from FCA (Fellowship of Christian Athletes) and Intervarsity Christian Fellowship come, as well as others who just wanted to come by and pray."

Sophomore Eric Schuster is one of the students who are not a member of Joel 2:28 ministries. "I'm a Christian and I decided to go. Prayer is a very

Organizations educate on eating disorders

DISORDER, from page 1

The Office of Career and Counseling Services (OCCS) and the Peer Advising Club sponsored "The Great Jeans Giveaway" event. They collected clothing donations on Feb. 24 and 25 to help support Transitions, a family violence services center. The motto for the clothing drive, "Get Real: Don't fight your genes, just change your jeans," encouraged students to be comfortable with themselves instead of feeling pressured into fitting a particular body shape or size.

Kelly Franzone, assistant director and counselor of OCCS, said the giveaway got a great response from the CNU community.

The week also featured other discussions and presentations by the Multicultural Student Association, GSSU and OCCS on topics such as helping a friend with an eating disorder, recognizing the warning symptoms, and private eating disorder screenings.

The OCCS, Alpha Phi and Gamma Phi Beta-sponsored Eating Disorder Panel Discussion on Feb. 25 in the Alumni Room of the Student Center gave those present medical information concerning affects on the body in addition to personal testimony from several survivors.

Lisa Riha, nurse practitioner for CNU, first addressed the crowded room. "I am here to talk about the medical implications of eating disorders. My only hope is that you'll sit back and say 'ah-ha.'"

Riha discussed the behaviors associated with eating disorders and the dangers such as loss of vitamins, kidney failure, reproductive problems and effects on the various bodily systems. She passed around various pictures from magazines and reminded listeners that there is no one kind of beauty and that it is important to be comfortable with one's self.

The panel discussion also offered two guest speakers who shared their personal stories with eating disorders.

Goins leaves

GOINS, from page 1

engages mostly the heart and soul. The more engaged the individual, the more likely they will remember and ponder on what they've experienced.

"I don't believe we can experience true transformation, whether subtle or extreme, until we've reached the heart, soul, and mind of those with whom we interact. To do so requires that we think about more than just the cognitive element of human beings."

Goins has been presenting programs in such a format for four years.

"I didn't begin combining my music and speaking until I recorded my first CD ['Feel the Nails'] in 2000," she said.

"I had envisioned combining motivational speaking and inspirational singing for years, but didn't have any physical product to offer audiences until I began recording again. So I suppose my recording provided the impetus I needed to begin putting together what I've dreamed of doing for a very long time."

All the material Goins uses for her programs emerges from her life experiences, her insights, her own dreams and passions, her beliefs about the human existence, and her faith.

"My beginning point is my own creative endeavors and then, after I've constructed my content, I go to academic sources to ensure that everything I'm presenting is valid and logically sound. If my thoughts are not corroborated by the academic content, I change the material accordingly."

"The humor and narrative used in my programs," she said, "come from two main sources: my own life, which offers a great deal of humor, even when I don't necessarily expect it, and the hundreds of email stories I receive from students, family, and friends. Sometimes I use stories from other's lives as well."

Selecting and organizing all this material allows Dr. Goins to tap into all of her talents as opposed to just some of them.

"I have spent the first half of my career developing the left side of my brain," she said, "pursuing education, writing for academic purposes, attending professional conventions and doing research for my classes. Now, I'd like to develop that portion of my brain that has sort of been dormant over the years: the creative, musical part."

While this new career will allow Goins the opportunity to grow and develop, the change will not be an altogether easy one.

"For starters," Goins said, "there will be tremendous financial adjustments. My husband retired from the military a year and a half ago and is now only working part time, so we've come to rely heavily on both our in-

comes. That will be one of the greatest obstacles to overcome."

"Also, managing a business from home can be quite challenging. I have three children and they place many demands on me on a daily basis. That means that while they're in school, I will need to be disciplined, focused and highly productive so that, hopefully, my work is not competing with my family."

"The real challenge though," she said, "will be for me to keep on task and not get sidetracked or discouraged if things don't take off as I would like."

Dr. Goins will begin her new career endeavor at the end of this semester, when she takes an official educational leave of absence.

The students are, in truth, substantially responsible for the personal growth and development I've experienced over the years.

-Terilyn Goins
Professor of Communications

In Feb. 2005, she will have to inform CNU of her intentions. "I can return, I can request a second year leave of absence or I can tell the administration that I will not be returning to CNU," she said.

Taking Dr. Goins' place as Chair of the Communication Studies department is Dr. Claire Jacobs. "I'm excited about the position," Jacobs said. "The department is at a very important time in our development because we're hiring two or three new faculty members. We're really young in that sense, and this gives us an opportunity to establish ourselves as a strong department in the university. So now is a great time to be coming on-board as chair."

Though Jacobs won't officially become chair until the end of the semester, Goins and Jacobs are already working side by side in order to prepare for the transition.

"For the most part," Goins said, "Dr. Jacobs is performing the chair's duties and I am instructing her to do the tasks required of her. She is also attending all of the chair's meetings so as to get a sense of what kinds of things will be expected of her during her tenure as chair of the department."

Even after Dr. Jacobs has taken the position, Goins still hopes she'll be able to serve as a resource as questions as concerns arise. But Jacobs is glad Dr.

will be different and will provide various programs for the Hampton Roads region by offering "something for everyone," including orchestras, recitals, Broadway Musicals, world-class dance, jazz, comedy, opera and other family programs.

"Our roster of performers will read like a 'who's who' in the entertainment industry with world-class artists ranging from the Bolshoi Ballet to Willie Nelson to Norah Jones to Tom Jones to the New York Philharmonic. We will steadfastly endeavor to become, in every sense, a national center for the performing arts," said Biddle.

important part of a Christian's life. God wants us to pray," said Schuster. Schuster attended the event twice, going at 3 a.m. and later at 7 p.m. "I prayed for myself, to be right, for God to move in me. I also prayed for the school, our country, my family, my friends and my church," said Schuster. This was Schuster's first time at an event like this. "It was great," said Schuster, "I hope they have another one like this soon."

Former CNU student Kirsten Boone spoke of her experience, the long term effects of laxatives, dangers of over-exercising, and informed the crowd of ways of treatment. She informed the audience that she learned to identify her triggers for wanting to binge and as a method for successfully combating her disorder.

Dr. Melissa McGill spoke of her struggles with anorexia and bulimia and their affects on her life and relationships. She stressed helping those in need by being supportive and by careful attention to word choices, such as "I" statements in order to avoid finger pointing and causing guilt for those with disorders.

National Eating Disorder Awareness week is an annual event with participants ranging from college campuses to many other public and private organizations throughout the country. Originally organized by the National Eating Disorders Association, the organization also provides further information concerning treatment, individual disorder specifics and a variety of other topics on their Web site www.nationaleatingdisorders.org.

Goins is helping to prepare her before she becomes chair.

"It's great to have her around," Jacobs said, "and to get her thoughts and opinions about things while she's still here."

But Dr. Jacobs isn't the only one who sees Dr. Goins as a resource; her students consider her one as well.

"Dr. Goins is a great asset to the communication studies department," said junior Anita Busciglio, one of Goins' students, "and she will be sorely missed when she leaves because she has a wealth of information and resources, not to mention the fact that she's simply awesome."

And it is that kind of rapport with students that is exactly what Dr. Goins considers the most rewarding part of being at CNU.

"I don't know why students respond well to me," she said. "I think I'm just blessed in that regard. It has been wonderful to have so many students turn to me for advice on their relationships, their education, their future careers, and their day-to-day experiences."

"The students are, in truth, substantially responsible for the personal growth and development I've experienced over the years," Goins said. "When people place their trust in you, it makes you reach to great heights and depths, and that's what students have afforded me. Nothing can replace that."

Just as she has learned from her students, Goins hopes they will learn from her as well.

"I hope they learn to open their minds regarding options that aren't necessarily the most socially popular," Goins said, "to take risks that can help them fulfill their dreams, to think about how they interact with others and be willing to confront conflict even if it's a painful experience, and to consider how they may impact others in a positive way."

"In other words," she said, "to look beyond your own self wants, needs, and desires and consider that there are those less fortunate than you who might benefit by your contribution in their lives."

Though she's excited about moving on, Goins is still sad to be leaving CNU.

"I have spent many years here," she said, "and I have a connection with a lot of people, faculty, administration, and students. CNU is my second home and family."

"But, who knows? I may be teaching here again in some capacity in the future. Only time will tell because I don't know."

Regardless of whether she returns, Dr. Goins has plans to stay connected to the university through guest presentations for classes and groups.

But in the end, it is her desire to continue to make a difference in people's lives that pushes her onward. "This pursuit has been a dream of mine for many years," she said, "and there's no better time than the present to go for it."

Virginia In Brief

Virginia House and Senate vote against civil unions

With the passing of bill HB751, Virginia's "Affirmation of Marriage Act" may be put into full effect soon.

The bill states that, "a civil union, partnership contract or other arrangement between persons of the same sex purporting to bestow the privileges or obligations of marriage is prohibited and that such an arrangement entered into in another state or jurisdiction is void in Virginia and any contractual rights created thereby are void and unenforceable."

This bill contradicts with another recently passed bill that permitted same-sex partners living in the same household to have and use the same insurance. That bill allowed the main person insured to list his or her partner as a person of interest to the household and this person would receive the same insurance.

Bill HB751 is currently awaiting the governor's review.

ACLU fights for college students' voting rights

The Virginia ACLU Chapter is currently fighting for the voting situation of college students.

An ACLU spokesperson said the issue was brought up after four William and Mary students wanted to run for open city council seats and were not permitted to do so.

The spokesperson said that many states are insensitive to the needs of college students. Most students have unique residency situations and voter registration may not reflect that. The fact that students spend the majority of the year, including voting times during November, at school makes it difficult for students to receive the same rights as those who do not attend a college out of their registered voting district.

According to the spokesperson, a letter was sent to the City of Williamsburg and they are currently awaiting a response.

Arlington lead levels not a threat

New tests and results from Arlington County's website show that there is no apparent threat of lead in the county's water.

Out of 354 water samples taken from all over Arlington County, only 12 (3.4 percent) of the samples had elevated lead content, according to the results of the study.

A vast majority, 198 homes (56 percent), was found to have no traces of lead in the water. One hundred forty-four homes were found to have well below the elevated level of lead present in the water.

-Compiled by
Lindsay Simpson
Staff Writer

Everyone's Irish on St. Patrick's Day

By Jennifer Norman
Captain's Log Intern

When many of us think of St. Patrick's Day, we think of green beer, leprechauns and four leaf clovers, but there is so much more to this day than these symbols.

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century, according to Historychannel.com. On this day in Ireland, families traditionally would start the day at church and then celebrate in the afternoon where they would drink, dance and consume a feast of bacon and cabbage. Although this day falls during the Christian season of Lent, the meat prohibition was raised for the celebration. People celebrating in America usually eat a slightly different meal consisting of corned beef and cabbage. Generally, Americans also celebrate St. Patrick's Day by going to pubs and drinking green beer while wearing plastic green hats.

Dr. Kimberly Cowell-Meyers, a government professor said, "St. Pat's is just not celebrated in Ireland with the hoopla and fanfare it is here. The excitement surrounding St. Patrick's Day in the U.S. has to do with Irish Americans celebrating their heritage as part of the Irish diaspora. In Ireland, you don't need to celebrate your heritage because you're still living it."

The first St. Patrick's Day parade wasn't even held in Ireland, but in the United States in New York City when Irish soldiers serving in the English army marched through the city on March 17, 1762, said Historychannel.com. After the parade Irish patriotism grew among American immigrants, which led to the formation of various Irish Aid societies who held annual parades from then on for St. Patrick's Day. Irish immigrants mostly consisted of Protestants until the Great Potato Famine of 1845 when Irish Catholic immigrants began to enter the United States. The Irish Catholics were scrutinized for their accents and religious beliefs, which prevented them from getting any type of job. According to Historychannel.com, The newly arrived Irish Catholics were ridiculed when they went to celebrate their heritage on St. Patrick's Day in the streets.

Eventually these parades became more accepted and became a symbol of Irish American strength as well as an event that many people and politicians attended whether they were Irish or not.

On the island of Ireland, there are two separate parts, Northern Ireland and Ireland. The six counties in the northeastern part of the island are Northern Ireland and the other 26 counties



Illustration by Brandon Hasky/The Captain's Log

make up Ireland. In Northern Ireland, a part of the United Kingdom, the people are mainly Protestant; the rest of Ireland is chiefly Catholic. The feud between the two groups is centuries old and continues today.

When Bill Clinton was president, he would host a St. Patrick's Day celebration at the White House, said Cowell-Meyers. Clinton would invite both Protestant and Catholic Irish so that those who normally didn't socialize or even talk to each other would get together peacefully for one night in hopes of accomplishing peace between the two groups.

St. Patrick's Day is still a part of our lives for most of us today, even if we aren't Irish. Although we celebrate this day in different ways, it is important to us just the same. Other countries, such as Canada, Japan and Australia, also celebrate St. Patrick's Day. Until 1995, the holiday had more religious overtones in Ireland and all pubs were closed. After 1995, according to Historychannel.com, the Irish government started a national campaign to put the spotlight on Ireland and promote tourism; a large, multi-day St. Patrick's festival is now held in Dublin, Ireland that includes parades, concerts, outdoor theater productions and fireworks. Although most St. Patrick's Day events start the weekend prior to the day there are still some events that will be taking place in the area.

St. Patrick, shown on the left as an Irish Bishop. St. Patrick is a Roman Catholic saint and he is celebrated every March 17. Many people also celebrate their Irish heritage on St. Patrick's Day.

Did You Know?

- Green is considered an unlucky color by the Irish.
- A three-leaf clover is called a seamog.
- The date of St. Patrick's death is disputed between March 8 and 9, so they were added together and he is celebrated on March 17.
- A legend of St. Patrick is that he drove away all of the snakes in Ireland, but snakes are not native to Ireland. The snakes are a metaphor for the druids and Celtic Priests.
- St. Patrick's Day was originally a Catholic holy day.
- The first St. Patrick's Day parade was in Boston in 1737.
- Leprechauns are make-believe fairies from Ireland. Legend has it they are old men who are shoemakers for fairies. They are said to be about two feet tall and can be found by the sound of a shoemaker's hammer. If you catch one, he has to lead you to his pot of gold.
- The Blarney Stone is a stone in the wall of the Blarney Castle tower in the village of Blarney. Kissing the stone is supposed to endow the kisser with the gift of speaking well and convincingly. The legend is that an old woman put a spell on the stone as a reward for saving her life. To kiss the stone, you have to lie on your back and bend backward.
- Pinching people who are not wearing green on St. Patrick's Day is strictly an American custom.
- "Erin Go Braugh" means "Ireland Forever."
- In 1995, Congress declared March as Irish American Heritage Month.
- Famous Irish Americans:
Charles Carroll
Henry Ford
Judy Garland
Patrick J. Hurley
John F. Kennedy
Archibald Mellon

information compiled by Jenn Rowell

Information About St. Patrick

- Born in 387A.D.
- His father was a Roman official
- He was kidnapped at age 16 and sold into slavery in Ireland
- After six years he escaped to St. Martin's monastery in France and became a priest.
- In 432 A.D. he was sent to Ireland on a mission. He converted the country from Druidism to Christianity.
- He died in 461A.D.

information compiled by Jenn Rowell

Irish Potato Soup

- 2 Lbs. Potatoes
- 1 Large onion
- 2 Oz. Butter
- 2 Pints Vegetable Stock
- 1/2 Pint Milk
- 1 Tbs. Chives or Parsley
- 1 Pinch Nutmeg
- 1 Pinch Salt and Pepper
- 1 Tsp. Cornflour

Peel and cut potatoes in quarters and finely slice the onions. Melt butter in saucepan and add the potatoes and onions, cover and simmer for 10 minutes. Add the stock, salt and pepper and nutmeg. Stir. Cover and bring to a boil. Reduce heat and simmer for 30 minutes until vegetables are soft. Remove from heat and put through sieve, and return to saucepan. Stir in the milk and cornflour and bring to a boil. Remove from heat. Serve with a sprinkling of chives or parsley.

information courtesy of www.jantac.demon.co.uk/livet.htm



Chanelle Layman/The Captain's Log

Sophomore Everett Feldt and freshmen Elise Moneymaker and Jessie Delaigle participate in a fundraiser for Alpha Phi Omega by selling shamrocks for St. Patrick's Day. The shamrock is a symbol associated with Ireland.

Goins lecture covers 'Three Ps' of leadership

By Ashley Rich
Captain's Log Intern

Students in the President's Leadership Program gathered in Gaines Theatre on Feb. 24 to hear Dr. Terilyn Goins present a motivational program about what it takes to be a leader.

Goins's program format incorporated both music and lecture, ranging in style from country singer Lee Ann Womack's "I Hope You Dance" to R. Kelly's "I Believe I Can Fly" and Mariah Carey's version of "When You Believe." Though the styles may have differed, the message within each song served as either inspirational

or motivational encouragement as Goins explained the "three Ps" of being a leader.

The first "P" is to be a person of principle, Goins said. A leader is a person of principle, and, as such, s/he needs to be transparent and honest. Part of being honest, Goins said, is to let others know when they have helped a person out. A person of principle is also fair. He or she can look at everyone as capable.

The second "P" of being a leader is to be a person of purpose and, according to Goins, a purpose need to do three things. First, he or she needs to see what others can not see.

"A person of purpose

can see the extraordinary in the ordinary," Goins said, "and they can see beyond what's already there."

The second thing a person of purpose needs to do is be willing to take risks. "Taking risks can be one of the best things in life," Goins said, "so long as they're good risks. But to not risk is to lose everything."

The final thing a person of purpose needs to do is to pass his or her vision on to other people.

The third and final "P" of being a leader, Goins said, is to be a person of passion. Such a person needs to do four things. The first is to be bold.

"We have to step out and

believe in what we can accomplish," she said.

The second thing a person of passion needs to do is be committed. "Be willing to do a project, even if you don't have the resources available," she said.

"For example, every year I let students into my classes and end up teaching classes with 30 students or more because we simply don't have the resources available and necessary to teach smaller classes."

Goins said the third thing a person of passion needs to do is be willing to be foolish.

"You know, it's not until you get to the place where it doesn't matter that you look

foolish that you become a person of passion," Goins said.

Lastly, a person of passion needs to communicate that passion and share it with others.

"So many times we get caught up in our day-to-day life that we forget about the little things," Goins said. But, she said, it's important that people not forget those little things because they are part of a person's passion, too.

Before ending her program, Goins made sure audience members remembered what kind of person a leader is by having them repeat back the three Ps and the characteristics of each.

As she concluded her

program, Goins said, "Every one of us has something inside of us that can allow us to stand up and be a leader."

"It's your life. You're painting the picture. Make sure it's one you can be proud of."

Those words had an effect on some students,

"Listening to her, I've learned how to be more confident in myself," sophomore Ashley Hinkle said, "and that's really important if I want to be a leader."

Sophomore Kathleen McCormack had a similar response. "Dr. Goins' stories really get you to think about your life and reach out to others," she said. She's just really inspirational."

Link between abortion, breast cancer still uncertain

By Michael Combs
Staff Writer

Through 24 global studies by the Coalition on Abortion/Breast Cancer, there is reason to believe that induced abortions and miscarriages, also called spontaneous abortions, could increase a woman's chance of getting breast cancer.

The Coalition says that their "purpose is to educate women about abortion as a risk factor for breast cancer, help preserve their health and save lives." The Coalition formed in 1999 and is composed of a group of cancer survivors, their family members, and women who have had abortions.

Not everyone, mainly the National Institute of Health and the National Cancer Institute, agrees with the Coalition. Last year, the NCI held a workshop of over 100 experts who study the link between breast cancer

and pregnancy. The experts consisted of epidemiologists, basic scientists, clinicians and breast cancer awareness advocates.

The NCI concluded that having an abortion or miscarriage does not increase a woman's subsequent risk of developing breast cancer, said the NCI Web site.

According to the NCI, most of the studies that supported the Coalition were "flawed in a number of ways that can lead to unreliable results." In most studies there was only a small group of women participating, their histories were on their "self report" not on medical records and the information was gathered after the women had been diagnosed with breast cancer.

The government says that abortions do not lead to breast cancer but Karen Malec, president of the Coalition believes that the government is "publishing phony research." In response

to why the government would withhold the dangers of abortions, Malec said that the government had other priorities: "putting billions of dollars into population control," as well as many other smaller reasons for not publishing correct information.

The Coalition compares the government hiding the unknown hazards of abortion today, to when the government withheld information of the dangers of cigarettes. "Abortion has corrupted medicine and science, just as medicine was corrupted by tobacco interest," said Malec.

Another group that disagrees with the Coalition is a group of Swedish researchers from the Karolinska Institute. In early 2004, these researchers used 1,759 women to find that "breast cancer was more common amongst women who didn't have an abortion." The researchers have found that abortions

can have a preventative effect to breast cancer.

Some people, like sophomore Kacie Crawford, believe that the Coalition is using scare tactics. "It seems like they're trying to scare you from not getting an abortion," she said.

"Ideology has nothing to do with it, this is about saving lives and science," said Malec in defense for the Coalition using scare tactics.

The studies that the Coalition used to gather its evidence ranged from the 1950s to more recent studies in 2000. A study conducted in 1981 found that an abortion before the first full term of pregnancy (FFTP) could lead to a 2.4 fold increase risk of breast cancer.

The Coalition believes that there are two ways that spontaneous and induced abortions raise the risk of breast cancer.

First, it is believed that there are three things that reduce the risk of breast cancer

that abortion thwarts. The three risk reducers are having an early FFTP "starting before the age of 24," having multiple children, and breast-feeding for long times through life.

But abortion would do away with the three reducers and therefore increase the risk because it would push back the FFTP, and reduce the amount children and breast-feeding time for a woman.

In 2002, studies done in 30 countries found that there is a link between breast-feeding and multiple births to breast cancer.

"It was concluded that skyrocketing breast cancer rates in the developed nations could be reduced by more than one-half if only women would bear more children and breast-feed for longer duration," said the Coalition Web site.

Secondly, the Coalition believes that a woman can get breast cancer through

abortions due to an "estrogen overexposure." This is due to a form of estrogen called estradiol that during the course of pregnancy multiplies the level of normal and pre-cancerous cells.

This process, beginning seven to eight weeks into pregnancy, is called "proliferation." At this point, estradiol level increases by over 500 percent.

The next level known as "differentiation," 32 weeks into pregnancy, stops the cell multiplication and shapes the cells to milk tissue.

The Coalition says, "If the pregnancy is aborted, the woman is left with more undifferentiated and therefore more cancer vulnerable cells than she had before she was pregnant."

While there is evidence on both sides of the whether abortion leads to breast cancer NCI/NIH, the Karolinska Institute and the Coalition stand by their results.

Health Research of Hampton Roads

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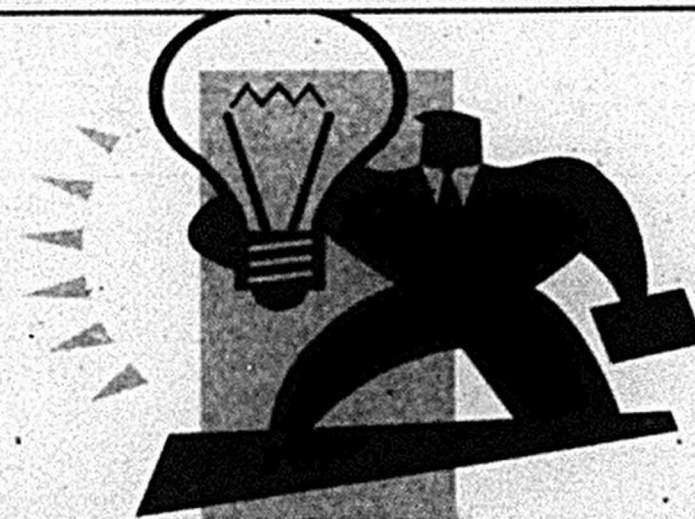
The Student Media Board is accepting applications now through March 19, 2004, for the office of President of WCNU.

Applications are available online at:
<http://users.cnu.edu/~tlee/wcnu.htm>

Deliver application and supporting materials to Dr. Terry Lee, department of English, Ratcliffe 240.

Applicants will be contacted for interviews with the Student Media Board, which hires the radio station president. Questions: contact Dr. Terry Lee at tlee@cnu.edu.

Open to All CNU Students, especially those attending the Career Fair on March 24!



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*April Hudson—CNU Graduate May 2000, former Recruiting Coordinator with Ferguson Enterprises, Inc.

Over 8,000 report fraud in Va., lose \$8.5 million

By Brandon Hasky
Captain's Log Intern

Many people may think that they will never be victims of fraud, it happens more than one would think. According to a report released by the U.S. Federal Trade Commission, there were more than 500,000 complaints in the United States last year, over 300,000 concerning fraud and over 200,000 concerning identity theft. About 28 percent of those complaints came from those in the 18-29 age group,

with another 25 percent coming from those in the 30-39 age group.

As for the state with the most complaints per 10,000 in fraud in 2003, it was Alaska, with about 180 per 10,000. Arizona had the highest amount of complaints concerning identity theft, with about 122 complaints per 10,000, according to the report.

Virginia was ranked within the top 20 states for both fraud and identity theft, which is measured by complaints per 10,000 residents.

The FTC ranks Virginia eleventh in fraud with about 110 complaints per 10,000, and nineteenth in identity theft with about 58 complaints per 10,000.

Last year in Virginia, there were 8171 complaints of fraud, which cost those victims a total of \$8,598,959, the FTC said. About a quarter of those complaints concerned Internet auctions, with the rest involving catalog orders, Internet service providers and loans.

The question then arises about where one should turn

for assistance if s/he has been the victim of fraud or identity theft. Seeking credit consultation seems like a good idea, but those services cannot help.

"We cannot work with those who have been victims of credit card fraud," said Angela Glaspell, an employee of Hampton Roads Consumer Credit Counseling. "I know it sounds mean, but we can't. Our organization cannot provide the help a victim of fraud would need."

According to Glaspell, HRCCL works to help those

who are in debt to pay their bills by combining them into one bill that the clients pay off monthly. Victims need to contact the Virginia Department of Agriculture and Consumer Services.

"It starts with a complaint from the victim," said Marion Horsley, a representative of VDACS. "From there, if the incident is an issue between a consumer and a company, we try to settle it between the two," said Horsley. When it comes to something illegal, like fraud, the matter goes to court. "While we don't go to

court ourselves," said Horsley, "we prepared the case."

After a case is prepared, it either goes to the Commonwealth Attorney, if the incident happened in Virginia, or to the Attorney General if it involves people outside of Virginia, said Stewart Ashby, an employee of VDACS.

If anyone feels that s/he has been a victim of fraud or identity theft, that person is urged to go to <http://www.vdacs.state.va.us/> and file a complaint for fraud, and <http://www.ftc.gov/> for identity theft.

Martin Luther King Jr. Day bill withdrawn from Va. House

By Hather McGinley
Captain's Log Intern

A bill to ensure that all Virginia public schools will close annually for Martin Luther King Day was withdrawn by its patron, Richmond Delegate Dwight C. Jones sponsored the bill, HB519, to avoid the type of racial turmoil caused in Chesterfield County Schools last year when they used the holiday to "make-up" for the time missed due to inclement weather. The students who stayed home to celebrate the holiday were forced to bring in a letter of explanation from their parents.

An amendment added to the bill allowed public schools to operate on Martin Luther King Day in the case of making up for a snow day. The House voted to accept the amendment 60-39. Jones withdrew the bill stating that the amendment destroyed the purpose of the bill.

Jones stated in a Daily Press article, "We have 180 to 190 days of instruction, and there are plenty of days we could use as makeup days other than the Martin Luther King Holiday."

Jones was unavailable for comment to The Captain's Log.

"Sometimes holidays have to be used as make up days," said Carolyn Powers, Public Relations Specialist of Hampton Public Schools. This year Hampton Public Schools had to make up eight school days missed due to inclement weather. In reference to Martin Luther King Day, Betsy Overkamp-Smith, Community and Public Relations Officer for York County Public Schools said, "If they had made it a required holiday we couldn't use it as a make-up day."

York County has built in two days to cover school closings, yet, because so many days needed to be made up, June 11 was added

on as a school day and minutes were added to each school day. Even with this addition the school system has had to use some of the winter holidays including Martin Luther King Day as a makeup day.

York, unlike many of the other local school districts does not schedule potential makeup days a year ahead, "because you don't know when you will get inclement weather," Overkamp-Smith said. Instead the school system just uses the next available day as a makeup day.

Schools systems such as Portsmouth, Norfolk and Hampton have what the Portsmouth School System calls "calendar committees," which decide what holidays may be used as makeup days the following year.

In Portsmouth, the calendar committee alternates holidays so that the same holiday will not be used for a makeup day two years in a row. According to

Virginia Derr, Information Associate for Portsmouth Public Schools, there was consideration in the calendar committee of alternating "President's Day and Martin Luther King Day but they didn't do this, because the legislation was pending. So they opted not to consider it for next year."

Manager of Communication and Media Relations for Norfolk Public Schools, Vincent Rhodes said, "We try to find a lot of other options before using that day [Martin Luther King Day]." Because a large percentage of the faculty and students in Norfolk Public Schools are of African American descent, Vincent said, "obviously, it is an important holiday for us."

African American students are in the majority in the local school systems of Newport News, Hampton, Norfolk and Portsmouth. African American students make up around 35 percent of Chesapeake schools and a

little more than 16 percent of York County schools. Each school system handles the choice of make up days differently yet, they must stay within the perimeters set by the state.

Chesapeake Public Schools have decided to add eight minutes to the end of each school day to ensure holidays are not used as make up days and that they will not need to add days to the end of the school year. As Tom Cupitt, Public Information Officer for Chesapeake Public Schools, said this system "has given us more latitude than other school systems." This gives Chesapeake schools "four bank days." The school system plans to begin the next school year by adding eight minutes onto everyday. But, in the event that the school system would need to make up more time, Cupitt said, "Historically, Chesapeake has never used Martin Luther King Day for a make up

day, whether we would or not ... everyday would be a possibility."

Virginia state law requires 180 days or 990 hours of class time per school year. State law says a school system may not begin the school year before Labor Day. The "Kings Dominion Law," Overkamp-Smith said, establishes that schools may not begin prior to Labor Day because Virginia tourist attractions depend on student workers to finish out the summer tourist season.

Adding a day to the school year by utilizing holidays or weekends proves inconvenient to students, their families and teachers. Cupitt said, Chesapeake has "used Saturdays in the past but, those days usually don't have good attendance." Overkamp-Smith said, on the topic of adding days to the academic calendar, "It is not good to need to have a school day after students have graduated."

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World and Nation

With 69 percent of Russia's votes, Putin is re-elected

By Mark McDonald
Knight Ridder Newspapers

March 14—Russian President Vladimir Putin swept to victory as expected on Sunday, winning another four-year term with 69 percent of the votes.

The Communist Party candidate, Nikolai Kharitonov, the former director of a Soviet collective farm, was far back in second place with 14.8 percent.

Putin's power has never been more solid, his popularity never higher. The 51-year-old president went into the election with approval ratings ranging between 70 and 80 percent.

He has certainly been helped by soaring oil and gas prices that have buoyed the Russian economy during his presidency. After a decade of inflation, currency crises and chaos, the economy seems to have stabilized, growing at a robust 7.3 percent last year. Wages and pensions, while meager, are generally paid on time now.

Putin's United Russia party also controls 305 seats in the Duma, Russia's lower house—enough to pass any Kremlin-backed legislation or even to amend the Russian Constitution. The Constitution limits the president to two terms, but Putin's critics fear he might use his legislative clout to rewrite the rules and seek a third term in 2008.

Economist Sergei Glazyev finished third on Sunday with 4.3 percent of the votes, followed by liberal politician Irina Khakamada (4.0), former boxer and bodyguard Oleg Malyshev (2.5), and Putin ally Sergei Mironov (0.8).

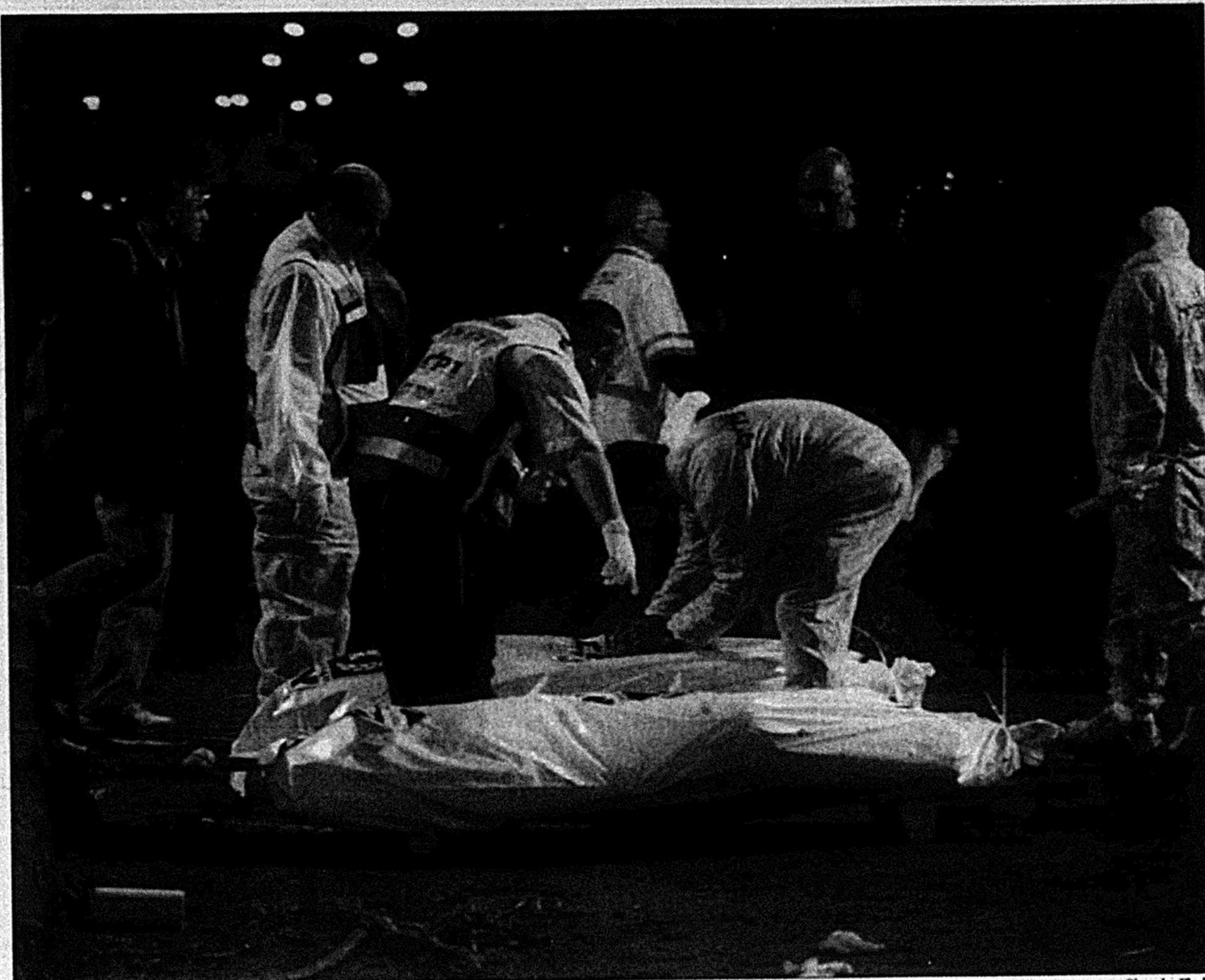
The "against all candidates" option on the ballot scored 3.6 percent. In its recent human rights report, the U.S. State Department sharply criticized authoritarian tendencies in Russia. And on a recent visit to Russia, Secretary of State Colin Powell expressed Bush administration concerns over what many see as a rollback of democratic values, including the Kremlin's tight control of the media during the campaign.

On Sunday night, the new chief of staff of Putin's cabinet said the Kremlin didn't care for any U.S. second-guessing. "Russian voters," said Dmitri Kozak, "don't need anybody's advice, especially from representatives of a country whose electoral procedures have explicit flaws."

There were no charges of vote rigging on Sunday. The Organization for Security and Cooperation in Europe had hundreds of monitors in the field, including 60 Americans, half of them from the U.S. embassy in Moscow.

The OSCE had already criticized the Kremlin for the lopsided coverage that the state-run media lavished on the president. In the early stages of the campaign, the agency said, Putin received more than twice the coverage of all his opponents combined.

Sunday's voter turnout was projected at 61 percent. If the turnout had been under 50 percent, the constitution would have required a new election within four months.



Israeli rescue workers remove bodies after a bomb attack in the Israeli port of Ashdod on Sunday, March 14, 2004. Two Palestinian suicide bombers killed at least seven other people in the attacks. Photo by Flash

Suicide bombings kill at least 10, postpone prime minister's meeting

By Soraya Sarhaddi
Knight Ridder Newspapers

March 14—Two Palestinian suicide bombers killed at least 10 people and wounded 18 at this seaport late Sunday afternoon, coming dangerously close to stores of hazardous chemicals in the first attack on a strategic target during the ongoing conflict.

Israel launched an air strike against Gaza early Monday, with attack helicopters firing at least five missiles in and around Gaza City, according to Palestinian witnesses. No injuries were immediately reported, although the 1 a.m. strike knocked out power to the area.

The bombings, which raised Israelis' fears over their vulnerability, prompted Prime Minister Ariel Sharon to postpone his first meeting, scheduled for Tuesday, with his Palestinian Authority

counterpart, Ahmed Qureia.

"We don't see any point in meeting with a Palestinian partner who hasn't lifted a finger to fight terrorism," said Foreign Ministry spokesman Jonathan Peled. "We are compelled to fight terrorism on our own and plan and carry out unilateral plans, which we obviously would prefer to do in a coordinated and agreed-upon way."

The bombings at around 5 p.m. left body parts strewn over a 100-yard radius. Volunteers, religious Jews who collect body parts at bombing scenes for burial in accordance with Jewish law, donned chemical masks and protective suits because of the proximity of hazardous materials.

Fire officials said the chemicals, which included cyanide, ammonium and fluoride gas, were stored about 300 yards from one of the blasts.

One bomber blew himself up outside an office trailer of a fish freezing company outside the port, while the second attacker penetrated normally tight security and got far enough to detonate his bomb inside a citrus packaging plant.

"They're becoming more daring and more bold in their modus operandi," Peled said.

Israeli officials have worried that Palestinians might succeed in a "mega-terror attack," blowing up a fuel or hazardous depot and causing a fire or toxic cloud more deadly than any single suicide bombing. Since the start of the current conflict all but a few attacks have been aimed instead at crowds of people in buses, restaurants or transit stops.

Whether the dual attacks were aimed at igniting the chemical stores was unclear, however.

Israeli police spokesman Gil Kleiman insisted the type of bomb fragments and location pointed to a more traditional approach used by Palestinian suicide bombers, targeting people within the immediate vicinity.

Sunday's bombings were the first inside a heavily guarded Israeli port facility since May 1972, when an attack at Ben Gurion Airport killed 30.

Kleiman said investigators were trying to determine whether the bombers came from the Jabalya refugee camp in the Gaza Strip, as reported by Al-Manar, the satellite television station run by the Lebanese militant group Hezbollah. The station broadcast claims of responsibility from the al-Aqsa Martyrs Brigades and Hamas militant groups, which identified the two as 11th-grade classmates Nabil Saoud and Mohammed Salem, both 17.

Kerry ad seeks to refute Bush's accusations of planned tax increases

By Matt Stearns
Knight Ridder Newspapers

March 15—Massachusetts Sen. John Kerry, the apparent Democratic presidential nominee, is airing a new television ad in response to President Bush's ad accusing him of wanting to raise taxes by \$900 billion and being soft on the war on terrorism. The Kerry campaign is airing the ad in 16 states considered to be battlegrounds.

THE AD: It accuses President Bush of "misleading America," saying Kerry "has never called for a \$900 billion tax increase" and wants to cut taxes for the middle class. The ad promises that Kerry will "crack down on the export of American jobs, get health-care costs under control and cut the deficit." The ad asks: "Doesn't America deserve more from its president than misleading negative ads?"

THE FACTS: Kerry's ad is misleading in its own way. He hasn't called for a \$900 billion tax increase, but he also has never said how he would pay for his many new spending proposals, including his \$900 billion health plan. The ad doesn't



Democratic presidential candidate Sen. John Kerry, D-Mass., speaks before the annual convention of the International Association of Fire Fighters in Washington, D.C., on March 15. Photo by Chuck Kennedy/Knight Ridder Newspapers

reconcile his proposed new spending and promised middle-class tax cuts with his calls to cut the federal budget deficit in half.

Kerry has promised new middle-class tax credits for health care and college tuition. To reduce the deficit, Kerry said, he will stream-

line the government and rein in spending — even as he proposes expensive new programs — and will ensure that corporations pay their fair share of taxes.

Kerry hasn't said how many job losses he could prevent through his proposed investment in new tech-

nologies and his trade and tax-credit proposals aimed at keeping manufacturing jobs in America. Many economists say that so long as it's cheaper to produce goods overseas, jobs will continue to go, and the ones that have left almost certainly won't return.

Spain to withdraw troops from Iraq

By Matthew Schofield
Knight Ridder Newspapers

March 15—The presumed next Spanish prime minister, Jose Luis Zapatero, said in his first news conference after Sunday's elections that Spain would drop out of the U.S.-led coalition in Iraq by June 30 in what would be a blow to the Bush administration's foreign policy.

He echoed a promise he made repeatedly during a campaign that ended Sunday with a stunning victory, following a series of bombings Thursday in Madrid that awakened memories of his country's 90 percent opposition to the war in Iraq.

But the Socialist leader also left plenty of room to re-examine that position before making any final decision.

"The 30th of June is our limit, if there is no United Nations' mandate," he said Monday, implying that Spanish troops might remain in Iraq with the support of a U.N. Security Council resolution. Later, he added, "June 30th is the limit our troops have at the moment to be in Iraq. I'll study that more after I'm officially in office."

He also said that there's a need for Spain to "return to Europe" and build better relationships with traditional allies, and he referred to the United States as a vital ally, "the grandfather of democracy."

When asked if his opposition party, which had been trailing in the polls throughout the election, owed its victory to the terrorist attack, he said, "Do not underestimate the intelligence of our voters."

His fans urged observers not to underestimate their new leader.

Sergio Garcia Maroto, a 21-year-old first-time voter, was typical of those who propelled Zapatero to victory. He said that while he disapproved of the war, he could understand Zapatero's position.

"It is a good idea not to rush to make a decision now that he is in office," he said, adding that many of his friends agree. "It is a good idea, now, to take a moment and think about what is right to do."

Defeated Popular Party Interior Minister Angel Acebes released little new information about the blasts that killed 200 and wounded more than 1,400 on Thursday.

He discounted newspaper reports that one of the terrorists was killed when his backpack bomb went off by mistake.

"We have no forensic evidence of that," he said.

Local news accounts reported that the phone that led to five arrests on Saturday was found by a police officer in a live backpack bomb. The backpack had been moved to a police station before it was known to be a bomb. Spanish and U.S. officials cautioned against reaching a premature conclusion that Osama bin Laden's al-Qaida terrorist organization was responsible for the bombing.

"There are some things that look like al-Qaida," FBI spokesman Ed Cogswell said. "But we're still studying the situation — and no decision has been made yet on who's responsible."

Opinions

Where We Stand

We Must Persist, Despite Terrorism

Luz Elena Bustos had never seen anything like it. A bloody road scattered with flesh and ribs. A ripped train with brains trailing along the railway. Crying people in a state of panic.

These are a few images that this 42-year-old resident of Spain was left with as 10 bombs took 200 lives last Thursday in "the deadliest terrorist attack on a European target since World War II," as reported by the New York Times.

One Knight-Ridder reporter quoted a nurse in one of the hospitals in Madrid as saying, "The cell phones of the dead keep ringing." But that's not all.

At least 10 people were killed last Sunday when two Palestinian suicide bombers hit a seaport 300 yards away from hazardous chemicals that could have caused a deadlier, more incomprehensible attack.

Not a week goes by that it seems a terrorist attack doesn't occur, taking innocent lives. The eminent threat of terrorism has indeed made itself evident over the last week. One could argue that terrorism has also reiterated its inevitability.

Hamas spokesman Abdul Aziz Rantisi, as reported from a wire report, told an Arab-speaking television station, "No separation fence, no terror, no Palestinian state planned by the U.S. will end the opposition."

With a statement such as this, students can't help but question their security, specifically those with travel plans. Take, for instance, the trip to Spain that some CNU members are planning to pursue this summer. If they plan to continue, it's a definite risk, especially since, according to the online itinerary, four nights are scheduled to be in Madrid. They would have to reassure themselves that travel plans would not be affected.

Students going to Spain (if they still choose to do so) would be making a statement that defeats one of the terrorist's primary goals: to instill fear in human beings for political or social reasons (in cowardly ways, by the way).

Are we telling those in the Spanish Department to put themselves in the middle of a bloodbath? No, but if students choose to travel to Europe, their actions will signify the fight against terror.

A New Ruler of Order

Junior Eric Creasman recently stepped up as the SGA's new parliamentarian after writing a letter of interest and being appointed with unanimous consent. As an active student leader on campus, Creasman is qualified for this position, as he already practices Henry Robert's rules of order with the International Relations Organization and Model United Nations.

It's interesting to note that this will be the third parliamentarian the SGA has had in less than a year. They must have put something in the constitution ...

Don't complain, do something

By Jenn Rowell
Managing Editor

Where are you? You aren't at the Student Government meetings. You aren't at the events put on by the Office of Student Life. You aren't at Career Day and you definitely aren't at the polls.

I have looked all over campus, but I seem to have lost the student body.

What is wrong with our generation? We are quick to judge, highly opinionated and very vocal. So why aren't we doing anything about it?

Our generation is the future of this county and we are missing in action.

For two weeks in a row, I was the lone person sitting in the visitor's section at the SGA. I was happy to see a few others there this week.

Before break, Andy Mansfield, Student Center Operations Manager was invited to answer questions concerning parking. Mansfield was hardly able to introduce himself before being ambushed by angry students. I must say that after that meeting I was very disappointed in the student body. Many of the questions being asked are answered in the rules and regulations put forth by Parking Services. If you are confused about where you can park, there are signs to guide you. The signs at the bowling alley say customer parking only and unauthorized vehicles will be towed. The university and the bowling alley are actually doing you a favor by ticketing instead of charging you over \$100 for your car to be towed and stored.

The Captain's Log has published numerous stories concerning parking. Since you are attending college, I hope that you know how to read. I hate to break it to you, but Parking Services is doing a good job.

For a student body that considers itself high and mighty and thinks the motto "Students First" means that the university should cater to their every whim, it is a student body that is uninformed and unaware.

SGA elections are coming up, and so far, the top two positions are running unopposed. There are no candidates running for senior senator at large positions.

Maybe it's just me, but I would like to think it should take a little more work than filling out an application to get elected president of the student government. The leaders on this campus should be the ones who rise to the top through hard work, who rise to meet challenges and who truly shine.

"I have looked all over campus, but I seem to have lost the student body."

Our generation is the most apathetic generation in American history. In 1998, only 18.5 percent of registered 18-24 year olds voted. That was 5.1 percent of the total American vote. Where are you?

While this apathy is a nationwide problem, that does not make the lack of involvement any less ridiculous on this campus.

The Office of Student Life has brought a number of performers to campus this year, but attendance has not been all that impressive. The performers may not have been people who frequent MTV, but most of them have been pretty good. Now, I know all of you are not studying or working all night, every night.

OSL has gone to great lengths to give you what you want. During the fall semester, Interim Coordinator of Student Activities Jonathan Janis asked the student body for input on what kind of entertainment, and the response was pretty weak.

Career Day attendance has also been low. I'm sure that Career Day isn't on your list of top priorities, but if you take any interest in your future at all, you might want to consider going to one sometime. The Office of Career in Counseling makes arrangements with local employers for your benefit; show them your appreciation by your attendance.

Your track record of being apathetic is unacceptable. I hear complaints constantly, but I don't see you doing anything about it.

Decisions are made by those who show up. If you don't show up, you waive the right to have your voice heard. If you can't be bothered to take the time out of your week to go to the SGA meeting, an OSL event or even vote, then stop complaining about the decisions made by those who do.

Before you start complaining about how awful something is, all I ask is that you educate yourself on the topic first so you don't make a fool out of yourself or waste my time. Sometimes I wonder if you live in a box because of how unaware of your surroundings you are.

As the saying goes, "Actions speak louder than words." So until you start showing up to meetings, writing letters to the editor, or at least start making an effort to educate yourself, don't count on anyone who is in a position to make things happen to take you seriously.

Since I haven't seen you much in the library, or in class, maybe you should take a chance and participate. Until then, my question stands, where are you?

A stern warning or a booby trap

Broadcast Decency Act negates fundamental principles

By Stefan Veldhuis
Contributing Writer

In 1791, the founding fathers constructed and established the First Amendment of the Constitution, which was one of the most fundamental principles upon which our nation was founded. The First Amendment states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances." Yet, in the last week, the government has repudiated the rights ensured to all citizens in the First Amendment, by passing new legislation that attempts to squelch ostensible indecency on the airwaves.

The House of Representatives voted last week to crack down on incidents that are deemed to be obscene or profane, approving significantly higher fines for broadcasters and entertainers who break indecency rules.

The Broadcast Decency Enforcement Act, which greatly encumbers American's First Amendment rights, gives the Federal Communications Commission the ability to levy fines of up to \$500,000 per violation, up from \$27,500.

Howard Stern, a well-known and highly controversial television-show host, was suspended indefinitely in six markets as a result of this ludicrous legislation.

Since many shows are syndicated and played on multiple stations around the nation, fines could potentially run into the millions of dollars. In addition, broadcasters could have their

licenses revoked after a third violation of the BDE Act. The head of the Energy and Commerce Committee Rep. Joe Barton, a Republican from Texas, stated, "It is time that we reclaim America's airwaves for decency, and today's passage is a firm message from the House to broadcasters and entertainers alike that we have had enough."

Although it is easy to appreciate the idea of preserving social mores, lawmakers have overstepped the legislative boundaries in this instance. It seems that members of the House, who voted 391-22 in favor of this new legislation, have indeed overlooked the rights guaranteed in the first section of Fourteenth Amendment, which states, "No state shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any state deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws."

According to the Constitution, neither the federal government nor state governments may enact laws that abridge our First Amendment rights. The right to free speech was not only a delicate part of the nascence of our nation, but also set America apart from the oppressive laws of Great Britain during the 18th century. However, it seems that American lawmakers have forgotten the essential principles of freedom upon which our nation was founded through the enactment of this insidious legislation.

It seems lawmakers have also forgotten to incorporate Mill's Harm principle, which states, "The only purpose for which power can be rightfully exercised over any member of a

civilized community, against his will, is to prevent harm to others." This principle, highly congruent to the First and Fourteenth Amendments in both theory and practice, gives credence to the argument for less government control in such matters, and has been used by multiple courts, both state and federal, in their interpretation of the Constitution.

It is clear that Stern's show is accepted by the thousands of viewers who choose to watch him, keeping his entertainment endeavors highly lucrative, and in turn, fueling the powerful machine of capitalism. Whether or not people in society agree or disagree with the content of Stern's show, it is clearly a denunciation of First Amendment Rights for the government to levy exorbitant fines based on an arbitrary definition of obscenity and a subjective sense of social mores.

Many individuals within society, however, feel that persons like Howard Stern are highly vulgar and inappropriate in their actions and comments, and thus have no place being broadcast on television or radio. Indeed, there is an undeniable propensity for many in society to adhere to the puritan-based desire of prohibiting prurient materials.

Yet, it remains true that the best prohibition of such entertainment takes place by people and parents turning the channel, not through the En Loco Parentes actions of the government. Paternalistic rule opens the floodgates of oppressive government, allowing the waters of censorship to drown our First Amendment freedom. Thus, all citizens must be cautious of censorship, cognizant of their rights, compelled by the Constitution and impassioned by the need to procure and maintain our freedom.

The Captain's Log

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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/Clerifications to The Captain's Log will be published in the issue following the error.

Correction

In issue 18 of the Captain's Log, the article titled "Falk Gallery hosts Korean artist" misspelled Peter Yevak's name. Yevak is Minseok Kwon's agent.

Arts and Entertainment

Performer Strikes a Chord With Audience

By Mike Oden
Staff Writer

Those who showed up at Gaines Theater March 12 at 8 p.m. to see yet another soft pop singer/songwriter were probably quite disappointed at first.

Event Review

Rob Paravonian was both a singer and a songwriter, yet not in the typical context.

Wielding nothing but a guitar and a microphone, Paravonian had the audience in stitches most of the night with his irreverent blend of comedy and music.

The audience knew what it was getting into, however, after Paravonian gave a quick disclaimer/assurance near the beginning of the show.

"I'll be making fun of every genre of music, so I'll probably offend everyone here," he said. "If I start offending you, don't worry, I'll move on pretty soon."

Indeed, much of Paravonian's comedy dealt with poking fun at music, and no category was spared (except for polka and other types of music that suck too much to be made fun of).

He started off playing two chords on his guitar. "Every song on the radio can be played with these two chords," he said, and then proceeded to sing several radio hits while playing the same two chords over and over again.

Although humorous, this bit was slightly tired, as everyone knows how simplistic most pop music is.

Next Paravonian turned his attention toward heavy metal. He said that it was impossible to "rock out" with an acoustic guitar, and proved it by turning Metallica's "Enter Sandman" into a public safety announcement ("What do you do when you see a fire? 'Exit light ...'").

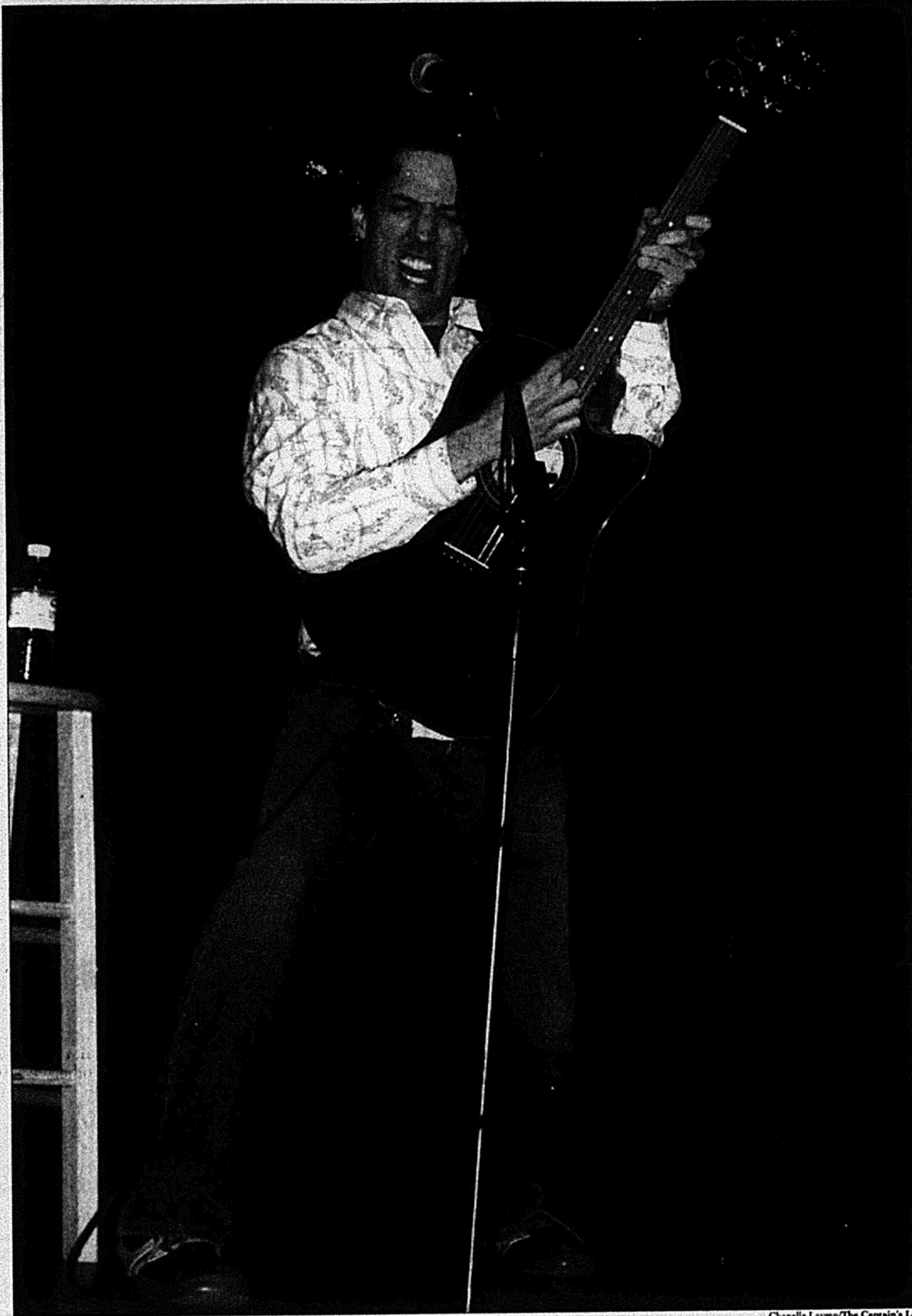
Of course there were the inevitable jabs at country and hip-hop, two of the easiest targets in the music world.

However, Paravonian took aim and hit two birds with one stone by directly comparing hip-hop to country. In fact, he said that the lyrics were basically interchangeable. He demonstrated with "The Thong Song."

"Dumps like a truck," he said. "Now tell me that isn't a country lyric."

Throughout the performance, Paravonian interacted with the audience, asking questions about the school and the Hampton Roads area.

His unfamiliarity with the area was understand-



Rob Paravonian, musician and comedian, spent much of his time at Gaines Theater impersonating music artists and mocking other types of music. His blend of humor and music entertained a crowd of students last Saturday.

able, as he is originally from Waukegan, Ill., and went to school at the University of Southern California, where he majored in English. He now resides in New York while not on tour.

Paravonian's music career began at a young age when he played the cello. He learned the guitar in college, where he also began to dabble in comedy.

However, after watching his show, it was easy to see that his main focus now

is on comedy, not music.

The decision to concentrate on comedy was a wise one by Paravonian, as neither his voice nor his songwriting skills would tempt any major record companies to sign him.

His best moments came when he made jokes, not when he sang some of his original songs.

These original compositions included songs about his car, relationships and destroying one's school.

This last song, dedicated to the 14-year-olds of the world, was one of the funnier moments.

Unfortunately, it got kind of old, like after the first time he sang "don't blow up your school." This line was repeated about 20 times in the song.

Also, in the song about relationships, he did a dead-on impression of Eminem, which was quite humorous.

Other than that, the songs were very mediocre.

And about his singing voice; let's just say he's a lot like Weird Al Yankovic, only with a voice that makes Weird Al sound like Placido Domingo.

Some of Paravonian's jokes were also about his life growing up, including his Armenian heritage and his friends.

One particular friend was the focal point of many of his jokes, and under-

See PARAVONIAN, page 10

Taryn Go Braugh

St. Patrick's Day means we can pinch and kiss everyone we want

By Taryn Cornelius
Staff Columnist

Spring Fever is officially ravaging the campus. I love laughing at the people who

Not-So-Serious-Scrutiny

dress for the 70 degree weather one day then walk out wearing similar clothes the next day when it is 30 degrees. Weather.com people ... you can handle it, I promise.

The other great sign of Spring Fever? Fake-and-baking! I'm sorry, but an August-deep tan looks horribly unnatural in March.

Unless of course you somehow turn green instead of orange, and, in that case, you'll look normal for about a day - and no one will be able to pinch you.

March is a great month, this week specifically being the best of the four for two reasons. The first is that Wednesday is St. Patty's Day, the obvious reason.

You get to spend all day telling people to kiss you if you're Irish or pinching people for not wearing green.

Then, you can spend most of the night drinking green stuff, which is hopefully green-colored beer and not that month-old milkshake in your fridge.

The other great thing about this week is that it is my birthday.

This year, I'm turning 22, which has to be one of the biggest scam birthdays ever. I'm young, so therefore all of my birthdays should have something more significant than just "congrats, you survived another year," attached to them.

When you're 13, you become a teenager. At 15, you get your permit; at 16, you can drive. By 17, you can finally get into rated-R movies. At 18, you can register to vote and purchase tobacco. At 21 you can drink.

What do you get for turning 22? The realization that it will be another eighteen years before your birthday gets a significance added to it, and "Over the Hill" does not sound very appealing.

Back to St. Patty's Day though, because this year it is much more important to me than my birthday.

St. Patty's Day has become something like Valentine's Day. Both have creepy vertically challenged people running around causing you bodily harm: one with arrows, the other with pinching.

Both involve consuming massive amounts of unhealthy things: candy and alcohol. Most importantly though, both give you an excuse to celebrate.

You don't have to be Irish to enjoy St. Patty's Day, but please do the holiday justice. Hang green streamers from your doorway and paint cloverleaves on your face.

Most importantly, make sure to pinch every single person you see not wearing green, and use "Kiss me, I'm Irish" as a pick-up line as often as possible.

For all you single people, consider today as an apology for Valentine's Day.

Who knows, you might find someone who actually gives you a kiss, even if you're so apparently not Irish it's funny.

Good luck finding your pot of gold today - if you do, please help a poor college student out and send some my way!

Sevendust plays the Norva

Band plays off crowd's energy, gives best show of the night

By Jon Allegretto
Captains Log Intern

Atlanta-based hard-rockers Sevendust, joined by openers Ill Niño and Element Eighty, made their second appearance of the new year at the NorVa in Norfolk Feb. 22.

The Sevendust tour, in support of their new album, "Seasons," began in late 2003 and will run to early May.

Opening the show, the Dallas, Texas, quartet Element Eighty (that's Mercury, the heaviest known liquid element, for anyone won-

dering) provided a solid and chunky musical background for vocalist Dave Galloway.

In the 30-minute set, Galloway added an interesting combination of snarls and sung melodies.

Although the band could be thrown into the masses of the nu-metal trend-in many ways, musically they have a more complex sound, relying more on well-crafted riffs than two or three power chords with distortion on eleven.

Guitarist Matt Woods pulled out a few solos reminiscent of players like Zakk Wylde of Black Label Society and Ozzy Osbourne, a move about as rare in rock music today as seeing or hearing anything even relating to music on MTV.

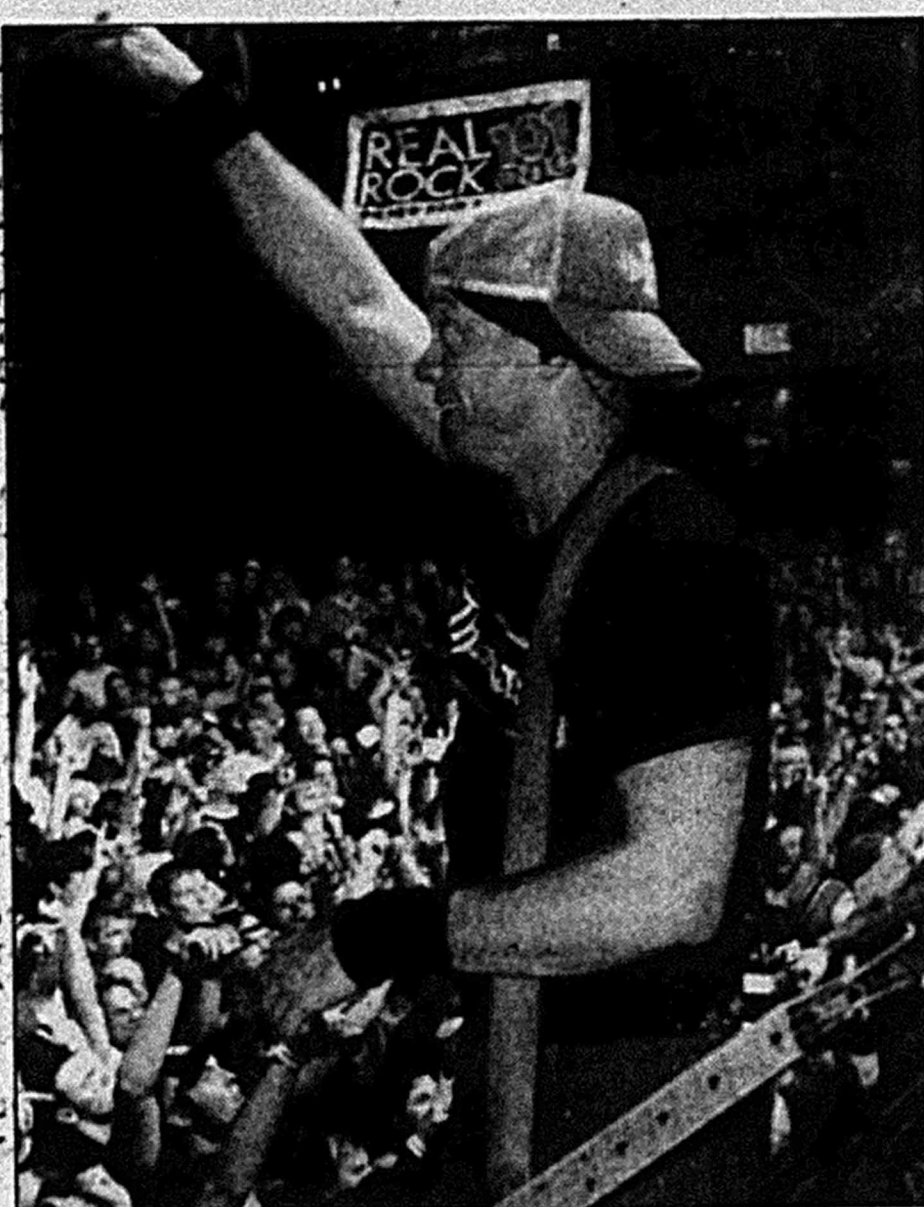
The band performed songs off their self-titled debut including the single, "Broken Promises," before leaving the stage in a whirlwind of guitar feedback.

Their last night on the tour with Sevendust, the heavily-dreadlocked crew of New Jersey's Ill Niño was well accepted by the growing crowd; the band, performing many tunes from their newest release, "Confession," served up a heavy sound combined with elements of Latin flavor including percussion and occasional classical guitar interludes.

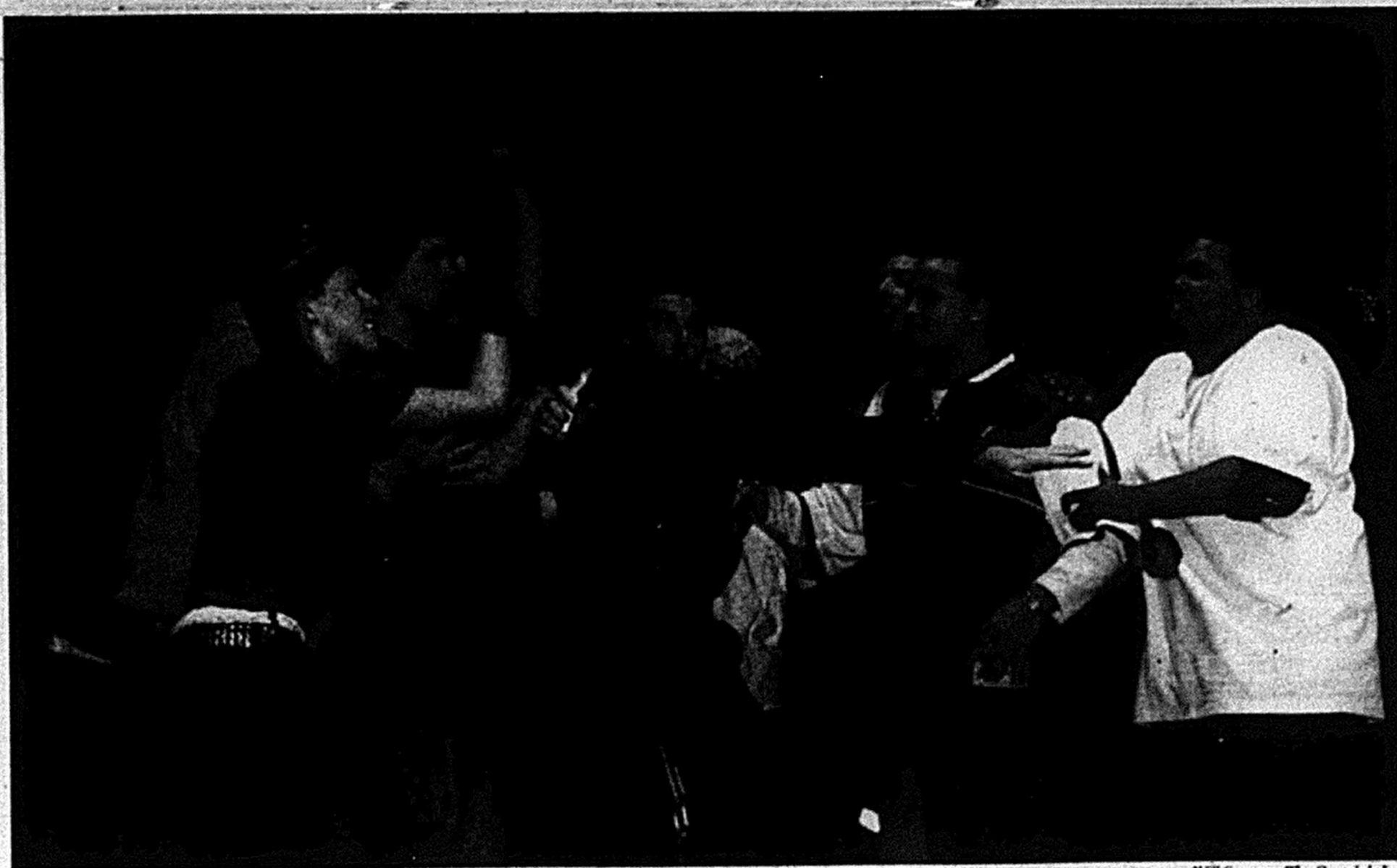
Considering the amount of musicians on stage (Ill Niño is a six-piece band touring with an extra member on turntables and keyboards), Ill Niño's set sounded somewhat monotonous.

The band's live sound was undoubtedly on the muddy side - so much so that much of the time individual instruments as well as vocals were indiscernible. This was possibly a

See SEVENDUST, page 10



Sevendust performed at the NorVa on Feb. 22 in support of its album 'Seasons.'



Will Summers/The Captain's Log

CNU Tonite performed an 'Extreme Walking' skit at its show on March 4. For many seniors, this last show gave them an opportunity to have one final farewell to a much-loved activity.

Red Wanting Blue rocks small crowd in Freeman Center

Although touring is 'draining, fun and bizarre,' this band wouldn't have it any other way

By Michael Combs
Staff Writer

Red Wanting Blue, a four-piece independent rock band from Ohio, performed and talked about their band at in the Freeman Center Feb. 24.

Concert Review

The band played about an hour set to an intimate audience of about 30 people.

The crowd looked even smaller inside the vast field house, which had the entire floor opened for the band and audience.

However, what the small crowd witnessed that night is something that the rest of CNU might be sad they missed.

Red Wanting Blue put on a great performance filled with slower deep songs, fast and happy songs of college and life and an incredible cover of "You can't always get what you want" by the Rolling Stones.

The band stopped at CNU in the middle of a Virginia/Washington D.C. tour.

Touring is something "draining, fun, and bizarre," said the band, but according to the singer, Scott Terry, "I

wouldn't trade it for anything."

The band is made up of Mark Stepno on the drums, bassist Mark McCullough, singer Scott Terry and guitarist Epp.

"Red Wanting Blue" is from a poem that Scott Terry wrote.

Red Wanting Blue is a "metaphor for the grass is always greener on the other side of the fence," said Terry.

The band spends most of their free time together work-

“America, religion is a fast food restaurant here ...”

- from 'One for the numbers'

ing on music, "it becomes all consuming," they said.

Red Wanting Blue half jokingly said that they were first turned on to music because it was cool and avoided responsibility; if they were not making music, they said, they would be together as a landscaping crew.

More seriously, the band displayed their love for music by saying, "Take music out of life, and what would it be? An intangible thing."

Describing their new album, "Souvenirs of City Life," Red Wanting Blue feels that the band collaborated together more, and that the album is "are most focused



Tom Stormer/The Captain's Log

Even though they were performing to a small crowd, Red Wanting Blue gave an impressive performance that included a variety of music, including slow, deep songs, happy 'college' songs, and a cover of the Rolling Stones' 'You Can't Always Get What You Want.'

effort for writing songs."

While their lyrics to many songs may appear to not make much sense, the band believes that lyrics are open for interpretation for the lyricist and the listener.

For example, the lyrics "America, religion is a fast food restaurant here," from the song "One for the Numbers," are open to interpretation but serve as an important message from the band.

The line and song are a parody of how people are in a "battle between God and McDonalds."

To the band, the song is a reflection of how many

Americans treat religion as a past time and not a life style,

"Some of the cruelest people I know put money in the collection plate, it won't save them," said Scott Terry.

According to the band, they do not wish to remain independent but are careful to sign to the multiple record deals they have been offered.

Red Wanting Blue has seen too many great bands destroyed in similar record deals that they have been offered.

Red Wanting Blue has opened for bands like The Roots, 311, Wyclef Jean, O.A.R. and Our Lady Peace.

'Secret Window' may be good, but it's not perfect

Depp gives the audience an outstanding performance

By Annie Ferenbach
Contributing Writer

Johnny Depp is certainly a hot commodity at the moment. He exploded back into the public eye this summer with the extremely popular "Pirates of the Caribbean" and followed that up with "Once Upon a Time in Mexico," **Movie Review**

Now, following a high profile Golden Globe nomination, SAG win, and Oscar nomination (for "Pirates"), he is headlining "Secret Window," a slow but good suspense film based on a Stephen King novella that opened March 12.

Mort Rainey (Depp) is deep in depression when the eccentric John Shooter (John Turturro) enters his life.

Still reeling six months after separating from his wife Amy (Maria Bello), Mort lives in a country cabin they purchased together while Amy lives in their large-suburban home.

Mort sleeps constantly, lives in a ratty robe and walks around completely disheveled with only his dog, Chico, for companionship.

In addition to all of this, he seems to be suffering from writer's block. For those who have seen the trailer already, this is where Shooter comes in.

He claims that Mort plagiarized a short story and demands not only that Mort prove otherwise (if he can), but that "fix[es] the ending."

Having been born and raised Southern, I've always had a great love for Southern accents but John Turturro brings a new meaning to the word creepy with John Shooter's lazy Mississippi dialect.

In accent, vocal inflection, body language and slow, intense confidence, Turturro creates a villain that exudes intimidation.

Predictably, this is completely Johnny Depp's show, literally from the first frame.

The film opens on an intense close-up of Mort, sitting in his car, trying to convince himself to leave a hotel where his wife is staying with her lover (Timothy Hutton).

We go from complete black to Depp's face, and

it's a great way to begin the film. In fact, a majority of the movie is Mort on his own in the cabin, and if any actor can keep us entertained all by himself, it's Johnny Depp.

All of that said, while "Secret Window" is good, it's not perfect. It takes too long to thicken the plot; the pace isn't too slow, but almost.

It's made to seem slower than it actually is because so many of the red herrings and false "jump" moments are so typical of suspense films these days, everyone in the audience spotted them a mile away.

We've already seen a million scary movies in our day—either feed us something new or get on with the plot.

The good news is, de-

“Predictably, this is completely Johnny Depp's show, literally from the first frame.”

spite the pacing problems and the horror cliché's, the characters are utterly rich and original.

This is a film where you can debate and read into different aspects of the plot and character and have five different theories about the events of the film.

The good aspect of the slow pace is that it does give us time to get to know the characters: slow pace isn't always a bad thing.

There are some slow moments and some parts where you just can't help but fidget in your seat or roll your eyes at the predictability, but these are minor things and the parts that are predictable aren't the larger, more important plot points.

The entire cast is at the top of their game, especially Johnny Depp.

The character of Mort is so unique, no other actor could have done him justice.

Depp embraces Mort's flaws and deep neuroses to create a truly memorable character in an above average story.

Directed by David Koepp
Starring Johnny Depp,
John Turturro, Maria Bello,
Timothy Hutton and Charles
S. Dutton

Rating 3 out of 5 stars
Rated PG-13 for violence,
terror, sexual content, and
language

Harbor Espresso Café offers a relaxing studying environment

If Starbucks is closed, here's the place to go for an evening study session

By Channele Layman
Asst. Layout and Design Manager

You're settling in for a big night of studying. You have your books, snacks and a couple friends to help out. The only thing missing is a tall cup of coffee or hot chocolate. For those occasions when Einstein's doesn't offer what you need (or is temporarily closed) and Starbucks isn't worth the line, your studying needs will be best met at the Harbor Espresso Café.

Restaurant Review

Tucked in the development of Port Warwick, the Harbor Café offers an urban casual environment with light sandwiches and delicious drinks.

Harbor Café's friendly atmosphere, combined with its upbeat appeal, distinguishes the coffee shop from its competitors. Students will find Harbor Café to

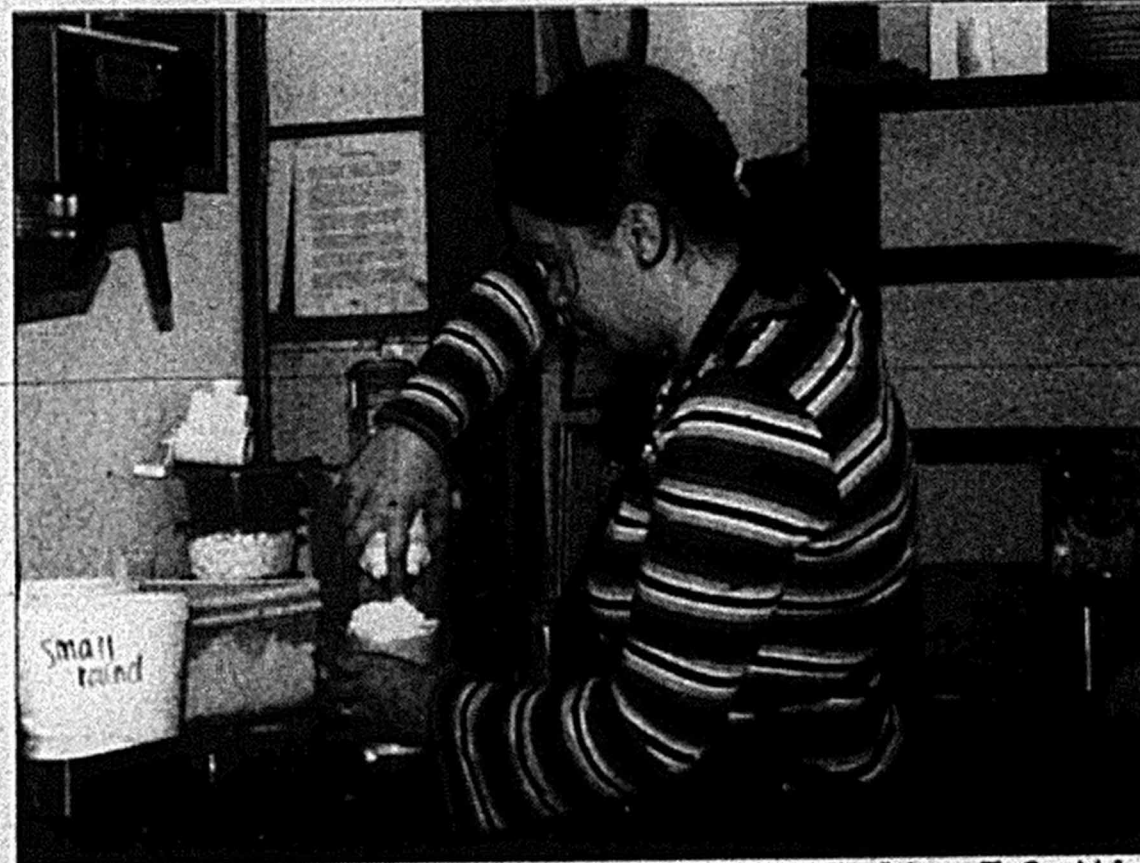
be not only the source of excellent drinks and dishes, but also a convenient, and often quieter, place to study or pass the time. Pull up a seat at the bar, or grab a table, and relax for a while.

The waiters and waitresses complete the friendly mood at Harbor Café. For regulars, they find the time to say a quick hello and catch up on yesterday's happenings. For first-timers or infrequent visitors, a pleasant smile and warm persona greet you as you order.

Catch them at an off-hour and they even have time to sit down and enjoy a drink with you, should you want it. Perhaps it is because of the casual, friendly elements that Harbor Café's popularity is increasing. Steady streams of patrons visit both Cafés and prompt service ensures each customer's happy exit.

On the menu, you will find a modest selection of various Williamsburg coffees and teas, as well as various fruit drinks. Drinks are served in classic tall, grande and vente sizes.

However, Harbor Café distinguishes itself from others by bringing your order to you, an advantage of still being a small-scale coffee shop. Also, Harbor Café serves various desserts, sandwiches and



Channele Layman/The Captain's Log

Joanna Schlavone, a worker at the Harbor Espresso Café, adds whipped cream to a strawberry-banana smoothie.

soups. The soup is limited to a special soup of the day, and the only offered sandwiches are the most generic. Also, the sandwiches are slightly smaller than those at sandwich restaurants, a typical trend for coffee shops. Everything on the menu is worth a try; drop by, pick up a sandwich and a drink and en-

joy your evening.

Prices are comparable to other coffee shops in the area. Drinks range from two to five dollars, and sandwiches are about the same. Expect the same size portions that you would at any other small coffee shop.

Altogether, Harbor Café pro-

vides a quieter version of Starbucks or Einstein's.

Offering similar drinks and food, this coffee shop will most likely fulfill your study-session needs, or your mid-afternoon breaks just as well as any other in the area. Its distinguishing features are the pleasant staff and the warm, quiet environment. Students will find Harbor Café a welcome break from crowded coffee shops with long lines.

For those wanting something different, Harbor Espresso Café has two different locations.

The closest to campus is located in Port Warwick, at Styron Square, Newport News, Virginia, 23606. The other is located at 321 Chatham Drive, Newport News, Virginia, 23602. For information about Harbor Espresso Café, you can call 757-989-5883 or fax 757-989-6654.

Both stores keep hours from 6 a.m. to 9 p.m. Monday through Thursday, 6 a.m. to 11 p.m. Friday, 7 a.m. to 11 p.m. Saturday, and 8 a.m. to 6 p.m. on Sunday.

You can also check out their menu and other information online at www.theharborcafe.com.

On the finger-lickin' good scale, Harbor Espresso Café receives 3 and a half out of 5 fingers.

SEVENDUST, from page 8

combination of bad mixing, but more likely a result of poor instrument tone and crowded airwaves.

Ill Niño definitely had the best light show of the evening, although the ex-

“Sevendust stole the show... They completely rocked the house and played with all their heart. They were awesome.”

-Kieran Todd of Norfolk

cessive flashings and spiraling of lights on stage did its part in taking away from the band's performance.

At one point in their set, Sevendust guitarist Clint Lowery provided additional guitar and vocals.

Sevendust took the stage just after 10 o'clock. With an intensity and energy unparalleled to that of their openers, Sevendust began the show with their first hit single, "Black," the crowd instantly erupted into frenzy, immediately summoning up two separate mosh pits on the NorVa's relatively small floor area.

The band powered through material covering their four-album history, leaving hardly any time gaps between songs.

They filled much of the empty space with mini drum and guitar compositions, almost as a preparation for the band's full attack.

Their live sound is about as intense as it gets -

precise, driving and crisp.

It was clear that the band has a knack for feeding off crowd energy, as interaction was extremely high during the show's entirety.

Sevendust also showcased a more serious side, most remarkably on the ballad "Angel's Son."

The song was originally written in honor of the passing of a friend of the band, but was given new meaning after the death of lead singer Lajon Witherspoon's brother in 2002.

The band's ability to summon extreme emotions into their music was unmistakably evident here; Witherspoon shed tears throughout the song's entirety.

"You don't mind if we have a little fun up here, do you guys?" said Witherspoon during a break.

The band then invited Ill Niño back to the stage for a toast of shots to celebrate a successful tour together.

The two bands remained on stage together for the remainder of the band's set, members of Ill Niño sang along and leapt into the crowd of eager fans.

"Sevendust stole the show," said Kieran Todd of Norfolk after the show. "They completely rocked the house and played with all their heart. They were awesome."

Many concertgoers also remarked on the excellence of the Sevendust performance, as many left hollering in excitement.

Element Eighty and Ill Niño will continue to tour together throughout March. Sevendust, who are also planning an acoustic album and companion DVD, will continue their tour across the U.S. and Australia.

The Captain's Log

Reality sucks ... at least on TV

By Jonathan Page
Staff Writer

Television Commentary

I was watching "American Idol" the other night, wondering whether the "pen salesman" or, as Paula Abdul might say, "America's Heartthrob," would make it through to the round of 12. A commercial happened to flash up and remind me that on Friday, the new reality show "Playing it Straight" would premiere. This show will challenge a woman to pick a heterosexual mate from a group of men, some heterosexual, others homosexual. With this, I thought to myself, we are seeing how desperate network executives are becoming for ratings.

According to realitytvcalendar.com, there are currently 51 reality programs airing on television, ranging from "American Idol" to "While You Were Out." Another 17 programs are either coming soon or in production. If you do a "google search" for "reality television," over 4 million results return, showing that this is a fad that is not going away soon. This does not mean that the programming is good, however.

FOX, in my opinion, is by far the worst network when it comes to reality television. I will give them "American Idol," which is sure to be a hit for another couple of years. All of FOX's other "reality" ideas have been trash. Recently, FOX aired "The Littlest Groom," which mocked ABC's "The

Bachelor" by giving a midget his choice of women - short and tall alike - one of which he could propose to. This would be a good idea, if ... oh wait ... it's probably the worst idea ever. Not only do we not need more shows with the "Bachelor" concept, but this one happens to make fun of dwarfism. What is next, a show entitled "Syphilis Bride"?

"Playing it Straight" will probably not be much better. The commercials for the show have advertised the show as being an opportunity for viewers to test their "gay-dar." I am not exactly a stickler for political correctness, but if shows like this are being allowed on the air, we might as well put in clips of Janet Jackson's breast in the middle of them because that would be no worse.

Some reality television shows aren't verbally or visually offensive, like UPN's "America's Next Top Model." Shows like these are quite offensive to the mind. On this show, contestants transform from ordinary into ... well, ordinary, but attractive. Do they perform tasks of a model? If those include being backup dancers in executive producer Tyra Banks's first music video, then yes. Backup dancers for a model? In a music video? Well, I could watch this, but I think a more pleasurable option would be to go to Mexico and drink the tap water.

Even shows that have been good in the past are getting a little shaky. On "Survivor: All Stars," two contestants have already quit the game, making for less drama, which is what makes

the show worth watching to begin with. "American Idol" has had its worst set of auditions in its three seasons and "Fear Factor" is just a little too extreme for my taste.

So what does this leave us to watch? There are always music videos - oh, never mind. MTV now shows reruns of "Newlyweds" and "Tail-daters" instead of videos. And "TRL" is just plain bad.

Even ESPN, a sports network, has thrown its hat into the reality television ring with "Dream Job," which gives a contestant the opportunity to become an anchor on "SportsCenter." The concept is good, but judging by the pool of finalists, I will have to get my sports news from someone who has the verbal communication skills of a mime.

Some who obsess over reality television have taken their voice to the Internet. One group, OrwellProject.com, has created a database of all reality shows, along with casting calls for those who want to be involved in reality shows.

Network executives, I have a proposal for you: Instead of more reality programs, let's take a break from reality and put on more shows that make us want to have our heads in front of a television instead of a toilet.

If you have to be so insistent about putting reality programs on, maybe put on shows that will entertain rather than degrade the mind.

Hest signs with Columbia, offers students music to which they can relate

By Michael Combs
Staff Writer

Ari Hest, a guitar playing singer/songwriter, came to Gaines Theatre last Wednesday and gave many in the audience a variety of songs they could relate to.

About three weeks ago, Hest put an end to his independent music career and signed with Columbia Records. At the age of 24, Hest felt it was time to try and sign to a major label. While Hest believes that some of his fans do not like him joining Columbia, he has received nothing but positive e-mails from his fans.

"There're people out there that think it is the wrong move for me, I've had those feelings myself at times," said Hest.

On his official Web site Hest wrote a letter to his fans explaining his decision, how tough it was and how he feels about the signing.

"I choose to look at this as an opportunity to spread my music out to a larger audience, one that can open new doors for me musically, and one that I have always wanted to take on," said the letter to his fans.

Hest has played over 400 shows all across the country since 2001, promoting himself with the help of friends.

"There is a feeling you get when you do this," said Hest, "its therapeutic for me. I write songs about myself and things I need to get out of my system and every night I can get it out of my system. To have an audience come up to you after the show and say that a song meant something to me, it is a great feeling."

Hest, whose father is a professor of music and mother who is a professional singer, began to play guitar at 15. He started out playing songs from the radio by artists such as Counting Crows, Dave Matthews Band and Pearl Jam. However, when he began to write his own music, he wrote a pop/folk sound that was influenced by Paul Simon and the Beatles.

Living in New York Hest would play shows at fraternity houses once a month at Cornell. After his first two years at Cornell, Hest transferred to NYU where he graduated with a major in communications.

While at NYU, Hest played many coffee shops and clubs gathering a fan base along the way.

On Wednesday Hest covered Peter Dinklage's "Mercy Street" and said he chooses songs to cover based on what he likes and what he can "make his own."

"I like when I can pull off a cover that sounds slightly different," said Hest.

'Mystic River' is a must-see

By Annie Ferenbach
Contributing Writer

Originally released to theaters last Oct. 15, "Mystic River" returned to theaters because of all the Oscar and Golden Globes buzz and acclaim.

I was eager to see this film when it was initially released, attracted by the cast and the trailers, but missed my chance. I'm glad Warner Brothers is smartly capitalizing on the awards buzz and giving the moviegoers a second chance to catch this incredible film on the big screen.

"Mystic River" is a film of many genres beyond its most obvious. First and foremost it is a murder mystery, but it holds so much more emotion, depth and pathos than your typical mystery. Lead by a remarkable, once-in-a-lifetime-great cast, legendary director and a powerful script, "Mystic River" might just have been a shoo-in for this year's Best Picture if it weren't for Peter Jackson's "Lord of the Rings."

The film centers around three Boston men (though we are introduced to them

when they are just boys). Jimmy (Sean Penn) is an ex-criminal raising a family with wife Annabeth (the wonderful Laura Linney); Sean (Kevin Bacon) is a cop recently spurned by his wife; Dave (Tim Robbins) is a man living with a traumatic past trying to raise his son with his wife Celeste (Marcia Gay Harden). These men were close when they were children and later drifted apart, but are thrust back together in the midst of Jimmy's violent family tragedy.

Every time you think you might know where the film is going and who the killer is, you're thrown in the exact opposite direction. It's a mystery that keeps you guessing right up until the thrilling climax, and the slick plot, galvanizing grief and pain the actors supply keep you glued to the screen.

Penn, Robbins and Harden (not to mention Eastwood) most definitely deserve the Oscars they're nominated for, and I wish Linney could've been nominated as well. This is truly a dream cast and each player is at the top of their game. Penn's grief is so jarring and palpable at points, it almost

makes you uncomfortable to be privy. You have to pinch yourself to remember it's not real.

"Mystic River" has all the makings of a classic Greek tragedy. Sean and Jimmy constantly wonder how their lives would be different if they had been abducted and abused instead of Dave. Parents wonder what they would do in Jimmy's shoes - how do you handle a parent's worst nightmare?

Not every question raised in and by "Mystic River" is answered, and many are impossible to answer. But no film in recent memory has so expertly woven together compelling themes, complex characters and a shockingly unpredictable story with such a talented group of artists putting it all together.

Directed by Clint Eastwood

Starring Sean Penn, Tim Robbins, Kevin Bacon, Marcia Gay Harden, Laurence Fishburne, Laura Linney and Tom Guiry

Rated R for language and violence

Rating 5 out of 5 stars

PARAVONIAN, from page 8

standably so. This friend happened to have a disability that led to hilarious consequences. He also was a hit with the audience.

"My favorite part was when he talked about his buddy's prosthetic leg," said freshman Casey Brigman.

One particular joke involved a skiing accident in which this friend appeared to be severely injured to passers by, but was actually perfectly fine.

Hilarity ensued. Ah yes, to be a comedian and have a friend with a prosthetic leg. It's the gift that keeps on giving.

Paravonian continued his show with more jabs at musical genera, especially his two favorite targets: country and hip-hop.

"Anybody here like country?" Paravonian asked. Several hands went up. "I can play some country if you want; I know both chords."

Again with the "popular music is so simple, anyone

can do it" bit. Yawn.

Paravonian's next jab, though, was at P. Diddy, and this bit was genuinely funny. "I'm not a big Puff Daddy fan, but he's the one that got me into listening to rap," Paravonian said.

"Every time I hear a Puff Daddy song, I think it's a song I know."

He begins playing Led Zeppelin's "Kashmir." "Oh, hey, Zeppelin," he said, beginning a Puffy-like intro of "uh, yeah, uh-huh."

"It's a good thing Puff Daddy didn't live 300 years ago," he continued, "or we would have heard this."

He began playing Bach's "Minuet in G" before once again voicing over a Puffy-esque "yeah, uh, come on."

Genius. The thing that separated Paravonian from a lot of comics was his apparent intelligence.

Although he sang a song about getting a negative score on the SAT, it was clear that he had a rather wide knowledge base, especially

in music.

The Bach reference was an example. He also worked in other jokes about classical music, Mario Brothers, Lynyrd Skynyrd and even psychological theory.

This made for an interesting show. With Paravonian, the jokes came so fast that it didn't matter if you only got half of them; you could still be entertained.

With references to nearly every genre of music and jokes about everyone from Pavlov to Pachelbel, Rob Paravonian truly is a unique performer.

Even if there were portions of his show that were clichéd and overdone (and he was nothing like Adam Sandler, as the school's e-mail said), Paravonian still managed to elicit a robust chortle from the majority of people in attendance.

He also left us with this important tip: whatever you do, "don't blow up your school."

Subway Station Wants You!

* Subway Station is seeking energetic individuals to work shifts on **Weekends, Mondays, Wednesdays and Fridays** in their restaurant directly across from CNU on Warwick Blvd.

* Subway Station is an employer that provides flexible part time and full time hours, a fun and friendly working environment, and will work around your class schedule.

Apply in person Today!

Comics and Crosswords

Mystic Stars

Weekly Horoscope
For March 15-21

By Lasha Seniuk
Knight Rider/Tribune News Service

Aries (March 21-April 20). Unexpected invitations may cause giddy excitement or fast social acceptance. Previously absent or distant friends will return to the group. After Tuesday, expect social and romantic overtures to be compelling and unavoidable. Respond honestly and ask for solid commitments. At present, lovers and potential friends need obvious signals. Thursday through Sunday, financial plans require detailed discussion.

Taurus (April 21-May 20). Over the next six days, intimate relationships will demand diplomacy. After lengthy discussions, loved ones may still rely on misinformation. Areas affected are verbal promises from close relatives, strained social relations or mistaken dates and times. Stay focused on the truth and wait for improvement. By early next week, new options will emerge. Friday through Sunday also highlight minor physical ailments and low energy.

Gemini (May 21-June 21). Loved ones may need encouragement to resolve old regrets or past social mistakes. Although private loyalties are a key concern, family promises or abandoned home expectations may also be affected. Stay focused and ask for detailed explanations of all group decisions. After midweek, powerful dreams may reveal unique information. Pay special attention to romantic insights. Someone close may be craving added freedom. Don't hesitate to ask probing questions.

Cancer (June 22-July 22). Emotional triangles between friends may be unusually draining over the next six days. After Tuesday, respond quickly to pointed questions, late social revisions or sudden overtures for your loyalty. Listen closely to minor comments and expect ongoing disagreements to be permanently resolved before next week. Friday through Sunday, spend extra time with older relatives or isolated friends. Your insight, empathy and attention to detail will be greatly appreciated.

Leo (July 23-Aug. 22). Recent social events or disagreements may trigger silent tensions. Over the next six days, refuse to be drawn into dramatic discussions with friends, relatives or romantic partners. At present, loved ones may wish to privately resolve their own issues or questions. Remain quietly detached and watch for meaningful improvement. After Saturday, messages from the past or business news may arrive. Financial opportunity and job placement are accented. Stay active.

Virgo (Aug. 23-Sept. 22). Facts, figures and vital documents may lead to valuable financial opportunities. Monday through Thursday, watch legal permissions, fast announcements and revised investment schemes for promising starts. Some Virgos may also receive a unique request from a public figure. If so, expect group participation, business creativity or unusual duties to be continuing themes. After Saturday, rest and study dream messages. Social insights will be vivid and accurate.

Libra (Sept. 23-Oct. 23). Complex impressions and sudden glimpses of wisdom are available over the next three days. Some Librans, especially those born in September, may also encounter an opportunity to explore unique forms of spiritualism. Respond quickly to the inner voice; this is the right time to trust your instincts and ask probing personal questions. After Wednesday, job routines may change. New projects, revised payments or added duties are accented. Check facts and numbers for errors.

Scorpio (Oct. 24-Nov. 22). Over the next few days, private attractions may be made public. Before midweek, expect close friends or new lovers to openly push for a bold display of affection. Powerful decisions, vital promises and long-term commitments may be at issue. Respond in the moment and expect honesty in return. After Friday, younger relatives may request delicate financial or business advice. Career changes and disputes with authority figures are accented.

Sagittarius (Nov. 23-Dec. 21). Friends and colleagues will expect fair treatment and public recognition over the next six days. Minor disagreements can be quickly resolved by ensuring a high level of group acceptance. Respect, social belonging and earned workplace rewards are vital issues. Promote team participation and wait for change. After Friday, romantic invitations may arrive without warning. Physical attraction and new love affairs will demand diplomacy; don't avoid difficult decisions.

Capricorn (Dec. 22-Jan. 20). Before midweek, a close friend or relative may ask for delicate advice concerning a family dispute or group financial venture. Repeated patterns, delayed decisions and social disapproval may all be at issue. Encourage independent thinking and creative solutions. Change, although controversial, will prove healthy. Thursday through Sunday, romantic discussions work to your advantage. Loved ones may reveal unusual expectations. Remain attentive to minor comments.

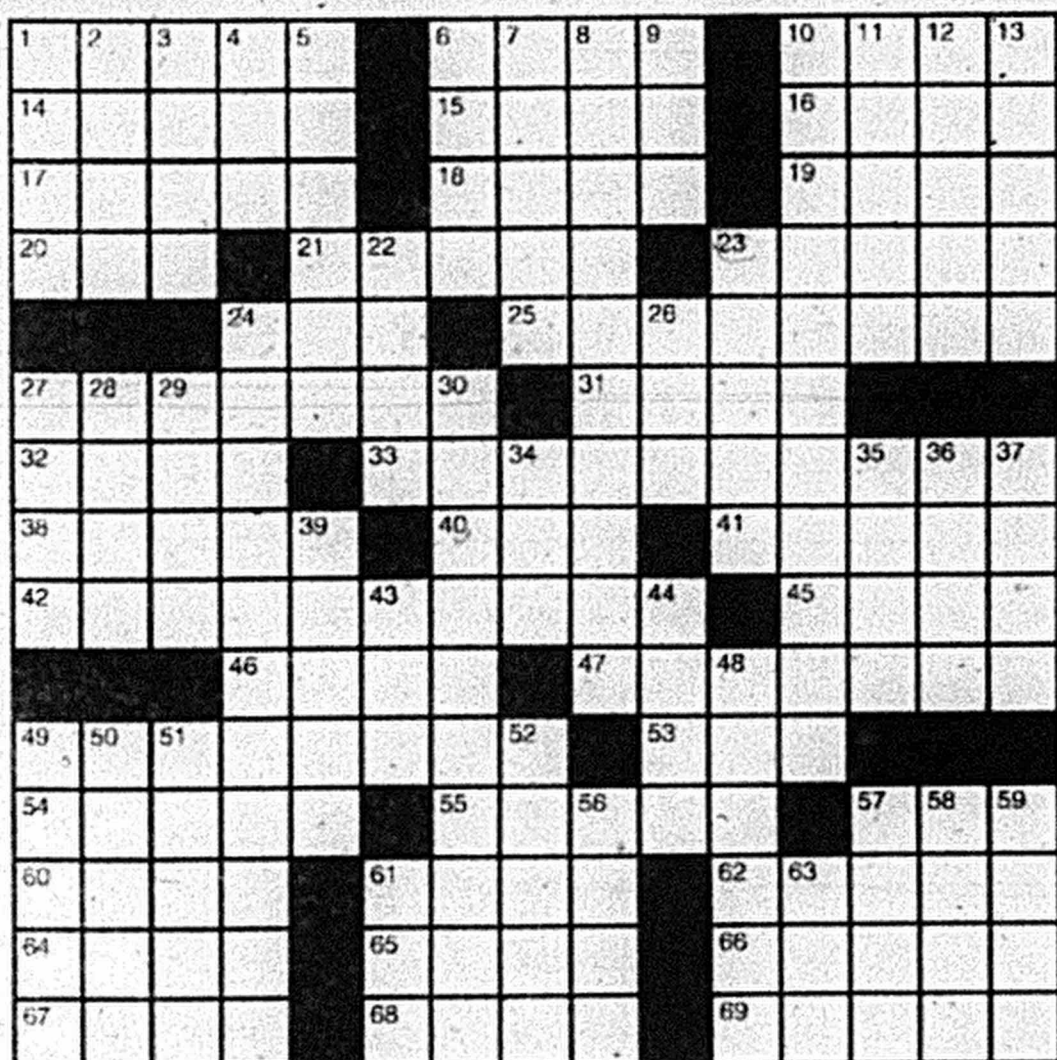
Aquarius (Jan. 21-Feb. 19). Romantic and family promises may be especially demanding over the next few days. After Tuesday, expect loved ones to be moody, emotionally distant or briefly unresponsive. Remain cautious, however, and expect long-term goals to soon be revealed. Later this week, subtle discussions clarify social differences. Obligations from the past will need to be permanently resolved. Ask for meaningful progress and revised commitments, you won't be disappointed.

Pisces (Feb. 20-March 20). Bosses or managers may reveal a complicated series of past mistakes. Numbers, financial calculations and important documents may be at issue. Listen carefully to new instructions and avoid taking on extra duties. Precise facts and new dedication are needed for lasting success. After Friday, a close friend may need to discuss a private family problem or difficult romantic choice. Opt for silent support. At present, bold opinions may cause tension.

If your birthday is this week ... Take extra time to finalize business documents, legal paperwork or financial applications over the next two months. Planetary alignments indicate that accurate facts, figures or calculations are vital for lasting success. Minor mistakes will tend to recur or cause costly delays. I possible, avoid risky proposals. May 18 through July 7 also highlight complex romantic choices, serious family discussions and passionate social encounters. Relationships begun during this time will quickly become permanent and may, in some cases, cause controversy. Trust your instincts, however, and ask for family acceptance. Much of 2004 will bring delightful romantic progress and unique social possibilities.

Crossword

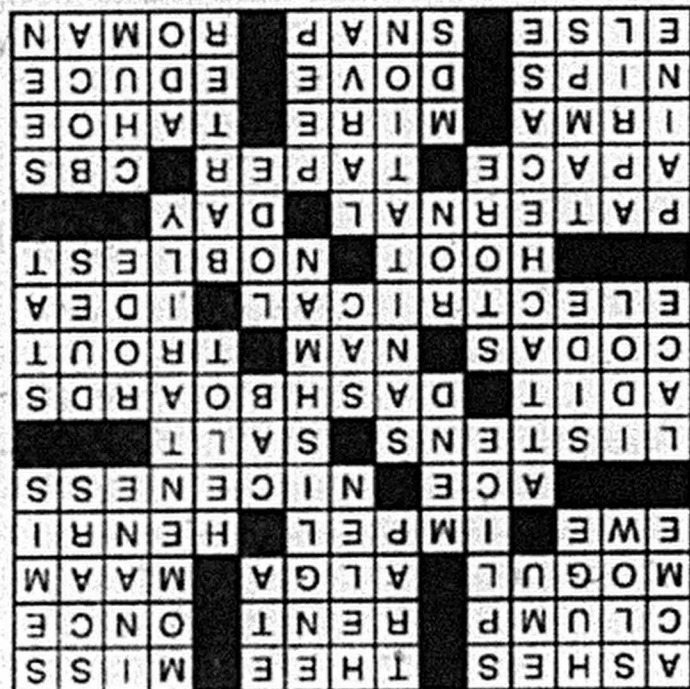
- ACROSS
- 1 Hearth sweepings
 - 6 Quaker pronoun
 - 10 Wide shot
 - 14 Thicket
 - 15 Tenant's expense
 - 16 Beginning of fairy tales
 - 17 Magnate
 - 18 Kelp, e.g.
 - 19 Lady's address
 - 20 Flock mother
 - 21 Drive forward
 - 23 Rousseau or Matisse
 - 24 Opening-day pitcher
 - 25 Amiability
 - 27 Pays heed
 - 31 Granular seasoning
 - 32 Mine entrance
 - 33 Car panels
 - 38 Concluding passages
 - 40 "Platoon" setting, briefly
 - 41 Freshwater fish
 - 42 Word with power or storm
 - 45 Brainchild
 - 46 Owl call
 - 47 Most honorable
 - 49 Fatherly
 - 53 Calendar unit
 - 54 Swiftly
 - 55 Come to a point
 - 57 "JAG" network
 - 60 "la Douce"
 - 61 Soggy ground
 - 62 Lake by Reno
 - 64 Small drinks
 - 65 Hawk's opposite
 - 66 Draw out
 - 67 Otherwise
 - 68 Crackle and
 - 69 Director Polanski
- DOWN
- 1 Summit
 - 2 Snail's pace
 - 3 Enormous
 - 4 Cassowary cousin
 - 5 Edit film
 - 6 Snare
 - 7 Gurley Brown or
 - 8 Man from
 - 9 Greek letter
 - 10 For an instant
 - 11 Silly
 - 12 Wound marks
 - 13 Big rigs
 - 22 Repair
 - 23 Spartan serf
 - 24 Business tote
 - 26 Hack
 - 27 Ornamental fringe
 - 28 Screen star
 - 29 Lateral part
 - 30 Disposal of sewage
 - 34 Pouchlike structure
 - 35 Commuted
 - 36 Club expense
 - 37 Sports fig.
 - 39 Put in molhballs
 - 43 Howard or Leibman
 - 44 Rich source
 - 48 Cashless trade
 - 49 "Common Sense" writer
 - 50 Showery month
 - 51 Packs down tightly
 - 52 Insect stage
 - 56 Furtive glance
 - 57 Buddy
 - 58 "Ratón, FL"
 - 59 Witnessed
 - 61 GPs
 - 63 Bother



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Solutions



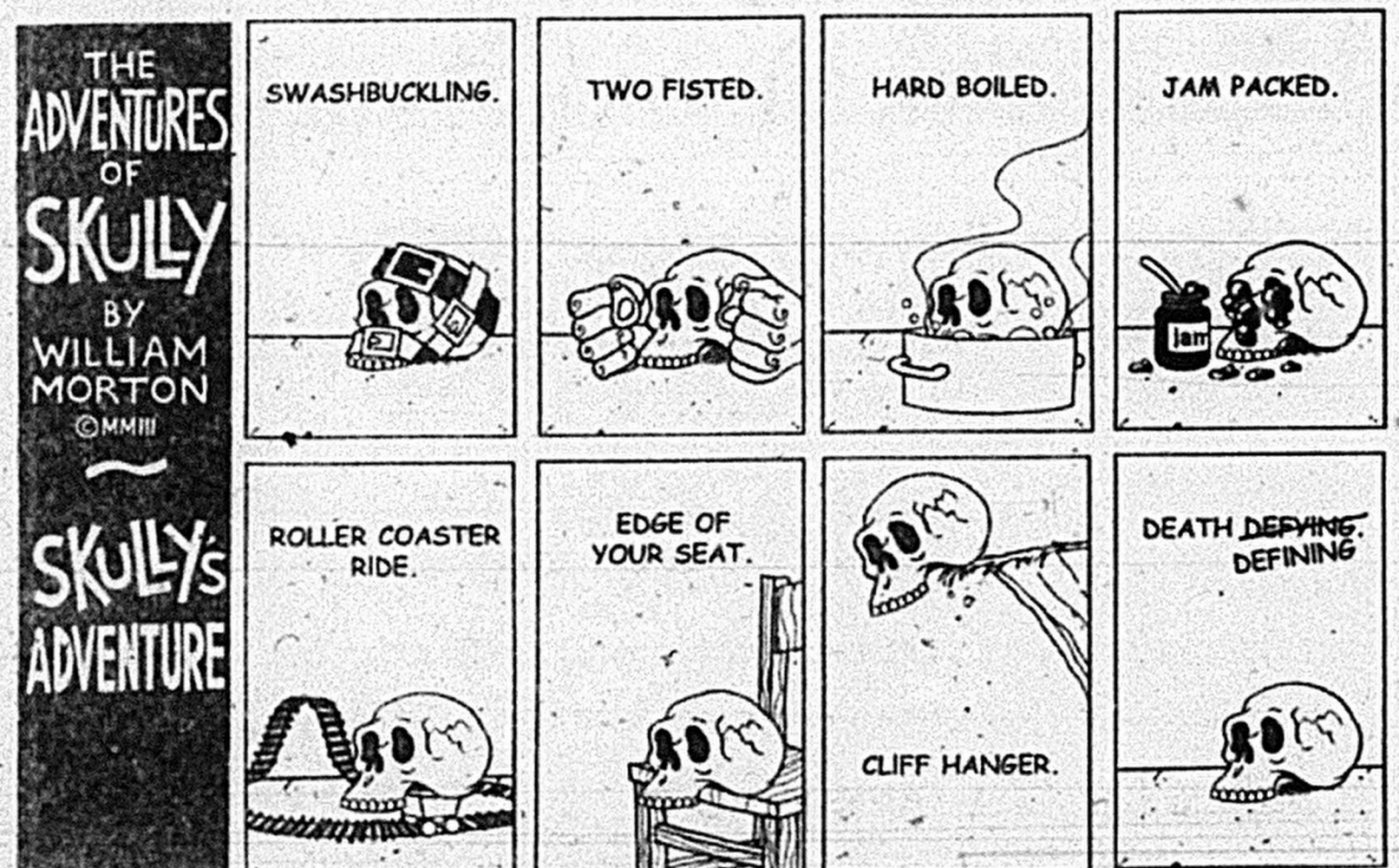
CAPTAIN RIBMAN in A Friend in Need

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#183

Sports

NHL: A barbaric sport?

Bertuzzi's controversial hit violent or justified?

By Tom Geary
Staff Columnist

It was the shot heard 'round the world. Or at least in Canada.

Last week's cheap shot by Vancouver's Todd Bertuzzi shocked the sports world and gave the NHL a black eye.

Bertuzzi, who left Colorado's Steve Moore hospitalized with a fractured neck and facial lacerations, was given a swift and severe punishment — a suspension from hockey for at least the rest of the season and the playoffs as well as a loss of \$500,000 in pay.

Sports columnists and TV analysts condemned Bertuzzi for the blindside punch and praised the NHL's decision to suspend him.

Terry Frei of ESPN.com jumped on the bandwagon and labeled Bertuzzi's "cowardly" actions "beyond sickening."

While I don't condone blindside punches or breaking your enemies' necks, I don't think that Bertuzzi should be made out to be the devil in this situation. Take a look at the context.

Sure, it was a nasty hit and Moore was severely injured. But violence is a part of hockey's inherent nature. And maybe it isn't such a bad thing.

We're talking about a sport in which fights occur almost every game. Most fights are spontaneous, but some are premeditated.

If your team is down by a few goals late in the game, send in your goon. Show the opposition and the crowd that your team isn't a bunch of pushovers.

Bertuzzi isn't your typical goon, but his team was trailing 8-2 to its Northwest Division rivals, the Avalanche (the game ended 9-2). With the season quickly approaching the postseason, the Canucks couldn't face a loss like this.

And it's not like Moore was an innocent lamb that a beastly Bertuzzi slaughtered and left for dead.

Moore put a punishing hit on Canucks captain Markus Naslund just a few weeks prior, sidelining Naslund with a concussion.

Bertuzzi was just doing his job. This is sports. Payback and aggression are preferred over turning the other cheek. Bertuzzi tried instigating a fight with Moore prior to the incident, so it's not like Moore was completely not expecting it.

Besides, with the NHL's ratings plummeting outside of Canada and its revenue suffering, a widely-talked about incident like this brings more attention to the sport. That may sound bad, but it's just how things work.

People want to watch the hardest hits and the unpredictable moments. Why do you think they keep re-playing Bertuzzi's hit on TV every five minutes?

Bertuzzi's attack was dirty and vicious, but it's all part of the game. To blackball Bertuzzi or jail him for assault is unfair. Recognize the context of the situation and cut him a break.

Will Summers/The Captain's Log

The CNU Sailing team kicked off its spring season during its annual Icefree Regatta. Sophomore skipper Will McCabe and his crew Valerie Gulnn, junior, lead rivals Salisbury State University back to the finish line. CNU and Salisbury were in a close battle for third place throughout the regatta. Out of the eight teams competing in the regatta, CNU finished fourth overall, behind Ocean County, Georgetown and Salisbury State. Fierce sailing in high winds on Saturday and steady concentration during the calmer conditions on Sunday placed CNU ahead of Webb, William and Mary, UVA and the University of Maryland Baltimore County. "The participants thoroughly enjoyed themselves," said Sailing Coach Dan Winter. "We were well pleased with the performance of the CNU team members."

Captains fall to Greensboro 13-3 in game one of their weekend doubleheader; grab game two behind Cosby

By Rob Silsbee
Assistant Sports Editor

The Captains were on the road last weekend as they took on the Greensboro Pride. The Captains have motored early six games over .500 before Saturday with a 9-3 overall record. The Captains were handling conference play with a 5-1 record entering the doubleheader against the Pride.

Eben Brower was set to take the hill in the first half of the doubleheader. The Captains had to be confident behind Brower as he has gone 3-0 with 30 strikeouts in 22 innings pitched. However, Brower faltered for the first

time all season against the Pride. Allowing eight runs on 10 hits and five innings pitched.

The Pride went up four entering the sixth inning when the Captains responded with three runs on a Trey Collier RBI and Charlie Hardie two-RBI singles.

However, when Brower took the hill in the bottom half, Greensboro pounded another three hits for two more runs.

The Captains couldn't respond after the Pride added nine runs in the bottom of the sixth. The 13-3 loss was charged to Brower in the seven-inning first game before the Captains looked for vengeance in the second half

of the doubleheader.

Mike Cosby was etched in to start the second game and did so with authority. After he gave up one run in the first, he was locked in and burning through the opposing lineup. The teams seemed to switch roles as the Captains steadily poured on the offense behind Cosby's performance.

Cosby went eight innings, allowing just eight hits and two earned runs. He struck out nine as he improved to 3-2 in the 12-2 win over the Pride. Dave Diebler led the team in both games going 2-for-3 in the first game and 2-for-5 with two RBI's in the nightcap. Garrett Robinson added three RBI's

on two hits in the second game. Jason Moody finished 2-for-2 and Charlie Hardie went 2-for-4.

Last week's USA South Baseball Player of the Week John Corbin added productive hits in the second game going 2-for-4 with an RBI.

After the split, both teams had a good nights rest before coming together again on Sunday for the series cap. After slaughtering each other the day before a good fight was expected between the Captains and the Pride on Sunday.

Steven Mingee started against the bombers of Greensboro and felt the effect of their offense right away. Mingee gave up a

two-run homerun in the first inning before buckling down. The offense backed up Mingee with a five-run third inning.

The Captains earned the five-runs on small ball. A Jayson Basanes single, Ricky Medina walk, Corbin groundout, Diebler sacrifice fly, and a Moody single accounted for the five runs. Unfortunately a huge sixth inning for the Pride got the best of the CNU pitching staff.

The CNU baseball team fell to 10-5 after dropping two of the three games against Greensboro and is scheduled to take on Hampden-Sydney (5-9-1) at 3 p.m. Wednesday.

Lady Captains still searching for their first win of the season

Lacrosse team remains winless

By Sean Kennedy
Contributing Writer

A bad start to the season continued to get worse this past weekend for the women's lacrosse team. Playing through a tough opening schedule, which included the opener to Salisbury, the fourth-seeded team in the nation, the Lady Captains dropped two more games over the weekend to lower their record to 0-4.

CNU played at Catholic

University (2-2) on Saturday at the home opener of DuFour Field.

The Cardinals opened up a 5-3 halftime lead and never looked back; Catholic Senior Ali Jarden paced both teams with six goals to lead the Cardinals to a 16-7 victory. The Lady Captains were out shot 25-23.

Freshman Kristen Conques scored a team-high three goals while sophomore Sally Allstadt and freshman Kristyn Hankins each scored twice for the Lady Captains. Senior goalkeeper Elizabeth Werbiskis had five saves while Cardinal counterpart Sarah McGrath had 11.

On Sunday, the Lady Captains faced off against

Goucher (3-2) and dropped a 13-4 decision.

The Gophers led at the half 10-0 as the Lady Captains couldn't figure out how to get past Gopher goalkeeper Laura Webber.

The Lady Captains were finally able to score four points in the second half but Webber ended up with 15 saves on the afternoon, nine of which were in the first half.

Lady Captains' junior Elaine Kirby scored three times for the Lady Captains while Hankins added one in a losing effort. CNU was out shot 38-26.

"The score doesn't reflect the [Goucher] game at all, I think we actually played

with heart and actually went out and had fun," said freshman Hannah Seidl.

"We worked really hard as a team, and everyone put out 110 percent and ... if you were there to watch, you would have seen our heart out there," added fellow freshman Katie Ross.

The Lacrosse program is only four years old and is coming off of a best ever 7-7 year in which they reached the Dixie Conference finals.

This year's team is quite a bit younger than in years past.

The Lady Captains have five freshmen starting and playing most if not the whole game.

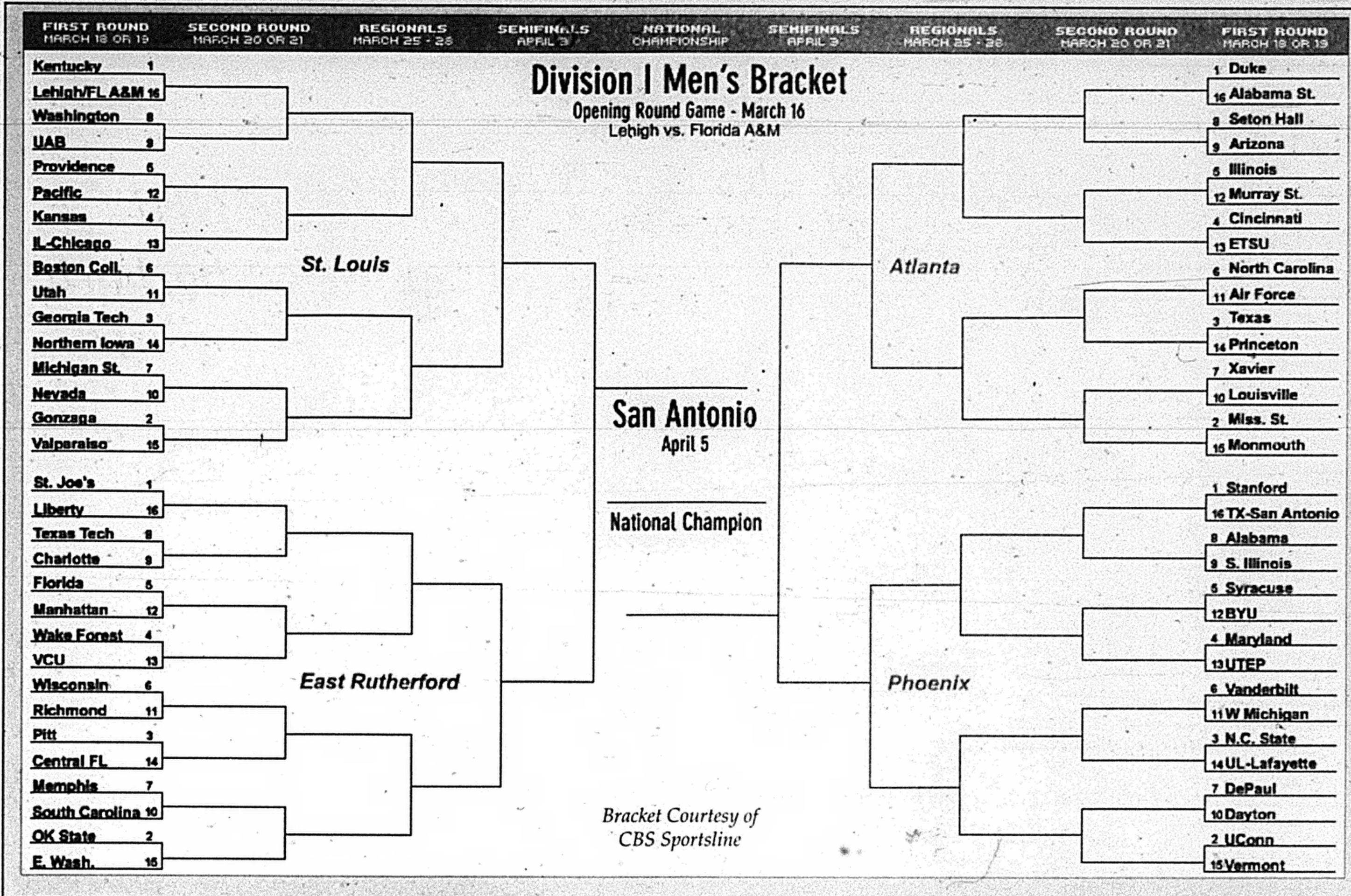
"They're great athletes,

they have great attitude, they come everyday to improve, they're eager. They're like sponges."

Sometimes when you have that much talent come in so quick, and the expectation level is so high on them, you have to go through your bumps and bruises with them," said Coach Kwame Lloyd.

"We're a young team and we're finally learning how to work together and come together as a team and we have a lot of young talent and a lot of old talent and we're just learning how to use it," said junior

See LACROSSE, pg 11



NCAA: The Big Dance predictions

By Gary Peterson
Knight Ridder Newspapers

Got your pencil? Got your eraser? Got your printable bracket? Got your thinking cap?

Get rid of your thinking cap. Thinking only gets you into trouble when it comes to filling out your NCAA Tournament bracket.

This is strictly an exercise in blufony. And while you're looking up "blufony," we're going to predict winners as if we actually knew what we were talking about.

Welcome to the St. Louis Regional. The first-round winners are Kentucky, UAB (over Washington; in case you haven't heard, the Pac-10 stinks this season), Providence, Kansas, Utah (in an upset of Boston College, after a surprise visit and pep talk from retired coach Rick Majerus), Georgia Tech, Michigan State and Gonzaga.

Second round: Kentucky, Kansas, Utah (after another surprise visit and pep talk from retired coach Rick Majerus) and Gonzaga.

Sweet 16: Kentucky over Kansas (looking back, Kansas' pratfall against Nevada should have counted as four losses), and Gonzaga over Utah (Rick Majerus skips his surprise appearance before the team to interview for the USF job).

Regional final: Kentucky over Gonzaga on a last-second 3-pointer by seldom used Matt Heissenbuttel.

On to the East Rutherford Regional. The first-round winners are Saint Joseph's (over Liberty, whose high point this season was, um, beating High Point), Texas Tech (inspired by an impassioned speech from celery-wielding Bob Knight), Florida, Wake Forest, Richmond (in a large upset of Wisconsin; in case you haven't heard, the Big Ten also stinks this season), Pittsburgh, Memphis (in an upset of South Carolina; come on, a Tiger vs. a Gamecock?), and Oklahoma State.

Second round: Texas Tech (in an upset of Saint Joseph's, after an impassioned speech by a hearts of Romaine-tossing Bob Knight), Florida, Pittsburgh and Oklahoma State.

Sweet 16: Texas Tech over Florida (after an impassioned speech by a radish-munching Bob Knight), and Pittsburgh over Oklahoma State.

Regional final: Pittsburgh over Texas Tech (after the game, a consoling Bob Knight takes his players to Fresh Choice).

Next up, the Atlanta Regional. The first-round winners are Duke (by 53 over Alabama State), Seton Hall (over Arizona; in case you haven't heard, the Pac-10 should be ashamed of itself this season), Illinois, Cincinnati (prompting a smile from coach Bob Huggins; no, wait, that was gas), North Carolina, Texas, Louisville (in a mild upset of Xavier) and Mississippi State.

Second round: Duke (by 45 over Seton Hall), Cincinnati (prompting a smirk from coach Bob Huggins; no, wait, that was a leer), Texas and Mississippi State.

Sweet 16: Duke over Cincinnati by 39 (prompting a grimace from coach Bob Huggins; no, wait, that's the way he always looks), and Mississippi State over Texas.

Regional final: Mississippi State over Duke in two overtimes (prompting an impassive look from Blue Devils coach Mike Krzyzewski).

Finally, the Phoenix Regional. The first-round winners are Stanford (OK, so the Pac-10 wasn't a total waste of time this season), Alabama, Syracuse, Maryland, Vanderbilt (over Western Michigan on a last-second put-back by center David Przybyszewski), North Carolina State, DePaul and Connecticut.

Second round: Alabama (in an upset of Stanford; OK, we changed our minds, the Pac-10 was a farce this season), Maryland (over Syracuse, in a matchup of the past two NCAA champions), North Carolina State and Connecticut.

Sweet 16: Maryland over Alabama, and Connecticut over North Carolina State.

Regional final: Connecticut over Maryland.

See how easy? Now we're at the Final Four in San Antonio, where: Mississippi State runs Connecticut halfway back to North Stonington, and Kentucky beats Pittsburgh.

LACROSSE, from pg 10

Hadley Silver.

"We have a lot of amazing talent. A lot of the freshman girls are really, really good and have a lot of confidence. I think we will be able to work together and pull it off at the end of the season when it really counts," said senior Carlina Figueroa.

This year's team still has a lot of games to play, and the schedule isn't going to lighten up anytime soon.

However, CNU hasn't played a conference game yet, and the lacrosse team has generally played well within the USA South and Coach Lloyd is looking forward to begin the conference schedule on Saturday at Greensboro, the reigning

USA South Champion.

But Lloyd believes that his team matches up well against most of the conference and made a bold statement on Sunday.

The Captains play next Saturday at Greensboro and then on Sunday at Roanoke. The Lady Captains' next home game is on Sunday, March 28 against Methodist.

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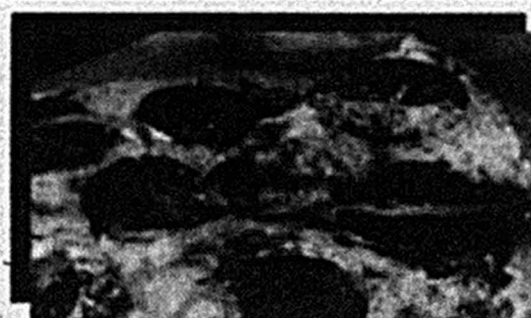
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Presentation attendance is required.

CHRISTOPHER NEWPORT UNIVERSITY
 Wednesday, March 17, 2004; 10:00 am
 ***Presentations at 10 a.m. and 4 p.m.
 in Student Center 150***



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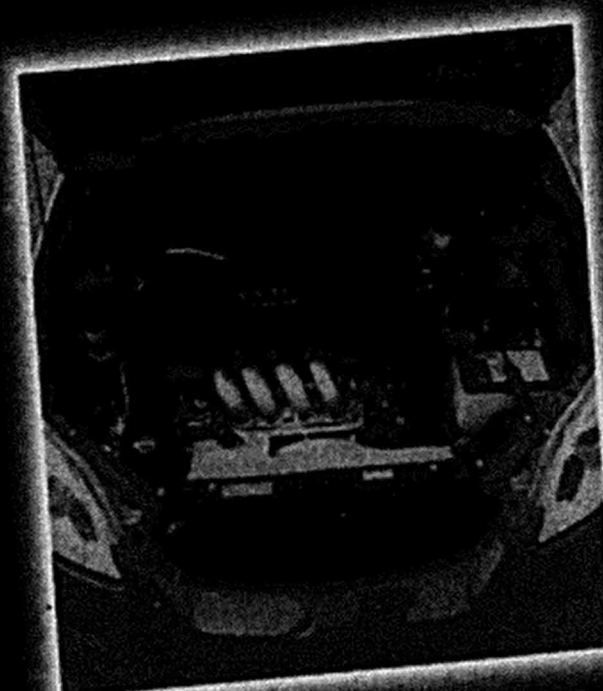
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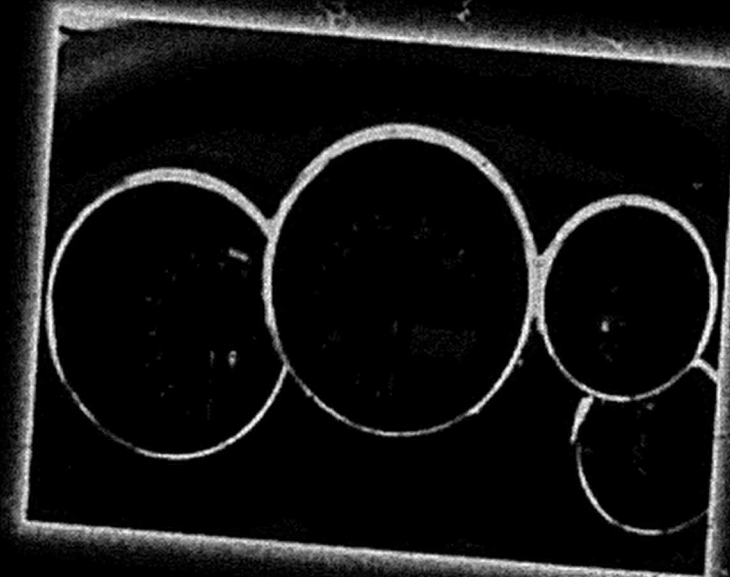
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