

# The Captain's Log

The Official Student Newspaper Of Christopher Newport University

Volume 36, Issue 18

Wednesday, February 23, 2005

www.cnu.edu/captainslog

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Anand Chhatpar (left), chief executive officer of BrainReactions, and Nate Altfeather, chief creative officer, stand with drawings used in conjunction with their company, Brain Reactions.

## Company sells students' ideas

By KATHLEEN GALLAGHER  
Milwaukee Journal Sentinel

When software maker Intuit Inc. decided to create a Web site to help young people use its Turbo Tax program, the company turned to two University of Wisconsin-Madison students for ideas on how to appeal to Generation Y.

Anand Chhatpar and Nate Altfeather went to work. The students, founders of BrainReactions LLC, held a two-hour brainstorming session with people they deemed to be the most creative on the Madison campus.

Participants got money and pizza for their ideas.

Two days later, a list of ideas, sketches and an executive summary were sent to Intuit.

A DVD of the session followed two weeks later.

Intuit used the ideas. For instance, the session found that people ages 18 to 24 connect better with symbols than words,

said Michael Maron, director of Intuit's trefund.com, a site that helps young taxpayers learn to use Turbo Tax to prepare their taxes.

"We've done focus groups at other colleges, but what's great is they have the process down and do a great job of recruiting people from different areas of the university," Maron said.

The company uses its founders' campus connections and mathematical formulas to determine how to staff each brainstorming session and evaluate participants.

The sessions are designed to harness 150 to 200 student ideas so companies can capitalize on them.

Students go through a screening process and must participate in one test run before they can become paid as what the company calls idea generators.

BrainReactions, started in July, has hundreds of student idea generators in its database and more than 10 clients that in-

clude Intuit and Bank of America, Chhatpar said.

He said the company is profitable, although he won't disclose numbers.

"College students contain an incredible creative resource that evaporates quickly after they are hired into real world jobs," said Altfeather, a graduate student in biological systems engineering.

Before starting BrainReactions, Chhatpar, a senior computer engineering major, organized informal brainstorming sessions with friends to solve problems for engineering contests, or just for fun.

During two summer internships in Pitney Bowes Inc. in the Shelton, Conn., office, he also had learned how important it is for companies to get new ideas.

So when Altfeather said after a brainstorming session that he thought they should try to deliver ideas from such sessions to big companies, Chhatpar was

SEE IDEAS, PAGE 3



Senior Jesse Thorpe plays guitar at a local show at Goodfellas.

## Football player performs locally

By ASHLEIGH TULLAR  
Captain's Log Intern

Most people know Senior Jesse Thorpe as number 90 on the defensive line for the Captains football team. Many do not know his other identity.

Most Tuesdays, a host at Goodfellas, a blues bar on Queen's Way in Downtown Hampton, introduces "The Great Jesse Thorpe."

Thorpe comes on stage with his Fender Strat electric guitar and his adrenaline flowing, ready to rock out.

Thorpe's love for music

brings him to Goodfellas to play for their weekly open mic night.

His friends from CNU and ODU, especially his roommates, seniors George Hudgins and Ryan Pinto, come out every week to support him when he plays.

"Jesse is such a great guitar player, it's great hearing him rip everyday," Hudgins said.

Thorpe first starts playing with a song he wrote himself called "Hard Driven."

He follows that piece with "Voodoo Child" by Jimi Hendrix and some other music.

He uses some inventive moves on stage, such as throwing his guitar over his head

while continuing to play.

His dedication to music prompts him to practice for hours everyday.

Thorpe has been playing the guitar for nine years.

While growing up, he learned how to play the guitar along with his friend Justin Drake.

They taught themselves and grew from each other's skills. Senior Mike Thom regularly comes out to see Thorpe perform.

"Jesse has a whole different style of music; it's something new that people are interested in," Thom said.

"He is a very talented musi-

cian, and I really enjoy coming to see him play live on stage."

Thorpe's life was changed drastically when the Army called him to go overseas May 28, 2003.

He serves in the Army as a helicopter mechanic and he brought an old acoustic guitar with him on his journey.

While overseas, he performed a show in Camp Doha with some other soldiers. They initially planned to play two sets.

"The first set went fine,

SEE THORPE, PAGE 3

## 2006 winter graduation cancelled

By LAUREN MUDD  
Captain's Log Intern

Beginning in 2006, winter commencement will no longer be offered for students planning to graduate in December.

As stated in a campus-wide e-mail sent out earlier this month, the 2005 winter graduates will be the last to attend winter commencement.

"The winter commencement ceremony has become increasingly difficult to manage because of the short timeframe between the end of final examinations and the onset of Christmas vacation," said Provost Richard Summerville.

"Yet the fraction of the year's graduates who finish in December has remained relatively small, while the expense is essentially constant."

On average, winter commencement is held a week after the completion of final exams. Graduating students are expected to pay a \$100 processing fee which covers the diploma, a chair to sit on during the ceremony and all other expenses associated with the commencement.

According to Denise Waters, Associate Director of Communications, 232 students graduated in the 2004 Winter Commencement, and it cost the university \$22,000.

The university did not say whether the \$100 graduation fee still remains for those who choose to not to come back in the spring for commencement.

"In all of this, it is impor-

SEE WINTER, PAGE 5

## Senate discusses Parking Services with Manager Mike Hott

By PHILIP LECLERC  
Contributing Writer

Parking Services Manager Mike Hott attended Monday's SGA meeting to answer any questions the senators had regarding parking on campus.

Senators questioned him in reference to decal and ticketing policies, special event parking regulations and the convenience of parking on campus.

Senior Dan Wendling began the discussion, asking why freshman students are no longer required to use the parking garage.

"In the original design there was supposed to be a walkway going straight from the front of the garage going to the main

building," said Hott. He continued to say that the administration would not require freshman to cross from the garage to main campus because of the safety issue.

The senators questioned Hott's reference to a safety issue, and he replied by saying that it was not really a safety issue, that the campus is in fact very safe, especially during the day. However, he said again that requiring students to cross from the garage to main campus is a problem. "Parents just don't like to see that," he said.

"The new parking garage on east campus - I can see you running into similar problems," said Secretary Christine Warner. "Can you explain how they're working out how many patron

spots and how many residential spots they're providing?" she asked. Hott said that he did not know how the lots there are going to be distributed, and that he only knew that there will be enough residential spots for that building.

Warner then asked who makes decisions affecting Parking and Services, and if they would be responsive to outside suggestions. Hott did not say that the decision-makers would or would not listen, but did say that the people making these decisions are in the administration itself. Specifically, he mentioned President Paul Tribe and Executive Vice President of Administration and Finance Bill Brauer.

Senator Mehreen Farooq spoke next, asking, "Do you

know how many spots there are on campus and how many parking decals there are in the school?" According to Hott, there are 2,600 parking spaces available in total, and that while the number of decals in circulation is difficult to calculate, specifically, the last time he checked the ratio was about two-and-one-half decals per parking space.

Senator Jeff McCue asked what the parking decal and lot statistics were without including handicapped and parking garage spaces.

"There are 964 spaces that are open to residents and commuters. That leaves, if every single resident parks on campus, about 150 spots open to com-



Senior Ashley Boyd at this week's meeting.

SEE SENATE, PAGE 3



## Weekend Forecast

courtesy of www.weather.com

**Thursday:**  
**Light wintry mix**  
High: 44° Low: 31°

**Friday:**  
**Partly Cloudy**  
High: 48° Low: 31°

**Saturday:**  
**Partly Cloudy**  
High: 49° Low: 27°

**Sunday:**  
**Mostly Sunny**  
High: 46° Low: 30°

### Want to place a classified ad?

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

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

### FREE CLASSIFIED

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

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

## supershots

CNU Guitar Orchestra members Emmet Sinnott, freshman, and Jake Hull, sophomore, perform classical pieces prior to the Virginia Symphony performance on Saturday.

## On the record Police Blotter

There was a larceny in Lot N on Feb. 10. A wheel lock was stolen. The case is inactive.

On Feb. 10, a larceny occurred in Lot H. A parking decal was stolen. The case is inactive.

On Feb. 10, breaking and entering was reported from Building Six of the Warwick Medical Center. The case is inactive.

Vandalism was reported from Lot D on Feb. 11. A vehicle was damaged. The case is inactive.

An alcohol violation occurred at University East on Feb. 12. The person was charged with driving under the influence and was arrested.

On Feb. 12, a larceny occurred in York West. A Sony PlayStation and games were stolen. The case is inactive.

On Feb. 12, an alcohol violation occurred at University North. A student was charged with underage possession of alcohol. The case was referred to Judicial Affairs.

Vandalism was reported in front of York East on Feb. 13. A light pole was damaged. The case is inactive.

An arrest was made for trespassing in the library on Feb. 13. The person was asleep on the couch and possessed a fake ID.

There was a drug violation in the Harrison building of the CNU Apartments on Feb. 15. A student was charged with possession of marijuana and the case was referred to Judicial Affairs.

### NNPD- Information from the Newport News Police Department

On Feb. 16 between 8 and 8:45 p.m., a 36-year-old woman from Newport News was jogging in the 700 block of Thimble Shoals Boulevard when two black males approached her, knocked her down and took some of her money. They then attempted to rape her but were scared off by a car. The victim described one suspect as being in his late teens or early 20s, with medium complexion and with a thin build. He was about 5'7" or 5'8" and 140 pounds. He was wearing a red and white jogging suit, white tennis shoes and a red headband. The victim described the other suspect as similar in build and wearing a gray jacket and blue jeans.

### WANTED

Brandon Earl Folwer, 17, is wanted for robbery and use of a firearm in the commission of a felony. He is described as 5'10", 160 pounds and was last spotted in the 400 block of Turlington Road.

## Around town State/Local News

### Nelly concert at ODU

The Constant Center at Old Dominion University will welcome Nelly on March 18 at 8 p.m.

Tickets are available at the Constant Center Box office, all Ticketmaster locations and [www.ticketmaster.com](http://www.ticketmaster.com). Also, if ordering by charge card, tickets may be purchased by calling (757) 671-8100. Tickets will be \$49.50 and \$39.50.

### Jazz group to play in the American Theatre

The American Theatre in Hampton is welcoming Triple Play, a jazz group including Chris Brubeck, Peter Madcat Ruth and Joel Brown. They will be performing one show only on Feb. 26 at 8 p.m.

Tickets will be \$25 and \$30 and student discounts will be offered. Visit [www.theamericantheatre.com](http://www.theamericantheatre.com), call (757) 722-2787 or e-mail [mcurry@hampton.gov](mailto:mcurry@hampton.gov) for more information.

### New student aid initiative

Governor Mark Warner will join the Sallie Mae Corporation in the announcement of new student loan and financial aid initiatives at J. Sargeant Reynolds Community College-Downtown Campus, Room 662, in Richmond at 11:30 a.m. The Governor declared February Financial Aid Awareness Month in Virginia.

### Governor Warner to welcome battalion

Governor Warner will briefly speak at the ceremony at Tredegar Iron Works Gun Foundry in Richmond on Feb. 24 to welcome home the Headquarters and Headquarters Company, 276th Engineer Battalion that served in Mosul, Iraq from Feb. 2004 to Feb. 2005. The ceremony is set to begin at 1 p.m.

### Third crossing proposals approved

The Commonwealth Transportation Board has voted to go ahead with proposals to build a new bridge-tunnel that will connect the Peninsula and South Hampton Roads.

The new tunnel will run parallel to the I-664 Monitor-Merrimac Bridge Tunnel and then go under the Elizabeth River at Craney Island. It is hoped that the tunnel will help to relieve traffic congestion.

The cost is estimated to be about \$3.1 billion with as much as \$694 million of that being state money.

Negotiations with a not-yet-chosen construction company could begin as early as summer of 2006.

### New abortion laws rejected

The Virginia Senate rejected three bills that intended to produce new laws on abortion. They also rejected a bill that would have required doctors to anesthetize any fetus that was at least 20 weeks old before aborting it.

The bill would have also required abortion clinics to meet the same standards as outpatient clinics and prohibited the interstate sale of fetal body parts.

## Your life Campus News

### Psychology Club meeting

The Psychology Club is holding an informational session on Feb. 24 in McMurran 209 from 6-7:30 p.m. for anyone who has questions about being a psychology major.

### Critique Writing workshop

The Writing Center is offering a free workshop on Critique Writing Feb. 24 from 5:30 to 6:30 p.m. in Ratcliffe 112. The session will be instructed by junior Kate Armstrong and Beth Miller and will include tips on structure and development for a strong critique. To sign up call the Writing Center at 594-7684, e-mail at [wcenter@cnu.edu](mailto:wcenter@cnu.edu), or stop by in Ratcliffe 110.

### Great Books discussion on "Hamlet"

The Great Books series discussion will be on "Hamlet" on Feb. 23 at 5:30 p.m. in Gosnold 111 and will be lead by Professor Steven Brees.

### Investment Club meeting

The Investment Club will have a meeting Feb. 23 in the James River Multipurpose Room at 7 p.m.

### Volleyball tournament

The President's Leadership Program will be hosting a "PLP & Friends" Volleyball Tournament March 24 from 2-5 p.m. Teams should consist of eight members, either same-sex or co-ed. The tournament will be a six-man sand tournament played on the court beside Ratcliffe. To enter a team, contact freshman Kristen Studer at [kristen.studer.04@cnu.edu](mailto:kristen.studer.04@cnu.edu) as soon as possible. Include a team name, members and at least one contact number. Refreshments will be provided at the tournament.

### College Entrepreneurs information meeting

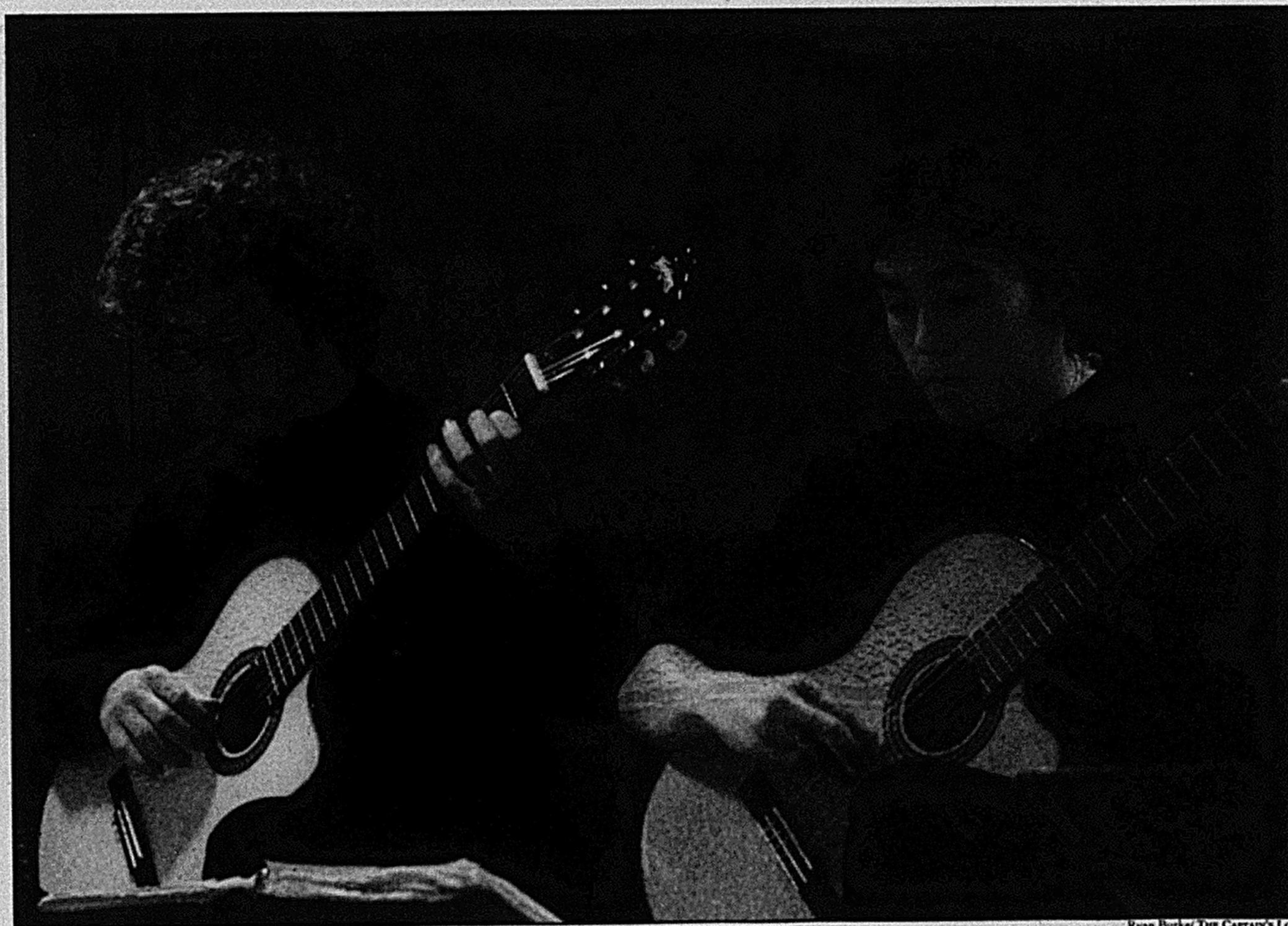
College Entrepreneurs will be having an information session March 16 from 11 a.m. to 3 p.m. in SC 150. College Entrepreneurs offer opportunities to college students to run their own painting branches for the summer. They will be holding interviews Mar. 21 from 8:30 a.m. to 4:30 p.m. in SC 205.

### Religion Club guest speaker

The Religion Club will be hosting cognitive scientist David J. Chalmer in the Philosophy and Religious Studies Department Lounge in Admin 346 Feb. 23 at 1 p.m. Chalmer will present "The Puzzle of Consciousness" in which he criticizes the view that consciousness is just an illusion. There will be a discussion on how his ideas affect contemporary religious thought.

### Summer Housing Assistant Position

The scheduling office is accepting applications for summer conference housing assistants. The duties of this job will include providing customer service to groups staying on campus between May and July. Applications will be accepted through April. For more information, ask for Shaun or Nicole in the scheduling office.



Ryan Burke/The Captain's Log

## Campus Calendar

## February 23 - March 1

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
11:00p.m. - Scale of Fortune; SC Breezeway 12:00p.m. - Healthy Coping Strategies Fair; SC Lounge 2:30 p.m. - Campus Activity Board; CAB Office 4:00p.m. - Women's Lacrosse vs. Randolph-Macon; Captain's Field 5:30 p.m. - Peer Advising Club; PAC Office 7:00 p.m. - Anime Club meeting; Gaines Theater 8:00p.m. - Open Mic Night; Discovery	11:00p.m. - Great Jeans Giveaway; SC Breezeway 1:30 p.m. - Eating Disorders Screenings; SC 146 2:30 p.m. - Phi Sigma Tau; Philosophy and Religion Dept. 7:30 p.m. - CNU Roleplaying Guild; SC 20 8:30 p.m. - Altered Xpressionz Meeting; Freeman Multipurpose Room 9:00 p.m. - CAB movie "National Treasure;" Anderson	11:00p.m. - Scale of Fortune; SC Breezeway 4:00 p.m. - SVEA; Ratc. 112 Spring Break begins after last class!	12:00p.m. - Men's Baseball vs. Methodist; Away 1:00p.m. - Women's Lacrosse vs. Salisbury; Away 1:30p.m. - CNU softball vs. Eastern Mennonite; Away	10:00 a.m. - Track Meet; "Mason-Dixon Championships;" Freeman 1:00 p.m. - Lacrosse vs. Sweet Briar; Captain's Field 1:00 p.m. - Men's Baseball vs. Methodist; Away	1:30 p.m. - Softball vs. Guilford; Away SPRING BREAK	SPRING BREAK



# Hall Director Erin Foote brings fresh ideas, fun nicknames

By PATRICIA LANN  
Captain's Log Intern

Slap shot. Daisy. Banana. Puddin'. And the list goes on. "I love them all," said York River Hall Director Erin Foote.

Each nickname belongs to one of the 16 Resident Assistants of York River, and only one month after stepping in mid-year to fill the Hall Director position, "Footie," as RAs have dubbed Foote, is waltzing through the semester with a smile and much to look forward to in the semester ahead.

"I knew five minutes into the first meeting with my staff in January that we would get along great, and we have," said Foote. "They knock my socks off 24/7."

The feeling is mutual. "She's been really good," said York River RA junior Greg Young. "She came in right when things were rough at the beginning of the semester, having to help and maintain composure.

She's been amazing."

Working in her York River Hall East office, Foote keeps her door open and welcomes guests.

"We're kind of hidden now behind the 'green monster,'" she said. "But please come visit, we need the tourism."

Foote grins as she jokes about the temporary construction barrier surrounding the future student center and separating York River Hall from the rest of campus.

But, she says the expanding campus was a main attraction for her.

"I love the beautiful campus and how friendly everyone is," said Foote. "And I really like working with freshmen because I love the energy throughout the building."

Originally from the Richmond area, Foote brings years of Residence Life experience as well as fresh ideas for community development.

"She will go off the wall with fun ideas," said York River

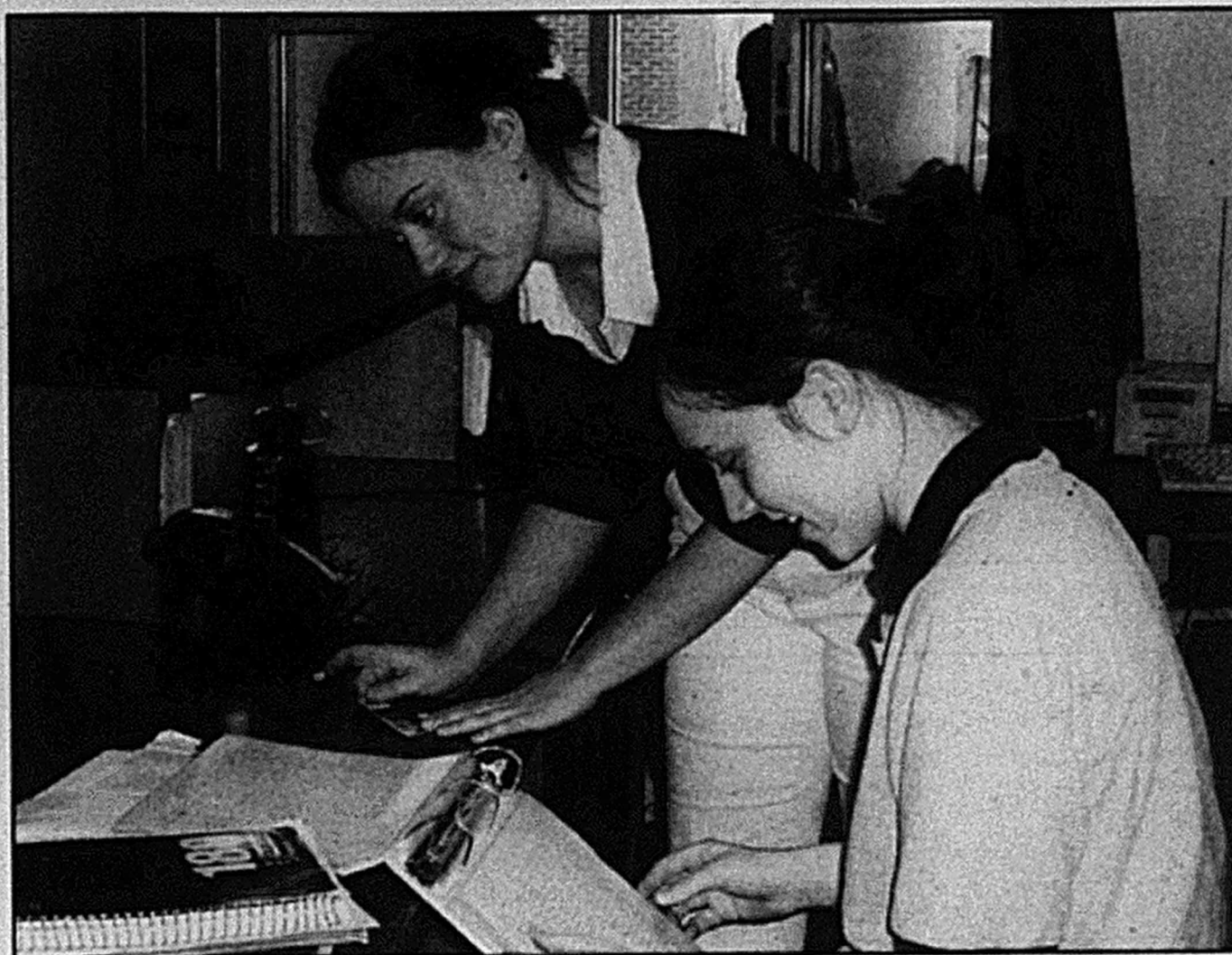
RA junior Anna Hastings. "Like her 'Nickname Hall of Fame' for the RA staff. It's amazing she knows us so well after only one month, and she's adjusted and learned new names and personalities."

Foote holds bachelor's degrees in English and History from Virginia Tech along with five years of RA and professional Residence Life experience at La Roche College in Pittsburgh. Still, she notices differences here.

"I've heard people at other schools say that working in this field is a thankless job, that maybe one out of 10 times someone says 'thank you,'" said Foote. "But that's not been the case here."

Residents seem to appreciate Foote's professionalism, clarity and sense of humor.

"She makes her expectations very clear," said Hastings. "And she's got a lot to do, but she doesn't ever seem stressed out. She still laughs at stuff."



Patricia Lann/The Captain's Log

York River Hall Director Erin Foote helps Front Desk Assistant Mandy Collins.

# Faculty expert guide reveals professors' hidden knowledge

By ERIN EUDY  
Managing Editor

What began as a mere question of curiosity turned into many hours of research that eventually turned Dr. Harold Cones, professor and co-department chair for biology, chemistry and environmental science, into an expert on the Mariners' Museum, Lake Maury and the Noland Trail.

Now, as a result of the new faculty expert guide found on the school's homepage, anyone can learn that Dr. Cones is an expert in the Mariners' Museum, Lake Maury and the Noland Trail, as well as general environmental science, Chesapeake Bay ecosystems, coastal Virginia travel and radio history and technology.

Planning for the Noland Trail began in 1987 and the construction began the next year.

During the construction, old tools were discovered underground and this raised the possibility of the site actually being an archeological one.

If that were the case, it would mean that construction would have to come to a halt.

Cones, an environmentalist and educational consultant for the Mariners' Museum, was called in to inspect the findings.

It turned out that the area was not in fact an archeological site, but the remains of a dump from the 1920s. According to Cones, this led him to launch a massive research project that took the next several years.

He eventually wrote a book on the topic, "The Mariners' Museum Park, The Making of an Urban Oasis."

"It all started from a question of curiosity," he said. "I wondered what did this area look like in the 20s?"

The faculty experts guide is an online publication designed to assist the media in searching for experts (in particular fields or different community organizations) to use as speakers or sources.

According to Denise Waters, associate director of communications, research for this project began last summer while interviewing new teachers. This research was followed up by e-mails to faculty members.

Waters said that the project was a collaborative effort made

by University Relations. Heidi Morris, web production assistant, put the online directory together.

"Heidi did a phenomenal job on this," Waters said. "She is fairly new here, so this was one of her first jobs, and she did a wonderful job."

Waters said that a faculty experts guide is an effective tool used by most universities and colleges.

"This will help us increase our media relations," she said. "It is growing every day, too. As more and more people learn about it, we continue to grow."

As time passes, more students are learning about the experts guide and many, such as junior Jen Sweeney, are finding it helpful.

"The Faculty Experts Guide was really informative," she said. "I found a lot of information on my professors that I never would have guessed. It gives insight to how my professors structure their classes and will help when choosing classes from here on out."

Many faculty members also agree that the guide is effective. "It is very useful," said As-

sociate Professor and Chair of Accounting, Dr. Leland Jordan. "It allows us to work with the media. I'm glad we finally got it up."

The faculty expert guide reveals that Jordan is an expert in the department of defense budgeting, management accounting, cost accounting, activity-based accounting, management and internal controls and re-engineering.

Another professor who is an expert in numerous fields is Dr. Michaela Meyer, assistant professor of communication studies.

She is classified as an expert in many various fields. Her list includes, but is not limited to, interviewing techniques, resume writing, critical thinking, Japanese language and culture, young adult identity formation and student development, adolescent/young adult television and film, and popular culture representations of lesbian, gay, bisexual and transgender people, superheroes and witchcraft.

Meyer said that she could not choose one particular field that she is most interested in.

"It really depends on the

day," she said. "A lot of what I study deals with the media, so I probably find that aspect the most fascinating."

According to Meyer, levels of the supernatural are becoming more evident in newer television series, particularly those aimed at young adults.

This prompted her to begin a huge research project on the show "Charmed."

"All of these shows work around adolescent identity," she said. "That is what I am especially interested in."

Meyer has high expectations for the new guide.

"I'm hoping this will be very effective," she said. "The school emphasizes its service to the community, so educating the community about our faculty is one of the first steps in that direction."

Cones shares her positive thoughts.

"I have enjoyed scanning the bios of my colleagues," Cones said. "[University Relations] have done a great job with the whole CNU experts program. We had a printed version of this 15 or so years ago and it was not nearly as nice as this."

## Did you know?

**Professor Nigel Sellars** of the history department is a folk singer and is an expert in science fiction writers and late 19th and early 20th century baseball and ice hockey

**Dr. Veronique Frucot** of the School of Business is fluent in French and Spanish

**Dr. Kara Keeling** of the English department is an expert in food in children's literature, the censorship of children's and young adult literature and Harry Potter

**Math professor Dr. Brian Bradie** is a textbook reviewer and accuracy checker for several textbook publishers

## IDEAS, FROM PAGE 1

all ears.

"Anand is just passionate about ideas and making ideas mean something... and that's the whole foundation for what he's got going now," said Tom Foth, a research fellow at Pitney Bowes who specializes in innovation and an adviser to BrainReactions.

Chhatpar, 23, and Altfather, 25, made previous forays into the business world.

Chhatpar started a company that made a binder students could use to carry books in their hands, but it folded when his business partner got a job in Chicago.

Altfather started a prototype of a competitive rowing machine and was close to secur-

ing financing, but his partner graduated and had to go back to Australia.

BrainReactions has been doing brainstorming sessions for non-profit groups at no charge to gain exposure.

The company normally charges between \$10,000 and \$20,000 for a session, depending upon the package the customer chooses, Chhatpar said.

Customers get a perspective that often isn't otherwise available, Chhatpar and Altfather say.

"It was really very helpful to have a whole set of ideas ranging from the possible to not possible - they were very creative, and it was a good reminder to get outside the box," said Eden Rock, executive director of Global Citizens Network in St. Paul,

Minn., a not-for-profit group that organizes expeditions for people who volunteer time and labor for a good cause.

BrainReactions finds students for its brainstorming sessions through campus contests or by asking professors and teaching assistants to identify the brightest students in their classes.

Along with money, participants get pizza, a boisterous experience many find stimulating, and a chance to meet other bright students on campus.

"How many sophomores actually know someone who has a PhD in physics," said Nick O'Brien, a sophomore who has participated in many Brain Reaction sessions.

Last week O'Brien with two other students won the \$10,000

first place award in UW-Madison's Schoofs Prize for Creativity contest for a transmitter-and-receiver system that can help guide firefighters out of smoke-filled buildings.

Student brainstormers also get exposure to companies that might be looking to hire by being in the DVDs of the sessions BrainReactions customers watch, said Quilen Blackwell, a sophomore history major.

To Blackwell, the benefits students and customers both receive add up to great potential for BrainReactions.

"This company could seriously take off in the next five to 10 years," he said. "If you're getting Fortune 500 companies interested in your brainstorming product, the sky is the limit, basically."

## THORPE, FROM PAGE 1

there was a great vibe from the crowd," Thorpe said.

"But as we started playing the second set, we got the call to go back to the States, and had to get off stage."

Before returning home, Thorpe said his friends at the Camp Udairi Unit signed his guitar to help him remember the good times they had.

"In a way, I was disappointed [to go home] because I had finally met people that I had chemistry with musically," he said.

"But then again, I had been away from home for a year and I was ready to get back. I also felt like when I got back to the states, it would be a lot easier to meet people with the same

musical tastes that I have."

Thorpe hopes to form a blues band with members his age. In the meantime, he will graduate this May with a degree in Political Science, and he hopes to attend law school in Florida. He would like to be a lawyer for sports and entertainment firm.

"Even though I plan on going to law school and being a lawyer, I would really love to make a career out of being a professional musician," he said.

"The guy I was playing with when I was called up, Chris Richardson, who is an awesome singer and song writer, and I have just recently started to play together again. We will probably start playing in Norfolk soon."

### Silent Witness Program

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

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

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

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

## SENATE, FROM PAGE 1

muters on main campus. That's not including the garage," said Hott. He also said that the ratio between parking decals in circulation and parking spaces available was the same only considering the students who would use those lots.

Senator Ashleigh Stacey then brought up special events parking. "When there are large events like honors visiting day or something how come there isn't a designated area for them to park?" she asked. Hott said that there are designated areas on campus for event parking, but that those areas become full and so the extra visitors tend to spread out across the campus to other lots.

"I'm sure you're aware of the situation that happens when we have home sporting events," said Vice President Ryan Chandler. "I'm just wondering what the rationale is to charge residents who live in Potomac the same 200 dollars for parking spaces closer to the building that they're not able to use?" asked Chandler. He was referring to the requirement that students parked in the Potomac lots be removed for certain events on campus.

"Pretty much everybody on campus thinks that they're getting less than their money's worth. It was again an athletic decision that they needed those spaces for athletic games," said Hott. Chandler then asked why appeals have been denied to students ticketed for parking in that lot during games when the requirement to clear the lot was not posted; Hott said that the requirements have been posted in dining halls and the Potomac Residence Halls, as well as e-mailed to students on every occasion except the most recent.

Chandler then changed issues, asking what the reasoning behind the Parking and Services appeals process is. "When the appeal process goes through I understand that when you get a ticket if you pay within the 24 hours instead of, say, \$40, it's \$20. With the appeals process, even if you appeal it within the first 24 hours, you're still required to pay the \$40?" asked Chandler.

"It's basically a processing fee if you want to think that way," said Hott. He said that it takes more than 24 hours to consider an appeal, so it waives the 24-hour half-price option.

"So it's a gamble," said Chandler, then asking if there

was any way this could be changed. Hott replied that the best way to change anything on campus is to write a letter or an e-mail because it leaves a paper trail.

Lastly, Hott responded to the senate's questions regarding the convenience of parking on campus. He said that he has heard many complaints from commuter students that they cannot find a parking space, but that the parking garage has never been filled. He also said that freshman are allowed to live on campus because it is a selling point for the school, and that Parking and Services has improved parking conditions on campus by opening up new lots, particularly the parking garage.

Wendling concluded the discussion by thanking Hott for answering all of their questions and the senate moved on to other issues.

They confirmed its newest members, attempted to resolve senate communication issues and discussed a survey to be sent out to the senators' constituencies. Sophomore Gus Diggs became confirmed as senator, and Senior Josh Dermer was confirmed as the senate's new Sergeant at Arms.



# Softball team receives new playing field

By PAUL FROMMELT  
Captain's Log Intern

This season, the Lady Captains Softball Team will no longer feel like visitors on their own home field.

After having to play all of their home games off campus last year, the team is preparing to welcome opponents to their brand-new, on-campus softball field. Nestled between POMOCO Stadium and the baseball field, the softball field will be the Lady Captains' practice field, as well as their permanent field for home games.

The \$350,000 construction project started this January and will be ready to use by the Lady Captain's first home game on March 1.

"It's just a great boost overall to the softball program and the whole department," said Director of Athletics C.J. Woollum.

"They've been a tremendously respected program for many years. And there is no reason why they can't take it to another level with a facility like this on campus. I think they have a chance to be a true national power in softball."

Last year, The Lady Captains were forced to move off campus when their field at the time, Destany Park, was torn down to make way for the Avenue of the Arts. The team moved to First Baptist Church on Warwick, which is driving distance from campus. "It [was] really hard to give directions, because you can't say 'Oh, you go to school.' You have to say 'You go past the school for about a mile,' It was

just a pain," said senior pitcher Michelle Prewitt.

Although the team didn't have an on-campus field, they continued to dominate their opponents, earning a 36-7 record and winning the USA South Championship for the fifth year in a row.

"It's nice to actually have a field. It feels like CNU cares about us," said Prewitt.

Late last week the Lady Captains began to practice on the new field.

"I think we'll get the feel of it," said Associate Coach Paul Weiss. "As long as we can get a feel of where the fences are [and be able to] find the good places and the bad places, if there are any bad places."

When asked if he was worried that the team wouldn't be used to the field in time to play their first home game, Weiss said, "[We'll know the field] better than our opponents."

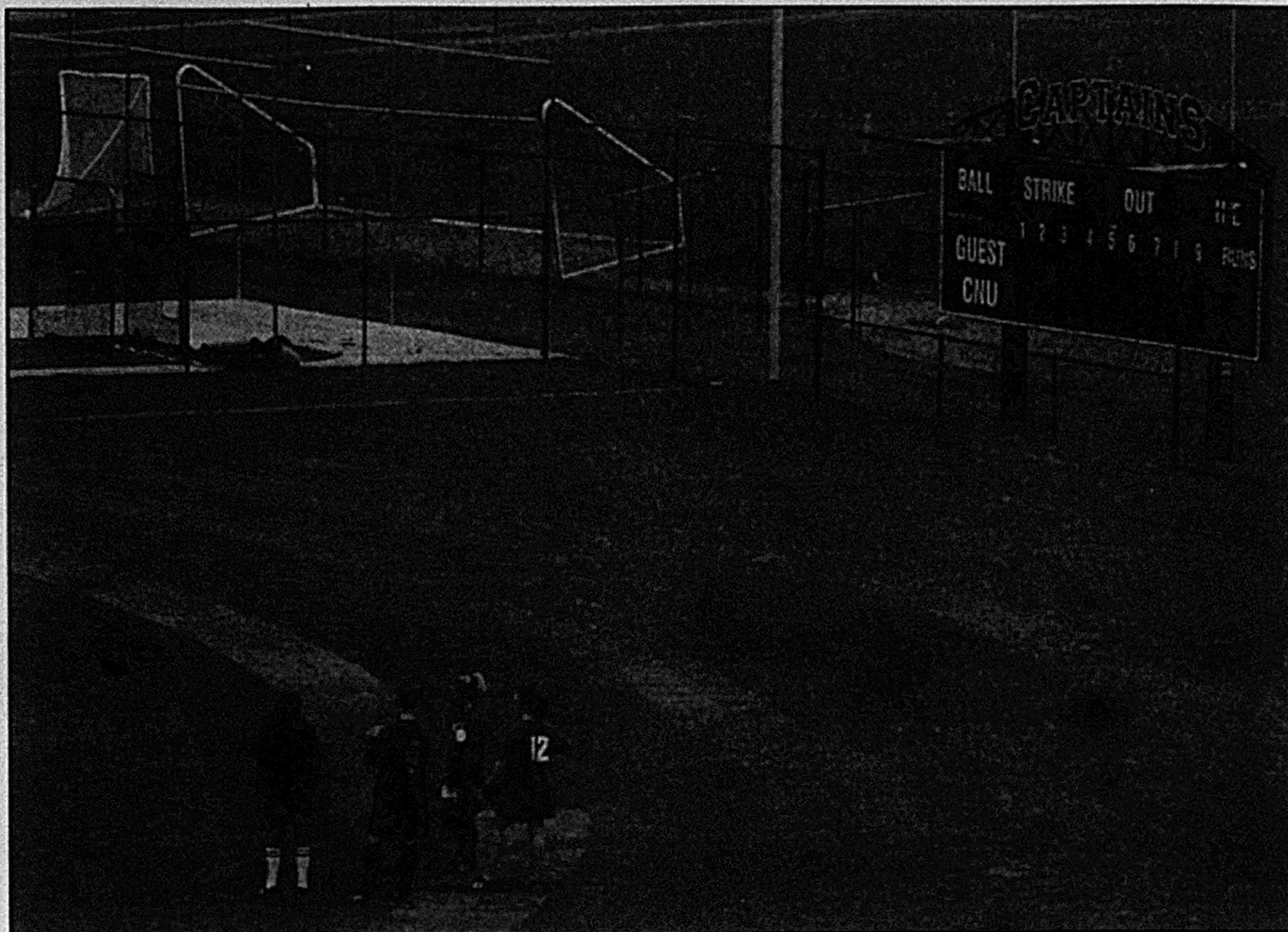
Weiss was the head coach of the Lady Captains from 1996 to 2003.

The new site for the field puts the Lady Captain's new home right in the heart on CNU's ever-increasing sports complex.

"It's just a great complex back there now, there are so many activities going on at the same time, and every field is first class," said Woollum.

The relation to the football field will also let the fans take advantage of POMOCO Stadium's concession stand and restrooms.

Fans will have access to gravel parking and lots L, M, N and O for weekend games although parking will be scarce for now.



Paul Frommelt/ THE CAPTAIN'S LOG

Members of the softball team pause during practice on the nearly completed softball field. The field will be entirely completed in time for the Lady Captain's first home game.

"Parking is a dilemma on this campus," said Woollum. "For weekends we will work to clear [the lots behind Potomac River Hall] for all of our outdoor activities but [fans] are going to have to find a place on campus and walk to the site. Parking, as we know in general is a difficult

challenge."

Although the new field will not be completely finished by March 1, it will be fully functional.

"There may be more development down the road, but we're trying to get it up and running so it's usable and so the team

can have an actual home and the fans can have a nice place to come too," said Woollum.

For now, just having a place for the Lady Captains to call home is what's important.

"It's the best thing that could have happened to the softball team," Weiss said.

"It's been a long time coming, but it's going to be worth it."

"It's a tremendous help in recruiting," said Woollum. "It's tremendously uplifting for the present team members. You could just go on and on about the positives."

## Legislature considers higher education bills

By PHILIP LECLERC  
Contributing Writer

The General Assembly of Virginia recently had at least three bills this session dealing with higher education.

Together, these bills suggested changes to college spending reports and college enrollment procedures and requested an analysis of rising textbook costs in higher education.

House Bill 1816, written by Delegate Robert Marshall, proposed alterations to the format in which colleges and universities report what they and their affiliated organizations have spent.

The Department of Planning and Budget's Fiscal Statement clarifies the effects of the bill in its statement: "Public institutions of higher education publish information and a description of the student fee charges by semester. However, most do not publish the amount of student fees distributed by student organization."

The statement also pointed out a possible negative consequence of HB 1816: it might suffer from a lack of standardization.

"The legislation as proposed

may result in different reports from each institution based on their definitions and naming conventions. It is important to note that the definition of 'student fee' and 'student organization' is not the same at every institution," the department's statement said.

That did not dissuade the House, and as of Feb. 18, HB 1816 passed in a vote of 91 to five through the House of Delegates and moved into the Senate for further consideration.

Claire C. Gardner, Legislative Assistant to Marshall, suggested possible reasons the bill passed by such a substantial margin.

"Most if not all of Virginia's colleges and universities supported this legislation, including George Mason University," she said.

"I don't know that this will change how student fees are spent but it will at least make the schools more accountable to students and parents as to where their money is going."

HB 2091, written by Delegate Timothy Hugo, proposed to amend the Code of Virginia and restrict colleges from discriminating against prospective students based on their geographic location in the Commonwealth.

This could have a significant impact on colleges recruiting students with diversity in mind; however, as Deputy Press Secretary Kevin Hall said, "HB2 091 is dead for the year."

After being passed to a house sub-committee on higher education, HB 2091 failed to pass through the House of Delegates, and will not pass onto the senate for further review.

House Joint Resolution 668, written by Delegate Glenn Oder, would ask the State Council of Higher Education to review the rising costs of textbooks in higher education.

HJ 668 itself lists a number of reasons for the review. "The cost of textbooks has risen over 230 percent since the 1980s, a rate five times faster than other consumer goods," reads the bill.

It also points out that college book stores do not receive general state funding, and cites various national investigations into the rising prices of educational materials at the college level.

It is only a review, though; "It will not have any impact on the current cost of textbooks," Hall said.

In one year, the council will be expected to return its results to the General Assembly.

The CNU Board of Visitors will meet this April to decide if they want to keep the current pricing for students living on campus. Students who signed housing contracts for the 2005-2006 school year will be required to pay for any changes to the price structure.

### How would you feel if the Board of Visitors decided to raise the price of CNU Apartments and CNU Village?



"I'm paying for college myself and I have just enough taken out in loans to cover what I have set out right now and so, if they raise the price, I can't afford it. I think if you already signed the contract and they raise the price you shouldn't have to pay it."

- Kelly Scallion, sophomore

"That's not good. [If they raise the price] I would try my hardest to get out of it. Get out of the contract and live somewhere off campus if I can't afford it."

- Tommy Carrico, junior



"I don't think that it's very professional because you're kind of like forcing people to pay for something that they didn't originally sign up for."

- Tatem Inskeep, sophomore

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# WINTER, FROM PAGE 1

tant to be mindful that the ceremony of the commencement is not required in order to become a CNU graduate," said Summerville.

"Students can complete degree requirements three times each year: at the end of summer school, at the end of the fall semester and at the end of the spring semester. Whether or not the student attends commencement exercises, he or she will become a CNU graduate at the end of whichever one of the three academic terms in which degree requirements are completed and will be provided with appropriate documentation of that status."

In addition, students who plan to graduate in an upcoming winter are instead invited to attend the following spring commencement.

This is not the first time winter commencement has been removed. A few years ago it was cancelled due to severe budget cuts that also resulted in the elimination of three program closures.

"I strongly object to the removal of the winter commencement because those students who have worked so hard to try and graduate early will not get recognized for their accomplishments," said sophomore Megan Spencer. "Instead, they have to wait three-and-a-half months to be formally recognized, which in turn, may turn students away from working hard to graduate early."

Dr. Vernon Harper, Assistant Professor of Communications, pointed out that although the removal of winter commencement is "a little inconvenient, it is not a burden."

He also said, "Graduation has to make a good business case and make sense from a number standpoint, and if there is enough students who are graduating, I think administration took all of those into account when they dropped it. But I had to do it. I had to come back for commencement for my masters and doctorate. And I was two states away."

# Many give time to offer morale boost

## Volunteers dance at Penn State in marathon

By ADAM SMELTZ  
Knight Ridder Newspapers

UNIVERSITY PARK, Pa. - You'll forgive the volunteers if they fumble their words.

Short of the dancers themselves, no one in Rec Hall seemed more tired Saturday than the volunteers, several hundred of them, who are keeping the Penn State Interfraternity Council/Panhellenic Dance Marathon running smoothly.

Unlike the dancers, they're allowed to rest. But they don't get much of it.

And so asking for a deep, thoughtful explanation of their motivation is perhaps better left for another time.

"It's more than I expected. It's amazing," said Ashley Steiner, a freshman who is one of a few hundred "moralers."

She's volunteering more than 24 hours this weekend at Thon, she said, and is counting on fruit, granola and Gatorade to help fuel her designated dancers.

Looking at the dance floor, you know who's who from a rainbow of T-shirts.

Moralers such as Steiner, charged with keeping dancers upbeat, sport yellow shirts.

The communications volunteers, who work at information booths, wear green.

The ones who handle physical arrangements, carting tables and cleaning up garbage, are in blue.



Missy Lau, left, a 21-year-old senior, Lauren Maxham, center, 14, and her sister Diana Maxham, right, a 22-year-old senior participate in a line dance during the Penn State "THON," a 48-hour dance marathon.

And the security people, who make sure dancers, visitors and volunteers are in their specific zones, wear red.

"Everyone's really respectful," said sophomore Tom Otterbine, a security volunteer who was monitoring an entrance to the dance floor.

When he first saw Thon last year, Otterbine said, he was "so blown away, I just had to get involved."

Like so many other volunteers, Otterbine spoke of an electrifying atmosphere, unity to feed a common cause, an image of joy on the faces of young cancer patients.

It clearly isn't easy for the volunteers to put into words, especially when they're deprived of rest, but these elements are their motivation, they said.

"It's touching," said junior Nicole Nelson, a communications volunteer who's putting in up to 20 hours this weekend.

She's hoping to be a dancer next year, she said.

But for now, simply "looking at the kids and seeing that we're helping them is just amazing," she said.

All the volunteers apply for their gigs.

For many, it's a chance to be in the heart of the action, to help manage this exercise in organized chaos, without being a dancer.

For others, such as Nelson, it's a stepping stone on the path toward becoming a dancer.

On the dance floor, it often seems as though the volunteers outnumber the dancers.

"A lot of times, you see them (dancers) get depressed and quiet. They zone off," said sophomore Pat Connolly, a morale volunteer.

"You bring them back and remind them why they're here."

The early-morning hours, after visitors go home to sleep, are often the most trying for the dancers, volunteers said.

But the "drunk hours" between 12:30 and 4 a.m., when bar-hopping students sometimes make mischievous stops at Rec Hall, have included some exciting moments in years past.

Officials said that didn't really happen Saturday morning.

"There were drunk people here and there," said security volunteer Kevin Henson, who worked from 2:30 to 6:30 a.m.

"But they weren't that big of a deal."

# Apply Today!

*The Student Media Board is now accepting applications for the position of Editor in Chief, The Captain's Log*

Applications are due at 5 p.m. on Monday, March 8, and they can be downloaded at

<http://users.cnu.edu/~tlee/editorapp.pdf>  
<http://users.cnu.edu/~tlee/radioapp.pdf>

Please submit completed forms to Dr. Terry Lee, Department of English, RATC 240.



# Opinions

## Where We Stand

The university recently announced that Winter Commencement will not be held at CNU after the winter ceremonies of 2005. In an email (and MyCNU announcement) sent to the CNU community, the university did not state why Winter Commencement was ending, only that December 2005 would be the last winter ceremony. The campus-wide e-mail did explain that December graduates would be able to participate in graduation ceremonies in the spring, and that winter and summer graduates would receive certification of degree completion. The reasons for the cancellation of Winter Commencement remain unclear at press time.

According to information given to The Captain's Log by the university administration, "...graduating students are expected to pay a \$100 processing fee which covers the diploma, a chair to sit on during the ceremony and all other expenses associated with the commencement. According to Denise Waters, Associate Director of Communications, 232 students graduated in the 2004 Winter Commencement, and it cost the university \$22,000."

If 232 students graduated in the 2004 Winter Commencement, and each student paid the \$100 processing fee, the University did receive \$23,200 to cover the cost of commencement. We can then conclude that this cancellation of Winter Commencement ceremonies is not due to financial problems.

Provost Summerville said that, "The Winter Commencement ceremony has become increasingly difficult to manage because of the short time frame between the end of final examinations and the onset of Christmas Vacation."

While the time constraints are an understandable difficulty, Winter Commencement has gone on in the face of that difficulty for some time now. It doesn't seem that to be harder now than it has been in years past. If the timing of winter graduation ceremonies is a roadblock, the university could look into holding graduation ceremonies in early January. Then, at least, students would not have to wait until the spring semester was over.

Students who were planning to graduate in December of 2006 (and in the following winters) are confused and upset about the university's recent announcement. Because this announcement was not explained nor justified, it is understandable that most students might assume that Winter Commencement is just not 'cost-effective.'

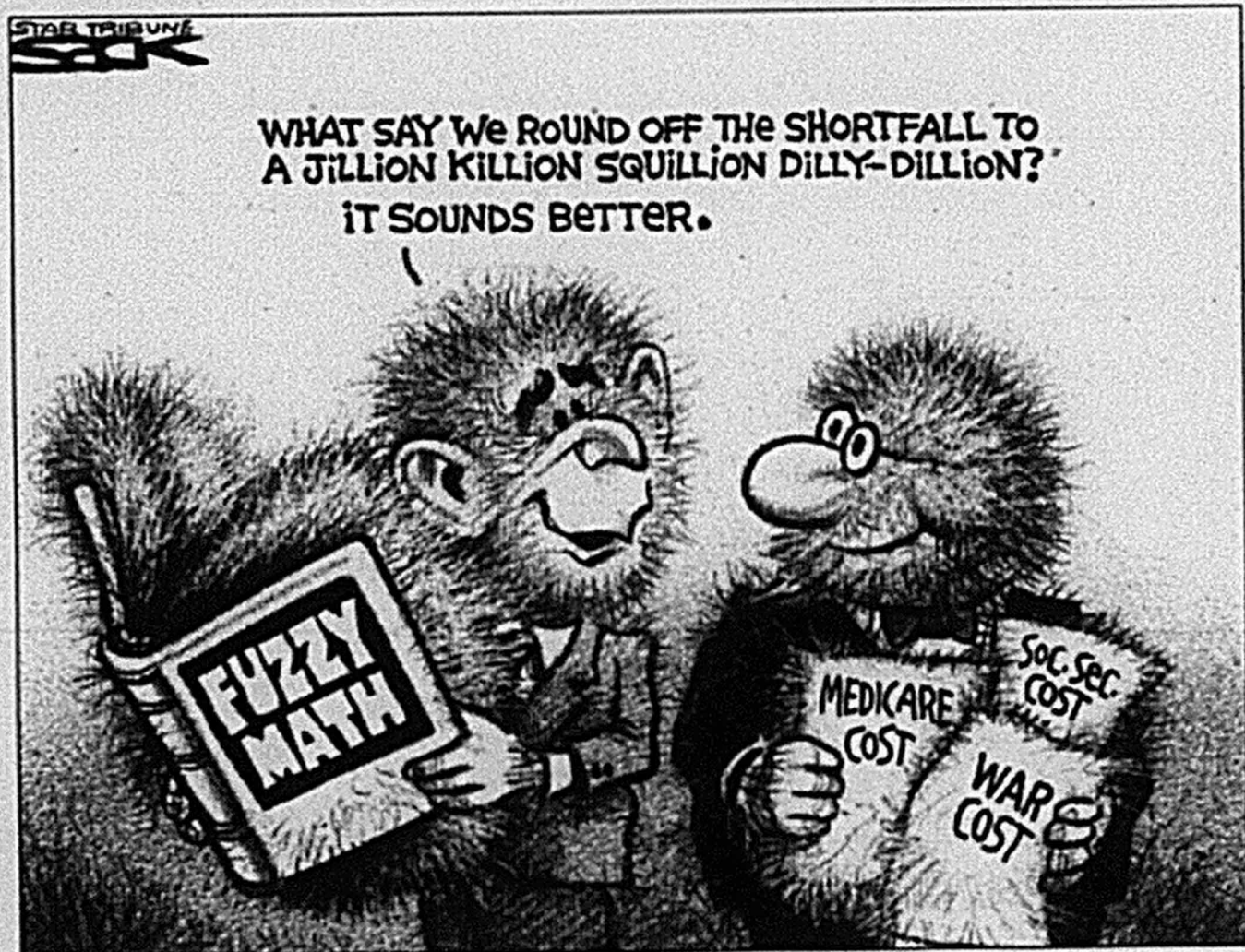
The main problem with canceling Winter Commencement is that the university is in fact taking away a vital part of a student's college experience. Commencement exercises are the climax and conclusion of their time spent at CNU, and that time warrants a recognizable ceremony.

Although the alternative of commencing with the spring graduates is available, many (or even most) students have to go on to their jobs, internships, back home or to graduate school after they finish their degrees. Telling them to come back after a semester is unreasonable.

Some students want to commence in winter. Individuals who graduate early recognize the distinction that early graduation warrants, and should have the privilege of commencing at the time they receive their degree certification. For individuals graduating on time or late, those individuals don't want to have to wait to commence—they've waited and worked long enough for that distinction.

It is still unclear if winter graduates will be required to pay the \$100 processing fee to graduate, even if they do not participate in spring commencement. It is still unclear why the university could find no other alternative to the cancellation of Winter Commencement.

We often talk about how CNU's motto is "Students First" and that motto is occasionally taken a little too literally. Some administrative actions are warranted, regardless of whether every student at CNU thinks so. This action by the university—decided, announced, and unexplained, does not support the idea that students here are first. Not only were students surprised and disappointed, they were uninformed, and still do not have all the information they need. Decisions that affect students at CNU would better be understood if the administration would clarify the justification supporting the decisions being made. Currently, the decision to cancel winter graduation ceremonies has not been received favorably. Even after clarification, many students will be unhappy with this decision. We hope the administration reconsiders its decision to cancel Winter Commencement.



## The Captain's Log

2004 - 2005 Staff

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

The Captain's Log is published on 24 Wednesdays throughout the academic year.

New contributions are accepted by fax (594-8759), by e-mail (clog@cnu.edu) or in our office (SC 223).

Circulation inquiries, advertising rates, and policies are available upon request by telephone, (757) 594-7196, e-mail or on our Web site. The Captain's Log is created with

Apple Macintosh computers, using Adobe InDesign.

The Captain's Log reserves the right to edit letters according to style and length, as well as to refuse publication. The Captain's Log welcomes letters from its readers. Send letters to: The Captain's Log, 1 University Place, Newport News, VA 23606.

Letters may also be brought to our office or sent to us by e-mail at clog@cnu.edu. Anonymous letters may be printed, but writers must sign the original, providing a full

address and telephone number for verification purposes.

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

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

## College Libertarians form on campus

New political organization on campus invites new members

By PETER MAINS  
CNU Libertarians

This semester, a new political organization is forming on campus. You have a unique opportunity to be one of the founding members of this club, the College Libertarians.

The labels of conservative and liberal may be attractive to some, but we would suggest that the real choice in politics is between freedom and tyranny. Our aim is to fulfill more completely the promise of America, a nation "conceived in liberty."

The proper function of government, in the American tradition, is the facilitation of freedom. From a young age, we are taught that this freedom is our birthright, and not granted by any government.

Too often, though, we forget that truth and accept—or even demand—that government overstep its natural bounds. Those politicians who seek a paternal role in the affairs of the citizenry often forget that equality and justice are demanded by our equal humanity, and that any government which guarantees equality and justice is not acting with magnanimity or exceptional benevolence, but rather fulfilling its moral mandate.

Governments are instituted for the purpose of defending the rights of man. To ensure equality of rights, just governments enforce an equality of responsibilities. Our primary responsibility in a civil society is to respect the rights of others, and we expect that our rights will in turn be upheld. Thus, a balance is struck

between our rights and our responsibilities.

But, if rights and responsibilities can be balanced, then they can also be overbalanced. Excessive liberty is hardly a realistic danger, given the tendency of all governments to prescribe ever-increasing responsibilities while circumscribing rights more and more tightly. Today, we are faced with a central government which consistently seizes power at every opportunity.

The House of Representatives recently passed a bill, entitled the "Real ID Act" (H.R. 418). Section 102 of this bill states,

"Notwithstanding any other

If rights and responsibilities can be balanced, then they can also be overbalanced.

- Peter Mains  
College Libertarians

er provision of law, the Secretary of Homeland Security shall have the authority to waive, and shall waive, all laws such Secretary, in such Secretary's sole discretion, determines necessary to ensure expeditious construction of the barriers and roads under this section."

This section relates to the building of barriers and roads

to stem the tide of illegal immigration, but its implications are far greater in scope than any one issue. Both the intent and the content of this bill are more becoming of a despotism than a republic of free men.

This example follows a dangerous pattern. A popular fear, namely of illegal immigrants and possibly terrorists crossing our southern border, is being addressed. To address this fear, the government expands in power and scope. In this case, an appointee of the President is being given the power to waive any laws, as he feels necessary, as though he were a divinely guided plenipotentiary of the American people.

History has shown that fear is the most fertile soil for tyranny, and whether or not this fear is founded, such over-reaching laws must not be enacted.

If freedom cannot be preserved in this country without dismantling those institutions which defend our rights, then freedom cannot be preserved in this country.

If you reject the notion that we must surrender our rights in order to remain free; if you believe that government should not choose how we live, but rather allow us to live as we choose; if you reject both the welfare state and the police state; if you refuse to stand idly by as America is led down the well-trod road to serfdom, you are not alone.

Please join us at the next meeting of the College Libertarians.

The College Libertarians meet on Tuesdays at 3 p.m. in room 205 of the Student Center.

## Being healthy and fat isn't a bad thing

One woman describes how she learned to love her body

By KATLEEN LEBESCO  
Knight Ridder Tribune

During National Eating Disorders Awareness Week (Feb. 27-March 5), we hear a lot about the devastation that anorexia, bulimia and compulsive overeating can wreak on the lives of our citizens. However, in the midst of our everyday media messages, what we often miss is a sense of how our hostile attitudes toward fatness and fat people fuel disordered eating.

Today's media, for instance, point to the values of our culture, and make examples out of those who conform and those who transgress. A host of programs centered around bodily transformations, from "The Biggest Loser" to "The Swan" to "Extreme Makeover," remind us that fat folks, those icons of the obesity epidemic, should not exist as anything but the ghosts of "before" pictures.

There's a certain logic here: "Epidemic" is one of those words that seems hard to argue with; it instantly confers the status of seriously ill health on all those it affects. But after a lifetime of being fat, I have begun to wonder whether obesity itself is always the plague it's been made out to be.

There's a creepy way in our culture in which hype about the obesity epidemic feeds anti-fat prejudice: "Not only are these people choosing to be unhealthy, but they're costing the nation billions in insurance costs and lost days of work in the process!"

If we can tell a different story about fat lives, one that takes into account the contradictions, we might end up creating better health for everyone.

I started getting fat around puberty, although I started to diet two or three years before that time.

My father was fat, and my parents worried that I, his spitting image, would suffer the same indignities he had experienced all his life.

I attended my first Diet Workshop meeting at age 10; it felt odd being the only child among so many anxious adults.

They let me be the first to sample the diet ketchup, and rigged the raffle so that I would win the Diet Workshop canvas tote.

When I was brave enough to carry the tote to school the next day, I was promptly "outed" as a dieter by a rowdy boy in my fourth-grade class and mocked relentlessly.

I took away a strange lesson. Nobody made fun of my body; it wasn't really fat yet, after all, but they did make fun of my attempt to change it by seeking support from fretful grown-ups. Dieting became embarrassing.

Embarrassment did not stop me from intense weight-cycling for the next 10 years.

When I started to gain weight in early puberty, my well-intended parents researched my options.

I tried Overeaters Anonymous in seventh grade (too religious, and the language of addiction didn't seem right for me, though I did lose 15 pounds) followed by Weight Watchers in ninth grade (25 pounds lost, but then gained back when I stopped teetotaling and tried to live normally).

During high school, I went to Weight Loss Clinic, which required thrice-weekly weigh-ins, and lost 40 pounds, all of which I gained back.

By my first year of college, I was over 200 pounds and, awed by Oprah, began a liquid diet. For three and a half months, I consumed 505 calories a day in the form of powder mixed either with water or diet pudding.

My teeth seemed about as useful as my appendix. I lost enough weight - 70 pounds - to be classified as "normal."

When I started eating actual food again, the weight came back within a year. Finally, at 22, I became a vegetarian and an obsessive devotee of the Stairmaster, and lost a hundred pounds.

I started grad school at 23 with a slimmed-down body and a new interest in fatness, the force that had shaped so much of my energy.

Remembering what I had learned from my Diet Workshop days, I wanted to know more about people who were strong enough to cast aside diet mentality and live in the present.

I did research on NAAFA (the National Association to Advance Fat Acceptance) and other groups that encouraged fat people to stop suspending their dreams until they lost weight.

I started reading 'zines

written by fat women who were angry, not about being fat, but about having lost so much time and energy trying to be something that they weren't.

I decided to be kinder to myself, to eat foods that would nourish and sustain me, but not get sucked under by diet rhetoric and feel guilty if I ate something "bad."

I also began to approach exercise in a different way; instead of being driven by anxiety to spend hours a day at the gym, and feeling incredible guilt if I didn't, I decided to move around in less robotic ways - hiking, biking, swimming - because I liked the rush it gave me, and I liked feeling strong and healthy.

In the 12 years since my last diet, I have gained back many of those hundred pounds I lost at 22.

But I've also gained confidence, health, and a sense of well-being, and I've learned enough not to squander them.

Dieting always made me feel bad - it made me focus obsessively on my body, and constantly reminded me that I wasn't good enough, feelings far from a portrait of perfect health.

Being "out" as a fat person mostly makes me feel good, and no, I'm not delusional. It's very rewarding to speak to college students about fat oppression, and to help them to deconstruct the ideologies driving the current hype about the "obesity epidemic."

Critics of my brand of fat empowerment say I couldn't possibly be healthy, and to willingly choose to remain fat must be immoral.

It's tough to avoid being baited - I want to retort that I just ran my first road race in Central Park in April, and I did it at 215 pounds - but I have to remember that health should not be a moral issue.

Sometimes fatness is healthy, and sometimes it isn't; sometimes people can control it, and sometimes they can't.

To let one's dignity hang precariously in the balance of these dichotomies is a spectacularly bad idea. Those educators, nutritionists and medical personnel who recognize this truth have perhaps the most to contribute to changing those fat-phobic attitudes that fuel disordered eating.



# World and Nation

## 500 Palestinian prisoners set free to bolster Israeli-Palestinian truce

By SORAYA SARHADDI NELSON  
Knight Ridder Newspapers

TULKAREM, West Bank-Israel released 500 Palestinian prisoners Monday in an effort to bolster an informal truce announced by Israeli Prime Minister Ariel Sharon and Palestinian leader Mahmoud Abbas at their Feb. 8 summit.

While Palestinian leaders complained the release didn't go far enough, for many Palestinians, including mother Zahra Abu Zant, it was a feast of joy.

"Nader! Nader!" she shouted to her 17-year-old son over the din of ululating Palestinian women, who broke through a cordon of Israeli soldiers at the edge of this Palestinian border town to greet the male prisoners arriving by the busload. Nader saw her and grinned, waving madly before crawling out of a bus window, jumping to the ground and running into her waiting arms.

"Thank you, God," she wept, as they kissed each other and then the dirt. It was one of many such joyous reunions Monday at five Israeli-Palestinian border crossings in the largest release of Palestinian prisoners since 1996.

In Brussels, Belgium, President Bush lent his support to efforts aimed at improving Israeli-Palestinian relations.

"Our greatest opportunity and our immediate goal is peace in the Middle East," President Bush said in the Belgian capital, his first stop in a trip aimed at improving U.S. relations with Europe. "We're determined to see two democratic states, Israel

and Palestine, living side by side in peace and security."

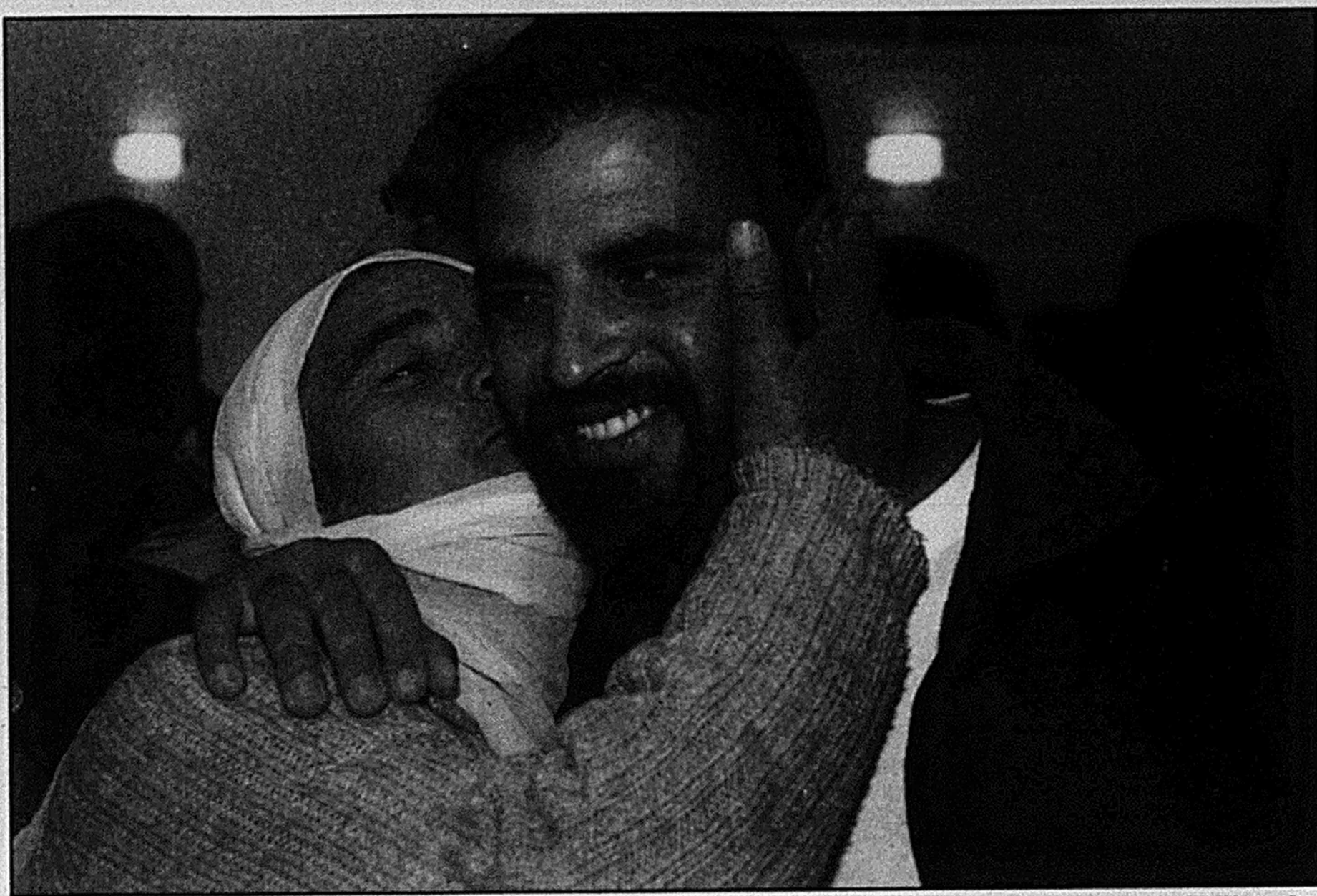
Bush added that he would send Secretary of State Condoleezza Rice to a meeting in London next month designed to help the Palestinian Authority, which is struggling to appoint a new Cabinet, reform its financial practices and security agencies.

The prisoner release came after a series of Israeli policy moves, including a Cabinet decision Sunday to proceed with a withdrawal of troops and Jewish settlers from the Gaza Strip this summer.

Abbas and his Palestinian Authority expressed disappointment at Sharon's refusal to release more of the 8,000 Palestinians being held in Israeli jails. Abbas needs to secure the release of long-serving prisoners to convince Palestinian militant factions that negotiations with Israel, rather than violence, are paying off. Sharon, for his part, has been careful to avoid stirring up domestic opposition by not releasing Palestinian prisoners linked to terror attacks.

In Ramallah, Palestinian legislators launched the most serious challenge yet to Abbas, who was elected Palestinian leader in early January. A vote to ratify the Cabinet of Abbas' appointed prime minister, Ahmed Qureia, was delayed until Tuesday as legislators threatened to vote down the nominations.

Legislators accused Qureia, whom Abbas has given free rein to shape the Cabinet, of including too many members of the late Yasser Arafat's old guard and of not going far enough to include new faces, especially ones not linked to corruption and who would help push forward stalled



Israel began freeing 500 Palestinian prisoners Monday, February 21, 2005. The arrival, after being released by Israeli authorities at a checkpoint in the outskirts of the West Bank town of Tulkarem, is the largest mass release for nearly a decade, fulfilling a promise made at a ceasefire summit in Egypt.

Palestinian political reforms.

Sharon has pledged to release 400 more prisoners in the coming months. A joint Israeli-Palestinian ministerial committee will decide whom to put on that list.

"My happiness is fraught with sadness in leaving thousands of ... prisoners behind," said Iyad Bassam al Qarawi, 25, who served six months in an

Israeli jail before being allowed to return home to Gaza City on Monday. "We expected many more would be released than this."

He and the other former prisoners were required to sign a pledge not to engage in any violence against Israel, although many of those interviewed Monday claimed the documents were in Hebrew and that they didn't

know what they were signing.

Abu Zant said she would understand if her son Nader, who was sent to jail in May 2003 for throwing rocks at Israelis, chose to act out against Israel again.

"It's a battle for our nation," she said. "As we need my son, we also need the land."

In what appeared to be a sign of protest by the Palestinian

leadership, only local officials came to greet prisoners. There were no celebrations planned for the 169 prisoners released at the Israeli border next to Tulkarem, only bus rides home, said Tulkarem's governor, Izzeddin Sharif.

"This first step should be followed by other steps, more releases of prisoners. We are only at the beginning," Sharif said.

## Males join knitting craze

By LISA BLACK  
Chicago Tribune

CHICAGO - As he walked into his first "For Boys Only" knitting class, Will Conrad joked about showing his feminine side, but within minutes the Northbrook, Ill., teenager was intently watching how to "cast on," or loop the yarn onto the needle.

They are guys, they knit and they defy ridicule.

"It's just knitting. It's not like I've killed someone," said Conrad, 15, a swim team member who doesn't care what classmates think. "It's the new fad."

The craft has enjoyed a soaring resurgence over the last few years, and not just among a younger generation of women. Boys increasingly are knitting, from an Evanston, Ill., fourth grader working on a scarf for himself to a college student in Oak Park, Ill., who skillfully knits toy-like stuffed monsters to row beginners like Conrad.

Long typecast as the afternoon pastime of elderly women, knitting has become hip as celebrities such as Russell Crowe and Laurence Fishburne go public with their hobby.

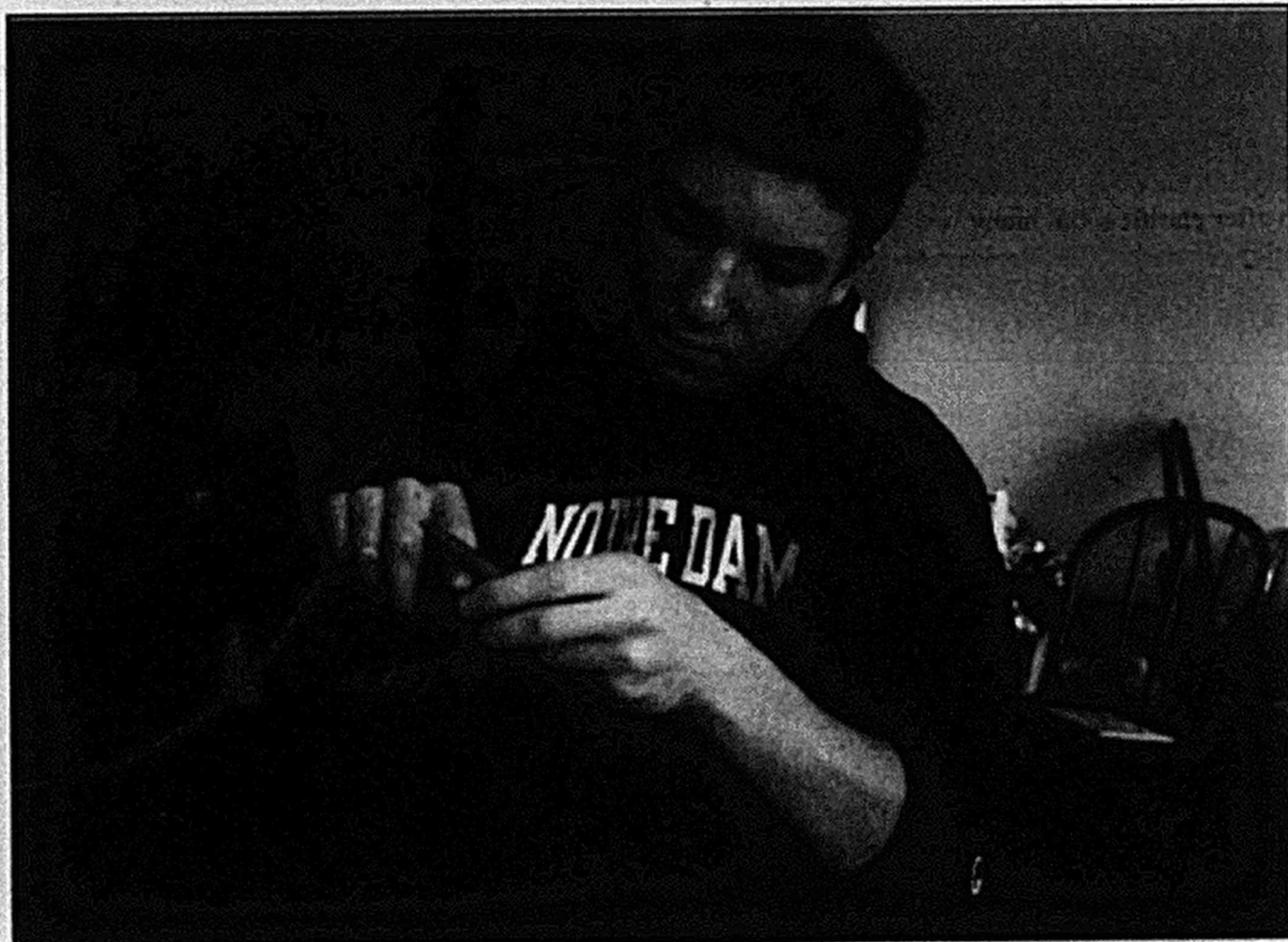
Knitting clubs for girls and boys have cropped up in schools across the nation. And new books and shows such as DIY Network's hit "Knitty Gritty" have made it cool to knit guy-friendly items such as guitar straps and iPod covers.

Although women still outnumber men in yarn store aisles, and no one can be sure how many boys knit, professionals say more boys are going public with their needles and balls of yarn.

"I have heard several boys say it's a wonderful chick magnet," said Mary Colucci, executive director of the Craft Yarn Council of America, based in Gastonia, N.C. "I've heard teachers say that the boys are more challenged by some of the intricate patterns."

But unless they have the size and stature of, say, ex-football pro Rosie Grier, a confirmed knitter, it could be awkward for some guys to announce their new passion to friends.

"In the beginning you don't want to tell people," said Louis Levin, 9, a fourth grader from Northbrook. "I've had it hap-



Will Conrad, 15, knitting at the boys-only class held at Three Bags Full in Northbrook, Illinois.

pen once where someone said, 'Oh, only girls do that.' Still, he said, "it makes me feel good I'm standing out in the crowd."

On a recent Saturday at the Three Bags Full store in Northbrook, Corey Gilbert, 15, is the instructor for the "Boys Only" class. Already a knitting veteran, the high school sophomore helped Conrad and two other boys get started, showing them how to wrap the yarn around the needle and make those first crucial stitches.

One of them, Louis, arrived with some patterns to choose from and a scarf he had already started. He is knitting a teddy bear for his teacher's baby, due in March. Like the other young knitters, Louis is proud that he can give his finished product to people as gifts.

Nearby, tubs of supplies with labels such as "Yorkshire Tweed Chunky" and "Biggy Print" hinted at the many possibilities that loom.

Jim Flanagan, 11, of Northbrook stopped working his needles long enough to make a phone call.

"I'm knitting your hat right now," he told a friend on the line. "Do you have your measurements?"

Gilbert's mother, storeowner Lynette Swanson, whispered to him that he could use his own head size for comparison. Then she reminded Conrad to breathe, much like an aerobics instructor might tell her class, as the teenager sat, frozen, afraid that he had made a mistake.

"Ooooooh," Conrad

groaned. "How do those old women work so fast?"

In Evanston, a similar scene unraveled recently at an elementary school library, where 15 pupils showed up for the knitting club's first meeting of the school year.

Among them were five boys, including Terron Wint, 10, a fourth grader who had never knit before. He carefully touched the bright balls of yarn stacked in baskets, choosing black, gray and dark blue for his scarf.

"Last year my younger brother was in knitting club, and he was so good at knitting that I thought I would try it," Terron said. "I might bring it to recess because there's nothing to do, or if there's free time, I can just take out my needles and yarn."

Dylan Blanchard, 10, started needlework three years ago, taught by his mother Jane Grover, one of several parents who lead knitting clubs at Evanston-area schools.

"It makes me feel like I'm exercising ... because my fingers are working," said Dylan, who says he often knits before going to bed. "It makes me feel happy. I know I'm doing something and not just sitting around."

Grover was pleased to see many of last year's pupils return, projects and knitting needles in hand. When she first started the club, she said, she worried about "arming them with needles."

"It hasn't been a problem," she said. "There were about 35 kids, and all of them used the needles for knitting."

While boys are slowly dis-

covering the joys of knitting, enough stigma remains that Vickie Howell, the Austin, Texas-based hostess of "Knitty Gritty," could not persuade a young man in his 20s to talk to a reporter.

"He didn't want it to be out there, that he was knitting," Howell said. "I'm trying to work toward getting knitting and crafting seen as an art form."

That's not a problem for Michael Greischar, 22, who works at the Tangled Web Fibers store in Oak Park while studying filmmaking at Loyola University Chicago.

During his free time, he knits monsters that he said resemble "little stuffed animals but are scary-looking."

As a high school student at St. Ignatius College Prep in Chicago, Greischar learned that knitting was a good way to attract girls, although he said he sometimes felt self-conscious when other guys were around.

"If you're sitting in the library at high school and you're knitting with a bunch of girls, it's not such a normal thing," Greischar said. "But I did it."

The younger boys like Louis also are coming around, as evidenced by a recent conversation he had with a friend as they sat in the back of a car.

They were jabbering about their most embarrassing moments when Louis blurted out: "Oh, and another thing," he said, looking to his friend for reaction, "I knit."

The boy smiled and, without missing a beat, said, "That's OK, I cook."

## Common carry-on mistakes cost travelers

By MARTIN J. MOYLAN  
Knight Ridder Newspapers

ST. PAUL, Minn. - Jon Zetterlund of Stillwater, Minn., made a not-all-that-uncommon mistake when passing through an airport security checkpoint. But he's getting hit with a hefty fine, a fine that he initially assumed to be phony.

On a trip back to the Twin Cities from Birmingham, Ala., last Sept. 14, Zetterlund forgot he had a Swiss Army knife in his shaving kit. That was the shaving kit he jammed in his carry-on when he had to hastily unload an overweight checked bag.

At the security checkpoint, a screener found the knife. Zetterlund said he readily surrendered it, along with a pair of nail scissors.

"I told them I had screwed up, said that was sorry and I wanted to get under way as soon as possible, and that they could dispose of my scissors and Swiss Army knife any way they saw fit," said Zetterlund, a network administrator for GreenTree Servicing, a financial services firm in St. Paul.

He thought that was the end of it. But several weeks later he got a letter demanding he pay a \$250 fine to the U.S. Transportation Security Administration. To him, it looked like a scam.

"Any high school kid could easily duplicate both the envelope and its contents," he said.

The letter said he was being fined for attempting to bring a weapon into the "sterile" airport environment. But he could settle things fast by paying half the fine.

"I was sure that this was some sort of scam, or at the very least a bad joke," Zetterlund said. "What a racket. Send \$125 and we'll go away, or ignore it and risk having to pay \$250." ... At least the address I was to send my fine to wasn't somewhere in Nigeria. So, in a nutshell, I chose to ignore the notice."

Then he got a second, more official-looking letter, including some 40 pages of regulations about prohibited items and fines. He was suspicious about that one, too, though.

He sent an e-mail to the Knight Ridder Newspapers, asking if the fine was legit or not.

It's for real.

"It looks very official to me," said TSA spokesmah Christopher White about the fine notice form the TSA sends out. Zetterlund has several options for appealing the fine, White said. They include an informal conference with a TSA attorney, a formal hearing before an administrative law judge or filing evidence in support of a fine reduction. The TSA would settle for half the penalty at any step along the way, he added.

The reason Zetterlund got fined for his Swiss Army knife probably has to do with its blade length, White suggested. It was longer than three inches, capable of doing more harm than stubbier versions.

Zetterlund does recall filling out several forms because of the blade's length.

Typically, the TSA does not assess fines for the most common items it grabs, such as scissors and Swiss Army knives, said TSA spokeswoman Amy von Walter.

Last year, the TSA collected 7.1 million prohibited items. Of those items, 81,600 were firearms; explosives, knives with blades over 3 inches and box cutters. The agency assessed fines in 9,787 cases, and sent warning letters in another 14,270.

The TSA collected a bit over \$1 million in fines, with the average penalty coming in at \$208. Fines topped \$1,000 in 146 cases.

A senior TSA manager at an airport decides if a penalty is warranted, after reviewing reports from screeners, von Walter said. Fines are more likely to be assessed if someone has a previous history of carrying forbidden items or if the transgressor is "aggressive" or tries to conceal a banned item.

None of that applies to him, Zetterlund said. He said he's flown without incident about five times since he lost his knife.

And he's going to appeal the fine. As far as the knife goes, he'll carry a smaller pocketknife that he won't keep in his shaving kit.

"I'll carry it in its own special spot," he said.



# Comics and Crosswords

## Mystic Stars

Weekly Horoscope  
For February 21-27

By LASHA SENIUK  
Knight Ridder/Tribune News Service

**ARIES** (March 21-April 20) Love relationships require diplomacy and special sensitivity this week. After Monday, romantic partners or potential lovers may feel drained by recent family events or unexpected home disputes. Offer creative social distractions or unique leisure activities; at present, optimism and a steady dedication to group planning will be helpful. Friday through Sunday, accent minor financial strains or late arriving debts. Remain patient: a long-term approach will yield the desired results.

**TAURUS** (April 21-May 20) Business skills and daily instructions are now a source of workplace concern. Over the next eight days, close colleagues may demand equal treatment, new opportunities or quick advancements. Avoid controversy and allow authority figures to negotiate all disputes: this is not the right time to challenge the needs of the bold or impatient types. After Friday, long-term relationships begin an unexpected phase of passion, social change and new expression: stay open to all proposals.

**GEMINI** (May 21-June 21) Before mid-week, home expenses and minor financial setbacks are bothersome. Some Geminis will soon feel pressured to revise family budgets, begin new investment strategies or finalize property documents. All are positive but also legally complicated: study written documents for unrealistic deadlines or hidden restrictions. Wednesday through Saturday, a close friend may become briefly flirtatious. Go slow: unethical attractions and sensuality may be unavoidable.

**CANCER** (June 22-July 22) Older friends or relatives will this week discuss revised career ambitions. An intense wave of workplace disappointment now needs to be resolved: after Tuesday, expect complex social or family relationships to require detailed practical decisions. Offer business advice and watch for steady progress: your approval and continuing support is needed. Friday through Sunday, loved ones may be unusually thoughtful. If so, expect new emotional or family roles to soon emerge.

**LEO** (July 23-Aug. 22) Romantic decisions are best delayed this week. Over the next eight days, complex relationships and quickly revised goals may challenge the traditional expectations of family members. Wait for close friends and relatives to ask probing questions: loved ones may now need to vent their feelings or express strong opinions. Friday through Sunday, minor health issues affecting the skin, digestion or intestines may be bothersome. New fitness regimes are needed: stay active.

**VIRGO** (Aug. 23-Sept. 22) Monday through Wednesday, a past relationship may reappear. If so, remain quietly detached and expect ongoing social triangles for the next 11 days. After Thursday, a minor disagreement with co-workers may escalate. Unexpected jealousies or a rare competition for job promotions may be at issue. Avoid public discussions, if possible, and expect others to offer misinformation. Business relationships will improve after authority figures announce new work roles.

**LIBRA** (Sept. 23-Oct. 23) Over the next few days, group plans may be postponed. At present, friends and colleagues are easily distracted with family events, new friendships or romantic invitations. Take none of it personally: intriguing relationships, sultry proposals and social activities will soon prove entertaining. Remain optimistic and all will be well. After Friday, authority figures may challenge the needs or statements of co-workers. Private politics are involved: refuse to be derailed.

**SCORPIO** (Oct. 24-Nov. 22) This week, long-term relationships begin a phase of serious communications, group planning and social expansion. Loved ones are now motivated to bring added commitments or security into their lives. Single Scorpions may encounter the return of a past lover or distant friend. If so, remain cautious: passions and expectations will be high. Friday through Sunday, a job proposal from approximately 12 weeks ago may reappear. If so, financial promises are valid: remain open.

**SAGITTARIUS** (Nov. 23-Dec. 21) First impressions will this week set the tone of new friendships. After Wednesday, the emotional influence of bold social discussions and complicated workplace triangles may tend to linger. Avoid a strong public reaction to inappropriate comments or behavior: someone close may need extra time to develop confidence or establish trust. Friday through Sunday, an older relative may announce controversial business or career changes. Encourage optimism: tensions may be high.

**CAPRICORN** (Dec. 22-Jan. 20) Workplace strategies and leadership style now need improvement. After mid-week, co-workers will not respond to instructions or controversial ideas without first checking with authority figures. Find creative ways to increase group participation: patient determination and gentle diplomacy will help clarify difficult business relationships. Thursday through Saturday, a close friend may feel temporarily disillusioned with recent family decisions.

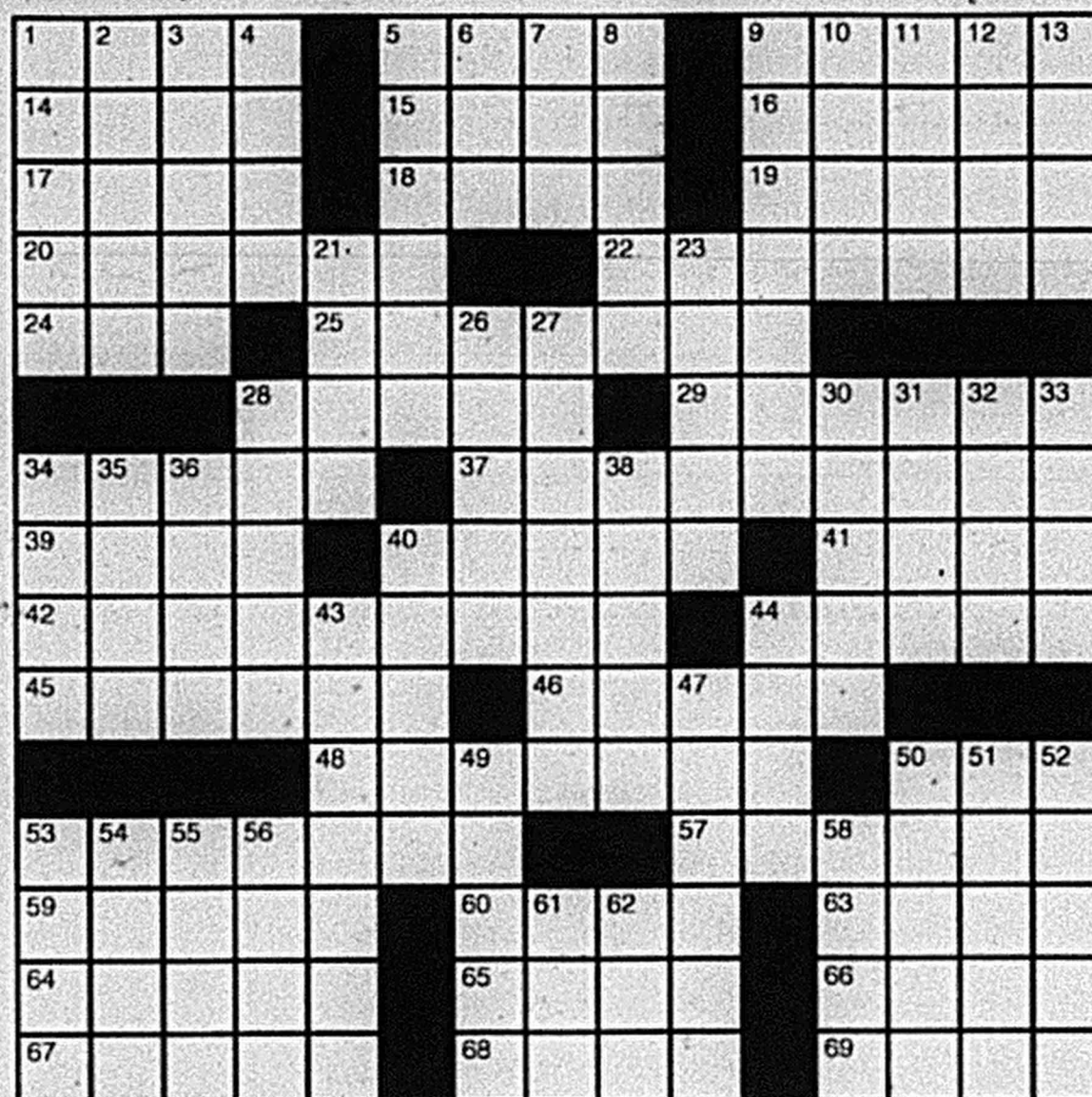
**AQUARIUS** (Jan. 21-Feb. 19) Housing decisions, financial applications and legal documents will this week demand your full attention. A series of family disputes or money restrictions now needs to be resolved. Respond quickly to all requests or critical observations and expect loved ones to follow your example. Honest discussion will bring the desired results. After Wednesday, a complex social or romantic relationship may need to end.

**PISCES** (Feb. 20-March 20) Early this week, new friendships may be complicated with subtle romantic triangles or private attractions. Ensure your long-term intentions are clearly understood by the group. Over the next few days, emotional signals are easily misinterpreted: avoid familiar or inappropriate behavior, if possible, and wait for social jealousies to fade. Friday through Sunday, a friend or colleague may propose controversial business plans. Stay alert: financial creativity will soon prove invaluable.

**IF YOUR BIRTHDAY IS THIS WEEK:** Loved ones may challenge new career, financial or educational strategies over the next four months. Remain determined, however, and expect added research to provide encouragement. Much of 2005 will bring unique business opportunities in the form of partnerships, shared expenses or creative investments: this is an excellent time to revise long-term financial plans, initiate business relationships or expand job skills. After June 19th, watch also for a dramatic change to family dynamics, romantic expectations or social commitments. Someone close may soon demand concrete promises and bold public statements. New relationships, after August 23rd, may also be affected: remain dedicated to your own needs and all will be well.

## Crossword

- ACROSS**
- 1 Demonstrate
  - 5 Smile expansively
  - 9 "The Medium" or "The Bat"
  - 14 Vegas game
  - 15 Gymnast Korbout
  - 16 Heroism
  - 17 Absorbed by
  - 18 Legal claim
  - 19 Follow
  - 20 Exchanged
  - 22 Bull's-eyes
  - 24 Liquid sample
  - 25 Breakfast grains
  - 28 Kitchen gizmo
  - 29 Tell secrets
  - 34 Paradigm
  - 37 Authorized
  - 39 Peruse
  - 40 Man from Manchuria
  - 41 Yao of the NBA
  - 42 Gaiety
  - 44 Old-style poetry
  - 45 Francis or Dahl
  - 46 Dazzling success
  - 48 Discomposes
  - 50 End of command?
  - 53 Titular
  - 57 Suffer from deprivation
  - 59 Watchful
  - 60 Feathery accessories
  - 63 Per \_\_\_ (for each day)
  - 64 Danger
  - 65 Reverse an action
  - 66 Hosiery shade
  - 67 Fidgety
  - 68 Earth orbiter
  - 69 Dissenting votes
- DOWN**
- 1 Comic routines
  - 2 Painter Matisse
  - 3 At hand
  - 4 Lumber
  - 5 More daring
  - 6 Actor Wallach
  - 7 Mature
  - 8 Kind of ray
  - 9 Supervised
  - 10 Sharp spasm
  - 11 Otherwise
  - 12 Disorderly retreat
  - 13 War god
  - 21 Environmental sci.
  - 23 Illinois city near St. Louis
  - 26 "Touched by an Angel" star
  - 27 Some weasels
  - 28 Core group
  - 30 Entice
  - 31 Small combo
  - 32 Give temporarily
  - 33 Advantage
  - 34 "\_\_\_ la Douce"
  - 35 Ruminant of the woods
  - 36 Actor Holliman
  - 38 Temporary fix
  - 40 Single-celled organism
  - 43 Senselessly
  - 44 River of NYC
  - 47 Practice session
  - 49 Photo collection



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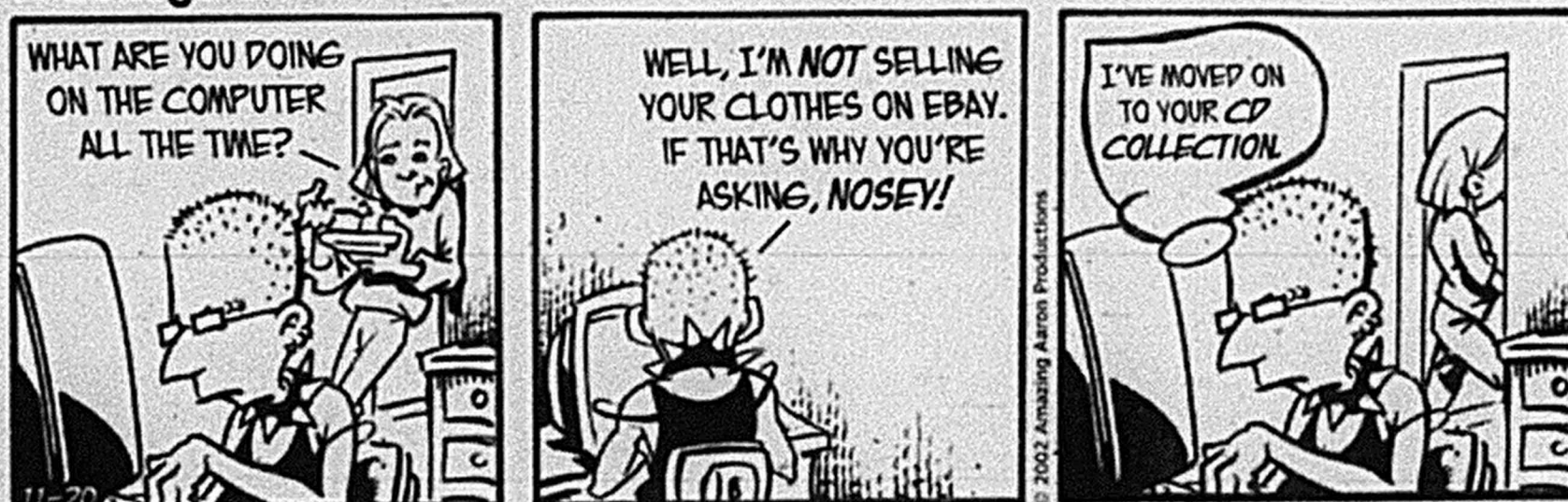
## Solutions

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

## A College Girl Named Joe

By Aaron Warner



## Dear PAC: Roommates and Relationships

Picture a typical CNU evening where you find yourself sitting in your residence hall room, trying to talk on AIM or add new friends on Facebook.

This digital fun is about to be interrupted by the shouting of your roommate and their significant other. When this happens, you know there is an issue.

This is not an issue about you and your roommate, the issue is you being annoyed by the constant yelling of your roommate and their significant other. This is sure sign that their relationship is on the rocks and you probably feel the same way.

If you think your roommate and their significant other are not a match made in heaven and argue more than Jessie Spano and A.C. Slater, then you probably feel obliged to do something about it.

So what do you do to solve the problem so that you can chat on AIM in peace?

The first thing you need to do is to initiate conversation. While this may be awkward for you and

your friend, if you feel obligated to discuss how you feel about the individual they are in a relationship with, do not hold back.

You need to be the one to "bridge the gap" and initiate the conversation and the perfect time to do this is NOT right after they have had an argument.

If you do this, it will only make the situation even worse because they have just had a fight with their significant other, their self esteem is low and you would add fuel to the fire by also telling your friend that you do not think their significant other is right for them.

The opportune time to do this is when they are complaining about their relationship and the climate is warm to interject your opinion.

They will be open to suggestions since their mind will also be on the same wavelength.

The best way to interject your opinion is to first empathize and discuss a past unhealthy relationship that you may have had.

While doing this, you should add commonalities between your

unhealthy relationship and the one your friend is in.

By empathizing to your friend, he/she should get the implication you are leading to,

If they are a typical guy, you might need to spell it out; you do not have then set the tone to make a bold statement. You can state in a concerned way that your past relationship reminds you of what they are going through and that they should not travel the same road.

By doing this in one of our gourmet dining facilities or at Einstein's, you can return to your room and watch "The OC" or play video games until the sun rises.

Your friend may not have to take your advice, but they will not be angry at you because you did not throw a pie in their face and tell them directly. Instead, they should respect your opinion but if they continue with their unhealthy relationship, then they can go watch "The Notebook."

If you have any questions you would like answered, please e-mail us at [pac@cnu.edu](mailto:pac@cnu.edu).



# Arts & Entertainment

## Festival of the Unexpected



Above, "Vagina Monologues" cast members Lauren Koteski, Gabrielle Yount and Carol Wilson give their answers to "What would your vagina say?" during the Saturday performance. Below, left to right, Soulfinger played two shows during the festival; sculpture and paintings created by women throughout the community graced the Studio Theatre lobby; and senior Nathan Cotter performed one set.

By AMBER LESTER  
Arts & Entertainment Editor

The first-ever Festival of the Unexpected, held Feb. 18-19, raised over \$3,600 for Transitions Family Violence Services, a non-profit organization that provides shelter for battered women and children on the Peninsula.

The event, co-produced by TheatreCNU, the CNU Players and Alpha Psi Omega, included three performances of Eve Ensler's "The Vagina Monologues," along with several events continuing the theme of empowering women, such as a women's poetry reading and a self-defense workshop. Staged readings of "Angels in America" were originally scheduled, but were postponed until April due to what festival producer Lauren Koteski called "a series of unfortunate events."

The weekend kicked off Friday afternoon, with a Masai Tribe jewelry sale in the Studio Theatre Lobby. The Masai Tribe, whose jewelry and handicrafts are often available at Spring Fest, are cattle herders from the Great Rift Valley of Eastern Africa. According to their mission

statement, the proceeds from jewelry sales finance scholarships for girls, improving community health and helping women economically.

"W2: of women by women," an art show arranged by CNU alumnus Elaine Viel, also opened on Friday in the Studio Theatre lobby. The show included works from current professors and students, along with several women from the Hampton Roads area. Each piece was accompanied by a quote from a famous woman, such as Edna St. Vincent Millay or Frida Kahlo. The pieces were of varying styles and mediums; there were sculptures, paintings and drawings, some abstract, some watercolor, some Afrocentric and some Asian-inspired.

The art show was complemented by senior Fine Arts major Tom Stormer's works. His stark, pop pieces exemplify freedom in love, with bold typography proclaiming this message; one particularly touching piece shows two men kissing with the repeated phrase, "A kiss is just a kiss."

"I was really proud that we got the art department involved because it's been one of the goals of the fine and performing arts

departments to do more collaborative stuff," Koteski said. "Elaine Viel worked really hard to get women artists from the community and on campus, and I think it was really nice for people to see the art in the lobby before they saw the show."

Following the 7 p.m. Friday performance of "The Vagina Monologues," Dr. Roberta Rosenberg led a panel discussion with the audience. Joined by colleagues Dr. Stacey Rilea, Dr. Gwenn Meredith, Dr. Georgeta Georgescu and Dr. Stephanie Bardwell, Rosenberg discussed the importance of the issues raised in the show, especially female genital mutilation. Audience members participated, with one noting that the language was shocking, and a World War II veteran stating that he wished the show had existed when he was a young man.

After the panel discussion, Soulfinger performed their first of two performances over the weekend. Soulfinger is a Newport News-based band featuring CNU junior Zach Moats on keyboards. With a relaxed, reggae-infused sound, the band had audience members dancing during each of their hour-long sets

on Friday and Saturday.

Saturday's schedule featured a self-defense workshop led by Professor Gregg Lloyd, the stage combat instructor for TheatreCNU. Lloyd taught the 10 attendees several simple techniques designed to debilitate an attacker long enough for the victim to escape, said junior Danny Devlin, the co-producer of the festival. Following his demonstration, women gathered to perform famous or original works by other women for the Women's Poetry Reading at 6 p.m.

"Carol Wilson, who's also in the show, performed some of her sister's poetry, which is gorgeous, and deals with issues women face," said Koteski. "We thought poetry readings would be really simple and cool, and that people would be into it."

Saturday also featured a performance from senior Nathan Cotter, whose impromptu act frequently appears on CNU stages. His eclectic show often features beat boxing, the use of loop machines and inspired medleys; he managed to segue seamlessly from The White Stripes' "We're Going to Be

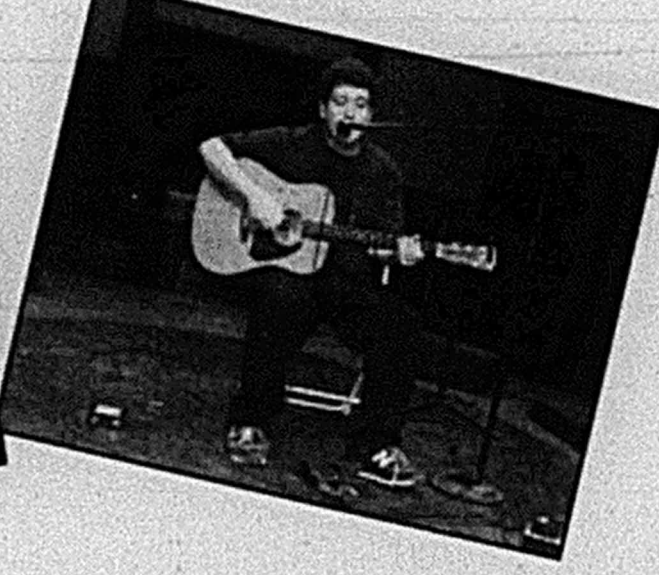
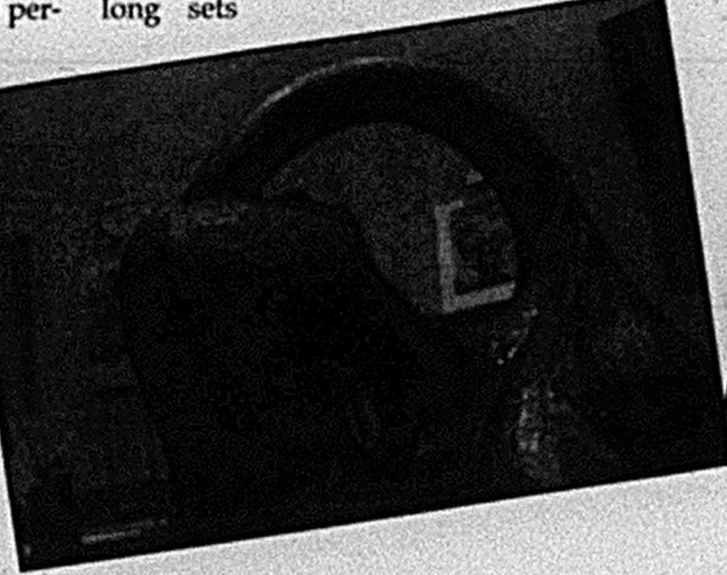
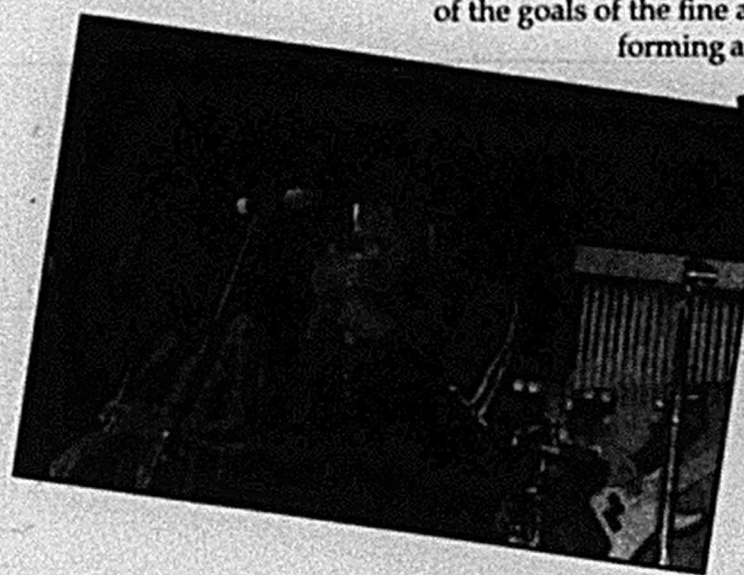
Friends" to The Beatles' "Norwegian Wood," and finally finishing with an acoustic cover of Andre 3000's "Hey Ya."

The organizers view the festival as a success, but have big goals for the future of the event. Devlin hopes that the festival will make a name for itself, drawing bigger crowds to "The Vagina Monologues."

"This was, of course, the first year the CNU Players ever tried something as ambitious as a full-blown festival, and we were definitely learning by doing," he said. "I think as time passes and The Festival of the Unexpected begins to garner name recognition and becomes an annual event, we will see attendance in all areas of the festival."

Koteski hopes the event will become a tradition, fully sponsored by APO, and possibly held again in the Gaines Theatre, where more seats can be sold.

"I think it came together really nicely and I'm really surprised by the success of it," she said. "I hope they continue to do it year after year after year; I don't think it gets old, because the cast rotates. It's a good thing."



## Punk band 'The Loved Ones' have cult following before first EP release

By DAN SANCHEZ  
Contributing Writer

Punk rock is a multi-faceted genre that can be appreciated from a variety of perspectives. It's been a youthful, energetic voice pushing social change, a radical view of life and a source of empowerment for those working outside of the music industry, and has spawned an abundance of artists who have transcended the stereotypes of musical structure and composition.

The most compelling part of the genre, as anyone who has been involved with the movement would agree, is its anthemic qualities. From its humble beginnings through its metamorphic change across the years, there have always been songs that have the driving, passionate and universally honest mood that only someone

working outside the industry could create. Ironically, they are instant classics. Imagine a band that produces this sort of anthem with every note played and you've got The Loved Ones.

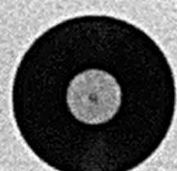
Hailing (mostly) from the Philadelphia punk-rock scene, this super-band has the credentials to back their style. The three-piece punk band contains members from Kid Dynamite, The Curse and Trial by Fire. If these bands mean anything to you, it's remarkable if your radar has not yet scoped out The Loved Ones. They are that rare breed of band that has an impeccable ear for pop sensibilities, yet demands the integrity of a seasoned punk-rock band. David Hause has the gritty voice of a man who has something to say and says it loud, while tugging on the heart strings of anyone who is willing to listen.

Make no mistake, The



Loved Ones are not a band that will knock down and rebuild your conceptions of musical structure and composition. The songs are simple, melodic and oddly familiar. The genius of this band lies in its simplicity and honesty. After just a year, without a single record label release, the band has already acquired a cult following from a demo distributed by hand at shows. The do-it-yourself work ethic has secured their honest connection with fans, and it

"The Loved Ones"  
February 2005  
Jade Tree Records



Music  
Review  
★★★★

is unexplainable what a sense of community there is at their shows.

The live show is where The Loved Ones flourish most, because the fan is as much a part of the performance as the performer. Not since the early days of Dillinger Four or perhaps Kid Dynamite themselves has the feeling of genuine, youthful, communal energy that is at the heart of the punk-rock movement been so perfectly embodied. The incredible part is that

no one should really even know about this band yet.

The Loved Ones' debut EP was released on Jade Tree Records on Feb. 22. The result is five incredible songs just hinting at the legacy that The Loved Ones will undoubtedly leave behind. Their future could go one of two ways. Either they will be recognized for the anthemic sensibilities they've perfected and be propelled to indie superstardom, or they will fall off the radar of the general public and forever be recognized as a cult classic. It really doesn't matter what happens, because The Loved Ones will be doing what they do best for the ones who really care. Anyone who feels moved by honest music should catch on before it's too late. Buy the CD, learn the songs, go to the shows and sing them with your best friends. They will be the soundtrack to the moments that mean the most.

Jon Page



## Sickness is suckiness

At this point in the fine new year, I would like to say that it is not a Grammy or an Oscar that impresses me. No, it is the person who has yet to become sick. Maybe it's just me, but it seems like February should be renamed "Februfrigginsick." I cannot remember the last time I wasn't sick in February.

Sure, there are some advantages to being sick. You can miss class, you get the sympathy of others and you can have all the Campbell's soup you want. But is that really an advantage, getting to have Campbell's soup? I'm not so sure. You see, when sick, this soup is one of the better remedies. It's not too thick, but not like water either. It makes you feel "mmm mmm good." Have you ever tried this stuff when you haven't been sick, though?

Campbell's Tomato soup has some sort of interesting property that causes it to develop this filmy skin-like layer on top of the soup. Does this make it more... edible? I do not know, but one thing is for sure: my soup should not have skin. Skin is good on fried chicken. Skin is good on an attractive young female. Skin is nasty on soup. The only other skin that I can think of that is even close to being as nasty as soup skin is the skin of leprosy.

Speaking of leprosy, isn't that what you feel like you have when you are sick? Really, just think about it. When you have a simple cold or something like that, you feel pretty weak, and you are generally isolated from the rest of humanity. I don't know if I could say that you feel so weak that someone could mistake you for a bowl of dip, but it gets bad.

How am I such an expert on this topic right now? Because I am one of the few, the proud, the Marines. Oh, wrong adjectives all the way around. Let me break that down.

First off, so many people are sick right now, it's crazy. I bet at least half the campus has some sort of disease at this point. How do I know this? Well now, instead of raising your hand to get the professor's attention, you just blow that big red foghorn formerly known as your nose, and suddenly you not only have the attention of your professor and fellow students, but also the National Guard heard your "cry" from Iraq and decided to come back. Yes, it is that loud.

Also, what sort of pride is there to be associated with being sick? I'm sick! If there is any other time where you are more susceptible to having your lunch money stolen, I'm not sure of it. The only reason why anyone wants to be near you is so that they can rob you. It's because you show signs of weakness. Instead of being at work or class when the telemarketers call, you are in your room. It's like they have sick-dar or something. "Looks like Mr. Page has caught a cold and won't be attending class or work today. Surely he would like a new insurance plan, or maybe a set of knives." Yes, that is what will make me feel better, insurance and knives.

Does one become more Marine-like when he or she is sick? I would have to say certainly not. In fact, I won't push this any further, because the only reason it made it into the previous statement is that it was the slogan for that cool commercial with the lightning and stuff, and the guy becomes a Marine. Anyone remember that? Bueller?

Ferris Bueller had to have pulled off the best sick impersonation ever. If you haven't seen that movie, you shouldn't be in college and you should go see it as soon as possible. It's great.

But that has no real relevance. What does have relevance is that I feel like a train, truck and airplane all combined their power together to create the biggest explosion ever, and it just happened in my mucous membrane. I'm sure that is helping you stomach lunch. Enjoy!



## Falk Gallery re-opens with 'Art in Transition' exhibit

First exhibit of the year unveiled

By AMBER LESTER  
Arts & Entertainment Editor

For the first time since last year's senior art show, the Falk Gallery is again full of student artwork — albeit in a brand new location.

After a semester spent lugging art works across campus, trudging through the mud and moving through the ongoing construction, students in the Fine Arts department are ready to show their work.

"Art in Transition" is an exhibition of the works created during the move across campus into the Ferguson Center for the Arts.

The pieces were chosen by the faculty committee based on the allotted space and how the show ran together, according to

Fine Arts Department Chair Professor Betty Anglin.

The theme of "transition" came from the recent move, which was mandated to occur in the middle of the fall semester.

"The whole point was to showcase students' work and let the university community know that our students are serious about their art," she said.

"The exhibit shows what the students were doing in the midst of change."

The entries came in a variety of mediums, from sculpture and ceramics to watercolor and glassworks.

The exhibit gave its viewers an impression of what kind of work the art department is creating in classes.

"All the teachers encour-

aged students to enter their best work and we got things from every section of the department," Anglin said.

Perhaps most impressive were the pieces that were less typical than standard paintings or drawings. Sculpture students en-

tered her huge pair of glasses.

Other amazing items included the glasswork of Dana House, the Fine Arts Society's Artist of the Month, and McEvoy's batik of three palm trees.

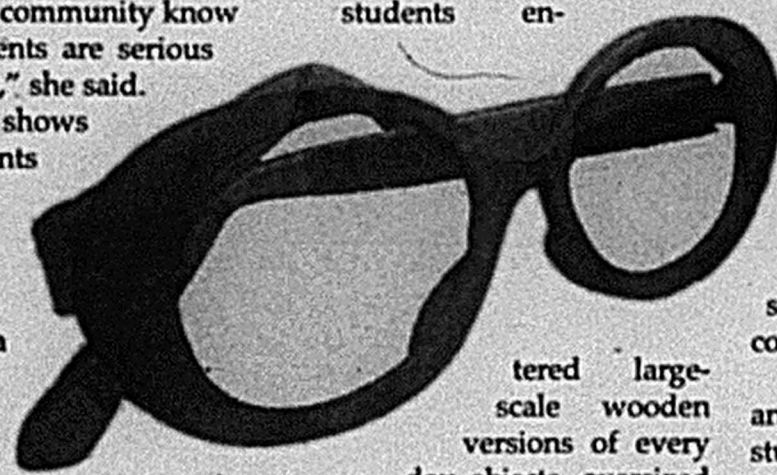
The exhibit also features the work of non-majors. Junior Shari Hopkinson, a theater major, entered her own photographs taken during an Honors trip to the Hasidic Jewish community in New York.

"I've actually never taken photography," Hopkinson said, "but I've decided to take a course here next semester."

Despite the time constraints and setbacks, Anglin feels the art students were able to produce introspective, beautiful work.

"All of us were happily surprised by the thought and self-expression in the works," she said.

Dean Gordon captured the students' persistence and dedication during his opening remarks



paintings

tered large-scale wooden versions of every day objects, oversized in the manner of Claus Oldenburg, famous for his gargantuan sculptures of trowels, spoons and cheeseburgers.

Junior Aimee McEvoy created a giant vegetable peeler, while junior Karyn Lance en-



Above, art student Dana House looks at the senior Shaun Whiteside's self-portrait and sculpture. Left, junior Karyn Lance's giant sculpture of wooden glasses.

at the reception on Feb. 16.

He compared their struggle to that of the artists who formed the Salon des Refuses after their works were refused by museums. The group included such monumental works as Monet's "Impression: Sunrise" and Manet's "Le Dejeuner sur Herbe."

"Among the important events in art history, there was once a show for a lot of people

who could not find room for their work in the Louvre," said Gordon. "They formed the Salon des Refuses. We ought to call this the nearly Refused de Salon."

The show will run until March 9. The Falk Gallery is located in the Ferguson Center for the Arts, across from the dance studio in the academic building. The gallery is open from 10 a.m. to 2 p.m. on weekdays.

## No ordinary jazz recital for Rosen

Hearing Miles Davis's 27-minute Havant-garde "Bitches Brew" while being seated in the Music and Theatre Hall of Ferguson should have been the second sign that this wasn't going to be any ordinary jazz recital.

Fifth-year student Andrew Rosen's promise the night before that the Feb. 16 concert was going to be "really loud and really good" should have been the first.

With the help of the CNU Jazz Combo and later, the CNU Big Band, Rosen made good on his promise at 8 p.m., launching into a seven-song set to help him fulfill requirements for the Professional Certificate in Jazz Studies.

Rosen gracefully slid into his saxophone solo in Miles Davis's "Half Nelson," the first song of the nearly two-hour-long recital.

The songs, most recorded before Kenny G's parents were even thought of, showed that this was going to be a far cry from the "smooth jazz" generally heard on the radio.

A drum solo at the end of "Half Nelson" made the transition into "Pinocchio" by Wayne Shorter.

There were commanding piano and trumpet solos by junior Zach Moats and Da-

ron Walton, a local jazz artist, before the tempo slowed to a crawl during Rosen's solo. Before going into the third song, "Deluge," (another by Wayne Shorter) the tempo of "Pinocchio" increased and the song descended into organized chaos as Walton, guitarist John Calisto and senior saxophonist Mike Bartusiak joined in.

Another drum solo, this one low and rumbling, evolved into a drum roll that introduced the slower "Deluge," during which Walton and Rosen went completely off stage except to add a few complementary notes.

"Like most jazz compositions, the majority of the songs in this recital did not have one major lead. 'It's not all about me,'" Rosen said.

He chose the first six songs because it was "what we did in a combo in the past years." Rosen has been a member of the Jazz Combo for the last four years.

Rosen has been playing the saxophone since fifth



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

grade. He got into jazz because, he said, "Once you start playing, you start playing music that you understand."

The next song, "You Dig?" by Eddie Palmieri, began with a bass loop that was incrementally mirrored by Moats and Calisto.

The high point of the performance of this song was a sort of "dueling trumpets" section between Walton and Professor of Jazz Studies Bill Brown, where they rapidly switched off before complementing each

other toward the end of the section.

This song ended in a guitar solo that introduced "In a Sentimental Mood" by Duke Ellington. The stage was bathed in blue light as Rosen played with only the drums, bass, piano and guitar.

No special arrangement was needed for this song; it was easy to tell that Rosen was doing his best to give homage to one of the most famous jazz composers.

In a complete turn from El-

lington, the last two songs were definitely loud. For "Sponge," by Randy Brecker, the upright bass was traded for an electric and Moats went electric as well.

Calisto left behind his jazz guitar for a turquoise one that demanded he didn't sit on his stool to play it. Moats peppered the high-paced song with electronic sonic bullets that continued as the Jazz Combo left the stage to make way for the 16-piece Big Band.

Guitarist Jeff Beck, who co-

wrote "Brush with the Blues" with Tony Hymas, is one of Rosen's favorite musicians overall.

Leaving behind his alto saxophone to play guitar, Rosen and the song were introduced by a sound from Moats resembling a landing UFO.

Rosen's solo at the beginning of the song went from hardcore rockin' and wailin' to the blues, with the band punctuating and later coming in full swing.

As Rosen played in every section of the stage, his long brown hair often got in his way and he threw it back every chance he got. With this song alone, it would have been impossible for any other band to play afterward.

Some people in the audience yelled in delight near the end when Rosen went head-to-head with a trumpet player who mimicked Rosen's notes.

This performance, which deserved and received a standing ovation, ended as Rosen, in rock star fashion, flung his guitar pick into the crowd.

As the audience left, murmuring about their favorite songs and how this was unlike any other recital they've ever seen, "really loud and really good" seemed like an understatement.

- TYRONE ROBINSON  
Copy Editor



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## Tropical Smoothie offers healthy variety

By ALIYA ALTAFULLAH  
Captain's Log Intern

Tucked away in the up-and-coming development of Port Warwick, Tropical Smoothie Café offers tasty, healthy and affordable food. Although it's fairly new to the Hampton Roads area, Tropical Smoothie has already made a name for itself and it's easy to see how the café quickly became a popular student hangout.

Tropical Smoothie serves a large variety of healthy foods, specializing mainly in wraps, sandwiches and (obviously) smoothies.

The café offers specialty hot and cold sandwiches made with delicious Boar's Head-brand luncheon meats. Although the sandwiches aren't that large in size, they are made fresh by hand and filled with a number of different toppings, so they do fill you up. They also have hoagie sandwiches that you can purchase by sizes of six or twelve inches. The sandwiches and hoagies at Tropical Smoothie range between the affordable prices of \$3.49 and \$7.89.

If sandwiches aren't your thing, you must try one of Tropical Smoothie's gourmet wraps. There are several different choices, and all of them look tasty. I tried the Jamaican Jerk Chicken wrap, which consists of strips of fresh, grilled chicken breast mixed with southwestern rice, corn, black beans, onions and melted mozzarella cheese served in a flour tortilla and topped with a spicy Jamaican jerk sauce. And don't worry, the wraps won't break the bank either; they are all under \$5 each.

Tropical Smoothie has also created an interesting entrée



Tropical Smoothie in Port Warwick features wraps, sandwiches and smoothies.

they call a "Tortizza." The item is basically a pizza on top of a tortilla shell and they offer a variety of different toppings from pepperoni to barbecue, all for under \$5.

They also have a handful of refreshing salads you can choose from, including tuna or grilled chicken. And, again, the salads are also all just under \$5.

Now, although Tropical Smoothie offers affordable and delicious sandwiches, wraps and salads, let's face it — you can get those at the neighborhood deli. Like the name says, the café is mostly well known for its amazing (you guessed it) fruit smoothies. Tropical Smoothies offers about 40 different types of smoothies: everything from low fat to energy boosters, dessert smoothies to meal-replacement smoothies and weight-gain smoothies — you name it, they've got it. You can get about any kind of fruit you can imagine, get it made with milk or with yogurt and coffee or chocolate — the options are endless.

My personal favorite is the

simple yet sweet Jetty Punch, which has fresh strawberry and banana fruit mix with a splash of yogurt to make it thick and creamy. You can even ask Tropical Smoothie for certain additions to your smoothie to make it even healthier, like protein or vitamins to wake you up or increase your energy. The smoothies are served in huge cups and range in price from \$3 up to \$6, depending on how many additions you get.

Whatever smoothie you choose, you're bound to enjoy a delightful and revitalizing drink that's going to make you want to come back for more.

To get to Tropical Smoothie, take a left onto Jefferson from J. Clyde Morris Boulevard and turn left into Port Warwick, directly before the 7-11 at Loftis Boulevard.

Tropical Smoothie is located at 4191 William Styron Square. Call (757) 595-0600 for questions or directions. Bon Appetite!





Photos courtesy of Doug Farley

Senior Doug Farley entered these two photographs in the competition. While he knows that his work has been chosen to be published in the "Best of College Photography Annual 2005," Farley does not know which of his entries was chosen.

# Winning photography from students

By CATHY EVANS  
Captain's Log Intern

The photography class just settled into their new facilities in the Ferguson Center this semester and already they are turning out great prints.

Professor Phillip Morrison told his photography students about a competition from the magazine, The Photography Forum. Several of his students entered into the national competition.

The annual contest, called "The Best in College Photography," is open to college and high school students. This year, they received over 30,000 entries from the United States and Canada, and only three percent were selected to move onto the next level of competition. Of that percentage selected, there were three students from CNU: senior Doug Farley, CNU graduate Kelly Tellefsen and freshman Justin Pritchett.

They will be notified in a month where their final position is in the competition. The grand-prize winner receives money, \$2,000 in grants and a camera. All finalists will have their work featured in Photography Forum's book, "Best of College Photography Annual 2005."

The Photography Forum is an award-winning, quarterly magazine created in 1977. The magazine features photographs taken by top photographers.

"It's impressive that our university has three from all the entries they received from the US and Canada," said Morrison.

Morrison has only started teaching classes this fall, but he has been teaching photography classes for around 40 years in various other places.

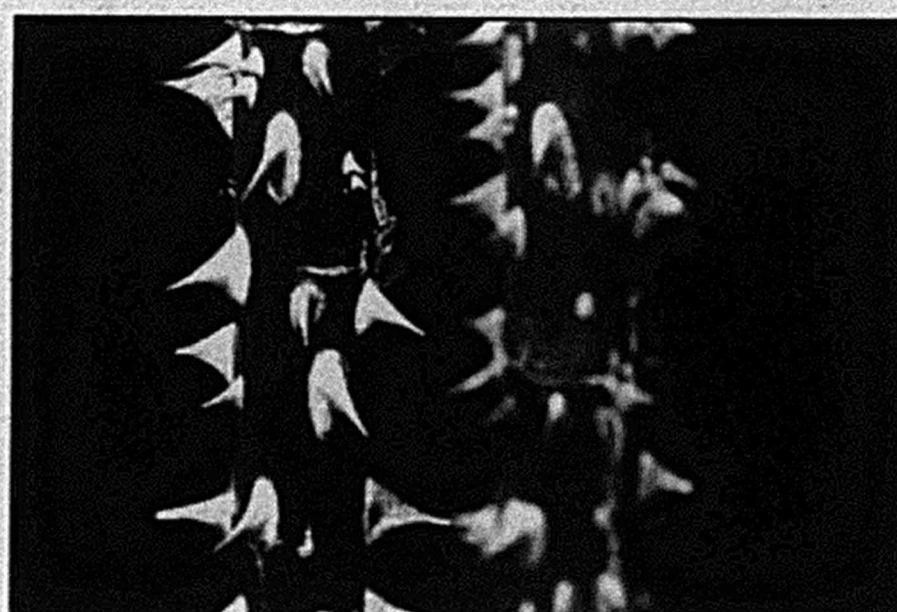
Farley and Tellefsen took Morrison's photography class last semester. Pritchett has not formally taken Morrison's photography class, but does come to the photography lab often to use of the facilities.

"Justin does a lot of work on his own," says Morrison. "He has a lot of experience."

Morrison helped the finalists pick their work to be submitted to The Photography Forum. Each entered several photographs in the competition; some scenic, some with people, some in color and some in black and white.

The competition rules did not specify what kind of photographs they had to be, so the contestants could enter any photographs they desired.

Out of 30,000 entries from the U.S. and Canada, photographs by three CNU students were chosen to advance in competition for "The Best in College Photography," sponsored annually by The Photography Forum



Jenn Russell/The Captain's Log

Farley also submitted this close-up photo of thorns. Farley took photography class last semester, and sells portraits on the side.

Farley has always been artistic and he feels that his photography is a reflection of that.

"I have been into art for a long time," he said. "I used to do it all the time as a kid."

He took some classes at local museums before taking the photography class here at CNU. This is the first time that his work has been submitted in such a large journal. Farley has previously submitted to Currents, CNU's annual publication of everything art from

fictional stories to poetry, art and photography. Farley often sells portraits on the side. He is excited to have his work published.

"It lets me know my work is appreciated," said Farley. "It'd be nice to win, but I'm excited I made it this far in a national competition."

Farley is computer engineering major and will be graduating this May. He's interested in keeping photography as a hobby.

"It's something I love," he said. "It's more an expression of love rather than something I want to do just to get by."

Pritchett has only been doing photography for three years. He got into it in high school when what seemed like a typical reading assignment turned into something more.

"I was in Mr. Mariani's English class when we had to pick a biography to read," said Pritchett. "I picked a big white book which ended up being the biography of Ansel Adams, the greatest photographer ever."

Adams is an American scenic photographer, well respected in the photography field. While reading the book, Pritchett found he had to constantly look up technical terms, which made him later pick up an old camera he had and start taking pictures.

Pritchett has only sold one fine arts piece in his life.

"It is mostly a hobby for me, I make the photographs for myself mostly," he said.

Pritchett currently has a display in the President's Leadership Program office on the third floor of the administration building.

He tends to favor traditional photography, although he does take digital photographs when he is selected to photograph business affairs.

When he found out that he had been selected by The Photography Forum, Pritchett felt honored.

"Not too many were accepted, and I'm just a lowly freshman," he said.

Although he has entered in competitions before, he has never entered into one of this size. Pritchett is excited and can't wait to find out where he falls in the competition.

All contestants will find out if they were a grand-prize winner or where they placed at the end of March.

Kelly Tellefsen could not be reached for comment.

Farley and Pritchett both view their photography as an expression of themselves and art.

"Photography is a love," said Farley. "You don't have to be a fantastic artist to be able to do it and it can still be something that others beside yourself like."

## Marie fails to draw crowd

By MIKE HILLEARY  
Art, Arts & Entertainment Editor

It would be an outright lie if I said I wasn't at least a little worried walking from my dorm room to Gaines Theatre Friday night.

It wasn't that my mind was totally focused on whether the scheduled performance of singer/songwriter Jennifer Marie would be a complete disaster (though the thought did pass through my mind). I was more concerned about whether any of our students would actually make the effort to attend.

Though this certainly was not the most optimistic thought to ever cross my mind, it wasn't the most unrealistic, nor would an empty audience at a campus event be a new experience for me if it ultimately occurred.

By the time Friday night's show got underway, a little over 25 people had found their way inside the theatre, barely enough to fill several rows.

To her credit, like many of those before her, Marie seemed rather unfazed when she walked onstage and sat behind her keyboard.

With her hair pulled back

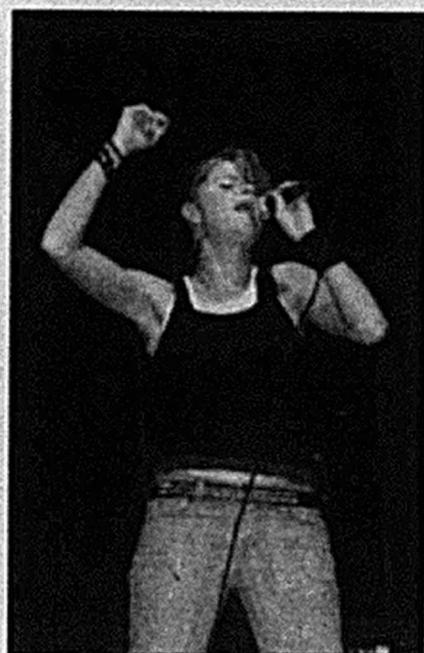
in a ponytail, a number of strands falling in her face, she made light of the noticeable awkwardness by asking anyone to "drop a pin."

From there, Marie moved through her hour-long set at a leisurely pace, rarely veering her material from the standard angst and awe that often comes as a result of being in a relationship, or lack thereof.

Though I seemed to have had the hardest time earlier in the week trying make sense of the stylistic formula advertised around campus, Marie's "dark, edgy, pop-rock" sound presented itself as something surprisingly welcome as her songs progressed through the show.

Despite her model-thin appearance, Marie also demonstrated an unexpected range to her vocals. Changing from a breathy whisper to an aggressive growl at a moment's notice, her lyrics complimented the depth of her layered arrangements, allowing a much-needed energy to transfer into the audience.

Casually interacting with the audience in between songs, Marie ultimately finished off the night with a Janis Joplin



Mike Hilleary/The Captain's Log

Jennifer Marie sang at Gaines Saturday.

cover sung without the accompaniment of her keyboard, walking out into the seats.

By the time everyone began filing out, and I made my way back my room, I didn't feel completely stunned with amazement, but I didn't feel utterly disappointed.

To me it was an hour well spent with still plenty of time left in the night to do something else if I wanted.

I suppose my only qualm was that I just wish more people had been there to hear the performance for themselves, instead of me having to explain it to them after the fact.

## 'Sideways' overrated, but still worth viewing

By PAUL FROMMELT  
Captain's Log Intern



Movie  
Review  
★★★★

When you look at the plot for "Sideways," it seems like no college student could relate to the characters. How could you possibly relate to people in their late 30s getting drunk off of wine and complaining about divorce and struggling careers?

I was surprised, however, to find out that the themes writer/director Alexander Payne explores in "Sideways" were easily relatable. This story is universal, no matter what age you are.

The film follows Miles Raymond (Paul Giamatti) as he takes his best friend Jack (Thomas Haden Church) on a trip to wine country on the California coast the weekend before Jack gets married.

"We're going to drink a lot of good wine, play some golf, enjoy the scenery and send you off in style," says Miles. Jack, however, has other things in mind. This is his last weekend as a single man, and he wants to enjoy it as a single man.

While Jack is the focus of their weekend, Miles is the focus of the movie. Recently di-

vorced and struggling to get his book published, Miles is on the verge of a nervous breakdown. Translate those problems to a college student. You just broke up with your significant other and your grades are struggling. You take a weekend trip with your best friend and all they can think about is hooking up. What would you do?

Alexander Payne was Oscar-nominated for Best Original Screenplay and Best Achievement in Directing for his interpretation of the novel of the same name by Rex Pickett. Payne's script is full of true emotion and surprising moments of humor mixed together.

At one moment, Miles will be opening up his heart to a beautiful waitress named Maya (Virginia Madsen), and the next moment, Jack will be having some crazy sexual rendezvous that will force him to run through an ostrich farm naked. When it comes to diversity, Payne is covering all his bases.

The direction in the film is wonderful, but when shooting in such a beautiful setting of northern California wine country, I doubt Payne could have made a murky picture if he tried.

The acting is all wonderful, most notably the work of Paul Giamatti. He has found his niche in playing the stocky balding everyman that can't catch a break. Ironically, he was the only member of the main three cast members that was not nominated for an Oscar. While I do believe that "Sideways" was over praised, Giamatti should have at least received a nod for his work.

"Sideways" is not a major drama nor is it a side-splitting comedy. It seems much more content with simply straddling the line, making for just an entertaining two hours, and not much else.

While I enjoyed the movie more than I thought, I feel that it has received a little too much praise during the awards season.

Nominated for five Academy Awards, including Best Picture, "Sideways" should pick up a couple of Oscars, but there have been many more deserving movies this year.





Ryan Burke/The Captain's Log

The cast members perform "My Short Skirt," a monologue that rants against the invitations and implications of short skirts. Front, left to right, are Gabriele Yount, Michelle White and Alexandria Finnegan. Behind them, Dr. Linda Waldron delivers the monologue.

## 'Vagina Monologues' successful in third year

By ALIYA ALTAFULLAH  
Captain's Log Intern

If my vagina could talk, it would say that this year's production of "The Vagina Monologues" was a huge success that most likely changed the way that the entire audience thought about sex.

I had never seen a production of "The Vagina Monologues," and I went to the show with an open mind and hardly any expectations.

This is the third consecutive year that TheatreCNU, along with Alpha Psi Omega and the CNU Players, has presented this highly talked-about and very controversial production.

The cast had been working hard to perfect the show since late January, and the result was a fantastic display of amusement, music, entertainment and, of course, talk of vaginas.

Award-winning playwright Eve Ensler wrote "The Vagina Monologues" and initiated V-Day, a global movement to stop violence against women.

The monologues are a series of conversations, questions and comments with women of all ages about sex, abuse and their vaginas. The show focuses on getting women to feel comfortable about their sexuality, as well as their bodies.

"This is the second year I've seen the show," said sophomore Steven Ferrier. "It's just a fantas-

tic show, I think everyone should see it."

The cast of the show was outstanding. Even by spending a mere hour and a half inside the Studio Theatre, you could tell that all the women had a passion for acting and for the show itself.

Cast member Lauren Koteski, senior, delivered an amazing performance, both acting and co-producing the show. The show was also produced by junior Danny Devlin, who noted that co-producing "The Vagina Monologues" wasn't at all strange or uncomfortable.

"Things are, I've found, only as weird as you make them," he said. "The show and the festival was and is an important event,

and it was an absolute pleasure to work on it."

The script required the cast to alternate jumping back and forth between actresses, but everyone picked up their cues perfectly and the transition between monologues seemed to be effortless.

Overall, the whole performance was extremely well coordinated and seemed as though the cast and crew had been working on it for months instead of just weeks.

This was senior Alex Finnegan's first year performing in the production and she did a wonderful job fully embracing her characters and delivering her comedic monologues, titled "My Angry Vagina," about a woman

tired of society's effort to "pretty up" her vagina, and "The Woman Who Loved To Make Vaginas Happy," which tells the story of a female sex worker who helps women "own the moan."

"I wanted to be a part of the show because it helps so many women and raises a lot of money for charity," Finnegan said. "It also empowers women and people everywhere to talk about these issues or even to think about them."

Junior Jane Phillips, another cast member who displayed a wonderful performance, said that she hopes the show will send a positive message to women of all ages.

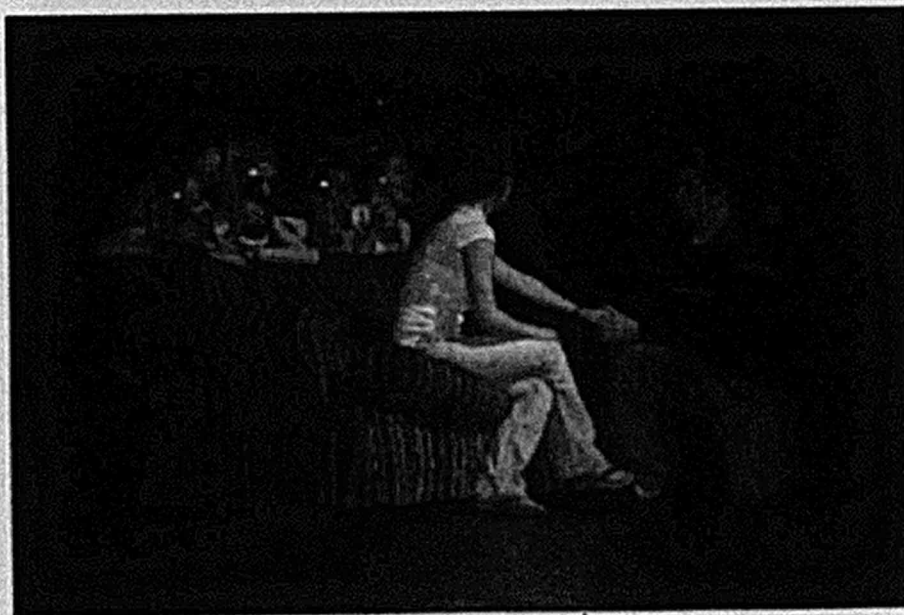
"I hope people will realize that this production isn't as

cliché or taboo as it may seem," Phillips said. "We have to embrace the ideas that the monologues get across; it lets people understand that they can turn something ugly into something beautiful."

The other cast members who worked hard to put together the piece included junior Michelle White, Sociology professor, Dr. Linda Waldron, sophomore Carol Wilson and junior Gabriele Yount.

Although this year's V-Day is over, it will be back and hopefully the monologues will return as well. I definitely recommend the show for both men and women of any age; it's an eye-opening performance that you won't want to miss.

## CNU TONIGHT features skits with Napoleon Dynamite and Fanta girls



Kimberly Wade/The Captain's Log

One CNU TONIGHT skit spoofed the ubiquitous Fanta girls, seen in the soda company's commercials, interrupting an intimate moment.

By KIMBERLY WADE  
Contributing Writer

CNU Tonight offered another installment of hilarity last Wednesday as the cast performed a set of laugh-out-loud sketches in Gaines Theatre.

The first act was a "Pimp my Ride" spoof — only instead of a car, CNU Motorsports ineffectively "pimped" a bicycle.

Another act focused on infomercials with "The Sleeper," a person who helps another get a good night's rest by choking them. "It was great making people laugh without saying

anything," said freshman Andrew Todd, who played "The Sleeper." "I love a lot of attention," he added.

The following skit mocked fraternities and sororities by selling "Greek Pills" which cost \$300 and can't stop the uncontrollable urge to make t-shirts.

The Christopher Newport News, a recurring sketch done in the manner of "Saturday Night Live's" "Weekend Update," included a study on Napoleon Dynamite mania, Valentine's Day and a man who shot himself in the head with a nail gun and didn't realize for six days.

Another skit included an

album of "Favorite Hit Songs," which incorporated a yodel version of Snoop Dogg's "Drop It Like It's Hot."

But the element that made this show stand apart was the cameo by sophomore Derek Loftis, who played Napoleon Dynamite.

Dynamite was to have a face off with Summer, another "Napoleon Dynamite" character, in front of the "American Idol" judges and the creator of Rex-Kwan-do. Complete with puffy hair, snow-boots and a "Vote for Pedro" shirt, Loftis danced one of the best Napoleon Dynamite dances seen on campus.

"I just enjoyed getting to perform once again with the CNU audience and with a cast of friends," Loftis said. "It was an exciting experience for me."

As for the cast, it was more about the process than the product. "It was a lot of fun making the skits, working together and seeing the audience reaction," said sophomore Katie Bannister.

And the audience was enthusiastic about the performance. "I loved it, it was gorgeous," freshman Xavier Higgins said. "I loved Derek; he was the highlight of the show along with the pizza guy and the CNN period."

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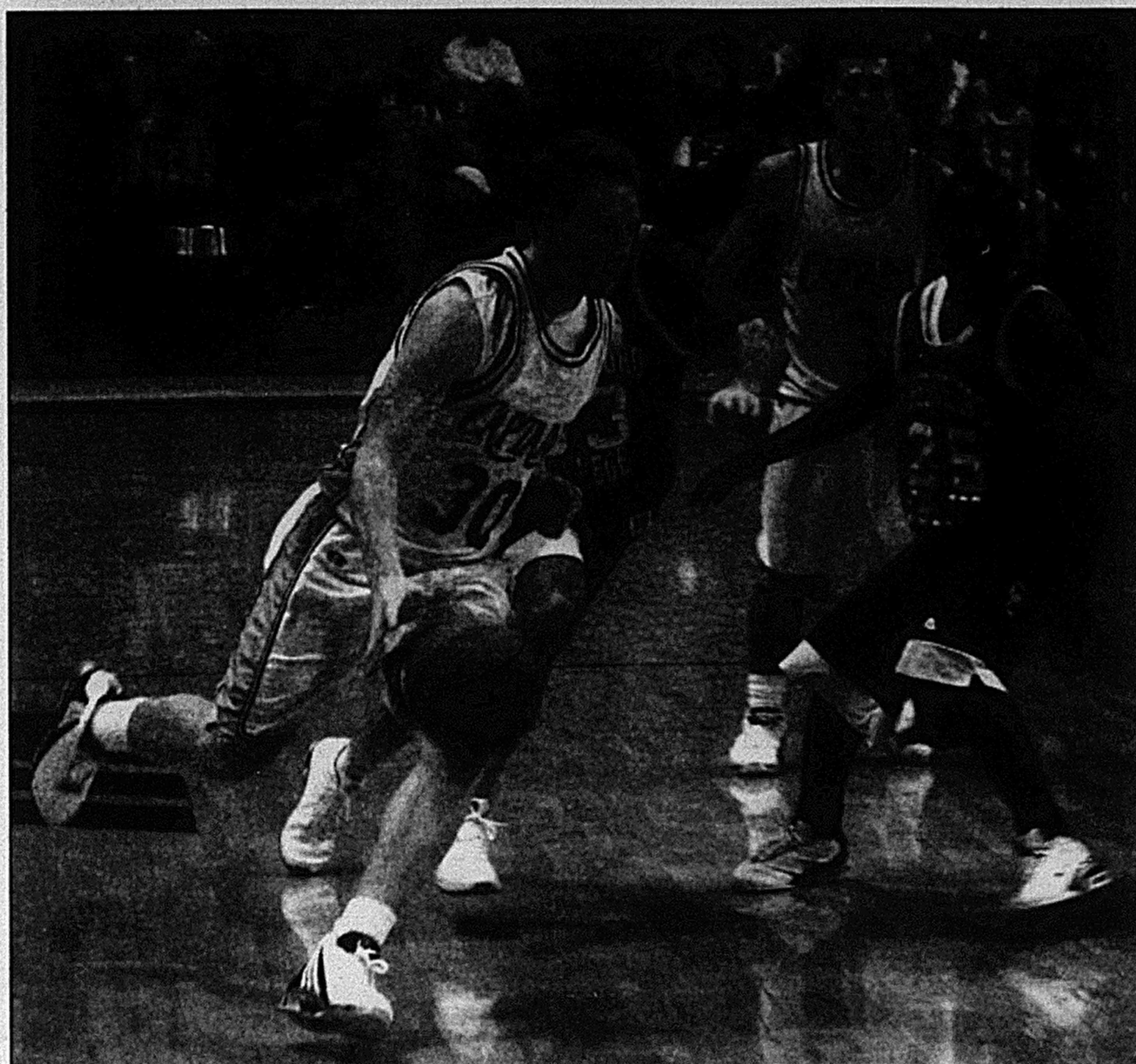
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# Sports

## Captains finish the year strong



Sophomore Jordan Short makes a move on the basket against Greensboro as senior Blake Brookman looks on. CNU dominated the game, coming away with an 89-69 victory.

By KIMETHA HILL  
Captain's Log Intern

The men's basketball team showed the USA South Conference that they're a force to be reckoned with, winning both games this past weekend against the top team in the conference, Methodist, on Saturday and then against Greensboro College on Sunday.

The weekend was particularly memorable because these games would be the last two home games for the Captains this regular season. Seniors Blake Brookman and Steven Murrer enjoyed a round of applause from the crowd on Sunday during the Senior Day commemoration.

On Saturday, the men hosted Methodist College, which was undefeated in the conference with a record of 10-0, 18-5 overall. However, the Captains took revenge and beat Methodist 85-65.

"I was really pleased with

their effort [against Methodist]," said head coach C.J. Woollum. Woollum went on to discuss how the team has improved throughout the season and has finally come together to win games.

Woollum also said that the offense was the key aspect in the recent wins because the team had been struggling with it all season, but is finally bringing it together.

The Captains jumped out to a 13-2 lead with 16:32 left in the first half. "We were just getting good shots and good looks," said junior Roderick Carey.

The Captains not only looked good on offense, but defense as well. The Captains have played consistent defense throughout the season; however, they stepped it up a notch during this game and kept Methodist's shooting to only 33.3 percent.

Methodist never had an opportunity to catch their breath and the Captains smoothly sailed to victory.

"Methodist knows that we're for real," said Carey.

On Sunday, the Captains hosted Greensboro College (10-14 overall, 6-6 in the USA South) and rolled right over them in an 89-69 victory.

In the Greensboro game, the Captains had complete control over their opponents and Greensboro could do nothing about it. Four Captains players scored in double figures: senior Blake Brookman had 19, junior Jeremy Romeo had 14, junior Roderick Carey scored 16 and senior Steven Murrer added 12.

Again, the Captains' defense was on point, keeping Greensboro's shooting to only 33.8 percent.

The Greensboro win was another key win to prepare the Captains for the USA South Conference Tournament, which begins on Thursday at Greensboro.

With the two wins over the weekend, the Captains show their strength and now other teams in the conference have a reason to be fearful. "Because of our past, everybody expects

greatness," said coach Woollum. "This year was erratic. It took a little while to get together ... after the Chowan loss, a light bulb went off."

The Captains then went 6-0 through the second half of the season and showed that they can beat any team in the conference. The Captains finished the regular season with an overall record of 18-7, 8-4 in the conference. The Captains will play NC Wesleyan in the conference quarterfinals on Thursday.

### Season Statistics

Player	PPG	RPG	A	St
Jeremy Romeo	13.9	2.5	41	26
Roderick Carey	13.1	8.2	47	32
Korey Lewis	10.4	5.7	22	12
Blake Brookman	8.4	3.1	169	41
Steven Murrer	7.6	5.6	15	10
Brandon Brooks	7.3	3.3	45	30
Jordan Short	5.4	2.1	19	16
Dont'a Selden	5.3	2	60	26
Kristian Washington	4.1	2.3	5	5
Amin Chebaane	2.2	2.3	1	8
Michael Dancer	2.1	0.8	1	1
Trent Dickerson	1.8	0.4	5	0
Caitlin Pruitt	1.7	1	12	2
Adam Putham	1.1	1.4	16	7
Mike Witham	0.2	1.1	0	1

## Football team losing core players in time of transition

The Captains will have to replace several key cogs

By CATHY EVANS  
Captain's Log Intern

Over the weekend, the football team had a recruitment weekend for over 30 prospective student athletes. Some of high school's best football athletes went on a campus tour, learned facts about the university and learned about the football team.

This weekend was the third for the football team this semester, the second one for February. The football recruitment weekend is structured a lot like a normal open house with a focus on the football side.

The would-be CNU football players toured the football practice areas like the gym in Ratcliffe and the football team's practice field. With all the excitement of prospective students on campus, there still is nostalgia felt by the team about the ones who are leaving. The football team will lose fifteen players because they have used up their eligibility and others may not play for other reasons.

Each year the football team loses players that won't play for financial or personal reasons. And some may just be academically ineligible.

"I'm sad to see them all go," said head coach Matt Kelchner.

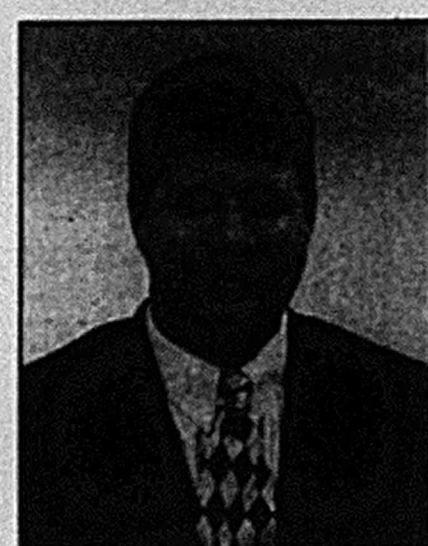
"They are a part of the first class of football players ever at CNU. They started the program and they have a special place in all our hearts."

The football program began in 2001, four years ago. The senior class graduating now includes original members of the inaugural season.

There are four seniors from the offensive line that will be leaving, including Tommy Fitzgerald. Fitzgerald was honored in January when he became the first CNU football player ever in the program's history to receive a first team All-America selection.

Fitzgerald also participated in this past season's Aztec Bowl, which pits top Division-III athletes against Mexico's top football players in Cancun, Mexico.

Senior quarterback Phillip Jones also holds many records in CNU football's program history, such as most pass completions in a game, season and



Courtesy of CNU Athletics

Head football coach Matt Kelchner

career. He also has the school's top completion percentage, the longest completion in school history - 85 yards to Roland Hilliard - and passing touchdowns.

Jones may return this coming year after sitting out this past season with an injury. He's applied for a fifth-year with senior status after a medical red-shirt season.

With so many seniors leaving, Kelchner believes he will need about 25 to 35 new athletes for a full roster this summer.

NCAA rules state that the commitment to any team must come from a high school coach and the player himself. Therefore, Kelchner could not officially comment on whom they were trying to recruit or who is already signed.

In general, junior line-backer Justin Wood believes the football coaching staff is doing a good job in recruiting. "They are looking at a lot of good talent in areas known for football," he said.

The defensive ends will have new starters, with senior Olando Holmes graduating and Ian Vincent thinking about it. Vincent still has a year of eligibility left, but his decision is still up in the air, according to Kelchner.

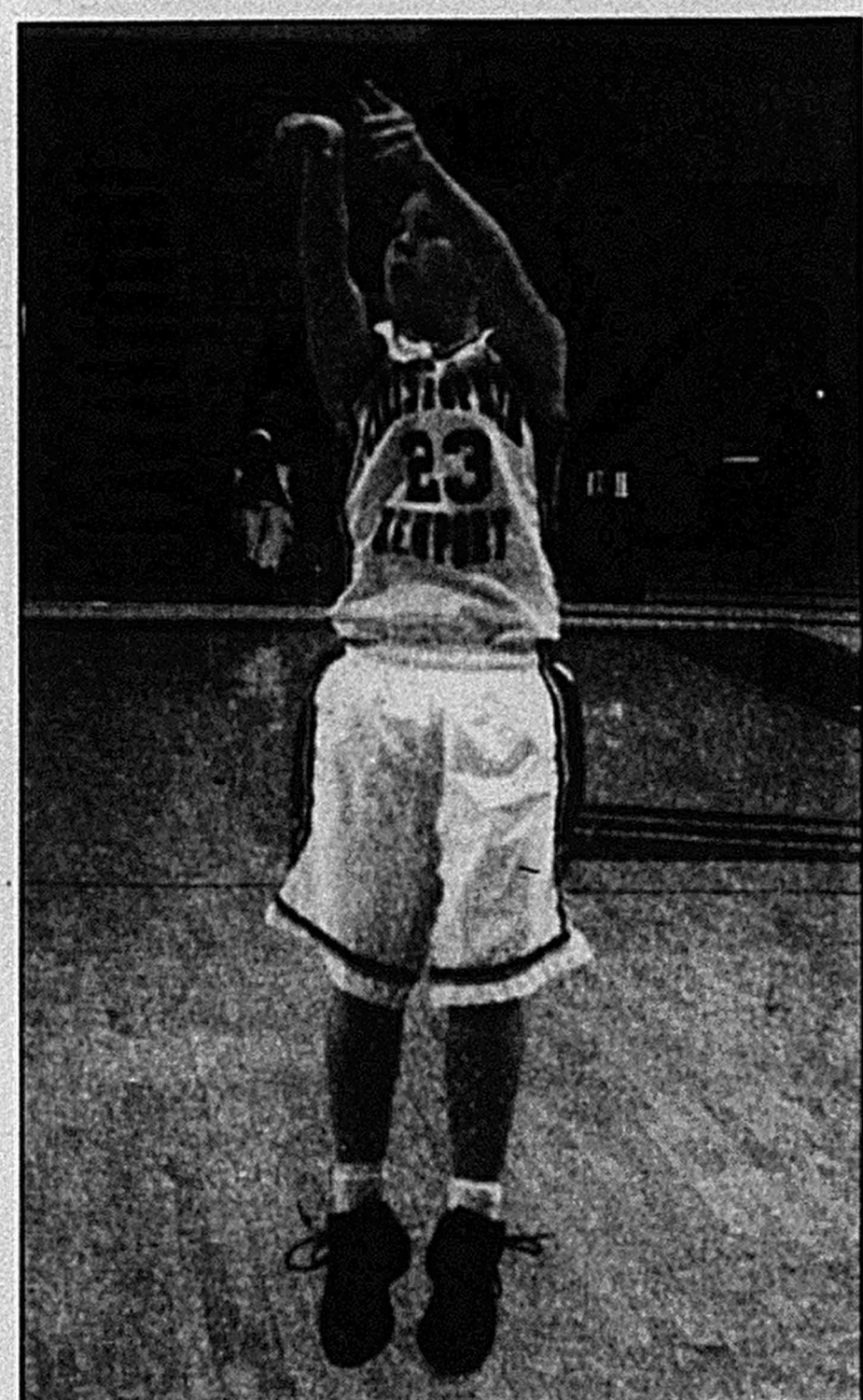
Perhaps the biggest hole to fill will be at free safety, with senior Josh Horn graduating.

On offense, the Captains will have to replace four of the five offensive-line spots.

Seniors Jake Schindler, Pat Cavallario, Cliff Mackin and Fitzgerald are all going to graduate this May and so the Captains will have new starters, but Kelchner doesn't see that much of a drop-off in production because most of the players who were backing them up have a lot of playing experience.

Senior fullback Will Holt is also departing, creating yet another hole.

"In order to [fill up the roster] we'll have to recruit around 150/250 names from all around the state," he said.



Sophomore Jess Hutt takes a jump shot against Greensboro College on Sunday.

## Lady Captains limp into playoffs after difficult week

By SEAN KENNEDY  
Sports Editor

Entering the USA South conference tournament on a two-game losing streak wasn't exactly what the women's basketball team wanted to do.

Coming off a last-second win against Peace on Feb. 16, The Lady Captains felt the sting of how it feels when the last-second shot doesn't go in, falling to visiting Methodist, 55-54, on Saturday. Then on Sunday, the women fell to Greensboro 76-60 on Senior Day.

For the first few minutes against Methodist, CNU seemed to be in control, holding a 6-point lead through six-and-a-half minutes of play. The Lady Monarchs quickly evened the score, and through the rest of the game no team led by more than seven (by Methodist, with 12-and-a-half minutes left to play).

The Lady Captains had plenty of chances to tie the game or to win it, but they couldn't capitalize.

With about a minute to play, and Methodist leading 55-54, Samantha Davis missed two free throws. Then, with 12 seconds to play, freshman Victoria Liaros missed a jumper that would have won it for CNU.

Finally, with four seconds remaining, freshman Michele Russell took an inbound pass under the basket and threw up a shot. The shot missed and the Lady Captains fell to 10-14 and 7-6 in the USA South while the Monarchs improved to 10-13 and 5-8.

"We took a look at the whole game and said, 'Where is it that we lost this game?'" said head coach Carolyn Hunter.

"It wasn't just in the last seconds when we had other opportunities. Some players felt that it was their fault or whatever at the free-throw line. I said, 'You got to look at the whole scheme of things because it's two halves. It's not just one half. ... For them just to look at that one little play and say, 'Oh he should have called this foul' or 'That situation should have happened.' That really didn't matter in the whole scheme of things," said Hunter.

Davis led CNU with 14 points while Liaros finished with 12.

On Sunday, the Lady Captains lost their second game in as many days, falling to Greensboro 76-60.

The first half was as close as the Methodist game, with CNU down by only five at halftime, 32-27. After halftime, however, Greensboro pulled away. The

Pride outscored CNU by 11 en route to winning the regular-season USA South conference championship.

"I think when Greensboro really jumped on our guards and really started pressuring them and we were turning over the ball a few times, they got a little frustrated, that sort of was the turning point. From there, we lost a lot of focus. ... [We] couldn't get it all back together," said Hunter.

Greensboro converted 21 turnovers into 18 points, with Kim Enoch leading the way with 25 points and 15 rebounds. Her tough inside presence kept the Lady Captains' guards in check, not allowing many balls to get inside on them. The Pride's combination of DeVonna Brown and Ruthanne Clark played tough man-to-man defense against the Lady Captains' guard combo of sophomore Jess Hut and Russell.

"When they're young, and you got someone all over you, it's a little tougher to focus on your offense," said Hunter. "The post players were there, but they lost that focus to do that with the [Greensboro defenders] all over them. And you got be stronger than that. Once they saw that they got us, they just clamped on us and got after our guards ...

and tried to put a lot of pressure on them."

Fittingly, senior Chazzy Morris led the Lady Captains with a career-high 18 points in her last regular-season game of her career in at CNU.

Sophomore Candace Bryant had 13 points and 14 rebounds for her 15th double double of the season.

Greensboro finished first in the conference, while Ferrum came in second and CNU finished the season in third place with a 7-7 record. The Lady Captains hosted Methodist on Tuesday in the conference quarterfinals. The game was not finished at press time. The semifinals will be held this Friday at CNU at 5:30 and 7:30 while the championship game will be at 3:00 on Saturday.

### Season Statistics

Player	PPG	RPG	A	St
Candace Bryant	15.1	11.2	25	29
Samantha Davis	11.2	5	76	46
Colandra Rollins	10.6	7.7	11	16
Jessica Hunt	9.4	3.1	101	33
Victoria Liaros	6.9	3.8	54	25
Chazzy Morris	6.7	5.5	15	12
Michele Russell	6.2	3	70	38
Theresa Sparks	1.9	2.7	2	5
Alyssa Bolles	0.9	0.9	4	6
Tina Kennedy	0.3	0.3	0	0
Krystal Vest	0.3	0.5	13	7
Hillary Carney	0	1	2	1





Catcher Charlie Hardie attempts to get on base versus Frostburg St. last week.

## Baseball drops four home games

Playing against a few of the toughest foes in the country, CNU's team comes up short at home, losing all four games

By PAUL FROMMELT  
Captain's Log Intern

The CNU Baseball team dropped four games in as many days last week, including being swept by top-ranked Rowan in a two-game series.

The Captains were outscored 36-13 and finished the weekend on a four-game losing record at 2-4 for the season.

Coming off of a double-header sweep of Frostburg to open the season, the Captains met Hampden-Sydney last Thursday at Captain's Park. The Hampden-Sydney Tigers wasted no time, jumping ahead of the Captains with a leadoff single off of junior pitcher Steven Minge.

The runner at first then tried to take second base only to be thrown out by senior catcher Charlie Hardie.

The failed steal attempt saved the Captains a run as the next Tiger batter at the plate belted a homerun over the left field fence. "That was their first game of the season, and we knew that they would be aggressive," said Hardie.

The Captains responded in the bottom of the second when senior Jason Moody hit a deep leadoff homerun to left field.

Moody's homer was the only run that the Captains were able to score in the game as the Tigers pitching staff shut down the Captains with ten strikeouts and only allowed five hits.

The Tigers had no trouble on offense in the fourth, capitalizing on two walks and two hits off Minge.

The Hampden-Sydney's pitching staff took care of the rest and the Tigers beat the Captains 11-1.

CNU returned to Captain's Park on Saturday to face top-ranked Rowan. The Captains were quick to pull their offense together and jumped to an early two-run lead.

Junior Jayson Basanes singled home junior Garrett Robinson in the first and junior Trey Collier brought home junior David Deibler after he was walked and then stole second.

Rowan took the lead with a 5 hit, 3 run top of the third.

While the Captains tied the game in the bottom of the third, Rowan took control of the game with a six-run fourth.

The Captains made two costly errors in the inning, which let the Profs load the bases and then clear them with a two-out grand slam.

"Just one bad inning in the field and its cost us," said Hardie.

The Captains were able to bring the deficit to 9-5 in the bottom of the inning, but weren't able to come any closer. Rowan beat the Captains 10-6. Only four of the Profs 10 runs were earned.

"The crooked numbers are really killing us now," said Collier. "For our offense to have a chance, we have to limit those [big] innings."

The Captains and Profs met

again the following day to finish their weekend series. The Profs' hot bats continued in the first two innings. They scored seven runs, five earned, on seven hits on junior Eben Brower.

"He didn't locate very well and unfortunately it was against Rowan," said head coach John Harvell.

"You can't do that against a good team, 'cause they'll make you pay."

Brower only allowed one hit in five innings in his previous start, but couldn't get anything past the Profs in his two innings of work on Sunday.

Sophomore Cary Bruner pitched solid relief for the Captains in the final five innings, allowing no runs and striking out five.

Bruner has allowed no earned runs in his 7.2 innings of work this season.

"Bruner coming back from surgery and pitching well is big for us," said Harvell.

"He threw the ball well both games."

The Captains were able to score two runs in the second with RBIs from sophomore Mark Genovese and Robinson. Moody scored in the third on a passed ball.

The Captains were unable to add any more runs and fell to Rowan 7-3.

The Profs swept the Captains in the weekend series

taking advantage of seven Captain errors in the two games.

The Captains closed out the weekend by hosting Bridgewater College in the second game of their double header.

CNU jumped to an early lead in the first when senior Lee Kennel scored on an error by

the Eagle's third baseman. Junior Bryan Coffey pitched two scoreless innings for the Captains but an error, a walk and hit batsman allowed the Eagles to score two runs in the top of the third.

Coffey settled down and only allowed three runs in six innings of work. He allowed three hits and struck out four.

With the score tied in the top of the seventh, Bridgewater scored five runs, four earned off senior relief pitcher Matthew Tignor.

Tignor allowed four hits and one walk in his one inning of relief.

The Captains went three up, three down in the bottom of the seventh and lost to Bridgewater 8-3.

"In order to be successful in this game, you've got to do two out of three things. You've got to pitch it, you've got to field it, and you've got to hit it," said Harvell.

"We didn't do any of those things. You've got to do two of the three, and we didn't do any of them."

Collier led the Captains with a .375 average over the four-game span going 6-16. Collier also had two RBIs.

Robinson and junior John Corbin each had two RBIs during the weekend.

Moody's homerun on Thursday gives him two for the season. The Captains head to Methodist on Saturday to play their first road games of the season in a doubleheader.

The Monarchs come in with an undefeated 6-0 record, but CNU appears to be the first real threat they will have to face.

## Moreland is already making an impression

By JAMES NICHOLSON  
Contributing Writer

Long shadows stretch across Captains Field. The Captains are taking the field for the sixth inning.

The team needs six more outs to win their second game of the season.

Out of the dugout steps an unfamiliar figure. Other than the announcer saying his name, freshman pitcher Kenny Moreland, unceremoniously takes the mound.

Moreland winds up and delivers several warm-up pitches.

Ballplayers for Frostburg State University study Moreland's pitches trying to formulate a strategy. They're down by three runs.

If they want a rally, they're going to have to get past Moreland - who, until the beginning of the spring semester, wasn't even a student or athlete at CNU.

Before coming to CNU, Moreland had little hope of playing baseball this season.

So, he transferred to CNU from the U.S. Naval Academy.

Moreland said he did it because he wanted the chance to play.

"The academy's program wasn't really what I had in mind," said Moreland. The academy sent him to its prep school in Rhode Island to improve his academics, he said.

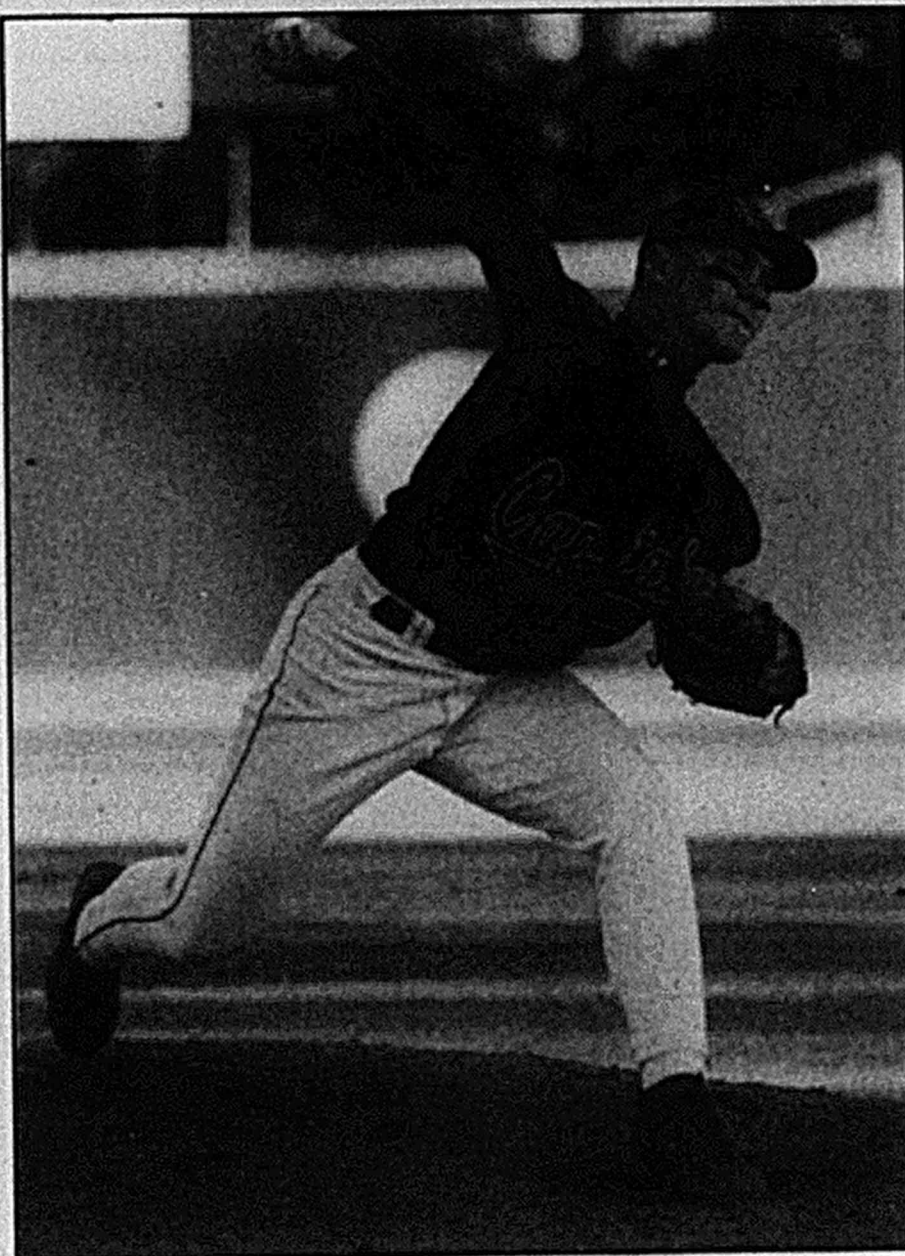
"But, there was no batting cage or mound there," said Moreland. "I couldn't keep my skills up at a place like that."

That experience, plus the prospect of not playing this season, prompted him to contact CNU's baseball coach John Harvell.

Harvell had tried to recruit Moreland after his junior year at high school. "He signed with Navy pretty early," said Harvell.

"But, I kind of expected that." Moreland was one of those players who was expected to go to a Division I school, Harvell said.

"I asked Coach Harvell if he



Courtesy of James Nicholson

Freshman pitcher Kenny Moreland on the mound in his first appearance as a Captain.

was still interested in me coming to play at CNU," said Moreland. Harvell said he was.

Moreland was heavily recruited by Division I schools, even after he decided to leave the Naval Academy.

"The D-1 schools that were recruiting me were nice," said Moreland. "But most of them have no chance of making it to the College World Series."

CNU does have a shot of making it to the College World Series.

The team was picked to finish second in the 2005 USA South Preseason poll voted on by the coaches.

Another incentive for coming to CNU is that Moreland's little brother Kevin will play on the team next year.

"Me and my brother are really close," said Moreland.

"Plus, I visited the campus and loved it."

He's no stranger to winning.

In one of his high school games last year, Moreland struck out 19 batters, a school record. "I had no idea how many I had struck out," said Moreland.

The year before, Moreland nearly threw a no-hitter.

"That has to be one of most memorable games," said Moreland.

That night, he triumphed over Langley High School pitcher and major league prospect Jay Sborz. "All these scouts were in the stands clocking my pitches too."

He hasn't ruled out playing in the majors. "If I was offered a chance to, I would," he said. "You're only young once."

Most importantly, he's a part of the Captain's pitching staff. "I

think he's going to make a great addition," said junior pitcher Cole Lineberry.

Look at Moreland's face and you can tell he's excited about this season.

"I think I'm a perfect fit here," he said with a broad smile. "I'm going to get to help the team out right away."

Harvell agrees. "He's a big plus for our club," said Harvell. "He's come in here and proven himself right away and he'll be contributing to the team right away."

He's also hoping the team will be unstoppable.

"I really want the team to go the World Series," he said. "I've heard stories about their trip two years ago and I really want to go."

Last season, the Captains finished second in the USA South but didn't make it to the World Series. This year, in the Collegiate Baseball Newspapers' pre-season poll, CNU failed to make the top 30.

"Last year, we had only one senior on the team," said Harvell. "It wasn't up to CNU standards, but this year we have a deep pitching staff."

Today, the pitching staff has shined.

Through the fifth inning, junior Eben Brower pitched a one-hit shutout.

Moreland is now in to get the save. The first Frostburg player steps into the box, sets his stance and waits for the pitch. Moreland delivers.

"Ommnnnn!" says the home plate umpire in an animated way.

Moreland's first pitch as a Captain is a strike. He doesn't stop there. He proceeds to save the game, striking out four batters, walking one and leaving Frostburg hitless in their final two at-bats.

Moreland has a wide smile after the game. But, he's the first to criticize his performance. "I gave up one walk though," he said. The Captains defense came up huge, he said. "But, I've still got work to do."

## Committed to his team

His arms are folded. His eyes are laid back and calm behind large framed glasses.

Reviewing a clipboard, he gently strokes his large mustache and walks around a mass of runners, each working through their daily ritual of stretches. He is relaxed, mingling with the runners as they warm up, making small talk and cracking a few jokes, receiving mild laughter from the team.

48 hours later.

His arms frantically wave in large circles around his head. "GOOOOOOOOOO!!!" he shouts. "14:27...28...29!!!!!" He bellows the time to a passing runner, glancing to his stopwatch as teammates yell encouragement and the runners soar by. His tightly focused eyes seem to be breaking out of the framed glasses, fog building up on the inside as sweat runs down his forehead. He is tense, anxious as the women move around the track.

Later he approaches each runner, walking with his arm around their shoulder, laughing, reassuring them of the strengths in their race, as well as the weaknesses. Like a father with his children, he firmly and honestly gives them with the truth, urging them towards their absolute best.

Keith Maurer is a man of contradiction: relaxed and yet focused; serious and yet comical; firm and yet fatherly. He is a man whose outward appearance may not reflect his inward nature. Lately, in times of great pain for the coach and team, this unwavering care has shown through in new ways.

"We all must handle the pain in our own way. That is our greatest unknown factor as a team, and everyone is still going through that... I personally have gotten two nights of sleep since her death." He said of deceased team member Grace Lovegrove, who died Jan. 12 after collapsing on a routine practice run near CNU.

There is no greater trial for a team to face than a death of

one of its members, especially for the tight-knit family of this Division III program. This has exposed a new struggle for many of the runners at CNU, and a new side of their coach as well.

The psychological condition of the individual is just as important as the physical, both in race performance, and in life.

For this team, a concern for more than their physical condition is what they desperately need, and what Maurer has to offer.

"He's really into developing the whole person. Once you get to know him, you see he really cares for you as a person. A whole person," said junior Elizabeth Browning, who has run for CNU for three years. She describes the coach as one who cares for grades and futures more than he does times and scores. "He supports us so much outside the sport," Browning said.

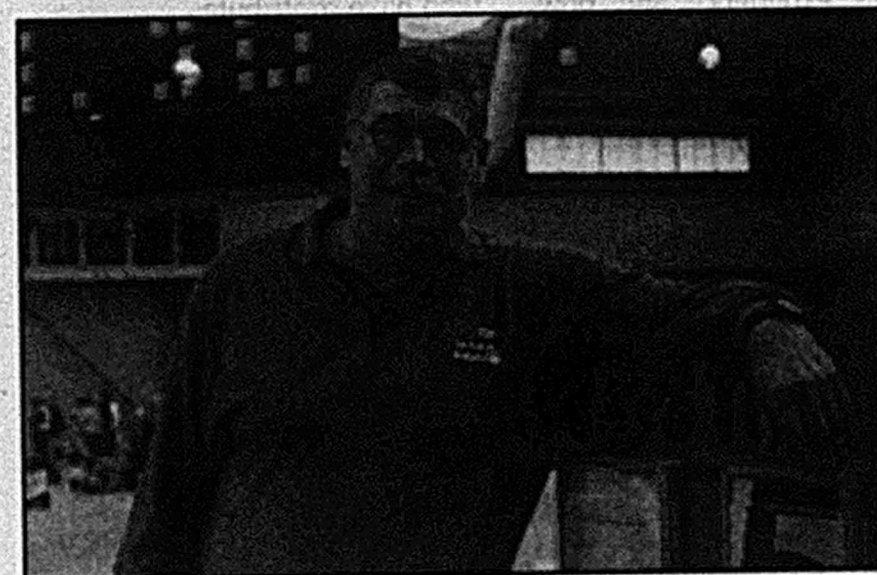
"It's nice to know that if I have a problem I can talk to him, even if it's not running or even school related," said Browning. Though Maurer is officially the head coach for the men's and women's cross country teams, many girls on the team find him showing a deep care and concern for them that is special.

Junior Megan Fogarty regards her coach as one of the major factors in coming to CNU.

"He cares for the recruits very personally," she said. "He really makes you feel like you could add something to the team." This included regular e-mail updates about how the team is doing, and a personal visit and tour of the campus.

Maurer prides himself in a commitment to what he considers the "Division III philosophy" of athletics and coaching.

"(I see it) as inclusive as it can possibly be, where individual development is more



Chanelle Layman/THIS CAPTAIN'S LOG

Cross country coach Keith Maurer relaxes between races at the Freeman Center.

"We all must handle the pain in our own way."

- Keith Maurer

important than wins and losses."

Though the nature of the sport is competitive, often down to the tenth of a second, the commitment to personal improvement is really what drives many in the sport, including their coach.

Someone could finish dead last, and still have the best race of their life, which would be a great success, Maurer explained. This philosophy of the sport is what helps to fuel his individual care.

Though many of his current team members note his commitment to them as people as well as runners, first impressions have often differed in the past.

"When I first met him, I thought to myself, 'he's not a cross country coach, he's a linebacker,'" said CNU alumni and former runner Tommy Verna. As a large man, Maurer has a commanding presence in front of his team, his colleagues and in life. And yet a soft side also emerges, especially in the presence of his runners. Verna noted how these impressions were erased after the first few races.

Once a swimming coach, Maurer has been coaching through different positions for

close to 40 years. After teaching and coaching high-school cross country for years, Maurer retired from teaching and decided to move into coaching full time a decade ago.

He began part time at CNU in 1994, and took on the head cross-country coach position in the fall of 1996, which is only considered a part-time position. Satisfying hours of any full-time and year-round worker, Maurer counts himself blessed to be a part of the program. "We're not really in it for the money," he said.

In a private interview, Maurer responded somewhat slowly to the mention of Lovegrove's name.

"Hurts," he said. The team is not ignoring it, turning aside, or avoiding it, but is working to move back into a normal schedule and life, while allowing time for healing the pain, their coach said.

The counseling services have been invited to serve the team, as well as a professional sports psychologist from Richmond, though few team members have sought such help.

Perhaps for Maurer, the ability to see life in the face of death, and to respond with honesty and hope, has become the greatest tribute to the life of Grace. Under Maurer's direction, the team has printed arm-bands to remember and honor their teammate.

"Run with Grace," they read.

- MATHEW WADE HUMPHREY  
Contributing Writer



# Wizards breathe life into dismal D.C. sports

The success of the basketball team has finally allowed Washington sports fans to celebrate something important

By SHAUN HOY  
Contributing Writer

For fans of D.C. sports, there hasn't been much to cheer about except great NFL draft picks for over a decade.

The Redskins have failed to get anything together even with Joe Gibbs at the helm and the Wizards haven't played well since they were the Bullets. Wizards fans also got to watch three

**NBA Commentary** former players win an NBA championship with another team.

Michael Jordan came into town to save the franchise and left it in worse shape than when he came in. There hasn't been much to smile about for these fans.

Let's rephrase that last statement. There wasn't much to smile about until the Wizards became one of the NBA's highest-scoring teams and got off to their best start since the 70's. They have three starters averaging over 20 points a game and sent two of them to the all-star game.

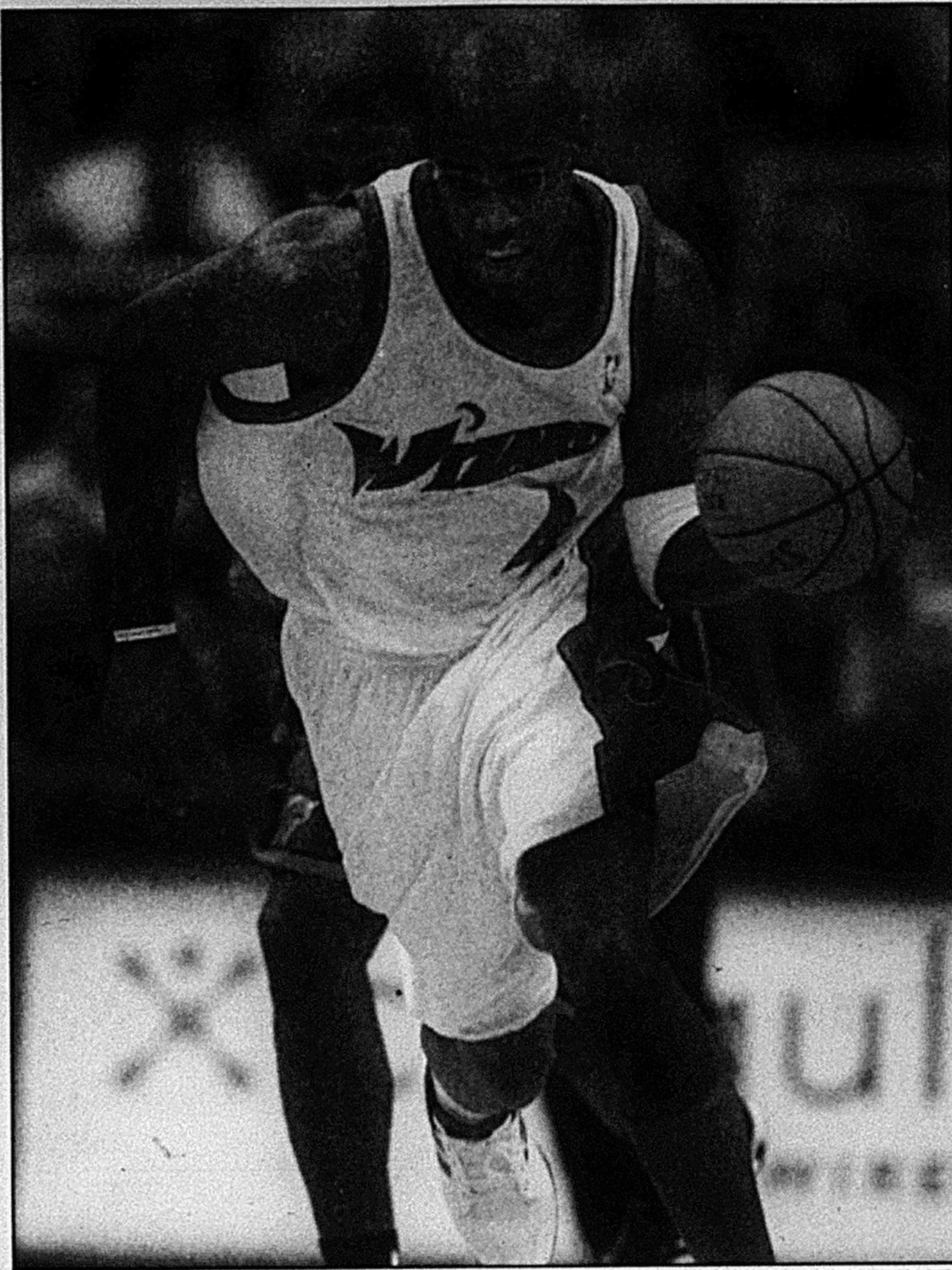
Gilbert Arenas, Antawn Jamison and Larry Hughes were combining for over 60 points a game before Hughes was sidelined with an ankle injury.

Since his loss, the team has struggled but still entered the all-star break with a 30-22 record which is good enough for fourth in the Eastern Conference.

Arenas is leading the pack averaging 24.8 points per game. His maturation this year has been incredible, as he has become the leader of the team.

Coach Eddie Jordan decided what free agent he needed to make his system work and the Wizards went out and traded some aging players to get last year's Sixth Man of the Year, Antawn Jamison, from the Mavericks.

His experience and powerful presence at forward have ignited a spark in a franchise



George Bridges/KRT

Wizards forward Antawn Jamison brings the ball upcourt against the New York Knicks on Dec. 10 in Washington.

whose name hadn't been associated with anything positive in years. Jamison is averaging 20.8 PPG and 8.1 rebounds per game.

Larry Hughes, until his injury, was second on the team in scoring averaging 21.2 PPG for the first 34 games. He also led the league in steals until he hurt his ankle. He rounded out the highest-scoring trio in the league and is expected back soon after the all-star break.

As great as these three players are there are many others who have contributed to such a surprising season. Juan Dixon has come off of the bench and

dropped 20 points on a team before they can figure out what is going on.

Brendan Haywood has become a force in the paint averaging 9.1 PPG and 6.7 RPG. Jarvis Hayes has done a nice job of filling in for Hughes since the injury.

There is a sense of teamwork and determination that Wizards fans hadn't seen in a long time. The only negative about the season was that the power players for the Wizards had been injured but even they are getting back into the action.

These are not the Wizards of the past few years, full of prom-

ise and short of results. These Wizards are edging closer to their first playoff birth in almost a decade, and playing exciting basketball night after night.

The MCI Center is now filled with fans that cheer for the Wizards instead of coming to see what team they are playing.

Heading into the all-star break, the Wizards have lost three straight but are close to getting one of their leading scorers and most tenacious defenders back when Larry Hughes returns.

That will be one more thing that Wizards fans can cheer for and it's about time.

# Ice hockey team wins its first game

By KIM WADE  
Contributing Writer

The CNU Ice Hockey team won its first game of the season over the weekend, a 3-2 victory over UNC Charlotte in overtime.

The Captains played two games this weekend, Friday against Radford University and Saturday against UNC Charlotte at the Hampton Roads IcePlex. Both games were at 11 p.m.

The game against Radford University was one of the most competitive games the Captains have played this season.

Radford was a rough team; one player started a fight with freshman Bryan Trumble, resulting with an ejection of the game for the Radford player and Trumble receiving a few minutes in the penalty box.

Things turned for the better with the first goal of the game by sophomore Joel Katz with an assist by freshman Mark Wilkinson. The second goal was put in by freshman Matt Clark with no assist. With only two minutes in the game it looked like the Captains were heading to victory until Radford scored two goals, one with only seconds left in the clock. The game went into overtime and ended with no goals. The game ended in a 2-2 tie.

Sophomore Joel Katz recapped his feelings when getting his first goal of the season. "As soon as I took the pass I was on a breakaway," he said. "I just kept my head and shot high glove side ... I heard the ping from the bottom of the crossbar and started to panic until I saw it in the net."

The game against UNC Charlotte had a better result for the Captains. UNC put in the first goal but the Captains

answered back with a goal by Wilkinson and an assist from senior Colin Young. UNC put in another goal but was challenged with a goal by senior Ryan Smith and assist by Wilkinson with only 58 seconds left in the game.

The score was tied 2-2 and the game went into the five-minute overtime.

With 4 minutes and 9 seconds left in overtime, Wilkinson scored the winning goal and brought the Captains their first win ever.

"It just felt great. We went down in history with our first win," said Smith.

"I can't express this feeling, I'm overjoyed," said coach Ryan Pringle. "We have come so far and it seemed like we were not going to get a win but the we finally did it."

Wilkinson, who scored the winning goal of the game, took the time not only to recognize the effort of the team, but the effort of the fans and said,

"Having everyone out here was amazing and I feel like this is a win for everybody who has been coming out to watch us."

Junior goalkeeper Greg Miller said, "[I] couldn't be happier to have our first win here at our home rink."

Senior Colin Young said, "It was a good boost to get the win and it showed the effort we put in."

Though the win brought on much deserved joy, the team also took the time to remind themselves of the hard work and past games that have led them up to this moment. "Every one of our losses has been a stepping stone to our success," said Pringle.

Trumble is not going to relax for the rest of the season because of the win.

"I'm toughening up for the next game," he said.

# The NHL needs new management to survive

By GARY PETERSON  
Knight Ridder Newspapers

On Saturday morning, they were referring to it as a "Miracle on Ice." By Saturday evening they were calling it "Revenge of the Re-Dead." The truth, as Don Cherry likes to tell us, lies somewhere in between.

For starters, there was nothing miraculous about what happened Saturday, not even as National Hockey League owners and players continued to negotiate three days after commissioner Gary Bettman had

**NHL Commentary** t h e

2004-05 season. That meeting simply told us something we already knew - that people present for the bargaining session (including Wayne Gretzky and Mario Lemieux) care about hockey more than the people who weren't (most notably, Bettman).

As for the season dying an agonizing death for the second time in 72 hours, don't kid yourself. This season died when opening night passed without a dropped puck. It has merely been resisting CPR efforts in the four-plus months since.

Frankly, we don't know for sure if this really is closure, whether the sobering announcement at the end of Saturday's talks - "No progress, nothing further scheduled, go get a life" - was for real, or yet another smoke screen to cover future negotiations. Don't laugh. This has the feel of a story that won't go away without benefit of a restraining order.

That is what we're left with in the absence of miracles - that the story keeps coming back to life.

If there is any clarity to be gained by what has happened over the past week, it's that there is an honest passion for hockey that most of the NHL's 20 million paid customers in 2003-04 will never understand.

You'd get it if you were a native of the Upper Seven, if you'd ever lost the tip of your nose to a Manitoba winter, or sharpened skates in a frigid garage. If that was your heritage,

your gut would tell you that negotiating (however fruitless) beats not negotiating. Playing beats not playing, though not by much at this late date. Having Lemieux and Gretzky involved is a positive.

You'd be more convinced of this now than you ever were: Bettman has to go.

The NHL is a niche enterprise, a generous slice of Canadian life. Bettman tried to turn it into something it's not: a U.S.-based junior NBA. The league grew too far, too south and too fast under Bettman's watch, morphing into a clutching, grabbing, watered-down, overpriced product in the process.

Hockey is a Canadian-born sport and needs to be run by Canadian-born caretakers, preferably caretakers who know the feeling of having their nose shoved into a sheet of Plexiglas.

So let Bettman, Goodenow and their ruinous personal agendas be gone, replaced by Lemieux, Gretzky, Cherry, Matt Stairs, or any and all of the flying Sutter brothers. The hockey world would instantly be a better place.

The rest would simply be details. Revive the season for a token schedule and scaled-back playoffs. Keep the season on ice and turn your attention to improving the product for 2005-06.

Roll back salaries. Contract any franchise whose luxury suite holders cannot spell Theo or Fleury. Market the game to fans who care about it, and forget about the guy in Atlanta wearing the Mark Martin T-shirt, the pastel-sport-coat crowd at Joe's Stone Crab in Miami, and the Greatest Generation retirees in Phoenix.

Hard cap, soft cap, something in between. Do whatever you want. Just don't succumb to all this talk of miracles and such. Miracles are whopping good turns of events that you never saw coming. This tortured process has been utterly and pathetically predictable, down to the out clause Bettman wrote into his "death of a season" address.

Give the game back to good people who love it. Now that would be a miracle.

# Jeff Gordon captures 3rd Daytona 500 win

By DAVID POOLE  
Knight Ridder Newspapers

**DAYTONA BEACH, Fla.** - For a moment, with the 47th Daytona 500 building toward a heart-pumping climax, Jeff Gordon thought he knew how the drama unfolding all around him Sunday was going to end.

He'd seen it all before. "When I saw that 8 car get the lead, I thought it was over," Gordon said of Dale Earnhardt Jr.'s Chevrolet "Done."

As it turns out, Gordon was wrong. Blissfully wrong.

Not only was Nextel Cup's biggest race a long way from over on Lap 197 when Earnhardt Jr. pushed into the lead, it turned out that for the first time ever the Daytona 500 wasn't even done after 500 miles.

When it did end, however, it was Gordon heading to Victory Lane with his 70th win and his third in NASCAR's equivalent to the Super Bowl.

He'd won it in 1997 and 1999, too, but over the past four seasons Chevrolets owned by Dale Earnhardt Inc. (DEI) had won 11 of 16 races here and at Talladega, Ala., where restrictor plates are used. DEI cars had won three of the past four Daytona 500s, including a victory by Earnhardt Jr. last year.

That kind of record makes DEI and, because he's the face of that company if not the sport itself these days, Earnhardt Jr. the favorite by acclamation when the sport holds a plate race.

But hold the phone. Last year, Earnhardt Jr. won once at Talladega and the 500 here.

Gordon, though, won the other races at those tracks. Rick Hendrick, Gordon's car owner, had won the Daytona 500 four times since 1986 and another of his drivers, Jimmie Johnson, was



John R. R. ORLANDO SENTINEL

Driver Jeff Gordon celebrates his third Daytona 500 win on Sunday.

the winner of this year's Speedweeks opener, the Budweiser Shootout eight days earlier.

Still, when Earnhardt Jr. shot by after coming from 17th on Lap 173 to take the lead with less than four laps to go, Gordon's confidence level sagged.

"Let's not say I gave up, but I thought it was over," the four-time Cup champion said. "He hadn't been anywhere all day long."

True enough.

Stewart, coming off a victory in his qualifying race Thursday and a virtuoso driving display en route to a Busch Series win Saturday, led for 107 laps, 95 between Laps 88 and 194 when he kept his No. 20 car glued to

the bottom groove so effectively it became clear anybody wanting to pass him would have to take the long way around - on the outside.

Before a 10-car wreck in Turn 4 that sent Scott Wimmer's Dodge flipping on its nose, Gordon, Kurt Busch, Johnson and, eventually, Earnhardt Jr. had started to parry with Stewart, testing how they might wrestle the lead from him. After the crash, and an aborted restart when nine cars piled up behind the leaders, the green flag waved.

And it was on.

Gordon, in second, knew Stewart would protect the bottom. He guessed, correctly, that

if he went to the outside Earnhardt Jr., who was third by that point, would go with Stewart and try to draft by the No. 24 on the inside.

It happened precisely that way.

Off Turn 4 on Lap 195, Earnhardt Jr. moved out to challenge Stewart.

Earnhardt Jr. led that lap, then Stewart was a nose ahead the next time by. On Lap 197, though, Earnhardt Jr. popped to the point.

Gordon was dismayed, but he stayed in the throttle.

Coming down the front stretch on the next lap, Johnson pulled in behind him and gave Gordon's car a huge drafting shove.

Entering Turn 1, Gordon had pulled even and, by now, it was Earnhardt Jr. feeling a sense of dread.

"I knew the top line was coming," Earnhardt Jr. said. "I pulled up in front of him as best I could, but I didn't couldn't tell whether I had him cleared or not. I didn't want to get up in front of him and have him jack me up. He had such a run. ... He was going by me so fast, I couldn't even draft off the side of his car to slow him down. He was gone."

Gordon had clearly completed the pass, so he was the leader when the field was frozen by a caution after a car hit the wall behind the leaders in Turn 2.

But, because NASCAR last year established a green-white-checked policy for finishing races, that meant Gordon would have to protect his lead for two more laps.

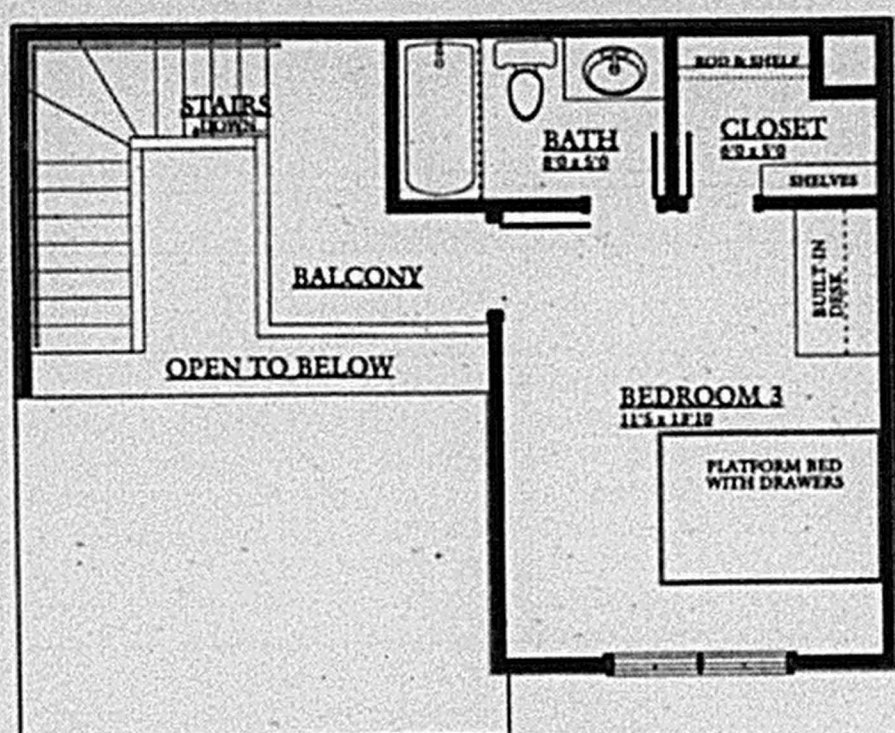
He and Earnhardt Jr. pulled away by a few yards through Turn 2, but Kurt Busch got a big run down the backstretch and moved to second.

He didn't have the steam to get by Gordon, however, and that's how it ended.

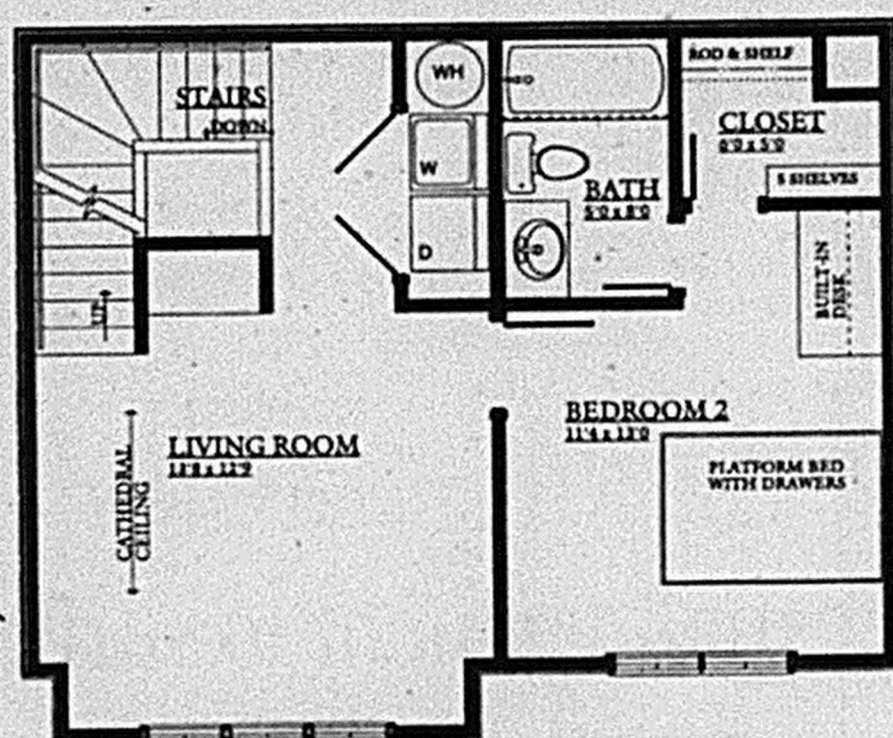


# University Suites Apartments

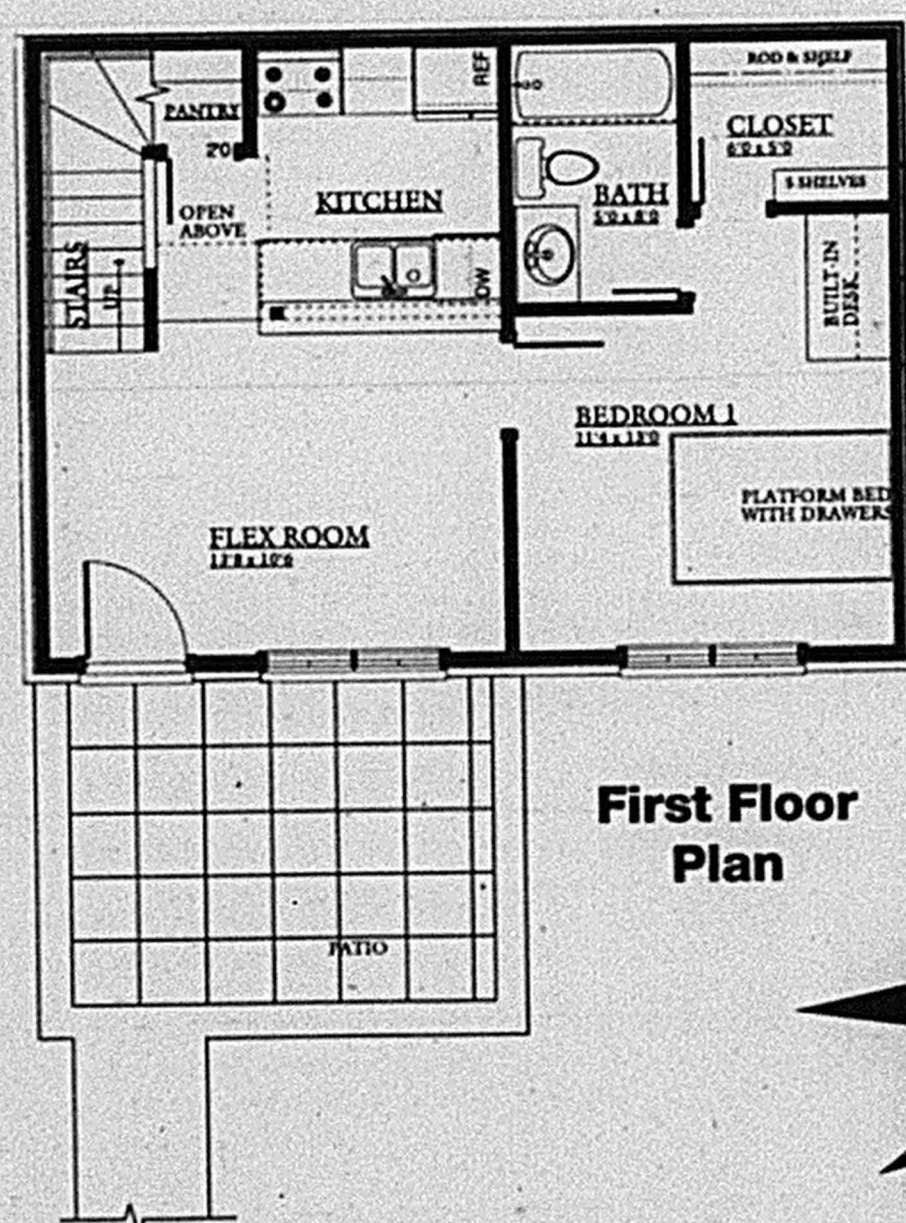
Why Settle for limited patio space when you can have **s p a c i o u s** indoor and outdoor living



Third Floor Plan



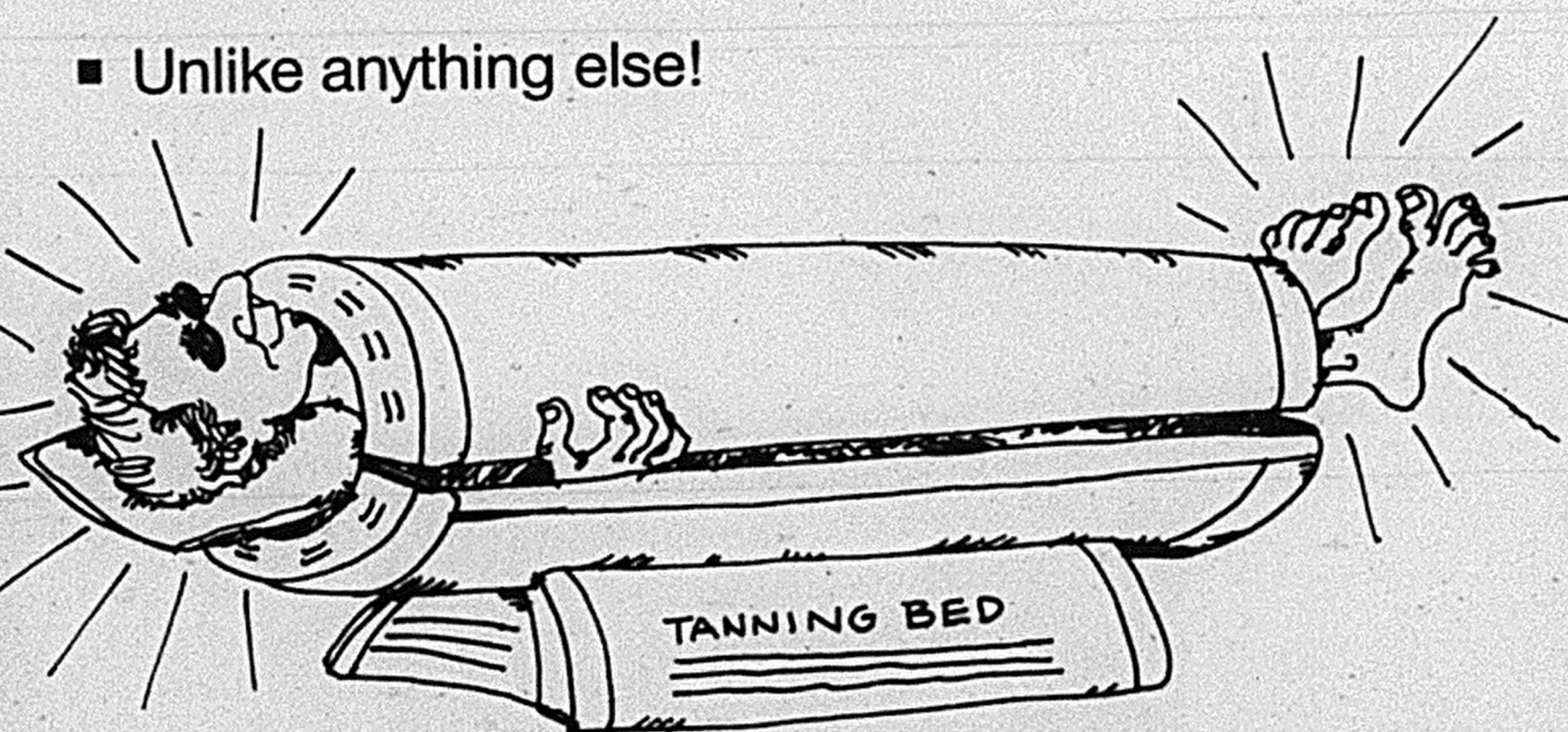
Second Floor Plan



First Floor Plan

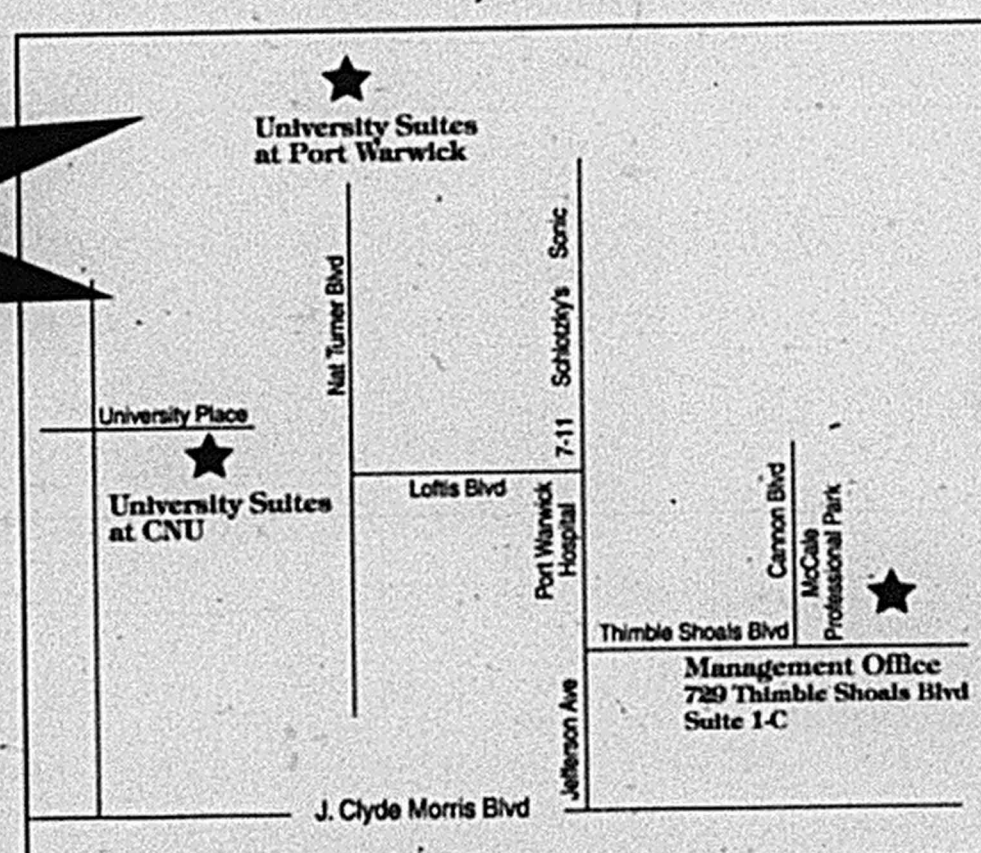
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