

Fridays at Five with two performances PAGE B4

Recital features Drs. Brown and Holland PAGE B6

Field Hockey grabs first win PAGE B2

THE CAPTAIN'S LOG

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WWW.CNU.EDU/CAPTAINSLLOG

3,000 stars and stripes fly

NEWS

Anna Nicole Smith rejoices and mourns

BY GENE D'ALESSANDRO
MCLATCHY TRIBUNE

The 20-year-old son of Anna Nicole Smith has died in the Bahamas, where the former Playboy playmate had given birth to a baby girl just days earlier.

Authorities have not determined what caused the death of Daniel Wayne Smith, 20, said a spokeswoman for Trimspa, the diet company that Anna Nicole Smith has endorsed.

According to police, the younger Smith had stayed overnight in his mother's Nassau hospital room. Smith tried to awaken him about 9 a.m. Sunday, and called for help when he did not respond.

Sources cited by the Nassau Guardian newspaper suggested that the cause of death was a "massive heart attack," but neither doctors nor the local coroner had confirmed that, according to the Guardian.

The star's Web site, www.annanicole.com, announced both the birth of her 6-pound, 9-ounce daughter on Thursday and the death of her son, and showed a photo of Smith and her son floating on a raft. Smith has not revealed who the father of the baby is. ■

INSIDE

Is your couch sucking you in?

Lethargy is a contributing factor as to why many people today skip the gym to stay at home and relax.

SEE PAGE A6

Ramen noodle recipe contest

The Captain's Log wants to know your special way to make Ramen noodles.

SEE PAGE A6

Taking time out to mark five years

Lives were changed forever on the day that the planes struck the towers.

SEE PAGE A5

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COURTESY OF JESSE HUTCHESON

Mini American flags flew in the breeze Monday to honor those who died in the Sept. 11 attacks on the World Trade Center.

Newport News Sheriff spoke at the ceremony to remember the attacks.

BY KATIE BAHR
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Approximately 15 students gathered in a circle on the Great Lawn at 9 a.m. Monday morning to share their feelings about the fifth anniversary of the Sept. 11 attacks of 2001. The quiet but emotional gathering was part of a remembrance ceremony organized by the College Republicans. The ceremony centered around the visual image of 3,000 American flags, which were placed out on the lawn by club members the night before to honor those who died.

"It was an idea that the Young Americans' Foundation gave to everybody," said senior and College Republicans Chairman Danielle Jeffries. "They started it last year and a lot of colleges picked it up this year. It's just a way for the entire campus to get together and have an actual visual image. This way we're actually representing everybody," she said.

The ceremony was brief, however, featured a guest speaker, Newport News Sheriff Gabe Morgan. Morgan spoke of how what happened in the attacks must always be remembered and that the level of patriotism felt afterwards should always be maintained. It is when people forget what happened, said Morgan, that problems and conflicts arise between Americans. "After the attacks, we were all

united. Now, five years later, we're all at each other's throats," said Morgan.

After speaking for a few minutes, the ceremony turned into an open discussion when Morgan asked students to share what they remembered about Sept. 11. Most students who spoke had been in class when they first heard about the attacks. Many said they remembered being concerned about the locations of parents or friends.

A few students spoke of family or friends that they lost in the attacks. Morgan, who grew up in New York, shared in the discussion, talking about the 20 friends that he lost in the attacks. One of his friends had been at work on Wall Street that day. Three of the others were firefighters and the remaining 16 were police officers, he said.

Looking over to all of the flags, Morgan urged students to remember that "this was not something we asked for. It's something that was put on us." It is important to remember that Americans were the victims of the attacks and that we did nothing to deserve it, he said.

College Republicans organized this event to help students remember everything that happened five years ago. "It's a very important event in our history and a very important thing that happened in our lifetime, and people are still very sensitive to it. A lot of people lost family and friends and a lot of lives were lost and it's something that we should recognize and make sure that everybody is aware of," said senior and College Republican member Kelly DeRemer. ■

Village alarms bad for CNU business

Constant testing of fire alarms in the CNU Village bothers residents.

BY KELLY DOWD
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Frequent fire alarms occurring in the CNU Village due to system tests have come to aggravate resident students and businesses.

"It's disturbing our business and God forbid a fire actually breaks out, because no one leaves," said Travis Binns, a bar manager at Schooners in the Village.

Many businesses at the Village have claimed that most customers are not motivated to leave when alarms go off because they occur so often; the customers assume it is only a test and no cause for worry.

"When it first opened, everyone wondered, but we now know it's a test," said Sandy Zarkowski, a General

Manager at Panera Bread.

Most students and businesses presumed that the fire alarms in the Village would not cause any significant problems, and that the sounding of the alarms were caused by general testing that had just not been completed yet. Recently, however, business owners have been skeptical as to the reason why fire alarms have continued to go off so often during the day.

"Testing should be over because the building is now occupied," said Binns. He also claimed Village businesses were told that testing would be completed prior to 10 a.m. daily, which has not been the case.

Doug Hornsby, chief executive officer of CNU Foundations, said that the contractors who test the fire alarms have been requested to inform retail tenants as to when they will be testing. Contractors have not always been reliable in completing this task, he said.

"We have asked that the



COURTESY OF JESSE HUTCHESON

contractor not test the system at CNU Village during lunch unless absolutely necessary and unless the merchants are first notified," said Hornsby.

Part of the excessive testing has been due to a problem in the fire alarm system, said Hornsby. A group of alarms were displaying error messages, he said, and it took a

SEE ALARMS, PAGE 8

Academic budgets get reduced

Budget cuts stifle travel and equipment needed for classes.

BY ERIN ROLL
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CNU's academic departments are going through a round of budget cuts as the new academic year gets underway, the likes of which are affecting equipment, travel and other educational services aimed towards students.

According to Dean of the College of Liberal Arts and Sciences, Dr. Douglas Gordon, and to Dr. Harold Cones, chair of the Biology, Chemistry and Environmental Sciences Department, academic departments learned in February that they would have to forgo buying new materials and equipment for the remainder of the 2005-2006 academic year.

Usually, Gordon said, departments don't learn

until the spring whether or not they have to curtail spending. This year, however, the notice came earlier than usual.

For example, both the BCES and English departments suffered 100 percent cuts in equipment funding for the new academic year, said English Department Chair Tracey Schwartz and Cones respectively.

The budget for equipment includes expenditures for computers, electronics, educational and office supplies and, in the case of the BCES department, laboratory equipment.

Already, Cones said, the biology department has had to revise many lab experiments that require what is now defective equipment. "As you might expect, biology is equipment-intensive and our immediate problem is equipment that does not work and no money to repair or replace it."

According to Cones, the department was also forced

SEE BUDGETS, PAGE 8

THE WEEK SEPTEMBER 13-19

wednesday

1 p.m. — Philosophy and Religion Club; BTC Purchasing Conference Room
7 p.m. — Anime Club, Gosnold 101

thursday

12:15 p.m. — The Captain's Log Critique, Ratic 101
12:15 p.m. — Multicultural Student Association Meeting, SU 259
12:20-12:50 p.m. — Effective Note Taking part 2, Ratcliffe 112
12:30 p.m. — Disc Golf Club Meeting, Alumni Room (SC 150)
7 p.m. — Homegrown, TBD

friday

9 p.m. — Comedian Reno Collier, Ferguson Studio Theater
7 p.m. — Click, Gaines Theatre

saturday

8:30 a.m. — CNU Alumni Society 5K Race, Ferguson Center Parking Garage
1 p.m. — Anime Marathon, Anderson 105
3 p.m. — Field Day, Great Lawn
7 p.m. — Click, Gaines Theatre

sunday

7 p.m. — The Captain's Log Staff Meeting, SU 393

monday

4 p.m. — German Conversation Hour, Einstein's Café
9 p.m. — CAB Street Team, CAB Office

tuesday

PAGE TWO

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A2

On campus

CNU ALUMNI SOCIETY HOLDS 5K AND 1 MILE RACE TO BENEFIT OWN ORGANIZATION

The CNU Alumni Society will be hosting both a 5K and one mile walk/run this Saturday, Sept. 16. The entry fee for the 5K is now \$10 for military, students, and children under 12, and \$20 for all other participants. The entry fee for the one-miler is \$10. The proceeds from this event will benefit the CNU Alumni Society. Both races begin at the parking deck of the Ferguson Center. Registration opens at 6:30 a.m. — the 5K will start at 8:30 a.m. and the one-miler will start at 8 a.m. The Alumni Society will be giving away door prizes, awards and refreshments following the race.

FIDEL CASTRO'S DAUGHTER TO DISCUSS GROWING UP UNDER HARSH CIRCUMSTANCES IN CUBA

Alina Fernandez, daughter of Fidel Castro, will speak at 7 p.m. on Sept. 21 in the Student Union ballroom. Fernandez grew up under her father's dictatorship in Cuba and eventually escaped to the United States. She is the author of the autobiography "Castro's Daughter: An Exile's Memoir of Cuba" and will discuss growing up in Cuba with her circumstances. The event is sponsored by the Campus Activities Board and is free and open to the public.

JOURNALIST D'ORSO TO BE FIRST SPEAKER IN JAMESTOWN SERIES OPENING NEXT WEEK

On Sept. 13 at 7 p.m. in the Music and Theatre Hall of the Ferguson Center, journalist Michael D'Orso will discuss his book, "Eagle Blue: A Team, a Tribe, and a High School," and also show slides of his experience living in Arctic, Alaska. This presentation is part of the Dean William Parks Colloquium Lecture Series, as well as the University's commemoration of Jamestown 2007 and its theme "Exploration and Discovery: Crossing Cultures."

Around town

MAN SHOT TO DEATH IN HAMPTON

A man was found dead in a parking lot on Pacific Drive in Hampton early Monday morning. The man, who was in his 20s, was shot several times and pronounced dead at the scene. The police claimed to have received reports of complaints from people in the neighborhood that shots were fired just before 1 a.m. The police have not yet released this man's identity. His death will mark the 12th person to be killed in Hampton this year.

GAS PRICES DROP DUE TO COMPETITION

The average price for a gallon of gas was \$2.64 on Sunday, according to AAA. Two gas stations on Big Bethel Road in Hampton, however, were selling gas for less than \$2.00 a gallon on Sunday. A Citgo was priced at \$1.77 per gallon and a Zooms across the street was priced at \$1.76 per gallon as of Sunday night. The prices began dropping at both these stations on Friday night. Hampton police were called to direct traffic at the gas stations because of the high volumes of customers.

SUPERSHOT



RYAN BURKE/THE CAPTAIN'S LOG

CNU graduate student Jeni Ramos receives a one-on-one performance from pianist Rob Gonzalez, who performed Saturday night in the lobby of the Ferguson Center for the Arts Concert Hall for both students and members of the CNU community.

Want to see your shot published? To contribute a photo for "Supershot," send the attached file (in .psd or .jpg format) with your name and class status. Please include in the body of the e-mail information about the picture, including who or what is pictured, when the photo was taken and any other pertinent information. Send to: clogphotos@cnu.edu

Police blotters

CNU Crime Log

September 10

A bicycle was stolen outside James River.
A case of forcible sexual assault was reported in Potomac North.

September 9

A student was issued an alcohol violation for driving under the influence at University North.

September 8

A vehicle was vandalized in the Village Parking Garage.
Belongings were stolen from a vehicle at Barclay Apartments.

September 6

A textbook was stolen from York River.
A stolen book was sold back to the Bookstore.

September 5

A decal was stolen

from a vehicle in the Potomac parking lot.

A bicycle was stolen from Barclay Apartments.

Information from CNU University Police

Newport News Crime Log

September 10

A vehicle was vandalized on Sneed Drive.

Merchandise was stolen on Jefferson Avenue.

There was a case of vandalism on Troy Drive.

An individual was assaulted on Turlington Road.

Groceries were stolen from a business on Hornsby Lane.

September 9

An individual committed suicide on Thomas Drive.

Someone witnessed a vehicle leaving the scene of an accident on Thomas Drive.

There was a drug seizure on J. Clyde Morris Boulevard.

September 8

A vehicle was stolen on Settler's Road.

Money was stolen from an individual on Jefferson Avenue.

Possessions were stolen from a vehicle on Arthur Way.

September 7

An individual was assaulted on Jefferson Avenue.

Computers were stolen from a house on Brick Kiln Boulevard.

An individual was assaulted on Heather Lane resulting in minor injuries.

Information from Newport News Police

Names in the news

'LITTLE PIECES' AUTHOR COVERS UP MISTAKE

James Frey, who admitted that his best-selling, Oprah-endorsed memoir, "A Million Little Pieces," was largely fabricated, will, along with his publisher Random House, give refunds to readers, the New York Times reported Thursday.

Full refunds will go to readers who bought Frey's story of addiction and recovery on or before Jan. 26, the day he and the publisher acknowledged some of the juiciest parts of his past were made up. But the consumers must submit a receipt and a page or cover of the memoir. (People who bought audiobooks have to produce a piece of packaging as proof of purchase.) And they have to sign a sworn statement saying they bought the book because they believed it was a memoir.

The package will cost Frey and Random House about \$2.35 million, the Times reported, for refunds, lawyers' fees, and an unspecified donation to an unnamed charity.

DYLAN AND SIMPSON TOP ALBUM CHARTS

Bob Dylan's "Modern Times" topped the U.S. album chart in its first week of release, selling 192,000 copies, according to Nielsen SoundScan.

It beat out Jessica Simpson's "A Public Affair," which debuted at No. 5 with 101,000 sales.

Dylan's first studio album in almost five years, "Modern Times" has been hailed as a "masterwork," "enchanting" and "full of prophecy."

This marks the first time in 30 years that Dylan, 64, has topped the chart.

DESPERATE HOUSEWIFE SOON TO BE MOMMY

Desperate housewife Marcia Cross is expecting her first child in April, her publicist Heidi Slan said Wednesday.

The 44-year-old Cross, who plays Bree Van De Kamp on the ABC hit, married stockbroker Tom Mahoney, 48, in June.

USHER TO SHOW UP IN 'CHICAGO' SHOW

Silky smooth soul man Usher may not have conquered Broadway, but his debut in "Chicago" has set pulses racing in the under-21 set.

Described as "a genial if work-in-progress performance," Usher's turn as Billy Flynn—the shady lawyer defending those 1920s killer chorines—has boosted

receipts in the long-running musical revival, where he is greeted with squeals and cheers from fans.

Usher remains in the show through Oct. 1.

LETTERMAN WILL STICK IT OUT ANOTHER 4 YEARS

Looks like we're in for another four years.

Sources told the Hollywood Reporter that CBS has reached an agreement with David Letterman to keep the Emmy-winning "The Late Show with..." on the air through the 2009-10 season.

Financial details of the Letterman deal were not available, but the sardonic talk-show host already ranks high on the list of television's highest-paid personalities, with an annual salary of about \$31.5 million.

MCCLATCHY TRIBUNE ■

THE CAPTAIN'S LOG

Check out the All New Captain's Log Online Edition

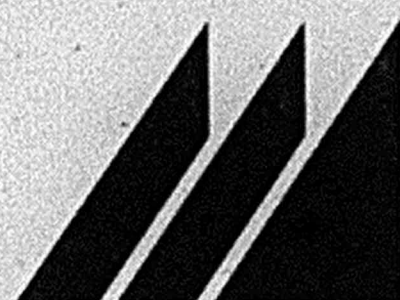
A strike of bad luck for CNU

The damage caused by a lightning strike to the Student Center, including the destruction of the building's roof, is estimated to be in the millions.

Doctor donates \$1 M

Dr. David Barlow, a local physician, has donated \$1 million to the University of Virginia to support research in the field of mental health.

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JOIN THE STAFF The Captain's Log is always open to new people who are interested in writing, photography and editing. Call us at (757) 594-7196, or e-mail clog@cnu.edu

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AnchorCard rewards active students

REWARD CARDS | Points can be earned by students at designated athletic, Greek Life and on-campus events.

BY AMBER WHITNEY
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Using technologically engineered cards available at the Freeman Center Ticket Office for free, students on campus this year can earn points towards prizes for attending campus events.

The brainchild of Associate Athletics Director John Waters, the AnchorCard program was designed to boost student attendance at campus events and likewise make those events easier to attend.

"Instead of standing in line the day before a basketball game, students can now bring their cards to the games and get them scanned," said Athletic Director Doug Shipley. Students will no longer need tickets for sporting events, but any guests must still buy tickets.

Additionally, the AnchorCard allows students to redeem points for attending many programs put on through the Office of Student Life, as well as various clubs and organizations on campus.

The program is a collaborative effort of many staff and students, including the Athletic Department, the Freeman Center, Information Technologies Services, Sigma Phi Epsilon Fraternity, Phi Mu Fraternity and SGA President Molly Buckley, with a business sponsorship from Yukon Steak House.

"It was designed to be more customer-friendly," said Shipley. When a student uses their card at any event where

the AnchorCard is being recorded, they receive points. The more events a student attends earn them points that will be eventually tallied and earn the students a chance at winning prizes.

There are four sessions in which the points will be tallied. The first session, which began at the start of the semester, continues until Oct. 19. At Midnight Madness, which opens the basketball season, the top 10 students on the points list will get a chance to come on the court and have a chance to, in 30 seconds, grab as much money as they can out of \$1,000.

The next point session ends on Nov. 27 and the prize will be two round-trip airline tickets to anywhere AirTran flies.

The next give-away will be on Feb. 25 and will include a prize of an undetermined electronic device. The last session will involve tallying the total accumulation of points from the entire academic year, though the grand prize for this session is yet to be determined.

With the beginning of each session a student starts off with zero points, and each student is able to track his or her points online at www.anchorcard.cnu.edu.

Senior Billy Duke plans to be more involved in attending events, now that the new Anchor Reward Cards have been issued. "I usually attend the basketball games and it's usually not a very large amount of people in the stands, so hopefully [the card]



AMBER WHITNEY/THE CAPTAINS LOG

Freshman LaShae Jacobs receives her AnchorCard at the Freeman Center Ticket Office. The card will allow Jacobs to collect points for attending campus events and become eligible for multiple prizes to be given to those students with the most earned points.

will increase the student attendance [at games]," he said.

The AnchorCard has also influenced him to attend events beyond those of the Athletic Department. "Because of the points I will probably start going to things like the drive-in movies and things like that," said Duke.

Freshman LaShae Jacobs

admits that the points of the AnchorCard are not her main focus; going out to support the teams is. The points are just a plus, she says.

"It will motivate me to go and support my peers in the activities that they participate in and it's a good way to meet new people around campus," said Jacobs.

In order to avoid cheaters

at athletic events, cards will be scanned while students are sitting in the bleachers, and students will not know at what time their card will be scanned. Officials will not scan cards the entire time of the game.

"We just don't want people showing up at 6:15 p.m. to an event that ends at 6:30 p.m.," said Shipley. ■

WHAT IS IT?
The AnchorCard

WHAT CAN I USE IT FOR?
Collecting points to receive prizes throughout the school year

A passion for culture

ANTHRO NIGHT | Drs. Bion and Agnes Griffin discuss contradicting gender roles in hunter-gatherer tribes.

BY LINDSEY LEACH
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It was a family affair this past Tuesday, as Dr. Marcus Griffin, head of the anthropology department, introduced a pair of decorated speakers for this year's first "Anthro-Night" event — his anthropologist parents, Dr. P. Bion Griffin and Dr. Annie Griffin.

Both anthropologists conducted a three-year-long study in the Philippines among the hunter/gatherer tribe known as the Agta of the Sierra Madre of eastern Luzon.

According to the Griffins, it was once assumed that the women always gathered and the men always hunted in these tribes. It was not until the doctors Griffin discovered women hunting with bows

and arrows among the Agta that this widely held contention was contradicted.

The Griffins stated the Agta was a "completely egalitarian society...some women claimed to be hunters, often they had children but were not [hunters]. [It was in fact] young grandmothers who were found most often to be the hunters among the women." Bion Griffin stated that he and his wife saw one of the women among the Agta literally run the hooves off a deer.

Bion Griffin recently retired from his position of professor of anthropology and associate dean for the College of Social Sciences at the University of Hawaii at Manoa. He received his B.A. at the University of Maine in English and history in 1963 and received his Ph.D.

in anthropology with a specialization in archaeology at the University of Arizona in 1969.

Annie Griffin retired this year as the senior archaeologist for the U.S. Navy with the Distinguished Civilian Service Award, the highest award a civilian can receive. She received her bachelor and graduate degrees at the University of the Philippines and studied on the Pacific Rim.

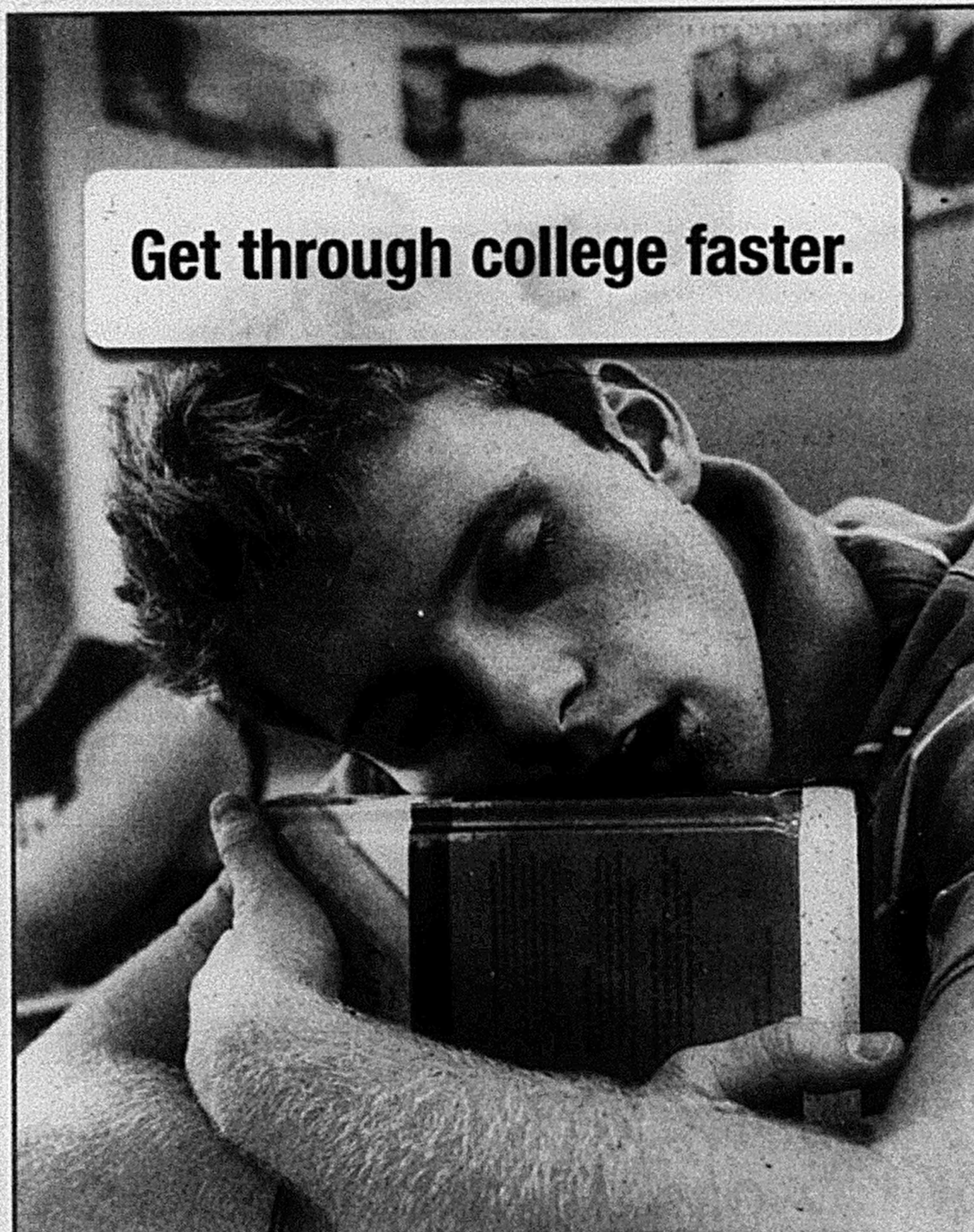
Bion Griffin's enduring theme throughout the presentation was the need for one to have a real emotional investment in his or her career. "Do what you have passion for," he said. There is almost nothing worse than living a life doing something you do not have passion for, Griffin said.

Since last year, the department of anthropology has sponsored an "AnthroNight" to educate, entertain, and provide extra credit to students in sociology and anthropology classes. ■

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WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A4

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

Offer extra time and energy, if possible, and expect new colleagues to subtly compete for your position or job title. After Oct. 22, new employment projects will arrive: expect authority figures to reliably promise continued security.

PISCES (Feb. 20-March 20) Private tensions are now deeply felt. Over the next few days, loved ones and long-term friends may need extra time to resolve past resentments. Ironically, however, much of this will work to your advantage. After Thursday, ask loved ones to define all social or romantic goals. Detailed discussions will soon improve strained relationships: stay open to important changes. Later this week, key officials may demand revised work agreements: new suggestions will be appreciated.

9/13/08

45 Penn Warren or Redford	49 Prototype
46 Sheriff's search party	51 Actor Law
47 Bulbous vegetable	53 Spanish painter
48 Kind of rocket	54 With, in Avignon
	55 June celebrants
	58 Periphery

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DIVERSIONS

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A4

Mystic Stars | September 11-17

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

IF YOUR BIRTHDAY IS THIS WEEK: Daily routines will soon need to be redefined or streamlined. Over the next few weeks, key officials may review past records, introduce controversial projects or ask for creative input. Offer extra time and energy, if possible, and expect new colleagues to subtly compete for your position or job title. After Oct. 22, new employment projects will arrive: expect authority figures to reliably promise continued security. Later this winter, watch also for family relationships to be openly discussed. Before mid-January 2007, loved ones may wish to expand ongoing group commitments or begin extensive home renovations. Long-term romantic and social relationships will require public demonstrations of affection or loyalty throughout much of the coming year. Don't hold back. Your reaction to the subtle requests of loved ones will be key.

Offer extra time and energy, if possible, and expect new colleagues to subtly compete for your position or job title. After Oct. 22, new employment projects will arrive: expect authority figures to reliably promise continued security.



ARIES (March 21-April 20) Romantic proposals will this week demand a fast response. Remain open to unique invitations: although potential friends or lovers may act inappropriately, genuine emotions are involved. Tuesday through Friday, pay special attention to yesterday's promises or trust issues. Someone close may need reassurance: don't disappoint. Later this week, ask older relatives for assistance with complex financial or business agreements. Prior experiences will offer a unique perspective.



TAURUS (April 21-May 20) Time-sensitive documents may this week require careful review. Deadlines, business routines or financial regulations may now be unexpectedly complicated or easily derailed. Remain attentive to the subtle instructions of authority figures: experienced managers will soon provide accurate facts and reliable procedures. Wednesday through Saturday, a quick romantic invitation may trigger a minor social triangle. Avoid group discussion, if possible, and wait for obvious signals: all is well.



GEMINI (May 21-June 21) Social invitations and group awareness are now on the rise. Over the next few days, loved ones may wish to expand their daily commitments, hobbies or team activities. Join in and explore new options. In the coming weeks, shared goals or creative suggestions will improve intimacy and long-term trust between friends. After Thursday, workplace duties may quickly increase. If so, expect key officials to assign new leadership roles. Stay alert: your response will be closely studied.



CANCER (June 22-July 22) Close friends and relatives may be unusually sensitive to mild criticism this week. If so, expect career plans and long-term financial expectations to be a private source of tension. Stay focused on short-term goals: before mid-October, timed achievements, new job titles and revised money strategies will help improve negative attitudes. Later this week, romantic tensions will fade: expect bold discussions and rekindled affections. Passions may be high: don't probe for fast answers.



LEO (July 23-Aug. 22) Group events will this week offer unexpected emotional opportunities. Romantic introductions, improved friendships or complex business proposals may all be accented. This is a strong time for social expansion and renewed career ambition: take time to fully explore all options and potential partnerships. After Thursday, a recently despondent family member may request greater involvement in daily home events. Encourage revised attitudes: loved ones need your support.



VIRGO (Aug. 23-Sept. 22) Over the next two weeks, short-term contracts and special agreements may be vulnerable to last minute revisions. Before mid-week, an experienced colleague will likely offer new ideas or adopt a leadership role. Remain patient: business differences will eventually be resolved through predictable methods. Later this week, a long-term friend may announce a controversial romantic decision. Don't expect rational explanations: deep passions and rare social choices are accented.



LIBRA (Sept. 23-Oct. 23) Unique romantic encounters are accented over the next few days. Many Librans will soon opt to bring significant change to their social lives or long-term commitments. A recent phase of isolation or fading friendships will no longer derail new proposals. Respond with an attitude of cheerful honesty. After Thursday, yesterday's business or financial agreements may demand completion. Authority figures will expect a rapid response: study standard documents for hidden resources.



SCORPIO (Oct. 24-Nov. 22) Over the next six days, a close friend may require delicate emotional support and complex romantic advice. Controversial invitations, age-appropriate flirtations or workplace attraction may be on the agenda. A cautious approach may be best: new relationships, although positive, may strain business or family relations. Wednesday through Saturday highlight vivid dreams and powerful insights. Traditional home roles may be a key theme: expect repeated social patterns.



SAGITTARIUS (Nov. 23-Dec. 21) Business routines may now be easily derailed. After Tuesday, expect annoying mistakes or rare miscommunications to become an ongoing concern. Refuse to adopt a negative outlook: before mid-October, key officials will rely heavily on your abilities to engender group trust. Don't hesitate to act as team leader: a confident response is needed. Later this week, minor health issues affecting the lower back or digestion may be bothersome. Rest and pamper the body: vitality may be low.



CAPRICORN (Dec. 22-Jan. 20) Early this week, love relationships begin a delicate phase of emotional change. Romantic partners or trusted friends may openly challenge past ideals, time schedules or expectations. Use this time to probe for subtle answers or added social information: at present, minor revelations will inspire new clarity and rekindled passion. Thursday through Saturday accent revised financial strategies and new home agreements. Family members may soon search out added resources: stay alert.



AQUARIUS (Jan. 21-Feb. 19) Witty remarks and minor social criticisms are enjoyable this week but easily misinterpreted. Colleagues and close friends are now sensitive to private doubt and low self-esteem. Take time to explain all comments or suggestions: in the coming weeks your ability to foster workplace harmony will be acknowledged and rewarded. After Wednesday, a postponed business opportunity may demand concrete financial decisions. Ask for new instructions: fast action is needed.



PISCES (Feb. 20-March 20) Private tensions are now deeply felt. Over the next few days, loved ones and long-term friends may need extra time to resolve past resentments. Ironically, however, much of this will work to your advantage. After Thursday, ask loved ones to define all social or romantic goals. Detailed discussions will soon improve strained relationships: stay open to important changes. Later this week, key officials may demand revised work agreements: new suggestions will be appreciated.

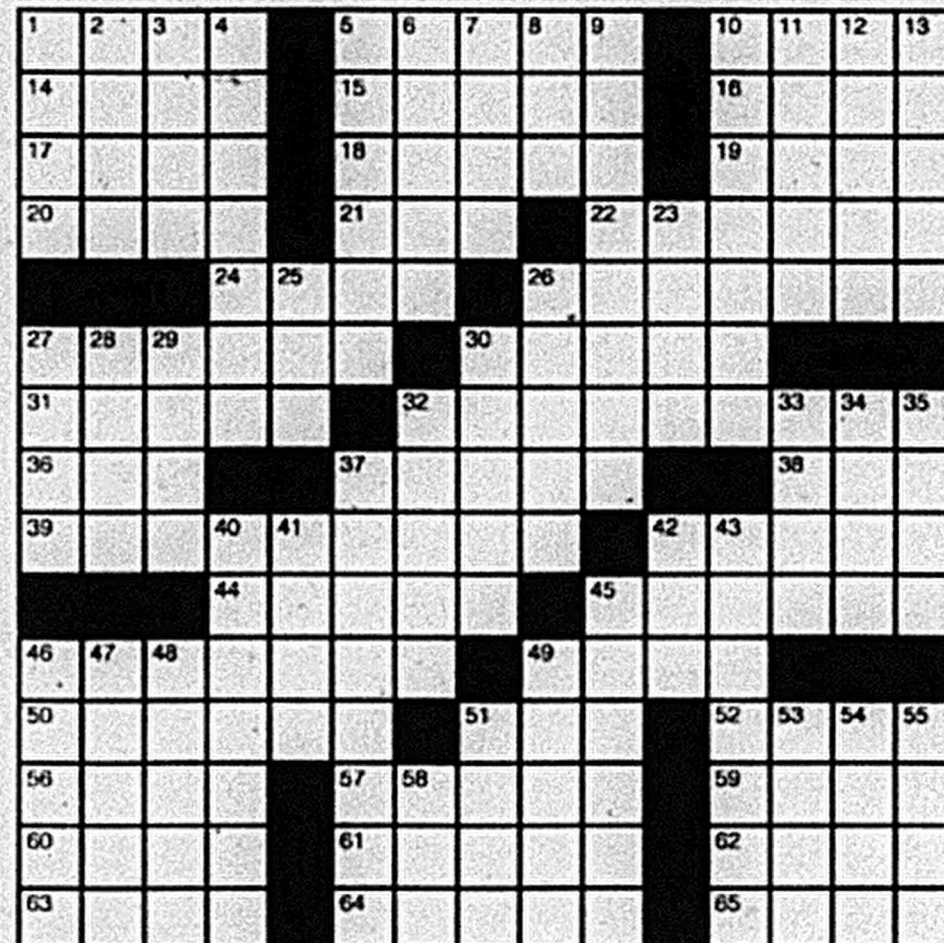
Crossword

ACROSS

- 1 Fashionable
- 5 Pooped
- 10 Jot
- 14 Old Capri cash
- 15 Identical
- 16 Enveloping glow
- 17 Related
- 18 Baseball teams
- 19 Mosque prayer leader
- 20 Arizona city
- 21 Gallivant
- 22 Will contents
- 24 Auctioneer's closer
- 26 Hogged the mirror
- 27 "The Thinker" or "David"
- 30 Father of an aristo
- 31 Ger. submarine
- 32 Stroking tenderly
- 36 Golfer Woosnam
- 37 Destined
- 38 Fish eggs
- 39 Valued highly
- 42 James Dean film
- 44 Played over
- 45 Removes suds
- 46 Omen
- 49 Maximum
- 50 New York lake
- 51 Employment position
- 52 Mild expletive
- 56 Makes a lap
- 57 Roughly finished
- 59 PBS series
- 60 Classify
- 61 Downy duck
- 62 ...in-the-wool
- 63 Adam's grandson
- 64 Silvery fish
- 65 Pouchlike structures

DOWN

- 1 Chowder chunk
- 2 Cross-country walk
- 3 Eye part
- 4 Game with four jokers
- 5 Knot
- 6 Homeric epic
- 7 Cheese covering
- 8 Barely manage
- 9 Left alone
- 10 Certain servers
- 11 Person
- 12 Fuming
- 13 Brought to heel
- 23 Comprehends
- 25 Not at home
- 26 Peeled
- 27 Tuxedo, e.g.
- 28 Ski lift
- 29 Top-notch
- 30 Eucharist plate
- 32 Jeweler's measure
- 33 Gershwin and Levin
- 34 Zilch
- 35 Obtains
- 37 Heat sources
- 40 Monet and
- 41 Germ
- 42 PX patrons
- 43 Means



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9/13/06

Solutions

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- 45 Penn Warren or Redford
- 46 Sheriff's search party
- 47 Bulbous vegetable
- 48 Kind of rocket
- 49 Prototype
- 51 Actor Law
- 53 Spanish painter
- 54 With, in Avignon
- 55 June celebrants
- 58 Periphery

A College Girl Named Joe

BY AARON WARNER



Su|do|ku

BY MICHAEL MEPHAM



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

Solution to this week's puzzle.

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WORLD+NATION

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A5

Taking time out to mark five years

Lives were changed forever on the day that the planes struck the towers.

BY RON HUTCHESON
MCCLATCHY NEWSPAPERS

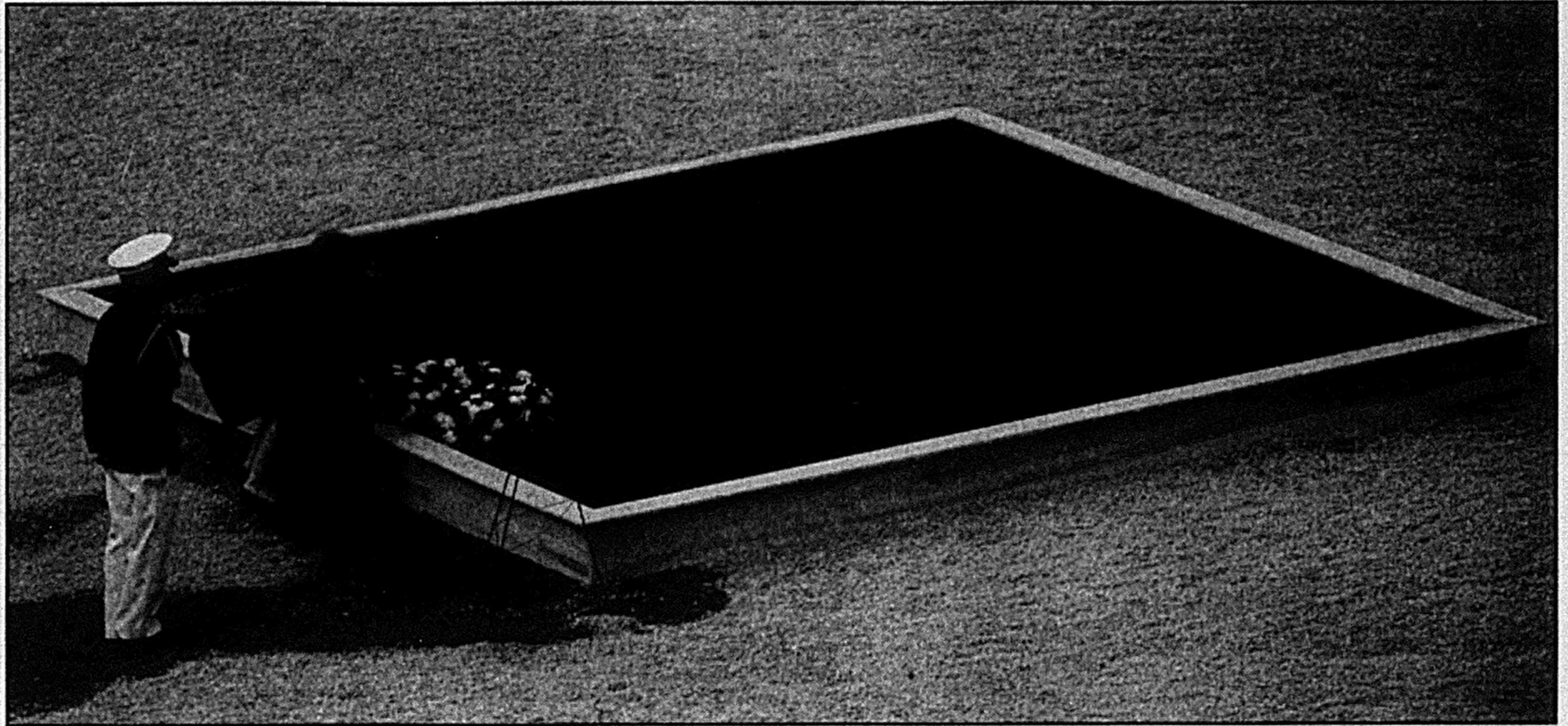
NEW YORK — Five years after terrorists slammed hijacked planes into the World Trade Center and the Pentagon, Americans will pause Monday to remember the day terrorism changed their lives.

Observances in New York, Washington, Shanksville, Pa., and scores of other places across the nation will recall the horrific day that, according to new surveys, continues to have a profound impact on the lives of ordinary Americans.

Bayonne, N.J., will dedicate a 175-ton bronze monument built around a 40-foot steel teardrop—a gift from Russia. Residents of Joplin, Mo., will place red, white and blue carnations at the foot of an American flag. The town green in Windsor, Conn., will glow with the light from 2,973 luminary bags, one for each of the Sept. 11 victims.

To a great degree, most people have adjusted to Sept. 11's legacy—long lines at the airport, color-coded threat levels, metal detectors, identity checks and security clampdowns.

"People take it as part of their lives now," said Carroll Doherty, associate director of the Pew Research Center, a nonpartisan polling organization that monitors public attitudes on a wide variety of topics. "This is the world in which we're now living."



CHARLES ECKERT/MCT

President George W. Bush and First Lady Laura Bush place a wreath in a reflecting pool at the spot where the south tower of the World Trade Center once stood during a visit to ground zero in Manhattan, Sunday, Sept. 10.

Yet memories of the day remain vivid; nearly every adult can recall where he or she first learned of the attacks. An ABC News poll on Sunday found that nearly 80 percent of Americans changed their outlook on life as a result of the tragedy. Nearly 75 percent worry about the possibility of another attack, and about a third are concerned that they could become terrorist victims.

About half, without prompting, listed Sept. 11 as the

single most important international event of their life.

"It's still very, very sad," said Anton Kozick of Brooklyn, N.Y., as he stared Sunday at the gaping hole where the World Trade Center used to be. "It's definitely changed our thinking in how we're seeing things. Think back to the day before all this started—it didn't exist, all this business about terrorism."

Anton and his wife, Christine, still have a piece of paper that blew from the World

Trade Center to their house, four miles away, on Sept. 11. "Every so often I touch it and pray for whoever touched it last," said Christine.

The couple joined large crowds at Ground Zero in lower Manhattan as President Bush and First Lady Laura Bush placed wreaths in two reflecting pools, symbols of the twin towers that collapsed in flame and rubble. Afterward, they attended a memorial service at nearby St. Paul's Chapel, the 230-year-

old church that miraculously survived the carnage.

Earlier in the day, worshippers in churches across the country prayed for the victims and their surviving families.

The president will give a televised speech to the nation Monday night after attending commemorative events in New York, at the Pentagon and in Shanksville, where one of the hijacked planes crashed as passengers resisted the terrorists. On Capitol Hill, members of Congress from

both parties will gather on the steps of the Capitol for a moment of silence and patriotic songs.

White House Press Secretary Tony Snow said Bush would avoid partisan commentary while reflecting on a tragedy that left its mark on the American psyche.

"Terrorism was not a concern at all before 9-11," said Frank Newport, editor in chief of the Gallup Poll. Now, most Americans expect another attack. ■

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FOOD+HEALTH

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A6

Is your couch sucking you in?

LACK OF ENERGY | Lethargy is a contributing factor as to why many people today skip the gym to stay at home and relax.

BY KATHY MANWEILER
MCCLATCHY-TRIBUNE

Did you happen to work out today? No?

Don't bother racking your brain for an excuse.

If you don't feel like exercising, just admit it—or get over it. The staff at your gym truly does not want to hear that you can't work out because your cat stubbed its toe.

That's only one of many silly excuses that would-be exercisers have given to fitness experts.

"Some people actually come straight out and say, 'I'm just lazy' or 'I hate exercise,'" says P.J. Barrett, director of wellness and personal training at the East Branch YMCA. Others aren't nearly that direct.

"People will find any excuse that they can if they're looking for one," says Colette Gorges, fitness director at Fitness 2000. "They just do. They'll use anything."

"It almost does become comical after a while," Barrett says.

Jessica Tarbell, metro fitness and health director at the Greater Wichita YMCA, hears a lot about the parking lot.

People tell Tarbell that they don't feel like exercising because they have to park too far away at the gym. God forbid they have to take a few extra steps on their way to a workout.

"It's like, 'I want to park as

close as I can to the front door, but when I get in here, I'm going to get on the treadmill and walk five miles,'" Tarbell says.

Sometimes reality television gets in the way of a gym member's reality.

"People will say, 'I have to stay home and watch 'Survivor' or 'American Idol,'" Gorges says.

Weather of all types can keep many people away from a workout. Others claim they can't possibly exercise during holiday seasons, vacations or when the kids are out of school. Some use a simple case of the sniffles as a reason to stay on the couch.

"You don't want to work out when you're truly under the weather, but if it's just a little cold, you kind of have to ask yourself, 'OK, am I really that sick?'" Tarbell says.

"One time a lady told me her garage door wouldn't come up," says Wendy Williamson, a senior level trainer at Genesis Health Clubs.

Williamson says people will come up with all kinds of excuses if they're working out just to please someone else.

"They have to want to do it for themselves," she says.

Williamson recalls one gym member who found a creative way to get around her husband pressuring her to work out.

"She really wasn't interested, but she knew if she told him she didn't go, he'd be

upset with her," Williamson says.

Instead, she just took her workout clothes out of her drawer and put them in the laundry hamper so her husband would assume that she had worked out.

"I've heard the excuse that people are too old to exercise, and that's completely ridiculous," says Tracy Lerch of Lerch Personal Fitness.

"The older people get, they really need to be doing something so that functionally they can take care of themselves on a daily basis."

Some say they can't exercise because they smoke.

"That's ridiculous," Tarbell says. Those smokers are saying, "I'm going to use one bad behavior to prevent me from doing any type of good behaviors," she says.

But the scapegoats our fitness experts seem to hear about the most are pets.

"I can't come in," a client told Williamson one day. Why is that?

"My cat threw up. I've got to clean that up."

"You can't clean it up and get here in the next 10 minutes?" Williamson said she told that client.

Some clients tell Gorges they can't make it to the gym because their dogs get lonely.

Jason Zielenski, personal training coordinator at Health Strategies, says a client recently canceled an appointment with him because of a storm.

"She has a dog, and when it storms, it just goes crazy and chews up things," he says. "So I said, 'Can you crate it?'" But she didn't want to leave the



PHOTO ILLUSTRATION BY JESSE HUTCHESON

dog in the house to tear things up."

Barrett has several clients who are teachers, and she just had to laugh when one of them called to cancel her workout that day.

"She was talking about all of her paperwork and homework, and the dog had gotten into her stuff and messed everything up and she had to stay and organize that," Barrett says.

"And I said, 'Are you literally trying to tell me that the dog ate your homework?'" I said, 'Surely you are not trying to give me the 'dog ate my homework' excuse."

That's far from the only excuse Barrett has heard starring dogs.

"The dog wouldn't come back," she hears from clients. "I let him out and he ran off. Or he wouldn't go outside. Or he did go—too far. It's always the dog's fault" that they can't exercise.

Barrett has an antidote for all of those excuses.

"Why don't you run with the dog, then?" she says. "Run after the dog, that'll be your exercise. Or take the dog for a walk. If he's keeping you from exercise, make him exercise with you."

By the way, fitness experts really don't buy most of those tales.

"I want to see these pets," Barrett says with a laugh. "I want to make sure they actually have one." ■

FITNESS WEEK IS HERE!

Take advantage of Fitness Week at the Freeman Center. Through Friday, students are allowed to sample the intense fitness classes being offered at our state-of-the-art fitness facility. Download a schedule at www.freemancenter.cnu.edu. After this week, you can purchase a fitness package for \$30 a semester, or you can "drop in" on a class for \$5 each.

■ Check out next week's issue of The Captain's Log for more detailed information about each fitness class.

Johnny Carino's offers Italian comfort food

BY ALIYA ALTAFULLAH
ALIYA.ALTAFULLAH.04@CNU.EDU

Inspired by southern Italian country recipes, Johnny Carino's is a casual dining establishment with a unique menu featuring a wide variety of classic Italian dishes catering to families and dining parties of all sizes.

The experience begins immediately upon entering the restaurant. The ambience is welcoming, which parallels the comfortable nature of the food. Framed family pictures, Italian pottery, wood and stone walls, colorful wooden chairs and small intimate dining rooms offer booth and table seating.

They also have booths separated by curtains, which allow for a more romantic, private setting. The open kitchen allows you to see the chefs hard at work, and creates a warm and casual atmosphere as well. All the smells wafting from the kitchen and

rustic Italian decor add to the dining experience.

Once you are seated at Carino's, your drink order is taken and an appetizer is offered. Starters such as the signature Pepperoni Bread, Bruschetta, Calamari and Italian Nachos are a few favorites among regulars.

I tried the Baked Stuffed Mushrooms, and really wasn't that impressed. They are served piping hot and had a somewhat tasty filling that consisted of fresh spinach, Romano cheese, red onions and garlic. Although the mushrooms themselves didn't have a lot of flavor, the lemony garlic sauce they're coated in does.

The bread included with each meal also didn't satisfy my hunger for true Italian cuisine. The crusty loaf is handed to you in a paper bag and served with olive oil for dipping. They say fresh-baked, but it could have been better.

Entrees on the menu range from traditional favorites like homemade lasagna and chicken Marsala. You can also create your own pizza and choose from over 10 different toppings.

Carino's also serves a number of original house recipes including items like Spicy Shrimp and Chicken, Italian Pot Roast, Hand-Breaded Parmigiana, and Spicy Romano Chicken.

Their Baked Cheese Tortelloni was a cheese lover's delight. Large pasta pockets are stuffed with six different kinds of cheese and are then tossed in a creamy meat sauce with ricotta and Romano, before being baked under a gooey heap of mozzarella and Parmesan.

The Spicy Shrimp and Chicken was also appetizing. Juicy Black Tiger shrimp are mixed with grilled sliced chicken, tender sun-dried tomatoes, green onions and sliced mushrooms. The dish is

then served over penne pasta in Carino's signature cayenne pepper Romano cream sauce. Be careful folks, this dish has a kick to it.

If pasta isn't your thing, no worries. Carino's has a number of meat and fish dishes for the heartiest of appetites. Grilled Sicilian Meatloaf, Jalapeno Garlic Tilapia and the Tuscan Ribeye are just a few dishes that will easily satisfy your hunger.

Carino's also offers a handful of low-carb and low-fat options, as well as an extended children's menu for kids between the ages of 12 and 15.

Dining at Johnny Carino's is a relaxed and fun experience that won't put a dent in your wallet.

Appetizers average around \$7-\$10 and are big enough to serve as meals. Entrees range anywhere from \$8 to around \$20.

Some menu items are a bit pricey, but the size of each



ALIYA ALTAFULLAH/THE CAPTAIN'S LOG

Johnny Carino's is equipped with an open kitchen where guests can see their food being prepared.

dish is huge and you're going to want to take half of it home. They are also open during the day for lunch hours, offering many of the same items at a much more affordable price.

Johnny Carino's is located in the Power Plant shopping center off of Mercury Boulevard in Hampton. ■

WANT TO GO?

What: Johnny Carino's
Where: 2100 Power Plant Parkway
For more info: 757-827-5735

What can your Ramen do?

BY ALIYA ALTAFULLAH
ALIYA.ALTAFULLAH.04@CNU.EDU

At one point or another all of us have bought those huge packages of Ramen Noodles from the grocery store because it's hard to beat 10 packages for \$10. We've also lived off this famed snack that has become a popular entrée among college students across the nation.

For some of us, the chicken or beef-flavored soup/pasta dish just isn't cutting it anymore. Yes, sometimes you spring for the shrimp or the oriental, but there's got to be more to Ramen than that, right? The Captain's Log has decided to hold a recipe contest for students to break the mold past the ordinary Ramen method we all know and love. Expand your Ramen knowledge, experiment with the spices in your cupboard, and create something fun and delicious that will let Ramen noodles shine in a whole new light.

Here are a few ideas to get

you started:

Earth & Turf Salad
1 package Oriental Ramen
2 cup boiling water
1 cup fresh spinach (shred)
1 cup red onion (sliced thin)
1 lb. deli roast beef
2 Tbsp. rice vinegar
2 Tbsp. canola oil
1 Tbsp. jarred horseradish
1 cup pickled beets, julienned, drained
1 Tsp. poppy seeds
Cook Ramen noodles as directed and drain. Slice beef into thin strips and combine with spinach, onion and Ramen in a serving bowl. Mix Ramen flavor packet with vinegar, oil and horseradish. Pour mixture over noodles and toss. Sprinkle beets and poppy seeds just before serving at room temperature.

Easy Creamy Ramen Mushroom Soup
1 package Chicken Mushroom Flavor Ramen
3 Tbsp. butter
1 clove garlic, minced
1/2 cup onions, chopped
2 cups raw mushrooms

1 cup water
1/4 Tsp. thyme
1 cup light cream
1 Tbsp. parsley, chopped
Melt butter over medium-low heat. Add garlic, onion and sliced mushrooms to pot. Once onions are clear and mushrooms are soft, add water, thyme, flavor packet, and cream. Warm, don't boil, soup over low heat. Add broken noodles and cook for 5 minutes. Sprinkle parsley. ■
(Courtesy of nissinfoods.com)

INTERESTED IN ENTERING?

Send your name, phone number, and recipe to aliya.altafullah.04@cnu.edu. Voting is based on taste, simplicity, and cost of ingredients. The Captain's Log staff will cook and taste each recipe in order to pick the winner, whose recipe will be published in an upcoming issue. Have recipes sent in by the 29th of September.

MAN ON THE STREET | What did you do for Family Weekend?

By Ashleigh Tullar and Jesse Hutcherson

"My family didn't come because they came for Labor Day weekend to get me in the hurricane."

SEANTUCKER, FRESHMAN



"My mom came. We went to the football game and we cheered on the Captains."

COURTNEY PARKINSON, FRESHMAN



"They couldn't come down because they live in New York. My roommate's family kinda adopted me for the weekend."

LISA LAZZARI, FRESHMAN



"My parents came and we went to the tailgate, football game, the reception with the president, and the Mythbusters."

TESS SAVAGE, SOPHOMORE



"Was that this weekend? I played a show on the Great Lawn."

ZACH BRIGGS, JUNIOR



OPINIONS

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE A7

WHERE WE STAND

Opinions for 9/11 and beyond

It's been five years since the attacks on our country. In a beautiful ceremony Monday morning, 3,000 miniature American flags were lined up on the Great Lawn in remembrance of those who perished in New York City, Washington D.C. and Pennsylvania on Sept. 11, 2001.

It was a little bit striking, though, wasn't it? Walking past the rows and rows of little flags on the great lawn felt sort of like flying over a cemetery in a helicopter — eerie.

Given just how often and how casually the events of Sept. 11 are referenced on television news and in the papers, it is easy to become desensitized. Thank you, College Republicans, for arranging so visually provocative a reminder for us all to witness firsthand. That's how we feel. Does anyone else have an opinion? Anyone?

We at The Captain's Log were surprised that no one submitted an opinion piece regarding the fifth anniversary of Sept. 11. This past week, did you reflect upon where you were, or what you were doing five years ago? How you've grown since then? Did you know someone who is no longer alive because of the attacks? Did your brother, sister, or parent go to Afghanistan to fight the Taliban and Al-Qaeda? Are they still there?

Better still, does the way Bush has handled the War on Terror make you furious?

On the other side of the political spectrum, are you afraid that a Democratic president in 2008 will compromise all of the good work Bush has done?

We, and doubtless, the readers of The Captain's Log want to hear voices of intelligence and experience on campus regarding important issues and questions — and absolutely not just in regards to Sept. 11.

We want to hear what campus is thinking whether the issue is local or abroad, big or small. What's on your mind, CNU?

Contributing a letter to the editor is a simple and abundantly effective way to express oneself no matter the issue.

Does your club or organization have a cause that's worth fighting for? Do you hope to run for student office and wish to state an agenda? Is there an issue on campus that hasn't been reported on by The Captain's Log? Are we going far enough to get the story?

If you have 500 words and a point of view, a letter to the editor is a powerful way to broadcast your ideas.

We want to hear what campus is thinking, whether the issue is local or abroad, big or small.

What's on your mind, CNU? We're listening intently. Send us an e-mail at clog@cnu.edu with your entry. The weekly deadline for a letter to the editor is Monday at 10 p.m. We hope to be hearing from you soon.

Ian Sass-Basedow
Editor-in-Chief

OTHER VOICES

What has 9/11 terror yielded?

BY DONALD H. RUMSFELD
SECRETARY OF DEFENSE

In January, al-Qaida's second-in-command, Ayman al-Zawahiri, condemned Egyptians who supported multi-party elections. Zawahiri reportedly labeled them "stooges" of the United States for the crime of wanting a say in the direction of their lives.

That statement, and admonitions against democratic advances in Afghanistan, Iraq and elsewhere, seem to be generating a backlash by some Muslims against the extremists. Indeed, most of the victims of extremist violence are other Muslims. One comment in particular stands out. A spokesman for an Egyptian Islamist group — no friend to the United States — even asked of Osama bin Laden in frustration, "What results have his resort to violence yielded?"

As we reflect on the fifth anniversary of 9/11, the question takes on more significance. What have years of despotism, of murder and of acts of unimaginable cruelty yielded for the enemy?

The answer is clear: not much. Some sources of funding are drying up. Extremists have lost sanctuaries once used to train and launch attacks. As the president recently noted, two of the world's leading terrorist sympathizers — Iraqi Ba'athists and the Taliban — are gone. Those not already dead or in jail are under pressure every day.

But what about our country? What did that series of attacks five years ago bring to our country and to the Free World?

Extremists seem to have believed the rush of sorrow from a catastrophic attack would make us afraid. They hoped we would turn away from our freedoms. But the pain we felt that day as the twin towers fell, and as smoke rose over the Pentagon and a field in Pennsylvania, revealed our inner strength — one that has been defined by the actions of heroes on Sept. 11 and by those defending our nation in the years that have followed.

We remember the courage of the many first responders who raced into the burning World Trade Center; those who helped

others exit the burning Pentagon; and a group of passengers aboard Flight 93 who tried to retake their plane — led by the rally cry: "Let's roll."

Those actions, burned into our collective memory, are the legacy of that day. We came away from Sept. 11th and every day after with a renewed determination to embrace the values that set our nation apart — that of service to a cause greater than ourselves, and of a devotion to liberty, equality and opportunity.

They are reminders that we must treat every day since Sept. 11th with the same sense of urgency we felt on Sept. 12th if we are to ensure the safety of the American people.

In our grief and by our rise to action, America has made loud one truth to the world: our desire to live free is unwavering.

To those in uniform serving and sacrificing so that we may continue to live free, you have our unwavering support and our eternal gratitude. May God bless you and your families, and may God continue to bless our wonderful country. ■

The anchor next door

MCCLATCHY-TRIBUNE

The new face of the "CBS Evening News" is a perky blond with a dazzling smile. In her debut last week as anchor of the show, Katie Couric wore a stylish white jacket over a little black dress.

OK, we got that out of the way. On her second day, Couric conducted a solid, informative interview with President Bush. And on her third day, the show had an interview with Richard Armitage, who said he "screwed up" when he revealed that Valerie Plame was a CIA agent.

So let's agree that the debates about her attire and hair and that silly business about the retouched publicity photo are over.

Couric's new job has received more than the usual attention because she is the first woman hired to be the solo anchor on a network evening newscast. But the locals have been way ahead on that front. According to the Radio and Television News Directors Association, 57 percent of the anchors in a recent nationwide survey were women.

CBS needed Couric more than she needed the job. Some 25 million people still watch the three network news shows, but the audience has been falling and CBS trails its rivals at NBC and ABC.

Couric has promised a new evening news, a show that de-

On her first night, Couric was introduced by the venerable Walter Cronkite. Perhaps CBS felt the need for a sense of continuity or sense of gravitas.

emphasizes headlines and does more in-depth stories — which is probably a good idea, given that by the time many viewers get to her show, they have already read a morning paper, flipped on CNN, checked several Internet news sites, listened to the radio while in the car and received three e-mail breaking news alerts.

Couric's challenge, "to make the evening news a go-to place again," as she put it, is daunting. CBS would like to attract new viewers, especially younger viewers. One way to do that is to steal audience away from its rivals (which Couric appears to have done, at least temporarily). Another is to make the news friendlier, more relevant, more interactive, more entertaining. The greatest challenge, after CBS' controversies with Dan Rather, may be to convince viewers that it will deliver a national newscast that doesn't have a subtle partisan bent.

On her first night, Couric was introduced by the venerable Walter Cronkite. Perhaps CBS felt the need for a sense of continuity or sense of gravitas. The feeling here is that that was unnecessary. (And maybe pointless to many viewers. Cronkite retired a quarter-century ago.)

Couric worked as a beat reporter. She has interviewed world leaders. She's smart and calm enough to deliver the news. She happens to look like the girl, make that anchor, next door. ■



LETTERS TO THE EDITOR: The Captain's Log welcomes letters from its readers. Editors reserve the right to edit letters for style and length, as well as to refuse publication.

SEND LETTERS TO: The Captain's Log, 2 University Place, Newport News, VA, 23606. Letters may also be brought to our office or sent 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.

Human connection to the animal world lost?

BY MACARENA HERNANDEZ
MCCLATCHY-TRIBUNE

I've been unexpectedly sad all week over the death of "Crocodile Hunter" Steve Irwin. I say unexpectedly, because I wasn't exactly a regular viewer of his show on Discovery's Animal Planet channel. In fact, I'm not even sure I ever sat through an entire episode.

But even if you weren't an avid fan, you couldn't help being delighted by the exuberant Aussie, dressed in his trademark khaki shirt and shorts, cradling and cooing over creatures most of us wouldn't exactly call "beautiful," much less cozy up to.

Most Americans couldn't tell you the name of Australia's

prime minister, but we knew who Irwin was: an ordinary bloke with blue-collar roots who loved to wrestle crocodiles. He made it easy to forget that he wasn't invincible.

"If I'm going to die," the 44-year-old naturalist joked in a 2002 interview, "at least I want it filmed."

Tragically, he got his wish. On Sept. 4, while shooting a documentary called "Ocean's Deadliest" in the Great Barrier Reef, a stingray's barb pierced his heart as he swam above it.

Moments after he yanked it out, he was dead. Stingray strikes are rarely fatal, so it was an especially cruel twist of fate.

In the first public comments by Irwin's family since the tragedy, his father, Bob Irwin, who

started the wildlife park that his son turned into a major tourist attraction, said they were aware of the inherent dangers of their work.

"If I'm going to die," the 44-year-old naturalist joked in a 2002 interview, "at least I want it filmed."

"Both of us over the years have had some very close shaves, and we both approached it the same way — we made jokes about it," he said. "That's not to say we were careless. But we treated it as part of the job. Nothing to worry about really."

More natural celebrity than trained biologist, Irwin successfully built his career around a passion that stirred in childhood, when his father, a plumber at the time, taught him to catch crocodiles in the rivers of North Queensland.

We all know people who lovingly and skillfully connect with animals, but generally not the type with giant jaws, claws and venom. In Irwin's risky exploits, we saw the rarest of gifts — the ability to understand and communicate with all varieties of creatures, especially the panic-inducing kind.

Two years ago, he was criticized for being a little too wild — when he dangled a piece of meat for a crocodile on one hand while holding his one-month-

old baby boy with the other. He didn't think he did anything wrong. If his kids were going to live around crocodiles, he told "Today's" Matt Lauer, they needed to get used to it.

Maybe what was so alarming to us about the baby incident was just how perfectly at home Irwin was with the wildness. Our own lives, for the most part, are predictably tame.

Our boxed-in society has a way of moving us away from the natural world, making it too easy to lose our respect for the planet.

Now that he's gone, we've not only lost this larger-than-life character, we've also lost that connection. And perhaps that's what we're going to miss most of all. ■

More to the man than meets the eye

BIOLOGY PROFESSOR | Dr. Cones is an author of seven books focused on the history of technology.

BY KATIE BAHR
KATIE.BAHR.04@CNU.EDU

At first glance into Dr. Harold Cones' office, you understand that there is much more to this man than just biology. His office walls are decorated with bumper stickers, beach paraphernalia and framed vintage pictures and advertisements for antique radios.

The large collection of decorative keepsakes is not surprising, seeing as Cones has been with the CNU biology department for 39 years. What really is surprising, though, is that his life off-campus is so different from his on-campus life. By day, Cones is head of the biology department.

By night, however, Cones is the author of seven books,

none of which are related to biology whatsoever.

The primary focus of his writing is the history of technology, specifically in regards to radio. His latest book, however, varies from this norm. "My publisher found out that I collected postcards, so he said that they were trying to start a series of postcard books and asked if I would be interested in putting together some," Cones said. Shortly after, Cones crafted his first postcard book, "Newport News: A Vintage Postcard Tour."

Because Cones has been collecting postcards since he was a teenager, this book was not particularly challenging for him to compile.

"Putting a book together is a complicated process, but when you're working on your

seventh one, it loses the complication," he said. "And the postcard collecting part of it, I just pulled that right out of my head."

All of the postcards in the book are from Cones' own collection, which includes more than 1,000 vintage postcards.

Now that the book has been published, Cones is enjoying his success without letting it go to his head. "It was just a fun book; you don't make any money on things like this," he said. "I have this sort of perverted feel that things like this need to be recorded so that future folks can take a look at them and say 'ooh' and 'ah.'"

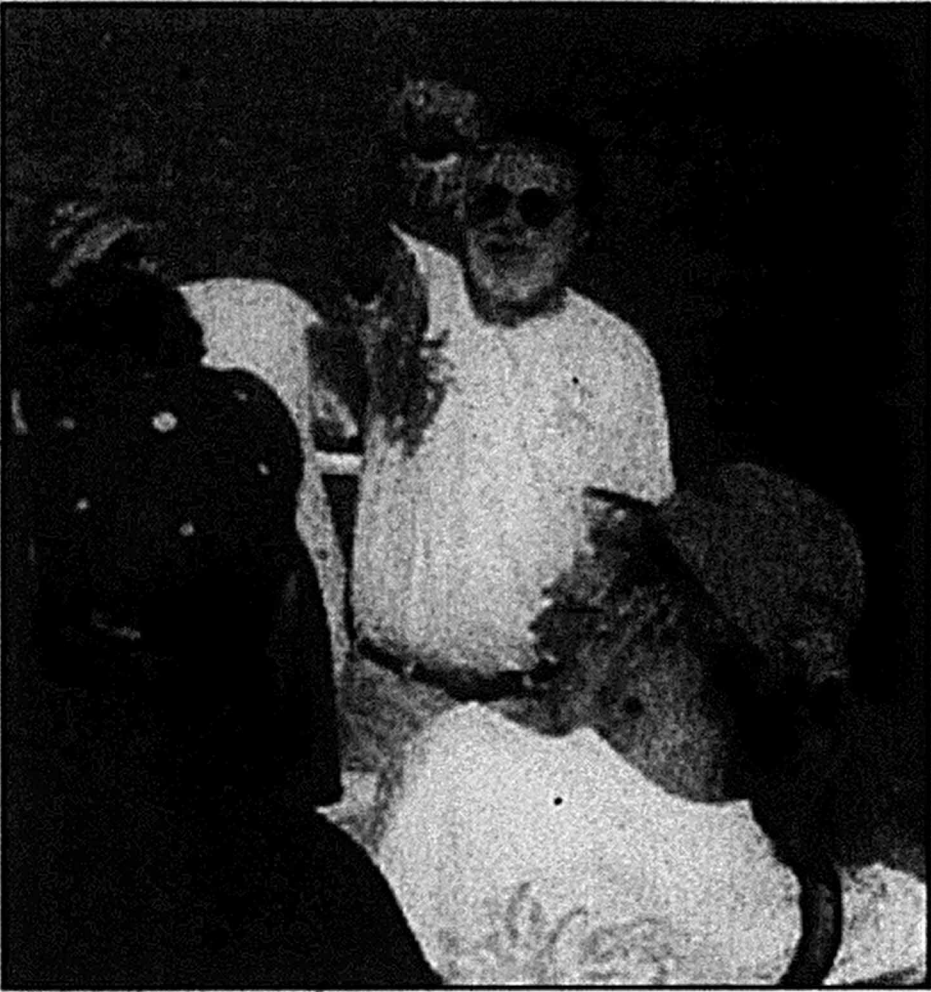
Since the book's publication, Cones has spoken to various groups about it, such as the Hampton Roads Postcard Club, as well as a few local Kiwanis and Lion's Clubs. He was also the subject of a Daily Press article and was featured in two different book signings, one at the Barnes and Noble on Jefferson Avenue,

the other at Joe Louisa's on the Green in Port Warwick.

"I've done a number of book signings, but [the Barnes and Noble book signing] was particularly fun because a lot of my old students stopped by. Some of the kids I hadn't seen in a long time. And then in the midst of it all, this guy pops up who was an old high school friend of mine who's been living around here and didn't know I lived around here," Cones said.

With his postcard book under his belt, Cones is not going to stop writing any time soon. He has a contract for at least three more books in the next few years. But will any of them be about Biology? "Nah," Cones says.

"The people that write biology textbooks, the majority of them, are in their 20s and early 30s and I'm very far from that. I'm just doing stuff that I love to do now. I'm fortunate: I have a lot of energy and I can expend that energy in those other directions." ■



COURTESY OF WWW.CNU.EDU

Professor Dr. Cones focuses on biology at CNU. He has published seven books on technology.

login register help

Welcome to Facebook!

Facebook leaves users angered and confused

STALKERS WELCOME | The friend-networking Web site added a news feeding frenzy on last Tuesday.

BY BETH BECK
BETH.BECK.04@CNU.EDU

Jessica changed her favorite books; Alicia added new quotes; Keren posted new photos. Courtney is in class until 2:50, but told me that she couldn't hang out until 4. Jamey added Ryan as a friend, and they both joined the same group. No, it's not a gossip column (officially); it's the News Feed on Facebook.

Significant changes were made to popular student-networking Web site Facebook.

com last week on Tuesday morning, the likes of which prompted the creation of several Facebook groups on campus such as "The New Facebook is for Stalkers" and "Facebook's Facelift Creeps Me Out."

"With News Feed, each person's actions are accounted for, and until [Friday] afternoon, there was no option to keep them private," said Annie Gowen, who created the group "The New Facebook is for Stalkers" along with fellow sophomores Brady

Small and Stephanie Bates. "Unfortunately, our world is no longer safe and we require extra privacy and protection."

According to a source at Facebook, the changes were made with the requests of Facebook users in mind.

"It's our goal to provide a tool that helps people understand what's going on with the people around them," said Mark Zuckerberg, CEO and founder of Facebook, on the Facebook Blog.

"Change can be disorienting, but we do it because we're sure it makes the site better," he said.

The changes made to Facebook are called News Feed and Mini-Feed. News Feed is a constantly updating list of what users' friends are doing

found on the users homepage, while Mini-Feed is a list of what a single user is doing and it appears on that user's homepage.

But what was unforeseen was the intense protest regarding the possible privacy and safety issues that were raised once the feeds launched.

"[Tuesday night] Brady, Stephanie, and I created 'The New Facebook Is For Stalkers' group, and within 24 hours, it had over 700 members," says Gowen.

"It was pretty mind-boggling that so many people were in the same boat, and in fact, after searching, I came across a protest group with over 600,000 members."

Within days the protests

had finally gotten through.

"We have been coding non-stop for two days to get you better privacy controls," said Zuckerberg in a message to the entire Facebook community.

"This new privacy page will allow you to choose which types of stories go into your Mini-Feed and your friends' News Feeds, and it also lists the type of actions Facebook will never let any other person know about."

Privacy settings can be changed by clicking on the "My Privacy" link on the top left side of your facebook page. On that page, click on the "edit settings" link under the "News Feed and Mini-Feed" heading.

From here you can decide

exactly what you want others to see. But with the privacy problem solved there are still some issues for other users.

"I can't say I was scared of being stalked, and with the new privacy features I can't see it being any more of a problem than before," said junior Sam Hurst. "The new format is what really annoyed me. It's like in your face, blammo! If they fix that I'd be fine."

Facebook was launched in Feb. 2004 as a way to get college students more connected with each other. Since then, more than nine million people have registered.

According to comScore, Facebook is the seventh-most trafficked site in the United States. ■

ALARMS, FROM PAGE 1

few visits from the alarm contractors to fix the problem.

When the company comes to work on an alarm with problems, said Hornsby, they test the entire unit to make sure it works correctly, which is why the alarms go off in every area that is connected to the system, thus affecting all Village tenants—both commercial and residential.

"We really don't have any significant problems with the fire alarms at CNU Village. We are just fine-tuning this complex electronic system to run as we want it to run and alert students and merchants of smoke and fire events," he said.

The testing has also been occurring more often, Hornsby said, because the contractors are required to test the entire alarm system every

time a new tenant is added so that the sensors in the new space are in the overall system. A Credit Union was recently opened.

Senior Lauren Strack, a Village resident, believes that individuals setting off the smoke detectors in their rooms are mainly to blame for the building-wide alarms. Strack claimed that there were also problems with the fire alarms last year when she lived in the Village.

"It's really annoying because it's like deafening and since I have a handicap room sometimes it goes off for like an hour so I pretty much have to leave, which can be a problem when I'm trying to work," said Strack.

The fire alarm company has been working to make sure that all the alarms function correctly in the event of an emergency, Hornsby said. ■

BUDGETS, FROM PAGE 1

to pay for expenses such as phone bills from the months of May and June, using funds from the grant overhead account.

The biology department saw an almost 50 percent cut in total funds for the year, he said.

The English department, according to Schwarze, saw drops in many departmental aspects. The department saw a 34 percent drop both in contractual services and supplies and a 52 percent cut in non-personal services.

In both departments, faculty members will most likely have to curtail travel and conferences.

Dr. Jean Filetti, associate professor of English and chair of the Budget Advisory Committee, said that there will be some travel to confer-

ences. However, she doubted that they would be funded at the preferred level.

Cones said of the BCES department, "There will be no travel for faculty or students to present papers, bringing that form of professional development or recognition for the university to a halt."

"Two of our students were invited to present their research work in competition with Ph. D. researchers at a national meeting and we had already obligated to send them and their faculty mentor by the time the budget arrived," Cones said. The academic depart-

ments' budget problems were also affected by last spring's budget difficulties in the General Assembly.

According to Kathleen Kincheloe, assistant director of communications at the State Council of Higher Education of Virginia, the state was supposed to have settled on a budget by March. Instead, the budget was delayed until June.

Most public colleges and universities wait until they have their budget for the year before deciding on tuition and fee levels. Due to the budget problems, however,

schools had to go ahead with their tuition and fee rates before they knew what their budget would be, Kincheloe said.

When the state finally released CNU's budget for the fiscal year in late June, the school received some extra money as a result, said Filetti.

On Thursday, Sept. 7, Filetti and the rest of the Budget Advisory Committee met to make recommendations on how the extra money should be used.

The meeting did not result in any recommendations, however. "We're in the process of...determining what the critical areas are," Filetti said.

There will be a second such meeting on Thursday, Sept. 21. "We just want to make sure we make an informed decision." ■

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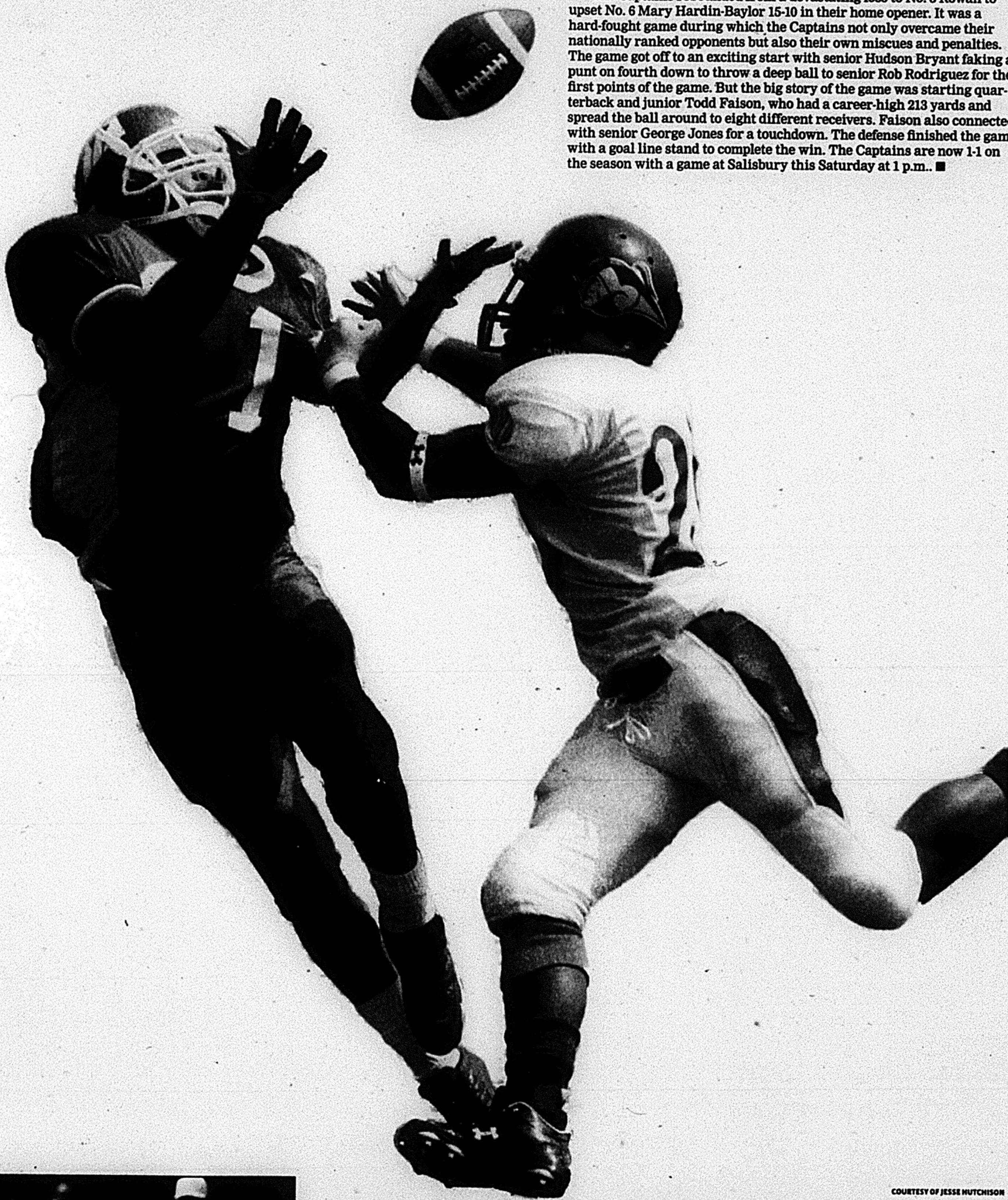
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SPORTS

WEDNESDAY, SEPTEMBER 13, 2006 | PAGE B1

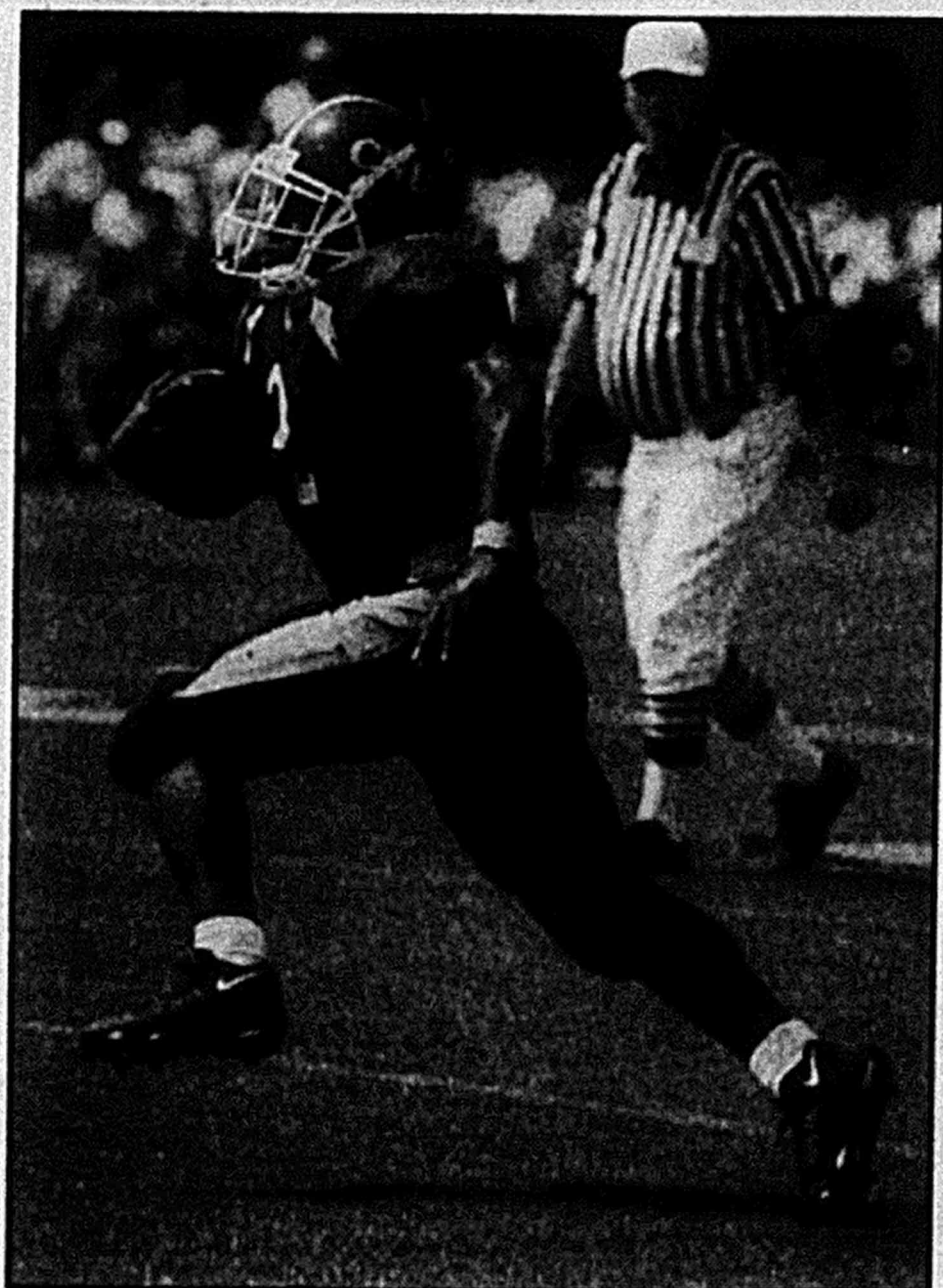
Captains upset ranked team 15-10

The Captains rebounded from a devastating loss to No. 3 Rowan to upset No. 6 Mary Hardin-Baylor 15-10 in their home opener. It was a hard-fought game during which the Captains not only overcame their nationally ranked opponents but also their own miscues and penalties. The game got off to an exciting start with senior Hudson Bryant faking a punt on fourth down to throw a deep ball to senior Rob Rodriguez for the first points of the game. But the big story of the game was starting quarterback and junior Todd Faison, who had a career-high 213 yards and spread the ball around to eight different receivers. Faison also connected with senior George Jones for a touchdown. The defense finished the game with a goal line stand to complete the win. The Captains are now 1-1 on the season with a game at Salisbury this Saturday at 1 p.m.. ■



COURTESY OF JESSE HUTCHISON

(Above) Senior George Jones catches a pass from Todd Faison en route to the Captains 15-10 victory. (Left) Senior Roland Hilliard breaks a run leaving the referee in the dust. (Below) CNU fans cheer their team on in their improbable upset over nationally ranked Mary Hardin-Baylor.



SPORTS SCORES

football

(0-0, 1-1)

Finals:
9/9 CNU 15, Mary Hardin-Baylor 10

Rankings		
1. CNU	0-0	1-1
2. Maryville	0-0	1-1
3. N.C. Wesleyan	0-0	1-1
4. Ferrum	0-0	0-1
5. Greensboro	0-0	0-1
6. Methodist	0-0	0-1
7. Averett	0-0	0-2
8. Shenandoah	0-0	0-2

Upcoming games
9/16 CNU at Salisbury

women's soccer

(0-0, 1-2)

Finals:
9/9 Gettysburg 2, CNU 1
9/10 CNU 3, Mary Washington 0

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

Upcoming Games
9/16 CNU vs Gettysburg

men's soccer

(0-0, 2-2)

Finals:
9/9 CNU 2, Oglethorpe 1
9/10 Emory 2, CNU 1

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

Upcoming Games
9/13 @ Hampton-Sydney
9/16 Methodist Tournament

volleyball

(0-0, 3-6)

Finals:
9/8 Concordia 3, CNU 1
9/8 Wisconsin 1, CNU 3
9/9 Trinity 3, CNU 0
9/9 CNU 3, Hardin-Simmons 1

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

Next Game
9/15 CNU vs. Washington & Lee

field hockey

(1-2)

Finals:
9/10 CNU 3, Johns Hopkins 1

Upcoming Games
9/13 CNU vs. Randolph-Macon
9/16 CNU vs. Shenandoah

cross country

Final Results:
9/2 Marlin Invitational

Men's team: 1st Place

Nathaniel Huffman- 2nd Place
Daniel Swale- 5th Place
Kyle Oakes- 10th Place
Jon Bunker- 17th Place
Mark Tynan- 25th Place

Womens team: 1st Place

Amanda Fitzhugh- 4th Place
Ashley Ezell- 10th Place
Amy Wampler- 19th Place
Beth Bartlemes- 29th Place
Brooke Rowe- 40th Place

Next Events:
9/16: JMU Invitational
9/29: Paul Short Invitational
10/14: Tribe Open
10/28: USA South Championship
11/11: Southeast Regionals
11/18: NCAA Championship

sailing

Final Results
9/10 Riley Cup: 11th place

Next Events:

9/15-9/16: Ocean County Fall Open

9/25-9/26: Queens Open

Field Hockey gets first win

BY BRIAN BENISON
BBENISON@CNU.EDU

Field Hockey

After a heartbreaking 2-1 loss to three-time defending national champion Salisbury, the field hockey team rallied at home this weekend to claim their first victory of the season over Johns Hopkins.

Junior Diana Golden led the team in the 3-1 victory with two goals in each of the halves. However, it was freshman Haylie Black who led the team off with the first goal in the game. She also assisted on Golden's game-winning goal.

The team is now 1-2 on the year and returns to action against Randolph-Macon at 4:30 p.m. today.

Women's Soccer

The women's soccer team competed in the Mary Washington Tournament this past weekend. They finished the tournament with a 1-1 record.

In the first game of the tournament, the Lady Captains played against Gettysburg. Despite out-shooting their opponents 15-4, Gettysburg took an early lead and never looked back, shooting one goal in the first half and one early in the second.

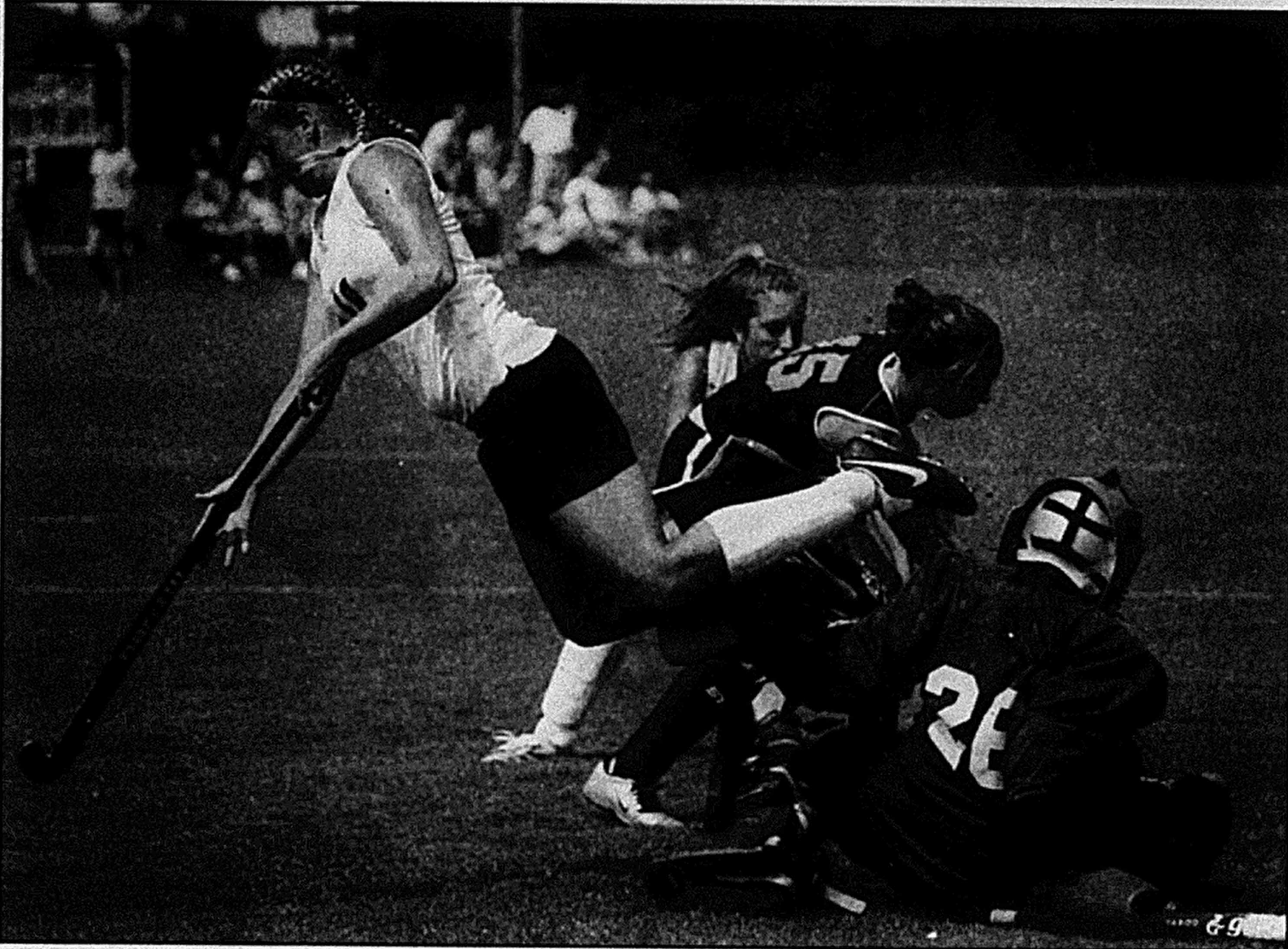
In the second half, freshman Chelsea Brown cut the lead to 2-1 but that was where the game would end. The Lady Captains finally claimed their first win of the season on the second day of the tournament when they shut out Mary Washington 3-0.

Sophomore goalie Erin Wojtkun had two saves in the game as the team out-shot their opponents 9-5.

The Lady Captains next face off in their USA South home opener against Peace on Saturday at 1:00 p.m.

Men's Soccer

The Captains traveled to Atlanta, Ga. for two weekend games. After downing Oglethorpe 2-1 on Saturday



COURTESY OF JESSE HUTCHESON

Junior Jacque Mayer jumps over the opposing goalie en route to the Lady Captains 2-1 comeback victory against Johns Hopkins at home this past weekend. The win was the first of the season for the team.

the team took a tough overtime loss against No. 12 Emory 2-1.

In the game against Oglethorpe, the team trailed early but finished the half tied at 1-1 off a goal from sophomore Michael Caro. Senior Daniel Fogarty scored the game winner in the 80th minute. The Captains were dominant in the game, out-shooting their opponents 17-11. In his

first start of the year, sophomore Tommy Vieten made three saves on goal.

Sailing

The Sailing team finished 11th in the Riley Cup this past weekend at Old Dominion University. They finished ahead of five other opponents in the tournament. Their next competition is this weekend, with one group competing at the Ocean County Fall Open and

another at the Queens Open.

Volleyball

The Lady Captains traveled to San Antonio, Texas this past weekend for the Trinity National Invitational. The team lost both their matches in the first day of the tournament and split their matches 1-1 on the second day. The team had another strong defensive showing from senior Jenna Williams and junior Brittany

Collins. But only sophomore Sara Brown made the All-Tournament team with an impressive offensive display.

Williams broke former player and head coach Lindsay Sheppard's record for career digs during the tournament. The team opens up USA South play today at Peace at 6:30 p.m.

**Information obtained from <http://athletics.cnu.edu>*

Twins on the rise, Tigers on the outs

MLB ON DECK | They may not have the lead in the division, but the Minnesota Twins have the best September weapon: momentum.

BY CHRIS INZIRILLO
CHRIS.INZIRILLO.04@CNU.EDU

In his new book, "Clearing The Bases," Philadelphia Phillies legend Mike Schmidt has a chapter that focuses on momentum. As we head into the final 20 days of the regular season, momentum is, hands down, the most important factor in a team's success. The best example of this momentum would have to be the recent surge of the Minnesota Twins. The Twins may be behind the Detroit Tigers in the standings, but in terms of momentum, the Twins are blowing the Tigers out of the water.

That being said, lets take a look at this week's power rankings...

1. New York Yankees (+2): With a well-padded 10-game division lead over Boston, this is the most comfortable September the Yanks have had in a long time.

2. Minnesota Twins (+5): Possibly the hottest team in baseball, they have cut Detroit's season-long lead to two games. Santana being 9-0 since the all-star break might have something to do with that.

3. New York Mets (-1): Just split a four-game series with the Dodgers; a team they might very well play in the first round of the playoffs. Could they be getting too comfortable with their 16 ½ game lead?

4. Detroit Tigers (-3): They are slipping a little bit. This young team is going to learn how hard it is to hold a division lead in September.

5. Oakland Athletics: Joe Blanton and Barry Zito are carrying the pitching staff with ease.

6. L.A. Angels: They are 8-2 in their last 10 games and are charging hard to try and catch the first place A's, who they trail by 5 ½ games.

7. Chicago White Sox (-3): Their rotation is finally starting to pitch like they were expected to all season long. Ozzie won't let this team miss the playoffs.

8. St. Louis Cardinals: Despite not playing their best

baseball, the Cards are gradually creating space in the Central and eyeing yet another division title.

9. L.A. Dodgers: Their pitching is holding steady for now...but they need to separate themselves from the charging Padres, or they could miss out on October.

10. San Diego Padres (+8): Even Woody Williams is contributing, going 3-3 at the plate on Sunday. Chris Young is undefeated in his last 21 road starts...sounds dangerous.

11. Florida Marlins (+2): Sanchez's no-no was the icing on the cake of the most improbable season in the history of the game. Now let's see if they can keep it up and complete the miracle.

12. Philadelphia Phillies (-1): If Howard is going to be pitched around then they need everyone else to produce. If someone doesn't step up, the Phils could fade fast.

13. San Francisco Giants (-3): In the last 30 days, Matt Cain is 4-0 with an ERA under 2.00...wow.

14. Boston Red Sox (-4): You just can't lose to the Royals in September...they are supposed to be a gimme. It just sums up a disappointing season. Their only chance of a miracle turnaround would be to sweep the Yanks in New York.

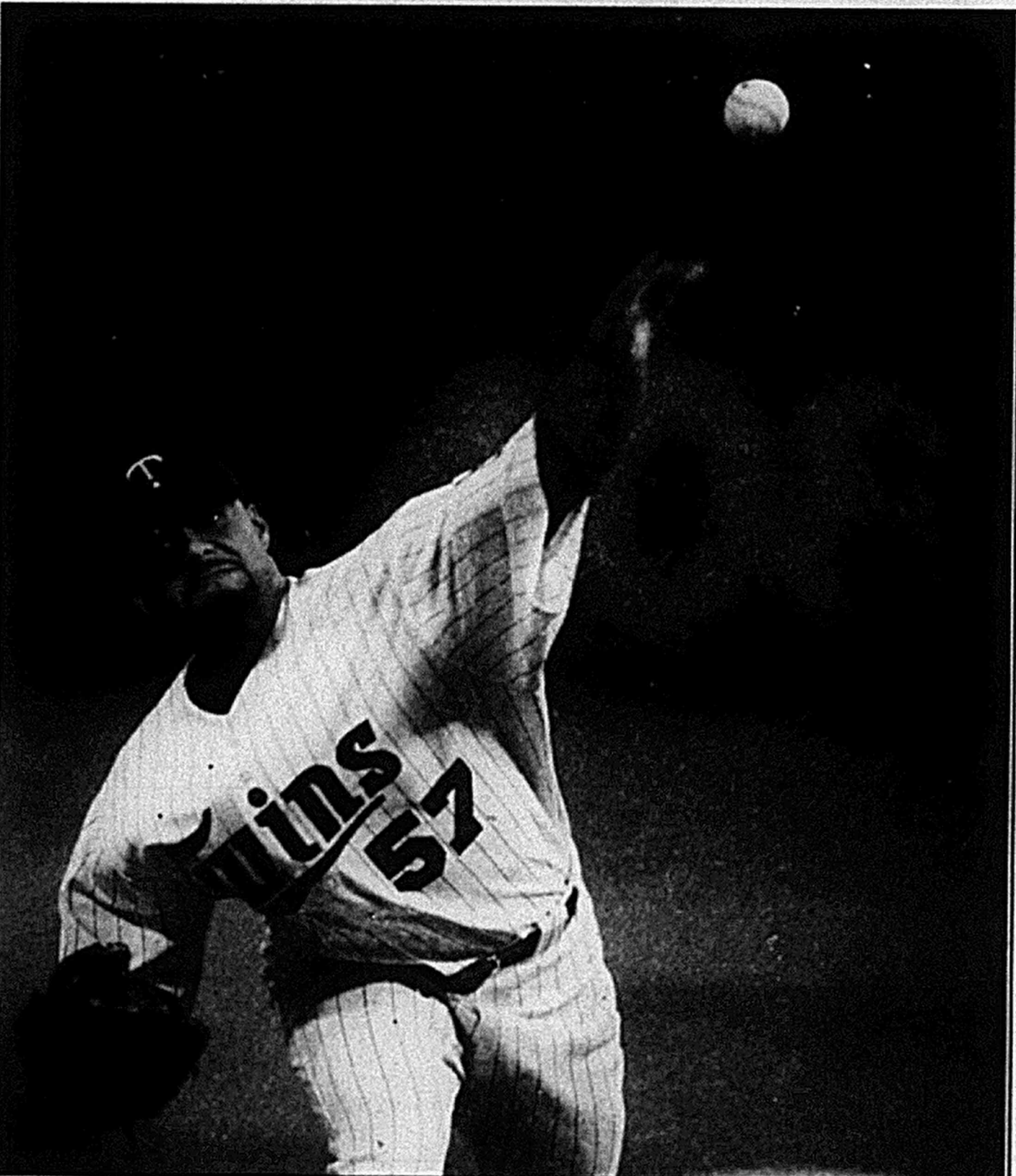
15. Toronto Blue Jays (-3): They'd better hope that Halladay isn't seriously injured...it could be a huge loss.

16. Cincinnati Reds (-2): They have been ice-cold lately, but are still only 3 ½ out. That still doesn't make that stupid trade with Washington acceptable though.

17. Houston Astros (+4): Barely hanging in the wild card race...but still close enough to get hot. They are definitely dangerous.

18. Texas Rangers (-3): Just got swept by the Mariners, and now have to face the Tigers...they could very well slip into the cellar out west. Why did they trade for Carlos Lee when they needed pitching more than anything?

19. Atlanta Braves (+3): One more loss and their divi-



JULIAN H. GONZALEZ/MCT

Minnesota Twins starter Johan Santana pitches against the Detroit Tigers in the first inning this past Sunday in Minneapolis. The Twins won the game 12-1.

sion title streak will be officially over. They are almost down and out of the wild card as well.

20. Cleveland Indians (+4): Finally a bright spot in the season...Tom Mastny appears to be the future closer for the Tribe.

21. Seattle Mariners (+2): This year is done...but after King Felix's recent turn around and Kenji Johjima's solid rookie season, next year looks promising.

22. Colorado Rockies (-2): They are 16-24 in one-run games...its no wonder they faded from the playoff picture.

23. Arizona Diamondbacks (-6): They've been

outscored 132:65 in the first inning. It's hard to win when you are always playing from behind.

24. Pittsburgh Pirates (+5): They have the best bullpen ERA in baseball, but combined with an inconsistent rotation and offense, a good bullpen is useless.

25. Milwaukee Brewers (-6): A recent nine-game losing streak dampened the mood of what was an impressive season in Milwaukee.

26. Washington Nationals (+1): Hopefully these new owners will be willing to spend some money in the off-season. They need a complete pitching makeover.

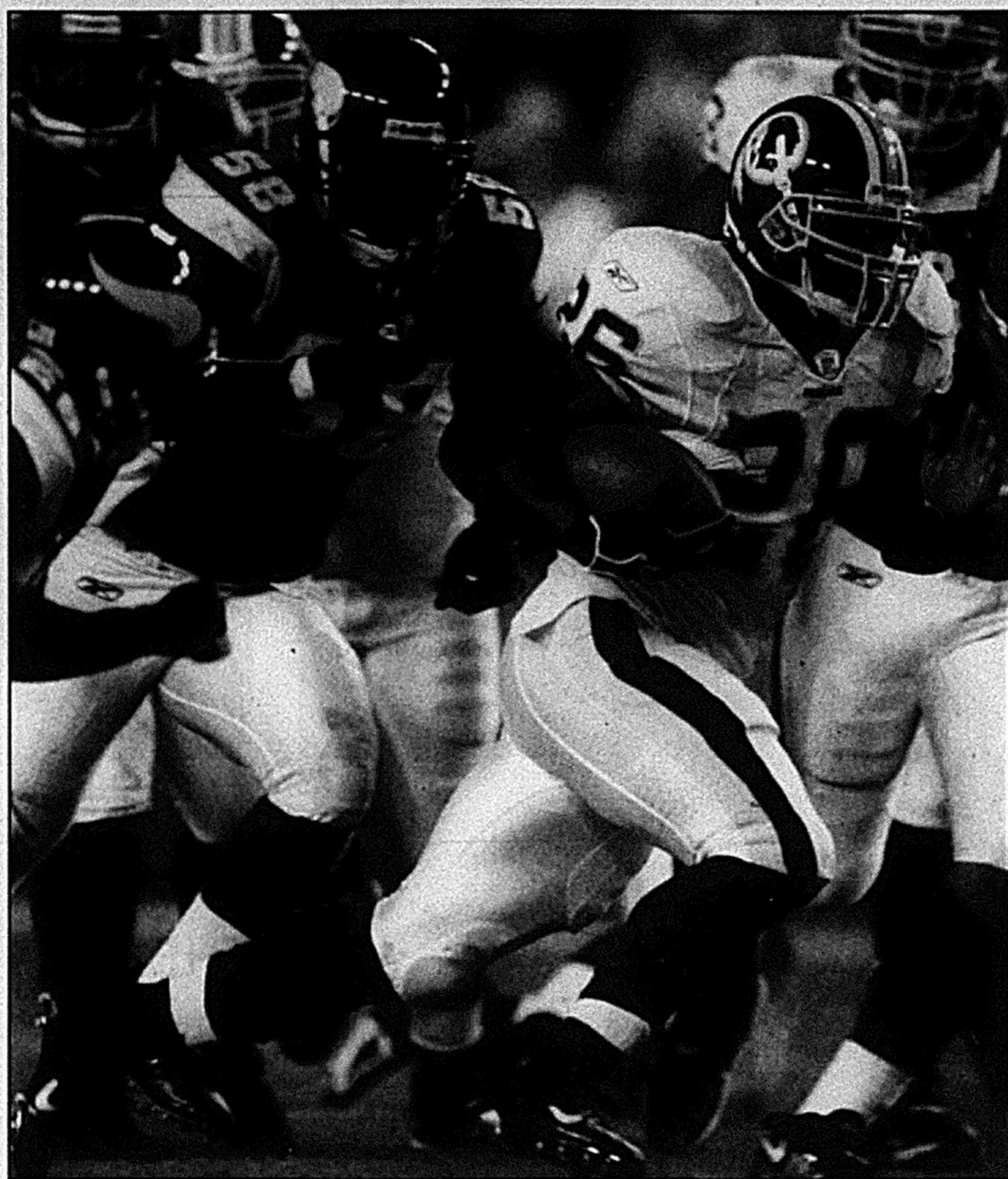
27. Tampa Bay Devil

Rays (+1): Seth McClung has been lights out in the closer role. Just another bright sign of things to come in the D-Rays future.

28. Baltimore Orioles (-3): They're in danger of becoming the worst team in the AL East. Tejada may soon want out again if they don't start putting some talent together.

29. Kansas City Royals (+1): After beating the Red Sox, they look to spoil some more playoff hopes in the last few weeks.

30. Chicago Cubs (-4): Even the Royals have scored more runs than these guys. At least they have nowhere to go but up next year.



HARRY WALKER/MCT

Despite recovering from a dislocated shoulder, running back Clinton Portis got plenty of time in Monday night's loss to the Minnesota Vikings.

NFL Week 2 Picks

BY BRIAN BENISON
BBENISON@CNU.EDU

6-10-0

Sunday 9/17/06

1:00 p.m. ET

Baltimore (-8) vs. Oakland

Aaron Brooks' TD to INT ratio was 13-17 last year with four fumbles. If you thought Baltimore made Chris Simms look bad, you ain't seen nothing yet.

PICK: RAVENS

Indianapolis (-13.5) vs. Houston

Indianapolis is one of the greatest offenses in the NFL, but without their Edge they're not worthy of a 14-point spread.

PICK: TEXANS

Cincinnati (-10.5) vs. Cleveland

Who dey?! Who dey!? Who dey think gonna beat the Bengals! Not the Browns certainly.

PICK: BENGALS

Miami (-6.5) vs. Buffalo

Am I hallucinating? Did I imagine it? Daunte Culpepper was good at some point in time, wasn't he?

PICK: BILLS

New Orleans (-1) at Green Bay

Reggie Bush may not be able to outrun the Diet Pepsi machine, but he can outrun everyone else. And while we're on the subject of hallucinations, what happened to Brett Favre?

PICK: SAINTS

Chicago (-7.5) vs. Detroit

If the Seahawks couldn't run the ball against the Lions, the Bears probably don't have a prayer. This pick depends on whether or not you think Rex Grossman is the real deal at quarterback.

PICK: BEARS

Carolina (-3) at Minnesota

The Vikings are not a pretty team; nothing about them seems to really be exciting. Their running game is mediocre at best and the passing game lacks big play wide receivers. But they played well against a tough Redskins defense and "The People's Choice" clearly is not what it was in the same category.

PICK: VIKINGS

Philadelphia (-3) vs. NY Giants

The Giants are 0-1 with the toughest schedule in the NFC in the toughest division in the NFL. They cannot go 0-2.

PICK: GIANTS

Atlanta (-6) vs. Tampa Bay

Guess who's back? Back again. Vick is back, tell a friend.

PICK: FALCONS

4:05 p.m. ET

St. Louis (-3) at San Francisco

Yes, the defense for the Rams looks like it's seriously improved. Yes, I was wrong about Jim Haslett. But I saw Torry "Big Game" Holt get jacked up by the Burger King and I panicked. I apologize.

PICK: RAMS

Seattle (-7) vs. Arizona

The jury may still be out on Arizona's offense, but Detroit may have given us a better view of the extent of Seattle's Super Bowl hangover.

PICK: CARDINALS

New England (-6) at NY Jets

Chad Pennington is coming off a very nice performance and the Jets are at home. And I have to make up for not picking the Jets last week.

PICK: JETS

San Diego (-11) vs. Tennessee

For future reference, no matter who the quarterback is in San Diego, betting against Ladanian Tomlinson equals bad.

PICK: CHARGERS

Denver (-9) vs. Kansas City

I felt a great disturbance in the Force. It was as if millions of fantasy football nerds who drafted Larry Johnson cried out in terror and were suddenly silenced.

PICK: BRONCOS

8:15 p.m. ET

Dallas (-6) vs. Washington on Ch. 10

About Washington's offense, I hate to say I told you so, but I did.

PICK: DALLAS

Monday 9/18/06

8:30 p.m. ET

Jacksonville vs. Pittsburgh on Ch. 12 (PK)

OK, so Fred Taylor didn't break his leg last week. What are the odds of lightning striking twice?

PICK: STEELERS

**picks for entertainment purposes only*

An NFL fan's journey

NFL FOOTBALL | It's one thing to root for your team from afar or from behind a TV screen. But it's another to root for your team at the game.

BY BILLY FELLIN
WILLIAM.FELLIN.06@CNU.EDU

The date was Dec. 3, 2000. I was in the eighth grade at a middle school in Richmond at the time. Despite living there for four years, I was still dealing with the fact that practically no one in the entire school liked the pro sports teams I did. Particularly isolating was my allegiance to the New York Giants. Well, at least one of my friends had season tickets to the 'Skins and offered two tickets for my father and me to attend the Giants-Redskins match-up.

I could hardly sleep the night before. I was excited beyond excited. It was an unnaturally cold December morning in Virginia, so my father and I put on sweatshirts and winter jackets and hats, all adorned with the Giants logo.

My father and I bid farewell to my mom and brother and took off to my friend's house to carpool up to FedEx Field. Upon arrival, we found out

that my friend needed to do a project, so his father gave us four tickets total and told us to have fun at the game. Thanking him for his kindness, my father and I drove home and picked my mother and brother up and the four of us departed for the stadium.

The closer we got to FedEx Field, the more burgundy and gold we saw. Prior to departure, my Dad decided that it was a good idea to decorate our Ford Explorer with Giants flags and magnet logos.

So, as we drove, many Redskins fans were honking at us and pointing at their own apparel. My dad and I enjoyed this immensely, and we responded with honks and pointed fingers of our own. My brother and mom were less enamored as the former was asleep and the latter was insisting emphatically that my dad not crash the car.

After the highway trash talking was done, we finally were able to park and enter FedEx Field. Even though I am a die-hard Giants fan,

I must confess that the Redskins have a beautiful stadium. So there we sat — simply beside ourselves, we viewed the Giants warm-up as the cold wind nipped at us. It was an unbelievable feeling — just being there at an NFL game. Going to a game is the hajj for football fans and is something that everyone should do at least once in his or her life.

The game finally got underway. It was a defensive struggle and therefore a low-scoring game, which some people view as boring. I blame this on the "Madden Generation," a generation of video gamers who are used to defeating their opponents in the virtual world by a margin of 58-0, or some unbelievable score like that.

The Giants won that game 9-7 en route to the NFC East title and eventually the entire NFC championship, earning them a spot in Super Bowl XXXV.

I'll never forget my first football game. It was an experience that can only be replicated at, well, a football game. Think watching your favorite team kick-off on TV opening weekend gives you goose bumps? Try being there. ■

The top pivotal players

TOP NFL PLAYERS | These players don't have a common element of success or failure but they all have something to prove in 2006.

BY STEVE BISHEFF
MCCLATCHY TRIBUNE

Anybody can make a list of the 10 best players in the NFL.

What is more important, and more intriguing as a new season begins with enough televised games to make you OD on your tortilla chips, is a different kind of list.

A list of the 10 most pivotal players, the guys who have to be good for their teams to succeed.

Everybody knows about the big names, the Peyton Mannings and Shaun Alexanders and Troy Polamalu. They're terrific, but they have so much talent around them they don't always have to dominate.

Others aren't as fortunate. Their performances absolutely will dictate where their teams finish. That's why they belong on our list of the NFL's 10 most pivotal players of 2006:

Philip Rivers, San Diego Chargers - Say hello, Philip, and rest assured, a formerly laid-back city has turned its lonely eyes to you. The rest of the cast in San Diego is good enough to challenge for an AFC title.

But no one knows if Rivers can pull it off. He didn't throw a TD pass a year ago.

Running back LaDainian Tomlinson threw three.

Chargers general manager A.J. Smith gambled by allowing proven quarterback Drew Brees to leave. Now it's up to Rivers, with hardly any game experience, to step in and take the team back to the playoffs.

He says he can do it. History says he can't.

Terrell Owens, Dallas Cowboys - Is any more explanation really necessary? On the field, he can be the game's premier playmaker. Off the field, he can be a Texas-sized pain in the backside.

The league's No.1 weekly soap opera will revolve around T.O., not-so-jolly Bill Parcells and quarterback

Drew Bledsoe, who has all the mobility of a goal post. Can the three get along?

Put it this way: My over- under for the first major blow-up is three weeks.

Carson Palmer, Cincinnati Bengals - The kid who was destined to be a star the day he threw his first spiral at Santa Margarita High only needs to stay healthy to have a big shot at an AFC title and an MVP trophy.

But that knee was shattered so badly in the playoff game against Pittsburgh last season it will remain a question mark until at least midway through the schedule.

If it holds up, look for Palmer to have an even better season than a year ago.

Ray Lewis, Baltimore Ravens - Steve McNair comes in to play quarterback, and the Ravens, 6-10 a year ago, immediately became a trendy playoff pick.

But their defense has to return to its old Super Bowl level, meaning Lewis has to bounce back after missing the final 10 games in 2005 because of a hamstring injury.

Some scouts whisper that he has lost a few steps. He swears he hasn't.

We'll see. Either way, let's hope he loses that silly pre-game dance ritual of his. It is easily the ugliest thing in the sport.

Dominic Rhodes, Indianapolis Colts - He has to step in and be the new Edgerrin James. He has played well in relief before, and maybe he can do it again.

But even together, he and rookie Joe Addai won't be as durable and consistent as James. They won't block as well picking up the blitz, either.

Think maybe Mr. Manning might be a little concerned about that?

Daunte Culpepper, Miami Dolphins - Everyone jumped to make the Dolphins an AFC championship pick once they landed the ex-Vikings quar-

terback.

Culpepper has all the physical requirements, but a year ago he threw 12 interceptions and six TD passes.

Opening against the Steelers on Thursday night, his two picks killed Miami in a game it should have won without Ben Roethlisberger in the lineup.

In other words, let's not engrave any trophies for the Dolphins yet.

Keyshawn Johnson, Carolina Panthers - If Steve Smith ever shakes all his hamstring problems, Johnson should be the perfect complement for him.

The former USC star is also among the better blocking wideouts in the league. If he and the rest of the Panthers play up to their ability, it could mean a Feb. 4 date in the Super Bowl.

Rex Grossman, Chicago Bears - He doesn't have to be great. He doesn't even have to be good. He just has to be "efficient," as coaches like to say.

If Grossman doesn't lose games for the Bears, their defense will win plenty. If he does, look for Brian Griese to step in as early as October.

Mark Brunell, Washington Redskins - Some days, he can look like a heady, steady quarterback. Other days, he can look like a creaky, over-the-hill passer.

The Redskins' season will hinge on which one he'll be on most Sundays.

And even if he proves effective, can he stay away from injuries? Probably not, which is why all those D.C. politicians would be better off concentrating on their work.

Reggie Bush, New Orleans Saints - He is a vision of hope in a No.25 jersey for a city that has seen too much fire and, especially, too much rain.

The problem is, the Saints aren't a very good team. Bush will discover very early that he isn't at USC anymore. But get him the ball in some open space and let him do his thing.

Even without much blocking, he'll provide an entertaining, upbeat, jazzlike vibe, and that's good. The town needs him. ■

Arizona Cardinals leaders, not laughingstock

TODAY, IN SPORTS | With strong additions at offensive line and running back, it's time to hop on the Arizona Cardinal bandwagon.

BY MICHAEL KURBJEWIT
MICHAEL.KURBJEWIT.04@CNU

Jump on the bandwagon, everyone, or miss out on cheering the Cardinals to the NFC West title and on to the playoffs! Yes...that's right, the Cardinals. The Arizona Cardinals have undergone a major facelift from last year. They have new key players and a great new facility. This includes not only the revamped bird on their helmets (which is now "tougher" looking). Honestly, they have changed so much on and off the field they could create

their own mini-series version of "Nip/Tuck" as they enter their second week of the 2006 season.

This Cardinal team has a new swagger about them which reflects a new competitive spirit given their paltry 5-11 record last season. This Cardinals team is going to compete for the NFC West title this season; you can count on that. The Cardinals now have a high-powered offense relying less on Kurt Warner's shoulder given the key addition of Edgerrin James this off-season.

Although the pick up of

Edgerrin James has already proved to be a tremendous step forward, this year's draft class will most definitely bring them back to the Promised Land sooner rather than later. The Cardinals selected Matt Leinart, and Taitusi Lutui, both picks from USC, and Leonard Pope, from Georgia, on the first day of the draft.

The future looks bright for Arizona. Leinart, probably the best pocket passer in the 2006 draft, fell into the Cardinals' lap at the #10 spot. Along with Leinart, Arizona picked up guard Lutui, yet another standout lineman coming from the University of Southern California. The last pick of the day, Pope, a 6'8" 280 lb. tight end, will immediately give Warner another

potent option up the seams.

The Cardinals' offense will have no problem scoring — quite unlike years past. They proved that in Week 1. They scored 21 points in the first quarter alone and ended up with 34 for the game. Warner threw for a very impressive 301 yards and three TD's in the home opener. But what was more important than the touchdowns was the lack of interceptions. It shows that he isn't forcing passes and trying to do too much like he did in New York. Larry Fitzgerald and Anquan Bolden have tremendous playmaking ability at the wide-out positions, and with "Edge" behind him, expect Warner and the Cardinals to have a breakout year.

Although plagued by injuries in the recent past, Warner

now has all the pieces necessary to form a great supporting cast. With Leinart's hype nipping at his heels, I expect the added competitive drive to propel him back to Super Bowl MVP form this season. Warner was pushed out of New York for another hyped rookie, Eli Manning, and he will not allow that to happen again.

The Cardinals will be incredibly fun to watch this season, especially at home. Their new, state-of-the-art stadium is complete with the first-ever retractable playing surface in North America. Their field sits outside the stadium where the caretakers work to make it one of the best playing surfaces in the league. Then motorized wheels carry it inside the stadium through

the end zone. They will have the opportunity to play at home three out of the next five weeks on the schedule.

No team in the NFL has more motivation to turn things around than the Phoenix franchise; and the fans have turned out in record numbers to see them do it. They continue a good start to the season this week as they face the Seahawks. The Seahawks, which only squeaked by in Week 1 against the Detroit Lions, is vastly overrated and over-praised this off-season. The Seahawks will find themselves to be the favorite in the NFC West no longer. This Sunday the Cardinals will start turning some heads and gaining support for their 2006 "bandwagon" tour (now selling tickets). ■

ART EXHIBITS PREMIERE

BIENNIAL, HERMITAGE, PAGE B6

A+E

ARTS AND ENTERTAINMENT | WEDNESDAY, SEPTEMBER 13, 2006

CAMPUS

Mythbusters Kari Byron and Grant Imahara present on various unaired myths.



MUSIC

Beyoncé releases new CD "B'Day" last week. Mars Volta releases "Amputechture" yesterday.



ART

Peninsula Fine Arts Center debuts "Biennial 2006" on Sept. 2, 2006.



Artists 'Bleed for Art'

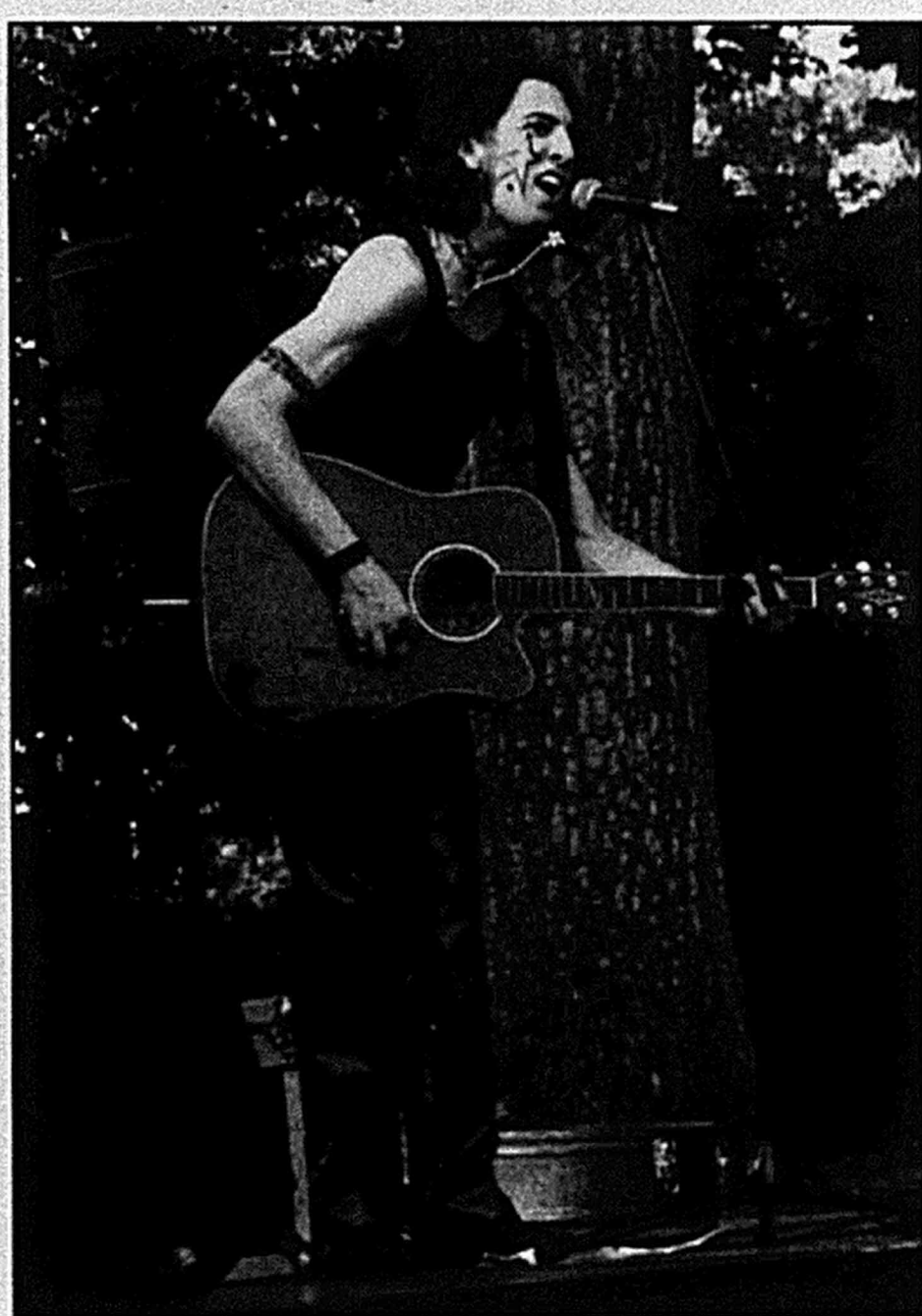
ALL ABOUT CAB

Open-mic nights, comedians, concerts, dances and talent shows — all of these things and more are coming to campus this semester, thanks to the Campus Activity Board (CAB).

There will be something going on every weekend, giving students the opportunity to meet new people and have fun without having to leave campus or spend money. Important weekly events to remember are the campus movie nights, which feature a recently released movie and occur every Friday and Saturday night at 7. The Fridays @ 5 outdoor concert series will continue to showcase bands for a few more weeks, while the weather cooperates. There will also be either a karaoke or an open-mic night happening at least once a month.

All of the events that were canceled last weekend after the power outages will be rescheduled for later dates in the semester. This includes speed dating and speaker David Wygant ("the dating doctor"), as well as the musicians Chinua Hawk and Chris Cauley.

BY KATIE BAHR



Junior Zach Briggs performs his folk style music on Friday.

WEEKEND FUN | Zach Briggs and Momentary Prophets perform at Fridays at Five.

BY MARK NEWTON
MARK.NEWTON.06@CNU.EDU

Some people today, myself included, say that the music blasted at us from the radio and MTV is, to put it bluntly, terrible. While I do enjoy some contemporary bands, I continue to drift further back in time, preferring bands like the Beatles, Pink Floyd, Talking Heads or XTC over anything in the "What's New" section.

This is why I found the last "Fridays @ 5" concert so refreshing. The two acts, soloist Zach Briggs and the band Momentary Prophets, showed me that perhaps there's hope for the radio.

Briggs, a junior, took the stage promptly and, being the first, bravely announced, "I'm Zach Briggs and here are some of my songs."

Influenced by the likes of Bob Dylan and the more modern band This Bike is a Pipe Bomb, he also attributes his folk talent to his dad, who was present during the concert. The strong guitar work was paired with strong lyrics.

"At least an addict knows

what he wants," crooned Briggs.

Taking stage soon after were the Momentary Prophets, a progressive pop-noir world folk creation of seniors Jako Hull and Ted Packard. They contrasted Briggs with a more performance-oriented show, complete with epic-length instrumentals and even a "Benediction for Pluto," with spoken verses linking pieces together.

Packard's playing was so intense that he shredded his fingers—he termed it "bleeding for art." At one point, the pair invited the audience to come onstage and play.

As the Prophets closed the show, they assured the audience that being a part of their performance also made them prophets—for a moment. I felt it, but it was for another reason. I could see hope for our campus' collective musical taste.

Next Friday, Jack's House, a pop/jazz influenced rock band from Alexandria, Va., will perform. Their debut album, *The Skyline Parade*, is available at their Web site, <http://www.jackshouseband.com>. ■

Fact or fiction?

WEEKEND FUN | Mythbusters Kari Byron and Grant Imahara guide CNU students through a untelevised blooper reel.

BY PATRICK CROW
PATRICK.CROW.04@CNU.EDU

Got a myth that needs busting? Who you gonna call? MYTHBUSTERS! Kari Byron and Grant Imahara, the stars of Discovery Channel's hit show, "MythBusters," discussed their unique television experiences before a near-capacity crowd at the Ferguson Center for the Arts Concert Hall.

Topics ranged anywhere from cow tendon catapults to exploding pants. "Exploding trousers was the most interesting myth we did," said Imahara.

Farmers in New Zealand had reportedly been plagued by pants, which would spontaneously combust. What it was was an herbicide the farmers were using," Grant explained.

It was a compound more responsive than gunpowder, Byron explained to the audience. Even the friction created by walking was enough to cause the compound to ignite, but few have had fate ill enough to experience firsthand, she said.

In addition to the discussion, there was a screening of unaired footage from the show. Due to its content, the reel would never be allowed to air on Discovery.

One can only wonder why something like a "Facts about Flatulence" segment wouldn't be permitted. Bolsterous laughing followed the experiment, in which "MythBusters" co-star, Adam Savage, tried to light his own

gas on fire. As immature as it sounds, the flames that arose were spectacular—they appeared even more impressive in a close up slow motion shot.

The "MythBusters" cast members themselves were also very interesting.

"I used to be a visual effects guy at Industrial Light and Magic, which most people know as George Lucas's ILM. I worked there for nine years, on movies such as 'Star Wars' Episodes I-III, 'AI,' 'Galaxy Quest,' and I even got to design and drive the Energizer bunny robot you see on

"Exploding trousers was the most interesting myth we did."

GRANT IMAHARA, MYTHBUSTER

TV," said Imahara.

He explained how he originally got his role on the Discovery Channel show because of his involvement with "Robot Wars", crushing other robot combatants with his personally designed warrior-bot. Most of the materials used to make the bot were taken from George Lucas himself, he said. Byron also discussed Imahara's employment with the show.

"They thought he was too nerdy," she said. "The studio executives held up photos of Brad Pitt and Colin Farrell,

politely saying, do you think you could look more like, that?" explained Imahara.

Fortunately, the show's producer maintained that Imahara would be great for the job, and he was hired despite bearing no physical resemblance to the two stars.

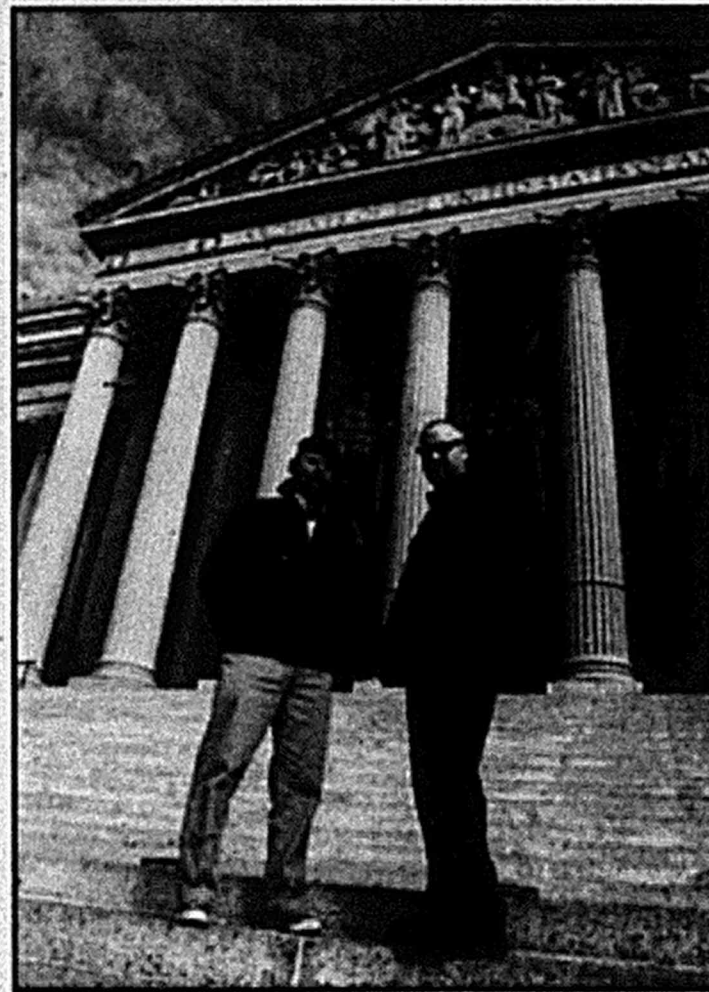
Several of the younger family members visiting over the weekend asked the MythBusters questions.

"Where do you get all of your guns and explosives?" "Legally. You can be sure of that, kid," the MythBusters replied. "What do you do around the shop in your free time?" another asked. "We usually work on multiple myths at once, so we really don't have much free time," explained Byron.

"Next season is starting soon. I know there's going to be Christmas Myths, among others," said Imahara. The new season of MythBusters premieres Sept. 13 on the Discovery Channel. ■

COURTESY OF DISCOVERY.COM

Mythbusters Adam Savage and Jamie Hyneman (right) attempt to dissolve or prove common myths. Any myth proven accurate earns a "confirmed" sign (above).



THE LIST

campus

September 14
Homegrown Talent Series, 7 p.m., Student Union Patio
September 15
Fridays @ Five: Jack's House, 5 p.m., Great Lawn
Comedian Reno Collier, 9 p.m., Studio Theater
September 16
Field Day, 3 p.m., Great Lawn

local

September 13
Christmas in September Wine Tasting, 5-8 p.m., 1055 Volvo Parkway, Chesapeake
Festive Fall 2006, 5-8 p.m., Selden Arcade, 208 E. Main Street, Norfolk
September 14
H&M Store Opening, 12 p.m., MacArthur Center, Norfolk
Beginner Belly Dance Classes, 9-10:30 a.m., 2250 Red Tide Road, Virginia Beach
September 16
Earth Dance 2006, 1-10 p.m., 1240 General Booth Boulevard, Virginia Beach

concerts

September 13
Wolfmother with The Mess Hall, 7 p.m., The NorVa
September 15
American Idols Live, 7 p.m., TED Convocation Center
September 16
Night Kills the Day with Coalescent, IOC, Close To Never, and Heroes For Hire, 7 p.m., The NorVa

September 18
Jacks Mannequin with Copeland, 6 p.m., The NorVa

September 19
The Strokes, 7 p.m., The NorVa

movie releases

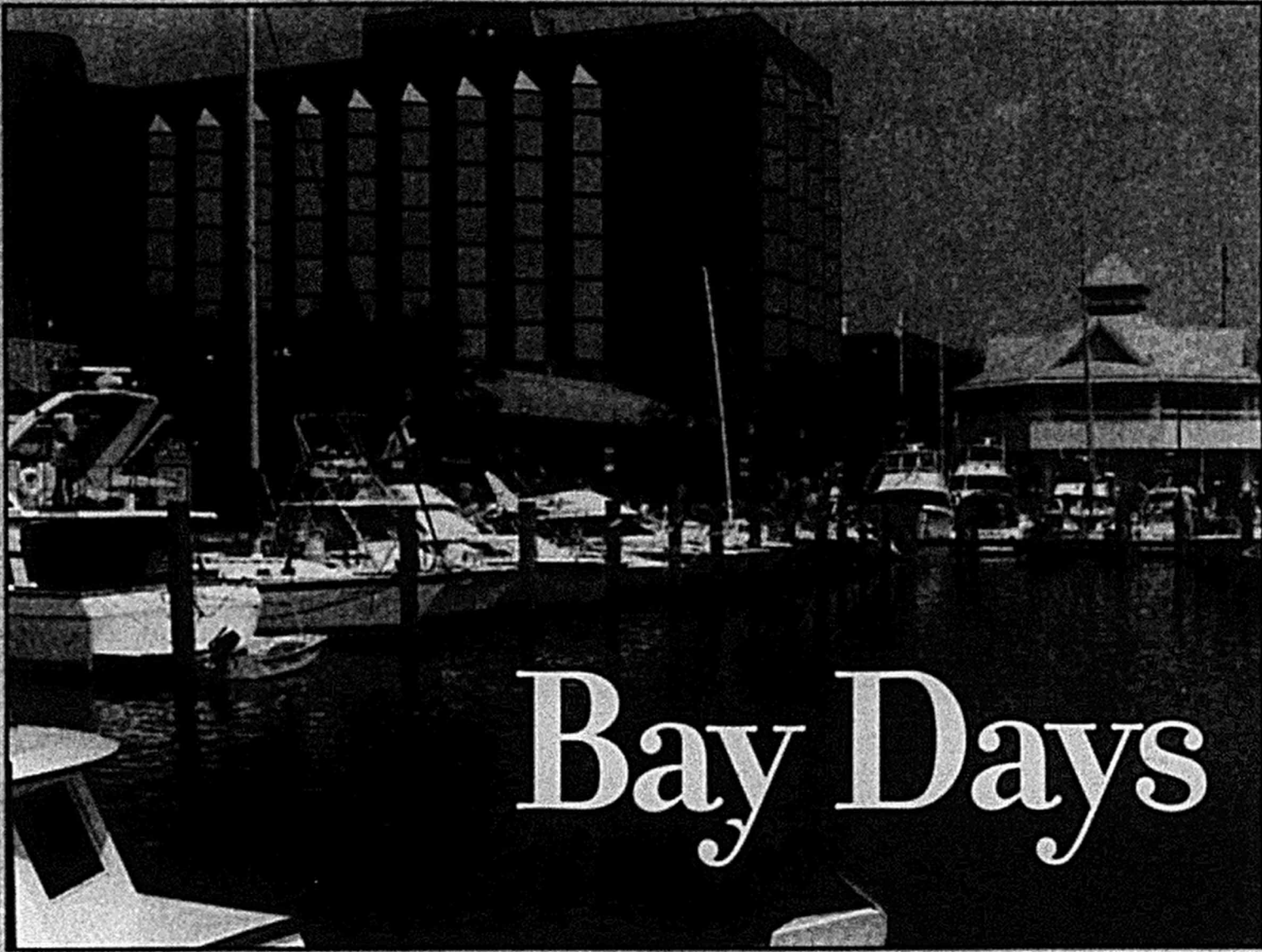
September 15
"The Black Dahlia" After the untimely death of a rising starlet, Elizabeth Short, young cop Bucky Bleichert (Josh Hartnett) and his partner Lee Blanchard (Aaron Eckhart) investigate. As Bleichert becomes more involved, he realizes how deep the corruption of Short's murder, also known as The Black Dahlia, really is. "The Black Dahlia" is rated R.
"The Gridiron Gang" Probation officer Sean Porter ("The Rock") gathers together a group of juvenile delinquents, molding them into a high school football team. Confronted with issues of gang rivalries, enmity between teammates, and competing schools who are reluctant to play against convicted criminals. Porter struggles to teach them to become stronger and smarter as well as the importance of teamwork. "The Gridiron Gang" is rated PG-13.
"The Last Kiss" Michael (Zach Braff) must re-evaluate his life after hitting 30, including his relationship with Jenna (Jacinda Barrett), his career and everything that has led up to this moment. "The Last Kiss" is rated R.

cd releases

September 19
"Hoodstar" - Chingy
"The Captain and the Kid" - Elton John
"The Duchess" - Fergie
"Differences" - Indigo Girls
"Food & Liquor" - Lupe Fiasco
"Full Circle" - Xzibit

dvd releases

September 19
"Suck!"



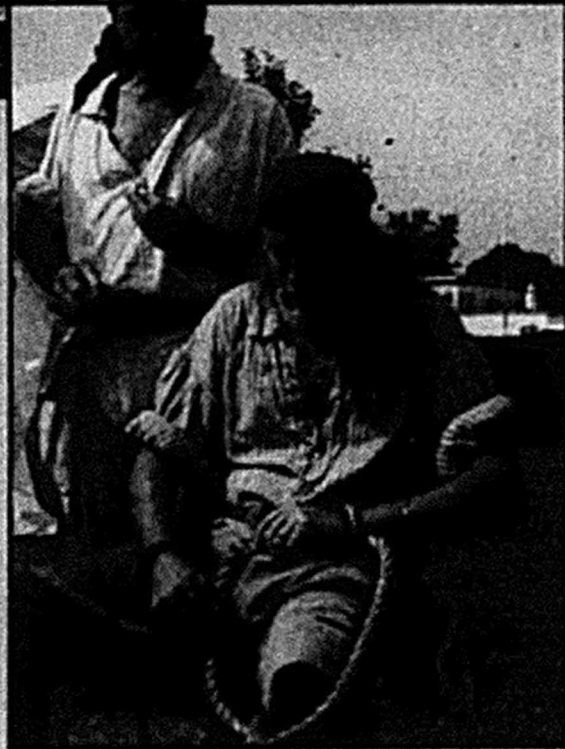
PHOTOS BY APRIL LE/THE CAPTAIN'S LOG

Bay Days featured events in downtown Hampton, including crab races and hands-on children's activities.

HAMPTON TAKES TO THE STREETS

This year marked the 24th annual Bay Days celebration, Hampton's annual community weekend. This past weekend, thousands participated in the celebrations.

CNU's own Paul Trible served as this year's Commodore, officiating the opening festival. The weekend's events included hands-on activities for children, crab races, an indoor juried art festival, military exhibits, a carnival area, a car and motorcycle show, a fireworks display and several live concerts.



COURTESY OF WWW.MONSTERSANDCRITICS.COM

"Little Miss Sunshine" follows the crazy antics of a dysfunctional family en route to a beauty pageant.

'Little Miss Sunshine' odd, fun-filled

MOVIE REVIEW | A quirky family learns and grows, experiencing ups and downs on a family road trip to the youngest daughter's beauty pageant.

BY JAKE HULL
JONATHAN.HULL.04@CNU.EDU

Where to start about "Little Miss Sunshine?" It's quirky, inspirational, heartwarming—and at the same time it has a cute smattering of dark humor. What more could a moviegoer ask for in a film, especially one featuring such a dangerously witty cast?

The movie centers on a dysfunctional family—the Hoovers—as they make an impromptu road trip so that their endearing but awkward eight-year-old daughter can compete in a beauty pageant 700 miles away.

The family members are all very eccentric, except for the mother, played by Toni Colette ("The Hours," "The Sixth Sense"), who seems to be the glue holding this family together.

The family consists of the

grandfather (Alan Arkin), a WWII veteran and avid heroin user; the father (Greg Kinnear), a struggling motivational speaker working on a book deal; the son (Paul Dano), a "quiet" young man prone to nihilism; the brother (Steve Carell), who failed at a suicide attempt; and the daughter (Abigail Breslin), who is a strange but determined little beauty queen.

The movie concerns those six characters and the trials they endure as they drive from Albuquerque, N.M. to Redondo Beach, Calif.

This movie, the first feature film for directors Jonathan Davis and Valerie Farris, marks yet another successful artistic medium for the pair.

The two have collaborated on projects since MTV's 1983 television show "The Cutting Edge," which explored and

showed music videos for many new-wave artists of the day. Since that show, Davis and Farris have directed music videos (Paula Abdul, Smashing Pumpkins, Red Hot Chili Peppers), commercials (VW, PlayStation, Ikea), and television shows (HBO's "Mr. Show with Bob and David").

The directing pair have continued to pursue new mediums, going even bigger and further with this fun-filled film.

At first, the movie is driven by extremely awkward moments between the family members that provide a lot of really great belly laughs. It is hard to talk about the movie without spoiling the plot, but a lot of the fun of the movie grows out of losing yourself in laughter and the surprising plot twists.

First-time screenwriter Michael Arndt brilliantly crafts the dialogue, and the music adds to the overall, different feel of the film. At times, the movie reminded me of "The Royal Tenenbaums" or other Wes Anderson films. In that regard "Little

Miss Sunshine" certainly stands out from the other box office draws.

"Little Miss Sunshine" is a hopeful piece filled with emotional ups-and-downs for each character as they learn about themselves and other family members on the trip.

See this movie if you want a good laugh, or even if you want a good cry. See it with your family, or see it with your friends. See the movie if you want to watch a really, really, dysfunctional family duke it out over the course of one hour and 40 minutes.

The totality of the film makes you feel all warm and fuzzy inside and that's what movies are about, right? In the end, "Little Miss Sunshine" will give you a reason to hug your loved ones, fly kites and eat lollipops.

I strongly recommend seeing this movie while it is still in theaters, though nothing would really be lost from the big screen to DVD. ■

'Dirge of Cerberus' fails to measure up

'Final Fantasy VII: Dirge of Cerberus' falls short of expectations.

BY DAVE SENTZ
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Final Fantasy VII: Dirge of Cerberus
Platform: PS2
Developer: SquareEnix
Publisher: SquareEnix

"Final Fantasy VII" is, without a doubt, one of the finest role-playing games ever made. It was completely worthy of such a title: a compelling story, a cast of well-fleshed characters, a worthy antagonist, an epic score and cutting edge graphics. It was a game that had a clear vision of what it wanted to accomplish. "Dirge of Cerberus," on the other hand, doesn't appear to know whether it wants to be an action game or an RPG, thereby leaving the gamer to muddle along through its boring and repetitious gameplay coupled with its equally boring and trite story.

The game's exterior is completely unrepresentative of the game as a whole. The character models are very impressive during the cut scenes and the in-game backgrounds are just as detailed. SquareEnix has a great track record of composing music to fit the mood of a scene and that continues here. However, the most impressive aspect has to be the FMVs, which nearly equal the CG employed in "Advent Children," and clearly set a new benchmark for graphical quality on the PlayStation 2 or any other current-generation system. Unfortunately, the ecstasy one gains from watching an extended FMV is offset by hours of actually playing the game.

There really is no skill involved in playing Dirge of Cerberus. No cool "Devil May Cry"-style combos where Dante can hack an enemy up with his sword and shoot him several times before slamming him back down on the pavement—the protagonist, Vincent, has one aerial combo and one three-hit ground combo. There's no technical precision or defensive-oriented strategy like in "Ninja Gaiden" that forces one to be cautious—enemies rarely damage Vincent enough to be worried. Throughout the game's chapters all Vincent needs to do is walk and shoot, and every now and then use

an item or two, which he can replace many times over throughout the course of the mission. He doesn't even need to aim for the auto-aim function hardly ever misses. If the goings get a little rough, then simply use a "limit breaker" which unleashes Vincent's monstrous dark side turning him into a melee bruiser. If one actually manages to die, then the game will reload the last checkpoint and award all the experience the player earned beforehand. Thus, one gets a second chance at a higher level to accomplish the task.

Interspersed between these dull missions are equally impotent, cliché-laden cut scenes. A brief summation of the main story is that Vincent must stop a group of megalomaniacs from attracting the attention of one "Omega" who will carry all life from the planet on a journey throughout the cosmos, thereby leaving the earth barren and dead, or "cleansed," according to the evil-doer's paradigm. And while that might be stereotypical of many of the action games on the market, at least those other games didn't have dozens of scenes that last for ten minutes at a time, or lackadaisical acting by Steve Blum (Vincent) who comes off as a diabolical amalgam of David Caruso and Ben Stein. The rest of the voice acting wasn't much better. The only exceptions are the cameo appearances from the rest of the cast of "Advent Children."

The story so invades the actual game that I actually wandered on an airship for over an hour talking to people before finally killing something. Again, SquareEnix's story-based roots interfere with the genre of game "Dirge of Cerberus" is purported to be. In an action game, the focus is on game-play and not so much on the story. Fortunately, one is given the option of skipping the cut scene entirely, but they must then contend with an annoyingly long load time.

Under the beautiful musical score and breathtaking graphics is an unfortunate, though not completely unplayable, game. Certain aspects, such as weapon customization and material use were pulled off nicely, as was the amount of content that one can unlock by shooting capsules hidden throughout the game. This gives "Dirge of Cerberus" a lot of replay value. A pity the game isn't good enough to even merit one full play-through. ■

Beyoncé's 'B'Day' gives déjà vu

Diva's sophomore release falls into a predictable genre.

BY LINDSAY SIMPSON
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Maybe society and culture as a whole expects too much from the divas. It is not enough to have the vocals, the body and the image. Divas have to put it all together and then create an album actually worth their fans' time. But sometimes it is not enough.

Beyoncé's sophomore solo effort, "B'Day," released last week, is somewhat disappointing, specifically in regards to the lyrics. The melodies and harmonies are fantastic, especially considering her repertoire.

Beyoncé is known for her crazy, fun, catchy dance songs, such as "Crazy In Love," "Baby Boy" with reggae sensation Sean Paul as well as "Naughty Girl." Although "B'Day" delivers

repeatedly on this front, the lyrics and beats become ridiculously redundant after the fifth or sixth song.

"Déjà Vu" and "Ring the Alarm," her two recent singles, are by far some of the best songs and the most fun on the album.

Continuing on with her tradition of songs full of semi-subtle sexual innuendo is "Freakum Dress," which is definitely a good dance number.

However, is it possible for an album made up entirely of dance beats and catchy choruses to sustain? If Beyoncé was not, well, Beyoncé, chances are this album would not do nearly as well, simply because the songs tend to bleed into one another.

With a voice like she's got, Beyoncé should really show off her extreme vocal range, but on this album she does not. The only song that even begins to tap into her talent is "Irreplaceable," one of the few ballads on the CD.

Maybe it has to do with the lack of bass, synthesizers or

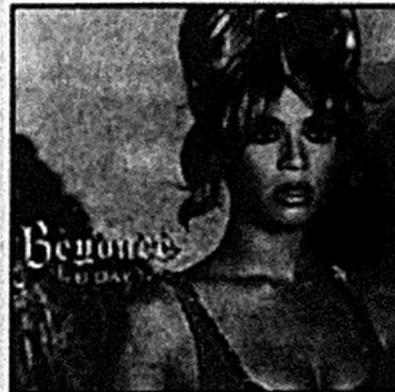
other artificial music or the addition of soft strings in the background. Either way, it is a personal favorite on the album.

Another fantastic vocal showcase is "Resentment." Beyoncé can sing. This song reminds listeners of that, and it is the largest redeeming factor in "B'Day." "Resentment" travels to the sounds of old-school soul, with a slow, soft bass line and astounding vocals to back her own.

If she does another solo album, which is likely, she needs to focus more on this facet of her talent and her music genre, because it proves that her vocals are indeed mind-blowing.

The album as a whole is disappointing, as its only saving graces are two ballads along with her catchy dance singles.

Is it the worst album ever created? Certainly not. Is it a must-have for any album collection? Not so much. But here's to hoping we don't have any déjà vu when Beyoncé's future efforts materialize. ■



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"B'Day" released last week.

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Professors shine at recital

FACULTY RECITAL | Drs. Rachel Holland and Jeffrey Brown combine efforts in last week's faculty recital, featuring musical selections in four languages.

BY KATIE BAHR
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As the lights dimmed, the crowd was silent. Within minutes, the sounds of conversation and laughter were replaced with varied and flowing classical music.

Students gathered in Ferguson Center for the Arts on Friday night for the first faculty recital of the year, featuring soprano Dr. Rachel Holland, professor of voice, and pianist Dr. Jeffrey Brown, director of keyboard studies.

Although recitals are not a

required part of teaching in the music department, this is not the first one for either of the professors.

"It's not a requirement, but for performance faculty, people who give a lot of lessons and applied lessons, it's really valuable for students to see their faculty up on stage and see them doing everything that they are teaching," Brown said.

Friday's performance had been scheduled since last spring and the pair started rehearsing for it in mid-August. The music chosen was selected to give the

audience a little bit of variety. As a result, each section of the recital featured music in one of the four most popular languages of classical music. A Mozart concert aria was selected as the Italian piece. "Melodies Passagères," by Samuel Barber, was chosen to represent the French language. A few songs from Carlisle Floyd's opera, "Susannah," represented English music, and a selection by Richard Strauss served as the German requirement.

Another thing that made the recital easier for the two professors is the mutual respect that they have for each other. "It's been great [working with Dr. Brown]. He's a great pianist and a very sensitive musician. You're out there singing in a foreign language and you're doing it from memory and you're

thinking about what it means. It takes brain power not to get lost. Anything can happen out there and I feel comfortable with Dr. Brown at the piano because he is able to adjust and adapt to things and find me wherever I've gone," Holland said. This was the second time the professors performed together.

Brown shared the sentiment. "[Dr. Holland] has a long history of performing things like this, as well as full operas. She's a real professional, so it's fun to work with her," Brown said.

As musicians, both Brown and Holland are used to stage performance. "I got my first little musical theatre role when I was 10 years old, maybe younger, and I loved it and knew that it was something that I wanted to be involved with for the rest of

my life," Holland said. Likewise, Brown began playing piano at age five and became serious about it when he got to high school.

Like many young people trying to pursue their passions, both professors had concerns about whether or not they could make careers out of their music. "(Being a musician) is not something that you consider to be very practical, but I got a lot of encouragement along the way, and when I got to undergrad, I still loved it and found that it was hard work, but I could excel at it," Holland said.

Through their hard work, both Holland and Brown have managed to pick up a few valuable lessons along the way to pass on to their students.

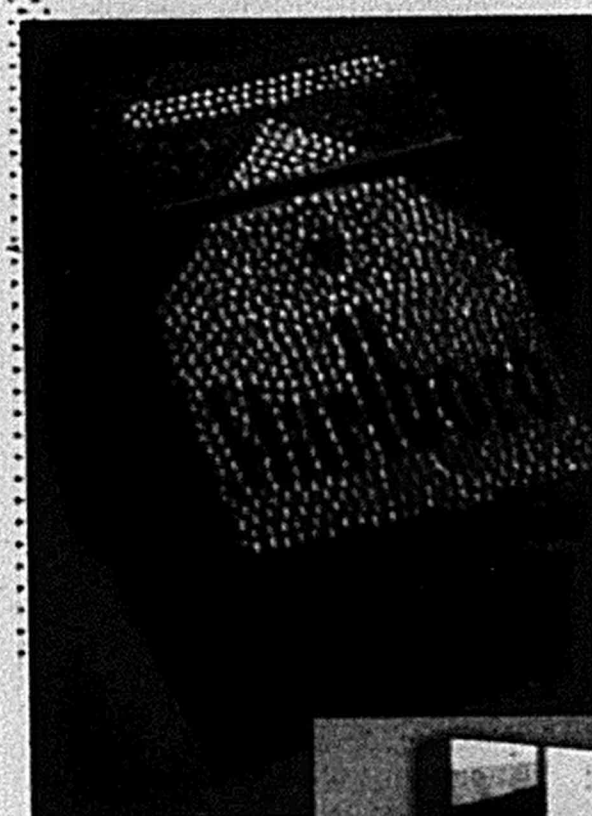
Holland believes tenacity and hard work are necessary

for achieving success as a musician. "There is a certain type of personality that it takes to make a career out of music. You have to make yourself vulnerable and risk rejection, which happens very often. After you sing for someone and get that 'no,' you have to be able to put it in perspective, learn from it, and try it again. It takes tenacity to be able to withstand that disappointment and still be able to get up the next day and put yourself back in the practice room."

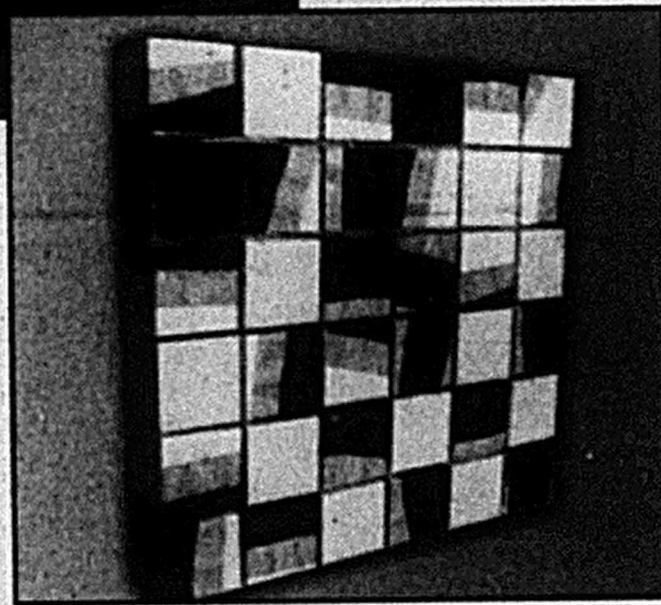
For Brown, the keys to success as a musician are determination and confidence. "The only people who can make it are the ones that don't have to question it. If it's something that they really want to pursue, they'll find a way to make a living out of it," Brown said. ■

PFAC hosts 'Biennial 2006' art exhibition

ART EXHIBIT | Peninsula Fine Arts Center holds biannual collection of artwork from around the nation, including sculptures, paintings, photographs and more.



ABOVE: Masuko Kubota's "Untitled." Right: Libby Ware's "Curling on the Deep."



BY LINDSAY SIMPSON
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The Peninsula Fine Arts Center hosts diverse artistic showcases for both local and national artists.

However, every two years the center puts on its Biennial Showcase, a show that displays various mediums and artists from around the country, and in some

cases, the world.

Mediums in the "Biennial 2006: The State of the Arts" show include oil and watercolor paintings, traditional black and white as well as digital photography and sculpture among others.

"It is a combination of artwork from all around the country, and the show has a juror—they just pick one, and he chooses all the [winning] works," said senior and PFAC Front Desk Assistant Jessica Zaidman.

According to Zaidman, the juror bases his decisions on what he enjoys the most, or what strikes him as an outstanding piece of art.

"It is a blind jury: he doesn't know where the artists are from or their names, just the art," said Visitor Services Assistant Valorie Williamson.

"The show just gives a glimpse of the whole spectrum of contemporary art today is," said Williamson.

Eighty-two people went through the displays, which were open and free to the community for three hours starting at 1 p.m.

On Thursday, Sept. 7, the Arts Café-goers packed the house, viewing the newly displayed artwork.

Patrons stopped to eye the various pieces; among the most popular were the photography.

Some of the photographs were silver gelatin prints, whereas others were digital prints.

"Some of the photography is really, really good," Zaidman said. "They're just very cool."

She also stated that some of her favorite photographic works in the show were the peripheral views of boardwalks, roads and even Richmond's well-known Broad Street.

Other artwork included a vibrant oil painting entitled, "Cinco de Mayo," where a hand picked a beautifully painted tomato out of the water, as well as a fiery depiction of Dante's "Inferno," done on a large canvas with oil.

Other works created boxes out of wire and stacked them on top of one another, while the one across the room depicted similar boxes fallen into a pile.

Photography, portraits, landscapes, sculptures, moldings and more are displayed throughout the center.

Although the show itself may not seem out of the ordinary, Tracy Mankowich, Volunteer Coordinator and Gallery Shop Manager for PFAC, said that there is something for everyone, especially those who want to be inspired and even college students who want to be educated.

"One thing especially for

the college student is the education, because each piece of artwork has a story with it. It talks about why the artist got into whatever it is they did... it's a 'what's your motivation' kind of thing," she said.

"Also, there might be someone that does something and doesn't think they're an artist because they don't paint, but they can look at this type of show and say, 'Hey you know, I like working with metal,' or 'I like putting odds and ends together'... and now it can be art."

Overall, the show encompasses a large variety of mediums, artists and backgrounds, making the Biennial Showcase an appeal-



Nick Fedak's "EL-C" appears in "Biennial 2006."

ing display. Biennial 2006: The State of the Arts opened on Sept. 2 and will continue until Oct. 29. ■

Artist supports Bay wildlife

ART EXHIBIT | The Hermitage Art Foundation hosts "Ebb and Flow" exhibition, featuring art by Pam Ponce. "Ebb and Flow" follows the cyclical nature of emotions and tides.

BY CHRISTINE BARNHILL
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The Hermitage Foundation Museum currently hosts the "Ebb and Flow" exhibition. "Ebb and Flow" actively portrays the loss of nature due to human activity and the water's own deadly wildlife. Pam Ponce, the artist behind

"Ebb and Flow," composes an elaborate depiction of nature's cruelty and the destruction of the marsh ecosystem. The artist uses the title of the exhibit to parallel the cyclical event of basic human emotions. "Like the tides, human emotions ebb and flow in a cycle of hope and

despair," Ponce said. "Hope is glimpsed in community efforts to restore the fringe marsh and provide oyster habitat on the Lynnhaven River." In her own attempt to stem future deterioration, Ponce offers "Ebb and Flow," which, in turn, offers fragments of hope.

The Lynnhaven River was once home to the Lynnhaven oyster. At one time, the waters flourished with these oysters, renowned as both large and delicious and featured at tables up and down the East Coast. Ken

Daley, Ponce's thesis advisor and chairman of arts at Old Dominion University, shared with a crowd of art enthusiasts one of his first restaurant experiences in Virginia.

"I first came to Virginia in 1965 and, being from the North, am naturally accustomed to large oysters. But, I was shocked as to just how huge the oysters from these waters were."

Mr. Daley had the bystanders' full attention as everyone was closely gathered around a display of an actual oyster shell. Resting upon a small pedestal, as a symbol of what once was, this particular shell was long and wide. Ponce had found the shell dried upon the bank and took full advantage of the pivotal symbolism it possessed.

Shockingly, it has taken less than 40 years for harmful pollution to contaminate 99 percent of the Lynnhaven River, thus deeming it unsafe for shellfish harvesting. Not only do human and animal wastes dominate the river, but an invasive species—Phragmites australis—has grown insufferable, destroying

fellow wildlife. Ponce captures the deterioration in what she describes as a "melancholic and respectful manner." For the exhibit, she constructed a small reef that rests upon a bed of rocks. The use of cyanotypes characterizes multiple photographs, also on display, and adds intense effect.

Ponce has also built a 45-foot oyster reef, similar to the smaller reef on display in the Hermitage, at Great Neck District Park on the Lynnhaven River. She chose this area to build upon because, while it's easily viewable by the public, it is still not overwhelmed by human activity.

She labored four hours each day for the duration of one month to construct the reef. With the assistance of the Chesapeake Bay Foundation, Lynnhaven River 2007 and



Russian art is also shown at the museum.

the Virginia Beach Department of Parks and Recreation, Ponce is trying to raise awareness through these artistic measures. Charles Abadam, 26, said of "Ebb and Flow," "This is a valuable project both artistically and scientifically. Our culture neglects the environment and by stimulating people's minds through the arts, it allows individuals to see how nature can be beneficial and beautiful." ■

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