

# THE ART OF ADVENTURE

ACTUS FIDEI PREVIEW, PAGE B1

Show highlights  
senior thesis works PAGE B2

Softball sweeps  
three teams PAGE B4

NASCAR 'CoT'  
causes complaints PAGE B6

## THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | MARCH 28, 2007 | VOLUME 38 ISSUE 21

WWW.CNU.EDU/CAPTAINSLLOG

### SGA Town Hall, a topical melting pot

#### NEWS

#### STUMBLE OVER GAY ISSUE DOGS SEN. OBAMA

BY JOHN MCCORMICK AND  
MANYA A. BRACHEAR  
MCCLATCHY NEWSPAPERS

Chicago lawyer Coco Soodek has given \$2,300 to Sen. Barack Obama's presidential primary campaign, the most allowed under federal law. But in recent days, she has questioned her contribution, just as she has questioned the candidate's commitment to gays and lesbians.

The subject of Soodek's anger: Obama's initial statements when asked whether he believed gay acts are immoral, a view asserted a few days earlier by Gen. Peter Pace, chairman of the Joint Chiefs of Staff, when asked by the Chicago Tribune about the military's "don't ask, don't tell" policy.

Although his campaign later issued a statement denouncing Pace's comments, and the senator went on to say on national television that he did not believe homosexuals are immoral, the damage already was done, with some Illinois gay activists voicing dismay over what they saw as their senator's vacillation.

The criticism highlights one of the major challenges confronting Obama, Clinton and other Democratic presidential hopefuls. They must keep their political base of activist, highly partisan supporters happy while not alienating other, more centrist voters they hope to woo in the general election. ■

#### INSIDE

#### Students hooked 'soft addictions'

Today, many are grappling with their "soft addictions," or ordinary behavior that, if overdone, can wreak havoc on your life.

FOOD + HEALTH, A6

#### King of small claims rules in court

Monroe uses small claims lawsuits as his slingshot against Goliath businesses in his battle for better customer service.

WORLD + NATION, A7

#### INDEX

Arts and Entertainment	B1
Campus and Local Briefs	A2
Comics and Crossword	A4
Event Calendar	A2
Food + Health	A6
Horoscopes	A4
Opinions	A5
Police Blotter	A2
Sports	B4
World and Nation	A7

BY REGINA CERIMELE  
REGINA.CERIMELE.04@CNU.EDU

In their second Town Hall meeting of the academic year, the Student Government Association sought to provide answers to student concerns through a panel of five CNU administrators spanning university affairs on Monday. Topics addressed by the panel included David Student Union operating hours, sagging dining turnout at Hiden-Hussey Commons, faculty numbers and construction.

Panelists included Director of Auxiliary Support Doug Shipley, Executive Director of Dining Nancy Williams, Fac-

ulty Senate Chair Dr. Tracey Schwarze, Executive Vice President Bill Brauer and University Librarian Mary Sellen.

SGA President Molly Buckley moderated the event and asked several prepared questions of the panelists before allowing audience members to ask their own questions.

In regards to David Student Union operations, Shipley said that Auxiliary Services had lengthened the trial period of extended hours in the DSU throughout the rest of the semester. Not a lot of activity occurs in the building past the hours of 10 p.m., he said, which impacts the

fate of the C-Store remaining open late in the evening. The C-Store had a very slow start, but gradual improvement is occurring. Greater profits are required to keep the space solidly open in the future.

Williams was asked for her plan as to how falling student attendance at the Hiden-Hussey Commons be remedied. She said that the dining hall's food menu cycle could use improvement in the form of variety. By first obtaining student opinion, Williams said she would be interested in pumping up some of the flavors in the Commons, adding more ethnicity to the food options; Thai and Mon-

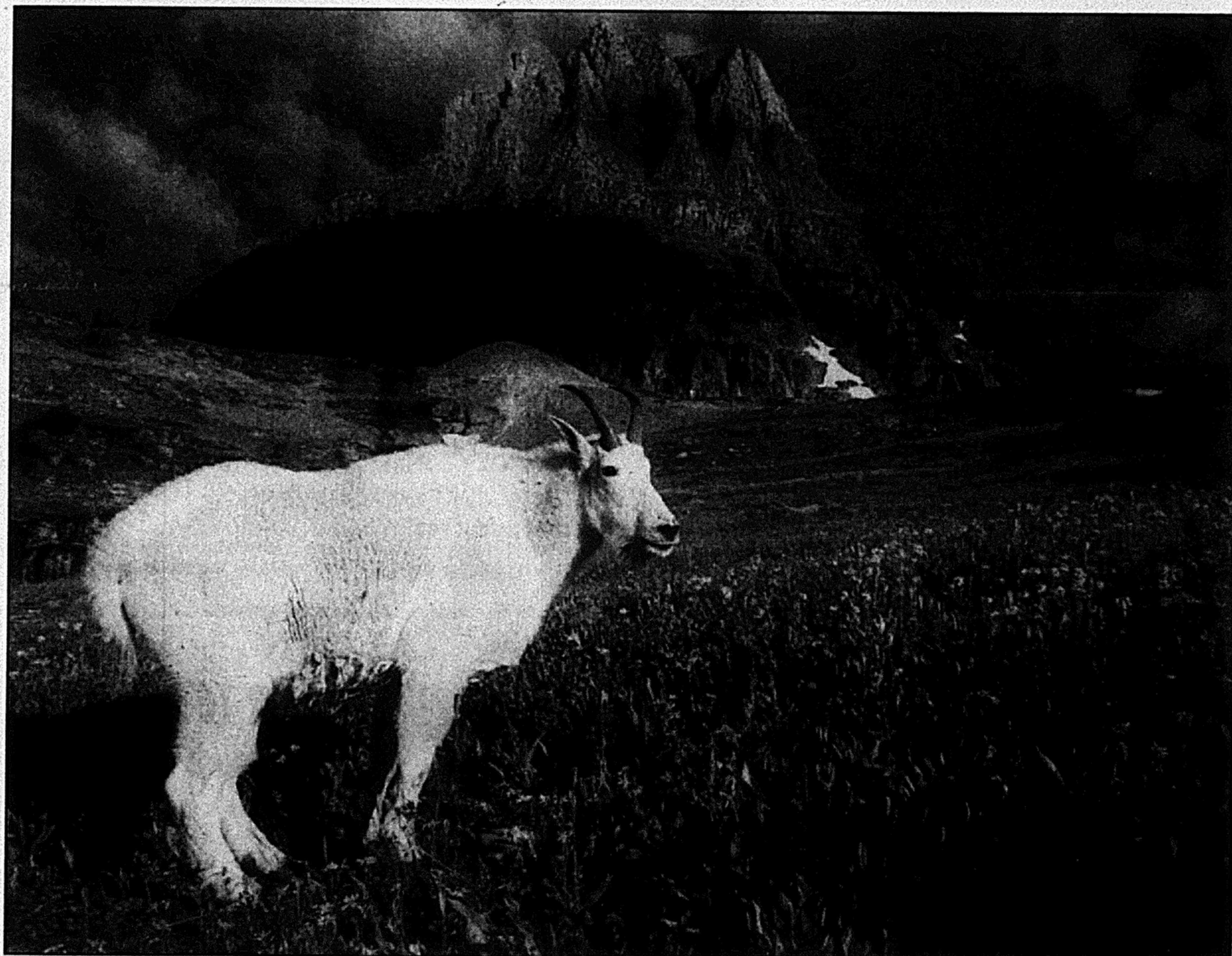
golian were mentioned. Her ideal goal, she said, would be to bring students to the Commons two to three times more during the week, so as to even out the crowds visiting each dining hall. Williams said she welcomed any response from students on the subject.

In regards to student concerns over faculty numbers limiting class availability within departments, Schwarze said that staffing at CNU is a much larger issue than could be dealt with by any individual department. CNU's goal, she said, is to move from 226 faculty members to some 270 in the next five years. The university has

recognized the need for more personnel, she said. Also in the works is a plan to lighten faculty course loads by one course per year, so as to give professors more time to interact with students outside the classroom and include them in outside research efforts, she said.

Brauer said the new Paul and Rosemary Tribble Library is set to open some time during the fall semester. Sellen said that the library is expected to amass 400,000 volumes in a two-to-three year period, and private funds are still being raised to make that

SEE TOWN HALL, PAGE A2



COURTESY OF TOM ULRICH

This mountain goat is from a calendar that features Tom Ulrich's wildlife photography. His work has also been featured in magazines.

### Travel photos like none other

WILDLIFE | Ulrich's digital photography has been seen in National Wildlife among others.

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

Most students walking across campus wear their headphones or talk to friends. But a few might take the time to look at their surroundings. It's this small group of people that are the first to notice a nest of birds in a budding tree or a stray beetle crawling across the pavement.

Tom Ulrich, a world-renowned and National Geographic-primed wildlife photographer and animal behaviorist, is one of those people. He spoke to students, faculty and staff, as well as a number of interested locals on March 15.

"I love focusing on the little guys that everyone ignores," Ulrich said. He took his audience on a tour of his international nature travels during 2006. Much of his winter was spent at the Falkland Islands, located off the eastern coast of South America.

There, the Mount Glacier, Montana resident stayed in a shack with no running water or electricity to study and photograph various sea gulls and penguins, especially the Gentoo penguin. Of particular note were the territorial, "eye-eating" fights of the seagulls, of which he took hundreds.

Ulrich also got up close to the friendly penguins — so close, in fact, that the indi-

vidual feathers and serrated bills were easily visible. He was also able to take several pictures of the penguins' red eye, which is used to filter out the blues of the deep ocean.

The mixture of art and science was a common theme in Ulrich's presentation — he considers himself equally a photographer and a scientist. Not only does he have his photos published in magazines such as National Wildlife, Audubon, Virginia Wildlife, and The Smithsonian, he also has a Bachelor of Arts in Biological Sciences from South Illinois University.

Ulrich has been a freelance photographer since his graduation in 1975, and teaches a number of digital photography workshops across the country. He taught sciences and has also published books.

His blending of animal behavior and photographic skill was most evident when he experimented with enhancing his shots. While photographing beavers, he decided to try something different and took underwater shots.

While in San Jose, Ulrich came across the resplendent quetzal, a beautiful bird with two 3-foot-long tail feathers; he used a strobe to capture the iridescence of the bird's feathers. He also used this technique and artificial backgrounds to capture images of hummingbirds.

"He was amazing and was very informed with his knowledge and how he was able to capture [the pictures] and how it takes more [effort] than to point and shoot," said sophomore Jason Rowley.

The budding photogra-

pher came to the presentation to learn about expert technique. However, Ulrich said of the photography business, "getting in now is suicidal" because there are so many photographers and it's extremely hard to stand out within the crowd.

He currently uses a Nikon 105mm digital camera, a decision made over three-and-a-half years ago from which he "never looked back."

Using digital memory, he takes on average 15,000 photographs per week on a trip. Out of those, he narrows it down to the best, and currently, he has over 350,000 transparencies on file according to his Web site, [www.tomulrichphotos.com](http://www.tomulrichphotos.com). While he only showed a few hundred of his best memories from his trip, each one was breathtaking. ■



# THE WEEK MARCH 28-APRIL 2

## wednesday

12 p.m. — CPSC 215  
Readiness Test; Gosnold  
123  
6 p.m. — Biology Club  
Meeting; Science Building  
Atrium  
6-10 p.m. — Guitar Hero 2  
and/or Halo 2 tournament;  
DSU  
7 p.m. — CNU Anime Club;  
Gosnold 101

## thursday

11 a.m. — 2 p.m. — Ticket  
Amnesty Day; Office  
of Parking and  
Transportation Services  
12:15 p.m. — The Captain's  
Log Critique; Ratcliffe 106  
7 p.m. — InterVarsity; Gaines  
Theatre  
7 p.m. — Irish/Celtic Club;  
DSU 2nd Floor

## friday

7 p.m. — CAB Movie: "Rocky  
Balboa"; Gaines Theatre  
8 p.m. — TheatreCNU: Actus  
Fidel; Music and Theatre  
Hall

## saturday

7 p.m. — CAB Movie:  
"Dreamgirls"; Gaines  
Theatre  
8 p.m. — TheatreCNU: Actus  
Fidel; Music and Theatre  
Hall  
8 p.m. — CAB Guitar Hero  
Competition; Old Regatta's

## sunday

11:30 p.m. — Protestant  
Worship Service; SC 150  
(Alumni Room)  
2 p.m. — TheatreCNU: "Actus  
Fidel"; Music and Theatre  
Hall  
4 p.m. — Catholic Mass; SC  
150 (Alumni Room)  
7 p.m. — The Captain's Log  
Staff Meeting; DSU 393

## monday

5:30 p.m. — SGA Meeting; SC  
150 (Alumni Room)  
7 p.m. — CNU Anime Club;  
Gosnold 101  
7:30 p.m. — Virginia 21; DSU  
TV Room

## tuesday

8 p.m. — Fellowship of  
Christian Athletes (FCA);  
Freeman Center, President's  
Box  
10 p.m. — Citizens of the  
World meeting; James River  
Multipurpose Room

# PAGE TWO

WEDNESDAY, MARCH 28, 2007 | PAGE A2

## On campus

### Sorority to hold benefit pageant for future mission trip

Gamma Phi Beta will hold their annual Greek God pageant today at 7 p.m. in Anderson Auditorium in the Administration Building. The pageant is a talent competition between campus fraternity men who wish to be crowned "Greek God" of CNU. Admission is \$3 and all the proceeds from the event will be donated to CNU Mission and Orphan Helpers. CNU Mission, a group of CNU students as well as Paul and Rosemary Tribble, will travel to Honduras for a mission trip in May. The six-day trip is sponsored by Orphan Helpers, an organization that provides supplies and donations to orphanages in Central America. Gamma Phi Beta's Greek God pageant is to help raise money for the mission trip as well as to raise awareness of Orphan Helpers and CNU Mission.

### Strong to speak on Native Americans depicted in film

Anthropologist and professor Pauline Strong will speak on "Hollywood Plays Indian: Portrayals of Native Americans in American Cinema" on March 29 at 8 p.m. in the David Student Union Ballroom. Her presentation is part of the 2006-2007 Dean William Parks Colloquium in commemoration of Jamestown 2007. Strong will show clips from American films to illustrate how Hollywood has portrayed Native Americans in both recent and historic cinema. Her presentation is an analysis of how Native Americans are depicted in cinema and is based on one of her published essays, "Playing Indian in the 1990's: Pocahontas and The Indian in the Cupboard."

## Around town

### Local year-round shelters to close for the season

The cold-weather homeless shelter that was run by People Offering Resources Together (PORT) will shut down for the season today. PORT is a nonprofit group based out of Newport News, an affiliate of LINK in Hampton Roads, that helps homeless people. The Friends of the Homeless shelter, which was the only year-round homeless shelter as well as the only family shelter, will soon also close temporarily. The shelter had fifty beds, but is now being audited by the city because it can no longer afford to operate.

### NASA Langley to bring 230 jobs to Hampton Roads area

Science Systems and Applications, in order to fulfill a NASA Langley Research Center contract, will open a new office in Hampton, bringing about 230 jobs to the area. The new jobs offer a replacement for the 130 high-paying technology jobs in Newport News that will be lost when Symantec closes its office. Science Systems and Applications is a company based out of Maryland that conducts research on Earth and space and does development for federal science agencies. The company won the contract, worth up to \$140 million over five years, last October.

## Police blotter

### CNU Police Crime Log

#### March 23

A bicycle was stolen and later recovered at the Ferguson Center for the Arts.

#### March 22

A student was charged with possession of marijuana on East Campus.

#### March 19

A makeup case was stolen from a resident's room in Potomac North.

#### March 18

An individual was charged with drunkenness in public and assault of a police officer in Potomac North.

#### March 16

A visitor sexually assaulted a female resident in Potomac South.

#### March 15

The street and shrubs were defaced on East Campus.

Information from CNU Police Department

### Newport News Crime Log

#### March 24

An individual was assaulted on Jefferson Avenue. No injuries were reported.

#### March 23

An individual was intimidated on Jefferson Avenue.

An individual was charged as a habitual traffic offender on Oyster Point Road.

#### March 22

A vehicle was stolen on York River Lane.

#### March 21

Computers were stolen on Jefferson Avenue.

An individual was assaulted on Biltmore Court. Minor injuries were reported.

#### March 20

A vehicle left the scene of an accident on Jefferson Avenue.

#### March 19

Annoying phone calls were reported on Bellow's Way.

#### March 19

A vehicle left the scene of an accident on Jefferson Avenue.

#### March 18

An individual was assaulted on Loftis Boulevard. Minor injuries were reported.

An individual was kidnapped on Jefferson Avenue.

Information from Newport News Police

## SUPERSHOT



JESSE HUTCHESON/THE CAPTAIN'S LOG

A two-vehicle car wreck last Tuesday blocked the intersection of University Place and Warwick Boulevard in front of the CNU Village. Chains had to be used to pull the truck (left) off of its side. University Police responded, but no CNU students were involved.

**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](mailto:clogphotos@cnu.edu)

## Names in the news

### COWABUNGA DUDES: 'TMNT' RETURNS

The ninja turtles are back, and they're winning. "TMNT," the computer-animated update of the Teenage Mutant Ninja Turtles comics, cartoons and '90s live-action movies, debuted as the top weekend flick, selling \$25.5 million in tickets, according to studio estimates.

"TMNT's" studio, Warner Bros., also had the second-place movie with the gory epic "300," which had been No. 1 the previous two weekends. The battle film set in ancient Greece took in \$20.5 million, lifting its total to \$162.4 million.

### 'HARRY POTTER' CAST SIGN ON FOR TWO MORE

Emma Watson, a.k.a. Hermione in the Harry Potter

films, has signed on for the final two movies, as have Daniel Radcliffe (as Harry) and Rupert Grint (as Ron Weasley).

There had been recent news reports and speculation that Watson was talking about leaving the series to do something else. Worldwide the four Potter films released so far have sold \$3.5 billion in tickets. The fifth, "Harry Potter and Order of the Phoenix," is expected to open July 13.

### COPPOLA ENDS DIRECTING HIATUS

It's his comeback movie, the media say about "Youth Without Youth." Francis Ford Coppola's first film since 1997's "The Rainmaker."

Due out in late fall, "Youth" will be a low-budget indie adaptation of a novella by Romanian-born author

Mircea Eliade, one of the 20th century's foremost scholars of comparative religion.

A psychological thriller about an academic fleeing Nazis in prewar Europe, the flick will star Tim Roth. Coppola said it marks "a return to the ambitions I had for work in cinema as a student."

Eliade's story, Coppola said, touches "the key themes that I most hope to understand better: time, consciousness and the dreamlike basis of reality."

### FESTIVAL NEWEST HOME FOR 'POLICE' COMEBACK

The Police's newest bid for world dominance will take them to the U.S. Virgin Festival for two shows Aug. 4 and 5 in Baltimore.

Sting and his boys are scheduled to co-headline with the Beastie Boys and Smash-

ing Pumpkins. The festival is usually held in September but was moved to accommodate the Brit trio, which split up in 1983.

### SMITH'S DEATH RULED ACCIDENTAL OVERDOSE

Almost seven weeks after her death, the world finally learned how reality TV star and TrimSpa spokeswoman Anna Nicole Smith died: an accidental drug overdose.

Broward County Medical Examiner Joshua Perper and Seminole Police Chief Charlie Tiger announced the autopsy results Monday morning at a news conference.

Perper said that despite Smith's depression, there was no evidence she had committed suicide. There was also no evidence of homicide.

MCCLATCHY TRIBUNE ■

### TOWN HALL, FROM PAGE A1

happen. While the library will not be open 24 hours due to security and cost issues, there will be a "24/7 room" with couches and long study tables for all hours of study, she said.

Brauer discussed the new academic building, which he called the "New Mcmurran," will begin this summer and will take one or two years to complete. It will be roughly the same size and scale as the DSU. The erection of this structure does indeed mean that Gaines Theatre will be torn down.

However, the university's recent acquisition of Yoder Barn Theatre on Oyster Point Road will weather the loss for organizations that have regular events in Gaines, as a \$300,000 renovation of that venue's light,

stage, sound and seating will begin over the summer. It will be ready for use in the fall, he said.

A new building for the sciences has also been approved by the legislature and will also have a size comparable to DSU, he said. He also mentioned CNU's six-year capital plan, which accounts for an expanded Freeman Center, which will include a free theater for student organizations, a new, apartment-style residence hall on main campus, a renovation of the Commons, and a new business building.

Shipley encouraged the SGA senate to investigate more closely and establish a stronger relationship with CNU administration, as much of their legislation reflected issues that had long since been addressed before any senate discussion. ■



**THE CAPTAIN'S LOG** is the official student newspaper of Christopher Newport University. It is a public forum, which is published each Wednesday, 25 times throughout the academic year.

Ian Sass-Basedow Editor in Chief  
Ashleigh Tullar Layout and Design Manager  
Brian Rimel Online Editor  
Christopher Book Assistant Online Editor  
Phil Leclerc Business Manager  
Regina Cerimile News Editor

Allyza Altafullah Food & Health Editor  
Jackie Trono Copy Editor  
Marty Clatterbuck Assistant Copy Editor  
Erin Roll Assistant Copy Editor  
Ryan Burke Photos and Graphics Editor  
Jesse Hutcheson Asst. Photos Editor

Brian Benison Sports Editor  
Jason Como Assistant Sports Editor  
Chanelle Layman Arts & Entertainment Editor  
Laura Gee Assistant A+E Editor  
Dr. Terry Lee Faculty Advisor

**GOT A STORY?** New contributions are accepted by fax (594-8759), by e-mail ([clog@cnu.edu](mailto:clog@cnu.edu)) or in our office (Student Center 223)

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

**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](mailto:clog@cnu.edu)

**CREDITS** The Captain's Log is created with Apple Macintosh computers, using Adobe InDesign, Adobe Illustrator, Adobe Photoshop and Microsoft Word.



# Constitutionality qualms mark '08 race

**SGA CANDIDATES** | Seven disqualified from the race; appealing on constitutional botches.

BY REGINA CERIMELE  
REGINA.CERIMELE.04@CNU.EDU

Just two days before polls opened for online voting, the Elections Board informed seven candidates in the SGA elections that they were disqualified from the race due to incomplete applications. Some disqualified candidates, who either failed to achieve required word counts, attain the required signature totals from the student body or submit typed responses are now drafting a letter of grievances requesting reinstatement. They said that SGA President and senior Molly Buckley circulated applications to candidates with last year's election requirements and not the new ones set forth by constitutional amendments made in November for

this year's race. They are also contesting their disqualifications by saying that this year's election is unconstitutional, given Elections Board protocols and deadlines that were ignored by Buckley.

These candidates include freshman Ben Heath, sophomores Taylor Blunt and Jared Moore and juniors Carlus Neeley and Brian Hayward. Also disqualified were freshman Candice Kines, junior Matt Evans, though it has not been confirmed whether they will contribute to the letter.

The applications received by candidates were out of date, Moore said. The senate amended and ratified its constitution last November, changing the number of student signatures a candidate must

achieve to run for a position. Blunt, current Vice President of the Senate, said that when the senate voted on its amendments, all had been under the impression that all election changes would be implemented during this academic year.

Signature counts for senator positions had been increased from 50 to 125 students, though the change was not made to the applications circulated for this election. Also not reflected in the applications was the reduction from 200 to 125 signatures for the Senator-at-Large candidates.

At last week's SGA meeting, the senate corrected Buckley, pointing out that these elements of the application did not match the constitutional amendments made in November. She apologized for the error, saying it was at that point too late to enact the changes.

The situation was explained

to both the Elections Board and the Judicial Branch, said Buckley, and they had come to the consensus that the requirements would remain the same as last year.

"With regards to the signatures — it was an error in technicality on my part, however, I had never actually signed the constitutional amendments and thus they were not enacted until I signed the bills," said Buckley in an e-mail.

"I just recently signed them last Thursday and therefore the changes to the actual requirements will not go into effect until next year," she said.

Botched forms aside, the dismissed candidates' rationale for reinstatement is that the Elections Board failed to present election regulations to the senate on Feb. 1 as required by the constitution — the Board had not been formed at all. When questioned as to why pro-

cedure was not being followed earlier this year, Buckley informed the senate that she was taking the final steps in the formation of the Elections Board, and that senators should "ignore" the constitution. Likewise, the constitution mandates that the senate pass a motion to accept recommendations made by the Board before any election proceedings can begin.

Moore was disqualified for not having enough signatures. He said he obtained 196 out of the required 200 signatures, and did not think that the Board would be so demanding. Moore said he arrived at the SGA office to turn in his application by the deadline of 5 p.m., though no one arrived to collect applications. "I could have went downstairs and got more signatures," said Moore. He said he decided against it, believing the overall design of the elections and the focus of representing

student needs was the more important theme, instead of the particulars of his numbers. Moore described the actions as damaging to the SGA, and that removing such a significant number of candidates hurts the SGA and what it wants to be.

Some of the candidates not allowed to campaign, said Blunt, are some of the most active members of the SGA. These candidates have served several terms and would provide significant competition to the election, he said. "I respect their decisions, but I don't think it was the right time to make it," said Blunt.

Senior Annie Walthall currently chairs the Elections Board.

At press time, representatives from the Judicial and Executive Branches, in addition to Elections Board members, were scheduled to meet as a result to discuss these issues Tuesday. ■

## SGA 2008 candidates



**PRESIDENTIAL CANDIDATE**

Allen Grace – I am an outgoing, dedicated, responsible student. I have experience in both the legislative and executive branches and want to bring positive changes to the university including increasing the amount of classes offered.



**PRESIDENTIAL CANDIDATE**

Patrick Horan – In my time with SGA, I have helped update and rewrite the Constitution, co-author three constitutional amendments, and co-author the Non-Discrimination Inclusion Act, as well as serve as chairman of the Community Outreach Committee.



**PRESIDENTIAL CANDIDATE**

Andrew Lundsten – I am really interested in listening to student opinion on every issue, and restoring everyone's faith in SGA by being the representatives we should.



**VICE PRESIDENTIAL CANDIDATE**

Lacey Howard – I am dedicated and committed. I love to talk to anybody about an issue on campus. I have been involved in SGA for two years, served on the ATF and SUN and have helped change many things.



**VICE PRESIDENTIAL CANDIDATE**

Sam Stone – I speak almost half a dozen languages.



**CLASS OF 2008 SENATOR**

Rob Dufour – I am very active on campus and belong to many other student organizations. I have no problem asking the student body what they want to see change at CNU. And then fight for that change on their behalf.



**CLASS OF 2008 SENATOR**

Karen Schumaker – Karen is a strong individual who is currently active within the Senate. She is a dedicated individual who is dependable and responsible. She is also a member of PLP.



**CLASS OF 2009 SENATOR**

David Donalds – As a returning Senator, I feel that I have the experience needed to keep this group rolling in the right direction. I have a couple of things I'd like to continue doing/fixing, like continuing to make Dining Services better and also Parking Services.



**CLASS OF 2009 SENATOR**

Joe Hamm – Experience in the senate, not a government minor, a good objective perspective, a vision for the future of the senate.



**CLASS OF 2009 SENATOR**

Cejae Johnson – I am very outgoing and will not quit until I get the job done. I feel that my people skills and chill attitude will set me apart. Plus, I have curly red hair.



**CLASS OF 2009 SENATOR**

Patrick McBride – I'm highly involved in all aspects of campus, dedicated to leaving CNU better than I found it; willing to speak out against higher-level decisions in favor of students rights and on behalf of the student voice.



**CLASS OF 2010 SENATOR**

Brooklyn Constant – I am a returning senator who has become familiar with much of the inner workings of the SGA. I am interested in facilitating change so that CNU becomes a home to its students. I am passionate about politics and government and I continue to strive for the best communication possible.



**CLASS OF 2010 SENATOR**

Catelyn Mascia – I am opinionated and will aim to make sure everyone's voice is heard.



**CLASS OF 2010 SENATOR**

Meris Shuwarger – I have had a lot of leadership experience, including serving on the executive board of a church, obtaining my Girl Scout Gold Award, and trying to create a GSA at my old high school.



**SENATOR-AT-LARGE**

Andrew Carr – I am an involved student at CNU who is committed to ensuring that it remains a vibrant and exciting place of higher learning while representing the wants and needs of the entire student body.



**SENATOR-AT-LARGE**

Rebecca Graybeal – I bring an unbiased view to the senate. My decisions on legislation reflect the student body rather than my own opinions or emotions.



**SENATOR-AT-LARGE**

Christine Donovan – I am an outgoing leader with experience in SGA and would like to further serve the campus community through the position of Senator-At-Large.



**SENATOR-AT-LARGE**

Jennifer Johnson – I am trying to change the overall culture at CNU so students enjoy being here and want to stay. I want this place to be more like a college campus.



**GRADUATE SENATOR**

Amy Holzbach – I am an outgoing individual who truly loves this campus and intends to help everyone feel this same way by bringing the students opinions to the forefront and really making a difference in campus life.



**SENATOR-AT-LARGE**

Ruth Fuller – I feel what sets me apart from other candidates is that I am someone who works hard to represent the entire student body and will continually strive to fight for what students have to say.

NO  
PHOTO

**SENATOR-AT-LARGE**

Stuart Farrand – I have seen a lot of what has happened in our student government over the past year, and quite frankly I think we can do better. I bring an outsider's perspective with new ideas and new ways of looking at the problems that face our student body.



# DIVERSIONS

WEDNESDAY, MARCH 28, 2007 | PAGE A4

## Mystic Stars | March 26-April 1

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

**IF YOUR BIRTHDAY IS THIS WEEK:** News from past lovers or distant friends may be a subtle theme over the next few months. Yesterday's emotional expectations need to be permanently resolved. Make sure loved ones understand and appreciate your temporary fascination with outdated relationships. Jealousy, social competition and romantic disruption will be a continuing theme for the next 14 weeks. After mid-June, business permissions arrive without warning. Ironically, if emotional clarity concerning past social or romantic regrets is gained before July 18, workplace applications and positive career growth will be established quickly throughout the summer months. Almost six years of unrealistic family or business plans need to fade: expect powerful opportunities to arrive between Aug. 28 and Oct. 7.

**Make sure loved ones understand and appreciate your temporary fascination with outdated relationships.**



**ARIES** (March 21-April 20) Unexpected business and social reversals are unavoidable this week. At present, colleagues and friends may doubt their own importance in your life. Stay confident: your insights are accurate. After mid-week, respond honestly to cancelled plans or family disputes. Loved ones may need private time for reflection. If so, quiet thought will soon create an atmosphere of acceptance. Offer a cheerful response: this is the right time to help friends and lovers make peace with the past.



**TAURUS** (April 21-May 20) Friendly encounters with work mates, neighbors or new acquaintances may be misleading this week. For many Taureans, private family tensions and hidden disagreements are now a subtle theme. Don't press for firm commitments or social clarity: rather, expect new relationships to be better established after a brief period of isolation. Wait for obvious signals and all will be well. Later this week, a last minute work assignment will yield unexpected financial rewards: stay alert.



**GEMINI** (May 21-June 21) Secondary income sources may this week lead to bold career decisions. Before mid-week, expect a close friend or relative to propose unique financial changes or rare social risks. Some Geminis will also be encouraged to begin business ventures or controversial partnerships. Don't hesitate to explore new options but carefully study all facts and documents: the accuracy of small numbers will soon be a key concern. Late Friday, a past friend or old lover may reappear: remain cautious.



**CANCER** (June 22-July 22) Daily budgets, large purchases or new expectations may this week prove problematic. Refuse to be discouraged by intense family discussions. Over the next few days, a clear indication of long-term goals and future plans will help resolve unproductive habits. Group support and revised priorities are now the key to lasting success. Stay open. After Thursday, a new friendship may inspire business co-operation. Investments and shared finances are featured: ask bold questions.



**LEO** (July 23-Aug. 22) Romantic invitations may be powerfully seductive this week. Watch, however, for minor social restrictions or group differences to also demand attention. After Wednesday, potential lovers may make unrealistic promises or challenge family values. Listen to the advice of trusted friends and refuse the influence of new overtures: dramatic flirtations, although appealing, will soon prove unpredictable. Later this week, money tensions will fade: expect new options in the coming weeks.



**VIRGO** (Aug. 23-Sept. 22) New colleagues or friends will this week ask for added social dedication. In the coming weeks, extra daily commitments or group involvement will require consistent attention. If home relationships feel settled, all will work to your advantage. Stay focused, however, on family disputes or sudden financial requests. Your loyalty is expected. Tuesday through Friday accent powerful dreams and passionate discussions. Go slow: insights and hunches will prove accurate.



**LIBRA** (Sept. 23-Oct. 23) Complex romantic or social decisions are best postponed this week. Lovers and long-term friends may need extra time to resolve family disputes or foster better communications in the home. Serious promises, new obligations and revised emotional rules will soon be forthcoming. Past disappointments, however, will need to be actively resolved: remain determined. After Thursday, a new colleague may initiate rare group discussions. If so, expect work routines to soon change.



**SCORPIO** (Oct. 24-Nov. 22) Public confidence, bold opinions and renewed career ambition will now inspire action from friends or younger relatives. Someone close may wish to adopt new educational or employment goals. Advocate research and careful planning: your past experiences will provide important insight. Late this week, a colleague or past lover may need to review yesterday's romantic decisions. Complex social triangles and broken promises will be a key theme: if possible, avoid serious discussions.



**SAGITTARIUS** (Nov. 23-Dec. 21) Minor criticism from friends and relatives should not be taken seriously this week. Over the next few days, loved ones may react poorly to last minute business restrictions or revised work schedules. Silent tensions will be resolved through group social activities. Offer creative suggestions and wait for lasting improvement. After Friday, many Sagittarians will experience a wave of physical vitality and confidence. Explore all new social options: much is changing.



**CAPRICORN** (Dec. 22-Jan. 20) Nostalgic overtures from old friends or lovers are appealing this week but inappropriate. Before mid-April, relationships from the past may seem delightfully seductive. Addictive behaviors and family stress will, however, again prove draining. Learn yesterday's lessons and move on: this is not the right time to rekindle old passions. Wednesday through Saturday, pay special attention to home renovations and extra spending. Loved ones will expect concrete decisions: stay focused.



**AQUARIUS** (Jan. 21-Feb. 19) Social politics and workplace alliances may prove briefly disappointing this week. After Tuesday, previous loyalties or emotional agreements will easily dissolve. Refuse to be derailed. Over the next few weeks, business obligations will steadily increase: expect younger or less experienced colleagues to defer to your ideas, insights or experience. Remain patient. Late this week, a close relative may challenge family plans or cancel an important event. Ask gently probing questions.



**PISCES** (Feb. 20-March 20) Financial proposals, although promising, are unreliable. Close friends or trusted colleagues may this week need to perform added research. Loan applications, corporate permissions or creative partnerships will eventually work to your advantage. At present, however, incomplete numbers or flawed time expectations may prove bothersome. After Thursday, some Pisceans will feel a need to explore outdated relationships. The past will not provide meaningful answers: stay balanced.

## Crossword

### ACROSS

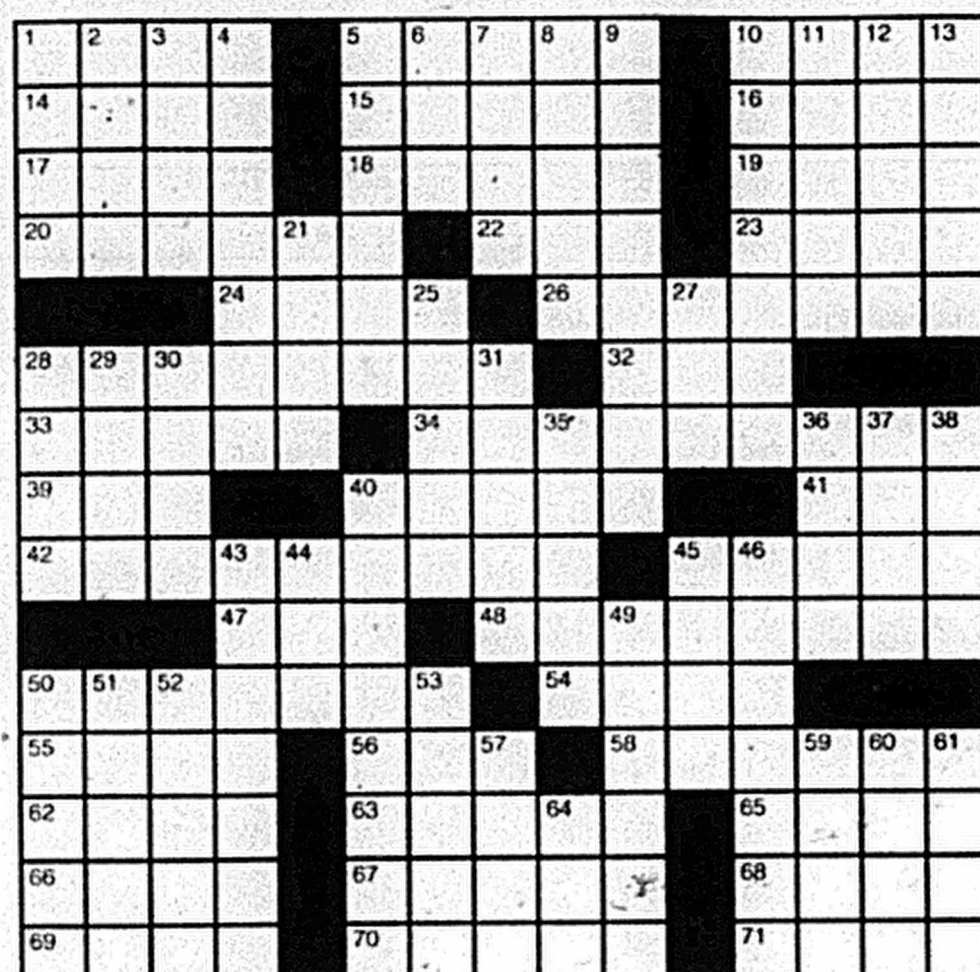
- 1 Two squared
- 5 Desert spring
- 10 Revue part
- 14 Pond scum
- 15 Porcelain plates
- 16 Johnnycake
- 17 Drying oven
- 18 Kind of bore or wave
- 19 Places of refuge
- 20 Perplexing puzzle
- 22 Compass dir.
- 23 Stagger
- 24 Charged particles
- 26 Erik of "ChiPs"
- 28 Financial aid recipients
- 32 Zedong
- 33 Rustic inn
- 34 Rivers and such
- 39 Pub drink
- 40 Hall

University

- 41 Singer Reed
- 42 Climbed down
- 45 Bunch of bees on the go
- 47 Artie's Gardner
- 48 Some crackers
- 50 Croquet needs
- 54 Twelve months
- 55 P.D. James' Dalgliesh
- 56 Ernesto Guevara
- 58 Memo takers
- 62 Scholarly volume
- 63 Trips in the woods
- 65 No-no
- 66 Flows out
- 67 Calendario starter
- 68 Mimicked
- 69 Remainder
- 70 Family car
- 71 Foots the bill

### DOWN

- 1 Phony
- 2 Lena or Ken
- 3 Wrinkled citrus
- 4 Varying within specified limits



© 2007 Tribune Media Services, Inc.  
All rights reserved.

3/28/07

### Solutions



- 49 "A \_\_ from Aloes"
- 50 Alma
- 51 Baked brick
- 52 Gentle ones
- 53 Geoffrey Rush movie
- 57 \_\_ out a living (scrapped by)
- 59 California valley
- 60 Comply
- 61 Lather
- 64 Period

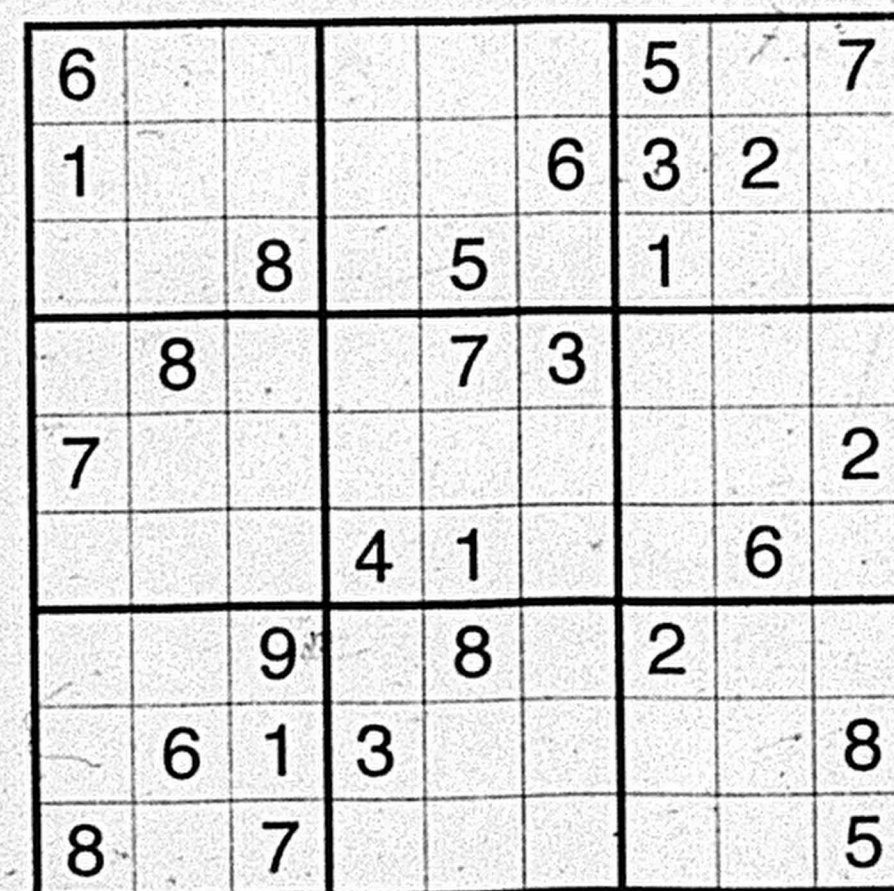
## A College Girl Named Joe

BY AARON WARNER



## Su|do|ku

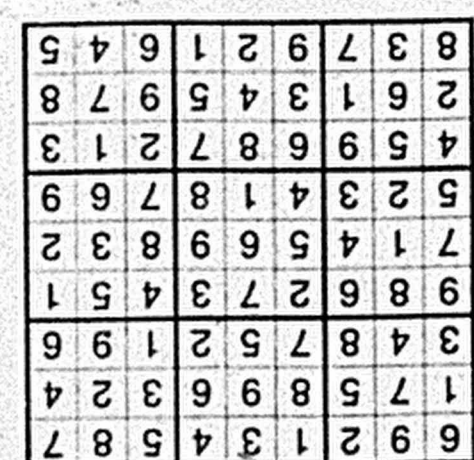
BY MICHAEL MEPHAM



Level: 1 2 3 4

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](http://www.sudoku.org.uk).

Solution to this week's puzzle.



**Want to see your ad here?**

Contact The Captain's Log advertising department at [clog@cnu.edu](mailto:clog@cnu.edu) for a special ad rate on this popular page.



## MAN ON THE STREET | Do you support CNU having free or discounted bus passes for students?

By Ian Sass-Basedow and Jesse Hutcherson

"Yes, because it would allow for free transportation and more transportation. I'd use it, and I have a car."

DRUE BROWNBACK  
SOPHOMORE



"No. I have a car and would use it for all such purposes. I'm not going to wait for a bus."

STEPHANIE ROMETT  
JUNIOR



"Yeah, definitely. A lot of freshmen don't have cars - it would be great for them. I have to ask my girlfriend's roommate for a ride."

BROOKS SURGAN  
FRESHMAN



"Seems like a good idea, but it doesn't really feel like it's in the realm of the school's responsibility."

BRIAN ROLLER  
SOPHOMORE



"I think that would be beneficial for students who don't have the resources for a car or money for a parking pass."

KELVIN FRANKLIN  
SENIOR



# OPINIONS

WEDNESDAY, MARCH 28, 2007 | PAGE A5

WHERE WE STAND

## Apply Today! /

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

Applications are due at 5 p.m. on Friday, March 30, and they can be downloaded at

<http://clubs.users.cnu.edu/smb/smbres.html>

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

Questions: contact Dr. Terry Lee  
tleecnu.edu

OTHER VOICES

## Bush administration lacks credibility

It's no wonder that our generation lacks a strong sense of institutional trust: there's always a new development in the latest scandal.

At a time of great importance in foreign affairs, we only hear about what is wrong with our government. Scooter Libby has been found guilty, and Attorney General Alberto Gonzales is the subject of bipartisan scrutiny. It seems that the secret is out. The current administration has been less than honest.

Scooter Libby's conviction was but the first revelation to an abyss of deception which has been perpetrated by the Bush regime. Early this month, the former senior staffer to the Vice President was found guilty on four counts, including perjury and obstruction of justice. Since, he has been portrayed as a scapegoat and a prime candidate for Presidential pardon.

It's important to note that a pardon would not excuse Libby's indictment. It would, in fact, be an admission of guilt. It is now clear that Libby did not forget anything at all, and it is evident that by lying to the Grand Jury, he hoped to keep the manipulative and malicious influence of his office under wraps.

Most importantly, for whom

did he lie? Such a senior aid would have undoubtedly taken orders from Cheney himself. Presumably, Libby's loyalty inspired the dishonesty for which he has been condemned.

**"In the realm of politics, is there such a thing as a white lie? The decisions made by government officials affect all of us."**

Next in the sideshow of dishonor came the firings of eight Democratic federal attorneys by the office of Attorney General Alberto Gonzales. Mounting evidence suggests that Gonzales was aware of the dismissals, despite previous testimony to the contrary. While it is unclear to what extent he has lied, the fact remains that partisan interests led to the firing of Democrats on shaky grounds. A covert strategy with such broad implications indicates that the current administration simply can't be trusted.

Moreover, this generalization extends to our policy in Iraq. It turns out that President Bush needs 30,000 additional troops—

not the 20,000 he requested at the State of the Union: Was the quota simply miscalculated, or have we been had again?

Last November, the people handed legislative power back to the Left. The shift in Congress may account for changing media coverage, but it does not explain the news itself. The shroud of secrecy is being drawn.

Regardless of its causation, scandal detracts from policy making and adversely affects institutional trust. In the realm of politics, is there such a thing as a white lie? The decisions made by government officials affect all of us.

Few harbor a great deal of confidence in politics to begin with, but that trust is greatly compromised when key officials are not held accountable for their actions.

The changes implicit in this new world order reaffirm the need for strong leadership. That being said, the Bush administration does not inspire the confidence one might expect from the leader of the free world. Given the presidential track record our generation has witnessed, have we any reason to trust the government?

Meg Finch  
Meg.finch.04@cnu.edu ■

## Security at the cost of freedom

BY ERIC PETERS  
MCLATCHY NEWSPAPERS

What if we just said no to being fingerprinted and/or optically scanned for purposes of the soon-to-be-mandatory "National ID" card?

We're supposed to be a fiercely independent, freedom-loving bunch—the sort who'd never trot willingly to the glue factory like so many European herd animals. Right?

So what's the deal with this National ID stuff—specifically, to meekly submitting to being fingerprinted and having our irises scanned—the so-called "biometric" tags—like common criminals?

In 2005, the government passed into law the Real ID act, which requires all states to change the way they issue driver's licenses so that they conform to a single

federal standard—one that includes a requirement, dazzling in its stridency, that each of us be tagged with those so-called biometric identifiers—digitized fingerprints, retina scans—with the data linked to a single federal database that would be continuously fed information about us and what we do and where we go. All of it in the name of fighting terrorism.

The digitized devices would provide an endless mine of personal data—where you travel, what you buy, etc.—for Beltway bureaucrats to pore over and identity thieves to exploit. Just wait until that \$10,000 bill for computer gear you never bought shows up in the mailbox!

A National ID would not have stopped the Oklahoma City bombings—or prevented Mohammed Atta from boarding the 767 that flew into the World

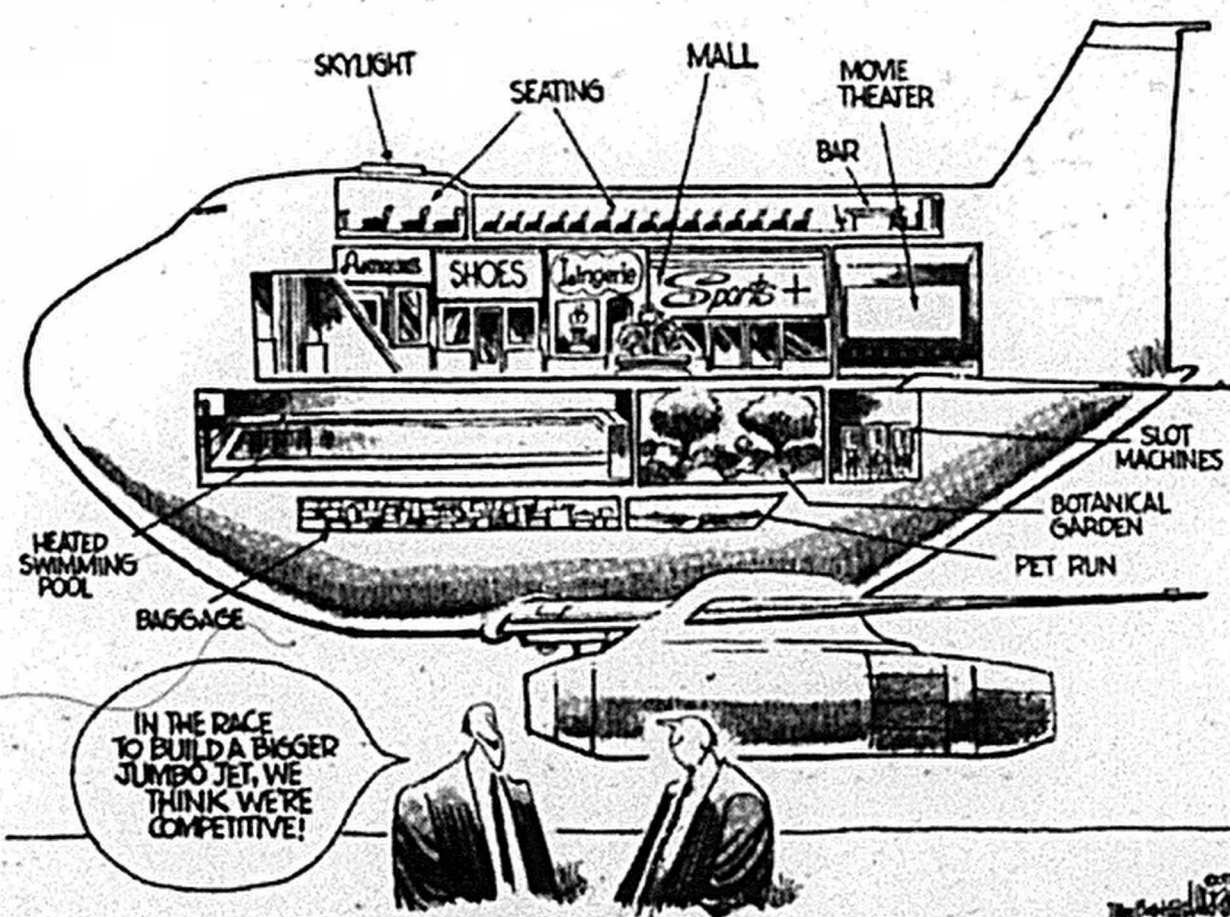
Trade Center's Tower 1. But we—you and me—have a more profound interest at stake. We must each be ready to take a principled stand and say—"no." This is unacceptable. I will not comply. Politely; without violence. But firmly. It is a question of right vs. wrong.

That's a concept that made this country possible in the first place. The American Revolution was set off by obnoxious tax edicts from the English crown and parliament.

A certain amount of scofflawing from time to time has served, for more than 200 years, to keep Washington from overstepping its bounds.

A people no longer willing to take a stand when something really important is on the line, is a people that is ready for fingerprints and optical scans.

Are we such people? ■



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, 1 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.

## Hillary brings boldness to Democratic field

BY MICHAEL GOODWIN  
MCLATCHY NEWSPAPERS

Surprise, surprise, a bold Democrat finally has told the truth about Iraq, a truth that goes like this: However chaotic it gets, we can't just pack our bags and come home. Even if a Democrat is president, we've got serious business there and "so I think that we will have troops" in Iraq.

Here's the second surprise: The truth-teller was Sen. Hillary Clinton.

It was the good Hillary, a serious student of foreign policy, who knows we must project strength to friends and foes. The good Hillary wants to be president, but refuses to pander to a public disgusted

with the war. We need to see more of her.

Swept up in the fever of the campaign, that Hillary has been a little puppy, obediently following the irresponsible lefty lurch of rivals Barack Obama and John Edwards. In a game of "can you top this," bad Hillary even promised last month that "if we in Congress don't end this war before January 2009, as president, I will."

Fortunately, good Hillary was back last week and talked like a confident, responsible leader of the world's only superpower.

Making the case that America has vital interests in Iraq—from hunting al-Qaeda to blocking Iran—good Hillary struck the right balance in an

interview with The New York Times. She painted a realistic scenario and response, one that repurposes our mission away from policing a civil war to using the military and diplomacy to make sure Iraq doesn't descend into a terror haven and ignite a regional conflict. In broad outline, that is the policy the next president will have to follow.

To make her points, Clinton sometimes sounded like President Bush.

"It really does matter whether you have a failed province or a region that serves as a petri dish for insurgents and al-Qaeda," she said. "It is right in the heart of the oil region. It is directly in opposition to our interests, to the interests

of regimes, to Israel's interests. So I think we have a remaining military as well as political mission, trying to contain the extremists."

Wait, there's more good sense: "I think we have a vital national security interest and obligation to try to help the Kurds manage their various problems in the north so that one of our allies, Turkey, is not inflamed, and they are able to continue with their autonomy. I think we have a vital national security interest—if the Iraqis ever get their act together—to continue to provide logistical support, air support, training support. ... And I think we have a continuing vital national security interest in trying to prevent Iran from crossing the

border and having too much influence inside of Iraq."

She was careful to say she would rely on military commanders for honest advice. But she was definite that, while many combat troops would leave, an unspecified number would stay.

"It would be far fewer troops," she said. "We would not be doing patrols. We would not be kicking in doors. We would not be trying to insert ourselves in the middle between the various Shiite and Sunni factions. I do not think that is a smart or achievable mission for American forces. So I think that we will have troops."

Good ideas, good sense, good Hillary. ■



# FOOD+HEALTH

WEDNESDAY, MARCH 28, 2007 | PAGE A6

## March the month to renew resolutions

**DIET TIPS** | Common-sense ideas and tips may be the key to getting your diet and your weight back to normal.

BY KATHY MANWEILER  
MCLATCHY NEWSPAPERS

If you've given up on your New Year's resolution to lose weight or exercise more, it's not too late to get back in the game.

In fact, you'll have plenty of company if you start a new diet now. One survey finds that the biggest month for dieting is March, not January.

Why March? Because it's closer to June - and swimsuit season, the researcher says.

So here are some tips that can help you get in shape for the summer:

### -Be fashion forward

If you have a favorite summer outfit that you look forward to fitting into, hang it in the front of your closet so you'll see it every day. Little reminders like this can help you stay motivated to eat healthy and exercise.

### -Start small

You don't have to completely overhaul your eating habits to see results. Maybe on Jan. 1, you were totally gung-ho about losing weight, so you swore off all your favorite foods and traded them for vegetables and broiled chicken. You probably lost a few pounds, but you may have gained them back by now because most people can only stick with a regimen like that for a short time. Find some small changes that you can live with, like eating five servings of fruit and vegetables a day or having dessert three

times a week instead of every night.

Once those changes become new habits, your weight-loss efforts will gain momentum, which can give you incentive to make a few more healthy changes.

-Go slow but steady with your workouts

If you weren't working out much before, but you showed up at the gym in January determined to run five miles the first day, your muscles were probably screaming for mercy the next morning.

Establishing an exercise routine isn't always fun at first, but if it's literally a pain, you're doing too much too fast. Aim to get some exercise almost every day, and get your heart rate up, but don't push yourself too hard at first. If you start slowly and gradually increase the length and intensity of your workouts, you'll build a solid foundation that will keep you active in the long run.

-Set goals that you know you can meet

You may want to lose two pounds each week or drop a dress size every month, but even if you're doing everything right, sometimes your body might not keep up with that pace. When that happens, many people get discouraged and give up.

To avoid that, set some other goals that you have complete control over and focus on those.

Need some ideas? Commit to eating a healthy breakfast every day. Decide to eat fish

## Healthy Living

### How big is a portion?

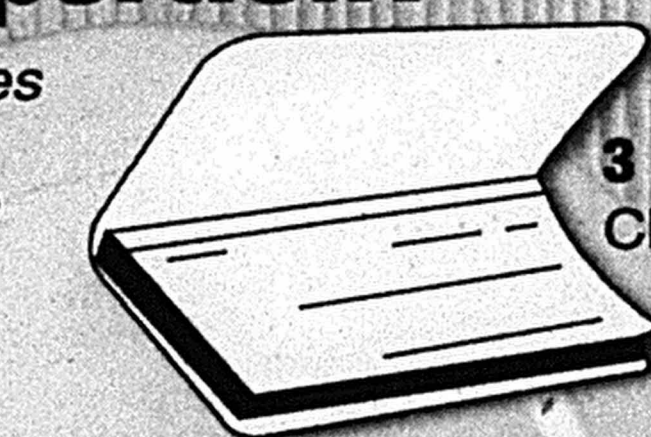
Recommended serving sizes are often expressed in weights or volumes that are hard to determine; some ways to estimate them:



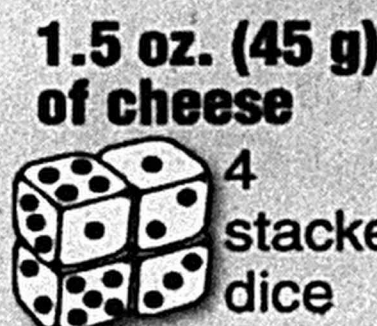
2 tablespoons of jam or sauce  
Golf ball



1 cup of cereal  
Adult's fist



3 oz. (85 g) fish  
Checkbook



1.5 oz. (45 g) of cheese  
4 stacked dice



1 slice of bread  
Cassette tape



1 cup of pasta  
Tennis ball



3 oz. (85 g) meat or chicken  
Deck of cards

Source: Kaboose Nutrition Tips, MCT Photo Service  
Graphic: Helen Lee McComas, Melina Yingling

© 2007 MCT

at least twice a week. Work out for at least 30 minutes five days a week. Trade your afternoon candy bar for a piece of fruit. Meeting goals like those will move you in the right direction, and you'll know that even if the scale didn't budge that week, you're still

making progress.

-Keep the big picture in mind

When you'd rather hit the snooze alarm than work out, remind yourself how good it will feel to wear a smaller size in June. When you're tempted to raid the refrigerator after

dinner, think about your next trip to the beach or shopping for your next swimsuit.

-Save calories and cents

Whenever you skip a trip to the vending machine, keep track of those coins. If you pass up that pint of Ben & Jerry's at the store, pay your-

self the few dollars that the ice cream would have cost. At the end of every day, put the money you would have spent on extra snacks, soda or junk food into a jar. Before long, those dollars and cents could add up to buy something new for the smaller you. ■

## College students hooked on 'soft addictions'

**ADDICTION** | Your everyday behavior could have negative effects on life.

BY JULIE DEARDORFF  
MCLATCHY NEWSPAPERS

**CHICAGO** — Today, many are grappling with their "soft addictions," or ordinary behavior that, if overdone, can wreak havoc on your life. Unlike hard addictions, which are usually related to a chemical substance, you don't die from soft addictions.

"But you don't really live, either," said self-help guru Judith Wright, who labeled the phenomenon more than a decade ago.

People have always had ways to zone out, but experts such as Wright say soft or mild behavioral addictions are escalating, partly because there are so many new things to get addicted to, and many have the disposable income to do it.

But identifying and treating a soft addiction are difficult. Because whether it's checking e-mail, editing Wikipedia entries or walking into Starbucks, the activities are seemingly harmless behaviors. The problem is that when even healthy habits such as exercise are used too often or for the wrong reasons, they sap our time, money and energy and prevent us from living the life we want, according to Wright, founder of the Chicago-based Wright Institute, a personal development and training center and author of "The Soft Addiction Solution."

The affliction strikes men and women of all ages and races. A poll, conducted for the Wright Institute, found that 91 percent of us have a soft addiction that keeps us from

feeling satisfied. "And the other 9 percent of people are in denial," Wright said.

Procrastination, watching too much television and overworking are the top three. But a new study shows college undergraduates might be addicted to tanning under UV lights. The Internet, meanwhile, is being blamed for a host of compulsive behaviors.

Technology can cause addictive behavior "partly because each potential response required for a cell phone message or an e-mail doesn't always seem so large, so why not mow some of them down now?" said Jeff Davidson, author of "Breathing Space: Living & Working at a Comfortable Pace in a Sped-Up Society."

Though there is still controversy over whether compulsive Internet use and video-game playing merit a medical diagnosis, treatment centers have opened up around the world, including Korea, China and the Netherlands.

One of eight Americans exhibited at least one possible sign of problematic Internet use, a Stanford study showed. Psychological symptoms include an inability to stop using it, craving more time online, neglect of family and friends and feeling depressed and irritable when not at the computer. Physical signs can be carpal tunnel syndrome, sleep deprivation, backaches, eye strain and increased agitation.

But others say spending large amounts of time behind the computer doesn't necessarily constitute an addiction. "It's more of a process of control and losing control," said psychologist Chris Stout, an executive director at the Timberline Knolls, a Chicago-based women's residential treatment center. "An addiction involves deception, denial and dishonesty. A compulsive behavior is more apparent such as repetitive behaviors and is a way to cope with anxiety."

Unlike a bad habit, a soft addiction also has an identifiable cost of money, time, energy or intimacy associated

with it, according to Wright. Feeling numb, high, buzzed or in a trance when you're doing an activity could mean you have a problem.

"If you can't remember what you did, ate, saw or bought, that's a sign," she said. "But if you're doing the activity and feel more alive and vital, and you're learning, growing, clear, grounded and present, that's a passion. We shouldn't confuse the two."

The first step to beating a soft addiction requires making a commitment to higher quality of life, said Wright. Then you have to recognize the deeper need or hunger under the soft addiction.

"Make the distinction between what you want and what you hunger for," Wright said. "You might want a new

designer dress, but you're really hungry to feel good about yourself."

Finally, use what Wright calls the "Math of More." Instead of depriving yourself, add things to your life to crowd out the behavior you want to change.

Rob Johnson, 45, of Oak Park, Ill., found he was becoming too emotionally invested when he watched televised sporting events. But rather than cut sports out of his life altogether, he added more time with his wife and three sons by coaching youth hockey teams, something he finds much more rewarding. Suddenly, he didn't have time to watch 15 hours of televised hockey a week.

"It took making a deeper inquiry into why I was watching so much," he said. ■

### TOP 10 'SOFT ADDICTIONS'

- Procrastination
- Watching too much television
- Overworking
- Acting moody, such as being grumpy, cranky or overly happy
- Overeating
- Drinking too much coffee/caffeine
- Shopping impulsively
- Daydreaming excessively
- Complaining excessively
- Surfing the Internet excessively and at all hours of the day

SOURCE: HARRIS POLL CONDUCTED FOR THE WRIGHT INSTITUTE

Been spoon fed lately?

Cold Stone Creamery® offers the best in smooth and creamy ice cream, made fresh daily in every store. Add your favorite mix-ins to enjoy the Ultimate Ice Cream Experience.

**COLD STONE**  
CREAMERY



550 Oyster Point Rd • (Next to Kinko's)

Newport News • 269-0550

One block from Jefferson

CNU Students  
Show ID and Receive  
\$1 off your creation

© 2006 Cold Stone Creamery, Inc. All rights reserved. www.coldstonecreamery.com

PHOTO COURTESY OF MCT



# WORLD+NATION

WEDNESDAY, MARCH 28, 2007 | PAGE A7

## King of small claims rules in court

**SMALL CLAIMS** | Twenty-eight lawsuits later Monroe thinks he is "shaming the corporations into doing the right thing."

BY COURTNEY FLYNN  
MCCLATCHY TRIBUNE

**CHICAGO** — When an auto parts shop wouldn't honor his \$5 coupon, Derek Monroe sued.

After he spent a night in a dirty motel room, he sued.

And when his credit card company pestered him with phone calls, he sued once again.

Monroe uses small claims lawsuits as his slingshot against Goliath businesses in his battle for better customer service.

In 28 lawsuits — over what many would call trivial matters — Monroe has won eight times. He has lost four times, and 16 cases have been dismissed for various reasons. In 10 of the dismissals, Monroe said he reached deals with the companies and received an apology.

The awards are usually small — he won \$5 plus court costs in the coupon case — but it's not the money that matters, said Monroe, it's the principle.

"It is about shaming the corporations into doing the right thing," Monroe said. "It's to show them that we as consumers are not sheep."

But will Monroe's tactics have any lasting impact? Probably not, say some experts.

Big corporations face a lot of so-called "nuisance claims" for small amounts that are easier to settle than

to defend with high-priced attorneys, experts say.

"If he expects to change corporate culture one \$50 lawsuit at a time, it's just not going to happen," said Ira Rheingold, executive director of the National Association of Consumer Advocates. "Unless you're really hurting their bottom line, it's not going to make a difference."

Monroe knows some companies don't care about his lawsuits. Sometimes they don't even show up to defend themselves in court.

Still, he believes in what he's doing.

The 38-year-old married father of two has been filing lawsuits in Lake County, Ill., since 2000.

He does his own legal work and estimates he has spent about 150 hours overall on the cases and made less than \$10,000.

As a self-employed consultant, Monroe said he helps U.S. companies enter the global market by showing them how to sell products in other countries. He knows corporations are not all bad.

"I'm not some anti-corporate crusader," Monroe said. "A lot of corporations are very ethical."

In a recent case, Monroe sued America's Best Contacts & Eyeglasses, claiming it sold him defective frames and refused to replace them. He won a judgment of \$80.80 plus court costs against the

company March 5.

"We're really sorry that the Monroes had the experience they did with America's Best," said Reade Fahs, president of America's Best's parent company, National Vision Inc.

"We're working with the Monroes to ensure we've learned from this experience so it never happens again."

Last month Monroe won \$5 plus court costs against the Pep Boys auto parts store with a two-sentence, handwritten claim: "The Pep Boys deliberately do not refund a sales tax when return is being processed. The Pep Boys do not apply discount when coupon is presented to the desk."

Although Pep Boys and Monroe have very different accounts of what happened, both said the dispute stemmed from Monroe's use of a \$5 coupon and a refund he received on a product.

A spokeswoman for Pep Boys said the company followed its standard procedures and treated Monroe fairly during the transaction in question.

In 2006, Monroe sued Super 8 Motels Inc., saying it provided "substandard" service and an unclean room.

Monroe was awarded \$55.87 plus court costs. A Super 8 Motels spokeswoman declined to discuss the specifics of the case.

Despite those successes, Monroe is far from unbeaten in the courtroom.

In separate lawsuits against Discover Financial Services and TruGreen Chemlawn, Monroe claimed



DAVID TROTMAN-WILKINS/MCT

Derek Monroe, from Round Lake Beach, stands in the Lake County Courthouse March 5, in Waukegan, Ill. Monroe holds a pair of eyeglasses that were subject of one of his many small claims lawsuits. In 28 lawsuits, over what many would call trivial, he has won eight times.

the companies continued to call him after he asked them to stop.

The judge disagreed, and Monroe lost both cases. Each case cost Monroe \$63 in court costs.

Monroe says his lawsuits are a last resort. First he tries to get an apology or his money back. If that doesn't work, he goes to court.

Anyone can file a small claims case in Lake County Circuit Court for as little as \$62. Awards can be as high as \$10,000. Attorneys aren't required for most cases, and Monroe does not use one.

"The whole point is that

it's designed not to be complicated," said David Bender, the court's law librarian. "It's aimed to really be a non-attorney's court to solve the very straightforward, non-technical cases."

"I guess maybe I'm doing this on behalf of society," Monroe said. "The ultimate goal here is for the corporations to reassess what they're doing so it doesn't happen to other people."

But Bruce Ottley, a law professor at DePaul University, said that by calling companies' customer service numbers, complaining to store managers and filing

such small claims, Monroe is not reaching the people who have the power to make changes.

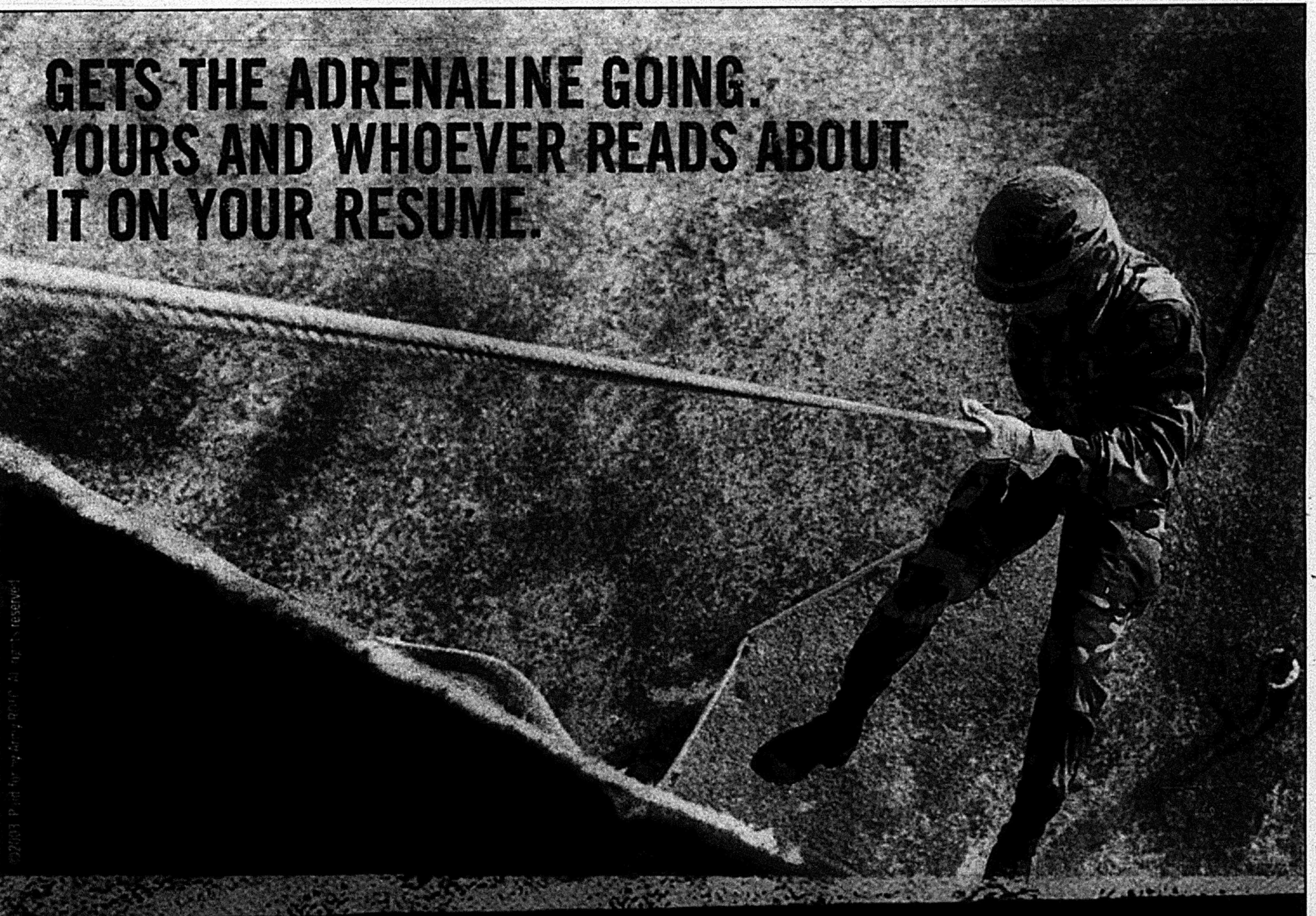
Monroe has no plans to back down.

He has a case pending against Albertson's Inc., the parent company of Jewel-Osco.

He said the store sold him an expired package of teeth-whitening strips and refused to refund him. He wants \$34 for his trouble.

"Maybe I am like Don Quixote fighting against the windmills," Monroe said. "But the alternative is what? Do nothing?" ■

**GETS THE ADRENALINE GOING.  
YOURS AND WHOEVER READS ABOUT  
IT ON YOUR RESUME.**



The Army ROTC Leader's Training Course is a paid 4-week summer experience that marks the beginning of your career as an Officer, a leader of the U.S. Army.

**ENROLL IN ARMY ROTC**  
BECOME AN ARMY OFFICER



2-year scholarships available for the Class of 2009! Graduate/Law School scholarships available for Class of 2007 & 2008!

Contact Major Matt Lutz, 221-3611 or [malutz@wm.edu](mailto:malutz@wm.edu). Or visit Ratcliff Hall, Room 113.



# Tech-savvy students help write Vista guide

**MICROSOFT** | Two students from CNU contributed chapters to the manual for Microsoft Windows Vista.

BY ERIN ROLL  
ERIN.ROLL.04@CNU.EDU

Two CNU computer engineering majors helped write a manual for Vista, the most recent incarnation of Microsoft Windows — Cancel or allow? Allow.

Last fall, Robert Cowart, co-author of "Special Edition: Using Microsoft Windows Vista," enlisted seniors Brent Thal and Everette Beatley to contribute chapters to the book, which was released shortly before Microsoft Vista's public launch this January.

Beatley and Thal have had about two years' combined experience in working with Windows Vista, but the opportunity arose entirely by chance.

Beatley was working part-time at a Radio Shack in Kilmarnock when Cowart entered the store on an errand.

Cowart, originally from the Lancaster County but now living and working in California, was in town to spend time with his family. Cowart and Beatley began discussing Windows Vista,

and Cowart realized that Beatley knew a great deal about the system, even more than Cowart himself.

Cowart invited Beatley to collaborate on the book, initially as a consultant, taking questions from the writing staff via e-mail. Later, Cowart asked Beatley if he would write two chapters— Chapter 8: Windows Media Player and Chapter 22: Connecting Your Network to the Internet.

Due to deadlines and time constraints, Beatley got permission from Cowart and co-author Brian Knittel to split the workload with Thal, who then contributed instructions for Chapter 29: Keeping Windows and Other Software Up to Date and Chapter 41: Tablet PC Features.

Each chapter was about 150 pages long in Microsoft Word and was specially formatted with text boxes, bullet points and text tags before they were submitted, examined by a staff of seven editors, revised and resubmitted.

It's a drawn out, meticulous process that Beatley

said was anything but easy. But the hardest part, Thal said, was not writing the book so much as having to balance the writing with schoolwork.

"We were on a time crunch," Thal said, as the book had to be completed by the end of November to publish on schedule.

Beatley said, "The executive editors were yelling at us." More than once, Beatley and Thal had to go to their professors to ask for extensions on assignments.

Beatley also created a companion CD, which contains video lessons in the style of the "Video Professor" series often advertised on television. The videos, which Beatley taped at his computer, are overviews of the topics within the book.

Beatley is also working on additional video lessons to be displayed on Cowart's Web site, brainsville.com. The lessons will be geared towards more advanced users of Windows Vista, and will cover such topics as photo editing.

Currently, Beatley and Thal are considering applying for internships in a NASA development program this summer.

Both will graduate from CNU in December. ■

# 'Promises' aims to bridge Israeli-Palestinian divide

**FILM ON CAMPUS** | The Oscar-nominated film "Promises" follows seven Palestinian and Israeli children over three years.

BY CHRIS MCCrackEN  
CHRIS.MCCrackEN.04@CNU.EDU

"Promises," a film chronicling the Israeli-Palestinian conflict through the voices of children in the holy land, was screened and discussed at an event last Wednesday sponsored by the philosophy and religious studies and communication studies departments.

"It starts with awareness," said event host Dr. Irene Grau, assistant professor of communications studies, "Reading and watching movies like this helps," she said.

Directed by Carlos Bolado, B.Z. Goldberg, and Justine Shapiro, "Promises" follows the experiences of seven Palestinian and Israeli children over a span of three years during 1995 to 1998.

The children in the film live in the West Bank Territories of Israel and are 15 miles apart, separated by military checkpoints.

The film depicts the prejudiced mind-set that these children are raised to believe about the opposing Israeli or Palestinian people.

"[The film] showed how

much alike they are," said Grau. "Fundamentally, they are all the same."

In an attempt to halt the hate between the two sides, Goldberg brings some of the Palestinian and Israeli children together in order for

**"[The film] showed how much alike they are. Fundamentally they are all the same."**

DR. IRENE GRAU  
ASSISTANT PROFESSOR OF COMMUNICATIONS STUDIES

them realize just how similar they really are.

"They children were dialoguing," said Dr. Kip Redick, associate professor of philosophy and religious studies. "They just needed one day of dialoguing and they began to see."

Some children in the film chose not to meet with other kids because they did not want to.

"[The film] was pretty interesting," said sophomore Patrick Fouse. "It put things into perspective."

While "Promises" aims to

show how individuals in the opposing cultures are the same, Dr. Hussam Timani, assistant professor of philosophy and religious studies, said that the documentary failed to communicate differences in religious beliefs among Palestinians.

"Palestinians are not only Muslims, there are Christian Palestinians," he said. The film misrepresented the Palestinian population. They all appear to be Muslim, he said.

A discussion followed the screening regarding why the conflict has become so complicated and what America can do to help.

"Ideology," said Redick. "We all do that. As parents we all pass on our ideologies." Redick said that the conflict has become so problematic as a result of the constant reinforcement of discriminatory ideologies among Israeli and Palestinian children.

Such parental reinforcement of racism is prominently displayed in the film.

"The ideology must change," said Timani. "Then we will have peace."

Timani closed by saying that Americans should ask what we can do to help them.

"Promises" was nominated for an Oscar for Best Documentary in 2002. ■

**LASER HAIR REMOVAL AND SKIN CARE**  
(757) 599-7899  
Mimi I. Peak, MD, MPH  
"CNU SPECIAL"  
**20% OFF Laser Hair Removal**  
Acne treatments  
Medical and Longevity Center  
http://www.mlcva.com  
11800 Jefferson Ave.  
Newport News, VA 23601  
10% OFF Private label (MLC) Pure Mineral Makeup

**Asian Grill**  
Sushi & Chinese Food  
\* located in the same shopping center along Warwick as the Glendale 7-11  
12442 Warwick Blvd  
(757) 595-5942

Fifth-degree black belt.  
Desert Storm veteran.  
Proven real estate professional.

## For Carlos Rivas, SUCCESS IS A DISCIPLINE.

While serving in the U.S. Army and working to achieve his black belt in karate, Carlos Rivas discovered that success in any endeavor starts with discipline. He sets lofty goals and stays focused on achieving them. It's a straightforward approach, indeed, but it's one that has made an impact throughout his life.

As a leading real estate professional, Carlos' discipline and determination are the keys to his clients' success, as well. He focuses on your home buying or selling objectives and is committed to doing whatever it takes to achieve your goals. Carlos brings a steadfast attention to detail to ensure every one of your needs is taken care of, and his driven approach and upbeat personality keep you on track toward success.

If you are buying or selling a home, trust a disciplined professional. Call Carlos Rivas today!

Direct Line: 757-813-5246

Office: 757-827-6995

E-Mail: Carlos@RealtorCarlosRivas.com

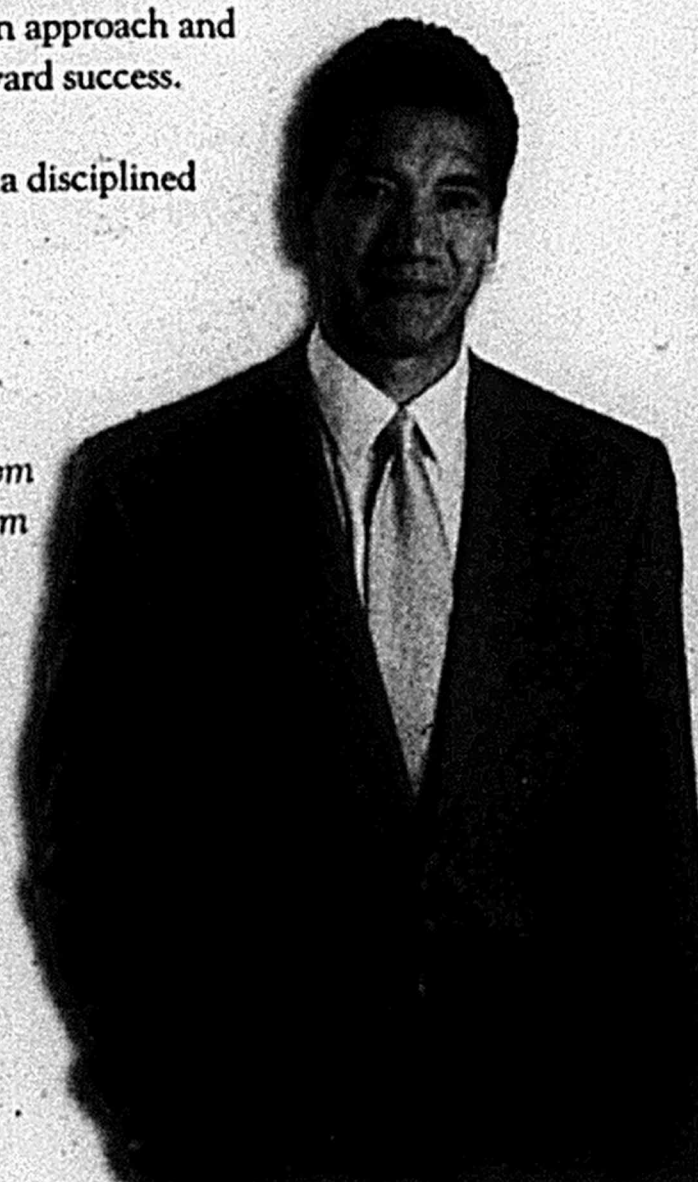
Web Site: www.RealtorCarlosRivas.com

### Home Buyers:

How To Avoid Paying Too Much

Call Carlos today for your free special report to help make sound decisions and get the most out of your real estate investments.

**ABBITT**  
REALTY  
Company, LLC



**The Boutique**  
Do you love all things Vera Bradley? Then you'll love The Boutique, where you'll discover all the latest Vera Bradley creations: signature totes, luggage sets and travel cases, chic limited edition fashion accessories, stationery, rugs, linens & bedding, gifts and more. Our irresistible, new boutique gives a whole new meaning to one-stop-shopping!  
SPRING 2007 COLLECTION  
3168 William Styron Square  
Port Warwick Newport News, VA  
(757) 599-4061  
OPEN MONDAY-SATURDAY 10-6

**Manhattan's New York Deli & Pub**  
Come Party With  
**Z104**  
Every Monday  
\$1.04 Specials 7-9pm  
FREE ADMISSION  
with College ID  
601 Triangle Steaks Blvd  
757-873-0555  
manhattandeli.com



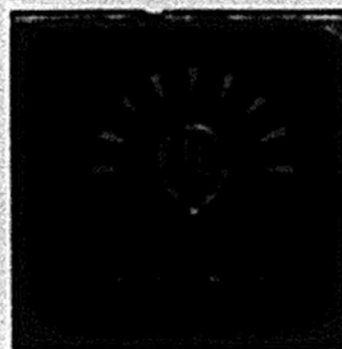
# SOFTBALL SWEEP WEEK

SPORTS, PAGE B4

# A+E

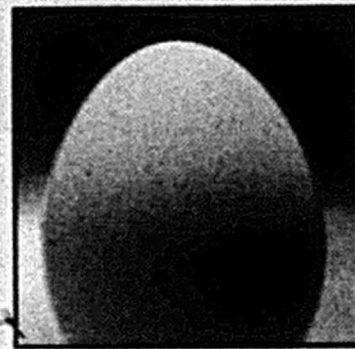
## MUSIC

Modest Mouse moves cheese with its fifth studio album "We Were Dead Before The Ship Even Sank."



## ART

Falk Gallery hosts ArtCNU Senior Thesis Exhibition 2007 until April 6 featuring six CNU seniors.



## FILM

The Teenage Mutant Ninja Turtles return to the big screen with old plots, rivalries and, of course, lots of pizza.



ARTS AND ENTERTAINMENT | WEDNESDAY, MARCH 28, 2007

## THE ART OF ADVENTURE

# Actus Fidei

**THEATER** | Prof. Steven Breese's creation hails CNU namesake Christopher Newport.

BY AMBER WIXTROM  
AMBER.WIXTROM.04@CNU.EDU

Who was Christopher Newport? For many students across the US, the namesakes of their universities are distant figures, far removed from the lives of their populations. Even for those of famous names, such as James Madison or William & Mary, the bearers of their titles are so renowned as to be remote. Remembered only in the ground breaking, they may still inspire — but only as ghosts of the past, not people for the world of today. However, in the new theatrical creation, "Actus Fidei," our university's namesake leaps into vibrant life. Written and directed by TheatreCNU director and professor Steven Breese, "Actus Fidei" premieres for the first time on the CNU stage — just in time for the 400th anniversary of Jamestown. Commanding his vessel, the Constant, aboard the Ferguson Center for the Arts Music Theatre Hall's stage, Captain Christopher Newport sails at the crux of discovery, portrayed not only as the proud privateer but

also as a fully human individual.

"I didn't remember hearing his name before," says Equity actor John Michalski, who portrays Captain Christopher Newport. "I'm amazed that we don't know more about him. He's quite a man." As both a privateer and an explorer, the life of Christopher Newport truly was a unique journey. From his early career raiding Spanish ships, Newport proceeded to lead expeditions to the New World, carrying much-needed supplies to settlers across the coast of Virginia. "He's a hell of a privateer," said Michalski, laughing as he described the captain's varied life. Adept and adventurous, Newport captured eighteen galleons — and risked his life daily for Virginia settlers.

Captain Newport's life was more than that of a mythic hero. Giving voice to both the iconic and human sides of his subject, Steven Breese's Christopher Newport faces not only the storms of a thrashing sea, but also the clouds of family conflict — from which the captain does not always emerge triumphant. Breese's script looks behind the man of the sea to see the family bereft

of a father, yearning through the waves of time to catch a glimpse of the man they loved. "Actus Fidei" takes place in both the tempestuous New World of 1607 and the tumultuous world of today, perusing the lives of both Christopher Newport, the privateer and captain, and Chris, the departed father. "They're parallel characters," explains senior Jordan McArthur, who depicts John Smith, as well as the contemporary Chris's son Jack. "Figuring out the connections is unique... bridging time periods."

Performing a work of historical fiction is a challenging test for any actor, as performers must be careful to stay true to the original historical figures, while at the same time making the characters their own. "I've always done contemporary work, so playing a character of the early 1600s was interesting," said junior Katie Parker, who portrays English lady Katherine Procter. As well as developing a command of characters' lines, "Actus Fidei" actors must also master English and Spanish accents, breathing life into their roles through diversity of both language and character. The script incorporates languages from Spanish to early Algonquian translated by Dr. Blair Rudes, who

also wielded his talents for the recent film "The New World."

"It takes more research to do a historical show," notes McArthur. To tackle the complex challenge of creating "Actus Fidei," TheatreCNU actors traveled to historic Jamestown, viewing reproductions of historical ships and buildings amid the town's 400th anniversary celebration. "This area really seems to celebrate its history," said Michalski. "It's wonderful to have that sense of how it all came about." Michalski, CNU's first Equity guest artist selected for a TheatreCNU production, came upon the play by fortunate chance. While playing Prospero in "The Tempest," Michalski met Breese, who selected him to play Newport in his newest work, the script that became "Actus Fidei." Before CNU, Michalski had worked only with other professional Equity actors. He cites "Actus Fidei" as his first university theatre experience — as well as one of his most memorable productions. "Working with university students was really new to me," he said. "But I loved it — they're all so talented. It's a divine experience." A deep interest in history combined with a strong love of the acting craft combine to make the role of Christopher Newport a thoroughly enthralling

experience for CNU's guest actor. "I really love this script," said Michalski, smiling. "It's a great theatrical piece. Steven has written a wonderful story in an unexpected fashion."

And an unexpected story it is. In TheatreCNU's newest masterwork, history and humanity unfold, delving into the depths of time and trial to depict a hero, a captain, and a father — who, from now on, will never be unknown. "Sometimes it's not clear what's reality, and what's fantasy, and what's history," reflects McArthur. In this play, all three are intertwined, creating a story that is at once the past, explored as we never knew it before; the present, revealed in all its complexity and cares; and the future, envisioned in the eyes of a sailor who strove for more than survival, leading a ship and a settlement to seek out success. "It's an awesome experience," said CNU freshman Becca Morton.

With the vision of Steven Breese at its helm, and the force of passionate CNU students buoying its sails, "Actus Fidei" is ready to voyage to victory.

"Actus Fidei" premieres Friday, March 30, at 8 p.m. in the Music and Theatre Hall in the Ferguson Center for the Arts. Show times are March 30 and 31 at 8 p.m., April 1 at 2 p.m. and April 5-7 at 8 p.m. ■

## THE LIST

### campus

**March 28**  
Greek God 7 p.m., Anderson Auditorium  
**March 29**  
Jamestown - A Pivotal Moment in American History, 7 p.m., Music and Theater Hall  
**March 30**  
CAB Girls' Night Out, 7 p.m., Gaines Theatre  
Actus Fidei, 8 p.m., Music and Theater Hall  
Mahler Five, Virginia Symphony, 8 p.m., Concert Hall  
**March 31**  
Hungarian State Folk Ensemble, 8 p.m., Concert Hall  
CAB Guitar Hero Competition, 8 p.m., Old Regatta's  
CAB Guys' Night Out, 7 p.m., Gaines Theatre  
Actus Fidei, 8 p.m., Music and Theater Hall  
**April 1**  
Actus Fidei, 2 p.m., Music and Theater Hall

### local

**March 28**  
Taste of Hampton Roads, 5:30 p.m., Sheraton Norfolk Waterside  
**March 29**  
"Cabaret," ODU University Theatre, 8 p.m., Norfolk  
**March 30**  
Professional Bull Riders Hampton Invitational, 8 p.m., Hampton Coliseum  
**March 31**  
"The Outliers," 8 p.m., Attucks Theater, Norfolk  
**April 1**  
Gears of War Tournament, 9:30 a.m., Game On, Virginia Beach  
Roller Derby Season Opener, 7 p.m., Haygood Skating Center, Virginia Beach

### concerts

**March 29**  
Armen, The Animal, 7 p.m., The NorVa  
**March 30**  
Pretty Ricky, 9 p.m., The NorVa  
Evanescence, 7:30 p.m., ODU  
**March 31**  
In the Wake of Regret, 7 p.m., The NorVa  
O.K. Bird, Opening Flower Happy Bird, Sarah Carter, 8 p.m., Relative Theory Records  
Mahler Five, Virginia Symphony, 8 p.m., Chrysler Hall  
**April 1**  
The Decemblers, 8 p.m., The NorVa

### movie releases

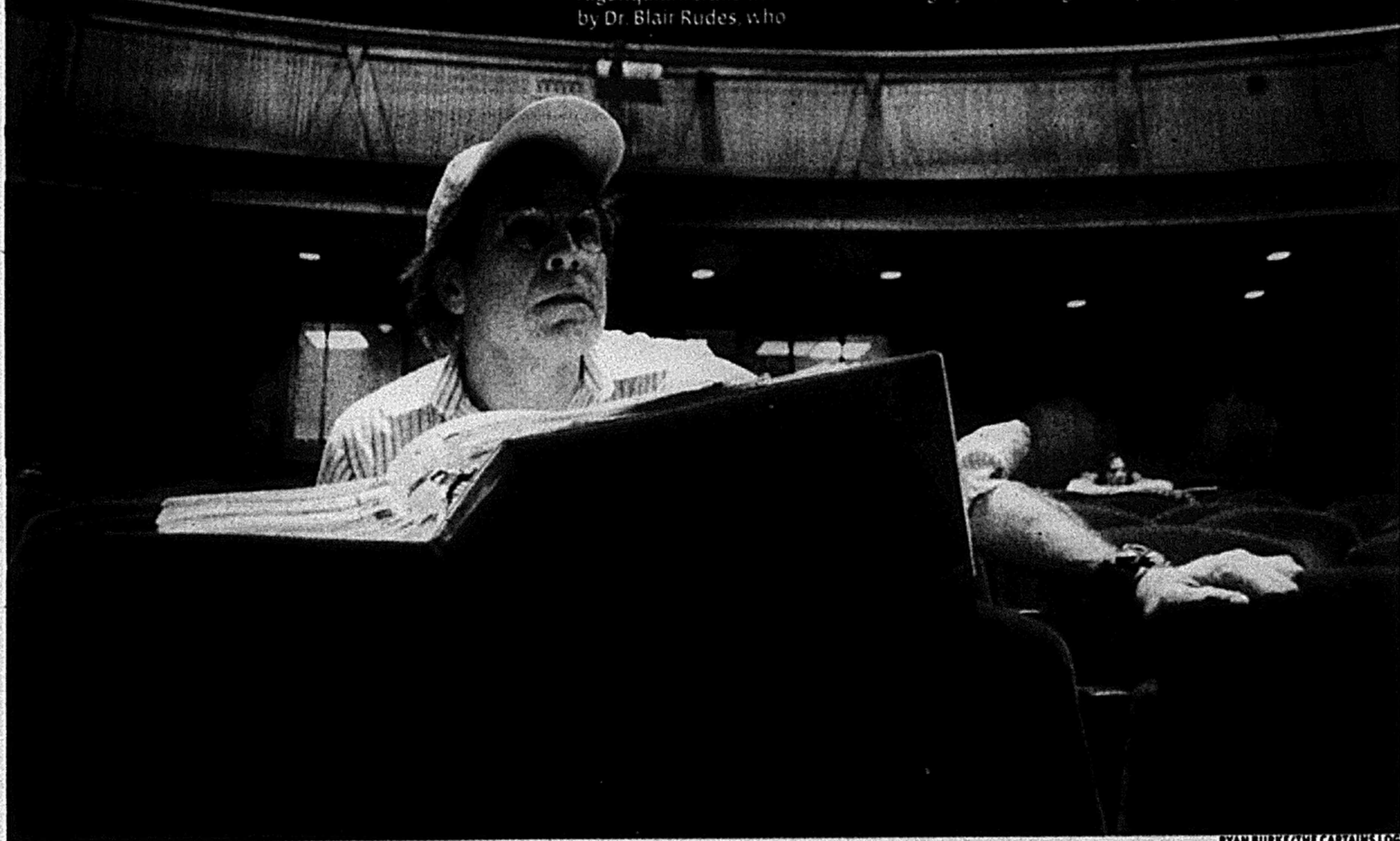
**March 2**  
"Blades of Glory" This is a comedy about two male figure skaters Chazz Michael Michaels (Will Ferrell) and Jimmy MacElroy (Jon Heder), who get banned from the sport for fighting at the World Championships. Discovering a loop-hole in the system three years later, the two team up to compete in pairs' figure skating. "Blades of Glory" is rated PG-13.  
"Rescue Dawn" This film is based on the true story of American pilot, Dieter Dengler (Christian Bale), whose plane is shot down during a top-secret mission in Vietnam. "Rescue Dawn" is not yet rated.

### cd releases

**March 30**  
"Como Ama Una Mujer" - Jennifer Lopez  
"Waking Up Laughing" - Martina McBride  
"Get Money Stay True" - Paul Wall  
"Timbaland Presents Shock Value" - Timbaland  
"Traffic And Weather" - Fountains of Wayne  
"Cannibal" - Static-X

### dvd releases

**March 27**  
"Children of Men"  
"Color me Kubrick"  
"Curse of the Golden Flower"  
"Early Bergman"  
"Turistas (unrated)"  
"Happy Feet (widescreen)"



RYAN BURKE/THE CAPTAINS LOG

CNU professor Steven Breese, director and author of "Actus Fidei," spent several years working on his play, collaborating with historical experts.



# Show highlights senior works

**ARTCNU EXHIBIT** | Six seniors show thesis works in ArtCNU Senior Thesis Exhibition 2007.

BY KRISTEN WILLETT  
KRISTEN.WILLETT.04@CNU.EDU

The ArtCNU Senior Thesis Exhibition 2007 opened in the Ferguson Center for the Arts Falk Gallery March 12, featuring the works of Ryan Burke, Shawn Whiteside, Valerie Pitman, Aimee McEvoy, Kathryn Ely and Nancy Sellars. The show features a wide range of art displaying the maturation of the artists through their years in the art department.

"When I came to the exhibit for a class, I did not expect to see such great art. My favorite was definitely

the photography by Ryan Burke. It highlighted so many human emotions and got me to feel them as well," said Sophomore Zeh Hale.

Senior Jamie Carter agrees, "I usually don't favor still life, but the photos by Sellars were extremely intriguing. I particularly enjoy the razor standing on edge. I wish I knew how she did that."

Senior Valerie Pitman said the art department has helped its seniors grow in many ways. "The art department has helped me fine-tune my skills and ways of thinking when it comes to art. I have had a very well rounded education in the arts curricula-

lum here at CNU and that has definitely had an impact on me as an artist," she said.

"Having ample access to one-on-one time with the professors in this field doesn't hurt either. Every professor that I have had has taken an interest in the fact that I succeed as an artist," Pitman said. She is also very excited to display her art in the Falk Gallery. "This is the first time that I feel like people are able to see what I am all about," she said.

Inspiration for these artists comes in a variety of forms. The artist Boris Vallejo inspires Pitman's drawings. "His pieces resemble pictures that one could only see in their dreams. I further admire the fact that the women featured in his work are not weak and frail but strong, heroic, and

courageous, not to mention drop dead gorgeous," she said. Her work also focuses on women in empowered roles. One of her pieces shows a woman aiming a bow and arrow at the viewer. After graduation, Pitman has many plans: "I am getting married in September and moving to Australia at the end of the year. I plan on attending graduate school there."

"I will also continue trying to perfect my work in the fantasy genre. I won't stop until I am able to achieve something similar to Boris Vallejo's work. That is my goal," she said.

The ArtCNU Senior Thesis Exhibition 2007 is located in the Falk Gallery in the Ferguson Center for the Arts. The works will be on display Monday through Friday from 10 a.m. to 4 p.m. until April 6. ■



PHOTO COURTESY OF VALERIE PITMAN



PHOTO COURTESY OF SHAUN WHITESIDE

Clockwise from Top Right: "The Catherine" by Ryan Burke, featuring CNU alumna model Amber Lester. "Slide 7" by Valerie Pitman, one in a series of frames from a graphic novel. "Bushscape IV" by Shawn Whiteside. "All Wound Up" by Nancy Sellars. "Slide 3" by Valerie Pitman, also part of the graphic novel series. "Drowning II" by Shawn Whiteside. All images will be featured in the Falk Gallery until April 6 Monday through Friday from 10 a.m. to 4 p.m.



PHOTO COURTESY OF RYAN BURKE

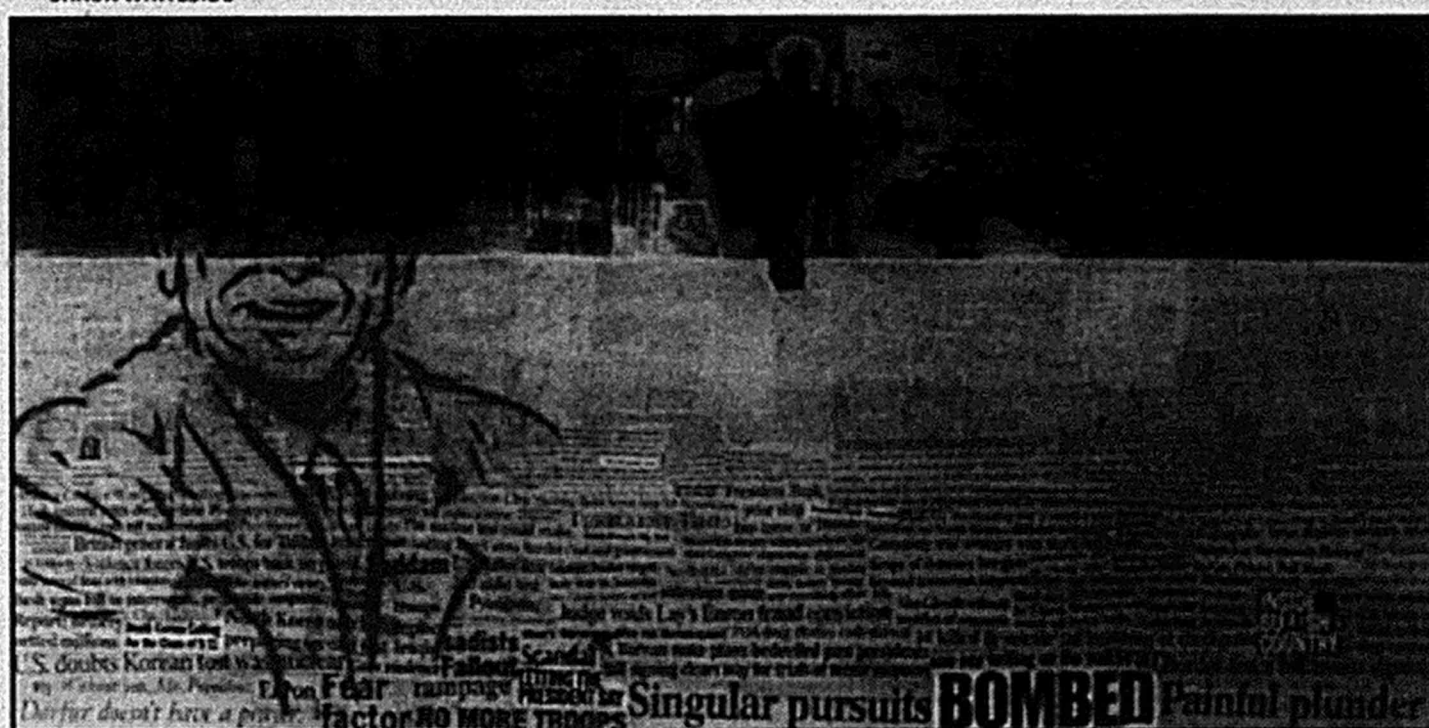


PHOTO COURTESY OF SHAUN WHITESIDE



PHOTO COURTESY OF VALERIE PITMAN

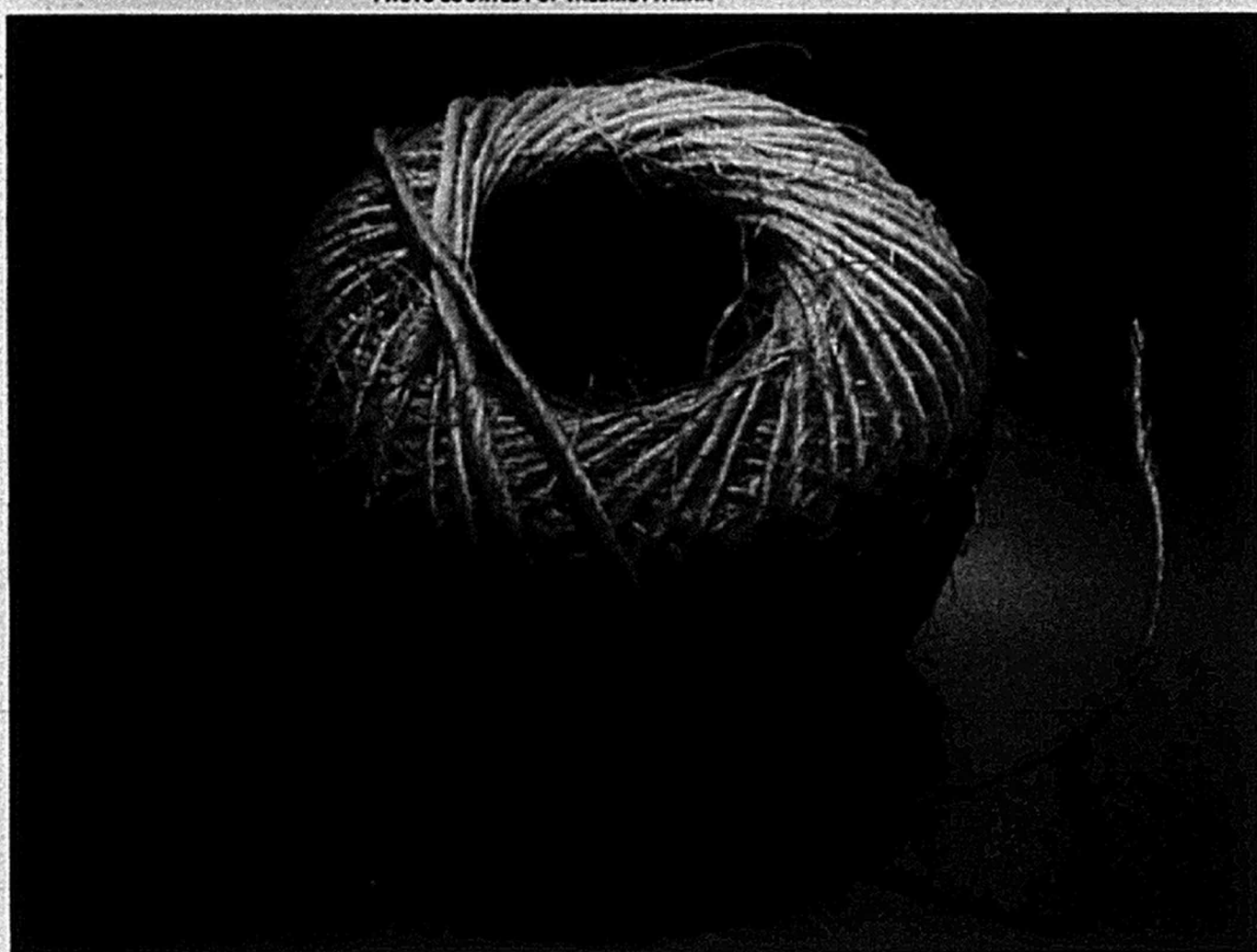


PHOTO COURTESY OF NANCY SELLARS

Applications are invited from qualified (QCA/GPA 3.0 and above) and highly motivated undergraduate students (sophomore and above) to participate in a summer research program in watershed sciences and engineering at Virginia Tech in Blacksburg, funded through the National Science Foundation.

Internships run May 20-August 12, 2007.

Stipend of \$450/week, subsistence costs (housing and meals), round-trip travel expenses to Virginia Tech; and travel expenses for selected participants to present their research at national conferences.

Deadline to apply is April 6, 2007.

For more information: Dr. Tamim Younos, (540)231-8039 or tyounos@vt.edu; <http://www.vwrrc.vt.edu/>.

## Summer Jobs

Receive contact information now for summer employment at US National Parks, Western Dude Ranches and Theme Parks.

You must apply early.

[www.summerjobs-research.org](http://www.summerjobs-research.org)

NOW COME ONE, COME ALL TO THIS TRAGIC AFFAIR:

**MYCHEMICAL ROMANCE**

AND THE  
**BLACK PARADE**

WITH SPECIAL GUEST

**MUSE**

SATURDAY · APRIL 28

WILLIAM & MARY HALL  
KAPLAN ARENA



ticketmaster LOCATIONS

CHARGE 757.872.8100

TICKETMASTER.COM · GOLDENVOICE.COM

MYCHEMICALROMANCE.COM · THEBLACKPARADE.COM







PHOTO COURTESY OF COLE HOGAN

Junior Cole Hogan's "My Wastelands" is displayed on the CyberGallery, an online art gallery launched by the Fine Art Department on Feb. 26.

# Art majors online

**CYBER ART** | Two students will be chosen each semester by a jury to have their work online.

BY KRISTEN WILLETT  
KRISTEN.WILLETT.04@CNU.EDU

CNU student art can now be viewed on the Web. On Feb. 26, the art department launched a new gallery for students to exhibit their artwork, the CyberGallery. It was created and is being maintained by junior Chris Shannon as part of an independent study. Throughout the semester, it will feature the artwork of two students, junior Cole Hogan and sophomore Megan McElfresh. The site will feature works by two student artists each semester.

The department launched the CyberGallery to highlight some of the student artwork at CNU. As the Web site states, "This gallery was

created to provide a venue for exhibiting student work as a representation of what is created within our art department."

Art History major and junior Becca Howard said, "I think that the CyberGallery just gives the Studio Art majors another chance to display their work and have it praised. It also greatly adds to the resumes of those students who do get work displayed in it."

Senior Amelia Harveycuter also had positive feedback. "I think it will give students a chance to get their work out there and get feedback to make them better artists."

The two students were picked by a jury of professors

based on the quality of work submitted in art portfolios. Howard said, "To show that your artwork was selected to be displayed through a jurying process is very beneficial to any artist."

Only students in art classes were informed of the online gallery opportunity.

Senior Caitlin Dana said, "I understand why they wanted to advertise only to students in the art department, but it would have been nice if they could have made submission more open to all students on campus." Students in any studio art class could submit their work, Dana added.

Harveycuter said that there was minimal advertising for the CyberGallery launch. "I stumbled across the gallery as I was looking around on the CNU Web site. I had no idea we even had a web gallery for students' works.

Now that I know though I think it's a great idea."

"The gallery isn't limited to only digital art. Any medium can be submitted for display on the CyberGallery. It is a wonderful way to show off the artists here at CNU," Dana said.

As to how it will affect the department as a whole, Howard said, "I believe that the faculty also benefit from the CyberGallery, as well as the art department as a whole. I'm sure that many prospective students who are considering a major in studio art surf the CNU Web site and come across the CyberGallery."

The CyberGallery can be found at <http://finearts.cnu.edu/cybergallery.html>. The site currently features Hogan's works and will show McElfresh's artwork from April 2 until May 13. ■

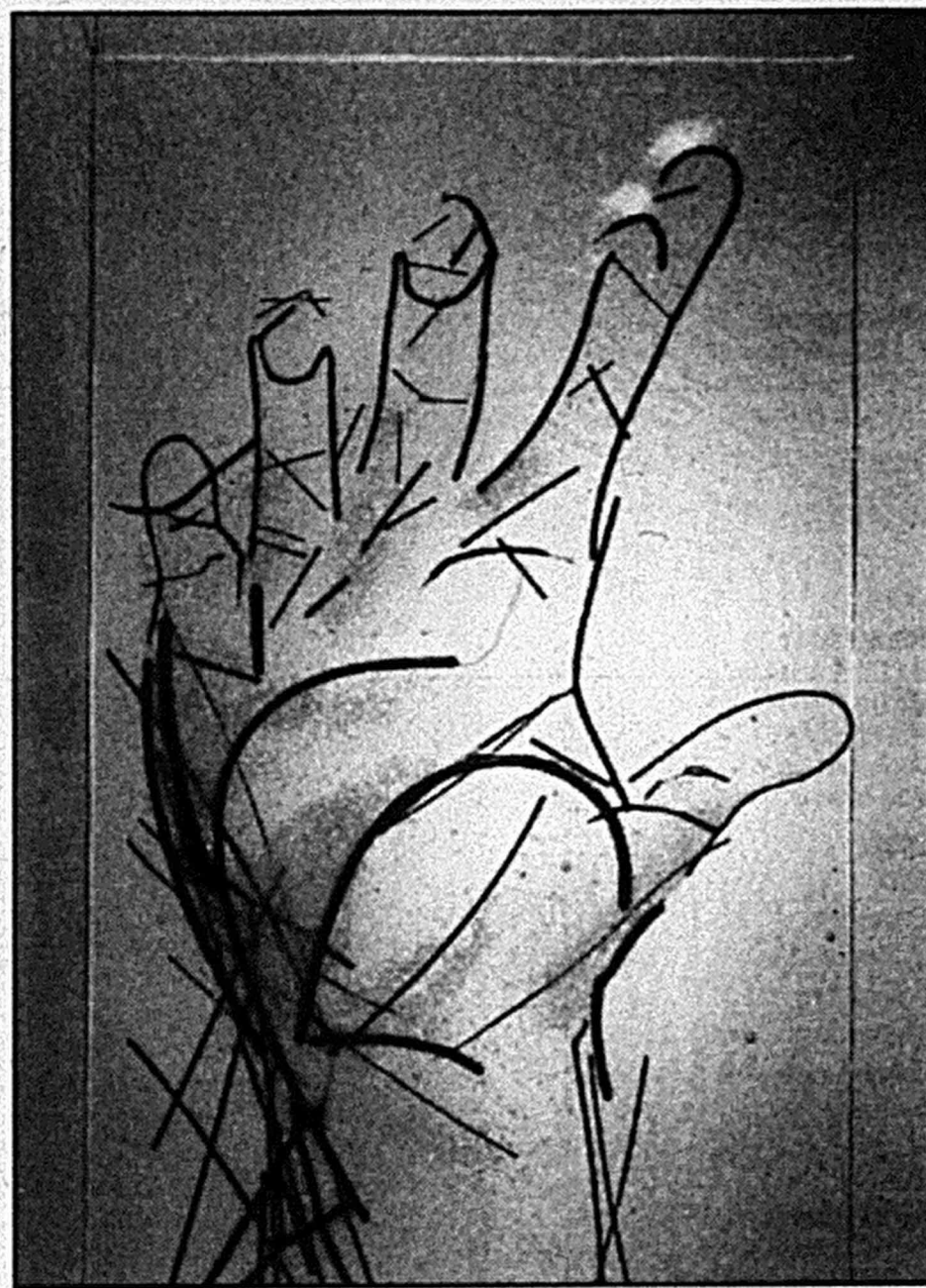


PHOTO COURTESY OF MEGAN MCELFRESH

Sophomore Megan McElfresh's "Giving Freely."

## Cowabunga, 'TMNT' return

**MOVIE REVIEW** | Shredder and the Turtles are back in CGI to fight monsters in Manhattan.

BY CHRIS MCCrackEN  
CHRIS.MCCrackEN.04@CNU.EDU

Cowabunga dudes! I just saw the new movie "TMNT" (Teenage Mutant Ninja Turtles), and it was totally gnarly.

Honestly, it was surprisingly good. The making of this film was troubling because, like many people my age, "Teenage Mutant Ninja Turtles" was a childhood favorite that will always be cherished.

Was a new "TMNT" movie really necessary? Only bad things could come from this, right?

Wrong. "TMNT" delivers. The film perfectly blends all incarnations of the Turtles from the comics, the classic and more recent television shows, as well as the previous films.

It mixes the humor and style of the original show,

while maintaining the deep characters and dark tone of the comics and first film.

The movie should please any and all fans of the Ninja Turtles universe.

It's been a while, so just in case you need reminding, here's a little refresher. The Teenage Mutant Ninja Turtles are four turtles mutated into teenagers who live in the sewers of Manhattan and fight crime. Yes, the story is quite odd, but quite cool.

"TMNT" chronologically follows the previous three films, taking up where they left off.

The Turtles' arch-nemesis, Shredder, has finally been defeated, leaving the Turtles with very little to do. They have become obsolete because now only petty crime remains.

Leonardo, by the order of

Splinter, has taken leave to South America in order to fully understand his leadership role within the group. By the way, Splinter is the Turtles' adopted father, sensei and a giant old rat.

Without their brother and leader, the remaining Turtles have become separated and disenfranchised, working menial jobs.

All that soon changes as monsters begin showing up in Manhattan. The power-hungry Max Winters (Patrick Stewart) arrives in the city to resurrect an ancient legend and persecute world domination.

To stop this threat, the Turtles will have to reunite, seeking the help from some old friends.

With "TMNT," we see the Turtles for the first time in CGI (Computer-generated imagery). The crime fighters were animated in the television shows, while the three previous films were live action.

Though at first it seems odd

to see the Turtles this way, after a few minutes they fit right in. Plus, the CGI looks spectacular. My only complaint is that the humans look a little too cartoonish, but since the Turtles look perfect, the caricature-like humans can easily be overlooked.

Don't worry; many of the classic characters from the shows are also in "TMNT," which includes April O'Neil (Sarah Michelle Gellar) and Casey Jones (Chris Evans). Even the Foot Clan makes an appearance in the film.

Of course, the feud between Raphael and Leonardo continues in "TMNT." But by this point, their constant bickering has become stale.

Can't Raphael keep his emotions under control and follow Leonardo as their leader?

With "TMNT," just kick back, eat a pizza, grab some shell and relive the memories of a childhood classic that will appease any Ninja Turtles fan.

"TMNT" receives three pizza pies out of five. ■

## Modest Mouse release plunges to new depths

Fifth studio album has 'deep' tone.

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

Artist: Modest Mouse  
Album: We Were Dead Before the Ship Even Sank

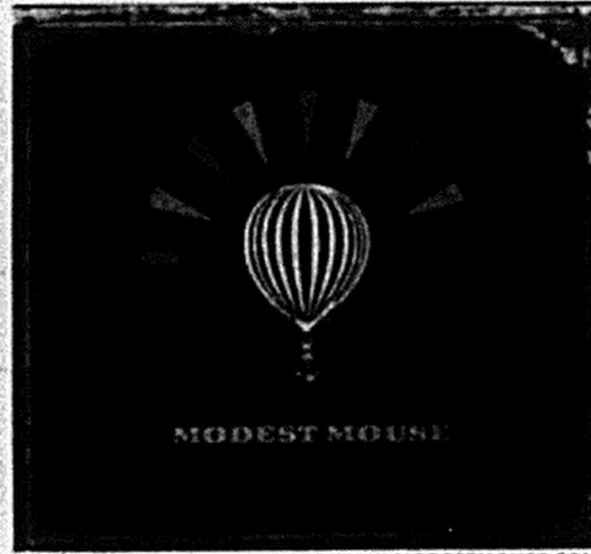


PHOTO COURTESY OF WWW.MODESTMOUSE.COM

"We Were Dead" released March 20.

The old adage is that the sea can turn boys into men. Isaac Brock of Modest Mouse marches straight into the deep, knowing all too well what his fate will be. He emerges ravaged and dry, setting the stage for Modest Mouse's fifth studio album, "We Were Dead Before the Ship Even Sank." The new album is a much tighter effort than 2004's "Good News For People Who Love Bad News."

It's a bit darker this time around, and the guitar work is impeccable, especially with the addition of ex-Smiths guitarist Johnny Marr, who fits seamlessly into the picture. James Mercer of The Shins also joins the group, adding some background vocals to the "nautical balalaika carnival romp," as Brock described the album.

"Dashboard," the first single released from the album, paints a picture of a fisherman recalling a larger-than-life story years after it occurred.

It also drenches Modest Mouse in disco style strings and wild guitars, a sonic sidetrack that's sadly missing from the rest of the album.

"We Were Dead" serves to refine the band's sound, but the formula is nearly perfected here. Songs like "Parting of the Sensory" can change wildly by the last riff. "Sensory" starts off as a depressed folk song and ends up rolling into a wild Middle Eastern blast.

"Steam Engenius" blasts you right out of the calm of "Little Motel," and it

couldn't be more appropriate.

The themes and lyrical complexity are utterly amazing, from the portmanteau "etceteranough" to making carbon the real celebrator of an anniversary. Knowing that he'll be treated "like the sea, oh so salty and mean," and ruminating that "it would've been, should've been worse than you would ever know," Brock ends the album summing up the main concept: "we'll get crushed by the sea, but it will not get us wet." In addition, multiple vocal tracks, backwards and distorted guitars and sea-soaked accordions are commonplace.

As with past efforts, Modest Mouse easily meshes influences like the Beatles and Talking Heads into the album without stealing ideas, making the music their own.

With the first three songs, it's easy to misconstrue the album as tales of travels on the ocean. However, Brock's idea is much more complex than that, and it's something I won't spoil here.

"We Were Dead" is probably the band's best album since "The Moon and Antarctica," though it may not be evident after the very first spin. On that first listen, most people will want to compare it to "Good News," searching for another gem like "Float On."

Although they won't find it right away, they may indeed spot an apt successor here. However, "We Were Dead" is a pop success, though it maintains the band's "mainstream indie rock" sound. ■



PHOTO COURTESY OF HTTP://TMNT.WARNERBROS.COM

"TMNT" hit theaters last weekend with a gnarly combo of old-school turtle plots and villains morphed into a modern CGI form.



# SPORTS

WEDNESDAY, MARCH 28, 2007 | PAGE B4

## Softball sweeps three teams

### SPORTS SCORES

#### baseball

(5-3, 17-8)

**March 24 Finals:**  
Methodist 2, CNU 1  
**March 25 Finals:**  
Methodist 4, CNU 1

#### Rankings

1. Methodist	5-3	18-7
2. CNU	5-3	17-8
3. Ferrum	5-3	13-12
4. N.C. Wesleyan	5-5	20-12
5. Averett	4-4	27-8
6. Shenandoah	3-5	13-7
7. Greensboro	3-7	16-12

**Upcoming games:**  
3/28: CNU at Virginia St.  
3/31: CNU vs. Ferrum  
4/1: CNU vs. Ferrum

#### softball

(7-1, 22-6)

**March 24 Finals:**  
CNU 2, Greensboro 0  
CNU 8, Greensboro 4  
**March 25 Finals:**  
CNU 1, Averett 0  
CNU 10, Averett 2

#### Rankings

1. CNU	7-1	22-6
2. Methodist	4-2	20-6
3. N.C. Wesleyan	5-3	15-6
4. Greensboro	6-4	24-6
5. Shenandoah	4-4	10-10
6. Peace	3-5	17-10
7. Averett	2-6	7-16
8. Ferrum	1-7	10-16

**Upcoming games:**  
3/28: CNU at Ferrum  
3/31: CNU at Mary Baldwin  
4/1: CNU at Shenandoah

#### women's tennis

(3-0, 14-0)

**March 24 Finals:**  
CNU 7, Shenandoah 0

#### Rankings

1. Methodist	4-0	12-3
2. CNU	3-0	14-0
3. Greensboro	3-1	4-5
4. Shenandoah	2-1	7-2
5. Peace	2-1	4-7
6. N.C. Wesleyan	2-5	4-7
7. Averett	0-3	0-4
8. Ferrum	0-5	2-7

**Upcoming games:**  
3/31: CNU vs. Methodist  
4/1: CNU vs. Peace

#### men's tennis

(1-0, 6-3)

**March 25 Finals:**  
Salisbury 6, CNU 3

#### Rankings

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

**Upcoming games:**  
3/28: CNU vs. Shenandoah  
3/30: CNU at Greensboro  
3/30: CNU at Averett  
3/32: CNU at Washington & Lee  
4/1: CNU at Rhodes

#### women's lacrosse

(5-0, 7-4)

**March 24 Finals:**  
CNU 15, Greensboro 11  
**March 25 Finals:**  
Catholic 13, CNU 9

#### Rankings

1. CNU	5-0	7-4
2. Greensboro	4-1	6-3
3. Methodist	3-1	4-7
4. Shenandoah	1-3	3-5
5. N.C. Wesleyan	1-3	3-9
7. Ferrum	1-4	4-5
8. Averett	0-3	1-6

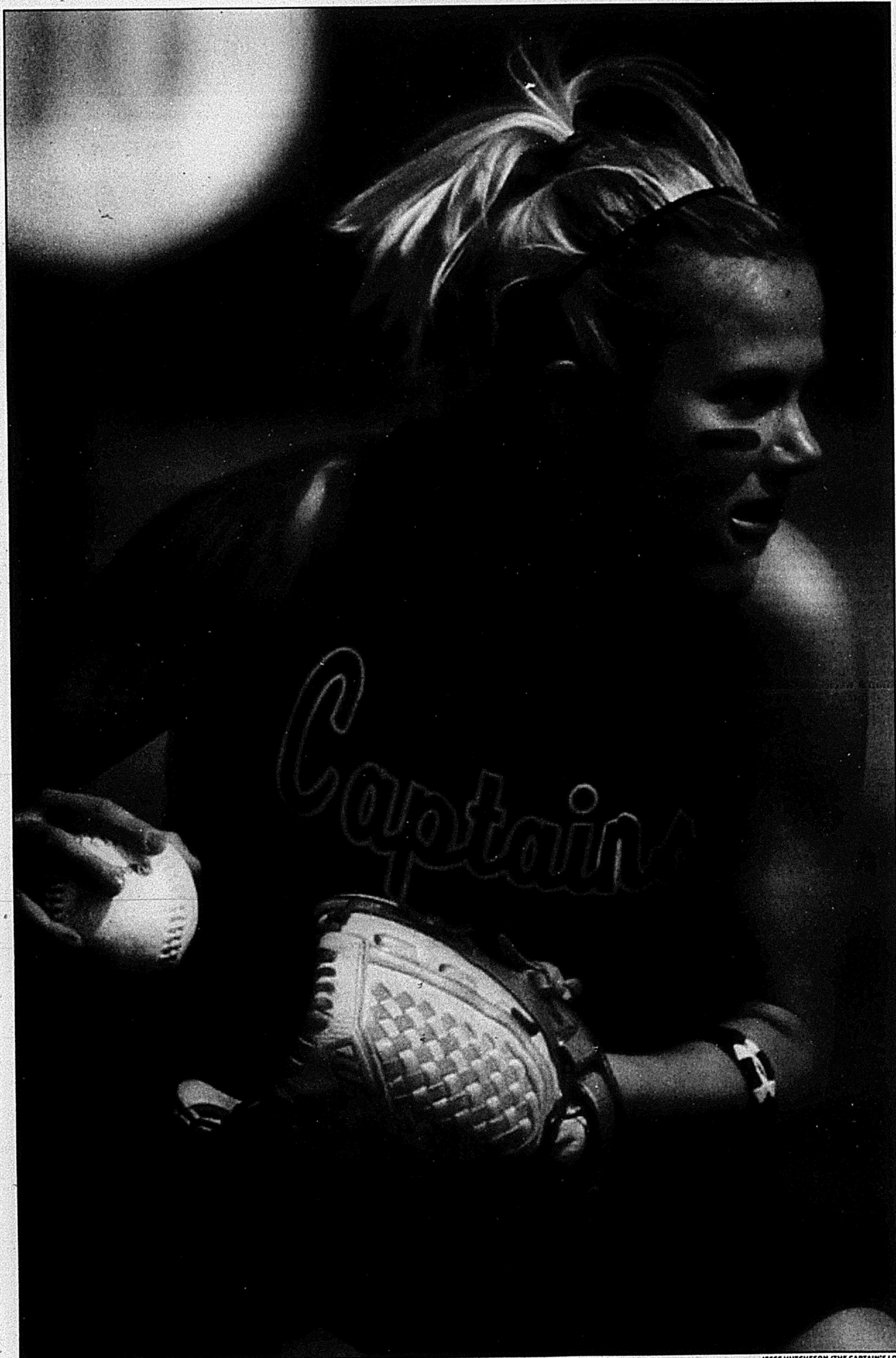
**Upcoming games:**  
3/31: CNU vs. Methodist

#### men's lacrosse

(5-0, 7-4)

**March 24 Finals:**  
St. Mary's 20, CNU 1

**Upcoming games:**  
3/31: CNU vs. Mary Washington



JESSE HUTCHESON/THE CAPTAIN'S LOG

Sophomore Katie Moyers attempts a throw out during the first game of a doubleheader against #10 Greensboro. The team swept both games.

**SPORTS BRIEFS |** Softball sweeps a doubleheader against #10 Greensboro; Women's tennis sets a record for consecutive wins to start a season.

**BY JASON COMO**  
JASON.COMO.04@CNU.EDU

#### Softball

On Monday, March 19, Christopher Newport swept a road doubleheader against Bridgewater by scores of 4-2 and 7-2.

Junior Janet Fairchild pitched six strong innings to pick up the win in game one, and freshman Kristen Bruce picked up her fifth win of the year in the second game.

The Lady Captains trav-

eled to take on Lynchburg the very next day for another doubleheader. This time the teams split, with Christopher Newport winning the first game 13-3 in five innings, and Lynchburg winning the second game 7-3.

In game one the Lady Captains were paced by a balanced offense which looked to carry over to the second game when they jumped out to a quick 2-0 lead. However, they could not hold it for all seven innings.

At home against 10th-ranked Greensboro on Saturday, Christopher Newport swept the doubleheader by scores of 1-0 and 10-2.

Freshman Lauren Plevich hit her fifth homerun of the year in game two, and finished with three runs driven in.

In yet another home doubleheader, Christopher Newport defeated Averett on Sunday by scores of 1-0 and 10-2.

Fairchild and Bruce got the wins to improve to 8-1 and 7-2, respectively, on the year, and Plevich was 4-for-4 with 4 RBIs in game two.

The Lady Captains are now 22-6 (7-1) on the year.

They travel to take on

Ferrum today in an away game.

#### Women's Tennis

Christopher Newport equaled the best start in program in history with an 8-1 win at Goucher on Wednesday, March 14.

Last year's team also started 10-0.

The Lady Captains then set a new record on Saturday, March 17, with their 11th win to start the season in the form of a 9-0 shutout of Ferrum.

Sophomore Lindsey Pantele won 6-0, 6-0 at No. 1, and Pantele and junior Stephanie Leblang won their doubles match 8-1 to pace the team.

The next three contests, all on the road, against Roanoke,

North Carolina Wesleyan, and Shenandoah, all ended the same way: Christopher Newport shutout victories.

With the wins, the Lady Captains are now a perfect 14-0 (3-0) on the year.

They return home this weekend to host Methodist on Saturday with start time set for 1 p.m.

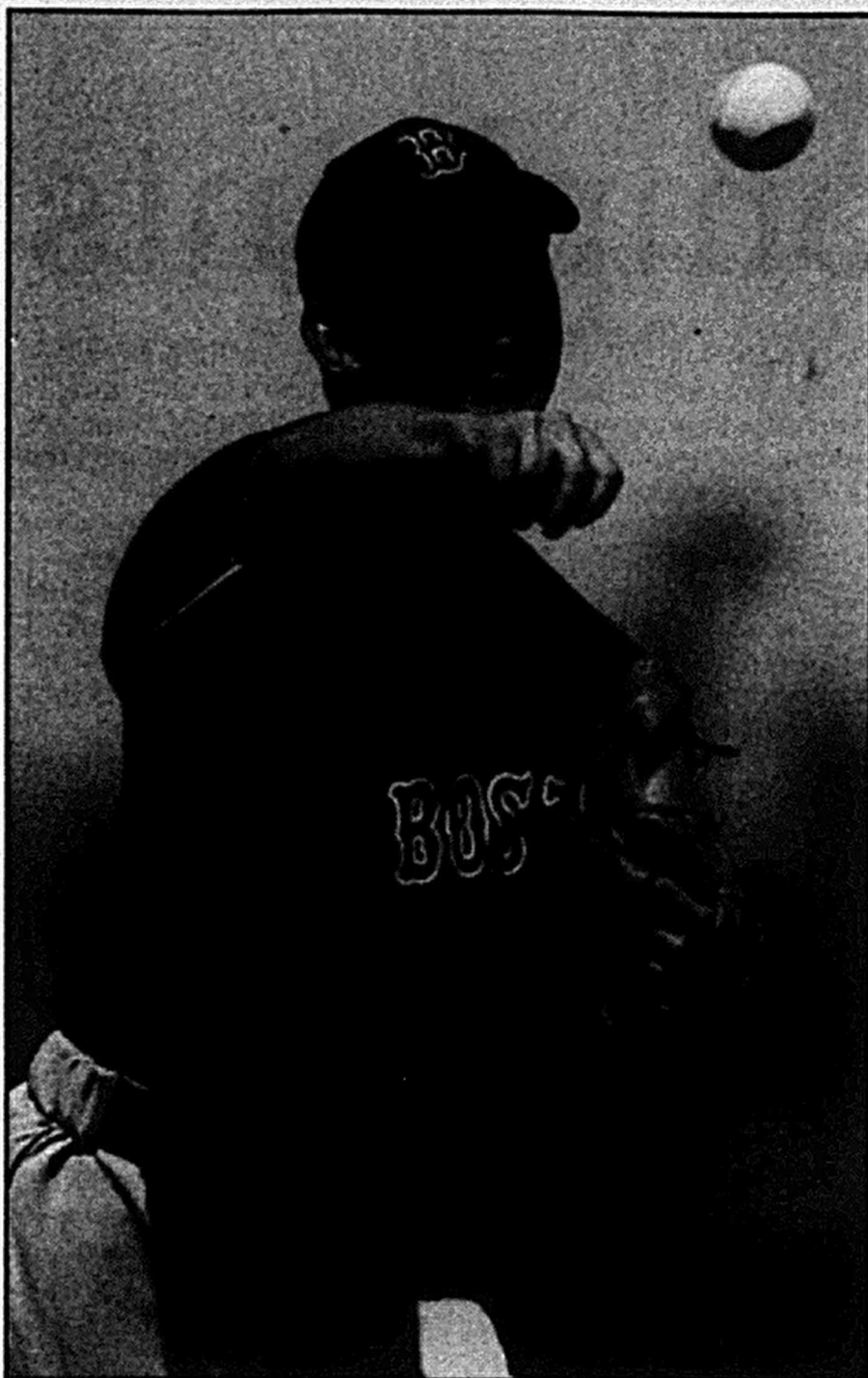
#### Men's Tennis

In a battle of Atlantic South's ranked opponents, 12th-ranked Christopher Newport defeated 11th-ranked Washington (MD) 5-4 at home on Tuesday, March 13.

The win was the Captains first ever over the Shoremen.

SEE MEN'S TENNIS, PAGE B6





BRIAN BLANCO/MCT

Boston Red Sox pitcher Daisuke Matsuzaka pitches against the Pittsburgh Pirates during a spring training game.

## MLB returns with new faces, changes

BY CHRIS INZIRILLO  
CHRIS.INZIRILLO.05@CNU.EDU

This time of year evokes a feeling of hope and continuity in baseball fans that this writer is helpless to describe. However, if you've ever seen "The Field of Dreams," you know that James Earl Jones made it look easy: "The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game...it's a part of our past, Ray. It reminds us of all that once was good and it could be again."

The 2006 season has indeed been "erased like a blackboard." But now we are less than a week away from the first pitch of 2007. Restless with anticipation, fans across the country can't help but dream about all the "good" that their teams might do this year.

It has been quite the storied off-season, with trademark aces such as Andy Pettitte and Randy Johnson returning to their old homes, and superstars such as Alfonso Soriano and Barry Zito striking golden paychecks in brand new homes. And of course, who could forget the return of Lou Piniella to the dugout?

Well now it's time to see if any of those moves matter. Every team starts at 0-0, and they all have the same chances of surviving until October. As the Yankees have proven to us year in and year out, a star-studded roster means absolutely nothing.

What we have learned as fans is that success is about what you can accomplish as a team and not as a bunch of individuals. So here's a look at the pre-season Power Rankings and how teams are looking heading into April 2007.

1. St. Louis Cardinals: As defending champs, they are on top until someone knocks them off. Let's just say that 83 wins won't cut it in the NL Central this year.

2. Boston Red Sox: The Sox are truly in a league of their own.

Matsuzaka and Drew are huge additions, not to mention that they've stacked their bullpen. If you listen closely outside, you can probably hear Steinbrenner peeing his pants.

3. LA Dodgers: Pierre and Schmidt compliment and beef up what was an already strong team.

4. Detroit Tigers: Think of last year's team plus Gary Sheffield...wow.

5. NY Yankees: Getting Pettitte back in pinstripes was a great move, but it was way over-due.

6. Chicago White Sox: Dye and Buehrle will be free agents in 2008, they are going to prove their collective worth.

7. LA Angels: Former ace Bartolo Colon is their number five starter. That should tell you something about the quality of their

rotation. And that new guy Gary Matthews Jr...he's pretty good.

8. Chicago Cubs: Everyone counts them out because "it's the Cubs." Well I count them in because Piniella will have a Jim Leyland-like effect on the team.

9. Oakland Athletics: Exit Frank Thomas, enter Mike Piazza. He will mash.

10. Florida Marlins: The critics are calling for a sophomore slump. But when all five starters win at least 10 games, I don't think it's a fluke. Plus, they've solidified the 'pen with Julio.

11. NY Mets: Need to stay afloat till Pedro gets back in June. Is it Glavine's 80th birthday yet?

12. Minnesota Twins: It's too bad that they have to wait till 2008 to get Liriano back.

13. Cleveland Indians: Their problem last year was the bullpen. So they add Joe Borowski who blew seven saves and had an ERA near 4.00. Déjà vu all over again.

14. Toronto Blue Jays: They finished in third and added Frank Thomas. They are getting closer.

15. Philadelphia Phillies: Everyone is picking them to win the East, but is it just me or do they have a very weak pitching staff? Ryan Howard can't carry the entire team, folks.

16. Atlanta Braves: They've assembled an outstanding bullpen, but they still miss Leo Mazzone.

17. Arizona Diamondbacks: Solid, young team... except Randy. Why would they willingly take on a 44-year-old with a 2006 ERA of 5.00?

18. Baltimore Orioles: Year two of "Project Cabrera" for Leo Mazzone.

19. SF Giants: It was a good move spending money on Zito, terrible doing the same for Bonds.

20. Pittsburgh Pirates: Beginning to look like a contender.

21. Houston Astros: Carlos Lee is a great addition to a weak lineup.

22. Milwaukee Brewers: When Jeff Suppan has the biggest contract in club history, it's a problem.

23. Colorado Rockies: Cook and Francis are a formidable 1-2 punch in the rotation.

24. Texas Rangers: Look for Gagne to bounce back big.

25. Seattle Mariners: Ichiro said he'll leave next year if they don't start contending.

26. San Diego Padres: Maddux will be a great mentor to Young and Peavy.

27. Cincinnati Reds: I still can't get over the trade they made with the Nats last summer.

28. TB Devil Rays: One more year and they'll be ready.

29. KC Royals: Gil Meche is in for a long year... at least he'll be paid well.

30. Washington Nationals: The walk-off king, Ryan Zimmerman, will be fun to watch. Other than that, can you even name someone in their rotation besides Patterson? ■

# Durant and Duke fail

**COLLEGE HOOPS** | Columnists Ben and Daniel Settle, "The Brothers Rim," return to bicker about March Madness games and picks.

BY BEN AND DANIEL SETTLE  
BTSETTLE@GMAIL.COM  
DANIEL.SETTLE.04@CNU.EDU

### Ben's New NCAA Tournament observations:

Ok, so what have we learned after the first four rounds of the tournament, besides that the two best things about March Madness are Bill Raftery and Gus Johnson?

Everyone associated with Texas basketball not named "Kevin Durant" should a) be fired, or b) have their scholarship revoked. That was pathetic. The only solace in their loss to USC is that it may piss off Durant enough where he decides to stay in school for one more year and absolutely destroy everyone in the country next year on the way to an undefeated season and a national title.

My picks record on the first day: 15-1. My picks record since is about 0-276. This is why I stick to the pros.

Florida over Georgetown, anyone? This game would be unbelievable.

On a side note: how about Kobe Bryant?

**Daniel's response to Ben:** Off the tip, Daniel comes out in-the-man-to-man (doing my best Bill Raftery impression).

My heart told me Duke, but my head knew my heart was wrong. They have underperformed all year and the VCU game was no exception.

Not only did Long Beach State get blown out, they fired their coach after the game because he had not set up the program for long term success (maybe because his top seven scorers were all seniors this year).

Texas was a disappointment (D.J. Augustin could not have played worse) but Taj Gibson was a beast inside for USC. If he didn't get that fourth foul against UNC on Friday, they would have won that game by 15. If O.J. Mayo isn't completely insane (and the jury is still out on that), this might be the best team in the country next year.

Remember when you said all the 12-seeds would beat the 5-seeds? That was funny.

I refuse to believe Florida will win it again simply because Joakim Noah is the

ugliest woman I've ever seen.

Remember my column from a few issues back where I made a case for college basketball being better than the NBA? I think Kobe Bryant read it and is trying to single-handedly prove me wrong. And he is making a very convincing case. Nobody in the NCAA is half as good as him.

**Daniel's retort to Ben:**

This probably deserves its own 5,000 words, but O.J. Mayo is absolutely insane. He's going to completely destroy the USC basketball program after one year, but next year will sure be wild. I've never been so excited for a player coming out of high school, even if he is going to college for a year.

He's like a combination of LeBron James (stud athlete), Gilbert Arenas ("quirky" but endearing), and Pacman Jones (completely unpredictable, possibly homicidal). I mean, did you see the clip of him dunking then throwing the ball into the stands DURING the game? I can't stop watching it. This guy is nuts.

Also don't forget that we had to be subjected to endless clips of the 1982 UNC-Georgetown game too, for which the Hoyas "waited a long time to avenge that defeat." That was

25 years ago! We weren't even born! I'd guess that 60% of the people watching the tournament have absolutely no recollection of that game even happening. Spare me, CBS.

It's ok, I hear Joakim Noah has a great personality so looks don't matter.

He and Josh McRoberts should have fun working at Papa John's together.

Whatever. By the way, when do the NBA playoffs start?

**Ben's final arguments:**

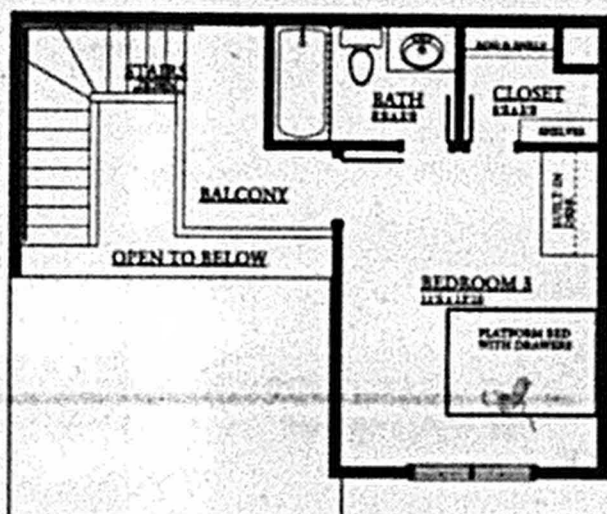
One of Mayo's "representatives" (translation: one of his boys) called USC head coach Tim Floyd to tell him that Mayo had chosen to attend his school, but Floyd had never recruited him. Mayo's boy proceeded to tell him that O.J. would be calling him soon, but not the other way around because he doesn't give out his cell phone number to ANYONE.

When Mayo called a few days later he told Floyd that USC would give him the best opportunity to market himself before he went to the NBA and to not worry about recruiting anyone else, because he would take care of it. It seems as if this guy's goal is to turn all of college basketball upside-down, and he is well on his way to doing so.

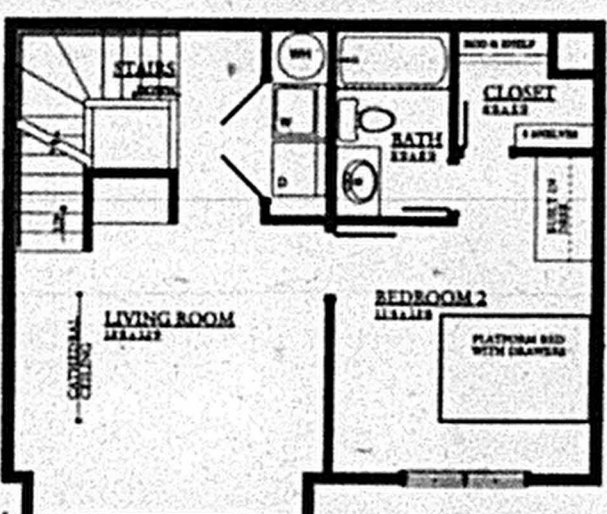
I love March. ■

## University Suites Apartments

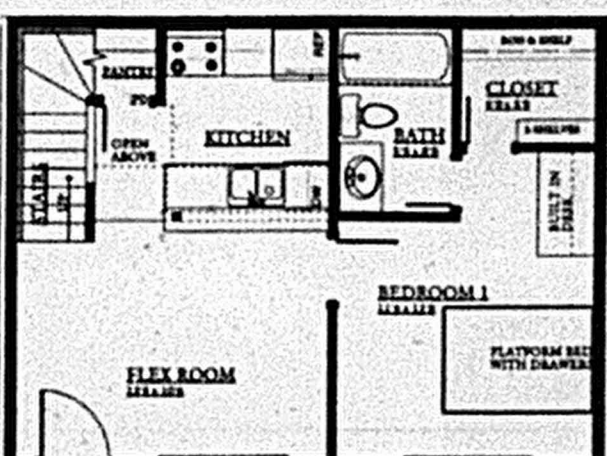
**Come enjoy the FREEDOM and PRIVACY of living off campus at UNIVERSITY SUITES**



Third Floor Plan



Second Floor Plan

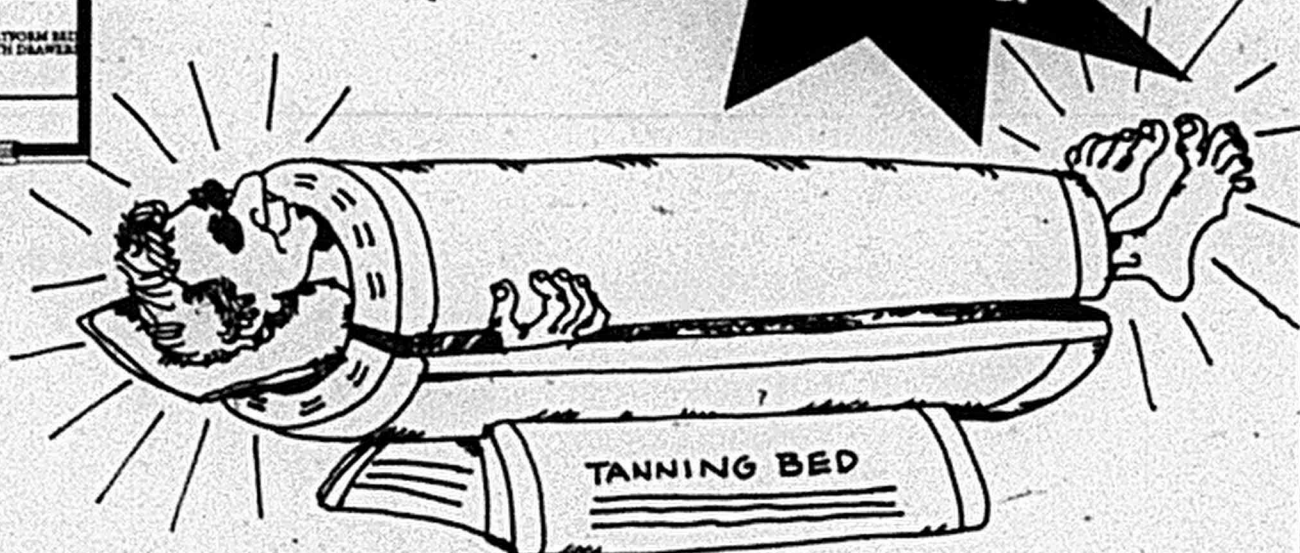


First Floor Plan

**Student Community Now Leasing for August 2007!**

- Townhome Style--No one above or below you
- 3 bedroom/3 bath and 4 bedroom/4 bath
- FREE shuttle bus service to and from campus at Port Warwick
- Parking at your front door ■ Extra large brick patio
- Maximum Privacy--Only one bedroom per floor!
- Located in beautiful Port Warwick off Jefferson Avenue.
- FREE Tanning, Pool, Clubhouse
- Unlike anything else!

**NOW LEASING**



**Welcome to the "SUITE LIFE"**  
**Stop by today and see how University Suites offers you more!**

**University Suites • 599-3351**

Management Office • 301 Nat Turner Blvd.  
Newport News, VA 23606 • [www.universitiesuites.net](http://www.universitiesuites.net)



# NASCAR CoT causes complaints

**TODAY, IN SPORTS** | Safety concerns lead to the debut of the Car of Tomorrow, which will be used in 16 races this season as a trial run.

BY JASON COMO  
JASON.COMO.04@CNU.EDU

Admittedly, I know very little about NASCAR.

I mean, I know it's actually an acronym for National Association For Stock Car Auto Racing.

I also know who Jeff Gordon is. I know he is the Rainbow Warrior, and I know that isn't a shot at his supposed heterosexuality.

I also know that NASCAR is benefiting from significant exposure and media cover-

age right now, especially from ESPN, so I know that it won't be going anywhere for a while.

What I didn't know is that there is a Car of Tomorrow (CoT) that actually debuted a few days ago.

Ignoring the awkwardness in that sentence, this is actually a big deal because this is a project that has been in the works for years now.

And no, it's not like when the NBA changed to the synthetic basketball at the beginning of this season.

That change seemed like it came out of nowhere and was almost without reason. Sure, PETA was happy with the new ball, but that may have been the reason the NBA decided to switch back to leather one.

Anyway, the point is that the CoT is mostly about safety in a sport where it is all too easy to lose everything.

One of the inspirations for the CoT was the all too famous crash that took Dale Earnhardt's life in the 2001 Daytona 500.

This was reason enough for a change, and on Sunday, six years after his death, the CoT debuted at Bristol Motor Speedway.

For those of you who don't

know, including myself, these are some of the changes that have been made.

The CoT is two inches taller and four inches wider, the roll cage has been shifted three inches back, the driver's seat has been moved four inches to the right, the exhaust has been run through the body so it now exits on the right side of the car, and extra padding ("crush-ability") has been added to the doors.

Basically, this all allows for the bigger drivers to fit easier, for all drivers to have more protection in crashes, and in the case of the exhaust, for heat to be funneled away from the drivers.

Non-safety changes include minor alterations

that improve handling and reduced dependence on aerodynamics.

All of these make the CoT run safer and smoother, but the look of the car has changed too.

From what I am told, the CoT has a distinctively old-school look to it, which can be good or bad depending on who you ask.

Needless to say, it wasn't the easiest transition this weekend.

Inspections, which generally take 45 minutes per car, lasted 80 minutes. But this was the first time out so naturally it was going to take longer. Not to worry, the inspectors stayed late on Thursday to ensure no one's

practice time was cut short.

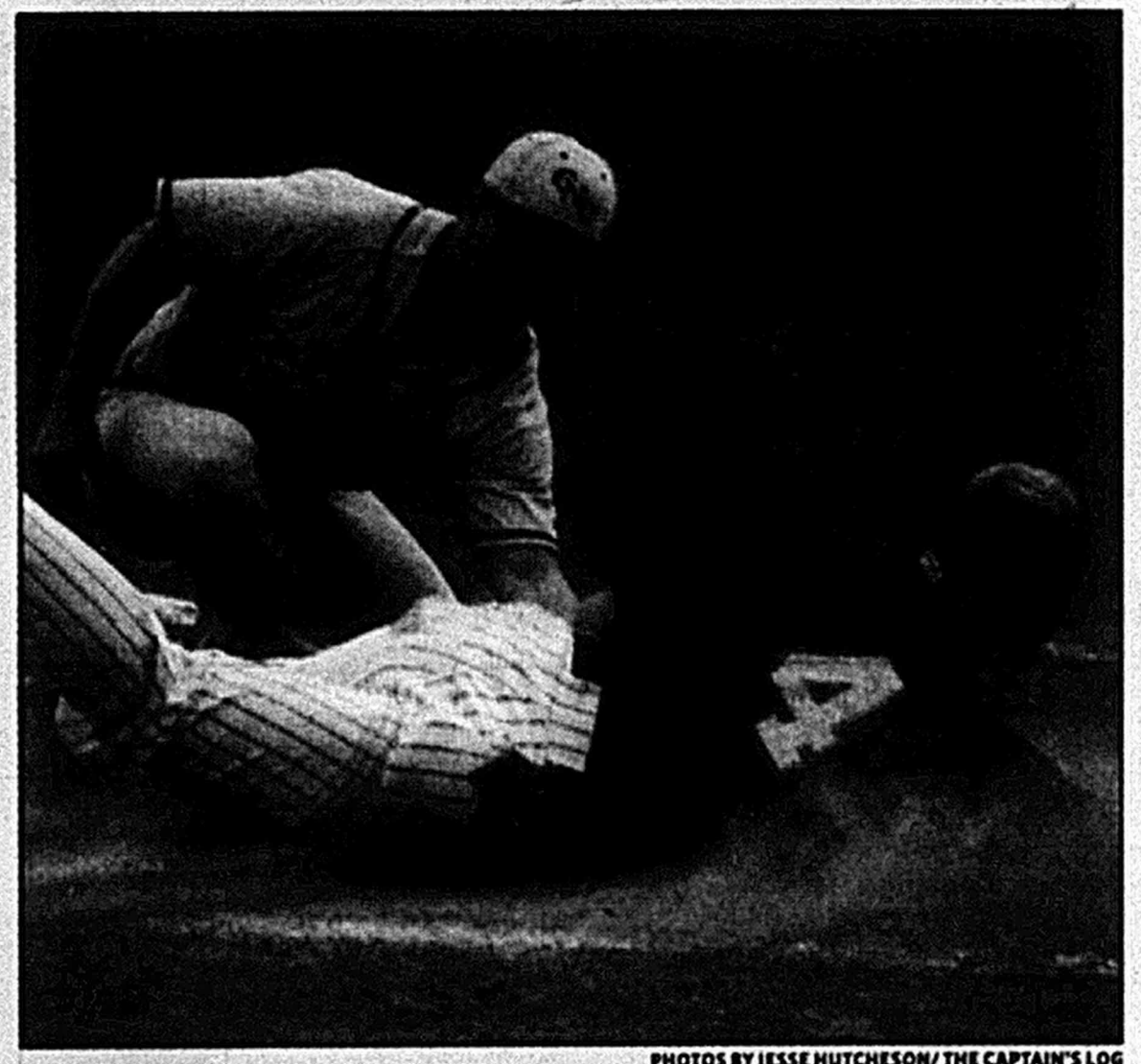
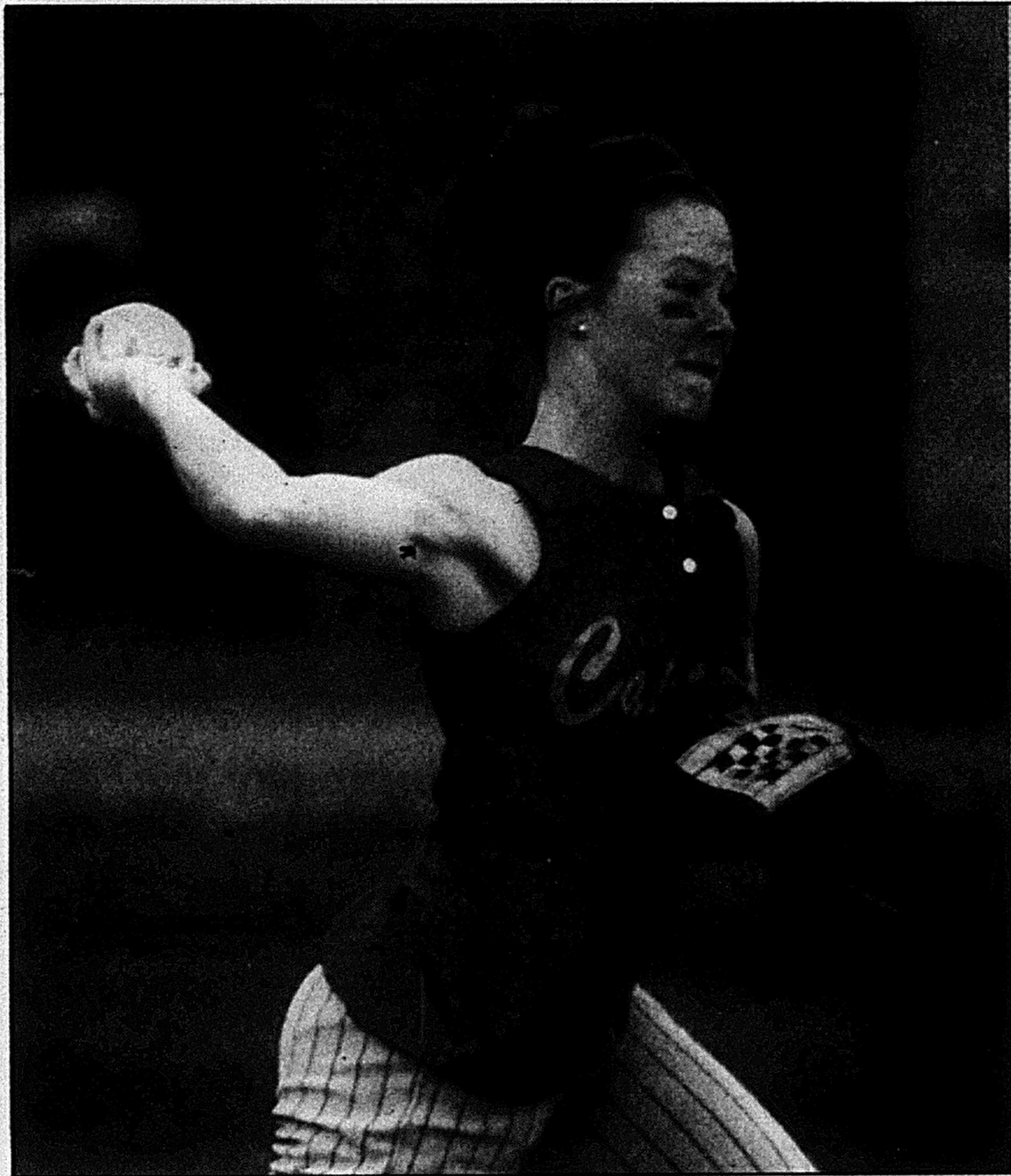
Then, Kurt Busch, Sunday's winner, came out and said the car still sucks.

Hey, you can't please everyone, at least not right away.

From a complete outside perspective, I like the CoT. I mostly like calling it the CoT so it sounds like I know what I'm talking about.

No matter what changes were made I'm sure there would've been drivers, owners, and fans that weren't sold right away, but it was one race.

There are 15 more events where it will be used this year. When those are all said and done, we'll see how many people still have a problem with it. n



PHOTOS BY JESSE HUTCHESON/THE CAPTAIN'S LOG

(Top left) Freshman Mary Kennedy throws to first base in Sunday's game against Averett. (Top right) Sophomore Mike Giarazzi squats while waiting for his turn at bat. (Bottom right) Junior Ryan McDougal makes the out at home after a throw from catcher Michael Kurbjewit. (Bottom) The Women's Lacrosse team huddles up during a game this past weekend.



## MEN'S TENNIS, FROM PAGE B4

The Captains got another 5-4 home victory, this time on Saturday, March 17, against Dickinson.

Because of inclement weather, which included snow flurries, some matches lasted nearly three hours, but the Captains persevered to pick up the win.

On the road on Sunday, March 18, Christopher Newport suffered its first loss of the season against nationally ranked Johns Hopkins (ranked 21st overall, 4th in Atlantic South) 7-2.

In doubles action, the Atlantic South's 8th-ranked combination of juniors Eddie Glidewell and John Mook defeated a Blue Jays team 8-4.

Back home on Saturday, Christopher Newport easily defeated Ferrum 9-0, but lost 5-4 to Roanoke later in the day.

Then, on Sunday, the Captains lost again to Salisbury by a score of 6-3.

They are now 6-3 on the year and look to bounce back with a win against Shenandoah today. Start time is set for 4 p.m.

## Golf

At the Jekyll Island Intercollegiate in Jekyll Island, Georgia, Christopher Newport finished with a three-day total of 924, good for a tie for 15th place.

Senior Matt Hopkins led the team with a three-day total of 231.

The team returns to action this weekend in the Marine Corps Intercollegiate held on Camp Lejeune in Jacksonville, North Carolina.

## Sailing

Christopher Newport finished sixth at the MAISA-SAISA Regatta hosted by Hampton University over the weekend.

The Captains competed against the likes of Florida, Maryland, North Carolina,

and William & Mary.

The squad returns to action this weekend in the OCN Central #1 hosted by Ocean County.

## Baseball

Christopher Newport lost 7-1 at home to Randolph Macon on Tuesday, March 13 in a game where they only managed five hits.

The Captains returned to USA South action with a sweep of Greensboro on Friday and Saturday, March 17-18.

Game one's final was 7-3, with the Captains doing most of their damage in the 6th and 7th innings.

Sophomore Kyle Baumann pitched 6 2/3 innings, and allowed just one run, to pick up the win in game two, 4-1.

On Thursday, the team returned home to take on rival Virginia Wesleyan, but could not recover from a brutal 6th inning as they fell 9-6.

The Captains lost two home games against Methodist on Saturday and Sunday by scores of 2-1 and 4-1.

In game one, junior Kenny Moreland went eight strong innings allowing two unearned runs, but the offense could not get on track. It was the same story for the offense in game two, as they generated just one run on nine hits.

Christopher Newport is now 17-8 (5-3) on the year.

They travel to take on Virginia State today before returning home to take on Ferrum this weekend.

## Men's Lacrosse

Christopher Newport defeated Medaille 14-9 on Wednesday, March 14 for their fourth straight win.

The Captains took a 6-5 lead into halftime, but owned the second half by scoring four goals in the third and fourth quarters.

Sophomore James Gannon and freshman Logan Keyser led the team with four goals

and sophomore Ryan Merrell finished with three. Freshman Ray Ralph had 11 saves in goal for the Captains.

At home on Saturday, Christopher Newport suffered its first loss of the season, 20-1 against St. Mary's.

The Captains are now 4-1 on the year.

They travel to take on Hampden-Sydney today.

## Women's Lacrosse

Christopher Newport dropped a heartbreaker at home to Randolph-Macon on Thursday, March 15, by a score of 11-10.

The game was tied at 10 before the Yellow Jackets got the game winner with 1:06 left.

On the road on Saturday, March 17, the Lady Captains bounced back with a 19-3 embarrassment of Averett.

Senior Kristyn Hankins, sophomore Katie Doherty, and freshman Christine Mike each scored three goals and freshman Gayle Robinson picked up her first collegiate win in goal.

Back home on Sunday, March 18, the Lady Captains clicked on offense again, defeating Guilford 19-12.

Freshman Bonnie Hansen led the team with six goals, and Robinson finished with 11 saves in goal.

In another high scoring home game, Christopher Newport defeated Greensboro 15-11 on Saturday.

Senior Kristen Conques and freshman Natalie Gilbert each had four goals to pace the Lady Captains.

Christopher Newport's winning streak was snapped at home Sunday against Catholic by a score of 13-9.

The game marked the first time the Lady Captains failed to score at least 10 goals in two and half weeks.

They are now 7-4 at this point in the season and next travel to take on Methodist on Saturday. ■

Eat at Kelly's Tavern Today!

Home of Tidewater's Best Burgers, Dogs & Fresh Cut Fries

Fresh Food, Cooked to Order

Kitchen is Open until 1:00 a.m. Daily



11 Convenient Locations