

FINALLY, A WET CAMPUS

ERNESTO PHOTOS, PAGE A8

Road trip to
Fredericksburg **PAGE B1**

Hip-hop, gangsters mix
in 'Idlewild' **PAGE B2**

Field Hockey drills
to perfection **PAGE B6**

THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | September 6, 2006 | VOLUME 38 Issue 2

WWW.CNU.EDU/CAPTAINSLLOG

Tropical Storm troubles

NEWS

California college journalists free from censorship

BY MATT KRUPNICK
CONTRA COSTA TIMES

California Gov. Arnold Schwarzenegger signed a bill last week that protects college journalists from censorship, giving them the same freedom of speech as high school journalists.

The new law, written by Assemblyman Leland Yee, D-San Francisco, ended speculation that a recent court decision would lead to censorship. A federal court last year ruled that an Illinois university could stop publication of its student newspaper, which ran stories criticizing a dean. The law takes effect Jan. 1.

College journalists welcomed the change Monday, saying such freedom is essential for learning purposes.

Censorship watchdogs became anxious for further protection after last year's court ruling, which prompted the lead attorney for the 23-campus California State University system to tell campus presidents to take note.

Although college administrators often say they are cautious about giving student journalists complete freedom, some said Monday that the new law was overdue. ■

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Library updates

The Captain John Smith Library is expected to be completed by late spring or early summer 2007.

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Militants free Fox journalists

Two Fox News television journalists kidnapped by militants and held hostage for nearly two weeks in the Gaza Strip were freed.

SEE PAGE A5

Let's talk about pro- tection, baby

With the freedom many students gain by leaving home, decisions about sex often begin to take a larger role.

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BY REGINA CERIMELE
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In the early hours of Sept. 1, campus power failed as maintenance workers positioned themselves on the roofs of many buildings on main campus to battle leaks. Although Hurricane Ernesto reached the Hampton Roads area only as a tropical storm, parts of CNU resembled bodies of water by Friday morning.

The rooftops of many buildings, said Assistant Director of Housing Lesa Ankney, were not able to support the excessive volumes of water that came from the tropical storm—leaks resulted. Thusly, the main task of maintenance workers, who were on main campus roofs as early as 6:30 a.m., was clearing spillways of any debris that would impede water flow, said Ankney. With the amount of rain falling, it was imperative that the drainage systems be clear, she said.

Main campus residents were informed by their Resident Assistants of the power failure, and the predictions of its lasting throughout the weekend. Power throughout nearly all of the University was restored by Friday evening, after the evacuation of most residents had already taken place. "I was told it was going to last for up to 48 hours," said sophomore and James River resident Jennifer Herbert.

Herbert awoke in her room as water leaked through her window and onto her bed. "My window was leaking and when I woke up it was raining on me," said Herbert. A fire alarm in Santoro had initially



JESSE HUTCHESON/THE CAPTAIN'S LOG

Sewer drains were blocked by debris, which caused the unusually deep water in the new parking lot near the Student Union. Dedicated CNU staff worked long hours on Friday, Sept. 1, to keep the storm's damage at a minimum.

woken her up, said Herbert, though she was re-awakened by her window leaks.

Herbert informed her RA, who instructed her to place a work order for her room and to tell the Front Desk of her situation. No repairs were made that day, however, as Kelly said she was told the

leak would be fixed later on in the week.

At Monday's SGA meeting, sophomore Senator Shevorkia Mays pointed out some of the inconveniences that faced both students and staff, stating that the university had not had an organized response to the tropical

storm's effect on both faculty and students. Many students and faculty had already arrived on campus for their 8 a.m. classes without knowing of any class cancellations, said Mays. Additionally, when the non-mandatory evacuation of on-campus residents was put into effect due to the

power outage, Mays said that many students had to travel a significant distance to their homes over the course of only a few days.

"It would be nice if there was some plan implemented and boundaries given should

SEE ERNESTO, PAGE 4

Vegans want options

Demands for change in the dining halls grows as more vegans attend CNU.

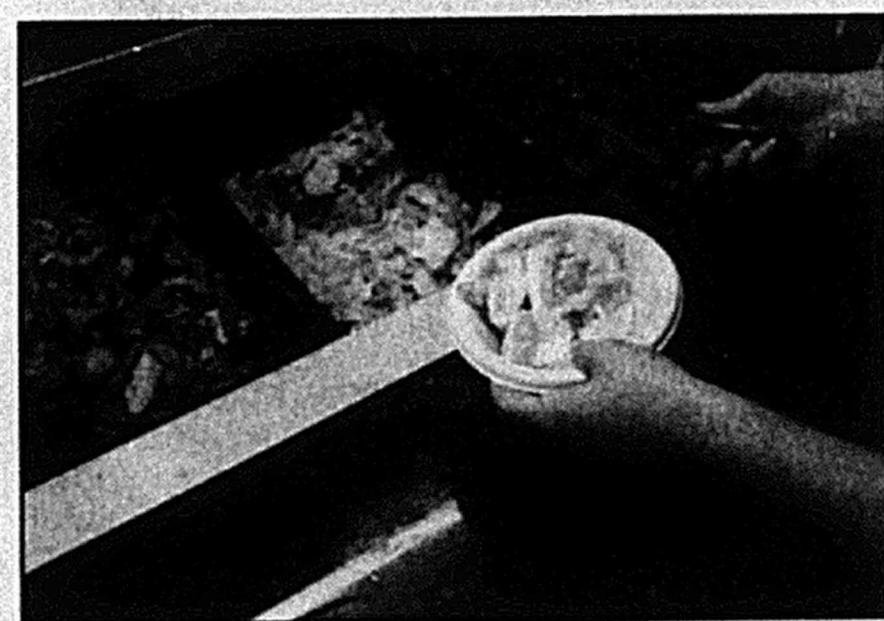
BY KELLY DOWD
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During her first year on campus, Katie Murray made frequent trips to the salad bar in the dining hall. "I became a vegetarian a month into my freshman year and I had to have a meal plan," said Murray, who is now a junior. The number of vegetarians and vegans on campus is constantly growing, which is increasing demands for changes in the dining halls.

Vegetarians, as people well know, do not eat meat, but sometimes make an exception of fish. Vegans, however, have an even more exclusive diet than even the most strict of vegetarians. In addition to not eating meat, vegans forgo any kinds of products derived from animals, such as dairy products or eggs.

People with vegetarian diets have noticed some improvements this year, especially after the Dining Services shake-up last year. Many, however, are still not satisfied with the dining halls' ability to provide all the essential nutrients they need.

"Things are better, but there is definitely room for improvement," said senior Cait Finnegan, who has been



JESSE HUTCHESON/THE CAPTAIN'S LOG

The new Regatta's in the Student Union offers a fancy presentation of the same salad bar with a few new options.

a vegan for three years.

Finnegan, who started the Animal Welfare Coalition on campus, has done a vast amount of research over the years. The most important nutrients for vegetarians and vegans are omega-3 and iron, which can be found in foods like leafy green vegetables, nuts, flax seeds and soy products, she said.

These nutrients, Finnegan said, are hard to find in the dining halls. The salad bar, which serves iceberg lettuce, a vegetable that does not contain many nutrients, she said. In order to get certain nutrients they may miss, Murray and Finnegan take multi-vitamins on a daily basis.

Dining Services Direc-

tor Kevin Ososkie points to how the dining halls have improved in the area of providing nutrition and healthy eating options. "We've added tofu, hummus and peanut butter to help [vegetarians and vegans] get protein sources while still eating a healthy diet. We're much more conscientious of the healthy eating aspect now. For example, we used to cook vegetables with butter, but we steam them now and leave the buttering up to the student," he said.

Finnegan, however, expresses an alternate message as to what vegetarians and vegans need.

"Everyone thinks protein

Canada court cites Cohen article

Canadian Supreme Court cited Cohen in a breach of contract case.

BY LINDSEY LEACH
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This past June the Canadian Supreme Court awarded the plaintiff in Sun Life Assurance vs. Fidler damages for mental distress due to a breach of contract. What was the inspiration for the reasoning behind the court's decision? The article, "Cry Me a River: Recovery of Mental Distress Damages in a Breach of Contract Action-A North American Perspective" in the American Business Law Journal co-authored by Shannon O'Byrne and none other than Dr. Ronnie Cohen a professor of Business Law here at CNU.

Cohen is a former partner in the Hilton Law Group and has been a CNU faculty member since 1983 teaching Business Law, Taxation, and Legal Research. Her research interests include feminist jurisprudence, tax equity, civil rights and European law. Her recent achievement has brought much jubilation and congratula-

tions not only from her fellow colleagues but also from several students who e-mailed her over the summer.

"You write articles and wonder if anyone reads it...its great and so rewarding to know that changes are being made," Dr. Cohen said. She further articulated her excitement by saying that what she and her co-author had accomplished was one of the highest honors.

Cohen had written the article with Dr. O'Byrne but before it was even published they received an inquiry for a copy of the article from a lawyer working for Fidler's case. It appeared that Dr. O'Byrne had known someone working on the case and had mentioned the article in reference to mental distress and breach of contract. By the time Sun Life Assurance vs. Fidler had reached the Canadian Supreme Court the article was not only published but cited as an authority in the courtroom. Cohen stated that the outcome of the decision in the court was that of the position she and her co-author had taken in their article.

It seems that in the past American and Canadian courts expect a breach of contract case to be dealt with in a professional or business-like manner.

SEE COURT CASE, PAGE 4

SEE VEGAN, PAGE 4

THE WEEK SEPTEMBER 6-12

wednesday

5:30 p.m. - Great Books Discussion Group: Confucius; Library 214

thursday

12:15 p.m. - The Captain's Log Critique; Ratc. 101

12:15 p.m. - Multicultural Student Association Meeting; SU 259

5:30 p.m. - Citizens of the World Meeting; JR Multi-Purpose Room

7 p.m. - "The Afterlife: what Happens After You Die," Alumni Room (SC 150)

7 p.m. - Residence Hall Association Meeting; JR Multi-Purpose Room

friday

saturday

8 p.m. to 10 p.m. - Mythbusters; Ferguson Center Concert Hall

sunday

9 a.m. - Non-denominational service; Alumni Room (SC 150)

7 p.m. - The Captain's Log Staff Meeting; SU 393

monday

4 p.m. - German Conversation Hour; Einstein's Café

7:30 p.m. - Bereavement Support Group; James River Multipurpose Room

tuesday

5:30 p.m. - Great Books Discuss Confucius; SC 214

6:30 p.m. to 8:30 p.m. - CNU Volleyball vs. Wesleyan College; Freeman Center Fieldhouse

PAGE TWO

WEDNESDAY, SEPTEMBER 6, 2006 | PAGE A2

On campus

FAMILY WEEKEND PROVIDES SEVERAL MAJOR EVENTS FOR STUDENTS AND FAMILIES

Sept. 8-10 is Family Weekend, an opportunity for parents to come visit campus. On Friday, parents can participate in open houses, see campus bands during CAB's Fridays at Five and watch movies on the Great Lawn after dark. Saturday includes the dedication of the Student Union, faculty features, a tailgate picnic, a CNU football game and a parents' council reception. The MythBusters will be at the Ferguson Center on Saturday night, followed by a reception featuring pianist Rob Gonzalez. Sunday morning includes a non-denominational service, brunch and a CNU field hockey game.

CEO CHIP HORNSBY, OF FORTUNE 500 COMPANY WOLSELEY TO SPEAK AT CNU

The group chief executive of Wolseley, Chip Hornsby, will be coming to speak at the Ferguson Center on Sept. 7 at 2 p.m. Hornsby is coming to campus to participate in the Executive-in-Residence Program, which is sponsored by the Luter School of Business. It provides an opportunity for students to interact with a CEO. Hornsby will be discussing corporate citizenship and philanthropy in the event, which is free and open to the public.

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

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

Around town

NEWPORT NEWS WOMAN IS NOW SIXTH VA ERNESTO FATALITY

On Sunday, city and state officials said that an 83-year-old Newport News woman was the sixth victim of Tropical Storm Ernesto. The woman died of carbon monoxide poisoning from a portable generator, which was hooked up in her garage. Other Virginia damages from Ernesto include blocked roads and power loss. The damage in Virginia is currently estimated at \$33 million.

BREAK-IN AT ELDERLY WOMAN'S HOME RESULTS IN AGGRAVATED SEXUAL BATTERY

A 42-year-old Hampton man, Joseph West, was jailed Sunday night for breaking into a 94-year-old woman's home and attempting rape. West attacked the woman while she was asleep in her bedroom, but the woman fought him off. He was charged with breaking and entering with intent to commit rape, attempted rape, aggravated sexual battery, object sexual penetration, maiming, wounding during the commission of a felony and possession of burglary tools.

Police blotter

The Captain's Log regrets to inform readers that the online CNU Police Blotter has not been updated by the University Police since Aug. 27.

September 4

There was a case of shoplifting reported at a business on Jefferson Avenue

September 3

Vehicle parts were reported stolen from a car on Glendale Road.

August 23

A drug/alcohol violation was given to students in York East, for possession of marijuana and underage possession of alcohol. The case was referred to Judicial Affairs.

There were two cases of underage possession of alcohol in York East. The cases were reported to Judicial Affairs.

August 25

In Lot K there was property damage

reported in a hit-and-run incident. An arrest/summons was issued.

A case of DUI was issued in University North. An arrest summons was issued.

August 24

A trespass notice was given to someone loitering in the BTC building.

August 23

There was a case of suspicious activity reported in Warwick River, a trespass notice was issued.

August 22

A case of larceny occurred in Lot K where a purse was taken from a vehicle.

August 20

An alcohol violation

was issued on East campus for drunk in public and disorderly conduct. It was reported to Judicial Affairs and an arrest summons was issued.

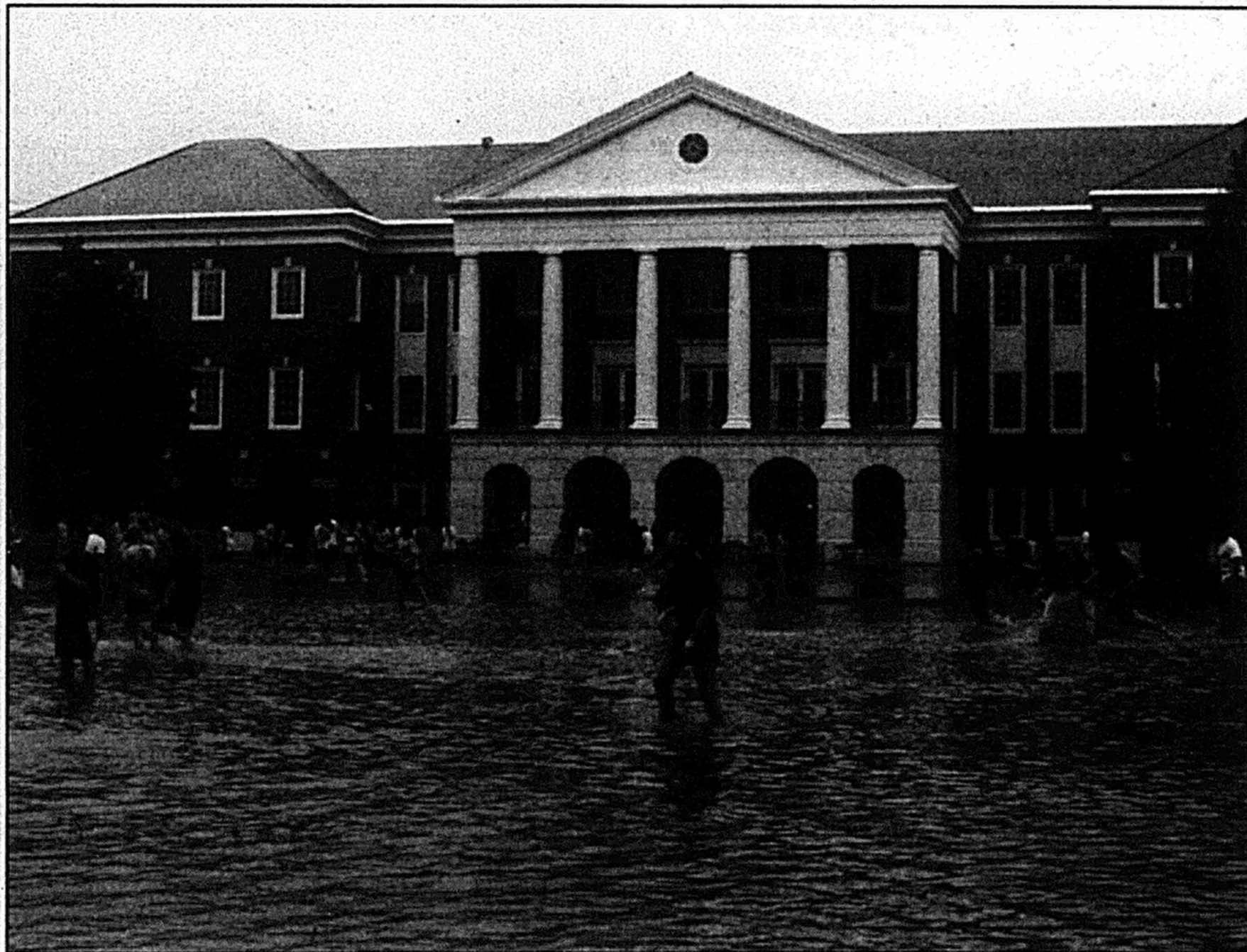
Drunkenness was reported on the Village Parking Deck. An arrest summons was issued.

A DUI was issued on Moores Lane. An arrest summons was issued.

August 18

There was a case of underage possession of alcohol reported in Lot K. The case was referred to Judicial Affairs.

SUPERSHOT



JESSE HUTCHESON/THE CAPTAIN'S LOG

The Student Union became a playground on Friday when classes were canceled due to Tropical Storm Ernesto; many students found amusement in staying outside despite the significant amount of rain throughout the day.

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

Names in the news

CNN ANCHOR MAKES JOKES ABOUT GAFFE

CNN anchor Kyra Phillips, who inadvertently broadcast her ladies' room chatter about her marriage over President Bush's speech Tuesday, went on David Letterman's "Late Show" Thursday to rehab the career damage. She presented the Top 10 list of excuses for the gaffe. (Among them: Fox News set her up, and she wanted to get "hunky" Lou Dobbs' attention.)

MTV VMA'S DISAPPOINT, BORE VIEWERS

Jack Black hosted MTV's Video Music Awards, a tepid, boring evening of music biz self-love at Radio City Music Hall Thursday night. To liven things up, Al Gore showed and made a lame Justin Timberlake joke.

Perhaps because America's

former vice principal was there, everyone was polite, including winners Panic! at the Disco (video of the year for "I Write Sins Not Tragedies"); James Blunt (male vid); Kelly Clarkson (female vid); Black Eyed Peas (hip-hop); and Pink (pop). Neither Shakira, Madonna nor Christina Aguilera won in the major categories. And there were only two multiple winners: Gnarlis Barkley and Blunt, who had two apiece.

SIMPSON STRUGGLES THROUGH TODAY SHOW

Jessica Simpson, whose voice vamoosed after a blood vessel in a vocal cord burst, valiantly battled through to sing on "Today" Friday to make up for canceling her Tuesday date. She sang "I Belong to Me." She said "I love you" to fans. Then she was, like, "My voice is shot."

MUSLIM LEADERS UP IN ARMS OVER PARTY

Muslim leaders in Zanzibar are up in arms about the scheduled beach party tomorrow to mark the 60th birthday of the island's most famous son, late Queen front man Freddie Mercury, because he was openly gay. Although Zanzibar is mostly Muslim, Mercury's parents were Zoroastrians. Mercury, who was born on Sept. 5, 1946, died of AIDS in '91.

JOHANSSON LEFT WITHOUT MAKEUP

The latest anti-terror rules (no liquids on planes, including makeup) has caused terror for celebrities. In the latest incident, London's Daily Mail says a makeup-challenged Scarlett Johansson had to wave paparazzi away as she disembarked from her New

York-Venice flight to attend the liquid city's film fest because she was "looking rather grey and dowdy." Having jetted off — via water taxi — to Venice's exclusive Hotel Gritti Palace, she remade herself as Scarlett-The-Star and "sashayed down the red carpet" at the fest.

GM SPLITS WITH 'SURVIVOR' PAYROLL

General Motors has dumped "Survivor" from its payroll, but it's not because the CBS show's 13th season is using the gimmick of dividing players by race. "It's just a coincidence. . . . It's not cause and effect," GM rep Ryndee S. Carney said. He said the car giant made the decision months ago. Why wait till this week to announce it to the press?

BY TIRDAD DERAKHSHANI
KNIGHT RIDDER TRIBUNE ■

THE CAPTAIN'S LOG

Check out
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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.

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

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

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Captain John Smith Library updates



COURTESY OF W.M. JORDAN

The new Captain John Smith Library is still in the construction phase, however, it is expected to be completed by either late spring or early summer 2007. Ron Lauster is the project manager for W.M. Jordan, which is leading the construction progress.

BY SARA JORDAN
SARA83@AOL.COM

As the Captain John Smith Library nears the end of its construction, W.M. Jordan Project Manager Ron Lauster predicts that completion of the structure will occur by either late spring or early summer of 2007, fulfilling, at long last, the anticipation of students, faculty, staff, and patrons of CNU.

The original contract had three different phases, said Lauster, which was ultimately expected to be a \$19 million project.

The third and final phase was meant to be complete in Dec. 2006, though according to Lauster, the building will not be finished.

"This project is a very complex renovation and a new addition to an existing structure. With that said, there

are often many modifications needed due to unforeseen conditions — this has been the case," says Lauster.

"In looking at the challenges and difficulties of this project, this has been the most involved project that I have been a part of. But when complete, [the library] will be the icon and the center focus of the university," he said.

The state and university have worked well together to fund any modifications

necessary, Lauster said. She emphasized that a lack of resources has not contributed to the delay.

As stated on the library's web site, the completed building will double the library's size to more than 110,000 square feet. Upon its completion, the library will feature a gourmet coffee bar and rooms devoted to media, writing and technology.

The current library situation has posed inconveniences to students on campus, with the services of the library cur-

rently split between both the original library building, and the old Student Center. Czaja Silvasi, a junior, says, "I hate that they have it separated. I understand the safety issues, but it's really inconvenient for research."

To make certain the library stays on schedule this time, CNU officials, the architectural firm SBR&A, and W.M. Jordan communicate daily and meet monthly to discuss pending issues, schedules, and opportunities.

Lauster is confident that the new library will be set to open in 2007. He has spent many years with W.M. Jordan and has been involved with 12 other building on CNU's campus.

"It has been my experience that CNU cares deeply about the students and the use and function of the buildings that serve them," he said. ■

LIBRARY SERVICES INFORMATION

FALL 2006-SPRING 2007

(FORMERLY KNOWN AS THE STUDENT CENTER)

HOURS OF OPERATION:

Monday-Thursday 8 a.m.-midnight

Friday 8 a.m.-8 p.m.

Saturday 9 a.m.-5 p.m.

Sunday 1 p.m.-midnight

WHAT WILL BE THERE?

Reference Assistance

Reference Books

Reserves

Interlibrary Loan Service

Internet & Microsoft Office Computers

Wireless Access

Book Pick-up/Drop off

Check out/Return Books

Current Popular Magazines

Daily & Sunday Newspapers

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Study areas

Get Change for Copy Machines

Pay Fines

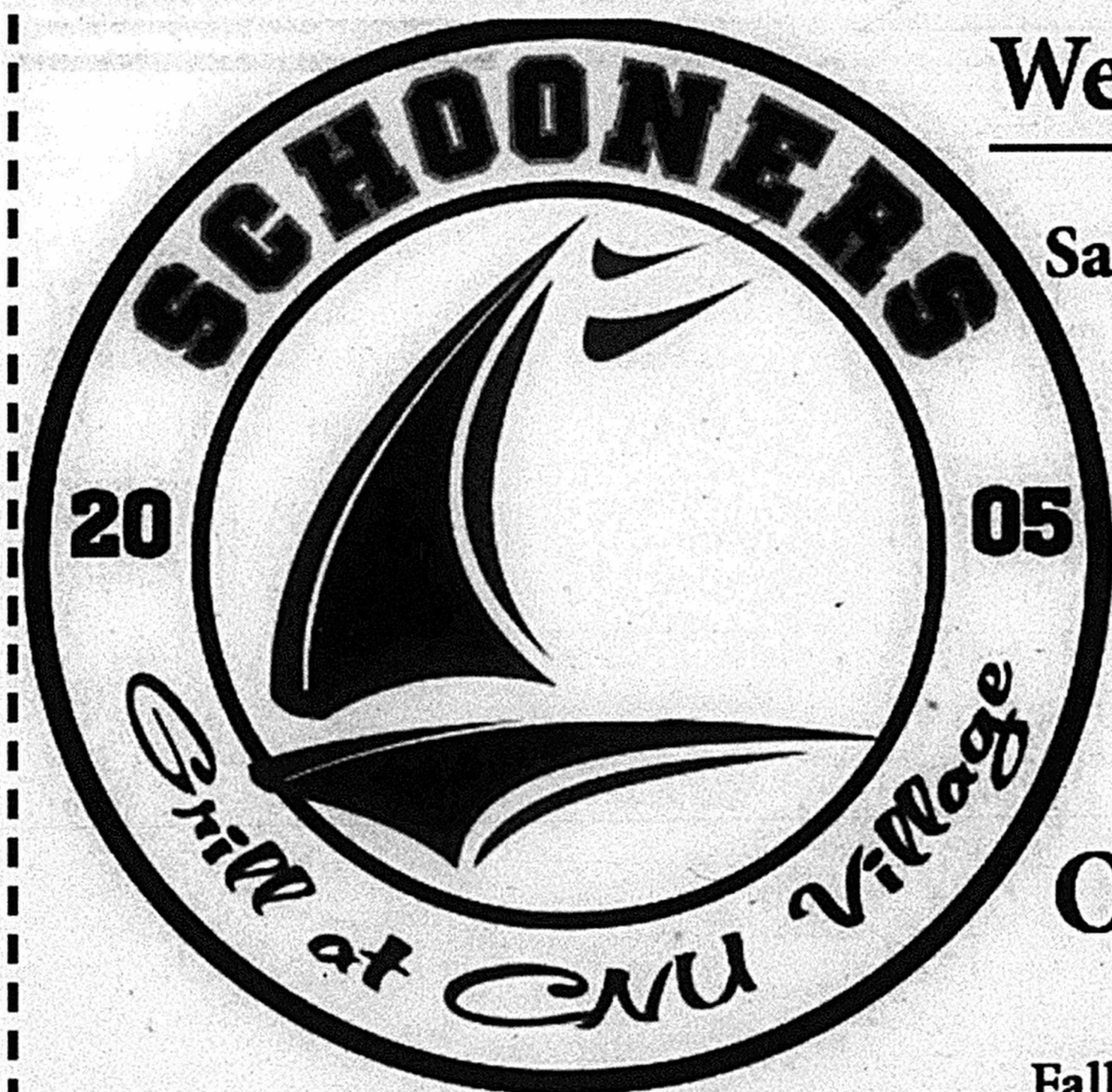
Photocopiers

Staff offices

Archives & Rare books

COURIER SERVICES

For those times when the library is closed go to the web site <http://library.cnu.edu/courierrequest.html>



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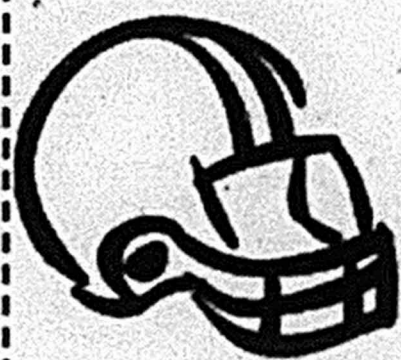
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WORLD+NATION

WEDNESDAY, SEPTEMBER 6, 2006 | PAGE A5

Militants free Fox journalists

Two American hostages released, following coerced video statements.

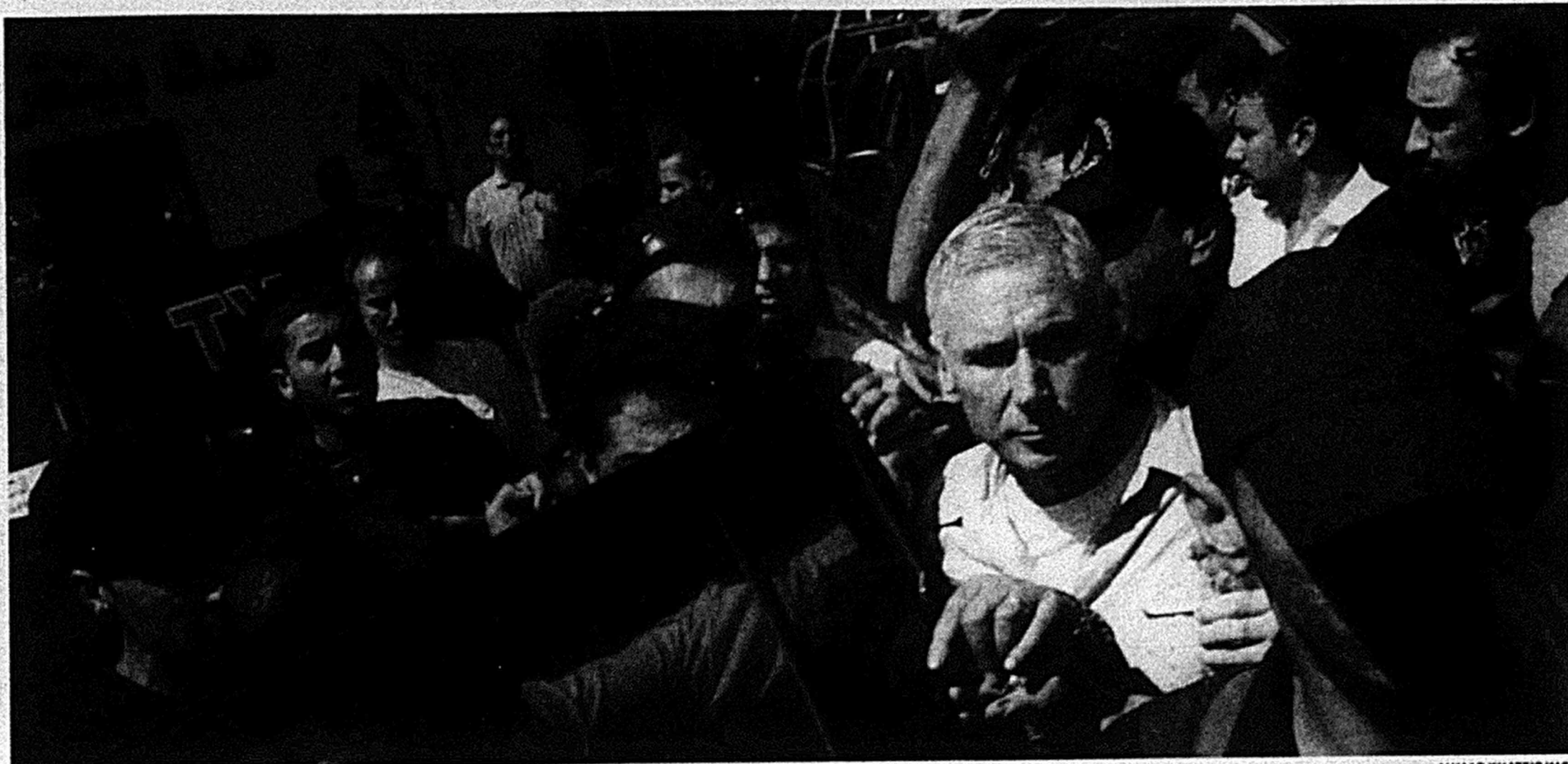
BY JOEL GREENBERG
MCCLATCHY NEWSPAPERS

JERUSALEM — Two Fox News television journalists kidnapped by militants and held hostage for nearly two weeks in the Gaza Strip were freed last Sunday hours after they appeared in coerced video statements declaring they had converted to Islam.

The release of the journalists ended what had been an embarrassing episode for the Hamas-led Palestinian government, but offered no hints about the identity of the kidnappers, whose demands for the release of Muslim prisoners in American jails were reminiscent of kidnappings of foreigners in Iraq and raised speculation that the abduction was the work of an outside group.

The two Fox journalists, Steve Centanni, 60, a correspondent based in Washington, and Olaf Wiig, 36, a freelance cameraman from New Zealand, were taken at gunpoint from their car in Gaza City on Aug. 14. An unknown group calling itself Holy Jihad Brigades claimed responsibility for the kidnapping nine days later, and the State Department promptly rejected their demands.

After their release last week, Centanni and Wiig were dropped off at the Beach Hotel in Gaza City by Palestinian security officials, and the two later left the area through the Erez border crossing to Israel.



AHMAD KHATEIB/MCT

Fox News correspondent Steve Centanni, center, is escorted by Palestinian security officials after his release at the Beach hotel in Gaza City, Sunday, Aug. 27. Militants freed Centanni and Fox News cameraman Olaf Wiig, ending a nearly two-week hostage drama.

"I'm emotional because I'm so happy to be out," Centanni told Fox News soon after his release. "There were times when I thought that, you know, I'm dead — and now I'm not, and so, thank God, but I'm OK ... and I'm going to be fine."

John Moody, Fox's senior vice president for news editorial, said in a network broadcast that "no conditions that we're aware of" were attached to the release of the journalists, although the hostages'

video statements released hours before they were freed suggested that the declarations were part of the arrangement to let them go.

In the video the two men are shown separately, dressed in beige robes, declaring their conversion to Islam and raising their index fingers in an Arabic oath of allegiance to the faith.

Centanni read a written statement condemning U.S. policies in Iraq and Afghanistan, and the mistreatment

of prisoners at Abu Ghraib prison in Iraq.

Officials of the Hamas-led government had worked to free the journalists and criticized the kidnapping, saying the Palestinians' battle is with Israeli occupation.

Palestinian Prime Minister Ismail Haniyeh and Interior Minister Said Siyam, who is responsible for the police and other security forces, met the two journalists after their release.

Haniyeh said the kidnap-

pers are from Gaza, dismissing speculation that al-Qaida was involved.

More than two dozen foreigners, including a few journalists, have been seized in Gaza over the past two years, usually by gunmen seeking jobs in the Palestinian security forces or the release of relatives in jail. In every case the hostages were released unharmed, usually within 24 hours.

But the two Fox journalists were held much longer. Cen-

tanni told Fox News that he and Wiig were pulled at gunpoint from their car in Gaza City by four masked men after their vehicle was blocked.

"We were forced to convert to Islam at gunpoint, and don't get me wrong here, I have the highest respect for Islam and learned a lot of very good things about it, but it was something we felt we had to do because they had the guns and we didn't know what the hell was going on," Centanni said. ■

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FOOD+HEALTH

WEDNESDAY, SEPTEMBER 6, 2006 | PAGE A6

Let's talk about protection, baby

BIRTH CONTROL | What you should know about different types of contraceptives that could prevent pregnancy or even save your life.

MYSTUDENTHEALTHZONE

With the freedom many students gain by leaving home, decisions about sex often begin to take a larger role. But with this decision comes responsibility. In addition to preventing unwanted pregnancies, people must protect themselves from sexually transmitted diseases (STDs).

For those who choose to have sex, there are many effective birth control methods to choose from:

Abstinence: The most effective method of birth control, abstinence means no sexual intercourse. Abstinence is the only absolute way to avoid pregnancy or STDs.

Birth Control Pill: The birth control pill is a daily pill prescribed by a doctor that contains the hormones estrogen and progesterone, which prevent pregnancy. The birth control pill does not protect against sexually transmitted diseases (STDs).

Cervical Cap: A cervical cap is a small, thimble-shaped cup made of rubber that fits over the cervix (the area between the vagina and the uterus).

The cervical cap keeps sperm from entering the uterus by forming a seal. For added protection, spermicide is put into the cap before

inserting the cap snugly over the cervix. The cap is inserted before having sex and can be left in place for up to 48 hours. The cervical cap does not protect against STDs.

Condom: A condom is a thin latex sheath worn on the penis. The condom works by keeping semen from entering the vagina. It is placed on a man's penis when it becomes erect.

When properly used, latex and plastic condoms are effective against most STDs. Condoms are available without a prescription and are sold in drugstores, supermarkets, and even vending machines.

Depo-Provera: Also known as the birth control shot, this is a long-acting form of the hormone progesterone given by injection to protect against pregnancy for 3 months.

It must be given every 3 months by a doctor, and the injection is given in the arm or the buttocks. The shot primarily works by preventing ovulation (the release of an egg during the monthly cycle). It does not protect against STDs.

Diaphragm: A diaphragm is a dome-shaped bowl made of thin, flexible rubber that sits over the cervix (a doctor must initially fit a patient with a diaphragm). It keeps sperm from entering the uterus by blocking the cervix.

For added protection, spermicide is put into the bowl of the diaphragm and along its edges before inserting the diaphragm.

The diaphragm is inserted up to 6 hours before having sex. After sex, it must be left in for at least 6 hours, but no longer than 24 hours. The diaphragm does not protect against STDs.

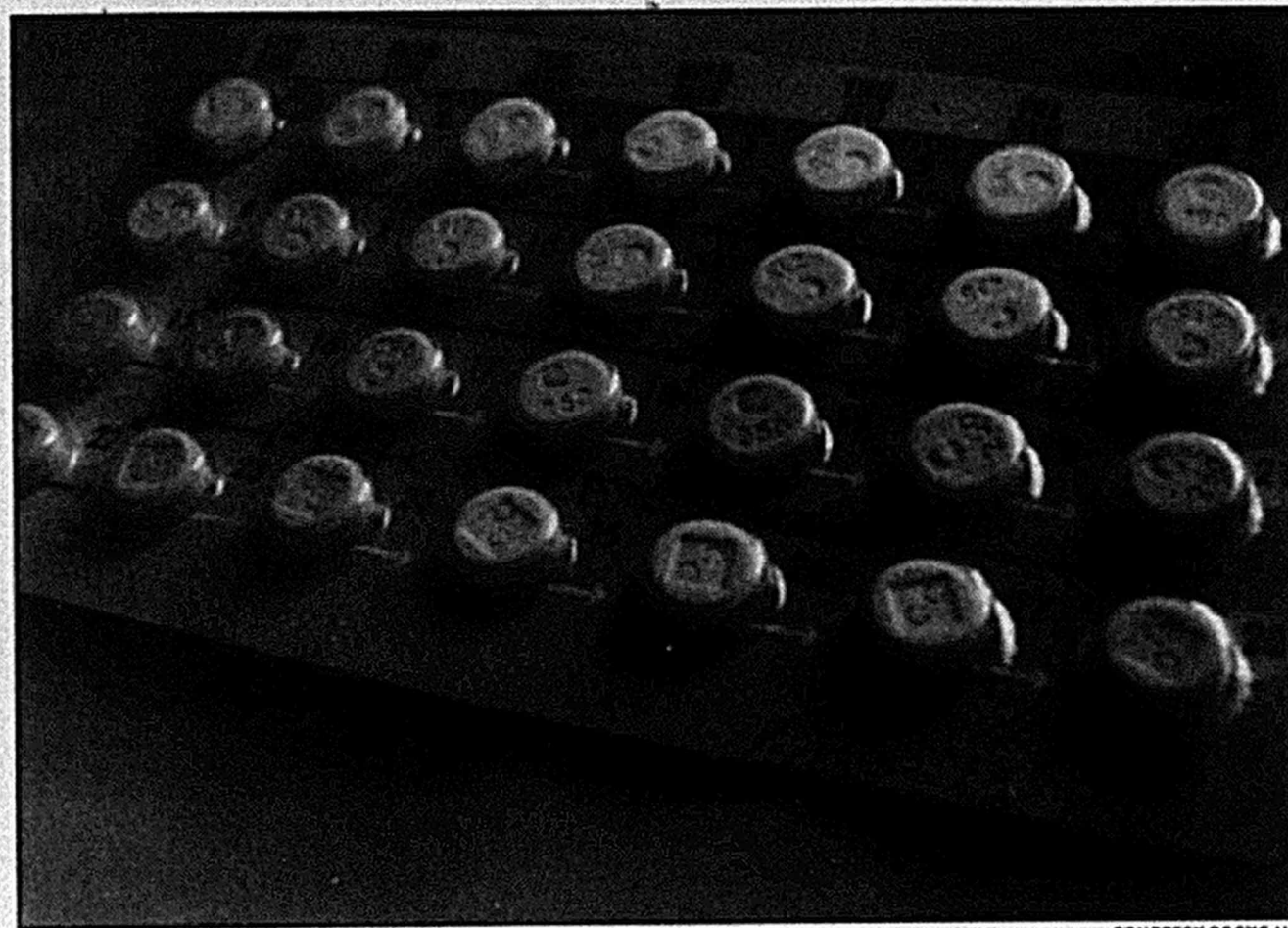
Emergency Contraceptive (Morning After Pill): Emergency contraception is a way to prevent pregnancy after unprotected sex. Often called the morning-after pill, emergency contraceptive pills (ECPs) can be taken any time up to 72 hours after having unprotected sex.

ECPs are prescribed by a doctor. Emergency contraception does not protect against STDs and is not recommended as a regular birth control method.

IUD: The intrauterine device (IUD) is a piece of plastic placed inside the uterus by a doctor. The most common type of IUD is T-shaped and covered with copper wire.

Some IUDs are coated with the hormone progesterone. The copper-coated IUD primarily prevents pregnancy by not allowing the sperm to fertilize the egg. The IUD does not protect against STDs.

Rhythm Method: The rhythm method is a way to prevent pregnancy by not having sex around the time of ovulation. Couples who want to have a baby can also use this method to have sex during the time that they are



COURTESY OF SXC.HU

Birth Control pills are a popular method of contraception. One pill is taken at the same time each day, for 21 days. Placebo pills are taken the other days.

most likely to get pregnant. It is sometimes called natural family planning, periodic abstinence or fertility awareness.

The rhythm method does not protect against STDs and is not a reliable way to prevent pregnancy.

Spermicide: Spermicides contain nonoxonyl-9, which kills sperm before they are able to swim into the uterus. Spermicides come in several different forms: cream, gel, foam, film, and suppositories. They are most effective

when used with another method of birth control such as a condom or diaphragm. Spermicides are available without a prescription and are found in drugstores and some supermarkets.

Withdrawal: Withdrawal is when a man removes his penis from the vagina just before he ejaculates. Withdrawal is an attempt to keep sperm from entering the vagina by having the man ejaculate outside the vagina. Withdrawal is not a reliable way to prevent pregnancy. ■

FOR MORE INFO:

www.myhealthzone.com

www.sexhealth.org

www.iwannaknow.org

www.webmd.com

www.collegesex-talk.com

www.plannedparenthood.com

Pattaya's Thai cuisine provides authentic Asian delight

BY JAKE HULL

JONATHAN.HULL.05@CNU.EDU

Nestled in Yorktown's unassuming Washington Square is a true gem of Thai cuisine. With an intimate and dimly lit atmosphere, a modestly priced and traditional menu and a courteous, accommodating staff, Pattaya is a beacon of culinary hope in a very 'steak and potatoes' kind of town.

I mention the atmosphere. Upon walking in, one feels like they have stepped into an underwater grotto. The dimly lit blue walls are layered decoratively with cresting and crashing waves, providing an interesting yet soothing environment to enjoy a meal. One can even observe sea life in several built-in fish tanks while they wait.

There are three dining areas—the main floor, and two side rooms that have about 5 to 6 tables each and can seat at least 15 people comfortably. The cleanliness of the restaurant also contrib-

utes to the almost ethereal quality of the dining environment. The bathrooms are also very well kept.

During my most recent dining venture, which occurred last Saturday night, I showed up with about 10 friends. Within 20 minutes they had accommodated us and made space and seating in the back dining area (keep in mind we had neglected to call ahead, whoops!) Despite our numbers, they were friendly and very flexible. The staff as a whole is kind and positive. There really isn't anything like walking into a restaurant and being greeted, not only by welcoming gestures but also by genuinely happy faces. It really enhances the dining experience.

The menu is rich with traditional Thai cuisine. Considering the size of our party (and our appetites), it was easy to sample much that the cooking staff had to offer. I ordered for myself the Larb Gai, which is a very tradi-

tional and popular Thai salad made of minced chicken, fresh herbs and a bit of spice. The restaurant's aforementioned flexibility is further evidenced by their menu, which allows customers to alter the levels of spice on any dish. I ordered my Larb Gai with considerable amounts of spice, yet my

HAVE YOU EVER EATEN THAI FOOD?

54% NO

46% YES

*Out of 100 CNU students polled

taste-buds clamored for more and at \$5.95 it was a reasonable and scrumptious way to start off a meal. I also had the pleasure of trying the Beef Salad (at about the same price as the Larb Gai).

The food was well worth the

money in quality and quantity (i.e. lots of delicious food).

To drink, I had a Thai Ice Tea, which quenched my thirst and quelled some of the spice of my Larb Gai. I promptly received my entrée, Rama in the Jacuzzi (\$8.95), a wonderful dish of tender, thinly sliced chicken with steamed watercress, a creamy peanut curry sauce, and a nicely sized bowl of fragrant jasmine rice. I devoured the dish as though it was my last meal—the flavors thrilled my senses.

Next to me, a friend ordered the Pork Fried Rice (\$7.95). It's a simple and common dish, but I have honestly never had better fried rice. The rice was soft and moist, the pork was tender and juicy and the few seasonings perfectly accented the dish. The portion was well worth the money and came presented like a great mountain atop the beautiful ceramic plate. In little time and some team effort, the mountain soon

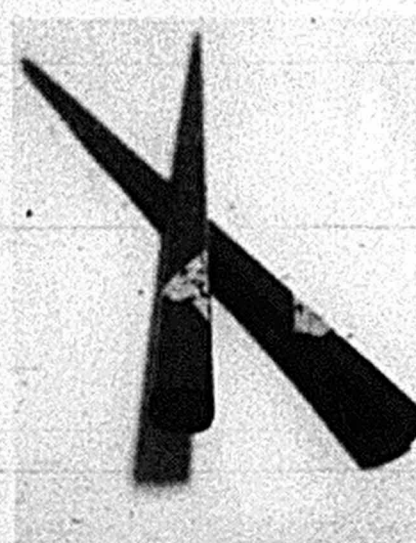
became a small pile of carb-rific rubble.

Pattaya also offers a very large and impressive vegetarian section of the menu. I quite enjoyed the Tofu Curry Panang (\$7.95). The food was stellar and the drink menu served as a delightful compliment. The bar offers an interesting selection of wines (Merlot, Pinot Noir, Chardonnay) and imported beers (Tsingtao, Sapporo, Corona). The cocktail menu is completely adorable and offers enticing drinks like the "Twister", which is served "with a surprise" (oooh how exotic!). Parting from the restaurant was difficult, not just because of the atmosphere but because our bellies were so full. I had a superb dining experience here and would recommend Pattaya to any lover of Thai cuisine or anyone curious about the balanced and exotic fare. Again, Pattaya is located in Washington Square (a little ways down J. Clyde). Dine Well! ■

WANT TO GO?

What: Pattaya's Thai Cuisine

Where: 5312 George Washington Memorial Highway
For more info: 757-833-3790



COURTESY OF SXC.HU

Binge drinking is rampant

MYSTUDENTHEALTHZONE

Binge drinking refers to the heavy consumption of alcohol over a short period of time. The general definition of binge drinking is the consumption of five or more drinks in a row by men—or four or more drinks in a row by women—at least once in a two-week period. Heavy binge drinking includes three or more such episodes in two weeks.

College students are more likely to binge drink. Being away from home and parental supervision for the first time, some students might think drinking is an expression of newfound freedom, even a sign of adulthood. Some students also use alcohol in an attempt to relieve stress and help them adjust to their new life.

On some college campuses, fraternities, sororities and athletes set the social culture. Drinking is often encouraged. To feel accepted by these groups, students may become part of the drinking culture.

Liquor stores, bars and alcohol distributors make drinking seem attractive and fun. Although they claim to be advertising only to people of legal drinking age, sellers of alcohol aim much of their advertising and promotional campaigns at students of all ages, particularly in college towns.

Alcohol poisoning is the most immediate and life-threatening consequence of binge drinking. It happens when so much alcohol is consumed that the body's involuntary reflexes (like breathing and the gag reflex) are affected. If the gag reflex isn't working, a person who throws up risks choking to death on the vomit. Signs of alcohol poisoning include extreme confusion or the inability to be awakened. Other symptoms include vomiting, seizures, slow or irregular breathing, low body temperature and bluish or pale skin. If you suspect someone has alcohol poisoning, seek help immediately by dialing 911.

Binge drinking impairs

judgment, and drinkers are more likely to become drunk drivers and injure themselves or others. More than half of all fatal motor vehicle accidents of adults between 18 and 24 involve alcohol.

People whose judgment is impaired by alcohol are more likely to participate in minor vandalism or get hurt because they do things they wouldn't do when sober.

Binge drinkers are more likely to drop out. Drinking disrupts sleep patterns, which in turn makes it harder to stay awake and concentrate during the day. Binge drinkers may also be at higher risk for depression and other mental health issues. And, excessive weight gain can be a bigger problem among those who drink heavily.

Most colleges offer counseling services for students who have drinking problems. Counseling can provide students with insight into why they are drinking and help them find better ways to cope with the academic and social stresses of college life. ■

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MAN ON THE STREET | What did you do on Friday during the storm?

By Ashleigh Tullar and Ryan Burke

"That night we bought rations from Target and played Taboo into the wee hours of the morning."

ALEX BROWN
FRESHMAN



"Partied, I went to North Carolina. My sister has a bar there and I had a few drinks and danced with some ladies all night long."

ALEX DUGGER
DISCOVERY CAFE



"The two girls in the yellow raft let me take their boat through the Great Lawn lake."

ALAN WITT
JUNIOR



"We had so much fun learning how to skim board in the great lawn and slip 'n sliding in the grass."

EMILY HOWARD
FRESHMAN



"We went to MacMarthur Mall. I bought hot pink fake crocs, 'frocks'."

JENELLE SEWELL
BEN CHENEY
SENIORS



OPINIONS

WEDNESDAY, September 6, 2006 | PAGE A7

WHERE WE STAND

Cooperation and persistence: Paths to success

Cooperation was the common thread for this past week's worth of campus affairs: throughout the week, members of our university community pulled together to safeguard our institution from the elements and improve the university's usefulness to its students.

In the wake of Tropical Storm Ernesto, housing and maintenance crews banded together to remedy the leakage and flooding in the Student Union and other main campus buildings.

Students, faculty, and administration officials owe these workers a debt of sincere gratitude for doing a dirty job and doing it well. Thank you.

Meanwhile, the administration and student leaders joined forces to help alleviate yet another sticky situation—the Student Union's non-posting policy. President Paul Tribble Jr. and Dean of Students Donna Eddleman have been meeting regularly with Student Government Association President Molly Buckley and Residence Hall Association President and Vice Presidents Kyle Chandler and Dan Zimmerman to devise a suitable compromise, allowing clubs and organizations to advertise in certain sections of the SU.

A thorough, three-page policy written by the three student leaders, which offers precise locations of bulletin boards in kiosks throughout the SU will be officially proposed to President Tribble this

week for his approval. With any luck, student organizations will be posting in short order.

Don't rest easy just yet, though, student advertisers. The bulletin boards included in the posting proposal, as I understand, have precise specifications, which might extend the time it will take to get the posting surfaces on the SU floor and ready for use. The deliveries of other essential materials purchased for the

Student Union, such as trash cans, student office locks, and dining hall furniture have been long delayed due to production issues. Student Union Manager Sean McCready recently explained this to me. You may want to pop in on the SGA senate's meetings in the coming weeks (Mondays at 5:30

p.m. in SC 150) to check how much progress has been made.

It would be quite unfortunate if a posting protocol approved by President Tribble wasn't able to be quickly utilized because the materials necessary for the policy fix just aren't there.

Last week, we at The Captain's Log praised RHA for taking the initiative to address the posting issue publicly, and beseeched them to "follow through on their desires." And both those themes continue: excellent work, but there is more to be done. The goal now must be to see this issue through to its end and on into a swift implementation.

With any luck, student organizations will be posting in short order. Don't rest easy just yet, though, student advertisers.

OTHER VOICES

Katrina packs a punch at the pump

BY BEN LIEBERMAN
THE HERITAGE FOUNDATION

Lost amid the anniversary articles about Hurricane Katrina is how we've dealt with the energy fallout. We've had a year to get used to \$3-per-gallon gasoline and to come to grips with the vulnerability of our energy supplies. What have we learned?

We've learned that the impact didn't have to be so bad and that Washington can take measures to ensure that the next big storm won't hurt drivers and homeowners as badly.

The price of gasoline shot up a record-breaking 50 cents per gallon in the week after the storm, giving America its first taste of \$3-plus gasoline. Natural-gas prices rose even higher in percentage terms, and only extremely mild weather prevented the 2005-06 winter heating season from being the most expensive ever.

Little wonder Katrina packed such a punch at the pump and in natural-gas bills, since nearly 25 percent of America's domestic oil and gas production was concentrated in its path. Offshore wells were shut down and evacuated in the days before Aug. 29, and many were damaged when the storm's

170-mph winds and massive waves swept through. Related onshore refining, processing and pipeline infrastructure in Louisiana also was hit hard, cutting energy production in the region dramatically for a few weeks and to some degree even today.

The national impact wouldn't have been so severe if it hadn't hit the only offshore area with extensive oil and natural-gas production. The Pacific, Atlantic and eastern Gulf of Mexico also have substantial oil and gas resources. And many onshore areas hold substantial untapped reserves as well. But federal restrictions have placed many of these areas off-limits to energy exploration and drilling.

Politics, not geology, is the reason America has concentrated so many energy eggs into one hurricane-prone basket off Louisiana and Texas. And future Katrina-strength storms seem inevitable.

Thus, if we truly want to take an energy policy-related lesson from Katrina, we need to allow oil and natural-gas production elsewhere. We'd have greater supplies, lower prices and less vulnerability to storms or other disruptions.

These restrictions were put in

place years ago, at a time when energy was cheap and the need for additional production was not seen as significant. But circumstances have changed. Oil and natural-gas prices are almost three times higher than they were in the 1990s when much of this energy potential was placed out of reach. Also, drilling and exploration techniques have been refined to significantly reduce the risk of environmental damage. Experts say most oil found in U.S. waters results from natural seepage from the sea floor, and only 1 percent comes from offshore wells. And very little oil spilled from rigs in the path of Katrina.

Congress has before it bills to open some of these off-limits offshore areas as well as a small part of the Arctic National Wildlife Refuge in Alaska. Legislators have two months to do something constructive about energy before facing voters in November.

We have within our borders and our territorial waters tens of billions of barrels of additional oil and enough new natural gas to last for decades. And it is so spread out across the nation that no one storm could have the impact on supply that Katrina did. ■

'Survivor' plays the race card on reality TV

MCCLATCHY-TRIBUNE

Battling sagging ratings for its "Survivor" reality-television series, the brain trust at CBS has added a shock-value twist to the show.

When the program returns to the air next month, the starting teams of 20 contestants — isolated on a remote island and competing in feats of strength, skill and endurance — will be segregated by race: whites vs. blacks vs. Hispanics vs. Asians.

All in good fun, says CBS. Uh-huh. This has the makings of shameful, destructive exploitation. And it is a far cry from, say, pitting men against women or brains against brawn. With those types of matchups, viewers get the chance to observe how inherent differences in size, strength

and thinking ability play out in the contest.

Here, the only distinction is ancestry. Which means that a national television audience, including huge numbers of young people, will watch a show built around racial and ethnic divisions that have no point other than to create warring identities. And teachers, parents and clergy who try to steer America's youth away from simpleminded falsehoods about race will be left to clean up the mess.

CBS is headquartered in New York, where white youngsters were arrested this month for allegedly assaulting Chinese-American teens on Douglaston Parkway. Not long before that, a group of black teens who got lost while biking were beaten in Gerritsen Beach, Brooklyn,

in an incident police are calling a hate crime. In June, police busted black teens for yelling "Let's get the white boy," before beating a 12-year-old, and it has been barely a month since Nicholas Minucci was sentenced to 15 years in prison for shouting racist epithets as he cracked the skull of a black man in Howard Beach last year. And on it goes — players vying on teams divided by race or ethnicity. This small minority needs no encouragement.

Most Americans are animated by higher angels. They collaborate rather than compete, and they're likely to see this round of "Survivor" for the counterproductive ratings grab that it is. If the show lives down to expectations, they'll switch it off — in unison. ■



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 clg@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.

Have our colleges failed the U.S.?

BY SILVIO LACCETTI
(MCT)

Millions of college students are now returning to school. U.S. News & World Report has just released its latest, much-heralded ranking of America's best colleges. Amid all this activity and fanfare, we might ask how our system of higher education is faring.

The system is failing, according to a less-heralded study conducted by the American Institutes for Research earlier this year.

Its survey of college literacy indicates that most college students can't perform an array of "common but complex" assignments: like balancing a check-

book, understanding simple charts or comprehending this article. Only 38 percent can do the latter.

Leaders in all areas of society must ask "why?" "What's wrong?" I ask why such dubious performers are in four-year colleges to begin with. What kinds of institutions have colleges become and what is their proper place in a pressure-packed 21st century that seems to require higher education of all Americans?

In the last 60 years, colleges have taken on a multiplicity of purposes and meanings, most of which are not central to the historic function of the college as an educational institution.

First and foremost, college

has become a big business, as have most other aspects of education and training. There are 18 million college students. They are customers, or consumers of educational services. Program offerings are profit centers. The all-important appropriate "market share" is sought by clever public relations campaigns and through the purportedly unbiased annual ranking surveys. Every college wants to top out its own targeted market share of students. If, during their stay, students are educationally short-changed, who cares? We know they can't balance their checkbooks anyway!

The big business culture in education can inhibit academ-

ics and can debilitate programs, which, though necessary, may not be profitable in an economic or public relations sense.

For the big colleges, especially the NCAA category, the intrusion of pre-professional sports dovetails well with the economic model of college as a big business. For example, the Bowl Championship Series football games produce \$150 million in revenue for participating teams and conferences. TV revenues are enormous. Cable and TV network sports programs are ubiquitous. Big name coaches are usually the highest paid employees on campus.

The money, hype and lure of big-time athletics send the wrong message to our society

— and to the world community — as to what college is all about. In particular, the televised world of sports-crazed fans ties in with what is perhaps the most insidious function of contemporary colleges: the extension of adolescent dependence in young people. The public should never underestimate the role of parties, drinking bouts or spring break hijinks as portrayed in the print, media, movies, TV and beer commercials.

For America to continue its world leadership, colleges must first and foremost be about learning.

But to accomplish any fundamental change, we must first be able to read the handwriting on the wall. ■

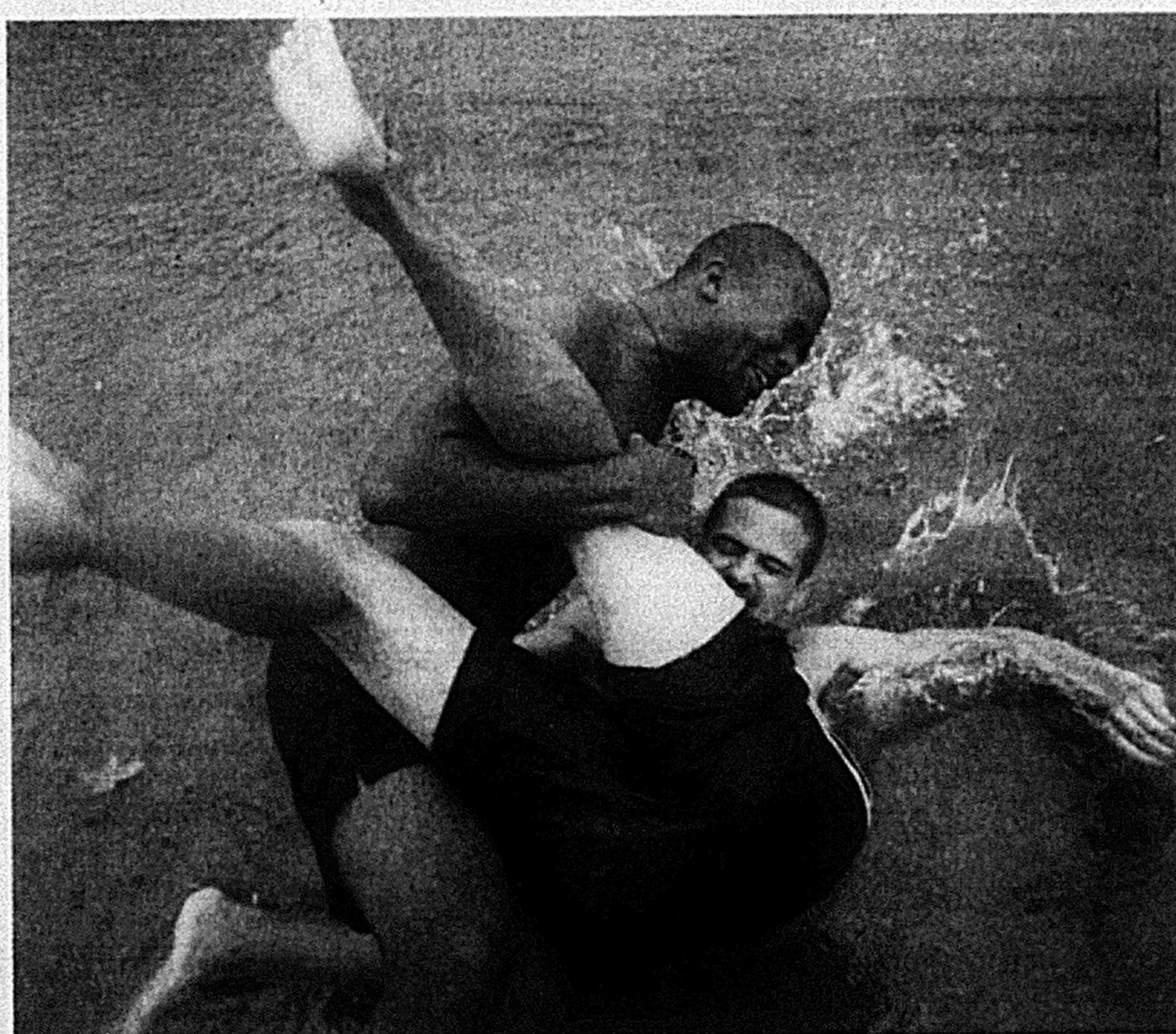
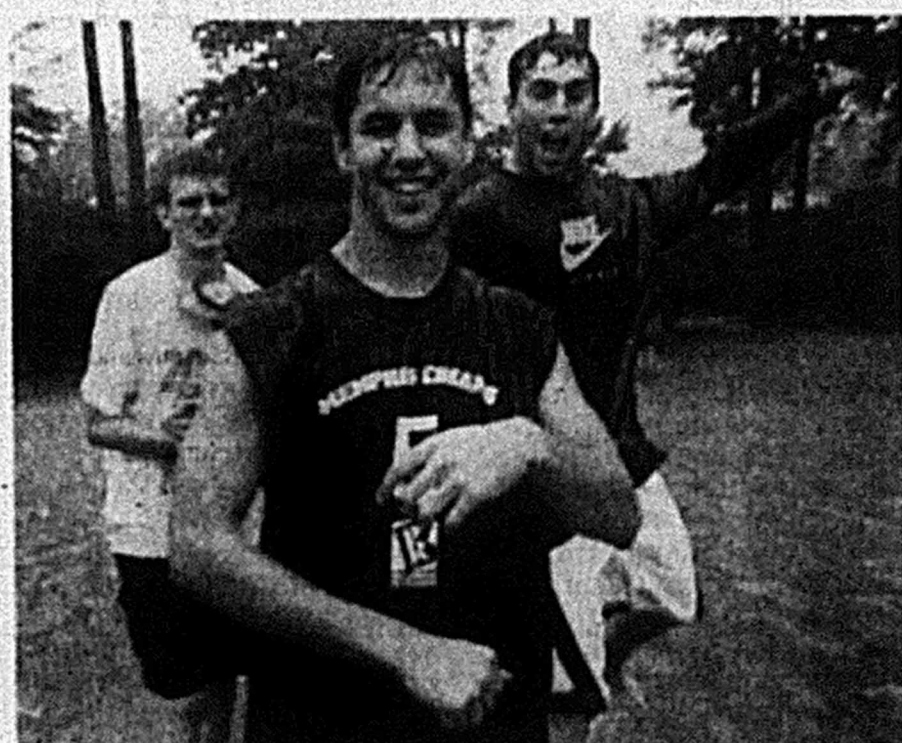
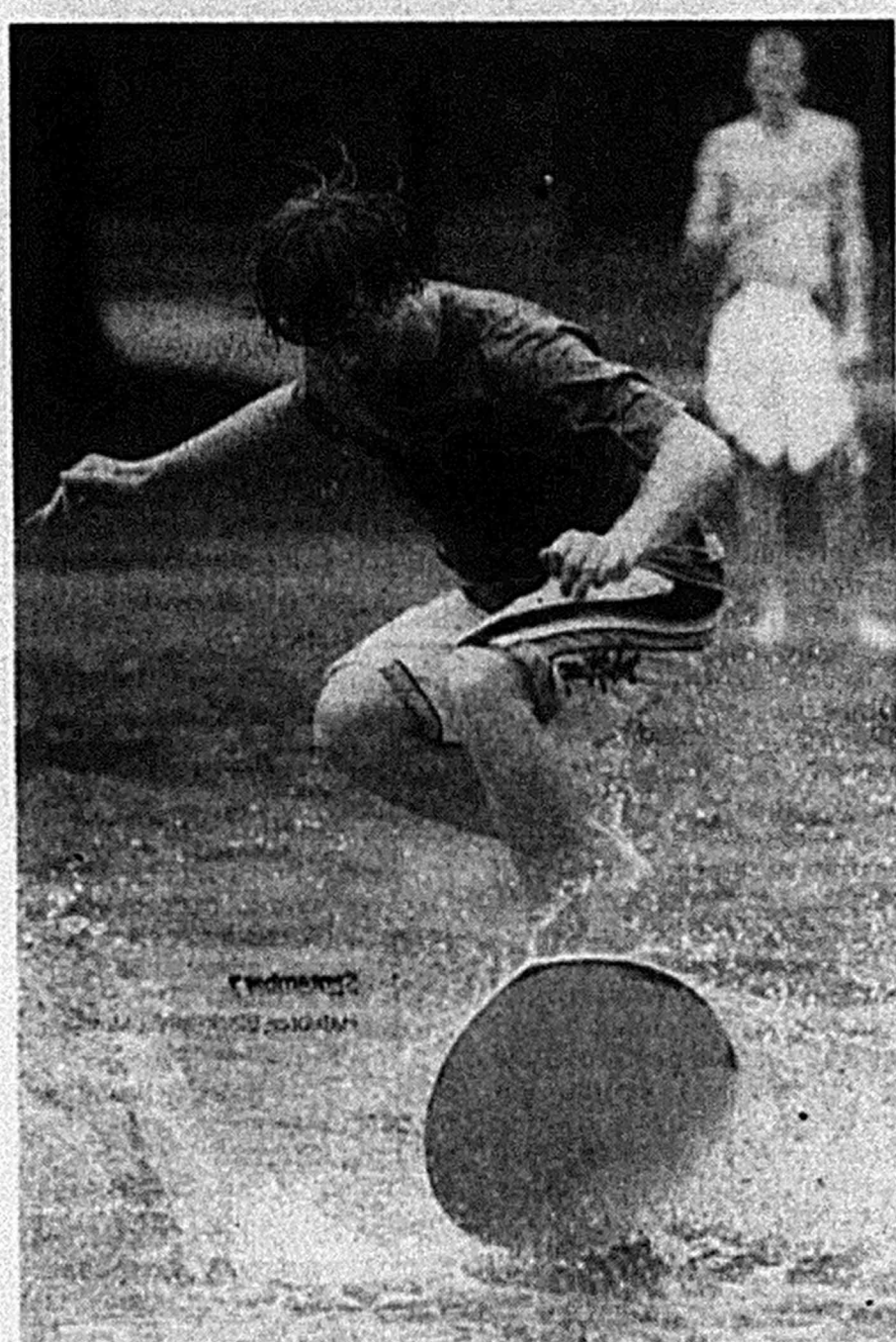
FINALLY, A WET CAMPUS



On Friday, Sept. 1 students all over campus made the best of Tropical Storm Ernesto. With classes canceled for the whole day, many were left searching for a way to enjoy the rainy situation. Water depth reached well over two feet in some areas on campus. The Great Lawn turned into a water park of fun, filled with rafting, skim boarding, slip n' sliding, and other activities that were slightly altered for the wet conditions. Students wanted a long weekend for Labor Day and Mother Nature answered their prayers on Friday. The improvised water park gave freshmen an opportunity to meet others outside of the classroom in a worry-free atmosphere. While students played, staff members worked hard to clean up the campus after the storm, despite campus-wide power outages.

For many at this time of year, wearing a bathing suit had become a blurry summertime memory, but thanks to the storm, students took advantage of CNU being a wet campus for just one day.

PHOTOS BY JESSE HUTCHESON



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SENIOR SOCCER PROFILE

FOGHARTY, PAGE B4

A+E

CAMPUS

Students make the most of inclement weather during Tropical Storm Ernesto.



MUSIC

Justin Timberlake releases sophomore effort 'FutureSex/LoveSounds.'

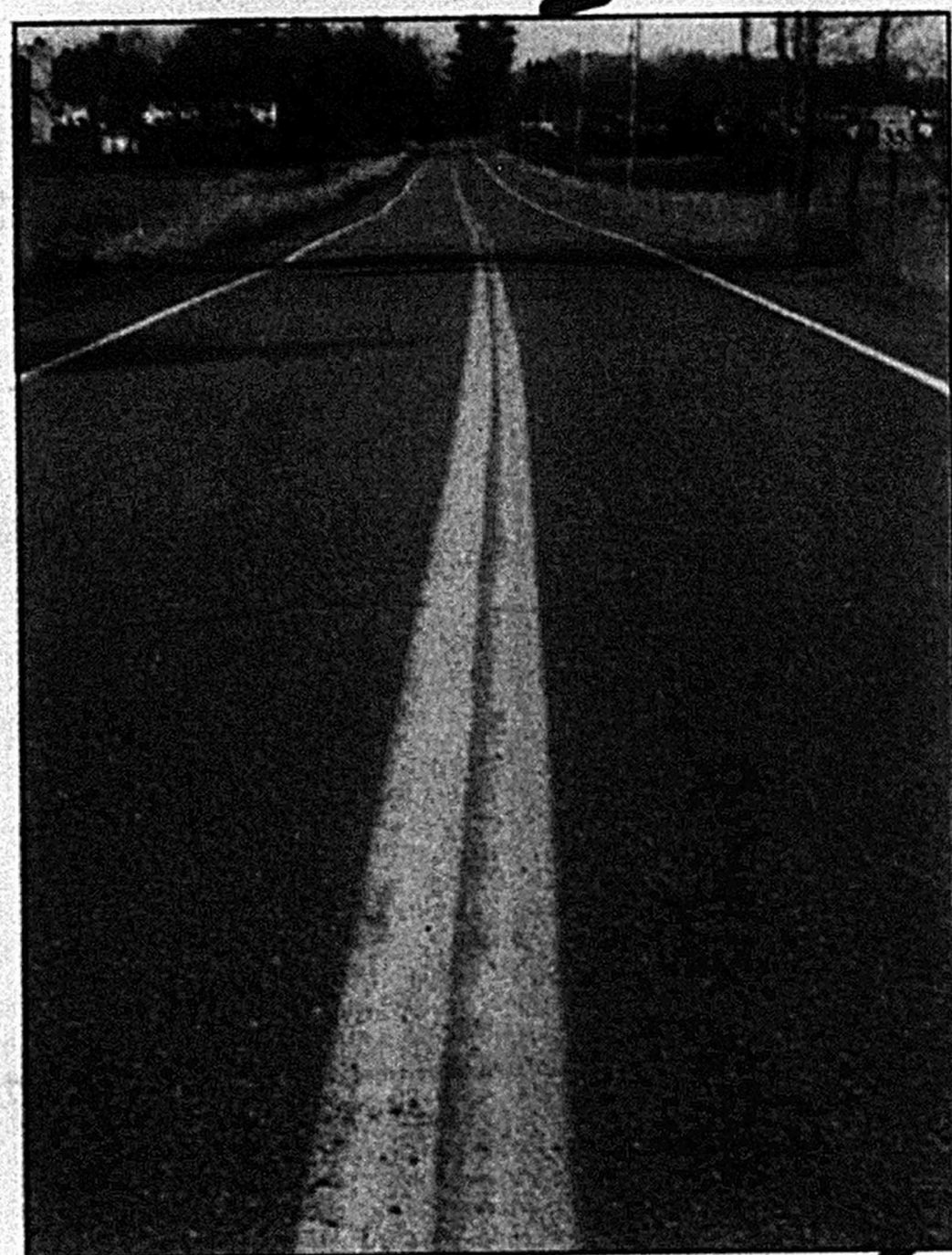


ART

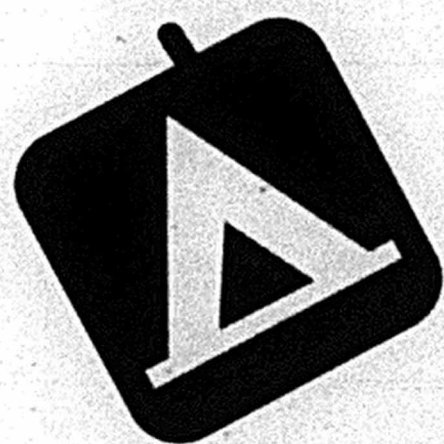
National Gallery of Art in Washington, D.C. hosts 'Portrait of Lady (Dorothea)' by Sebastiano del Piombo.



ARTS AND ENTERTAINMENT | WEDNESDAY, SEPTEMBER 6, 2006



on the road again...



Visit Fredericksburg, Virginia for a weekend getaway of dining, shopping and clubs.

BY LINDSAY SIMPSON
LINDSAY.SIMPSON.04@CNU.EDU

After high school graduation, everyone separates and attends different colleges. It's a common thing. CNU students reconnect with their friends by visiting colleges all over the state. This writer recently visited the University of Mary Washington in Fredericksburg.

Although the town is best known for being a Civil War battle site, it should also be known for all-around great

experiences, from dining, to nightlife and entertainment.

Take, for example, Nissan Pavilion at Stone Ridge in Bristow. These experiences are no more than a 30 to 45-minute drive away from the 'burg. After a quick shot up Interstate 95 and U.S. Route 234, anyone can check out a concert by groups such as Santana and Los Lonely Boys, John Mayer, Sheryl Crow and even Aerosmith and Motley Crue. The venue has a fantastic sound system that has the ability to make every attendee feel as if they are at a club venue such as the NorVa or the 9:30 Club. However, the lighting systems surpass that of most club venues.

If staying in town is more appealing, check out local music at the Bourbon Room in Old Town Fredericksburg. There are always new bands representing most genres—especially rock.

Those age 21 and up should check out Uncle Sam's in Downtown Fredericksburg, next to Central Park. Although it is no Coyote Ugly, it is definitely the small, quaint type of club that allows people to have fun, yet not get lost in insane crowds.

Speaking of Central Park, it is by far the best place to go shopping. No one gets

tired of finding new stores, great deals and amazing restaurants, right? So have your Fredericksburg friends show off the great shops and entertainment that U.S. Route 3 has to offer. Shops feature an impressive list of retail shops, including Target, Wal-Mart, Old Navy, Borders, Lane Bryant, Talbot's, Best Buy, Tweeter and more.

Once shoppers tire of filling their bags and wish to fill their stomachs, there are more than enough restaurants to curb any hunger — The Melting Pot, Panera, A & W, and the infamous Five Guys Burgers are among the favorites. However, the region favorite restaurant is Pancho Villa, a local chain of Mexican restaurants.

If there is one place to visit in all of Fredericksburg, amidst the shops, the restaurants, the historic battlefields or the small clubs, it is Carl's Ice Cream on Princess Anne Street in Old Town Fredericksburg. Sure, there is not a large selection of cool treats, but the few things they do are done very well. It is an outdoor ice cream parlor, very much reminiscent of the 1950s, olden-day variety — complete with poodle skirts and greased hair.

Fortunately, everyone nowadays can enjoy the same fantastic treat without all the nostalgia.

Overall, Fredericksburg combines old-fashioned fun and relaxation with current entertainment and shopping, and (pardon the cliché) merges the best of both worlds. Catch a live show at the Bourbon Room in Old Town, go ice skating or clubbing downtown or even spend the day at the local retail shops in Central Park. Either way, there is definitely enough to keep visitors entertained for a weekend in Fredericksburg.

THE LIST

campus

September 8
Campus Bands, 5 p.m., Great Lawn
Nacho Libre, 8 p.m., Great Lawn

September 9
Nacho Libre, 7 p.m., Gaines Theater
MythBusters, 8 p.m., Ferguson Center
Rob Gonzalez, 9 p.m., Ferguson Center (concert hall lobby)

local

September 8
Hampton Bay Days, 10 a.m. - 11 p.m., Downtown Hampton
2006 Naval Air Station Oceana Air Show, 7:30 p.m., Oceana Naval Air Station, Virginia Beach

September 9
Second Annual Shaw Day, noon, Newport News City Park

September 10
Memorial Ceremony, 5 p.m., Isle of Wight Garden of Remembrance

September 11
Holly Mayer presents "Following the Continental Army," 7 p.m., Yorktown Library

concerts

September 7
Hatebre, Black Dahlia, Murder, Napalm Death, Exodus, First Blood, Despised Icon, 6:30 p.m., The NorVa

September 8
Bridges Left Burning, Insidious, Breakdance Kickboxer, Underground Treehouse, 7 p.m., The NorVa

September 9
The Virginia Symphony Orchestra Presents: Opening Night with Nadja

movie releases

September 8
"Hollywoodland" After the tragic death of television's first Superman, George Reeves (Ben Affleck), his mother Helen Bessolo (Lois Smith) will not allow the questions surrounding her son's demise go unanswered. She hires a private detective (Adrien Brody) to seek out the truth about Reeves' love affair with the wife of an MGM Studios executive, which threatens to expose the conspiratorial relationship between justice and Hollywood. "Hollywoodland" is rated R.

"The Gridiron Gang" Probation officer Sean Porter ("The Rock") gathers together a group of juvenile delinquents, molding them into a high school football team. Confronted with issues of gang rivalries, enmity between teammates, and competing schools who are reluctant to play against convicted criminals. Porter struggles to teach them to become stronger and smarter as well as the importance of teamwork. "The Gridiron Gang" is rated PG-13.

"The Covenant" A thrilling tale of four young men who are gifted with spiritual powers kept secret through a covenant formed by their ancestors. As secrets unravel after a murder, threats arise that may break the covenant their families have protected for over three hundred years. "The Covenant" is rated PG-13.

cd releases

September 12
"Barenaked Ladies Are Me" - Barenaked Ladies
"Welcome to the Drama Club" - Everclear
"Continuum" - John Mayer
"Face the Promise" - Bob Seger
"FutureSex/LoveSounds" - Justin Timberlake

dvd releases

September 12
"Lucky Number Sleevin"

Red Jumpsuit Apparatus debuts big

BY LINDSAY SIMPSON
LINDSAY.SIMPSON.04@CNU.EDU

It is always simple to write off a new band. Their style, their sound, their lyrics...it all adds up to one single judgment—a moment where a listener decides to either love or hate a group. The moment where a band is either lumped with the average, dropped to the horrid or raised to the highest and most unique position.

The Red Jumpsuit Appa-

rus' debut album "Don't You Fake It" confronts listeners with comfortably familiar guitar riffs and beats driving uncomfortable and unfamiliar subjects.

With hints of the harder-edged sounds such as metal and screamo and the softer side of pop-rock thrown in, "Don't You Fake It" spans across multiple genres and captures the widespread attention of varied audiences.

The first single off the album, "Face Down," is one of

the most powerful messages and stories on the CD. It tells of domestic abuse and of the task of rising above it. However, the lyrics are almost hidden behind a pop-rock sound that most people would write off. This combination makes The Red Jumpsuit Apparatus stand out from the crowd.

The remaining tracks are a brilliant concoction of genres and lyrical topics. Songs such as "Cat and Mouse" and "Your Guardian Angel"

show the soft side of the band, tackling the pain and confusion of relationships as well as expressing exclusive commitment to another.

Don't forget about the fun songs either, specifically "In Fate's Hands," which was aptly titled "Ass Shaker" on their demo version. The song carries the same message as many fun songs do: Make it in the world, make something of yourself, but have fun.

Overall, "Don't You Fake It" proves to be a solid debut



COURTESY OF THE RED JUMPSUIT APPARATUS
Album 'Don't You Fake It.'

with very few faults in either the lyrical or the melodic sense. It is safe to say that the album won't be falling face down anytime soon.

VMAs fail to impress viewers

MTV's Video Music Awards bring surprises, but fail to maintain their "bad behavior."

BY LINDSAY SIMPSON
LINDSAY.SIMPSON.04@CNU.EDU

For an MTV awards that claimed to be on its "baddest behavior," the Aug. 31 MTV Video Music Awards were quite tame. However, that is not to say that there were not surprises throughout the night.

The two top contenders throughout all categories were the Red Hot Chili Peppers with "Dani California," and Shakira's hit "Hips Don't Lie." Both were nominated for seven moon men.

However, both came away with fewer awards than

even the at-home audiences expected. They earned one apiece for technical aspects of their videos. Shakira won Best Choreography in a Video, while Red Hot Chili Peppers took home an award for Best Art Direction.

Panic! At the Disco proved to be the big underdog of the night when their video took home Video of the Year Honors, capping off the night's already unpredictable winners. This sense of unpredictability was due to viewers' ability to vote for every category, not simply the Viewer's Choice or MTV2 awards.

Kanye West was nominated for multiple awards, including Best Male Video for his smash-hit "Gold Digger" featuring Jamie Foxx. West's surprise was evident to millions of television viewers the nation over when Brit James Blunt took home that

award, which was the first of the night. As the night wore on, West became more visibly frustrated after being passed up for multiple awards. Ah, c'est la vie, Kanye. Everyone has to lose at some point!

One of the night's other big winners was Pink, whose song "Stupid Girls" mocked pop stars Paris Hilton and Jessica Simpson, both of whom were present at the evening's awards. She walked away with a Moon Man for Best Pop Video, nudging contenders Christina Aguilera and Shakira, among others. In true, rebellious-Pink fashion, she accepted her award, mocking Hilton in a raspy, airy voice and popping fake chewing gum.

AFI competed and won against best rock video contenders Panic! At the Disco, Red Hot Chili Peppers and 30 Seconds to Mars. However, 30 Seconds to Mars did not

leave empty-handed, as they took home the coveted MTV2 award.

Other winners of the evening included the All-American Rejects for their latest single, "Move Along," as well as the Black Eyed Peas with "My Humps" and Kelly Clarkson and Chamillionaire for "Ridin'." The only two nominees to walk away with more than one award were James Blunt for "You're Beautiful" and Gnarls Barkley for "Crazy."

While the nominees and winners were the main subject of the evening, host Jack Black certainly left an impression on audiences. Black definitely stayed true to his obnoxious roots, poking fun at everyone during his thirty-second stints between presenters, including Jack White of The Raconteurs. "I'm Jack Black, you're Jack White... I sense something

here!" Black said.

The night's performances were nothing extraordinary, with two shining exceptions: Christina Aguilera's performance of "Hurt," her latest single, as well as OK Go's live treadmill dance routine from their video, "Here It Goes Again." Aguilera out-sung every performer that night, including Beyoncé, The Killers, The All-American Rejects and even Shakira. Her vocals could not have been more on point.

OK Go's routine left the audience at New York's Radio City Music Hall standing on their feet. The band jumped over, ducked under, and ran through and around eight separate treadmills throughout the song, a feat that did not appear easy.

Justin Timberlake's performance was also noteworthy, opening the show with a captivating rendition of his next



single as well as his current one, "Sexyback." With collaborator Timbaland on stage next to him, the two danced and sang together, switching choruses and bridges to suit their moods.

Overall, the evening was entertaining, full of many "huh?" and "how did they manage that?" moments, leaving viewers content. The show definitely was not on its "baddest behavior," but there have also been much worse award shows. ■



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André 3000 co-stars with Outkast bandmate Big Boi in the hip-hop musical 'Idlewild.'

Hip-hop, gangsters mix in 'Idlewild'

BY JAKE HULL
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Somewhere between a 1930s gangster flick, "Moulin Rouge!" and a hip-hop video is the film musical "Idlewild." It is raunchy, wild and filled with debauchery. Though the movie makes many unsuccessful attempts at drama, it is saved by its artistic and visual appeal.

"Idlewild," the brainchild of HBO films and Bryan Barber, was labeled as an innovative hip-hop musical featuring two big-name hip-hop artists, André 3000 and Big Boi, both members of OutKast.

The artists are featured in the film as the two main characters: Percival (André 3000), a piano player down both on luck and love, and Rooster (Big Boi), a wheeling and dealing businessman/singer.

After an unfortunate series of events, the two childhood

friends inherit a raucous club called the "Church" and its wealth of problems.

Contrary to the hype, the movie is more of an extended music video than a hip-hop musical. Beyond that, it seems more like a real-life cartoon with occasional music sequences.

Further, the movie has three sides to it—the actual storyline and acting, the music and the overall theatrical effect.

The storyline is a bit weak, especially for an HBO production. "Idlewild" is a bit disappointing given the HBO network's award-winning television shows like "The Sopranos," "Curb Your Enthusiasm" and "Angels in America."

The story is very predictable except for a couple of twists toward the end. While the acting isn't terrible, the dialogue is just not there.

Fortunately, the film is so

packed with action and B-list movie stars that it is easy to focus on the theatrical and cinematic aspects of this 90-minute movie than the poor dialogue.

The original score and soundtrack provided by John Debney ("Sin City," "The Ant Bully") and OutKast is a thrilling complement to the movie that will keep your feet tapping and your head bobbing.

At times, you may even feel inclined to let your shoulder lean—just a little bit. Better writing could have enhanced this musical effect. For the most part, though, the delivery of music and story together was refreshing and decently new.

The cinematography is quite captivating and adds greatly to the overall effect of the film. The colors are nicely enriched, and there is a lot of high contrast. The club—a Prohibition-era

speakeasy—serves as a focal point for much of the movie, all the while featuring some very exciting and entertaining musical sequences. The dancing in the film is also wonderfully done. Much like the music, it is a curious combination of 1930s swing attitude and aggressive, hip-hop sensibility.

Most intriguing about this film is watching music be presented through a medium as large as that of cinema—the big screen. I would specifically recommend seeing this film in the movie theater. If you want the full experience, don't wait for the DVD to come out—there is a lot about the film that won't transfer to a small screen environment. "Idlewild" is a big movie for a big theater and big fans of innovative and exciting music. ■

Reviews of recent video game releases

The Inside scoop on 'N3: Ninety-Nine Nights' and 'Flatout 2.'

BY BILLY O'KEEFE
MCCLATCHEY TRIBUNE

N3: Ninety-Nine Nights
For: Xbox 360
From: Phantagram/Q Entertainment/Microsoft
ESRB Rating: Mature 17+

Since the days of the PlayStation, KOEI has managed to hold captive an acute but devoted class of gamers with its "Dynasty Warriors" series. Apparently, legendary game developer Tetsuya Mizuguchi is one of those gamers—how else to explain "Ninety-Nine Nights," which is about as sincere a form of flattery as KOEI could ever dream of receiving?

It's not hard to understand the appeal. Like "Warriors," "N3" puts you in the boots of a field general in charge of an army of countless soldiers as they (and you) do battle with trolls, orcs, goblins and more. Let's put it this way: There's a running tally of how many enemies you kill on screen at any given time, and it almost always reaches quadruple digits before the end of any given mission. Same goes with your combo meter: always on screen, and almost always staggeringly high.

Unfortunately, "N3" fails to enrich the formula. There's no risk of friendly fire, so you're free to swing wildly into a crowd of soldiers without fear of hurting your comrades. Essentially, if you press X and Y enough times, you'll eventually wipe out the enemy one way or another. Good thing too, because your allies seem perfectly content to stand and watch while you do all of the work. It isn't uncommon to watch a dozen friendly soldiers passively pick at an enemy before your impatience gets the best of you, and you take him out in two strokes.

Various attack combos are available, but they're only slightly different means to the same end. The same holds true for the whole game.

There are several characters to select, and all play a different role in the overarching storyline, but you're simply going to point A, killing a thousand enemies. Then you go to point B and repeat.

If you love "Warriors," you'll adore "N3," which takes the formula, copies it and sexes it up with first-rate

graphics, animation and presentation. But if you're not in that camp and KOEI fooled you once, shame on you if you let Mizuguchi fool you a second time.

FLATOUT 2
For: Xbox and Playstation 2
From: Bugbear/Empire Interactive/Vivendi Universal
ESRB Rating: Teen

Bugbear deserves major credit for taking the gimmick to end all gimmicks—crashing a car and watching the driver fly through the window—and building an entire video game around it. But rather than waste our time giving it credit for that, let's salute it instead for making two, entire video games based on said gimmick.

Out barely a year after its predecessor, "Flatout 2" is, predictably, "Flatout" with more toppings piled on, an extension of a fun idea beyond all sensible means. The game's racing portion is more varied, adding destructible city tracks to complement the dirt roads of last year's release. The career mode is filling, full Xbox Live support is inside, and the gameplay—from the steering controls to opponent A.I.—boasts improvements, if not perfection, across the board.

That said, the chief reason to play remains the mini-games, which give you more ways to crash your car and more things to do with your hapless, slightly maneuverable driver after he soars like a sock puppet through the windshield. Fling him at bowling pins or through a football goalpost, set a record in the high jump and even play a variation of poker (if you can imagine a version of poker that involves flinging a man from his car at a wall of playing cards).

The mini-games are simple, one-note, physics-based parlor tricks. Their simplicity, however, is what makes them so addictive. Every time you try to top your best score and fail, that one-more-time feeling pulls you back for another go.

The novelty of this pursuit eventually wears thin when playing alone, but there are few better things for a group of friends to do with an Xbox than challenge each other here. Even when it's not your turn, the ridiculousness of a man flying into a bunch of bowling pins (or better, missing entirely) can make for some fascinating viewing. ■

'Arrested Development' releases on DVD

DVD REVIEW | Fox releases third and final season of 'Arrested Development'

BY NICK MIRABAL
NICK.MIRABAL.04@CNU.EDU

20th Century Fox released on DVD last Tuesday the third and final installment of the cult sitcom "Arrested Development." Fans will identify with this season as the one that was tragically cut short due to poor scheduling and ratings.

"Arrested Development" was the brainchild of sitcom-veteran Mitchell Hurwitz and executive producers Ron Howard and Brian Grazer. The show followed the inappropriately affluent lifestyles of an upper-class family in Orange County, Calif. after the patriarch is thrown into prison for suspicious accounting practices. His son Michael, played by Jason Bateman, is thus forced to keep the family together and clean up the family business by taking charge.

Since the show's debut with a 22-episode season, Fox began cutting the show's airtime, shortening it by four episodes for the second season and finally cutting the third season to a paltry 13 episodes for its final season.

An unnatural cross between "The Godfather" and "The O.C.," the show's satirical look at punishment for white-collar criminals continues in this season as the patriarch George Bluth, played by Jeffrey Tambor, is placed under house arrest.

The course of the plot throughout the third season begins at a gradual speed, building a storyline following the Bluths' involvement in building model homes in Iraq and manages to spiral out into so many different directions it becomes a little hard to follow or at least, like a season of "24," hard to recall everything that happens.

Season three has a series of guest stars, including Charlize Theron, James Lipton, Scott Baio, Andy Richter, Justine Bateman and more celebrity fans making cameos on the downward-spiraling show.

The special features are composed of a short featurette documenting highlights of the last day shooting on location, highly profane yet hilarious outtakes and a number of deleted scenes.

If you didn't watch it while it was in syndication, you will notice the period during which the show was on probation for cancellation. One such example would be the episode entitled "S.O.B.s" or "Save Our Bluths," in which narrator Ron Howard desperately pleads: "Please tell your friends about this show."

Avid moviegoers will see a parallel between season three's finale and the ending of "X-MEN: The Last Stand." Both were required to wrap things up too quickly without allowing enough time

for production or story development.

The show's cancellation weighed heavily on the hearts of the fans. We can only hope that Fox will someday realize the error of their ways. ■

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DIVERSIONS

WEDNESDAY, SEPTEMBER 6, 2006 | PAGE B3

Mystic Stars | September 4-10

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

IF YOUR BIRTHDAY IS THIS WEEK: Trusted colleagues and long-term acquaintances may now briefly challenge your employment decisions. A fairly intense wave of slow business progress or workplace delays now needs to fade. Don't allow others to influence your levels of confidence, awareness or ambition. Over the next nine weeks, key officials will respond positively to subtle displays of leadership. After Nov. 18, romantic and social relationships will demand clear statements of intention. Loved ones or close friends may wish to set firm deadlines or discuss fundamental changes to intimate promises. By late November, all will be resolved. Remain focused, however, and expect new requests and fast romantic discussions over the next 12 weeks.

Don't allow others to influence your levels of confidence, awareness or ambition. Over the next nine weeks, key officials will respond positively to subtle displays of leadership.



ARIES (March 21-April 20) Before mid-week, an insecure or shy colleague may request special assistance. Complicated relations with customers, public relations or difficult clients may be a central theme. Encourage independent problem solving and remain dedicated to individual accomplishment: all will be well. After Friday, a complicated financial mistake may affect home relationships. Pay close attention to leasing agreements or timed payments. Loved ones will expect concrete solutions: stay focused.



TAURUS (April 21-May 20) Over the next three days, digestive ailments, skin irritations or minor infections will steadily fade. Many Taureans may now experience a resurgence of physical fitness and emotional vitality. Plan unique social events and ask family members for special permissions: home obligations and long-term friendships will soon expand. After Wednesday, business alliances from the past may reappear. New job offers and unique career opportunities are accented: remain open to fast improvements.



GEMINI (May 21-June 21) Sudden assignments or newly revealed team mistakes will demand careful attention over the next five days. After Monday, authority figures will defer to your judgment but avoid offering meaningful credit. Refuse to be derailed: colleagues will respond well to new instruction, group dedication and genuine displays of loyalty. Later this week, long-term romantic and social relationships may begin several weeks of intense negotiations. Emotional expectations may be high: remain determined.



CANCER (June 22-July 22) Romantic planning and improved home relations will soon offer powerful rewards. Early this week, expect loved ones to ask for your full attention and daily devotion. Respond positively to last minute proposals: although daily obligations are high, long-term commitments will prove worthwhile. Wednesday through Friday, a previously silent co-worker may openly criticize new business methods. Avoid comment: key officials will eventually announce vital job changes.



LEO (July 23-Aug. 22) Financial mistakes from approximately six weeks ago will now reoccur. Early this week, expect key officials to ask for detailed records and timely explanations. Study vital documents for missed deadlines or faulty calculations. If possible, finalize postponed agreements: errors left uncorrected may quickly escalate out of control. After Thursday, many Leos begin a brief phase of social expansion. New friendships, exotic travel or fast proposals are highlighted. Join in: all is well.



VIRGO (Aug. 23-Sept. 22) Long-term relationships will this week begin a meaningful phase of revised planning. Close relatives or romantic partners may have recently felt isolated or lethargic. Much of this is a passing mood, so not to worry. Do, however, expect minor dramatics, bold comments and quick outbursts in the home. Remain calm. New rules will soon be established. After Friday, a friend or colleague may announce an unexpected career decision. Provide encouragement: your approval is needed.



LIBRA (Sept. 23-Oct. 23) Early this week, a close colleague or long-term friend may ask for private loyalty. Delicate relations with officials, costly mistakes or workplace triangles may be involved. Offer quiet optimism and avoid group discussions, if possible: your respect for the sensitive emotions of others will be greatly appreciated. Wednesday through Saturday, close relatives may briefly disagree concerning home finances, daily schedules or home renovations. Don't confront: opinions will be deeply felt.



SCORPIO (Oct. 24-Nov. 22) Business advancement, revised contracts and sudden promotions are accented over the next few days. Reluctant managers or pessimistic co-workers may soon relinquish control of key projects. After Wednesday, offer assistance and, in the coming weeks, expect new assignments. Hidden politics or private decisions will soon be clarified: remain diplomatic. Later this week, powerful dream experiences may reveal unique future events. Social triangles are highlighted: stay open.



SAGITTARIUS (Nov. 23-Dec. 21) Minor romantic attractions and new friendships will prove distracting over the next six days. Although positive, workplace flirtations and bold social invitations may be short-lived: enjoy fresh activities with trusted friends or colleagues but avoid serious emotional promises. After mid-week, loved ones need and deserve your continuing support: expect roommates or relatives to outline revised financial goals or recent home decisions. Ask probing questions: much is changing.



CAPRICORN (Dec. 22-Jan. 20) Previously silent family members may this week offer a candid description of their long-term aspirations. After Monday, expect home relations to steadily improve. In the coming weeks, loved ones will openly debate private concerns, controversial decisions or increased daily responsibility. Offer honest responses: your suggestions will be quickly adopted. Later this week, a business or financial dispute will be easily resolved. Remain dedicated to established rules and all will be well.



AQUARIUS (Jan. 21-Feb. 19) A recent wave of isolation or private doubt will now fade from long-term friendships. Although key relationships are emotionally scattered, expect loved ones to soon offer consistent short-term support. After Tuesday, public displays of affection, new suggestions and sincere discussions will prove rewarding: remain open to fresh ideas. Later this week, ask older colleagues for access to closed files or private documents. Facts, figures and outdated rules will provide valuable insight.

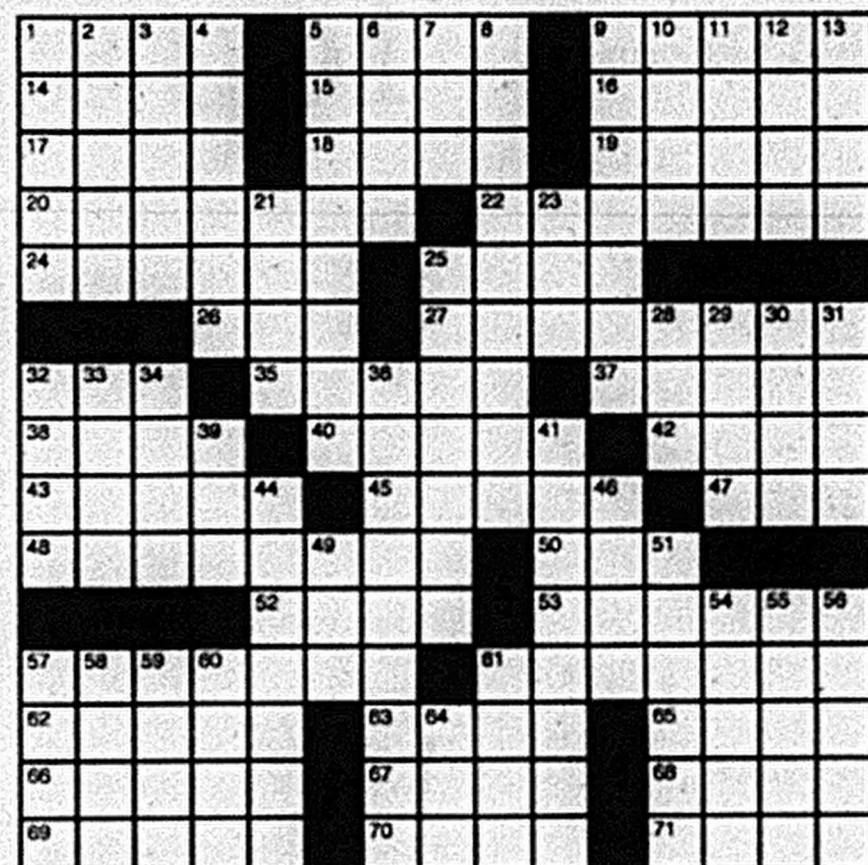


PISCES (Feb. 20-March 20) Employment contracts and temporary assignments will this week require careful diplomacy. Workplace ethics, relations with younger colleagues and public information may be a key concern. Remain loyal to established procedures and avoid creative speculation. New suggestions or ongoing mistakes will not be tolerated. After mid-week, a close friend may reveal complex family or home decisions. Stay detached, if possible: social or romantic advice will not be easily accepted.

Crossword

ACROSS
1 Type of revolver
5 Culture medium
9 Two quartets combined
14 Away from the wind
15 Additional amount
16 Vibrant
17 Sawyer's friend
18 Has a bite
19 Fables
20 Apparent
22 Violent outburst
24 Spanish lady
25 Very unlikely
26 Arrest
27 In an aimless manner
32 Greek letter
35 Took a nap
37 Inexact
38 Unctuous
40 Actress Barkin
42 Tie
43 Wept
45 Down source
47 UFO crew
48 "The Flintstones" epoch
50 Distress letters
52 Large quantity
53 Muss up
57 X number of
61 Places of worship
62 Kind of panel or power
63 Hired muscle
65 Kitchen utensils
66 Chris of tennis
67 Protracted
68 Dieter's word
69 Harvests
70 Some voice votes
71 Adam's grandson

DOWN
1 Coffeehouses
2 Drink garnish
3 Russian revolutionary
4 Sinew
5 Willing to follow advice
6 Fall guy
7 Creative skill
8 Began again
9 Breakfast cereal
10 Thunder sound
11 Roofer's material
12 Nights before
13 Trial run
21 Important times
23 Miscalculate
25 Answered
28 Affirmative action?
29 Made haste
30 Future DA's exam
31 Poisonous evergreens
32 Fierce mythical birds
33 Trumpeter AI
34 Mixed bag
36 With tasteful beauty
39 Longing
41 Rainy-day funds
44 Abandons
46 Part of SRO



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9/6/06

Solutions



49 Team's top pitcher
51 Lithe
54 Killed, as a dragon
55 Slowly, in music
56 Double bends
57 Manipulator
58 Relocate
59 Not guilty, e.g.
60 Infield cover, briefly
61 Salad fish
64 Soil turner

Hard Knocks

BY LOUIS COPPOLA



Su|do|ku

BY MICHAEL MEPHAM



	9		6			5
	5			8		6
7			2			8
	2			6	9	
5		3			2	6
		4	3			5
4				2		7
	7		1			3
1			3			2

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.

Solution to this week's puzzle.

4	2	9	5	3	7	6	8	1
6	3	5	4	8	1	2	7	9
7	8	1	2	6	9	5	3	4
1	5	8	7	2	3	4	9	6
9	7	2	6	4	8	3	1	5
3	4	6	9	1	5	7	2	8
8	6	3	1	5	2	9	4	7
2	9	4	8	7	6	1	5	3
5	1	7	7	3	9	4	8	2

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SPORTS

WEDNESDAY, SEPTEMBER 6, 2006 | PAGE B4

Top scorer hunts for new title

SPORTS SCORES

football

(0-0, 0-1)

Finals:
9/2 Rowan 32, CNU 8

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

Upcoming games

9/9 CNU vs. Mary-Hardin Baylor

women's soccer

(0-0, 0-1)

Finals:
9/3 College of NJ 2, CNU 1

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

Upcoming Games

9/9: CNU at Gettysburg
9/10: CNU at Mary Washington

men's soccer

(0-0, 1-1)

Finals:
9/1 CNU 6, Johnson & Wales
9/2 York 3, CNU 1

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

Upcoming Games

9/9: CNU at Oglethorpe
9/10: CNU at Emory
9/13: CNU at Hampden-Sydney

volleyball

(0-0, 1-3)

Finals:
9/1 Juniata 3, CNU 0
9/1 Muskingum 3, CNU 2
9/2 Wittenberg 3, CNU 0
9/2 Gettysburg 3, CNU 1

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

field hockey

(0-1)

Finals:
9/2 Davidson 3, CNU 0

Upcoming Games
9/6: CNU at Salisbury
9/10 CNU vs. Johns Hopkins

cross country

(0-0, 1-3)

Final Results:
9/2 Marlin Invitational

Men's team: 1st Place
Nathaniel Huffman- 2nd Place
Daniel Swale- 5th Place
Kyle Oakes- 10th Place
Jon Bunker- 17th Place
Mark Tynan- 25th Place
Women's team: 1st Place
Amanda Fitzhugh- 4th Place
Ashley Ezell- 10th Place
Amy Wampler- 19th Place
Beth Bartlemes- 29th Place
Brooke Rowe- 40th Place

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

Senior Daniel Fogarty looks to improve upon a season in which he led the team in scoring with 10 goals.

BY KELLY DOWD
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Senior Daniel Fogarty has led quite an accomplished career. He led the team in scoring last year with 10 goals. He also had six assists on the year and capped his achievements by being elected to First Team All Conference.

His considerable record seems to affirm his personal philosophies. "I think I'm not as much a vocal leader, but I show it in how I play," said senior Daniel Fogarty.

Fogarty began playing soccer in the Newport News area at a young age. In high school, he played on a club team coached by current CNU soccer coach Steve Shaw. Fogarty grew up playing soccer with Shaw's son, Derek Shaw and friend Galen Small, who both accompanied Fogarty to play soccer at CNU. The three are currently roommates and make up the few seniors on the team.

"I've been playing soccer with Daniel for a long time. I have enjoyed working with him over the years and wouldn't take any of it back," said Small.

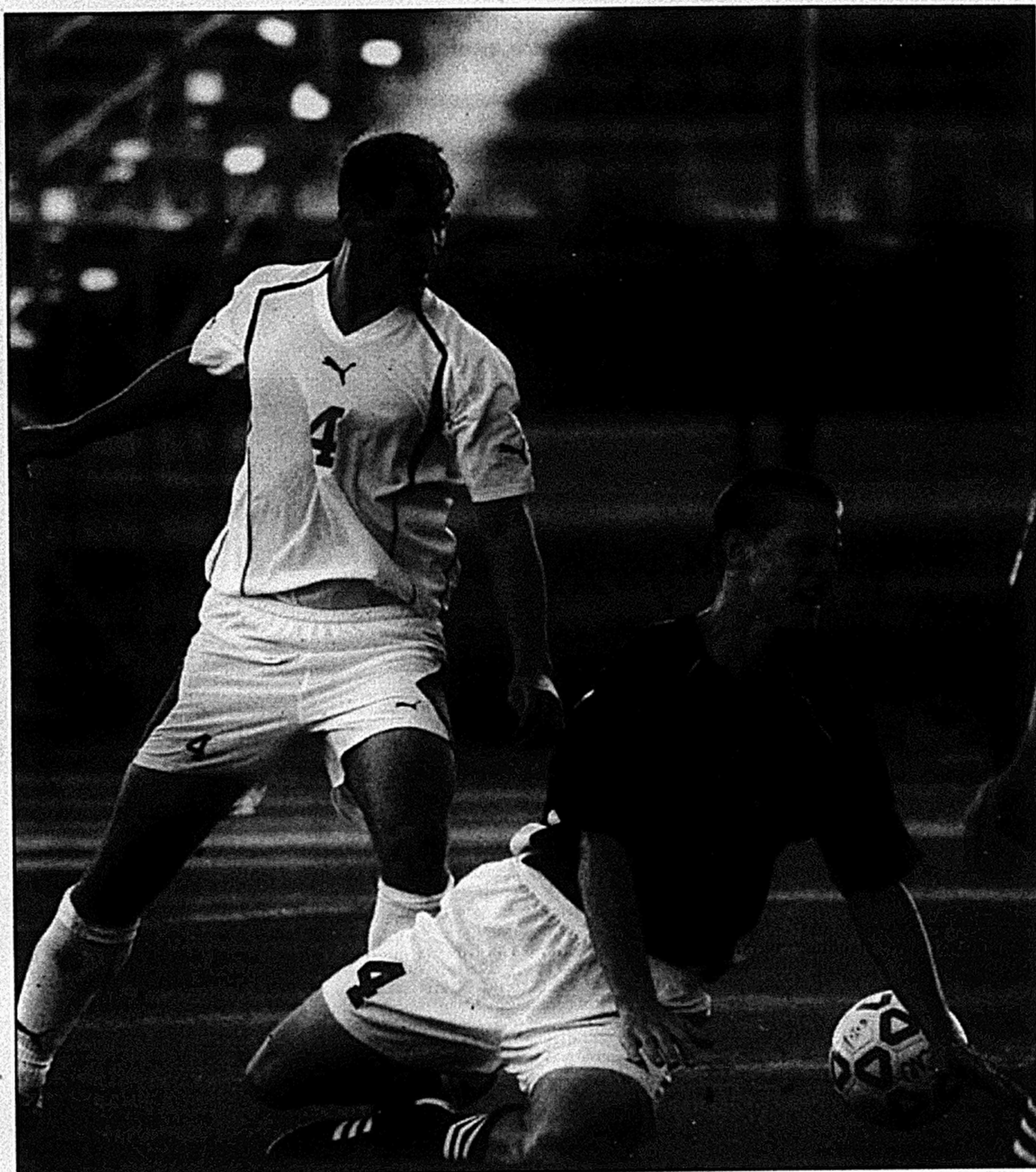
Although Fogarty was recruited his senior year to play soccer at other colleges and universities, such as conference rival North Carolina Wesleyan, he chose to stay local and attend CNU with his friends and soccer coach. At first, his main reason for coming to CNU was to play soccer, but Fogarty has grown to enjoy the campus and the people.

"He's been able to handle work and soccer better than he used to and has taken on more responsibility," said Small.

After three years of playing soccer, Fogarty ranks 21st in all-time career points with 41 points and 19th on the all-time scoring list at CNU with 26 goals.

"He's very intense, also very skilled, and he can score goals," said Steve Shaw.

With no seniors on the team last year, Fogarty stepped up as a junior to take on a leadership position as team captain, which forced him to take on more responsibilities for the team.



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Daniel Fogarty charges at the ball in the Captain's first matchup of the season against Johnson & Wales College. Fogarty scored two goals in the game and the team won the match 6-0.

"Last year [Daniel] became more of an impact because he realized he was one of the big boys and since we had no seniors, he stepped up and was one of the leaders on the team," said Shaw.

Fogarty is an individual, but more importantly, he is part of a team. He believes that teamwork is much more important than individual strengths and working as a group is the most important

part of playing a good game.

"I think it's good that we all support each other rather than rely on one person to get the job done," said Fogarty.

Last season, all three of the most integral junior players were injured at some point, which made it hard on the rest of the team. Fogarty led by example to give the younger players motivation, especially when teammates were injured.

"Eventually younger players will need to step up and lead. [Daniel] tries to show what we need to do to be successful," said Small.

As a person who leads by example, Fogarty constantly pushes himself to improve. He said that his competitive nature gives him motivation to play harder, which motivates the rest of the team to play better.

"When people see you

playing good, it gives them motivation to do better and something to look up to," said Fogarty.

Fogarty's leadership continues this season as he scored one goal and had one assist in this season's opener against Johnson and Wales last Saturday.

The game ended with a total score of 6-0, with Fogarty's help in scoring two points for the Captains. ■

Soccer heads hectic sports weekend

SPORTS BRIEFS | Men's Soccer's opening win followed by a loss at home highlights a poor weekend for CNU sports teams.

BY BRIAN BENISON
BBENISON@CNU.EDU

Men's Soccer

The men's soccer team opened their season with a dominating shutout over their opponents, Johnson & Wales, but lost their second game to 10th-ranked York in a 3-1 decision. In their first game, the team dominated their opponents in a 6-0 shutout with six different players scoring. Freshman Kevin Greenburg led the team off with an assist from senior Daniel Fogarty.

The team outshot Johnson & Wales 20-5.

In the game against York, the Captains battled their way to a scoreless first half, only to lose the game on the other side. The lone goal was shot by senior Derek Shaw.

The Captains are now 1-1 on the year and return to action Sept. 9 at Oglethorpe.

Women's Soccer

In a toughly fought out away match against the 2nd ranked College of New Jersey,

the Lady Captains lost a heart breaker 2-1.

The Lady Captains struck the first blow, however, thanks to the footwork of senior Hillary Carney in the 38th minute. It would be both the only goal of the half and the only goal from the Lady Captains. The College of New Jersey out-shot the Captains 21-4, two of them reaching the net in the second half.

The team is now 0-1 on the year and looking ahead to the Mary Washington tournament Sept. 9.

Football

The Captains dropped their season opener to Rowan University this past Saturday in a 32-8 decision.

The dominating defense of Rowan shut out the team in the first three quarters. They sacked the Captains' quarterback for a safety and allowed just 36 total yards of offense. The only touchdown for the Captains came off junior Todd Faison's pass to senior Michael Dorn.

The Captains play again this Saturday in their home opener against sixth ranked Mary-Hardin Baylor.

Cross Country

The men and women of the cross country team swept the ninth annual Marlin's Invitational this weekend, as both teams took first place. Key performances came from Amanda Fitzhugh, who finished fourth in the women's race and Nathaniel Huffman, who finished second in the men's.

Cross country returns to action on Sept. 16 at the JMU Invitational.

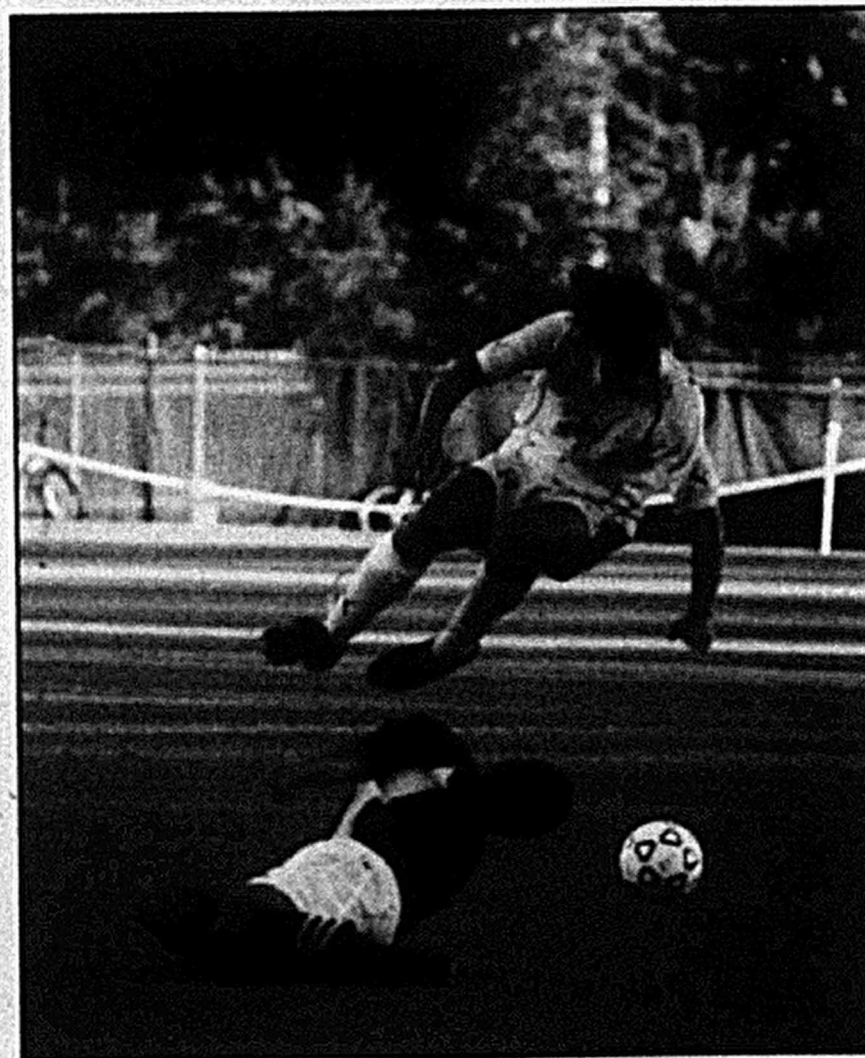
Volleyball

In their first tournament of the year, the Juniata tournament, the Lady Captains dropped three of their four matches to finish with a 1-3 record.

Despite impressive outings from veterans Liz Bush, Britany Collins, and Jenna Williams, the Lady Captains only managed to defeat Gettysburg in a 3-1 decision.

The Lady Captains' next challenge is at the Trinity University National Invitational on Sept. 8-9. ■

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



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Derek Shaw jumps over an opposing player while going after the ball in the team's opener.

In MLB, timing is everything

MLB ON DECK | Derek Jeter and David Ortiz are the top contenders for the AL MVP, but are they really worthy of all their hype?

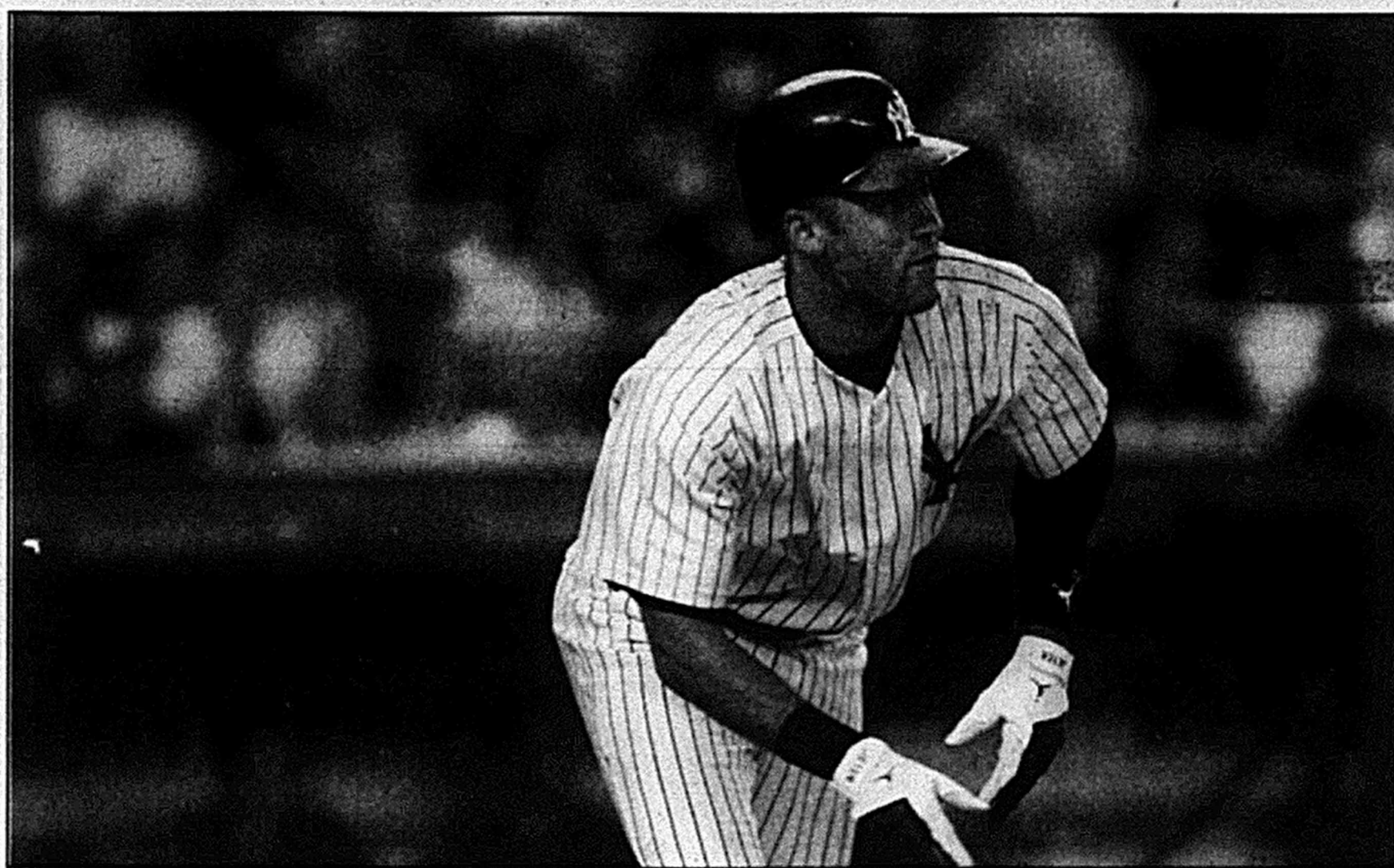
BY CHRIS INZIRILLO
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They say that luck is when preparation meets opportunity. Well, what happens to those who are prepared but never in the right place at the right time? Are MLB players simply playing a role that the fans give them? I'm here to tell you that two of the league's star players may not be as irreplaceable as they seem. Those two players come from separate sides of baseball's biggest rivalry and are none other than Boston's Mr. Clutch, David "Big Papi" Ortiz, and New York's version, Derek "the Golden Boy" Jeter. They also are competing with one another for the AL MVP award this season. But is either one of them really worthy of it?

Over the last few years David Ortiz has become "Big Papi" in the hearts of Red Sox fans. He has been that big, lovable bear of a man who comes up to the plate in the clutch and crushes the ball deep to right field as if on cue. Papi has a knack for theatrics, impeccable timing, and has even developed his own trademark. His well-devised "helmet toss" takes place routinely, as he trots home after hitting a game-winning bomb. What makes his story and aura even sweeter is that he was a "nobody" in Minnesota when Boston decided to take a chance on him. Well, it looks like the move paid off in countless ways, as the Red Sox found their franchise player who could always be relied on for years to come—or so it seems. Is David Ortiz really that clutch? Statistically, the answer leans towards a no. Even though it always seems that Papi is getting the game-winning hit, maybe it has more to do with the man and not the actual player standing in the on-deck circle. When you look at the numbers, you see that Ortiz is batting a respectable .286 with runners in scoring position. But take a look at Ortiz's protection, Manny Ramirez. Ramirez is batting an intimidating .325 in the same situations. So maybe Ortiz is getting so many game-winning hits because he has a

player who is hitting 39 points better than him in clutch situations, waiting in the wings. So that leaves us the question—is David Ortiz in one of the most envious positions in baseball by batting in front of Manny Ramirez? There are hundreds of players who I'm sure would love to hit in the same spot and may do just as well, if not better, than Ortiz. Two that come to mind are Travis Hafner of the Cleveland Indians and Raul Ibanez of the Seattle Mariners. Hafner is batting .305 with RISP and has 15 homers in such situations. This is five more than Papi's 10. Even more alarming is Ibanez, who is hitting an amazing .343 with 12 homers when there are runners in scoring position. That is almost as clutch as you can get. So was David Ortiz simply in the right place at the right time when the Sox grabbed him from Minnesota? Maybe if they had got Ibanez or Hafner instead, one of them would don the title "Big Papi" and David Ortiz would just be David Ortiz. It seems as though the fans influence the game more than they know. They made David Ortiz into "Big Papi," and in their eyes, he can do no wrong. Since "Red Sox Nation" decided not to like Manny, he gets a bad wrap. He's just "Manny being Manny" instead of "the guy who gets Ortiz good pitches late in the game." Now I'm not saying that Ortiz isn't a good player, he's definitely proven his worth, but all I'm saying is that it's worth wondering—maybe countless other players are prepared to prove their worth the same way if only provided with the right opportunity.

Next we have Mr. Jeter. As the pretty boy of New York, everyone is in awe of him (although David Wright is stepping on his toes nowadays). Jeter is an even better example than Ortiz as to how the fans mold players into what they want. Eclipsed by Jeter's fame in New York is third baseman Alex Rodriguez. A-Rod has been well known as the greatest all-around player in baseball throughout his career. Then he signed with the Yankees. What were the fans to do?



PAUL J. BERESWILL/MCT

New York Yankees' Derek Jeter heads to first base off his single in the first inning against the Minnesota Twins in the Bronx, Friday night. Jeter is generally considered second in the race for American league MVP.

They had just received the greatest player in baseball, but they already had a face for their team—Jeter. A-Rod was moved from his natural position of shortstop to third base, in order for the "golden boy" to keep his prime spot in the infield.

Well, I don't think I have to tell you about the heat that A-Rod takes from hometown fans regarding his defensive playing (or lack thereof) at third base. What's funny is that if Jeter were there, they would never dream of booing him. If he were the selfless captain that everyone claims he is, why wouldn't he be humble enough to give up his position to a better player in Rodriguez? Yankee fans would beg to differ, but stats don't lie. Check these out—at SS, Derek Jeter has a .975 fielding percentage, while A-Rod has a better .977 while playing the same position. So it begs the question—why do Yankee fans dote upon Jeter, shunning the better player in A-Rod? The answer is quite simple: Jeter got there first. It is a clear-cut circumstance of being in the right place at the right time.

Jeter has this mystique

about him, but is it well deserved? He was given the name "Mr. November" in the 2001 World Series when he hit a game-winning home run only four minutes into the month. Interestingly enough, his November batting average rounded out at a meager .250 with no RBI's other than that very home run.

The Yankees even lost the series. Meanwhile, Arizona's Luis Gonzalez hit the same .250 in November that Jeter did, but actually had the hit that won the World Series. Gonzalez's teammate, Steve Finley, hit .444 in November, so why wasn't Gonzalez or Finley given the title of Mr. November when they were clearly better than Jeter? Oh, it's because they weren't as popular. Nonetheless, they got the rings that year, while Jeter was left only with his month-laden title.

For a man who is supposed to be consistently clutch, he also had a poor showing in his most recent World Series appearance in 2003 against the Florida Marlins. He went 6 for 8 in games that the Yankees won. In the rest of the games, however, he hit .166. That includes a hitless showing in

the final game, (when the Yankees needed their captain the most) which was dominated by Josh Beckett. Why should Jeter be perceived as clutch when his most famous post-season moment was a hit that should have been a routine fly ball out, but was instead a home run? That was because fan Jeffrey Maier decided to lean over the wall and grab it before Orioles outfielder, Tony Tarasco, could make the play.

I am not alone in this questioning of Jeter's fame. This season, in the Sports Illustrated players' poll, MLB players voted Derek Jeter as the most overrated player in the game.

For a player who has never made an all-star team on his own, but instead always needs the fans' votes, I don't find the players' opinion hard to believe.

So is Jeter simply playing a role given by the fans? It seems that Derek will feed them as long as they will cheer him; take, for instance, his "miraculous" dive into the stands recently. This is a play that is made routinely in baseball. The difference here, though, is that after Jeter caught the ball in fair

territory, he took four extra steps to dive into the stands. Sure it looked pretty, but it's just another part of playing the role that the fans give you.

In final summation, it may look like I am discrediting guys like David Ortiz and Derek Jeter, but that is not the case.

I am simply giving credit to the great positions that they have been in, all the while recognizing worthy players who haven't been lucky enough to get the same opportunities.

Could any other power hitter take Papi's spot and hit walk-off's day in and day out?

Could any disciplined hitter have been drafted in Jeter's spot and go on to win championships thanks to fan interference? Who knows? I sure don't. I'm just putting the facts out there so that you can decide for yourself.

In Ridley Scott's "Gladiator," Proximo tells Maximus that to achieve ultimate gladiator status, he must "win the crowd." Well, being a baseball player is just like being a gladiator. Of course there is no dying in baseball, but it seems a majority of a player's success is based on their ability to charm the fans. ■

NFL Week 1 Picks

Thursday 9/7/06

8:30 p.m. ET

Pittsburgh (-1) vs. Miami on Ch. 10

Ben Roethlisberger's record as a starting quarterback in regular season play: 24-3. Charlie Batch's career passer rating: 56.2 percent.

PICK: DOLPHINS

Sunday 9/10/06

1 p.m. ET

Denver (-3.5) @ St. Louis

Mike Martz is out as the Rams' head coach. Scott Linehan is in. Of course, the defense is now coached by Jim Haslett.

PICK: BRONCOS

Tennessee (-3) vs. NY Jets

Injury-prone quarterback Chad Pennington was demoted from savior to sinner in New York. He's now back to savior. If you listen closely, you can hear the chanting of "Flip-Flop" begin.

PICK: TITANS

New England (-9) vs. Buffalo on Ch. 3

The dynasty is in turmoil! Despite outscoring their opponents 71-3 in the first two preseason games, it looks like rough waters ahead. But that's nothing compared to the offensive offense that is the Buffalo Bills.

PICK: PATRIOTS

Tampa Bay (-3) vs. Baltimore

Steve (Air) McNair has spurred a lot of talk about the newly born offense of the Ravens. The experts always said that if the offense of the Ravens is OK, the defense will be enough to win the game.

PICK: RAVENS

Kansas City (-3) vs. Cincinnati

Running back Larry Johnson was chosen first in almost every fantasy football draft across the world this year. But Carson Palmer's four TD preseason passes are hard to ignore.

PICK: BENGALS

Seattle (-6) @ Detroit

Shaun Alexander's just licking-his chops.

PICK: SEAHAWKS

Carolina (-5.5) vs. Atlanta

People are already picking the Panthers to go to the Super Bowl. Who am I to argue with people?

PICK: PANTHERS

Philadelphia (-4) vs. Houston

Exactly what offensive weapon will the Eagles use to cover this supposed spread? At least we know it won't be Terrell Owens.

PICK: TEXANS

Cleveland (-3) vs. New Orleans

Knock New Orleans' offense all you want, but the only real problem was Aaron Brooks and the offensive line. Well, one out of two ain't bad.

PICK: SAINTS

4:15 ET

Jacksonville (-2.5) vs. Dallas

News flash from the past: Jimmy Smith retired. News Flash from the future: Fred Taylor will break a bone and end up on injured reserve.

PICK: DALLAS

Chicago (-3.5) @ Green Bay

Brett Favre may be the best quarterback to ever play the game who should have retired two years ago.

PICK: BEARS

Arizona (-7.5) vs. San Francisco

Who would ever think the Cardinals could cover a seven-and-a-half point spread? Well, they are playing the worst team in football.

PICK: CARDINALS

8:15 ET

Indianapolis (-3.5) @ NY Giants on Ch. 10

Yes, the Colts lost their Edge at running back, but they still play a team whose defense was 27th in the pass last year.

PICK: COLTS

Monday 9/11/06

7:00 p.m. ET

Washington (-4) @ Minnesota

on Ch. 12

In most cases, the preseason is meaningless, but when the 1st team offense fails to score a single touchdown, it's time to hit the panic button.

PICK: VIKINGS

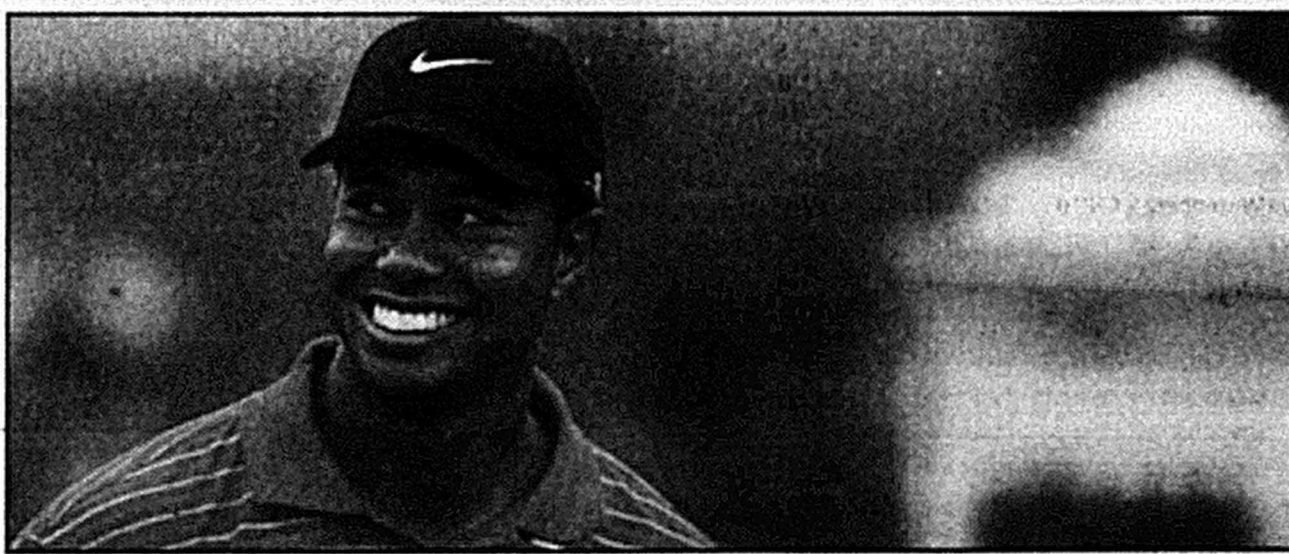
10:15 p.m. ET

San Diego (-3) @ Oakland on Ch. 12

First-year starter Phillip Rivers has been highly touted for his performance in the preseason. Of course, when a QB is undefeated, the chatter is all good.

PICK: RAIDERS

Tiger Woods the greatest ever?



LEW STAMP/MCT

Tiger Woods grins after his win in the WGC Bridgestone Invitation on Sunday.

TODAY, IN SPORTS | Tiger Woods has done much to establish himself as the world's greatest golfer. But is he the greatest ever?

BY MICHAEL KURBJEWIT
MICHAEL KURBJEWIT.04@CNU

The most dominant athlete of professional sports is a golfer?

It's true. Since the days of Michael J. and the Bulls, no athlete has dominated his craft like Tiger Woods. He has 52 career wins, 12 of those being major championships, holds the record for most wins on the tour before his 25th birthday and has earned over \$71 million!

If, like I once was, you're still skeptical, then keep reading. Woods holds the scoring record to par (best scoring round) in all four majors, according to his Web site, TigerWoods.com, and he is the only player to win all four professional majors in a row. And did I mention that he might be the only athlete NOT being investigated for steroids?

I know, you may still be thinking this is a joke. A

golfer? For all those skeptics out there, take a minute and ponder this question. Can you name a professional athlete that was—without a doubt—the best in his/her sport? If you need a few more minutes to think, take your time. The fact is there has never been a player, and possibly never will be again, who is as clearly the best to ever play the game as Woods.

Not only is Woods a master on the great meadows of the golf course, but he has also become a dominant figure in our culture since his breakthrough into stardom ten years ago.

There has never been a scandal revolving around Tiger—not even M.J. can say that. He has never had a significant rival—another opponent, Phil Mickelson, fell short over the past couple weeks. There has never been any bad publicity involving his actions, his personality or

comments he made. The fact is that this guy—this golfer—has got it all figured out.

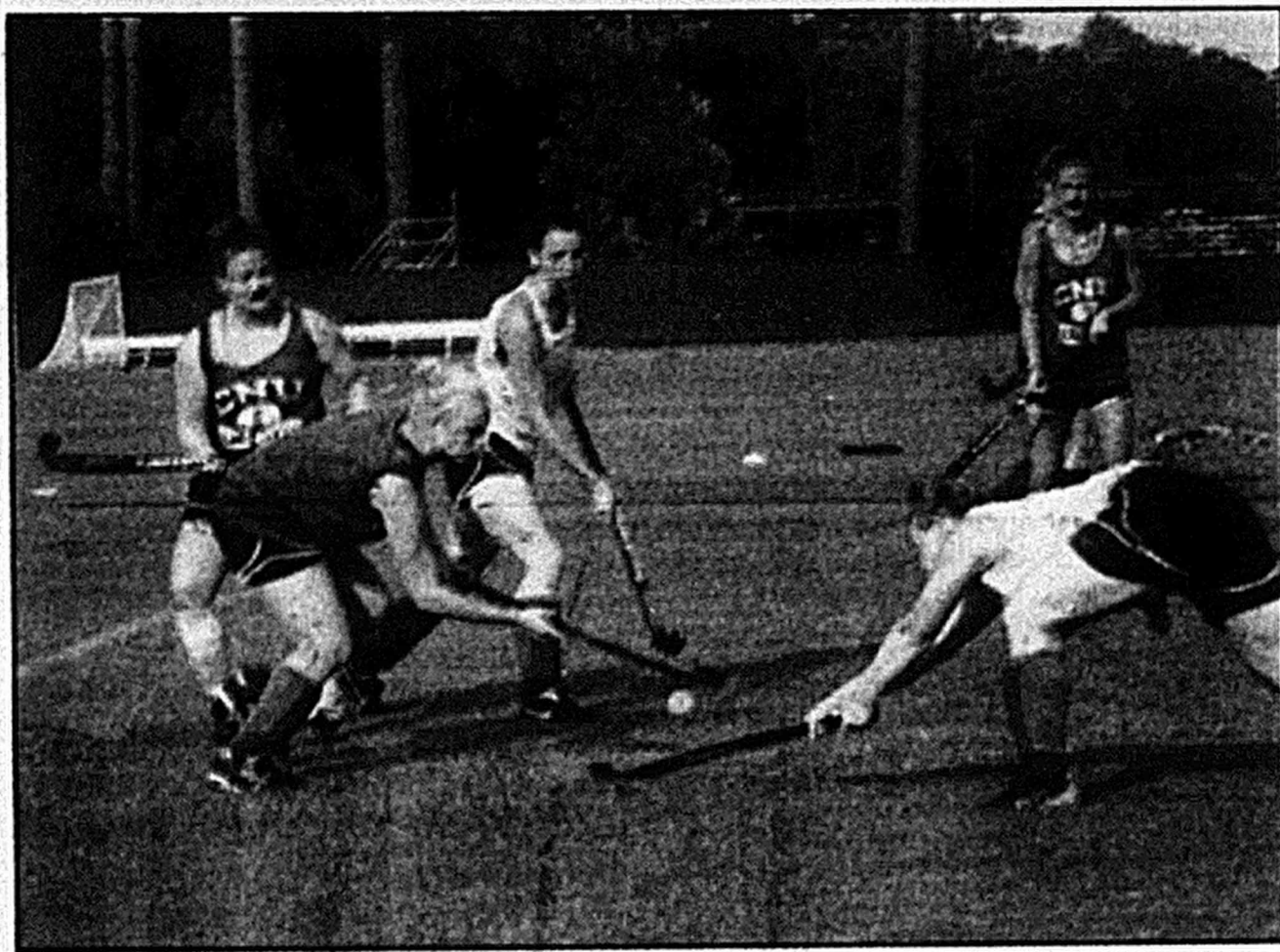
It is amazing to see this guy play. If you haven't watched it, you're missing out on something special. There is a fire in his eyes. It is this flame of desire that will likely propel him to well beyond 100 PGA victories. His steps present an aura of confidence. Why? It is because he knows that everyone is, at this point, just trying to catch up to him. Woods is intimidating to his competition (that is, if you can call the other players on the course competition), and has commanded the respect of his peers, fans, and writers alike.

Woods plays with the intensity of Jordan, the pride of Ali and the endurance of Armstrong. Perhaps most importantly, he carries himself in a fashion much akin to Joe DiMaggio's—you just can't help but like the guy.

One last thought. When is the last time you could say an athlete could only lose if he beat himself? Is Tiger the greatest sports athlete of all time? You tell me. ■

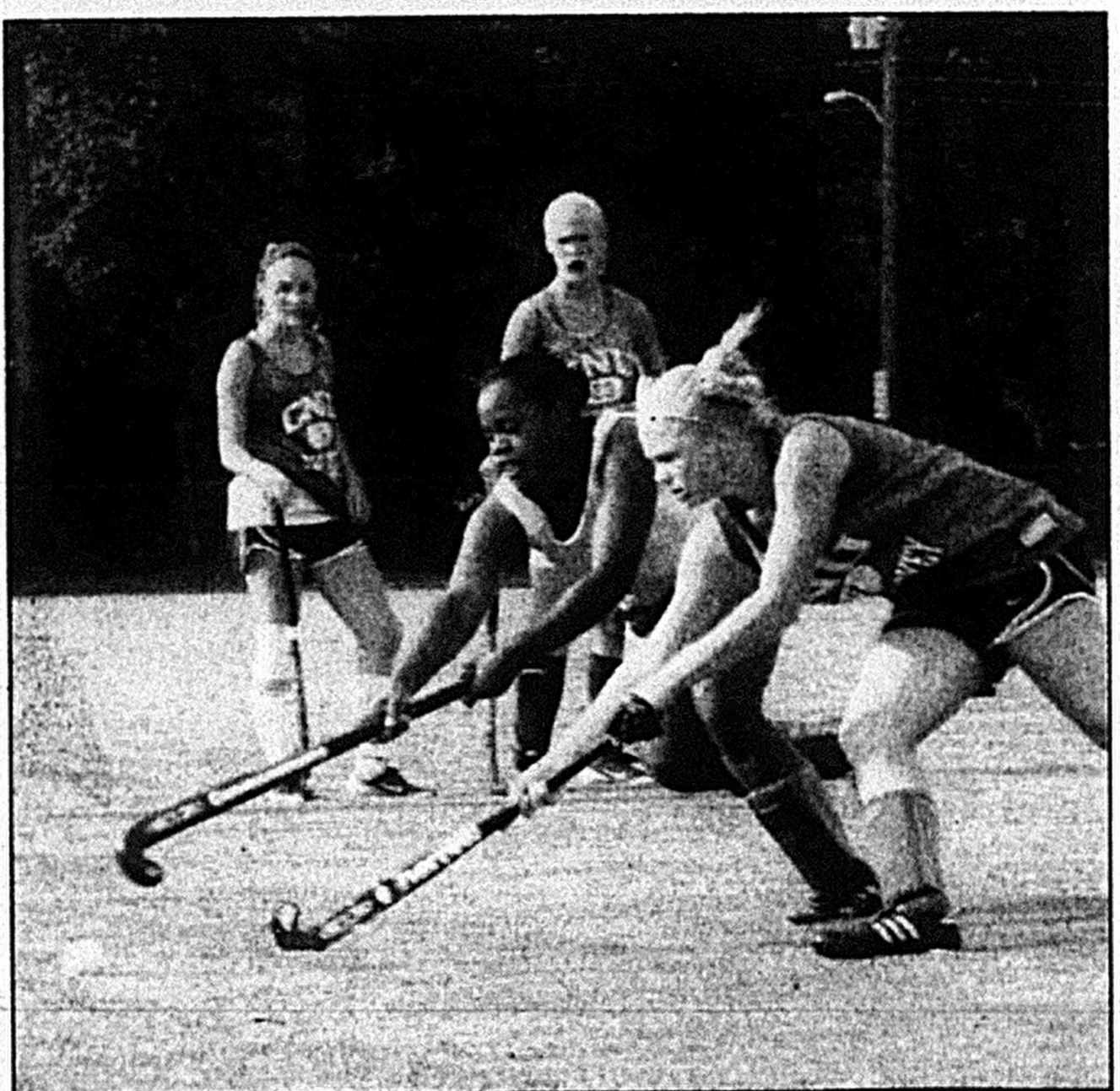
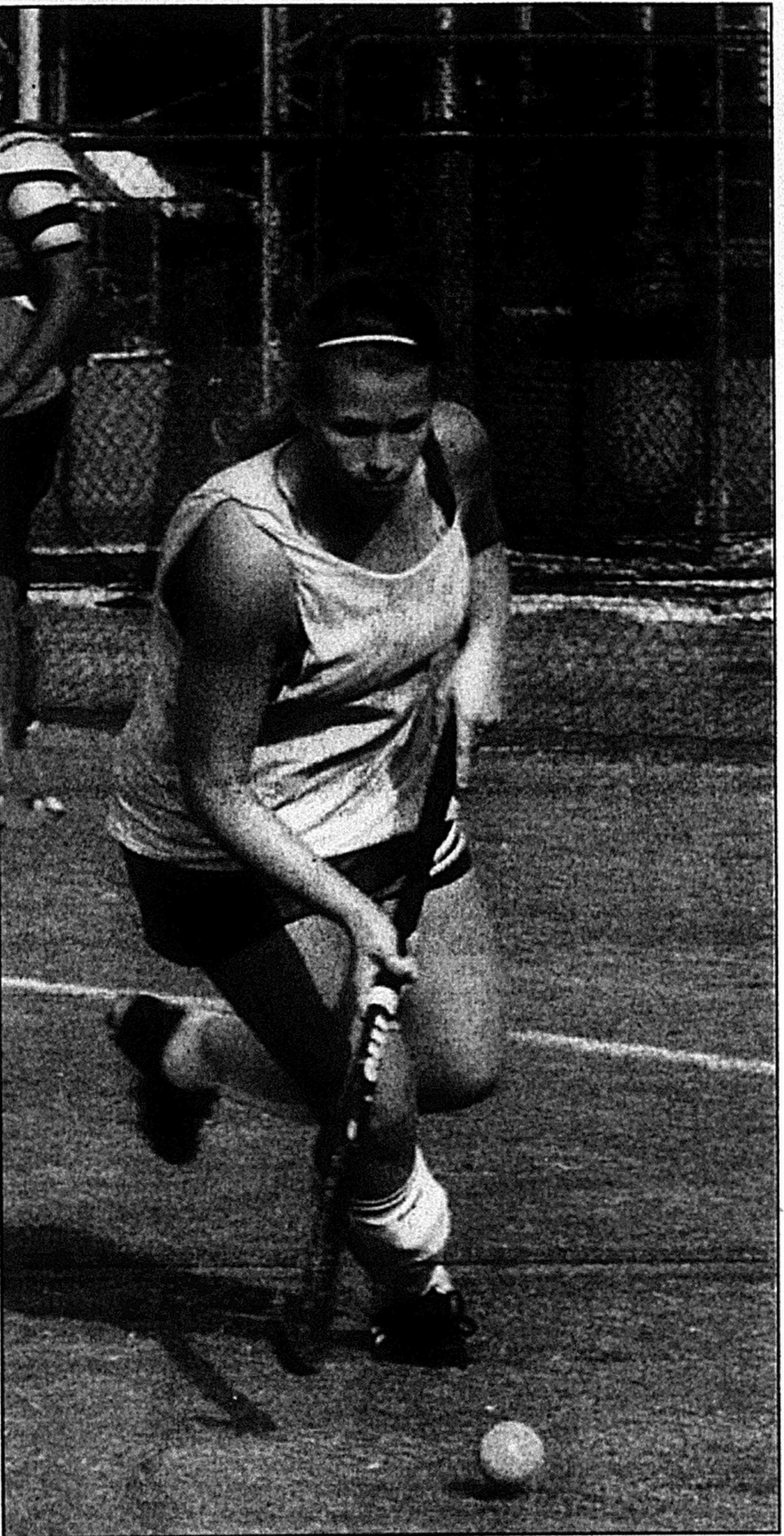
Field hockey drills to perfection

The Field hockey team prepares for their season opener with a team scrimmage. The Lady Captains dropped their home opener this weekend on a 3-0 decision against Division I school Davis. Although the team managed to hold their opponents to one goal by the end of the first half, the would give up two more in the second. The team was out shot 12-5. Despite the shutout, new freshman goalie Ashley Wipple had three saves in goal. Wipple replaces former record setting goalie Hannah Brown who graduated last year. The team is relatively young and there are many new faces to go with Wipple's. The Lady Captains have no seniors on the team this year. This will be the team's third year under head coach Carrie Mora who is the winningest coach in the history of the program, with a 30-15 record and a .667 winning average. The team's next game will be today when they travel to Salisbury for a 4:30 match up. They are currently 0-1 on the year. ■



ALL PHOTOS BY MASON MURAWSKI/THE CAPTAIN'S LOG

The Lady Captains of the Field Hockey team hold a scrimmage as part of their preparation for the upcoming season. The team is extremely young this year with nine freshman, six sophomores, eight juniors, and no seniors.



Living the NFL dream

NFL FOOTBALL | Millions of Americans have been recruited as avid NFL fans through the "water cooler sport" fantasy football.

BY BILLY FELLIN
WILLIAM.FELLIN@CNU.EDU

It's a craze that started in homes and businesses around the U.S. in the 1990s and has exploded with the popularity of the Internet. This craze is known as fantasy football and has been the saving grace of bored cubical workers for years. You can find numerous fantasy football sites across the Web. Some leagues are free, while others will cost you some dough. Leagues also have varied protocols, as to how players are drafted, how positions are used in starting line-ups and how points are accumulated.

This is the greatest marketing tool the NFL or any of the other professional sports organization could have stumbled upon. People who play fantasy football, whether they are a beginner or a seasoned veteran, will watch the games solely for the purpose of following their players and how they do. Who knows how many fans have fallen in love with the sport due to the play of fantasy football? More tickets are being sold on Sunday and more people are watching the weekly games. The fantasy football craze has a power great enough to convert even those bandwagon fans who only watch the Super Bowl.

Fantasy football is actually

a very simple game, though many take it to an extreme that no one could have foreseen. You go through a draft system, in which teams one through 12 (or however many teams your league has, but we'll stick with 12) select one player at a time. Then, in most leagues, the second round of picks will begin with team 12 cycling back to one. The order reverses like that every other round. In most circles, teams require one starting quarterback, two starting running backs, two starting wide receivers, a tight end, a kicker and a defensive unit. Normally there are 15 rounds in one draft, so backups are drafted later on. These are handy when starting players are on a bye week, or aren't performing as well as anticipated. Point systems vary, though most of them award points for yardage. Some systems use one point for every five yards, some for every ten and others one for every 15. It just depends.

There are as many types of leagues as there are sites you can use to play. You can be in a variety called a "keeper" league, which is a long-term fantasy football experience. Every year, you look back on your line-up from the previous year and keep one player from that team. Others are set up with a money limit.

Each team has a salary cap, if you will. Players have a dollar amount assigned to them and you can't go over your set amount of money. I'm sure that there are leagues out there that I haven't heard about, which makes the possibilities pretty much endless.

Fantasy football a fun competition that is available to anyone who wants to put in the two hours it takes to draft and the five minutes it takes to set the line-up each week. Granted, some knowledge of the players (the gems, the sleepers, the lemons) is helpful, but not necessarily required. If you are interested, here are some Web sites to visit for more info:

www.nfl.com
www.yahoo.com
www.espn.com

They all have their own fantasy leagues and the majority of what they offer is free of charge.

My personal experiences with fantasy football have been great. I started in sixth grade and have been playing in both paid and free leagues ever since. I usually play in two or three leagues each year. I have won close to 12 fantasy football championships and have earned around \$500 in prizes. This year I am in four leagues, three on NFL.com and one on Yahoo.com.

Take it from me—fantasy football is a great way to have an even deeper interest in the world of the NFL. It's fun whether you win or lose. ■

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