

# SOFTBALL'S LUCKY 13

PAGE B3

Injuries take magic  
out of 'Zards **PAGE B4**

Four art exhibits in  
Hampton Roads **PAGE B1**

Homegrown's last  
show of semester **PAGE B2**

## THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | APRIL 11, 2007 | VOLUME 38 ISSUE 23

WWW.CNU.EDU/CAPTAINSLUG

### NEWS

#### SGA sets records for elections, but no new legislation

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

The Student Government Association senate met for 15 minutes Monday with no new legislation to discuss. Senators commented on the success of the recent SGA elections, citing a record number of votes, and an unprecedented number of contested candidate positions.

Vice President of the senate, sophomore Taylor Blunt, announced the formation of a mentoring program to help transition newly elected senators into the legislative process. New senators, he said, will be paired up with an experienced senator and briefed on job responsibilities, contacting university departments for research, the proper construction of bills, among other relevant information.

During Blunt Ups and Blurt Outs, where senators either praise or critique some facet of CNU, junior Xavier Higgins, a member of the Multicultural Students Association, commented from the gallery on the recent elections. All organizations, he said, had received a letter detailing the university's posting policy. Many SGA candidates however, said Higgins, hadn't followed the policy when posting fliers and other advertisements. Higgins said it was not fair for other organizations to abide by these policies, when SGA, the organization in charge, was not. ■

### INSIDE

#### Vitamins nourish body, mind

Vitamins. We hear about them all the time, but how many of us really know what we are putting in our bodies?

FOOD + HEALTH, A6

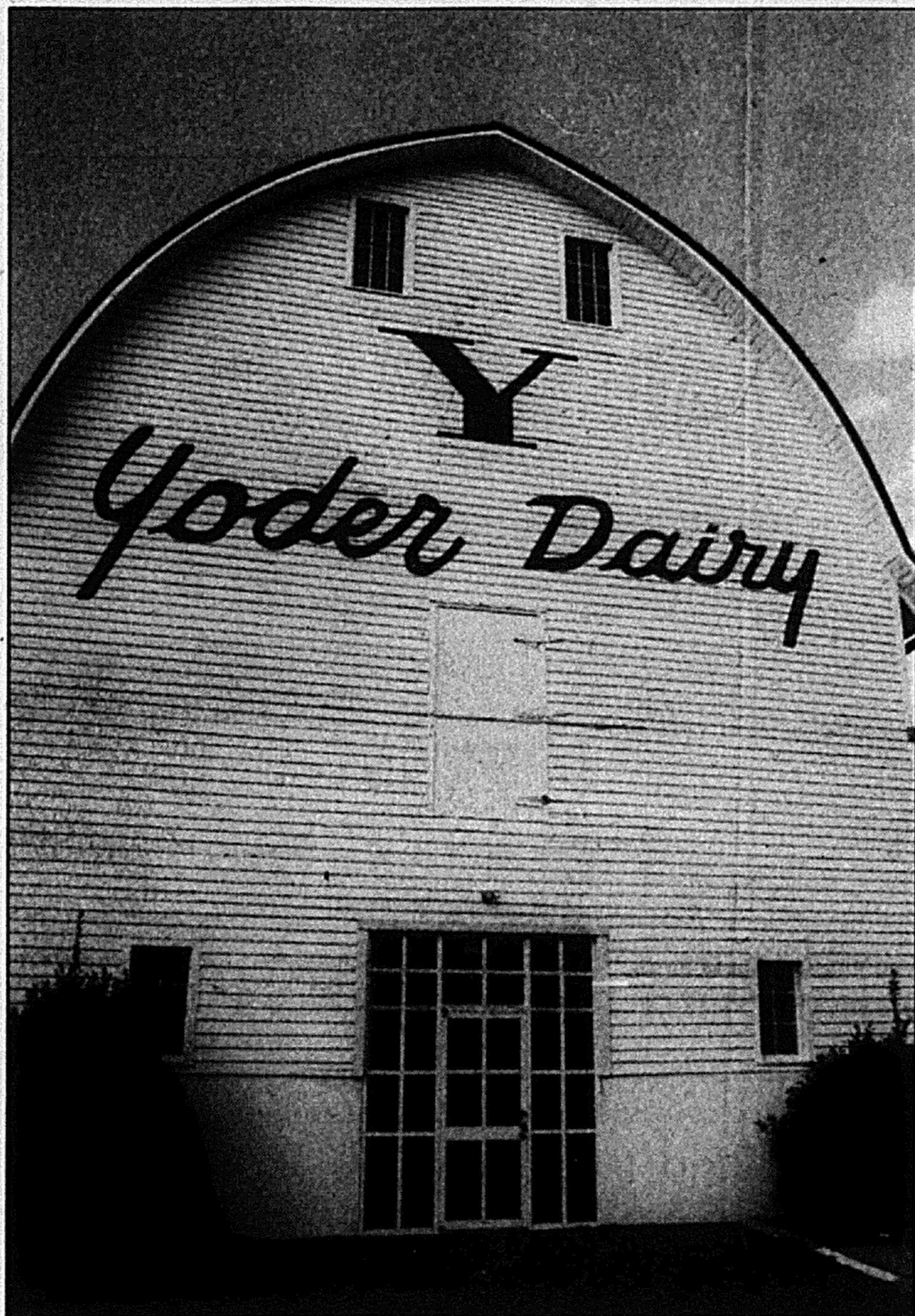
#### Cannabis growers to be taxed

When it comes to the sale of medical marijuana, California is seeing green.

WORLD + NATION, A7

### INDEX

Arts and Entertainment	B1
Campus and Local Briefs	A2
Comics and Crossword	A4
Event Calendar	A2
Food + Health	A6
Horoscopes	A4
Opinions	A5
Police Blotter	A2
Sports	B3
World and Nation	A7



CHANELLE LAYMAN/THE CAPTAIN'S LOG

The Yoder Barn Theatre used to house dairy cows until 1969 when it was converted into a community theater. The venue has earned much praise from publications such as Portfolio Weekly.

## \$4.1 million Yoder Theatre given to CNU

**NEW VENUE** | The popular theater will serve as a free student stage in Gaines' absence.

BY LINDSEY CAWOOD  
LINDSEY.CAWOOD.04@CNU.EDU

The Yoder Barn Theatre, an award-winning performance venue in Newport News was recently donated to the university by the Yoder family and Yoder Preservation Trust Inc.

This is the second largest donation CNU has ever received, and plans are underway to renovate the space for student use.

The facility is worth an estimated \$4.1 million.

Current plans for the renovation of the barn include revamping sound, lighting and stage, made possible by a \$300,000 pledge from local businesses and select community leaders, Tribble announced upon receipt of the facility.

President Paul Tribble, Jr. accepted keys to the theater in March. "We feel very fortunate that the Yoder family has entrusted us with this priceless facility and remarkably valuable piece of property," he said in a university press release.

Efforts to incorporate the barn into CNU culture are underway.

"We hope that student organizations will be able to use it as a programming venue to

make up for some of the lost programming space in the student center," said Kim Roeder, director of the office of student activities.

Roeder referenced the demolition of the old Student Center, expected to occur as soon as this summer. The loss of the building includes Gaines Theatre, a facility regularly used by clubs and organizations free of charge on campus.

"There has not been enough discussion yet to really know what programs/events will be available," she said.

"The Office of Student Activities is working with CNU TONIGHT and CAB to figure out how, when and for what the barn will be used," said Student Government Association President, senior Molly Buckley. "I would like to see activities become a large portion of the uses for the barn, however I could see SGA debates and town halls being done at the Yoder Barn."

The Barn is located at the intersection of Jefferson and Oyster Point — well off-campus. However, plans are in the works to provide transportation to and from the Barn for CNU students,

SEE YODER, PAGE A8

## Class focuses on 'Invisible Children'

**AWARENESS** | Leadership class screens a film and sleeps outside for Uganda's youth.

BY SAM PELSTRING  
SAM.PELSTRING.04@CNU.EDU

When three students set out to film atrocities taking place in Africa in 2003, their travels took them to the Ugandan city of Alchali. Here they discovered hundreds of Ugandan children sleeping in streets, churches and other public places for fear of being abducted from their rural homes by the Lord's Resistance Army, a cult rebel group rampaging across their country. Their only protection: one guard with an AK-47.

Last Wednesday night, students viewed "Invisible Children," a documentary detailing this situation in Uganda and slept on the Great Lawn to physically represent the displacement of these children. The event was sponsored by a Leadership 220 class in coordination with Project Gaddy.

"We wanted to raise awareness about these displaced children," said freshman Garrett Lambur, a Leadership student. "Invisible Children" played for a half-filled Anderson Auditorium. The film revealed that over 12,000 children have been displaced since 2002, sleeping together in order to prevent being kidnapped, brainwashed and enlisted by the LRA to take

part in the 21-year-old war against the Ugandan government.

Afterwards, students headed to the Great Lawn. Small beds of blankets lined the central sidewalk with a few lights set up. One student even brought out a tent.

Students played ultimate frisbee throughout the night with a light-up disc. Small groups of students sat huddled around for warmth as the temperature dropped to nearly 40 degrees.

People continued to chatter until about 2 a.m., when the majority of students went to sleep.

Most students who attended were tied to the Leadership class in some way. Despite advertising with flyers and a table inside the David Student Union the previous week, outside attendance for the camping was limited.

The Leadership students said they encountered several obstacles during the two months of planning for the project. For safety reasons, a list of students camping had to be provided to CNU University Police.

Freshman Kyle Talley informed all campers about the upcoming national camp out on April 28 with 15 cities involved, including Washington DC.

The event will be a 24-hour protest to demonstrate to



KAREN HYNES/THE CAPTAIN'S LOG

Students camp out on the Great Lawn to raise awareness about how Ugandan children must sleep together in public places to avoid being kidnapped and brainwashed by a rebel group.

the government that more aid needs to be given to end the long-standing war. Since the documentary has been made, Talley said, the Ugandan Government has forced its citizens to relocate with only 48 hours advanced notice. These conditions have increased disease and malnutrition among the population as well, said Talley, contrib-

uting to massive deaths.

Around 6:30 a.m. Thursday, students began to rise and leave the Great Lawn. In silence, people packed up their blankets and returned to their residence halls.

"We wanted to make an impact and hopefully get more students educated on this issue," said freshman Rachel Randell. ■

#### WANT MORE INFO?

Invisible Children runs a bracelet campaign which provides employment for Ugandans in Internally Displaced Persons Camps (IDP camps).  
The profits go towards more education programs.



# THE WEEK APRIL 11-17

## wednesday

8 p.m. — CNU Tae Kwon Do Club, Potomac South Multi-Purpose Room  
9-11 a.m. — Safe Zone Training, DSU Madison Room  
6 p.m. — Biology Club Meeting, Science Building Atrium  
7 p.m. — CNU Anime Club, Gosnold 101

## thursday

12:15 p.m. — The Captain's Log Critique, Ratcliffe 106  
7 p.m. — Intersivity, Gaines Theatre  
7 p.m. — Irish/Celtic Club, DSU 2<sup>nd</sup> Floor  
7-9 p.m. — Justice for Java!, McMurran 102

## friday

7 p.m. — CAB Movie: Freedom Writers, Gaines Theatre  
8 p.m. — Chinua Hawk & Chris Cauley, DSU Ratio

## saturday

9 p.m. — Are You Man Enough To Walk A Mile In Her Shoes?, Pomoco Stadium Track  
7 p.m. — CAB Movie: Freedom Writers, Gaines Theatre  
9 p.m. — Ferguson Funnies: Jen Kober, Studio Theatre

## sunday

10 a.m. - 5 p.m. — CNU Motorsports car show, Lot C  
11:30 p.m. — Protestant Worship Service, SC 150 (Alumni Room)  
4 p.m. — Catholic Mass, SC 150 (Alumni Room)  
7 p.m. — The Captain's Log Staff Meeting, DSU 393

## monday

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

## tuesday

7 p.m. — Legislative Action Committee, DSU 230  
8 p.m. — Fellowship of Christian Athletes (FCA), Freeman Center, President's Box  
10 p.m. — Citizens of the World meeting, James River Multipurpose Room

# PAGE TWO

WEDNESDAY, APRIL 11, 2007 | PAGE A2

## On campus

### UNC professor to speak on women in greek tragedy

Associate professor of Classics at the University of North Carolina at Chapel Hill, Sharon James, will speak on women in Greek tragedy at 3 p.m. on Monday, April 16 in the Student Center Alumni Room. James will be the first to speak in an annual lecture series sponsored by the Department of Modern and Classical Languages and Literatures. The lecture series is made possible by an anonymous \$50,000 endowment in honor of Professor Emerita Elizabeth Frances Jones. Jones founded both the Latin and the Classical Studies programs at CNU and retired in 2002. Professor James has published numerous articles and is in the process of preparing a book for publication entitled "Women in Comedy".

### Holocaust Survivor to visit CNU Hillel sponsored event

Roger M. Loria, one of the youngest Holocaust survivors in Virginia, will speak on Saturday, April 14 at 8 p.m. in the McMurran Annex. Loria was born in 1940 in Belgium, but has also lived in the camps, Israel, New York, Boston, and Richmond. He works on creating compounds and is currently a professor of Microbiology and Immunology at the Medical College of Virginia. He is the father of Rachel Loria, a sophomore at Christopher Newport University. The event is sponsored by CNU Hillel.

## Around town

### Area concerts and Harborfest lineup announced

Three concerts that will take place in the area were recently announced, as well as the headline performers for this year's Harborfest. On May 20, an R&B show will be performed at the Virginia Beach Amphitheater headlined by Brian McKnight and former "American Idol" winner Ruben Stoddard. The Amphitheater will also host the Vans Warped Tour on July 24, featuring various bands such as Newfound Glory and Bad Religion. Ticket prices for these events have not yet been announced, but tickets for the May 20 event will go on sale Saturday morning and Friday morning for the July 24 event. Stevie Nicks will also be performing on June 28 at the Constant Center in Norfolk. Tickets are priced at \$45 and \$65 and will go on sale Saturday morning. The lineup for Harborfest, to be held June 8-10, will include Los Lonely Boys, Kool & the Gang, Maceo Parker and 38 Special.

### Dominion power hopes to raise rates starting in July

Dominion Virginia Power would like to raise electric rates by approximately \$3.41 per month for the average homeowner starting in July. They asked the state on Monday for permission to raise their rates and the request would have been higher if the Virginia General Assembly had not recently passed a law to spread the increase out over three years. Dominion rates have been low for customers over the last few years in order to create competition. The price increase in the bill will be the first part of raising Dominion rates to a level that covers the costs of fuels for power plants.

## SUPERSHOT



COURTESY OF MICHELLE LEWIS

The snow-covered Great Lawn was deserted on Saturday when temperatures dropped into the low 30s.

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

## Police blotter

### CNU Police Crime Log

#### April 7

A musical instrument was stolen from an unsecured room in the Ferguson Center.

#### April 6

Musical instruments were stolen from an unsecured room in the Ferguson Center.

#### April 5

Property was damaged in Lot D.

Information from CNU Police Department

### Newport News Crime Log

#### April 8

An individual was charged with tampering with an automobile on Chatham Drive.

An individual was assaulted on

York River Lane. No injuries were reported.

#### April 7

Vehicle parts were stolen on Jefferson Avenue.

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

#### April 6

An individual was intimidated on Holbrook Drive.

A vehicle was damaged on Jefferson Avenue.

#### April 5

A vehicle left the scene of an accident on Jefferson Avenue. Property damage was reported.

An individual was charged with the theft of merchandise using a stolen credit card on Jefferson Avenue.  
Dangerous drugs were

seized on Nettles and Oyster Point.

#### April 4

An individual was charged with fraud by impersonation on Deep Creek Road.

Vehicle and property damage were reported on Lochview Drive.

A case of intimidation was reported on Warwick Boulevard.

#### April 3

Money was stolen on Jefferson Avenue.

A missing person was reported on Flume Run.

An individual was raped on Mariner's Court.

Dangerous drugs were seized on Chatham Drive.

Information from Newport News Police

## Names in the news

### 'GRINDHOUSE' FALLS TO FERRELL'S 'GLORY'

Will Ferrell led the box office for a second weekend with the skating comedy "Blades of Glory," while the ambitious "Grindhouse" double feature from Quentin Tarantino and Robert Rodriguez opened disappointingly at No. 4, according to studio estimates issued Sunday.

"Blades of Glory" sold about \$23 million worth of tickets across North America during the three days beginning April 6, followed by last weekend's runner-up, the animated "Meet the Robinsons," with \$17 million.

"Grindhouse," a three-hour-plus tribute to the low-budget horror movies of the 1970s, earned \$11.6 million. Box office forecasters had expected the movie to hit the

\$20 million level.

The Dimension Films release consists of two movies, Rodriguez's "Planet Terror" and Tarantino's "Death Proof," complemented by trailers and prints that give the movies a period feel. The project cost \$53 million to make.

### DR. COX GETS MARRIED TO YOGA INSTRUCTOR

"Scrubs" star John C. McGinley married yoga teacher Nichole Kessler at their home in Malibu before about 30 family members and friends, People.com reports.

At the Saturday-evening ceremony, the bride wore a blush gown by Le Sposa Di Gio and carried a bouquet of Dutch "Shirley Temple" peonies from LA Botanicals. She walked down the aisle with McGinley's 9-year-old

son, Max, who has Down syndrome.

McGinley, 47, who plays the sarcastic Dr. Perry Cox on the NBC comedy, and Kessler, 34, first met through Max. The boy approached Kessler on the beach while McGinley was playing fetch with his dogs.

### BAD BLOOD BETWEEN MARTHA AND EX-CON

According to the New York Post, neighbors of the Martha Stewart are still peeved over ex-con's attempt to trademark the name of Katonah, which she calls her "hometown," so she could sell product under its name. The newspaper says the bad blood is so bad—even though Martha has stopped her campaign—that one of her opposers, freelance writer William Tisherman, quit his job at the Katonah Village Improvement Society to

start Marthometer, a parody newsletter devoted entirely to Martha content. Now that is commitment.

### STARS ARGUE AGAINST HOLLYWOOD'S IDEAL

Kate Beckinsale concludes that the female ideal constructed by Hollywood is irreconcilable with the actual female form. "I don't think you can aspire to it, nor can I," says the star of "Underworld."

"Everybody is retouched, stretched, lengthened, slimmed and trimmed."

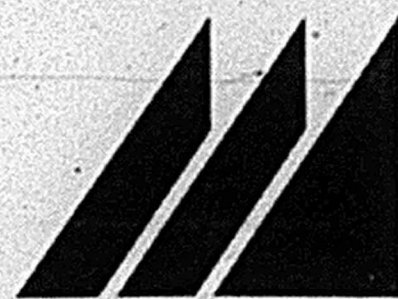
Agreeing, Jennifer Lopez tells British Vogue of the pressure on girls. "It's got to the point where models are dropping dead. It's insane," she says, citing Brazilian model Ana Carolina Reston, who died in November at 21.

MCCLATCHY TRIBUNE ■

## Corrections

In last week's article, "Faroq bound for Egypt on Fulbright" Dr. Michelle Barnello, an assistant professor of American politics said, "From my interactions with Mehreen, I would say that she's an introspective and thoughtful person. She's very interested in politics; and she has a gift for doing research, something that will serve her well during her Fulbright in Egypt and in the future in graduate school."

In last week's article, "Frat men fight for 'god' title," Laura Burlingham is the Public Relations Vice President of Gamma Phi Beta sorority.



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

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

Jackie Trono Copy Editor  
Erin Roll Assistant Copy Editor  
Ryan Burke Photos and Graphics Editor  
Jesse Hutcherson Asst. Photos Editor  
Beth Beck Editorial Assistant  
Kelly Dowd Editorial Assistant

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

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

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

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

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



## CNU HOUSING UPDATES



JESSE HUTCHESON/THE CAPTAIN'S LOG

A freeze on progress towards filling empty Village spaces is thawing, as real estate officials meet with prospective vendors.

## New vendors to come soon

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

When Bottoms Up Pizza, a popular Richmond-based eatery, nixed their plans to set up shop in CNU Village last year, subsequent legal proceedings put a freeze on the remaining spaces on the strip.

The university's talks with vendors have restarted, said Douglas Hornsby, the CEO of CNU Foundations, and complaints about fire alarm, noise and parking issues at the Village are being addressed.

"I have an interest from several restaurant operators in the Southwestern theme. Several national chains have toured these spaces," Hornsby said.

"These stores are considering the south end of the Village, what we call the number 114 and number 115 spaces, where we had hoped Bottoms Up would go."

They haven't finalized any other leases for the available spaces, he said.

The surprise pullout of Bottoms Up Pizza caused some of

the major delay in filling the two spaces on the south end.

"After we installed the appropriate HVAC and electrical service, they refused to start their build out. When Bottoms Up backed out, that was completely unexpected," said Hornsby. "We have filed suit against them and had to go to court to get 'possession' of the space back. Then we had to start marketing the space all over again."

Because both parties had signed the lease, the suit was necessary to gain access to the space again.

"You see once we sign a lease with them, even though they didn't move in, they have rights to the space," said Hornsby. "We needed to reclaim the unfettered right to the space before we could lease to others. This is similar to when you sign a lease for an apartment yet never move in and never pay rent. The landlord will take you to court to get possession and to sue for the rent you didn't pay."

The two spaces Bottoms Up Pizza would have moved into are just over 4,400 square

feet together. New leases may be for both spaces or to have them separated, depending on the needs of the business.

There are currently some potential stores interested in the space between Ben & Jerry's and the Virginia Educator's Credit Union.

"This will not be for food use, although a coffee shop could go there. But nothing is signed yet," said Hornsby. "We hope we might have some service-oriented business, like a cell phone distributor, tax service or other non-food use."

Other than the problems with the fire alarms, which have been repaired since spring break, businesses currently in place under the Village are generally satisfied with their experience, he said.

Minor issues are still affecting some businesses. Schooners, for example, has not been able to have live music for some time due to noise complaints, he said.

"We expected that Schooners would have acoustic music. The music was fine for a while, then over time,

it just became too loud, and we received quite a few complaints," said Hornsby.

"Music is fine. Loud music is not fine. They are welcome to have music so long as it is not played or performed at a sound level that is disturbing to students sleeping or studying."

For Hornsby, the solution is simple. "Turn it down," he said.

Retail parking also remains an issue, but one that is currently being addressed.

"We need to make sure the parking spots in the retail area remain available for customers, not students," said Hornsby.

"We have commenced enforcement of 'Retail Parking Only' in the south parking lot between CNU Village and Warwick River residence hall, the parking in front of the stores, and the 50 front parking spaces on Warwick Boulevard across from Panera."

Additional signs will be installed soon to make sure there is no question where retail parking is, said Hornsby. ■

## Lottery improved but not yet perfect

BY AMBER WHITNEY  
AMBER.WHITNEY.0@CNU.EDU

During the last week of March, students took part in the annual housing lottery, which, for the first time, took place online.

After last year's lottery predicament, Christopher Newport University Housing, under Director Andy Sheston, sought to enhance communication between Housing and students, to make them aware of the realities of the new lottery.

In her weekly update to students, Donna Eddleman, dean of students, said that though she was absent during the actual event, she had heard reports that the lottery had gone smoothly.

"The housing process was changed to make it easier for the students and to make it more equitable," said Housing Director Andy Sheston. According to Sheston, this change was for the better because it left less students unhappy than last year. "From what I understand from the students, most of them are happy," said Sheston. Several students, however, have expressed concerns.

Sophomore Kortny Qualkinbush said she was excited about being an upperclassman next year and being able to live in the CNU Apartments. As it ended up, she said, she'll be living in Potomac River.

"I was going [into the apartments] as single because the people I wanted to live with were a year younger than me," said Qualkinbush. "I turned my deposit in early and was excited when I got my lottery time on three on Tuesday." No rooms were available during her lottery time for third year students, she said, except for a four-room apartment in Warwick River Suites. "We have the nice huge new apartments and I was being put into an old hotel next to the gas station," she said.

After alerting the problem to housing, Qualkinbush was put on a waiting list for the apartments. She

said she also met with Housing Director Andy Sheston about the problem.

"I find out [housing] has moved me to Potomac River," said Qualkinbush. Her main argument, she said, was that if rules maintained that she couldn't sign up to live with second-year students, why was she then placed in housing for freshmen and sophomores.

Freshman Jessica Butler said she had a similar problem during the lottery. Butler said she originally selected Barclay Apartments for her residence, but was sent an e-mail by housing employee, Janine W. Kennell, saying that Butler and her roommates were moved to James River.

"The way the e-mail was presented was like we didn't have a choice in the matter, that's where we had to stay," said Butler.

Sophomore Valerie Sweet said she thought the apartments were for upperclassmen, but when she addressed the issue to the housing department she was told that her information was not correct, and that upperclassmen are not promised anything.

Sweet said she preferred the way the lottery had been conducted in previous years, as it provided students with a specific visual of available housing. Sweet e-mailed both the SGA and President Paul Triple Jr. about the situation.

The housing department did have some computer glitches, said Sheston, where the computer didn't keep gender specific rooms saved specifically for males or females. As a result, some students were removed from their selected rooms to similar accommodations.

"In order to meet the requirement of freshmen and sophomores we had to set aside a certain number of spaces, and whatever was left was given to juniors and seniors," said Sheston. "[Housing] is something we look at every year and try to make as equal, not fair, as we can." ■

## Saxes, trombone disappear from Ferguson

**THEFT ON CAMPUS** | CNU PD has started an active investigation regarding the incident.

BY CHANELLE LAYMAN  
CHANELLE.LAYMAN.04@CNU.EDU

Three saxophones were reported stolen from the Band Rehearsal room in the Ferguson Center for the Arts last weekend.

The instruments, valued at around \$5,000 apiece, were discovered missing late Friday afternoon. The room was unsecured.

"I had class at four that day, but I knew I was coming back

to practice after dinner," said senior Nii Akwei Adoteye. Adoteye, who lost his alto saxophone, received a call alerting him to the missing horns from fellow saxophonist junior Jason Hammers, who lost an alto and a tenor saxophone.

"We got to the Band room, and there were open cases everywhere. Someone's book bag was in there, and it was opened too," said Adoteye.

Other instruments were

also missing, though they were not yet reported on the CNU Police Crime Log.

Sophomore Megan McElfresh lost her trombone, a third generation family heirloom valued at approximately \$800.

There could be more instruments reported stolen or missing as students come to practice throughout the week, said Adoteye.

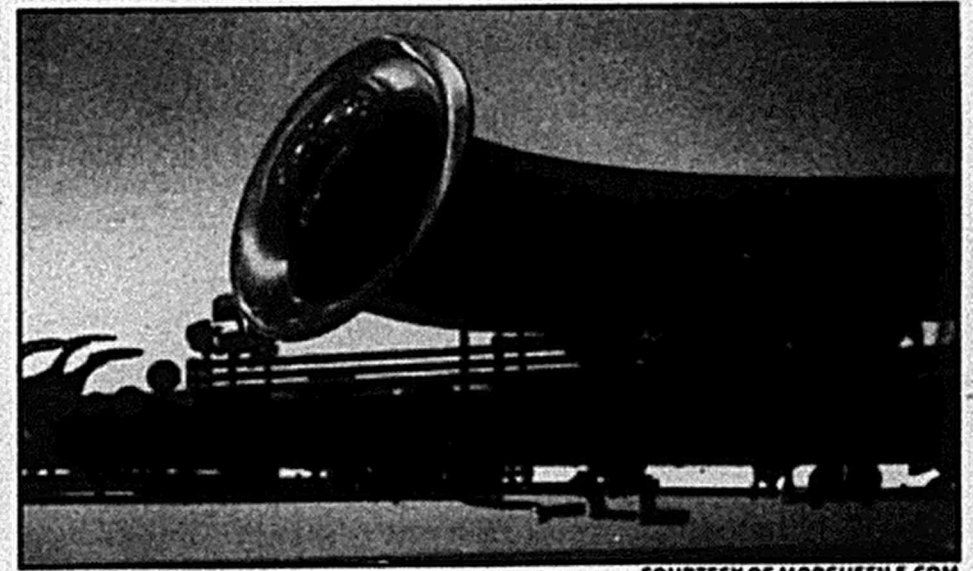
"The thefts are under active investigation by the CNU Police," said CNU Police chief Jeffrey Brown.

Both Adoteye and Hammers expect their instru-

ments to be covered under their families' homeowner's insurance.

"On Friday between four and seven, there is basically nobody in Ferguson. Plus, a lot of students were performing at Trinity Lutheran Church for the Good Friday Concert that night," said Adoteye.

A security guard is on duty at the Ferguson Center for the Arts at 7 p.m. each night. Students should report any missing instruments or information about the incident to the CNU Police department by calling 757-594-7053. ■



COURTESY OF MORGUEFILE.COM

Three saxophones were among other instruments stolen from The Ferguson Center for the Arts.

## Bandwidth up by 130 percent in residences

**INTERNET** | Long-anticipated bandwidth and wireless networks have been upgraded.

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

Last semester, slow Internet and other troubles with CNU's network caused irritation campus-wide, prompting decisions to upgrade the bandwidth. The plan called for an upgrade over a three-month period, with completion projected for January of this year.

An official announcement of the successful update was delayed due to small equipment issues, according to IT Services.

"The Internet bandwidth upgrade did occur on schedule, however equipment problems unrelated to the upgrade prevented IT Services from making the announcement," said Andrew Crawford, the assistant director of IT Services. "The student network currently has access to approximately three

times the bandwidth they had in the fall semester."

The update will increase the previous capacity from 45 megabits to 110 megabits per second. The entire network was upgraded, but residential and wireless Internet access received the greatest improvements. Residential students now have access to 130 percent more bandwidth than before.

"The upgrade was completed in February and testing continued into the spring 2007 semester," said Crawford. "The network provider, Network Virginia, had some issues and several weeks were dedicated to sorting out their issues."

All testing and troubleshooting steps have been taken, and CNU IT Services is happy to announce that the OC3 upgrade has been completed, said Crawford. ■

### IT SERVICES INFO:

-CNU's IT Services has announced an updated version of the Odyssey software, providing connection to CNU's Wireless network.

-If you currently use Odyssey, you must update your software to continue using the network before April 22.

-Installing the new version will ensure uninterrupted service through June 2008.

-Wireless Wednesdays will return to the DSU on both April 11 and 18.

-If you have any questions regarding CNU Wireless or the installation of the Odyssey client, contact the IT Services helpdesk either by calling 594-7079 or email helpdesk@cnu.edu.

Been spoon fed lately?

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

**COLD STONE**  
CREAMERY

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

Newport News • 269-0550

One block from Jefferson

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



# DIVERSIONS

WEDNESDAY, APRIL 11, 2007 | PAGE A4

## Mystic Stars | April 9-15

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

**IF YOUR BIRTHDAY IS THIS WEEK:** The coming year will activate your desire for creative fulfillment, travel or unique educational experiences. Before mid-May, expect social restlessness to motivate a variety of new hobbies or activities. The next four months are the more powerful summer months in the past decade for fresh social outlets, lifestyle changes and renewed dedication to forgotten dreams. After Sept. 20, romantic passions will also be affected: expect key relationships to be dramatic and socially complex. Listen to your instincts and make serious decisions: this is the right time for meaningful change. Early in 2008, complex business and financial improvements will arrive in all workplace relationships. Authority figures will demand increased commitment. Stay strong and watch for sudden job promotions throughout February and March.

**Listen to your instincts and make serious decisions: this is the right time for meaningful change.**



**ARIES** (March 21-April 20) Family acceptance and social support will increase over the next 9 days. Areas affected are workplace decisions, missed home opportunities or canceled plans. Loved ones will soon appreciate your strict time schedule or daily obligations. Past misgivings need to fade: respond with compliments and affection. After Thursday, vital social or romantic discussions are accented. Key issues may involve past promises. Stay alert: friends and lovers will be unusually sensitive.



**TAURUS** (April 21-May 20) A romantic partner or trusted friend may this week request extra time or consideration. Some Taureans will now experience minor social differences and a wave of new emotional demands. Maintain a strong balance, if possible, and expect a unique compromise to soon be suggested. After mid-week, pay close attention to the subtle hints or comments of key officials. Revised team assignments may soon be announced. Remain open: instructions will be fast and unpredictable.



**GEMINI** (May 21-June 21) Friends or lovers may this week question your recent job decisions or workplace insight. Over the next few days, expect repeated behaviors or mistrust between colleagues to be a prime concern. Although career potential is high, business relations may be temporarily strained. Avoid acting as team leader until roles are clearly defined and all will be well. After Saturday, news from a distant friend or relative may trigger unique travel plans. Group celebrations are accented: be receptive.



**CANCER** (June 22-July 22) New flirtations may now be controversial and distracting. This week, many Cancerians will experience several days of intense sensuality and renewed romantic interest. Opt for ethical, long-term commitments, if possible, and expect social or family politics to be highly demanding. Later this week, a complex workplace decision may initiate new hiring practices or revised business routines. Bosses and managers will avoid detailed explanations. Remain patient: all is well.



**LEO** (July 23-Aug. 22) For many Leos repeated love affairs and vivid physical attraction are accented over the next eight days. Pay special attention to returning colleagues or friends from the past. Romantic invitations and social overtures will be emotionally rewarding but short-lived. Remain cautious. After Thursday, meaningful family discussions are highlighted. Several months of postponed or ignored home duties now need to fade. Ask loved ones for active participation: you won't be disappointed.



**VIRGO** (Aug. 23-Sept. 22) Business and financial decisions will this week require lengthy discussion. After Monday, a close friend or relative may present an unexpected legal problem, business proposal or workplace challenge. Carefully study missed payments and ask for full details: over the next nine days, bosses and managers will insist on the accuracy of facts, figures and estimates. Later this weekend, physical energy and social interest may be low: if possible, rest and enjoy quiet home activities.



**LIBRA** (Sept. 23-Oct. 23) Physical vitality will now increase. Over the next few days, watch for a powerful wave of romantic awareness, fitness and social interest to arrive. For many Librans, several months of family disillusionment or stalled intimacy will now end. Use this time to clearly define the emotional obligations of loved ones. Guidance and confidence are needed. After Friday, a rare business or financial opportunity may demand decision. Don't hesitate to join in: there's much to be gained.



**SCORPIO** (Oct. 24-Nov. 22) Early this week, a friend or work mate may purposely offer a vague description of past promises or events. Social alliances and group dynamics are key issues. Don't rely on others for important information: over the next 6 days your own instincts will provide the necessary wisdom. Friday through Sunday, someone close may require complex business or financial advice. Legal issues or government restrictions may prove inescapable. Encourage new paperwork and detailed records.



**SAGITTARIUS** (Nov. 23-Dec. 21) A long-term friendship may this week begin to fade. Changing lifestyles, new social outlets or unresolved romantic triangles may be contributing factors. Unproductive relationships will soon provide obvious clues and emotional hints. Go slow. After Wednesday, a deep wave of intuition, family sensitivity and romantic insight arrives. Some Sagittarians will also receive a powerful glimpse into the future of a new relationship. Study minor hints and comments for valuable clues.



**CAPRICORN** (Dec. 22-Jan. 20) Social timing and family change are now vital to the success of long-term relationships. After a period of silence, friends or close relatives will now benefit from public discussion. Address underlying feelings but avoid difficult decisions. Empathy will move relationships forward. Later this week, an older colleague may relinquish control of an important project. Remain committed to the success of team activities: hidden politics or private power struggles may be in operation.



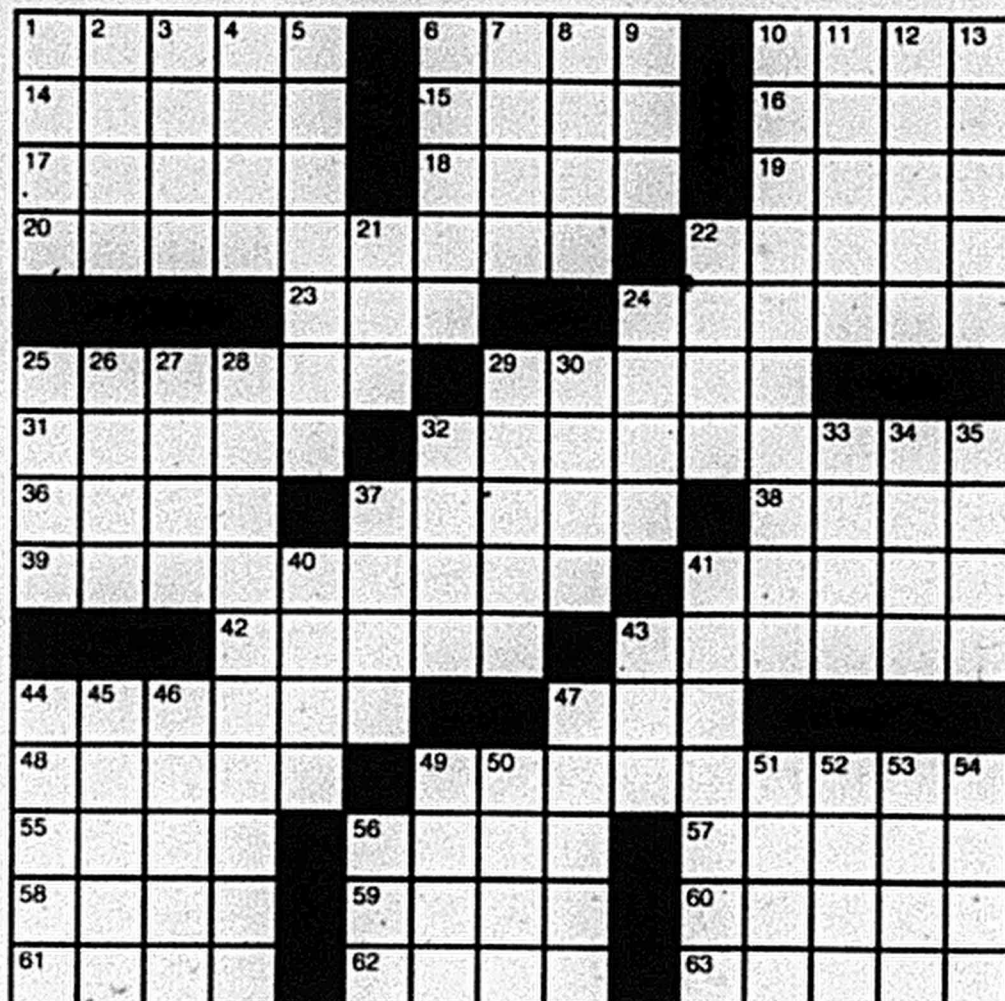
**AQUARIUS** (Jan. 21-Feb. 19) Honesty in family discussions will work to your advantage this week. Repeated social mistakes or differences between siblings may now require active intervention. Don't be shy. Over the next few weeks, loved ones and close relatives will follow your advice and study your actions for guidance. After mid-week, remain attentive to the private needs of an older colleague or official. Someone close may feel unusually pressured by the emotional demands of a strained relationship. Stay balanced.



**PISCES** (Feb. 20-March 20) Money negotiations, home planning and practical decisions will this week require careful scrutiny. Records, past obligations or paperwork may soon prove important. Monday through Wednesday, study ownership documents, time allotments and detailed schedules for valuable clues. After mid-week, some Pisceans may be asked to participate in a private dispute between friends. If so, advocate rekindled trust and newfound understanding: family and home tensions will soon fade.

## Crossword

- ACROSS**
- 1 Wall covering  
6 Baby's bed  
10 Stable youngster  
14 Sneeringly derogatory  
15 Part of ADC  
16 Far from terra firma  
17 Commit theft  
18 Part to play  
19 Ananias, e.g.  
20 Conclude  
22 Odor  
23 Old hand  
24 Utters suddenly  
25 Formed  
29 Wall covering  
31 Polished  
32 Umpire's pocketful  
36 Pint drinks  
37 Procrastinator's word  
38 Abound  
39 Propped up  
41 "The Count of Cristo"  
42 Presses  
43 Tongue-lash  
44 Kind of cold?  
47 Mare's morsel  
48 Steer clear of  
49 Infuriating  
55 Expressions of disapproval  
56 Beyond risque  
57 Scoundrel  
58 Coagulate  
59 Organic compound  
60 Conjure  
61 Towel word  
62 As expected  
63 Takes the plunge
- DOWN**
- 1 Attention getter  
2 Game starter  
3 Landing place  
4 Cheese from Holland  
5 Experienced again  
6 Jeweler's weight  
7 Wild profusion  
8 Without work  
9 Speller's contest  
10 Common adder  
11 Basketry material  
12 Emulated Pisa's tower  
13 Small open pies  
21 Actor Beatty  
22 Thick piece  
24 Fox's title  
25 Medicinal applicator  
26 Aura  
27 Skater's leap  
28 Doomsayers  
29 Spouses  
30 Played for a sap  
32 Farm outbuilding  
33 Horne or Olin  
34 Riga resident  
35 Hook's underling  
37 A Spinks  
40 Trampled  
41 Gauged  
43 Spoiled  
44 Nab



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

4/11/07

## Solutions



- 45 Botanic structure  
46 Word before oil or mouth  
47 Curiously  
49 List of dishes  
50 Mil. truant  
51 PBS series  
52 Composer Stravinsky  
53 Heat in the microwave  
54 Launch forces  
56 Set the pace

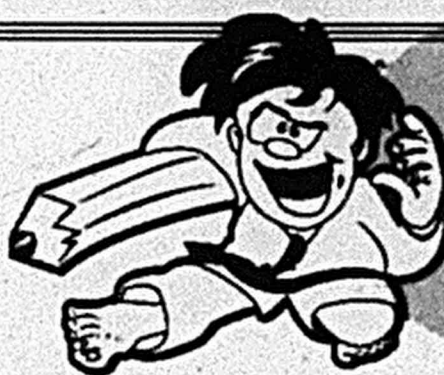
## A College Girl Named Joe

BY AARON WARNER



## Su|do|ku

BY MICHAEL MEPHAM



6	2	4	9	5				
			2	4	7	9		
		3		1				
	9	5						3
1						7	2	
				7		5		
		6	5	2	9			
				6	1	8	9	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](http://www.sudoku.org.uk).

Solution to this week's puzzle.

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

**REPORT. WRITE. GET PUBLISHED.**  
THE CAPTAIN'S LOG IS LOOKING FOR WRITERS  
FOR THE FALL '07 SEMESTER. CONTACT US AT: [CLOG@CNU.EDU](mailto:CLOG@CNU.EDU)



## MAN ON THE STREET | How do you think this year's Housing Lottery went?

By Shannon Humphrey and Regina Cerimele

"I'm off-campus, but last year it was ridiculous and this year it's the same."

RACHEL BEEMAN  
JUNIOR



"I got screwed in a big way and it will probably be a long time before I get a room."

JOE ROGERS  
FRESHMAN



"I guess it went okay. I'm studying abroad next semester so my housing was guaranteed."

KATIE DOLAN  
SOPHOMORE



"I'm the wrong person to ask. I have no idea about this year, I know last year sucked."

MIKE GLAZER  
SENIOR



"I got my house, maybe I was lucky because I was with PLP so it was pretty much guaranteed."

REBECCA HECHLER  
JUNIOR



# OPINIONS

WEDNESDAY, APRIL 11, 2007 | PAGE A5

WHERE WE STAND

## 'Shoddy' SGA year ending far too early

Summer recess shines luminously in the distance as we round out one more week of study. We've only got a few more weeks to go before we return home to a full refrigerator, old friends, and some much needed down time. But it's important to remember that we aren't entitled to anything — we've got to earn it.

It's a message that appears to be quite lost on the Student Government Association. The group seems poised to coast unproductively to our collective academic finish line, as they have met for no more than 15-20 minutes in the last three weeks, and meetings over the last month have lasted no longer than half an hour.

Legislation proposed in the last three weeks has been largely vacuous, and the two most recent bills passed in the senate might as well not have been written. The first made it so that the senate will no longer have to salute the state flag each week at meetings. The other called for more nutritious options at Captain's Café. Senators said they researched the bill and that the Freeman Center staff was ready to implement it. Freeman Center Director Doug Shipley was present at the meeting and was compelled to stand and speak. He—the person who runs the building—had never been contacted. He corrected them on numerous important details — they didn't know what they were talking about and he rightly called them out on it.

Whether they are our friends, roommates or Greek brothers or sisters, it's plain to see that our fellow students in the senate have not been doing much of anything. Sure, they helped get an inclusive non-discrimination policy passed

by the Board of Visitors. But that great achievement is wholly undercut by their legislative record otherwise. We've said it before, and we'll say it again — it's shoddy. Sure, they've passed bills about this or that. But what do those bills actually get accomplished? In most cases, those bills change something about the SGA constitution or stamp a message of approval on something the SGA has no hand in. In other cases, when senators pass bills with good ideas about a change in campus policy, senators wrongly assert a causal relationship between circumstances on campus changing and their own actions. A case in point: The SGA passed a bill in the fall saying that a CNU emergency information Web site should be created, citing campus crises like the Madison fire and Tropical Storm Ernesto. Senators, even senior President Molly Buckley take credit for crucial info getting launched.

They had some input on the site, maybe, but the truth is that an emergency Web site was being designed by the office of communications and public relations several months before.

And if none of those arguments are convincing enough, consider this: At other universities, student governments decide budget allocations for student organizations, and generally perform all the duties that the Student Union Board and Alcohol Task Force do on top of their legislative and institutional duties. To make a long story short, folks, the SGA is in need of some serious change. Perhaps some new leadership will provide the body with some new momentum next year. It's yours for the saving.

IAN SASS-BASEDOW, EDITOR-IN-CHIEF

OTHER VOICES

## 'Golden rule' should be followed at CNU

Dear Editor:

I recently read an Opinion published in the Captain's Log on Wednesday, April 4, entitled "Loud students need to quiet their steps." I read the article entirely and found it to be very offensive.

It describes students as being "elephants" and "hippos." These two words may not be offensive to some students, but I find them very offensive. According to your website, under the Offensive Words/Material it states:

"Any article containing words that may be considered offensive will be labeled at the top with an Editor's note: The following article contains words that may be offensive to some readers. The editor in chief has final say as to what may be considered offensive."

Now these words may not be vulgar, but I see them as offensive. I am guessing that your Editor in Chief does not believe this, because the article was published within the Opinions section, and no warning was published above it.

I would like to know two things. What does your paper define an offensive word to be? Because obviously when a student refers to another student

as a hippo or elephant, it is not deemed offensive and is published within the paper anyway.

I would also like to know, how many other students might have possibly been offended by the publishing of this opinion or letter?

**"Calling someone a 'hippo' or 'elephant' is not showing respect to your fellow community members."**

In the Community Statement section of the Resident Life Handbook, it states, under Respect, that you "treat others how you want to be treated." Calling someone a "hippo" or "elephant" is not showing respect to your fellow community members and is not how I or anyone else should be treated. By calling someone one of these two words, you insult their dignity and may even hurt their feelings. I find it completely insulting for another student to compare another student to a mammal and that the Captains Log would be compelling to publish this Opinion in the CNU community newspaper.

I have attached an Opinion letter of my own. Please consider reading it and understand that many other students may feel that they have been insulted. Make that publicly insulted because it was published in a community newspaper.

Miss A. Walthall doesn't specifically come out and say who she is directing the letter to, but it portrays that she lives on the second floor of a CNU Apartment building. Now, all the students living on the third floor of the four CNU Apartments are wondering if they are the ones being called the "hippos" and "elephants."

This issue with noise could have been resolved by asking these people to be quiet (which she never mentions in her letter, besides using a broom to hit the ceiling and yell "Shut the hell up" which isn't an effective way to get attention especially if you are in college) or she could have gone to her building's RA or Hall Director. I don't see how publishing a letter in a campus newspaper insulting students will solve anything.

Sincerely,  
Thomas W. Buckley  
Junior  
thomas.buckley.04@cnu.edu ■

## Income gap affects many

DAVID MOBERG  
MCCLATCHY NEWSPAPERS

Imagine a country with 100 people, whose economy generated \$1,000 in new income over the year. One guy at the top gets \$500, the next nine share \$250 and the 90 at the bottom get the rest — less than \$3 each, on average.

You would not call that country a fair one. But that's what our economy looks like, only on a much larger scale. And this inequality is getting worse.

In 1975, the richest 1 percent received 8.4 percent of national income before taxes.

In 2005, they received more than double that share — 19.3 percent, according to economists Emmanuel Saez and Thomas Piketty.

The after-tax share of income that the top 1 percent gets each

year has jumped even more dramatically, returning the country to the level of inequality just before the Great Depression.

How did it happen? During World War II, the government trimmed the income share of the rich with salary controls and progressive taxes. Even after the war, popular opinion helped keep executive salaries down, and the working and middle classes gained a growing share of income, spreading prosperity widely and stimulating growth.

In the early 1970s, as a new era of globalization unfolded and there was high inflation and low growth, workers stopped making gains in real income. The assault on unions and the social safety net accelerated in the 1980s, and workers lost even more ground.

That same decade, with more lax financial regulations and

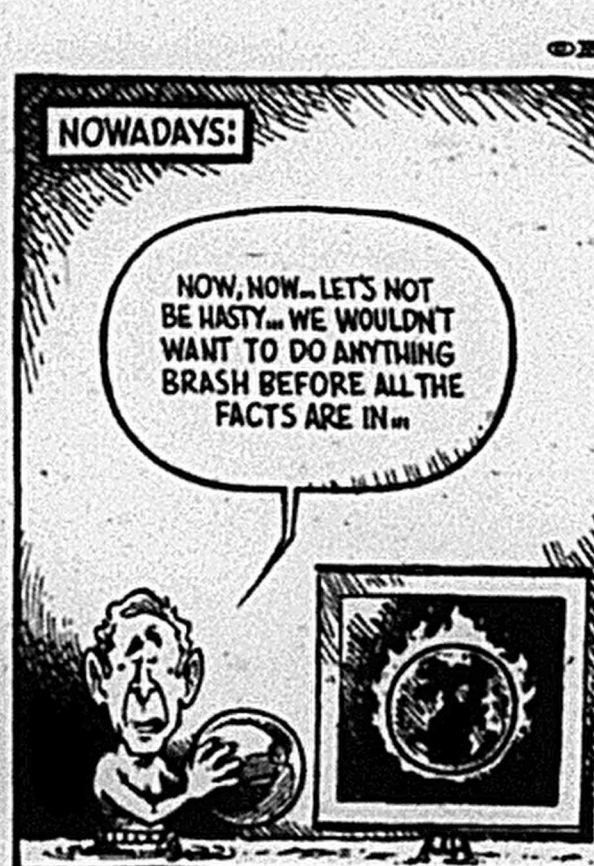
celebrations of the corporate chief executive as culture hero, the old restraints on exorbitant CEO salaries came off.

The gulf between the rich and everyone else widened.

U.S. corporations have used the global economy to weaken workers and enrich themselves. But other advanced countries are exposed to global pressures, and they haven't experienced the same redistribution of income to the rich, nor have workers lost ground the way they have in the United States.

Stronger unions, more expansive social policies — such as national health insurance and better public pensions — and cultural constraints on rampant inequality made a difference in those countries.

We should use the same tools to make our own economy more fair and prosperous. ■



## FDA chief needs to resign for pet food scandal

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

SEND LETTERS TO: The Captain's Log, 1 University Place, Newport News, VA, 23606. Letters may also be brought to our office or sent by e-mail at clog@cnu.edu. Anonymous letters may be printed, but writers must sign the original, providing a full address and telephone number for verification purposes. Students, please indicate your class status. If the writer is affiliated with an organization, that may be noted. For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication.

ALKA CHANDNA, PH.D.  
MCCLATCHY NEWSPAPERS

When dogs and cats began to sicken and die after eating certain brands of commercial food, the public had the right to expect swift action from the U.S. Food and Drug Administration to resolve the situation. Instead, FDA officials have dithered, hemmed and hawed and appear more interested in protecting manufacturers' reputations than in preventing more suffering and death.

Given the scope and tragedy of the FDA's failure to act, Commissioner Andrew von Eschenbach should step down and allow a more capable leader to direct the agency.

The flaws in the agency's response became apparent soon after Menu Foods announced on March 16 that some of its products had led to kidney failure and death in dogs and cats. Rather than calling for an immediate recall of all brands that may have been contaminated, the FDA turned over all recall decisions to the manufacturers and referred the public to Menu Foods' Web site for a list of contaminated foods rather than providing the information itself. At a March 26 news conference, an agency official tellingly referred to the pet-food manufacturers as his "colleagues at Menu Foods."

In the weeks since, the agency has failed to identify

the contaminant with any certainty. Menu Foods first announced that aminopterin, a chemical used to poison rats, was found in canned foods. But it wasn't long before the FDA identified wheat gluten contaminated with melamine, a chemical used in making plastics, as the culprit.

The FDA is so far sticking to the melamine theory but has inexplicably refused to name a dry pet-food manufacturer believed to have received the suspected contaminated ingredient and hasn't recalled brands of dry food that may be affected.

Dr. Sundlof has said to the media, "There are really no differences in the regulation

of animal food and the regulation of human food. The same people that inspect human food plants also inspect pet food plants." But it turns out, according to Sen. Dick Durbin, D-Ill., and Rep. Rosa DeLauro, D-Conn., that the FDA hasn't inspected the New Jersey Menu Foods plant, one of two implicated in the contamination, since 2004.

In the meantime, the FDA further confused the issue by putting this on its Web site: "FDA has limited enforcement resources that are focused on human food safety issues." This is apparently how the agency explains away the fact that it isn't regulating pet foods, as it is congressionally

mandated to do.

Rep. DeLauro puts it bluntly: "Based on the evidence so far, it would appear that FDA is failing its responsibilities to protect animals from unsafe food as much as it is failing to protect American consumers."

In addition to the FDA commissioner's resignation, a thorough investigation into the agency's failure is in order. The pet-food industry and the agency charged with regulating it have failed to protect the most vulnerable members of society. It won't bring back the animals who have died and it won't offer solace to the people who have lost their family members, but it might prevent another tragedy. ■



# FOOD+HEALTH

WEDNESDAY, APRIL 11, 2007 | PAGE A6

## Vitamins nourish body and mind

### Healthy Living

#### Foods rich in vitamin C

The body cannot store vitamin C (ascorbic acid) and eliminates it quickly in the urine, but these foods are good daily sources:

Food family	Example	Vitamin C in 3.5 oz (100 g) serving
Peppers	Red sweet pepper	128 mg
Citrus fruits	Navel orange	45 mg
Tomatoes	Sliced fresh tomato	13 mg
Berries	Blueberries	9 mg

Source: U.S. National Institutes of Health, U.S. Agriculture Department  
Graphic: Helen Lee McComas, Lee Hulteng

**VITAMIN C**

Daily requirement: 400 milligrams

© 2007 MCT

**VITAMIN VIXEN** | Feeling a little drained? Taking vitamins might help get you energized and keep your body healthy.

BY HARRY JACKSON JR.  
MCLATCHY NEWSPAPERS

Vitamins.

We hear about them all the time, but how many of us really know what we are putting in our bodies?

Vitamins are actually a group of chemicals that the body needs in very small quantities. Their job is not to actually do anything but rather to help other chemicals do their jobs.

The misconceptions of what vitamins should or shouldn't be expected to do are rampant, and professionals fear their misuse. Experts are especially nervous about the megadoses available on store shelves. Megadoses of some vitamins can actually be poisonous.

What are vitamins?

Picture a machine that needs 1,000 chains to work. A vitamin would be one tiny link that helps the whole machine work better.

Scientists lettered and then numbered vitamins for reference because their real names often were long and complicated. For example, vitamin B12 is cyanocobalamin. When several vitamins are under one letter, that means they're closely related.

Dr. James Shoemaker, a professor and nutritionist with St. Louis University School of Medicine, says vitamins are part of a group of nutrients that the body generally doesn't make. So you have to eat your vitamins every day.

The human body makes only one vitamin, vitamin D, and that's with the help of sunlight. But even most of that needs to come from your diet, he says.

Shoemaker says the need to eat vitamins appears to come from the primitive feast-or-famine days of human evolution.

The body interprets a lack of vitamins as famine and slows down its metabolism, the chemical processes in your body.

That's why the American Medical Association recommends vitamin supplements when someone is on a low-calorie or restricted diet. The presence of vitamins helps to keep the metabolism moving.

#### TWO TYPES

For your own safety, know you're dealing with two types of vitamins:

**Water-soluble:** With this type, the body uses what it needs and expels the rest through the kidneys.

Your body generally doesn't store water-soluble vitamins. That's why you need to resupply them every day through diet.

**Fat-soluble:** These vitamins need oil to do their work, so they're stored in fat cells. That's why too much of one of these vitamins can be poisonous.

The stored vitamins plus the vitamins you take in megadoses can accumulate to poisonous levels.

#### WHAT YOU NEED

Because the body uses vitamins in very tiny amounts, most doctors recommend that you eat a good diet and take a daily multivitamin produced by a reputable manufacturer, says John J. Ponzillo, a critical-care pharmacist at St. John's Mercy Medical Center.

"The concern I have is you want to make sure you're getting your vitamins from reputable sources and not out of someone's trunk," he said, "so there's a guarantee that the products you buy are of adequate potency."

Vitamins don't face the same scrutiny as medicines do. Medicines are thoroughly reviewed before they go to market and must be approved by the Food and Drug Administration; supplements are scrutinized only after someone reports a problem, Ponzillo says.

#### ENDORSEMENTS

The AMA endorses a daily multivitamin for every adult. But don't use it as a substitute for a healthful diet, the AMA warns.

John LaRico, owner of the Golden Grocer, a natural foods store in St. Louis, endorses vitamins because a healthful diet may be harder to get than you'd think.

He believes that foods in conventional grocery stores may be low on nutrients because overcropping has drained the soil of nutrients.

Organically grown food has more nutrients, he says, but until all food is organically grown, vitamin and mineral supplements can help.

"Most people who are serious about supplementation

are taking a proactive stance," he says. "Most of my customers believe that if they take a preventive stance, they can stave off diseases—lifestyle diseases especially—diabetes, hypertension, things like that."

#### AS MEDICINE?

Many people want to use vitamins as medicine, and that's often when they end up popping megadoses.

For example, people take megadoses of vitamin C to cure or suppress a cold even though there's no scientific evidence it works.

Doctors recommend the use of megadoses only under the guidance of a physician, who may use them to treat a vitamin deficiency.

"I'm not a big fan of megadoses," says Ellen Rhinard, assistant professor at St. Louis College of Pharmacy. She advocates getting nutrients from food and a multivitamin.

For example, some years ago people took vitamin E in enormous doses as an antioxidant. Then research found that in megadoses it could cause heart problems and a greater incidence of cancer, especially in smokers and people with diabetes.

"In some cases it can be harmful," Rhinard says. "We know a lot about vitamins, but we don't know everything. We take these huge amounts in isolation, and that's not the way nature works."

Finally, there's another reason she advocates diet as a source of vitamins: "There are a lot of substances we need that science hasn't discovered yet. And if your diet is bad, you're not getting those." ■

### Healthy Living

#### Vitamins' official names

We usually refer to vitamins—essential chemicals the body cannot make on its own—by letters, but these are their actual names:

<b>Vitamin A</b> Retinol, retinaldehyde, retinoic acid	<b>Vitamin B<sub>1</sub></b> Thiamin	<b>Vitamin B<sub>6</sub></b> Pyridoxine, pyridoxal, pyridoxamine	<b>Vitamin B<sub>12</sub></b> Cobalamin
	<b>Vitamin B<sub>2</sub></b> Riboflavin		<b>Vitamin C</b> Ascorbic acid
			<b>Vitamin D</b> Calciferol
			<b>Vitamin E</b> Tocopherol, tocotrienol
			<b>Vitamin K</b> Phylloquinone



© 2007 MCT  
Source: Harvard School of Public Health, MCT Photo Service  
Graphic: Helen Lee McComas, Angela Smith

## HIDENWOOD BRANCH OPEN HOUSE

96X Live  
12 PM - 2 PM



**1st Advantage  
Federal Credit Union**

Join us to celebrate the opening of our 10th branch location.  
This state-of-the-art facility is located less than 1 mile from the  
CNU Campus and across the street from Todd Stadium.  
All students at CNU are eligible for membership!

Come experience Stress - Free Banking  
FREE Chair Massage 12 PM - 3 PM

12490 Warwick Blvd., Suite B  
Friday, April 20  
8:30 AM - 6:00 PM

NCUA

Can't Stop By? No Problem. Just log on to open and fund your account TODAY!

[www.Join1A.com](http://www.Join1A.com)







# CNU senior to reach out, 'Teach for America'

**HONORED** | Stacy will go to Texas with the program designed to help ailing schools.

BY MATT MULLIN  
MATT.MULLIN.04@CNU.EDU

Ashleigh Stacy, a senior majoring in Government and Public Affairs with minors in Leadership and Spanish, will be traveling to Texas this summer to train for Teach for America after she graduates in May.

For the next two years she will be living and working in Texas, teaching in underfunded schools for a program that puts college graduates in contact with low-income students in Title I schools, who often have little money and fewer options.

Starting in June, Stacy will attend a five-week summer institute learning how to teach elementary-school students in kindergarten through the fourth grade.

After she completes her training, she will be placed in a low-income area of Houston where she hopes she will be able to make a difference in the lives of students.

"I've always wanted to affect the world for the better in a major way," said Stacy. "I think that enabling kids to achieve whatever they want is doing just that."

Stacy discovered TFA in an unusual way. Last summer she read "The Devil Wears Prada," in which one of the characters participates in the program in New York.

This experience piqued her interest, and after a bit of Internet research she decided it would be an excellent fit for her.

Stacy, who credits her interest in volunteer work to her socially-minded parents, was inspired by TFA's mission to equalize the education system through direct involvement in low-income schools rather

than just charity.

Dr. Quentin Kidd, associate professor of political science, helped Stacy in her application process, and sees this sort of inspiration for community service as an important trait in her character.

"Young people who are willing to make this kind of commitment to their communities and country are rare, and thus in high demand," said Kidd.

Stacy believes her education at Christopher Newport University will prove uniquely useful during her tenure in Texas.

She credits her major with teaching her to "think critically and to ask questions and to seek answers," skills she hopes to instill in her students as well. Her minors will also prove handy.

Houston is a diverse city with a large Hispanic population, so her training in Spanish will enable her to communicate with both her students and their families.

Finally, Stacy believes her experiences in the President's Leadership Program make her a perfect candidate for TFA.

"TFA stresses that they want their applicants to be leaders in the classroom and in the world of education. In my interviews, I had the opportunity not only to demonstrate my leadership experience through clubs and activities, but also to express my familiarity with leadership through a rich academic program," said Stacy.

The fast approaching move down south looms large for Stacy. She has never even visited Texas, so her relocation may be a source of trepidation.

Stacy has decided to view



MARK NEWTON/THE CAPTAIN'S LOG

Senior Ashleigh Stacy will be traveling to Houston, Texas for Teach for America.

the experience as an adventure.

She looks forward to visiting the museum district in Houston and taking graduate classes at one of Houston's universities.

The experience will help her gain acceptance into an elite graduate school to pursue a masters or PhD program in public policy.

Her commitments to God, family, and her community, she said, have led her to an interest in affecting policy-making in the fields of education and beyond, which TFA will help her to understand at a grassroots level. Most importantly, she believes TFA will help her to learn a great deal about herself.

Senior Lindsay Pearson has confidence in Stacy. "She really has a heart for reaching out to people, and specifically, she has been passionate about Teach for America for over a year now."

"They will be so lucky to have her joyful personality and eagerness to help," she said.

YODER, FROM PAGE A1

making the theater accessible to on-campus students without vehicles, she said.

A Yoder Advisory Board will also be created to help guide the direction of this donation, however their exact role is not yet clear. The Ferguson Center for the Arts staff will also play a role in the development of the Barn.

The Ferguson Center has proved a major asset to the CNU fine arts community through its state of the art facilities, and the Barn is expected to also distinguish itself through its unique atmosphere.

"I was skeptical at first," said sophomore Patrick McBride, and member of the Student Activities Board.

Yet, after touring the facility he said he enjoyed the

Barn's atmosphere.

"It has a comfortable feel, it's student-friendly, and is more laid back."

"I think it is a very unique venue and could really bring something to the fine and performing arts at CNU," Buckley said.

"The Ferguson Center is undoubtedly the best venue for professional performances, but the Yoder Barn brings something unique, different and homely to CNU."

The Yoder Barn Theatre has received a number of awards as a highlight venue of the Hampton Roads Area. The Barn was voted Best Place for Family Fun and Best Place to Bring Visitors in the 2005 Virginian-Pilot.

In 2004, Portfolio Weekly Magazine nominated the Yoder Dairy Barn for Best Small Performance Venue

in Hampton Roads.

"I hope students will realize how important this donation is to the university," said Buckley.

"The Yoder Barn is a well known monument almost, in the Newport News area and has meant a lot to the native residents of the area. It shows a great sense of connection and community between Newport News and CNU."

The Barn was built in 1935, reconstructed after a fire that destroyed the original building in 1899.

The Yoder Barn Theatre was initially used to house dairy cows from 1935 until 1969 when it was renovated as a community theater.

The university, said Tribble in his formal announcement, will continue to offer the Yoder Barn for community use. ■

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

## For Carlos Rivas, SUCCESS IS A DISCIPLINE.

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

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

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

Direct Line: 757-813-5246

Office: 757-827-6995

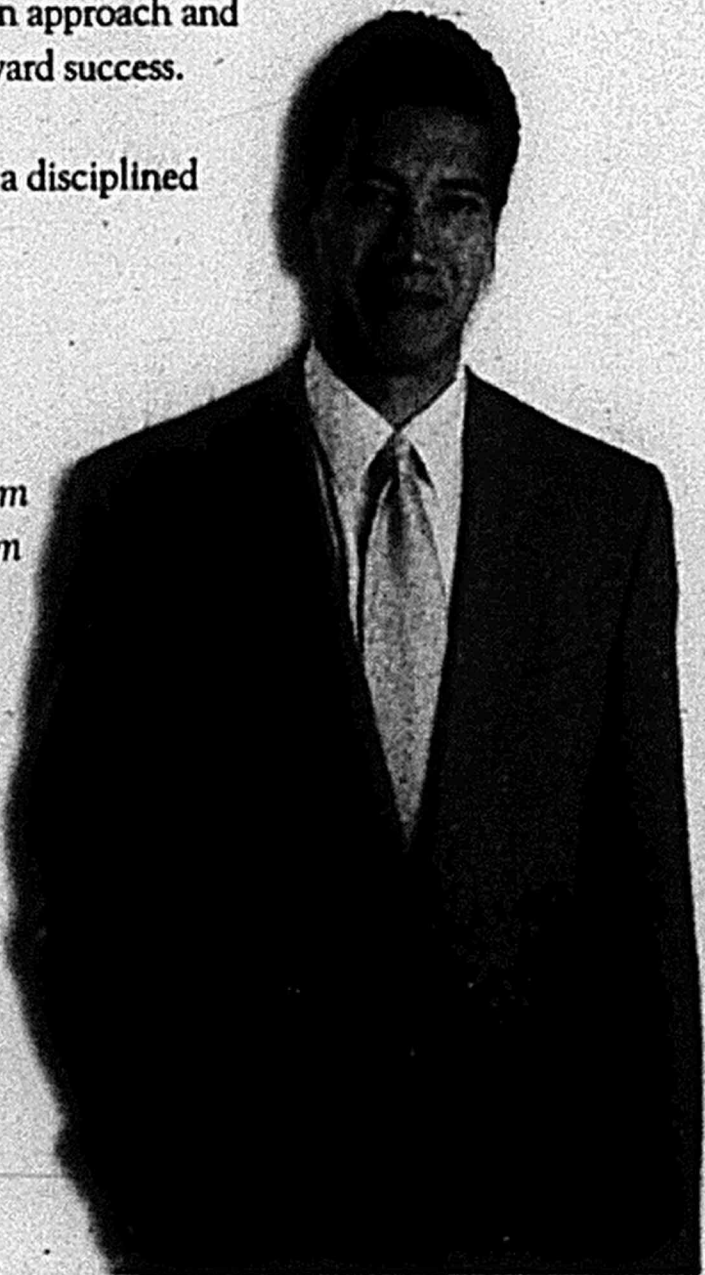
E-Mail: [Carlos@RealtorCarlosRivas.com](mailto:Carlos@RealtorCarlosRivas.com)

Web Site: [www.RealtorCarlosRivas.com](http://www.RealtorCarlosRivas.com)

Home Buyers:

How To Avoid Paying Too Much

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



**CARLOS RIVAS**  
Success is a Discipline

**The Boutique**

Do you love all things Vera Bradley? Then you'll love The Boutique, where you'll discover all the latest Vera Bradley creations: signature totes, luggage sets and travel cases, chic limited edition fashion accessories, stationery, rugs, linens & bedding, gifts and more. Our irresistible, new boutique gives a whole new meaning to one-stop-shopping!

SPRING 2007 COLLECTION

3168 William Styron Square  
Port Warwick Newport News, VA  
(757) 599-4061  
OPEN MONDAY-SATURDAY 10-6

SHOW your true COLORS

**Asian Grill**  
Sushi & Chinese Food

\*located in the same shopping center along Warwick as the Glendale 7-11

12442 Warwick Blvd  
(757) 595-5942

**LASER HAIR REMOVAL AND SKIN CARE**  
(757) 599-7899

Mimi I. Peak, MD, MPH

"CNU SPECIAL"  
20% OFF Laser Hair Removal

Acne Treatments  
Microdermabrasion  
Glycolic Peels  
Laser Treatments  
Skin Cellulite Reduction

Medical and University Center  
<http://www.mimipeak.com>  
11608 Iron Road, Suite 100  
Newport News, VA 23601

10% OFF Private Label (FAMEC) Pure Mineral Makeup



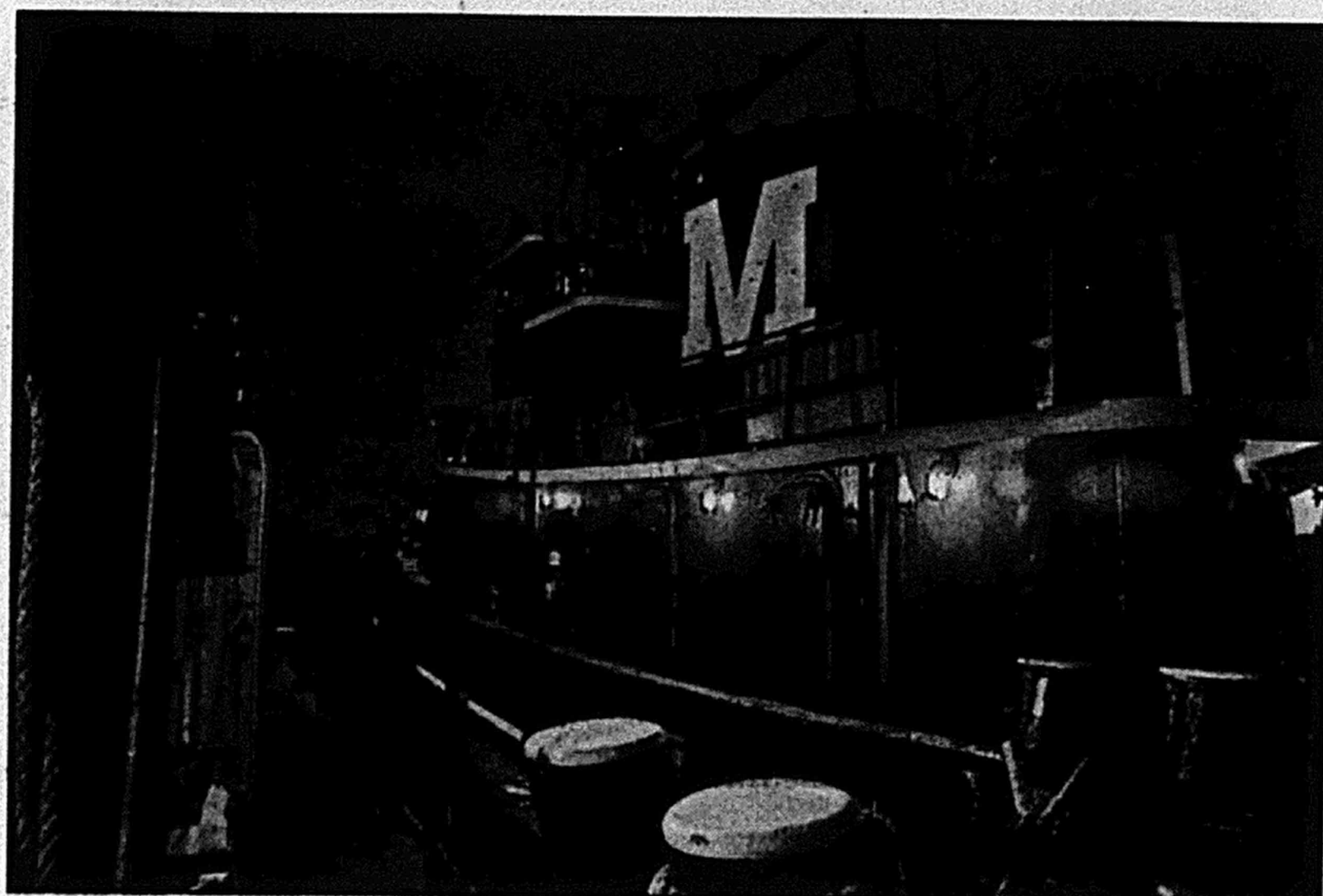
# LUCKY NUMBER THIRTEEN

SPORTS, PAGE B3

# A+E

ARTS AND ENTERTAINMENT | WEDNESDAY, APRIL 11, 2007

## SPRING EXHIBITS: ART'S MUST-SEES FOR '07



Enyedi Moran's "Tug" appears in the Peninsula Fine Arts Center exhibit "Eastern Light," on display until June 10.

## 'Eastern Light' dawns

**REGIONAL ARTWORK** | PFAC exhibits the natural lighting of the Eastern Shore, Chesapeake Bay.

BY CHANELLE LAYMAN  
CHANELLE.LAYMAN.04@CNU.EDU

The Peninsula Fine Arts Center takes a look at its surroundings with its latest exhibitions: "Eastern Light: A Photographic Portrait of the Chesapeake Bay and the Eastern Shore of Virginia" and

"Looking Back: Photographs from the Collection of the Eastern Shore of Virginia Historical Society." Both collections will be on display until June 10. "Eastern Light" takes the viewer on a tour of the Chesapeake Bay and Eastern Shore through the eyes of 15 area photographers.

Soliciting artwork from online artists' works, "Eastern Light" captures the essence, both big and small, of the region with works focusing on marshland flora and large panoramic views of the snaking inlets.

From the prominent landmarks to the forgotten paths, "Eastern Light" exhibits that art is as much about finding as it is about creating.

"Looking Back" is a collection of 36 snapshots dating

from around 1900 to 1960 of the Eastern Shore and Chesapeake Bay inhabitants.

With interesting anecdotes, the images range from club meetings to prize-winning puppies and sunbathing beauties.

Students may visit the Peninsula Fine Arts Center Tuesday and Thursday from 10 a.m. to 8:30 p.m.; Wednesday, Friday and Saturday from 10 a.m. to 5 p.m.; and Sunday from 1 to 5 p.m. Admission is \$4 with student ID. ■

### CAMPUS

Homegrown brings in a good performance of old and new artists despite change in usual location.



### MUSIC

CNU Sax quartets perform a bold blend of classic saxophone pieces and modern jazz interpretations.



### ART

Chrysler Museum, Peninsula Fine Arts Center and CNU's Hall Gallery host an array of spring art exhibitions.



### THE LIST

#### campus

**April 14**  
CAB Movie: "Freedoms Writers," 7 p.m., Anderson 105  
Ferguson Funnies featuring Comedienne Jen Kober, 9 p.m., Studio Theatre

#### local

**April 12**  
Poetry Reading: Baron Wormser, 12:30 p.m., Virginia Beach Higher Education Center

**April 13**  
ILR Spring Art Show Opening Reception, 5 p.m., Virginia Beach Higher Education Center

**April 14**  
Nansemond Native American Celebration, 11 a.m., Historic St. Luke's Church  
Artists and Models: An Evening of Underground and Avant Garde Entertainment, 6 p.m., Selden Arcade  
Ruthie Aclaide from the Real World: Hawaii, 7 p.m., Virginia Wesleyan College  
2 Wives Too Many, 7 p.m., Angelo's Murder Mystery Dinner Theater  
Sweat Shop Free Fashion Show and Art Extravaganza, 6 p.m., College of William & Mary

**April 25**  
Sankofa Celebration, 12 p.m., Old Dominion University

#### concerts

**April 11**  
Battle to open for StaticX, 7 p.m., The NorVa  
Karaoke at Savannah's Family Bar & Grill, 9 p.m., Savannah's Family Bar & Grill

**April 12**  
Mannheim Steamroller's Fresh Air, 7:30 p.m., Ferguson Center for the Arts

**April 13**  
Norma Jean, 7:30 p.m., The NorVa  
Dierks Bentley, 7:30 p.m., Ted Constant Convocation Center

#### movie releases

**April 13**  
"Perfect Stranger" In an effort to solve her friend's murder, journalist Rowena Price (Halle Berry) goes undercover as a temp working for suspect Harrison Hill (Bruce Willis). Price also assumes another identity when she strikes up an internet relationship with Hill in order to follow him even closer. Price later finds out that she isn't the only person pretending to be somebody else that is connected to the murder mystery. "Perfect Stranger" is rated R.  
"Disturbia" When a young man (Shia LaBeouf) is under house arrest, he begins to wonder about what is happening in his surrounding neighborhood. His boredom of being home alone all day has lead him to watch over his neighbors, and he begins to suspect that one of his neighbors is a serial killer. He has a hard time convincing people to believe him because of his sketchy past and the doubt behind his theory in general. "Disturbia" is rated PG-13.

#### cd releases

**April 17**  
"The Best Damn Thing" - Avril Lavigne  
"Year Zero" - Nine Inch Nails  
"Fall" - Clay Walker  
"Strength and Loyalty" - Bone Thugs-N-Harmony  
"Bucky" - Bucky Covington  
"Rhinestoned" - Pam Tillis

#### dvd releases

**April 17**  
"The Last King of Scotland"  
"Freedoms Writers"  
"Until Death"  
"The Queen"  
"Notes on a Scandal"

## 'Juniors Art Major Exhibition' opens in Hall Gallery

CNU Juniors present artwork in Ferguson's Hall, Student Galleries.

BY LAURA GEE  
LAURA.GEE.05@CNU.EDU

The CNU Junior Art Major Exhibition opened on April 9 and will continue through May 1. Selected works from junior art majors will be on display in the Student Gallery and in the Ferguson Center for the Arts Hall Gallery.

This art show features a wide variety of works and mediums.

Photography, paintings, sculpture and other mixed media pieces are displayed. A few pieces are shown in the Student Gallery.

One of the first works shown is a large, four-panel collection by junior Ryan Stromfors entitled "Babylon 1," "Babylon 2," "Babylon 3" and "Babylon 4." Each one is a long, thin painted canvas. These panels are eye-catching and are a good introduction to the rest of the collection.

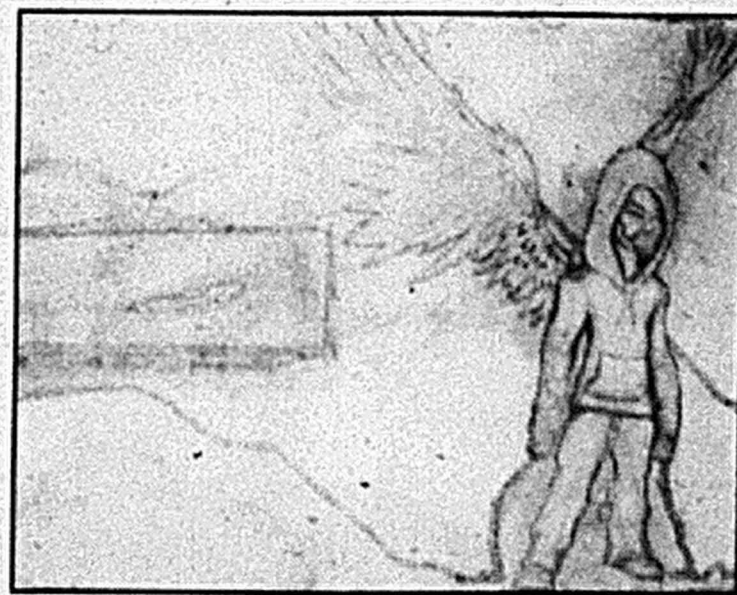
In the Student Gallery, junior Christopher Shannon has a piece displayed that is entitled "Alan, Color Study" which is a modern art style piece. It features the same man in several different

simple poses with different pictures and colors overlaid.

Shannon also has a piece called "Three Views of Falling." This work consists of three orange hanging panels with cutouts of a different figure falling on each one.

"Awakening" by junior Carrie Williams is a mixed-media painting that takes a more modern stand on composition. It depicts a pencil sketch of a young woman off to the left with paint splashes and other graphics on the canvas.

Three photographs by Meredith Potts are shown. All three are black and white close-up pictures of nature. ■



Junior Hasson Roberts' works are on display.

## Chrysler Museum hosts 'From Goya to Sorolla' art exhibition

Spanish art exhibit highlights the use of light and realism.

BY CHANELLE LAYMAN  
CHANELLE.LAYMAN.04@CNU.EDU

The Chrysler Museum of Art will host an exhibition of Spanish art entitled "From Goya to Sorolla: Masterpieces from the Hispanic Society of America" until June 10. The show, which opened March 11, features a unique study in light, emphasized by dark purple walls and unfiltered lighting.

"From Goya to Sorolla" traces the realism in everyday life, including the lives of monarchs, literary greats, other artists, landscapes and the middle-class citizen.

With classic geographical pieces like "The Alcántara Bridge, Toledo" and "Segovia from the Boceguillas Road," both by Aureliano de Beruete y Moret, this Spanish-themed exhibition draws the eye to the natural images of the country.

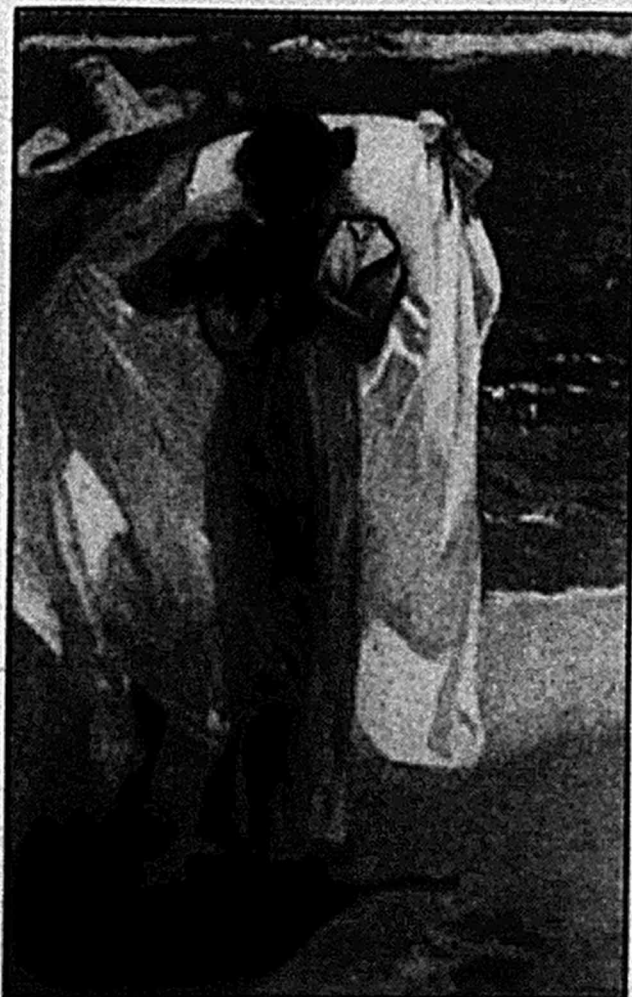
In the later works featured in the exhibit, Joaquín Sorolla y Bastida's "San Sebastián," "Beach of Valencia by Morning Light,"

and "After the Bath" use light colors and sunny themes to portray attitudes and trends in Spanish culture.

Finally, some pieces "shed light" on Spanish society's flaws, such as "The Two Sisters" by Luis Graner Arrufi, which depicts a struggle between two women and their domestic responsibilities.

The Chrysler Museum is free for students with a valid college ID.

The museum is open Wednesday from 10 a.m. to 9 p.m., Thursday through Saturday from 10 a.m. to 5 p.m., and Sunday from 1 p.m. to 5 p.m. ■



COURTESY OF THE CHRYSLER MUSEUM OF ART

Joaquín Sorolla y Bastida's "After the Bath," 1908, is on display at the Chrysler Museum of Art until June 10.



# Sax quartets set bar high

**SAX QUARTETS** | Student ensembles play smooth rhythm and soaring melodies.

BY CHANELLE LAYMAN  
CHANELLE.LAYMAN.04@CNU.EDU

His passion is obvious as his head bobs and his feet tap to the syncopated rhythms. With a deep breath, he belts out a improvised solo on the soprano saxophone. Senior Nii Akwei Adoteye is no novice to the saxophone, nor are his fellow saxophonists, as evidenced by their performance in Thursday's presentation of the CNU Saxophone Quartets in the Studio Theater.

After an hour of tight harmonies and intricately woven melodies, the quartets' skill and technique are apparent.

"I like sax quartets because it's like the instruments are having conversations with each other," said senior Jamie Carter.

And converse they did, jumping between vocal parts. Paranoid Saxophrenia, the first quartet to perform, combined a series of waltzes and other classically styled pieces. Executing a constant dynamic of blending voices,

Paranoid Saxophrenia played with lilting perfection, scaling up and down in sing-song fashion. With the melody gliding between the four parts, each player showcased the range of his or her instrument. The quartet is composed of freshmen Eric Lewis (alto) and Jenny Bayless (tenor), sophomore Ken Ocker (soprano) and Adoteye (baritone).

"I like baritone because I can work on technical things like my timing and my intonation," said Adoteye, who began playing saxophone in his fourth grade band. It wasn't until his senior year of high school that Adoteye

decided to pursue saxophone seriously.

As the baritone sax for Paranoid Saxophrenia, Adoteye carried the traditional waltz triplet and the walking bass lines for the quartet, while the tenor, alto and soprano blended to form dancing melodies reminiscent of the big band era popular music.

Next to perform was Synergy, composed of Adoteye (soprano), senior Brian Robinson (alto), junior Jason Hammers (tenor) and freshman Chris McDonough (baritone). With a distinctively jazz overtone, the sax players thrummed out the heavy contrapuntal rhythms

and soaring jazz solos.

With a decided technical repertoire, including the ballad "My Funny Valentine," Synergy performed exactly as their name suggested. Finishing their set with a complex set from the "Deer Head Sketches," the groups' vigor was apparent.

"In playing jazz, the beat is so much more internalized. When we're playing things that really show our diversity and all that our instruments are capable of — we think that's what our audiences like," said Adoteye.

Members from the quartets will perform at next week's Jazz Ensemble in the Ella Fitzgerald Jazz Festival on Wednesday, April 18 at 8 p.m. ■

## Talent heats up Homegrown act

**LOCALS** | CAB's Homegrown talent show a decided mix of new acts and old ones.

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

"Are you ready for a wicked awesome show?" sings freshman Brad Garner.

Garner joined freshmen Peter DiSalvo and Jonathan Wiley as the first act at the fourth and final Homegrown of the academic year.

The show moved inside the old Discovery Café last Thursday, though senior Mike Tanner, the CAB member who was in charge of the event, was worried that less people would come inside as opposed to the planned outdoor location.

Tanner also planned the set-up for Homegrowns to come — two new acts and two regular acts.

The first of the new acts was the aforementioned trio, armed with two acoustic guitars and DiSalvo at vocals (though he didn't move until the last few songs).

Garner and Wiley took turns playing covers and Garner played an original instrumental that echoed

the work of the Momentary Prophets. DiSalvo finally took the mike with "Be Like That" by 3 Doors Down and then a medley of songs like "Sexyback," "I Want It That Way" and "The Thong Song."

Senior Greg McCracken then took the stage with several songs from his band, the Basement Tapes. McCracken also played several acoustic renditions of three "cheesy love songs": "Lovely Dove," "I Will Be Your Blanket," and "Because."

The songs were short, sweet and ready for any audience. "Blanket" even gave the entire crowd a toothache. The band's first, self-released album is also reviewed this week.

Next on stage was a familiar face, junior Perrell Dawkins.

Like other shows, Dawkins played several staple songs, such as "Palm Leaves and Coconut Halves" and "Moonlight."

However, he also had a few more improvised songs, including a political song



Seniors Jake Hull and Ted Packard of "Momentary Prophets" sing at Homegrown.

and several unfinished songs where he asked if "anyone [has] been shafted by CNU Housing," and sang about bioluminescence and giraffes.

Dawkins then ceded the stage to the Momentary Prophets.

The Prophets, seniors Jake Hull and Ted Packard, again

wowed the audience as they used their acoustic guitars as percussion, and Packard played a single string guitar.

As he put it, "it's pop music — we only need one string." The duo then invited "Momentary Prophetess" and freshman Catherine Greenfield onto the stage to sing a

duet in a call-and-response fashion.

The Prophets played one more song and ended Homegrown on a high note.

This was the last show of the semester, though CAB will host Chinua Hawk and Chris Cauley on the DSU Patio this Friday at 8 p.m. ■

## HBO's 'Entourage' hooks fans

BY DANIEL SETTLE  
DANIEL.SETTLE.04@CNU.EDU

At the beginning of this past summer, my friend, Cole, had bought the first season of "Entourage" on DVD. He watched it twice in the first week (it was only eight episodes) and begged the rest of our group of friends to join in his bliss. And we did. And we were hooked.

After watching the first season a couple times ourselves, my other friend, Allie, and I planned to go to Best Buy as it opened the day the second season came out on DVD. Buying the DVD the day it came out is not unreasonable, but driving 25 minutes away to a different Best Buy because that particular location was offering a free T-shirt with the purchase is probably a little excessive. We did it anyways. Then we subsequently watched the entire season (this time a formidable 16 episodes) that day.

I consulted my roommate, who happens to be a math major, to help me with these figures: he figured out that 16 episodes at about 22 minutes apiece is way too much to be watching in one single day. But Allie, Cole, and I remember that day as one of the best of the entire summer.

Then when the third season started in June, the three of us made a vow to watch it together every Sunday night (on the same couch in the same position, no less). How could this kind of immersion occur so rapidly?

Well, one reason is Emmy winner Jeremy Piven. As super agent Ari Gold for main character Vince, Piven shines in every explosive-filled scene. Granted, he's no DeNiro, but compared to the other actors on the show he is exceptional. Only Kevin Dillon as Vince's brother and a has-been actor, Johnny "Drama," pulls his weight in the acting department.

Another reason is the writing, which is solid, but not spectacular. Every episode has a couple extremely funny lines, then mostly average jokes peppered throughout. The characters are written to be entertaining, which they are, even in general conversation as much as when they are obviously trying to press for a joke.

So, one standout performer, an above-average actor and decent writing make the most addicting comedy on TV? Not exactly. The premise for the show makes it addicting. The plot revolves around Vince, the up-and-coming actor, and his childhood friends from New York after they have moved to Los Angeles to collectively pursue Vince's acting career (and maybe Drama's too, if they have time).

Here's the main reason: it's on HBO. This allows the dialogue to be laced with profanity and sexual innuendo, which occur throughout every single episode. These guys are living the dream in L.A. and talking as if they can do no wrong, which is extremely entertaining. It's like having a camera on your favorite celebrity at all times, except that person is actually likable and all his friends have professional writers for their dialogue. My friends and I highly recommend it.

All three seasons of Entourage are now on DVD and the fourth season is currently airing on HBO on Sundays at 10 p.m. ■

## 'Reaping' reeks: No depth, just bad

**MOVIE REVIEW** | 'Reaping' receives a sour review after "failing on all accounts."

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

"The Reaping" had such a great idea for a movie plot, but it was entirely put to waste in this movie that ends in shambles.

This film had so much potential, but it fails on all accounts.

From the beginning of the story you are hoping and praying that the film does not take the ridiculous plot turn you think it will, but it does.

By the end, the film becomes a horror-disaster movie combination — two genres that have become extremely trite and unoriginal. I'm so glad they decided to put them together,

plunging the film into sheer monotony.

"The Reaping" tells the story of former missionary Katherine Winter (Hilary Swank), who has become anti-religious after the death of her husband and daughter. Winter thus begins to disprove supposed miracles throughout the world using scientific research.

In the town of Haven, Louisiana, strange happenings begin occurring that could be the start of a resurgence

of 10 biblical plagues. Winter is appropriately called in to discover the true nature of these events.

The town blames the plagues on a local twelve-year-old girl. Could she really be responsible?

This film is jammed with plot twists and turns. All of them make absolutely no sense whatsoever, but they keep on coming all the way until the end.

"The Reaping" fills itself with this pro-religious message, which is all fine and good, about how Winter is going to rediscover her religious beliefs in the course of the story.

However, with all of the plot twists, the film turns over all of these ideals and totally negates the Christian message it tries to portray. Not to mention, I really

want to know what the deal is with so many horror films having a child character that is the root of all evil.

Every film that tries to be even remotely scary feels it necessary for the main horror figure to be a child. They are not scary. Stop doing this.

When a child character is the main villain in a horror film, the film ends up having no depth.

The protagonist should interact with the villain verbally or physically, but instead these films have the child, who always has magical powers, just staring at the protagonist with evil eyes. It is so pointless.

However, kudos go to the production advertisers, who aptly used the calendar to advertise their movie. Some other clever calendar adver-

tising includes "The Number 23," released on Feb. 23 and "The Omen" (2006), released on June 6, 2006.

"The Reaping" was released on Good Friday, which coincided well with the Christian theology that the film entails.

The only, and I mean the only, redeeming factor about "The Reaping" is the film's special effects.

They provide a spectacular visual representation of the 10 biblical plagues, and the audience gets to see how the plagues would affect our modern world.

In the end, "The Reaping" is just plain stupid.

It doesn't make any sense. Spare yourself the hour and a half and just go read about the plagues in the Bible. "The Reaping" receives my first one out of five. ■

## 'Basement Tapes' a fun, cheesy mixture

**CD REVIEW** | The 'Basement Tapes' self-titled debut offers an off-beat, entertaining album.

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

I recently read that a Rolling Stone writer began every review with the first line of an album, and so, I will do the same for this self-released, self-titled album by CNU seniors Greg McCracken, Sam Hurd, Nathan Mitchell and Jake Hull. "Welcome back to the center of your prison stay," McCracken greets in "Bloom," a fun-fueled pop rock tune, from "The Basement Tapes."

The prison for McCracken is life's ups and downs, from the frolicking "Armageddon" to the overly-mushy "I Will

Be Your Blanket."

The name of the game with the Tapes is power pop, oozing with hooks. Sometimes the music really works out, such as the incredible progressive rocker "Voz II&I." Sometimes, the song gets by with a simple hook, like "Because," a simple guitar ballad with a short vocal melody.

The album contains three of McCracken's self-proclaimed "cheesy love songs": the aforementioned "Because," "I Will Be Your Blanket" and "Lovely Dove." They truly are cheesy, but they really aren't bad songs, even if the lyrics on "Blanket" are incredibly goofy:

"when you're cold and naked / I will be your blanket."

The album then takes a turn for the darker with dirge-like "WWIII" and "Closed Eyes III." The former draws an almost political message and turns it into the final break-up with a girlfriend as she tries to "hide [her] life behind [her] hate" and "wash away the evidence."

It's a glorious moment on the album, but it almost left me imagining what more impressive production could bring to the sound.

Two particular songs stuck out: "Little Bird" by Hull (a Momentary Prophets favorite) and "Ridges of a Warrior" by Hurd, which fit into the entire picture well, though Hurd's vocal style is very different from

McCracken's and Hull's and can be a bit surprising. Hurd sounds like he's in Fall Out Boy territory.

The variety of sound on the album is impressive for such

a fledgling band.

The homely, personal feeling of the album makes for quite a warm, enjoyable listen. I can only hope for the best for these up-and-comers. ■



The Basement Tapes self-titled debut is "up-and-coming."



# SPORTS

WEDNESDAY, APRIL 11 2007 | PAGE B3

## SPORTS SCORES

### baseball

(6-6, 19-13)

**April 3 Finals:**  
Bridgewater 7, CNU 3

**April 5 Finals:**  
Piedmont 7, CNU 5

**April 6/7 Finals:**  
N.C. Wesleyan 7, CNU 2  
N.C. Wesleyan 6, CNU 1

#### Rankings

1. Methodist	7-5	23-9
2. N.C. Wesleyan	7-5	23-13
3. Ferrum	7-5	17-15
4. Averett	6-6	30-10
5. CNU	6-6	19-13
6. Shenandoah	5-7	20-10
7. Greensboro	4-8	19-15

#### Upcoming games:

4/12-15: USA South Tournament

### softball

(12-1, 31-6)

**April 4 Finals:**  
CNU 7, N.C. Wesleyan 5  
CNU 10, N.C. Wesleyan 2

**April 6 Finals:**  
CNU 9, Chowan 2  
CNU 4, Chowan 2

#### Rankings

1. CNU	12-1	31-6
2. Methodist	11-3	27-7
3. Greensboro	9-5	30-8
4. Peace	7-7	25-13
5. N.C. Wesleyan	7-7	19-11
6. Shenandoah	4-10	13-17
7. Averett	3-11	8-21
8. Ferrum	2-11	15-20

#### Upcoming games:

4/13-15: USA South Tournament

### women's tennis

(7-0, 18-0)

**April 6 Finals:**  
CNU 8, Greensboro 1

**April 7 Finals:**  
CNU 9, Averett 0

#### Rankings

1. CNU	7-0	18-0
2. Methodist	6-1	15-4
3. Shenandoah	4-1	10-3
4. Greensboro	4-3	5-8
5. Peace	3-4	7-11
6. N.C. Wesleyan	2-5	5-10
7. Ferrum	1-5	3-8
8. Averett	0-7	1-8

#### Upcoming games:

4/13-15: USA South Tournament

### men's tennis

(5-1, 12-6)

**April 4 Finals:**  
CNU 5, VA Wesleyan 4

**April 6 Finals:**  
CNU 9, N.C. Wesleyan 0  
CNU 5, Oglethorpe 4

**April 7 Finals:**  
Methodist 6, CNU 3

#### Rankings

1. CNU	5-1	12-6
2. Averett	5-1	9-5
3. Methodist	5-1	8-8
4. N.C. Wesleyan	3-3	5-7
5. Greensboro	2-4	2-10
6. Shenandoah	0-5	3-10
7. Ferrum	0-5	4-14

#### Upcoming games:

4/13-15: USA South Tournament

### women's lacrosse

(6-0, 9-4)

**April 3 Finals:**  
CNU 15, VA Wesleyan 10

#### Rankings

1. CNU	6-0	9-4
2. Greensboro	5-1	8-5
3. Methodist	4-2	5-9
4. Shenandoah	2-4	4-9
5. Averett	2-4	3-9
6. Ferrum	1-5	5-8
7. N.C. Wesleyan	1-5	3-12

#### Upcoming games:

4/14-15: USA South Final Four

### men's lacrosse

(5-1, 12-6)

**April 3 Finals:**  
Catholic 11, CNU 7

#### Upcoming games:

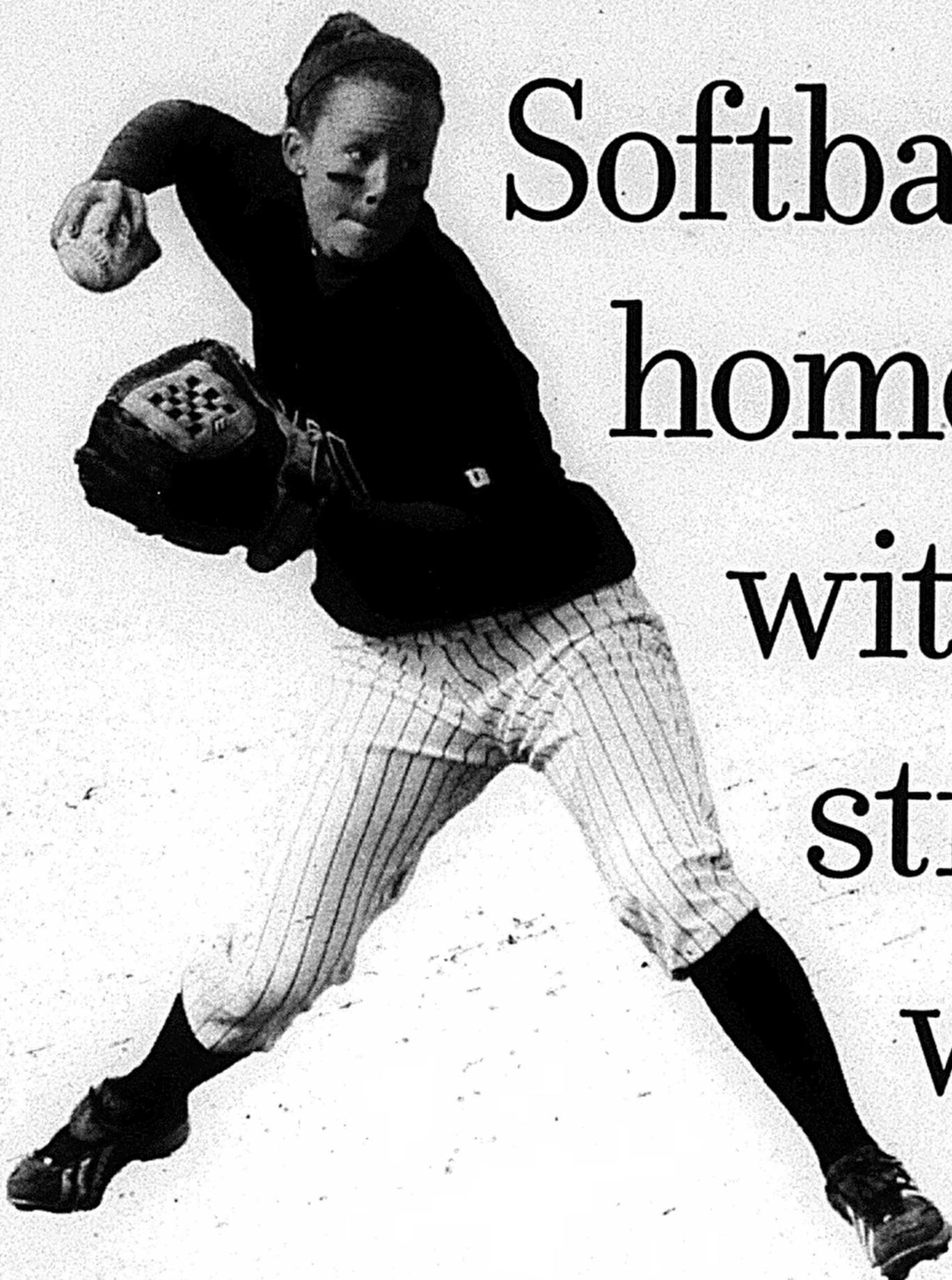
4/11: CNU at Randolph-Macon  
4/14: CNU vs. Greensboro

### track & field

#### Upcoming events:

4/13-14: Lou Onesty Invitational

# Softball hits home run with 13 straight wins



JESSE HUTCHESON / THE CAPTAIN'S LOG

Freshman Mary Kennedy has been instrumental in the Lady Captains capture of the USA South. Kennedy has started every game at shortstop.

**SOFTBALL** | Thanks to a mix of old and new faces, the Lady Captains enter the USA South Tournament on a 13-game winning streak.

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

The Lady Captains are back on top of the USA South after a two-year hiatus.

Since 1990, the Lady Captains have won at least a share of the regular season title in all but three years.

Head coach Keith Parr enjoyed tremendous success in his first year in 2004 when the team finished 36-7 and was ranked sixth in the nation.

The next two years were more difficult, as the team finished tied for fifth in 2005 and then fourth in 2006.

It wasn't for lack of effort, though.

"It's been a combination of things. I want to do well every year. It's not a situation where we want to prepare less for one year and more for the next. Some pieces didn't fall into place the last few years but this year they have," said Parr.

Although the team was expected to do well this year, few could have envisioned this.

The Lady Captains were picked to finish third in the USA South Preseason poll, and didn't receive any first-place votes.

A reason for this skepticism was because the team had to break in nine freshmen, six of which held starting positions.

"At this level, you can't count on anything, such as who's returning, both players and coaches. This year we've

been fortunate to have a good group of players come in," said Parr.

For Parr, the biggest concern wasn't how well each individual freshman would play, but how they would fit in with the team.

"With any team there's going to be growing pains. They're going to have to find their place on the team and find how to mesh with everybody. That's a coach's biggest concern: how's everyone going to get along. We didn't foresee it to be a problem this year and it hasn't been," he said.

In the win column, the team clicked right away. They took 12 out of their first 13 games and never looked back. There was no losing streak, only a doubleheader loss against Salisbury in mid-March. They have lost just one game since.

It has been this consistency, this ability to work hard in every practice and play hard in every game that has impressed Parr.

"I preach to them to do everything well, not just a couple of things. We've been able to be pretty consistent in all facets of the game," he said.

This consistency has come from different sources. One place is from familiar faces, such as senior Katie Moyers (.423 batting average, 35 runs scored), junior Janet Fairchild (13-1, 1.42 ERA), and junior Margit Severin (38 RBIs, .520 on base percentage).

It has also come from some not-so-familiar faces as well. Several freshmen have not only secured starting spots, but they have contributed, and have even broken records in the process.

What's more, Parr has had no problem trusting these freshmen to handle some of the most demanding positions on the field.

"It depends on the person. Some of the girls played in big games in high school, so they've had pressure on them before. Now it's just at a different level," he said.

Freshman Mary Kennedy has started every game at shortstop, and has also handled being the team's leadoff hitter.

She has been successful as the spark atop the offense, leading the team in batting average (.443), runs scored (37), stolen bases (24), and even had a 24-game hitting streak this season.

"At first I didn't pay attention to [that stuff], but now I use it as motivation," said Kennedy.

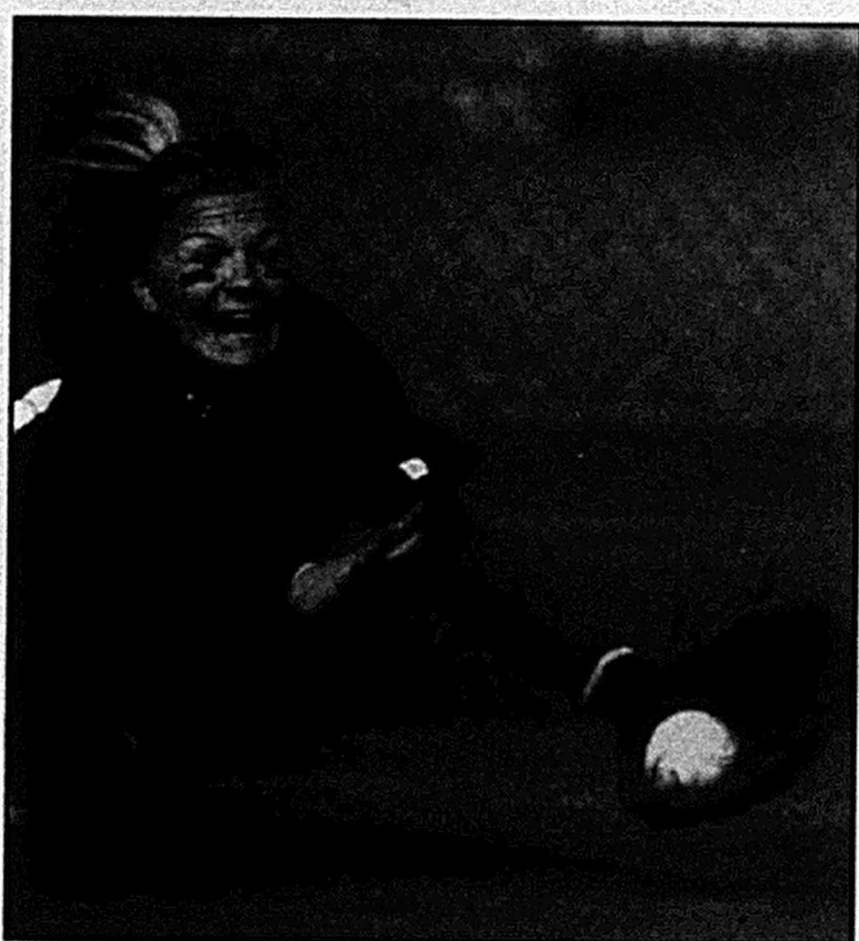
"[In softball] you can be focused on the individual aspects of your game and still directly help the team," added Parr.

Then there is catcher/designated hitter, freshman Lauren Plevich. When healthy, she has hit either cleanup or in the fifth spot, and leads the team with five home runs.

"There's pressure, but it's nothing unexpected. At this point it's welcome because you want to help the team," she said.

While Kennedy and Plev-

SEE **SOFTBALL**, PAGE B4



JESSE HUTCHESON / THE CAPTAIN'S LOG

### Did you know...

Including this year, the Lady Captains have won at least a share of the USA South regular season title in 15 of the past 18 years.

### By the numbers

# .360 19-2 14

The Lady Captains' team batting average for the season. Their opponents are batting .248

Combined road and neutral site record for the Lady Captains. They are 12-4 at home.

Saves by freshman closer Kristen Rowe, the most ever in Division III. She has a 0.88 ERA.

# Women's tennis 18-0, Baseball loses 5

**SPORTS BRIEFS** | Women's tennis is one game away from perfect season; Baseball attempts to recover from a five game losing streak.

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

#### Women's Tennis

In their last road match of the regular season the Lady Captains defeated Greensboro 8-1 on Friday.

Then, on Saturday, the team returned home to sweep Averett 9-0. The Lady Captains have only lost one match in the past three games and now stand at 18-0 (7-0 USA South).

Next up is the USA South Tournament, which will be

held in Burlington, North Carolina this weekend.

The Lady Captains play their first game on Friday against Averett, the second time in a week that the two will have met.

#### Women's Lacrosse

After clinching the USA South regular season title in their previous game, the Lady Captains finished the season with a 15-10 home win over rival Virginia Wesleyan.

The Lady Captains used a 9-3 first half to put the game out

of their opponent's reach.

Senior Kristen Conques and freshman Bonnie Hansen each finished four goals and two assists, and junior Theresa Sparks and freshman Gayle Robinson combined to make thirteen saves in goal.

The Lady Captains finish the season with a 9-4 record. They are seeded first in the USA South Tournament, which will be held this weekend in Burlington.

North Carolina, and will play the winner of the No. 4/No. 5 game on Saturday.

#### Men's Tennis

The Captains hung on for a 5-4 victory at home against



JESSE HUTCHESON / THE CAPTAIN'S LOG

Sophomore Lindsey Pantele reaches out to hit the ball in a game earlier this year. Pantele is the top player on the team.

SEE **TENNIS**, PAGE B3



# Injuries take magic out of 'Zards

**INSIDE THE PAINT** | “The Brothers Rim” butt heads once again about all things basketball, but this time the focus is on the NBA.

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

**Ben's opening NBA predictions:**  
As we ready ourselves to focus intently on the NBA for the next two months, I can't over-emphasize how sick Gilbert Arenas' knee injury makes me feel.  
The 'Zards were already in TERRIBLE trouble with Caron Butler out (2-11 record without Caron this year, as of Sunday night) and now the Gilbert injury should pretty much mark the end of the season.  
I already told you that the prospect of Antonio Daniels playing point guard for an extended period of time is not as bad as it could be, since

he's an actual point guard, as opposed to Gilbert's more scoring-oriented game.  
Regardless, I can't see them even winning one game in the playoffs, and the chances of them losing every game until the end of the season and entering the draft lottery are almost impossible.  
I think I'll go cry into my oversized "Agent Zero" T-shirt.  
If the playoffs started today, Miami-Cleveland would be a first-round match-up in the East. Awesome!  
And Phoenix-L.A. Lakers would be in the West! Also awesome! MVP? My list looks like this:  
1. Gilbert Arenas, 2. Caron Butler, 3. (tie) Steve Nash and Kobe Bryant (who really should have won it last year) Could someone please tell

LeBron James to stop settling for jumpers?  
**Daniel's retort:**  
After making you look foolish throughout our NCAA coverage, I fully expect to walk into your gym and show you how the game is played with the rest of the NBA season.  
You should remember, and so should your long-time readers (if you have any), that I correctly predicted the Heat over Mavericks championship BEFORE last season began. This year before the season began, I gave you Spurs over Cavaliers, which leads me to ask if you saw San Antonio shut down Phoenix on Thursday night. Did you? Since "Grey's Anatomy" was a rerun, I certainly did. Let me clarify, as a basketball purist, I would prefer if the Suns won it all this year because I love how they play. However, as an arrogant sports columnist, I am quite chipper about the Spurs' dominance in the aforementioned game.

Stick a fork in the Wiz, even though they were competitive in both of the losses since Hibachi's injury.  
MVP: 1. Nash, 2. Kobe, 3. Shaq, 4. Dirk, 5. LeBron  
Seriously, how important is the Big Aristotle to Miami? The team actually improves when Finals MVP Wade goes down and then subsequently loses to the Bobcats when Wade returns and tries to steal the show. The Big Fella is not as washed up as we were led to believe.  
**Ben's response:**  
"Grey's Anatomy?" Really? I'm embarrassed to even let you mention your feminine TV-watching tendencies in this NBA column. I'm not quite sure what your picking Heat over Mavs last spring really proves, other than that you guessed right.  
As far as San Antonio-Cleveland this year? Good luck with that one. I mean, did you SEE Lebron half-ass it against Detroit on Sunday?

There's NO WAY Cleveland is getting through Detroit (or Miami for that matter) in the East. Their best player is more concerned about his endorsements and everyone else on the team sucks.  
Now, for the important stuff: What would the Wizards need to trade to get the number one pick in the draft from whoever had it (and ultimately pick Greg Oden)? I'm thinking: this year's first-round pick (in the 16-18 range), Antawn Jamison, Andray Blatche, Etan Thomas, and maybe throw in Roger Mason. Any deal that doesn't involve the Black President or Caron should be offered. This cannot be stressed enough. Oden would complete this team.  
**Daniel's response:**  
Dude, Izzy is hot. Enough said. And last year's correct prediction proves that I'm not just another pretty face because of my utter brilliance in the field of professional bas-

ketball. So, LeBron is dogging it? He's just saving it for the playoffs (at least that's what I keep telling myself).  
The Wiz getting the number one pick without giving up Hibachi or Butler? Try DeShawn Stevenson, Donell Taylor, Jamison, Blatche, and 10 years' worth of first round picks.  
Even then, I'm not sure Boston or Memphis would do it. Essentially, any trade not involving their two best players will be denied. It isn't going to happen, so just suck it up and root for them to draw the Raptors in the first round and get lucky. Then hope that Oden stays in school for another year, Gilbert's injury is worse than originally thought (forcing him to miss significant time next year), and the team is awful next year and gets lucky in the lottery. That is, unless David Stern fixes the lottery so that the Knicks win it and get Oden. ■

# A-Rod still the best player in the game today

**MLB ON DECK** | Even if it was from a spot high enough to make a cloud jealous, nothing can take the place of seeing A-Rod live.

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

So I went home to New York this past weekend, and I happened to get tickets to Saturday's Yankee game against the Baltimore Orioles. Some of you may view this as a thrill, but the downside to the tickets was that they were located in the "Tier Level," meaning that I was high enough to catch a view of all the passing aircraft and their passengers.  
Ok, maybe not that high, but high enough that I was only about 20 rows from the top of Yankee Stadium.  
Also, as if that weren't enough of a perk, it was about 30 degrees outside, with a wind-chill of arctic proportions. I guess I can't complain too much because I got these Mt. Everest tickets for \$25 instead of \$27, thanks to the Yankees cutting some payroll this off-season.  
However, it was all worth it, as I got to see a great game. It wasn't great because the Orioles blew a four-run lead; it was great because of how they blew the lead. Through a series of bad pitches, poor defense and terrible managerial decisions, the game came down to poor Alex Rodriguez's at-bat in the bottom of the ninth with two outs, the

bases loaded, and the Yankees facing a one-run deficit.  
Why do I say "poor" A-Rod? It's quite simple really. The man is the best player in the game, period. He has more ability to play the game than anyone could ever wish for. Yes, even more than the Yankees' precious, significantly over-rated shortstop, Derek Jeter.  
So how could this still make A-Rod a man deserving of pity? Well, the man has to dig miles within himself to find any confidence. The Yankee fans, who claim to be the best on Earth, are also the most cruel and hardest to please. As much as I want to blame the fans for their high standards, who can blame them, when they pay the prices they do? Remember my \$25 seats at the top of the stadium? Yea, they came along with a \$30 parking fee - and heaven forbid I get thirsty, because it's \$4.50 for a bottle of water. Anyway, back to A-Rod. Whenever he does well, the fans love him. Yet, the minute he shows any sign of mortality, he is shunned for weeks. I've written in the past about being able to "please the crowd," and how that is the only thing that gives Jeter his popularity, not his skill...or lack thereof. But I will not

dwel on the thought of Jeter's only talent being his ability to put on a show.  
Instead, this article is about what I saw at that game on Saturday. A-Rod got in a 1-2 hole after the first three pitches. He then took the next pitch over the center-field fence for a walk-off grand slam and Yankee Stadium erupted into mass hysteria. It was then, as he rounded the bases, threw his helmet in the air, and jumped into an ecstatic mosh pit of grown men, also known as his teammates, that I said to myself, "I love this game."  
Throughout the game I would look down at right field, which was right below me, and see these grown men standing around in the outfield, just as 6-year-olds do in their first little league games. Then, seeing A-Rod jump into that mob at home plate, the same way that a little leaguer does after a game-winning hit, made me think, "So what's the difference?" Well, more people watch the pros, the games are nationally televised, and oh yea, they make millions of dollars every year.  
All of this leads me to my point of why there has been a different World Series Champion for each of the last seven seasons: The players are losing their love for this beautiful game, and so they continue to take it for granted.  
Teams win a world series, and more often than not, have at least one or two players who are entering free agency. Of

course the press mobs the free agents with questions of "will you be back next year?" As is the standard response, the players give a simple, "This isn't the time to discuss that," which translates as "I want to make more money somewhere else, but I'm not ready to piss off my fans yet."  
It was decades ago that Curt Flood fought for the players' privilege of free agency, but I think it has been taken a little too far. Long gone are the days of seeing amazing players like Tony Gwynn and Cal Ripken Jr. in the same uniforms for their entire careers.  
As a matter of fact, the aforementioned Jeter may be one of the last "career players" that we ever see. I mean think about it, Barry Zito just signed the biggest pitching contract in league history. So when Johan Santana, a better pitcher than Zito, is a free agent, there is no way that his current team, the low-budget Twins, will be able to compete with the offers that will be thrown at Santana. Meanwhile, the Twins were the only team who had the guts to gamble on Johan in the rule-5-draft, and, in an ideal world, they should be able to reap all the benefits. Unfortunately, Major League Baseball is anything but an ideal world.  
Fans are learning though, and they know that any player is "fair game." As such, they don't get attached. Unfortunately, there is more at stake here. When players have the

ability to demand more money due to the lack of a salary cap, the sky is the limit. So now, when baseball allows teams like the Yankees and Red Sox to dole out over \$100 million per year in payroll, those teams need to make up that money somewhere, so to whom do they go? The fans.  
There was once a time when a father could take his two or three sons to a game, get good seats, get some hot dogs and sodas, and have it cost under \$100. Now we see \$4.50 bottles of water, \$5 hot dogs, \$5.50 peanuts, \$20 parking, and the worst thing of all, if you want to sit anywhere remotely close to the field, you have to expect to pay at least \$30 a ticket. This exploitation of fans is where I see the game slipping away. As attractive as it is, I feel that it might start to lose some aficionados. It is becoming easier to see the games on Direct TV for a few dollars a month than to drive to the stadium and sit with the seagulls at the top of the stadium while squinting to see the players.  
Tying it back into effects on teams, it makes me think that we may not see repeating champions for a long time. With players changing jerseys every couple of years, it doesn't allow time for chemistry to build, and then it's just a bunch of guys with a common interest wearing the same uniform. But that common interest is not winning, it's performing at their personal best to make the most money

for themselves. What baseball should be about are personal sacrifice and a team buying into an ideal. An ideal that says, "Hey, let's go out there and win this thing for our coach, for ourselves, for our families, for our fans." Unfortunately, baseball is becoming a living, breathing entertainment business, just like the movies. The only difference is that there is no scripted outcome.  
The truth is that baseball is more than a game; it's an experience, one that allows its participants to escape from the troubles of their everyday lives and to enter an alternative reality. As much as I dislike the Yankees, there is something about walking into Yankee Stadium that you can't help but love. It's the tradition and history that covers the stadium; it's the smell of \$5 hot dogs; it's the vendors yelling "Get ya scorecards, get ya programs" until they are hoarse; it's the little 5-year-old kids going to their first ballgame while they hold their dad's hand and wear a jersey that's three sizes too big.  
Baseball is the bond felt by fans who have nothing in common except the hats on their heads, who will hug each other when the game-winning hit comes off of the home team's bat. I love that feeling; it's what I live for. I've felt it as a player, coach and fan, and I wouldn't trade it for all the money in the world. ■

**TENNIS, FROM PAGE B3**  
rival Virginia Wesleyan.  
The Captains won despite losses from their number one doubles team and two of their top three singles players.  
Freshman Steve Meyers got the deciding match as he overcame a first set loss to win 2-6, 6-3, 6-2.  
The Captains had a busy Friday, as they hit the road and swept North Carolina Wesleyan 9-0 in the morning, and then traveled to defeat the Atlantic South's 14th ranked team Oglethorpe by a score of 5-4.

Staying in North Carolina, the Captains dropped a 6-3 decision to Methodist on Saturday to end their three-match winning streak. The Captains are now 12-6 (5-1 USA South) and will travel to Burlington.  
North Carolina this weekend for the USA South Tournament.  
**Baseball**  
The Captains lost a road game to Bridgewater last Tuesday by a score of 7-3.  
Freshman Parker Neal lead the offense going 3-for-4 with an RBI and a run scored, but the rest of the offense struggled,

leaving nine baserunners.  
Back home on Thursday, the Captains allowed another seven runs, this time to Piedmont in a 7-5 loss. Freshman Justin Neumann led the offense, going 2-for-2 with 2 RBIs. After five wins to start the season, the Captains have now lost five in a row after dropping two road decisions to North Carolina Wesleyan over the weekend by scores of 7-2 and 6-1.  
Junior Kenny Moreland had a rare bad outing, allowing six runs on ten hits in seven innings of work.

The second game yielded the same result as the Captains could not keep the Bishops off the bases and could not get anything going offensively. The Captains are now 19-13 (6-6 USA South) and are the fifth seed in this weekend's conference tournament.  
They will play Ferrum on Thursday in Burlington, North Carolina.  
**Men's Lacrosse**  
The Captains lost their fourth straight game, this time an 11-7 road decision against Catholic last Tuesday.  
Freshmen Mike Burns and Michael Turk led the team

with two goals each, and freshman Ray Ralph had 15 saves in goal. The Captains are now 4-4 on the year, and travel to take on Salisbury today, a game that was postponed over the weekend.  
**Track & Field**  
The Captains competed in the Colonial Relays hosted by William & Mary over the weekend.  
On the men's side, junior Leroy Harper finished third in the 100-meter dash with a time of 10.92 seconds and freshman Charles Washington finished ninth in the 200-meter dash with a time of

22.06 seconds in the event.  
On the women's side, junior Devon Alston tied for 10th in the 100-meter hurdles with a time of 15.00 seconds. Day two of the event was cancelled due to inclement weather. The Captains will head to Lynchburg for the Lynchburg College Classic this weekend.  
**Sailing**  
The Captains won both the Colony Cup hosted by William & Mary as well as the Maryland 2-on-2 hosted by the University of Maryland. They return to action this weekend at the Buckeye Intersection and the Arrigan. ■

**SOFTBALL, FROM PAGE B3**  
eich have been invaluable to the team, freshman closer Kristen Rowe has stolen the headlines.  
With a save in the finale of Friday's doubleheader, she tied the national record for saves in a season with 14. This was not the Division III record, which now belongs solely to her, but the record for Division I, II, and III.  
While some freshmen would be overwhelmed tying a national record, Rowe has taken everything in stride.  
"I just go with the flow. Someone asked me my ERA the other day and I said 'I don't know, I don't keep track of that stuff. My dad does,'" she said.  
For the record, her ERA is 0.88, and she didn't allow an earned run throughout conference play.  
These are the most visible examples, but other freshmen have played exceptionally well this season. Kristen Bruce has been counted on as the second starting pitcher, and has posted a 9-2 record with 66 strikeouts, highs on the team. Kristin Nickloy has

started 26 games at first base, and is third on the team with 22 RBIs.  
How well these freshmen have fit in with the upperclassmen is the reason why the team has excelled this year, and Parr couldn't be more appreciative.  
"It makes my job easier," he said.  
Now, with the regular season over, the team knows that all those accomplishments mean almost nothing, and that they will have to prove themselves again in the conference tournament. However, this doesn't mean they're going to change what's worked so far.  
"Basically [we're not going to do anything] different. We're going to have a little extra fire going in [to the tournament] because there's always one team that comes out and gets hot. It's about who's clicking at that time, who's going to have the good weekend. That's what we've been preparing for. We've been trying to consistently play with that intensity so we don't have to turn it on when we need to," said Parr.  
With a 13-game winning

streak still intact and an impressive body of work to draw confidence from, the Lady Captains should have no problem picking up where they left off in the regular season from a statistical standpoint.  
However, a 37-game season with several doubleheaders can take its toll on any team.  
"There's no one in the starting nine who's playing pain-free right now. You don't have time to take a break," said Parr.  
In spite of setbacks, or perhaps because of them, the team is motivated now more than ever to perform.  
"Everyone wants to be here and work hard," said Kennedy.  
This weekend will tell if all the hard work has paid off. The USA South Tournament takes place Friday through Sunday in Burlington, North Carolina. CNU takes on Ferrum in the first game. In their only other meeting this year, the Lady Captains scored a 1-0 road win on March 28.  
For the season, the Lady Captains finish with a 31-6 record (12-1 USA South). ■

Eat at Kelly's Tavern Today!

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

Fresh Food, Cooked to Order

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

11 Convenient Locations:

