

Captain's Ball a 'wonderland' PAGE B2

Captains soar to 100 wins PAGE B4

Hockey splits games, still in playoff hunt PAGE B4

THE CAPTAIN'S LOG

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NEWS

SGA passes first bill of '07: Stands against HB 3064

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

The senate heard a professional perspective on a bill in the General Assembly and passed their first piece of legislation of the semester at Monday's Student Government Association (SGA) meeting.

Anita Tieman, director of the Center for Counseling, Coaching and Consulting, argued that bill HB 3064, if passed in the General Assembly, would put restrictions on CNU's policies towards suicide attempts, a system that Tieman said is working fine as it stands. The senate voted that SGA President Molly Buckley encourage the state legislature to vote the bill down.

The senate also discussed two proposed legislation, one of which involved an amendment to the SGA's constitution.

Senators unanimously passed a bill proposed by freshman Senator Brooklynn Constant, calling for an increased presence of local newspapers on campus. Kevin Ososkie, director of dining services and Lisa Taliaferro, manager of Einstein's Café were both present at the meeting to answer questions on Constant's behalf.

SEE SGA, PAGE A8

INSIDE

Simplicity is key for weight loss

Stories reveal that dieting and healthy exercise will do the trick. The rewards are more substantial than a chunk of a Hershey bar.

FOOD + HEALTH, A6

Bush, FEMA response to Fla. disaster

The fast response to the state's call for aid was the sign of a new Federal Emergency Management Agency.

WORLD + NATION, A7

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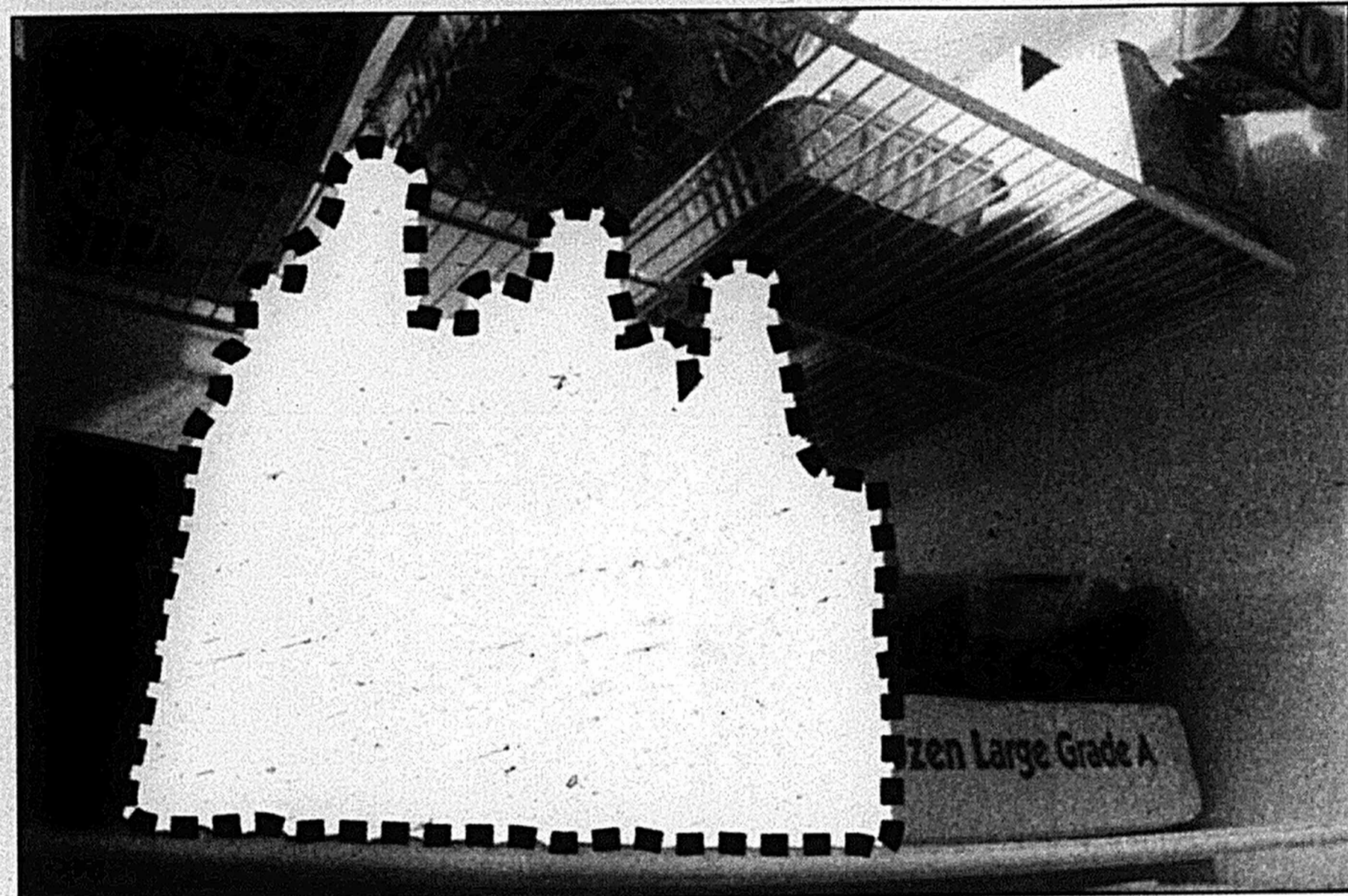


PHOTO ILLUSTRATION BY CHANELLE LAYMAN AND IAN SASS-BASEDOW

Alcohol discussion regarding east campus residences may reopen today, though there's no guarantee they'll fill in the blank.

ATF makes events equal

TALKS | In addition, east campus policy talks may resume at today's meeting.

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

When sponsoring events where alcohol will be served, student organizations are subject to the same policies as faculty and staff. Also, discussions about allowing 21-year old residents of east campus to have alcohol in their rooms may be reopened today.

The Alcohol Task Force (ATF) will now recommend to President Paul Tribble Jr. that faculty and staff should adhere to the same alcohol controls as students.

"We are trying to come up with a university-wide policy," said ATF representative Professor Ronnie Cohen of the Luther Business School.

In their initial proposals, the ATF was considering different levels of restric-

tions between students and faculty and staff functions with alcohol. The only distinction between the policies is that the appropriate dean or vice president must approve events.

"I have a big problem with faculty doing whatever they want," said Director of Athletics CJ Woollum.

A loophole existed in the ATF decisions in 2004 that allowed CNU faculty and staff to host alcoholic events in the Ferguson Center for the Arts without going through approval procedures.

"It is definitely hypocritical of us," said Senior Associate Vice President for Auxiliary Services Bob Midgette.

Faculty and staff were going directly to CNU Catering for events because no rules were in place. Therefore, alcoholic

events were being hosted without the knowledge of proper personnel, including an appropriate Dean or the CNU Police.

"[CNU Catering] made an assumption, and we know what happens when you assume," said Woollum.

The open bar policy previously proposed by the board was removed due to an open bar event, which would not be approved in the application process. "Enforcement is the responsibility of catering," said Dean of Students Donna Eddleman.

This puts a great amount of accountability on CNU Catering, which is in charge of regulating alcohol disbursement and consumption during a wet event.

The ATF also determined that alcohol sales will no longer stop an hour before an event ends. Now, a "last call" time will be decided during the approval process depend-

ing on an event's length.

A statement was also added to the policy that makes clear the fact that legal-age students on campus can indeed be served at any wet event.

At the end of the meeting, The Captain's Log Editor-in-Chief Ian Sass-Basedow submitted a proposal for safe and positive alcohol change on east campus to the board for consideration, he said. The ATF will discuss the proposal today. ATF meetings take place Wednesdays and Fridays at 10 a.m. in either the DSU Student Affairs Conference Room or DSU Monroe Room. ■

READ EDITOR'S PLAN FOR EAST CAMPUS

Go to Opinions, A5 for this week's Where We Stand and the east campus alcohol proposal as presented to ATF.

'An Inconvenient' slideshow arrives

AWARENESS | Global warming's effects presented in pictures by Al Gore trainee.

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

If you ask Patricia McCa- rdle, the Earth is in trouble. McCa- rdle is one of 1,000 people personally trained by former Presidential candi- date Al Gore to deliver a slide show on the effects of global warming, as presented in the pro-environmental documen- tary film, "An Inconvenient Truth," narrated by Gore. McCa- rdle visited campus Thursday to present this slide show as part of Global Warming Awareness Week.

"What we are doing to our planet and atmosphere is unprecedented," said McCa- rdle. "We are pumping way too much carbon dioxide for our atmosphere to hold."

Too many fossil fuels are being used and our planet is warming at an alarming rate, she said. The hottest year on record in the United States was 2006. The second hottest year was 2005.

"We are heading to a place where we really don't want to be," said McCa- rdle.

With the planet constantly getting warmer, many aspects of the environment are being affected. Emerging problems include damage to wildlife, the recurrence of deadly diseases and a significant increase in natural disasters, she said.

"We had so many hurri- canes one summer we had to start using the Greek alpha- bet," McCa- rdle said of the 2005 hurricane season.

The slide show expressed that if the current rate of carbon emissions continue, the polar ice caps will melt in 50 years.

What needs to be done, according to the slides, is to limit the world's use of fossil fuels. Other means of energy need to be used as replace- ments, such as wind, solar and geothermal power, McCa- rdle said.

"I found the speaker to be very informative," said junior Meg Finch.

The slide show also gave many suggestions as to how people can help thwart global climate problems on a per-



CHRIS MCCrackEN/THE CAPTAIN'S LOG

Patricia McCa- rdle was specially trained by Al Gore to give the slide show on the effects of global warming.

sonal level. One can purchase a higher mileage or hybrid car, buy efficient lighting and appliances, use efficient home heating systems, recycle as much as possible and most importantly, write your Senator or Congressman to help make national changes, McCa- rdle said.

McCa- rdle said that after the documentary film was released last year, Gore wanted to keep reaching

out to deliver the movie's message about the effects of global warming. By training presenters of "An Inconvenient Truth" slideshow, a significantly wider audience could be reached and on a more personal level, she said.

In accordance with Gore's wishes, presenters cannot accept gifts or money and must give at least 10 presenta- tions a year and must person- alize the slide show. ■

No one has any 'IDEA'

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

Each semester, professors distribute the Individual Development and Educa- tional Assessment (IDEA) survey, providing students the opportunity to critique their professors and classes. Few students, however, under- stand what role the survey truly plays, and how serious the recorded results are for Christopher Newport Univer- sity professors.

"We're teaching students in a class," said Dr. Brian Bradie, department chair of mathematics and one of three professors who attended an out-of-state training seminar held by the creators of the IDEA survey. "So the stu- dents' opinions are the best measurement of classroom achievements."

The professors who attended the seminar held a workshop for CNU professors last Tues- day to explain the results of the surveys.

"For professors, these sur- veys and the evaluation process is very personal," said Bradie. "What the results say has a lot of effect on the future of their careers in terms of getting tenure or a pay raise. It can be tough."

This evaluation, adopted by CNU in 2000, is based on teachers meeting classroom objectives.

"The IDEA survey and its predecessor was always pri- marily intended for improve- ment of instruction," said Dean of the College of Liberal Arts and Sciences Douglas Gordon. "It lets faculty see what they need to do in order to improve."

Problems surrounding the IDEA survey have caused tensions to run high for professors. The ways in which students handle these surveys serves as the main contributor to this problem. The main influence on stu- dent responses is sometimes clouded by emotions.

"You don't want to give sur- veys to people feeling a little emotional," said Dr. Marion Manton, a sociology profes- sor who specializes in social research methods, including surveys.

"It's not good to give these surveys directly after an exam, which many professors do. Students are either really low or really high, depending on their perceived perfor- mance. You want to target a population that is normal, neither high nor low."

For now, the IDEA surveys are the only means of evalua- tion for professors.

"It's good to have a national norm. We can see that our fac- ulty is doing very well against national norms," said Gordon. "Some are blowing the top off the scores and about 10 per- cent are consistently averag- ing with the highest scores."

But the key for success for this survey still lies with the students.

"I hope students will take them seriously. It is not a good idea to 'blow them off,' as students say," said Gordon. "Students need to be thought- ful and constructive in order to improve the education that they are paying for."

Individual students vary in the way that they treat the survey, depending on a number of factors. Some just get frustrated seeing the same questions again and again.

"I take the survey seriously,

SEE IDEA SURVEYS, PAGE A8

THE WEEK JANUARY 7-13

wednesday

10 a.m. — Alcohol Task Force meeting, Office of Student Affairs Conference Room
5:30 p.m. — Great Books: Atlas Shrugged, Library (SC 214)
6 p.m. — Biology Club meeting, Science Building Atrium
7 p.m. — Diversity: Is It In You? DSU Washington Room

thursday

12:15 p.m. — The Captain's Log Advisor's Critique, Ratcliffe 106
5:30 p.m. — Pershing Rifles: Spring Pledging, behind Ratcliffe Hall (on the JR side)
7 p.m. — InterVarsity, Gaines Theatre

friday

10 a.m. — Alcohol Task Force meeting, DSU Monroe Conference Room
7 p.m. — Homegrown, old Discovery Cafe
7 p.m. — CAB Movie: Babel, Gaines Theatre
7:30 p.m. — David Wygant: Dating Doctor, DSU Ballroom

saturday

7 p.m. — CAB Movie: Babel, Gaines Theatre
8 p.m. — Couples massage lessons, DSU Ballroom

sunday

4 p.m. — Catholic Mass, SC 150 (Alumni Room)
7 p.m. — The Captain's Log interest meeting, DSU 393

monday

10 a.m.-5 p.m. — Kappa Pi's Pre-Valentine's Day Art Sale, DSU Street
5:30 p.m. — East Asian Culture Club, DSU Madison Room (244)
5:30 p.m. — SGA Meeting, SC 150 (Alumni Room)
7:30 p.m. — Virginia 21, DSU TV Room

tuesday

7 p.m. — CAB Movie: Akeelah and the Bee, Gaines Theatre
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, FEBRUARY 7, 2007 | PAGE A2

On campus

TOP HONORS GIVEN TO CNU BUSINESS STUDENTS

CNU students in the Small Business Institute (SBI) Program at the Joseph W. Luter, III School of Business, under the supervision of Dr. Stephanie Bardwell, won top honors at a national business consulting competition. The students won Best Undergraduate Case of the Year for each award category including Best Comprehensive and Best Specialized. The award is presented to the best written project and the project is based on research that helps business owners implement solutions to improve all areas of business. This is the third straight year that CNU has won a first place award. The SBI Program was also named a "Showcase" Award Winner, which recognized the program as one of the outstanding business programs in the nation.

PROFESSOR RECEIVES \$40K RESEARCH GRANT

It was announced in December that Assistant Professor of English Dr. Sharon Rowley, will be the first CNU faculty member to receive a prestigious National Endowment for the Humanities Fellowship for her research. Dr. Rowley received the prestigious, competitive award for her work on a group of Old English historical manuscripts. She will receive a \$40,000 grant to complete her research and take 9-12 months research leave during the fall 2007 and spring 2008 semesters. This break will allow her to complete her book, "Reading the Old English Bede in its Manuscript Contexts", a compilation of the 10 years of research that she has devoted to the manuscripts. Dr. Rowley is one of 153 people to receive a grant from the program out of a pool of 1,398 applicants.

Around town

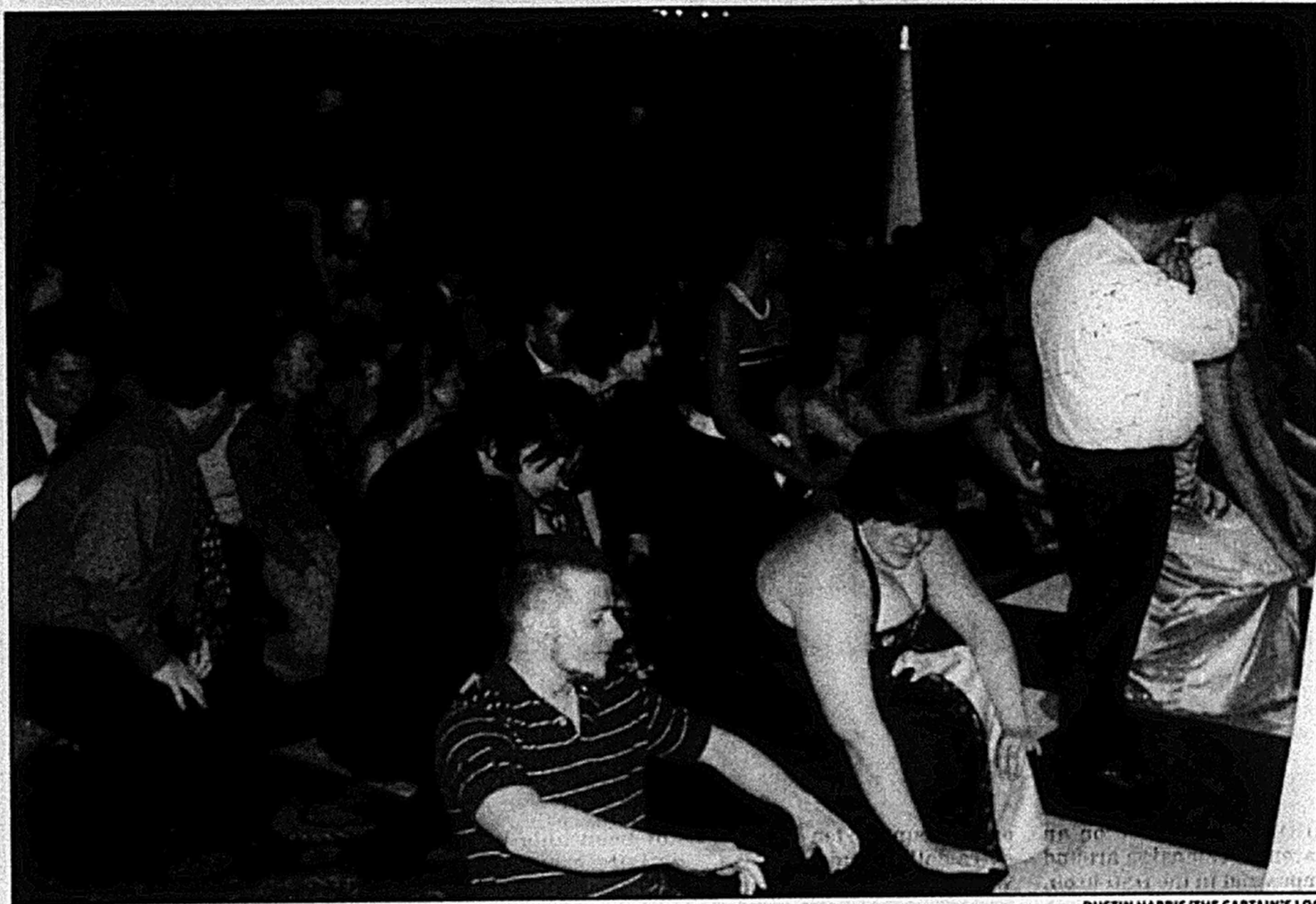
TATTOO PARLORS IN NN UP FOR REVIEW

The current Newport News ban on tattoo parlors, which has been in effect for the past 46 years, will be reviewed today at a public hearing held by the city Planning Commission. Parlors were outlawed in Newport News because of issues regarding sanitary conditions, which have never been addressed since the ban. Newport News is the only city in Hampton Roads that does not allow them and local counties permit them in certain commercial areas. Newport News tattoo parlor owners would need to get a permit, post health department certificates, follow health and sanitary requirements, and keep records of customers they serve.

FREE AIDS/HIV TESTING, AWARENESS EVENTS

The Hampton-Newport News Community Services Board is just one group that is planning to have free AIDS/HIV testing and awareness events today because of the National Black HIV/AIDS Awareness Day. The board will be using rapid HIV tests, for the first time, which give results in 20 to 30 minutes so that people can get immediate counseling before they leave. Churches around the area have also organized programs to educate the public. There will be a seminar hosted by the Hampton University Student Government Association with stories, poetry and music about the disease and black relationships. Other colleges and universities have planned candlelight vigils with information sessions.

SUPERSHOT



DUSTIN HARRIS/THE CAPTAIN'S LOG

The Captain's Ball was held for the first time in the David Student Union Ballroom on Friday, Feb. 2. Tickets were sold out.

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

Police blotter

CNU Police Crime Log

February 3
An incident of driving under the influence was reported in Lot U.

A student was assaulted with a fire extinguisher in the CNU Village.

A report of stolen property and filing a false police report occurred in the Ferguson Center.

February 2
A vehicle was vandalized in the CNU Village parking garage.

January 31
Money was reported stolen in the Captain John Smith Library.
Money was reported stolen in Santoro Hall.

Information from CNU Police Department

Newport News Crime Log

February 4
Vehicle parts were reported stolen on Jefferson Avenue.

An individual was assaulted on Lewis Drive. Minor injuries were reported.

An incident of shoplifting was reported on Jefferson Avenue.

February 3
Computers were reported stolen on Jefferson Avenue.

A burglary was reported on Ottis Street.

February 2
Property damage was reported on Suite Life Circle in Port Warwick.

An individual was reportedly assaulted on Jefferson Avenue.

February 1

Money was reported stolen on Maxwell Lane.

January 31

An occurrence of intimidation was reported on Prescott Circle.

An individual was assaulted on Lichaven Drive. Minor injuries were reported.

A case of stolen identity was reported on Tall Pines Way.

January 30

Jewelry was stolen from an individual on Coral Court.

An individual was assaulted on Lewis Drive.

Information from Newport News Police

TUNE IN TO 'REGIS AND KELLY' FOR LIVE WEDDING

You are invited to the wedding of Jim Longstreth and Jennifer Stock, of Glenside, Pa.

Just tune in to "Live With Regis and Kelly" at 9 a.m. on Friday.

Longstreth and Stock, both 31, are the winning couple in "Live's" "Wedding Week 2007." Hosts Regis Philbin and Kelly Ripa announced the selection Monday.

"Wedding Week" throws a nuptial bash for a bride and groom who have been unable to get married on their original wedding date. Jim and Jen had to put off their ceremony because Jim, who has lupus, needs a kidney transplant.

'BOWL' MOVES PRINCE'S SALES UP 653 PERCENT

Prince's rain-drenched

halftime performance at the Super Bowl Sunday night set his album sales sprouting like Jack's beanstalk, Amazon.com reports.

The halftime show, which in recent years has helped the Rolling Stones, Paul McCartney, and even the malfunctioning Justin Timberlake and Janet Jackson to mighty sales increases, was a profitable stage for Prince.

"The Very Best of Prince" shot from No. 710 to No. 71 on Amazon.com's Top Sellers list for music, according to Amazon.

Prince's finale, "Purple Rain" propelled sales of the album "Music From the Motion Picture 'Purple Rain'" from No. 432 to No. 53 on the Amazon list, a leap of 715 percent.

Overall, Prince's average album sales on Amazon went up 653 percent.

SIMPSON SHARES SENTIMENTS IN ELLE

Jessica Simpson has feelings and Nick Lachey, 33, bruised them when he leaped right back into the dating whirl after the couple split.

"Oh, it hurt me," the 26-year-old singer-actress reveals in the March issue of Elle magazine, out on newsstands the day before Valentine's Day. "Two or three weeks later? Yeah, I'd say it kind of hurt me."

Simpson and Lachey, shared their young love with the nation in the MTV reality show, "Newlyweds: Nick & Jessica." She filed for divorce in December 2005, after three years of marriage.

The decision to dump Nick? That was a result of an airborne epiphany, Jessica tells Elle. She was watching the 2004 romance film "The Notebook" on a plane ride home

to Texas when she figured out that the movie had a message for her: "It was about that moment of desperation. I needed to breathe."

TYSON JUST TRYING TO GET HIS LIFE TOGETHER

Boxer Mike Tyson, whose behavior has not always been a shining example to the youth of America, has been making a very good impression at the Wonderland Rehab Facility in California, according to the celebrity gossip Web site TMZ.com.

A TMZ source describes "Iron Mike" as one of the "humblest, sweetest, and most genuinely considerate celebrities" the source has ever met.

The former heavyweight champ "is just another person trying to get his life together," the source says.

MCCLATCHY TRIBUNE ■

Names in the news

THE CAPTAIN'S LOG

A strike of bad luck for CNU
The damage ranged from stolen property to property damage to a fire extinguisher in the CNU Village.
Have the fire efforts for safety, will a fire to provide a level of security in the CNU Village.
Doctor donates \$1.1M
Dr. David Perdue, a local dentist, has donated \$1.1 million to the CNU Village, which has been through a series of events.

Check out the All New Captain's Log Online Edition

WWW.CNU.EDU/CAPTAINSLLOG



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

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The David Student Union's extended hours are offered until spring break, but if numbers don't increase the trial period could end.

Student turnout lacks at night

DSU HOURS | Despite the campaign to get the word out, students just aren't coming.

BY MATTHEW MULLIN
MATTHEW.MULLIN.04@CNU.EDU

CNU students now have a new way to "carpe noctum"—seize the night—on campus, since the David Student Union (DSU) officially extended its hours until spring break. DSU staff want to make it clear to students that this is a "use it or lose it" trial period.

The Student Union Board (SUB) has embarked on an awareness campaign around campus and in the DSU itself. The SUB hopes the presence of banners in the breezeway, flyers in the residence halls, announcements on the plasma TVs around campus and advertisements in The

Captain's Log will increase student awareness about the new hours.

Some students worry that these efforts are not enough. "The response has been slow. I do not think many people know about the new hours or the many items we offer here," said Emily Brogden, a freshman employee at the C-store.

Revenue for the C-store during the new late shift often only amounts to ten or fifteen extra dollars, said Brogden. While sales increase when large events are held late in the DSU, such as during the Atlas benefit concert last Thursday, most nights are fairly slow for the C-store.

The slow pace of student

use of the building during these new hours may influence Auxiliary Services when it decides whether to extend operating times in the DSU permanently.

Auxiliary Services has recorded student usage of the building, and will present its findings at tomorrow's SUB meeting, said Doug Shipley of Auxiliary Services.

Numbers were not taken the transitional first week of the spring semester, said Shipley. The recording has not been entirely consistent, he said, as employees have not been able to monitor activity every hour of the DSU's operations.

There has not been any scientific backing for collecting the data, said Shipley, who described the information as "raw data."

While many students

approve of the new hours of operation, some have not had an opportunity to take advantage of it.

"I heard about [the new hours for the DSU], and I think it is a good thing, but since I live on east campus it is not convenient for me to walk across Warwick late at night. I think the new hours will be more useful for students on main campus," said Alicia Garrett, a junior living in Barclay.

It remains to be seen whether enough students will show up to the DSU between now and spring break to justify the operating costs of keeping employees on till midnight.

Director of Student Activities and SUB Head Kim Roeder interviewed students using the DSU last fall and found overwhelming support

among students for longer hours. "We received over 200 replies from students, and somewhere around 80 percent were positive towards an increase in operation hours." The new hours are one aspect of the SUB's efforts to increase student involvement and awareness of the services offered by the DSU. Roeder hopes the greater availability of the DSU's recreational offerings and club and educational offices "will go a long way to help students feel more at home in the Student Union."

The DSU is open until 12 a.m. from Monday to Thursday, and until 11 p.m. on Fridays. During the weekend, the DSU will be open until 10 p.m. In addition, the C-store across from the bookstore will stay open during these new operation times. ■

Writer, novelist shares her life, strife



ELLY MUL/THE CAPTAIN'S LOG
Jamaica Kincaid spoke in Ferguson on Thursday, Feb. 1.

LECTURE | Kincaid spoke on specific childhood events that molded her life.

BY CHRISTINE BARNHILL
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On Feb. 1, writer and novelist Jamaica Kincaid spoke in the Ferguson Center for the Arts Music and Theatre Hall, as part of the Dean Parks Colloquium Series.

Kincaid's lecture, "Coming of Age in a Small Place," detailed her specific childhood experiences and how they deeply influenced and molded her life. Born in St. John's, Antigua in 1949, as Elaine Potter Richardson, she later traded her birth name for one more recognizable.

As a child, Kincaid suffered

from feelings of inferiority and was made to feel guilty, ashamed, and unworthy. Kincaid said, "I was considered a lazy child because I had no interest in anything but reading."

Growing up in a large family, Kincaid experienced isolation from her mother and family. When she was 29, her first published work was a short story summarizing her turbulent interactions with her mother. The story outlined a succession of things that a girl "should" and "should not" do. As a child, she was instructed in the ways of mundane household chores such as a three-day-long laundry ritual, cook-

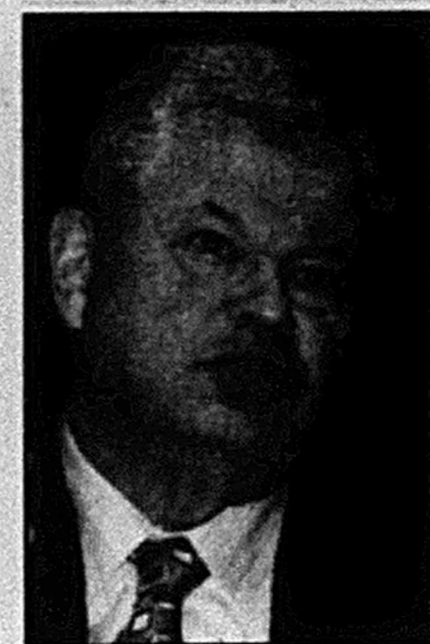
ing, extensive cleaning and table etiquette—all of the things a "proper girl" should know. Kincaid expanded on all of the things the poor were expected to learn and helped point out the irony in being both female and poor. Kincaid recalled that life as a woman was degrading, as females were often found eating outside with their hands. She said that women were also encouraged to deny their sexuality and not think of themselves as being beautiful.

Increasingly, the young Kincaid became suspicious of the staunch British control over Antigua. She compared her corrupt relationship with her mother to Britain's rule over Antigua.

At the age of 17, Kincaid left home and headed to the United States to work as a

nanny for an upper-class family. After a few years of writing articles and various pieces with The Village Voice and Ingenue magazine, Kincaid was offered a position with The New Yorker, the second black person to hold a title with the paper. It was during this time that Kincaid discovered and defined her own literary voice.

"Annie John" and "At the Bottom of the River" are two of her most praised works. These novels depict the life she lived growing up as a poor child in a large family and the tribulations she endured as a girl. Commenting on the tone of her literary efforts, Kincaid said: "Positive and happy seems artificial to me. Happiness is a fleeting state, it is not constant. I don't think my writing is negative or sad; it is realistic." ■



MAYOR JOE FRANK

NN Mayor signs global agreement

BY KELLY DOWD
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Newport News Mayor, Joe Frank appeared at Christopher Newport University last Wednesday, signing the Mayors' Climate Protection Agreement, and speaking in support of the reduction of the city's own global warming pollution.

Frank appeared on campus as part of the Global Warming Action Week, hosted by the CNU Chapter of AIDemocracy. He is one of hundreds of mayors across the country that has signed the Agreement.

The Mayors' Climate Protection Agreement was first passed in June of 2005 after the United States failed to ratify and abide by the terms in the Kyoto Protocol that previous February. The Agreement acts as a guide to set a national standard for achieving environmental goals.

"What you decide to do today will impact you in years to come," said Mayor Frank in his speech after he signed the Agreement.

The mayor spoke about what Newport News is doing to contribute to change. He said that the city is beginning to plan the future of public buildings to make them "greener" than current buildings—he hopes they will re-use water, have better insulation for less energy consumption, and use plumbing and air conditioning with less electricity.

Frank stated that Newport News was named a "tree city" by the National Arbor Association and that they are finding new ways to preserve space to plant trees.

Michael Town, the President of the Virginia Chapter of the Sierra Club also spoke at the event. Town discussed the impacts of global warming and the importance of slowing the process down.

Town said the momentum of the campaigns to help fight global warming are building, which can be seen in the fact that the government and environmental clubs were not having meetings about it just a few years ago.

"Signing an agreement is easy, accomplishing goals is the challenge," said Town.

Frank is a huge supporter of environmental issues, and reducing the impacts of global warming is one situation he feels strongly about. He believes that having everyone do something to help fix the problem is much better than having everyone doing nothing. For some ignorance is bliss, but ignorance isn't going to stop global warming effects.

"If we don't start, we will be making a huge mistake for our future," he said. ■

Ecological issues brought to CNU by Chesapeake Bay Rep

'SAVE THE BAY' | Chesapeake aquatic issues are improving, however not solved.

BY BETH BECK
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It's about getting back at least part of what's been lost. A small but interested group of students gathered in the Washington Room of the David Student Union (DSU) to hear from Chris Moore, a representative from the Chesapeake Bay Foundation (CBF) speak about various ecological problems in the Bay and how they're being remedied, but unfortunately not solved.

A native of Virginia Beach, Moore grew up fishing in the Chesapeake Bay. In 1967, the CBF established a mission to "Save the Bay." Since then, the organization has grown to 130,000 members with 58,000

action-network members and 10,000 student, teacher and scientist volunteers.

"Our goal isn't a return to the original, pristine waters of hundreds of years ago. We know that's not possible," said Moore. "What we think we can do is get up to about 70 percent of that original pristine ecology. But we've got a long way to go."

The 195-mile-long Chesapeake Bay, with its 64,000 square-mile watershed that supports 16,500,000 people, has run into many problems. All facets of its ecology, from its fish population to the amount of oxygen in its water, have changed drastically since it was first examined, said Moore.

Moore received his undergraduate degree from Randolph Macon College and his graduate degree from George Mason University. Moore later became involved with the CBF, focusing in the fisheries connected with the Bay.

To spread word of CBF's plan to improve the Chesapeake's ecology, a small but detailed pamphlet is released yearly.

"The CBF wanted to tell people what's improving, what's not improving and where we need to go," said Moore. Ten colorful pages, with pictures and graphs, let the public know just that.

But all of the issues tend to involve debates among different parties feeling that their own interests need to be addressed before the Bay's. The result is often a complicated blame game.

"We've got some saying all

we have to do is clean up the farms and everything will be fine," said Moore.

"But then we've got the farmers saying that all you really have to do is clean up the sewage and it will be okay. In reality though, no one party is to blame."

And the effects of this pollution extend beyond the normal environmental problem. Fishermen are also a large part of those affected by the destruction of the Bay.

"And if you don't like to gather seafood, most of us at least like to eat it," said Moore. "So Bay pollution affects a large number of people."

"I was interested in the subject since I do a lot of boating on the Bay," said senior Tyler Sheets. "The Bay is in worse shape than I thought, so it's good to know more so I can do something to help."

The protection of fisher-

ies are both the best success stories as well as the worst failures in this quest to save the Bay.

"Rockfish, as a now thriving species, are the best showcase of restoring fisheries on the entire eastern coast," said Moore. "The species went from rock bottom in the 1980s to experiencing an explosion in population growth every year."

"You really have more influence than you realize," said Moore.

"[Global warming] is really our issue and our generation's job to address it," said senior Katy Wingfield, president of the Americans for Informed Democracy (AID) chapter on campus.

"I'm proud of the students that have come out. It's not as much as Monday night's event, but this is a very focused discussion." ■

WAYS YOU CAN HELP 'SAVE THE BAY'

Join the CBF action network. Write letters to politicians. Join the CBF.

Drive less to cut down on air pollutants that end up in the Bay through precipitation. Use less fertilizer.

Volunteer with the Advocacy or Restoration Programs. Stay educated on the issue.

Vote in local and national elections. Additional information is available at www.cbf.com

DIVERSIONS

WEDNESDAY, FEBRUARY 7, 2007 | PAGE A4

Mystic Stars | February 4-11

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

IF YOUR BIRTHDAY IS THIS WEEK: The coming seven months emphasizes relocation, long-distance love affairs and unique social expectations. Before mid-March, expect long-term relationships that have proven unproductive to dramatically fade. Remain receptive to creative proposals and watch for a sudden increase in social or romantic invitations to soon become an ongoing theme. This is the strongest year in the past decade to re-evaluate emotional security, bring meaningful change to outdated relationships and permanently choose long-term romantic partners. After mid-April, financial restrictions and quick employment changes may be temporarily bothersome. All is well, however: stay open and wait for reliable contracts before taking large money risks.

Remain receptive to creative proposals and watch for a sudden increase in social or romantic invitations to soon become an ongoing theme.



ARIES (March 21-April 20) Money management and daily resources are now a key concern for loved ones. Before mid-week, watch for forgotten payments or lost records to require discussion. Optimism will soon be re-established: avoid minor disagreements, if possible, and allow others extra private time. Later this week, nostalgia and social sensitivity may be distracting. Many Aries natives may be asked to reveal private information or clarify past promises. Remain cautious: expectations may be high.



TAURUS (April 21-May 20) Job expansion and new career opportunities may this week trigger complex family decisions. Loved ones will be supportive of advancement but distrustful of revised schedules or changing priorities. Offer encouragement: home relationships will now strongly benefit from clearly defined loyalties. After Wednesday, a minor flirtation may quickly escalate. Don't hesitate to ask probing questions: potential lovers will rely on your romantic confidence and social attitude for guidance.



GEMINI (May 21-June 21) Diplomacy is now needed to sooth disgruntled friends or explain forgotten social commitments to loved ones. Early this week, some Geminis may be asked to provide private information or outline their long-term intentions. Trust your instincts and wait for improved attitudes: this is not the right time to confront the unrealistic expectations of others. Wednesday through Saturday highlight rare workplace announcements and new financial opportunities. Stay alert: a fast response is needed.



CANCER (June 22-July 22) A sudden intuition may this week offer a rare insight into a new friendship or reveal private affections between co-workers. In the coming weeks, a friend or colleague may wish to explore a mildly unethical relationship. Be supportive but avoid public discussion: complicated love affairs or workplace triangles will not be easily tolerated. Later this week, a close relative may announce a newfound interest in travel or unique forms of entertainment. Be expressive: your opinion matters.



LEO (July 23-Aug. 22) Nostalgic sentiments may be unusually seductive this week. Over the next few days, expect loved ones to trigger deep feelings of social and romantic appreciation. Past relationships may also figure prominently. If so, clearly announce your intentions to end unproductive obligations: before next week, friends and lovers will be highly sensitive to hesitation. Thursday through Saturday accent private business or financial strategies. Others will expect bold decisions: don't disappoint.



VIRGO (Aug. 23-Sept. 22) Family events and group planning will this week help improve home relationships. Close friends or relatives are now willing to forget yesterday's disagreements or accept revised roles. Avoid examining old or repeated information: loved ones are now strongly focused on future gains. After mid-week, honest discussions are vital to the success of long-term romance. Remain attentive: a trusted friend or lover may soon ask for detailed explanations and renewed promises.



LIBRA (Sept. 23-Oct. 23) Business messages and quick workplace communications may this week provide misleading facts or distorted figures. Check legal sources before finalizing official documents or accepting binding contracts. Before next week, long-term agreements will require detailed negotiations: remain determined and expect timely revisions. After Thursday, many Librans begin several weeks of complex romantic decisions and vital family changes. Past disputes need to fade: stay open.



SCORPIO (Oct. 24-Nov. 22) Fast employment promises, although sincere, may this week be unrealistic. Thoroughly review all official documents for changing deadlines or poorly defined expectations. Many Scorpions will now clarify dysfunctional business relationships or enter into meaningful career negotiations. Much now depends on your ability to voice strong preferences: avoid unproductive agreements and remain dedicated to advancement. After Friday, social invitations will increase: respond with new interest.



SAGITTARIUS (Nov. 23-Dec. 21) Housing and property decisions will now require your full attention. After Tuesday, loved ones may press for new home rules and concrete family agreements. Financial obligations, group dedication and daily expectations are highlighted. Ask for a thorough review of all written promises: official documents will prove vital to success. Later this week, powerful feelings of romantic attachment may be difficult to ignore. Wait, however, for obvious signals or key decisions: much is changing.



CAPRICORN (Dec. 22-Jan. 20) Financial or legal permissions may this week arrive without warning. Revised documents, new contracts or rare property agreements may soon offer valuable routes to success. In the coming weeks, home proposals will demand extra determination: discuss all plans with loved ones and expect honest reactions. After Wednesday, a close friend or relative may announce unexpected educational or travel plans. Be supportive: your past experience will provide insight and direction.



AQUARIUS (Jan. 21-Feb. 19) Sensuality and physical attraction are now undeniable. Over the next eight days, a potential lover may provide bold indications of their deeper feelings or long-term expectations. Don't be shy: your response to controversial suggestions will offer stability and set the tone in new relationships. Later this week, a complex legal or financial document may create workplace tension. Colleagues will compete for attention or attempt to prove their leadership skills: avoid unnecessary conflict.



PISCES (Feb. 20-March 20) Private romantic attractions will this week not go unnoticed. Before Thursday, work mates or new colleagues may offer rare comments concerning shared goals, personal appearance or social enjoyment. Take all as a compliment: over the next 15 days, subtle flirtations will need to be either acted upon or dismissed. Friday through Sunday highlight unique discussions with a relative or close roommate. Key issues may involve low confidence or rare spiritual insights: stay alert.

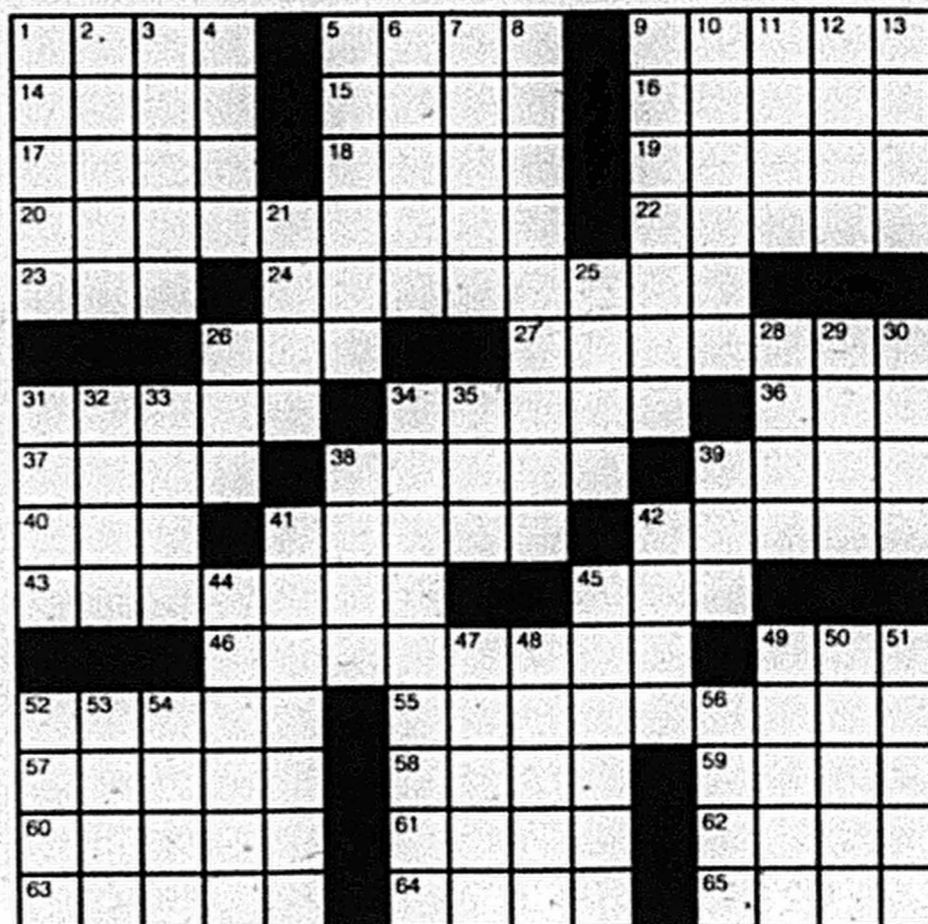
Crossword

ACROSS

- 1 Wield an axe
- 5 Window part
- 9 Metal coat
- 14 Regan's king
- 15 Fast-food choice
- 16 Speeder catcher
- 17 Not fooled by
- 18 Shrinking inland sea
- 19 Portents
- 20 Lenders
- 22 High-strung
- 23 Relatives
- 24 XIX
- 26 List ender
- 27 EST word
- 31 Guest star spot
- 34 Winning position
- 36 Chinese chairman
- 37 Appearance
- 38 Grant recipient
- 39 Facial feature
- 40 Lennon's love
- 41 Discovered
- 42 Minor
- 43 Stress
- 45 WWII fighters
- 46 Some cocktails
- 49 NBC's "Law & Order"
- 52 Make tardy
- 55 Peculiar deviations
- 57 Jacob's father
- 58 Same as mentioned
- 59 Radius neighbor
- 60 Mall unit
- 61 Longest river
- 62 Guzzler's sound
- 63 Like yesterday's news
- 64 Back talk
- 65 Latin infinitive

DOWN

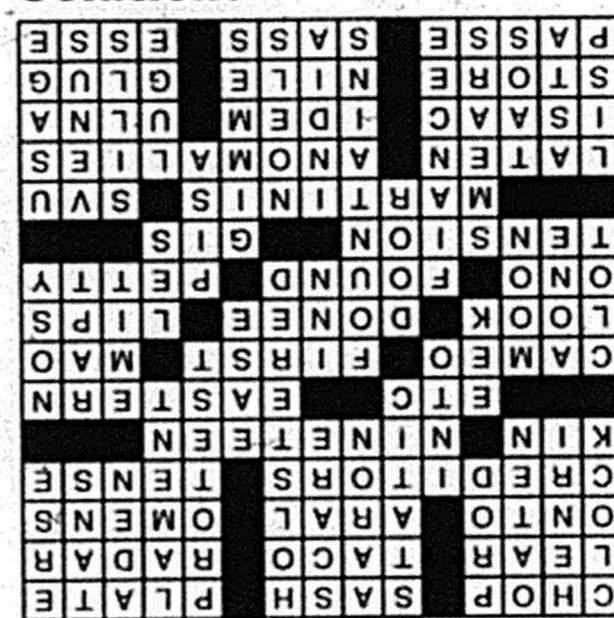
- 1 Timepiece
- 2 Painter Matisse
- 3 Like Cheerios
- 4 Goad
- 5 Kind of electricity
- 6 Home-run king
- 7 Kind of crow?
- 8 Undrawn, as a gun
- 9 March with placards
- 10 Bemoan
- 11 Yemen's capital
- 12 Soaks up some rays
- 13 Scottish Gaelic
- 21 Toward the center of
- 25 Relaxation
- 26 Mouse-spotter's cry
- 28 Give off
- 29 Engrossed
- 30 Intrusive
- 31 Coagulate
- 32 Top-notch
- 33 Planetary satellite
- 34 Water sources
- 35 Traveler's stopover
- 38 Entry
- 39 Guitarist Paul
- 41 Bride-to-be
- 42 Tiltin' tower town
- 44 Slings mud
- 45 Taken putts
- 47 Type of ink
- 48 Yuletides
- 49 Window parts
- 50 Serena's sister
- 51 Practice
- 52 Speech impediment
- 53 Dog in "The Thin Man"
- 54 New Mexico art colony
- 56 Olympic racer



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2/7/07

Solutions



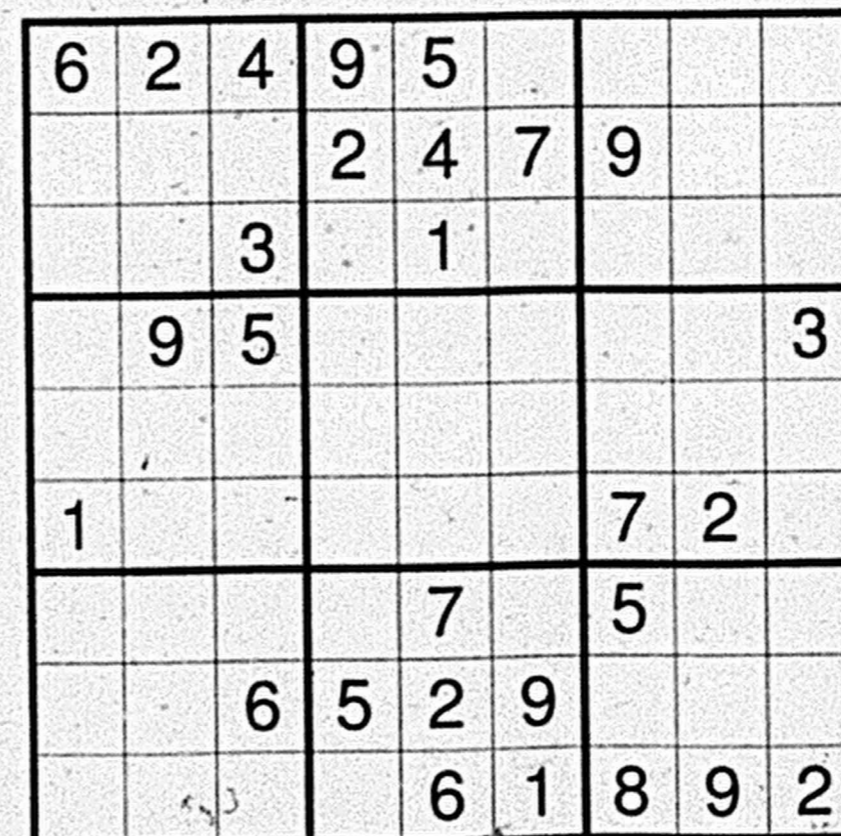
A College Girl Named Joe

BY AARON WARNER



Su|do|ku

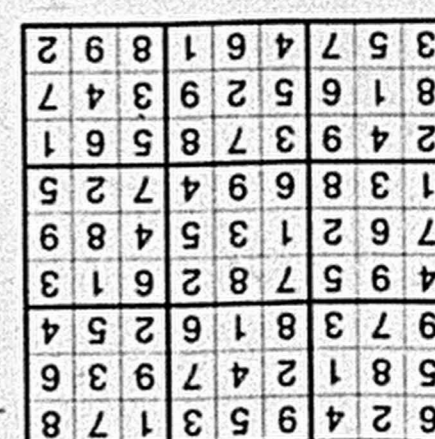
BY MICHAEL MEPHAM



Level: 1 2 3 4

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

Solution to this week's puzzle.



Want to see your ad here?

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By Heidi Pankratz and Mark Newton

"All I knew about was the Convenience Store."

MATT BRENNAN
FRESHMAN



"CNU TONIGHT has meetings in here and we always run down to the Convenience store."

REBEKAH GARTON
JUNIOR



"I come in here to talk on the phone and use the wireless."

DYLAN YOUNG
FRESHMAN



"I use the Convenience Store a lot at night, but I'm disappointed in the breakfast on the weekend."

BRANDON CAMPBELL
FRESHMAN



"I've been coming to get food after my Chem Lab."

JESSICA GAFFENEY
SOPHOMORE



OPINIONS

WEDNESDAY, FEBRUARY 7, 2007 | PAGE A5

W H E R E W E S T A N D

Last call for alcohol: Eastside manifesto

When the ATF began its deliberations, The Captain's Log thought that students would flock to the meetings to voice their opinions, clubs and organizations would draft and sign petitions whatever their stance, the Student Government Association (SGA) would compile ideas from student input and outside research and incorporate them into legislation for the board to examine. None of this really happened, which is very unfortunate. Even student representatives on the board (worthy, intelligent and articulate persons all) did not extend pro-wet arguments beyond discussions of logic regarding responsibility and state law and did not attempt examining the wealth of minutia surrounding the issue to pick apart the supposedly unanswerable question that stymied the debate over a wet east campus policy: "How are we to enforce it?"

The problematic aspects of a standard wet policy are well noted. It creates deformed standards and hypocrisy, reducing underage and legal drinkers' accountability for their actions to (insert your favorite cliché here) "a slap on the wrist" or the "turning of a blind eye." To be sure, this is not CNU's "cup of tea." In the spirit of banality, however, The Captain's Log asks us not to "throw the baby out with the bath water." If we find ourselves unable to enforce a wet alcohol policy in ambiguous situations, we can enforce other existing residence hall policies more robustly and with much harsher penalties in coordination with alcohol restrictions on minors as they stand. This can have the effect our current policy does: curtailing irresponsible and disruptive drinking on east campus. If we examine this set of suggestions — which are about as tight, it seems, as they can be short of a dry scenario — I believe we can create a regulatory environment on east campus that will cut down on underage drinking, control huge parties from forming and provide a more fulfilling and less paranoid college residential experience for of-age students living there.

In this vein, the addition of Schooners has greatly improved the lifestyles and morale of east campus dwellers who are 21, but it makes keeping east campus dry less and less viable a policy. A brisk jaunt of 100 feet for some on the first floor, means the difference between drinking legally or illegally. The vicinity of the wet commercial spots creates a problem, despite the board's insistence that restaurants are regulated and residential spaces not so. Not everyone of age feels that bar environments are so controlled, necessarily. The smoke, crowds and loud music of the bar scene might be great for those with more sociable constitutions, however, this is not the case for all residents of east campus. For more laid back folks, these aspects of Schooners might create an environment that is not as suitably controlled as the one they might make for themselves in their apartments. Add this mild-mannered demographic to often-strapped residents who might well pose the question (and of these there are indeed many): "Who can afford to go to a bar all the time, anyway?"

Small quiet gatherings among 21-year olds on east campus go on frequently and surreptitiously, without any incident, consequence or crisis.

Reflecting a tolerance for responsible drinking of this nature in the CNU alcohol policy for east campus evokes similar and negative reactions from some ATF members: "Let's get 'real,' here. Proposing a policy for a wet campus that hinges upon 21-year olds being quiet and responsible, obediently abstaining from giving alcohol to underage friends, committing sexual assaults or getting themselves or others fatally drunk is a line of reasoning for an idealistic world. Alcohol is the biggest problem on college campuses, and these deaths, assaults and distributions will get worse in a wet scheme. If so many students were so responsible there wouldn't be so many problems. It's a difference between the 'real' and the 'ideal.'"

The Captain's Log does not at all propose a change in policy that assumes the "ideal," bound to the notion that all 21-year olds will be perfectly behaved and that bad things won't happen. We believe that some administrators on the board are stuck (but genuinely and legitimately concerned for students' well being — absolutely) envisioning worse-case scenarios (the realist of the real worlds, right?) of a full-on wet campus where alcohol-related assaults, deaths and underage drinking skyrocket. Intimidated at the prospects of these hypothetical nightmares, they are not exploring nuanced, more inventively devised tactics short of opening the campus flood gates. They are making the real an ordeal. What we want to do is find a vigorously strict policy, not founded upon grand ideals, that is friendly towards those on campus who actually do perpetuate those ideal behaviors, but stringently punitive towards those who do not.

Of-agers already make up 51 percent of the east campus population, which is no small number: For shareholders in a company, that number means their interests are the most important — they call the shots. In a sense, students are shareholders in CNU. They pay for tuition, room and board, housing deposits and books and contribute to campus in an infinite number of capacities, and have likely done so for two to three years before going eastward. Changes in the housing lottery this year may make 21-year olds an even more convincing majority, perhaps 70 percent. Let us examine these ideas, keeping the interests of those with the most "stock" in east campus closest to heart.

We believe this proposal sets up a scenario that sternly punishes those who engage disruptive and irresponsible drinking, regardless of legal status in the eyes of the state. This is very much in keeping with what our current policy does. The upside of these measures is that they do something our current policy doesn't. They reward those eastsiders who make the ideal real. They drink responsibly and in accordance with state law, if not their housing agreements at present. They purchase and consume alcohol in an orderly fashion and don't involve minors. ■

T H E P O L I C Y

Proposal for safe, positive change on east campus

Article I. No one under the age of 21 can possess or consume alcoholic beverages in their residences.

Section 1.01 They are subject to judicial action as it stands at CNU if they are caught drinking or alcohol containers (empty or full) are found on the premises during a health and safety inspection.

OR:

Section 1.02 If a health and safety inspection in an all-underage space meets all other passing criteria, presence of unconsumed alcohol in a fridge, common area or personal space will be punished by the disposal of all substances. If other checkpoints of the code, notably basic cleanliness, are violated in the common area, in addition to there being empty or full alcohol containers in the common area, then all residents should be processed as our current policy stands. When strewn-about empty or full alcohol containers are found in only one resident's bedroom, that student will be charged individually.

Article II. Those who are 21 or older are allowed to possess and consume alcoholic beverages in their residences.

Section 2.01 In the event of alcohol being found during health and safety inspections, rooms with all 21 year olds will not be charged with a violation of any kind unless they fail any other portion of the inspection. In keeping with CNU's long-standing and enduring values, a complexly designed wet policy does not promote drinking, only responsible drinking. Sentence for such an infraction should be a paltry, but suitably annoying five hours of community service that might hopefully deter further reckless alcohol use.

Section 2.02 Rooms that contain both legal and underage occupants — the tricky question — will be enforced as follows.

(a) If both the apartment's common room and fridge pass all inspection points including alcohol and all of-age students' bedrooms pass all checks save the presence of alcohol, the 21-year olds will face no charges and neither will any underage roommates.

(b) When alcohol is found in the fridge, if all bedrooms belonging to those younger than 21 and the common room area pass all other checks (including used or unused alcohol containers), no one will be charged.

(c) If the common area fails a health inspection (for any reason other than visible containers in the space or those in the fridge), all containers used or unused that are found in any space of the apartment will be disposed of. All residents under the age of 21 will be charged with "reckless drinking" and be given a penalty comparable to our current policy's punishments for violations. 21-year olds will be charged in these instances with "hosting or distributing alcohol to those underage," as explained in the next section. When residences of mixed ages are

given notice to prepare for health code checks in advance (as all rooms on east campus are) a messy, obviously partied-in common area denotes firstly, that alcohol was possibly distributed to underage residents of the space (clearly out of bounds, as defined below). Secondly, this circumstance indicates that any drinking that took place was excessive. The "hosting or distributing alcohol to those underage," however, does not just apply to health and safety inspections in mixed age rooms, but also in larger scopes.

Article III. 21 year olds may not purchase for, host gatherings with, or distribute alcohol to those who are underage.

Section 3.01 If an infraction is witnessed by an RA, CNU police officer or hall director, underage students will be charged as they are now. Of-age students will be charged with "hosting or distributing alcohol to those underage," punished with a sentence equivalent to underage violations, if not exceeding in intensity. If

gatherings are brought to the attention of an RA, ages of those present can be verified by an ID check. (Here, in effect, we have a more effective age verification mechanism than even Schooners, who cannot — easily, anyway — always differentiate between a false identification card and a real one. We have dates of birth on file.)

Article IV. 21 year olds may host gatherings in their residences where all those in attendance are of-age.

Section 4.01 Gatherings may not exceed maximum allowable occupancy as determined by the Fire Marshall of Newport News, VA. Upon

entry of an apartment party, an RA will verify ages with an ID check. If no charges need be filed under laws in Article III, Section 3.01, an RA head-count exceeding maximum occupancy will earn 21 year olds in attendance "disruptive drinking" charges. These will be penalized with sentences equivalent to underage drinking violations on campus.

Section 4.02 All of-age consumers of alcohol will also tightly adhere to residence hall quiet hours, which are on weekends (starting at 12 a.m.) as well as during the week (starting at 9 p.m.). An extension of weekend rules might be in order, perhaps beginning quiet hours at 1 a.m. If an RA receives a complaint or is drawn to a noisy room during a hall walk, ages and occupancy will be verified by that RA. If no other charges under Article III, Section 3.01 or Article IV, Section 4.01 are necessary, those in attendance will receive one warning. If noise persists that evening, eliciting another visit from an RA, a charge of "disruptive drinking" (punishment equivalent to current alcohol policy) will be in order for all present. ■

IAN SASS-BASEDOW, EDITOR-IN-CHIEF

Feel like complaining? Then speak up, do something!

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

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

I think it is time for CNU Students to realize that their voice is one of the most powerful forces that exists on this campus.

I can not tell you how many times I hear people complain of the things they do not agree with on this campus, but I can pretty much count on my fingers how many times students have raised their voices to show the administration their concerns in order to try and do something about it. The biggest myth that hurts the most is students thinking that voicing their concerns will have no effect. The truth is, if you speak up enough, you will be heard.

In my time here at CNU, the student voice has proved to be very powerful at CNU. With the research and determina-

tion of JessLee Harms, York River Hall Council was not only successful in acquiring picnic benches to go between East and West, but was also able to have a crosswalk installed between York East and the Ferguson parking lot.

When the administration was considering hiring an outside company to run Dining Services, students such as Erin Greene spoke up, researched the facts, presented them to the administration, and successfully led a campaign that ultimately led to CNU Dining Services remaining locally run and operated.

After years of ignoring the student body, in November the CNU Board of Visitors finally took action, deciding to vote on whether or not to add the term "sexual orientation" to

CNU's Anti-Discrimination Policy. SGA President Molly Buckley presented a document full of research to the B.O.V. that was bigger than some textbooks in order to get her point across. With the support of the Student Government Association, the Gay-Straight Student Union, and many active student voices, the decision will finally be voted on later this month.

Kyle Chandler, with support off the Residence Hall Association and other student leaders, spoke up about the necessity for student-organization-friendly posting in the David Student Union earlier this year, and very shortly after an agreement was made that has led to the banners, kiosks, and bulletin boards you see throughout the building.

At the end of last semester I, with the backing of Campus Activities Board, and support from other organizations such as CNU Tonight and the Multicultural Student Association spoke out about the fact that administration was planning on tearing Gaines Theatre down. The administration heard the student voice yet again, and though Gaines Theatre will not be saved, a new theatre is now being built, and many top administrators are working their hardest at ensuring that the 2 year transition period will go as well as possible for student organizations.

With all of this being pointed out, I think it would be ridiculous to say that the Student Voice at CNU has no power. Indeed, if you do your

research, if you present the matters effectively, and if you truly are dedicated to seeing something occur at CNU, you have a great possibility of making it happen.

I challenge every student at CNU to participate in the CNU Community in their time here, and not just watch as things happen around you. Every student can make a difference on this campus, but in order to become the best campus we can, it will be necessary for more student leaders to step up and take charge. This is something every student at CNU is capable of. You have a voice, all I am doing is asking you to use it, and use it wisely. ■

Sincerely,
Patrick Allen McBride
Class of 2009

FOOD+HEALTH

WEDNESDAY, FEBRUARY 7, 2007 | PAGE A6

Simplicity is key for weight loss

DIET | Stories reveal that dieting and healthy exercise will do the trick.

BY CHERYL TRUMAN
MCCLATCHY NEWSPAPERS

Lori Simpson of Waco, Ky., "tried every diet known to man," she says, but her moment came when her health insurance company turned her down for gastric bypass surgery. She logged onto the Weight Watchers Web site and found herself a nearby meeting. She was 311 pounds. Now, 108 pounds later, she's hoping to lose at least 25 more pounds.

Sometimes it's more subtle. P.J. Danhires of Lexington, who lost 50 pounds, just didn't realize how the weight had crept up on her. "I knew I'd gotten bigger, but I didn't know I weighed that much," she says of the shock of weighing in at 211 pounds. "I was once pregnant with twins and didn't weigh that much."

Mike Rogers of Winchester, Ky., weighed 307 pounds, then he said to himself: "I'm going to start today and see what happens." He figured that, while he was losing the first 20 pounds, nobody would notice.

Rogers lost 90 pounds and is today an advocate of high fiber, heavy walking and Fat Free Pringles, which he calls "incredible."

Simpson, Danhires and Rogers don't claim particular wisdom in weight-loss technology or metabolic jump-starting. Instead, they use a technique almost frightening

in its simplicity:

They eat less. They exercise a lot more.

We'll get back to the diet. What kind of exercise?

Mike Rogers walks four miles a day five days a week. Bart Steele of Lexington - "I hate exercise. I hate it with a passion" - spends a lot of time outdoors doing landscaping, and he takes the stairs instead of elevators. He's 98 pounds lighter than he was at his heaviest.

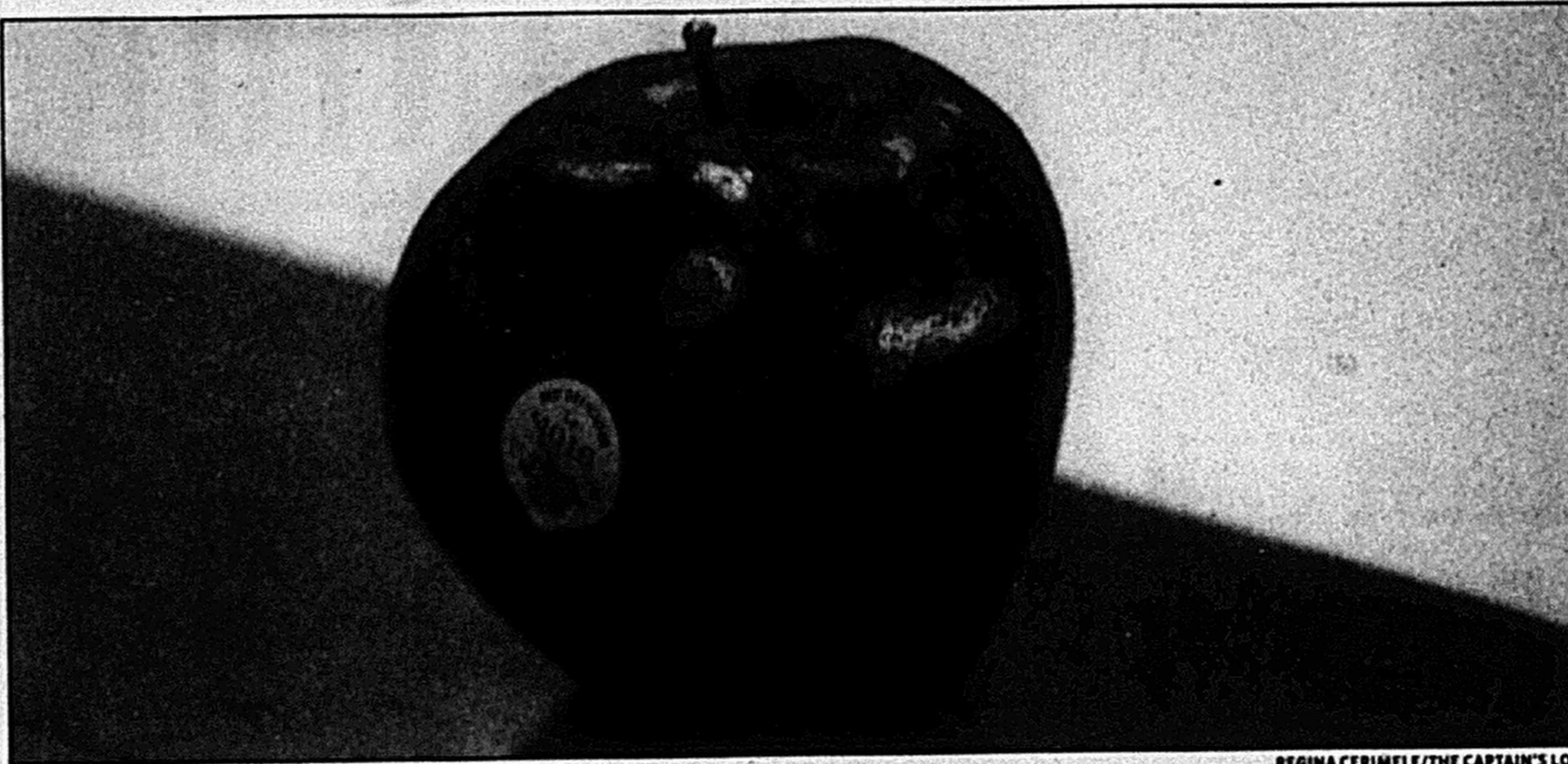
And Krista Alexander of Georgetown, Ky., who lost 57 pounds, doesn't belong to a gym but nonetheless stays active all day: "I walk the stairs, I walk the dog, I walk from Dillard's to Macy's (at Fayette Mall). I go for walks at lunch when the weather permits it I and we just started taking ballroom dancing."

Hilary Miller works in as much as two hours of exercise a day in the early mornings. She takes "rest days" only two or three times a month.

"The body loves to exercise," says Theresa Barry-Greb, who works with groups that are learning "The Solution" system. The Solution focuses on establishing healthy limits and emphasizes "mastery living" skills, including adequate sleep, eating a balanced and appealing diet, and making time to "restore."

How do people lose extreme amounts of weight without pills or surgery?

Some - many, in fact - swear by the Weight Watchers point system, but others embrace



REGINA CERIMELE/THE CAPTAIN'S LOG

Sick of fad diets or running the marathon every day? Well, change your routine because eating healthy and working out regularly have repeatedly proven to guarantee great results.

behavior-modification programs such as The Solution, and still others simply reason their way through, figuring that a reduced-calorie diet and increased calorie-burning via exercise must add up to something.

The news that a slimmer life is possible via the extensive consumption of skinless chicken breasts and obsessive use of treadmills and weights is hardly new.

But in a world where pricey gastric bypass surgery often is denied by insurance companies and the two big weight-loss drugs - Xenical and Meridia - are only moderate successes, diet and exercise might appear the old horses in the weight-loss stable.

Still, they appear to work.

And by the way: Most who lose don't call the new eating plans "diets." They think of themselves as making permanent lifestyle changes.

"What had caused problems for me all my life was diets, diets that were too restrictive," Hilary Miller says. "When I couldn't stand it any longer, I would eat too much out of rebellion."

Many of those who have lost large amounts of weight still nurture a little fascination with junk food, although most of them have limited their sugar consumption. Lori Simpson likes an occasional order of Wendy's fries, which clock in at 7 points on her Weight Watchers allowance.

The rewards are, after all, more substantial than a chunk of Hershey bar.

"My husband stuck with me through the fat years," Lori Simpson says. "He never gave me grief about my weight. And he's about to get his skinny wife back."

HOW DID THEY DO IT?

What do people who have lost large amounts of weight have in common? If they do it without the benefit of drugs or surgery, two things: They eat differently. And they exercise a lot. Here are some of their tips:

— Exercise: Make it a daily habit. Those who lost the most

weight were most committed to their exercise routines. And indeed, they find it hard to skip exercising.

— Sugar: No, a little chocolate won't kill you, but those who lost a lot of weight were careful about sugar and fat intake.

— Fast food: Most of those with the biggest weight losses avoided fast food. They also kept track of their cheese consumption and eventually found they weren't as fond of burgers as they had been while heavier.

— Keep a record of what you eat, and when you eat it.

— Watch out for eating patterns that show you are eating out of emotion rather than hunger. ■

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WORLD+NATION

WEDNESDAY, FEBRUARY 7, 2007 | PAGE A7

Bush declares parts of Fla. disaster area

'NEW FEMA' | The fast response to the state's call for aid was the sign of a new Federal Emergency Management Agency.

BY MARK K. MATTHEWS
MCCLATCHY NEWSPAPERS

WASHINGTON — By declaring parts of Central Florida a major disaster area, President George Bush Jr. opened the door Saturday for residents to receive federal aid — including temporary housing and money.

The move, which covers Lady Lake, Seminole, Sumter and Volusia counties, also extends to local officials who can use federal money to help with debris removal, road repair and emergency response.

Short-term help is expected too. The head of the Federal Emergency Management Agency (FEMA) said Saturday the agency deployed several tractor-trailers filled with water, meals, generators, and plastic tarps.

The shipment of supplies was expected to arrive Saturday, although FEMA officials said the convoy was on reserve in case the state requested help. The agency also plans to work with Florida to handle temporary housing.

The fast response to the state's call for help was the sign of a "new FEMA," said Director R. David Paulison, formerly chief of the Miami-Dade Fire Rescue Department.

Last month, FEMA denied requests for federal aid for hundreds of Volusia County residents whose homes were damaged. The reasoning was that state and local officials could handle the cost.

"Waiting for a local community to become overwhelmed before the state steps in and waiting for the state to become overwhelmed before the federal government steps in simply does not work anymore," he said.

"We've got to go in as partners," Paulison said.

Local lawmakers greeted the federal assistance with enthusiasm, but many were concerned the federal declaration did not cover damage for a similar storm that struck Central Florida on Christmas Day.

Last month, FEMA denied requests for federal aid for hundreds of Volusia County residents whose homes were damaged. The reasoning was that state and local officials could handle the cost.

Gov. Charlie Crist disagreed, and his appeal for federal help Friday included assistance for the previous storm.

FEMA didn't address the request Saturday, although Paulison said he would reconsider it later in the week.

The answer didn't sit well with state Rep. John Mica, R-Winter Park, who doubted Paulison's claims of a "new" FEMA, noting: "I'm not sure that they have it all together yet."



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IDEA SURVEYS, FROM PAGE A1

because if a professor has done a good job of teaching, or bad for that matter, I want to make sure that someone knows about it," said junior Dan Guinn.

"The problem with the survey, and most students will agree, is that we take the same one for all of our professors which means that a good amount of the questions won't

pertain to the professor we are taking it for. I believe that is the reason why so many people just fly through it."

The IDEA surveys come in two different lengths, one short and to the point and the other is longer and more in-depth.

"If I really like a teacher, I usually take the time to give them a good evaluation," said senior Christina Reid.

"But if I'm not a huge fan

of the teacher, I tend to fly through it."

The research behind the IDEA survey has another way of looking at student input.

"Motivated students tend to give higher scores regardless of what the instructor has done," Bradie told the professors gathered at the meeting. "Inversely, unmotivated students give lower scores regardless of what the instructor has done." ■

SGA, FROM PAGE A1

Constant's plan will make it so that Einstein's Café sells the Daily Press. Future plans to include the sales of larger, nationally distributed papers around campus like The New York Times or the Washington Post should demands grow.

The senate considered amending the constitution of the SGA to include a Stu-

dent Rights Committee, as proposed by junior Senator Andrew Lundsten.

Much of the Senate's debate focused on whether such a committee was necessary, as well as whether it deserved to be a standing committee and not of the ad hoc variety.

Senior SGA Chief Justice Chris Donovan wondered how that committee would differ from the actual

responsibilities of the senators themselves.

Since all standing committees are specifically named in their constitution, legislation creating a Student Rights group would require the specific language of a constitutional amendment — it did not contain this language in Monday's SGA meeting.

The senate will vote on a revised motion next week. ■

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A strike of bad luck for CNU
The damage ranged from minor damage to complete ruination of student property. Lightning struck Apartments' Madison Hall on Aug. 4:50 p.m., rendering the building uninhabitable.

Since the fire, efforts by faculty, staff and students to provide a level of normalcy for the students displaced.

Doctor donates \$1M
Dr. Sarah Forbes, a local obstetrician and gynecologist, believes in sharing her wealth with the community. She has received through her work

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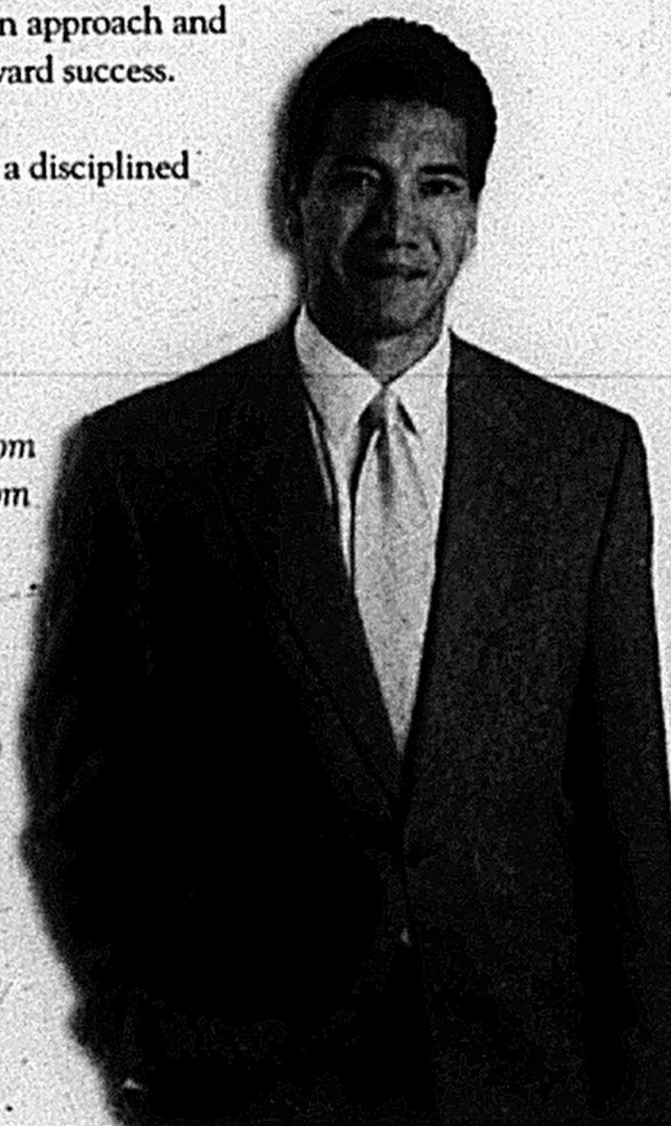
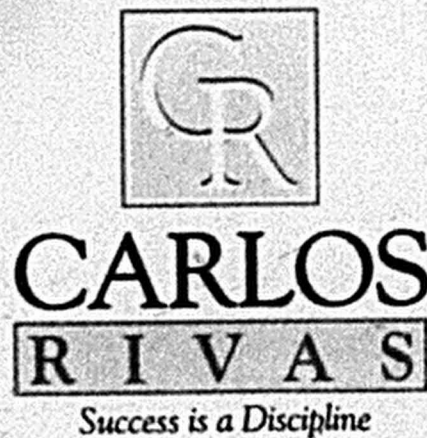
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CAPTAINS WIN 100 GAMES

SPORTS, PAGE B4

A+E

ARTS AND ENTERTAINMENT | WEDNESDAY, FEBRUARY 7, 2007

CAMPUS

Students enjoy "Winter Wonderland" at this year's sold-out Captain's Ball in the DSU ballroom.



MUSIC

Senior Sam Hurd makes the first of four qualifying rounds in mtvU's "Best Music on Campus."



ART

Ecology Club and Tidewater Fiber Corporation support on-campus recycling with sculpture contest.



Local voted 'top 25'

MTVU CONTEST | Sam Hurd's one-man band makes "top 25" in "Best Music on Campus."

BY LINDSEY LEACH
LINDSEY.LEACH.04@CNU.EDU

CNU senior and one-man band Sam Hurd might well be living the rock n' roll dream come this May — if he gets the votes on mtvU.com. Only 25 hopefuls have made it past the first round of selections in the mtvU and Epitaph Records' "Best Music on Campus" contest, all hoping to be crowned the number one college artist in the nation. Hurd entered his solo act, Cadence, into the contest Dec. 19, 2006 and is among these finalists.

Hurd is an information science major who sets aside a few hours a day to practice music for his emerging solo project. Hurd's musical influences include Damien Rice, Gatsby's American Dream, Copeland and a variety of musicians from Seattle, Wash. In entering the contest, he hoped to get his music recognized.

Hurd posted a song online entitled "Changing Colors" for the competition and was informed of his "Top 25" status when mtvU e-mailed The Captain's Log's A+E editor a press release. Hurd

was surprised at his success because, unlike the other bands and solo artists who entered in four or five songs, he entered only one. His self-written bio on <http://www.bestmusiccampus.com> reads, "I guess it's fair to mention that everything you hear was recorded, mixed, mastered, played and written by myself." "The Best Music on Campus" contest is being judged by an expert panel coordinated with votes cast online in a series of four rounds. In the first qualifying round, 25 artists were selected from all applicants. Ten artists will go on to the semi-finals, followed by a third round leaving only five musicians. Of those

remaining five, one winner will get an EP release with Epitaph Records and debut their first single as a musical guest on Late Night with Conan O'Brien this May. The victor will also receive a video premier on <http://www.mtvU.com>, an opening slot on an Epitaph tour date and a performance on mtvU Spring Break 2007. "I'm trying not to get my hopes too high. It is difficult to see my stuff making the top ten because I am solo and most of them are bands." Despite Hurd's modesty, long-time friend and roommate, senior Greg McCracken, commented in a phone conversation that, "I'm pretty impressed, and it is great for him. There was no



PHOTOS BY JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Sam Hurd writes, performs, records, and produces his music on personal sound equipment that he's amassed over the last two years.

planning in it, so it just shows how good of an artist he is." Regardless of the outcome, Hurd hopes to continue his musical endeavors in the future, whether it be on his own steam or with another band — he just wants to perform, write, and record. His album, "A Portrait," will be released independently this month. Listen to Cadence at www.cadrock.com or www.myspace.com/eversincejuly.

Cadence's 'A Portrait' promising



JESSE HUTCHESON/THE CAPTAIN'S LOG
Senior Sam Hurd has played guitar since middle school and plays guitar, bass, drums and violin for his solo act, Cadence.

WHAT IS IT | The emerging solo artist presents a rock, indie and alternative mesh of sounds.

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

It is safe to say that CNU is a hub of talent when it comes to musicians. The campus can claim an entire department of music, as well as multiple rock bands, such as Atlas, Life's Only Lesson and its most recent sensation, Cadence.

A one-man band, senior Sam Hurd is releasing Cadence's second album, "A Portrait," on Feb. 25.

The album, with ten tracks, including an instrumental introduction entitled "Synapse," claims to fall within the indie rock genre. However, after giving "A Portrait" a thorough listen, it is safe to say that it borders on indie rock and alternative rock.

Instrumental melodies and harmonies are solid. There is absolutely no denying that. Hurd, who plays all of the instruments on the recorded album, knows how to concoct catchy guitar riffs and bass lines. He switches up acoustic and electric guitars, proving that Cadence may indeed have some staying power. Anyone who listens to rock music, regardless of sub-genre, knows that there is a definite difference between acoustic songs and electric. Put soft lyrics with a harder, electric-focused song and the meaning could be lost behind those edgier chords. But mesh some of those lyrics with an acoustic jam? There is a solid combination.

Surely, some of the songs come across as stereotypical simply because of their

subject matter. Relationships seem to dominate the album, making Cadence come across as somewhat cliché.

However, it is only fair to say that Hurd does articulate these emotions very well.

The only downside to the album seems to be Hurd's voice. It is not to say he is not extremely talented; that would be a lie. However, it seems that there are only one or two songs on the album where he ventures outside of his comfortable range. While not bad, it does muffle some of the awesome instrumental and lyrical talent Cadence displays.

"A Portrait" is an album to think about. There is talent here and promise as well. Keep an eye out for Cadence's newest full-length album, "A Portrait." It will be free for download on www.cadrock.com. It will also be available for purchase on iTunes.

THE LIST

campus

February 8
CAB's Homegrown Talent Show, 7 p.m., old Discovery Café

February 9
David Wygant: The Dating Doctor, 7:30 p.m., DSU Ballroom
CAB Movie "Babel," 7 p.m., Gaines Theatre

February 10
CAB Movie "Babel," 7 p.m., Gaines Theatre
Couples Massage Lesson, 7 p.m., DSU Ballroom

local

February 7
Speed Dating at Bailey's, 7 p.m., Bailey's Pub & Grille

February 8
Religion versus Science: Why Does it Matter?, 11 a.m., Virginia Wesleyan College

February 10
Bowl for Kids' Sake, 9 a.m., AMF Military Lanes
Sip & Dip Chocolate and Wine Tasting, 11 a.m., Harry & David at MacArthur Center
Cookin' With Paula Dean, 2 p.m., Hampton Roads Convention Center

concerts

February 7
The Goo Goo Dolls, 7:30 p.m., Ted Constant Convocation Center

February 9
Love, Hope House, 7:30 p.m., Granby Theatre
The Jae Sinnett Trio Featuring Allen Farnham & Terry Burrell, 9 p.m., The Jewish Mother Star 33, 7 p.m., The NorVa

February 10
Souveneur's Young America, Relative Theory Records
Eruption, 8 p.m., The NorVa
The Nighthawks, 9 p.m., The Jewish Mother

February 11
The King's Singers, 3 p.m., Ferguson Center for the Arts Concert Hall

movie releases

February 9
"Hannibal Rising" This movie is about the evil Hannibal Lecter's youth and gives an insight as to why he became a killer as an adult. It goes back to his childhood at the end of World War II and the death of his parents. He is mentally tormented by the horrible experiences of his childhood and even the love of his beautiful and mysterious aunt cannot save this future serial killer. This movie explores how the man is made into the serial killer he becomes. "Hannibal Rising" is rated R.
"Norbit" An orphan, Norbit (Eddie Murphy), is raised in a Chinese food restaurant. There, he meets the love of his life Kate (Thandie Newton) only to be separated from her after she is adopted. He later becomes forced into an unhappy engagement with Rasputia (Eddie Murphy). Will Norbit be able to get the love of his life back and escape a life with the horrible Rasputia? Or will Norbit stay quiet and accept the life that was thrown at him? "Norbit" is rated PG-13.

cd releases

February 6
"West" - Lucinda Williams
"In my songs" - Gerald Levert
"Junior Writer: Writer's Block 4" - Jr. Writer
"Special Occasion" - Bobby Valentino
"Serve & Collect" - Slim Thug

dvd releases

February 13
"The Departed"
"Marie Antoinette"
"Man About Town"
"Infamous"
"Half Nelson"
"The Quiet"
"The U.S. vs John Lennon"
"School for Scoundrels"

Captain's Ball a 'wonderland'

IT'S A BALL | Dancing, karaoke and a variety of music mark the annual formal dance.

BY SHANNON HUMPHREY
SHANNON.HUMPHREY@CNU.EDU

The David Student Union (DSU) ballroom was transformed into a winter wonderland for the sold-out Captain's Ball this past Saturday, Feb. 4.

The campus-wide formal boasted a variety of activities, including all-night dancing, a DJ, karaoke, a cash bar and heavy hors d'oeuvres for the nearly 500 students attending. The event began at 8 p.m.

The formal was organized by the Office of Student Activities. The Captain's Ball Committee consisted of 20 students, who arranged everything from the theme of the dance to the entertainment for the evening.

To kick the evening into gear, the Ballroom Dance Society (BDS) danced their way across the dance floor to show the vast number of on-lookers how it is done. Freshman Lindsey Jean, a member of the BDS, was among those who swung their

way around the dance floor with a partner.

"Our swing number was definitely my favorite part of the ball, because it was a great way to increase interest in the Ballroom Dance Society and to show people how much we've learned," said Jean.

Jean has been a member of the BDS since it started last semester. "I just wanted to join because it was something I had never tried before and it sounded like a lot of fun."

So far, the BDS has gone to just one competition, where two of their couples competed. The group has plans to enter another competition sometime this semester. The BDS's warm-up session was followed by the age-old favorites, the "Cha Cha Slide" and the "Electric Slide," both of which encouraged a plethora of dancers to hit the floor.

If hoofing was not your fancy at the ball, then you were likely in the DSU's Washington Room hammering out a tune. The meeting

room hosted karaoke for any brave enough to take the microphone.

Junior Chris Ryan was not at all shy as he belted out "Thriller," complete with the classic zombie dance moves. "I've never really sung a song before in public and figured this was as good a place as any. I just wanted to have fun tonight and this is part of the fun," said Ryan.

Contributing much to the mood of the evening was a wide variety of music. Everything from Shakira, Eminem, to The Pussycat Dolls boomed from the ballroom. "I have to say that the DJ has done a really good job playing a variety of music. Normally when you come to events like this it is just one type of music," said Junior Cassy Wood.

All in all, the Captain's Ball proved to be everything a formal should be, complete with dancing, fancy formal-wear and uncomfortable shoes. "I would definitely come back to another Captain's Ball. The decorations were beautiful, the music was great and it was just an all-around good time," said freshman Courtney Cavedo. ■



DUSTIN HARRIS/THE CAPTAIN'S LOG

Students filled the David Student Union ballroom last Saturday for the sold-out Captain's Ball.

'Because I Said So' predictable chick flick

THE RECIPE | The "bad date montage" and "golden oldies" leaves pleasant aftertaste.

BY COLIN COVERT
MCCLEACHY NEWSPAPERS

It's fitting that the two main characters in "Because I Said So" are professional bakers, since the film so carefully follows the standard recipe for women's romantic comedy.

All the ingredients are there, from the bad-date montage to the golden oldies sing-along to the dog that observes crazy human antics with befuddlement.

But these films don't demand originality to succeed. They're soufflés that rise or fall on the zest with which they're handled, and this time the results are pretty tasty.

Diane Keaton plays

Daphne, an unnervingly robust bakery owner, and the well-intentioned but over-protective single mother of three adult daughters. Maggie (Lauren Graham), a successful psychologist, and Mae (Piper Perabo), a free spirit, are contentedly married, but young Milly (Mandy Moore) is a romantic also-ran.

Daphne conspires to save Milly from a lonely life like hers by matchmaking via Internet personals; when Milly realizes that her revitalized social life is the result of Mama's interfering, their relationship is put to the test.

Keaton's coquettish Daphne is a lean, elegant fireball who's something of a passive-aggressive monster.

The film makes it clear that her marriage was unsatisfying, and she put aside post-divorce romance to build her business and raise her girls. Now she's getting on in years but still young in spirit.

Her every move telegraphs a wired urgency. About to turn 60, she's curious about what she has missed, doing some research on randy Web sites whose audio feeds include lusty sighs, groans and the occasional moo.

When she auditions potential suitors for Milly over drinks in a hotel bar, there's a broad suggestion of sexual rivalry, and one prospective beau thinks the glamorous, revved-up Daphne is on the hunt for a younger man herself.

Eventually Milly finds herself torn between two fairly well-matched suitors who are

unaware they're sharing her attentions. Tom Everett Scott plays a dreamy, successful, somewhat finicky architect; Gabriel Macht is a handsome musician with limited future prospects.

You can probably guess the outcome, but the deck isn't stacked too obviously one way or the other.

Moore is well cast as Milly. She reflects Keaton's ditz energy, but adds a soft, needy undercurrent of emotional tension.

While Daphne secretly pulls the strings on Milly's love life, Moore practically cries for her consolation and confidence. It's a vicious cycle.

The more a parent implies a child can't handle independence, the more infantile the response, proving the parent's dismissive point.

Daphne sends Milly off to meet a couple of eligible guys with the oh-so-helpful advice that she shouldn't do that ugly hyena laugh she makes when she gets nervous.

Naturally, Milly begins to cackle and snort uncontrollably. Thanks, Mom.

Add in the fact that Keaton is a trim silver fox and Moore has the substantial figure of a woman who enjoys a good meal, and you've got a messy relationship.

It's funny and a little unsettling — the clearest link between this fluffy film and director Michael Lehmann's earlier jet-black comedies "Heathers" and "Meet the Applegates."

The best moments aren't belly laughs (there are a couple of those, too) but the jokes that ring uncomfortably true. ■

BECAUSE I SAID SO

REVIEWER RATING 3 stars

STARRING Diane Keaton, Mandy Moore

DIRECTED BY Michael Lehmann

RATING PG-13 for sexual content including dialogue, some mature thematic material and partial nudity

'Purple Rain' apt tune

SUPERBOWL HALFTIME | Producers avoid trouble with Prince, Billy Joel and Cirque du Soleil.

BY EVELYN MCDONNELL
MCCLEACHY NEWSPAPERS

For most artists, the deluge that made the Super Bowl halftime stage a slippery liability would have been a serious party damper.

Fortunately for Prince, his greatest anthem turned a soggy 10-minute show into a summation of purpose. The icon and iconoclast channeled Jimi Hendrix, Cab Calloway, James Brown and Little Richard as he sang, "I only want to see you standing in the Purple Rain," with water dripping off his face and notes reeling off his guitar.

It was a momentous salute to a dramatic career (even if at points, Prince inexplicably saluted careers besides his own).

The ex-glyph took the stage to a tune by other rock royalty: Queen's "We Will Rock You." He played some of his hits, like "Let's Go Crazy," but he also covered Bob Dylan, Tina Turner, and the

Foo Fighters. It's as if the tiny man with the famously colossal ego has started doubting his own worth.

His high-stepping dancers had to take it easy and his band was in the shadows. But Prince's voice was rich and confident, his guitar playing electrifying. The FAMU Marching 100 helped blow up the rock concert to stadium size and make the show in part a celebration of black American music.

In an age of rapidly changing cultural ecosystems, the Super Bowl as a mass event is the biggest dinosaur of all. Popular culture is breaking up into increasingly diverse taste groups, but the NFL still gathers Americans around the cathode-ray (or LED) hearth. It gives an estimated 140 million viewers a shared water-cooler topic, for one day at least. Then they disperse like so many satellite radio stations.

The Super Bowl hopes to retain its dominant position

in sports and TV culture by speaking to a middle.

Prince is a pop legend with rock and R&B fans — but apparently even he felt the need to borrow from other artists' set lists.

The show's producers also are eager to present it as a family affair, not just a place where grown men can act out displaced warfare.

After the distinctly un-PG halftime of 2004 (remember "wardrobe malfunction?"), the producers have had to work on that image. Prince kept his shirt on. And for XFL's pregame show, the NFL went for the most childish common denominator: the circus.

The theatrical acrobats from Montreal's Cirque du Soleil broke in Dolphin Stadium by prancing, tumbling and leaping around the field in pop-art clown costumes and sunny props designed by South Florida's own Romero Britto.

New York DJ Louie Vega and his band Elements of Life laid down the grooves for the silly dreamscape: a joyous mix of house and Latin rhythms. "Here we are in paradise," singer Anane wailed soulfully. Except, of course, it was raining.

With one early off note, Billy Joel tackled the national anthem like a cabaret or saloon singer, pounding the piano and singing broadly, his strong New York accent giving the old warhorse distinct character. ■



DAVID EULITT/MCT

Left: Prince performs during a rainy halftime during Super Bowl XLII in Miami, Florida on Sunday, Feb. 4, 2007.



ANDREW INHARTY/MCT

Trash turned artistic

Recycling company fronts prizes for sculpture contest.

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

To mark the beginning of a new, expanded recycling program at CNU, the ecology club held "Recycle Fest," a contest that offered a \$300 prize to CNU clubs and organizations to create the best sculpture made entirely of recyclable materials.

The university is working with regional recycling company, Tidewater Fiber Corporation (TFC), to improve and expand recycling on campus.

The recycled art contest marked the conclusion of a week-long series of events dedicated to promoting environmental awareness.

Junior Katie Murray, the ecology club's president, said that the contest was intended to help spur excitement and awareness regarding the program.

"I am so excited. This has been so successful," she said.

She also said that the club has been working with the administration to improve on-campus recycling options for some time. In March of 2006, CNU started a pilot recycling program on campus with bins and recycling rooms set up in some of the residence halls and academic buildings.

"It's not just Potomac; it's the other dorms," Murray said of the new program.

The contest was originally to take place on the Great Lawn, but due to inclement weather, the contest was moved indoors to the side atrium of the David Student Union (DSU).

Nine clubs and organizations entered, and had from 11 a.m. to 2 p.m. to build their constructions.

InterVarsity Christian Fellowship was awarded the first place for their sculpture, "Tree of Life."



MARK NEWTON/THE CAPTAIN'S LOG

The Graduate Student Association constructed the CNU sails from soda cans at last week's Recycle Fest.

The tree consisted of a central core of plastic milk and soda bottles covered with brown paper, cardboard hearts and sayings such as "Life," "Perfect" and "Love."

The biology club took second place and \$200 for their sculpture of a turtle made from layers of soda bottles, newspaper and plastic sheeting, with a newspaper and masking tape head. "We sewed the bottles together with twine," said member Catherine Lavagnino, a junior.

Alpha Kappa Psi won third place and \$100 for "Bridge of Brotherhood," a cardboard rendering of the Brooklyn Bridge. The choice of subject was made in homage to the fraternity's founding in New York City, the members said.

TFC provided the prize monies, which will be given to the organizations in a few weeks.

The contest also had information booths from TFC, the city of Newport News business-recycling program and the Virginia Living Museum.

The panel of judges included CNU faculty and representatives from TFC. Maury O'Connell, vice president of student services, announced the winners and presented the awards just

before 3 p.m.

Before presenting the awards, O'Connell remarked on the timeliness of the Recycle Fest, which took place on the same day that the Intergovernmental Panel on Climate Change released its report on global warming. The report said that global warming was strongly linked to human consumption of fossil fuels.

"This is a very important event," O'Connell said of the contest, and reminded the students present that the future of the environment rested in their generation's hands.

Among other sculptural efforts crafted this past Friday were the President's Leadership Program's giant cardboard climbing tower, entitled "Leadership Adventure" and the Graduate Student Association's three-dimensional CNU sails logo made from soda cans.

The psychology club created a composition of soda cans and plastic bottles in a rat maze called "Pinky in the Brain," and the Citizens of the World improvised upon the ancient sculpture "Atlas," replacing the human form with their trademark bovine mascot using wire, newspapers, cardboard and water-filled plastic bottles. ■

The Captain's Log

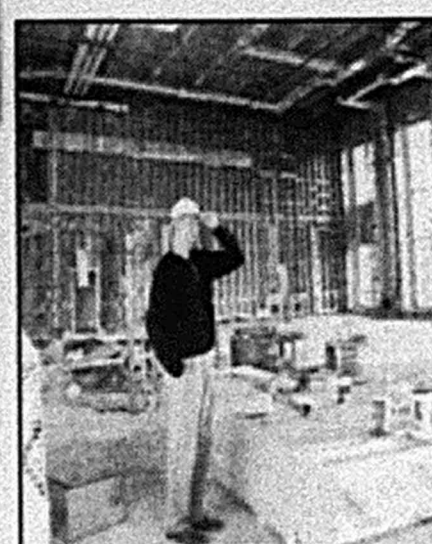
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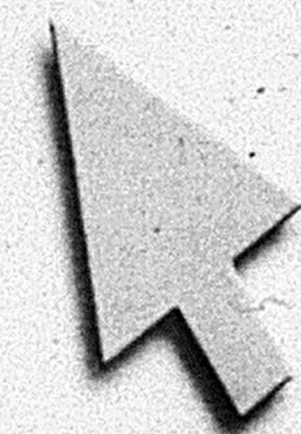


Farooq ready for SGA changes
On Thursday morning, Student

Students tour
construction
all

On Nov. 4, members of the Union Board, as well as Donna Eddelemon and Activities Kim Rooden, the new Student Union, start of the Spring 2006 replace the current Outten, will likely years.

Check
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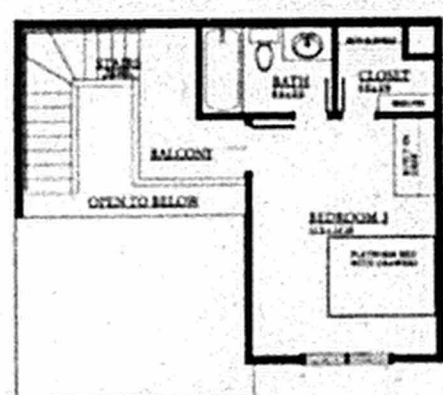
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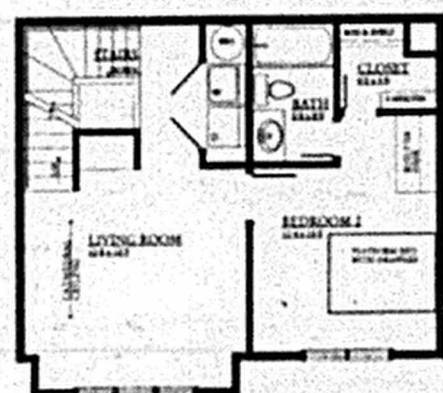
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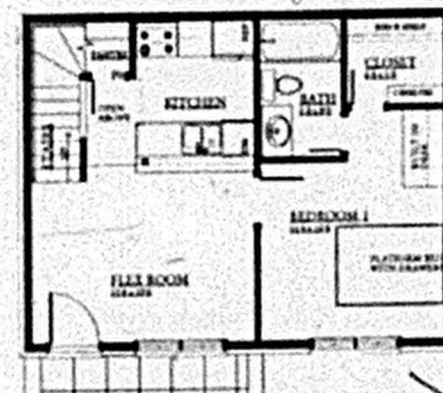
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SPORTS

WEDNESDAY, FEBRUARY 7, 2007 | PAGE B4

SPORTS SCORES

men's basketball

(5-2, 13-7)

January 31 Finals:
CNU 79, Averett 75

Rankings

1. CNU	5-2	13-7
2. Greensboro	5-3	15-6
3. Averett	5-3	14-6
4. N.C. Wesleyan	4-3	9-10
5. Methodist	4-4	9-11
6. Ferrum	3-5	9-12
7. Shenandoah	1-7	7-13

Upcoming games:
2/10: CNU at Averett
2/11: CNU at Ferrum

women's basketball

(7-2, 13-7)

January 31 Finals:
CNU 90, Shenandoah 65
February 3 Finals:
CNU 74, Peace 67

Rankings

1. Ferrum	8-1	15-5
2. Greensboro	7-2	14-6
3. CNU	7-2	13-7
4. Shenandoah	6-4	13-7
5. Methodist	5-4	11-8
6. Averett	2-7	3-14
7. N.C. Wesleyan	1-8	4-14
8. Peace	1-9	7-13

Upcoming games:
2/10: CNU at Averett
2/11: CNU at Ferrum

ice hockey

(5-7, 7-8)

February 3 Finals:
ODU 5, CNU 2
February 3 Finals:
CNU 11, William & Mary 1

BRHC Rankings

1. Richmond	9-2-1
2. ODU	5-6-1
3. CNU	5-7-0
4. VCU	5-8-0
5. William & Mary	3-9-0

Upcoming Games:
2/9: CNU vs. VCU
2/10: CNU vs. William & Mary

baseball

(0-0, 1-0)

Rankings

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

Upcoming games:
2/10 CNU vs. Hampden-Sydney
(Double Header)

track & field

Upcoming matches:
2/10: Vince Brown Invitational

Captains soar to 100th win

Milestone win propels CNU to first place in USA South.

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

Christopher Newport took care of Shenandoah 85-75 on Wednesday, accumulating an historic 100th win at the Freeman Center.

Although it will go down as a win for coach C.J. Woollum, the night also belonged to Rita Savage, a 32 year CNU employee who currently works at the Office of the Registrar.

An avid supporter of the basketball program, she was named honorary coach for the game.

"I'm just glad we made two pieces of history tonight, winning with Rita Savage as honorary head coach and then getting 100 wins," said sophomore Davon Barton, who finished with 23 points on 7-of-10 shooting (3-of-5 from three-point range).

As for the game itself, the Captains began with a few minutes of close play but quickly pulled ahead into a comfortable lead.

They were able to maintain their advantage through most of the game, leading by as many as 17 points in the second half.

Even then, Woollum thought his team could've played even better. "Had we been more efficient offensively, we would've been up by 20," he said.

When these teams played last on Jan. 10, it was the first game of conference play, and CNU escaped with an 84-81 overtime win.

Since then, the teams have gone in opposite directions with the Captains now sitting atop the conference and the Hornets sinking to the bottom of the USA South.

"[Last time we played] it was the first [conference] game, and everyone was equal," said senior Korey Lewis, who finished with 14 points and 7 rebounds.

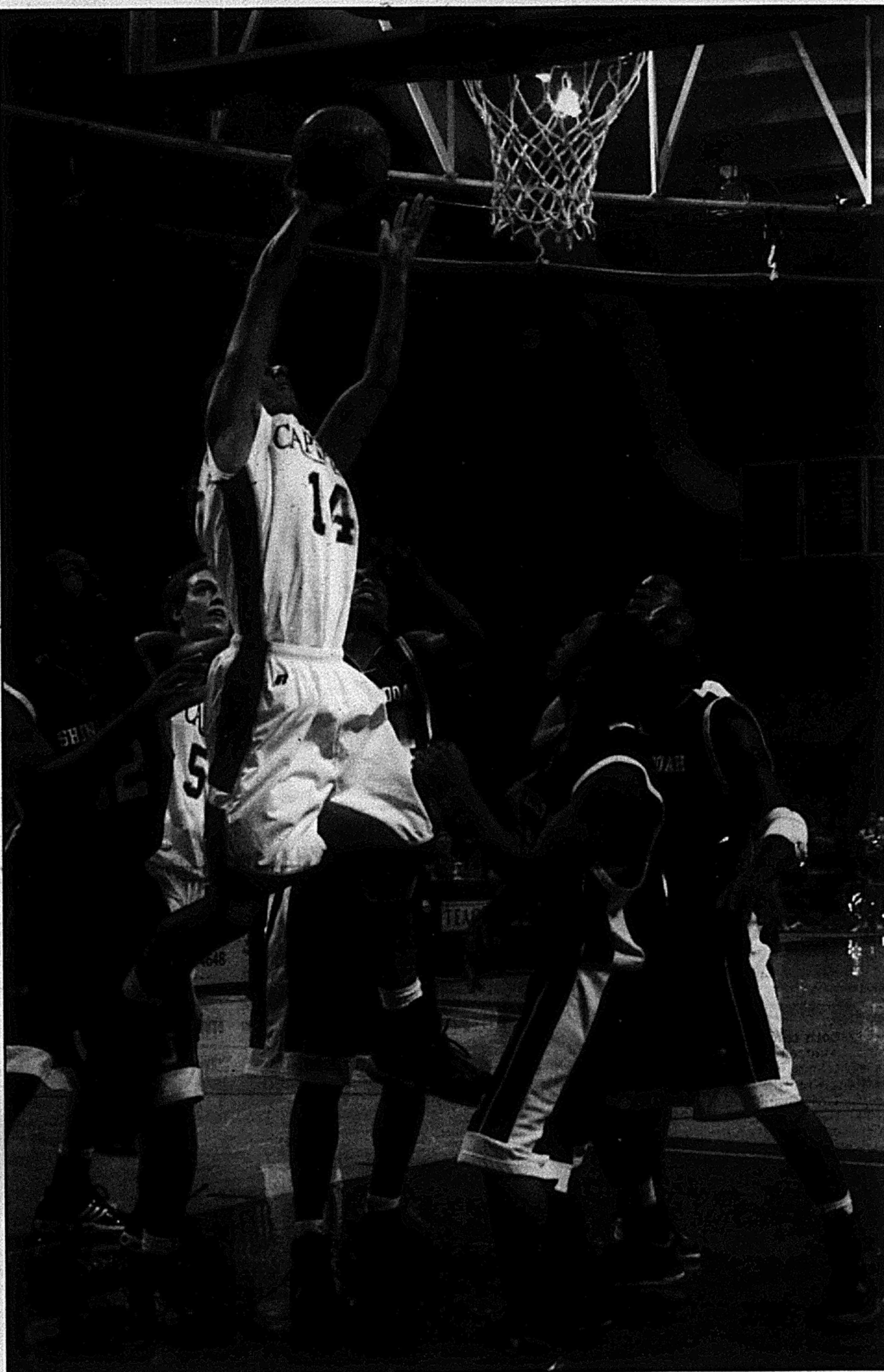
Now, the Captains are expected to defeat teams like the Hornets, and do not have to wait until the last second to put the game away.

"Everyone talks about all the close games we've had and how we've had to make free throws and play defense until the end. Tonight, we just wanted a confident win," said Lewis.

That confidence was evident from the opening tip, but it was when the Hornets switched from man-to-man to a zone defense that the floodgates opened, leaving the Captains free to fire away from downtown.

"My eyes lit up when I saw that. I like when teams go to a 2-3 because we know we have good shooters. When teams play man it's harder to get open looks from three, so it's nice when they give us the opportunity to hit shots," said Barton.

He, along with senior Donta Selden (22 points, 4 three-pointers), capitalized on the



HIEDI PANKRATZ/THE CAPTAIN'S LOG

Freshman Theo Baker goes for a lay up in the Captains win over Shenandoah on Saturday, Jan. 31 in the Freeman Center. The win was number 100 inside the Freeman Center. The Captains' head coach CJ Woollum stepped aside for the night and let 32 year employee and avid basketball supporter Rita Savage step in as honorary coach for the night.

Hornets zone defense.

Although Shenandoah was able to get the lead under 10 in the late stages of the game, they were only delaying the inevitable, as CNU would not let up. The climax of the game came with 33 seconds left as Seldon drove to the

basket on a fast break. He looked to have a clear lay-up, but instead played it off the backboard where it hung, suspended only for a second, before Lewis grabbed it and slammed it down.

The impressive dunk brought the crowd to its feet

and extended the lead to 12 points.

The Captain's season improved to 13-7 (5-2 USA South) with the win. They play two divisional games on the road before returning home next weekend to end the regular season against Meth-

odist and Greensboro.

On a night where a coach was honored and a milestone was reached, Lewis summed up the Captains focus for the rest of the season: "First place, that's all we're striving for. We won't accept anything less." ■

Hockey splits games, still alive in playoff hunt

ICE HOCKEY | The Captains must win their last two games to make the BRHC playoffs after losing Friday and winning Saturday.

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

Christopher Newport's 5-2 home loss to Old Dominion on Friday night was disappointing but not completely demoralizing for the squad — they are still in the thick of the playoff chase. The fact that they managed to play tough and stay in the game with only nine skaters also helps. So does the fact that they dismantled William & Mary 11-1 the very next night with those same nine players.

Academic ineligibility has hurt the Captains, as they have had to play shorthanded for all of 2007. Although this is not how coach Tom Quigley envisioned the team's second season unfolding, he is focused on doing the best job he can with the players he has right now. And he has nothing but praise for his team.

"These kids are student athletes and they've adjusted to some adverse conditions [...] these kids are really dedicated and they're doing well in school. GPAs and winning

hockey games is what this team's about," Quigley said.

Playing shorthanded, in hockey more so than other sports, will force teams to significantly change their gameplans. In a sport where line changes happen every few minutes, not having a full team can be devastating. The Captains have had trouble with the change, going 2-3 since Winter Break.

"We had to switch to a different mode of play. We became defensive minded and conservative [...] we take opportunities when they come to us and force turnovers and counterattack," said Quigley.

Both goals against ODU came in this fashion. After spotting the Mon-

archs a goal 12 minutes into the first period, sophomore Adam Shiring reciprocated two minutes later and tied the game.

The Monarchs scored again, this time four minutes into the second period, and looked to be taking control before junior Mark Wilkinson forced a turnover and scored on a breakaway.

"I was kind of reading their guy's eyes and when the puck came, I just kicked it. I outs-kated their guy and he was hooking me the whole way so I knew the ref was going to call a penalty anyway, so I just fired it five-hole because there was nowhere else to shoot," he said. Wilkinson's goal re-energized the Captains and the

fans, who turned out in great numbers to support the team and were heard throughout the entire contest.

However, 31 seconds later, ODU scored again and led 3-2 going into the third period, when they would add two more goals and put the game away. The Captains could not catch a break in the third as the game got more and more physical, which led to several players from both teams receiving penalties.

"Being in the penalty box killed us. We're already playing with a short bench and having a guy or two in the penalty box doesn't make it any easier," said senior captain Collin McCarthy.

Afterwards, the team did

not dwell on the loss, but focused on the remainder of the season, which hopefully will include the playoffs.

"Our immediate goal is to win out," said McCarthy. "There's not a whole lot of options... but we're going all out from here because they're all key games," added Quigley.

The Captains will have to defeat VCU at home on Friday and William & Mary again on Saturday to make the playoffs, which will be held on the Captains' home ice, the Hampton Roads Iceplex. Friday's game will be at the Iceplex and Saturday's game will be held at the Norfolk Scope.

The Captains are now 7-8 overall (5-6 BRHC). ■

Super Bowl XLI Wrap-up

If you missed the action of XLI, here's a game recap.

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

First off, I would like to extend my congratulations to Tony Dungy and the Indianapolis Colts for their first championship since their move from Baltimore to Indianapolis.

It was a long, messy and rainy game that I'm sure everyone watched and enjoyed.

It started off with a bang, with Chicago's kickoff/punt returner Devin Hester running the opening kick-off back for a touchdown.

This is the first time that it has ever been done in Super Bowl history, leading to an early Bears lead. Indianapolis quarterback Peyton Manning then made the first blunder of a mistake-filled game in the first quarter, throwing an interception.

The Colts quickly recovered with Manning tossing the ball to Reggie Wayne for a touchdown that was followed by muffing the snap on the extra point.

After a Bears fumble on the kickoff (recovered by Indy) and then a fumble by Colts running back Joseph Addai (recovered by Chicago), Chicago quarterback Rex Grossman hit wideout Musin Muhammad for pay dirt and Chicago took a 14-6 lead.

After that, it was all Colts for the rest of the game. Colts wideouts Marvin Harrison and Reggie Wayne, were able to beat the Bears defense with short under routes that were well in front of the Bears defenders that were playing off the receivers to defend the deep pass.

Dominic Rhodes ripped the Bears defense up, posting his first one-hundred-yard game since 2001.

He also added a score in the second quarter, making the score 16-14.

After the touchdown there was another sequence of back-to-back fumbles: first Fletcher fumbled trying to get a few extra yards, and then Grossman fumbled the snap.

Then Colts kicker Adam Vinatieri missed a field goal (the first one he had ever missed in the post season) and kept the score 16-14 at halftime.

The Colts came out with a nice, balanced attack at the start of the second half, leading to a Vinatieri field goal, making the score 19-14.

The Bears offense had an incredibly long rest from the last time they stepped on the field and it proved not to be a problem.

That is, until Grossman fumbled another snap, recovering it for a substantial loss on the play.

The teams exchanged field goals as they went into the fourth quarter. Colts up 22-17.

The final quarter of Super Bowl XLI was nothing more than a nail in the coffin for the Bears.

The final play that killed the Bears was the interception returned for a touchdown by Colts cornerback Kelvin Hayden.

As the clock ticked away, it was official: the Colts were champions of the National Football League.

One thing about the game that became a huge factor in the outcome was the weather.

It was around 65-70 degrees, but it poured the entire game.

The rain certainly contributed to the numerous turnovers, especially the botched Grossman snaps.

Colts running back Dominic Rhodes ran all over the Bears defense, and Marvin Harrison and Reggie Wayne had their way with the under routes against the Chicago corners after they cut off the deep threat.

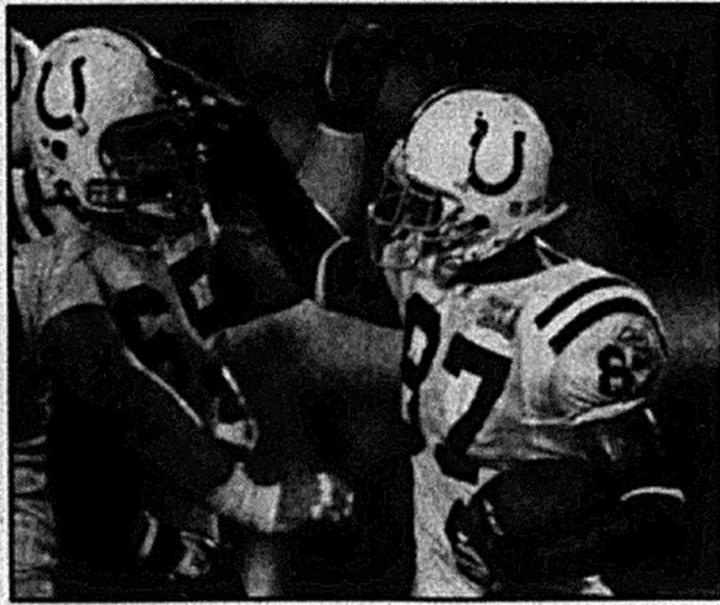
However, the Colts pulled through, and put the end mark on another year of AFC supremacy.

Once again, congratulations to Peyton Manning, the MVP, and the Indianapolis Colts.

The NFL season is not over yet however.

No, I'm not talking about the Pro-Bowl.

There is still one very important day left, a day that determined many of the play-off contenders last season and should determine a few more next year. Keep an eye out for the upcoming draft day column. ■



AL DIAZ/MCT

The Indianapolis Colts' receiver Reggie Wayne (87) celebrates his touchdown in the Super Bowl.



BRIAN BENISON/THE CAPTAIN'S LOG

CNU students in James River Hall enjoy the Super Bowl in one of many campus parties.



LIONEL NAHR/MCT

Cirque du Soleil performs prior to Super Bowl XLI in Miami, Florida, on Sunday, Feb. 4.

Colts win Super Bowl Title



DAVID EULITT/MCT

Indianapolis Colts' head coach Tony Dungy is doused with a water bucket to celebrate a 29-17 victory over the Chicago Bears in Super Bowl XLI in Miami, Florida, on Sunday, Feb. 4. Dungy is the first African-American head coach to ever win a Super Bowl.

Baseball wins opener

SPORTS BRIEFS | Baseball won the season opener 7-2, Women's Basketball defeats Shenandoah 90-65, Tennis ranks 1st in polls.

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

Baseball

The Captains kicked off their 2007 campaign with a dominant 7-2 win over Guilford.

Guilford took an early 1-0 lead in the first inning off an unearned run but after that the game belonged solely to the Captains. In the third inning, freshman Joey Martin scored a run on an error, the first of four the Captains would claim in the inning.

Junior Ryan McDougal then led off another scoring drive in the 7th inning after being hit by a pitch. After he took his base, sophomore Mike Giarrazzi then hit a single to centerfield to put two runners on base with no outs. Senior Mark Genovese scored both runners off a double and would score himself on a single from freshman Parker Neal.

Guilford would score an additional unearned run in

the 9th that would change nothing. Junior Kenny Moreland pitched his first win of the year allowing only one unearned run and striking out seven in five innings. Sophomore Kevin Moreland closed out the win. The Captains are now 1-0 on the season and return to action next Saturday against Hampton-Sydney in a double header starting at 12 p.m.

Women's Basketball

Following a dominant first half, Christopher Newport defeated Shenandoah 90-65 at home last Wednesday night. The Lady Captains led by as many as 34 points, and took a 31 point lead into the break.

Senior Candace Bryant led the team with 17 points, and also added 10 rebounds. Senior Nikki Rowland and junior Alicia Bessey each had 16 points, and junior Colandra Rollins finished with 15 points and 11 rebounds.

On Saturday, the women's basketball team needed all 40 minutes to defeat Peace, 74-67

at home. The Lady Captains sealed the win by making 13 of their last 14 free throws. Bryant again led the team, this time with 15 points, and also added 10 rebounds. Bessey and senior Shantel Burwell each had 11 points, and senior Dee Luck finished with 10 points, 11 rebounds, five blocks, and four steals.

With the wins, the Lady Captains improve to 13-7 (7-2 USA South). They next travel to take on Averett and Ferrum on Friday and Saturday.

Ice Hockey

Christopher Newport kept their playoff hopes alive with an 11-1 win against William & Mary on Saturday night. Junior Mark Wilkinson scored six goals, freshman Chris Shrieves scored two, and sophomores Josh Bettencourt, Kyle Stutzman and Bryan Trumble each added one.

Softball

After finishing in a tie for fourth place in conference play last season, the Lady Captains have been picked to finish third in the preseason USA South Coaches Poll.

Their first game is Saturday, Feb. 17 on the road against Guilford.

Women's Lacrosse

After reaching the NCAA Tournament for the first time in school history last season, Christopher Newport has been picked to finish first in the preseason USA South Coaches Poll.

The Lady Captains received all but one of the first place votes. Their first game is Thursday, Feb. 22, when they travel to take on Salisbury.

Women's Tennis

A 16-1 record last season has earned Christopher Newport first place in the preseason USA South Coaches Poll.

The Lady Captains received all but two first place votes, both of which went to last year's regular season champion, Methodist.

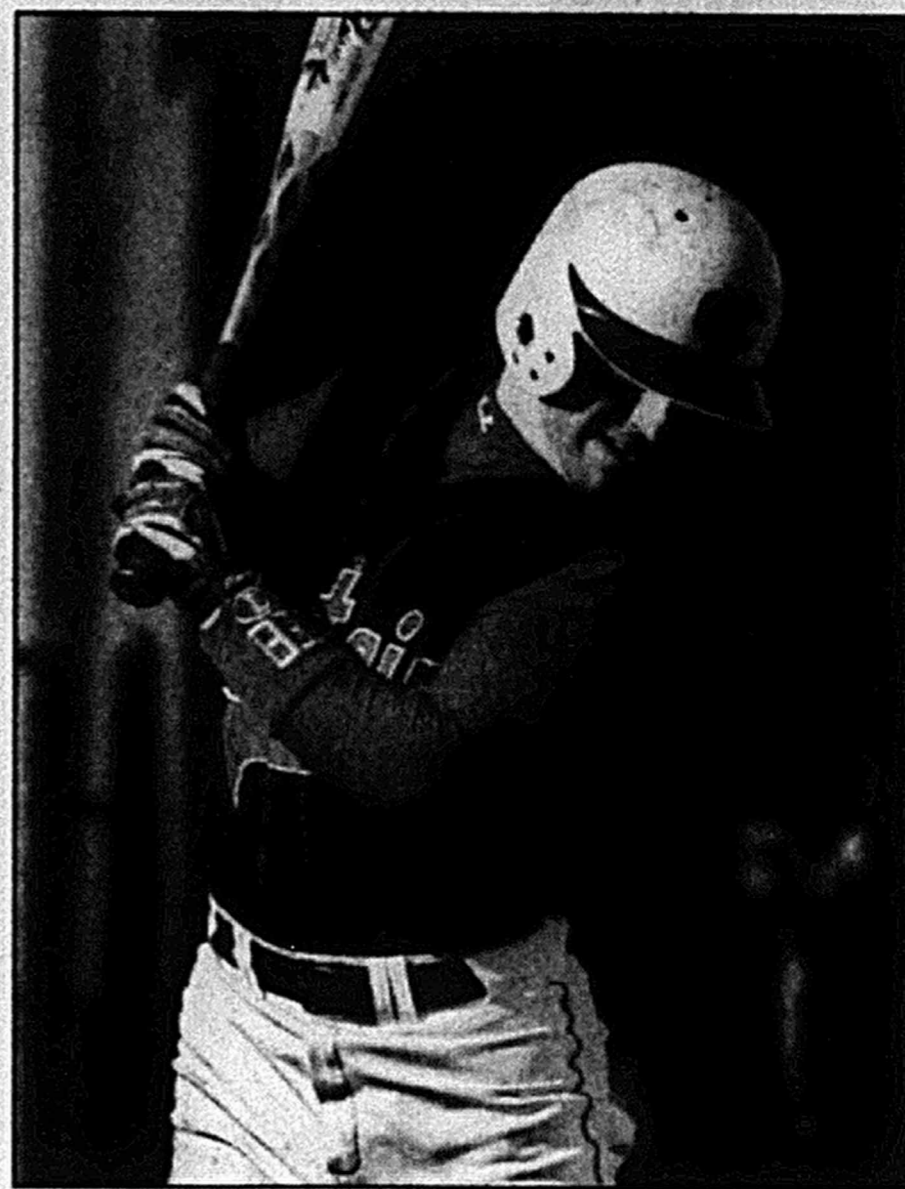
They open the season on Sunday, Feb. 18 at Chowan.

Men's Tennis

Like their female counterparts, the Men's Tennis team has been picked to finish first the preseason USA South Coaches Poll.

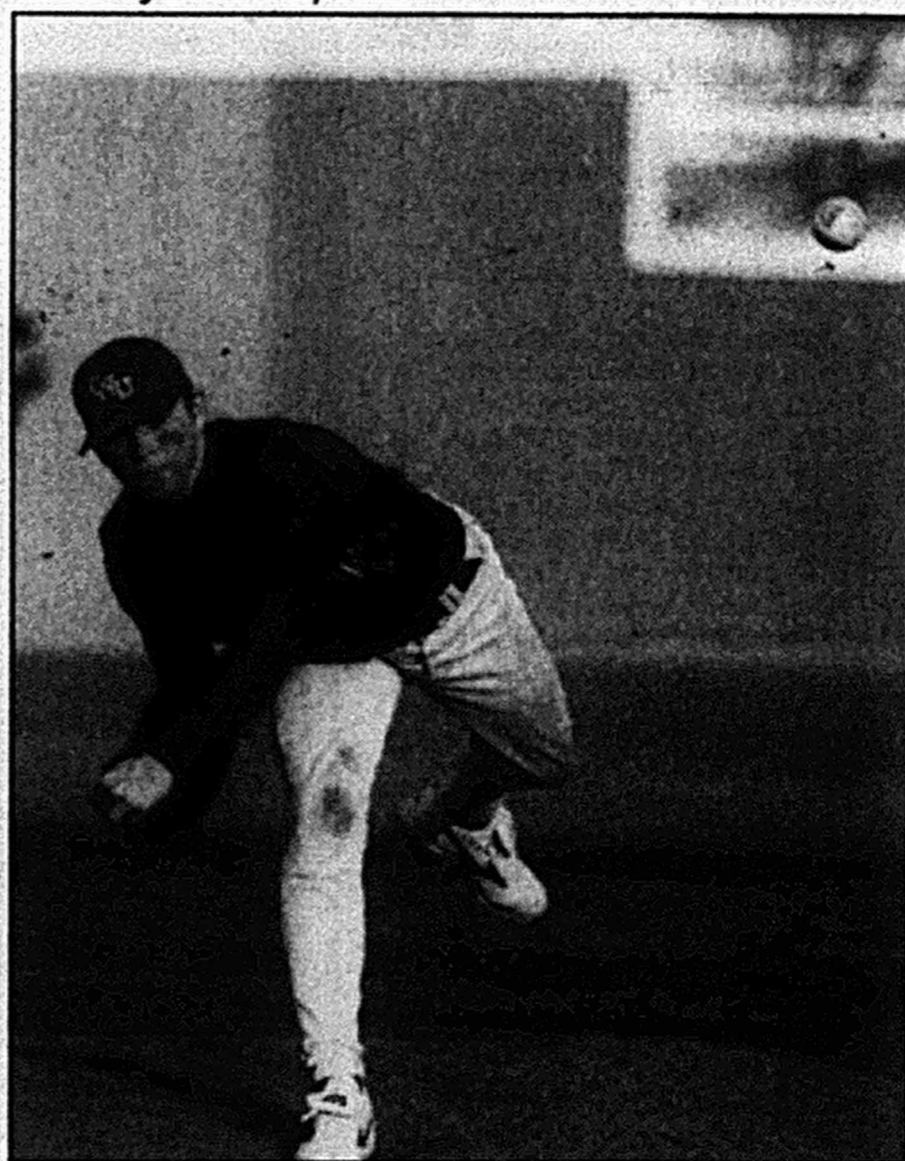
Their first game is at home on Wednesday, Feb. 28th, against St. Mary's (MD). ■

*information from <http://athletics.cnu.edu>



JESSE HUTCHESON / THE CAPTAIN'S LOG

Senior Michael Kurbjeweit takes a hit for the team after a miscue by a Guilford pitcher.



JESSE HUTCHESON / THE CAPTAIN'S LOG

(Left) Junior Kenny Moreland jumps out of the way as senior Michael Kurbjeweit throws the ball after a Guilford infield hit. (Above) Sophomore Mike Giarrazzi throws a pitch as the middle reliever, assuring the win for junior Kenny Moreland.

Golf, tennis, benefiting from superstar play

TODAY, IN SPORTS | Tiger Woods and Roger Federer are the most dominant athletes of their respective sports in the world.

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

The success of Tiger Woods and Roger Federer has had a ripple effect through their sports.

Both have double-digit grand slam totals. Both are the face of their respective sports. Both are downright dominant.

But who's better, Roger Federer or Tiger Woods? A better question is "who cares?"

Still, shows like "Around the Horn" and "Pardon the Interruption" (admittedly good shows) constantly debate each other about this very topic.

"It's Roger Federer because he won the Australian Open without dropping a set."

"It's Tiger Woods because he is consistently defeating 150-plus golfers who he has no control over."

It's like comparing Wayne Gretzky and Michael Jordan, or the baseball Bo Jackson and the football Bo Jackson.

They're both great, so let's leave it be. Having said that, there is some good that comes from this otherwise pointless debate: their sports are reaping the benefits.

When these two decide they want to compete in a tournament and decide they want to play well, it generates interest. I may not watch 75 percent of a golf major, but when the final round rolls around, my TV is on all day because Sunday Tiger is must-see-TV.

And unlike before, I've really taken an interest in the results from Federer's tournaments, even if I don't watch every match.

Then, there are the other guys in the sports that benefit

from the dominance of these two. Phil Mickelson owes his many failures (and minimal successes) to Tiger Woods. On those rare occasions that Tiger didn't run away with a major, it was Mickelson who was poised to finally breakthrough. The rivalry created by Phil constantly chasing Tiger is one that is genuinely interesting. Tiger's effect is so profound that when out-of-nowhere Ben Curtis won the British Open in 2003, he became an instant celebrity because someone other than Tiger actually won a major, even if Curtis has since faded from prominence. Hell, even when Tiger wasn't winning, he was still bringing ridicu-

lous coverage to every major.

On the court, Federer vs. Andy Roddick has become the Tiger vs. Phil of tennis. Say what you will about Federer's dominance over Roddick, it's still amazing to watch them compete, even if we all know how it will end.

Federer made Roddick look silly in their Australian Open match (if you can call it that), but Roddick's press conference afterwards was great television because he was almost reduced to tears. It's ridiculous that Federer has that kind of effect on his sport, but it also compels us to watch because we are watching history every tournament.

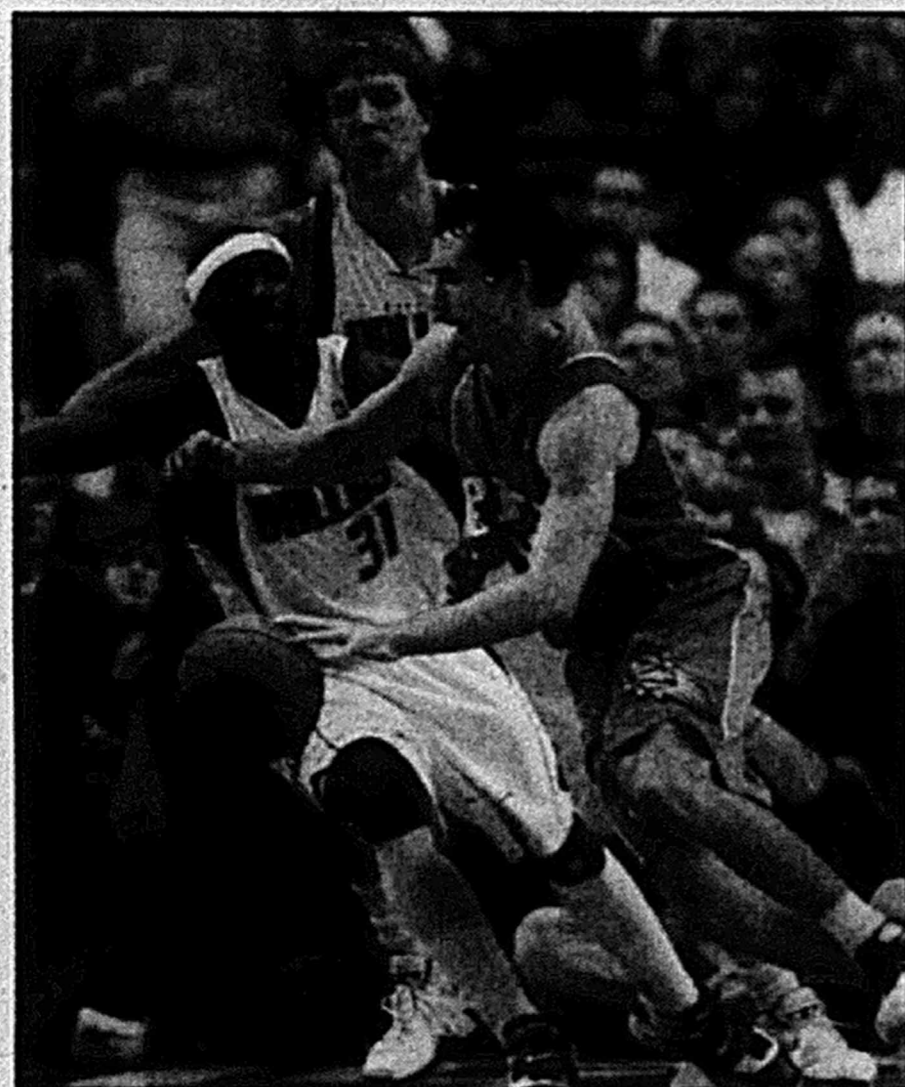
If you don't like watching

one man humiliate another every time out, then you have to like the Federer-Rafael Nadal rivalry that has developed over the last three years (even if it's only at the French Open, where Nadal has won three in a row). Roland-Garris seems to be the only place where Federer doesn't consistently dominate, and that makes us want to watch even more, to see if he can finally get over the hump.

Point is, both Federer and Woods are great, and by the time both have had their say, they will have both gone down as the best ever to play their sport.

The question is, will you be watching them do it? ■

Nash, Howard highlight midseason awards



Phoenix Suns guard Steve Nash tries to move past Dallas Mavericks Jason Terry. Nash is a front runner for the MVP award.

INSIDE THE PAINT | Steve Nash is close to his third MVP award; Dwight Howard is the leading hopeful for the league's top defensive player.

BY BEN SETTLE
BTSETTLE@GMAIL.COM

Like any good sports columnist, I spend embarrassingly large amounts of time pondering column topics that my readers will find engaging, interesting, and entertaining.

OK, that's a complete lie. However, as an NBA columnist, this time of year affords me the opportunity to write the easiest column of the year, and that excites me.

What column lets me pretend to be an expert on the NBA and act like my opinion on this stuff matters?

Well, every column does, but still.

If you read the title of the article, then you've already heard: it's the annual mid-season awards column! Can you feel the excitement? Let's dive right in:

MVP:

Biased pick: Gilbert Arenas, Washington Wizards. Who

didn't see this coming? He's the best player on the best team in the worst conference. That has to be worth something, right? Plus Agent Zero claimed in his NBA.com blog that he would drop "84 or 85" points on those snobs at Duke to get back at Coach K. for cutting him from Team U.S.A. This guy knows how to hold a grudge and I love it. Yes, I read Gilbert Arenas's blog. Yes, I check it daily for updates. Yes, I am a loser.

Actual pick: Steve Nash, Phoenix Suns. Are we actually ready for Steve Nash to be a three-time MVP?

Quick fact: the only players ever to win three straight MVP awards? Larry Bird, Wilt Chamberlain, and Bill Russell. Can we really add Steve Nash to that list? I mean, he's good, but come on. We have three of the seven best players of all time and... Steve Nash? I don't know about that one.

Sixth Man:

Actual pick: Leandro Barbosa, Phoenix Suns. I really don't even have a joke here; this guy's just a firecracker off the bench. Very fun to watch.

Defensive Player:

Fun pick: Shaquille O'Neal, Miami Heat. Did you know that Shaq did not allow a single point scored from November 14 until January 24? That's more than two months! OK, Shaq was injured and didn't play at all the whole time. But wouldn't you love to hear Shaq's speech after being given this award? He'd probably have Diddy and Jay-Z compete for who can throw the biggest honorary party and then hurt his hands from patting himself on the back so much. Shaq's the best.

Actual pick: Dwight Howard, Orlando Magic. Freak of nature. He's still really raw defensively, but he won't hesitate to throw anyone's shot away from the basket. Guys just don't drive to the basket with Howard protecting the paint.

Most Improved:

Biased pick: Caron Butler,

Washington Wizards. Come on, that was more predictable than another Celtics loss.

Actual pick: Caron Butler, Washington Wizards. I mean, the guy hired a nutritionist in the off-season!

Just give him the award already! I wouldn't hire a nutritionist if my life depended on it, which may come back to haunt me some day.

Least Valuable Player:

Of course this is a biased pick: Steve Francis, New York Knicks. \$15.1 million per year for 10 points per game, only 21 games played, one bad knee, and possibly the worst attitude in a locker room full of them. Apparently "Stevie Franchise" can't even palm a basketball.

Would you ever pay a guy \$15 million per year to play hoops if he couldn't even palm a basketball?

Would you ever trade for that guy?

If you just said yes to either of those then you're either Isiah Thomas or a complete moron. The distinction between those two is getting ever hazier. ■