

The Captain's Log

The Official Student Newspaper Of Christopher Newport University

Volume 37, Issue

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<http://users.cnu.edu/clog>

INSIDE



CNU HOCKEY

It was a weekend of firsts for the Captains hockey team: the first time playing William and Mary, the first time senior Greg Miller tended goal, the first-time conference win for the Captains and the first time playing at Norfolk Scope Arena.

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FOOD & HEALTH

FLU SHOTS

University Health and Wellness Services strives to ensure the health of Christopher Newport University by offering clinic hours for minor injuries and sickness, as well as immunizations for several troublesome maladies, including one of most serious of these, influenza.

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A&E

HYPNOTIST

WOWS CROWD

The number six ceased to exist. A half-eaten orange received CPR. And Jackie Chan's younger brother Bud demonstrated his skills as a martial artist while several CNU students listened to music blaring from the soles of their shoes.

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SPEAKING OF...

"People were reacting not only to the Danish newspaper drawings — there is something inside the people."

~Marwan Kabalan a political science professor at Damascus University in Syria

World & Nation
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Leaders of tomorrow give back to community

CNU alumni work with YWCA to follow up on their senior project from spring '05.

By NICK MIRABAL
Asst. News Editor

Many adolescents grow up unaware of the options available to them after high school, but a group of CNU alumni have set out to change that. Courtesy of an almost \$50,000 grant from the Young Women's Christian Association (YWCA), Leaders of Tomorrow, a project developed jointly by former students Shantora Chamberliss, Angela Rollins, Kimberly Williams and Kristen Waller, will soon tackle the Newport News public school system.

The project began in Professor Jeremiah Williams' section of SOC 490 during the spring semester of 2005, where Williams asked Chamberliss, Rollins, Williams and Waller to create a social work proposal for their final project.

"The focus was to develop a comprehensive project work proposal.

They were given a list of tests and workshops in order to monitor their progress," said Williams.

"The students had to correspond with an organization to help arrange how they would put their plan into effect."

That project became Leaders of Tomorrow, a program

meant to offer educational options to college-bound teenage girls unaware of the resources available in the Newport News community and school system. To implement their project, the girls approached the YWCA, where they met Marian Carrington, YWCA's Executive Director.

"The YWCA was so approachable," said Chamberliss. "At all times they encouraged us. Even when we doubted ourselves, they gave us that positive reinforcement that kept us going."

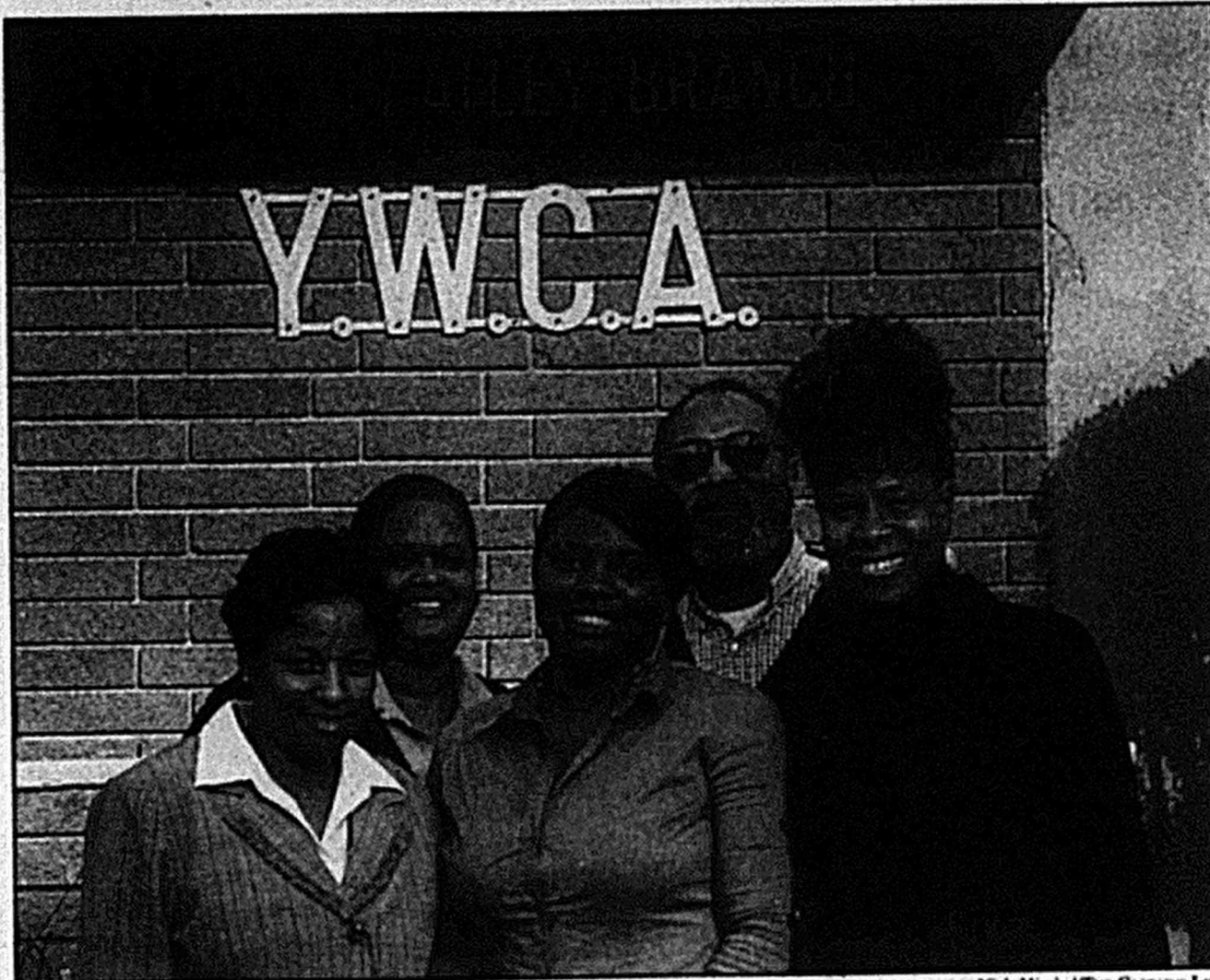
After submitting their finished work and applying for a government grant, the girls left the plans for Leaders of Tomorrow with YWCA's personnel. Carrington then received a letter notifying the YWCA that they qualified for a \$49,995 grant to fund the Leaders of Tomorrow project.

The U.S. Department of Health and Human Services Capital Compassion Funds is providing the grant.

"These girls achieved their goal beyond any expectations," said Carrington.

"After their plan goes into effect, it will be used as a pilot program to be duplicated in other schools."

Leaders of Tomorrow will first appear in five different



Nick Mirabal/The Captain's Log

From left to right: CNU alumnus Kimberly Williams, Executive Director of YWCA Marian Carrington, CNU alumnus Shantora Chamberliss, Professor Jeremiah Williams, CNU alumnus Angela Rollins.

schools in the Newport News district, and focus on boys and girls between the ages 15 and 18, according to Carrington. It will go into operation at the end of this month.

"I'm a native of the east end and I know firsthand the challenges that youths have to face," said Williams. "I had the

YWCA as well as the Boys and Girls Club to help guide me towards the opportunities that were available after high school. I'm proud to provide that other kids will be receiving the same direction."

The girls are the first in the CNU sociology department to have their project fully imple-

mented. They all worked very hard on their project.

"All of our sociology courses prepare students for practical application of their gain in the classroom," said Williams. "The social work department, including myself, is extremely proud of these students' accomplishments." ■

WCNU on moratorium under direction of SMB

Student Media Board stops the student radio station from operating, for now.

By PHILIP LECLERC
News Editor

For the past month, WCNU thought it was under a moratorium. At the last Student Media Board (SMB) meeting, WCNU found out otherwise — and then the SMB placed WCNU under an actual moratorium.

"We appreciate and approve the effort put in by WCNU and their progress to become a more active and viable media orga-

nization," said Justin Pritchett, sophomore and chairperson of the SMB, beginning a motion to place a moratorium on the university's student-run radio station.

The other two voting SMB representatives in attendance, sophomore Adam Flowers and Assistant Professor John Camobreo of the Department of Government and Public Affairs, also cast their votes helping to pass the moratorium presently on WCNU.

The decision to freeze the radio station's broadcasting came after a period of some miscommunication between the station's manager, sophomore Aaron Ward, and Dean of Students Donna Eddleman and IT Services.

When Ward and Eddleman spoke on the phone back in November of 2005, Ward believed Eddleman placed a moratorium on the station.

"It was my impression that we all had to sit down and have a meeting before we could even broadcast," said Ward.

According to Eddleman, however, she only meant to ad-

vice Ward in that November conversation. "It's not my decision to make," she said.

Though she has the authority to make that kind of decision, Eddleman said she preferred to defer the decision to WCNU's leadership and its advisor, instructor Mary D. Best of the Communications Department.

The moratorium placed on WCNU by the SMB has two basic purposes: first, according to Pritchett, he wants Ward and his colleagues to concentrate on drafting their new charter and reorganizing the radio station. Second, while the moratorium is in place, the station should have a

chance to repair its server, which passed through CNU's ITS last November, according to Ward.

So far, work on the new WCNU charter has not progressed very far because WCNU's staff has had difficulty finding a time they can all meet together to write it, according to Ward. Once Ward and his staff do finalize the new charter, it will be up to the SMB to approve it.

Technically, authority to approve the new charter lies with Eddleman, but she prefers to defer it to the SMB. "I actually see it as the Student Media Board's

SEE WCNU, PAGE 3

Alumni Entertainment Act approved

SGA discusses alumni receiving discounts at the Ferguson Center of the Arts.

By PHILIP LECLERC
News Editor

What do change machines, sex, dress codes and CNU alumni have to do with one another? This past Monday, the student senate discussed all four, with a separate piece of legislation for each subject. Of the proposals, numbers 01.06 and 04.06 both passed, which means the student senate has endorsed purchasing a new change machine for the student center as well as reducing event prices for CNU alumni.

The Alumni Entertainment Act, Proposal 01.06, suggests that ticket prices for CNU

alumni should be discounted in a fashion similar to that enjoyed by CNU students. Although the senate does not have the ability to actually enact the changes itself, according to Sergeant-at-Arms and senior Joshua Dermer, it can endorse them as a good idea and pass that onto the administration for review.

"We have no jurisdiction over [ticket prices for the Ferguson Center for the Arts]; this is simply our way of saying, look, we as a student body would like to see this happen," he said.

Dermer wrote 01.06 along with senior Senator Robert Peresich, who began discussion of the bill. While attending a graduation party for one of his

friends, someone mentioned to Peresich that alumni receive no kind of discount for event tickets. It was then that he decided to write the bill.

"It just says, since alumni have contributed to the progress of CNU's campus, alumni will receive student prices on all events," he said.

Senior Senator Scott Jaeschke and junior Senator Molly Bailey were concerned that discounts in ticket prices for alumni might pass onto CNU's student body as higher fees.

"Have the writers of this bill looked into that possibility?" asked Bailey.

According to Peresich, the discounts would have to cost someone additional money, but alumni deserve the award. "It's a benefit for rewarding those who have graduated. It's some-



Nick Mirabal/The Captain's Log

The student senate discussed four resolutions at last Monday's meeting.

thing that helps the alumni," he said.

He added that, because not all CNU alumni live in the Newport News area, the additional costs would probably not be very high.

The proposal, if followed, might actually bring in more money to the university if it encourages more alumni to attend games and events, according to

SEE SGA, PAGE 3

Valentine's Day Special Section:

The male and female perspectives on Valentine's Day... pgs. 10 & 11
Restaurant Guide... pg. 10
Man on the Street: What's your ideal Valentine's Day?... pgs. 10 and 11
Valentine's Day Messages... pg. 12

New basis for GenEds: Liberal Learning Core

By REGINA CERIMELE
Asst. Layout and Design Manager

The General Education Requirements for incoming CNU Freshmen will soon receive a dramatic facelift. As the new Liberal Learning Core (LLC) becomes a part of CNU's primary curriculum under the direction of the Assistant Dean for Liberal Learning, Dr. Bobbye Bartels, incoming freshmen will find themselves faced with a fully

revamped system of general requirements, both more specific and more demanding.

Under the new core, every first year student will be required to take a First-Year Seminar, according to Bartels. Students will have a total of 46 to 48 credit hours to fulfill, a slight increase from the current 44 to 45 required under the 2005-2006 Undergraduate Catalog.

Administrators and faculty created a total of 70 different courses for incoming students to choose from, according to

Bartels. For example, the seminars will include: Ancient and Medieval Visions of Heaven and Voyages to Hell; Terrorism, a Historical Perspective; Art, Clothing and Society; as well as Good Laws, Bad Ethics, and Ugly Consumers; according to a First-Year-Seminar pamphlet.

The idea for the LLC's creation came nearly 4 years ago, when a task force of faculty and administrators were inspired by articles detailing the academic programs at other universities and about the changing needs

of students, according to Bartels. The original skeleton of a plan took form only in the last two years.

"The incentive came from the President [Paul Trible Jr.] and Provost [Richard Summer-ville] to start looking at the General Education Program," said Bartels.

Faculty members formed the Liberal Learning Council, which worked to define the courses and particulars of the

SEE LLC, PAGE 3

Weekend Forecast

courtesy of www.weather.com

Friday:
Partly Cloudy

High: 50° Low: 35°

Saturday:
Showers

High: 45° Low: 31°

Sunday:
Sunny

High: 40° Low: 27°

Monday:
Sunny

High: 43° Low: 33°

Tuesday:
Sunny

High: 51° Low: 34°

Corrections

In last week's issue, the first sentence of the article "Prepare for alcohol at Captain's Ball" should have read "To drink, or not to drink?"

CNU Pedia is not a subsidiary of Wikipedia. It is a similar site offering a Wikipedia-like resource.

On the record Police Blotter

CNU Police Blotter

According to the CNU Police Web Site:

Feb. 1: A secured bicycle was stolen from the Ferguson Center parking garage.

Feb. 2: A license plate was stolen from a vehicle in the Jefferson Apartments parking lot.

Feb. 3: There was a theft of an unsecured bicycle from Santoro Hall.

There was vehicle damage in Ferguson's gravel lot resulting from a hit-and-run.

A wallet was reported stolen and later recovered from the Administration Building.

Feb. 4: Unsecured tools were stolen from a truck in Lot O in the CNU parking lot.

Students in York River East were charged with underage possession of alcohol.

According to the Newport News Police Department Offense Listing:

Feb. 1: Stolen property, firearms and drugs were seized on Radcliff Lane resulting in a charge of a weapon offense.

Someone stole items from a business located on Bell King Road.

Consumable goods were stolen from an individual on Spur Drive.

There was a drug seizure on Jefferson Avenue.

A case of simple assault resulting minor injury occurred on J. Clyde Morris and Warwick.

Feb. 2: A purse was stolen resulting in fraudulent credit card use on Jefferson Avenue.

Jewelry was recovered after being stolen from a business on Jefferson Avenue.

Someone stole tools from a building on York River Lane.

A witness saw a damaged vehicle leaving the scene on Jefferson Avenue.

Money was stolen from an individual on Wellesley Drive.

Feb. 3: Some items were stolen from a residence located on Warwick Boulevard.

A case of larceny occurred on Troy Drive.

There was a case of intimidation on Middlesex Road.

There was a report of property damage on Bellwood Road.

Feb. 4: A vehicle on Bellows had parts stolen.

A vehicle with parts damaged was seen driving away from Jefferson Avenue.

A case of assault on an individual resulted in minor injury on Jefferson Avenue.

A case of malicious wounding of an individual resulting in internal injury occurred on Oyster Point Road.

A runaway case occurred on James Landing Road.

Feb. 5: A structure was damaged on James Landing Road.

Around town State/Local News

House Republicans push transportation reforms

Virginia House of Delegates Speaker William J. Howell, joined by Delegates Leo C. Wardrup, Jr. (Virginia Beach), Clifford L. Athey, Jr. (Warren), Terry G. Kilgore (Scott) and Edward T. Scott (Culpeper), proposed a comprehensive package of legislation last Thursday which will reform the Virginia Department of Transportation and enable localities and the Commonwealth to spend taxpayer resources more efficiently and productively. These proposed reforms follow the previous week's Republican House announcement that they would produce a number of new tools to help local governments better control their financial growth as well as the simultaneous planning and construction of their transportation infrastructures. House Republicans claim this package of legislative reforms will bring modern, new innovations for transportation in Virginia.

Congress softens drug conviction penalty

Last Wednesday, Congress lightened the ruling on its drug policy, which in the past stripped financial aid from college students with drug convictions. The change to the Higher Education Act allows some students with past offenses to again receive aid. Those students convicted while enrolled in college will still suffer loss of their eligibility, though. This law has affected over 175,000 students. Some of those are working with the American Civil Liberties Union to challenge the penalty's constitutionality in court. Even under this recent alteration, aid applicants still must answer a drug conviction query.

Washington area Jeep Chrysler sponsors Black History Month's film & discussion series

Next Generation Awareness Foundation, Inc. recently announced that Washington Area Jeep Chrysler is to be this year's sponsor for the 3rd Annual National Black History Month Film & Discussion Series in Washington, DC. The program is scheduled to take place on Feb. 11 at Howard University's Cramton Auditorium from 10:30 a.m. until 9 p.m. Complimentary tickets are available for senior citizens, students and area churches. This month-long fundraising event is a part of NGAF's Coordinated Awareness Believing In Achievement Through Skills Development and Uplift philosophy.

Your life Campus News

CNU professor to appear on Virginia's statewide radio program

Jim Hines, CNU professor and author of the first comprehensive history of figure skating published since 1959, will make an appearance on With Good Reason, Virginia's only statewide public radio program, where he will talk about the sport on public radio stations from Feb. 4 until Feb. 10.

The segment is called Artistry on Ice: A History of Figure Skating, and will air in the Hampton Roads area at 1 p.m. on Feb. 10 on 89.5 WHRO public radio.

Internet in higher education is focus of CNU presentation

Steve Jones, a communications professor at the University of Illinois at Chicago and adjunct research professor in the Institute of Communications Research at the University of Illinois at Urbana-Champaign, will present to students at Christopher Newport University.

His presentation, Pew Internet and American life Project: The Internet Goes to College, will focus on changes the Internet has brought to universities since its creation. Jones will begin his speech at 3 p.m. in Gaines Theatre on Mar. 16. It is free and open to the public.

CNU bookstore offers chance to win free books

The CNU Bookstore has agreed to give away a semester of free books to students who attend the remaining Captains and Lady Captains basketball games. Each game that is attended will earn any student entry into the drawing for free books.

There are six regular games left in the season. CNU Captains are currently ranked number one in the conference and the Lady Captains are tied for the top spot.

Freshman field trip to the Virginia Museum of Fine Arts

The History Department has scheduled its trip to the Virginia Museum of Fine Arts in Richmond for Saturday, Feb. 11. Participants will take guided tours of the Lillian C. Pratt Faberge collection and the Decorative Arts collection.

The trip is only open to CNU first-year students. There is no charge for the trip, although space is limited. More details are available online at <http://travelnews.cnu.edu/freshexp>.

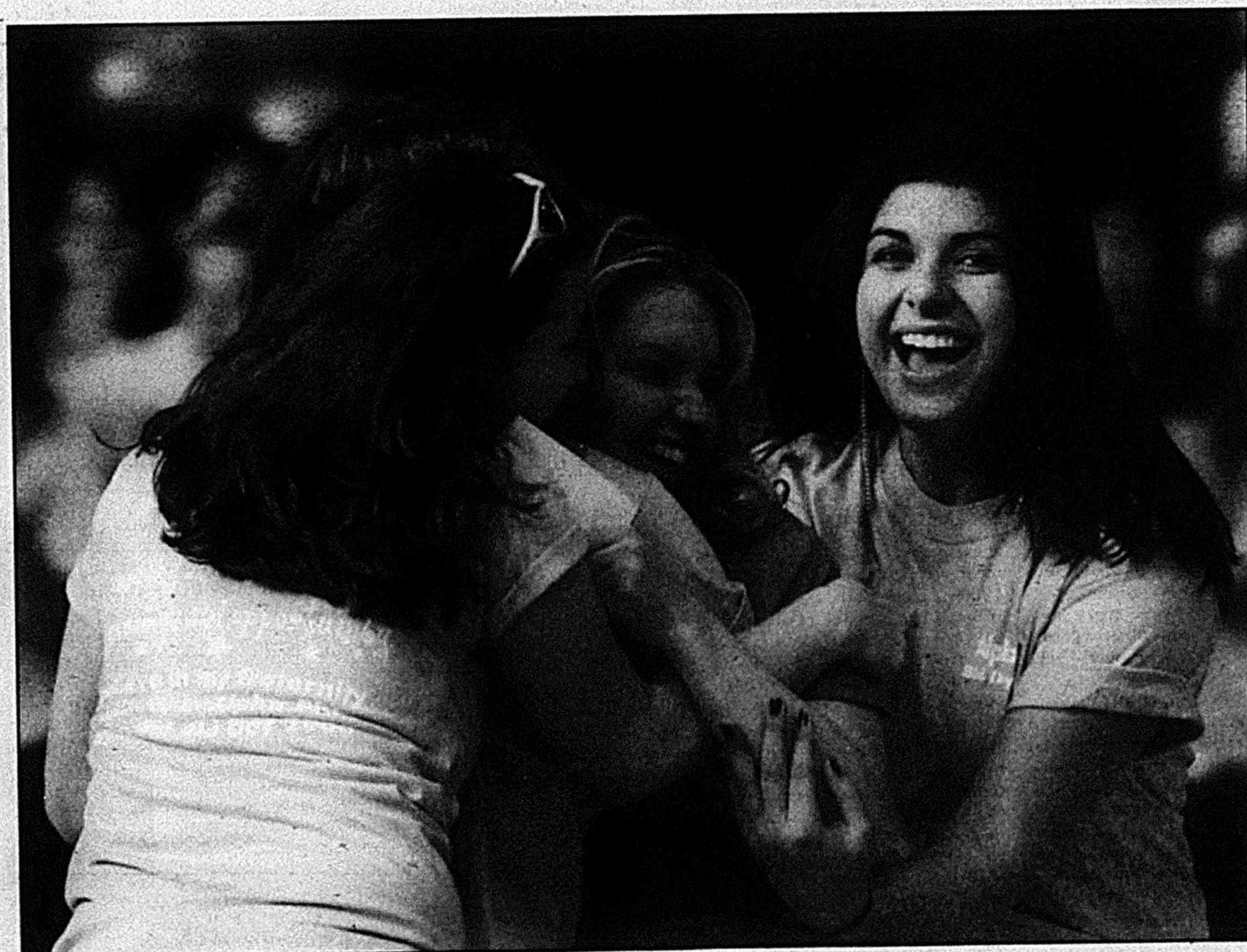
Selling a Book? Looking for work?

Ads are available in The Captain's Log on a first-come, first-served basis. Ads are available at discounted rates for CNU clubs, affiliates, students and alumni. Visit our Web site at <http://www.cnu.edu/captainslog>

supershot

On Sorority Bid Day 2006, numerous CNU women were inducted to CNU's sororities. In the Freeman Center, recruits were embraced by their new "sisters" when their names were called. From left to right: Louise Johnson, Kari Shifflett, Jessica Termini and Jessica Bowman.

Will Summers/The Captain's Log



Campus Calendar

February 8-13

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10 a.m. to 4 p.m.— Women in Community Art Exhibit: Falk Art Gallery	10 a.m. to 4 p.m.— Women in Community Art Exhibit: Falk Art Gallery	10 a.m. to 4 p.m.— Women in Community Art Exhibit: Falk Art Gallery	12 to 4 p.m.— CNU vs Frostburg State, Base- ball: Captains Baseball Stadium	2 to 5 p.m.— CNU vs Lynchburg College, Baseball: Captain's Base- ball Stadium	10 a.m. to 7 p.m.— CNU Art Majors Juried Art Exhibit: Student Gallery	10 a.m. to 7 p.m.— CNU Art Majors Juried Art Exhibit: Student Gallery
10 a.m. to 7 p.m.— CNU Art Majors Juried Art Exhibit: Student Gallery	10 a.m. to 7 p.m.— CNU Art Majors Juried Art Exhibit: Student Gallery	10 a.m. to 7 p.m.— CNU Art Majors Juried Art Exhibit: Student Gallery	4 to 11 p.m.— CNU vs Averett, Men's Basket- ball: Freeman Center Field House	3 to 5:30 p.m.— Sara- kasi: Ferguson Center for the Arts Concert Hall	5:30 p.m.— SGA Meet- ing: SC 150	12:15 p.m.— NAACP Meeting: Anderson Audi- torium
2 to 4 p.m.— Wireless Wednesday: McMurren Hall	4 to 7 p.m.— Alex Gib- ney, "Enron: The Smart- est Guys in the Room": Ferguson Center for the Arts, Music and Theatre Hall	6 to 9:00 p.m.— Alumni Reception: Ferguson Center for the Arts	8 p.m. to 12:00 a.m.— Captains Ball: Fergu- son Center for the Arts	4 to 6 p.m.— CNU vs Ferrum, Basketball: Free- man Center Field House		5:30 p.m.— Baptist Stu- dent Ministries Meeting: SC 233
6 p.m.— CAB Informa- tional meeting: SC 214		8 to 10:30 p.m.— CeCe Winans: Ferguson Cen- ter for the Arts; Concert Hall		4 p.m.— Roman Catho- lic Mass: SC 150		8 p.m.— Fellowship of Christian Athletes Meet- ing: Freeman Center, Presidents Box
10 p.m.— Citizens of the World Meeting: JRH Multi Purpose Room	7 p.m.— CAB Informa- tional Meeting: SC 214			7 p.m.— Captain's Log Staff Meeting: SC 233		8 p.m.— CNU "Singled Out" Dating Show: Gaines Theater

Freeman offers Jiu-jitsu during 'Fitness Kickoff'

Numerous classes were offered during the kickoff of the spring '06 semester. Fitness classes were free the first week.

By NICK MIRABAL
Asst. News Editor

Reading the fitness class descriptions on the Freeman Center Web site, you will find that most of them revolve mainly around typical structure of cardio training, toning and building muscle endurance.

The oddball amongst these options for spring fitness at CNU: Jiu-jitsu.

During the Freeman Center's "Fitness Kickoff" last week, students were able to sign up to take the class during either of its free introductory sessions; Monday from 6 to 7:30 p.m. or Thursday from 3:30 to 5 p.m.

"Our Monday section focused mostly on take downs. So, I figured that on Thursday, it might be interesting to teach everybody submissions — which consist of a series of hand and leg combinations used to subdue your enemy while still on the ground," said class instructor Andrew Heatwole, currently a freshman at CNU.

Heatwole and his friend/assistant, Freshman Kevin Cooksey, began class last Thursday by having all participants remove their socks and shoes, which present a hazard as well

as an obstacle while learning and practicing jiu-jitsu, according to Heatwole.

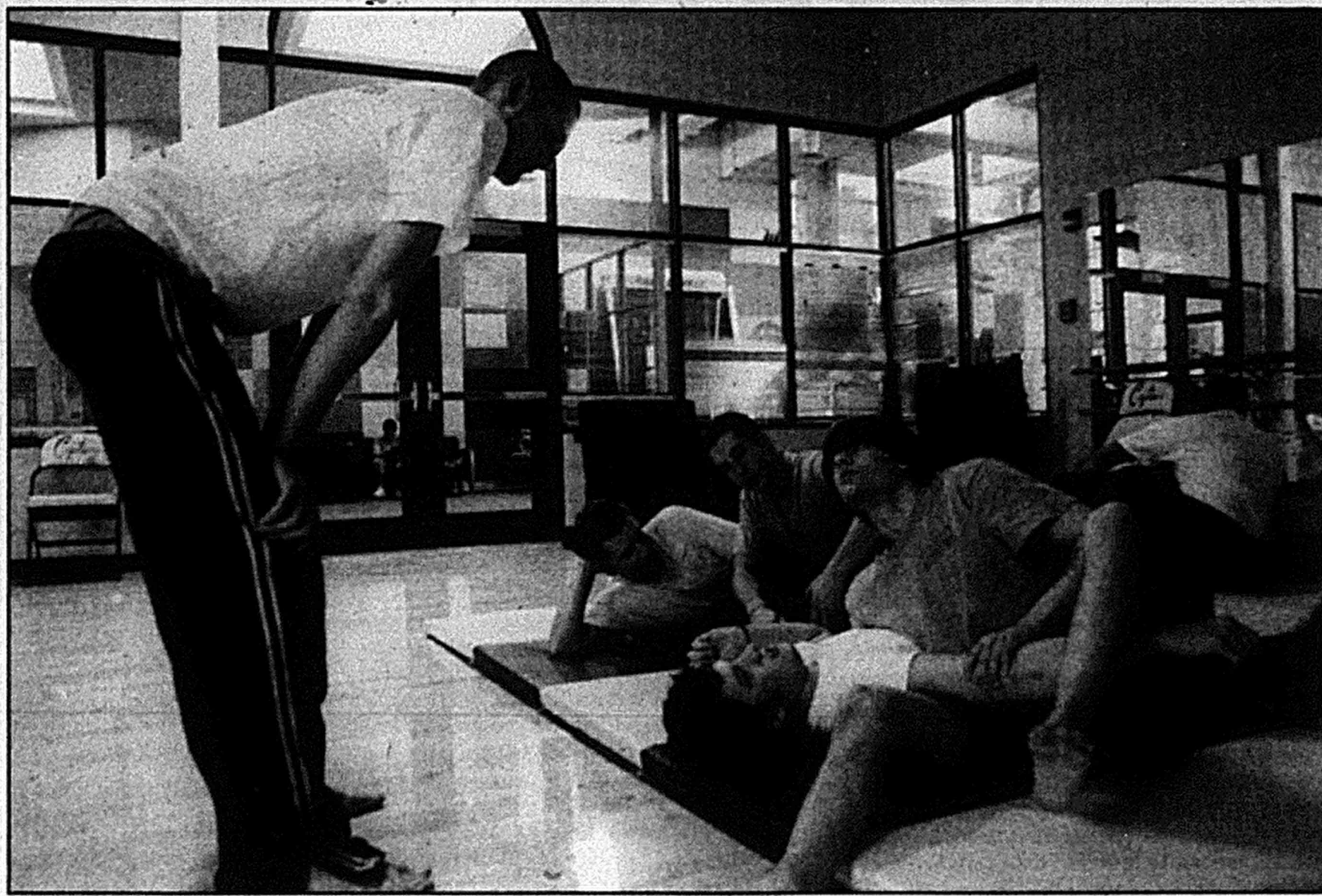
After the traditional bow of respect towards the instructor and stretching exercises, Heatwole welcomed newcomers, explaining some of the brief details of the class.

The class, now in its second semester, teaches the Brazilian style of Jiu-jitsu (originally taught at the Gracie Academy in Torrance, California), which has been made popular by the televised Ultimate Fighting Championships.

Heatwole has been practicing jiu-jitsu for the past four and a half years at Trident Academy of Martial Arts in Woodbridge, Va. where he attained the rank of purple belt.

"During the 'Setting Sail' week for the admitted freshmen, I saw a poster listing the types of fitness classes that would be hosted in the Freeman Center all-purpose room. I talked to Lisa Wingfield that I had authority to teach Jiu-jitsu and together we went through all the necessary steps to make a Jiu-jitsu class at CNU a reality," said Heatwole.

Cooksey and Heatwole demonstrated each move for the class from the positions of



Ryan Burke/The Captain's Log

Freshman Andrew Heatwole instructs professors and students during fitness week. The campus is open to try any of the fitness classes free of charge.

aggressor and defender. Dividing participants into pairs, each person present had to perform a series of defense/attack moves on someone they had never met before.

"The only difference between this class and other Jiu-

jitsu classes is that we are much less formal," said Heatwole.

The class was filled with a variety of different defense tactics.

Some moves involved performing a choke hold with the use of legs alone. Others in-

cluded placing a certain amount of strain or pressure on a joint in order to get your partner to tap out.

"I will be teaching a couple new moves this year," said Heatwole. "I won't be getting too far from the basics though, because

they make Jiu-jitsu what it is."

Jiu-jitsu is a fitness class that will help your flexibility, physical reaction time and defense strategy.

Classes will continue along the initial Monday and Thursday scheduled time slots. ■

Technical writing without the tedium

A candidate for teaching post in the English Department stresses 'context' for writing e-mails, letters and memos.

By ERIN ROLL
Asst. Copy Editor

In a class on technical and business writing, most people probably wouldn't expect to hear long, animated talks on catastrophic natural disasters or terrorist attacks.

Nor would they expect to see someone routinely impersonate Vanna White of "Wheel of Fortune."

Yet when Dr. Jean Filetti's business-writing students showed up for Dr. Lisa Meloncon's teaching demonstration last Thursday, that's exactly what they received.

Meloncon currently teaches at the University of South Carolina. She is applying for a technical and professional writing post available in the Department of English and is also seeking the tenure track.

Her demonstration adhered closely to Filetti's syllabus. She spent most of the class going over protocols for writing e-mails, letters and memos for a business environment.

"These three types: they will save you, or they will sink you in the business world," she said.

Throughout the demonstration, Meloncon referred to context in business correspondence — that is, what tone a writer is supposed to use in e-mails or in formal letters.

She wrote "context" in large letters on the blackboard, and periodically gestured to it. "Goes back to my Vanna move. It's all about context," she said.

For the section on e-mails, Meloncon reminded the students that e-mails are per-

manent and that people can retrieve them from one's hard drive.

As an example, she showed the class transcripts of e-mails between former FEMA head Michael D. Brown and other FEMA workers.

These e-mails, including the infamous "tie or no tie" e-mails, had been found on Brown's hard drive two days after Hurricane Katrina hit New Orleans.

"[Brown] didn't think these were permanent, either," Meloncon said.

Meloncon also showed the class copies of memos that Brown sent to the Department of Homeland Security asking for more DHS workers to be sent to New Orleans.

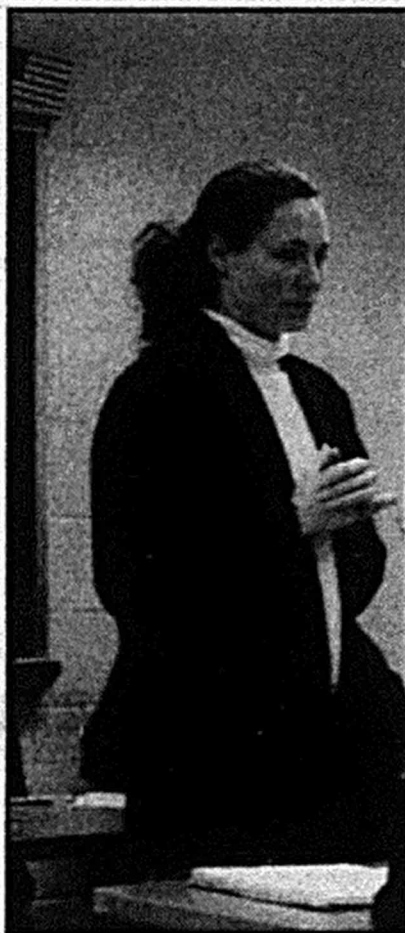
She warned students that, for memos, they had to put all of their important information on the first page, because most people "never read the second page."

To illustrate this, she showed the class a copy of the memo warning that Osama bin Laden and al-Qaida were likely planning attacks in the United States or on U.S. interests.

That information appeared on the second page of the memo.

Lastly, Meloncon gave the students a scenario in which they played support managers for an Internet design firm. In the scenario, two developers made incorrect changes to a client's Web site, with disastrous results.

The students had to decide what forms of correspondence they needed at each stage of damage control; for example, they had to appease the client and reprimand the developers.



Erin Roll/The Captain's Log

Dr. Lisa Meloncon teaches at the University of South Carolina.

The exercise, which Meloncon uses with her own students, was based on real-life events. Meloncon was the support manager.

"They were a very, very large client," she said. "You need to seriously suck up [when writing to the client] because it's bad news," she added.

After Meloncon's presentation ended, senior Sterling Olson said she had enjoyed it. "I liked her."

I thought she was really energetic," he said. "She'll really add some freshness to the class."

Since Meloncon still has to meet with the provost and the dean,

Filetti could not offer her opinion of the demonstration right away.

She did, however, commend her students. "Let me say that I am proud of my students," she said.

"They are prepared; they are ready to reinforce this."

Meloncon said it was "highly likely" that she would take the position if the university decided to offer it to her. ■

NASA offers CNU some space

Internships (including writing, presenting and research) are available to all majors.

By SARAH NEBEL
Captain's Log Intern

If you've ever dreamt of working for the National Aeronautics and Space Administration, your chance may be closer than you think: you don't have to be an astronaut, or have a degree in physics. As NASA Development Manager Tracey Silcox and NASA representative Jonathan Gleason recently came to CNU to say, NASA offers a variety of jobs for students with college degrees. Internships are available for students involving a range of activities from writing, to presenting and even research projects.

Research projects may include the expansion of cheat grass in Utah and the measuring of greenhouse gases in the atmosphere. Student candidates have received funding from NASA for these kinds of projects in the past. Occasionally, they have not

only worked on them, but also presented them, according to Gleason — who is also a CNU alumnus.

Senior and computer engineering major Matt Tisdale currently runs one such program: NASA's Tennessee Air Quality project. Tisdale's team helps measure the formation of pollution in Tennessee and the quality of the air there, according to Gleason.

If you are an applied science major, you might also fit in with NASA's western U.S. energy management team. This sort of work opens many doors for students in the long run, according to Gleason.

"Technical papers on projects are written by students and sometimes published. This helps get your name out there," he said.

A senior physics major, Kate Pittman, has already taken advantage of the opportunities NASA has to offer by joining the

Langley DEVELOP Program as well as becoming team leader of the Energy Management program.

NASA offers high-level training for its employees and interns as well. The organization is willing to draw prospective employees from all majors, according to Gleason and Silcox.

Internships are still available for the spring, but the deadline for applications ends this Friday, Feb. 10. The spring term begins on Feb. 21. All applicants must have at least a 3.0 GPA, and supervisors would like their interns to work twenty hours a week, though final schedules are flexible.

"School comes first — before the internship," said Silcox. Positions pay between \$13 and \$15 an hour depending on the type of internship.

Applications and deadlines for summer internships will be posted on the NASA website after the spring deadline has concluded. If you would like to find out more about how your degree could help you become part of the NASA team, go to: <http://develop.larc.nasa.gov>. ■

LLC, FROM PAGE 1

LLC, according to Bartels. Dr. Philip Hamilton, Associate Professor of History, currently serves as Chairman of this Council.

Throughout the preparatory stages of the LLC, Hamilton and Vice Chairman of the Liberal Learning Council, Dr. Michael Lewis of Sociology, took first-hand roles in the process. "The two of us met with the Assistant Dean [of the Liberal Arts School, Bobby Bartels] to deal with the agenda," said Hamilton.

Hamilton will teach one of the new courses: a history course on the Jamestown Settlement. The course, timed in conjunction with the settlement's Quadra centennial, gives students an in-depth view of settlement life.

"Some very good books

have been put out on Jamestown right now," he said.

He plans to use several of those in the classroom, and also for a few events on campus that will coincide with the course, including programs in which specialists in both the Jamestown settlement and Native American History will speak to students and the CNU community.

"This [The Liberal Learning Curriculum] is a way to do what we want in a First-Year Seminar," said Hamilton.

Faculty and students will be able to take advantage of the classroom experience, as well as many resources offered outside the classroom, he added.

According to Bartels, many General Education courses previously offered were often very broad. The First-Year-Seminars

will give faculty and students a chance to engage the specifics of topics, though broader courses previously offered will still be available to students.

Increases in faculty will accommodate the workload needed to support the increase in courses, as at least 65 faculty members have applied to teach one or more of the seminars this upcoming semester, according to Bartels.

"The faculty are really excited to teach such unique courses," she said.

Bartels expects a certain number of complications during the transition from old to new, but she is hopeful the process will prove successful.

Visit the LLC's Web site at: <http://liberallearning.cnu.edu/core.html>. ■

WCNU, FROM PAGE 1

role to approve the charter," she said.

In 2005, ITS worked on WCNU's server but eventually found they could not help WCNU anymore, according to Ward.

"We basically reached the limits of the support ITS could offer WCNU," said Andrew Crawford, Asst. Director of ITS.

While writing the new charter, Ward hopes to renew talks with Executive Vice President Bill Brauer concerning acquiring a new server.

"I was wondering if we could begin to resume the talks with him — not finalize them — but possibly talk to Mr. Brauer about acquiring a server," said Ward.

In addition to discussing WCNU's broadcasting status, the SMB discussed its own place within the CNU community, and its role in governing the media organizations.

They spoke together about who should be able to make changes to the media organizations' budgets, for instance, and who should be able to request account money from Fiscal Technician Michelle Reed. The SMB should draft a set of rules for Reed to follow, according to Eddleman, in order to regulate the process.

"We can provide her with some general guidelines about the budgets and what is okay for her to do and what's not okay for her to do, what's appropriate for SMB dollars to be spent on, and any other restrictions or expecta-

tions you have for her in terms of her fiduciary responsibility to you," said Eddleman.

Lastly, the SMB discussed the Student Union Board, another committee that Pritchett serves on — as a representative for the media organizations on the SUB — which allocates space for student clubs and organizations in the new Student Union. So far, the SUB has closed its meetings, not allowing the public or reporters to enter.

At its next meeting, though, Chairperson of the SUB Kim Roeder will speak to the SUB's members about possibly opening the meetings to the public and the press, according to Pritchett.

"I am going to do everything I can to make those meetings open," he said. ■

SGA, FROM PAGE 1

senior Senator Carly Stump. It might also help the university more directly, she added.

"It might help with alumni giving more money for fundraising and stuff," she said.

Although it could benefit the university monetarily if workable, the legislation might require additional IDs to be dispensed to CNU's alumni, according to Bailey. "When students graduate do they get any form of ID that says they're an alumnus?" she asked.

New changes in policy for the CNU Alumni Association allow every graduate of the university to join it and so be kept on record in some sense, according to Peresich.

"I attended the class of '06 graduation," he said. "The Alumni Association announced that they would no longer be charging admission to the association — that they felt everyone should be allowed in just for being a graduate."

Although no definitive answer seemed to arise concerning fees for entering the Alumni Association, the senate moved forward and voted on the Alumni Entertainment Act, and passed it with a majority of the senate voting "Aye."

The senate also passed another proposal, the Change Machine Act, endorsing the purchase of a new change machine for the current Student Center, which will be moved to the new Student Union upon its completion. The proposal's author,

senior Senator Sean Rankin, hopes the new machine will supplement the only one currently on campus, located in the first floor of Santoro Hall.

The other two pieces of legislation discussed in the senate that day were voted down by its members. The first, Proposal 02.06, suggested a dress code for the student senate. The second, Proposal 03.06, proposed a standard for Residence Hall Association posting policies; controversy over a sexually explicit bulletin board set up in the CNU Apartment's Monroe building had provoked the legislation.

After dealing with its legislation for the day, the senate heard brief reports from its Dining Services Committee and then adjourned. ■

Food & Health

HEALTH LIBRARY:

Who needs a flu shot?

Many health precautions can be taken to prevent against the flu this season.

MyStudentHealthZone.com
Knight Rider Tribune

If you had the flu last year, you know how bad it can make you feel. You're hot one minute, cold the next, your head aches, and you're completely out of energy. Some people, however, never got the flu thanks to a simple shot.

WHAT'S IN A FLU SHOT?

A flu shot is a type of vaccine. The shot contains dead flu viruses that won't cause you to get the flu, but allow your body to make antibodies to fight off infection caused by live flu virus strains.

The flu shot is 80 percent effective against the flu, which means that a few people who get the shot will still get the flu. In addition, the shot only contains certain strains of the virus. If a new flu strain emerges, a person who's had a shot may not be protected against it.

If you hate getting shots, you may want to ask your doctor about the nasal mist vaccine (a type of spray that's squirted up the nose). The nasal mist is different from the shot because it contains weakened live flu viruses. This means the nasal mist isn't for everyone. For example, some things (like steroid use)

can affect the immune system, and people with weakened immune systems shouldn't get the nasal mist. Check with your doctor to see if you can use this type of flu vaccine, or whether you need a flu vaccine at all.

WHAT ABOUT SIDE EFFECTS?

You might have some minor side effects for one or two days after the shot, like soreness in the area where you got the shot. Some people may feel achy or have a mild fever after getting the shot. But the side effects aren't as bad as the flu, which can make you sick for as long as two or three weeks.

The ingredients for flu vaccines are actually grown inside of eggs. So if you're allergic to eggs or egg products, let your doctor know before you get either type of flu vaccine.

REASONS TO GET A FLU SHOT

Most young people don't need a flu shot because their bodies can handle the infection without developing other problems, but it is recommended for certain people. If you have certain medical conditions like kidney disease, diabetes, HIV, heart problems or a lung disorder like asthma, most doctors will recommend that you get a flu shot every year to protect you from

complications like pneumonia.

Women who are in the second or third trimester of pregnancy during flu season may also need a flu shot.

In addition, young people who take aspirin regularly for certain medical problems may need a flu shot because they're at risk for developing a serious condition called Reye syndrome if they get the flu.

You might also want to get a flu shot if you live with someone who is at risk for health problems if they get the flu. For example, the elderly and very young children are at risk. So, you may want to ask your doctor about getting a flu shot if you live in the same house as a grandparent or baby (or if you baby-sit or are in close contact with children younger than two).

The best time to get a flu shot in the United States is in October or

November.

This gives the body a chance to build up immunity before the winter flu season.

However, you can get a flu shot throughout flu season and still have some protection against the flu. You can also protect yourself against the flu by washing your hands frequently. ■

FLU SHOTS ON CAMPUS:

Why aren't students getting them?

Getting the flu shot turns out to be cheaper than actually getting the flu.

By Aaron Ward
Contributing Writer

University Health and Wellness Services strives to ensure the health of Christopher Newport University by offering clinic hours for minor injuries and sickness, as well as immunizations for several troublesome maladies, including one of the most serious of these, influenza.

However, only a limited

of misconceptions about the flu vaccine that confuse people and scare them into not getting the vaccine.

University Health and Wellness Services not only fights against the flu virus, but also the hesitation that many people have about its prevention. Of the large numbers of students and staff who work and study at CNU, only approximately 200 of them were immunized since University Health and Wellness Services began giving the flu shots almost ten years ago.

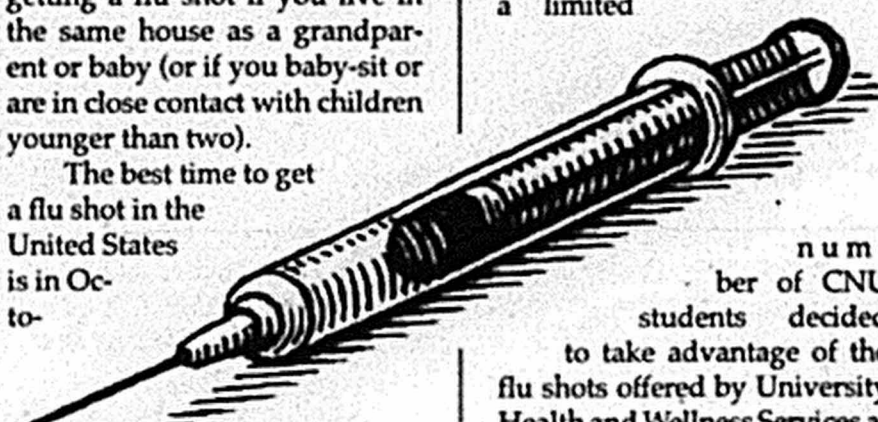
"Some people still believe that the vaccine is a live virus and that it does more harm than good. We've been using a dead immunization culture for years now and not getting the shot is worse than actually getting the immunization," stated Cennane when questioned about these misunderstandings. "A lot of people believe that the flu virus is just like a stomach virus or gastroenteritis, all they'll have is a stomach ache and a few days off work. Influenza is much more dangerous than that."

The largest obstacle of increasing the number of people getting immunized is getting the word out about the dangers of risking a winter without be-

ing protected from influenza. Take for example the cost of a flu shot; only \$26 at the University Clinic, as opposed to contracting the flu and shelling out approximately \$80 for the diagnosis, \$80 for the actual medication to relieve the symptoms, not to mention the loss of income from needing to take up to a week off of work. Cennane summed it up well, "It's just not worth it to not get immunized."

Although most CNU students do not fall into the "high-risk" category, it does not mean that they are immune from the dangers of the flu. Cennane said, "A lot of the CNU student body that are from the Northern Virginia get their immunizations when they go home for the winter break, so a lot more than just 200 students have a vaccine during the height of the flu season."

For more information students can visit the University Clinic in James River Hall, or they can attend the University Health and Wellness "Survival Fair" Feb. 5 in the Freeman Center. There are many health-related attractions that fair-goers can visit, as Riverside Clinic will be present with a skin analyzer for CNU students to examine their skin for any abnormalities, an X-ray machine for testing for osteoporosis, blood sugar and pressure testing, asthma testing and many more. Admission is free to this event and all are invited to attend. ■



number of CNU students decided to take advantage of the flu shots offered by University Health and Wellness Services at their three-day flu immunization clinic held last December, according to Rita Cennane, a Board Certified College Health Nurse and RN at UHWS, now housed in the James River Hall residence hall.

"We want to protect the CNU student body from the dangers of the influenza virus," said Cennane, "There are a lot

DESSERTS

White Chocolate Raspberry Swirl Cheesecake

Oreo Crust

1 ½ cups of oreo cookie crumbs

¼ cup of melted butter

Mix crumbs and butter together in a bowl. Press into the bottom of a springform pan. Cook 8 minutes at 350 degrees. Remove from oven and cool for ten minutes.

Raspberry Swirl

Blend two jars of raspberry preserves in a medium bowl for three minutes or until thin and creamy. Set aside.

Repeat (if necessary) to serve sauce on top of cheesecake.



Cheesecake Filling

Cottage cheese 2 cups

Sour cream 2 cups

Cream cheese 16 oz.

Vanilla 1 tablespoon

Lemon juice 1 table-

spoon

4 eggs

3 tablespoons of all-purpose flour

3 tablespoons of cornstarch

1 stick of butter or margarine, melt-

ed

Blend cottage cheese, eggs, vanilla and butter in a large bowl for three minutes or until creamy. Add all other ingredients into food processor and mix thoroughly.

Pour half of cheesecake filling into the springform pan on top of the oreo crust. Then pour half of the raspberry swirl onto the mixture, pouring onto a spoon or flat spatula held one inch over the mixture (to keep the swirl contained to the top of the first half of the filling).

Take a butter knife or toothpick and swirl through the raspberry mixture to dispense it evenly over the top of the cheesecake filling. Repeat these steps for the next half of the cheesecake mixture.

Cook at 350 degrees in a convection oven or on the middle rack of a conventional oven for 45 minutes to one hour. Check after 45 minutes, inserting a toothpick into the middle of the cheesecake. If the toothpick comes out clean, turn the oven off. Let the cheesecake sit for fifteen minutes, then remove and let cool. Refrigerate for four hours.

To serve, slice cheesecake, place on plate. Top with raspberry sauce and crumbled.

Contributed by Amber Nettles, Editor-in Chief



Be a 2006 Crew Leader

Applications available: February 2

Deadline: February 17

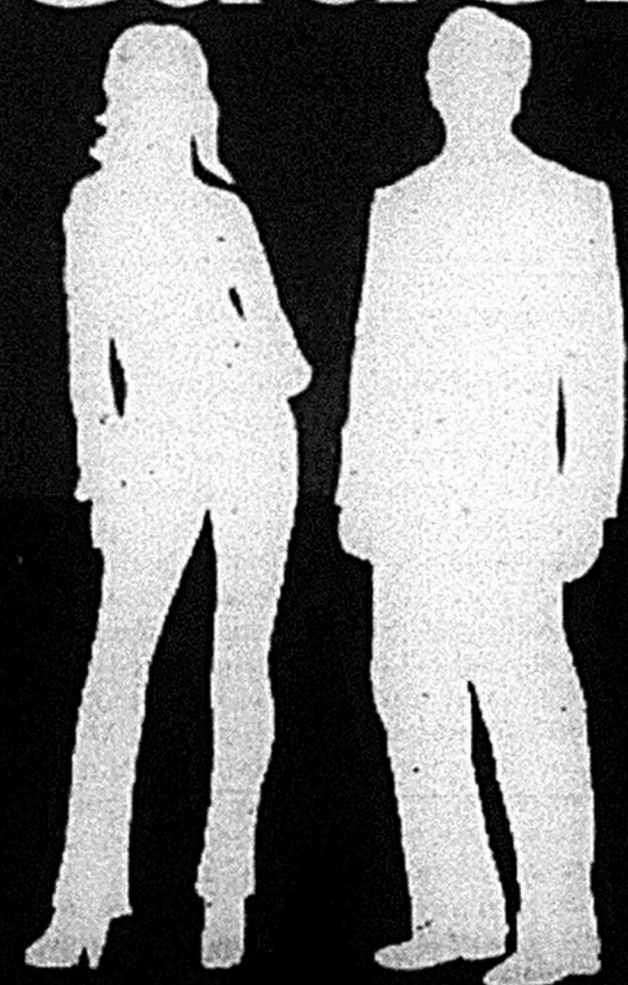
Applications available in
OFYI (York River West) & OSL (SC 189)

Information Sessions

February 7 @ 12:30 pm Potomac River North Game Room

February 13 @ 7 pm SC 233

Catch the Wave!



Opinions

Where We Stand

Valentine's Day gives us a common ground

The campus is often divided on important issues, whether they are regarding parking policies, alcohol, class scheduling or a million other problems that crop up throughout the school year.

So, it's rather refreshing to find one thing that most people can reach a consensus on: Valentine's Day isn't just about "scoring," but rather about giving your time and energy to another person (if just for one day or night).

A "He says, She says" take on Valentine's Day isn't that uncommon—but what's uncommon is that our "He says" has been written, in the past two years, by the sports editors of The Captain's Log. They're often the only men we can persuade to put their thoughts on paper, but they always surprise us. Whether they're providing a humorous, sarcastic view of the holiday or showing us their "softer side," it's nice to know that people are almost always comprised of layers we might not see with the naked eye.

People in general surprise us. For two years now, we've asked CNU students what their idea of a "perfect Valentine's Day" is, and more often than not their answers are varied, but still similar.

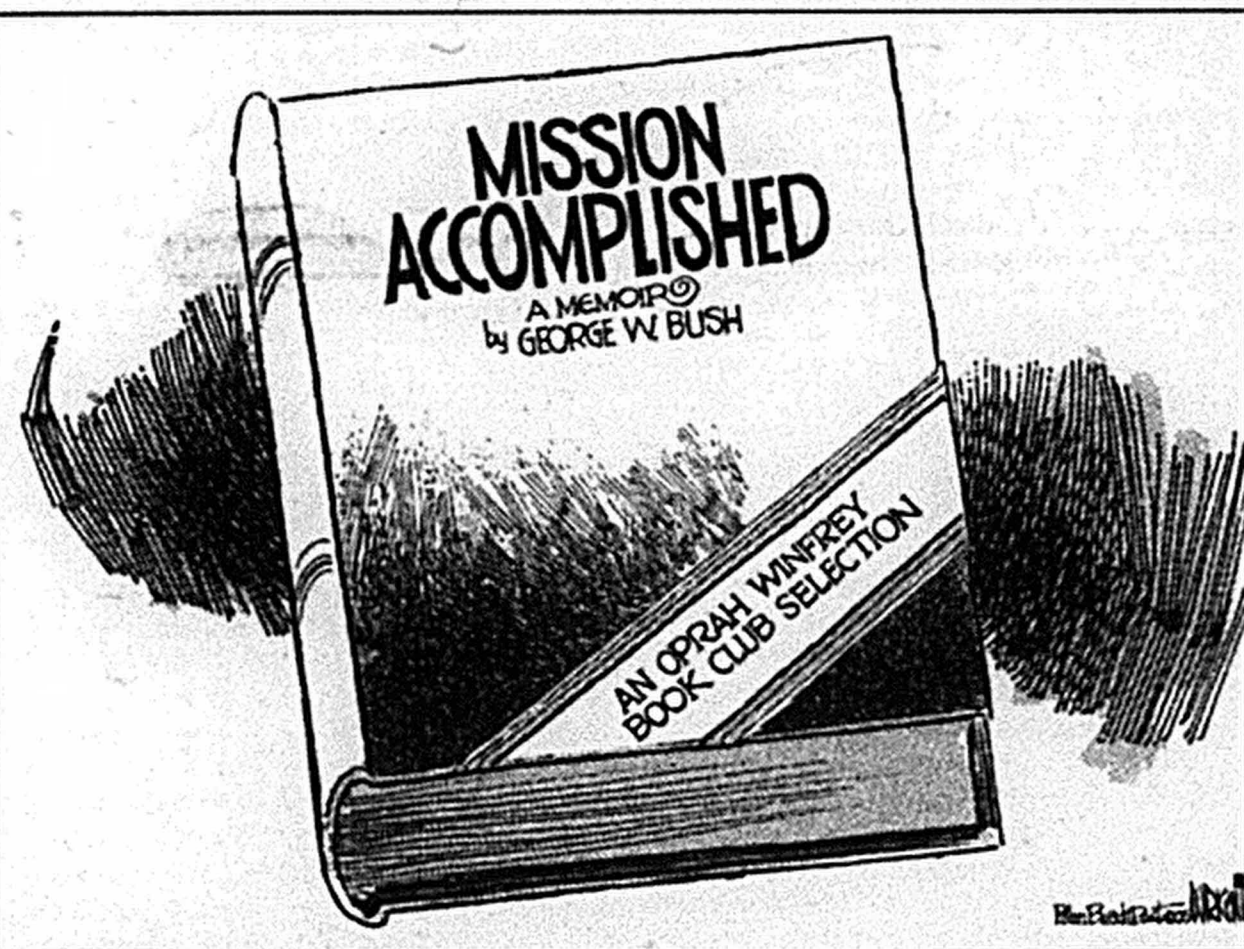
It shows us that we're not all that different—regardless of where we stand on political views, religion, sex, race, age or orientation.

The differences in everything else—that's what each of us are confronted with every day. It's hard to remember that the person sitting across from you in class (that person who constantly says the sort of thing that is in exact opposition with your own beliefs) is here for the same reason as you. He or she likes to spend Valentine's Day with their loved one, just like you. Or they would like to, eventually.

These differences show up in our own office all the time. Every day we're confronted with students, administrators, advertisers, alumni and staff. They ask questions—a lot of them. And we try to answer them to the best of our ability.

So, to answer a question preemptively—yeah, we had fun this week. If you haven't noticed, The Captain's Log prints with color now, and we have the resources and staff to print larger issues. So when a day like Valentine's Day comes around, we try to make the most of it. It gives us a break from the more controversial issues, and lets us entertain our readers.

Last week, we mentioned that we do observe the trends in our newspaper. This week, we hope you notice a trend as well. Look around on Wednesday and see what people are reading. We watch them as well. We know that you want to know about the Student Union, the rest of the construction of campus, alcohol at The Captain's Ball, the SGA and all the other clubs and organizations—but sometimes, it's nice to kick back and relax, read about the best restaurants in the area (or the upcoming baseball season), and let the differences rest, for now.



The Captain's Log

2005 - 2006 Staff

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The Captain's Log welcomes letters from its readers. Send letters to: The Captain's Log, 1 University Place, Newport News, VA 23606.

Letters may also be brought to our office or sent to us by e-mail at dlog@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.

Corrections/Clarifications to The Captain's Log will be published in the issue following the error, at the discretion of the Editor in Chief.

Letters to the Editor:

What people are talking about

ELIZABETH OVERALL
 Monroe Resident

How many people actually read the bulletin boards that the RAs have to put up? How many students actually have the time to stop and read them?

Now, how many times have you walked all the way across campus to see a specific bulletin board?

As a student practicing abstinence until marriage and a resident of Monroe Apartments I would like to make a few comments about our "sexually explicit bulletin board."

In last week's issue, our Senator, Joshua Dermer stated that the bulletin board contained "very graphic, sexually explicit imagery."

The graphic imagery that was displayed, however, was

actually covered up by pieces of paper that read "adults only."

So, the imagery actually wasn't visible for everyone to see; someone had to make the decision whether to move the piece of paper or not.

Dermer also states, "the display...creates an atmosphere of hostility against students who practice abstinence."

As a student practicing abstinence until marriage, it created no hostility towards me at all. I passed by the board several times a day and did not get offended.

To say that this board had no "educational or socially-redeeming value of any kind" is absurd.

The bulletin board did contain some educational information about other alternatives to sex.

And for the socially-redeeming aspect, look at how

much talk this created around campus.

How many other bulletin boards have done that?

The truth is, the majority of students talk about sex all the time. In reality, most of us on campus have had sex.

The magazines advertise their sex columns on the front covers (which are posted in grocery stores, book stores and many other public places), and publish sex stories all the time. And we all read the magazines—even the sex columns.

I'd guess that in 90% of rooms on campus, the conversation has turned to sex at least once this year.

Why try to hide this natural part of life, and of intimate relationships?

Someone has to be brave enough to take a step forward and post what people really want to know or talk about. ■

The Sexual Revolution and you

JOSH DERMER
 SGA Sergeant at Arms

In recent years, I've noticed a trend happening every Valentine's Day. As each year passes, it seems that this day no longer represents love, but rather a time for promoting gratuitous sex.

It isn't enough that Valentine's Day has become so commercialized, but it's now utterly saturated by all things sexual. A day which once symbolized the celebration of love now represents the idols of lust and materialism.

In popular culture, love has been rendered meaningless, losing any sense of significance. Indeed, the words "love" and "sex" have become interchangeable, signaling how our culture attaches little value to something of immense importance.

It goes without saying that our generation has an amoral worldview when it comes to sexuality.

Almost every form of sex is celebrated without judgment or criticism. As long as the participants are consenting adults, anything goes. At the same time, virginity is seen as a disease while abstinence is frowned upon. Individuals

who choose to remain celibate until marriage are ridiculed and receive scorn from their peers.

Not only has premarital sex become the norm, but our generation actively encourages it.

Opposing this new paradigm of sexuality is unpopular and includes running the risk of becoming an outcast or a pariah.

The Sexual Revolution of decades past is still making its mark today, leaving a path of death and destruction. Licentiousness does indeed have a price.

As The Captain's Log reported last week, one in five Americans has an STD, and many more will be infected as time goes on.

The AIDS epidemic alone reveals that the Sexual Revolution was a costly fraud, undermining the very foundations of our society. Despite years of government intervention, STDs and unwanted pregnancies are still rampant.

Our culture's nonchalant attitude about sexuality is simply a recipe for disaster. What was regarded as merely "openness" about sex has turned into a national nightmare.

Today we have an atomized society built on a chaos of

fragmented, mechanical relationships. Sex has ceased to be a sacred, loving act.

No, it is regarded as merely a biological function, like using the restroom, with nothing special attached to it. This disgusting worldview is reflected in every aspect of our culture and it remains to be seen whether or not this trend will change.

It is often said that culture is simply religion externalized. If that statement is true, then it definitely explains the current state of American society where secular humanism and militant paganism have become generally accepted.

Christianity has ceased being the "salt and light" that it should be and this needs to change. Perhaps another Great Awakening is due. Even many non-Christians recognize the benefits of the Christian worldview and see traditional values as necessary to function as a society.

Either way, this is broader problem which no public school program will ever solve. It is therefore incumbent upon our families and churches to lead the way. For a fundamental shift in culture to take place, it must begin from the ground-level up. ■

An administration blinded

BY TRUDY RUBIN
 Knight Ridder/Tribune News Service

I still can't believe she said it.

Our highly intelligent secretary of state, Condoleezza Rice, actually said the following about the Hamas victory that jolted U.S. policy in the Middle East: "I've asked why nobody saw it coming. It does say something about us not having a good enough pulse."

Madame Secretary, many people foresaw a Hamas triumph in Palestinian elections. The fact that you missed the obvious is shocking. How can we beat terrorism and exit Iraq with honor when the administration lets ideology trump common knowledge and common sense?

The Bush infatuation with Mideast democracy seems to have blinded his team to the basic realities of the region. The president insists that establishing Arab democracies is key to fighting terrorism. He compares this struggle to Ronald Reagan's push for freedom in Eastern Europe and the Soviet Union.

He echoes the thesis of Natan Sharansky, the former Soviet dissident turned Israeli political leader, whose book "The Case for Democracy" debunks those who say Arabs can't build democratic governments. Sharansky insists that promoting Mideast democracy is a matter of backing good vs. evil.

That certainly matches the Bush mindset. The president has touted elections in Iraq, Lebanon, Egypt and the Palestinian

territories. Yet the White House has been consistently startled by the results.

In each election, Islamic religious parties or candidates made powerful showings. In Iraq, Islamic parties won the largest share of votes, and the party of the one-time Pentagon favorite, liberal Ahmad Chalabi, won no seats at all.

None of this was surprising to anyone familiar with the region. The Middle East can't replicate the East European model. Poland, Czechoslovakia, etc., had long cultural and religious ties to the West and some democratic experience.

In the Middle East, liberal political parties appeal only to a narrow slice of the educated elite. Broad secular movements such as Arab socialism and communism, which drew their ideologies from the West, were popular from the '50s through the '70s. These secular ideologies have been discredited for failing to deliver better lives.

In recent years, many Arabs have been drawn to the argument that Islamic parties offer a better answer. Religious parties have the advantage of being able to organize underground, via the mosque, despite repressive rulers.

Islamic parties provide vital charity to the poor, as Hamas did in Gaza and the West Bank. In contrast to the Palestinian Fatah party, they have the reputation of being clean.

All this should have been known to anyone in an administration not blinded by wishful thinking. Yet the Pentagon was convinced that the secular Cha-

labi would be welcomed back by Iraqis to lead his country. The White House was stunned by the triumph of Hezbollah and the Egyptian Muslim Brothers.

And Rice didn't foresee the likely outcome of Palestinian elections, even though U.S. policy practically guaranteed that Hamas would do well. The Bush administration fully backed the decision of Ariel Sharon to pull out unilaterally from Gaza. Most Palestinians believed this pull-out was meant to solidify Israel's hold on the West Bank, and to avoid any return to negotiations on forming a Palestinian state.

Had the White House wanted to strengthen Palestinian leader Mahmoud Abbas and undercut Hamas, it would have urged Israel to give Abbas some credit for the pullout. Palestinians would have voted for Abbas' Fatah party had they thought talks would restart.

Instead, the White House remained passive. President Bush insisted, against all logic, that the pullout would create an opportunity "for democracy to emerge" in impoverished, lawless Gaza. Palestinians knew better. Absent talks, they voted for Hamas because Fatah was corrupt and inept.

Back in July, I wrote that "a unilateral Gaza pullout would only help Hamas." It didn't take a rocket scientist to foresee that. Promoting Mideast democracy for the long term is vital, but not if the White House romanticizes the benefits and ignores the risks.

The problem isn't with the administration's pulse, it's with its brain. ■

World and Nation

Senate committee questions Gonzales on eavesdropping

Attorney General Gonzales says eavesdropping is 'vital to the national defense.'

By James Kuhnenn
Knight Ridder Newspapers

WASHINGTON — Facing bipartisan skepticism, Attorney General Alberto Gonzales on Monday defended the Bush administration's secret eavesdropping program as "vital to the national defense," but he declined to answer questions about what other anti-terrorism operations the president may have authorized without court approval.

During nearly seven hours of questioning, Democrats and several Republicans criticized the administration's legal foundation for a spying program that allows intercepting international communications of U.S. residents without warrants.

Senators urged Gonzales and President Bush to seek changes in existing law to accommodate the spying operations, to seek approval of spying cases from a secret federal court that oversees such cases and to explain the program in more detail to members of Congress.

Gonzales argued that the existing law regulating international surveillance "presents challenges" and that Bush derives his authority to order wiretaps without warrants from the powers given a president by the Constitution and from Congress' resolution in 2001 authorizing the use of force to combat terrorism.

"I don't think (Congress) can measure the president's inherent authority — without knowing what you're doing," said Sen. Arlen Specter, R-Pa., the chairman of the Senate Judiciary Committee.

"Just can't do it because that authority is not unlimited, it is not a blank check."

Gonzales' defense of the operation came on the first day of hearings by the committee into the legality of Bush's decision to authorize secret electronic surveillance of U.S. residents who are suspected of communicating with terrorism suspects or al-Qaida affiliates overseas.

When Gonzales argued that Bush wasn't circumventing a 1978 law, the Foreign Intelligence Surveillance Act,

which requires court approval before eavesdropping on U.S. soil, Specter became exasperated.

"That just defies logic and plain English," he said.

At another point, Specter told Gonzales: "The al-Qaida threat is very weighty, but so is the equilibrium of our constitutional system."

Pressed by other senators on whether Bush is using the same justification to sidestep other laws in the name of combating terrorism, Gonzales replied: "I can't talk about operations matters that are not before the committee today."

Democrats and some Republicans persistently questioned Gonzales' claim that the use-of-force resolution gave the president the broad powers that the administration has claimed since The New York Times revealed the existence of the eavesdropping program in December. They urged Gonzales to seek changes in the law to bring the National Security Agency program in line with congressional desires and to recognize Congress' constitutional authority as an equal branch of government.

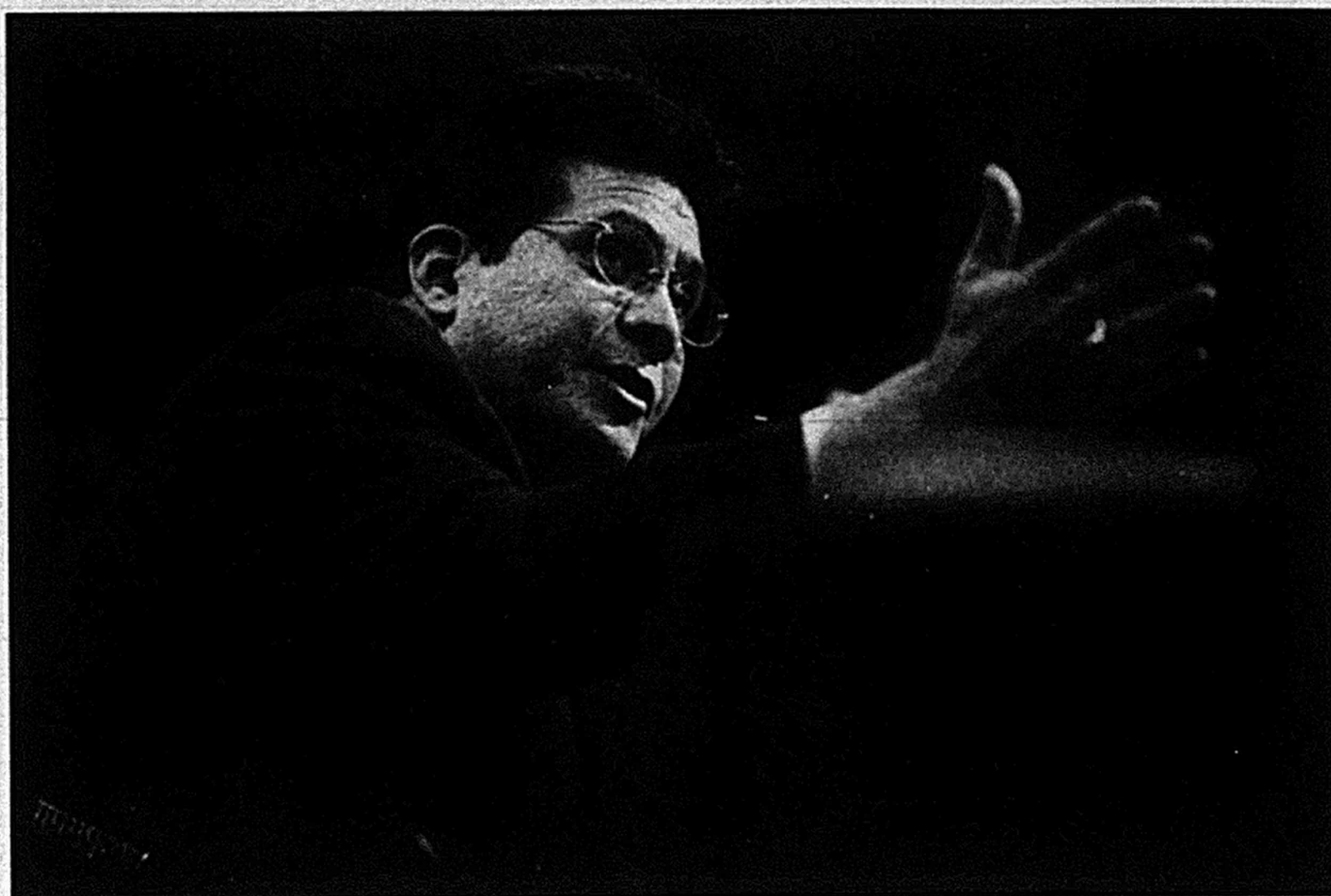
"This statutory force resolution argument that you're making is very dangerous in terms of its application for the future," said Sen. Lindsey Graham, R-S.C. "When I voted for it, I never envisioned that I was giving to this president or any other president the ability to go around FISA (the 1978 law) carte blanche."

Gonzales counseled against changing the law, arguing that doing so could reveal secret details of the operation and further hamstring the president.

"The legislative process may result in attempted restrictions upon the president's inherent constitutional authority and he may not be able to protect the country in the way that he believes he has the authority to do under the Constitution," Gonzales said.

Among the committee's Republican senators who questioned that conclusion were Graham, Specter, Mike DeWine of Ohio and Sam Brownback of Kansas.

Although Democrats were unanimously unsympathetic to Gonzales' position, the bipartisan grilling seemed to deflate Bush's argument that the criticism of his rationale for the program has been partisan and politically motivated.



Chuck Kennedy/KRT

U.S. Attorney General Alberto Gonzales testifies before the Senate Judiciary Committee on Capitol Hill in Washington, February 6, 2006. Gonzales defended the Bush administration's domestic eavesdropping program as an indispensable tool to protect the country from terrorism.

the road of saying yes or no as to what the president has or has not authorized," Gonzales said in response to a typical question from Sen. Dianne Feinstein, D-Calif.

"My honest view is that this program is much bigger and much broader than you want people to know," Feinstein said at one point.

Gonzales protested, saying, that administration officials had briefed the so-called Gang of Eight: the bipartisan leadership of the House of Representatives and Senate and the Republican chairmen and top Democrats of the House and Senate intelligence committees. He said none of the eight had suggested changing the law to accommodate the operation.

Later, Feinstein said she'd seek a change in the law so that it requires the executive branch to notify all members of the intelligence committees.

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Senators dogged Gonzales with questions about the program's scope, including whether information on innocent U.S. citizens or residents is being discarded.

"I can't talk about specifics about it, but information is collected, information is retained and information is disseminated in a way to protect the privacy interests of all Americans," he said in response to Sen. Herb Kohl, D-Wis.

Gonzales refused to answer questions about the program's scope, including how many wiretaps have been undertaken, how many people have been affected, what triggers a wiretap and what happens to the data.

When Sen. Charles Schumer, D-N.Y., asked whether the president's power gave him authority to eavesdrop on political enemies, Gonzales replied: "We're not going to do that. That's not going to happen." ■

30 killed in rampage over Muhammad cartoons

Muslims are continuing to protest the caricatures that were first published in a Danish newspaper.

By Nada Raad and Hannah Allam
Knight Ridder Newspapers

BEIRUT, Lebanon — A Muslim protest over caricatures of the Prophet Muhammad turned into a rampage that injured at least 30 people in Beirut on Sunday, as outrage over the drawings spread across continents and widened the rift between Islam and the West.

Protesters in the Lebanese capital torched the Danish embassy, clashed with police and stoned a church — the most violent reaction yet to 12 cartoons lampooning the prophet that first appeared in a Danish newspaper and were reprinted in other media this month. Muslims in several cities throughout the

Middle East and Europe have stormed foreign embassies, burned Danish flags, staged massive demonstrations and launched a boycott that's costing Danish firms an estimated \$2 million a day.

The fierce reaction to the cartoons reflects not just anger over Europeans poking fun at the revered prophet, but years of pent-up fury by Muslims who feel alienated in the West and oppressed in their home countries, according to Muslims in several nations.

In Iraq, Syria, Lebanon, Afghanistan and the Palestinian territories, the timing and subject matter of the cartoons were just enough to push already volatile populations over the edge.

"There's a widespread feeling of humiliation," said Abdul Sattar Kassem, a specialist in Islamic Studies at a

university in Palestinian City of Nablus, where gunmen briefly kidnapped a German in protest of the cartoons. "People think they have been targeted by the West for more than 100 years. The West created Israel and has supported the dictators of the Arab regimes. They have robbed the wealth of the Arabs. That's what people think. That's why they react."

Islam's strict ban on idolatry prohibits any representation of Muhammad or other religious figures. Muslims were outraged not only by Danish cartoonists giving a face to the prophet, but also by the depiction of him as a terrorist. One of the sketches showed the prophet wearing a bomb-shaped turban.

"People were reacting not only to the Danish newspaper drawings, there is something inside the people," said Marwan Kaban, a political science professor at Damascus University in Syria. "They tried to express their anger against something else — Western

double standards in dealing with democracy, the economic situation — and they took it out on the embassies in Damascus."

In several cases, gatherings that began as protests against the cartoons instead exposed an accumulation of Muslim anger over the U.S.-led war in Iraq; the Israeli-Palestinian conflict; the racial profiling of Muslims in the war on terror and the simmering sectarian tensions found in Iraq, Lebanon and other restive states.

In Damascus, Syrians burned a building that houses the Danish, Swedish and Chilean embassies after receiving text messages calling on them to defend their prophet. The crowds were stopped en route to the French embassy.

The violence in Beirut started when thousands of Muslims gathered near the Danish embassy, which is located in the Christian area of Ashrafieh. A small

group of demonstrators pushed through cordons and set fire to the embassy, overturned cars and broke the windows of a Maronite Catholic church. Lebanese forces used tear gas and water cannons to beat back the crowds.

The event quickly took on ugly sectarian undertones in a capital still scarred by Lebanon's bloody, 15-year civil war. Unknown Christian militants sent text messages to cell phones that read, "Launch the Christian nation of Lebanon. It is never going to end unless you prepare your weapons."

The Lebanese government called an emergency cabinet meeting Sunday night, while both Shiite and Sunni Muslim leaders condemned the violence. Senior Shiite cleric Mohammed Hussein Fadlallah issued a religious order banning flag burnings and attacks on embassies, and urged Muslims to show their outrage by joining the boycott of Danish exports. ■

Bin Laden deputy proven alive

By Hannah Allam
Knight Ridder Newspapers

CAIRO, Egypt — Al-Qaida's No. 2 leader, Ayman al-Zawahiri, threatened new attacks against the United States and said Americans should beware of a government "shedding your blood and wasting your money" in the war on terror, according to a video message aired Monday.

The message, part rallying cry for the Islamic world and part warning to the West, was the third al-Qaida message broadcast within a month. Intelligence analysts have said that the flurry of tapes could signal an impending attack but also could be a new propaganda campaign aimed not only at Muslim audiences, but also at Americans.

The tape, broadcast on Al-Jazeera television 11 days after a similar audio message from al-Qaida chief Osama bin Laden, provided the first visual proof that al-Zawahiri survived a U.S. airstrike on Jan. 13 that targeted him in eastern Pakistan. The attack killed 13 villagers and touched off several days of angry protests. U.S. intelligence officers believe four al-Qaida leaders also died in the strike.

Mohamed Salah, the Cairo bureau chief for the Arabic-language al-Hayat newspaper, said the speed of al-Zawahiri's response — not the message — was most surprising. He said the tape is evidence that, even from a remote hiding place, al-Zawahiri is up-to-date on current issues.

"Ayman Zawahiri is telling us he's in a location where he can follow the news, that he knows what the Americans are doing and that they can't catch him," Salah said.

At one point, al-Zawahiri appealed directly to the mothers of British and American troops, telling them to remember President Bush and British Prime Minister Tony Blair if their sons come home injured or dead.

"Your leaders responded to the initiative of Sheik Osama, may God protect him, by saying they don't negotiate with terrorists and that they are winning the war on terror," al-Zawahiri said in an angry voice. "I tell them: You liars, greedy warmongers, who is pulling out of Iraq and Afghanistan? Us or you?"

"In seeking to kill my humble self and four of my brothers, the whole world has discovered the extent of America's lies and failures, and the extent of its savagery in fighting Islam and Muslims," said al-Zawahiri, who appears alone in the video wearing a white robe and turban.

Salah interviewed al-Zawahiri by fax in 1993 and has tracked his public statements for more than a decade. Through the year, Salah said, the Egyptian-born doctor has transformed himself from an angry extremist guerrilla to a more statesman-like and increasingly media-savvy leader.

"He's changed a lot and so has his audience," Salah said. "In this tape, he's talking to Americans, trying to persuade Americans that the danger lies in the U.S. leadership, not in al-Qaida." ■

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E-mail: jrockwood@vcu.edu

Comics and Crosswords

MYSTIC STARS

Weekly Horoscope For February 6-12

BY LASHA SENIUK
Knight Ridder/Tribune News Service

ARIES (March 21-April 20) Past romantic triangles or social disruptions may briefly reoccur this week. Use this time to thoroughly address outdated emotions or repeated doubts. Before Thursday, many Aries natives will challenge negative attitudes and bring clarity to stalled relationships: remain attentive and expect intimate discussions to be productive. Friday through Sunday, past debts may prove bothersome. Carefully finalize all paperwork: legal decisions may soon be announced.

TAURUS (April 21-May 20) This week, joint business ventures will bring positive gains. Over the next four days, expect key officials to redefine important workplace roles. Accept all new assignments with cheerful optimism: public reputation, social skills and long-term business goals may soon be re-evaluated. Wednesday through Saturday, a close friend may plan a unique family or group celebration. Unusual social requests may now cause tension: if possible, avoid complex romantic triangles.

GEMINI (May 21-June 21) Unfulfilled workplace promises or past flirtations may need to be redefined this week. Before Thursday, expect a close friend to ask for special consideration or push for bold statements of affection. Private discussions or hidden agendas will no longer strain vital relationships: stay focused and expect new challenges in the weeks to come. Friday through Sunday, a powerful wave of romantic awareness arrives. Remain alert: long-term friends may ask probing questions.

CANCER (June 22-July 22) Minor disputes between friends or older relatives will be steadily resolved this week. Firmly held opinions and fast social judgments may soon seem irrelevant: let all fade and expect new agreements to provide strong direction. Later this week, a close friend or relative may announce an unexpected job change or plan for relocation. Provide encouragement: before mid-March, new business information or last minute legal permissions will delay controversial financial decisions.

LEO (July 23-Aug. 22) Over the next six days, physical and emotional energy may be low. Use this time to contemplate career decisions or plan new social alliances. After Thursday, quiet gatherings or private home events provide distraction: pamper the body and watch for a powerful wave of romantic interest or business ambition to soon arrive. Friday through Sunday, an older friend or relative may ask for special financial advice. Remain cheerfully detached, if possible: cautious optimism is best.

VIRGO (Aug. 23-Sept. 22) This week, recently derailed relationships may be quickly re-established. Monday through Wednesday, watch for a long-term friend or lover to publicly discuss their hidden doubts or private anxieties. Remain attentive to subtle comments: family rejection or social isolation may be more important than anticipated. Later this week, a business official may challenge trusted workplace methods. If so, avoid group discussions: yesterday's power struggles may soon reoccur.

LIBRA (Sept. 23-Oct. 23) Ask probing questions this week and expect honest answers. After Tuesday, loved ones will be strongly motivated to discuss future plans or re-evaluate long-term goals. Startling revelations may also be accented: pay close attention to changing loyalties and rare family information. Thursday through Saturday, workplace officials may be moody or unresponsive. Don't confront: your sensitivity concerning past mistakes and outdated business practices will be appreciated.

SCORPIO (Oct. 24-Nov. 22) Romantic partners will this week be captivated with nostalgic thoughts, outdated activities and old memories. Indulge contemplation and remain quietly cheerful: at present, loved ones may need to revisit yesterday's mistakes before moving forward. After Wednesday, key officials may announce a complex business plan. Renewed creativity and shared team efforts will soon be demanded. Don't hesitate; valuable opportunities and new employment options are available.

SAGITTARIUS (Nov. 23-Dec. 21) Cancelled work projects and new co-workers may require extra diplomacy over the next six days. Remain flexible and expect authority figures to avoid direct questions or provide misleading instructions. Business progress will be slow: stay dedicated to established rules and wait for clarity. Late Saturday, a close friend may wish to discuss a recent romantic disappointment. Advocate decisive action: confidence and bold statements of affection will soon be rewarded.

CAPRICORN (Dec. 22-Jan. 20) Past hobbies and predictable family activities will bring a calming influence to strained relationships this week. Monday through Thursday, enjoy quiet moments with loved ones and expect gentle discussions to build confidence and renew intimacy. Later this week, a friend may request advice concerning a difficult social triangle. Remain cautious: in the coming weeks low self-esteem, strong opinions or mistaken information between friends may trigger unexpected jealousies.

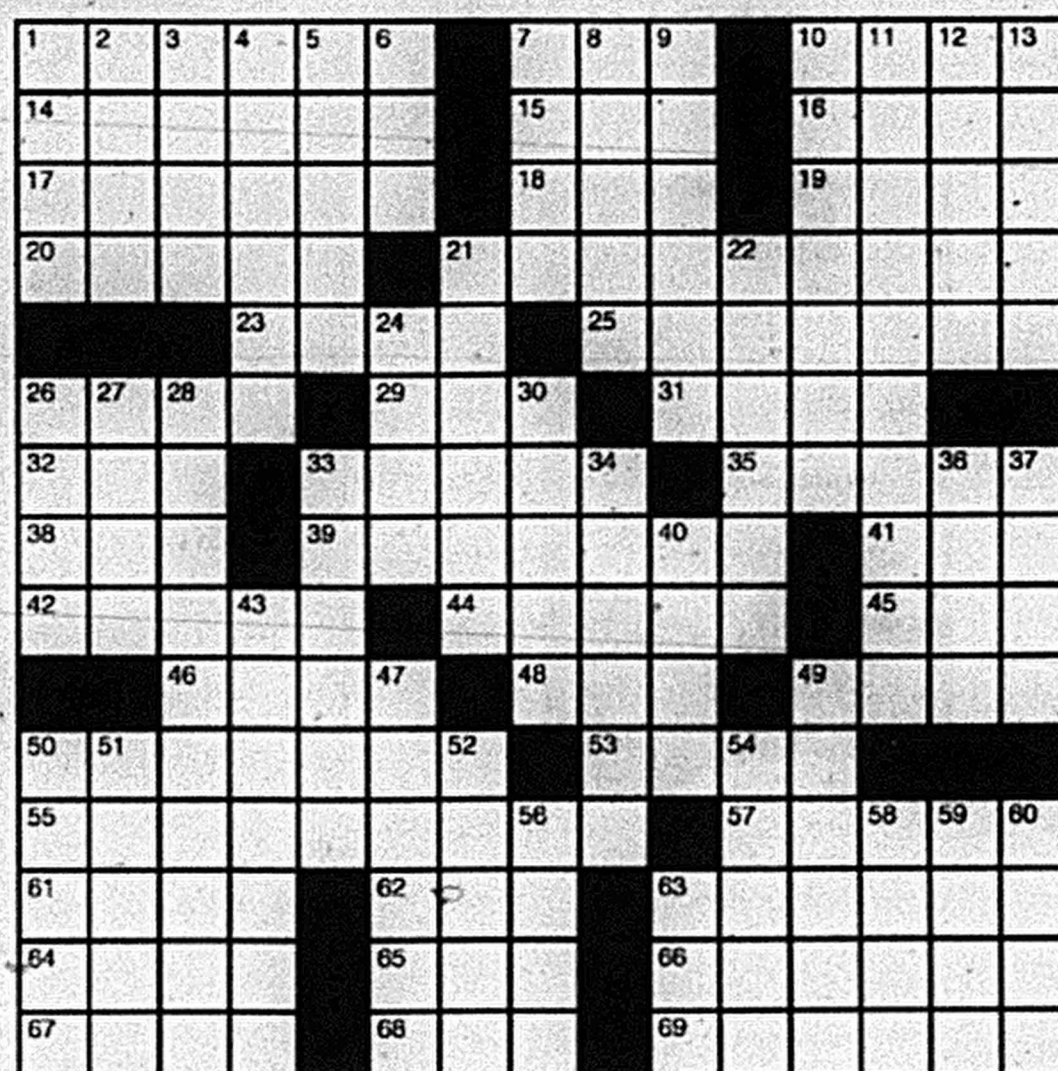
AQUARIUS (Jan. 21-Feb. 19) Allow friends and lovers to set their own pace this week. Over the next six days, loved ones may need to imprint their personal style, social identity or group ideals on close relationships. No serious or lasting affects are likely, so not to worry. Do, however, challenge outdated opinions or unproductive habits: your insights will be welcomed. After Friday, financial records and spending habits may briefly strain family relations. Be flexible: empathy will bring the desired results.

PISCES (Feb. 20-March 20) Romantic promises and renewed sensuality are now a top priority. After mid-week, expect long-term relationships to experience new levels of intimacy and social harmony. Single Pisceans may this week explore a new romantic interest. If so, remain open to controversial proposals: older lovers, exotic locations and distant travel may all be on the agenda. Friday through Sunday, family finances, home renovations or new spending require detailed discussion. Stay focused.

If your birthday is this week: Much of 2006 will bring increasing intimacy in close relationships and new opportunities for emotional security in the home. Over the next three months, loved ones will opt to leave outdated obligations in the past. Areas affected may involve strained relations with older authority figures, socially draining friendships or unproductive family patterns. After May 7, watch also for a powerful wave of new confidence and social interest to arrive. Friends, lovers and close colleagues may issue unique group invitations or actively seek your approval. Throughout the summer months financial and property agreements may prove mildly annoying. Pay special attention to revised documents or complex contracts. Stay alert: before Sept. 18, hidden errors could easily derail important business ventures.

Crossword

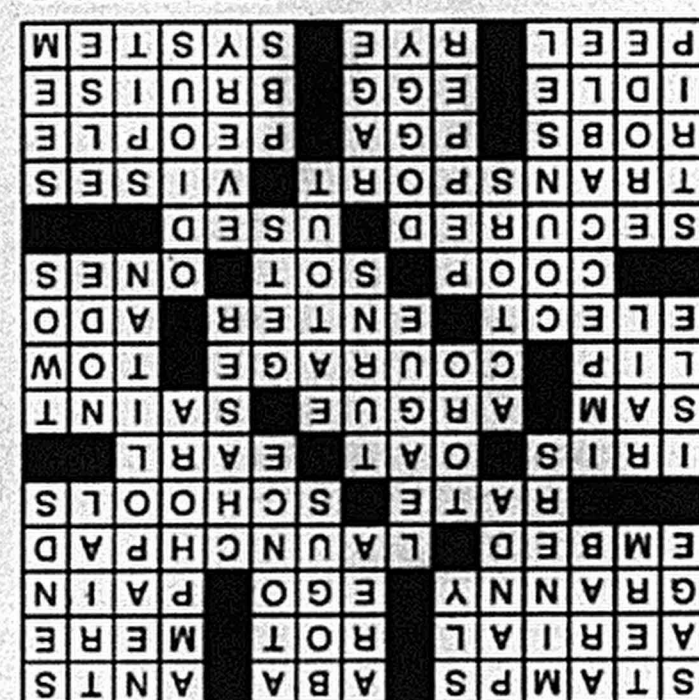
- ACROSS**
- Philatelist's collection
 - Lawyers' org.
 - Picnic pests
 - Radio antenna
 - Deteriorate
 - Slight
 - Mommy's mommy
 - Oneself
 - Tylenol's target
 - Implant
 - Rocket platform
 - Going price
 - Educates
 - Showy flower
 - Cereal grain
 - English noble
 - Neill or Nunn
 - Thrash out
 - Catholic honoree
 - Kind of service or gloss
 - Bravery
 - AAA service
 - Put in office
 - Go in
 - "Much About Nothing"
 - Henhouse
 - Boozier
 - Smallest bills
 - Got hold of
 - Exploited
 - Move from here to there
 - Workshop implements
 - Rips off
 - Org. of Player and Woods
 - Celeb magazine
 - At rest
 - Batter ingredient
 - Injury showing discoloration
 - Outer banana
 - Kind of whiskey
 - Word after buddy or solar
- DOWN**
- Wise person
 - Period in office
 - Part of U.A.R.
 - Colliers
 - Bamboo-eating animal
 - Foxy
 - Geographical region
 - False
 - Immediately if not sooner
 - Two-handed jar
 - Three-flavored ice cream
 - Court case
 - E-mails
 - Alliance
 - Pursuer
 - Matador's adversary
 - Cay or key
 - Horizontal barrier
 - Without flaws
 - Rotates
 - Tragedians
 - Lunch al fresco?
 - Protuberance
 - "Terrible" years
 - Catches on to
 - Guidance



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2/10/06

Solutions



- Granular seasoning
- Hateful
- Take off
- Undermine
- Small pooch
- so often
- Latest popular thing
- Barbecue stick
- Besides
- Appear to be
- "Masterpiece Theatre" network



2-3

"What areas of study do you feel CNU should hire new professors for?"

By Ian Sass-Basedow and Hillary MacSwain



"A lot more film studies classes; they don't offer that many."
- Brian Groh, junior



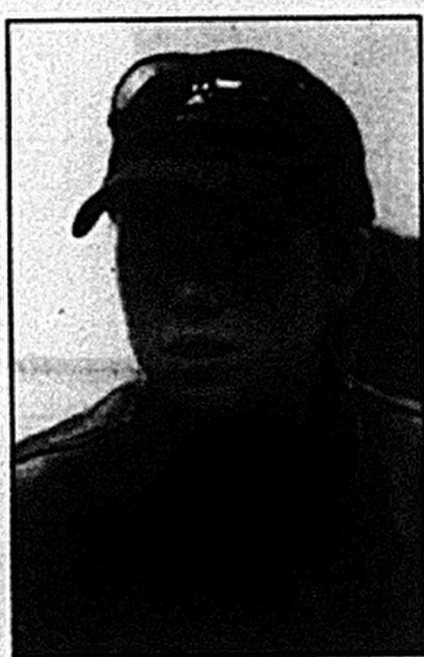
"Recreational classes. A lot of the fun stuff you have to be a major or something for...we should have weightlifting or bowling."
- Sean McDaniel, senior



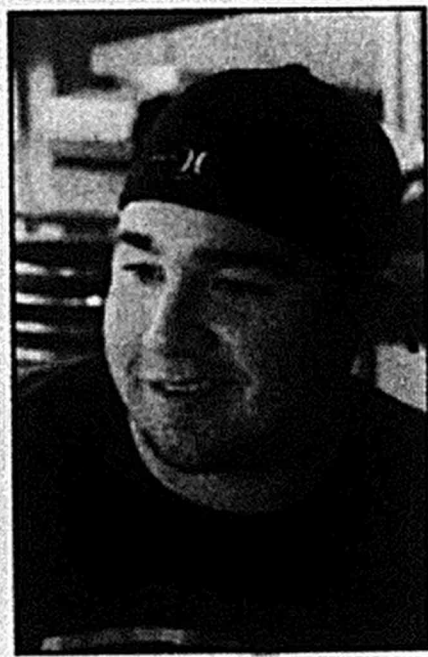
"African-American history would be great."
- Natasha Noel, senior



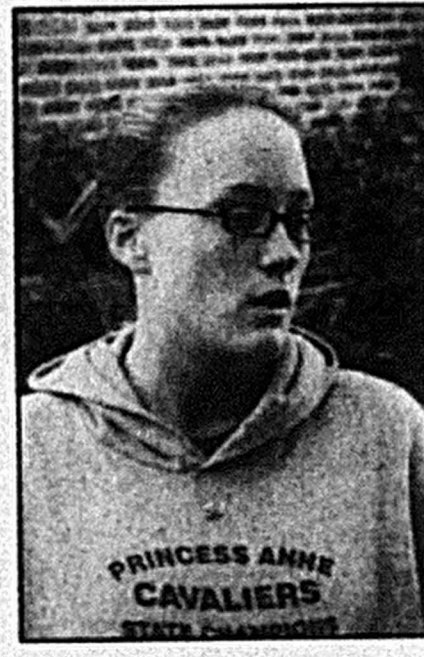
"More foreign languages would be good. I'd really like to learn Japanese."
- Andrew Sakach, freshman



"Phys.-Ed classes."
- Tracy Cabiroy, senior



"Upper-level business classes for the summer would help me out."
- Gwaltney Noel, senior



"More health classes to prepare people for medical school."
- Casey Ellis, freshman

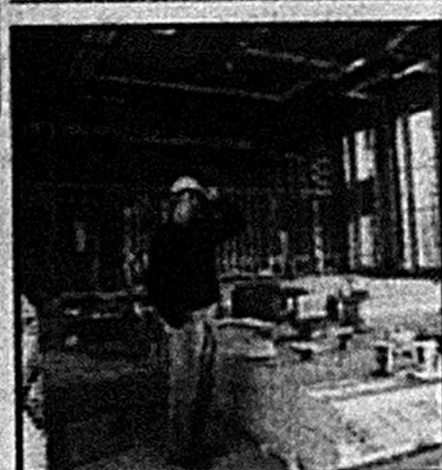


"We need better business professors. The Foreign Language Department could use a lot of help too."
- Gabe Robleto, sophomore

The Captain's Log

Check
us out
Online

November 16, 2005 | Issue 11



Students tour
construction site
all

On Nov. 4, members of the Student Union Board, as well as the Student Activities Kim Reedel, and the new Student Union Board, visited the new Student Union building. The Student Union, which will replace the current Student Union, according to CNU, will be a 100,000 sq. ft. building, will likely be completed in 2006.

Farcoog ready for SGA changes

On Thursday morning, Student Government Association President...

<http://users.cnu.edu/captainslog>

St. Stephen's Episcopal Church

You know us, we're the church Henry the VIII started after he told the Pope to pack sand.



FREE PICKUP;

Actually we don't have a courtesy shuttle, but we are just a short walk away.

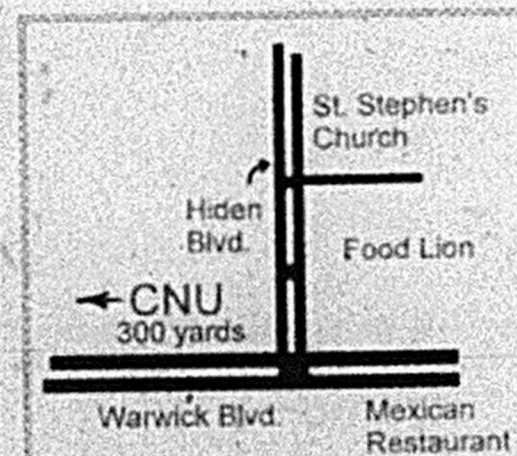
FREE BEER;

Actually, there's no beer, but we do have a "little" bread and wine at most services.

OK, so you're off at college and you haven't seen the inside of a church since you left home!

HERE'S THE DEAL

Join us for church and we'll take a polaroid of you with Father Scott and send it to your parents as proof that "at least once" you actually went to church while you were off at school.



We have three services on Sunday, 8AM, 10:30AM, & 5PM. Our 5PM service is lightly attended and is a good choice for those of you who wake up at the crack of noon and want to be "in & out" in less than an hour. For more information call us at 595-5521. AND HAVE A GREAT SCHOOL YEAR!

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The Captain's Log

VDAY 2006

INSIDE! He exists! The man who likes Valentine's Day •

• Think about it: a gift guide from her perspective •

• Flowers, cards, dinner — got it covered •

• Your ideal Valentine's Day •

• Valentines from you •

Romantic Dinners

Bravo! Cucina Italiana

Located in the Virginia Beach Town Center, Bravo! Cucina Italiana brings authentic Italian cuisine to the tidewater area. An affordable menu allows you to sample a number of different dishes without breaking the bank. The tasteful Italian decorations and friendly staff just add to the Bravo! experience.
Cuisine: Italian
Price Range: \$10.95-20.95
Dress: Casual
Overall Rating: 4 out of 5 stars
Location: 193 Central Park Avenue, Virginia Beach
Phone: (757) 416-6000
www.bravoitalian.com

Ruth's Chris Steakhouse

The best beef on this side of the Mississippi, Ruth's Chris offers hand-cut, USDA Choice steaks that melt in your mouth. Also in the Virginia Beach Town Center, Ruth's Chris is a gourmet steakhouse at an equally gourmet price. Their Valentine's Day Special includes an appetizer, salad, entrée and desert at \$90 a couple. Now, this may seem like a lot — however, dining at Ruth's Chris on any other night would cost a minimum of \$60 a person, so this is quite a deal. Reservations are a must, so call in advance to enjoy a night of delightful steak and seafood.
Cuisine: Steak & Seafood
Price Range: \$60+
Dress: Semi-Formal
Overall Rating: 5 out of 5 stars
Location: 205 Central Park Avenue, Virginia Beach
Phone: (757) 213-0747
www.ruthschris.com

The Melting Pot

One of my favorite restaurants! What's more romantic than dipping strawberries into a big pot of chocolate with your valentine? Although it's a little on the pricey side, the food and service is well worth it. Make sure you make reservations ASAP — the place fills up fast! They do have a pre-set, four-course menu on Valentine's Day, which includes a choice of appetizer, salad, entrée and desert. They also start you off with a glass of champagne and chocolate-covered strawberries!
Cuisine: Fondue
Price Range: \$64.95 per person (Valentine's Special)
Dress: Semi-Formal (no jeans, please!)
Overall Rating: 5 out of 5 stars
Location: 1564 Laskin Road, Virginia Beach
Phone: (757) 425-3463
www.themeltingpot.com

Café Europa

Boasting fresh, made-to-order cuisine, Café Europa is the perfect end to a romantic Valentine's Day. Offering veal, beef, fish, seafood, chicken, pasta and more, Café Europa serves up a delightful entrée that is sure to satisfy any craving you might have. An affordable menu also adds to an amazing dining experience.
Cuisine: French-Italian
Price Range: \$16-18
Dress: Semi-Formal
Overall Rating: 4 out of 5 stars
Location: 319 High St, Portsmouth, VA
Phone: (757) 399-6652
No website

Alexander's On the Bay

Gorgeous location, right on the waterfront and known for its outstanding view of the Chesapeake Bay. Valet parking offered and reservations are recommended. Mainly offers seafood, however also serves beef, chicken, veal and pork.
Cuisine: Seafood
Price range: \$20-35 (market price items may cost more)
Dress: Semi-Formal/Formal
Overall Rating: 4 out of 5 stars
Location: 4536 Ocean View Ave, Virginia Beach
Phone: (757) 464-4999
www.alexandersonthebay.com

Mahi Mahi's

Located under the Ramada Inn on the Oceanfront in Virginia Beach. Beautiful setting, right on the water. Great wine selection, full bar. Both food and service are equally delightful. Also offers a full sushi saloon that serves sushi by the piece. Reservations recommended.
Cuisine: Seafood & Sushi
Price Range: \$9-30
Dress: Semi-Casual
Overall Rating: 4 out of 5 stars
Location: 100 7th Street, Virginia Beach
Phone: (757) 437-8030
www.mahimahis.com

Valentine's

He Says: Embrace Valentine's Day

By PAUL FROMMELT
Sports Editor

Beginning in middle school (when girls ditch the cooties and grow breasts and guys ditch the cartoons and start paying attention to breasts), Valentine's Day becomes a pivotal part of the awkward dance of dating.

It's a day when men and women show extra affection to their significant other. It's also a day that everyone (especially us guys) complains about.

During my time in college, I have heard three predominant phrases that guys say about Valentine's Day that bug the bejesus out of me:

1). "I hate Valentine's Day. I have to walk to class and watch all these sickening couples hold hands and kiss each other. I don't have a girl, and I'm happy about it. I don't have to take part in this 'holiday' invented by card companies."

2). "I hate Valentine's Day. I have to spend so much money on my chick, and it stinks. I'd rather spend my money on beer or extra copies of the 'Boondock Saints' DVD."

3). "I love Valentine's Day. I'm gonna score like I did on prom night."

Without fail, I am subjected to these depressing statements every Val-

entine's Day. You see, I like Valentine's Day.

Sure, I have to spend a little money on gifts and a nice night out, but what's wrong with spending some money on the girl that puts up with me for the rest of the 364 days of the year? I'm not counting the days on my February calendar, but I usually have a damn good time when the 14th rolls around.

For all you lonely hearts out there, I've spent my fair share of Valentine's Days alone. But during those years, Valentine's Day didn't bug me in the least. I'd look at those couples in love and, with a tear in my eye, I would say, "God bless you and your young love."

The fact that I didn't have a girlfriend wasn't going to make me a surly old man, waving my cane in the air with spite. I'm not Jewish, but this doesn't make me hate Hanukkah. Bad example, but you catch my drift.

That's why I hate to hear single men loudly proclaim their disgust with Valentine's Day. They might as well be saying, "Oh vengeful God, why hast thou forsaken me? Why won't anybody love me?" Dude, calm down. Let those crazy kids in love enjoy themselves. If you wanna sulk, do it in private.

If you're a single guy next Tuesday, just roll with the punches. It may seem like the couples are throwing their happiness in your face, but trust me,

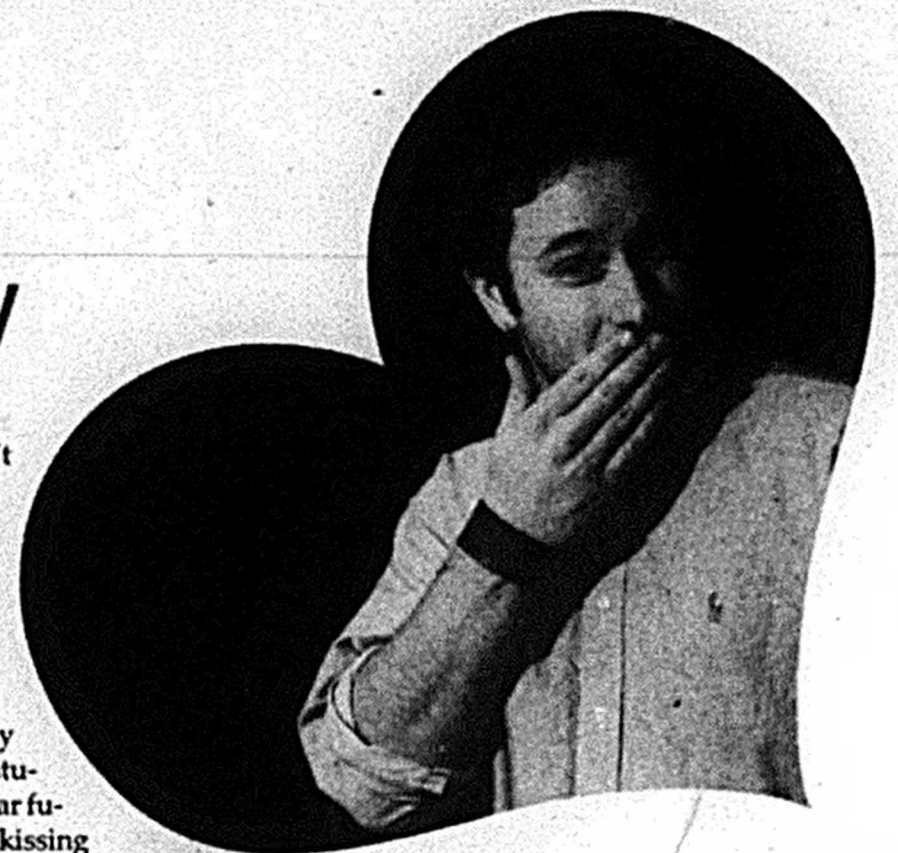
they aren't smooching for your benefit.

Take solace in the fact that the guy will probably say something stupid in the near future and the kissing with turn into fighting. While that boyfriend's in the doghouse, you, Mr. Unattached, will have the last laugh... right up until the "makeup."

That doesn't mean that guys in relationships don't annoy me on Valentine's Day. Yes, I know you are a college student with no money. I know that you don't wanna wear a tie and go to dinner.

But you have a girlfriend, and it will make her happy. Throw down a twenty on some flowers at the very least.

Look at it this way; if you're that concerned about spending money on your girlfriend, this may be your last chance to celebrate Valentine's Day, because I'm sure that she's not going to stick around and date your cheap butt. I know you love Alexander Hamilton nestled in your wallet. But as the old ad-



age goes, "If you love something, let it go."

And if you really are broke, rent a chick flick, light some candles and, for God's sake, don't complain about how much the rental cost you.

This leads me to my last point. If it takes a national holiday for you to "score," and you feel the need to tell everyone about it, please use protection — I really don't want you procreating.

In my opinion, Valentine's Day is a great holiday. I'm lucky to have someone to put up with me, expanding belly and all. It's at least one day a year when I can tell my girlfriend that.

And for the guys without a girlfriend, let the couples have their day. Grab a movie like "Say Anything," "True Romance" or "Casablanca" and toast to Valentine's Day. Odds are that you'll be celebrating it in the future. ■

Cards and Flowers

Becky's Hallmark Shop
120 Arthur Way,
Newport News, VA 23602
(757) 886-9688

Britt's Florist
2901 Chestnut Ave
(757) 247-0407
Newport News, VA 23607

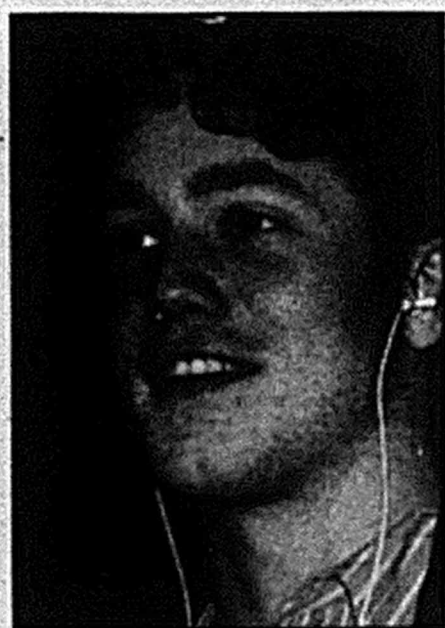
Begor's Florist
10406 Warwick Blvd
(757) 595-1136
Newport News, VA 23601

Book'n Card
Hiddenwood Shopping Centre,
Newport News, VA 23601
(757) 596-4744

Mary's Florist Shoppe
7900 Marshall Ave
(757) 826-8860
Newport News, VA 23605

Pamela Pollard's Flowers & Gifts
10510 Warwick Blvd
(757) 599-5995
Newport News, VA 23601

Man on the Street: What is

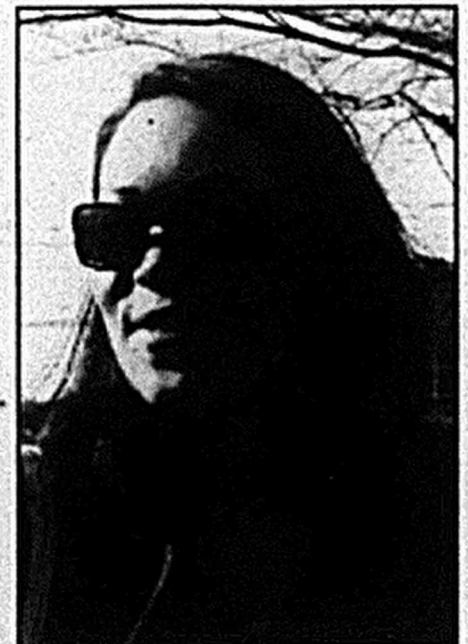


"Valentine's shouldn't even be a day. It shouldn't be any one day of the year that you celebrate."

Andrew LaPrade
Junior

"Have a candlelit dinner with soft music."

Kimberly Gilpin
Freshman



"A day out of the ordinary. I like going places we don't normally go, preferably outside."

April Le
Freshman

e's Day

2006

She Says: Thoughtful gifts go a long way

By LAUREN MUDD
Contributing Writer

Well gentlemen, the day to test the dormant romancer within each of you is fast approaching. Every year, trusty Wal-Mart offers bouquets of carnations, heart-shaped boxes of chocolates, and for the splurgers, small bears ornamented with large bows. And every year we hug you for your efforts with our infallible smiles, and we gush that you didn't really have to, and aww, we weren't expecting anything.

Gentlemen, we know you are not that gullible. Silently we thank each of you for never asking why our bear is shoved in the back of the closet — bow missing — or why the trash can is topped with half-eaten funk-filled chocolates. And you obviously know that of course we expect something on Valentine's Day that will sum up all of the mushy thoughts you are too manly to confess daily.

We are not led astray from the fact that, although your rush to Wal-Mart after class is well-meant, the carnations and chocolates and the bear are still from Wal-Mart.

Honestly, Wal-Mart does not quite convey the romance we pray for. So, to ensure you all a genuine kiss of gratitude, here is a revamped version of the traditional Valentine's Day gift options.

Personally, Valentine's Day has never been a major holiday in my consideration. Gifts are always great, but time spent with that special someone is priceless. For those who wish to show their valentine they care through actions instead of items, a day of planned events serves the purpose sweetly.

If either you or your date lack the time to traipse about town, however, there are more sentimental and personalized gifts than the average bouquet or chocolate box. Regardless of your gift preference, I recommend that you mix and match as you please.

There are many places you can take your significant other that are affordable and not as monotonous as the average dinner and a movie. For example, the SPCA, just around the corner from CNU on J. Clyde Morris Blvd., is a cheap gift of getting out of the house and checking out some exotic animals right in your backyard. The SPCA

is open from 10 a.m. to 5 p.m. Monday through Friday, and from 10 a.m. to 4:30 p.m. on Saturday. Admission is only \$3 a piece.

If you would like to go the animal route but take it up a notch, bring your date to the Virginia Living Museum, also located off J. Clyde. Tickets for the museum only are \$11 each, tickets for the planetarium only are \$3 each, and if you want to get really snazzy, tickets for both are \$13.

The Living Museum offers an outdoor boardwalk that allows visitors to experience the natural habitat of Virginia wildlife. If you want to promise your valentine the stars, the planetarium is open Monday through Saturday from 9 a.m. to 5 p.m., and from noon to 5 p.m. on Sundays. The planetarium also offers "Deep Impact," a presentation on the night sky and comets.

On the chance your date is allergic to animals, take a walk in the park instead. The Newport News Park is one of the many to be found in Newport News and provides the perfect opportunity to hold hands and frolic.

Depending on the weather, the Newport News Park offers boating, hiking trails and picnic shelters. Regardless of whether or not you choose to present your picnic in one of the shelters or romantically on the ground, bring a blanket. Blankets are a must when picnicking and make a great excuse to snuggle.

Now that we're on the topic of food, restaurants are not your only option. If you decide to take your date to a park, then a picnic is your obvious choice.

Try to limit your basket to finger-foods only. Everyone loves an excuse to eat with their hands, and to even feed each other. Stick to cheese chunks, deli meats, fruits, vegetables, crackers, cookies, maybe some steamed shrimp, and whatever you like to snack on. For the underagers, bring a bottle of sparkling cider so you can appear debonair and classy.

If the weather is poor and you are still keen on proving your kitchen skills to your Valentine, a candlelit dinner turns any old Joe into an instant Rico Suave. And if you truly lack all or any kitchen skills, spaghetti is always an easy, cheap and guaranteed edible meal; spaghetti can also be a cute meal if you strategically turn on "The Lady and the Tramp" to a particular scene.

While dinner is sweet, dessert is even sweeter, especially homemade dessert. The time-honored batch of cookies, brownies or cupcakes will

always seal the deal for that coveted kiss, and I promise you she will love it even more if you bake it yourself.

On the off chance she is not into baked goods, I strongly suggest an alternative of chocolate-covered strawberries or cherries.

The recipe is quick and easy, and your fruit can either be used as a gift alone, or you can choose to make the treat with your date, which could result in some chocolate face painting.

Melt 16 ounces of milk or semi-sweet chocolate chips with two tablespoons of shortening, stirring occasionally until smooth. Then simply dip strawberries or cherries into the chocolate and let cool on a piece of wax paper.

For the traditional, chocolate-and-flowers man, Mary's Florist Shoppe and The Belgian Chocolatier and Beanery beat Wal-Mart any day. Mary's Florist Shoppe, located at 79th and Marshall Ave., just off Mercury Boulevard, makes up for the slight drive with the cheapest floral arrangements.

While a dozen roses at other florists cost on average \$60, Mary's offers arrangements beginning at \$25, and a dozen long-stemmed roses, packaged and ready for pick-up for only \$35. For more information or to place an order, call Mary's at (757) 826-8860.

Although a bouquet of roses is the most expected and most received gift, I want to emphasize that it is neither the rose nor the number of roses you give that matters, but the thought.

So instead of a bunch of roses, switch it up and buy a few different flowers, such as lilies, daffodils, tulips, orchids or sunflowers. Or perhaps buy a single rose and offer it to your valentine over the dinner you made, or before you take her to the observatory. A single rose can go a long way when paired with a date out.

As far as chocolate is concerned, a visit to The Belgian Chocolatier and Beanery (recently opened in the new City Center at Oyster Point) can save you from wasting your money on chocolates we won't eat. For \$30 you can hand pick a pound, or roughly thirty pieces, of different chocolates.



Buyers are not limited to the pound for \$30 deal, and are able to pick and choose however many you want. To get an idea of the types of chocolate the shop offers, go to www.hotshotzchocolate.com, but as they get new and different stocks each week, some of the posted chocolates may not be available. For more information or to place an order, call (757) 272-1125.

Now, for the gentlemen who wish to buy their ladies these flower and chocolate gifts and want to add some style to the actual gift-giving process, send your woman on a scavenger hunt. Scavenger hunts are a great way to show that you've put effort into something for your valentine and are always fun for the scavenger.

So if you live on campus, send your valentine on a hunt throughout her dorm with notes on where to find the next clue. Have the hunt end in either your room or hers where you can wait to shower her with gifts.

Regardless of whether you take your date out to dinner or to a park, or whether you give her a bouquet or a single rose, know that we will appreciate your effort all the more if you actually exert some.

Dates and gifts don't always have to be expensive: take her out to get some ice cream from Cold Stone, pick her up some lotion at Bath and Body Works and offer to give her a massage, or take her to Barnes and Noble, where you can grab a cup of coffee and read the karma sutra books on sale together.

would be your ideal Valentine's Day?



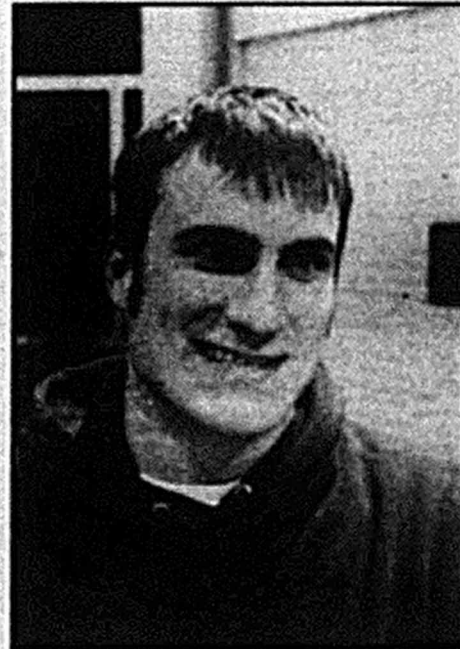
"Getting something original — write a song, make a dinner."

Lesley Harden
Freshman



"A nice homemade dinner. And just watching movies, not sappy ones. Except 'Serendipity.' John Cusack is a good Valentine's actor guy."

Jake Hull
Junior



"I would spend the day in bed with my girlfriend. And listen to Bryan Adams. The key to a good Valentine's Day is nudity."

Spencer Horner
Sophomore



"It's my birthday, so my ultimate would be a big party with my friends, my valentine and my family."

Melissa Sanzi
Sophomore

Published PDA

Konnie:
Thanks for
being my bride.

— Gary

Happy Birthday
Happy!! Plus

Happy
Valentine's
Day!! Love ya-
Ash pash

In the eternal
words of Lloyd
Dobler. Dear
Rachel, I'll
always be there
for you. All
the love in my
heart,
— Paul

To Amber-
in-Chief,
You rock my
newspaper.
— Pepper

Dear Phil,
You is da bomb
wit da honeys.
— Ian

Colleen Miller:
I love you
baby—you've
always been
my girl.
— Eric Lugg

Mark:
Seeing you is
the best part
of my day. No
matter what.
I love you. —
Ryan

Mara Polach,
Brittany Crockett,
Jamie Atkinson
and the STG boys:
You guys mean
the world to
me! Happy
Valentine's Day!
Love, Megan
Reed.

Curtis
Davidson,
Admissions:
Have a great
Day! You are
the best!—
Stacy Davidson

Nikida Haley:
You rock the
house like
no other.
Sending you
Sarah love
— Sarah Nebel

Mallory: Happy
Valentine's Day.
I love you.
— Chris

Will:
I just
remembered
how much I like
you. Go figure.
— Amber

Maggie
Schramkoski:
I la la love
you. Still your
French maid,
Sarah H.

SDK: I look
to my Eskimo
friend. I love
you. — AFL

Paul:
You're nothing
if not
everything
to us.
— Rachel,
Susan and
Nancy

Happy
Valentine's Day
Mitch!

Amber: You
make me
feel like I
have never
felt before.
I love you.
— Sean K.

Ian:
I like you even
when you're
drunk.
— Chief

Nick:
Happy V-Day,
honey. I think
you're easy. Ha!
— A.

Ryan:
We've made
Madison an
orphanage,
Henry a bridge,
the night sky
a blanket and
this flat town
a home. New
shoes and
Tuesday nights.
I love you.
— Mark

Amber, 2 things
that I'm grateful
for: that you are
my girlfriend and
you have a car. —
Nick

Megan Miles:
Happy
Valentine's Day!
I love you so
much. Love,
your favorite
"Big Sis"
— Ashley Miles

Mark, Diddy, Ambers, Will, Ash,
Brian, Jamaal and Phil:

My wonderful, brilliant, creative, hardworking, hilarious e-board.

You showed me what it meant to really be a part of something.

I love you all. You are my valentines.

Amber-in-Chief (A-bomb)



*For my pretty princess,
Sara Nowlin.*

*Breathe into me,
and make me real.
Bring me to life.*

With love,
Phoenix

Sports

CNU Scoreboard

Men's Basketball

(15-5, 6-1)

USA South Standings

CNU	6-1*	15-5
Averett	6-2*	15-6
NC Wesleyan	5-2*	7-13
Greensboro	4-4*	8-11
Methodist	4-4*	6-14
Shenandoah	1-7*	9-10
Ferrum	1-7*	5-16

*USA South Record

2/1/2006 Final:

CNU 83, Shenandoah 75

Next Week's Games:

2/11/06

vs. Averett

2/11/06

vs. Ferrum

Women's Basketball

(13-7, 7-2)

USA South Standings

CNU	7-2*	13-7
Greensboro	7-2*	13-7
Pease	6-4*	12-8
Methodist	5-4*	10-9
Ferrum	5-4*	9-10
Averett	4-5*	10-10
Shenandoah	3-7*	6-13
NC Wesleyan	0-9*	2-16

*USA South Record

2/1/06 Final:

CNU 66, Shenandoah 65

2/4/06 Final:

CNU 69, Pease 59

Next Week's Games:

2/11/06

vs. Averett

2/12/06

vs. Ferrum

Ice Hockey

(5-5-1, 2-5-1)

2/3/06 Final:

CNU 7, W&M 4

2/4/06 Final:

CNU 7, W&M 5

Next Week's Game:

2/11/06

at Richmond

Indoor Track

Vince Brown Invitational:
2/3/06 - 2/4/06

Men's Final Score:

1). CNU, 23

2). Johns Hopkins, 22

3). Mary Washington, 8

4). VA Wesleyan, 8

Women's Final Score:

1). CNU, 14

2). Johns Hopkins, 8

3). VA Wesleyan, 6

4). Mary Washington, 3

Notable Finishes:

Women's 200-Meter Dash:
Karen Simon, 1st PlaceWomen's 3000-Meter Run
Megan Fogarty, 1st PlaceWomen's 55-Meter Dash
Tiffany Jones, 1st PlaceMen's 800-Meter Run
Kyle Oakes, 1st PlaceMen's Long Jump
Issac Bell, 1st placeMen's Triple Jump
Issac Bell, 1st PlaceMen's 55-Meter Dash
Roland Hilliard, 1st PlaceWomen's 400-Meter Dash
Michaela Morton, 2nd PlaceWomen's 60-Meter Hurdles
Karen Simon, 2nd PlaceMen's 200-Meter Dash
Matt Weissenborn, 2nd Place

Christopher Newport University Baseball Preview

2006

Captains Baseball: Back on the diamond

Illustration by Will Summers/The Captain's Log

From left to right: senior infielder Rob Quinn, senior infielder Jayson Basanes, junior designated hitter Brad Melton, sophomore pitcher Kenny Moreland and senior pitcher Eben Brower.

By PAUL FROMMELT
Sports Editor

Looking over a list of the graduating seniors from last year's baseball team, it would seem that this year's team would be in trouble. They lost their starting pitcher, with his 2.98 ERA and six complete games. They lost their most productive bat and most vocal leader, with his four home runs, 21 RBIs and team-leading 34 runs scored. They lost one of their best gloves, with his .977 fielding percentage. They lost their starting catcher, arguably the most important position on the diamond.

Surely the Captains would be decimated — unable to recover from such a mass exodus of talent.

But the 2006 Captains that will take the field for their season opener on Saturday against Frostburg State is far from decimated.

"We're looking good. I think that we look a lot better than we did last year," said sophomore pitcher Kenny Moreland.

The loss of graduating seniors Mike Cosby, Jason Moody, Ricky Medina and Charlie Hardie has hurt the team, but those holes have been filled with players who are ready to make a difference for the team.

"Guys like [Moody and Cosby] — you can't replace them. We are fortunate enough to have only lost two senior pitchers. With the recruiting class that we brought in, freshman-wise and what we already have, I still feel like pitching is our strength," said head coach

John Harvell. "As far as position guys, we've had guys here for the last couple of years that know the game and have had playing time, so hopefully they can fill in and not miss a step."

While some of the preseason focus is on filling the positions left by the graduating seniors, the Captains are also working to improve the players they have coming back. The team is returning eight seniors and 10 other players with previous experience on the team, including Moreland, who had an impressive freshman year starting behind Cosby and senior first baseman John Corbin — who led the team in most of the offensive categories last year.

Moreland finished the 2005 season with a 1.52 ERA in 12 appearances. He went 6-2 with four complete games and two saves. He rang up 78 strikeouts while only allowing 14 walks. The right-hander will look to lead the pitching staff that includes senior right-handers Eben Brower and Steven Minge.

Incoming freshman pitchers Hunter West and Kevin Moreland, Kenny's brother, will look to make a difference with their arms as well.

"Right now [Brower, Moreland and Minge] are my three weekend guys. Those are all guys that have conference experience. So I feel real comfortable knowing that I have those three guys starting for me every weekend," said Coach Harvell.

With Moody gone, Corbin will look to lead the Captains' offense this season.

Last season, Corbin led the team with 62 hits, 13 doubles, 42 RBIs and a .494 on-base percent-

age. His .434 batting average was also the third-best in CNU history.

"Corbin has stepped up. He's our team leader. He had a great season last year. We're expecting to have a big season out of him," said senior second baseman Rob Quinn.

Joining Corbin and Quinn in the infield will be senior Jayson Basanes at third and junior Michael Kurbkewit behind the plate. Freshmen Alex Owen and Trae Bailey will fight for the last infield spot at shortstop.

Rounding out the Captains' lineup will be senior outfielder Trey Collier, junior outfielder Mark Genovese, sophomore outfielder Michael Fawley and junior designated hitter Brad Melton.

Melton hit .280 last year with 30 hits and 24 RBIs. Melton also led the team with six home runs.

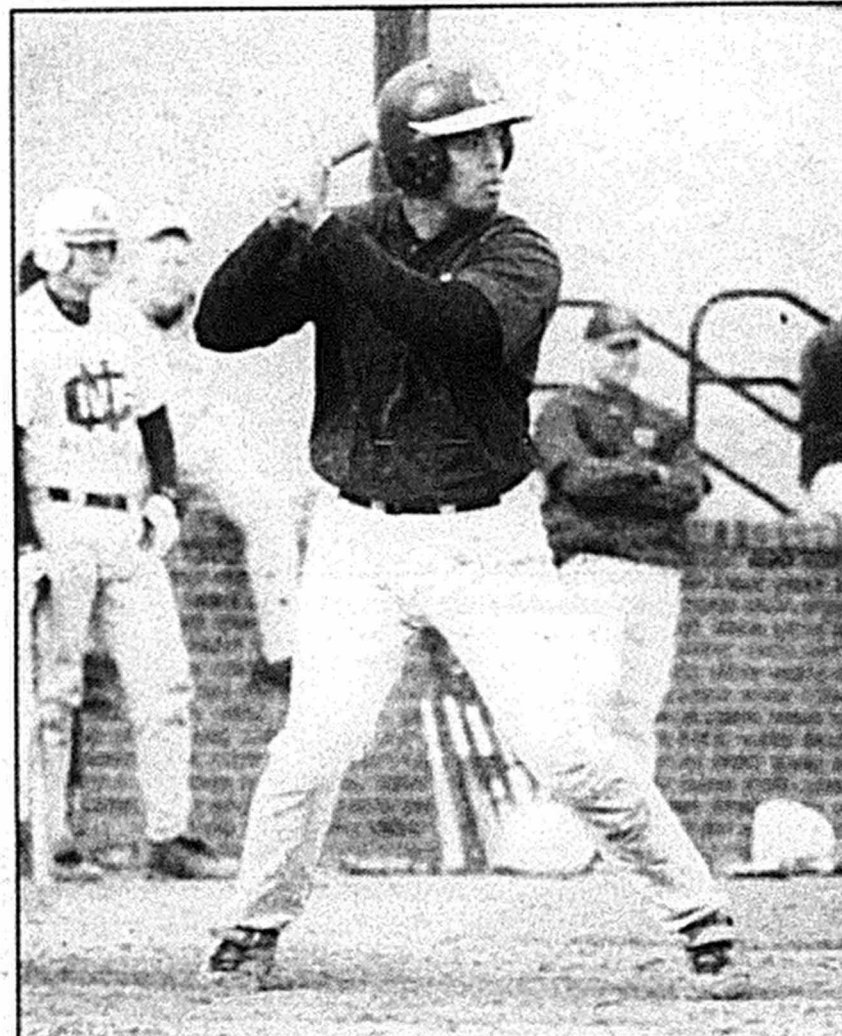
"We're looking pretty good right now. We've got some extra hitters that we didn't have last year," said Brower. "We got a lot of good freshmen coming in. Right now we are working up to our first game."

The Captains' first game, as well as the next eight, will be at Captain's field.

At the end of their initial home stand, the Captains will have their first conference game against Averett.

In the USA South preseason coach's poll, the Captains' were picked to finish third behind Ferrum and Methodist.

The Captains (who went 25-16 overall and 11-8 in conference play) will face Ferrum and Methodist in successive weekends in the middle of the season.



Will Summers/The Captain's Log

Senior Jayson Basanes squares up in the batter's box in the Captains' intersquad game last Sunday at Captain's Park.

"Based on what Ferrum had coming back, they deserve the attention that they are getting. Methodist is going to always be good," said Harvell. "I would like to think that we can compete with them year in and year out. I would think that us three would be battling for the top spot all year long."

The Captains were 2-1 against Ferrum last year and 2-1 against Ferrum.

"We know what we have to do this year. We had a pretty

good record last year, but it was a down year for us. I think that in our attitude and the way that we are preparing, we're taking it more seriously," said Basanes.

Moreland is optimistic about the upcoming season.

"Of course I think that we're gonna go undefeated. It'll be a battle between all of us, but I think that we can pull it out," said Moreland. "I'm really excited about this upcoming year." ■

Ice Hockey beats W&M on Admirals' home ice.

By PAUL CIRILLO
Contributing Writer

It was a weekend of firsts for the Captains hockey team: first time playing William and Mary, first time senior Greg Miller tended goal, first conference win for the Captains and first time playing at Norfolk Scope Arena.

"The guys came together and got the job done," said head coach Chad Fraser of the win. "Greg Miller had an excellent night in net. [He] made some really good saves."

CNU came out strong Friday night, beating William and Mary 7-4.

The first period was less than thirty seconds in, when junior Mark Wilkinson, assisted by junior Colin McCarthy, scored the first goal of the game.

Freshman Matt Clark scored the second point followed by another goal by Wilkinson, leaving the score at

3-0, going into the second period.

In the second period, freshman Patrick O'Connor and sophomore John Bucheit assisted Wilkinson for the fourth goal of the game. Freshman Josh Bettencourt scored goal number five, bringing the score to 5-0.

In the third period, William and Mary scored their first goal of the night. Freshman Eric Priamo answered back for the Captains with their sixth goal of the game.

The Tribe made their second goal of the night during a power play. Sophomore Bryan Trumble responded with CNU's seventh and last goal of the night.

Before the game ended, William and Mary broke through the Captains' defense two more times. The final score was 7-4 in the Captains' favor.

"I tried to give everything I could out there. No matter how pretty or ugly it looked, I wanted to keep [the puck] out of the net. A few got by, but it happens.

It's the sport," said Miller of his first night in goal.

The game was more of a skating game than a physical one in comparison to the previous Old Dominion game. The total penalties were twelve — six for each team. Both teams had thirty shots on goals. The fans were happy to see their team win.

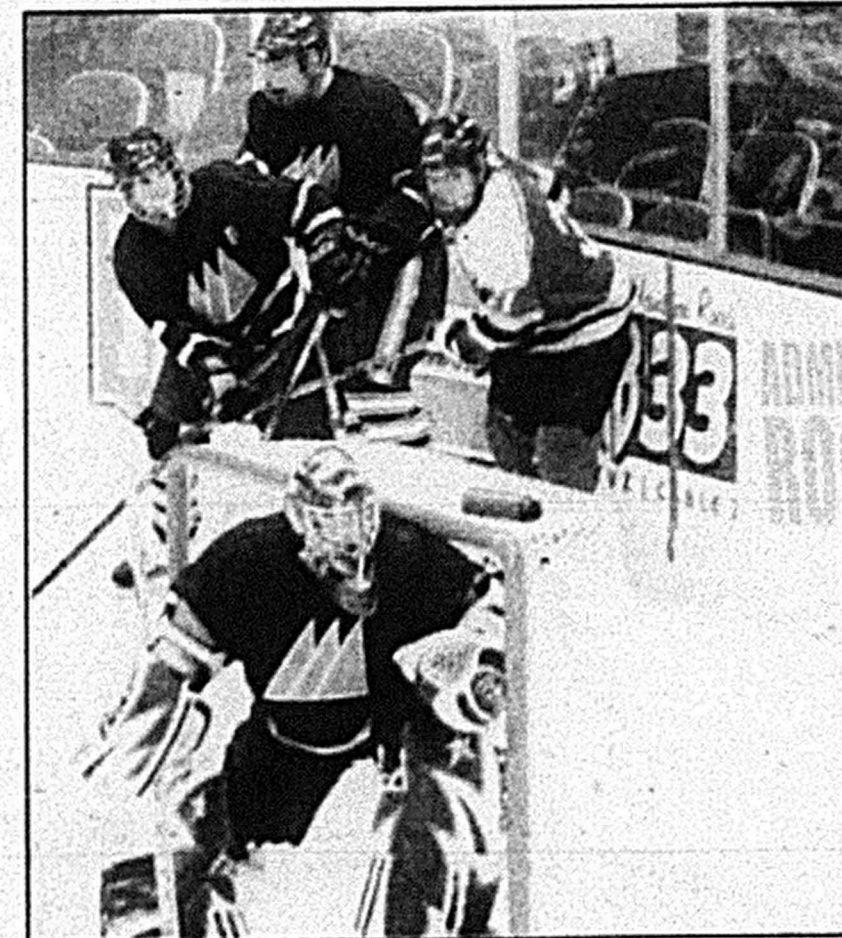
"It was great to see us win at home again," said sophomore Lindsey Vaughn.

Junior Caitlin Dana also enjoyed the victory.

"I think it is great that we got our first league win, and it's a home game. It's just really good for the team," said Dana.

It would be sixteen hours before William and Mary would receive their rematch, but this time it would be on a much larger stage — the Scope Arena — the home of the Norfolk Admirals.

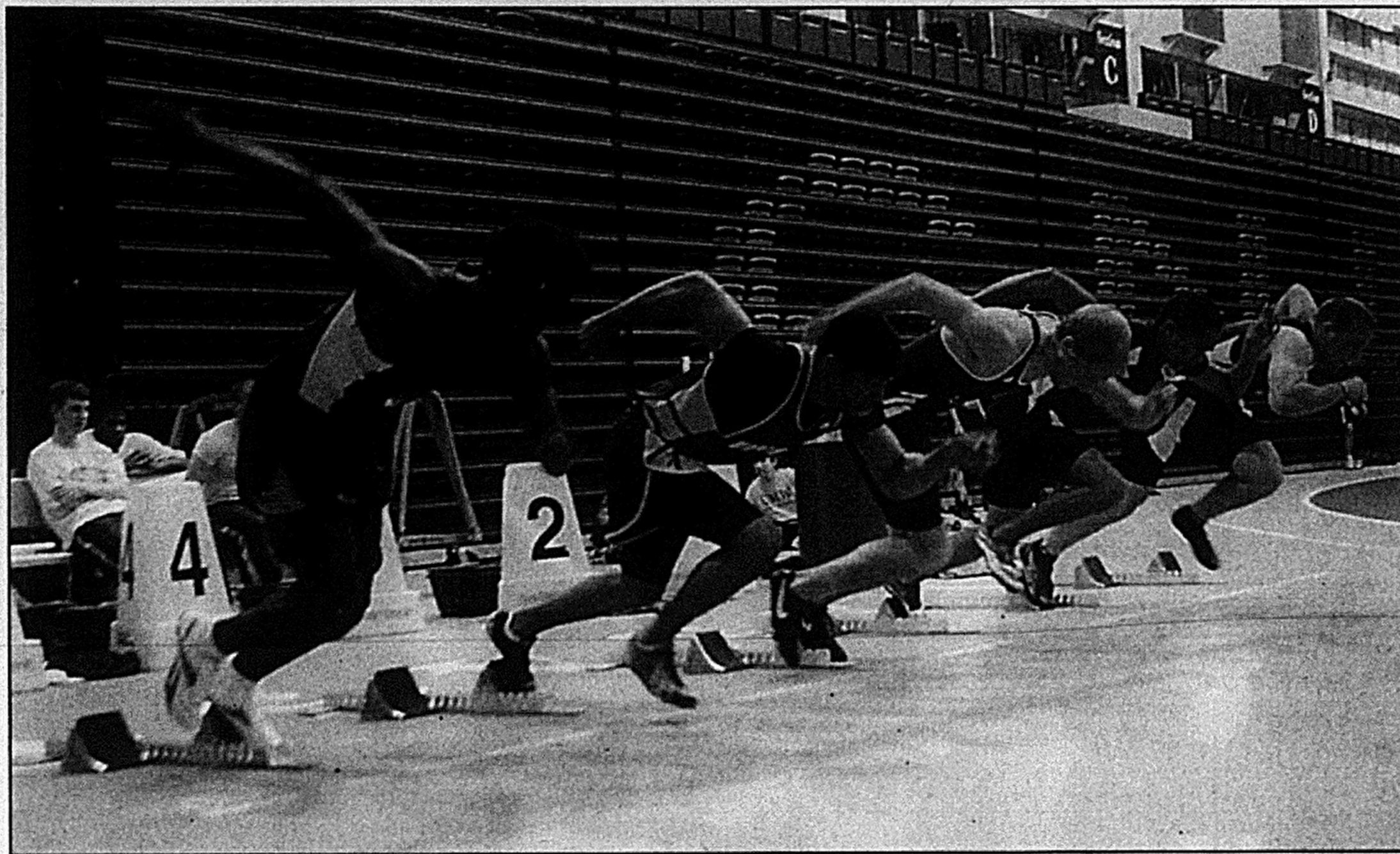
"This is a dream come true for me," said junior Jason Funkhouser, looking out on the ice at



Will Summers/The Captain's Log

Freshmen Patrick O'Connor and Adam Shiring help goaltender Ryan Pringle defend the Captains' goal in their game with W&M.

SEE SCOPE, PAGE 14



Ryan Burke/The Captain's Log

Sprinters race off the blocks in the men's 100-meter dash during the Vince Brown Invitational hosted by CNU. The Captains men's and women's teams took first place overall at the meet.

Track team has big day for former coach

BY BRIAN BENISON
Assistant Sports Editor

On their home track, competing in an invitational named for their former hall of fame coach Vince Brown, this was the stage for CNU's track team to show the rest of the USA South Conference how strong they were.

With both the women and men's team finishing first in points (with 14 and 23 points respectively) against competing division III schools, the message came through loud and clear.

"I'm pleased," said head coach Louis Johnson. "I saw some athletes step up today, so I'm pleased with their performances."

Key to the success of the team was senior Karen Simon, who competed in three events: the 60-meter dash, 60-meter hurdles and the 200-meter

dash. She finished in the top five in all events, but finished first and second respectively in the 200-meter dash and the 60-meter hurdles.

Despite finishing first in the 200-meter dash, Simon felt that her hurdle performance was more instrumental in looking ahead to divisionals.

"[My best event was] the hurdles. My whole goal was to beat the time of 9 minutes, 11 seconds and I got the time of 9:00. I went from a weak divisional qualifying time to a strong divisional qualifying time. So I'm pretty proud."

In addition, Simon also contributed to a second place win for the women's 4x400-meter relay team.

Johnson was also impressed with Simon's performance, but also saw an increased effort from the entire women's long distance team.

"I really think that the efforts of the women's long distance running stepped up today," Johnson said. "Of course Karen Simon did well."

Another contributor on the women's team was senior Stephanie Prakken, who placed fourth in the pole vault.

"I did well, but there's always room for improvement," Prakken said of her 3.2-meter jump.

Junior Roland Hilliard felt that Prakken had sold her accomplishments short.

"Why don't you just tell him the truth? She blew them out of the water. She's a beast," Hilliard said, playfully making fun of Prakken's humble approach.

Hilliard also offered his own contributions to the team, winning first place in the Men's 55-meter dash.

But on the men's side, Hilliard was not the only contributor. Junior Matt Weissenborn also offered a strong contribution to the team, competing in

three events, the 60-meter dash, the 200-meter dash and the 400-meter run, in addition to the 4x400 medley. He finished in the top three in all three of his events, and helped the medley team win first place.

"[My best event was] probably the 400. That's my primary event. If I had to choose an event to race, it would be the 400. It's one of the most exciting events," Weissenborn said.

Fellow medley team member, freshman Gregory Jones, however, felt that it was more exciting to see the medley coming together as a team.

"The 4x4 just felt like it came naturally. All together as a team it feels like it's coming together."

Jones also competed in the 55-meter dash, where he placed second, and the 200-meter dash.

"[My events] went pretty well, other than being a little sore. It definitely could have

been better," said Jones.

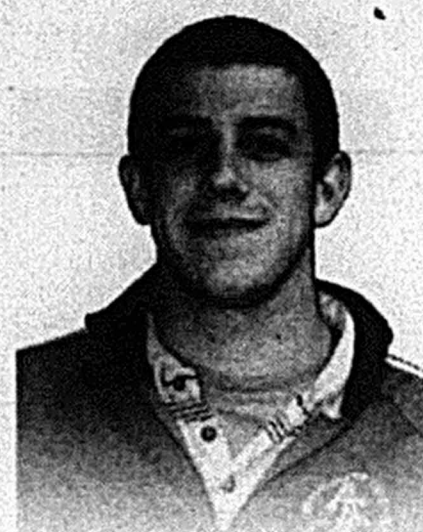
While both Jones and Prakken took a humble view of their performance, Weissenborn felt they were just outside where they needed to be to be able to compete in the conference.

"The team is getting better," Weissenborn said. "The girl's side — they're just outside of where they need to be. And the guy's side — we're really close. We just need to stay healthy."

Johnson echoed Weissenborn's sentiments, but also said that as a young team, they would have an opportunity to become really dominant.

"[The NCAA's] are still a ways off. First we've got the conference. Planning for the conference is not as easy because we've got great teams like Mary Washington and Salisbury coming in," Johnson said. "But still being a young team, we are really excited about the possibilities." ■

NBA Weekly: Midseason player awards



BY BEN SETTLE
NBA Columnist

As the NBA season approaches its midway point, it's time to hand out some mid-season awards for the best and worst of the 2005-2006 campaign.

MVP:

Plenty of candidates make a strong case for MVP, including reigning MVP Steve Nash. Nash has the Suns on top of the Pacific Division, a place no one (including yours truly) thought they would be without the presence of All-Star forward Amare Stoudemire.

While Stoudemire slowly recovers from his micro-fracture knee surgery, Nash has been carrying a lion's share of production for a team that could be considered overachievers right now.

Chauncey Billups represents the obligatory best player on the best team in the league. Billups is nice, but I don't think he's a league MVP.

LeBron James is averaging 31 points, about seven rebounds and over six assists per game, and he just turned 21. Always a threat for a triple-double, LeBron needs one more year before his first MVP award.

The MVP this year has to be Kobe Bryant though. Kobe has scored over 60 points twice, including once for 82 points — the second-highest point output by one player in the history of the league.

His team is also hovering around .500 with a chance to make the playoffs — which nobody saw coming. Kobe is also leading the league in scoring. He is averaging over 35 points per game, and all this alongside a team that could be considered "crappy" at best. He has to be MVP.

Rookie of the Year:

Chris Paul ran away with this award early and has not looked back. Paul was the fourth overall pick in this year's draft, but has helped elevate a horrible Hornets team that finished last year with an 18-64 record to a 24-22 record through Sunday night. The kid averages nearly 17 points per game, along with about eight assists and six boards. He hasn't even turned 21 yet, so he will just keep getting better. This kid is legit.

Defensive Player of the Year:

This category always produces interesting choices because some people look at stats like blocks and steals to determine a player's defensive effectiveness, while some people look at the way the defender disrupts his opponents' offense as a whole.

Trying to keep both of those methods in mind, this pick has to go to Andrei Kirilenko.

Kirilenko is nasty on defense, blocking shots and being able to guard four different positions on the court.

His ability to take away the effectiveness of the other team's best player while contributing on offense makes him the best defensive player in the league.

Least Valuable Player:

Jerome James of the New York Knicks has managed to set expectations low for his coaches and teammates, but still manages to disappoint on almost a nightly basis.

After signing a five-year, \$30 million contract in the off-season, Jerome went on to gain about 80 pounds and subsequently lose any characteristics that classified him as a "basketball player."

At least the Knicks aren't the worst team in the league. Oh wait, they are.

Well at least their coach is committed to rebuilding a winning team. Oh wait, he's not. Things are not exactly looking up in New York. ■

Sports Briefs: Lewis; Barton win honors

BY BRIAN BENISON
Assistant Sports Editor

Athletes of the Week

Men's basketball players junior Korey Lewis and freshman Davon Barton were named player and rookie of the week respectively by the USA South Conference.

Lewis, who starts for the Captains at forward, helped the team to an 83-75 win over Shenandoah.

He contributed 21 points, with seven rebounds and two assists in the win.

Barton led the team in scoring in the same game with 22 points, a perfect six of six from the free throw line and two steals.

Women's Basketball

The Lady Captains defeated conference rival Peace on the road last Saturday, winning by the score of 69-59.

Opening the game with strong shooting performances from the floor and the free throw line, the Lady Captains finished the first half with a 31-27 lead. Following halftime, the Lady Captains continued their dominance, stretching their lead to as many as 15 points numerous times.

The team was led by junior Candace Bryant who finished the game with 23 points and tied a season high 14 rebounds. Bryant is now just seven points away from the 1,000-point career mark.

If accomplished she would be the twentieth Lady Captain to reach this feat.

Sophomore Colandra Rollins also scored a career high 23 points in the win.

Lacrosse

The Lady Captains lacrosse team was picked to once again finish first in the USA South preseason coach's poll, following a season where they went 7-9 but were undefeated in the conference. They received four first-place votes, while Greensboro received two and Shenandoah received one.

The team's season opens against NC Wesleyan on February 21.

Golf

CNU's golf team was picked to finish third in the USA South preseason coach's poll. They received no first-place

votes, falling behind Shenandoah, which received one, and far behind Methodist, which received 6.

Softball

The Lady Captains softball team was picked to finish second in the USA South preseason coach's poll, with one first-place vote. Methodist was picked to finish first with six first-place votes. Ferrum, the only other team to receive a first-place vote, was picked to finish fourth.

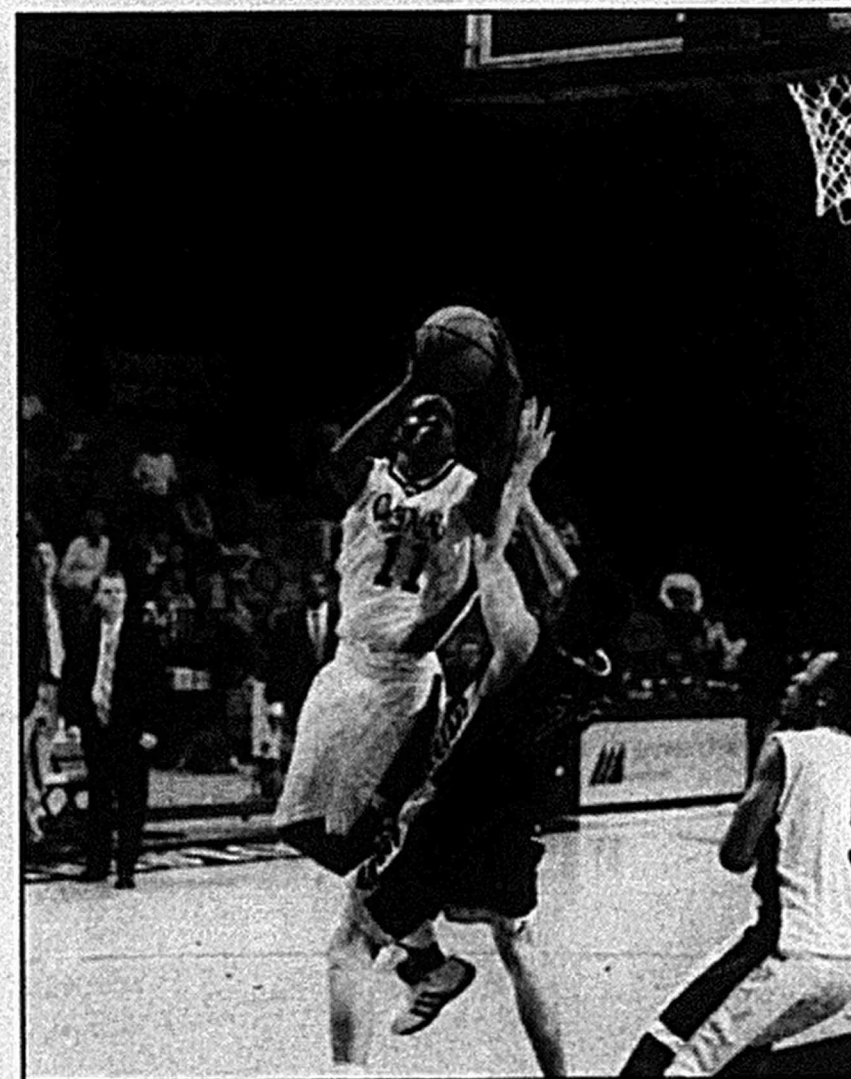
Men's Tennis

The men's tennis team was picked to finish second in the USA South preseason coach's poll, with one first-place vote, falling behind Methodist, which had six. No other team received a first-place vote. The Captains finished their season last year with a 12-4 record, and a 4-2 conference record — good enough for second place.

Women's Tennis

The Lady Captains tennis team was picked to finish second in the USA South preseason coach's poll, with one vote for first place.

Methodist was voted to finish first with seven first-place votes. ■



Will Summers/The Captain's Log

Freshman Davon Barton goes up for a shot against a Southern Virginia player. Barton was named Rookie of the Week in the USA South.

SCOPE, FROM PAGE 13

the Scope arena, watching the zamboni resurface the ice.

Instead of the Admirals' locker room, the Captains were placed in a room that was more of a dressing room than a locker room.

It didn't make a difference to the team.

They were just happy to be playing there.

With the burst of a horn, the second game in the Captains' series with the Tribe began.

William and Mary came out strong in the first period, scoring three goals. After the third goal, grad student Ryan Pringle replaced Miller in goal.

Going into the second period, CNU pushed back, scoring in the first thirty seconds of the

period with a shot by Wilkinson. Freshman Kyle Stutzman landed the Captains' second goal, assisted by Wilkinson.

CNU fans were mostly quiet up to that point in the game, but that changed with the arrival of one fan. "The cheering crowd is here now!" yelled a CNU fan from the stands. With CNU cheering their team on, Wilkinson, assisted by McCarthy, scored two more times in the period, ending the second period with the score 4-3 in the Captains' favor.

"I love coming to the games. I love the spirit that everyone brings to it. It's a community, and I love how it transfers from campus to the hockey ring," said Captains fan sophomore Mark Wagner.

Early in the third pe-

riod, Bettencourt, assisted by Stutzman, made the fifth goal for CNU.

Freshman David Spiridigliozzi, assisted by Funkhouser, scored the Captains' sixth goal. William and Mary made a slight comeback with two goals late in the period.

Still, in the last minute of the game, Wilkinson, assisted by freshman Adam Shiring, made the final goal of the game, giving CNU the victory, 7-5.

"It was a great opportunity for our program, in only our second year of existence, to get to play on this kind of stage," said Fraser. "We came out real slow at first, but in the second period, the guys picked it up again and played the kind of hockey we're used to playing. I'm definitely proud of them." ■



Will Summers/The Captain's Log

Junior Colin McCarthy, sophomore Mark Wilkinson and freshman Paul Clegg attack the Tribe's goal in their game at the Norfolk Scope Arena.

2006 Winter Olympics: Your guide to Torino



By CATHY HARASTA, JEFF MILLER AND KEN STEPHENS
The Dallas Morning News

Women's Figure Skating

Overview: A few will lament that the season's best women's skater, Mao Asada, 15, of Japan, did not meet age rules for participation.

But no one beats Michelle Kwan when it comes to capturing hearts and headlines. The most decorated skater in U.S. history will not be going for perfect 6.0s in Turin; that judging system was scrapped after the 2002 Olympic pairs judging debacle.

But Kwan, 25, still believes she has what it takes to add a gold medal to her Olympic silver and bronze. Reigning world champion Irina Slutskaya of Russia is favored, but it's not as simple as Kwan vs. Slutskaya. Kwan could finish lower than U.S. teammates Sasha Cohen and Kimmie Meissner. And Japan has several medal contenders.

When: Feb. 21 and 23

Men's Figure Skating

Overview: No Olympic title defense will occur, as Russia's Alexei Yagudin no longer skates in Olympic-style competitions. Three-time world champion Evgeny Plushenko of Russia, the 2002 Olympic silver medalist, appears unbeatable. U.S. champion Johnny Weir could win a medal. Reigning world champion Stephane Lambiel of Switzerland and world silver medalist Jeff Buttle of Canada have had trouble performing consistently clean programs.

When: Feb. 14 and 16

Pairs' Figure Skating

Overview: This was the event that produced duplicate gold medals at the 2002 Olympics. The pairs judging scandal galvanized a new scoring system. Salt Lake City Olympic pairs champions Jamie Sale and David Pelletier of Canada and Elena Berezhnaya and Anton Sikharulidze switched to the skate tours and won't be in the hunt when the new points-based

system makes its Olympic debut at the Palavela.

When: Feb. 11 and 13

Short Track Speedskating

Overview: This sport hates to be called "roller derby on ice," though the description appears apt much of the time. In short track, skaters race in a pack, often four at a time, instead of trying strictly to beat the clock, as they do in long track. Apolo Anton Ohno, 23, of Seattle, rose to prominence at the 2002 Games, where he won a gold and a silver medal. He got his gold in the 1,500 meters after South Korea's Kim Dong-sung crossed the finish line first. A tide of South Korean rancor followed Kim's disqualification for bumping Ohno, whose second place then was upgraded to first. The track is just 111.12 meters (121.52 yards) around, which explains the hectic, congested atmosphere of a sport that made its Olympic debut in 1992.

When: Feb. 12, 15, 18, 22, 25

Luge

Overview: The United States is becoming a force in the sport and could have its best showing. No American has ever medaled in singles — women's or men's — but Tony Benshoof of Minnesota is in second place in the World Cup standings with five victories. This follows his fourth-place finish on the tour a year ago. In doubles, the United States first made it to an Olympic podium in 1998 and has a chance to earn its first luge gold with the team of Mark Grimmette of Michigan and Brian Martin of California. They finished third in Nagano and second at Salt Lake City. If they medal, they will become the first U.S. males to do so in three consecutive Winter Games. One potential problem could be a recent recurrence of Grimmette's back problems. America's best hope in women's singles is Colorado's Courtney Zablocki, 13th in Salt Lake and currently 11th on the World Cup tour.

When: Feb. 11-15

Curling

Overview: At first glance, this looks like shuffleboard on ice. It's a "lifetime" sport that often features players in middle age. That's why the U.S. women's foursome, led by Cassie Johnson, looks out of place with an average age of 23.

The team could earn the first U.S. Olympic medal in curling, a medal sport since 1998, after finishing second in last year's world championships. Pete Fenson, 37, leads the U.S. men. Canada is considered the world's best, but neither squad

took gold in 2002 after finishing first in round-robin play.

The new leader (or skip) of Canada's men is Brad Gushue, who nearly quit last fall because of his mother's cancer. Norway's men return the defending gold-medal skip, 6-3, 220-pound Paal Trulsen.

When: Feb. 13-24

Women's Alpine Skiing

Overview: Betting on Janica Kostelic of Croatia or Anja Paerson of Sweden is like betting on black or red at the roulette table. One of the two could win any event.

Downhill: Kostelic is the world champion and has won one World Cup downhill this season. Paerson also has won a downhill.

Super-G: Paerson is the world champion and won the last super-G before the Olympics; Kostelic has won a super-G this season.

Giant slalom: Paerson and Kostelic have each won GS races this season; Paerson is the world champion.

Slalom: Kostelic is the world champion and No. 1 in the season standings. Paerson has won two races.

Combined: Kostelic is the world champion and has won the only combined event this season; Paerson was second. Note that neither Kostelic nor Paerson is Austrian. And you shouldn't bet against Austrian skiers.

There are at least a half dozen Austrian women capable of winning gold medals, chief among them Michaela Dorfmeister, Marlies Schild and Alexandra Meissnitzer.

Schild has won three straight slalom races since Paerson opened the season by winning the first two.

Dorfmeister has won a downhill and two super-G races and been on the podium after all but three of the other 10 races in those two disciplines. Meissnitzer has won a super-G and finished second in two others; she also has finished third in two downhills.

Snowboarding

Overview: Quantity and quality should again be no problem for the U.S., though some faces have changed. The brightest new star is Shaun White, a 19-year-old whose long, red hair has earned him the nickname "The Flying Tomato." He barely missed qualifying for the '02 Games in halfpipe and should be favored this year. He's kind of the Deion Sanders of boarding; last summer, he won the first pro skateboarding event he entered.

Three of the five Americans



Classic architecture abuts a concert-like stage in the medals plaza of the 2006 Winter Olympic Games celebrated in and around the host city, Turin, Italy.

who medaled in '02 didn't qualify, including men's halfpipe champion Ross Powers. Women's and men's snowboard cross have been added, and the U.S. boasts four of the top 10 men in that. Kelly Clark of Vermont is the defending gold medalist in women's halfpipe.

When: Feb. 12-13, 16-17, 22-23

Bobsled

Overview: Texan Todd Hays helped the U.S. snap a 46-year medal drought in the sport with his four-man silver medal in Salt Lake City.

The U.S. also won bronze in that event. Jill Bakken and Vonetta Flowers won gold in the Olympic debut of women's bobsled. Flowers will compete in Turin with Jean Prahm. Bakken is an alternate.

When: Feb. 18-21, 24-2

Men's Ice Hockey

Such is the passion for hockey north of the 49th parallel that there's national debate over the last benchwarmers named to the roster, maybe something close to arguing over the final at-large teams invited to the NCAA basketball tournament.

The maple leaf again boasts quality and quantity; the B team would probably reach the quarterfinals.

Though the players come from 16 NHL clubs, 10 played on the 2002 gold-medal team for returning coach Pat Quinn of Toronto. Even minus Sidney Crosby, the attack is in excellent hands, combining veterans Joe Sakic and Jarome Iginla with relative youngsters Dany Heatley, Rick Nash and Vincent Lecavalier.

The blue line is more experienced, featuring Adam Foote, Rob Blake and Chris Pronger. Martin Brodeur (who's nursing a groin injury) stepped in the net four years ago, replacing Patrick Roy, and is still the biggest difference between Canada and any challenger. For the U.S. team, the question mark is between



Michelle Kwan talks in a news conference after competing in the short program at the U.S. Figure Skating Championships in 2005.

the pipes, where Rick DiPietro, Robert Esche and John Grahame will compete for the No. 1 spot and could be the key to the U.S. (which won silver in Salt Lake City) reaching the medal round.

When: Feb. 11-22, Feb. 24-26

Women's Ice Hockey

It will be stunning news if Canada and the United States don't win their respective groups and meet again on Feb. 20.

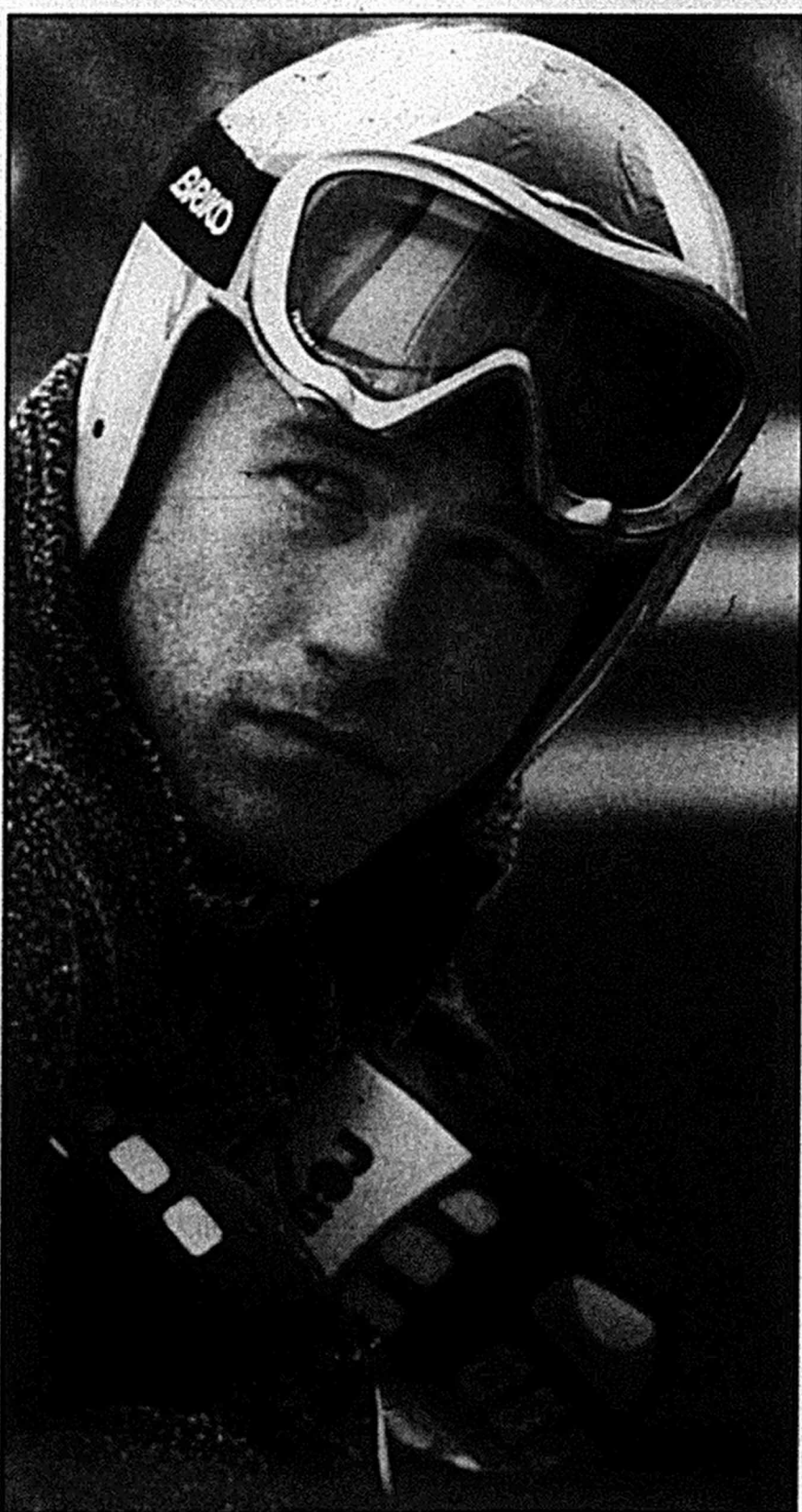
The Canadians lead the all-time series, 37-26-1. They're dance partners who have learned each other's every move.

The Americans' stiffest in

pool play should come from Finland, which it swept in five games leading up to the Games by a combined 17-7 score. Games against Canada have been another story. Team USA dropped six of eight over the last four months.

The good news for the Americans was that their last meeting resulted in their only win over Canada in regulation, 5-3, in Manitoba on Jan. 1.

You won't see Cammi Granato, star of the U.S. team in 1998 and 2002, who was unceremoniously dropped from the squad by coach Ben Smith. ■



Mark Rein/COLORADO SPRINGS GAZETTE

USA's Bode Miller watches other skiers after his first run in men's slalom competition Saturday, February 23, 2002 at Deer Valley, Utah.

Miller as reckless as he is talented

By FRANK FITZPATRICK
Knight Ridder Newspapers

Bode Miller learned to ski in the birchy backwoods of New Hampshire, a state whose motto presents a rather stark choice — live free or die.

So perhaps it's understandable that this insurgent of the slopes prefers a style of skiing that suggests equally distinct options — Win or Crash.

Whether he's careening down a mountainside at 90 mph or answering questions, America's best skier — arguably its best ever — is as reckless as he is talented.

Until recently, those two traits meshed comfortably. Miller skied like he lived — on the edge.

He was a freaky rebel; partying hard, upsetting coaches, disdaining advice and interview requests.

But he won.

He took a pair of silver medals at the Salt Lake City Games in 2002 in combined and Super-G. Last year, he became the first American in 22 years to capture the overall World Cup title.

As 2006 neared, even though the prospect hardly excited him, he looked like a lock to land atop several Olympic podiums in Turin.

"I'm questioning where my motivation is going to come from for the Olympics," he said after clinching that World Cup title. "If it's to prove I'm the best

skier, I think I've proved that this year."

An apparently uninspired Miller has gone off the course ever since. He's spent much of this pre-Olympic run-up picking himself up — both literally and figuratively.

A series of recent controversial comments about fellow athletes, drugs and alcohol has coincided with a series of disqualifications and crashes. As a result, Miller will arrive at the 2006 Winter Olympics with a bull's eye on his back.

As the top-ranked American tries to break out of his personal slump by racing in all five Alpine events — downhill, Super-G, combined, giant slalom and slalom — he will be hounded by the media, pursued by the paparazzi.

This 28-year-old will have to explain why he hinted that he sometimes skied while drunk or hung over; why he suggested Barry Bonds and Lance Armstrong were drug-cheats; why he urged an end to doping tests.

"You've got to have some courage," Miller said earlier, a statement that could apply to his style in races or interviews. "I like to wear my emotions on my sleeve. It allows you to be open to criticism. But it's important that people can understand where you're coming from without hiding stuff."

The media's pursuit will be as unpleasant as icy slopes for Miller, who so disdains the attention that he generally travels

the jet-set World Cup circuit in an RV piloted by a boyhood buddy.

"My first few years on the World Cup, I started to recognize pretty quickly I didn't like the process that occurred when I won more races or had more success," he said.

But when you are one of the world's best skiers and the Olympics are approaching, it's hard to hide.

Last month, Miller found himself pictured on the covers of Time and Newsweek simultaneously, a Springsteen-like acknowledgment not so much of his skiing abilities as of the fact that his mouth was "Born to Run."

The controversy stirred up by his "60 Minutes" comments about his alcohol use prompted a rare apology from Miller last month.

Then, just days later, he implied Bonds, Armstrong and other elite athletes were drug-cheats.

The prolonged furor that has surrounded him might explain why Miller, who had competed in 136 consecutive World Cup events, sat out recent races in Germany.

A U.S. coach said the reclusive superstar, raised by hippie parents in an Easton, N.H., cabin without electricity or running water, needed a spiritual retreat before the tumult starts in Turin.

"It might be a good way for him to ground himself a bit," said John McBride, the U.S. ski

team's speed coach. "Not only getting away from his sport but putting everything in perspective."

The short break might have worked. He claimed a third last week in his return, a super-combi that vaulted him two spots in the overall World Cup standings. Miller ranks third overall, trailing Austria's Benjamin Raich and Michael.

The Olympics' alpine-skiing is shaping up as a battle between the powerful Austrians and the Americans, led by Miller, Rahlves and slalom specialist Ted Ligety.

Miller, Rahlves and another Austrian, Fritz Strobl, will be the favorites in the men's downhill, the glamour event of the alpine sport, which takes place Feb. 11 on Sestriere's freshly snow-covered course.

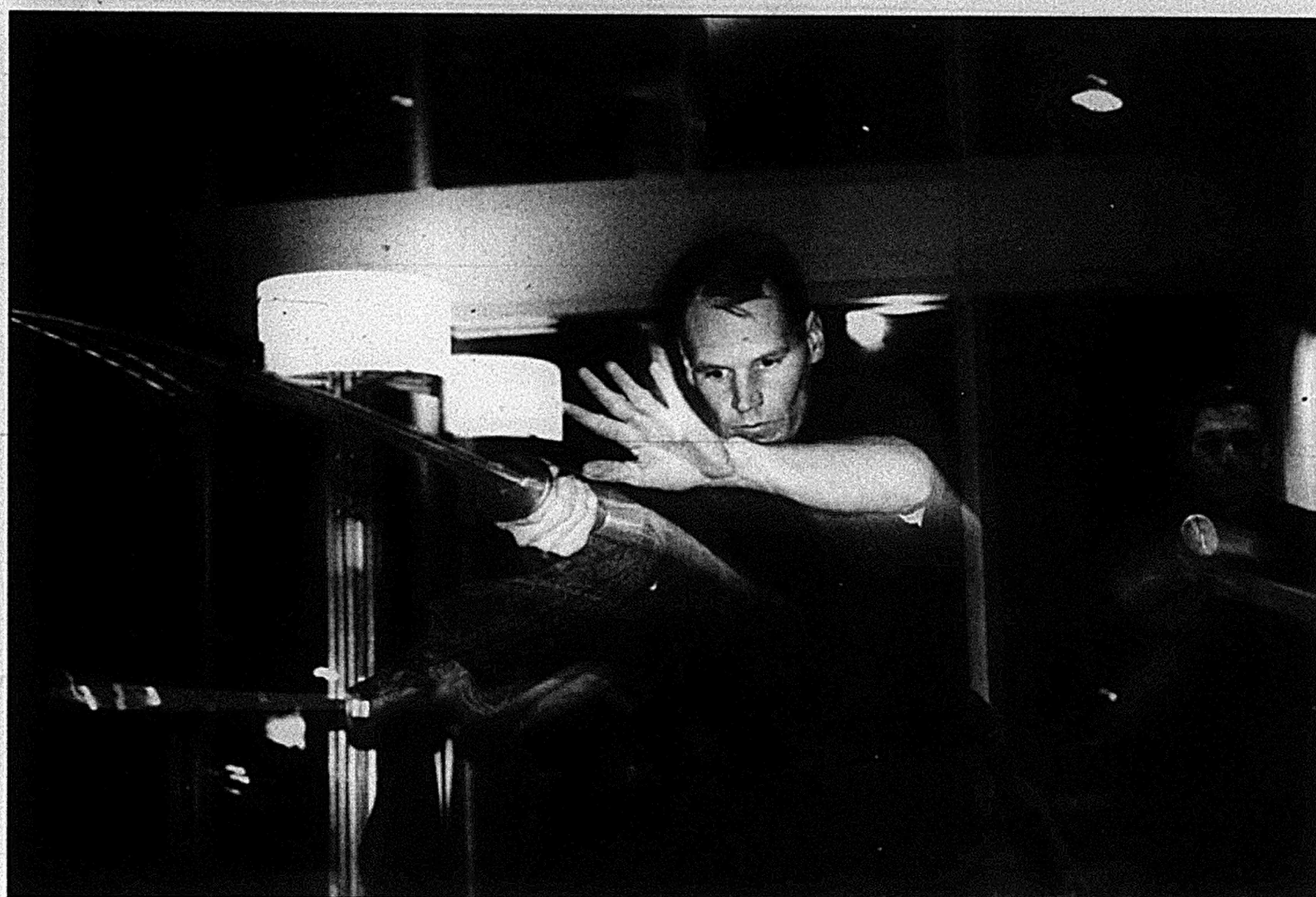
His next best chances for gold will come in the Super G, a week later, and the giant slalom on Feb. 20.

In the meantime, Miller will continue to avoid the spotlight as he steps up the unique training regimen that fits his iconoclastic personality — log-rolling, unicycle-riding, tightrope-walking, pushing a friend's wheelchair uphill.

But even if he avoids the crowds at Turin, he will not be able to shake the ever-present representatives from the many products he endorses.

One of those is Nike, whose ad for ski products proclaims, "Bode: Go Fast. Be Good. Have Fun." ■

Arts & Entertainment



Jahie Seagraves/THE CAPTAIN'S LOG

Kung Fu masters presented techniques including long and short sword fighting during the Chinese New Year celebration on Friday night in the Ferguson Center lobby.

Cultural celebration CAB event ushers in the year of the dog

By MICHELLE WHITE
Contributing Writer

At the Chinese New Year Celebration in the Ferguson Center this past Friday night, the line to get food was out the door and all the way to the parking lot.

Over 200 people were estimated to have attended the Campus Activity Board event, and the Chinese food was just as plentiful. With only two buffet tables to serve the hundreds, however, the line moved slow and stayed just as long in length for almost an hour.

In addition to the bounty of delicious food, the event featured three types of entertainment: Kung Fu presentations, Chinese storytelling and (a favorite among the crowd) the Chinese dragon dancers.

The dragon dancers wore colorful costumes, and after the presentational dance, gave candy out of their mouths to the seated crowds and the line of people.

When Gabi Yourt, a theater acting major, was asked what her favorite part of the event was, she answered, "The [Chinese dragon] dogs! They were really fun, and it was something that everyone could enjoy

Year of the Dog

- The dog is one of 12 animals in the Chinese zodiac associated with the calendar.
- People born under the sign of the dog are loyal, honest, trustworthy, stubborn and selfish.
- Celebrities born under this sign include George W. Bush, David Bowie and Madonna.

— children, as well as the rest of us."

Located in the Music and Theatre Hall lobby, the event was beautifully decorated. Red and white lanterns graced inside as well as outside along the sidewalk. Little take-home gifts and fortune cookies were placed on the red and yellow tables, and Chinese writing was hung over the windows.

The Kung Fu presenters were two groups from different martial arts schools: Mass Martial Arts School and Chinese Confucius School of Kung Fu.

In addition to Kung Fu,

there were other martial arts presentations, such as long and short sword fighting and stick defense, during which one presenter got whacked on the head by his opponent's stick. He was wearing a helmet, but that did not diminish the humor.

Chinese storyteller Linda Fang told stories the last hour of the event. While parts of her stories were amusing to listen to, the acoustics of the lobby combined with the sound system made her voice almost incomprehensible at times. The length of Fang's time onstage may have been too long, for most of the crowd dwindled down to a mere dozen by the time the hour was done.

This may have also been due to the fact that most people were finished eating their dinner of Chinese food, which included Chinese favorites such as Kung Pao Delight, Sweet and Sour Chicken, Crab Rangoon, Sesame Chicken, Mei Fan and more.

When Justin Yates, CAB chair of Culture and Lecture Committee, was asked why they decided to have a Chinese New Year Celebration, he explained that CAB's goal this year was to bring new events that involved other cultures. "Everyone loves Chinese food," he added. ■



Hillary MacSwain/THE CAPTAIN'S LOG

Dragon dancers in colorful costumes performed traditional dances and gave candy to the crowds. The dancers were a crowd favorite. "They were really fun," said senior Gabi Yourt, a theater major.

Who will and who should win top Grammy honors

By DAN DeLUCA
Knight Ridder Newspapers

There are too many Grammy awards. Wednesday night's telecast from the Staples Center in Los Angeles will go on for (at least) three hours — and still the vast majority of this year's record 108 gold gramophones will have to be given out off camera.

Trying to make sure it doesn't miss anything, the Recording Academy issues nominations as if they were Reese's Pieces on Halloween.

For the Grammys, Mariah Carey, Kanye West and John Legend each have eight, while Beyonce Knowles, 50 Cent, Stevie Wonder, and Will.i.am of the Black Eyed Peas each got six.

Despite the nomination inflation, the academy's cluelessness continues.

British-Sri Lankan sensation M.I.A. and statehood historian Sufjan Stevens received saturation media coverage, but nobody at the Grammys seems



Should Win: Record, Best New Artist, Album of the Year

to have heard of them.

Instead, the awards will go to tried-and-true name brands, like Carey, who'll be rewarded for keeping the industry afloat by accomplishing what so few can in the Internet Age: sell CDs.

The awards will go to tried-and-true name brands who'll be rewarded for keeping the industry afloat by accomplishing what so few can in the Internet Age: sell CDs.

There are some intriguing races — in producer of the year, for instance, where the Neptunes

and Danger Mouse square off against U2 knob-twiddler Steve Lillywhite, and for alternative album, which pits the Arcade Fire against Beck, Death Cab for Cutie, Franz Ferdinand and the White Stripes.

Album of the Year

Nominees: Mariah Carey, "The Emancipation of Mimi"; Paul McCartney, "Chaos and Creation in the Backyard"; Gwen Stefani, "Love.Angel.Music.Baby"; U2, "How to Dismantle an Atomic Bomb"; Kanye West, "Late Registration."

Will win: Mariah Carey.

She fell down, got back up, and is bigger than ever. It's her year.

Should win: Kanye West. Clearly the class of the bunch.

Should have been nominated: M.I.A., "Arular." Beat-savvy Maya Arulpragasam's not mainstream enough for the Grammy.

Record of the Year

Nominees: Mariah Carey, "We Belong Together"; Gorillaz, "Feel Good Inc."; Green Day, "Boulevard of Broken Dreams"; Gwen Stefani, "Hollaback Girl"; Kanye West, "Gold Digger."

Will win: Mariah Carey.

The makout soundtrack of the summer of 2005 trumps superior competition.

Should win: Gorillaz. An iPod ad with a bass line to die for.

Should have been nominated: Amerie, "1 Thing." The leggy diva took a funky page from Washington's go-go tradition, with smashing results.

Best New Artist

Nominees: Ciara, Keane, John Legend, Sugarland, Fall Out Boy.

Will win: John Legend. Young, gifted and respectful of the old ways, he's a Grammy dream come true.

Should win: John Legend. And, deserving, too, with ascendant rockers Fall Out Boy the only real competition.

Should have been nominated: Sufjan Stevens. Song-writing wunderkind will have to chronicle a few more states before Grammy takes notice. ■

This Week

ON CAMPUS

February 8

CNU Art Majors Juried Art Exhibit
10 a.m.

February 9

Alex Gibney "Enron: The Smartest Guys in the Room"
10 a.m.

CNU Art Majors Juried Art Exhibit
10 a.m.

Women in Community Art Exhibit
10 a.m.

February 10

CNU Art Majors Juried Art Exhibit
10 a.m.

Women in Community Art Exhibit
10 a.m.

CeCe Winans
8 p.m.

CONCERTS

February 9

Nile
The NorVa

February 11

Glenn Miller Orchestra
Willet Hall

Anything Else
The NorVa

Virginia Symphony: "The Romantic Germans"
Chrysler Hall

CD RELEASES

February 6

Tim McGraw
"Greatest Hits, Vol. 2"

Anais
"Mi Realidad"

Dell & Flugel
"Superstructure"

MOVIE RELEASES

February 10

"Final Destination 3"

After surviving a deadly roller coaster accident that she correctly predicted, a high school student must race to save herself from the Grim Reaper who seeks to avenge her cheating of death.

"Final Destination 3" is rated R.

"Firewall"

Harrison Ford stars as a bank security specialist who must break into his own foolproof designed security system in order to protect the safety of his kidnapped family.

"Firewall" is unrated.

"The Pink Panther"

In this modern version of the classic film, Steve Martin plays the role of Inspector Clouseau as the rather bumbling detective called in to solve the mystery of the murder of a world-famous soccer coach and his now missing priceless ring.

"The Pink Panther" is rated PG.

"Cowboy del Amor"

A documentary chronicling the life of Ivan Thompson, a man whose career was to set up American men with Mexican women, living entirely content with his unusual choice of work.

"Cowboy del Amor" is unrated.

DVD RELEASES

"Bambi II," "Doom," "Zathura" ■

Hypnotist wows crowd

By SHARYL COVEY
Contributing Writer

The number six ceased to exist. A half-eaten orange received CPR. And Jackie Chan's younger brother Bud demonstrated his skills as a martial artist while several CNU students listened to music blaring from the soles of their shoes.

These were only a few of the strange things that happened last Saturday night at the Ferguson Center's Music and Theater Hall when hypnotist Tom Deluca performed for the fourth consecutive year at CNU. The event, sponsored by the Campus Activity Board, drew over 400 people.

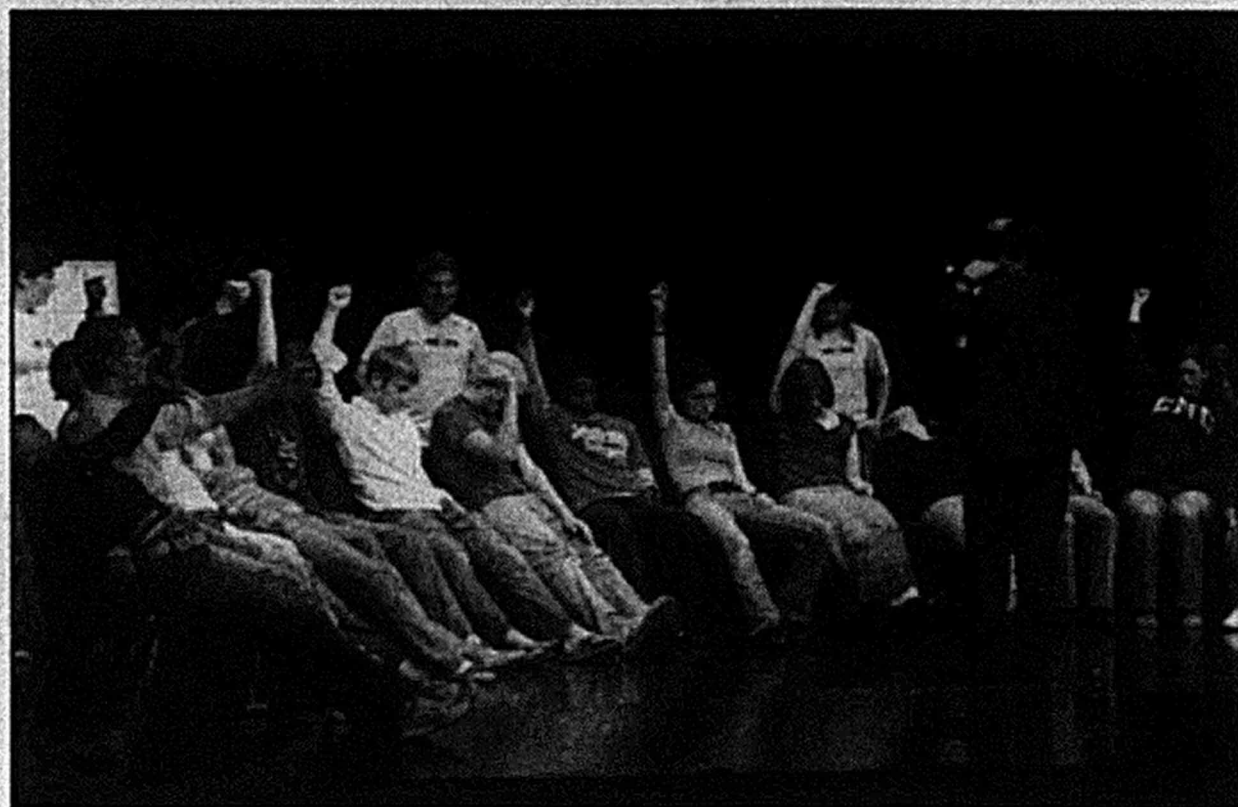
"It was hilarious," senior Amber Hoback said after the show.

That seemed to be the consensus. The laughter was non-stop once Deluca took the stage shortly after 8 p.m., continuing through the finale as students watched their classmates compete for the "Body Jiggling Contest," dancing crazily onstage, unaware that they were performing for a packed house.

"Virginia really gets into the amazement factor of the show," Deluca said, commenting on CNU's unique appeal. "There seems to be a real interest in the fact that the process is real."

It certainly appeared real. Student volunteers were convinced fruit had feelings, became hysterical because they believed there was no number between five and seven, and one challenged the audience to a match because Deluca told him he was a Chan family member.

One student screamed, "Who's your daddy?" every time Deluca said "Virginia." Another was deemed "Chief of the Fun Police," and threatened to hand out tickets to members of the audience for laughing.



Chris McCracken/THE CAPTAIN'S LOG

Hypnotist Tom Deluca returned for the fourth year in a row, filling the Music and Theater Hall in the Ferguson Center. Above, a row of volunteers fall into a deep sleep and react to Deluca's commands.

"I was very skeptical at first," said senior Randall Munroe, a volunteer in Deluca's performance at CNU last year.

That didn't stop him from coming back for this year's performance, however. Last year Deluca performed in Gaines Theatre, with standing room only.

This year's turnout was about the same — packed almost to capacity, with only a few seats remaining.

Five volunteers stumbled around stage after being convinced that their rear ends were missing.

And another student, hypnotized to be a cheerleader who forgot his mascot, wiggled his spirit fingers as he cheered for the CNU Rats.

Senior Scott Jaeschke was hypnotized to spit out pick-up lines whenever he was asked his name. At one point he asked Deluca how he liked his eggs in the morning. Jaeschke didn't quite remember all of these things after the show, however.

"It was like a fantas-

tic dream," Jaeschke said. "I think I remember what I was doing towards the end, but it's all getting fuzzy now."

Patrick McBride, a freshman and member of the Special Events Committee, was one of the dozen CAB members who acted as a spotter for the volunteers on stage, making sure no one fell out of their chairs as they fell into a deep sleep.

McBride had a chance to speak with Deluca before the show.

"He's very down to earth and very talkative," McBride said after the show. "He's a great entertainer."

Deluca began hypnotizing people for behavioral changes while he was in graduate school, using his methods for therapy to help people to quit smoking or lose weight. Soon, the performances completely took over.

Throughout the show, several students were pulled from the circle of chairs by the CAB spotters because they hadn't been completely hypnotized.

Miranda Egan, a sophomore, was one of the students

directed off stage and back into the audience.

"I got the giggles while everyone was sinking deeper and deeper into sleep," Egan said.

Participants must be willing to let loose for the hypnosis, Deluca noted. Deluca is also active in giving performances for large corporations such as Microsoft and Merrill Lynch, but only uses a few of the same routines that he does for the collegiate shows.

College audiences are more eager to participate in some of the more "over the top" hypnosis than employees for large firms, which certainly makes for better entertainment.

"It's their personalities that make the shows interesting," Deluca said.

Deluca has been featured in People Magazine and Rolling Stone and has appeared on major networks such as NBC and Comedy Central.

He was named 2005's National Association for Campus Activities Variety Entertainer of the Year. ■

Technology has changed the dating game forever

By MARK DE LA VINA
Knight Ridder Newspapers

Don't even think about getting her phone number. And stop worrying whether he'll call you the next day.

In this age of high-speed, instant communication, the manner in which potential lovers interact is a complicated, tiered system that has reconfigured the way we court.

Gone are the days when potential paramours exchange phone numbers and contemplate too long and hard over a call. With the emergence of e-mail, text messaging, instant messaging and handheld devices like Treos and BlackBerrys, dating has evolved so that the thrill of a quick response goes hand-in-clammy-hand with the uneasiness of knowing you are reachable no matter where you are.

Michele Fontana, 45, is a divorced networks engineer from Santa Clara, Calif., who changed her dating ways when she incorporated new technology into her life. Fontana adopted text messaging, buying a Treo 650 and giving up her landline phone.

Fontana used to give her phone number to an interested suitor. Now she prefers exchanging e-mails to establish communication. If she likes what she reads, she suggests talking via Yahoo! messenger or her cell phone.

"If you have a thought or feeling, or if something happens that you want to share, technology allows you to be spontaneous in a way you couldn't before," Fontana says. "It gives you a new avenue to touch them."

Today, people who date are likely to make that first post-introduction contact through e-mail. A phone conversation follows after some flirtation and virtual footsies are played via text messaging or instant messaging.

Sex expert Helen Fisher agrees that technology is changing the way we date. A biological anthropologist at Rutgers University who specializes in the evolution and future of sex, love and marriage and gender differences in the brain

and behavior, Fisher says new technologies have expanded our ability to communicate while increasing the possibilities — and emotional impact — of dating.

"The technology has made it more emotional," says Fisher, author of "Why We Love: The Nature and Chemistry of Romantic Love." "Not only can you express your emotions almost instantly and have the other person respond, but if you express yourself and they don't respond, you instantly want to know why not."

Noemi Tappang, 20, of San Jose, Calif., prefers to initiate contact with someone interesting via succinct text messaging. Tappang explains that texting gives her a degree of control that a phone conversation lacks. "Text messages are quick," she says. "And you can respond only if you feel like it."

The downside of text messaging is its depersonalized nature. An e-mail, for example, isn't always something the recipient is obligated to respond to, says Stacie Hrabal, 41, who manages trade shows.

And though breaking up on the phone was once considered heartless, those who dated briefly and mostly communicated through e-mail can conveniently end their courtship with an electronic message.

There are pitfalls to establishing a rapport electronically, says Robbie Blinkoff, a principal anthropologist for Context Research, an ethnographic research company that has tracked such cultural trends as electronic communications.

Like Meg Ryan and Tom Hanks, who labored over when to advance their exclusively e-mail relationship to an in-person encounter in "You've Got Mail," people who rely too much on electronic interaction, even an emotionally intimate one, ultimately must step it up.

"You have to understand when it's time to put the phone or the BlackBerry down and have a face-to-face," Blinkoff says. "That's a key moment of transition." ■

DVD release helps 'Thumbsucker' find audience after a limited run

By CHRIS MCCrackEN
Contributing Writer

"Thumbsucker" created a lot of buzz at the 2005 Sundance Film Festival, but suffered from a limited theatrical release. With its recent DVD release, the film lives up to the hype.

This independent film, based on the book of the same name, attempts to display the problems of families in suburbia through a coming-of-age story. Although this plot seems a little overdone, "Thumbsucker" tackles many issues on the subject that make this film stand out from the rest.

The main character, Justin

(Lou Pucci), has a dilemma — he is 17 years old and still sucks his thumb. He is a fairly shy kid and continues this addiction as a coping mechanism to deal with the issues of adolescence.

His father (Vincent D'Onofrio) sees the act as extremely childish and looks down upon Justin for it. His mother (Tilda Swinton) is too busy trying to win a contest for a date with her favorite TV star to pay attention to her family.

Justin finally realizes that his thumb sucking is causing problems with his family and his social life. This is when Justin's unusual dentist (Keanu Reeves) decides to separate him from his thumb by using hypnosis. After



Photos courtesy of the Sony Pictures Classics

not being able to comfort himself with his thumb, he begins the mission of finding out just who he really is before reaching adulthood.

In true independent film fashion, "Thumbsucker" relies purely on the story and acting in order to drive the film. It uses very soft camera shots to express

the subtleties of the characters' lives. The sets are also very bland, drawing all of the attention to the characters.

This works well for the film because the story is the best part about it. These characters seem real, and the viewer can relate to many, if not all of them. Justin is especially relatable; his difficulties of growing up are probably quite similar to many of his age.

The DVD is not very exciting, having only a behind-the-scenes documentary, an interview with the author and director and commentary by the director. The behind-the-scenes documentary is fairly basic, showing the different actors and their opinion on the movie,

which is always that it is a great film and they loved doing it.

The interview between the book's author Walter Kim and director Mike Mills is extremely interesting. The two break down the story from the book and film and analyze all of its major themes and characters. Since the story in "Thumbsucker" is very engaging, it is intriguing to examine how the book translated into the film.

"Thumbsucker" is a film that has a little bit of everything, from humor to sadness to joy. These are all of the elements that make a great dramatic film with a pertinent theme: everyone has their own problems, and no one is alone in their struggles. ■

HOT

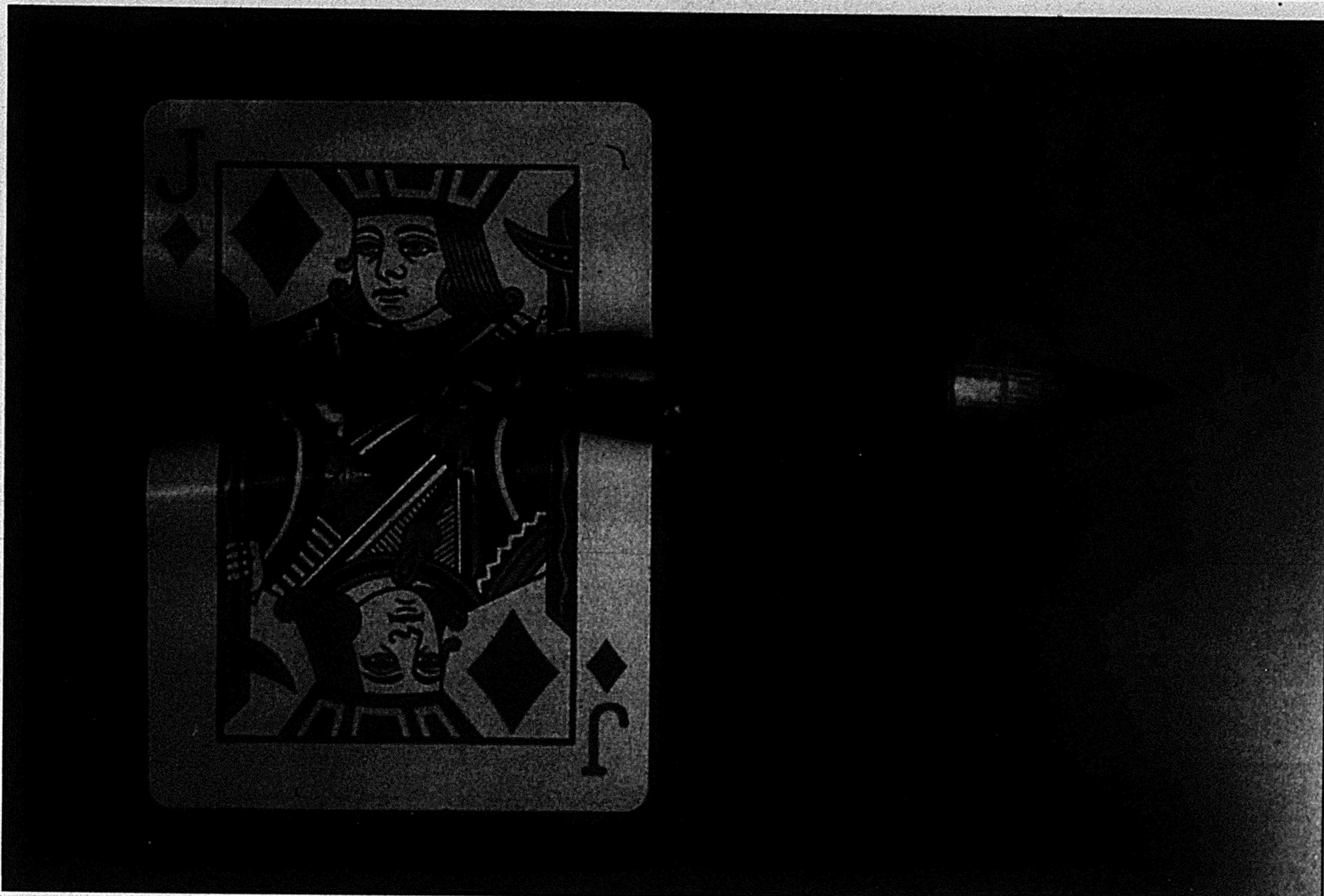
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HOT TANNING DEALS FOR 2006!



Scientist Harold Edgerton captured moments like this one, of a speeding bullet shredding through a card, after he invented the first electronic stroboscopic device — capable of capturing images too fast to see with the naked eye. Photos courtesy of the Peninsula Fine Arts Center

Don't blink or you'll miss it

By PAUL CIRILLO
Contributing Writer

There is a whole other world that happens right in front of your eyes, yet you cannot see it no matter how hard you look.

It can be a simple drop of milk splattering on a saucer, or it can be the destructive milliseconds after an atomic bomb is detonated. It can be common things like every single motion of a dog's wagging tail. These things happen, but we cannot see them — at least as they happen. But that is where science comes in.

"Blink! Art at the Speed of Light" is a fascinating exhibition, displaying the photographs of Harold Edgerton through March 26 at the Peninsula Fine Arts Center. "The whole idea is to combine science with art," said Valeria Hundler, a volunteer docent at the PFAC.

Edgerton was a scientist by trade, who out of scientific necessity created the first electronic stroboscopic device, making it capable to capture images that move too fast for the eye to see.

Some of his other innovations helped in aerial night photos in World War II and the discovery of USS Monitor. He died on Jan. 4, 1990.

One of the pieces is "Death of a Light Bulb," a mind-boggling photo, capturing the final moment of a light bulb before it

bursts into millions of pieces after a single bullet shoots through the bulb. In one fantastic fraction of a second, the light bulb and the bullet remain frozen in time.

One can see the amazing details in the light bulb's last instant — the light bulb spurning glass from its entry and exit wounds, the fissures glowing with energy and the bullet continuing its path.

A viewer can easily anticipate the sharp shatter of glass with the photo because it is so vividly portrayed. The image is so violent, yet so beautiful. It is one of the photos that is difficult to walk away from.

The bullet is a recurring subject in the photos. A bullet through a bubble, balloon, a playing card, and an apple are also on display.

"Soft Ball Batter" is another photo that appeals to multiple senses. The photo was taken at the moment of impact. It is in that moment batter, bat and ball meet, a moment perfectly frozen for a viewer to see.

In the moment of impact, bat and ball seem to fuse together. The viewer can see the ball compress while the bat bends. The crack of the bat can easily be heard while viewing the photo.

"Mrs. Webster and Her Hummingbirds" is a photo capturing the beauty of three hummingbirds hovering in front of a smiling Mrs. Webster.

Before flash photography,

it was not possible to witness the beating wings of a hummingbird. Hummingbirds flap their wings 60 times per second, which makes it impossible for Mrs. Webster to witness what the viewers see. There are many other shots that slow animals down for us to share a moment with them.

Sculpture at PFAC

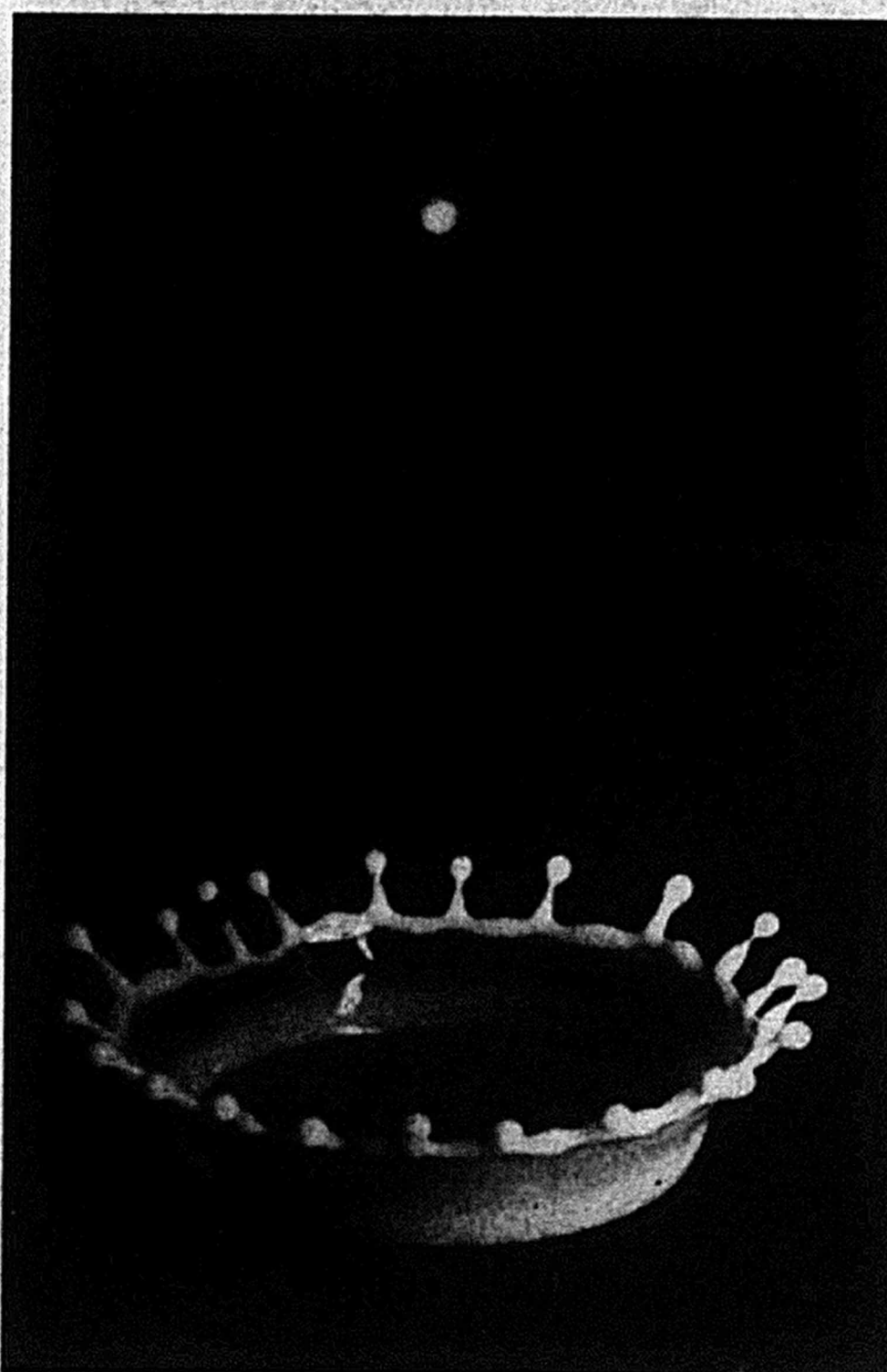
Also on display are three kinetic sculptures by Gregory Barsamian. Viewers are given a disclaimer before walking into the pitch-black rooms where the sculptures are displayed: "Warning. The art in this gallery is rotating at high speed. Strobe lights are in use."

After passing through the curtain, I felt like I walked into another world, being faced with a whirling-blinking sculpture moving at 20 miles an hour.

"The mouth opens but then keeps opening until the head turns inside out revealing its contents," said Barsamian of his work "The Scream," in an exhibit publication.

"No Never Alone," and "Postcards from the Fringe," are two other works by Barsamian on display. The works are thought-provoking pieces, placing the viewer smack dab in the middle of another person's mind.

The Peninsula Fine Arts Center is located at 101 Museum Drive, next door to CNU. ■



Edgerton was able to capture moments at a fraction of a second using the electronic stroboscopic device he invented. His further innovations included the invention of a device used to capture night aerial photographs during World War II. Edgerton, who died in 1990, photographed such varied subjects as baseball players, hummingbirds and exploding lightbulbs. The show will be at the PFAC until March 26.

In celebration of Black History month, the CNU Bookstore will host the following events:

- February 17th: 10am - 2pm - Artist Regina Burdaway will be at the Bookstore displaying her artwork.
- February 27th: 11:00am - 2:30pm - Local author and artist Gerome Meminger will be here at the Bookstore displaying his art and signing copies of his book.

* All trade books relating to Black History

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February 11th, 2006

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* For the month of February all trade books relating to love are 20% off! *