

SOCCER SNAGS DOUBLE WIN

SPORTS, PAGE B6

TV flips its focus
to dramas

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Bluegrass star Ricky
Skaggs performs

PAGE B1

Fishing Club to com-
pete nationally

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THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | September 27, 2006 | VOLUME 38 Issue 5

WWW.CNU.EDU/CAPTAINSLLOG

Castro's daughter speaks out

NEWS

Journalist
Brokaw second
ever to receive
Thayer award

BY JONATHAN TAKIFF
PHILADELPHIA DAILY NEWS

Retired NBC news-
man Tom Brokaw, 66,
has become the second
journalist ever to be
bestowed West Point's
prestigious Sylvanus
Thayer Award.

Named after the
Point's fifth superin-
tendent, the award
honors U.S. citizens who
exemplify the virtues
and ideals invoked in
the academy's motto,
"Duty, Honor, Country."
Brokaw was cited for
his contribution to the
public's understanding
of World War II through
his books "The Greatest
Generation" and "The
Greatest Generation
Speaks."

CBS news legend
Walter Cronkite is the
only other journalist
to receive the award,
which has also been
awarded to Gen. Doug-
las MacArthur, former
President Ronald Reagan
and Justice Sandra Day
O'Connor. ■

Alina Hernandez
describes her
childhood in
Communist Cuba.

BY NICK MIRABAL
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Alina Fernandez-Revuelta,
daughter of Cuban dictator
Fidel Castro, appeared at the
Ferguson Center for the Arts
Concert Hall last Thursday,
where, in a CAB-sponsored
presentation, she spoke in
detail about growing up—a
child of the Cuban revolution.

At 7 p.m., after an introduc-
tion from sophomore Chelsea
Renner, a member of CAB's
Culture and Lecture Com-
mittee, Fernandez walked
onstage, amidst a warm recep-
tion of audience applause.

"It is my hope that everyone
here tonight can gain some
new information about a
country 90 miles from the U.S.
coast and how it was forced to
change," said Fernandez.

In a short walk through her
genealogical tree, Fernandez
began by explaining the cir-
cumstances surrounding her
birth—an affair between the
wife of a wealthy doctor, from
whom she takes her name, and
a revolutionary. Her refusal to
legally take the Castro family
name marked one of her first
acts of rebellion against her
father, according to a press
release.

Recalling moments in the
country's history as writ-
ten in her book, "Castro's
Daughter: An Exile's Memoir
of Cuba," Fernandez voiced
personal memories from the
beginning of Cuba's transi-
tion into communist nation.



APRIL LE/THE CAPTAIN'S LOG

Before her presentation, Alina Fernandez held a press conference in the Ferguson Center Green Room to speak with reporters. Fernandez focused much of that talk on Venezuelan President Hugo Chavez's recent bouts with the United Nations.

In one account, Fernandez
described her childhood per-
ception of the televised execu-
tion of Batista loyalists, as
carried out by Che Guevara
and Raul Castro.

"In the days after that,
Uncle Scrooge, his nephews
and Mickey Mouse vanished
from the television screen for

ever," Fernandez said in her
book. "We have had bearded,
hairy men on television in
Cuba for over forty years now.
Try to imagine that."

Detailing her post-revolu-
tion life, Fernandez recounted
her mother's dedication to
the revolutionary cause. Her
mother sold her jewelry and

possessions to fund the first
revolutionary raid upon the
military base in Santiago.
Likewise, she eventually sold
the family's house and every-
thing in it, giving up servants
for the Communist goal of
economic equilibrium.

"A revolution becomes a
dictatorship when the state

owns your public life," said
Fernandez. "I decided I had to
leave when I saw my daughter
was living the same life I did."

The presentation concluded
with a Q-and-A session, allow-
ing CNU students, faculty
and local residents to address

SEE FERNANDEZ, PAGE 4

INSIDE

Senate deals
with Dining
Services

Director of Dining Services
Kevin Ososkie answers
Senator's questions at
Monday's SGA meeting.

SEE PAGE A3

Professor's
work merits
top award

Dr. Brian Puaca's disserta-
tion on West Germany is
declared most outstanding
by historical society.

SEE PAGE A7

Intensity of
AIDS shown
to students

United Campus Ministries
provided students with an
AIDS quilt, reflection Labyrinth
and testimonies. About 20
students came to the Great
Lawn on Thursday to view the
quilt, which was displayed for
four hours by United Campus
Ministries (UCM).

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Students frustrated with dismissal of Dr. Grendahl

She was dismissed
over the summer for
information posted
on her Web site.

BY LINDSEY LEACH
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Dr. Kathleen Joyce-Gren-
dahl was dismissed from CNU
this summer, on the grounds
that she falsified informa-
tion on her Web site, which
was used in turn for the CNU
Ensemble and INAFSA Web
sites.

On Grendahl's Web site, it
stated that she had earned
an M.A. in Ethnomusicology
from Kent State, contrary to
her own statements which say
she was and is in the process
of getting the M.A. When noti-
fied via e-mail by Dr. Mark
Reimer, chair of the depart-
ment of music, that she was
to be dismissed from CNU,
Grendahl claimed that her
web administrator posted the
information on the Web sites
without her knowledge.

Grendahl said that her web
administrator sent letters to
all the appropriate univer-
sity administrators stating
that the mistake was in fact
not Grendahl's and that the
information had been cor-
rected. College of Liberal Arts
and Sciences Dean Douglas
Gordon and President Paul

Tribble Jr. made no
comments regard-
ing Grendahl's
dismissal, citing
CNU policy ban-
ning public state-
ments on person-
nel matters.

"All applica-
tions and vitae
that I have ever
submitted to the
university was the
correct informa-
tion with regard to
my ethnomusicol-
ogy degree being
in progress,"
Grendahl said.
She said that she
has, in fact, never
misinformed the
university in any
way.

When asked
about Grendahl's
dismissal, Reimer
made no com-
ment.

During Gren-
dahl's six years
at CNU, she was
an adjunct professor of flute
and world music and taught
such classes as music theory,
ear training, music bibliogra-
phy, woodwind pedagogy and
literature. Grendahl was a
popular teacher among music
majors; many students were
upset at her dismissal.

Two such students, junior
Shannon Nester and sopho-
more Kris Ostergard, cre-



COURTESY OF RYAN BURKE

Dr. Kathleen Joyce-Grendahl spent six
years at CNU teaching music of all sorts.

ated a Facebook group called
"Bring Dr. Grendahl back to
CNU!" to rally students to
send e-mails and make phone
calls to the administration
to get her rehired. The Face-
book group's description
reads, "We, as the students
who [Grendahl] has stood by,
supported, and aided, need to

SEE GREND AHL, PAGE 4

Sigma Tau Gamma returns after 5 years

After losing campus
recognition, they
are officially back
as a CNU fraternity.

BY SARA WIRTALA
SARA.WIRTALA.05@CNU.EDU

Sigma Tau Gamma, a
fraternity that lost campus
recognition five years
ago, officially returned to
campus last week, according
to senior and Inter-frater-
nity Council (IFC) President
Simon Halpern.

Sigma Tau Gamma was
the second fraternity at
CNU, receiving its char-
ter in 1987, says fraternity
president Brian Hayward,
a junior. "We were going
really strong until 2001,"
Hayward said, "when we
dropped down to about
five members and stopped
recruiting and doing what
the IFC was telling us to
do." Halpern agreed, saying
that Sigma Tau Gamma was
kicked off campus five years
ago because of low chapter
numbers as well as problems
with their national head-
quarters.

"Out of our five members
in 2001," Hayward added,
"only one of them was a
true college-age student."
Hayward attributes the frater-
nity's earlier problems to
the fact that the chapter was

established when CNU was
still a commuter school. "We
took that mentality in going
forward," he said, which
ended up being detrimental
to Sigma Tau Gamma as
CNU developed into a resi-
dential campus.

In 2001, Sigma Tau Gamma
Fraternity lost its recogni-
tion from the university and
the IFC. "We were told that it
was not a permanent thing; it
was more like a suspension,"
Hayward said, "but noth-
ing ever really came from
that until last year when we
decided to make an effort
to get back on campus." It
has been Hayward's goal to
gain recognition from CNU
since he pledged as a brother
of Sigma Tau Gamma two
years ago—now, as chapter
president, it is a goal he has
been able to achieve.

"We're allowed to adver-
tise on campus, rush and
hold events on campus, get
our name out there," said
Hayward. "A lot of people
haven't heard of us because
we were known as the 'off
campus fraternity.' It's hard
to get people to recognize you
without being on campus,"
he added.

In order to be recognized
by IFC, Sigma Tau Gamma
had to stop recruiting first
semester freshmen and only
recruit new members with

SEE FRATERNITY, PAGE 4

THE WEEK SEPTEMBER 27- OCT. 3

wednesday

7 p.m. — Young Democrats Meeting, Ratcliffe 117
7 p.m. — Anime Club Meeting, Gosnold 101
7 p.m. — Equality performance, "One Night," Ferguson Center Music and Theater Hall

thursday

7 p.m. — Nadine Zahr, Discovery Cafe
12:15 p.m. — Multicultural Student Association Meeting, SU 259
12:15 p.m. — Captain's Log advisor's meeting, Ratcliffe 7 p.m. — Homegrown, TBD
7 p.m. — Alina Fernandez, Ferguson Center Concert Hall
10 p.m. — Citizens of the World, James River Multipurpose Room

friday

12 p.m. — Banned Books Reading, CNU Bookstore
12 p.m. — Biology Club Meeting, Science Building Atrium
7 p.m. — CAB: Superman Returns, Gaines Theatre
8 p.m. — Outdoor dance featuring Seed Is, Great Lawn

saturday

3 p.m. — Love Connection Game Show, Great Lawn
7 p.m. — CAB: Superman Returns, Gaines Theatre

sunday

4 p.m. — Catholic Mass, Alumni Room (SC 150)
7 p.m. — Captain's Log Staff Meeting, SU 393

monday

5:30 p.m. — SGA Meeting, Alumni Room (SC 150)

tuesday

PAGE TWO

WEDNESDAY, SEPTEMBER 27, 2006 | PAGE A2

On campus

SEXUAL ASSAULT PLAY 'ONE NIGHT' TO PROVIDE INTERACTIVE AWARENESS FOR STUDENTS

At 7 p.m. tonight, in the Ferguson Center Music and Theatre Hall, the play "One Night" was performed. The play followed an interactive format and deals with issues of sexual assault and consent. It has been performed at CNU for several years and mainly displays sexual issues between four college friends.

CULTURAL SEMINAR TO BE OFFERED AS STUDY ABROAD OPPORTUNITY FOR STUDENTS

A seminar entitled "The Many Faces of Costa Rican Identity" will be offered for the summer of 2007 by the Department of Modern and Classical Languages and Literatures. The seminar is worth three credits and provides a study abroad opportunity to take place May 14-27, 2007. There will be an information session in the Washington Conference Room (Room 259) in David Student Union on Tuesday, Oct. 3, at 4 p.m.

MAT STUDENT ACHIEVES SCHOLARSHIP AWARD FOR ACADEMIC PERFORMANCE

Melissa Baird, a graduate student in the Christopher Newport University Master of Arts in Teaching Program, has received the Richard A. Meade Student Teaching Scholarship Award for 2006-2007 from the Virginia Association of Teachers of English (VATE). According to the association, "The Richard A. Meade Student Teaching Scholarship was established by VATE to honor the late Dr. Meade, a professor of English education at the University of Virginia from 1934-82. The scholarship rewards the efforts of highly capable students entering teaching, representing VATE's commitment to improving English Language Arts instruction in Virginia schools." Ms. Baird will be invited to attend the VATE Fall Conference in October as a guest of the association. In addition, she will be invited to attend and present at the Fall Conference the following year. Baird hopes to teach English in a hard-to-staff high school after completing her student teaching internship in Newport News in Spring, 2007.

Around town

LOCAL NEWPORT NEWS CHURCH CELEBRATES 125TH ANNIVERSARY WITH PUBLIC RECEPTION

A local church in Newport News held its 125th anniversary on Sunday. St. Vincent DePaul Catholic Church, which was the second church formed on the Peninsula, was formed in 1881. They celebrated at Point Comfort Plaza with an anniversary reception. The downtown church participates in and offers many local community assistance programs.

INDEPENDENT RECORD STORE APPEALS TO LOCAL PATRONS THROUGH UNIQUE APPROACHES

Bottom Beat Clothing and More is one of few independently owned record stores in the area. Darick Bethea and Willie Gatling opened the record shop in 1987, shortly after one of their favorite local record stores closed. They now carry clothing as well as hard-to-find records and CD's. The business has proved to surpass the growth of purchasing music on the Internet and changes in the record industry in the past 20 years and are hoping to last another 20 more with valued customers and hard workers.

Corrections

The photo of senior Tim Scott in last week's article, "Captains Run at JMU Meet" was taken by Karen Hymes.

The photo from the article "Homegrown Offers Outlet" was taken by April Le.

Police blotter

The Captain's Log regrets to inform readers that the online CNU Police Blotter has not been updated by the University Police since Sept. 17.

Newport News Crime Log

September 25

A runaway case was reported on Warwick Boulevard.

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

An individual was reported leaving the scene of an accident on Jefferson Avenue.

Computers were stolen from a business on Jefferson Avenue.

September 24

A hit and run incident took place at the

intersection of Deep Creek Road and Madison Road.

An incident involving the shoplifting of tools took place at a business on Chatham Drive.

A sex offense involving fondling took place on Clay Drive.

September 22

A case of damaged property took place at a home on Troy Drive.

An incident of stolen clothing occurred at a business on Jefferson Avenue.

A case of simple assault took place against an individual on Lytle Avenue.

September 21

A case of credit card fraud took place on Jefferson Avenue.

An incident involving the unauthorized use of vehicles occurred on Jefferson Avenue.

A case of stolen vehicle parts took place on Biltmore Court.

A robbery took place at a home on Troy Drive.

Information from Newport News Police

SUPERSHOT



JESSE HUTCHESON/THE CAPTAIN'S LOG

CNU Rugby player, senior Jarrett Anderson carries the ball at the team's last home game of the season against Longwood last Saturday, Sept. 23. The team's next game will be against local rival William and Mary Oct. 7.

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

Names in the news

DALAI LAMA MAKES SURPRISE VISIT TO N.Y.

He didn't draw the hundreds of thousands who gathered for the great festival in '69, but the Dalai Lama did manage to draw a respectable throng when he paid a surprise visit to Woodstock, N.Y., on Friday to talk about peace.

The event was unadvertised, but word of mouth brought a crowd estimated in the thousands to the Catskills to listen.

The Tibetan Buddhist leader stopped in Woodstock between scheduled appearances in Buffalo, N.Y., and New York City.

An X-ray machine set up inside an unobtrusive white van scanned the crowd for weapons as people passed by.

Town Supervisor Jeremy Wilber called the Buddhist leader's appearance a "gift to the people of Woodstock."

'THE APPRENTICE' SPIN-OFF BEGINS IN CHINA

Signs that a country is finally embracing a free-market economy?

It produces a reality show inspired by Donald Trump, of course.

Yep, time is ripe for "The Apprentice: China."

Reportedly, Mark Burnett has granted rights and license to a Beijing-based production company that says the show will be the "first reality television show in China to be fully licensed for production and localization from original North American producers."

China has 347 million television households. No details have been released about the show.

THREE 6 MAFIA MOVES TO TINSEL TOWN

DJ Paul and Juicy J of Three

6 Mafia, which won an Oscar for the song "It's Hard Out Here for a Pimp," featured in the 2005 film "Hustle & Flow," have left their Memphis home to settle in Tinseltown.

The L.A. Times reports the hip-hop stars are leasing a \$4 million, 8,000-square-foot gated villa that has six bedrooms, three fireplaces and a wet bar.

The house will be the set of the MTV reality show "Hollywood," which tells the story of hip-hop stars who move from Memphis with a deal to star in a reality show set in a fancy \$4 million villa in Hollywood.

ANGELINA JOLIE TO STAR IN POLITICAL FILM

Having conquered the Third World with her exemplary acts of (post-Judeo-Christian-Buddhist) caritas, Angelina Jolie is set to star in an adaptation of "Atlas Shrugged,"

the fake philosopher Ayn Rand's political novel about the destructive, heinous and generally stinky effects of altruism on The Individual. The story follows a studly female executive who upholds uber-laissez-faire capitalism and the virtue of selfishness in the face of The Collective, which hates Geniuses and Individualists.

An otherwise sentient being, Jolie once told CNBC, Rand has a very interesting philosophy, boiling it down to self-therapy.

"You re-evaluate your own life and what's important to you," she said.

The film ought to be a hoot: The Gary Cooper and Patricia Neal-starring adaptation of Rand's "The Fountainhead" was a drippy powerhouse soap opera worthy of Douglas Sirk.

MCCLATCHY TRIBUNE ■

THE CAPTAIN'S LOG

Check out the All New Captain's Log Online Edition

A strike of bad luck for CNU

The campus newspaper has been hit with a series of unfortunate events. First, the printer went on strike, then the editor went on strike, and now the publisher is on strike.

Doctor donates \$1.3M

Dr. David Perkins, a local physician, has donated \$1.3 million to the University of Virginia to support research in the field of cancer.

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

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

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

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First Senate legislation passed

Director of Dining Services Kevin Ososkie addresses issues with Senate.

BY REGINA CERIMELE
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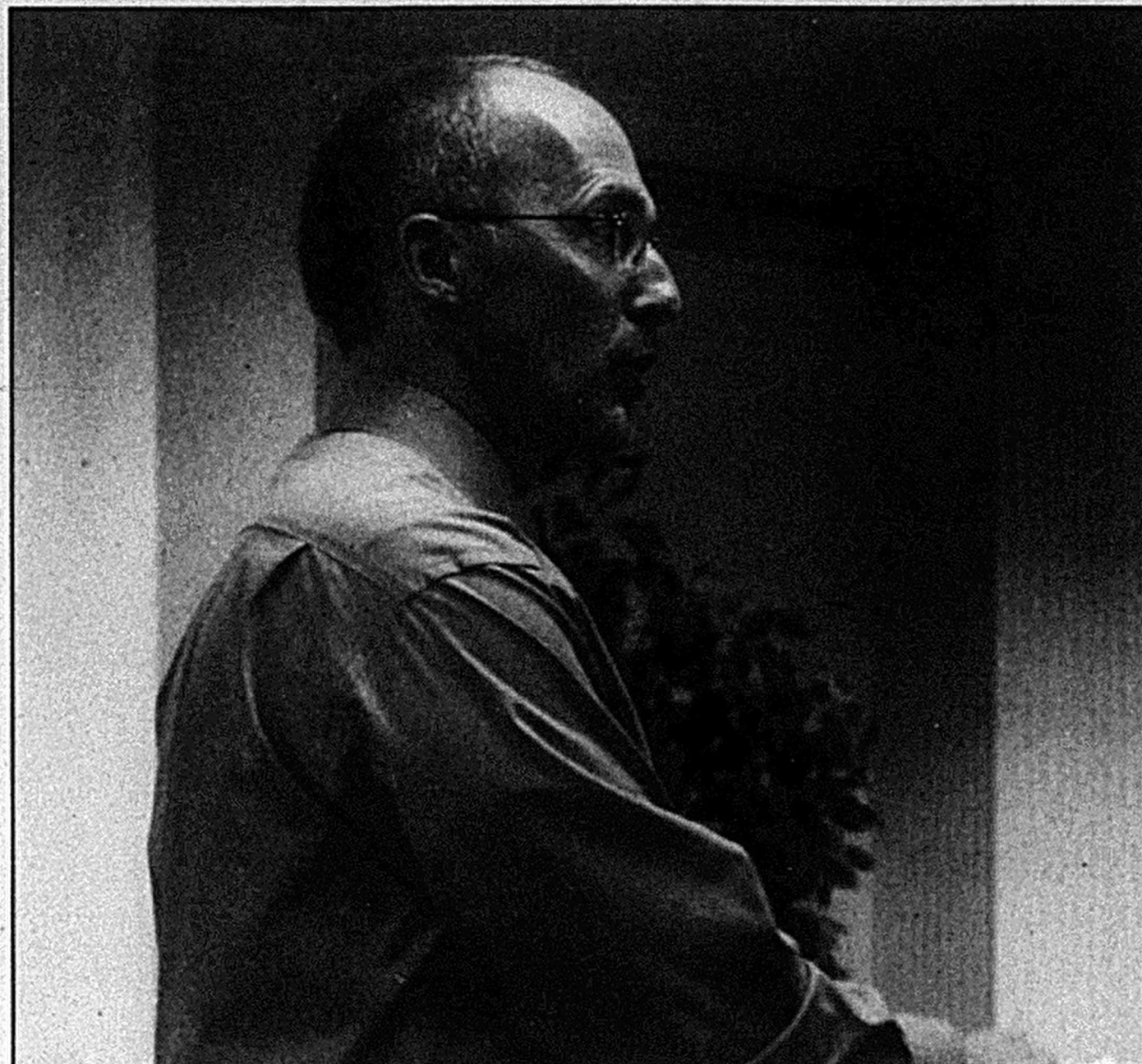
Bills providing online student access to Flex and dining point and meal exchange balances; and the exclusion of irrelevant e-mails from the CNU Portal were both passed at this Monday's Student Government Association meeting.

Senators were given the opportunity to address dining questions and concerns directly with Dining Services Director Kevin Ososkie. Senators posed many questions to Ososkie about dining that were accumulated directly from the student body via a "Campus Comb" conducted last week.

Ultimately, senators focused much of their attention on the understaffed Dining Services locations in the David Student Union, which have affected hours of operation for Stone Willy's Pizza, as well as the Discovery Bistro. Lack of available employees, said Ososkie, accounts for those retailers not being available on the weekend.

"We want to provide these things just as much as you want to have them," said Ososkie, citing that Dining Services has recently placed a great deal of effort into hiring both hourly and full time employees. One key issue contributing to the limited number of regular employees, said Ososkie, is Tropical Storm Ernesto, which damaged the homes of several former employees, who were forced to leave and find new places to live. "You can see why the staffing issue has gotten to be where it is," said Ososkie. "One day we needed 15 people, the next day we needed 30."

Senators also questioned Ososkie about standard features of Regatta's that have not been made available to stu-



REGINA CERIMELE/THE CAPTAIN'S LOG
Guest speaker, Director of Dining Services Kevin Ososkie addresses questions and concerns involving properly staffing dining services and available dining features at Monday's SGA meeting.

dents yet. These include the serving of ice cream, as well as the return of Chicken Parmesan to the weekly menu. Again, Ososkie cited staffing issues as the cause.

Ososkie stated that both ice cream as well as Chicken Parmesan should return as part of dining options at Regatta's in the near future, though he could not provide an exact date of availability.

Both pieces of legislation passed by the Senate needed very little discussion. Both were passed without objections from senators. Sophomore Joe Hamm's legislation 1:06, which provides for online accounting of Flex, dining and meal exchange figures, passed after sophomore

Senator Andrew Lundsten confirmed to the senate that I.T. Services Director Andrew Crawford deemed the process feasible.

"You can see why the staffing issue has gotten to be where it is. One day we needed 15 people, the next day we needed 30."

KEVIN OSOSKIE, DINING SERVICES DIRECTOR

Lundsten went on to propose legislation limiting irrelevant campus-wide e-mails on the CNU Portal. This also passed. Lundsten targeted his legislation on the frequently sent e-mails

reminding campus employees that "Time Sheets Are Due." They are currently sent to the entire campus body — including those who are not employed by the university.

In her Executive Report to the Senate, SGA President Molly Buckley commended the Senate given the success of the recent Campus Comb, citing many key ideas that were collected from students on campus.

She likewise encouraged the Senate to remain pro-active within the CNU community. Buckley also recommended to the Senate the appointment of senior Ashley Miles to the Judicial Branch. Miles was unanimously appointed. ■

CCCC wants your sexual secrets

CNU PostSecret offers anonymity to students who reveal secrets.

BY KATIE BAHR
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Do you have a secret? If so, the Center for Counseling, Consulting, and Coaching (CCCC) is presenting an exhibit tonight as part of the Sexual Health Awareness Week to convince you you're not alone. The CNU PostSecret exhibit will be revealed at the play "Equality: One Night" at 7 p.m. outside of the Ferguson Center Music and Theatre Hall. It consists of postcards that have been designed anonymously by CNU students,

"CNU can seem very small sometimes — you tell one person and it gets around."

DR. JULIANA MILLS,
ASSIST. DIRECTOR OF CCCC

each featuring a sexually themed secret. Secrets have ranged so far from the funny — "I thought you were a good lover. Now I know better" — to the poignant — "Think-

ing about being with him is more exciting than actually being with him."

This year, the CCCC decided to synthesize their previous efforts — Sexual Responsibility week and Sexual Assault Week — into Sexual Health Awareness Week.

The confessions of deep, dark secrets on postcards is nothing new; it is based on the idea that Maryland native Frank Warren had for a community art project. He handed postcards out to strangers and ask them to write something they had never told anybody, then mail it back in anonymously. After a while, impressed by the overwhelming response he received, Warren started to post the secrets online,

as part of his PostSecret blog (<http://postsecret.blogspot.com>). From there, the project grew into an international phenomenon, resulting in Warren's book, "PostSecret," published in 2005. A portion of the book's proceeds go to the National Hopeline Network.

According to Dr. Juliana Mills, personal counselor and assistant director of CCCC, sending in a secret for display can be appealing because it allows someone to anonymously share what's on their mind without being judged by peers. "I think that a lot of people want to know they are not alone, so people want to have a place where they can get something out, but not have the ramifications of people

knowing it, and somebody judging them for it. Anonymity is, I think, a big draw for it," Mills said.

For others, a good reason to send in a secret would be to raise awareness about an important

issue. "I think sometimes people want to know, want to tell somebody, but they don't know who or they have difficulty finding the person to tell," said Mills.

"CNU can seem very small sometimes — you tell one person and it gets around. A lot of secrets we've gotten in so far have been about pretty heavy issues. Some things, that are very private, people obviously don't want their names attached to, but they want people to know about it," she said.

The CNU PostSecret exhibit will be tonight as well as Thursday from 11 a.m. to 1 p.m. in the David Student Union and Friday at the Sexual Health Fair on the Great Lawn from 12 p.m. to 2 p.m. ■

find the phone that fits



flip to the next ad to find instructions for how to play

cingular
raising the bar.™

FERNANDEZ, FROM PAGE 1

Fernandez directly. "As a person of Cuban descent, her stories of the revolution reminded me of the ones parents told me," said junior Kaylen Shilling.

"It was great to see people of my same heritage there, who found the speech as important as I did," she said.

Fernandez met with reporters from the Daily Press, WAVY 10, The Captain's Log, CNU's Digital Media Productions Group and other local media in the Ferguson Center Green Room. During this 15-minute session, she shared her thoughts on Venezuelan President Hugo Chavez, in light of his recent bouts with the U.N.

"As a scholar of my father, who views [Chavez] as a faithful student, I would have to say Chavez is a bad imitation of him," said Fernandez.

To hungry questioning about her father's recent health problems, she responded, "I know just as much as the rest of the public — what I read in the paper or hear on TV." ■

GRENDAAHL, FROM PAGE 1

make it known that we are not happy about this."

Likewise, music history and literature major and senior Jake Hull said of Grendahl, "Her teaching inspired me to follow and pursue the course of study that I am going to graduate with ... she is incredibly supportive and helpful." Hull said that he was very disappointed when Grendahl was dismissed.

When asked if she would return to CNU if rehired, Grendahl said, "If I came back, it would solely be out of devotion to the students. It was always about the students, for me."

"My greatest joy was to reach a student, maybe help a student who slipped through the cracks and was overlooked by the department, a student who had gifts and talents if only someone would look deeper and go the extra step." ■

FRATERNITY, FROM PAGE 1

2.4 GPA or above, said Halpern.

In addition, Sigma Tau Gamma started supporting their philanthropy and becoming active on campus, he said. Hayward and a fraternity brother met with Donna Eddleman, dean of students, Kim Roeder, director of student activities, and Leah Dooley, assistant director of student activities for Greek life.

After presenting their case to the administration, they were told to go directly to the IFC for approval.

Hayward and other members of Sigma Tau Gamma made an extensive presentation to the IFC at the beginning of this semester: "We told them why we got kicked off, what we do for the community, what we can do for the school, and who our brothers are," he said. IFC then voted in a separate meeting; the majority ruled that Sigma Tau Gamma would be re-admitted to campus and recognized as one of CNU's social fraternities.

The Office of Student Activities and the IFC, said Hayward, were extremely helpful throughout the re-admittance process. "I feel as though we were treated fairly," he added.

The Interfraternity Council is currently composed of Tau Delta Phi, Pi Lambda Phi, Pi Kappa Phi, Sigma Phi Epsilon, Kappa Delta Rho — and most recently, Sigma Tau Gamma. ■

Interested in writing, photography or learning more about CNU?

**Come to
The Captain's Log
interest meeting in the
David Student Union
room 393;
Sundays at 7 p.m.**

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	not me				me
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With me, more is better	1	2	3	4	5
I have been to more concerts than I can count	1	2	3	4	5
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WORLD+NATION

WEDNESDAY, SEPTEMBER 27, 2006 | PAGE A5

Israelis more divided than ever

CONFLICT | War with Hezbollah has left Jewish and Arab Israelis more on edge.

BY DION NISSENBAUM
MCCLATCHY NEWSPAPERS

JERUSALEM — For two years, author Sayed Kashua, an Arab-Israeli, has been writing a popular weekly newspaper column for one of Israel's largest Hebrew-language newspapers, Haaretz. The column often takes a lighthearted look at discrimination, racism and the challenges facing the Arab minority in this largely Jewish nation.

But a few weeks ago, as Israel's summer war with Hezbollah in Lebanon wound down, Kashua made what was for his Jewish readers a startling confession. He confessed he'd been hoping Israel would lose.

"My hands tremble as I write, but in this war I was against Israel — make no mistake — my country," he wrote. "You can say it's treason, you can say what you want, but I am still unable to understand how I can be happy when I hear that another IDF (Israel Defense Forces) tank has been hit and, at the same time, be afraid that I have friends inside it."

The piece generated scores of angry e-mails and phone calls. It also exposed the simmering anger that Israel's Arab citizens feel over how their country treats them and became one more provocation for an anti-Arab backlash that's still unfolding.

Conservative Israeli lawmaker Effi Eitam denounced Arab-Israelis as "a band of traitors of the first degree"

and a dangerous "fifth column" that should be barred from participating in Israeli politics.

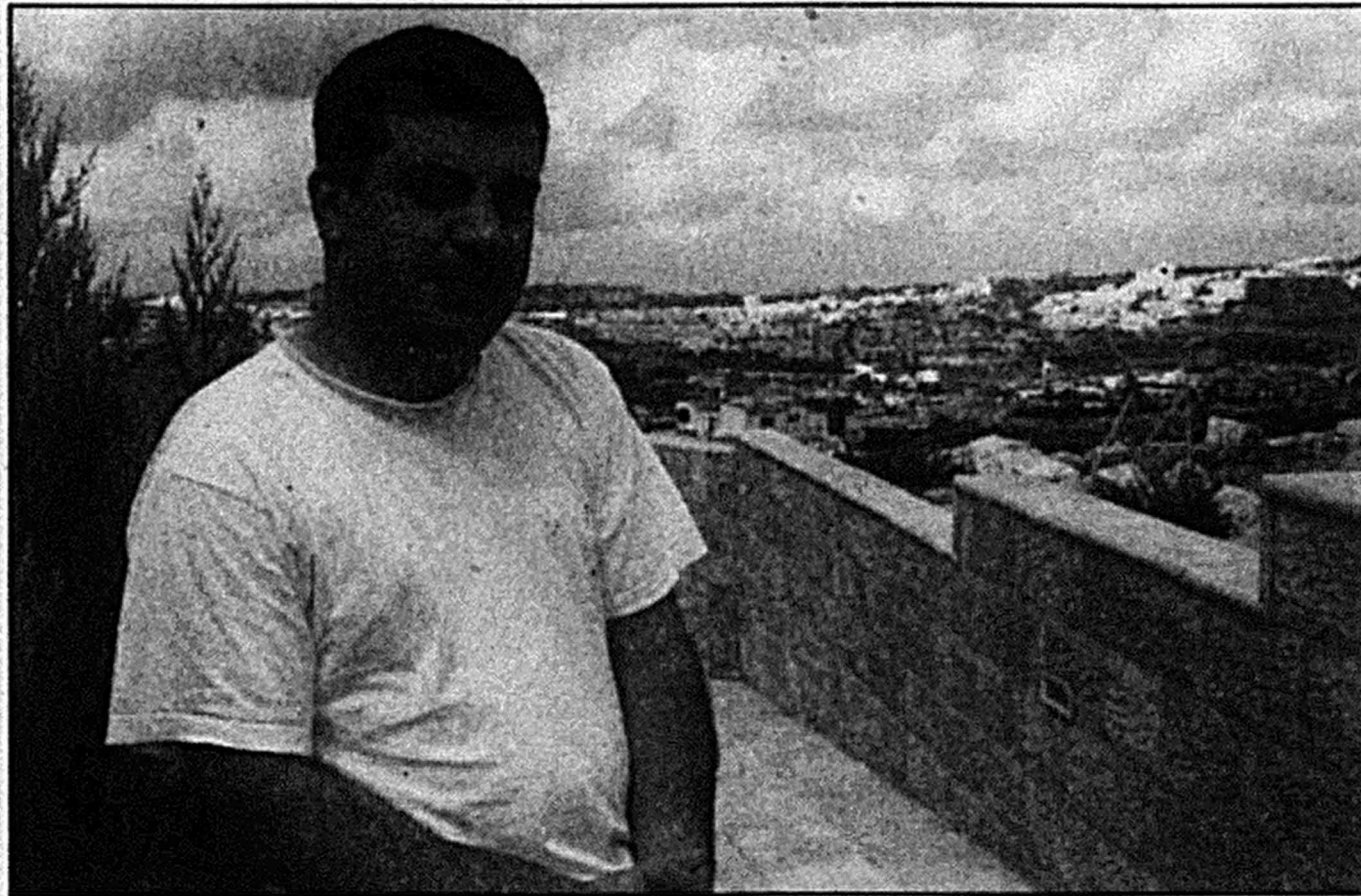
The Israeli parliament's ethics committee last week suspended two Arab-Israeli lawmakers, one for a day, the other for three days, after one called the defense minister a "child-murderer" and the other denounced opposition politician Benjamin Netanyahu as an "angel of death."

Israel's attorney general has launched an investigation into a group of Arab-Israeli lawmakers who took a postwar solidarity trip to Syria, a journey that may have violated the country's ban on visits to "enemy nations."

And in Haifa, a city that touts its long history of Arab-Jewish co-existence, the city council ousted its Arab-Israeli deputy mayor after he repeatedly went on television during the war to criticize Israel.

"Jews and Arabs did not come out of this war more united," said Elie Rekhess, director of the Adenauer Program for Jewish-Arab Cooperation at the Dayan Center of Tel Aviv University. "Instead, the mistrust between Jews and Arabs has deepened."

Arab-Israelis suffered more than their share of casualties from Hezbollah rocket attacks during the war. Arabs make up about 1 in 5 of Israel's population. But more than 1 in 4 of those killed by Hezbollah rockets — at least 14 of the 54 Israeli dead — were Arabs.



Arab-Israeli author and columnist Sayed Kashua says said other Israelis should not be surprised that he and the nation's Arab minority opposed the recent war in Lebanon.

Even so, relatives of the Arab-Israeli victims didn't blame Hezbollah for their losses; they blamed their government. Arab-Israeli politicians criticized Prime Minister Ehud Olmert for unleashing an overpowering military response after Hezbollah kidnapped two Israeli soldiers in the July 12 cross-border ambush.

"You have to be a really, really very stupid Israeli to think that Arabs like you," Kashua said at his home outside Jerusalem. "I think the Israelis did all their best to make Arabs hate this country."

Although they are full citizens of Israel, Arab-Israelis face subtle and concrete discrimination in housing, jobs and society. Arab-Israeli

towns within range of Hezbollah rockets were never equipped with the bomb shelters and well-run early warning systems that were common.

The sense of estrangement became especially clear six years ago when violent confrontations between police and Israeli-Arabs left 13 people dead during the opening days of the Palestinian uprising.

A special committee set up to investigate the clashes sharply criticized Israel's treatment of its Arab minority as "primarily neglectful and discriminatory." The report urged the government to do more to ensure Arab-Israelis weren't treated as second-class citizens. But critics say the country has

done virtually nothing to address the problems.

"The six years that passed from October 2000 until now could have been used in order to include them in a civic state hug, but the state of Israel did not manage to do this," said Shuli Dichter, co-director of Sikkuy, an Israeli nonprofit that promotes Arab-Jewish cooperation. "And now they have very little reason, if at all, to feel affiliated with the state of Israel."

"I swear to you, you can even ask my wife: I was totally in favor of the war — that is, for Israel in a war against the Axis of Evil," he wrote. "I admit: I made a mistake and should not have yielded to temptation and written about that accursed war." ■

Smelly scare on space station

BY RIA NOVOSTI
MCCLATCHY NEWSPAPERS

MOSCOW — A problem with an oxygen regeneration system caused an alarming situation Monday on the world's sole civilian orbital station as an alarm went off, Russia's space agency said.

It was initially feared that smoke had emerged on the International Space Station after a short circuit, but the press secretary for the Federal Space Agency downplayed the concerns.

"An unpleasant smell on board the ISS appeared after an oxygen regeneration system, Elektron, was activated," Igor Panarin said.

Panarin said the system had been switched off and the situation was under control.

He said the crew had turned off the system Sunday after the U.S. space shuttle Atlantis undocked from the station. When Russian cosmonaut Pavel Vinogradov and American Jeffrey Williams reactivated the system Monday, they smelled an unpleasant odor and switched it off again.

This is not the first time the oxygen regenerating systems have failed on the ISS.

Williams and Vinogradov had to replace a hydrogen disposal valve during their first spacewalk. This was necessary to ensure an uninterrupted generation of oxygen for crewmembers and the disposal of hydrogen used in the process. ■

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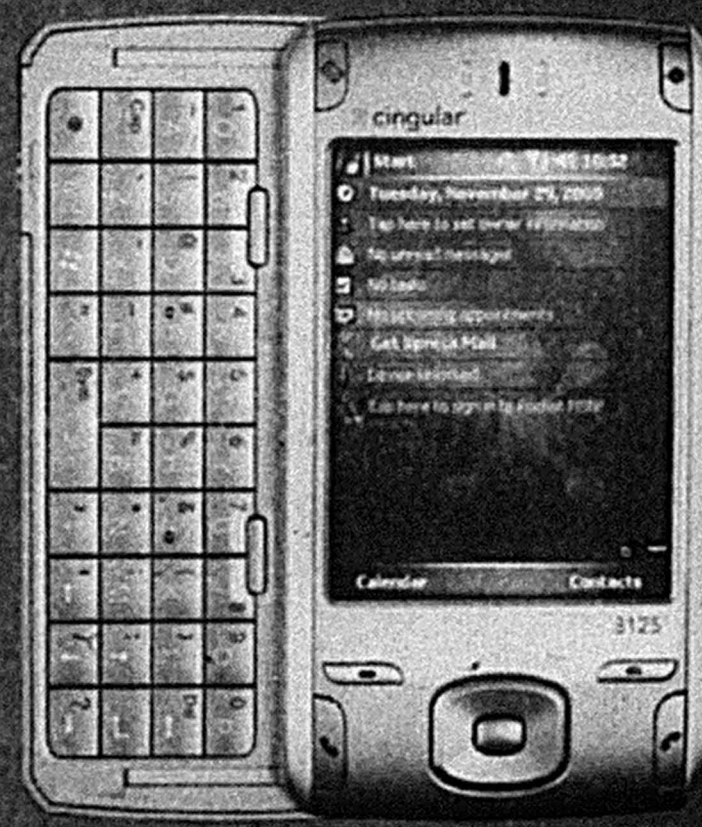


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MAN ON THE STREET | Do you think that Dining Services is meeting student needs?

By Nick Mirabal and Jesse Hutcherson

"I have a bigger problem with Regattas not being open 24 hours."

DIRK LINK
SOPHOMORE



"I think a lot of people like to eat at places besides Hidden-Hussy on the weekends."

VABON BARTON
SOPHOMORE



"It's confusing because online, it says they have a weekend schedule, but once you get here it's closed."

LIZ BUSH
SOPHOMORE



"I live off campus so I really don't have a reason to be here."

WILLIAM EBHARDT
JUNIOR



"The salaries should be raised so more students will want jobs."

SARAH BROWN
SOPHOMORE



OPINIONS

WEDNESDAY, SEPTEMBER 27, 2006 | PAGE A6

WHERE WE STAND

As the year is moving forward, we should too

To be sure, the last remnants of summer have disappeared. The weather's cooler, midterms are just around the corner and fall break is fast approaching — all are reminders that we must be mindful of our ever-disappearing time and use it wisely. Now is the time for diligent work, both in our academic and professional lives: whatever poor decisions, missteps or follies we might have experienced in classes or other personal commitments this year so far, now is the time to acknowledge and learn from them.

In the spirit of determination, we want to congratulate the SGA Senate for passing its first two bills of the year on Monday. While The Captain's Log shared in President Molly Buckley's praise of the Senate's sound ideas and discussion, we also agreed with her criticism of the legislature last week when numerous senators, after four weeks, had yet to post their office hours for the student body and proposed poorly researched bills. This week, the SGA did its homework, enacting two ITS-approved initiatives. Now, an online accounting system for Flex, dining and meal exchange balances is in the works. Also on the docket for IT Services implementation is a plan that will eliminate unnecessary e-mails from students' inboxes.

Further, the SGA made great headway with its Campus Comb efforts. Tues-

day of last week, senators went across campus asking students what matters to them. The result was a lengthy list of excellent questions and suggestions from the student body and a healthy surplus of topics for discussion at this week's meeting. Bravo. Keep the good ideas (and research) coming.

Meanwhile, students are making their own attempts on campus to beat past disappointments and achieve success with their time.

This week, the SGA did its homework, enacting two ITS-approved initiatives. Now, an online accounting system for Flex, dining and meal exchange balances is in the works.

As Sigma Tau Gamma reemerges as a CNU-recognized organization, President Brian Hayward and members of STG have the opportunity to cultivate their infrastructures, so as to avoid the kinds of management problems that led the fraternity astray five years ago.

Likewise, timely participants in CCCC's CNU PostSecret are also being proactive in regards to past hardship. By submitting an anonymous postcard revealing a traumatic or painful sexual experience, they are helping themselves heal or gain clarity, all the while providing comfort to those who have had similar failings or doubts and thought themselves alone.

In ending, let's be mindful as a campus this week of how (brace for the cliché-laden, however, undeniable truth) time flies. The key is to accomplish all that we can with the time we've got. ■

IAN SASS-BASEDOW, EDITOR-IN-CHIEF

OTHER VOICES

The good life should be common

BY ANDREW GEARY
ANDREW.GEARY.04@CNU.EDU

Sharing a common area is a common enough experience for college students. We share bathrooms, kitchens, living areas, food, and the list continues. Inevitably, as the semester passes, food disappears, mildew takes over, plates pile up and beer cans and pizza bottles become decoration. Meanwhile, roommates are flipping coins to see who gets to clean it all up. Sharing a common area is a wonderful notion, but whose responsibility is it to look after it?

Garrett Hardin wrote a famous essay entitled "The Tragedy of the Commons" that was published in 1968, during a time when the rapid growth rate in the world was becoming a major concern. While many of his concerns have been assuaged by now, it is important to take a second look. Hardin spoke of a pasture that was open to all farmers with no restrictions. As rational farmers seeking to maximize their own gains, they would continue to add cattle to their herd to make as much profit as they could. Since overgrazing of the pasture is shared by all the

farmers, little incentive is given for any one farmer to look after the land. Herein lies the tragedy, in which each farmer is locked in a pattern that compels him to increase his herd without limit in a pasture that is limited. The end destination of the pasture is ruin.

While many people during Hardin's time would have been hard pressed to imagine the world's accommodation of 6.6 billion people — given the paltry 3.9 billion-count in 1968 — one has to ask if the world is really providing a good and fulfilling life for the new population. Every two seconds a child dies of starvation — 60 million a year. Over 840 million people in the world are malnourished.

In his essay, Hardin was going after the freedom to breed. He believed, "to couple the concept of freedom to breed with the belief that everyone born has an equal right to the commons is to lock the world into a tragic course of action."

While the restrictions to breed in China are hardly going to be commonplace anytime soon, the statement should not be dismissed. But what as students and faculty can we do to restrict

the harmful repercussions of the growth rate?

A very unpopular answer to many Americans is a change in diet. American farms consume more than 70 percent of the U.S. grain harvest and 80 percent of its corn to feed its animals.

While becoming a vegetarian or just eating less meat is hard for some to fathom, a very simple task that can help is just recycling. Our environment is the only one we have, and each recycled plastic bag and newspaper does add up. CNU recently implemented recycling bins around campus, and the local fire station and the Main Street Library also offer places to take your recycling.

Two clubs on campus, the Ecology Club and the Animal Welfare Coalition, are at the forefront of these growing issues. If you have further questions or just want to appease your curiosity on some of these matters, these clubs would love to help. Friedrich Engels once stated, "Freedom is the recognition of necessity." As your mother always told you, someone has to take out the trash and load the dishwasher. If you want your freedom, that someone may just have to be you. ■

Someone's watching you!

BY JAMIE LIVENGOD
MCCLATCHY TRIBUNE

Records released in June revealed that the Department of Defense monitored the e-mail of student groups at several colleges that coordinated protests against the Iraq war, on-campus military recruitment, and the "don't ask, don't tell" policy applied to homosexual members of the armed forces, according to a report in The Chronicle of Higher Education.

The surveillance was conducted after the department received tips through Talon, a system that allows civilians and members of the military to report suspected terrorist activity, and confirmed that the events planned by the students might in fact pose a threat to security.

Following the Sept. 11, 2001, terrorist attacks, private citizens have been asked to lessen their expectations of privacy in exchange for increased feelings of security. The most notable

controversies have been fought over warrantless wiretapping programs and the continuation of the Patriot Act.

Domestic spying as a means of political advantage is nothing new. President Nixon kept an infamous "enemies list" of figures who were openly against the Vietnam War or his administration. The purpose of the list, according to a well-known memo from Nixon aide John Dean, was to look into ways of using "the available federal machinery to screw our political enemies."

The Bush administration is not gunning for vocal critics, and even if there were a personal enemies list, it's extremely unlikely that a lowly student protester would ever end up on it and receive an unfortunate tax audit. However, the prospect of landing in a database meant to stop terrorists and having your private communications monitored as part of an investigation you're not even aware of is similarly unpleasant.

The surveillance of protesters' e-mails calls to mind another Nixon scheme: the Houston Plan. He wanted to suppress anti-war dissenters by gaining information through covert means like wiretapping, mail interception and burglary.

Apparently, the government currently relies on surreptitious wiretapping and e-mail surveillance as part of investigations into terror suspects. Hopefully, it will take a lesson from history and stop short of authorizing breaking and entering as a legitimate intelligence-gathering method.

The Department of Defense receives and investigates civilian tips about suspicious activities, but it doesn't reveal any criteria for deciding whether the tip is credible. It's hard to say what could land you on a watch list. Student protest organizers are being investigated as criminals for doing the most American thing they can do: exercising their First Amendment rights. ■



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

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

Citizens of the World wants to bring awareness

BY ANDREW GEARY
ANDREW.GEARY.04@CNU.EDU

If a club were named COW, what kind of club would it be? Would it seek to provide aid to hard-worked farmers? Would it support Chick-fil-A's creative advertising habits? Would it raise a "cow" over the graphically sexual nature of current television? While all of those clubs are probably being discussed in dark corners in a smoky room, COW has very little to do with animals and nothing to do with the censoring of TV.

So what does COW stand for, Andrew? Thanks for asking. It stands for Citizens of the

World. Did that not quite suffice? OK. Citizens of the World wishes to bring about awareness on campus regarding those issues and events that currently threaten global peace, stability, law or ethics, the likes of which are not covered to any great or appropriate extent by the news media at large. We, in turn, wish to help the campus find ways to do something proactive about these issues.

While that was a mouthful, essentially we aim to bring to light little-known issues and find ways to do anything we can to help. Currently, a few of our members are working with an organization called the Lost Boys. This group helps local

Sudanese refugees by tutoring kids and adults in writing, reading and speaking, as well as helping them become generally acclimated to living in America. Our group has been helping one family throughout the summer and is currently working on uniting the family with their son, who is in a refugee camp in Uganda.

We are going to hold a Mario Kart Tournament in mid-October to raise money for the family, so dust off the N-64 and get primed to show your chops. The organization is also aiming to work with the Panhellenic and Interfraternity Council in future endeavors.

It is very hard for busy col-

lege students to keep up with the news. Katie Couric does a wonderful job of looking good, Stephen Colbert does a great job of making us laugh, and newspapers have a way of piling up into one big recycling stack. While COW does not seek to become your news source, we do hope to inspire you to take a closer look at the world around you and discover the importance of keeping up with the events going on in your world.

Why is the U.N. so concerned about Sudan? At our meetings, we discuss these types of questions and other current world events and try to bring awareness regarding the issues and ways to become proactive. The

meetings take place at 10 p.m. on Tuesday nights in the James River Multipurpose room. I am well aware that is pretty late, but we promise to keep you awake, make you laugh and occasionally feed you, be it food for the body or mind.

If you have any questions, concerns or good jokes, our club e-mail address is cnucow@gmail.com.

Feel free to barrage us with anything you may have on your mind. Everyone is welcome to attend the meetings. We do not turn away anyone, no shoes required. The world is a big, ever-changing place, and COW aims to bring it a little closer to home. ■

Professor wins prestigious award

Dr. Puaca won the 2006 Eggerston Prize for his dissertation on learning democracy.

BY KELLY DOWD
KELLY.DOWD.06@CNU.EDU

Dr. Brian Puaca loves teaching history and has always had a passion for it. The faculty member won an award from the History of Education Society for the most outstanding dissertation of 2006; Puaca won the Claude A. Eggerston prize for his dissertation on West Germany.

"His award is well deserved, but he would be the last person to tell you that he did deserve it; the good Dr. is quite modest," said junior Adam Dupuis, a student who has taken two of Puaca's classes as well as traveled abroad with him.

His dissertation, "Learning Democracy: Education Reform in Postwar Germany, 1945-1965" is mainly about how Germany became a democracy after World War II. His focus was that schools in West Germany helped prepare German citizens for a democratic state after the war.

"I examined student government, student newspapers, social studies instruction and exchange programs in order to make my argument," said Puaca.

He researched his topic in both the U.S. National Archives as well as the German Federal Archives when he lived in Germany. During that time, he also interviewed teachers and students as sources of information.

"I think its important because it shows us how important education is in rebuilding countries and building democracies," said Puaca.

"One of the strengths [of my dissertation] is that on



Dr. Brian Puaca, winner of the most outstanding dissertation of 2006, meets with a student to discuss history in his office.

education it's easy to say what teachers and administrators want — I tried to get a feel for the students' experience."

"I think that Dr. Puaca is very deserving of the award he won, he puts in a tremendous amount of effort in his research and his work for the university," said sophomore Nathan Rater.

According to Puaca, the prize is highly competitive — the society gives out one of these prestigious awards per year. "I think it's still sinking in and I have a feeling I will feel different about it when I actually talk to other people about it — it will be a real

treat to talk to people about something that really interests me."

Puaca grew up in Indiana and earned an undergraduate degree in German history from the University of Indiana. He continued on to earn his masters and got his Ph.D. in history at the University of North Carolina at Chapel Hill.

Puaca later decided that wanted to teach at CNU because it was a liberal arts

school with small classes, which he views as an opportunity for students to be challenged to write and think critically.

"I knew I wanted to teach history because I get to share something I really enjoy with others and get them to hope-fully have as much fun as I do with the subject," said Puaca.

Colleagues and students alike seem to agree that Puaca is deserving of the award and that his dissertation high-

lights CNU's great faculty.

"It has practical application today — countries must learn to be democratic and schools are and important part of that," said Puaca.

When researching Puaca said "I looked at tests, newspapers, travel journals, and interviews to see how people were affected by changes."

"Dr. Puaca's award shows the desire and excellence that the history department and CNU in general has in bringing in the best and most innovative minds to the CNU community," said Rater.

Puaca will present his work and accept the award at a con-

ference to be held Oct. 26-29 in Ottawa, Canada. There he will be able to talk about his research before a panel.

"CNU should be proud to have such an accomplished scholar on the history of education and on modern Germany running the history department's MAT program and teaching its students," said Dr. Eric Duskin, associate professor of history.

In regards to his award Puaca said, "It's nice to have your work recognized by your peers — to me the award makes certain that research is important, it's relevant, and it matters." ■

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JESSE HUTCHESON/THE CAPTAIN'S LOG

Students walked on a Labyrinth on the Great Lawn to reflect on the AIDS epidemic.

AIDS awareness on the Great Lawn

INFORMATION | United Campus Ministries brought the AIDS quilt to CNU Thursday.

BY DAVE SENTZ
DAVID.SENTZ.04@CNU.EDU

"With tearful eyes we watched him linger, and slowly fade away. Although we loved him dearly, we could not make him stay," wrote the family and friends of Randy Röhl, who died on New Year's Eve, 1993.

To the left of Röhl is Stan Webster, a man who loved chocolate, Looney Toons and "The Wizard of Oz," and "wished for peace and harmony."

These were epitaphs stitched in an eight-paneled quilt representing eight people who have died from AIDS. About 20 students came to the Great Lawn on Thursday to view the quilt, which was displayed for four hours by United Campus Ministries (UCM). These messages encompassed only a small section of the AIDS memorial quilt, which consists of over five thousand such blocks.

"We brought the AIDS quilt to raise awareness with the young people in this country on how prevalent this problem is," said Rev. Melanie Reuter of UCM, who organized the event. UCM also contributed \$500 to the NAMES Project Foundation, which creates and stores the quilt.

"To the best of my knowledge, the fastest-grow-

ing group of people being infected in this country is young people," said Reuter.

The number of people under 25 who have been diagnosed with AIDS has actually slightly decreased, according to the latest data released from the Centers for Disease Control and Prevention, released in November of last year. People under the age of 25 account for slightly over 13 percent of those diagnosed with AIDS in 2004.

Senior Payem Sadeghi was one of the first people to view the quilt. "It made me very sad to see so many young people dying from this horrible disease, and I pray there is a cure in the near future," he said. As a biology major, he said that he'd like to be part of developing a cure.

In coordination with the AIDS quilt, Senior Ashleigh Howard set up a display board that exhibited her research on AIDS in Africa, illuminating the global significance.

Howard's interest in AIDS in Africa comes from her background in pre-med. Over the summer, she spent two-and-a-half weeks with a mission group in Malawi working at the Kanego AIDS Support Organization. Afterwards, she spent another two-and-a-half weeks in North Pretoria, South Africa, working at the Medidi Clinic.

"The unfortunate similar-

ity between AIDS in America and AIDS in Africa is the stigma," Howard said. "In South Africa, many people would rather die than risk people finding out they are HIV-positive ... here the fear is less extreme — there is no question. However, I think people have largely forgotten what a big problem AIDS is, has been and could be in the future. People in America are still likely to be ashamed of contracting HIV, and stigma is still a huge obstacle for people living with AIDS."

This year, only about 20 showed up to see the quilt, Reuter said. "For some reason, it didn't catch attention this year," she said. She said that perhaps advertising was the problem, citing the current inability for organizations to post so far this semester in the David Student Union. The UCM will present the AIDS quilt next semester, Reuter said.

Sadeghi had a more cynical outlook — student apathy. "It shows that not enough people are aware of how dangerous this problem is and the government needs to help people understand how serious this sickness is, and that it can affect anyone."

"I wish more members of the CNU community had the opportunity to see the AIDS quilt," Howard said. "It is a moving experience to view first-hand a memorial to the victims of the pandemic. I know that those who did stop by will remember the quilt and it will stay with them."

CLUB PROFILE: CNU Cycling Club

BY KATIE BAHR
KATIE.BAHR.04@CNU.EDU

President: Senior Cameron Larson

Club Membership: Membership varies, but there are 14 official members as of right now. There are a good number of others who have been unable to meet and give their personal information.

Club Goal: The goal is to further participate in collegiate athletics on the club level. This applies not only to colleges in the state of Virginia but also along the Atlantic coast. We hope to promote the school, meet other young athletes in this sport and race other schools to the best of our abilities.

Meeting times: Meetings are held in Ratcliffe 101 on Tuesdays at 5:00 p.m. Bi-weekly group rides for both mountain and road



COURTESY OF BLAKE ODENHEIMER

Senior Derek Francis-Diamond rides on a single-track mountain bike trail near Riverside Hospital.

bikers will be implemented soon. Dates and times will be announced.

How can I join? Any student can become a member of the organization. No special skills are required, but previous

recreational riding or racing experience is helpful.

There is a required \$25.00 fee as well as other associated costs that are paid to our club's parent organization for racing licenses.

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY

THE CAPTAIN'S LOG

www.cnu.edu/captainslog

August 10, 2006 Issue 1

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A strike of bad luck for CNU

The damage ranged from minor damage to complete ruination of student property. Lightning struck Apartments Madison Hall on August 4, 5:50 p.m., rendering the building uninhabitable.

Since the fire, efforts by faculty, staff and students have been given through good fortune, but this process of sharing brings and she has received through her assistance.

Doctor donates \$1M

Dr. Sarah Forbes, a local obstetrician and gynecologist, believes in sharing good fortune and has given through good fortune, but this process of sharing brings and she has received through her assistance.

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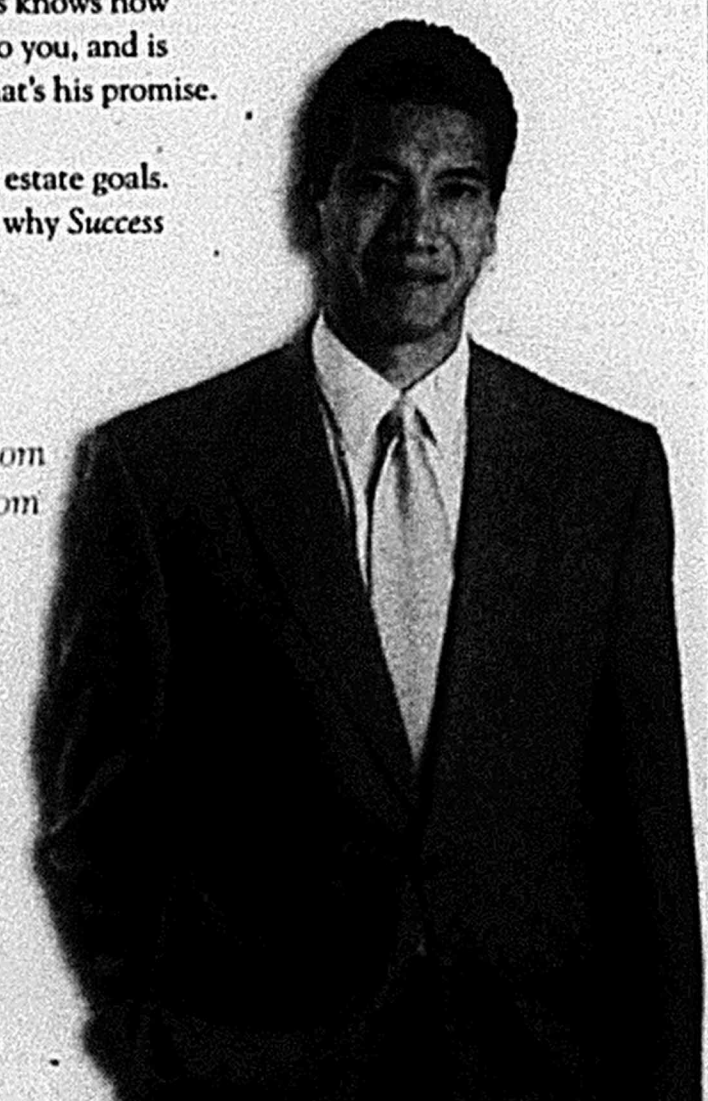
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FISHING FOR NCAA BID

FISHING, PAGE B6

ARE

CAMPUS

Cristie Varvaro jumps in a giant inflatable during fall fest last Friday. See B3 for more photos.



MUSIC

Snow Patrol releases "Eyes Open," an album full of ballads and tight melodies.



ART

The Neptune Festival will host the North American Sand Sculpting Competition this weekend.



ARTS AND ENTERTAINMENT | WEDNESDAY, SEPTEMBER 27, 2006

TV flips to dramas

FALL SEASON | In the wake of reality TV, networks have pushed toward a monosyllabic series of dramas this season.

BY AMBER WHITNEY
AMBER.WHITNEY.06@CNU.EDU

If you thought reality shows reigned supreme over television airwaves, it appears that investigative dramas are now staging a coup. Televisions were at one time overwhelmed with reality show after reality show, but

now it seems like drama is taking the lead.

Producers have recognized audiences' love of bloody operating tables and mysterious police investigations, bringing back many of our beloved primetime shows for another season, such as "House," "Grey's Anatomy" and "Bones," along with some new additions to TV listings such as

"Kidnapped," "Studio 60 on the Sunset Strip."

"House," one of the returning shows on FOX this season, has not lost its luster one bit. Dr. Gregory House, played by Hugh Laurie, is the same sarcastic yet witty doctor we all know and love. The very real medical cases still keep you on the edge of your seat and biting your nails. All the while, you're holding your hip in reaction to Dr. House's sidesplitting humor. This medical drama is arguably the best since ER, and should not be missed. I advise everyone to clear your schedule at 8 p.m. on Tuesdays and hit the couch with a couple of friends.

Now, if you're not a House fan, perhaps you're into Grey's Anatomy. After last season you would think the show could not get any better, or could it? The entire cast is back with all the intense drama. Dr. Shepherd (Patrick Dempsey) and Dr. O'Malley (T.R. Knight) are both in quarantine because of possible exposure to the plague. Izzie (Katherine Heigl) mourns the loss of Denny (Jeffrey Dean Morgan), and things get even hotter between Dr. Shepherd and Dr. Grey (Ellen

Pompeo). I don't have to tell you to watch this series. Whether you have seen the previous seasons or not, Grey's Anatomy is a must-see.

The NBC network has a couple of new shows this season in their efforts to out-fox FOX. "Kidnapped" is a new drama this season about the teenage son of the wealthy family who — you guessed it — is abducted by bad guys. Anyone and everyone is a suspect. However, I must say that the premiere of the show was not impressive at all. The storyline is so predictable. I would not rush to see this show every night. If you catch it, you catch it. If you don't, promise me you won't lose any sleep over it.

Another disappointing try by NBC is the new show "Studio 60 on the Sunset Strip." It is what I like to call a "dramedy" — a drama and a comedy in one. The premise of the show is the conflict that goes on behind the scenes of a television network. The show includes romance, creative disagreements and many other insane antics. With a cast including Matthew Perry ("Friends"), D.L. Hughley ("Kings of Comedy") and Bradley Whitford ("West Wing"), this show has all-star credits. It proves, though, that just because you put a bunch of good actors together in one show doesn't mean instant success. I wouldn't waste my time with this show.

There is obviously a lot out there to look at, but it looks like FOX will be the best network to look at. The network just has more exciting shows.

In addition to the above shows, look out for "Law and Order: CI," "Law and Order: SVU" and "Heroes" on NBC. Find "24," "Prisonbreak" and "Bones" on FOX.

THE LIST

campus

September 27
Equalogy's "One Night", 7 p.m., Ferguson Center
September 28
Sexual Health Fair and Carnival, 12 p.m., Great Lawn
Outdoor Dance featuring Seed Is., 8 p.m., Great Lawn
Superman Returns, 7 p.m., Gaines Theater
September 30
Love Connection Game Show, 3 p.m., Great Lawn
Superman Returns, 7 p.m., Gaines Theater
Jesus Christ Superstar, 2 p.m. and 8 p.m., Ferguson Center

local

September 27
Toga Party, 7 p.m., Mary's Garden at the Chrysler Museum of Art, 245 W. Olney Road, Norfolk
September 29
The Video Stars of Comedy, 8 p.m., L. Douglas Wilder Performing Arts Center, 700 Park Ave., Norfolk

concerts

September 28
Yellowcard with Anberlin, 6:30 p.m., The Norva, 317 Monticello Avenue, Norfolk
September 29
Beenie Man, 9:30 p.m., The Norva, 317 Monticello Avenue, Norfolk
September 30
India Arie with special guest Robin Thicke, 8 p.m., Chrysler Hall, 201 Brambleton Ave., Norfolk

movie releases

September 29
"Open Season" After finding himself alone in the woods during hunting season, a runaway domesticated grizzly bear (Martin Lawrence) forms an unlikely friendship with a fast-talking deer (Ashton Kutcher) in order to survive. Gary Sinise, Debra Messing, Billy Connolly and Georgia Engel also star. "Open Season" is rated PG
"School for Scoundrels" To improve his life, Roger, a New York City meter maid (Jon Heder) with low self-esteem enrolls in a top-secret confidence-building class taught by the sneaky Dr. P (Billy Bob Thornton). Through the unconventional and dangerous teaching methods, Roger's confidence grows, until he is eventually forced to use all of his courage to face off against his own teacher. Jacinda Barrett, Michael Clarke Duncan and Sarah Silverman also star. "School for Scoundrels" is rated PG-13
"The Guardian" After a tragic crash in which he loses all of his crew, the legendary rescue swimmer Ben Randall (Kevin Costner) is transferred to a teaching position at an elite training program for Coast Guard Rescue Swimmers. While teaching, he forms a bond with a young and egotistical swim champ (Ashton Kutcher) who is determined to be the best. Neal McDonough, Clancy Brown, Melissa Sagemiller, Brian Geraghty and Sela Ward also star. "The Guardian" is rated PG-13

cd releases

October 3
"It Just Comes Natural" George Strait
"Sam's Town" The Killers
"Shine On" Jet
"The Open Door" Evanescence
"The Crane Wife" The Decemberists
"The Information" Beck
"Meek Warrior" Akron/Family

dvd releases

October 3
"X-Men: The Last Stand"
"The Little Mermaid"
"Thank You For Smoking"
"Abominable"
"Serenity"

Skaggs twangs fast-paced bluegrass

BLUEGRASS CONCERT | Ricky Skaggs, Kentucky Thunder and Sun Baked Possum bring new and classic bluegrass tunes to an enlivened crowd at the Ferguson Center.

BY PAUL CIRILLO
PAUL.CIRILLO.04@CNU.EDU

Fans of the ambassador of bluegrass filled the lobby, sipping drinks, browsing the merchandise tables and patiently lining up outside the concert doors. They were a laid back crowd that came to hear one of the greats of bluegrass play.

Ricky Skaggs and Kentucky Thunder provided an evening of bluegrass for the full house-crowd at the Ferguson Center for the Arts Concert Hall Friday night.

Before Ricky Skaggs took the stage, Sun Baked Possum, a local bluegrass band, opened the show, playing six songs.

The audience immediately went into a clap along with the first piece.

Sun Baked Possum's banjo player Andy Mansfield said they would like to make every day at CNU bluegrass day.

The audience applauded the idea. Senior Jared Pool, the guitar player for the band, is

a music major at CNU.

After the opening act, there was a brief intermission.

At nine o'clock Skaggs took the stage with the six-member group Kentucky Thunder.

"Boys, let's let 'em have it," said Skaggs, laying on the fast-paced tempo of bluegrass to the crowd.

Skaggs and Kentucky Thunder laid it on the crowd for well over an hour, filling the concert hall with sharp sounds of string instruments and harmonized vocals.

Skaggs played a wide range of bluegrass classics and modern hits. They also played a number of songs from a few members of Kentucky Thunder's solo albums.

Between songs, Skaggs kept the crowd warm, telling stories of family and the history of bluegrass. For example, bluegrass music is celebrating its 60th anniversary.

Bluegrass gets its name and style from a legend in the bluegrass world, Bill Monroe and the Blue Grass Boys. Monroe named the band the



Ricky Skaggs performed Friday, Sept. 22, with Kentucky Thunder. Before Skaggs performed, local group Sun Baked Possum opened, saying every night at CNU should be a bluegrass night.

Blue Grass Boys because he was a native of Kentucky.

Skaggs also commented on the beauty of the Ferguson Center's concert hall and how he would like to come back to CNU in the future.

Skaggs mentioned that he receives a lot of e-mails

requesting new material.

He humorously commented that he is re-recording a number of classic songs from the bluegrass catalog — they are new to people who have never heard them.

Skaggs and Kentucky Thunder closed the evening

with an encore performance to the crowd's delight.

Friday night's concert brought in a large crowd, but it failed to draw in large numbers of the younger generation — it was very much a night for the "oldies but goodies."



HEIDI PANKRATZ/THE CAPTAIN'S LOG

Student performers showcased their talent at the Campus Activity Board's Variety Show last Saturday. The band Seraphim won the variety act competition.

Jugglers, comedians entertain

CAMPUS TALENT | CAB Variety Show presents assortment of acts, talent as student performers played music, juggled, told jokes and offered other entertainment.

BY KELLY DOWD
KELLY.DOWD.06@CNU.EDU

The CAB Variety Show entertained students with an assortment of acts, from comedy to juggling. The CAB Comedy Committee hosted the event, which consisted of mainly stand-up comedy, and took place in the Anderson Auditorium on Saturday.

"It was a great time — it

was my first stand-up performance and there was a good-size audience," said freshman Jeff Gallo.

There were six comedians, including Gallo, junior Craig Smith, freshman Stephanie Rothrock and sophomores David Carter, Chris Blake and Brian Comer, who performed for 10 minutes each.

For the remainder of the show, there were three vari-

ety acts including freshman Owen Wise, who performed juggling and unicycling, freshman Jackie Fernandez, who displayed self-defense moves, and the band Seraphim.

Members of the audience received a voting slip and writing utensil upon entry and voted for their favorite stand-up act and favorite variety act at the end of the show.

The comedians all had different styles and jokes, but it seemed unanimous that Chris Blake was the most popular, with 59 out of 80 votes.

"Chris Blake was pretty great — he displayed a great plethora of amusement," said Wise, who performed in the variety show.

The winner with the most votes in each category received a \$50 gift card to the CNU bookstore. The winner of the variety acts was Seraphim, with 36 out of 78 votes. Owen Wise, who received 30 votes, followed close behind Seraphim.

"I was surprised there weren't more campus bands playing. I don't know if they just didn't get the word out well or there wasn't any interest, but there really wasn't

any competition for performers in the variety part," said freshman Andrew Berglund.

Many people who attended this event deemed it enjoyable, but there were still aspects that spectators think could have been improved.

"I think it would be better with some lighting on stage and not in the house. I would have liked to see better stand-up acts and more variety acts too," said Gallo.

"It was a lot of fun and a good excuse not to study, but I wish they would have had more acts other than stand-up," said freshman Jake Schupner. ■

Snow Patrol's 'Eyes Open' breaks ice

CD REVIEW | Snow Patrol's newest album, featured for weeks on XM radio, features strong ballads and simple chords.

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

There are albums and artists that seem to touch listeners in ways that few can. When it comes to music, lyrics, melodies and the like, today's pop scene is bombarded by cookie-cutter images and sounds. Generally I give mediocre reviews, but today, Snow Patrol's latest album, "Eyes Open" gets as many stars as will fit on this page.

"Eyes Open," was recorded back in December 2005, and became a recent hit after "Chasing Cars," their latest single, debuted on the second season finale of "Grey's Anatomy." For good reason, it is being constantly rotated on XM radio's Top 20 on 20 Channel, in stores and on television: there is something different about a band that could easily be passed over in Best Buy.

The sound is comparable to Coldplay with a deeper, sultrier feel, and backed more by guitars than pianos and keyboards. Without lying, it is a simple album. The chords are simple but absolutely mesmerizing with lead singer Gary Lightbody's deep voice, which stands out among today's high-pitched tenor, emo lead singers. However, Snow Patrol succeeds in combining various simple elements to create a sound that affects every listener.

If the confessions of hopeless romance in "Chasing Cars," are not enough, "Make This Go On Forever" is definitely a gem among gems. Lyrically, the band towers over the vast majority of acts today. They tackle not only romance, but heartbreak as well, in a way that translates to heartbreak and pain for anyone listening.

A prime example stems from "Make This Go On

Forever," where Lightbody confesses, "All that I keep thinking throughout this whole flight/Is it could take my whole damn life to make this right." The lyrics are simple enough, but when paired with Johnny Quinn's great drumbeats, bassist Paul Wilson's addicting sounds as well as Nathan Connolly's fantastic efforts on guitar, there is nothing not to love.

Although the majority of the songs are slow ballad types, there are a few such as "Open Your Eyes" that prove Snow Patrol contains those rock roots.

The rock songs definitely sound much more generic than the ballad types on the album, but they still manage to uphold the band's great reputation for stellar blending of lyrics and melodies.

Of all the songs "Eyes Open" presents, the only one of questionable quality is "Set The Fire To The Third Bar." It's not because the lyrics are lacking, but featured artist Martha Wainwright's voice does not coincide well at all with Lightbody's.

The song is strong other

than that, but perhaps they should take note from Jason Mraz and Tristan Prettyman's 2005 song, "Shy That Way." Do not throw two completely different vocal talents into a song that was

not made for it.

Overall, the album is one of my top five for the year — it stands out, especially lyrically and melodically. "Eyes Open" just blows away the competition, hands down. ■

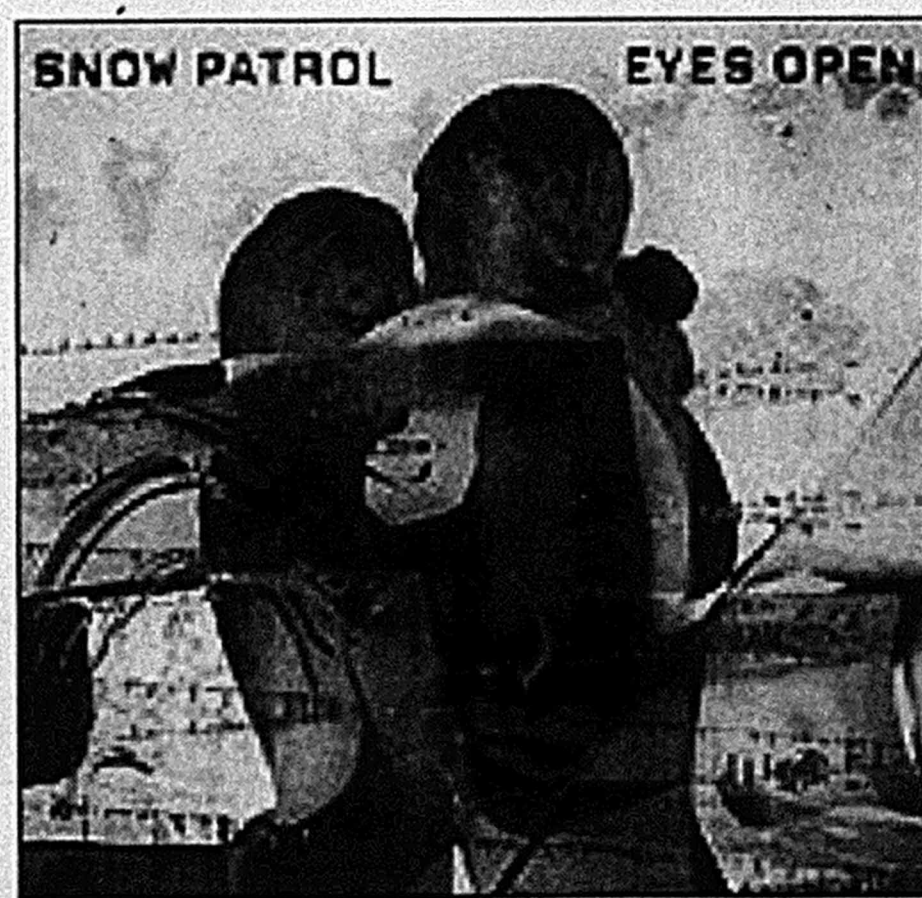


PHOTO COURTESY OF WWW.SNOWPATROL.COM

Snow Patrol's "Eyes Open" released May 9, 2006.

YouTube faces copyrights

BY STEVE JOHNSON
CHICAGO TRIBUNE

By making it easy for people to upload their own videos and search and play others, YouTube has unleashed demand that nobody else quite understood existed.

Some 100 million videos per day are viewed there, YouTube says, none of them more than 10 minutes long. They encompass everything from LonelyGirl15's recently famous fake musings about teenage life to legitimate amateur video to copyrighted clips from "The Daily Show."

Increasingly, though, there have been suggestions that some might sue, which is why YouTube's content-sharing deal with giant Warner Music Group, announced this week, is so potentially important.

If the cloud of copyright issues is removed, YouTube will have a chance to keep the exponential growth growing. It has become the place people look first when there's anything interesting captured on camera.

It's pretty much the dream clip, so long as the legitimate copyright holder hasn't noticed and asked for it to be disappeared. YouTube has been paying attention though. It made a deal with NBC back in June that allowed it to host NBC promotional clips and solicited home-made promos for NBC's "The Office."

When you take into account NBC's moderate shift in stance, and the proliferation of clips that users upload, you understand that many copyright holders seem to be deciding that the promotional value of YouTube appearances is more valuable than any revenue that might be gained by forcing users to the holders' own Web sites.

But others aren't so sanguine. Last week, Doug Morris, CEO of the giant Universal Music Group, was speaking of YouTube and the less-copyright-dependent MySpace when he said, "These new businesses are copyright infringers and owe us tens of millions of dollars." Morris wasn't satisfied with YouTube's policy of taking down copyrighted material upon the holder's request.

This week, YouTube announced a deal with the giant Warner Music Group that may pave the way for a more peaceful coexistence with copyright. In essence, Warner music videos will go up on YouTube for its users to enjoy. Users will also be granted license to use songs from artists. In return, YouTube is implementing a system that will search its site for copyrighted material and pay royalties to the copyright holder, provided that holder has authorized YouTubers to use its content.

A hundred questions remain, among them: Will the recording artists buy into it and how good will the search be? ■

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Magical theme allures in 'Illusionist'

BY JAKE HULL
JONATHAN.HULL.04@CNU.EDU

There is something very alluring about magic, an art form based around deception, amazement and general confusion. Whether it is a card trick using slight of hand or an elaborate trick with mirrors, magic always draws people in. In the new film, "The Illusionist," the audience is taken through a whirling maze of mystery, murder and magic.

Based on the story, "Eisenheim the Illusionist" by Steven Millhauser, the Neil Burger adaptation takes place in turn-of-the-century Germany.

The film concerns four characters, Eisenheim (Edward Norton), Sophie (Jessica Biel), Crown Prince Leopold (Rufus Sewell) and Inspector Uhl (Paul Giamatti). The casting is very appropriate and the dramatic performances by Norton, Sewell, and Giamatti are superb.

The story centers on the arrival (seemingly out of nowhere) of the magician Eisenheim. His magical methods win over the nation through his exciting and supernatural show.

Crown Prince Leopold becomes very interested in Eisenheim and asks Inspector Uhl to investigate Eisenheim's trickery. Soon Eisenheim is performing before the Crown Prince's court, but meanwhile, the lives of Eisenheim and Prince Leopold crash thanks to the Sophie's involvement (leave it to a pretty girl to mess everything up).

The ensuing love triangle is the impetus for the rest of the film's action.

Mood is important to any period piece and the mood here is reminiscent of a tale by the Brothers Grimm. It is early 20th century Vienna — the political climate is unstable, and overall, everything is dark.

The music, an original score by Philip Glass (renowned minimalist composer), creates a brooding but also wondrous backdrop to the film. Eisenheim is enigmatic and mysterious.

Likewise, Norton does a brilliant job in bringing the exotic showman to life, pulling off the "cool-and-calm yet ready-to-snap-at-any-moment thing" really well. One can sense his inner turmoil as he struggles to find an answer to his own challenge — obtaining his love.

In contrast, Sewell's outwardly expressive and emotional Crown Prince attempts to restore order to Viennese political life. He beautifully opposes the inner turmoil of Eisenheim with an external struggle. Biel and Giamatti bring presence to the screen and complete the cast. Giamatti's character is a persistent bull of a policeman, yet — just like the rest of us — Eisenheim casts a spell on him.

The last scene featuring Giamatti's character Uhl is breathtakingly beautiful as it reveals in full the course of events transpiring throughout the film.

Giamatti's acting is filled with such excitement; he does a masterful job in his usage of facial expressions and nonverbal cues to convey his emotions and thoughts.

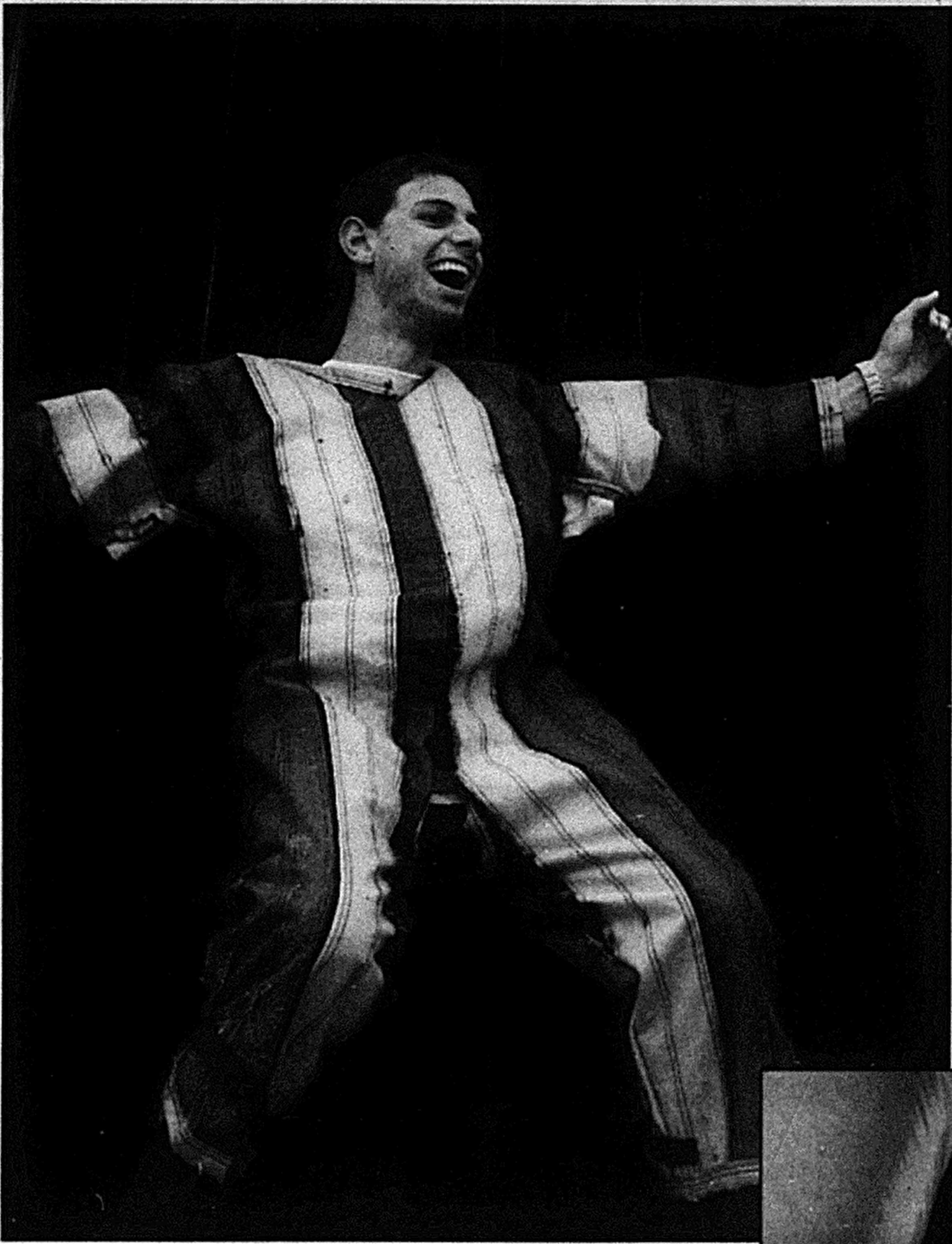
I was quite tickled by Giamatti throughout the film, as I have been by his performances elsewhere ("Sideways," "Lady in the Water").

"The Illusionist" is a polished and well-made gem, though it hasn't been terribly publicized or hyped up. It is a nice departure from a lot of the high-action films that have been dominating the theaters lately.

The movie is filled with the timeless drama of love and struggle. In this vein, it has a great twist due to the magical aspect.

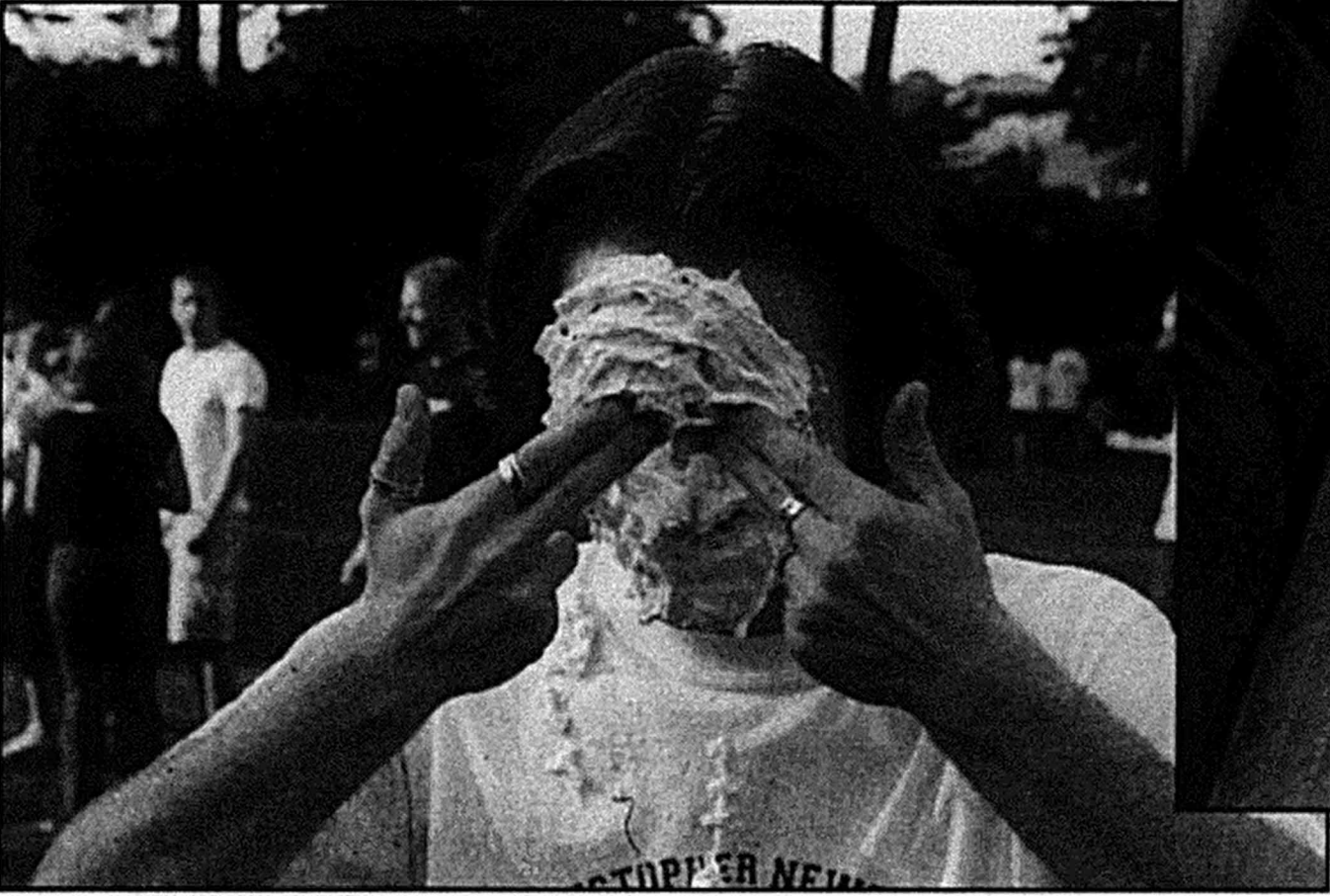
Eisenheim's final trick is definitely worth seeing; it may be predictable, but overall, it is exciting and refreshing.

I would recommend seeing this movie in theaters, though the 110 minutes could easily be translated to a DVD with little effect lost. Go see "The Illusionist," but be on the lookout for another magician-based film. "The Prestige" comes out in early October and stars Hugh Jackman and Christian Bale. ■

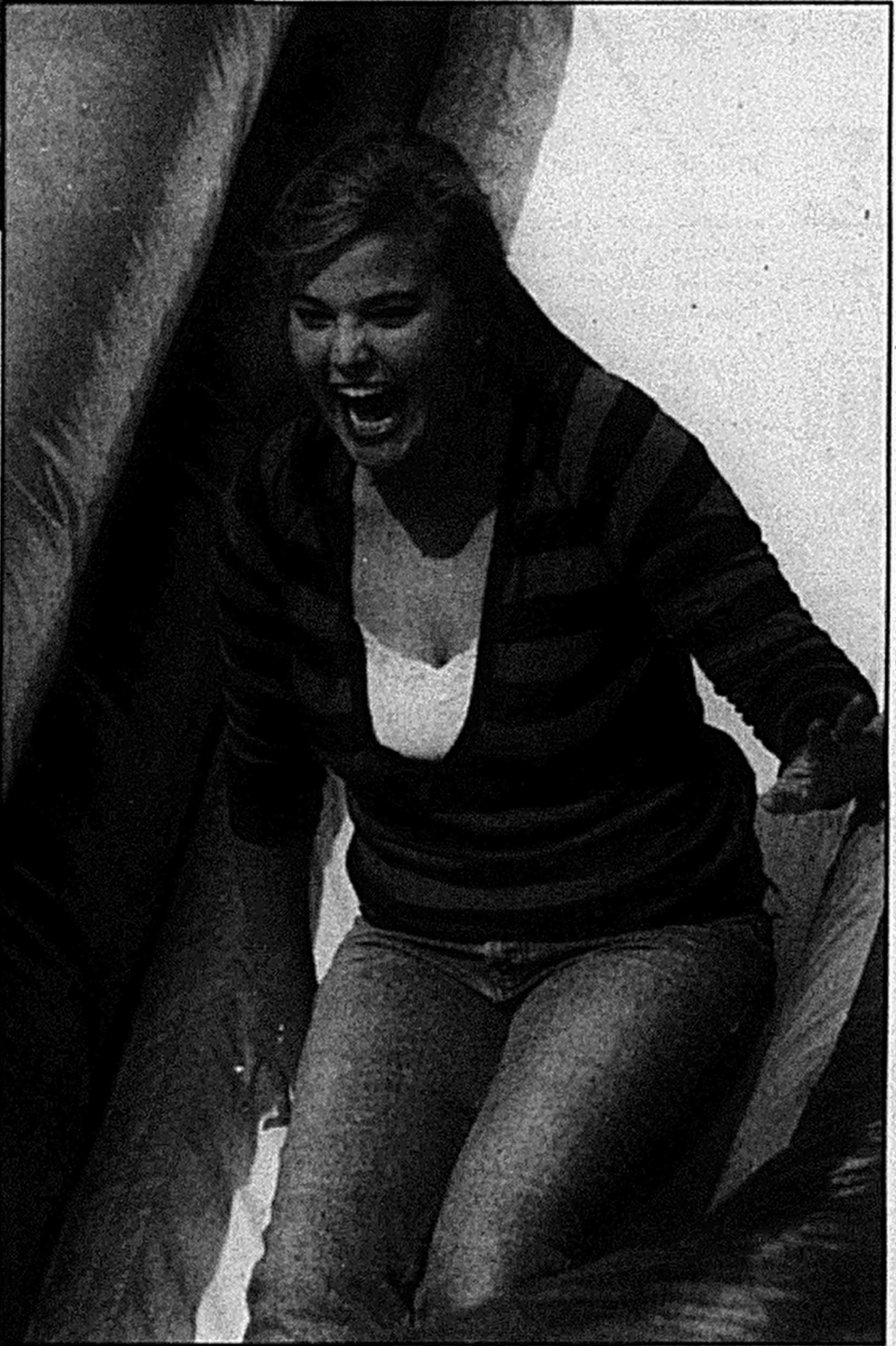


PHOTOS BY JESSE HUTCHESON/THE CAPTAIN'S LOG

Students participate in various events at last Friday's Fall Fest, themed "Circus! Circus!". In addition to several fair-like rides, band Borderline Crazy filled the Friday's at Five slot during the afternoon festivities. Top right: Students enjoy a mini carnival ride. Above: Junior Chris Iacangelo sticks to a human Velcro wall. Right: Freshman Laura Downing slips down a giant inflatable slide. Below: Freshman Andrew Schecker takes a pie to the face at the pie booth.



Fall Fest Follies



Legos brandish lightsabers again

VIDEO GAME REVIEW | Lego Star Wars 2: The Original Trilogy releases with bite-sized parodies, chuckles and easy gameplay.

BY DAVE SENTZ
DAVID.SENTZ.04@CNU.EDU

Lego Star Wars 2: The Original Trilogy
Platform: Any and every
Developer: Traveller's Tales
Publisher: Lucas Arts

I'm sure the logical processes in developing this game went something like this: Legos are fun and the original "Star Wars" trilogy is awesome. Therefore, a game combining the two would be both fun and awesome. Nah, it's probably really because the first Lego Star Wars (showcasing the prequel trilogy) sold so many copies, a sequel was inevitable. In any case, "Lego Star Wars 2" (LSW2) more than aptly succeeds in what it is trying to accomplish — a complete parody of the classic "Star Wars" movies.

The controls and the gameplay for LSW2 are both extremely gamer-friendly. More sophisticated gamers will no doubt feel insulted due to the simplicity of the layout, but everyone

else should readily enjoy it. There is one attack button, one jump button, one character-switch button, and one action/special-ability button (i.e. some characters can open doors while others can crawl through tiny spaces). That's all there is to remember — four buttons plus the joystick!

Additionally, it is impossible to die in this game. Believe me, I tried. Every time you run out of life, your Lego character explodes, throwing all the Lego studs you've earned to the four winds. But, then you respawn and pick 80 percent of them back up.

FYI, Lego studs are basically coins that your character collects (a true throwback to grade school gaming) which can be used to unlock/purchase secret characters, hints and gold bricks (which are themselves used for unlocking extra levels).

Thus, the main goal is not beating the game — an infant probably could do that — but rather, grabbing enough Lego studs so that one can attain the rank of "True Jedi." With all the added content in this game, you'll need to replay the levels a lot.



PHOTO COURTESY OF WWW.LUCASARTS.COM/VIP

In addition to the regular gameplay, Lego Star Wars 2: The Original Trilogy features several cut scenes, in which the characters occasionally mumble or have sound effects, but do not talk.

The main appeal of this game for the older "Star Wars" fan, who has likely outgrown playing with Legos (it happens, unfortunately), is the humorous reenactment of the original trilogy mythos — done completely without dialogue.

The only constant between the game and the movie is that C-3PO is absolutely useless and annoying. In the game, he cannot shoot, jump, or do anything except open a door or two — something he didn't really do in any of the movies. When Obi-Wan gives Luke his father's

lightsaber, Luke lops the head off an unsuspecting C-3PO (good riddance). Chewie cries (blasphemy) when the Death Star's tractor beam pulls the Millennium Falcon in. In Darth Vader's grand entrance, he walks forward, puffs his chest out, and looms menacingly — at three inches tall. I chuckled throughout this game, usually from something as simple as a character pointing and mumbling, or shrugging his or her shoulders. This game takes all the seriousness that a galactic struggle should have and turns the mood into

something nonchalant. Where the game fails, however, is that the parody is not very sophisticated. Consequently, after the humor rapidly wears off there really isn't too terrible-much fun left to be had. While I would definitely recommend this game for a Tuesday rental at Movie Scene, I would be cautious before dropping fifty bucks on it at GameStop. Overall, it is a surprisingly entertaining game, one most "Star Wars" fans should enjoy for at least one full play-through.

Final Score: *** ■

DIVERSIONS

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Mystic Stars | Sept 25-Oct. 1

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

IF YOUR BIRTHDAY IS THIS WEEK: Unique issues of social identity, group involvement or short-term romantic planning are accentuated over the next few weeks. An intensive phase of isolation or doubt now needs to fade. Before mid-October, key friendships will steadily expand. Remain open and expect new ideals, roles or emotional expectations to define intimate relationships for the coming eight to nine months. Throughout the winter months, workplace relations may also require diplomacy. Unexpected promotions or rare disagreements may be temporarily bothersome. If so, watch for a controversial proposal after mid-November to resolve a long-term dispute. Colleagues will remain distrustful before early mid-December. Stay focused on daily tasks and trusted business methods.

Before mid-October, key friendships will steadily expand. Remain open and expect new ideals, roles or emotional expectations to define intimate relationships for the coming eight to nine months.

♈ ARIES (March 21-April 20) A family member or long-term friend may now wish to explore a controversial change of lifestyles. Travel plans, educational programs or cultural appreciation may all be accentuated. Provide facts and offer your own unique perspective: detailed home or social changes will require patient determination. After mid-week, romantic discussions intensify. Key issues involve broken promises or past commitments. Take time for reflection: private information may be revealed.

♉ TAURUS (April 21-May 20) Someone close may this week need to evaluate social and romantic commitments. Past disappointments or unexpected emotional triangles now have a powerful influence on key relationships. Avoid private discussions, if possible, and expect others to resolve their own misgivings. Confidence will soon be restored. Later this week, a recently cancelled business or educational project will demand new attention. Stay sharp: financial details will prove vital.

♊ GEMINI (May 21-June 21) Job discussions will this week inspire new business creativity and career interest. Some Geminis, especially those born early in June, will soon adopt revised financial goals and new workplace partnerships. Independent sources of income are highly favored over the next nine weeks: take time to thoroughly research all proposals and options. After Friday, pay special attention to the social needs of a relative or friend. Encouragement will help end a cycle of isolation: be expressive.

♋ CANCER (June 22-July 22) Past friends or colleagues may soon reveal detailed workplace information. Private business methods, hidden decisions or complex legal requirements may be at issue. Carefully verify all sources. After Wednesday, mistaken comments or inaccurate estimations may be quickly problematic: trust only proven facts or valid documents. Later this week, a close relative may reveal unexpected career changes or revised investments. Study all details: accuracy is key.

♌ LEO (July 23-Aug. 22) Older relatives may this week rely heavily on your ability to inspire group agreement. Social harmony will not be easily achieved over the next few days but it is vital to the success of long-term commitments or family relations. Encourage shared activities, bold decisions and common goals: words alone will not influence public opinion. After Thursday, a powerful wave of intuition and romantic insight arrives. New love affairs may need to be postponed: remain cautious.

♍ VIRGO (Aug. 23-Sept. 22) Subtle disagreements between trusted friends will now fade. Miscommunications or wrongful social information may be an underlying theme. Some Virgos may now need to return to old documents and past records to affect meaningful change in key relationships. Don't neglect important dates, times or schedules. Thursday through Saturday, avoid large purchases or new expenses: loved ones may now expect a shared commitment to long-term home security.

♎ LIBRA (Sept. 23-Oct. 23) Tender moments of affection may soon inspire greater levels of intimacy and trust. Over the next few days, expect subtle suggestions and rare romantic overtures from loved ones. Complex discussions will lead to rekindled sensuality: plan meaningful encounters, if possible, and express sincere opinions or needs. Later this week, a complex business project may be restructured to include new leadership roles. If so, respond with optimism: co-workers will follow your example.

♏ SCORPIO (Oct. 24-Nov. 22) New debts, long-term investments or proposed purchases should now be carefully scrutinized. Before mid-October, financial revisions or added payments are potentially draining. Set a slow pace and exercise caution: this is not the right time to take on increased money responsibilities, expenses or family duties. After Friday, a delicate romantic disagreement may quickly fade. Areas affected are living arrangements, home decisions or family traditions: expect meaningful change.

♐ SAGITTARIUS (Nov. 23-Dec. 21) Over the next few days, group invitations will prove rewarding. Close friends may now initiate highly creative activities, controversial hobbies or new forms of entertainment. Explore all intriguing options. Many Sagittarians will soon benefit from expanded social awareness and intense emotional challenges. Later this week, workplace errors require careful diplomacy. Private agendas and hidden ambitions are accentuated: if possible, avoid disputes between co-workers.

♑ CAPRICORN (Dec. 22-Jan. 20) Love affairs and private encounters may be briefly postponed over the next few days. At present, potential lovers and long-term friends may feel vulnerable or emotionally exposed. Remain patient and wait for obvious signals of advancement. In the coming weeks, new emotional commitments will work strongly in your favor. After Wednesday, pay special attention to the social needs of a younger friend or relative. Delicate advice concerning obvious loyalties may be necessary.

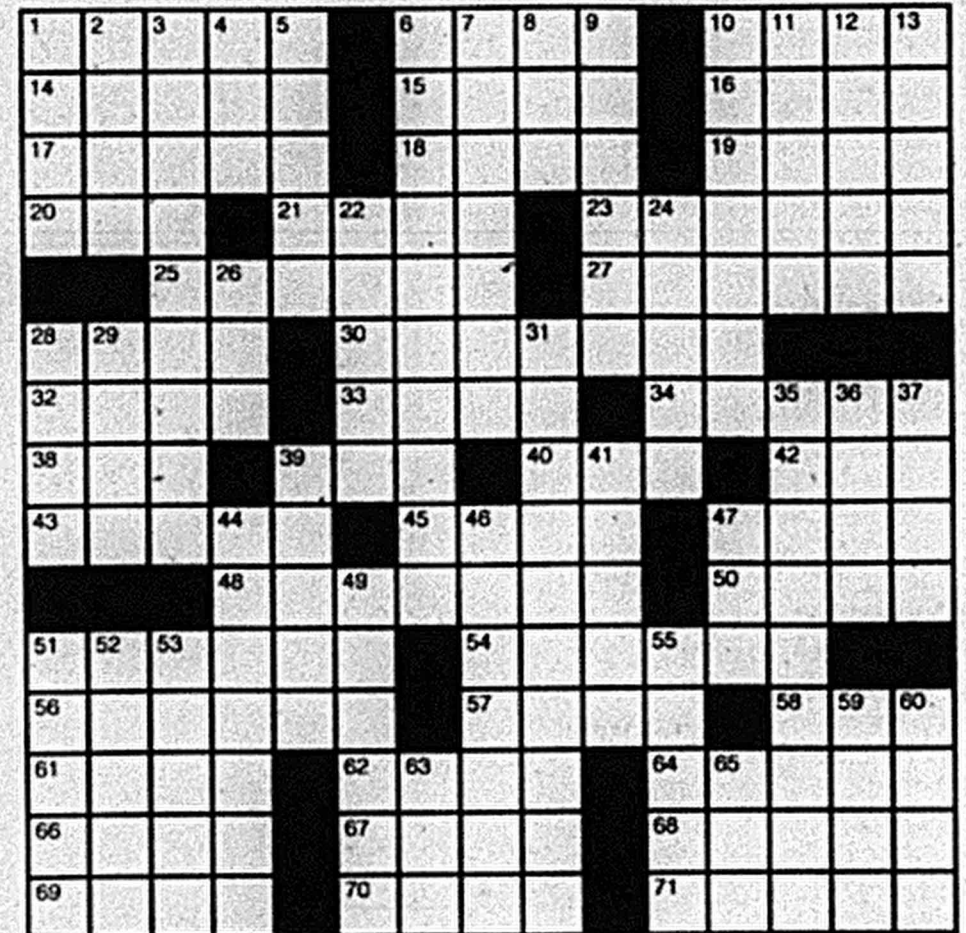
♒ AQUARIUS (Jan. 21-Feb. 19) Listen to the subtle observations of close friends or relatives this week. Recent business proposals or workplace revisions, although positive, may need to be steadily verified. Unreliable information, revised policies or strained funding may soon be a source of confusion. Avoid acting as workplace leader or mediator: progress will be slow. Later this week, a new romance may quickly escalate. If so, trust your initial instincts: fast promises will be genuine and deeply felt.

♓ PISCES (Feb. 20-March 20) Romantic partners may this week ask for increased access to private family decisions. Social expectations and a need for group acceptance will be strongly felt over the next few days. Spend extra time with loved ones and plan unique encounters: your response will be closely scrutinized. After Thursday, dreams and sudden hunches will be vivid. Pay attention to changes affecting long-term relationships. Friends and lovers may soon demand serious commitments: stay focused.

Crossword

ACROSS
1 Destined
6 Cincinnati nine
10 Pub projectile
14 "Aida" or "Carmen"
15 Organic compound
16 Needle case
17 Kind of numeral
18 Conception
19 Conduit
20 6th sense
21 Ballerina's skirt
23 Harder to swallow?
25 First match
27 Hams it up
28 Stable dweller
30 Chest of drawers
32 Quickly!
33 Alleviate
34 More modern
38 Expose publicly
39 Museum purchases
40 Regular or high-test
42 "Roses __ red..."
43 Town leader
45 Corn units
47 Handhold
48 Centers
50 Nabisco cookie
51 Counsel
54 Meeting outline
56 Cargo cases
57 Moderate
58 Shaq's playground
61 Feather fall
62 QED part
64 Temple table
66 Cosmo rival
67 Frozen fog
68 Actress
69 Witherspoon
70 Natterjack
71 Parties in a conflict

DOWN
1 Fairway alert
2 PFCs' addresses
3 For a limited time
4 Paleozoic, e.g.
5 "Divine Comedy" poet
6 Said again
7 Tolerates
8 Female deer
9 Lists of candidates
10 Regret deeply
11 Like Pisa's tower
12 New Delhi currency
13 Stadium levels
22 Reporting to
24 Prayer enders
26 Type of talk
28 Lady's address
29 Katmandu's place
31 Set apart
35 Deserved
36 Niagara's source
37 Emilio Estevez film, "___ Man"
39 Get up
41 Balance sheet item
44 Left off the list
46 Mobile home?



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8/27/06

Solutions

S E O I S D V O I Q I T S
E S E E R E W I R E T L T E
Y V I T V I V E S L T O W
V B N E L V B S E L V B C
V O N E G V E S I A G V
O E R O S E T D D I W
D I H G S H V E R O A V W
E H V S V G L H V R I V
R E M E N E S V E D V S V
H E S S E R D E R V W
S E L O W E R E N E D O
E T T I V L U L L P S E
E D I D V E D I N V M O R
I N T E L O N E E R A O P E
L R V D S D E R E F A T E D

47 George Burns
49 Gobi, e.g.
51 Summits
52 Comical
53 The 4 Seasons singer Frankie
55 Approaches
59 Foundation
60 Greek god of war
63 Carnival city
65 Hawaiian garland

A College Girl Named Joe

BY AARON WARNER



Su|do|ku

BY MICHAEL MEPHAM

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

Level: 1 2 3 4

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

Solution to this week's puzzle.

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

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FOOD+HEALTH

WEDNESDAY, SEPTEMBER 27, 2006 | PAGE B5

'Breathe, stretch, shake — let it go'

TAKE A DEEP BREATH | Experts say that to exercise effectively, it's all about rhythm and pace. Yoga and Pilates classes help build strong lungs.

BY RICHARD SEVEN
THE SEATTLE TIMES

Breath is as basic as you get, especially for athletic performance, yet most of us do it at only a fraction of our capability.

We hold our breath while swimming. We let it get out of sync while running or lifting weights. We don't exercise our lungs and wonder why they burn when we finally go all out.

Our aerobic capacity generally declines six to 10 percent with each decade we age, and genetics plays a major role in lung capacity. But oxygen consumption can improve eight to 15 percent with training.

Find yourself out of breath easily? It could indicate underlying heart or lung disease, but usually it means you're out of shape.

"If someone fatigues too quickly or they get winded quickly, or develops chest pain or even does not improve with training, they should seek medical attention," says Dr. Steve Kirtland of Virginia Mason Medical Center in Seattle.

Pulmonologists like Kirtland are trained to diagnose what may be limiting people; they use a variety of tools such as exercise tests that measure how oxygen is processed.

You cannot make your lungs stronger. They are not muscles. But training improves how efficiently muscles pro-

cess oxygen. Generally, a cyclist will be more efficient in using oxygen when cycling than he or she would be swimming or running. Still, says Kirtland, exercise of any kind improves cardiac response and health.

Experts recommend training at about roughly two-thirds of your maximum heart rate for 30 minutes about two or three days a week. (To determine your "submax" level, subtract your age from 220.) Training at this level helps avoid chance of injury and muscle fatigue so you can train longer.

Breathing is never as critical as it is in swimming.

Victoria Scott, a Seattle personal trainer, grew up swimming. She worked as a lifeguard and swim instructor and also wrote swimming books for the Red Cross.

After she finished her first triathlon in 1994, at age 46, she tried talking friends into doing one with her. Almost everyone said they would if it wasn't for the swimming leg — because they couldn't breathe while doing it.

In fact, so many said it that Scott was inspired to launch her career as a personal fitness trainer and to eventually become a certified USA Triathlon coach. She has been teaching people to "breathe" ever since, with the front crawl stroke, which she says is the most efficient stroke.

"The biggest problem in

breathing while swimming is that every breath we take is like it's our last breath," says Scott, who owns the Body Electric Fitness Co.

"We take a long, deep breath down to our navel, and now we have to exhale before our head is out of the water to take the next breath."

In other words, newbies take in too much air and don't have enough time to let it out while still under water. So they turn their heads (rotating the body, actually) to take the next breath.

"That's when we start survival swimming. Our bodies go vertical, and we do weird things with our arms and our kick to hold our head up long enough to finish our exhale. And then inhale when our mouth is still out of the water."

You must establish a breathing rhythm. Scott breathes on her right side every stroke. She simply sips air because she will be up for another breath in two seconds. She rotates her head, shoulders and upper torso to the right 50 to 55 degrees with her left eye and ear in the water as she takes a breath.

Once she has caught the proper rhythm, keeping both arms doing the same thing and using her kick to stay horizontal, she can play with the pace — breathing every other stroke or alternating her breathing between the right and left sides.

In Pilates, you are taught to take full, deep breaths. They are that integral to moving efficiently through the exercises. The breathing pattern is designed to get circulation



COURTESY OF MCT

Establish a breathing rhythm during exercise in order to build stamina and strengthen the lungs. This will allow you to breathe easier for intense workouts.

flowing more robustly and improve power and focus.

"Pilates breathing has many benefits that our day-to-day, unconscious breathing does not provide," says Stephanie Dalton, founder of Maya Whole Health Studio.

"It relaxes tension in our bodies, gives our blood a better exchange of oxygen, and employs our abdominal muscles. And it helps not only with the body, but with the mind and the spirit."

As you breathe in, focus on expanding the side and back ribs. The diaphragm contracts and relaxes. Pilates breathing

gets the diaphragm moving downward during the inhale, allowing space for air to fill the lungs, she says.

As you breathe out through the mouth, focus on blowing out all the air as if you were wringing out your lungs. This contracts the abdominals connected to the ribs and helps recruit the lower abs. ■

INFO AND OTHER BREATHING EXERCISES:

www.breath.org

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Wednesday, 6:15pm

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Texas Steakhouse says 'howdy' to big, bold flavors

A SOUTHERN TOUCH | A fairly new restaurant on The Peninsula offers great steaks, drinks and much more at an equally great price

BY ALIYA ALTAFULLAH
ALIYA.ALTAFULLAH.04@CNU.EDU

Stepping into the Texas Steakhouse & Saloon is like stepping into an old-fashioned Western movie. Their walls are creatively adorned with everything southern — horseshoes, Texas flags and lyrics from country albums are just a few knick-knacks that give the steakhouse a true southern flare.

If you end up having to wait for a table, mosey your way over to the bar and try a tangy Texas Margarita, or sample an appetizer of zesty con queso served with crispy tortilla chips. Be sure to come hungry because whatever your pleasure may be, Texas Steakhouse is sure to satisfy your appetite.

Although there are a few

locations in the Hampton Roads Area, the closest steakhouse to campus is in the fairly new Jefferson Commons Shopping Center. Their extensive menu features a number of dishes inspired by southwestern cuisine.

Appetizers include hot wings, loaded cheese fries, a fried onion blossom and a handful of other tasty dishes priced between \$3.49 and \$10.99. We sampled the crab dip, which was hot, spicy and served with crispy bread rounds for dipping. The thick and creamy dip paired with their signature buttery hot rolls turned out to be a delicious beginning to our meal.

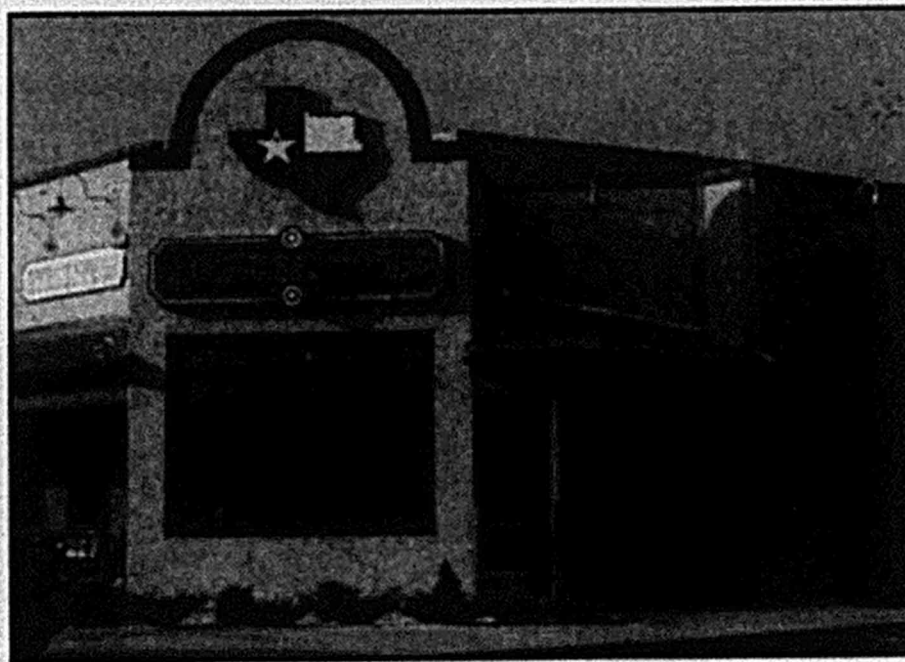
Texas Steakhouse also has a number of soups and salads for your health-conscious side. Willie's chili is a favorite among regulars, as is their

Fajita Salad, which you can get with either flame-grilled chicken or steak.

While the menu features a number of different entrees, steak is no doubt the main attraction. Texas Steakhouse offers a variety of different

cuts, sizes and cooking methods depending on your taste.

My favorite is their slow-roasted Prime Rib, which is served steaming, au jus and full of robust flavor. The meat cut like butter and I was a very happy girl after the



ALIYA ALTAFULLAH/THE CAPTAIN'S LOG

Texas Steakhouse and Saloon boasts tender, juicy steaks with an authentic, Southwestern touch.

first few bites. Their sirloins, New York strip, filets and ribeyes are all tender and juicy, cooked to whichever temperature you desire. They even have a 20 oz. Porterhouse for the heartiest of appetites. Prices for steak depend on the cut of meat and run anywhere from \$9.99 to \$21.99.

All steak entrees are served with a small Caesar or house salad, as well as your choice of side. The servings are huge and well worth the price.

If you get to Texas and realize that steak isn't what you crave, no worries. Texas Steakhouse also offers baby back ribs as well as a number of chicken and grilled shrimp dishes.

You can also order a combo deal — chicken and shrimp or ribs and steak, you get the idea. There are a number of options to choose from so mix and match to adjust to your mood.

Crab cakes and burgers round off this menu making it the perfect place to fit every-

one's needs and wants.

Texas Steakhouse is also open for lunch every day. If you're trying to save a couple bucks, go for lunch and get the same great taste for almost half the price.

The lively ambiance, authentic décor and excellent menu make Texas Steakhouse a true gem among the list of restaurants in our area. No matter what you're stomach desires, you're sure to get it and be satisfied without putting a dent in your wallet.

Texas Steakhouse is located on Bland Boulevard off of Jefferson Avenue. There is also another location in Hampton near the Power Plant shopping center. For comments or questions, give them a call or swing on by. Enjoy! ■

WANT TO GO?

WHAT: Texas Steakhouse and Saloon
WHERE: 561 Bland Blvd.
PHONE: (757) 890-8950

What to do if you know you're an emotional eater

BY CHUCK MYERS
MCCLATCHY-TRIBUNE

The daily stresses that often accompany a job or family life can take a significant toll on a person's eating habits.

Food can serve as a source of relief and comfort during emotionally taxing periods. But eating when you're stressed out can become an unhealthy habit very quickly.

Munching on high-calorie and fatty food to suppress or soothe negative emotions can sabotage your health and even self-esteem, not to mention an ongoing weight-loss program.

The Mayo Clinic offers the following suggestions to people that have a problem with emotional eating:

—Understand true hunger. You may not be as hungry as you think if you don't

have a rumbling stomach or ate just a few hours earlier.

—Record what and how much you eat, when you eat, how you felt during the meal. This can help you recognize negative eating patterns and triggers to avoid.

—Find comfort in something other than eating. During times of stress, engage in activities that keep you away from the refrigerator or a fast food restaurant. Go for a walk, take in a movie or meet with a friend.

—Exercise regularly and get proper rest. Your body can deal with stress better when it's fit and well rested.

—Postpone a trip to the supermarket when you're feeling out of sync emotionally. These feelings can influence

your decisions at the store and lead to impulsive purchases.

—Don't keep unhealthy foods around the house. If you have the urge to eat between meals, snack on fruit, vegetables or unbuttered popcorn.

—Always try to eat a balanced diet. You may be more susceptible to emotional eating if you do not take in enough calories to meet your energy needs. Eat at regular times as much as possible.

Remember that it's not the end of the world if you give in to emotional eating. Forgive yourself and learn from the experience.

It's important to get a fresh start the next day. Focus on the positive and give yourself credit for making changes in your eating habits. ■

Source: The Mayo Clinic

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SPORTS

WEDNESDAY, SEPTEMBER 27, 2006 | PAGE B6

Double shutout win weekend

SPORTS SCORES

football

(2-1, 0-0)

Rankings

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

Upcoming games:

9/30 CNU at Shenandoah

women's soccer

(5-2, 2-0)

September 23 Finals:

CNU 2, E. Mennonite 0

September 24 Finals:

CNU 2, Lynchburg 0

Rankings

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

Upcoming Games:

9/30: CNU vs. Ferrum

men's soccer

(5-3, 0-0)

September 20 Finals:

Roanoke 3, CNU 2 (OT)

Rankings

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

Upcoming Games:

9/27: CNU at VA Wesleyan

9/29: CNU vs. Ferrum

9/30: CNU vs. Averett

volleyball

(9-7, 5-1)

September 23 Finals:

CNU 3, Greensboro 0

Averett 3, CNU 0

Rankings

1. Averett	6-0	14-2
2. CNU	5-1	9-7
3. Greensboro	4-2	13-3
4. Ferrum	4-2	10-6
5. Shenandoah	2-4	6-6
6. Methodist	2-4	5-8
7. Peace	1-5	7-7
8. N.C. Wesleyan	0-6	4-12

ice hockey

(0-0)

Rankings

1. Richmond	0-1-0
2. ODU	0-0-0
3. VCU	0-0-0
4. CNU	0-0-0
5. William & Mary	0-0-0

Upcoming Games:

9/29: CNU vs. Salisbury

field hockey

(5-2)

September 20 Finals:

CNU 7, Lynchburg 3

Upcoming Games:

9/28: CNU at E. Mennonite

cross country

Upcoming Event:

9/29: CNU at VA Wesleyan
10/14: CNU vs. Ferrum
10/28: CNU vs. Averett
11/11: NCAA South Regionals
11/18: NCAA Championship

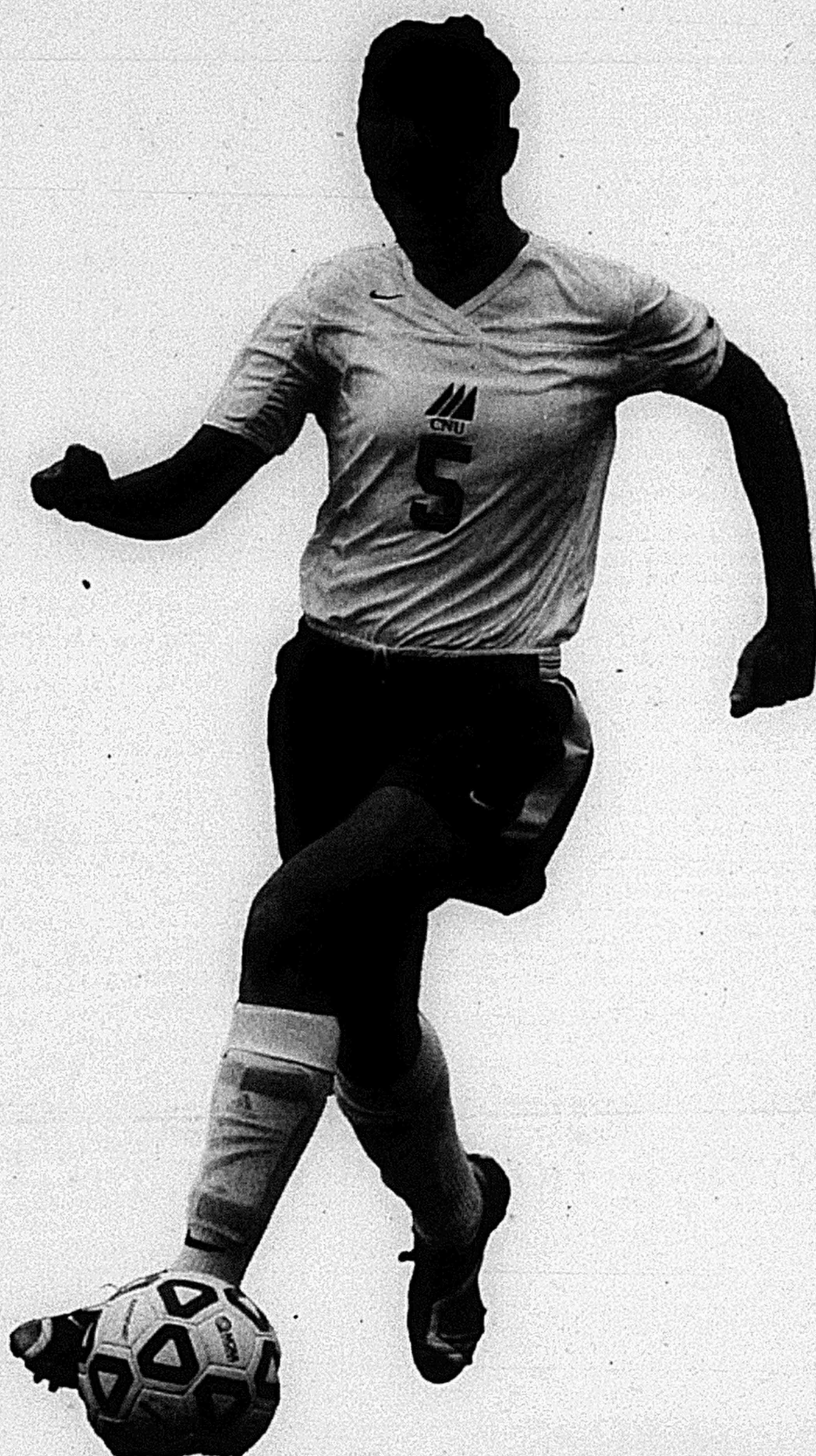
sailing

Final Results:

Ocean County: 9th place
St. Mary's Open: 12th place

Upcoming Events:

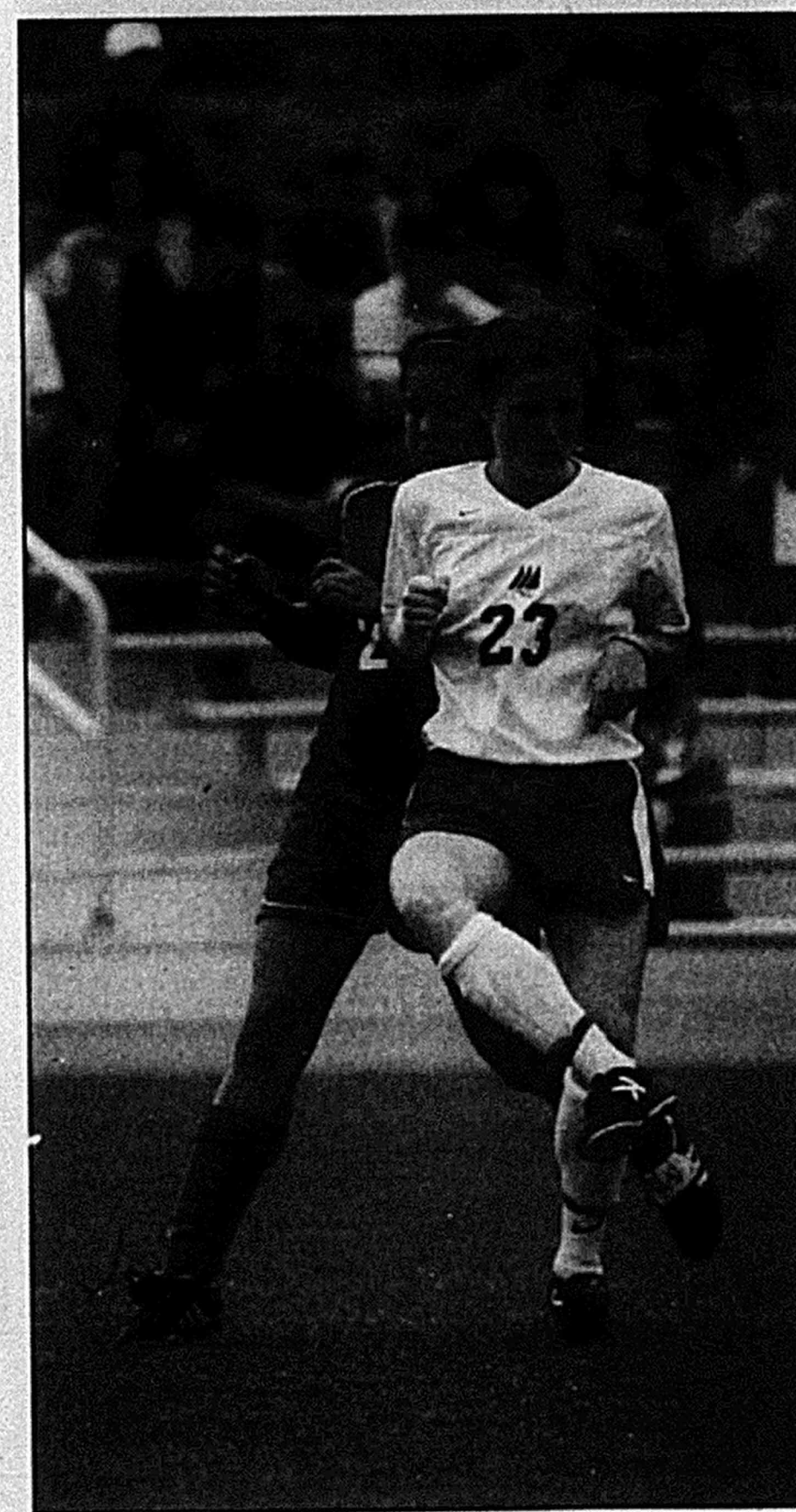
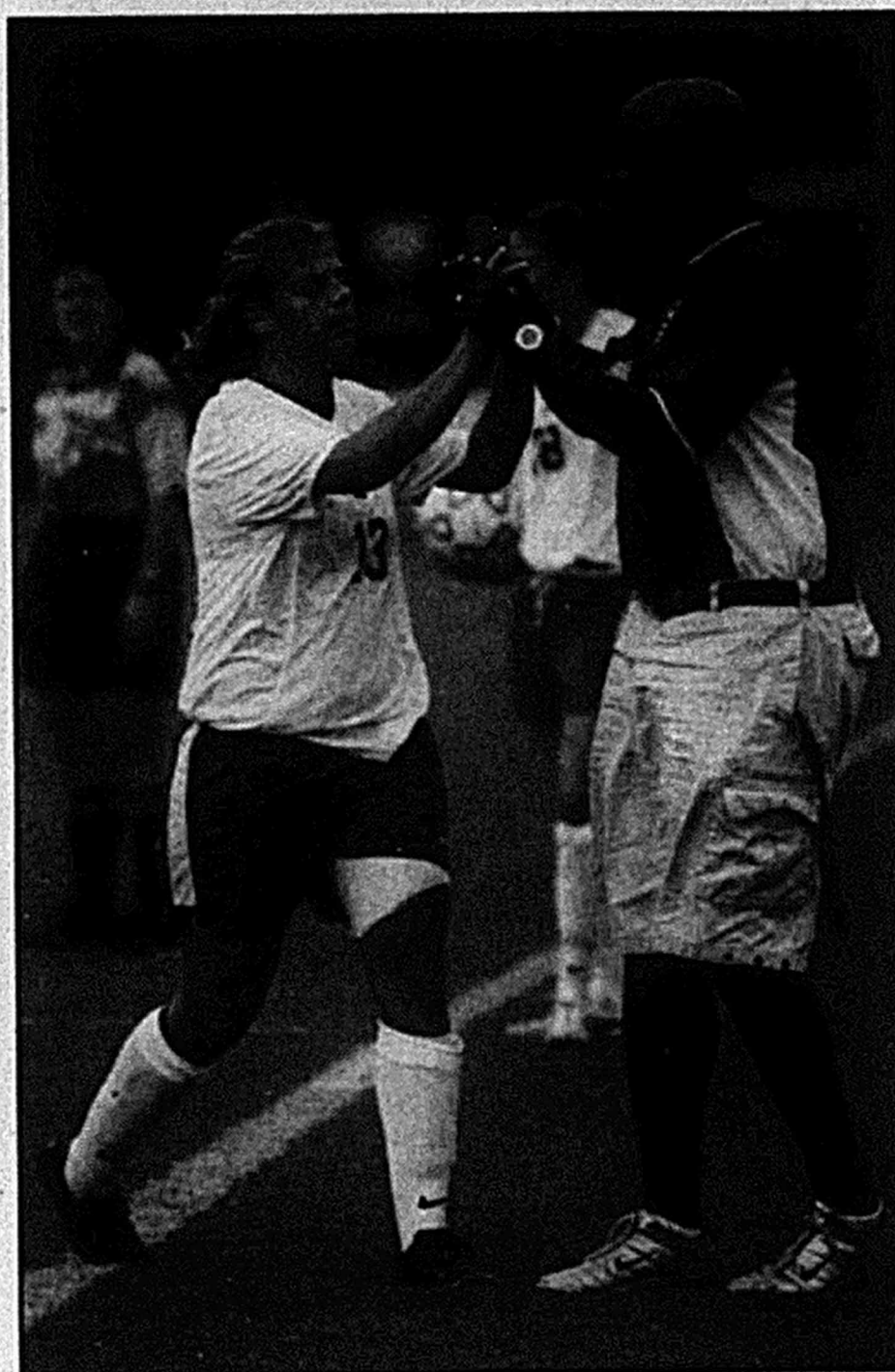
9/30: Hampton Bay Days



PHOTOS BY JESSE HUTCHESON/THE CAPTAIN'S LOG

(Top) Junior Jaclyn Trono dribbles the ball down the field in the game versus Eastern Mennonite. (Top right) Senior Hillary Carney claps hands with head coach Kwame Lloyd as she comes off the field. (Left) Senior Ashley Glover kicks the ball away in the game against Mennonite.

The Lady Captains of the soccer team made a statement in their conference this weekend with shutout wins at home and on the road. Their first win came at home against Eastern Mennonite where they held their opponents to a scoreless game and allowed just four shots. They won the game 2-0. They then went on the road against Lynchburg and won the game off the foot of senior Emily Renkin, who scored the game's only two goals. Sophomore goalie Erin Wotjkun, who had four saves in goal and had a 33 GAA on the week, won the USA South player of the week award for her instrumental defense in the games. The team next plays at home against Ferrum on Saturday, Sept. 30.



Fishing team earns championship bid

FISHING CLUB | A new and quiet program, the fishing team made a loud splash as the first CNU sport to be nationally ranked.

BY KELLY DOWD
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The little-known and fairly new fishing club at CNU is establishing quite a name for itself on campus as well as across the country. The club, which was just created last year, earned a place in the top 10 collegiate fishing teams in the country, giving them a chance to participate in the American Bass Anglers 2006 National Championship at Kentucky Lake in Paris, Tennessee on Oct. 1-6.

In order to qualify for nationals, teams must participate in a minimum of four one-day tournaments and one two-day tournament and win the district, said junior Daniel

Swale, president of the CNU Fishing Club. Approximately 50 colleges participate in the championship, in which members compete for \$10,000 in scholarship money.

The team ranked seventh in the nation, with two individuals also ranking in the top ten. Swale was ranked ninth with 1044 points and recent CNU graduate and founder of the club Jason Henderson ranked 10th with 1040 points.

"There are two reasons I wanted to start a fishing club here at CNU. One was for the competitive side — to compete in the ABA you must have a sponsored club — and the other was to get people together to fish for fun," said Henderson.

According to Swale, the club currently has approximately 60 members, a 100 percent increase from last year's 30-count, but many only participate in a few "fun" fishing trips throughout the year. Five of the members participate in a number of tournaments. "Me and Jason participate in about seven or eight tournaments each year," said Swale.

Participating in tournaments involves a significant amount of time commitment and costs, said faculty sponsor Dr. Marcus Griffin of the sociology and anthropology department.

The tournament is free for college students, but the team members still need to pay for their own equipment, travel costs, and half of the boaters' gas.

They need to arrive at the tournament site, which is usually at a river in Virginia

or North Carolina, before registration closes at 5:30 a.m.

"In the tournaments, [the members] fish with professional fishermen — they learn how to fish better while earning points towards a possible scholarship," said Griffin.

The travel costs and time commitment for nationals is much more demanding — students participating in the championship will have to pay for their transportation to Tennessee, as well as lodging for about five days.

"I'd love to go. It would be a great experience. I think all of us want to go, but we have commitments," said Henderson, who would have to take the week off from his job as a teacher at a local school.

According to Griffin, the club does not receive any financial help from CNU. In order to get funding, they would need to collect dues from members. "Because of

the cost of getting started and our desire to encourage students, we're looking for corporate sponsorship," said Griffin.

The club would also like to be able to purchase some equipment for members to try so that they don't need to make a significant purchase to participate in fun outings when they are first getting started. Swale and Henderson both said that they are excited and honored that the team made nationals, but they both stressed that the club was not just about competition. They hope to expand people's knowledge of fishing and help them improve to gain a love for the sport.

"They can be as good as they are, but what makes our club great is that they are so humble to take the time to show students how to do things like tie a knot," said Griffin. ■

Stunning wins, ended streaks

BY BRIAN BENISON
BBENISON@CNU.EDU

This week in sports, Field Hockey earned its first win ever against Lynchburg; Volleyball's home game win streak came to a startling end.

Volleyball

The Lady Captains hosted their first USA South Tri-match of the season this past weekend. After getting off to a hot start with a 3-0 sweep over Greensboro, the team received its first home loss since October 2003 at the hands of Averett.

Against Greensboro, the team was dominant. In the first match, the Lady Captains defeated their opponents by an astounding 30-4. Sophomore Liz Bush led the team with a .409 attack percentage and nine kills.

But against Averett, the team was swept in three matches, despite a strong defensive performance from senior Jenna Williams, who had 16 digs.

The Lady Captains are now 9-7 on the season, but are 5-1 in USA South and in second place behind Averett.

Field Hockey

Field Hockey made program history this weekend with their first victory over Lynchburg College by the score of 7-3.

The team got off to an early lead in the fourth minute with a goal from sophomore Haylie Black. Junior Ashley Traylor would add her own goal in the 12th minute.

Lynchburg battled back quickly, tying the game three all with only 36 seconds left in the first half. But junior Diana Golden responded quickly with a goal of her own with 19 seconds to go in the half.

That would be the eventual game winner, though the team would tack on three more goals in the second half.

The Lady Captains are now 5-2 on the year and next travel to Eastern Mennonite on Sept. 28.

Men's Soccer

The Captains lost a close 3-2 game against Roanoke in overtime.

The team took an early lead in the first half off the foot of senior Derek Shaw and would hold the lead till early in the second half.

Senior Daniel Fogarty would reclaim the lead with a penalty kick, but Roanoke scored again in the 84th minute to force overtime. They would win the game in the 98th minute.

The Captains out-shot Roanoke 11-8.

The team is now 5-3 on the season and play at VA Wesleyan today.

Sailing

The sailing team finished in 12th place at the St. Mary's Open regatta this past weekend.

The team next competes at the Hampton Bay Days, sponsored by Hampton University, this weekend. ■

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



JESSE HUTCHESON/THE CAPTAIN'S LOG



JESSE HUTCHESON/THE CAPTAIN'S LOG

(Top) Sophomore Sarah Brown (left) and freshman Sarah Hunkele reach up to block a kill in the game against Averett. The team lost their first home game in close to two and a half years. (Bottom) Sophomore Courtney Russ grapples with an opposing Lynchburg player for the ball in their game this past Wednesday.

Permanent retirement non-existent in sports

TODAY, IN SPORTS | Athletes today don't seem to understand what the word retirement means, and in the end it only hurts themselves.

BY MICHAEL KURBJEWIT
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According to a news article in the Chicago Tribune this week, the once-great Super-sonic, Shawn Kemp, is trying to make a comeback to the NBA.

Your first thoughts might be: Who's that? Or, if you are familiar with the 90's All-Star, you might think: Why would he want to make a comeback?

The Chicago Tribune reported that Kemp, once heralded as "The Reign Man," was going to have a tryout for the final spot on the 2006-2007 Chicago Bulls roster. The next day, an article from the same publication was headlined with, "No-show Kemp blows chance with Bulls."

Superstar athletes, trouble, comebacks: anyone seeing the pattern? Like most of

the greats, Kemp was born a star. After being kicked off the team at the University of Kentucky, Kemp eventually made himself eligible for the 1989 NBA draft. "Ooohs" and "Ahhs" were rampant given his electric talents.

Shawn Kemp's presence was felt early in his NBA career. Kemp was the MVP of the 1996 Supersonic team, leading them to the NBA Finals. There, the favored Chicago Bulls, led by the great Michael Jordan, defeated the Sonics in six games.

Ten seasons have passed since Jordan and Kemp squared off. Kemp's once-illustrious career has since faded away into turmoil. The player's drug abuse and overblown arrogance made the league and its fans uneasy and eventually uninterested. The once-super Sonic reached the end of his career with

little to show for it, save illegitimate children and extra baggage (mostly around his midsection).

Now, the "Reign Man" wants a comeback. A grand encore to the bright lights, cheering fans, and hardwood greatness he once experienced. Claiming to be in the best shape of his life at a ripe age of 35, Kemp says he isn't making a comeback for the money or the glory, but for the image. It's about the way his legacy has been defined, he says in a Chicago Tribune article. Like most other athletes born to stardom, Kemp says he doesn't care what anybody thinks. Yet he cares so much that he's willing to leave the Crib-style house and lavish lifestyle for the chance at greatness again. Well, he failed, again. Like bad hookups, retirements almost always fail to live up to the hype. The recent trend has been that professional athletes always want more playing time once they call it quits.

We know that in a couple of

years, retirees are itching to return. For example, Roger Clemens is probably one of the most dominating pitchers in MLB history. He instilled fear into thousands of top-notch hitters and left at the top of his game in 2003. Or did he?

In 2004 he chose to "un-retire" to pitch for the Houston Astros. He again pitched with complete greatness and helped propel his hometown team to the World Series, where they lost to the Chicago White Sox. I was sad to see such a competitor leave the game. He's one of the best pitchers that ever toed a rubber — ever. But, like a Jack-in-the-Box, you never know when an athlete is going to pop right back up again. Clemens came out of retirement for the third time this season in the midst of huge speculation that dominated ESPN news.

Many great athletes have tried to kick the addiction, but it must just be too enticing. I think we are in a period where athletes think they are bigger than mythology. Everywhere

they go, there are screaming fans, flashing bulbs and other manifestations of fame. Living like rock stars, these athletes today seem to be so addicted to the attention they receive that they just can't leave. Other greats have had the same story: Michael Jordan, Mike Tyson and the always newsworthy Ricky Williams.

And just when I was getting sick of all this ... it happens again. Adoring fans said their goodbyes this week in San Diego when the great Chargers linebacker, Junior Seau, announced his retirement — and very loudly for that matter. There was a huge press conference and eulogy-like remembrance of his golden years. But don't worry! Four days later he had a change of heart and signed with the New England Patriots — apparently he liked their color scheme better. But there still is hope. At least someone did it right, finally. Andre Agassi gave us what we needed, a breath of fresh air. He left the court after his

fourth match at the U.S. Open a few weeks ago, hobbling through excruciating back pain and holding back the emotions of a 21-year career. But more meaningful than what he said — thanking the fans for helping him achieve his dreams — was what he didn't say. He didn't go on and on and expect our sympathies given his pain, and because of that, he deserved them.

Let's look at it this way: Whose fault is it really? Is it the athlete for craving that fame, or us for putting athletes on such high pedestals? Superstar retirees these days seem to think that we are all still clapping and cheering and screaming for an encore. These people are gifted athletes, but comebacks don't do anything more than spur debate on ColdPizza.

And now there's Lance I guess the multi-winner of the Tour de France doesn't like the number seven. Mr. Armstrong is talking about making a comeback for number eight. Here we go again! ■

Saints, a triumph over tragedy

NFL FOOTBALL | New Orleans Saints brought more than victory to the Superdome Monday night; they brought hope for the future.

BY BILLY FELLIN
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I was going to write my article this week on how you should never give up on your team, no matter the score of a game. I was going to talk about how most of America turned the Giants vs. Eagles game in Week Two off at halftime because the game was "pretty much" over. I thought it was over too, but I still watched the game and I saw Eli Manning and the Giants come back from a huge deficit to eventually defeat the Eagles in overtime. Well, I decided to go with the same theme, except this article isn't about the comeback of a team in a game, or about a player coming back from a destroyed knee or rotator cuff. This is about a building that lost 70 percent of its roof a year ago. This article is about the New Orleans Superdome.

It is one of the most rec-

ognizable sports arenas in America, along with Madison Square Garden and Yankee Stadium. There have been more Super Bowls played in the Superdome than any other arena. It has hosted many NCAA Final Fours and is currently home to the NFL's New Orleans Saints and Tulane University. But a year ago it hosted a very different crowd — the refugees of Hurricane Katrina. The dome was an emergency shelter for two previous hurricanes, but none with the strength of Katrina. Two holes were ripped into the roof, allowing the rain to come in. Much of the white weather-stripping used to cover the outside dome was ripped off by the winds.

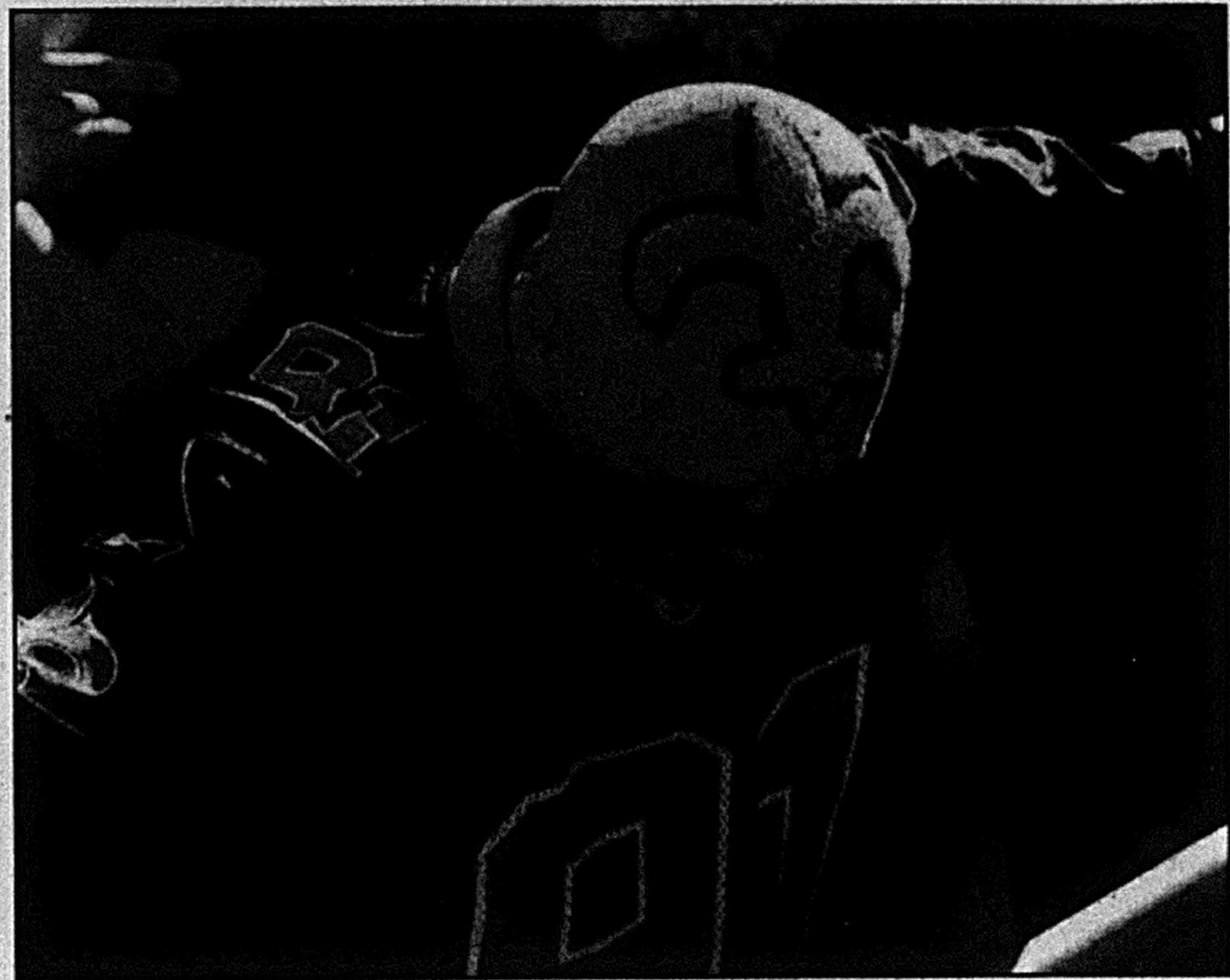
The dome was a wreck after the refugees left and the water receded. The Saints had to have all of their home games moved. They had the "home" game at Giants Stadium against the Giants, and then

had some games at Tiger Stadium of LSU and in San Antonio at the Alamodome. They finished 3-13 at the bottom of the NFC South. With all the other work needed to get New Orleans back on track, no one knew whether football would ever be played in the building again.

But the city stood by their Saints (especially after Reggie Bush fell into their laps at the NFL Draft), and now, \$185 million later, the Superdome re-opens three months ahead of schedule.

On Sept. 25, the Saints had their first true home game since 2004, hosting the Falcons on Monday Night Football. The stadium was completely sold out for the contest.

This just goes to show that sports have their own special role in helping people cope with tragedy. Whether it is the Saints marching triumphantly in a recovering New Orleans or the Yankees and Mets emerging successfully from a post 9/11 Big Apple, sports provide a healthy distraction for people who've been through tragedy. ■



BOB SNOW/MCT

A fan sports a haircut of the Saints logo during the Monday night game between the Atlanta Falcons and the New Orleans Saints at the Superdome in New Orleans, Louisiana.

Bears and Seahawks carry early playoff implications

GAME OF THE WEEK | The big NFC match up this week is the Bears and Seahawks, and Seattle will have to do it without Shaun Alexander.

BY BRANDON CZARNY
BRANDON.CZARNY.04@CNU.EDU

The Breakdown

Some say that the Bears' defense can hinder any offensive coordinator's game plan.

Although the Bears are a good team that is finally developing an offense to match their defense, they have not yet dealt with an offense as potent as Seattle's.

It's easy for Chicago to shut down one or two key offensive playmakers, however, the Seahawks use everyone.

Last week, Matt Hasselbeck threw to seven different receivers; broke a team record by throwing five touchdowns and led an offense that put up 42 points.

The Bears overcame an extremely close contest in Minnesota for a much-needed win going into this week.

They overcame a huge mental hurdle by beating a team to whom they had lost four straight contests previously.

For Chicago, a win against Seattle would be a true landmark, confirming their team's strategy and philosophy.

For Seattle, anything besides a win would be a disappointment. Both teams currently sit at 3-0, and this game may quite possibly be a playoff preview.

The Keys

The Bears are going to play physical with lots of blitzing, so as to put pressure on Matt Hasselbeck.

The Bears need to create more turnovers and refrain from committing them. They've got to do this to put their offense in better scoring situations.

Ultimately, Chicago's defense will have to come up big for the Bears to win.

Despite the fact that Rex Grossman is developing into a better quarterback, he will not be able to beat Seattle's defense without assistance from his own defense.

The Seahawks, on the other hand, only have to follow "Holmgren harmony" by spreading the ball around and staying with the running

attack.

As long as Matt Hasselbeck stays poised in the pocket and refrains from committing multiple mental errors, the Seahawks should win. Look for lots of screens, quick passes, and power running early to set up downfield opportunities later in the game.

The Bottom Line

The Seahawks will win this game and it is becoming apparent that for the second straight season, they are the team to beat in the NFC West. They proved to me last week that they are the real deal.

And for those of you saying

the Giants almost came back, you must recognize that Mike Holmgren allowed the comeback to take place by opting to eat more clock with a conservative run style offense in the fourth quarter. Any smart coach would have done the same with such a substantial lead.

Aside from winners and losers, this game promises to be a dogfight — a very entertaining one at that. I'm looking forward to seeing some head bashing, smash-mouth football in this match-up. It airs on Sunday evening at 8:15 p.m. on NBC (that's channel 10 for CNU students). ■

NFL Picks Week 4

24-21-1

BY BRIAN BENISON
BENISON@CNU.EDU

Sunday 10/01/06

1 p.m. ET

Indianapolis (-9) at NY Jets

Remember when the Jets shut out the Colts in the 2002 playoffs? No?

PICK: COLTS

San Diego (-2) at Baltimore

Ravens defense, meet Ladanian Tomlinson. LT, meet Ravens D.

PICK: CHARGERS

Buffalo (-1.5) vs. Minnesota

Repeat after me: J.P. Losman steps back to pass ...

PICK: VIKINGS

Dallas (-10) at Tennessee

Drew Bledsoe will find a way to throw at least three picks, if you believe hard enough.

PICK: TITANS

Kansas City (-7) vs. San Francisco

Memo to Frank Gore: It only counts if you hold on to the ball.

PICK: CHIEFS

Carolina (-8.5) vs. New Orleans

The Carolina defense couldn't carry a lead in a bucket.

PICK: SAINTS

Atlanta (-7.5) vs. Arizona

Denny Green is mum on his QB choice for this week. Bet on Lienart.

PICK: CARDINALS

Miami (-4) at Houston

Forget Culpepper, this week it's all about the running game.

PICK: DOLPHINS

4:05 p.m. ET

St. Louis (-5.5) vs. Detroit

The Rams are seriously inconsistent, but the Lions can consistently lose so it shouldn't be a problem.

PICK: RAMS

Cincinnati (-6) vs. New England

Patriot fans need to stop citing statistics and start watching the games.

PICK: BENGALS

Jacksonville (-2.5) at Washington

The Texans have the 32nd defense in the NFL. Let that sink in.

PICK: JAGUARS

Cleveland (-2.5) at Oakland

Romeo Crennel's team likes him. Art Shell can't say the same.

PICK: BROWNS

8:15 p.m. ET

Chicago (-3) vs. Seattle

Ooooh! I am the Curse of Madden 07! I have come for you Shaun Alexander.

PICK: BEARS

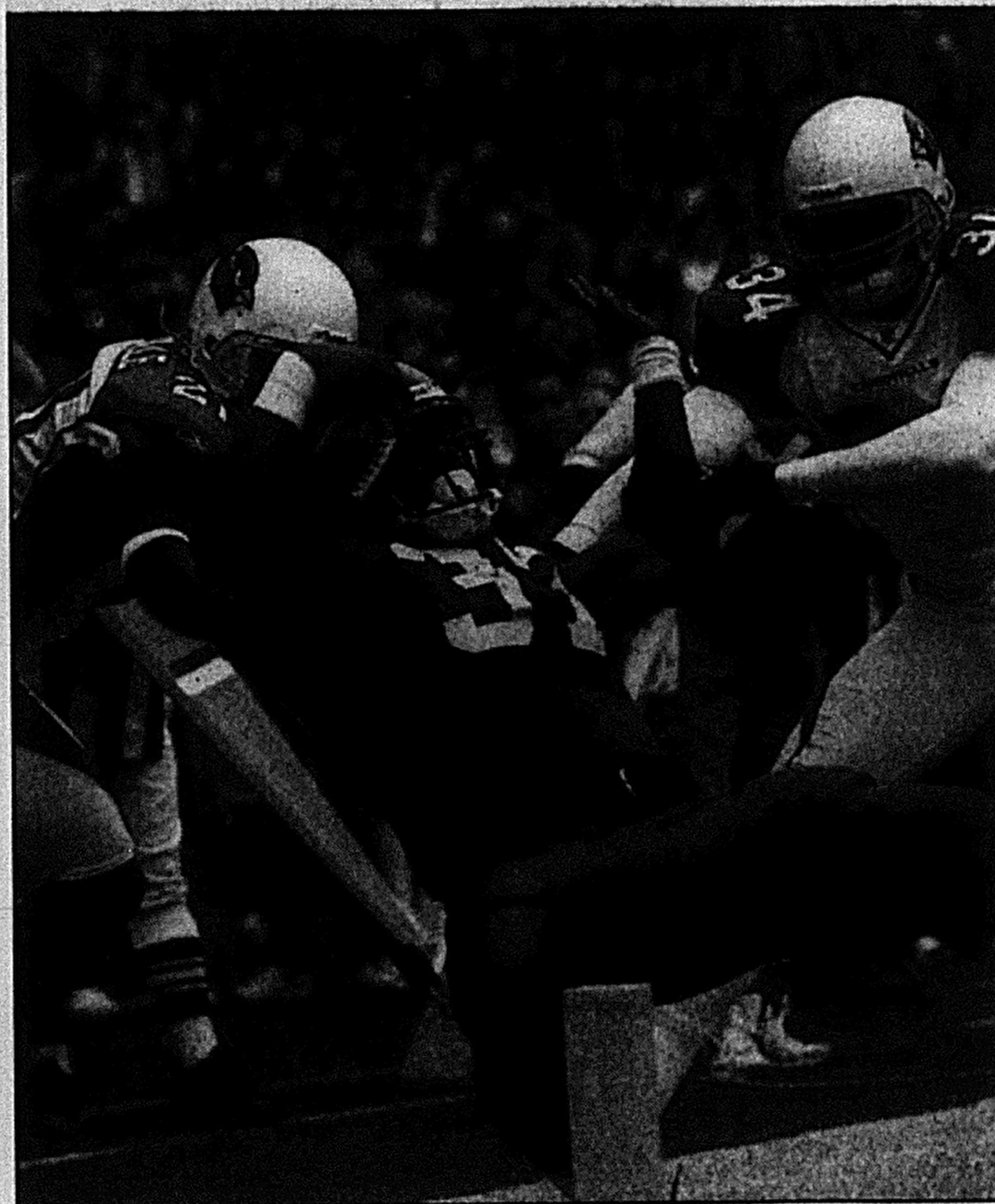
Monday 10/02/06

Philadelphia (-11) vs. Green Bay

Brett Favre celebrating was nice. But the Lions are not the Eagles.

PICK: EAGLES

*picks for entertainment purposes only



DEAN RUTZ/MCT

Arizona Cardinals' Robert Griffith (right) and Antrel Rolle pull Seattle Seahawks' Shawn Alexander out of bounds just short of the goal line. Alexander currently has a broken left foot.

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