

The Captain's Log

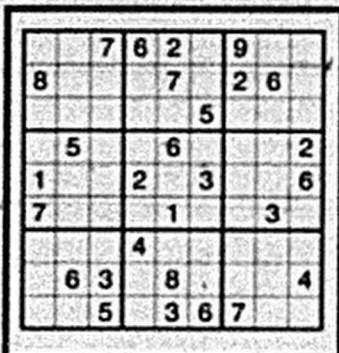
The Official Student Newspaper Of Christopher Newport University

Volume 37, Issue 16

Wednesday, February 15, 2006

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

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New addition to Comics
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World

ISLAMIC U

If Hamas' dramatic ascent to power in last month's Palestinian legislative elections was a political earthquake, Islamic University served as its intellectual epicenter.
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Food & Health

STEROID FACTS

Steroids are the same as, or similar to, certain hormones in the body. The body produces steroids naturally to support such functions as fighting stress and promoting growth and development through puberty.
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RECYCLED PERCUSSION

Recycled Percussion was founded by the world's fastest "extreme drummer" Justin Spencer.
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Sports

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Before a game, junior Candace Bryant mentally prepares herself for what's ahead by listening to gospel music singer Kirk Franklin.
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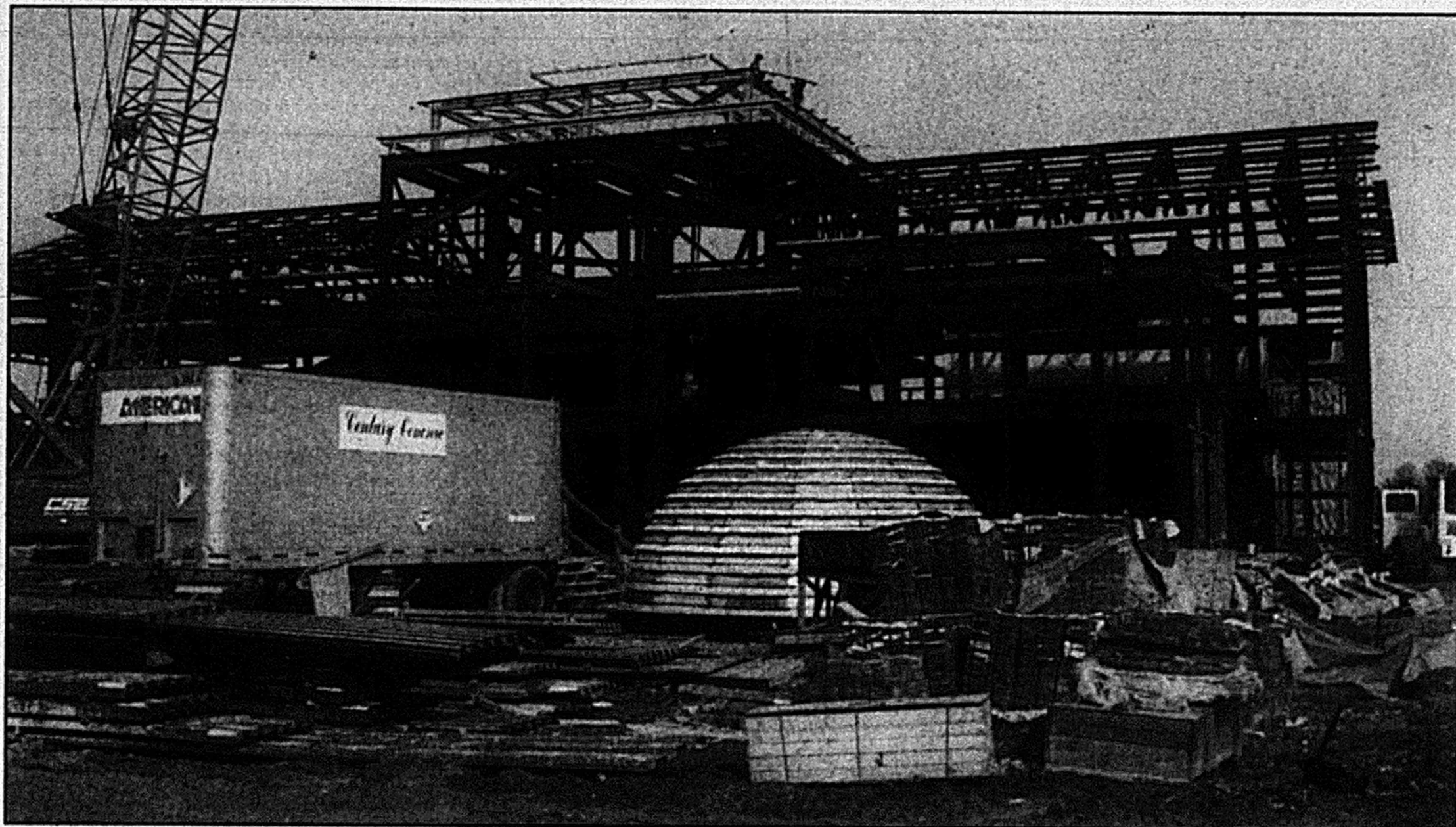
OLYMPICS

American Shaun White proved to be the world's best at men's halfpipe snowboard Sunday as advertised.
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SPEAKING OF...

"It's hard for them to see themselves not smoking," Clayton said of heavy smokers. "It's something that fits with their self-identities." Quitting smoking a matter of choice — and trying again.
Page 7

Library date remains unconfirmed



Andrea Stachheim/The Captain's Log

Library construction continues through the cold winter weather. Construction crews have remained busy with all the work being done on campus.

The new library will include a 24-hour study area, an art gallery and a writing center.

By REGINA CERIMELE
Asst. Layout and Design Manager

The skeleton of metal girders facing Wingfield Hall will one day be our new library. There is no confirmed completion date for the project, although the university's 2004 budget was increased by \$5 million to accommodate unprecedented increases in the cost of construction materials, according to Executive Vice President Bill Brauer.

The original capital budget appropriation for the library was \$8,703,000 in 2002.

"The completion date on

any construction project is never set in stone and is always subject to revision due to weather, material availability and other factors," said Brauer.

"If and when the completion date is revised, it will be announced."

According to the sign outside the library construction site, the library should be completed by the summer of 2006. Brauer neither confirmed nor denied the validity of the sign's information.

The Captain John Smith Library received its updates regarding the new library construction through University Librarian Mary Sellen, who says

she has maintained a fairly close relationship with W.M. Jordan and the CNU architect. Nearly all of the updates received by Sellen have been recorded in The Lookout, an online newsletter updated under the direction of Interim Access Services Librarian Beth Young.

Several new features are planned for the new library, including the return of Einstein's Café, which currently exists within Gosnold Hall.

"Einstein's will be back bigger and better than ever," said Sellen.

The new Einstein's is planned to be much larger, similar to a "Barnes and Noble's" concept, allowing wireless access for students and possibly computer terminal access, according to Sellen.

There will be a new study area open to students and faculty planned to maintain 24-hour access for students. While the other main parts of the library will close at normal hours, the study area will have its own entrance access so that students may enter at all hours at their convenience. Campus security is planned to monitor the study area when the main part of the library is closed, according to Sellen.

The new library will also include two large, quiet reading rooms, 10 group study rooms, a media center for viewing and creating digital projects, a video conferencing room and at least one new computer classroom. Additionally, the new facility will include an art gallery to showcase the work of the Fine

Arts Department, as well as a Learning and Writing Center, which will incorporate the Alice Randall Writing Center currently located in Ratcliffe Hall.

The library intends to obtain budget increases to accommodate the need for new databases, volumes and other media that will arise once construction is complete, according to Sellen.

"The goal is to have a collection of approximately 400,000 volumes," she said.

Sellen is unsure how long it will take to accumulate the full 400,000, and it may take as long as 5 years, she added.

"The ultimate goal is for everyone to be able to do their research here without having to go to William and Mary," she said. "We really want this collection to support the curriculum." ■

Enron documentary filmmaker speaks at Ferguson

By IAN SASS-BASEDOW
Editorial Asst.



Nick Miral/The Captain's Log

Emmy award-winning filmmaker Alex Gibney brought his Oscar-nominated documentary film to the CNU campus.

This past Thursday, the Ferguson Center for the Arts Music and Theatre Hall welcomed Emmy award-winning filmmaker, Alex Gibney, who provided a unique, personal perspective on a screening of his freshly Oscar-nominated documentary film, complete with shady book-keeping, multimillion dollar scandals, and stripper troupes — "Enron: The Smartest Guys in the Room."

The documentary, which reports the rise and fall of former energy giant Enron, utilizes a combination of mainstream media footage, one-on-one interviews and Enron-employee tape recordings. It shows how top executive officers like Ken-

neth Lay, Andrew Fastow, and Jeffrey Skilling managed to walk away with more than \$1 billion from the bankrupt company, often leaving employees penniless. The film describes in detail how, in addition to numerous other instances of fraud, Enron officials created the California Energy Crisis blackouts. With a few calls, they had entire power plants shut down, creating power shortages that raised prices — and their own commissions, according to Gibney's film. One scene shows footage of a Californian power plant caught in a wildfire, possibly contributing to another shortage, while Enron traders laugh and chant "Burn, baby, burn."

"This wasn't a story I had planned to make," said Gibney, indicating a departure in subject matter from his previous works, such as, "Jimi Hendrix and the

Blues." He decided to tackle the unfamiliar issue of accounting fraud after reading "The Smartest Guys in the Room: The Amazing Rise and Scandalous Fall of Enron," a book written by two Fortune magazine writers who anticipated the corporation's demise.

"What I thought would be a story about numbers became a story about people," he said.

How could seemingly normal people be capable of such awful things? How was this allowed to happen? Both of these were questions Gibney was eager to answer.

"We concentrated less on the victims of the scandal and the story and tried more to provide a portrait of the inside of the company — inside the corporate culture," he said.

Investigation of everyday operations revealed a corporate

hierarchy based largely on evasion and intimidation, which led many lower Enron employees to carry out questionable orders from superiors, according to Gibney.

"Jeff Skilling, for instance, would just ridicule people for asking questions — convince them that they were stupid for even asking," he said. "In the context of bad leadership, people will go along with it. There is simply an innate human propensity to obey orders."

Gibney illustrated this point in his film by showing clips of an experiment carried out by psychologist Stanley Milgram. In the 1960s, Milgram tested everyday individuals' willingness to comply with authority within a laboratory at the direction of a scientist.

SEE ENRON, PAGE 3

Campus sees jump in bike thefts

Most of the bicycles went missing from the Ferguson Center or East Campus.

By ERIN ROLL
Asst. Copy Editor

University Police are investigating a string of campus bicycle thefts that have taken place in the last two months. Since January, according to Chief Jeffrey S. Brown, 12 bicycles, nine of which were secured with chain or cable locks, have been reported missing. Most of these bicycles had not been registered with the police.

In the past, on-campus bicycle thefts have tended to be

instances of student joyrides, according to Brown. "It is not clear if this [joyriding] has been the primary purpose," Brown wrote in a recent statement regarding the bicycle thefts.

Many of the 12 bicycles went missing from either the Ferguson Center parking garage or from the East Campus area, according to an alert sent out two weeks ago by the police. Only one of the bicycles has turned up since then.

Three secured bicycles were reported stolen on the same day, Jan. 23, from the Madison Build-

ing at the CNU Apartments, according to the campus crime log. The other bicycles disappeared from James River Hall, Santoro Hall and the Freeman Center, also according to the campus crime log.

Despite the thefts, East Campus Hall Director Rebecca McKeon says she feels pretty good about the security around the CNU and Barclay Apartments, and that the disappearance of the bicycles don't cast security on that part of campus in a negative light.

"My guess is it's a combination of easy access to unsecured bikes, and easy access to bikes that are minimally secured," McKeon said.



Janie Seagraves/The Captain's Log

Twelve bicycles have been reported missing since January.

McKeon heard concerns from East Campus residents that there aren't enough bicycle racks.

"I think that we have had racks available," McKeon said,

"just not in a very convenient location."

The university will address the issue of bicycle racks on East

SEE BIKES, PAGE 3

Weekend Forecast

courtesy of www.weather.com

Thursday:
Partly Cloudy

High: 66° Low: 50°

Friday:
Few Showers

High: 63° Low: 34°

Saturday:
Rain / Snow

High: 38° Low: 27°

Sunday:
Sunny

High: 37° Low: 29°

Monday:
Mostly Cloudy

High: 46° Low: 39°

On the record Police Blotter

CNU Police Blotter

According to the CNU Police Web site
Feb. 7: There was a theft of a secured bicycle at Monroe Hall.

Feb. 8: A number of items were stolen from a secured vehicle in Potomac parking lot S.

Feb. 9: There was a theft of an unsecured bicycle from CNU Village Apartments.

Feb. 10: Students in York River East committed an alcohol violation and they were charged with underage drinking and being drunk in public.

Energy drinks were stolen from an apartment in Barclay.

There were a number of CDs stolen from a vehicle in Lot C.

Feb. 11: Six students in Santoro Hall were charged with underage possession of alcohol.

Feb. 12: Two charges were filed for drug paraphernalia possession in Potomac River South.

Newport News Police Blotter

Feb. 6: There were computers stolen on Jefferson Avenue.

A car was stolen on Carolyn Drive.

Feb. 7: A damaged vehicle was witnessed leaving the scene on Coral Key Place.

A bus was caught leaving the scene of an accident on Criston and River Ben.

A drug overdose was reported on Edmond Drive.

Personal property was reported stolen and later recovered from a residence on York River Lane.

CDs and other recordings were reported stolen from an individual on Coral Key Place.

Feb. 8: There was a charge of fraud issued on Jefferson Avenue.

Personal property was stolen from a vehicle on Jefferson Avenue.

A case of simple assault occurred on Sand-
pebble Circle resulting in minor injury.

Feb. 9: There was a report of simple assault on an individual resulting in minor injury on Minton Drive.

Valuables were reported stolen from a vehicle on Middle Ground Boulevard.

A suicide was reported on Lakeside Drive.

Consumable goods were stolen and later recovered from a business on Oyster Point Road.

A report of jewelry theft occurred at a residence on Wayfin Circle.

Feb. 10: A credit card was stolen and used at a business on Jefferson Avenue.

A vehicle was damaged on Oak Mill Lane.

Around town State/Local News

Coheed and Cambria return to U.S.

Having completed the UK and global portions of their current tour, the guys in Coheed and Cambria are ready to return to the United States for the remainder of their tour. Paired with Avenged Sevenfold, they will perform at the Constant Convocation Center on Tuesday, April 11 at 7 p.m. Tickets go on sale at 10 a.m. on Friday, February 17 and will be available at the Constant Center Box Office and online at www.constantcenter.com. Because the show is general admission, tickets are \$25 in advance and \$27 at the door.

Annual Tidewater Art Alliance exhibition

Portlock Galleries at SoNo in Chesapeake, Va. is set to host the opening reception on March 3 for the Tidewater Art Alliance Members Exhibition: Significant Expressions at 7 p.m. The exhibition will continue through April 2. As the oldest artists' member organization in the area, Tidewater Art Alliance (TAA) will be celebrating the 80th anniversary of their members' exhibition. Every member of TAA is encouraged to enter this exhibition so they can submit experimental work that is outside of their usual technique. A local art professional has been scheduled to judge the exhibition. Awards will be distributed at the event.

Kaine to reorganize Department of Minority Business

The Virginia Department of Minority Business Enterprise's leadership has changed hands, and now Stacy L. Burrs and Richard F. Green will serve as Director and Deputy Director of the department, respectively.

Governor Timothy Kaine also reassigned oversight of the department to the Secretary of Administration, and reissued a statement regarding his dedication to developing Virginia's emphasis on small businesses and particularly businesses run by females and minorities.

Dermisonics, Inc. finishes A-Wand antiseptic distribution system

Dermisonics, Inc. announced last Monday that it finished work on the first operational model of its A-Wand antiseptic distribution system. It is in communication with the Army Institute of Surgical Research under the Combat Casualty Care Research Program to develop a battlefield version.

Your life Campus News

CNU students to go to Belgium

CNU junior Lauren Strack, junior Jennifer Vencill, and sophomore Justin Pritchett have been chosen for the International Research Assistantship (IRA) in Brussels, Belgium, according to a recent announcement from the Honors program. The IRA program is scheduled for six weeks this summer; it will allow young scholars to work as research assistants at the Brussels School of International Studies.

The program will consist of a number of activities including: aiding in research design; taking part in data collection; analyzing primary and secondary data sources; and joining forces with supervising faculty in the drafting, review and editing of scholarly articles and reviews. IRA applicants come from a range of origins and majors.

CNU to sponsor public reading

CNU's Writer's Advisory Council and the York County Arts Commission will sponsor a public reading at 7 p.m. on Mar. 17. The event is set to take place in the Freight Shed, located in Yorktown's Riverwalk Landing. Writers presenting at the event will read a maximum of 10 minutes of their work, whether it's prose or poetry. The event will be free and open to the public in promotion of the 25th annual Writers' Conference.

Speed dating in Regatta's

The CNU Campus Activities Board will host a speed-dating event in Regattas on Friday, Feb. 17, at 7 p.m. The event is free and requires participants to mingle and get to know one another. Spots can be reserved in the event through sign-up forms available in the Office of Student Life in the Student Center or by obtaining a form from the front desk of the resident halls and turning it into OSL. Forms are due February 6 by 5 p.m.

9th Annual Ella Fitzgerald Festival

Jazz singer Kurt Elling, the CNU Jazz Ensemble, Eddie Palmieri and Tiempo Libre will celebrate the life of Ella Fitzgerald at this year's 9th Annual Ella Fitzgerald Music Festival in CNU's Ferguson Center for the Arts. Jazz chanteuse Patti Austin, the Count Basie Orchestra and Branford Marsalis and his quartet will perform at the event as well.

Performances will run from April 5 until April 8, and will begin at 7:30 p.m. each night.

Corrections

The Chinese Connection, not the Chinese Confucius School of Kung Fu, was one of the schools from which presenters came to CNU to present at the Chinese New Year celebration hosted by CAB on February 3. The Chinese Connection is located in Port Warwick.

Books to sell? Roommates needed?

Purchase a 1/16 page ad

\$12

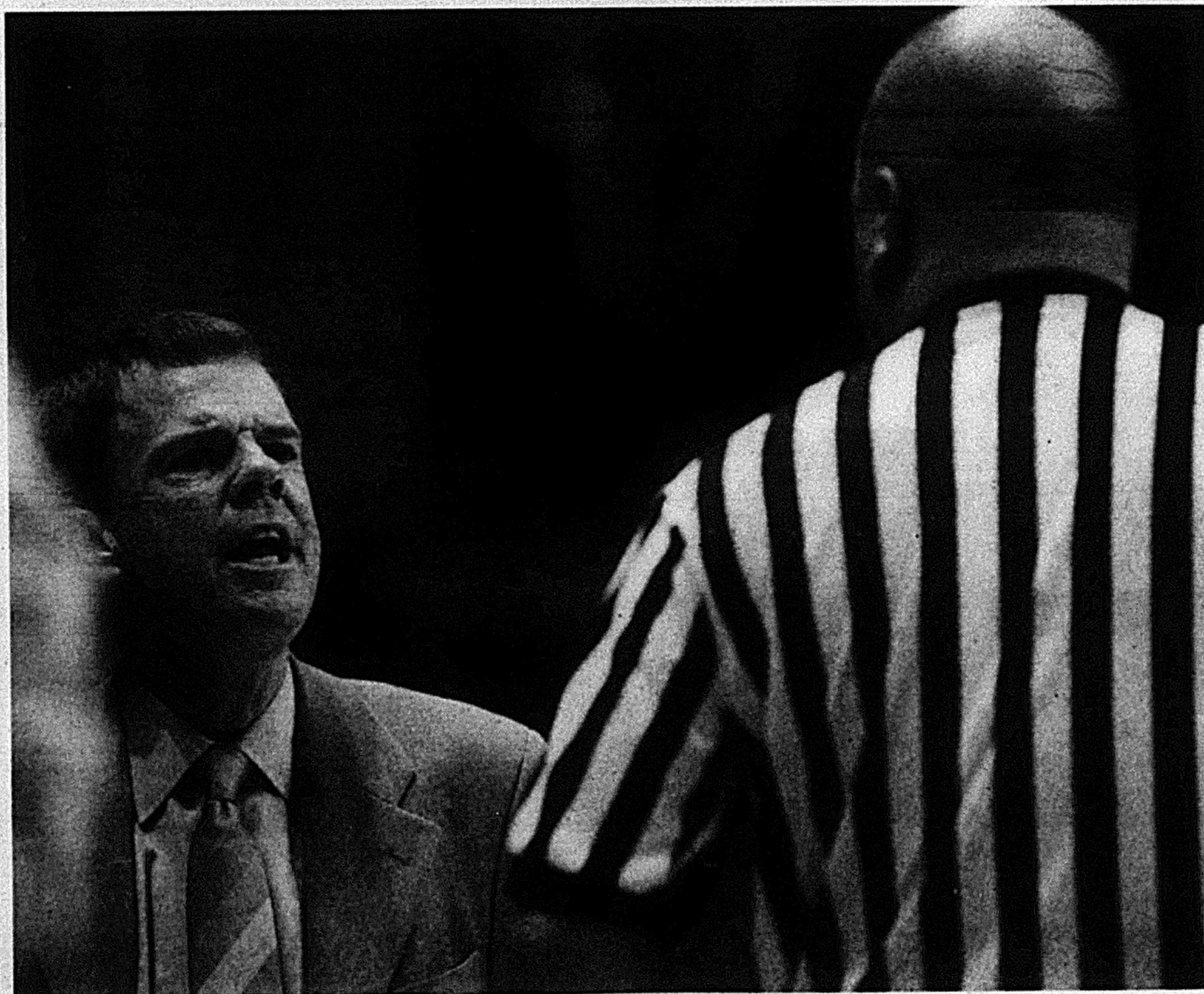
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Ads are on a first-come, first-served basis. This rate applies only to CNU clubs, affiliates, students, faculty, staff and alumni. Larger display ads are also available. To purchase an ad, e-mail clogads@cnu.edu.

supershot

CNU head men's basketball coach C.J. Woollum argues over a call with a referee at the Feb. 12, 2006 basketball game against the Ferrum Panthers at the Freeman Center.

Jamie Seagraves/The Captain's Log



Campus Calendar

February 15-21

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10 a.m. to 7 p.m. — CNU Art Majors Juried Art Exhibit; Student Gallery	9:30 a.m. — History Department Lecture: Prof. Michael LaCombe; SC 214	1 p.m. — NATO Presentation by Dr. Brendan Wilson; Gaines Theater	4 p.m. — CNU @ Methodist College: Men's Basketball	11 a.m. to 2 p.m. — CNU vs. Rowan University: Baseball; Captain's Field	10 a.m. to 7 p.m. — CNU Art Majors Juried Art Exhibit; Student Gallery	10 a.m. to 7 p.m. — CNU Art Majors Juried Art Exhibit; Student Gallery
10 a.m. to 3 p.m. — UHWS Annual Health Fair; Freeman Center Field House	10 to 4 p.m. — Alpha Phi Omega Blood Drive; SC Breezeway	5:30 p.m. — CNU @ Greensboro College: Women's Basketball	8 p.m. — Vagina Monologues; Gaines Theatre	4 p.m. — Roman Catholic Mass; SC 150	3 p.m. — History Department Lecture: Dr. Sheri Mari Shuck-Hall; GOSN 111	12:15 to 1 p.m. — Islam discussion hour; Einstein's Cafe
12 p.m. — Walt Disney World Internship Presentation; SC 214	7:30 to 10 p.m. — Hubbard Street Dance Chicago; Ferguson Center for the Arts Concert Hall	7 p.m. — CAB Speed Dating; Regattas	8 to 10 p.m. — Virginia Chorale Concert "Days Now Gone"; Ferguson Center for the Arts Music and Theatre Hall	7 p.m. — Captain's Log Staff Meeting; SC 233	5 to 6 p.m. — Tavola Italiana: Italian Conversation Hour; Einstein's Cafe	12:15 p.m. — NAACP Meeting; Anderson Auditorium
5:30 p.m. — Great Book Series; GOSN 111	9 p.m. — SGA Banquet Planning Board; SC Lounge, Upstairs	7:30 p.m. — CNU @ Greensboro College: Men's Basketball	9:30 to 11:30 p.m. — CNU @ ODU: Ice Hockey; Chesapeake	8 p.m. — Vagina Monologues; Gaines Theatre	5:30 p.m. — SGA Meeting; SC 150	4 p.m. — CNU @ NC Wesleyan College: Women's Lacrosse
9:30 to 11:30 p.m. — CNU Bowling Club; Hiddenwood Lanes		8 p.m. — Vagina Monologues; Gaines Theatre				5:30 p.m. — Baptist Student Ministries Meeting; SC 233

Jewish organization celebrates holiday with tree planting

The Hebrew holiday Tu B'Shvat was recognized on campus with the planting of a weeping willow near the Ferguson Center.

BY IAN SASS-BASEDOW
Editorial Asst.

Hillel, an emerging Jewish organization on campus, commemorated the Hebrew holiday, Tu B'Shvat, or "New Year for the Trees," by planting a weeping willow in the lawn beside the Ferguson Center on Sunday.

Tu B'Shvat occurs on the 15th day of Shavat, (the 11th month of the Hebrew calendar) and is one of the four holidays that divide the Jewish year, according to Hillel President and senior Sam Jourden. The most widely known of these, Rosh Hashana, marks the end of a full year on the calendar. Tu B'Shvat indicates a more specific recognition, though, according to Jourden.

"A full year has passed for plants and trees," he said. It is also the start of the Hebrew spring, he added.

The scene was far from springlike, though, as an icy wind blew across the Ferguson Lawn. But that was not enough to thwart the gathering of about

25 community members, students and faculty, Jews and Gentiles alike. The crowd ate fruits and nuts between readings of special blessings. They ate as a symbolic show of appreciation to God, according to Newport News member Janet Glosofer.

"I'm very pleased to be a part of something where people of different faiths can come together," said the United Campus Ministries head Melanie Reuter.

After a prayer from Rabbi Gilah Dror of the Rodef Sholom Temple, Dean of Students Donna Eddleman spoke before the crowd.

"This is a great coming-together for religion," Eddleman said.

She also spoke about the symbolic nature of the willow seedling.

"Just like the tree we plant today, we can't wait to see Hillel fulfill its potential," she said.

According to Jourden, this is the first large event sponsored by CNU's chapter of Hillel, an international organization designed to help Jewish college stu-

dents come together. The organization has been on campus for years but has had as few as three working members in the last four years. CNU Hillel knows of only 36 Jewish students on campus, of the campus's population of 4500, according to the group's advisor, Stan Glosofer of CNU Rescue.

"We've kind of struggled because we've been so small," Jourden said.

Hopes are high that more members might arrive this semester, because the religious group plans to hold more social events than before. They aim to uncover more of the Jewish minority on campus and spread familiarity with their faith.

The organization has helped Sophomore Shayna Daghigh. "Seeing as there aren't many Jews around here, and I'm far away from home, I find it a good way to keep Judaism close," she said.

If you're interested in learning more about Hillel, which has weekly meetings, you can email Jourden at hillel@cnu.edu. ■



Sara Jordan/The Captain's Log

Dr. David Pollio watches while Hillel members plant a willow tree to celebrate in the Hebrew holiday.

ENRON, FROM PAGE 1

Volunteers were brought into Milgram's lab under the impression that they were assistants in a study about how electric shocks affect learning. They were asked to question test subjects and administer shocks of increasing intensity as punishment for wrong answers. Unbeknownst to the volunteers, their subjects were actually paid actors, and there was no electric charge in the equipment.

"Over 50 percent of the participants raised the voltage to a fatal level, merely because they were encouraged by an authority figure to continue," Gibney said.

This idea about human psychology has so interested Gibney, in fact, that he began work on a television documentary for Court TV, covering three of the most significant psychological studies of the 20th century, the Milgram experiment among them.

In the more immediate future, Gibney waits to find out if the "Enron: The Smartest Guys in the Room" nomination for Best Documentary Film Oscar will turn into an actual Oscar. Gibney's documentary competes with this year's front-runner, the wildlife film "March of the Penguins."

"It looks like its people versus penguins," said Gibney. ■

BIKES, FROM PAGE 1

Campus this week, she added.

CNU Police have stepped up patrols around campus and stationed an additional security officer on the East Campus. They have also informed the Newport News Police Department of the thefts, according to Brown.

The recent thefts are a significant reversal from last semester's drop in bicycle-theft rates. During the fall 2005 semester, there were only eight bicycle thefts overall. The police attributed the decline to an aggressive bicycle registration campaign which began during the fall 2004 semester.

"A lot of students didn't take advantage of it," McKeon said, "so I'm hoping we can bring the program back soon."

CNU Police encourage students to register their bicycles, and

they can do so at any time. The information on the bicycle's make, model and color is entered into the National Criminal Information Center (NCIC)'s stolen property file so law enforcement can check with local pawn shops, dealers and other businesses, if need be.

The police alert advised students to secure their bicycles using heavy-duty, steel U-locks. Cable and chain locks should only be used as secondary protection, according to the alert.

The police warned against securing bicycles to trees, light poles or other bicycles as well. Residents are advised to check their bicycles regularly and to promptly report any instances of theft or vandalism.

Anyone with information about the recent thefts may contact University Police at (757) 594-7053. ■

Interested in taking photos? Having them published in the newspaper?

Contact The Captain's Log: clog@cnu.edu

Reformation Lutheran Church

13100 Warwick Boulevard.

Newport News, Virginia

Office: 757-249-0374 E-mail: rlc@reformationlc.org

Christopher Newport University Chamber Choir

on Sunday, February 26

4 p.m.



The program will celebrate Sacred Cathedral Classics; American Folk Songs; the American Spirit, American Popular Songs and the African-American Tradition.

Reformation Lutheran Church and Childcare offers professional childcare Monday through Friday from 6:30 a.m. to 6 p.m. for children 6 weeks to 12 years. The childcare offers a before and after school program, and on Wednesdays - FaithWeavers™ - for children released early from school in Newport News.

We are located one quarter mile from the intersection of Oyster Point Road and Warwick Blvd.

Call 249-0374 for more information.

A free will offering will be taken and, after expenses, matched by Thrivent Financial

Director of Dining Services works with SGA on food-related issues

The senate and dining services have requested suggestions for changes to menus.

By PHILIP LECLERC
News Editor

As we enter the Commons or Regatta's day-in and day-out, we often feel faced with the same old menu of foods, and it isn't often we think of the people behind our lunches or the work that goes into changing them. The man behind the food, Director of Dining Services Kevin Ososkie, attended the student senate's last meeting, and responded to food-related issues communicated to him by the senators.

At an earlier senate meeting, senior senator Erin Greene asked the assembled senators to write down their concerns about dining services for her. Greene currently chairs the senate's Dining Services Committee and presented the senators' concerns to Ososkie.

"I was given this sampling of student dining concerns," said Ososkie. "And we acted on the simple fixes."

Romaine lettuce and spinach, for example, are now available in both Hidden-Hussey Commons and Regatta's, according to Ososkie.

Some of the senators' other concerns might take more time to address — like the fat and oil content in the foods. When Ososkie walked down to the cooks to ask about that, he found many

of them thought that including those sorts of things improved cooking, and helped give students what they want.

"It's going to be a process to get those kinds of things corrected," he said. Ososkie then opened his presentation to the floor, asking for questions and comments from the student senate.

During that question period, senior senator Robert Peresich said he would like to see more variety available in the foods offered at the dining halls.

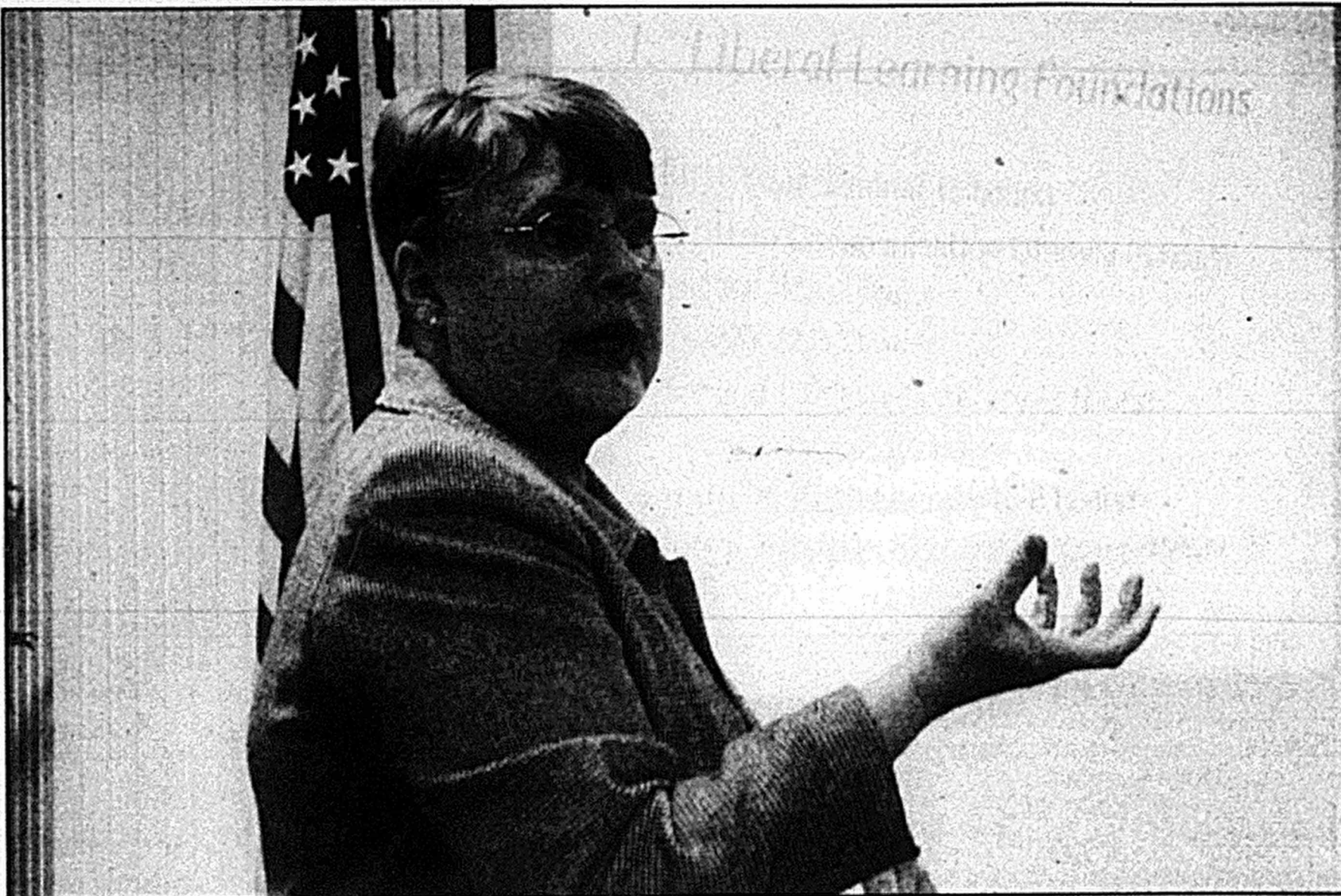
"It seems like in the menus we see a lot of options repeated," he said. Greater noodle variety might help the menus, according to Peresich.

President Mehreen Farooq, a junior, asked Ososkie if more detailed menus listing what composes each meal might be made available, but according to Ososkie, they already are.

"We are listing — as of late in the fall semester — the ingredients of all the menu items that are listed," he said. Menu item ingredients should be available in both Regatta's and the Commons, according to Ososkie.

Farooq also asked if it might be possible to somehow boost morale among dining services employees by allowing the students to nominate one for an award regularly.

"I think it would be a great thing if the students could nomi-



Chanelle Layman/The Captain's Log

Assistant Dean for Liberal Learning Dr. Bartels spoke to the senate regarding the Liberal Learning Curriculum, Monday, February 13, 2006.

enate somebody," said Farooq.

Greene supported the idea.

"It would just be like a nice little positive thing we could do," she said.

She is also looking outside of the senate for ideas and plans to disperse a survey to the student population soon.

"It's going to be done out-

side of Harbor Light's [Hidden-Hussey Commons] and Regatta's," Greene said.

Greene will be looking for specific suggestions about what changes might be made within the dining halls and dining services, including specific changes to the menus.

Food is a big issue here and

elsewhere, according to Farooq. Virginia Tech's student senate even listed acquiring bigger cup sizes as one of their top five goals for the year, she said.

In addition to speaking with Ososkie, the student senate asked questions of the Dean of the College of Liberal Arts and Sciences, Dr. Douglas Gordon, and the As-

sistant Dean for Liberal Learning, Dr. Bobby Bartels. Gordon and Bartels spoke to the senate regarding the Liberal Learning Curriculum — the new set of general course requirements which students entering CNU this fall will have to meet, which will offer new courses and, in some cases, change old ones. ■

SGA plans to create think tanks in the future

Secretary of University Affairs Jason Scheel has asked PLP students to work with SGA to find new ideas for the senate.

By PHILIP LECLERC
News Editor

On Capitol Hill, firms like the Heritage Foundation, Cato Institute and Roosevelt Institution spend their time strategizing, analyzing and, well, thinking; so it might be unsurprising that we call these organizations "think tanks." Recently, the Student Government Association has prepared to use that term a bit closer to home: CNU junior

and Secretary of University Affairs Jason Scheel is currently developing his own idea of creating a student government think tank.

"The reason why is to get more people involved in SGA," he said. "I work with Brian Larson and the two scopes we're looking at are social and also educational, inside and outside the classroom. We want to kind of avoid the redundant complaints of parking and food services get something beyond those two."

When Scheel first came up with the idea, he decided to draw think tank participants in from the President's Leadership Program. The think tanks should help SGA by producing ideas, but also help PLP students by offering them a new way to help the community, according to Scheel.

"[PLP students] have to do community service hours. As long as they're going to be helping the community, that'd be one way to help the CNU [stu-

dent] body," he said.

Scheel came up with the think tanks in the middle of the last fall semester, 2005, but only started to develop the idea this spring.

Currently, Scheel is trying to find willing PLP students to serve in the think tanks. Larson sent an e-mail to PLP students regarding the think tanks, and Scheel collected those who were interested.

"We held our first meeting — let's see — it would be I guess Tuesday [Feb. 7, 2006]," he said. "It went great. [We are] just trying to think of new ideas — what exactly to work on in the campus."

Although Scheel created the idea, he discussed it with SGA President Mehreen Farooq, junior, who offered him her support.

"The executive branch is trying to get the senate involved in giving [the PLP think tank students] more direction," she said. "But also, to make SGA run more like the real government, we wanted some outside advice and some outside opinions on topics that are being discussed in SGA."

Although he did not want to reveal specifics about what broad topics the think tanks might concentrate on, Scheel said he wants to see the think

tanks eventually interact primarily with the student senate, which is currently overseen by Vice President of the Senate Katie Grace, junior.

"My main goal later on is to have them part of the senate, but as of right now it's not hooked up to any branch or anything. I'm not doing this for the executive branch," said Scheel.

The think tanks have not begun operating under the senate yet, according to Grace, but she hopes they will soon.

"Then we'll be able to have a representative come to the senate," she said. "I'm excited to see what a new group of students will think is important." ■

Club Profile: Young Socialists

Club Chairman: Bryant Templeton

Club Advisor: Dr. Puaca

Funding: None

What exactly are the young socialists about?

"Coming to college, you always know that there is going to be a club for young Republicans and young Democrats. I wanted there to be a third option. Both Democrats and Republicans alike view things from a strictly capitalist perspective. Socialism offers a different perspective, and I wanted to offer information on socialism to the student body." "I encourage people, socialist supporters or not, anyone who wants to share ideas, or make a change in the world to come."

How do I join?

Just come to the meetings. The first meeting, will take place on Thursday, Jan. 26 at 7:00 p.m. in the alumni room

I have an idea for an event. Do I have to be a staff member?

No, you don't have to be a staff member.

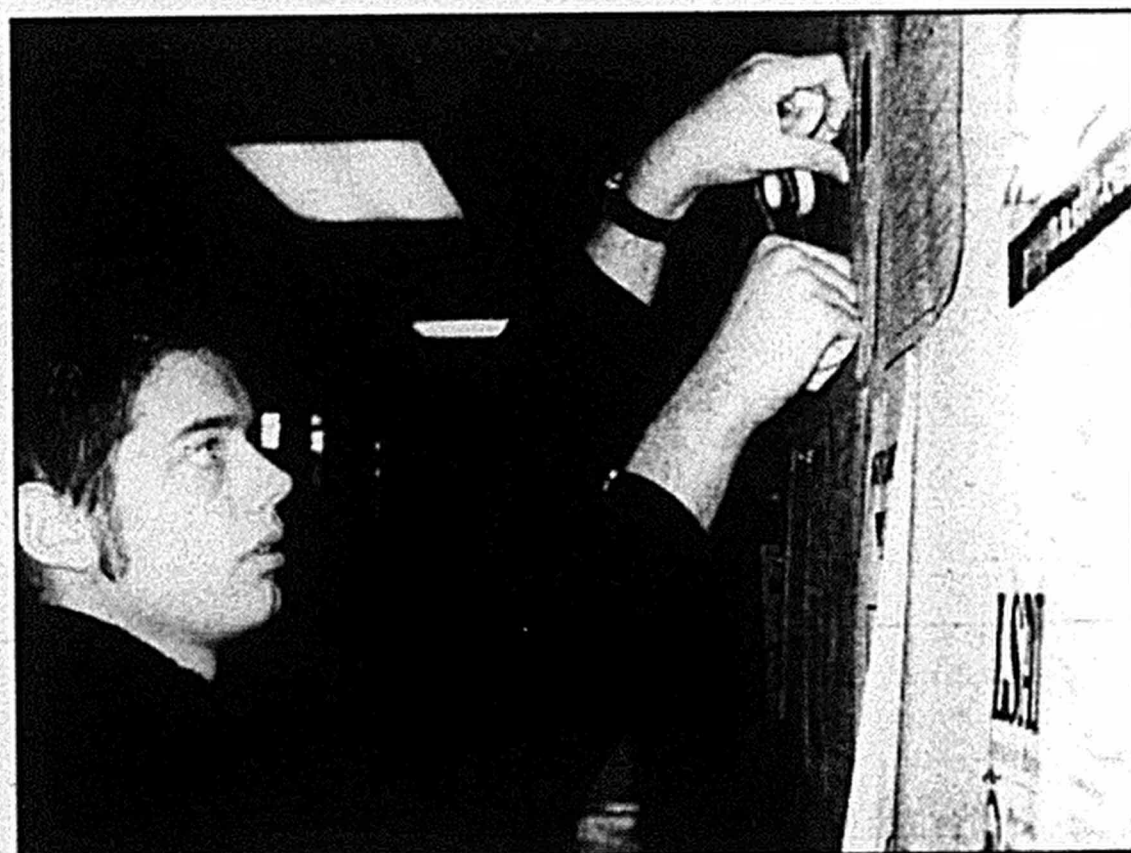
How do I find out about events the Young Socialists are planning?

Bryant.Templeton.05@cnu.edu

Anything else I should know?

"Socialism does not seek to destroy religious beliefs or individuality in any way, but instead is focused on establishing true equality. Under a capitalist system, things like racism and war and the oppression of a certain type of people are much more common."

-By Patrick Crowe



Club Chairman Bryant Templeton puts up flyers for the young socialists.

Got OPINIONS??

Write in to The Captain's Log
and tell us what you *think*?

Contact us at: clog@cnu.edu

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Opinions

Where We Stand

SGA think tanks: Identifying the issues

"The redundant complaints of parking and food services" — that's what SGA's Secretary of University Affairs, junior Jason Scheel, called them, while pushing for the creation of think tanks composed of President's Leadership Program (PLP) students. If we look at the past semester and a half's worth of discussion in the student senate, though, a different issue takes center stage: traffic safety.

Consider — where did the initial push for movement on traffic safety come from? Who led the first charge?

The students did. The student-run Ad Hoc Committee on Traffic Safety took the initiative, and reacted immediately after Brianna Sizemore's death. While members collected signatures on a petition to draw attention to the issue, they also researched traffic safety options that the senate could pursue, and proposed them to their representatives within the senate.

If Scheel's PLP think tanks contribute anything like our students did after Sizemore's death, we can expect impassioned and innovative suggestions from them. We can expect exactly the kinds of suggestions that will energize and direct our legislators.

These need not be grand issues, of course; our senate does have limited resources and jurisdiction, and as is often the case with parking and food services, they sometimes simply do not have the power to cause change. But there are a vast number of smaller, more approachable issues our student government can discuss, and identifying these will be a very central challenge for the think tanks as they come into their own.

We do not mean to cheapen the accomplishments of our government with these suggestions; in fact, they deserve the highest praise, both because they have attacked a series of more manageable issues already this semester, and also because they have recognized the benefits of, as SGA President Mehreen put it, "some outside advice."

Already this semester, our senate has drafted legislation concerning: senatorial absences, dress codes, availability of change machines, event pricing for alumni and maximum topics courses allowed per student. Some of these issues were voted up, and others were voted down, but all were discussed and squarely faced, and all were relatively new to the senate floor.

SGA's think tanks will have to seek out similar issues, and present them to the senate for consideration. In short, the PLP think tanks will have to face the same challenges the students involved in the Ad Hoc Committee for Pedestrian Safety and our senators have already faced — and meet them as effectively.

But if history's any guide, our students should prove up to the task.

Virginia's students: Sink or swim?

MEHREEN FAROOQ
SGA President

If the General Assembly doesn't act soon, Virginia's colleges and universities could drown in a sea of red ink — a sea that's \$377 million deep.

According to the calculations of the State Council of Higher Education and a formula authored by the General Assembly, our representatives in Richmond are underfunding our public colleges and universities by \$1,246 per Virginia student, or \$377 million in total. That's money needed to simply keep our colleges afloat — to pay for classroom maintenance and compensate professors. By underfunding our colleges and universities, lawmakers in Richmond have sent a clear message to Virginia students and their families: "sink or swim."

The problem is that many Virginian families are already having a hard time keeping their heads above the water. Over 40 percent of Virginia families cannot pay for college without financial aid, and the cost of a higher education is rising every day.

The deficit in higher education funding has been rising for a quarter century. In 1981, the Commonwealth paid for 72 percent of a student's college education. Today, it's down to 45 percent. The ever-increasing share families must pay for their son or daughter's education threatens to overwhelm many. While some survive with student loans

and second mortgages, how many more thousands of dollars are we willing to saddle Virginian families with because Richmond can't keep its promises?

Now is the time for lawmakers in Richmond to throw a lifeline to those in need.

Fully funding higher education will benefit not only those who attend Virginia's two- and four-year institutions, but our Commonwealth as a whole.

Virginia's economy will expand as graduates of our prestigious colleges and universities attract industries and businesses in need of highly educated employees. This need is great indeed. America already faces worker shortages in a host of specialized fields, from mathematics to engineering, health services to the sciences. And this shortfall is only growing. By 2010 experts expect it to reach 12 million. That's 12 million unfilled positions in need of college-educated individuals.

Moreover, this boom of new business and industry will fortify our Commonwealth against the forces of a globalized economy. In an age where everyone, not just industrial workers but accountants, computer scientists, engineers and even physicians must compete against those in India and China with comparable educations but lower wages, only industries at the cutting edge of research, innovation and efficiency can continue to thrive in America. These are the sort of businesses our institutions of higher education and their graduates attract.

State revenues will also rise. With each college graduate Virginia produces, we can expect \$5,300 more in taxes per year from that college graduate than from a high school graduate. That's \$5,300 more for better roads, better schools, and better healthcare.

Our Commonwealth faces mounting fiscal challenges that demand ever-expanding tax revenues. Short of cutting spending or raising taxes, investing in higher education provides the surest means of generating these much-needed funds.

The benefits above are only the tangibles — greater job growth and new tax revenues. The health of a community is impossible to fully measure; yet there's little doubt that the greater civic participation of college graduates transforms Virginia's society in innumerable, often unnoticed ways.

Supporting higher education will strengthen our communities, attract new jobs, improve our fiscal affairs and lift up Virginia as a whole.

The choice is clear. Lawmakers in Richmond ought to fully fund higher education, saving students and their families \$1,246 and benefiting our entire Commonwealth in the process.

Come join the CNU SGA in lobbying Richmond on February 21. Lobbying workshops will be held February 15 at 12:30 in SC150 and February 16 at 12:30 in SC233.

Email sga@cnu.edu to sign up and get more information.

When did Valentine's day become evil?

JOSH HOPKINS
Student

I am extremely happy to be able to live in a country where its citizens have the gracious ability to speak their minds and not feel any consequences from their government.

With that in mind I would like to voice my opinion about the recent editorial in The Captain's Log.

"The Sexual Revolution and you" editorial so eloquently written by Josh Dermer has voiced its opinion very clearly about the thoughts on sex, love and the famous holiday of St. Valentine's Day.

I feel that there must have been some sort of miscommunication on Mr. Dermer's part when it comes to the notion that "Sex has ceased to be a sacred act ... [and] it is regarded as merely a biological function, like using the restroom, with nothing special attached to it."

If that is the case, then why would this culture have its strong views on marriage?

This country builds its values on being married and having children, and most females are frowned upon or even ridiculed for not having a family of their own.

If sex can be compared to a normal bodily function that happens in the privacy of one's own

bathroom, then marriage is an imposed cultural institution and should be abolished. Is that what needs to be communicated to the rising females leaders of our country?

I say NO — marriage is a sacred bond between two loving individuals and should not be compared in any way, shape or form to taking a crap. How dare someone who prides themselves on the Christian faith do such.

As for the holiday of Valentine's being "utterly saturated by all things sexual," I would like to know the places where Valentine's Day is being slandered.

When I walk through a Wal-Mart, K-Mart, Hallmark, and the many grocery stores like Food Lion and Harris Teeter, I see the explosion of sweet love everywhere no matter how commercialized it may seem.

Almost every holiday has been overcommercialized. It's America for goodness' sake; we over-commercialize everything.

I have not seen any traces of sexual perversion on any piece of Valentine's Day candy, cards, stuffed animals, and the likes in any of these stores. I would love to know where Mr. Dermer buys his holiday candy for the day of love because I am totally and utterly missing the public sexual distortion. The only place that I have ever seen such things are in Victoria's Secret and Spencer's, to which they keep out of reach

of children and in the back of their respective stores.

Speaking of kids, our public school system celebrates Valentine's Day as well as the rest of the country. Does that mean that we are teaching our elementary-aged children about the immorality of sex? Are we infecting the minds of the future of America?

Again I say NO. Sex is not an immoral act. It is an act of love between two consenting adults who have taken the next step in their relationship.

As for AIDS and other serious STDs, they are not spread by premarital sex. They are spread by an uninformed public.

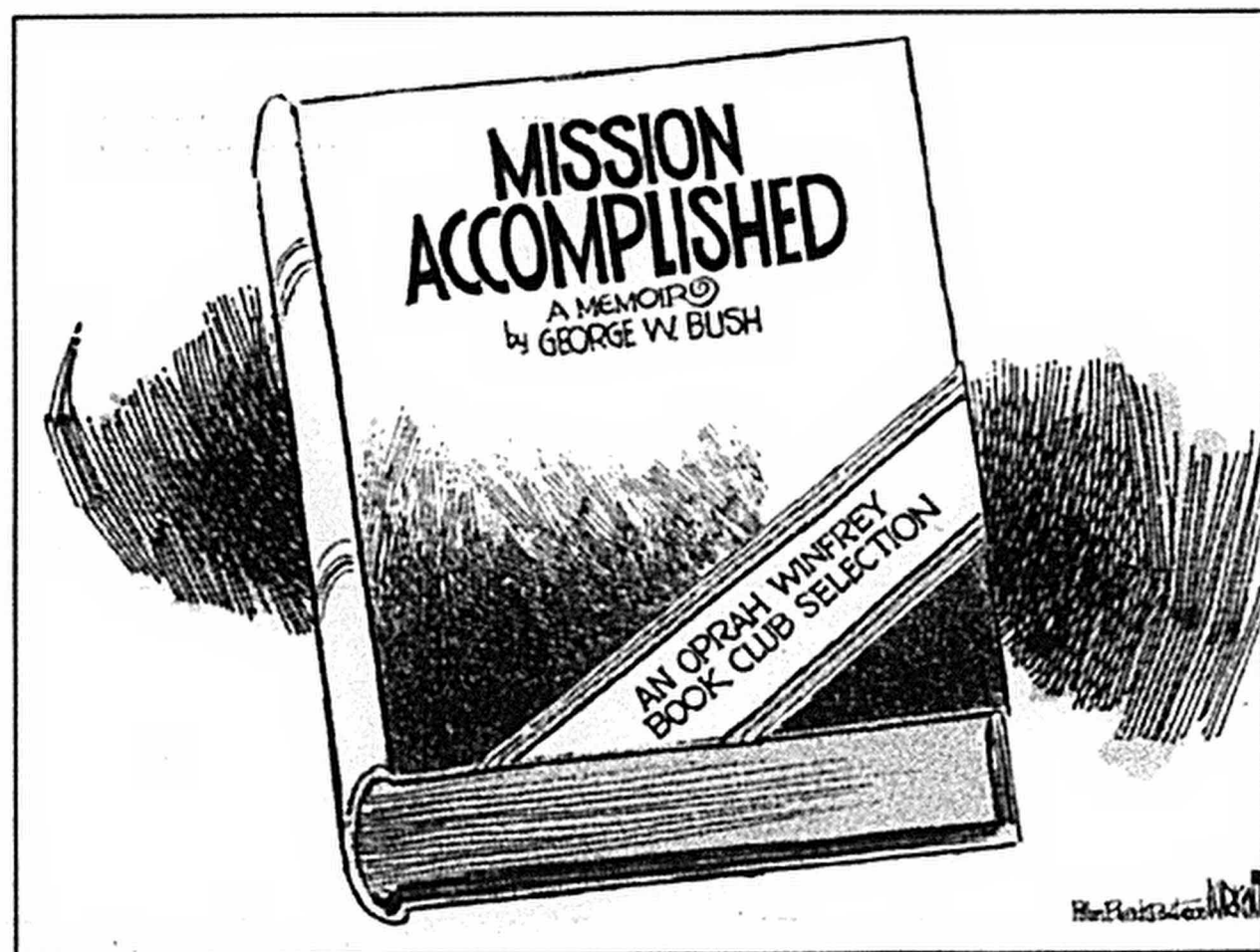
If the American public fully knew the dangers of premarital sex, then maybe the levels of "STDs and unwanted pregnancies" would drop.

Oh and by the way, abstinence is not the only answer for premarital sexual protection.

There are these things called condoms, birth control pills and just plain knowledge that also help in the prevention of "STDs and unwanted pregnancies."

In conclusion, I would like to reiterate that free speech is a wonderfully awesome gift given by our government and I am proud to be able to read an editorial and express my own opinions on the subject.

Thank you Mr. Dermer for reawakening my own power of free speech. ■



The Captain's Log

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

Letters may also be brought to our office or sent to us by e-mail at clog@cnu.edu. Anonymous letters may be printed, but writers must sign

the original, providing a full address and telephone number for verification purposes.

Students: please indicate your class status. If the writer is affiliated with an organization, that may be noted.

For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication.

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

Thank you, friends of Baby Rachel

BY KIM DODSON
RA, James River Hall

I am a RA in James River Hall. On Monday, Feb. 6, 2006, I held a fundraiser at Fuddrucker's called "CNU Loves Baby Rachel" to raise funds for a family back in my hometown.

The daughter, Rachel, was born three months early, weighing two pounds. She is still facing numerous health issues, and the family is struggling financially.

The idea started as just a small way of raising money to buy gas cards, diapers and maybe some clothes for the baby.

With the support of my hall director Lynne McMullen, my residents in the James River Hall 4th floor Theme Unit (Amanda Clark, Katie Worley, Theresa Sparks, Katy McCain, Krystin Goodwin, Haley Goeller, Margit Severin, Colleen Harkins, Kate Hurt, Jessica Edney, Nicole

Endres, Emily Huners, Brittany Collins and Hannah Spencer), the James River Hall Council (Charlie Hamilton, Charlie Tinkelman, Nicole Endres, Jonathan Brown, Spencer Horner and Kelli McGeorge), East Area Council (whose names I am not sure of — and I apologize — but under the advisory of Rebecca McKeon and Kate Griffin), and Residence Hall Association (Anna Hastings, Lauren Owens, Tim Wakek, Beth Ann Crocker, Kearsten Ruud, and Anna Richter, as well as advisor Ryan Brown), and the support of the CNU community as a whole, we were able to raise \$800 for this family.

Students, professors, and administrators alike all donated to this wonderful cause. Even those who were not able to be present at the Fuddrucker's event still made donations and lent emotional support.

A huge thank you to Dr. Jeffrey Gibbons, Donna Eddleman, and the staff of the College of Lib-

eral Arts & Sciences (Dr. Douglas Gordon, Dr. Bobby Bartels, Lorraine Hall, Ellen Whiting, and Tish Bondes). I have never been so amazed or impressed at how generous and compassionate the CNU community is.

The CNU Bookstore, Santoro Hall Council and York River Hall Council are also still raising money for this cause at this time, so there is still more to come!

I honestly never expected to have such an outpouring of support but I am so thankful for the generosity that everyone has shown towards this family.

I cannot think of anything that will be more gratifying as presenting the family with this gift.

I would just like to thank this time to thank EVERYONE who had a part in the huge success of this program.

We have all made a significant difference in the life of one family, and you all should be very proud of yourselves. ■

World and Nation

Islamic University becomes intellectual center

Islamic University maintains a tribute to Hamas and martyrs killed for their cause.

By Dion Nissenbaum
Knight Ridder Newspapers

GAZA CITY, Gaza Strip — The basement bookstore at Gaza City's Islamic University has everything a Palestinian student needs to get through the day, from pens and pencils to notebooks and munchies to power up for class.

But the one-stop shop also features a few items that set the campus apart: Stacked at the entrance, alongside bootlegged video games and Harry Potter movies, are DVD tributes to Hamas "martyrs" killed in clandestine attacks on Israelis and recordings of fiery speeches by the Islamist militant group's spiritual leaders.

If Hamas' dramatic ascent to power in last month's Palestinian legislative elections was a political earthquake, Islamic University served as its intellectual epicenter. Virtually every major Hamas figure — living and dead — has taught or studied at the tranquil 25-acre campus in the heart of Gaza City, which some call Hamas U.

Sixteen members of the faculty, staff and university board of trustees will be part of the Hamas bloc in the new Palestinian Legislative Council, making up about one-fifth of the group's dominant majority. Many other incoming lawmakers, including some from the rival Fatah party, polished their political skills in these classrooms.

"Islamic University has been very rich soil for many leaders," said Dr. Jihad Hamad, a professor of political sociology at the rival Al Azhar University across the street.

Over the last 27 years, Islamic University has evolved from a rudimentary campus of tents for classrooms into a widely respected school with 17,000 students.

Here, politics and religion fuse to create a vibrant Hamas incubator that's succeeded in

producing the new generation of Palestinian lawmakers.

The group's top political figure, Ismail Haniyeh, studied here. Gaza leader Mahmoud Zahar taught medicine. Jamila Shanty, the founder of the Hamas women's section, worked in the English department. Jamal Naji Khudari, the chairman of the university's board of trustees and an independent candidate backed by Hamas, is being talked about as perhaps the next prime minister.

Abdel Aziz Rantisi, one of the group's best-known leaders, served on the university faculty and denounced President Bush as an "enemy of Islam" at a campus rally a few weeks before Israel assassinated him in 2004. Ismail Abu Shanab, a Hamas political official whom Israel assassinated in 2003, served as the dean of one of the colleges. Mohammed Deif, who's considered the group's top bomb-maker, was a student here alongside Fatah leader Mohammed Dahlan, a newly elected lawmaker who's emerged as one of Hamas' most ardent adversaries.

Traces of Hamas are everywhere on campus. The modest university museum features framed congratulatory letters from "martyrs" Rantisi and Sheikh Ahmed Yassin, the Hamas spiritual leader whom Israel also assassinated in 2004. A poster of Yassin hangs on the bookstore wall where the Hamas CDs and DVDs are sold. The student council long has been dominated by Hamas.

Sitting in his expansive office in a new administration building paid for by Bahrain, Islamic University President Kamal al-Shaath took in the Hamas political victory with a mix of optimism, joy and anxiety.

"I am proud to be part of this change," said Shaath, a quiet, Western-trained civil engineering professor. "But I have cautious pride, because this could give more trouble than fruit."

Like so many other institutions across the Gaza Strip and



Students sit on the grounds of Islamic University in Gaza City, Feb. 9. Funded by money from the United States, Europe, World Bank and many Arab nations over the last 27 years, the Islamic University has evolved from a rudimentary campus with temporary tents for classrooms into a widely-respected college with 17,000 students.

West Bank, Shaath said, his campus has been transformed into a Hamas stronghold, especially in the 15 years since Fatah leaders broke away to create the rival Al Azhar University, a fissure that's led to student clashes over the years.

"Islamic University was established as any other university, but gradually it became Hamas," Shaath said. "Hamas is affecting the whole community — and we are affected as well."

The university has flourished with aid from around the world, primarily from Arab nations but also from Europe, the World Bank and United States. Intel is launching a \$1 million computer-training project this year. The U.S. Agency for International Development has paid

for several projects, including a small clean-water program in 2004.

Anna-Maija Litvak, a spokeswoman for U.S. AID, said Islamic University had been "fully vetted" and had signed America's required anti-terrorism certificate before receiving any money.

"Financing higher education and training opportunities is part of our program, and Islamic University is one among many institutions that we fund," she said.

Islamic University essentially operates as two parallel schools: one for the 10,000 women and one for the 7,000 men. Professors hold separate office hours so the halls will be filled with men one hour and women the next.

At the women's gate, security guards watch to make sure that students' head scarves don't reveal any hair and they are wearing the appropriate long, loose Islamic dresses. The gate watchers sometimes hand out tissues to ensure that women don't come onto campus wearing makeup.

Becky Lewis, a University of South Carolina English professor who had a rare opportunity to teach at Islamic University for a semester in 1998 with her husband, said she was surprised when her female students took offense at a description of women wearing bathing suits in a John Updike short story.

After much debate about the story's message, the students decided to write to Updike, praising his writing but criticizing his

description of women's bodies.

No one is quite sure where the new Hamas political era will lead. Some are in favor of a Cabinet dominated not by Hamas but by technocrats acceptable to the outside world. Others, such as 21-year-old Islamic University student Samia Hamaad, want to see the party they voted into power stick to their principles.

Wearing a white head scarf and veil that barely revealed her eyes, Hamaad said Israel should be worried about the incoming government because voters had chosen a strong voice for the Palestinian people.

"Where Islam is found, success is found," the young English major said. "We will help Hamas and trust Hamas to return all our lands — all the lands of Palestine." ■

Shiite lawmakers name al-Jaafari as interim prime minister

New prime minister's election is said to bring religious influence to the office.

By Nancy A. Youssef
Knight Ridder Newspapers

BAGHDAD, Iraq — Shiite lawmakers Sunday named interim Prime Minister Ibrahim al-Jaafari, a devout Iranian-backed politician, to be their new prime minister.

The move solidifies Iraq's transition to a religiously based democratic government, although Sunnis, Kurds and sectarian Iraqis all faulted the choice. Many feel al-Jaafari did too little to quell Iraq's growing sectarianism and violence and failed to rebuild the country's crumbling infrastructure during his nearly one-year interim tenure.

Many Sunnis and Kurds preferred al-Jaafari's more moderate and progressive Shiite opponent, interim vice president Adil Abdel Mahdi. But Mahdi lost by one vote, 64-63, among Shiite electors. Although still only their nominee, al-Jaafari will likely win support from the full parliament because his slate holds 128 of the governing body's 275 seats.

U.S. officials hope that al-Jaafari can assemble a coalition government that draws in enough Sunni support to drain backing for the Sunni-led insurgency that threatens to ignite a civil war.

Were the insurgency to fade, American and allied troops could leave. That hope seemed

distant Sunday as leaders of the Sunni Iraqi Islamic Party said they did not rule out walking away from an al-Jaafari-led government.

The mild-mannered al-Jaafari, 59, is a physician and his Dawa Party is one Iraq's oldest and most aggressive opponents to Saddam Hussein's regime. For many, the party represents the most oppressed and tortured during the dictatorship.

Al-Jaafari may have caused some trouble in his acceptance statement, however. He vowed in it to uphold the country's constitution, a noncontroversial position normally, but some Sunni leaders are insisting on changes in the constitution because it was written largely without their input.

"The main basis for dialogue will primarily be the constitution, respect for the consti-

tution and its contents," said al-Jaafari, noting that Iraqis had ratified the document in a referendum in October.

Among Iraq's Sunni populace, disappointment was clear.

"We said to ourselves, 'Let's give Adil Abdel Mahdi a try,' because al-Jaafari did not accomplish the needs of the Iraqi people," said Mohammed Ayad, 48, a Sunni and former Army officer. "We have tried Jaafari already and the security situation got worse, the economy is weaker and there are more random raids." Some Kurdish leaders also expressed dismay, largely over al-Jaafari's failure to deal with issues key to them. The biggest of these are the autonomy of their region and the normalization of the northern, oil-rich city of Kirkuk, to which many Kurds want to return, recover property and rebuild lives.

The head of the powerful Kurdish Coalition, Iraqi President Jalal Talabani, told reporters that he would not support al-Jaafari and the Shiite coalition unless it offers cabinet positions to the secularist party of former prime minister Ayad Allawi, a U.S. and Kurdish ally.

Al-Jaafari tried to reach out to his critics, saying: "We do not reject any groups except taking into consideration all the national unity and the interest of the country."

"He has lead for nine months. He has learned a lot from that experience," said Adnan Ali, a senior adviser to al-Jaafari.

The alliance agonized over its choice for most of week, desperate to avoid Sunday's vote because they feared it would split the slate. And it did.

Al-Jaafari's Dawa Party,

and the Sadrist, supporters of rebel cleric Muqtada al-Sadr, backed the current prime minister. Mahdi's Supreme Council for the Islamic Revolution of Iraq and the slate's two moderate parties supported the vice president.

When the slate could agree on a candidate, they reluctantly voted. But al-Jaafari vowed that the slate will remain united.

"Jaafari treated all people equally. He didn't discriminate. We felt a sense of justice and calmness in his political speeches," said Hameed Ali Lafta, 33, a businessman in Najaf.

"This is enough for him to be prime minister."

(Knight Ridder Newspapers special correspondents Ahmed Mukhtar, Mohammed al-Awasy and Mohammed al-Dulaimy contributed to this report.) ■

Cheney accidentally shoots hunter

Attorney Harry Whittington reported to be in stable condition after accident.

By William Hunt
Knight Ridder Newspapers

WASHINGTON — Vice President Dick Cheney accidentally shot and wounded a companion during a weekend quail hunt in Texas. Harry Whittington, 78, a wealthy Austin attorney, was listed in stable condition Sunday night at Christus Spohn Memorial Hospital in Corpus Christi, a hospital spokeswoman said. The shooting occurred about 5:30 p.m. Saturday at the Armstrong Ranch, a 50,000-acre spread in southeast Texas that Cheney visits frequently.

Katherine Armstrong, the owner of the ranch, told The Corpus Christi Caller-Times that Cheney turned to shoot at quail that had just been flushed but instead, accidentally peppered one side of Whittington's body with birdshot.

"Nobody wants this to happen, but it does," Armstrong told the newspaper.

She said Cheney's Secret Service detail tended to Whittington until paramedics arrived. At the request of Whittington's family, hospital officials would not disclose details of his injuries.

A deputy from the Kenedy

County Sheriff's Office said Sunday night that she had no specifics on the shooting.

Though the incident happened Saturday afternoon, the White House officials did not release information about it until Sunday afternoon.

Lea Anne McBride, Cheney's spokeswoman, said the vice president met with Whittington and his wife at the hospital Sunday.

She said Cheney "was pleased to see that he's doing fine and in good spirits."

Cheney and Whittington were part of a hunting party of four. McBride would not disclose the names of the other hunters, referring that inquiry to Katherine Armstrong. Armstrong did not return calls to Knight Ridder Sunday night.

The Armstrong family is prominent among Texas Republicans.

Her mother, Anne, was U.S. Ambassador to Great Britain in the Ford administration. Cheney spoke at the funeral of her father, Tobin, a revered Texas rancher, in October.

White House officials described Whittington as a friend of Cheney's.

Whittington is a millionaire attorney who has been battling the city of Austin over efforts to condemn a downtown block that his family owns in order to build a \$10.5 million municipal parking garage.

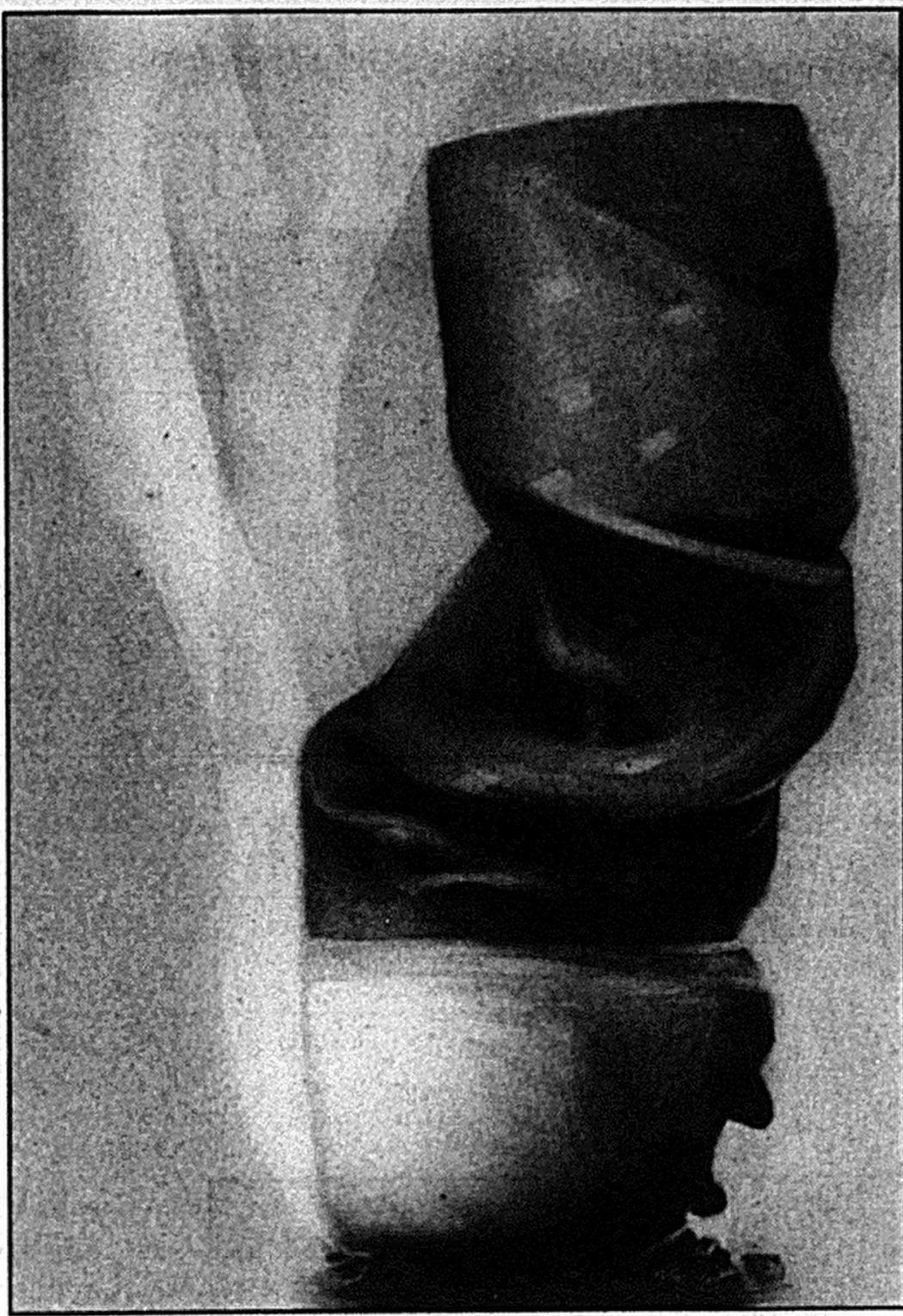
Whittington won twice in court against the city, and the Texas Supreme Court last month denied Austin's request to hear an appeal. ■

Have you taken
English 260 News Writing and
Reporting?

Then come join The Captain's
Log and write for News, Arts
& Entertainment, Food &
Health and Sports!

Contact us at: clog@cnu.edu

Food & Health



Kirk Lytle/KRT

Quitting smoking a matter of choice - and trying again

By Mary Meehan
Knight Ridder Newspapers

Nobody wants to quit smoking, according to Richard Clayton, a drug addiction expert who created a stop-smoking program with a fellow University of Kentucky professor.

"It's hard for them to see themselves not smoking," Clayton said of heavy smokers. "It's something that fits with their self-identities."

People who say they love to smoke aren't just in denial, he said. They do love it. But they also know it's killing them and often are looking for a way out.

Most people have tried to quit at least three times before they are successful, said Clayton, who created the Cooper-Clayton Method with Thomas Cooper, a retired University of Kentucky dentist professor.

Although the American Lung Association gave the state of Kentucky a failing grade last week in combating smoking - its fourth failing grade in as many years - the 13-week Cooper-Clayton method is offered free throughout Kentucky.

Most women relapse because of weight gain or the fear of weight gain, Clayton said. Most men relapse because

they fall back into old habits, like hanging out with their smoking buddies.

One of the keys to quitting and not starting again, he said, is to use a nicotine-replacement method. Clayton and his partner have combed through the clinical-trial information submitted to the government to determine which brands get the nicotine to the brain the fastest.

They suggest 4 milligram Nicorette gum, the NicoDerm patch and the NiQuitin lozenges created by Glaxo Smith Kline.

Angry at giving up your favorite pastime? Clayton suggests using the gum or the lozenges because you have more control over when you receive a dose of nicotine, and it allows you to be more active.

Slapping on a patch in the morning is a more passive approach.

Before quitting, he suggested, talk to your doctor, especially if you are taking prescription medication.

Even if you don't want to quit, he said, it's worth a try.

He likes to emphasize that smoking "is an addiction to nicotine." And "addictions can be treated."

When smokers quit, what are the benefits over time?

Twenty minutes after quitting: Blood pressure drops to a level close to what it was before the last cigarette. The

temperature of hands and feet increases to normal.

Eight hours after quitting: Carbon monoxide level in the blood drops to normal.

Twenty-four hours after quitting: Chance of a heart attack decreases.

Two weeks to three months after quitting: Circulation improves, and lung function increases as much as 30 percent.

One to nine months after quitting: Coughing, sinus congestion, fatigue, and shortness of breath decrease as the cilia (tiny hairlike structures that move mucus out of the lungs) regain normal function.

One year after quitting: The risk of coronary heart disease is half that of a smoker's.

Five to 15 years after quitting: Stroke risk is reduced to that of a non-smoker.

Ten years after quitting: Lung cancer death rate is about half that of a smoker's.

Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

Fifteen years after quitting: The risk of coronary heart disease is that of a non-smoker's.

Source: American Cancer Society; Centers for Disease Control and prevention ■

HEALTH LIBRARY:

Are steroids worth the risk?

MyStudentHealthZone.com
Knight Ridder Tribune

Steroids are the same as, or similar to, certain hormones in the body. The body produces steroids naturally to support such functions as fighting stress and promoting growth and development through puberty.

Anabolic steroids are artificially produced hormones that are the same as, or similar to, androgens, the male-type sex hormones in the body. The most powerful androgen is testosterone. Although testosterone is mainly a mature male hormone, women's bodies also produce smaller amounts of it. Testosterone promotes masculine traits that guys develop during puberty, such as deepening of the voice and the growth of body hair. Testosterone levels also can affect how aggressive a person is and how much sex drive he or she has. Athletes sometimes take anabolic steroids because of their testosterone-like effects, such as increasing muscle mass and strength. Steroids can be taken in the form of pills, powders or injections.

Another group of anabolic steroids, sometimes called steroidal supplements, contain de-

hydroepiandrosterone (DHEA) and/or androstenedione (also known as andro). Steroidal supplements are often sold at health food stores or gyms. The effects of steroidal supplements aren't well known, but it's thought that when taken in large doses, they cause effects similar to stronger anabolic steroids like testosterone. Very little is known about the long-term effects on the body of some of these substances.

Non-anabolic steroids - such as cortisone - have other medical uses and are available by prescription to treat medical problems like asthma or arthritis. These steroid medications do not have the male hormone effects of androgens.

HOW DO ANABOLIC STEROIDS WORK?

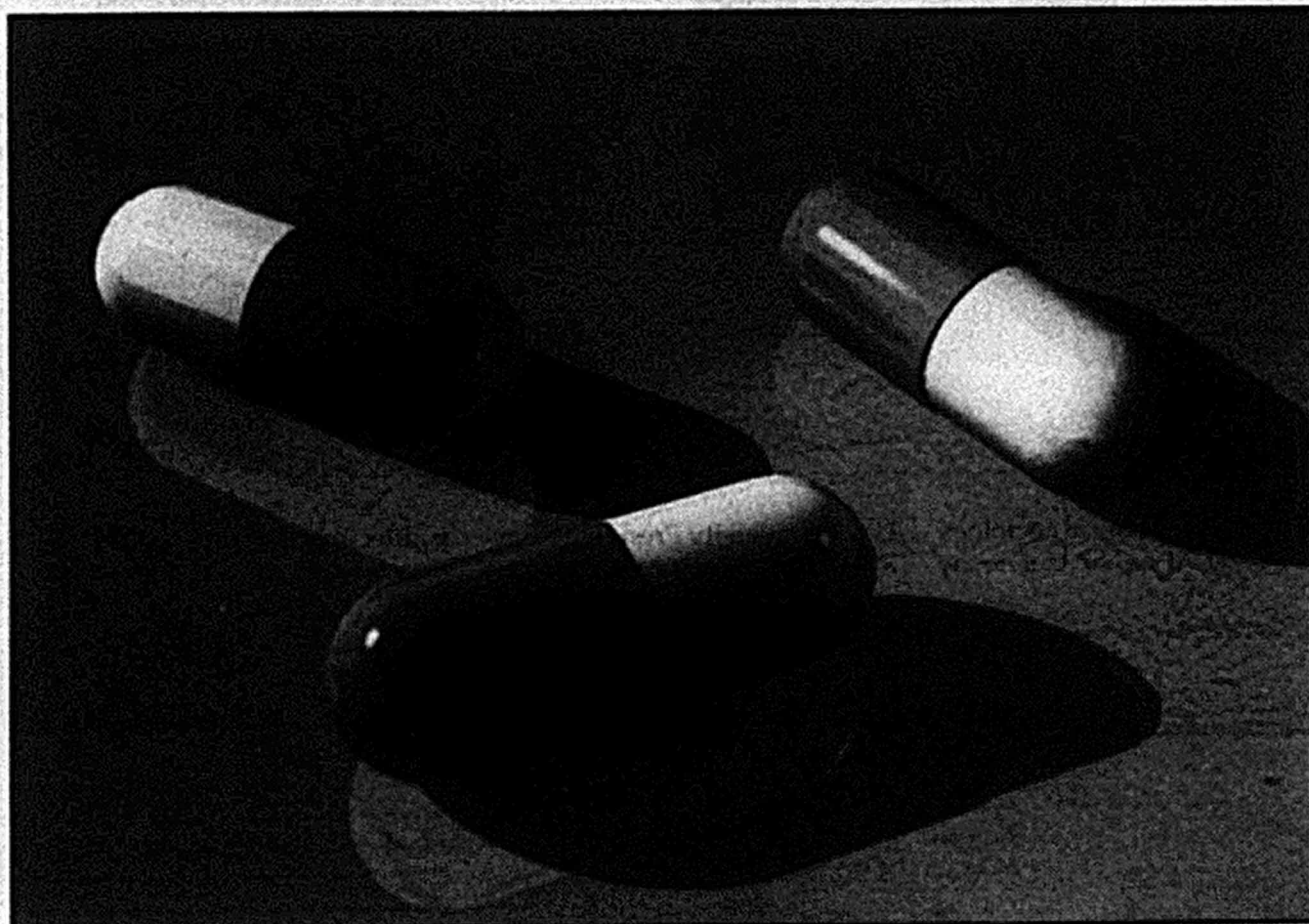
Anabolic steroids stimulate muscle tissue to grow and "bulk up" in response to training by mimicking the effect of naturally produced testosterone. Steroids have become popular because they may improve endurance, strength and muscle mass. But research has not shown that they improve skill, agility or performance.

DANGERS OF STEROIDS

Anabolic steroids cause many different types of problems. Less serious side effects

include acne, oily hair, purple or red spots on the body, swelling of the legs and feet, and persistent bad breath. Some of the more serious or long-lasting side effects are:

- premature balding
 - dizziness
 - mood swings, including anger, aggression, and depression
 - seeing or hearing things that aren't there (hallucinations)
 - extreme feelings of mistrust or fear (paranoia)
 - sleep problems
 - nausea
 - vomiting
 - trembling
 - high blood pressure
 - aching joints
 - greater chance of injuring muscles and tendons
 - jaundice or yellowing of the skin; liver damage
 - urinary problems
 - increased risk of developing heart disease, stroke, and some types of cancer
- Risks for women include:**
- increased facial hair growth
 - development of masculine traits like deepening of the voice; loss of feminine body characteristics such as shrinking of the breasts
 - menstrual cycle changes



KRT

Risks for men include:

- testicular shrinkage
- pain when urinating
- breast development
- impotence (inability to get an erection)
- sterility (inability to have children)

Steroids can also have serious psychological side effects. Some users become aggressive or combative, developing "roid rage" — extreme, uncontrolled bouts of anger caused by long-term steroid use.

Steroid users who inject

the drugs with a needle are at risk for contracting HIV (human immunodeficiency virus) (the virus that causes AIDS) if they share needles with other users. People who use dirty needles are also at greater risk for contracting hepatitis or bacterial endocarditis, an infection of the inner lining of the heart. Sharing needles is never safe.

Some people combine or "stack" anabolic steroids with other drugs. Because it is difficult to understand how the drugs interact, there is the pos-

sibility of taking a deadly combination. Emergency departments have reported cases of vomiting, tremors, dizziness and even coma (unconsciousness) when patients were admitted after taking combinations of steroids.

Unfortunately, steroids can be addictive, making it hard to stop taking them.

Steroid users may spend lots of time and money trying to get the drugs. People who use steroids may also be at greater risk for using other drugs, such as alcohol or cocaine. ■

Minimum of exercise can lead to big health boost

Daily exercise is considered to be the true fountain of youth by some experts.

By Kate Santich
The Orlando Sentinel

When the government spelled out new dietary and fitness guidelines last year - calling for up to 90 minutes of exercise per day for those trying to maintain a weight loss - a lot of Americans were ready to throw in their gym towels.

"That's a wonderful thing for athletes, but probably not for the average person," says Joan Snyder, a 37-year-old Orlando, Fla., guidance counselor. "It doesn't sound realistic."

But experts say the message got lost in the backlash. Yes, those who have lost a radical amount of weight need to put in extra time to keep from gaining it back. But that doesn't mean the average person requires an hour and a half per day.

Instead, there is a sort of minimum daily requirement for exercise. If your goal is simply to lessen the risk of chronic disease.

"By far, the best-supported public-health guideline on physical activity calls for adults to accumulate at least 30 minutes

of moderate physical activity on most days of the week," said Russell Pate, a professor of exercise science at the University of South Carolina's Arnold School of Public Health. Pate served on the advisory committee that helped revamp the government guidelines on nutrition and exercise last year.

Research shows that a half-hour per day of moderate physical activity - walking briskly, swimming laps, even mowing the lawn or dancing - lowers risks of suffering such problems as heart disease and diabetes. But, Pate adds, the evidence for how much exercise you need to lose weight or keep it off is less clear-cut - because it can vary among individuals, depending on age, metabolism, current fitness level and eating habits.

"The first thing we have to do with people when they come in is sit down and talk to them about their goals," says Molly Faust, personal-training coordinator at the downtown Orlando YMCA. "And then we get an exercise and health history and see what they've been doing - or not doing. For some people, even 30

minutes of exercise is too much at first."

That may mean starting with only 10 minutes or so a day if you've been sedentary for a long time or are seriously overweight. Or you might start with 10 minutes in the morning, 10 minutes at lunch and perhaps another 10 minutes after dinner.

"If you can accumulate 30 minutes of exercise over the course of the day, it's the same as doing it consecutively in terms of benefits - except if you're training for some specific event," says Walter Thompson, a professor of exercise physiology and health at Georgia State University. "We'd rather have people doing something at a pretty good intensity for 10 minutes three times a day than push themselves for a half-hour nonstop and not be able to walk the next morning."

The latter, Thompson says, is one of the main reasons people tend to quit exercise programs soon after starting.

"I don't want to send discouraging messages to people," Pate says, "but, sadly, the best evidence right now does suggest that people who have been substantially overweight and lose it and want to maintain that loss are probably going to have to be highly active."

On the other hand, Dr. William Roberts, who teaches family and sports medicine at the University of Minnesota, says less dramatic weight loss needn't be so time-consuming. He recommends as little as 40 minutes five to seven days per week.

"And instead of trying to work at a level where you're just barely able to talk, you're working at a more comfortable level but for a longer period," Roberts says. "That way your metabolic rate stays up for a longer period of time. You sort of reset your thermostat at a higher level."

Research shows regular exercise can control high blood pressure; reduce your risk for type II diabetes, heart attack and colon cancer; ease symptoms of depression and anxiety; lessen arthritis pain and disability; and reduce the risk of osteoporosis - the thinning of bones. One recent study even showed that regular exercisers were at lower risk for Alzheimer's disease.

Some experts call it the true fountain of youth. Snyder, who started working out at Curves a year and a half ago, agrees.

"I think exercise is good holistically," she says. "I know it's a stress reliever, and it makes you feel good just to move around." ■

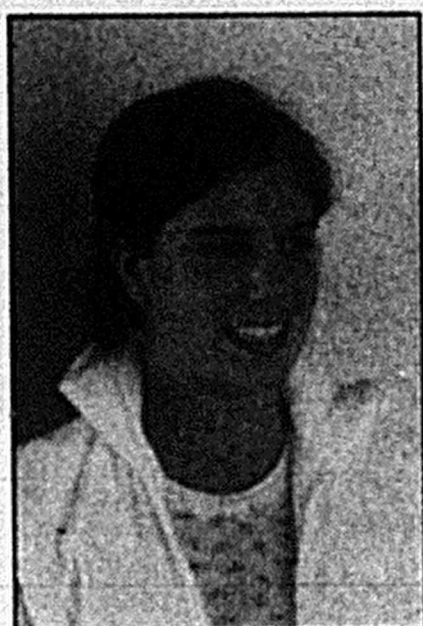


Julie Fletcher/ORLANDO SENTINEL

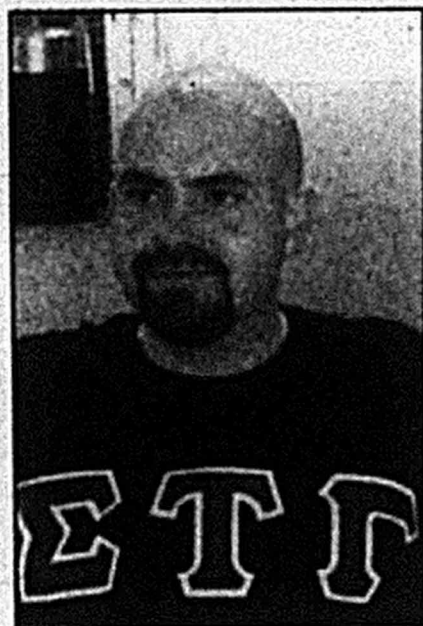
Christy Nerren works out hard and follows the circuit three times making her work out time 40 minutes at Curves in Orlando, Fla. Friday, Jan. 20.

“What do you hope to see in the new library?”

By Sara Jordan & Samantha Pelstring



“It looks so big; I don’t know what could go in it.”
- Lisa Goggins, freshman



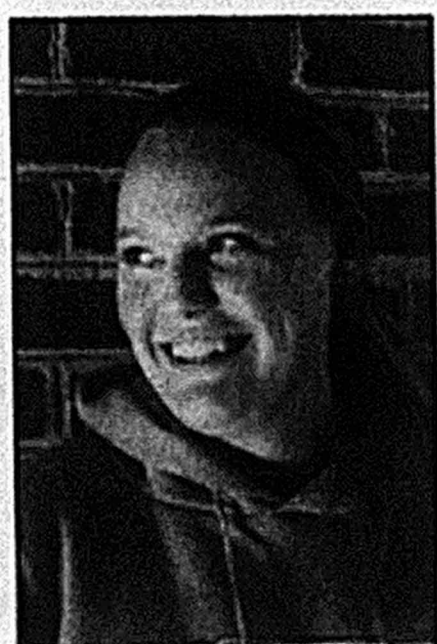
“I’d love to see a rare archives collection.”
- Marc Rich, sophomore



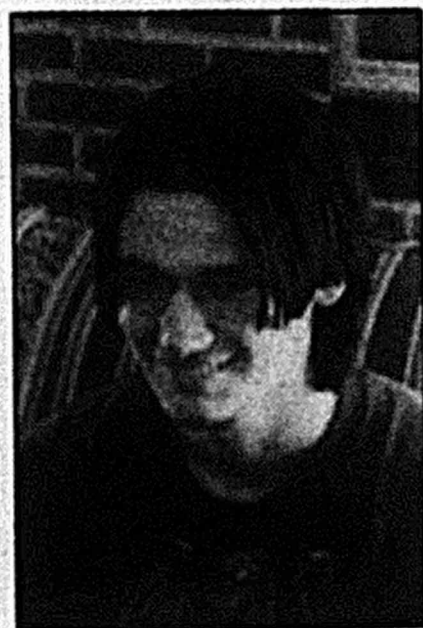
“Lots of computers, online resources and study rooms.”
- Kevin Hass, Intervarsity Club, Campus Pastor



“I hope to see Einstein’s back, more people and more books.”
- Kristi Haughwout, senior



“More places to sit down, study and be alone — someplace a little more quiet.”
- Amy Guthrie, freshman



“I’d like to see historical and old science fiction, especially Bernard Cornwell and Louis L’Amour. Also, I would like to see vending machines — preferably with Coke.”
- Ben Tiefenback, freshman



“Bigger Einstein’s with more pastries; more quiet areas to get together in groups. More available online resource computers.”
- Jennifer Steel, sophomore



“Books for one. A bigger library with a wider space.”
- William Wood, freshman

The Captain's Log

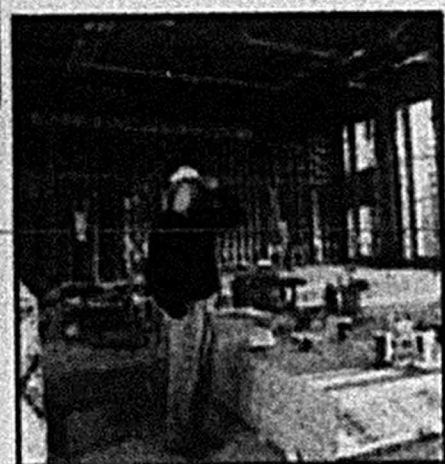
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November 16, 2005 | Issue 11



Students tour the construction all

On Nov. 4, members of the Union Board, as well as Doona Eddleman and Activities Kim Rouse, toured the new Student Union building. The Student Union, scheduled to start of the Spring 2006 semester, will replace the current Student Union. According to CNU President O'Brien, will likely take two years.

Feroco ready for SGA changes
On Thursday morning, Student Government Association President

Tribble prepares

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

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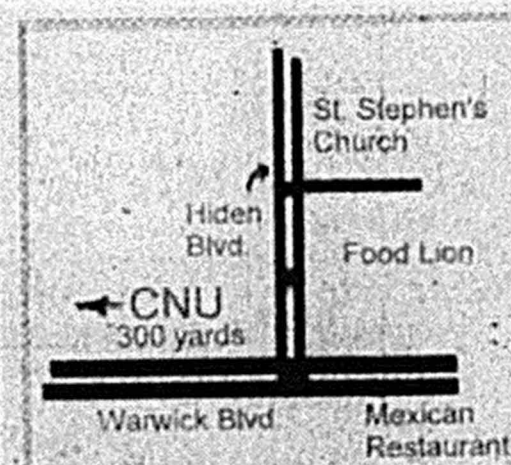
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Arts & Entertainment



Volunteers from the audience play a game of Simon Says with Justin Spencer, a member of Recycled Percussion. The extreme drumming group performed Friday in the Gaines Theater.

Power percussion in Gaines

By AMBER LESTER
Arts and Entertainment Editor

Extreme is an over-used word these days. Extreme can describe everything from exercise drinks to deodorant, but doesn't really mean anything. Put the word "extreme" in front of the word "drumming," however, and the word takes on meaning. Recycled Percussion, a unique trio of drummers and a DJ, performed what they call "power drumming" on Friday to a packed crowd in the Gaines Theater.

Recycled Percussion was founded by the world's fastest "extreme drummer" Justin Spencer, who recruited high school friend Greg Kassapis and friends Ryan Vezina and DJ Jerami. "Dirty Soul" Bellofatto.

Their sound, described by the band as "junk rock," is a combination of power rock, funk-infused power drumming and even beat boxing. The band was founded 11 years ago for a high school talent show. The show has evolved over the years, including the use of power tools as instruments, according to Kassapis.

The three drummers play drum kits assembled from trash cans, plastic buckets and other recycled items. Their performance kicked off with each member pounding their makeshift drums with fierce

tenacity that never let up; their dynamic movements, which including coordinated jumps in the air, had the audience clapping before they even finished their first song.

The band worked hard to keep the audience involved, tapping a rhythm on drumsticks and gesturing for the audience to clap along. Spencer was especially good-humored, laughing at the audience when they failed to repeat a single beat.

They even gathered volunteers from the audience to play their version of Simon Says — challenging each volunteer to mimic a rhythm or throw and catch their drumstick without dropping it. Gradually, volunteers were eliminated as they faltered, until one volunteer, junior Matthew Sharrer, remained.

"I didn't even realize what was happening," said junior Regina Glaser, who was eliminated first when she played drums long after everyone had stopped. "I took it a little too far."

Junior Rebecca Lloyd, another volunteer, enjoyed the experience, but not for the ten seconds of fame. "I was really excited to be up there because he was cute," she said, referring to Spencer.

Recycled Percussion's members were at their most impressive when they came from behind their drum kits to demonstrate their unique percus-

sion abilities. Each member grabbed a tall ladder, set it up and began playing the rungs of the ladder.

But as though that idea were not unique enough, the group began climbing the ladders and sliding back down, dragging the drumsticks with them. Spencer quickly transitioned into beat boxing; his beats were mixed with heavy breaths and gasps as he played his own throat like an instrument. He was joined by Kassapis, who also panted and gasped enough to simulate an asthma attack. The show's jumps, beat boxing and even the simple pounding of the trash cans are all very physically demanding, said Kassapis.

"A normal drummer will go up there with us and not last five minutes," he said. "We are always sprinting and running; we are very active. We can't sit still."

Spencer also performed a solo to demonstrate how he won his title as world's fastest drummer, hitting over 20 strokes a second. The group finished with a medley of popular songs.

The audience filled the lobby outside the Gaines Theater after the show, purchasing merchandise and posing for pictures with the band members. The frenzied response was well-deserved. "It was amazing, especially the beat box," said Lloyd. ■



Justin Spencer jumps off a ladder as he slides his drumsticks down the rungs. Spencer, who was introduced as the world's fastest extreme drummer, formed Recycled Percussion for a high school talent show "as a joke," according to fellow member Greg Kassapis.

This Week

ON CAMPUS

February 15

CNU Art Majors Juried Art Exhibit
10 a.m.

February 16

CNU Art Majors Juried Art Exhibit
10 a.m.

Hubbard Street Juried Art Exhibit
10 p.m.

February 17

Speed Dating
Regatta's
8 p.m.

February 18

Virginia Chorale Concert
"Days Now Gone"
8 p.m.

CONCERTS

February 17

Dada
The NorVa

February 18

Kem
The NorVa

February 20

INXS
Chrysler Hall

CD RELEASES

February 20

George Demure
"EP"

Circlesquare
"Fight Sounds"

Belle & Sebastian
"Latenighttales"

MOVIE RELEASES

February 17

"Winter Passing"

Young, struggling actress Reese Holden journeys home to her father, whom she hasn't seen since adolescence, in hopes of finding the love letters he and his wife shared, with the promise of a fortune if they're published.

"Winter Passing" is rated R.

"Night Watch"

The first in a trilogy based on best-selling sci-fi novels by Sergei Lukyanenko. The "Others" of the Night Watch fear an impending rupture in the balance of the forces of light and darkness.

"Night Watch" is rated R.

"Freedomland"

Racial tensions arise when a black man from the projects is blamed for the kidnapping of a single mother's child. When an African-American detective and a white newspaper reporter combine their investigative efforts, they discover the case may be more complicated than they first thought.

"Freedomland" is rated R.

"Eight Below"

Two explorers and a team of devoted sled dogs battle the cold Antarctic wilderness in a fight for survival in this Disney film.

"Eight Below" is rated PG.

"Date Movie"

Two of the six writers of "Scary Movie" bring you their latest spoof about romantic comedies, with appearances from Hitch, Napoleon Dynamite and Jennifer Lopez look-alikes.

"Date Movie" is rated PG-13.

DVD RELEASES

"Saw II," "Proof,"
"Mirrormask," "Zathura." ■

Six students recognized in student juried art exhibit

By MICHELLE WHITE
Contributing Writer

Whoever said that art never paid off never entered in a CNU juried exhibition.

Two students were given cash prizes for their artwork at the Student Gallery Art Exhibition in the Ferguson Center during the opening reception on Feb. 1.

The exhibition displays artwork that was accepted and juried by CNU art professors. Six awards were given to students who had the most applied knowledge of art.

"Not all work submitted to us was accepted for this exhibition," says Christi Harris, CNU Art Professor and organizer of the exhibi-

tion, "Each piece was evaluated and chosen by our faculty."

The jurors of the Student Exhibition always welcome students' artwork from different disciplines across the campus.

Any CNU student who has taken an art class at the university was allowed to apply for the exhibition, Harris explained.

Winner of the \$100 grand prize for Best in Show was senior Kateri Edell.

But while winning money for artwork is every artist's dream, Edell was not so fortunate with her winnings.

"As soon as the cash touched my hands I had to give it to my mom because I owed her money," Edell



"Delicate Objects" by senior Kateri Edell combines watercolor roses, book pages and paper.

said, smiling and shrugging her shoulders.

Edell's winning artwork was a beautiful collage called "Delicate Objects" that includes two watercolor roses, clippings of book pages and hand-made paper.

"I guess it is meant to represent passion and delicateness in the world," Edell said as she described the meaning of her piece.

Edell had been hoping to receive an award at this exhibition, and plans to enter artwork in future ones.

Edell's artwork has won other awards in previous years at outside venues. Her artwork "Peacock," an intricate and colorful design made out of yarn, won third place at the Stockley Gardens Art Festival Col-

lege Student Exhibition in October of 2005. "Peacock" is currently on display in the Student Gallery.

Courtney Forget, winner of the second place Foundation Award, also received a \$50 prize for her wire and wood design, "Seahorses."

Four honorable mention Artistic Achievement Awards were given to Kat Romanish for her acrylic painting "The Purple Lady," Ryan Burke for his photograph "Ralph Stanley," Stephanie Smith for her dyed fabric "Sea Breeze" and Allison Simon for her plaster design "Hands and Life."

The show will be on display in the Ferguson Center for the Arts Student Gallery this week. The gallery is open from 10 a.m. to 7 p.m. ■



Samantha Pelring/The Captain's Log

The members of Life's Only Lesson performed their second show at the NorVa on Feb. 10, in front of a crowd of 150. The band's five members all attend CNU, where they formed the group in 2004.

Life's Only Lesson play the NorVa

CNU punk band broadens fan base with second concert at the NorVa in Norfolk, official Web site, merchandise and CD.

By SARAH NEBEL
Captain's Log Intern

The red lights flickered, illuminating the front entrance of The NorVa in Norfolk. Kids with multicolored hair and tattered jeans held their tickets in anticipation of a night full of loud, energetic bass lines and guitar solos.

The punk band Life's Only Lesson are no strangers to The NorVa; their Friday, February 10 show marked the second time the band has played the venue. The five members, all CNU students, were a collective lightening bolt ready to electrify the crowd with a memorable show.

Andy Bell, freshman and front man of the band, rallied the crowd to sing along. Senior Mike Borak, guitarist and backup vocalist, swung his guitar from side to side, mimicking the sounds of his guitar with his facial expressions.

Senior Dave Outten, also on guitar and backup vocals, complemented Borak's melodies and twangy guitar riffs. Pulling it all together, Sophomore Charles Hamilton kept the beat on bass.

Like most bands, Life's Only Lesson didn't find their sound overnight. The three original members, Borak, Outten and Huynh, formed the group in 2004.

A few changes have been made since then, with the addition of Hamilton on guitar. "If I didn't have a band I wouldn't know what to do with my time," said Hamilton.

The final change was Bell, who replaced their last lead vocalist. The band members have made a solid connection with one another that is visible on stage. "The band has been really great and welcoming," said Bell. "We're all brothers. It's more than best friends, it's music."

"Andy has definitely helped

make the band into what it is today," said Borak.

Bell had to learn all of the band's lyrics in a week before performing in his first gig almost a year ago. "He never stops impressing us," said Huynh.

On Friday night, band members scurried on the stage, excitedly finding their places and tuning their guitars. The acoustic act that played before them packed up and said its thanks to the crowd.

"Hanging out with the guys backstage gets you excited," said Borak. "Forget nerves; it's like electricity. All of the glam glitter belts and bright lights are all a conduit for what it is all about."

Bell ran to the microphone, his blond spiky hair as colorful as the crowd. He gave everyone a warm welcome and a thanks. Girls screamed. Guys jumped.

Bell communicated his energy through the lyrics, making the group of about 150 people thirsty for what the band was going to give them next.

The band interacted with the crowd throughout the entire show. The band members convulsed their bodies to the music as their set list came to an end. The last song played, "Puddles," was a crowd favorite.

"A lot of the music industry is going through the Internet these days. I looked out in the crowd while we were playing and I saw people I had never seen before singing along with our songs," said Huynh. "It was really great."

As the band departed the stage, the last chords from the guitar echoed, drums still ringing in the ears of the fans. The band's performance was well appreciated; the members left the stage to the sounds of screams and applause.

The second show at The NorVa was viewed as a success for the group, who sold over 70 CDs during the weekend and sold out of merchandise at Fri-

day's show. "There were people crying because we ran out of shirts and CDs," said Huynh.

The camaraderie of the group is very tight, making the music all the more enjoyable to listen to.

"I love playing The NorVa. The establishment is fantastic and the lights and equipment used here are great, along with the crowds the place brings in," said Borak.

All of the members interjected well with one another and the crowd, making their show active and entertaining.

"Tonight's show was one of the best nights of my life," said Bell. "It was awesome."

Now that the punk rock collaboration has found the right elements, the members are ready to have the world hear what they have to offer. "We are trying to find a label to represent us right now. If that doesn't work out then we will just keep on playing shows. We are planning to play up and down the east coast over the summer to expand our music to new listeners," said Bell.

As the band departed the stage, they did not forget to thank the crowd for their support. The determination and passion the band projected while playing made it clear to onlookers that they were serious about what they did, but were still able to have fun with it.

In an effort to spread their music to more potential listeners, the band has created a Web site, www.lifesonlylesson.com. The Web site offers information on band members, upcoming shows, pictures, contact information and merchandise.

Life's Only Lesson released a ten-track CD at the beginning of January, which is sold through their Web site.

The band also has a page on MySpace.com, www.myspace.com/lifesonlylesson, that enables fans to show their support and receive concert updates. ■



Samantha Pelring/The Captain's Log

Freshman Andy Bell sings lead vocals for Life's Only Lesson during their Friday NorVa concert. Bell, the most recent addition to the group, once had to learn all of the lyrics in a week when he first performed with them a year ago.

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'Loser' no more: guitarist starts new band

Marilyn Manson's former guitarist seeks fame with his own band with new tour and May CD release.

By NICK MIRABAL
Assistant News Editor

Is it true that sophomore acts are always a step down in quality from the original band?

Marilyn Manson's former guitarist, "John 5" Lowery intends to prove this theory wrong with his new band, Loser.

At 5:40 p.m. on Feb. 7 in Norfolk, people had already formed a crowded line in front of The NorVa for Staind's sold-out promotional tour for their new album, "Chapter V."

Lowery sat backstage and rehearsed 45 minutes before sound check with the band's lead singer, Joe Grah.

"I had done a lot of work with Manson over the past couple years," said Lowery. "But I was really never able to stretch and mold it into something I wanted."

It was after John 5's solo album, "Vertigo," that he decided he'd found what he was looking for and was ready to go back on tour.

"I'd put it out on the wire that I was looking for a new band," Lowery said.

"One day my friend and producer Bob Mar-

lette calls me up after seeing Joe's band, Jibe, in Texas and tells me 'John, we have to get this guy to sing on the record.'"

Grah was flown out to Los Angeles, Calif. to write and sing vocals over the tracks that Lowery had already written for the band.

After hearing Grah's voice over Lowery's guitar riffs, the two instantly had an affinity for each other, according to Grah, and they began looking for two more worthy band mates.

"Finding our bassist and drummer was really an example of serendipity," says Grah. "We met Charles Lee, our bassist, backstage at a Perfect Circle concert, and Glendon (drummer) had the same booking agent as me, and we'd always gotten along really well."

Understanding the band's choice of the name Loser requires you to take a look into Lowery's high school years.

Attending a school in Grosse Pointe, Mich., Lowery would wake up for school after playing shows by night.

With smudged makeup stains on his face, wearing a rock T-shirt, Lowery and those like him were always considered outcasts or "losers" by their

classmates, according to Lowery.

"These days, if you don't wear a rock t-shirt, you're not cool like that and you're called a loser," says Lowery. "So it's an odd thing because everybody was so preppy before."

The massive crowd that gathered for Loser's set was larger than usual for the NorVa.

When Lowery and his bandmates walked onstage, the horde of fans bellowed their anxious desires in a continuous scream.

Dressed in his ragged, black overcoat, Lowery struck the first chord on his guitar.

Immediately following was an energetic track called "Away," a song for which many undergarments were thrown onstage.

"This band is really special to me because, although I've been a part of numerous bands, I've never been given the chance to sow the seed and watch it grow," says Lowery. "Witnessing this group assemble itself and surpassing expectations is simply amazing."

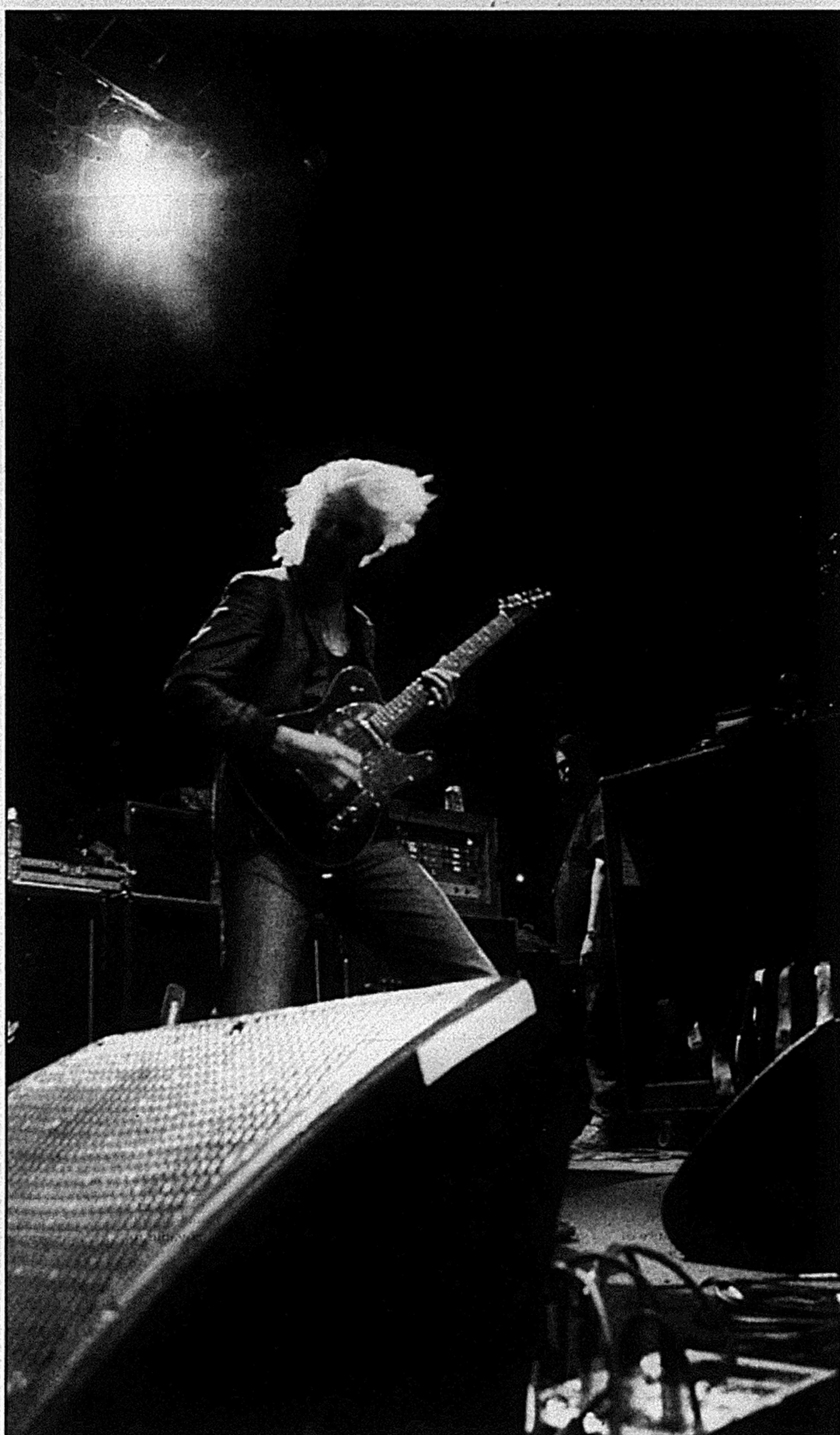
Loser's debut album, "Just Like You," is expected this coming May. ■



Thomas Barton/THE CAPTAIN'S LOG

Above: Guitarist "John 5" Lowery relaxes backstage during interview.

Right: Lowery played with Marilyn Manson prior to his new side project, Loser. The group takes its name from Lowery's memories of being teased in high school for his rock star persona.



Nick Mirabal/THE CAPTAIN'S LOG



Oscar Watch

'Brokeback' not worthy of Best Picture

By DANIEL SETTLE
Contributing Writer

"Brokeback Mountain" is the story of two young cowboys, Ennis Del Mar (Heath Ledger) and Jack Twist (Jake Gyllenhaal), who work together herding sheep on Brokeback Mountain in Wyoming in the summer of 1963. Because they are alone on the mountain together for the entire summer, they become very close friends. Then one night, very surprisingly, their relationship turns from platonic to intimate. Neither character knows what to think or feel about this encounter, except that they both enjoyed it and want it to continue. The rest of the film is about how these two live seemingly normal, separate lives, but continue to meet up for secret, intimate encounters.

This film has become one of the most highly regarded movies in recent memory, and should win a few of the eight Academy Awards for which it has been nominated. Unfortunately, in my opinion, the Academy has made a significant mistake. It is a slow-developing story that, after the first hour or so, becomes strangely redundant. The intimacy between the two main characters seems awkwardly forced, because we as an audience don't get to see the evolution of the two men's relationship from merely friendly to physical. We see them engaged in normal conversation one minute, and the next engaged in a staggeringly graphic love scene. There is no apparent physical chemistry or sexual tension between Ennis



Photos courtesy of the Academy Awards

Jake Gyllenhaal and Heath Ledger star as lovelorn cowboys who must stifle their relationship over decades following the summer of 1963.

and Jack before this, and only a limited amount after it.

Perhaps this is because the society they lived in would not allow a relationship of this nature, but I felt left in the dark about how they came to the conclusion that they were soul mates and could never love anyone else like they did each other. I could not buy in to their relationship — not because it was two men, but because these men seemed so distant from each other throughout the film, even in private.

The director, Ang Lee, did not really tie the story together, but rather just gave the film a series of up-and-down events until the credits rolled, making the whole story difficult to connect with.

This is not to say that the Academy completely missed the boat here. I feel that the movie is deserving of several of its nominations, because some aspects are exceptional. The scenery was exquisite

throughout, particularly in the mountain scenes. The secondary characters in the film were portrayed with surprisingly deep emotion given the lack of screen time each received, especially the individual performances of Randy Quaid, Anne Hathaway and Michelle Williams in supporting roles. The score is haunting and beautifully arranged — well deserving of its Oscar nomination.

But what is truly deserving of any award possible is the career-defining performance by Heath Ledger. It is almost impossible to explain Ledger's remarkable portrayal of a character that is so secluded and introverted. In each scene, Ennis seemed to be in a hopeless situation that could not be reflected any other way than by the depth and brilliance that Ledger brought to every frame. I would give Brokeback Mountain a grade of D, but Heath Ledger single-handedly raised it to C+. ■

'When a Stranger Calls' remake not an improvement on original

By CHRIS MCCracken
Contributing Writer

The word "remake" has to be the most popular word in Hollywood right now. Many films released recently are remakes of previous films, especially in the horror/thriller genre, but the worst part is that very few of them are any good.

In a quick attempt to make a few dollars, movie studios stick to the same formula. The most important part is to not come up with an original idea, but instead to just redo a movie that was already successful in the past. Next, add a handful of experienced actors and directors. Finally, pump a whole bunch of money into advertising, and you are guaranteed to make a bad movie while raking in tons of cash in the process.

"When a Stranger Calls" is no different. This remake stays close to the same premise from the original 1979 film of the same name. The sad thing is that even the plot from the first film was fairly bland.

Jill Johnson (Camilla Belle) is experiencing the usual high school drama and feels like nothing is going right for her. First her boyfriend ends up kissing a good friend at a party, then she goes over her cell phone service plan by 800 minutes and is grounded for a month.

As a result, Jill cannot go to the huge bonfire party that everyone in her high school is attending, but instead has to baby-sit. When she arrives at the house the children are already asleep and the parents give her a quick tour of their beautiful house. Once Jill is alone in the



Photos courtesy of Sony Pictures

Jill Johnson (Camilla Belle) is traumatized by someone calling her from inside the house where she is babysitting in this remake of a 1970s horror.

house she starts to receive odd phone calls from a person that says nothing. After the caller continues for some time Jill becomes scared and calls the police. The police call back and tell Jill that the calls have been traced — they are coming from within the house.

That is it. That is the whole plot and somehow they manage to drag it out to one hour and 23 minutes. The first and last scene of the film should be removed because they serve absolutely no purpose whatsoever. It seems like the creators just threw the two scenes in to give the movie a longer running time.

The infamous scene where Jill finds out the caller is coming from inside the house was the driving force of the 1979 version, but the modern version uses the scene as its main advertising focus, ruining the only good thrill that the movie could have had because everyone already knows it is going to happen.

"When a Stranger Calls" is

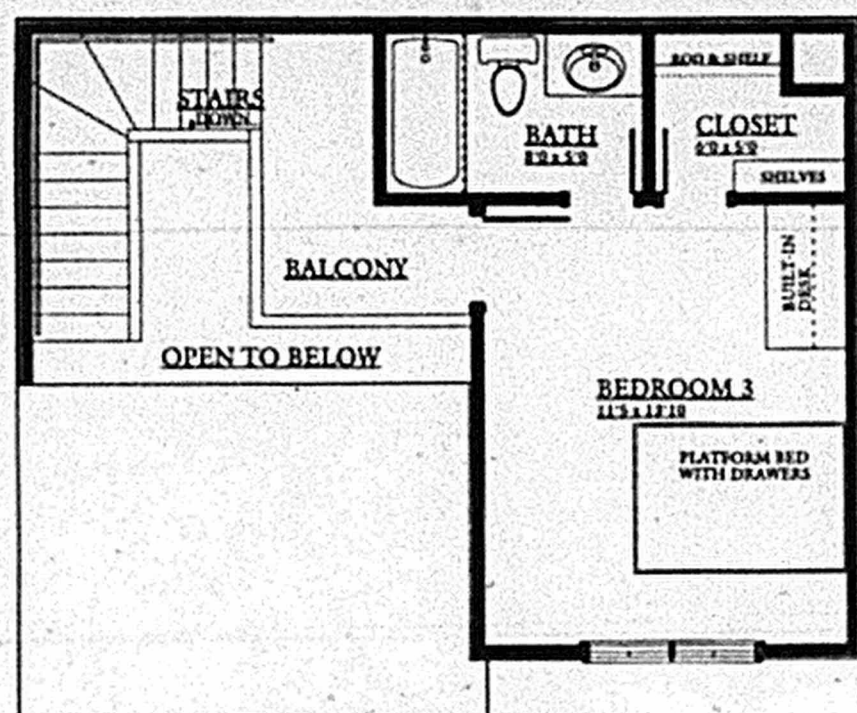
filled with plot holes, impossibilities and inconsistencies that make an already poor film even worse. The movie also takes every opportunity to use a cheap scare when Jill wanders around multiple times to investigate a noise in the house and is startled by everything possible.

The only praise that can be given to this film is that it does attempt to build up to a strong climax. "When a Stranger Calls" has a very classic thriller feel to it, which can only be praised so much because of the fact that it is indeed a remake of a classic thriller that avoids having scares and deaths every few minutes in order to hold the attention of the young teen audience the movies are targeted for.

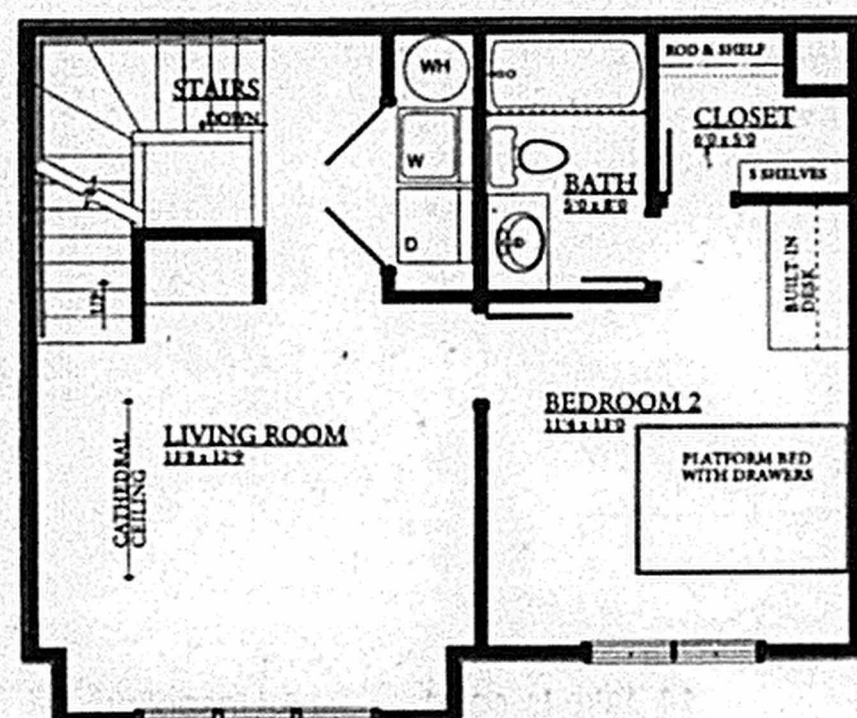
The next thing to look forward to is when "When a Stranger Calls" comes out on DVD and the movie studios will resort to their second best money-making formula: release an unrated version that is almost exactly the same as the original. ■

University Suites Apartments

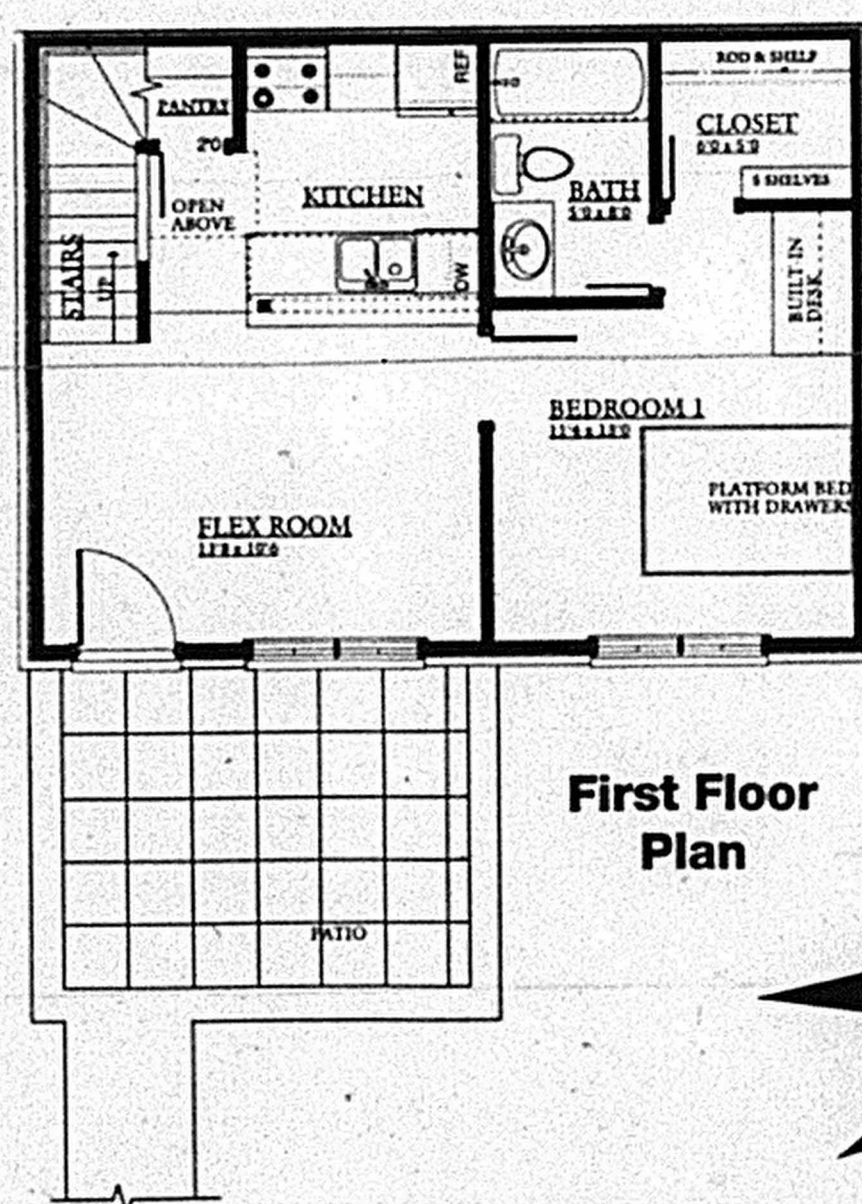
Come and enjoy the FREEDOM and PRIVACY of living off-campus at University Suites!



Third Floor Plan



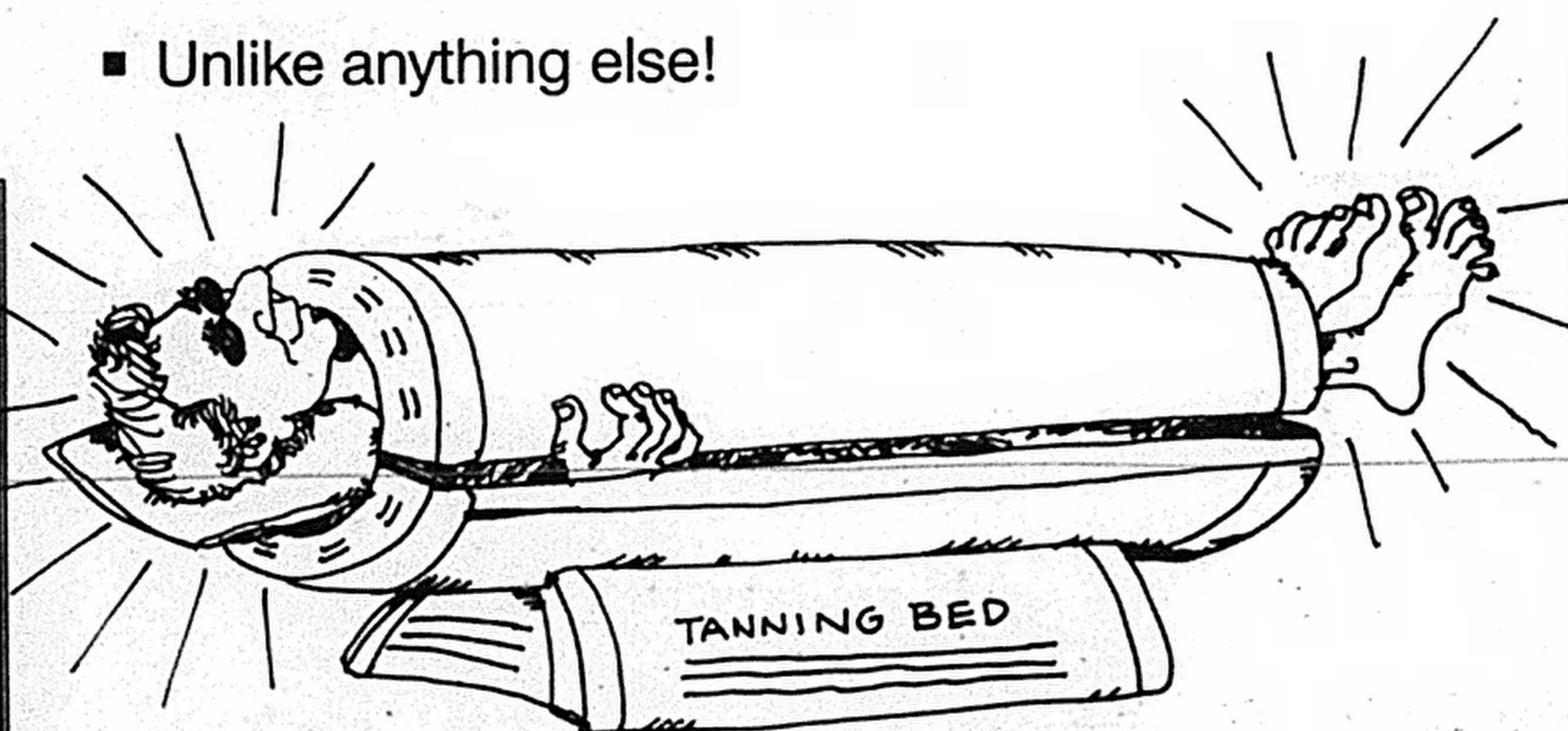
Second Floor Plan



First Floor Plan

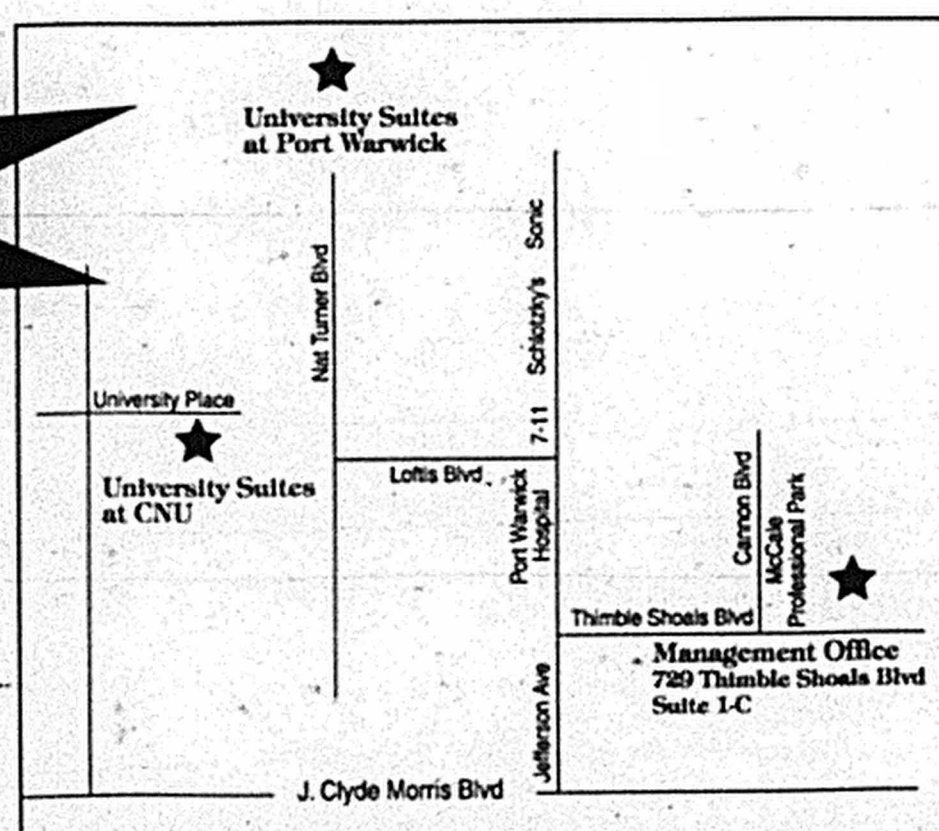
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Comics and Crosswords

MYSTIC STARS

Weekly Horoscope For February 13 - 19

By LASHA SENIUK
Knight Ridder/Tribune News Service

ARIES (March 21-April 20) Public reputation and physical appearance are now important to business success. Expect key officials to assign complex duties or ask for special favors early this week. Refuse to focus on yesterday's limits or disagreements, and respond quickly to new instructions: your group leadership will be appreciated. Friday through Sunday highlight bold discussions with close family members. Social obligations, home expectations and group planning are accented: stay focused.

TAURUS (April 21-May 20) Monday through Thursday, business paperwork, legal documents or corporate permissions may be poorly defined or misleading. Group errors or miscalculations from approximately 16 weeks ago will demand clarity this week. Remain determined: before next week authority figures are privately evaluating workplace efforts. Later this week, a trusted friend may need to explain their recent social behavior. Fear of isolation and hidden jealousies are accented: remain diplomatic.

GEMINI (May 21-June 21) This week, home relationships will enjoy a meaningful phase of social harmony. Loved ones will opt for group events, honest discussions and shared duties. Use this time to regain perspective and establish new family agreements: you won't be disappointed. After Thursday, workplace duties will steadily increase. Many Geminis will be asked to correct the mistakes of a colleague or act as group leader this week. Don't hesitate: key officials will soon offer permanent rewards.

CANCER (June 22-July 22) New friends or co-workers will no longer hide their feelings or avoid subtle questions. After Tuesday, expect private attractions to be publicly acknowledged or easily expressed. Minor jealousies or competing egos may be an underlying theme. If so, clearly state your needs, boundaries and romantic aspirations. Thursday through Saturday, financial expectations in the home may need to change. Timed payments and large purchases are highlighted: stay alert.

LEO (July 23-Aug. 22) Over the next few days, quick glimpses of the future are accurate. Through the actions of others, many Leos will now witness their own business or financial potential. Study the career mistakes, fast opportunities or last minute reversals of friends and colleagues for valuable clues. After Friday, romantic relationships will also be affected. Pay attention to subtle comments or private observations. Bold proposals may soon be expected: pace yourself and wait for obvious signals.

VIRGO (Aug. 23-Sept. 22) Financial proposals are promising but delayed this week. Over the next seven days, a close friend or relative may outline a risky business venture or new career goal. Unique payment arrangements may be an ongoing concern. Go slow and carefully complete all outstanding paperwork. After Thursday, friends and lovers may be briefly introspective or moody. Don't push for immediate answers: loved ones may now need extra time to evaluate recent social or family changes.

LIBRA (Sept. 23-Oct. 23) Established workplace policies, although worthwhile, may soon be cancelled. Before mid-week, watch for a fast flurry of paperwork and public discussion. Many Librans will now encounter rapid changes of personnel, job titles or corporate agendas. Wait for confirmation before proposing fresh concepts. Later this week, a new friend may request a rare romantic introduction. Private love affairs, long distance relationships or revised marital status may be accented: stay sharp.

SCORPIO (Oct. 24-Nov. 22) New friends may offer misinformation or vague responses concerning relationship commitments or social obligations this week. Probe for private facts, dates or details. Family information or past romantic history may be a key issue: study responses for valuable clues. Thursday through Saturday is an excellent time to ask authority figures for special permissions or new agreements. Carefully research all financial options and revised property contracts: improvement is available.

SAGITTARIUS (Nov. 23-Dec. 21) Before mid-week, colleagues are easily distracted with new leadership duties or creative work proposals. Although both are positive, authority figures may privately disapprove. Avoid public discussion, if possible, and opt for quiet activities or small tasks. Wednesday through Saturday, a complex friendship may briefly expand or intensify. If so, expect mild romantic triangles and controversial invitations. Trust your first impressions: new commitments may prove draining.

CAPRICORN (Dec. 22-Jan. 20) Business partnerships will work to your advantage this week. After Tuesday, expect newly proposed career ventures to bring added financial freedom. Common agreement will soon trigger shared rewards: discuss all possibilities with potential work mates or long-term friends. Wednesday through Saturday, romantic and social invitations will increase. Pay special attention to unique proposals from co-workers or work officials. Remain diplomatic: passions will be high.

AQUARIUS (Jan. 21-Feb. 19) Over the next eight days, forgotten records, legal details and missed payments, although annoying, are vital to success. Many Aquarians will soon be asked to clarify written documents or financial contracts. Don't neglect necessary duties or small tasks: in the coming weeks ignored paperwork will quickly become unmanageable. Thursday through Sunday, a friend or relative may announce an unexpected family expansion or complex travel plan. Don't probe: tensions are unavoidable.

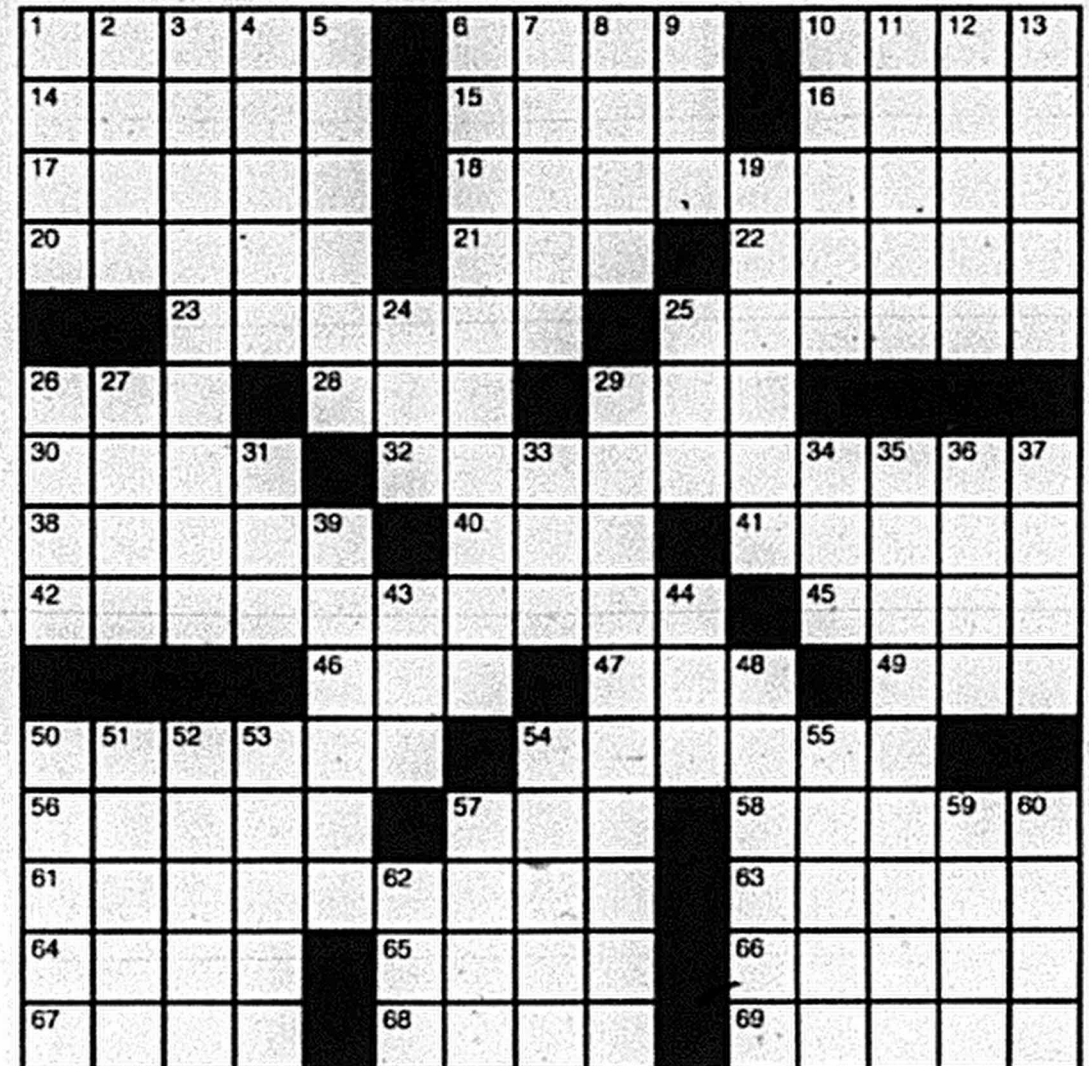
PISCES (Feb. 20-March 20) A close relative or friend may this week propose a rare business improvement or creative lifestyle change. Sudden career reversals or risky job opportunities may be a strong influence. Take time for serious discussion: a detailed review of the facts will provide the appropriate route to success. After Wednesday, workplace restrictions will be addressed: expect key officials to announce revised policies or cancelled programs. Remain patient: change will eventually work in your favor.

If your birthday is this week: Much of 2006 will trigger employment changes and new relations with authority figures. After mid-March, expect several months of fast job reversals or conflicting business information. All will work to your advantage by late July, so not to worry. Do, however, expect dramatic outbursts between colleagues or sudden business cancellations. Later this summer, a romantic relationship will require serious decision concerning home roles, living arrangements or social announcements. Throughout much of July and August, loved ones may challenge new friendships, express a deep need for change or press for long-term commitment. Stay open to vital improvements: in the coming weeks and months key relationships will need to be publicly defined and celebrated.

Crossword

- ACROSS**
- Labyrinths
 - Has—
 - Ear cleaner
 - Representative
 - Church part
 - Actor Nicolas
 - Billiards stroke
 - Abridgment of freedom
 - Mary or John Jacob
 - Speller's test
 - Unexpected triumph
 - Bordeaux brothers
 - Dreaded fly
 - Cassowary cousin
 - Poetic contraction
 - Sizzling
 - Highlands wraparound
 - Dumbfounded
 - "Dallas" matriarch
 - Actor Holbrook
 - Break off
 - Some places of learning
 - Actress Magnani
 - General Arnold
 - "— Gang"
 - Lair
 - Charged particle
 - Chirps
 - Embankment
 - Antonio
 - Not in any way
 - Profusion
 - Exchange
 - Noel
 - Speaker's — platform
 - Made a request
 - Proofer's save
 - out (withdraws)
 - Loamy deposit

- DOWN**
- Cass Elliot, for one
 - Turkish leaders
 - With gusto
 - David of CNN
 - Music player



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2/15/06

Solutions



- 6 Old-fashioned quartet
7 Fencers' foils
8 Latin being
9 Seine, e.g.
10 Land's end?
11 Middle section
12 Ms. de Mille
13 Midler or Davis
19 Rural
24 Actor Stephen
25 Heavy weight
26 Supplemented, the hard way
27 Uris novel, "— 18"
29 Lack of substance
31 Seventh tones
33 Eastern way
34 Salton or Caspian
35 Deal clincher
36 Feudal serf
37 College bigwig
39 Reverberated
43 Solo in "Star Wars"

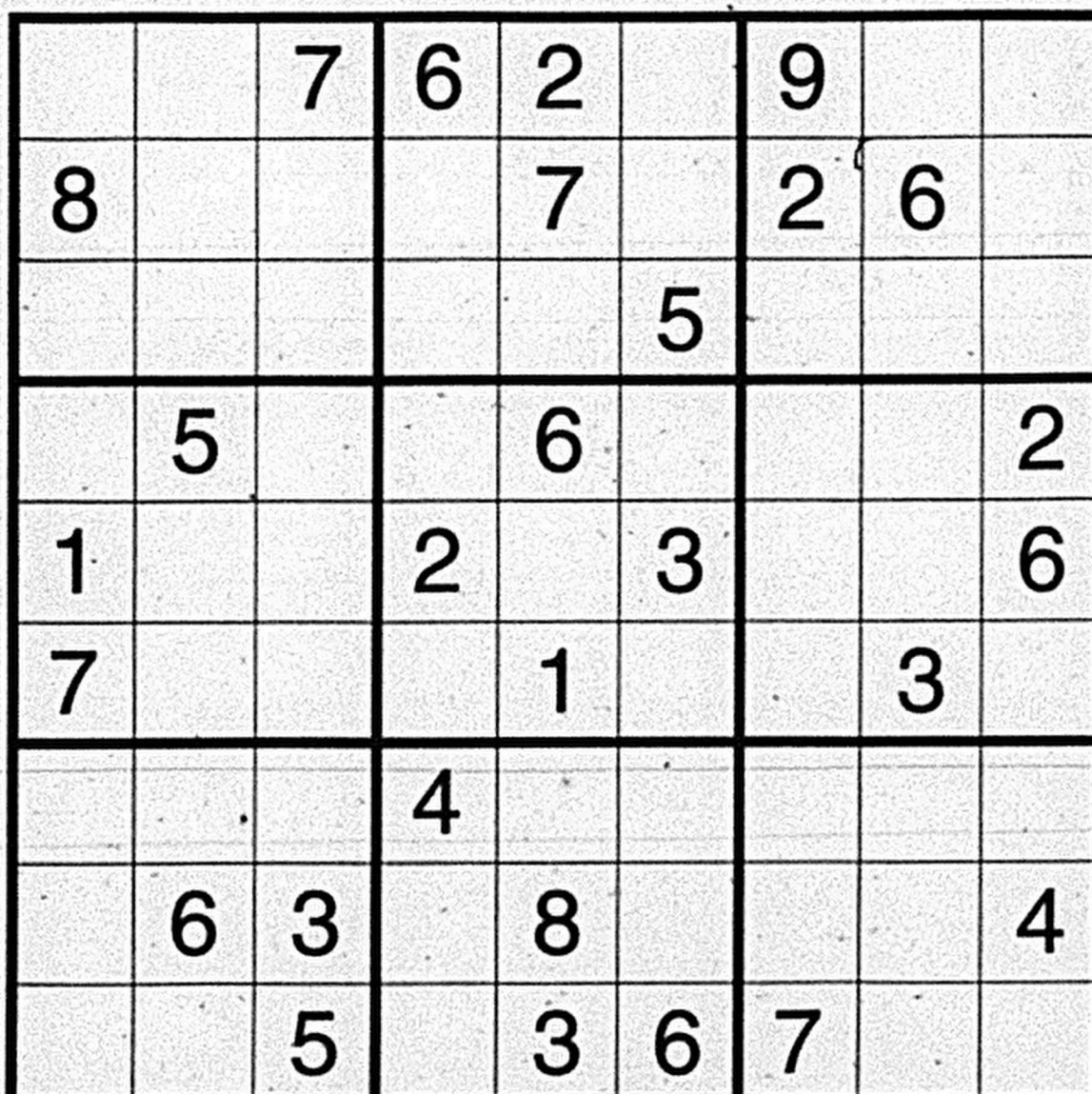
A College Girl Named Joe



by Aaron Warner

SUDOKU

By MICHAEL MEPHAM



LEVEL: Tough

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 solve Sudoku, visit www.sudoku.org.uk.

Sports

CNU Scoreboard

Men's Basketball

(18-5, 9-1)

2/7/06 Final:
CNU 79, NC Wesleyan 66

2/11/06 Final:
CNU 86, Averett 76

2/12/06 Final:
CNU 78, Averett 74

USA South Standings

CNU	9-1*	18-5
Averett	7-3*	16-7
N.C. Wesleyan	6-3*	8-14
Greensboro	5-5*	9-12
Methodist	4-5*	6-16
Ferrum	2-9*	6-18
Shenandoah	1-8*	9-12

*USA South Record

Next Week's Games:
2/17/06
at Greensboro

2/18/06
at Methodist

Women's Basketball

(16-7, 10-2)

2/7/06 Final:
CNU 64, NC Wesleyan 44

2/11/06 Final:
CNU 63, Averett 52

2/12/06 Final:
CNU 75, Averett 66

USA South Standings

Greensboro	4-0*	10-5
Peace	3-1*	9-4
CNU	3-2*	9-7
Ferrum	3-2*	7-8
Methodist	2-2*	6-7
Shenandoah	2-3*	5-9
Averett	1-4*	5-9
NC Wesleyan	0-4*	2-10

*USA South Record

Next Week's Games:

2/17/06
at Greensboro

2/18/06
at Methodist

Ice Hockey

(3-6-2)

Next Week's Games:

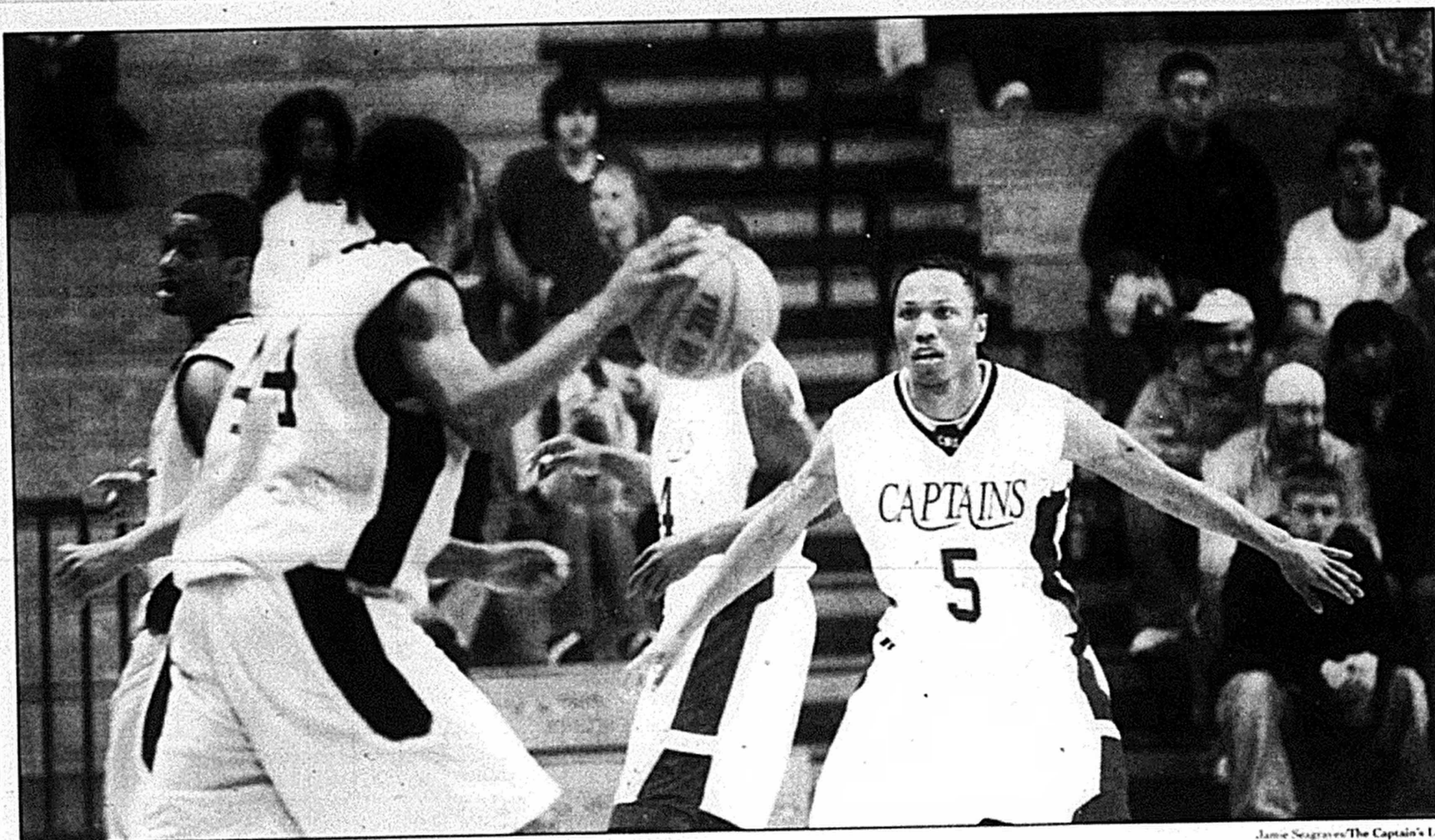
2/17/06:
vs. VCU

2/18/06:
at ODU

Indoor Track

Next Event:

2/19/06:
Mason-Dixon Conference
Championship



James Seagraves/The Captain's Log

Junior Dontá Selden (5) guards Ferrum's sophomore forward Rafael Holland (44) in the Captains' win against the Panthers 78-74. Selden led the Captains' scorers with 17 points.

Captains clinch top seed for tourney

By BRIAN BENISON
Assistant Sports Editor

During a weekend that honored former stars inducted into the CNU Hall of Fame and current stars about to graduate, the Captains clinched the USA South Conference regular season title with wins over Averett and Ferrum.

"It was the Hall of Fame day. We wanted to play our best," Freshman Davon Barton said.

In the first game against Averett, the Captains won by the score of 86-76, but it was a very close matchup with Averett leading for the majority of the game.

"We respect every opponent," said junior Dontá Selden. "But we knew Averett was going to come out tough since if they won the game, they'd be tied for the number one seed."

The Captains' first lead of the game came off a shot from senior Jeremy Romeo at 12:53 in the third quarter to make the score 58-57.

"He didn't shoot great tonight," said head coach C.J. Woollum. "But he made the shots when they counted."

Averett lead by as many as 12 points in the first half, but Barton said the team was undaunted by the lead.

"We just tried to keep our composure," Barton said. "We've practiced coming back before."

The win on Saturday meant a win against Ferrum on Sunday would allow the Captains to clinch the top seed in the conference.

"We want to win tomorrow to get the number one seed," said Woollum.

In the following game against Ferrum, despite the fact that the match was not statistically in the Captains' favor, they pulled out a win by a score of 78-74.

"We proved a lot," Romeo said of the win. "We proved all the people that doubted us wrong."

Woollum was disappointed with the way the team performed, but was glad to get the

win. The Captains shot 43 percent from the floor.

"We just seemed disinterested in the game. I feel fortunate to win. I feel proud of the team for getting the number one seed. But we've got to play better," said Woollum.

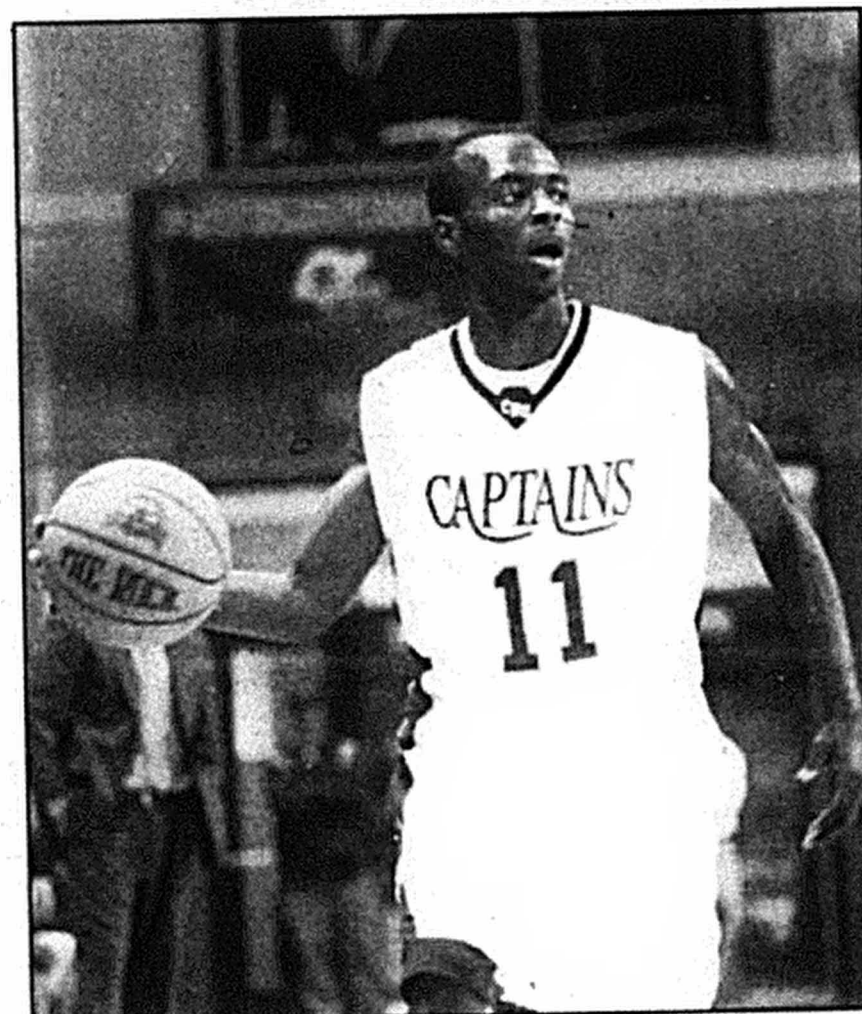
The Captains' top scorer was Seldon, who scored 17 points. Following Seldon was Barton, who had 15 points off the bench.

Barton gave up his usual starting spot to senior Adam Purdham for senior day.

"We knew we were going to start Purdham for senior day," said Woollum. "We had to decide who was going to sit, and Davon said 'Dontá's the better player, and so I'll sit.' It was never an issue."

Now that the team has clinched first place in the division, the focus is on the conference championship, which sophomore Edward Riley said they were sure they could win.

"Conference championship," said Riley. "Point blank. If you expect less, that's what you'll get."



James Seagraves/The Captain's Log

Freshman Davon Barton controls the ball in the Captains' game against Ferrum last Sunday. The Captains clinched the top seed in the USA South Conference Tournament with the win.

NBA Weekly: Wade has the Heat looking like contenders

By BEN SETTLE
NBA Columnist



Sunday afternoon showcased the two best teams in the Eastern Conference, the Detroit Pistons and the Miami Heat, in a matchup that will most likely be a preview of the Eastern Conference Finals. With the potential for a playoff atmosphere and Detroit trying to regain its early season momentum, obviously The Captain's Log NBA expert

would be watching with eager eyes.

Ummm, actually no. An Instant Message from my brother filled me in rather quickly: "Wade has 15 straight in the fourth. Tie game, under a minute left."

Okay, twist my arm. I tuned in just in time to watch the Pistons miss a game-winning shot. Dwyane Wade grab a huge rebound past Ben Wallace and Wade dribble out the shot clock calmly hitting a game-winning

jumper over Detroit's defensive ace, Tayshaun Prince. Wade wound up scoring Miami's final 17 points — even outscoring the Pistons in the fourth quarter.

Quick history lesson: My brother made his naive pre-season pick that the Heat would beat the Dallas Mavericks in the NBA Finals. This seemed like a reasonable assumption before the season began, but once the games were being played, the Pistons and San Antonio Spurs were clearly the cream of the

NBA crop. Recently, however, it seems more and more possible that his Mavs-Heat Finals matchup could come true, meaning that I will never hear the end of his yammering. Not good times.

After catching the tail end of this game, I realized that Dwyane Wade is more important to his team than any other player in the East, including LeBron James. See, LeBron's

SEE WADE, PAGE 15

Lady Captains extend winning streak against conference rival

Team beats Ferrum Panthers to stay atop conference.

By SAM PELSTING
Contributing Writer

With a sparse crowd in the Freeman Center last Sunday, the Lady Captains got off to a slow start against Ferrum College. The Panthers were quick to score at the start of the game, keeping up with the Captains for most of the first quarter before the Lady Captains pulled swiftly ahead with a double-digit lead in the second quarter.

"We expected this to be a hard-fought game, and it was," said head coach Carolyn Hunter. The Lady Captains substituted regularly, keeping all their players fresh and ready to make a difference. Freshman guard

Tiffany Artis continually carried the ball down the sidelines, setting up many of the Lady Captains' baskets. Sophomore Colandra Rollins had a career high of 32 points and 13 rebounds. This was only the third time any of coach Hunter's players have had more than 30 points in her coaching career at CNU.

At halftime the score was 39-27.

Ferrum's Aline Alzime joined the 1,000-point club in the second half — finishing the game with 19 points overall. Even with Alzime's high-scoring output, the Lady Captains' defense stayed solid — moving the ball well and shutting down Ferrum's shots.

With just six minutes left in the game, Ferrum did their best to mount a comeback, and there was a heightened intensity on the court as they made every attempt to make shots. Several timeouts were called in the last

few minutes of the game, upping the crowd's anticipation.

At the end of the second half, the Panthers came close to catching the Lady Captains with a score of 68-62.

The Lady Captains' defense stepped up their intensity, however, and stopped further passing down the court.

The Lady Captains never let the Panthers retake the lead and won the game 75-66.

Junior Nikki Rowland had 10 points and six assists while sophomore Dee Luck finished with eight points and eight blocks. Junior Candace Bryant finished the game with 13 points and seven rebounds.

"This was a tough game, and it was the only team in the conference we had not beaten, so it was nice to win," said Bryant.

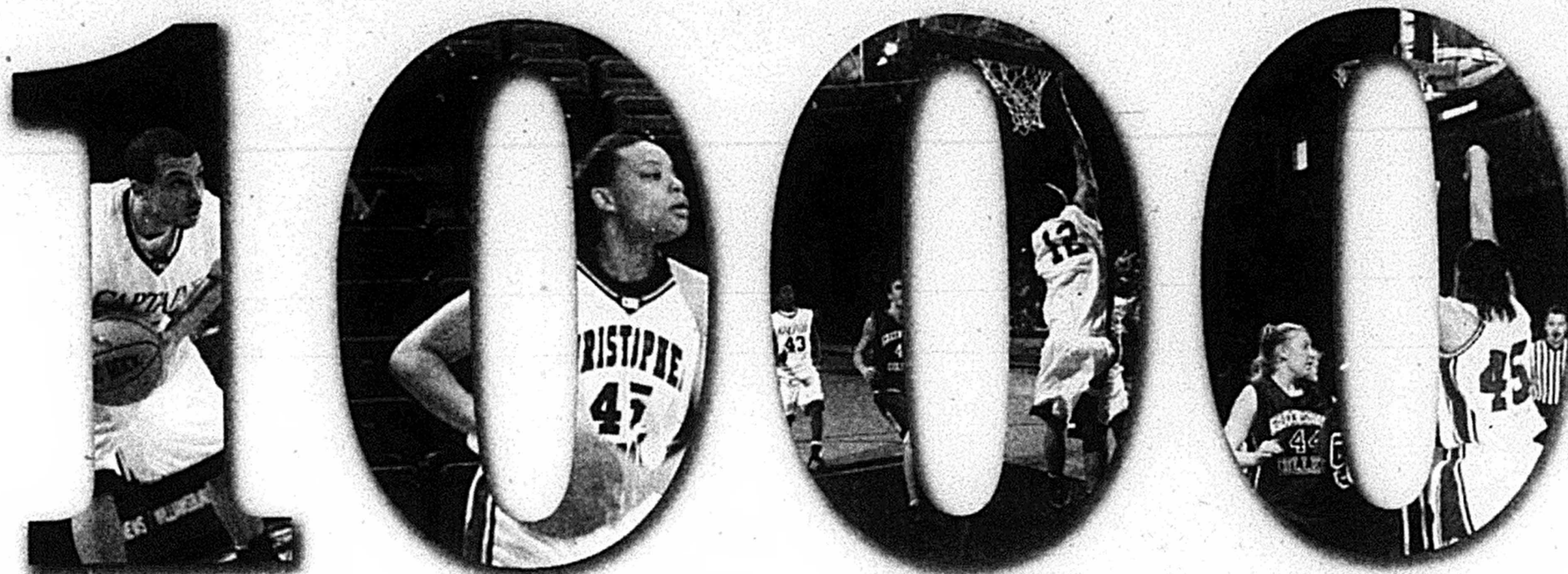
The game gave CNU a record of 10-2 in the USA South Conference and 16-7 overall. ■



Ryan Burke/The Captain's Log

Michele Russell dribbles past a Ferrum defender during the Lady Captains' game against the Panthers. The Lady Captains won the game 75-66.

CNU Milestone: Romero and Bryant join the millennium club



JUNIOR CANDACE BRYANT OF CNU'S WOMEN'S BASKETBALL TEAM AND SENIOR JEREMY ROMERO OF CNU'S MEN'S BASKETBALL TEAM EACH JOINED THE 1,000-POINT CLUB LAST WEEK. ROMERO REACHED THE MARK LAST TUESDAY IN THE CAPTAINS' 79-66 WIN OVER N.C. WESLEYAN. BRYANT JOINED THE CLUB LAST SATURDAY IN THE LADY CAPTAINS' 63-52 WIN OVER AVERETT.

Illustration by Will Summers/The Captain's Log

Sports Briefs: Ice hockey gets revenge on Richmond

By BRIAN BENISON
Assistant Sports Editor

Ice Hockey

The Ice Hockey team defeated the University of Richmond this past Saturday 7-4. Richmond is the top team in the Blue Ridge Hockey Conference.

Four months after their last meeting, which ended 4-3 in Richmond's favor, the Captains' win marks a significant transformation in the team: the team finally broke their habit of collapsing in the third period.

In their first meeting, Richmond scored two goals in the third period to take the game away from the Captains.

The team is now 3-6 in conference play.

Information provided by the CNU Ice Hockey team (<http://users.cnu.edu/hockey>).

Athletes of the Week

Freshman Davon Barton and sophomore Colandra Rollins — of the Captains' and Lady Captains' basketball teams respectively — were both awarded Player of the Week and Rookie of

the Week by the USA South Conference last Monday.

Rollins made her case with a strong performance in the three games last week for the Lady Captains — all of them wins. She averaged 17 points scoring a career-high 32 points and tied a career-high 13 rebounds against Ferrum.

Barton helped the Captains continue their eight-game winning streak.

He averaged 15.7 points last week with 25 assists and 10 steals. ■

WADE, FROM PAGE 14

Cavaliers have no chance of going to the NBA Finals this year, much less winning a championship. Even if they make the playoffs, their season ends soon after that.

The Heat has actual title aspirations and is the only team with a chance of knocking off the Pistons in a playoff series. The reason Wade is so important to the Heat is because the Pistons do not have a defender who can cover him one-on-one. When the Pistons beat the Lakers in the Finals two years ago, it was because Prince was fast enough to

cover Kobe and shut him down.

The difference with Wade is that he is much quicker than Kobe, meaning Prince cannot keep up with his first step, allowing Wade to get good looks at the rim like the one that won the game on Sunday.

So if the road to the Finals goes through Detroit, the Heat can have the comfort of knowing that Wade is nearly unguardable as long as he is healthy.

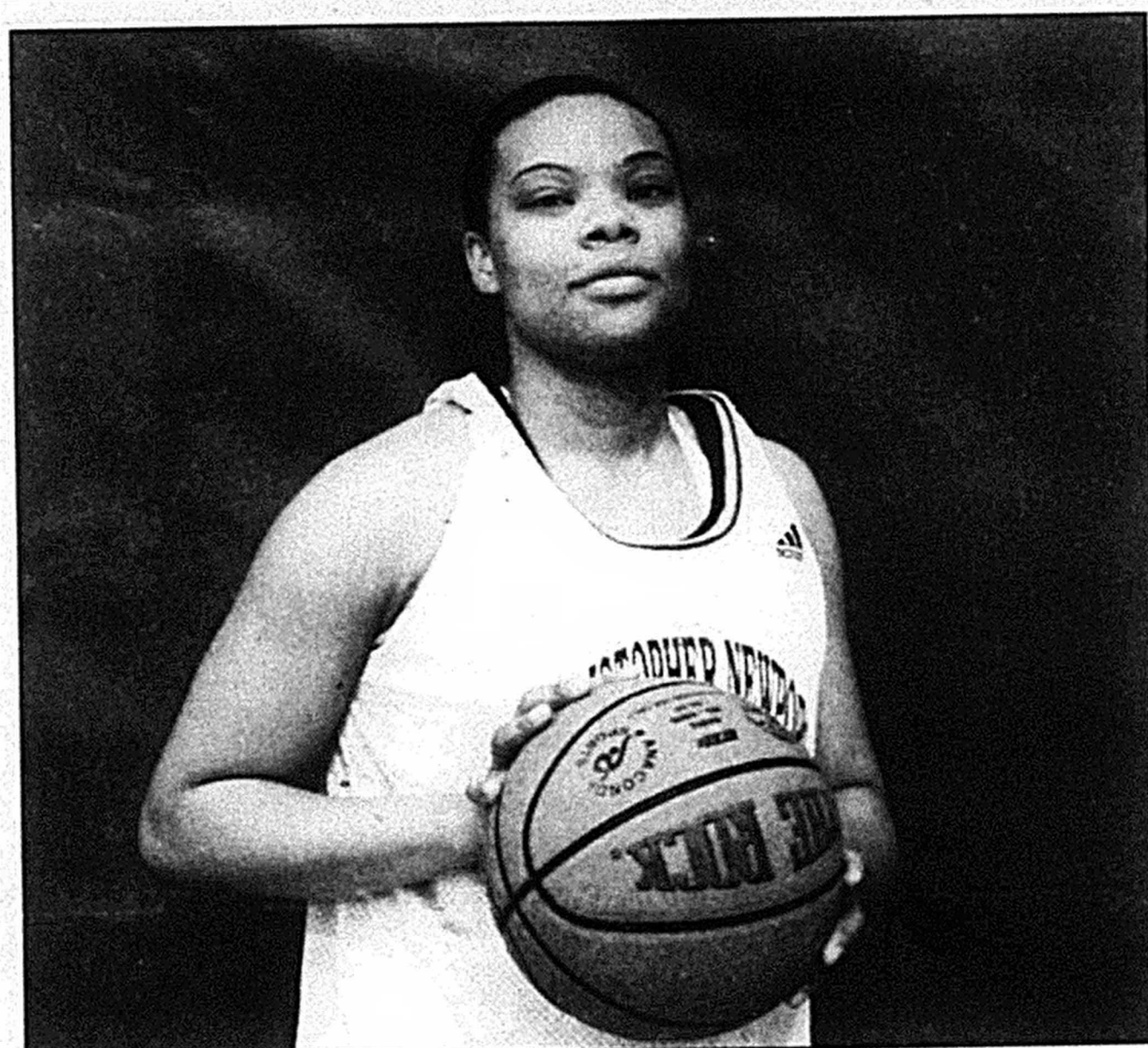
Does this make Dwyane Wade the MVP? If his team has a chance at a championship, and he is the most important player on that team, then maybe it does. The only problem is that

right now, Wade has about as good of a chance of winning MVP as I do.

With guys like Steve Nash and Kobe playing out of their minds, the award looks like it will land with one of them.

Still, Wade's impact on his team should not be overlooked just because he plays with Shaq.

His ability to get to the rim, get open looks, and generally beat any defender to the basket may help his team keep playing all the way into the month of June. At least my brother hopes so. ■



Sam Pelstring/The Captain's Log

Junior Candace Bryant averages 13 points per game for the Lady Captains this season.

Player Profile: Candace Bryant

By SAM PELSTRING
Contributing Writer

Before a game, junior Candace Bryant mentally prepares herself for what's ahead by listening to gospel music singer Kirk Franklin.

During a game, she looks toward the bench at her coach if she makes any mistakes.

After a game, she eats a bowl of Crunch Berries because it's the fastest thing she can make.

Bryant has her hair pulled back into a ponytail. Her practice jersey hangs loosely over her shorts, and her shoelaces are tied tight.

She is in her third year of playing basketball for the Lady Captains and is used to the intense dedication the sport requires.

"I really like playing for CNU," said Bryant. "It's an experience like no other, but I have little time for anything else."

A junior majoring in sociology, Bryant's current focus is solely on her beloved sport.

"Schoolwork comes after practice," said Bryant.

"Then I sleep — or watch Maury Povich."

The Virginia Beach native is used to having little time for herself. All during high school, she played basketball on school, recreational and AAU teams. She even found time to squeeze in playing softball.

Overall, basketball has been her most successful sport. She currently averages 13 points per game and recently became the 20th CNU women's basketball player to score 1,000 points or more in her career.

Two of her teammates, sophomores Colandra Rollins and Jessica Carmen (also forwards) both agree that Bryant is a valuable member to the team. And Lady Captains' guard, freshman Heather Springfield, can only say positive words.

"She's a nice person on and off the court," Springfield said. "Candace is an all-around player."

The acknowledgements and the appreciation don't go to Bryant's head. She believes basketball is a learning experience.

"I take something away from every game — whether we win or lose," said Bryant. "You try to carry over the good into the next game and fix what wasn't right."

Bryant credits most of her basketball success to her older brother.

"I'm where I'm at because my brother had no mercy!" Bryant chuckles. "He and his friends didn't want it to be easy for me."

Bryant explains that, when she was younger, her older brother and his friends pushed and shoved the 8-year-old little girl just like they would each other.

It was their duty to teach her the ways of the game, and playing basketball wasn't going to be easy.

These early challenges were all Bryant needed, and she has worked hard throughout the years to succeed at the game she loves.

The successful forward hopes she will be able to play for Christopher Newport University until she graduates.

Until then, Bryant will continue practicing hard on the court and doing what she can to get her schoolwork done. After graduation,

Bryant's plans will no longer involve playing basketball; she hopes to be a teacher or a paramedic. ■

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2006 Winter Olympics: Snowboarders steal stage for USA



By JEFF MILLER
Dallas Morning News

BARDONECCHIA, Italy—American Shaun White proved to be the world's best at men's halfpipe snowboard Sunday as advertised.

But no one, least of all White, figured he'd earn gold at the Turin Olympics by coming through the competition's version of the losers' bracket.

The 19-year-old "Flying Tomato" — so called because of his long, red hair — rallied after scraping the lip of the pipe early in his first run to blow away the competition.

He recorded the two top performances, his best coming at the best time possible — the first half of the 12-man finals.

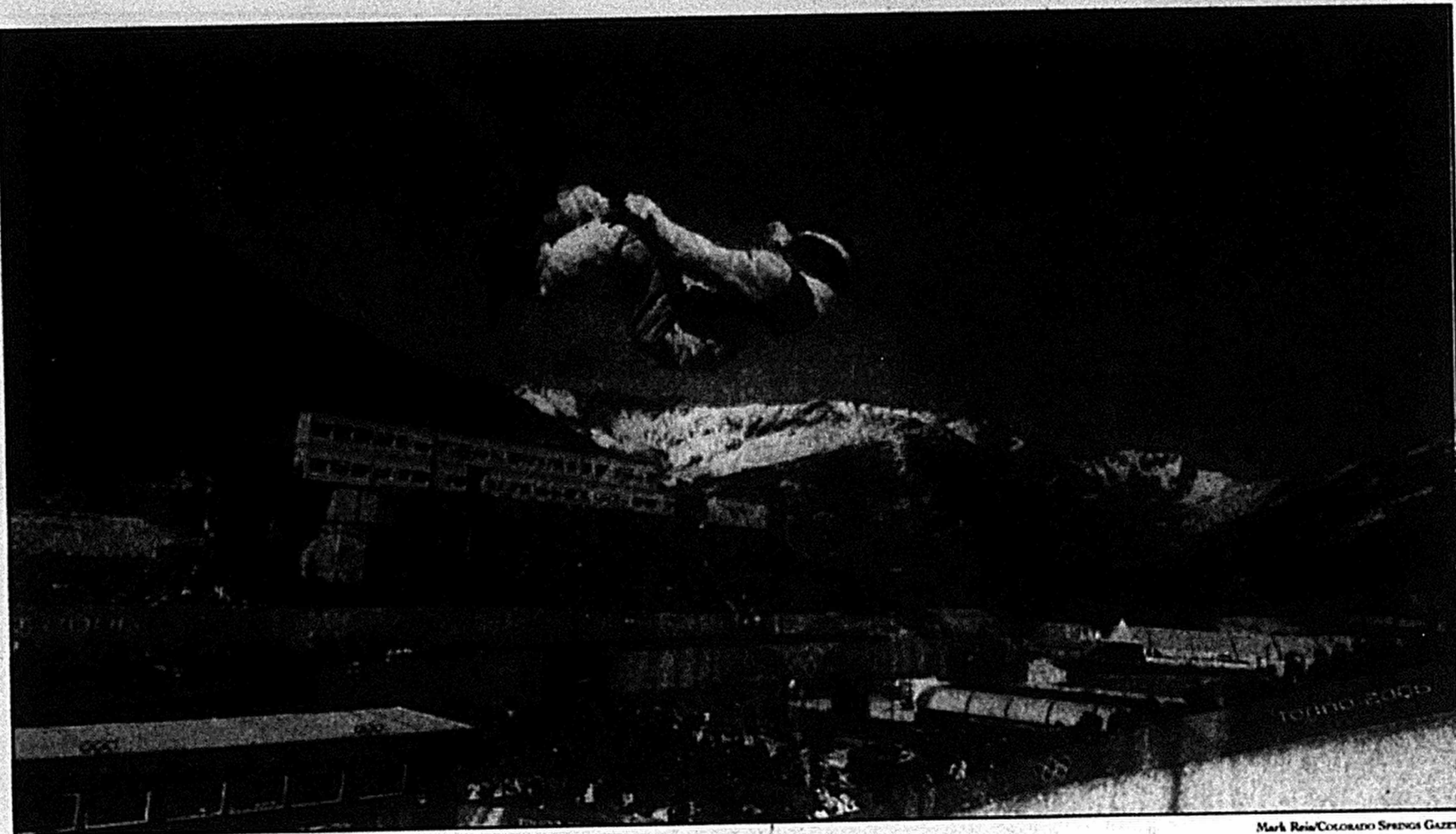
He clinched the gold before making the last run.

That made his finale a victory lap, which he closed with moves that resembled surfing up the wall.

It was like turning doughnuts at Daytona — albeit in temperatures that topped out in the high 30s.

"Got my slash on, some spray," said White, who lives near San Diego.

"After that fall, it really hit me. I needed to step it up. Did



Mark Rein/Colorado Springs Gazette

Shaun White catches air on his Gold Medal-winning run Sunday, February 12, 2006 in the Olympic Men's halfpipe snowboard competition in Bardonecchia.

my thing."

Danny Kass, 23, of Hamburg, N.J., repeated a silver performance, which he accomplished behind teammate Ross Powers in 2002.

Finland's Markku Koski edged out Mason Aguirre of Mammoth Lakes, Calif., for third place to prevent a second consecutive USA sweep.

White began snowboarding at age 6, turned pro at 13 and nearly qualified for the Salt Lake City Games at 15.

He admitted that the pres-

sure of being the Olympic favorite overwhelmed him as he looked down at the 145-meter pipe and 11,000 spectators below in the mountain village located only a few miles from the French border.

"I didn't deal with it too well," White said.

"I never really felt that before. I was standing up there looking at the crowd. I was even looking at the halfpipe wall. I looked around and said, 'Where are we?'"

In the unique Olympic for-

mat, the top six among 44 riders in the first qualifying round advance straight to the finals. That leaves the rest to compete for the other six berths in the second round.

White's first-round gaffe left him in seventh place while the other three Americans — Kass, Aguirre and Andy Finch of Fresno, Calif. — all advanced.

Relegated to second-round qualifying, he planned to make a relatively safe run to ensure advancement.

Instead, his score of 45.3 out

of 50 was the best in the field to that point. The finalists made two runs each, with the best single performances counting.

White nailed a 46.8 to grab the lead after the first round.

His sequence featured straight air into a McTwist (an inverted aerial featuring a 540-degree rotational flip), front and "cab" 1080s (three full rotations) and front and back 900s (two and half rotations).

Kass stood first after the initial qualifying round.

But he fell on his third of

five tricks in the first half of the finals and came back with a 44.0 to earn the silver.

Aguirre, 18, stood third behind White and Koski after the first half of the finals at 40.3.

He was bumped to fourth with Kass' run, and his 37.1 finish couldn't top Koski's 41.5.

"Sometimes it doesn't work out how you want to," he said.

"But I got to come over here and ride with my friends. I'm happy for Danny and Shaun." ■

Injury forces exit for Kwan

By MECHELLE VOEPEL
Knight Ridder Newspapers

TURIN, Italy — Michelle Kwan's third Olympic quest has ended before it started. The U.S. Olympic Committee announced Sunday morning that Kwan had withdrawn from the women's figure skating competition due to a severe groin strain.

She will be replaced on the U.S. team by Emily Hughes, who finished third at last month's national championships and was the alternate.

The USOC submitted a late-athlete replacement form to the Torino Olympic Organizing Committee on Hughes' behalf and expects to receive an answer from TOROC this week.

Hughes was contacted at 8:45 p.m. Eastern time Saturday, according to the USOC; Hughes, younger sister of 2002 Olympic gold medalist Sarah Hughes, is soon to travel to Turin.

"Taking myself off the team is the most difficult decision I've ever had to make, but it's the right decision," Kwan said in a

statement released by the USOC. "This injury prevents me from skating my best, and I've said all along that if I couldn't skate to the level that I expected from myself, I'd withdraw from the team."

"The Olympics is the greatest sporting event in the world, and what's most important is that the United States fields the strongest team possible. As much as I'd love to represent the United States in Torino, I would never stand in the way of that."

Kwan, who did not participate in last month's U.S. Figure Skating Championships because of a groin injury suffered in December, petitioned onto the American team.

She skated for a five-person panel comprising USFSA international committee members on Jan. 27.

At the time, committee chairman Bob Horen said, "It's truly the opinion of this monitoring team that Michelle could win the Olympics and is definitely qualified to win a medal."

Kwan took part in the Opening Ceremony on Friday.

In her first practice Saturday, she struggled in her jumps and did not do a run through of her short or long programs.

Kwan appeared distressed during the practice, which she cut short.

Afterward in a news conference, Kwan said she was stiff from the travel to Europe and from the time spent outdoors at the Opening Ceremony.

"I really have to pay attention to how I'm feeling these days," Kwan said. "Dropping out is not something I want to do, but I have to listen to what my feelings are."

Sunday, the USOC release said that Kwan had injured her right hip adductor while landing a triple flip at the practice.

The injury, commonly called a groin strain, worsened through the evening, and she met with U.S. team physician Jim Moeller at 2:15 a.m. in Turin.

"This injury limits her function, making it impossible for her to jump and land effectively without risk of serious injury," Moeller said.

Sunday morning, reigning



Steve Dellich/KRT

U.S. figure skater Michelle Kwan speaks about her decision to withdraw from competition in the 2006 Winter games during a press conference in Turin, Italy on Sunday, February 12, 2006.

U.S. champion Sasha Cohen held a regularly scheduled news conference that was held soon after the USOC announced Kwan's withdrawal.

Cohen, considered a strong medal contender, empathized with Kwan.

But she said Kwan's withdrawal would not affect her mindset in terms of her own preparation and aspirations.

"I just found out and I was a little bit shocked; my thoughts haven't had much of a chance to formulate," Cohen said of

Kwan's withdrawal.

"But I know it must be really disappointing to have to withdraw. I know how tough it is to come back from injury and get yourself together. It was great that she tried, but things don't always work out." ■

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

• February 17th: 10am - 2pm - Artist Regina Rutaway will be at the Bookstore displaying her artwork.

• February 27th: 11:30am - 2:30pm - Local author and artist Gerome Meminger will be here at the Bookstore displaying his art and signing copies of his book.

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