

Will fad shed flab?

Specialists question whether fad diets hinder healthy weight-loss.

Strumming around town

Over 100 bands bang their way onto Harrisonburg stages for MACRoCK 2002.

A winning Staedt of mind

Lacrosse junior midfielder Lisa Staedt is a preseason All-American and has become one of JMU's premier athletes.

THE BREEZE

Vol. 79, Issue 48

Monday, April 8, 2002

Gospel Singers celebrate



JANE MCHUGH/senior photographer
Contemporary Gospel Singers worship in song in the Gospel Extravaganza as part of its 30th anniversary celebration.

CGS remembers 30 years of ministry

By DAVID CLEMENTSON
news editor

The Contemporary Gospel Singers jammed for Jesus, danced, sang, worshiped God and partied late into the night all weekend to celebrate its 30th anniversary.

"There ain't no party like the holy ghost party, cuz the holy ghost party don't stop," said sophomore Michael Tinsley, director of CGS, JMU's biggest gospel group.

Going 30 years strong, CGS celebrated its anniversary this past weekend. Entitled "Unity in Christ," past and present

see GOSPEL, page 4

JMU ranks second nationally in number of students abroad

By JANELLE DIORIO
contributing writer

JMU's Office of International Programs ranked second in the nation among masters-level institutions for the number of students studying abroad.

The annual December survey was published by the *Chronicle of Higher Education*. According to its Web site, <http://chronicle.com/help/about.htm>, the publication is "the No. 1 news source for college and university faculty members and administrators." JMU was the only Virginia institute to make the list.

According to the office's Web site, www.jmu.edu/international

tional, JMU's OIP consistently has ranked in the top five for the past several years.

"Studying abroad was the experience of a lifetime."

— Mike Greene
junior

Jackie Ciccone, OIP administrative coordinator, said JMU offers a variety of international programs for the fall, spring and summer semesters. According to Ciccone, the most

popular program seems to be the semesters in Florence and London because they have no language requirements.

Programs are offered all over the world, from Salamanca to London to Ghana, Ciccone said. College credit is awarded for studying abroad. JMU students also have participated in international internships. The internships, though, are not as popular as the semester programs, according to Ciccone.

Junior Mike Greene studied in Salamanca, Spain in the spring of 2001. "Studying abroad was the experience of a

see PROGRAMS, page 5

Are you feeling a little under the weather?

By JANE MCHUGH
senior writer

With temperatures in Harrisonburg fluctuating dramatically and a recent increase in JMU's sick population, one may wonder whether or not a correlation exists between the weather and a person's health.

"Weather can be soothing to the mind and body or very destructive due to exposure of the elements," Linda Hulton, professor of health sciences said. "Climate change is likely to have adverse impacts on health."



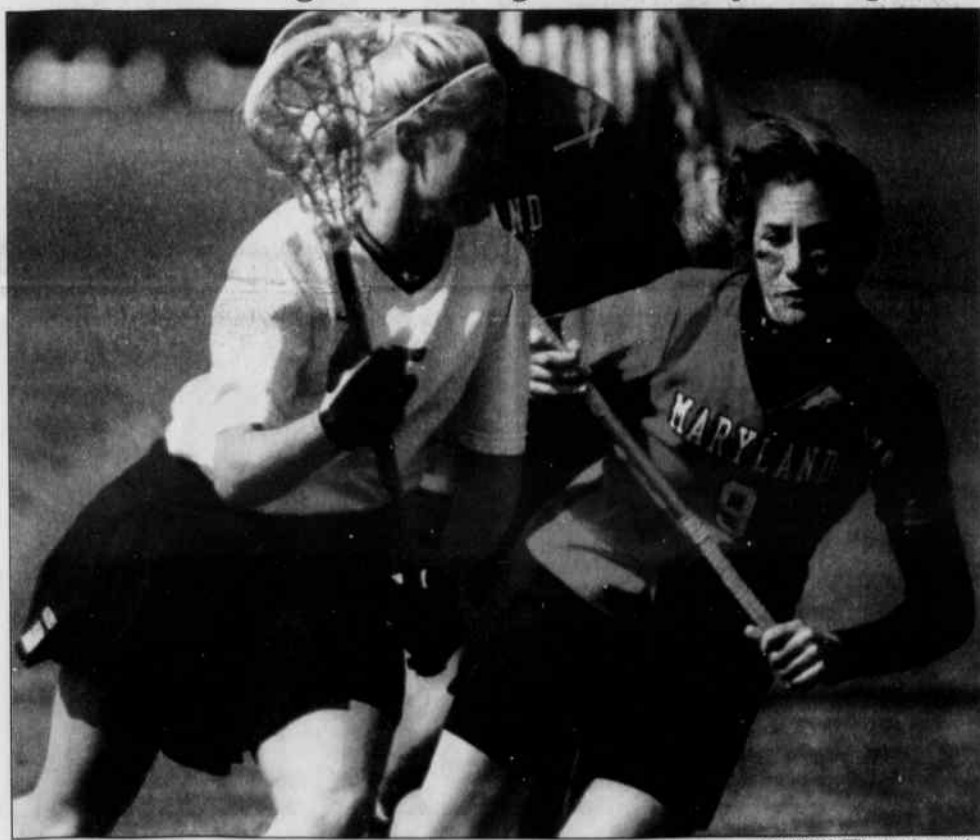
According to Hulton, the effects of weather on a person's health can be directly or indirectly related. Some examples of the weather-related factors that can directly affect health are the pollen count, the air quality index count and the wind chill counts, she said. Furthermore, some indirect health effects are associated with rapid weather shifts and the potential transmission of airborne infections, Hulton said.

"Climate change is likely to have adverse affects on health."

— Linda Hulton
health sciences professor

Lacrosse edges No. 9 Maryland

Dukes end 28-game losing skid to defending national champs



Junior midfielder Lisa Staedt eludes University of Maryland defender Greta Sommers. Staedt scored three goals in the 11-10 win over the defending National Champion Maryland, including the eventual game-winner.

ROBERT NATT/senior photographer

By DAN BOWMAN
assistant sports editor

Finally, the monkey — or in this case, turtle — is off lacrosse coach Jennifer Ulehla's back.

The No. 18 Dukes pulled a stunning 11-10 upset over No. 9 University of Maryland Saturday, ending its 28-game losing streak to the Terrapins, as well as Ulehla's personal eight-game losing skid as a coach against her alma mater. Junior midfielder Lisa Staedt and sophomore midfielder Gail Decker scored three goals each for JMU.

"I've waited a long time — eight years to be exact," Ulehla said. "This win is not only huge for our team now, but I think about all of the alumni who never got a chance to win against Maryland, and about what it takes to become a nationally ranked contender, and I'm very proud."

The Dukes (7-6) won the game by shutting down the Terrapins' (6-5) offensive attack in the second half, holding Maryland to just two goals following halftime after allowing eight in the first half.

Initially they (Maryland) were positioning the ball very

see SHELL-SHOCKED, page 18

Students urged to vote

Registration deadline to vote in Council election nears

By DAVID CLEMENTSON
news editor

Today is the deadline to register to vote in Harrisonburg in time for the City Council election. With the election fast approaching and the rising interest in JMU students' influence upon the election, political science professors discussed the importance of students registering and voting in Harrisonburg.

"Decisions made by the Harrisonburg City Council have a much greater effect on [students'] everyday lives than do the decisions of government bodies where their parents live," said Valerie Sulfaro, associate professor of political science.

Four candidates are vying for two seats in the City Council election May 7. Deb Stevens and Cheryl Talley, both JMU professors, also are running for the seats held by incumbents Democrat Larry M. Rogers and Republican Hugh J. Lantz. Rogers and Lantz each grad-

uated from JMU. Robert N. Roberts, professor of political science, said, "I have always encouraged my students to vote in any election they have the opportunity to vote for. It is very important for college students to take seriously their obligation to be active members of the communities they live in. Far too many young people are not interested in politics."



Sulfaro said, "I believe that JMU students not only have a right to vote in Harrisonburg, but a responsibility to do so. This is where they spend most of the year, where they pay rent, where they work, and where

they pay the bulk of their taxes — property and sales."

Rogers brought the issue of students getting involved in the election to the forefront when he accused Stevens and Talley of using their "power" as professors to "unethically" register students to vote. "It saddened me to see that these are the type of people representing JMU on the large community basis," he said, according to the April 4 issue of *The Breeze*.

Stevens and Talley both refuted the allegations, saying they spend their class time teaching, not campaigning, and there's nothing wrong with students voting.

Lantz said, "If one of my professors asked me to sign a registration form, I'd feel like I was in an awkward situation ... If they did that, it's extremely unethical," according to the April 4 issue of *The Breeze*.

Roberts said he'd "heard a lot of complaints around

see PROFESSORS, page 5

Alzheimer's victims get helping hand

By REBEKAH PORTER
contributing writer

In cooperation with the Area Alzheimer's Association, JMU is helping to alleviate some of the overwhelming burdens faced by family members caring for Alzheimer's disease sufferers.

"By partnering with JMU, we're able to fulfill a real need ..."

— Karen Rose
CCN coordinator and director of the Area Alzheimer's Association

The program, the Caregivers Community Network, was made possible largely by a \$85,000 grant from the Virginia Department on Aging. "The program has been

wildly successful," said Karen Rose, CCN coordinator and director of the Area Alzheimer's Association. "By partnering with JMU, we're able to fulfill a real need that previously we didn't have the resources to meet."

CCN trains JMU students and community volunteers to provide in-home respite companion-care services and other resources for local families coping with Alzheimer's disease.

Currently 30 JMU students and 10 community volunteers have completed the two-hour training. They have begun providing services to caregivers in Harrisonburg City, Rockingham, Shenandoah and Page counties.

Fees for the care vary based on a sliding scale that takes into account income and need.

The Area Alzheimer's Association also is able to provide scholarships for families

see JMU, page 5

Monday, April 8, 2002
DUKE DAYS EVENTS CALENDAR



MONDAY, APRIL 8

- Mark Warner, vice president of student affairs, is speaking on Ethics in the University, 7 p.m. in the Shenandoah Room of Chandler Hall, free admission and a passport event.
- Holocaust survivor Martin Weiss tells of the horrors of Nazi Germany. A wellness passport event co-sponsored by JMU Hillel and UPB, 7 p.m. in the Wilson Hall auditorium.
- Psychology Peer Advising Symposium "Applying to Graduate School," 7:30 p.m. in Taylor 404, contact the Peer Advising Office in Johnston 113 or at 568-6214
- College Republicans meeting, 8 p.m., Taylor 402, for more information visit www.jmu.edu/orgs/republians

TUESDAY, APRIL 9

- Baseball vs. Radford University, 3 p.m.
- Come join Circle K! Have fun and help your community. Circle K meets every Tuesday at 6 p.m., Taylor 305. For more

information, contact Amy at aktrains@aol.com

WEDNESDAY, APRIL 10

- Madison Society's general meetings, 8 p.m., Taylor 400
- Baseball vs. University of Richmond, 3 p.m.
- EQUAL meeting, 6 to 7 p.m., Taylor 309
- Join the ski club at JMU. Meetings are the first and third Wednesdays of the month, 7 p.m. in the Airport Lounge of Warren Hall, for more information, e-mail jmuskiclub@hotmail.com
- CARE weekly meetings, 7 p.m., Taylor 305, for more information, contact Erin Strine at erincem
- EARTH meeting, 7 to 8 p.m., Keezell G-1
- Weekly Take Back the Night Coalition meeting, 8:30 p.m. in Taylor 402, for more information, contact Jordan at kilbyjr or x8-3407

POLICE LOG

BY KIMBERLY MCKENZIE
police log reporter

Brian J. McCue, 20, of Nokesville was charged with possession of marijuana and possession of an ID card that was not his in Wayland Hall April 2.

In other matters, campus police report the following:

Grand Larceny

- Three textbooks were removed from the staff office of Burruss Hall April 3 between 9:15 and 10:45 a.m.
- Seven algebra and calculus textbooks and six geometry books reportedly were taken from a Burruss Hall office between April 2 at noon and April 4 at 9 a.m.
- A JMU student reported 40 CDs missing from their vehicle while they were parked at Greek Row April 4 between 5:40 and 6 p.m.

Petty Larceny

- A JMU student was judicially referred for theft of a gray metal post with yellow and black striping from Frederickson Hall April 2 at 10:18 p.m.
- Three textbooks reportedly were missing from the staff office of the College of Business April 3 between 11 a.m. and noon.
- A JMU student reported a CD walkman was stolen from a vehicle on Greek Row April 4 between 5:30 and 7:30 p.m.
- A JMU student reported larceny of clothes from a dryer in White Hall April 4 between 10 and 11 p.m.

Trespassing

- Non-student William D. Lake, 21, of Stephens City received charges of trespassing at the Convocation Center March 22 at 6:53 p.m.

Number of drunk-in-public charges since Aug. 25: 110

WEATHER



Today
 Sunny
 High 69 Low 52

		High	Low
Tuesday	Showers	70	45
Wednesday	Rain	71	46
Thursday	Scattered Showers	74	48
Friday	Partly Cloudy	70	43

MARKET WATCH

Friday, April 5, 2002

DOW JONES	↑	AMEX	↓
1.67		5.00	
close: 2,987.14		close: 898.61	
NASDAQ	↓	S&P 500	↓
19.72		3.78	
close: 1,770.03		close: 1,122.56	

INFORMATION

The Breeze is published Monday and Thursday mornings and distributed throughout James Madison University and the local Harrisonburg community. Comments and complaints should be addressed to Jeanine Gajewski, editor.

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CLASSIFIEDS

How to place a classified: Come to The Breeze office weekdays between 8 a.m. and 5 p.m.

Cost: \$3.00 for the first 10 words, \$2 for each additional 10 words; boxed classified, \$10 per column inch.

Deadlines: noon Friday for Monday issue, noon Tuesday for Thursday issue.

Classifieds must be paid in advance in The Breeze office.

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NEWS

Celebracion Latina

Dinner and concert celebrate Latin-American culture while raising money for worthy cause.

See below



"The goal of Greek Week is to unite the Greek community through community service, character and leadership."

ANDREA INNES
sophomore

Greek Week brings unity, philanthropy

Fraternities, sororities celebrate leadership, character, service

Greek Week 2002

Monday 4/8

- Pin Attire Day
- Penny Wars/ Food Drive/ Voting for Mr. & Mrs. Greek held on commons 11 a.m.-2 p.m.
- Crest drawing on Greek Row 1-5 p.m.
- Movie Night at Grafton - Stovall - "PCU" 7:30p.m.

Tuesday 4/9

- Greek Letters Day
- Penny Wars/ Food Drive/ Voting for Mr. & Mrs. Greek held on commons 11 a.m.- 2 p.m.
- Sorority Night of Service - 3-5 p.m. Harrisonburg Boys & Girls Club

Wednesday 4/10

- Penny Wars/ Food Drive/ Voting for Mr. & Mrs. Greek held on commons 11 a.m.-2 p.m.
- Blood Drive - PC Ballroom 11 a.m. - 4 p.m.
- Fraternity Night of Service - 3-5 p.m. Harrisonburg Boys & Girls Club

Thursday 4/11

- Penny Wars/ Food Drive held on commons 11 a.m.-2 p.m.
- Greek Sing in Godwin Hall 6 p.m.

Friday 4/12

- Greek Carnival on Godwin Field 3-5 p.m.
- Greek Games 4-5 p.m.
- Greek BBQ & Band (Georgia Avenue) at 5 p.m.

BY KYRA PAPAFIL
news editor

Greek Week, the week-long program that aims to show the united front of JMU's Greek system and to raise money and food for local Harrisonburg charities, starts today.

"The goal of Greek Week is to unite the Greek community through community service, character and leadership," according to Greek Week publicity chair sophomore Andrea Innes.

A major focus of Greek Week is to donate food, money and time to local causes, while bringing together the Greek community, according to Innes.

Tonight at Grafton-Stovall Theatre, the movie "PCU" will be shown at 7:30 p.m. Admission is one canned good to be donated to a local food bank.

Throughout the week, collection boxes will be available at all chapter houses and events for any individuals who wish to make non-perishable food or toiletry donations, according to the Greek Week booklet.

Greek Week booklets can be obtained from the Office of Fraternity and Sorority Life in Taylor Hall or at the OFSL Web site (www.jmu.edu/ucenter/sos/ssl). Innes said all the food

drive proceeds will benefit Valley Mission.

Penny wars, where fraternities and sororities donate money to their chapter's jars, will be held on the commons daily.

According to Innes, "All the money raised will be divided between the Pentagon Fund, which provides financial relief for the families effected by Sept. 11, and a local Girl Scout troop which hopes to build a boundless playground at Purcell Park for blind and handicapped children."

Sorority and fraternity members will visit the Harrisonburg Boys & Girls Club on Tuesday and Wednesday afternoons, where there will be carnival booths for children to get their faces painted and participate in carnival games said Greek Week community service chairman Stacey Abraham, a senior.

Pi Kappa Phi member sophomore Borna Azabdar said, "I enjoy volunteering at the Boys & Girls Club because I love the kids."

From 11 a.m. to 4 p.m. Wednesday any individual in the JMU community can stop by the PC Ballroom to donate blood to the American Red Cross.

On Thursday evening the

Godwin Hall Gym lights will dim as each fraternity and sorority chapter has the option of competing against one another in song and dance, hoping to win Greek Sing.

Zeta Beta Tau member sophomore Mike Semler said, "Greek Sing is my favorite part of the week because it's where all the brothers come together and work on a crazy dance."

Zeta Tau Alpha member junior Courtney Sullivan said, "I always love Greek Sing. We work so hard to prepare for it, and it's always such a big fun event where everyone comes out, and everyone has so much spirit and pride in their organization."

Greek Week culminates Friday with the Greek Carnival on Godwin Field at 3 p.m., which includes, the Greek Games from 4 to 5 p.m., the Greek BBQ and live entertainment by Georgia Avenue at 5 p.m.

Approximately 1,800 out of JMU's 14,069 students are members of fraternities and sororities, according to the OFSL Advisor Carrie Peak.

"We want to show the JMU and Harrisonburg communities that we are united for a greater cause and are more than just partiers," Innes said.

CINDY TINKER/senior artist

Celebracion Latina



The Shenandoah Room filled with supporters Saturday to celebrate the Latin-American culture while raising money for charitable organizations. The event was co-sponsored by Hermandad de Sigma Iota Alpha, Latino Student Alliance and Peer Mentors. Proceeds were divided equally between Migrant Education in Harrisonburg, and Cahsee, a Northern Virginia-area based organization that helps Latin-American families with mentally or physically handicapped members. The dinner was followed by the band Kareo performing salsa and merengue music in the PC Ballroom (left). Supporters dance to the sounds of Kareo (right).



PHOTOS BY MATT CARASELLA/staff photographer

Cincinnati to settle racial-profiling suit

BY TONY PUGH
Knight-Ridder Newspapers

Nearly a year after the fatal police shooting of an unarmed black man set off several nights of riots, Cincinnati's leaders Wednesday reached tentative agreement on sweeping changes in the police department and settlement of a racial profiling lawsuit.

The 60-page agreement, which capped marathon talks between police, city leaders, community groups and the U.S. Justice Department, could provide a model for other cities under acute racial stress.

But it won't end a boycott of Cincinnati's downtown hotels, restaurants and entertainment venues by local black organizations.

If approved as written, the pact would restrict the use of police dogs and chemical irritants, improve the investigation of citizen complaints, enhance police interaction with community groups and set clear guidelines to govern the use of force on suspects.

"This will be the most comprehensive police-community agreement in the country. When fully implemented it will change the way policing occurs in Cincinnati," said Scott Greenwood, general counsel for the Ohio American Civil Liberties Union which filed the profiling lawsuit.

"This is a historic moment for Cincinnati," Cincinnati Mayor Charlie Luken said. "I strongly believe both agree-

ments will significantly reduce crime and improve police-community relations."

The Rev. Damon Lynch III, a black minister who helped negotiate the agreement, called it a "monumental first step" toward racial healing.

But Lynch, one of the boycott's organizers, said that because the tentative agreement fails to address pressing economic needs for blacks, "the boycott will go on even when this agreement is signed, sealed and delivered."

Julie Harrison Calvert, a spokesman for the Greater Cincinnati Convention and Visitors Bureau, which has been courting tourism in spite of the boycott, called Lynch's comments "extremely disappointing."

"It's interesting that the ones who are so quick to criticize the city for not changing are the first to look the other way when progress is being made," she said.

The boycott gained momentum in recent months when entertainers such as Bill Cosby, Whoopi Goldberg, Smokey Robinson and Wynton Marsalis canceled performances.

A national black religious group also canceled a 10,000-member convention that would have generated more than \$8 million for the local economy.

Last week, local religious groups marched through the riot-torn Over-the-Rhine neighborhood urging racial harmony.

But local radio call-in shows still crackled with emotional tirades from white and black lis-

teners with strong opinions.

"The rhetoric has been fierce and fever pitched," Luken said.

Luken and others say the boycotters tarnish the city's image and ignore efforts to improve race relations.

Luken said he wouldn't negotiate with the protesters because their leadership is scattered among three groups and some of their demands were unreasonable and unclear.

Among them, Luken cites a demand that "economic apartheid" be eliminated in Cincinnati. The Rev. Lynch said the phrase refers to the need to invest more money in black communities.

Boycott organizers also want amnesty for people arrested in the 2001 riots and the resignation or firing of Cincinnati Police Chief Tom Streicher.

Streicher did not return phone calls. A police spokeswoman said the department likely would not comment on Wednesday's agreement until the City Council votes on it Friday.

A recent census tract study by researchers at State University of New York-Albany, found that Cincinnati is the nation's seventh most segregated city for whites and blacks. Other highly segregated cities also suffer troubled policing.

Even among Cincinnati's blacks, support for the boycott has been mixed. Alicia Reece, the city's vice mayor, opposes it.

So does recently retired U.S. Circuit Court of Appeals Judge Nathaniel Jones, a long-time civil

rights activist who defended black boycotters in Mississippi in the 1960s as a former general counsel for the NAACP.

"A boycott should be the strategy of last resort, not the first," said Jones, who sent Bill Cosby a letter urging him not to cancel his Cincinnati performance.

Cincinnati's riots began April 7 when Timothy Thomas, 19, was shot and killed while running from police.

Thomas, who was wanted on numerous misdemeanor charges, was unarmed. He was the 13th black man to die in a confrontation with Cincinnati police since 1995.

The riots lent power to the ACLU's racial profiling suit against the city and its police department, filed weeks before Thomas was shot.

Pressed by a federal judge, the ACLU attorneys recognized that some of their issues were the same ones raised by the Justice Department and the groups began joint talks with the city, police and black leaders.

They agreed to include new police guidelines in the settlement of the profiling lawsuit.

The new agreement calls for a monitor to enforce the changes. A federal magistrate will work to resolve disputes over the agreement, and a federal judge will have final oversight over disputes that cannot be resolved otherwise.

The agreement must now be approved by black community organizations, the Fraternal Order of Police, the City Council and the ACLU.



JOHN SOMMERS/WKRT Campus

Demonstrators calling for racial harmony march through a Cincinnati, Ohio neighborhood March 29 where riots erupted last year after police fatally shot an unarmed black man.

Gospel singers celebrate 30th anniversary



JANE MCHUGH/senior photographer

Members of the Contemporary Gospel Choir brought the house down yesterday afternoon in Wilson Hall. The Gospel Extravaganza wrapped up a weekend-long celebration of their 30th anniversary.

GOSPEL, from page 1

choir members came together for three days packed full of events.

"After this weekend, we will never be the same," said sophomore Shawn Wright, assistant director. "What a powerful weekend it was. And it only gets better."

Founded in 1972 by 13 JMU students with the intent of sharing the gospel of Christ Jesus through song, CGS has performed in various Baptist student union retreats in Georgia, Texas and Kentucky, according to junior Ashla Hill who organized the anniversary weekend.

"It was founded on strong Christian principles," freshman Wanda Wright said.

Sophomore Niketa Savage said, "There's a family bond. CGS is my home away from home."

According to Hill, CGS's mission is "to convict and cause people to make life changes."

"There's a lot of people on this campus that need to be saved."

Hill said that while the 30th anniversary weekend offers an opportunity to celebrate the group's achievements, as with CGS's overall mission, the weekend's common goal was the hope that someone would get saved.

CGS practices weekly in the

music building, often adding new gospel selections to its repertoire of songs.

According to Hill, in addition to the various performance opportunities during the school year, they have three permanent annual campus concerts: Parent's Weekend, Homecoming and a yearly anniversary banquet.

Hill said that for the first time this year CGS had three new successful events: a "hallelujah party," a money management seminar and "Eulogy for the Martyred Children," which commemorated children who died during the Civil Rights Movement.

According to Hill, in the early '90s CGS placed fourth in the national Baptist Student Union retreat in Houston, Texas, having the second most choir members. "CGS used to have over 120 members," Hill said.

"It was standing room only in their practices," senior Rhaucheeba Fuller said.

The group has fluctuated in numbers through the years.

Currently, CGS touts a solid base of 22 core members, according to Shawn Wright, who coordinates the touring.

"But we have grown stronger as far as our spirituality in Christ," Hill said. "CGS is into

spiritual growth, not performance. Instead of quantity we're interested in quality."

According to Fuller, "People are reaching to know God more, and experiencing him."

The weekend began Friday night with Jesus Jam, an evening of singing, dancing, worshiping and all-around partying.

Around 50 attendees gathered in Converse Hall.

First CGS performed songs, then the whole group played games and concluded the night by dancing, praying and worshipping non-stop until 2 a.m.

"We got high off the spirit and drunk off the holy ghost," Shawn Wright said. "The Jesus Jam was created for the purpose of showing others that Christians can get together and have fun too."

Shawn Wright said, "We sang gospel songs, played games, danced to Christian music in a very diverse environment, with all different cultures represented."

She said, "The Jesus Jam was also open to non-Christians in hopes to share the gospel of Jesus Christ in a loving form."

Sophomore Justin Robinson said the Jesus Jam was "a time when Christians can get together and fellowship in a joyful manner, especially for those who

want an alternative to the parties that don't glorify God's name."

Shawn Wright said, "It showed that Christians can party without drinking and without drugs and just have fun fellowship."

Robinson said, "We love to praise the Lord because in times of going through school, facing tests and exams, he always seems to bring us through. And it's the least we can do, to praise his name."

Saturday night CGS held a formal banquet at Shenandoah Grille with current members, families and alumni.

The new Executive Council officers were announced and various choir members performed individual selections, while celebrating CGS's 30 years of ministry.

"It was a blessed atmosphere with lots of food, fun and fellowship," Savage said.

Following the banquet, the group gathered again in Converse Hall until 4 a.m. to sing, dance, play pool and worship God.

Even though they'd stayed up most the night, just a few hours later CGS members got up at 11 a.m. Sunday for their University Sunday church meeting in Taylor 202.

More than 100 people were in attendance for the vibrant service.

Elder Gary Foreman from Abundant Life Ministries in Mechanicsville preached, and he brought his praise team and praise dancers to help lead the congregation in worship.

"He preached a dynamic sermon and the praise team sang under the anointing (of God's spirit)," Hill said.

Then CGS concluded the weekend anniversary celebration with their Gospel Extravaganza Sunday.

Preachers challenged the audience in their relationships with God, and eight different groups, plus CGS, performed musical selections to a packed, animated house in Wilson Hall.

First, CGS - decked-out in their bright purple and gold robes - led the enthusiastic crowd in their professional song "Anyway You Bless

Me," as the audience sang along with every word, clapping and dancing.

For the offering selections, directors Tinsley and Shawn Wright directed the choir in "Perfect Praise" and "How Much We Can Bear."

In addition to the choir performances, Pastor Payne and "the Rev. and Mrs. James Wright (from Charlottesville) all brought words of wisdom to the attendees" when they spoke during the event, Hill said.

Each of the eight choirs performed two pieces, with the exceptions of CGS, the 80-member choir UVA's Black Voices and the 35-member Gospel Tabernacle Baptist Church Youth and Young Adult Choir from Baltimore, which each performed three songs.

of CGS solely as a singing group that performs at big functions, like Martin Luther King, Jr. Day and Christmas events, they don't want to be viewed as a performance group, rather a ministry, according to Fuller.

"We want everybody on campus to know it's a ministry, not just an organization," she said.

The anniversary weekend gave members a chance to reflect on the group's accomplishments, its future and where CGS has taken the students individually.

For Wanda Wright, CGS has provided her an opportunity to meet fellow believers and be awed by the group's passion for God.

"Coming into choir and seeing people praise the same God I praise is awesome," she said. "It's a big large group that's not afraid to praise the Lord. It's off the hook just to see that large group of men and women of God."

Fuller said, "People's lives have changed. It's just amazing to see how God has worked. He's healed sicknesses, delivered people from situations and fought spiritual battles."

Savage takes pride in the group and its up-standing character. "I'm proud to be a part of something that's so positive, especially among minorities," she said. "I look forward to rehearsal every week so I can see my brothers and sisters and have a good time of fellowship."

Many members say they hold high expectations for the future of CGS. Shawn Wright said he foresees the choir recording a CD.

For Hill, the brightest future would be the group enabling others to lead satisfying walks with God.

"We want people to experience Christ just like we have," she said. "I don't know what I would do without Jesus in my life. I know that I can depend on Christ. I couldn't have the joy that I have if I didn't have Christ in my life."

Sophomore David Peoples said, "I can only imagine what God has in store for the next 30 years of CGS."

“
What a powerful weekend it was. And it only gets better.

— Shawn Wright
Contemporary Gospel Singers
assistant director

Also taking the stage were Eastern Mennonite University's Gospel Choir, Oak Grove Baptist Church's choir, the Northeast Community Choir and St. James Baptist Church's choir from Virginia Beach. "All the choirs were dynamic," Hill said.

At 6 p.m. all nine groups came together on stage to sing the "unity selection" entitled "I'm Determined."

The grand finale kept the crowd on its feet as the weekend was concluded with one final showing of determined unity in the body of Christ, according to Hill.

"The Lord was there," Fuller said, who described the auditorium as "a crowd of people expecting something from God." Hill said, "It was a powerful experience."

While many members of the JMU community may just know

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N.A.A.C.P. 2002
Image Awards Ceremony

TOMORROW
7:00 P.M.

(Ceremony will begin promptly at 7:30 p.m.)

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Semi-formal/Formal Attire Requested
Light Refreshments will be served

A night dedicated to celebrating outstanding minority student and faculty leaders in the JMU community

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Professors, officials offer reasons to vote

PROFESSORS, from page 1

town" of professors urging students to register and vote. "I believe strongly that students should register to vote. We should not look suspiciously at students voting."

Sulfaro said, "Given that JMU students numerically constitute approximately 50 percent of the total population of Harrisonburg, and more than half of the adult population, it is unconscionable that any democratically elected body would feel it appropriate to ignore their views ... I believe a political official who has no desire to be responsive to the needs of the majority in the community is in the wrong line of work in a democratic society ... I have no sympathy for elected officials who fear student voting power. If you alienate the largest voting bloc in town, you don't deserve to be re-elected."

Although the student body could compose a significant voting bloc in city elections, Roberts said he's never seen that occur. "Students have never been a significant factor" in the election, Roberts said. "They've never been a significant margin in any race I can remember."

Along the same lines, Roberts said the latest allegations related to the involvement of JMU students in the election may actually boost voting. "Where students take an interest in the election is when a candidate says something anti-student," he said,

adding, "It's just sad it's gotten like this, and it's just sad that students have gotten caught in the middle of this."

Roberts said the low student voter turnout "may change this time, because of all the controversy surrounding [the election]."

“*Students have never been a significant factor [in the election].*”

— Robert N. Roberts
professor, political science

”

Last Wednesday night the four candidates attended a candidate forum sponsored by the Student Government Association. The contenders debated issues, discussed their platforms and answered questions about their elected role on behalf of students. The event also served as a registration drive, in which many students registered to vote in Harrisonburg for the council election.

Sophomore Andrea Fischetti, a member of the SGA, said she registered to vote at the forum. "I got registered to vote there,

so I could vote for the City Council members," she said.

According to Fischetti, about half the attendees registered and filled out absentee ballots. "I probably wouldn't have voted if I hadn't had this opportunity to hear them speak," she said.

Both Fischetti and sophomore Jenny Brockwell, who also helped organize the event for the SGA, said the four candidates posted themselves to appeal to JMU students, talking about their involvement at JMU. "Lantz and Rogers both were wearing JMU apparel," Fischetti said. According to Brockwell, "They both had on JMU jackets and a hat. And Larry Rogers was wearing his alumni shirt."

Although many students may consider themselves residents of their hometowns, Sulfaro and Roberts pointed out that JMU students already are considered residents of Harrisonburg, even if their voter registration is for their hometown. "Since they're counted in the census numbers, they're residents," Roberts said.

According to Sulfaro, "JMU students are considered residents of Harrisonburg for the purposes of the United States Census, which determines allocation of federal funding and congressional representation. Students pay rent — and, thus, property taxes — in Harrisonburg. They live here for between nine and 12 months of the

year. To claim that they should be excluded from local politics because they don't reside here is simply false."

While some may assume that City Council meetings and actions don't involve JMU students, Kevin Cloonan, assistant professor of political science, disagrees. Cloonan, a Harrisonburg resident, said, "There's all kinds of things that affect the students. Anybody living in the city gets affected by the way the City Council votes." He mentioned sales tax changes and "services provided in the city" as two examples.

Roberts said City Council actions "always affect students." He listed traffic and housing patterns as examples.

"The 15,000 students at this university contribute a tremendous amount to this area's economy," Roberts said. "Without those 15,000 students, the economy would be in very bad shape. The students should be appreciated."

Sulfaro agreed, saying, "I'm always surprised that long-term residents of Harrisonburg do not appreciate the contributions that JMU students make to their community. They pay the same property and sales taxes as everyone else, but they are much less of a drain on local resources in that they don't send their children to public schools, utilize local hospitals less than other residents, etc. In effect, the students underwrite a large part of the

schools, roads, parks and other public resources for the rest of the community."

According to Sulfaro, the Harrisonburg community seems to appreciate JMU students' purchasing contributions, "yet, when election time rolls around, [students] are told that they don't belong here and their votes are not wanted," she said. "The message that the city of Harrisonburg sends them is 'give us your money and shut the hell up.'"

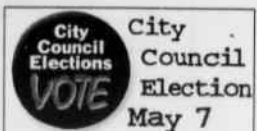
Sulfaro said that while students may greatly help Harrisonburg financially, they also may agree with the community's basic values. "Contrary to the myth that seems to pervade local public opinion in Harrisonburg, I believe that the JMU community shares the same basic interests as the rest of Harrisonburg," Sulfaro said. "Our faculty, staff and students want to live in a community that is safe, we value economic revitalization in our downtown, we frequent the area's parks and so on."

According to City Registrar Emily Long, today is the last day to register to vote in Harrisonburg in time for the City Council election. Long said the City Registrar's office is open from 8 a.m. to 5 p.m. today. The office is located in the downtown municipal building, 345 South Main St. Long said it takes "just a few minutes" to register to vote.

"It's very easy (to register)," Roberts said. "You simply go downtown and tell them you're a resident, show them your ID and you register. It's just a good idea, and people should not be afraid of it."

Sulfaro said, "I hope concerned students will ... register to vote [today]. They have an important role to play in creating better government for everyone."

Even though the City Council election occurs after final exams and many students will have already left Harrisonburg for the summer, Long said students can fill out an absentee ballot in her office any time before May 4.



Monday April 8 is final deadline to register to vote in Harrisonburg

City Registrar's Office
office open 8 a.m. to 5 p.m.,
in downtown municipal building
345 South Main Street

can fill out absentee ballot in office anytime before May 4

CINDY TINKER/illustration

Programs abroad attract students

PROGRAMS, from page 1

lifetime," Greene said. "It was the most enjoyable semester of all my years here at JMU."

Programs not offered through JMU, such as studies in Japan or Israel, are offered through other universities, national study-abroad organizations, or direct enrollment with the foreign university. According to Ciccone, these programs are increasing in popularity. OIP helps with non-JMU programs as well. Students interested in the non-JMU programs can still go through JMU's OIP for registration information. Additionally, students from other schools can take JMU's OIP classes.

Ciccone said there are about 107 students studying abroad this semester through JMU's programs. Ciccone said students choose to go through "our own programs because it's very

structured and has a great reputation. We work as a team."

Junior Pat Diaz plans to study in Salamanca, Spain this summer. "I'm going there to learn the Spanish language and increase my knowledge of the culture," he said. "I also think it'll be a great experience."

The two application deadlines are November 15 for the spring and summer sessions and February 1 for the fall semester, although Ciccone recommends applying as soon as possible, about a year in advance, because the sessions fill up quickly.

Applications are located in Hillcrest East located next to the Hillcrest House, by Carrier Library or by visiting www.jmu.edu/international. The Web site also includes links to programs not offered directly through JMU's OIP.

JMU students give Alzheimer's caregivers much-needed help, relief

JMU, from page 1

in need of financial assistance.

Other services offered by CCN include a free telephone information and support hotline, electronic information and support, as well as educational and support programs for local caregivers.

"The people who need us, need us incredibly much," said CCN co-director Merle Mast, associate professor and head of the JMU department of nursing. "The people who use us have enormous need."

According to the Area Alzheimer's Association there are over 3,000 known sufferers of Alzheimer's disease in the area served by CCN.

The program currently is serving 20 clients, according to Marilyn Wakefield, co-director of the program and assistant professor of social work.

She said many of these care-

givers are at the desperation level and are in serious need of the assistance.

“*What caregivers need is a break.*”

— Karen Rose

CCN coordinator and director of the Area Alzheimer's Association

CCN volunteers aid caregivers by taking care of patients in the home for up to three hours, running errands such as picking up prescriptions and transporting Alzheimer's sufferers to doctor's appointments and church services.

The grant money for CCN came after a JMU-generated study of 39 area caregivers conducted three years ago, Mast said.

The study showed the serious need to provide family caregivers respite from the overwhelming burden of caring for homebound elders.

"What caregivers need is a break," Rose said.

Since its creation in September, CCN has generated a lot of interest among JMU students, Mast said. Many of the student volunteers are in the nursing and social work programs, but there also has been interest from students in seemingly unrelated majors.

"We have students from SMAD and SCOM who are helping us with our publicity," Mast said. "Everyone is helping in wonderful, creative ways."

Mast said CCN would like to have more student volunteers for this summer. "It doesn't have to be connected with a course," Mast said, "and the training is on-going as needed."

According to Mast, CCN currently is looking into sources of fund raising so that they can continue the program after the grant money runs out. "We're really hoping that we can have people donate scholarships," Mast said. "We're hoping to involve area churches."

According to Wakefield, they also are seeking a \$25,000 grant for a qualitative study looking at the barriers for caregivers preventing them from accessing CCN's services.

Students interested in getting involved with CCN can contact Rose at rosekn or x8-6454.

Rapid change in weather, other factors affect health

RAPID, from page 1

weather."

Dana Ensley, coordinator of fitness programs and nutrition at UREC, agrees with Smith. Ensley said the sick population likely is related to the coming allergy season rather than the inconsistent weather. Apart from the allergy season, people start to break down due to fatigue from crunch time, Ensley said.

Junior Mathew Boyer,

“*... this rapid change of weather breeds sickness.*”

— Mark DeNoble

TSC professor

who was sick a few weeks ago, also supports this hypothesis. Boyer said, "I think I was getting stressed out over schoolwork, and that led to my sickness."

In either case, according to Mark DeNoble, professor of technical and scientific communication, attendance in his classes has been dropping recently. "On the hot days, sometimes I feel students are just skipping to be outside," DeNoble said. "But on the

other hand, this rapid change of weather breeds sickness."

Both DeNoble and Hulton agree that when students are sick, most professors are understanding and prefer for them to stay at home and rest.

Hulton urges ill people to get treatment. Other than that, "it is the obvious things that you learned in kindergarten [such as] rest, stay[ing] hydrated and cover[ing] your mouth when you cough [so as not to spread germs]."

With the apparent increase of sick students, some students may worry that they will be more easily infected. "Students can increase their resistance to illness by some of the most simplest behaviors, such as good hand washing, the avoidance of drinking after one another, good nutrition, rest and exercise," Smith said.

Additionally, Ensley emphasizes the importance of time management in avoiding sickness. Staying on

task and not procrastinating will allow students to get more sleep and therefore stay healthier, Ensley said.

Although this may be difficult, many students recognize the correlation between good time-management skills and staying healthy. "It is sometimes tricky to manage my time between work and class, yet when I correctly map out my time and get more sleep, I feel much more energized," senior Kathryn Mailloux said.




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Spiders

April 10



I really want to change my major and not graduate a year behind my class. There's got to be a way to earn some extra hours this summer!!

 **2002
Mason Summer Term**

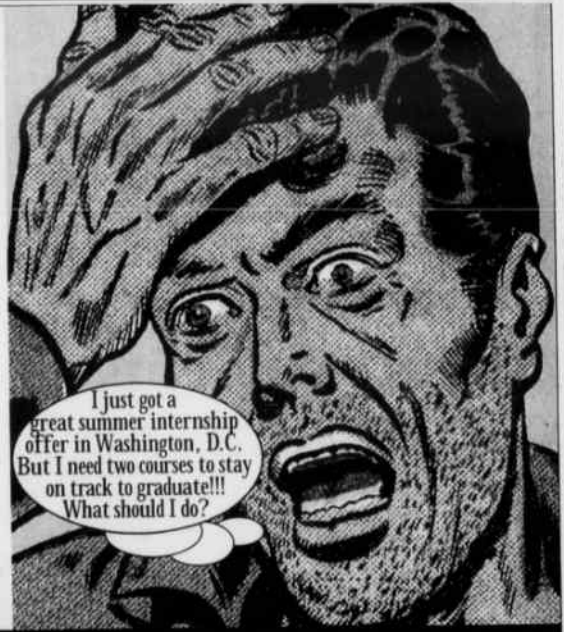
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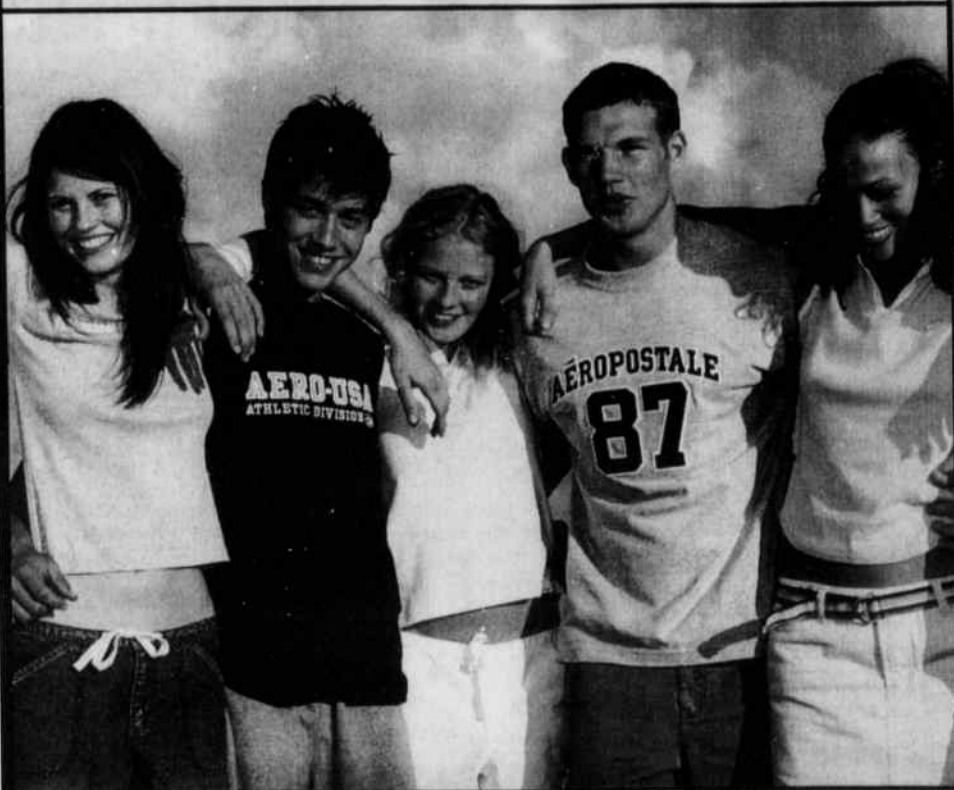


I just got a great summer internship offer in Washington, D.C. But I need two courses to stay on track to graduate!!! What should I do?

Will Brenda get the credit hours she needs to change her major? Can Bobby accept the internship and attend classes? Will you return to school in the fall with the same number of credits or, with a few extra hours earned this summer? Tune in to find out in Summer Term at Mason!

AÉROPOSTALE

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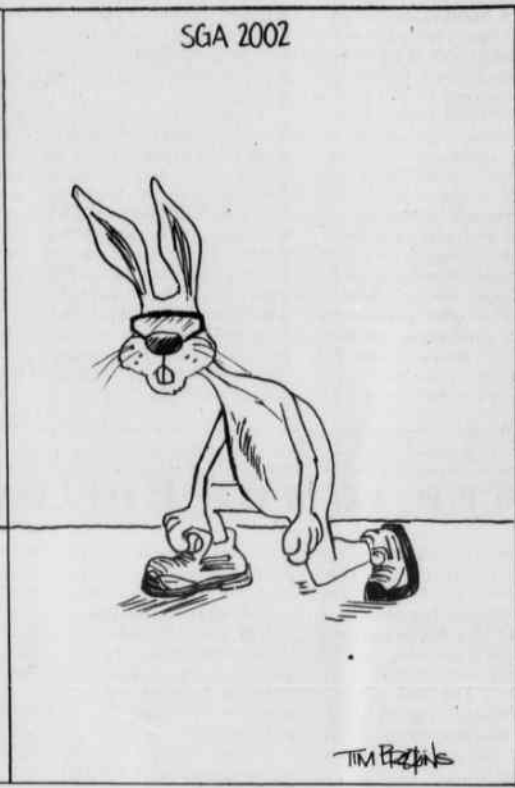
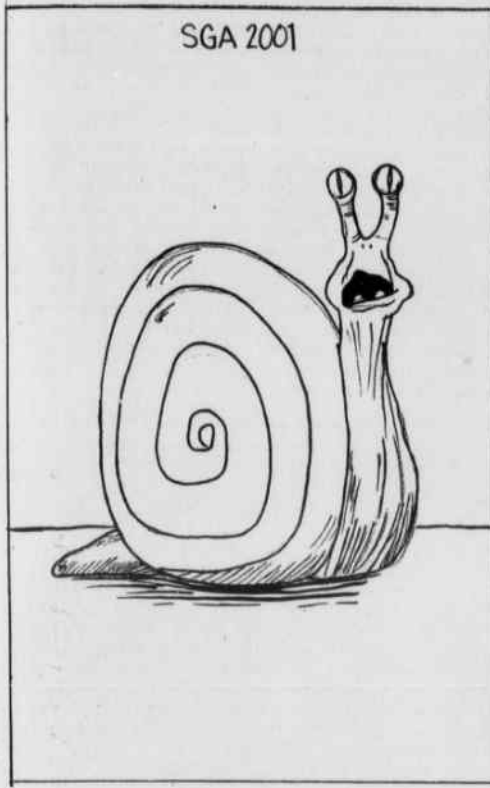


AÉROPOSTALE IS PROUD TO SPONSOR COLLEGE ATHLETICS

OPINION

"The truth of the matter is that AIM has broken through the world of communications ..."
 JESSICA OLIVA
 junior
 see story, page 8

"This year we witnessed the two segments of the SGA working as they were intended ..."
 see house editorial, below



JESS HANEBURY THE JERBOA JAC cards soon to take over campus

The following is not intended to scare the readers, but simply inform him or her of the upcoming takeover of our university, country and most likely, world.

JAC cards are aliens. Over the past three years here at JMU, I've come to discover that not only are JAC cards living organisms from the planet Flextron, but they are trying to take over Harrisonburg.

Through careful research, I've been able finally to uncover their motives and methods, in order to regain control of our university before they are able to take over the world.

I know you are skeptical, but please take the time to consider the facts. JAC cards always seem to disappear right when they are needed, many times right at the cashier of an on-campus dining facility, thus leaving the JAC card-less hungry and weakened. We rely on our JAC cards so much that by the first month of school freshman year, students can't remember life without them. They control our eating, exercising, entrance into dorms and on-campus identification.

Now that I have your attention, let me explain how they got here. Although the aliens have been watching our university for years, because of our supreme intellect and power, it wasn't until three years ago that they successfully were able to find a way to enter onto our campus inconspicuously.

Those who are old enough can recall the change of the JAC card design in 1999 from a plain purple to the current design: a paw print and the Wilson Hall cupola. Both are familiar icons to JMU students, which is exactly why the aliens chose them. That's right, the aliens designed our JAC cards. The reason is simple: Once they saw how vital the card is to our everyday lives, they knew there was no better way to gather information about us successfully without any suspicion.

So what exactly are our JAC cards? Well, the paw print is a high-tech fingerprinting device that identifies the user. The Wilson cupola picture is, of course, the miniature satellite that is used to communicate information from the alien that lives in the card back to the mothership.

As previously mentioned, the JAC cards disappear in order to render the human weak by lack of nourishment, but that is not the only reason. When a JAC card is lost and has to be replaced, this is actually because it ran away. This is so that another JAC card will be cre-

ated so that more aliens can come down from the mothership.

Many JAC card pictures are less than complementary. This is no mistake. They are meant to give the owner less self-esteem and therefore, not feel confident in battle.

Another way the aliens have devised to take over our campus with the JAC cards is the way a JAC card makes us believe that we aren't actually spending money. By depleting all our funds and brushing it off with comments like, "Oh, Dining Dollars aren't real money," we actually are using funds that later could have been used to buy giant bazookas to blast away the aliens.

The only way left to defend ourselves from the aliens is to use our own strength. Unfortunately, the aliens already have thought of that. Most of us gain strength by working out at UREC, where JAC cards must be swiped to gain entry. They are monitoring who goes to UREC the most so they will know which persons are to be eliminated first.

Less intelligent readers might be thinking, "How is a little tiny alien in a JAC card going to take over the world?" The aliens are not tiny at all. They are all at least 6 feet tall and have muscles with diameters bigger than a coffee can. It makes perfect sense that they can fit in the card. If you can fit a dining plan for a whole semester, plus Dining Dollars and even more money in FLEX, its only logical that you can squeeze in a 6-foot purple and gold alien. (Oh yeah, they're purple and gold, did I mention that?)

Fear not, we are not totally lost. I am proud to say that Card Services has been on the case since they discovered the alien infestation late last spring. In an attempt to cramp the aliens and perhaps make their feet fall asleep or something, they have made the JAC cards thinner, thus leaving them less room to move around. They also have ceased giving them mints on their pillows. (OK, the mint thing was a joke. Aliens don't like mints anyway.) Although a noble effort, much more must be done in order to protect our planet.

It is very important that we recognize this as a real problem. It does exist. So mother, when I ask you for \$20 to replace a JAC card, please remember, it is not my fault. It ran away.

Jess Hanebury is a junior SMAD major who is finalizing plans for Alien Take-over Awareness Week.

HOUSE EDITORIAL

Speedy budget meeting revives faith in student government

If this year's Front-End Budget meeting had conformed to the Student Government Association's status quo regarding the delegating of funding to our university's student programs, we might have witnessed another 12-hour debacle reminiscent of the FEB marathon of April 3, 2001. According to the April 4, 2002 issue of *The Breeze*, the 2001 FEB meeting ran from 5 p.m. to 5 a.m.

Sadly, as a whole, we have come to expect governing bodies to move at roughly the same speed as tectonic plates. The norm is a casual acceptance that our political unions will fail to execute their duties with all the diligence and efficiency that we should expect them to.

But congratulations to the 2002 SGA members for not granting us more reason to harbor these low expectations. This year's meeting lasted just three hours, and according to SGA Executive Treasurer Chris Fortier was the shortest FEB meeting in 10 or 15 years.

"Everyone knew the horror stories of last year and everyone did their homework," Fortier said.

Senate Pro-Tempore Stephen Davis said, "Better planning went into this year's [FEB]. This was probably the most experienced finance committee in years ... Experience has built up over the years and worked out all the kinks, and it cut back the time." Davis also said that the haste in which the hearings were concluded is due to the increased amount

of communication between the involved parties, thus eliminating some of last year's controversy.

Opening up the lines of communication and allowing more people to be more actively involved in the creation of the budgets allowed the process to run more smoothly and for groups to, seemingly, be more satisfied with the decisions that were made. Granted, this is not a revelation of divine proportions, but one that nonetheless instills in us a little more confidence in the functioning of our governing body.

Apparently, this year's hearings lacked the prolonged debating and posturing of the '01 marathon.

as they were intended, producing the much-desired effect of speed and thrift.

The jaded mind might suggest that the senate merely acquiesced to the committee's suggestions in an effort to expedite the budget hearings, thus eliminating the possibility of another excruciating ordeal. Based on the immediate reactions of all involved, though, there is no reason to believe that. The increased preparation for the hearings by all parties and greater participation by the organizations involved would seem to indicate that the revised FEB meetings this year was a success compared to those of the 12-hour variety.

Could this perhaps instill in us a little more optimism with regards to the functioning of the SGA? Certainly. If they can learn from the mistakes of a meeting that spanned what must have seemed to be lifetimes, then certainly we can be expected to combat the skepticism that has us believe in the inherent inefficiency of our student government.

The Breeze

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"To the press alone, chequered as it is with abuses, the world is indebted for all the triumphs which have been gained by reason and humanity over error and oppression."
 — James Madison

EDITORIAL POLICY

The house editorial reflects the opinion of the editorial board as a whole, and is not necessarily the opinion of any individual staff member of the Breeze.

Letters to the editor should be no more than 500 words, columns should be no more than 1000 words, and both will be published on a space available basis. They must be delivered to *The Breeze* by noon Tuesday or 5 p.m. Friday. *The Breeze* reserves the right to edit for clarity and space.

The opinions in this section do not necessarily reflect the opinion of the newspaper, this staff, or James Madison University.

Darts & Pats

Darts & Pats are submitted anonymously and printed on a space-available basis. Submissions are based upon one person's opinion of a given situation, person or event and do not necessarily reflect the truth.

E-mail darts and pats to breezeedp@hotmail.com

Pat...

A "way-to-shake-your-bootie" pat to the two guys who braved Zane Showker in nothing but extra small JMU work-out shorts to cheer on a tour.

Sent in by two sophomores who think there's no better way to catch new students than to show some leg.

Dart...

A "way-to-be-student-friendly" dart to the University Health Center.

Sent in by a sick student who doesn't plan her sickness around business hours.

Pat...

A "thanks-for-giving-us-hope" pat to a certain opinion writer for his article on love that made us realize there are still a few decent guys out there.

Sent in by some freshman girls who agree with you and wonder why they can't find guys who feel the same way.

Dart...

A "get-a-room" dart to the naked couple getting it on in the Keezell elevator Saturday.

Sent in by someone who's going to take the stairs from now on.

Pat...

An "I'm-sure-glad-I-was-watching-out-for-landmines" pat to the individuals who organized and executed Landmine Awareness Week.

Sent in by a senior who can't wait to read the news that the landmine problem is cured because JMU students are now aware of them and because of your efforts is even more so looking forward to Pothole Awareness Week.

Dart...

An "I-know-where-I'm-not-living-next-year" dart to a certain apartment complex for enforcing seven-days-a-week towing because of lack of parking for residents and then further increasing the problem by making two spaces from every building handicap.

Sent in by an annoyed resident who thinks that if your goal is to make the buildings more handicap-accessible you should start drawing up your plans to put in elevators.

Instant messenger has important role in society

BREEZE READER'S VIEW

JESSICA OLIVO

I would bet an extravagant amount of money that there isn't a student on this campus who hasn't encountered some form of instant messaging during their time in college. (Please don't try to take me up on this bet because Spring Break left me with not even close to an extravagant amount of money.) It occurs to me that this modern convenience — and by convenience I mean life sucking parasite sent to us from Satan himself — has taken on a life of its own. The first thing I do when I wake up in the morning is turn on my computer and sign onto AOL Instant Messenger. I'm not one of those people who leaves away messages up saying in the form of one quotation or another that I'm sleeping — but this is only because I am broke and trying to keep down the electricity bill. When I come back from classes at the end of the day, I

go straight to my computer and check to see if I've received any messages in my absence. When I should be doing work, you can find me on AIM.

This is all old news. People have been addicted to instant messaging for a few years now. What's interesting to me is how AIM has begun to mirror life in so many ways. We've moved from the real world into the cyber world, and our live actions have started popping up on the computer screen.

First of all, there are screen names. This is almost as important as your real name. In fact, it might just be more important because you get to choose it yourself and can't fall back on, "what were my parents thinking?" Some people even have multiple screen names. This comes in handy for stalking. AIM stalking is when you want to see

who's online, but you don't want them to see you. Second screen names are also helpful for when you want to talk to just a small group of people and not have everyone you've ever met IM you while you're trying to break up with your boyfriend over Instant Messenger. (Do people do this? They must — it's the perfect way to be brutally heartless.) Some people also have second screen names just for their family, just so the 'rents don't read the away messages that say, "Getting wasted!" and then realize in the morning that the message is still up and you've been idle for 16 hours.

Away messages are vital to the instant messaging world. They play several different roles. Most often they are used as an answering machine. They tell people where you are, what you're doing and when you expect to be back

"I'm at class until 3 and then off to a group meeting! Back by 5! Leave me messages!!" (Exclamation points are pivotal.) Away messages also can serve as a gateway into your soul. Most people have a range of pre-set away messages that contain quotes for every bipolar emotion we have. There are quotes for when you're happy, sad, in love, pissed off, completely exhausted and even not getting any.

Finally, away messages can be a way to send a message to someone without having to admit it was sent to them. Example: You just broke up with your boyfriend over AIM, of course, you do have better things to be doing and you see him at a party hooking up with some girl that he just met (who is not nearly as cute as you are). Your next day's away message? "Out with [insert name of hot guy, real or imagined], talk to you when I get back

(and shower off!)" This is assuming that your ex is checking your away messages as often as you check his.

As long as I'm on the topic of vengeful instant messaging, there's a certain etiquette to online conversing that can lead to misunderstandings. While you're talking to someone online, it's rude to sign off or put up an away message without saying goodbye. However, it is different if you're trying to make a point. Let's say you're having a conversation with the above mentioned ex-boyfriend. He's angry because you went out with [hot guy] and you're arguing that he has no say as to whom you go out with anymore. Being a guy, he's making the same half-thought-out arguments and you just want to drive the point home. You've got two options. Option one: Put up an away message containing the lyrics to "You don't

own me." Option two: Auto response from [insert your screen name here]: "Getting ready for my date tonight!" No goodbye, no reconciliation, just — bam — away message. The same result can be accomplished by simply signing off.

The truth of the matter is that AIM has broken through the world of communications, and its popularity is painfully obvious. I would love to uninstall AIM from my computer and live peacefully in the world, but I'm too far-gone to go back. It suddenly occurs to me what I should have given up for lent, though I'm not sure I would have made it. Someone recently told me that mobile phones will now allow you to access your instant messenger service when you're away from your computer. God help us all.

Jessica Olivo is a junior English major.

LETTER TO THE EDITOR

Candidate's actions defended

To the Editor:
I am writing in response to Chad Davis' letter to the editor in the March 25 edition of *The Breeze*. In his letter, Davis asserts that it was unfair for Hugh Lantz and Larry Rogers, both of whom are seeking re-election to City

Council, to seek inclusion in a meeting between a JMU business fraternity and fellow candidate Deborah Stevens. He goes on to argue that the JMU College Republicans invited Lantz to speak without extending the invitation to Stevens.

We must distinguish between political and non-political organizations. The JMU College Republicans are

a political organization. Hugh Lantz is a Republican, invited to speak to a Republican organization. His attendance should not come as a surprise since he is receiving the help and the endorsement of the group. The JMU College Republicans have no obligation to invite other candidates from other parties to speak at their meetings.

The business fraternity

Davis is speaking of is a non-political organization that does not endorse political candidates for office. This, as well as any other non-political organization has an obligation to invite all candidates to speak. To invite only one comes very close to an endorsement.

I doubt if any law exists that prevents Davis' fraternity from hosting only one can-

didate out of four. It may not even be prohibited by the fraternities' constitution. If nothing else, Davis and his fraternity have an ethical obligation to open their forum to all candidates.

Davis concludes his letter by saying that he and his fraternity only wanted to better inform themselves. If that is the case, then all of his actions seem very counter-

productive. Would it not have been more informative to hear three candidates speak as opposed to one? Why would inviting all candidates be undesirable, if you only want to better educate students about the issues? That, I believe, is the only question that needs to be answered.

Zachary Moore
Senior, Finance



"My Lucky Charms shirt because I'm looking for my pot of gold."

Lauren Featherstone
senior, sociology



"My God Bless Texas T-shirt."

Brian Coatney
freshman, biology



BECKY GABRIEL/staff photographer



"I'm going nuckin' futs' T-shirt because everyone knows they are."

Lesley Newman
junior, English



"My grandparents went to Guadalajara and all i got was this stinkin' T-shirt."

Andy Musser
junior, psychology

Topic: What does your favorite novelty T-shirt say?

Bonkers
R
Ron

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to any new tenants

completing the leasing process.



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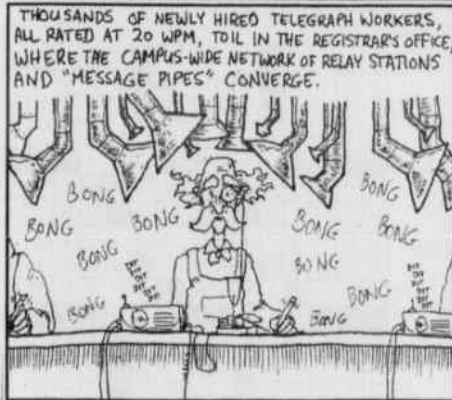
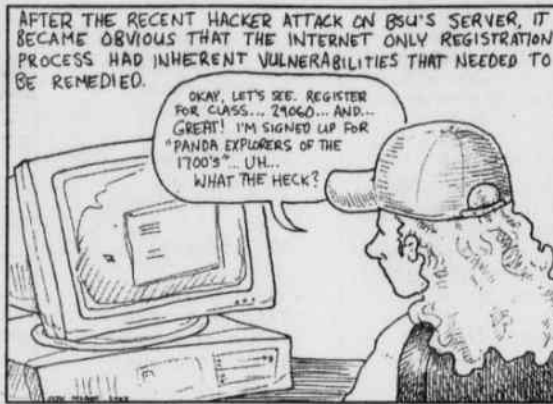
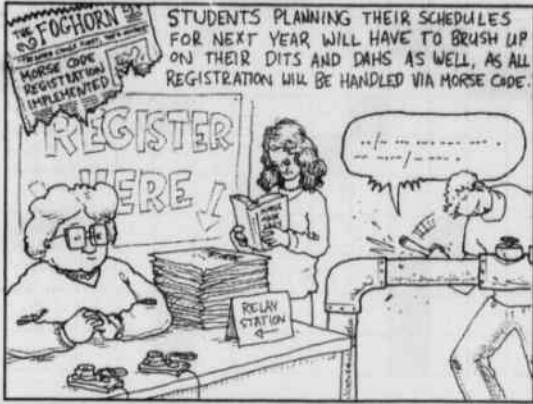


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Seth Casana



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HOROSCOPES

Today's Birthday (April 8). The line between fantasy and reality could get pretty thin this year. Don't worry about which is which. You need both to be successful. Develop both the left and right sides of your brain.

Daily rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)

Today is a 7 - Some of your great schemes may have to go when you realize they're completely impractical. That doesn't mean you should abandon all fantasy. Another scheme could be a real moneymaker.

Taurus (April 20-May 20)

Today is a 9 - Don't let an insensitive person's thoughtless remark hurt your feelings. Be steadfast in your resolve, and you'll end up looking like the good guy.

Gemini (May 21-June 21)

Today is a 7 - The money is pretty good, but the person giving the orders could get a tad difficult. Try to keep your derogatory comments to yourself - unless, of course, you think it's time to move on.

Cancer (June 22-July 22)

Today is a 7 - Does it seem as if you've been running into a lot of closed doors, yet you feel kind of lucky? Maybe all those doors are closed to protect you. A friend will help you find the door that's right for you, and it'll open.

Leo (July 23-Aug. 22)

Today is a 7 - You always try to surround yourself with the best of everything. Sometimes it doesn't cost much more - like now, for example.

Virgo (Aug. 23-Sept. 22)

Today is a 5 - Are you tired of fixing things and figuring things out? Want to let somebody else drive for a while? Somebody nearby has a silly notion. Join them in it.

Libra (Sept. 23-Oct 22)

Today is a 6 - Look around for something you can do to make someone else's life easier. It may be right under foot. Just don't expect the person to ask for help.

Scorpio (Oct. 23-Nov. 21)

Today is a 7 - Stop worrying about things you can't change. Instead, focus on what you already have. Somebody would like to be with you tonight. You won't have to fix a thing - just listen.

Sagittarius (Nov. 22-Dec. 21)

Today is a 7 - You've proven you're smart. Now, can you show you're sensitive and caring? Can you listen to somebody who at first seems rather slow? Actually, they're not. This is a test.

Capricorn (Dec. 22-Jan. 19)

Today is a 8 - You don't have to be told everything. Lots of what you don't know can be figured out. People's body language speaks volumes - especially today.

Aquarius (Jan. 20-Feb. 18)

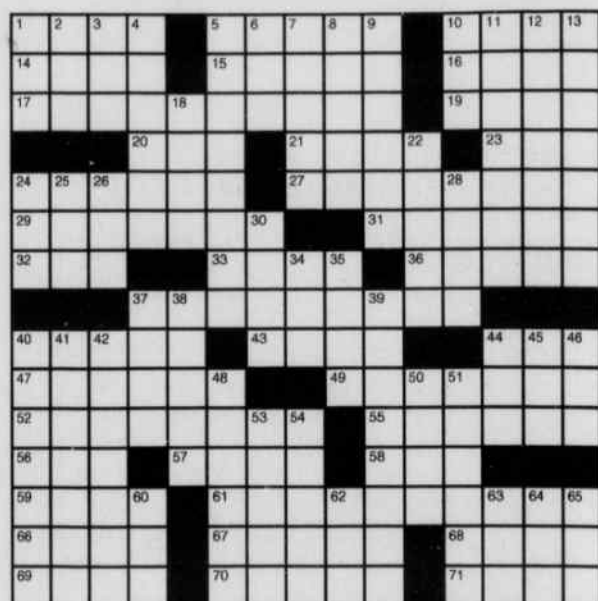
Today is a 7 - Time to get practical again. Move your latest theory from the "possible" to the "actual." Also spend some time on tasks that will buy the groceries. Even great thinkers have to eat.

Pisces (Feb. 19-March 20)

Today is a 7 - You're a little more sensitive, a little less guarded, but is this wise? Could you be hurt? Not likely. Your issues are financial, not emotional.

—Tribune Media Services

CROSSWORD



ACROSS

- 1 Firewood measure
- 5 Two-stroke drumbeats
- 10 Fr. Miss
- 14 Toward shelter
- 15 Hanoi dress
- 16 Moselle feeder
- 17 Alpine skiing event
- 19 Cold War letters
- 20 "___ My Party"
- 21 Writter Murdoch
- 23 Botanist Gray
- 24 Sweetie
- 27 Nordic event
- 29 Oral ___ U.
- 31 Caught red-handed
- 32 Compass pt.
- 33 Big top
- 36 Marsh grasses
- 37 Olympic equipment since 1998
- 40 More than one: pref.
- 43 Sting
- 44 Punter's digit
- 47 Co-discoverer of interferon
- 49 Perceive
- 52 Alpine skiing event
- 55 Lounged about
- 56 Mata Hari, e.g.
- 57 Pin box
- 58 Sound dovish
- 59 Villainous Uriah
- 61 Figure skating event
- 66 Regarding
- 67 Niamey's nation
- 68 Danny or Stubby
- 69 Sibilant signal
- 70 Ninnies
- 71 Luge

- 7 Wing it
- 8 New Zealand Polynesian
- 9 Ape
- 10 Coll. Bulldogs
- 11 University in Philadelphia
- 12 Roped
- 13 Short trips
- 18 Cookbook direction
- 22 Kenneth or Bart
- 24 Rapping Doctor
- 25 Long period
- 26 Penny face?
- 28 Hurried along
- 30 Bastes and hems
- 34 Peacock network
- 35 Tailless amphibian
- 37 Getz or Kenton
- 38 Alcove
- 39 Composer Ponchielli
- 40 Central section of a boat
- 41 Annual golf tour-

DOWN

- 1 Machinery part
- 2 Spanish cheer
- 3 Stimp's pal
- 4 Crave
- 5 Artificially high voice
- 6 Mauna ___

SOLUTIONS TO LAST ISSUE'S PUZZLE:

F	A	L	L	O	T	T	O	D	E	L	L	A		
O	L	I	O	B	R	A	N	O	R	E	O	S		
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- neys
- 42 Attorneys
- 44 Part of AT&T
- 45 Raw mineral
- 46 Outermost point
- 48 Locating
- 50 In a jiffy
- 51 Timepieces
- 53 Port St. ___, FL
- 54 Feudal lord
- 60 Indulged one
- 62 ___ Moines
- 63 Adjective-forming suffix
- 64 "Bill ___, the Science Guy"
- 65 Dropout's 2nd chance

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THINKING THIN

Specialists question fad diets as hazards for health hopefuls

Story by senior writer KC Gardner • Art by art director Amanda Hincker

With summer quickly approaching, warmer weather and sunshine means stripping down to the bare minimum. Almost everyone has experienced that dreaded ritual of pulling out the old bathing suit, shorts or sleeveless shirt and trying them on for size. For most, this routine can bring bittersweet nostalgia. However, the feeling of snug clothing can motivate those to seek healthier lifestyles that guarantee slimming results. Whether last year's summer wardrobe fits or not, now is the time people everywhere are turning to a variety of fad diets to lose a few pounds.

"People want to lose weight quickly and cheaply these days, no one wants to work for it," junior Ben Deutsch said. He sees fad dieting as a quick fix schemes for people who aren't willing to put forth the effort to lose weight in a healthy way. "I think it's a con," Deutsch said. "Companies are just making money off everyone because everyone wants to be thin. I'm sure there's success stories but they are the exceptions that make the rule."

According to the National Institute of Diabetes and Digestive and Kidney Diseases, one in every four Americans are overweight. Every year more than half of Americans go on a weight-loss diet or try to maintain their weight. The difficulty in losing weight and keeping it off leads many people to turn to professional or commercial weight-loss programs for help.

The Institute of Medicine's 1995 report estimated that Americans spend \$33 billion annually on weight-loss products and services. This includes everything from commercial weight-loss membership fees to the purchase of low-calorie foods and diet soda.

But do these fad diets actually work? Are they healthy? Are they even safe? "The answers to those questions are no, no and no," said Denise Ford, the chief of nutrition research at the National Institute of Health Clinical Center in Maryland. Ford said one of the biggest concerns surrounding the growing popularity in various fad diets is the increase of obesity in the United States. The latest money maker has come with the publication of an array of diet books that millions of people are buying into.

"Dr. Atkins' New Diet Revolution," is the title of a book that has sold more than 10 mil-



lion copies worldwide since its second publication in 1999. Like most other fad diets today, the theory is that reducing carbohydrate intake and eating more protein and fat will cause the body to lose weight by burning stored body fat more efficiently. The sky-rocketing popularity of the Atkins diet is mainly because the plan permits and even encourages foods that many dieters only dream about. Meat, eggs and cheese are inevitably a part of most meals with few limits on how much can be eaten but with strict guidelines for the kinds of foods one can eat.

The Atkins diet remains highly controversial among nutritionists as it has few published results and no long-term studies to back up its claims. According to Ford, low-carb, high-protein diets like Atkins are unhealthy but get people motivated because the initial results are so visible. "None of those diets are healthy ways to eat, but it can produce quick weight loss and then hooks the person into it," she said.

Ford and other critics are further concerned that the high-fat, high-protein diet can cause a host of health problems and put people at risk for heart disease.

Other fad diet regimes promise both initial and long term weight-loss. Senior Mike Glahn was dedicated to the "Body for Life" program last year. The popular program touts a 12-week diet and exercise plan that promotes the transition into a permanently healthy change in lifestyle.



Six days a week Glahn was required to stick to the diet and exercise vigorously. On the seventh day he was allowed to rest and eat anything and everything he desired. Glahn decided to try it after he saw the changes in several of his close friends who had been through the 12-week process.

"When you see one person getting results, it makes you think 'Hey, I should try this,'" he said. Consequently Glahn started the program aiming to tone his muscles and lose fat.

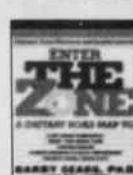
"The first week is hell but it gets easier," he said. "It's hard at first but in the long run you'll realize what bad foods can do to your body."

Being faithful to the "Body for Life" regimen meant Glahn had to find time to eat the required six mini-meals he was supposed to have every day. Despite Glahn's initial struggle with the nutritional aspect of "Body for Life," he said, "It's motivational when there is someone else there to

keep you on task. Getting up at 7 a.m. to hit UREC doesn't always feel like the best start of the day but it's part of the deal."

The dieting and exercising seem to have been worth it since Glahn stuck with the program for so long and was happy with the results. "It's never too late to start living a healthy lifestyle," he said.

Among other fad diets, "The Zone," is a former number one *New York Times* bestseller by Barry Sears. It aims for dieters to change their metabolism in order to reach a peak state of energy and efficiency. Although the book has a more complicated measurement of what to eat, it's basically a diet consisting of 40 percent carbohydrates, 30 percent protein and 30 percent fat.



This 40-30-30 ratio allegedly creates the metabolic state that allows the body to operate at the height of healthiness.

Susan Roberts, head of the Weight Regulation Program at Tufts University, gave "The Zone" a thumbs up on the Web MD's Web site, www.webmd.com. The high amount of vegetables and legumes that the diet promotes is one of its healthier recommendations. But "Like most fad diet books, 'The Zone' takes one of the several known controllers of energy, blood glucose, and blows it up into a whole book," Roberts said.

Another low-carb diet book, "Sugar Busters!" has become immensely popular since it was published in 1998. The basic premise of the diet is right on the book's cover, "Cut Sugar to Trim Fat." The diet is based on specific recipes and regimented meal plans.



Consequently, being on the "Sugar Busters!" diet means giving up some common staples of the American diet like corn, bread, potatoes, white rice and of course anything with refined sugars including soda and beer.

Besides perpetuating myths about sugar's detrimental effects, the diet claims to limit the production of insulin that allegedly causes the body to store fat. Critics say the type of eating habits this and many other low-carb diets promote can cause kidney and liver damage, fatigue, weakness and irritability.

Theresa Nicklas, a professor of pediatrics at the Children's Nutrition Research Center at Baylor

College of Medicine, explained that despite the diet's negative side-effects people will lose weight. "Just why are people losing weight on this diet? Each menu averages a mere 1,200 calories," Nicklas said. "Just about anyone can lose weight on 1,200 calories a day."

Though popular, all of these fad diets have received minimal or no support from nutrition experts, who believe they take a "Band-Aid approach" to fixing the generally poor eating habits and inactive lifestyle of many overweight people.

"The fact is fad diets are not the best way to lose weight," Ford said. "There's absolutely no proof that they can keep weight off." Ford suggests that instead of focusing on rapid weight loss, students should improve their eating and exercising habits to promote a healthier lifestyle.

Deutsch admitted, "I'm not going to drink protein shakes and eat celery all day long, but I'm also not going to get fast food four times a day."

The Food and Drug Administration recommends eating five servings of fruits and vegetables a day. Most of the high protein diets don't allow this because, although fruits and vegetables are healthy, they are also loaded with carbohydrates. If students want to lose weight safely and keep it off, Ford recommends a diet that includes all the recommended daily allowances for vitamins, minerals and protein.

The current U.S. Department of Health and Human Services Dietary Guidelines for Americans recommends that people choose a diet low in fat, saturated fat, cholesterol and decrease calorie intake if they need to lose weight. People also should try to eat a variety of foods, and only use sugar, salt and sodium in moderation.

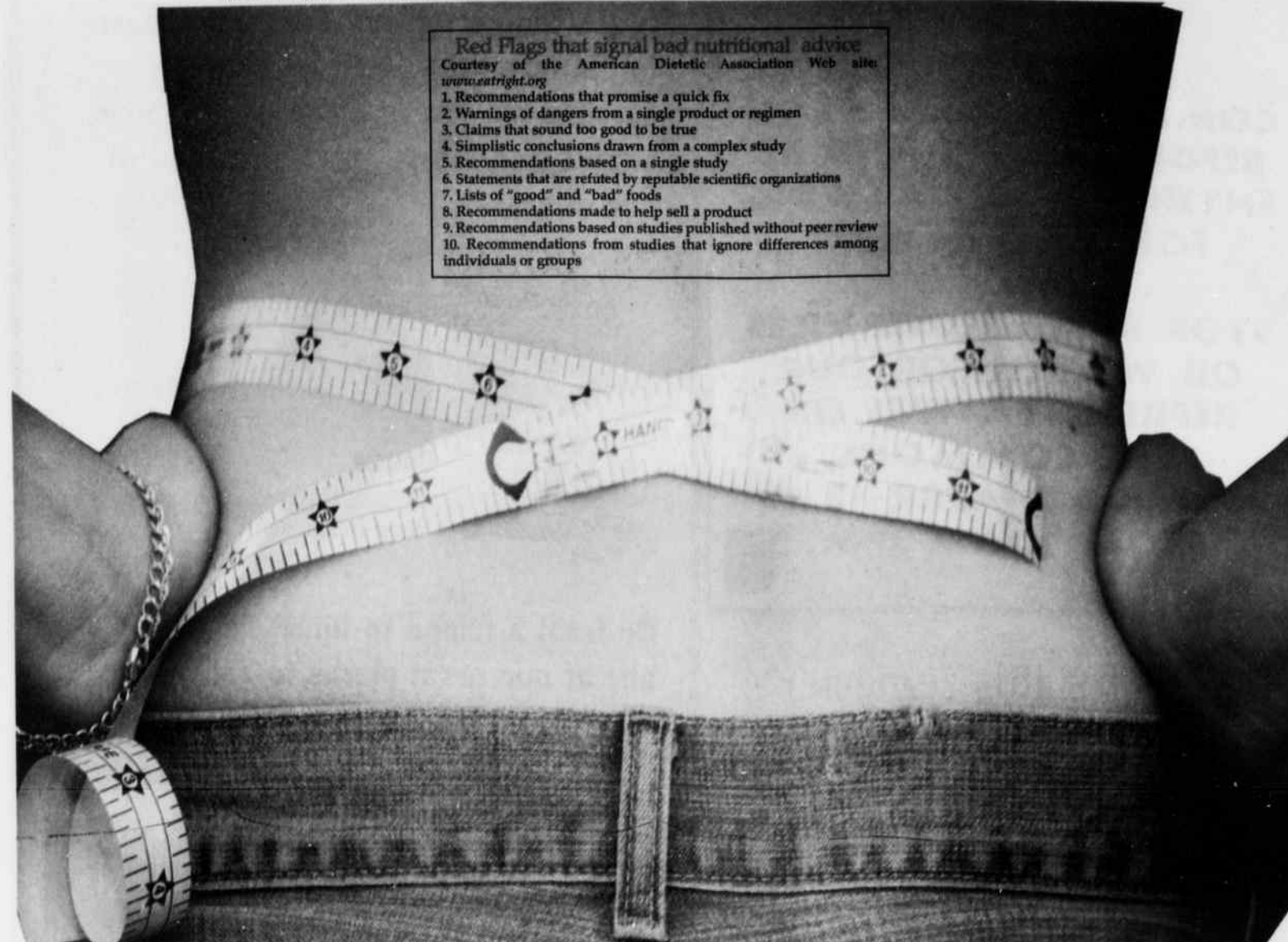
Kinselogy major and junior Cameron Shell said, "I've been taught that one to two pounds is a healthy amount to lose weekly. Anymore and you are probably just losing water weight or muscle mass. If you are serious about trying to lose weight, I recommend utilizing the Fitness Assessment Program available for free at UREC."

University Recreation Service's Web site, www.jmu.edu/recreation/fitness/assess.shtml, has several evaluations that will aid students into creating an individual exercise and dieting routine. These assessments measure everything from cardiovascular endurance to body composition by skin fold tests.

Book cover photos courtesy of www.atkinscenter.com, www.bodyforlife.com, www.storezoneperfect.com and www.randomhouse.com

Red Flags that signal bad nutritional advice
Courtesy of the American Dietetic Association Web site www.eatright.org

1. Recommendations that promise a quick fix
2. Warnings of dangers from a single product or regimen
3. Claims that sound too good to be true
4. Simplistic conclusions drawn from a complex study
5. Recommendations based on a single study
6. Statements that are refuted by reputable scientific organizations
7. Lists of "good" and "bad" foods
8. Recommendations made to help sell a product
9. Recommendations based on studies published without peer review
10. Recommendations from studies that ignore differences among individuals or groups




ROBERT NAY/Senior photographer

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STYLE

■ Romance 101

A female reflects on her dating phases from the naive frosh to the all-knowing senior.

See page 15

"Fashion is not trivial... it is those so-called trivialities that make life more than eating, sleeping and breathing."

James David
A-fashion-nado

See story below

MACROCKing the 'Burg



graphic by AMANDA HINCKER/art director
left photo by DAVE KIM/senior photographer
right photo by CHRIS LABZDA/staff photographer

Bands perform around town

MACROCK Philosophy

The Mid-Atlantic College Radio Conference (MACROCK) is the annual celebration of college radio and the independent music community. Perpetuated by student volunteers at WJMM, MACROCK aims to create a support network amongst college radio, the independent artists, and labels for whom college radio exists and all other aspects of the independent scene. Workshops, label exposition, and band showcases stimulate MACROCKers to express ideas, experiences, and support that will encourage progress amongst college radio and the independent music movement. MACROCK exists through the help of grassroots businesses.

- Coordinators
- Matt Schnable, Head Coordinators
 - Kristen Nolen, Co-Coordinator
 - Sandy Ting, Co-coordinator
 - Sarah Pratt, Band Booking
 - Justin Bridgewater, Band Booking
 - Neil Arey, Communications
 - Mark Capon, Band Booking



Guitarist and vocalist Guy Picciotto from FUGAZI sings for the closing MACROCK performance. MACROCK displayed over 100 bands from all over the East Coast.



DAVE KIM/senior photographer

BY LIZA BACERRA
staff writer

Over 100 bands from around the East Coast descended upon Harrisonburg this past weekend for the sixth annual Mid-Atlantic College Radio Conference, more commonly known as MACROCK.

MACROCK consisted of showcases set up in several locations on the JMU campus and throughout downtown Harrisonburg. These showcases typically were grouped together based on the record label representing the featured groups and/or genre. The conference began Friday, April 5 and ended Saturday, April 6.

The Little Grill hosted an Americana showcase with The Shriners and The Hackensaw Boys, while Pano's housed a hip-hop showcase with bands like Doujah Raze.

Among the record label showcases were Lovitt Records set up in PC Ballroom with Rah Bras, Engine Down and Dismemberment Plan. Equal Vision Records set up at Mainstreet Bar and Grill with Overhead and The Stryder.

Fans flocked from Richmond, northern Virginia and beyond to see their favorite bands play or to support friends. A group of especially giggly girls from Richmond traveled to Harrisonburg to see Engine Down and Avail. As Kit, from Richmond, said, "The singer from Engine Down is hot, and overall MACROCK is sweet."

Surprisingly, with visitors

coming in from as far as Florida and Tennessee, there was a remarkable lack of attendance from the Harrisonburg and JMU community. Senior Chris Castiglione of the band, My Blue Pill said, "There were all these different bands here and it's pathetic that JMU and the Harrisonburg community did not take more of an advantage of this great opportunity."

The feature that a majority of attendees said they liked about MACROCK is that they were able to see all these great bands at such an affordable price. An all-access badge for the entire event was \$20 while individual events varied in price. Mike O'Rourke, drummer of Luck Be A Lady, said, "You can't beat the price for all the bands that you see and the friends that you make and see here." Luck Be A Lady made their third appearance at MACROCK.

Seeing many great bands at a reasonable price was the main goal of the student volunteers at WXJM who made up the MACROCK committee. As supporters of the independent music scene, the committee believes that bands like the ones that participated in MACROCK deserve public recognition. Junior Kristen Nolen said, "These bands deserve recognition and it was great seeing all these people work to push for these bands."

However, this undertaking required great effort and hard work not only from the

see EAST, page 16



CHRIS LABZDA/staff photographer

Top left and right, FUGAZI performs for the closing of MACROCK 2002 in Godwin Gym Saturday at midnight. Above, a wild crowd tosses its torn book pages in excitement as FUGAZI winds down the conference.

The fashion farewell



JODY WORTHINGTON/staff artist

Now it's time to say goodbye to all my fashion friends, A-F-A-S-H-I-O-N-N-A-D-O, A-fashion-nado.

Sadly, it's fashion's last call. I don't need to go home, but I do have to get the heck out of here. It's true my fashion followers, I am graduating and moving on to fashion's greener pastures.

In a moment of seriousness that you never may witness again, I just want to say thank you for reading my column and being so loyal to fashion.

In a school year where routine tasks like going to work or boarding a flight become tantamount to the loss of life and a grievous-stricken nation, it was nice to focus on something so completely inconsequential. With

fashion, the worst that can happen is when you put on a bad outfit, I'll make fun of you and your clothing choices. And believe me, if you have worn a bad outfit, I have made fun of you.



A -
fashion-
nado

by senior writer
James David

What I am trying to say is thanks for letting me delve into a subject matter that was so much fun in such a heavy time.

I enjoyed the temporary escape, and I hope you did as well.

Don't get me wrong, though. Fashion is not trivial. Because it is important to you, and it is important to me. It is those so-called trivialities that make life more than eating, sleeping and breathing.

People could say basketball is trivial - it's people moving in a room with a ball that they are trying to get into a hole. People could say school is trivial - it's sitting in a classroom while paying someone to talk to you. People could say friendship is trivial - it's two people who sometimes see each other and do things at the same time, such as go out to dinner. We know this is not the case, or at least I hope we do.

Basketball, school, friendship and yes, even fashion, may not be important to all of us, but they are important to some of us. With that, I want to remind you all to full heartedly pursue the things you love.

Why isn't fashion trivial? Well, remember that party you went to and you knew you looked hot? Everyone turned and looked enviously at you. That person you dated long ago stares at you wishing you two still were together.

Moments like that are why fashion is so important. They create a presence, a feeling and an accent to beauty that is already there. I encourage you all to have more moments like that by always being fashionable.

see A-FASHION-ADIEU, page 16



BY DAVID CLEMENTSON
senior writer

Writers Brent Goldberg and David Wagner didn't attend JMU. But from many depictions of college in "National Lampoon's Van Wilder," you'd think elements of JMU inspired their fictitious Coolidge College. There's exorbitant college tuition: a semester costs \$39,000. There's a lack of trust in journalists: A writer is admonished, "You journalists and your irresponsible reporting." There's a lack of parking on campus. And there's a move to save underfunded sports teams. National Lampoon's latest offering, about the antics of a popular party animal in college, provides more laughs than most stupid comedies, though few of the jokes are witty. At least half a dozen times it attempts to outdo all the similar comedies with extreme gross-out antics — none of which are genuinely funny. The story, characters and plot aren't inherently humor-

Latest 'Lampoon' better than usual stupid flick

ous, but many of the intermittent, sporadic attempts at laughs succeed. Of course with trailers for the movies "Eight Legged Freaks" and "Bad Company" showing before the feature film, any movie would seem good.

Ryan Reynolds (ABC's "Two Girls and a Guy") stars in the title role, doing his best impersonation of Chevy Chase and dressing like a middle-schooler. Wilder towers over everyone else in the film, although he's only 6'1" in real life.

"Seven years have gone by way too fast," he reminisces. The uppity, confident, smooth-talking Wilder lives in a dorm with freshmen and has a huge, extensively decorated room. He drives around campus in a go-cart and parks in a professor's reserved parking spot. He makes money organizing parties and providing "topless tutors." In his spare time, apart from skipping classes, he gives extraordinarily persuasive pep talks.

Wilder is full of off-handed

comedic witticisms, sometimes taking on a comedic Pierce Brosnan air with his squinting asides. He tells Taj: "Her name is Naomi. That's 'I moan' backwards." He tells a suicidal

"NATIONAL LAMPOON'S VAN WILDER"
STARRING:
RYAN REYNOLDS, TARA REID
RATED: R
RUNNING TIME:
95 MINUTES
🐾🐾🐾

jumper, "Call me nuts, but I believe you." And regarding a rival, he asks, "If he's here, who's running hell?"

Wilder begins the school year by holding interviews for an assistant, giving the prestigious position to another impressionist — Kal Penn ("Freshmen") acting like "The Simpsons" Apu. Penn's character, Taj Mahal

Badalandabad, says he "cannot go back to India a virgin." Tara Reid ("American Pie 2") provides Wilder's predictable love interest, as the bland and skinny Gwen Pearson.

Coolidge College, with its mascot "The Chickadees," is an implausible — yet funny — school. A tour guide doesn't know the date of the school's founding. Students apparently hold multi-billion dollar theme parties every night of the week. And a fraternity's hazing runs the gamut, making their pledges shine shoes, serve as human croquet pins, jump on sharp objects blindfolded and use their eyeballs for Foosballs.

The filmmakers have fun with names. The Law Club has a theme party called "Sue Me, Screw Me." Wilder's time-honored ritual involves an old Asian woman named Suk Me. The name of the fraternity is Delta Iota Kappa and the writers don't let the audience forget what the letters spell.

The film has gross-outs galore, from constant close-ups

of a bulldog's humongous testicles to a farting stripper.

And a National Lampoon film would not be complete without female frontal and male rear nudity. Also included are the most "ungraphic graphic" sex scenes ever, lasting 10 and 15 seconds, disrespectfully. But the only truly offensive attempt at cheap laughs is the deaf basketball coach with a speech impediment.

The main conflict entails the school body fighting in Wilder's defense following a party mishap, so that Wilder can finish school, being a mere 18 credits shy of a degree in "leisure studies."

A sappy, empty, predictable climax follows, which overstays its welcome. Unfunny outtakes during the credits drag the movie even further, making the film seem a lot longer than it really is.

The concluding moral is that a fun college experience is the best investment you can make. Or is it all about irresponsible journalists, meager parking,

high tuition and underfunded sports teams? Apparently, in Wilder's words, "There's two sides to every story."



Photo courtesy of Arisan Entertainment

Movie review key

- 🐾🐾🐾🐾 Go directly to the theater and see this masterpiece.
- 🐾🐾🐾 Great movie. Worth the crazy ticket price.
- 🐾🐾 Wait for this one to play at Grafton-Stoval.
- 🐾 Should have been released straight to video.
- 🐾 Who approved the making of this film?

'Smoochy's' dark comedy falls short

BY ZAK SALIH
senior writer

Satire, like an omelet or an \$8 hamburger, never tastes well when overcooked. If left in the pan or on the grill too long, it toughens and tastes so ridiculously manufactured that it resembles the end product of a fast-food conveyor belt. Director Danny DeVito's "Death to Smoochy" is one of these tragic victims of satire — a film which deserves to be used like fast food: as a last resort.

The "dark" comedy (dark only because it has the colorful, humanitarian Robin Williams playing an expletive-spitting, not-quite-all-there children's show host) begins with police catching Rainbow Randolph (Williams) taking money from parents who want their kids to be the ones in front of the cameras. The stereotypically slick and sinister production team at KidNet, played by Catherine Keener ("Being John

Malkovich) and Jon Stewart ("Big Daddy"), attempts to find a quick replacement children's show host. Their salvation comes in the form of Sheldon Mopes (Ed Norton), a struggling actor whose purple rhi-

"DEATH TO SMOOCHY"
STARRING:
ROBIN WILLIAMS,
CATHERINE KEENER
RATED: R
RUNNING TIME:
101 MINUTES
🐾🐾

noceros, Smoochy, alludes more to that notorious purple dinosaur of popular culture than anything found on Animal Planet. Randolph, down on his luck and out on the street, loathes Smoochy so much that he plots to ruin Smoochy's career — permanently.

Throw in a weasel-like manager, violent but unthreatening gangsters, money-grubbing charities and enough hyperactive, hotwired, sugar-high children to power a small electrical plant and you have all the ingredients that writer Adam Resnick and DeVito use to cook a bland satire of mass consumerism, popular culture, children's television shows, entertainment ethics — the themes are so many that the film trips over its own satirical purpose and becomes just another one of "those" comedies that are good for a rental on a weekday night.

"Death to Smoochy" has been publicized as a "dark" comedy yet its attitude rings more of silly immaturity than darkness and twisted humor. The description "dark comedy" implies a seriousness and a tightly crafted plot — both of which "Death to Smoochy" lacks. It takes more than Williams' potty mouth and subdued, shadowed violence to make satire honest and visceral.

Frankly, I much rather prefer Arnold Schwarzenegger's Christmas dilemmas in "Jingle All The Way" to the bitter rivalry of Rainbow Randolph and "the bastard son of Barney" in "Death to Smoochy." At least with "Jingle All The Way" the viewer was aware of the ridiculousness before sitting in the theater. With "Smoochy," I expected macabre, smart satire; what I got was sugarcoated dumbness barely held up by a few humorous scenes.

Yet there is one lesson that can be gleaned from the overdone satire that is "Smoochy." Surprisingly enough, it has nothing to do with greed, corruption, friendship or marketing. The lesson: Keep your children away from the television.

Got any stylish ideas???

Well, pass 'em on to your stylish editors!!!

(Hint, hint: The A-fashionmado is graduating. A style section without a fashion columnist is worse than wearing white socks with black shoes.)

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ΔΔΔ-Trisha Gonitzke

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ΑΣΑ-Nora Neill
ΔΓ-Lindsay McGhuy

Highest New Member GPA:
ΑΣΑ-Kelly Harvey
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SEX in the SUBURBS

ERIN HENRY/staff artist

Relationship report: All D's

BY ANNA CULBRETH
contributing writer

Is JMU a microcosm of the real world in the romance department; is romance rapidly declining, while lust is on the rise?

Some of you might know me as the Valentine's Day skeptic and some of you might not, but either way I feel the need to put out this disclaimer. Although this article is rooted in truth, it is solely for entertainment purposes, and please forgive the gender-biased perspective but it's all I have to work with. I do not consider myself to be a flighty individual with superficial motives and I am fully aware that there are far more pressing issues than my love life. However, I figured some just might be able to relate to the crises of the romance declension here at JMU.

I have come up with four distinct romance phases that have coincided with my four years at JMU. We will call the phases the four disenchanted D's: Disillusioned, Denial, Disheartened and Driven.

We begin with exhibit A, Disillusioned, which begins in the early stages of freshman year. During this time period, a young female becomes enchanted by the, ever so type-cast, fraternity boy (don't get me wrong here, my experience could have been unique so the male Greek community need not take the wrap). Where was I? Ah yes, disillusioned.

The initial stages of a blossoming "romance" are characterized by frequenting keg parties in the various basements on Greek Row and overstaying one's welcome at the fraternity of choice. Often the female remains at the party until the other female "threats" have

exited the party. This elongated staying time, often is reaffirming to the self-worth of the lucky fraternity members of choice. At this stage of romance, the young female's idea of courting is the token "brother" who allows her to take precedence over the mass mob gathered around the single keg. He even entitles her to her own personalized plastic cup, leaving her smitten right off the bat. The female feels pretty good about herself and just as narcissism starts to kick in, she rubs shoulders with the new hot commodity in a tighter (more booty) shirt faithfully being led to the front of the mob. "Great," you think, "he's in love with someone else."

“
The female feels pretty good about herself and just as narcissism starts to kick in, she rubs shoulders with the new hot commodity...
”

Come sophomore year, the female enters a transitional romantic year called the Denial phase in the romantic process.

She is not yet disheartened by the homogeneity of the opposite gender community. Rather she adopts an extremely optimistic gender role perspective. This is the year of the "I can and will change him" mentality. In other words, she relies on her exceptional charm to transform the unwilling participant into an emotionally disclosing, commitment machine (usually the experimental guy

is the same pin-pointed member of the fraternity from the previous year). Also evident during this phase is the idea that multiple partners really isn't fulfilling to him, and he just needs the right girl to show him what he is missing. Denial.

Fade to junior year and we enter the third phase I like to call, the disheartened phase. Due to unreturned phone calls and an excess of "other" females, she has lost some confidence and stamina of the previous year. As a result of staggering romantic aggression, one most likely will have resorted to other alternatives. Some, such as myself, may choose to go abroad. Some may choose to lose themselves in the books in order to compensate for the two-year commitment to a lost cause. Still some desperate soul may begin to take up extracurricular activities, such as kick-boxing or other aggression releasers. There is a tireless need to resort to the therapy provided by trashy romance novels and a frightening reliance on soap opera-esque television shows to show you what love should really be like. And how a real man such as Dawson Leery might handle a situation.

The fourth and final phase is marked by extreme female autonomy. I like to call this one the Driven phase. A female is convinced that she is an extremely rare member of the gender. She knows that she is a "good catch" and that someone obviously missed out considerably. The fraternity boy from freshman year is now a distant memory. One is driven by the idea that the next phase of life will produce an influx of compatible types. (I don't know about you, but upon coming to

see DRIVING, page 16

Artist gives out smooth and rough "Impressions"

BY TRICIA FRENVILLE
contributing writer

An embrace and a weathered face or sheets of foil and rocks — these are completely different objects and yet all are combined in photographs to leave a lasting impression. Subtle suggestions taken with a camera or torn from a sheet of foil lead the viewers of Scott Smith's art exhibit on an "adventurous" journey through a landscape of reflection, of introspection," Paul Caponigro, a landscape photographer, said in Smith's artist statement.

Smith's exhibit, "Impressions," on display at the New Image Gallery in Zirkle House through April 26, revolves around the "impressions made upon both our inner and outer being," according to Smith's statement.

By using only black and white photographs and black aluminum foil as the medium, Smith attempts to create landscapes, which relate to how humans view themselves and others.

One half of the exhibit is entitled the "Quarry Series," which was of an abandoned soapstone quarry near Scottsville. His focus in these pieces is on the "weave of texture and markings on the stone," according to his statement.

A piece in the "Quarry Series" called "Sliver" brings out the contrast between soft lines versus hard lines. The photograph is of a rock separated by a thin, straight sliver in the middle. The rock on the right side of this sliver is very textured with consistent, straight, hard lines. But on the left side of the sliver, the rock has a soft, almost wavy consistency, which contrasts dramatically with the right side of the photograph.

The other half of the exhibit is entitled the "Foil Series," which are several collages of foil pieces that Smith lit "in order to create a layered space in which the multiple

impressions emerge," according to his statement. His focus in these pieces is the contrast between rough and smooth edges and surfaces and hard and soft lines.

In one piece called "Reject," there is a definite play between smooth and rough edges and surfaces. The foil object on the right of the piece is torn, crumpled and old looking, presumably the "reject." The one on the left, however, is smooth, pristine and perfect, in that all its edges are perfectly straight. The contrast between these two objects is very dramatic and really emphasizes Smith's contrast between smooth and rough.

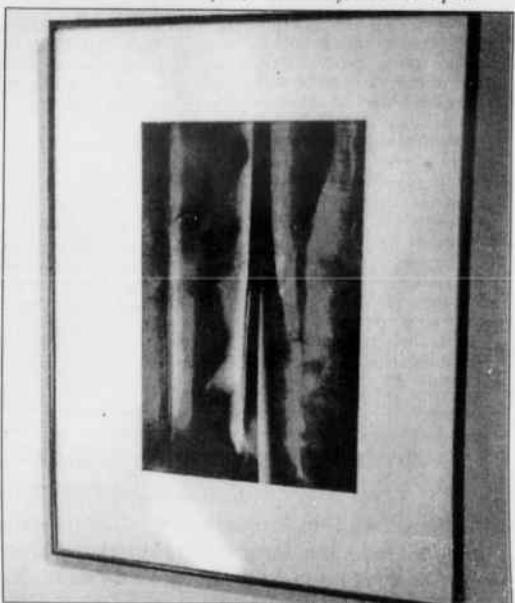
To create the quarry pictures, Smith photographed landscapes he found. To create the foil landscapes, however, Smith rubbed foil over certain objects,

which he said in his statement, creates an object that is a "kind of relief map of the original."

Smith said in his statement that his inspiration was the different "aspects of the human figure." He plays up the contrast between old and young, perfect and imperfect, in these works by using the contrasts between smooth and rough.

After leaving the exhibit, viewers can come to an understanding that whether young or old, our inner and outer selves come together to form beauty and contrast.

Zirkle House is located on South Main Street and there is no charge for admission to the gallery. Hours of operation are Monday through Thursday, noon to 5 p.m. and Friday and Saturday, noon to 4 p.m.



MEGHAN MONTGOMERY/senior photographer

Artist Scott Smith's exhibit, "Impressions" will be on display in Zirkle House through April 26. Smith said in his artist's statement that the work he produced in this collection revolves around the the "impressions made upon both our inner and outer being." He did this through the use of black aluminum foil and black and white photographs.

The UCC Staff THANKS

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We appreciate what you did to make this a GREAT year!

A-fashion-adieu

A-FASHION-ADIEU, from page 13

As I ride off into the fashion sunset, I leave you with some timeless advice which you already knew, but just needed to be reminded about.

This piece of advice is something I subtly mentioned in a couple of my columns.

So here is my advice, not for the week, but for the rest of your life: Wear what you want as long as you are happy with what you have on. The irony of a fashion columnist writing this is not lost on me.

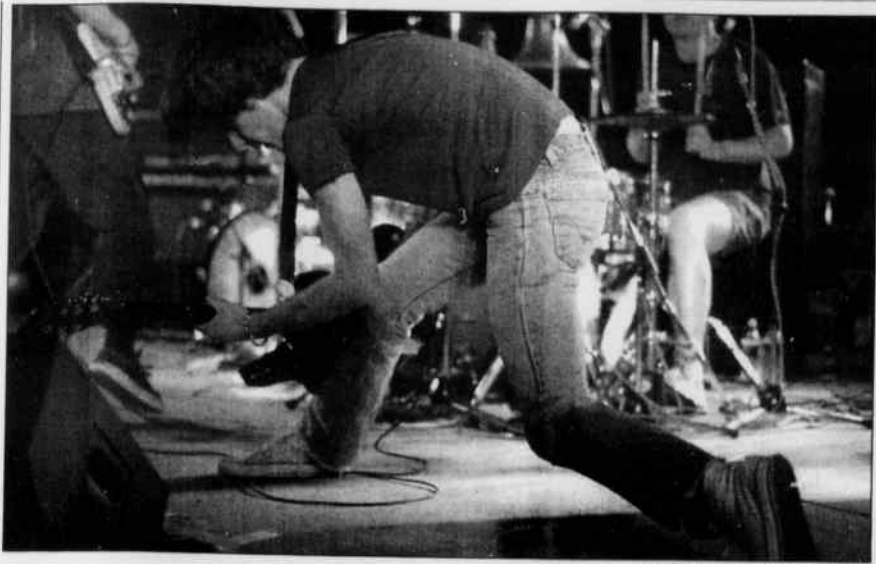
May fashion continue to

bless each and every one of you with stylish outfits. This is the A-fashion-nado signing off. Good day.

The dictionary describes fashion as "that which what looks nice to wear."

Hi, I'm James David and you may remember me from such great fashion moments as "The A-fashion-nado makeover contest."

As I depart, I want to leave you with this: Don't cry for me fashionistas, the truth is I'll never leave you, all through my wild days, my mad existence, I kept my promise, don't keep your distance.



CHRIS LABZDA/staff photographer

FUGAZI jams away in the closing act of MACRoCk 2002. Not only was this conference filled with performances, several workshops and discussions were held for the independent music industry, teaching different ways to "make it" to the big scene.

Driving through romance phases

DRIVING, from page 15

to college, I had prepped myself for a whole new genre of men only to be met by the same level of commitment only a year older.)

So preparation begins for the new you: relentlessly searching jobs to ensure independence, security and self-worth. At this stage, friends are the most important priority. After all, they held your hand throughout all four stages of this painstaking process.

If my male counterpart is out there (which I am extremely skeptical about),

he must realize the emotional baggage that I have acquired over my university years. The cynicism is mounting, but irreparable harm has not been done.

Just recently, a small incident restored my faith in romance. For the sake of preserving masculinity, I will not reveal the location. I encountered a male writing a card, presumably to a female, and copying it from a pre-written rough draft copy. I would like to give this man an inner editorial "Pat" for making my four years at JMU worth the wait.

East Coast bands hit town stages

EAST, from page 13

MACRoCk committee, but also from the rest of the WXJM staff and from the JMU and Harrisonburg communities.

Nolen, a co-coordinator for MACRoCk, said, "The WXJM staff were a great support and help to the MACRoCk committee. We depended on them so much. The Harrisonburg community and JMU were amazing in working with us."

MACRoCk was not only about the bands. Panel discussions and workshops were set up to promote the independent music industry.

These different workshops were set up to be informative about music in general and to give hands-on help to formative bands who are just getting started. These workshops taught how to make buttons, stickers and other band paraphernalia.

The workshops had over 50 people in attendance for each panel. A prevalent theme within these forums was that one person in a community can make a difference.

Another common theme was that as each community helps each other, America will become a less abstract concept.

For example, in the "Media Democracy" panel, given by several Philadelphia networks, the central principal was, "Don't hate the media. Become the media."

"These panels were very informative. They talked about finding truth in the media to helping to get your band on the FM in the DIY [do it yourself] workshops," Castiglione said.

In one of the do-it-yourself panels, "DIY Merch," the instructors Kyle Bravo and Jeremy Taylor taught the audience how to make merchandise for free, from making their own buttons, album

covers and stickers to screen-printing T-shirts and posters.

In the "Turning DIY Hi-Fi" workshop, Karl Groves, of Recoil Entertainment helped bands learn how to promote themselves. He spoke on techniques in advertising, booking tours and other basic tips that would help bands get their names out to the public.

As many fans lined up eagerly to see the final showcase dedicated to the band FUGAZI, the general sentiment was overwhelmingly positive for MACRoCk this year because of their promise to return for the next MACRoCk.

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SPORTS

■ The NCAA's worst nightmare

Former UCLA linebacker Ramogi Huma leads the financial charge for athletes all over the nation
See story below

"Her overall athletic presence attracted my attention when she was only a sophomore in high school."
JENNIFER ULEHLA
lacrosse coach
See story below

LACROSSE

In a successful Staedt of mind

Lacrosse junior midfielder Lisa Staedt looks to lead Dukes back to NAAs

BY AARON GRAY
staff writer

When junior lacrosse player Lisa Staedt first came to JMU, the label of superstar was not attached. She was hesitant to compete for a nationally recognized program, and she was unsure of her real talent.

Three years later, she has been considered one of the best athletes to come through the accomplished JMU lacrosse program and heightened her game to an elite level.

The early years

Staedt's first love was basketball, but her athletic ability fueled a competitive fire. Along with lacrosse, Staedt played on the soccer team for three years and gave tennis a try her junior year at Springfield High School in Pennsylvania. That little attempt at trying something new landed her the No. 2 seed on the varsity tennis team.

Staedt credits her mother, a softball player, for being the biggest influence in her life. "She always kept me active and was always willing to sign me up for sports," Staedt said. "Looking back, I really appreciate what she has done for me."

In the seventh grade, Staedt encountered her would-be high school coach. At the time, Keith Broom was the coach for her traveling basketball team. He was attracted to her abilities from the start and knew her athletic career would not be limited to just basketball.

"I was lucky enough to coach her twice," said Broom, who took over the girls' lacrosse program when Staedt was in high school. "Lisa played varsity in every sport. She has always been a leader on the field and worked at top speed in practice."

Lisa was named the *Daily Times* Lacrosse Player of the Year in Pennsylvania as a sen-

ior and was named as an honorable mention All-American. She led the lacrosse team to the state championship that season and also was named to the first team All-Central League for basketball.

Broom referred to Staedt as the best athlete he has ever seen. He guided Staedt in her future college decisions and knew she was capable of competing with the nation's best. Penn State University, Ohio State University and Rutgers University were just a few powerhouse schools who had its eyes on Staedt.

"After I came to JMU to visit, I had my heart set into coming here," Staedt said. "The girls from the team were great and I appreciated that. I also liked the friendly atmosphere here."

“She had all the raw athletic ability and she had the right attitude. I just went with that and she responded.”

— Jennifer Ulehla
JMU lacrosse coach

Coach Jennifer Ulehla also took notice of her obvious athletic abilities.

"Her overall athletic presence attracted my attention when she was only a sophomore in high school," Ulehla said. "She wasn't heavily recruited though; I think many coaches underestimated her athletic ability."

Staedt was reluctant in her transition to the Division I game. Before she joined the

ranks, JMU appeared in three straight NCAA Tournaments and was considered a national contender.

The JMU experience

Staedt has credited Ulehla with elevating her game dramatically since her arrival at JMU. In Staedt's freshman year, the two worked together to develop strength and coordination in her left hand, which in turn, improved her scoring tendencies.

"She had all the raw athletic ability and she had the right attitude," Ulehla said. "I just went with that and she responded; she was willing to take on every challenge."

Staedt started 14 games for the Dukes in the 2000 campaign as a freshman. She netted 20 goals and had eight assists as an attacker. Her presence on the field as a flashy player undermines opponent's defenses and gave the Dukes something to look forward to.

"Sometimes you get players who are great athletes but have a bad attitude," Ulehla said. "They expect things to come to them, and it takes time to develop the right expectations. With Lisa, she came into the program as a mature, hard working player. She has improved greatly and has been an incredible asset to this program since her freshman season."

As a sophomore, Staedt led the team in scoring (39 goals), points (50) and was second in ground balls (33) and caused turnovers (19). She received the JMU Coaches Award, was named to the All-CAA first team, the CAA All-Tournament team and the All-South Regional Second team. The Dukes captured the CAA crown last year but lost in the national quarterfinals to the University of Maryland, 11-9.

"I brought my girls down to

see that game," Broom said. "Lisa was all over the field; they had to double-team her the entire game. I pointed her out to my team and was proud to say I had the privilege of coaching such a fine athlete."

Leader of the pack

Staedt currently leads the CAA in scoring with 44 goals. This year, Ulehla moved her back to the mid-field position so she can control the tempo of the game. She also was voted as a captain for the team.

"I've always tried to do my best and to be a leader on the field," Staedt said. "Our other captain, (senior) Kristen Dinisio is more of the vocal leader."

Assistant coach Brooke Crawford said of Staedt, "she deserves to be captain of this team because of her presence on the field. Not only is she one of the best players to come through JMU, her strength as a player is in her ability to lead by example."

Staedt said, "all of my personal goals are basically team goals — we want to make the NCAA Tournament."

Staedt has been the focus of opposing defenses this season, seeing double-team coverage throughout and humbly accepting the role of the team's top offensive leader.

"She's that good," Ulehla said. "The key to our team's success is that we don't have to rely on Lisa. She's the type of player that can get her teammates into the action. She always puts her team before herself — a coach's dream."

As for her future plans Staedt said, "I want to play hard and finish my college lacrosse career strong. I'm kind of undecided on what happens after school. Hopefully, whatever I learn from lacrosse will carry over and help me in the rest of my life."



ROBERT NATT/senior photographer

The Lisa Staedt File:

- 360 Lacrosse 2002 Preseason All-American pick
- Team leader in goals (39) and total points (50) for 2001 season
- All-CAA first team (2001)
- CAA All-tournament team (2001)
- JMU Coaches Award (2001)

READY, AIM, FIRE



DAVE KIM/senior photographer

The Dukes archery team hosted the JMU Invitational Saturday at Godwin field. Senior Brad Fiala placed first in the Olympic round of the International Archery Federation's men's recurve competition, while sophomore Kelly

Clark took first in the Olympic round for women's recurve. The JMU men placed second overall in the team compound competition, one point behind first place finisher Penn State University.

Former athlete challenges NCAA

Collegiate Athletes Coalition raises awareness for players

BY MARK EMMONS
Knight-Ridder Newspapers

Ramogi Huma never intended to become an activist.

Yet as a freshman linebacker at UCLA in 1995, Huma saw things that made him wonder.

Like when the NCAA suspended a teammate for accepting \$150 in groceries left on his doorstep by an agent who had heard him complain during a radio interview about not having enough to eat.

The next spring, Huma attended a team meeting where the coach preached the importance of attending off-season workouts. Then UCLA's compliance officer added that if players got hurt during these "voluntary" sessions, they wouldn't be covered by the school's insurance.

"These rules come from so high up that you can't even see where they're made," Huma said. "All you know is that as an athlete, you have to follow them."

Now a former athlete, Huma is trying to change them. And he might be the NCAA's worst nightmare.

Huma created the Collegiate Athletes Coalition, which intends to be a sort of players association for Division I jocks — something that closely resembles a union.

Since its formation 15 months ago, the CAC has signed up about 500 football and basketball players from 12 schools — including every Pacific-10 Conference member except Cal. Stanford basketball star Casey Jacobsen is one prominent athlete involved.

The CAC's demands are modest, including better health coverage and scholarships that reflect the actual cost of attending a university. What's radical is the concept

of athletes banding together to challenge the NCAA.

"It feels like a high school team going up against the pros," said Huma, 24. "But we have a very good strategy."

And friends — the United Steelworkers of America.

Last weekend's Final Four marks the culmination of the wildly popular NCAA men's basketball tournament. It's also a cash cow. The tournament generates 80 percent of the NCAA's revenue. Starting next season the CBS contract jumps to \$6.2 billion over 11 years.

The NCAA notes that this money is used to subsidize sports that don't generate their own revenue. But Tim Waters, the steelworkers' liaison to the CAC, said it's wrong that not a dime of this money reaches the players.

"We see the NCAA as a corporation that's exploiting the people who are making a lot of money for it," Waters said. "Maybe athletes come and go every five years, but we're not going away and the NCAA better recognize that."

The NCAA, in turn, views the CAC-steelworkers affiliation with suspicion.

"We think we already have a very workable and good structure for student-athletes," NCAA spokeswoman Jane Jankowski said.

Andrew Zimbalist, a Smith College economist and NCAA critic, said the CAC has several valid concerns. Yet he has reservations.

"It doesn't seem to me that unionization is in the cards, so I'm not really sure where the steelworkers think they're taking this," said Zimbalist, author of "Unpaid Professionals: Commercialism and Conflict in Big-Time College Sports." "It does seem like an odd pairing."

Huma said the CAC simply is trying to bring needed change to college athletics.

Nobody needs to tell Huma that there is little sympathy for "exploited" student-athletes. They receive scholarships — often to universities they otherwise would not be able to attend. They get publicity.

It's also common to hear stories of athletes lining their pockets. Last month, a former Michigan booster was indicted for allegedly paying \$600,000 to four former Wolverines basketball stars — including Chris Webber.

"People already think we're spoiled athletes who get everything," Huma said.

But, he adds, the concept of a "free ride" is an illusion. Athletes are required to commit long hours to their sport in return for a scholarship. Huma also maintains that colleges aren't keeping their end of the bargain. While he acknowledges universities aren't solely at fault, less than 50 percent of Division I football players and only 35 percent of basketball players graduate.

Even though the CAC leadership consists of just five former athletes, they've created a buzz. The group recently was profiled on "60 Minutes." Huma has appeared before a congressional subcommittee. The Wall Street Journal labeled him "Norma Rae at UCLA."

It's heady stuff for a guy whose football career ended because of a hip injury, who recently received his master's degree in public health and who aspires to open a group home for troubled youth.

But he is committed to expanding the CAC. He envisions it as something similar to

see FORMER, page 18



Baseball sweeps William & Mary

The Diamond Dukes swept a three-game series against the College of William & Mary with an 8-2 win Sunday. JMU is now 26-7 overall and 4-1 in the conference.

Softball falls to Delaware

The Dukes lost a four-run lead in the seventh inning to fall to the University of Delaware 5-4 Sunday.

JMU split a double header Saturday with the Blue Hens, losing the first game 3-0 before winning the second game 4-0.



Men's Rugby

Men's rugby competed in the Mid-Atlantic Championships last weekend. JMU defeated Kutztown University Saturday, 29-18. JMU defeated the University of Delaware Sunday, 17-13, placing fifth in the tournament.

Women's Rugby

The women's rugby team defeated American University 68-0 and West Chester University 19-0 last weekend. Later this month, JMU advances to the USA Rugby National Tournament.

LACROSSE

Shell-shocked: Dukes top Maryland

SHELL-SHOCKED, from page 1
were positioning the ball very well," Ulehla said. "Defensively we stepped it up in the second half."

JMU fell behind 2-0 in the first five minutes, giving up early goals to Maryland's Meredith Egan and Kristie Leggio. Dukes' senior Kristen Dinisio scored at 24:21 to pull JMU within one at 2-1, but Egan scored her second goal at 19:23 to push the lead to 3-1. Maryland's Courtney Hobbs made the score 4-1 with her goal at 17:16, forcing Ulehla to call timeout. The complexion of the game would not be the same.

Out of the timeout, Staedt scored at 15:44 to close the gap to 4-2. Maryland and JMU then traded goals twice, Sonia Judd and Acacia Walker scoring for the Terps, while Dinisio and Decker scored for the Dukes to make the score 6-4.

Decker scored again with 9:01 left in the first, and after another Maryland score, Staedt and freshman attacker Jessica Brownridge scored to tie the game at 7-7. The Terps regained the lead on Egan's third goal, and took an 8-7 lead into the half. It was a lead that would not last.

"We made ourselves a threat in the second half," Staedt, a preseason All-American pick said. "We had so much to play for this game, and nothing to lose."

The Dukes scored the first three goals of the second half, Decker tying the game on her third goal at 26:13, senior attacker McNevin Molloy putting JMU ahead at 9-8 and Brownridge scoring her second goal at 20:09 to cap the run at 10-8. Over that span, Maryland totaled three offensive possessions.

"I told them the key to the game was draw control," Ulehla said. "We pressured them into making bad passes, and that kind of set the tone in the midfield."

Staedt also said having control of the ball was vital in shutting down the Terps.

"In the second half we came out and got the ball," Staedt said. "Us keeping control of the ball helped us to keep control of the game."

Walker scored her second goal for Maryland at 14:53 to cut the Dukes' lead to 10-9, but the Terps missed on two golden opportunities after that. A free position shot missed by Hobbs, followed by an open

net miss on a fast break kept the score 10-9. JMU capitalized when Staedt scored her third goal at 10:19, giving the Dukes a two-goal cushion at 11-9.

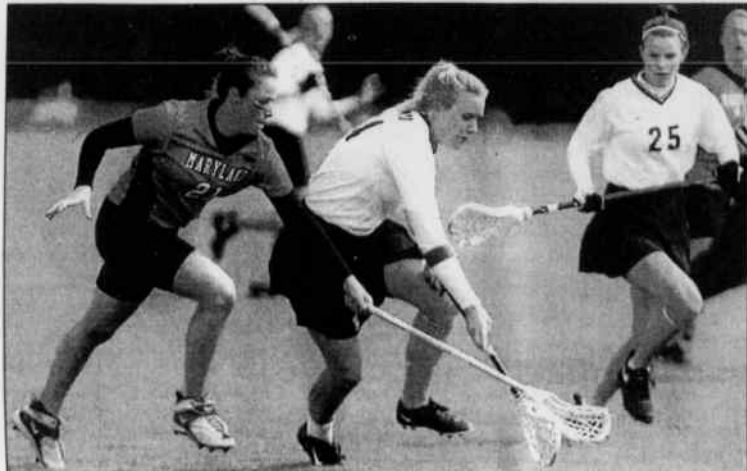
"My defense came up huge," Dukes' freshman goalkeeper Amy Altig said. "We really held great body position and capitalized on a lot of ground balls. We had that fire in our eyes, and we just went out and got it."

Maryland's Leggio scored her second goal at 3:33 to make the score 11-10, but the Terps would get no closer. Altig made her ninth and final save on a free position shot by the Terps' Hobbs with 1:40 remaining preserving the lead and the win for JMU. The Dukes rushed the field in celebration after the final horn.

"I've been in that position before," Altig said of her final save. "I knew I needed to make that save."

Ulehla said of Altig, "clearly she came up with some fabulous saves. It's like the old cliché that defense wins championships."

Staedt said, "we needed a big win like this. We needed it just for ourselves. It was the best feeling in the world."



JMU sophomore Jesse Collins battles with the Terrapins' Molly Lambert for possession.

Former UCLA football player now tackling NCAA glitch

FORMER, from page 17

another familiar institution on campus — the fraternity system. Huma also said he has no intention of wielding the labor movement's greatest weapon.

"We're not advocating striking," he said. "Our issues carry a lot of weight because they're reasonable."

But while the steelworkers — who are covering the CAC's expenses — give them clout, the union's participation also raises eyebrows.

"Our motivation isn't to have a bunch of dues-payers," said Gary Hubbard, the steelworkers' public-affairs director.

"We see it as an opportunity to demonstrate to young people the benefits of a union."

But would they like to see college athletes unionized?

"Absolutely," Hubbard said. "It's a novel issue."

That's where people like Stanford Athletic Director Ted Leland see trouble.

"You can argue convincingly for their platform," Leland said. "But I don't foresee a bright future for undergraduate, special-interest unions on college campuses."

Unions, Leland said, would create an employer-employee relationship that would undermine the culture of college athletics — if not destroy it.

"If it became necessary to have a union to have a football program, I think we'd drop the football program," Leland said. "Our president is not going to want to have to deal with a union."

A meeting was scheduled between the CAC and NCAA at Stanford in January to discuss health issues, including the deaths of three college football players during workouts last year. But the NCAA backed out, on the recommendation of its Student-Athlete Advisory Committee — a 31-member, non-voting group.

"We are a little skeptical about the steelworkers and their concern for our welfare," said SAAC chairman Michael Aguirre, an Arizona State graduate student and former football player.

Aguirre said he agrees with Huma on issues such as better insurance coverage and "full

cost" scholarships and that NCAA committees are studying the feasibility of achieving both.

"Student-athletes are in a better position going through the system," he adds. "Administrators listen to us. It's misguided to be going through an organization that doesn't have the influence we already have. I don't know if the CAC is necessary."

Yet it's clear that Huma's message carries weight. Huma said the only reason schools such as [the University of California] aren't involved is because the CAC has yet to visit those campuses.

"We've had 100 percent interest," he said. "I don't anticipate ever finding one athlete who doesn't think this is the right thing to do."

More protections for athletes is a good idea, said Zimbalist, the author. Where he and the CAC part ways is the issue of funneling money to athletes.

Even earmarking an extra \$2,000 for each athlete — one CAC goal — is not as easy as it sounds, Zimbalist said. He notes that schools often have 500 to 600 athletes, so such a plan would be costly at a time when most athletic programs are losing money.

He is in favor of more sweeping reforms — such as drastically cutting the hours athletes are asked to devote to their sport and restricting games to non-class days.

"That's better than just throwing a few dollars at the problem," Zimbalist said. "Some kids at the top schools probably are getting exploited, but it's just not something to get all worried about with all the other injustices and hypocrisies in college sports."

For now, Huma's goal is to sign up more schools and athletes. The idea is to create strength in numbers the "tyrannical" NCAA can't ignore.

"We have the power to instigate change, and they don't want change," Huma said. "It's inevitable these changes are going to come. I think the NCAA is in the denial stage."

That, he adds, also will change.

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Playstation 2 - system, games, accessories for sale. E-mail jmuGameGuy@yahoo.com for information.

ENSONIQ VFX-5D - Music production synthesizer with on-board 24-track sequencer and disk drive. Over 200 sampled sounds, infinitely programmable, fully touch sensitive keyboard, Full MIDI. Includes pedals, case, \$600, neg. Call Jon, 433-3489.

AM/FM Stereo Receiver - Optimus Digital Synthesized. Used very little, \$50 or make an offer. Quasar VCR with remote, needs cleaning - give away. Call 434-1241, leave message.

Brewing supplies, ingredients, Taps - Bluestone Cycles, 432-6799, 181 S. Main. www.BCBREW.com

1998 Honda Civic DX Coupe - 5 speed, CD, excellent condition, \$7,500. Call 433-9162.

1991 Ford Tempo - approximately 108,000 miles, very good condition. Asking price: \$1,200, or best offer. Contact information: Umamah Nabl, 540-432-9773 or 571-432-5483 or e-mail nabul@aol.com.

DJ Equipment and Lighting - everything from speakers to strobe lights to disco balls to fog machine - virtually brand new and in great condition. Price is negotiable. Please contact Matt, 437-6584 or 914-830-5125.

2001 Silver Toyota Celica - 11,000 miles, loaded, spoiler, sunroof, key-less entry, automatic transmission, Gold Emblem package, excellent condition, extended warranty. Call 432-1394.

PowerMacintosh G4 - 350MHz, 64 MB, 10GB, 56K modem. Asking \$400. kotera@jmu.edu.

98 Volkswagen Jetta - Green, 72K miles, 5 speed, manual, AC, AM/FM cassette, power sunroof and doors. Very good condition. \$9,000. Call Lori, 568-6004 or e-mail toberib@jmu.edu.

Cannondale Road Bike - 63cm, Aerobac, odometer, time pedals, \$390, 298-9422.

For Sale: A Great Deal - 3 bedroom, 2 bath remodeled 2 story. Central air, new windows, convenient location in city. Seller must move! \$99,900. Call Chip Goodson, 289-5451 or 433-2454, #39549 - Old Dominion Realty.

'94 Pontiac Sunbird - sporty 2 door with spoiler. Well maintained, stereo with cassette player, AC, teal blue, new tires/battery, 5 speed manual, 96,000 miles. Call 487-2160.

Part-time Switchboard Operator - Mature, Dependable and Personable. Prefer local student. Will work with your individual schedule. Every other weekend required. Apply in person to People's Choice Answering Service 10108 Virginia Ave. Harrisonburg.

Sports Assistant Positions - available in Sports Media Relations for 10 hours/week, minimum wage, for the 2002 - 2003 school year. Successful applicants will assist in covering the 28 NCAA sports. Weekend and night work required in addition to weekday office hours. Writing experience preferred, but not necessary. Applications available in Sports Media Relations, Godwin Hall, room 220. No phone calls. Applications encouraged by April 12. Applications accepted until positions are filled.

\$1,500 Weekly Potential - mailing our circulars. Free information. Call 203-683-0202.

The Stonewall Jackson Inn - is seeking 2-3 persons to assist in hosting, housekeeping, and marketing of our B&B, in exchange for free room and board at an adjacent apartment. Call 433-8233 for interview.

Harrisonburg's Newest Eatery - RT's Chicken & Grille is now hiring and opening in April. Now taking applications for full/part time positions. Flexible hours with competitive pay. Call 435-9289 from 6 p.m. - 9 p.m. Ask for Todd.

Dance Instructor Positions - available for academic year 2002 - 2003. Call 433-7127.

Earn Up to \$500 Per Week - assembling products at home. No experience. Info, 1-985-646-1700, Dept. VA-4806.

Summer Job - Massanutten River Adventures, Inc. MRA is seeking 4-6 men and women for the canoe, kayak and river tubing 2002 season. MRA is located across from Massanutten Resort. Employees must be motivated, enthusiastic and self-managed, and good driving record. Inexpensive housing available. Call 280-CANOE(2266). www.CANOE4U.com or e-mail MassanuttenRiver@aol.com

Students Wanted - to help on horse farm in exchange for lessons/riding privileges. Half hour south of JMU. Flexible hours. 828-3223 for information.

Fraternities, Sororities, Clubs, Student Groups - Earn \$1,000 - \$2,000 with the easy CampusFundraiser.com three hour fund raising event. Does not involve credit card applications. Fund raising dates are filling quickly, so call today! Contact CampusFundraiser.com at 888-923-3238 or visit our website at www.campusfundraiser.com

Summertime, Part-time - 10 - 12 hours per week, long-term office assistance. Begin late April. Flexible hours, small, quiet, family oriented environment. Phone, computer, customer skills. 433-0360, NJCconnection@aol.com.

Looking for a Fun Summer Job? Shenandoah River Outfitters is now hiring for summer season for campground attendants; campfire cooks; drivers able to lift 85 lbs. Must be outgoing, energetic and able to work weekends. Full and part-time. 800-6CANOE2.

Attention Summer Camp Counselors - ACAC is seeking committed Summer Camp Counselors for June 10 - August 23. Counselors can earn from \$6 - \$8.50 per hour, depending on experience. If you are creative, exciting and energized, then ACAC has an opportunity for you. Full-time with benefits! For more information please call Adam or Eric, 434-978-3800.

SERVICES

NOTICE
For more information and assistance regarding the investigation of financing business opportunities, contact the Better Business Bureau, Inc. 1-800-533-5501

PERSONALS

Adoption
Couple wishes to adopt infant. Will pay legal/medical expenses. Please call Jack/Dianne 1-800-773-6511.

ADOPTION
Loving/joyous family with one child looking to adopt white infant. Let us shower your baby with love/happiness in warm/secure home. Legal, confidential. 888-212-5553.

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ALSTON'S PUB KARAOKE
EVERY TUESDAY NIGHT, 9 PM-1AM
SPONSORED BY ALPHA SIGMA ALPHA
1950 DEYERLE AVENUE • ACROSS FROM THE BULL PEN •
432-0610 • 21 AND OVER • ID REQUIRED

"Voices-Not Bodies"
Candlelight Vigil for Eating Disorder Prevention
Saturday April 20, 11am-return midnight

Bus Trip from JMU to the Ellipse of the National Mall, Washington D.C. Buses leave College Center Lot (R-3) at 11:00am return at midnight. The Candlelight Vigil is from 4-9pm.

Tickets available at the Warren Hall Box Office, \$10 roundtrip
Join ANAD (Anorexia Nervosa and Associated Disorders) in raising awareness and helping to prevent Eating Disorders
Sponsored by the University Health Center and the Leslie George Fund for Eating Disorders Prevention. Questions call 568-3503.

The Road to Fitness.

Bouldering Afternoon at Rawley Springs
Date: Apr. 26
Level: 2-3
Time: 2-6 pm
Cost: \$5 JMU / \$10 Guests
Pre-req: Belay approval at the wall or spotting and outdoor climbing experience.
Register by: Apr. 23, 5pm

Fly Fishing Clinic
Date: Apr. 16
Level: 1-2
Time: 7-9
Register by: Apr. 15
WELLNESS PASSPORT

Outdoor Soccer (m) (w) (c)
Entries Due: Apr. 15-May 10
Captain's Meeting: May 13, 5pm

Women on Weights (WOW)
Date: Apr. 15
Time: 8-9 pm
Females Only!
WELLNESS PASSPORT

Head, Neck, & Shoulder Massage
Date: Apr. 10
Level: 1-3
Time: 8-9 pm
WELLNESS PASSPORT

FREE!

For more information call x88700 or visit www.jmu.edu/recreation

The Breeze

Congratulations to the 2002-2003 staff

JEANINE GAJEWSKI, Editor
TRAVIS CLINGENPEEL, Managing Editor
GAIL CHAPOLINI, Ads Manager

DAVID CLEMENTSON, News Editor
KYRA PAPAFILE, News Editor
KHALIL GARRIOTT, Asst. News Editor
JESS HANEBURY, Opinion Editor
LISA MARIETTA, Focus Editor
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STEVE CEMBRINKSKI, Online Editor

Need Roommates?

Look no further!
Our residents are the best
and some still need a roomie!

I hope I meet someone who likes to meditate too.



My next roommate better not steal all my food!



I better find another girl to go shopping with.



I need a buddy to pick up chicks with!



Hurry on in before it's too late to sign with the biggest and best in off-campus housing! Sign a lease with The Commons, South View, or Stone Gate apartments and you will get FREE local telephone service, FREE ethernet, and FREE cable (over 45 channels) for one year!

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