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History in the making
 Professor Joe Opala takes students on field work to connect the Gullah people throughout the United States.



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Tantalizing teddy bear
 The Cinnamon Bear Bakery and Deli provides patrons with tons of tasty treats.

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Dukes win CAA Tournament
 Women's soccer shuts out George Mason University for its second Colonial Athletic Association crown, earns berth into NCAAs.

THE BREEZE

James Madison University

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Vol. 80, Issue 20

Monday, November 11, 2002

Sex therapist dispels myths

Visiting speaker lectures on lighter side of sex

BY GARRET HILLER
 senior writer

Talking about the lighter, positive, joyful aspects of sex, internationally recognized sex therapist Ruth Westheimer spoke at the College Center Nov. 6.

Westheimer is a pioneering sex educator and longtime promoter of "sexual literacy." She has been a frequent speaker on the national college and university lecture circuit and has twice been named "College Lecturer of the Year," according to a release by JMU media relations. In addition, her radio program, "Sexually Speaking," is in its 22nd year of broadcast, and her television show, "The Dr. Ruth Show," has been syndicated nationally and internationally, the release said.

Westheimer told the packed 1,000-person-capacity grand ballroom that her purpose for coming to JMU was to "educate and dispel myths" about human sexuality.

"Coitus interruptus (withdrawal of the penis from the vagina prior to ejaculation) is not a good method of contraception," she said, discussing one myth. "It only takes one fast one in the pre-ejaculate to get a woman pregnant."

The ballroom frequently erupted in laughter, including when Westheimer told the tale of a woman who thought she would not get pregnant if she did not actually enjoy the sex.

Westheimer also provided advice to students on how to become more sexually healthy beings. She suggested to all the women, professors included, that when they are driving in their cars and stop at a red light, they should spend that moment practicing the Kegel exercise, and then look at the driver in the car next to them and wink.

Kegel exercises are short, rhythmic contractions and relaxations of the muscles along the pelvic floor that lie beneath a woman's external genitalia. The exercises are named after Arnold Kegel, who in 1952 discovered that exercising the pelvic floor muscles could improve vaginal tone, enhance pleasure during intercourse and improve urinary continence, which diminishes as one gets older, Ruth said.

Directing her attention to the men, Westheimer said that regarding a man's penis, size does not matter as the vagina can accept any girth unless it is miniscule.

Westheimer also tried to dispel the myths about masturbation. "Myths about masturbation must be buried," Westheimer said.

Other controversial issues she touched upon included abortion. Saying she had escaped Nazi Germany when

see SPEAKER, page 5



MORGAN RIEHL/staff photographer

Ruth Westheimer, internationally recognized sex therapist, speaks at the College Center Nov. 6.



UREC staff promotes yoga for destressing

BY JANE MCHUGH
 senior writer

Imagine walking into a place, feeling tensed and stressed. Yet, less than an hour later, you exit feeling calm and happy enough to be literally smiling. These are just a couple of the feelings that yoga promises.

"Yoga is the art of uniting the mind and body through both physical movement and tranquil thought," said senior Becky Holt, UREC group fitness manager and yoga instructor.

Holt said she enjoys teaching yoga because of the feeling people are left with after a successful class. "You leave class calm, relaxed, clear minded and smiling," she said.

According to Jill Zagora, UREC coordinator for group fitness and wellness and another yoga instructor, "The best thing about yoga is that it makes you more self-aware of your body and its limitations."

There are many different forms of yoga, Zagora said, but UREC focuses on the hatha form. Hatha is basic yoga and is the type that is taught at most commercial gyms, according to Zagora.

Yoga can be quite instru-

see YOGA, page 5

Chemistry awards two high school teachers

BY KYRA PAPAFIL
 assistant news editor

The JMU chemistry department awarded two Stafford High School chemistry teachers Nov. 5.

The 2002 "Chemistry Teacher of the Year" awards were presented to Kathryn Dennis and Mary Frances George. The two were nominated by several of their former students now studying at JMU, according to a press release.

As part of the ceremony, which was held in the chemistry department, the two were presented with the "CRC Handbook of Chemistry and Physics, 83rd Edition."

The chemistry department has given its awards to high school teachers for 15 years. The press release said students who are enrolled in chemistry classes nominate teachers who they say have prepared them for college-level chemistry courses.

Chemistry professor James Leary, who presented the awards, said many students had nominated the two over the past 10 years.

George has been teaching for 30 years in Stafford County public schools. She currently serves as the administrative assistant for Stafford High School, where she teaches Advanced Placement chemistry, according to the press release.

Dennis, who has been teaching chemistry at Stafford High School for 12 years, said, "It is truly an honor to receive this award from JMU, especially since we were nominated by former students."

"It is gratifying to know that we have instilled the love that we have of our subject in others. We are very fortunate to have dedicated, bright students at our high school."

Leary said this is the first time the department has awarded two teachers in the same year.

JMU entices multicultural students



ELLIE LOVEMAN/staff photographer

Graduate student Kim Turner (left) speaks with Chris Carter, associate director of CMISS at SMO's Take-a-Look Day.

Take-a-Look Day welcomes prospective students

BY SARAH SHAHMORADIAN
 contributing writer

Students for Minority Outreach drew more than 600 high schoolers to campus Saturday for their annual Take-a-Look Day.

Since the 1980s, SMO has teamed up with the admissions committee to enlighten prospective minority students about the admissions process, different majors, financial aid and campus resources, according to SMO's main advisor, Art Dean. In addition to being assistant director of admissions, Dean is the coordinator of athletic recruitment and multicultural recruitment for the admissions office.

The day's sessions, which took place in the College Center and the Health and Human Services Building, included a student-led panel session, small-group "break-out" sessions and a student organization fair.

Although the goal of Take-a-Look Day is similar to the traditional campus exposé, Dean said its approach is unique and may be more effective.

"Students are either recruited by friends or hear about JMU through a tour or an open house," Dean said. "This is [a] specialty open house — the other general one is less intimate, and the prospective students have

less interaction with current students. Usually the only students they come in contact with are the student ambassadors."

SMO corresponding secretary Lauren Broussard, a sophomore, was one of the many yellow-shirted SMO members who interacted with prospective students.

"The best thing I did today was eating lunch with a group of families," she said. "It was fun and great getting to know them better."

According to SMO President Kristin Brown, a senior, the fact that so many current minority students were present

see MINORITY, page 4

Asian pop culture explored

Asian Student Union hosts workshop, discussion

BY JAMES MOON
 contributing writer

Small Taiwanese children skip in line at a pastoral Chinese schoolhouse. Amid laughter and song, their teacher demonstrates the numeral one on an easel, which they all draw, and then the

numeral two, which they again copy with ease. But they frown at the three, unable to understand until they turn their heads and see two arches, which they immediately recognize as the international symbol of McDonald's and erupt into joyous amusement.



BRIAN COKER/staff photographer

Senior Odyssey Lopez participates in "Asia Pop," a discussion workshop hosted by the Asian Student Union.

This was one of the samples of Asian popular culture presented at "Asia Pop," a discussion workshop hosted and presented by the Asian Student Union Wednesday evening.

Ranging from high fashion in Ho Chi Minh City to bubblegum boy (or girl) bands in Seoul to mobile telephone commercials in Taipei, JMU students offered their experiences and understanding of modern Asian popular cultures.

In attendance was Asian scholar and JMU history professor Michael Seth, who has traveled and lived in Asia. He said that while it would be expected to hear more American-influenced music throughout Asia, "I hear mostly Asian pop."

Seth originally conceived the event and coordinated with Asian-American students and ASU to produce the workshop,

see ASIAN, page 5

Getting down with DG



MORGAN RIEHL/staff photographer

Members of Zeta Tau Alpha dance to Jennifer Lopez's "I'm Real" as part of the Delta Gamma sorority's Mr. and Mrs. Anchorsplash pageant Friday. The pageant ends a week of events to benefit Aid to the Blind and Service for Sight.

Monday, November 11, 2002

DUKE DAYS EVENTS CALENDAR

TUESDAY, NOVEMBER 12

• Academic Advising and Career Development presents "Getting into Highly Competitive Graduate Schools" from 5 to 7 p.m. in Taylor 305. Learn how to identify target schools, do your research and ensure that key individuals are on your side. For more information, call x8-6555.

• EQUAL, JMU's women's rights organization, meets at 6 p.m. in Taylor 303. For more information, e-mail blu@jmu-equal@yahoo.com.

WEDNESDAY, NOVEMBER 13

• Alpha Kappa Alpha Sorority, Inc. will sponsor a "Buckle Up America" information booth in the Warren Hall mailroom from 10 a.m. to 2 p.m.

• The JMU College Democrats are holding their weekly meeting at 7 p.m. in Taylor 311. For more information, e-mail diaz@jmu.edu or visit jmu.edu/orgs/youngdemocrats.

• Alternative Spring Break Domestic Trip informational meeting will be held at 8 p.m. in PC Ballroom. Trip leaders will be on hand to briefly describe their trips and answer questions. Additional questions can be directed to ASB@jmu.edu or stop by the office in Wilson 204.

MONDAY, NOVEMBER 11

• Alpha Kappa Alpha Sorority, Inc. will sponsor a "Buckle Up America" information booth in the Warren Hall mailroom from 10 a.m. to 2 p.m.

• The JMU chapter of the Society of Professional Journalists meets at 4 p.m. in Modular Building Room 227.

• Sexual Assault Survivors Group meeting will be held at 7 p.m. Contact Jill for more info at x8-3407 or rupperja.

• Students Against Sweatshops meets at 7:30 p.m. on the fourth floor of Warren Hall (airport lounge). Contact bernhab with questions.

• JMU's School of Theatre and Dance presents "The Glass Menagerie" by Tennessee Williams at 8 p.m. at Latimer-Shaeffer Theatre in Duke Hall. Tickets are \$8 for the general public and \$6 for JAC card holders, senior citizens and children. The show will run nightly through Thursday. For more information, call x8-7000.



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POLICE LOG

By SHARON BLEARNEY
police log reporter

A fire broke out in Potomac Hall Nov. 7 at 6:10 a.m. The flames came from an air purifier. Damage was done to the wall, the blinds and a dresser in the immediate area.

In other matters, campus police report the following:

Grand Larceny

A JMU student reported the larceny of a wallet from the commons area Oct. 23 at 2:05 p.m. The wallet included credit cards, a JAC card, an operators license and money.

A Chandler Hall resident reported the larceny of an Xbox player and games from a room between Nov. 1 at 9 p.m. and Nov. 4 at 4:30 p.m.

Petty Larceny

A JMU student reported the larceny of a parking sticker from a vehicle in the parking deck Nov. 5 between 3:30 and 5 p.m.

Property Damage

A JMU staff member reported the right rear window of a vehicle was broken out in a lot between Nov. 6 at 9:45 p.m. and Nov. 7 at 6:50 a.m. The same vehicle's left front tire was slashed Nov. 4.

Number of drunk in public charges since Aug. 26: 54

Number of parking tickets issued between Oct. 21 and Oct. 27: 1,000

WEATHER



Today
Thunderstorms
High 64 Low 41

		High	Low
Tuesday	Showers	51	38
Wednesday	Partly Cloudy	50	35
Thursday	Partly Cloudy	55	39
Friday	Cloudy	48	37

MARKET WATCH

As of close on Friday, November 8, 2002

DOW JONES	↓	AMEX	↓
21.86		3.00	
close: 2,378.79		close: 824.18	
NASDAQ	↓	S&P 500	↓
17.43		7.91	
close: 1,359.28		close: 894.74	

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.

Mailing address:

The Breeze
G1 Anthony-Seeger Hall
MSC 6805
James Madison University
Harrisonburg, Virginia 22807
Phone: (540) 568-6127 Fax: (540) 568-6736
E-Mail address: the_breeze@jmu.edu
Breeze Net: <http://www.thebreeze.org>

Bookkeeper

Susan Shifflett

Receptionist

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Section phone numbers

Style: x8-3151
News: x8-6699
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Business/Technology
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NEWS

■ Virtue and happiness discussed

A visiting scholar spoke on "Plato's Place in the Ancient Debate" Friday.

see story below

"President Rose ... represents every college and university on this issue."

GEORGE BAKER
interim director,
I3A

see story below

Professor discusses philosophy, religion

Armstrong cites Plato, Aristotle; speaks on virtue, happiness

BY COLLEEN SCHORN
contributing writer

John Armstrong of Southern Virginia University spoke on "Virtue and Happiness: Plato's Place in the Ancient Debate" Friday afternoon in Keezell Hall.

Armstrong began by outlining four schools of philosophy and how they viewed human and divine goods. The four schools he discussed were Aristotle, Epicurus, the Stoics and the Platonists. The goods he proposed were virtue, pleasure, health, wealth, beauty and strength. Aristotle believed that all these were good, while Platonists believed that only virtue was good, according to Armstrong.

He used excerpts from Plato's last and longest work "Laws" to support his view on how Plato understood virtue and happiness. "Nothing is beneficial to you if it is not from intelligence," Armstrong said. "Something can be good in its own right, but is not always good for you," Armstrong said. He said Plato stressed the importance of intelligence and using it to bring about health in the body. He viewed intelligence as the highest good, Armstrong said.

Armstrong discussed how Plato can call something good in its own right but how if it is beneficial then you are virtuous. "Nobody ever becomes completely virtuous, at least in this life," Armstrong said.

In Armstrong's interpretation of Plato, actions and people are just if they are ruled by the belief of what will turn out to be best and not through passion. Armstrong described the five claims to understand human goods and human evils benefiting the vicious and the virtuous. These claims include the idea that human evils benefit the vicious but hurt the virtuous.

One student in attendance said the lecture was confusing in parts. "I was a bit confused by some of what he (Armstrong) was telling us about the vicious and virtuous," SVU freshman Svetlana Drautovich said. "But by listening to the professors bring up examples in order to question what Plato said, I began to understand it more clearly."

After Armstrong read his paper on how Plato understood virtue and happiness, the audience participated in a discussion. Those in the audience were either students of Armstrong or part of JMU's philosophy department.

"I was very impressed by the questions that JMU professors were asking," said Allison Paskett, a junior majoring in philosophy at SVU. "They were very involved in the lecture and seemed to enjoy it."

Armstrong's lecture was the third in a Philosophy and Religion Colloquia Series. The next lecture is scheduled for Dec. 6.



MATT CARASELLA/senior photographer

John Armstrong of Southern Virginia University lectures in Keezell Hall Friday afternoon. By contrasting Plato's views on virtue, pleasure, health, wealth, beauty and strength with Aristotle's, Armstrong outlined four schools of philosophy. One of Armstrong's main topics was Plato's thoughts about virtuousness: "Nobody ever becomes completely virtuous, at least in this life," he said. Armstrong's speech, "Virtue and Happiness: Plato's Place in the Ancient Debate," was the third in the Philosophy and Religion Colloquia Series. The next lecture will take place Dec. 6.

New infrastructure security institute to develop at JMU

Protection project partners with GMU, encourages student involvement

BY CASSANDRA VAEREWYCK
contributing writer

A new institute is being formed at JMU to protect nationwide security interests.

"We are in need of an integrative force against terrorism, and our institute is the engine that is going to step up and take that responsibility," said George Baker, interim director for the new Institute for Infrastructure and Information Assurance.

According to Baker, the institute, called I3A, will bring together the labors of two different security-related bodies that are already in place at the university. The first is the Commonwealth Information Security Center, which was made possible by a grant from the state of Virginia. The second is the Critical Infrastructure Protection Project, which is jointly funded by JMU and its partner in the effort, George Mason University,

according to Baker. "Most people aren't aware how fragile our infrastructure systems are and how easy it would be for a terrorist to tamper with our lives," Baker said.

"We want to let people know what those threats are and how they can help us fix those problems. This institute will build on existing programs to expand our venue and responsibilities," Baker said.

According to Jerry Benson, dean of the College of Integrated Science and Technology, "Critical infrastructures are ones which are so vital that their incapacitation or destruction would have a debilitating impact on defense or national security ... [I3A] is designed to address both information and physical protection issues."

Baker said, "When students get up in the morning and turn on the lights, or run

“We are in need of an integrative force against terrorism ...”

— George Baker
interim director,
Institute for Infrastructure and
Information Assurance

the water, or use their computer, they don't think twice about the vulnerability of that system."

According to Baker, "90 percent of critical infrastructure is privately owned, so we are going to use the federal monies given to us to motivate action at the state and local level and improve our protection."

"There was a need for an integrating force to pull everything together to protect citizens from infrastructure terrorism — and that is

the mission of this institute."

Since the program's initiation earlier this year, JMU has been recognized for its security achievements. According to Kenneth Newbold, outreach coordinator, JMU has had a reputation for being a leader in security-related issues. "JMU security program graduates are the leaders of the Security Committees for both the House and the Senate," Newbold said.

According to Benson, JMU President Linwood Rose was reappointed to President George W. Bush's National Infrastructure Advisory Council.

According to Baker, "President Rose is the only academic on the [advisory] council. He represents every college and university on this issue."

Technology-savvy students will play a large role in the institute. According to Benson, "The institute will

“Cyber attacks will be more and more common and we need computing help ...”

— Kenneth Newbold
outreach coordinator

offer a means by which faculty and students from various disciplines in the university can come together as members of interdisciplinary research, technology transfer and education teams in addressing America's needs in this critical area."

According to Newbold, "There is always a need for student involvement from areas all across the board. We have programs in the foreign language department for translation, business, political science,

SMAD, communications and so many others.

Newbold said, "We are forming a student group focused entirely on critical infrastructure that will help with networking for internships and research projects, while we develop industry and government agency partnerships."

"There are so many ways that undergraduate students can be involved and to take what they are learning in their classrooms and apply that to real world problems," Newbold said. "Cyber attacks will be more and more common and we need computing help; public health is going to be important for biological warfare."

Baker said that working agreements will be sought with federal, state and local organizations involved with infrastructure protection. Toward that end, Baker said, I3A has already established an outreach program with the National Park Service.

Virginia will be first to prosecute accused Washington-area snipers

BY SHANNON MCCAFFREY
Knight-Ridder Newspapers

Sniper suspects John Allen Muhammad and John Lee Malvo will be prosecuted first in Virginia, Attorney General John Ashcroft announced Thursday. The decision ensures that both could get the death penalty if convicted.

The two are accused of a terrifying Washington-area shooting spree last month that left 10 dead and three wounded.

Thursday's announcement came as authorities in Georgia said they had linked Muhammad, 41, and Malvo, 17, to the slaying of an Atlanta liquor store clerk on Sept. 21. The pair already stand accused of another liquor store slaying later that day some 160 miles away in Montgomery, Ala. Authorities now say they believe the same .22-caliber handgun was used in both killings.

In Atlanta, Million Woldeamarian, a 41-year-old Ethiopian immigrant, was

gunned down when he left the store to investigate a suspicious car outside.

Authorities say they also have linked Muhammad and Malvo to a shooting in Baton Rouge, La., and to a slaying in Tacoma, Wash.



In all, the two are suspects in at least 19 shootings in which 14 people were killed and five wounded.

Ashcroft's decision to turn Muhammad and Malvo's case over to prosecutors in two counties in Virginia ends a turf battle over who should get first crack at the high-profile case.

Montgomery County

Maryland State's Attorney Douglas Gansler had said his office should prosecute first because six of the killings took place there, more than any other jurisdiction.

But Maryland's historic reluctance to impose the death penalty worked against Gansler. The state has a moratorium on executions pending a review to see if racial bias is involved in the death penalty's application.

Virginia, on the other hand, has carried out more executions than any other state but Texas. And in Virginia, a 17-year-old can face the death penalty.

Maryland and the federal government do not permit capital punishment for juveniles.

Ashcroft said it was "imperative that the ultimate sanction be available for those who have committed these crimes."

"We believe the first prosecutions should occur in those jurisdictions that provide the best law, the best facts and the best range of available penalties," Ashcroft said.

Dorm privacy ruling at Dartmouth College may have national impact

BY ELISE DUNPHE
The Dartmouth

A recent ruling by the New Hampshire Supreme Court in a case involving Dartmouth may limit the privacy rights of students attending private colleges and universities, according to Robert DeKoven, a professor at California Western School of Law.

However, other jurists disagreed, saying that the decision upheld previous court rulings regarding private institutions and civil liberties, rather than setting a new precedent.

The case involved student Adam Nemer, who was charged with marijuana possession in 1995. The state supreme court ruled late last month that, though Safety and Security officers did not have a warrant when they searched Nemer's dormitory room, evidence obtained by the college's security service could be used against him in court.

Lawyers for Nemer had previously convinced a lower

court that, by handing over confiscated materials to the Hanover Police, safety and security officers acted as agents of the state and had therefore violated the student's Fourth Amendment protection.

If the case is brought to the next level — the U.S. Supreme Court — it might have national impact, DeKoven said.

But Dartmouth General Counsel Robert Donin doubted that the ruling will create any legal waves.

"If Mr. Nemer sought review by the Supreme Court, I doubt that the Court would accept the case because it reaffirms a well-established rule of constitutional law, namely, that constitutional guarantees such as the Fourth Amendment's protection against unreasonable search and seizures only apply to state action and not to actions by private parties," Donin said.

Vermont Law School professor Sheldon Novick agreed with Donin, saying, "I don't believe that it's a departure"

from legal precedent.

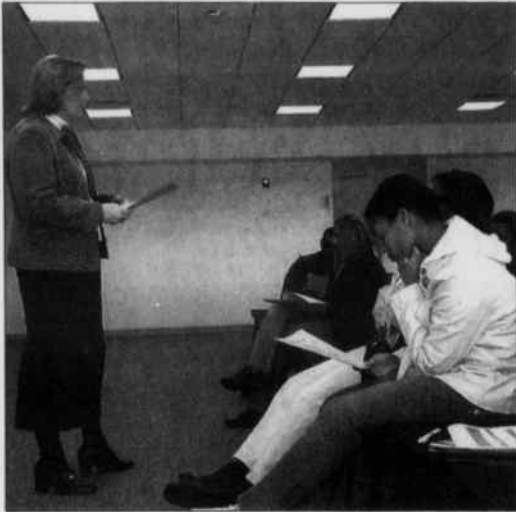
Because Dartmouth is a private institution that employs a non-police security force, safety and security officers are not required to abide by the same laws as police officers trained by the state. In addition, they do not have state police powers, Donin said.

If an officer finds illegal substances during a college-authorized room search, they are legally entitled to turn them over to the local authorities — even without a search warrant. Such a standard does not apply only to Dartmouth.

"We'd handle it the same way. You can't go on a witch hunt; you have to have a reason for being there, whether it's a complaint or a safety concern," said Bruce Bucher, director of security at Bowdoin College. Bowdoin, like Dartmouth, uses a private security force. Tufts University does not.

"We would have to abide by all state and federal laws," Tufts police Capt. Mark Keith said.

Minority students check out campus



ELLIE LOVEMAN/staff photographer

Communications professor Annick Conis speaks at Take-a-Look Day, which aimed to recruit minority students to JMU.

MINORITY, from page 1

also made the Take-a-Look experience unique for prospective students. "It's very, very rare that you see a minority student involved in an academic session or have a minority student serve on an admission student panel, because there's such a small minority population at JMU," she said.

Sophomore Jay Cottom, an SMO member, agreed. "To me, being a minority male, you're able to relate to this kind of program more. Truthfully, this affects me more than a regular JMU info session," he said.

One high school attendee from Fairfax, Jeannie Ly, compared the features of Take-a-Look Day to other schools' offerings. "I don't think a regular info session would have something like contemporary gospel singing or a step show," she said. The Latino Student Alliance and

Inspirational Ensemble also performed alongside the Contemporary Gospel Singers and the step teams.

Prospective students found features of JMU's minority-gearred organizations to mesh with their interests.

Tykisha West, a senior from Anadua High School on the Eastern Shore, said she enjoyed learning about various majors. "I'm majoring in biology, so [the Minority Pre-health and Science Association] looked interesting," she said.

Diana Nguyen, a high school junior from Fairfax, said she shares an interest in biology, yet was drawn to another aspect of the student organizational fair. "It's nice to know there's an Asian organization here," she said.

According to Brown, this year's Take-a-Look had changes and improvements and attracted more people than usual.

“*I don't think a regular info session would have something like contemporary gospel singing or a step show.*”

— Jeannie Ly
high school attendee, Fairfax

"This year was very different," she said. "It was the first year everything was condensed in the ballroom, so the students got to see the new facilities. Everybody loved this set up. Usually, we're on the other side of campus and more spread out."

The program also was restructured to include more interaction between current students and prospective students.

"We had breakout sessions, where they were in smaller groups where they could ask more personal questions ... sort of like workshops," Brown said.

A student panel also was added for the first time. Such changes, according to Brown, hopefully will attract more members and more diversity — and this hope already has begun to show itself in reality, Brown said.

"Now it's not just African students, but more Asians, more Latinos," Brown said. "During my freshman year, we just had around 200 people come to programs like this. It's doubled in two years."

Admissions counselor Michael Citro, who is also an advisor to SMO, said he was happy with the turnout. "One family even drove from far distances, from Connecticut," he said. "And this is just a one-day thing."

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NOV. 12
SPORTSMANSHIP & YOU
8:00 - 8:00 pm
register by NOV. 11
Wellness Passport

NOV. 14
OUTDOOR RECREATION
IN THE SHENANDOAH VALLEY
7:00 - 8:00 pm
register by NOV. 13
Wellness Passport

NOV. 18-28
SPRING BASKETBALL
[M][W][C]
Manager's Meeting: Dec. 2, 4 pm and/or 7 pm
Play Dates: Jan. 18-Mar. 2

NOV. 12
STROKE CLINIC
8:00 - 8:45 pm
register by NOV. 11
Wellness Passport

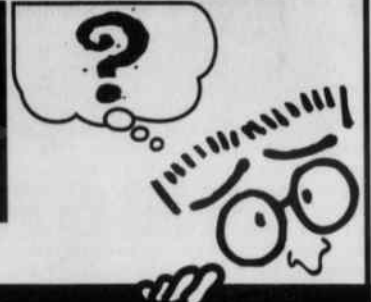
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Yoga increases flexibility

YOGA, from page 1
 mental in one's fitness routine, Zagora said. There are five components to fitness. These are cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition, she said.

"In order to really get the best results and the most efficient workout, [people] should make sure [to] balance those five components of fitness," Zagora said. "So yoga plays a huge part in strength and flexibility [and is] a great way to balance out your workout and cross-train a little bit."

According to Zagora, yoga does not place a big emphasis on fat burning, but instead focuses on flexibility. "Flexibility is a huge aspect of injury prevention so that's why we encourage yoga," she said.

Holt said other benefits include increased circulation

and mental acuity, lower blood pressure and stress levels and an overall relaxed state of mind.

Anyone can participate in yoga, Zagora said, although "people with bad wrists, bad knees and bad backs have to make sure that they pay attention to the modifications that are given in class." Like any other exercise, people should not feel any type of pain while participating in yoga, Zagora said.

One misconception that Zagora said people have about yoga is that there is a lot of sitting and breathing and that it is only for spiritual people. "Most of our instructors ... don't like to sit around and breathe," she said. "We're group fitness instructors so we like to cycle, we like to box, and we take that same mentality into our yoga classes."

Concerning religion, "you don't have to be spiritual ...

because that's not how we're teaching it, but you can be if that's how you choose to," Zagora said. "Come in on your own level and take out of it what you want."

There are two main yoga classes that are offered by UREC, which are YogaFitness and YogaFitness Plus. "YogaFitness Plus is the more advanced class so you go through the poses a lot quicker [and] there are more power moves," Zagora said. According to Zagora, however, while it's more advanced, YogaFitness Plus still caters to people who may have health modifications, such as bad knees or backs.

Senior Chris Nalberczinski has been able to see the benefits of yoga firsthand and said he is hooked. "Contrary to what most people believe, the art of yoga isn't about contorting your

body into seemingly impossible shapes," he said. "It is about your mind, body and spirit working together."

Being a dancer, junior Lindsay Barnett took yoga classes twice a week and said she "felt so much more relaxed. [She] became a lot more flexible in [her] shoulders ... and it also helped with [her] balance."

Holt said that while yoga is a discipline that may take time to appreciate, "if you allow yourself to stay open-minded and think outside of the box, you will undoubtedly notice many benefits and realize how worthwhile it really is."

Those interested in taking classes can purchase passes at the UREC program registration desk. The prices range from \$5 for one class to \$45 for 20 classes, according to www.jmu.edu/recreation/grpfitness/yoga.shtml.

Asian popular culture explored

ASIAN, from page 1
 the first of its kind at JMU and intended to be a formal annual discourse.

Senior Anita Tonakarn, president of ASU, and junior Many Phengsithy, ASU historian, presented the pop music of Laos and Thailand, illuminating the fact that the two countries shared a very similar, interrelated and mutually-intelligible language and culture. They divided popular music into two demographics: the mellow love ballads and traditional styles favored by the older people and the more upbeat and sugary pop enjoyed by the young, which is a generational preference rampant throughout Asia, according to Tonakarn.

This second demographic became the hot topic for much of the event. While each Asian country, like any country, has its own flavor of popular music, most copy and follow the American pop scene extensively, according to Tonakarn. "They incorporate mostly American styles; that's where we get our influence," Tonakarn said. Vietnamese students said many Vietnamese pop idols merely sing American hits translated from English.

Senior Mike Kim, president of the Korean Student Association, elaborated on the radical popular music industry in South Korea, widely referred to as K-pop. Industry moguls engineer each music sensation with casting, plastic surgery, heavy marketing and high profit margins, according to Kim. And the strategy works, Kim said. "How you are perceived by others is how you are. That's how it works in Korea — incredibly image-conscious," Kim said.

Seniors Phuong Le and Mary Nguyen also discussed image-consciousness by showcasing the ao dai, a traditional Vietnamese dress for women that has evolved especially

“
 Fortunately, my parents taught me that I was also Korean and exposed me to Korean culture ...

— Mike Kim
 senior, president of the Korean Student Association

with Western influence to become a prominent and unique Vietnamese display at special occasions today. However, apparently the ao dai is an exception, Nguyen said. Young Vietnamese girls are "more into Westernized clothes," Nguyen said. They often strive to be as "Western-looking" as possible, according to Nguyen.

Drawing on her 17 summers in Hong Kong, freshman Sharon Warren said, "Asian culture is traditionally very conservative" and suggested that Asians benefit from the liberating effect of American trends. Western ways serve as "a sort of ice-breaker" to a less strict society, according to Warren.

Kim said Asian-Americans aren't in an objective position. They are born and raised in America, immersed in American civilization and educated in American schools, he said. "Fortunately, my parents taught me that I was also Korean and exposed me to Korean culture, and so I know about my background, but the way I think and act is American," Kim said.

Other events that are part of ASU's JMU Asian Awareness Month include speaker Phoebe Eng tomorrow at 7 p.m. in Grafton-Stovall Theatre, the annual culture show Friday at 7 p.m. in Wilson Hall and Yellow Rage Nov. 19 at 7 p.m. in Grafton-Stovall Theatre.

Speaker looks at sexual literacy

SPEAKER, from page 1
 she was a child and that it is important for one to stand up and be counted for what you believe in, she stated her belief that abortion must remain legal.

Regarding homosexuality, Westheimer said that while experts do not yet understand the entomology behind same-sex attraction and thoughts, she still grants the same level of respect to homosexual couples who seek her therapy as she would grant to heterosexual couples who do the same.

Sanford Lopater, her collaborator on the textbook used by students in HTH 372 (Human Sexuality), took the stage next. He discussed the more receptive attitudes American colleges now have toward sex education than when he first began teaching. While there was only one textbook on human sexuality when he started educating students on the subject, there are now at least a dozen available. Lopater has

“
 I have the best job in the world.

— Sanford Lopater
 collaborator on HTH 372 textbook

been a psychology professor at Christopher Newport University since 1973.

"I have the best job in the world," Lopater said. "It's a subject of systematic and serious study — about something that can affect you as a baby or a grown-up [and from which] you can learn about STDs and unanticipated pregnancies."

A question-and-answer session followed the speeches. Asked for her take on pornography, Westheimer said it is "not good when it involves children or force." Otherwise, she said such material can be beneficial if it helps with sexual arousal. Lopater said he was "more

troubled by substitutive pornography than substantive pornography."

One female student asked if female ejaculation really exists because she saw it on the television program "Sex and the City" but "her friends" had not experienced any such occurrence. Westheimer said it does not exist and that part of her reason for educating college students on human sexuality is to correct the kinds of inaccurate myths created by the media.

Many of the students who attended the lecture found the session informative and entertaining. "I'm here because I saw a speaker at 'The Opposite of Sex' last week and I'm interested in learning more about sex and what [Westheimer] has to say about it," freshman Tiffany Richardson said.

Senior Reed Brodhead said, "I'm definitely glad I came. I just had some questions about sex and I'm really interested in it."

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Orientation Program Assistant (OPA) applications available November 4th at www.jmu.edu/orientation or in Wilson 215. Application deadline is December 4th. Questions?

Stop by the OPA Open House on Tuesday, November 12th from 5:30pm-7:00pm on the 2nd floor of Wilson Hall. Or, call 568-1787 or email orientation@jmu.edu.

OPA Not Yet Hired Orientation Program Assistant

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OPINION

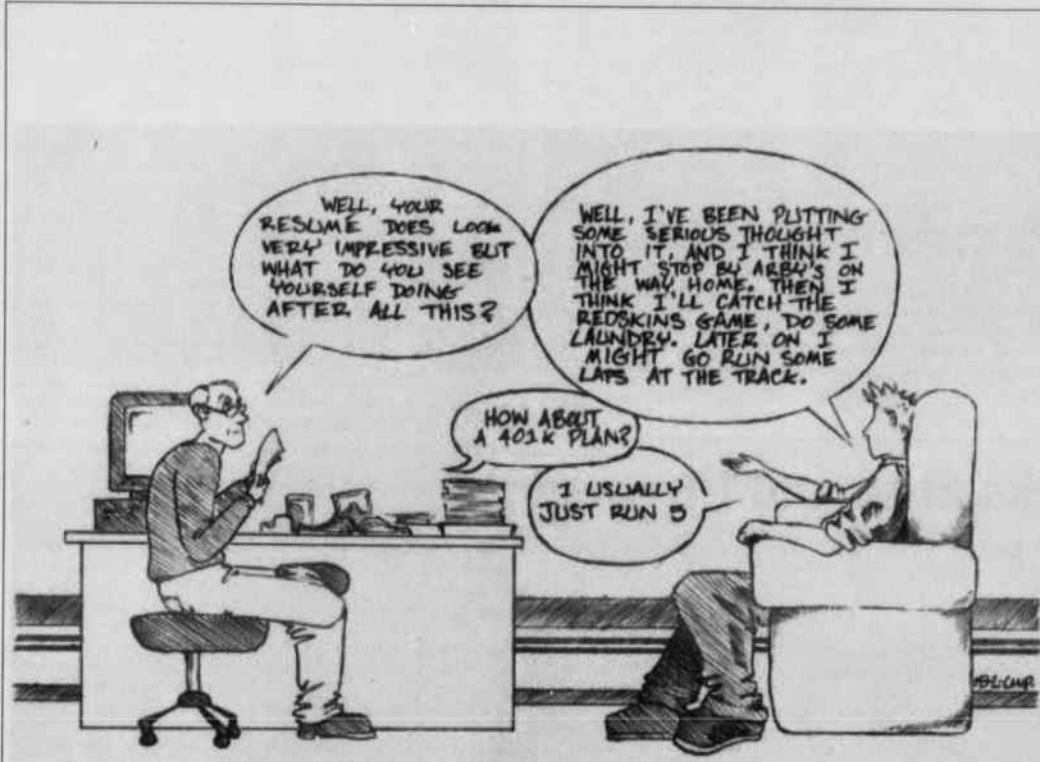
"... it is easy to neglect that preparation when the goals are further away."

see house editorial, below

"Don't date their exes, don't kiss their exes and don't invite their exes over ..."

Laura Chaffe
senior

see column, page 7



HOUSE EDITORIAL

Preparation needs to go past next phase

Do you remember your first day of high school? Everything you'd done in middle school, all your hard work, those countless worksheets and homework assignments, had been leading up to that moment. Now your grades really mattered, now you were beginning your life. You were growing up; you were getting older.

This milestone, however, paled in comparison to your first day at JMU. Perhaps, like many students, that day was your first experience living away from home, setting your own agenda and making your own decisions. You'd spent hours painstakingly filling out college applications, crafting admissions essays and collecting letters of recommendations. You had studied hard to maintain your grade-point average, which was pivotal in getting accepted into your first choice of colleges. On your first day of college, you finally could announce to the world that you had made it — you were an adult.

You soon learned that

your new title of "adult" came complete with real responsibilities. You had to start planning for the next phase of your life — your entry into the "real world." What career path would you take? Where would you live after graduation? How would you support yourself financially? Apparently you had not reached the apex of your life upon entering college. So much more lay ahead for which you had to begin to prepare.

This cycle of preparing for the next phase is destined to continue. Once you graduate, you will seek out grad school or your first job. From there you will look to advance in your career, changing jobs, moving up the corporate ladder, each job a stepping stone on your way to bigger and better things. But none of these things would happen had you not planned ahead. The work you did in high school got you into college and laid the foundation of a work ethic that would stay with you through your career. The

choices you are making at JMU are setting in motion a path that will lead you into the "real world" and beyond.

While students may admit they now appreciate their preparation in getting them to JMU, it is easy to neglect that preparation when the goals are further away. One of the final milestones everyone must one day face is what happens when their professional careers have played out and they stand on the verge of retirement. Even in the face of a bombardment of advice urging young people to start planning and saving for senior years now, many wait until it is too late.

According to the Nov. 7 issue of *The Breeze*, in about 30 years, older Americans will more than double in number, rising to 20 percent of the total population. Additionally, senior citizens are living longer and are less financially prepared than in the past, according to the article.

In a February 2002 address at the National Summit on Retirement Savings, Federal

Reserve Board Chairman Alan Greenspan reiterated the complexity of saving for retirement and the need to begin planning early and subsequently at every stage of your life. "One of the most complex economic calculations that most workers will ever undertake is, without doubt, deciding how much to save for retirement," Greenspan said. "At every stage of life, individuals ought to make judgments about their likely earnings before retirement and their desired lifestyle in retirement ... The difficulty that individuals face in making these projections and choices is compounded by the need to forecast personal and economic events many years into the future."

If students do not want to be caught off guard, they must begin thinking about the future beyond their first job. Planning for even farther in the future than we already are now could allow us to live our lives less stressfully in the future.



JES OLIVO WORDS, WORDS, WORDS

Golden arches to take over 'Burg

Since the semester began there has been something growing on the corner of Neff Avenue and Port Republic Road. It began simply enough as an excavation out in front of Food Lion; dirt was piled up; big cement cylinders were brought in — nothing too alarming. For weeks I assumed that the city was working on the sewage system or the water lines or something equally harmless. Then something happened. They began to build. My suspicion was that something wicked was coming this way.

I was right. The structure rose and grew and was beginning to take on an all too familiar shape. Then one day I was riding the Route 7 bus home and as we turned the corner from Port Republic to Neff I noticed a trailer parked along the road outside of the new building. On the trailer was a sign that read: "McDonald's Coming Soon!"

I thought I had accepted the commercialization of this country. I thought that it had become a force bigger than any of us and it was something we'd just have to learn to live with. I thought I could simply look the other way and enjoy some fries and a vanilla milkshake with the rest of America. I thought wrong.

My disgust for the ridiculous placement of yet another fast food restaurant has been growing as quickly as the building itself. My utter resentment hit an all-time high as I was driving down Neff towards the newly erected eyesore, and I was stopped at the top of the hill waiting for the traffic light to change. To my right were cows lounging in a lake and soaking in the valley sun. To my left were trees painted with autumn's pallet of orange and gold. In the distance were the mountains topped with low floating clouds. And at the very bottom of the hill — right in the middle of it all — the soon-to-be golden arches.

Obviously the Food Lion shopping center and the neighboring apartment complexes already slightly disrupt the natural scenery, but they are painted in blues and browns to somewhat blend in with the trees and the mountains. They also are set back away from the roads,

which diverts attention. The "House of Ronald" will be a little more difficult to camouflage.

My business-minded friends have tried to convince me of the marketing genius that went into the placement of this new establishment. With such an enormous percentage of JMU's off-campus population located on Port Republic, Neff and the neighboring Devon and Lois lanes, this new McDonald's will be an oasis for late-night munchies. Students will no longer have to drive the extra five minutes down South Main Street to get their daily intake of grease and processed meat.

Let's put aside the view-killing placement of this particular McDonald's to think for a second — just for a second, don't worry, it won't hurt — Do we really need yet another fast food joint in this town? Are we really so lazy that the McDonald's, Burger King, Wendy's, Taco Bell and Hardee's restaurants we have aren't enough? How many ways can they really cook a burger? Why not just walk on down to Dukes and calm your cravings with the Dining Dollars your parents are paying for anyway?

How many ways can they really cook a burger? Why not just walk on down to Dukes and calm your cravings with the Dining Dollars your parents are paying for anyway?

This town, this country, this world have become littered with corporate takeovers disguised as Happy Meals and Taco Supremes.

This town, this country, this world have become littered with corporate takeovers disguised as Happy Meals and Taco Supremes. I think the world hit an all-time low when the Italians allowed a McDonald's in the same piazza as the Pantheon. Can you imagine the ancient Romans worshipping in that awe-inspiring temple and then hiking their togas across the square for a Big Mac?

London, Paris, Rome: It's all the same. All of Europe's major

see *FAST*, page 7

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*.

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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 breezedp@hotmail.com

Pat...

A "thanks-for-knowing-first-aid" pat to the D-hall employees and EMT workers who helped me out on Thursday evening when I started choking at dinner.

From a very accident-prone sophomore who is incredibly relieved that she didn't have to take another ambulance ride after all and who promises to chew more thoroughly from now on.

Dart...

An "it's-not-too-hard-to-be-polite" dart, to the girl who was on her way to a much-needed workout and didn't have the decency to say thank you after we pushed her car in the UREC parking lot.

From the three guys who helped you and think you could lose the freshman 15 by pushing your car your damn self.

Pat...

A "you're-one-fine-piece-of-glass" pat to my roommate for taking me to the doctor when I couldn't get the glass shard out of my foot.

Sent in by a senior who is glad she doesn't have to wear her fuzzy pink slippers to work anymore.

Dart...

A "that-exam-was-bananas" dart to a certain business professor for giving us exam questions only a poorly-schooled chimp could be proud of.

Sent in by a student who only cares about the definitions of marketing terms, not your definitions.

Pat...

A "sweets-from-the-sweet" pat to my friend of three years who showed up at my door Tuesday afternoon with a mint-oreo Blizzard when I was sick and having an absolutely horrible day.

Sent in by a senior who wishes everyone had a heart the size of yours and wasn't aware of what her mood had done to allow her seriously to destroy some ice cream.

Dart...

A "no-wonder-we're-in-the-top-25-schools-with-the-least-studying" dart to JMU for not only closing Carrier Library at 8 p.m. on the weekend, but also locking up study lounges around campus at the same time.

Sent in by a disgruntled sophomore who only wanted to find some peace and quiet to study for her huge philosophy exam.



"No."

Massimo Pacchione
senior, art



"I got out of one once because I was wearing a dress."

Ben Chambers
freshman, ISAT



AMY PATERSON contributing photographer



"I was trying to kill a bee in the car."

David Crizer
freshman, chemistry



"I'd take the advice of my female friends and cry."

Bruce MacLeod
senior, accounting

Topic: What's the best thing to say to get out of a speeding ticket?

BREEZE READER'S VIEW

Roommate respect rules the house

With each passing day I realize that my time at JMU is becoming shorter and shorter. I have experienced my last fall break, my last Homecoming, and my last time registering for classes. Whoa.

Recently my dad looked at me and said, "Well don't you think you have gotten a good education at JMU?" I stopped and thought for a second before responding. Yes, I do think I got a wonderful education. I know how to stalk people for parking spots, hide the crossword puzzle from my professors and how to not go grocery shopping for months at a time surviving only by my powers of mooching food off of others. But most importantly, I have learned how to live with other people.

When I came to college I had fears that I would be stuck with a roommate that would draw on me in my sleep and leave dead cats under my bed if I kept her up late at night. I never had shared a room with anyone in my life; sharing a bathroom with my brother was hard enough. Alas, my roommate freshman year was fantastic and we had no problems living with each other. She never took my underwear or peed in my shampoo and for

that I thank her.

Freshman year was just the beginning. I learned how to store everything in my life under my bed. I learned how to sleep with the sounds of the keyboard tapping away. I learned how to be quiet in the morning while getting ready for class. All important things, but the big lessons came later.

Apartment life is where one really learns how to live with other people. I want to share with others the lessons I found most vital.

The dishwasher: Rinse your dishes before cramming them in the dishwasher with every other piece of silverware and bowl in your apartment. After doing so add soap and turn on.

The garbage: I will relate this to a game of Jenga. When you are the person who adds the piece that makes the huge pile fall to the floor, take it out.

The Brita water pitcher: When you are the one who drains it, fill it. Exclusions may apply if you are the one who stumbles to the fridge in the middle of the night needing something to relieve your cotton mouth after a night of drinking. In that case, you are the lucky one and just revel in

the moment, then say nothing.

The toilet paper holder: It is not fun to sit on the toilet and try to reach under the sink for the last roll of toilet paper stuck in the far corner. When it is gone, at least put a fresh roll within arms reach of sitting position.

Tell them what is going on, or you might just find your favorite teddy bear missing an ear.

The kitchen floor: When you drop your food on the kitchen floor sweep it up, or at least make a slight attempt at kicking the food under the fridge.

The food: If you have a roommate highly addicted to caffeine, never, never, never take the last soda. That could come back to bite you in the butt.

The microwave: The cornerstone for most college meals. When you put food in

there uncovered and you hear it popping and bursting, that is your key to wet the sponge and clean it.

The George Foreman Grill: It stinks. Clean it. Please.

But perhaps the most important thing I have learned living with other people in college is to respect your roommates. When they are having bad days, let them be. When you are having a bad day, don't take it out on them — you will regret that, I promise. Don't date their exes, don't kiss their exes and don't invite their exes over — unless you are willing to be shunned and would like to see your clothes all over the grounds of one of our fine apartment complexes. And most importantly, realize that your roommates are like boys. They cannot read your mind, and you should not expect them to. Tell them what is going on, or you might just find your favorite teddy bear missing an ear.

To all my previous and current roommates, none of this information applies to you all. This is all based on conversations and extensive research of other pairs of roommates at JMU, I swear.

Laura Chaffe is a senior psychology major.

LAURA CHAFFE

Fast food evokes fear

FAST, from page 6

cities are just as bad as America's. I almost would be bold enough to guess that there are more Starbucks in London than in Seattle. In fact, there's one right outside of Shakespeare's Globe. I'm not sure what's worse, Togs and Chicken McNuggets or Hamlet and lattes.

I'd hate to step outside of my realm of knowledge and get political here, but there are many foreign countries that hate America and every commercialized business we bring abroad, and I can't say I blame them. What business do we have to make sure that every person in Amsterdam has access to a Whopper? Are they really better off? Sure, someone must be eating at Le Wendy's if they're still doing business in France, but is it completely necessary to globalize our bad

habits? Isn't it enough that the rest of the world thinks of Americans as fat and lazy?

I admit I have been known to dine at these "restaurants" before, but my patronage of all fast food establishments has come to an end — right here and right now. I vow I will not knowingly support these companies that spread like diseases so fast that we'll soon be pledging allegiance to the flag of the United Burger Joints of America. I will not start paying taxes to Mayor McCheese.

For the love of local business, go have a veggie pita at Dave's. They're delicious and they don't take away from the beauty of any two thousand year old Roman temples.

Jes Olivo is a senior English major.

*I stole your stuff.
Send a dart.
I found your stuff.
Send a pat.
breezedp@hotmail.com*

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HOROSCOPES

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

(Nov. 11). Don't settle for anything less than perfection this year. Well, make that your goal, anyway. You'll run into one hassle after another, but that's OK. You thrive on big challenges, right? Keep at it!

Aries March 21-April 19

Today is a 7 - Better consult a person with a great deal of common sense before spending all your money. A Taurus would be perfect. Get a reality check.

Taurus April 20-May 20

Today is a 6 - Stay objective if you can. Your mate or partner is encountering one setback after another. Your encouragement is much appreciated and should do the trick. Looks like all will end well.

Gemini May 21-June 21

Today is an 8 - Play by the rules even if some of the others don't. You'll succeed by taking the high road. You're not the only one who can spot a cheater. Important people are watching.

Cancer June 22-July 22

Today is a 6 - Following through on an old obligation could lead to a very good deal. This is one time advice from an opinionated loved one is less likely to work. Use your own experience and judgment.

Leo July 23-Aug. 22

Today is a 6 - Expect to encounter one obstacle after another. You don't have to run into them, though. That's the objective of the game: getting around them quickly.

Virgo Aug. 23-Sept. 22

Today is a 5 - You could go to the head of the class. You might be asked to take on even more responsibility. It takes work and brains, but you could also get a lucky break. Do the homework so that you're ready

Libra Sept. 23-Oct 22

Today is a 7 - Although it may seem like things are clicking right along, errors and misunderstandings could come up quickly. Watch for them.

Scorpio Oct. 23-Nov. 21

Today is a 5 - Don't believe the deal is cinched until the check clears. You'll have to explain and reconfirm every little thing. Luckily, you're patient.

Sagittarius Nov. 22-Dec. 21

Today is a 7 - You're eager to start a new endeavor, but it's not quite time yet. First, learn how to run a new system or machine. Developing a new relationship is good, too.

Capricorn Dec. 22-Jan. 19

Today is a 6 - You may feel as if you're in the middle, being pulled three different ways. If you wait, the appropriate action will become obvious. Trust your experience.

Aquarius Jan. 20-Feb. 18

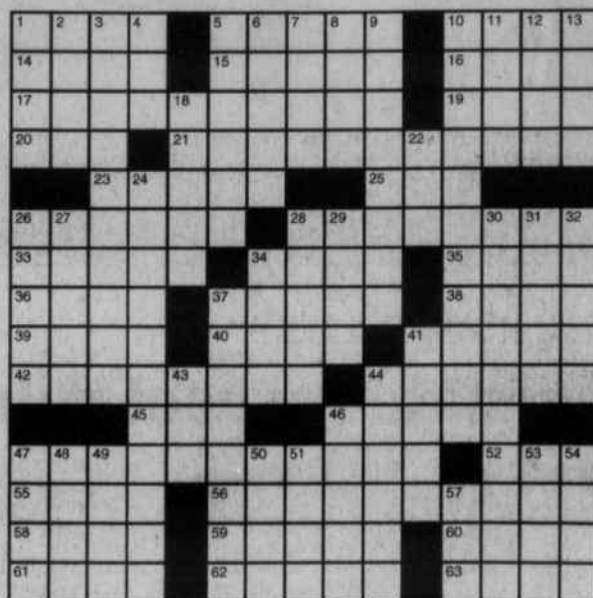
Today is a 6 - This is no time to get into an argument with your partner. You need all the reinforcements you can get. As usual, having facts that back you up would be a big help. Got any?

Pisces Feb. 19-March 20

Today is a 6 - One thing and then another prevent you from getting far, but don't complain. It won't do you any good, and it just makes you miserable. Tidy up your place instead. To music.

—Tribune Media Services

CROSSWORD



ACROSS

- 1 Pauper's plea
- 5 Play part
- 10 Unsettles
- 14 Mob melee
- 15 Leslie of "Gigi"
- 16 Toward shelter
- 17 Part of a plot?
- 18 Apprehension
- 19 Third power
- 20 Best Actor, "Life is Beautiful"
- 22 Best Actor, "The French Connection"
- 24 Understands
- 25 Negatives
- 26 Unattractive
- 29 Best Actress, "Room at the Top"
- 34 Separated
- 35 Gloomy effect
- 36 Russian river
- 37 D.C. VIP
- 38 Best Actor, "It Happened One Night"
- 39 Combine
- 40 H.S. dance
- 42 Fire-sale caveat
- 43 Swiftly
- 45 Best Actress, "Dead Man Walking"
- 47 Flora
- 48 Joke
- 49 Verbal
- 50 Best Actor, "The King and I"
- 54 Best Actor, "Lilies of the Field"
- 58 Pelee's output
- 59 Poison
- 61 Eternal City
- 62 Uniform
- 63 Regretting
- 64 Singer Redding
- 65 Lucy's mate
- 66 Affirmatives
- 67 Power unit

DOWN

- 1 Part of U.A.E.
- 2 Parasitic insects
- 3 Dawn 'til noon
- 4 Best Actor, "In the Heat of the Night"
- 5 Meager
- 6 Celestial dog
- 7 Work unit
- 8 Snack
- 9 Twist together
- 10 Best Actress, "Women in Love"
- 11 Grad
- 12 Singer McEntire
- 13 Observed
- 21 Yiddish money
- 23 Swindle
- 26 Window catches
- 27 La Scala show
- 28 Landed estate
- 29 Polio vaccine developer
- 30 Woes
- 31 Staff again
- 32 Dislodge?
- 33 Levies
- 35 El __, TX
- 38 Contraptions
- 41 Best Actress, "The Rose Tattoo"
- 43 Jal __
- 44 Best Actress, "Shakespeare in Love"
- 46 Bobbsey twin
- 47 Tines
- 49 Spout thoughts
- 50 Used leeches
- 51 Great review
- 52 Actor Montand
- 53 Black sheep
- 55 Jot
- 56 Issue forth
- 57 Break
- 60 Greek letters

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FOCUS

Section Two

Joe Opala

Adjunct history professor brings fresh ideas to the forefront, shakes up world view of American history for many students

Story by senior writer Khalil Garriott • Photos by photo editor Rachelle Lacroix

How often is a JMU professor interviewed by "60 Minutes II," CNN, *The Washington Post* and *The New York Times*?

Joseph A. Opala, adjunct professor in the history department, is an anthropologist and producer of two award-winning film documentaries on West Africa. His impressive depth of knowledge nearly was matched by his appearance and intelligent yet casual demeanor as he described his work.

Between about 1690 and 1835, many Gullah slaves, a distinctive group of African-Americans from the sea islands and coastal plain of Charleston, S.C. and Georgia, fled south into the Florida wilderness. Setting up their own independent villages, these "Black Seminoles" established an "African frontier" in Florida, Opala said.

But when American settlers began moving into the area, a full-scale war resulted between 1835 and 1842, the greatest slave rebellion in the annals of American history, according to Opala. The Seminole Indians and Black Seminoles were allies against the Americans. Eventually, they fought the U.S. Army to a standstill and instead of surrendering or being captured, won the right to migrate to the unsettled Western frontier — which is now Oklahoma.

The Oklahoma native raised his eyebrows to emphasize an interesting offshoot of the Gullah people who escaped from the rice plantations.

"Amazingly, older Black Seminole descendants in small communities in Oklahoma, Texas and Mexico still speak Gullah today — 250 years after their ancestors escaped from the Carolina rice plantations," Opala said.

“He has done some original research in the field and his films about the ‘Gullah Connection’ are ground breaking.”

— Joanne Gabbin
director of the Honors Program

"The Black Seminoles fought side by side, died, bled — for those lands in Florida," Opala said on "60 Minutes II." "They've been together with the Seminole Indians; they've been good brothers and good neighbors for three centuries."

Joanne Gabbin, director of the Honors Program, said she has asked Opala to teach several courses for the Honors Program because of his wide knowledge in African studies and the Gullah culture.

"He has done some original research in the field and his films about the 'Gullah Connection' are ground breaking," Gabbin said.

Over the years, Opala has explored the historical links between the Gullah people of South Carolina and Georgia, the Black Seminoles in Florida, Oklahoma, Alabama and Texas and the people of the "Rice Coast" of West Africa, especially those in Sierra Leone, where he lived for 17 years and taught for six. He has studied their history of migration across two continents and over 250 years by using history,

“... the story of the Gullahs and Black Seminoles will ultimately change all our preconceptions of American history.”

— Joe Opala
adjunct history professor

linguistics, anthropology and archaeology.

"As soon as I became aware of their extraordinary history ... and realized how much it was swept under the carpet, I asked myself 'How come everybody doesn't know about the Black Seminoles?'" Opala said.

Because of their unusual history, geographical isolation and strong community life, the Gullah — have preserved more of their African language and cultural heritage than any other black community in the United States. Since the 1960s, interest in this unique community has grown, and the Gullah have become the subject of a surprisingly wide range of films, including two produced by Opala.

Opala was an integral part in producing "The Language You Cry In," which was featured on PBS in 1998. Based on the reunion of a Georgia family with their African relatives, it tells an amazing story spanning hundreds of years and thousands of miles

from 18th-century Sierra Leone to the Gullah people of present-day Georgia.

Why are these issues and people important today? Opala said one reason is because "... the story of the Gullahs and Black Seminoles will ultimately change all our perceptions of American history.

"What I am arguing is that the role of Sierra Leone, in particular, in the South Carolina slave trade was much greater than historians have realized," Opala said.

Opala has been cited in several national media for his expertise. He appeared on the CBS News program "60 Minutes II" July 10, when he was featured as a primary source on the Black Seminoles in a story about a conflict within the Oklahoma Seminole tribe.

Opala's work also has been mentioned in *The New York Times* and *The Washington Post*. He was cited in an editorial on the Black Seminoles for the April 21 edition of *The Times* and published a piece called "What the West Failed to See in Sierra Leone" in *The Post's* May 14, 2000 issue. CNN also has tapped Opala for interviews in the past, and his research is the basis of two documentary films, "The Language You Cry In" (1998) and "Family Across the Sea" (1991).

In a story about the modern descendants of James Madison's slaves that appeared in the Spring 2001 edition of *Montpelier*, Opala said, "... The voices of African-Americans can alter the way we view American history. Black peo-

ple have played such a powerful role in our national drama, in fact, that deleting their voices can only ensure that we distort history."

In his third year at JMU, Opala has spoken on campus many times. His most recent lecture, part of the Honors Program Symposium on Oct. 7, was titled "Seeking Justice: The Example of Sierra Leone."

Opala and his students will visit the U.S. Park Service Dec. 5 to present a plan for a historic trail that links together a number of West African, Gullah and Black Seminole historic sites. For five semesters, students in his classes have worked on a 125-page document that connects the Gullah people with several American states and other countries.

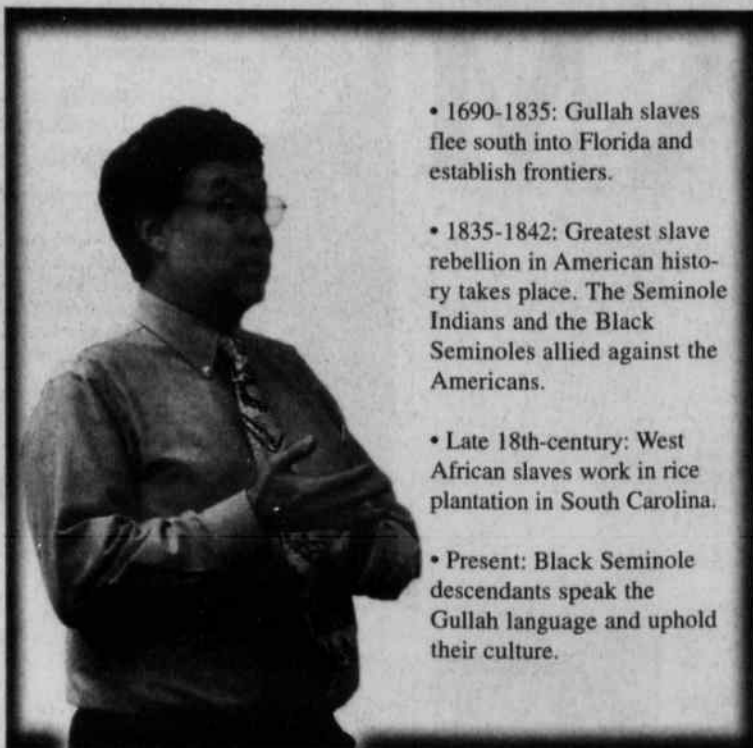
"I've been trying to shake up the students' historical world view, get them to see that there is another way of looking at American history, but also get them involved in something that will actually make things happen," Opala said. "If there's any one thing I'd like my students to understand it's that we're all really just the same — Americans from all backgrounds and ethnic groups have made profound contributions to our history."

When a civil war reached Sierra Leone's capital city, Opala had to flee the country in the middle of the night — on a fishing boat — one step ahead of the military coup leading the exile.

“I am grateful for my experience with the Gullah that has largely been made possible by Joe Opala.”

—Cristen Crabtree
senior

“The Gullah Connection”



• 1690-1835: Gullah slaves flee south into Florida and establish frontiers.

• 1835-1842: Greatest slave rebellion in American history takes place. The Seminole Indians and the Black Seminoles allied against the Americans.

• Late 18th-century: West African slaves work in rice plantation in South Carolina.

• Present: Black Seminole descendants speak the Gullah language and uphold their culture.

Randy Jones, a book editor of the Center for American Places in downtown Harrisonburg, said he "was just mesmerized by [Opala's] stories — both his professional story of research and scholarship as well as his personal story, especially his years spent in Sierra Leone investigating the slave trade." Jones said he looked forward to bringing one of Opala's numerous book ideas to fruition in the future.

The laid back, easy-going history professor said he's at a crossroads between staying in the United States and returning to his second home in West Africa, especially now that Sierra Leone is once again at peace. "My heart wants me to go back, but this year is the first year I've really felt back at home here in the United States (after five years)," Opala said.

"I am grateful for my experience with the Gullah that has largely been made possible by Joe Opala. I am excited to see where his work will take him and where he will take his work, in the future," senior Cristen Crabtree said.

Other students agreed, saying they had benefited from his knowledge.

"An in-depth analysis on a certain region, in this case an extremely important region in today's world, is very rewarding in understanding so many things about the world," junior Amir Allak said. "It is tough to find someone like him, so rich with worldly knowledge that very few professors have."

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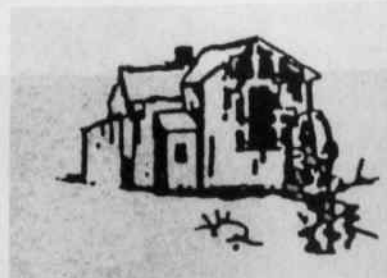
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For students who have already applied to study abroad for fall 2003, spring or summer 2004, a letter of consideration for the scholarship must still be submitted by November 15, 2002.

For further details, visit the OIP website at www.jmu.edu/international/studyabroad

STYLE

Going the distance

Eminem's debut film, "8 Mile," keeps the pace up for viewers.

See story page 12

"We try to do things that people can't get anywhere else."

SUSAN FANELLA
Cinnamon Bear owner

See story below

Speaker draws up humor in political book

BY ASHLEY McCLELLAND
staff writer

While some mourned, went to church or gathered with their families after Sept. 11, 2001, lecturer, author and political commentator David Rees chose a different form of expression. He chose humor. Rees recently published a book of political comics based on the current war in Afghanistan and gave a presentation on it in Taylor Hall last Wednesday.

He first began writing comics called "My New Fighting Technique is Unstoppable" and "My New Filing Technique is Unstoppable," created with clip art, sarcastic humor and profane language. "Both (strips) started at different temp jobs. There was nothing to do so I started making comic strips," Rees said. Rees also worked

part time as a freelancer and fact checker at *Maxim*.

The start of the United States' war on terrorism triggered the beginning of Rees' "Get Your War On" comic strip. He found a document called "The Humanitarian Situation in Afghanistan" where he found disturbing statistics about the deaths that would occur in Afghanistan if America bombed them. He used his Web site, www.getyourwaron.com, to protest the war.

"Get Your War On" has gotten a lot of hits, about 25 million in the past year," Rees said. The popularity of the Web site led to the interest of Softskull Publishing Company, who published a book from the comic strip. Some of his hardcore fans are students at JMU. "I think he is hilarious. I've been reading the Web site since

he started," junior Melanie Oglesby said. "I really like the fact that he used humor to enlighten people."

One of the unique things about the comics is the fact that Rees does not draw his own pictures. Instead, he uses public domain clip art. To offset the simplistic graphics he uses the text to convey his message. One of the best things about the strip is "the shock about what they are actually saying as opposed to what it looks like," he said. The message he shares usually contains rather abrasive language.

Even though Rees currently lives in New York City and lived there at the time of the attacks, he was shocked by the way the news never focused on the negative aspects of the war, he said. He decided to donate

all royalties from his book to land mine removal in Afghanistan. That was one of the reasons Rees came to speak.

"Gardy Loo, the JMU literary magazine, paid David for his presentation in an effort to bring diverse literary artists to JMU's campus," senior Jenny Schockemoehl said, who headed up the organization for the event. "SMAP (Shenandoah Minefield Adoption Project) sponsored the event because of David's connection to land mine removal projects ... SMAP used the event as an opportunity to tell students about their land mine removal efforts." Amnesty International was also one of the sponsors.

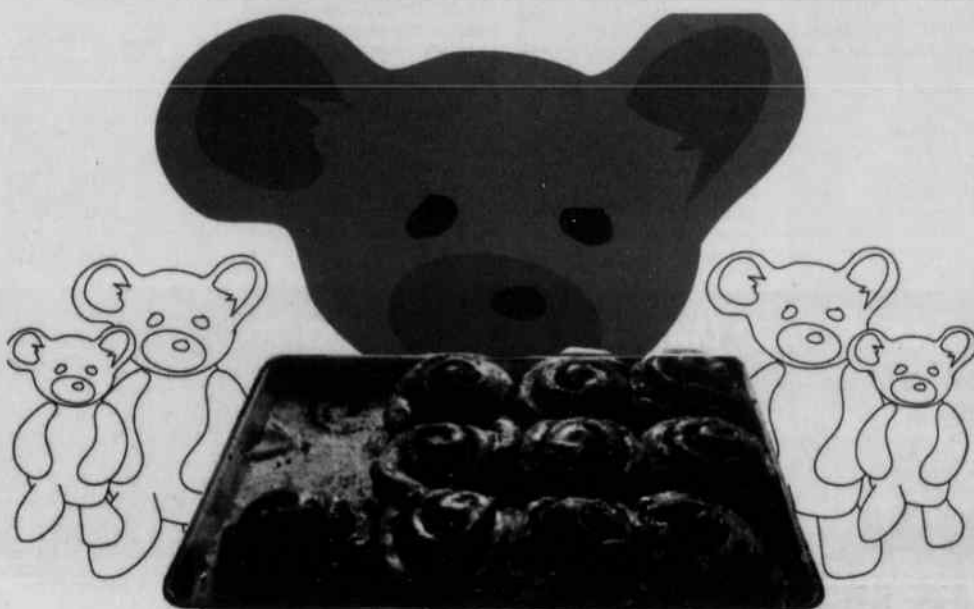
Even if not everyone agrees with Rees' message, it offers a different viewpoint to the current events that greatly affect America.

get your war on

by david rees

www.getyourwaron.com

NATE THARP/staff director



welcome to the cinnamonbear

SARAH STANTIZ/graphics editor

Sweet eats: Chowing down on University Blvd.

BY JESS HANEBURY
senior writer

Cinnamon Bear Bakery and Deli brings life back to the sandwich and extra sweetness to ordinary desserts. An original flair and attention to detail are the two characteristics that give Cinnamon Bear Bakery and Deli its unique personality.

Cinnamon Bear moved to its new location across from Blue Ridge Hall this past January from Valley Mall where it had been since 1985.

Located at 600 University Blvd, Cinnamon Bear patrons can look forward to a cafe decorated with paintings, stained glass and decorative light fixtures almost all of which were created by the staff.

Owner Susan Fanella takes pride in the original drinks and food they serve. "We try to do things that people can't get anywhere else," Fanella said. The Studebaker croissant sandwich exemplifies this objective. At \$5.25, this sandwich consists of fresh crab salad, melted cheddar and tomatoes. The croissant is served fresh and crispy and complements the slightly tangy taste of the crab salad. All sandwiches are served with chips and kosher pickle spears.

It's obvious that detail is what counts at Cinnamon Bear. The copper-topped tables always are sparkling, sodas and desserts rest neatly arranged in their display cases and the sandwich-accompanying pickle is even tucked away behind the wax basket liner to ensure it doesn't make the chips or sandwich soggy.

Although there aren't too many vegetarian options on the menu, guests can rest assured that what is there is something they'll enjoy. "The Fresh Avocado Melt is a great vegetarian option," junior Allyson Doby said. The melt comes with sprouts, tomatoes, melted provolone and lettuce on focaccia or pita bread costing \$4.39. Served warm, this sandwich is a delicious way to enjoy a tasty lunch.

A number of the sandwich options feature turkey. The Homer contrasts the rich taste of smoked turkey with the tangy feel of hummus.

The coffee menu has just as much variety as the sandwich menu. On a cold day or early morning, students can open their eyes and warm their bodies with a chai latte costing \$1.99 for a short and \$2.45 for a tall. Richly flavored, this drink is a great escape from the usual coffee or tea.

"[Cinnamon Bear is] equivalent to

Starbucks but it's even better because it has food," sophomore Inna Komarovski said.

If coffee isn't your cup of tea, Italian soda, fountain soda, iced tea and juices also are offered.

The lobster bisque, one of the soup specials, priced at \$2.99 a bowl tastes like what you'd never think a soup made in Harrisonburg could—real seafood. Thick and creamy with a strong lobster taste, it's a real catch.

Just when it seems things couldn't get any better, Cinnamon Bear grabs a hold of your sweet tooth. The cannolis priced at \$1.29 are the perfect mix of crispy crust roll and sweet cream filling with chocolate chips. The sweet filling melts in your mouth. All the desserts, including iced cookies, cake slices and muffins are baked in the restaurant. "We try to keep something new all the time," Fanella said.

Cinnamon Bear is a great place to go not only to get off campus, but also to get a taste of some food that you might not find anywhere else in Harrisonburg. Original sandwiches, desserts and coffees keep customers coming back for more.

Cinnamon Bear is open Monday through Saturday from 7 a.m. to 8 p.m. and Sunday 10 a.m. to 5 p.m.



BRIAN COKER/staff photographer

Juniors Hunter Christy (left) and Jason Vincente perform in Tennessee Williams' play, "The Glass Menagerie."

American society through 'Glass'

'Menagerie' comes to Latimer-Shaeffer

BY TRICIA FRENVILLE
staff writer

Dreams of adventure, love and normalcy are as fragile as glass for the Wingfield family in Tennessee Williams' famous play, "The Glass Menagerie," coming to Latimer-Shaeffer Theatre this week.

The main theme of the play "revolves around the place of the social outcast ... in an American society under some duress," director and professor of theatre Thomas Arthur said. It is set in the late 1930s in St. Louis, MO with America on the brink of World War II.

The plot consists of conflicts among the family members. Tom (junior Hunter Christy), the narrator, dreams of escaping from his unfulfilling life working at a factory to live out his adventurous desires away from home life. His sister, Laura (senior Maureen Landes), suffers from a physical disability which leaves her shy and insecure, happy only when surrounded by her glass collection. Amanda (senior Krissy Callahan), mother to Laura and Tom, desperately tries to find a husband for her daughter.

"Time is a little gauzy" throughout the play, Arthur said. Tom shifts from narrator to a character in his own remembrances. There are about six years between when the events happened and when Tom is narrating.

As the narrator, Tom's role poses the question, "Is he a part of the dream or is he remembering it?" Arthur said. The production uses lighting to cue the characters Tom is remembering. It's like a dream, Arthur said, when you need someone there in a dream, they appear.

According to Christy, he wants to portray that Tom is trying to "relieve some guilt by telling the story." He said the audience should come away feeling what the characters are going

through. If the audience isn't in a slightly bad mood when the show is over, we haven't done our job, Christy said.

Arthur decided to bring "The Glass Menagerie" to JMU because, as it was the first play he directed professionally almost 40 years ago, he wanted to do it again in the latter part of his career.

Arthur had other reasons for doing this play at this time. "The play takes place during a period when the United States is experiencing financial dislocation and also feels itself potentially being pulled into a war," he said. "The parallels to the present period seem obvious."

The production also is taking on the role of an "outreach" program, according to Arthur. There are two casts of "The Glass Menagerie," one is a tour group and another is the group that will perform solely at Latimer-Shaeffer Theatre. The tour group goes to places like high schools in the area, classes at JMU and Eastern Mennonite University.

The tour group recently performed in the assistant professor of theatre Richard Finkelstein's class. "It was wonderful," Finkelstein said. Finkelstein designed the play "A Flea in her Ear" and has played a role in gathering and supervising some of the props for "The Glass Menagerie."

"The Glass Menagerie" demonstrates the fragility of "a family of strong-willed individuals," according to www.jmu.edu/jmaocb/general/news/general. "Glass breaks so easily. No matter how careful you are."

The School of Theatre and Dance is sponsoring "The Glass Menagerie" and it is playing from Nov. 12 to 16 at 8 p.m. at Latimer-Shaeffer Theatre in Duke Hall. Tickets are \$8 for the general public and \$6 for JAC card holders, senior citizens and children. Call x8-7000 for ticket information.

The Cinnamon Bear Bakery and Deli offers numerous dining options for patrons. The restaurant recently moved to a new location at 600 University Blvd. across from Blue Ridge Hall.

ELLIE LOVEMAN/
staff photographer



REVIEW

Style Weekly

Compiled by Jane Seeger's contributing writer

Theatre and Dance

Nov. 12 through 16: The Glass Menagerie, 8 to 10 p.m. Latimer-Shaeffer Theatre, \$8 admission for general public and \$6 with JAC card.
 Nov. 15: Asian Student Union Culture Show, 7 to 9 p.m. Wilson Hall, free.
 TDU Stage: Nov. 12: Open Mic Night 7 to 10 p.m., Nov. 13: John Moossa 8 to 10 p.m., Nov. 14: Open Poetry Night 8 to 11 p.m., Nov. 15: Life of the Common 8 to 10 p.m., Nov. 15: Late Night featuring

Art

Nov. 11 through 16: New Image Gallery Exhibit featuring "Darling," by Soon-Hwa Oh, 12 to 5 p.m. at Zirkle House, free.

Music

Nov. 11: JMU Percussion Ensemble Concert, 8 p.m. Music Building, Room 108, \$2 at the door.
 Nov. 12: JMU Horn Choir Concert, 8 p.m. Anthony-Seeger Auditorium, free.
 Nov. 13: JMU Flute Choir Concert, 6 p.m. Wilson Hall, free, JMU Student Composers Concert, 8 p.m., Anthony-Seeger, free.

Etc.

Nov. 11: What Everyone Needs to Know About Islam, 7 to 8:30 p.m., Grafton-Stovall Theatre, free.
 Nov. 12: Phoebe Eng presents "Cultural Fluency: The Keys to Success in the 21st Century," 7 to 9 p.m. Grafton-Stovall Theatre, free.



THE CINEMA SCOOP

Eminem proves himself to industry with impressive acting debut in '8 Mile'

Marshall Mathers showcases own rise to top of Detroit rap scene

By KHALIL GARRIOTT senior writer

A provocative and accurate depiction of what Eminem and other hip-hop artists have gone through to make it big, "8 Mile" is loosely based on Eminem's life and is directed by Curtis Hanson ("Wonder Boys," "L.A. Confidential") and marks the rapper's acting debut.

Set in 1995 in Detroit, the movie's plot is relatively simple, but encounters several speed bumps along the way. The people of Detroit know 8 Mile as the city limit, a boundary between a poor black community and a poor white community. Money is hard to come by with living conditions being modest at best in 8 Mile, a psychological dividing line that separates aspiring hip-hop artist Jimmy Smith Jr. (Eminem) from where and who he wants to be. The film tells the story of a critical week in Jimmy's life, when he channels his rage into angry lyrics and hit songs, paving a way out of his tough hometown and giving him a shot at stardom.

The characters who reside in Detroit's 313 area code and make up Smith's crew constantly are struggling with themselves and with others' expectations of them. Jimmy goes

through a series of ups and downs as he searches for an outlet for his musical skills. Supported by four rap-obsessed buddies, he ultimately wins a freestyling battle at a local club, taking over the stage with his creative, versatile freestyling skills. He earns unanimous respect from the black rap community, who isn't used to seeing a white rapper show them up. The movie co-stars Kim Basinger as Jimmy's mom, Mekhi Phifer as his loyal friend and Brittany Murphy as his female friend.

What makes this film compelling is how the ending differs from most like it. Its finale is very subtle and somewhat confusing at first, but in retrospect it makes perfect sense. It's a fitting conclusion that highlights Jimmy's full-circle struggle to make his mark on the competitive Detroit rap scene.

Once you get past the constant swearing and violence, it's easy to be impressed with Eminem's performance. His performance is so riveting that Academy Award-winning producer Brian Grazer quietly touted Eminem as a potential Oscar nominee next year. "I think the audience is going to be blown away,

"8 MILE"
 STARRING:
 EMINEM, MEKHI PHIFER
 AND KIM BASINGER
 RATED: R
 RUNNING TIME:
 111 MINUTES
 ★★☆☆

[and] so will the Academy. I think we've got a good shot at getting nominated," Grazer said on the movie's official Web site.

The supporting cast effectively compliments Eminem's role, mixing some emotional scenes with humor that serve to lighten the mood a little. Basinger turns in another strong performance, being portrayed as vulnerable but essential to the picture's success. Phifer's acting is a little rough and inconsistent, but Murphy shines in a secondary role. She walks the line between innocence and "the bad girl," paralleling her 2001 appearance in "Don't Say a Word."

Accompanied by a soundtrack that debuted at No. 1, this movie definitely is raw, showing the Grammy-win-

ning artist as you never have seen before. Originally called "Fight Music," "8 Mile" is a powerful, graphic story that will raise some eyebrows in Hollywood. Everyone questions Marshall Mathers' acting skills and wonders if he can make the transition from CD to the big screen. The answer is a resounding 'yes.' Bottom line: The guy everybody loves to hate can act.

This movie is worth seeing, if not for the great direction then to see a side of Eminem you won't see anywhere else. This movie won't flop like others starring musical celebrities-turned-actors, such as Mariah Carey in "Glitter" and Britney Spears in "Crossroads," to name a couple. Eminem's fans are sure to win out over any of his critics and "8 Mile" should be as successful as his albums.

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-Stovall.
- ★ Should have been released straight to video.
- Who approved the making of this film?

"Who's Lou?" - "A League of Their Own" Get with the program.

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SPORTS

■ Cross country claims crown
The JMU women's cross country team won its fourth consecutive conference championship last weekend.
See story below

"Words can't describe it. It's a great feeling and I'm proud of our seniors."
DAVE LOMBARDO
women's soccer coach
See story below

Finally some parity

At first I began to wonder with three different Super Bowl winners in as many years. Then the Lakers won their third consecutive championship, slowly fading the question into the back of my mind. But with the Angels winning the World Series a few weeks ago, I can no longer question myself. Could the apocalypse be upon us? Is there actually parity in pro sports?

ON THE SIDELINES



DREW WILSON

I know, it's a scary thought. But if you think about it, it seems to be happening. The last three Super Bowls have included the Rams, Titans, Ravens, Giants and Patriots. No Cowboys, Steelers or 49ers. And even this season, anyone can beat anyone — and they have. How many would have thought that St. Louis and Detroit would have both entered Sunday with a 3-5 record. Who could have guessed the San Diego Chargers would be 6-2?

While I must say it has made my life a nightmare as far as Picks of the Week goes, I am glad to see teams other than the usual suspects win.

And the Angels won the World Series (Sorry, I have to keep repeating this because it is still hard for me to believe). No more rings for the Yankees and Diamondbacks or World Series chokes for the Braves. None of them made it past the first round of the playoffs. And even though the Twins didn't quite make it to the big show, they had an impressive season. From a bottom-feeding team in recent years to being on the verge of contraction to the American League championship series. The Twins not only gave commissioner Bud Selig a nice "how do you do," they also proved a small market team could compete as well as succeed amongst the big boys.

Even the NHL is getting in on the action. Sure, the Red Wings won their 10th Stanley Cup, but faced off in the Finals against the Carolina Hurricanes. Sure the Hurricanes originated from the Hartford Whalers franchise, but a team from North Carolina competing for championship in a northern sport? Sacre bleu!

However, the NBA still has a ways to go for parity to be reached. The Lakers at 2-5 still should be the team to beat. Although the league is only two weeks into the season, there are a few teams that have shown they will vie for a playoff spot. No, the Grizzlies

see *PARITY*, page 14

WOMEN'S SOCCER

Dukes top Patriots, claim CAA title

Joyce named tournament MVP, helps JMU advance to NCAAs for first time since '99

BY DREW WILSON
sports editor

When it comes to women's soccer, the road to the Colonial Athletic Association championship goes through the College of William & Mary. The Tribe has won the CAA title every year since 1996 — that is until now.

After knocking off top-seeded W&M Friday, the fourth-seeded Dukes took out No. 2 seed George Mason University 2-0 Sunday for JMU's second conference title. The Dukes won their first title in 1995.

"Words can't describe it," coach Dave Lombardo said. "It's a great feeling and I'm proud of our seniors. They stepped up and refused to lose."

JMU struck early in the first half when senior midfielder Beth McNamara sent a corner kick from the left side to senior forward Deanna Saracino, who headed the ball to freshman forward Kim Argy. Argy trapped the ball and fired past GMU goalkeeper Naomi Hines to put JMU ahead 1-0.

In the 39th minute, McNamara found Saracino on another corner kick. This time Saracino headed the kick past Hines for the Dukes second goal.

The Patriots made a push in the final three minutes, but to no avail.

"Our defense was awesome today," said red-shirt senior forward Teri Joyce, who added that the championship was special to her because it ended her career on a high note since she thought her playing days were over following last season's ACL injury.

Though Sunday's game was for the title, Lombardo said Friday's semifinal matchup against W&M was the key game of the tournament.

The Dukes topped the Tribe 2-1 on a goal by Joyce with 38 seconds to play, her second last-minute game-winning goal of the tournament. Joyce kicked a game-winning goal with 27 seconds to play against Virginia Commonwealth University in the CAA quarterfinals Tuesday in Harrisonburg.

The win over W&M was the second win in eight days over the Tribe for the Dukes. JMU gave W&M its only two conference losses of the season with the win Friday and a 2-0 win Nov. 2 in Williamsburg.

"To me, that was the finals," Lombardo said of the win Friday against the Tribe. "It was one of the most emotional experiences I've had with the soccer team."

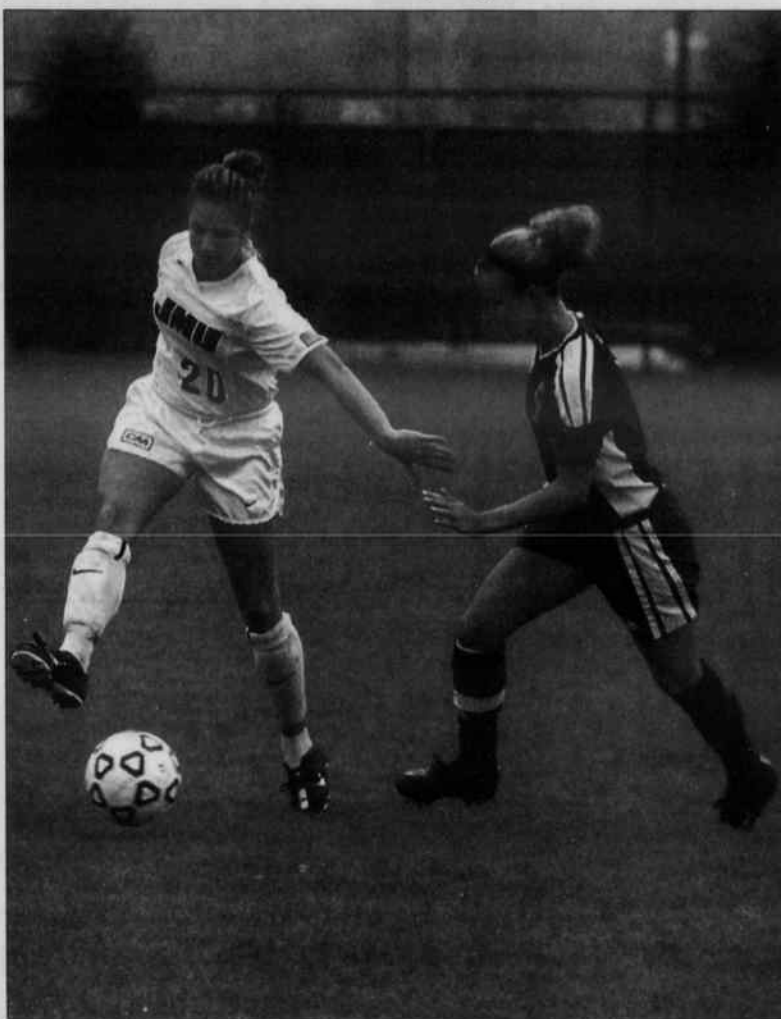
Heading into the weekend, Joyce said she knew the team could win the title.

"We knew we were the better team and knew we could win," said Joyce, who was named the CAA Tournament MVP.

Joining Joyce on the 2002 All-CAA Tournament Team were Argy and senior midfielders Meredith McClure and Colleen McIlwath.

With the CAA title, JMU earns a berth into the NCAA Tournament, something Lombardo said wouldn't have been possible since the Dukes didn't have a good enough year to receive an at-large bid. JMU will find out who and where it plays Monday afternoon. ESPN will air a selection show for the field of 64 at 4:30 p.m. on ESPN News.

CAA Tournament	
Sunday	
JMU	2
GMU	0



FILE PHOTO/Dave Kim

Red-shirt senior forward Teri Joyce (left) scored two last second goals in two games for JMU in helping the Dukes win the CAA Tournament title. Joyce was named Most Valuable Player for the tournament.

CROSS COUNTRY

Women take fourth straight CAA crown

The JMU women won the Colonial Athletic Association crown last weekend, while the men's team placed second at Bull Run Park in Centreville November 2. The women's title marks the fourth straight year the Dukes have earned CAA champion status.

The lady Dukes squeaked by the College of William & Mary 25 points to 31. The defeat of 21st ranked W&M marked an upset according to the FinishLynx Division I Coaches polls, who did not have the Dukes ranked at the time. Other schools who finished as placed were George Mason University (137), Virginia Commonwealth University (139), Hofstra University (189), University of Delaware (155) and University of North Carolina - Wilmington (214).

Helping the Dukes to their fourth consecutive title was senior Mollie DeFrancesco, who repeated as women's champion.

DeFrancesco broke her own record of 20:46.05 in the 6,000-meter race. The accomplishment earned her Top Female Athlete honors.

DeFrancesco was accompanied among the top finishers with junior Cindy Dunham (4th in 21:55.77), freshman Nelly Anderson (5th in 22:00.62), freshman Shannon Sanders (7th in 2:07.46) and junior Kelly Baker (8th in 22:09.42).

The JMU men's team placed second in the CAA standings behind William & Mary, scoring 56 points to the Tribe's 24. Among the Dukes' finishers were sophomore James Kays (5th in 24:57.59), junior John Fraser (6th in 25:00.13), sophomore Allen Car (15th in 25:34.43), sophomore Mark Bahnuh (17th in 25:44.85) and senior Ian Scott (18th in 25:51.21).

—from staff reports

FIELD HOCKEY

JMU knocked out of conference tournament with loss to Monarchs



FILE PHOTO/Matt Carvello
Senior back Elize van Ballegoole and JMU fell to Old Dominion University Saturday.

The field hockey team suffered a crushing defeat at the hands of No. 1 Old Dominion University, who handily defeated the Dukes 14-1. The loss knocked No. 10 JMU out of the Colonial Athletic Conference tournament and may have subsequently concluded their season.

The fourth-seeded Dukes squared off against the first-seeded Lady Monarchs Saturday, Nov. 9. ODU took no time in getting off to a lead, as CAA player of the year Tiffany Snow scored four minutes into the game. From there, the Lady Monarchs were able to reel off 13 goals.

Snow finished with two goals and two assists, while Tara Harrman notched three goals and forwards Rosalinda Banuelos and Angie Loy scored two a piece for the Monarchs. Old Dominion went into halftime up 5-0, and its success

continued, as its lead reached 13-0 before JMU junior forward Merideth Lowrance scored late in the second half to prevent a shutout.

The Dukes were outshot 29-7 and the Lady Monarchs tallied 12 total corners to the Dukes' four.

The Lady Monarchs will move on to face the second-seeded College of William & Mary to determine the CAA crown.

Despite the lopsided defeat, JMU may still be alive for the national tournament. The Dukes must now rely on an at-large bid after being eliminated from the CAA tournament.

—from staff reports

CAA Tournament	
Saturday	
JMU	1
ODU	14

WOMEN'S CLUB RUGBY

Perfect season propels club rugby to nationals

BY LESLIE WILSON
contributing writer

After finishing the 2002 spring season ranked fifth in the nation, the women's club rugby team expected the fall season this year to be a rebuilding time. That didn't turn out to be the case. The team rattled off an 8-0 season that ended with its third consecutive state title.

"We lost seven seniors last year and we thought that this semester was going to be time to rebuild our team," senior second row Dara Schmidt said. "We had about 20 rookies come out this semester — our biggest turn out yet and many of the older players and rookies stepped up so much it was great. Everyone contributed to the team this semester some how or another."

JMU brought home the Virginia Rugby Union state championship after defeating rival University of Virginia 16-5 at the Ed & Sandy Lee Tournament in Roanoke Oct. 26 to 27.

"It's a real honor and a big accomplishment for us," Schmidt said. "All of the hard work and dedication paid off. After putting so much time and effort into practicing five days a week, it is nice to know that we are the best in the state."

And beating its rival for the second time this season made it even better. JMU topped UVA, 13-10 in Charlottesville in the season.

"UVA is our biggest rival," sophomore Julia Graven said. "They have a good team like we do."

"It's a real honor and a big accomplishment for us. All of the hard work and dedication paid off."

—Dara Schmidt
senior women's club rugby player

Sophomore eight man Heather Horan said, "It was pretty exciting since most of the team knows players and the coach for UVA. It was nice beating people that are our rivals."

JMU got to the state title game after topping Mary Washington

College 67-0 and Longwood University 71-0 Saturday.

With the state championship under its belt, the team will head into the spring season with a higher seed in the Mid-Atlantic Rugby Football Union when it competes in nationals.

Sophomore prop Jennifer Stello said, "Spring is a continuation of fall season. For us, it all leads up to the national tournament for our rugby team."

The team's organization both on and off the field helps them to function at top levels. For the off season sophomore Julia Graven said, "We try to continue working out. Sometimes we play soccer and/or volleyball. From our

see *WOMEN'S*, page 14



PHOTO COURTESY OF women's club rugby

The women's club rugby team won all eight of its games en route to winning the Virginia Rugby Union state championship.

MEN'S SOCCER

Dukes tie Drexel, earn fifth seed in men's CAA Tourney

The men's soccer team tied Drexel University 1-1 in double overtime Sunday, giving the Dukes a 8-9-3 record and the fifth seed entering this week's Colonial Athletic Association Tournament.

The team tallied its second straight victory with a last minute win, 2-1, over Hofstra University Friday in Hampstead, N.Y.

Sophomore midfielder Denny Fulk scored with 1:06 remaining in the overtime period off an assist from senior forward Jukka Sundquist. Sundquist dribbled through a few Pride defenders to the goal line and proceeded to cross the ball into the box to Fulk, who rocketed a shot over the head of Hofstra goalie

D.J. Greening.

The goal was the fourth of the season for Fulk, who helped the Dukes go 2-0-2 in the past four games.

The loss was the fifth straight for Hofstra, who jumped out early on the Dukes, scoring nine minutes into the contest.

However, the Dukes bounced back with a goal on a penalty kick 23 minutes into the second half by senior midfielder Ben Munro, followed by Fulk's game-winner in overtime.

— from staff reports

Sunday	
JMU	1
Drexel	1

Women's club rugby earns third consecutive state championship

JMU finishes fall season with undefeated record

WOMEN'S, from page 13

rugby team, we've outfitted two intramural soccer teams."

For a change in preparation for the spring competition the team also is now starting a lifting regiment.

"Our coach wants us to get big since we're a really tiny team in comparison [to other teams]," Stello said.

Stello said this came into play last year against the University of Illinois.

"Last year when we were vying for final fours [at nationals] ... every single girl on

their team outweighed every single one of our teammates. Their biggest girls were four inches taller and huge. The Illinois players were 5'10" and over plus weighed about 180 and upwards."

However, in the past, Stello said, "Our key to winning and outsmarting others is speed." JMU knows it has a lot of work cut out to reach its goals at nationals.

"We are still going to work just as hard as we did in the fall and hopefully make it to the sweet 16 again," Schmidt said. "That is our team goal."

**- VOLLEYBALL -
JMU slays Dragons**

The volleyball team defeated Drexel University 3-1 Saturday to improve their Colonial Athletic Conference record to 13-3.

Senior outside hitter Jessica Evers had 20 kills and 13 digs to help pace the Dukes. Red-shirt senior outside hitter Larrissa Winkler had 15 kills and 11 digs, while junior middle blocker Dana Jones contributed with 12 kills.

The Dukes had to battle from behind early in the contest to top the Dragons in game one. Drexel won game two, but the remaining two games were dominated by the Dukes.

JMU ends the regular season Wednesday at home against the University of Maryland-Baltimore County at 7 p.m.

— from staff reports

Saturday	
JMU	3
Drexel	1

Parity slowly creeping into pros

Signs of equality showing among big, small market teams

PARITY, from page 13

still don't have a chance, but non-playoff teams from a year ago such as the Bulls, Hawks and Wizards look like they all have a legitimate shot at a playoff berth or more this season.

It's obvious with such long seasons that teams are going to have nights off where the less-skilled teams will win. And the cliché is that on any given Sunday, any team can win. But this year, it might be happening more than just any

given Sunday.

Drew Wilson is a junior SMAD major who enjoyed watching the Lakers lose Friday to the Wizards on a Jerry Stackhouse dunk at the last second after the Lakers had come back to take the lead.

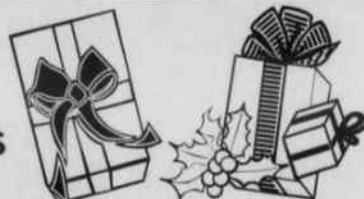


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