theForum

Piedmont Virginia Community College

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Courtesy of http://www.radissonorlandoresort.com

ONESTY AQUATIC CENTER BRINGS NEW AGE FOR CHARLOTTESVILLE POOLS

DAVID CARON FORUM STAFF WRITER

Charlottesville has never been known for its public pool system. Some highlights of the pool system are the Washington Park pool with one slide, the old Meade Park pool (Onesty Swimming Pool) with one diving board, and the McIntire wading pool.

All of that is about to change as the Onesty Swimming Pool is set to transform to a certified aquatic center.

In recent years, a wave of change has swept the Charlottesville Parks and Recreation as new regulations have made pools in the city outdated and in need of upgrades. According to Will Basset, director of the Charlottesville Parks and Recreation, the Onesty Pool was one that needed "very costly repairs."

After conferring with the neighborhood, it was determined that instead of doing those repairs one by one, it would be easier to just overhaul the pool.

"We listened to what people said and found need to upgrade. There was an issue with the drainage system," stated Ric Barrick, director of communication for Charlottesville.

After input from the community, a design plan was drawn up and submitted to city council. Kimley-Horn and Associates, Inc. was in charge of designing the replacement. They came up with a brand new master plan that transformed the entire park.

"When we did Washington [Park], that was a renovation. [...] This is a brand-new facility," said Basset.

The park is located in the Woolen Mills neighborhood on the corner of Meade Avenue and Chesapeake Street.

According to the Charlottesville Parks & Recreation website, the original pool opened to the public in 1975 and was named in honor of Louis A. Onesty, known as the "Father of Swimming" in Charlottesville. He acquired this nickname from his selfless dedication to the city's youth swimming pro-

grams.

The master plan was groundbreaking. The plan called for a new pool house, a "zero point of entry," water park style play structures, a lazy river, a spa, a new diving board, a waterslide, a coolbrella, and a new lane pool that will be "twice the size of the old one," according to Barrick.

On top of that, the location of the pool was moved from the backside of the park, to right next to the roads. Where the old pool sat, there will now be nature trails, natural grass, and easy access to the creek that divides the park.

"There will be a much different and better guest experience," says Basset. "We are very excited about bringing this facility to Charlottesville. We are happy to upgrade our pool inventory and more upgrades are on the way."

Pricing and schedule information can be found at www.charlottesville.org/recreation. Pool passes or daily admission stamps are available, as well as group rates.

CLASS OF 2009 LARGEST EVER

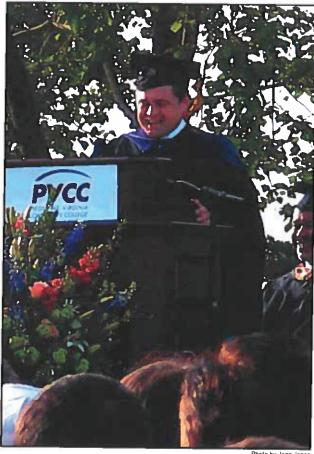


Photo by Jenn Jones

Tom Periello serves as a commencement speaker for PVCC's 2009 graduating class.

KYLE MIKKELSEN FORUM STAFF WRITER

"You just have to make up your mind that you're going to do it and get it done." Such words spoken by Leslie White Cosner, 46, could be applied to many of this year's 398 Piedmont Virginia Community College graduates.

Speaking to the largest graduating class yet in the school's nearly 40-year history, President Friedman asked students to stand when they met certain credentials.

Dozens of graduates, includ-

ing Cosner, came to their feet when Friedman asked how many of them had finished high school more than a decade ago. Friedman also asked the graduates how many had worked 30 or more hours while attending PVCC, how many had past military service, and how many were parents, among other things, prompting many of them to stand each time.

A decent number even matched the description of what Friedman called the "trifecta" - graduates who were parents who worked 30 or

more hours per week while attending PVCC full-time. In addition to its traditional students, PVCC proudly hosts many non-traditional students wishing to advance their careers or perhaps earn the college degree they never got.

"This is a tough time to be graduating from any college," said PVCC President Frank Friedman. "As we know, jobs are at a premium right now. But, we feel that our students are well qualified with the skills they need for the jobs of today."

Although graduates will face fierce competition for employment, Pres. Friedman maintained his confidence in the 2009 class to meet the challenge.

Congressman Periello, D-Ivv, delivered his first commencement address as an elected official at PVCC's 36 annual spring graduation held Friday, May 15 on the lawn behind the main building.

The 34 year-old Perriello, who graduated from St. Anne's-Belfield School in Charlottesville before earning a law degree from Yale University, reemphasized Pres. Friedman's message that PVCC graduates will be facing a tough economy before adding that despite this, they will persevere and once again make the country strong.

He then shared what his own

father, the late Dr. Vito Perriello, told him when he graduated from Yale. "He told me, "This is the moment when you stop being judged by your potential and start being judged by your accomplishments.' I learned a lot from that," Perriello said. The U.S. Rep. also mentioned his belief that in the coming years those who have worked hard to earn their degree will be rewarded in the workplace.

Emily Traylor, a member of the All-Virginia Academic Team and one of the top 10 community college students in Virginia, served as the student speaker, telling her fellow graduates of all that PVCC has meant to her over the last three years. She spoke of how PVCC transformed her from a shy, timid person into a confident and accomplished student. She also stressed how proud she was of all the graduates, calling them her "heroes,"

Despite overcast skies much of the day, the College ultimately decided to keep the event outside rather than move it to University Hall, as inclement weather forced it to do last year. Although a light rain shower around 5:00 p.m. caused some to worry, the sprinkle did little more than bring humidity to the otherwise dry and sunny commencement ceremony.

"We feel that our students are well qualified with the skills they need for the jobs of today." - President Friedman

TIPS FOR FINDING SUMMER EMPLOYMENT

CHRIS BOWER
FORUM STAFF WRITER

Many people decide to use their summer free time and earn some extra cash. But, there are a few things that make getting a summer job difficult, and here are some tips to help.

First of all, see if an acquaintance works somewhere that is hiring. The reasoning behind this is that the acquaintance can put in a good word for you.

"I went into Effort Baptist Church to see if they had any openings for a camp counselor and they saw who I was, and my mom had done a lot of work with the church and they said they would take me on the spot! Sometimes it really does come down to who you know," said PVCC student David Tyrell.

Also, if a possible employer has to choose between people with similar qualifications and credentials, they will probably choose the person who already has a connection with the business.

One problem that some people have is compiling and having an updated resume. Microsoft Word 2007 has a feature that sets up a template resume which looks very professional.

To find and access this feature click on the office button, click new, and the new document dialog box should pop up, allowing one to select from a few installed resume templates. One can also go to Microsoft Office Online to check for other resume templates.

Once one has a template opened, it should have bracketed text where each specific piece



of information goes, one can edit layout, but the resume template is a nice feature for anyone who is having trouble getting a satisfactory resume together.

On the other hand, sometimes one will just be handed an application and told to bring it back. Most of the requested information on the application would normally be on a resume.

If one does not have a resume and one is filling out lots of applications, write down the more basic information somewhere else. This will provide a quick reference and allow one to go through applications much faster.

After one turns in the application, follow up. Call them or go in to ask if they had a chance to go over your application yet. They will remember your face and your persistence should another spot job spot open.

Most places will hold onto an application for a few months and if one was persistent about checking in, the employer will think along the lines of, "that person must really want this job and take it very seriously."

Another problem area is the interview. Here are a few things that can really help and impress a potential employer.

Of course one needs to dress appropriately, act professional, and have all relevant information on hand when one goes to the interview. But employers can throw some tricky questions.

Here are some common questions and examples of how to answer.

"What is your biggest weakness?" Modify the answer based on the type of job, but a good way to address the question would be something like, "I am a bit of a perfectionist and always try my best to make sure everything is done the right way." The idea is to make your weakness sound like strength.

"What is your biggest strength?" A good strength would be "I always make my work, or any sort of task that I am given, a challenge that I would enjoy putting myself up to and overcoming."

"What would you expect to make if hired?" The trick with this question is that if one prices oneself too high, one might not be hired; too low and one might become underpaid.

Here is how one should respond: "I would like to make what you normally start people at, but once you give me some time, you will see that I'm a very hard worker and there might be room for advancement."

Of course some jobs will have questions tailored to their specific industry, but as long as one is relaxed and straightforward, the interview will go well, and one might have a good summer job.

Also, PVCC offers the resource of work force services. One can contact the work force services online by clicking on the workforce services on the quick links tab on PVCC's website.



PVCC TO BE REAFFIRMED IN EARLY OCTOBER

NICOLE CARNEMELIA FORUM STAFF WRITER

On October 6 through the 8 of this year, PVCC will be visited by the Southern Association of Colleges and Schools (SACS).

What does this mean college and the students? Every ten years, colleges nationwide must have thier accreditation reaffirmed by its regional accrediting association. This visit from SACS is a part of the reaffirmation process. SACS is coming not only to evaluate PVCC but also our Quality Enhancement Plan (QEP).

The QEP is a set of steps that PVCC faculty, teachers and administration will take to enhance the learning process for students.

Earlier in the year, a group of teachers and faculty called the QEP task force, decided this QEP will focus on improving the students writing skills calling it, "Write here, write now: creating a culture of writing."

It will be a five year process involving a revision of classes in every degree program that will incorporate more advanced writing techniques.

These revisions will start in English 112 and 112. There will also be an introduction of a new rubric for all teachers to use when grading papers written by their students.

According to Jenny Koster, creative writing professor and QEP task force member, there is also talk of incorporating writing intensive courses into all degree programs.

Starting in the fall, teachers and faculty will have to participate in workand QEP related training.

Certain faculty members will be assigned to the QEP implementation team. This team will provide support to other teachers adjusting to the new requirements.

A power point presentation made by the QEP task force was presented to students in the Student Government Association (SGA).

The power point expressed the goals of

awareness of the OEP

Posters are already appearing throughout campus advertising the "write here, write now" campaign. According to Kathy Hudson, interim vice president for instruction and student services for PVCC, the QEP task force is planning some student activities for this fall.

The goal of the activities are to make sure that students are aware of the changes going on within PVCC and what it will mean for them, as far as expectations and the change in the grading techniques. A

"Every ten years, colleges nationwide must have their accreditation reaffirmed by their regional accrediting association."

the QEP stating, "Students will compose focused and developed texts that are logical. unified, coherent, appropriately formatted, and grammatically correct. Students will value writing as a way to learn, as well as a way to formally express their learning."

What SACS will be looking for when they come in October is that PVCC has taken the proper steps to make this plan happen.

They will also be looking for

possible activity is a rally with giveaways.

Hudson stated, "This will be a campus wide project, faculty, advisors and students will all be involved. In order to make all the changes we need to make, we need everyone to be on board."

So this October, when you are asked by the SACS team, "What's your OEP?"

You will be able to say with confidence, "Write here, write now."

SUMMER GRADUATES CAN WALK IN THE SPRING CEREMONY

DANIELLE BENNETT FORUM STAFF WRITER

Students ready to graduate this summer should start the process by applying in the Welcome Center, the deadline for application is July 13.

The school processes the applications and sends a letter to the applicant which spells out the unfulfilled requirements. For some, that can mean classes that still need to be taken.

For all graduates with an Associate's Degree, it will include the Exit Survey, done on-line, and the Core Assessment Tests done through the Learning Center.

The deadline for finishing the survey and assessment will be in the letter. Piedmont can withhold transcripts and degrees if those are not completed. Piedmont orders degrees after the semester is over. The degree is mailed to the address put on the application 8-10 weeks after it is ordered.

Pat Buck, Assistant to the President, explained "There's only one graduation per academic year," so the summer graduates can walk in the ceremony in spring 2011.

In some cases students can get permission to walk in the spring before they've finished their classes, however, they will not receive the degree until the summer semester is finished.

Nikki Carnemella is one student who will be graduating this summer. She declined to walk in the ceremony this spring, because it wasn't important to her to walk. She is finishing one last class towards

her Liberal Arts degree. Carnemella plans to transfer to George Mason University. She has been at Piedmont for three years to get this degree, five semesters in all.

In colleges everywhere, the average time it takes to complete a degree is increasing, with more students taking parttime semesters year-round to finish.

Last summer a total of 75 students graduated, 25% of that number walked in this spring's graduation ceremony.

Sometimes it is just too hard to finish the degree program in the spring and students need another class. Don't feel bad if you are a student who fits into this category.

Many students do not finish in the two years, or do so only because they took summer classes.

CONVERTIBLES ARE EVER POPULAR

JASON FLINN FORUM STAFF WRITER

It is summer time again, and nothing says fun like the wind in your hair while you cruise to your favorite beach or picnicking spot behind the wheel of a sexy sports car.

U.S. News/Consumer Reports ranked the following vehicles as the most popular sporty convertibles of the 2009 model year. We also polled one hundred PVCC students to see just where attitudes stand on new offerings from the automotive industry. These new 'verts are listed by their respective consumer reports ranking, with their respective PVCC ranking percentage included for your statistical pleasure.

1. Ford Mustang GT(56%) 4.6L V8, 300hp - A classic that has been through many iterations since it was first produced in 1964. The mustang only gets faster, handles better and looks prettier as time goes on.

2. Honda S2000 (17%)2.2L I4, 237hp - About the closest you can come to driving your own little F1 car, these are an absolute blast.

3. Pontiac Solstice GXP (15%) 2.0L Turbo I4, 260hp - Stylish with an new turbo engine that creates plenty of power. The Solstice GXP can now easily outdistance the Miata that it was produced to compete with.

4. Mazda Miata MX-5 (9%) 2.0L I4, 167hp Miatas have been around for years, but they are still the epitome of fun with their super light weight and excellent handling.

5. BMW 1-Series (3%) 3.0L I6, 230hp - While many may complain about the odd choice of exterior styling, none can draw issue over the crisp engine and all the posh amenities BMW offers.



Courtesy of www us-carconnection of

Ford's GT Mustang is a classic.



Courtesy of www.gorta.grg

LOCAL GARDENING TO INCREASE IN THIS ECONOMIC ERA

PHINIZY GENERELLY FORUM STAFF WRITER

The joy of summer is hard to forget. While in the past months people found themselves scheduling their activities depending on the forecast, the summer months allow the Forums readership an ease of life that cannot be matched with any other season. Among the summers activities are the usual vacations to the beach, relaxing by the pool with friends, and celebrating our independence.

These common ways of enjoying the hotter months often become the focus of what we define as summer. While these leisurely activities are certainly fun, productivity is not a word we regularly associate with summer. However, this is changing fast with the recent upstarts in gardening locally and around the country.

While in the past Americans have been content with buying there produce and vegetables

from a grocery store, now more and more Americans seem to be asking whether this food strategy is worth the cost. There are certainly local options when it comes to purchasing food in town, but until recently it was hard for many of us to consider taking the time to grow our own food. Now with the depression in the economy, seed and plant stores are seeing large increases in sales as gardening makes a comeback.

Burpee Seed Company, which is the largest seed company in North America, has seen steady increases even as the economy spirals downward. In some statistics the business has done twice the business this year as in previous years.

For those who are interested in growing and/or selling food, the city of Charlottesville's farmers market is open Saturdays from 7:00 a.m. – 12:00 p.m. during the months of April - October. There is also a website explaining its purpose and procedures, as well as forms required by

people interested in selling products at the market. The website can be found at www. charlottesvillecitymarket.com and all forms associated with the selling of products can be printed directly off the website.

For those interested in starting a home garden, the farmers market is a great recourse to talk with locals about the trade, as well as purchase starter plants and seeds from the onsite vendors. There are also several nurseries around town that can help with supplies and questions related to gardening.

Two of the more locally known nurseries are located in Ivy and North Garden and both have been servicing the gardening needs of our community for years. The Ivy Nursery and Eltzroth and Thompson Greenhouses can be found online respectively at www.ivynursurey.com and www.eandtgreenhouses.com.

Besides offering locally produced products, Charlottesville has also named its own Monticello Mountain as the location of the heritage harvest festival, which occurs on September 12. This annual festival is a must see for beginners and professional gardeners alike and includes lots of Virginiaspecific gardening information.

The Southern Exposure Seed Exchange, which is a locally based company, generously sponsors the festival and as a company has been catering to the needs of gardeners around the country since its opening in 1982. While the variety of seeds advertised is not near as large as the variety that Burpee Seed Company offers, Southern Exposure sells heirloom varieties of plants that do well in our area.

Whereas many of us could not have imagined picking up a hoe and starting a garden in the past, now more and more people are making the effort to personally connect with the food they cat while saving money in this economic age.

JAMES RIVER REELING AND RAFTING OFFERS ADVENTURE

BECCA CRITZER FORUM STAFF WRITER

Are you ready to get away, relax, and have a good time? There's a place for you to do just that, down at the river. A tubing, canoeing, rafting, or kayaking adventure may be the perfect getaway for you and your family or friends.

fames River Reeling and Rafting, family owned and operated by Kevin and Geneva Denby for the past 19 years, has something for just about everyone on the James River in Scottsville. Spend a relaxing day on the river which flows through the wooded foothills of the Blue Ridge Mountains. One can look for the deer, blue herons, ospreys and even bald eagles, relax and watch as the tall oaks and steep banks slip by as one float along.

James River Reeling and Rafting offers tubing, canoeing, rafting, kayaking, as well as overnight trips. According to James River, they offer the best and longest float on the river. Their tubing trips run from May 1 up through October 1. The 2-4 hour trip is sure to bring a sense of relaxation and peace. Tube, shuttle, & rope cost \$20.00 per person. If one wishes to bring a packed cooler for that picnic lunch on the James, then one can purchase a cooler tube for \$8.00. If one already have tubes, then the shuttle alone is \$17.00, and with a group of 25 or more the cost is \$17.00 per person. Looking for something to

The characteristics of a river can change greatly as the water level rises or falls. For in-

put those muscles to work? A canoe trip is the way to go. Trips offered have flexibility as to the difficulty that is sought. Whether one is looking for adventure and excitement or relaxation, there are four trips ranging in rapid sizes of class one up to class three. Rapids, are like ski slopes, they vary in intensity. The International Rating System of rapids according to I. Herbert Gordon's Complete Book of Canoeing is as follows:

"Class I: Easy. Smooth water; light riffles; clear passages, with the occasional sand banks and gentle curves. The most difficult problems that may arise is when paddling around bridges and other obvious obstructions.

"Class II: Moderate. Medium-quick water; rapids with regular waves, clear and open passages between rocks and ledges. Maneuvering required. Best handled by intermediates that can maneuver canoes and read water.

"Class III: Moderately difficult. Numerous high and irregular waves; rocks and eddies(a swirl of water on each edge of an obstacle, followed by a short reverse flow of water behind an obstacle flowing upstream) with passages clear but narrow and requiring experience to run. Visual inspection required if rapids are unknown. Open canoes without floating bags will have difficulty. These rapids are best left to canoeists with expert skill."

stance, a set of Class II rapids can become raging Class IV when the water is abnormally high following spring runoffs or after a heavy storm.

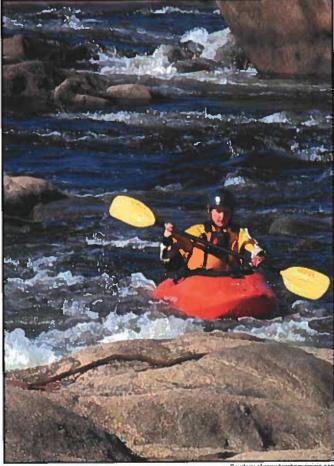
When one is planning a river trip, whether one wants a day of relaxation or an adventure over the course of a few days, there are a few things that one should remember.

It is important that one for information the condition of the river.

Also, adventurers are requested to abide by the following requirements: to wear a bathing suit and/or shorts and t-shirt, to wear tennis shoes, sandals, or water shoes (no flip-flops or bare feet), and to not bring Styrofoam or glass containers.

In order to ensure the best possible experience, it is important to keep the river clean.

Tubing and canoeing are just two possible James River adventures. For information on other trips such as kayaking, rafting, and fishing, as well as further rules and suggestions to better your experience on the James River, visit www.reelingandrafting.com/



Courtesy of www.burnhamvirginia.com

SKIN CANCER CAN BE PREVENTED

IENNIFER TREACY FORUM STAFF WRITER

One in every five Americans will develop skin cancer at some point during their life. More cases of skin cancer are diagnosed than the combined numbers of breast. colon, lung, and prostate cancer. and more than 20 American die from skin cancer every day.

There are four major different types of skin cancer, the most common being basal cell carcinoma, or cancer of the base of the outer layer of the skin. It's rarely fatal, but it often leaves the skin disfigured.

The second most common type is squamous cell carcinoma, or cancer of the flat outer layer of skin. Cancer can also occur in the cells that release hormones in response to signals from the skin, and this type of cancer is called



neuroendocrine carcinoma.

The rarest type, melanoma, is cancer of the pigment cells (called melanocytes), and it occurs in less than 3% of skin cancer cases, but it is the deadliest, accounting for 75% of all skin cancer deaths. One blistering sunburn in childhood or adolescence more than doubles the risk of melanoma for an individual. Using tanning salons also increases the risk for cancer astronomically.

Courlesy of images teamsugar.com Most skin cancer can be prevented, or at least slowed down with proper skin care. perts recommend using a sunscreen with a sun protection factor of at least 15 every day.

It's a common misconception that the sun isn't as dangerous in the winter, or when it's cloudy outside, but that isn't true. Clouds only filter out about 20% of the sun's harmful rays, and the sun is still shining when it's cold out.

Sunscreen doesn't only protect

against the UVB rays of the sun that burn and cause cancer. It can also protect against free radicals that cause wrinkles and UVA rays that cause premature aging.

To make sure your sunscreen protects you from all of these, look for the words "broad spectrum protection" on the label. Water resistant sunscreen will last up to 40 minutes in the water, and sunscreen labeled "very water resistant" will protect your skin for up to 80 minutes.

Most sunscreens also have a shelf life of about three years.

Most cases of skin cancers are 100% treatable if they are caught early enough, so if you notice any unusual moles, freckles, or patches of skin that are asymmetrical, discolored, or suspicious looking, get them checked out by a doctor or dermatologist as soon as possible.

GET AWAY TO THE EAST COAST



APRIL D. HARRIS FORUM STAFF WRITER

Warm air, soft sand and cool waters are ahead during the summer. What could be better than a sweet, relaxing day laid out on a beach? The east coast has some of the best beaches in America, just a few hours away.

Virginia Beach is well known as a close to home vacation get away. The boardwalk is three miles long and has places to shop and eat, such as the Dairy Queen and Waterman's Grill, and a row of about 40 hotels. For those who don't feel like walking the long three miles, they can rent a bike for a few hours to use on the bike road that is right next to the boardwalk, so the beau-

tiful view is not blocked. The bikes can hold entire families. from two, four, and six people fitting on one specialized bike.

Virginia Beach's main street is pact with stores, for the shopaholics and all their beach needs. If there happen to be any party people in the group, they are in luck. At Virginia Beach the party never ends. Just look for the bars and grills. Festivals are held on the beach, though reservations must be made for most of them. One such festival is the Caribbean Music Festival on the Ocean Front on May 8-10, 2009. The music will be performed by a steel drum band, and there will be dancing accompanied by Caribbean foods. For more on Virginia Beach, or to reserve a spot in an event

www.virginiabeach.com

The Outer Banks of North Carolina is the place to be this summer. It offers air sports and family/musical events. Outer Banks is made up of Duck, Southern Shores, Kitty Hawk, Kill Devil Hills, and Nags Head. There are at least four lighthouses to visit and climb while touring the parts of the Outer Banks. One is the Bodie Island Lighthouse, just beside Nags Head. The Wright Brothers National Memorial is close to this area as well. One can wind surf their way around this strip of land or fish, using deep sea fishing boats that can be rented, or go with a group. Go to www. outerbanks org for more event information and interactive maps.

DRUNK DRIVING CAN HAVE DEADLY CONSEQUENCES



CHANI VALE
FORUM STAFF WRITER

It is that time of the year when the percentage of drunken driving accidents increases. As summer approaches the nights are longer and music festivals are right around the corner. The time for awareness approaches. Innocent lives can be saved.

Even if you are not a drunk driver, you could still be affected by intoxicated motorists who jeopardize other's safety, so be alert.

It is important to be as cautious as possible and try to avoid intoxicated drivers. When individuals choose to drink and get behind the wheel, they are not only risking their life, but the lives of others.

Drunken driving costs; the

consequences are extreme. Is it worth going to jail or losing your license? The punishment and sentencing for driving under the influence (DUI) range from impounding, fines, required community service, jail time, probation, mandatory attendance of drug/alcohol and driver education classes, and revocation of driving privileges.

Death can be another consequence. Unfortunately it is a harsh reality that must be faced. Even if your own life means nothing, consider the hurt and trauma you would leave behind for your family members. Think before possibly inflicting lifelong heartache upon your family.

"Drinking and driving can take a life," PVCC student Tyonna Key expressed. Could you live the rest of your life knowing you took an innocent life?

Think about the families you would cripple by taking the life of a loved one. Is it worth the shame and slander you would have to face on a daily basis?

that are not as likely result in the loss of a life. Call for a cab, call a family member to come and pick you up, or choose a designated driver at the beginning of the night. No matter what, do not get behind the wheel while you're intoxicated!

"Drinking and driving can take a life."

-Tyonna Key, PVCC student

Be responsible. These consequences are not worth the risk.

"Don't drink and drive. Have a designated driver," says PVCC student Stephanie Agee. If indeed you are going to have a night out and drink, then be responsible for your actions.

Many options are available

If you do not drink and drive, you could participate in two different precautions to keep others safe. First, refuse to get into a car if the driver has been drinking. Second, do not let friends drive drunk. Take away their keys if they insist on driving while intoxicated.

EXPLORING FIVE KEY QUESTIONS FOR NFL SEASON

DAVID CARON FORUM STAFF WRITER

In anticipation of the upcoming NFL season, questions abound regarding many teams and situations. It can be tough to narrow it down, but there are five hot topics. A flurry of changes occurred within the league during the off-season.

Training camps open in August and after that, it's any one's guess as to how things will play out. Strap yourself in for a wild ride.

Hot topic #1 - Will the Pittsburgh Steelers defend their title?

The Steelers rolled to the championship last year behind sungy defense and offensive execution. As good as they were though, the competition just seemed to drop the ball at times. As good as the Arizona Cardinals were, most would agree that they are not normally Super-Bowl material. With the Dallas Cowboys and New York Giants implosion, as well as the advanced are of QB Donovan McNabb and company, the Cardinals ultimately backed into the berth.

In the first quarter of the first game of the season, QB Tom Brady went down for the season with an injury that sent a shocked New England Patriots team to a modest 10-6 record and no playoff berth. Without a powerful Pats team, the Steelers only had to defeat the 8-8 San Diego Chargers and the still reloading Baltimore Ravens on the way to the Super Bowl.

With Brady back at the helm in New England, with the Giants and Cowboys righting their respective ships, and upgrades to many of the contenders from last year, it will be very tough for



Courtesy of media2 wpri.co

the Steelers to repeat. On top of that, history is against them. I

n the last 20 years, only the Cowbovs, in 1993-94, and the Denver Broncos, in 1998-99, were able to successfully defend their titles. Potentially, it could be New England back on top. That leads into the second topic.

Hot topic #2 - Can Brady's return from season-ending surgery lead the Pats to a title?

In a split-second last year, the face of the NFL was done for the season. This year, with his knee fully healed, Brady will try to take the Pats back to the pinnacle of footballandwinSuperBowlXLIV.

The tools are definitely in place. Most of the team is still intact from last year with Randy Moss and Wes Welker spearheading an outstanding receiving corp.

The Pats showed that they have 100% confidence that Brady is ready to go when they traded last year's QB Matt Cassel, along with C Mike Vrabel, to Kansas City for a second round draft pick. They rounded out the offense with the addition of RB Fred Taylor which makes the Pats appear to be unstoppable.

Hot topic #3 - Will the ad-

dition of QB lay Cutler get the Chicago Bears to the playoffs or even back to the Super Bowl?

In one of the great soap operas of the off-season, the tenuous marriage between Jay Cutler and the Broncos came to an end. In the end, the divorce settlement brought the young QB to the Bears and gives them a franchise OB for the first time since before most PVCC students were born.

Last season, the Bears were 9-7 and finished second in the NFC North. This season, if they hope to make the playoffs, they will require Cutler to provide them with some muchneeded offensive infusion. Cutler threw for 4,526 yards and 25 TD's during the 2008 campaign.

On defense, LB Brian Urlacher is still an unstoppable force, although he, like the rest of the defense, is getting older. Regardless, if Cutler can put up big numbers in Chicago, the Bears should definitely reign supreme in the NFC North, and could find themselves back in the Super Bowl.

Hot topic #4 - Will T.O.make or break the Buffalo Bills? The circus has come to town in Buffalo and unfortunately for Bills fans, it isn't the Ringling Bros. WR Terrell Owens signed a one-year, \$6.5 million deal with the Bills on March 7. The Bills hope that T.O. will be their big star as opposed to a freak show, and for Owens, it's a chance at redemption after last year's falling out in Dallas.

Like with the Steelers chances for a repeat, history is not on the side of Owens, as this is his fourth stop in six years. On the other hand, his talent seems to be limitless and his production is unrivaled by any WR since Jerry Rice.

Even at 35 years of age, his work ethic and dedication are Only time will unparalleled. tell if he can make it work, but if Owens can let his play do the talking, the Bills definitely should lock-up a wild card berth and will give the Patriots and Steelers a run for their money.

Hot topic #5 - Can QB Matthew Stafford help the Detroit Lions to win a game?

The NFL draft is possibly the biggest not on the field event in sports. This year it had extra implications in that the winless Lions had the first pick. Not since 1982 had a team gone winless. The one play that defined the season was QB Dan Orlovsky running out of the endzone for a safety, not realizing that he had done so.

Insert Stafford, who threw for 3,459 yards and 25 TD's at the University of Georgia and led them to victory in the Capital One Bowl. Even though it will be a lot of pressure on the young QB, he should be able to step right in and start running the offense. They probably won't sniff a winning record this year, but with a new attitude in Detroit, multiple games should be won.

INNSBROOK MUSIC FESTIVAL IS A SUMMER ENTERTAINMENT OPTION



ZZ Top, one of the scheduled Innsbrook bands, preforms in concert

Courtsey of static guim to uk

ROBERT MANGIONE FORUM STAFF WRITER

So you have some free time this summer and just don't know how to spend it all. Music lovers have their bases covered, but what if they want just a little more? Not only are there concerts nearby at the John Paul Jones Arena, but there are also concerts in Richmond throughout the whole summer. Though they are not the same caliber as bigger venues, these out-of-the-way concerts provide the opportunity to get out of town.

Innsbrook After Hours is located in Glen Allen, Virginia, which is about a three-hour drive from Charlottesville. It consists simply of a pavilion and a great field for the audience to enjoy the music as the day winds down. Beginning in

the spring, Innsbrook plays host to a number of bands that play a series of concerts that build up to a finish in the summer.

Most of the bands that play there are older bands and musicians like Foreigner, ZZ Top, and Willie Nelson. Most of the appeal is to older fans of these bands, though newcomers to old school music will find these shows very entertaining. The gates open at 6:00 p.m., and the concert usually begins half an hour later.

A complete schedule of events can be found online at www.innsbrookafterhours.com.

Tickets are priced between twelve and forty dollars if bought beforehand, and are usually between ten to fifteen dollars more expensive at the gate. A season pass is available for \$250, and both these and tickets are available at www.web2ticketstobuy. com/iahstore/products.php.

Local radio stations like 97.5 FM often give away the tickets for free during contests and other give-aways. Please note that only unopened drinks are allowed to be taken in. The staff on site will ask that attendees to turn in any opened bottles.

Attendees should also note that there are two different types of tickets: regular and Gold Circle tickets. The Gold Circle tickets reserve premium seating, but there are only 500 of these tickets. If one plans to enjoy the music of Innsbrook with premium seating, he or she should act quickly to get these tickets.

The drive from Charlottesville to Glen Allen is long, and one will probably work up an appetite. There are plenty of places to stop along the way for a bite. Fuddruckers is located in Richmond near Glen Allen, and hosts an array of grill favorites, like hamburgers and fries. It provides dozens of options like mustard, mayo, onions, tomatoes to deck out a burger

Or, if one does not feel up to a burger, one can stop at Short Pump. Not only to do various fast food restaurants line the streets, but the open air mall in Short Pump houses larger establishments like the Cheesecake Factory. The Short Pump website: www.shortpumpmall.com.

Innsbrook After Hours is just one of many music festivals in Virginia located within driving distance, and though it is slightly out of the way, there are plenty of sights to see and good places to stop and eat.

This is an opportunity for good music and good food.

INCUBUS EXPECTED TO GET BACK TOGETHER

JOE DICTENBERG FORUM STAFF WRITER

The highly acclaimed, native Californian band Incubus is expected to hit the music scene once again in the latter half of 2009. Word around the street is that Incubus will also start touring again.

The band has been on a break for the past two years now, since the release of their sixth album, Light Grenades. There has been a rumor that the multiplatinum band was calling it quits, but this is a false notion. The group has actually just been taking a break from touring and creating new music to pursue other things. There is a reason behind the temporary break.

Guitarist Mike Einziger has been enrolled in the Harvard



music school to better understand the art of music. Incubus' drummer Jose Pasillas has recently become a father, and Brandon Boyd, lead singer of Incubus, who originally was going to major in painting and sculpture, has enrolled at a Los Angeles art school. Incubus' bass player Ben Kenney has been touring solo. Meanwhile DJ Chris Kilmore has just been taking it easy through the break.

Incubus has been together

and working on music since 1991, but it dropped its first album, Fungus Amongus in 1996. The band became main stream with their 3rd album, Make Yourself. This record put out 3 hit singles, "Drive," "Pardon Me," and "Steller."

They have a total of 6 full length CDs. Ever since the bands success, they have traveled all over the world to such countries as Japan and Germany, as well as every state in the U.S. Incubus has toured with other bands such as Korn, Limp Bizkit, Black Sabbath, and The Deftones.

Incubus has grown in popularity over the past decade and its music has reached out to many people with their alternative style. Many dedicated Incubus fans are waiting for the members to get back together. There is much anticipation of the upcoming touring of Incubus which will take place in late 2009.

Incubus is currently putting together a greatest-hits album that also includes two new songs. The new album will debut June 16, 2009.

According to the online source, soundwaveconstellations. com, Incubus will be working on a brand new album in 2009 with its release pending for 2010.

KEITH URBAN TO COME TO JOHN PAUL JONES ARENA IN AUGUST

PAUL HENNEN
FORUM STAFF WRITER

Keith Urban is a Grammy-award-winning country-rock singer whose commercial success has spanned from Australia to the United States. And he is coming to the John Paul Jones Arena on Thursday, August 27.

Urban released his self-titled American debut in 1999. Since then, he has released one hit album after another. Some of his hit singles include "Days Go By," "Stupid Boy," "Better Life," "You Look Good In My Shirt," and the recent "Sweet Thing," as well as current single "Kiss A

Girl,"havemade him a household name across the United States.

His latest album, Defying Gravity, went straight to number one on the Billboard Top 200.

Urban plays acoustic and electric guitar, as well as banjo, mandolin, and piano. This talent for a wide array of instruments makes for interesting live performances, where he frequently switches instruments while singing at the same time.

He is also known for throwing guitar picks out into the audience and frequently giving away a guitar to an unsuspecting audience member. less, a Keith Urban fan, said, "There is no concert like a Keith Urban concert."

He is currently on a North American concert tour that will visit 58 cities and will feature several supporting acts.

The concert coming to Charlottesville will feature the multiplatinum, star band Sugarland.

"Sugarland and I are going to give our fans in Charlottesville a night to remember," said Urban. "A night where they'll be able to leave their cares at the door and just let loose for a few hours."

Sugarland is sure to perform its hits, "Who Says You Can't Go Home," "Something More," "All I Want To Do," and its current number one song "Already Gone."

This combination of talent that will take the stage is sure to givens fans a show like no other. Keith Urban and Sugarland are currently slated to appear together on 20 other tour stops.

Tickets range from \$20.00 dollars to \$74.50 dollars.

They can be purchased online on the official John Paul Jones Arena website, or over the phone by calling 888-[PJ-TIXS (575-8497).

They will also be available at the door, provided that there are tickets still available by the concert date.

SUMMER MOVIES SURE TO ENTERTAIN

JORDAN MUSSELMAN FORUM STAFF WRITER

It's that time of year again. Kids are out of school for summer, the sun is baking the sidewalks, the mosquitoes are on the hunt – and the movies keep on reeling in.

Whether you're a film aficionado or just a by-stander looking for refuge from the heat, summers have always offered a wide array of new movies, shown in air conditioned theaters and this summer is no exception to the norm.

With over fifty new movies being screened in widerelease across the nation between May and August, it is hard to tell if the economy is affecting Hollywood at all.

Cinema fans who are lucky enough to have spare cash to spend this summer will have a plethora of films to choose between, spanning all genres and age groups.

The start of the summer season saw an immediate jump into the summer blockbusters. X-Men Origins: Wolverine, Star Trek, and Terminator Salvation were each heavily anticipated and saw theatrical release dates of May 1, 8, and 21, respectively.

Families that may be looking for a more child-friendly afternoon out may not be a target audience for most of the action-packed blockbusters, but theaters will show nearly a dozen child-friendly films throughout the summer.

The first of which, the animated film Battle for Terra, kicked off the season on May 1, telling the story of humanity's struggle to survive on a far away planet. The sequel to 2006's hit comedy, Night at the Museum: Battle of the Smithsonian began playing on May 22, and one week later saw the release of Pixar's newest

animated creation, *Up*, the story of an elderly man and a young boy who embark on a wild journey to a far-away and exotic land.

Other family-friendly movies this summer include: Land of the Lost (June 5), Ice Age: Dawn of the Dinosaurs (July 1), Harry Potter and the Half-Blood Prince (July 15), G-Force (July 24), They Came From Upstairs (July 31), Shorts (August 7), Bandslam (August 14), and Goose on the Loose (August 21).

Other highly-anticipated summer releases pepper the weekends throughout the summer. The more serious-toned and adult-geared film: Angels and Demons (sequel to 2006 The Da Vinci Code) premiered May 15.

Transformers: Revenge of the Fallen debuted June 24 in all of its robot-on-robot glory, with returning co-stars Shia LaBeouf and Megan Fox.

Johnny Depp and Christian Bale (of *Terminator Salvation*) star in *Public Enemies*, the crime drama that retells the story of John Dillinger, on July 1.

The soldiers from toy, cartoon, and comic book fame make their live-action movie debut on August 7 in G.I. Joe: The Rise of the Cobra, and Quentin Tarantino (director of both Kill Bill films and the cult classic Pulp Fiction) directs superstar Brad Pitt in the warthemed film Inglorious Basterds which releases on August 21.

Comedy fans will see a very large selection of knee-slapping and chuckle-inducing movies, most of which were released in June and include the following.

The Hangover is described as by many as Old School meets Road Trip (Todd Phillips directed all three).

Nia Vardalos, writer and star of My Big Fat Greek

Wedding, returned in My Life in Ruins on June 5.

Eddie Murphy returned in his latest movie titled *Imagine That* (June 12), a PG comedy that tells the story of a struggling father and his daughter.

Star Jack Black and risingstar Michael Cera teamed up as a pair of bumbling goofs in the biblical-timed themed comedy Year One (June 19).

Comedy fans will see a very large selection of knee-slapping and chuckle-inducing movies, most of which were released in June and include the following.

Yet to be released, Sacha Bara Cohen returns to follow up his 2006 comedy Borat in his newest movie Brūno (July 10). Borat was barraged with a wide-spectrum of reviews in light of its controversial subject material, and Brūno is certain to follow in the same trend.

Movie-goers who prefer less violence and more romance will have several movies to choose from this summer, as well. Ghosts of Girlfriends Past, starring Matthew McConaughey, debuted alongside Wolverine and Battle for Terra on May 1. The Proposal, starring Sandra Bullock and Ryan Reynolds, also appearing in Wolverine, opened in theaters on June 19.

The film My Sister's Keeper, from the screenwriter of The Notebook, promised many tears and premiered in theaters on June 26. The romance drama starring Michelle Pfeiffer titled Cheri opened on the same day. Meryl Streep returns to the big screen alongside of Amy Adams in her newest movie titled Julie & Julia which starts showing on August 7.

Horror movie fans will see several summer releases as well. Drag Me to Hell debuted May 29, All the Boys Love Mandy Lane will open on July 17, Orphan on July 24, and Final Destination: Death Trip 3D and H2: Halloween 2 are both slated for an August 28 opening.

Other notable releases include: Whatever Works, Woody Allen's newest movie, which debuted June 19. Funny People starring Adam Sandler and Seth Rogen opens on July 31. Taking Woodstock and the sci-film District 9, a movie spawned from the failed filming of the live action videogame adaptation of Halo, both begin their theater debuts on August 14.

Also starting that day is an action/thriller starring Milla Jovavich (Resident Evil and sequels) and Timothy Olyphant (Hitman, Live Free or Die Hard) titled A Perfect Getaway:



Courtesy of www.kcra.com

VIDEO GAMES TO LOOK FORWARD TO THIS SUMMER

JASON FLINN
FORUM STAFF WRITER

Summer normally heralds the end of the school year and for many, that means the inevitable part time job. Do not let this be depressing though, because regardless of work, there are always ways to have some fun.

This is not in reference to any of that outdoors or sports malarkey, but, something of a more sophisticated and refined taste: video games.

Here are a few to look forward to during those less strenuous summer days and nights.

Red Faction: Guerilla, June 2 (PS3, Xbox 360, PC) - Follows the trials of one Alec Mason as he lands on a colonized version of Mars to escape a shadowed past and start a new life as a miner alongside sibling Daniel.

This reality doesn't last long, however, as Alec is quickly plunged into the struggle between the Martian colonists and their oppressive Earth Defense Force overlords.

Featuring developer THQ's revolutionary Geo-mod technology, RF:G touts complete destructibility in the game world, from the largest sky-scraper to the smallest outhouse.

Are there enemies hiding behind concrete barriers? Blow the whole section away and gun them down with impunity.

To take advantage of these breakables, Alec is equipped with a diverse repertoire of weapons such as his trusty sledgehammer, assault rifles, shotguns, and rocket launchers as well as being able to man the various vehicles and excavation rigs of the Martian miners.

This will all take place in a sprawling sandbox style city with six different sectors ranging from a rundown shanty town to the more upscale office district. Each of these areas will have a civilian population all their own who will react dynamically to choices you make.

Bring justice and peace to the people and they may just grant Alex a few power ups or med-kits, even come to his aid in a firefight. But on the other hand, catch a few civilians in the cross-fire (accidentally or not) and they may start to look the other way when EDF forces roughs him up.

Ghostbusters the Video Game, June 16 (PS3, Xbox 360, PC, PS2, Wii, DS) - This one comes straight from the minds of Harold Ramis and Dan Akroyd. Featuring a nice selection of voice acting talent from both the writers, as well as Bill Murray and Ernie Hudson, this comedy/horror, action/adventure title is releasing on every major platform, as well as the Wii.

The writers and fans alike are billing it as an unofficial sequel to the franchise. The game picks up several years after the last events of the second movie and sees the player as a rookie ghost hunter being shown the ropes by veterans Venkman, Stantz, Spengler and Zeddemore.

The main focus is obviously wrangling spirits, but players can also upgrade proton packs as they rampage though memorable areas of New York City from the movies and have fun destroying lesser ghosts to col-

lect experience and extra cash.

Batman: Arkham Asylum, June 23 (PS3, Xbox 360, PC) - Past offerings of the video game adventures of the Caped Crusader may not have been the best, but this third person action title from Eidos and Rocksteady studios promises to change all that. Action in the game will be evenly divided between stealth and brawling through many levels of the comics' signature Lovecraftian madhouse.

Players will encounter many of the series recognizable villains including the Joker, Killer Kroc, and Harley Quinn array of T1000-like weapons morphed from his own body.

Are tanks giving you trouble? Shift his hands into giant Hulk clubs and pound them to scrap.

Are there soldiers perforating you from a distance? Stab the ground and impale them with massive subterranean tentacles.

Alex can even take to the air by hijacking helicopters or cause widespread havoc in a stolen tank.

But he is a simple kind of guy, he doesn't exactly know how to pilot some of these vehicles. So in an extremely inventive (and gory) solution to these conundrums, he can steal the DNA, memo-

"Are there enemies hiding behind concrete barriers? Blow the whole section away and gun them down with impunity."

as well as numerous faceless goons to pulverize on their way to mastering all of the awesome looking melee combinations and inventive gadgets the Dark Knight has at his disposal.

Prototype, June 9 (PS3, Xbox 360, PC) - Alex Mercer has had an unpleasant life as a government project, but he will finally get the chance to escape his confinement with the onset of a zombie apocalypse. As Alex players can gleefully fight your way through the streets of New York destroying military and foul creatures alike with an awesome

ries, and appearances from any of his recently deceased victims by absorbing their gray matter.

It is this intriguing mechanic that allows players to progress the story. Not only can Alex eat someone's sweet, sweet brain to gain technical knowledge, but also to garner bits and pieces of memories of his past from scientists and high ranking officers who have had a hand in his creation.

Add to this what developer Radical Entertainment refers to as a "free-form parkour" method of locomotion and there is a solid recipe for violent entertainment.

FOURTH OF JULY MEANT FOR REVERENCE, NOT JUST PARTYING



RACHEL DUMARESQ FORUM STAFF WRITER

Flashing fireworks, booming cannons, cold lemonade, and hotdog cookouts-this is the image of America on the fourth of July. Yet, with all the fun and festivities, does anyone remember the reason for the celebration?

It is the year of 1776 and, the Declaration of Independence has been signed. America declares independence from Britain by that, "When in the Course of human events it becomes necessary for one people to dissolve the political bands which have con-

nected them with another." Yet, who would have known that such a proclamation would produce such a terrible war? Because of this important document, and the many men that sacrificed their lives for their country, Americans can proudly live with freedom.

As is stated within the Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

This one statement has im-

pacted many American citizens throughout history. However, few remember these powerful words on the Fourth of July.

Few talk of the symbolism of the American flag anymore. When America was first founded, people spoke of the American flag with honor and respect. Only on the fourth of July, do citizens around the nation proudly wave American flags, displaying stars and stripes.

What makes the American flag so unique is that each part represents a historical moment when freedom was won.

Each white star, located on the blue background, represents a different state. Each stripe,

have sustained this country. As many had said in the past, "freedom is not free."

Patrick Henry did not speak hollow words when said, "Give me or give me death."

However, on a day filled with parades and fireworks, few remember the cost for such freedom. Many Americans seem to only be proud of our flag when it is socially expected of them.

Many of our forefathers sacrificed their lives for America. As citizens of this country, Americans should not take their sacrifice lightly. We no longer know what liberty and freedom mean. What does it

"We no longer know what liberty and freedom mean."

thirteen in all, are a reminder of the original 13 colonies that rebelled against England.

The white elements of the flag symbolize purity. The red stripes represent the spilled blood of fallen soldiers and the courage taken by the brave men and women of the armed forces who guarded America's right to freedom.

The blue square holding the 50 stars symbolizes justice for all men, and women, no matter the color of their skin. In total, the American flag is a constant reminder of how the founding cornerstones "with Liberty and justice for all"

mean to be so desperate for freedom that a person would die if they could not have it?

In honor of the signing of the Declaration of Independence, America declared July 4 to be a national holiday. Although many do not remember the reason, only the parties, Independence Day is the representations and reminder of freedom and liberty. This Independence Day, celebrate freedom and remember those who have sacrificed their lives so we might continue to be free.

Just as Thomas Jefferson once stated, "The price of liberty is eternal vigilance."

EVERYONE DESERVES SUMMER ROMANCE, LET IT BLOSSOM

CHANI VALE FORUM STAFF WRITER

"Summer romances begin for all kinds of reasons, but when all is said and done, they have one thing in common. They're shooting stars, a spectacular moment of light in the heavens, fleeting glimpse of eternity, and in a flash they're gone."

This is a beautiful quote from Nicholas Sparks' famous bookturned-movie, The Notebook.

For reasons unknown there is a simplistic uniqueness in summer love. Perhaps it is because the season is so short, or just maybe it is the thrill of a promising relationship. Whatever the reason, summer love is an incredible feeling that everyone should experience.

Summer allows two people from completely different backgrounds to connect on a deeper level. It gives the couple the opportunity to grow, learn and share through love. The hot air, the exciting long nights, the exhilarating funfilled events, the pools, lakes and beaches provide a perfect

atmosphere for the development of a romantic relationship.

The season provides a chance for impulsiveness and freedom, which is why so many successful relationships and romances bloom during this time.

Numerous romantic legends have begun during the late spring and early summer. For example, Noah and Allie from the romantic novel, The Notebook, are a classic story of true love created under the sun. Once the seed has been planted, the rest of the summer is a breeze as the relationship blossoms.

Humans have the chance and right to love another with all of their hearts and souls while creating their own fairytales. Why not aim for the perfect love this summer?

You can find love this summer if you allow yourself to step outside the ordinary. If you have any doubts or questions as to whether you are adequate for the task, just take an insightful look at the list below. According to Jayne Fisher's article: "Finding Summer Romance," the following ideas may help you out:

"Let loose: If you're generally shy, this is the one time you may have what it takes to loosen up a bit."

"Fly solo: If you're the adventurous type, traveling alone is a great way to meet people."

"Look available: Body language is everything, and flirtation doesn't hurt either."

"Look lost: You're new in town; you don't know your way around. Play dumb (but not too dumb)."

"Groupdate: Datinginacrowd still counts as dating and often can be easier than one-on-one."

"Board the love boat: Singles cruises are by far the best course of action for some action."

"Hit the gym: If you're a fitness freak, show off that buff body at your hotel gym."

"Be a sport: Summer is also a good time to sweat (and release those pheromones), so get active on your vacation with some summer sports."

It is possible for everyone to have perfect romance under the sun! Summer is here. Don't waste any time. The search starts now. Go ahead you deserve it!

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