

Campus Life	3
Opinions.....	7
Sports	9
Comics and	
Classifieds	12

THE CAPTAIN'S LOG

Students unite to save graduate programs

Organized groups of undergraduate and graduate students begin to take action

By John Bailey
Staff Writer

dents as we can on the issues," Nadjkovic said.

"Yeah, a lot of the students in the other programs that aren't threatened probably don't feel this affects them," another student said. "But if this can happen to our programs, their's could be next."

"What's next" became a floating theme in the group. What would be the first steps to getting organized?

Shock. Concern. Determination. These were the emotions that flowed through the students who gathered in the New Science Building's atrium Tuesday afternoon. They were a collection of Physics, Computer Science and Biology majors, but on this day they were simply worried students.

The tide of conversation constantly ebbed with the same two questions:

"How can they do this?"

"Why would they do this?"

Senior Melissa Nadjkovic, President of the Biology Club, gradually drew the focus of the group.

"We need to get organized quickly," Nadjkovic said. "I've brought poster boards to make signs for Thursday's rally and we'll need to get as many fliers out as possible."

"I've got a friend who takes classes at Ferguson," a student sitting across from Nadjkovic said. "She's a science major, and I'm sure she feels the same way and would help put-up some fliers for us."

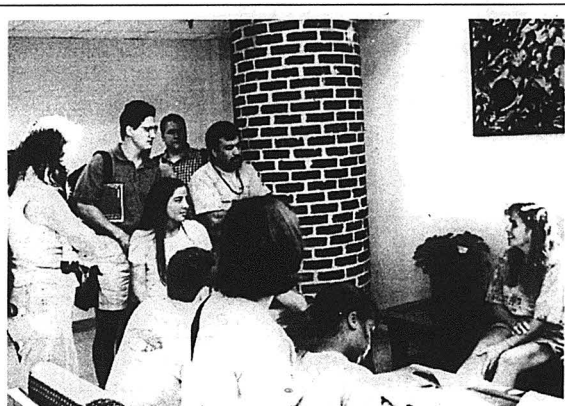
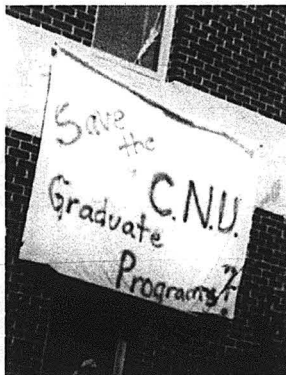
Other students also began volunteering to take fliers and signs to other parts of the campus.

"We need to educate as many other stu-

Getting things together has been the primary goal of undergraduate and graduate students since the announcement came from Provost Robert Doane that the departments responsible for the Physics/Computer Science and Environmental Science graduate programs should begin the process of considering whether to discontinue them.

According to the Provost, low full-time enrollment and the severe shortage of faculty are reasons for the potential cancellation of the M.S. programs in the sciences. Professors who teach graduate classes in these programs could be released to instruct more undergraduate courses if the M.S. programs were discontinued.

"Right now there is a shortage of faculty, money and space at CNU," Doane said in a previous interview. "We have to use



Members of the Biology Club and the Association for Computing Machinery, gather to plan their next move in their campaign to stop the potential discontinuation of the M.S. programs in Physics/Computer Science and Environmental Science.

Photo by Tom Stormer/The Captain's Log

what we have as efficiently."

Members of the Biology Club and the Association for Computing Machinery (ACM) were the first to organize against these possible cancellations, starting with Tuesday's meeting. They feel the graduate program has only enhanced the undergraduate experience for students, and it's that experience they are afraid will vanish if the programs are discontinued.

"We're planning an informal meeting for Oct. 13 in the Gaines Theatre from 1-3 p.m.," ACM chair Mike Bland said. "We

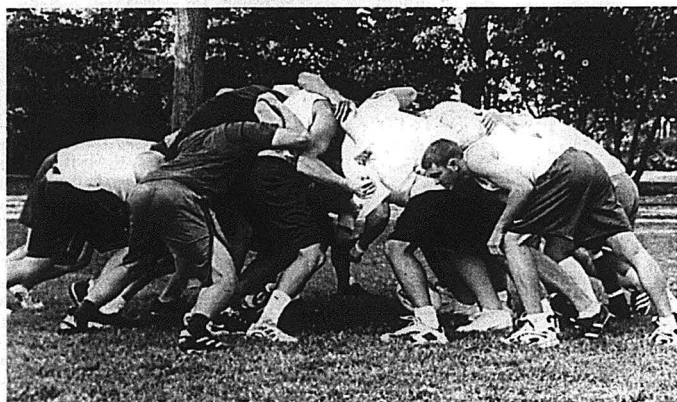
also have a tentative rally planned for Wednesday, Oct. 18. We need as much support as possible from everyone on campus."

Jill Copperman, an environmental science graduate student, quietly nodded in agreement. Copperman received her undergraduate degree from CNU and it was her experience in the undergraduate program that drew her back to CNU for her M.S. Degree.

"I've been looking at federal job sites

See Students Unite...p2

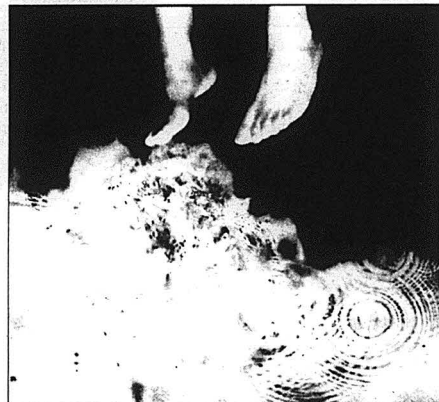
Who needs football?



A new rugby club has recently taken form here at CNU. Their practices have attracted many onlookers as they showcase the unique style of a sport unfamiliar to many. Shown above, is a typical formation known as a "scrum."

Photo by Tom Stormer/The Captain's Log

Inside...



The Peninsula Fine Arts Center celebrates the Biennial 2000...See Story Pg 8

An apology...

From the editor and staff of The Captain's Log

On behalf of the entire staff of The Captain's Log, I would like to apologize to the hard-workers of the Harbour Lights dining hall and the campus community as a whole.

Though the offense was unintentional, the cartoon found in last week's issue was indeed insensitive in nature. The original cartoon was taken from *TMS Campus*, a national wire service for college newspapers. The Captain's Log edited the comic by placing "Harbour Lights" in the top right corner. Certainly, poor judgement was used in selecting, editing and distributing this cartoon throughout our campus.

In the future, The Captain's Log and I will enhance our commitment to representing the people of Christopher Newport University in a fair and sensitive manner. Immediate action has been taken within The Captain's Log staff to heighten awareness of issues similar to this. We promise that an oversight such as this will not reoccur.

Sincerely,
Hugh Spain, editor-in-chief,
The Captain's Log staff

Taste of CNU

Captain's restaurant coming soon

By Taryn Gamble
Contributing Writer

Christopher Newport University is daring to be different with their latest restaurant, Captain's.

Food Operations Manager for Cash Operations, Kevin Ososkie said, "[he is] excited because Captain's will offer something to a different clientele." The new restaurant will be experimenting with "...a demonstration cooking environment," Ososkie explained.

There will be a variety of wraps and panini sandwiches ranging from \$3.95 to \$4.50 in price. These sandwiches are sure to tantalize the taste buds with their daring flavors and unique combinations. The recipes for these CNU wonders were developed

by Michelle McCoy, the French executive chef at CNU, along with Sharon Coltrane, manager of Captain's (former assistant manager of Einstein's). Along with the sandwiches, Captain's will be offering a variety of Frutazza (smoothie) drinks, daily soup specials, and experimenting with a bold new breakfast style.

As he shared his enthusiasm about Captain's, Director of Auxiliary Services, Steve Pappas said, "[he is] excited for this opportunity to offer this type of cuisine to the students, faculty and staff."

Captain's should prove to be a universal dining experience and is accepting dining and flex points and of course, cash and checks. Pappas summed up Captain's in three words, "Exciting, trendy and vibrant."

Continued from *Students Unite*, p1

to see what they look for in potential candidates," Copperman said. "I realized that it would be the hands-on research experience in Environmental Science that would make me highly marketable."

Opportunities for research at the undergraduate level were nearly non-existent prior to the creation of the graduate programs five years ago.

Without the graduate programs, undergraduate research potential evaporates. It is the importance of this opportunity for undergraduates to do research with professionals that has galvanized the current student movement.

"My experience as a [CNU] undergraduate was awesome, but I didn't have any research experience. When I graduated I wasn't quite sure what to do," graduate student Jolie Harrison said. "I'm envious of the current undergraduates because they get hands-on experience, collecting specimens, plant organization. There is a whole world open to undergraduates now."

That new world now includes the opportunity for graduate and undergraduates

to do extensive research and present papers on their findings. According to Dr. Harold Cones, Department Chair of Biology, Chemistry and Environmental Science, 41 graduate and undergraduate students have presented papers at professional meetings across the country.

Both the Physics/Computer and Environmental M.S. Programs, have acquired a variety of nationally sponsored research grants including those from NASA, the Jefferson Lab, the Corps of Engineers, the Virginia Department of Transportation and the Environmental Protection Agency.

"We push research because it is like an internship for the sciences," Cones said. "Dr. Robert Atkinson got a grant to use for undergraduate research because of the graduate programs."

As students slowly filed out of the New Science Building's atrium, there was a sense of purpose. Undergraduate and graduate students were focused. They were clear on why they must save their graduate programs and decided on ways to demand its preservation.

SGA Corner

The SGA meeting began with a flare this past week. With many eager to discuss concerns and topics of interest, the meeting on Oct. 4 commenced.

Students arrived with varied concerns and suggestions. Soon after the previous meeting's minutes were read, the room was alight with discussions on everything from The Captain's Log, to the Rugby Club, to the Rocktoberfest. Needless to say, this meeting had the ingredients to unite the community of CNU into one big family, disagreements and all.

The meeting began with a discussion over announcements that included Sigma Pi and its success with the Heart Walk, the bands that will be performing at CAB's Rocktoberfest on Oct. 11, and also the Rugby Club's petition for official club status. SPARK, the only new organization of the week, announced its plans on building the research effort dealing with CNU's labs. Finally, the agreement on having seven new boxes and lights for the safety of the students of CNU ended the announcement portion of the meeting.

A large portion of the meeting was also centered around The Captain's Log issuing an apology with regard to an insensitively placed cartoon in the paper. After campus concerns were voiced, the SGA continued its planned meeting.

Many special guests were seen at this week's SGA meeting. Dean Maury O'Connell, new SGA Senators, and others came to listen to and participate in the conversations held.

As the meeting continued, funds were requested by many Senators. Pi Kapp was just one of the many organizations that had matched funds for future events dealing with the community. The Senators at the meeting voted on the appropriation of funds. The constitutions of different organizations were also voted on and accepted. Class elections were discussed toward the end of the meeting. The meeting adjourned at 5:09, leaving many with the feeling of organization and relief.



2000-2001

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

For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication. Corrections/Clarifications to The Captain's Log will be published in the issue following the error.

CAMPUS LIFE

Circle K prepared to serve

Mentoring program excels

By Jesi Owens
Staff Writer

For the last four years at CNU, Circle K has been a community service organization prepared to serve the people and community, and has now grown to 35 members.

Starting with K-Grams in elementary school, Builders Club in middle school, and Key Club in high school, Circle K is the college link on the Kiwanis chain.

Circle K President Emily Morecock

said, "Our numbers are increasing. This year I see more people wanting to be involved and help the community. I think the projects we're doing are more interesting and that's why people are getting involved."

As of now, Circle K has a mentoring program in full swing at Riverside Elementary School, near CNU's campus, and two other exciting programs in the works.

Circle K picks their projects as a club. "The club picks. They come up with everything, then we vote on what we want to do," Morecock said.

Describing the mentoring program, Morecock said, "Each CNU student is a mentor to an elementary student. They're with them the whole year and meet half an hour once a week."

She explained that anyone interested in mentoring but not joining Circle K is more than welcome to and should e-mail her at her school address for more information.

mation.

Two other items on the agenda for Circle K include a "Senior Prom" and the Crop Walk.

Morecock said, "In the nursing homes, we're going to do a 'Senior Prom' and we're all going to get dressed up and they're going to teach us how to ballroom dance and stuff like that."

She was also excited about Crop Walk. "Crop Walk is for hunger." It's raising money for hunger with Reverend Cheryl. Our walk is in a Newport News City Park

and we walk 5K. We go ask people for donations and say we're raising money to stop hunger," Morecock explained.

"People always want to help and serve the community and this is an easier way for people to get involved, because people don't know how they

can get involved and that's why we're trying to get our name out there. We have meetings every other week at 7 p.m. in Gosnold 110. It's open to everybody. Anyone can come," Morecock said.

"Meetings are to discuss what we can do to help the community, maybe elementary schools, nursing homes, local events and organizations," Morecock said.

Morecock stated, "Sometimes college students don't always have a good reputation. People don't know that we want to help the community, and this is a good way for people to see we can."

"Our numbers are increasing. This year I see more people wanting to be involved and help the community. I think the projects we're doing are more interesting and that's why people are getting involved."

CNU TONIGHT grows



CNU TONIGHT members practice to perfect a comedy skit. Their next performance will be Nov. 2.

Photo by Tom Stormer/The Captain's Log

By Nick Thomas
Managing Editor

It is once again time to showcase one of the many events that is geared toward the CNU community. One year ago, I had the opportunity to review a small organization called CNU TONIGHT. CNU TONIGHT is ready to be in the spotlight once more.

CNU TONIGHT continues to be a phenomenon across campus. Coming a long way from last year, this event has sparked more and more interest from both faculty and students.

"We hope to soon have CNU TONIGHT running on its own, without our hands out there to help them," co-founder Jon Scott said.

And that goal is not unlikely. CNU TONIGHT has seen a rise in attendance over the last couple of programs, as well as an increase in creativity. More and more people have volunteered their time to make this sketch comedy better, more inventive, and a bit longer.

"We are glad to see how CNU TONIGHT has progressed within the last year or so. To know that we are continuing to make people laugh pleases us both," co-founder Josh Mahler said.

"I watch their shows every chance I get. I think it's great what they are doing for the community. I can always look forward to having a good time at their shows," sophomore Ryan Kiep said.

CNU TONIGHT provides good, clean comedy for those interested in having fun. On Nov. 2, a brand new CNU TONIGHT comedy sketch will grace Gaines Theatre once again.

If you cannot wait until then and you need a comedy fix immediately, a lip-synch contest is being held Oct. 20.

As the semester draws on, plan on seeing more of CNU TONIGHT representing the humorous side of CNU. Both Jon Scott and Josh Mahler encourage those students are looking for a little fun to attend the upcoming show.

"We guarantee you will enjoy yourself," the two said enthusiastically.

Spotlighting CNU's new faculty members

Dr. Carolyn Ridgway, Assistant Professor, Education

By Cami Wood
Staff Writer

Dr. Carolyn Ridgway is the newest addition to CNU's education department this year. She is currently teaching Education of Exceptional Learners, Perspectives in Education, and is supervising several student teachers.

Dr. Ridgway received her B.A. in Biology from Occidental College, her M.A. in Zoology from the University of California - LA, her M.S. in Educational Media and her Ed.D. from the University of California at Berkeley.

Prior to coming to CNU, Ridgway had a temporary appointment at Adams State University in Alamosa, Colo. She was also a research associate in Program Evaluation in North Carolina and was an elementary science teacher in California and Oregon.

"I was looking for a small liberal arts campus that encouraged close student contact and emphasized teaching," said



"I'm impressed by the commitment of the education faculty [at CNU], they do put students first."

-Dr. Carolyn Ridgway

Ridgway, "not a large university with huge lecture sections and a publish/perish attitude." And thus, she came to CNU and is pleased that CNU chose her.

"I'm impressed by the commitment of the education faculty - they do put students first," she said. Ridgway also has family on the East Coast and is pleased to be closer to them. "Colorado was kind of far away," she said.

Dr. Ridgway has extensive classroom experience and feels that experience will help her guide her students in their own quests to become educators. "I've taught in quite a few different areas," she said. "I've taught in rural school and I've taught in city schools and done a lot of museum work."

Specializing in science and math at the elementary level, Dr. Ridgway had originally planned on becoming a scientist but decided that teaching science had to be more enjoyable than the tedium of laboratory work.

As a professor here at CNU, Ridgway

said, "My main goal is to become a really good college teacher. And my secondary goal is, because I'm in education I want to help my students the very best teachers that they can become."

Outside of work, Dr. Ridgway enjoys reading, gardening, walking and looking. "I like to just walk and look at things," she said. "So, I'm not one of these power-walkers, but a stroller, I guess you'd have to call it. I've learned to look up and not just forward..."

The Captain's Log spotlights one new full-time professor each week. If you are, or know of, a new professor who would like to be spotlighted, please contact The Captain's Log at 594-7196 or by e-mail at clg@cnu.edu.

Stress on campus, you don't have to take it

Making the transition from high school to college

By Virginia Miller
Staff Writer

"I have had a few problems coming in from Alexandria, making my way toward Newport News. I'm the type of person to evolve into my surroundings, and until then, I have difficulty adjusting," a concerned freshman said.

With many making the transition from high school to college life, new responsibilities and freedoms are guaranteed.

Unfortunately, new problems such as eating disorders, time management dilemmas, and drugs and alcohol also confront many.

Although many of these problems have pre-existing roots, the lack of an established support system of family and friends makes it a bit easier for students to succumb to these problems.

The lack of support systems often occurs when the transition from high school to college is made, when students find themselves away from home, their familiar surroundings, and old friends.

"I worried about how I would be looked upon when I first came here. It was on my mind. Now, however, I feel comfortable with having the friends I am fortunate enough to have," a junior said.

Pressures to fit into a new lifestyle can chip away at the strength it takes to overcome stress.

A new environment is commonly unsettling to many. Since many students are away from their old hometown friends, are in different settings and share a common fear of not fitting in, more and more ten-

sion may well up within them. This surge of tension can cause to social phobias and anxiety disorders.

Other difficulties some students deal with are physical illnesses such as eating disorders and other pre-existing health problems. These can become unmanageable under the strain of needing to fit in or balancing school priorities.

To give you a broader sense of what

"Pressures to fit into a new lifestyle can chip away at the strength it takes to overcome stress."

many students may deal with, these are most common eating disorders found on universities all over the nation: anorexia, bulimia, and compulsive over-eating.

Symptoms of eating disorders are spending a lot of time thinking about food, weight, and how one's body looks. Sufferers often feel guilty after eating and judge themselves by what and how much they have eaten.

Other effects of an eating disorder can be depression, anxiety, and/or low self-esteem. The Career and Counseling Center offers group and individual support systems as well as an eating disorder seminar on Nov. 13 at 11 a.m.

Drug and alcohol dependencies are also

problems students may have during this transition period. Dependencies can blossom in relation to peer pressure or through attempting to forget one's problems. They may also occur due to the increase of freedom that students experience. It is common knowledge that alcohol and drugs affect coordination, moods, and can cause difficulty with concentration and memory.

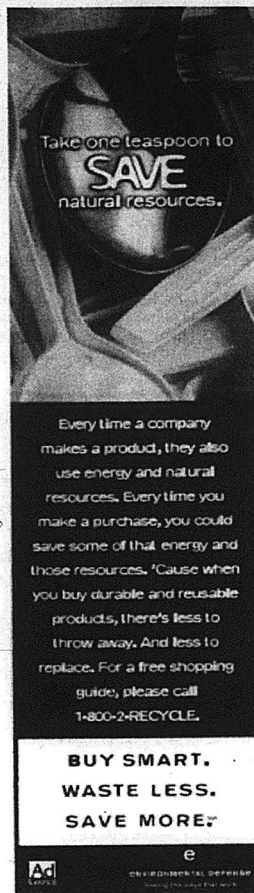
Symptoms of alcohol dependency are binge drinking and feeling the need to drink in order to feel better. The Career and Counseling center offers two seminars on October 18 at 10 a.m. and November 7 at 5:15 p.m. to discuss substance abuse.

Other problems that may occur dealing with the lack of discipline and guidance, are problems with time, stress, and anger management. Finding time and balancing everything is often not an easy task. Many students tend to focus on one task and then swing to another. This can cause a student not to complete everything they need to do.

Students then become stressed out about the things that are not done, and because of this, their ability to manage their time decreases while their anger and frustration increases. Without a sense of management, situations may rise to an unmanageable level.

If any students are interested in seeking, helping or learning more about these disorders and difficulties, they are encouraged to contact the Career and Counseling Center.

By taking the first step and meeting these professionals, students can begin their paths to recovery. Either way, awareness is one's best defense.



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May 15 - 27

SEE THE GLORIES OF ANCIENT EGYPT

With CNU's Distinguished Professor of History Dr.

Anthony R. Santoro

(Dr. Santoro teaches CNU's course on ancient Egypt and has taught Egyptian history in Egypt)

\$3,599.00 includes all airfare for domestic flights, international flights, flights within Egypt, accommodations at the Nile Hilton Hotel in Cairo, the Old Winter Palace Hotel in Luxor, a five-day cruise on a luxurious Nile steamer to visit Valley of Kings and Queens, Temple of Hatshepsut and other sites, a special flight to the temple of Abu Simbel near the Sudan border, arranged visits to museums, most meals in Cairo, all meals aboard the Nile steamer, and all ground travel, tours, and excursions specified on the detailed itinerary.

An English-speaking Egyptian guide accompanies the group for the entire trip.

Space is limited. A \$500 deposit is required to reserve a place on this educational and exciting trip to experience the wonders of ancient Egypt. The deposit is fully refundable until Feb. 1. This is not a CNU sponsored trip. The trip is sponsored by TravelMates Travel Agency, 12482 Warwick Blvd., Newport News, VA 23606. Contact Ginger Shriver at (757) 595-8253 for complete details. For a complete Itinerary, please contact Dr. Santoro at 594-7709.

ARTS & ENTERTAINMENT

Radiohead's new album *Kid A* gets an A+

By Michael Claar and Mike Moats
Staff Writer and Contributing Writer

Radiohead is 14 feet tall. They have to be. What other explanation is there for their new album, *Kid A*? Are they aliens hoping to expand our horizons to prepare us for a new world? A secret lab creation designed to test the boundaries of music? You see, it's just easier...safer to believe that Radiohead is comprised of giant versions of men, capable of accessing things that would confound and destroy most normal human beings.

There are certain things that go beyond words, transcending the realm of language and qualifying as pure emotion. Such is the case with Radiohead's latest release. Attempts at explanation are relatively futile because the album is more than music. One listen to *Kid A* may inspire you to dance around the room, lay back and stare at the ceiling, or drive off a bridge to try and reach the place where these songs come from. As is, that place is too far locked away for most of us to touch, but this album reaches deep into your subconscious and exposes everything disorganized, everything pitiful, and everything beautiful about the human experience.

Kid A, despite being utterly original, extremely odd and radically inaccessible, should not surprise any Radiohead fans. This is the album they have been building towards since *The Bends* was released and proved everything their first album, *Pablo Honey*, hinted at. In fact, previous Radiohead albums, including the critically

lauded *OK Computer*, worked as primer for *Kid A*.

If you've been weaned on Radiohead already, the album should not only be accessible, but an adventure. However, being a diehard Radiohead fan is not a requirement, it just raises your expectations. *Kid A*

Or does it? Maybe "How To Disappear Completely" is about traveling outside of yourself, watching from above. Maybe the song is about isolation, wanting, weariness. Radiohead has made it very hard to tell.

Most of the vocals on *Kid A* are layered in effects, looped or are fading in and out. The lyrics and melodies are as elusive and transient as repressed thoughts. The band purposefully made it hard to comprehend the lyrics (take the title track as a shining example), possibly to prove that the vocals are no more important than any of the instruments. Thom Yorke's lyrics, when discernible, are glorious, and the synergy created by their combination with the music is enough to make you question everything you've ever said. The lyrics still revolve around relatively negative subjects, but there is a new air of confidence and independence in both his



Radiohead's *Kid A* has done to music what James Joyce did to literature with *Ulysses*. Both Joyce and Radiohead redefined the language of what they do, thus establishing there are no more rules."

Photo courtesy www.rollingstone.com

could and should be enjoyed by any person with a love of music and an open mind.

Be assured that when you listen to *Kid A* you are listening to a unique creation, like no album before. Be surprised when the album's most rock out jam, "National Anthem," explodes into the beautiful dissonance of a brass band jumping out of the spaceship with no parachutes. Be perplexed at the odd time signatures and instrumentation that dare you to even try to tap your foot. Be overwhelmed when "Optimistic" jumps to a groove that demands you shake yer' moneymaker. Furrow your brow when "How To Disappear Completely" forces you to question your own existence.

words and voice. With *OK Computer* Radiohead questioned everything they could. On *Kid A* they tell you how it is.

Radiohead's *Kid A* has done to music what James Joyce did to literature with *Ulysses*. Both Joyce and Radiohead redefined the language of what they do, thus establishing there are no more rules. Go get it. Listen to it. And don't be told what to do ever again.

Currents to make waves in 2001

By Michael Claar
Staff Writer

Perhaps most CNU students are aware of *Currents*, CNU's yearly literary and art magazine, but probably very few have actually taken the opportunity to read it. This year's staff intends to change that.

"*Currents* seems to garner little interest outside of the English department. There's a lot of good work going unnoticed and we hope to end all that with this issue," said new editor Mike Moats.

An all-new staff seems eager to alter *Currents* for the better. Moats said, "We are working with a general irreverence or indifference for what has happened in the past issues. We are aware that we have a lot of freedom in what will come out, so do expect changes this time around."

While a few changes are being discussed already, nothing yet is set in stone. One proposed plan is to offer a new award for digital artwork specifically designed to be viewed via the *Currents* website, instead of the magazine.

Students may see some sort of event along the lines of poetry readings or music only if fund raising is necessary, though they may plan something to try to increase awareness. "The magazine will only work if we can get more people to submit," said Moats.

The deadline for submissions to *Currents* is Dec. 1, the last day of classes. Works can be turned in to the *Currents* mailbox in the English office in Ferguson.

I want my Yahoo CNU club webpage!



No web browser at CNU could be complete without the Yahoo! on-line club "christophernewportu." The club was created by student, Rachel Maloney on Jan. 12 of this year with the intent of providing the people of CNU with an opportunity to communicate with one another.

Members of the club can post messages, pictures, chat and discuss and debate over topics of interest. On the main

page of the club's webpage she expresses "CNU may be a fast-growing college, but that doesn't mean that we can't get to know each other."

You'll need a Yahoo! account if you don't have one already to be able to join the club. It can be found in the clubs section at www.yahoo.com or by going directly to the club by typing in the clubs address <http://clubs.yahoo.com/clubs/christophernewportu>

Hampton Roads Concert Calendar

- | | |
|----------|--|
| 10/10/00 | Glitch In The System, Taj Mahal; Norfolk, VA |
| 10/10/00 | Alice Cooper, The NorVa; Norfolk, VA |
| 10/11/00 | The Tragically Hip/Superdrag, The NorVa; Norfolk, VA |
| 10/11/00 | "Okayplayer Tour" featuring The Roots/Dead Prez./Rah Digga/Slum Village/Tajib Kweli/Jaguar/Jazzystancess, The Boathouse; Norfolk, VA |
| 10/12/00 | Sunny Day Real Estate The NorVa Norfolk, VA |
| 10/12/00 | Botch w/Sunshine Cogan's Norfolk, VA |
| 10/13/00 | Kenny Wayne Shepherd Naro Theatre Norfolk, VA |
| 10/14/00 | 10,000 Maniacs /Lucky Town, Peanut Festival; Suffolk, VA |
| 10/15/00 | Phunk Junkiez/145, The Abyss; Virginia Beach, VA |
| 10/17/00 | No Use For A Name/Bigwig/One Man Army/Swinging Utters, The Abyss; Virginia Beach, VA |
| 10/19/00 | "Punk-O-Rama Tour" featuring Voodoo Glow Skulls/Agnostic Front/Al/Strait Faced, The Abyss; Virginia Beach, VA |
| 10/20/00 | Fuel, Langley AFB; Hampton, VA |
| 10/20/00 | Soufly/Downset/Primer 55/Slaves on Dope, The Boathouse; Norfolk, VA |
| 10/20/00 | Atlanta Rhythm Section, Poquoson Municipal Park; Poquoson, VA |
| 10/23/00 | Hootie & The Blowfish/Virginwool, The Boathouse; Norfolk, VA |
| 10/25/00 | Beenie Man/Tantiro Metro & Devonte, The NorVa; Norfolk, VA |
| 10/29/00 | The Marshall Tucker Band, GTE Virginia Beach Amphitheatre; Virginia Beach, VA |
| 11/03/00 | Blues Traveler, The NorVa; Norfolk, VA |
| 11/13/00 | Pantera/Kittie/Morbid Angel, Hampton Coliseum; Hampton, VA |
| 11/15/00 | "Sisters in the Spirit Tour" featuring Yolanda Adams/Mary Mary/Shirley Caesar, Hampton Coliseum; Hampton VA |

Peninsula Fine Arts Center celebrates Biennial 2000

Neighboring art center showcases all aspects of art

By Jeannette Barnhill
Contributing Writer

Many people may think of art as a pretty picture hanging on the wall in an art museum.

Traditionally, this view regarding art may have been relatively accurate, but that raises an interesting question: What defines the art of our own generation? What is modern art?

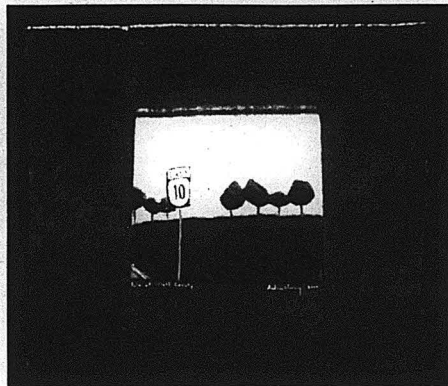
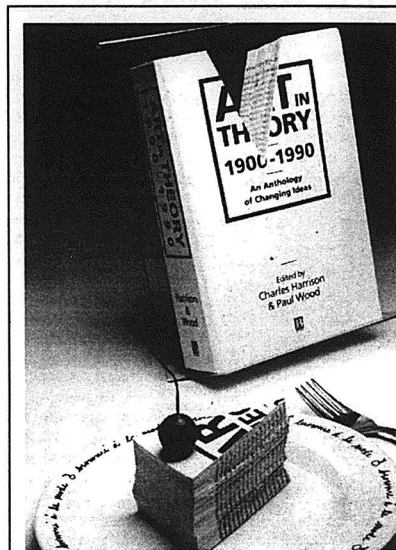
Welcome to Biennial 2000 at the Peninsula Fine Arts Center.

This juried exhibition both defines and defies all conventional notions of visual art, proving that true art does, indeed, encompass all aspects of our surrounding environment. In an age of technology, industry and urban life, finding and questioning meaningful beauty in the modern world is vital to human existence. The artists featured in Biennial 2000 not only discover that beauty and substance, but they revel in it.

Artists such as John Azarian Jr. convey the concept that ordinary life and locale is rife with poignancy. Azarian's stunning photographs of industrial scenery reveal elegance and power, negating the conventional, cynical ideas associated with industry. Urban life takes on a fresh look in the paintings of Carlos Ferguson. What was once typified by squalor becomes strikingly beautiful.

Technological advancement has inevitably altered our lives in every way, shape and form. Biennial 2000 reflects this alteration as artists such as Donald Dupuyt and James Crable, among a host of others, use computer technology to create modern art with a lasting impression. These artists establish a connection between reality and artistic expression. This connection may be a defining factor of contemporary art.

Biennial 2000 also challenges the conventions of American society, questioning their meaning. Questioning may, in fact, be the most important aspect of Biennial



Exhibits pictured left to right: *A PIECE OF CAKE* by Masako Kubota, mixed media; and *ISLE OF WIGHT COUNTY* by Andrew Hersey, acrylic on masonite.

Photos by Robert Diamante/Peninsula Fine Arts Center

2000. As the artists search to answer their own questions, they also invoke questions in the mind of the viewer. In Hybrid Flatware, Jiro J. Masuda explores the significance and irony of an object as simple as an eating utensil, in an attempt to generate provocative discussion among viewers. In a similar fashion, artist Travis Townsend deconstructs functional, utilitarian objects, recreating playfully artistic pieces with the remaining parts.

In a juried exhibit, such as Biennial 2000, artists or other artistic professionals from around the country enter several pieces of art for evaluation by a fellow artist, serving as the juror. The juror then selects a number of works to be featured in the exhibit.

This year's juror, Marcos Ramirez has received critical accolades for his large-scale sculptures and public installations. His work has been displayed in such institutions as the Iturralde Gallery in Los Angeles, the Museum of Contemporary Art in San Diego and Centro Cultural Tijuana in Mexico.

Biennial 2000 will be on display through Nov. 5 at the Peninsula Fine Arts Center, located at 101 Museum Drive, just around

the corner from the CNU campus.

If you are interested in more than merely gazing at a pretty picture in an art museum, Biennial 2000 is a must-see exhibit.

Jeannette Barnhill is an intern for the Peninsula Fine Arts Center. She is also a student at Christopher Newport University majoring in English.

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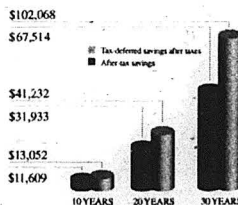
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OPINIONS

In my not so humble opinion

By Cash Arehart
A & E Editor



Sooner or later everyone has a vision, a dream that they want to see become a reality. I have such a vision, and since my dream will affect you eventually, I thought I would share it with you now.

If you visit other campuses chances are that you will be able to find something on the grounds of the school that is used for the sole purpose of self-expression. Whether it is an information kiosk similar to those found at UVA, the iROCK at Roanoke College or the Rock at the University of Tennessee in Knoxville, almost every college and university offers a unifying point of communication and school pride.

So, where is ours? That is where my vision comes in.

I see a three sided obelisk about nine feet tall, four feet wide at the base and two feet wide near the top. On the top would be a short pyramid. Imagine a short, three sided Washington Monument, that you can paint. That's right, paint.

That is the basis of the Monolith (the Monolith is what I am calling this structure, but if you've got a better name, let me know. I like the Monolith). An object that any member of the campus community could paint and decorate for any reason. Organizations could advertise upcoming events, individuals could leave personal messages, departments could announce relevant news, and the administration could utilize the Monolith in numerous ways.

The possibilities are endless. Wouldn't something as free formed as this generate problems though? According to the Direc-

tor of Student Activities at Roanoke College, no. Over the phone, she informed me that there have never been any complaints from parents or the administration at Roanoke College about the iROCK. The iROCK closely resembles the Monolith except it has four sides. The policy at the University of Tennessee at Knoxville, which is a considerably larger school than either CNU or RC, is that if anything offensive or inappropriate appears on the Rock the university employees paint over the offensive material, as directed by of the student council.

So, what needs to happen to get the Monolith here on campus if there are to be only a few expected problems with its content? Well, a few things. Money is one - who would pay for it? Location is another. Where could we place the Monolith so that it wouldn't take away from all the beautiful trees and flowers all over campus? We also have to convince the administration that this is something vital and necessary to the campus.

The SGA has already expressed interest in seeing the Monolith actualized. Everyone I've spoken with about the idea has told me that I should definitely pursue it. The Monolith offers the opportunity of a stronger sense of school pride and spirit, a testimonial to the unity of our student body and the ability to express ourselves to the rest of the university.

Still the question looms... would students want the Monolith despite the fact that one wouldn't be able to pour bubble bath into it at three in the morning?

Would I too, be labeled the quintessential "sorority girl?"

By Liz Munson
Staff Writer

Yes, I succumbed. I never thought that I would, I almost despised the thought of it, but I took the plunge and decided to rush for the Phi Mu sorority.

In light of recent events surrounding such Greek organizations, however, I became worried that my once impeccable image would become tarnished.

Would I, too, be labeled the quintessential "sorority girl?" Would all of the negative connotations surrounding the mysterious organization of Greek be bestowed upon me?

And so, in an effort to banish such nasty rumors from the beginning, I took it upon myself to interview President Paul Tribble and ask for his reflections on what it means to be a Greek.

President Tribble was more than happy to speak on the subject. He was a Lambda Chi Alpha at Hampden Sydney College, and his wife, Rosemary, a Kappa Kappa Gamma at University of Texas.

When asked about his view of Greek life, Tribble smiled knowingly. "Fraternities and sororities can play an important role at CNU," he said. "Greeks contribute to the student life, energy, and spirit on campus."

President Tribble also stressed, "...first and foremost, academic life matters most at CNU." He stressed the importance that Greeks should place on academics and that they should support the "...academic success of other members."

He agreed with me that there is a need for organization between rivaling Greek institutions. President Tribble mentioned that at Hampden-Sydney, an interfraternity council was the tying bond between them, with

And Ramona says...

By Ramona Hernandez
Staff Writer



Someone once said that beauty is in the eye of the beholder. I would like to meet this person and ask him what beauty really means. Actually, I would love to ask if he beholds me as beautiful. Beauty, I suppose, is many things. But to many, especially women, beautiful is not what they see when they distinguish themselves.

I am a member of a group of women who, no matter what, will never think that they are truly beautiful. I know that on some days I look okay, that I make myself look presentable to the rest of the world. Then there are many days when I just want to stay inside. Working in the beauty industry, I know what people are willing to pay to make them pretty. In the United States, billions of dollars are spent each year on products and services that promise to make a person beautiful.

I have spent my fair share at make-up counters and stores looking to find that one miracle product that makes me shine. Over the summer, I even underwent plastic surgery - a procedure that many consider the ultimate attempt at becoming beautiful.

Being beautiful on the inside is important. Yet, has anyone ever been immediately attracted to someone just because that person is pretty on the inside? Not likely. After all, beauty is in the eye of the beholder - and it is what the eye sees that makes the impression.

Pop culture feeds on this. Look at any magazine rack and you will see at least a hundred covers claiming to have the secret of simultaneously being thin, having great hair and staying healthy.

Is it healthy to think this way? That there is some great secret to having wonderful hair and being as thin as the magazine model whose picture was made flawless prior to publication? I understand that the woman on the cover is a fictional character, a model of the ideal. But I still strive to be her.

Commercials do the same thing. Just watch cable for one afternoon and you will find a number of infomercials that deal with weight loss and skin care. All of them feeding off your need to feel beautiful, to be thin, to be that supermodel in the magazine who smiles so happily because she knows she is beautiful.

I know I should stand up and shout a firm "no" to the beauty curse. I should refuse to pay for one more lipstick and realize that it is okay for me to have flat hair. I should, and could, one day say, "I am just proud to be me."

So should all the others who strive to be thin, have perfect eyes and a great hair day. But that just isn't going to happen. No matter who tells me how great I look, I will never believe them because it is simply easier to say that I am not pretty.

Pretty takes work. You have to be self-confident all the time. You have to believe you are beautiful. And then you become totally focused on your vanity and your need to remain pretty. It is far easier to think you are not pretty. There is much less pressure in being considered unattractive - you just go unnoticed.

Then where is the middle ground? Does everyone believe they are attractive or do they just hide in the shadows? To some, that may sound like a great idea. But I would like to change that kind of thinking. If I agree not to focus so much on what is beautiful, will you do the same? Can we break the cycle of trying to be lovely and then hating ourselves because we have allowed ourselves to believe that we are just as pretty as anyone else?

Supposing that I do break the cycle, what then? Will all of my problems go away? Will I suddenly understand all the great mysteries of the universe? Not likely. But maybe I could walk past a mirror, make sure there is nothing in my teeth and move on. I think that is beautiful.

members of different fraternities serving positions, as well as a head advisor. "Perhaps we should look to other schools for ideas as we build institutions at CNU," he said.

This statement was echoed on Sunday, Oct. 2, at an Alcohol Awareness seminar, led by Anita Tieman. There, a majority of fraternities and sororities present at CNU were represented.

In her thirty minute discussion, Tieman covered issues pertaining specifically to Greeks. She called for the need of an interfraternity council, similar to Panhellenic, in which all the Greek organizations could be a part. Tieman also discussed the possibility of some sort of advisor for Greek organizations, be it an appointed or hand-picked one.

Tieman also addressed the all-too-often invoked icon of fraternity and sorority

members being a horde of debauchery, cavorting about in an attempt to corrupt innocence. "Ya'll call one another brother and sister, but I wouldn't let my sister behind the wheel of a car after a couple of drinks," she said.

Tieman pointed out that the negative always outweighs the positive. She also gave ideas on how Greeks could destroy the aforementioned image. Ideas ran from more philanthropic projects to dressing up on certain days to do something that involved the entire CNU Greek organization.

Unfortunately, Tieman is out of town until Oct. 16, so her individual reflections for this article were not available.

So, I breathe a sigh of relief. My initial trepidation about joining a Greek organization has been quelled. I will still have the flawless image for which I am known on campus. And, I get to go Greek.

Letter to the Editor

Parking Situation

I am writing as one person expressing the view of the many in Santoro Hall. It is the parking situation, or should I say parking rip off that most offends me at the present.

A while back, I heard some James River occupants complain about their parking situation. I guess they had to walk to far. (boo-hoo) Well, their complaints were heard and action was taken. They now have the last third of the "C" lot. Congratulations.

But, I have just one question. WHY IS IT EMPTY?!!!! On Tuesday, Oct. 3, a friend and I were walking past the last part of the "C" lot and we saw the James River residents "great need for space."

All of two, yes two, cars were occupying the last two thirds of the lot that was taken from Santoro Hall residents. Not to mention the empty spots that were all over the first two-thirds of the "C" lot already.

What makes it worse is that the empty spaces in the first two-thirds were always there before the last third of the lot became James River parking. I have an idea.

Why don't James River residents get that little gravel patch on Warwick we have or the lot behind Ferguson. Santoro residents can just park along 64 and walk to Santoro from there.

This is ridiculous. I am scared to walk back from these far-off lots late at night, because of its distance from the rest of campus. We just want to know why. Why were these unreasonable changes made? It makes no sense.

If James River can complain to get some changes made, why can't we? At least we have a good reason. And guess what, all - I do not even drive, and it still makes me mad.

-Emily LaBrie

Who is the typical college student?

By Seth Klein
Contributing Writer

How old are they? What do they do? Do they make nothing but straight A's? Just who is the typical college student?

There really is no such thing as a "typical college student." Hollywood has, for years, portrayed the model college as old ivy covered buildings where professors strolled around wearing black robes and mortarboards, and students were pictured as all being somewhat similar in age, general interests and all being alike. If this ever did exist, it doesn't any more.

Not all schools were built to look like our sister college of William and Mary. Christopher Newport College opened in 1961 in an old elementary school building in downtown Newport News as the Newport News branch campus of The College of William and Mary. CNU was originally a "working man's college," established for people who, for whatever reason, could not go to a larger university.

Not everyone goes straight to college after they graduate from high school. Some take a year off to rest or work. Some leave the first college they attend for various reasons and wait a while before returning. There are many different reasons for the diversity of a campus, just as there are many different people.

Another misnomer is the belief that everyone is in college for only four years. Where there may indeed be some who can accomplish this feat, many students today are in school for at least six years. Not everyone learns at the same pace, after all.

One of the most irritating things to hear is, "when are you going to graduate?" Even if asked in good nature, it is often taken as a personal affront attacking the student. When you are paying for your own education, it can get pretty expensive with the tuition,

fees and books and sometimes it can take a long time to get through it all.

It is good that the administration does so much to attract and bring in freshmen and make them feel welcome here. What I hope they remember is that there are still students here who have been here for a while and they are doing their best to obtain a good

education. These students are just as important to the school as the freshman they are bringing in year after year. Each student here has a contribution to make to the success of Christopher Newport University in his or her own way.

After all, there is no such thing as the typical college student.

Forget heading south of the border, just head for El Mariachi

By Patricia Mooza
Layout and Design Editor

For really great Mexican food, do yourself and your wallet a big favor and go to El Mariachi.

Depending on the time of day, half an hour post rush hour is the worst, you may find yourself waiting for a table at El Mariachi. However, the wait is usually less than fifteen minutes and you can choose to wait at the bar.

Service is exceptional at El Mariachi with the most charming wait staff. The authentic Mexican atmosphere is also a nice change of cultural perspective. It is not ultra-refined service like a five-star restaurant, but the staff takes care of your every need, quickly, with a familial feel. For example, before you can finish situating yourself at your table, a bowl of fresh tortillas and spicy salsa are brought to the table as complimentary appetizers for you to enjoy before your meal arrives. Before leaving your table the servers will take your beverage order and quickly return with your drinks.

The atmosphere is friendly and comfortable. Tables seating can be easily manipulated to accommodate large or small parties. During the summer, if the weather is nice, you may enjoy sitting on the patio instead of dining inside. Entertainment at El Mariachi is both charming and surprisingly good. Solo crooners entertain customers with Jimmy Buffet style sets and guitar

melodies. A great evening could begin under the stars, nice weather, great entertainment, and your choice of a variety of flavorful non-alcoholic or spirited beverages.

From there the evening leads into a really delicious and authentic Mexican dinner of classic dishes like tacos, quesadillas, tostadas, burritos, and nachos either alone or in an array of home style platters. Other special dishes, for those with more hearty appetites, include selections like Steak Ranchero, Mexican Stew, Chile Verde (a pork dish), Chimichangas, Enchiladas Rancheros, Shrimp Rellena, Yolandas (chicken), and legendary Nachos Supreme.

These generous dishes are comfortably priced from \$4.50 to \$8.00. Vegetarians can also get a fill of these tasty offerings as noted in a separate selection on the menu, in price ranges from \$4.50 to \$6.00. The menu also lists A La Carte items and side dishes for those looking to add to their already generous portions.

Concluding dinner you may avail yourself to a short list of interesting desserts, such as Sopapillas (fried pices of flour tortilla with honey, butter and cinnamon), Flan, (caramel custard), Fried Ice Cream, and Cheese Cake all within the \$2.00 price range.

Located at 660 J. Clyde Morris Boulevard, El Mariachi will more than satisfy any craving for Mexican food you may have. For directions or questions, El Mariachi can be reached at 596-4933.



Odin, the Allfather



Jesus, the Messiah

3 out of 4 gods cant be wrong.

Odin got it from a goat in Asgard

Jesus got it from water at Canaan.

Dionysus got it any time, anywhere.

Brahma wasn't interested.

It's alcohol. And whether you take it as mead, wine, or something else, its a blessed drink. So when you drink, drink to enjoy it. Drink to have a good time. Drink to be a better dancer. Alcohol is for Pleasure. Use it often. And of course, if you do drink, drink safely. Let someone else take the chariot reins. Or you will make Odin very angry. And No one wants that.

Not available
for picture

Brahma, Allwise



Dionysus, god of drink

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SPORTS

Caring about CNU

Athletics

The Spirit Squad and it's origins



By Mike Mullin,
Sports Editor

Last year, six young men began appearing at CNU athletic events. These men were not students but local soccer players coming to cheer on their hometown university. What they found, however, was not good enough for these six men. They found high attendance at the games, but few raucous displays of school pride and spirit.

These six men took it upon themselves to change all of that. They began painting their faces and bringing noisemakers to the games. Soon enough others joined them. The group quickly became a fixture of athletics at CNU.

"Without team spirit, even if the team is excellent, they're not going to play their best," said SGA President Jonathan Janis.

Janis took notice of the rising spirit at games and integrated it as a part of the SGA this year. With only \$70.41 the SGA bought face and hair paint.

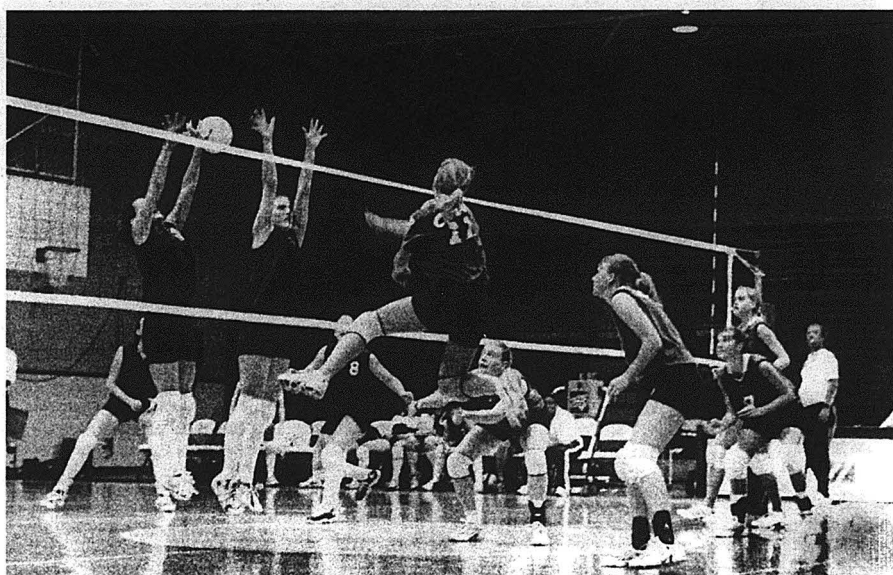
Now, this original group of men and a core group of CNU students are known as the Spirit Squad.

The Spirit Squad attends each sporting event religiously. Paints and noisemakers flood the stands and add to the overall heightened atmosphere.

Janis notes that the Spirit Squad is having a direct effect on the play of the athletes.

"After one game I asked John Shaw, who's an RA and a soccer player, if he heard me screaming individually. He said, 'You know what, I didn't but the overall noise inspired me,'" said Janis.

The Spirit Squad is no longer the original six, but rather anyone who wishes to come and join. Paints and noisemakers are provided and all are encouraged to come and show Captain pride.



Junior outside hitter Lindsay Sheppard displays her dominance at the net, powering another kill through the hands of the Mary Washington defense.

Photo by John Bailey/ The Captain's Log

Volleyball team continues to win The Captain's Classic dominated by its hosts once again

By John Bailey
Staff Writer

The Lady Captains volleyball team continued to pile up victories last week and moved closer to a conference title. They defeated both Meredith and Mary Washington College to take the championship at the inaugural Captain's Classic on Sept. 30.

Early in the Captain's Classic, CNU topped Meredith with three straight wins to finish its three matches in the tournament without losing a game.

However, it was the Lady Captains' victory over Mary Washington that was the most satisfying. CNU defeated Mary Washington, 15-13, 17-15, 15-10 and avenged an earlier defeat in the season to the Eagles.

"The last time we beat Mary Washington was in 1998, so this was a benchmark for our team," junior Lindsay Sheppard said. "They're up there with Averett and Greensboro."

The Lady Captains' success was centered around solid play at the net throughout the tournament.

"We played blood and guts defense," said Sheppard. "We chased every ball, making sure it never hit the floor."

Sheppard was named tournament MVP and was joined on the All-Tournament team

by teammates, senior Oksana Boukhtina and sophomore Nina Richardson. Three Mary Washington players were also selected, Monica Bintz, Mary Barton and Kathy Gochenour.

Against the Eagles, Sheppard had 10 kills and 15 digs. Jenny Steele added 17 kills and Richardson had 37 assists.

In the win over Meredith, Sheppard had 11 kills, Boukhtina nine, and Heather Vaden nine kills, with Richardson collecting 29 assists.

"I've been getting use to the new position as setter," Richardson said. "But I've been focused on staying composed in each game."

On the following Tuesday after the Classic, CNU improved its record to 15-3 and 4-2 in the Dixie Conference, defeating N.C. Wesleyan in four games. After losing a close fought third game 13-15, the Lady Captains held the Bishops to only five points in the fourth, winning the game and the match.

This past Saturday, the volleyball team won three of its four matches at the Gallaudet Tournament to capture the silver division.

The Lady Captains' lost to Catholic University in three games, but then went on a tear, winning their next three matches.

CNU defeated Washington (Md.) and Dixie rival Methodist in four games each and then survived a close three game match against tournament host Gallaudet, beating them 15-8, 17-15, 15-12.

Oksana Boukhtina dominated play at the net smashing 56 kills through opponents' blocks during the tournament. Lindsay Sheppard also played another solid game for CNU with 46 kills, while Nina Richardson averaged 9.64 assists and Heather Vaden 1.25 service aces. The Lady Captains record now stands at 19-4.

The team heads to the Catholic University Tournament next Saturday.

Despite the team's success this season, coach Ken Shibuya feels the Lady Captains can still improve.

"We're not as close to the level we want to be at," Shibuya said. "We need to clean-up mental errors in every aspect of the game. I would also like to develop some other offensive threats."

However, these improvements would be tweaking a team that has already proven it can challenge the best in the Dixie Conference with victories over top regional teams like Catholic University.

"At this point, I feel very proud," Shibuya said. "But we're still very hungry and know we can do more."

Women's Soccer

Lost a battle but
winning the war

page 10

National Awards

Antoine Sinclair named
first team All-American

page 11

New month, same results CNU Men's Soccer on winning streak

By Tom Geary
Staff Writer

Can any team shut down the CNU men's soccer team?

After posting an impressive 7-0-1 record in September, the Captains began October on the right foot. Three different players scored goals during the Oct. 1 game in the Captains' 3-1 win over Averett, just one day after CNU shut out Ferrum.

The Captains lengthened their winning streak to 13 after their two most recent victories. The first of the wins was over Ferrum on Sept. 30. CNU quickly took the lead with a goal by Jason Farino, assisted by Dustin Morse.

In the second half, Matt Boettcher and Rodney Curtis were able to strengthen the lead to 3-0 with goals of their own. Senior Shadi Abi-Saab assisted both men in their efforts. Being outshot 18-3, Ferrum did not have much of a chance to catch up. The game ended in a shut out.

The next day, the Captains hosted a conference opponent, Averett. Coming out strong off their victory over Ferrum, the Captains scored first.

Freshman John Abell picked up the first goal of his career with only ten minutes left in the first half. Alan Jordan capitalized on the disorganized Averett defense, scoring his only goal of the game and giving CNU a 2-0 lead. Averett quickly struck back, scoring 47 seconds later on a breakaway by Justin Hacker.

In the second half, the Captains added

a third goal by Oscar Gomez-Romero, the team's scoring leader. As in the Ferrum game, CNU drastically outshot their opponent 17-3.

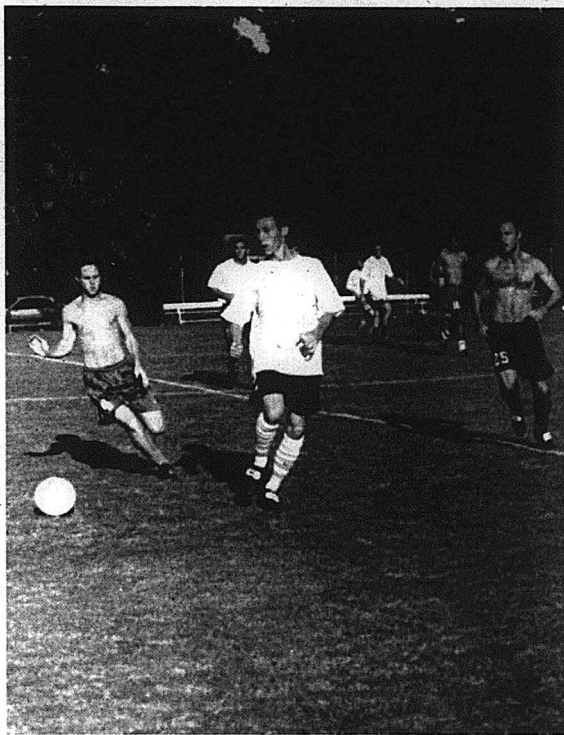
These wins give the Captains an 8-0-1 record overall, 3-0 in the Dixie Conference. With a record like this, the team may be able to achieve their goal, "to win the [Dixie] Conference for the first time ever and make the NCAA [bid]," as commented by Coach Shaw.

So far this season, the Captains have not only outshot their opponents 181-52, but have outscored them by an average of 2 goals per game.

The defense has been equally successful this season. Steve Sachs, a starter for the team, has commented in the past that the Captains "...have the best defense in the country." He could be right. Martin Zelada, goalie for the Captains, has been excellent in goal. In their 9 games, he has only allowed 8 goals, as well as amassing two shut outs.

He can also thank his defensive players for only allowing 52 shots. Not only is the defense doing their job, but the offense has ravaged opponents as well. Captains Abi-Saab and Gomez-Romero have been the team's top scorers this year. New players such as Daniel Azcarate and John Abell have proven their effectiveness on the squad.

The Captains hope to continue the dominating play that their fans have come to expect in their upcoming away games at Mary Washington and the N.C. Wesleyan Tournament.



Men's Soccer continues to dominate their opponents, powering their way through 13 teams this season. The Captains have out played teams on both sides of the ball, smothering offenses and out running defenses.

Photo By Taryn Cornelius/ For The Captain's Log

Editor's Challenge

Mike's Picks:

San Diego at **Buffalo**: 'Cause I said so!
Oakland at **Kansas City**: 'Cause there at home darn it.
Atlanta at **St. Louis**: Because Atlanta will never amount to anything.
Carolina at New Orleans: I miss Ditka.
Dallas at **New York Giants**: I hate them. I hate them so much. There is a burning in my head. A burning so bad. Flames. Flames, from my head!
Cincinnati at **Pittsburgh**: Cincinnati is the worst team in the NFL.



Baltimore at **Washington**: Go Skins!
Cleveland at **Denver**: Denver is better than they've been playing.
New York Jets at New England: New York is finally playing a decent game.
Indianapolis at Seattle: Seattle shouldn't even have a football team.
San Francisco at **Green Bay**: Cool hats.
Philadelphia at **Arizona**: Philly is just gross.
Minnesota at **Chicago**: Chicago is doing surprisingly well.
Jacksonville at **Tennessee**: Good tail-gating at this one.



Editor's Challenge



To play, simply circle the team you think will win and drop this coupon in the Tape-a-Quarter box located in the Student Center Lounge. If you select more winners than Sports Editor, Mike Mullin- *nope, not possible*- you will be entered into a random drawing for the week. The 1st place winner will receive 2 Subs, 2 Chips, and 2 large drinks from the Subway Station. A runner-up will receive 1 Sub, 1 Chips, and 1 large drink.

San Diego at Buffalo
Oakland at Kansas City
Atlanta at St. Louis
Carolina at New Orleans
Dallas at New York Giants
Cincinnati at Pittsburgh
Baltimore at Washington

Cleveland at Denver
New York Jets at New England
Indianapolis at Seattle
San Francisco at Green Bay
Philadelphia at Arizona
Minnesota at Chicago
Jacksonville at Tennessee

Name and Number _____

Commuters don't get to spend
time with them.

Residents live too far away from
them.



Whether you like to admit it or not, our families are important people in our lives. Why not set aside time to be with them at least one weekend a year? Plans are in the works for the 2000 Family Weekend to be held October 20-22. Food, games, lectures, and music... All in the name of family. No excuses, just good old family fun. Commuters, take the day off from work. Residents, instead of going home to see your family, bring them here.

Questions? Contact any member of the SGA or come by SC 225.

Don't miss out. Family Weekend 2000: October 20-22.

CNU: It's all about family

Lady Captains set records despite recent setback

By Tom Geary
Staff Writer

After approximately 625 minutes of total game time without giving up a goal, the CNU Lady Captains soccer team finally shut down and surrendered a goal, and then a game. Ferrum College's one goal was nowhere near enough to defeat the Lady Captains who have been on fire as of late, despite suffering their first loss of the season.

"The team has done better than I had expected on and off the field. The dedication had really impressed me," said coach Melissa Mitchell. "We are playing alright. I am pleased with the players always listening to me and working very hard."

CNU entered the Ferrum game with a streak of 625 minutes without surrendering a goal to their opponents. This streak was finally brought to an end by Ferrum starter Mary Jennette. She put Ferrum up 1-0 early in the game.

However, the Lady Captains would not be stopped. Freshman Shelley Rusnak tied up the game eleven minutes later with an assist from Amy Petko.

The second half looked more like the Lady Captains everyone is used to seeing, as Laura McFerrin scored two goals. Petko and junior Heather Vance assisted. McFerrin's goals proved to be the deciding factor as CNU won 3-1, improving their overall record to 8-0, 3-0 in the Dixie Conference.

Mitchell believes her team played up to the expectations against Ferrum. She points out a few key reasons why the team won.

"I thought we had a couple of big standouts in the Ferrum game," Mitchell said. "Laura McFerrin did a great job at being patient due to the fact that Ferrum backed it in. I thought Amy Petko and Heather Vance had an exceptional game with their serves in the box. It was great seeing my players adjust their game because of the way Ferrum was playing low pressure defense or backing the box with their entire team."

Ferrum Panther's played most of the game with only nine players due to injuries, though a full team would likely not have helped them overcome the Lady Captains.

CNU has averaged 4.3 goals a game, completing .180 percent of their shots, and has outshot opponents 193-39. The Lady Captains have also shut out six different opponents and have outscored other teams by a ratio of 36-2.

Some of the players have been on hot streaks as well. High scorer Laura McFerrin's two goals added to her point total of 22 this season. Amy Petko, who had two assists in the Ferrum game, has now scored 5 points in her last 2 games.

However, it has not been all individual play that has sparked the winning streak. Every player has been a vital part of creating the team unity. A month ago, junior Heather Vance predicted, "Everyone is going to contribute greatly."

These outstanding statistics may mean more than one thing to the team. Because only four teams make the Dixie Conference tournament, an undefeated record well into the season could mean a tournament bid. The Lady Captains' win over Ferrum was a conference game, improving their record to 3-0 in the Dixie Conference. It could also mean that the team is ready to win it all. As senior Sabrina Kirkley commented early in the season, "...this is going to be the year."

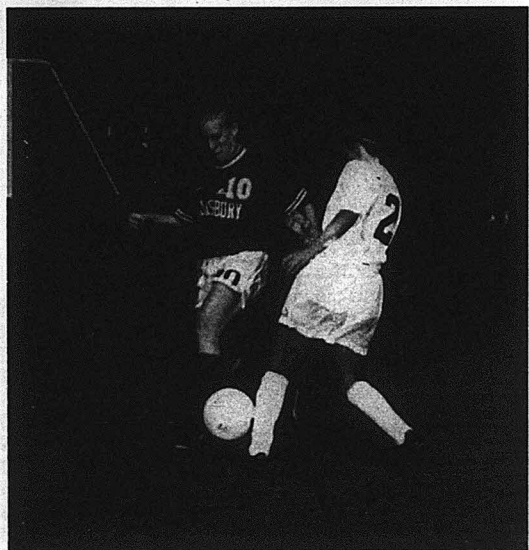
Unfortunately for the Lady Captains, their recent string of victories came to an end last Monday night after hosting Salisbury State. Salisbury State's Sea Gulls jumped ahead of CNU 2-0 by halftime. Quickly, they added a third goal which ultimately put CNU out of the game. Rusnak was able to score the Lady Captains lone goal. Salisbury State, who entered the game undefeated as well, came out on top 3-1.

CNU was outshot 7-5, and their record dropped to 8-1. Their Dixie Conference record was unharmed as Salisbury State is a non-conference team.

CNU will look to rebound from the loss to Salisbury State when they travel to Meredith and Lynchburg.

Junior Heather Vance experiences a high moment in an other wise low night during the Lady Captains' 3-1 loss to Salisbury State.

Photo by Tom Stormer/ The Captain's Log



Dixie Conference Athletes of the Week Oct. 3rd, 2000

Players of the Week

Women's Cross Country

AIMEE GIBBS - The freshman from Chesapeake, VA., became the fourth fastest runner in CNU history and tied the eighth fastest time ever run at CNU with a fourth place finish at the Frostburg St. Invitational in 19:13.



Men's Cross Country

MATT SINCLAIR - The sophomore from Glen Allen, VA. placed 34th out of 162 runners at the Frostburg St. Invitational in a time of 28:10.



Sinclair honored

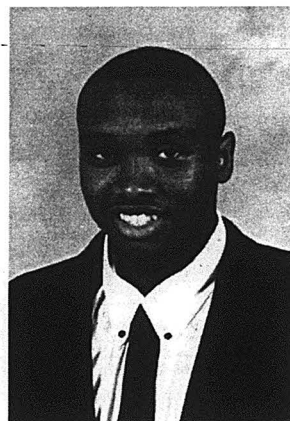
Named first team pre-season All-American by Street & Smith's Magazine

From CNU Sports Information

Senior Antoine Sinclair, a second team All-American last season, has been named a first team pre-season All-American by the prestigious Street & Smith's Magazine.

Sinclair, who averaged 19.7 points and 11.5 rebounds in leading the Captains to a 25-3 record and yet another berth in the NCAA Tournament, was one of the top five players chosen by the magazine. He was joined on the first team by Horace Jenkins, of William Paterson; Alex Kraft, of Franklin & Marshall; Sherm Carstensen, of Wisconsin-Eau Claire and Dave Jannuzzi, of Wilkes. A first and second team was chosen along with numerous honorable mentions.

Sinclair was also the Dixie Conference Player of the Year last season and was named MVP of the conference tournament for the second straight year.



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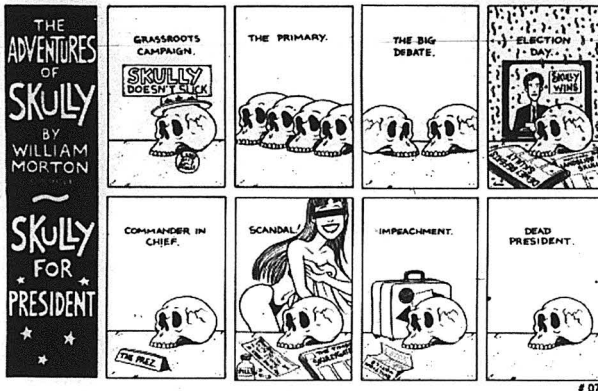


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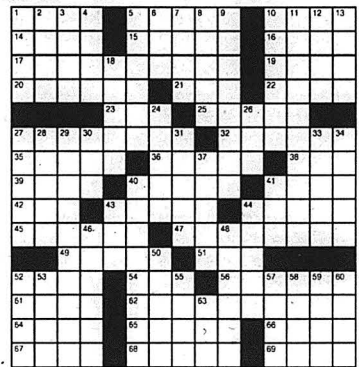


DEBATES 2000



Crossword

ACROSS
1 Media prank
5 Puppeter Lewis
10 Promissory notes
14 Eastern ruler
15 Rabbits' kin
16 Microwave?
17 Island off Africa
19 Mishmash dish
20 Hunting animal
21 Health resort
22 Hardy girl
23 ___ and tuck
25 Passover meal
27 Compelled to eat
32 Gaps
35 Vicinities
36 Varnish ingredient
38 Photo
39 Unit of electrical potential
40 Garrets
41 Avant-garde art movement
42 Individual
43 More rational
44 Crapshooter
45 Repetitious musical themes
47 Petroleum plant
49 Shamir and Rabin
51 Victory
52 Bartok or Lugosi
54 Caviar base
56 Butted
61 Manipulator
62 Star of "The Breakfast Club"
64 Ship's pole
65 First public appearance
66 Call from the pews
67 Shove
68 West and Ant
69 Language subtlety



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10/8/00

Solutions



DOWN
1 Rope fiber
2 ___ Khayyam
3 Adjutant
4 Picture of health?
5 Actor Omar
6 Is down with
7 Circle pieces
8 Harvests
9 Shamir and Rabin
10 Top of the foot
11 So-fi milieu
12 Small guitars, briefly
13 Stitches
14 Siskel and Wilder
15 Evita of Argentina
16 Ex-QB Marino
17 Express a bias
18 University of Maine town
19 Unstoppable
20 Siamese or Persian
21 Put off
22 Soft down
23 Frightening
24 Scatter
25 1954 Fellini film
26 Noisy
27 disturbance
28 Male heir
29 Woman in the kitchen?
30 Lack
31 Initial ones
32 Did some
33 cobbler's work
34 Collide with
35 Isaac's eldest

55 Corsica's neighbor
57 Lion's fare
58 Off note
59 Idyllic garden
60 Unit of force
63 M-m-m good!

CLASSIFIEDS

Tape - A - Quarters

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-Stephanie Harris

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-Melissa Brown

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The Redskins are the best football team in the NFL. The past three weeks are just minor indicators of how they will end up dominating the playoffs. The front four on defense, will prove to be the best in history. Mark my words!

-George Wills

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- All ads are run in one issue only. For multiple runs call MS. CLASSIFIED (594-7196) for further information.

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-Included on the form must be your

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-Tape-A-Quarters must be turned in to our office or left in our convenient drop-box located on the first floor of the Campus Center next to the Game Room or by mailing to: The Captain's Log, Classified Department, 1 University Place, Newport News, Virginia 23606.

-Tape-A-Quarter ads are published on a space available basis. Those ads which are not published because of space constraints will be published in the next issue.

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tape
quarter

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print message below. do not exceed six lines
