

# The Captain's Log

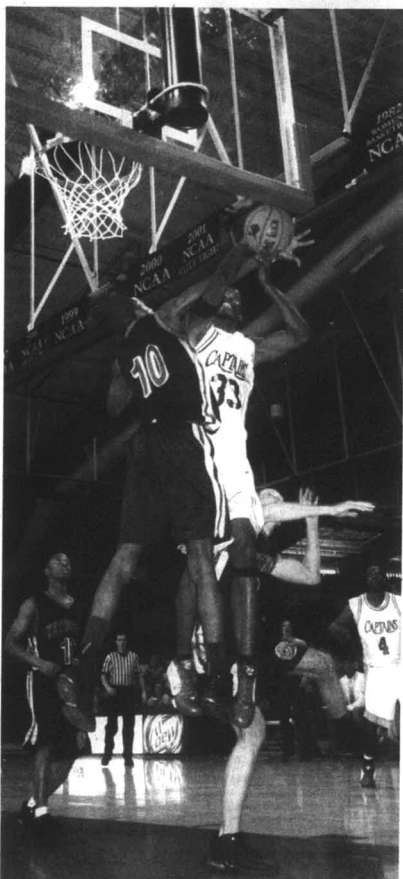
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## He Shoots... He Scores!



Sophomore Otho Hampton, moves forward past Methodist College's defender Elliot Williams, during Sunday's basketball game. The Captains went on to defeat Methodist 73-68. Both the men's and women's basketball teams went on to double wins this past weekend. More details on pages 10 and 11.

Will Summers/The Captain's Log

## Education Program Will Return

### Five-Year BA, MA and Licensure Program To Be Created

BY ELIZABETH  
SCHILLING  
Staff Writer

May 2003: CNU's current education program faces elimination. Summer 2004: The university will introduce a new Master of Arts and Teaching (MAT) program, which will allow students to attain a BA or BS, a teaching licensure, and a graduate degree over the course of five years.

"We have found a way to produce excellent teachers, keep the savings that result from the closing of our present

education program (more than \$500,000), and do so in a manner consistent with our mission," said President Paul Trible in a recent email to students and faculty.

The committee in charge of creating the new MAT program reports that the degree will be available to current freshmen and sophomores. CNU faculty from several departments, all qualified to teach education courses, will instruct the graduate level MAT classes. Some professional level courses could also be taught during the summer months by Newport News school teachers with Master's degrees.

The reintroduction of the MAT program at CNU has generated controversy among students and faculty. "Why are we creating a new education program that brings in new offsite

people, Newport News teachers with Master's degrees, to do the same things the old program did: certification and master's degrees?" asked Dr. Ronald Mollick, a biology professor, during a Faculty Senate meeting on Friday. "This is a slap in the face of the Education professors," he said.

Other faculty members see great value in the new program. "Faculty have approached me in the last few months [asking that we] find a way to enable CNU to continue to be a leader in preparing teachers," said Dr. Douglas Gordon, Dean of the College of Liberal Arts and Sciences. "The formation of an ad hoc committee [in charge of creating a new MAT program] was in part a conscientious effort to respond to community [and faculty] concerns about teacher prepara-

tion," he said.

Some students and faculty may also wonder how the university intends to fund the new MAT program. Because Provost Richard Summerville required the [MAT] committee to confine its ideas to CNU's current budget, the program is looking at a variety of options for financial support.

"With this program, there will not be the associated cost of an entire separate department. Also, the tuition of the enrolled students will help fund the program. The committee will still have to look at where it can find other resources," said Dean Gordon.

Student response to the program has been mixed.

"I think they shouldn't have cut the Education program in

Please see MAT, page 5

## Sigma Phi Epsilon, A New Social Fraternity, Begins Recruitment

BY ASHLEY WILSON  
Managing Editor

The nation's largest fraternity is about to become the newest addition to Greek life at CNU. Sigma Phi Epsilon, with over 15,000 college brothers and more than 212,000 living alumni, was invited to join CNU's two chartered fraternities and plans to build a foundational group of 25-35 men within the next two weeks, according to Ryan P. Jacobsen, Director of New Chapter Development.

"We're excited because we just got invited to come to a university that's growing... right in our backyard," said

Jacobsen, who works from the fraternity's central office at the University of Richmond, where Sigma Phi Epsilon was founded.

Sigma Phi Epsilon uses a "recruitment" rather than "rush" method to acquire its brothers. Recruitment is conducted year-round, and after a formal application and interview process, membership is extended to the most qualified men.

"We are interested, like a college coach would be, to recruit the blue chip students on campus," including students who exhibit academic excellence, involvement in other clubs and organizations, athletic talent, and "guys who have an entrepre-

neurial spirit, who want to be a part of something different. We want the best men involved," Jacobsen said.

The recruitment process, dramatically different from conventional rush methods, is in Jacobsen's opinion, "the best way to recruit... to get to know who they've been in their past, where they are currently and their goals for the future."

Josh Hayden, Assistant Director of the President's Leadership Program and a Sigma Phi Epsilon alumnus, is excited to see his fraternity arrive on campus.

"It's a great opportunity to be involved on a grassroots level," said Hayden. "It's the best of both worlds. You've got

a foundation to build on, but you're still building the house."

Hayden joined the fraternity during his days as a University of Richmond football player.

"I saw it was a way to reach out into the community, to be in a community of people that had the same values," he said.

Hayden was inspired to join the fraternity by Sean T. Casey, a brother who attended the University of Richmond with Hayden; Casey eventually went on to play as a first baseman for the Cincinnati Reds.

"Sean was one of the

Please see Fraternity, page 5

## Faculty Senate Refuses To Endorse Reinstating Depts With Tuition Increase

### Health Of Current Depts. Cited As Reason

BY TYRONE  
ROBINSON  
Staff Writer

A resolution presented to the Faculty Senate during Friday's meeting suggested that

the Board of Visitors use the nearly \$1.2 million raised in the midyear tuition increase to reinstate the three closed departments, provided the General Assembly makes no more cuts to the University's budget.

After a long debate, the resolution was not passed. Five professors voted in favor of the resolution, while five voted against and three abstained.

Throughout the course of the debate,

suggestions were made to try to make the resolution, which was submitted by Biology professor Dr. Ronald Mollick, more palatable to the Senate.

Some faculty members believed that any decisions regarding a reinstatement of departments should be put on hold until all fears of further state-mandated cuts has abated, and the remaining programs can

Please see Faculty, page 4



Faculty Senate Pres. Tim Marshall (center) presides over what would become an emotional Faculty Senate meeting last Friday, highlighted by debate on how to use the tuition increase.

## Rockin' At Discovery



CAB-sponsored Band Night brings new sounds to Discovery Cafe.

Details on page 8

## Lady Captains Win



Womens Basketball had a double victory this past weekend.

Details on page 11

## Campus In Brief

### Proceeds of Art Exhibition to Benefit Battered Women

In conjunction with the Theater CNU and CNU Women's and Gender Studies production of "The Vagina Monologues," the Shoebox Gallery will be having an Invitational Art Exhibition on Friday, Feb. 7 and Saturday, Feb. 8. Both CNU Fine Arts majors and alumni will be featured in the exhibit. The local battered women's organization, "Transitions," will be receiving 20 percent of all sales from this show. Featured artists included are Jennifer Van Dyke, Crystal Johnson, Leann Sasamoto, Jenny Loveland, Jennifer Cochran, Kelly Sharpe, Bianca de Jesus and Elains Viel.

### CNU Athletics Wants 500 Basketball Fans

The Athletic Department of CNU is calling for 500 students to attend the basketball games on Wednesday night. The first game will be the Lady Captains against Shenandoah at 5:30, and the second game will be Captains against Shenandoah at 7:00. Prizes will be awarded to those groups of students with the most school spirit. There will also be a \$50.50 raffle and a Tuition Toss.

### William And Mary Students Practice Civil Disobedience

Students and faculty at William and Mary will be nonviolently demonstrating against the war in Iraq on Saturday, Feb. 8. The demonstration will be a silent, solemn stand at 8 a.m. on the lawn between William & Mary Hall and its adjoining parking lot. This demonstration will coincide with W & M's Charter Day, which will feature speakers Kofi Annan and General Anthony Zinni.

### Silver Storm Hosts Pizza Night

On Thursday, Feb. 6 from 5-10 p.m., the Silver Storm dance team will host a Pizza Night at the J. Clyde Morris Pizza Hut. Proceeds will raise money to start the Bingo Fundraiser open to all CNU organizations.

### Clubs Not Recognized By SGA

The Young Constitutionalist and CNU Role Playing Guild were not recognized as organizations by the SGA Senate on Monday, Feb. 3.

# Let's Talk About Sex Communication About Sexuality On Campus



Illustration by Susan Miller/The Captain's Log

BY RACHEL GILLERLAIN  
Staff Writer

Sex: almost 80 percent of U.S. college students, aged 18 to 24, have experienced it, according to Advocates for Youth. At CNU, over 75 percent of randomly selected students responded "yes" to the Spring 2002 CORE Alcohol and Drug Survey question, which asks, "Did you have sexual intercourse within the last year?" The statistics say it all: sex is a subject with which most college students are familiar and also about which most students feel comfortable talking.

The peer group is a likely source for information on sex among college students. Junior Christopher Dagley admitted that casual conversations are not always accurate but insisted that he enjoys "a good entertaining story, whether it be fact or fiction." The problem with hearing about sex so frequently from "less informed sources," is that "when everyone is talking about sex, it is difficult to see that 'NO' is a legitimate choice," said Dr. Anita Tieman, Director of Career and Counseling. "The peer group is the most notoriously inaccurate [source]... and that is no more true for 12-year-olds than it is for 18-year-olds," said Dr. Sanford Lopater, a psychology professor.

In response to this problem, many colleges, including CNU, are addressing sexuality with more and more openness. Many studies have, in fact, suggested that students have increasingly shown caution in their choices regarding sexual safety and sexual partners as a direct result of a trend toward improved education and open communication.

Most CNU students, for instance, remember Tieman's "Sex, Alcohol, and the Law" speech, which was given to each class of entering freshmen prior to that of 2002. Tieman believes that information like the freshman presentation is necessary and valuable, because "...balanc[ing] peer communication with information that is research-based" is vital to maintaining a healthy and aware student body.

Sex is also addressed from the academic platform. Lopater has been teaching Psychology 420, a human sexuality course, for 30 years and is an advocate of "systematic, comprehensive" sex education as tool for preventing irresponsible choices. "Lack of information, lack of negotiation and lack of gender equality," as well as a lack of acknowledgment regarding the lifetime significance of sex, are significant problems among college couples, said Lopater. He invites students

to send him sexual questions anonymously in order to encourage informed decision-making.

The environment that students are around sends them a "distressing double message," Lopater said, that is both unrealistic and confusing: "...genitals are dirty, so save them for someone you love." Lopater believes that clear-cut sex education is a definite solution, saying, "when adolescents receive serious education on sexual activity they begin later and they begin more carefully." Many students agree. Sophomore Alexandria Hamelin cited the example of a sexually active friend who received advice and birth control from her realistic parents. "Our generation is very comfortable talking about sexuality," Hamelin said. "I think it's good that we talk about it," she said.

Alicia Hill-Thompson, a senior RA, says that residents may not be as alert as they think they are of "who's having sex and who's not" on campus. She worries about student knowledge of sexually transmitted infections, formerly known as sexually transmitted diseases. "It's amazing how many people could be just sitting in Harbor Lights with an STD," said Hill-Thompson. As an RA, she received training regarding sexual safety from Resi-

dence Life, which included sessions by Planned Parenthood, Career and Counseling and University Health and Wellness.

Abstinence is still an option for some CNU students, Tieman says, and for several reasons. Religious beliefs, in addition to peer perception and a desire to please parents, "plays a big part in [choosing to abstain from sex]," she said.

Hamelin is one student currently practicing abstinence. Although she said she does not oppose sex before marriage, she remains sexually inactive, saying, "I just haven't found the right person yet." Hamelin said that she knows people from both ends of the sexual activity spectrum and, like Tieman, feels that a responsible, personal decision is the best choice for her.

Whatever students decide, Lopater stresses that one indication of maturity as an adult and a sexual being is a willingness "to learn to become non-judgmental about sexual activities that are different from your own."

In truth, there is no way to know who is doing what and why on campus. It is certain that CNU students have been, still are and will always be talking about sex, and, as Tieman said, "We need to allow communication along the whole spectrum."

## World In Brief

### Columbia Investigation Continues

Searches are continuing for debris of the space shuttle Columbia. The shuttle broke apart during its descent to earth early Sunday morning. NASA is now focusing on the possibility that the damage done to the shuttle's heat resistant tiles during liftoff on Jan. 16 could have caused the tragedy.

The search areas have been expanded. NASA set up command posts in Texas and Louisiana. Secretary of State Colin Powell offered his condolences and called the team of astronauts a testament to the strength of world diversity, according to the New York Times. The families of the seven said that space exploration must continue despite the disaster.

The crew consisted of five men and women. The first Israeli to go into outer space was also on the crew. The commander was Rick D. Husband, and his pilot was William C. McCool. Other members include Michael P. Anderson, Kalpana Chawla, Ilan Ramon, Laurel Clark and David M. Brown, who was a graduate of the College of William and Mary.

### Bombers On Alert Over North Korea

Defense Secretary Donald H. Rumsfeld has put 24 long-range bombers on alert for possible deployment. The bombers would be sent within range of North Korea, according to the New York Times. Their purpose would be (1) to deter a strike from North Korea while Washington is focused on Iraq and (2) to give President Bush military options if North Korea fails to comply with democratic negotiations.

### Groundhog's Day Brings Home The Bacon

The Lions Club of Cottage Grove, Wis. decided to use a potbellied pig to forecast the weather instead of a groundhog this year. The club also switched the date from Feb. 2 to Feb. 1 because it couldn't find enough volunteers to sell tickets at the door on Groundhog's Day.

The Lions believe that Hamlet the Potbellied Pig proved his power of prediction when he agreed with Jimmy the Groundhog last year.

Some people are upset with the Lions Club because they think the Lions are making fun of the holiday.

"They're making a fallacy of it. They're demeaning Jimmy," said Sun Prairie mayor Jo Ann Orfan in an article by the Miami Herald. Last year's groundhog breakfast fed 462 people and raised money for scout clubs, scholarships and vision tests for kids. The club also contributed \$2,000 for playground equipment.

# Budgeting Remains The Best Way To Avoid Overwhelming Student Loan Debt

undergraduate students graduating from public institutions receive from loans is \$12,000, according to <http://www.collegeispossible.org>.

Jamie Chapman, for instance, a freshman at CNU, received a Pell grant, a VGAP (Virginia Guaranteed Assistance Program), two Stafford loans and two scholarships. Her financial aid totals approximately \$2,200 a year. Shannon Hunt and Ashley Bronner, also freshmen, are in a similar position. Hunt receives about \$4000 every year, "so I'll owe around \$15,000 at the end of my undergraduate studies," she said. Bronner receives \$2,500 annually.

Students find different ways to pay off loans and exhibit different levels of concern regarding the subject.

Chapman says that she is not yet extremely worried about this issue. Although she will not have a job while participating in her studies,

she hopes to have one over the summer. "Since I will be paying off my loans, I've got to start saving up money

"**The average amount that undergraduate students graduating from public institutions receive from loans is \$12,000**"

now," said Chapman.

Hunt, who currently holds a job at Harbor Lights, emphasizes an organized method for saving cash.

"I don't cash my paychecks, but when I deposit them into the savings account, I'm going to put one third into college savings, [another] third into saving for a car and one third into extra spending money," she said.

Bronner represents the opposite extreme. She works at the James River Convenience Store for extra spending money, not to pay off loans. "I'll worry about paying my loans back when the time comes," said Bronner, who is not receiving any help from her parents. "I'm getting a job during the summer. The money will be going toward school expenses, but not toward the loans. I'm not worrying about the loans until after college," Bronner said.

Some of the preceding information was provided by College is Possible online.

# Black History Month Celebrated On Campus, Across Nation

BY AMBER NIETTLER  
AND  
RENEE MOORE  
Staff Writers

From the abolition of slavery to the Civil Rights Movement and beyond, the Multicultural Student Association and other organizations intend to put black history in the forefront this February.

This celebration, the twenty-seventh black history month held in the United States, is dedicated to the breakthroughs and achievements of black Americans.

MSA plans to raise awareness for Black History Month through programs that include a movie night, a special speaker seminar and a series of quotes released via campus e-mail.

"I'm excited about it," said Renarda Warren, MSA's Vice President. "We're going to help people learn that African American history isn't just about Martin Luther King, Jr. and Rosa Parks," she said.

Besides simply commemorating black history, the month has a history all its own. In 1926, Dr. Carter Woodson, a black historian who first opened the field of black studies in colleges and universities, felt it was important for blacks to know their history and to be proud of their heritage.

He declared the second week in February as Negro History Week. He chose this month because, although the 13<sup>th</sup> Amendment to the Constitution (abolishing slavery) was passed on Jan. 31, most slaves did not hear the news until February, according to Jacqueline Goggin's "Carter G. Woodson: A Life in Black History" (1993).

In 1976, Negro History

Week was changed to Black History Month.

The month is now a time of remembrance for many; according to the U.S. Census Bureau, 36.4 million, or 12.9 percent, of the United States' population, now claim black descent.

This year, MSA intends to honor the achievements rather than the oppression of blacks, said Warren.

The organization plans to show the movie "Finding Forrester" on Feb. 7, from 8-10 p.m. in Anderson Auditorium.

"We wanted to show a movie that doesn't show the African American struggle but that shows accomplishment," Warren said.

To raise the awareness of a large cross section of students, a quotation regarding black history will be sent each day to CNU Webmail users.

MSA also plans to host a seminar with speaker Omar Barlow "about creating your destiny," which is tentatively slated for Feb. 25, according to Warren.

Besides these three activities, MSA is collaborating with other local schools and will attend their black history programs as a group, said Warren.

The office of Multicultural Affairs also plans to host a trivia bowl on black history, said Alex Butterfield, Coordinator of Multicultural Affairs.

The event will be conducted much like the trivia bowl held in February of 2002.

The 2002 trivia bowl, which offered cash prizes, was a highly successful event in the past, said Warren.

A lot of people got involved with it, learned a lot and won a lot of money," Butterfield said. Details on the trivia bowl are pending.



*The strength of  
your future comes  
from the knowledge  
of your past*  
JEREMIAH SANTIAGO 2003

BLACK HISTORY MONTH 2003

Illustration by Jeremiah Santiago/The Captain's Log

## Workout Junkies Get There Fix In Freeman Center Weight Room

Exercise  
Eccentrics Have  
10,000 Calorie  
Diets And 24/7  
Leg Weights

BY RACHEL GILLERLAIN  
Staff Writer

You know who they are (as the them from "Rocky" plays in the background), the no-pain-no-gain, no-fear, gung-ho individuals who head to the gym while the rest of the student body chooses to consume reality television and calories. Everyone is a possible suspect - the sand-wich girl at Gemille's, your art history professor, that kid who sits behind you in econ class, any one of them might be gym-crazy.

Fourth-year transfer Stefan Veldhuis, at 5 feet 10 inches and 185 pounds, is the epitome of what some might call a CNU workout freak.

He exercises six days a week, two to three hours a day, right around dinnertime. His personal bests: bench pressing 209 pounds and squatting 475 pounds.

Veldhuis also tries to balance weight-training with a good cardiovascular workout; this "powerhouse," in the words of CNU alum Mike Moore, runs two miles in 13 minutes to keep his heart rate up.

Veldhuis is a serious sports junkie who loves competition, by his own admis-

sion. He is a midfielder on the CNU soccer team and hopes to play professional soccer on his dream team, Ajax Amsterdam. He enjoys playing basketball in the Freeman Center and believes that he is "the only white guy at CNU who can dunk a basketball."

Admitting that he would love to participate in a campus-wide competition, Veldhuis wants to see if he is the best athlete "pound-for-pound" at CNU. He also dreams of competitive bodybuilding, but thinks that his seven tattoos would prevent his success.

"On average, I eat between 9,000 and 10,000 calories per day," Veldhuis says, but he never indulges in soda or junk food. He does, however, eat plenty of double-meat, double-veggie subs. "I would love to be a Subway representative," said the former Subway employee.

How does he stay motivated during workouts? Veldhuis explained that he listens to hard rock, thinks about girls and pushes to be the best athlete while he works out. He often goes to the gym to blow off steam.

"It's better than drinking," he reasoned, "...and it helps me deal with my aggression."

Veldhuis has been to five different colleges and has adopted a straightedge lifestyle as a result of his experiences.

"I'd like to be a good example. It's one of my goals when I work out," he said.

You might spot another one of these elusive creatures working at the front desk in the Freeman center. The fact

that she was wearing leg weights under her navy blue sweat pants immediately alerted me that I had found another workout freak.

Chaeli Kjonnerod is a second-year business major here at CNU, and despite her jam-packed schedule as a full-time student and a part-time employee, she still finds time for two-hour workout sessions four to five times per week in the late afternoons (she hates exercising in the morning).

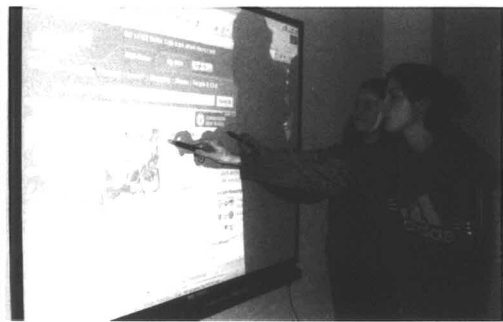
Claiming that working out is "a totally mental thing," Kjonnerod at 5 feet 5 inches and 123 pounds, admits that she loves the way working out improves her appearance and mood. When she feels like giving up on a workout, she thinks, "as much as this sucks, it's going to make me feel and look better later."

Kjonnerod works her arms and legs on alternating days, uses the rock wall regularly, and does crunches every day. She uses the six-minute Military Workout to boost her abdominal routine; this intense program focuses her to work each of her abdominal muscle groups, one minute per group.

Refusing to quit with weight training, Kjonnerod runs between two and four miles on the indoor track in the Freeman Center each time she works out.

"I'm scared of the treadmill," she explains, because she fell off on her first run during her sophomore year in high school. During pleasant weather, Kjonnerod runs on the 5.2-mile Noland Trail

Please see *Workout*, page 4



Freshmen, Sarah Zoric and Kristy Severin, demonstrate the use of SmartBoards.

## Technology Improves Learning

BY ELIZABETH  
SCHILLING  
Staff Writer

What do you get when you mix a white board, a computer, a DVD player, and a television? Give up? You get CNU's new SmartClassrooms.

Over winter break, SmarterTechnologies Roomware was added to two academic buildings on campus. The classrooms 103B, 209, and 222 in Wingfield Hall received the new technology, as well as classrooms 109 and 213 in the Science Building.

SmarterTechnologies Roomware includes an LCD projector, computer, and a DVD/VHS player. This technology is available for both professor and student use. "If students are allowed to use the SmartCarts, then I can already think of a dozen things I can do with it for my presentations," said Jonas King-Holzgraber, a junior Philoso-

phy major.

Students also feel the new technology will add to the quality of student presentations.

"The SmartClassrooms are a great tool and opportunity for presentations, because students can now add multimedia," said sophomore Nathan Thomas.

Because the new technology can be puzzling for those not familiar with the equipment, the Media Center in the Captain John Smith Library is currently providing training for faculty members.

Some students feel more training is still needed for both professors and students. "I think some students don't use the equipment because they are afraid of doing the wrong thing during a presentation and not being able to fix it. There is always going to be a fear of technology," said King-Holzgraber.

"Every professor I've had has had problems operating the equipment. Professors have told me that they would

use the equipment more if they were more familiar with the technology and had more training. Often students just figure it out and tell the professor how to fix the problem," said junior Devin Kouten.

The new SmartClassrooms also offer access to the Internet, which has helped students make use of new types of information during classroom presentations. "A direct connection to the Internet provides students with the ability to download and reference a variety of data sources during a presentation. Presentations too large for disks can be saved on a website and accessed later using the SmartBoard," said Yuriy Zubarev, a sophomore student. "Overall, I think the SmartClassrooms are a great use of resources. They give the students a step-up in creating digital presentations, which will be a required skill in the business world," he said.

## CNU Education and Recreation, Sports and Wellness Management students:

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## University Loses Good Neighbor In Hope Church



Hope Community Church, a local nondenominational congregation, has existed on the corner of Warwick Blvd. and Sweetbriar Dr. for over six years.

### Local Congregation Comes To Terms With CNU Expansion

BY ASHLEY WILSON  
Managing Editor

Lights are low, and candles flicker softly at the altar. As ushers line across the front of the church, holding baskets of bread and goblets full of dark red grape juice, the small congregation rises in unison and moves toward the stage to receive communion.

When all the church members have settled back into their metal folding chairs and the worship leaders have played their last contemplative chords, Pastor Ken Tombley, holding a cup of steaming coffee, seats himself casually at the podium. A few individuals make their way to the back of the church, where a table laden with pastries, crackers and two carafes of coffee awaits the sleepiest churchgoers and the fussiest children.

It is an everyday Sunday morning service at Hope Community Church, CNU's neighbor for six years. With a congregation of about 300, the nondenominational Christian church has served as the home congregation for many CNU students who braved a windy hike across Warwick Boulevard to attend Saturday night service or to grab a bag of free bagels from the church's bread ministry. Despite its focused effort to reach CNU students, this church will soon disappear from its current location, swallowed up by the University's property acquisition.

sitions.

Faced with what could be a difficult and costly move, church leaders are trying to make sense of their situation.

"Since the beginning days when Hope Community Church was just a dream on piece of paper, we saw God calling us to reach into our community with a fresh approach," Tombley wrote to his congregation in a recent letter explaining the situation. "All the way back to 1996, we wrote of a Saturday night service, a coffee house ... community service and restoration ministries. As the church has taken its shape, these same concepts have been fleshed out ... Yet ... what do we do with the college's growing desire for our property?" he asked in the letter.

This is not the first time that the church has faced challenges regarding property acquisition. The original location search pitted the church against another renter, "a bingo hall whose owners pledged we would not even be neighbors in this place. He had exclusive rights to the parking and would not budge ... At just the right time the situation turned, financial arrangements were agreed upon and we were given [our current] space," said Tombley.

After several years, the upstairs church was informed that its property was for sale, "and Exxon Corporation was telling us we would not make it and that we needed to vacate. Even if we had the opportunity to buy the property, we didn't have the money," he explained.

Later to find out, Exxon and CNU decided not to buy the property, and the owner sold it to the church at half price. It was the second close shave for Hope. It would not be the last.

"Now we find CNU aggressively advancing around

us. Their plans are bigger now than when we first opened Hope. Properties that we had desired to acquire are now being acquired by CNU. At first we began interpreting these events as opportunities to work in the midst of a college campus," said Tombley. Now, however, the church realizes that it may be time to move on.

Pastor Ken Tombley reports that there is a silver lining to this difficult situation; the church is pleased with the sum they will receive for the property. He also has informed members of another piece of property available one mile from the church's current location: seven acres at the Poor Clares Monastery. He sees the new acquisition as a positive move for Hope, commenting on the 21,000 square feet for everything from a gym and library to prayer rooms and community cottages.

"It is a great place for healing ministry and personal spiritual retreats. There are also garages for food bank and other community outreach ministries," Tombley told the congregation.

The move may in actuality turn into "a better place, an affirmation of our vision ... I was afraid that we would be taking a backward or lateral step. I am delighted now to find that we have the chance to take a step forward," he said.

CNU students who attend Hope have mixed feelings regarding the move their university has prompted.

"It'll be good for the church; but it was nice when they were across the street," said Sarah Godfrey, a student who serves in the church's nursery ministry. "For me, it's going to be a challenge since I don't have a car. It's a little disappointing," Godfrey said.

*Faculty, continued from page 1*

be put on more secure financial ground.

"We need infrastructure first instead of straining things further," said Dr. Thomas Weiss, a biology professor.

Other faculty members echoed his sentiments.

"What good are the departments if the infrastructure is weak?" said Dr. Quentin Kidd, Assistant Professor of Government and Public Affairs. Kidd felt that the excess money should go

toward buying more paper and library books.

Other professors felt that the remaining funds should be left untouched as a buffer for additional budget cuts, considering the state still needs to close a \$1 billion gap in budget.

"We might have the money for the spring and the fall, but it can still be gone with more cuts," said Faculty Senate President Dr. Timothy Marshall.

A resolution from the Faculty Senate would not have reinstated the soon-to-be-eliminated programs, said

Marshall, but only recommended to the Board of Visitors that they be reinstated.

Despite this fact, some faculty members still believed that making a statement in the resolution was a worthwhile endeavor.

"If you don't ask for something, you won't get it," said history professor Catherine Banks.

If CNU is not required to reduce its budget further, the University should announce how additional funds will be used after the end of the General Assembly session slated for April 9.

*Workout, continued from page 3*

and the 13-mile trail at Newport News Park.

"I find it's more productive for me to run outside where I can look at something," Chaeli says, "and it's a proven fact that you work harder outside than inside."

In addition to training at the Freeman Center, Kjonnerod often accompanies a military friend to the

gym at Ft. Eustis to play racquetball. She plays tennis regularly and enjoys rollerblading at Virginia Beach with her roommates.

Chaeli Kjonnerod loves leading an active lifestyle and thinks that being a personal trainer would be a dream job.

As a former high school soccer player, she has had her share of injuries, broken fingers (she was a goalie), a broken arm, a sprained ankle and a torn ACL, which finally

ended her athletic career. Experience (and health class) has taught Kjonnerod that overdoing it "can really hurt your body."

However, if a person channels negative energy into positive energy and makes sure to play it safe, Chaeli says, then "there's nothing bad that can come out of working out."



# Student Summers Can Be Spent Working With The FBI, Or At Walt Disney World

BY ADAM NADEAU  
Staff Writer

With the spring semester underway, many students are planning for internship and job opportunities in the summer months. The Career and Counseling Center, which offers counseling for interviews, resumes, career opportunities and even personal matters, is a resource available to many job-hunting students.

"I love to see students go out and explore career opportunities. It can be very exciting," said Joyce Armstrong, Coordinator for Experiential Learning in the Office of Career and Counseling Services.

Internships are on-the-job learning experiences that focus on the duties of a particular position, said Armstrong. Internships are the most common among college students, according to Armstrong. There are paid and unpaid internships. For many unpaid internships, academic credits are given as compensation for the student's work and contribution to the agency.

Externships are similar to internships in their function but are for the most part shorter in their duration. In these experiences, students shadow and assist profes-

sionals in a particular field of work for a period of one to three weeks. These types of programs are most common in medical or legal professions but can be seen in others areas of professional study, said Armstrong.

Cooperative education opportunities are formalized versions of internships in which the student, the school and the agency or organization enter into a contract and all parties agree to specific terms. These terms could regulate standards for the student's performance or the agency's compensation of the student by monetary payment or academic credit hours, said Armstrong.

"There's really no substitute for the benefits a student can gain from an internship," said Armstrong; "the job market is so competitive now, so it really pays to have some experience [in your chosen career field] when you apply."

The most popular experiential learning programs for CNU students include those offered at Disney World, Jefferson Lab, city, state or county governments, or federal organizations such as the CIA or FBI, said Armstrong.

The Office of Career and Counseling ensures diversity in the programs or locations from which students can par-



Freshman Anthony Scott starts early in his search for an internship in his major, Information Systems.

ticipate, she said.

Junior Shannon Griffin participated in the Disney World internship in the spring and summer 2003.

"It was a blast, and the people I worked with were great ... I didn't want to leave. Meeting people, working and then getting to know

the Orlando area was fun," said Griffin.

Armstrong advises students to take advantage of whatever internship programs relate most to what they enjoy about their majors.

"Set your sights on something you want to do and then go for it," she said.

MAT, continued from page 1

the first place," said Tasha Birkhead, a senior. "I had to scramble to graduate a year early by taking an overload of courses. It won't help me in June 2004, because I will be gone. It's too little too late," she said.

Other students welcome

the opportunity to acquire a teaching certificate. "I was a Theatre Education major until the budget cuts. Now, I will still be able to get a teaching certificate, and I won't have to transfer schools. I will also be able to stay in the area," said sophomore Alexandria Hamelin.

The committee plans to

release information regarding program requirements as soon as possible. "Our goal is to have the requirements for the program clearly stated so that [students] can incorporate them into their registration plans for next year," said Sprague.

Once the committee selects the coursework for the MAT

degree, the Graduate Curriculum Committee and then the State Department of Education will review the plans. "We are working with a short timetable, but it is necessary. Sometimes a short timetable gets more accomplished," said Dr. Bobby Bartels, Math professor and a member of the MAT committee.

Fraternity, continued from page 1

upperclassmen [who] I was really impressed with," said Hayden. "I saw that a lot of upperclassmen [in the fraternity] were active on campus. They were good examples of solid college students who weren't just bystanders," he said.

Sigma Phi Epsilon is "a new and up-and-coming fraternity that's looking at changing the fraternity movement," said Jacobsen. "As an organization, we have a very different philosophy on what we're trying to get out of our college students," he said.

Besides conducting its unusual recruitment methods, the organization also "eliminates the pledge process. When a member is recruited and joins, he becomes a full member from day one," said Jacobsen.

Another factor unique to Sigma Phi Epsilon is the Balanced Man Program, a development program that promotes sound minds and bodies among its members.

"We want our guys to understand diet, health and exercise, and getting the proper amount of sleep. This stems from the ancient Greek philosophy and tradition," said Jacobsen.

Brothers receive subscriptions to Men's Health. They also "develop proper social skills," including everything from "using a fork, knife and spoon," to "putting a dimple in a tie," Jacobsen said. "In a nutshell, the Balanced Man Program is what makes us different. We're out to demolish the 'Frat Boy' image and stereotype," he said.

Jonathan "House" Hedrick is one student who plans to enter Sigma Phi Epsilon.

"I think [Sigma Phi Epsi-

lon] is going to redefine the word 'fraternity' on this campus. I really honestly see SigEp shaping the male portion of the leaders on this campus in the upcoming years," he said.

Hedrick noted that he was attracted to the fraternity by its values of diligence, brotherly love, and virtue.

Greeks, too, have had an overall positive response to the introduction of Sigma Phi Epsilon.

"We're excited that there's a new fraternity coming on," said Mike Michalske, Vice President of the Interfraternity Council and a member of Pi Kappa Phi.

"There's two organizations now. Bringing in a third is going to add more options

"We have a very different philosophy on what we're trying to get out of our college students."

-Ryan Jacobsen

for people who wouldn't go Greek now, because it's going to appeal to a wider variety of students. We see it as a good thing," he said.

Besides simply increasing numbers of students in the Greek system, Greeks also recognize the benefit of the added publicity that Sigma Phi Epsilon will bring.

"I think their marketing appeal will be better all around for the Greeks," said Sierra Davis, President of Alpha Phi. "They'll bring a fresh face to the fraternities with their new leadership style," she said.

## Sigma Phi Epsilon

"Building Balanced Leaders For the World's Communities"

Be a Founding Member of CNU's Newest Fraternity, an Entrepreneurial Venture Awaits You!

SIGMA PHI EPSILON, the nation's largest fraternity, is starting a chapter at Christopher Newport University. This fraternity, however, will be different. SigEp is based on a comprehensive, award-winning leadership program that eliminates pledging. You will have the opportunity to create a chapter from the ground up while making the fraternity experience what you want.

Take the opportunity to join over 15,000 undergraduates and 212,000 alumni of SigEp in creating something different. Set the standard, leave a legacy at CNU and network with alumni. Ask about Sigma Phi Epsilon.



Sound Mind  
And  
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We are offering 20 minute informational sessions, each with absolutely no obligation of joining and Free PIZZA:

Thursday, February 6, 6 PM, York River Hall  
East Meeting Room Sunday, February 9, 6 PM,  
Student Center Room 214  
Chapter Meeting

For more information contact Ryan Jacobsen at (800) 313-1901, extension 311, or by email at ryan.jacobsen@sigeep.net or Locally at 757-989-8977, room 115.

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THE BALANCED MAN

# Opinions

## Where We Stand

### Faculty Senate Makes Best Of Difficult Situation

The Faculty Senate could not have found itself in a more difficult situation last Friday when, sitting in a hot Student Center conference room, the group was forced to decide which academic child would live and which would die. While this might be a slight exaggeration, the feelings involved must have been similar. The members of the Faculty Senate were asked to vote on a resolution requesting that the Board of Visitors reinstate eliminated programs. The money to do this would have come from the recent \$250 tuition increase.

Seems pretty simple. Almost 1.5 million dollars is now available that was not there when the departments of Education, Nursing, and Recreation, Sport & Wellness Management were eliminated. Why not use the money to bring those departments back from the dead?

If only it actually was that simple.

In reality, the Faculty Senate was asked to balance the needs of the departing programs against the needs of those that remain. If the monies attained by the tuition increase was used to refund the eliminated programs, then all the existing programs' budgets would be stretched beyond their breaking points.

Right now, the library has nearly stopped buying books, faculty members do not have enough copy paper for classes, and faculty recruitment and development dollars have dried up. The University can only go forward in this state for so long.

The passing of this resolution would have been a moot point, since it would have been too late to reinstate the programs by the time the resolution reached the Board of Visitors. Furthermore, the BOV will not reinstate these programs, according to Provost Summerville.

So then, what would the effect of this resolution have been? Some saw this as an opportunity to express the Faculty Senate's sorrow and indignation in response to the loss of programs, but these emotions were fully expressed last December when the faculty voted on a similar resolution. Others saw this resolution as a bad message to send to the BOV. If a new round of cuts occurs this year or next, should reductions be made across the board, or in a targeted fashion?

Most would agree that every individual on this campus mourns the loss of the Education, Nursing and Sports & Wellness Management departments. These programs are valuable parts of the University and provide untold benefits to the community.

The Faculty Senate was given the choice between a mediocre University with the programs, or a financially stable University without them. By voting against this resolution, the members of the Senate made the best of a very difficult situation.

## Master's Program Leaves Students In Awkward Situation

### Juggling With Programs Also Juggles With People's Lives

BY SUSAN MILLER  
Assistant Layout  
and Design Editor

When the news broke regarding the elimination of the education program, I was outraged.

I came to CNU because the University was, along with VCU, one of the few schools that offered a Master's in Education through a five-year program.

After hearing that my major would soon disappear and realizing that transfer was inevitable, thoughts raced through my mind. I saw myself starting over with a new group of friends, adapting to unfamiliar living spaces and, worst of all, having to worry my way through the application process.

My friends at CNU were so amazing, and many assured our friendships would survive a transfer, but truthfully, I knew that a long-distance move would end these friendships as quickly as col-

lege had ended my high school relationships.

After being spoiled in CNU's new residence halls, in an enormous room that included cable Internet, satellite television and air conditioning, I knew I would find it difficult to live with something less.

As for transferring, the hassles of putting together another portfolio, writing essays about myself and finding money to apply was something I didn't want to go through again.

I got over my anger, however, and I did what I had to do to get into another college and move on with my education. I was thinking, of course, that the education program was gone for good.

A few months later, CNU students received an e-mail from Paul Trilling stating that CNU would offer a Master's in Education, beginning in the 2004-2005 school year. The program would allow students to earn their professional degrees in four years, and then earn their master's degrees in the fifth year.

A Master's in Education would ensure that these future educators would receive a higher salary by about \$2,100 annually, according to Trilling's e-mail.

This was supposed to be good news for freshmen and

sophomores who could count on being able to participate in the education program.

For some reason, however, I find it difficult to be happy about this announcement when I have already made arrangements to uproot and move to a different college.

Although juniors and seniors were already ensured that they did not have to re-route their lives, sophomores and freshmen were told that they had no education program.

The announcement leaves me in an awkward position. The colleges I applied to will not send out information regarding my admission status until March.

At CNU, I am required to make a commitment regarding housing at about the same time I expect to receive acceptance letters.

I only wish I had known that CNU was considering a partial reinstatement of the education program before I rearranged my life.

It almost seems as if CNU is juggling programs. How can I be sure that this education program will actually be available to me?

After my hopes and plans have been shattered once, I find myself unwilling to put total faith in CNU once again.

## Credit Traps Students In Debt

### Without Careful Management, Credit Debt Can Become Unbearable

BY JESI OWENS  
Arts & Entertainment  
Editor

Six days this week, I headed out to the mailbox.

On five of these six days, I received pre-approved credit card applications, one with a limit of \$5000. This is not a rare occurrence for me.

In fact, opening the various junk mailings from VISA, MasterCard, and American Express and promptly ripping them up for the trashman has become a regular part of my daily routine.

Although this may sound like a trite scenario that happens to you and everyone you know, it's actually much more than that.

According to the State Public Interest Research Group's Higher Education Project, the average college student now graduates with \$16,928 worth of debt, and that rate is rising each year.

Many factors contribute to this statistic, and some of the fault does indeed belong on the shoulders of the students who incur the debt.

At least an equal amount, however, belongs to the credit card companies themselves.

How many times have you walked through the Student Center and been offered everything from t-shirts to free cell phones just for applying for a card?

That's how it all started with me.

I needed phone cards to call friends long distance, and

\$2500 credit at age 19.

I'm now 22, and I just recently consolidated all my debts into one payment to avoid paying off crazy interest rates for the next 14 years.

In fact, if I hadn't done this and had continued to pay minimums, I would have paid an extra \$11,000 over the next decade and a half on a debt of less than \$2500, and my creditors want to keep it that way.

Though you may not want to hear about my finances, or think it's none of your business, it's not just my situation described here.

It's 64 percent of college students in the United States, most of whom have incurred debts much larger than mine.

Everything from stress rates to weight indexes to suicide rates have gone up for the 18-25 year-old age group, and many people are beginning to blame young peoples' large credit card debts on these problems, and not just in the United States.

In 1998 in Canada, the Association of Community Colleges established a task force to reduce the debt of their student population in an attempt to push their recent graduates to higher positions in society, stating, "The future of Canada urgently requires an investment in all Canadians."

Please see Credit, page 7

## The Captain's Log

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dress and telephone number for verification purposes.

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

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

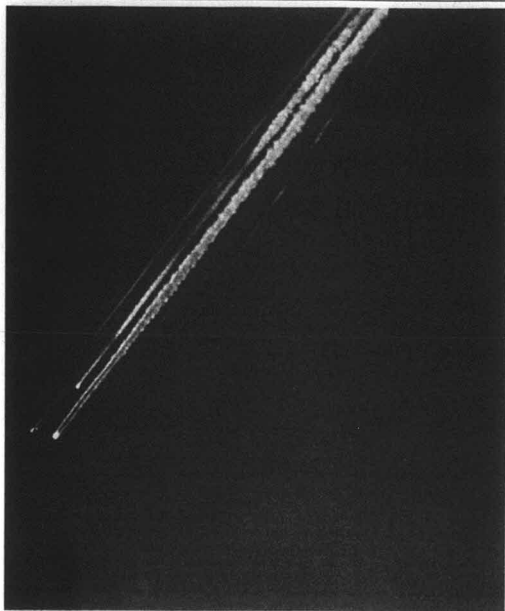
## Corrections And Changes

■ In the front-page photo of issue 13, the sisters of Gamma Phi Beta were embracing inductees, not their "Rho Gamma" sisters.

■ In the "Campus In Brief" section of issue 13, the Break Dance Club is led by Dennis Diones, not Thomas Crosby.

■ In the Sports section of issue 13, CNU's women's basketball team defeated the Averett Cougars 85-41, not 78-54.

■ In the Front section of issue 13, senior Jenny Steele was quoted in Tyrone Robinson's "Problems In The Modern World," not junior Ashley Moser.



At 8:02 a.m. Saturday morning, the Space Shuttle Columbia broke up during reentry over Texas.

## Don't Give Up On Spaceflight

### Columbia Disaster Is Not Reason To Cut Back On Manned Missions

Knight-Ridder Campus

The tragedy of the shuttle Columbia will no doubt have some critics calling for a scaling-back of the American manned space program.

Yet Congress must resist the urge to use the disaster as an excuse to starve the budget of the National Aeronautics and Space Administration. It will take money to find and fix what ails the shuttle. And it will take money to eventually replace it.

As painful as Saturday's tragedy still feels, a little perspective is in order. The death toll in 22 years of shuttle flights stands at 14. Each of those astronauts, of course, is irreplaceable and terribly missed. But each entered the space program knowing the risks.

This is not to diminish the necessity of a deliberate, comprehensive investigation into what went wrong with Columbia. NASA must learn from any mistakes it made, and make any reasonable changes to enhance shuttle safety.

By most estimates, the next generation of reusable space vehicles is at least a decade away. If the United States were to abandon manned spaceflight in the interim, it would cede leadership at a time when other countries—most recently China—are forging ahead.

It's true that scientists can now carry out complex operations and collect data from far away using radio-controlled robots. The Hubble Space Telescope, for example, is an unmanned, orbiting spacecraft that responds to instructions from scientists on Earth.

Yet no robot, no remotely operated piece of equipment, has yet been made to match the judgment and ingenuity of man. Thus, when Hubble developed problems after it was sent into orbit, astronauts were dispatched to fix it.

Over the course of the shuttle program, astronauts have carried out cutting-edge experiments beyond the capabilities of the most sophis-

ticated robots. And some of the most valuable scientific information from a space-flight comes from examining the astronauts themselves.

Mothballing the shuttle would also threaten the future of the \$96 billion international space station. Only shuttles are capable of carrying the biggest pieces of the unfinished project.

NASA is competing for scarce federal dollars at a time when investments in homeland security and national defense are squeezing the federal budget. The agency's administrators will need to convince Congress that they will spend their share of taxpayers' money prudently.

NASA has a good case to make. In his first year on the job, Administrator Sean O'Keefe has focused on bringing cost overruns under control. And in recent years, the agency's budget has scarcely kept up with inflation.

Ironically, the outpouring of grief that has followed this latest shuttle disaster is a testament to the hold that manned spaceflight still has on America. Congress needs to bear that in mind as members determine NASA's future.

## Sorry, I Can't Study Right Now I Am IMing My Roommate

### Friends Must Know What Other Friends Are Doing

BY ABBIE TANG  
Staff Writer

Do you find it impossible to tear yourself away from your latest online conversation?

Do you constantly check the away messages of all your friends to keep tabs on their whereabouts?

Do you keep a "Sub Profile" because one paragraph is never enough to express your online personality?

For most college students, the answer to the preceding question is yes. Let's face it: CNU students are instant messenger addicts.

"My family has AIM at home, so I had it installed in my computer at school so that I could keep in touch with them," said first-year student Bridget Mahoney.

If we're honest with ourselves, we'll admit that the young generation exchanges screen names like telephone numbers.

"It's so much easier to give someone you've just met your screen name, because it gives you a little more privacy. If they are a

bit bothersome, you can always block them," said first-year student Laura Laurence.

Instant messaging through America Online (AIM), Yahoo messaging, and ICQ has enabled people from all over the world to communicate with one another online. Nonetheless, it also distracts students from their work.

"I'll be saying goodbye to someone, and then someone else will send me a message, and I have to talk to [him] too ... It'll take me awhile to get back to my work," said first-year student Allison Martin.

Even after students muster up the gumption to tear themselves away from an online "convvo," an away message is a must.

What would we do if our online buddies couldn't keep up with our latest activities?

After all, students are obsessed with seeing what their peers are doing.

If no one is online to chat, away messages give us an

"If we're honest with ourselves, we'll admit that the young generation exchanges screen names like telephone numbers."

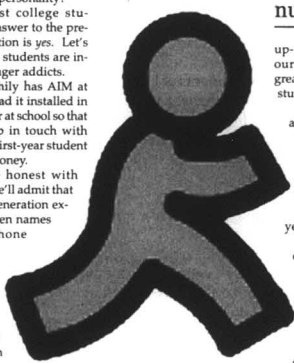
up-to-the-minute report on our friends and provide a great late-night alternative to studying.

True addicts even create thoughtful profiles so online buddies can read their latest reflections and favorite song lyrics.

"I keep [a profile] just to entertain people," said Ryan Miller, a first-year student.

Time to face the truth: college students are AIM addicts, and if we don't kick the habit, our studies may suffer. Support group anyone?

Basic facts about AIM came from [www.1Maddict.com](http://www.1Maddict.com)



## State Must Prevent Incidents, Not Eliminate Privacies

### Instilling Fears Only Instigates Problems

BY JENN ROWELL  
Staff Writer

The state has taken away one more rights of the Virginian teenager.

On Saturday, Virginia's House of Delegates passed a bill that would require public health officials, doctors and counselors to notify parents any time a teenager seeks treatment for depression, contemplation of suicide, pregnancy or sexually transmitted infections, according to the Washington Post.

I know all the "grown-ups" think that young people should not be entitled to such privacy, but here's the real question: will this bill actually fix anything?

While I have never been in the position to seek guidance for any of these difficult issues, I have several times been deterred from indulging in wild and crazy activities simply because I feared my parents' reactions.

The times when I did partake in less-than-brilliant activities, however, I went to anyone else I could think of for advice or help. Talking to my parents? That was always a last resort.

Don't get me wrong. I adore my parents. They're great people who have given me everything I ever needed.

The problem: my parents are as conservative and old-fashioned as it gets. I remember being grounded for running the water at the wrong time, putting the dishes in the

dishwasher the wrong way, and spending too much time at church activities.

Now imagine what would happen if my parents ever received a call from a doctor saying that I was pregnant, had contracted a sexually transmitted infection or was contemplating suicide. They would probably die on the spot.

If not, they would spontaneously combust, hit the roof, or yell until they were blue in the face. My parents' reactions would, at least momentarily, seem scarier than the repercussions of being pregnant or the possibility of dying from an STI.

Knowing this, I would most likely try to find some way around a doctor in order to avoid my parents finding out about a pregnancy or a suicide attempt.

It's no wonder that teenagers go to drastic measures—like abortions in back alley clinics, for example—so that they can avoid a dreadful parental confrontation.

I also know that most teens love to rebel. Doing exactly what parents tell us not to do is what teens do best. I can say this from personal experience. It follows that some teens are going to make mistakes. They are going to get pregnant, and they may contract sexually transmitted diseases.

I'd say it's pretty much a fact of life. Knowing this, the government should provide medical care from qualified physicians rather than encouraging teens to flee to those back alley clinics.

Teens will, in most cases, learn from their mistakes. Getting pregnant, contracting a sexually transmitted disease, or contemplating suicide are experiences that most

teens will live through and will remember with humility. When teens are left to deal with their circumstances for themselves, the odds of them repeating mistakes become far less than when their parents intervene to make all the decisions.

It's understandable that parents are concerned about their children and the challenges that face American youths today.

By passing this bill, however, the government would instill yet another element of fear in teenagers.

This bill sends a message loud and clear that teens do not have control over their lives. Granted, I don't think that teens should be getting pregnant to begin with, or contracting sexually transmitted diseases.

Instead of completely eliminating a teen's privacy in such sensitive situations, however, I think that the House of Delegates, and the government in general, should concentrate their efforts on preventing such situations from ever occurring in the first place. These laws will not undo what has already been done. Give teens improved programs on abstinence, safe sex and depression.

Another solution is an emphasis on parental involvement and interest rather than parental control. Bad apples don't fall far from the tree, but good apples are home grown.

No act of the general assembly is ever going to make a problem go away by simply scratching at the surface. The problem needs to be dealt with from the bottom up. It will take time, and lots of it, but it's the only way to address a growing problem.

## LETTERS TO THE EDITOR

If you have a problem, concern or issue, The Captain's Log can give you a voice.

Comment on a story you've seen here in the paper, or bring up something entirely new. Anything on campus, on the Peninsula or around the world are topics open to our pages.

Just send your letters to [clg@cnu.edu](mailto:clg@cnu.edu) or drop them by our newsroom on the second floor of the Student Center, Room 223.

The Captain's Log also accepts longer comments, so don't feel like you need to keep it short.

Credit, continued from page 6

This particularly referred to their younger generation. A similar program was instituted in the United Kingdom in late 2000.

But in the United States, the creditors' target marketing age group is companies. The credit card companies realize that they have a large population to prey upon.

Most college students leave home at 17 to 18 years of age having never been in-

dependent before and knowing relatively little about money, budgeting and finance.

They are offered a piece of plastic that seems like an answer to all those pesky nights when sentences start with "I can't afford ...". The cards seem like the gift of a fairy godmother at first, until the students wake up a year or two later swimming in an ocean of debt.

According to CNN-Money's Web site, 64 percent

of college students leave with debt. Of that group, 39 percent leave with unmanageable debt, meaning that their monthly payments are more than 8 percent of their monthly incomes."

Think about this: if my debt was less than \$2500, and I would have ended up paying \$11,000 had I not acted quickly, what happens to the average person owing more than eight times that amount?

It's not pretty.

# ArTs & EnTertaiNment

## Observational Humor Apartment Hunting & Its Adventures

College  
Students Think  
It's Tough Now;  
Try Looking  
For An  
Affordable  
Place In The  
City Right After  
Graduation

BY STEVE HOFSTETTER  
Guest Columnist

Apartment hunting in a seller's market is like Christmas shopping the third week of December. While your wallet will benefit from patience and persistence, you will occasionally have to kick another shopper in the shin and grab the last furbie.

I do not mean to seem out of touch by using the furbie as an example of a desired commodity; rather, I wanted to show that no one my age is in the market for the latest and greatest apartment. However, there are still enough of us shopping for furbies that even the smallest furbie store can hold an open house and expect us to trip over each other for the privilege of paying hundreds of dollars a month for a talking Gremlin. Okay, even I've lost the analogy.

Let me start over and simplify things - I've spent the last few weeks looking for an apartment and the process has been less enjoyable than playing with a furbie.

When I moved to Boston, I wrote a goodbye column to New York. I should have just said, "see you soon," because it took me just three months before I moved back to the city that can't seem to get a good night's rest. In subsequent columns, I only made veiled references to my return trip because I was unsure of its permanence. Mainly because furbies are expensive.

If you want to know what it costs to get an apartment in New York, think about whatever you're paying now and double it. If you live in a state that starts with an I or a K, triple it. Unless everyone who reads this column also buys my book - twice - I'm not going to have the kind of money it takes to get my own place here. But if I add up my stand-up comedy, book sales, and columns, I have just enough money to pay off my student loans and live with my parents. I'm kidding, of course. That's what I do - you should be used to it by now.

All of this kidding has finally earned me enough to get a decent place with a roommate, which in New York is still more expensive than a two-bedroom house in a K state.

The first place I contacted was also the first place I visited, which is atypical since most of these people ignore you. So many of us want a good apartment that apartment-listers can act like bouncers at a hot club, not even bothering with you if they don't like your shoes.

When I got there, I was luckily wearing nice shoes. The apartment was small, but it was very clean and had lots of nooks and crannies for storing suitcases, boxes, and the occasional English muffin. The girl that was living in

the other bedroom was amiable, so much so that her name was actually Amy. I took this as a good sign, but the apartment got smaller when two other people showed up to look at it, and smaller still upon the arrival of three more. In a sudden effort to mark my territory, I pulled out my...checkbook and offered to pay February's rent immediately. My offer was politely declined, and I was told the next day that Amy decided against having a male roommate. Guys, it seemed, were not Amy-able. And though I contemplated a sex change, I decided that the rent would have to have been much lower.

The second place was a three-bedroom already equipped with two guys, so my shoes were incidental. It was an amazing location, a great price, and the guys seemed pretty cool - except it was a railroad setup. "Railroad," which comes from the ancient Greek for "no privacy," means I'd have to walk through their rooms to get to mine. I wanted it anyway, but lost out when a female friend of theirs decided to take it. I seriously considered that sex change.

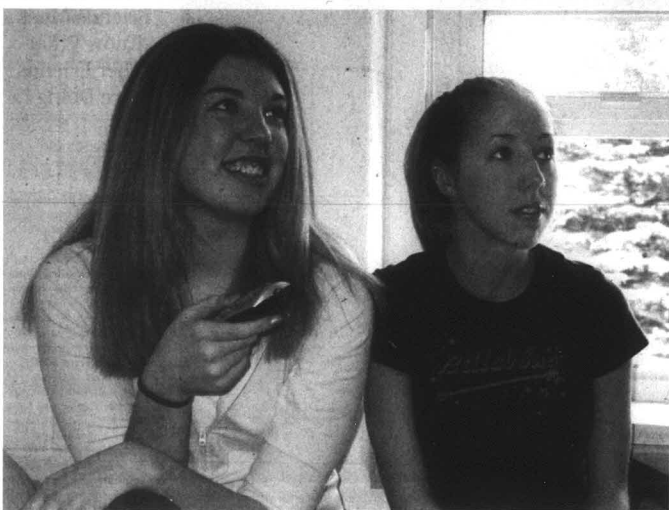
**"If you want to know what it costs to get an apartment in New York, think about whatever you're paying now and double it. If you live in a state that starts with an I or a K, triple it."**

The third apartment was just awful. It had a couple living in one bedroom of a two, and though they had been looking for a female roommate, they said they'd give me a chance. They also said they had a small dog, which turned out to be in the shape of a large horse. Allegedly, the dog just wanted to play with me, which didn't quite explain why its mouth needed to be tied shut. My theory is that the dog just wanted to play with my gnawed-off arm. The whole place was filled with dog food, dog toys, dog hair, and dog smell. I think the dog had been living in one bedroom and renting the other to the couple. And he didn't care what gender I was - he just wanted lunch.

A 6th floor walkup, a shared studio, and a large common area with "bed-rooms" that had three-foot-high ceilings later, I finally found a place. It's a two-bedroom in a great location for a decent price, and my roommates are awesome - two chill girls sharing the other room. When I told this to a friend of mine, she said, "don't let them paint your toenails or put makeup on you or anything."

Of course, I replied, "Not unless they lower the rent."

Steve Hofstetter is the author of *Student Body Shots*, which is available on Amazon.com. He can be e-mailed at [steve@observationalhumor.com](mailto:steve@observationalhumor.com).



Two York River resident students channel surf in between classes Monday, a welcome respite from the daily grind.

## Reality TV, Habits Of College Students

BY VIRGINIA BESS  
Staff Writer

"American Idol," "Joe Millionaire" and "The Bachelor" are only a few of many popular primetime television shows this season. Many college students have become obsessed with watching primetime television. Why?

"It's like an escape," said CNU senior Laura Frost, who is obsessed with watching the hit WB primetime television

show "The Gilmore Girls" with her daughter. "I don't have to do anything but sit there and watch," Frost said.

College keeps one so busy that it is hard to see how one has time to watch television at all.

"I don't understand how students have time to watch TV in college," said CNU junior Sophie Phair. Nonetheless, "I do know some students who schedule TV shows in their calendar," Phair said.

Sarah Camp, a freshman from Thomas Nelson Community College, agrees with Phair about not having time to watch television.

"I'm not obsessed at all because I'm never home; usually I'm at work, with my boyfriend or at school."

She does say, however, "If I am at home I'll watch 'The Drew Carey Show,' 'Home Improvement' or whatever is on."

There are some college students who hardly watch

television at all.

"I'm not obsessed," said Scott Wigginton, a senior from Old Dominion University who would rather play computer games than watch television.

CNU's Sophie Phair puts college students' primetime television obsession in perspective.

"If you want to watch a TV show bad enough, you'll make the time to watch it," she said.



Ken Lasso, sophomore, Scott Henning, freshman, and Chris Olmstead, freshman, form 'The Original Copy.'

## Two New Bands Rock CAB's Open Mic

**'Random Frequencies' & 'The Original Copy' Draw Crowd At Discovery Cafe**

BY AMBER NETTLES  
Staff Writer

Random Frequencies and The Original Copy came together last Thursday at the CAB-sponsored Band Night to show off their talents and see if they could get a response from the 7 p.m. crowd at the Discovery Cafe.

"This was more for our enjoyment than for yours," Alex Kroskey, bassist of The Original Copy, said after one of their instrumental numbers.

Comprised of Kroskey, Michael Borak (guitar/vocals) and Adam Swartz

(drums), The Original Copy's first performance was a mixture of covers like Lit's "Misery" and original pieces. "Sweet Southern Redemption," "Yeah, Whatever" and "Hey Love Sucks" (original songs) showed the incredible potential the band already had after one week of playing together.

Most of the audience wasn't your run-of-the-mill Thursday night crowd; a good 40 people apparently sat, stayed and watched primarily for the bands' music. Although there was some food on the tables, for the most part the broke-college-student-syndrome was in full effect.

Many students seemed to know the band members by name and shouted out requests between songs.

Prior to their finale, The Original Copy announced, "We're gonna get louder for our last song," and held their word as they brought the house down with "Saturday

Night" by the Misfits.

Following The Original Copy, Random Frequencies kept the energy going with songs like "Speak Out," a political statement about the Bush administration and the war on terrorism, and "Only Dreaming," a story about a love triangle.

**"Using a massacre to ignite a war for fuel, fighting a war to correct a father's mistake"**

"Speak Out," Random Frequencies

One of the highlights of their set was an energypacked instrumental "Free

Bird," which was requested by some of the Random Frequencies fans in the audience. Ken Lasso (guitar), Scott Henning (vocals), Chuck Doyle (drums) and Chris Olmstead (guitar) put on a great show, especially considering that they, just like The Original Copy, had only been playing together a week.

The bands decided to form groups just after Winter Break, when CAB sponsored the Open Mike Night at Einstein's.

Upon hearing about the upcoming Band Night, they formed their groups and started practicing, even resorting to playing in their apartments and residential halls.

After their performances Thursday, both bands plan to continue playing together and spending some productive time in rehearsal so their next performances at CNU will be even better than their first.





# Sports

## CNU Captains Sail Past Methodist 73-68

## Home Town Hero Plays For CNU

**Sole Possession: Captains Steal A Victory; Improve To 7-0 In Dixie Conference**

BY ROB SILSBEE  
Staff Writer

CNU's men's basketball played Methodist College in Freeman Center for sole possession of first place in the Dixie Conference.

Both teams entered the game with a 6-0 record in the Dixie Conference, and both teams entered the game with a mind set on first place.

Coach C.J. Woollum of the Captains came into the game confident that his team had the edge.

"With a veteran team, a streak of wins and a supporting crowd on your home court, you'd think we'd have the edge coming into Sunday's game," Woollum said.

However, the Methodist Monarchs had something different in mind.

The Monarchs came out with adrenaline and intensity led on the defensive attack by Ivan Little and Elliot Williams. Putting pressure on defense was the key to slowing down the Captain's intensity.

The Monarchs forced 8 turnovers in the first half and pressed the Captains' offense shooting down to a meager 35.7%.

Methodist also out shot the Captains from both inside and out of the arc.

Brandon Mish, a 6'3" Senior came off the bench for 15 points in the first half.

"At one point I was just hoping to get to the half not drowning, maybe choking a little, but not drowning," Coach Woollum said. His team went into the half down just 7, thanks to late efforts.

Jermaine Woods seemed to be the story early for the Captains.

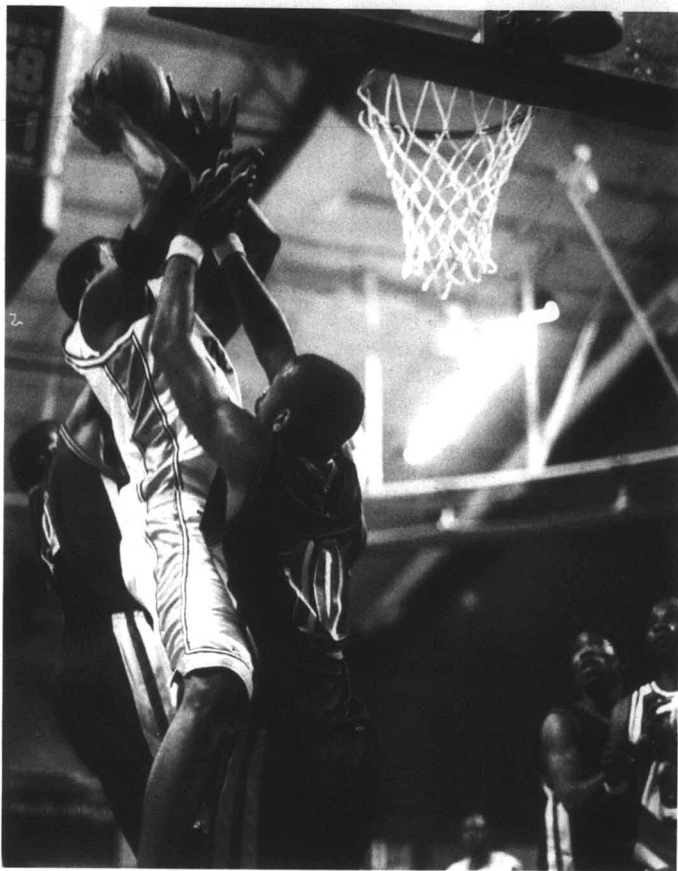
Every time the Monarchs would push, Woods would come away with another big shot.

At the end of the half, Woods led his team with 13 points and 5 rebounds.

Terry Gray played hard, drawing numerous fouls adding 6 points from the free-throw line.

Both teams knew it would take a little more in the second half to decide the important game, however, again, Methodist seemed to lead the charge.

Working a simple backdoor cut led to much of the Monarch scoring combined with defense forcing 9 turn-



Sophomore Otho Hampton puts in a tough shot over Methodist defenders, No. 10 Ivan Little and Elliot Williams during Sunday's Game in the Freeman Center. The Captains won by only five points.

overs in the second half.

The Captains would not die.

The newly founded Freeman Fanatics, fans of extensive spirit, were on their feet the majority of the second half.

Raising the noise level both pumped up the Captain squad and brought down the Methodist team.

Carlos Heard, Terry Gray, and 6 man Otho Hampton led the CNU team on a drive unstoppable.

"Each of them made big plays in big situations," Coach Woollum said.

Woollum was referring to some of the crucial plays of Dixie Conference favorites. Gray's dunk, Blake Brookman's coast-to-coast lay-up, Woods' outside shooting, Carlos Heard's third 1 v. 3 lay-up for the lead, and Otho Hampton's 12 second half points.

With 8:49 remaining in the second half, Methodist

quit scoring.

The Captain defense was too strong, forcing two Monarchs to foul out of the game and missed shots.

**"At one point I was just hoping to get to the half not drowning, maybe choking a little, but not drowning."**

- Coach C.J. Woollum

The Captains went on a 17-0 run to put the score, in reach, at 71-68.

However, a crucial inbound play for the Monarchs went sour giving CNU pos-

session with 3.5 seconds remaining.

The final score was 73-68, Captains earning the desired sole possession of first.

"We came out a little too ready to play. There was more emotion in it; we all wanted to do it on our own; tried to force too much. But in the end, this was a battle for all-out first place, and we got it," Senior Forward Carlos Heard said after a valiant 11 point, 4 rebound, 2 assist and 2 steal game.

Woods led the team with 19 points and 9 rebounds. Heard, Hampton, and Gray also ended up with double-digit scoring performances in the win last Sunday.

This crucial win put CNU into first place in the Dixie Conference.

The Freeman Fanatics rushed the court at the end of the game.

This new group was initiated by Associate Dean of Student Donna Eddleman to increase CNU students pres-

ence at basketball games.

The Freeman Fanatics receive blue shirts and heckle the opposing team while trying to shoot free throws.

In "a battle for all-out first place", CNU was beat for points off turnovers, points in the paint, points off the bench, assists, steals, and overall shooting percentage.

However, in the end, all that matters is the number of points on the board. In a battle, CNU runs away with a win 73-68.

Overall The Captains shot 24-of-62 (.387). CNU was only 3-of-25 from beyond the arc. They stayed about .500 shooting 13-of-22.

The Captains grabbed 22 defensive rebounds and stole 14 offensive rebounds.

Their defense remained strong maintaining 5 blocks and 9 steals.

The Captain's face Sherandouh in the Freeman Center at 7:30 on Wednesday, February fifth.

BY ROB SILSBEE  
Staff Writer

What does Carlos Heard feel when he is on the court? "You can see it in my eyes," he said.

Heard, 23, from Newport News, Va. is a strong forward and shooting guard for the Captains' basketball team.

During his tenure at Heritage High School, Heard played in the VHSL All-Star Game and also played for Boo Williams' 17-and-under National Championship Team.

Heard isn't a traditional superstar, gaining skill after playing since birth.

He didn't get into the game until he turned 14, when his uncle pressed him to pick up some kind of extracurricular activity.

"After my brother got in a little trouble, my uncle made me do something. So I picked up the ball and it was just natural," Heard said of his start. "I was playing against guys [who] were 10 [to] 12 years older than me, and that just made me work harder," he said.

Heard is a self-proclaiming hard worker.

"Off-season, pre-season, post-season, during season, I don't care, I'm working hard, trying to get better," Heard said.

The Daily Press mentions that Heard only has two speeds: stop and full-speed.

Athletic Director C. J. Woollum, who is also the men's basketball coach, attests to Heard's determination and intensity.

"He brings a lot of different aspects to the game; he truly has been an inspiration this year. The guys all see him as a tremendously intense player, and he has been a major contributor to the success of this ball club," Woollum said. "He has an

Please see page 11

## CNU Receives Honors; Wins Hall of Fame For 3rd Year in a Row

**Fourth Time In Five Years CNU Has Been Recognized**

BY KATIE BRACKETT  
Sports Editor

Sunday afternoon Christopher Newport University was presented with an award. This award was yet another to put CNU in the Virginia Hall of Fame.

For the third year in a row and

for the fourth time in the last five years CNU has been presented with this award. The award for the Virginia Hall of Fame is awarded to the university with the best winning percentage in both division two and three in Virginia.

"This is a real tribute to all the athletes and coaches who have helped us to win this award," said athletic director and men's head basketball coach C.J. Woollum.

This award is not only given to one specific department but is given to the whole athletic department of CNU.

"It's really impressive that we have received this award for the

third year in a row, considering we are a division three school that does not give out athletic scholarships," said Sophomore Dana House, member of the CNU cheerleading squad.

All athletes are required to maintain a 2.5 grade point average here at CNU.

"We have more all-American athletes than a division one, two, or three schools combined," said House.

With the recent addition of the football program to our athletics our records have only increased. Two year head coach Matt Kelchner has added to our winning record bringing two divisional conference cham-

pionships to CNU's program.

In year's past, CNU's football team had a record of 5-1 in Dixie-Conference play. Their winning percentage is now at .833.

With this season's success of both the men's and women's basketball team our winning record continues to rise. The men now have a record of 16-2 with their recent win over Methodist 73-68.

"We are very proud of this honor," said C.J. Woollum, "It brings great recognition to Christopher Newport University and our athletics program."

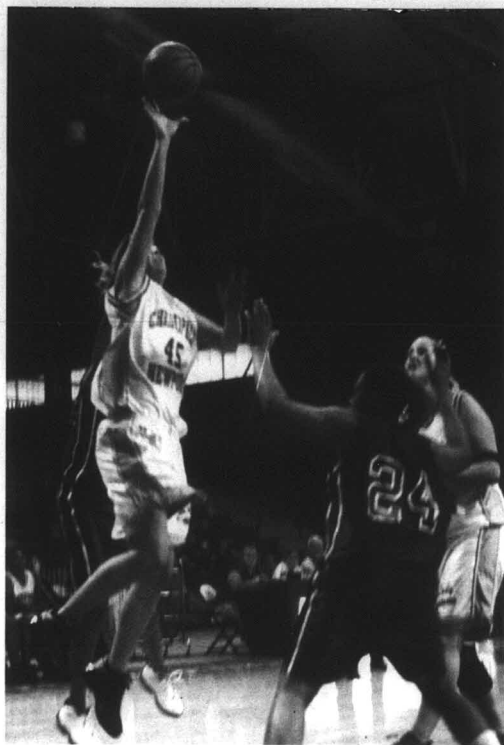
The Lady Captain's contribute with a 12-6 record after a tough

game against Methodist. They defeated Methodist 57-46.

Overall in Woollum's 18 seasons with CNU Basketball his record is 367-140. In 2000-01 Woollum coached the men's team to 25-4 which resulted in hosting in the NCAA's Elite eight.

Women's Volleyball had an overwhelmingly successful season in 2001 they swept the Dixie-Conference with a perfect record of 14-0. In the past two seasons CNU's Volleyball team has finished in first place within the Dixie-Conference.

CNU's athletic department fared very well in Dixie-Conference play in the past five years.



Senior Jen Harrell puts up a jump shot over Greensboro Defender No. 24 Senior Tameka Parks during Saturday's game in the Freeman Center.

## Lady Captains Win Two; One Cakewalk, One Hard Fought

### Lady Captains Improve To 11-6 Overall With Wins Over Greensboro And Methodist

BY KATIE BRACKETT  
Sports Editor

The Lady Captain's downed Greensboro 78-43 on Saturday here at CNU's Freeman Center.

The Lady Captain's led early in the game 35-26. The Lady Captain's shot 15-of-31 (48%) to match and overtake Greensboro's 37%.

CNU continued their pressure defense holding Greensboro's shooting from the floor. Greensboro was only able to shoot 6-28 (21%). CNU continued to roll as they shot 19-35 from the floor. They went on a run and out scored the Pride 43-17.

Tia Moore led CNU with 18 points and seven rebounds. Her defense was un-stoppable and her play on the offensive side of the game helped CNU to establish a strong lead early in the game.

After the early lead was set the Lady Captain's did not look back. Jen Harrell contrib-

uted with 15 points and five rebounds. Heidie Miller finished with 12 points. Amber Hallman finished with 11 points, six rebounds, eight assists, eight steals and five blocks.

Hallman's defense helped to hold the Pride to only 43 points in the game, 26 in the first half and only 17 in the second.

CNU shot 34-of-66 from the floor and 7-of-8 from the free throw line. Greensboro shot 16-of-55 from the floor, 6-of-21 beyond the three-point line and 5-of-9 at the free throw line.

The Lady Captain's are

11-6 overall and 4-2 in the Dixie Conference. Greensboro drops to 9-5 overall and 4-2 in the Dixie Conference.

The second game in the Lady Captain's double header this weekend brought Dixie Conference rival Methodist.

CNU slide by as Methodist put up a strong fight. Methodist held CNU to only 57 points.

Both teams' defenses were difficult to overcome. Methodist didn't break 50 points and CNU was held to only 57 points.

CNU shot 17-59 (28%) overall, 5-16 (31%) behind the arc and 7-15 (47%) from the floor. The Lady Captain's had 33 rebounds, 16 of offensive and 17 defensive.

All six blocks were contributed by Amber Hallman, still maintaining her presence in the paint.

Jen Harrell led the Lady Captain's with 13 points. Tomorrow Lofton finished with 12 points. A m b e r Hallman contributed 11 points and Tia Moore put in 10 points to help the Lady Captain's in their win over Methodist.

The Lady Captain's will face off against Sheeadoah on Wednesday at 5 P.M. in the Freeman Center.



Senior Tia Moore attempts to score over Greensboro defender, No. 30 Sophomore Amanda Currie. The Lady Captains defeated Greensboro in Saturday's game at the Freeman Center.

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Story Cont'd from page 10

amazing ability to drive the ball to the basket and is willing to put the time in for some of his weaker areas, which are few," he said.

Carlos Heard was given a scholarship to a Division I school in California.

He returned to play for the Captains in the 2000-01 season because he didn't feel right about the transition to the West Coast.

It's safe to say that Heard has left a decent mark on the program in his three-year career.

He reached the 1,000-point mark this year and, to date, has 1,105 points, putting him at fourteenth on the all-time CNU scoring list in just 75 games played.

He enjoys being in the studio to work on his lyrics, and recording rap music is a passion of his.

As a true team player, Heard admitted that his favorite is his team, the Captains.

However, he did mention that "Michael

Jordan is the greatest; he can do everything."

Heard is majoring in sociology with a minor in criminal justice.

He would like to get into corporate law but doesn't want "to deal with the politics," and he is, therefore, looking along the lines of be-

**"After my brother got in a little trouble, my uncle made me do something. So I picked up the ball and it was just natural."**

-Carlos Heard

ing a sports agent, in order to stay close to the game.

Of course, this is if basketball doesn't work out. Heard has intentions of play-

ing professional basketball, probably going to Europe for a while to play there.

Inspiration to play so hard?

"My only inspiration is the love of the game, well, and of course, my family, my loved ones," Heard said, who was repeatedly professing the importance of family.

Carlos Heard has been an integral factor in the Captains' success for the 2002-03 season and will continue to be down the stretch.

His fire and passion for the game pushes his team and himself especially to play 110 percent.

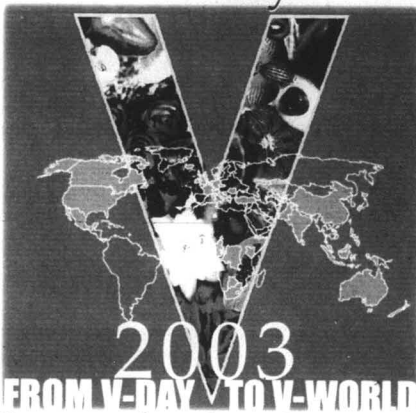
The tenacity and intensity he brings to the floor every game is what pushes the team toward wins.

Next time Heard has the ball, watch his face. If you're close enough, you can see his eyes light up with that "fire", then there is a quick smile at his defender before he drives to the basket.

"I just love the game, that's all I can say," he said.

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