

The Captain's Log

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Missing Applications Postpone Election Process

BY MONICA NOLAN
Staff Writer

Campaigning for this year's first-year student election was in anticipation. However, an application was found missing or stolen from the class officers' office.

This put the first-year student election on hold for another two and a half weeks. Candidates in the election are now filling out applications for a second time and joining in on various meetings to receive new dates and information.

"For me [the delay] was good and bad. It was good because it gave me more time for getting my campaign ready; it was bad because class council won't get started for three more weeks," presidential candidate Jane Berry Bodestine said.

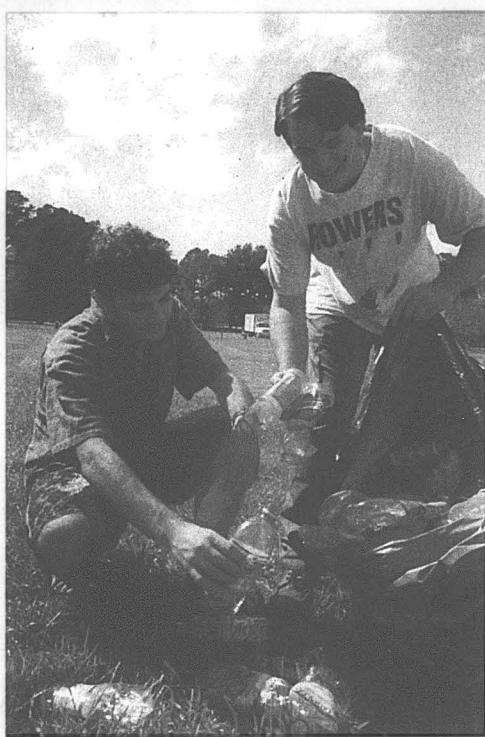
Mike Maher, SGA Parliamentarian, said that it is hard to imagine something like this happening at a school so highly based on honor and trust.

"We are trying to stress the importance of the honor code; all class officials want a fair race with honesty and integrity," Maher said.

This situation is the first to occur with an election at CNU. As further result, the locks have been changed on the class officers' class office door, and the upper-class officers have had to come up with their own ideas and suggestions without the upcoming class officers' help.

Although only one application was found missing, each of them could have been tampered with if someone who was unauthorized had access to them. This was the main reason the election process needed to be restarted. Another effect of the student council delay is the fact that a faculty advisor cannot be assigned until a candidate is selected for president. It has always been the duty of the presidents of each class to choose their advisors.

The intended date for the election, Sept. 26, has now been postponed to Oct. 9 and 10. The voting will take place in York River Hall (East and West), Santoro Hall and the Student Center. The times have not yet been announced. Results will be announced Oct. 21 at 4 p.m. in the Alumni Room, Student Center 150, during the SGA meeting.



Jane Berry (The Captain's Log)

Alex Torres and Eric Troen, both first-year students, demonstrate their how to maintain cleanliness on campus, in addition to proper recycling procedures.

Lane, Torres Seek Recycling Committee

New Recycling Effort All Started From An Empty Box Outside A Hall

BY SARAH HOCK
Staff Writer

"I've always recycled!" first-year student Laurel Lane, said. During her first week in York River East, she placed a box outside her door and encouraged her hall to throw their empty bottles and cans in it instead of throwing them away.

Lane, the chair of the Biology Club Recycling Committee, and first-year student Nelson "Alex" Torres, the chair of the Biology Club Environmental Science Committee, began collecting bottles and cans from all of York River East by themselves. Then dur-

ing the week of Sept. 9, they asked around for cardboard boxes.

"Now there are cardboard boxes in each trash room of every floor, in both sides of York River East, where people can throw their empty cans and bottles. Hopefully we'll start collecting paper as well, and Housekeeping will already take newspapers to help line the trash cans," Lane said.

Lane and Torres, along with the members of these committees, will meet with a representative of Tidewater Fibre Recycling Company of Newport News tomorrow at 11 a.m. in front of the York River Hall buildings. Torres contacted the recycling company, and the representative will assess the area and determine what type of bins are necessary, along with where they are needed.

The representative might write a proposal to President Tribble stating a price estimate for the recycling service. Possibly, the recycling program will expand to York River

West and Santoro Halls. If Tidewater Fibre does not agree to support the proposal, then the committee will resort to grants from the city or fundraising.

"Until a recycling company agrees to pick up the stuff, we have bags and boxes full of recycled things piling up in our rooms," Torres said. He said he lofted his bed in order to put furniture under it, but instead, the recyclables have taken over and the furniture had to be removed.

"If Tidewater Fibre decides to not pick up our boxes, we'll have to find a way to deliver it all to the recycling company, probably by renting a huge truck or something. There's too much to fit into our cars," said Torres. "It would just be a hassle."

Anyone who is interested in the Recycling Committee can attend the Biology Club meeting held Friday, Oct. 4, at 1 p.m. in the atrium of the Science Building.

Daylight Assault Comes Near Campus

The Recent Sexual Assault Has Become A Reminder Of The Necessity Of Increased Safety On Campus

BY STEPHANIE HEINATZ
Maanaging Editor

Every 45 seconds a woman is sexually assaulted. Sexual assault is a violent crime that uses sex as a weapon.

Last Thursday, a female employee at Chanello's pizza became part of that statistic.

Around 1 p.m., while working the day shift with another employee who had left on a delivery, the victim heard a noise from the back of the business. She then noticed that the bathroom door had been left open.

As she went to investigate, a man grabbed her from behind, forced her to the ground, and began sexually assaulting her.

"I had left for a delivery at 1:05 p.m. and took a delivery to Hollywood Video. I was gone about seven or eight minutes," said the delivery driver who was working with the victim. "When I got back, the [victim] was in hysterics and was saying that some guy had come in and sexually assaulted her in the bathroom."

Newport News Police and CNU posted flyers in east campus halls that describe the assailant as a Hispanic man wearing a red shirt.

Newport News Police had no additional information, but asked anyone who did to please call 1-888-LOCK-UP, or 1-888-562-5887, or the Police Department at 247-2500.

According to the delivery driver, the victim returned to work the night of the incident after visiting the hospital.

"It is an unfortunate incident and people should remember that. Even though the incident was close to campus, our campus is still relatively safe," said

Jeremiah Davis, SGA Vice President of Student Services. "At this point, we should concentrate on prevention and not the incident itself. The SGA is reminding people to take the buddy system."

Davis added that after a meeting with Bill Brauer, CNU Executive Vice President, students should know that many preventative measures are already being examined.

For example, administration is looking at hiring a security team to predominantly work the CNU Apartments area, although no definite plans have been set.

Nikki Wenzel, an east campus resident, agrees that the patrol on that side of the campus needs to be heightened.

"But it shouldn't take an incident like this to heighten the awareness," said Wenzel.

There are 11, out of about 30, blue call boxes on the East Side of campus, one of these is 50 feet from Chanello's. Blue call boxes are, literally, blue boxes with blue lights attached to their poles. There are radio transmitters inside them and when the button on the face is pushed, a student is put into direct contact with the campus police dispatcher, as well as all the officers on duty.

Davis reminds students, however, that a blue call box will not stop an assault. Rather, they are there when students are in a position to see what may happen or when they have the opportunity to move away from an attacker.

This semester, CNU created a task force of students, called Police Aides, that are armed with radios to perform duties such as escorting students across campus. Campus Police encourage students to utilize their escort service and follow one golden rule. Never walk across campus, or anywhere for that matter, especially at night, alone.

Campus Police have also implemented programs such as the bike program, which enables officers to patrol the campus on bike.

"We are a safe campus, but I don't want anyone to get a false sense of security," said Chief of Campus Police, Jeffrey Brown. "Things can happen, and everyone should take responsibility for their personal safety."

Over 50 percent of sexual assaults are planned, so plan to NOT walk anywhere alone. For more information on sexual assault, visit the Office of Career and Counseling or their web site.

Women's Soccer

Senior Natalie Stallings comes from the University of Richmond to Co-Captain the Women's Soccer Team

Details on Page 8



Sonic Arrives

New retro style restaurant brings the drive-up back to Newport News

Details on
Page 7

Campus In Brief

SGA Posting Policy

Vice President of University Relations, Ashley Boyd, announced at Monday's SGA meeting that SGA will fine clubs and organizations 25 cents per day that signs advertising events that have passed are left up.

Organizations should expect a letter in their mailbox and a final bill at the end of the semester, when the violation occurs.

Spring Concert

Donna Eddleman, Associate Dean of Students, took a survey at the Sept. 16 SGA meeting. The results of the survey gave administration the top five desired bands for the spring concert.

The top five bands were, in order, John Mayer, Jimmy Eat World, Outkast, 3-11, and No Doubt.

The university has \$50 thousand to spend on an artist and negotiations and research will begin shortly.

Campus Walks

If students are interested in getting concerns voiced with SGA, join Vice President of Student Services, Jeremiah Davis, on his weekly campus walks.

Davis will walk around the campus with senators and students and point out things that students would like to be changed. These concerns will be brought to Bill Bräuter, CNU Executive Vice President.

Commemorative Bricks

SGA voted to take \$50 out of its contingency fund for commemorative bricks for any student who passes away.

Normally this funding comes from CNU's foundation and Dean's fund. However, SGA will now match funds with the Dean's to ensure deceased students are properly honored.

The bricks are located at the fountain.

New Lights

Lights for the area surrounding the fountain have been ordered by the administration.

They are expected to arrive within the next two weeks and will be installed immediately.

Assassins

The Campus Activity Board began its game, Assassins, last week. President KT Peterlin announced that they had 105 participants.

Campus Police

Chief of Campus Police, Jeffrey Brown, said that the police department now has more officers on duty between 9 p.m. and 3 a.m.

"That is pretty good considering we are only a 14-man department."

Brown encourages students to remember this at night and utilize them as escorts if they are walking home or to their car alone.

Service Fraternity Brings Blood Drive To Campus, Opens Opportunity To Help Others

Red Cross Staff Overwhelmed with Student Donors

BY RACHEL GILLERLAIN
Staff Writer

Eighty-two students volunteered to give blood last Tuesday in the Freeman Center during a drive hosted by Alpha Phi Omega. The response of 55 productive blood units "overwhelmed" the Red Cross staff, claimed mobile supervisor, Glenna

Triplett R.N. Two Red Cross med-techs were equipped to serve seven people per hour between noon and 6 p.m., but worked until 8:30 p.m. due to the high volume of donors at the end of the day.

Alpha Phi Omega hosts two blood drives each semester and reminds all students that one unit of blood may save up to three lives. Angela Kusaj, APO's Service Vice President, felt disappointed that some students were turned away at the end of the day and said that "it's better to get there early" to avoid missing the chance to save a life.

Alpha Phi Omega is a national, co-ed service fraternity that promotes leader-

ship, friendship and service, according to APO Webmaster and Blood Drive Coordinator, Nicole Butler. Butler stated that not only is the blood drive "a great way to do community service" for the fraternity, but that it is a convenient way for students to help others.

The fraternity's next blood drive will be held on Nov. 19, and Kusaj said that the brothers may possibly start organizing blood drives every month. In February, the fraternity will be hosting a blood drive for the American Red Cross Blood Challenge. The Blood Challenge is a competition among area colleges to have the highest number of donors. Butler

stated that CNU received an award for "most improved" in the Blood Challenge last year due to a 200 percent increase in donors. The APO brothers have set a goal to have more donors than William & Mary in the Challenge this upcoming year.

Triplett explained that many students decide not to give blood because they believe that they are unable. The basic criteria for a donor are that they be 17 years of age, in "good health," and at least 110 pounds. For more information about eligibility to donate blood, visit www.givelife.org and click on the "Eligibility" link.

Secondhand Smoke Summons Policy Change, Questions Overall Smoking

BY DORIAN WRIGHT
Staff Writer

The smoking policy of CNU will be reviewed due to growing concern over the effects of secondhand smoke, according to Donna Eddleman, Associate Dean of Students.

"The issue has been raised in the residence halls and by people entering and exiting buildings where smokers congregate," Eddleman said.

Eddleman said that the decision was made to keep the new residence halls smoke-free, except for the upper-class students on the East Side of the campus. She also explained many students are now asking that all the residence halls be smoke-free.

"I think that there should be designated smoking areas," sophomore Mary Kay Grimes, said. "I don't like having to walk through clouds of smoke to get to class."

Other students, however, disagree with limiting the areas at which to smoke.

"I think it's unfair to know to the majority of nonsmokers," junior Tina Ramsey, said.



First-year student Stephen Lynn, a resident of York River West, said, "Why can Santoro Hall residents smoke in their dorms, and you can smoke outside of every other building but not York River?"

Become involved in YOUR student newspaper.

If you have ever wanted to become part of The Captain's Log, now is your chance.

Just come by one of our general staff meetings, held every Wednesday at 5:30 p.m. on the second floor of the Student Center, room 214.

World In Brief

Rich-Poor Gap Increases

The Census Bureau reported that the proportion of Americans living in poverty grew considerably last year, the first time it has increased in eight years. The bureau also said that the income of middle-class households dropped for the first time since the end of the recession in 1991. The bureau's annual report provided evidence that the weakening economy has affected large sections of the population, regardless of race, class or religion. The report also suggests that the gap between those living in poverty and the wealthy has continued to increase.

Open Fire Kills Hindus

Violence broke out at a Hindu temple complex in India. Assaultants opened fire with automatic weapons killing over 29 people, and 74 were wounded. Of those killed, one was a commando with the National Security Guard, two were state police commandos and at least four were children.

Rangers Star Undergoes Surgery

Pavel Bury, the all-star right wing for the New York Rangers, had arthroscopic surgery on his right knee. The prognosis is that he will only miss two weeks and could be ready for the regular-season opener at Carolina on Oct. 9. Andrew Feldman, the team physician for the Rangers, performed the surgery and said that "he will begin his rehabilitation program immediately and we are extremely optimistic that he will return to full form."

Guerrillas Attack Russians

After Chechen guerrillas shot down a Russian Mi-42 helicopter, a major battle broke out between them and the Russians. The downed helicopter rekindled Moscow's hatred toward the neighboring country of Georgia. According to the Russian Defense Minister, Sergei Ivanov: 14 Russian servicemen were killed fighting in Ingushetia, which is west of Chechnya. The death toll of the incident also includes the two-man crew of the downed helicopter, and more than 40 Chechen fighters.

Bush, Daschle Have Dispute

Sen. Tom Daschle, the Democratic majority leader, demanded that President Bush apologize for a saying that the Senate was "not interested in the security of the American people." The statements were made over domestic security legislation and Iraq policy.

Celebrating National Hispanic Heritage Month

Hispanic Americans Can Trace Their History Back To The 15th Century. Becoming The Fastest Growing Minority In The United States.

BY RENEE MOORE
Staff Writer

In 1998, President Bill Clinton declared National Hispanic Heritage Month to be recognized from Sept. 15 to Oct. 15.

According to the U.S. Census Bureau, there are more than 20 million people of Hispanic heritage living in the United States today. Hispanics are also the fastest growing minority in this country.

Many Hispanics in the United States can trace their roots to the cultures of Puerto Rico, South America and Mexico. Others can trace their roots to the Spanish explorers who were looking for a faster trade

route to Asia in the 1400s.

Hispanic people have played a vital role in United States history. They founded settlements in Florida and Georgia over a half-century before the Puritans arrived in Massachusetts. They were also in New Mexico more than 150 years before the war for independence.

Cities and towns in America, such as San Antonio (named after Father Antonio Olivares), Saint Augustine (named by Spanish soldiers that fortified villages in Florida) and Los Angeles (meaning "City of Angels"), remind us that many of the explorers and settlers that conquered this land were Hispanic.

For years, Hispanics have been involved in different aspects of society, including movies, business, athletics and also the federal government.

The Hispanic community has distinguished itself through numerous professions.

“For years, Hispanics have been involved in different aspects of society, including movies, business, athletics and also the federal government.”

Singers include Christina Aguilera, Jennifer Lopez and Ricky Martin. Actors include Edward James Olmos, Jimmy Smits and Andy Garcia.

Hispanic artists are Judy Baca and Rupert Garcia. Athletes include Roberto Clemente and Panchito Gonzalez. Politicians Nydia Velázquez and Joe Baca, and even Nobel

Prize winning scientists Luis Walter Alvarez, Mario Molina and Severo Ochoa are Hispanics.



The Hispanic community has made many contributions in the fields of art, music, athletics and science. Hispanic musicians such as Ricky Martin, Jennifer Lopez and Christina Aguilera have contributed to the entertainment industry.

Illustration by Jeremiah Sbragato/The Captain's Log

Drinking And GPA

Number Of Consumed Drinks Is Proportional To GPA

BY DORIAN WRIGHT
Staff Writer

In a nationwide survey done by InfoFacts, alcohol intake can affect the GPA of students. Students who have four or less drinks a week tend to have an A average. Students

“There are other things to do on campus besides drinking. Only a small number of students on campus actually drink, even though it may look like a lot.”

-Donna Griset
Assistant Director
Career and Counseling

who have six or less drinks a week tend to have a B average. C-students average

about eight drinks a week, and students with a D or F average have about 10 drinks a week.

The Office of Career and Counseling will be sponsoring events during Alcohol Awareness Week to further students' information on alcohol Oct. 7-11. Clubs and organizations can sign up to run the events.

There will be alcohol screening for students on Monday. Tuesday, the Rowing Club will run the alcohol maze in which students will try to navigate through a maze with goggles that simulate being drunk. Wednesday, mocktail, a cocktail with no alcohol, will be made in the Student Center by Delta Sigma Theta. Thursday at 7 p.m., there will be a showing of "When a Man Loves a Woman" in York River West's multipurpose room. A discussion will be held afterward, and on Friday there will be a general discussion on alcohol in the Student Center at 2 p.m.

Donna Griset, Assistant Director/Counselor of the Office of Career and Counseling, said, "Students don't realize the effect drinking can have on their lives." Griset explained that some students were never caught drinking but still had to drop out because of their drinking.

“There are other things to do on campus besides drinking,” Griset said, “Only a small number of students on campus actually drink, even though it may look like

Newly Weds So Close, Yet So Far Away

BY ASHLEY WILSON
Staff Writer

Eighteen-year-old Ashley Peters is very different from her first-year classmates.

My first clues, as she leads me into her York River West residential hall, are the delicate white tissue paper bells and streamers that flutter gently as I pass through the door frame. Next, perhaps, come the white balloons, somewhat deflated, pushed beneath the bed. It might be easy to miss the sparkly white foil stars that wind around her bedpost, but it's almost impossible to overlook the pictures. From the windowsill, the walls, the bookshelf and her desk, Ashley, in a frothy white gown, smiles celestially out of silver photo frames.

It's really no secret: Ashley Peters is a new bride.

Up until a few weeks ago, this Smithfield High School graduate was Ashley Chapman. Ashley says that she was still in the middle of freshman Welcome Week when her fiancé, a 22-year-old in the army, called from "some-

where in Europe," with a spontaneous suggestion: "I'm coming home. Let's do it now."

"I said OK," laughs Ashley. "It was so...us. We never plan anything!" The couple married two weeks later on Aug. 31, just one week into classes.

The thread of spontaneity is one that winds all the way through their relationship. As Ashley sits on a bed draped with a red-white-and-blue quilt, a soft reminder of the cause that keeps Greg so far from home, she reminisces about the day they met.

It was in September of 2000, at a kayak race on North Carolina's Outer Banks, where both were competing. When Greg, one of the only young male competitors, caught her eye, 16-year-old Ashley walked up to him boldly and introduced herself.

"I said, 'you're going to play pool with me and go to the fishing pier,'" she says, giggling. "He followed like a puppy dog."

Although it was "a few weeks" before "anything official" happened, Ashley knew right away that there was something special between them.

Though she has had time to adjust to the situation, college life with a husband hundreds of miles away is a little lonely for Ashley.

"We've only been together nine months in the past two years, so I'm used to it," she explains. "Some days," however, "are better

than others."

Greg manages to e-mail every day that the Internet is working on the ship where he serves. He is also able to phone for about five minutes once a week. In "good ports," he can sometimes locate a payphone where he is able to talk longer.

The hardest part, Ashley tells me, is not knowing. "He calls and says he'll be home in two weeks, and then it changes to two months. I

“We’ve only been together nine months in the past two years, so I’m used to it.”

-Ashley Peters
First year student

don't know how long he'll be where. I say, just give me 24 hours notice!"

Ashley believes her new husband is now in Europe, "where the mountains are big and it's really cold. That's all I know." She hopes to move in with Greg the next time he is stationed near here, as early as next December. Then, "if he makes it home this summer we're supposed to go to Spain, for a real honeymoon."

Ashley has learned to cope with the surprised reactions she gets from other first-year students, as well from

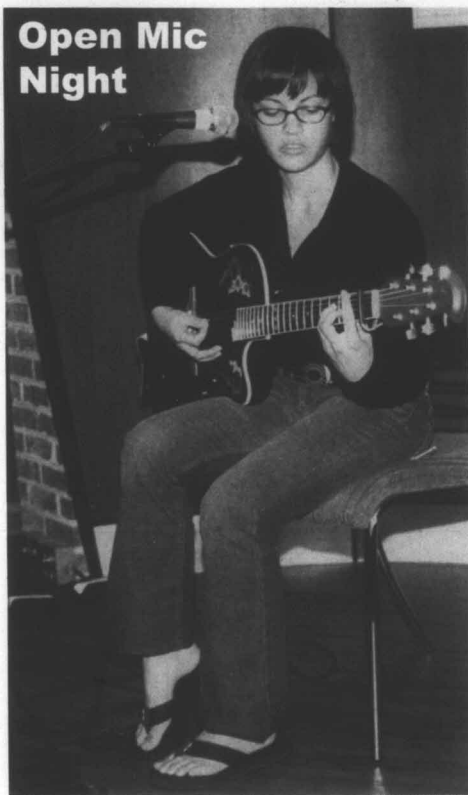
family and friends. Ashley's roommate and long-time friend Meghan Knowlton says, "They'll be like, 'I can't believe she got married. She's too young. What was she thinking?'"

Though Ashley is used to this reaction, she finds support in Meghan, who planned an after-wedding surprise party for her. "The room was a disaster of balloons!" Ashley says. She also relies on friendships she has formed with other military wives on Greg's ship, one of whom calls her once a day to check up on her and keep her company.

"I don't care what anyone says," Ashley explains firmly but good-naturedly. "I just knew it was the right thing, even if it was spontaneous. I knew it was going to work."

Until they are together again, Greg's presence is all around Ashley: in the wedding photographs, the patriotic decorations, the compass from his cruise in Kuwait and the carvings from his stay in Singapore. These reminders help to keep the young wife grounded. Even on lonelier days, Ashley has no doubt about her decision to marry Greg. After all, she says, "You never get anything in life if you don't go after it... and we're going to go a long way."

Open Mic Night



Steven Kellner/The Captain's Log

On Wednesday, Sept. 25, CAB held an Open Mic Night in Discovery Cafe. Jamie Norman, shown above, was one of the many participants. She performed her self-written song "SW."

New Student Political Group Seeks To Offer 'Third Way'

BY AMBER LESTER
Contributing Writer

The Young Constitution-
alists at CNU will be the first-
ever youth branch of the Con-
stitution Party.

"What we are doing here
at CNU is truly historic. As a
history major, I love to study
history, but I never thought I
would actually make history,"
activist Josh Dermer said.

The Constitution Party is
pro-life, pro-family values
and pro-gun rights. They do
not support trade organiza-
tions such as North American
Free Trade Agreement (NAFTA),
the General Agreement on
Tariffs and Trade (GATT),
World Trade Organization
(WTO), World Bank, the
International Monetary Fund
(IMF) and the proposed
Free Trade Area of the Amer-
icas (FTAA).

According to Dermer
they wish "to restore Amer-
ican sovereignty including
withdrawal from the United
Nations." They are also
against any unconstitutional
spending and corporate wel-

fare. The Constitution Party
also supports limited govern-
ment and protection of prop-
erty rights.

Dermer originally got in-
volved in the Constitution
Party this past June when he
petitioned to get Dr. Frank
Creech on the ballot for U.S.
Congressional District 11.

"According to
Dermer they
wish 'to restore
American sov-
ereignty includ-
ing withdrawal
from the United
Nations.'"

Since then, he has worked
with the head of the Con-
stitution National Committee,
James Clymer, to create a
Young Constitutionlists
chapter on CNU's campus.

At the Committee's con-

vention in Annapolis, Md., on
Sept. 16, Clymer praised
Dermer's efforts. "He also
promised to provide the club
with guest speakers in the
future. Since then, much in-
terest has aroused at other
campuses as well. Dermer
says he has spoken with stu-
dents from New Jersey, Wy-
oming and even Liberty Uni-
versity who are all interested
in following in CNU's foot-
steps.

Dermer is working to
build interest and find a fac-
ulty advisor, along with five
other students. After that, the
club must be approved by the
SGA. Once approved, the
goal of the Young Constitu-
tionalists will be to promote
the Constitution Party's val-
ues and ideals and openly de-
bate today's issues. There
will be no fees, but they do
desire all members to support
the fundamental values of the
party: defending the right to
life, to bear arms, fair trade,
national sovereignty and
moral values. Any students
interested in learning more
can go to the party website,
www.constitutionparty.com
or attend the meetings.

Campus Girl Scouts Sell iFolder For Local Scouting

BY ASHLEY RICH
Staff Writer

The Campus Girl Scouts
just completed a unique
fundraiser on Oct. 1. This
year, the club sold one-year
subscriptions to iFolder. Sub-
scriptions were for 100MB of
storage and cost \$25 per
month, for 12 months. Stu-
dents who purchased a sub-
scription will receive a jacket
embroidered with his or her
name in approximately four
to six weeks.

Campus Girl Scouts re-
ceived \$50 from each sale.
That money will purchase
supplies for Badge Work-
shops targeted at the local
Girl Scouting community.
The money also helps in the
preparation and carrying out
of "Fun Days" for local Girl
Scouts, especially high school
age girls. "Fun Days" are
similar to camp tours, but
more personal.

iFolder is a piece of soft-
ware designed to automati-
cally save data files on a per-

sonal computer using an
Internet connection. All files
are encrypted and sent to a
protected server. Only some-
one with the password can
access the files.

The product is be-
lieved to have many advan-
tages. It allows students to
access their files from any
computer by opening up a
web browser and pointing to
the iFolder website. A
student's files are available at
the click of a mouse, and any
changes that are made will be
updated automatically on
their personal computer.

iFolder also contains
an auto-protect feature. If a
document is lost because the
hard drive crashed, a person
can log into iFolder, or access
the website from another
computer, and the document
is still there because it has
been saved.

Transferring espe-
cially large files from one
computer to another through
e-mail has been difficult for
some students. E-mail attach-
ments have approximately a

2MB size limit, and most e-
mail programs will not allow
executables to be sent be-
cause they could contain vi-
ruses. iFolder has a much
larger size limit for attach-
ments and allows students to
send files and documents
with more ease.

The Girl Scouts de-
cided on this fundraiser be-
cause they believe it's a valu-
able service. Even though the
product was originally de-
signed for businesses or in-
dependent contractors, it can
work for students, too.

"No one likes to work on
a dissertation only to have it
disappear when the com-
puter crashes," Campus Girl
Scout President Diane
Cabiroy said.

Not only is iFolder de-
signed to be user-friendly, it
also doesn't interfere with the
firewall on campus.

"You never have to
worry about forgetting to
bring a disk to McMullan
Lab ever again," Cabiroy
said.

Fazoli's serves up Italian Favorites Fast

HOMESTYLE PASTA

	Small	Large
Classic Sampler	4.99	5.99
Ultimate Sampler		5.99
Spaghetti		
with Marinara Sauce	3.69	4.19
with Meat Sauce	3.69	4.29
with Meatballs	4.29	4.99
Fettuccine Alfredo	4.29	4.79
with Broccoli	4.29	4.99
with Peppery Chicken	4.29	4.99
with Shrimp & Scallops	5.29	
Ravioli		
with Marinara Sauce	4.29	
with Meat Sauce	4.59	

BAKED FAVORITES

Homestyle Lasagna	4.79
with Broccoli	4.99
Baked Spaghetti Parmesan	4.49
Baked Chicken Parmesan	4.99
Baked Ziti	4.29
Baked Duo	4.49

1/2 portions of Lasagna & Baked Ziti

	Double Size	Whole Pie
Cheese Pizza	2.39	10.99
Pepperoni Pizza	2.59	12.99

PANINI

oven-baked Italian sandwiches please allow 5-7 minutes to prepare	
Four-Cheese & Tomato	3.59
Ham & Swiss	3.99
Chicken Caesar Club	4.79
Chicken Pesto	4.79
Smoked Turkey	4.29
Italian Deli	4.29

SUBMARINOS®

fresh baked Italian sandwiches
please allow 5-7 minutes to prepare

	Half	Whole
Original	4.89	9.69
Club	4.99	9.99
Marshall	4.99	9.99
Turkey	4.79	9.49
Ham & Swiss	4.89	9.59
Pepperoni-Pizza	4.79	9.49

Double the meat
(including Marshall)

2002 Prices subject to change

SALADS

freshly prepared daily

Kaglar	1.19
Fresh Garden Salad choice of dressing	1.59
Side Caesar Salad	.79
Side Pasta Salad	3.99
Italian Chef Salad	4.29
Meatless Chef Salad	3.99
Chicken & Pasta Caesar Salad	4.49
Minestrone Soup & Breadstick	1.69

KIDS MEALS

for children 12 & under every day
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Opinions

The Captain's Log

Where We Stand

Last week, a woman was sexually assaulted near campus. The woman was the victim of one of the most heinous acts one human being can commit upon another. And we are angry, angry these women were put through such an injustice, angry that one person would do such a thing to another and angry that there was the opportunity available for whomever did this to commit the vicious act.

Now in the days and weeks following, campus police have commendably increased their visible presence, especially on the East Side of campus, and supplemented themselves with hired security personnel.

After events such as this, some of the safety precautions that can be taken should be remembered. No one should walk unescorted across campus after dark. Traveling with a friend can prevent many a tragedy. Make sure that someone always knows where you are going, and when you are expected to be back. If someone assaults you, every second counts, and the quicker people know that you are missing the better.

Finally, avoid unnecessarily dark areas, and do not approach strangers. These seem like elementary instructions, yet one would be surprised how often they are not followed.

Yet, with all of the precautions that can be taken, the types of assaults that occurred last week are not the norm. In fact, 85 percent of all sexual assaults are committed by someone the victim already knows, according to the Office of Multicultural Affairs.

Acquaintance rape and date rape are the most frequent types of sexual assault, and the least talked of. Education and prevention of these types of assaults are the keys to preventing sexual assault as a whole.

Sexual assaults like the one that occurred last week are rare, especially on a campus such as ours. Living on what is advertised to be one of the safest campuses in the country can give many a student a false sense of security. The campus does not and will not live exclusively in a vacuum.

The areas surrounding CNU are not always safe, and no matter how secure the campus may be, one must venture off of campus eventually.

Stolen Applications: New Level Of Crime

BY STEVEN SCHILLER
Contributing Writer

At the beginning of the semester, I swore an oath of honesty with the rest of my freshman class. It was made clear at the Academic Convocation that the oath was very serious. One violation of this oath could lead to expulsion. I took it seriously, so I assumed that the rest of my class did.

Recently, however, an application for President of the Freshman Class has been stolen. Is this the first time something like this has happened in the history of CNU? We are the first to get caught.

As a result, the election process will have to restart. I am ashamed that it had to be my class, assuming that it was a freshman that stole the application, to "break the ice" in the field of election fraud.

But why my class? The class of 2006 supposedly clocks in as the best academic class in the history of CNU, with average GPA of 3.5 and an 1135 SAT. One would think that higher intelligence would lead to a more responsible level of behavior.

But is this really a fair assumption? In psychology, the cognitive and emotional sides of one's brain are two entirely different entities. In other words, superior comprehension of the world does not

imply superior conduct towards it. Sometimes the latter is sacrificed for the former, as is the case with some geniuses.

Not only does intelligence fail to hinder dishonest conduct, it may actually promote it. With an increased level of awareness comes an increased understanding of how one can circumvent the established rules. As an example, take the recent Enron scandal. The people that cashed in were all executives, very intelligent. It took a large amount of brain power to conceive of and get away with such a scheme.

What I'm driving at is this: the class of 2006 might be the hardest yet for admin-

istration to handle, because of its academic standards. This is in no way a sure thing, since the increase in standards is only marginal. But, this recent violation may herald a new level of disobedience, as the amount of intelligent students that CNU attracts will only rise.

No evidence exists to prove that the application was even stolen, rather than lost. But as it is a possibility, it is always better to err on the side of safety. My suggestion to the administration: look into changing current policy and enforcement pertaining to student conduct, for as students get smarter and the population grows, so will the crime.

The Captain's Log Accepts Letters From You!

The Captain's Log wants to hear from you.

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 new.

Just send your letters to

clog@cnu.edu or drop them by our newsroom on the second floor of the Student Center, Room 223. General meetings are held Wednesdays at 5:30 p.m. on the second floor of the Student Center, room 214.

LETTERS TO THE EDITOR SGA Deserves Credit When Due

Family Weekend Hosted By SGA

We would like to express our deep regret in the Wednesday, Sept. 25 issue of The Captain's Log for failing to recognize the Student Government Association for Family Weekend 2002. The SGA Executive Board, as well as student

senators, worked vigorously for many months planning and executing Family Weekend 2002.

Vice President of University Relations, Ashley Boyd, worked for many months planning the entire event with the help of her committee.

Failing to recognize the SGA, students, faculty, staff, administration and other outside organizations not only upsets these groups but saddens them as well.

Thank you for your time and consideration.

Sincerely,
Anna Williams
President

Jeremiah Davis
Vice President of Student Services

Ashley Boyd
Vice President of University Relations

Jenn Wenzel
Secretary

Michael Maher
Parliamentarian

Not To Be Encouraging Kazaa

In response to last week's article "Movie, Music Sharing: Shows Campus Network" I feel there are some clarifications that need to be made.

My picture was taken, and used on the front page of this paper, but permission was not given to have my picture used in a negative article about the Kazaa file-sharing downloading.

I never had the chance to deny permission to be involved in this type of article. Had I known what type of article was to be published I would never have posed for the picture.

Further yet, I would have never given permission for my picture, name, and job title to be used in the article.

The fact is I didn't have the chance to deny permission. I was never asked. I was used without my own personal consent, and for that I am upset.

Now though I have never used Kazaa before, I have in the past used other file-sharing programs. I no longer use any of them, they are illegal. Every time someone downloads a file off of one of these programs, they are essentially stealing from the musician.

Through laws of copy-

right infringement, for every file one downloads from a program such as Kazaa or Morpheus, they can be fined up to \$1,000.

I have completely ceased and desist my using of these programs. Were it my profession I would not want people stealing from me, and so I pay the same respect to the artist. In an international war of file-sharing it is important for me to know I am doing to right thing. Now YOU know that I am doing the right thing.

Thank you,
Marcus Mancini



The Captain's Log

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The Captain's Log reserves the right to edit letters according to style and length, as well as to refuse publication. The Captain's Log welcomes letters from its readers. Send letters to: The Captain's Log, 1 University Place, Newport News, VA 23606. Letters may also be brought to our office or sent to us by email at clog@cnu.edu. Anonymous letters may be printed, but writers must sign the original, providing a full address

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

If you notice an error in The Captain's Log, please let us know via e-mail at clog@cnu.edu.

■ In the story in Issue 3 about the Lip Sync Competition, Junior Chris Rice is not the President of the Campus Activity Board, Junior KT Peterlin is.

■ In the caption in Issue 3 about the Family or Knot contest, Jeanice Stewart and Taya Moss' names were spelled incorrectly.

■ The photo caption accompanying the story entitled Music, Music Sharing Shows Campus Network should have read as follows, "Marcus Mancini, a Resident Assistant in York River Hall East, (above) demonstrates the use of the popular file sharing program Kazaa. The use of file sharing programs, such as Kazaa, in the residence halls is said to be responsible for the slow Internet access experienced throughout campus."

■ In the story in Issue 3 about the student Police Aides, Campus Police are not security guards. They are, in fact, fully sworn police officers.

■ In the story in Issue 3 about the Lip Sync Competition, Junior Chris Rice is not the President of the Campus Activity Board, Junior KT Peterlin is

ArTs & EnTertainmEnt



Katie Brandon/The Captain's Log

CNU ToNight Provides Lots Of Laughs To The Campus

CNU ToNight has grown into one of CNU's most entertaining and anticipated events. Since beginning three years ago, the performance, which includes comedic skits that are written, directed, produced, and performed by students, has enjoyed continued success and greater following. The show also includes musicians, rounding out the night in a CNU-styled "Saturday Night Live"-like atmosphere.

Discussion Related Hairstyle To Lifestyle

BY DANIEL BANKS
Staff Writer

From television to billboard magazines, women are bombarded by hefty cosmetic advertisements. Beauty manufacturers produce various brands of make-ups, perfumes and shampoos. Their campaign phrases promise to turn the average hard-working women into goddesses if they would only use their products. Even if women fail to succeed, one thing remains a certainty. Businesses claim that a lady can always have the

perfect hair, regardless of any circumstance.

To the casual observer, this may seem trivial, and at often times it is presented as such. Yet, behind all the business market glamour, women take their hair very seriously. It is not just a fashion statement. For many women, hair is a tool of empowerment, a symbol of freedom in today's society. The nature of this ideal came to light Wednesday Sept. 25, 2002.

Women of different races, ages and creeds came together at CNU to take part in a discussion titled "Women's Empowerment: 'Through Hair,' in a tiny, yet packed Einstein's Café. Dr. Mary Rose Williams, a professor of Communications Studies, is in association with the Women's and Gender Studies program. She led the discussion. Williams presented a recent study based on compilations of 75 transcribed interviews of women aged 39-41.

She wanted to give more credibility to what women knew all along.

"What I found were four recurring themes that defined what hair really means beyond the commercial sense," Williams said. "The process of changing a hairstyle is a revolution that is not at all trivialized."

Even though the study was conducted on a small scale of Caucasian women, the answers of the transcripts produced four recurring themes that expand well beyond the multi-billion dollar hair industry's fairytale beauty campaign.

"These themes were escape of relationship trauma, rebellion, desire for change and the need to fit in," Williams said.

Changed hairstyles often serve most recognizably as a sign of a huge accomplishment of a woman being a victor, as opposed to a victim. The refitting of hair is a manifestation of the human spirit being renewed.

"Traumatized victims would often feel the need to shed the constraint of anger, fear and frustration as an at-

66

tempt to redefine their need to be free," Williams said. The recurring theme of rebellion had close ties with the theme of choice, enabling women to redefine themselves in their own image. "What we found were that women just wanted a to own their lives, to create a manifestation of power that not only reflected the changing times, but themselves as

well," Williams said.

The women in the study also were noted for believing that hair was also a gateway for acceptance in the social orders of the world as well as underlying their professional

As the presentation concluded, Williams was inspired to go beyond the boundaries of her study and attempt to apply the research to multicultural lines. After all, she believed that "girl power" is a universal phrase.

Incubus At The Amphitheater: Bring On The Brandon!

Incubus
Rocked; But 30
Seconds Wasn't
Long Enough
To Kick
Opening Band
Back To Mars

BY TOMMY CARRICO
Contributing Writer

After riding in the trunk of Tyler Embrey's Blazer for a smidgen under an hour, we had arrived at the Virginia Beach's Verizon Wireless Amphitheater. With anxious anticipation of the wonder with which we would be presented that night, my friends and I wasted no time locating Yvonne (the holder of our tickets) and proceeded to make our way inside, through security and such.

As we were meandering around the amphitheater, we couldn't help but notice this loud, aggravating noise. With puzzled looks across our faces, we soon realized that this grating racket was none other than 30 Seconds to Mars (the band that was opening for Incubus).

They seemed to be one of the bands that one would only be enjoyed under the influence of heavily potent narcotics. After several songs, the words of which I could not quite understand, 30 Seconds to Mars finally exited the stage.

In the moments that followed, guitars were tuned, lights were dimmed, and the audience was bringing to a halt their conversations about the opening band's lack of talent.

Finally, the guitar tuning had progressed into the opening chords of "Circles" and the entire amphitheater went absolutely insane. They

played a lot of songs from their albums "Make Yourself" (1999), and "Morning View" (2001), but in comparison didn't play many songs from either "Fungus Amongus" (2000) or "S.C.I.E.N.C.E." (1997).

About halfway through the show, the lights went out, and when they came back on lead singer Brandon Boyd appeared sitting on a couch with lead guitarist Mike Einziger, for a short acoustic set. They then followed with a few songs and finished it off with a charged rendition of "Pardon Me," which, to us, was the highlight of the show.

First-year student Jonathan Stafford commented, "Brandon Boyd with no shirt playing 'Pardon Me' it got so hot I had to take my shirt off too!"

"I went [expletive] insane," said Andrew Willingham in reference to the performance.

By this time in the concert, we had all completely forgotten about whatever band it was that had begun the evening, and we were ready to leave.

But wait! Much to the delight of the crowd, Incubus returned to the stage to play a few more songs, one of which I had never heard before.

Perhaps it was unreleased, or perhaps I needed to brush up on my Incubus.

They concluded by playing the most relaxing song that has ever been bestowed upon this earth: Aqueous Transmission. The concert was, in my humble opinion, off the hook, chain, meat rack, handle and hizzle, as well as dope, phat, tight and stupid fly.

Incubus played all the songs that the crowd wanted to hear and did an awesome job of mixing up their harder, louder songs with their quieter, more melodious ones. And, in the words of my high school football coach, Incubus "Got it Done."

ness at the job market," Williams said.

The Einstein crowd responded with reactions that were generally warm and understanding. Most noted that even though the study conducted was very limited to an all-Caucasian demographic, the results crossed cultural lines.

A few unidentified African-American and Latino women commented on how their parents, as children, forced them to undergo dramatic changes such as the straightening of hair, so that they would be accepted by the vast culture at large. They said that as they got older, they took control of their own identities and adapted a style that was just "theirs and nobody else's."

As the presentation concluded, Williams was inspired to go beyond the boundaries of her study and attempt to apply the research to multicultural lines. After all, she believed that "girl power" is a universal phrase.

Mullets & Mohawks DO Make A Difference; Women's & Gender Studies Discussed How To Make Yourself Hair Aware

Latin Ballet Dancers Flopped In Uneven Performance

REVIEW

BY EMILY USEEM
Staff Writer

The Latin Ballet of Virginia performed at CNU last Wednesday in the Gaines Theater. The ballet held a two- and a half-hour demonstration in honor of National Hispanic Heritage Month, which runs from Sept. 15 to Oct. 15.

At first I did not particularly like the dancing because of the way it was choreographed and the transitions in between dances. The dances didn't seem to fit in with one another.

The dancers did not use the stage to its fullest potential, and their movements did not match the music. The dancers seemed to stick to the back of the stage and didn't move with the way the music would suggest they would.

In one song, a dancer spent the entire song moving her hands and arms and turning on occasion while dramatic music throbbed behind her. It was visually boring.

In addition to the dancing, the dancers interrupted one another by coming on

stage toward the end of the dance in front of them. They weren't just visually bothersome; there were some audio disturbances as well with the transitions.

At one point, a man who was dancing with chains dragged himself to a corner of the stage and the rattling was very distracting.

The first dance, titled "America the Beautiful" was particularly distracting. I kept asking myself, "Why is the Latin Ballet of Virginia dancing to patriotic songs about America and waving around an American flag?"

However, all of the dances seemed like that until afterward when a member of the company came out on stage and explained their significance. The performance would have been much more enjoyable if he had done it before hand.

After that slow start, the performance picked up. The dancers came out on stage and invited the audience up to learn a type of martial arts from Brazil called Capoeira. It broke up the monotony of the previous dancing and got me interested.

The second set of dancing was the high point of the evening. The actions going on needed no explanation. The dancers had clear facial expressions and a coherent

story that appeared in the first two dances. The salsa had four dancers showcasing the various levels of skills.

By the end of the dance, I was amazed as to what the dancers could do. It was very sensual. I disliked the last dance, which was called "The Jeweled Heart." The dance was actually based on a children's book, and it showed.

I felt that the dancers overplayed everything for the age range that was present.

However, I must commend the dancers for the way they handled the CD skipping over and over again. They took no notice of it and kept dancing.

The second demonstration was as enjoyable as the first. That time the audience learned a dance other than that of marital arts, which they also performed to a beat of music.

Overall, the performance was uneven. The dancers displayed their talents during the demonstrations and second set of dancing, but the choreography from the first part made them look really bad.

Their abilities were being wasted by poorly choreographed dances.



Rita Haynes/The Captain's Log

Sonic, located on Jefferson Ave. in Newport News, serves up blasts from the past.

Poodle Skirts Out, Patty Melts In

Sonic Provides Retro Dining

BY JESSICA HELSEL
Staff Writer

Drive-in theaters are all most in the past. Sock Hops and poodle skirts aren't in much call these days, either. However, there are a few good retro-diners around to pay homage to that era. But while we hurry on with our busy drive through lives that move away from "the good of days," there seems to be a business that wants to uphold the ideals of the American burger drive-in. Sonic, established in 1953,

opened in Newport News in the Port Warwick Shopping Center on Jefferson Avenue this past August.

Sonic leads the retro crusade with a twinge of technology. With a push of a button you order from your car, instead of waiting for a carhop to come out and take it. Further, the carhops no longer come out to you on roller skates when they serve your food.

The burgers and fries are the same as they were in 1953. Only now you can grab breakfast there, which connects their version of a McMuffin (but on toast) and a pancake on a stick.

About five minutes after you order the food is ready: burgers, fries, shakes, tater

lots, mozzarella sticks and even a side of coleslaw if you want it. For desert, you can choose from banana splits and hot fudge sundaes. A meal for two costs about \$15.

While the idea behind it is great and the food is pretty satisfying, the view does leave something to be desired; a dusky motel happens to be right across from where half of the parking spots sit. Still, it is a fun time to be had by all. It is a great place to go after a movie or just a fun date. Just be wary on Friday and Saturday nights; they can get so packed that police officers have to come out to direct traffic and, you might have to wait to be seated. But go check it out, and don't forget to tip your carhop.

Accomplished CNU Musician Already Played For 40,000 On ESPN, Now He's Part Of Music Dept.'s Surge Of Success



Josh Gall

Photo Courtesy Josh Gall

BY MIKE BORAK
Contributing Writer

Music programs are best known for screaming-high trumpets, sousaphones with shiny brass bells and colorful uniforms, all of which are primarily sights and sounds associated with marching band. CNU has yet to establish a marching band, leaving the music program somewhat unrecognized. Regardless of its obscurity, the program has been making huge progress in recent years.

Much of the credit must go to the staff. Dr. Reimer especially, for working to bring outside musicians, new festival events and fresh talent to the program. A great deal of the success, however, belongs

to the talented students. In this series, students will be introduced to people who know that there is more to a music department than C's above the staff and lustrous brass. People like Josh Gall.

Josh Gall is a tuba player from Goochland County, Virginia. He began his career in music due to influence from his family. Major accomplishments include two years as Goochland High's drum major, two years in the all-state band, pledging with Phi Mu Alpha music fraternity, starting his own disc jockey service and marching as a Cadet last summer. Of his achievements, Gall most highly values the time he spent marching with the Cadets of Bergen County.

Drum corps might best

be described as a professional marching band. Each fall the best and the loudest brass players are selected to march in the spring. After months of grueling, training and touring, there is a world competition, which airs on ESPN, to close out the season. Gall said of that night, "the most incredible experience in my life was being able to communicate in a way that means so much to you with an audience of 40,000 screaming fans."

He became involved in the corps after seeing a television performance. "I got my dad to take me to a show in Salem, and was completely blown away," reveals Gall, "I was so touched, and I wanted to give that feeling to other people."

He also uses his expertise to help local high school students learn proper marching and playing fundamentals. His future plans include getting a job as a high school or college instructor.

Gall's contributions to the community, both as an instructor and a disc jockey, make him an irreplaceable part of the department. He loves the music program, saying of it, "[the department] is small enough to get individual attention, but big enough that the competition keeps everyone on edge." It is because of people like Gall that the music program at CNU is prospering.

Gall will be playing in the fall concert at 8 p.m. on Nov. 1, and in the Holiday Happening at 8 p.m. Dec. 2 and 3.

"Good Girl" Is A Good Flick

Arteta, Aniston Bring Life To A Quiet Story

BY PAUL FROMMELT
Staff Writer

At the beginning of the new film "The Good Girl," directed by Miguel Arteta, Justine Last (Jennifer Aniston), sums up the life she is living when we first meet her.

"As the girl, you see the world like a giant candy store, but one day you look around, and see a prison."

Last is living a boring life. Her life isn't horrible. She has a loving, albeit-idiotic husband, a job and a nice house. But she wishes for more. For the first 20 minutes of the movie, you see her typical daily routine. Last goes to work at an all too familiar discount-store chain. Then, she comes home to her pothead husband and his idiot friend. She goes to sleep and wakes up and does it again.

That part of the show began to bore me. But when it all hit the fan, I began to

realize what Arteta was doing. He was trying to show the audience how boring Last's life was before she met Holden Worthier (Jake Gyllenhaal).

Worthier is a new employee at the "Retail Rodeo" where Justine works. He is a loner who feels exactly the same way Justine feels about the world. As Last goes through the inner-conflict of whether to have an affair with Holden, the audience has a stake in her decision. We don't want to watch her boring life as much as she doesn't want to live it. We want things to get interesting.

The way screenwriter Mike White involves the audience in each decision of Last's life is amazing. He can make us love a character one minute and then make us abhor the character the next. As in most movies, every choice that the main character makes influences the audience's opinion. But in "The Good Girl," the audience becomes so involved in these characters' lives that we seem to care about the decisions as if they were our own. The emotional attachment is the key to "The Girl's" success.

Any movie can have a

wonderful script, but it is the actors who bring the written page to life. This is where "The Good Girl" truly shines. Aniston can act, folks. Her recent Emmy proves that. Her pure charisma is what keeps the audience pulling through her character's every decision.

The character of Last is a complicated one. The audience needs to understand her desire for change in order for the movie to work. Aniston accomplishes this in spades.

Worthier is the catalyst of the movie. Gyllenhaal needed to be able to have the audience wrapped around his finger. We needed to hate him and love him at the same time. The tortured character he played in "Donnie Darko" goes to a higher level in this film. Once again, Gyllenhaal accomplishes this. The audience is able to love him, hate him and feel sorry for him all at once.

"The Good Girl," is a very offbeat film that is worth checking out. This weekend, skip the blockbusters with the explosions and the trite action sequences. Do yourself a favor and check it out.

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Sports

Women's Soccer Wins Three In A Row

Captain's Remain Undefeated In The Dixie Conference, And Are 7-9-2 Overall

BY TOM GEARY
Staff Writer

The CNU women's soccer team won three conference home games in a span of only four days, improving their record to 7-2-1 overall, 3-0 in the Dixie Conference.

The Captains began the three-game stretch with a 2-0 victory over Greensboro on Sept. 25.

Freshman Paniz Asgari put CNU ahead 1-0 in the 31st minute. Freshman Lindsay Lee had the assist.

Freshman Ashleigh Dots capped off the scoring in the 81st minute with an assist by senior Natalie Stallings.

CNU outshot Greensboro 20-3.

Stallings scored a hat trick to lead the Captains to a 6-1 win over Averett on Sept. 27.

Stallings, who is on pace to break the school record for goals in a season, scored in the 6th, 19th, and 63rd minutes, all unassisted.

Junior Rosie Russo scored her first goal of the season in the 12th minute on a penalty kick, after Stallings was fouled inside the box.

Junior Shelley Rusnak scored in the 16th minute unassisted.

Sophomore Shannon Crane finished the scoring in the 89th minute.

The Captains outshot
Please see Soccer, page 9

Natalie Stallings Quick On Her Feet



Susan Miller/The Captain's Log

Natalie Stallings is one of the women's soccer players at CNU 's. Stallings has already racked up 11 points and three assists in ten games, and threatens to break the record for goals in a season.

Stallings Transferred From University Of Richmond To CNU

BY TOM GEARY
Staff Writer

Whenever Natalie Stallings gets possession of the ball in scoring range for the Captains soccer team, the crowd holds their breath in anticipation, awaiting her next move.

Various fans in the audience rave about her eye-popping moves, her lightning-fast speed, and how she has better crosses than most guys that play.

But according to coach Kwame Lloyd, Stallings doesn't act like a star player, but like another one of the girls.

"Natalie's definitely a

couple steps ahead of everyone else [but] she doesn't show it in her attitude or her character," Lloyd said. "She's there to play and have fun. She loves the game and the kids respond to her."

Stallings, known simply as "Natty" by her teammates, is one of the captains on the CNU women's soccer team this season. In ten games, she has already racked up 11 goals and three assists (25 points). Compare this to last season, when leading goalscorer, Shelley Rusnak, finished the season with just seven goals.

Stallings, a senior, is a transfer student from The University of Richmond, where she played three years as a midfielder and sweeper for the school's Division I soccer program. She was named to the First Team All-CAA in 2000, when she helped lead the team to a 13-7 record and a NCAA appearance. Stallings was named to the preseason Atlantic 10 all-conference team as a junior.

She has also played three years as a defender for

the Hampton Roads Piranhas W-League soccer team. The W-League is a developmental women's soccer league for collegiate athletes with hopes of becoming professional.

While at University of Richmond, Stallings came down with a serious illness and was forced to take a break from soccer.

"I was sleeping all the time. I got tired a lot easier, and sore," Stallings said. "They thought it was chronic fatigue [syndrome], and the doctors are still up in the air about what it is. They couldn't come to a consensus, so I'm still going to the doctors."

Chronic fatigue syndrome is something that Stallings is not unfamiliar with. Michelle Akers, a professional soccer player that Stallings credits as inspiring her to play, was diagnosed with chronic fatigue syndrome. Akers, however, was able to continue her illustrious career, becoming the all-time leading scorer in Women's World Cup history, the fourth player in the history of international soccer to score 100 career goals, and a gold medal winner on the U.S.

women's soccer team at the 1996 Olympic games.

Since both Stallings' family and doctor reside in Poquoson, where she attended high school and played soccer, she decided to transfer to CNU.

Because her illness has subsided as of late, Natty decided to resume her soccer career.

Freshman Megan Giunti is glad that she did, because of her positive effect on the Lady Captains.

"I think Natty's had a great effect on the team," Giunti said. "She's a phenomenal player and she's a great person. She's always willing to help out."

Stallings has had a quick impact, igniting a young team that finished with a 7-9-2 record last season to a much improved record. The Lady Captains (7-2-1) have already matched last season's win total, and scored more goals (35) than last season (28).

Please see Stallings, page 9

Volleyball Tournament Raises Captain's Record To 6-0

Captain's Faced Three Teams As Host In Tournament

BY ROB SILSBEE
Contributing Writer

Forget the sandy beaches of California, and there's no need for ESPN cameras. The CNU volleyball team excels without either.

Last Saturday, the second Dixie Quad Conference of the year was held at the Freeman Center. Ferrum, Averett, Methodist College and CNU all came to the courts to win.

The tournament was a full-day event for the young CNU team. A volleyball match at the collegiate level consists of a best-of-five series of games played to 30 points.

At 11 a.m., CNU's first game began. Facing Ferrum College, the day commenced with CNU seeking to continue their flawless season in the conference.

The Captains rolled over Ferrum quickly in the first game, defeating them 30-17, but Ferrum quickly answered with a second game win of 26-30.

Shermika Harris responded to CNU's attack with 11 kills, and Ferrum was determined not to be glanced over.

However, with an amazing 11-0 run put together in service points by Amber

Please see Volleyball, page 9

Faith And Sports Come Together For CNU Soccer Player

Josh Shaw Traveled To Ethiopia, Argentina To Spread Christianity

BY VIRGINIA MILLER
Staff Writer

Faith has guided him through his life.

"I wouldn't be here if we had not for Jesus Christ," he said.

He has even explored his ability to share his faith both in other countries and here at CNU.

Joshua Shaw, a third-year resident assistant, is a senior on the men's soccer team his father, Steve Shaw, coaches. For the future, he wishes to go into youth ministry, a goal for which his past has already begun to prepare him.

Shaw has been to Argentina and Ethiopia on mis-

sions.

One notable story he tells about his trip to Ethiopia is of a boy who had scraped his knee. The wound had a simple scratch, like one received when falling on concrete, but had begun to turn green. Shaw went to the store to buy a tube of Neosporin, a product that the boy and his family would not have been able to buy.

The wound quickly healed and a leg that most likely would have been lost was not lost.

Besides his world travels, another thing that distinguishes Shaw from other men his age is the difference between saying "thanks" for food in the United States and where he visited.

Unlike the United States, where citizens expect to receive three meals a day, he met people who often would not know where even one meal a day would come from. Instead of worrying about matching outfits, people would worry about where they would even get shoes.

Using his minor in Spanish, Shaw interned in North

Carolina to help with a youth outreach program.

"It was an awesome experience," Shaw said.

More than that, it gave him a glimpse of what he wants to do once he gets out of school.

Besides visiting other countries, Shaw has also taken an active role on campus. Since being at CNU, he has been apart of Young Life, Fellowship of Christian Athletes. He has also been a resident assistant for the past two years.

"Being an R.A. has really awesome," Shaw said. "I like being in a position where I can impact others' lives."

This year he meets with some of the men from the soccer team to lead a Bible study group. He and some of his "closest brothers in Christ" will at times walk around CNU and pray for its students, faculty and staff.

Family is important to Shaw, and he feels close to them. Shaw's feelings about playing soccer under his father reflect this.

"My relationship with

him has grown much closer," Shaw said.

Shaw's father bought him a soccer ball at the age of five. This simple gift began his love with the game.

When time came to choose a college, Shaw knew he wanted to play under his dad, despite the difficulties it could possibly pose.

"There were times during freshman year when I felt special," Shaw said. "But it has been rewarding overall. I really didn't ever want to play for anyone other than him."

The rest of Shaw's family . . . His mom will cook for anyone he brings home after church on Sundays. His sister attends VCU, and his brother will attend CNU next semester.

Every other year, there is a family reunion where members from all over the country come.

Shaw is also known on campus for being an avid eater of Mexican food. He hosts salsa and cheese dip parties on campus. As for hobbies, Shaw also skates on longboards, fishes, surfs and enjoys wood-working.



Tyler Storrer/The Captain's Log

Josh Shaw's footwork keeps the ball away from Averett.

Volleyball, continued from Page 8

Bradshaw and the team play, Ferrum couldn't hold up. CNU's own Conference Player of the Week Nina Richardson had 37 assists, getting everyone into the game to put away Ferrum in two successive 30-12 games.

Erin and Amber Bradshaw, freshmen from Chesapeake, Va., have put together promising statistics that prove to be assets for a few years to come.

Also a promising recruit is Mary Whiting, voted Conference Rookie Player of the Week. Whiting is currently averaging 3.6 kills and 2.2 digs in 12 games this season. The freshmen athletes also band together with veteran

leaders Richardson and Oksana Boukhitina.

The tournament then continued with Methodist College coming together to battle Averett. The match was decided by Averett in a 3-1 victory.

Methodist rolled over Ferrum in the same way the Captains did earlier in the day.

Around 7 p.m. the CNU players suited up for the final match of the day, facing Averett University. Averett came into the tournament undefeated in the Conference. They held a 3-0 record against CNU's 5-0 start.

The first game proved to be a struggle, with Averett holding point for point with CNU.

The individual efforts of Averett couldn't dispel the Captains, though. The second game was just as competitive, with the Cougars commanding the game until Lindsay Sheppard of CNU called a timeout. At 12-17 before the timeout, the score drastically changed as CNU put up an 18-2 run to take the second game out from under Averett's feet.

This drive gave the Captains enough momentum to take the third game with ease and sweep the supposed threat in Averett.

The Captains now lead the Conference with a 6-0 record.

The team's next game is tomorrow at 6:30 against Chowan.



The CNU volleyball team works hard against Averett to win the tournament. The Captains are currently undefeated in the Conference, and hold a 6-0 record.

Soccer, continued from page 8

Averett 30-2. Coach Kwame Lloyd rotated the starters and the bench shortly after CNU took a 4-0 lead in the first half.

On Sept. 28, CNU easily disposed of a short-handed Ferrum team, 9-0.

Ferrum only had seven healthy players, the bare minimum needed to officially play a game, on the field against CNU's eleven.

Lloyd, however, started mostly backups, had many players try out new positions, and added stipulations in the second half.

"We worked on different things, different combinations of different formations, which allowed us to see players in different roles. So, we're pretty positive about that," Lloyd said.

"We added stipulations in the second half where they could only score certain ways, but it's hard to tell kids not to score - that's the object of the game."

Both Stallings and Crane scored two goals apiece. Dota, Rusnak, junior Tiffanie Reed, junior Ashley Godfrey, and freshman Terri Kaminsky all scored goals as well.

Sophomore Allison Burr-

Miller had two assists. Dota, Godfrey, sophomore Meg French, and sophomore Melissa Davis had one assist each.

CNU outshot Ferrum 13-

1. The game ended prema-

"...They could only score a certain way, but it's hard to tell kids not to score--that's not the object of the game."

- Kwame Lloyd

turely, with over 18 minutes left to play, due to a leg injury to Ferrum's Jennifer Phillips, after a clean collision with Ashley Godfrey.

"It was tough to play them because you feel bad playing them," Stallings said.

"You don't want to run up the score too

much, but you want to play and get a work out in. With the number of players we have on our team, it's kind of hard to get everybody in and out."

Among the stipulations added in the second half were that CNU could only score on a header or volley from a cross-kick.

Although CNU outscored their opponents 17-1 over the three-game stretch, Lloyd firmly believes that the Captains did what was respectable, and did not run up the score.

"It would have been insulting if we didn't play hard the whole game," Lloyd said. "If you look at their [Averett and Ferrum's] scores, the teams that have beaten them have run up the score on them."

"[Scores like] 6-1 and 9-0 are definitely, I think, respectable if you look at when we scored, how we scored and that kind of thing."

The Captains have already matched their win total from last season, when they finished 7-9-2.

CNU's next action will be at Methodist on Oct. 5.

The Captains are currently undefeated in the Conference.

Stallings, continued from page 8

Currently, Stallings is on pace to break the school record for goals in a season. She needs only five more to tie Laura McFerrin's record of 16 that was set in 1999.

"I think she's raised the bar," coach Lloyd said. "I think players have to match her because she's not going to drop her level of play. And I

think the kids have learned. And I think she's definitely added to our team chemistry."

Stallings believes that with her years of previous experience, she has been able to provide insight for the young team.

"It's my goal to help them out," Stallings said. "I hope that I teach them stuff and pass on what I know to them."

Stallings, an Exercise Science major, is unsure whether she will continue a career in soccer after college.

Lloyd, however, believes that like Michelle Akers, Natty can persevere and succeed.

"I've never seen a spirited heart in any other player like her," Lloyd said. "She'll fight to do it. Come game day it's time to play, and she's ready to play."



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Michael Jordan waves to fans after donning a Wizards uniform. There has been much debate about Jordan's comeback into the basketball world.

Jordan Comeback Welcome

BY SAM SMITH
Knight-Ridder Campus

List me among those who are glad Michael Jordan will play for the Washington Wizards this season.

There's a but here though. This one is about what's best for Jordan via a vis what's best for the Washington Wizards.

"My love for the game of basketball continues to drive my decision," he said in a statement released Thursday.

The problem for the Wizards is that Jordan is pretty good. He's not that Michael Jordan, a guy we really haven't seen since 1993. He's still a very effective basketball player. So good, really, that he was the difference between 21 wins the Bulls' total last season and 37, the Wizards' total.

It was great for NBA attendance, but not very good for the Wizards' future. Instead of point

guard Jay Williams, a potential star whom the Bulls got with the No. 2 overall draft pick, the Wizards drew the 11th selection took Indiana sophomore Jared Jeffries. He should be a nice addition, but he's no star.

And what do you know? There's a kid coming in next June's draft who could be the NBA's next big star. LeBron James is just a high school senior, so no one is quite sure how good he'll be.

James is not a big post man, but it was Jordan who changed the thinking about being able to build a franchise around a guard. James is supposed to be some combination of Kobe Bryant and Tracy McGrady. But what if he is that good?

He'll probably go to one of the teams with the five poorest records. The Cleveland Cavaliers continue to dump their season by shedding players in hopes of getting the No. 1 pick, but NBA history indicates that the team with the poorest record rarely earns the top pick in the lottery.

That should put the Bulls

in the running for James. It's hard to imagine them winning more than 25 or 30 games with the team they've put together.

The key, of course, is Jordan. If he hadn't played last season, the Wizards would have been miserable. If he doesn't play this season, they will be miserable. But with him returning, they could be pretty good.

Jordan isn't what he was. But he still draws considerable defensive attention, and he still can make the big shot. It's hard to imagine him being some sort of

and he'll make the Wizards a playoff contender. Jordan believes the Wizards would have made the playoffs last season if he hadn't injured his knee. He believes they can get there this season with the moves they've made.

But what will the Wizards be left with after Jordan leaves? Presumably that's after this season, but who knows?

He could stay.

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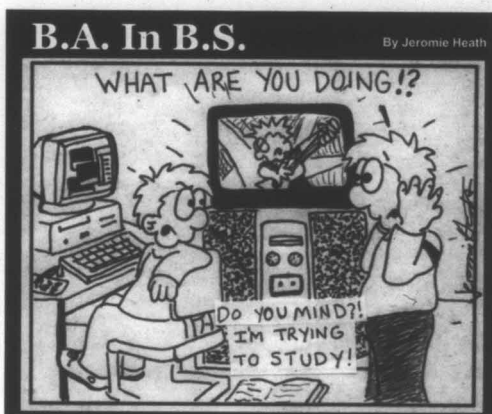
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