

THE CAPTAIN'S LOG

SUMMER ORIENTATION ISSUE

HTTP://WWW.CNU.EDU/STUDLIFE/CAPTAINS

JUNE 30, 2000

Welcome new students!

Entering the new millennium at Christopher Newport University

By Cami Wood,
Staff Writer

In the fall of 2000 the incoming freshman class will not be the only new arrivals at CNU. Along with a sea of freshmen faces the University will also open two new and extraordinary facilities on campus: the James River Hall dormitory and the Sports and Convocation Center.

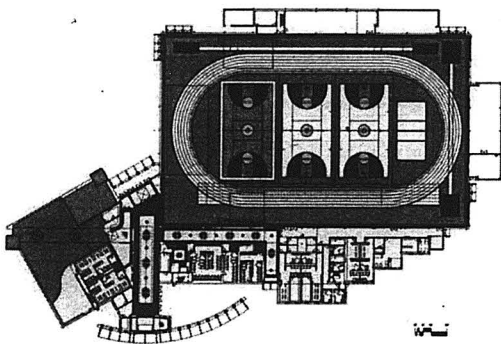
The 16 million dollar Sports and Convocation Center will open in the fall 2000. The 10,000 square foot facility will house CNU's current athletic teams, the new women's lacrosse and field hockey teams, and the new football team arriving in 2001.

The impressive new facility is complete with a 200 meter competition track, four enclosed courts for volleyball, basketball, tennis, and badminton as well as a restaurant, fitness center, and aerobics room.

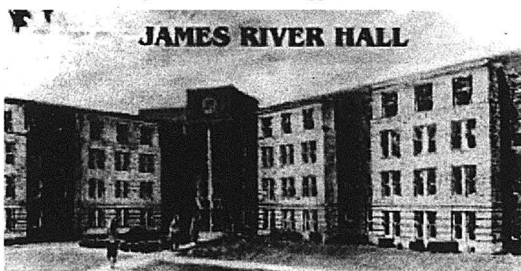
The new Sports and Convocation Center has a seating capacity of 2,500 for sports events and a maximum occupancy of 4,000 for concerts.

Construction on the Sports and Convocation Center is in full swing. Though there have been minor delays due mostly to inclement weather in the early part of the year, no delays are expected in the opening of the facility. Construction has remained under budget and almost entirely on schedule.

According to Athletic Director CJ Woolum, if there are delays they will only



Above: Floor plan of the Sports and Convocation Center. The rectangular field house will be the new stadium seating up to 4,000. Below: A sketch of the new dormitory that will house 439 upperclass residents.



affect the opening of the field house but insisted that under the threat of a delayed opening of the field house "All we can do is be optimists." Woolum proudly boasted however, "The bottom line is that it's going to be a magnificent building; we can't wait to get into it. Everybody will benefit greatly from the Sports and Convocation Center."

James River Hall will also open this coming semester and promises to be one of CNU's finest facilities. The new state-of-the-art dormitory is designed to house 439 upper class resident students.

The dorm offers a wide variety of options to students including theme units, apartments, and suites. Each of the dorms units is impressive in size, some upward of 800 square feet and the theme units over 2,000 square feet, and amenities.

Both the theme units and the apartments have kitchens complete with ample cabinet space, microwave oven, and refrigerator and all units have large living rooms for students to enjoy.

Construction at James River Hall is moving close to schedule and there are no delays expected in the opening of the dorm.

The fall 2000 semester promises to be a great one with the arrival of a new class and two new outstanding facilities.

The sheer magnificence of the Sports and Convocation Center and James River Hall offers new and returning students more opportunities to enhance their time at CNU.

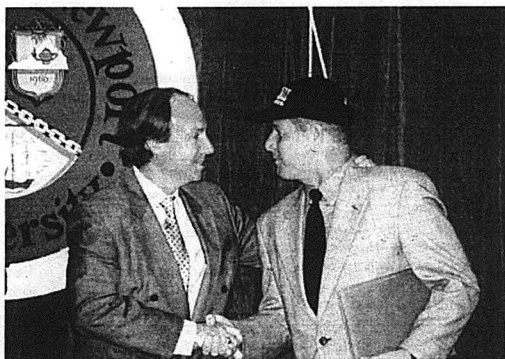
Police presence popular on campus



Bike Patrol Officer Stanley Crenshaw, Platoon Sergeant Colleen Roberts, and plainclothes Officer Martin Alston can be reached from any of the 22 call boxes on the CNU campus. (See Story, p5)

Photo by Patricia Mooza/ The Captain's Log

Matt Kelchner to "kick off" football program



Matt Kelchner was named CNU's first ever head football coach on May 9. Pictured after the press conference, Kelchner is congratulated by CNU President Paul Trible. (See Story, p7)

Photo taken off the Official CNU Web site

The ultimate quest for quiet on campus

By Diana Plevel,
Contributing Writer

In addition to food, shelter, and clothing, college students also need a quiet place in which to study. Excluding the lucky people who can easily absorb molecular chemistry equations while their roommate plays Metallica at top volume, many students seek a tranquil spot in which to read.

Even students who do most of their reading at home or in the dorms sometimes find themselves in need of such a place on campus during the interim between classes and other activities.

The main campus is covered with common areas, indoors and out, where students can sit and read. When the weather allows, students use the many benches along the flowered walkways. One of the most beautiful and relaxing outside spots surrounds the fountain in front of the library. Here the sound of the water drowns out distracting noise.

When weather forces students inside, the main campus has several options. Besides the obvious common areas, two sites in the Student Center offer refuge. The second floor of the Student Center has a common area with couches, chairs, tables, and a television.

Downstairs, in the ladies restroom near Gaines Theater is an area with comfy couches. Women may use this room to study if the thought of reading in the restroom does not remind them too much of their fathers.

Ferguson, the metaphorical dengeon of CNU, lacks the outdoor benches and landscaping of the main campus, but has several indoor and outdoor areas that can be used for studying.

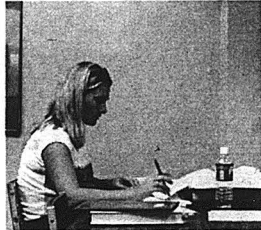
Outside, a spacious covered terrace faces Ferguson's front parking lot. It has a table, two chairs, and a large concrete structure that can be used as a bench. This area would be a perfect place to study if noisy smokers did not intermittently fill it with their randic exhaust.

Inside, the Ferguson lounge—which is mislabeled "LIBRARY" from its Ferguson High School days—offers

eight cubicles, several tables, chairs, and couches. Another common area is located just inside the central front entrance to Ferguson.

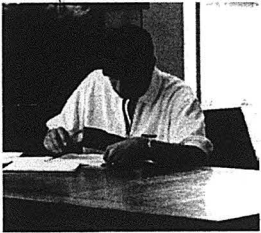
But as everyone has learned the hard way, all it takes for a study area to become a socializing area is two people who know each other.

A student can be sitting in one of the common areas, bravely trying to wrap their



Stacey Strader, and Roderick Lugo find coveted cocoons of quiet in the library(above) and Science building (below).

Photos by Patricia Mooza and Hugh Spain/ *The Captain's Log*



mind around the concept of "immaterialism" in George Berkeley's *Three Dialogues...*, when someone nearby sees someone they know. It is bad enough that the student trying to read has to study Berkeley in the first place, but then they are interrupted by loud, meaningless prattle about why who said what to whom when and how funny it was. The student who was reading cannot help but listen because the chatter of strangers is still better than Berkeley.

Similarly, when a student who has 15 minutes to cram for an exam on atmospheric propagation must instead listen to people laughing, laughter is not a good thing. For most, studying requires quiet.

One of the first places that comes to mind when students consider studying is the library. The main difference between most high school and college libraries is that in college libraries, no one tells anyone to "shhh"—ever. So college libraries are noisy. Add to that a coffee and pastry bar, stir in jazzy music, top with poetry readings, and voila: mocha-scented noise!

But quiet places to study do exist on campus, even in the library. Its second floor offers 11 tiny study rooms for individual study, and seven larger rooms for group study. The rooms are available on a first-come, first-serve basis, and do not require checking out a key.

A library employee who wishes to remain anonymous said that because of conversation, the rest of the library "can get loud." Regarding Einstein's, she said she does not hear its music, even from the circulation desk. The only noise problem she connected to Einstein's was that of groups of students speaking loudly while walking into and out of Einstein's.

If a student is in one of the classroom buildings, and needs a private location to study, they can always use an unlocked, empty classroom. Just walk right in, flip on the light, close the door, and hope for no distractions.

Dr. Terry Lee, Professor of English, suggested the quiet of the outdoor benches behind the Peninsula Fine Arts Museum. By taking a short walk down Museum Drive, "You can sun yourself with the turtles in Lake Maury," he said.

Many students use the solitude of their cars for studying. The only distractions here are the sounds of people and vehicles coming and going; and the silent but annoying shark-like vehicles which, if you are in a prime spot, will circle you for hours waiting for you to pull out.

For students who have not yet been put on Ritalin to help them concentrate, finding a serene place to study is right up there with the basic requirements for survival.

THE CAPTAIN'S LOG

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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 electronic mail at clog@cnu.edu.

Anonymous letters may be printed, but writers must sign the original, providing full address and telephone number for verification purposes.

The Captain's Log reserves the right to edit letters according to style, subject and length, as well as to refuse publication.

Jobs on campus benefits students

Office of Career and Counseling offers convenient job opportunities

By Christina Singhaseni
Contributing Writer

CNU offers a great way for students to earn money without leaving campus. The Student Employment Program allows students to apply for various jobs, such as assisting in the computer lab or doing grounds work, that are designed to revolve around a student's schedule.

"The people I worked with were very flexible with my hours whenever I had heavy school work loads. It was convenient not having to drive to work," said Lanelle Jamison, a senior majoring in Marketing. She worked for dining services in Christopher's, a restaurant on campus, during her sophomore year. Her freshman year she lived in the dorms and had an off campus job. "It was hectic having to run around all the time, espe-

cially since I'm not from the area. Working on campus my sophomore year made everything less hectic and less stressful, plus I was still making money."

"When you work at CNU they're willing to work around your schedule," said Jeremiah Dull, a junior majoring in Information Science.

Convenience is a major benefit of campus jobs, but they are also resourceful. "I work in one of the computer labs, so I am able to gain a lot of experience while working and getting paid. It's almost like an internship," Dull said.

It is simple to get enrolled in the program. Go to the Office of Career and Counseling Service in the Campus Center, Room 146. Ask to receive program guidelines and information. Review the program and eligibility guidelines and determine whether or not the program is for you. If so, review

"I work in one of the computer labs, so I am able to gain a lot of experience while working and getting paid. It's almost like an internship."

Jeremiah Dull

the vacancies on the board outside of the Career and Counseling Office. When you find one you like, fill out an application in the Career and Counseling office and they will take care of it. If there are no job vacancies posted, you may wish to complete an application for future openings.

According to the Student Employment Program policy, student employment is intended to be educationally and financially helpful to students, while providing opportunities for work experience.

"I will be working in the Writing Center starting next fall," said Laura Espiet, a junior majoring in English. "I'm looking forward to working in a place that's not only conveniently located, but that is also going to give me experience for the future."

Career and Counseling Center

Phone: 594-7047
Fax: 594-7639
E-mail: occs@cnu.edu
Location:
Student Center Room 146
Monday - Friday
8 a.m. - 5 p.m.

Staff:
Acting Director:
Dr. Anita Tieman
Assistant Director:
Dr. Melissa Whitt
Counselors:
Sue Kirk
Jim Price
Coordinator for Experiential Learning:
Joyce Armstrong
Program Specialist:
David Edwards
Services Specialists:
Sharon Lue
Christine Hopping

Parking woes continue with \$100 decal fee

The fee will allow students to park on campus, but for some there may be an alternative

By Kelly Kirby,
Contributing Writer

Within the past year, CNU has been growing and changing more rapidly than ever before.

As a freshman or transfer student enrolling at Christopher Newport University, it is important to understand the procedures and policies that CNU offers.

Last fall, major construction was launched on CNU grounds, which automatically limited many students to where they could and could not park.

The actual number of parking spaces has grown since the beginning of last year but what kind of student or faculty member you were dictated where you were allowed to park.

In the fall semester of 1999, CNU enforced a \$50 parking fee for every student that planned to park on campus. In the fall of 2000, you will be required to pay \$100 for parking.

Danny Wood, who is a senior at CNU and a commuter student said, "I feel the situation for parking is a little unfair. Students will have to pay 100 dollars for a parking spot that they are not even guaranteed."

Since the school gives you a one-week grace period before they start handing out parking tickets, Danny suggested that incoming freshman should wait until the second week to see how the parking situation is during their classes. After the first week, decide on whether or not to pay the parking fee.

Most students don't realize that they do have other options. You can ride a bike or park off campus on Shoe Lane, without worrying about paying for a decal.

Since the cost of parking has risen quickly within the last year, it is not only a major change for freshman, but older students as well. Parking has always been free for CNU students until last fall.



CNU commuter parking, in front of Captain John Smith Library, is a hit or miss option for those attending class during regular campus hours.



Regular student parking, on the campus of CNU, is a constant battle between those who have time and the money, versus those who don't.

Photos by Hugh Spain/ *The Captain's Log*

"I am not planning on paying for a decal come next semester. I will just park off campus because I would rather walk a few extra minutes than pay 100 dollars for a parking decal," said Wood.

Other suggestions from past students

are to arrive during class changing times to find a better parking space and be more outgoing and ask others about how they deal with the parking situation at CNU.

Counselors eager to help students at the Writing Center

No reason to stress over long papers

By Denise Adams,
Contributing Writer

The more she sits at her desk, the more frustrated she becomes. "I am never going to get this paper written," Mary Piland said to herself.

She stares at a blank page, waiting for that one moment when it will all come to her.

It is an hour later. Her pen has fallen asleep and her paper is feeling quite lonely. She wrinkles up her forehead as she stands to her feet and screams out loud, "What am I supposed to do?" Unfortunately she has been stricken by the all too common plague known as *writer's block*.

One of her roommates suggests that Mary make a visit to the Writing Center. She explains that she knows a girl who works there as a consultant who can help her finish her paper, or even get started.

Mary procrastinates for about another half-hour then grabs her books and her blank paper and walks proudly into Ferguson 113. "I knew I needed help, and

this was where I would get it," she said. She enters the quiet, yet inviting room to discover that there is hope for her pen and paper after all.

"I told the girl I needed help, and she assured me I would get it there - and I did," Mary said confidently. She explains her assignment to the consultant working at the Writing Center, and together they come up with a helpful outline.

The consultant gives Mary several ideas and explains to her the best way to put them on paper. The two work on a theme for the paper, and after thirty minutes, Mary is ready to begin writing.

"The thing that is most helpful is the feeling I get from her. I know she wants to help," Mary added. "She gave me grammar and writing handouts to help me with my future papers and invited me to come back whenever I needed to. I would have gone completely crazy if I never went to the writing center."

Mary returns to finish her paper. Now her pen is awake, her paper is bombarded with ideas, and she is far from frustrated.

She follows the advice of the Writing Center consultant, and in about an hour writes a three-page paper that earns an "A."

Like many students, Mary found valuable assistance in all areas of writing at the Alice Randall Writing Center.

Attend workshops on topics such as *Reading to Remember*, *Writing Essay Exams*, and on common grammar and punctuation problems.

The Writing Center Info.

Location: Room 113,
Ferguson Hall
Phone: 594-7684
Email: wcenter@cnu.edu

For online help, visit the
Writing Center web site
featuring the *grammar*
hotline and *instructional*
handouts at : www.cnu.edu/wcenter.

My Inaugural Column



By Hugh Spain

First of all, I'd like to welcome all new students to Christopher Newport University. It may appear that you are entering a school specializing in the art of construction, but do not be fooled. A degree from CNU will now be something to build your resume with, instead of putting at the bottom of in size two font.

During this time of change, I am excited to be the new editor of *The Captain's Log*. I am a Communications major (always subject to change) that should graduate in the spring of 2000. I cannot think of a better way (well...maybe just one or two) to spend my final year as a college student.

I encourage anyone interested to come and work for the paper or contribute articles. If writing is not a major interest of yours, we do have other areas that we will need help in. If you are creative and good at finding your way around these crazy Macintosh computers, then layout and design might be your niche. Just remember, in order to unlock your potential, you must discover your creative side (I swear I made that saying up). And there's not a better way to do that than at *The Captain's Log*. Oh, and by the way we have several paying positions.

Now that I've introduced myself and convinced everyone to join the paper, please allow me to introduce you to our growing campus.

Become accustomed to the words "growth" and "growing." You will hear and read over and over again, I promise. I've encountered them at least three times a day since I was a freshman (you'll have to excuse me for not mentioning which year that was).

Like other students, I have learned how to use "growth" and "growing" strategically in conversation with CNU outsiders.

When an outsider asks you "Why is there so much dust blowing onto Warwick boulevard every day from CNU?" Simply reply, "Our campus is under major growth and soon we will own Warwick boulevard!"

Or, you're asked from friends back home visit you, "How do you get from class to class without being run over by a bulldozer?" And you reply, "The campus is growing and with that growth we have a new Sports and Convocation center. The new facility has allowed me to improve my fitness level to the point where I can hurdle or dodge the bulldozers."

On a more serious note (if you found the above to be humorous), CNU is changing rapidly. Our President and former United States Senator, Paul Trible, has taken the school from being mostly a commuter school and secondary alternative to aspiring college students, to one of the best liberal arts schools in the state. Trible has set goals for the university, though not without stepping on a few toes, and quickly attained them.

As new students, take advantage of what is offered at CNU. Get involved on campus (especially with the paper) and make the most of your four years!

Getting involved on campus with *The Captains Log*

From Steve Fleming Jr.'s perspective

People have often asked what is the best way to stay involved on a college campus, something that will keep you up on what is going on and who you should know on the campus. The best way, from my perspective, is to be a part of *The Captain's Log* staff here at CNU.

The Captain's Log is the official student publication here on campus.

Though I may be a little biased (I have been active on the staff for the past two years, both as a reporter and managing editor), I definitely think this is an activity that will help you develop skills in many areas, and no doubt make your college experience much more enjoyable.

I have been active in various student publications since I was 15, and I must admit it has been one of the most rewarding, and at times challenging things I have participated in. As a student journalist on a college campus, you will most likely be one of the first people to hear about an issue on campus.

Whether it is a decision made at a Student Government Association meeting or a change in administrative policies, people look to the student newspaper to offer fair and accurate coverage of issues concerning the campus community. Though at times it seems like people do not appreciate your efforts, the result of an article you worked hard on is the payoff. Even if people say otherwise, the student press has a great deal of power on the college campus.

Working on the newspaper staff also prepares you for the work force. Since any job has a variety of personalities, you learn how to deal with people of all types. Edi-

tors are expected to oversee what staff writers are doing, as well as work well with each other toward the goal of creating the newspaper.

Some encounters with co-workers may not be as pleasant as others, but in the end every situation is a learning experience. The key is learning to handle all situations, both negative and positive, in a professional manner.

Exposure to a newsroom gives you the opportunity to also develop skills in a variety of areas. Putting together a newspaper requires skills in desktop publishing, taking, scanning and editing photos and of course, writing. If you are someone who wants to improve your skills in these areas or just learn, then working for *The Captain's Log* may be something for you to consider.

Perhaps the best part of the experience is coming away with some close friends. If you pursue an editorial position on the staff, you will see your co-workers more than you see members of your family. As a result, you make bonds with people that, in some cases, you never thought you could have anything in common with. Any member of the Captain's Log staff can say that the common interest in journalism is a jumping off point for a lot of bonding!

My experiences with the Captain's Log and student journalism as a whole have been invaluable. Though it is hard work, there is no better way to get involved in the community we know as Christopher Newport University.

Fleming is currently an intern at The Daily Press newspaper and a contributing writer for The Captain's Log.

CNU e-mail pleases most

Despite convenience, some students would rather use own accounts

By Nancy Warren,
Contributing Writer

Professor Mary Wright sits at her desk, her glasses reflecting the picture from the computer screen.

"CNU e-mail is excellent," said Wright. "The mass mailer information is unlike that of ODU and Florida State. It is constantly updated with on campus news and events."

"The CNU server is great too. It is fast and free," said Wright, who is teaching web page design this semester.

"Everyone should have a CNU account, because it keeps the students informed," Wright said. "For example, when we had the snowstorm, up to the minute accounts of the cancellation of classes were posted on the Drake mailer."

Wright, a member of the English department, uses e-mail to set up meetings with her students because it extends her office hours. "It is my experience that students are less hesitant on-line, and the quiet student is given a greater voice," Wright said.

Senior Cindy Holub agrees. "When I took a class in cell biology from Dr. [Lee] Olson, he wanted everyone to have a CNU account. He used it for our quizzes. It was nice for him, and nice for us," she said.

"I never took the time to get one," said junior Thorpe Miller. "I have a personal one at home. But my friends tell me about the job openings and events they find out about from their CNU e-mail accounts."

Kelly Kirby doesn't have a CNU account either. "I had one for two and a half years, but when I went to renew it, I got a new password and could never get it to work. I like my AOL account better anyway," she said.

Junior Christina Beverly works at the help desk in the computer center as a program specialist. "Just bring in your schedule of classes, or your CNU ID, and we will do the rest," she said. "You will need to have a password in mind containing eight letters or less. The account expires at the end of each semester and can only be renewed by the student."

"For example, when we had the snowstorm, up to the minute account of the cancellation of classes were posted on the Drake mailer."

Professor Mary Wright

"It's good to have," said Beverly. "Freshmen need it because it is the cheapest way to talk to somebody."

Beverly knows from experience "most professors send assignments and grades out on e-mail, especially to the computer science majors."

"If students already have an e-mail account, they can have the CNU account forwarded to that e-mail address," said Rachel Pace, Program/System Development Supervisor. "Just create a file named .forward, and designate where you want your e-mail to go." Students can also call the help desk at 594-7079 if they need more information.

"You can also go to the CNU Web site for more details and instructions," said Beverly. "Look under Quick Picks and Computer Center."

It is important to keep in mind that at the end of every month all e-mail accounts are automatically cleaned out. E-mail messages dated March, for example, are deleted from accounts on April 30th.

The CNU e-mail account "keeps students connected with campus life. It informs students of internships, jobs that are available, and activities on campus," said Beverly. "All students should have CNU e-mail, not just freshman."

20-something singles put marriage on backburner

By Barbara Brotman,
Chicago Tribune

Marriage doesn't figure prominently in a study of singles in their 20's that was released last week in the second annual State of Our Unions report of the National Marriage Project at Rutgers University.

In focus groups conducted in five metropolitan areas, researchers found young people more interested in achieving independence than getting married.

Their dating culture is one of low-commitment relationships and casual sex, according to the "Sex without Strings, Relationships without Rings" study.

Men and women in their 20's see living together as the only way to really get to know a potential spouse, and women see single motherhood as an acceptable alternative to marriage.

Their attitude toward marriage is a mixture of trepidation and respect: They are wary of divorce and see marriage as hard work.

But they also envision marriage as an eventual source of complete emotional and spiritual fulfillment.

The study is not statistically representative of all young singles, but a snapshot of about 100 working-class people in their 20's, said Barbara Dafoe Whitehead, co-director of the National Marriage Project.

The project looked at non-college educated men and women, she said, because while they represent a majority of people in their 20's, most singles studies ignore them.

The study found a difference in the level of urgency felt by men and women.

The men in their late 20s were reluctant to give up the single life; women the same age were ready to find a spouse. But women expressed pessimism about their chances of finding the right person and described their male peers as immature.

THE CAPTAIN'S LOG

The Captain's Log
is currently accepting
applications for 2000-
01 editorial positions.
If interested, contact
us at 594-7196 or
clog@cnu.edu.

CNU Campus ranked among the safest in the nation

By Denise Adams
Contributing Writer

Although no campus in the United States is isolated from crime, Christopher Newport University has done an outstanding job remaining safe for students, faculty, and visitors.

Christopher Newport University was ranked sixth in the nation among safest colleges by Healey Roman Associates in Framingham, Massachusetts. 383 four-year colleges were evaluated in a study of university and college crime.

The university is protected by sworn police officers 24 hours a day, seven days a week, and 365 days a year. The University Police Department along with Career and Counseling Services has numerous programs during the year to promote the awareness of rape, acquaintance rape, and all other sex offenses.

In 1996, statistics compiled by the Virginia State Police showed that CNU had just under seven crimes per 1,000 students.

Crime prevention lectures and programs are scheduled each semester for all students, faculty, and staff. Crime prevention materials are available in the offices of the University Police Department. Crime prevention material is also made

available at all freshman and transfer orientation programs.

The University Police Department supports a proactive approach to crime prevention methods.

"We encourage students to report anything suspicious, walk around in groups, use the call boxes on campus. We maintain a safe campus due to the collective efforts of students and security cooperating and working together," says Campus Police Chief Sam Warren.

There are 22 call boxes set up throughout the well-lit campus. A national student satisfaction inventory revealed that the students of CNU were more satisfied with the campus police than the national satisfaction norm.

Many students attending CNU enjoy the fact that they are attending such a safe university.

Lanelle Jamison, a resident of CNU explained, "It is nice to be able to walk around campus, knowing that I am attending such a safe university and that I am being taken care of." The campus of CNU and all of the university buildings are checked on a regular basis.

The entire campus is patrolled 24 hours a day, leaving students and faculty with little worry about their safety.

Sick and tired?

Health issues addressed at UHWS

CNU Web-site

University Health and Wellness Services (UHWS) is a health-care partnership between CNU and Riverside Health-Care System, one of the largest health-care systems in the region. UHWS, through a contractual arrangement with Riverside,

offers many services to help students learn to take responsibility for their wellness and to assist students when they are not feeling well. Questions should be directed to Rita Cennamo: 757/594-7661.

New club on campus

ACTS far from the traditional Christian service

By Amber Goodman,
Contributing Writer

Ever heard of a game called "Poop Deck"? Well you might if you decide to check out Crossfire!

Crossfire is a new club on campus that is sponsored by Liberty Baptist Church, in Hampton.

This Christian based ministry focuses on sharing the gospel of Jesus Christ with college students.

Crossfire is headed by Allison Barbour who is a freshman here at CNU, as well as the student intern at Liberty Baptist Church. Barbour is working with Stu Hodges, Minister of Students from Liberty Baptist Church.

Along with playing crazy games, you'll sing, laugh, eat, and have the opportunity to think a little more about life.

Barbour said, "It's a great time to just be with friends and have fun." Crossfire meets Monday nights in Christopher's, at the Student Center, at 7:30 p.m.

Each week focuses on one of four main points in a series called the ACTS revolution.

"A" stands for Accountability. This is when students have the opportunity to break into small groups to pray for one another and share with each other what they are learning about God.

"C" stands for Challenge. Students are challenged to apply what they have learned at Crossfire to their lives.

"T" stands for Testimony. Students have the opportunity to hear first hand from one or two of their peers how God is working in their lives.

"S" stands for Seek. This time offers students the opportunity to bring their

"I've learned a lot about myself and God by going. It makes God real outside of religion and places him in my life."

Jonathon Hammond

friends to a fun event where they will have the chance to hear about Jesus Christ.

Crossfire is far from a traditional church youth group or church meeting. The mission of Crossfire is to present to those students who know little or nothing about Jesus Christ, with the information they will need to determine what they believe about him.

ACTS has an upbeat praise band that jams to contemporary Christian music as opposed to the traditional hymns. The atmosphere is exciting and lively and sure to keep you out of your seat.

ACTS provides a safe environment for students to come and learn about Jesus Christ and God without feeling pressure from others. There is no membership commitment, so if you don't like ACTS, you don't have to come back. Additionally, since there is no membership, there is no dues and no "catches" to coming and seeing what it's all about.

Jonathon Hammond, a freshman at CNU, attends regularly and stated, "I've learned a lot about myself and God by going. It makes God real outside of religion and places him in my life."

Hodges believes that Crossfire is a unique ministry with a unique mission that is sure to attract the attention of many CNU students in the future.

Campus Minister's Association offers spiritual guidance

By Imogene Bunch,
Contributing Writer

The Campus Minister's Association, also known as United Campus Ministries, has a good time being serious about the spiritual guidance of CNU students. The four ministers involved are known as fun folks with sincere hearts for helping with any student's need.

Reverend Cheryl Harrison-Davidson is the director of UCM. Her ministry is ecumenical, or non-denominational, and is supported by 10 different denominations from 40 local churches.

As a part of its ministry UCM offers students The Listening Post: a place... for unhurried conversation... to be heard and accepted... to clarify thinking... of gentle challenge... of growth; NOT a place... for judgment... for pat answers... or professional counseling. Students can stop by any Thursday in the Student Center breezeway and find a friendly face, a big pile of peanuts and great conversation.

UCM also offers residence hall students small group Bible studies. With topics like "Exodus: Leaving Behind, Moving On," "Covenant: Making Commitments that Count," and "Community: Living Faithfully With Others" the group studies challenge students to examine power-

ful Biblical images that define and shape their lives.

In the spring of 1994, UCM developed the PRAXIS Service-Learning Program. PRAXIS is a collaborative effort of faculty, students, and over 200 agencies in the Hampton Roads area. Students involved in PRAXIS get academic credit for meaningful hands-on volunteer service in the community. Courses in English, Sociology, Social Work, and History are currently offering PRAXIS credit.

UCM's social awareness is apparent in its various functions. During the last school year UCM held a vigil for the Texas A&M students killed in the bonfire accident as well as a Covenant for Life Peace for Kosovo, Columbine students, and other victims of violence. Students also worked in the flood relief efforts in Franklin, VA., for several days during Spring Break.

Ms. Mary Lynn Murphy, known on campus as Murphy, is the Catholic campus minister. Her ministry includes monthly opportunities for prayer, service, and fellowship. An opening Mass for this semester is planned for August 27th. Diocesan Encounter With Christ weekends are also popular with CNU students. Information about these events are posted at the Catholic Campus Ministries office, SC 229. Opportunities are available for ministers of

hospitality, lectors, Eucharistic ministers, and people to help prepare for liturgy.

Murphy also has an office at Our Lady of Mount Carmel, only one mile from campus. The church's Young Adults group invites CNU students to join in any of their gatherings. For more information students may also check out the campus link on the Parish Web site at www.olmc.org.

Baptist Campus minister, Reverend John Turritin, offers free food for the body and soul every Monday at noon in the Student Center. "My main goal is to provide a context for Christian fellowship, nurture, and discipleship and to meet spiritual needs in general," he said.

The Baptist Student Union offers students many opportunities for volunteer service as well as monthly social events. Last year students traveled to Zuni, VA. And helped with relief efforts for the flood victims there.

"Rev. John is big into volunteering. He encourages us to take steps to go out and do it ourselves. The newsletter he writes informs us of opportunities we could get involved in that will influence other people's lives," said CNU student Melissa Nadjovic. The BSU also holds a major annual fundraiser to sponsor summer mission trips for CNU students.

Reverend Dr. Rob Marston, the Epis-

copalian Chaplain, is available to students for counseling and spiritual guidance.

For holidays on campus, the Campus Minister's Association sponsors ecumenical worship services including the Interfaith Thanksgiving Service, Christmas Service of Carols, Ash Wednesday, and daily prayer services during Holy Week.

There are also several student-led ministries or study groups on campus. Listed below are several of the most regularly offered student-led ministries:

CNU student Brad Brewer leads a Bible study on Wednesday evenings in the lounge of the residence hall.

Tommy Verna leads the Fellowship of Christian Athletes on Thursday nights. FCA is a support ministry for athletes that offers discussion, guidance, and fellowship.

Young Life meets on Tuesdays and is led by Amber Goodman.

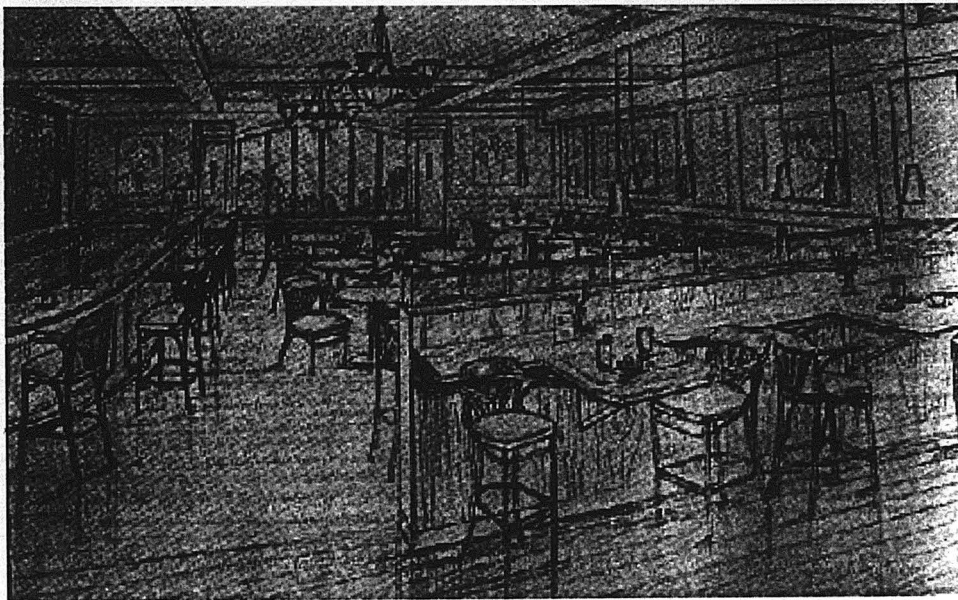
Student leader Matt Backens meets with the newly formed group, Joel 2:28, in SC 214. This is a Bible study group featuring interactive discussion.

The campus minister's offices are located on the second floor of the Student Center.

Each minister puts his or her whole heart into the ministry for students at Christopher Newport University and is always happy to have people dropping by.

Campus dining menu

Guide to dining services



Einstein's Cafe offers epicurian delights

Welcome to Einstein's Cafe!

The University's newest addition features mouth-watering pastries and desserts as well as the popular Starbucks Coffee!

Whether you wish to warm up with a tall cup of Cafe Mocha or cool off with our Einstein's famous milkshake, $E=mc^2+1$, come to Albert Einstein's Cafe!

Location:

Albert Einstein's Cafe is located in the library just to the right of the main entrance.

Academic Hours:

Monday - Friday: 7:30 a.m. to midnight
Saturday: 9:00 a.m. to 8:00 p.m.
Sunday: 1:00 p.m. to 8:00 p.m.

Summer Hours

Monday - Thursday: 8:00 a.m. to 9:00 p.m.
Friday: 8:00 a.m. to 5:00 p.m.
Saturday - Sunday: 1:00 p.m. to 5:00 p.m.

Manager:

Janine Bruner: jbruner@cnu.edu

Daily Offerings:

Chocolate-Dipped Palmiers
Powder-Sugar-Dipped Palmiers
Croissant
Chocolate-Filled Croissant
Cinnamon Swirl
Fruit-Filled Croissant
Broccoli Cheddar Mushroom Croissant
Strudel
Sugar-Powder-Dipped Strudel

Harbor Lights

Harbor Lights offers a wide selection of palatable pleasures for both lunch and dinner. The gourmet cuisine may include:

- * Minestrone Soup
- * Salisbury Steak
- * Italian Shrimp Scampi over Pasta
- * Mashed Potato with Brown Gravy
- * Scandinavian Vegetables
- * Grilled Cheese Sandwich with Fries
- * Chicken Noodle Soup
- * Breaded Veal Parmesan
- * Tempura Fried Whiting
- * Steamy Spaghetti with Marinara Sauce
- * Rice Pilaf
- * Harbor Lights Cheeseburgers - n- Fries
- * Cream of Broccoli Soup
- * Hot Open-faced Roast Beef Sandwich
- * Oriental Pancit with Vegetable Egg Roll
- * Italian Vegetable Lasagna
- * Seasoned Mixed Vegetables
- * Fresh Vegetable Soup
- * Baked Tortellini with Meat Sauce
- * Grilled Caribbean Jerk Chicken
- * Vegetable Primavera over Pasta
- * Oven Red Bliss Potato
- * Salad Bar
- * Dessert / Yogurt Bar
- * Assorted Beverages
- * Fresh Fruit

The Terrace

Non-traditional campus cuisine can be found in CNU's Student Center at The Terrace:

BURGERS

Use our fresh "FIXINS" bar to top your sandwich "your way"

Cheeseburger
Swiss Mushroom Burger
Bacon Cheese Burger
Double Cheese Burger

GRILLED ITEMS

Grilled Cheese
Grilled Ham & Cheese
Smoked Honey Cured Ham and Cheese
Cheese Quesadilla
Chicken Quesadilla

SUBS & SANDWICHES

Philly Cheese Steak
Chicken Fillet
Chicken Club Sub
Club Sandwich
Chicken Cordon Bleu Wrap

Chicken Caesar Wrap
Turkey Wrap
Grilled Tuna Melt
Chicken Parmesan Sandwich
Chicken Tenders
Turkey Sub
Roast Beef Sub
Ham Sub
Combo Sub

PIZZA

Made fresh to order, each pizza starts with our homemade special sauce

Cheese
Pepperoni & Cheese
Three Meat
Veggie
The Ultimate
White Pizza
Hawaiian Pizza

SIDE ITEMS

French Fries
Cheese Fries
Mozzarella Sticks
Chips
Desserts

Terrace Take-Out

We give you convenience, good food, fast and accurate orders at affordable prices.

Buy any pizza at regular price and receive each additional pizza of equal or lesser value at half price.

Delivery options include:

Pizza
Subs
Wraps
Side orders
Desserts
Beverages

Hours of operation:

Monday-Friday 11a.m.-10:30p.m.
Saturday & Sunday 5p.m.-11p.m.

Call 594-7622

\$5.00 minimum purchase required for delivery.

SPORTS

Matt Kelchner named CNU's first football coach

By Dave Gosselin
Staff Writer

Welcome to Christopher Newport University. Matt Kelchner, former William and Mary Assistant Head Coach, was named CNU's first ever head coach May 9. "For 16 years Matt Kelchner has been an important part of the success of William and Mary football," President Paul Tribble said. "Matt will bring to CNU an appreciation of the importance of academics and the know-how to build a winning football program. Importantly, we believe that Matt will be a good teacher and coach for our student-athletes and will lead our program with honor and integrity."

Dr. Douglas Gordon, who chaired the search committee for the head coach as well as chairing the football feasibility committee this past fall, said Kelchner was selected from a nationwide pool of more than 70 candidates.

A native of Covington, Pennsylvania, Kelchner was a member of the William and Mary staff since 1984. He most recently served as the recruiting coordinator and offensive backfield coach. He also handled the program's daily administrative duties and was the Director of the Tribe Football Camp and Colonial All-Pro Camp since 1986. "We are thrilled to have Matt with us at Christo-

pher Newport," Director of Athletics C.J. Woollum said. "He is a man with high integrity and his football credentials speak for themselves. I am confident that we have not only found a great football coach, but also a perfect fit for our department."

Kelchner received his Bachelor of Arts in Communications and Theatre Arts from Susquehanna University in Selinsgrove, Pennsylvania, in 1982. At Susquehanna, Kelchner started at cornerback and was the squad's punter. He began his coaching career in 1982 as an assistant at Mansfield University (PA). He then served as an assistant at Dickinson College (PA) before joining William and Mary in 1984.

While at William and Mary, Kelchner focused on many aspects of the football program. Under his leadership, the program turned out four of the top five rushers in school history. He also spent two seasons working with the defensive line, and his units produced four athletes who earned All-Conference honors. Kelchner also worked closely with the program's punting and kicking games and coached Steve Christie, the place-kicker for the Buffalo Bills.

Kelchner began his duties at CNU fulltime back on June 10. He has already begun his process to recruit student-athletes.

He has already met with the Director of Admissions Patty Cavender regarding procedures and policies that he has to deal with in recruiting as well as with Marcia Boyd, Director of Financial Aid.

He has put in countless hours of research about the programs on campus and is trying to get acclimated early to the ideals, concerns and philosophies of CNU so that he can recruit the right kind of student-athletes for this institution.

He has met with Woollum as well as with Assistant Director of Athletics Jon Waters about the direction of the program and what needs to be accomplished. Kelchner has also met with equipment people about top quality equipment for the new program.

Kelchner's first ten days at CNU have "gone great. Everybody is positive and upbeat and have good attitudes about what they are doing."

One of Kelchner's day-to-day duties include trying to meet someone new or find out something new on campus. "I walk around campus everyday and try to meet someone new or find out something new. For instance, when I went and got

my e-mail address in the computer center, six or seven people came out of their way to welcome me here."

Kelchner has found nothing but positives since he has been here. He has been getting around and meeting people and has found that the attitudes so far have been very positive.

Kelchner hopes to have his staff somewhat in place very soon. He will advertise for two assistant positions starting in the beginning of July. He has already had an overwhelming response from 29 people who have expressed interest in helping him get the program off the ground by sending in letters of recommendations as well as resumes.

One thing Kelchner wants everybody to know is that his office door is always open to anyone who wants to stop in and say hello. He welcomes recommendations and any tips anyone might have on any student-athletes as well as any positive criticism.

Anyone from the orientations and Alumni Relations are welcome to stop in, as he is open to any suggestions that anyone might have.

Exciting time for CNU athletic program

By David Zellers,
Contributing Writer

CNU sports are on the rise with a new facility to match. Three new sports teams and a state-of-the-art sports facility are currently in the works. Prospective CNU students who desire sports and education will be presented with a new sports center in the summer of 2000, new field hockey and lacrosse teams in the fall and a new football team in the fall of 2001.

The Sports and Convocation Center, which will replace the outdated Radcliffe Gym, will consist of many features to enhance the already successful athletic program at CNU.

According to Athletic Director C.J. Woollum, the \$16 million, 10,000 square-foot facility will feature a 200-meter competition track and four enclosed courts for tennis, volleyball, basketball, and badminton.

The capacities will be 2,500 for basketball and volleyball games and up to 4,000 for concerts, said Woollum. The new facility will also include a restaurant, fitness center and aerobics room.

"I'd be excited out of my head," said Woollum, as if he were a sports-crazed freshman. "Prospective students get the tour of the recreation center with a location to watch athletic contests," said Woollum. Woollum expects this new facil-

ity to be "the center of activity on campus and in the community."

But "the last great piece of the puzzle," according to Woollum will be the addition of a football team in 2001. Recruits and walk-ons will represent the Captains on the playing field. "Saturday afternoon football is part of college life," said Woollum.

Several current CNU students would agree. Said Amanda Wright, "Doors will open for more students who are looking at the University and either may wish to play football or just love the spirit and tradition that come along with having a football team."

Another CNU student, Beth Fogarty, said, "It's something to get excited about and look forward to. College isn't supposed to be all work and no fun."

Lastly, CNU student Josh Hayden said, "There is nothing like college football at any level. The excitement, the emotion, the community, the atmosphere of a Saturday afternoon what is there not to support?"

Those are just a few of the voices that speak volumes about CNU. The growing CNU population is evidence of the "students first" school motto. And now that new sports additions are forthcoming, prospective students have a lot to look forward to. Welcome to CNU!

Sports Briefs

CNU Sports Information

NEWPORT NEWS, Va. - A total of 38 CNU athletes have won Dixie Conference All-Academic recognition and 19 were Dean's List students in the Spring 2000 semester.

CNU's 38 Dixie Conference honorees was a school record. A student-athlete must maintain a 3.0 GPA in each of the two semesters during the year to be honored. The Dean's List requires a 3.5 GPA.

CNU's Dixie Conference

All-Academic list:

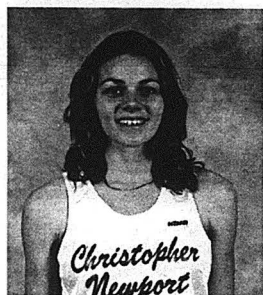
Joshua Adams - Baseball
Tiffany Allen - Women's Tennis
Nicole Arden - Cheerleading
Karyn Buhrman - Sailing
Lindsay Carney - Women's Basketball
Marilyn Cochran - Women's Cross Country, Track
Lanita Corbin - Cheerleading
Rodney Curtis - Men's Soccer
Shawn Edwards - Men's Soccer
Cody Flowers - Baseball
Becca Hammack - Volleyball
Kim Hammack - Volleyball
Michael Jensen - Men's Track
Anne Johnson - Women's Soccer
Melissa Kennedy - Women's Soccer
Sabrina Kirkley - Women's Soccer
Jon Leggett - Men's Cross Country, Track
Mike Little - Golf
Rebecca Mackey - Women's Cross Country, Track
Meghan McCalley - Volleyball
John McCormack, Men's Soccer
Melissa Moore - Women's Tennis
Brandon Musika - Men's Tennis
Heidi Neidlinger - Women's Soccer
Melissa Noble - Volleyball
Maggie Olson - Women's Tennis

Brandon Musika - Men's Tennis
Heidi Neidlinger - Women's Soccer
Melissa Noble - Volleyball
Maggie Olson - Women's Tennis
Louis Park - Men's Basketball
Kari Pellegrino - Sailing
Nina Richardson - Volleyball
Amanda Riley - Women's Tennis
Scott Sachs - Men's Soccer
Matt Sinclair - Cross Country, Track
Jenny Steele - Volleyball
Casey Taylor - Women's Track
Brian Treake - Cross Country, Track
Matt Turner - Baseball
Ivory Williams - Women's Tennis
Jennifer Wood - Volleyball

CNU's Dean's List members:

Nicole Arden - Cheerleading
Karyn Buhrman - Sailing
Lindsay Carney - Women's Basketball
Cody Flowers - Baseball
Kim Hughes - Women's Soccer
Michael Jensen - Men's Track
Anne Johnson - Women's Soccer
Rebecca Mackey - Cross Country, Track
John McCormack, Men's Soccer
Heidi Neidlinger - Women's Soccer
Crystal Bryant-Nelson - Softball
Melissa Noble - Volleyball
Louis Park - Men's Basketball
Kari Pellegrino - Sailing
Nina Richardson - Volleyball
Kim Sutton - Women's Soccer
Casey Taylor - Women's Track
Heather Vance - Women's Soccer
Jennifer Wood - Volleyball

Briefs cont.



Casey Taylor (pictured above) has established herself as one of the top athletes in CNU history.

Taylor named national track athlete of the year

CNU Sports Information

NAPERVILLE, Ill. - Casey Taylor has made it a complete sweep. She was named the Division III Outdoor Track and Field Athlete of the year by the track coaches' association at the NCAA Division III Outdoor Track and Field Championships give her both awards this year. She was named indoor athlete of the year in March.

Taylor earned automatic qualification for the NCAA outdoor meet in five individual events as well as with the 400 meter relay team. In addition, she won five individual events at the Mason-Dixon Conference outdoor championships and was named MVP there.

Taylor also was named the outstanding performer at the NCAA indoor championships this winter. She had also won the same award last winter.

CNU wins overall sports award for Virginia

CNU Sports Information

NEWPORT NEWS, Va. - Christopher Newport's athletic program has been honored for having the best overall won-lost record among all of Virginia's Division II and III schools during the 1999-2000 season it was announced by the Virginia Sports Information Directors (VaSID) Thursday at its annual meeting in Richmond.

It was the second time in three years CNU has won the award. CNU's teams compiled a 165-71-2 record for a .697 winning percentage.

That was the best in school history and capped a year in which every Captain team had a better than .500 record.

Finishing second in the state was Roanoke at .673 with Hampden-Sydney third at .610. CNU's men's teams easily had the best mark with a 74-28-1 record for a .723 percentage. Second among the men was Virginia Union at .640. CNU's women missed leading the state by a mere .001. The Lady Captain teams had a 91-43-1 record for a .677 mark, second to Longwood's .678.

Here are the records of the top ten teams:

1. CNU 165-71-2 (.697)
2. Roanoke 176-80-4 (.673)
3. Hampden-Sydney 69-44-1 (.610)
4. Virginia Wesleyan 135-93-4 (.591)
5. Longwood 179-125-2 (.589)
6. Averett 141-103-2 (.577)
7. Washington & Lee 135-99 (.577)
8. Bridgewater 148-117-1 (.557)
9. Marymount 99-82-1 (.547)
10. Lynchburg 148-124-3 (.544)

Four CNU softball players earn all-region honors

CNU Sports Information

NEWPORT NEWS, Va. - Four CNU softball players have received All-Atlantic Region honors for their play during the 2000 season.

Earning spots on the second team were shortstop Stacey Hundley, centerfielder Jennifer Nowacki and first baseman Jen Harrell. Named to the third team was pitcher Donna Cerami. Hundley, a junior, led CNU in hitting with a .454 average and missed the school record for hits in a season by just two with 69. Harrell, inher freshman season, hit .388 with 12 extra base hits, while Nowacki hit .344 and set school records for home runs in a season (9) and career (13) in just her sophomore season. She led the team with 41 RBIs.

Cerami, also a sophomore, went 23-7 on the mound with a 1.83 ERA and struck out 139, just two short of the school record. She did exceptionally well at the plate with a .343 batting average. CNU finished the year 32-11-1, its fourth 30-plus win season in the last six years.

Athletic Department Staff:

C.J. Woolum

Athletic Director

594-7217

Doug Shipley

Facility Director

594-7444

Wayne Block

Sports Information Director

594-7382

Curt Long

Intramurals Director

Head Baseball Coach

594-7054

Chris Jones

Athletic Trainer

594-7023

Steve Shaw

Supportive Services Director

594-7383

Pat Accettola

Women's Tennis Coach

594-7352

Nancy Billger

Women's Lacrosse Coach

Women's Field Hockey Coach

594-7920

Vince Brown

Track Coach

594-7289

Scott Causby

Golf Coach

594-7372

Rush Cole

Men's Tennis Coach

594-7372

Carolyn Hunter

Women's Basketball Coach

594-7103

Matt Kelchner

Football Coach

594-7584

Keith Maurer

Cross Country Coach

594-7213

Melissa Mitchell

Women's Soccer Coach

594-7381

Ken Shibuya

Volleyball Coach

594-7352

Paul Weiss

Softball Coach

594-7352

Dan Winters

Sailing Coach

886-2838

Humor

Commuter students should like this one!

The Gas Crunch

By Dana Summers, TMS Campus



Would you like to run your own sports section?

Are you creative?

Do you enjoy writing?

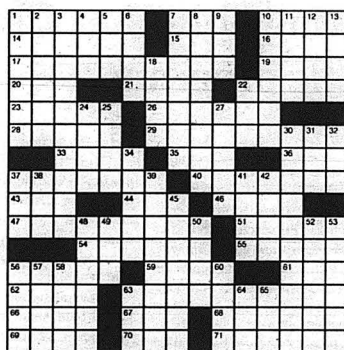
THE CAPTAIN'S LOG

If you answered "yes" to all three of these questions, then you should apply for the Sports Editor position at *The Captain's Log*.

Call at 594-7196 or email us at clog@cnu.edu

Crossword

- ACROSS
- 1 Video-game parlor
 - 7 Paild
 - 10 Thin strip
 - 14 Andy of "Sixty Minutes"
 - 15 Ginger
 - 16 Walk back and forth
 - 17 Island near Guadeloupe
 - 19 Gin-and-tonic garnish
 - 20 Ship back?
 - 21 Lake makers
 - 22 Moral failings
 - 23 Bruce and Laura
 - 26 Inserts
 - 28 "The Tempest" sprite
 - 29 Four-dimensional continuum
 - 33 Enticement
 - 35 Mister
 - 36 Erie Canal mule
 - 37 Jerry of "Logan's Run"
 - 40 "___ of Red Gap"
 - 43 Drunkard
 - 44 Lily or launch follower
 - 46 Dundee hillside
 - 47 Intercooled
 - 51 Main artery
 - 54 Relaxed
 - 55 Blackthorns
 - 56 Neutral vowel
 - 59 Cincinnati nine
 - 61 Sure enough!
 - 62 Laughing bird?
 - 63 Weaken
 - 66 Plot of land
 - 67 Neon or radon
 - 68 Brunch choice
 - 69 Fleming's spy
 - 70 Undivided
 - 71 Hip boots



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Solutions

- 8 Sim of "The Fuling Class"
- 9 Lepidopterist's equipment
- 10 Wood strip
- 11 Of the congregation
- 12 Top point
- 13 Cold gadgets
- 18 Knocks lightly
- 22 Content
- 24 Orderly
- 25 Narrow cut
- 27 Scour
- 30 Piece of Michigan
- 31 Sultry West
- 32 Loop loops
- 34 Conical shelter
- 37 Mooncall
- 38 Came down with
- 39 Detection
- 41 Mard
- 42 Brit's slammer
- 45 Affliction
- 48 Hocked
- 49 Sch. group
- 50 Beatty and Bunline
- 52 Waver
- 53 Plus features
- 56 Thick slice
- 57 Ms. Chanel
- 58 Trumpet or trombone
- 60 Flat-bottomed boat
- 63 Star quality
- 64 Ms. Thurman
- 65 Was in front