

Campus Life 3
 A&E 5
 Opinions 7
 Sports 9
 Comics and
 Classifieds 12

THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY

CNU to expand across Warwick

By Hugh Spain
Editor in Chief

President Trible envisions a larger CNU campus with a new student center, residence hall, bookstore, and a hotel.

For this vision to become reality, CNU needs extra land, and plenty of it.

On Feb. 20, Trible announced that the CNU Educational Foundation will purchase a total of 10 lots, spanning 16 acres, for more than \$6 million.

The expansion will extend CNU's campus to the east-side of Warwick boulevard.

The properties include:

- Barclay apartments
- Warwick motel
- Subway
- Chanello's pizza
- Spark's Automotive
- Jan Mar Beauty School
- an 8 acre strip of land where Lotz Realty is located
- three homes on Jan Mar Drive

"What's happening on this campus is truly magical," said Trible in front of approximately 150 students, faculty, and staff gathered in Gaines theatre.

"There's a lot going on, it will be exciting...exciting for you as well."

According to Trible, two of the new additions will immediately focus on filling the need of more residential housing on campus.

Barclay apartments and Warwick Motel, which will be re-named and operated by CNU, will accommodate 304 upperclassmen next fall.

Each apartment at Barclay will have one bathroom, two bedrooms, a living room, dining room, and a full-kitchen.

Three students will be housed in each unit.

The Warwick Motel will have two students per room sharing one bathroom.

Trible said meal plans for students in both facilities will be optional.

The remaining land on the east-side of Warwick boulevard will undergo a huge facelift.

Plans include a new residence hall, student center and bookstore.

With a facet of campus life moving to the other side of a major roadway, crossing Warwick boulevard on foot could become a hazardous situation.

"I'm not going to propose that we reroute Warwick boulevard," Trible said.

The addition of Ferguson in 1995 prompted the decision to reroute Shoe lane, which will begin in 2004.

However, the concern is greater with Warwick boulevard because it contains more traffic than Shoe lane and will expand to six lanes, with construction also

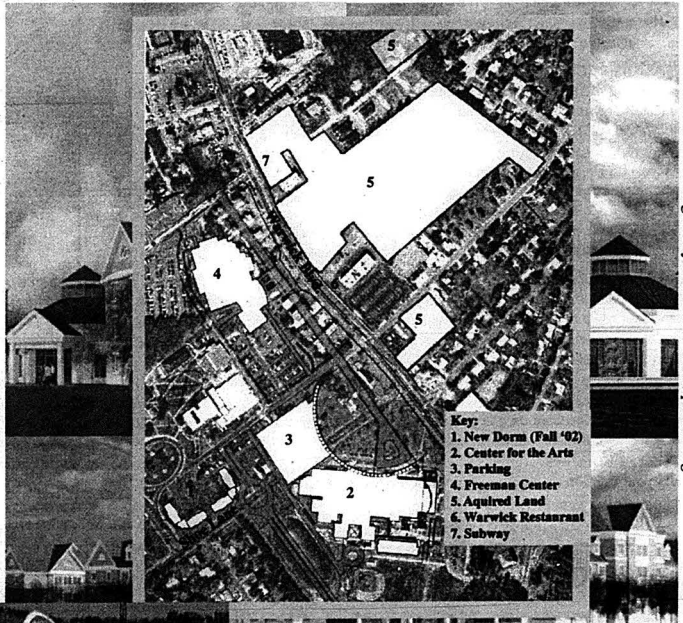
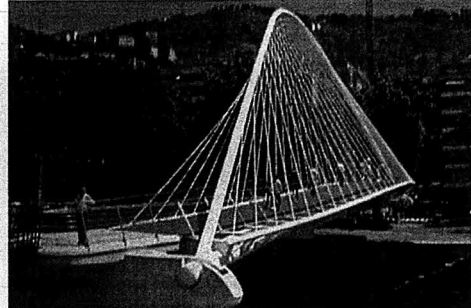


Photo Illustration and diagram by Tim Chney/The Captain's Log



starting in 2004.

To allow students to cross safely, Trible envisions an elegant walkway elevating high above Warwick.

While extra land provides more residential space for CNU students, certain members of the surrounding community will be forced to leave their homes.

"They're actually kicking people out of their apartments," said Barclay tenant Mel Tinnin. "I just think its not right how they've acquired all this land."

Tinnin and his wife Christin have occupied their two-bedroom apartment since 1977.

"We are older and it is hard for us to move. We have accumulated so many things," said Christin Tinnin.

Tenants at Barclay will have to find new places to live within the next several months as CNU will take over the building in July.

Along with Barclay, residents in three homes on Jan-Mar drive will also have to relocate.

Lives will be interrupted and Sweetbriar residents staying in the area will have a front-row view of major construction.

Before his announcement, Trible met with residents of about 15 homes in the Sweetbriar neighborhood to discuss the plans.

"The neighbors responded very positively," said Trible. "They saw this investment as a way to freshen the face of this area of Newport News."

"It's really going to be a beautiful centerpiece for the city," Mayor Joe Frank said in the Feb. 21 issue of the Daily Press.

"The changes will certainly be a jewel in the city's crown."

-Sports editor Mike Mullin contributed to this story.

The diagram above shows where the new residence hall, to be ready fall 2002 will be located. It also shows the land that CNU is in the process of acquiring. To the left is what a bridge across Warwick boulevard could possibly look like.

Snowball fight!



Many students enjoyed the three inches of snowfall that glistened the CNU campus last Thursday. Pictured above Kristie Allen (left) throws a snowball above the head of Chrissy Beckette. Both are psychology majors.

Photo by Michael Cooper/The Captain's Log

CAMPUS LIFE

Freeman Center offers variety of fitness classes

By Jesi Owens
Staff Writer

When the Freeman Center opened last fall, it came fully equipped with many of the machines and features already available at other gyms like Bally's Total Fitness or the YMCA.

The main difference between the local gyms and our new, shiny facility is that CNU students, faculty and staff have the privilege of working out for free.

While that is still true for the regular gym pass, on Feb. 6, for an extra price, the Freeman Center started offering a variety of fitness classes to accompany the average workout.

After a free week of test classes, the Freeman Center offered the following week to purchase an aerobics pass for a discount, leaving those who waited until the third week to pay full price for the extra exercise classes.

According to Health and Fitness Pavilion Director Anna Bennett, the Freeman Center has decided to keep prices at the discounted level.

This means students will pay \$20 per month, faculty and staff will pay \$22, and all others interested in participating will pay \$26. Flex points are not yet accepted as payment for students. "Not yet," said Bennett. "We hope to go to that but we don't have that system up yet."

With the added fees tacked on to the multitude of fitness classes, some students

have expressed concerns as to why their tuition doesn't already cover these features. At first glance, this may seem like a valid argument.

But when the Freeman Center is compared to Bally's and the YMCA in the categories of price, total package, and practicality for the average college student, CNU's gym may be the better deal after all.

Actual membership fees vary slightly between the three gyms. Bally's Total Fitness averaging between \$32-\$45 per month.

This comes only after signing a contract to pay that for at least 36 months unless you move at least 50 miles outside the radius of the nearest Bally's location. Some basic aerobics classes are included in the package, and others cost \$2 extra. In total, 16 of the 39 classes offered at Bally's cost extra.

The YMCA charges a one-time joining fee of \$50 and \$36 monthly after that. No other charges are added to use any of their facilities or take any of their classes. Members can cancel their memberships at any time.

At these rates, the Freeman Center's fees start to seem look more fair. Everything else comes free to members, who are exclusively the students, faculty, and staff of CNU.

Bennett pointed out that instructors teaching the classes at CNU are all nationally certified instructors with good experience.

She said they are already employed at

Bally's and Riverside Wellness & Fitness Center, so the experience customers receive will be a quality workout.

Bennett lists some of the reasons to choose the Freeman Center's fitness classes as the convenience of already being on campus, the use of brand new equipment, and on-point instruction.

"Instruction is real quality instruction and the classes are trendy," Bennett said. "If you do the market research and see what the other places are doing—we're beating them by a mile."



The Freeman Center offers a total ten

fitness classes, including a variety of aerobics classes, kickboxing, yoga and body sculpting. The March schedule, which has been updated from the original, and includes more kickboxing, is available at the front desk of the Freeman Center.

"We're trying to tweak the program to find out when people want their classes," said Bennett. "It's changing now. We're trying to tailor it to fit the students' needs, so the March schedule is a little different."

Response to the fitness classes at the Freeman Center has been great so far, according to Bennett. She said, "Kickboxing

Winter/Spring fitness class schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 6:45-7:35					
11:00-11:50		Kick Mix		PKStop	
PM 12:00-12:50	Low & Sculpt		PKStop		Kickbox
2:30-3:20					
4:00-4:50	BES. INTERVAL BLAST!		Stop Survival	Body Sculpt	
5:00-5:50	PKStop		Power Low		
6:00-6:50	Body Sculpt Abs & More	*Body * EASE * 6:30-7:20	Abs & More		
			Kickbox	Kickbox	
	(7:00-7:30)		7:00-7:50	7:00-7:50	

Student finds solace through philosophy of pure existence

Walter believes humanity is flawed by its notion of superiority

By Virginia Tucker
Contributing Writer

It was a visit to the Saginaw Band of Chippewa Indians Reservation when he was nine years old that affected Jd Walter's view of his existence forever.

His face was delicately painted with materials made from the land, a feast of earth's purest foods lay before him and a great bonfire burned the image into his memory forever.

He and others watched as the Native Americans held a ceremony that brought man and earth together for what seemed like only a moment, but remained with Jd long after his visit.

As a receptive young boy, he never knew that he would someday be looking for answers and reflecting on this image to uncover them.

And when that feeling came to him — that questioning, unsure feeling — he remembered the Chippewa and had an epiphany.

Pure Existence: an attitude of life that unites humankind with its natural world in an effort to better its existence.

When Jd stumbled upon this realization, it urged him to change his life; go to extremes to get a PhD in Native American Studies, and share his knowledge with other people looking for answers.

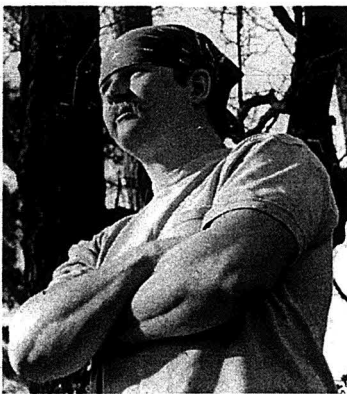
After leaving the military in 2000, he began attending Christopher Newport University, moving one step closer to his purpose.

The first step for Jd was to simplify his world by ridding himself of any superfluous material possessions. "I was lost," he said, "feeling like I had been shot in the gut and there was nothing to fill the hole."

Looking for a purpose to his existence, he was living life day to day, considering

erence and oneness with the universe.

With the hope of bringing back the unity and goodness of humankind, he found himself adopting the tribal sensibilities of the Native Americans and began what has become a lifetime journey to instill modern society with a tribal sense of life.



"I have to be strong enough to break the chains of conformity and live fully without being subject to profanity. It is through my actions that others will come to be influenced."

—Jd Walter

the many philosophies of life and religion and trying to shake the notion of superiority that is inherent with mankind.

This was the answer to a question he didn't quite know.

He felt that this existence could be achieved by coveting a new mindset of re-

Growing up he felt that as a white, Christian male he had to be another hate-laden capitalist, segregated from his fellow man because of their differences.

He didn't question life or existence because he was blinded by an "addiction to life-destroying notions."

It was simply an inability to look at man, beast and the universe as a whole with respect and appreciation. He now says, "All interaction has an impact on the universe and we are equally as important."

He compares the universe to a spider web.

"We are all a part of it and every move we make is felt by everyone else," he said. "It affects every decision we make and alters our lives."

Jd believes that all humankind is flawed by the belief that he is lord over all things. "But his [existence] is just another cog in the machine of life," he said, "a spoke in the dharma wheel."

Jd realized that years ago and began tuning into the rhythms of the natural universe. The journey is difficult, but rewarding. "I have to be strong enough to break the chains of conformity and live fully without being subject to profanity," Jd said. "It is through my actions that others will come to be influenced."

He begins with his 3 year-old son. He does not edge his beliefs in carefully, but speaks plainly and openly about them. They take long walks outside and share the touch and breath of nature.

"Stop. Listen," he says to his son, who raises his head and closes his eyes.

"The wind will answer all your questions, you just have to stop long enough, give up yourself long enough, and listen to it."

Jd knows that it will take longer than
See Walter...p4

News from the office of Career and Counseling

Eating disorders awareness week is Feb. 26 - Mar. 2

Five to ten million adolescent girls and women and one million boys and men struggle with eating disorders and borderline eating disorder conditions. That's triple the number of people living with AIDS. One out of every four college-aged women has an eating disorder or borderline eating disorder condition.

Anorexia, Bulimia, and Compulsive Overeating lead to emotional and physical problems. They are complex issues. The week of February 26-March 2 is designated as National Eating Disorders Awareness Week.

Activities Scheduled on the CNU Campus:

Support Wreath: Place a ribbon on the E.D. Support Wreath in support of a friend coping with an eating disorder, yourself, or in memory of a loved one who died from an eating disorder. (Monday- Friday in the Breezeway of the Student Center and also in University Health & Wellness.)

Participate in the Eating Disorders Screening. This is a free, confidential questionnaire shared only with a counselor. If you're worried about your eating habits, it's a great way to get more information. (Monday, February 26, 11:00-1:00 in the Office of Career and Counseling Services, SC146.)

Books on the subject:

- *StickFigure* by Lori Gottlieb
- *Minding the Body* edited by Patricia Foster
- *Full Lives* by Lindsey Hall
- *Bitter Ice* by Barbara Kent Lawrence
- *Fasting Girls* by Joan Jacobs Brumberg
- *Body & Soul* by Susan Meltsner
- *Bulimia: A guide to Recovery* by Hall & Cohen

Associations, Organizations, & Referrals: ANAD (National Association of Anorexia Nervosa and Related Illnesses) Box 7 Highland Park, IL 60035 (847)831-3438 ANRED (Anorexia Nervosa and Related Eating Disorders, Inc.) P.O. Box 5102 Eugene, Oregon 97401 (503)344-1144 American Anorexia/Bulimia Association (AABA) 293 Central Park West New York, NY 10024 (212)575-6200

Web sites

- http://www.somethingfishy.com/ed.htm
- http://www.mirror-mirror.org

Helping Someone with an Eating Disorder

If a friend or family member has an eating disorder, or you suspect they do, here are some ways you can help.

Let the person know you are concerned, that you care, by describing what you observe factually and how you feel about it. Try not to begin statements with "you" and try to avoid statements of opinion. Also suggest that they get professional help from a physician and/or counselor. (On campus, they can contact University Health and Wellness at 594-7661 or the Office of Career and Counseling Services at 594-7047)

Organize social activities that do not revolve around food. Avoid discussing weight, calorie content, eating habits, or exercise. Instead, talk about and do other things of mutual interest such as going to a movie, taking a walk, watching a sporting event, etc.

Model healthy behaviors and self-responsibility for your choices.

Avoid discussing appearance - theirs, yours, or anyone's! Try to model self-acceptance and don't perpetuate unrealistic societal images.

Remember the ultimate responsibility to change rests with the individual. Arguing or trying to force or convince the person to change their behavior will not work and may make things worse. It may also make the person reluctant to talk to or be around you.

Remember that your friend's eating disorder is not really about food. It's about emotions, self-esteem, and control. Though an unhealthy one, it is a coping mechanism. People with eating disorders are doing the best they can to cope with their underlying issues in the only way they know how. The best way you can help is to set a good example of healthy ways to cope with issues, including seeking help from professionals when needed. Submitted by Dr. Melissa McGill, Office of Career and Counseling Services

-Information provided by the Office of Career and Counseling

Continued from **Walter, p.3**

his son's or even grandchildren's generations to see the effects of this pure existence.

In fact, he is sure that he will never see it at work, but knows that day will come.

"Man is desperately searching to fill that void," he said, "albeit in the wrong places. But if he looks at his actions and beliefs, and it doesn't make his life better, then he must stop and begin his search."

And Jd knows the universe — the wind — will be there to show all men answers, the way it showed him.

He was able to open his mind because of the memory he held onto of the Chippewa ceremony.

This attitude of pure existence was a passionate belief of the Native Americans and Jd has made it his duty to understand their beliefs to the fullest: "Society needs brotherhood, there is no unity among us but no difference between us."

Brotherhood was an important aspect of Native American tribes and Jd longs for the day when humankind will find its way back to it.

Until then he will continue his night job at Canon, graduate from Christopher Newport University, and go to graduate school to obtain a doctorate in Native American Studies.

He believes everything he does and says must be consistent with this belief.

"I feel like it all starts with me," is Jd's solemn reply to the decision he made once he left the military. "Anyone can reach this point, it is just a matter of not looking through the blinders of individuality."

But it will be as long a journey for humankind as it will for Jd. And as he strides outside, Jd's son takes the first steps in his own journey.

"Stop, Dad," he whispers and pulls back. "Listen . . ."



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friends don't let friends drive drunk

ARTS & ENTERTAINMENT

Seven minutes in heaven or six minutes at Einstein's

Espresso Dating, the new rage in California, has made its way to CNU's Einstein's Café

By Kimberly Wright
Staff Writer

Einstein's Café manager Janine Bruner and Dr. Thomas Berry of the psychology department have discovered a new way to allow students to meet one another and make new friends.

Espresso Impresso is aimed at allowing students to get to know each other with-

out the pressures of dating. Men and women are randomly paired off at tables in Einstein's and given six minutes to talk. When the coordinator calls time, the guys get up and move to the next table, rotating every six minutes until everyone has had the chance to meet and chat.

The hard part comes after the meetings. After the men and women are separated, they must make lists of everything

they remember about each person, noting which of those things they liked. This allows the coordinator to see who might want to talk again and who might make good friends. A second form allows participants to indicate in whom they were interested. If mutual interests are found, the coordinator exchanges phone numbers or email addresses for the interested parties.

Einstein's kicked off its first Espresso Impresso on Valentine's Day. Students called ahead to reserve their seats and Bruner noted a larger response from men until the last 24 hours when women suddenly started calling to reserve their places. At 7 p.m. three guys and three girls were seated, ready to get to know one another.

But the turnout was not as large as Bruner had hoped. "Maybe Valentine's Day wasn't the best time for the first one, but we're hoping that the more we do the more it will catch on," she said.

There was a range of reasons for each of the participants' decision to join in. Chris Fattibene was there to "talk to girls and get free drinks;" Rita Haynes "didn't want to study;" and Alan Jordan was recruited from

the library so there would be an equal number of guys and girls. Overall, everyone agreed they were drawn to Einstein's to have fun and get to know new people. Conversation topics were left to the students and included everything from their hometowns and families to college majors, school activities, and living arrangements.

When the allotted time was over, the guys moved to Einstein's outside lobby and everyone tried to remember things about the people with whom they had conversed. All six agreed it had been fun, but that, according to Haynes, "if there had been more people it would have been better." April Jones, however, said that more people would have also made it harder to remember the things they had talked about. Everyone said they would consider doing it again.

Not only did the participants get to make new friends, but Bruner also gave each person a free beverage coupon. She said that Einstein's hopes to host an Espresso Impresso at least once a month, and because of interest from a wide range of people, she is also considering holding separate sessions for people of different age groups.



Students discuss a myriad of topics during the introductory Espresso Impresso held in Einstein's Café. Six students participated in the event conceived by Einstein's Manager Janine Bruner and psychology professor Dr. Thomas Berry.

Photo by Taryn Cornelius/The Captain's Log

Hampton Roads Concert Calendar

- 02/27/01 Eddy "The Chief," Clearwater, Goodfella's; Hampton, VA
- 02/28/01 Cooter/Dynamite Boy, Taj Mahal; Norfolk, VA
- 03/01/01 Jennifer Knapp, The NorVA; Norfolk, VA
- 03/02/01 Outkast/Ludacris/Xzibit, Hampton Coliseum; Hampton, VA
- 03/02/01 Alison Pink Floyd Show, The NorVA; Norfolk, VA
- 03/02/01 Kasey Chambers/Robert Earl Koen, The Boathouse; Norfolk, VA
- 03/03/01 Rights Of Humanity, DJ's Platterhouse; Newport News, VA
- 03/03/01 October 31, Taj Mahal; Norfolk, VA
- 03/03/01 3 Doors Down/Oleander/Shades Apart, The Boathouse; Norfolk, VA
- 03/05/01 Agents Of Good Roots/Ominous Seapods, Jewish Mother, Virginia Beach, VA
- 03/10/01 E-Town Concrete, Taj Mahal; Norfolk, VA
- 03/10/01 The Unabombers/Loaf Tribe/Clockin' Neemin, DJ's Platterhouse; Newport News, VA
- 03/12/01 Avail/Propagandi/J Church/Fabulous Disaster, Peabody's; Virginia Beach, VA
- 03/14/01 Van Zant, The Boathouse; Norfolk, VA
- 03/15/01 Keith Sweat, Chrysler Hall; Norfolk, VA
- 03/15/01 Slash's Snakepit, The NorVA; Norfolk, VA
- 03/16/01 Eddie from Ohio, The NorVA; Norfolk, VA
- 03/16/01 Leon Millmore, The Jewish Mother; Virginia Beach, VA
- 03/17/01 "The St. Patty's Day Band Fest" featuring Sixes/ Sound the Hour/ The Rachel Nevadas/ The No Talent Show/ Success Story/ The Nicofriends, Christopher Newport University, Newport News, VA
- 03/17/01 Saffire - The Uppity Blues Women, Jewish Mother, Virginia Beach, VA
- 03/19/01 Lars Frederiksen & The Bastards/ Dropkick Murphy's/ Swingin' Utters/ Reach the Sky, Peabody's; Virginia Beach, VA
- 03/21/01 Sepultura/ Halebreed/ Flybanger, The NorVA; Norfolk, VA
- 03/22/01 O-Town, The NorVA; Norfolk, VA
- 03/23/01 The Marshall Tucker Band, The NorVA; Norfolk, VA
- 03/23/01 The Juliana Theory, Taj Mahal; Norfolk, VA
- 03/24/01 Eric Heatherly, Blakely's; Chesapeake, VA
- 03/24/01 Rights of Humanity, Taj Mahal; Norfolk, VA
- 03/25/01 Immolation/ Incantation, Taj Mahal; Norfolk, VA
- 03/25/01 Yagwie Maimateen, The NorVA; Norfolk, VA
- 03/28/01 W.C. Clark, Goodfella's; Hampton, VA
- 03/29/01 Nelly Furtado, The NorVA; Norfolk, VA
- 03/30/01 Eve 6/ V.A.S.T., The NorVA; Norfolk, VA
- 04/01/01 Norman Blake, Central Library of VA Bch.; Virginia Beach, VA
- 04/01/01 Dark Star Orchestra, The NorVA; Norfolk, VA

Want to add your band or a concert not listed onto this list? Contact Tom Geary at tgeary@cnu.edu for more information.

Information compiled by Tom Geary, Staff Writer

"Hannibal" really bites

By Allen Brooks
Staff Writer

So friends, it's finally time for my review of Hannibal. Well, have you ever come out of a theater and felt absolutely nothing? Yeah, me neither. Until I saw "Hannibal." I got more out of the previews.

So why did critics love this movie? I just don't get it. Sure, the cinematography was pretty, the soundtrack was great, Anthony Hopkins was fan-freakin'-tastic, and yeah, Julianne Moore was really, really hot. But she just can't be Clarice Starling like Jodie Foster, and the movie was just too slow. I wasn't captivated.

The camera work and soundtrack can be accredited to director Ridley Scott and composer Hans Zimmer. Well, a little piece of advice guys, quit while you're ahead. I just don't know what else to say. I was disappointed. When I go to a movie that's as hyped-up as "Hannibal," I want to walk away with something. All that "Hannibal" left me was an empty cup, and a half eaten bag of popcorn.

Hannibal opens as FBI agent Clarice Starling gets disgraced because of a flubbed bust at the Washington, D.C. Fish Market, which, coincidentally, looks nothing like the real D.C. Fish Market. This brings her back into the spotlight, but this time it's not the good kind. The sudden media frenzy around Starling catches the attention of none other than Doctor Hannibal Lecter, who begins his sick game by sending her a letter laced with clues as to his whereabouts. Thus begins the game that ends

with one of the most interesting dinners since Lecter "had an old friend for dinner" at the end of "Silence of the Lambs."

Now, it's time for the run down of opinions from my movie watching posse. Music correspondent Wakefield didn't like it. Eric the Red didn't like it. Fredrika didn't like it. The ex-girlfriend of a certain sports editor didn't like it. The current girlfriend of a certain sports editor didn't like it. But interestingly, the same certain sports editor loved it.

And does this ratio actually reflect the opinions of the viewing public? You bet your sweet bippy it does. Every person I've talked to about "Hannibal" has shared my opinion. It's an alright movie, but the plot leaves a lot to be desired and is probably not what I'd call a must-see-in-theaters flick. Save your money, go see something that will entertain you, and rent "Hannibal" when it comes out on video.

Shameless plug time, part 2. Remember to go to "Remember the Titans," on Tuesday, Feb. 27 in Anderson Auditorium. This great movie night is hosted by CAB and MSA, and it is totally FREE!



Julianne Moore replaces Jodi Foster as FBI Agent Clarice Starling for "Hannibal."

Photo courtesy www.mgm.com

Spring Break: T minus 4 days

By Tami Conner
Staff Writer

Sandy beaches. Glistening water. Warm rays of sun shining down. That's what usually comes to mind when college students think of spring break.

However, if students are staying local they might want to remove sunny days at the beach from their plans. The extended forecast from www.weatherplanner.com warns of showers for the week of spring break with temperatures ranging from the low 50s to low 70s.

Some students who are staying local have chosen other outdoor activities.

"A lot of people are camping," said sophomore Marisa Schultz. "I think everything else is probably last minute get-togethers."

"I'm staying local so I'm probably going fishing," said CNU junior, Tait Walker.

Students who want to use some of their break for shopping plan on visiting local businesses including those at MacArthur Center and Patrick Henry Mall.

The movie theater is another choice. "The Mexican," starring Brad Pitt, and "See Spot Run" a comedy starring David Arquette are just two of the movies opening in March.

If your dreams are filled with waves and seashells, there are still a few options.

"I'm going with some friends down to a beach in South Carolina, a little past Myrtle Beach," said sophomore Amanda Klauka.

The temperatures will be higher in South Carolina but there are still a chance of showers and also a few thunderstorms.

So, college students drive farther, searching for the perfect place to enjoy their spring break. However, rain seems to follow wherever they go. Florida looks nice with temperatures in the mid-70s to mid-80s but with chances of thunderstorms.

But rain can't destroy spring break excitement. Many students just want to have some fun. Other students are looking forward to getting some long needed relaxation.

"I'm going out, relaxing on the beach, and partying until I drop," said sophomore Robin Crocker.

"I'll probably go to the beach and relax and have fun," said freshman Bennie Hammond.

Spring Break does not mean fun and relaxation for all students. Many are using their time off to make some extra money.

"I'm not doing anything fun; just working," said freshman Jenny Alexander.

Whatever students are doing this Spring Break, relaxing, partying or a little of both, they will definitely enjoy a break from studying.

Spring Break can trace it's history beyond girls gone bad

By Cash Arehart
A & E Editor

Many people may consider Spring Break a trivial occurrence, just a big party by students who have nothing better to do with their time and money. But this is not so. Spring Break actually is an established cultural tradition among college students, an annual event with its own sets of rituals, a piece of 20th Century Americana.

Some argue that Spring Break goes back even farther and deeper than that, that it is the modern manifestation of an age-old rite in which young people celebrate the return of the Spring. Thus, those who partake in Spring Break '01 are actually adding their touch to the annals of the Spring Break tradition. The following is a brief recap of the history of Spring Break to provide current-day participants with an understanding of the rich footsteps in which they follow.

Spring Break: The Classical Period
Some people trace the roots of modern-day Spring Break back to the ancient rituals of the Greeks and Romans preceding the birth of Christ. Back then, men and women, particularly those who were of "mate-able" age, welcomed the return of spring, the season of fertility, in rituals celebrating Dionysus (Greek) or Bacchus (Roman), the gods of wine. Such rituals featured drinking and dancing until participants were in an altered consciousness, open to the irrational calls of this god of earthly pleasures.

The advent of Christianity put a stop to such pagan rituals, since the new, monotheistic deity was seen as an advocate of spiritual rather than worldly discoveries. Nonetheless, many believe that the essence of Dionysus and Bacchus lives on, and that Spring Break is one of the current incarnations of that drive in human beings.

Spring Break in America: The Early Years

Some of the elements of the Spring Break tradition also go way back in the customs of American college students.

Travelling to the coast or to the site of a mineral spring as a restorative cure for the rigors of academic life was common among the well-to-do set of American college students since the 19th century (if not earlier).

In the early 20th century, the combination of the establishment of female collegiate alternatives to traditionally male-only universities and the invention of the car created "the road trip" as a mechanism among college students for the co-mingling of the sexes.

Finally, while the custom ebbed and flowed with the times, by the 20th century college was firmly subordinated next to military service as a primary opportunity for the initiation into inpiration among the 18-22 year-old group of humanity.

The major components of today's Spring Break actually have their roots in long-standing collegiate behaviors. But it took a further technological development to meld them into the cultural icon that Spring Break now represents. Therefore, Spring Break, as we know it today, did not begin until the early 1960s with the evolution of a truly life-altering development.

The '60s

Actually, it was the movies that

launched the massive contemporary annual event now known as Spring Break.

The 1960 classic "Where the Boys Are" spread the myth throughout the nation of the epic journey of college-age men and women to the idyllic shores of Ft. Lauderdale, Fla. to find sun, fun and true love. With the balladic crooning of Connie Francis ringing in their ears, college students found their way to Florida in droves, seeking escape from the challenges of their studies in a place where romance and good times were always close at hand.

The '70s

While it may have started with the wholesome appeal of Frankie Avalon and Annette Funicello, Spring Break, like all American institutions, underwent substantial revision in the turbulent times of the late '60s and the '70s.

Alcohol and other intoxicants played a larger role in the festivities, fraternization between the sexes took on some new dimensions in the period of "free love" and the partying became raucous enough to trash some establishments.

Some beach communities began to make the move to reduce the appeal of attracting college students for Spring Break festivities. During this time, Ft. Lauderdale was replaced with Daytona Beach as the chief mecca for Spring Break party animals, with its cheaper rates, closer proximity to colder East Coast climates and looser regulations.

The '80s

Spring Break in the '80s took on some additional characteristics as Generation X added its touch to the tradition. Spring Break became more sophisticated, as the prospect of staying drunk for an entire week was less enticing for some of this generation of college students than it had been for the Baby Boomers.

While alcohol still played a central role in Spring Break rituals, planned activities expanded to include more sports, trips to theme parks and other tourist spots, snorkeling and scuba diving and even a job fair.

To witness and enhance Spring Break in its own unique fashion, MTV launched MTV's Spring Break in 1987 and has covered the event annually from locations such as Cancun and Acapulco, Mexico and the Bahamas. With such great features as "Fame of Shame," "Springer Break," hosted by Jerry Springer, "Fashionably Loud" and "The Grind," MTV would leave a mark on Spring Break for the rest of the century.

The marketing thrust also switched, moving from primarily pushing beer and cigarettes to advertising computer-related items, video games, cars, movies and television shows and other youth-oriented consumer products.

The '90s

The keyword for the '90s is diversification. This decade has seen an upsurge in alternatives to the traditional Ft. Lauderdale and Daytona Beach party spots. In Florida, Panama City Beach on Florida's West Coast eclipsed Daytona as the most popular destination for Spring Breakers. Other spots attracting high attendance include South Padre Island, Texas and Palm Springs, Ca.

Even international destinations throughout the Caribbean and Central America, are attracting larger numbers of American college students during their precious week away from campus.

Are you Experienced?

The Jimi Hendrix Experience: Are You Experienced

By Jeremy Sanchez
Contributing Writer

I want to start off by saying hello to all of you music fans out there. I want you to ask yourself a question and please don't be afraid to answer honestly. It's ok if the answer is no or even I don't know because that's why I'm here. The question I come to you with is a question that was posed by the late, great Jimi Hendrix so many years ago. "Are you experienced?"

You may be confused so let me explain. I want to help those of you who desire advice from a self-declared "Expert Music Fan" as to what music you should spend your hard-earned money on and what concerts you should visit. And I'm doing this at no charge to you. In doing so I hope to make you more well-rounded individuals, at least musically. Hold on tight, because it's going to be a long, strange trip in and around the world of music.

I want to start out by reviewing a work of a musical genius, whom I consider to be one of the greatest and most influential musical creators of all time. Any respectable music collection should contain Jimi Hendrix's "Are You Experienced?" which was first released in 1967.

It was Hendrix's debut album and it is undoubtedly his greatest, even though the credit for the magic contained within the words and musical artistry in "Are You Experienced?" cannot be given solely to Hendrix because he was accompanied by the powerfully talented drummer Mitch Mitchell, and bass guitarist and vocalist Noel Redding.

If your parents were hip, they probably had this album as a part of their musical collection, it's ok to venture into the world of the experienced yourself. Some of the greatest verses ever crafted are contained



within "Are You Experienced?" From the first unmistakable guitar riff in "Purple Haze" you will "kiss the sky." You'll stay there through a case of "Manic Depression" only to run into the murderous lyrics of a vengeful "Hey Joe." A "Foxy Lady" will walk your way only to lead you into the title track where you will become engulfed in a psychedelic experience that will leave you changed. Hendrix welcomes you into his world with a welcome worthy of royalty.

This is an album for any mood or musical preference to which you might be prone. You might laugh or you might just cry. But you will see Jimi Hendrix in all of his glory. Bounce around to a little rock and roll, sulk and just chill to a bit of the blues, jam to a little jazz, and trip out to a touch of psychedelic madness all in one sitting. Let Hendrix and his electric guitar tell you a little tale.

It is not my intention to review only one type of music, but to broaden your musical spectrum. Although country music is beyond my range of expertise, I will be reviewing artists from such genres as rap and hip-hop, many rock and roll bands, both past and present and anything that happens to pop up along the way.

I guarantee no boy-bands here, and if you have any such atrocities in your collection, it is my recommendation — no this is an order — that you take them out right now and break every last one of them.

Until next time, peace.

OPINIONS

Changing faces

By Cami Wood
Staff Writer

For most of my life, my opinions have been one of two things — strong enough to choke a large animal or completely uncar- ing. Never has ambivalence been an issue when it comes to opining about anything. Until now.

On Feb. 20, President Trible announced plans by Christopher Newport University Educational Foundation to purchase more than 16 acres of land east of Warwick Boulevard for another campus-expansion project.

The land acquired will include Barclay Apartments and Lotz Realty, as well as several private residences and vacant prop- erties.

Now, there are factions of people with the don't-change-the-face-of-our- incred- ibly-lovely-midtown-area opinion who are outraged by Trible's announcement.

And then there are those who would follow Trible to his grave and sing his praises for the wonderful changes he's made to CNU and the surrounding community.

And then there are those of us who are decidedly undecided about the whole thing. It's not apathy that makes this indecision rear its ugly head — it's simply the fact that we can see the good and the bad that comes with the changes Trible has in store for CNU and its hometown.

Surely it will be a sad day when the residents of Barclay Apartments are forced to find new homes. But wouldn't it also be nice to live in a place with a little more curbside appeal than the run down Barclay?

The loss of Jan Mar Beauty School will likely involve a tremendous amount of mourning for — somebody. But could an improved facade for the area between Sweetbriar Drive and Jan Mar Road really be a bad thing?

Traffic along that stretch will be pretty heinous while they're widening the road and making the various improvements — but when it's all said and done, it could be a little better.

A footbridge across Warwick may be both lovely and convenient. Then, it could also be a haven for drunken college kids to either fall from or drop things from and do mass quantities of damage to themselves and/or other people.

A quaint little campus housing 'village' could be pretty cool if you were looking for comfort of living instead of an educa- tion.

Upscale shopping within walking dis- tance from campus would be fantastic if tuition were free and students could afford to shop there.

With change comes... well, change. And, overall, change is generally a pretty good thing as long as it is controlled and accepted by the community as a whole.

But then, Trible and the CNUEF haven't exactly listened to the people as of yet, but they could come around.

Maybe it's good, maybe it's not. Maybe Trible *really* is planning some scheme for world domination; and maybe he's just trying to make a name for CNU. But I, for one, will be glad to be rid of the constant neon reminder that I should purchase a home from Lotz Realty simply because "Jesus is coming."

Divine inspiration found in mischievous movies

With Spring Break finally approach- ing, most of us have already decided what we're going to be doing with our week of freedom. But if you're amongst those run- ning low on ideas for how to liven up the usual drunken, drug-induced virginal sacri- fice at Daytona Beach, it might help to take a look at a few of these classic films for some hints on raising hell.

"Road Trip" (2000)

If you're planning on driving to your Spring Break destination, this film offers some excellent tips such as:

—Invite the quiet, doofy kid in your dorm, then take his car and use his dad's credit cards to pay for everything.

—Jumping ravines a la "The Dukes of Hazzard" is possible and extremely en- joyable, as long as you realize that your car will explode.

—Semen donation is an easy, fun, and education way to fund your trip.

—It's not considered cheating if you're not in the same ZIP code as your signifi- cant other.

—Stop at schools along the trip to cheat your way into fraternities and then throw a party worthy of a smiting from God.

"Brokekedon Palace" (1999)

There are things to be learned from films based on frightening travel experiences, like:

—Never cross an international border carrying a bag for someone.

—If you get caught with drugs that aren't yours, request a cell close to Claire Daines.

"I Still Know What You Did Last Summer" (1997)

Nothing could be scarier than a serial killer stalking you on vacation, but if so:

—Men who believe a killer is loose should never, ever head out one-by-one to investigate noises.

—Women should try to escape from the Spring Break killer wearing the skimpi- est tank top they can find.

In my not-so-humble opinion... In my not-so-humbl not-so-my opinic humbl In my not so humble opinion...



"PCU" (1994)

This modern day Animal House didn't take place during Spring Break, but appar- ently no one remembered to tell the folks in the pit. Here are some of their tips to maintaining a healthy level of discontent on and off campus:

—Stuffing dog biscuits into your friends suitcase will make the customs dogs go nuts and makes for an amusing plot builder or cause for revenge.

—George Clinton and the P-Funk All- Stars will gladly play your party if you let him use your john.

—Be sure to watch the clock to make sure that those pesky blue laws don't snag your alcohol arrangements for the evening.

"Ferris Beuller's Day Off" (1986)

Simply one of the greatest movies of all time, Ferris offers up nuggets of vaca- tion and celebration wisdom throughout the entire film like:

—Impersonating a wealthy industrial- ist can get you into the ritziest restaurants.

—In order to keep anyone from find- ing out just what you're doing have your friends help you to set up a ring of tele- phone answering machines collaborating the same ridiculous story.

—Parking garage attendants should never be trusted, no matter how sincere they seem.

—Faking a coma will get you a peek at your best friend's girlfriend changing clothes.

"National Lampoon's Vacation" (1983)

We know this was a family-oriented vacation yet it is a hilarious case study of what can possibly go wrong on vacation. But there are still lessons to be learned from the Griswold's cross-country may- hem, such as:

—Never, never, never, never, never attend Spring Break with your family, un- less your mom is as hot as Mrs. Griswold.

—Always call ahead to make sure all major attractions like Wally World are open.

—Never agree to pick up Aunt Edna on the way to South Padre or Daytona Beach. She's a real drag.

"Risky Business" (1983)

All of your friends leave for Spring Break and you stay alone in your dorm or apartment. Only one logical thing for you to do:

—Immediately start the largest prostitu- tion ring possible, then dance around in your underwear just because you can.

"Animal House" (1978)

Sure, the boys at Delta House weren't celebrating Spring Break, but we would do well to learn a few lessons from those guys, such as you don't need a really special rea- son, party, just celebrating something like Thursday will do fine. Follow their guide for grand college merry-making:

—Togas rock. Enough said.

—It is acceptable to somehow seduce the Dean's wife into attending your party.

—Food fights are an excellent way to break up an otherwise boring day.

—Good advice for troublesome situa- tions - start drinking, heavily.

In light of the recent events surround- ing MTV's "Jackass," which I have already denounced as being the mecca for all idiots with access to cable television, please do attempt the things listed above at your own Spring Break.

- Cash Arehart is A&E Editor for The Captain's Log

Car-stalkers must face, solve their problems

Hello, my name is Ramona and I am a car-stalker.

I admit it. I cannot simply park my car in the first empty spot I see and walk the short distance to campus. I must follow some poor, unsuspecting individual to their car in the hopes that they parked closer than that first spot I found. And if they didn't, I feel the anger bubbling inside my soul, and the sudden, overpowering urge to run that person over with my car.

Car-stalking is an epidemic plaguing our campus and I think we, the stalkers, should admit to our problem. And it must stop! We turn our cars against other students because the idea of walking less than a mile to a building to attend class is so frighten- ing to those of us who are afflicted with this mental illness.

Okay, all kidding aside, does anyone find this to be silly behavior for a college student? The majority of us are young, have two perfectly good legs with which we can actually walk from the back of the parking lot to wherever it is we need to be.

In reality, we have become a campus of hunters looking for people exiting build- ings like McMurrin and Wingfield in hopes that they may have parked close enough to

And Ramona says... And Ramona says... And Ramo, And Ramo, And Ramo, And Ramo, And Ramo, And Ramo says



prevent us from moving our muscles more than a few inches.

I usually begin my hunt around 11:30 in the morning when the poor people who had to start their day with 8 a.m. classes are finally escaping. I stalk them because they get the good spaces, all the open spaces when nobody else is here. Heck the squir- rels are still in bed when these poor souls pulling into their cushy, close-to-the-build- ing parking spaces.

You and I, who are fortunate enough to be taking a noon classes, want them to move as quickly as possible so that we are not late. Can we see the problem here?

This causes a variety of repercussions. Road rage is on the rise because those who are leaving for the day don't leave fast enough for our liking. So you wait for the

slow pokes to leave. You circle in the park- ing lot like a vulture. And then you don't get the spot you wanted because someone else managed to pull into it right before you. So you park in the back anyway and now you're late for class and your blood pressure has risen dramatically and you're sure you're having a heart attack because of the road rage that has engulfed you.

Captains, can we not oppress our fellow students who are forced to suffer the agony of early morning classes by running them over with our cars in the hopes that we do not break the sweat walking 800 feet to the Student Center? They're usually unarmed and can't fend off the attack of an SUV with a commuter sticker on its bumper.

CNU is not Wal-Mart on Christmas Eve! It is a college campus hopefully filled with intelligent people who understand that parking in the back of a parking lot the majority of the time is faster than hunting down people who are leaving.

So take that first spot and comfort yourself with the knowledge that the walk gives you a chance to work off the extra pound you got from eating those yummy "belly-busters."

- Ramona Hernandez is a Staff Writer for The Captain's Log

Opinions continued

**Letters to the editor
Support is needed from
Administration for Model U.N.**

Dear Editor,

I am writing to inform the students, faculty, and staff of Christopher Newport University on the mistake the University Administration is making. Recently, the Model United Nations (MUN) organization at CNU traveled to Vancouver, British Columbia for a conference. Prior to this five-day trip, members research countries and where they stand on world affairs. At conference, the members become delegates of one of five different committees, where they perform on behalf of their nation's views just as the real United Nations would. One of our delegates was recognized as Best Delegate for his committee. While this might not interest everyone, there are many that do enjoy such interactions.

First of all, Model U.N. receives no funding from the school at all. For me, the trip to Vancouver was an 800 dollar investment to earn a credit for which I have already paid. We are a recognized club on this campus, a very successful one even, and yet we receive few, if any, of the considerations given to others.

Secondly, we are trying to host our second annual High School MUN conference. Unfortunately, the school has established barriers that cannot be broken, not

allowing us the use of any space for the conference. These barriers will probably force us to cancel our conference. This hurts CNU. Our conference reaches areas of Virginia that may not have heard of this school already.

Even if we are permitted to hold our conference, we are unable to provide incentives for excellent performance. Having talked to students from other schools, I became very upset. My anger was a result of finding out that other host colleges pay for every cent of the transportation and some schools even give a daily allowance. Some host schools even give scholarships to their Delegate with the highest GPA. What do we offer? A letter from the Dean that says "Good Job." Thanks a lot, but I don't want a letter, I want some help.

Currently, we are having fundraisers to curb the expense of our trip to New York City in April. We will be going to the actual United Nations building as ambassadors of Christopher Newport University. Look, we are not asking for full scholarships or an all-expenses-paid vacation, just a little help. After all, we are just college kids wanting to expand our minds, maybe you should start expanding yours too.

Travis M. Binns

Clear markers needed in parking lots

Dear Editor,

Parking on this campus has been a hassle from the first day I started classes here, over a year ago. However, it is only recently that I have felt compelled to write on the subject. I have no problem following the traffic regulations that have been established, they maintain some kind of order on campus.

But when these rules are not fully marked in the individual parking lots, I begin to have a major problem. How am I supposed to comply with rules that are not stated clearly on signs or markers?

And, the bigger question: is it fair to expect me to?

Recently I parked in Open Parking Lot H, the sand pit near the library. When I returned from class, I noticed that several people had parked around my car — we all had tickets on our windshields for "impeding the normal flow of traffic."

As other cars effortlessly passed our vehicles I began to get angry.

My point is this: there are no white lines, red railroad ties or even helpful signs to clue commuters into where they may or may not park. Because cars could easily pass and there were no markers indicating otherwise, my parking spot seemed valid.

I urge the campus police and other members of the campus community to resolve this unfair situation by clearly marking which spaces are available for parking in the Open Parking Lots and which areas are off limits. Until this happens, the commuters of this campus cannot be expected to follow undefined rules.

I hope the money from my ticket goes to pay for the new parking garage. We desperately need it.

Elizabeth Grim
Editor's note: see "And Ramona Says" on page 7.

Politics, persona and personal attacks

Dear Editor,

In last week's *Captain's Log*, there was an opinion column called "Let's allow the students to think for themselves."

The first time that my name was mentioned it said that "at the center of just about every debate...." I thought that was what senators were supposed to do. I thought that meant you cared about what was going on at your school. That you were not just going to let someone else be the decision maker, say like the administration or a small executive board. The opinion also said that all real discussion takes place at night, not in the senate. This happens, at least on my part, because the SGA does not allow people to bring up new business without having to override the e-board with a two-thirds majority vote.

My favorite part of the article was, "But Eggleston is abusing both the privilege and the student body he represents." That was then followed with everything that I do and then was told that it was correct. "Questioning campus issues, administrative decisions, electoral process... (and) governmental decisions is what college life is all about." Need I say more? But what about my "verbose postings?" ... You may not agree how I go about it but I still do my job.

As for tearing into people with personal attacks, I may do that to an extent. Have

you ever watched a political campaign? ... What I say would be considered nothing in a national arena. Politics are going to be involved within any government, school or otherwise.

Next item up for bat, me wanting attention. It is human nature to want attention, but this is still not my goal. I think a better word would be concern. I know that there are other people who want to say things but are scared they will have an opinion column written about them. I happen to not care what people think of me. And as for me "throwing the SGA meetings into chaotic disarray," there are rules that I have to abide by and I do. If bringing up issues that are a hot topic that gets people to respond is doing this, is it a bad thing that I make the senators discuss relevant issues?

...It is ironic for the paper to want to silence a student voice. Maybe this is the administration talking.... I just want to know what happened to student's rights and "Students First?" I guess that does not apply to me... a student.

...You may not agree with how I feel or like me personally, but do not let that blind you from the issues that affect this institution everyday.

Jeremy Eggleston
Editor's note: In reference to an editorial by Hugh Spain and Cami Wood in issue 16 of *The Captain's Log*.



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The Captain's Log is the Official Student Newspaper of Christopher Newport University.

The Captain's Log is published on 24 Mondays throughout the academic year.

New contributions are accepted by fax (594-8759), by e-mail (clog@cnu.edu) or in *The Captain's Log* office (SC 223).

Circulation inquiries, advertising rates, and policies are available upon request by telephone, (757) 594-7196, e-mail or on our Web site. *The Captain's Log* is created with Apple Macintosh computers, using Adobe PageMaker.

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 e-mail 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.



SPORTS

Men rocket into NCAAs Recieve first round bye

Division 3 Men's Basketball Brackets

First Round	Second Round	Sectional
UW-Eau Claire at Benedictine	Chicago	
Cal Lutheran at Linfield	Lewis & Clark	
Aurora at Washington U.	Elmhurst	
Grinnell at Ill. Wesleyan	Wartburg	
First Round	Second Round	Sectional
Savannah Art & Design at Roanoke	Christopher Newport	
Nebraska Wesleyan at Gustavus Adolphus	St. John's	
Mississippi College at Millsaps	McMurry	
Gettysburg at Hampden-Sydney	William Paterson	
First Round	Second Round	Sectional
Western New England at Salem State	Mass-Dartmouth	
Marian at Carthage	Wooster	
MacMurray at Maryville (Tenn.)	Wittenberg	
Defiance at Calvin	Ohio Northern	
First Round	Second Round	Sectional
Kings Point at Cabrini	Wilkes	
St. Fisher at Amherst	Clark	
CNY at Catholic	Widener	
Brockport at Colby-Sawyer	Hobart	



By Clyde Whiteman
Staff Writer

For a fourth consecutive year, the CNU Captains men's basketball team won the Dixie Conference Tournament. It also marked their fifth tournament victory in the last six years. In Saturday's final against the Averett Cougars, the Captains were victorious 87-74.

Please see B-Ball, p.11

Far left: Sophomore Julian Sumpter demonstrates masterful ball control during the Men's Basketball's 87-74 defeat of Averett. Left: Junior Nate Stearns looks up to Greensboro guard Marcellus Morgan. Greensboro could only look up to CNU during their 82-42 loss.

All photos by Tom Stormer/
The Captain's Log

Lady Caps head to Maryville for NCAA play

The Lady Captains built a 28-19 halftime lead and went on to a 56-45 victory in the Dixie Conference Tournament semifinals

Friday night at Shenandoah. CNU will face Methodist in Saturday's 3 p.m. championship game.

CNU built a 17-point margin early in the second half, 38-21, but saw the Bishops bounce to within six, 51-45.

Rasheedah Martin paced CNU with 16 points, while Tia Moore had 12 points and 13 rebounds and Serita Jackson added 10 points. For N.C. Wesleyan, which is 9-17, Amy Jones had 12 points and Misty Carneal 11.

The Lady Captains will travel to Maryville (Tenn.) for their first round NCAA tournament game on Wednesday.

It will be CNU's eighth NCAA appearance and first since the 1997-98 season.

Men's Tennis optimistic about new season

By Tom Geary
Staff Writer

With the 2001 tennis season right around the corner, the Captains are ready to outplay their competition in hopes to better last year's 10-7 record (4-2 in the Dixie Conference).

Returning to the team this year is junior Jason Martin, whose 15-5 record (4-2 in the conference) led all Captains in 2000. Martin advanced to the NCAA Division III Tournament in Kalamazoo, Mich. last season after being ranked as high as 19th in the

nation and sixth in the South region.

This season, Martin will be play doubles with senior Tommy Miller, who holds the No. 2 position on the squad for the second season in a row. These two talented players will hope to produce the strongest combination.

Miller and Martin are both optimistic about their pairing.

"I've worked with a lot of great players before and Tommy ranks up right along with them," said Martin. "We'll have a good chance to go to nationals."

Other key returning players include

Pete Ballou, James Hull, James Lowes, and Brandon Musika. Two newcomers, Ajine Williams and Cam Davis, will also be hoping to earn some playing time on the court.

Coach Rush Cole is in his fifth season of coaching CNU men's tennis. Cole has a 42-25 record coaching at CNU, where he also starred as a player from 1988-1991.

Cole believes the Captains, ranked 10th in the region, should have a good season.

"We have a strong team coming back, with good core returners," said Cole. "I'm looking forward to a good season. Our team is very positive, very confident, and very

supportive of each other."

Alongside Cole on the assistant coaching staff will be two former CNU tennis stars: Russell Nevins and Holden Knight.

Knight believes the Captains have done much preparation under his guidance and they will perform well as a team this season.

"I really think that the players so far this year seem to connect really good," said Knight. "There are no major attitude problems. I'm optimistic and I feel like everyone has a pretty good attitude. We should

Please see Tennis, p.10

Title IX

This is my game.

Graphic Courtesy <http://www.bigten.org/dreambig/coaches/title9.htm>

Title IX brings difficulty; equality to CNU sports

By Liz Munson
Staff Writer

Think of it as affirmative action for women.

In the past 29 years, Title IX has sparked a revolution in sports around the country. It's also created a quagmire of emotions in the athletics world.

At CNU, Title IX has been faced and conquered. There haven't been any challenges to the athletics department.

So far, anyway.

For those of you who don't know what it is, Title IX is a 1972 law mandating that, "no person in the United States shall, on the basis of sex... be subjected to discrimination under any education program or activity receiving federal financial assistance."

In CNU's decision to entertain football in 2001, Title IX was pushed to the forefront. Field hockey and women's lacrosse were added to the 2000 season to even out the large male participation in the upcoming sport.

"At first thought, it's kind of insulting that my sport was added simply because

they had to," junior Maggie Olson said. "But then again, if they hadn't I wouldn't have been given a chance to play." Olson is a member of the newly formed women's lacrosse team.

There's little doubt that Title IX has enhanced women's sports. According to an Associated Press article, in 1972 there were less than 32,000 women participating in a collegiate sport.

Now there are more than 110,000 female college athletes around the country.

So Title IX was a good idea then, right? Opponents of the law argue that men's programs have been cut in order to meet Title IX standards. Collegiate wrestling and men's gymnastics in particular have suffered. According to the Associated Press, in the early '70s there were over 400 wrestling teams on college campuses nationwide. According to the NCAA, that number had fallen to 265 teams by 1996.

Adversaries of Title IX also claim that these teams have been cut in order to meet the "proportionality" stipend in the law. Colleges must have an equal percentage of women's athletes as they do female students.

For some schools, this goal can be difficult to attain.

CNU athletic director C.J. Woollum found the proportionality rule to be particularly hard to overcome. With the number of women attending CNU nearing 60 percent, Woollum finds it difficult to meet Title IX standards.

"Sometimes it is hard to find that many women willing to participate in a sport," he said.

Other schools in Virginia have already been challenged by Title IX. On Oct. 19, 1993, a lawsuit was filed against the College of William & Mary by then-coach of the women's basketball team, Eloise Jacobs. She argued that she was not paid equally in relation to the men's head basketball and baseball coaching positions.

Another recent case occurred in 1997 against Hampton University. On June 2, the National Women's Law Center filed a lawsuit against the college detailing that Hampton University had a 61 percent female enrollment, but only had 40 percent female athletic participation. This case is still in litigation.

According to Woollum, CNU won't be challenged anytime soon. Part of the reason field hockey and lacrosse topped the list of new women's sports for the Captains was because they both carry hefty team rosters.

"We had looked at instituting a women's golf team," he said. "But we weren't going to get the numbers that we needed."

CNU's announcement of football in the 2001 season has attracted a large interest pool.

Woollum needed women's sports that would boast a large number of women on their rosters. Women's lacrosse and field hockey hold about 20-30 players at the most.

As Title IX reverberates throughout the nation, its impact at CNU may be felt even more in upcoming years. With each new addition or subtraction of sports that CNU makes, Title IX will latch on tighter to Captains' athletics.

Woollum is prepared for battle.

"Here at CNU," he said, "we are way ahead of the game in accordance with Title IX, and are prepared for the future of women's sports."

continued from Tennis, pg. 9

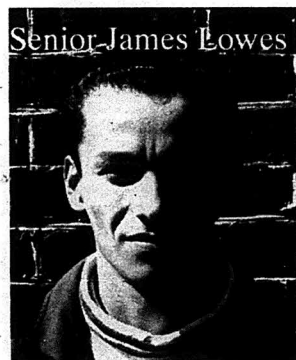
be strong this year. I think we're starting off with a good approach trying to work hard physically, hopefully that will lead to mental toughness."

The players are looking to make an impact in 2001 as well.

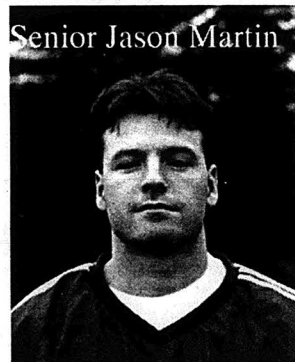
"We look like we could be really good," said Miller. "It's my senior year, so I definitely want to make it my best year. Obviously I want to leave it all on the court and do the best that I can."

This season, however, they have a tough schedule. CNU faces third-ranked Averett and nearly ten teams overall that are ranked in the top 15.

"It's a tough schedule," said Cole, "but our players are ready to play."



Senior James Lowes



Senior Jason Martin

This may be why Cole prepared the team for the season with a scrimmage against Division I powerhouse Hampton University, who has scholarship players from around the world.

"It was another level of competition, but it was a good experience for my guys," he said. "I didn't have any player out there looking like they were losing and that's an important mentality. It was impressive to see them play 100 percent throughout the whole match."

CNU opens the season on Wednesday, March 7 against the University of the South.

After match-ups at Clinch Valley College and Washington & Lee, the Captains will play their first home game on Monday, March 12 when they host W. New England College.

Captains' Spirit Check



Seth Kline

The Captains are on a roll, winning game after game. The fans are ecstatic, leaping to their feet as both the women's and men's basketball teams continue to score, advancing towards the NCAA

tournament.

This is probably the best season the Captains have had in years. Last season both teams made it into the Dixie Conference, only to be defeated by Catholic University. Even in defeat, the fans of our teams still stood together as one, and coach C.J. Woollum tried to console us with a very moving pep-talk, prior to returning home.

Now, I back track to the 1996-97 season, which up to that time was what many believed to be the definition of a successful basketball season. After winning just about every road and home game, homecoming's victory became a catalyst for enthusiasm. From there, we went on the road, only to meet our own Waterloo in Salem. Similar to last season in Washington, D.C., the defeat was not due to the lack of a strong turnout or enthusiastic support from the fans.

CNU fans will come out en masse to these games, cheering just as loud and long as they can. Our fans are loyal, and their spirit and enthusiasm shows. Between the

fans, President Tribble, our regular cheering squad and yours truly, there are four cheering squads simultaneously rooting for the Captains. Most teams on the road are lucky if anyone from their school shows up, and I have seen games where the visiting teams only had the players on the bench cheering for their teammates.

There are some people at CNU who will argue that the school's most successful basketball season was in 1991, when this was still Christopher Newport College. That was the season when former player Lamont Struthers won games. He was the only player from a Division III school to be accepted into the NBA and is now enshrined within our school's Hall of Fame.

I personally can not say anything about that season. It was before I came to Christopher Newport, so I never saw Lamont Struthers play, and can only go on what people who saw him have said. Although, I still believe that the 1996-97 season was our most successful up until now.

Let us continue to keep our enthusiasm strong and our spirits high as we go into the NCAA games and hopefully make it to the Sweet Sixteen. Maybe coach Woollum's dream will finally come true, and we will host our first-ever Sweet Sixteen in our beautiful, new Freeman Center. That would definitely be sweet.

-Seth Kline is a staff writer and columnist for *The Captains Log*

continued from B-Ball, pg. 9

The game was not as close as the final score indicated, however. Throughout the first 13 minutes, the game was close as both teams showed how badly they wanted the automatic bid to the NCAA tournament. Clinging to a slim 27-26 lead with seven minutes remaining in the first half, the Captains stepped it up a notch.

They ended the first half on a 21-9 run capped by junior Jermaine Woods' three-pointer at the buzzer. Woods and senior Antoine Sinclair contributed 15 of the run's 21 points, and the defense shut down the Cougars' offensive attack. Terry Gray ignited the Captains offense at the start of the second half, hitting two three-pointers, and extending the home team lead to 17 points.

Antoine Sinclair led the way with 19 points, Woods scored 18, and Gray added 10 points to lead a balanced scoring attack

for the Captains. The Cougars scored several points late in the game to make the final score more respectable.

After the game, several Captains were honored for their exemplary play throughout the tournament. Sinclair, Albert Haskins, and Woods made the All-Tournament team and Sinclair was named the tournament MVP for the third consecutive year. He also became the first player to win in four consecutive conference tournaments.

In a semifinal game Friday against, the Captains waxed the floor with the Greensboro Pride, 82-42. The game was so lopsided by halftime that Woods (18 first-half points) and Haskins (17 points) outscored the Pride by themselves. After Greensboro forward Wes Linzy sank two free throws to cut the Captains lead to 4-2, the game was never in doubt. The Pride should have taken a picture of the scoreboard at that point and kept it as a

memento, because there would be no more pleasant memories for the visitors in the first half.

The Captains led by an incredible 56-15 margin at halftime. Woods and Haskins both had career highs of 21 and 17 points, respectively. Carlos Heard scored 15 points and Sinclair added 13 points.

In the second half, head coach C.J. Woollum handed the game over to the bench and rested the starters. The bench played well, working hard on offense and not letting up defensively, even though the game had already been decided.

After the game, Woollum had nothing but positive things to say about his team's effort. "The effort was great from the start," he said. "Our defense played very well and our offense never stopped attacking. That was the best first half of basketball I had ever seen. Overall, it was a super job from our guys tonight."

Editor's Notes

- Look for continuing sports coverage over the break on the Captain's Log website at <http://www.cnu.edu/clubs/clog>

-Mike Mullin's column will return next time with issue 18.

-Previews of all of CNU's spring sports will be coming in following issues.

Softball hopes and expectations high despite small team

Winning the Dixie Conference is goal of seniors

By John Bailey
Staff Writer

Ping. Another softball meets another metal bat and goes pounding across the floor.

"You should get two bounces," coach Paul Weiss shouts to the condensed line of batters.

Ping. Another fielder ducks and hustles to stay out of her neighbor's path.

"Keep your eye on the ball whether

you're catching or hitting," Weiss's voice echoes again through the dimly lit Ferguson gym.

Ping. Another ball bounces across lines, finding a home behind the bleachers.

"Alright, let's get into groups of four," the coach says as the players slowly begin a new rotation of hitting drills.

It's another indoor practice for CNU's softball team. Not exactly the way the coaches or players expected to spend the preseason. In fact, the Lady Captains have

spent as much time indoors as they have outdoors.

"It's been rough," Weiss said. "We've had a hard time practicing outside lately because of the rain and the snow. Indoors we can't really hit hard or play at full speed because everything is so close together."

In addition to this, the coaching staff also faces another problem just days before the season opener. The team has lost its top two pitchers, one from an injury, the other left school for personal reasons.

"Donna Cerami (the team's number

one pitcher) hurt her shoulder during a throwing exercise," Weiss said. "But we hope to have her back before the Dixie tournament."

For now, freshmen Vanessa Gray and Kelly Tellefsen will share time on the mound for CNU.

Despite these problems, both Weiss and the team are ready to get the season started. "We should do fine," Weiss said. "We may be down to sixteen right now, but that's what we had last year, and we still have a strong hitting core and good fielders."

Last year, CNU finished tied for first in the regular season with a record of 32-11-1 overall and 10-2 in the Dixie Conference. The team then went on to make to the third round of the conference tournament before losing to Ferrum. The Lady Captains success was founded on a triple threat in the batter's box.

Senior Stacey Hundley led the conference with a batting average of .454 and 69 hits and scored a conference high 42 runs. Sophomore Jen Harrell was also a consistent force at the plate with 52 hits and 31 runs.

Junior Jennifer Nowacki was the Dixie homerun queen, smacking the ball out the reach of opponents for nine homers. She also led the Captains with 41 RBIs and was second in the conference, hitting six triples.

Our lineup is amazing when we're on," Nowacki said. "It should be interesting to see how we pull together this season."

Weiss also has high hopes for the newest members of his team this season. Nicole Slogarik finished her senior year at New Kent High School as the district Player of the Year as well as making the first team All-District and All-State.

Slogarik will play as an outfielder and shortstop for CNU.

Renee Sigafos will step up for the Lady Captains as a power hitter and catcher. While at Princess Anne High School, Sigafos made the second team for the Beach district every year she played and was chosen team MVP.

"I'm looking forward to the season," Sigafos said. "Of course, everyone has high expectations, so I don't want to disappoint anyone."

The Captains first game will be this Friday at the Methodist Tournament.

We have another solid team this year," Weiss said. "Our goal is to win two games for every one we lose. If we can do that we should do well."

Days are busy, long for Gibbs and Faison

Men's and Women's clean-up at Mason-Dixon Indoor Conference Championship

By Clyde Whiteman
Staff Writer

The track program here at CNU is definitely one of the best in Division 3, and recent results prove that assertion to be true. Within the last 25 years, CNU's track team has won 12 national championships, definitely an outstanding achievement.

Head coach Vince Brown has been successful because he has coached several athletes who put forth their best effort in practice and in meets.

However, many of the athletes also excel in the classroom. Out of the 84 student athletes who achieved a 3.0 GPA or better last semester, 16 were involved in either track or cross-country.

Aimee Gibbs and Derrick Faison are two examples of the quality student athletes who represent CNU's track and cross country teams.

Aimee Gibbs is a freshman from Greenbrier Christian Academy and she participated in cross-country last semester and currently runs for the track team.

Gibbs has demolished the competition on the track. Last semester for cross-country, she was First Team All-Dixie Conference, All Mason-Dixie Conference, All South-Southeast Region, and qualified for the NCAA track meet.

There she placed 101st out of 215 run-

ners with a time of 19:22 in the 5,000-meter. Also, on Nov. 11, 2000 she set a new school outdoor record time of 18:33 in the 5,000-meter.

"I am really blessed that God has allowed me to have a good year," said Gibbs. "It surprises me actually. I didn't expect it to go so well."

"Aimee will probably be the best female distance runner this university has ever seen," said coach ?? Brown. "We continue every week to be amazed at what she accomplishes. We're very fortunate to have her here with us and we look for great things from her in the future."

Gibbs has also proved that she can balance academics with athletics. Everyday she runs in the morning before classes and catches up on her classes during her hour-long breaks.

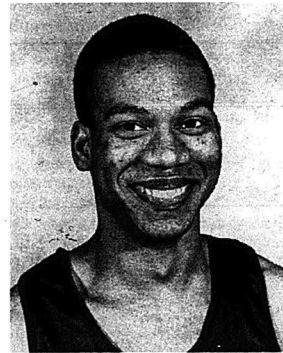
On Tuesdays and Thursdays when she has no classes, Aimee runs early in the morning, completes her work and studying afterwards, and then runs again in the afternoon. She was recently recognized as a student athlete for having a 3.0 GPA or higher.

Derrick Faison is a sophomore sprinter from Lee Davis High School. This is his second year on the track team and he runs in the 55- and 200-meter as well as the 4 x 400-relay team.

His freshman year was a successful one, placing sixth in the conference in the 100- and 200-meter, first in the 4 x 400-

relay, second in the 4 x 100 relay and sixth in the 55-meter, an indoor event.

"I really liked the campus," Faison said about choosing CNU. "I met a lot of friendly people at orientation and that helped in the process."



Freshman Aimee Gibb takes a well needed respite after Saturday's meet (left). Sophomore Derrick Faison placed 2nd in the 55 meter on Saturday (above).

Photo at left by Mike Cooper/
The Captain's Log

He is "an extremely hard worker," said coach Brown. "He came in as a good sprinter and has developed into a good 200 and 400 runner. We expect really good things from Derrick for the rest of this year and the years after this."



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