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# THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY

## Do It All From Your Computer

### Tuition, E-mail And Grade Services To Come From Single Source

By Jeremy Sanchez  
Staff Writer

What if you could register for classes, pay your tuition bill, check your e-mail, and look at your grades without ever leaving home?

CNULive is being created to allow students to do just that.

"All students will get a PIN number that will give them access to the site," said George Webb, assistant to the president for information technology.

"CNULive is a team effort involving almost 40 CNU employees," said Webb, the project manager. "There is a Steering Committee composed of Cindi Perry, Bill Brauer, Maury O'Connell and Anne Perkins."

CNULive is going to be more than another bell and whistle for CNU's advertisements. It is an addition that will make your college career, and the careers of CNU's staff members, a little less stressful.

"A tremendous increase in student needs (admissions up 300 percent) is being supported on the backs of good folks who are

stretched very thin. They need help as quickly as they can get it. Administrative software systems in registrar, financial aid, admissions, and finance do not talk well to each other. As a consequence, when you update one, often others are not updated. The same data is entered many times," said Webb.

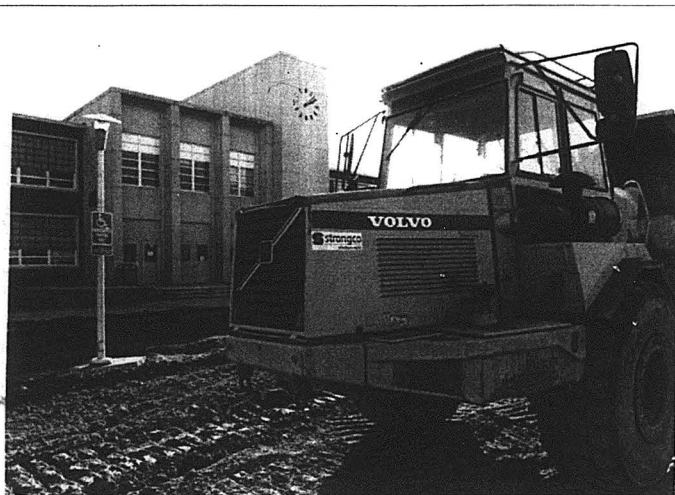
This system will eliminate the hassle of having to constantly update everyone's computer and will decrease the time that data entry consumes.

Everyone will have a single sign-on to all accessible information through a custom-tailored, individualized web page. They will also have access to calendars and event scheduling, said Webb.

Through this system, students will be able to register for classes, view grades, pay tuition and fees, view class schedules and locations, chat with faculty and other students, and view course syllabus, said Webb.

Staff will be able to view budgets and expenses, track purchase orders, audit student progress to

See CNULive, Page 2



Demolition of Ferguson Hall, in preparation for the new Center For The Arts, began in Jan.

Staff Photo By Tom Stormer

## Looking Back At Ferguson

By Jeremy Sanchez  
Staff Writer

As metallic claws rip apart Ferguson's walls, pieces of Newport News' educational legacy fall into the oblivion of history.

Ferguson is being torn down, in phases, in preparation for the Center for the Arts that

will fill its void. Its life is worth a look.

Ferguson has a long history of granting Newport News children with invaluable nuggets of knowledge.

Ferguson opened its doors as Warwick Junior High School in 1957. Four years later, in 1961, the junior high school graduated to the level of a high school. It was re-

named for the long time Newport News Shipbuilding President Homer L. Ferguson.

Homer Ferguson was the president of the Newport News Shipbuilding and Dry Dock Co. from 1915 to 1946. He saw the shipbuilding through two world wars and his influence on this

See Ferguson, Page 5

## Secretary Of Education Foresees CNU Tuition Increase

By Emily Anderson  
and Tami Conner  
Staff Writer  
and Managing Editor

Even though increasing tuition is not mandatory, CNU has decided to accept Gov. Mark Warner's recommendation for all colleges and universities to increase their tuition by 5 percent in 2003. In 2004, tuition will increase another 5 percent making a total of a 10 percent increase by 2004.

According to Belle Wheelen, Secretary of Education for Virginia, colleges and universities are not required to increase tuition. However, as a result of the budget cuts, CNU will probably raise tuition.

"There will probably be a tuition increase at CNU because we're (the state) asking them to cut so much," said Wheelen.

Wheelen explained, because of the budget crisis, the state is

going to take money from the colleges and universities. However, institutes of higher education have the choice of how to compensate for those losses.

According to Wheelen, Gov. Jim Gilmore originally proposed a tuition increase not to exceed 6 percent. When Gov. Mark Warner took office, he reduced the tuition increase to 5 percent. However, the House and the Senate feel that the tuition increase should not be limited to 5 percent.

"We don't want to limit the tuition increase to 5 percent. The Board of Visitors of the particular colleges or universities should decide the amount of increase for their own institution," said Wheelen.

Gov. Mark Warner projects a \$3.8 billion deficit for the state of Virginia over the next two years. Warner has asked all state agencies, including institutions of higher education, to reduce spend-

ing. This means that CNU will be required to cut its budget by a total of \$5,427,894.

On Feb 15, President Paul Tribble released a memo via e-mail

*"The Board of Visitors of the particular colleges or universities should decide the amount of increase for their own institution"*

*Belle Wheelen  
Secretary of  
Education*

to all faculty, staff and students explaining the Budget Advisory Committee's (BAC) reduction plan. Included in that plan was an explanation of a 5 percent tuition increase. The General Assembly

and the Governor must pass the reduction plan before it is put into action.

The increase in tuition will not go directly to schools in fiscal year 2003; it will instead go towards paying back the state general fund. In fiscal year 2004, approx. \$198,471 will be retained by CNU.

The possible increase in tuition has stirred mixed emotions among students.

Sophomore Greg Dale, feels that the tuition increase is inevitable and that if it didn't come from the increase, the money would be taxed in another way.

"(Increasing tuition is) one of those things they (the state) have to do. If they feel that that's the way they need to raise money then so be it. We would be paying for it a different way otherwise," Dale said.

Heather Phaup also agrees with Dale's views.

"Even though it's unfair to tax the students extra money for their education, I believe something must be done in order for students to receive quality education," Phaup said.

Some students like Angela Peters and Devin Ralph, don't understand how the increase will benefit colleges and universities in the future.

"I guess I'm going to be for it (the tuition increase), simply because I'm going to college, but I don't think that all of the money should go to the general fund, simply because we need it here," Peters said.

Ralph feels that students shouldn't have to pay for politicians' mistakes.

"I think that taxing students because politicians had bad foresight, seems a bit unjust. While it may be a decent temporary fix it will only hurt Virginia schools in the long run," Ralph said.

## What Will Students Be Able To Do With CNULive?

- Register for classes
- View class schedules & locations
- View grades
- Check Financial Aid status
- Pay tuition & fees
- Get e-mail
- Find out game times
- View course syllabi
- Get homework assignments
- Check Fraternity meetings
- Chat with friends

CNULive, From Page 1

ward degrees, update student information, and recruit students, said Webb.

But the list of benefits does not stop there.

According to Webb, faculty will be able to view class rosters, assign grades, obtain student records for advising, exchange information with classes, and update course syllabus.

This system will be most beneficial to the CNU student body of the future.

Prospective students will be able to apply for admission, financial aid and housing, check the status of their applications, chat with admissions officers, and learn more about CNU, Webb said.

Parents, alumni, and community members will be able to view calendars, learn of special events, and contribute to the university.

With the addition of CNULive, "CNU's digital landscape becomes as attractive as its physical landscape," said Webb.

The new system will provide depend-

able data contained in a single relational database, self-service on-line for admissions, registration, financial aid, advising, and billing. Degree-audits will be automated. Grades will be reported and transcripts will be issued on-line. There will be a dramatic reduction in systems that require high maintenance. There will be seamless integration of web-enhancements for classes. And, possibly the program's greatest benefit will be a reduced need for head-down, pounded-in data input, freeing staff to handle individuals who need special attention.

As of now, none of these CNU extras are available.

"The recruitment function of admissions will be up first, this September," said Webb.

According to CNULive's Web site, the implementation began on Jan. 29. "The first functional group to go-live will be admissions, with its target date of September 2002. The final group to go-live will be the financial sector. Implementation should be complete by fall of 2003."

## Four Faculty To Be Notified Of Layoffs By March 1

By Nicholas Thomas.  
Staff Writer

Upon the recommendation of the budget reduction committee, the contracts of four instructors will not be renewed. These professors will be notified by March 1.

"It will be no longer than two weeks from now," said Provost Richard Summerville, the head of the Budget Advisory Committee. "It's important to keep in mind that that involves at least two considerations. First the reductions, secondly, internal shifting of faculty positions in departments."

The goal in removing four full-time

salaried instructors, according to Summerville, is so that CNU can hire a number of adjuncts to teach more classes.

"For the same number of dollars as it takes to staff one full-time salaried faculty position, for an individual who will teach eight courses over the course of a year, its not precisely correct but its not misleading to say that the adjunct faculty employed for the same number of dollars would teach not eight courses but maybe 36 or 37 courses," Summerville said.

In keeping all of the internal positions, it would be possible to look out across the campus and visualize where exactly the four positions were cut, said Summerville. If

there were a department that grew by one, then there would be five departments that would probably go down one position, said Summerville.

Although the four positions do need to be cut in accordance with the budget crisis, Summerville said Monday, Feb. 25, "certainly no one has been notified." However the newly appointed provost did say that more than four people will probably be affected by the cut.

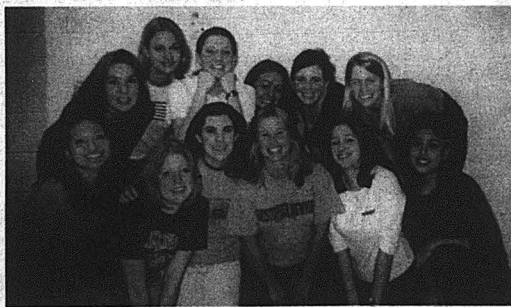
"Every year in the routine courses, we must look around and answer the question: Are all of our full time faculty positions allocated to the departments where they are needed most? And so we have to deal with

that as well," Summerville said.

Since the budget crisis was announced, Summerville and other faculty members on the budget committee have been trying to remove \$1.6 million in the operating budget while still providing the same services to CNU.

"Among this list of 20 different things that will happen, one of the ones is that the instructional full-time salary faculty would drop from 188 to 184," Summerville said. "The whole plan was to save \$1.6 million. From 188 to 184 is a reduction of a tad over 2 percent, so you can see that this is a very small part of it."

The sisters of the Theta Phi Chapter of Alpha Phi would like to welcome our new members.



Camera Shy: Courtney Manol, Katie Brackett, and Anita Buseciglio

# Honors Program Elevates The Curriculum Of Higher Education At CNU

## Program Features Interdisciplinary Courses And Cultural And Intellectual Activities

By Shoshannah Childs  
Staff Writer

The Honors Program at CNU, directed by Dr. Jay Paul since 1985, is a program designed for students to elevate their college-level curriculum.

The program includes freshmen, sophomores, juniors, seniors, and committed individuals entering their last three semesters.

"The Honors Program enriches the educational experience of Christopher Newport University's academically superior and exceptionally motivated students through a series of challenging interdisciplinary courses and cultural and intellectual activities," states the program's mission statement in the University Catalog. "The Honors education encourages far-reaching curiosity, independent thinking, rigorous study, and open-minded consideration of the ideas of others. It bridges disciplines, transcends majors, and crosses cultural boundaries."

The Honors program has undergone many changes in recent years. "The program has changed in a couple of ways. First, the standards have risen—the students in the program are getting better and better," said Dayton Wiese, junior council representative on the Honors Council. "Second, as members of the Honors Council, we have tired to make the program more beneficial by re-evaluating the required course and other activities."

According to Dr. Jay Paul, director of the program and an English professor at CNU, "In 1980, the program was just a two-year requirement, however in 1985-86, the program was formed into a four-year program and scholarship support continues to grow."

Courses were also revised to be more rigorous and entry requirements have become increasingly competitive.

Currently, admission to the program for freshmen is based on a high school GPA of

at least 3.5 (on a 4.0 scale) and SAT scores of 1200 (at least 580 on the verbal). These achievements qualify a freshmen to be invited to the program.

Other students who wish to gain acceptance into the Honors Program must complete two semesters at CNU or another accredited institution and have a minimum GPA of 3.5. To continue in the program, a GPA of 3.25 or higher must be maintained.

To successfully graduate from the program, a student must earn a CNU degree, complete the Honors Program requirements, and have a GPA of 3.5 or higher.

For Sara Paiva, a first-year student, one of the challenges of the program is taking difficult classes that expect more and require a student to devote time outside the classroom. Paiva said that she will continue to participate in the program because she likes the attention professors give students in honors courses.

Wiese explained that the Honors Program has challenged his academic studies by "offering accelerated courses during my freshmen year that challenged me to concentrate from the beginning (and) by providing seminar courses outside of my major, that offered me the opportunity to broaden my academic perspective by allowing me to meet and learn from professors in all departments."

Along with the challenges, come privileges. Some of the privileges that honor students receive are smaller classes, guaranteed scheduling—a plus among many honor students, honors seminars, and an increased opportunity to receive scholarship. Upon completion, the program is noted on a student's degree and participants receive a medalion to be worn during their commencement ceremony.

"With the classes being small allows (students) to ask questions, providing more input, and a discussion-based course," said Tara West.



Honors Program student Tyrone Robinson participates in a learning activity during his Interpretive Writing class. Students in the Honors Program must maintain a 3.25 G.P.A. in order to continue in the program.

Staff Photo By Cindy Collins

Dr. Ashby Kinch of the English department, who teaches English 104H, Interpretive Writing, agreed small class size being a great privilege. "Smaller class sizes makes it more engaging, and the students seem to know each other better."

CNU's Honors Program is just as competitive as several other universities. CNU, James Madison University, and Old Dominion University all require a 3.5 or higher GPA to be accepted into their program. Students at Hampton University are required to have and maintain a 3.2 within their programs standards. Radford University requires a GPA of 3.5 to enter the program and has different GPA requirements, ranging from a 3.0 for freshmen to 3.5 for seniors.

CNU's SAT score requirements exceeds Radford's minimum, which is 1100. However, JMU requires at least a 1300.

Like CNU, these other universities require students to take seminars. CNU and HU both provide trips outside the campus environment to expand students' horizons. Students at CNU are offered the opportu-

nity to travel during the summer to Acadia National Park, Maine, for course credit.

All universities offering the Honors Program share the same goal of challenging the students by adding more depth to their course load, providing a small class size, and offering a discussion-based atmosphere.

According to Paul, the program is set up for all majors and encourages students to join the program. "The Honors program is not an elite group or secret society just committed students."

Beth Piercy, a recent Honors Program graduate of CNU, advised students to join the program. "Definitely do it. It will be demanding, but it is nice to look back at your education and saw that you changed things."

"The Honors Program is a valuable experience for the students who participate in it. Along with meeting excellent professors, you have the opportunity to study with other high quality and motivated students," said Wiese. "Some of these relationships help in other non-honors classes and many friendships are made."

## A Sip Of Japanese Culture Tea House Is A Hidden Addition To Campus

By Jennie Bess  
Staff Writer

At CNU, students have the opportunity to experience another culture.

The Japanese Tea House is located across from the Student Center. Reconstructed on the CNU campus by Marutomi Komuten, a Japanese construction company founded in 1891, it is an exact reproduction of the Enan Tea House, a 16th century landmark in Kyoto.

CNU was selected as the site for reconstruction of the teahouse partially because of its highly successful Japanese studies program, which features courses ranging from Japanese culture, language and business management to Japanese history and economic development.

The Japanese Tea House was dedicated

on September 20, 1989 by Governor Baliles. Two informal tea ceremonies are held twice a year, in October and April. Special green tea and Japanese sweets served by Japanese women wearing the traditional Kimono are included in both informal tea ceremonies.

Friends of the Tea House was established in 1992 to support the maintenance and activities of the teahouse.

Students have mixed opinions of the teahouse.

"I have never heard of it, (and I) don't know where it is," said Amanda Klauka, junior.

Although Kellea Hester has never been to the Japanese Tea House, she knows where it is located. She said visiting the teahouse "might be interesting."

The teahouse is open to the public Monday-Friday from 9 a.m. -5 p.m.



CNU's own Japanese Tea house is a reproduction of a 16th century landmark in Kyoto  
Staff Photo By Cindy Collins





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# Offering A Solution

## Three Professors Discuss The Current Budget Crisis And Faculty Discontent

By Stephanie Heinatz  
Staff Writer

Throughout the past several weeks, CNU has witnessed several responses to the budget crisis through various mediums. Whether it was e-mails circulating through the Webmail system or articles published in the paper, CNU is talking about it.

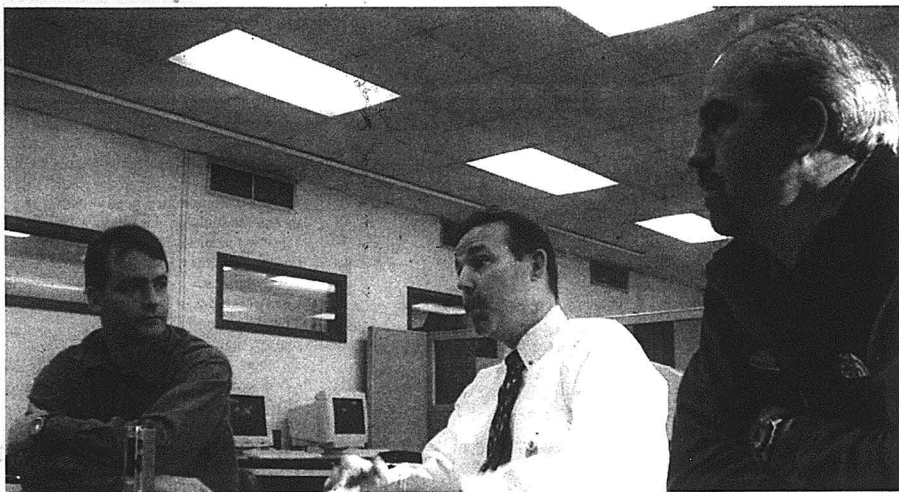
Dr. Thomas Berry, Dr. John Hardie, and Dr. Quentin Kidd have compiled their own response to the crisis.

The colleagues believe that faculty members are discontent as a result of a loss of time due to a heavier class load, but more so as a result of not having identified goals.

As a result of this revelation, they composed a proposal for a five-year plan for a 3-3 teaching load. This would mean that faculty members would teach three courses per semester in an academic year.

The outcome would be that faculty members would have more time to devote to mentoring students, increasing the quality of teaching, and allow faculty members to participate in more university functions.

The goal is to start a five-year campaign to make possible a well-balanced life of teaching and research. By 2007 they hope the plan will be fully accepted and implemented.



From left to right: Dr. John Hardie, Dr. Thomas Berry, and Dr. Quentin Kidd.

Staff Photo By Ramona Hernandez

According to Kidd, the threesome had been getting together for the past couple of years comparing their undergraduate experiences to that of CNU.

"We have been getting together on a casual basis, you know, dinners and road trips," said Kidd. "In response to the crisis, we decided to put our ideas down on paper."

Hardie said that they used things that were valuable to them as undergraduates in creating this document.

"The 3-3 teaching load requires greater quality teaching and research and it is an incentive for greater quality teaching and research excellence," said Berry.

See Professors, Page 6

### Ferguson, From Page 1

navy/shipbuilding community was expansive and lasting.

In 1985, Ferguson High School was granted another 31.12 surrounding acres. The city of Newport News released that land to the Newport News School board.

Ferguson filled the heads of Newport News' youngest and brightest for years. With the existence of Warwick High School, located down the road, Ferguson's usefulness became unnecessary.

On Dec. 20, 1989, The Newport News School Board met. They voted on to sell Ferguson High School to the state. The decision was made and Ferguson began its transition from high school to college life.

On Oct. 12, the City Council voted to put Ferguson on the market. On March 13, 1995, the contract was signed, sealed and delivered for the state to pay \$10.2 million for the building.

Ferguson's last graduating class was shuffled out of its halls on June 17, 1996. Its years had seen nine principals. Ferguson sat as a relic of the Newport News educational system, as it waited to enter the ranks of Virginia's colleges.

Ferguson became the property of CNU in the summer of 1996.

After six more years of wear and tear under CNU's guidance, its days are done. Its walls are falling and a pearly white pinnacle of artistic perfection will trump its blue lockers and grungy walls for years to come.

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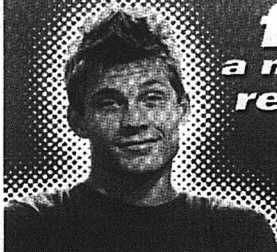


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From Professors, page 5

The proposal has laid out three steps to reaching the goal.

First, faculty and administration must agree on the importance and significance of the goal.

Secondly, and most importantly, there is a lack of money. The group asserts that the CNU community needs to find the means for building the school's finances. The constant bickering on campus will only destroy what CNU has accomplished. The document claims that, as members of the CNU community, we need to show the "gatekeepers of the money" how much CNU has grown into a greater institution of higher learning.

According to the proposal, "we are at risk of becoming a public soap opera university."

Finally, a committee, of faculty, administration and students, should be formed to formulate a plan.

The proposal says that the committee should look into changes and initiatives including university curriculum, streamlining department curriculums, department course and track offerings, faculty merit systems and expectations, hiring of new faculty, student and alumni input, and more.

"When allowing students to work outside of the textbook, you are introducing the student to real world, open ended problems," said Hardie.

"Nothing can prepare you better for graduate school, or even the work force, than staying on the brink of your field," said Hardie.

Not only that, said Kidd, "At some point our marketing will become more successful than the product we produce. We can not bring in students with 1500 SAT

scores and not give them some sort of intellectual stimulation outside of the classroom."

The three professors agreed that the entire culture of the university needs to change. It needs to be the norm that students work with professors on research projects.

All three faculty members are currently utilizing students in research endeavors and in participation

in local conferences.

"The value of an education is not about textbook learning, but about learning how to reason and solve problems," said Kidd. "People that get that will succeed."

"There will soon be pockets of people who will want to do this. It will become infectious," said Berry. "It will change the culture of the university. Overtime, the Berries and the Kidds and the Hardies will become models for this momentum."

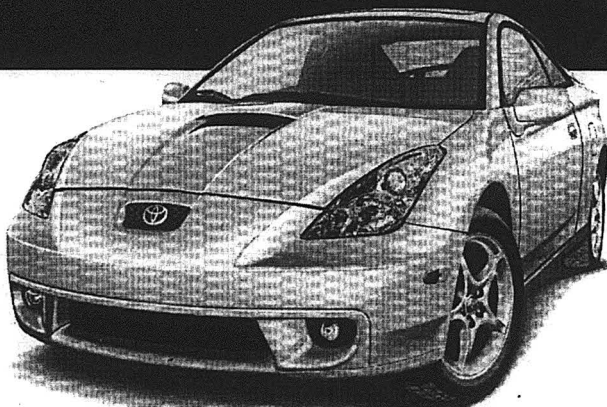
*"The 3-3 teaching load requires greater quality teaching and research and it is an incentive for greater quality teaching and research. excellence."*

Dr. Thomas Berry  
Department of  
Psychology

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## Celica— The Inside Story

On the outside, it's easy to see that Celica is race-track inspired. But the real excitement is on the inside...under the hood. Take the Celica GT-S...Toyota worked with Yamaha to build a 180 HP engine redlined at 7800 RPM...equipped it with Variable Valve Timing with intelligence...a computer that constantly monitors and retunes your engine for maximum performance...a cam with two sets of lobes to provide two ranges of valve lift and duration for more usable horsepower. There's direct ignition for greater reliability...iridium-tipped spark plugs for reduced maintenance...a stainless steel exhaust manifold...a water-cooled oil cooler. And mated with Toyota's 4-speed electronically-controlled automatic "Sportshift", you get transmission shift switches on the steering wheel...just like Formula 1 race cars. Sweet.



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# OPINIONS

## Where We Stand

### CNULive Is Good For Everyone

As CNU has grown and expanded over the last decade, the word "construction" has been on the lips of the entire community. The visible growth of building construction, with all of its novelty and grandeur, is something that can be easily grasped as a measure of growth. As new academic, leisure and residential buildings spring-up like wildflowers, it should be noted that CNU has and continues to tackle expansive growth in other arenas.

The creation of CNULive under the direction of the President's Assistant for Information Technology, George Webb, is just one of those areas of growth at the university that should not be overlooked. CNULive, a multi-part program that intends to meld all major administrative functions of the university into a singular platform, is one of the most far-reaching and dynamic initiatives at CNU today.

CNULive will create more convenient and less stressful university experience for everyone. Anything and everything that students, faculty and administrators would need to accomplish during their daily lives will be able to be done quickly and easily from any computer.

See CNULive, Page 8

## THE CAPTAIN'S LOG

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

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

## A Fresh Perspective

[Editor's Note: Every week, in this space, various members of the campus community will speak about their views on the issues that shape their lives here at CNU. Student leaders, faculty, and members of the administration will offer a "Fresh Perspective."]

### CNU Is The Greatest Time Of My Life

By Jeremiah Freeman  
Sophomore Class President

While at CNU, I can honestly say I have experienced some of the greatest times of my life thus far. Whether being an active member of Phi Lambda Phi fraternity, having a voice in the student senate, or fishing in Lake Maury for recreation, CNU offers an endless selection of opportunities. For students, faculty, and administration, these opportunities act as a way to become involved, create higher standards and promote a community environment that caters to a wide spectrum of people on an individual basis. Unfortunately because of Virginia's financial crisis, CNU's flexibility is limited.

Now the roles of catering have taken on a new image, which is to provide the greatest good for the greatest number of people according to the budget we are now working with. Please do not be alarmed. Our goals have not changed. The push to form a stronger community, create higher standards, and provide an excellent education still remains the first priority. Our change has occurred in the destination that CNU has taken to accomplish these goals. It is unrealistic, as Chris Franklin described to me, for all to have their cake and eat it, too.

See Greatest, Page 8

## Corrections and Changes

If you notice an error in The Captain's Log, please alert us to it at Clog@cnu.edu or Clogfeedback@yahoo.com

■ In the photo caption, on page 6 of Issue 16, the correct spelling is Kara Keeling.

■ The photo caption, on page 6 of Issue 16, Professors Chidsey Dickson and Ashby Kinch were mis-identified as each other.

■ In Issue 16, the story entitled "And The Oscar Goes To..." the correct spelling of the main characters name is John Nash; John Voight is nominated for his portrayal of Howard Cosell in "Ali"



# OPINIONS

## Growing Up In A Day

By Kate Kennedy  
Knight-Ridder Campus

In one of their legendary songs, the Beastie Boys summed up what a fair portion of college life is all about: "You've got to fight, for your right, to party." Fight? Well, maybe not literally. But partying - that's why some students choose a school more than a few miles from home. Such was life before the date that now lives in infamy.

The booming '90s fed college students the notion that money was paramount and our economy would be perpetually programmed to a breakneck speed.

Life was good and the future was bright. Being young, carefree and innocent was a guaranteed right at the proverbial Ivory Tower.

But then came Sept. 11, and the nation took a collective punch in the stomach. No one was immune from the aftershocks. Not even college students, as expressed in a just-released poll by the Independent Women's Forum.

It should come as no surprise to learn that students are still essentially liberal in their politics. In fact, according to the IWF poll, college students may be the most liberal constituency in America - 55 percent - when compared to the U.S. electorate, which ranks 33 percent liberal.

And yet, President George W. Bush enjoys unprecedented support from this segment of the population. Gone is the nasty aftertaste of the 2000 election and the infamous Florida recounts. A full 75 percent of students approve of the President's performance and 70 percent approve of him as a person. While not the 80 percent-plus numbers Mr. Bush enjoys from the general public, it's still a striking number given the student population's taste for liberal traditions and policies.

What's more, only 18 percent wish Al Gore sat in the Oval Office today.

So much for the accidental presidency; George Bush is clearly their commander-in-chief.

We're looking at a generation of young people in the formative years of life when everything changed in one day. Now, they've been forced to grow up fast in a world that's no longer so idyllic.

The two biggest concerns topping the students' list were terrorism and the

economy, sentiments that mirror the focus of the Bush Administration and the general public. In some ways, it's comforting to know they've been affected, moved. And maybe not in drastic, seismic shifts, but a full 32 percent now spend more time praying and 22 percent have decided to hit the books a bit harder.

Could it be that we're witnessing the rebirth of values in a student population that leaves many guessing what it treasures? It appears that, almost overnight, Sept. 11 clarified what college students truly cherish. Ninety-four percent value personal responsibility and family and 63 percent value patriotism.

All this coincides neatly with the call to arms issued by President Bush. On Sept. 20, the nation expected marching orders from the President during his address to a joint session of Congress. We had been prepared to expect sacrifice, but we were told by our president to take to the skies and charge up our credit cards. Fair enough, the economy needed consumer confidence. There was criticism that the President didn't ask enough of us in that primetime speech. That changed during his State of the Union address.

"For too long our culture has said, 'If it feels good, do it,'" said Mr. Bush. "Now America is embracing a new ethic and a new creed: 'Let's roll.'"

Are college students ready to answer the call? Fifty-eight percent of those polled value volunteerism. It will be interesting to see how many translate that value into real action. The opportunity is there. They can sign onto the President's initiative to commit two years, or 4,000 hours, to a cause greater than themselves. Sept. 11 has taught us a lesson in the value of time; how we choose to spend it should be an issue of utmost importance.

And yet, Sept. 11 has also provided a tutorial that no college textbook or tenured professor could hope to duplicate. Peace and prosperity are not guaranteed and should not be taken for granted. War and tragedy do not take place on distant continents. Evil can wreak havoc on the most unsuspecting public, in the greatest country on earth.

College students have an answer to this wake-up call. Intangible qualities are suddenly back in vogue. And it couldn't have come at a better time.

progress towards their degrees. No one should doubt that this would fundamentally change the character of CNU, bring about a full embrace of the digital millennium.

Similar projects have taken place at Virginia Tech, Virginia Commonwealth University and Thomas Nelson Community College in recent years. All three have had major success with their initiatives. It can certainly be expected that this will occur at CNU as well. The only question that may arise, now, one month after the official beginning of the project, is "Why hadn't someone thought of this sooner?"

## Letters To The Editor

The Captain's Log encourages Letters To The Editor through its email accounts, [clog@cnu.edu](mailto:clog@cnu.edu) or its feedback line at [Clogfeedback@yahoo.com](mailto:Clogfeedback@yahoo.com). The Captain's Log also accepts letters in hard-copy at its office in room 223 in the Student Center during normal business hours.

Letters must have the writers name, phone number, and class on it. All letters must have this information. If you wish to remain anonymous, you may note that, but The Captain's Log must be able to contact you for verification purposes.

The Captain's Log reserves the right to reject any and all letters, as well as edit letters for length.

## Get An OP-ED Section

I am writing you all this email in hopes of bringing something to your attention, I think it would be great to have an Op-Ed section of the newspaper. So far you only have an Opinion section and editorials scattered about the Arts & Entertainment section. I'm sure students would enjoy a separate section of Op-Ed. This can be made into a fun section of the newspaper that could bring a new light to the newspaper, and surely give people a rise.

I had an op-ed column in my highschool newspaper so I know how exciting having this section is. We found that students really enjoyed reading the op-eds and were either really amused by them or outraged and wrote letters to the editor. It really will not matter what the response by the readers is just as long as you can get one out of them.

Hope this short will be of use.

Alejandra Medina  
CNU Student

Greatest, from Page 7

In a realistic world, everyone has to give something in order to create a better system. Therefore students, faculty and the administration are going to be required to give up a few "norms" in order for CNU to accomplish all of its goals. So, now the only question is who will give up what?

With 130 adjuncts professors not returning, many faculty members have to take on the challenge of teaching five classes as oppose to three or four courses without extra compensation for their time. Because they have taken on such a huge task, their time for research in their fields along with academic writing has been significantly cut.

Despite their rigorous schedule, they all are working hard to ensure the best education for all students at CNU. While students don't have to pay extra for their education this year, because of the budget cuts they too are tremendously effected. The consequences for students included the shorting of hours in the writing center, shorting of hours in Harbor Lights, and in some rare cases, courses were dropped. Also the flexibility students once had to make changes to the campus through student government has been limited. While many think these limitation only restrain students and faculty, the administration also has received its fair share of problems too. As a result of the budget cuts, advance planning by the administration seemed almost worthless forcing them to take emergency action in order to ensure success. Because of their efforts to act in the best interest of the campus, they have received considerable backlash. Just as teachers have received more responsibility, so has the administration. The difference that many fail to see is the hours that the administration has to put forth behind the scenes. With professors it is very obvious but for administrators much time is spent planning meetings and attending meetings to try and minimize the current dilemma. The point is that everyone is affected by the bud-

get. However, it has seemingly caused a division amongst some at CNU.

For those who chose to divide themselves on an issue such as this, it appears that the sense of community has been forgotten. The greatest feat of a community is that when times get tough, support gets that much better. As students, faculty and administration, it is important to remember we are all on the same side so lets support each other. In order to improve our status as a community based campus and magnify morale, I present to all three challenges.

The first challenge is to offer criticism but constructive criticism—we all realize there is a problem, but without tangible suggestions to fix the problem, we are all just complaining. It's simple: suggest ideas. Write your local delegate, governor or congressman/woman and see what steps can be taken to benefit our society. The next challenge is one of utter importance. Because professors have taken extra courses, their time for research, academic writing, office hours and also personal time have been affected. It is important for all to recognize this. In order to show CNU's appreciation, shake the professors' hands, tell them thanks and make them aware of how much they are appreciated. Not only does this boost morale but it also acts as a gateway to form stronger bonds between the faculty and others. Finally, the last challenge is to promote your administrators. Realistically, if we do not promote our administration others will pay them for the excellent job they can and will do.

As a community looking to grow and prosper, all entities of the community must sacrifice relative gains in order to achieve absolute gains (greater good of all). Offer constructive criticism, create new paths for our leaders to explore, support our faculty and promote our administration with the understanding that they are here to help. By doing so, CNU will accomplish its goals quicker with more efficiency and create a stronger sense of community.

CNULive, from Page 7

The remarkable accomplishment will be if everything that needs to be done to put CNULive into place will still be able to be accomplished during the current budget crisis. If no financial problems arise, however, students can expect to be able to read their e-mail, register for classes and check their grades on the last exam all from their personal computer. Faculty will be able to monitor the number of students in their courses, assign grades and converse with their students at any time or place. Administrators will be able to recruit new students, check budgets and follow student

# ARTS & ENTERTAINMENT



John de Triquet, Dara Fritz, Lauren Duncan, & Anthony Colosimo rehearse for the upcoming theater production, "Where's Charley?"

Staff Photo By Tom Stormer

## Where's Charley To Premiere March 1 At Gaines

By Allen Brooks  
Staff Writer

Gaines Theater will no longer be a part of CNU. It will become a part of Oxford University in England for Theatre CNU's production, "Where's Charley?"

If you've ever lived in Santoro Hall, then you know what it's like to try to deal with the opposite sex in a residence hall. Charley, however, has a much bigger problem. He and his friend Jack aren't even allowed to be with a girl at the

entire university—unless they are chaperoned. Luckily enough, Charley's aunt from Brazil is coming to visit. But when auntie doesn't get off the train, Jack convinces Charley to pose as his aunt.

Rachel Maloney, a third-year voice performance major and member of the chorus, feels that this production has been a great experience. "Well, the show is really cutesy—this slapstick laughter and cheesy songs—so the whole tone for rehearsals has been one of lighthearted fun, rather than the

weight-on-your-shoulders feeling of some shows."

The cast and crew have been in rehearsal for approximately five weeks, and they are excited about the musical.

Jason Linett, first year theater major, plays the role of Brasnet in this show, and seems as excited as anyone. "It has been great to work on an old-fashioned musical such as this. This is a rare opportunity to perform something that feels so nostalgic but at the same time is highly entertaining."

George Hillow, director of

"Where's Charley?," is very enthusiastic about the production.

"It's going to be very, very funny. This show marks a new age here—just look at the cast, it marks a complete transition for the department. Angela Hamilton is the only student in a lead role that has been in the department for more than one semester. It's a very new company."

Hillow fulfills multiple roles for the production: director, set and lighting designer. From his viewpoint, he very confident in the crew of the show as well.

"Everyone is very diligent; it's very difficult to put up a musical, to create a balance between scene, music, and dance rehearsals. But we've got a lot of help from everyone, non majors included, and everyone is working their fill in the blanks off."

"Where's Charley?" will premier on Thursday, February 28 at 8 p.m. Showtimes include Friday, March 1, and Saturday March 2 at 8 p.m., and Sunday, March 3, at 2:30 p.m.

Tickets are free to all CNU students.

## Beam Me Up, Tribble; Star Trek Fans In Hampton Roads

By Daniel Banks  
Staff Writer

"Star Trek" is here to stay. This enduring franchise has the fans to prove it.

Starting in 1966-1969 with the original series, "Star Trek" struggled in ratings. On NBC, the show, nonetheless, managed to make television history. It centered on a futuristic 23rd century space ship known as the Starship Enterprise.

"Star Trek" featured the first Blacks and Asians in space, and boldly took television viewers be-

yond the edges of space further than the known Milky Way galaxy at faster-than-light speed.

"Star Trek" broke the color barriers in a time that America was experiencing the Jim Crow laws and segregation. The show gave Americans the first interracial kiss between an African-American actress, Nichelle Nichols, and a white actor, William Shatner. Nichols was also the first African-American actress to have a non-servant role. The series also featured Asian actor George Takei as Enterprise Helmsman.

"Star Trek" also gave Americans the phrases "beam me up, Scotty" and "live long and prosper" became household lines.

Even though the original series lasted for only three years, it has since spawned five major hit television incarnations and at least three 24th century era television shows.

Hampton Roads is home to sporadic "Star Trek" conventions. The Virginia Air and Space Museum has hosted several "Star Trek" conventions and several space and science exhibits. The conventions are held in celebration of "Star Trek"

and the space and science exhibit celebrates technology inspired by the "Star Trek" franchise—as well as other science fictions franchises like "Star Wars."

"Depending on the convention, there is at least 500-3000 attendees," said John Winsley, the manager of the Air and Space Museum and the director of "Star Trek" conventions of the museum.

Locally and abroad, "Star Trek" fans come to see the technology that the series and movies have inspired. The main attractions, however, are the stars. Winsley has never

seen a time when the actors weren't as excited as the fans. "Actors do sign autographs. Rarely, if not, have I seen an actor turn away a fan," Winsley said.

Nichelle Nichols, from the original series, and Mirina Sirtis, from "Next Generation," were guests two years ago. George Takei and James Doohan have also appeared.

"There were at least 700-800 or maybe more people attending these conventions," John said. "Fans are the actors' and actresses' life."

# Count Of Monti Cristo; At Least It is Not "Crossroads"

By Allen Brooks & Jessica Helsel  
Staff Writers

## He Says....

Now, you may be asking yourself, "Why is it that Allen and Jessica chose to review a movie that's been out this long?" Well, I've got the answer for you: we looked at the movies that came out this week—"Dragonfly" and "Queen of the Damned." Although I opted for "Queen" (I had heard good things), that idea was voted down by subcommittee—thanks, Jess.

## She Says....

"The Count of Monte Cristo." I would just like to insert an incredibly emphatic "yay" after the title of this movie. Finally a film that can be called a film; finally a movie worth my money and my time, and finally (and this is the most important) a film with a plot and a good one at that.

## He Says....

Thank God. That's all I can say right now. Thank you God for a movie that didn't bite the big one. First it was "Rollerball" and then "Crossroads." What did I do to have to watch that tripe? But I guess I must have done something right, because this past weekend I got to see "The Count of Monte Cristo." Such a cool movie! I couldn't get over how cool it was! It was a movie rife with action, adventure, swashbuckling, romance, and revenge. I'd recommend this to anyone I meet.

## She Says....

Alexandre Dumas' classic betrayal tale of friendship and love is presented by Kevin Reynolds in a fashion I like to call a "movie." I say this with such a sarcastic tone



because I used to think that all movies should be seen for the basic principle that they are films that someone (usually a few someones) has put himself or herself into, and for that, they deserve to be seen. Thanks to the past few weeks of my movie-going experience, this opinion of mine has changed drastically to the cold, hard fact that I was mistaken... not just mistaken, but gravely wrong.

Now you may find all of this quite cynical and be saying to yourself, "Wait. Isn't she supposed to be talking about 'The Count of Monte Cristo'?" But to you I say this: this film is about a young man's naivety in believing in a world, and leaders of that world, that would do no wrong. This is a story about being safe in a bubble of love and the havoc that results from blind trust and ignorance.

## He Says....

What would you do if someone, no, your best friend, betrayed you? Or if he had you

sent off to prison for 11 years, and took your fiancée for his wife? You'd probably be a little peeved. Well, so was Edmund Dantes (Jim Caviezel), and while in prison, he could think of only one thing: revenge. He wanted his friend to suffer as he did. He wanted to see Fernand Mondego (Guy Pierce) feel the life that he had lived for so many years, the life that was stripped away from him in his prime.

## She Says....

Much like the character of Edmond Dantes, I was blind to the fact that those who I would call "professionals" and those who I would expect to lead me down the proper path would instead lead me to a world where I wish I could stand at the ticket counter two hours later and demand a refund.

This is an alien world to me, but one in which I will learn to cope and learn to fight, gaining my knowledge from sources that be truly knowledgeable, and perhaps one day seek vengeance upon those that have wronged me as well. After seeing this, you'll either want to pick up a sword and challenge some unsuspecting classmate to a duel, or you'll start speaking in dramatic lines that would seem to fit the world of 18th century France, but maybe that's just me.

## He Says....

In this quest for vengeance, a priest (Richard Harris), a prisoner in the same chateau that Dantes has lived in for those long years, aids him. The priest trains Dantes in swordplay, math, writing, and everything else a revenge-seeking prisoner could want. He also informs Dantes of a treasure, a treasure past the dreams of any man. And it's with this treasure that Dantes becomes The Count of Monte Cristo. With his newly

found wealth and title, Dantes begins his revenge.

## She Says....

I, like Edmond, have released myself from my jail, and while I didn't spend 13 years in a prison, where for every year of solitude and confinement they reward the inmates with a good whipping, I feel that I too have suffered through some sort of servitude. Breaking free, I see the light. No more undeserving films I say: no more poor actors and no more flimsy plot and script lines. This is my time and I will not spend it as I have.

## He Says....

I especially liked Guy Pierce ("LA Confidential," "Memento"). In this film, he does a 180 and becomes evil. To quote the staggering genius of Mike Myers, "So evil it could be considered Eve-il, as it were the fruits of the devil." He just took hold of this role and squeezed everything he could out of it and made evil juice. It was a blast to watch.

## She Says....

Great movie. Great cast. Great director. Great everything. I thoroughly enjoyed my experience with "Count." Remember how I previously mentioned that "Crossroads" dealt with every teen after-school special topic ever? Well, "Count" deals with every good movie topic ever, and it does so without getting overindulgent and self-absorbed. It was like watching love in movie form.

## She Says....

To all who were involved in this piece of cinematic enjoyment, I applaud you. Hurrah to you and the like. I really need to stop speaking like this. Bottom line: two thumbs up.

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# Fourth Time's A Charm For Jagger's Solo Career

## Rolling Stone Singer Uses Collaboration To His Advantage, Produces An Array of Styles

By Jeremy Sanchez  
Staff Writer

Mick Jagger's solo album, "Goddess in the Doorway," is a step away from playing guitar within the time-tested comfort zone. But this is a jump into an uncertain world that Mick has attempted before.

Jagger released "She's the Boss" (1985), "Primitive Cool" (1987) and "Wandering Spirit" (1993). These efforts at a solo career did not express the greatness as an independent artist that Jagger is capable of. But this album, "Goddess in the Doorway," could grant him the critical acclaim that his skills as a solo artist demand.

Going solo does not mean that the artist is alone in the world. He's just breaking away from his career-defining band. This is an album full of collaborative efforts with artists, famous and the not so recognizable.

Rob Thomas of Matchbox Twenty provides backup vocals on "Visions of Paradise," the album's first track.

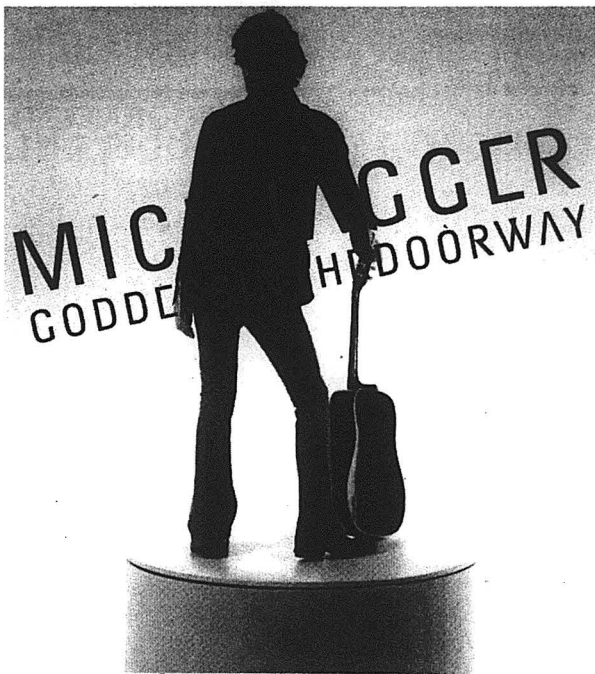
Lenny Kravitz produced, and was involved in writing "God Gave Me Everything." The music provides a consistently powerful backdrop of "God gave me everything I want. Oh come on. I'll give it all to you. God gave me everything I want. I can't stop, I can't

stop." Jagger taps into sounds reminiscent of The Rolling Stones' classic "Brown Sugar" for this one.

U2's Bono provides his lyrical talents as an accompanying lead vocalist, on the track entitled "Joy." Bono and Jagger trade lines throughout this one. "Joy, Joy, Joy, Oh Joy," cries a choir, as everyone else rocks out around them. One of those people rocking out is Pete Townshend. He brings the expertise to the table that he gained on the guitar while playing for The Who.

Wyclef Jean produced the song "Hide Away." On this track, he adds his musical prowess to the piece through his playing of the bass, electric and Spanish guitars. If you didn't know that Jean was involved on this track, you probably would not be able to discern it after a first listen. His solo on the Spanish guitar is trademark Wyclef, but this song is wholly Jagger's. "I'm gonna wear some fake disguise, change the color of my eyes. Yes, I'm going hide away, and you're gonna be surprised. I'll be wise before my time. I'm going hide away." He expresses a need to get away from this world through sorrowful, yet powerful cries.

On "Everybody Getting High," the listener's ears are granted the graces of Joe Perry's guitar presence. Perry gained fame as a member of Aerosmith. "Everybody Getting High," features a crashing



Mick Jagger strikes a pose with his guitar for "Goddess In The Doorway"

drum performance, with cymbals all around, as Perry rocks out over squealing violins. Jagger's cries complete the package. "Everybody getting high, high, high... And I sit and wonder why, why, why... 'cause everybody wants to fly, fly, fly... everybody getting high, high, high."

This 12-track album is far more than just another all-star collaborative effort. Jagger has crafted a masterpiece after his fourth attempt at a solo career. "Goddess in the Doorway" should be a part of your collection because it is about as good as they come these days.

**ATTENTION  
STUDENTS!**

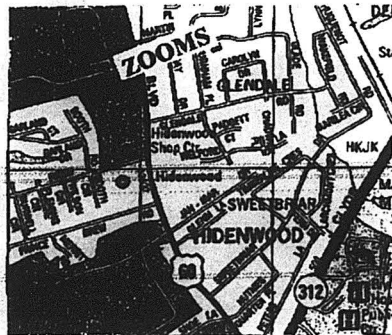


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## SPORTS

## Baseball Team Clobbers St. Augustine 13-1 At Home

By Tom Geary  
Sports Editor

On Sunday, Feb. 24, the CNU baseball team annihilated the St. Augustine Falcons 13-1 at Captain's Field. With the win, the Captains increase their record to 3-1 overall.

Junior Matt Turner lead the way at 2-4 with two homeruns and three RBI's. Junior Chris Phaup finished 3-5 with an RBI, senior Scotty George hit 3-5, and senior Adam Larson had two hits and three RBIs.

Senior Rob Dye picked up his first win of the season, pitching six innings and striking out nine.

Turner's two homeruns, his fourth and fifth of the season, give him 24 in his career at CNU so far, breaking the Greg Mears' former school record of 23. Turner is currently batting .625 with 10 hits, 10 runs, five homeruns and 13 RBIs in only 16 at-bats.

With the 13-1 victory, the Captains have outscored their opponents 55-5 in their last three games.

CNU travels to Salisbury on Feb. 26 for their first away game of the season before returning to Captain's Field on Mar. 2 to host Rowan.



The baseball team looks on as their team is up to bat against St. Augustine on Feb. 24. The Captains won the game 13-1.

Staff Photo By Cindy Collins

Track Team Races To First Place In Freeman  
Men And Women Both Dominate This Year's Mason-Dixon Championship

By Kristin Munch  
Staff Writer

This past weekend, athletes from CNU's track team earned two first place titles at the Mason-Dixon Championships.

The team showed extreme depth in all events for both men and women. The men won eight out of fifteen events and the women won ten out of fifteen events.

"Everybody came together really well as a team," said Sophomore Sprinter Jessica LaFever.

Because CNU did not have an individual athlete win more than one event, the team's double wins were far from a one-man show.

The majority of events ended with several CNU athletes finishing in the top six, scoring many points and earning all-conference honors.

"Overall I think our superior depth was the key to these impressive victories," said Distance Coach Keith Maurer.

"In a big meet there are always some disappointments but this team is very resilient and we

never missed a beat."

Athletes from all events as well as experience levels joined together to secure CNU's victories. "A lot of the rookies stepped up to place high," said junior Distance Runner Mike Jensen.

The members of the track team that qualified for the National Championships will compete at the UNC Invitational on Wednesday, Feb. 27 at Chapel Hill,

North Carolina. Nationals will be held in Ada, Ohio at Ohio Northern University on Friday and Saturday, March 8 and 9.

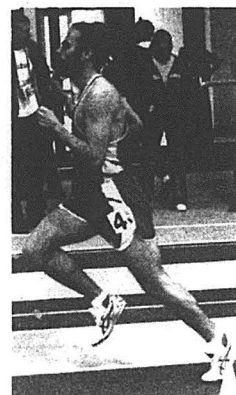
After track's impressive double victories last weekend and cross country's double victories last fall, the team has high hopes for the outdoor track season.

"CNU now has earned two legs toward an unprecedented Mason-Dixon 'double-triple crown'—something that has never before been accomplished by any school in our conference," Maurer said.

"Only the championships in the outdoor meet (May 3-4, at CNU) remain for this year's squad to take its place in history."

*"Overall, I think our superior depth was the key to these impressive victories."*

*Keith Maurer  
Distance Coach*



Sophomore distance runner Jon House paces himself during the meet on Feb. 23 in the Freeman Center.

Staff Photo By Tom Stormer

## Overtime: News And Notes

## Basketball

Two athletes from the men's basketball team and three from the women's team were named to the Dixie Conference All-Conference Team.

This is the second year in a row that both the men's and women's teams placed at least two players on the First Team All-Conference.

Juniors Jermaine Woods

and Terry Gray each earned First Team honors. They are joined by Shenandoah senior Ronald Merriwether, N.C. Wesleyan sophomore Bradley Blue, and Methodist senior Demarkus Byrd.

Merriwether also was named Dixie Conference Player of the Year.

No player on the men's team was named to the Second Team All-Conference.

Junior Tia Moore and sopho-

more Amber Hallman were both named to the Women's All-Conference First Team. N.C. Wesleyan senior Misty Carneal, Ferrum sophomore Tanisha Durham, and Chowan sophomore Ashley Winslow rounded out the team.

Carneal was named the Dixie Conference Player of the Year.

Sophomore Tomorrow Lofton was the sole CNU representative on the All-Conference Second Team.

## Other News

The equestrian team will have a general meeting on Wednesday, Feb. 27 at 8 p.m. on the second floor of the Student Center for those interested in riding...

The newly formed men's lacrosse club invites all who are interested in playing to come out to a practice session at the Freeman Center.

The team practices Monday through Friday at 4-5 p.m...

A general meeting for the CNU Motorsports club will be held on Thursday, Feb. 28 at 12:15 p.m. The club will be meeting at the Hand Man Auto Detail Shop on Warwick Boulevard.

The club plans to teach how to install car parts and attend car shows.

- By Tom Geary

# Men Denied NCAA At-Large Bid After Losing In Dixie Conference Championship

## Captains Lose To N.C. Wesleyan For The Third Time This Season

By Clyde Whiteman Jr.  
Staff Writer

In their bid to win the Dixie Conference tournament for the fifth year in a row, the Captains lost in the finals to N.C. Wesleyan 77-75 on Saturday, Feb. 23 in Fayetteville, N.C. The Battling Bishops beat CNU for the third time this season and earned an automatic bid to the NCAA Division three playoffs.

CNU also saw another streak come to an end. The Captains were left out of the NCAA Tournament after nine consecutive appearances, the longest current streak in Division three.

After the Captains trailed 39-33 at halftime, they clawed their way back in the second half and led 74-65 with 4:00 remaining.

Bradley Blue, the conference tournament MVP, led the comeback effort for the Bishops. Blue scored eight of NC Wesleyan's next 12 points and he connected on a three pointer that gave the Bishops the lead for good at 76-74. The Captains got the ball back with four seconds left but were unable to get a shot off before time expired.

Blue led the Bishops with 28 points.

Carlos Heard led the Captains with 24 points and Jermaine Woods scored 21 points, 18 of them in the second half. Terry Gray had a double-double with 13 points and 10 rebounds.

CNU advanced to the conference finals after two convincing victories against Averett and Shenandoah.

The Captains avenged a 73-58 loss to Shenandoah in their last meeting by thumping the Hornets 90-68 in the conference semifinals.

CNU jumped out to an early 11-0 lead and never trailed against the Hornets. They led by as many as 20 points in the first half and led 50-38 at halftime.

Jermaine Woods and Carlos Heard were the offensive mainstays for the Captains as they scored 19 and 10 points, respectively, in the first half. Woods also nailed five treys and CNU was red hot, shooting 7-12 from beyond the arc.

The Captains poured it on in the second half and led by as many as 26 points.

Ronald Merriwether, the conference player of the year, led the Hornets with 17 points, but only shot 6-17 from the floor.

Woods and Heard led the way with 30

and 25 points, respectively. Woods connected on eight triples, one shy of the school record held by Lamont Strothers. Heard had a solid game by shooting 11-16 from the field, and Albert Haskins added 12 points and tallied nine assists. As a team, CNU shot 12-24 from three-point range.

In first round action, the Captains waxed the Averett Cougars 96-71. CNU led 47-37 at halftime on the strength of solid offensive execution.

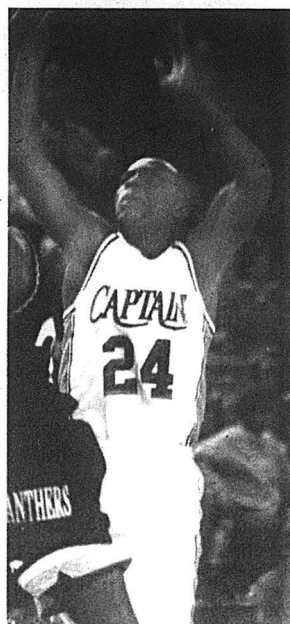
Carlos Heard, Jermaine Woods and Terry Gray all reached double figures in scoring by halftime. Heard and Gray had 14 points each and Woods chipped in with 10. The Captains also shot 55 percent from the field and connected on five shots from three-point range.

Averett regrouped in the second half and found themselves trailing 62-56 with 11:00 remaining, but the Captains responded with a 26-3 run that put the game out of reach.

Woods and Gray led CNU's balanced attack with 22 and 21 points, respectively. Gray was a force defensively with seven blocked shots.

Heard added 19 points and Rashawn Rosa contributed 11 points off the bench.

*News and Notes: Jermaine Woods nailed 97 three pointers this season breaking the old record of 68 set by Tiran Matthews in the 1998-99 season... Senior point guard Albert Haskins finished third in school history with 461 assists in his four-*



Jermaine Woods shoots a jumper in the Captains 71-55 win over Ferrum on Feb. 2. Woods led the Captains with an average of 19.1 points per game this season. Woods also set the team record for most three pointers in one season with 97, 29 more than the old record of 68 set by Tiran Matthews.

Captain's Log File Photo

year career... The Captains had made the NCAA tournament 14 of the last 16 years before this season.

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# Women Earn At-Large Bid To Big Dance

## Loss In Dixie Conference Final Cannot Stop Captains From NCAAs

By Liz Munson  
Staff Writer

Call it a blessing in disguise.

The CNU women's basketball team lost the Dixie Conference championship game and an automatic bid to the Division III NCAA tournament to Methodist. On Sunday night, they still received an at-large bid to the Division III NCAA tournament.

And actually, their loss to Methodist will make all the difference.

The Lady Captains first play Hood College of Maryland. The winner will play Marymount.

This is fortunate for CNU because the women are familiar with both teams. CNU played the in a tournament hosted by Hood last season and played Marymount this season. Methodist's opponent is Guilford, with the winner playing Hardin-Simmons University in Texas.

"We would have loved to have won the conference tournament," Coach Carolyn Hunter said. "But this way we know more about the teams than the ones that Methodist is playing. Since we are more familiar with them, we will be better prepared."

The conference tournament kicked off with a 57-46 victory against No. 8 Shenandoah (4-22 overall) on Feb. 21. An early 6-0 run by the Lady Captains held the Hornets scoreless for the first three minutes of the game.

By halftime CNU had coasted to a 32-17 lead. Shenandoah made only 4-29 field

goals in the first half.

The Lady Captains hit a wall in the second half, allowing Shenandoah to go on an extensive 15-7 run lasted until five minutes remained. Still, the Hornets couldn't recover from a 15-point deficit and didn't score after 2:40.

CNU's second win of the tournament

came in the form of a 66-55 victory over Ferrum. Much of their win was due to the Lady Captains outrebounding Ferrum 54-35.

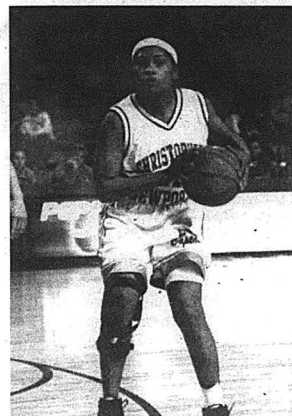
Leading by only six points at the half, CNU pulled ahead to a 56-42 lead with 6:46 on the clock. The Lady Captains weren't in the clear though as a 10-0 run by Ferrum narrowed the gap to 58-52 with 2:44 remaining.

Tia Moore scored 15 points and had 14 rebounds against the Panthers, while senior Cherri Phillips netted 10 points and six rebounds. Phillips, Tomorrow Lofton and Jen Harrell all had four assists for CNU.

Despite the two previous wins, the Lady Captains were unable to fend off No. 3 Methodist for the conference title. Methodist steamed over CNU with a 9-0 run that had the Lady Captains trailing 16-8 with 11:10 left in the first half. The Monarchs never looked back.

"I think that three games was just a lot for us," Hunter said. "We didn't play as well as we could have against them. I think that Methodist had an easier ride initially because of the NC Wesleyan-Averett upset, but it came down to who wanted it more."

Hallman led CNU with 14 points. Lofton followed with 11 points, while



Senior Cherri Phillips looks for an open teammate in a 50-48 victory over Methodist on Feb. 16. Phillips averaged 9.1 points per game this season for the 23-4 Captains.

Staff Photo By Katie Brackett

Moore had 13 rebounds. Despite the loss, Hunter is still excited about receiving a bid for the NCAA tournament. The tournament begins today at the Freeman Center at 7:30.

"We still feel very privileged to get a bid," Hunter said. "Knowing Hood's team and style has worked out very well for us."

# Fitness Supplements Beneficial, Yet Have Health Risks

## As Popularity Increases In Supplements, College Students Question Their Long-Term Effects

By Nicholas Thomas  
Staff Writer

To many athletes and exercise enthusiasts, they are considered the Holy Grails of fitness. Backed by lucrative logos and enticing advertisements, these products often sell faster than any other nutritional item at your local GNC or vitamin store. But the real question: are fitness supplements good for you?

Chris Jones, fitness advisor at the Freeman Center, has a mixed opinion when it comes to fitness supplements such as Creatine and Weight Gainer.

"Some (supplements) work; some don't. It all depends on the individual," Jones said. "Athletes have to be very, very careful with what they take."

Jones said that she has seen the results of these supplements and believes that the product's impact truly varies with each individual. As a trainer, Jones faces a lot of compromising health issues and debates.

When it comes to certain supplements, however, Jones feels that some of the products should not be taken at all.

"A lot of over-the-counter supplements have illegal ingredients in them. Products like HydroxyCut and Ripped Fuel have what is called ephedrine," Jones said.

Ephedrine is a beta-adrenergic agonist. It is a powerful stimulator that increases metabolism, heart rate and body temperature.

When it comes down to college sports, Jones insists that both Ripped Fuel and HydroxyCut are illegal to consume under NCAA regulations due to the amount of ephedrine each contains. Any supplement that raises one's metabolism is not accepted within the NCAA.

But what if you are not a part of CNU athletics and you aren't taken Ripped Fuel or HydroxyCut; does Creatine and Weight Gainer, among the many other supplements, actually help exercise enthusiasts stay healthy and fit?

According to sophomore Daniel Moyer, an avid weight lifter, Creatine and Weight Gainer are good only if used correctly. Moyer also says that when taking the supplements, you need to have an appropriate workout schedule and diet.

"One should look into all products before taking them," Moyer said. "I think all are safe to take as long as one follows the correct procedures and directions."

If sales alone were the primary influence on the fitness world, then Creatine, Weight Gainer, and even protein supplements would be on everybody's grocery list. According to one GNC worker, the

stocks of these three supplements continually sell out. It seems the demand for these fast action- muscle-enhancing products is continually rising.

In spite of the number of people who use fitness supplements, there are still those individuals who insist on not taking the products.

"I don't agree with people who use Creatine. It's all water mass (that is built). It's not good for you in the end," freshman Courtney Manol said. "Water goes away and the muscles leave, unless you constantly work out."

There are currently no statistics available on how taking fitness supplements will affect your body in the future.

*"Some (supplements) work; some don't. It all depends on the individual."*

Chris Jones  
Athletic Trainer

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# Lifting Day In, Day Out

By Aniss Benelmouffok  
Staff Writer

## Editorial

There is a group of weightlifters at the Freeman Center that come in every day. The employees at the front desk know these students as "regulars". "The regulars" are those familiar faces you always see in the weight room, lifting day in and day out. They show up even if you forget to.

A dedication to weight training is a dedication to a lifestyle in which one must, constantly be aware of his or her mind and body. Although the reason most athletes even entertain the weight room is because they have a coach breathing down their neck, there are still those who come in consistently on their own accord.

After spending a week in the weight room meeting these trainers, through interviews and simply watching, I realized a sense of calmness. Through the constant rhythm of weights being dropped to the ground and the monotonous hum of people speaking, the atmosphere envelops you, as you become a part of the setting.

The weightlifters don't only come for their bodies. Most refer to the "environment" being the reason that draws them to the Freeman Center. They also often refer to a bond that is formed between partners when they sweat and struggle together.

Jacob Cameron is a weightlifter who comes to the Freeman Center five times a week to work out.

"This is my place. This is my home environment," Cameron said. "This is the best part of my day."

Many of the dedicated weightlifters see the weights as something to look forward to, rather than an impending struggle. Instead of thinking of it as a time to sweat alone and fight, it's a time that they see their friends, a time to escape to the social while the rest of the day revolves around work.

The most challenging thing a weight lifter faces is searching for the motivation, inspiration and the drive to get up and work out. Weight-trainers must find their motivation in different places. Some find it in their partners who push them to get the gym, some find the inspiration in the idea of a better body, and few find the drive from an addiction to the feeling they get after a solid workout.

But the question remains, "Why?" Why would people come in to the Freeman Center daily, to simply lift pieces of equipment and then go home? For those who habitually came in the answer was clear: it was a selfish reason, the most consistent response was that they felt better. Perhaps some psychology was involved but each weight trainer would always respond that he felt better after a workout.

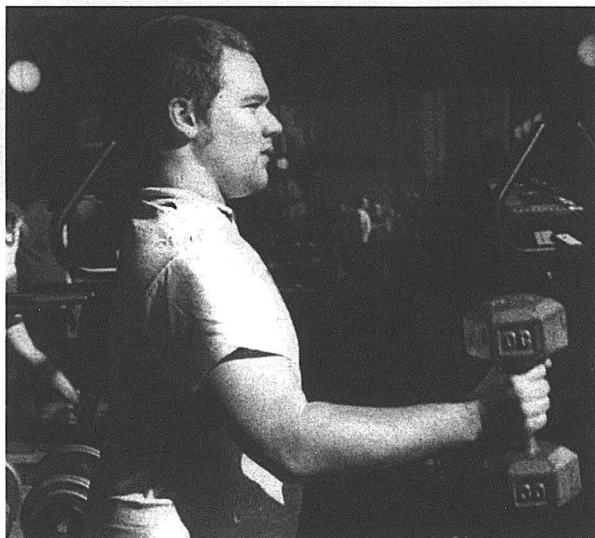
"If you feel good and you're in shape, you feel great mentally," said Terry Thomas, who works out four times a week.

Clarity and a sense of accomplishment is what carry the bodies of these weightlifters back to their homes, their dorms, or their cars. There is a proven connection between exercise and a person's mental health.

Many feel that the Freeman Center provides the best facility in the area.

"This facility is perfect for my needs," Cameron said.

With its easy access for students, it is



Freshman Oliver Knott lifts a 30-pound weight on Jan. 20 in the Freeman Center. Many students exercise in the Freeman Center.

Staff Photo By Sarah Holm

easy to see why students comprise most of the users of its services. Still nonstudents are noticed among the mats. Cameron, a nonstudent, uses the facility on a regular basis with his membership, creating an identity for himself among his fellow weight trainers.

Through this search for a healthier and fit body, there are those people who vie of course. With the use of enhancers like Creatine, Androstein and other athletic supplements, athletes can be seen gaining an unnatural edge. Although the negative effects of these drugs are not 100 percent proven, the fact that their use is common is still un-

nerving to many.

There are also those who use more natural supplements like protein, which was the most common in the weight room. Protein helps heal your muscles so that you can build them in a faster manner.

The roots of these dedicated weight trainers can be found in their high school lives, as most worked with trainers in high school for football or other sports that demand a need for weight training. From these early sessions, they learn their beginnings in training programs. These roots plant the seeds that will later push them towards the weight room day after day.

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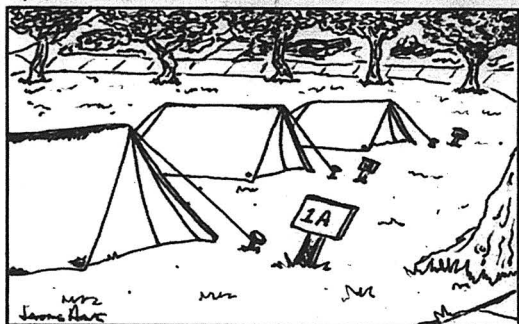
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## B.A. In B.S.

By Jeremie Heath



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Club & Organization  
Calendar

If you would like to see your club or organization in this space, email us at CLOG@cnu.edu or stop by our office in SC 223.

**February 26:** Black History Trivia Bowl - Trivia study sheets available at MSA office, student life office, front desks at JRH, Santoro and East Campus - Teams do not need to sign up - 1st place wins \$120, 2nd wins \$60, 3rd wins \$30

**February 26:** The winner of the "Black History Month Quotes" drawing and a \$10 gift certificate to Einstein's is Brian Haygood. Winning quote: "Stand on your own two feet and fight like hell for your place in the world."

**March 1:** Deadline for Applications/Nominations for clubs/organizations, student, and faculty awards. Turn applications into the SGA office.

**March 12:** Junior Class general meeting - Student Center 214 - 12:15 to 1:15 p.m.

**March 18:** Election campaigning for SGA positions and class officers begins.

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