

# The Captain's Log

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## EVACUATION!

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### Facing Hurricane Isabel, East Coast expects the worst

Storm expected to land on Thursday; coastal residents urged to evacuate

By Anna Griffin, Steve Lytle and Peter Smolowitz  
Knight-Ridder Newspapers

Outer Banks residents on Tuesday boarded beachfront homes, stocked up on food, water and fuel and fled the coast as Hurricane Isabel barreled closer to North Carolina.

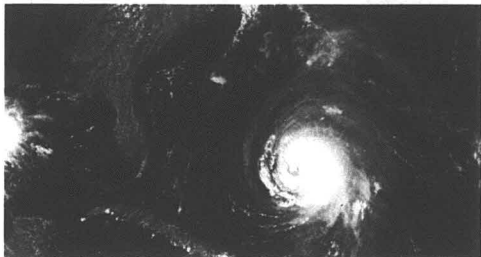
Forecasters expect the storm to strike land Thursday about 2 p.m., dangerously close to high tide. Even if the storm slid north, it would still dump high winds, rain and dangerous surf and riptides on the Carolinas' coast.

"That is a virtual guarantee," said Eric Blake of

the Miami-based National Hurricane Center. "Even if it missed you by 100 miles, you will still feel its effects."

While Isabel weakened slightly Monday, the hurricane could become particularly damaging for two reasons. The storm threatens an increasing number of homes along the fast-growing North Carolina coastline. And swells from Hurricane Fabian and Tropical Storm Henri earlier this month have already washed away about 30 to 40 feet of dunes on the Outer Banks protecting a line of hotels and condos.

"Our surf's been so high, it just ate the banks away," said Outer Banks resident Al Fisher. "What will a hurricane with 20- to 30-foot seas do?"



A satellite image of Hurricane Isabel as it approaches the United States on Sept. 15.

More than 900 residents were ordered Monday afternoon to board ferries from Ocracoke Island in Hyde County. The county's

remaining 4,000 residents were asked to voluntarily evacuate beginning at noon, Sept. 16. The request became mandatory at 5 a.m. Wednesday,

but no one was forced to leave.

"Anybody who wants to stay at their own risk can stay," said Hyde County

Manager Don Davenport, "but there will be no emergency services provided."

Cars streamed north on two-lane N.C. 12, the only road off the Outer Banks, and heavy traffic was expected on Tuesday and Wednesday as more evacuations were ordered.

"Even with the new bridges, there's just a lot more traffic when you're trying to get out of here," said Neil O'Daniel, who spends winters in Kitty Hawk and planned to head home to Richmond, Va., at 5 a.m. Tuesday.

"It was already bad, even 20 years ago, because people always wait until the last minute to leave," O'Daniel said. "But now everybody thinks they're a storm expert because they've got the

See ISABEL, page 3

### Shipley addresses students concerning Freeman Center

Roofing problems quickly followed by construction of Freeman Center

By Quinton Sheppard  
Staff Writer

The Freeman Center's roof has leaked in 15 different places and can only sustain 110-mph winds, said Don Shipley, Director of the Freeman Sports and Convocation Center.

Shipley discussed dress code policies, access regulations and installation problems at the Sept. 15 SGA meeting.

The true issue about the roof, said Shipley, is concerning the installation of the basic metal/panel system.

He explained that there was supposed to be certain amounts of caulking surrounding each overlapping seam; however, these were not installed properly.

"There has been no problem with the quality of roof material," said Shipley. "The issue at hand concerns strictly installation."

As a result of continual leaking, several problems have occurred. The floor of the competition basketball court had to be repaired.

"We had to let it sand down and repair it due to continual water damage," said Shipley.

He said, "about a year ago, a second contractor was hired for analysis purposes, only backing up evidence that the roof was flawed."

So far, repair costs to the University directly have been minimal, and the contractor has workers paying more attention to the problems with the roof now than they have before, according to Shipley.

"I have experienced cautious optimism within recent months of work done by the general contractor," said Shipley. "There were some things they have done recently that should have been done all along."

In addition, he discussed the reasoning behind the current policies at the Freeman Center.

The Freeman Center, he said, is the only campus building totally funded by student fees.

He said the \$14 million original cost, as well as the \$1.4 million annual operating cost, is covered by student fees.

Shipley said that because the students fund the building, it is not fair for others from the outside community to come take advantage of the facility.

Also mentioned in Shipley's visit to the Senate, anyone that is enrolled in just one class is permitted access to the Freeman Center, even though these students do not pay any student fees to help support the operating costs of the building.

He said the way the operation works is that every active student's name is placed in a database that is updated every Tuesday and Thursday evening.

Names remain in the database as long as students are in good standing with the University.

If a student's name is removed from the database, that disallows the

See FREEMAN, page 2



Students during the power outage on Sept. 12 had to negotiate with cars as they crossed Warwick Boulevard through the non-functioning traffic signals.

### Outage shuts down campus

Fallen trees leave 5,000 local citizens without electricity

Jenn Rowell  
Managing Editor

Some 5,000 Dominion Virginia Power customers were without power during the rainstorm on Sept. 12.

A major power outage, caused by downed lines and tree limbs resting on power lines, affected all of CNU's campus and most of Warwick Boulevard among other locations in the Hampton Roads area, according to Chuck Penn, Media Relations Manager to Dominion Virginia Power.

"A large tree split in half, and one half of the tree is resting on the line," said Penn of a tree at 5914 Andrews Place in Newport News.

The lines affected at this location fell approximately 3,000 customers without power.

Another large tree, also split in half, was resting on the line at the corner of Coppelstown and York Lane in Yorktown, cutting power to 2,000 customers, according to Penn.

Some of 66th Street in Newport News, power lines

went down to take another 551 customers' power.

The outage, lasting approximately 100 minutes, shut down the entire main campus except for York River Hall and McMurran Hall, according to Leonard Alger, Director of Plant Operations at CNU.

The lights were out, but classes continued and the dining halls continued serving food, said to Andy Mansfield, Student Center Operations Manager.

Everything on the East side went down, said Alger. Most of Warwick went down as well.

Most buildings on campus were dark, as only the residence halls, the Freeman Center and McMurran had back-up generators, said Alger.

These generators "just run a few outlets—no air conditioning. They are just to keep the lights on for the people in there, and so they can also get out," said Alger, adding that the outage did not cause any damages to the University.

The University has experienced power outages before. Hurricane Floyd in

1999 took CNU down for the better part of a day.

"We're no different than a house. We're not above power outages," said Mansfield.

Emergency procedures and protocol are in place for events such as power outages. The procedure for power outages calls for the outages to be reported, either full or partial.

The policy explains that battery emergency lights will activate. There are not, however, battery emergency lights in all University buildings, and they will only operate for a limited amount of time. Fire alarms will not operate. Should it be determined that power will be off for an extended amount of time, all buildings will be evacuated.

The procedures also recommend "all computer systems should be turned off so a power surge will not damage the computer when the power is resumed."

Plant Operations should be notified if an outage occurs during normal business hours. If an outage occurs af-

See ELECTRICITY, page 2

### Potomac River Hall seeks capacity of 482 students

Freshmen and sophomores required to live on campus next year

By Regina Cerimelle  
Staff Writer

Construction of a \$23 million residence hall is underway this fall.

Renovations to Captain John Smith Library and construction on the new student center will begin early in the spring semester, according to Executive Vice President Bill Brauer.

W. M. Jordan is the contractor for Residence Hall #4, which will be named Potomac River, said Brauer. It will have a capacity of 482 students.

Construction of Potomac River began in June and is scheduled for completion by Fall 2004.

Potomac River will look like York River from the outside. It will consist of "four buildings connected by dramatic pavilions," said Tribble. Inside, it will be very much like the suites in James River, according to Tribble.

"It will give a more unified feel and help unify the campus since it's supposed to look similar to York River," said sophomore Greta Arnold.

Although Potomac River will be designed primarily for sophomores and juniors, it may also house freshmen, according to Brauer. "It depends on the mix of students in need of housing," said Brauer.

Potomac River will help accommodate the additional students living on campus, mainly because starting Fall 2004, freshmen and sophomores will

See BUILDING, page 2

### Hurricane Isabel

Student Reactions and survival tips inside.

Details on page 3

### World & Nation

Congress passed law in April in attempt to decrease the drug use in night clubs.

Details on page 5

### A&E

Karaoke Night proves to be a place where students can relax and show talent.

Details on page 8

### Sports

Football team scores biggest win in three-year history over McDaniel, 7-6.

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## Campus In Brief

### Informational meeting for London trip to be held

The first informational meeting for the Spring Break 2004 field trip to London will be held on Sept. 22 at 5:30 p.m. in Ratcliffe, room 238.

### CNU Motorsports seeks car enthusiasts

CNU Motorsports is looking for car enthusiasts to attend their first meeting.

The date of the meeting is unknown, but will be either Tuesday, Wednesday, or Thursday at 7 p.m. in the Student Center Lounge.

Contact [djones@cnu.edu](mailto:djones@cnu.edu) or [drjones35@yahoo.com](mailto:drjones35@yahoo.com) if you have any questions concerning the club.

### Musical department hosts lecture

Dr. Mark Reimer, Director of Music, will be featured in a Sept. 19 lecture, "Behold the Mighty Tabal" at 10 a.m. in the Alumni Room (SC 150). The lecture is a part of the scheduled Family weekend events.

### CNU Anime Club to hold second general interest meeting

A second general interest meeting will be held for the CNU Anime club on Sept. 19 in McMurrin 102. Contact C.Jay Barfield at [cjb@frcnu.edu](mailto:cjb@frcnu.edu) for more information.

### National Anthem Auditions To Be Held

The Athletic Dept. is looking for students to sing the National Anthem at athletic events throughout the year. Auditions will be held Sept. 17 at 4 p.m. at the CNU stadium. Please contact Cindy at 594-5821 to register, or the Department of Athletics at 594-7025.

The preceding briefs were compiled by staff writer Lindsay Simpson.

## Center for Arts on schedule, says Brauer

By Regina Cermine  
Staff Writer

The \$53 million Center for the Arts is on schedule according to Executive Vice President Bill Brauer.

With the amount of rain and other weather-related delays, however, the deadline is not a definite.

"I don't think we'll make it [December]," said CNU Clerk of Works, Linwood Gardner. "More likely it will be early 2005."

Phase 1 of the Center for the Arts construction is scheduled to open in January of 2004, said Gardner.

The Center for the Arts is funded by state and municipal governments, and private donations, according to Brauer. Construction of the Center for the Arts is divided into two phases, and the entire project is scheduled to be completed in December of 2004.

Phase 1 will include music and theater halls with 500- and 200-seat theaters as well as classroom and teaching

space.

Phase II is primarily for the construction of the Center's largest aspect, a Performance Hall that will seat 1,700 individuals. It is scheduled for completion in December of 2004.

The current phase of the Center for the Arts construction will provide small and moderate performance space for music, drama and dance, as well as classrooms and practice rooms that will accommodate CNU students, as well as local high school students in the Governor's School for the Arts Program.

Tanya Sweet, Technical Director for Theater CNU, said, "everyone will benefit from it, even with just Phase I completion," with computer rooms, real music studios and rehearsal space being offered.

"We'll probably be moving into the academic spaces sometime in the spring semester," said George Hillow, Director of Design for Theater CNU. "The academic theaters will be used for theater as well as musical and vocal performances," said Hillow.

## Boyd transitions to presidency, leads campus

By Megan Tucker  
Staff Writer

This year, the SGA will be getting a total make over. The young woman in charge of this project is junior Ashley Boyd.

Boyd is taking over as President of SGA this year in lieu of the summer resignation of Jeremiah Davis.

Boyd was introduced to the freshman class as the new resident at this year's Convocation ceremony by giving a speech about honor and privilege at CNU.

A graduate of Western Branch High School in Chesapeake, Va., Boyd is very family oriented.

Her mom, Deborah, is a kindergarten teacher, and her father Randy is an employee of Atlantic Ordinance and Gyro. Boyd loves to be around her friends, and of course, pets.

"I have three cats named Calico, Skitty Kitty, and Honey. My favorite pets are my two hermit crabs. They are strange animals, but I love them! Their names are Lucky and KC."

When Boyd has some down time, which is rare, she spends it with her sister and friends.

When she was confronted with

the choice of which college to attend, she readily chose CNU. "I really felt comfortable here. I was attracted to the small campus atmosphere and the opportunities I would have here. Before I started my freshman year I was accepted into the President's Leadership Program and hired as a campus tour guide. I felt like I had a place in the campus community."

In previous years, Boyd was involved in many different organizations at CNU including, Student Government Association, Phi Mu Fraternity, CNU Tutoring, and the President's Leadership Program. "Phi Mu is made up of a diverse group of women, yet we all share a strong bond and we all strive to become better women and live lives full of love, honor, and truth."

A political science major, she plans on attending law school after graduation and hopes to become a lobbyist. "I have always wanted to major in some area of government. Political Science will give me a broad base of knowledge that I will be able to use later in further education or the work force," Boyd commented. Boyd hopes to pursue her CNU law in Washington D.C.

When asked how she felt about taking over the role of president, Boyd stated, "At first I was very apprehensive and nervous. But now I am excited and

everything went well. We were prepared with flashlights and candles," said Mansfield. "We were able to maintain control. We adapt, we continue serving food, we continue to operate."

Discovery Café, however, shut down during the outage. Fourth-year student Bridget Dillon called the University Police to direct traffic since the stoplights were out all along Warwick Blvd.

"I contacted University Police and

In addition to weather delays, the Center for the Arts construction has also been slowed due to minor changes made in construction orders.

Many Theater CNU faculty say they will appreciate the finished Center all the more with its improvements, despite delays.

"It's so much better with the change orders made, even with the delays," said Sweet. "While we were hoping to produce a main stage production there this spring, having to wait makes us a little sad, but we'll appreciate the finished product even more when it's completed with the new changes."

Theater CNU anticipates that with the opportunities available from the opening of the Center for the Arts, students and faculty alike will be drawn to the resources made public by the Center.

"I know students are coming because they're waiting for the new space," said Sweet. "That's why I came here. I got me from New York, I left New York for the [Center for the Arts]."

I am attempting to be the best president I possibly can be." Boyd already has big plans pertaining to SGA's revamping project this year. "I am confident that this year the Student Government will be a structured and credible organization on our campus."

This year, SGA is forming a new Constitution to give more structure to the organization. The organization will also be focusing on more policy issues within Christopher Newport University including, recommending changes in the student handbook as well as serving on University committees.

Also, the group wants to educate the student body on what issues effect them in state and local politics and create a more proactive Senate. According to Boyd, SGA hopes to gain more student involvement in its decision making. "I have the opportunity to serve on several committees as the voice of all Christopher Newport's students and I hope to represent everyone here to the greatest extent possible."

Boyd shows promise in her role as President of SGA this year. She conveys pride in CNU and camaraderie with her peers. "I love this University. There are many unique opportunities here, and I encourage every student to get involved and make the most of their time here at CNU," said Boyd.

they said it was a Newport News road," said Dillon. "I contacted Newport News Center, and they said it was a CNU issue."

Dillon did not recall seeing any officers directing traffic at the crosswalk. Newport News Police Department Information Officer Lou Thurston was out of the office on Friday and was unaware of the outage.

He said, "We are in the middle of a hurricane right now."

and gathering spaces that cannot be accommodated in the existing Student Center," said Brauer. "In addition, the existing Student Center is designed for a smaller student population," said Brauer.

Students see the benefits of having a larger Student Center. "I think they'll be able to hold more activities and have a lot more space with the new Student Center," said sophomore Ashley Sedon.

"It will be nice to get more space. I know a lot of clubs and organizations are sharing offices," said Arnold. "It will also look nicer; the layout is all over the place here [current Student Center]."

The Student Center construction, which will cost about \$28.1 million, will be funded by student fees.

Library renovations will cost \$14 million and is paid for by state funding. The projects will be constructed "side by side, simultaneously" and should be completed by the summer of 2005, according to Tribble.

According to Brauer, the current library, which is 54,166 sq. ft., will undergo renovations, adding an additional 56,684 sq. feet, more than doubling the size of the library.

"New construction will also feature a computer lab, the Writing Center, modern 21st century classrooms, meeting rooms, seminar rooms and group study areas," said Brauer.

"And of course to get more and better Einstein's Café that will remain open after library hours."

at as the "bad guy" for initiating the rules, but he has an open-door policy and welcomes any input from students.

"Similar concerns have been brought up and acted upon at other universities throughout the country, and the guidelines are to ensure the safety of those using the facility as well as a protection of the investment of the Freeman Center itself," Shipley said.

## Virginia In Brief

### Man indicted on capital murder charge

On July 14, 2003, Crystal Michelle Jacob, a Stafford County resident, was stabbed to death in the post office that is accommodated by Earl's True Value Hardware store. Until today, there had been no suspects in the case.

This morning, Antwan Gairrio Whitten, 39, was arraigned on the charges after being arrested Saturday. Whitten's DNA matched a file in the database of previously convicted felons. Whitten had felony convictions in the 1990's, but sources would not reveal what the charges were.

According to the Stafford County Police, Whitten's DNA was found on Jacob's body that had been left after she attempted to defend herself, which eventually led to his arrest.

It was later discovered, as confirmed by the Stafford County Police, that property was taken from Jacob during the course of the assault.

### Alexandria teen beaten to death

Sixteen-year-old Schuyler Hamilton Jones was found beaten on Saturday night, possibly by two to five teen boys. Sources confirm that Jones may have known his assailants, but it is unclear if they attended C.T. Williams high school as well.

The fight took place at approximately 11 p.m. in Old Town Alexandria. During the course of the fight, it appears that Jones was beaten, fell, and hit his head on the pavement. He later died at Inova Alexandria Hospital.

The confrontation is not said to be gang related, and no arrests have been made.

### Voter registration date set

To all students who are eligible to vote: the voter registration date for Virginia has been set. Monday, Oct. 6, 2003 is the new voter registration deadline if you would like to vote on Nov. 4.

As stated by the DMV, a voter must be registered in the precinct in which he or she resides to be eligible to vote. If you are not registered, you can change your registration address or register to vote at any DMV customer service center.

The preceding briefs were compiled by staff writer Lindsay Simpson.

### Potomac River Hall Underway

BUILDING, from page 1

be required to live on campus, according to Tribble.

Tribble said that the idea is to have freshmen and sophomores live on the main campus or West side and to have upperclassmen live across the street on the East side.

The construction of Potomac River is funded by room fees, which paid the debt service.

Current construction on Potomac River Residence Hall has remained on schedule, said CNU Clerk of Works Linwood Gardner, although rain delays have caused production to be slowed or halted at times.

"With rain delays, we've been delayed about three weeks," said Gardner.

According to Jeff Giles, Superintendent of Construction for WM Jordan, the constant rains during the winter and spring put off much of construction until later dates.

"You can't pour concrete and do masonry work with all that water. Now that the heat and rain have stopped, masonry production has increased greatly," said Giles.

WM Jordan still has plans, despite weather delays, to finish the new residence hall in time for the Fall 2004 semester, fulfilling the 13-month

deadline originally set at the start of construction.

WM Jordan, who won the bid for the residence hall construction, as well as the construction of the new Center for the Arts, and was the contractor for past construction projects on campus, including the Administration Building, Santoro Hall and the CNU Apartments.

"I was on site here to build James River three years ago," said Giles. "In

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### ... construction on Potomac River Residence Hall has remained on schedule.

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the past, we've built just about every building on campus."

While construction is underway on the residence hall, the library and Student Center projects will be bid out in January, according to Brauer. The construction will accommodate a growing student body.

"We have a lot of energy and activity on campus now. Students are being drawn to campus in increasing numbers from year to year," said Tribble.

"There is a tremendous need for student club offices, meeting rooms

that there is to be no midlife-bearing attire while in the facility to work out.

Created by President Tribble and spurred by the administration, this rule spurs from "social physique anxiety," which is a psychological diagnosis where some people are discouraged to work out with others who are more fit than they are.

Shipley said that he is often looked

### Freeman Center concerns

FREEMAN, from page 1

student to enter through the turnstiles, according to Shipley.

As for the dress code, Shipley said

# Classes canceled through Monday

All residents must vacate campus by noon on Sept. 17

By Jenn Rowell  
Managing Editor

President Tribble declared all on Sept. 16 that all classes are canceled through Monday.

All resident students must vacate the residence halls, apartments and houses no later than noon Sept. 17.

"We are giving advance notice so students will have time to get home," said Margaret Yancy, Director of Development.

There is a system in place for students who need help in getting home. Students with cars are being asked to provide transportation if possible.

Upperclassmen are making plans to help out the freshmen and other students without transportation.

"I would like to go home tonight, but I am going to see if any freshmen need rides to the same area because I feel bad if their parents have to drive all the

way up here and straight back. It's about a five-hour drive," said Senior Kim Karnes.

Karnes is headed home to Blacksburg, Va. "Housing and Residence Life will make sure all students have a place to go," said Yancy.

Many students are already making plans to get home.

Sophomore Nori White planned to leave late Tuesday night. She made plans to travel to Northern Virginia.

"I think they made a smart call by letting us go early," said White. Emily Auchter, sophomore, said, "I am going home tonight [Tuesday] or early tomorrow morning [Wednesday]."

Sept. 17 will be a normal workday for non-instructional staff. Tribble said in an e-mail. A liberal leave policy, will be in effect.

All Family Weekend activities have been postponed until Oct. 3-5.

The University will re-

open Sept. 20, and classes will resume Sept. 22.

A committee of Senior Administrators met at 7 a.m. on Sept. 16 and released the decisions at 8:56 a.m.

"In terms of preparation, I think that Tribble did a very smart thing by making this decision so early so that people have time to make important travel decisions," said Karnes.

While students know evacuating is the best thing to ensure their safety, some want to see what the hurricane will bring.

"I want to stay because I love hurricanes, but my dad wants me to come home," said Auchter.

Karnes said, "Honestly, I'm not too worried about it. Part of me would love to stay and witness what nature is capable of, but my common sense is kicking in, so I'm going home."

-For the most up-to-date information on this matter, please monitor the CNU Web site.

## Isabel hits East Coast

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Weather Channel."

Isabel dropped to a Category 3 storm Monday as its winds slowed to 125 mph from 140 mph. At its peak over the weekend, the winds were 160 mph. Forecasters warned that with a slight turn, the storm could bypass the Carolinas and hit land as far north as New York or New Jersey.

Hurricane Hugo, which pummeled Charlotte, N.C., in 1989, was a Category 4 storm when it came ashore near Charleston, S.C. The strongest designation is Category 5.

Isabel's path differs from all East Coast hurricanes since records were first kept in 1895. Its track most closely resembles Hurricane Fran, which crashed ashore north of Wilmington in September 1996, then moved across eastern North Carolina into Virginia.

Current predictions show Isabel headed for the Outer Banks, where residents and vacationers reacted with a mix of caution and enjoyment. Some skeptics planned to wait, spending Monday kayaking, sunbathing and surfing in nine-foot waves that were more than three times higher than usual.

"It's a little nuts, I know. But how often do you get these conditions?" said Gregg Manley, 24, who came to Kitty Hawk from Chapel Hill with two friends. "It's like we're on the West Coast."

Others, though, braced for the worst. At Gary Oliver's Outer Banks Fishing Pier in south Nags Head, trucks will haul away rods, tackle and even pinball machines Tuesday in case the 46-year-old pier is demolished. And officials plan to evacuate Brithaven nursing home this morning, which has always been considered relatively safe, because it sits on some of the Outer Banks' highest ground.

Dan Saar of Kings Mountain said Monday he's

ending his vacation.

"We've heard a lot of natives who are leaving, too," Saar said. "That's what made us stay to go."

Robert Jenkins planned to stay in Kill Devil Hills. "We've been through a bunch of them, and nothing ever hits," he said.

Still, he was nervous enough to fill his camper with food, supplies and 35 gallons of gasoline Monday and hook his jeep to the trailer hitch.

Elsewhere in the Carolinas, officials braced for Isabel. Rescued sea turtles were being readied for evacuation.

Charlotte leaders rushed a storm debris removal contract before the City Council.

According to the New York Times, the Navy ordered 40 warships and submarines in Norfolk put to sea, and the Air Force ordered fighter jets at coastal bases to fly inland. Environmentalists monitored waste lagoons, fearing they could burst as at least one did following Hurricane Floyd.

-Editor's Note: This article was filed on Sept. 16 and slight modifications have been made for issues of timeliness.

## Storm Preparation For Inland Residents

Before the Storm

- Floods cause more damage and loss of life nationwide than any other natural disaster. If you live in an area subject to flooding, then you need to be prepared.
- Pre-pack a hurricane supplies kit with a minimum 3-day supply of water, non-perishable food, first-aid kit, battery-operated radio and extra batteries, and other essential items.
- Trim back dead or weak tree branches and secure garbage cans, lawn furniture or anything that could become airborne and cause damage.
- Make an itemized list of your personal property for insurance verification purposes.

If Heavy Rain Occurs

- Keep your battery-operated radio tuned to a local station and follow all instructions. If told to evacuate, move out of the house or building to safe, high ground.
- Avoid known flooded areas. Floodwaters that are above your knees are dangerous. Turn around and go back to higher ground.
- If you find floodwaters on the road while driving, turn around and find an alternate route. The road could be washed out rapidly rising water could lift your car and carry it away.

After the Storm

- When it is safe to return to your home be sure that the structure is not in danger of collapsing.
- Watch for rodents and snakes.
- Watch for live electrical wires. Be sure the electrical current is turned off and do not attempt to turn on any electrically operated light or appliance until an electrician has checked your system.
- Begin cleanup as soon as possible. Throw out perishable foods, which may be contaminated.

For more information on hurricane and flood preparation, go to [www.noaa.gov/emergency](http://www.noaa.gov/emergency).

Adapted by Virginia Dept. of Emergency Management, Sept. 17

## Students React To Hurricane Isabel

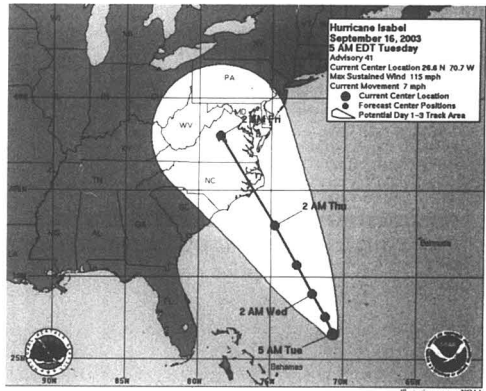
"I don't really know what to think because I am from the western part of Virginia, and all we have there is flooding. I have never had to deal with anything like this," senior Brandy Flint said.

"I have never been in a hurricane before, and I am a little worried because our school tends not to make a big deal out of things. I am afraid they are going to wait until the last minute," junior Stephanie Poles said.

"I am excited about it because it's something interesting. Nothing like this has happened since I have been at CNU. I am sure I will be breaking out by Wednesday night though," senior Kelly Sneedler said.

"I think it's exciting because we are going to get out of school, and it's a change, something we've never had before," senior Jenny Segal said.

Compiled by Brittany Cantrell



The projected path of Hurricane Isabel as released by the National Oceanic Atmospheric Association on Sept. 16. Isabel is heading Northwest at a speed of 7 mph.

## Circle K members dedicate time to serve community, namely Riverside Elementary

By Kira Walsh  
Contributing Writer

Circle K Club kicked off its first meeting of the year with a bang, or at least the traditional clanging of a bell to bring the meeting to order.

Many people wonder what Circle K is all about. Circle K is a service club affiliated with Kiwanis International.

According to the Circle K mission statement, members are dedicated to encouraging "compassion and goodwill toward others through service and leadership."

In pursuit of this goal, CNU's Circle K participates in a variety of community service projects.

Annually Circle K is actively involved with Riverside Elementary, a public school within walking distance of CNU.

Following an Oct. 1 training session, club members will provide weekly math and English tutoring sessions to struggling students.

Circle K is also working with the school to spend time up volunteers and students through their "lunch buddy" program.

"Lunch buddies" will travel to Riverside to spend time with a student during their lunch break, talking with them and providing a morale boost and a positive attitude model.

These are two of the big-

gest projects for the year, and many of the club's members will be involved.

Gillian Henry, a returning Circle K member spoke at the meeting about her experiences tutoring a girl from Riverside during the previous school year. Henry made it clear that mentors can provide much more for young students than help with schoolwork. Henry said the students enjoyed "just having someone there

... mentors can provide much more for young students than help with schoolwork."

to listen to her and show that they cared."

Another Circle K project that is already under way is a school supply drive. In partnership with the Virginia Association of Teachers of English, the club is collecting school supplies for children in lower-income families. CNU students are encouraged to help out by donating

new, unused school supplies that many of the club's members can be found in building lobbies throughout campus.

On Sept. 26, Circle K will participate in a district-wide experience, entering a girl from Riverside during the previous school year. Henry made it clear that mentors can provide much more for young students than help with schoolwork. Henry said the students enjoyed "just having someone there

... mentors can provide much more for young students than help with schoolwork."

to listen to her and show that they cared."

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By Billy Boulden  
Copy Editor

With a September goal of 25 women for recruitment, Alpha Sigma Alpha seeks colonization by the spring semester.

"Christopher Newport University was looking to expand its Greek community," said Lindsey Freely, a national consultant for Alpha Sigma Alpha. "Four sororities were chosen to do extension territories."

Alpha Sigma Alpha has a strong alumnae base in the area, as well as a mission that correlates with that of the University. "Starting a new chapter is growing and seems to fit well with the types of schools that ASA is looking for when expanding. According to Freely, "38 percent of ASA Chapters are at mid-size public institutions with between 5,000 to 10,000 students; 26 percent of ASA Chapters are similar in size to CNU."

The recruitment phase of the sorority is moving quickly. "Our goal is to have a base of 25 women by Sept. 22. Those women will continue to recruit as they learn more about Alpha Sigma Alpha. We will need 50 members to install the colony as an official chapter of Alpha

Sigma Alpha. We hope to install in the spring semester," said Freely. "I want to be able to develop the reputation of my sorority, and I don't want to be held to the reputation that others have set before me," said Lynnae Hodges.

The sorority's mission, said Silivinski, is to develop women of poise and purpose.

"Alpha Sigma Alpha has a set of minimum expectations that we expect all our chapters and colonies to fulfill," said Freely. "The colony works at achieving those minimum expectations and then going above and beyond them to become an award-winning chapter. Alpha Sigma Alpha evaluates our colonies/chapters upon those standards, not in comparison to other sororities on campus."

"We are searching for women who demonstrate CLASS—character, leadership, academic success, and service," said Silivinski.

Although freshmen may not join until the spring semester, they are still encouraged to look at Alpha Sigma Alpha. Upperclassmen that want to create chapter policies and guidelines and want to develop new traditions that will be used in the future are encouraged to sign up now by contacting Leadership Consultant Lindsey Freely at [lfreely@alphasigma.org](mailto:lfreely@alphasigma.org) or calling Greek Life at 594-7334.

## New sorority recruits a base

*September 18*  
7:00–8:30 p.m.  
Student Center Room 233



# World and Nation

## Powell 'impressed' with Iraqi progress

Pursuit of self-government must take slow approach, Powell says

By Warren P. Strobel  
Knight-Ridder Newspapers

Secretary of State Colin Powell asserted Sunday that Iraqis are accelerating their progress toward self-government and the eventual removal of U.S. troops, and described the situation in Baghdad as more hopeful than reported in the news media.

Powell, on his first-ever trip to the Iraqi capital, spent a day meeting with U.S. and Iraqi authorities to assess the countries' political and economic reconstruction six months after President George W. Bush ordered U.S. troops to invade.

"I was deeply impressed with what I saw. Iraqi people hard at work rebuilding a nation, rebuilding a society," Powell said at a press conference with chief U.S. administrator L. Paul Bremer III.

Powell met with members of the Iraqi Governing Council, an interim 25-member ruling body, and pledged that the United States would return sovereignty to Iraq as quickly as possible. He offered no specific timetable.

Powell's main purpose in coming to Baghdad was to showcase the progress of the Iraqi Governing Council in assuming limited self-government powers.

But some members of the council, including the current chairman, former exile leader Ahmed Chalabi, want to move much faster. They are joined by foreign powers such as France, which believe Bremer's coalition provisional authority should step aside and, with the United Nations' help, should schedule elections this spring. But Powell argued strenuously for a slower pace.

"Everybody would like to accelerate this. Everybody would like this to go faster than the worst thing that could happen is for us to push this too quickly" before the new government gains widespread legitimacy, he said.

Infrastructure is decreasing, their sophistication may be increasing, said Andrew Bearpark, top Bremer aide. International officials estimate that it could take \$30 billion in the years 2004 and 2005 to repair the country's dilapidated electric, water, and other systems.

A reporter asked Powell how he could accurately judge the situation here from such a protected vantage point. He replied: "I am not able to get everywhere I'd like to go in a relatively short visit." But, he said, "I think I've been around long enough" to assess what he is being told.

Powell, a former chairman of the Joint Chiefs of Staff, met with Army Lt. Gen. Ricardo Sanchez, commander of U.S. ground forces in Iraq.

The security situation in Iraq "remains challenging," the secretary acknowledged. Powell said that he was told that "a major new threat are the terrorists who are trying to infiltrate into the country for the purpose of disrupting this experiment" in Middle East democracy. U.S. intelligence agencies estimate the number of foreign jihadists, who have come to Iraq to fight, are in the hundreds or, at most, 1,000, he said.

One U.S. soldier was killed and three were wounded Sunday when their military vehicle was attacked in the tense western city of Fallujah, where U.S. troops last week accidentally killed nine Iraqi policemen in a friendly fire incident.

Barricades, barbed wire and heavily armed U.S. soldiers protected the area. Outside the compound, Baghdad has become one of the world's most dangerous cities, with an estimated 1,000 homicides per month.

The availability of electricity has improved nationwide, although in Baghdad it still falls short of pre-war levels.

And while the number of sabotage attacks on Iraq's

infrastructure is decreasing, their sophistication may be increasing, said Andrew Bearpark, top Bremer aide.

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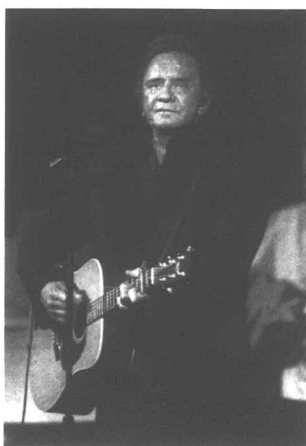
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Legendary singer/songwriter Johnny Cash died Sept. 12 due to complications of diabetes, which resulted in respiratory failure. Cash is seen here in a file photo performing at the Majestic Theatre in downtown Dallas, Tex., March 15, 1997.



Television star John Ritter, 54, died Sept. 11 in Los Angeles, Calif., of a heart problem. Ritter is seen here in a publicity photo for the 1970's sitcom "Three's Company" with co-stars Suzanne Somers (center) and Joyce DeWitt.

## Federal appeals court blocks Calif. recall

By Daniel Bornstein,  
Dogen Hannah  
and John Simerman  
Knight-Ridder Newspapers

A federal appeals court put the brakes on California's gubernatorial recall election Monday, ruling that "inherent defects" in the state's punch-card voting system threaten to disenfranchise about 40,000 voters statewide.

The judges reiterated the 2000 presidential election debate over "hanging chads" as they ordered a halt to the recall election just 22 days before the scheduled Oct. 7 balloting. The decision delays the vote on the fate of Gov. Gray Davis and the selection of a possible replacement.

The judges concluded that 44 percent of voters would cast their ballots using an "antiquated" balloting system that former Secretary of State Bill Jones had deemed unacceptable and had banned for use in future elections.

"Compounding the problem," the three-judge panel of the 9th U.S. Circuit Court of Appeals ruled, is that "approximately a quarter of the state's polling places will not be operational because election officials have insufficient time to get them

ready for the special election, and that the sheer number of gubernatorial candidates will make the antiquated voting system far more difficult to use."

The court stayed its order for seven days to allow time for appeals. Thomas Hiltachik, attorney for recall initiator Ted Costa, promised to turn to either the full 9th Circuit Court of Appeals or to the U.S. Supreme Court to reverse the ruling.

The court's decision to stay its order suggested the ruling isn't rock solid, Hiltachik said. "I think if you're a judge and you're confident in your decision, why wouldn't you just order it?" Hiltachik said. "We're confident that this decision will be overturned." Candidates, including Davis, pushed ahead with their campaigns.

"Right now," the governor said, "I'm assuming the election will be on Oct. 7, and I'm going to continue assuming that until we have a final determination by the courts."

Davis distanced himself from the case, which was filed by the Southwestern Voter Registration Education Project, the National Association for the Advancement of Colored People and the American Civil Liberties Union.

"A lot of people signed petitions to have this elec-

tion, and they have a right to have this election," Davis said. "But the people I'm appealing to in this state have a right to say no to the recall in that election. And I will make my case up and down the state until they tell me we're going to have the election."

Arnold Schwarzenegger, the leading Republican

their word should—and will—prevail."

The appeals court panel, made up of one appointee of President Jimmy Carter and two appointees of President Bill Clinton, suggested that the state has a responsibility to maintain modern-day voting equipment.

Just as the black and white fava bean voting system of revolutionary times was replaced by paper balloting, and the paper ballot replaced by mechanical lever machine," the judges wrote, "newer technologies have emerged to replace the punchcard, including optical scanning and touch-screen voting."

Republicans branded the ruling by three Democratic appointees as politically motivated and noted it was issued by judges of the 9th Circuit, considered by many the most liberal federal appeals court in the country.

"Less than a year ago we voted for and re-elected Gray Davis based on this system of voting," Darrell Issa, the Republican congressman who bankrolled the recall signature-gathering drive, said in an interview on CNN. "And now what was good enough to re-elect him is not good enough to consider throwing him out of office. ... To disenfranchise the people of California in advance is outrageous."

In 1994, Arafat returned to the Gaza Strip after 25 years in exile in Jordan, Lebanon and Tunisia.

He was elected in 1996 to lead the Palestinian Authority, which was given autonomy over two-thirds of West Bank and nearly half of the West Bank in disconnected islands that Palestinians call bastions, a reference to apartheid South Africa.

Final status talks collapsed three years ago after Arafat rejected then-prime minister Ehud Barak's offer of a Palestinian state in Gaza and most of the West Bank, with a foothold in Jerusalem for a nominal capital.

At the same time, Israel rejected the demand of a "right of return" for Palestinian refugees and their descendants to live inside Israel.

More than 800 Israelis and almost 2,500 Palestinians have been killed since then in spasmodic violence.

Photo courtesy Knight-Ridder Campus

Sec. of State Colin Powell on March 4, 2002.

Photo courtesy Knight-Ridder Campus

Photo courtesy Knight-Ridder Campus

Photo courtesy Knight-Ridder Campus

Photo courtesy Knight-Ridder Campus

## Israel talks of killing Arafat as retaliation for terror bombings

By Michael Matza  
Knight-Ridder Newspapers

After an outpouring of Palestinian support for besieged leader Yasser Arafat, Israel Sunday appeared to escalate its threats against him when the deputy prime minister said killing him was a possibility.

"Arafat can no longer be a factor in what happens here," Ehud Olmert told Israel Radio. "Expulsion is certainly one of the options, killing is also one of the options."

Israel's cabinet on Wednesday voted to "re-move" Arafat from his compound in Ramallah, where he has lived in virtual isolation amid Israeli accusations that he abets terrorist attacks that have killed hundreds of Israelis.

While Israel has the military muscle to eliminate Arafat, any such action would

have wide repercussions. Secretary of State Colin L. Powell said Sunday that carrying out Olmert's suggestion would cause outrage throughout the region and the world.

"The United States does not support either the elimination of him or the exile of Mr. Arafat. ... The Israelis know our position quite well," Powell said in a televised interview from Baghdad. "The consequences would not be good ones. I think you can anticipate that there would be rage throughout the Arab world, the Muslim world and in many other parts of the world."

Large demonstrations supporting Arafat continued through the weekend, with thousands marching in Hebron and the Gaza Strip, and a symbolic human chain was set up around his shattered compound.

On Friday, Palestinian Foreign Minister Nabil Shaath explained the phe-

nomenon of Arafat's surging popularity under siege. "Sometimes the street is angry with him for a local decision or the corruption

people rise up against his arrogance."

Referring to the 10-year-old Oslo Accords, an ambitious peace plan whose goals

of one official," Shaath said in an interview, "but when Israelis say they will pluck him out as if he is a plume or an herb in their garden,

were never realized, Arafat adviser Ahmed Abdul Rahman said: "Arafat is the man who recognized the right of Israel to exist, who signed

the peace with (late Israeli Prime Minister Yitzhak) Rabin, so why are they (Israelis) doing this?"

Among other reasons, Israel says, it's because Arafat has done nothing to stop the suicide bombers of Hamas and other militant groups.

"Hamas is the result of Israel's occupation," Arafat asserted. "If, in one day, they say they'll withdraw, there will be peace and they'll have security."

The Israelis counter by citing statements from the leaders of the militants groups vowing to wipe Israel off the map.

World opinion is running heavily against the decision to remove Arafat, but Israel is unfazed.

Senior Israeli security sources told the Israeli daily Haaretz that Israel was preparing the ground for Arafat's eventual removal just as it gradually got world public opinion accustomed to the idea of Israeli reoccupation

of West Bank.

In 1994, Arafat returned to the Gaza Strip after 25 years in exile in Jordan, Lebanon and Tunisia.

He was elected in 1996 to lead the Palestinian Authority, which was given autonomy over two-thirds of West Bank and nearly half of the West Bank in disconnected islands that Palestinians call bastions, a reference to apartheid South Africa.

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Photo courtesy Knight-Ridder Campus

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Photo courtesy Knight-Ridder Campus

# Opinions

## Where We Stand

### Taking the blows, literally

In some fashion, Hurricane Isabel will affect nearly every person in the Mid-Atlantic, ranging anywhere from North Carolina to New Jersey.

Gov. Mark Warner declared a State of Emergency on Sept. 15 to urge all Virginia residents and authorities to appropriately prepare for the worst. Mandatory evacuations were under consideration as of Sept. 16. And the University followed that with an executive order to vacate all residents through Monday.

Grocery stores have emptied and gas tanks have filled.

Winds traveling over 100 mph are migrating at about seven mph. With Isabel slowly but surely approaching, citizens are preparing for the storm's threats.

From a historical viewpoint, the natural phenomena of the East Coast have been devastating.

In 1933 an unnamed hurricane, often referred to as the "Chesapeake-Potomac Hurricane," passed directly over the city of Norfolk. When it made landfall, it was a Category 2 hurricane. One-hundred-mph winds dissected cottages and beaches. The storm pushed an eight-foot surge of water through downtown Norfolk, leaving the city under, at most, seven feet of water. The hurricane of 1933 was the last time a hurricane hit the Hampton Roads area directly, leaving millions of dollars in damages.

Hurricane Floyd of 1999 decreased to a Category 2 before making landfall in North Carolina. By the time its remnants reached the Hampton Roads area, it had been downgraded to a tropical storm. Its winds and rains closed schools down for approximately one week, knocked out power from one day to a week and caused extensive flooding.

CNU's campus, which already has flooding problems, awaits Isabel, and students have mixed responses.

Freshmen, for example, are four weeks into their school year and already face a major challenge. Their first away-from-home experience will meet with a threat of wind, rain and possible tornados. Freshman move-in day could quickly be seen as a prelude to "freshman move-out day."

Those who live in the area realize the intensity of this storm. And those who have never experienced this type of weather may be underestimating it—which summons another point.

To what extent will the storm have to magnify before some realize that canceling class should be the least of their concerns?

It is certainly possible that people will lose everything, including their lives. But not having a 10 a.m. class has tended to be one of the primary hypotheses of this storm.

Although an early vacation from classes is nice, it's the last thing to be concerned about.

Maybe the storm will die down.

Then again, maybe it won't.

Either way, the last two days have consisted of a be-prepared-to-get-ready mentality. Let's just hope that the move-out can stay up to speed with the move-in.

## ASA: 'Aspire, Seek, Attain'

### One student rushes new sorority, reflects on past

By Elizabeth Schilling  
Contributing Writer

I love marveling at how this campus has changed in the three years I have been here. When I started as a bright-eyed freshman, there were only two residence halls, Santoro Hall and James River Hall. Now we have new ones growing every semester, and a total of seven residence halls where a CNU student can live.

In the spirit of CNU constantly adding and changing, this week a new Panhellenic Sorority will join the ranks: Alpha Sigma Alpha.

I haven't been a smooth road for me up until now in terms of Greek life. In fact, these opinion pieces on Greek life are becoming a regular staple for me every semester. I am a newbie of a strange color in that I have already been through formal Panhellenic Rush twice.

That's right, twice. I did not become affiliated with any of the existing three social sororities at either time. And after each time, I have written opinions on the subject.

My first opinion was that rush was a flawed process. My second opinion is that rush is flawed, but has beneficial outcomes other than simply receiving a bid at the end. I still stand by both opinions.

Women can really learn about themselves after the rush process, with or without a bid.

Sometimes you learn you can take a blow to the

ego and keep on moving.

I am completely excited about the new organization and have decided to rush.

When I first learned Alpha Sigma Alpha would be starting a colony at CNU, I was hesitant to be thrilled. I had my hopes on one of the other sororities in contention for colonization. But in all honesty, the women who selected Alpha Sigma Alpha for expansion made a wise choice. Once I looked at Alpha Sigma Alpha's Web site, I became more convinced that this organization will not only be a perfect fit for CNU, but will also help enrich the diversity of Greek

life here.

Plus, it is truly an American value to believe that one can almost at any time imagine a better situation for themselves, and with enough work, attain that goal.

So coming from a woman who has aspired to be Greek for two years now, I challenge anyone afraid of rushing because of perceptions or previous experiences to join me in my search. Everyone can always aspire for something better, seek the right path to get there, and attain their goal.

Perhaps I will not attain my goal again this time, my last undergraduate chance, but no one said there was a time limit. There is always alumni initiation.

Finally, I would encourage everyone to apply the motto to their lives at CNU. The school is constantly changing, always moving forward. I had friends who dreamed of a radio station freshman year and they made it. I had an older friend who revitalized a dead organization and has made it a recognized club for three years now. If you can imagine something better at CNU, the beautiful thing is you can attain it through hard work and courage.

I wish everyone the best of luck this year. I especially wish the best for the women who begin the colony of Alpha Sigma Alpha because it is going to be a lot of hard work and unforeseen obstacles, but just remember the other existing three sororities did it at one time and so can you.

Women can really learn about themselves after the rush process, with or without a bid.

life offered.

The stats for Alpha Sigma Alpha are similar to the other organizations on campus. They have colors, insignia, mascots, and official flowers and jewels. What really struck a chord with me was their open motto, "Aspire, Seek, Attain." Three words that succinctly surmise the solution to any difficult situation one could

## Speech codes lose authority

By Erich Wasserman  
Knight Ridder/Tribune

The Office for Civil Rights of the Department of Education has issued a landmark letter of clarification that deals a powerful blow to administrative censors on America's college and university campuses.

A July 28 letter from Gerald A. Reynolds, assistant secretary of the Office for Civil Rights (OCR) of the Department of Education, was sent to colleges and universities across the country.

Reynolds writes, "No OCR regulation should be interpreted to impinge upon rights protected under the First Amendment to the U.S. Constitution or to require recipients to enact or enforce codes that punish the exercise of such rights."

Speech codes are university policies on the basis of which students and faculty may be expelled or terminated for uttering, writing and, ultimately, thinking certain things, no matter what the forum.

The OCR's admonishment will hopefully put an end to these scandalous and restrictive codes.

For too long, colleges and universities have used OCR's anti-harassment regulations as an excuse for passing restrictive speech codes and punishing students and faculty for "offensive" speech. The OCR statement is a vindication of the truth that no governmental regulation, law or policy may trump the First Amendment.

Speech codes are widespread on college and university campuses. While cer-

tainly not the worst abuser of constitutional rights, the University of Virginia has numerous speech codes in force right now. Other institutions have very similar policies. Here are some examples of what speech codes may look like, courtesy of UVA.

The "UVA Policy on Discriminatory Harassment" prevents members of the University community from: "Directing racial or ethnic slurs at someone," "telling persons they are too old to understand new technology," "teasing or mocking a person with a disability," "ridiculing a person's religious beliefs," "persisting in requests for dates after being told they are unwelcome" and "sending unwelcome e-mail containing sexual jokes."

Under these policies, UVA would outlaw Richard Pryor, Eminem, and Voltaire's opinions on grounds.

The "UVA Sexual Assault Education Office" says: "Harassment... comes in many forms, such as teasing, innuendo, inappropriate sexual comments, street harassment... obscene jokes or e-mail messages, sending pornographic photos, sexist graffiti, etc. More serious episodes tend to involve groups of men who denigrate women by rating their sexual attractiveness, whistling and shouting lewd comments."

UVA's Office of Equal Opportunity Programs identifies "problematic behavior" in its "Sexual Harassment" policies: "Jokes of a sexual nature," "suggestive comments about physical attributes or sexual experience," "gestures of a sexual nature"

and "sexually suggestive e-mails."

These policies are vague and overbroad and can be used to pursue a student who makes a single comment or joke. Thousands of students and faculty are living under similar policies right now.

Perhaps those who drafted these kinds of policies had the best of intentions. Censorship, however, is not the answer. Suppressing controversial or ugly ideas has the unfortunate effect of lending those ideas credence. Their meaning and significance is at once heightened while substantive dialogue about their ills is stifled or frozen. Humanity's evils are left unaddressed when speech is proscribed. If one finds something offensive or abhorrent, one's duty is to speak up, not to seek punishment of those who voice different opinions.

As things stand, such vague codes, as those from UVA, enable university administrators to selectively and arbitrarily expel and punish students, fire and intimidate professors, shut down student newspapers and journals, and chill the academic environment.

For these reasons, the Department of Education's Office for Civil Rights directed its most recent admonition against these untenable policies on all campuses. The OCR recognizes the pervasiveness of this problem. Public universities are bound by the Constitution and federal law. Private universities invariably promise free speech and academic freedom and should uphold those promises.

## The Captain's Log

2003 - 2004 Staff

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Send letters to: The Captain's Log, 1 University Place, Newport News, VA 23606. Letters may also be brought to our office or sent to us by email at clog@cnu.edu. Anonymous letters may be printed, but writers must sign the

original, providing a full address and telephone number for verification purposes.

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

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

## Correction

In last week's edition ["Search for Coordinator of Student Activities remains ongoing," Sept. 10], the newspaper said that the Coordinator of Student Activities will lead career day events. This is not true. Career Day is operated entirely by the Office of Career and Counseling Services.

# Arts and Entertainment

## Band struggles with local scene

### Independent group works as a team

By Michael Combs  
Contributing Writer

Luther's Fall is a four piece "percussion/guitar driven hard rock" band, that has been together for a little over a year and a half states Jon Allegretto. The band is comprised of Mike Disney on the drums and background vocals, Greg Corbin on percussion and lead/background vocals, Allegretto on guitars and lead/background vocals, and Tim Deibler on bass.

The originality of Luther's Fall can be attributed to two different areas: its sound and its influences. First, its sound is not backed by just the normal guitar, bass, and drums setup, but Greg Corbin also plays auxiliary percussion including bongo drums and shaker. Present in their songs are the groups many influences such as King's X, System of a Down, Sevendust, but also some non-metal bands including Jimmy's Chicken Shack, older Incubus and Bob Marley.

The members of the band met when Greg Corbin, Jon Allegretto, and Mike Disney decided to leave their old group and form their own band; however, they did not have a bassist. After a little while of working together the band's current bassist Tim Deibler joined, and Luther's Fall was complete. The band's members believe it is important that they are all close

friends who share the same sense of humor.

Even though Allegretto has written about half the band's songs, the entire band works together to complete its songs, believing that everyone can contribute to a song.

There is not much of a local music scene in the Newport News/Norfolk region and Luther's Fall, a local band, believes "because the scene is so sparse there is a lot of negative competition" and wishes the local bands had more comradery. Furthermore, as an independent band (a band without a record label), Luther's Fall completes all the band functions (booking concerts, managing, merchandise, finance and set-up) themselves along with the help of a four-man crew of friends.

Recently the band did the FM 99 Lunatic Luau where they played with Jimmy's Chicken Shack, RA, Korn, Powerman 5000, and Chevelle. Luther's Fall also has recently released a full length album containing ten original songs, titled "Songs To Wake Up To".

The band has also been played on many radio stations like FM 99, 96X, WCNU, WOLU, and nationally recognized KROK in Los Angeles.

You can check out Luther's Fall when they play these upcoming dates: Sept. 10 at Goombay's Grille and Raw bar, Sept. 19 at A.J. Gators, Sept. 26 at Gil's Bar and Grill. Furthermore, this year the band will be playing New York City, Boston, D.C. and Maryland and has a tentative East Coast tour for next summer. For further information and contact visit the band's official Web site at [www.luthersfall.com](http://www.luthersfall.com).



Dennis Diones performs a "freeze" move at the last Altered Xpressionz meeting on Sept. 3.

## Altered Xpressionz: Club offers new moves to students

### One-year-old club stands on its feet—or, its hands

By April Feciura  
Contributing Photographer

With music blaring and feet moving rapidly to the beat, the Altered Xpressionz break dancing club had a rockin' atmosphere for the past two Wednesdays here at CNU.

A new group of people came out to learn some fancy tricks on the evening of Sept. 3, in the Student Center lounge.

Some of the moves were called "top rock," "ice skates," "circle up-rock" and "the six-step" ground move. There were no injuries

except for some soreness among participants. The group was using muscles it had never used before.

The term "Break Dancing" was coined in the late 1970s, and became popular in the early 1980s. Before it was called break dancing, the name of the dance style was "B-Boying" and "B-Girling."

The CNU Break Dancing club has been active at school for just one year. The club is officially recognized in the SGA and it has had no trouble getting funds in the past.

However, one problem they do face is member retention. Break dancing is a difficult activity and it takes hard work just like any sport. With a little dedication, the tricks can be learned and performed at a high quality level.

According to PR Director Thomas Crosby, "The club consists mostly of guys; girls are not known to break dance a lot, but the ones who do it get a great deal of respect."

Since the club does travel to

competitions, having the opportunity to compete in break dancing really allows members to step out of their comfort zones and forget their shyness.

The four elements of the competitions are Graffiti, Break Dancing, Freestyle Rapping and DJ-ing. If CNU students want to compete in any of these categories, they can let the break dancing club know and the two groups may be able to travel together to competitions.

Skilled teachers were President Dennis Diones, Vice-President Brandon Whitaker, Treasurer Chamara Paul, and PR director Thomas Crosby.

New break dancer Garrett Backe stated that "break dancing is tight" and he plans to join the club along with beginner dancer Andy Webb.

Anyone is welcome to the weekly meetings Wednesday nights at 8 p.m. in the Freeman Center multipurpose room. Interested parties may e-mail [break@cnu.edu](mailto:break@cnu.edu) for more info or call Crosby at 757-206-4682.

## All-American Rejects come out swinging

### MTV's buzzworthy band on its way

By Megan Tucker  
Contributing Writer

Hailing from Stillwater, OK, this band stormed up the charts with its hit, "Swing, Swing," which has been named one of MTV's Buzzworthy videos.

The All-American Rejects perform like a human jukebox. Each song on its self-titled debut has catchy beats and lyrics that will make you sing hours after the song is over.

Critics have compared the sound of the Rejects to that of such new punk rock bands as Jimmy Eat World, Weezer, and Fenix TX.

The band released its first independent album back in 2000, which was a local success. Soon after, Dreamworks Records picked up the Rejects and set its career in motion. The group then popped

out a very edgy, single-worthy album including the hit, "Swing, Swing." Other praiseworthy songs to listen for on this album include, "One More Sad Song," "Too Far Gone," and "Happy Ending."

Each have a distinct punk sound with rocking guitar beats. The Rejects' new single, "Time Stands Still" premiered on MTV's TRL.

Projects are in the works for the Rejects to release a DVD "uply titled," "Live from Oklahoma... Too Bad for Hell." "When we decided to do a live concert DVD, we knew right away we had to go home for it," said Tyson Ritter, front man for the Rejects.

The All-American Rejects are currently on tour with Hoobastank. The two bands will sweep Europe before returning to the states for the final leg of their tour.

For tour dates or other information, visit the bands' official Web site, <http://www.theallamericanrejects.com/index.php>.



The Warwick Cheese Shoppe offers dozens of different specialty cheeses, wines, sodas and crackers.

## The Warwick Cheese Shoppe

By Channele Layman  
Staff Photographer

Fine wines, odd cheeses, and great sandwiches. The Warwick Cheese Shoppe boasts all three of these.

A visit to the Cheese Shoppe feels like stepping into a small European specialty shop, where the manager is available to give his expert advice and the selection is huge.

Lining the walls and shelves are dozens of different types of wines, cheeses, crackers and specialized sodas.

Though the store may not appear to be the place to buy a quick dinner, a small selection of specialized sandwiches is available. In

addition, there is always the option of stocking up on real cheese and hors d'oeuvres type crackers to take back to the dorm for snacking. Also, the Cheese Shoppe offers salads, desserts, soups and sides, though the options are rather limited.

The food is almost like a gourmet-style Subway, taking deli to a new level. Choose from the finest of cheeses and meats and don't worry if you're unsure about the taste.

A quick inquiry and the store owner will gladly help you determine the best choice for your liking.

Once again, the owner will remind you of a European store owner, who takes extra lengths to make sure his customers are welcomed, informed and satisfied. One

word of caution: it would be better to ask about the tastes than to just randomly choose—you never know what you could be asking for.

All things considered, the prices are reasonable for the quality of food. Sandwich and salad prices range between three and four dollars.

Should you fancy a little European flare in your sub sandwich this week, walk down the street to The Warwick Cheese Shoppe, located at 53 Hindwood Shopping Center. The Cheese Shoppe is open Tuesday through Saturday, from 10 a.m. to 5 p.m.

On the finger-lickin' good scale, The Warwick Cheese Shoppe receives three out of five fingers.

## Movie Review: 'Confessions of a Dangerous Mind'

**Chuck Barris'**  
*unauthorized*  
*autobiography*  
*provides great*  
*movie, DVD*  
*extras*

By Annie Ferenbach  
Contributing Writer

'Confessions of a Dangerous Mind' takes its title and story from former game show producer and host Chuck Barris's unauthorized autobiography. In addition to detailing his exploits in the world of television, Barris also states that he has "murdered 33 human beings."

George Clooney, in his impressive directorial debut, takes Barris for his word in creating this movie. It expertly blends irony, humor, absurdity, drama, and suspense for a fun, wild two hours.

Sam Rockwell stars as Barris; doing such an overwhelmingly impressive job, we wonder why we haven't seen his name in lights years before. He completely absorbs the character and gives us a phenomenal performance.

The film opens on Barris miserable and alone in a hotel room during his nervous breakdown in 1981, reflecting on the disappointment of this life. It then takes us way back to his childhood, where we see the prime motivation for Barris doing anything was to get girls.

We follow him all the way up through meeting Penny (wonderfully portrayed by Drew Barrymore), getting "The Dating Game" picked up by ABC, and meeting CIA associate Jim Byrd.

These are the three facets of Barris's life we follow from the beginning all the way up through his breakdown.

There's been much controversy on whether or not Barris actually was a CIA assassin. The great thing about this movie is that George Clooney, Sam Rockwell, and writer Charlie Kaufman sweep us up so much in the story, the characters, and the great irony of it all that we don't really care one way or the other if it's true or not—it's entertaining. There's

plenty of time after the movie to speculate, but during the movie you're just there to have fun and to watch Sam Rockwell work his magic.

Clooney also cast himself in the supporting role of the man who gets Barris into the killing business.

It's George Clooney as we've never seen him—without his standard, almost trademarked at this point, boyish charm. He plays Byrd as very calm, controlled, and calculating and does it very, very well.

Julia Roberts also appears in a small supporting role as an associate of Barris's in the "assassination business." She's by no means a weak link, but is not very memorable or notable, either. Probably the most notable about Roberts' Patricia is her wigs, costumes, and thigh-high boots.

Released on DVD and video Sept. 9, "Confessions" has a great assortment of special features, including feature commentary with director Clooney and cinematographer Newton Thomas Siegel, deleted scenes, very entertaining Behind-the-Scenes vignettes, "The Real Chuck Barris," and much more.

The two highlights of the special features, however, are Sam Rockwell's screen tests and Gong Show Acts. The Rockwell screen tests aren't perhaps as exciting as Behind the Scenes or Deleted Scenes, but for those of us who were really captivated by Rockwell, it's great to see how wonderful he was for the character right from the beginning.

The Gong Show Acts, however, are just indescribable. They feature such bizarre segments as "Baby Lady," "Flute Nose," and "Hambone Man." You'll have to see the insanity for yourself.

'Confessions of a Dangerous Mind' is a remarkable and admirable accomplishment for novice Clooney, and a wonderful showcase for Rockwell's massive talent. The DVD is full of worthwhile, hilarious and informative extra features. It's most definitely worth your money.

114 Minutes

Directed by George Clooney  
Starring Sam Rockwell, Drew Barrymore, George Clooney, and Julia Roberts

Rated R for language, violence, nudity, and sexual content  
Rating: 4 1/2 out of 5 stars

The Captain's Log

## Getting Holified: Piercing and the college student

By Taryn Cornelius  
Staff Writer

So you're thinking about taking the big step, biting the bullet (or chair, whichever is more appropriate), and doing a little body altering. No, I'm not talking about plastic surgery. I'm talking about getting holed up. For many out there, college environments only encourage getting that much thought about piercing. But how do you know it's the right thing for you?

First things first, it's a big decision. Although piercings are temporary, the scars are usually fairly permanent. Just imagine having a permanent reminder on your eyebrow, your stomach, your lip or chin, or any other place that you're considering having metal shoved through, if and when you decide to remove the piercing. Are you OK with that possibility?

Next, can you take the pain? Unless you're like and ex of mine and believe that pain is a great release of negative energy, then you can't honestly expect having a piece of metal shoved through your skin to feel good, or not to feel at all. The type of pain depends on what you're getting pierced, as do the after-effects. With all piercings, don't expect to go swimming anytime soon. With your tongue, kiss beer goodbye until it heals (I've seen what a yeast infection on your tongue looks like, and it's gross... just glad it wasn't mine). With anything...down there, be really prepared for an ugly scene. A guy my freshman year couldn't even stand to look at what he'd done until a few days after the piercing.

Last of all, can you afford it? Sure if you head off to a touristy place then you can get holed for about the cost of getting a few drinks at a bar. That should set off warning bells though. There are a lot of reasons piercing can be a little pricey, but the most important one is that it isn't cheap to be clean. Better places such as Urban Xchange (Patrick Henry Mall) will remove the piercings, needles from packages right in front of you. They'll also wear gloves, clean the area to be pierced, and the general area you're in should appear sanitized. Their piercing artists are also trustworthy. All my experiences and friends' experiences with them have proved they'll encourage you to think it over, suggest you don't get pierced if you haven't eaten recently, and give you ample opportunities to back out. They also let you take a friend with you (squeezing someone's hand can be helpful). Be prepared to cough up somewhere between \$30 and \$100, depending on specials and what you're getting pierced.



Jeep Preston was just one of many performers at Karaoke Night. He performed "American Pie."

## Discovery Cafe hosts first Karaoke Night of Semester

*Students sing their  
hearts out with  
tributes to America,  
rumpshakers and  
Disney favorites*

By April Feicura  
Contributing Photographer

Normally when you attend a karaoke event you find yourself covering your ears during some parts of the night. This was not the case at the first CNU Karaoke Night of the semester.

The P.M. manager of Discovery, Rosemary Silver, said "I love karaoke being in Discovery because the place is more contained and it brings everyone closer together. The stage really adds to the effect." Freshmen dominated the scene while over 200 students attended the event. Karaoke Night was put on by CAB. Event coordinator Nate Riddle said, "As the campus has gotten bigger, the demand for karaoke has grown. CAB plans on doing more this semester."

Freshman Jenn Strait moved the entire audience with her solo "God Bless America." She chose the song as a tribute to Sept. 11, since the second anniversary would be the next day. People were so touched that they stood and cheered loudly at the end of her performance.

Strait said, "I was very nervous, but I chose the song 'God Bless America' to show my spirit. I think it should help us remember that no matter what happens, you should still have pride."

The musical variety was quite wide that evening. Everything from "Magic Carpet Ride" from

Aladdin, to "How Do I Live" by Trisha Yearwood was performed. Freshman Sarah London who sang, "I'm Already There" by Lonestar with her two friends stated, "Karaoke night is getting me hyper. I came here in a bad mood and now I feel great." Freshman April Grigg and Katie Ross performed "Heads Carolina, Tails California. They were nervous at first, but after they started singing they had a lot of fun.

"Karaoke Night was funny and original. People are so good tonight it scares me

-Kestral Elliot, junior

"Jones and Rocky Gaston did a singing/dancing duet to "Baby Got Back," which had the crowd rolling in laughter. Freshman Mark Dysert explained, "I love karaoke night, it is awesome. My favorite performance was the "Baby Got Back" one because you could really get into it. Everyone got really excited."

Jerry Gaskins had a great performance of "You Make Me Wanna" by Usher along with Laura Dunlap's singing of Mariah Carey's hit "Always Be My Baby." CNU student Kestrel Elliot said, "Karaoke night was clever and original. People are so good tonight that it scares me. I am surprised that everyone has been phenomenal, tonight was beyond the general standard for karaoke."

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# Comics and Crosswords

## Mystic Stars

Weekly Horoscope  
For September 15-21

By Lasha Seniuk  
Knight-Ridder/Tribune News Service

**Aries (March 21-April 20).** Pay close attention to financial decisions and new business information this week. Late Tuesday changed records or an adjustment of figures may cause controversy. Respond quickly and expect officials to thoroughly examine paperwork. After mid-week a family relationship may be briefly strained by public criticism or cancelled social events. Loved ones will offer unrealistic explanations of their behavior. Remain quietly detached and wait for improvement. All is well.

**Taurus (April 21-May 20).** Monday through Thursday cancelled business projects may trigger resentments between colleagues. Many Taurus will also encounter a sudden promotion or revised deadline. If so, expect key officials to be unusually focused on the success of advertising, publishing, information systems or research. After Thursday a long-term friend needs to vent their social or romantic frustration. Advocate an improved lifestyle. Dramatic changes will prove necessary.

**Gemini (May 21-June 20).** Over the next few days romantic intentions will be difficult to resist. New intimacy and rekindled love are now on the rise: expect quick flirtations and passionate overtures from potential lovers. Many Gemini will also experience a sharp increase in insight and wisdom. Watch dreams and intuitions closely for indications of changing family relationships. Friends and relatives will be supportive of bold decisions: don't hesitate to propose or examine complex home solutions.

**Cancer (June 21-July 22).** Close friends or lovers may this week test your recent statements or promises. Areas strongly affected are family obligations, traditional values or loyalties between loved ones. Don't be overly romantic; trust, open discussions in the home and shared goals will soon return. After Thursday watch also for an official or older colleague to admit to a major miscalculation. Avoid public debate; if possible, co-workers and mentors may react poorly to constructive criticism.

**Leo (July 23-August 22).** Team loyalty and confidence are important to co-workers this week. Before Wednesday expect revised job roles and new assignments to trigger minor resentments. Provide concrete suggestions and gentle leadership: at present, others may need to privately re-affirm their daily goals or expectations. Later this week spend extra time on romantic partners or loved ones. Someone close may not fully understand your recent interest in new or exotic social activities.

**Virgo (August 23-September 22).** A difficult relationship may this week require unusual diplomacy. Over the next few days boldly expressed opinions will strain long-term friendships. Avoid the role of mediator, if possible, and remind loved ones to remain silent. After Friday new romantic involvement and sudden social invitations are unavoidable. Expect lovers and friends to offer encouragement, support and wisdom. Pace yourself, however, and wait for reliable promises. Private tensions may be high.

**Libra (September 23-October 23).** Business and financial demands now increase. Beginning early Tuesday, and lasting over the next 7 weeks, expect work partners to demand fast results and clarified records. For many Libra this will involve a quick reshuffling of paperwork or a revised definition of duties. Research projects and information systems may require special attention: ask for detailed instructions. Late Saturday social plans may be unexpectedly cancelled. Stay alert.

**Scorpio (October 24-November 21).** Light romance and sensuality may soon create a powerful new direction in your life. Early this week loved ones may reveal a complicated love affair or physical attraction. Unattached Scorpios may find that a close friend challenges their romantic interests or offers unreliable information. Don't be deceived: over the next 8 days the emotional reactions of loved ones will eventually reveal private doubts or lingering regrets. Remain silent and wait for clarity.

**Sagittarius (November 22-December 21).** Sentimentality is a strong influence this week. Before Thursday expect friends and lovers to be highly focused on past complicated relationships. Some Sagittarians may also encounter the return of an old friend or lover. If so, avoid the emotional seduction of kind words or repeated patterns: this is not a good time to ignore present romantic or social responsibilities. After Saturday financial restrictions will fade: expect fast proposals and quick rewarms.

**Capricorn (December 22-January 20).** Early Tuesday a close friend may be unusually distracted by a new love interest or workplace flirtation. Romantic promises are positive but also premature: expect quick social reversals over the next 7 days. Wait for reliable public statements. After Thursday new business information arrives without warning: financial availability, sources of funding or long-term profits may all be affected. Allow bosses or managers to define strategies: legal regulations may be complex.

**Aquarius (January 21-February 19).** Introduce positive attitudes and fresh activities into the workplace this week, if possible. Over the next 7 days colleagues and friends may feel unappreciated or challenged by new business roles. Social networks will soon prove invaluable: this is the right time to arrange group events or end the isolation of a shy co-worker. After Saturday rest, discuss home renovations with loved ones and plan short-term financial strategies. A realistic time schedule for large purchases is needed.

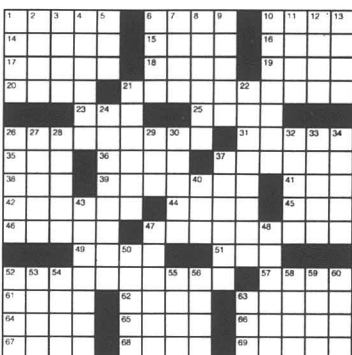
**Pisces (February 20-March 20).** Monday through Thursday a friend or lover may wish to discuss past family events. Although group disputes are easily resolved, loved ones may still feel privately discouraged. Offer emotional support but avoid acting as mediator: social negotiations will not prove reliable. After Friday employment contracts or new business projects may be postponed. Authority figures will soon expect increased loyalty and renewed commitments. Remain attentive to small details.

If your birthday is this week ... Minor health irritations affecting the circulation, skin or upper chest will soon fade. After almost 8 weeks of fluctuating physical vitality and complex social demands, a new era of optimism, group acceptance and confidence is now due to arrive. Over the next few weeks watch for a steady increase in romantic, social and creative interests. Mid-November through January 11th also accentuated unexpected and passionate love affairs. Enjoy unique encounters but wait for true promises: new relationships may be temporarily unreliable. Controversial business practices, new employment proposals and revised career strategies are highlighted for much of 2004. Remain dedicated to established goals and all will be well.

## Crossword

ACROSS  
1 Frequently  
6 Declared  
10 Incite  
14 Secret  
15 Frank or Bronte  
16 Take apart  
17 Unworldly  
18 Got up  
19 Acquire  
20 Dodge model  
21 Clubs and diamonds  
23 Olympic runner  
25 Allows to  
26 Arm or leg  
31 Particles  
35 Greek letter  
36 English noble  
37 Take a trip  
38 Wine cask  
39 of hard (dexterity)  
41 Pub potable  
42 Excuses  
44 Take the plunge  
45 Digit  
46 Sped  
47 Chemical cleanser  
49 Philosopher  
51 NNW's opposite  
52 Composure  
57 Wight or Skye  
61 Lean to one side  
62 Aloha in Parma  
63 Organic compound  
64 British composer  
65 Thomas  
66 Damage  
67 Object  
67 Spellers' contests  
68 Otherwise  
69 Jacks and queens

DOWN  
1 Frank and honest  
2 Emancipated  
3 Beginner: var.  
4 Manifest  
5 TVs' Science Guy's Bill  
6 Rari's wrap  
7 So on  
8 Shoe part  
9 Steel plow pioneer  
10 Masters city  
11 Birth  
12 Polish prose  
13 Heavy weights  
21 Soldier's awards  
22 Golf-course employees  
24 Biased  
26 Essence of roses  
27 Singer Abdul  
28 Of Carthage  
29 Exist  
30 Move smoothly  
32 Egg-shaped  
33 Casaba or crenshaw  
34 Winter precipitation  
37 "Company"  
40 Hood's gun  
43 Solids  
47 Not guilty plea



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09/17/03

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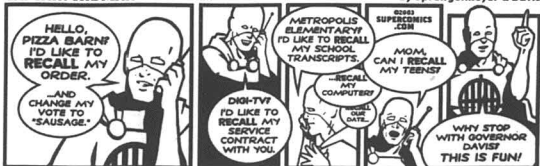
ACROSS  
1 FREQUENTLY  
6 DECLARED  
10 INCITE  
14 SECRET  
15 FRANK OR BRONTE  
16 TAKE APART  
17 UNWORLDLY  
18 GOT UP  
19 ACQUIRE  
20 DODGE MODEL  
21 CLUBS AND DIAMONDS  
23 OLYMPIC RUNNER  
25 ALLOWS TO  
26 ARM OR LEG  
31 PARTICLES  
35 GREEK LETTER  
36 ENGLISH NOBLE  
37 TAKE A TRIP  
38 WINE CASK  
39 OF HARD (DEXTERITY)  
41 PUB POTABLE  
42 EXCUSES  
44 TAKE THE PLUNGE  
45 DIGIT  
46 SPED  
47 CHEMICAL CLEANSER  
49 PHILOSOPHER  
51 NNW'S OPPOSITE  
52 COMPOSURE  
57 WIGHT OR SKYE  
61 LEAN TO ONE SIDE  
62 ALOHA IN PARMA  
63 ORGANIC COMPOUND  
64 BRITISH COMPOSER  
65 THOMAS  
66 DAMAGE  
67 OBJECT  
67 SPELLERS' CONTESTS  
68 OTHERWISE  
69 JACKS AND QUEENS

DOWN  
1 FRANK AND HONEST  
2 EMANCIPATED  
3 BEGINNER: VAR.  
4 MANIFEST  
5 TV'S 'SCIENCE GUY'S' BILL  
6 RARI'S WRAP  
7 SO ON  
8 SHOE PART  
9 STEEL PLOW PIONEER  
10 MASTERS CITY  
11 BIRTH  
12 POLISH PROSE  
13 HEAVY WEIGHTS  
21 SOLDIER'S AWARDS  
22 GOLF-COURSE EMPLOYEES  
24 BIASED  
26 ESSENCE OF ROSES  
27 SINGER ABDUL  
28 OF CARTHAGE  
29 EXIST  
30 MOVE SMOOTHLY  
32 EGG-SHAPED  
33 CASABA OR CRENSHAW  
34 WINTER PRECIPITATION  
37 "COMPANY"  
40 HOOD'S GUN  
43 SOLIDS  
47 NOT GUILTY PLEA

## DITHERED TWITS by Stan Waling



## CAPTAIN RIBMAN = Total Recall



# Sports

## Captains defeat McDaniel 7-6

CNU receives national ranking at No. 47; Freshman breaks school reception record

By Erick Hellwig  
Contributing Writer

The Captains walked away from Saturday's grueling battle with McDaniel with the biggest achievement in school history, a 7-6 victory. McDaniel has lost just seven regular season games in the past three years and was ranked as high as No. 15 in the nation last year. CNU is now ranked as No. 47 in the nation. After the fall to CNU, McDaniel falls from No. 39 out of the national ranking.

"We played very well, this game we really came together and put a mark in the win column," said freshman receiver George Jones. The win didn't come easily for CNU, with the game-breaking touchdown coming on a fourth and goal from the three with time winding down. It also came as a relief, considering last week's game that was tight at 7-0 with eleven minutes left turned into a 21-0 blowout.

Just like the week one loss to Rowan, the Captains played McDaniel hard, out gaining them in total yards (247-216) and dominating on third down conversions (10-19 for the Captains, 3-13 for McDaniel). Junior quarterback Philip Jones continued his growth as the lead signal caller, going 15-25 for 112 yards. Running back Thomas Thornton piled up 47 yards



The Captains practice passing routes on Thursday practice last week. No. 1 George Jones had 68 yards and seven receptions breaking the prior record. No. 4 defensive back David Briggs defends the pass play.

See Football, pg 11

## CNU student competes in Sandman Triathlon

Sophomore Ben Settle takes on the Virginia Beach Neptune Festival Triathlon

By Abbie Tang  
Staff Writer

The change in weather is no deterrent for Ben Settle. He has been training the entire summer to compete in Sunday's Sandman Triathlon.

For the past four months, Settle has committed to a strict training schedule of running, bicycling, swim-

ming and lifting. On top of the vigorous exercise he worked two jobs. "If he sat still for five minutes, he'd fall asleep," Debbie Settle, Settle's mother, said.

Settle, a sophomore, set his goal to compete and finish a triathlon within the next year at the end of last semester.

In four days he will be

competing with approximately 700 participants of all ages down at the Virginia Beach Neptune Festival that sponsors the event.

"[With all] the training, I've pushed myself to be competitive," Settle said. "It's all mental, and you have to keep pushing yourself even if you're physically capable."

The order of events at the triathlon will be a 62 mile

swim, 14 mile bicycle, and a 3.1 mile run on the board walk to the finish.

He will be competing with approximately 25 participants in his group of 19-24 year olds.

Settle began his weekdays with a morning run. He woke up at 6 a.m. every morning and

the team looks to the three captains, Erin and Amber Bradshaw for guidance. The two sister captains know how to talk the team up and get them ready to play. In addition, before every game the ladies have a "pow wow" where they all get together and pump each other up for the game.

The girls enter the next half of their tournament with high hopes. They brought home their first win in the tournament against the Hornets, 30-27, 30-24, 30-16. Captain Erin Bradshaw had 18 assists, Amber Bradshaw 14 kills, and Courtney Barnett had 11 digs.

The Captains lost their final game to Averett. CNU fell 30-22, 30-15 and 30-27. Jenna Williams came away with 10 kills and 11 digs. Nicole Kendra had six kills and Erin Bradshaw had 19 assists.

Although the team consists of eight freshmen out of a team of 15, they feel that this will only better them in the future. "We have a lot of freshman but I think that we will surprise a lot of people because they won't expect much of us," said Walker.

The Captains will be playing Chowan on September 16 in the Freeman Center here at CNU. They will then travel to Peace College in Raleigh, NC on Sept. 19.

## Men's soccer team slides past Lynchburg

Captains Improve to 4-1-1 after defeating Lynchburg College in Methodist Tournament

By Tom Geary  
Staff Writer

The month-long road trek finally got to the Captains.

After allowing only one

goal in its first three games, the CNU men's soccer team (3-1-1) surrendered five in one weekend, splitting a road series in Fayetteville, N.C., against Emory and Lynchburg.

The Captains started the weekend off on the wrong foot, dropping a 4-1 decision to Emory (Atlanta, Ga.). The Eagles (5-0) dlobbered CNU early and held on for a decisive victory.

Junior Jon Arost put Emory up 1-0 in the sixth minute on an unassisted goal that deflected off goalie Brian Shumate. Was the first goal that Shumate had allowed in over 320 minutes of play.

The Captains quickly replied. Junior Nick Yannitello put the ball in the net from 20 yards out only five minutes later off an assist from junior Billy Lucas.

CNU, ranked eighth in the South Region by the

See Soccer on pg 11



Senior Matt Mertz gears up for the Methodist Tournament as he practices on Thursday afternoon.

## Sports Editor's Weekly Wrap-Up

### Football

The Captains won their first game of the season this weekend. They traveled to McDaniel and beat the nationally ranked team on their home field 7-6. Freshman George Jones broke the CNU receiving record with 68 yards on seven receptions. Running back Thomas Thornton had the only touchdown, scampering for a three yard TD run on fourth down. Jason Broskie kicked in the extra point. CNU now improves to 1-1 and is nationally ranked in the top 50 teams in the nation in Division III play. CNU now looks to face Muhlenberg in their home opener this Saturday. Next they face off against Bridgewater; ranked number 10 in the nation.

### Men's Soccer

The Captains traveled to Fayetteville this weekend

where they faced Lynchburg College in the Methodist Tournament. They defeated Lynchburg 2-1. Billy Lucas had the game-winning goal off of an assist by Ernesto deGasperin with 37:15 left on the clock. Matt Mertz scored the first goal of the game. The Captains improve to 4-1-1, they face off against Roanoke on Wednesday.

### Women's Soccer

The Lady Captains traveled to Fredericksburg where they met Gettysburg College at the Mary Washington Tournament. The Lady Captains beat Gettysburg 3-1. Scoring for the Lady Captains were Kathleen McCormack, Shelley Rusnak, and Paniz Asgari. On the second day of the tournament CNU fell to opponent Cortland St 3-1. CNU had the lead at halftime 1-0. Cortland St. overcame this deficit

scoring three goals in the second half. CNU outshot Cortland 14-12. CNU goalkeeper Carolina Reigner recorded eight saves. The Lady Captains drop to 4-2 on the season. They take on Peace College on Wednesday September 17.

### Field Hockey

The Lady Captains fell to Wesley in their tournament opener 4-1. They answered back to their opening round loss defeating Denison 2-1. Lauren Anderson scored CNU's only goal in the opening game off of a penalty stroke with less than 10 minutes to play in the game. Megan McCreedy scored late in the fourth quarter against Denison putting CNU up by one goal. Not even a minute later Ashley Robertson added another goal off of an assist from Jonelle Hason. They returns to Captains Field on Wednesday at 4.



Chadwick Layman/The Captain's Log

Ben Settle practices his bicycling before the triathlon this weekend at the Neptune Festival.

From Triathlon pg 10  
ran for about 30-45 minutes before he set off to work at the Ashburn Sports Pavilion. The Ashburn native worked from 7:30 a.m. to 1 p.m. Monday through Friday at the Pavilion. In the afternoon Settle would alternate between swimming and biking; however, weight training was always saved for Fridays. Afterwards, he would work at Old Navy from 6-10 p.m., depending on whether or not he was scheduled.

"If I happen to miss something, I always try to make up for it," said Settle. Settle trained hard this summer to compete but he worked hard at his two jobs to enter and purchase equipment for Sunday's event.

"I'm paying for it all on my own," Settle said. "It makes me appreciate everything that much more."

He has purchased his

"I've trained through all sorts of weather and I can't see myself not continuing competing. If anything I'll use my frustration to help out with my intensity."

Ben Settle

bicycle, running and biking shoes, shorts, goggles, and wet suit all on his own. His trainer, Andy McDonald, gave him an old bike helmet of his for the event. According to McDonald, Settle has the most natural talent he has ever seen in any age group.

"Everything I know [about the triathlon], I've learned from [McDonald]," Settle said.

Settle, who was an avid athlete in high school, missed being able to be take part in participating in sporting events.

At Broad Run High School, Settle actively played soccer and basketball. He weight lifted a great deal, always finding new ways to stay in shape.

"[Ben's] always been de-

voted to working out," his mother said.

"It was surprising at first that he wanted to compete in a triathlon, but he's always brought a lot of knowledge to the family on different training techniques and sports activities, so the idea of the triathlon made more sense."

Now, back at CNU, Settle practices on a more modified training schedule.

On top of classes, and homework, he finds time to hang out with his friends, as well as his girlfriend, Shelly Hacker.

"Ben's been training so hard over the summer," Hacker said. "Now that we're back at school I only get to see him really at meal time—it's difficult, but I'll be at the triathlon, bringing a fan club."

Now with the triathlon quickly approaching, Settle is more ready than ever.

"I feel most confident in the biking," Settle said. "I've never competitively swam in the ocean before, so that will be a new experience, but running wise, it's the last event, so I know that will be difficult."

His family, however is extremely anxious to watch Settle compete.

Since the event conveniently takes place on family weekend, his family will find even more reason to visit and watch all of Settle's hard work pay off.

"Sunday is also my brother's 18th birthday," Settle said. "He's making the biggest sacrifice of all."

Settle plans on competing in more events after the Sandman Triathlon, no matter what happens this Sunday.

"I've trained through all sorts of weather and I can't seem myself not continuing competing. If anything I'll use my frustration to help out with my intensity," Settle said.

With his passion for biking, swimming and running, Settle wishes to start a club at CNU for anyone who may be interested. Anyone interested can e-mail Settle at CNUtriathlon@yahoo.com. Contact him if you want to get in shape as well.

Due to Hurricane Isabel the Triathlon will be postponed to a later date.

From Football pg 10  
on 14 carries and was at the head of the most important play of the day, the crowd-

"We're just playing some good ole' fashion smash mouth football baby."

-Jason Martocci  
Defensive End

silencing three-yard plunge on fourth down.

Perhaps the star who shone the brightest was freshman receiver George Jones, catching a school-record seven passes for 68 yards.

"When Nate went down and I just stepped up," said Jones. "Quarterback Phil Jones just threw some great

passes and we gained some momentum."

McDaniel's touchdown came on a 29-yard scamper by Dave Posin, midway through the fourth quarter, breaking the 0-0 tie.

The CNU sideline was feeling the similar aura of fourth quarter collapse, but a missed extra point by usually reliable kicker Nate Getchell gave the Captains a breath of life. "We've been growing since the season started, we're finding out more about each other, and the more we learn the stronger we get closer as a family," said Martocci.

The defense held strong after a fumble on the CNU 27 yard line by the Captain's forcing McDaniel out of field goal range.

The nail-biting win evened the Captains to a 1-1 road record, and sets them up for a two-game home stand against national powerhouses Muhlenberg and Bridgewater before the conference schedule begins.

"We played as unit this weekend with everyone doing their assignments," said

junior defensive tackle Jason Martocci.

Last season, McDaniel was ranked as high as 15th nationally and finished 9-2. They lost their 2003 opener 10-13 to Bridgewater, a team that has owned them for three years, but McDaniel (formerly Western Maryland) still remains one of the most respected D III in America.

"Coach Kelchner gets to know everyone, he really cares about us as players. He makes us feel welcome, he gets to know us really quickly and helps to make us feel at home," said Jones.

For a young program trying to extend an already historic record, this was a game the Captains needed to take.

"We're just playing some good ole' fashion smash mouth football baby," said Martocci.

"Some people might say 7-6 wasn't much of a ballgame, but it was the prettiest one I have ever seen," Coach Matt Kelchner said.



Kate Buckner/The Captain's Log

Quarterback Philip Jones warms up his arm throwing a few passes at practice this week. With this win CNU is now ranked 34 in the Nation.

From Soccer pg 10

assists. An undermanned CNU squad was unable to mount a comeback as freshman Derek Shaw left the game in the 70th minute with his second yellow card of the game.

The Captains bounced back on Sunday with a 2-1 win over Lynchburg. Senior and track athlete Matt Mertz scored his first CNU goal, unassisted in the 12th minute.

The Hornets (2-4) got the equalizer before the end of the first half on a penalty

kick by freshman Tim Fahl.

Lucas put the Captains up for good with a goal in the 53rd minute with a header off a corner kick by freshman Ernesto de Gasparin.

Lucas led the team with five shots as CNU shutout Lynchburg 13-7. Shumate had only two saves in goal as the Captains defense clamped down on the Hornets. Six yellow cards were given out in the game.

CNU returns to the road on Wednesday, Sept. 17, at Salem to face Roanoke.



Ron Haynes/The Captain's Log

Senior defender Tony Basso warms up during practice on Sept. 11.

## Lady Captains win one; drop three in Sunfest games

*Lady Captains drop to 3-2 after Sunfest Tournament at Salisbury University*

By Rob Silabee  
Assistant Sports Editor

The Lady Captains field hockey team looked to improve on its 2-0 record when it entered the annual Sunfest Tournament at the Salisbury University athletics complex.

The Captains entered the tournament with wins over Catawba and Randolph-Macon Colleges.

The field hockey team was slated to play Wesley, Denison, and Salisbury University over the weekend.

On Sept. 13, the ladies took the field against a tough Wesley squad, and fell 4-1.

Lauren Anderson scored on a penalty shot with just over 6 minutes left in the game. Wesley outshot the Lady Captains, 19-14.

The second game, the Lady Captains took the field against the Denison Big Red.

The game was a defensive gem as neither squad allowed a goal in the entire first half and still denied the offense until just 4 minutes remained.

Megan McCreedy of CNU was the player who connected, followed quickly by Ashley Robertson within the next minute off an assist from Jonelle Hanson.

The Big Red battled connecting one shot of there own in the final three minutes to no avail however, as CNU took the win.

Sunday followed and found Salisbury University awaiting the Lady Captains' offense.

The Lady Captains defense continued to thrive against the Sea Gulls holding the nationally ranked squad to just a 1-0 lead into the half.

However, the number 5 team in the nation came into the second half with a little bit more pop.

The Sea Gulls added 3 goals just in the second half, and held the Lady Captains scoreless to cruise to a 4-0 win.

The Lady Captains field hockey team dropped 2 of 3 over the weekend, putting there season record at 3-2.

The next matchup is Wednesday, September 17, at Virginia Wesleyan. They return to Captain's field to play this rival. The Lady Captains drop to 3-2 after this tournament.

