



The Captain's Log

Wednesday, November 27, 2002

VOL. 34, ISSUE 11

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY

WWW.CNU.EDU/CAPTAINSLG

Not Just A King, More Than A Champion

Wheaton's Rise From Poverty Inspired Him To Enter The Department Of Social Work

BY STEPHANIE HEINATZ
Managing Editor

Every day, Jawaun Wheaton knows where his next meal is coming from. He knows that the electric bill is going to be paid and he knows that his shower will never run out of hot water.

But this CNU junior can vividly recall the days that he lived in the dark and felt the hunger pains in his belly.

Wheaton grew up in a low income neighborhood in Virginia Beach, which is located on the Southside of Hampton Roads.

Like most people, he credits the manner in which he was raised to a couple of people. However, unlike many, he also claims that he was raised by an inanimate object, the streets.

"I grew up in a low-income neighborhood," he said. "I was raised by the streets that were surrounded by crime, drugs, drug dealers, and the list goes on."

His mother was on welfare and Wheaton recalls the time that she was out of work.

He thought, though, that one day she would land on her feet and realize that she needed to do something more.

He was wrong. Instead, she sank deeper, becoming addicted to drugs.



Stephanie Heintz/The Captain's Log

Jawaun Wheaton is Parliamentarian of the Multicultural Student Association, as well as an honor student.

"There were times when we were out of food and had no electricity because my mother was supporting her habit," he said. "But I guess I was lucky because I still had my grandmother. Not everyone is that lucky."

His mother's addiction not only affected her life and her relationship with the people who loved her, but also his life.

Aside from Wheaton's grandmother and uncle, no family member was willing to extend a helping hand to the struggling family, and Wheaton's mother was too stubborn, and perhaps too much under the influence, to ask.

Then they hit bottom. They were evicted out of the apartment they were living in and did not know where to go.

Wheaton has taken the events in his childhood and learned from them. Recently, the one-time CNU Homecoming King, Multicultural Student Association Parliamentarian, honor student, big brother in the Big Brothers, Big Sisters organization, and member of the CNU football team changed his major from exercise science to social work.

The Department of Social Work is a professional program that the Budget Advisory Committee said was on the chopping block to be eliminated due to state mandated budget cuts.

"Earlier this summer I had the opportunity to work with the incoming freshman. The job included answering the questions of students and parents, discussing parental relationships on a panel, and giving my honest opinion of life as a college student. It was then that it hit me like a ton of bricks."

Wheaton realized that there are so many people out there who do not have the resources to go to college. Even

Please see *Wheaton*, page 4

Winter Break And Holidays: Time For Students To Celebrate Family



Heidi Taylor and Sarah Zoric warm themselves by the fireplace in York River Hall, during a cold spell on campus.

Holiday Celebrations As Diverse As Campus Body

BY ASHLEY WILSON AND
EMILY USEEM
Staff Writers

As blustery weather blows onto campus, most CNU students find thoughts turning to traditional holiday fare. Images of Christmas trees, gingerbread houses and egg nog begin to dance in students' heads.

For some CNU students and faculty members, however, this is a time to celebrate more diverse holidays or to find creative new ways to approach the traditional Christmas scene.

Aliya Altafullah, a freshman at the University is a practicing Muslim and is currently celebrating the Muslim holiday called Ramadan.

"We usually get up early, when it's dark outside, and say a prayer," said Aliya. "After the sun rises, you can't eat, drink or smoke."

At sunset, Aliya's family says a prayer to break its fast together.

Ramadan, offers a departure from winter holidays

that usually involves big spending and big eating. "It is supposed to help you establish control over yourself."

The commercialized, multi-billion dollar holiday industry is exactly what biology professor Dr. James Reed attempts to avoid in his celebration of Christmas.

"We exchange gifts, but not expensive ones," said Reed. "I don't have anything fancy."

Instead of purchasing gifts at expensive department stores, the Reed family gives gifts garnered from yard sales.

Dr. Philip Hamilton, Associate Professor of history,

also takes a unique approach to the Christmas season.

While many associate the holiday season with sledding or skiing, he and his family attempt to knock some of the ice off this winter holiday by heading to warmer climes on a New Year's cruise.

Relaxation is key, but admittedly, "it gives me time to catch up on all the work I've put off," he says.

One thing is definite: whether students and faculty choose to celebrate Christmas or Kwanzaa and whether they dream of a winter wonderland or "Silent Night" with a Jamaican steel drum beat, CNU students look forward to a month-long hiatus.

Faculty Demands Changes To Current University Policy

Resolutions Request Reevaluation Of Program Cuts

BY ASHLEY WILSON
Staff Writers

Frustration was the dominating emotion expressed in four resolutions recently passed by a majority of the faculty.

According to the first resolution, the State of Emergency placed on CNU in reaction to Warner's recent budget cuts should be removed by the Board of Visitors.

Faculty should be given a greater role in the modification of academic programs, says the second resolution.

Tuition increases should be considered before further program elimination, accord-

ing to the third.

Finally, the last resolution suggests that the Board of Visitors should reconsider its recent decision to close three of the University's departments.

The first two resolutions were passed last Friday. A loss of quorum delayed the passing of the final two resolutions until Monday afternoon.

The initial resolution demands an immediate end to the State of Emergency declared at CNU in October.

One month after the announcement of the budget reductions it was intended to manage, the State of Emergency still remains.

Because this state empowers the Board of Visitors to make decisions not necessarily in compliance with normal university policy, the faculty considers such a continuing state unhealthy for the University.

This resolution requests that the Board of Visitors quickly return authority to the University Handbook

and to traditional policy.

The second resolution asks that further changes to academic programs be made with faculty approval rather than by the administration and board alone.

Many faculty members feel that decisions affecting instructional programs should be made by the people who have the most experience with those programs.

"I think the faculty should be the ones to make the decisions, because they're with the students every day," said freshman Lauren Scott. "We need people who know the university, not people from the outside."

Other students, however, see the value in having a separate body in charge of such decisions.

"Since the faculty is affected, they might not have an unbiased view," remarked Amy Hall, a freshman. "They do need to have their opinions heard, but maybe no one should have all the authority."

The third resolution asks that the Board of Visitors, in the event of further budget cuts, consider raising tuition instead of cutting deeper into academic programs.

"If that's what they need to do to keep the programs, then it's better than letting faculty go and having students transfer," said Hall.

The final resolution asks for a reconsideration of recent program elimination. The faculty suggests that such decisions should be suspended until students and faculty members are given the opportunity to voice alternative solutions.

In addition, a reanalysis of the budget, one that would take into account sources of revenue such as raising tuition and increasing student fees, would allow the board to make a more well informed budget reduction.

These resolutions will be presented to the administration and Board of Visitors in an upcoming meeting.

Staff Writer Abbie Tang contributed to this story.

Campus Satire



CNU TONIGHT blends humor and current events into sketch comedy.

Details on page 8

Captains Open With Win

Men's basketball triumphs over DeSales, 91-69.

Details on page 10



Campus In Brief

Biology Club Collecting Stuffed Animals For Kids

Biology Club is still collecting stuffed animals and toys for the Children's Hospice through Dec. 6. Collection boxes are located in the Science Building.

JRH Recycling

Recycling is now available in the trash rooms of James River Hall also courtesy of the Biology Club.

Castle Of Caring

Campus Ministries Association's "Castle of Caring" is being built in the Student Center Lounge this week.

Please donate canned food to help build the castle.

Mass Canceled December 1

Catholic Campus Ministries will NOT be holding Sunday Mass on Dec. 1.

Yogurt Lids Collection

Circle K is also collecting Yoplait lids for the Susan G. Komen Foundation for Breast Cancer.

Collection boxes are located outside of the Student Center, Room 204.

Delas Sponsor Angel Tree

The Annual Angel Tree, sponsored by Delta Sigma Theta Sorority, Inc. is located in front of the DST bulletin board in the main lobby of the Student Center until Dec. 5.

The tree will help provide gifts for underprivileged children.

Tree Lighting

The Annual Holiday Tree Lighting, sponsored by Student Life, will be held Dec. 2 at 5:30 p.m. in front of York River Hall.

Bring decorations if you would like to help decorate the tree. Santa Claus will perform.

It is also rumored that Santa will make an appearance.

Pancake Breakfast

Student Life will also be sponsoring Pancake Breakfast at Harbor Lights on Dec. 8 from 9 p.m. to mid-night.

Faculty and staff will serve students pancakes, cook the food, wait on students and bus tables.

Students can eat all the pancakes they want for a mere \$2 donation to Toys for Tots.

Final Winter Commencement Scheduled For December 14 In The Freeman Center

Graduates Are Encouraged To Make Sure They Are Aware Of Dates And Times For Department Receptions, Rehearsals And Where To Pick Up Diplomas

BY MONICA NOLAN
Contributing Writer

It has been said that people often remember the first and the last. On Dec. 14, CNU's 73 Commencement will take place and as a result of state-mandated budget cuts, it will be CNU's last winter commencement.

The procession will begin at 10 a.m. in the Freeman

Center and will include biannual remarks from President Paul Tribble, as well as Robert Freeman, Rector of the Board of Visitors.

The keynote speaker will be Thomas C. Schievelbein, President of Northrop Grumman Newport News.

Northrop Grumman is one of Virginia's largest private employer and is responsible for the design, construction and maintenance of nuclear-powered aircraft carriers and submarines.

Schievelbein has been active in the ship building industry and in the Hampton Roads area for years. He serves on the board of directors for the American Shipbuilding Association and the Naval Submarine League.

Schievelbein is also a founding member of Virginia Career Education Foundation and serves on the board of trustees for the Mariners' Museum and the Dolphin Scholarship Fund.

For friends and family planning to attend, the doors of the Freeman Center will open at 8 a.m.

Tickets are not required for the commencement exercises and seating will be on a

first-come, first-serve basis.

There will be an Alumni Society Commencement Breakfast on the morning of the commencement from 7:30 to 9 a.m. for degree candidates and their guests. All degree candidates will be needed in the Freeman Center arena, in cap and gown, promptly at 9:15 a.m.

On Tuesday, Dec. 10, CNU's Alumni Society welcomes degree candidates to a short Rehearsal Reception in the lobby of the Freeman Center from 4 to 4:45 p.m. There will be a mandatory Commencement Rehearsal following the reception for all December 2002 degree candidates.

Special Needs seating will be available at the Commencement procession for elderly or physically challenged guests who cannot climb steps or need wheelchair accessibility. Written requests for special seating must be sent in and received by Dec. 10.

These requests must be sent to Brenda Giles, The Freeman Center, Christopher Newport University, 1 University Place, Newport News, Va. 23606. For questions, call

594-8823.

During the ceremony guests will be allowed to take pictures from their seats.

A professional photographer will also be taking photos of each of the graduates receiving their diplomas.

A proof will be sent to the permanent address of the graduate within two weeks after graduation. There is no obligation to purchase pictures.

Diplomas can be retrieved after the ceremony in the Anderson Auditorium of the Administration Building.

Most departments hold receptions after the ceremony. Students must check with their departments to find out specific times and locations.

If one has family coming in from out of town, local hotels are providing accommodations for guests of the ceremony.

Comfort Inn, Days Inn, Hampton Inn and Suites, Omni Hotel and Ramada Inn are offering CNU rates ranging from \$59 to \$91 per night.

Graduates and guests can call the Alumni Relations Office, Office of Student Life, or the Registrar's Office with questions.

Forte Analyzes Role Of Media In Society

Media Often Helps To Shape Public Policy

BY JENN ROWELL
Staff Writer

The media implicitly takes a stance on public policy every time it chooses to cover a story, or in the manner which it reports the news.

That main idea, supported by an example of a homeless shelter in Richmond, was the main focus of Dr. James Forte's presentation last week.

"The media influences the way we think about the homeless," said Forte.

The presentation was a part of the 2002-03 Dean William Parks Colloquia.

He presented "Not in

My Social World: A Cultural Analysis of Media Representations, Contested Spaces, and Sympathy for the Homeless."

Forte has taught at CNU since 1990 and in 1994 was named Outstanding Virginia Social Work Educator and in 1996 won the President's Award for Outstanding Teaching.

He is also the former chair of the social work department.

He discussed his study of the controversy over the location of the homeless shelter in Richmond.

Forte's study focused on a homeless shelter located in downtown Richmond. The shelter, the Daily Planet, provided day services and shelter services for the homeless in the area.

Forte worked there as a student intern in 1977.

In 1978 he was offered a full-time job at the Daily Planet, and from 1981-85 he

served as the Executive Director.

In 1996 some groups in Richmond were arguing over where the services for the homeless should be located.

Most of the arguing was done through the media.

Forte's study concentrated on trying to understand the different positions of the different groups and how they influenced the decision to move the shelter to a different location.

"In a democracy students and citizens should take a stand on public policy," Forte said. "To do that they should be critical of positions put forth in newspapers, magazines, movies and documentaries."

The project involved at least five CNU student interns who helped with the research. Four of the students were social work majors and one was a sociology major. Forte said that the study provided students a chance to

better understand the media's influence on society.

"Students need to pay attention to the media and work together to find solutions after they understand the different positions," Forte said.

The Daily Planet was eventually forced to move. The day services were kept in downtown Richmond at its new location on Gray Street. The shelter services were spread all across the city in various churches and on the other side of the river.

"The solution was basically a compromise," said Forte.

Newport News has several agencies serving the homeless and Forte encourages anyone interested in the topic to go out and volunteer. These agencies include Habitat for the Humanity, Friends of the Homeless, Salvation Army, and Home Base.

Forte said they would be happy to have student help.

Challenges Of The New Homeland Security Department Only Beginning

BY G. ROBERT HILLMAN
Knight-Ridder campus

Now that President Bush has signed his name, the really difficult part starts melding nearly two dozen bureaucracies into one.

The full implementation of the new Department of Homeland Security to be headed by Tom Ridge will take a couple of years, the White House said Monday, and even then the growing pains will linger.

"It's unreasonable to expect that because the new department has been created, America will change overnight," said White House press secretary Ari Fleischer. "That's not going to be the case."

In the meantime, the American homeland will be protected in the old-fashioned way.

"One minute before the president signs the bills, the Border Patrol is on the border one minute after he signs the bill, the same Border Patrol in the same uniforms is on the border," Fleischer explained, singling out one of the key agencies in the mammoth re-

organization.

Down the road, though, he forecast a more tightly knit, better-coordinated homeland defense.

"America will change," he said. "America's ability to have homeland security will be improved."

To manage the new department, the president has turned to Ridge, the former governor of Pennsylvania who has been the White House director of homeland security for the last year as the administration has struggled to shore up the nation's defenses and the legislation creating the new department made its way through Congress, often in fits and starts.

Bush chose Navy Secretary Gordon England, a former General Dynamics Corp. executive in Fort Worth, Texas, as the new department's deputy secretary. And he tapped Asa Hutchinson, the former Arkansas congressman who is director of the Drug Enforcement Agency, as the undersecretary for border and transportation security, which will include the Immigration and Natural Service

and the new Transportation Security Agency that guards the nation's airports.

All three appointments must be confirmed by the Senate when the new Congress returns next year.

To succeed in their mission, leaders of the new department must change the culture of many diverse agencies, directing all of them toward the principal objective of protecting the American people," Bush said as he signed the homeland security legislation in the White House East Room.

"That effort will take time and focus and steady resolve," he emphasized.

Later, in one of a series of television interviews, Ridge was even more blunt, agreeing that he may have to knock a few heads to bring about the kind of change the president wants.

"I'm up for doing whatever it takes to get the job done," Ridge told CNN.

"There's only one piece of ground we ought to be worried about and that's not where your bureaucracy or office sits, that's called the United States of America," he said. "That's the only turf we

ought to be worried about protecting."

The sprawling new department, which will eventually employ a workforce of 170,000, is the largest reorganization of the federal government since the Defense Department, Central Intelligence Agency and other national security entities were created at the onset of the Cold War in 1947.

Under the new law, the president must send Congress a reorganization plan within 60 days, and the first agencies would be transferred to the new department 90 days later.

For months, though, Ridge and White House Personnel Director Clay Johnson have been quietly working on a transition, and a reorganization plan was submitted Monday that would have all the agency transfers completed by the end of next September.

Still, several dozen key management posts must be filled, a headquarters building secured and furnished and an endless string of other jobs finished before the new department can begin setting in.

World In Brief

Inspections Reach Iraq

The campaign to eliminate Iraq's weapons officially began on Monday, according to "The New York Times."

The first of the United Nations inspectors arrived in Baghdad with files on hundreds of potential weapons sites.

A team of 17 inspectors landed at Saddam International Airport late Monday afternoon.

Initial searches will most likely involve well-known sites that have been associated with Iraq's weapons programs and it is unlikely they will produce much evidence since they are expected to be warm-up exercises.

The team will be gaining experience, expanding its fleet of jeeps and German helicopters and grows to full size: 50 to 100 people by the end of the year.

The team is led by Hans Blix, who is an experienced veteran of inspections by the International Atomic Energy Agency, and members who are less experienced as well as some who have never been to Iraq before.

Ice Freezes Interstate

Dozens of accidents were caused by icy conditions in the foothills of the Rocky Mountains on Sunday, and at least five people were injured and authorities were forced to close a 90-mile stretch of Interstate 80 temporarily.

At least 110 accidents, including some rollovers, were reported between the hours of midnight Saturday to Sunday morning.

The storm also caused several wrecks across the border in Nebraska, where a nine-year-old girl was killed Sunday morning in a one-car accident on Interstate 80.

Afghanistan Releases Taliban Supporters

Afghanistan released more than 20 Pakistani prisoners who aided with the Taliban militia and Islamic regime yesterday, according to "The Washington Post" online.

Many of the prisoners were Pashtuns, the largest group in Afghanistan that supported the Taliban.

The Post quoted 55-year-old Fateh Mohammad as saying, "We entered Afghanistan before the start of America's war, to aid the jihad (holy struggle). There were 1,200 of us. I don't know what happened to the rest, but I was caught in the north."

So You Don't Know How To Cook But You Want To Help With Thanksgiving Dinner?

Impress Your Family This Thanksgiving With Baked Apples, Ironed Grill Cheese And Brownies In A Cup

BY ASHLEY HAIRSTON
Staff Writer

So you're a college student home for the holidays and you want to help out with the meals. You probably don't plan on slaving over a hot stove on your break, so where can you find quick and easy recipes that will save you the aggravation and put a smile on your parents' faces? You've just hit the jackpot, because here are some recipes, and little pieces of advice, that are sure to impress the parental components.

It's early in the morning and the first thing on the "to do" list is breakfast. First of all, keep in mind the golden rule of cooking for the family: *Always volunteer to do something specific.* Never say, "Is there anything I can do?" Otherwise you'll end up making 15 omelets for 15 people who all want something different. Instead, when you go home, volunteer to make baked apples, but jazz it up a little. Here's a suggestion:

Baked Apples:

Ingredients:

Apples
Soda Pop* about 1/2 cup
soda per apple
Spices - cinnamon, nutmeg

Directions:

*lemon-lime, orange, grapefruit flavors work well.
Cut the core out of the center of an apple.
Place apple in baking dish,

then pour lemon-lime soda, or any other flavor soda, into the center of the apple. Sprinkle with cinnamon and nutmeg and bake for about 30 min. at 450F. Serve hot.

A few hours have passed and Thanksgiving dinner is being prepared. If the kids are normal kids, around 2:00, they're probably running around complaining that they're hungry. The parents keep telling them that they'll have to wait for dinner but, of course, the kids want something now. Then, the crying and the tantrums start to set in. Someone has to be the voice of reason. You're a mature adult... step up to the plate. Tell the other adults that you'll be happy to fix the children a little snack before dinner, but remember the golden rule. Volunteer to make grilled-cheese sandwiches. You don't want to brave the storm in the kitchen. Make them with the iron.

Ironed Grilled Cheese

Ingredients:

2 slices bread
2 slices cheese
butter
tin foil
iron

Directions:

Butter one side of each slice of bread. Smack your cheese in the middle. Wrap entire thing with tin foil. Place HOT iron on one side of your sandwich for about 3 min. Flip and repeat on the other side. Let cool.

Unwrap and enjoy.

It's about that time. Everyone else has made their dinner dishes and now it's time to show them what you've got. It's time to kick your heels up and whip up a few fun deserts.



Illustration by Jeremiah Santiago/The Captain's Log

Yogurt Sundae

Ingredients:

Berries
Whipped Cream
Yogurt - 1/2 cup/person
Fruit - strawberries, apples, bananas all work well
Toppings - raisins, nuts, shredded coconut, almonds, Cereal.

Directions:

A little more nutritious than the ice cream type of sundae.

dae.

Cut up your favorite fruits and mix with any flavor yogurt or arrange the fruit around a scoop of yogurt. Top with nuts and raisins if desired.

Easy Fat-Free Brownie In A Cup

Ingredients:

2 Tbs. fat-free brownie mix
1 Tbs. fat-free vanilla yogurt

Directions:

Mix ingredients in a ceramic microwave-safe coffee mug. Stir very well. Microwave on high for 45 seconds and enjoy!!

Fruit in Ice

Ingredients:

Mixed fruit
Water and Ice

Directions:

Slice up some apples, pears, grapes or cherries into a bowl of broken ice and water.

There you have it.

Cooking for the family doesn't have to be as hard as it seems. It's actually pretty fun when you put a little thought into it; but don't think too hard... you still have finals when you come back.

Feeling Stressed? Strapped For Cash This Holiday Season?

Check Out These Inexpensive Ways To Give Holiday Gifts To Everyone On Your List

BY SARAH HOCK
Staff Writer

Everyone knows this dreaded feeling: someone makes it aware that you will soon be receiving a gift, but you were not planning on getting that person a gift and you are completely broke.

Or how about those people that you should buy a present for, but just don't know what to get them?

If you have 24 hours to spare, don't fret.

With the following list of quick and easy gifts, you can be creative and perhaps even produce a gift that means more than an expensive store-bought item. "These gifts come straight from the heart and look like they took days or weeks to create, but they

can be made on very short notice.

For An Acquaintance

Buy assorted candy, inexpensive jewelry, cheap Christmas ornaments, and find free samples of items, such as hair products from salons.

Great stores for cheap knickknacks include The Dollar Store, Target and Wal-Mart.

Wrap the small bundle of goodies in saran wrap or tissue paper and tie the top with red and green ribbon. Voila!

A present that brings back memories of goody bags from elementary school parties.

Grab a clean jar and create a layered sand effect - using cookie ingredients. Find your favorite cookie recipe, layer the ingredients in the jar and attach the recipe to the top of the jar.

For example, if you decided on chocolate chip cookies, you would layer chocolate chips at the bottom, a mixture of sugar, brown sugar and vanilla in the middle, and a mixture of flour, baking soda, and salt



First-year students Heidi Taylor and Susan Zoric wrap gifts for the approaching holidays. They have made their gifts, a decoupage vase and a beaded necklace, that they plan to give to their friends.

at the top. The recipient would need to add butter and eggs when they made the cookies.

For A Good Friend

If you know or learn how to knit, make your friend something that takes time

and effort and comes straight from the heart. Examples of items to knit include hats, scarves, mittens, socks and sweaters. These gifts are great for both girls and guys, and the only cost includes knitting needles and some yarn.

Make sure you know how to sew correctly before creating this next gift.

Take random pieces of fabric from the fabric store or cut up old shirts and pants. Sew the pieces together to create a homemade purse with your personal touch.

Or if you are short on time, use the same fabric for the entire thing and follow a pattern to prevent messing up.

Wal-Mart sells beginner

sewing patterns and most of the associates in the craft department would be happy to give you some pointers

For A Sibling

If you're tired of listening to your brother's or sister's terrible music, take it into your own hands by creating a mixed CD using some of your favorite songs that you know they could learn to love.

Don't have a CD burner? Then make a mixed tape for them to listen to in their car or at the gym. They'll eventually learn to love your taste in music and you both will be happy.

Again, this next gift requires sewing. Find a pair of cheap, plain underwear and a bra in your sister's size (this gift is good for your best girlfriend too). Grab a bag of sequins in any color that looks good with the items you picked out. Get to work by sewing the sequins along the waistband of the underwear and on the bra straps. Instant glam, but make sure she hand washes these items.

Please see Gifts, page 4

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*Gifts, continued from
page 3*

For Your Significant Other

Everyone seems to be strapped for money around the holiday season, but your boyfriend or girlfriend will appreciate these no-cost-required gifts.

Find out what your significant other's favorite kind of cookie is, then find the recipe in one of Mom's cookbooks. Follow the recipe.

Make sure you "burn" a few so you can have a taste of your masterpiece. Put the cookies on a plate and wrap it in saran wrap. Make sure you attach a note telling them how much you care.

Feeling brave: why not fix an entire meal.

Search through the recipe books, or the internet, for dinner items, including the main course and a dessert.

Fix the dessert first, then put it in the refrigerator. Work on the main course, and while it is cooking, prepare a

salad to put in the refrigerator. Don't add dressing until it is ready to serve. Before you invite your date over to enjoy the home cooked meal, light candles and serve the salad. Ask a friend to be your "waiter" and serve the main course and dessert, but make sure they leave you alone otherwise.

Don't tell your significant other about the dinner for two. Instead, invite them over to watch movies or something. The surprise element is what makes this gift a hit.

For Mom

Find any sort of clean wooden, tin or glass container, such as an empty paint can.

Find family pictures and magazine pictures that remind you of your mom.

Buy decoupage medium from a craft store, and use that to attach the pictures to the container.

Then cover the container with the pictures on it in the decoupage medium.

Keep in mind that the pictures will likely stay on the container forever, so you may need to make copies at a photo store of the pictures you want to use. You can leave this keepsake box empty and let her decide what she wants to put in it.

For Dad

Buy a cheap, plain 4"x6" or 5"x7" picture frame from Wal-Mart or The Dollar Store. Do whatever you'd like to decorate it, by painting it, gluing dried flowers or nature items to it, or drawing on it. Insert a good picture yourself in it, or a picture of you and your Dad would be even better. This is a nice item he can take to work to remind him of you every day.

Buy a small wooden CD holder. Decorate the outside of it using decoupage medium from a craft store and music-related pictures (idea from www.bhg.com). Start him off with either a new CD he would enjoy, or make him a mixed CD full of songs to which he would like to listen.

Wheaton, Continued from page 1

more heart wrenching, there are many people out there that do not even make it through high school.

Wheaton already knew this because he remembers the boys he grew up with that are now drug dealers, addicted to drugs, or even worse, dead.

But he was so dedicated to making it for himself that he never really realized that other people could use his help.

Survival, according to Wheaton, is his greatest accomplishment.

When he and his mother were evicted so many years ago, one of his uncles reached out his hands and took them in. He took them in on one

condition.

"My mother had to get help."

Wheaton's family is close now. He even goes as far as to say that he and his mother are best friends.

"Survival has been a success in my life, but watching my mother climb out of her hole has been the most rewarding."

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experience relating to
your major or academic goals?

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Snapshots Of A Semester...



Throughout the semester, CNU's campus has had to deal with various challenges. From an unfinished residence hall to the elimination of departments, students, faculty, administration, the Board of Visitors and the surrounding community has had to go through it all together. Right there with everyone has been *The Captain's Log*, reporting it and photographing it. So, here we are, days before finals and weeks before the holidays and it seems that we have all made it through. Perhaps there is something to say for CNU being a family or maybe there is something to say for the level of understanding and maturity of the campus itself. Either way, from *The Captain's Log* newsroom to your eyes, here is a quick look back on the semester we have undergone together. Here, in this first picture, is a scene from before it all happened. Two young kids strum their guitars as the paint dries on the new residence hall in the background. It was the beginning...



Above, from Issue 6: More than 100 students and half a dozen faculty and staff members came out to a wet practice football field to show their support for the departments of nursing, education and health and wellness. After the budget cuts were announced, the campus started to put faces and people with the cuts. The cuts were no longer numbers but friends, co-workers, and room mates.



Left, from Issue 8: Captain John Smith Library will have to cut most of its acquisitions budget as a result of the cuts. Many of the members of the Biology Club are trying to get a recycling program started to benefit the library. Desperate times call for desperate measures. Who would have thought the up and rising CNU would have to resort to trading in aluminum cans for books?

Right, from Issue 1: Governor Mark Warner pleaded with the Commonwealth to go out to the polls on Nov. 5 and cast their vote for the five referendum that was going to be on the ballot. Even though voters chose not to support the increase in sales tax to build new roads, they did choose to give higher education \$900 million. The results benefited CNU to the tune of \$28 million.



Right, from Issue 9: CNU Captains win their second Dixie Conference championship in a row! So you think that is not so exciting, huh? Well, CNU Captains have only played two seasons!



Above, from Issue 5: Usually *The Captain's Log* tries to bring you the news instead of making it ourselves. But here, after a long layout night, is one of the editors riding the mechanical bull at Savannahs. Do you remember the advice we gave you? "Ride it like you are having sex."

Opinions

The Captain's Log

Where We Stand

A Possible Solution To The Campus' Varied Concerns

In a semester that gave us the most horrendous budget cuts in recent memory, the closing of three academic departments and a mass chaos during first-year registration, it is no wonder that everyone on the campus is due for a much needed rest.

Much has been said about this campus being a family, and even more about the reality of our motto, "Put Students First." The assertions of many, especially in campus-wide e-mails, have been that we no longer live up to the motto that we hold so close to our hearts. In reality, it is students who make "Put Students First" a reality, not just expectations of faculty and administrators. Students taking ownership of their situation, ownership of their opinions and, most importantly, ownership of one another.

First and foremost, a university is a place of dialogue and discussion. Learning is a communal event, created by the melding of separate minds and ideas into something better. It is at the very heart of a university that the thoughts of the many create something greater than the sum of its parts. Talking about issues and concerns, in and of itself, can begin the healing process if only it is given a try. In groups, small and large, our community must reunite and begin articulating the things that give them pause.

Let there also be something said for the tone that this kind of discussion should take. Beyond evaluating the current situation, the campus should also look for the deeper solutions. In any of the many issues that the community has, be cognizant that there is a light at the end of the tunnel, if we only look for it.

Perhaps this is where the break can be most beneficial. Between the end of this semester and the beginning of the next, each member of the campus community should take this time to reflect upon what part they play in the campus discussion. On this campus, in this home, we truly are a family if we can only see that.

Never Go To Bed Angry

Small Pieces Of Marriage Advice Combined With Some Lessons Learned In College, At CNU, Make For A Sob Story That Ends In Friendship

BY STEPHANIE HEINATZ
Managing Editor

When I got married a little less than a year ago, dozens of older women gave me the same piece of advice.

They told me that the secret to a good marriage is to never go to bed angry or without telling each other that you love one another.

That said, I took those words very literally and combined them with other pieces of advice I have gathered throughout my life.

Quite frankly, even though most people, myself included, live with the mentality that it will never happen to them.

Reality is that at any moment, for any reason, your loved ones can be taken from you.

To be blunt, they can die. So, never going to bed angry will not only help you sleep better, but what if you or someone you love dies before you wake?

Even though that advice is very important to a good marriage, at least that is what I think after a year of wedded bliss, I would venture to say that that advice should and

can be carried over to other relationships in your life.

In three weeks I will walk across a stage in the Freeman Center and receive a diploma from CNU.

In three and a half years I finished my degree.

Would I like to say that I did it all on my own?

Of course I would.

Would I like to say that I never needed any ones help?

Sure.

Would I like to say that my college career has been so much more than just text books and papers?

Yep, and that one would be true.

My father, a man I swore I would never befriend in my teenage years, has come to be the most important, after my husband, man in my life.

As I recall the simple advice I received when I got married, I think to myself how much heartache I could have saved myself and my family if I had just known that when I was in high school, when I was in middle school, when I was a little girl, and perhaps even when I was a freshman in college.

I could probably count two dozen times when I told my father that I hated him.

I can remember vividly a dozen times when I swore to him that once I became an adult I would never speak to him again.

I can remember as if it were yesterday the time I made my father cry.

For some reason, as I prepare to cross into another realm of my life, I can not help but think, what if?

What if I ran out of the house angry one day after telling my father I hated him and got into a car accident?

I would never have wanted for him to not know how I really felt.

What if he had a heart attack?

I would have never had the chance to apologize.

On another note, I have

picked up another piece of advice from my time here at CNU.

That is, you never really know the whole story unless you were directly involved.

Did any of us truly know what Governor Mark Warner was thinking when he cut so much from higher education?

Of course not, but I am sure he had his reasons and years from now perhaps we will be able to see why.

But to relate that to the emerging theme of this commentary:

My father will not argue that he is a hard man, but he has his reasons.

I think that in the end his strictness and his rough edge will help to mold me into the person I have become today.

However, I have never said thank you.

Thank you.

Thank you for never giving up on me.

Thank you for saying no all of those times.

Thank you for helping to put me through college and achieve my dream.

Thank you for walking me down the aisle and pretending not to cry.

Thank you for teaching me to make a list.

Thank you for never giving up.

The point to this sob story is simple.

I want to take this opportunity to make a pact with my father.

This is not an apology or another list.

Instead, it is a promise and a look into the future.

In the future I am a college graduate who now can appreciate some of the things she did not understand when she was growing up.

In the future two people who seem to never get along are friends.

Sergeant Major, Daddy, Friend... on my honor I promise to never go to bed angry again.

Support Buy Nothing Day '02

Resist The Urge To Buy

BY JENNY GARNER
Contributing Writer

On the busiest shopping day of the year, we will join people all around the world to enjoy a consumer-frenzied holiday.

Now in its eleventh year, Buy Nothing Day is a 24-hour consumer fast and celebration of sustainable living. Over one million people around the world are expected to help BND 2002 break through First World

denial about the consequences of overconsumption.

A lot of people sleepwalk through this time of year. They buy excessive gifts and create a lot of trash in the process without thinking about the negative environmental repercussions.

For being a small part of the global population, we, the industrialized world, consume an absurd amount of natural resources and produce an overwhelming amount of waste.

Many BND events aim at getting shoppers to think about the relationship between what they buy and the rest of the world buys. Anticipating that many will carry on with holiday shopping, as

usual, some organizers are providing checklists for practicing responsible consumer habits.

Do I need it? How much will I use it? Could I borrow it from a friend or family member? Can I do without it? How will I dispose of it when I'm done using it? Is it made or recycled materials, and is it recyclable?

"Is our level of consumption morally and ecologically sustainable? I challenge the media to put that question to [its] communities and [its] experts," said Kalle Lasn, founder of Adbusters Media Foundation, the Vancouver-based group that has been promoting Buy Nothing Day since 1993.

Corrections And Changes

- In issue 10, the story entitled "Students Apprehended, Angry After Registration" incorrectly quoted a comment from the e-mails about registration. Erin Anderson wrote the comment, not RA Emily Anderson.
- In issue 10, the story entitled "What Is Your IQ On Current Events" stated that CNU was associated with William and Mary until 1964, when in fact, it was not until 1976 that Lewis McMurrin's proposal to be separated came into effect.
- In issue 10, the story entitled "Several Students Injured After Hiddenwood Party" said the incident occurred in the Hiddenwood Apartment Complex, when in fact, it occurred off Hidden Boulevard.



The Captain's Log

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

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

New contributions are accepted by fax (994-8799) by e-mail (clog@cnu.edu) or in our office (SC 223).

Circulation inquiries, advertising rates, and policies are available upon request by telephone, (757) 994-7196, e-mail or on our Web

site. The Captain's Log is created, with Apple Macintosh computers, using Adobe PageMaker.

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

dress and telephone number for verification purposes.

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

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

LETTERS TO THE EDITOR

If you have a problem, concern or issue, The Captain's Log can give you a voice.

Comment on a story you've seen here in the paper, or bring up something entirely new. Anything on campus, on the Peninsula or around the world are topics open to our pages.

Just send your letters to cl@csu.edu or drop them by our newsroom on the second floor of the Student Center, Room 223.

The Captain's Log also accepts longer editorials, so don't feel like you need to keep it short.

A Shout Out To The Campus

I want to give a shout out to some people before I leave.

Professor Kidd- You were the best teacher I ever had here at CNU.

Cristen Tousi- I couldn't have asked for a better RA coming in my freshman year. To all the FU325 Girls- I love all of you and

thanks for so many awesome memories.

Gramps, Jason, and Tim-

You guys are sweet hearts and thanks for the fun times.

And last but not least the 44 boys-

I don't know what I would do without all of you to make me laugh or just feel loved.

Thanks again CNU for a fun year and half.

"As we go on... We remember... All the times, we had together... As our lives change... come whatever we will still be friends 4-Ever"

Jenny Smith
Senior

A Tearful Thank You, Onward

In about three weeks I will graduate from college.

Because I dropped out of college several times (including once from CNU) before deciding to take academics seriously, there were times when I sincerely doubted that I would ever earn a college degree.

Graduation day is going to be the happiest day of my life.

I almost can't believe how lucky I am, and how great it feels to have accomplished what I have accomplished here.

I owe this success to my parents, who supported me financially and emotionally, and to my professors and mentors who inspire, dream and educate.

Specifically, I'd like to thank Dr. Tracey Schwarze of English and Dr. Barry

Wood, professor emeritus of theater, for intelligence and passion that humbles and awes me.

I hope to one day inspire people the way you both have inspired me.

I would also like to thank Professors Steven Breese and George Hill of theater for truly being the artists on whom nothing is lost.

If I go on to create art that's half as good as what is achieved here I will indeed be fulfilled.

The words "thank you" do not adequately convey my gratitude, but thank you for giving me the determination and the method.

I hope and intend to do you both proud.

CNU is undergoing some difficult times, as we all know.

We are very lucky to have the leaders we do,

whose forward thinking and mobility will ensure CNU's continued success and ascension.

I am as proud as I have ever been to be a student here, and will be even prouder to be an alumna.

Speaking of alumni, I'd also like to congratulate my fellow graduates in theater: Allison Allen, Kelley Davis and Emily Glass.

There is no one with whom I would rather share that day.

Thank you friends, family, Fred and faculty (allegation! wow!) for making my college experience the best it could have possibly been.

Onward!

Angela Hamilton
Senior

Campus Driving Distractions

An accident was caused last Friday, in part due to the works of good intentioned people.

I was heading toward class at 12:50 on Wednesday. Cruising down Shoe Lane in the middle of a long pack of potential parking-place snatchers is nothing new to me.

What was new today was the sign-sporting-bucket-toters for charity, who sometimes appear on the median between the CNU entrance/exit on Shoe Lane.

I have seen them before when leaving school but never have they caused me any problems.

This time, as I was preparing to turn into the school off Shoe Lane, and some of them ran up to the car, already heading down the school's entry lane that was at the front of my line.

This caused him and every car behind him to hit their breaks.

I saw everything unfolding, just not soon enough. My bumper was already attempting the rise into the school's entrance as the student in front of me slammed on the breaks to avoid hitting anyone.

That student took the abrupt stop in a new car better than my '79 Olds Cutlass Supreme was able to on such short notice.

The right front corner of my metal bumper smacked into the other student's plastic bumper. No dents were left, but a nice spider web effect was created where I hit the car. My car is unmarked.

How could I have known that the free flowing traffic coming down Shoe Lane was about to stop?

I was trying to turn up and into the entrance. All I could do was slam on my breaks. I wasn't even going fast enough to skid.

I spewed a torrent of curse words, put my car into reverse, parked and then got out of the car. The sign totters scattered over the hit, leaving myself and my fellow student to confer about the situation. We are working things out. Everything will be made right, but I do not feel that I was fully to blame.

I try not to blame others for my situations, but I am sure that it's not legal for a citizen to stop traffic on Shoe Lane.

Stop signs usually let people know a stop is com-

ing, or even stop lights or yield signs... never some excited person wielding a money bucket. That was not in my driver's education book.

Look, everything is going to be OK. I'll be the guinea pig this time.

Collecting money at the median of one of the school's main entrances and exits is not a good idea.

You hinder people fighting for valuable parking spaces from getting where they are going.

You are creating a hazardous situation for motorists, and if my accident today had not caused a subsequent scattering of whatever group was collecting money, you would have caused a backup on an already congested road.

Next time, ask me for money on my way to class. Just stand by the sidewalk and ask.

I am more likely to give you something there anyway.

Just how I don't end up having to give my insurance company the money you could have gotten.

Jeremy Sanchez
Class of 2003

First Amendment Rights Come With Many Responsibilities and Expectations

General Public Perceptions Of Journalists Remain Skewed

BY JENN ROWELL
Staff Writer

When firefighters rush into a burning building, no one would dare term it as stupidity.

With Sept. 11 so close in our memories, who would even suggest the thought?

When police officers put their lives on the line every day to save others, no one thinks twice about it.

Who will call when you need something?

Not your mama. So why is it, when a journalist walks into a café for a rendezvous with a prominent source, some people label it a foolish act?

Firemen, law enforcement officers and other emergency personnel, risk their lives everyday to protect others.

They are not questioned; they are not ridiculed because that is the risk their jobs require. The duty of a journalist is to bring the news to the public.

No groundbreaking, earth-shattering story was ever written by a journalist who stared out the office window of a building on the New York skyline waiting for the story to come to them.

The media provides the public, as well as the rest of the world, with some insight concerning what is going on around them.

Some members of the public have a false sense of security thinking that no harm will come to them, or that the conflicts happening in foreign countries will not affect them in any way.

Consequently, these individuals are tremendously frightened by the reality of the harsh world that surrounds the little bubble in which they seem to be living.

When this harsh reality hits home, some of these individuals have instigated a media-bashing, marathon that, at times, results in false accusations, misinterpretations and prohibited information about the subject matter.

Of course, there have been moments when the press has been at fault. Cases of sensationalism, bias and "yellow" journalism are forerunners for the other side of the argument.

All branches of the media, however, cannot be branded based on weak stories written by disenfranchised authors.

There are those who slant the information, skew the views of readers and provide a biased presentation of the facts.

That is the kind of lazy media that should be under attack by society.

The media in general, however, should not succumb to such scrutiny by the very people who rely on the information provided by the media on a daily basis.

These media bashers have been so busy digging up dirt on the mistakes made by the media, that they have failed to take note of the sto-

"The media has been charged with the laborious task of informing the American public what is going on within its government"

ries that have changed our country forever.

Take Watergate, for example. When that was said and done, it was President Nixon who was in the hot seat for his crimes, and Woodward and Bernstein were hailed as members of an

elite society of American journalists.

They got the front-page story they were looking for while exposing one of the most infamous government scandals in American history.

Watergate is just one example of the pivotal role that the media plays in our modern society.

The media has been charged with the laborious task of informing the American public what is going on within its government.

The people who bash the media the most are usually the ones who have something to hide.

Without the work of the media, we would not know all the things going on within our government, and no one would be able to prevent complete government control.

An individual cannot protest an action that he does not know about, now can he? The government itself allowed the United States a free media.

The First Amendment guarantees the American people the freedom of the press.

With that freedom, the press has every right to say whatever it wants to say when it wants to say it.

Of course, the press does have a responsibility to support the facts, provide balanced coverage and also to be considerate of the sentiments of the American people.

The ideal media would be unbiased, completely factual, and completely accurate at all times.

This ideal, however, will never be met because the media is composed of human beings bringing news to other human beings.

People will always have varying opinions, and no matter how hard the media tries, it will never be able to please everyone.

The United States was based on the freedom of her people. The free media exposes scandals and corruption, as well as brings attention to the positives in our nation.

Looking Back On A Torn Semester

Will Things Get Worse Before They Get Better?

BY MARGO SCHEINHAUS
Copy Desk Assistant

At the end of Spring 2002, the morale here at CNU was low. Budget cuts took place, creating what now seem like minor annoyances.

130 adjuncts were fired due to a three percent budget cut.

Tuition was increased by five percent.

Schedules were no longer available in a tangible printed format.

Oh, those were the days. This fall semester started with new hope for the campus: new residence halls, the "best and the brightest" first-year students, new parking zoning, construction for a new Center for the Arts and a new entrance off Shoe Lane.

It seemed so long ago and far away, those hopes.

Now we are down three majors and a graduate program.

Those who live here have referred to the nice, new, shiny first-year residence halls as "jails."

Parking in the morning is like live action "Grand Theft Auto."

And those "best and the brightest?"

Well, let's just say that it's the few rotten hundred that ruin it for the other thousand.

Make no mistake, the faculty of CNU is having just as many issues with morale as the students are.

As Faculty Senate President, Dr. Tim Marshall so aptly put it, "It stings to watch when your colleagues are not only being let go, but their departments that they've helped build are gone."

Never mind all the things going on outside the school. Our nation has been gearing up for a war since this past summer.

According to the Sept. 4 "World Tribune," the U.S. currently has 100,000 personnel in and around the Persian Gulf.

I have friends I haven't seen since June who can't tell me their exact location, nor can they say when they will be coming home.

The prospect of losing my friends over an international finching contest angers me greatly.

I say, bring back dueling and let Saddam and Bush deal with it on their own. Apparently, Iraqi Vice President Taha Yassin Ramadan agrees with me.

missed it as "irresponsible."

As if sending 100,000 men and women into a ravaged country to kill and (or) die, under the thin pretense of "World Security," is the epitome of responsible behavior.

If you think this impending war isn't about oil control, I've got a bridge-tunnel to sell you.

Beyond that, the "Homeland Security" bill passed Monday. Over 400 pages designed to catch terrorists and compromise the personal privacy of innocent American citizens everywhere.

This bill went through with little opposition from anywhere.

Trying to find a summary text of this bill is like trying to find the Lost Ark of the Covenant.

Don't worry, we have top men working on it.

With all the economic worries the nation is having, it is no wonder that such a bill would be passed so quickly.

It's difficult to care about what rich white men are doing on Capitol Hill, when your department has been abolished and you are not sure if you'll have a job come next year.

One thing is for sure; things are going to get worse before they get better.

Maybe next semester will start with a little less hope, but a lot more drive to see things put right.

BY JENN ROWELL
Staff Writer

ArTs & EnTertaiNment

CNU TONiGHT Takes Away The Hurt And Confusion From This Semester's Events By Poking Fun At Their Irony

The Last
Show Of The
Semester
Parodied
Everything
From
Budget Cuts
To The Evoked
First-Year Riots

BY PAUL FROMMELT
Staff Writer

It's safe to say that CNU has had a hard time the last few months.

Massive budget cuts wiped out three major programs.

Freshman elections were canceled because of foul play.

The "riots" during this year's registration pitted the first-year students against the rest of the school.

There is nothing funny about what has been going on, or is there?

CNU TONiGHT thinks so, and they used the majority of last Thursday's second show of the semester to poke fun at many of CNU's problems.

Judging by the crowds most of the school knows about CNU TONiGHT. For the minority that doesn't know, it's a club here at CNU that puts on a sketch comedy performance much in the same vein as Saturday Night Live.

While much of the show is focused on addressing issues around campus, the group also turns its satirical eye on pop culture.

The therapeutic effects of comedy have been known for years.

Finding something funny



Junior Chris Rice stands over Sophomore Bryan Binnix during a skit in which campus police were lampooned. The skit was a highlight of last Thursday's CNU TONiGHT, a student-run sketch comedy troop dedicated to satirizing campus events.

in an unfortunate situation suddenly makes things less horrible. This is what CNU TONiGHT does with topics such as the budget crisis and the registration mess.

CNU TONiGHT lets the audience laugh at our problems for almost two hours, rather than worry about them.

Thursday night's performance can easily be described as "hit or miss." Some of the sketches could have been edited out, and most could have been trimmed down to produce a tighter and faster hour-long show.

Most of the sketches "hit" when they comment on the current state of CNU, while the others just didn't seem to connect with me. I felt like I was missing the joke. Don't get me wrong, this was my first time attending a CNU TONiGHT show, and it was 100 times better than anything I could have imagined.

While CNU TONiGHT prides itself on not being vulgar or crude, it doesn't pull any punches when it comes to poking fun at President Paul Tribble, the dining services, the University Police or the somewhat "eccentric"

students from Northern Virginia.

I did a double take when an imitator of our University President came out dressed as a devil and hid in a locker to escape the terrifying first-year students.

As on "Saturday Night Live" the highlight of the night was the CNU News sketch. Chris Rice and Nathan Cotter have a great charisma together and impeccable comic timing.

Every single one of their jokes was successful and it was one of the few sketches that didn't putter out toward

the end. Their list comparing the "Freshman Class" to the "13th grade" was hilarious.

Also like "Saturday Night Live," CNU TONiGHT offers the audience a musical guest. This time around, the musical guest was Laurel Lane. Lane blew me away. I was unaware that CNU had such musical talent on campus.

Lane possesses a beautiful and powerful voice that we should all expect to hear on the radio sometime soon.

Whether each sketch worked for me or not, every one of the large ensemble cast

members deserves praise.

Each member shows a comedic talent that was used at least once during the show.

My advice is to bring the show down to a sleek hour and shorten down the sketches. Instead of two shows a semester, do four shortened shows so the audience doesn't get bored halfway through.

This also gives more people an opportunity to go catch a show, because everyone on campus should find out about CNU TONiGHT.

It's one of the true gems on campus.

Mr. GQ Made Love To The CNU Audience Before Crowning

Rice Won
The Crowd By
Performing
An Original
Rendition Of
Boyz II Men's
"I'll Make Love
To You"

BY DANIEL BANKS
Staff Writer

Chris Rice, President and founder of CNU Motorsports and President of CNU TONiGHT walked away last week with a new title to add to his resume: Mr. GQ 2002.

The Multicultural Student Association hosted the pageant in which the award was given.

The night of the show, guys came to cheer their male companions on stage.

Girls came to see real men, not some Hollywood, made-up star.

Senior nursing major Amy Teachey said it best. "I came to see buns of steel."

For Amy Teachey, this was her first GQ pageant, and she hoped to have a good time. Her friend Kim Karens echoed her friend's expecta-

tions.

"I came to see my boyfriend, Jonathan Hendrick," she said.

CNU played host to a nearly-packed Gaines Theatre Nov. 19.

Participants were seniors Donta Wade and Frank Anderson, juniors Jonathan "House" Hendrick, Rice, sophomore Russ Roles and freshman Justin Hardwick.

The GQ candidates had to show originality, heart and soul.

Each of the contestants demonstrated finesse in several parodies titled, "Who Am I?"

It followed by "A Night With Me," and the candidates gave the audiences and MSA judges their prospects for "Life After CNU."

Here is the breakdown. Perhaps the most memorable moment was when Rice dazzled the ladies with his lip-sync rendition of the Boyz II Men tune, "I'll Make Love to You."

Men came together to compete for monetary awards and title recognition. Rice received \$200 for winning and first and second runners up received \$150 and \$75.

MSA members and CNU faculty voted for the "best man," so to speak.

The contestants got to strut their manly physiques.

Women and men cheered alike. The ratio of females was almost equal to the CNU demographic, at least four-to-one.

That did not stop the guys from cheering.

When Rice did his Boyz II Men rendition, everyone was overcome with laughter.

CandidateRoles was nicknamed the "grovin' man."

When time for his stage performance, Roles was dressed in his favorite bathrobe.

In fact, his tagline was "When the sun goes down, dancing is all that I want to do."

The second most memorable moment of the GQ pageant came when contestant Hardwick invited his girlfriend on stage.

He romanced her by performing a lip-sync from the Tom Cruise flick, "Top Gun."

Wade showed how a real man treated his woman.

His parody demonstrated his views on dating. For Wade, a real man wins his lady's heart by impressing her stomach.

Wade made it clear that a real man knows how balance guy time and girl time.



Kate Brackets/The Captain's Log

Junior Chris Rice was crowned 2002 Mr. GQ. The pageant was sponsored by the Multicultural Student Association.



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Sports

The Captain's Log

Swim Club Gives Students More Choices

Club Forms On CNU Campus Despite Lack Of Pool Facilities

BY ROB SILSBEE
Staff Writer

Jamie Shumate has been swimming competitively since she was five years old and admits that she was completely devastated to find that CNU lacks a pool, as well as a swim team.

She will not, however, be stopped, and has recently held her first interest meeting for anyone who would like to join the Swim Club.

As CNU does not currently have a swimming facility, Shumate has been researching the area, trying to find a place for the team to practice.

At the time, the top prospect for a facility is the Midtown Community Center, where the team would have to carpool to practices.

Because her club would not be recognized as an official sport, Shumate has chosen not to make team cuts. She also is anticipating the other alternative.

"I would love the opportunity to swim against other schools. Although, I think for the first year we will mainly focus on practicing, getting known and getting recognized," Shumate said. "If the opportunity arises to compete, I am more than happy to participate."

Shumate also does not want the team to stop there. She has aspirations of making this a varsity sport.

"I realize the process will be timely, but I think, overall, it will be a huge success and very valuable to the University," Shumate said.

Although it is not a varsity sport, training will be no less difficult. Shumate anticipates training will focus on technique as well as long distance and short distance training. Practice times are yet to be set due to the expense of pool rental and the working formation of the club itself.

The club met for the first time and decided that it will not swim until next semester.

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CNU Takes A Bite Out Of The Bulldogs



Katie Brackett/The Captain's Log

CNU's Otho Hampton, a sophomore, dunks a ball on Friday with CNU forward Marcus Carter looking on.

CNU Defeats DeSales 91-69 In Season Opener

BY ROB SILSBEE
Staff Writer

The crowd was screaming so I looked up to see the only thing I missed in the entire game, a last second alley-oop served up by Jeremy Romeo to Mitchell Moffatt. And the game was over.

Now it wasn't the game winning score, but the uproarious game-ending shot pretty much summarizes the intensity of the Captains as they beat the DeSales Bulldogs 91-69 in their season-opener last Friday.

The cheerleaders lined up, the lights went down, and the spotlights searched the arena as the men's basketball team took the floor for the first time of the season.

Matched up against a team the men had never played before, CNU wasn't exactly sure what to expect. However, the Captains came out with extreme intensity shooting 17 for 34 from inside the arc, and earned an additional 12 points from outside giving the team a 43-20 lead going into halftime.

At halftime, three Captains—Carlos Heard, Jermaine Woods, and Terry Gray—went away with at least 11 points. Also, Freshman starter Mark Hepner went into the half with the most rebounds, save Heard.

With the lead 43-20, CNU left the court with a crowd behind them 110 percent.

Coming out of halftime, DeSales cranked it up a notch,

pressing the Captains offense harder and taking more risks on defense. The Bulldogs, led by Junior Jim Zinn, were also putting more points on the board, doubling their first half 23 points to 46.

David Bright forced two turnovers and pieced together 12 points and 12 rebounds against the Captains.

However, it seemed to be too little too late against the CNU team.

"We seemed to struggle a little more in the first five minutes of the second half, but then Coach called a timeout and we stepped it back up," Jermaine Woods said, who put up 30 points for the Captains opener.

Carlos Heard came away with 15 points, 3 assists, and 6 rebounds; Terry Gray put up an additional 17 points, with 6 assists, 9 rebounds, and 3 blocks.

Woods also complimented the younger guys on

the team, admitting they are a great group of guys.

Freshmen Hepner and Romeo lived up to the compliment, adding 6 points, 7 rebounds, a blocked shot and one senior assist at the game-ending buzzer.

The Captains shot 36 for 73 from inside, a 49.3 shooting percentage, and an additional 11 for 28 from 3-point range. The game wasn't all offense for the Captains, who also worked for 9 blocks and 7 steals.

CNU's next match-up in the Freeman Center is set for the Saturday after Thanksgiving, November 30 where they will play Salisbury in the CNU Invitational.

"Our goal every game is to have fun, and we did that tonight. Everyone contributed," Woods ended.

The big and physical line dominated opposing de-

Ice Hockey Team Attracts CNU Students

Hurricanes Team Has Students From ODU And CNU

BY JENN ROWELL
Staff Writer

The Hurricanes hockey team has hit the ground running. After losing many of its players last season, it was not expected to do as well as it has done so far this season.

According to Chris Tennies, President of the Hurricanes, "there is a plethora of talent on the team this year."

The Hurricanes are a club ice hockey team composed of players from CNU and ODU. Head Coach Tom Quigley said, "The players play well together even though they're from different schools."

Since it is a club sport, the University is not allowed to recruit students. Many of the Hurricanes' players either already play in this area, or they play hockey and just came to CNU not knowing hockey was available to them.

If the Hurricanes were to become a single-school team, with CNU and ODU having their own teams, the team would have more resources. They would be able to play in national tournaments and receive school funding. Currently, the team has an operational budget of \$20,000, and the players pay \$500-700 in team dues. Having a CNU team would offer "a sense of school pride to accompany the pride we have in the team itself," said Tennies.

Brett Smalls, a first-year student, said, "We are one of the more talented teams in the league. We are right up there, talent wise." The Hurricanes team is a member of the Blue Ridge Hockey Conference (BRHC).

Smalls isn't upset about CNU not having its own team. In fact, he likes playing with ODU. "I love it because it gives me the opportunity to meet other people in the area who are hockey players and who are outside of CNU."

Quigley would like to see ODU and CNU have their own team. "We are really looking forward to the winters splitting next year or within

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Who's A Winner: Male And Female Athletes Of The Semester

Offensive Line And Natalie Stallings Are Top Athletes

BY TOM GEARY
Staff Writer

If every game that a team plays is a battle in the season-long war to be the champion, then surely teams need lead-

ers on the field to direct them to victory. Coaches build and maintain programs, and serve as masterminds behind the gameplans, but it's the athletes who execute. And although most sporting events revolve around team efforts, some players are just so valuable that the team wouldn't be the same without them.

Every team has its standout athletes, with the possible exception of the NBA's Denver Nuggets. This is why some professional athletes make twenty times

more than players on their same team. It's why we have a Hall of Fame in every sport, retired jerseys, Heisman trophies, golden gloves, and MVP awards.

It's tradition. And at CNU, it is no different. This is why The Captain's Log recognizes special individuals for outstanding accomplishments and value to their team each semester. The Captain's Log believes that the following athletes deserve the honor and distinction of being

named Athletes of the Semester for their high individual and/or team achievements.

Male Athlete(s) of the Semester: Football offensive line (Aaron Bennett, Jason Wills, David Coccoli, Tommy Fitzgerald, Cliff Macklin)

OK, so technically, the offensive line is not an individual. But these five starters have created such a cohesive, dominating force of a line that there is no way you can't pick them. And how could you pick just one from this gifted group of athletes?

All second-year players, this offensive line helped lead the Captains football team to a 6-5 (5-1 Dixie Conference) record, its second-straight conference co-championship, and another NCAA postseason appearance. Bennett, Wills, Coccoli, Fitzgerald, and Macklin (all sophomores, except Wills, a senior) paved the way for the CNU offensive attack, which scored 216 points, an average of 19.6 per game.

The big and physical line dominated opposing de-

fenses and opened up plenty of holes for the Captains running backs by committee of Mario Marin, Thomas Thornton, Brandon Jones, and Rod Hunter. CNU's potent run attack averaged 203.6 yards per game, scored 26 touchdowns, and wore down opponents behind the offensive line.

The line also helped protect starting quarterback Eric Carlson in the pocket, and allowed him to move freely and

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Hockey, continued from page 10
the next two years."

However, Quigley is enjoying how things currently are too.

"We're happy to be where we are right now," said Quigley.

The team is student-run. Being a student-run team, however, enables the players "to have the final say in any decision that affects the team," according to Tennes.

Quigley said that all he does is offer a hockey system in which to play, as well as leadership. The team basically does the rest, which is, according to Quigley, "win."

Tennes said, "our coaching staff is great." Quigley

has been coaching the Hurricanes since 1995, and brought 20 years coaching experience with him.

His favorite part of coaching this team is "the attitude of the student athlete." The players continue working to improve from year-to-year. "It's good to coach student athletes who are always working to improve," said Quigley.

Quigley's goal is for CNU's team to become an American Collegiate Hockey Association (ACHA) Division 3 team within the next five years and a Division 2 team within eight years.

"[For this season] our main goal was just to have everything run smoothly,"

said Tennes.

So far, that's exactly what has happened. The Hurricanes currently hold a 6-1-1 record. The team is in third place in the league, according to Quigley.

Tennes said, "We have been playing well as a team, but we have been getting a lot of penalties. Luckily, they haven't hurt us too much."

Quigley would like to see the Hurricanes make it to the playoffs. The team took first in last season's playoffs, but the level of play has "increased tremendously."

Tennes said, "There is only one goal for the rest of the season. That goal is to win the end of the season tournament."

Athletes, continued from page 10
find running room.

Bennett, Wills, and Fitzgerald were all named to the First Team All-Conference this season. Bennett and Wills were also First Team All-Conference selections in 2001, and Fitzgerald was a Second-Team All-Conference player.

Other nominees: Matt Sinclair (cross country), finished 98th in NCAA Cross Country Championships; Nick Yannitello (soccer), eight goals, five assists, and three game-winners; Joshua Shaw (soccer), nine goals, two assists, and three game-winners; Anthony Matthews (football), First Team All-Conference and led team with six interceptions; Jason Chandler (football), First Team All-Conference and led team with ten sacks.

Female Athlete of the Semester: Natalie Stallings (soccer) In just one year on the Lady Captains soccer team, Stallings has had an enormous impact. A co-captain on the team, she led the

Lady Captains to a 12-4-1 overall record (6-0 Dixie), and the team's first-ever regular season conference title.

In 2001, the team finished 7-9-2 (4-2-1 Dixie) and scored 28 goals. Stallings helped turn things around in a drastic way, scoring 16 goals, nearly a third of the team's 52 total goals. Her 16 goals ties Laura McFerrin's record for goals in a season set in 1999, and puts Stallings third on the team's career scoring list.

Stallings also had four assists, tied with Shelley Rusnak and Ashley Godfrey for a team-high, and giving her 36 points, a new school record for points in a season. Other impressive statistics include 47 shots on goal, five game-winners, and a hat trick in a 6-1 win over Averett on Sept. 27.

Stallings, a senior, was named the Dixie Conference Player of the Year for her sport and named to the First Team All-Conference. She was also a First Team All-CAA selection in 2000 for the University of Richmond, a

Division I school.

In addition to her college athletic achievements, Stallings has played three years as a defender for the Hampton Roads Piranhas W-League soccer team. The W-League is a developmental women's soccer league for collegiate athletes with hopes of becoming professional.

Stallings transferred to CNU from The University of Richmond after coming down with a serious illness that doctors believe could be chronic fatigue syndrome. Her perseverance to be great truly makes her an outstanding athlete.

Other nominees: Nina Richardson (volleyball), First Team All-Conference and led team with 1,114 assists; Aimee Gibbs (cross country), placed 128th in NCAA Cross Country Championships; Wendy Wilson (field hockey), finished with 10 goals, five assists, and two game-winners; Oksana Boukhina (volleyball), First Team All-Conference and led team with 357 kills.

The Athletes Of The Semester



Aaron Bennett,
second year player



Cliff Macklin,
second year player



David Coccoli, second
year player



Jason Wills, second
year player



Tommy Fitzgerald,
second year player



Natalie Stallings,
senior

Swimming, continued from page 10

seeing how there are just a few weeks remaining for CNU this fall. However, the team is anxious to start as soon as the new semester begins.

CNU hosts many differ-

ent sports, from intramural flag football to club rugby into NCAA varsity football, but CNU is lacking, at the moment, one very important sport, at least to Jamie Shumate.

Some students display doubt toward creating clubs,

doubting the interest of others. Shumate took the challenge of creating a club of her own interest and is working on capitalizing on its existence.

It looks like Shumate will be drowning the doubt with a splash next semester.

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