

THE CAPTAIN'S LOG

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SEPTEMBER 21, 1998

Nursing her way to a healthier CNU

By Lisa Monroe
Contributing Writer

CNU's Health and Wellness Services operates on the "cutting edge" because of its focus on helping students to help themselves, according to Rita Ceneme, the registered nurse who has served as coordinator for the services the past two years. Her position was recently expanded to full-time, making her available free of charge to students on campus 9-5 Mon.-Fri. She has also been given the aid of student assistants in her small office located near the entrance to Harbor Lights restaurant in Santoro Residence Hall.

Doug Gallae, director of the Office of Career and Counseling Services, said Ceneme's hours were expanded due to student demand and the increased numbers of students using the services. "Rita's role on the campus is very important," he said, because in many ways she provides education which is just as important to students as what they learn in their classrooms. And she has the "empathy and understanding that shows she cares about students."

CNU is responsible for educating students in all aspects of life, with this "education occurring outside the classroom as well as inside, with both being mutually supportive," Gallae believes. Students want to better themselves through obtaining higher education, and "part of living a happy and fulfilled life is knowing how to take care of yourself in a healthy fashion."

Gallae, who has overseen Health and Wellness Services since its creation four years ago, said the number of students using the services continues to rise. The services originated as a clinic four years ago, operating 20 hours per week through a joint partnership between CNU and its Department of Nursing.

While other larger university's have traditionally had doctors on campus in their medical clinics, Ceneme said this treatment-based approach to healthcare is being replaced by a proactive, prevention oriented alternative. She said that because many CNU students already have regular physicians, offering one on campus is really not necessary. It would only be a very



Assessing the needs of ill students is just one of the roles of nurse Rita Ceneme, coordinator of University health and wellness services, who is shown here examining junior Nicole Lyon.

Photo by Lisa Monroe/The Captain's Log

expensive way of duplicating what most students already have available to them.

The proactive approach to healthcare at CNU focuses on education and the promotion of healthy lifestyles. "It's all about choices," said Ceneme, explaining that students need to make "informed choices" and be aware of the consequences that can result when they don't make the right choices. A lot of students, for example, don't realize that sexually transmitted diseases like herpes and genital warts are lifetime ailments that can't be cured "with a pill."

To help students make the right choices, Health and Wellness Services offers a free and confidential health assessment called a Personal Wellness Profile (PWP). The assessment is given to all entering freshmen, but is also available free of charge to all CNU faculty, staff and students. Completed PWP's are forwarded to Riverside Ask-A-Nurse, where they are processed, a 13-page report is later mailed back to the students. Ceneme said the cost of having a similar assessment done privately is about \$100.

From the overall statistics which she receives from the PWP's, she feels that lack of fit-

ness—not enough exercise, not enough sleep, and not enough of the right kinds of foods—is the biggest health concern for most CNU students. Ceneme said because of these statistics, she has worked with campus restaurants to insure that healthy alternatives are offered to students and that low-fat foods and condiments are labeled so that students can choose those items if they desire.

The confidential reports which are returned to the PWP participants help them pinpoint areas in which they need to improve themselves, said Ceneme, and students sometimes like to talk to her about

the results. "A lot of people view me as a safe person to come and talk to about various issues because I'm not faculty," she said.

Ceneme refers many students to the office of Career and Counseling, which is staffed by trained counselors who can help students deal with everything from concerns about substance abuse to family violence to stress-related issues.

Besides the lack of fitness which the PWP's pinpointed as a problem at CNU, Ceneme has other concerns about CNU stu-

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CAMPUS LIFE
See the crowding in the residence hall.
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SPORTS
Check out the flag football coverage.
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College, context and understanding

By Richard Strube
Staff Writer

So I lied to you. You may recall that last week I told you that I was going to write about CNU's growth. I did, and I will. But that's been put on hold, for a couple of reasons. The first of these is that I want to do more field work. The second is that the fieldwork I have done so far has revealed something interesting: many students don't care about the issue. Some responses indicative of the norm: "It doesn't really matter." "It's not going to happen anytime soon." "I don't live in the dorm. I can't tell." By the way, all dorm residents have my sympathy. How could you have known what you were being thrust into?

In the process of my inquiries this week, I discovered some other interesting implications. Statistical context: I talked to about two dozen students, both in the Student Center and in the library. Only one person I talked to cited CNU's small size as a reason for attending. Only two said that they were drawn because of CNU's programs and faculty. Everyone I talked to, however, said that they enrolled here because CNU is local. As an aside, CNU was not local for me. I hail from about three hours north, via 95. So why am I here? Interesting question.

Another point worthy of attention. Of the 25 students I talked to, 23 said that they

were here in order to get a degree, so that they can then get a job. Before I begin: there is nothing wrong with education as a means to an end. In fact, I would suggest that education for its own sake is a platitude that can be bought in the bookstore for a dime. (But be sure to bring a fifty if you plan to buy anything else). The question that remains however: Why are you here?

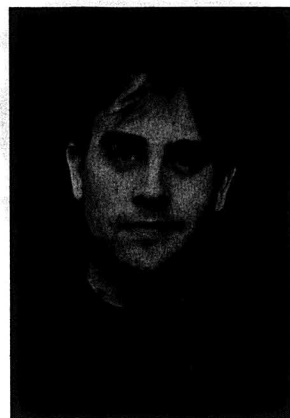
Why are you in college? More specifically to my point, what is the purpose of your education? It is almost impossible to become an active, productive member of the workforce without at least a four-year degree. Granted, this may be a necessary reason. But is it a sufficient one? Another question: What distinguishes a university from a trade school? To help join these lines of inquiry, a third question. After you have graduated these hallowed halls, how will you be better for it? Assuming, of course, you are at all. What will you have learned to understand?

Is this the proper question? Yes, if we are looking for what distinguishes a university from other means of education surviving in the present day. It is true that at a technical school, or as an apprentice, one can master a skill, one can learn to do. And doing, certainly, bears a discrete understanding of what is done. But the understanding of which I am speaking is something different. It is understanding as encompassing. "But encompassing what?" Encompassing our humanity. This, I argue, is the purpose

of a university, or should be. Understanding.

When one leaves a university, one should carry a sense of context. This context is partly historical. This is why history is a required course of study at CNU, rudimentary as the requirement is. This context is also partly global. Hence the importance of languages, which allow us to access cultures different from our own. This is why the annual relaxation of CNU's language requirement is so disturbing. Not even to mention the amputation of the ESL program, which brought an infusion of culture to our campus that will not soon be equaled. It should go without saying that this context is partly scientific. What is the universe and our place in it? This ties directly to the philosophical. What are we? These are the questions and perspectives that lie both historically and inherently at the root of learning and education.

Is this what we find at CNU? Consider the question. Is this what we find? Some things cannot be given. This sense of life is one of them. One cannot expect to simply show up to four years of classes and find meaning stamped in the corner of the degree. The key is not to let college become the classroom experience. Rather, it should be as a springboard. These four years of your life, or however many lie ahead of you, are as much an investment of time as they are a role you carry out—a role of reading books, taking tests, and perfect



attendance. These four years are about having time. Time to think without having your life hang in the balance of your decision, as it would outside of a civilized, educated society. Don't take this time for granted. "Time to think about what?" Exactly.

I believe that, despite certain flaws, CNU is in fact a viable forum for developing this sense of context. It is not perfect. Mistakes have been made, general and specific. But this is true of any endeavor. Ask yourself if what you are learning at CNU is worth four years of your life. When the veil is removed, that is the only real question in this discussion.

O.J., Clinton, Big Mac and Godzilla: the Armageddon?

By Josh Dudley
Contributing Writer

With all the news that's happening lately, and lets face it, there's a gosh darn lot of it, I thought it was about time to get the average reader up-to-date on what's been happening before anything else happens.

Sure most fancy magazines will give you an encapsulation of the news at the end of the year when you don't need it. By the end of the year, it's time to forget about what happened last year and concentrate on the next year. So without further ado, here is a look at this year in the news.

-O.J. didn't kill anyone, or lose any significant amount of money in a trial. You may not think that's news, but apparently the rest of the world does, because everytime O.J. did anything remotely interesting (i.e. went grocery shopping), the rest of the free world stopped what they were doing and talked about it. "O.J. goes

shopping, is he planning his next kill?"

-Another former SNL cast member, Phil Hartman, dies. A lot of coverage was given to this story, including opinions about "who is the next to go?" Note to David Spade's wife, make sure your husband has good life insurance.

-Bill Clinton did or possibly did not do a lot of things. Clinton has been on the front page almost every day this year for things he did, said, or someone else said about him. It was so bad at one point during the summer that a casual remark about Clinton would turn into another question. "That Clinton thing the other day was pretty funny." "Which one—Paula Jones, Monica Lewinsky, or Whitewater?"

Plus, throughout the year, Ken Starr was giving anyone he could think of a subpoena in order to get more evidence against Bill. If you're reading this, you're already liable. "Armageddon," a movie about huge asteroids, became very successful at the movie box office. And in a related attempt to scare the general American population, scientists

speculated on whether or not an asteroid would hit the earth or not. If it did, it would probably destroy half of the earth, while the other half would probably die from all the debris.

Why would anyone want to know in advance that something might kill you and you can't do anything about it? If we knew that, we'd probably spend most of our time figuring out ways to put a drill team on the asteroid and put some kind of nuclear missile in it to destroy it and save the earth. But hey, that's only my theory.

-After one of the most monstrous hypings on earth of a movie ever, "Godzilla," belly-flopped big time at the box office, and they were already planning a sequel? Ouch. I think I need a bigger box (and a shovel), and I'm not talking about a gordita.

-Mark McGwire hits a lot of home-runs. For sports fans this was the ultimate, you knew everyday how many home-runs "Big Mac" was projected to hit at any given moment, and any McGwire home-run precluded any and all news events. "In other

news, about 50 people were killed in skirmishes in Iraq and...this just in, Mark McGwire hit another home-run, he is now headed for 85 home-runs. Can he do it, or will he get 100?" The coverage on this man could have only been more intensive if he ever did autograph signings with O.J.

-Hugely popular pop groups Hanson, and the Spice Girls went out, played music and looked cute. Every time they said anything to the media, it was recorded. Both groups wanted to make a statement that they were more than just pretty faces playing music. Hanson made the claim that they were honestly good musicians, and two of the Spice Girls got pregnant. So tell me what you want (what you really, really want)? Well, I hope Jonathon Taylor Thomas doesn't become an honorary fourth member of Hanson.

I've been told that the time for news is over, and they need the rest of this space to advertise something called Viagra. But before we go...MARK McGWIRE HIT ANOTHER HOME-RUN!!!!!! and Ken Starr needs to talk to you, Bad.

THE CAPTAIN'S LOG

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Campus Life

Careful planning, quick thinking saves residents

By Jessica Daggett
Staff Writer

As the summer heat grew ever more intense and uncomfortable this year, so followed the demand for campus housing at that time. Director of University Housing Steve Pappas sensed the urgency and realized "we've got to do something."

Not long after the end of last semester, housing requests began rolling in from newly accepted freshmen and transfer students by the hundreds. When the requests were processed and all the down payments collected, CNU boasted the largest resident population — by far — in the history of Santoro Hall.

Certainly, this is a growing university's dream come true. Practically, however, it's a nightmare. If CNU were to avert total disaster once those deceptively harmless resident forms metamorphosed into walking, talking bodies, Pappas, Executive Vice President of Administration and Finance William Brauer, Director of Residence Life Scott Salisbury, and many other players on the Resident/Student Life team would have to devise a shrewd plan of action and be prepared for anything.

Wisely, Pappas closely tracked the weekly changes in volume of deposits, cancellations, active contracts, availability of rooms, and freshmen versus returning residents. Using charts and bar graphs, Pappas compared week-to-week figures, as well as how those figures compared to those of previous years to discern any trends or patterns in the numbers. With this data, the housing team could roughly predict what to expect in coming weeks and months and how to act in accordance.

"You can never be completely sure what's going to happen from one week to the next in situations like these," said Pappas, "but this gave me some foundation on which to base my decisions."

Further attempting to cut down on last minute scrambling, the housing department sent out notices to coincide with the tuition payment deadline warning all prospective Fall '98 residents to have their money in on time or risk losing their housing. Because of this, there were only four no-shows this semester, instead of the 30 from last year.

The spots that opened after the August 11 purge of non-paying applicants were quite efficiently filled with students on the waiting list, which had grown to its largest at 57 people.

With numbers still "pretty staggering," according to Salisbury, the housing team strategized how to take full advantage of the accommodations available to CNU students.

To make the most out of the space available in Santoro Residence Hall, all freshman suites (located on the first and fourth floors) would no longer be double, but triple capacity. The hall now held 530 students, as opposed to its previous 456.

"There are a hundred more new residents this semester than last year. That's a 24 percent increase," said Pappas.

Along with the restructuring of the room arrangements came the additional expense of preparing comfortable living quarters for the campus' new boarders. Beds, mattresses, headboards, chairs, sofas, wardrobes and desks were among the items required to



Top: The freshmen girls of Santoro Hall jockey for space in a bathroom shared by six girls (plus some friends). **Right:** Kathryn Barryrodriguez studies in the fairly spacious room she keeps with two other girls.

Photos by Barbara Temple/ *The Captain's Log*

compensate for the growing number of residents. This alone cost over \$100,000.

New homes were also purchased on Shoe Lane and Moores Lane for students willing to live close to, if not directly on, campus.

By the time the bulk of the students arrived for housing, Pappas, Bauer, and their associates had most everything under control. However, with 371 new residents needing housing on campus, there were still some remaining students for whom there was presently no space.

Pappas arranged for those five new residents who lived too far from the campus to commute to stay at the Days Inn on Jefferson Avenue until housing could be found for them. The university paid for their hotel stay, transportation to and from the college, and any other essential expenses incurred during this time.

"The University benefits from these students," said Pappas, "so we benefit from helping them."

For the remaining unhoused residents, housing struck up a deal with the CNU Foundation, owners of the Christopher's Apartments on Warwick Boulevard. The college is leasing 11 apartments in the

complex to board those students who did not make it into Santoro Hall. The last new resident was placed in housing September 4. In all, there are 584 resident students at CNU this semester.

The story does not end there, though.

It is rarely a sound idea to throw three strangers in a room together — especially if this is a new practice — and expect everything to simply fall into place perfectly.

Aware of this fact, Salisbury employed several tactics in hopes of pre-empting or curtailing a suitemate war.

All furniture was "color-coded." In other words, there are three different colors of furniture in each room. When residents arrived, they chose a piece of colored paper out of an envelope. The color furniture that corresponded to the color of the randomly selected paper became the person's "own" furniture.

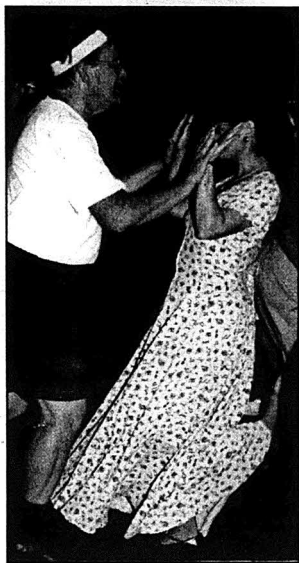
"We wanted the color-coding to help prevent the tension that can develop between roommates in the rush to get the good furniture," said Salisbury.



Keen on keeping resident grievances under control, this semester's 12 Resident Assistants and six Project Assistants were trained in conflict mediation and resolution by Salisbury and various guest speakers prior to the start of classes.

In keeping with this spirit of democracy, "Roommate Agreement Forms" were distributed to residents at the first Hall Meeting. In the hopes of dissuading trouble, roommates were urged to complete the form as a group and then post prominently in their room. The contract designates mutual understanding about each person's boundaries on such issues as sharing possessions, the volume of stereo/television while studying and the time each roommate comes in at

Contra dancing takes CNU community by storm



By Barbara Temple and Richard Strube
Staff Writers

If Odysseus thought that his "I'll just grab a map on the way home" detour to Hades was hot, he had nothing on the Contra dancers in the Ferguson gymnasium Saturday night.

The word is out. The Contra Dance is fast becoming the most popular event on the CNU social scene. That by itself is like saying RC is the best of the other colas. But before you get carried away, consider this: nearly one-hundred students, faculty, and friends enjoyed dancing to the music of FOAM- The Friends of Appalachian Music.

So what's the story here? Why is contra dancing drawing more people than convocation and graduation combined? The answer may lie in what one attendee called, "the sweetest music I have ever heard." And it gets better. The members of FOAM are not just virtuosos on their instruments. They are all also scholars and gentlemen. With the occasional gentlewoman thrown in as well. FOAM is the biggest triumph for the intellectually fun-loving set since They Might Be Giants.

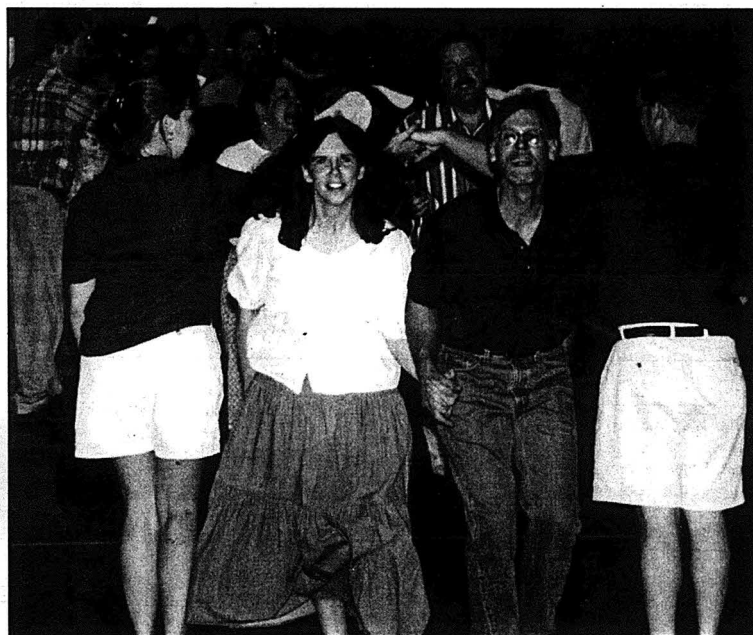
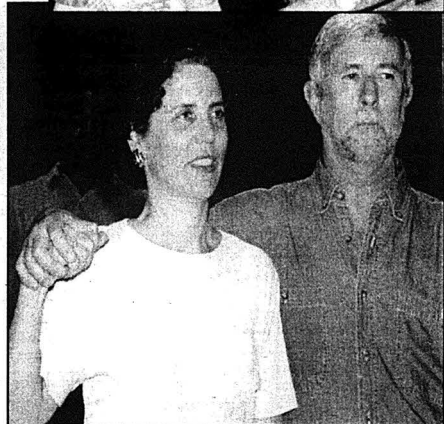
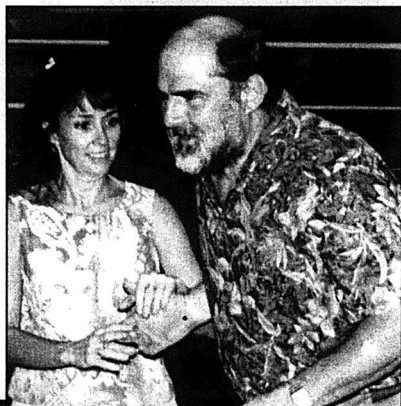
To give you a sense of what this means:

Fiddler Matt Kirwan is a professor at William and Mary. Accordionist (yes, accordionist!) Karen Berquest is a librarian at the same institution. Bassist Rick Berquest is a geologist. Dulcimet Joe Healey teaches Sociology at CNU. The list goes on.

So can they play? How about a musical integration of the French song "Girl With Blue Dress" and "Arkansas Traveller"? Don't try that one at home kids. For professionals only. Or in their case, extremely talented amateurs. Another high point of the performance was the poignant "Amelia's Waltz". It was so touching, the fact that no one danced with me didn't bother me at all.

The next Contra Dance is going to be a benefit held by Sigma Tau Delta, for Sigma Tau Delta, on Saturday, Nov. 7th, 7-11pm. Admission is \$5. If this last dance is any indication, it will be an event not to be missed. And maybe everyone will have a waltz partner this time.

Dr. Kara Keeling
leads students and
faculty in a dance till
dawn (of sorts)
Photos by Barbara Temple/
The Captain's Log



Bacchus offers alternatives to excessive drinking

By Paul D. Powers
Staff Writer

A recent turn of events took place at the Terrace in the Student Center. Students returned for the fall semester to find that there was no longer beer and wine available on the Terrace menu. Alcohol was removed from its shelves. This was done to conform to a statewide "dry campus" policy that has been in effect with colleges throughout Virginia. CNU was the last college that still sold alcoholic beverages.

Can a campus function socially without alcohol?

Anita Tieman, coordinator and advisor of Bacchus says, yes. "The goal of Bacchus is to let people know that they can have fun without using alcohol."

Bacchus is the oldest student organization committed to education training and

support for peer prevention on the college campus. Founded in 1975 at the University of Florida, Bacchus' mission is, "to actively promote peer education as a useful element on campus in health, education and wellness efforts."

Bacchus is not an anti-drinking organization, but an organization which promotes accountability -- 100% responsible drinking in frequency, quantity and age.

Bacchus is effective through its awareness programs such as a Safe Spring Break Car Raffle wherein the signer pledges not to drink and drive during Spring Break. His or her name is automatically entered into a contest for a new car. Some of the more popular education programs Bacchus sponsors include Peer Education, Aids and Drug Awareness, Mocktails Not Cocktails, STASafe Committee, Membership, and STS Training for organizations that plan on hav-

ing alcohol at functions. They occasionally host organizational dinners, as well.

"If we can teach people good communication skills and healthy interpersonal skills. They won't have to hide behind alcohol," Tieman said.

Tieman emphasized this point in saying that a majority of students have difficulties with communicating with others. Alcohol takes away their inhibitions. Bacchus organizes several interpersonal seminars each semester to help students interact better with their peers -- naturally.

Bacchus has a list of 50 things that students can do on campus. Another fifty are being developed. Here's a sampling of the ideas: develop skills with CNU's Accounting Club, encourage responsible drinking as a premier member of Bacchus, study before midnight to prevent academic blight, visit (more than rarely) the campus library, do

your best to attend Octoberfest.

A free copy of the List is available through the Career and Counseling Services office, room 146 at the Student Center.

In honor of October's title as Sexual Assault Awareness Month, Bacchus is holding many relationship-themed free workshops. These include Communicating to the Opposite Sex, 10/7 & 10/20; When it Happens to a Friend, 10/7 & 10/27; Active Listening, 10/11 and Resolving Conflicts, 10/22.

If you are tired of being hung over from endless parties that get you nowhere, become a member of Bacchus and experience fun without the buzz. President Megan Buff and Anita Tieman would be thrilled to hear from you.

For more information on Bacchus and their upcoming events call 594-7047. You can contact Anita by e mail at tieman@cnu.edu.



By Shelly Breitbell
Staff Writer

Atlanta Beer Garden
2644 Jefferson Ave.
Newport News
(757) 988-1669
M-S: 4 p.m.-2 a.m.
Sun.: Noon-12:30 a.m.

Don't ask why it took so long for me to check the Beer Garden out. Perhaps it was the fear that it would soon go out of business as did its predecessors at the same location. Rumors of it being a great sports bar and weekend hangout, however, seem to imply future longevity so I had to see for myself if these rumors were true.

I was finally drawn to the Beer Garden Wednesday night while listening to 93.7 The Coast. The station was broadcasting live from the Jefferson Avenue location, and it sounded like the audience was having a great time. Deciding on a much needed study break, a friend and I headed over to join the festivities.

Arriving around 8:00 pm expecting the place to be packed, we were pleasantly surprised that there was no wait at the door. We were seated immediately by a friendly hostess, and our waitress approached us soon after. We decided that we had to try

some of their home-brewed beers. For \$3.95, we got a 3 oz. sample of each of them, and proceeded to evaluate them as best our palettes could.

Much to my immediate disappointment, none of the beers were cold. Once I got over that initial turn-off, however, I discovered that there were a few that I favored. The three that stood out were the "Lunatic Lite," which I found to be quite similar to Amstel Light; the "Buckled Ale," which I thought to be quite smooth with a slightly bitter finish; and the "Big Yak," which had a slight "Killianesque" flavor. Not a big fan of heavy beers, the two richest seemed very bitter and yeasty, though, again, perhaps that had a lot to do with them being warm.

The menu has a German theme — if you're a Bratwurst and Sauerkraut fan, you're in luck. If not, no worries, they also have traditional sandwiches, salads, burgers, a raw bar, various seafood entrees, and pizzas, all of which are reasonably priced. Much to our joy, we happened to arrive during happy hour which featured half-off selected appetizers. It is important to mention, however, that this may soon be done away with — oh what a sad thing!

We decided on "Jalapeno Cheese dip," a "Bierstuben" — a jumbo Bavarian pretzel, and, what sounded most interesting, the

All Directions

Canibus fails to "K.O." listeners

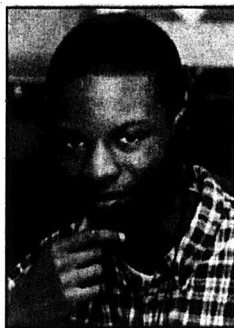
By Steve Flemming Jr.
Staff Writer

Okay, so we have all heard the story over and over again about L.L. Cool J. and Canibus and the on-going feud that has split rap fans into two factions. Half say Canibus cannot stand up to L.L.'s 15-year, groundbreaking career, while the other half says L.L. has sold out, and Canibus is ushering in a new era. Unfortunately, judging from "Can-i-Bus" (Universal), it's an era that looks to be starting on shaky ground.

After appearing on mix tapes and various albums cuts, Canibus was finally thrust into the spotlight after his head-to-head vinyl war with L.L. Cool J. following the release of the single "4-3-2-1," on which Canibus was a featured rapper. Just a few short months later, the Wyclef Jean-produced "Second Round K.O.," a blatant L.L. diss, was in heavy rotation at urban stations and, in turn, became a hit single. L.L. followed with "The Ripper Strikes Back," a response to rookie Canibus' rap.

While the debate over which record is better will probably never be resolved, the battle caused anticipation for a Canibus album. After months of setbacks, the album finally dropped, leaving many of his loyal fans screaming in disbelief once they got out of stores with it.

Not the blockbuster expected nor the total failure it is made out to be, "Can-i-Bus" does fall short of the glory of "Second Round K.O." Marred by lyrics and beats



that only register at the average mark, much of the album sounds stilted, as if it was created under the gun. From his proclaimed knowledge of the human genome project to his comparison of himself to an AIDS patient's last antibody, songs like "Patriots," "Niggonometry" and "Get Retarded" sound, well, retarded.

Attempting to redeem himself, halfway through the album he begins covering a spectrum of topics—honoring his mother ("I Honor You"), gun violence ("What's Going

On") and even record company promotion of an act once it becomes a money-maker ("Hype-nitis"). Much to his disadvantage, the wide range of subject matter does not make up for the album's shortcomings.

The only other high-water mark for the album is "How We Roll," which, like "Second Round K.O." had been released prior to the album's arrival. Catchy hooks and beats in tow, the song is a reminder of the strength that Canibus fans fell for from the start. Sadly, it is not matched equally by the remainder of the album.

Everyone knows Canibus has talent, but now the question is, can he keep his momentum going beyond his "Second Round K.O."? From the looks of things, maybe not.

Who knows, with a little more time, his "second round" could prove more fruitful. Maybe others lyricists can learn a valuable lesson from Canibus' shortcomings—never step into a pair of shoes you are not ready to (or cannot) fill. More importantly, make sure the shoes are not fifteen years in the making.

"Leipzig" — their special potato pancake, topped with grilled vegetables and swiss cheese, piled onto a fresh hoagie.

We then turned our attention to The Coast D.J., as she was giving away tickets to future events for correct answers to trivia questions. The large party of guys next to us won numerous tee-shirts and C.D.s.

Our food arrived hot and in a timely manner and, though I wasn't initially impressed, I found ways to make the meal fantastic. The mustard that came with the huge pretzel was disappointing, so I decided that

the perfect combination was the pretzel dipped into the Jalapeno Cheese Dip — though it was a bit runny, it was quite rich and had great spicy flavor. The potato pancake on the sandwich was awesome, but the veggies and cheese topping it just didn't do it justice so I removed and enjoyed it solo. I recommend getting it by itself, as it is offered this way as an appetizer.

With our appetites satisfied and much

See Taste/page 11

MUSIC

Belle and Sebastian — "The Boy with the Arab Strap" (Matador/Jepster) Stuart Murdoch, the only member of Belle and Sebastian that I can readily identify, is a master of musical understatement. His songs, even the ones that rock, are quiet, irony-free homages to life's more mundane moments. Take the welcome-to-the-Big-Apple tune, "Chickfactor," for example. "What was it I saw in New York, I'm not the same anymore," sings Murdoch as he goes on to take note of "the cigarette girl," "the Indie-Cool Queen," and "the pretty girl [who] says 'hi, what's the worst job you've ever had?'" Seems the women of New York were a mighty temptation for Murdoch, a reclusive Scotsman who hadn't been to the U.S. before the release of Belle and Sebastian's last album "If You're Feeling Sinister." Still, by the end of the tune his thoughts have turned back to his girl at home. "When I get back to London from outer space, will it fall into place?" he asks. Then the epiphany: "I'll hold onto my smile, find my girl in a while, look myself

in the face." It's typical Belle and Sebastian, a little conflict, a jaunty melody, and a rewarding revelation.

Sports

The Home Run Race — A blink. That's all it took to miss Mark McGwire's record-breaking 62nd regular-season home run, a rocket of a shot that narrowly cleared the wall in left field. It was an exhilarating moment, so exhilarating that Big Mac almost forgot to tag the bag at first base.

Five days later, Sammy Sosa, who was stuck at 58 homers when McGwire toppled Roger Maris's mark, defied the odds and blasted his record-tying shot out of the park in front of his home crowd at Wrigley Field. All the goose-bumps that McGwire inspired popped back up on the necks of sports fans across the country.

The sluggers are tied at 63 shots apiece as of this writing and both have several more games to play. Sosa's 63rd was a particularly impressive grand slam at Jack Davis Stadium in San Diego.

I've been a baseball fan for years and

I've only been this excited about the sport two or three times in that span. Wow.

Movie

"Slums of Beverly Hills" (Fox Searchlight) — If done properly, the comic coming-of-age movie is a treasure. "Slums of Beverly Hills" is almost a treasure. The film opens with Vivian (Natasha Lyonne), and her father, Murray (Alan Arkin), at a department store shopping for Vivian's first brassiere. That's where the laughs begin. "Slums" is all about discovery and while Vivian's sexual awakening provides most of the movies' joke fodder, Director-Writer Tamara Jenkins, who based the film on her own teenage years, threads several story lines together. Perhaps the most serious and most damaging of the movies' stories features Murray, a 65 year old father who has to struggle to make ends meet. Unfortunately, it's a scene between Murray and his niece, Rita (Marisa Tomei), that almost stops the show cold. But even that mistake isn't enough to take away from one of the funniest dildo scenes in movie history.



Wes's World

By Wesley Cline

Wes spills the beans about "babies"



By Wesley Cline
Staff Writer

This summer I succumbed to the temptations of evil. I did something I swore I would never do. I did something not because I thought it was a good idea or that I had something to gain personally from the experience, but because everyone else was doing it. I... I can hardly bring myself to say it. I bought a beanie baby.

There it is! I can imagine the horror and disappointment you must feel at this embarrassing confession. My parents were so stunned by this event that I wonder if they still deny it to this day. When I told them, their shock was so great that all they could bring themselves to say was "That's nice dear. When do you go back to school again?"

What makes the event even worse is that I studied and prepared myself so I would not look like a novice. I asked other beanie purchasers how they decided when to buy their babies. How do you know if you are getting a good one or if it's a fake that the sweet old cardshop lady is trying to pawn off to make herself a quick buck?

When the day came that I was prepared to buy my first beanie, I dressed casually and nondescript. I didn't want to look abnormal or do anything that would draw undue attention to myself.

Slowly, but with confidence, I walked

down the corridors of the mall. I didn't even stop to look at the map. I had been smart and scouted out the location of the beanies a week before. On the day that I was buying the beanie, I was not going to look like some baby that couldn't even find the Hallmark store without a map.

I entered the store and browsed around the card section for awhile. I didn't want to seem too anxious to get my beanie. If I had rushed right up to the counter, I might have scared the other shoppers into a buying frenzy and I might have been trampled by crazed beanie hunters. No, I spent a good two hours reading every card in the "I Miss You But Not That Much" section. It is amazing how many people want to send this sentiment to their far away loved ones and friends.

When it appeared that no one was particularly watching me, I began my stroll up to the counter with a card picked at random from a nearby rack. I thought by buying a card and then offhandedly also buying a beanie it might appear that the beanie was only an afterthought and not really of any consequence to me.

As I handed the cashier my card, I asked if she had any beanies for sale. She told me she did and pointed to a big metal vault with some snapshots of beanies taped to its front.

While I was looking at the pictures, the

cashier looked at the card I was about to buy. "Sir, are you really getting a "With Love From Your Devoted STEPDAUGHTER" card?"

Apparently, I should have been more choosy about which card I picked up. I quickly told the cashier that I was buying it for my girlfriend to give to her stepfather. With this explained, I asked the cashier if she still had any of the "Cecil, the Lyme Disease-Carrying Tick" beanies left.

She told me that she only had one, and because it was such a hot item, she wanted an extra five dollars for it. She asked me to please prepay before she would open the vault.

"You wouldn't believe how many people find out they don't have enough money to pay after I go to the trouble of opening the vault. It is such a hassle to open the vault and put the beanies back. I never sell beanies for less than full market value plus ten percent," She said.

When I pulled out my checkbook, the cashier sighed and said she would only accept cash, and, of course, she could not "hold" it for me. I ran to the ATM and dashed back, hoping she would still have my beanie.

Through some miracle, she had not sold my beanie, but she did have, so she said, another buyer on the telephone. Though she was loath to make a sale over the phone,

she couldn't afford not to let the caller have a chance to outbid me.

After three hours of intense bidding, I finally won the right to buy the beanie. To get the money I needed to make the purchase, it only took a few large loans from some banks willing to float loans for high risk borrowers. I had to put the beanie up for collateral in case I defaulted by even a day.

Finally, the beanie was proudly displayed in a sealed, air tight, temperature-controlled case. Twelve angry, ferocious guard dogs patrolled the locked room where the beanie was kept.

I went into the locked room the other day. The dogs appeared to be happy and docile for a change. I decided to go over to the case and admire my beanie baby. With growing fear and anger, I noticed that my beanie was missing from its case. I should have gotten angry at the dogs for letting my beanie be stolen, but I didn't. They looked far too happy playing on the floor with their new chew toy. Wait a minute! That chew toy looked very familiar! Do you suppose...

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By Kris Van Deusen
Get in the game!

I hadn't competed in any intramural activities since my team won the volleyball tournament last year, so I strolled on over to Ratcliff Gym to check-out the football accuracy competition. It ran from 6:30-9:30 to give as many people as possible a chance to participate. That Curt Long is a swell guy. He's the one who runs intramurals.

When I arrived, I chatted with Mr. Long and his assistant Terry who were setting up the target. They let a number of guys toss the footballs around the gym until it was time to start. When the event began, I went second. The guy before me tossed in four out of 10. Three warm-up throws were allowed. He used only one. I, however, used all of mine. My strategy seemed to work as I made three out of my first five. I was rockin'.

Then, I missed the last five. I choked under the pressure with both hands gripped firmly around my neck. The competition was over for me in five minutes. I was beside myself. Oh, well, at least it wasn't in front of a large crowd or for a conference championship. I'll leave that to...well, other teams.

Anyway, I still had fun. I'm even playing in the flag football league which will probably be won by the track stars, again. But, who cares. Intramurals is all about participating and having fun. There are a plethora of activities to try. Curt Long and his staff organize a top program with more offerings that I have seen at most schools. There is only one ingredient missing...You! Get out there and check it out. If you choke, don't worry, there'll be another activity next week in which to buckle under the pressure. Who knows, you just might win something. Maybe a T-shirt. I've seen them. They're cool.

You've already missed the tennis tourney, flag football, golf chipping, frisbee golf, sand volleyball, and of course the football accuracy. That's six competitions in the first four weeks of school. Not bad. Here's a list of upcoming activities.

Frisbee Accuracy
Sign-up By: Just show-up
Event Date(s): Wed. Sept. 23

5-on-5 Basketball
Sign-up By: Sept. 29
Event Date(s): M-TH beginning Oct. 8

Soccer Kick/Hacky Sack
Sign-up By: Just show up
Event Date(s): Wed., Oct. 7

Now, there's no excuse for you not to get in the game!

Sports

Intramural flag football kicks into gear!



Above: Team Sigma Pi runs downfield in a valiant attempt to score.
Left: Aisha Coppedge competes in the league with the boys. She has already scored one touchdown. The league plays on Mondays beginning at 4:00 p.m.

Photos by Kris Van Deusen / The Captain's Log



Men's Soccer team scores

by Ramona Hernandez
Contributing Writer

Since his introduction in 1996, Steve Shaw has led the men's soccer team to new heights. With an overall record of 23-14, and last season's second place finish in the Dixie Conference, the Captains are looking forward to a new season with positive thinking and talent leading the way. These two items have been at the focal point of Shaw's coach philosophy.

"I think when I got here my whole idea was to be positive, to do things with class and to create a first-class soccer program," said Shaw who also wants to bring in more players of good character with excellent athletic ability. "If we do that then we will gain respect from some of the top teams in the country."

Under Shaw's direction, this season places the Captains with a 2-3 record, including a recent win against Eastern Connecticut State, Sat. 12, at the Virginia Wesleyan Tournament. Sophomore Shadi-

Abi-Saab, coming from an awesome freshman year of six goals and three assists, helped the Captains to their 4-0 victory by scoring early in the first half. Junior Steve Sachs made a goal with assists from seniors Ricky Gullledge and B.J. Jenkins. The Captains took a commanding 2-0 lead by the end of the half.

The second half showed off the talents of sophomore Joey Moriarty, who is coming from a sensational introductory season with eleven goals and six assists. He helped to edge the Captains to an outstanding 3-0 lead with help from an assist by Gullledge. This would be his fourth goal of the season and his third of the tournament. Moriarty faced coming into the season with recovering from an operation on his tonsils this past summer and he is starting to find his rhythm. Sophomore Tony Asperin's goal in the seventy minute of the game made the finale score 4-0, with a little help from Sachs and Jenkins. The Captains were in fine form at the end of this game telling other teams to take notice because CNU has arrived. This

game was a much needed improvement from a disastrous game against Kean from New Jersey 7-2. Moriarty was the only scorer for the Captains.

"The game against Kean was tough. They played well and we were just unlucky," said Shaw.

Now the men's soccer team has a long wait before their next games against Roanoke (Sat 26), and rival Mary Washington (Thu 1), who upset the Captains last season. Shaw knows that with the wait the team needs to stay focus on their goal to be in first place.

"We will continue with the conditioning program and overcome small injuries that have plagued us so far," said Shaw referring to Moriarty's operation. "I hope we will be rested and ready to beat these two teams."

Shaw's coaching and the talent of the team still has not reached its peak and the Captains should go far in the season. Stay tuned because the Captains will surprise many in the Dixie Conference.

CALENDAR

No games
scheduled.

No games
scheduled.

No games
scheduled.

Volleyball
at Randolph-
Macon 6:30pm

No games
scheduled.

Women's Soccer at
Roanoke 1pm
Men's Soccer at Roanoke 3pm
Cross Country at Dickinson
(PA) Inv. time TBA

Women's
Soccer(HOME)
vs. Guilford 3pm



DIXIE PLAYER OF THE WEEK

Players of the Week

Men's Soccer

Carlton Mack - Greensboro - The junior from Dale City, Va. scored three goals as he led the Pride to a 4-0 start. Also nominated: Allan Raymond, Averett; Josh Addison, N.C. Wesleyan.

Women's Soccer

Trisha Clinton - Methodist - As the Lady Monarchs started with a 3-1 record, including three Dixie Conference wins, the junior from Livonia, N.Y., scored eight goals and added three assists. Also nominated: Kelly Gregory, Averett; Hilary Wager, Ferrum; Alexia Kapetannakis, N.C. Wesleyan.

Volleyball

Lucie Jurcova - Methodist - Led the Lady Monarchs to their best start in years, 5-3, with a .376 attack percentage including 90 kills, plus 20 service aces, 23 digs and 26 blocks in 28 games. She's a junior from the Czech Republic. Also nominated: Courtney Cowart, Averett; Susie Wilson, Ferrum; Ellie Tanner, Shenandoah.

Men's Cross Country

Andy Riley - Christopher Newport - The sophomore from Hayes, Va., finished 15th among 221 runners at the Lebanon Valley Inv. He was timed in 28:27 for five miles. Also nominated: Andy Duer, Methodist.

Women's Cross Country

Beth Bostrum - Greensboro - Placed second at the Methodist Inv. with a 5K time of 23:02. She's a junior from Rockville, S.C. Also nominated: Jen Watkins, CNU; Kristen Butler, Methodist.

Rookies of the Week

Men's Soccer

Stuart Angel - Ferrum - The Panthers got off to a 3-1 start with the freshman from Ferrum, Va., scoring four goals and adding an assist. Also nominated: Jeff Yu, Averett; Oscar Riva, N.C. Wesleyan.

Women's Soccer

Frica Volk - Ferrum - The freshman goal keeper from Cinnaminson, N.J., did not allow a goal in 250 minutes and helped lead Ferrum to a 4-0 start. Also nominated: Anne Johnson, CNU; Stevi Hein, Methodist; Jill Fulton, N.C. Wesleyan; Corey Baer, Shenandoah.

Volleyball

Amy Robertson - Ferrum - The freshman from Penhook, Va., had a .468 attack percentage with 24 kills in 28 games and added 257 assists. She also had 57 digs and ten blocks. Also nominated: **Oksana Boukhchina**, CNU.

Men's Cross Country

Chris Carter - Christopher Newport - The freshman from Norfolk, Va., was 47th among 221 runners at the Lebanon Valley Inv., with a five-mile time of 29:31. Also nominated: Jeremy Woods, Ferrum; Thomas Swansey, Methodist.

Dixie Conference players and rookies of the week are nominated by their schools for outstanding play. The Conference then selects a winner to be announced each week.

Intramural Action

Golf Chipping Contest

Participants	Score
Vince Johnson	17
Anders Gregory	19
Robbie Curtis	26
Matt Tomlinson	27
Buddy Denton	20
Marty Goergen	15
Eric Bray	12
9 Dyk	11
Vince Brown	10
Matt Lines	10
John Klacynski	10
Wilbur Randall	10
Keith Windle	10
Dante Johnson	7
Brian Morfield	6
Fl Dowlally	5
Dave Gosselin	5
Jen Calloway	1
Paul Hannigan	1
Daniel Goergen	1
Curt Long	1
Joe McQueen	1
Jason Seely	1
Damon Talley	1
Gigi Goodwind	0
Mike Holland	0
Phillip Long	0
Deshawn Savage	0
Brian Schwartz	0

Frisbee Golf Contest Results

Participant	Score
David Powell	28
Laura McLerran	33
Vince Brown	38
Bobby Chelley	40
Annette Glaser	47

Flag Football

Sept. 9 results

T. A. Bandits def. Pi Kappa Phi	2-0
Sigma Pi def. Kool-aid Lovers	48-2
Snappers def. Faculty/Staff	18-0
No Limits def. ROTC	8-0
Track Stars def. Chaos Wolfpack	32-2

Sept. 14 results

Track Stars def. T. A. Bandits	6-0
Snappers def. Kool-aid Lovers	26-0
Faculty/Staff tied Chaos Wolfpack	0-0
Pi Kappa Phi def. ROTC	28-12
Sigma Pi def. No Limits	14-12

Standings

Team	Record	Pct.
Snappers	2-0	1.000
CNU Track stars	2-0	1.000
Sigma Pi	2-0	1.000
T. A. Bandits	1-1	.500
Pi Kappa Phi	1-1	.500
Faculty/Staff	0-1	.250
CNU Chaos Wolfpack	0-1	.250
ROTC	0-2	.000
Kool-aid Lovers	0-2	.000

Cross Country

Lebanon Invitational
CNU's top five finishers:
Men

15. Andy Riley	28:27
27. Jon Leggett	29:02
43. Chris Carter	29:32
48. Skip Horton	29:42
55. Demaris Yulle	29:56

Women

84. Jon Watkins	23:25
102. Kathleen Crouch	24:05
126. Lisa Garner	25:16
144. Casey Taylor	26:26
154. Meghan Murray	27:16

Men's Soccer Standings (Thru Sept. 15, 1998)

School	Conf.	Pct.	Overall	Pct.	Streak
Greensboro	0-0	.000	4-0	1.000	Won 4
Ferrum	0-0	.000	3-1	.750	Won 3
Averett	0-0	.000	3-2	.600	Won 3
Shenandoah	0-0	.000	3-2	.600	Won 1
N.C. Wesleyan	0-0	.000	1-1-1	.500	Won 1
CNU	0-0	.000	2-3	.400	Won 1
Methodist	0-0	.000	1-4	.167	Lost 2

(national ranking) (regional ranking)

Scores and Standings

Women's Soccer Standings (Thru Sept. 15, 1998)

School	Conf.	Pct.	Overall	Pct.	Streak
Methodist	3-0	1.000	3-1	.750	Won 3
N.C. Wesleyan	1-0	1.000	4-1	.800	Won 1
Ferrum	0-0	.000	4-0	1.000	Won 4
Averett	0-0	.000	1-2	.333	Won 1
Shenandoah	0-1	.000	2-3	.400	Lost 2
Greensboro	0-1	.000	0-1	.000	Lost 1
CNU	0-2	.000	1-3	.250	Lost 3

(pre-season national ranking) (regional ranking)

Volleyball Standings (Thru Sept. 15, 1998)

School	Conf.	Pct.	Overall	Pct.	Streak
Greensboro	1-0	1.000	5-0	1.000	Won 5
Shenandoah	1-0	1.000	1-4	.200	Won 1
N.C. Wesleyan	0-0	.000	5-3	.625	Won 1
Averett	0-0	.000	4-7	.364	Lost 1
CNU	0-4	.000	1-4	.200	Lost 1
Methodist	0-1	.000	5-4	.556	Lost 1
Ferrum	0-1	.000	4-5	.444	Lost 3

(national ranking) (regional ranking)

WHERE TO GET DIXIE INFO!!!

TO FIND OUT THE RESULTS OF THE DIXIE GOLF, BASEBALL, SOFTBALL, AND MEN'S AND WOMEN'S TENNIS TOURNAMENTS OVER THE WEEKEND, JUST HOP ON ANY COMPUTER AT CNU AND GO TO...

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To play, simply circle the teams you think will win and drop this coupon in the Tape a Quarter box located in the Student Center lounge, or from our web site at www.cnu.edu/studlife/captains/daddie.html. If you select more winners than Sports Editor, Kris Van Deusen, as if that could ever happen, you will be entered into a random drawing for the week. The winner will receive 2 Subs, 2 Chlps and 2 large drinks from the Subway Station. There is no possible way that you can win.

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Denver at Washington
Green Bay at Carolina
Jacksonville at Tennessee

Kansas City at Philadelphia
Minnesota at Chicago
New Orleans at Indianapolis
New York Giants at San Diego

Oakland at Dallas
Seattle at Pittsburgh
Cincinnati at Baltimore
Tampa Bay at Detroit

Name & Number

beat your DADDIE



Your Daddie's Picks:

Arizona at St. Louis: Jake the snake is so cute, but so is Isaac Bruce. Oh well, I'm throwing Bruth Atlanta at San Francisco: My God, they may invent a slaughter rule after this game. Denver at Washington: I hate the Redskins! Though Trent Green ain't too shabby. I still hate the skins those losers Green Bay at Carolina: Favre, Freeman, White, Yada Yada Yada. Jacksonville at Tennessee: Brunell will pass all around the Hill. Billies whose new uniforms are overalls. Kansas City at Philadelphia: It'll be chilly in Philly, but Derrick and Willie will knock Bobby Sulis. (Who's Willie?) Minnesota at Chicago: Even with Randall, who should be on a back up from the beginning, the Vikings are the BAP! New Orleans at Indianapolis: The Saints are on borrowed time. The Colts will stumdle onto this victory. New York Giants at San Diego: Shakin' like a Leaf on a tree. He'll wish he had one to scupper up vs. the Giants Oakland at Dallas: Dallas is mediocre with Aikman. Without him, maybe worse. Maybe. Grey will cry, again Seattle at Pittsburgh: Kordell, Kordell, what up? Yer not runnin'. What you think you a real QB? Cincinnati at Baltimore: Put in Blake. I'm tellin' ya, put in Blake. I got a copy of that stupishols vs. the Cowhows Tampa Bay at Detroit: Barry is tough, but not today. The Bucs will give it to Alston. What's a Differ?

Cross Country runs a good race at Lebanon Valley Invitational

The CNU men's cross country team did especially well at the big Lebanon Valley Invitational, while the women also performed well. The men placed fifth in the 25-team event, led by sophomore Andy Riley who placed 15th among 221 runners in 28:27 for five miles. Junior Jon Leggett was 27th in 29:02. Gettysburg won the event with 35 points. CNU scored 188.

The young Lady Captains were 22nd of

25 teams, and were paced by Jennifer Watkins who was 84th in 23:25. Dickinson won the race with 38 points, CNU scored 609. The two teams will travel to Dickinson in two weeks for a huge meet which will serve as a pre-cursor for the NCAA Championships which will be held on the same course.

Article provided by the sports information department

N.C. Wesleyan Defeats Women's Soccer

CNU Volleyball wins first match then loses heartbreaker

The volleyball team picked up its first victory of the year at the Bridgewater Tournament. The Lady Captains defeated Sweet Briar, 15-10, 15-12, 10-15, 15-9 in the last of three matches on the day. Earlier CNU lost to host Bridgewater 15-6, 15-5, 15-6 and Roanoke 15-11, 15-8, 15-0. Against Bridgewater, which won the tournament, freshman Oksana Boukhtina had six kills and a .385 attack percentage. In the Roanoke match, Boukhtina had five more kills and senior Hollie Fuller had six. The win over Sweet Briar was a sweet one for coach Ken Shibuya who coached at that school for two years. Fuller and Boukhtina were named to the All-Tournament team.

The Lady Captains then dropped a tough, five-game match at Chowan Tuesday night. The host Lady Braves, coached by former CNU star Tiffany Libeu (now Tiffany Barnes), won the first two games, 15-13, 15-3, but CNU bounced back to even the match with wins in games three and four, 15-12 and 15-10. But Chowan took the deciding game, 15-10, to seal the victory.

Freshman Oksana Boukhtina had 21 kills for the Lady Captains, while senior Hollie Fuller added 18. CNU plays at home for the first time this weekend, hosting Methodist Saturday at 2, Averett Saturday at 7 and Ferrum Sunday at 1:30 in Dixie Conference matches.

Article provided by the sports information department

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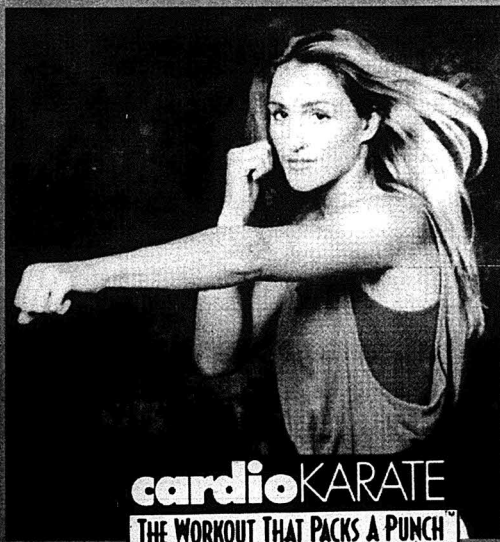
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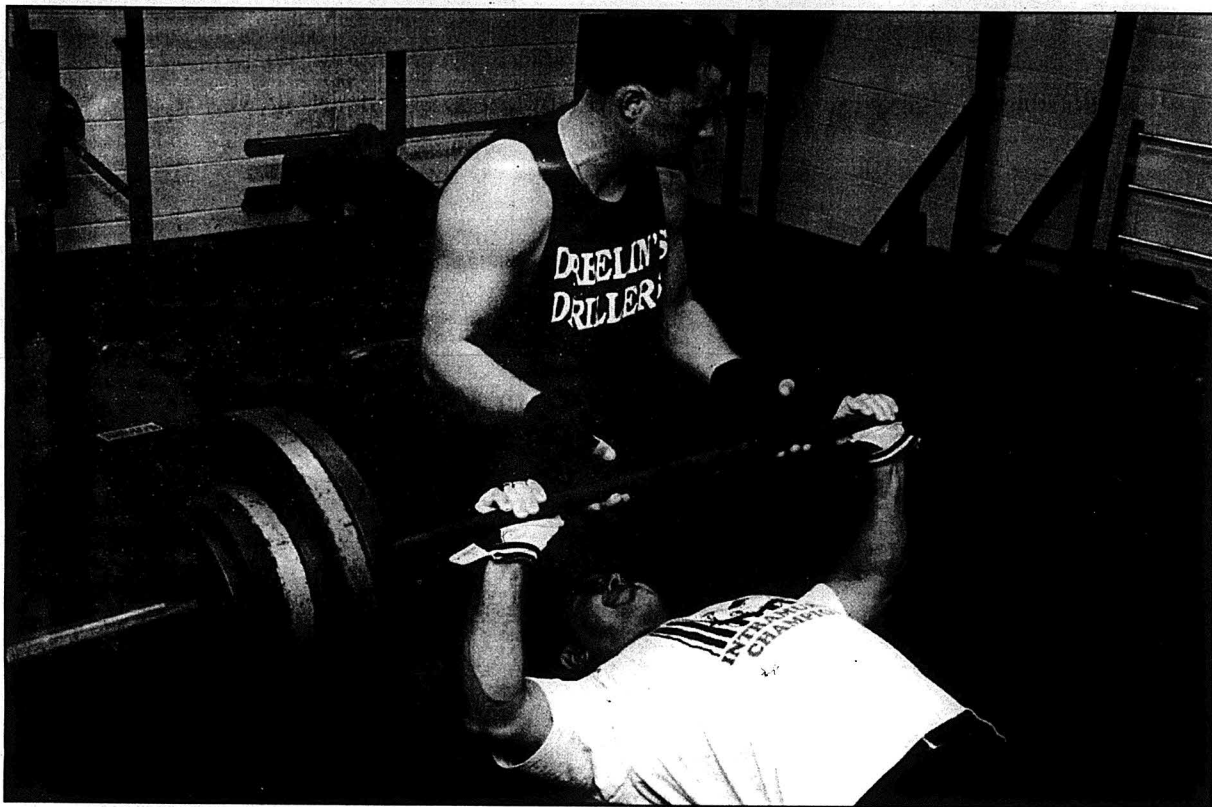
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Photo by Barbara Temple/Captain's Log

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Nurse continued from p. 1

dents, including stress. Stress is the biggest problem facing the older, non-traditional students at CNU, she said, because many are trying to balance school, parenting, and jobs all at the same time. She said she would like to do more in the future to work with this group of students in alleviating the problem.

"The biggest challenge that we have as far as the traditional student is concerned is helping them to overcome their feelings of invulnerability," she explained.

In teaching these students about AIDS, for example, it is not very effective to just tell them that they could die from the disease because many think that it can't happen to them.

She therefore tries to teach them about the dangers of AIDS by relating it to something they are very concerned about, "their body image."

Ceneme considers distributing information as one of her many roles at CNU, and therefore spends a lot of time equipping her office with informational handouts and pamphlets, available free of charge to students. They cover topics ranging from emergency contraception to healthy eating.

Aside from her role as educator, Ceneme provides first aid services in her office to students who become injured or ill, dealing with everything from falls, to sprains, to fainting on campus. This time of the year, she sees many students with seasonal problems such as allergies, rashes, and gastrointestinal viruses.

Ceneme dispenses over-the-counter medications, and when necessary, she advises students to see a physician, with referrals available to students who don't have a physician in this area.

Immunizations and TB tests are also administered in her office at cost, and flu shots will be offered this fall for \$5. Also, an annual campus health fair is scheduled for Oct. 21, with the following assessments available: body composition, blood pressure, strep test, comprehensive cholesterol, and glucose.

Seeing approximately 20 students per day, Ceneme stays quite busy, yet she still has time for planning long-range goals for Health and Wellness Services.

The main one she has set is to coordinate with staff and faculty to promote positive lifestyle changes among students. She would like to work closely, for example, with professors in the psychology and nursing departments, who are already educating students about health-related issues.

"I am proud of where I am," said Ceneme, describing the "sense of caring among staff and faculty" at CNU. "It's like an extension of home."

A mother and grandmother who lives in Newport News, Ceneme holds a bachelor of science from St. John College in Cleveland, Ohio. She had a variety of nursing experience before coming to CNU, having worked in a hospital setting, with a physician, and in an elementary school clinic.

"I am proud of where I am," said Ceneme

Taste continued from p. 5

studying left to do, we asked for the check and went to the door to ask about the "revamped" happy-hour. Much to my dismay, the information I received was very vague, and, as I called prior to writing this to inquire about the change, I was told "we cannot give that sort of information out." I regret that, due to their indifference, I will not be able to give specifics about the new happy-hour specials. They do have a comedy routine on Tuesday nights that sounds

interesting, so perhaps I'll return again to get the information first hand.

Soups/salads/appetizers: up to \$10
Sandwiches: up to \$9
Entrees: up to \$12
10" Pizzas: up to \$8

Questions? Comments? Ideas on a great restaurant ideal for review? Contact Shelly B. at "The Captain's Log:" 594-7196

Housing cont. from p. 3

night and wakes up in the morning. "This is a proactive solution to conflicts within the resident's hall," said Salisbury. "There is always going to be some level of adjustment for freshmen because they're away from home for the first time, living with new people. Some difficulty is normal. Other of these disturbances can be prevented and that's what we're trying to do with this."

Additionally, two incentives lie before these students willing to practice patience with both their roommates and the university.

Each student in a triple bed room will be rewarded with a \$200 rebate in the coming weeks. If, however, one of the boarders

should, for some reason, not stay the entire semester, the remaining two roommates will be expected to repay CNU for the weeks spent with only one roommate.

And lest we forget to mention the new resident's hall, scheduled to open Fall 2000. It will stand beside Santoro Hall so that the buildings form a boxy "u" shape. This resident's hall, designed mainly for upper-classmen, will hold 440 students and will consist of apartments and suites similar to those in Santoro Hall. There will also be three "theme units" of adjoined rooms and a common living space designed to house a number of students with similar lifestyles or interests.

Rocktoberfest Is Coming! October 7th.

Act One will see you on the Great Lawn!

Sept 25 -Rocketeer

Come and watch the "Rocketeer" on a big screen, with all the free popcorn you want! Showtime 9:15 p.m.

Sept 26 -Joel 2:28

Enjoy a night of fresh, original rock praise music from this college group.

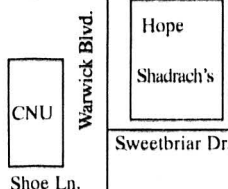


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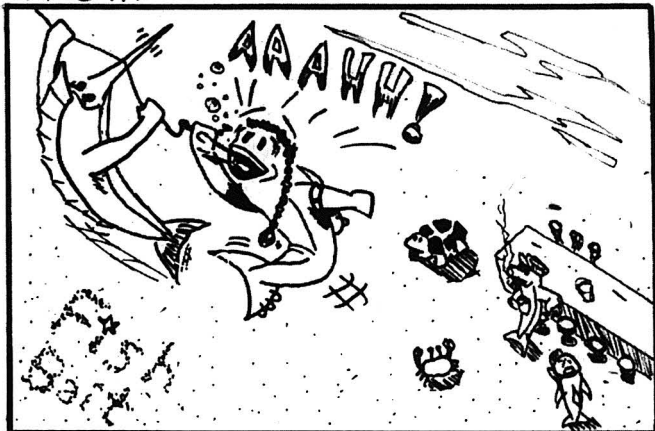
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Kosh, I killed you before. I'll do it again. Don't meddle where you aren't wanted.- Mr. Morden

Congratulations to the new 98-99 Tour Guides: Matt Backens, April Bonnaville, Mary Beth Brinkley, Heather Brown, Stephanie Burrus, Karen Cheatham, Stephanie Day, Jennifer Gerald, Amber Goodman, Jenny Harup, Justine Hernandez, Kenne McKether, Amber Michael, Kim Mosher, Catarina Ribeiro, Alicia Riley and Naomi Tutt!
-Paige Pearce

Internet-ready Pentium 166 Computer Ssystem, CNU Online compatible, complete with 32MB RAM, 2.1GB HD, 3.5" Floppy, 24X CD-ROM, Sound Card, Speakers, 56k Fax/Modem, SVGA Monitor, Keyboard, Mouse; \$599, 595-4253.

Congratulations Bill-
You singlehandedly managed to make Nixon look a man of integrity and principle. Gore in '98!
Hillary

Lindsay: Glad you're back. Kristen: Shake it baby. Baby Ruth: Congrats. Dawn: OFF

the IR. Jessica: Where's broom? Denise: Got some French Fries? Felicia: Back from Egypt. Sandra: Nice pants! Megan+Jon: Sail away. Ashley: Good luck w/ everything. Christy: on fire! Tara: Hey Baby! Rhonda: so smooth! Courtney: Broken pager. Shelly: quick feet.- Pat B (Intergalactic Stump)

Mollari,
Meet me in the Zocolo. Friday. 8pm. My associates have a proposition for you.
Mr. Morden

Interested in discussion issues important to women today? Want to raise awareness about those issues here at CNU? Want to meet and make new friends with whom you can share experiences, feelings, and convictions? If so, contact Jessica at jdagget@cnu.edu and express your interest in a Women's Awareness Group for CNU. Interested men also gladly welcomed.

Whitesell's Automotive Service takes care of CNU grads, dads. students and staff. 930-1600

Internet-ready 486 Computer System, CNU Online compatible, complete with 33.6 Fax/Modem, SVGA Monitor, Keyboard, Mouse, both Floppies, Hard Drive loaded with programs; \$349, 595-4253.

Windom-
Lost in the forest. Need more information about the owls.-
Coop

Welcome back Nadia and Emily! We missed you. Congratulations to A&D and oM. We love Rho Class. Good luck to all the fraternities this semester. We can't wait to mix it up! Cyndi Campbell

We love our Rho Class! Congratulations new members! Welcome to our sisterhood. You are taking your step on a lifelong journey of love and friendship.-- Gamma Phi Beta. Your "Big Sisters" are here to guide you. Love-
Cyndi Campbell and your Sisters!

Wes-
A candy colored clown they call the sandman... A CANDY COATED CLOWN THEY CALL THE SANDMAN!!!
Rick

Roy, Roy, Roy. My boy-toy.
-Joe Daggett

Those who feel the breath of sadness:
Are you open for a trade? You salvation. For some pain, for something...
iitiyger@aol.com

Joe-
I'm hot, hot, hot. Sticky Sweet. From my head, head, head, down to my feet.
Rick

-Rick- When you make love, do you look in the mirror? Who do you think of? Does she look like me?
Joe

official tape-a-quarter form

THE CAPTAIN'S LOG

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quarters
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name, phone number and today's date (required)

print message below. do not exceed six lines
