

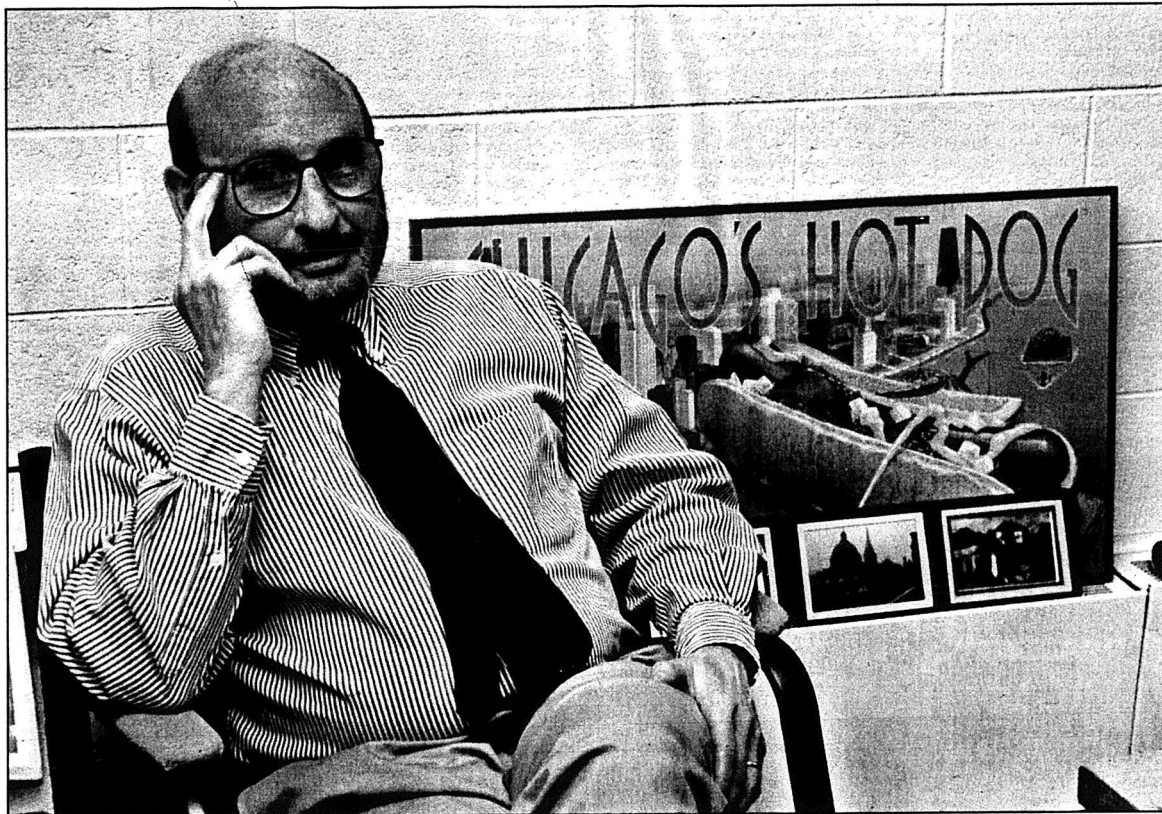
THE CAPTAIN'S LOG

VOLUME 30, ISSUE 15

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FEBRUARY 15, 1999

Lopater and Dr. Ruth write sex text



CNU's Dr. Sanford Lopater, pictured above, and famed sex authority Dr. Ruth are collaborating on a collegiate human sexuality textbook.

Photo by Barbara Temple / The Captains Log

By Joseph Atkinson
Staff Writer

A relatively unknown scholar writes a book about human sexuality with Dr. Ruth Westheimer — yes, the Dr. Ruth — and the scholar is going to get bottom billing. It doesn't take a marketing genius to figure that one out.

"But normally," said CNU psychology professor and part-time author Dr. Sanford Lopater, "I like to be on top."

Billing preferences aside, Lopater is hard at work completing the next-to-the-last chapter of his and Westheimer's forthcoming 19 chapter, 700 page collegiate textbook on human sexuality.

In an effort to break away from the scholarly, dry prose of most psychology texts the writing duo is attempting something different, but something one might expect of the sexually frank Dr. Ruth and the equally frank professor.

"[This book] has a very conversational style," he said. "It is being written for all ages, all gender orientations."

That, and it will come with a study guide, an instructors guide, and probably a CD ROM disc. Internet resources and color transparencies will also be available.

This is not Lopater's first time writing a book. A number of years ago he wrote a well-received instructor's guide.

"I got paid and forgot about

it," he said.

But it was that instructor's guide that got the attention of Lippincott, Williams, & Wilkins, a medical publishing company looking for someone to co-author a book with Westheimer. The publisher spent time with Lopater in Mar. '96 and the next month he had a meeting with Dr. Ruth herself.

Westheimer visited Lopater on the CNU campus in Nov. '97. "We went to see President

Trible," he said, "and she decided to slip him a copy of [her book] 'Sex for Dummies.'" The psychology professor grins, ever so slightly, at the memory.

Since her visit to the campus, Lopater has met with Westheimer three times in NY.

Even with the name recognition Lopater does not really expect to see much money from the project. "You

See Lopater/Ruth-page 11



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How CNU students spend their time
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SPORTS
Captain's streak to seven
page 11

September 8, 1997

By Richard Strube
Staff Writer

"It is the duty of reporters to comfort the afflicted, and to afflict the comfortable." -Gene Kelly, Inherit The Wind

Like every institution, the Captain's Log has an archive. Records of the past, old editions of newspapers, even the occasional personal note, written by someone you have almost forgotten, or never known. On college campuses, four years is an eternity, and even two years is an eon. Two years ago the Captain's Log staff was almost completely different. Of 14 names on the masthead of our September 8, 1997 issue, 11 are gone, and the rest are in completely different positions. The month of May devours its valuable student talent every year, and this year will be no different. At the Captain's Log, 8 of 12 names will be gone next year, and the rest will turn over. There will be a solid core, but an influx of new talent.

And this is as it should be. Imagine if this Captain's Log staff were to stay even just four more years. There is only so much that can be done before we get stale, only so many different angles that we can see. The college campus is a very closed environment. What goes around comes around. Around and around. On the front page of the September 8, 1997 issue, there is an article about campus renovation, and

an article about student housing. Those two writers are still at the paper, but graduate this year, and as one of them, I can tell you there is only so much I can say about housing at CNU. Except that it has a long way to go.

My point, though is not that change is good. Obviously it can be, but just as often it is for the worse. The sort of changing that brings new people to the crusade is good. The changing which steers us from our course is wrong. It is an aging of spirit, without even an increase in wisdom to compensate for it. Is this change happening at the Captain's Log? Have we lost something between now and September 8, 1997?

One of the benefits of my column is its freedom. Because it is an opinion column, my only limit is the law, and the law is wonderfully open. I am free to range my subjects from art, to politics, to philosophy, to journalism, to sex. This column is a writer's wet dream. This freedom compels me to choose my subjects with a definite responsibility. So it is with complete sincerity that I act as ombudsman, and say that the September 8, 1997 edition of the Captain's Log (Volume 29, Issue 1) set a standard that our paper has yet to surpass.

Flashback (complete with added italics): "I only kid President Tribble because I figure he is smart enough and confident enough to take any barbs that I toss in his general direction. As a public figure, he is used to having to ward off the slings and arrows of reporters like me who are waiting patiently

in the dark to catch him in some perversion of his office. I am proud to serve in this role. My job is to scrutinize and question everyone and everything associated with this institution. I will cajole and criticize everything I possibly can in the hopes of improving this university. If men like Tribble surround themselves with nothing but a bunch of yes-men and women, who are capable of seeing and saying only wonderful and positive things, then we will wind up with an emperor with no clothes, and I'm sure no one wants to see that spectacle any time soon." Dave Mullin, Captain's Commentary, September 8, 1997.

Those words should be branded on every staff member of this paper. This man had the job that I now have. Observer, conscience, columnist, writer. In that one paragraph he succeeds in establishing a purpose and capturing a passion that we as a paper must embrace, because if we don't we will lose it. We are already forgetting it. I myself have forgotten it at times too. But perhaps that is because I never said it so clearly as he did on September 8, 1997.

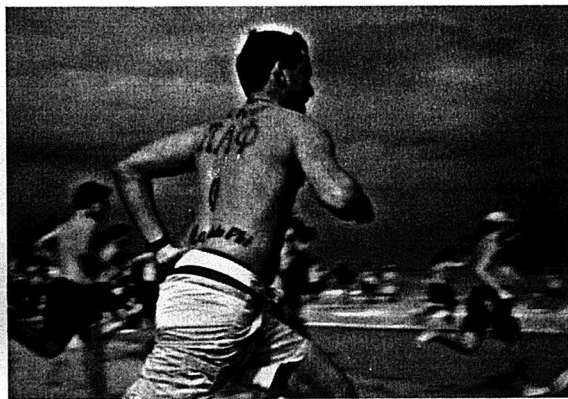
The role of the Captain's Log is not be one of Tribble's "yes men". And we must have no tolerance for those who are. No tolerance for those who diminish the well being of the student body. No tolerance for those who put their pet projects above the good of the university. No tolerance for those who encourage a climate of fear. No tolerance for those who advocate growth



without the means to support it. No tolerance for lowering standards to bring in a dollar. It is true the masthead of the Captain's Log has changed since September 8, 1997. What else has? Has President Tribble? Have his administrators? Have our university's educational programs and standards? Has student apathy? Have this newspaper's priorities? Or have we never had them clear at all? Was that a revelry, or an epitaph?



Pi Lambda Phi participated in the Polar Plunge one of their many philanthropic activities.



THE CAPTAIN'S LOG

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Campus Life

Is time on CNU's side? The numbers do the talking

By Diana Plevel
Staff Writer

Recently CNU students were asked questions about how they manage their time. Students responded to inquiries concerning the number of hours they typically spend doing various activities.

These responses were gathered from both on-campus interviews and e-mail, and then averaged. Although not a scientific poll, especially since not every CNU stu-

dent participated, the informal survey probably represents a fairly random sample of CNU students.

CNU has a widely diverse student population.

Some students live on or near campus, while many others commute. The range in numbers of credit hours taken by CNU students varies widely. Some attend traditional classrooms, while others take on-line classes. Many work either part-time or full-time while taking classes and many others work only in the summer. Some students are parents, some are young, and some are young at heart. Some have demanding schedules that seem impossible, while others have plenty of free time.

Consideration of the immense diversity implied by these variables is necessary to the understanding that there exists no "average CNU student." Each individual spends time differently and for different reasons.

Nonetheless, discovering how the average mean of students spend their time may provoke thought about how one spends his/her own time. Time management skills are as vital to students' academic survival as their GPA's.

Below are the questions students answered, along with their average responses:

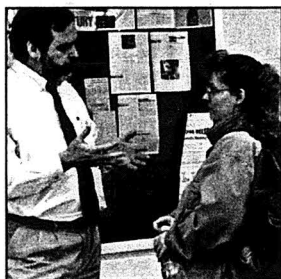
- 1) On average, how many hours of sleep do you get a night?
6.74 hours/night

- 2) On average, how much time do you spend studying/reading for school each day?
2.67 hours/day

- 3) On average, how many hours do you spend in class each week?
12.89 hours/week

- 4) On average, how much time do you spend with hobbies/sports each week?
8.44 hours/week

- 5) On average, how many hours do you work a job each week?
15.68 hours/week



CNU students fly all over the place in the course of a busy day. Between classes, work, study, extra-curricular activities, and (for some) family there's barely enough time to sleep! Left: Jayne Burton stops for some after class advice from English Professor, Dr. Douglas Gordon. Right: Many students cut out the extra stress of driving all over the place by acquiring jobs right here on campus. Christy Martin earns money offering help at the Student Center's Information Desk.

-Photos by Barbara Temple (Left) and Wesley Cline (Right)/The Captain's Log



Time management: students voice their opinions

Stories from the frontline

"I feel like I never have enough time to do anything, even the thing I am doing at that time." -Joseph Brance Morefield

"I feel that I have plenty of time to do all of my work and participate in many activities." -Amber Michael

"I have a small amount of time to relax, like 2 hours/week, the weekend doesn't help much but I'm not complaining about the work or anything, there's just so much to do, and so little time." -Jessica Gillo

"I am an older student, retired, and starting a new life. I have plenty of time to take courses and still have time for myself." -James McCracken

"I have NO time to relax!!" -Nikki Cross

"You have to make time to relax or it all comes unraveled. I tend to do my homework/studying while watching my favorite tv shows. I tried the taping thing, but then I'd have to sit through 4 hours of X-files because there was a backlog." -Jessica Ledbetter

"I really don't have enough time to relax. I am always on the go. Between work, school, and homework, I really don't have time for anything else until the weekend. And sometimes then I still don't go anywhere or do anything!!!" -Shanika D. Ellis

"It isn't easy juggling sports and school, and work, but once you work yourself into a routine, you get used to it." -Andrew C. Gregory

"I feel I have enough free time to survive, but I wish I had more. I just take 1 thing at a time." -Shelli Bond

"I feel like I am always rushing. There is not much time to relax." -Elizabeth Brown

"I have a lot of energy and enjoy my busy life!" -Melody Miles

"Typically, I have enough time to get done everything I need to and still manage to have time to socialize and relax." -Rebecca Sinclair

"Lately I have felt as though I did not even know the words free time... I think it is hard, all around as working students to manage our time, but it is also part of growing up..." -Heidi Jackson

"The only way that I could manage my time better is if I had more time which is impossible unless I quit my job. If I quit my job I couldn't afford to go to school. Paradox!" -Matthew C. Harrell

How do you stay sane?

"One thing that helps me is working out (exercising) 3-5 times a week. This helps my body deal with the stress. Another good tip is to spread out your homework load-Don't wait until the night before everything is due to start working on it. Break it up into tasks and do one a day or so." -Elizabeth Brown

"Only thing I can suggest is to suck it up and deal with it until you get your degree." -Joseph Brance Morefield

"Time management? JUST KEEP UP... get ahead." -Anonymous

"A good calendar and discipline helps in keeping it all organized and manageable." -Jessica Ledbetter

"... Just take one piece at a time. Don't think about the whole semester... I don't get overwhelmed by the big picture of graduating in a hurry... just take your time and try to get the most out of being a college student." -Jason Kriner



Studying is one activity to which students devote much time (or are supposed to). Danny Simonson, Casey Norment, Kim Wells and Julie Arnette (clockwise, from far right to far left) try to work together, but are a bit distracted.

-Photo by Wesley Cline/The Captain's Log

"I have to be at work at 8 a.m. every morning. On Mons and Weds I work from 8 to 4 and have class afterwards until 9:45 at which I come home and eat and get ready to go to work the next morning. The weekends are my only free time!!!" -Michael Clark

"I feel as though I am in a rat race - never caught up with my reading and studying, but without a job I couldn't provide for my kids." -Candice L. Byrd

"I have a lot of time in between classes and after work to relax." -Matasha Harris

Time Continued from page 3

"I like to work during the day and do homework during the night, so I manage my work schedule and school schedule so I can get as much work done as possible when it is best for me."

-Samantha Singleton

"Relaxation is a must. (Ex's are listening to just music, reading a non-text book, or watching a funny show on TV.) I at least do it 1 hr a day. A tip on keeping your time straight is to not overload on a job, school, and extra stuff and always, always, always buy a planner. It helps with your sanity in the long run."

-Lydia G. McKeithan

"Take advantage of sleeping opportunities. Exercise for at least 30 min. in the morning, and before you go to bed. Don't eat after 8:00 p.m., and eat a good breakfast."

-Andrew C. Gregory

Many thanks are extended to all the students who so enthusiastically participated in this survey. Your insightful contributions are greatly appreciated. Good luck to all CNU students on managing their time.

"Have a planner. It will help you keep balance of your time and can help alleviate stress. If you don't have time to do something you want, make time. Life is short and every precious second should not be wasted. Also, getting to sleep at the same time, weekdays and weekends, will be of benefit to you... Having good time management skills will get you far."

-Drew Petzold

"I don't rush my time. I try to get everything I can possibly get done on the weekdays. I have no Friday classes, so I spend most of Friday and Saturday to myself, and usually during the day, catching up on work that I still have left. Sunday is usually a relax day. I feel that by rewarding myself by having the weekends, basically free."

-Tiffany Temple

Update

Shoe Lane accident victim recovering and thankful

Richard Strube
Staff Writer

Student Tran Quach is on the road to recovery.

Pun definitely intended.

The sophomore Accounting major sustained a concussion, skull fracture, and a fractured knee bone while struck by a car crossing Shoe Lane on December 2. Fortunately, MRI's showed no brain damage, and Quach has been making steady progress in her "long time of recovery".

"When I started to cross the street I saw one car stopping," said Quach. That's all of her memory of the incident. While walking from Ferguson to the main campus, Quach was hit by fellow student R. Manvielle. Manvielle was driving the speed limit, and witnesses to the accident agree that the bright setting sun made vis-

ibility next to impossible. "It just happened to be me," Quach said.

Crossing the street for the first time after her accident was difficult. "I was very scared. I notice every car now".

Quach says she is very grateful for the sympathy and encouragement she got from her family and friends. "I want to say thank you for everything. Also to Dean O'Connell and Director Gallae. When I got back, on the first day, a woman I had never met came up and said 'We all prayed for you'."

While Quach credits many individuals for assisting her after she was hit, and during her recovery, she finds the University to be negligent in their decisions concerning the crossing. "They have to do something. Do I blame them? It's not safe enough, it can happen again, and that's not a good thing."

Communication program widens academic scope

As the face of CNU undergoes changes, with the additions of the upcoming Center for the Performing Arts and the Fieldhouse, many departments with the CNU system are also changing to meet present and future needs of students and society.

The Communication department is just one of the many areas to revamp their program, updating it to the 21st century, where over 50 percent of the US Labor Force deals with the transferring, reprocessing, and transmitting information in a variety of formats and mediums.

Dr. Rita Hubbard, Chair of the Communication Department, said the upgrade in the communication degree with an in-

terdisciplinary focus, to one with a focused concentration in speech and english, would create "a stronger program, one that is more demanding to the students and prepares them for the future, whether it be graduate programs, human resources, public relations, or mass media."

In the past, communication degree seeking students took a variety of classes in the areas of art and theater. The new program consists of the basic general education requirements, 30 credits of speech, and 12 additional credits in English in classes such as 260-NewsWriting, 354-Public Relations Writing, 361-Feature Writing and Public Affairs Reporting, and

363-Photojournalism.

Additionally, an internship available at a variety of locations from Wavy-TV 10 to Jefferson Lab allows students to receive practical experience in the communication field.

"The unusual characteristic [of the program] is the combination of the speech communication curriculum with the inclusion of English courses. It is this quality that makes it a very special program," Dr. Hubbard said.

Students in this area walk away with skills in speaking, listening, writing, public relations, journalism, as well as the historical and current theory of the roles that

communication plays in the lives of individuals and society.

This is the first year that the new curriculum has been put into effect, and the department expects to graduation an average of 10-12 students per year.

Along with Dr. Hubbard, Dr. Terilyn Goins, Dr. James McCafferty, Prof. Mary Best, and Dr. Bruno Koch instruct students on the finer points of communication. However, with the impending May retirement of Dr. Koch, Dr. Hubbard is currently interviewing for a fifth full-time professor specializing in mass media, and looks forward to offering courses in Contemporary Mass Media and Television Production.

Club Beat

Faith and friendship on campus

By Paul D. Powers
Staff Writer

Are you looking for Christian Fellowship while attending CNU? Do you want to meet new friends of like faith? Then the IVCF is just what the doctor ordered.

IVCF is a National Indenominational Organization dedicated to providing fellowship for Christians, outreach and support to others on college campuses.

Many students are away from home and their church family. Having meetings on campus helps students to get inspiration and support, and long lasting friendships.

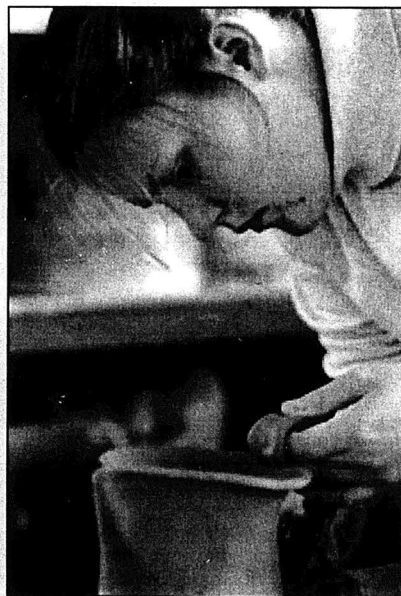
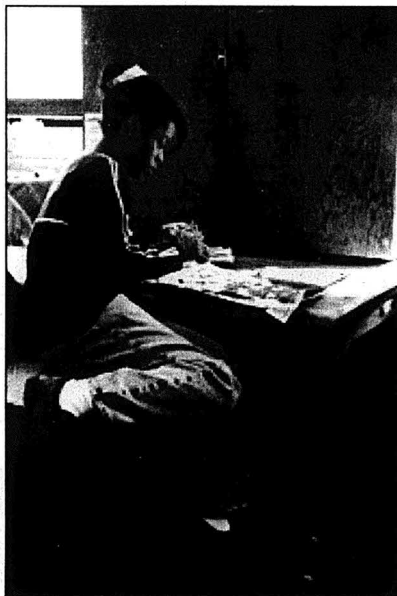
"We believe in unconditional friendship regardless of a persons mistakes or failures. We accept everyone." Says Angela Veach, Head of Communications. "Just because we are a Christian group, that doesn't mean that we are boring. We enjoy one anothers company, learn how to become better people, and find great friends."

In the past the group has sponsored events featuring guest speakers like Kip Redick, CNU Professor of Philosophy and Religious Studies, a favorite among IVCF members. He will return for another lecture Feb. 26.

"Nobody is perfect, not even us. We want non-Christians to know that we are here to listen and to help." Says Veach.

As part of their outreach program, the group plans on having a concert featuring a Contemporary Christian Band in April.

The group meets every Friday night at 7 p.m., in Room 233 of the Student Center. Everyone is welcome to attend. For more information on this Campus Ministry call Angela Veach at 867-8727.



Above Left: Junior Alicia Riley, art major, takes advantage of a little natural lighting as she paints atop ceramic tiles for a mosaic she is creating in Dr. David Alexick's Fine Arts class. **Above Right:** Junior Stephanie Parent, psychology major, is finally beginning to get a handle on the clay jug she is molding for Dr. Gregory Henry's Sculpting class.

-Photos by Barbara Temple/The Captain's Log

Reviews

Food Review



Taste of the Towne

By Shelly H. Breitbeil
Staff Writer

Martini Blues
442 Granby Street
Norfolk, VA 23510
(just blocks from Waterside)
627-6477

"The Martini is a cocktail distilled from the wink of a platinum blond, the sweat of a polo horse, the blast of an ocean liner's horn, the Chrysler building at sunset, a lost Cole Porter tune and the aftershave of quipping detectives in natty double-breasted suits. It's a nostalgic passport to another era when automobiles had curves like Mae West, when women were either ladies or dames, when men were gentlemen or cads and when 'a relationship' was a true romance or a steamy affair. Love might have ended in a world war, but a kiss was still a kiss, a smile was still a smile, and until they dropped the atomic bomb there was no need to worry....That was Martini culture."

-Barnaby Conrad III

The cool thing about cities is that they have incredible little places like "Martini Blues" that blow all of the 'chain' restaurants out of the water.

There was only one table available in the quaint little restaurant when we arrived last Friday around 7 pm. The bar, which barely seats ten, was packed, and the band was just starting to settle into their tiny space near the front door.

We were handed a Martini menu before anything else — that's right, a menu — which contained 29 different Martinis. Oh, you say you don't like typical "shaken-notstirred-gin-'n-vermouth" martinis? How about a "Nice 'n Easy" with vodka, coconut rum, pineapple liquor and pineapple juice. Sweeter still you say? Try the

"Classy Lady" with vodka, Butterscotch liquor, Godiva chocolate liquor and cream. Yeah folks, that's what I call a good martini.

Looking to put a little spice into my evening, I decided on the Mae West Inferno vodka, tomato juice and caper berries, and turned my attention to the food menu — it was just what I was looking for.

Amidst the more traditional caesar and house salads, was the most tantalizing "sashimi salad" with sesame seeds and wasabi vinaigrette, and the "grilled apple salad" with walnuts, homemade croutons, and cinnamon dressing — all under \$5.50.

The appetizers, thankfully, went far beyond nachos, spinach dip and fried mushrooms — seafood Cheesecake with fire-cracker lemon vinaigrette, in-the-shell scallops casino and panko crusted ginger fried oysters with hoison sauce — none of which were over \$7.95.

The entrees, though priced a bit beyond the average collegestudent's price range, were just as tempting — broiled flounder with charred onion risotto and smoked blue crab broth; white seafood lasagna with shrimp, scallops, lobster and crab; beef fillet with onion gravy, spinach, and poached oysters.

We made our selection, though it was difficult, ordered a bottle of wine (which was only \$20), and enjoyed our martinis while the band started their first set.

The ginger fried oysters were even better than they sounded and the smoked salmon salad with lemon creme was no let

Movie Review

Cello, I love you: "Hilary and Jackie" stikes an affecting note

By Mandy Malone
Staff Writer

The English cellist Jacqueline Du Pre enjoyed a celebrated classical music career performing with the finest musicians of the twentieth century until she was stricken with Multiple Sclerosis at the age of 28. Now nearly 12 years after her death at the age of 42, the new film "Hilary and Jackie" attempts to trace the origins of her extraordinary genius, her tortured personal life, and the painful final years of the gifted musician.

The screenplay for "Hilary and Jackie" is largely drawn from the 1997 biography "A Genius in the Family" by Hilary and Piers Du Pre, Jacqueline's older sister and younger brother, and it is this source material which raises intriguing questions about the motivation behind the depiction of Jacqueline by her siblings. However, far from detracting from the film, the controversy adds a thought provoking layer of depth and emotion, strengthening an already extraordinary film biography.

The early sequences of the film trace the genesis of Jacqueline's talent, beginning with her desire to play in a children's orchestra with her flutist sister Hilary. What begins with Jacqueline's attempt to equal her older sister in skill ends with her recognition as a dynamic and gifted cellist and music lessons with the most famous teachers in England. The child actors portraying Hilary and Jackie in these early scenes are particularly effective at conveying the myriad of emotions gifted children in their position often face.

As young adults, Hilary (now played by Rachel Griffiths) and Jacqueline (Emily Watson) head down two completely different career paths. Hilary marries and, together with her husband, runs a small farm, while Jackie becomes a world famous concert cellist and marries the conductor Daniel Barenboim (James Frain).

From this point in "Hilary and Jackie" the narrative splits with half the film telling



Hilary's story and the other half telling Jackie's story. It is also at this point that the controversy over the portrayal of Jackie's life begins. Hilary's story depicts Jackie as a manipulative shrew, demanding everything Hilary has, including her husband Kiffer (David Morrissey). According to Hilary, Jackie's unhappiness is deep and pervasive and not even the concern and care of her husband Daniel can bring her back to mental stability. The situation worsens once Jackie is diagnosed with MS.

The second half of the film is more sympathetic to Jackie, showing the vulnerability behind the genius. Jackie loves music and performing, however, eventu-

ally she begins to see her genius as a prison. While she is performing, her talent gives her the world — even the love of her husband. But when she is faced with the loss of her ability to play the cello, she feels that she will no longer be loved. It is this fear which drives the compulsions that eventually destroys her family.

By presenting both sides to Hilary and Jackie's story, the screenplay of "Hilary and Jackie" paints a full and rich portrait of a family that is struggling with issues of genius and family instability.

"Hilary and Jackie" is not only an amazing and engrossing film but it is a major achievement in acting and directing. As the gifted sisters, recent Academy Award Nominees Rachel Griffith and Emily Watson deliver strong, compelling performances. Following her breakthrough role in 1997's "Breaking the Waves," Emily Watson gives a thoughtful and compassionate performance as Jackie. In addition, Rachel Griffith delivers a strong, understated performance as Hilary.

Griffith and Watson are complimented by a strong supporting cast which includes Charles Dance and Celia Imrie as their parents Derek and Iris Du Pre.

Director Anand Tucker also deserves recognition for his confident and assured direction of this emotionally complex story.

down either. The entree I had decided on was more interesting than I had anticipated — the seared tuna (which I was able to order medium-rare — yummm!) was coated in black and white sesame seeds, pan seared,

and topped with a ginger glaze.

The rockfish that my dining companion selected was awesome — and I'm typically

See Martini-page 11

Music

Oasis - "The Masterplan" (Sony)

Oasis' new album, is a compilation of B-sides previously unreleased in the U.S. Those of you who were expecting 14 songs that were not good enough to make a chart-topping Oasis album may be in for a pleasant surprise. "The Masterplan" features a variety of classic guitar work from lead guitarist Noel Gallagher. "Headshrinker," "Listen Up," and "Swamp Song" are a few of the jamming songs that inspire the listener to jump around in the street, playing air guitar. On the contrary, "Talk Tonight" and "Half the World Away" display the band's softer side in such a melodic fashion that one might listen to them while watching the sun set. Noel and Liam Gallagher, the two brothers in the band, take turns with the lead vocals on this recording. Liam sings most of the energetic, poppy rock anthems while Noel beautifully crafts his lower voice to perfect the slower, acoustic-based tracks.

The album concludes with the title track, which pretty much sums up the life of the band and life in general, asking the question what's next? Noel Gallagher writes in response "All we know is that we don't know...we're all part of the masterplan."

Collective Soul - "Dosage" (Wear/Atlantic) "Dosage," the new Collective Soul album, sounded like a fitting title for a heavy metal album. Knowing that Collective Soul straddles the line between contemporary and alternative rock, one might expect no heavy metal on this record, but the guitar oriented rock found on the band's self-titled second album. Instead, "Dosage" sounds a lot more like the third album, "Disciplined Breakdown." Both albums are generally mellow, but unlike their previous albums, "Dosage" displays a unique level of experimentation. The new songs contain multiple guitar riffs and drum beats that seem odd for a band known for such a straight-for-

ward rock sound. Nevertheless, the new-age sound in the rock tracks work well and don't sound out of place or overdone. The slower tunes are beautiful, displaying a smooth and lush sound. In "Needs," lead vocalist Ed Roland's voice blends nicely with the melancholic violins and delicate acoustic guitars. "Run" displays the same qualities, but with a piano blend and a high-pitched electric guitar solo. The album's lyrics imply that there is hope in an otherwise troublesome world. Ed Roland, who writes most of the lyrics, conveys the band's collective feelings towards Christianity. Most of the songs on the album stress the need for good morals with help from God. On one track, Roland writes, "To a world where madness craves, to a world where hope's enslaved, oh I'll tremble for your love always."

This week's Ransom Reviews were written by David Zellers.



Wes's World

By Wesley Cline

Grim Reaper arrives in cap and gown

By Wesley Cline
Staff Writer

When the letter arrived I threw it on my desk hoping it would become lost in one of the piles that seem to grow there overnight. It didn't do me the favor of disappearing.

The letter telling me that it was time to order my cap and gown as well as announcements and such had come and disrupted my fragile little world.

My mother would never forgive me if I didn't order my regalia, let alone the social disgrace it would cause her to be deprived of being able to announce to her friends that her son was graduating.

Even if she never spoke to me again I still couldn't face this harsh reality. I had to find a way to put the coming apocalypse off for at least a while.

Because my desk at home failed me I took the letter or rather letters because more of this letters friends joined him to my desk at school. The important difference between my home desk and the desk in the office at school is that everyone else in the office uses it also so there are many more people to help me lose my haunting letters.

I dropped the letters in a pile in the middle of the desk and ran from the room. I went home and locked myself in my bedroom just in case the letters escaped and tried to find me.

The next day I went into the office and my plan appeared to have worked. The letters were nowhere to be seen.

I started to sift through the piles to look for the phone book. One wouldn't think

something as large as a phone book could disappear on a desk but it does a good job of hiding on my desk. In fact I have three phone books on my desk but they still manage to hide for at least fifteen minutes every time I need one of them.

I found one of the phone books and was filling through it looking for the number for a pizza delivery place. When I started to get close to that section I noticed it was bulging a bit.

I got scared. Had I left a piece of pizza in there from the last time I had ordered pizza? Would it have obscured the numbers with grease? Would it still be good enough to eat or should I just throw it out?

These questions raced through my mind as I approached my destination. When I got there all I found was a bunch of unopened letters. They were ad-

dressed to me. They were my graduation torture letters.

How had they gotten in there? This was just too sick. There had to be some kind of sadistic cosmic force at work here.

Figuring that they would not let me rest until I had dealt with them I stuffed them into my book bag and tried to forget about them until I absolutely had to.

This almost worked to lose them but when I found myself feeling self-conscious about some reading I was behind in for a class I had to go into my bag to get the book. There they were tucked into the book I was planning to take out if not read for my class.

I tossed them onto the kitchen counter and went into the other room to watch some "Buffy the Vampire Slayer" as reward for being so studious as to actually removing the cellophane wrapping from the book I was supposed to be reading daily since the beginning of the semester.

After some "Buffy" I opened the book

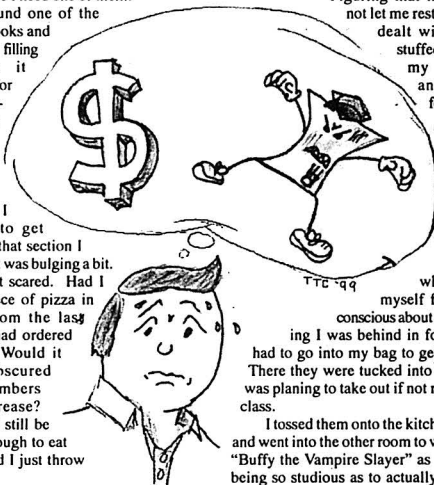
and was settling in for a little nap before I headed back to my apartment for the evening when my mother came in carrying something.

She was holding the dread letters. She wanted to know why I hadn't opened them yet, why I hadn't asked her to compile a list of people to send them to. Didn't I know that my relatives wouldn't know to send me money if I didn't send our invitations?

Yes I had forgotten. The mention of money made me a little more excited about the prospect of planning for graduation. This only lasted a nanosecond. I know "that's an eternity to an android" but sadly Mr. Data, it is a very short time for me.

I sat there and rolled my eyes for 45 minutes while my mother filled out all the forms for me. I thought I was going to actually have to do some writing for a minute when it came time to start writing checks but she was faster on the draw than I, which isn't saying much because my checkbook was in my apartment on my desk, somewhere.

The only time I had to deal with any of it was in the end when I had to sign the order form. It was almost too much for me. I had to see "Simply Irresistible" to get myself in an acceptable mood. Sarah Michelle Geller always puts me in a good mood.



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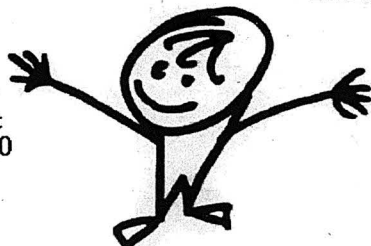
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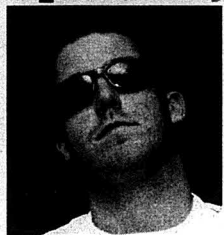
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sports

commentary



By Kris Van Deusen

Women's Basketball, WOW!

Let's talk about the Lady Captain's. They have absolutely shocked the Dixie conference. After they began the season with a 6-7 record with an 0-1 DIAC mark, the women won seven of their last eight games—all conference match-ups. That's right, CNU is in second place with a 6-2 Dixie record. They trail Methodist, a powerful team with 13 returning players. The Lady Monarchs were picked to take it all, but the Lady Captain's were not expected to sit one and a half games behind them in second place. Bravo, head coach Carolyn Guyton.

Without the height, CNU has had to perfect its fast break, and they have. Turnovers still haunt them, but they usually recover well. They lead the conference in scoring with 75.2 points per game although they are fourth in defense. However, the Lady Captains have the second best victory margin (5.9). CNU is also second in free throw percentage (.644), field goal percentage (.423), assists (15.47 per game), and steals (13.05 per game).

One major problem for the Lady Captains lies in defensive rebounds. They lead the conference in offensive rebounds (17.05 per game) yet because they are fifth in defensive rebounds (28.26), they have a negative rebounding margin (-0.6). They generally pull down as many rebounds as their opponents, but they give up too many second chance points on the other end of the court. This is a result of the fast break offense that CNU runs because of a lack of height. It was a problem that Guyton had foreseen in the preseason.

Senior forward Rasheka Barnes has also played a large role in the team's success. Nationally she was 10th in points scored per game (21.6), 26th in rebounds per game (10.8), and 28th in blocks per game (2). While she has dropped to 23rd in scoring (19.4) and off the list in the other categories, Barnes has proven that she can do it all...well. Her play tends to rub off on other players like freshman forward Nadine Ward, a recent rookie of the week, Tamara Pool, a recent player of the week, and Leema Madden, who tends to be Barnes' partner on fast breaks. Leema is fast. I mean real fast. She's a national champion Division III sprinter. No one can touch her on the court.

As the season winds down, the Lady Captains will look to improve their defensive rebounding and create more consistency on their half-court offense. Consistent shooting and passing can sometimes be a problem. Barnes will have to shoulder most of the load, but her supporting cast has developed well after the 6-7 start. The Lady Captains most likely will not win the regular season championship, but they could give the Dixie problems in the tournament.

Look out Methodist.

CALENDAR

MON
Events
Scheduled

TUE
Baseball vs. Elizabethtown
City St. @2:00(HOME)

WED
Baseball vs. Clatsop
@3:00(HOME)

THUR
Events
Scheduled

FRI
Women's Basketball vs. Averett @5:30(HOME)
Men's Basketball vs. Averett @7:30(HOME)

SAT
Baseball vs. Averett @1:00(HOME)
Women's Basketball vs. Ferrum @2:00(HOME)
Men's Basketball vs. Ferrum @4:00(HOME)

SUN
Baseball vs. Averett @1:00(HOME)

SPORTS

Ladies win seven straight, then lose.

Lucky number seven

By Wes Doub
Contributing writer

The Lady Captains have knocked off seven straight opponents to put them in a tie for first place in the Dixie Intercollegiate Athletic Conference with an 11-7 record (6-1 Dixie). CNU's victims during the streak included Shenandoah (74-56), Mary Washington (74-71), Averett (85-78), Ferrum (88-69), Methodist (60-59), Greensboro (70-65), and N.C. Wesleyan (84-57). All of which lost by an average of 11.4 points.

Recently defeating the top two teams in the conference, the Lady Captains are demolishing the rest of the DIAC. The three major players ruling the Dixie for CNU's ladies are Tamara Pool, Nadine Ward, and All-American contender Rasheka Barnes.

Tamara Pool, second on the team in both points (12.6) and rebounds (9.2), played all 40 minutes against N.C. Wesleyan Feb. 3. She put up 11 points and hustled for seven rebounds.

"Tamara was a real trooper, she played through the whole game with the flu and she played well," said head coach Carolyn Hunter.

Freshman Nadine Ward snagged a new career high for points with 24, completed a double-double with 13 rebounds, and capped the night off with three assists.

With N.C. Wesleyan closing the deficit to one, CNU spontaneously began to surge ahead, and when asked about this both Carolyn Hunter and Tamara Pool only had two words, "Rasheka Barnes." Barnes sparked a 31-5 run late in the second half to finish off the opposition 84-57. Barnes, who leads the Dixie in assists and is second in scoring, drained 14 points, grabbed seven rebounds, and snatched four steals.

Article provided by the sports information department.



Top: Cherrie Phillips takes a layup on a fast break while Leema Madden looks on against N.C. Wesleyan Feb. 3. Middle Left: Rasheka Barnes drives through a Lady Bishop on her way to a score in the same game. Middle right: Tamara Pool stares in disbelief with two N.C. Wesleyan defenders at an official's call. Bottom left: Serita Jackson looks for an inside pass as a Lady Bishop reaches for the ball. Bottom right: Rasheka Barnes loses the ball out of bounds off a fast break pass against N.C. Wesleyan. CNU crushed the Lady Bishops 84-57 for their seventh straight victory.

Photos by Kris Van Deusen/
The Captain's Log

Shenandoah snaps Lady Captains' win seven game win streak, 73-72

The CNU women fell behind Shenandoah early in the second half and never quite caught up in a 73-72 loss Saturday in Ratcliffe Gym. Each team had a seven-point first half lead, but the Hornets were on top at the break, 39-36. The Lady Captains grabbed the lead, 47-46, early in the first half but Shenandoah answered quickly and never trailed the rest of the way.

SU was up by nine, 68-59, with 2:56 to

go, when CNU rallied to close to within one, 73-72, with 29.6 seconds remaining on a short jumper by Rasheka Barnes. After a Shenandoah turnover CNU was unable to get a good shot in the final 12 seconds.

The loss ended a seven-game winning streak by CNU and was just the Hornets second win in 15 meetings. CNU slipped to 11-8 and 6-2, while Shenandoah improved to 5-12 and 2-5. Barnes led CNU

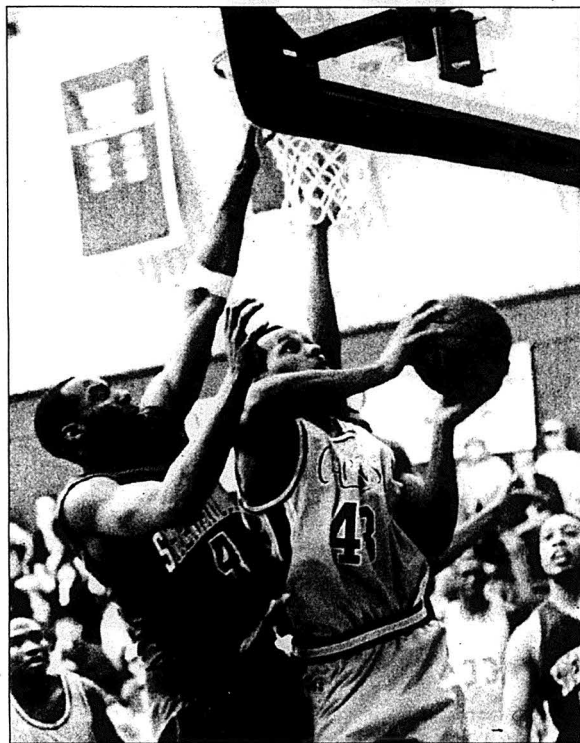
with 20 points and 10 rebounds, while Leema Madden added 17 points and Tamara Pool had 10.

Ellie Tanner led Shenandoah with 18 points, Emily Rappold had 15 as did Jill VanGuilder and Wendy Legge added 11.

CNU took on Averett and Ferrum last weekend.

Article provided by the sports information department.

Captains extend streak to seven



CNU streaks to number six 67-53

Christopher Newport's men returned home after a big weekend sweep in North Carolina running their winning streak to six games with a 67-53 win over North Carolina Wesleyan Wednesday night in Ratcliffe Gym.

The Captains actually took the lead to stay at 4-2, and had three ten-point leads in the first half. But, the Bishops never allowed CNU to pull away staying within ten until late in the second half. N.C. Wesleyan then began fouling at the four minute mark, sending CNU to the foul line 23 times in the last four minutes.

The Captains were led by Brandon Jones with 13 points, while Albert Haskins and Dante Henderson added 12 each. Craig Dorosewicz (pronounced Door-sa-vice) had 10.

The Bishops were paced by marquis McDougald with 17 points, Chad Green had 14 and Chris Moody added 10.

CNU gained a two-game lead in the Dixie Conference by virtue of its win and Greensboro's 70-68 victory over Methodist. The Captains are now 15-4 and 6-1 in Dixie play, while N.C. Wesleyan fell to 9-9 and 4-3.

Article provided by the sports information department.

Captains rack-up another one, 86-72

The Captains used an 18-4 run, powered by 13 points from Tiran Matthews at home to overcome the Shenandoah Hornets 86-72 Feb. 6 in what had been a close game.

CNU trailed, 55-54, with 11:01 to go when Kenny Stokes got the scoring run going with a layup. However, Matthews scored 10 straight points in one stretch and hit three three-pointers during scoring frenzy that broke the game open. Prior to that there had been ten lead changes and 11 ties including a 38-38 halftime score.

Matthews paced CNU, which won its sev-



Top left: Kenny Stokes scores through two Shenandoah defenders Feb. 6. **Top right:** Head coach C.J. Woollum gives Craig Dorosewicz last second instructions. **Bottom right:** Brandon Jones drives by a N.C. Wesleyan defender Feb. 3. CNU swept both DIAC match-ups.

Photos by Mike Leonard/
The Captain's Log

enth in a row, with 19 points—scored entirely in the second half. Brandon Jones added 18 points, Dante Henderson added 15 and Antoine Sinclair scored 11 and had 10 rebounds.

Shenandoah, which fell to 4-15 and 2-5, was paced by Cameron Jones with 24 points. Ronald Merriwether added 15.

The Captains, now 16-4 and 7-1 in Dixie play, hit the road last weekend to play at Averett Friday and Ferrum Saturday.

Article provided by the sports information department.



CNU breaks new ground for athletics.

Groundbreaking for the new CNU Sports, Wellness and Convocation center will take place Feb. 20 at 11 a.m. at the building site across from the CNU Administration Building. The public is invited.

With the awarding of the construction contract to Shirley Construction, of Portsmouth, Va. late last month, the way has been cleared to begin work on the 112,000 square foot building which will be unique to the Tidewater area and one of the most outstanding in all of Division III of the NCAA.

The highlight of the center will be the 56,000 square foot main arena which will include a six-lane, 200-meter competition track, plus three full size basketball-volleyball courts and an additional volleyball court, all side by side in the track infield. The track will be only the second of its kind in Virginia, the other is located at George Mason University.

The main competition basketball and volleyball court will be wood, inlaid in the all-purpose surface that will cover the rest of the main arena. Seating for basketball and volleyball will be 2,500 with the main section including over 800 all chair-back seats. In addition there will be a 10,000 square foot fitness area with facilities for aerobic training, a cardio theater and weight training among other options.

Other athletic facilities will include space for two tennis courts, badminton, a batting cage and other track facilities. The building can also be configured for concerts and convocations with seating for about 5,000. Construction is expected to be complete in June of 2000.

CNU track qualifies eight for Championships

The first major meet of the indoor track season for CNU at Lexington, Va. produced early qualifiers for the NCAA indoor championships. The CNU women gathered six provisional qualifiers, while the men had one automatic and one provisional.

For the women, Casey Taylor and Denita Eason each accounted for two provisionals. Taylor and Eason tied for third place in the long jump at 17-10, while Taylor was third in the triple jump at 38-0 and Eason finished second in the 55-meter hurdles with a best time of 8.63. Meanwhile Meshailay Robinson ran a 7.35 in a qualifying heat in the 55 meters and Tanika Lomax had a 7.37 in a 55 qualifying heat. In addition, Taylor won the high jump at 5-4.

For the men Damon Talley leaped 23-4 in the long jump to gain an automatic qualifier and place second in the event, while Steven Roberts had a 46-8 triple jump, gaining provisional qualifying status.

Dixie Intercollegiate Athletic Conference

Stats and Standings
(through games of Feb. 9, 1999)

Men's Basketball Standings

School	Conf	Pct	Overall	Pct	Streak
CNU	7-1	.875	16-4	.800	Won 7
Methodist	6-3	.667	11-9	.550	Won 2
N.C. Wesleyan	4-4	.500	10-10	.500	Lost 1
Averett	4-5	.444	9-11	.450	Lost 2
Greensboro	3-5	.375	7-12	.368	Won 2
Shenandoah	3-5	.375	5-15	.250	Won 1
Ferrum	2-6	.250	5-15	.250	Lost 2

Women's Basketball Standings

School	Conf	Pct	Overall	Pct	Streak
Methodist	8-1	.889	14-4	.778	Won 4
CNU	6-2	.750	11-8	.579	Lost 1
Greensboro	6-3	.667	13-7	.650	Won 1
N.C. Wesleyan	5-3	.375	11-8	.579	Won 1
Shenandoah	2-6	.250	5-13	.278	Lost 1
Averett	2-7	.222	4-16	.200	Lost 3
Ferrum	1-7	.125	3-17	.150	Lost 8

Men's Basketball cannot crack Region's top six

The CNU men continue to be ranked among the honorable mention group in the weekly South Region rankings despite a 16-4 record and seven-game winning streak.

The top six remained unchanged this week, although the voters took the unusual step of placing four teams in a tie for third place in the poll.

Fisk University dropped out of the honorable mention listing, and Savannah Art & Design, a team CNU defeated, 69-61, earlier this year, was placed in the group.

The South Region Top 6:

1. Hampden-Sydney 20-1
2. Rose-Hulman (Ind.) 17-3
3. Maryville (Tenn.) 18-3
3. McMurray (Texas) 19-2
3. Mississippi Col. 17-2
3. Randolph-Macon 18-4

Honorable Mention (alphabetical)

- CNU 16-4
Rhodes (Tenn.) 16-4
Savannah A&D 17-7
Va. Wesleyan 17-4

Captains' Baseball ranked fifth in Dixie

CNU's baseball team has been ranked fifth in the Dixie Conference in a pre-season poll of the coaches, a position that does not disturb head coach Curt Long.

The top echelon of the conference has consistently produced two or three nationally ranked teams annually which receive bids to the NCAA Division III Tournament. This year the Captains are not that far from the top three. CNU trails third place Greensboro by just five points in the voting and is behind fourth place Ferrum by two. Also, two of the conference coaches listed the Captains as No. 2 and 3 respectively in their vote. Each coach was not allowed to include his own team. CNU opened its 1999 season last Saturday at Chowan.

Article provided by the sports information department.

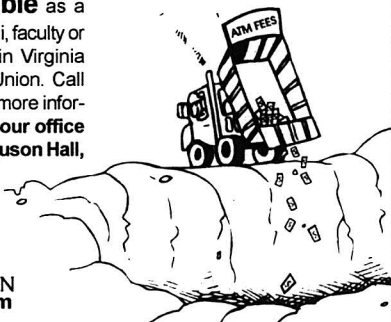
Pre-season Dixie Conference coaches poll:

1. Methodist (4) 34
 2. N.C. Wesleyan (3) 33
 3. Greensboro 23
 4. Ferrum 20
 5. Christopher Newport 18
 6. Shenandoah 13
 7. Averett 6
- () first place votes

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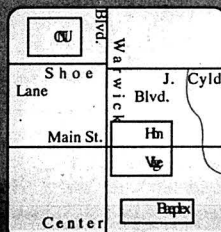
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Lopater/Ruth continued from p. 1
almost never make lots of money off of a first-edition," he said. "The cost of the stock illustrations comes out of what royalties you get."

Although the book is almost done it

probably will not be published until mid to late 2000, but the middle-aged professor is happy with the work.

"Men at mid-life need a purifying crisis," he said. "I'll be busy all of this year and most of next."



Dr. Lopater and Dr. Ruth pose for a publicity shot promoting their book collaboration.

Martini continued from p. 5

not a rockfish fan. It was wrapped in wonton and braised cabbage, served with crab and, check it out, vanilla "essence." I couldn't believe how HUGE it was though, I mean there was a just a ton of food on that plate. I was fat and happy by the time I got around to ordering my dessert martini.

We paid our check and, though we planned to head on over to "Have a Nice Day Cafe," we decided to stay a while longer to enjoy the terrific band. I must say that my life felt pretty complete after having experienced Norfolk's "Martini Culture." I must insist you check it out -- it's an experience you won't soon forget.

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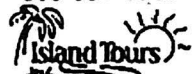
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Vote for Rhonda-Phi Mu- and Adam-Pi Lambda Phi- for Homecoming King & Queen. We love you Rhonda! Good luck. Love, your Phi Mu sisters

G-Phi Sisters: I THINK YOU ARE #1! Tracy and Jennifer: keep up the good work. We love you! Michele, you are my #1-lil sis and I love ya! Bonnie, good job on RUSH! Stephanie, love ya Ms. President. Keep up the good work. Hercules, thank you for everything! I love you! Love, Jenny

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Phi Mu will be sponsoring a carnation and rose sale on Feb. 12 from 9-2. Proceeds go to Children's Miracle Network. And Happy Valentine's Day from Phi Mu!

Congrats to our new Phi class! We are so glad to have y'all! Welcome to the wonderful Bond of Phi Mu! Love in our Bond, Heather E.

VAN DEUSEN- AT LEAST MAKE JOKES THAT ARE FUNNY, BUT DON'T STOOP SO LOW AS TO USE LAME SEX-IST JOKES!

#82- Congratulations on your matched funds approval! I just hope you can accept them in good conscience. Otherwise, your integrity may be in question. Have you had

any more conversations "in confidence"? Much Love- Marcie

Amy M.- Why don't you ask your friends or who are your real friends. The Back hand is coming back to those who deserve it! WHK

LAURA: WANNA GO TO THE BATH-ROOM? (OR BWI) KRIS & NIKKI: ANY NEW CODE NAMES? CONGRATS TO OUR MOST PHOTOGENIC SISTER. PAM: DESPITE WHAT YOU THINK, I DO LOVE YOU. JOEY: I'LL FIND ANOTHER RIDE NEXT TIME. CONGRATS OMICRON CLASS! MUCH LOVE TO PHI MU. OM LOVE & MINE- LINZ

Don't trust anyone close! To picture thieves: we know who you are and it's coming back to get you! SOON!! Kodak

Gamma Phi Beta Sisters: Congrats on an awesome RUSH! Welcome New Members: Maggie, Dawn, and April. We love you! Love in Pi Kappa Epsilon, Jenny!

WHY DO HOT DOGS COME IN PACKAGES OF 10 AND HOT DOG BUNS COME IN PACKAGES OF 8?

To all my Gamma Phi Beta sisters- I love you! And I miss you! Kristin- word up! Thanks for the plug! Boo- Boo- you're people- I love you! Christy- thanks for going out with me. Love- Donkey

Amy, Laura- A picture might be worth a thousand words. The truth is out there and nothing happened. Try to find something better to gossip about. SpankDog

CYNDI- KISS ME CASEY- STUDY AWAY KELLY K-SALAD ANYONE? LEEANN- HAD ANY GOOD MORTGAGES LATELY. SUZI, BURN THE PICTURE, JONAH- WHERE'S MY PIC-

TURE? MICHELLE STRAWBERRY BANDIT' HEATHER- JUST ASK HIM- NADIA- THE BEST BIG NADS. TO ALL THE OTHER G-PHIS- NOTHIN' BUT LOVE- KINKY K'

Pat-CAUTION: Belly ring. Patrick-151 is bad for you. Amber- you go girl. Derek-thanks for the talks. Amy-you lusc! Koontz-invest in some socks! Taryn-your snoring could wake the dead. Adrienne-A team always. Love y'all, AM

Melon, thank you for all the hard work with the house, and thanks for putting up with me. I love you, Melontissa DAN! CONGRATULATIONS ON YOUR RETIREMENT! FREE AT LAST, FREE AT LAST, THANK GOD YOU'RE FREE AT LAST! YAY! TIME TO HAVE FUN NOW! LET'S GO FISHIN'! LUV, DIANA

Steve: congratulations on your new job-good luck! Let's go to Bon Appetit soon!

Tape-A-Quarters must be received by Wednesday at 5pm. Cost is, obviously, one quarter per week, although more is always appreciated. All Tape-A-Quarters must contain a name and phone number, although we guarantee confidentiality from prying eyes. Faculty and staff members are charged at the same rate as students, although administrators, due to their larger salaries, are charged at the rate of fifty cents an ad. The Captain's Log bears no responsibility for the content, accuracy, or aesthetic quality of the Tape-A-Quarter classified ads. Tape-A-Quarters must be received by Wednesday at 5pm. Cost is, obviously, one quarter per week, although more is always appreciated. All Tape-A-Quarters must contain a name and phone number, although we guarantee confidentiality from prying eyes.

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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