

# EATING DISORDERS:

...and the college student



**Food for thought**

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## THEY'RE HERE!

The 1987 Captain is now on campus  
and available for pick-up. There is  
a limited number of "extra" books  
which may be purchased for \$20 each.  
— see Kim Magee in CC-227 —  
"Catch the Wave" — This limited  
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87-202(CP-131-88)

## Attention!

We need a few good men  
to prove that chivalry isn't dead!

CNC is now forming an "Escort Service"  
to provide escorts around campus —  
especially during the evening hours.

Interested persons should attend a  
meeting in the upstairs Campus Center  
lounge on October 9th at 1:15 or  
contact Buddy Brown at 868-7949.

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## Campus USA

In 1985, the University of Georgia endured a long, embarrassing public trial for effectively fixing the grades of some football players so they could remain eligible to play.

Since then UGA, like a number of schools, has strained to tout the accomplishments of its "student-athletes" — athletes who also do well in class — loudly.

So it convinced the Atlanta Journal-Constitution to run an Aug. 30 feature on player Kim Stephens, who in his fourth year already has earned an undergrad degree in math and math education and is working on his masters in business administration.

For a photo to accompany the article, Stephens posed in front of a chalkboard on which he had written a quadratic equation.

He wrote it incorrectly.

The National Association of College Stores, which from its office in Oberlin, Ohio, tracks sales at campus bookstores, reported in its most recent bulletin that it expects the following items to be big sellers among students this fall:

The Couch Potato, "a soft brown pillow (that) is on everyone's 'must' list to keep the TV watched while classes are in session," Corona Beer t-shirts, a \$25 alarm clock shaped like a softball that you turn off by hurling against a wall, no-smoking neckties and hairstyles with "the 'Les Miserables' waifish look," described as something that "takes lots of mousse to achieve the uncombed, ringleted, mussed look."

Campus stores nationwide, meanwhile, sold \$1 million worth of Domino Pizza Noid t-shirts during the first 5 days they were offered. Coming soon: Pizza Noid dolls.

Two local off-campus groups — the Hillsborough Street Merchants Association and the University Neighborhood Planning Council — have voted to ask North Carolina State students not to be so kind.

Students and faculty members apparently give money to vagrants often enough to have won the campus a reputation as a charitable place that, in turn, has attracted more vagrants to the area.

But some of the vagrants use the money to get drunk, can be abusive to passersby and cause customers to avoid the businesses across the street from the campus.

"It's a social problem," said NCSU spokesman Al Lanier, who hopes to channel students' largesse into local charities and soup kitchens comfortably distant from the business district.

## Philippine Ambassador to speak

From the United States Ambassador to the Philippines, the man in charge of American policy during the Marcos revolution and the fledgling Aquino government, Peninsula residents will hear the real story of the Philippine upheaval on October 12.

Ambassador Stephen Bosworth will be Christopher Newport College's first Dean's Colloquia speaker of the 1987-88 season.

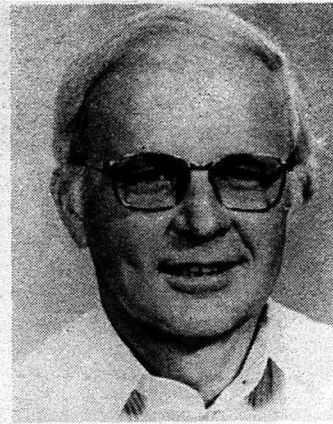
He will speak in the Campus Center Theatre at noon to 1 p.m. on October 12. There will be a lunch break and Ambassador Bosworth will hold an open question and answer session at 2 p.m. The event is free and open to the public.

Bosworth served as Ambassador to the Philippines from 1984 until his retirement from diplomatic service in April, 1987.

He will discuss the U.S. foreign policy present and future toward the Philippines, the events of the revolution itself, the U.S. role in the revolution and the prospects for Mrs. Aquino's government.

On April 22, 1987 President Ronald Reagan told Bosworth, "I am particularly grateful for the key role you played in the rebirth of Philippine democracy and helping prevent bloodshed during the critical transition period. Your leadership was crucial in ensuring the development of a credible two-party electoral contest and also maintaining the focus on the need for fair and honest elections."

Acclaimed by the press as "the proconsul," THE FAR EASTERN ECONOMIC REVIEW says "Bosworth has ably served his country's interests. Despite President Reagan's hesitations even to the very end, Bosworth, with the State Department



**Ambassador  
Stephen Bosworth  
October 12  
Noon to 1 p.m.  
Topic: U.S.  
Philippine policy**

behind him, deftly navigated a transition period that evicted a liability, Marcos and company, and installed a government friendly to U.S. interests... primary U.S. interests seem secure in the wake of his departure."

U.S. military interests in the Philippines are fixed on two strategic facilities in Luzon: Clark Air Force Base and the naval air installation at Subic Bay. The current agreement on their use expires in 1991. Bosworth says that Philippine-American relations in regard to a new round of negotiations are stronger now than could have been anticipated when he arrived in 1984.

analysis of the situation and an avoidance of the temptation to focus on personalities.

He also emphasizes the fundamental importance of bi-partisan support within the United States, particularly in Congress, avoiding the debate that has surrounded policies regarding Iran and Nicaragua.

"We did not take on ourselves the responsibility for bringing about a change in government here," he said. "But I think we were correct in realizing that a change in government was inevitable at some point and trying if we could to help make that change as smooth as possible and as democratic as possible."

In particular, he said, the United States had worked to help insure that elections would be as fair as possible.

## CNC offers constitutional lecture

Dr. A. E. Dick Howard, Chairman of Virginia's Commission on the Bicentennial of the Constitution will address Peninsula citizens in a lecture, "The Constitution: Into the Third Century" on October 12.

Christopher Newport College is offering the lecture free to the public through co-sponsorship with the Newport News Commission on the Bicentennial of the Constitution. The lecture will be held in the Anderson Auditorium of the Administration Building from 7 p.m. to 10 p.m. on October 12.

Eminent scholar of Constitutional law, Dr. Howard has an empathetic perspective on the events of Philadelphia in 1787. He was in a similar situation himself between 1969 and 1971, the years when Virginia hammered out a new constitution of its own.

Labeled the "Maestro of Constitutional Change," Dr. Howard was only 34 when he began the task of chief architect of the Commonwealth's new constitution. He was also in charge of the successful campaign for its ratification.

Studied by other states and even by other

countries, Virginia's constitution promises to endure. Dr. Howard has shared his experience with Third World countries struggling to develop new constitutions. He has counseled officials in Hong Kong preparing the document that will enter into effect at the end of British colonization in 1997. In the Philippines, legal scholars sought his advice on the referendum procedures also.

A Rhodes scholar, Dr. Howard was a law clerk to Justice Hugo L. Black of the U.S. Supreme Court when the Warren Court was making landmark decisions on such issues as school prayer, congressional redistricting, and civil rights.

"In those years, Hugo Black had become the architect for much of the work of the Warren Court," Dr. Howard said. "It was a wonderful office in which to be."

Since 1964, Dr. Howard has been a law professor at the University of Virginia. He is the White Burkett Miller Professor of Law and Public Affairs.

His first book, which won a Phi Beta Kappa prize, traced the roots of American

Constitutionalism to 1215, the year King John agreed to the Magna Carta.

"In the book, THE ROAD FROM RUN-NYMEDE, I emphasized the historical dimensions of the Constitution as well as its further development. The Philadelphia convention is just one moment in the whole story, which is an evolutionary process. We must consider the roots of the constitution as well as its development up to the present," he said.

Dr. Howard makes himself freely available to help the news media cover stories related to the Constitution and the Supreme Court. He often writes for lay periodicals and for op-ed pages in major newspapers.

Dr. Howard has been twice a fellow of the Woodrow Wilson International Center for Scholars in Washington, D.C. He is currently chairman of the Virginia Academy of Laureates and in 1981 was recipient of the University of Virginia's Distinguished Professor Award for excellence in teaching. He holds honorary degrees from James Madison University, the University of Richmond and Campbell University.



## SPORTS

### Captains crush Averett

The Captains had a quick and powerful victory over Averett on Saturday. The game was called at 6-0, with 26:52 remaining.

Sophomores Jon Schwartzman and Will Sullivan booted two goals each. Schwartzman with the first two, assists by Kirk Rhinehart. Sullivan with the final two, assist by Junior Carter.

Cary Smith made it 3-0, help from John Fitzgerald. Fitzgerald added one of his own; his fourth successful penalty kick of the season.

Rhinehart was named Dixie Conference Freshman of the Week, for his performance on Saturday.

### Golfers win tourney

The Captains finished first out of 10 teams at the Old Dominion Golf Association Invitational, winning the event for the second consecutive year.

CNC shot a 305 for the first round, a 20 shot lead. CNC finished with a 622, still 20 strokes ahead.

All-American Rick Bidnick had a 75 in the first round. Jack Bizzell and Barry Head with 76s and Warren West with a 78. Bidnick followed with another 75 to take medal honors.

### Lady Netters fall

The Lady Captains dropped two matches this week to conference competitors NC Wesleyan and St. Andrews, making them 0-18.

Final Scores: NC Wesleyan d. CNC (15-13, 15-10, 15-5). St. Andrews d. CNC (15-3, 15-8, 15-1)

## Kickin' Coach

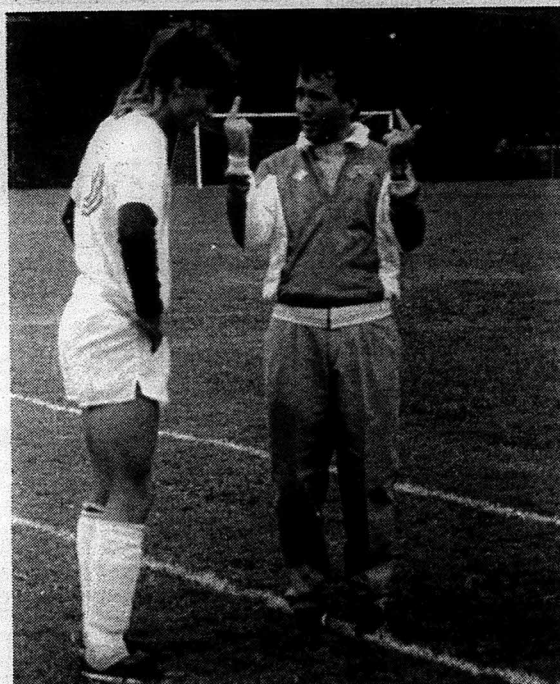


Photo by KC Howell

Interim Soccer Coach Alan Lindsay took over CNC's coaching reigns recently and celebrated his wedding. CNC crushed Averett last weekend 6-0.

### Byvik holds cycling championships

by Yvette Renaud  
sports editor

Aside from the athletes who represent CNC on various organized teams, there are students who compete individually in some uncommon athletic events. Larry Byvik, son of an adjunct professor at CNC, is one of these hidden athletes involved in a hidden sport.

Byvik is an active cyclist who holds district championships for the last two years in match sprints and 1k time trials. He also competes in 4000 pursuit and points racing.

Byvik began competing in triathlons during high school, and now devotes all his talents to cycling. He races for James River Velo Sport, a 12-person racing team. There are about 20 teams in the area that compete along the east coast.

Cycling is a team sport. Although the majority of the trophies given are for individuals, an individual cannot win without a team.

"You can control the field," said Byvik. "It's chess on wheels."

To become a competitive cyclist it takes great dedication of time and money. A cyclist, of Byvik's caliber, finds it necessary to ride 300 miles per week. It's also best to train on hills found north of Newport News. Expenses are incurred through travel, tournament fees and equipment.

"Anyone can become a cyclist," said Byvik. "The bike is a great equalizer." Size and sex don't have a great bearing on speed; skill is most important."

## Sports Ahead

Thurs., Oct. 8	Golf, (A) Hanover Country Club
Fri., Oct. 9	W. Tennis, (A) Division III Tournament Volleyball, (A) Dickenson College Tournament
Sat., Oct. 10	Sailing, (A) Mono Elims, Packer Trophy Soccer, (A) Mount St. Mary's Baseball, (H) Va. Wesleyan Cross Country, (H) State Meet
Sun., Oct. 11	Baseball, (H) Norfolk State
Mon., Oct. 12	Soccer, (A) Gettysburg
Wed., Oct. 14	Volleyball, (A) NC Wesleyan M. Tennis, (A) Va. Wesleyan



# Welcome to Cohen liberal arts College

The following is the second in a series of articles examining the value of a liberal education. It is by Ronnie Cohen of the Business School.

Watch for article by Lora Friedman and Dick Guthrie in the October 22 issue.

If I were to create a college from scratch it would offer a "traditional" liberal arts program in an attempt to encourage students to undertake a most difficult task... learning to question as a means of acquiring knowledge. The role of the professor would be to introduce the students to the great minds and ideas of the past and present, but not to provide answers, statistical comparisons or vocational instruction.

The curriculum would, at least on the surface, appear very similar to the distribution requirements at CNC. The first years would include required courses on Plato's Republic, the history of scientific thought, foreign language, literature, fine arts and the natural sciences. The idea of a "major" course of study would be abolished at the undergraduate level, hopefully, to discourage students from grouping what they have learned into "what I need for my major," (worthwhile course) and "what I don't need" (a waste of time).

Cohen college would have a policy of open admissions. Our aim would be to reach as many students as possible through financial assistance and scholarship. This policy, however, would be subject to the requirement that all entering students have or obtain basic skills in writing, reading and mathematics. We would offer assistance in this area, but would not permit students to move ahead in the program until a satisfactory proficiency was achieved.

Students at Cohen College would not expect to become equipped for any pro-

fession upon graduation. In fact, they would be promised that their studies would not specifically prepare them to be good corporate executives any more or less than good corporate secretaries.

go to another kind of college, or directly into the work force.

One obvious criticism of Cohen College is that it is outdated and unresponsive to a society that demands a

in thier ability to understand ideas, but more importantly to question ideas, and in those rare instances of genius, create new ideas for future students to understand and question.



*"I'VE ADMIRRED YOU FOR QUITE SOME TIME. YOU ASK INTELLIGENT QUESTIONS, MAKE PERCEPTIVE REMARKS. I'VE BEEN LOOKING FOR SOMEONE LIKE YOU... WILL YOU DO MY HOMEWORK?"*

(Although, practically speaking, they probably would be well suited as contestants on the Jeopardy quiz show). The task of professional and vocational training must be left to professional schools and corporate training programs. Students who did not desire to complete our program solely for their own intellectual development, and the natural benefit to society of having truly educated citizens, would be advised to

specialized, technically competent workforce - and really cannot justify the resources it consumes on the basis of some "measurable productivity." But the value of the traditional liberal arts education is in developing our own scholarship, in part, through an understanding of the past and the durability of the ideas of past generations of scholars. Cohen College would strive to give students confidence

**...the students would study Hamlet and Othello, the works of great artists, philosophers, scientists.**

Ralph Waldo Emerson in his essay, "Intellect" expressed the idea that all of us have a great intellectual capacity. "We are all wise... Perhaps if we should meet Shakespeare, we should not be conscious of any steep inferiority; no, but of a great equality, only that he possessed a strange skill of using, of classifying his facts, which we lacked. For not withstanding our utter incapacity to produce anything like Hamlet and Othello, see the perfect reception this wit and immense knowledge of life and liquid eloquence find in us all."

At Cohen College, the students would study Hamlet and Othello, the works of great artists, philosophers, scientists. In so doing, they would appreciate the incredible gift of their own minds. With this confidence, graduates would be able to undertake vocational training, the applied sciences or any professional pursuit with ease and competence.

## Follett to perform Cabaret show Saturday

by Ann Catherine Braxton  
news editor

Since he came to Tidewater six years ago, Rich Follett, a former New Yorker, has been following in the footsteps of the folk singers he admires by combining the art of performing with the art of caring.

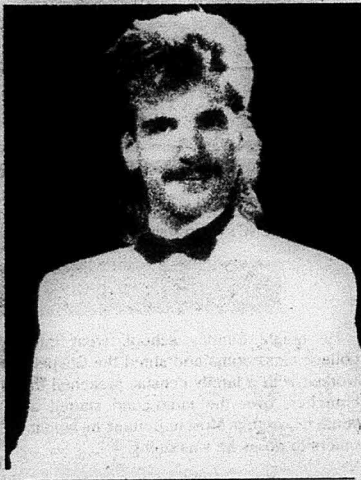
Follett received a theatre arts degree from Hofstra University in his native Long Island. A nationwide talent search resulted in three seasons (1981-83) as a Live Entertainment performer at Busch Gardens. Follett explains that he decided to stay in Virginia because "it's so pretty here and the people are so friendly, and I like breathing air I can't see."

Follett will perform what he calls a "cabaret show" in CNC's Gaines Theatre Saturday, October 10 at 7:30 p.m. It is the fifth in a series of concerts he has given

at CNC since 1985. Entitled "Keys to My Heart, Rich Follett in Concert", the show, sponsored by the Denbigh Kiwanis, will benefit the Virginia Special Olympics and the Peninsula Area Handicapped Children's Services.

Like his contemporary folk singing idols, such as John Denver, Dan Fogelberg, and the late Harry Chapin, Follett is proud of his association with humanitarian causes. His previous four concerts at CNC have raised over \$3500 for the Special Olympics. "We've always had a good crowd here," he said of his CNC audience.

Follett, who sings tenor, has also appeared in numerous Tidewater musical productions, such as Williamsburg Dinner Theater's "Everything's Coming Up Broadway," Peninsula Community Theater's "A Funny Thing Happened On



Rich Follett brings his cabaret-style show to CNC Saturday.

the Way to the Forum" and St. Paul's (Episcopal) Players staging of "The Pirates of Penzance." The latter earned Follett Port Folio's award as Best Actor in a Musical last season.

Follett, who plays flute, guitar, and piano, has recorded the albums "Heart of Glass," and the soon-to-be-released "Modern Day Minstrel" on Unicorn Records, his own label.

Follett's Saturday night performance will feature accompanist Kim Leggett, an alumna of the North Carolina School of the Performing Arts. Follett, Leggett, and publicist Naomi Marrow operate their own production company, Backroom Productions.

Advance tickets for "Keys to My Heart" are \$2.50 for CNC students and senior citizens and \$4.50 general. Tickets at the door are \$3 for students and senior citizens, \$5 general.



# Two students share powerful stories

by Laurie Grizzard  
contributing writer

This past summer, two extraordinary CNC students, Vawnetta Johnson and Gene Bullis, went on two different missions, one at home and one abroad to "share God's Word and love."

They are both members of Intersivity Christian Fellowship, an interdenominational Christian group that meets every Wednesday at noon in the Campus Center. On September 30 they shared their powerful stories about their missions, Vawnetta about her summer to the Virginia Baptist Home for Children in Petersburg and Gene about his summer in the Philippines.

Vawnetta's trip, which was funded by the General Baptist Mission's Board, was to a home where she did a little bit of everything that would help this non-funded home and these formerly neglected and abused children. She, along with her partner, Tamara Campbell of VCU, worked in the office as house parents, tutors, chaparones, chauffeurs, waitresses, and as anything else that might be needed in this home. Her main mission, she said, was to "love these kids unconditionally, no matter what."

I could feel the loving and caring pour out of Vawnetta as I spoke to her. She sparkled today, and she probably sparkled for these children, primarily teens, although she said the children would not let anyone older get to know them because of a natural mistrust they held due to their former home lives. A bright spot in her days was a five-year-old bubbly child, Debbie Tobias. Vawnetta said she would "make my day." A special Bible verse that helped her remember her mission says, "And I will make every effort to see that after my departure you will always be able to remember these things." (1 Peter 1:15 NIV)

And she does remember these children as she hopes everyone will. Vawnetta stated that these children need people who are willing to spend quality time with them.

And people are also needed who are willing to minister overseas as Gene did when sent to the Philippines by the Foreign Missions Board. Gene had to find his own financing, though. His church, Ivy Farms Baptist, became his sponsor. He also lit up as he spoke about his eight-week mission, that of teaching the Philippine people to teach others about Christ and the Bible. Gene glowed as he spoke about it being a very successful trip. According to this young man, the Philippines is the number two country in being receptive to Christianity.

He had no language problems in working with the church where he was placed in the city of Davao, because most people speak English on these islands.

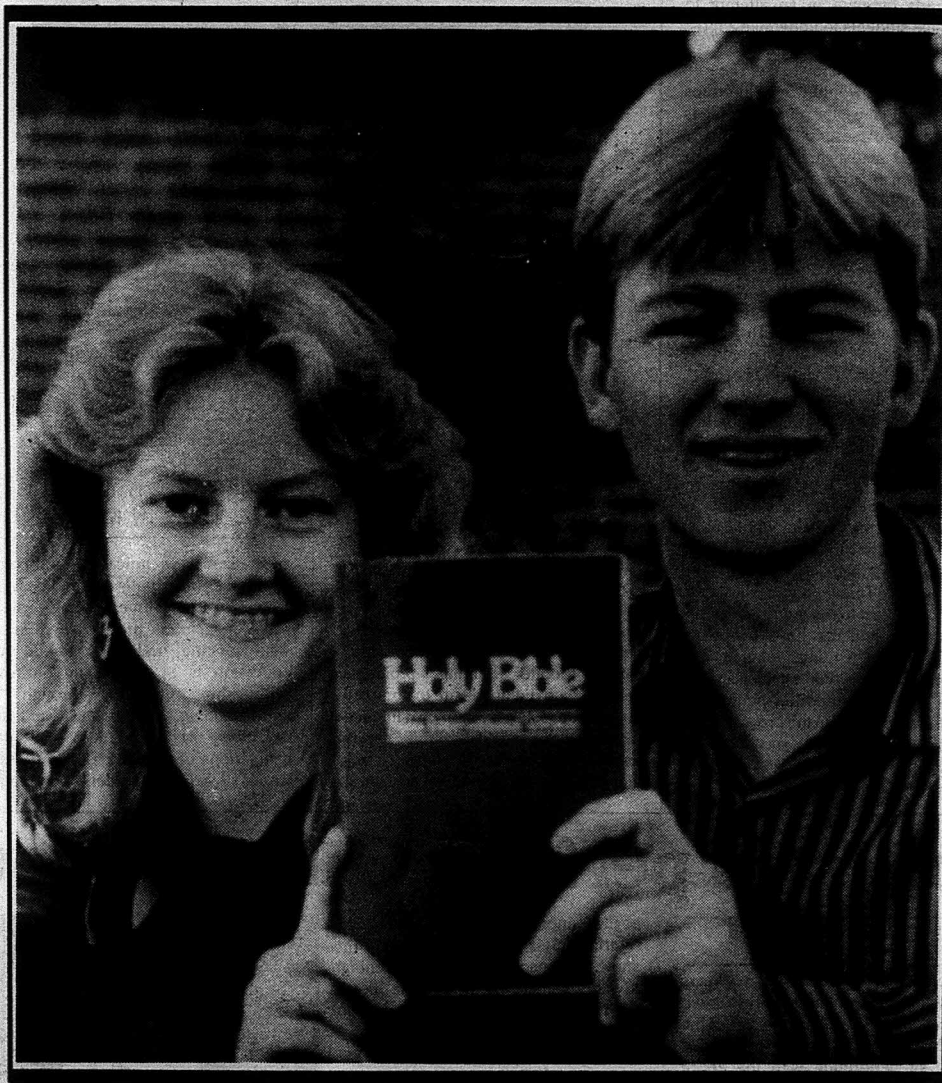


Photo by KC Howell

Gene Bullis and Vawnetta Johnson, two CNC students, did more on their summer breaks than simply earn money, like many students. The two, both members of CNC's Intersivity Christian Fellowship, went on separate missions to "share God's Word and love."

He taught Sunday school, went into college classrooms and shared the Gospel, worked with a family census, preached in churches, over the radio, and started a youth fellowship. Most important, he taught others to do as he was doing.

Gene said he was "discipling to disciple

others. After all," he continued, "that's what Jesus did. I was just there. The Lord did the work." He looks to the Bible to help explain

why the Lord willed him to go to the Philippines. "Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy

Spirit and teaching them to obey everything I have commanded you. And surely I will be with you always, to the very end of the age." (Matt 28:19-20)

These verses serve to remind us why Gene went to the Philippines, why Vawnetta went to Petersburg, and why the Christian churches have missions programs.



## Upcoming recruiting schedule

**October 12, Monday**

Miller & Rhoads  
Peabody

**October 13, Tuesday**

Kinney Shoes  
J.C. Penney Company, Inc.

**October 14, 1987**

Boy Scouts of America  
Best Western-King James Hotel  
United States Air Force  
United States Army  
United States Army Reserves  
United States Army National Guard

**October 15, Thursday**

Burger King  
Boddie-Noell Enterprises  
Wendy's International  
R.J.K./McDonald's

**October 22, Thursday**

U.S. Navy-Office of the Comptroller

**October 26, Monday**

Goodman and Company  
Bruner, Lane and McCarthy, Ltd.

**October 27, Tuesday**

Ranch, Witt & Company  
Coopers and Lybrand

**October 28, Wednesday**

Naval Investigative Service  
Defense Investigation Agency  
Norfolk Police Department  
Newport News Police Department  
Federal Bureau of Investigation  
Central Intelligence Agency  
Fairfax County Police Department  
United States Treasury  
Virginia State Police  
Hampton Police Department  
United States Air Force

**October 29, Thursday**

Roses, Inc.  
Eggleston, Smith and Company

**November 2, Monday**

Auditor of Public Accounts

**November 11, Wednesday**

First Virginia Bank of Tidewater

**November 17, Tuesday**

Computer Sciences Corporation

For information regarding majors being interviewed and positions individual companies are interviewing for, contact the Recruiting Coordinator, Debbie McHugh in Campus Center, Room 146 or phone 599-7047.

## Student life produces campus newsletter to advise organizations

by Jeanie Everett  
contributing writer

There is a NEW publication on campus AND IT IS FREE!

The Campus Organizations Newsletter made its campus debut at the beginning of the fall semester. If you participate in one of the extracurricular activities at CNC, possibly you have already been introduced to this publication. Or, if you were in the Campus Center the first week of classes, possibly you picked up a copy at the front desk.

In the event you haven't seen this publication, however, let me introduce it to you. First of all, the primary function of this monthly communication from the Office of Student Life is to provide advice to student organizations. This publication came to life so that these organizations could be reached more dynamically.

Student Life advises registered student organizations in terms of their leadership, internal operations and programs. Further, the Newsletter reinforces the positive

aspects and accomplishments of campus organizations.

The Newsletter also provides guidance for organizational development to include the basic principles for membership recruitment and, more specifically, for membership recruitment on a commuter campus.

While the Newsletter serves primarily as a communication tool for Student Life to the student, it is additionally designed to include information provided by students. Any student having information of interest to this audience should submit same in written form to the Office of Student Life by the 15th of the month. The Newsletter comes off the press the first of each month.

Each organization will receive at least one copy of this publication. About 25 additional copies of the Newsletter will be available to other interested students at the Campus Center desk. And, if you do not receive a copy through either of these sources but would like a personal copy, call the Student Life office at extension 7260.

# "Dress to Chill!"

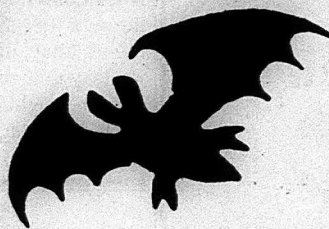
for the  
**8th Annual All-Night  
HALLOWEEN  
Party!**

**Sat., Oct. 24th — 10 p.m. to 4 a.m.  
Campus Center**

**REFRESHMENTS  
AVAILABLE!**

**All Night Movies**

sponsored by:  
**Pi Kappa Sigma and  
Alpha Kappa Psi**

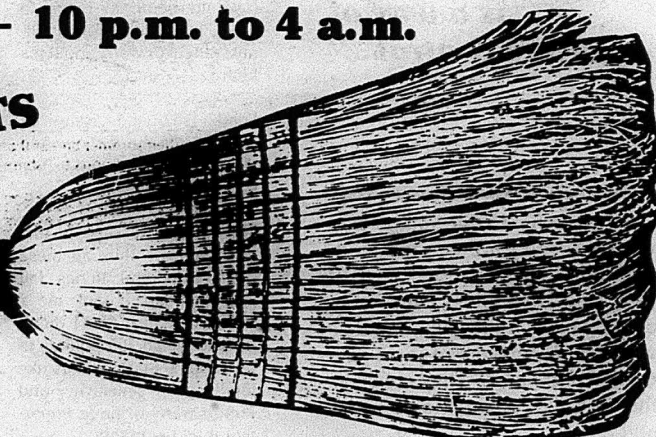


**LIVE  
MUSIC**

**D.J.  
MATT  
NEELY**

**PRIZES!**

**COSTUME  
CONTEST!**





# food for thought

## Eating Disorders:

### Thin is in – along with anorexia, bulimia

*Elizabeth Taylor? Oh please, mosquitoes see her and yell 'buffet!' I take her to McDonalds to see the numbers change. Can we talk? She puts mayonnaise on an aspirin!*

#### The Media

Those lines by comedienne Joan Rivers are more than just an example of stand-up humor. They represent an attitude in our country: Thin is in. We see literally thousands of messages in advertisements each day which tell us that to be successful, happy and desirable we must look and be half-starved. The May 1987 issue of *Ms.* reports two studies that suggest a true link between advertising messages and body image.

Dr. Alice Gagnard, of Southern Methodist University, studied advertisements in popular magazines aimed at women from 1950 through 1984. Not surprisingly, she found that most models were white, young and thin and the use of over-weight models plummeted each decade to a low of 3 percent in 1984.

***"...avoiding food is a way of asserting control..."***

Dr. Linda Lazier-Smith had women judge various-sized models from advertisements on their perceived happiness and successfulness. Ultra-thin models were by far considered most successful and happy. They chose as the "ideal" woman a size seven and a half.

It is estimated that between 12 and 20 percent of young women suffer from some kind of eating disorder. The media, many experts say, is to blame. Says Lazier-Smith: "We'd like an awareness in the ad community that the constant use of overthin models is totally unrealistic, that it's not necessary to sell products, and that it may be injuring young minds."

***"...between 12 and 20 percent of young women suffer from some kind of eating disorder..."***

Barbara, a recovering Bulimic (bulimia is characterized by bouts of bingeing on food and then purging it from your body by either inducing vomiting or taking large doses of laxatives), told her story to *U.S. News & World Report* in October 1984:

Looking back, what I was doing was eating my feelings. I would binge to block my feelings of loneliness, anger or worry about the future.

...

Food isn't the issue in bulimia. It's the feelings and the way we do or don't deal with them.

...

The media message is that once you are thin, all these other wonderful things fall into your lap. It took me a while to realize that I didn't have to weigh 105 pounds to be happy – that qualities like intelligence, sensitivity and humor were all more important than being thin.

#### THE PROBLEM

Actually, most experts agree that eating disorders like bulimia and anorexia nervosa are about more than just an unhealthy desire to be thin; they represent much deeper problems that simply manifest themselves as eating disorders.

In the April 1985 issue of *Parents*, writer Kim Brown explains that eating disorders often arise during periods of major upheaval or change in a young person's life, such as "going away to camp, boarding school or college, or when confronted with the physical changes associated with puberty or the possibility of sexual involvement."

Other experts agree, saying that anorexia is also a mask for suicidal tendencies, expressed in the young person's denial of food.

***"...once you are thin, all these other wonderful things fall into your lap..."***  
—Barbara

Says Brown: "For some young people, avoiding food is a way of asserting control over their lives, to protect themselves from overbearing parents." Indeed families, particularly parents, play a major role in both the problem and solution of eating disorders.

#### THE FAMILY

Dr. Philip C. Wilson, a New York psychoanalyst, after working with over 100 families of those afflicted with eating disorders, noted a number of characteristics shared by the families:

- The parents are very involved in the children's lives, often making decisions that should be left to the young person.



# bulimia

- "The parents are perfectionists and overly conscientious. They emphasize good behavior and social conformity. Usually they are hardworking, achieving and moralistic – too moralistic."

- One or both parents is overly concerned with food and weight.

- Emotions are often repressed by parents. "They don't tolerate depression, rebellion or hostility."

- Often, the ill child's siblings feel resentment and anger over the attention she is receiving.

**"...a number of groups have cropped up to help the parents of the child..."**

Aside from family therapy, which most experts recommend in treating eating disorders, a number of groups have cropped up to help the parents of the child with eating disorders.

The American Anorexia/Bulimia Association, which is an Alcoholics Anonymous-type organization for those with eating disorders, also hold meetings for parents, who share their experiences and feelings with other parents.

Also, free-lance writer Jane Marks reports in the April 1985 *Parents* about the formation of SPAN (Supportive Parents of Anorexics and Bulimics), a New York area group, which, like AA/BA, helps parents get over the guilt or anger they feel toward their child and inform them about the latest techniques of treatment.

## Reports of 'bulimia epidemic' inaccurate, study shows

(CPS) – Reports of the bulimia epidemic among college-age women are inaccurate, according to a new study.

A 1982 survey at one college reported bulimia affected as many as 19 percent of the women on campus, and at least one popular magazine suggested that half the women on campuses suffer from eating disorders, according to a report in the *Journal of the American Medical Association*.

that they skip breakfast occasionally.

Others characterized an eating binge as eating a large bag of potato chips while studying, while bulimics tend to consume thousands of calories at one time, often in secret, followed by self-induced vomiting," added Schotte, who co-authored the journal report with Dr. Albert Stunkard of the University of Pennsylvania.

Stunkard said the most important factor the researchers used to differentiate between bulimia and bulimic behavior was whether the respondents purged their systems after eating – especially if a laxative was used.

"That's where the great drop-off came between our survey and others."

College students, because of dating and status pressures, may be more susceptible to eating disorders, according to the report.

**"...an obsession about such patterns is not the same thing as a bulimia epidemic..."**

However, recent research conducted at the University of Pennsylvania indicates that only about 1.3 percent of female students and 0.1 percent of male students actually fit the clinical diagnosis of bulimia, or binge-purge syndrome.

"What we found is that a very significant number of people who respond to these surveys are those who are interested in eating behaviors, and that that group tends to overemphasize," said David E. Schotte, an assistant professor of psychology at the Chicago Medical School.

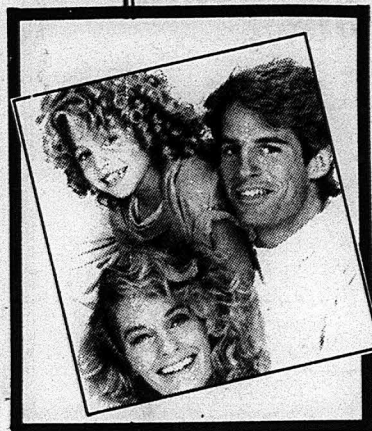
"For instance, many report that they fast frequently. On followup, we found this to mean for some

**"College students, because of dating and status pressures, may be more susceptible to eating disorders..."**

But, said Schotte, "an occasional abnormal eating pattern or an obsession about such patterns is not the same thing as a bulimia epidemic."



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# next in THE CAPTAIN'S LOG!

SPECIAL SECTION

featuring

# sex

**EXPECT THE UNEXPECTED!**

**...THURSDAY!**

*"At the heart of every style of music there is song... Recognized as accomplished writers and musicians, the Graf Brothers from Chicago treat their original music with a driving sensitivity that appeals to a variety of audiences."*

# Graf

Thursday, October 15th  
\$1 — CNC student  
\$2 — General Admission  
The Terrace  
Sponsored by the  
Campus Activities Board





**THE CAPTAIN'S LOG** is looking for your opinions, thoughts and impressions of sex and sex-related matters. Please fill out the following survey and drop it in **THE CAPTAIN'S LOG** box at the stairwell by the theatre entrance to the Campus Center. Watch for results in the special Sex & the College Student issue on October 22.

**1. CLASS**

☐ Freshman ☐ Sophomore ☐ Junior ☐ Senior ☐ Faculty/Staff

**2. AGE**

☐ 17-18 ☐ 19-20 ☐ 21-23  
☐ 24-27 ☐ 28-35 ☐ 36+

**3. SEX**

☐ Female ☐ Male

**4. MARITAL STATUS**

☐ Single - never been married ☐ Married  
☐ Divorced ☐ Widowed

**5. MAJOR** \_\_\_\_\_

**6. Mark all of the following that you consider immoral:**

☐ Homosexuality ☐ Explicit rock lyrics ☐ Group sex ☐ Prostitution  
☐ Pre-marital sex ☐ Bondage ☐ Foul language ☐ X-Rated movies  
☐ Oral sex ☐ Bi-Sexuality ☐ Anal sex ☐ Sexually explicit magazines

**7. At what age did you first have sexual intercourse?** \_\_\_\_\_

**8. In your opinion, whose responsibility is birth control?**

☐ Woman's ☐ Man's ☐ Both ☐ I don't believe in birth control.

**9. How would you describe your birth control use?**

☐ I never use birth control ☐ I seldom use birth control  
☐ I often, but not always, use birth control ☐ I use birth control faithfully

**10. Which of the following forms of birth control do you use?**

☐ I never use birth control ☐ Pill ☐ Diaphragm ☐ Condom  
☐ Foam or jelly ☐ Rhythm, without any other method ☐ IUD  
☐ Foam or jelly with other - Specify \_\_\_\_\_

**11. Is abortion moral? (Check as many as apply.)**

☐ Yes, always ☐ No, never ☐ Only when the mother's life is at stake  
☐ Only when the mother was raped ☐ Only when incest is involved  
☐ Only when the child will be born physically or mentally impaired

**12. FEMALES ONLY - Have you ever had an abortion?**

☐ Yes ☐ No

**12a. FEMALES ONLY - If yes, at what age?** \_\_\_\_\_

**12b. FEMALES ONLY - If yes, would you make the same decision again?**

☐ Yes ☐ No

**13. MALES ONLY - If someone with whom you had sexual intercourse but were not married to became pregnant, what would you urge her to do?**

☐ Marry you, keep baby ☐ Keep baby, no marriage  
☐ Have abortion ☐ Other option

**14. Have you ever used alcohol or drugs to the point that you cannot recall whether or not you had sexual intercourse?**

☐ Yes ☐ No

**15. MALES ONLY - Have you ever forced a woman to have sexual intercourse with you against her will?**

☐ Yes ☐ No

**15a. MALES ONLY - If your answer to the previous question was "yes," how?**

☐ Coersion ☐ Suggested threat of violence ☐ Stated threat of violence  
☐ Actual violence ☐ Influence of alcohol or drugs ☐ Other

**15b. MALES ONLY - If your answer to question 15 was yes, were you previously acquainted with this person?**

☐ Yes ☐ No

**16. FOR FEMALES - Have you ever been forced to have sexual intercourse against your will?**

☐ Yes ☐ No

**16a. FOR FEMALES - If your answer to the previous question was "yes," how?**

☐ Coersion ☐ Suggested threat of violence ☐ Stated threat of violence  
☐ Actual violence ☐ Influence of alcohol or drugs ☐ Other

**16b. If your answer to question 16 was "yes," were you previously acquainted with your attacker?**

☐ Yes ☐ No

**17. What would be your reaction at discovering that a student in one of your classes has AIDS (Acquired Immune Deficiency Syndrome)?**

☐ No reaction ☐ Slight concern for my own well-being  
☐ Concern for AIDS patient's well-being  
☐ Moderate concern for my own well-being  
☐ Strong concern for my own well being

**18. How much did you know about the "sexual history" of your last partner?**

☐ Nothing at all ☐ Very little ☐ Some  
☐ A great deal ☐ Everything

**19. Mark all the answers that you consider actual ways in which to contract AIDS.**

☐ Using the restroom after an infected person  
☐ Deep kissing an infected person  
☐ Drinking from a water fountain previously used by an infected person  
☐ Using the same unsterilized needle previously used by an infected person  
☐ Receiving a routine immunization  
☐ Unprotected oral sex with an infected person  
☐ Being in close proximity with an infected person  
☐ Receiving a blood transfusion from an infected person  
☐ Casually touching an infected person  
☐ Unprotected sexual intercourse with an infected person  
☐ Lightly kissing an infected person  
☐ Unprotected anal intercourse with an infected person

**20. The president has proposed a number of methods of dealing with AIDS. Which of the following proposals would you support?**

☐ Require testing of immigrants seeking U.S. residence.  
☐ Urge states to require testing of prison inmates  
☐ Consider testing of Veterans hospital patients  
☐ Urge states to make routine tests of people undergoing medical exams - especially at drug abuse and sexual disease treatment centers  
☐ Ask states to require tests for couples seeking marriage licenses  
☐ Continue requiring routine testing of military and new recruits and those serving overseas in the State Department

**21. Has AIDS changed your sexual habits? If so, how?**

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**22. If you were editor of the campus newspaper, which of the following advertisements would you reject?**

☐ For a "Woman's" clinic, offering birth control and abortions  
☐ For an "adult" bookstore ☐ For an "escort" service  
☐ For mail order "adult" material ☐ For condoms

**23. Should the campus newspaper print the names of women raped or sexually assaulted on campus?**

☐ Yes ☐ No





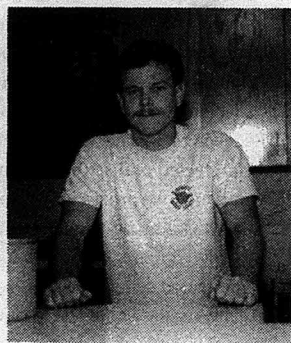
## Should CNC have its own radio station?

Photos by Renee Hoffman



Jo Stanaway  
Waitress  
Terrace

Yes. It would be nice for the students to feel like they have something that is theirs.



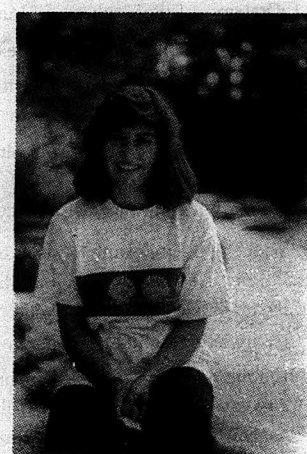
Nolan Reid  
Junior  
Finance

Yes, this college has several weak areas and one of the weakest areas is communication. Students could hear information about everything from events in The Terrace to plays in the theatre.



Muriel Ranking  
Senior  
Education

Yes. It would enhance our public image and could provide a community service.

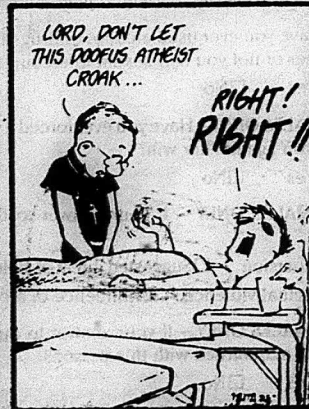
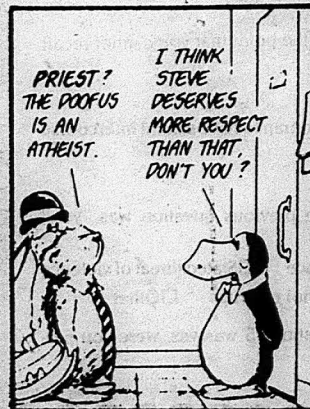


Rebecca Benham  
Junior  
Political Science

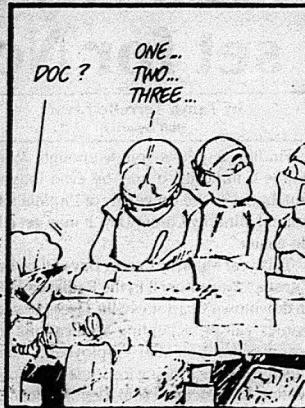
YES!! A radio station would bring more visibility for CNC. It would be a great on-campus activity, supported by the college for students to be involved with.

## BLOOM COUNTY

by Berke Breathed







## "West Side Story" highlights calendar

by Ann Catherine Braxton  
news editor

Monday, October 12 - Education majors, come running! CNC's award-winning chapter of the SVEA (Student Virginia Education Association) will hold its monthly meeting at 4 p.m. in A-105. Bring scissors and a ruler for a hands-on art workshop and lecture

"Teaching Content Through the Arts (K-12)." The talk-workshop will be handled by 12-year art teacher Gina Carpin of the Virginia Arts Education Association, who has conducted statewide art workshops.

Wednesday, October 14 - Chris Hanley of Virginia Commonwealth University, the staff sponsor of its Interspersed Christian Fellowship chapter, will speak on the topic of "Building Healthy Relationships." The weekly meeting of CNC's IVCF is held every Wednesday at noon in CC-233.

Thur., October 15 - The Credit Professionals of Newport News will receive applicants for the Veva Lloyd Vincent Scholarship until Thursday, Oct. 15. Applicants for the \$500 scholarship must be

CNC students majoring in Business or Finance with at least a B average. Candidates must submit a letter of application and a paper on credit. Mail both to Jean Hedgepeth, 100 E. Ocean View Avenue #608 Norfolk, Virginia 23503. The award will be made at the group's October banquet.

Fri., October 16 - The second installment in the CNC 1987-88 Monthly Concert Series will feature pianist Aleck Karis. Karis, who received a Master of Arts in Piano from Juilliard School, will perform works by Mozart, Beethoven, and Chopin. The concert will be held in the John W. Gaines Theatre and begin at 8:15 p.m. CNC students admitted free.

October 24 - Have you ever heard "brass chamber music"? The 1987-88 Nancy A. Ramseur Memorial Artists-in-Concert Series will open with an appearance by the American Brass Quintet. Twenty-seven years old and internationally acclaimed, the New York-based quintet specializes in a fanfare repertoire ranging from the

Renaissance to modern times. The American Brass Quintet will perform at the John W. Gaines Theatre. The show will start at 8:15 p.m. Tickets are \$7.

### Community Events

Sunday, October 11 - The monthly Flea Market will be held all day today at the Hampton Coliseum. Admission is \$1.50. No admission for children under 12.

Friday, October 9 - Peninsula Community Theatre (7610 Marshall Avenue in Newport News) presents "West Side Story." This should be a good show as it features CNC student Karen Earls as Maria and CNC alumna Carole-Sue Hansley as Anita. Leonard Bernstein's classic love musical will be performed every Thursday, Friday, and Saturday until October 31. Matinees are at 2:30 p.m. October 11 and 17. Tickets are \$7-8.

October 16, 17 - The Cultural Alliance of Greater Hampton Roads presents its 14th annual Medley of the Arts at Coliseum Mall. Continuous performances with every type of musical, dance, and artistic performance

will run from 6 p.m. to 10 p.m. on Friday and noon to 10 p.m. on Saturday. Thousands of dollars in prize money will be awarded to the best in each category of the statewide Medley of the Arts fine art competition.

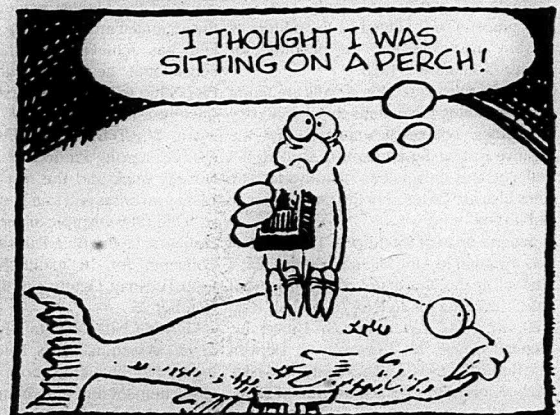
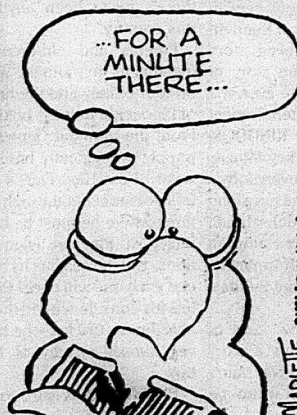
Sunday, October 18 - Country singers Lee Greenwood and Reba McEntire will perform at Busch Gardens at 2 and 5 p.m. Tickets are \$4 in addition to the \$16.95 park admission price.

Thursday, October 31 - The American supergroup The Beach Boys and Star Search country darlings Sawyer Brown will play at William and Mary Hall. Tickets \$14-\$16. Show starts at 7:30 p.m.

Saturday, October 24 - Virginia Beach Recreation Center/Kempsville will hold auditions from 1-4 p.m. for Kempsville Production's staging of "A Christmas Carol." Call 495-1892.

Sunday, November 1 - Hard-rock Christian group Petra will perform at Busch Gardens, 2 and 5 p.m. Tickets are \$3.

Friday, November 7 - Tina Turner sizzles with Level 42 at the Hampton Coliseum. Tickets for the 8 p.m. show are \$17.50.





## Police offer Redskins crime prevention cards

For the second consecutive year, the Campus Police Department is participating in the Washington Redskins Crime Prevention Player Card Program. This program is sponsored by the Washington Redskins, Frito-Lay, and the Virginia Crime Prevention Association. The football cards are free and all you have to do is ask for them.

Members of the College community are encouraged to ask a Campus Police Officer for the card of the week. Sixteen player cards will be given out for 16 weeks, one each week of the season.

On the flip side of the cards are statistics about each of the players, some "Did you know?" information about the players, and a special bonus, a crime prevention tip. For

example, in week nine, McGruff says, "It is important for you to practice home safety. Never open the door to a stranger or someone you don't trust. Never give any personal information to a stranger over the telephone."

For more information, call the Campus Police at 599-7053 from 8 a.m. to 5 p.m., seven days a week, or stop by the Campus Police office in Room 238 of the Campus Center, Monday through Friday, 8 a.m. to 5 p.m.

The football cards can also be picked up at the Information Desk in the Campus Center and at the Captain John Smith Library Circulation Desk.

## Minority career day set for November 3

by Tanya Terrelle Favor  
staff reporter

Finding a job is tough enough. When you're a minority, it may be even tougher. But thanks to the University of Virginia's 4th annual Minority Career Day, it may get a little easier.

This year Minority Career Day will be held Tuesday, November 3 in the Radisson Hotel in downtown Charlottesville. Over 110 companies will be accepting applications and resumes for potential employees. "These businesses are looking for students who are willing to relocate," said Debbie McHugh, CNC's Office of Counseling and Career Services recruiting coordinator.

The Career Placement Center is asking

that seniors make a firm registration commitment by October 9, if they plan to attend. Upon registration, the Placement Center will teach students how to write resumes and conduct affective interviews. Each resume must be approved by the Office of Career Planning and Placement in order to complete the registration process. McHugh advises that in their junior year students need to come and place a file in the Placement Office.

Christopher Newport College is providing free transportation. Students are asked to bring money for lunch. The bus will leave at 6 a.m. in front of The Campus Center. Juice, tea, coffee and pastries will be available in the morning.

### BAGPIPE BAND LOOKING FOR MEMBERS

STRATH JAMES PIPES & DRUMS invites experienced bagpipers and drummers from the Peninsula to join the group. Practices are held every Thursday evening in Williamsburg. The pipe band performs in regional parades, festivals, and other events, and competes at Eastern United States Pipe Band Association sanctioned Highland Games.

The group, in its 17th year, is under the direction of Pipe Major William Pittman, and has the services of Mr. Edwin Krintz, pipe major of the Grandfather Mountain Pipes and Drums, as tutor. Piping and drumming instruction are available. Call 566-1973 or 564-0807 evenings.

## Playboy fiction

The October issue of Playboy magazine (on sale Tuesday, September 1) features "In Love with Rachel," a short story by Steven Ploetz, winner of the 1987 Playboy College Fiction Contest. Ploetz, 27, is a student at Brown University in Providence, R.I. In addition to publication of his story, Ploetz receives a cash prize of \$3,000.

Entries are now being accepted for Playboy's 1988 College Fiction Contest, open to all registered undergraduate, graduate and part-time students. The writing competition is judged by the editors of Playboy magazine, and the deadline for entries is January 1, 1988.

Contest rules and other details are being made available to students through literary magazines, college newspapers and the creative writing departments of some 1,400 colleges and universities nationwide. The rules also are featured in the October issue of Playboy.

Second prize of \$500 in the 1987 contest was awarded to Amy Michael Homes, 25, a student at the University of Iowa, for her story, "Looking for Johnny." Marshall Boswell, 21, Washington & Lee University; Stephen Coyne, 36, University of Denver; and Robin D. Lewis, 25, University of Alaska, each received third-place awards of \$250.

# SHORTS

## N Town offer reasonable

by Tanya Terrell Favor  
consumer reporter

Recently I visited a restaurant called N Town in downtown Hampton. Upon entering, I seated myself at a table that resembled a picture of wine glasses, clean white linen and proper utensils. Ten minutes later my food arrived. The food was pleasing to the sight and plentiful. I ate until I was content while the soothing music played.

N Town is located in the Queensway Mall in downtown Hampton, adjacent to the Radisson Hotel. N Town offers a cozy atmosphere with soothing music and waiters and waitresses with a touch of sophistication but down to earth attitudes

that make you feel comfortable. On the whole this is a good restaurant. It has all the qualities of a successful business. N Town has reasonable prices ranging from \$3-\$8.

N Town's atmosphere caters to one's personal mood. So if you like relaxing, contemporary jazz, this is the place for you. Many of their customers are businessmen and others who just want to relax after a long day. Famous celebrities have been known to visit N Town for its atmosphere and food.

I recommend N Town. It has fabulous food and a great cozy and soothing atmosphere. The prices are reasonable at the service is great.

## Disney on Ice offers Pinocchio

When Walt Disney's film classic, "Pinocchio", was released in 1940, it represented the highest achievement ever in the animated arts. Today, Producer Kenneth Feld has achieved something even more sensational, he has brought the story of Pinocchio to life for the first time ever in a once-in-a-lifetime family entertainment event, WALT DISNEY'S MAGIC KINGDOM ON ICE starring Pinocchio. Mickey Mouse, Donald Duck and the rest of everybody's Disney favorites will join in on the fun along with the 1980 Olympic Silver Medalist Linda Fratianne as the Blue Fairy at the Hampton Coliseum for 10 exciting performances from Tuesday, October 20 through Sunday, October 25.

"PINOCCHIO is a totally new kind of arena attraction," says Feld. "It's a story brought to life on ice, more than two hours of excitement and entertainment without a

single blackout or pause from start to finish. It's family theater on an arena scale, and there's never been anything like that in this country."

Parents and children will be drawn together as they join the whole Disney gang on tour of Italy and the heartwarming story of Pinocchio unfolds before their very eyes. From the moment Gepetto's little wooden puppet is magically brought to life with a wave of the Blue Fairy's wand, audiences follow Pinocchio through a series of adventures where he must be brave, truthful and unselfish. Pleasure Island has its temptations, and the sea has its dangers, but in the end everyone will cheer Pinocchio when he lets his conscience—in the form of the lovable Jiminy Cricket—be his guide and proves himself worthy of becoming a real boy.

PINOCCHIO is sure to delight all ages

with a musical score which includes such memorable songs as "Whey You Wish Upon A Star," "I've Got No Strings," and Jiminy Cricket's hallmark tune, "Give A Little Whistle." Combine all this with lavish costumes, spectacular skating, hilarious comedy routines and dazzling special effects, and WALT DISNEY'S KINGDOM ON ICE starring Pinocchio is one entertainment extravaganza you won't want to miss.

### MEDICAL INSURANCE

Medical insurance application forms and brochures are now available in the Office of Student Life. Coverage through August '88 is available for applicants who return their forms to the insurance company by October 15. This is being offered to CNC students who are under age 35. Stop by Campus Center Room 189 (near the Bookstore) for your application form and brochure.

### Living museum

Most Hampton Roads residents are familiar with the tourist side of North Carolina's Outer Banks, but the Virginia Living Museum will reveal a different side—the natural side—during an in-depth nature safari the weekend of October 9-11.

Participants will take part in a variety of fascinating studies on the animal and plant life that dwell in the Outer Banks area. Complete ecosystems will be explored—from rocks and plants to birds and marine life. Some of the features of the trip include: trawling for marine organisms aboard a North Carolina Aquarium research vessel; tour of the Aquarium; hike up Jockey's Ridge; collecting and discussing creatures and plants living on both sides of the Outer Banks; night hikes; birdwatching and nature interpretations at Pea Island Natural Wildlife Refuge; marsh and maritime forest discoveries; deep sea fishing observations; historical tours; free time and more.

Minimum age without adult is 18 years. Cost is \$120 per person, \$108 for museum members; includes all transportation, two nights' lodging, seafood dinner at "A Restaurant By George," planned activities and Virginia Living Museum staff guides.



# DATELINE SHOE LANE

## PLAY BALL!

Free agency seems to be the major stumbling block to resolving the nearly three week old NFL player's strike. Owners are against it, and the fans ought to be too. Free agency would completely destroy the college draft, causing a bidding war for top players. Brian Bosworth recently signed an \$11 million contract with the Seattle Seahawks – and they had exclusive draft rights to him. Can you imagine if 26 teams had been bidding on him? Skillful scouting and recruiting should be the foundation for a good football team, not a fat checkbook.

## BUYER BE(A)WARE

A professor at CNC once said "The college isn't here to prepare you for the real world; this *is* the real world." We print advertisements for term paper and research services, as many publications do. We *don't* endorse these services. Using them is strictly prohibited, as set forth in both the college and student handbook. These companies *do* have the right to advertise. We *do* have a right to print their advertisements. And you *Do* have the right to make the decision on whether to patronize these services. Please make that decision an informed decision. *Caveat emptor*.

## DENBIGH'S SLOW BURN

While the city snatches up every property it can get its hands on downtown, Denbigh, the city's fastest growing area, is hurting. Residents are becoming fed up with over-building, traffic, crowding and destruction of all the trees. Now the city plans on putting a trash burner smack-dab in the middle of Denbigh. A recent letter writer to *The Daily Press* suggested that instead of naming a downtown bridge for Mayor Rattley, as has been suggested, the Denbigh trash burner should be named for her, so that each time it belches smoke into the crowded, over-developed, grid-locked streets of Denbigh, residents will think of her. *That* is one plan we surely endorse.

## DORMANT DORMS

In his inaugural address, President Santoro again called for the state to grant the college residential status in order to allow for the erection of dorms. But he said that the dorms should have a specific purpose in order to justify their existence. He may have been referring to plans being bandied about which would combine the residential housing complex with other facilities, such as a conference center. The college needs to give up the smoke screen of a "multi-purpose facility." We need residential housing for the same reasons William & Mary and Old Dominion University need residential housing: We are a first-class institution which attracts students from other parts of the state, as well as the country. We need dorms for dorms' sake.

Dear Editor:

An advertisement for a firm known as "Essays and Reports," which offers research papers for sale to students, appeared in THE CAPTAIN'S LOG of September 17, 1987. The Academic Hearing Board unanimously agrees that the publication of such advertisements can only lead to academic problems for students attempting to use such services.

Many of your student readers may not be aware that they are bound by the Code for Academic work, which is published in both the College Handbook and the Student Handbook. It says (in part) that "A student's name on any written exercise... is regarded as an assurance that it is the result of the student's own thought and study, stated in his/her own words and produced without assistance..." [sic]

The type of research aid that such firms offer has been historically forbidden not

only at CNC but at all institutions of higher learning.

Penalties for the proven use of such aids may range from a grade of F on the paper in question to expulsion from the College.

In order to further clarify requirements, the Academic Hearing Board will present the following addition to the Code for consideration at the next Faculty meeting: "The use of purchased term papers or research for use in preparation of or submission as one's own work is expressly forbidden."

The use of purchased research is academically dishonest and can lead to severe penalties. The Academic Hearing Board therefore believes that the publication of this type of service in a College newspaper is irresponsible and should not be repeated.

Sincerely,  
Ronald S. Mollick  
Chairman, Academic Hearing Board

## Did you ever notice...

by Patrick Rockey  
editor in chief

...that football fans say that baseball season drags on forever, while baseball fans say that football season starts much too soon?

...that people always have a number of musical instruments lying around the house that were probably used only once?

...that you get the most compliments on your appearance when you wake up at the last minute, don't comb your hair, don't shave and scrounge around on the floor to find the least-offensive smelling clothes?

...that you never actually use all those tools in the fireplace set? Or know what they are all for for that matter. I always find it easier to blow on the embers myself than drag out

that neat squeeze puffer, because the stand falls over because the puffer is a good counter-balance.

...that sometimes you throw clothes back in the drier just so you don't have to iron them?

...that people with the best cars drive them like there is no tomorrow, while those with Pintos and Vegas treat them like mint-condition classics?

...that Jim Kerr of "Simple Minds" looks just like actor Timothy Hutton?

...that many normal, sane adults get a temporary lobotomy when they get behind the wheel of a car?

...that Michael Jackson is looking more and more like his sister, Janet? Has anyone actually seen them together lately?

## SGA speaks

Hello. Is everyone reoperating from the past two weeks of (informal) mid-term exams – even though it isn't even midterm yet?

We have reviewed all of the student gov't. applications and all the positions have been filled. Everyone has been notified and we are planning our first retreat. We feel that everything has gotten off to a great start and with "our new found masses" we shall have a very productive and enjoyable year. We also invite anyone else that is interested in getting involved to stop by our offices.

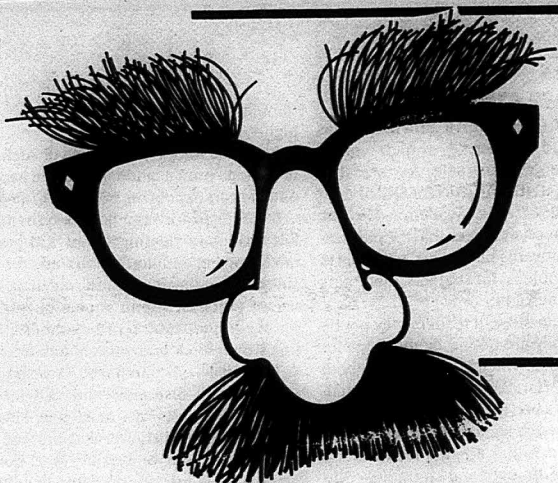
Last week three professional evaluators were on campus, sponsored by United Campus Ministries. They had an open discussion with approximately 20 students. Much valuable information about the attitudes and feelings of our students was gathered which will help us in future planning. We would like to thank all the students who participated.

A reminder to pick up your USA cards at the CC information desk and save...

This week's quote:

"A man's mind is an orchard and man becomes what he thinks. Think good thoughts and the tree grows rich; bad thoughts become dried up seeds. Life can be positive or negative, beautiful or ugly, productive or wasteful." It's all up to you. Have a great week.





# **“Joke-Off!”** with **“Tape-A-Quarter”** **CLASSIFIEDS**

**Just fill out the coupon, tape-a-quarter to it,  
and drop it in THE CAPTAIN'S LOG  
multi-purpose box conveniently located by  
the stairwell at the Campus Center theatre  
entrance – all proceeds to benefit the  
Children's Hospital of The King's Daughters.**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

MESSAGE TO READ \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# of issues to run \_\_\_\_\_

**CNC FACULTY & STAFF & STUDENTS ONLY!**

Alpine Lodge. Completely and attractively furnished rooming house limited to female college students. One mile from CNC. Semi-private rooms available now. \$135 per month with semester lease, plus \$10 utility maintenance fee. Washer, dryer, color TV with cable, completely equipped kitchen with microwave, air conditioning, major house cleaning provided. Non-smokers only. No pets. Contact Ron Mollick, Biology Department (599-7123), or Beth Mollick (599-2702), home (535-5074).

MKM: I-O-U 2 HUG...U-O-ME 1 TOO! -DRB.

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Hold on to your dreams as the years unfold and don't compromise the ideals that you hold. For on history's pages are written the deeds of those who had courage to live by their creeds. So be true to yourself in all that you do...Reach for the stars and your dreams will come true.

Sensitive Blonde female seeks Gorgeous, compassionate male for possible relationship. Leave info with a "Tape-a-Quarter" Classified in THE CAPTAIN'S LOG Box. All serious offers will be considered. -Cee Jay

I am a blondish-brown-haired, emerald-eyed gentleman who loves the arts. I seek a fun-loving companion for a possible relationship. I will pay for serious responses to be put in THE CAPTAIN'S LOG box at the foot of the Campus Center Stairwell. M. A. H.

For Sale: 1981 Toyota Celica Convertible. Excellent condition. 5sp., p/s, p/b. AM-FM Cass. Stereo, Excellent Top, Runs well. \$4650 Negotiable. 877-9510.

Dear questionably mine – I've not seen you from afar, nor from a-near; but if you like to be with me...Why don't you appear! Curiously, Bill D.

'ello, 'ello, 'ello! I'm looking for someone with a true sense of personality, and doesn't have to wear a mile of make-up to have a true sense of beauty. Obsessed with music, literature, sex and Australia. This city boy needs someone to teach me an easier way of life.

Daniel Cosgrove-Hall  
Serious offers leave personal information and telephone number in Captain's Log box.

FREE – trip to Daytona plus commission monny. Going to Florida? GO FOR FREE! Take advantage of promoting the #1 Spring Break Trip! If interested call DESIGNERS OF TRAVEL 1-800-453-9074. Immediately!

To Cee Jay from Emerald eyes, If there's ANYTHING that you want, if there's anything that you need, just call on me, and I'll send it along with love from me to you. M.A.H.

"ATTENTION STUDENTS!" Need money? Paying top \$ for A.M. shift. Flexible hours. Ideal for those with P.M. classes and those who want to work weekends. \$3.00 an hour + tips for waitstaff. \$3.35 + tips for bushelf. No experience necessary – "Will Train." Apply "Tusks Restaurant" Ramada Inn East Williamsburg between 8 a.m. - 4 p.m. Phone 229-4100.

Rhonda: I need help finding a book. It has an attractive cover, long and cool, adorned with sparkling eyes, blonde hair and a stunning smile. What wonders lie beyond its exterior? I'd like to know and my intentions are sincere. A phone call can start the pages turning. 596-4550.

TO: I'm not believin' this. Stick up for what's right. You've got the upper hand. Do what's right. FROM: All of us.

THIS SPACE FOR RENT. For just 25¢ you can have your message here, reaching the entire CNC community. "Tape-a-Quarter" works!

Bad term papers 4 sale! Guaranteed D minus or lower! Prompt service! Call 844-9311. Just "Joking-Off!"

TO: Students who put garbage in my drop box. Leave it in the back of your car like the rest of us. FROM: The Editor

TO ALL YOU LOSERS LOOKING FOR DATES IN THE NEWSPAPER: Get a real life! Find dates like the rest of us: at dark, sleazy bars. B.Y.

Lucille Ball look-alike, perky, involved in Campus government, seeks insatiable lover for a quiet dinner. 599-7197.

## **THE CAPTAIN'S LOG MIRACLE FUND:** **Help Us Help The Future**