

THE CAPTAIN'S LOG

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JANUARY 26, 1998

Parking shortages leave students, cars muddy

By Richard Strube
Staff Writer

As CNU's student population continues to grow, one of the more immediate and obvious growing pains is the increased difficulty in finding a parking space, a difficulty many students are facing on a daily basis. Currently, there are approximately 4000 commuter students enrolled at CNU. There are approximately 2000 parking spaces designated for student use. Although it is improbable that every commuter student would be on campus at the same time, the ratio of students to spaces is disproportionate enough to cause congested parking nearly every morning thus far in the Spring semester.

"I've been spending at least ten minutes just looking for a space before my 9 am class, which means I'm usually late," said sophomore Abigail Thompson.

CNU administrators have been attempting to relieve some of the bottlenecks caused by the increase in commuter traffic through a variety of means. The primary method employed so far has been the designation of certain fields as overflow parking lots, specifically, the fields behind the library, behind Ferguson, and behind the dorm. However, the recent rains have created extremely muddy conditions, resulting in half a dozen students over the past two weeks becoming stuck in the spillover lots, and having to be extricated by CNU Groundskeeping personnel driving bush hogs.

"The rain has made things more complicated," said Chief of Staff Cynthia Perry. "We are talking about putting gravel in some of the lots, but obviously we can't cover the soccer field," she said, referring to the space behind the dorm that is serving as a temporary lot. "The mud is really a mess." Perry went on to say, however, that there is less parking congestion this semester than in the Fall, and that she thinks the situation will improve. "We anticipate that as the semester goes on the situation will be improving, like it did last semester."

Another way in which CNU officials have tried to alleviate the

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Higgins' class participating in the dig

Photo by Stephanie Mojica / The Captain's Log

Professor and students get dirt on past

By Stephanie Mojica
Staff Writer

Uncertainty clouded a wet Friday in October. Students, as well as Dr. Tanya Higgins, were not sure if it was feasible to venture out into Jamestown on this chilly, rain-soaked day. After a phone call to the visitor's center, Higgins decided that despite the weather, the trip was still feasible. Ten students piled into several cars and ventured into Jamestown and waded through mud to get to the Jamestown Rediscovery dig site.

The class trip to Jamestown was an example of education taking place outside of the traditional classroom. Even though the day was plagued by torrents of rain,

the students involved still found what they saw and learned enriching. They visited James Fort, which is a 22.5 acre Association for the Preservation of Virginia Antiquities (APVA) property. On this property lies the dig site, a ten-year interdisciplinary project devoted to uncovering the remains of 1607 Jamestown.

After viewing part of the site, the group stopped by Jamestown Church as well as the APVA lab. The lab contained the actual skeleton of a young male, who had died of a gunshot wound. In this lab, all artifacts uncovered at Jamestown Rediscovery are cleaned and identified. Although a wall of transparent glass separated the lab from its visitors, it still served its purpose of educa-

tion through observation.

No one tells adjunct faculty member Higgins that she must bring in guest speakers and arrange field trips for her anthropology and sociology classes. Yet, on her own initiative, she still takes advantage of all possible learning experiences for her students. These experiences differ from most educational norms, because the majority of them take place outside the boundaries of a classroom.

Higgins has used guest speakers in all of her classes each semester. Now she is in her second year of teaching at CNU. "People in the community can teach us a lot because of their specialties in a certain subject or field. I even use students as guest speakers when possible. For example, Liz Charity, a

student in my cultural anthropology class, had visited Africa and gave us a presentation on African art."

Before Higgins began classroom teaching, she worked in fiber optics and engineering. When Antioch University asked her to teach a class in 1987, Higgins realized that teaching and research can be combined. When she worked in the industry, she did technical training. During Higgins' work, she traveled the entire United States. Whenever she had an hour or two to spare, she always visited a museum wherever she happened to be. While visiting Oklahoma, Higgins saw the

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Insert features volleyball team

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*Wesley Cline gives another humorous column about selling vital organs for a better education.
*Reporter Monisha Gill takes a look at students trying to quit smoking.
*College Press story on students trying to get healthy.

A&E

*Follow reporter Andrew Berrigan as he enters the crazy world of the Insane Clown Posse.
*New Rave Reviews reporter Shelly Heath gets stuffed at the Italian eatery, Joe and Mimma's.
*Joe Atkinson gives his view on some newly released cd's.

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Sports

*Kris Van Deusen gets totally ripped in his column in which he discusses the weight room facilities or lack thereof.
*Casey Taylor gives the inside scoop on this year's men and women's track team.

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Tribute to King on p. 3

Lean on Christ: He's been there and done that

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested (or tempted) as we have, yet without sin. Let us therefore approach the throne of grace boldly . . . (Hebrews 4:15-16a)

"BTDT." No. It's not the initials of a bank or the call letters of a new radio station or a kind of underwear. Indeed, I had no idea what it was when my son said to me recently: "BTDT, Mom." "Excuse me?" I asked. "Been there, done that," he explained, rolling his eyes at my ignorance of what everyone should know.

Well, BTDT, friends. That's how we could sum up these words from Hebrews. Christ has been there and done that! Christ has experienced all we can ever experience and more.

So we can come to him with complete honesty and assurance that he understands. Jesus is you and me. He's walked in our shoes. He knows our pain. So he says to us, friends, tell me anything I've BTDT.

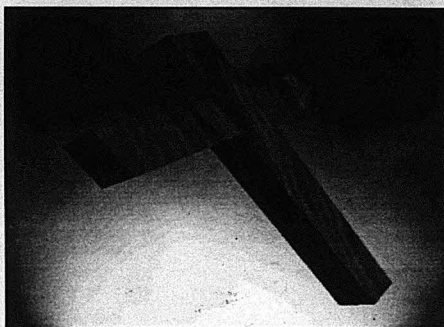
Think about the difference Jesus can make in our lives since he has BTDT. A

fellow student comes to you with the news and the one helped the other through her

that a close friend has just been killed in a car accident.

You have never lost a n y o n e close to you. How in the world can you identify with their loss? All you do is listen.

But you happen to remember another classmate who has been through the same thing and whose faith has been an inspiration to you and others. So you arrange for these two to meet. They quickly became friends



Graphic by Jon White/The Captain's Log

grief in a way you never could. She became a wounded healer. She understood because she had been there. And the other student

was able to pour her heart out to this new friend.

I love that old song called "Lean On Me." "Lean on me, when you're not strong, and I'll be your friend. I'll help you carry on, for it won't be long till I'm gonna need somebody to lean on. You just might have a problem that I'll understand; we all need somebody to lean on. So just call on me, brother, when you need a hand. We all need somebody to lean on."

We have somebody we can lean on anytime, for he has seen it all, felt it all, even being forsaken, deserted, crucified! He's "BTDT" and he's alive and well to tell us about it and to help us through it.

So, we really can approach God's throne boldly with confidence, for our high priest, our mediator who makes intercession for us, has been there and has done that. The Christ understands. He cares. He listens. So we can tell him anything.

Rev. Cheryl Harrison-Davidson is campus minister with United Campus Ministries. Her office is in the Student Center room 228. She can be reached at 595-7604 or by email: cherylhd@cnu.edu.

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problem is via the Security officers who have been directing traffic at some of the worst bottlenecks since last semester. Although Chief Bright declined to comment, it would appear that Campus Security is also under more pressure this semester, as the influx of cars causes them to spend more time coordinating with the Parking office, a task that in previous semesters was not as difficult. A spokesperson for the Parking Office said that Campus Security has been "very busy working with us every day."

With enrollment at CNU on the rise, administrators are preparing for ways to prevent the situation from worsening in future semesters. One of the ways they hope to do this is by utilizing the pending parking garage, which will be built to accompany the upcoming Sports Center, both of which are slated for completion in 2001. The garage is anticipated to have a capacity of approximately 800 cars, according to Perry. These spaces will be open for students during the day, the time of the worst congestion. By the time the garage opens in the evening for other events, it is hoped that the campus will be free of most student traffic.

In the interim, it is hoped that the opening of the Bus/Tech building in the fall will divert a significant amount of traffic. Since many students will have classes there, it is believed that parking lot will take part of the load. "During the day, we have a limited number of spaces guaranteed," said Perry. "And at night we'll have even more. That will help us out, certainly."

Higgins continued from page 1

Russell and Remington sculptures, and labels that a "good learning experience."

Anthropology became an interest for Higgins during her freshman year of high school when she had to write a paper on archaeology. She was enthralled by treasure hunting and learning about different cultures, having visited Mexico frequently during her childhood.

Ruth Hertzler, who lives in Peru, is one of the guest speakers who has presented to Higgins' classes this semester. She and her husband run a bed and breakfast in Peru, and also own a restaurant. Hertzler shared about her experiences with crime. She also set up a display in the classroom of Peruvian art and medicines, and had a student model a typical outfit for a woman living in Peru.

"Ruth Hertzler's presentation had me wondering a lot about human nature. Hertzler chooses not to live in the United States and tries to help the people of Peru. I found the concept that the Peruvians would choose to steal from somebody there

to help them a good example of the way some people are today," said student George Jefferson.

Higgins utilizes education outside of traditional classroom lectures in her own



Graves in the Jamestown cemetery

Photo by Stephanie Mojica/The Captain's Log

life. Higgins is proficient in French, primarily through self-teaching, complemented by a few continuing education classes. When she visited France, this skill was an asset. Effective communication with the French people made them more polite to her.

"I encourage all students to take and continue a language, and to travel as much as they can inside and outside the United States. Also, I suggest they try restaurants with authentic food from foreign countries.

It gives a different appreciation for the rest of the world as well as new experiences," said Higgins.

Higgins' philosophy that not all learning takes place in a classroom—that it is just a place to start—is prevalent in her opportunities for students to earn extra credit. If a student goes to an authentic foreign restaurant, has a meal, acquires a menu, and talks to the people working there, as well as present the overall experience to the class, that student earns extra credit. A student from Japan went to Ruby Tuesday's and had a hamburger for her extra credit. Other extra credit opportunities involve visiting museums or watching documentaries of an anthropologically significant nature such as "Gorillas in the Mist," "Emerald Forest," and "Iron and Silk."

As for the trip to Jamestown, after the students finished their trek through the mud and rain, everyone headed back to the CNU parking lot, and the rain eventually stopped. However, the experiences acquired at Jamestown will not be forgotten.

THE CAPTAIN'S LOG

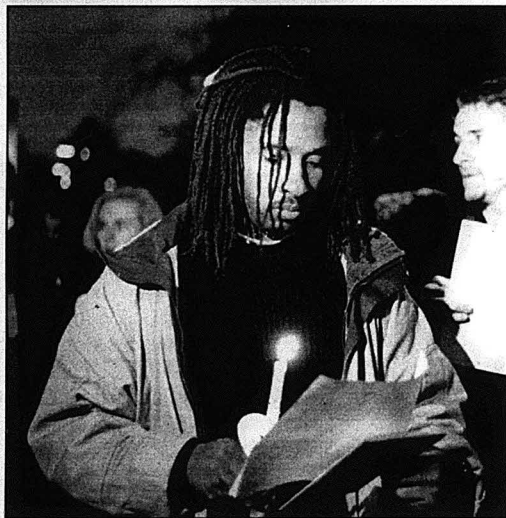
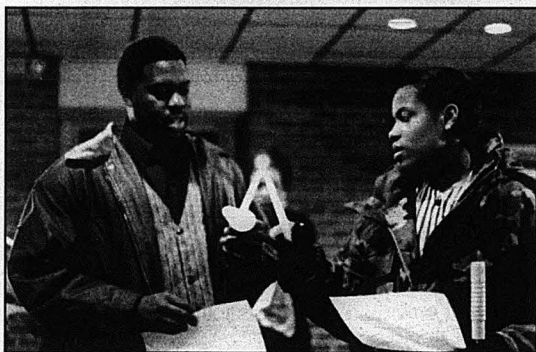
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Snap shots of a tribute to Martin Luther King Jr.



Students participate in a candlelight vigil. The vigil was sponsored by the Office of Multicultural Student Affairs.

Photos by Kelly Wells/The Captain's Log

NEWS BRIEFS

Distance learning a success

More than half of all higher education institutions now have distance learning programs, a survey has found.

At the same time, universities and colleges report they expect to spend more than \$1.5 billion this academic year on upgrading technology.

"Further, 50 percent of higher education institutions rated technology's effectiveness 'high or very high on four key dimensions: student attitude toward learning; student achievement; student faculty interaction and student self-esteem,'" said Carole Cotton president of CCA Consulting Inc., which conducted the research survey.

Distance education allows students to "attend" college without stepping foot on campus by using the Internet and videocassette or satellite broadcast courses for learning and teacher-student interaction.

According to a report by the National Center for Education Statistics two-thirds of higher education institutions did not offer distance education courses in 1995.

Currently, an estimated 1.3 million Americans are involved in electronic higher education, up from an estimated 753,000 students who were enrolled in 1994-95.

Information provided by College Press

Gospel program in Gaines

To begin its annual Black History Month Celebration, CNU will be having a Gospel program in the John Gaines Theater on Sunday, February 1, 1998 at 8:00 p.m. The program will feature former lead singer for the Ohio Players, Ronnie Diamond Hoard and other local gospel groups from the Tidewater and Peninsula areas.

Hoard is a Stellar Award nominee for his recording "It Is Written," and is the lead singer on Roger Troutman's re-mix of

Stevie Wonder's hit song "Living for the City." He is also the lead singer for the song "Jesus is the Power" from the album by English rapper Merlin.

Join the Christopher Newport University community in its opening celebration of Black History Month. The program is free and is open to the public. For more information please call Marian Carrington at 594-7335.

Cox offers internet access

For anyone interested, the Computer Center has worked out an arrangement with Cox Cable regarding cable modem usage for CNU employees and students.

As many of you may have seen in the newspapers, the local cable TV company has begun furnishing some very high speed internet access to home users. Since internet access is of great importance to us here, we talked to the cable company about doing something to help us out.

Here's the deal that is now available to CNU. Cox Cable will install their cable modem for you, once your area has had its cable service upgraded, and will give you the first two months for free. You will also be given a 30-day period to change your mind about the service and cancel the arrangement. The cost is \$39 per month when you do have to start paying, which isn't horribly much more than the cost of a second phone line, which many have invested in for use with a regular modem.

Note that 'cable modems' are literally hundreds of times faster than regular modems, and do not depend on telephone line quality for proper operation.

For details send email to dana.nielsen@cox.com, or for technical questions call Tony Matthews at 757-497-1071, extension 8430.

Herpes occurs after infection

Don't automatically blame your current sex partner if you develop signs of genital herpes. The virus may have been passed from a partner from years ago, even if you've never had symptoms before, says an infectious disease expert at Stanford University Medical Center.

"Understanding the biology of the herpes simplex virus type 2 (HSV-2) can help reduce mistaken accusations of infidelity in a relationship," says Dr. Ann Arvin, a professor of pediatrics.

"HSV-2 symptoms can appear at any time, even decades after infection. Until recently, we didn't know that most people become infected without having symptoms at the time."

HSV-2 is almost always spread by genital contact and now infects about 20 percent of the U.S. population, Arvin says. The symptoms include intermittent ulcers or sores in the genital areas. However, the vast majority of infected people do not know they have HSV-2 infection because they never develop recognizable symptoms she says.

A definitive test for the infection is not available unless a person has active genital ulcers.

Information provided by College Press

Single parent support group

The Office of Career & Counseling Services (OCCS) is offering a single parent support group. Our initial meeting is Wednesday, January 28, from noon to 12:50 p.m. in SC-146 (OCCS). Bring your lunch if you wish. Donna Griset and Doug Gallaer of the OCCS are the group facilitators. If you have any questions about this support group, please call the OCCS at 594-7047 and ask for Doug or Donna.

CNU AT A GLANCE

Monday
Tom Deluca, hypnotist
8p.m.
Gaines Theatre

Tuesday
Stress management
5p.m.
Student Center 146

Wednesday
Free throw contest
Power lifting contest
Basketathon
For info, 4-7054

Thursday
Succeeding at the university.
Learn study and note taking
tips to help you succeed.

11a.m.
Student Center 146

Friday
Interview Seminar
10a.m.
Student Center 146

Saturday
Men's CNU vs Methodist
2p.m.
Women's CNU vs Methodist
4p.m.

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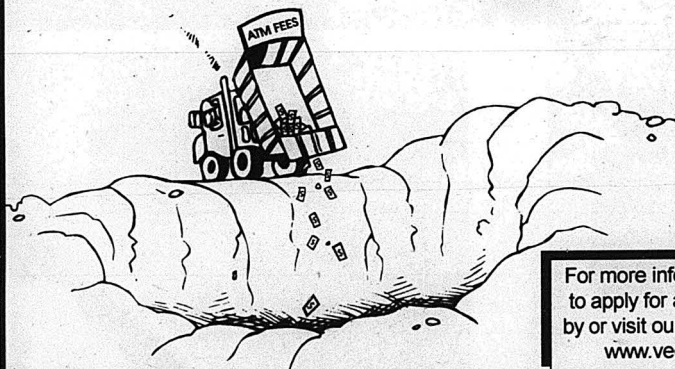
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Losing weight at top of students' list

By Christine Tatum
College Press Service

Kim Jillema, a sophomore at Grand Valley State University in Michigan, smiles when she says she successfully avoided the infamous "Freshman 15."

"I gained more like 10 pounds," she said. A desk job that limited her exercise, bags of peanut M&Ms stashed around her dorm room and late-night runs for ice cream and pizza added inches to her waistline. The extra pounds were no big deal until this last round of holidays, she said.

Whenever I tried on dresses for parties, I noticed they weren't fitting so well," she said. "I'm going to start exercising and changing my eating habits—you know, cutting back on all the junk and taking smaller portions."

It's not really the weight; it's my shape that I care about," she said.

She's far from alone. Losing weight tops most Americans' lists of New Year's resolutions, according to a recent study conducted by the Marist College Institute for Public Opinion in Poughkeepsie, N.Y. At 19 percent, shedding extra pounds ranks above spending less money

(12 percent) and last year's top pledge to stop smoking (11 percent).

Such promises are easy to make, but tough to keep—especially the one about losing weight, many college fitness instruc-

tors say. Curb your spending, and watch your bank account grow overnight. Cut out smoking, and feel better right away.

But losing weight is different," said John Poiras, a strength and conditioning coach at Marist College's fitness center. "It takes weeks, even months, to notice a difference. That's probably the biggest stumbling block that keeps people from accomplishing their goals."

There's nothing magical about losing weight; it takes discipline and a willingness to change your lifestyle, many fitness instructors say.

"You can't do this for a couple of weeks and then go back to your old ways just like you can't exercise during the day and eat whatever fatty foods you want to at night," said Jim Johnston, head athletic trainer and coordinator of exercise/sports science at Hiram College in Ohio.

Among many steps people can take to lose weight this year:

- Establish realistic goals, and vow to stick to them. The average person should not lose more than one or two pounds a week, or eight to 10 in a month, Johnston said.

- Consume fewer calories. Avoid cheeses (white cheeses are generally more healthful than yellow ones), cream-based sauces, oils and salad dressings, and choose spices instead. Count fat grams.

"Order pizzas loaded with vegetables

because they'll fill you up faster," Johnston said. "Or order pizza with your favorite meat topping, then pick it off. You'll still get the flavor and not have to eat five pepperonis on every slice."

Another of Johnston's favorite calorie reduction tricks is the "dip and stab method." "Dip your fork into a salad dressing or gravy, and then stab your food," he said. "Once again, you get the flavor and a lot fewer calories."

Lay off alcohol and soft drinks. "I can't think of one healthy thing either of them does for you," Poiras said. "They're filled with empty calories your body won't use. They make your kidneys and liver work harder than they should. If you don't want water, drink juice or sports drinks instead."

Eat less at night. "Pizza at midnight is not a good idea at all," Poiras said. "If you're eating when you're less active, you're consuming more calories you're not going to burn. It's common sense."

- Exercise more often and at your "target heart rate." "When (you exercise) isn't as important -- as long as it's at least an hour after you last ate," Johnston said. "You'll see results if you exercise four to six times a week and keep your (target) heart rate up for 20 minutes per session."

To find your target heart rate, subtract your age from 220, and calculate 60 percent and 80 percent of that number. The high and low numbers provide a healthy range for the number of times your heart should beat per minute, Johnston said.

Vary your exercise. "People have their favorites, but they should choose exercises that work different parts of their bodies," Poiras said.

"It helps them tone and condition, and it keeps them from getting bored." Aerobic exercises, such as jogging and walking, typically keep heart rates up, Johnston added.

- Make a note of it. "When people write down what they do, they can look back to see the improvements they've made," Poiras said.

- Avoid weighing yourself every day. "People get so discouraged when they don't see change," Johnston said. "The best factors to determine if you're gaining or losing are the clothes you put on every day. If they're fitting more snugly or loosely, you'll know."

- Reward yourself. "I tell people they can have one meal (made up of) whatever they want to eat—fettuccine Alfredo, french-fries and ice cream—every four days," Johnston said.

"As long as you're exercising and eating those foods in moderation and not every single day, you'll still see a difference."

Riverside helps CNU end smoking

By Monisha Gill
Contributing Writer

November is National Smokeout Month. For many people smoking has become a difficult habit to break. However difficult the task may be to quit, the benefits of ending this habit far outweigh the consequences of continuing it. Along with the pleasures of smoking come the increased risk of heart disease, cancer, emphysema, and bronchitis. As a smoker your heart beats an additional 10,000 times a day and every cigarette that you smoke shortens your life by 15 minutes. So how can cigarette smokers kick the nicotine habit?

Holly Hicks, Wellness Programming Coordinator at Riverside Fitness and Wellness Center urges smokers to try Smokeless, a stop smoking program that has proven to work. Smokeless uses stress management, positive rewards and reinforcements, attitude transformation, food management, education, motivational tools and patented negative smoking techniques in an extensive program which will have cigarette smokers off cigarettes in only five days.

The program begins with a free introductory meeting. This meeting and the materials that will be received serve as preparation for the next phase. The second phase is the Treatment Phase. Here techniques are learned that allow smokers to quit smoking with little or no discomfort. The final phase is the Maintenance Phase, this phase will see the patients through the first weeks as a non-smoker, guarding against a return to smoking. Riverside Hospital is one of many health care institutions across the country that promote Smokeless.

"Riverside has been with this program for over three years" said Hicks. "We chose this program because of its recorded high success rates, 90 percent of participants of the program are still non-smokers after one year, according to Surgeon General Reports," she continued.

To encourage CNU students to participate in the program Riverside has lowered their rates. The program will cost just \$100, \$50 less than original price, and will include a 30 day membership to Riverside Wellness and Fitness Center. If you have questions regarding Smokeless sessions, locations, dates, and times, contact Holly Hicks at 875-7525.

NEW

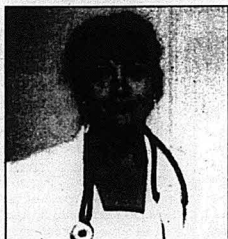
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arts and entertainment

Sideshow rejects make circus of Abyss

By Andrew Berrigan
Staff Writer

The line of wicked looking clowns stretched outside of The Abyss, each face-painted fan eagerly anticipating the show. Their Detroit spawned idols would soon put on a performance the likes of which the area had never seen. The mood was right, the stage was set. In the words of the clown himself, Violent J, "It's about time the Dark Carnival came to Virginia Beach."

What is the ICP?

Members Shaggy 2 Dope and Violent J make up the Insane Clown Posse, a band that rocked The Abyss with its presence on January 13. Also known as Joe Bruce and Joey Ulterior respectively, the duo have been in the ICP ever since its previous incarnation as the Inner City Posse in 1991. Back then, ICP was an extension of a gang, and the success of its first album, *Dog Beats*, spawned violent reactions from other street gangs in Detroit. After the gang violence had purged ICP of some of its other members, Violent J and Shaggy 2 Dope were visited by an entity known as the Carnival Spirit, a herald bringing warnings of the coming of the Dark Carnival, when punishment would be brought to evildoers everywhere. J and 2 Dope were ordained to be prophets of the coming destruction, and their warnings would come in the form of six particular ICP albums, known as *Jokers Cards*.

Since then, the ICP has made shockwaves in the underground music scene, especially in its birth place of Detroit. It was not until recently, however, that mainstream America came face to face with the wicked clowns.

In 1995, ICP signed on with Hollywood Records, a label owned by the Walt Disney Corporation. Eleven months after signing, in June of 1997, ICP was prepared to release its first Hollywood Records release, the *Fourth Joker Card*, *The Great Milenko*. Six hours after the release, however, Disney recalled the album due to its lyrical content.

There was some speculation at the time that Disney recalled the album mainly because of the pressure the Southern Baptist Convention was already giving the corporation about its gay-friendly policies. Whatever the case, recalling the album put the relatively unknown ICP in the middle of a media circus. The group got national coverage, and a multitude of major recording labels went into a bidding war over who would sign the band up.

ICP sued Disney for breach of contract, and Island Records eventually signed the Posse to a new contract. In August 1997, ICP released *The Great Milenko* under Island Records, this time with three tracks which Disney had banned from the original album even before its recall.

So what's the music like?

This is about where I come in. About a tenth of my brain paid attention to all the hype surrounding ICP that summer while the rest of my mind went about its daily business. I even saw a picture of Shag and J on TV, and immediately wrote them off as a crazy, offensive couple of white rap posers.

Several months later, I actually had an opportunity to listen to them. I was belted in a car on a fraternity road trip when one of my brothers began to play a couple of ICP albums over the stereo. By then, I had forgotten about all the stuff that had happened over the summer, and was just ex-

pecting to hear yet another batch of awful music from my tone deaf fraternity brother. But the stuff he was playing this time wasn't his usual noise pollution. To be honest, it was like nothing I'd ever listened to before. It was vulgar, gruesome, violently righteous and hilarious all in the same breath. And I loved it.

I listened as ICP condemned racists and bigots while trying to mack on a hillbilly in "Red Neck Hoe." I buckled over the seat-belt laughing as Violent J and Shaggy 2 Dopes combined circus tunes, a catchy bass beat, and utterly insane lyrics in "Hocus Pocus." And I even thought a little when I listened to J wonder aloud "How Many Times" he'll have to ask himself why. I was also amazed at how the band still "kept to its roots," constantly referring to people, places and products from Detroit. When I finally got out of the car, the tunes got out with me, stuck in my head. I was hooked.

I knew that a lot of people would find this stuff disgusting. I knew that even some of my friends

We even have these huge guns that shoot Faygo over fifty feet so its impossible not to get soaked."

After what seemed like an eternity of waiting after the two intro bands (Myzery and Cypress Hill's *Psycho Realm*) got off stage, the curtains were raised and the fun began. The stage was set up like the theme of the night—the House of Horrors. Three long columns stretched from ceiling to floor in the center of the stage, and a portrait of a clown painted black and white hung over what looked like a fire place. Two doors provided the exits for the room on stage, and a warped refrigerator or closet was in the corner opposite the portrait. The lights flashed, and the occasional maniacal bout of laughing could be heard. Every once in awhile, a monster or a blood-stained, freakish doctor would cross the stage, in one door and out the other. Finally, the bass started kicked in, and as I was crushed against the gate, two guys in monster masks shambled in and began to sing "The Dead Body Man."

The show was just insane from that point on. During and in-between songs, numerous other characters came out on stage, such as zombies, masked police officers, and a regular, "happy-looking" clown. Violent J and Shaggy 2 Dope shook up, squirted, threw and drop-kicked bottles of Faygo into the crowd (and onto themselves) all night long (the flavor of the night was root beer). A couple of



would be offended by it. And I had no trouble seeing why Disney recalled the album. I didn't really care, though. ICP was sounding pretty good to me. I only hoped that some day I could see them in concert.

So how was the show?

Now we return to the beginning of the story.

Although my own face lacked the make-up which all the long time fans had, I was just as eager to get into The Abyss. Since my first encounter with ICP, I had bought three albums. I had looked them up on the World Wide Web. I had heard about the kind of weird stuff that goes on at their shows. I was psyched.

When I got inside and up front, I was glad that I'd thought to bring a towel and an extra set of clothes in the trunk. In the spirit of remaining true to their origins, the members of ICP have an affectionate bond with a drink known as Faygo soda. Faygo is the poor man's soda in Detroit, costing only \$0.60 per 2-liter bottle. Violent J and 2 Dope grew up on the stuff as kids, and share the experience at every show, drenching everyone they can with the beverage. Violent J is quoted on the *Insane Clown Posse* home page (<http://www.insaneclownposse.com>) as saying "We like to shake up the bottles, poke holes in them, and throw them into the audience.

times, the normal-looking clowns came out and dumped entire buckets of the soda—first on ICP, and then on us. And, to be fair, they dumped and sprayed water on us too, but I still smelled like root beer when I went home that night.

The performance was not limited to singing and Faygo-slinging either. Among other things, both band members leaped into the pit and crowd surfed wherever the fans would take them, and Shag got put in an electric chair. At the end of the show, they sang "Pass Me By," a song about going to heaven while the indignant who steal from the poor go to hell. Then both the intro bands joined them on stage and helped soak us in the remaining Faygo and water. All this in one night, and for just \$10.

As I made my way back to the car that night, I was wet, sticky, covered in glitter and cold. I had just watched a couple guys dressed like evil clowns rap about eating dead bodies, drinking Faygo, having a wicked illusionist known as Milenko descend and show men the illusions of what could have been, and a little bit of necrophilia, all while using more profanity than all my other CDs combined have. I loved it. It might seem a little out of the ordinary, but it was a lot of fun. What can I say? I'm down with the clown.

alternate route

By Joseph Atkinson
Contributing Writer

It was a disappointing winter. Good music was not easy to find. Most of the stuff I did find was either keep-the-fans-happy odds and ends collections or older stuff I hadn't been able to get my hands on previously. Dare I say it was "the winter of our discontent."

Ben Folds Five - "Naked Baby Photos" (Caroline) After releasing a dazzling self-titled debut and a brilliant follow up, "Whatever and Ever Amen," America's best trio looked ready to unleash the best one-two-three combo since Elvis Costello's "My Aim Is True," "This Year's Model," and "Armed Forces." "Naked Baby Photos" does have some great moments. "Eddie Walker" and "Emaline" are unreleased classics on par with any of the band's best work. Live versions of "Underground" and Built to Spill's brilliant "Twin Falls" come off well too. The problem with the album is that there's too much filler. The live jokes "The Ultimate Sacrifice" and "Satan is my Master" should have stayed live jokes and the studio scrap "Dick Holster" should have stayed studio scrap. "Naked Baby Photos" would have made a nice EP, instead it's an inconsistent LP. Since it is an odds and ends collection maybe it's best to wait for their proper third album before the Elvis Costello comparisons get too serious. C+

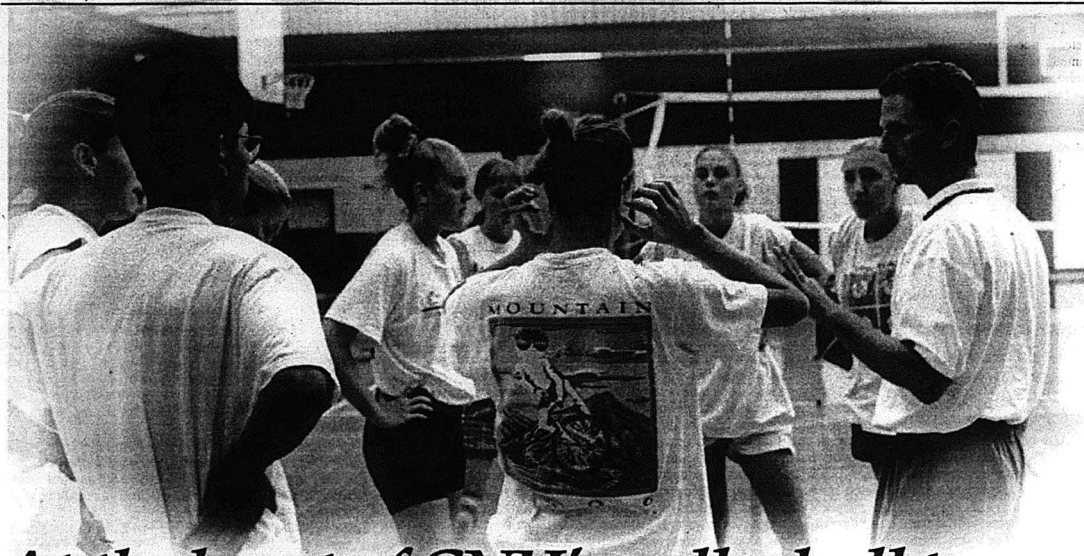
The London Suede - "Sci-Fi Lullabies" (Nude/Columbia) A double album of B-Sides? Now that's confidence. A few years ago the London Suede were set to explode on the American populace with their super punchy Bernard Butler and Brett Anderson led glam-rock pretensions. It never happened. Instead, the band took up their place as England's band of the week. But after releasing a series of top-notch singles and three great albums they proved to have a little more staying power than their average band of the week. "Sci-Fi Lullabies" is two discs worth of all the B-side material the band has amassed in its six year existence. Most of these songs could have been A-sides, they're that good. "The Living Dead" is a beautiful acoustic number, "Killing of a Flash Boy" is a great, bouncy studio take of one of the band's live staples, and "This Time" works because of some interesting guitar-piano interplay. "Sci-Fi Lullabies" has an enormous wealth of listen-worthy material that offsets the presence of a couple of less interesting numbers. It's surprisingly good for a collection of this kind. B+

Various/Soundtrack - "Good Will Hunting" (Capitol/Miramax) Soundtracks are usually miserable affairs. Too often the Hollywood types try and throw together spiritless collections by hot young one hit wonders. The soundtrack to "Good Will Hunting" is a glaring exception to that rule. Indie label folk king Elliot Smith takes up almost half of the album. His moody, acoustic, melody-driven numbers, especially "Angels" and "Between the Bars," set the tone for the collection. The Dandy Warhols, Luscious Jackson, Jeb Loy Nichols, and the Waterboys all offer unique songs that sit next to one another as if they were written by the same person. The Gerry Rafferty classic "Baker Street" and Al Green's soulful cover of the Bee Gees' "How Do You Mend a Broken Heart" work well in these surroundings too. Danny Elfman also contributes a couple of somber, well-placed orchestral numbers. A-

Cross roads

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At the heart of CNU's volleyball team

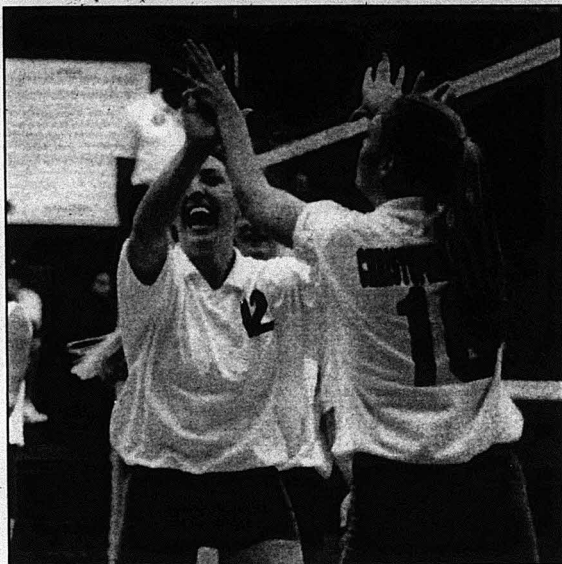
September 21 — Struggling through uncertainty

"**R**achel, set the ball higher," coach Thatcher yells again across the court.

Rachel Hull glances back, her face turning red, her expression betraying feelings of frustration. She fights to keep her emotions under control. Her determination to win has always helped to maintain her focus on the court, to maintain her intensity. Unfortunately in this game, determination may not be enough.

Rachel ties back her hair and takes her position on the court, knees slightly bent ready to attack the next pass. She watches as the ball is served and sails back across the net. There is little communication amongst the CNU team as the play progresses. The passing is slow and forces Rachel to chase the action more than usual. She struggles to get under the ball. The set is made. The ball is hit. The volley ends as both sides watch the ball fly into the net. Ferrum scores again. Cheers from the home crowd sweep over the CNU players from across the court.

"Time," Thatcher motions to the referee.



Hollie Fuller and Rachel Hull high-five each other after winning a point.

As the team walks over to the coach, Rachel is the last to leave the court. Thatcher looks at her and says, "If you can't set the ball higher, sit down and I'll put Heidi in." Rachel is shocked. Tears begin to fill her eyes as her frustration with the coach, the team and herself becomes too overwhelming. Her determination falters.

"Heidi go in. I don't want to set anymore," Rachel says as she turns and walks to the water cooler. As the team huddles around coach Thatcher and coach Chui, Rachel stays behind and sits down. Exhausted, she is ready to put this game behind her.

For Rachel this was an unexpected action to take. In her senior year, she is one of coach Thatcher's most experienced players and consistently leads the team as one of the top players in assists, kills and service aces for CNU over the past three years. The other players see Rachel as a team leader and motivator on the court.

"I'm definitely one of the loudest on the court. I really get into the game," she says. "As the setter it's my job to make noise and help keep everyone motivated. However, I worry about my team mates taking me the wrong way sometimes. I don't want them thinking that I'm trying to take complete control on the court. I'm just trying to do my job as team captain, keeping everyone focused. I wonder if I'm too determined sometimes."

With Rachel, the desire to win has always been a constant in her life. During her freshman year at Union College in Kentucky where she played left and right side hitter, she learned a great deal about playing with intensity from her coach, Joan Albury. But Rachel's desire to finish first is something that she had long before she came to college.

"I've always been an athlete," Rachel says. "My dad has encouraged me and my sister, Kristen, to be competitors in one sport or another since we were little. I guess he saw us as the boys he never had."

"My dad is a very driven person which is something he definitely passed on to me." In high school, Rachel only played volleyball in her senior year but ended the season leading the team in kills and blocks. "Dad always pushed me to be an aggressive player, to always want to win. For me winning is everything. I've never believed that you can still play a great game even if you lose. If you play great you should win."

The desire to win is not the only trait that Rachel has taken from the sport of volleyball.

"I've learned a lot about good social skills from playing the game. You have to understand someone before you can really communicate. You also have to be confident in who you are before you can expect them to have confidence in you."

Confidence is something Rachel never seemed to have a problem with according to her teammates.

"I was surprised when Rachel told me to go in for her. Seeing her upset was strange. She's usually calm and together about what's happening during a game," Heidi Jackson said. "As a setter myself, I can imag-

Rachel on the team next year."

Earlier in the season, Hollie felt discouraged with her own playing abilities. She was moved to the right side hitter position from the left side. She worked through her mistakes with encouragement from her teammates and the coaches and through hard work. "It felt strange playing outside, but eventually I got better. It just took time."

Not wanting to give up is nothing new for Hollie. When she was 15 months old she fell out of her crib and broke her right leg. This led to that leg being slightly shorter than the other. The difference is hardly noticeable to anyone but Hollie. The additional pressure on her right side can cause extreme lower back pain at times. She has also developed tendinitis in her right knee. But she does not let any of this interfere with playing volleyball. "I feel pain but it's not so bad that I can't play. At least I never let it stop me." Hollie's love for the game is what keeps her coming back each season. This love for volleyball is something that she shares with Rachel as well as the other players on the team. It's evident from the gold volleyball pendant she always wears around her neck and the way she acts to keep spirits high on the court.

"Rachel are you okay," Hollie asks as she sits next to her friend.

"I don't feel like playing anymore," Rachel says.

"Coach Thatcher said he might forfeit if you don't play."

"You're kidding," Rachel said surprised. "He told me to sit down."

Rachel leans back in her seat confused. When she first sat down she was ready to finish the rest of the game from her seat. Now, she isn't so sure. Knowing that the coach might end the game because she isn't going to play did not make Rachel feel comfortable. She also knows that the Ferrum players are probably watching the CNU team closely. Rachel knows that teams will take advantage of another team's internal

ine what she was probably feeling. It's hard to make good sets when the passes aren't as good as they could be.

"I remember being less concerned with the huddle and being more concerned with what Rachel was feeling."

As the team leaves the huddle and took its place back on the court, Hollie Fuller walks over to talk to Rachel and console her. Rachel is still very somber and is in no mood to talk to anyone. However, in the past three years she and Hollie have formed a strong friendship. "Rachel and I have always been able to talk. We share a lot of the same opinions about things on and off the court. We even play beach volleyball in the summer. We've never won big but we have a great time. It's going to be weird not having

conflicts whenever they can. Opponents become more confident if they think the other team is having problems communicating and especially if there seems to be conflict between a coach and a player.

The last few seconds of the time out are spent with the two friends quietly talking. Despite everything else, Hollie's presence makes Rachel feel better and her encouragement makes an impact.

As Rachel takes her place back on the court, her teammates welcome her with smiles and nods of understanding. Rachel is less vocal than usual as the game begins again. She is curious about what affect everything that just happened will have on the team and what their reaction will be. However, CNU seems to play with more consistency. The team eventually loses this game 7-15 but fights back to win the third game 15-13. Unfortunately, the match ends with Ferrum winning the last game 15-9. CNU loses its first conference game of the season, but the players leave the court the same way they went on, as a team.

Later, Coach Thatcher talks to Rachel about his outburst, why he did it, what kind of impact he hoped it would have. Both player and coach came to an understanding about the whole situation. Rachel's respect for coach Thatcher never wavered. Thatcher's belief in Rachel's ability to play never faltered. The stress of that game that weekend simply got the better of the two.

October 26 — Putting up with road trips

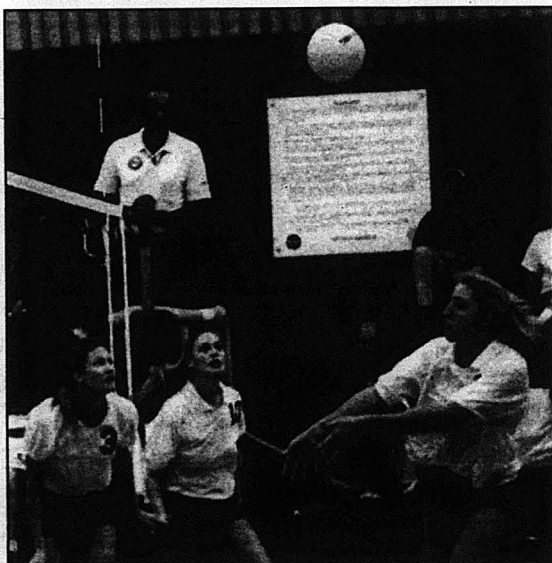
Wearing sweat suits and carrying oversized gym bags, they look like a group of girls ready to go to camp. The team huddles together as they walk around Ratcliffe gym. Sounding like bumble bees gathering around a honey comb, they talk about one thing and then another in no particular order. Their happy, relaxed mood matches the sunny, warm October day.

"I've got bad news," coach Chui says as he walks with the volleyball team. "We're only taking one van."

The group releases a collective sigh as their smiles fade into frowns. "I hope we're taking one of the good vans," a shout goes out.

Coach Art Thatcher stops in front of the next to last van. He shrugs in apology as the ladies of the volleyball team look less than thrilled about taking a single school van for their last season game. The team's experience with these vans has been anything but enjoyable. On one weekend, Thatcher reserved two vans, but because of scheduling problems with the ladies soccer team he ended up with only one, and it wouldn't even start. When the team finally got a van it broke down in New Kent county on their way home. The team finally got back to the school at one in the morning. Add to this seats that have springs that feel like they are going to bust through at any moment, and an increasingly obvious lack of leg room, and it is clear why the vans are not popular.

Rachel scrambled to dig a spiked ball while Hollie and Dana Forrest move into position.



The vehicle quickly becomes crowded as the players crawl one by one into their usual seats: Dana Forest, Amanda Adkins and Heather Vaden in the first row; Rachel Hull and Hollie Fuller in the second; Miranda Swaim and Stephanie Parent in the third and Heidi Jackson in the last seat with guests accompanying the team. The group settles in as they prepare for the three hour trip to N.C. Wesleyan College in North Carolina.

"It feels like a sauna in here," Miranda says, as everyone waits for the coaches to get the trip started. Heidi opens the windows in the back to make things more comfortable.

As the van pulls out of CNU, it feels like any other away trip for the team. However, this is the last game of the regular season, and for the two seniors, Dana and Rachel, this is the last regular season game they will play as CNU Lady Captains. Neither is really occupied by this thought though. Instead, they prepare for another road game with their teammates.

The whole van shudders as coach Thatcher turns onto the on ramp leading to the Monitor Merrimac tunnel. The shocks seem to absorb almost none of the rough spots in the road. The team pays little attention to the rattling the entire frame of the vehicle makes as it goes over another bump.

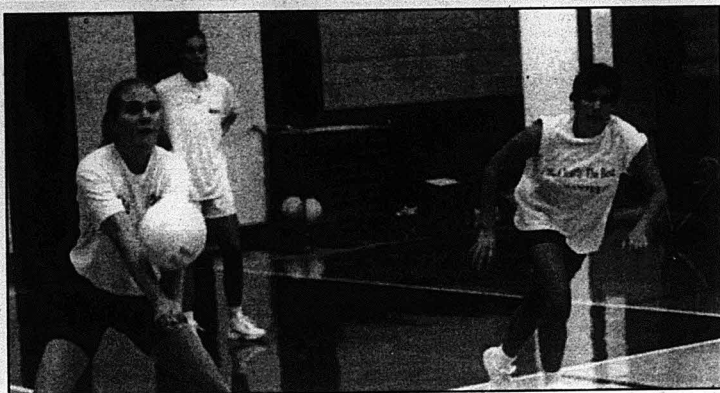
Stephanie and Heidi begin talking about an upcoming test in their history class. "Can you believe those questions," becomes the consensus of thought concerning the last test. The friendship between the two has blossomed over the past two years. They were teammates at Hermitage high school, but it wasn't until they came to CNU that they became friends. During their freshman year, Heidi and Stephanie were roommates in Santoro Hall. "It made things easier living with someone that understood my schedule and could relate to what I was going through," Stephanie says. Both players believe that being there for one another off the court helps build a more confident relationship between the two on the court. "I'm more passive depending on who I'm playing with," Heidi says. "If I'm setting and Stephanie is mid hitter, I just know she'll hit the ball." The time they spent playing together at Hermitage and the time they've spent working together at CNU has clearly lead to the two being able to help each other more as both teammates and as friends.

The van's coverless speakers begin to fill the vehicle with more static than music. Fields of cotton flash by as coach Chui tries to find a station to quell the impending mutiny to the classic rock station he originally tried.

Dana takes her high school year book out and shows it to Amanda. Rachel and Hollie lean over the back of the seat to get a better look, and a discussion soon breaks out over the hair styles they see. As the van speeds by a dairy farm, Hollie suddenly pops up, "I'm getting a cow," she says smiling. "A dark brown one." Everyone grins. Hollie's love for animals is well known. She already owns a pot belly pig named Emma.

"She's my baby," Hollie says, her eyes filling with a mother's pride. "She wakes me up at six fifteen every morning which is good. It makes sure I won't be late for morning practice." Hollie's face lights up in a large smile just thinking about her "baby". She absolutely enjoys caring for and raising Emma.

Dana flips through her yearbook some more. She stops at the prom review section as Amanda and Heather look on. They begin making comments on which dress looks the best and remembering what



Amanda Adkins passes and Heidi Jackson moves to set.

they wore to their proms.

Like any road trip, things eventually quiet down. Some of the girls recline in their seats, attempting to find a comfortable position. Others talk in a murmur that mimics the hum of the van's engine as it speeds along. Stephanie looks back down at the textbook resting on the pillow in her lap. She rarely glanced at the book during the first hour of the trip, getting caught up in the conversations around her, but it was always opened waiting for her to read another paragraph, to look back over another chapter. She never puts it away or visibly gives up on the hope of studying a little more even if it is only for a moment.

For Stephanie, dedication has always been a standard in her life both as a student and as an athlete. During high school she was a MVP in softball, basketball and volleyball. Despite the demands this type of schedule places on someone, she still managed to remain an honor roll student. However, she has discovered success is a little more elusive at CNU.

"It's hard doing everything—working, studying for school, having a social life, playing volleyball. Last year I had a problem slacking off. I would get organized then fall behind constantly," Stephanie says. "But now it's actually the season schedule that helps me balance my time."

Another change for Stephanie is the lack of the spot light on her as a player. This year she is playing opposite on the back row rather than as mid-hitter. "I sometimes feel unrecognized on the court. But I love just playing the game. Besides, my passing and digs have really improved." She has always believed in being there for the team regardless of her position. "Winning isn't everything. Playing as a team is."

However, just being able to play has been tough for Stephanie this year. Two months ago the chronic abdominal problems she has dealt with all her life became worse. The pain has become more intense and sometimes she can't eat. Stephanie now keeps a daily log of every meal just to make sure she is maintaining a healthy diet. As inconvenient as this is, it is not the worst part.

"I don't like the tests," she says. And for her, tests have become all too common and painful this semes-

ter. "They make me feel worse. Earlier in the season, the doctors wanted to track special capsules through my system. Eighty percent of the capsules were supposed to dissolve within the first day. Twenty four got stuck in my system and didn't dissolve for four days."

Stephanie takes so much pain medicine sometimes that it comes close to knocking her out. The affect on her as a player has been obvious. "Some days I couldn't do anything right on the court. I don't like feeling that I'm letting the team down. So, I would eventually feel even worse." However, she stays motivated to play volleyball. She loves the game and loves being part of the team. The doctors still have no idea what is causing Stephanie's problems, but she hopes they figure it out soon. She hates tests.

As the team's van continues to bounce down the highway, a sight that would quicken the heart of any cramped, hungry traveler slowly rises out of the North Carolina countryside, a combination Subway/Taco Bell/gas station. It's meal time. A familiar sight to everyone, the players begin to stir, their eyes filled with anticipation. They watch what has become their version of an oasis get closer.

When asked about road trips, the team's consensus is that they hate traveling for obvious reasons. However, the one thing they don't mind are the eating arrangements.

"The school pays for our meals during away games," says Miranda. "I don't really like to cook at home, so for me, a free meal is great."

As the team enters the Subway/Taco Bell/gas station, they automatically break up into two groups. Stephanie, Heather, Hollie, Amanda, Heidi, Dana and coach Thatcher make their way into Subway. Coach Chui, Rachel and Miranda choose Taco Bell. The two sections are separated by an aisle which is flanked by the typical newsstands, snack stands and chest high walls with the typical assortment of fauna and flora—all fake of course—that any traveling family expects from a highway oasis.

The team has little time to enjoy their surroundings. As soon as everyone has their food, they all pack themselves back into the van and are off again. The group is quiet as they carefully eat between bumps and bounces of the road.

The closer the van gets to N.C. Wesleyan the more talkative the players become.

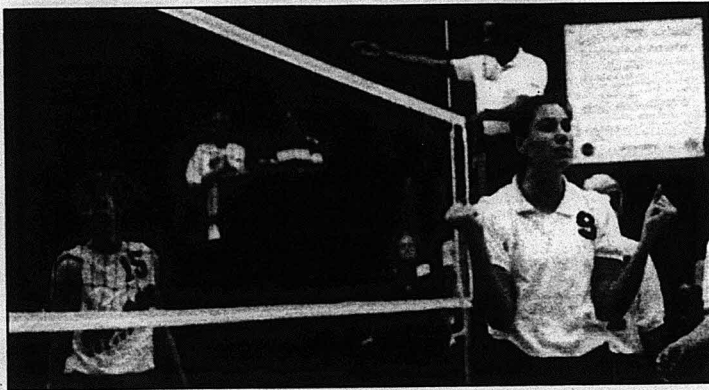
Stephanie and Miranda begin telling everyone the captain calls they came up with the night before. A captain call is a shout out that they would use whenever their opponent makes a mistake. The team never actually uses these phrases, but Stephanie and Miranda enjoy making them up.

"I liked 'we'll make you walk the plank'," Stephanie says. "And, 'there's no mercy on the high seas'."

Miranda sits up, "Don't forget 'do you have a peg leg' and 'man overboard'." The two roll back in their seats laughing. The rest of the team just smiles and watches quietly. Stephanie and Miranda finally turn their attention to making fun of the new musical group Hanson.

While admiring evening gowns in a fashion magazine, Hollie suggests the team should have a formal dinner together before the semester ends. Everyone likes the idea and dates start getting shouted out. Hollie takes out her calendar, coordinating a good time for everyone. Heidi mentions that she might not have anything to wear and Stephanie tells her that she can borrow something of hers. Slowly, the team

After losing a point to Ferrum, Miranda Swaim shows signs of frustration as the official signals the point.



works out the details among themselves. This is their last chance to do something together before they go their separate ways at the end of the season.

The lady captains are in a good mood as they approach the entrance to N.C. Wesleyan College.

"I hope they have a radio," Miranda says as the van pulls into the parking lot.

"They always play music," said Hollie. "They like to play it loud too."

Miranda and the others smile. They like listening to music while warming up. It helps keep them relaxed before a game. The team always does well if they are confident and feel good about things. Tonight winning is important. N.C. Wesleyan is not just the last game of the season. The lady bishops are also a fellow conference team.

October 26—CNU vs. N.C. Wesleyan, the last game

"We can win this," CNU coach Art Thatcher says as his team gathers around him. "Just concentrate."

As the lady captains and the N.C. Wesleyan bishops huddle around their coaches, the CNU players are smiling. Their opponents are not. The Wesleyan team watches their coach closely, a stern look of concentration on each face. The lady bishops are poised to win a second game.

"You know what you need to do out there. Stay focused," Thatcher says trying to rally his team. "We can beat them."

The players nod in agreement. They jog back to their positions on the court and wait. Their eyes are fixed on their opponents. The crowd starts to get rowdy. Jeers for specific CNU players are yelled out from the bleachers. "Come on number 7 get that ball," a group of Wesleyan students yell smiling. Amanda turns around and blows the group a kiss. Her teammates' mouths drop open in shock. Amanda's reaction to the crowd is usually nonexistent. Her reaction on this night only feeds the frenzy of the crowd. The lady bishop's coach eventually addresses the students in the stands and insists that they act with decorum during the game out of respect for the players on both teams. Meanwhile, the N.C. Wesleyan players remain calm and focused on the game. At this moment, they possess an edge on the court. Their actions are methodical but seemingly unstoppable, like a locomotive picking up momentum going down hill.

CNU struggles to gain three more points and then stalls. The bishops continue to take advantage of CNU's problems hitting and serving the ball. They score point after point until they are up by eight. Thatcher calls one more time out. His players form a loose circle around him.

Some linger at the water cooler. The smiles that were present before are now gone. Their eyes are down cast or wandering through the stands, never truly focused on the coaches. After a brief pep talk, the team slowly makes it back on the court. They step heavily into their positions on the floor. Their shoulders sag; their bodies seem less tense, almost too relaxed. The lines of concern on their face overwhelm their eyes. Few words are spoken.

As a mirror image, the N.C. Wesleyan players jog back on the court. They are rolling back and forth on the heels of their feet in anticipation of the next serve. Their posture is upright. They stare straight at the lady captains. Their concentration is etched on their faces as if they were marble statues. Their presence on the court commanding. The game picks up where it left off. N.C. Wesleyan goes on to win.

However, the lady captains refuse to give up. CNU had made a season of fighting back against the odds. They began to realize tonight would have to be no exception if they wanted to end the season as winners.

The team could end the year in third place if they win. They will drop to sixth place in the Dixie Conference if they lose one more game and subsequently the match.

"Come on, lets win this one, focus ladies," the players say to each other as they recoil into their positions ready to attack the next serve. The defensive play of the team is on the mark. Hollie makes a great pass to

Rachel who sets the ball perfectly for Amanda to knock it right through the lady bishop's line, a kill. CNU has one last chance to turn the game around.

The team seems possessed now with the desire to win. They've lost two games already. They can't lose another. The players stare through the net at their opponents in the way a lion stares through a bush, picking out its prey. Stephanie steps up to serve. She reflects the new intensity that is slowly working its way through her teammates. Zoning out the noise of the crowd, she concentrates on each move she makes, on the ball resting in her hands. Stephanie raises it above her head and strikes. The lady bishops fall lunging forward. They don't even touch the ball. Stephanie's serve is an ace. This sets off the lady captains. The players sway back and forth in their positions their hands stretched out in front of them waiting to attack the next return. However, at this moment, they are only spectators in the game. Stephanie steps up to serve three more times and scores three more aces. CNU wins the third game 15-10.

The N.C. Wesleyan team staggers back to their coach. For the first time in the game, the lady bishops look exhausted and worried. Their haggard expressions seem to acknowledge the fact that they just might lose. It is obvious to everyone that the mo-

stars fill the North Carolina sky. Each player is quiet, lost in her own thoughts. For Dana and Rachel this is the end of a long journey. They will never again stand shoulder to shoulder with their teammates on some distant court to face another opponent. They can only watch now as the others travel on to face the challenges of the future. But at this moment crammed into a van speeding down a dark highway they're still a team, the CNU Lady Captain's volleyball team — tired but happy.

December 2—Coach Stephanie

The players gather around their coach. Their faces are lit up with excitement. Their eyes are wide open taking in everything. They lean in as close as they can to hear every word the coach has to say.

"Concentrate on your serves. Do the best you can. Go with what you feel comfortable with," Stephanie says as she makes eye contact with each player. She shares a look of confidence with each one. "Don't worry about how long you'll play. Tonight, everyone will get a chance." The gym's buzzer sounds and the Hampton Academy junior varsity volleyball coach sends her team out on the court to warm up.

Coach Thatcher's wife, Lisa, who coaches the Hampton Academy varsity team, suggested that Stephanie take the jv position when it opened up at the end of the fall semester. Stephanie had watched all season as Amanda would go off every day after classes to coach the Western Branch high school boys varsity team. She never thought about being a coach herself until Lisa approached her. Now, she looks forward to making coaching part of her future.

"I love coaching. It's the highlight of my day," Stephanie says. "I've learned more about what it means to be a coach, the importance of listening and communicating with your coach."

She stares out at her players on the court. "They remind me of myself at their age," she says with a smile.

The buzzer sounds once more and the teams huddle around their coaches for one last pep talk before the game begins. Stephanie calls out the players that will start the game and then she sits, clipboard and pen in hand, with the rest of her team. For seven of her players this is their first time playing in an actual volleyball game, which works out fine. This is Stephanie's first time coaching an actual volleyball game.

"Coach Stephanie" quietly watches her team as they prepare to play the host team, Alliance Christian. Her eyes are focused as she yells encouragement from the bench. As the games progress, she becomes more animated stepping up from the bench to point out where players should be on the court. After losing the first two games, the Hampton Academy team gathers around their coach. Pen in mouth, Stephanie refers to her clipboard to help illustrate strategy she wants her players to use. Her number one lesson for the players is communication. Right now, playing as a team is more important than anything.

Her team jogs back onto the court ready to face their opponents one last time. Stephanie leans forward intently watching each play progress. The Hampton Academy players begin to come together on the court. Passes lead to sets which lead to hits that sail across the net to become kills. Serves become aces and volleying becomes a team effort. The team takes an early five point run and turns it into their first win of the season.

Smiles are everywhere as the players come off the court, but no smile seems to be as bright as their coaches. She shines in the moment with her players. On this December night, a group of young ladies have taken their first step in what may be for some a life long journey. For those that stay the course, they will discover that it is a journey filled with as many disappointments as victories. But, they will also soon discover that it is a journey filled with moments of great joy. A journey that their coach is far from finishing herself.

Shouts of "Coach Stephanie" break through the noise of the crowd as the jv coach of the Hampton Academy volleyball team is surrounded by the happy faces of her team.

"We won!"

By John Bailey
Photos by Mike Leonard/The Captain's Log

Stephanie Parent practices Thatcher's lessons.



Anne Rice plays lullabye with "Violin"

By Jennifer Schuetz
Contributing Writer

"He came before the day Karl died," so begins Anne Rice's latest novel, *Violin*. This time the heroine is Triana, suspiciously described as Rice, who has just lost her husband, Karl, to AIDS. The "he" refers to Stefan, a ghost from the time of Beethoven. Stefan plays beautiful music on his long Strad violin that seduces Triana into his world. He takes her into her past life through a sequence of dreams, back to when she lived with her alcoholic mother, and back to when she lost her daughter Lily to cancer. Stefan is lost in this world and is afraid to go to the other side. Triana steals his beautiful treasure, his violin, and begins to play wonderful music that she did not think she was capable of playing. When she does not give back his violin, he tries to get it back by showing her how much it means to him. He plays back his memories for her that include how he saved it from a fire and how he died trying to retrieve the violin from his father's casket. The tactic does not work, and Triana holds onto the violin and becomes a famous musician

within the year. Near the end Stefan returns inviting her to Rio, where supposedly her Lily has been reincarnated, to try and take the violin again. While Triana is giving her performance in Rio, he tries to steal it by showing her her dead family members and playing on her guilt, but she is too strong and she tries to tell him to go into the light, but he refuses. Later that night, he asks to meet her again and he tells her he is afraid to go because he thinks he will take her newfound talent as well. This finally makes Triana give him back his violin and he goes into the light. One of the subplots involves Triana's search for her long lost sister, Faye. Of course, as soon as she returns the violin Faye is found and sent to Rio to be with the rest of the family.

Rice attempts to let the language in the book flow musically, which seems to start off right, but is not consistent throughout the book. Her dream sequences are the best demonstration of this, especially the first time he takes her on a trip through her guilty past. Stefan preys on her guilty feelings for letting certain family members die, even though there was nothing that she could do for them. Mostly the language is musical because she defines events in her life with

a soundtrack of Mozart, her happy guardian, and Beethoven, the captain of her failures. Also, at the beginning it seems to flow because she seems to be in shock over her husband's death.

I felt the book failed because it seemed that just as she discovered Stefan, the book ended and we never really knew why he was there or what he was doing with Triana. We discover that he was a lost soul, but there was never a connection made as to why he picked out Triana to haunt. Also, when Faye returned we never learned where she had been hiding or what she had been up to because they were just happy that she returned. But as a reader that does not satisfy my curiosity of Faye's whereabouts. Whereas Anne Rice's previous book *The Witching Hour* contains an excessive amount of history and background information, this one seems to be lacking the history and background. I was really hoping for the start of another interesting family series but what I found was not as interesting as I had hoped. It seemed to drag to the point where I could not wait to be finished with the book and be able to pick up *Interview With a Vampire* and read one of her works that is true to her talent as a writer.

Rave Reviews

By Shelly Heath
Contributing Writer

Joe & Mimma's Italian Restaurant and Pizzeria
694 J. Clyde Morris Blvd.
(757) 596-6664

Hours: Tues. & Thurs. - 11 a.m. to 9:30 p.m.
Wed., Fri., Sat. - 11 a.m. to 10 p.m.
Closed Sunday and Monday
Entrees - \$15.95 and under

After having more than my fill of the traditional holiday cooking that was sent home with me by the bag full, I decided that I was in desperate need of a restaurant that offered food as far from turkey and stuffing as you can get. There were eight other family members who agreed, so we needed a restaurant that catered to both large parties and the three children under five who accompanied us. Joe & Mimma's was the answer.

On a Thursday around 7 p.m., we discovered a packed parking lot and restaurant. Being greeted at the door by Joe himself was impressive enough, but even more so was his haste to prepare a table for us in the extra room that was not yet being used that evening. The well lit restaurant was filled with the smell of fresh bread and sauces, and quaint decor.

The menu offers everything from a salad and a sub to veal parmesan and shrimp scampi. If that doesn't get your juices flowing, try a nice cold beer and a special or try pizza with homemade dough and sauce. Got a favorite pasta? Choose from ten different sauces to accompany it. This route allows you to order a regular meal - which includes a house or Caesar salad to enjoy first - or a child's portion - the same size serving for less money, salad not included so you can enjoy an appetizer first or save room for dessert.

A few in my party opted to try appetizers. The Garlic Knots (homemade dough knotted and smothered in garlic and herbs) arrived hot out of the oven and the breadsticks were served with a thick and chunky homemade marinara sauce. The others who decided on a salad, myself included, were impressed by the fresh, crisp greens. There were many compliments on the house dressing and the dressing on my Caesar salad was excellent.

Though some may disagree, it is possible to get your entrees too soon. I commend the chefs for their speed on a busy night, but I was a bit disappointed that I had to choose between my salad and my entree.

The entrees left nothing to be desired. Under the bubbly layer of cheese that covered my vegetable lasagna, I found more of that homemade marinara accompanied by large chunks of broccoli, carrots, peas, and onions. I also sampled a variety of other entrees: the eggplant parmesan was crisp not greasy, well cooked in the middle, and the chicken alfredo was as rich and creamy as it looked. Most impressive, in my opinion, was the Frutta Di Mare, an incredible combination of shrimp, crab meat, and scallops sautéed in tomato sauce and served over pasta.

The waitress remained mostly attentive throughout the entire meal and had no problem with our request for separate checks and take home boxes. As for desserts - if I had stopped at the salad and appetizers, there may have been hope; unfortunately, everyone else felt the same immobilizing fullness that I did. On our way to the register to pay our tab, Joe appeared once again to ask if everything was to our liking and requested that we return soon. I am quite sure that it won't be long before we take him up on his offer. Perhaps next time someone will have room for dessert.

Dive into the Captain's Log as a graphic artist



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Wes's World

By Wesley Cline

Selling your organs for an education



Despite my stellar performance at my work place, I did not receive a huge raise or even a large end-of-the-year bonus, unless you count the night when I found the supply cabinet unlocked and restocked with my favorite brand of pen. I couldn't believe that I was not being rewarded for single-handedly speeding up our work for the last three months. Of course, often it is not considered a real improvement to offend and subsequently lose most of one's best clients, but it did mean we were finished with our work quicker than my bosses ever thought possible.

Since I had already spent my savings in the confidence that I would be receiving a raise of colossal size just in time to pay my tuition, I was in trouble. However, by selling a few of my less vital organs, I was able to pay my tuition bill and buy my books.

The books were not a purchase I was even certain that I would make. One of my friends always reminds me at the beginning of each semester, "Tuition, you have to pay; but books are always optional."

I tried that once and found that not having the books to read really made the class a great deal more difficult, especially my math classes. The odds of generating the right numbers for Statistics homework questions without the book to get the questions from was almost enough to convince a person that winning the lottery was not so great a task in comparison. In any event, I knew that very rarely were books really an option. Besides, the professors got what can only be described as greatly concerned when I never took out a book when they asked us to turn to a certain section to see a point illustrated. (By the way, a point

looks a great deal like a period, except much larger or smaller depending on how major a point it is for that class.)

I had to sell my appendix to buy my books. This may seem like a minor sacrifice, but, since no one can say with absolute certainty what it is good for except getting infected and bursting in the middle of exams, who is to say it might not come in handy someday?

But, since I had no immediate use for it, I decided, for the sake of passing my classes, that I would sell it. The problem was that since I could not say exactly what it was good for I had a little trouble finding a buyer. Eventually, I found a freshman who I convinced that the only way he would pass biology was to own my barely used brain. He never asked why my brain was located in my abdomen or why it didn't look like a brain. Perhaps he needed more help in biology than even my appendix could give him!

When I bought my books, I discovered they came with new appendices for me to use. Not realizing my appendix was the repository of the extra or explanatory information about myself, I was a little saddened to realize I would never know what I really mean or how to convert inches to

centimeters. If I ever knew how to convert the metric system, the ability must surely have been contained in my appendix because it was never located in my brain.

Some of my books even contained multiple appendices. This was very exciting. Then I realized that in a few of my books the appendices started alarmingly early in the text.

In the beginning of one book, I found that the author had gone into an extended and elaborate overview of the chapters to follow. When I began to look for the actual text, there wasn't any. Apparently, by the time he had finished his overview, he forgot to write the text and went straight into including appendices. Strangely, it seemed that no one had ever noticed this fact, because the book was in its eighth edition, and the only changes had been the addition of a few more appendices and a new chapter overview. The author decided

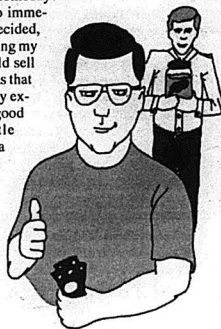
he should have divided one of the topics into two separate chapters because he had not developed these topics enough. I agreed that it improved the text greatly to add the extra chapter. I just wished he had decided to go back and write the chapter along with all the preceding chapters. All of the information that should have been put into the chapters was instead compiled into tables and put into an appendix. Since the appendix is often considered a useless portion of a book, I was not too

disappointed to have a book with no text and a lot of appendices.

In order to look more scholarly, one of the books borrowed appendices from other books. I probably should never have noticed this since few students look at, let alone read, the contents of a textbook unless the professor requires it. However, I dropped the book one day and it fell open to an appendix titled "Appendix C: The Sexual Habits of Snails." Anyone who has known me for more than five minutes knows that the mention of the "S" word intrigues me. I am a little embarrassed to admit this, but I can't help but read or listen to whatever is being discussed about it. I am sure there are some who would be very disappointed that I have a curiosity about such a dirty subject, but I can't help myself. It is like a disease with me. That's right, I have an incurable curiosity about snails.

The author who included this appendix did not take the time to change the page number from the original book. There were also three "C" appendices, six "F" appendices, and thirteen "ZZ" appendices.

I have decided that I will collect appendices and sell books filled with them as textbooks. I figure that if I change editions every two or three years I can earn my tuition and keep my more vital organs for more dire expenses, like when my car breaks down!



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sports

commentary



Totally Ripped

By Kris Van Deusen

I noticed after Christmas that I had gained a few pounds. As much as I am proud of the development of my gut, I would rather be in shape. I used to exercise constantly years ago (biking, weight lifting, jogging, roller blading) which went along with all the recreational sports that I enjoy. However, I have since slacked-off.

Upon seeing my gut protrude farther than I could rationalize in my brain that I didn't look too bad, I decided to head back to the CNU weight room (unlike some who get fat and whine and complain when others pick on them).

I had lifted weights there about three years ago and wondered if it had changed. It had.

Darrell Dunbar, a junior, was sitting at a table with a sign-in sheet. He asked me to sign-in, a requirement that keeps out non-tuition-paying moochers. It's not an inconvenience. I talked with Darrell for a couple of minutes and he told me to make sure I put back anything that I use and that he had picked up a Captain's Log yesterday and was drawing indignant pictures on my face.

I turned to look into the gymnasium and saw some students warming up for intramural basketball. When the gym is free, students can check-out basketballs and other sports equipment and use the facility.

When I entered the weight-room, I noticed that most of the equipment and weights were the same old rusted plates I'd used before and were in relatively the same positions. What had changed was that every-

thing was put in its proper place; not a strewn about in random sequence as was the case years ago. A sign on the wall threatened to



limit the use of the room to minuscule hours if folks did not replace equipment when finished. It must work because the place was immaculate.

There is even a stereo so you can listen to music while you're pumping iron. Only one speaker works, but you can bring your own eight track tapes if you desire. You can even bring records, but you'll probably have to replace the needle yourself.

I cranked-up 103 jams and jumped right in. I have been steadily working-out now for two weeks straight and I haven't felt better. If it wasn't for that little weight room, I'd never get to work-out because I certainly cannot afford a club membership. It's yet another perk for simply being a student.

The gym is open to students mostly at night, and it's free. So, go check-out the gym to exercise. Perhaps I'll be in there puffing and grunting to get back in shape.

SPORTS

Lady Captain's dominate CNU invitational

By Russell Scott
Staff Writer

While most students spent their holiday at home sleeping and snacking, the members of the CNU women's basketball team were working overtime in the Ratcliffe gymnasium. The Lady Captains practiced twice a day over the break in preparation for their CNU Invitational Tournament,

which they won with victories over Apprentice 84-61, and St. Mary's (Md.) 90-76.

The first match-up came against Apprentice who were led by former Lady Captain's All-American Karen Barefoot. This was Barefoot's first return to CNU as a coach which was enough motivation to propel her team out to a commanding 31-11 lead early in the game. However, CNU slowly crept up and rallied to a 41-29 halftime score.

In the second half, the momentum be-

longed completely to the Lady Captains. On the wings of a 28-2 run, CNU took command of the game and never looked back. Several players stepped in and led the Lady Captains to their 84-61 win. Junior Tamara Pool headed up the charge with a career best 25 points and 10 rebounds. She was followed by junior Leema Madden and seniors Dana Edwards and Misty Hart who all added 13 points.

CNU coach Cathy Parson said of Barefoot's return, "My hat was off to Karen. Apprentice brought a lot of energy that was so powerful in the first half. But in the second half our press kicked in, and the truth prevailed in that we were a little deeper."

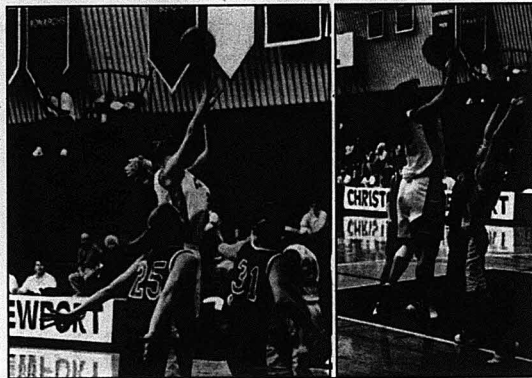
The Lady Captains then took that momentum into the championship game against St. Mary's. This game would prove to be more of a battle shown by a 38-36 halftime CNU lead.

The second half remained close until the Lady Captains pulled away in the closing minutes winning 90-76. Parson said, "I felt like their guards weren't as good as ours. I knew we had to press and make them turn the ball over and they did. Our 3's were successful and that told the story."

Tamara Pool and Leema Madden were huge throughout both games and were rewarded with All-Tournament honors.

"If you take away Leema's defense we're a different team," said Parson. "And Tamara was incredible against Apprentice."

Parson admits that many of her players were worthy of All-Tournament recognition but it's not possible for all of them to receive the honor. "We got two on All-Tournament and that's all we care about—that someone was acknowledged," said Parson.



above left: Tamara Pool leaps above the competition to sink a jumper against N. C. Wesleyan Jan. 14. above right: Misty Hart scores two of her nationally ranking points in the same game to give her 21 on the day. CNU won spanked the Battling Bishops 86-49.

Photos by Kelly Wells/The Captain's Log

Men 10th in the nation!

By Chris Perry
Staff Writer

Ever since they suffered a heart-breaking one-point loss in their first game of the season, the CNU Men's Basketball team has simply been taking care of business moving up the national Division III poll to 10th. They have won eleven straight games, re-writing the record books for the best start in team history.

Over the holiday break, the Captains defeated four teams and won the inaugural Ramada Inn/Captains Shootout.

CNU cruised to a 90-44 win over Apprentice on Dec. 16. Senior Matt Bryant led the way for the Captains with 14 points. Senior Kenny Carter went down hard early in the first half and suffered a broken wrist. He will miss the rest of the season.

In the second game during the break, CNU defeated Chowan 90-61. Freshman Antoine Sinclair continued to shine as he scored 24 points in the contest. Bryant was close behind with 21 points.

The Captains then took the court in the first ever Ramada Inn/Captains Shootout. Three teams from Pennsylvania were invited. In the first round, the Captains defeated Muhlenberg 70-58. Senior Steve Butler led with 14 points, while four other Captains scored in double figures.

CNU advanced to the championship game to face Scranton, who defeated Cabrini 76-61. After a 30-30 tie at the half, the Captains edged Scranton, 70-63, with the help of junior Mike Holland's five of six free throws in the last 50 seconds of play. Sinclair led all scorers with 15 points while

Butler, who totaled 11 points, became the 18th Captain in school history to reach 1000 points.

CNU traveled to Salisbury State Jan. 8. The Sea Gulls jumped ahead quickly, leading 31-11, and led the Captain's by 12 at the half. However, CNU fought back, drew even with the Sea Gulls, and took the win, 115-113. Sophomore Brandon Jones turned in an amazing performance with 39 points—the fifth highest scoring total ever in CNU history. Sophomore Montoria Valentine scored 17 points, with 11 rebounds, while Bryant added 16.

On Jan. 8 the Captains squashed Virginia Intermont, 95-56, in the last game over the holiday break, and the last non-conference game of the season. Bryant led five Captains, who also scored in double figures, with 18 points.

"We are tickled to death to be 11-1. We are a tip-in at the buzzer from being undefeated, but we are not complaining."

Woollum is happy with the "quality depth" his squad has shown so far this season. Two areas he would like to improve, however, are the teams turnovers and free-throw shooting. Up until the Virginia Intermont game, the Captain's had made 162 of 271 free throws (.598) and turned the ball over 204 times.

"Those two areas need improvement. If we can shore those two up, and keep everything else at the level it's at, I think we have a chance to be pretty darn good," said Woollum who then summed up the season so far saying, "We are very pleased with how the season's gone. I still don't think we have played our best basketball yet, but we have had some really good moments."

Track is back

by Casey Taylor
Staff Writer

The CNU men and women's track team started its indoor season off to a great start successfully competing in three meets: VMI Invitational, George Mason Lid-Lifter, and the East Coast Invitational at the Arthur Ashe Center in Richmond. The CNU track team had one automatic qualifier and eight provisional qualifiers for the NCAA Indoor National Championships to be held in Boston, Massachusetts between March 11-15.

Returning senior, Bridgett Cochran, automatically qualified for Nationals in the 60m high hurdles with a mark of 8:88 seconds at George Mason's Lid-Lifter meet in December. Cochran is ranked number one nationally for NCAA Division III in the 55m high hurdles with this time. Cochran is no stranger to Nationals. She is a three-time national champion in hurdles and last outdoor season broke the NCAA Division III record in 100m high hurdles (need time). Cochran also competed in the 400m at Lid-Lifter, ran the 55m hurdles and 55m dash at the East Coast Invitational meet in January, and ran the 55m hurdles and 4x400m relay at the VMI Invitational in December. Because of the great deal of pressure placed on Cochran as a returning national champion in the hurdles, it was nice to get the automatic qualifier at the second meet.

"I am glad I got it out of the way in the beginning so I can concentrate on the rest of the meets without any pressure," said Cochran.

The men and women's track team also had eight provisional qualifiers throughout

Please see Nationals/Page 11

CNU Sports Briefs

MEN'S BASKETBALL (13-1, 2-0) - The Captains ran their winning streak to 13 with a pair of solid victories in their first two Dixie Conference games of the year. Wednesday CNU got past N.C. Wesleyan, the team picked second in the Dixie pre-season poll of coaches, 86-67, then Sunday they defeated Shenandoah, 94-71. Against N.C. Wesleyan the Captains got off to a flying start, with a 16-4 lead, and held the stubborn Bishops at bay the rest of the way. CNU led, 45-31, at halftime, and by as many as 21 points, 70-49, with 7:42 to play. But NCW refused to give in, never allowing CNU to put the game on ice until the final minutes. Senior Matt Bryant (Chesapeake, Va., Deep Creek H.S.) scored a career-high 29 points, while senior Steve Butler (Newport News, Va., Menchville H.S.) and freshman Antoine Sinclair (Hampton, Va., Peninsula Catholic H.S.) added ten each. Butler also had six blocked shots and Sinclair five as CNU swatted away 15. Junior Mike Holland (Portsmouth, Va., Churchland H.S.) had nine assists. Sunday the Captains also got off to a good start, leading Shenandoah 17-5 and 40-23 at halftime. After quickly building the lead to 25 in the second half CNU never let the Hornets get closer than 18 again. Butler led the Captains with 15 points, while Bryant added 14, senior David Powell (York Co., Va., York H.S.) 13 and sophomore Brandon Jones (Newport News, Va., Denbigh H.S.) 13 as well.

WOMEN'S BASKETBALL (11-2, 2-0) - After stumbling in their first game of the week, the Lady Captains righted themselves to win their first two Dixie Conference games of the year. Monday CNU fell to Mary Washington, 82-59. After both teams shot poorly in the first half Mary Washington held a 31-27 halftime lead. But CNU's shooting woes continued in the

second half (it shot .276 for the game). The Lady Eagles improved dramatically and went on to the victory. Senior Misty Hart (Newport News, Va., Menchville H.S.) was the only CNU player in double figures with 23 points and ten rebounds. Wednesday the Lady Captains took their frustrations out on N.C. Wesleyan, racing to a 22-0 lead to start the game and never looked back in an 86-49 win. This time Hart scored 21 with nine rebounds, while freshman Karla Rhone (Hampton, Va., Bethel H.S.) added 14 points and 11 rebounds, junior Dana Edwards (Smithfield H.S. Isle of Wight Acad.) 14 points and freshman Serita Jackson (Tappahannock, Va., Essex H.S.) ten points. Junior Leema Madden (Harrisonburg, Va., Harrisonburg H.S.) had nine assists. Sunday CNU took a 30-21 halftime lead, and was on top of Shenandoah by 28 points in the second half when the Hornets got hot and closed the lead to five points, 65-60. The Lady Captains regained their composure and went on to a 77-69 victory. Hart again led with 18 points, while junior Tamara Pool (Hampton, Va., Bethel H.S.) had 14 points and 11 rebounds, and Rhone added ten points. CNU goes on the road for two Dixie Conference games this weekend, at Ferrum Friday and Averett Saturday.

MEN'S & WOMEN'S BASKETBALL - The NCAA Division III basketball stats released by the NCAA Jan. 14, list the two CNU teams in 15 places. The women hold eight spots and the men seven.

The women's statistical leaders

- *Misty Hart - Scoring - 10th - 22.3,
- *Rasheka Barnes - Assists - 18th - 5.6
- *Scoring offense - 6th - 83.1,
- *Won-Lost Percentage - T16th - .900,

- *3-point field goals per game - 4th - 6.6,
- *Misty Hart - Points in a game - T2nd - 42,
- *Misty Hart - Individual field goal percentage in a single game - Tied 6th - .833,
- *Longest winning streak - Tied 13th - 8.

The men's statistical leaders

- *Mike Holland - assists - 6th - 7.2,
- *Scoring margin - 4th - 25.2,
- *Field Goal Percentage - 15th - .513,
- *Won-Lost Percentage - 11th - .917,
- *Field Goal Percentage Def. - 2nd - .361,
- *Rebound Margin - 2nd - 13.5,
- *Steve Butler - Blocked shots - 4th - 3.4.

Men's Basketball Standings

(Thru games of Jan. 21, 1998)

School	Conf.	Pct.	Overall	Pct.	Streak
CNU[1](10)	2-0	1.000	11-2	.929	Won 13
N.C. Wesleyan	2-1	.667	8-5	.615	Won 2
Greensboro	2-1	.667	5-9	.357	Lost 1
Averett	2-1	.667	4-8	.333	Won 1
Ferrum	1-2	.333	6-6	.500	Lost 1
Shenandoah	1-2	.333	6-8	.429	Won 1
Methodist	0-3	.000	2-10	.167	Lost 5

(national ranking) (regional ranking)

Women's Basketball Standings

(Thru games of Jan. 21, 1998)

School	Conf.	Pct.	Overall	Pct.	Streak
CNU[7]	2-0	1.000	11-2	.846	Won 2
Greensboro	2-1	.667	9-3	.750	Won 1
Methodist	2-1	.667	5-5	.500	Won 1
Averett	2-1	.667	5-6	.455	Lost 1
N.C. Wesleyan	1-2	.333	3-8	.273	Won 1
Shenandoah	1-2	.333	2-7	.222	Lost 2
Ferrum	0-3	.000	1-12	.077	Lost 4

(national ranking) (regional ranking)

(Information provided by the Sports Information Department.)

Nationals/continued from page 9

the three meets. A provisional qualifier means that the athlete has a chance to go to Nationals if there are not enough athletes who hit the automatic qualifying mark in each event. Freshman stand-out, Denita Eason, made her debut on the CNU track team by qualifying provisionally at the East Coast Invitational meet in the long jump with a leap of 17' 11.75", ranking her as the leader in the nation in Division III long jump. Denita also runs the 55m dash, 4x400m relay, and the 55m high hurdles.

Sophomore Casey Taylor also qualified provisionally in the long jump with a leap of 17'6". Taylor went to the National Outdoor Championships last season for long jump, triple jump, and the 4x400m relay.

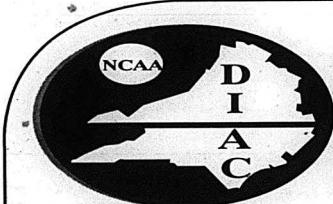
For the men's team, junior Greg Boothe, hit the provisional mark in the men's 55m dash with 6.47 seconds at the VMI Invitational. Boothe also attended the Championships and received All-American honors in the 100m, 200m, and the 4x100m relay.

Junior Tony Smith provisionally qualified for Nationals in the men's 55m high hurdles with a time of 7.78 seconds. Smith earned All-American honors last outdoor season in the 400m hurdles and the 4x400m relay.

"I feel confident that I will hit the automatic qualifying marks in the 55m hurdles, long jump, and the 4x400m relay to qualify for Nationals," he said. "I will even guarantee a National Championship in the 55m hurdles."

Finally, the men's 4x400m relay team qualified at VMI provisionally with a time of 3:23.9. This relay team includes junior Jarmon Mayes, freshman Antonio Wilson, junior Prensni Page, and senior Clyde Lewis.

"I am confident that both the men and women's teams will come in at least the top four at Nationals," head coach, Vince Brown said.

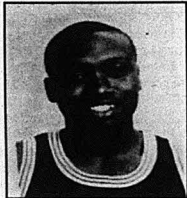


Week of Jan. 12, 1998

Players of the Week

Men's Basketball- DEMARCUS MORRISON - Averett - The sophomore from Danville, Va., averaged 21.5 points and 8.5 rebounds in two games. He shot .469 (15-32) from the field and added eight assists, five steals and three blocked shots. Also nominated: Brandon Jones, CNU; E.J. Hairston, Greensboro; Billy Blake, Shenandoah.

Women's Basketball MISTY HART - Christopher Newport - In three games the senior from Newport News, Va., averaged 21.7 points and 6.0 rebounds. She was 25-49 (.510) from the field, hit four of ten three-pointers, and added ten assists and seven steals. Also nominated: Shannon Yopp, Averett; Tina Lineberry, Greensboro.



Rookies of the Week

Men's Basketball ANTOINE SINCLAIR - Christopher Newport - Moving into a starting role for the first time the freshman from Hampton, Va., averaged 12.7 points over six games (all CNU wins), along with 6.3 rebounds. He shot .529 (36-68) from the floor and had 12 blocked shots and nine steals.



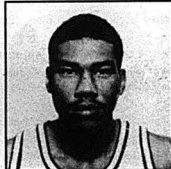
Women's Basketball CHERRI PHILLIPS - Christopher Newport - As the Lady Captains extended their winning streak to eight the freshman from Suffolk, Va., averaged 13.7 points and 5.3 rebounds. Her field goal percentage was .500 (16-32) and she was 7-15 (.467) on three-point shots. She also added 13 assists and ten steals. Also nominated: Vanessa Tinsley, Averett; Tricia Ziegler, Greensboro.



DIXIE PLAYER OF THE WEEK

Week of Jan. 19, 1998

Players of the Week



Men's Basketball MATT BRYANT - Christopher Newport - As the Captains won their first two Dixie Conference games of the season the senior from Chesapeake, Va., averaged 21.5 points and 5.0 rebounds. He was 16-29 from the floor (.522) hit four of ten three-pointers and added two assists, two steals and a block. Also nominated: Demarcus Morrison, Averett; Lee Tucker, Greensboro; Byron Young, Methodist; Marquis McDougald, N.C. Wesleyan; Cameron Jones, Shenandoah.

Women's Basketball MISTY HART - Christopher Newport - The senior from Newport News, Va., averaged 20.7 points and 7.3 rebounds in three games, going 22-57 (.386) from the field and contributing nine steals, three blocks and two assists. Also nominated: Shannon Yopp, Averett; Triba Williams, Methodist; Jill VanGuilder, Shenandoah.

Rookies of the Week

Men's Basketball DEREK HELMAN - Shenandoah - averaged 13.0 points and 5.5 rebounds in four games. He was 16-37 (.432) from the field and had 12 assists and four steals. Also nominated: Marcus Tucker, Averett; Antoine Sinclair, CNU; Demarcus Byrd, Methodist.

Women's Basketball VANESSA TINSLEY - Averett - the freshman from Madison, Va., averaged 13.0 points and 8.0 rebounds along with a .533 mark (8-15) on field goals. She also had four steals and two blocks. Also nominated: Karla Rhone, CNU; Tricia Ziegler, Greensboro; Sissy Sink, Methodist.



Elsewhere in the Dixie

Methodist

MEN'S BASKETBALL (2-9, 0-2) The injury-ravaged Monarchs endured an 0-3 week falling to Chowan (88-66), Ferrum (93-88), and Greensboro (79-77). Leading scorer Montrell McNair returned from a two-game absence due to injury and scored 15 in the Ferrum loss. Methodist has now lost 5 games by 8 points or less. The Monarchs will play Averett and Shenandoah.

WOMEN'S BASKETBALL (4-5, 1-1) Methodist split two games this week, both in the Dixie Conference. The Lady Monarchs were defeated by Greensboro 79-75 and then bounced back to blast Ferrum 72-58. Triba Williams led the Lady Monarchs at Greensboro with a career-high 28 points. Amy Todd led Methodist with 23 points and 13 rebounds in the Ferrum victory while Erin Updegrave tied her career-best with 18 points. Methodist takes on Averett, Mary Washington and Shenandoah.

Ferrum

MEN'S BASKETBALL (6-5, 1-1) Ferrum split their first two games of Dixie Conference play this week losing to Averett College 78-77 and beating Methodist College 93-88.

WOMEN'S BASKETBALL (1-11, 0-2) The women's squad lost both Dixie games this week to fall to 1-11 on the season. Ferrum was beaten by Averett 71-38 and Methodist 72-58.

Averett

MEN'S BASKETBALL (3-7, 1-1) The men's basketball squad opened Dixie play splitting two games. Averett opened the week with a 78-77 win over Ferrum. David Lee hit a jumper with 3 second left to win it. Demarcus Morrison scored 24 and pulled down 11 rebounds in the win. Averett then lost to Greensboro, 60-58, in a game that saw 8 lead changes. Averett had two shots in the final seconds to tie the game but could not convert. Morrison tallied another double with 20 points and 12 rebounds.

WOMEN'S BASKETBALL (5-5, 2-0) The Averett women opened the Dixie Conference season with wins this week over Ferrum and Greensboro. Averett crushed Ferrum, 71-38, behind Shannon Yopp's 17 points and 7 rebounds. Averett then defeated Greensboro 66-60 as Yopp tallied 17 more and Vanessa Tinsley contributed a double-double with 14 points and 10 rebounds.

Shenandoah

MEN'S BASKETBALL (5-8, 0-2) The Hornets dropped three of four games during a busy week. SU opened by thrashing Frostburg St. 96-78. Derek Helman led the way for the Hornets with 22 points while Boo Duncan had 20 points and 10 assists. SU then had a four-game winning streak snapped by Div. I VMI, 97-64. SU lost their first Dixie matchup to N.C. Wesleyan, 80-79. The Hornets could have tied the game with a free throw with 8 seconds left, but missed. SU's Helman had 23 and Billy Blake had 19. CNU beat SU, 94-71.

WOMEN'S BASKETBALL (2-6, 1-1) The Lady Hornets returned to the floor this week following a 34-day break and split two games. Saturday, SU defeated N.C. Wesleyan 55-52 as Deanna Estes led the way with 13 points. CNU then beat the Hornets 77-69. Jill VanGuilder tallied career-highs in points (22) and rebounds (16).

Greensboro

MEN'S BASKETBALL (5-8, 2-0) The Pride went 2-0 this week winning both games by 2-point margins. Greensboro beat Methodist, 79-77, and Averett 60-58. Lee Tucker scored 18 in each game. Ted Wever had 16 points and 10 assists versus Methodist. Duncan Sisk tallied 13 points and 10 rebounds in the Averett win.

WOMEN'S BASKETBALL (8-3, 1-1) Greensboro beat Methodist 79-75 and then lost to Averett 66-60 this week to open Dixie Conference play. Tina Lineberry had a great week for the Lady Pride, scoring 20 in the Methodist win and a career-high 31 in the Averett loss. Lineberry is now averaging 17.4 points per game. The loss at Averett ended a 7-game winning streak.

N.C. Wesleyan

MEN'S BASKETBALL (7-5, 1-1) The Battling Bishops split two Dixie games losing at CNU (86-67) but edging Shenandoah (80-79). Marquis McDougald had 22 points in the loss at CNU. As-simi Brown led with 23 points versus Shenandoah.

WOMEN'S BASKETBALL (2-8, 0-2) A tough week as the Battling Bishops dropped three games, including their first two DIAC games of the season. Newport News Apprentice downed NCWC 64-53, and then the Battling Bishops were beaten by CNU, 86-49, and Shenandoah, 55-52.

(Information provided by the Sports Information Department)



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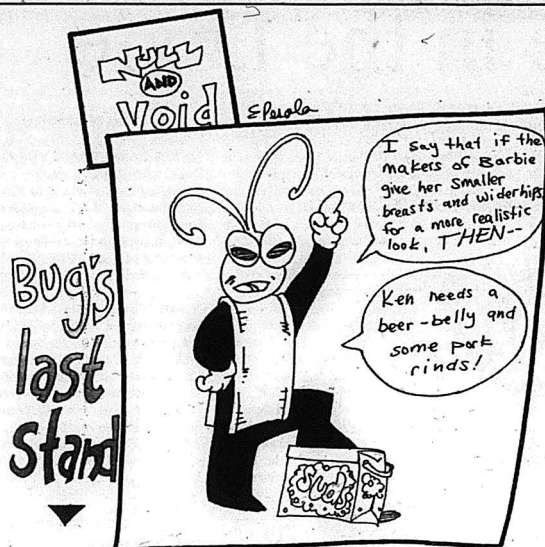
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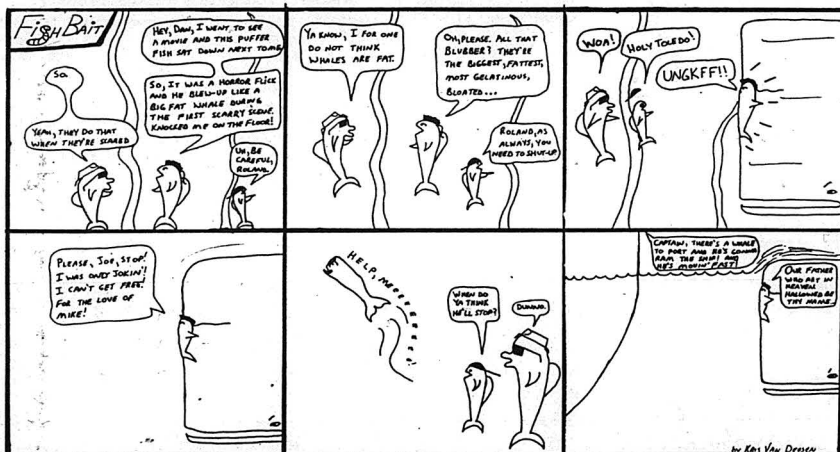
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ΦM would like to wish the best of luck to ΠΛΦ, ΣΠ, ΣΤΤ, ΠΚΦ, ΓΦΒ, & ΑΦ this semester!!!!

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