

The
CAPTAIN'S

LOG

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**COLLEGIATE
CONVERGENCE**
November
20th



The Intramurals Department
invites you to a special screening of
The National College Sports Festival
from

Daytona Beach, Florida

Wednesday, November 18, 1987

Terrace Lounge

8 P.M.

(free munchies served)



Festival will also air on ESPN
on Thanksgiving Day at Noon.

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NOV. 16th

Appointments will be mailed to your home.
All portraits will be taken from 9 a.m.-7 p.m.
Conflicts? Call the CNC Student Media Office
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You will be charged a \$7 sitting fee.

However, if you purchase your annual at
the sitting, you'll receive a \$7 discount on
the book, and 30 days to pay the \$13 balance.

CNC
TODAY
The 1988
Captain



"Be A Part
Of Your
Annual"

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Diversification in local economy may insulate area from Wall Street dive

The chilling winds of economic change which sent winter's first blast across America on October 19, will not be as severe in the Newport News-Hampton Metropolitan Statistical Area (MSA), according to Carl Colonna, a Christopher Newport College economist.

Colonna has just completed an in-depth historical study of business and economic trends for the Peninsula's economy over the past seven years.

Co-authored by Dr. Algin B. King, the study integrates the 18 major local economic indicators which King used when he began the monthly study, "The Peninsula Business and Economic Report", in 1979.

Colonna and King's study, a first of its kind, converts the month-to-month data to yearly data and analyzes trends from the entire period of 1979 through 1986.

"The unprecedented growth of this area during the period of analysis of the study and the continued growth and stability which we can expect in the future is remarkable compared to similar MSA's," Colonna said.

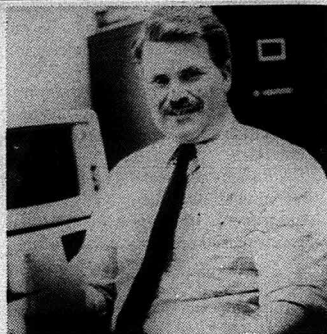
"The city fathers have made the right moves in this area,"

"The unprecedented growth of this area...and the continued growth and stability which we can expect in the future is remarkable..."

Colonna explained, "The strength of the local economy is due to the increased diversification in its economic base.

"The results of our study produced some astounding data. In seven years the individual indicators show that building permits are up 258.61 percent; checking accounts are up 99.39 percent; real estate loans closed are up 243.37 percent; saving deposits are up 78.48 percent; new car registration is up 59.15 percent; net tonnage at port is up 62.35 percent; customs receipts in dollars are up 76.11 percent, and retail sales are up 26.64 percent.

Three indicators registered negative growth; newspaper ad



by Renee Hoffman

lineage, Patrick Henry Air Traffic and hotel/motel occupancy rate. The newspaper ad rate decrease is linked to the national television ad spots offered to local businesses during the last several years, Colonna said.

Deregulation of airline industry ended cross-subsidization of the nation's smaller airports and Patrick Henry was affected. Smaller airlines are beginning to schedule flights from Patrick Henry and that indicator will be stronger in the future.

The third downturn, hotel/motel occupancy percentage, is attributed to a combination of factors: a steady tourist economy coupled with a high rate of increase of hotel/motel room

construction which creates more room availability for the same number of tourists.

"I think we may see a slowing of the growth rate in our area which is tied to the national economy," Colonna explained. "If the tax increase and possible cuts in the defense budget take place, this area will be affected, but the strong fabric of our economic base and the diversity of this area will help keep the economy stable and growing.

"We have seen that this MSA now has a diverse economy supported not only by Newport News Shipbuilding and the Federal Government, but also by foreign and domestic business.

"The German philosopher Hegel said that we can learn from the past to deal with the variables of the present and future. We have strong indicators that the past has been subject to good planning, good diversity and solid growth," Colonna explained.

"The downturn of the market in October is and was fed by emotional responses, he reflected. "When the stock market went through its current downturns, the national economy, through all indices, was doing extremely

Continued on Page 14

Oedipus opens to near-capacity crowd

by Philosophy 306
contributing writers

The CNC Theatre production of *Oedipus* opened Friday to a near capacity crowd in the Gaines Theatre. Little wonder that this work has held the stage and fascinated audiences for over 2400 years. From the start we share Oedipus' knowledge of Apollo's prophecy that he will kill his father and marry his mother. We know that he has already done both, but this is unknown to Oedipus. So his search for King Laius' killer is ironic because it is a search for himself, and suspenseful because he discovers this piece by piece.

Oedipus is three stories in one. It is a detective story where the puzzle of Laius' killer and Oedipus' birth is put together piece by piece, first by Jocasta then by

Oedipus. The first piece falls into place when Oedipus realizes that the stranger he killed over who should yield at the crossing of the three ways was King Laius.

It is a psychological drama of an impetuous and arrogant Oedipus who wrongly accuses Teiresias and Creon of plotting against him, and who pays no heed to the dire warnings of the seer not to investigate the murder, nor those of the shepherd not to uncover his parentage. This same Oedipus harbors a deep fear that the prophecy will come true, so his relief at his supposed father Polybus' natural death is tempered by the knowledge that his supposed mother is still in Corinth. He knows he can't go there.

Finally it is a tragedy where Oedipus discovers that in killing Laius he indeed killed his own father, so that in wedding

Jocasta he fulfilled the prophecy. In this tragedy the steel trap of fate snaps shut on a troubled mortal trying his best to flee it and stubbornly seeking the truth.

The opening scene of the CNC production gave us the chorus twisting and writhing, offering us a visual and aural experience of the plague at Thebes. Hank Sparks' stage of dark ovalar slabs fanning down and out toward the audience was effective for this somber work. The jagged streaks of light across the dark backdrop contributed also. One criterion for the quality of performance of a classic tragedy is the work of the chorus. In this production it was excellent. The stage was well used in the choreography of Don Tolj, and the movement was disciplined and graceful, a Greek ideal. The diction of the individual speakers was bell clear; the attack of the 12 women in unison was

crisp and the timing smooth.

Oedipus is a tragedy of somber character unrelieved by lighter moments or comedy. One way of conveying the anger of the hero and the anguish he then shares with Jocasta is to send them up and down the stage shrieking at the top of their lungs, beating their breasts, and pulling out tufts of hair. Director Bruno Koch wisely chose a more subdued approach where these emotions are internalized, then expressed in controlled tones and gestures. The music of Phil Sims helpfully underscored moods and tensions. The unity of impression offered by the stage, sound, and visual aspects of the dramatis personae, including the excellent costumes, contributed significantly to the success of the production.

Douglas Gordon gave an excellent per-

Continued on Page 14

SPORTS

Schedule overlooked in leadership program

by Yvette Renaud
sports editor

This year the Office of Student Life is offering a new program, The Leadership Institute. Of course, any program in its first year will have bugs to work out, but overlooking the Athletic Department is a problem.

The program is organized that meetings will be held on specific Fridays from 2 p.m. to 5 p.m. and members are not allowed to miss more than 2 sessions. This time was chosen by the Steering Committee because it did not interfere with classes; it was the most obvious and successful time.

It took several months to put together the whole program by the Steering Committee. The Steering Committee is made up of Billie Millner (Board of Visitors), Vice President of Student Affairs Behymer, Dean Durel, Jane Webb, Valerie Ellis, Agnes Braganza, and Tisa Johnson. There was not a whole lot of debate about time selection.

With the current schedule of sessions

and sporting events, the men's and women's basketball teams, women's tennis and cheerleading would automatically miss three sessions. Men's tennis and baseball would miss two sessions. Track, softball, golf, and soccer may also miss sessions but their schedules were unavailable.

"It was not a conscious effort to exclude," said Tisa Johnson, Director of Student Life. "It was an oversight by the committee."

Johnson is aware of the problem which was brought to her attention by a handful of comments from the 200+ who have already picked up applications. However, it is too late in the program to redesign the sessions.

Johnson pointed out that any athletes who are interested, but also have schedule conflicts should still apply. Those showing serious interest and offering alternatives to the schedule problems, will be given serious considerations.

A reminder to all applicants: forms are due in November 13.

Soccer

Congratulations to CNC soccer on their 3-0 victory over Catholic University. The win finished the team with a 50% season, ending 8-8-3 overall and 3-3-1 in the conference.

CNC dominated the game early. Sophomores Greg Friant and John Fitzgerald put one apiece up on the board before halftime.

Fine performances by two seniors in their final college game. Donovan Gutzmore scored in the second half and Mark Morrow recorded the shutout.

Volleyball

A 3-0 (15-3, 15-1, 15-9) loss to UNC-G in the first round of the DIAC tournament ended the season for the women's volleyball team. The team finished 1-35 overall, and 0-12 in the conference.

Team puts in strong tournament performance

by Derek Duval
contributing writer

The CNC Volleyball Club fielded two mens teams in a USVBA fellowship tournament held in Williamsburg on November 8. Most of the teams competing in the tournament were from the local area, although a few teams travelled from Virginia Beach and Fredericksburg. The club put forth a tremendous season-opening effort, and one of the teams turned in a strong performance throughout four grueling matches. CNC-1 vs William & Mary Gold 16-14, 13-15; CNC-1 vs. Celebrates 15-13, 13-15; CNC-1 vs. Block Party 13-15, 13-15; CNC-1 vs. FNC 8-15, 15-17. The club's next tournament appearance will be at the LaSalle Avenue YMCA in Hampton on November 22.

Cross Country

CNC will host the NCAA Division III South-Southeast Regional Cross Country Championships. The 5k women's race will begin at 11 a.m. and the men's 8k will begin at noon. The location is Newport News Park on Sat., Nov. 14.

CNC will host 16 men's teams and 13 women's teams. The South-Southeast region reaches from Washington D.C. to Texas and Puerto Rico. The teams and individuals are competing for spots in the NCAA Division III Nationals held in Holland, Michigan on November 21.

McHugh: 'NY Marathon a challenge'

by Yvette Renaud
sports editor

Debbie McHugh, CNC's recruiting coordinator, has achieved one of her highly valued goals. She ran in the 1987 New York City Marathon.

McHugh, originally from Albany, N.Y., ran during her high school and college years. Along with several other honors and achievements, she placed 5th in the first junior college nationals and 13th in her second visit.

Blessed with good weather, McHugh was able to complete the 26.2 mile course in 5:44:27. She expected to finish within the 4½ to 5 hour range, but was slowed down due to leg cramps that required medical attention.

McHugh surprisingly put little physical training toward the marathon, running only about 30 miles a week. She stressed that she received a tremendous amount of support from her husband, the CNC ROTC program, and the marathon spectators.

McHugh is an all around athlete who enjoyed her return to running in a non-competitive atmosphere. She is not a quitter and knew that no matter what she would finish the marathon. She radiated in self-satisfaction and excitement.

McHugh felt it to be a great experience. She was able to see the different boroughs of New York City and the ethnic bonding between foreigners and Americans.

WEEK #6 FLAG FOOTBALL

BETA ALPHA def. ROTC 24-18

Touchdowns by Bill Horton, Mike Kelly (2), Kevin Smith

Touchdowns by ROTC: Everett Magee, Evonne Bookwalter, Sean Quinn

TEAM HONUS def. DIRTY DOZEN by forfeit

SIGMA PI def. UNIVERSITY SQUARE 14-9

Touchdowns by Robert Forrest (2)

Extra Points by Dave Christiansen (2)

Touchdown by University Square: Steve Fisher

Field Goal by Bill Dittmar

PAID IN FULL def. BEAM'S CHOICE by forfeit

SIGMA TAU GAMMA def. BLUES BROTHERS by forfeit

Maxie leads cheerleaders

Kendra Maxie is moving from the sideline position to coach of the CNC Cheerleading squad.

Maxie is a junior, anticipating a 1989 graduation with a degree in Psychology. She is also a nursing assistant through the Air Force Reserves.

"We have a lot of talented, enthusiastic girls this year," said Maxie. "I see a lot of potential."

Maxie's goal is to have part of a squad who can bring home a trophy in the DIAC Cheerleading Competition.

Before this year, cheerleading was an active part of Maxie's life. She cheered for 4½ years at CNC and for 4 years at Denbigh High School.

Maxie also mentioned that she appreciates the chance and the support given to her from the Athletic Department.



***Join Hundreds of
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**THE CAPTAIN'S LOG
MIRACLE FUND**

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**COLLEGIATE
CONVERGENCE
II**

featuring

“SHADOWVINE!”

Friday Evening, November 20, 1987

8:30 P.M.-1:00 A.M.

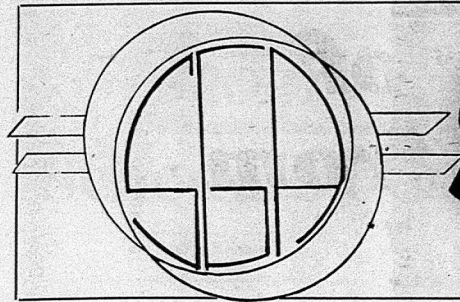
Christopher's

\$3 - CNC

\$5 - GENERAL

To Benefit

Children's Hospital of The King's Daughters



Student Government Association

SMOKEOUT

SGA sponsors Smokeout

by David Becker
SGA Public Relations

For the second year, the Student Government Association is supporting the American Cancer Society's GREAT AMERICAN SMOKEOUT.

This year's date has been set for Thursday, November 19.

We will have tables of SMOKEOUT information in all the major social and academic buildings as well as "frustration boards" at key locations. The SGA will also post reminders on ashtrays and on walls throughout the campus, and provide gum and hard candies on Thursday.

But that is all we can do.
It is up to you, the smoker, to put aside your cigarettes for one day.

Breath clean air.
It won't be easy...But won't it feel good to have control over your life again?

Even for only one day?
Maybe that one day will turn into two days...then three.

Who knows?

You won't...unless you try.
Now is your chance...you won't be alone.

On November 19, join the SGA in its fight against cigarettes.

It's a matter of life...and death - yours.

ACS and SGA say "Take a Breather!"

by Amy Baker
SGA Public Relations

What a difference a day can make! It's only 24 hours, but if you give up cigarettes for the day of the American Cancer Society's Great American Smokeout, November 19th, you just might give them up for good, and live a longer, healthier life. It's worth a try. The Great American Smokeout is held each year on the Thursday before Thanksgiving. The event, now 11 years old, is sponsored by the American Cancer Society, but thousands of other organizations, businesses, schools, and hospitals, in addition to millions of individuals, join the nationwide effort.

The goal of the 1987 Great American Smokeout is to get at least one in every five smokers to give up cigarettes from midnight to midnight on Thursday, November 19th. Anyone getting a late start on Thursday can extend the 24-hour period as long as necessary past the midnight deadline to get in a full day. It's great when smokers can prove to themselves that they can reach the goal of 24 hours of abstinence.

Smokeout 1986 set an all-time record for participation in the day-long event. More than 23 million of the nation's 54 million smokers tried to kick the habit for the day. Furthermore, in just one decade, the idea of taking a day off from smoking has spread to other countries, such as Canada, Great Britain, Ireland, France, Australia, South Africa, Norway, Finland and Sweden. Although names and dates vary in other countries, there are increasing signs that nonsmoking efforts are growing in other countries.

As the Great American Smokeout enters its second decade, smokers are urged to "Take a Breather." The feeling of accomplishment and satisfaction from participating in The Great American Smokeout is felt by many temporary smokers. If you're one of the millions of American smokers eager to quit - but not so sure you can make it - give it a try on Thursday, November 19th, for the American Cancer Society's Great American Smokeout. It just could be your day!

(Information from American Cancer Society)

American Cancer Society tips for "Butting Out"

Compiled by Karen Moore
SGA Public Relations

- Throw out *all* cigarettes by breaking them in half and wetting them down. Clean out all ashtrays in your home, office, or car and put them away. Discard matches; hide lighters or give them away.

- When the urge to smoke hits, take a deep breath. Hold it a second, then release it very, very slowly. Taking deep, rhythmic breaths is similar to smoking, only you'll inhale clean air, not poisonous gases.

- Exercise to help relieve tension. Climb stairs rather than take the elevator, park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.

- When tempted to reach for a cigarette, think of a negative image about smoking. Select your worst memory connected with the habit - the time you burned a hole in your suit or when you were left completely breathless running for a bus that pulled away. Imagine this experience for 15 seconds whenever the urge occurs.

- Reward yourself with oral substitutes

in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn and stick cinnamon.

- Eat three or more small meals. This maintains constant blood sugar levels, thus helping to prevent urges to smoke. Avoid sugar-laden foods and spicy items that can trigger a desire for cigarettes.

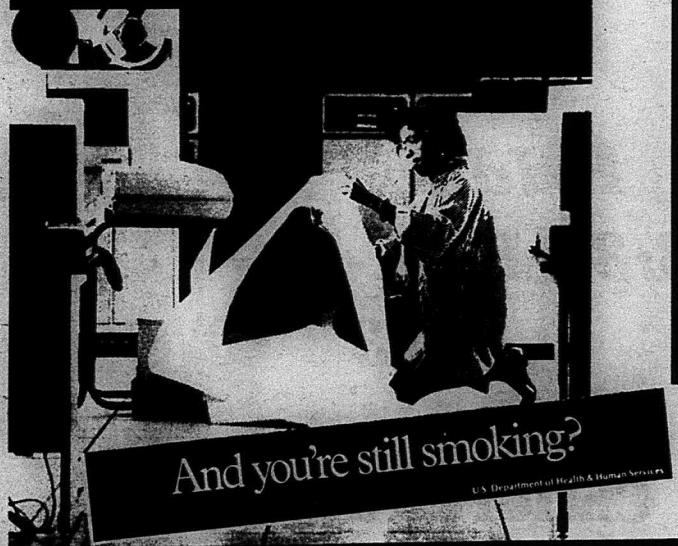
- Scramble up your day and change habits connected with smoking. Drive a different route to work; eat lunch in a new place; leave the "scene of an urge." At home, avoid your "smoking chair" after dinner, reach for gum rather than a cigarette when answering the phone.

- Cleanse your body of nicotine. Drink liquids - lots of them. Water (6-8 glasses a day), herbal teas, fruit juices and caffeine-free soft drinks all fit the bill. Pass up coffee, caffeinated soft drinks and alcohol, as they can increase your urge to smoke.

- Keep your hands - and mind - busy. Work on a crossword puzzle, knit a sweater, balance your checkbook, fix something around the house, shampoo the dog.

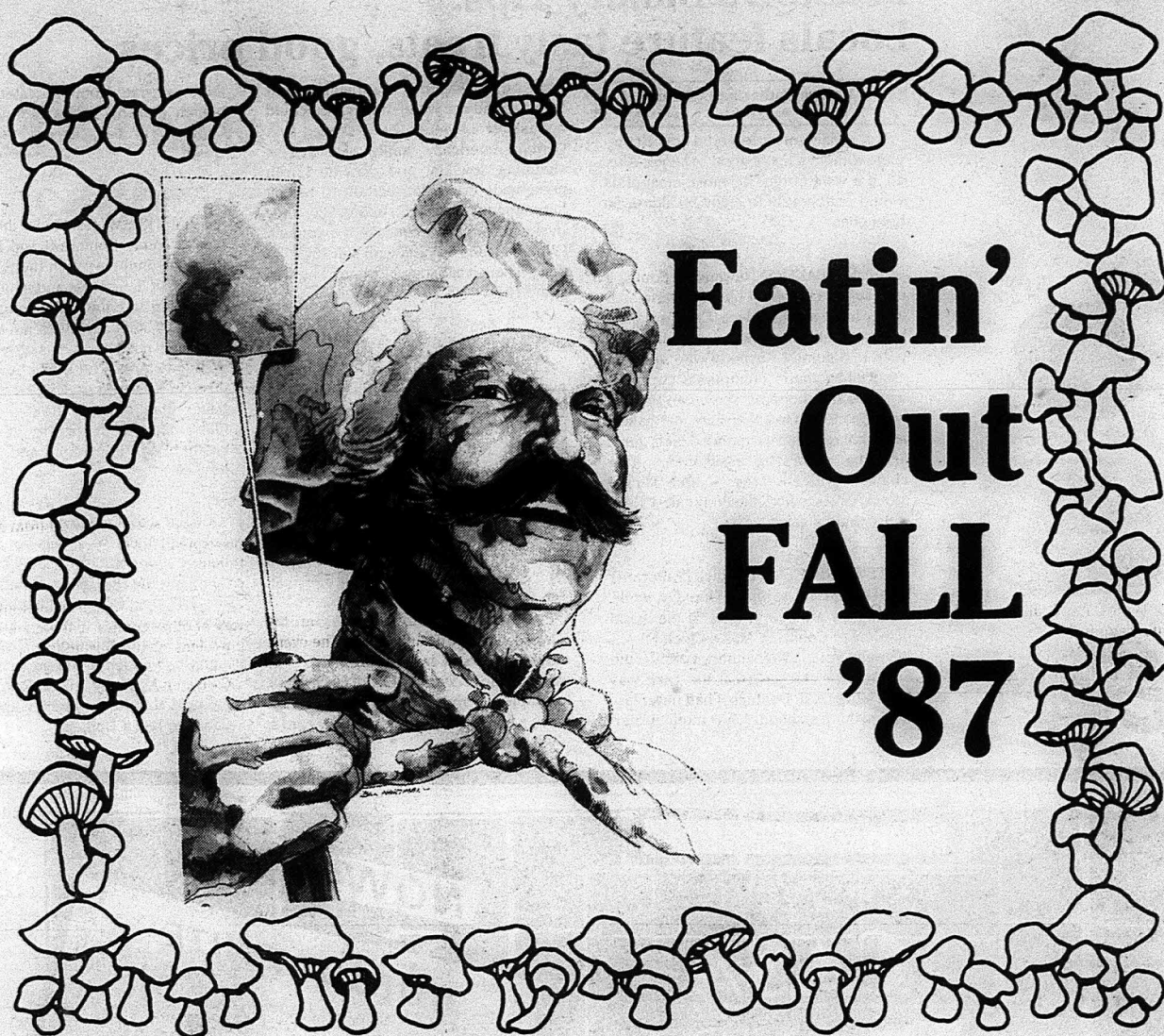
Compiled from materials provided by the American Cancer Society.

You're bright enough to master
Cobol and Fortran.



And you're still smoking?

U.S. Department of Health & Human Services



"Across the Street Connection" offers variety

by Ann Catherine Braxton
news editor

Let's hear it for the eating establishments I will label the "Across the Street Connection."

FARM FRESH (across the street on Warwick) Does this place have a deli-bakery or what? If you can forgive whoever ate up Giant and Lou Smith (the latter being the former name of our Farm Fresh), Farm Fresh is still saving grace in the department of "the balanced meal." For about \$2.50, one can purchase a three course meal (usually today's special with a choice of two vegetables and side dishes.)

The vegetables, which taste canned, are the only drawback of the deli meals.

Everything else is delicious. Between the bakery and the deli, one can enjoy a balanced breakfast. Doughnuts are 30-50¢ and sausage and ham biscuits, which are almost as big as those at Hardee's and Bojangles and equally as big as those of McDonald's and Chick Fil-A's. They are about 69¢. Full-size sheet cakes are about \$19.95 and like most individual bakeries, it has its own party and wedding packages. Burning question: Why did Farm Fresh eliminate the double coupons?

PETER PIPER PIZZA (also located on West Mercury Boulevard in Hampton, but ours was the first). I vividly remember the day I called information and requested the number for the then very new Peter Piper Pizza. The operator could have tried har-

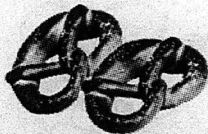
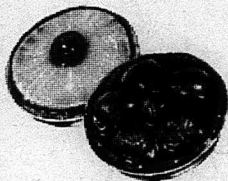
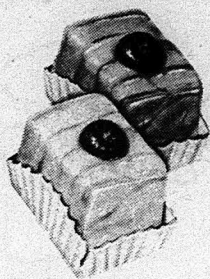
der not to laugh. But Peter Piper Pizza is having the last laugh. They live up to their ad about "great pizza for about one-half the price." Is \$6.95 for a large deluxe pizza a good deal? Is the Pope Catholic?

Peter Piper Pizza (and its customers) naturally had to pay a price for the restaurant's "economy." The Hampton branch has no plates. The Newport News branch has no trash cans. Neither has a jukebox. Fortunately, the piped-in music isn't bad.

THE WARWICK RESTAURANT: It's been where it is since the year 1 and has only recently changed its management. It now combines affordable prices with the "homemade food" tag. In addition to its ethnicity in both food origins and wait-

resses, it bears a quaint distinction: Despite its exterior and that is only slightly more impressive than that of the Blue Star Diner, one can always find a wide variety of diners. At either lunch or dinner time (and both menus are interchangeable), one can see students, blue-collar workers, coat-and-tie businessmen, and retired citizens all dining under the same roof.

SUBWAY STATION: Was there life before the Terrace? In terms of taste quality, the subs at Subway Station easily equal those at the Terrace. However, they come in a wider variety and at least two sizes. In was among the first sub shops on any block to feature the multi-foot party sub. And it has a jukebox that varies in music genres and is constantly updated.



Braxton's Bakery Tips: Locals feature tasty treats, good prices

by Ann Catherine Braxton
news editor

Our restaurant issue would not be complete without a list of good bakeries. After all, if it were not for bakeries, most of us would not be able to enjoy breakfast. So here goes.

CRUM'S BAKERS (Newmarket South) It may sound corny, but I have a warm spot in my heart for this place. Crum's Bakery has been at Newmarket South since the year 1. Naturally, anybody who grew up associating their scrumptious cupcakes with Mom's shopping spree can identify with this love. Over the years, the bakers and managers have expanded their menu and the decorating assignments have changed with the times — from Mickey Mouse cakes to My Little Pony cakes. Keep it up, Crum's gang!

STEVENS BAKERS (Denbigh Boulevard) What a pleasant surprise! One day, while waiting for a piece of cake at the grand opening of Coliseum Mall's Chick Fil-A, I learned from CNC alumnus Roy (the Superdance chicken) that the cake was from a bakery in Denbigh. I had never tasted anything so good. A few months later,

while on the way to visit a friend in Denbigh, I found out where it was. You could not ask for a lovelier place. Owned by a German-American family, Stevens is charming, low-key, and decorated with homemade crafts. In addition to baking humongous cakes at under \$20, they rival Crum's in the cupcake department. (Where else is a phone call still 15¢) "So that's where it is!" soon became, "I have to come back."

DUNKIN' DONUTS (Two on Jefferson Avenue, one on Warwick Boulevard) Did you ever notice that eating establishments with reasonable prices are coupon-happy and that restaurants with Fortune 500 prices do not know what a coupon is? Dunkin' Donuts is the happy medium. It is coupon-happy to make up for its Fortune 500 prices! Thus, six doughnuts for \$1.85 magically becomes six doughnuts for \$1.

Fortunately, the doughnuts, muffins, cookies, etc. come in every variety and shape imaginable and they are tasty. (One way to fill up on Dunkin' Donut products is to enroll in Psychology 313 — the Pillow Class.) An added plus is the USA card's

multi-purpose coupon caters to the branch at 13747 Warwick Boulevard in Denbigh, in easy access to the CNC crowd.

KRISPY KREME (located at the corner of West Mercury Boulevard and Big Bethel Road in Hampton) With the recent addition of hot doughnuts and new variations on the old standby (cake doughnuts and iced cupcakes), Krispy Kreme is still able to redeem itself despite its obsession with upping its prices for public school fundraisers. (Bless you anyway, kids!) They are better than anybody in the doughnut-filling department. Just try the whipped cream-filled doughnut and you are hooked.

CHICK FIL-A (Newmarket North and Coliseum Mall) No, this is not a mistake. Believe it or not, Chick Fil-A's baked products are the best thing about the store. For 20¢, one can enjoy a plain or cinnamon doughnut that is — pardon the cliché — out of this world. The brownies aren't bad either. If you go to the one in Coliseum Mall, say "Hi" to Roy. (He's the redhead Matt Neely labeled "the original Cabbage Patch Doll.")

CASA BIANCA

Restaurant

NOW!

TUESDAY NITE
 "SPUDS" NITE! COMPLIMENTARY STUFFED
 SPUDS FROM 10-11. ALSO ENJOY
 DISCOUNTS ON SELECT BEVERAGES
 FROM 10-12!

THURSDAY NITE
 "PIZZA" NITE! START YOUR WEEKEND EARLY
 WITH COMPLIMENTARY FRENCH BREAD PIZZA
 FROM 10-11. SELECTED BEVERAGES DISCOUNTED
 FROM 10-12!

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 (across from Christopher Newport)
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Egg Roll King a healthy alternative to burgers

by David Becker
contributing writer

Health conscious Americans have realized that the dog days of grease-laden burgers and fat-fried shoestring potatoes are a thing of the past, and have turned to the Orient for health tips and great food. Former burger joints are trading in their fried foods for fried rice - and their McCookies for a fortune.

Egg Roll King, located just minutes from CNC on traffic-riddled Route 17, has made a successful business out of a small building - and yes, burgers were once the location's mainstay.

Reasonably priced, the restaurant offers eat-in, take-out, drive-thru and telephone orders. The Regular Dinners are set at \$1.75 for basic Chicken Chow Mein to \$3.25 for Beef Broccoli.

The Deluxe Dinners, which are served with Sweet and Sour Pork and an Egg Roll (hence the title), are priced from \$3.95 to

\$5.95. A number of seafood entrees are also available at slightly steeper prices, \$4.25 to \$4.95.

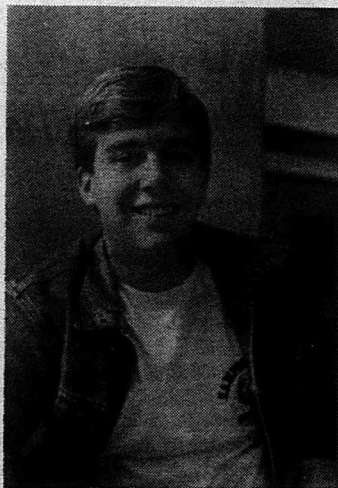
On one recent visit I sampled the Kung Pao Chicken (\$2.95), one of the several "hot and spicy" offerings. The dish was delicious. With loads of chicken, peanuts and vegetables, the meal was hot and spicy as advertised.

My dining companion chose the Chicken Garlic Deluxe Dinner (\$4.25). While the garlic flavor was not discernable, the sweet and sour pork (included) was described as "fantastic...with just the right amount of sweet/sour sauce so as to enhance the flavor of the pork and not smother it."

A variety of appetizers are also available, including egg rolls, and a variety of traditional Chinese soups.

For a quick, inexpensive alternative, head to the Egg Roll King - where burgers are a memory, and good, healthy eating has found a new home.

What is your favorite food?



Glen Krusinger
Freshman
Business Management
Filet Mignon



Vivian P. Williams
Terrace Cook
Shrimp Egg Foo Yung



Lisa Hayes
Junior
Management
Steak



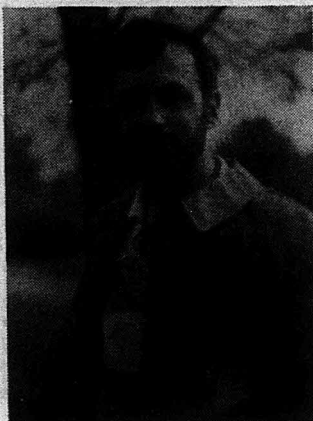
Dick Ryther
Campus Center Director
Lobster

If you could have a free meal at any restaurant in the tidewater area, where would it be, and why?



Michelle Eubank
Senior
BSBA

The Whaling Company located in Williamsburg, because I'm familiar with the establishment. They have excellent food, service and atmosphere. The management is also very helpful and delightful.



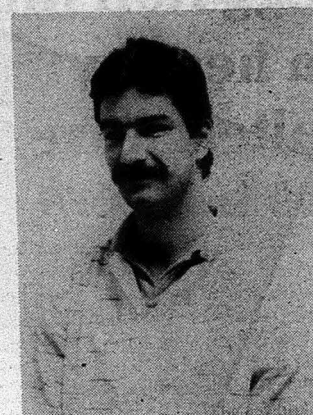
Reed Nelson
Unclassified
Accounting

Chi-Chi's. I like the cancan with the cheese and crabmeat.



Maria Bailey
Sophomore
Business Management

The Omni, because it is expensive and I've never been there.



Ted Phlegar
Senior
Economics

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Your twelve day plan to "Butt Out!"

by Bill Dittmar
SGA Public Relations

Do you love your family? Do you love your friends? Do you love yourself? Well, if you are a smoker, then the answer to all of these must be "NO" or "I GUESS NOT." There are various approaches on "How to quit smoking" each of which has had their own strengths and weaknesses. I would like to offer a new approach which is based on knowledge, self esteem, and a total commitment to never cheat yourself by being afraid to fail! It is those who are afraid to fail who never succeed! It's time to take pride, get informed, and get MAD! Yes, MAD at the government and the politicians who support and are supported by the "tobacco industry."

Yes, MAD at the Medical profession who has over the past several years closed their mouths and refused to attack the atrocities of the tobacco industry. You may ask, "Is this because smoking is the major cause of Lung Cancer which slaughters 100,000 victims per year?" or "Is it because this malevolence creates billions of dollars in business for them?"

Yes, MAD at Madison Ave. who encourages millions to start or to continue to smoke each day. I guess that money too often overshadows the difference between right and wrong!

And yes, MAD at yourself for allowing the above mentioned to use, degrade and manipulate you as if you had no mind. For subjecting those you love to the dangers of passive smoke which is also directly related to lung cancer. For allowing yourself to be used!

For all of these reasons and many more it is time to turn this anger around in our favor and help many help themselves by kicking the habit.

I have developed a community service program which focuses on helping smokers quit by using learning principles, motivation, knowledge, re-direction of anger, and self esteem. This service consists of group meetings which offer information and social support to our members; as well as, specific programs which we tailor to our members based on their personal smoking habits. We will help each of our members start up each day feeling freer, cleaner, and healthier.

I have done extensive research in the area of the tobacco industry, the health aspects of smoking, and the behavior patterns of many smokers. In order to decide on the most effective ways to help smokers quit, it is essential to understand their own perceptions concerning "How did they learn to use this popular product?" and "What factors did they consider to have contributed most heavily to their developing this habit?" I endeavored to better understand these behavioral aspects of smoking by surveying 10 smokers with the following questionnaire:

SURVEY STATEMENT	RANK FROM MOST (1) TO LEAST (5) IMPORTANT					RANKINGS				
	20	TO	40	(AGE)	OVER	40				
I was influenced by advertising.	5	4	4	4	5		1	2	2	1
My friends got me to smoke.	4	3	2	1	1		5	4	5	5
My parents and their friends smoked.	2	1	3	3	4		3	5	3	4
I wanted to be more adult.	1	2	1	2	2		2	1	4	3
I wanted to be like people that I saw in the movies or on TV.	3	5	5	5	3		4	3	1	2

Based on my interpretation of these results, I noticed that there was a large difference between the responses of smokers between the ages of 20-40 and the responses of those over 40. This is why the rankings are separated into age brackets.

The ratings of the older group attributed advertising as the most important influence on them. This was closely followed by them wanting to be more like those in the movies or on TV. Next came those wanting to be more adult and lastly, those under the influence of their parents, their parent's friends, and their own friends.

The responses of the younger group rated the desire to be more adult as the more important influence. This was followed by the influence of their friends and their parents. Of lesser importance was advertising and those wanting to be like those they saw in the movies or on TV.

Based on these results, we can draw the following conclusions concerning the role of advertising on both groups. TV and movie advertising influenced the over 40 group greatly. A probable explanation could be the way smoking was glamorized in the 1930s and 40s. For example, every movie depicted the stars with cigarettes in hand. Smoking made the men more macho and women sexier. The popular "T-Zone" and "Call for Philip Morris" campaigns were perfect examples of how people were persuaded to smoke. Advertisers claimed that our "T-Zone", which was the area from our mouth to our chest, was stimulated by smoking and therefore enabled us to perform almost supernaturally. The "call for Philip Morris" campaign

portrayed an old man dressed up as a young bell boy who shouted throughout the lobby, "Phone call for Philip Morris." The implications of this was that smoking made you look and feel younger. These are only a few examples of how advertising misled many to start a habit which has only one destiny: Death.

As opposed to the older group, the younger group was not subjected to the same degree of smoking ads or the glamorization of smoking in the movies or on TV. Smoking has been banned from TV advertising but now has engulfed the magazine advertising spectrum. All cigarette advertising should be banned and the true obvious facts about how our society is literally "going up in smoke" must be promoted.

Based on our results, the younger group has been more influenced by the feeling that smoking made them feel more adult and also the fact that their parents and their parents' friends smoked. Well, who is to blame for this? Partially, the parents, for not setting the right example but more importantly, those who have caused the parents to become so manipulated. Yes, you guessed it, the tobacco industry, the government and the medical industry again and again! This is where all the blame must initially be placed.

Before examining the results of the second part of the survey, I feel that it is important to review some of the basic components of learned behavior. The major components of learned behavior are drives, environmental cues and reinforcements.

A drive is defined as an arousal mechanism that causes an individual to act. These consist of primary drives and secondary drives. In terms of smoking, a primary drive would be one's craving for a cigarette and a secondary drive would be the social pressures associated to smoking or the desire to feel more adult. Being in the habit of smoking because others around you are smoking would also be an example of a secondary drive related to smoking.

Anything in our environment that has the potential to trigger drives are referred to as environmental cues. Billboards and other forms of smoking advertisements are all forms of environmental cues that are intended to persuade people of all ages to smoke.

The satisfaction or reward that one experiences when reducing a drive is called the reinforcement. Just as in drives, there are primary and secondary types of reinforcements. In terms of smoking, a primary reinforcer would be the perception that the craving for a cigarette was satisfied and that the cigarette has relaxed the smoker. An example of a cigarette being a secondary reinforcement would be when the smoker feels more adult because he is smoking. Now that we have a better understanding of the components of learning we can better understand what factors cause a smoker to continue this horrible habit.

Our second survey is concerned with understanding which factors are most important in continuing to smoke.

SURVEY STATEMENT	RANK FROM MOST (1) TO LEAST (5) IMPORTANT										RANKINGS									
I felt addicted to tobacco.											5	5	4	3	2	4	4	1	5	5
I liked the taste.											1	2	1	4	3	2	3	2	4	3
Smoking relaxes me.											2	3	3	1	1	1	1	3	1	1
I like to have something in my hands.											3	4	2	2	4	3	2	5	2	2
I like the sensation of smoke in my lungs.											4	1	5	5	5	5	5	4	3	4

Based on these answers, most feel that smoking relaxes them and this is the most important reason that they continue to smoke. However, nicotine in cigarettes acts as a stimulant which speeds up our body's normal activities. Therefore, the actual effects of what the cigarettes are doing is quite the opposite of what the smokers perceive.

A second observation that we can make is that people do not like to use the word addicted. This is probably a reason why they rated the statement about feeling addicted so poorly.

Another interesting observation of this survey is that many smokers answered that they liked the taste of cigarettes but they did not like the sensation of smoke in their lungs. These seem to be contradictory, but then again, people drink whiskey even though it burns the whole way down.

From this survey, we can see the influence of various drives related to smoking such as the physical and psychological addiction to smoking. We can also understand how these drives are rewarded by reinforcements such as the feeling of being relaxed and enjoying the taste of cigarettes.

The third survey that was done, focused on determining what variables act as cues to a smoker. By understanding these, we can better target our quitting techniques to decrease the effectiveness of these environmental cues.

WHEN DO YOU MOST OFTEN REACH FOR A CIGARETTE										
CUES	R E S P O N D E N T S									
	1	2	3	4	5	6	7	8	9	10
After eating	*	*	*	*		*	*	*		
With other smokers	*	*				*	*			
Being nervous around others			*		*					
Feeling under pressure		*	*		*	*	*	*	*	*
Drinking coffee	*			*					*	*
Drinking alcohol		*	*			*	*		*	
Keep hands occupied		*								

WHEN DO YOU MOST OFTEN REACH FOR A CIGARETTE

The results of this survey rank eating and feeling pressured as the most common cues which cause smokers to reach for a cigarette. Cues also rated highly were smoking while drinking alcohol, coffee, or being in the presence of other smokers. Based on these results, we can conclude that environmental pressures, food, alcohol, coffee, and other smokers all act as environmental cues which stimulate one to reach for this popular "deathstick."

Well, now that we have a good understanding of the atrocities of smoking and many of the reasons why people smoke, it's time to put all this knowledge to use. In our program, we will tailor quitting programs to the individual. Each smoker will be treated independently but along the same guidelines.

The first step in our overall process is to realize the actual hard facts and "Get Mad."

Did you know that 68 Americans die each week from heroin and cocaine abuse but 6,000 Americans die each week from smoking related diseases. The ratio of cigarette related deaths as compared to drug abuse is 1,000 percent higher. Well, this is where getting MAD at the government really comes into its own. This recent "War on Drugs" which is spending \$1.6 billion to combat drug abuse is just a "SMOKE SCREEN" being put up by the politicians in order to disguise their overwhelming debt to the tobacco industries. I am not saying that drug abuse is not a problem; rather, the smoking epidemic is much worse!

Tobacco industry sales are over \$40 billion a year and it creates \$60 billion in medical costs each year. This not only includes smoking related diseases such as lung cancer, high blood pressure, heart disease, etc. but also costs employers billions of dollars in sick time compensation, early retirement caused by illness and so on. All of this proves that the priorities of the government and the politicians are all screwed up!

It's time to get "Mad" at the medical industry for not putting much pressure on the government to combat the smoking plague. They also have extreme political power which they are using for their own benefit while totally disregarding their own medical ethics.

How many of us know that after one year of not smoking, you significantly decrease your chances of lung cancer and that approximately 10 years after quitting, you decrease your chances of developing lung cancer or suffering from a heart attack to levels comparable to a nonsmoker. After only 1 week of not smoking, the

nicotine is totally purged from your system. Did you know that the typical male smoker (age 60-69, started at age 15, and smokes 1-2 packs a day) carries a risk 15-25 times greater of dying prematurely from a smoking related disease.

It is also time to become introspective and to realize that you are the only one's who can control your own destiny. Look at how you are being manipulated, degraded and used! Look at what you are doing to yourselves as well as your loved ones. It's time to take control! It's time for self esteem. Each and everyone of us are of unlimited potential and just need the self-confidence to reach out and achieve anything that we set out to do!

Studies have shown that the most effective way to quit is cold turkey. However I realize that most smokers have trouble doing so. This is why I have developed an approach that I affectionately call "12 Days to Slow Torture - A New Beginning."

This consists of a gradual reduction of only 10% each day, the use of positive reinforcers and the concept that you can never fail as long as you try. The program schedule goes like this:

• Day one - You meticulously record your normal smoking habits and you are given a certificate and a button which says I can, I Will, I Did. These function as positive reinforcers. These also serve as a security blanket for those times that the smoker gets the urge to pick up a cigarette. This is one of our ways of instilling pride and confidence in our clients by letting them know that we are behind them right from the start. We hope that by giving them the certificate in the beginning, they will feel more obligated to learn what has already been entrusted to them.

• Day 2 to 12 - The smoker cuts down on their smoking at a rate of 10% a day for the next 11 days and by the twelfth day they will automatically be down to zero. Each day they are growing in pride and self esteem.

• The TWELFTH DAY - You feel totally unlimited, you have conquered the seemingly invincible killer. You are vibrant and overflowing with pride, and you should be! You are given a bumper sticker which also says I CAN, I WILL, I DID! You will drive around in pride. It's time to also reward yourself for all of your hard work and dedication. Take your newly found wealth and spend it on something that you enjoy. If you were a two-pack a day smoker, you are now at least \$1,100 richer.

I have tried this method on my dad and it has worked for him! I realize that this method will not make all stop smoking, but I guarantee that they will be helped in one of these ways. They will either realize how manipulated and degraded they are or they will realize how addicted they really are.

The most important concept to remember is that you cannot fail as long as you have tried. The last thing that we want to do is not support those who have not quit the first time. We are doing all of this with the pretense that if we can help just one person reduce their smoking habit and eventually kick the habit, all of our effort has been successful. All of our "friends" who come to us for support will get nothing but total encouragement and our total commitment to helping them help themselves!

In conclusion, I would like to say that there are various types of approaches on how to stop smoking. My approach will help many and is based on knowledge, self esteem and a total commitment to never cheat oneself by being afraid to fail! The most successful approach will be one which is concerned of what makes the smoker tick, as well as, a totally positive attitude to combat this lethal killer. Remember, you can only fail by not trying! It's time to take pride in yourself and yes, get GLAD that you have done your part to free our society of smoking, the next HOLOCAUST!

COLLEGIATE CONVERGENCE II

THE CAPTAIN'S LOG will play host to hundreds of college students from throughout the state of Virginia attending the COLLEGIATE CONVERGENCE II dance on Friday evening, November 20.

The dance, an annual event, is hosted by a different CNC student organization each year, usually to align with the Thanksgiving vacation. Last year's event was co-sponsored by the Student Association and the Campus Program Board to raise money for the college's fledgling annual, *The Captain*, as well as Operation Smile, a team of plastic surgeons who work on the disabled in the Philippines and other countries.

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This year's dance has been incorporated as part of THE MIRACLE FUND, the campus weekly's yearlong fund raiser. Kim Powell and David Becker are shouldering the responsibilities of insuring the event's success. "No matter how much we raise, we've been successful," stated Powell. "We already have over \$550," added Becker. "and we expect to add almost \$1,000 more from the dance receipts."

The goal of THE MIRACLE FUND has been set at \$2600, \$100 for every year there has been a Christopher Newport College.

THE MIRACLE FUND will directly

benefit the thousands of children who count on the Children's Hospital of the King's Daughters. Donations are placed in the Children's Hospital Fund and used for needed equipment and programs to maintain and improve the hospital for patient care, teaching, and research.

COLLEGIATE CONVERGENCE II will wrap-up the Fall semester of "mini-raisers," and will also serve as kick-off of the Spring semester activities, including "Challenge Weeks," in which different segments of the college community will be called upon to compete for different prizes.

The fund-raisers are scheduled to end

by May to coincide with The Children's Miracle Network Telethon, which involves hundreds of money-raising activities sponsored year-round by concerned social and service organizations, businesses, and corporations.

COLLEGIATE CONVERGENCE II will be held Friday evening, November 20 in Christopher's. From 8:30 P.M. to 1:00 A.M., tickets will be available at the door. Admission prices are as follows: \$3 CNC Community, \$5 General Admission. Local group "Shadowvine!" will provide the entertainment, and THE MIRACLE FUND will receive all proceeds.

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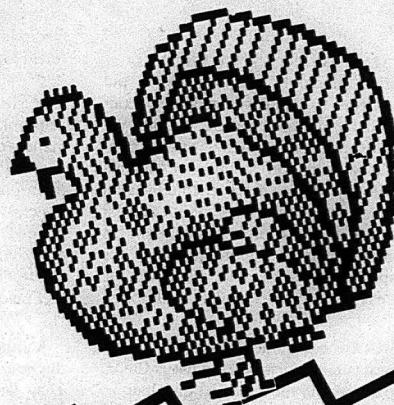
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ETC.

Oedipus review (cont.)

formance as Oedipus. We saw the overbearing monarch, accustomed to put opponents to death yet genuinely concerned for his land and its people. We watched him leap to often erroneous conclusions with full confidence in his infallibility. But after his encounter with Teiresias we witnessed self-doubt gnaw at him, turning then to anxiety, and finally his groans of agony upon realizing his unspeakable fate. The final scene with the eyeless wretch was specially well done.

Matt Riebe acquitted himself well as the honest, straightforward, and pious Creon, in particular in the scene where Oedipus provokes him to anger. But his role vis-à-vis the eyeless Oedipus in the final scene was unclear to some of us. Where we might have expected compassion, he remained cool and distant. Is he showing Oedipus that now he, Creon is the king (Oedipus threatened to put him to death earlier)? Does he refuse to grant Oedipus

exile before consulting the gods to show Oedipus how mortals should properly relate to the gods?

In the third principal role Julie Tsirimokos showed us how Jocasta managed her stubborn husband. She soothed him and relieved his fears by pooh-poohing priests and their prophecies, fastening onto evidence of their failures. We saw her startled and apprehensive when she realized the terrible truth, but the intense agony she had to feel before her suicide was less evident.

Another criterion for the quality of a production like this is the supporting roles. They were very strong. Ben Clymer as Teiresias gave us a believable seer — not a common occupation nowadays — and even showed us how one loses his cool. Two supporting characters deserve special mention. Mike Diana as the Shepherd who supplies the final missing piece of the puzzle of Oedipus' birth showed us deference to the king yet a strong reluc-

tance to reveal what he knew. Even at his age self-preservation was a strong desire.

Also David A. MacKay gave a strong performance as the Servant who gives a harrowing dramatization on Oedipus' final self-mutilating rage. Poorly played, this scene can have quite undesirable comic overtones, but comedy was absent from this audience's mind. These two strong performances added impact to the drama's climax.

This mature and exciting production was remarkably free of opening-night glitches. The pace was brisk, the performance polished, and the blending of stage, sound, movement, speech, characters, and emotions into a total overall unity of conception remarkable.

By John Hoaglund with contributions from PHIL 306: *The Search for Beauty*. Class members Deborah Anderson, Glenn Garcia, Cipriani McCleod.

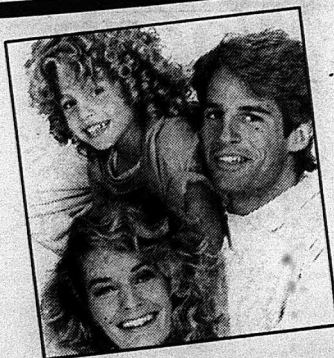
Area's economy (cont.)

well.

"However, the continued fluctuations could, in the near future, replace our optimism with pessimism being reflected by a decline in household spending, business investment and declining activity in the national marketplace," he said.

Colonna's survey is free and available to the general public. It was printed through the support of Cale Realty, Drucker and Falk Realty, Signet Bank, the Virginia Peninsula Economic Development Council and Peninsula Ports Authority of Virginia.

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Diary of a Supreme Court nominee

DAY ONE 11:23 A.M.

"This is an ABC News Special Report. I'm Sam Donaldson at the White House where President Reagan has just announced his 79th nominee for the vacant Supreme Court seat. The new nominee is Charles Jones an English professor from Christopher Newport College. Jones replaces Pope John Paul II, who opponents said was guilty of worshiping false idols and graven images. The Jones nomination took congressional democrats by surprise. Just yesterday Senate Majority Leader Robert Byrd said he expected Mother Theresa of Calcutta to get the nod. But White House sources say that the democrats were sure to raise questions about how faithful the Nobel Peace Prize winner had been to her vow of chastity. A popular weekly newspaper has her romantically linked with 'Moonlighting' star, Bruce Willis.

"Very little is known about Jones, but Sen. Edward Kennedy issued a statement saying Jones is '...too something. I'm not sure what yet. But he is definitely too something.' We'll keep you up to date throughout the day. Now back to 'Lifestyles of the Rich and Famous.'"

DAY ONE 3:32 P.M.

"Good afternoon, this is an NBC News Special Report, I'm Chris Wallace at the White House. With me is NBC's special Supreme Court Commentator Pope John Paul II. Holy Father, it has been a little over four hours since the White House announced the Jones nomination. What has been the democratic congressional reaction?"

"Well, my son, the democrats have reacted cautiously to this latest controversial nominee. Let's take a look at our NBC News democratic Senate Reaction Toteboard. Now, of the 53 Senate democrats, 25 said that Jones has made up his mind on too many important issues, and vow to oppose him. Another 25 claim that Jones has not stated his opinion on enough important issues, so they too will oppose the nomination. That leaves three democratic senators - Daniel Inouye of Hawaii, John Glen of Ohio and Judiciary Chairman Joseph Biden. Now if..."

"Holy Father, I must interrupt. With us now is Senator John Glen of Ohio, one of the three undecided democratic senators. Sen. Glen, the Jones nomination took many people by surprise. Were you surprised?"

Well, Chris, frankly I was. Of the previous 78 nominees, all but two, Jane Wyman and Bess Myerson had facial hair."

"Senator, are you forgetting about Madonna, the 38th nominee?"

"No."

"So you are saying that without the scraggly beard, you won't support the Jones nomination?"

"That's right, Chris. If you will remember, even Sandra Day O'Connor way back in 1982 agreed to those hormone shots."

"Thank you, senator. We'll have more news later on the NBC Nightly News, including more on 'The Facial Hair Factor' with a report by Connie Chung."

DAY ONE 6:33 P.M.

"...and even Jones's hometown newspaper has come out against the nomination. The editors write, and I quote, 'The revelation that Jones once belonged to the College republicans not only should disqualify him from the high Court, but we feel Jones should be relieved of his U.S. citizenship, stripped naked, dipped in honey and chained to a red ant hill.' Further, the paper...wait, this just in: a waitress from the terrace, a college eatery, which Jones has been known to frequent, has told the Associated Press that Jones has been known to drink Jolt Cola - sometimes twice a day!

Letters to the Editor

Dear Editor:

Ann Catherine Braxton's article on the forthcoming production of *Oedipus Rex* contains several errors, misunderstandings, and misrepresentations.

First, no one "stars" in the play. The Captain's Players' production depends on the entire ensemble. A successful performance requires cooperative work among the principals, the chorus, many technical assistants, and the director.

Second, I did not say, as reported, "It is probably the ultimate range of human emotions."

Third, I did not say, "Oedipus is afraid of the truth." In fact, Oedipus' relentless insistence on knowing the truth lies close to the heart of the tragedy's power. Oedipus does not "accept" banishment and blindness. He insists on them as his just punishment.

Fourth, Mr. Clymer said the play presents an audience with a confrontation with truth, not for "an audience to present a confrontation with the truth."

Too many dedicated people have contributed their time and talent to focus on a couple of players in an article. The Captain's Players, under the capable and visionary direction of Dr. Bruno Koch, deserve more support from the College community it so ably represents. Only a tiny fraction of students, faculty, and administrators bother to support the theatre program and its students.

Those who give generously of their energy to create a good drama give form and life to the deepest concerns of humanity. *Oedipus Rex* is not some frivolous pastime or historical relic, some "damned play" as one of my students ignorantly called it. Nowhere else in the College will you find the mysteries of human truth, courage, responsibility, pain, and dignity raised with such compelling power.

Sincerely,
Douglas Gordon
Chairman, English Dept.

"Joining us now is CBS Character Analyst Jessica Hahn. Jessica, what effect do you think this Jolt revelation is going to have on the Jones nomination?"

"Well, Dan, this is just another blow to Jones' character. I think from what we know, it is safe to say that Jones is a sexist, egotistical, lying, hypocritical bigot."

"But Jessica, what about bad driver? Some have questioned Jones' skills behind the wheel?"

"Dan, I have seen no evidence to suggest that Jones is anything but a satisfactory driver. It is just this kind of character assassination that will give the media a bad name!"

"You're right, Jessica. I was just making up the bad driver part for effect."

DAY ONE 11:30 P.M.

"Good evening, I'm Ted Koppel, this is my hair, and you're watching 'Nightline.'"

"Tonight we will focus on the Jolt Factor in the Jones nomination. With us is ABC News Substance Abuse Analyst Tammy Faye Bakker. Welcome Tammy."

"Thank you, Ted. We have to stop meeting like this. People will start to talk."

"You do look lovely tonight, Tammy. Is that a new shade of mascara rolling down your cheek?"

"Why yes, Ted. God loves you for noticing. It's a new neon orange and charcoal. I picked up a pound of it at K Mart. Tell me Ted, how do you get your hair to do that? Are you sure it isn't a wig?"

"No Tammy. What I do is take a gallon of mouse and...oh, my producers tell me we are nearly out of time. Your thoughts, quickly, on the Jones nomination."

"Well, Ted (Crying), God loves you and God loves me. But I don't think God loves this sexist, egotistical, lying, hypocritical bigot."

"Good night for all of us at ABC News."

DAY TWO 7:30 A.M.

"This is the 'CBS Morning Program,' I'm Mariette Hartley. This morning we focus on the Jones nomination. Betsy Ashton, our consumer reporter, will tell us if Jones is guilty of any insider trading. Dr. Bob Arnot will tell us if Jones is a reprehensible liar and illicit drug user when he reveals the results of our CBS Morning Program Lie Detector and Urinalysis. Then Heather Locklear joins us to rate the nominee's looks on a scale of one to 10, and to tell us how he stacks up against the previous 78. In our second hour, resident astrologist Usha will answer the question 'Charles Jones: Judicial nominee or anti-Christ?'"

Ah, the judicial process! In the words of the immortal Yakov Smirnov, "What a country!"

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THE ULTIMATE VACATION. Beautiful, brand-new condo for rent Thanksgiving week, November 22-29. Located only 3 miles from the entrance to Disneyworld. This luxury 5-star model sleeps six adults and features a fully equipped kitchen (including dinnerware and cooking utensils), two bedrooms (one with a king-size bed, the other with 2 double beds), 2 baths (each with its own jacuzzi), large living area including a built-in bar, on-site swimming and tennis facilities. Normally this unit rents for \$1050 per week. Will rent this year only for \$600 firm. Call Jim or Debbie at 898-1793.

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The Buzz—You are a very special part in my life. Please don't let your heart be hardened in the weeks to come. If you sense something wrong, remember, you can come to me. I am available. So get on your knees and fight like a man. I don't want to lose you. Tigger.

To "My Rocco"—The special times we've shared together have really made a difference in my life. I hope the closeness continues to grow. I L-E YOU! —"Woody"

To Ginny A.—Emotions in abeyance, suspended crystalline. Longing to be warmed, by the gentle sunshine of your smile. Bard

Need help with English (grammar, composition, literature, the works)? I tutor anybody aged 5 to 105. Call Ann Catherine (also known as "Friendly") at 838-8138 all day Sunday or anytime after 3 p.m. Wednesday, Friday and Saturday. Fee negotiable.

Ru Titter—Don't you have anything better to do than write these classifieds about us? Lanier, Bobo, and Ginny A.

Melinda—We haven't gone out yet! If there is something wrong with our chemistry, let me work it out. You know I'm pretty good at it. —An Admirer

Scott: When you use and hurt friends, you lost them. I'm tired of it! Are you?

Kristi D. D., I love you now and forever. M.R.M.

Alpine Lodge. Completely and attractively furnished rooming house limited to female college students. One mile from CNC. Semi-private rooms available now. \$155 per month with semester lease, plus \$40 utility/maintenance fee. Washer, dryer, color TV with cable, completely equipped kitchen with microwave, air conditioning, major house cleaning provided. Non-smokers only. No pets. Contact Ron Mollick, Biology Department (599-7123), or Beth Mollick (599-2702); home (595-5074).

The Goodie Basket is seeking hard-working individuals to help us with our business. Full & part-time work available. 6:30 A.M. to 10:30 A.M. Earn maximum money for the minimum time. For further information contact Carol or Susan at 599-8396 or 599-6854 between 11 A.M. & 8 P.M.

WHY WAIT UNTIL THE LAST MINUTE??? START COMPOSING YOUR CHRISTMAS "TAPE-A-QUARTER" CLASSIFIEDS NOW! SPECIAL HOLIDAY ISSUE WILL BE PUBLISHED THURSDAY, DEC. 10!!!!

Hey! You! Debbie Saro, I missed you at lunch in the cafe. We were never cordially introduced. Everyone reads the LOG, so maybe we can get together. I'll be in the library Fri., Wed., and Thur., 3-5 p.m. Hope to see you this time! I'll be wearing a black jacket with Stuttgart, Germany on the back...See Ya!

RUN FOR ROBBIN. Get off your butt and start training for this 3.1 mile run on November 14th to benefit Robbin Blankenship. 1st 300 entrants receive a long sleeve shirt \$8 pre-registration fee. Pick up entries in Ratcliffe gym or call Derek Stanley at 877-1735 for more information.

Jimmy—How are you Mr. Psych? I dumped my boyfriend...don't lose out again. Please don't make any conversation—just ask me out. Oh yeah—I kept the ring, but don't worry. Ms. Psych.

PRE-HOLIDAY JAM WITH "SHADOW-VINE!"...COLLEGIATE CONVERGENCE II WILL BE HELD FRIDAY EVENING, NOVEMBER 20...SEE FULL PAGE AD THIS ISSUE OF THE CAPTAIN'S LOG...ALL MONIES RAISED WILL BENEFIT THE CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS...HELP US HELP THE FUTURE!!!!

Hi Tigger—Just think, November 19th—I can't wait!! (I miss u)

To (Two?) Naughties, Thanks for bad orthopedic advice. One week down, one to go, need a tow? Santa sleighs us & Oedipus wrecks. Helluvagood cheese, eh? VIC & BEAU

Bosom buddies Don and Francois are seeking a companion to accompany them to Tusks' on Saturday night.

Lost: Five buttons which were last seen attached to a favorite old flannel shirt. If the whereabouts of these buttons are known, would the guilty party please contact me. Topless

LOST—REWARD OFFERED!! Textbooks and a green notebook. Textbooks are in Marketing and Computer Science. No Questions Asked. Leave word for "Rick T." in the Student Life or Campus Police Offices.

I am an inmate at the Mecklenburg Correctional Center and I'd like to begin corresponding with female penals. I have no family or friend communication or support, so it's very lonely for me at times. I've accomplished my G.E.D., and am participating in college courses in history, sociology and psychology. I love to write. Direct all mail to: Lloyd A. Kellam Jr., #147869-3C-51L, P.O. Box 500, Boydton, VA 23917.

The Goodie Basket is seeking hard-working individuals to help us with our business. Full & part-time work available. 6:30 A.M. to 10:30 A.M. Earn maximum money for the minimum time. For further information contact Carol or Susan at 599-8396 or 599-6854 between 11 A.M. & 8 P.M.

Lanier—get off your behind and blow some hot air into those CNC Sails if you expect to get anywhere. P.S.—which one is Hampden and which one is Sydney?

Wanted: Serious drummer to be part of original progressive rock band. Own kit, availability, and aspirations of greatness a must. Original ideas more than welcome. Leave replies with "Tape-A-Quarter" Classifieds or call: Chris at 766-0108, or Scott at 851-0019.

To all the Lost Sheep: Try the good life. Make Jesus Christ your Lord and Savior. It's painless. Sign me, A Concerned Christian.

I'm selling my stereo components: One SL-B100 Turntable (technics), One LX1 series tape deck A-B (Sears), one AM/FM Stereo receiver SX-202 (Pioneer), and two speakers 3-way model CS-G 201W power 35W—max music power 100 W (Pioneer) Sell ENTIRE SYSTEM for \$200. Call 693-4476 for details or leave a message at the Foreign Language Lab in Wingfield. —Alain

For Sale: DP Weight Bench with leg lifts and all weights, excellent condition, \$75, 595-5325, after 2 p.m.

For Sale: Handmade women's sweaters, made to your specifications, prices around \$20. Call 877-2989.

Female Roommate wanted to share 3 bedroom apartment. \$170/month includes all utilities, electricity, & gas. Washer & Dryer in building. Located near Coliseum Mall. Non-smoker preferred. No pets. If interested, please call 825-0203, after 8 p.m.

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

TYPISTS—Hundreds weekly at home! Write: P.O. Box 17, Clark, NJ 07066.

Female seeks same to share a 2BR, 2BTH, furnished apartment (Chase Hampton). Must be neat, responsible, and preferably a non-smoker. Your rent fee would be \$280 per month, and pay 1/3 of the utilities. If interested, please call 827-1279 and ask for Jean.