

THE CAPTAIN'S LOG

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SEPTEMBER 22, 1997

CNU cashes in on space with Crestar building

By Richard Strube
Staff Writer

The most recent acquisition in CNU's ongoing expansion is the Crestar Bank building located on the corner of Warwick Blvd. and Hidenwood Blvd. Purchased by the CNU Real Estate Foundation in August, the building is expected to become a functional facility for CNU beginning in January of 1998. The University will lease space from the Foundation for the top two floors of the building, as well as for part of the second floor, which it will share with the law offices of David Camp. These offices will occupy approximately twenty-five percent of the second floor, with CNU using the remainder. Crestar Bank will continue to occupy the first floor. As January draws near, there is much curiosity and a deal of concern regarding the best use of the building.

A committee of administrators and faculty, and department heads will decide who moves into the bank in October, but Dr. Robert Doane, Provost, says that the decision may be delayed if necessary. "We have a very important decision, and to rush it is both unwise and unnecessary," he said. "There are a great deal of things to be considered."

Limited classroom space and limited parking are two major concerns. Because Crestar will still be open during its usual hours, the lease stipulates the no more than two rooms on the fourth floor and two rooms on the third floor can be used as classrooms. The lease also stipulates that the number of parking spaces available to students during bank hours is drastically reduced. Doane said that this will be solved by having only early morning and evening classes at the building.

This solution, however, does not address a major concern of many faculty members, which is the relocation of their offices away from

students' classes and indeed, from their daily routine. If the offices are dramatically displaced from the students, a great deal of student/teacher interaction will be lost, an interaction which is crucial to maintaining the rapport that characterizes CNU. The October first decision about the Crestar building will reveal much about the way in which the administration is structuring CNU's growth, and much about the way in which this growth will affect both faculty and students.

Dr. John Hoaglund, of the Philosophy Department, had offices in the Crestar building during the period when CNU leased the fourth floor from 1994 until 1996. "It adversely affected the amount of time I could spend with students, which is the best part of teaching," he said. "Students just can't drop by, because it is so far out of their way. A lot of work in classes like 'The Search For Beauty' can't be contained in 45 minutes. I think they need to ask 'Where do you need student contact?' Perhaps some administrative offices can be moved to the bank and student contacts can be placed in the administration building," Hoaglund suggested. "The location may have a certain appeal, but it's so desolate, especially if no lecture halls are nearby."

Dr. Jay Paul, head of the English Department, also had an office in Crestar from 1994 until 1996. He too believes that the Crestar Building is poorly suited for classrooms and for student interaction. "The building is ideal for administrative work, but it is really a bother for teaching," he said. "We (the English Department) have an ideal arrangement right now, with classrooms easily available. The department is all in one place, where we want to be."

Dr. John Anderson, the chair of the Department of Marketing and

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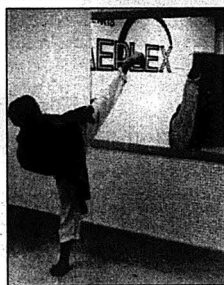
Joe's Quest

By Melanie L. Stokes
Staff Writer

When Joe Ash was a kid, he wanted to grow-up and become a black belt, a teacher, an olympic champion and a movie star. He remembers well the day he attended his first class at Bae's Tae Kwon Do Academy—it was January 11, 1982, to be exact. His instructor, Mr. Bae, asked the students to write their goals on a piece of paper. In the mind of seven-year-old Joe Ash, those goals were perfectly clear. Fifteen years later, Joe Ash lives most of his childhood dreams. But Joe Ash is an unlikely champion. In the ring he defeats his opponents, while in life he defeats adversity. And by his example, he helps others beat the odds.

At only 22-years-old, Ash is the president of the newly named Baeplex Martial Arts and Family Fitness Center on Warwick Blvd. In the place where most of his life he studied, Ash now teaches. He earned the black belt 12 years ago. Ash is a Junior Olympic champion, and he's close to earning a place on the U.S. Tae Kwon Do team for the 2000 Olympic games. "About becoming a movie star... I've had offers, but I had to turn them down," Ash says in jest. He trains, he teaches, and he runs a business. He also runs the roads. Ash is a full-time CNU senior majoring in fitness management. Though he works at the studio from 8:00 a.m. until 10:00 p.m. daily, he dashes to CNU for classes throughout the

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Above: An American dreamer. Joe Ash strikes a Tae Kwon Do pose in front of the flag he hopes to represent in the Olympics in 2000.

Left: At 22-years-old, Ash owns Baeplex Studio, where he trains for competition and teaches martial arts.

Photos by Mike Leonard/
The Captain's Log

Students gain confidence in self-esteem clinic

By Richard Strube
Staff Writer

Dr. Anita Tieman hosted the first of two self-esteem seminars in the Student Center, initiating a series designed to help students in need of support. The 45 minute seminar held on September 17 dealt with ten "distorted thoughts," which Tieman says are at the root of self-esteem problems, such as mental filters, catastrophizing, and personalization.

"Many students today have more 'baggage' when they arrive at

college than they had in the past," Tieman said. "Part of the commitment of the counseling office is to provide students with many avenues of help. That's what these seminars are about."

The reasons for low self-esteem are varied, but Tieman says these reasons can all be traced back to common sources.

"Self-esteem is one's emotional valuation of oneself. This valuation depends on two primary questions one asks: 'What is my relationship with society?' and 'How effective am I being in my

work?.' The way in which these questions are answered directly affect self esteem," Tieman said.

If falling into the cycle of low self-esteem is a common occurrence, this does not mean that it is a permanent condition, according to Tieman.

The first principle she presents to students at the seminar is that their feelings are a result of their thoughts, and that their thoughts are their own. "As adults we are all responsible for maintaining our own self-esteem," she said at the beginning of the seminar. "The

way we do this is by examining what thoughts make us feel certain ways."

This self-reflection is at the heart of Tieman's approach to dealing with low self esteem, which is one of the most popular seminars offered by the Office of Career and Counseling. "These seminars open the door for students who might otherwise be reluctant to come talk to me," Tieman said. "If in 45 minutes I can get one person thinking, and then feel better about themselves, it's worth it."

Tieman also said that she is al-

ways open to student suggestions for seminar topics. "The more involved students are in the issues, the better," she said.

Student Sherry Miller who attended the seminar said, "This was really beneficial. I came here to learn ways to control my feelings, and this helped."

Alumni Karen House agreed, saying "I occasionally get low, and I have to be reminded to look at the positive. I wish it could have lasted longer." The next seminar will be held Nov. 20 in the breezeway at 12:30 p.m.

Plans for preschool near completion

By Felecia M. Blaw
Contributing Writer

Twenty years ago, the idea for a campus-affiliated preschool arose in the minds of many CNU administrators and faculty. With the help of CNU and the community, the idea was put to action. This first preschool program was bridged with Warwick United Church of Christ located in Newport News. Since then, there has been a need and a demand for competent and successful preschools and daycare centers. Fortunately, CNU realizes the need and is once again acting on it.

Dr. Jane Bailey, Chairperson of the Education Department and Dr. Timothy Marshall in the Psychology Department have been the main implementers and contacts for the program. CNU's former preschool programs have been counted as a success. "Last year in the fall of 1996, the five week program embodied nine children," said Marshall, "one of which was my daughter." Last year, Bailey served as the primary teacher in the preschool classroom. The program's success is due to the hard work and support of CNU's students, faculty and staff. "The administration has been very supportive of this initiative, especially the president, dean, and the provost," said Bailey.

Not only will CNU's preschool program be beneficial to parents and their preschool-age children, but it will also be beneficial to students who are education and early childhood psychology majors, and to the

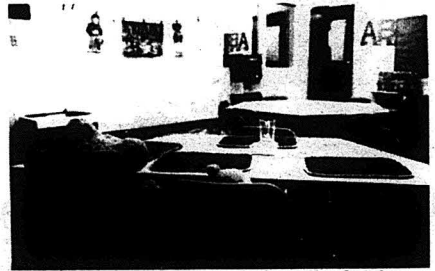
CNU community as a whole. "The program will give psychology and education students the chance to gain valuable experience and it will provide a caring environment for kids while their parents attend class," said Felicia Abraham, an early childhood psychology major and future volunteer for the program. The preschool will serve as a perfect resource for future preschool teachers. In the education and early childhood psychology curriculums, some students will have the opportunity to be student assistants in the preschool center. "Psychology students will be able to do research projects and some will observe children from the observation room," said Marshall.

In this typical preschool environment, college students can learn how to effectively develop a curriculum and teach and work with preschool-age children. "The program will also provide a setting for other programs interested in education such as social work who wish to practice their professional skills with this population," said Bailey.

CNU's new preschool program is designed for four-year old children. It is open to the children of faculty, staff, students and the surrounding Newport News community. The preschool will be held in the spring semester of 1998. The tentative hours are from 9 a.m. until 11 a.m. daily. The children will actively participate in playtime, center-time and project time. The preschool program will involve activities fostering cognitive, social, and psychomotor development. Par-

ents will be welcomed to stay and watch their children in the observation room or they can remain in the classroom with their children.

CNU student, Nathaniel Drisker says that he would utilize the program because it is a good program and he believes that students, faculty, and staff will utilize it also. Most students around campus believe that the program will be more successful if its hours were extended to complement parents' schedules. "Two hours is just not enough time. Parents need more than two hours worth of preschool," said student Debra Coleman, the mother of a young preschool-age child Kathy Leadbetter, the mother of a three year old agrees. She says, "Because I work, it would be hard just to bring the kids here to school and then take them back and go to work." On the other hand, Abraham and a lot of other people on campus believe that the preschool program will eventually grow and become bigger. "The program is just about to start, but I believe and hope that it will become bigger and incorporate bigger things in the future, including longer hours," Abraham said.



Teddy bears await the arrival of preschoolers next semester.

Photo by Kelly Wells/The Captain's Log

Most students and faculty believe that the preschool is essential and will benefit many. You are encouraged to support CNU's future preschool program. By doing so, you will be rewarded in three ways: you will help children receive a valuable and rewarding preschool education, you will support one of CNU's commendable programs, and you will provide CNU's education and early childhood psychology majors with hands-on experience and a rewarding opportunity. Bailey sums it up by saying, "We are really happy to have this program. We believe that it will really support our academic programs. It will make it a stronger academic program and it also helps the children."

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Accounting, echoes these concerns. "What needs to be looked at are patterns of growth. These patterns can indicate, I believe, which departments are expected to grow less rapidly than others. These departments may be the best ones to move," he said.

"Another principle is to place depart-

ments which possess 'synergy' together. An example of this are the business and technology departments. They complement each other."

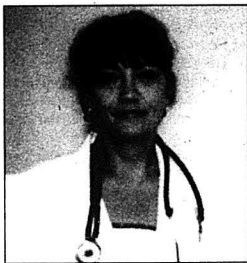
The principles are those of geography and functionality," Anderson said. "The liberal arts departments need to be near the library, the business and technology depart-

ments could be moved to Crestar, and make use of a new computer lab, which they need for their courses," he said. "A third principle is that as students move from freshmen, to sophomore, and so on, the curriculum becomes more important. Thus the needs of beginning students should be centralized, and advanced functions can be

placed on the periphery of the campus."

Anderson added, "If analysis is done, then the moves can make a lot of sense. If they are made in haste, many easily avoidable problems will arise. The president has handled a great many aspects of CNU's growth beautifully. Now we need consistency in that."

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the Captain's by john Commentary gray

Can computers fix the registration mess?

Something has been getting on my nerves regarding the registration process. Recently, my English professor me I had to drop her class because I had not taken the prerequisite for the class, English 102. Of course, the prerequisite is English 101. I did not know this and thought that my advisor would have told me this before signing my class registration form, but he didn't. Ragen Johnson says, "The whole point of an advisor is to help you choose the correct classes. A system needs to be set up so students are not taking classes that they don't need or taking classes in the wrong order."

On my second week of my once-a-week English course, I sat down and waited for class to begin. I had written my summary for the homework and was ready to hand in my work, when the teacher came in, situated herself for the night, and pulled out a sheet of paper. She said she needed to see the people she was going call but, I was not worried about my name being called for whatever reason because I simply never get my name called out in front of class, ever. So, the teacher started to call out names and I heard mine. She told us to step out in the hallway and five of my classmates and I did just that. I didn't know what to expect, but I figured it out when she asked everyone if they were transfer students. Well, at least I thought I did. I thought that some mistake had been made, but everyone except me was a transfer student and I was left in the hallway with the teacher to explain that I had not had the previous English course.

She informed me that I could no longer be enrolled in her class and that I should see if I could get into the one I needed, English 101. She told me that I could remain for the rest of the class, since we were doing the same thing that English 101 was doing. So, I went back in to the class and sat down. She told us to take out our homework and to get into groups.

At that point, I snapped and told her that I couldn't stay. I just didn't feel like it. I mean, what was the point for me to stay the

rest of the night, from 7:00 p.m. until 9:45 p.m.? So, I packed my backpack and promptly left the classroom in Ferguson and treaded my way across the street, braving the danger of the crosswalk. Successfully I made it!

I sought a sympathetic ear from one of my co-workers at the library. I felt depressed about the whole thing and ended up explaining it to more people over the course of the night. But it was good for me. I did feel better.

For the rest of the night I was in a mood.

"I noticed a sign on a sheet of paper saying that students are responsible for knowing about the prerequisites of classes. Excuse me, but my advisor should have known, and the computer have beeped or given a little notice of my problem."

I was trying to figure out what to do. I had the next day to go to the registrar's office and get things sorted out. But it didn't happen the way I thought it was going to. I ended up forgetting about the whole thing until it was too late and the office was closed. I wasn't worried, but deep down inside of me, I knew I had to do something soon and it should have been that day.

Monday arrives! I knew I had to fix my situation, so I decided to accomplish this after my 12 p.m. class. I went to the registrar's office to get the appropriate form and fill it out. I opened the familiar door that I had been to many times before and found the right form. The form said "withdraw." I did not want this form. I did not want to have a "W" on my transcript. I took the form and went to my advisor, but he had left for the day. So I went to his secretary. I explained my situation and she told me that my advisor could do nothing. She

called the registrar's office and spoke to a head person there. She then informed me that my only option was to withdraw because the add/drop period had ended. I thanked her and left. I felt disappointed. If I withdrew from the class, my only option, I could not take another class in its place, which meant that I had lost money.

I received a Pell grant for this semester and I could have used the money to have at least another class. My 15 original credit hours were reduced to a measly 12 credit hours, which is less than my previous se-

mester here, also my first. I filled out my form and saw that I had to get the signature of my teacher to complete the process. Since she was an adjunct, I had to wait until the night she was here, which meant I had to wait the rest of the week, until Thursday, to get the teacher's signature. I had to wait until 7 p.m. to go to the class I wasn't supposed to be in and get the teacher to sign the form.

I made my way across the street again to my class. I walked down the long hall on the first floor and found the door that said 107. I saw the teacher at the front desk and I handed her the paper and said nothing. She looked at it and said "You need my signature?" I nodded and she signed it. I pointed out to her that it was a withdraw slip and that she had to mark a "W" in the box provided along with her signature in the space below. She finished the signing of the paper and said to me "This doesn't

seem fair to you." I told her that this is what I am stuck with this piece of paper that will forever leave a branded mark on my transcript, the much dreaded "W." I left the class with my completed paper and once again treaded my way to the library, across the street that I dreaded, to tell my story of what just happened to me. And I did and once again, felt better for doing so. I felt that I was almost there, to the point that would end my class officially.

The next day, I went to the registrar's office and handed in my withdraw slip. But I noticed a sign on a sheet of paper saying that students are responsible for knowing about the prerequisites of classes.

Excuse me, I know that I should have looked, but my advisor should have known, and the computer in the registrar's office should have beeped or given a little notice of my problem and told me about it somehow. "The computer tells us if the class is closed, if a student needs permission, the hours the student is taking, and if times of the classes conflict. It does not tell if the prerequisite has been met or not," said Nicole Stewart, an assistant in the registrar's office.

With all the money being spent on little things around the campus, shouldn't some money be put aside for the advancement of the computer that puts us all in our classes and fixes our schedules? It tells when the times conflict and when the class is full, so why can't it do what I want? I'm sure it isn't just me who thinks about this. So I found someone that had my same viewpoint. Chantelle Lawani told me, "I feel that the university should make a system to insure that students are taking the correct courses. It seems that advisors just don't know anymore."

Those two statements sum up my thoughts exactly. I hope someone reads this and tries to think of a solution to meet the needs of us.



Progress buries a shrine, but it can't cover memories

It's a pristine stretch of asphalt now, flat and level, and divided into precisely measured spaces by clean brush strokes of snowy-white paint. The church bought the land from the township last year as part of a parking expansion project designed to bring more folks to services on Sundays.

We visited the sight religiously back in the 70s; a congregation of pre-teen fanatics who worshiped baseball. Common's Field was our shrine.

Before the sacrilege of asphalt buried our memories forever, summer in Middletown, Pa. meant pick-up games on that tiny diamond on the edge of town — our edge of town — where Ann Street veered off into Common's Ave., wrapped around left field, and twisted into a plot of trees behind the center field fence. You had to get all of the ball to knock one over center at Common's Field.

The rusty wire fence stood only 200 feet or so from home plate, but it towered over the sandlot. The "Hero Maker," a 20-, maybe 30-foot monstrosity was anchored to the sunbaked outfield by four thick wooden poles. It stretched from left-center to right-center, taunting batters, — "Maybe today will be your lucky day" —

then swallowed their line drives and spit them back in play.

My dad taught me to catch fly balls by that fence in the summer of 1970. He tossed cloud-piercing pop flies up and coached me under them until the ball fell into my mitt more times than it bounced off the dry grass. Then I was ready to move from the solitary play of the swing set at the far reaches right field and onto the diamond to take my place among my peers. And it's there that my oldest and dearest friendships formed over hundreds of games of baseball. It's where each of us, on any given day, left the park a hero after a game-winning hit or a circus catch that halted a rally.

We all had our moments; Common's Field made sure of that. The dips and divots of the tattered diamond deviled fielders with the threat of misdirection. A routine grounder to third base could be diverted to center in the blink of an eye. The field's flaws encouraged us to catch the ball on the fly. Some of the greatest plays in the history of baseball were made on that field — bare handed diving catches, shoestring snags and over the shoulder grabs; they were common occurrences.

It was OK to take chances on Common's

Field. Sure, we could expect a razzing when the ball sailed under our legs or careened off our mitt, but redemption was only an afternoon away. We played the sort of baseball that couldn't be summed up in a box score.

Innings were meaningless devices of organization, like the minutes that raced away during those balmy summers. We played at least 20 a day, stepped up to the plate 25 or 30 times a game, and scored 80 runs before dinner. We used a baseball for weeks, until its white cover was beaten into a dull, lifeless grey, and its seams split like the worn rubber on the eroded pitcher's mound of Common's Field.

There wasn't a place on earth we'd have rather been. And sometimes I'll find myself there, even today — on the edge of

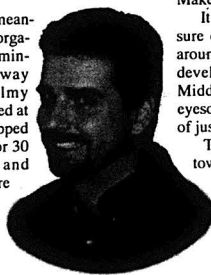
town, stepping down into the worn batter's box, and winding my hands into the rough cloth tape of a 28-inch Louisville Slugger. I stare into center field, determined that today will be the day I'll conquer the Hero Maker.

It'll never happen; the black-top made sure of that. Common's Ave. still winds around the lot. It ends at a new housing development that stretched the limits of Middletown, and without the delightful eyecore in center field, there's a clear view of just how big the town has grown.

There are nicer ball fields in my home town — always were. Kiwanis Field is watered daily by an automatic sprinkler system that flits water to every blade of grass to ensure it is the proper shade of green. The infield at Oak Hills is lined and leveled daily, and the advertisers that adorn the outfield wall make sure "their" field is top notch.

I suppose Common's Field never had much of a chance in a growing town. The large empty lot taunted "progress" like the Hero Maker taunted batters all those years ago.

And progress won.



By Don Kennedy

NEWSBRIEFS

Busch Gardens Trip

The second of Student Life's student excursions will be a trip to Busch Gardens on Sept. 27. Tickets will be \$25, a savings of \$6.50 off the normal admission price.

The trip is open to the entire university community, so stop by Student Life to reserve your spot. The bus will depart from campus at 9 a.m. and leave Busch Gardens at 6:30 p.m. For more information, call 594-7260.

Issues at SGA Meeting

SGA meeting on Sept. 16, 1997 dealt with some important issues. Organizations and clubs, as well as students, post things up all over campus. There are certain rules about where things can be posted. These rules are being grossly ignored and the SGA is going to start taking action to curb the illegal posting of signs on campus.

Donna Eddlemen of Student Life, suggested that the school look into getting more mailboxes on campus. She proposed getting a mailbox for the main campus and one for Ferguson.

Family weekend will be October 24, 25, and 26. Further details of the activities will be reported soon.

The CNU Mascot is in severe disrepair and it was suggested that the SGA and Act One cooperate on getting the money to fund the repair or replacement. A new costume could cost between 10 and 14 thousand dollars.

The idea of a town meeting lunch at Harbor Lights was suggested. It would give the students a chance to meet and discuss

issues with the officials of CNU. It would be an open forum for students to discuss what they thought was important to them and also ask questions of the faculty and officers. These meetings would be aimed at the commuter students.

A smaller version, Coffee and Conversation was proposed to take place at Christopher's for the students who are residents on campus.

Two new clubs' constitutions were approved by the SGA. The Free Thought Society Club was approved with a three in favor and one abstention vote. The Government Club was approved.

Students are encouraged to attend the next SGA General Assembly meeting this Tuesday at 12:15 in SC150.

Media on the Menu

The University of Virginia is sponsoring a forum on professional and graduate studies on Oct. 7 from 11 a.m. - 2 p.m. on the third floor of Newcomb Hall. This is a great opportunity for students considering post-graduate or professional studies to meet with admissions representatives, discuss admissions procedures. A list of the represented schools is available at <http://poe.ac.virginia.edu/~dmr2s/freg.html>.

For more information on this seminar, call Donna Ryan at (804) 924-8914 or e-mail her at dmr2s@virginia.edu. Or for more information on graduate studies, contact Donna Grisset or Melissa Whitt in the Office of Career and Counseling at 594-7047. Sign up for the free seminar, "Graduate School and You."

Graduate School Seminar

The Office of Continuing Education is hosting a unique dinner party in the Alumni Room of the Student Center at 7 p.m. on Oct. 8. Entitled "Media on the Menu," the dinner will give guests a chance to talk with 16 members of the local media.

During the meal, dinner guests can talk to the journalist or journalists seated at their table. Afterwards, Jane Gardner from WTKR-TV will give the keynote speech. Then guests can ask questions of any of the media professionals.

The attending journalists will be Sandra Parker, Mike Gooding and Karen Jones from WVEC-TV, Don Roberts, Carolyn Castleberry, Andy Fox, Doug Aronson and Steve Kearnes from WAVY-TV, Leann Raines, Ed Hughes, Beverly Kidd and Glenn Corey from WTKR-TV, Jesse Todd, Susan Friend, Will Corbin and Will Molineux from the Daily Press and Cathy Lewis and Chris Dickon from WHRO-TCV.

Tickets are \$20. For reservations, call the Office of Continuing Education at 594-

Captain's Log on the Web

Tired of turning pages? The please click over to The Captain's Log on the internet at <http://www.cnu.edu/studlife/captains>. Participate in our NFL "Beat Your Daddie" contest, and enjoy the color.

New Student Magazine

Students interested in writing for Rolling Stone, Vibe, Sports Illustrated or Life magazine might want to consider starting with TCL. Call 594-7196 for information.



Monday

Resume Quick Check
2 p.m. SC146

Interview Seminar
3 p.m. SC146

Tuesday

Resume Quick Check
3 p.m. SC146

SGA General Assembly meeting
12:15 p.m. SC 150

Wednesday

Resume/Cover letter seminar
2 p.m. SC146

Health and Fitness Fair
9:30 a.m. Student Center

Friday

Job Search Seminar
9 a.m. SC146

Newspaper workshop, feature writing,
3 p.m. SC214



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Drawing will be held November 26, 1997. Winner will receive two tickets to the Redskins/Eagles game on December 21, 1997 including transportation and hotel accommodations.

Call 930-2425 for additional information.

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Joe's Quest: CNU student chases Olympic dream

continued from page 1

day. Education is as important to him as exercise, and he shares that priority with his students.

But no matter how hard he trains and how much he studies martial arts, when Ash faces an opponent, he brings with him a disadvantage. He is almost blind in his left eye because his retina detached in 1992. He underwent laser surgery in hopes of repairing the injury. For three weeks following the operation, Ash wore bandages on both eyes. For almost a month, he could not attend school. He could not train in martial arts. He could not see.

"I was going insane," Ash said. "I could not sleep at all because there were no cycles of light and dark. But, I have the utmost respect and admiration for blind people now," he said.

One blow did not cause Ash's injury. It took a lifetime of hits and head injuries. Of all the injuries responsible Ash remembers one he credits for the detachment "It was during the Junior Olympics in Korea," he said. Ash was winning a match and his opponent grew visibly aggravated. At one point Ash was down on the mat. "And he kicked me like a soccer ball when I was down," Ash said. "My vision blurred instantly, but I kept going. I'm a competitor. I'll just keep going and going, and I do dumb things," Ash said. "I will not stop a match."

Light and life returned to Ash after the healing period, and he returned to the karate studio against the advice of doctors. But his struggle for eyesight had just begun. His eye rejected the "buckle" doctors implanted to reattach his retina. Ash also suffered from glaucoma, possibly resulting from the retinal trauma. He needed a lens transplant. In a second major surgery, doctors placed a silicon lens on his eye, allowing him to see light and recognize some shapes. Ash never considered quitting martial arts.

"I have that young blood feeling," Ash said. "I believe in the indomitable human spirit... I can somehow pull through." Ash said.

Ash called upon that spirit not only when he lost his left eye's sight, but also when he faced other struggles. During his life Ash has faced many opponents, and emotional hardship has been one of the toughest. One year after his eye surgeries, Ash's father died unexpectedly from a brain aneurism. He was 18-years-old and an only child. He remembers his father driving him to the studio every day.

Ash grew up in King and Queen County, Virginia. His father worked night shifts at the Newport News Shipyard, and his mother, an Italian immigrant, worked at Sam's Steak House on Warwick Blvd. She has worked there since before Joe was born, and she still does. Everyday after school, Ash's parents picked him up and they made the hour drive to Newport News. His parents dropped him off at the karate studio and they went to work. Ash practiced and worked-out until the studio closed each night. Then he went home with Mr. Bae, or he went to a babysitter's house until his parents picked him up at midnight, and the family drove home.

Ash remembers when his father helped him train at home. "From age seven to 13, I was getting my tail kicked in matches, and I was getting mad. My dad would wrap a feedbag around a tree for me to hit," Ash said. "That does not give, so it helped me build strength." He has spent years building his physical strength, and Ash still struggles to find emotional strength when he considers the sacrifices he has made for martial arts.

"I didn't get to spend that much time with my dad before he died," Ash said. "I regret that, and I'm having personal problems because I don't get to spend time with my mom anymore, and I don't want things to happen the same way with her. I'm ap-

prehensive about losing her. I worry about it, and I try to get away from the studio to go see her. But we are both hard workers. I get that from her," Ash said.

When Ash was six-years-old, he told his mother that he wanted to learn karate. "I was a very small child, and I could not throw the basketball as high as other kids. I didn't have a lot of strength," Ash said. Then, his mother met Mr. Bae at the restaurant where she works. "My mother was Mr. Bae's waitress, and she asked him about lessons for me," Ash said. "For my seventh birthday, she signed me up."

So as a second-grader, Ash began a career. Though he didn't know it at the time, martial arts would become his life, and as he puts it, his "purpose." The dedication he gave to his art kept him out of parks and plays, ball fields and back-alleys. Sometimes he wonders if he missed-out now and then.

"Last week I stopped by to see a CNU volleyball game during a break in my class," Ash said. "I realized I had never seen a team sporting event before," Ash said. "The team was working together and the crowd was cheering them on. It was really cool, but it made me kind of sad," Ash said. "Martial arts doesn't receive the recognition it deserves in the U.S., because people want to watch team sports," Ash said. Though he's curious about the bonds between teammates, Ash knows the bond between mentor and pupil. He's been on both sides.

Ash always shared a close relationship with his instructor and the studio's owner, Mr. Bae. "I would not be where I am now if it wasn't for Mr. Bae," Ash said from the plush office chair in his private room within the studio. Ash is now the president of Baeplex. He took over for his mentor last spring, when Bae retired and gave Ash 51 percent studio ownership.

The staff at Baeplex is Ash's extended family—one that has been in place almost as long as he has trained there. "I was elected by the staff to take over, and Mr. Bae handed it down to me," Ash said. Ash insists that he can not run the studio without his studio family.

Last spring, Ash altered the name and moved the business across the street, expanding and adding weights and work-out equipment to the facility. "I was loaded with new ideas. I kept a notebook to write it all down," Ash said. It is now Baeplex, Tae Kwon Do and Family Fitness Center. He also governs the location in Williamsburg. The new space is in Hilton Shopping Center, just across from the old studio. "We were out of business for three weeks last spring, building the new space," Ash said. He, one other instructor, and some students built the interior walls and floors. Ash also expanded the programs offered in the studio. As he grows, so do the service he provides his students. "I am really evolving as a leader," Ash said.

Ash's pet project is a class for a Special Olympics team. Every Tuesday and some Saturdays, Ash meets with his special students. He started the project when one student's mother approached him. Chris Laron had tried to take classes at other studios, but was rejected. He has Down Syndrome, but Ash says that Laron is one of his best students.

"I started with Chris one on one," Ash said. "After a couple of weeks he was ready for more challenges. People could teach kids with Downs if they would just take the time to do it. I am amazed at how well those kids retain what they learn."

"They are equal, if not better at retention than other kids," Ash said. The private lessons with Laron led to the Special Olympics class as word spread that Ash would teach the children.

"I am a little bit broader in my expectations for my special needs children," Ash said. "But they are fun to teach because they do not lose the entertaining aspect of the



Ash and a practice opponent spar in Ash's studio, BAEPLEX Martial Arts and Family Fitness in Newport News.

Photo by Mike Leonard / The Captain's Log

sport," Ash said. "Other kids sometimes get too competitive and they forget to have fun with it."

Ash and Laron reached a milestone together when Laron decided to test for a belt. "I never expected to test him for a belt, but he wanted to do it," Ash said. "So I created a special curriculum." Ash is now sending that curriculum to the local Special Olympics chapter, in hopes that it will become a standard for teaching and learning martial arts with handicaps.

"When Chris tested, it was a special moment for everyone," Ash said. "I stood there in awe of him. I looked around and everyone was pretty glassy-eyed," Ash said.

The respect between student and teacher is mutual in Ash's classroom. The young instructor is Joe to no one. He is Mr. Ash to his students, their parents, and his co-workers. He doesn't ask for the show of respect, everyone around him offers it. His students bow upon entering the classroom. He doesn't have to remind them. They don't know what their teacher has lived through or exactly how he made it to the front of their classroom, they just feel it. Mr. Ash's presence commands respect, and they want to be just like him.

Ash taught a student with cerebral palsy. "It's a big honor for me when people ask me to help special needs students," Ash said. He recently participated in a study on teaching wheelchair martial arts, something he hopes to explore in the future. News about his special education class has spread so much that Newport News Schools want Ash to teach their special education students. Ash is currently planning a program for those students. His Special Olympics team receives a new student almost weekly.

One evening, when a new student arrived apprehensively, Ash asked Laron to help the new classmate suit-up for class while Ash continued teaching. When the two students returned, Laron taught the newcomer to bow at the door. Ash didn't tell Laron to teach that. He just knew what his new classmate should learn. After the first few exercises the frightened expression faded from the new student's face, and he turned to signal a thumbs-up to his mother as she watched the class.

When the class was over no student wanted to go home. But as everyone left the studio, Ash put his arm around Laron and thanked him for assisting in class. "You didn't just help me, you helped someone new, and that's the most important thing you did," Ash tells Laron.

After the class Ash retires to his office chair. On the chair hangs a suit jacket and

on the walls hang 15 years worth of awards. Ash has competed in more than 35 states across the U.S. and in four countries. Most of the time, he has won.

"It's kind of strange," Ash says. "After my eye surgeries, I stopped losing. I just have to challenge the limits. If someone tells me I can not do something, I have to prove them wrong."

During the U.S. Nationals in Atlanta in 1994, Ash broke his leg. The day after his cast was removed, he competed. He competed, he did not fight. Ash never fights. "I prefer the word 'sparing.' Fighting creates a misconception. Martial Arts is not about fighting," Ash said. "I teach my students that it's about having fun, respecting yourself, and representing yourself well," Ash said. "Sure, martial arts is good for self-defense. But I teach the philosophy that self-defense is for getting yourself out of a bad situation immediately, with the fewest injuries to yourself and to the other person as possible."

Ash avoids violence, and he avoids money. Though he has considered turning professional, he knows he belongs in the classroom.

"I don't ever want to compete for money," Ash said. "When money is involved the purpose changes. I just want to compete and teach. I teach my students health and fitness and good manners. Those are the most important things in martial arts," Ash said.

"Martial Arts has given me a purpose," Ash said. "It has given me a life and a service to provide." Ash said. "I love to teach and I love to compete, but if I had to give one up, it would be competing. Sometimes competition is for self-glorification, but teaching is for someone else. I can reach more people by teaching," Ash said. "Plus you can teach forever, but you can't always compete."

Ash's personal cut-off date for competing is 2004. "I'm going for the olympics in 2000, and if I don't get it, I'll go again in 2004, but not after that," Ash said. "I'm not afraid of getting beat. I really live by the no fear motto. I don't go around saying it, but I'm not afraid of anything."

For more information on how you can help make Joe Ash's Olympic dreams a reality, call Wendy Hall at 599-0404 and become an official sponsor.

arts and entertainment

REGGAE ON THE RIVER



Norfolk's annual Reggae on the River festival — held at Town Point Park, Sept. 12-14 — treated patrons to three days of music, food, and arts and crafts in celebration of the Rastafarian belief that life is too short not to have a good time or, as a Rasta man might say, in celebration of "feeling irie."

By Joseph Atkinson
Staff Writer

One People, the first band to take the stage in front of Saturday's early-afternoon crowd, didn't seem to be bothered by the fact that there was more lawn than people and played an energetic forty-five minute set.

The Reggae Cowboys followed with their novel and somewhat gimmicky take on the genre that featured nods towards country and western, ska, and spaghetti western film music. The act featured some of the Cowboy's lessons about the American west and the often overlooked role of the negro cowboy in the western era.

"We like to bring the music to new people," said the cowboy hat-clad Stone Ranger, guitarist and vocalist for the Toronto-based band. "We're touring the U.S. right now and festivals give us the chance to play our music to an audience that might not normally listen to it," he said.

Most reggae bands come from Jamaica, where the style originated, but Ranger is quick to point out that "Toronto has a strong, healthy reggae scene."

"This is where you play it on radio — it's great," he said, pointing to the recent popu-

larity of reggae influenced bands like the Fugees and the ska genre, which reggae spawned.

The slowly expanding audience certainly seemed to appreciate their music.

The music is awesome — awesome!" said Patricia Davenport, a Norfolk native and Old Dominion University student.

"This is more laid back and to the heart and core of the people. Rock stimulates a different set of emotions. With this kind of music, everything is conducive to the well-being of the concert," she said.

Davenport was not pleased with all of the night's activities.

"There are too many young people drinking too much. What ever happened to going somewhere just to enjoy something without all the artificial stimulants?" she asked.

Despite this complaint, Tim Jarrell, an event staff coordinator, was quick to point out that the Reggae on the River crowd was tame compared to crowds at other shows.

"There were about sixteen arrests at the Southern Comfort country concert that I attended at the Virginia Beach Amphitheater last night," he said.

Most of those arrests were for domestic violence and public drunkenness charges.

Following the Reggae Cowboys set, audience members who brought drums and other things to bang on, were given a chance to participate in a drum jam. This only added to the enthusiasm already present.

As dark descended, Jamaica natives, the Ital, began their set.

The band played their music in the name of "His Majesty, Ja," and seemed to be under a spell throughout their show.

"It's hype!" said Ital singer, Keith Porter, in response to the festival atmosphere.

He founded the band in the mid-70s. They released their first single, "Ina Disa Time" in December of 1976. The reggae scene in Jamaica has broad influences. "I can't explain it," he said, "except that music is international."

This is really good for the people who need a break, the people who work 24-7. They can come and enjoy the music and get caught up in it," he said.

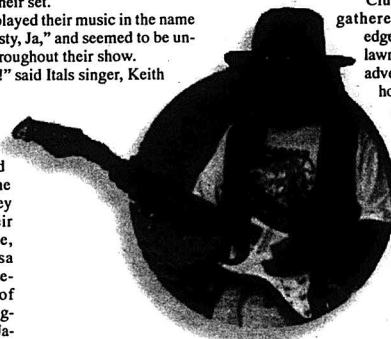
During Porter's interview, band members walked in and out of a trailer that emitted a sweet but distinct odor.

That smell was explained during Culture's show. The band came out dressed like the high priests of rasta, closing out the

evening with their transcendent performance.

Between songs, the band stopped to talk about the legalization of marijuana and led the now enormous crowd through a "legalize it" chant.

Clusters of booths gathered around the edges of the concert lawn. There the usual advertisers and alcohol sellers, which are a part of every festival. But some vendors continued the theme of the weekend. Booths sold rasta hats, clothing, jewelry, hemp products, and handmade arts and crafts. The vendors spilled over onto the sidewalk in front of waterside, so the whole area was caught up in the mood of the weekend. Some booths sold foods indigenous to the Caribbean, such as Caribbean cheese steak



above: Well-prepared concert goes right into the groove on the grass.

above left: Culture's lead singer invokes the Rastafarian god Ja during their performance.

left: Local artist Eek-a-mouse was one of the favorites on Friday night.

right: Click Masta grooves on the guitar with the Reggae Cowboys.

Photos by Chris Taylor/The Captain's Log

and sweet potato fries.

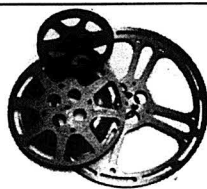
Friday night's installment of the show included Saturday's openers One People and local favorites Eek-A-Mouse.

Town Point Park will host a free concert featuring Sister Hazel and Duncan Sheik on Sunday, September 28 from 2 p.m. to 7 p.m.



Photo by Ben Hutt/The Captain's Log

flickers



Life is not fluffy in "Pillow Book"

By Mandy Malone
Staff Writer

For well over a decade, British director Peter Greenaway has been making some of the most exciting and challenging films released on either side of the Atlantic with such films as "The Cook, The Thief, His Wife and Her Lover" and "Drowning by Numbers." Because of the often controversial nature of the subject matter, however, many of his films have received a very limited or even delayed release in the United States. Greenaway's newest film, "The Pillow Book," may prove to be his most complex and visually stunning achievement to date.

The story centers on a Nagiko (played by Vivian Wu), a young model who is on a quest to keep up a beloved childhood tradition. On her birthday, her writer father would paint a traditional birthday greeting on her face and her aunt would read passages to her from the "Pillow Book of Sei Shonagon."

As Nagiko grows up, she begins to keep her own pillow book, which becomes a source of comfort and escape for her when she enters into a loveless marriage with the nephew of her father's publisher. Eventually, Nagiko leaves her husband and travels to China where she finds work as a high paid fashion model. With her new found

freedom and wealth, Nagiko begins to seek out men to write out their most passionate expressions of love using her body as the paper. Nagiko is often dissatisfied in her quest, however, wondering if she is picking lovers because they are calligraphers or calligraphers because they are good lovers. One of Nagiko's friends takes photographs of these love poems to a publisher who swiftly rejects the work. When Nagiko goes to the publisher to protest his decision, she discovers that he is the same man who ruined her father. Nagiko sets out to seduce the lover of the publisher, setting in motion a strategy of revenge which has tragic consequences.

The publisher's lover is a translator named Jerome (Ewan McGregor) and what begins as a seduction turns into a source of love and inspiration for Nagiko. Jerome encourages her to become the pen as well as the paper and Nagiko in turn writes a series of passionate love poems on Jerome's body and sends him back to the publisher. The publisher is enchanted with these poems and plans for their publication, but his relationship with Jerome results in Jerome's betrayal of Nagiko. In an effort to win back Nagiko, Jerome stages a mock suicide which tragically goes wrong. This sets the stage for Nagiko's final act of revenge on the publisher as well as her final series of poems.

The Pillow Book is one of the most visually complex and erotic films ever created by Peter Greenaway. The layering of frames on the screen as well as the shifts between present day China and Japan and reenactments of Sei Shonagon's pillow book provide an exciting challenge for the viewer.

Metaphor adds to this effect. Books and words are a life long obsession for Nagiko and the metaphor of the skin becoming the paper and the hands becoming the pen creates a remarkably sensuous visual experience. This metaphor reaches its climax in a visually stunning and highly erotic series of thirteen poems Nagiko sends to her publisher. The intricate and beautiful calligraphy provide some of the most vibrant images created by Greenaway.

The performances in "Pillow Book" are also strong, especially those of Vivian Wu and Ewan McGregor. Vivian Wu turns in an inspired performance as a woman determined to preserve the past in modern day Japan.

Ewan McGregor follows his acclaimed performance in "Trainspotting" with a powerful performance as Nagiko's devoted lover.

All of these elements work together to create a fascinating unforgettable film which will linger in the viewer's mind long after the final scene.

Cornwell exposes the unnatural

By Jennifer Schuetze
Staff Writer

We've covered it all, music, concerts, gallery openings. We have provided the CNU community with our take on nearly every form of entertainment. Except one. The written word. We will now attempt each week to open your eyes to newly published literature. We will review books from the New York Times Bestseller List, printed by the paper each Sunday.

"The address *deadoc* awaited me like an evil stranger.

"His message was in lowercase, with no punctuation except spaces. It said, *you think you're so smart*. I opened the attached file and once again watched color images paint down my screen, severed feet and hands lined up on a table covered with what appeared to be same bluish cloth. For a while I stared, wondering why this person was doing this to me. I hoped he had just made a very big mistake as I grabbed the phone."

This is just one of many colorful scenes painted throughout Patricia Cornwell's latest novel "Unnatural Exposure." Dr. Kay Scarpetta, chief medical examiner of Virginia, returns in this novel to solve the murders of severed bodies that have appeared in Virginia.

Severed bodies have been showing up in landfills across Virginia. Scarpetta believes there to be a connection between these and the ones that were found in Dublin. Scarpetta has just returned from giving a series of lectures in Dublin, where she was able to look into the Irish cases, when they find a new severed body in a landfill. This time, however, it appears that it is unrelated to the other cases because it shows signs of the small pox virus. So Scarpetta teams up with her old pal, Pete Marino, commander of the city's homicide department, Benton Wesley, love interest and FBI agent, and Lucy, Scarpetta's beloved niece, HRT technical analyst and manager of the Criminal Artificial Intelligence Network.

Another body turns up on Tangier Island, this one also shows signs of the smallpox virus. They realize that they may soon have an epidemic if the virus is not contained. When two more people on the island become sick, they quarantine Tangier Island. Scarpetta must find out how the virus has been transmitted to these people before the virus reaches outside of the island. On top of solving the crimes, Scarpetta must face up to her own fears about who she loves.

Cornwell throws in her own feelings about homosexuality in this story with an antagonist portrayed by a homophobic cop that arrests the wrong man because he is a homosexual. That same cop spends most of the novel trying to figure out a way to bring down Scarpetta's lesbian niece, Lucy.

The ending to this book was weak because she solves the case almost on the same page that the killer is introduced. It seems to end really fast as if Cornwell was tired of writing. However, she does wrap up a little of Scarpetta's love life at the end. She keeps the ending open for the answers in the next book about what happens between her niece and the homophobic cop.

If you are faint of heart I must warn you that she goes into a lot of graphic detail in this book, seemingly more than usual. If you are a Cornwell fan, you may be a little disappointed in the ending but this book develops a little better than some of her more recent ones and reminds you of some of her older books. If you have never picked up one of her books this is not a bad place to start.

Talk Show goes Weiland-free

By Eric Pesola
Staff Writer

With the release of Stone Temple Pilots' new album... Wait a minute! This is not STP, it's a new and different band. It is called... Talk Show? Yes, Talk Show is the new offshoot composed of three Pilots and one old friend. None of them is Scott Weiland. Sound interesting? The story behind this 'new' band could be the subject of a Maury Povich or Montel. But once you get into the album, you'll find yourself saying, Stone Temple... who?

Talk Show is made up of the bass/guitar combination of the DeLeo brothers, the drums of Eric Kretz, and the vocals of one Dave Coult. During the last few years, the rock world has been tied up in the ever-unfolding drama of Mr. Scott Weiland's addiction problem. He was in and out, back and forth, leaving the other three Pilots floating in midair. Frustration finally took its toll on Kretz and the DeLeos early last year, and they made a few phone calls. One call was to Coult, another was to a new agent.

Coult sang with Southern California's Ten Inch Men in the late 80s. During this time, his band opened for Mighty Joe Young. Mighty Joe Young signed a record deal with Atlantic in 1992, and went onto super-stardom as Stone Temple Pilots.

Coult and his Ten Inch Men went on to record an album, but never achieved the success of their touring partners. But, when Weiland entered the hospital for the second time in a year and a half, the disgruntled trio gave Dave a ring, and he answered. They immediately jumped into the re-

coding studio, not as Stone Temple Pilots, but as the Vitamins, and then later as Shade. STP took off again with the underrated *Tiny Music... Songs from the Vatican Gift Shop*, and shortly after Weiland landed in rehab.

This opened things up for Coult and Talk Show. Much of the Talk Show album was recorded while Weiland was in rehab, and the rest was finished after STP's fall tour ended. It was cut short because, you guessed right, Scott Weiland checked back into the hospital.

The Talk Show self-titled album is a strange mix of hammering melodies, and force-fed hooks. The first release from the album, "Hello Hello," is what STP's "Vaseline" always wished

The first track, "Ring Twice," crashes right into greatness. With music and lyrics both by Kretz, "Ring Twice" is a song for an English major. Like Shakespeare, Kretz forces you to read between the poetry. Coult slurs his way through the opening, only to perk up your ears to the melodic chorus.

Track three, "Everybody Loves My Car" is insatiable. Something about that song will drive you insane, and it's a melody creeps up on the casual listener later, when they are least expecting it. "Peeling an Orange" is the perfect song for driving through the Midwest. It has a slight twinge of country, and that is not a bad thing. It calms.

Coult's voice is hard to peg. At the beginning of the album, he sounds gruff and gravelly. As the end nears, he sounds more like a young Freddie Mercury, than a grungy little rocker in the 90s. His voice tickles the ears into submission on track six, "Wash Me Down." A soft, soothing song.

The band does not excel in complex lyrics, though. Coult spurts in "John:" "I sit at home 'cause I'm able, I sing out loud but complain in the same old way. I shake the tree of a fable She sells me lies but she sings on away..."

What does all of that gook mean? Who knows, but it sounds great with the quick tempo and equally bumpy bass.

Talk Show has put together a nice little album, which will probably get torn down by critics. They'll say, "you can understand the lead singer" or "they have no message" but that's fine. The three Pilots move closer their artsy roots, and away from the violent Weiland influences of the past. Coult is a refreshing voice, who will probably be viewed as 'that other guy,' for years to come.

Talk Show

it could be.

The song is quick and fun. From the opening second, you can tell that the song is fresh and different. Eric Kretz's opening drum display illustrates that fully. With that he's saying, "Hey—lookit me! I'm back here, and I'm alive." Dean DeLeo's little murmurs and riffs fill the song, and suck you in until the end.

Wes's World

By Wesley Cline

Buying a television, a real adventure

Recently, I went shopping for a television. For a long time, I considered being one of those intellectual people who owns only a small black and white television that is kept in the back of a closet and only turned on once a year for 15 minutes. This idea quickly bit the dust when I realized that the only real alternative to getting strung out on the television was to do my homework. This was obviously not a condition that anyone could tolerate.

I went down to my local Digital Towne to check out their selection. I wasn't looking for anything big. What would I do with one of those bigscreen televisions that are so large that they let you see the pores on Demi Moore's face in "Strip-Tease"?

Before I was so rudely interrupted, I was about to say that I thought I would get a 13-inch model with a few frills and maybe a remote; or perhaps, I would even get a color model. I have heard that color has really revolutionized television. I looked in all of the ads but could only find the small models that were advertised as TV and VCR combos. I thought, surely there are models at the store without a VCR attached. I already own a VCR: Don't ask why I own a VCR but no TV.

Failing to find a television with the screen size I wanted, I decided I would ask the salesperson if she had anything even close to the size I desired. She said, "Well, we just got in these one-inch televisions that you can have surgically attached to your face. The only drawback is that you

have to buy two - one for each eye. But, as a status symbol, they are sure to bring you more cool points than even a three-story high screen that is permanently tuned to the porn channel could bring you."

I replied, "Do you really have those? I mean, not for me, mind you. I have a



friend, you see?"

She turned away and suggested that I keep looking around.

I continued to look for the right television. I decided I would splurge and raise my spending limit fifty dollars so I could get a nineteen-inch job. Now this brings back childhood memories of the day that my parents brought home the huge box that contained a big surprise.

Well, my father slowly pulled from that box a brand new home appliance that I would spend many hours with, thinking about little else than what came out of it and into my eyes. Yes, you guessed it! He got a new lawn mower. Oh, you thought I was talking about a new television? I don't think we had a new television until my late teens. Then it was only because the new colored-plastic wrap had come out and that saved my father the extra expense of buying a real color television. Like he said, "Hey, kids, make your own color. Don't be forced to accept the color that the networks want you to see." Let me say that we had colorized "It's a Wonderful Life" long before Ted Turner had it.

Anyway, a nineteen-inch television was about the largest television that my family ever owned. If I bought one now, it would mean that I had graduated to the same level as my parents. Thinking along this line, maybe big-screen television is necessary.

I was really getting into this until I remembered that I was on a budget. The scent of a big sale had begun to seep from



my pores (What is it with pores today? Does he have some kind of fetish?), and salespeople from all around were flocking to me. The original saleslady was even coming back with something resembling a magazine, but I couldn't tell because it was in a plain brown wrapper.

I was getting scared. What had I done? I had to buy something and fast before they tore me apart. Then I saw it, my savior: a sale sign on a returned item that was defective but still worked well enough to sell at a greatly-reduced price. "I want that one!" I screamed as I pointed at this piece of junk that not even a mother could love.

The sales people quickly calmed down and started to disperse. I was left alone, all alone, with the television. I finally had to go grab a salesperson out of the backroom. I told him I would like to make a purchase.

He said, "I know, I heard you! Just take it and never come back to this store again and maybe I won't call the cops."

That is how I came to own my first television. It doesn't really work all that well. It has three colors counting black and white. It has a slight pinkish hue that only appears in places that should be green; but that's alright; I really don't have time to watch it anyway.

Student Center

*We, the staff of the Student Center express our gratitude to
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Renee Toutant

Toby Hale
Perez Bottoms
Jenny Johnson
Christy Martin
Stephen Spirek

Jonah Adkins
Bridget Cochran
Clyde Lewis
Jon Poulsen
Sherri Thompson
Nicole Williams





Swaim and Vaden

Gone are the days of Tiffany Libeu's tooth-loosening kills, Jessica DeWitt's nationally ranked digs-per-game average, and a fourteen-player roster, but that's okay. Each year brings a new look to college teams, and 1997 looks good for CNU volleyball. Head coach Art Thatcher never stops working to improve his team. You may not understand. I mean never. He's looking now at high school seniors and possible transfers.

His dedication obviously pays off. This year he lured freshmen middle hitter Miranda Swaim, Thatcher's first six-footer, and outside hitter Heather Vaden to the squad. Vaden shows a certain leadership and hustle on the court. She can do it all—hit, set, dig, and serve hard, and she does it all with intensity.



Miranda Swaim

Swaim just leads the entire Dixie Conference in attack percentage (.431) topping Averett's a mighty Brenda Laflamme's .421. She's also ninth in

blocks per game (.65). (Remember that she is a freshman.)

Normally, when CNU's hitters strike the ball, it lands near the back of the opposite court behind the back line. Swaim's kills land almost straight down before the back line. Though her swing is not quite as volatile as Adkins' or Fuller's, she is six-feet-tall, and she gets much farther above the net, which also helps considerably when blocking.



Heather Vaden

Along with Vaden the tandem will only improve as they play more together. While Vaden is more of a full-time player, Swaim is still substituted out on the back line where agility and quickness are the advantage, not height. Vaden is third on the team in digs-per-game and still continues to develop her attack from the outside.

The two did not play as often in the beginning of the season, because Thatcher likes to develop his younger players slowly allowing them time to gel with the veterans. Watch for them to soon start every game. I wouldn't be surprised if this happened about the same time CNU starts playing Dixie Conference foes.

Kris Van Deusen is the Sports Editor for The Captain's Log. If you would like to respond to Mr. Van Deusen please drop a letter to us at our office in room 223 in the student center or e-mail it to us at clog@cnu.edu.

Eastern Mennonite the first to fall

By Russell Scott
Staff Writer

CNU's inexperienced women's soccer program is having to endure some serious on-the-job training this year. But the team is finally beginning to put their hard-earned experience to use. Coming off of a tough 2-0 loss to Longwood on September 9, the Lady Captains went on to defeat Eastern Mennonite 3-0 on September 12 for their first victory in the program's history.

CNU's 2-0 loss to Longwood was not indicative of how close the game really was. The Lady Captains held their opposition scoreless until the final minutes of the first half. They continued their excellent defense into the second half and even had a couple of opportunities to tie the game.

Sweeper Jennifer Callaway had to leave the game with an injury and coach Emily Randall was forced to replace her with Jackie Miller, who is one of CNU's biggest scoring threats. "It really hurt us when Jennifer got hurt and we had to move Jackie back to sweeper," Randall said. The final Longwood goal did not come until there was 1:37 left in the game.

"We're coming along. We've improved so much and our spirits are high," said senior Stasia Place. "We're making no excuses about being a first year program."

Most of Place's teammates shared her opinion. "We played really well," said



Above: Laura McFerrin breaks on the ball against Longwood. Left: Jenny Schwab makes a spectacular tackle as she knocks the ball away from a Longwood player.



Photos by Chris Taylor/The Captain's Log.

Freshman Laura McFerrin. "The outcome wasn't what it should've been."

Although the Lady Captain's victory over Eastern Mennonite will not go down as an official win because their opponent was a club team, it is definitely a sign of the team's gradual improvement.

"We're progressively getting better, and continuing to play with a lot of intensity," said Randall following the Longwood game.

CNU hosts Mary Baldwin on Wednesday and travels to Concord, West Virginia on Friday.

CNU men back to .500 again

By Chris Perry
Staff Writer

The CNU men's soccer team definitely has a stronger schedule this year. That was proven over this past weekend when the Captains competed in the Methodist tournament and faced College of New Jersey, the top nationally ranked team and defending Division III national champions.

CNU held New Jersey to only one goal in the first half, and answered with one of their own by freshman Joey Moriarty in the

second half. New Jersey, however, scored three goals in the second half and won 4-1.

In the second round, CNU defeated Heidelberg 2-1. After a scoreless first half, Moriarty and senior Ricky Guldge both scored to give the Captains the win. Junior goalkeeper Joseph Pombriant had 16 saves in the contest.

This Wednesday CNU will again be on the road to face Hampden Sydney, but the team will be back home on Saturday, Sept. 27, for a huge Dixie Conference encounter against Methodist College at 2:00.



left to right: Blue Wave Dancers, Bonnie Bridges, Jenny Hodges, Kristin Hoffman, Jen Simmons (back), Dawn Evans, and Nicole Williams perform the crowd at the Lady Captain's Soccer match versus Longwood College

Photo by Slappy Leonard/ The Captain's Log

This Week in CNU Sports

Cross Country

Sat., Sept. 27
at Greensboro Invitational

Men's Soccer

Wed., Sept. 24
at Hampden-Sydney 4:00p.m.
Sat., Sept. 27
Methodist(HOME) 2:00p.m.

Women's Soccer

Wed., Sept. 24
Mary Baldwin(HOME) 4:00p.m.
Fri., Sept. 26
at Concord 2:00p.m.

Volleyball

Tue., Sept. 23
Eastern Mennonite(HOME) 6:30p.m.
Sat., Sept. 27
Greensboro(HOME) Noon
(Dixie Conference match-ups in bold)

Intramural Action

Mon, Sept. 29
Sand Volleyball Tournament
Registration Deadline Sept. 23
by 1:00p.m.

DIAC Volleyball Stats

Attack Percentage

Name	School	G	Kills	Err	Att	Pct.
Minimum 1 kill per game played by the team						
Miranda Swaim	CNU	34	70	17	123	0.431
Brenda LaFlamme	AVERT	30	128	37	216	0.421
Georgette Singleton	MC	20	47	12	95	0.368
Rachel Hull	CNU	32	40	13	81	0.333
Amanda Adkins	CNU	35	103	38	210	0.310
Kristy Aldous	GC	12	48	16	107	0.299
Susie Wilson	FC	25	99	37	212	0.292
Karen Dutton	GC	11	22	7	54	0.278
Lucie Jurcova	MC	20	40	15	91	0.275
Julie Barnes	MC	20	42	20	83	0.265

Assists Per Game

Name	School	G	Asst	ASave
Susan Reagan	FC	25	274	10.96
Courtney Cowart	AVERT	27	251	9.30
Tonya Creeger	FC	24	185	7.71
Rachel Hull	CNU	32	239	7.47
Jennifer Pauley	SU	29	212	7.31
Julia Spear	GC	12	85	7.08
Vivian Vega	NCW	38	213	5.61
Julie Barnes	MC	20	99	4.95
Karen Dutton	GC	11	30	2.73
Heldi Jackson	CNU	28	48	1.71
Miranda Swaim	CNU	34	33	0.97
Misti Pachner	NCW	35	28	0.80
Hollie Fuller	CNU	33	16	0.48
Dana Forrest	CNU	29	13	0.45
Stephanie Parent	CNU	27	9	0.33
Amanda Adkins	CNU	35	11	0.31
Jamie Desroches	SU	26	7	0.27
Tricia Ziegler	GC	12	3	0.25
Heather Vaden	CNU	34	7	0.21
Lucie Jurcova	MC	20	4	0.20

Blocks Per Game

Name	School	G	BS	BA	Bave
Meghan Dunmire	FC	19	17	14	1.63
Ellie Tanner	SU	29	31	14	1.55
Christy Strickland	GC	12	31	4	1.42
Kris Carter	FC	25	19	12	1.24
Brenda LaFlamme	AVERT	30	11	20	1.03
Tricia Ziegler	GC	12	2	10	1.00
Julia Spear	GC	12	3	7	0.83
Karen Dutton	GC	11	1	8	0.82
Miranda Swaim	CNU	34	8	14	0.65
Bria Lovelace	MC	20	8	4	0.60
Tonya Creeger	FC	24	3	11	0.58
Wendy Hugg	SU	29	6	6	0.52
Cara Miller	AVERT	29	5	10	0.52
Dana Forrest	CNU	29	1	3	0.48

Team Assists Per Game

School	G	Asst	ASave
CNU	35	380	10.86
Greensboro	12	120	10.00
Averett	30	270	9.00
Methodist	20	161	8.05
Shenandoah	29	225	7.76
Ferrum	28	207	7.39
N.C. Wesleyan	38	266	7.00

Team Digs Per Game

School	G	Digs	DAve
Greensboro	12	247	20.58
Methodist	20	281	14.05
Averett	30	419	13.97
Shenandoah	29	388	13.38
Ferrum	28	352	12.57
CNU	35	275	7.86
N.C. Wesleyan	38	275	7.24

Team Blocks Per Game

School	G	BS	BA	Bave
Ferrum	28	53	55	2.88
Greensboro	12	12	42	2.75
Shenandoah	29	44	41	2.22
Methodist	20	23	24	1.75
Averett	30	16	60	1.53
CNU	35	16	63	1.36
N.C. Wesleyan	38	24	22	0.92

Team Aces Per Game

School	G	Aces	AceAve
Methodist	20	65	3.25
Greensboro	12	38	3.17
Ferrum	28	69	2.46
Shenandoah	29	66	2.28
CNU	35	77	2.20
N.C. Wesleyan	38	75	1.97
Averett	30	57	1.90

Team Attack

School	G	Kills	Err	Att	Pct
Methodist	20	183	72	427	0.260
Greensboro	12	143	54	362	0.246
CNU	35	398	189	866	0.241
Ferrum	28	282	142	645	0.217
Averett	30	307	160	769	0.191
Shenandoah	29	257	114	800	0.179
N.C. Wesleyan	38	357	183	1169	0.149

DIAC Volleyball Standings

Team	Conf.	PCT.	Overall PCT	Streak
Methodist	0-0	.000	4-1 .800	Lost 1
Greensboro	0-0	.000	3-1 .750	Lost 1
Averett	0-0	.000	3-1 .750	Lost 1
N.C. Wesleyan	0-0	.000	6-4 .600	Won 2
Ferrum	0-0	.000	4-3 .571	Lost 1
CNU	0-0	.000	4-5 .444	Lost 2
Shenandoah	0-0	.000	3-5 .375	Lost 1



Paul Powers
Photography

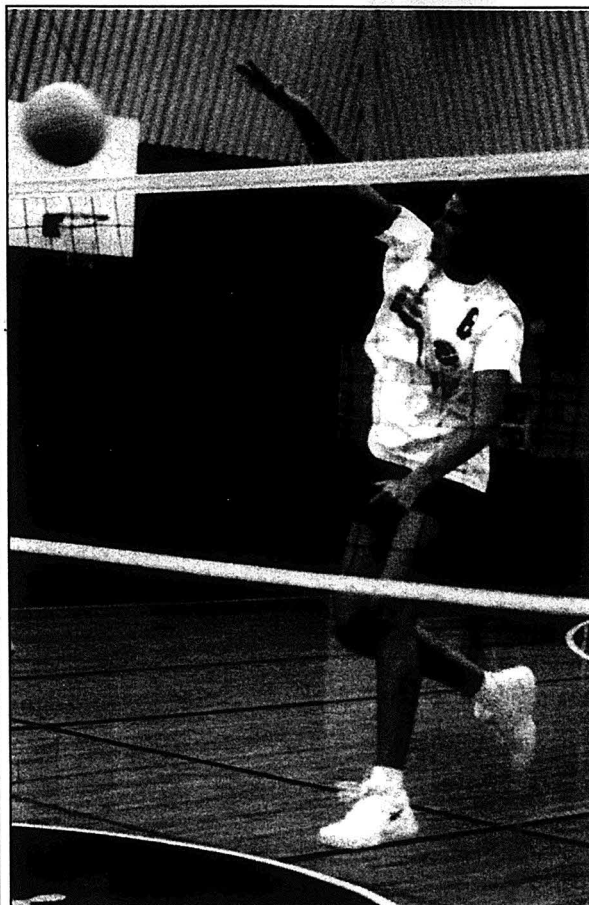
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Dixie Conference Players of the Week



Freshman, outside hitter, Miranda Swaim was selected DIAC Rookie of the Week in volleyball along with the soccer team's Joey Moriarty also a freshman(not pictured).

Photo by Mike Leonard/ The Captain's Log

Athletes of the week Rookies of the week

Men's Soccer

ERIK LAWTON - Methodist

Women's Soccer

JAMIE FUNK - N.C. Wesleyan

Volleyball

GEORGETTE SINGLETON - Methodist
Also nominated: Brenda LaFlamme, Averett; Amanda Adkins, CNU; Susie Wilson, Ferrum; Kristy Aldous, Greensboro; Vivian Vega, N.C. Wesleyan.

Men's Soccer

JOEY MORIARTY - CNU - The Captains went 2-1 during the week and the freshman from Virginia Beach, Va., had a goal in each game. Also nominated: Ryan Nelsen, Greensboro; Brad Leach, Methodist.

Women's Soccer

ELIZABETH McLEOD - Methodist. Also nominated: Elke Reisdorph, CNU; Christen Kozey, Greensboro; Keri Newberger, N.C. Wesleyan.

Men's Cross Country

PAUL WILLIAMS - Greensboro

Women's Cross Country

ALISON ROGERS - Greensboro.

Volleyball

MIRANDA SWAIM - CNU - In 21 games, as the Lady Captains went 3-2, the freshman from Virginia Beach, Va., had a .588 attack percentage with 55 kills. She also had 33 assists and 15 blocks.

Men's Cross Country

ANDY DUER - Methodist.

Women's Cross Country

BETH SCHLEDORN - Averett.

*All players are nominated
their schools and then se-
lected by the Conference.*

Don't miss the results of CNU Volleyball's first DIAC match-up of the season versus Methodist and the Cross County teams' performance at the CNU Invitational in next week's issue.

Sports Notes

VOLLEYBALL (4-5): CNU lost three of five, but two of those were five-set heart-breakers. The start of the week was a five-set loss to Randolph-Macon including a wild 19-17 fifth game. In the Bridgewater Tournament, CNU started with two victories Friday night over Ursinus and Roanoke before falling to Marymount and Bridgewater. Miranda Swaim averaged 11 kills in the five games, while Rachel Hull had 21 assists against Ursinus, 51 against Roanoke and 31 against Bridgewater.

SAILING - The Captains tied for third place out of 16 teams behind Maryville and Old Dominion at the Riley Cup, held at Old Dominion beating out Georgetown. CNU sent a veteran crew of Keith Goodwin, Jon Faudree, Kenny Presgraves and Jason Ortiz. This week CNU travels to the Nevins Trophy Regatta at Kings Point, and a team will also compete in a one-day event at Hampton University.

AVERETT

VOLLEYBALL: Lost all five matches in the week to regionally and nationally ranked teams.

WOMEN'S SOCCER (1-2): Lost only match of the week.

WOMEN'S CROSS COUNTRY: Finished second of seven teams in the Methodist Invitational. Beth Shildon took individual honors in 20:45, while Susie Campbell was third in 22:12.

MEN'S CROSS COUNTRY: Finished sixth out of eight teams in the Methodist Invitational.

METHODIST

FOOTBALL (2-0): Defeated state rival Guilford 26-19 for the first-time in five tries on the road. Outsourced the hosts 20-0 in the second half to pull out the victory.

MEN'S SOCCER (4-1, #4 South Region): Senior midfielder Erik Lawton was named

MVP of the Methodist Tournament as they defeated Heidelberg and an upset of defending national champion College of New Jersey in only action of week.

WOMEN'S VOLLEYBALL (5-1): Surpassed their victory total (four) of the past two seasons combined as they defeated Peace twice (3-0, 3-0), Hollins (3-2), Salem (3-0), Sweetbriar (3-0) but lost to Meredith (3-0) in the semis of the Salem Invitational.

WOMEN'S SOCCER (2-2, 2-0, #8 South Region): Defeated Greensboro 2-1 in only action of the week. Senior Casey Nuckols scored her sixth goal in four games returning from summer knee surgery.

MEN'S CROSS COUNTRY: Finished fourth of seven in Methodist Invitational. Freshman Andy Duer was sixth to top the Monarchs contingent.

WOMEN'S GOLF: Finished third in the

Lady Monarch Invitational. Tracey Gage was the top finisher for MC coming in tied for third with a 149.

N.C. WESLEYAN

MEN'S SOCCER (2-2): Lost both matches to top-flight competition. D-I Liberty defeated the Bishops 4-0 in a game that saw NCWC get two early cracks on goal, but could not manage a goal. Then they visited Emory and lost 4-1 as Kenton McCourt scored the lone goal.

VOLLEYBALL (6-4): Went 3-2 on the week with the losses coming to regional powers Washington & Lee and Johns Hopkins. Victories came over Meredith (3-2), Catholic (3-1) and Mary Baldwin (3-1). **WOMEN'S SOCCER (2-1, #21 IN NATION):** In only action of the week, NCWC avenged a 2-1 loss to Emory in 1996 with a 2-1 victory behind goals from Jamie Funk and an Amy Bowers game-winner.

Dixie Intercollegiate Athletic Conference Soccer Standings

Men's Soccer

Team	Conf.	PCT.	Overall	PCT.	Streak
Shenandoah	0-0	.000	2-0	1.000	Won 2
Methodist [4]	0-0	.000	4-1	.800	Won 2
Greensboro(3)[1]	0-0	.000	3-1	.750	Won 1
N.C. Wesleyan	0-0	.000	2-2	.500	Lost 2
CNU	0-0	.000	3-3	.500	Won 1
Ferrum	0-0	.000	0-4	.000	Lost 4
Averett	0-0	.000	0-5	.000	Lost 5

(national ranking) [regional ranking]

Women's Soccer

Team	Overall	PCT.	Overall	PCT.	Streak
Methodist (25)	2-0	1.000	2-2	.500	Won 2
N.C. Wesleyan (15)	0-0	.000	3-1	.750	Won 1
Shenandoah	0-0	.000	2-1	.667	Lost 1
Ferrum	0-0	.000	1-1-1	.500	Won 1
Averett	0-0	.000	1-2	.333	Lost 1
Greensboro	0-1	.000	0-2	.000	Lost 2
CNU	0-1	.000	0-4	.000	Lost 4

(Pre-season national ranking)



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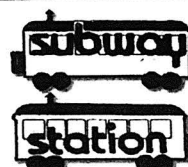


To play, simply circle the teams you think will win and drop this coupon in the Tape-a-Quarter box located in the Student Center lounge, or e-mail us at clog@cnu.edu. If you select more winners than Sports Editor, Kris Van Deusen- as if that could ever happen- you will be entered into a random drawing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

Arizona at Tampa Bay	New Orleans at N.Y. Giants	St. Louis at Oakland
Denver at Atlanta	Baltimore at San Diego	Seattle at Kansas City
Green Bay at Detroit	Jacksonville at Washington	Philadelphia at Minnesota
Tennessee at Pittsburgh	N.Y. Jets at Cincinnati	San Francisco at Carolina
Chicago at Dallas		

Name and Number

beat your
DADDIE



Your Daddie's Picks:

Arizona at Tampa Bay: Ya know, I like the Bucs.

Denver at Atlanta: Something in the way Elway moves, he spikes me like no other lover...

Green Bay at Detroit: Brett Favre, wake me up before you go-go.

Tennessee at Pittsburgh: Put in Tomczak. But, you can't resist his greasy thighs!

Jacksonville at Washington: I hate the Redskins. But I love Tom Jones! It's not unusual to be...

New Orleans at N.Y. Giants: Who is New Orleans gonna beat?

Baltimore at San Diego: Stan will do the Humpty-Hump all over the Ravens.

Chicago at Dallas: Michael is still clean. The countdown continues...as does his probation.

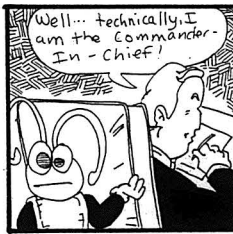
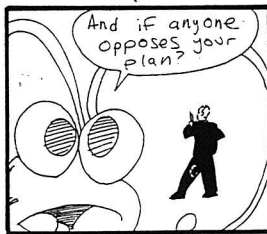
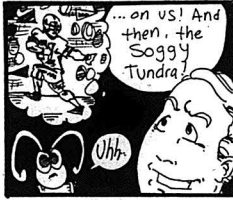
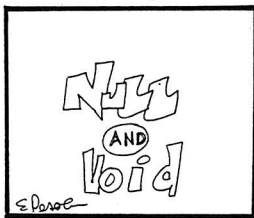
N.Y. Jets at Cincinnati: Parcells could get coach of the year and not make the play-offs. Maybe they can sign Namath in a comeback. Yeah, bet on that when I get an ego-reduction operation, paid for by Prince.

St. Louis at Oakland: George is an absolute idiot, but the man can gun the ball.

Seattle at Kansas City: Elvis will sing...You ain't nuthin' but a BUNCH OF FREAKIN' LOSERS!!!

Philadelphia at Minnesota: I hate the Eagles. People from Philly are stupid like bricks!

San Francisco at Carolina: That's right, I picked'em cause I don't think Young will make it to the stadium.



classifieds

Marcy: Don't be sooooo long winded!
Gary C: Wear fewer sweaters! Alan and Larry: Eat more tacos. T.P: Stay away from all you can eat buffets. Sugar and Lawrence: PCB & KCB crew! Good luck to the futuré governor.

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ALPHA KAPPA PSI's STUDENT TIP OF THE WEEK: BROTHERHOOD = FRIENDSHIP. YOU CAN NEVER HAVE ENOUGH FRIENDS.

Congratulations Eric for your cartoon placing in the CMA contest!!!
The Captain's Log

G-5: Congrats and thanks 4 stirring! Jeanette: Sweet as can be! Christy: Clean room! Michelle: Teach me some moves! Devin: On the DL. Alison and Amy: Always fun. Madonna: Where u hiding? Shannon: Take care of leg. Lindsay K: Ready 2 party? Cori: Chillin'? Suzy: Hey cutie! Mary: Owe me! Cami: Time to keep neck warm! Larry: All tied up! Shauna: Just lovely! Pat B. (Greatest Icon)

Siaters of ΦM, Thanks for making us all so welcome. JILL, are you sure I shouldn't use any suntan lotion. LINDSAY, Hey giggle box. TIM and SANDRA, Ya'll made me late, but I love both of you anyway. CAROLINE, You are the BEST director. DIANE, I love you. ANA, I love you, too. CARRIE

Responsible person wanted to share 3-BR house in Hiddenwood, (1 mi. from CNU) \$250/mo. + 1/3 utilities. All appliances, w/d, cent. air & gas heat. Large yard, pets OK. Call Jenein at 595-5312(H), 882-7887(P).

Happy Birthday Mary!!!!
The Captain's Log

The Tony Mata Group will be at the Old Virginia Brewery on September 27th at 9:00pm. Check out this new acoustic rock band, and enjoy your favorite beer.

M-
You complete me. I love you. Please buy me a sapphire and diamond white gold tennis bracelet. I love you! Please!!!
Me

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* Included on the form must be your name, phone number and the date that ad was submitted. Failure to include such information will result in ad not being run.

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