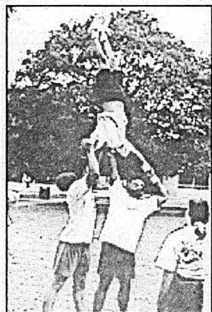


INSIDE:



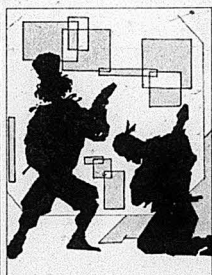
Have a cigar! Circle K celebrates a comeback.

See page 6



CNU's Cheerleaders are flipping out over a new season.

See page 9



Death, taxes, and Pearl Jam. Check out Russell Scott's first-hand account.

See page 10

CHRISTOPHER

NEWPORT

UNIVERSITY

THE CAPTAIN'S LOG

VOLUME 28, ISSUE 5

OCTOBER 8, 1996

The debate is over CNU eases foreign language requirements

By Don Kennedy
and Melanie Stokes

If you are graduating this semester with a CNU bachelor of arts degree, chances are you completed four semesters of foreign language. However, if you became a CNU student this fall you might never take a foreign language course.

After more than a year of controversial debates, CNU put a new foreign language distribution requirement into effect.

The policy reduces the requirement from 12 credit hours to six. The reduction means students can take two semesters of a foreign language instead of four. Under the newly adopted policy, students may choose a year of humanities classes instead of the upper level language classes of the past.

Students who passed foreign language could be exempt from CNU language classes altogether. Earning at least a high school "C" average in three years of one language or two years each of two languages allows students to skip CNU foreign language requirements.

Though the policies are newly adopted, they are not new ideas. One year ago, the faculty senate approved the same policy

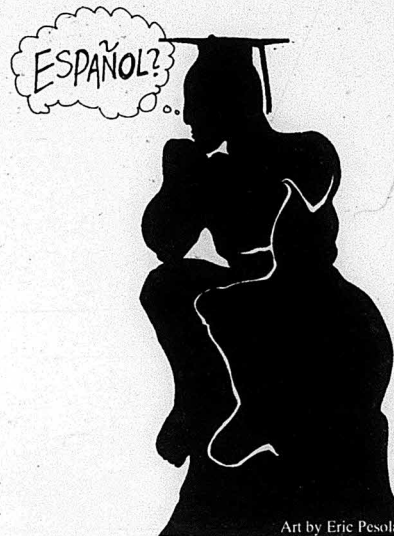
after a curriculum committee suggested the change. Following the senate's recommendation, former Provost Jouett Powell recommended the change to former President Dr. Anthony Santoro. Santoro rejected the new policy.

According to Dr. Rita Hubbard, president of the Faculty Senate, Santoro's rejection came in "an authoritative fashion."

Hubbard said the process for determining the general distribution requirements at CNU had been violated. That process requires a recommendation from the curriculum committee to the Faculty Senate. The Senate votes and, in turn, makes a recommendation to the provost, who advises the president. Last year the change in the foreign language requirement was recommended all the way to Santoro.

"President Santoro personally rejected the language proposal when it was made a year ago," Hubbard said. "And when the issue was brought up again this year, my vote was cast for the change largely out of principle."

In a March 7, 1995, memorandum to the Faculty Senate Santoro said "... there are times when the president's duties re-



Art by Eric Pesola

quire that he look at the overall welfare of the students and the university, and differ with his colleagues on the Faculty Senate ... I am retaining for the present the foreign language requirement."

CNU's new Provost, Dr. Rob-

ert Doane, is a former Faculty Senate president. Doane said he cast his vote each time to maintain the stricter requirement. However, Doane said this year's change was

see Foreign/ Page 5

CNU Book Store A Tale of Capitalism or Not?

By John Bailey
Staff Writer

At the beginning of every semester, CNU students dread their inevitable trip to the bookstore. They do not look forward to seeing the bill for their textbooks, especially after paying tuition. They are even more apprehensive about textbook refunds and buy-backs.

CNU bookstore is an actual department of the university rather than a leased franchise from companies such as Follét and Barnes and Nobles. So, the bookstore is able to better serve the student body by concentrating more on keeping textbook expenses low, and refund and buy-back policies for books reasonable.

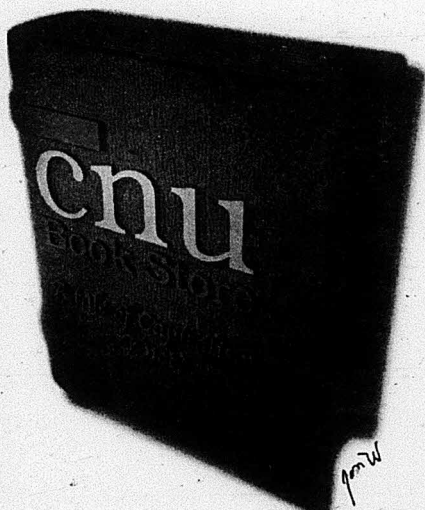
The CNU bookstore focuses on purchasing used books to help students keep their costs minimal. The textbook manager of the bookstore, Pamela Reviea, spends two months before each semester hunting down used books.

The only time used books are not her first preference to fill an order is when a new edition has been published. "We had one of our best semesters this time. We were able to purchase nearly 400 boxes of used books from one of our used textbook distributors," said Reviea. Overall, used books make up 34 percent of the total number of books purchased each semester. Used books mean lower fees. "I appreciate the fact that I have the choice of buying used books rather than new ones," a fine arts student said. The

bookstore sets the markup for new books at only 25 percent. Used book prices are 75 percent cheaper. Other university and college bookstores go as high as 40 percent. Students can find used textbooks for a large number of courses.

The bookstore sacrifices by purchasing used books. Shipping costs are not factored into the actual price that students pay. There are no used wholesale publication companies in Virginia, so

see Bookstore/ page 5



Graphic by Jonathan White



Captain's Commentary

By Karen DiGiorgio



"Personal character is more important. It is good to be qualified but we need someone who can talk to the people and understand what we are going through."

Sharmita McKay

"Really a combination of the two. If I have to choose one over the other, qualifications outweigh character."

Mary McCall



"I have not voted. I do not believe in what they stand for. I might vote for Dole this year because he is more conservative."

Sean Halpin

Which is more important to you, a candidate's character or stand on the issues:

"Character is more important. I had a bad experience with Newport News City Council -- they said one thing and did another. I want someone who will listen to voters."

Kimberly Moffitt

"Qualifications. You're not going to find a perfect person anywhere, so you might as well go for the most qualified."

Jason Harris



Insults vs. Issues

Is it who you are that counts?

With the 1996 Presidential Election a month away, I wondered what mattered most to the students and faculty at CNU when casting their vote--a candidate's qualifications or his personal character? Everyone I spoke to had a valid opinion as to the greater virtue, but I wanted facts. I ran over 70 searches via the Internet, NEXIS, and America Online, but most of the information I found was either radically slanted to favor the candidate, a personal attack against his opponent, or fiction worthy of a place on the best seller list. There were fewer responses when I changed the search parameters to reasons NOT to vote for Clinton or Dole, but, as often happens, less turned out to be more.

Jeff Jacoby, a columnist for The Boston Globe, put together a list of 80 reasons not to vote for Bill Clinton based on his administration's first term in The White House. These are among the best:

- Reason #1: Surgeon General Jocelyn Elders - teaching masturbation, legalizing drugs.
- Reason #2: Ethics investigations of Clintons and aides cost \$1 million per month.
- Reason #5: A tax cut for the middle class.
- Reason #6: "Cabinet that looks like America" has 14 lawyers and 10 millionaires..
- Reason #23: Average per capita federal tax burden increase from 1992 - 25.8 percent.
- Reason #37: "You have to spend money to make money." Hazel O'Leary
- Reason #38: Clinton family-values advisor Dick Morris.
- Reason #40: Postponing the Paula Jones matter while Clinton is on 'active duty.'
- Reason #47: Clintons deduct underwear donations on tax return.
- Reason #48: Clintons leave Hillary's commodity profits off tax return.
- Reason #51: First Lady called before a grand jury.
- Reason #55: Does nothing when Castro blasts four Americans out of the sky.
- Reason #56: Ditto when Bosnian Serbs blast Capt. Scott O'Grady out of the sky.
- Reason #68: Missing, shredded, stonewalled, and carted-out-of-Foster's-office-in-the-dead-of-night files.
- Reason #77: 53 percent of Americans believe one/both of the Clintons have broken the law.

Reasons not to vote for Dole tended to center on his age, issues supported, and his image. Robert Rankin of The Times Picayune concentrated on logistical snafus such as a blue fog machine that interfered with TV cameras, and a band playing "Play That Funky Music White Boy" just before the Doles came on stage. According to The Montgomery Advertiser, Bob Dole is too decent, has a poor memory, and helps the rich. Betty Winston of The Courier-Journal tells her readers not to vote for Dole because he backed the Nicaraguan contras and is wrong about school prayer, but cautions them not to vote against Dole only because he's 72. The best reason not to vote for Dole came from Rekha Basu of The Des Moines Register, who used 840 words to tell voters that Dole's fall from a podium in Chico, CA, should not be a deciding factor on election day. Maybe the CNU folks were right after all.

"Qualifications. Personal character probably gets more votes, but qualifications show a person has experience and can make better decisions."

Carol Cravens

"Personal character is more important. Anybody can be qualified to do a job, but you have to be able to relate to people and get their confidence to do the job well."

Rick Awkward

"Qualifications over character. The media can distort things, but qualifications are concrete."

Dawn Tissiere



THE CAPTAIN'S LOG

EDITOR-IN-CHIEF
MANAGING EDITOR
ASST. MANAGING EDITOR
COPY EDITOR
NEWS EDITOR
FEATURES EDITOR
ARTS & ENTERTAINMENT
SPORTS EDITOR
OPINIONS EDITOR
HUMOR EDITOR
COMPUTERS SYSTEMS ANALYST
ASST. SPORTS EDITOR
ACCOUNT EXECUTIVE
ADVERTISING DIRECTOR
PHOTOGRAPHY EDITOR
SENIOR STAFF WRITER
GRAPHIC ARTISTS
STAFF WRITERS

MELANIE STOKES
ERIC PESOLA
MIKE LEONARD
LIZ MACGAHAN
JOHN BAILEY
JESSICA SHUMAKE
MARY HODGES
KRIS VAN DEUSEN
ALICIA STOKES
WES CLINE
ZACK MOON
CHRIS PERRY
CHANDRA CHAPPELL
JEREMY KULM
KELLY WELLS
KAREN DIGIORGIO
GREG WALLACE, JON WHITE
ANDREW BERRIGAN
ANGIE ARCH
DR. TERRY LEE

ADVISOR

Corrections

THE CAPTAIN'S LOG, THE OFFICIAL STUDENT NEWSPAPER AT CHRISTOPHER NEWPORT UNIVERSITY, IS PUBLISHED 24 TUESDAYS THROUGHOUT THE 1996-1997 ACADEMIC YEAR. NEWS CONTRIBUTIONS ARE ACCEPTED BY FACSIMILE (594-7639) OR IN THE CAPTAIN'S LOG OFFICE (CC 223). CIRCULATION INQUIRIES, ADVERTISING RATES AND POLICIES ARE AVAILABLE UPON REQUEST BY TELEPHONE OR MAIL. THE CAPTAIN'S LOG WELCOMES LETTERS FROM ITS READERS. SEND TO: THE CAPTAIN'S LOG, 50 SHOE LANE, NEWPORT NEWS, VA, 23606. LETTERS MAY ALSO BE BROUGHT TO OUR OFFICE, LEFT IN OUR MAILBOX ON THE SECOND FLOOR OF THE CAMPUS CENTER, OR SENT TO OUR INTERNET ADDRESS: (CLOG@CNU.EDU). ANONYMOUS LETTERS MAY BE PRINTED, BUT WRITERS MUST SIGN THE ORIGINAL, PROVIDING FULL ADDRESS AND TELEPHONE NUMBER FOR VERIFICATION PURPOSES. STUDENTS: PLEASE INDICATE YOUR CLASS STATUS. IF THE WRITER IS AFFILIATED WITH AN ORGANIZATION, THAT MAY BE NOTED. THE CAPTAIN'S LOG RESERVES THE RIGHT TO EDIT LETTERS ACCORDING TO STYLE, SUBJECT AND LENGTH, AS WELL AS TO REFUSE PUBLICATION. FOR A LETTER TO BE CONSIDERED FOR PUBLICATION IN THE NEXT ISSUE, WE MUST RECEIVE IT BY NOON OF THE WEDNESDAY PRIOR TO PUBLICATION. CORRECTIONS/CLARIFICATIONS TO THE CAPTAIN'S LOG WILL BE PUBLISHED IN THE ISSUE FOLLOWING THE ERROR.



 **Sign-Up Now !**

Act One's Third Annual MasterCard Talent Show

Oct. 7 and Oct. 8 11 a.m. - 3 p.m.
Breezeway

Oct. 9 R'Octoberfest noon - 5 p.m.
Great Lawn

Oct. 10 and Oct. 11 11 a.m. - 3 p.m.
Breezeway



NEWS BRIEFS

Conflict Resolution Workshop

Ms. Libby Johnson is leading a Meditation and Conflict Resolution Workshop on Oct. 8 at 11 a.m. in Campus Center room 146. She will discuss meditation techniques and methods for resolving conflicts. These are skills that are valuable in workplace situations, as well as social and family relationships. There will be an ice-cream social with free sundaes to follow.

Frat Fund-raisers

During the month of October many organizations fund-raisers. Alpha Phi, Gamma Phi Beta and Pi Kappa Phi and Alpha Phi Omega are having fund-raisers to raise money for various philanthropies.

Gamma Phi Beta sorority traditionally does a **Rock-A-Thon**, sitting in rocking chairs for 24 hours, during R'Octoberfest.. Gamma Phi Beta will be sponsoring a Rock-A-Thon Dance to raise money for Special Olympics. They will be rocking Oct. 9-10 and hosting the dance the night of the 9th from 9 p.m.-midnight..

Pi Kappa Phi fraternity and **Alpha Phi Omega** service fraternity are holding a **Scaffold Sit** to raise money for P.U.S.H. America (People Understanding the Severely Handicapped). P.U.S.H. America provides service and awareness on behalf of persons with disabilities. The two organizations will be sitting on a Scaffold from October 8 to the 10.

Best Selling Author, Donald McCaig, to lecture at CNU

Acclaimed author and border collie aficionado, Donald McCaig will read and sign copies of his books on Thurs., Oct. 10. The reading will take place in the Campus Center, Room 150 at 7 p.m. McCaig, who in his youth as a poet in Greenwich Village, was referred to by friends as "Snee" will be accompanied by his border collies, Gaul and Harry.

McCaig is best known for his book *Nop's Tails*. For more info. contact Dr. Gordon at 594-7370

Homepage 101

Are you interested in creating a home page? The ACM will be giving an introduction to home page construction. The informational session will be held October 9 from 3-4 p.m. in the Multimedia Classroom in Smith Library. As always, ACM informational sessions are free and open to everyone. If you need more information, please e-mail us at "acm@cnu.edu."

R'Octoberfest

R'Octoberfest is Wed., Oct. 9, from noon until 5 p.m. There will be food, games, and fun. SGA will sponsor a canned food drive for Peninsula Food Bank throughout the week. SGA will be having a dunking booth during R'Octoberfest in which donating a can will get you two faculty members in the booth.

Lieutenant Governor Delivers Address at Founder's Day

CNU President Paul Triple today announced that Donald S. Beyer, Jr., Lieutenant Governor of Virginia, will deliver the keynote address at the Convocation & Founders Day on Oct. 22 at 10 a.m. on the Great Lawn.

Triple said, "I am delighted to welcome Lt. Governor Beyer to the CNU campus and know that his remarks will inform and inspire all the members of our university community."

Beyer was elected to his second term as Lieutenant Governor in 1993. Since he was first elected in 1989, he has spearheaded statewide initiatives in economic development, welfare reform, prevention of child sexual assault and opportunities for Virginians with disabilities. Beyer graduated from Williams College in 1972 and since 1976 has managed and owned Don Beyer Volvo in Falls Church, Virginia.

Peninsula AIDS Foundation Needs Volunteers

This holiday season give the most precious gift of all, a gift no amount of money could buy nor box hold. Give an hour of your time. Volunteers are needed at the Peninsula AIDS Foundation. If you are interested in volunteering your time or would like more information on our volunteer program, please call Ed at 591-0971.

cnu at a glance

Tuesday

9:30 a.m.
Job Search Seminar
CC 146

11 a.m.
Stress Management
Seminar
CC 146

Noon
BACCHUS Speaker
CC Lounge

Wednesday

9 a.m.
Grad to Grad School
Seminar
CC 146

10 a.m.
Resume/Cover Letter
Writing Seminar
CC 146

1:30 p.m.
ID Study Habits
Seminar
CC 146

Thursday

9:30 a.m.
Managing Your Time
Seminar
CC 146

12:30 p.m.
BACCHUS
Mocktails
Terrace

Friday

10 a.m.
How to Set Goals
Seminar
CC 146

Hey Students! Did you know that Pentran is doing away with student discount fares as of January '97?

Do you ride Pentran buses? If so, we need your help. Write your name and phone number on a piece of paper and drop it off in The Captain's Log tape-a-quarter box, or call 594-7196. Ask for Melanie Stokes or come by our office in CC223.

THE
CAPTAIN'S LOG

Mitty's
-n-
Sigma
Present
the original
College Night
every tuesday night

Greeks FREE
With Student I.D. \$2.00
Without Student I.D. \$4.00

Must be at
least 18 yrs.
old with valid I.D.



Hey Kids!

The Captain's Log will be at R'Octoberfest selling caricatures. Bring \$5 and have your caricature drawn as a R'Octoberfest '96 memento. Come out and see us!



Foreign/ continued from page 1

the right thing to do.

"Language is an important part of education, particularly at a time when the nation is becoming more international," Doane said.

"However, great weight needs to be given to the votes of the Faculty Senate," Doane said. "Had I been the provost at the time, I would have made the recommendation to change the requirement out of respect for my colleagues on the Faculty Senate."

Once Santoro resigned and President Paul Trible took over, the senate re-examined the plan. In a nine to seven vote, the senate approved the more lenient foreign language policy, once again sending it to the president for approval. Trible passed the plan and reduced language requirements.

Reducing foreign language requirements at CNU was not easy for those involved. The long-debated topic caused stress between faculty with differing opinions. For Hubbard, chairperson of the Arts and Communications department, the debate spawned personal hardship.

After Hubbard voted in favor of the change she received a phone call. The voice on the other end of the line asked,

"Why are you trying to ruin me?"

"I was the voice on the other end of that phone," said Dr. Richard Guthrie, chairman of the foreign language department.

In 1953, Hubbard was Guthrie's ninth grade English teacher at Warwick High School. They have served on CNU's faculty together for more than 20 years and had developed a close friendship.

Before the issue came to a vote, Guthrie approached Hubbard and asked for her support in maintaining the language requirement. Hubbard told Guthrie that she planned to vote for change.

"I lost a friend as a result of my vote," Hubbard said. "I was simply doing the right thing and he took it personally."

"Dr. Guthrie thinks that I encouraged the Faculty Senate to vote again for the reduction," Hubbard said. "I pulled out my minutes from the Spring 1996 meeting and found that Dr. David Gosselin from accounting made the motion and Carl Colonna of economics seconded," Hubbard said.

"I do take it personally," Guthrie said. "I have worked very hard to make the foreign language department at CNU successful," Guthrie said.

"Students will suffer as a result

of this change. In an era of global economics, when so many facets of society are becoming international in scope, this university has turned around and cut off a vital link for students to other cultures," Guthrie said.

"Language is important," Hubbard, a scholar of three languages said, "but I do not believe we should force it on every student who comes to CNU. The change allows students to make enlightened choices about their own education."

"Many students believe their time and effort would be better spent pursuing other courses," Hubbard said. "Two out of the three of my advisees whom I posed the question to, chose the six extra credits of humanities," Hubbard said.

Hubbard said that CNU's language requirement was too strict as compared to other universities in Virginia. CNU's language requirement ranked among the most stringent in Virginia in 1995, Hubbard said.

"When I started taking classes here in 1989, there were no language requirements," biology major Daryl Gray said. "When the change was made requiring four semesters, I knew it was way too much to force on students," Gray said. "Yes, we are here to learn, but if you force students into in-depth pursuits of a subject they will take the classes to fulfill graduation requirements, but will not retain anything they learn," Gray

said.

"I took three years of Spanish in high school and I personally feel that I have the knowledge I need," senior John Cinnamon said. "I think universities make a mistake when they force students so far out of their major for requirements, making it very difficult to graduate. That is how schools lose students," Cinnamon said. "We take one year of English, one of math, science, and history. Why take two years of a foreign language," Cinnamon said. "That creates unequal priority in our liberal arts education."

Senior Elizabeth Channon completed four semesters of Spanish and one semester of Latin at CNU.

"Why should students accept mediocrity," Channon said. "Studying foreign language helps us use English better. It was easier for me to understand our grammar after learning another grammar," Channon said. "Why wouldn't we want to communicate better?"

"There are 22 million Hispanics in this country," Dr. Danielle Cahill, professor of Spanish said. "Students do not need to go abroad to use Spanish class."

"Studying a foreign language gives students an edge in the job market," Cahill said.

"Students need to broaden their horizons. If we can not do it physically, we can do it in the classroom."

Bookstore/ continued from page 1

the bookstore absorbs all shipping costs itself, though they buy textbooks out of state. Revieva even deals with businesses in states as far away as Missouri, Nebraska, and Arkansas.

The bookstore is willing to meet individual needs when possible. "Next day air for textbooks costs \$20, but we understand that sometimes students have special needs and we do what we can to help," Revieva said.

The textbook refund policy allows students to receive refunds within the first two weeks of each semester. The books must not be marked in any way, and sealed books must not be opened. Students must have their receipt.

Bookstore staff realize there are extenuating circumstances for students at times. "We try to address student's reasons for refunds individually," said Barbara Warren, director of the CNU bookstore.

The number of books bought back from students is set at 60 percent of the anticipated enrollment number for the upcoming semester, Warren said. Professors must have their textbook reorder forms in so the bookstore knows which books to buy back from students. "The Missouri Books Services company sets the buy-back rate for books which the CNU bookstore must follow," Revieva said. This is based on popularity and resale value of each book.

The bookstore spent \$100,000 during its last buy-back period. "Publishing companies limit the number of books they buy back. So, we are punished if we send back too many textbooks," Revieva said. The bookstore buys back textbooks only if professors

have not changed the text for the next semester and only if new editions have not been printed.

Bryan Down, a senior and computer science major, sold back a book at the end of the summer semester, and then found out he would have to take the class again in the fall. He went to the bookstore and explained his situation to the staff. "The bookstore staff was very polite and helpful when I approached them with my problem," said Down, who showed his receipt and was allowed to get another book.

Buy-back price is a sore spot for some students. "I was very unhappy when I sold back a \$60 science book and received only \$8 in return," said CNU student. Bookstore senior fiscal technician Paige Maddox said once the bookstore meets its buy-back quota, textbooks are bought at prices set by national wholesalers. This explains the low return on Mosley's books. "It is unfortunate that this happens to students, and we wish there was more we could do to help," Maddox said.

Barbara Warren explained that the bookstore is a business. It does not focus on making a profit, but it does have financial responsibilities. All the money made by the bookstore goes towards paying \$34,500 in rent to the university each year. It also pays a monthly payroll of \$12,000 to seven classified and two hourly employees. The bookstore also contributes to a general fund to support scholarships at CNU such as the new Presidential Scholarship.

Writing Center Expands Tutors find space to focus

John Bailey
Staff Writer

No student wants a paper returned dripping in blood. Everyone needs a little help sometimes, and the Randall Writing Center helps students avoid the red, green, and blue rivers of ink that sometimes flow through their papers. The Writing Center, now located at 113 Ferguson Hall, continues to offer free tutoring services to all students.

Misty Mick, a Writing Center tutor, said "We have more business at our new location and there is a very comfortable atmosphere for students at Ferguson."

Jennifer Hess, another tutor, said, "Freshmen seem to be the largest number this semester."

English department chairman Dr. Jay Paul said, "It is invaluable for students to run what they're writing past someone else."

"I like the professor notices that are sent out letting me know which of my students are stopping by the writing center," English professor Dr. Burnam MacLeod said.

"Our Writing Center is a learning center where students can seek assistance with any writing project. As more professors incorporate writing into their courses, we will expand our hours and services to meet all students' writing needs," said Dr. Maureen Archer, Writing Center director.

Prospective tutors must pass an English tutoring class. The three credit course covers writing techniques as well. Archer said that all majors are welcomed to take the tutoring class and work as a tutor.

"Students come in thinking they're just going to get their papers proofread, but get really good advice for the future," said

Writing Center receptionist Sarah Gray. Tutors offer students suggestions for solving writing problems, using over 30 handouts on grammar exercises and writing styles. The center also has a page on CNU's web site that students can access and download copies of handouts.

"I enjoy helping students [with] getting their ideas down on paper and then organizing and focusing what they've written," said writing center tutor Ken Hardcastle.

There was a delay with getting the telephone and computers set up at the Writing Center. "But the biggest difference at our new location [is] the computers," Archer said. "We now have two computers with word processing software compatible [with] other campus

computer centers. One is already networked into the university system and the other will be soon." Additional computers are expected by the end of the semester. The Writing Center also has a new laser printer.

The Writing Center has expanded its number of hours each week to 33. It is now open on Sundays, 2-8 p.m., Mondays, 10 a.m. - 3 p.m. and 5 p.m. - 8 p.m., Tuesdays, 10 a.m. - 5 p.m., Wednesdays, 10 a.m. - 3 p.m., Thursdays, 10 a.m. - 2 p.m. and Fridays, 10 a.m. - 1 p.m.

When in doubt, give them a call. Like their brochure says: A Writing Center Tutor is waiting to be your coach.



Paid Advertisement

Aengus, master
of love...

--W.B. Yeats



Wes's World

Home Remedies

By Wes Cline
Staff Writer

As the weather gets colder and my sinuses remind me that there is still pollen in the air, I feel the need to find a concoction that will cure the horrendous ailments such as a stuffy nose and a mild headache, that I am sure are signs of my impending death. Of course, I am never satisfied with the ordinary cures for such ills. I suppose I could put a pot of chicken soup on the stove or take some antihistamine, but what would be the fun in that except a really good excuse to fall asleep in class?

As my goal is always to be as factual and true as possible, I have tried to tap the most scientific and brightest minds on this subject. I tapped into the pool of Continuing Education grandmothers, who, undoubtedly, have remedies much more effective than the most expensive store-bought medications.

The first remedy I was able to extract from one of these kitchen pharmacists was a combination of common everyday spices and produce found in just about every kitchen. Unfortunately, she made me promise not to reveal any of the ingredients; so, for anyone trying this at home; all of the quantities are the same but just with

different ingredients. First, take 100 pinches of "salt" and add them to 20 cups of "water" in a large wooden bowl. Next, add the rind of a fresh "apple." Simmer all of this for approximately five days and then drink half a cup a day until it is all gone. She swears this will either cure the cold or kill the patient. I don't actually know if this remedy works because, as of the writing of this article, I am only on day 10, but I do feel something happening to my body.

I am allowed to describe more specifically the next remedy I was given. It begins by taking a six-gallon drum of chili powder and adding 50 gallons of tomato sauce. Then add 12 gross of red peppers and 10 gross of jalapeno peppers. Cook this mixture on high for a few days and then let it sit for a day. Eat the mixture until it is gone or until the second heart attack. This is supposed to not only cure a cold but also any other sickness

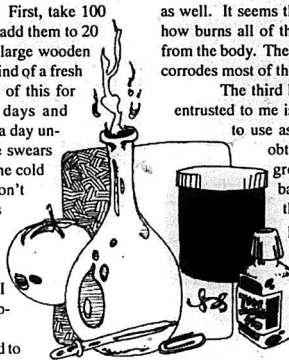
as well. It seems that this formula somehow burns all of the viruses and bacteria from the body. The one drawback is that it corrodes most of the internal organs.

The third home remedy that was entrusted to me is a little more difficult to use as it requires a hard-to-obtain ingredient. This ingredient, in fact, is one barrel of toxic waste from the local nuclear power plant. According to the little old lady who gave me this recipe, one can get the necessary toxic waste by using a credit card on the storage room door after dark. I'm not sure that I would try it but she might be willing to help anyone who wishes to attempt to gather the necessary barrel of waste materials. In any event, this cure is a rather permanent one. After taking the waste, not only is the cold cured but the taker is also guaranteed never to have another cold again. Those who take this remedy find their bodies so mutated that they are no longer susceptible to human diseases.

They are, however, susceptible to a lot of plant infections as well as some heretofore unknown diseases.

The last remedy is slightly more practical than the others; but, somehow, I think it defeats my purpose of trying to find an alternative remedy. First, take a single can of chicken soup and bring it to a boil. Next, add a box of finely ground Sine-Off. Take one tablespoon with each meal. This works but it is really no better than doing these things in the normal manner. I just didn't have the heart to tell the grandmother that she wasn't giving me a wholly unique remedy, however, the manner in which she prepared the remedy was different. She warned me that eating more than a single tablespoon at one time can be hazardous to my health as it will put even the most alert person into a very deep sleep. In fact, one might describe it as a coma.

All of the remedies seem to take about a week to take effect which, ironically, is about the time it takes to get over the cold naturally. I wonder if there is some kind of significance to that. Ahh, there couldn't be. That would be just too convenient.



Going Full Circle: The Return of Circle K

By Andrew Berrigan
Staff Writer

During a time when so many new people, buildings, and organizations are being added to CNU, a familiar face is a welcome sight. Among these returning champions is Circle K, revived from inactivity by sophomore Katie Pesola, in Spring '96. Circle K is one of three original student organizations that remain from Christopher Newport College's debut back in 1960.

Of course, if you happen to be one of the new people here at CNU, then you probably don't know what Circle K is. Some rumors suggest Circle K is a chain of convenience stores in the Midwest. Well, there is, indeed, such a chain, but it has no relation to Circle K at CNU (except for the fact that the person who started the chain was a member of Circle K, but that's a different story altogether). This Circle K is one chapter of the largest college service organization in the world. Its parent club is the Kiwanis Club, and it also exists at the elementary school level as the Builder's Club and at high school level as the Key Club.

In the past, Circle K has done all

sorts of volunteer work and community service locally, ranging from working at the Seafood Fest to helping the Make a Wish Foundation. Unfortunately, Circle K was put on probation for a year and a half because membership was dwindling. Last semester Circle K resurfaced with 8 members, and this semester it is expecting as many as 15.

In charge of Circle K is president Katie Pesola. This year, she hopes to strengthen the membership roster and schedule more events. An organization on campus must have at least 10 members to be recognized by CNU, but Circle K National requires 20 members for charter strength. The club can still function as is, but it will be out of the running for awards. 15 members is plenty to get things done, however, and Katie is looking forward to all sorts of activities. While volunteer service is the Circle K's primary function, Katie said, "It's not all work... there is a social aspect. You do get to party." Numerous trips, some for business conventions, some just for fun, will be in store along with all the volunteer work. Over

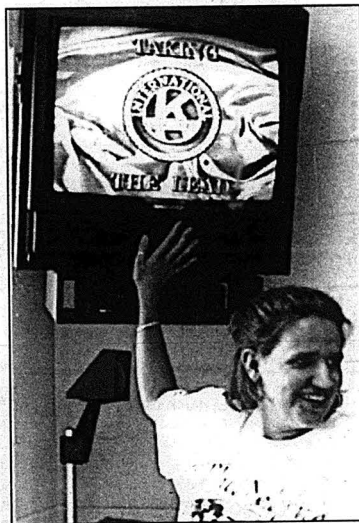
the summer Circle K traveled to Philadelphia for a convention.

How does a person or a group get Circle K's help? Drop them a letter or stop by one of their meetings. They've got meetings every Thursday in CC 205 from 2:30 p.m. - 3:30 p.m. Anyone interested in joining can also drop in on a meeting. Membership is \$25 a year, and this covers most of the trips they take.

Circle K has bested all odds and has come back strong. As the challenges of this school year surface, Circle K will be ready to face them.

Katie Pesola speaks to Circle K on the perks that accompany membership

Photo by Melanie Stokes



Career and Counseling Voice: Tips on Alcohol Consumption

The mood is magic--good friends, good drink and good conversation. It's been a long week and now is the time to relax and have a good time. For many students alcohol is part of that good time because it helps them to unwind. Alcohol is actually a depressant so it enables the body to slow down. Even after one or two drinks, one's mood may be more convivial, less uptight. However, there is a definite progression of behavior, as an individual continues to drink. These behavior patterns provide cues to help assess how the person is being affected by

alcohol.

Behavioral Cues:

Inhibitions - deal with a person's sense of self-control.

Overly talkative

Overly friendly

Inappropriately loud

Too intimate in conversation

Mood swings

Judgment - has to do with a person's ability to evaluate effectively what's happening

Overrates self - distortion between how a person thinks he is doing and how well he really is doing.

Ordering doubles, drinking faster, buying drinks for the house

Flamboyant/inappropriate behavior

Excessive responses - foul language, flashes of anger

Irrational comments

Reaction Time

Talking and moving becomes slowed

Incomplete sentences / loss of train of thought

Forgetfulness

Shortened attention span

Your ability to assess the behavioral effects of alcohol can help protect the good friends and good times that you share. A good night on the town that ends in tragedy is a nightmare for everyone.

*At least half of all fatal car accidents involve drinking (TIPS program)

*Young people (16-24) cause 44 percent of drunk driver accidents while comprising only 22 percent of the drivers

(Mothers Against Drunk Driving)

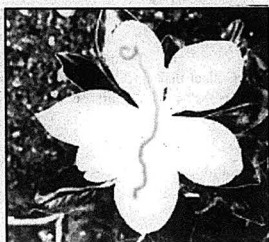
*One American life is lost every 23 minutes in alcohol-related crashes (National Highway Traffic Safety Administration).

*Alcohol and drug abuse is the primary killer of men and women in their teens and early 20s according to Clarion University BACCHUS Alcohol Statistics.

Anita Tieman can be found in the Career and Counseling Office at 594 - 7047. She is trained to counsel students who are struggling with alcohol abuse issues. All counseling sessions are free and confidential.

In Memory of Sevi A. Suerdem

April 13, 1976 - July 10, 1996



CNU plants memorial magnolia tree in student's honor

On Sunday, Sept. 29, members of the CNU community gathered in memory of Sevi Suerdem. Rev. Cheryl Harrison-Davidson presided over a memorial service for the CNU student. A magnolia tree was planted in the yard outside of the residence hall in Sevi's memory.

Taclan and Demet Suerdem, Sevi's parents, attended the ceremony and had this message for the CNU community:

"Named after the Turkish word for love, Sevi brought us immense joy and happiness. She was especially devoted to her friends and classmates. We thank you for your outpouring of sympathy and for your dedication to her memory."



IN MEMORY. Friends leave flowers beneath the magnolia tree planted in Sevi's memory.

Photos by Melanie Stokes/The Captain's Log

Faith Matters: No Regrets

By Jessica Shumake
Staff Writer

"Rejoice in the Lord your God for he has given you the autumn rains of righteousness"

Joel 2: 23

Have you ever had to practice self control in a situation, and later wished you had lost your cool? Have good intentions ever turned out so bad that you later thought that it would be better in the future not to even attempt to do the right thing? Have you ever had to apologize for thinking of someone else before yourself?

When you begin making right choices in life, you put an end to all the regrets that accompany a life lived without purpose. Do we get sense of purpose from the classes we take, our job or possessions? Can you ever be a sufficient judge in measuring the worth of another person?

You can certainly never be all knowing, but you can begin to ask the Holy Spirit to guide you in recognizing your purpose. As humans, we are designed to be in a relationship with God. Instilled in us is a floundering doubt that prods us to trust not in ourselves but to ask questions and depend upon God.

People often show tremendous strength in action and character that may lead others to wonder where all their courage and insight comes from. As long as the source of your intuition is God, you can be secure in all intentions. When we turn to God to help us in making decisions, the consequence are not what is important, but our faith. When we ask for help and admit that we do not know what to do, we open ourselves up to hear God's voice. He calls us to trust in him and promises to fulfill in us a character worthy of surety.

That character is Jesus, who blazes trails of righteousness in our hearts. His

path does not lead to self righteousness, but to a peaceful mountain where we can better hear God's voice. This summit Jesus leads us to is a place where we can reside for eternity. His mountaintop of solid rock is both a quiet place to think and a ideal place to ask for God's guidance and assistance. As we climb to this destination we can have confidence that Jesus is there every step of the way, asking only for each of us to shine brightly to light the way for others.

"The world cannot accept him, because it neither sees him or knows him."

John 14:17 We are called to be witnesses for our navigator Jesus in a wilderness of everyday interactions with others.

"You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on a stand, and it gives light to everyone in the house. In the same way, let your

light shine upon men, that they may see your good deeds and praise your father in heaven." Matthew 5:14-16.

God shines his light upon us to give us patience, forgiveness and a heart for one another. Giving your life to Jesus does not give you all the answers, but helps you ask the right questions to a trusted friend. Only Jesus can give the sincere joy that comes with a new life of no regrets.

"Yet if you devote your heart to him and stretch out your hands to him, if you put away the sin that is in your hand and allow no evil to dwell in your tent then you will lift up your face without shame; you will stand firm without fear. You will surely forget your trouble recalling it only as waters gone by. Life will be brighter than noonday, and darkness will become morning." Job 11:13-17 For Jesus promises "whoever follows me will never walk in darkness but will have the light of life." John 8:12



Alumni Profile: Claudia Bolitho, 1977 graduate, directs Pentran's marketing and development

By Terri Haynie
Staff Writer

The geometric grandeur of giant blue triangles crowns Pentran's rooftop, underlined by a broad blue stripe running the length of the building. An atrium flanked by two more triangular sentinels defers gracefully to a bold white archway below, the entrance to a company that has helped define the Peninsula since 1890. Claudia Bolitho, director of development and marketing for Pentran and a member of CNC class of 1977, is proud of this building. After all, she helped design it.

"It was a fun project to work on," she says. "It was completed in seven phases so as not to displace our operation. We stayed in the old building until it was done and moved into the new one in 1988." She also helped design the Newport News Transportation Center and the Hampton Transportation Center, major transfer points that provide shelter and amenities for Pentran customers. Though Bolitho has always stayed close to home, she has come far.

She picks up a manila envelope labeled "CNC" from her desk. It is filled

with memories of her four years (1973-1977) as an undergraduate: report cards, a 1975-1977 CNC Prospectus, a 1979 summer catalog. A photograph of her and two friends studying cross-legged on the grass appears in both publications - three young girls in 70's garb, serious about the future. At the time, Bolitho was right where she wanted to be.

"When I graduated from Denbigh High School, almost everyone wanted to go away to the bigger schools. I never wanted to. I went to CNC by choice and I'm very proud of that. I know Trible wants to make it the school of choice for Virginians, and I did that 23 years ago!" says Bolitho, warming to the subject.

"I have wonderful memories of CNC. If you were looking for fun, we had it. If you wanted good teachers, we had them. The small classes were great - seven of us graduated that year with a Bachelor of Science Degree in Governmental Administration and a specialty in planning. We all still keep in touch." She fondly remembers sharing tables and stimulating lunch discussions with CNC faculty and profes-

sors in the cafeteria. "It was a great experience, every bit as good as going away to school." She smiles broadly. "Actually it was better, because I got my laundry done!"

Bolitho is the driving force behind Pentran's public relations and future agenda. "My job encompasses planning, marketing, grant-writing, and being involved with legislative affairs on the state and federal level," she says. "I direct a staff that seeks any and all ways to promote our business and to educate local officials about the importance of public transportation in economic development and the quality of life."

Bolitho's office provides a rich learning environment for an intern or CNU student taking advantage of the Career Advisory Program for Networking through the Office of Career and Counseling Services. A typical day finds her dealing (and wheeling) with people from across the community, from traffic engineers to new corporations such as Gateway. She is also a prolific grant-writer (public transportation is heavily subsidized by local, state, and federal dollars). Planning for new services

such as Crossroads, which links the Peninsula to the Southside in partnership with TRT, is her responsibility, as well as bringing on board the very latest in public transportation technology.

Whether she is coordinating new bus routes with the engineers or helping corporate officials with alternatives to driving, she is thrilled at the prospect of helping interested CNU students take a test drive down her career path.

Bolitho is still actively involved with CNU and has been a member of the board of directors for the alumni society since 1990. As one of the organizers of the annual alumni golf classic, she has helped raise funds for scholarships, the directional signs on campus, and the lounge furniture in the new dormitory.

"I think CNU's future looks absolutely wonderful," she says. "I'm just amazed at how far we've come in what CNU can do for the community. Newport News will do nothing but benefit from promoting the university. It's for the city's greater good. That's what it's all about."

Activity, Game or Sport?

By Kris Van Deusen
Staff Writer

If someone asks you what sport you play, think carefully before you answer. Some games, activities, or displays of athleticism are often incorrectly referred to as sports.

Cheerleading is often referred to as a sport, but can it be called a game? Cheer squads can compete, but they're not playing a game. There is no home version of cheerleading, "VCR cheerleading" or Super Cheerleading on Sega Genesis.

According to Webster's dictionary there is no difference between a game and a sport, "an activity involving physical exertion or skill, governed by rules or customs and often undertaken competitively."

Webster, I have an update for your dictionary.

Only a game can qualify as a sport. A game can only be considered a sport if it has an offense, a defense, is not altered in any way in the event of a tie, settles a tie, and the victor is not decided by a third party, such as a judge.

Golf, like bowling, cheerleading, track, or gymnastics, has no defense. There is no possible way in these "sports" for one player to prevent another from scoring. Athletes must simply outdo their opponent's performance.

Cheerleading doesn't have an offense either. As in other judged events—gymnastics, skating, synchronized swimming, the Miss America pageant—the team or individual is given a total possible score, and points are subtracted when mistakes are made. The team making the fewest mistakes wins.

The greatest factor preventing an activity from becoming a sport is judging. A true winner cannot be determined because someone else thought one was better than the other. Officiating a game is different. A team can beat another team and any bad calls by officials, but can never overcome a judge's opinion when a game is close. Prime example: Sweetpea Whittakers vs. Julio Caesar Chavez. There is always a debate as to who really won.

Boxing is a sport, if a knockout is achieved whether TKO, KO, or stopped by the ref or doctor, but it loses that status if the fighter goes the distance and three people decide who should win. How many agree that the best looking woman never wins in the Miss America pageant?

Lastly, all ties should be decided. No sport should ever settle for a tie. There is nothing more exciting than hockey played in sudden death overtime. But, like soccer, they line the guys up and shoot on the goal. It looks more like a competition that might take place in an all-star event like home run derby or the slam dunk contest. The game is no longer decided by the game itself. If the game is decided before the overtime ends, then it can be considered sport, but not if the players get to take potshots at the goalie. Hockey and soccer lose their status as sports only if the game is decided in this manner.

No, cheerleading is not a sport. Neither is body building, synchronized swimming, gymnastics, track, golf, diving, skiing, bobsledding or bowling.

That is not to say that these activities are not difficult, exciting, fun to watch, and require skills, athleticism, training, and dedication. They do. Some of the games are only one requirement away from being a full-fledged sport. If golfers were allowed to block their opponents balls or defend the cup, bowlers allowed to tackle, runners allowed to punch, and cheerleaders did away with the judges and scored by flinging girls into a goal or toppling their rivals' pyramids, then these, too would qualify as sports.

Most can see some of the activities as something less than sports. I laugh at rhythmic gymnastics where the competitors do nothing but display their extreme flexibility.

Baseball, football, and basketball remain the truest of the sports, with football the weakest since ties are allowed. Most Americans agree with me. Maybe it's not a coincidence that these are America's most popular games.

Bridesmaids Again

By Angie Arch
Staff Writer

CNU's Volleyball team celebrated one of its best showings ever in a tournament, going 3-2 as they finished second at the Ferrum Invitational. The Lady Captains lost both matches to Marietta of Ohio. Amanda Atkins paced CNU with 48 kills, while freshman Faith McGovern had 64 digs and 77 assists. Freshman Heidi Jackson blasted seven service aces.

During the Sept. 27 tournament, CNU defeated Hollins 9-15, 15-5, 15-8, 15-12 and Emory and Henry 9-15, 15-10, 12-15, 15-9, 15-11. Hollie Fuller led the Hollins match with 12 kills assisted by Jackson who had 28 set assists and seven service aces. McGovern earned 20 digs.

Leading the Emory and Henry match was Amanda Atkins with four service aces, 22 digs, and 17 kills. McGovern had 22 set assists.

On the next day the ladies defeated Randolph Macon Women's College in three straight games 15-9, 15-1, 15-13 and lost two matches to Marietta 12-15, 5-15, 5-15 and 8-15, 12-15, 15-3, 11-15.

Jaci Morris and Roch Bailey led the RMWC match with six kills each. Jackson had 12 set assists, Jessica DeWitt

led with three service aces and six digs along with Amy Taylor.

The leaders in the first match against Marietta include Rachel Hull with nine kills and 17 digs. Morris had 17 digs and four service aces. McGovern held the lead in set assists with 21.

The standouts from the championship match against Marietta include Amanda Atkins with nine kills, McGovern with eight set assists, and Jessica DeWitt with 10 digs. During post-tournament ceremonies, Rachel Hull was selected to the all-tournament team.

"We were really playing well together. At times, it felt like we were playing great even when we were behind. The scores do not show how well we played," Roch Bailey said.

On Oct. 2 the Lady Captains traveled to Shenandoah defeating them in four matches 15-6, 15-1, 5-15, and 16-14. Jackson led with 21 set assists, Atkins led with kills and four service aces along with Mellissa Miller who also had four aces. Morris and DeWitt each had 12 digs. Holding the lead in solo blocks were Jaci Morris and Steph Paret with two each.

Boxscores & Standings

Soccer

CNU 3	Ferrum 0
Chowan 1	CNU 3
CNU: S-4	CNU: 6-4
Goals: Gomez-Romero, Gaudier & Jenkins 1	Goals: Gaudier 3

DIAC Soccer Standings

	Conf.	Pts.	Overall	Pct.
Methodist	2-0-0	4	7-0-0	1.000
Greensboro	2-0-0	4	5-1-1	.786
Ferrum	1-1-0	2	3-7-0	.300
CNU	1-2-0	2	6-4-0	.600
N.C. Wesleyan	0-1-0	0	2-7-0	.222
Shenandoah	0-1-0	0	1-6-0	.143
Averette	0-1-0	0	0-10-0	.000

Volleyball

CNU 15	15 5 16
Shenandoah 6	1 1 14
CNU: 11-6	

Digs: DeWitt & Morris 12, Hull, Atkins & Bailey 9, Jackson & Taylor 4, Holcomb & Paret 3, Padella, Darnes & Lohrner 1 (48). Blockers: Paret & Morris 2, Hull & Padella 1 (6). Aces: Miller & Atkins 4, Jackson 3, Bailey, Taylor, & Paret 1 (14). Assists: Jackson 21, Hull 15, Miller 4 (41). Killers: Atkins 16, Morris 5, Hull & Jackson 3, DeWitt & Paret 2, Bailey, Miller, Padella & Paret 1 (39).

CNU 15	15 12 8 9	CNU 8 7 12
Ferrum 10	8 15 15 15	Greensboro 15 15 15
CNU: 11-7		CNU: 11-8

DIAC Volleyball Standings

	Conf.	Pct.	Overall	Pct.
Averette	5-0	1.000	14-3	.824
Greensboro	5-0	1.000	10-7	.588
Ferrum	4-3	.800	9-5	.643
CNU	2-3	.400	11-11	.579
N.C. Wesleyan	1-4	.200	11-11	.500
Shenandoah	1-4	.200	4-10	.286
Methodist	0-6	.000	1-11	.083

Women's Tennis

Ruth Hopkins Memorial Tournament

Singles: Lori Russell	Lisa Ferry (CNU) 4-2
Ann Walter (CNU) 7-6	Kelly Bates 6-6
Dorcas Chaffin 5-1	
Susan Estes (CNU) 6-1	Dawn Tinsler (CNU) 1-1
Any Clark 4-3	Kristy Harris 6-6
Beck Bakewell 6-1	Amy Brooks 0-0
Julie Yuen (CNU) 6-6	Mandy Paulsen (CNU) 6-6

Singles: Quarter-Finals	Julie Yuen 1-2
Ann Walter 0-2	Erin Undergove 6-6
Erin Undergove 6-6	

Susan Estes 1-2	Mandy Paulsen 0-2
Sarah Huffman 6-6	Cherry Hopper 6-6

Singles: Consolation	Singles: Consolation Semi-Finals
Lisa Ferry 6-6	Holly Therpe 6-6
Ashly Peryard 0-0	Lisa Ferry 1-0

Kelly Allison 4-1	Dawn Tinsler 4-1
-------------------	------------------

Doubles: Therpe/Harris 8	Tinsler/Paulsen (win by default)
Estes/Walter 4	Bakewell/Caulder

Forland/Brooks 0	Yuen/Ferry 8
------------------	--------------

Doubles-Quarter-Finals	Doubles-Consolation
Yuen/Ferry 4-4	Cross/Newell 4-4
Undergove/Hopper 8	Estes/Walter 5

Sailing

	Riley Cup: Sept. 14-15	A Div.	B Div.	Team
--	------------------------	--------	--------	------

1) St. Mary's	33	18	51
2) CNU	38	48	86
3) ODU	49	40	89
4) Georgetown	54	43	97
5) Naval Academy	55	66	121
6) NY Maritime	63	69	134
7) Kings Point	83	90	173
8) Columbia	83	99	181
9) Colgate	98	112	210
10) Hampton	101	114	215

Also rans: (11) Princeton, (12) Cornell, (13) Salisbury State, (14) Loyola, (15) Haverford.
ADiv. Keith Goodwin & Susan Blake-Plank Placers: 4th-2nd-4th-1st-1st-3rd-4th-1st-4th-4th overall. B Div. Jon Fawcett & Melissa Carlson-Plank Placers: 2nd-3rd-3rd-3rd-11-3rd-7th-1st-14th-14-4th overall.

The Nevins Trophy: Sept. 21-22

	A Div.	B Div.	C Div.	Team Rank
1) Tufts	69	82	70	221
2) Navy	65	90	91	246
3) St. Mary's	100	57	108	265
4) Kings Point	117	93	64	274
5) Harvard	123	106	66	291
6) Charleston	136	73	90	299
7) Conn. Coll.	130	121	85	336
8) Georgetown	118	140	110	368
9) ODU	141	136	121	391
10) Hobart	127	155	118	400

Also rans: (11) University Rhode Island, (12) Dartmouth, (13) Coast Guard, (14) Brown, (15) Princeton, (16) Notre Dame, (17) CNU, (18) Columbia.

(National Rankings All Divisions)
ADiv. Keith Goodwin & Susan Blake-Plank Placers: 1st-1st-1st-1st-1st-1st-1st-1st-1st-1st overall. B Div. Jon Fawcett & Melissa Carlson-Plank Placers: 1st-1st-1st-1st-1st-1st-1st-1st-1st-1st overall. C Div. (Lower ranked divisions): Robert Ascherbach-Plank Placers: 9th-2nd-12th-12th-12th-12th-12th-12th-12th-12th overall. 17th-16th-17th overall.

Hampton Bay Days Regatta: Sept. 21

	A Div.	B Div.	Team
1) ODU	16	10	26
2) Navy	14	17	31
3) CNU	17	21	38
4) HU/ODU	15	26	41
5) ODU	27	18	45
6) Hampton Univ.	29	34	63
7) HU Pirates	34	42	76

ADiv. Ted Schumacher & John Dye-Plank Placers: 2nd-3rd-2nd-4th-4th overall. B Div. Kenneth Progaras & Brian Tinsler-Plank Placers: 4th-1st-5th-6th-2nd-4th overall.

Sloop Elimination #2: Sept. 28-29

	Points
1) ODU	16
2) Navy	17
3) St. Mary's	22
4) Georgetown	26
5) CNU	39

Also rans: (6) Maryland, (7) Virginia, (8) Univ. Pennsylvania, (9) Penn State.

Joe Fawcett, Susan Blake, Robin Tinsler & Ted Schumacher-Plank Placers: 4th-5th-5th-5th-5th-5th-5th-5th-5th-5th overall.

St. Mary's Open: Sept. 28-29

	A Div.	B Div.	Team
1) St. Mary's	35	33	68
2) Kings Point	51	23	74
3) ODU	36	56	92
4) CNU	42	84	126
5) St. Mary's II	80	47	127

Also Rans: (6) Navy, (7) SUNY, (8) Hobart, (9) Georgetown, (10) Princeton, (11) Hampton, (12) Washington, (13) Columbia, (14) Salisbury, (15) Queens, (16) Rochester.

ADiv. Keith Goodwin & Susan Blake-Plank Placers: 4th-4th-4th-4th-4th-4th-4th-4th-4th-4th overall. B Div. Kenay Progaras & Rob Helderby-Plank Placers: 7-11-9-B Div. 11-10-4th-9th-8th-7th-10th overall.

Wins Down, Spirits Up

By Chris Perry
Staff Writer

Taking on two highly ranked teams within a span of four days would be an unenviable challenge for any team at CNU, but that was the task the Soccer team was faced with last week. Although the Captains suffered losses against both 18th ranked Virginia Wesleyan College and second ranked Methodist College, Head Coach Steve Shaw was happy with the teams performance.

Against Virginia Wesleyan on Sept. 25, CNU trailed at halftime 1-0. They controlled most of the second half, outshooting the Marlins 7-3 with shots on goal, but lost 2-0.

Just a few days later, the Captains traveled to Methodist on Sept. 28. Although they suffered a 3-1 loss, with the lone goal coming from freshman Steve Sachs with 21 minutes to play, CNU hung tough with the highly ranked Monarchs.

"Even though we lost these games, I feel we were in contention to win them," said Shaw. "When you play against teams that are in the top-20 in the nation, and you can compete well with them, I think you are doing something positive."

The Captains bounced back with a 3-1 win last Tuesday against Chowan College, which gave the team a overall record of 5-4, 0-2 in the Dixie Conference. CNU went up against Ferrum College at home this past Saturday, and will hit the road again to face Emory and Henry on Oct. 12.

With the season past the halfway point, Shaw assessed the Captains performance so far saying "I can see good improvement in the team. Their attitude and enthusiasm are good. We feel we are having a good season even though our record is 5-4."

Golf

Pfeiffer/Uwharrie Point Invitational: Sept. 23-24

	Day 1	Day 2	Total	Place
Scott Cauby	78	73	151	T23rd
Danny Simonsen	80	74	154	T43rd
Chad Houshelt	81	74	155	T50th
Paul Holley	83	82	165	T92nd
Eric Bray	82	84	166	T94th

Team finished 16th out of 20 teams.

Tom O'Brian Memorial Tournament: Sept. 30-Oct. 1

	Day 1	Day 2	Total	Place
Scott Cauby	73	73	146	15th
Chad Houshelt	76	76	152	T17th
Danny Simonsen	82	82	164	T57th
Paul Holley	82	82	164	T57th
Eric Bray	84	84	168	T75th
Bryan May	87	87	174	92nd

Team Finished 8th out of 18 teams

Intramural Flag Football

League Standings

CNU Track Stars	4-0
Pi Kappa Phi	4-0
ROTC Cowboys	3-1
Sigma Pi	2-2
Shutout	1-3
Saxon	1-3
Strike Zone	1-3
Horsemen	0-4

Leading Scorers: Flag Football: 6, Chris Lopez 32, Chris Bunch, Jay Jay Williams & Jeff Roberts 26, Ominous Hill & John Saxton 24, Gary Deussen 22, Peter Brown, Steve Jones, Mike Holcomb 20, Lee Richard 20, Chris Pope & Tim Davis 18, Keith Gifford 18, Daniel Kerschner & Scott Howell 12, Will Jay Gao & Dave Gao 10, 3 others with 9, 14 others with 6 pts, 1 others with 1 pt, 0 others with 0 pts.

Last Week's Games

Sigma Pi	13
ROTC Cowboys	8
CNU Track Stars	40
Strike Zone	12
Saxon	30
Shutout	28
Pi Kappa Phi	40
Horsemen	12

Next Week's Games

4:15 Saxon vs. Horsemen
4:50 CNU Track Stars vs. Pi Kappa Phi
5:25 Strike Zone vs. Shutout
6:00 Sigma Pi vs. ROTC Cowboys

*These games are subject to change

This Week in CNU Sports

Baseball

Oct. 11
at Rappahannock CC (HOME) @1 p.m.
Oct. 12
at Virginia Wesleyan @ 11 a.m.

Golf

Oct. 8
Va. Wesleyan & Apprentice School
at Kiln Creek Golf Course,
Newport News, VA
Oct. 14-15

Audrey Apple Invitational
at Greensboro College

Sailing

Oct. 12-13
Hanbury Invitational
at Warwick Yacht Club, Newport News

Soccer

Oct. 12
at Emory & Henry @ Noon

Women's Volleyball

Oct. 8 @ 7 p.m.
at North Carolina Wesleyan

Intamural Action

Oct. 10
Volleyball League
Registration is closed.

Dixie Conference Notes

Soccer

Ian McPherson still leads the league in goals (8) and points (19) after going scoreless last week.

Volleyball

Heidi Jackson remains the service ace leader in the Dixie Conference with a 0.94 per game average.

Rookies of the Week

Nicholas Creasman, a freshman from Poquoson High School, finished seventh at Roanoke College's Maroon Invitational in the 8K with a time of 27:48.

Freshman Colleen Kunz from Newport News, Va. claimed rookie of the week honors for a second straight week with a fifth place finish in the 5k at the Maroon Invitational with a time of 21:06.

Also:

Junior Rachel Hull was nominated for player of the week for her performance at the Ferrum Invitational on Sept. 27-28.

Elsewhere

Senior Joe Ash took home the gold medal in the International Tae Kwon Do Championship held in Fairfax, Va. last Oct. 28.

Champs Getting Better

By Kris Van Deusen
Staff writer

The defending Dixie Intercollegiate Athletic Conference Cheerleading champions have returned to the gym. Coming off their most improved season after receiving boos the previous year, the CNU cheerleading squad has to be the comeback team of the year with the possible exception of the women's volleyball team.

Coach Sharon Jenkins has a lot of help to train the 15 member team. Her staff, headed by Mike Hansin, includes Robbie Hansin, Curtis Rozier, Tina Goode and Marti Smith.

"We're a young squad," said Hansin, "but, we're progressing well. Some have had 2 or 3 semesters of experience. The rest have never competed on this level."

Sophomores Joni McAllister, Nicky Conway, Heather Park, Robin Conley, Tim Davis, Jamie Bednarek, Wally Atkins; juniors Luis Rivera, Todd De Forrest; and senior Tim Davis all return

from last year's championship team. Newcomers are freshmen Casey Kellum, Angie Minter, Ben Clifford, Paul Buckley and junior Justin Roberts. Jeannette Dodson returns to the team after two years.

"We have gelled as a team," added Hansin, "we have good kids, good leadership, which is unique for their age, and we have a good time."

The leadership is so well dispersed in fact that the team has not felt the need to elect captains, and will only have one for competition purposes.

The squad is in high demand. Each Sunday is booked for almost the entire semester. They have been asked to perform at several functions and to judge tournament team competitions for high school age or younger. The Apprentice School has also asked them to cheer at some of their football games including their homecoming.

"All are capable of gymnastics and stunts," said Hansin. "Tim, Robin, Jamie,

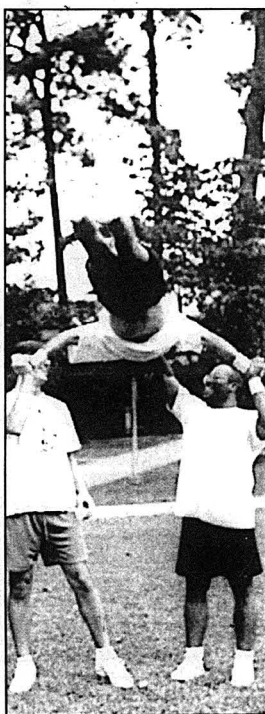
and Jeannette may try to make the national competition, but the team is a long shot to go. If we do, it'll take a lot of work and dedication."

The Dixie Conference has dropped the cheerleading competition. So, as it stands now, CNU lays claim to the last trophy the conference will be awarding for cheerleading. However, it does not mean that the squad will stop competing, performing, and judging.

"We promote the school in every way possible," said Hansin. "That is our job no matter how we do it."

Even though the team cannot compete directly within the Dixie Conference, they will still be supported by the athletic department, according to athletic director C. J. Woollum.

The team continues to train and will again delight the crowds at all home basketball games. CNU will perform next at R'Octoberfest on Wednesday.



The Cheerleading Squad shows off their stuff on the Great Lawn



Left: Time Davis and Wally Atkins laugh as Todd DeForest drops down after performing an Iron Cross during practice.

Above: Jamie Bednarek shouts while standing on Wally Adkins shoulders. Nicky Conway (left) and Joni McAllister cling to Jamie to complete a Diamond Head. Tim Davis spots the stunts from behind.

Photos by Melanie Stokes/The Captain's Log



Beat Your Daddie



To play, simply circle the teams you think will win and drop this coupon in the Tape-a-Quarter box located in the Campus Center lounge. If you select more winners than Sports Editor Kris Van Deusen—as if that could ever happen—you will be entered in a random drawing for the week. The winner will receive **two free subs, 2 chips, & 2 large drinks from Subway Station.** There is no possible way you can win. 2 Weeks ago, Sean Bresnan beat me. I hate him. This week's games:

Arizona at Dallas
Minnesota at Tampa Bay
Houston at Atlanta
Chicago at New Orleans
St. Louis at Carolina
Philadelphia at N.Y. Giants

Detroit at Oakland
Washington at New England
Baltimore at Indianapolis
Miami at Buffalo
Cincinnati at Pittsburgh
N.Y. Jets at Jacksonville
San Francisco at Green Bay

Name & Phone # _____

Your Daddie's Picks

Minnesota at Tampa Bay: I really don't care.
Houston at Atlanta: 'cause George is still there.
Chicago at New Orleans: Okay, so I picked 'em on the road.
St. Louis at Carolina: Which one is the expansion team?
Philadelphia at N.Y. Giants: I'm stickin' with 'em
Detroit at Oakland: Raiders get caught cheating.
Washington at New England: I hate Washington
Arizona at Dallas: The 'boys will win 'cause Irvin is back and he has a line (pun intended).
Baltimore at Indianapolis: The colts are no longer the dolts.
Miami at Buffalo: Life sucks for the Dolphins without Dan the man.
Cincinnati at Pittsburgh: Rumbly, stumbly, bumbly Bettis will ram it in the middle all day... and gosh that Tomzack is cute.
N.Y. Jets at Jacksonville: Okay, so, I picked the Jets. Hey, they gotta win some time.

San Francisco at Green Bay: Young's final words: "Please, no, Reggie. No. No. Time-out, ref! Time-out!...Ungk!



A Piece of China comes to CNU

Master of Space shares his ancient art

By Mary W. Hodges
Staff Writer

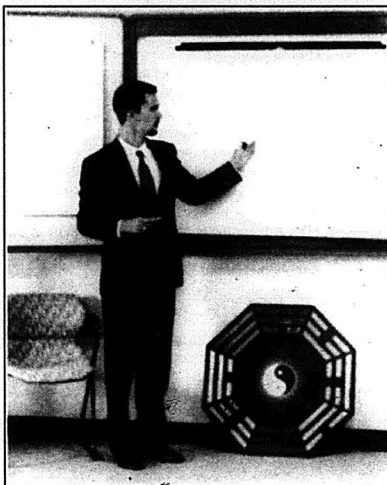
Oriental philosophy has found a way to overcome overcrowding. It won't levitate furniture or zap roommates, but it will create a more peaceful environment. It's called Feng Shui (pronounced "fung shway"). It literally means "wind and water," the two elements of change. And if there is one thing dorm residents and apartment dwellers can use, it's change.

The Office of Continuing Education offered the Feng Shui class as a part of their fall courses on Sept. 28 from 8 a.m.-12 p.m. Even though the class was small and very early for a Saturday, the instructor, Bert J. Willard, made the attendees feel welcome.

Willard is certified in Tibetan Tantric Black Hat Sect Feng Shui. He studied engineering psychology at Old Dominion University, and later became interested in Feng Shui. He went to San Diego and studied under Feng Shui master Lin Yun. He also has a degree in business marketing, and conducts training workshops for a research firm. He runs his Feng Shui business part-time out of his home.

Angie Herring attended the class. She is also enrolled in a French class through Continuing Education. She has read articles about Feng Shui and is interested

in learning more. "I've tried some things at home, and I wanted to learn more by doing," she said.



AT ONE WITH HIS SURROUNDINGS. Feng Shui Master, Bert J. Willard

Photo by Melanie Stokes/The Captain's Log

Feng Shui is the ancient Chinese art of placement. It combines with other Eastern philosophies to create a harmonious way of living. It improves the flow of ch'i, the life energy that flows through everything, using the I Ching, or Book of Changes, and the BaGua, an octagonal shield covered with the eight symbols of the I Ching and the eight directions.

The Chinese believe that a person's home, work area, and even car, are an extension of his or her self. If your plumbing is leaking or your desk has a broken drawer, then it will adversely affect your life. While you can perform Feng Shui cures yourself, it is usually better to have someone else's objective point of view on your personal living space. If you contact a consultant like Willard, he will come to your home or office and apply the BaGua to the space. He will deduce where the problem areas are, and offer solutions to them. As he said several times, "Intent is everything," meaning that your aim affects the outcome and decides which sorts of solutions you choose.

According to this philosophy, there are five basic elements: earth, water, fire, metal, and wood. These elements move in two cycles, the constructive cycle and the destructive cycle. Each element has symbolic representations. For instance, wood is represented by cylindrical or columnar objects, and water is represented by wavy or varied objects. In each room, all the elements should be represented in a harmonious arrangement. They should not be in a conflicting or destructive arrangement.

Willard's class was merely an introduction to the world of Feng Shui. He gave enough information to intrigue without confusing. For those

who are interested in learning more, there are excellent books such as "Interior Design with Feng Shui" by Sarah Rossbach as well as classes such as this one. If you would like to find out more about Feng Shui, you can contact Willard for information or a consultation at 425-0828. If you are interested in other classes offered by the Office of Continuing Education, call them at 594-7158.



Thirty spokes converge upon a single hub; It is on the hole in the center that the use of the cart hinges. We make a vessel from a lump of clay, and it is the empty space within the vessel that makes it useful. We make doors and windows for a room but it is these empty spaces that make the room livable. Thus, while the tangible has advantages, it is the intangible that makes it useful.

Tao Teh Ching

Pearl Jam misses Hampton Roads again

By Russell Scott
Contributing Writer

There are only two guarantees in life, death and taxes. However, I think one was left out. If you get an opportunity to see a Pearl Jam concert, you will be guaranteed an incredible experience. Their show on Sept. 23 at the Merriweather Post Pavilion in Columbia, Maryland was nothing short of amazing.

Although The Fastbacks made a courageous attempt to open the show, it was basically a time to buy souvenirs and get comfortable for what we really came to see. When Pearl Jam took the stage, seeing became a problem. Every available space at the pavilion filled with the seemingly endless crowd. Fans like me, who had lawn seats suddenly found themselves in need of ladders. This was only a minor drawback, and I forgot it when the music started. No matter where you were sitting, if you could hear the music, you could feel the electricity.

After a couple of songs, my friend and I got greedy. We figured we might as well get a closer view of this unbelievable show. After several ushers turned us away, we finally found a good-hearted employee who turned a blind eye as we slipped down

the stairs for a perfect view of the band.

They played songs from each of their four albums. From their earliest music, such as "Evenflow" to the most recent "Who you are." Each sounded as if it came straight off the album. The only interruption came when they stopped right in the middle of "Immortality" so Eddie Vedder could take a sip of his red wine. Then they went straight into "Betterman." With powerful performances of songs like "Alive" and "Yellow Ledbetter," it was impossible for the audience not to get involved.

So far in 1996, I have seen the Smashing Pumpkins, the Dave Matthews Band, and the H.O.R.D.E. Festival, but none of them compared to the Pearl Jam show. Ironically, it was the cheapest of them



all. As most people know, Pearl Jam has had a dispute with Ticketmaster over prices, and now do business through Fun Tours & Tickets. Therefore, instead of the usual \$30, it was \$15 for general admission and \$22 for reserved seating.

Despite the poor selection of the

Merriweather Post Pavilion as the locale, this concert could not have been better. It is a once in a lifetime experience and is worth much more than \$15. So if you get the chance to make it to one of their shows, don't pass it up.

Double feature isn't double the fun

This week we went to see "The Crow: City of Angels" and "Super Cop" double feature. "The Crow," in which the Crow and his son are murdered by a sadistic drug dealer and the Crow comes back to kill everybody, was shown first, and it's no wonder since it was complete crap. We were forced to sit through it to get to "Super Cop." If it were second, people would walk out in three minutes.

MIKE: Only a person into S&M could like "The Crow." Parts of the movie were so grotesque it made me shudder. It didn't make any sense. The Crow took time away from killing his child's murderers to get laid.

ZACK: "The Crow" was the worst two hours I have spent in the theater. The story had no point. Many scenes in the movie were too sick to even watch. In one scene, a henchman at a Peep Show was pleasuring himself.

MIKE: It was the worst film I have ever seen. I hate this movie. If you go to the double feature just go to "Super Cop". Don't ever see this film, and you'll die a happy person.

ZACK: It was only included with "Super Cop" because no one would see it otherwise. If you do go, take a long break in the halls and wait for the second feature.

"Super Cop" is a Jackie Chan film about a Taiwanese policeman who goes undercover with a Chinese cop to stop a drug dealer. As action movies go, this was lighthearted and enjoyable.

MIKE: Jackie Chan is a nut. The stunts he does are incredible, but the film

wasn't just about action. It was also funny. There is a scene in the movie where Chan fights the director of the Chinese defense school. Chan is reluctant because the guy is tough. The fight has a Three Stooges style slap stick humor which makes it fun to watch.



Flickers

By Mike Leonard
& Zack Moon

ZACK: "Super Cop" is an all around great movie. Chan makes serious scenes funny. Chan and his partner make thrilling, near-death chase scenes look like a joy ride. The hand to hand combat between either Chan or his partner and a villain look so awesome. It reminded me of playing Mortal Kombat.

MIKE: Watching this Chan movie is different from watching a Steven Segal movie. When he kills people, he slaps them around and tears their throats out. He makes me think, "Oh my, he just

tore that guy's throat out." When Chan kills somebody, he either runs out of bullets and has to duck and reload, or flip upside down while shooting them in the head. It's never just senseless killing in this movie. There is always some humor or complex martial arts move.

ZACK: All I can say is that this is a great movie for anyone. Having the similar action and comedy orientation as his previous feature film "Rumble in the Bronx," "Super Cop" was more of a James Bond type of movie. There were secret agents roaming the area playing with cool toys like missile launchers and automatic weapons with hundreds of rounds. Each and every scene in this movie kept me glued to my seat, and either laughing at a funny scene or amazed from an incredible stunt. As with many great movies, the film ends with all conflicts having been resolved and the major characters still alive. Although there aren't very many blood gushing scenes in this movie that would keep you in total suspense, you will not be leaving the theater feeling as though you have wasted your time.

MIKE: This is the first film we reviewed that I really enjoyed. If you want to see a good action movie, I would recommend this film. Go see it, but skip "The Crow." I'm warning you, if you see it you'll regret it.

Folk singer reaches her audience

By Anja Lofthelm
Contributing Writer

On October 3, singer and acoustic guitar player Deidre McCalla played a concert here at CNU. If you were in the Campus Center between noon and 1:30 p.m., you probably caught some chords from her rustic alternative folk music as it floated out from the lounge. Small crowds of students drifted in and out of the concert on their way to classes, stopping to listen to McCalla's deep mellow voice sing a blend of songs of love, life, and friendships, to a funky beat written for her dear old cat, which she threatens to cut up in a casserole.

She introduced some of her songs with stories of her own childhood, and some amusing experiences from being a 43 year old single mom with a three year old son. Her sense of humor was refreshing, but the honesty and intensity she put into her music kept it alive and upbeat. Though many students on campus had not heard of her, everyone that came out for the concert seemed impressed. "I get into a lot of music. McCalla's music really moves you," commented Emmanuel Yarborough.

The songs which drew out the

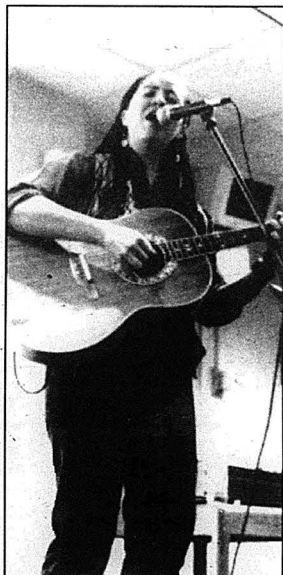
most positive audience response were the classic "The way you do the things you do," and remixes of the Bob Marley inspired "No Woman, No Cry" written by Will Robinson, with contemporary spice added to the island beat.

McCalla grew up in New York, where she started her singing career. She realized what she really wanted to do while majoring in theater at a specialized school. "I'm a troubadour around the country. I've lived in California for 11 years, have lived in Wisconsin, and am now located in South Riverdale, Georgia," said McCalla.

McCalla has been singing full time for 13 years, has opened for singer Tracy Chapman and others, as well as performed at universities and colleges from Pennsylvania to California. "One of the events I am most proud of is performing for the start of the March on Washington Rally for Gay and Lesbian Rights," said McCalla.

A lyric on her third and newest album, "Everyday Heroes and Heroines," goes "We are mothers and fathers, and families of friends, workers and lovers, straight, gay, lesbian." According to McCalla, that is really the message her music is all about. It is the celebration of who we are, and being open-minded and accepting of each other, she said.

"McCalla's music is real, it speaks of life, was very touching and entertaining, and I liked it," said Seth Klein about the concert.



left: Students in the Campus Center sit enthralled as McCalla plays.

above: McCalla sings her soulful songs for CNU.

Photos by Kelly Wells/The Captain's Log

Rave Reviews

by Liz MacGahan

Fire & Ice
2040 Coliseum Drive, Hampton
tel. 826-6698
open Mon. - Sat. 11 a.m. - 10 p.m.
Beer, wine, full bar
\$\$\$

Oh, what took me so long to try this place? I must get over my fear of the strip mall restaurant, since that's where the best ones around here are. Fire & Ice has been in Coliseum Square for six years, and it is the best on the Peninsula.

Michael Toepper, a self-taught chef with more than 15 years' experience, has put together a menu which makes sense. He satisfies the Foodies' cravings for trendy food, while providing the freshest and most nutritious dishes available on the Peninsula. The menu changes with the seasons, using produce which is fresh, and suitable to the weather. What I mean is, on a cold day, you walk in and warm up with a bowl of hot chowder. These days, many dishes feature mushrooms and squash. Spices run wild, and chipotle peppers abound. Textures and flavors run lighter in the spring and summer, and heartier in the winter.

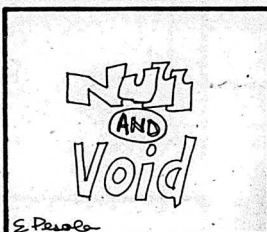
At first, the single printed sheet looks so limited, especially puny compared to the well stocked wine list. Just read it. Any trouble deciding won't have anything to do with lack of choices. Simplicity is born from a refusal to serve lame food.

There's no child's menu, no cheeseburgers or cajun chicken salad, no hokey deep fried appetizers or check padding side dishes. Instead, Toepper has a no nonsense list, organized by courses. He starts with flatbreads, then appetizers, soups and salads, smaller and less expensive light courses—all perfect choices for the experimenter—and entrees. When your server makes the initial visit to the table, you'll fall victim to the most compelling sales pitch ever.

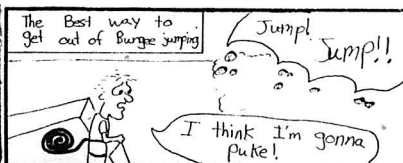
Save room for dessert, which your waiter will also tell you about. Fire & Ice is known for superior chocolate dishes. I dutifully tried one, and it was indeed heavenly, and so rich my eyelids drooped just looking at it. One visit left me so full I couldn't bear the thought of chocolate, yet couldn't leave without trying something. For this reason, I am able to assure you that the fruit desserts are equally exquisite, always using whatever is in season. Toepper's partner and apprentice, Terri Sweet, always has a flavored cheesecake available.

The wine list is beginner friendly, and the wait staff know the stock and can recommend like qualified sommeliers.

The decor is comfortable, too. The paint is a little bit bright, but that's better than dull. The restaurant has one dining room with an elevated platform flanked on two sides by rows of booths. In the back is a bar featuring a view of the kitchen. The tables are close together and the focus is clearly on feeding an excellent meal to everyone who walks in the door.



Hey, Pat. If the world is going to end, like that sign says, then why would a person waste their time by purchasing a home?



CLASSIFIEDS

Help Wanted

Men/Women earn \$480 weekly assembling circuit boards/electronic components at home. Experience unnecessary, will train. Immediate openings in your local area. Call 1-520-680-7891 ext. C200.

FREE TRIPS & CASH

Find out how hundreds of student representatives are already earning FREE TRIPS and LOTS OF CASH with America's #1 Spring Break company! Sell only 15 trips and travel free! Cancun, Bahamas, Mazatlan, Jamaica or Florida CAMPUS MANAGER POSITIONS ALSO AVAILABLE. Call now! TAKE A BREAK STUDENT TRAVEL 1-800-95-BREAK!

FREE T-SHIRT +1000

Credit Card fundraisers for fraternities, sororities & groups. Any campus organization can raise up to \$1000 by earning a whopping \$5.00/VISA application. Call 1-800-932-0528 ext. 65

Qualified callers receive
FREE T-SHIRT

Earn MONEY and FREE TRIPS promoting SPRING BREAK TRAVEL PACKAGES!! Call INTER-CAMPUS PROGRAMS at 1-800-327-6013 or <http://www.icpt.com>

Advertising Representatives Needed

The Captain's Log is seeking business students (marketing, management, etc.) for positions as Staff Ad Representatives. Assist Advertising Director with soliciting clients, ad design and layout. Learn valuable skills: Meet local business people. Make contacts in the business community. Potential for advancement. Call Jeremy Kulm, Advertising Director at 594-7196 or jkulm@cnu.edu for more info.

Services

Accurate Transcription Service

In a hurry for that report that's due and don't have access to a computer? We can help you give your work that professional finished look. Letters, Resumes, Term Papers, Theses, etc. Notary Public service available. For an estimate of your work, call 872-6571 or 872-8199 between 8 am and 6 pm.

RESEARCH REPORTS

Largest Library of Information in U.S.

19,278 TOPICS - ALL SUBJECTS
Order Catalog Today with Visa / MC or CDD

ORDERING
HOT LINE **800-351-0222**

Or, rush \$2.00 to: Research Assistance
11322 Idaho Ave., #206-RR, Los Angeles, CA 90025

Person to Person

Mandy- IΦB I'm glad your my little sis!! Have fun during big sis/little sis next week. You're gonna be spoiled! Love in TIKE -YBS

Congratulations to the Kappa Class of Phi MU! Kimberly, Ana, Barbara, Heather s., Heather J., Mary, Jennifer, Joanne, Sandra, Aimee, Shannon, Stacey, Kathleen, Jill, Christina, April & Stacia. Love is our Bond, the sisters of ΦM.

Arlene: Here's your shout out. Carol: Almost as sexy as me. Kimberly, Christina: Always cool. Diane, Janelle, Christy: Bouncing away. Kim, Michelle, Amy: Rainy Days N da mountains. Christa: Always in the way! Alpha Phi: Thanks 4 brownies. Shireen & Angie: Lovely as can be. Christy: Hey! Shauntae, Serena: Better Recognize. Pat B. (CNU Heart Throb)

Sassy One - Josh Webb is callin' you out! Pudding Wrestling at High Noon, Tribble's Office...Be there!

-JOSH WEBB

Announcements

REPUBLICANS - We need you! Join the Victory '96 Team. Help Defeat Slick Willie & Al Gore! Call or stop by our Newport News Headquarters: 11061 Warwick Blvd. (old All States/Ward Pontiac Bldg.) 599-6733
Dole/Kemp '96 - Better men for a Better America

Classified Policies

For businesses and non-university related individuals, Classified Rates are 50 cents per word, standard type, and 75 cents per word, bold type. One and two letter words, address numbers, and phone numbers are not counted. There is a fifteen (15) word minimum. All non-contract classified must be paid in advance, and rates are non-negotiable, excluding volume discounts.

Tape-A-Quarter Ads

Tape-A-Quarter Classifieds are for students, faculty, staff and members of the alumni society only. Simply write your ad and tape a quarter to it.

* Rates are \$0.25 per ad for six (6) lines or 60 words, whichever is less. Ads exceeding six lines will not be run.

* All ads are run in one issue only. For multiple runs call MR. CLASSIFIED (594-7196) for further information.

* Tape-A-Quarter Classifieds must be submitted on an official Tape-A-Quarter form. Forms can be obtained from The Captain's Log newspaper stands. Ads submitted on anything other than the official form WILL NOT be published.

* 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.

* Tape-A-Quarters must be left in our convenient drop-box located on the first floor of the Campus Center next to the Game Room or by mailing to: The Captain's Log, Classified Department, 50 Shoe Lane, Newport News, Virginia 23606. DO NOT bring Tape-A-Quarter ads to our office.

* Tape-A-Quarter ads are published on a space available basis. Those ads which are not published because of space constraints will be published in the next issue.

* The Captain's Log is not responsible for lost, misdirected or late Tape-A-Quarter ads.

DEADLINE for all Tape-A-Quarter Classifieds is NOON on Wednesday the week preceding publication. Publication dates are available upon request. For more information about our classifieds, call Mr. Classified.

OFFICIAL TAPE-A-QUARTER SUBMISSION FORM

THE CAPTAIN'S LOG

Today's Date: ___/___/___

Name (required)

Phone (required)

Print Message Below. Do Not Exceed 6 Lines

Tape
Quarters
Here