

THE CAPTAIN'S LOG

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Eric Pesola runs to escape the water balloon and pie throwing battle after Tim Phillips dumps lemonade on Pesola's head. The students participated in the spontaneous antics erupting at the festival Apr. 18.

Photo by Jenny Mills / The Captain's Log

Spring Madness

Students take a break from classes and go mad at CNU's annual spring festival. Clubs and organizations hit the lawn for games, music, and fund-raisers. The chilly, wet day did not dampen students' spirits as they competed in human foosball, sumo wrestling and more. The Captain's Log captured Spring Madness in photographs on page 16.

CNU dismisses beloved professor Students and faculty launch protests

By Melanie L. Stokes
Staff Writer

Dr. David Wall considers himself a good teacher. During his five years as a CNU professor, his students, colleagues, and superiors have agreed. So when Provost Robert Doane sent Wall a termination notice, many who know the geography professor say they were shocked. Students organized a protest group against Wall's dismissal, circulating petitions, and gaining more than 300 signatures from those in favor of keeping Wall. And students were not the only ones against Wall's termination. Wall's fellow professors call the decision to cut Wall unjust, some even resigning positions in support of Wall or disapproval for the university.

"I heard that Dr. Wall was up for the annual review and heard rumor that he might not be renewed. But, I just knew they could never fire such an outstanding teacher. I felt sure of it," said Beatrice Tucker, a senior sociology major. Tucker organized a protest group and met

with president Paul Trible, voicing opposition to Wall's dismissal. Tucker is not in any of Wall's classes this semester. In fact, she was looking forward to graduation when she heard that one of her favorite teachers will not stay at CNU.

"That's when I took action," Tucker said. "The decision doesn't really affect me anymore. I've already passed my classes with Dr. Wall. But I can not stand to see CNU let go of one of the best teachers on this campus," Tucker said. "I wouldn't care if he wasn't exceptional."

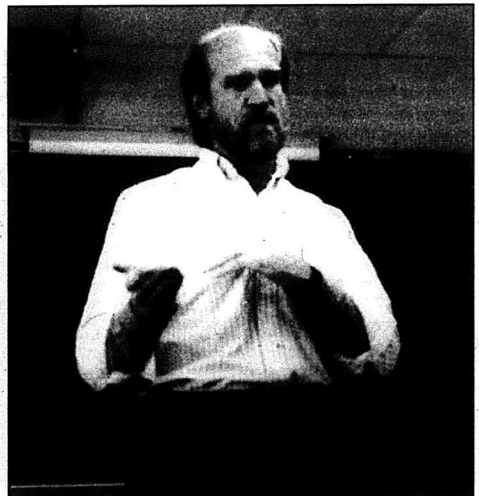
Tucker brought students together who discussed strategies for having CNU's decision overturned. Last Friday, Tucker and 12 other students met with Trible and Doane in hopes of changing their minds about Wall. The students left the meeting, unsuccessful.

"We are the students who pay the tuition, so that makes us consumers. Don't we get a say in what we are paying for?" Turner

said. "They just met with us to pacify us, but their minds were already made up. Students have no voice, even though Trible calls this a students-first university," Tucker said. "I wanted the president to see that this was the first time CNU students really bonded together for a common cause. We were asking them to change their minds," Tucker said.

Wall, like all tenure-hopefuls, undergo an annual review; a time when CNU considers whether or not they want or need each of the untenured professors. In Wall's case, the provost decided that CNU no longer needs the professor. The provost based his decision on institutional considerations, not on Wall's teaching record, he said.

"Our handbook requires us, in personnel decisions about tenure track faculty, to take into consideration that which, among other things, include enrollment patterns, areas of specialization, and



Dr. David Wall prepares his statistics class for the final exam.

Photo by Melanie Stokes / The Captain's Log

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university program priorities," Doane said. CNU can offer jobs to 164 full-time faculty. Enrollment determines how many professors are employed within the departments. "Changing enrollment patterns indicate that the need for a full-time faculty member is greater elsewhere," Doane said.

"What do they mean there's no need for an excellent professor at CNU," said government professor Dr. Fabrice Lehoucq.

Wall and Lehoucq share an office. "It is amazing that Dr. Wall has been terminated. He has a perfect teaching record and has done very interesting research," Lehoucq said.

Lehoucq himself may not remain a CNU faculty member. "I have withdrawn my candidacy for reinstatement to the CNU faculty," Lehoucq said, "because of an erosion of academic standards here at CNU."

"The provost says there is no need for Dr. Wall. When I look at the wide range of courses he teaches, which impact the large education department, government, sociology, and criminal justice, I think the provost's decision is invalid," Lehoucq said. "I don't understand why they are doing this."

"What I have learned from David distinguishes him. First, he really knows his stuff. He's up-to-date in his field," Lehoucq said. "I have never met as decent a person as he. His integrity reflects in the enormous amount of time he spends with his students. He is patient. He is a model professor," Lehoucq said.

"The people who loose in this case are the students. The new administration is concerned only with increasing the numbers of students. They have a superficial idea of what a university should be and are not asking, 'are we offering rigorous academic programs,'" Lehoucq said.

Wall, the only CNU professor holding a PhD in geography, teaches undergraduate and graduate level courses.

Geography courses are degree requirements for government and sociology majors. All students seeking a Virginia teaching certification must take the geography

courses, as well. During the 1996-1997 academic year, Wall taught seven courses. He also leads the annual field study in Latin America.

"I'm confused. I thought I provided courses essential to the university," Wall said. "I thought I was demonstrating my versatility and ability to meet departmental needs."

Dr. Jouett Powell, dean of liberal arts college, valued Wall's abilities and made a recommendation in favor of retaining Wall.

"I felt that he was doing important things and doing well," Powell said.

"We have to offer the geography courses, and Dr. Wall has abilities in the use of computers in the field, and with ecological and sociological issues. His abilities cut across the curriculum," Powell said.

While the needs of the government department may change, Wall thought he had a place in the department's future.

With a partnership formed between the university and the Hampton Roads police academy, CNU plans to expand the criminal justice concentration to possibly include a masters degree.

"I am one of the few in my department with graduate teaching status," Wall said. "I submitted to the provost my contribution toward that program and what I thought I could do in that area. In the blue pamphlet the president published, he indicated that he wanted to increase enrollment in criminal justice. To me, that means that more students would enroll in my classes," Wall said.

Wall studies Geographic Information Systems (G.I.S.), which he calls, "an important tool for the future masters program in criminal justice."

Wall's students, past and present, support Wall's teaching methods.

"Dr. Wall has shown more dedication and enthusiasm than most. I am amazed that they think they can replace him," said Belinda Leonard, sociology major.

At a meeting of students in the Terrace, students from different majors discussed benefits of Wall's classes.

"He is one of the best teachers on this cam-

pus," said governmental administration major Hugh Umphlet. "I have already graduated from another university and I can attest that you do not find professors like Dr. Wall, anywhere."

"Dr. Wall is the most accessible professor I've ever had," criminal justice major, Tracy Anderson said. "No other professor would spend so much extra time helping me."

"I dropped out of college once and then came back. If I knew Dr. Wall during my first try, I never would have dropped out," Anderson said. "His classes are not easy. He's tough and he makes you think. He forces us to apply what we learn. He requires more."

"I took Dr. Wall's classes in the past, and I can still go to him for help," Tucker said. "He helps me with other classes, because he's always in his office and he'll drop everything to help a student. I've even called on him for help with computers or for information about finding a job," Tucker said.

The SGA solicited student nominations for teacher of the year awards and Wall received more than 100 nominations, SGA president Dave Edwards said.

The Faculty Review Committee (FRC), which advises the provost, recommended that CNU retain Wall, and five members of the committee resigned their positions when Doane didn't follow some recommendations.

In the letter of resignation submitted Apr. 23, FRC chair Lea Pellett wrote, "The claim of institutional consideration was used as justification for termination of tenure track faculty without safeguards and supporting institutional evidence."

A majority of the FRC, including Professors Doughty, Gailey, Hicks, Hunter, and Pellett resigns positions on the FRC, effective today.

Provost Doane says that he considered the FRC's recommendations, but had two other sources of advice, including peer groups and deans.

"The FRC is one level of advisers out of three," Doane said. "They made 84 recommendations and I agreed with them on

all but nine of those 84," Doane said. "In eight out of those nine, my recommendation was the same as the peer group and the dean. In one case, my decision was the same as the peer group's," Doane said.

"The president and I had a lengthy, two-hour meeting with the FRC, discussed the issue, and parted as colleagues with an honest disagreement."

"I'm sorry that they decided not to continue to serve. In the overwhelming number of cases, I agreed with them," Doane said.

CNU will continue to offer courses Wall taught over the last five years. In some cases, other faculty will cover the classes, and in some cases adjunct professors will teach.

Doane says that CNU is not eliminating full-time professors for adjuncts, but shifting full-time positions to other departments.

"I'd like to see us reduce our dependence on adjuncts," Doane said. "I wish I had 200 full-time positions. The only way we can add faculty is if Richmond gives us more money. That will happen when our enrollment goes up," Doane said.

Professor Wall has an academic year left at CNU while he looks for a job elsewhere. Doane said that he would offer Wall an excellent recommendation.

"I think he's an excellent professor. He's very good in the classroom and he's done extensive and important research," Doane said.

Wall says that student support is comforting in a time of transition. "He students' efforts make me feel good," Wall said, "but I have always felt good about the responses I get from students. I have enjoyed really good feedback. It's been positive all along," Wall said.

"I will really miss the students. I can see that I make a contribution to them. It's a two-way street. I think I've made a difference in their lives and them in mine," Wall said.

"The energy and passion for teaching that I have comes from the students. I give it to them, and they give it back to me," Wall said.

The Captain's Log sends a special thanks to our readers.

We have enjoyed success this year, and hope we have served the students of Christopher Newport University well. Your comments and suggestions were helpful along the way. The CNU community is a delightful subject for penning and photographing. Thanks for granting us interviews and scoops.

A very special thanks goes out to our heroes--Cathy Banks, Terry Lee, and Dru Bowman. Thank you for understanding what we were trying to accomplish. We achieved our goals with your support, critiques, and encouragements. The staff looks forward to next year. We extend an invitation for all CNU students to get involved with the paper. Just stop by Student Center room 223 and leave your name and number. You too can become...

The Voice of the Students.

THE CAPTAIN'S LOG

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CAPTAIN'S COMMENTARY

By Karen DiGiorgio



The pen is mightier than the sword

About this time last year, I did an interview with a loudmouthed shock jock over at 96X/WNIS 850 who, very seriously, told me he, Perry Stone, was solely responsible for forcing television station WVEC to air *N.Y.P.D. Blue*. He also took credit for removing the tolls from the Virginia Beach Expressway and getting the famous obese potbellied pet pig, Pinky Starlight, returned to her owner. He "reasoned" that by making each of these issues a prime target on his two radio shows, he had forced the television station, the Virginia Department of Highways and Transportation, and the Humane Society to do what he wanted them to do. Back then, I was amused by the enormity of his ego, but, in a way he was right—his squeaky wheel got grease. To that end, I decided to look back on this past year's "Captain's Commentary" columns to see how many problems I can take credit for solving.

Last September, several nursing students in Ferguson Hall were upset because they had no place to eat their lunch, and had to walk across the street to get food, supplies, and make copies. "Captain's Commentary" brought their situation to light, and now there is furniture in Ferguson Hall, a convenience store that sells food and other popular bookstore items, a copy machine, and a computer lab—an added bonus that we didn't even have to ask for.

Later that same month the focus of this column was the school closing policy. When Hurricane Fran tore through campus, someone in charge finally decided to close the completely darkened campus at 10 a.m.—after many students had already



The new convenience store in Ferguson Hall makes students feel like they are part of the campus population.

battled dangerous wind to get to class. Because the "Captain's Commentary" brought to light the lack of a plan for closing campus, the university was able to inform students of closure before classes started during a power outage Feb. 24. No thanks are necessary—we are, after all, here to represent students. Fighting the never ending battle . . . oh, sorry, I'm getting a little off track here.

In October, this column not only reported on the danger in crossing Shoe Lane to Ferguson, we provided photographic evidence of drivers refusing to yield the right of way. As an interim solution, a flashing light was erected at the crosswalk. Now, drivers slow down to watch it flash, but keep moving. I'm proud to announce that the administration is getting involved in this matter now. John Miller, CNU Vice President of Public Relations is circulating a petition in classes. Find him and get your name on the list of people who don't wish to die trying to get to class.

As my space grows short, I'm afraid I'll have to quickly sum up the rest of my column's accomplishments this year:

- (1) President Clinton has ordered the Department of Defense to investigate the possibility of a Persian Gulf War Syndrome, and to treat service members suffering from it.
- (2) The "Captain's Commentary" put an end to graffiti on campus. There have been no new incidents of Greek-letter-defacing of desks, walls, or elevators.
- (3) The issue of on-campus daycare will no longer be an issue when a daycare center opens in the Wellness Center in August of 1999.

Not every column was a complete success, however. I've been told that all but one of the obnoxious classmates on cam-

pus has learned to shut up since the "obnoxious classmates" column in February. By the way dude, you know who you are and no one is amused by your medieval thinking.

Laneka Webb is going to be assisted in nullifying the meaning of the honors tassel by a fellow graduate, who is going to allow Laneka to wear hers. Clinton was, unfortunately, reelected. And, another incident of stupid violence topped the channel surfer stabbing when a local woman lit her mate on fire in front of two little kids. Oh well, I can't change everything, but didn't I do a great job anyway!



Left: Ferguson nursing students ate lunch outside before CNU moved in lobby furniture.

Above: With a daycare center on campus, Ariana Taylor will have a place to stay while when her mom is in class.

Photos by Kelly Wells and Chris Taylor/ The Captain's Log



The Great American Short Cut: The information superhighway

Last week President Clinton announced that the government would provide more than \$10 million to solidify his plan to hook every American school up to the World Wide Web—a move, he said, that would give our nation's young people a bridge to the information age.

Having come up through the public school system in Pennsylvania just before you were considered a social outcast if you didn't own a state-of-the-art personal computer, I applaud the Clinton administration for their foresight.

After all, this is the dawn of a new era, where information is available at our fingertips. At the touch of a button we have access to a wealth of information with the potential to change our lives forever.

Students can go on-line to research virtually any topic—even downloading ready-made term papers guaranteed to be



By Don Kennedy

anywhere on the U.S. Postal Service to deliver their illegal pictures of six-year-old nude boys. They can sit in the anonymous comfort of their own homes, and fill their computer screens with electronic photographs of prepubescent boys and girls.

Take, for example, a teen who wants to play a trick on his family. Back in the dark ages, we were wild men. The really crazy among us might, on occasion, take our father's keys off the kitchen counter and move his car from the driveway around the

corner to make him think his car was stolen. Then, at the last minute, before he got the authorities involved, we'd let him in on our little prank. Sure, he'd be miffed, but it was just a harmless little joke.

Today's information age requires a higher degree of sophistication. Case in point: the teenager from Canada who, with his Internet-educated little comrade, decided to send electronic messages to his parents—threatening, evil messages.

He really had them going too. For months, the little prank went on with messages threatening to murder the family, saying he knew where they lived. What a hoot, huh?

As it turns out, the newspapers picked up the story, detailing the sheer terror the teen's mother was going through. Reports said the family was on the verge of moving from their home to escape the maniac's wrath when he told his folks it was all a big joke.

Well, apparently, that clever young man's parents didn't have my dad's sense of humor.

I tried to contact them to ask them their reaction to Clinton's plan to put American students on-line and on the fast track in the information superhighway, but apparently

they were too busy researching military schools on the Web to answer my questions.

No matter. We all know that wiring up classrooms to the Internet is a good thing, right?

After all, the president says so. And it's such a popular thing to say these days with the American education system floundering as it is. Who needs textbooks and hard work? Who needs to learn when everything you need to know is just a touch away?

This is the fast-food generation, when we don't have the time or inclination to cook. We want to rush through the drive-thru window and have our ready-made food packaged and handed to us. Why shouldn't knowledge be the same?

Then again, maybe we're jumping the gun a bit. Maybe we should wait until adults can learn to drive responsibly on the information superhighway before we license a bunch of kids to go hot-rodding.

Hell, who knows where dad's car might be parked if we leave these keys on the counter.

Naah! As always, Bill Clinton is right and I'm wrong. Gosh, how'd he get so smart anyway? He didn't even have computers in the classroom when he was a kid.

NEWS BRIEFS

CNU to present honorary degrees at commencement

CNU President Paul Tribble will present honorary degrees to Donald Regan and Barclay Sheaks, and to Ernest Boyer posthumously, at the 1997 Commencement exercises on May 10 at 10 a.m. on the Great Lawn.

Cited as one of the foremost educators in the nation, Boyer was President of the Carnegie Foundation for the Advancement of Teaching. In 1990 Boyer was named Educator of the Year by U.S. News & World Report, and in 1994 was awarded the Charles Frankel Prize in the Humanities, a presidential citation. During the past decade, Boyer was a Senior Fellow at the Woodrow Wilson School of Princeton University, and education columnist for The London Times. He was a Visiting Fellow at Cambridge University and a Distinguished Fulbright Scholar to India and Chile. He was a fellow of the prestigious American Academy of Arts and Sciences, and a trustee of American College Testing (ACT), The Aspen Institute, the Council on Economic Development, and the Lincoln Center for the Performing Arts.

Boyer received his Ph.D. from the University of Southern California and Post-Doctoral Fellow in Medical Audiology at the University of Iowa Hospital. He came to the presidency of The Carnegie Foundation in 1979 after serving as United States Commissioner of Education under President Carter. Prior to this appointment, Boyer served for seven years as Chancellor of the State University of New York, including all of its 64 campuses and

350,000 students.

Boyer was named by three presidents—Nixon, Ford and Carter—to national commissions, and former Secretary of State George Shultz appointed him chair of the State Department's National Overseas Schools Advisory Council. He authored landmark books including: "High School: A Report on Secondary Education," "College: The Undergraduate Experience," "Campus Life," "Scholarship Reconsidered," "Ready to Learn," and "The Basic School"—all of which have left an indelible stamp on American education.

Boyer's widow, Kathryn, will accept the honorary degree on behalf of her family.

Internationally recognized artist Barclay Sheaks has exhibited extensively throughout the world. The American Watercolor Society, the National Academy of Design, the Corcoran Gallery and the Smithsonian Institution have exhibited his juried work. His paintings appear in the permanent collections of corporations, private collectors and distinguished universities, including a permanent exhibit at CNU. Some of his commissioned works include a series of paintings depicting space exploration for the National Aeronautics and Space Administration (NASA), the 120-foot painting depicting the surface of Mars for the U.S. Bicentennial Exposition at Kennedy Space Center, and the wardroom of the nuclear submarine USS Newport News.

Commencement speaker Donald T. Regan, former White House Chief of Staff and Secretary of the Treasury during the Reagan Administration, will be presented an honorary degree as well.

Donald Regan to deliver CNU's commencement address

Donald T. Regan, former White House Chief of Staff and Secretary of the Treasury during the Reagan Administration, will deliver the keynote address at CNU's Commencement on May 10, 1997 at 10 a.m. Before being called to Washington, Regan was Chairman and Chief Executive Officer of Merrill Lynch & Co., where he worked for 35 years.

As Chief of Staff to President Ronald Reagan from 1985 to 1987, Regan directed the day-to-day operations of the White House. He was the President's senior adviser, serving as a designated member of the Cabinet. As 66th Secretary of the Treasury, Regan was in the forefront of formulating and implementing the Reagan Administration's economic policy for four years.

Regan joined the firm now known as Merrill Lynch & Co. in 1946, after seeing action in five Pacific campaigns of World War II as a Major in the U.S. Marine Corps. He became President of Merrill Lynch in 1968; he was the youngest man ever to hold the post. In 1971, he was selected as Chairman and CEO. By 1980, Donald Regan had led Merrill Lynch to compete with the nation's largest financial institutions. The company slogan was: "We're Bullish on America."

Regan was born in Cambridge, Massachusetts and graduated from Harvard University with a B.A. degree in English. He then joined the U.S. Marine Corps, from which he retired as a lieutenant colonel at the end of World War II.



at a glance...

Monday

8 a.m.
Exam Break
Student Lounge

5 p.m.
Exam Break
Student Lounge

Tuesday

10 a.m.
Exam Break
Student Lounge

Wednesday

8 a.m.
Exam Break
Student Lounge

Thursday

10:30 a.m.
Exam Break
Student Lounge

Friday

10 a.m.
Exam Break
Student Lounge

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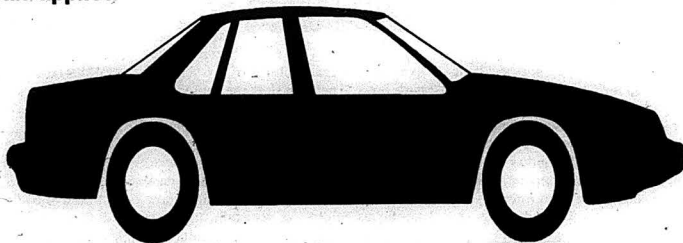
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1996 models, 60 months	8.25%
1995 models, 48 months	8.50%
1994-1993 models, 48 months	9.00%
1992 and older, 30 months	10.00%

*Annual percentage rates. Applications subject to credit approval.



Students struggle with sleeplessness

Insomnia rated as second biggest concern for CNU students

By John Bailey
Staff Writer

Students simply laugh and shake their heads when asked if they get enough sleep. For many, the answer is no. The average bedtime for CNU students is 1 a.m. During a recent CNU medical survey by Riverside Medical Center, not getting enough sleep was the second biggest concern of students.

According to Rita Cennane, the University Health and Wellness Services Coordinator, dramatic shifts in a person's internal clock will inhibit normal sleep patterns and can lead to insomnia.

Insomnia refers to three types of sleeping problems: difficulty falling asleep, difficulty remaining asleep and awakening prematurely, said Spencer Rathus in his book "Psychology." High levels of anxiety and tension also contribute to sleepless nights.

This makes college a natural breeding ground for insomnia as students struggle with meeting project deadlines, preparing for exams and attending lectures. Most students also work part-time or even full-time jobs.

"I work 25 hours a week while taking 21 credit hours," said Lorrie Rubino, CNU senior. "I'm lucky if I can average six hours of sleep a night. I sometimes feel like school work interferes with sleep."

Commuting every day to and from school can also contribute to tension.

"Having a commute of at least 45 minutes to and from school made my freshman year more difficult," said Sarah Grey, a CNU junior. "Living so far away meant getting up earlier and cutting down on my sleep to make sure I had time to get ready

and make it to class on time."

"However, I spent my second year as a resident student and that didn't make things much better for me. Things were too distracting. Some students can handle dorm life but I like being able to get away from the campus at times," said Grey.

A student's lifestyle can also determine how susceptible he or she might be to insomnia.

"Only about 10 percent of the students who come to me suffer from true sleep disorders," Anita Tieman, Associate Director of Career and Counseling, said. "The rest have situational determiners as the cause of their insomnia."

These situational determiners include socializing every night, excessive drinking, not maintaining regular sleep times, not maintaining a healthy diet and procrastinating on work assignments for classes.

"Students in this category are the hardest to help because they're having a great time," Tieman said.

"However, the ultimate effects of this kind of lifestyle are obvious: missing classes, falling behind with assignments, becoming irritable and being unable to focus in class."

The problem of sleeplessness tends to be higher at the extremes of college classifications, Tieman said. Freshmen are re-

acting to their new found freedom and environment. Graduating students are struggling with the challenge of finding jobs and beginning a new phase in their lives.

"Transitional periods in our lives are certainly the times that we seem more vulnerable to insomnia," Tieman said.

"Preparing to graduate has changed my attitude towards the way I live my life,"

Aimee Barnes, CNU senior said. "Now, I'm less concerned with going out and more concerned with getting my work

think, drinking alcohol does not ensure restful sleep. The drowsiness it causes only lasts three or four hours."

A bed time ritual is important because it is a step by step conditioning of a person's body and mind for rest.

Students only make their problems worse when they try to force themselves to sleep.

"You can only set the stage for sleep by lying down and relaxing when you are tired. If you focus on sleep too closely, it will elude you," said Rathus.

"I'm usually in bed for seven hours, but I rarely sleep straight through," Barnes said.

"I'm constantly restless because I'm thinking about everything I did that day and everything I need to do the next day. I worry about classes, work and graduating."

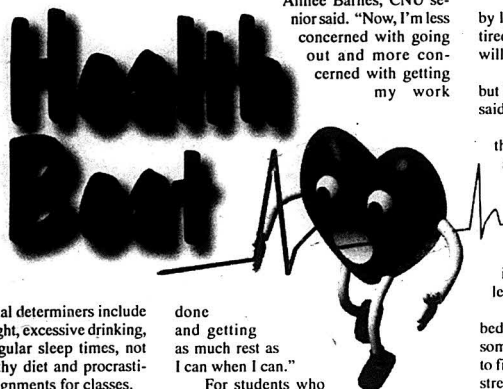
Often, students do not feel in control of their lives because of the pressures they are under. This makes it difficult to avoid the stress of sleeplessness.

"If you can't fall asleep, don't stay in bed," Cennane said. "Take a walk or do something not too stimulating. The idea is to find a way to relax and not become more stressed."

Because of its partnership with CNU, Riverside Medical Center offers several free services students can utilize.

The James Institute's Employee Assistance Program (EAP) is one of these services.

The EAP offers counseling to help people with a variety of personal issues such as insomnia. For more information, students should call The James Institute at 594-3307.



done and getting as much rest as I can when I can."

For students who want to tackle the problem of insomnia, there are services at CNU that can help. Cennane has an office next to Harbor Lights, and the Career and Counseling Services office has professional counselors to help students.

"The suggestions I give students include getting more exercise, taking in less caffeine and sugar products, and having a bed time ritual," Tieman said. "Also, I stress that despite what students might

Santorio Hall residents enjoy new fitness room

By John Bailey
Staff Writer

The resident students of Santorio Hall have a new fitness center. A former lounge on the third floor contains 15 pieces of workout equipment.

There are nine Keiser hydraulic resistance machines, two Life Fitness treadmills, two Climb Max step machines and two Life Cycles. The room still has a big screen television and a new Bose sound system specially purchased for the room.

"All of the equipment is state of the art," Dean Nelson, Residence Hall Assistant, said.

"Dean Nelson and I came up with the idea in August," Tim Freeman, Director of Residence Life, said.

"We wanted to provide additional things resident students can do, and we wanted something visible. We wanted to show we care about the students' quality of life."

The equipment was purchased with left over funds from past year's room and board fees and with the assistance of Riverside Health and Fitness Center.

Tim Freeman originally planned just to get a multi-station universal machine.

"CNU approached Riverside for additional advice on types of equipment," Cynthia Perry, CNU Chief of Staff, said. "They went the next step and offered to actually help purchase the equipment."

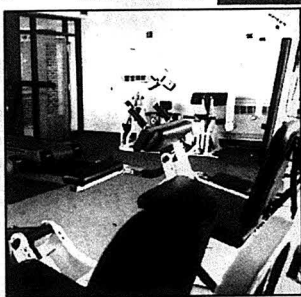
"The Keiser equipment is perfect for a variety of different conditioning levels," Charlie Knight, Director of Riverside Wellness Center, said.

"The equipment has a variety of features that the students might not even know about. Each piece has the telemetry capability to broadcast the users heart rate. The difficulty of the exercise will increase and decrease to match the person's heart rate."

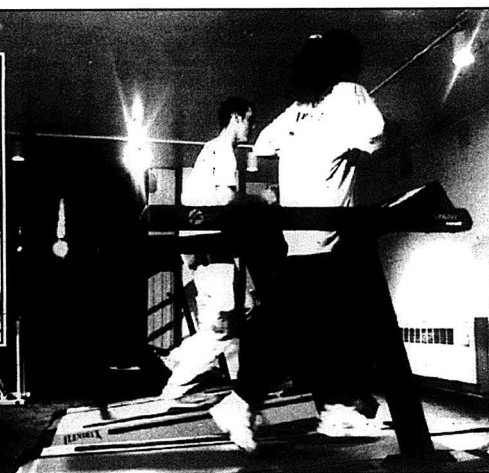
Riverside is the

They are a great purchase for CNU's needs, Kern said.

"These are the kind of machines you would expect to find in a health club," Kern said.



Above: The Fitness Center.
Right: Students testing out the state-of-the-art treadmills.
Photos by Chris Taylor/ The Captain's Log



The residence hall sponsored weekend trips to Riverside Health and Fitness Center in the past. Resident students can now take advantage of similar equipment right in the residence hall.

"I like the convenience," said Dong-Sam Shin, a CNU exchange student living in Santorio Hall. "The equipment is much better than Ratcliffe's, and I like watching the TV while I workout. The room seems to be used a lot after breakfast and dinner."

The fitness room is for resident students but commuter students who are guests of Santorio Hall residents can have access to the equipment, Pappas said.

Chris Jones, CNU Athletic Trainer/Strength Coordinator, said

that the CNU Athletics Department will not be purchasing any new equipment until the new Health and Wellness Center is built.

"We would be happy to offer the CNU Athletic Department the same service the residence hall received," Knight said. "This is an example of the growing partnership between Riverside and CNU."

"Riverside has also offered special training sessions for residence hall students," said Steve Pappas, Director of Auxiliary Services. "They found the equipment and helped set it up. They're great neighbors."

The third floor lounge was chosen because it is a co-ed floor and is one of the largest lounges, Freeman said.

Wes's World

By Wes Cline
Humor Writer



The web holds all the answers for exams

It is, of course, exam time. Because it has been my long standing tradition and because I am extremely tired (not from long standing, though that is very tiresome) of generating new topics to write papers on, I am going to do my usual exam tips for the desperate. I am not trying to say writing this column is particularly taxing mental activity, but any corners I can cut at this point are more than helpful.

This year I have gone to the web in search of sites that will be beneficial in studying for and writing exam papers. If these sites don't work for you, it is not my fault. They seemed to work perfectly until the point when my computer had an error and I woke up with a waffle-like keyboard map impressed into my face. You wouldn't believe how long it takes to clean drool out of a keyboard.

When I first found the first site, I could not believe my good fortune. Then I remembered that I am not in any foreseeable future going to take another history class. The site is www.revisionist.history.com / arguments / against / everything. This location has alternative theories on almost every major, minor and a few mid-range historical events. Because of the information contained on this site, no history professor can say that you do not have a source for the weird, historical perspective your paper brings to the exam. There is even a section on women's places in history and contemplation on how history would have been different had the men listened to them.

The site on literature is most fascinating. The site www.big.books.com / you /

didn't / read / but / that's / ok / because / we / did is terrific for people like me who don't always read, shall we say, as closely as the average professor might like. Often, I do my reading of a book from the syllabus with the actual text in another room if not in another building far, far away. Frequently, I have wished for access to this site during the unannounced quizzes some professors are so fond of. Is it really fair to expect us to know about the book when the class hasn't gone over it yet? We haven't even had a chance to hear the summary from the one person who found the time to read the book. I have a very hard time talking about anything beyond the

first chapter or the last. Those middle chapters are just so forgettable, aren't they?

This site, though, fixes all of that. Like cliff notes except completely different, this site provides a comprehensive summary with good quotes from the actual text inserted. By just inserting a few of their chosen quotes into a paper, the professor has no way of knowing that you never read the book. The professor will only be able to say, "Hey, that is from page 4,782. Even I didn't read that far!"

Even if the quote is from the wrong book, that's ok because what professor is going to go searching for an obscure quote in the middle of a book that is so heavy it qualifies most people for the Mid-Atlantic Regional Weightlifting Championships?

At www.pseudo.science.com/

darwiniancreationist.com / how / it / all / was / formed / and / other / myths, biology majors can drown themselves in conflicting theories and research on the origins and evolutionary tracks that this planet may have taken. Not that conflicting theories on this are new, but some are more entertaining than others; such as the postulation that humans, especially Tiger Woods, all evolved from a Dunlop golf ball. The truly crazy theory is the one that states that we all came from the dust bunnies in the janitorial closet of the new science building. There are also humorous anecdotes about the specific origins of Darwin, but these are mostly Christian extremists' attempts at discrediting him. It is funny to see them get their thee's and thou's mixed up. Who knew that Darwin was really the result of a cross-species breeding of an imp of the perverse and a sea otter? If the professor doesn't buy the theories, at least he or she will have a good laugh at their sheer stupidity.

I hope that at least one of these sites is helpful in preparing for your exams. Once again, I can make no guarantee that any of these sites will still exist or ever did exist on the web. I also am not sure that any professor will accept them as proof of the ideas they contain. My best advice is to stick with the popular paradigm and save the new paradigm for a masters or doctoral thesis.



Faith Matters:

Make time for God during exam week

By Pam Chan
Contributing Writer

For college students, this is the beginning of one of the craziest weeks of the whole year. It's time to cram for exams, pull all-nighters to finish up final papers and projects, and to stress about grades. On top of that, some of you are packing up your stuff to move out of the dorm, looking for a summer job or place to live, and many of the graduating seniors are sending out resumes and going to interviews, trying to find the career-starter of a lifetime. This is an insane time of year on campus.

This is the time of year to put off everything except that which seems absolutely necessary. We tell ourselves that we'll get around to the rest of it sometime this summer. And for almost all of us, worshipping God is one of those not-so-necessary things.

I urge you to adopt a different view of worship. This may be a new idea for you. First of all, worship doesn't have to be time-consuming, and it doesn't have to happen on Sunday morning in a church building. In Hosea 6:6, God says to his people, "I desire mercy, not sacrifice, and acknowledgment of God rather than by sacrifice and burnt offerings." (God is referring to the Old Testament rituals of worship).

What God wants from his worshippers at CNU this week is not that we make time for elaborate religious rituals. Instead the Lord wants to be acknowledged in our minds and in our hearts. Jesus wants us to trust him with our fatigue and our worries. To trust him this way is an expression of worship. He wants us to notice his goodness in our lives and to be thankful — this is an expression of worship.

He wants us to make time to extend his kindness to the stressed-out people around us this week — also an expression of worship.

Secondly, worship — having the Lord on our minds and our hearts — is an absolute necessity for making it through a week like this

with any sense of peace or grace in our lives. Our hearts are designed to relate to Jesus this way, and when we fit into this design, the rest of life makes a lot more sense. Being a worshipper of God this week can provide you with the spiritual, emotional and even mental resources you need to make it to the end of exams and still be human.

So I urge you to make just a little space in your life this week for God in your mind and in your heart. God wants worshippers at CNU this week to worship him often, in simple little ways.



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New SGA president sworn in at dinner

Poulsen brings intensity and creativity to SGA presidency

By John Bailey
Staff Writer

Jon Poulsen was sworn in as next year's Student Government Association President during the SGA Awards banquet held April 17.

"It's in my blood," Poulsen said, when asked why he decided to seek the office. "Most of my family in New Hampshire are or were public servants or politicians of one kind or another. In fact, both of my grandparents on my dad's side were state senators. I've had relatives in the fire department, the military and the CIA."

Poulsen has continued the tradition of service since coming to CNU. Now in his sophomore year, he became interested in the SGA during summer orientation.

Poulsen worked as an SGA senator, chaired the Constitutional Review Committee, served as SGA secretary and eventually moved up to SGA vice president of student services.

"I'm surprised by my interest in student life," Poulsen said. "I wasn't involved in extracurricular activities in high school. I worked full time; so the only thing I had time for was York County basketball."

Poulsen describes himself as "aggressive" and "determined" when playing basketball.

"In my senior year of high school, I helped to rally the basketball team at mid season, and we went from being a losing

team to winning our championship tournament," Poulsen said. "I learned that intensity can help you move quickly to get things done."

Poulsen brings these traits with him to

Poulsen said.

He plans to build on this year's accomplishments of the student recruitment committee. His plan is to draw more students from out of state high schools and commu-

Poulsen said. "And of course, I would like to get all students more involved with the SGA."

He hopes to encourage the creation of more student clubs and organizations and get more interaction between them and the SGA.

Obviously, Poulsen relates well to students. Like most of his peers, he carries a full academic load as an accounting major and is a member of Pi Kappa Phi while working 20 or more hours a week. In fact, he has two off campus jobs.

"I'm very good at budgeting my time and knowing what my limits are and not going beyond them," Poulsen said.

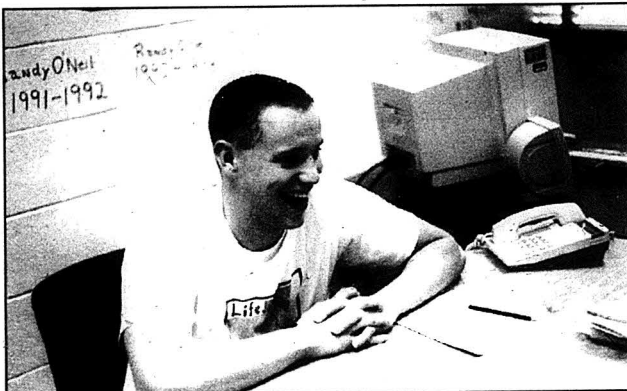
This quality should serve him well as SGA president. He has already decided to begin planning next year's homecoming over the summer.

"Homecoming is our biggest and most difficult activity of the year, but it is also the most exciting," Poulsen said. "Next year's SGA is looking forward to the challenge."

While he wants to help make student life better, Poulsen also said that he will look at any problem from both perspectives, as a representative of CNU and as a student of CNU.

"I'm as much a part of the administration as I am a student, and I have a responsibility to do what's right for CNU overall," said Poulsen. Currently, the SGA is planning its schedule for next year. "Homecoming is our toughest event," said Poulsen. "We will spend the summer preparing for it."

"Overall, I want to see the SGA do as much as it can," Poulsen said.



Poulsen approaches his new position with a smile on his face and a hope to do more for the university next year. Photo by Melanie Stokes/The Captain's Log

the SGA. They are reflected in his plans for next year.

"I would like to make CNU more appealing to prospective students throughout the east coast,"

"It's in my blood. Both of my grandparents ... were state senators"

nity colleges to CNU. Poulsen would also like to expand the Greek Council.

"I want to make relations a little less tense between the Greek organizations,"

Setting sail for big adventure

By Mike Leonard
Staff Writer

Being an English major, I read a lot, and I find that sailing is always presented as an exciting topic. Just think of nautical classics like "Moby Dick," "Mutiny on the Bounty," "Rime of the Ancient Mariner," and just about anything by Hemingway. Last weekend, I experienced what all these books praise—sailing.

CNU's Administration of Aquatic Activities class took a fundamental sailing course at Getaway Sailing, in Lighthouse Point Marina in the "Beirut" section of Baltimore. We called it the Beirut section because the entire area is in the process of some heavy-duty remodeling.

They're tearing up roads and demolishing condemned buildings. I'm sure it'll be nice in 15 years or so, and the dismalness was no reflection of our pleasant experience sailing a 22-foot boat on the inner harbor.

The first thing we learned is how a boat moves through the water. It may sound simple, but there is more to it than just plopping a boat into the water and going. The boat needs to be at certain angles off the wind or else the sails are useless.

These angles are called points of sailing. There are four basic angles: 45 degrees off the wind—close haul, 90 degrees—beam reach, 135 degrees—broad reach, and 170 degrees—running.

Running downwind is very tricky because you can accidentally go into a jibe. A jibe is when the stern of the boat passes through the wind, causing the boom to swing across the deck.

An uncontrolled jibe can be very dangerous and even deadly in high winds if it hits a crew member as it swings across. On the second day of sailing, I was at the helm

when the wind changed direction, making the boat run into a jibe. I saw it happening, but I only had time enough to say, "Prepare to jibe." The cockpit was deep enough that we wouldn't have been hit."

"I just said it so I looked like I knew what I was doing, which must have worked because the instructor said, 'That was a good jibe. Just give us a little more warning next time.'"

Another surprising aspect of downwind sailing was that it had a totally different feel than I expected. "When we went downwind it surprised me because it felt like the wind had stopped," McCormick said.

We all felt that going down wind would be the most exciting part of sailing, but when we got out there we found going upwind was the best part.

The boat healed over, meaning the boat would tilt sideward toward the water because of the air pressure on the sails. When the wind was blowing really hard, water splashed into the cockpit, but the boats we were in are designed not to roll over.

Getaway Sailing charges \$200 for the fundamental course, and \$100 dollars to take out a boat on the weekend. If you're moving to Baltimore, they'll give you a discounted membership deal at \$800 for the season.

If you're looking for some place closer, Chesapeake Bay Sailing Association charges from \$275 to \$325 for the basic course. Of course, buying a boat is much more expensive than renting. A new Sunfish is about \$1300, but you could probably get a used one for around \$500.

Sailing is an expensive hobby. If you don't want to wait until you've graduated to a lucrative career before taking it up, get in touch with CNU's sailing team.

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Questions????
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Edwards guides SGA to 10th Anniversary

By Andrew Berrigan
Staff Writer

This year marks CNU's Student Government Association's 10th anniversary. It's been helping orchestrate the changes that affect student life for the past 10 years. This also marks the last year that Dave Edwards, president of the SGA for the 1996-97 school year, will be involved in student government.

Edwards has been involved in the SGA for four years now. This year is his last and, in his opinion, also his best. "I'm kind of biased, but in my opinion, this is the best year we've had since I've been here. We've been more involved, we've been more active and we've had more accomplishments than any year I've been here," said Edwards.

The accomplishments started within the SGA itself. Over the summer, the SGA office was given a facelift.

b This included painting the walls, carpeting the floors and buying and installing new equipment including a computer, a copier and art supplies that all students can use. The people who did all the work involved with these changes were none other than the students in the SGA.

Throughout the year, the SGA has had its hand in many other changes at the school. These include the new game room/student lounge in Ferguson, the Honor Pledge, the Greek Council and the petition to widen Warwick in order to have the new Performing Arts Center up by 1999.

President Tribble decided to expand the job of the president of the SGA the year

Edwards was elected. In fact, starting with Edwards, the SGA president is required to speak with the president of the university at open houses.

"The SGA president is the official representative of the students. They need to be more visible and take a more proactive

tion than anything else because I thought of that as my primary focus," Edwards said.

As hard as such problems get, however, the job was not without its rewards, either. After the Awards Banquet this year, Edwards was confronted by one of the senators in the SGA. He told Edwards that

get where you can have somebody come up to you and say something like that? Not many. I think that's the most rewarding thing: to know you've made a difference in the lives of the students."

The success of the SGA cannot be solely attributed to Dave Edwards, and he readily admits this.

"We could not have asked for a better group of people to work with this year. I think that's one of the major reasons that we've been so successful this year, because we had such high caliber people to work with." Now that his term is up, Edwards just hopes that his successor, Jon Poulsen, will have as good a year as his was.

With the SGA behind him, Edwards plans to get a Masters degree in education and pursue a career in student development.

"My goal is to work at Christopher Newport. I have

enjoyed it so much, made so many friends, and have really grown to love and value what this university stands for that this is where I want to devote the rest of my life. The school has given me so much, and the students have given me so much in my growth in development that it's time for me to give back to the school and back to the students," Edwards said.

So, as the SGA celebrates its 10th anniversary, it loses one of its longtime allies.

Both Edwards and the SGA will start off next year with a new beginning though, and both will continue serving the students of CNU.



SGA President Dave Edwards presides over the last formal meeting of his administration.

Photo by Melanie Stokes/ The Captain's Log

role in what's going on," Edwards said.

The job of president of the SGA is not by any means without its difficulties. For Edwards, the hardest part was juggling his schedule. "The most challenging thing was trying to balance Student Government, classes, work, and then my involvement as an ambassador, a Sigma Pi, Alpha Phi Omega and Circle K and get everything done and satisfy everybody."

"You know, I'm the chapter adviser for Alpha Phi Omega, I was the membership chairman for Circle K, and I think the hardest part was trying to make sure that each thing got the attention that it deserved. More often than not, SGA got more atten-

tion than anything else because I thought of that as my primary focus," Edwards said. He told me that he was proud to work with me as the SGA president, and he just wanted me to know that I was his role model and kind of a mentor for him."

"He wanted to thank for me for always being there for him and being supportive. That just blew me away. I've never had a student tell me that before. That's what makes student services and student affairs so worthwhile. What other job can you

Stressed students more vulnerable to cults

By Adolfo Mendez
College Press Service

After 12 years of being in a cult, Lisa Carroll left the group to obtain a master's degree in sociology.

"I wanted to find out why I went in," said Carroll, who now works in public relations for a Southern California college.

Carroll joined when she was 18, while she was a freshman in college.

The death of her mother that same year drove her into involvement with the cult. "That's usually when people get involved in cults and mainstream religion. It's the feeling of emptiness," she says.

Concerned for her safety, Carroll prefers not to reveal the cult's identity. "It'd be too dangerous," she said. "You have to understand their mindset."

It's the same mindset that drove the Heaven's Gate cult to commit mass suicide in San Diego. "I would have done anything to protect the leader of the group. I believed that she was God," Carroll said of her group, not tied to Heaven's Gate.

"I had dreams about throwing myself in front of a bullet to protect her. The group that I was with is still active."

The initial comfort she felt in the group gave way to feelings of disillusionment when she discovered she was discouraged from asking "too many questions."

"I was excommunicated because I stood up one day and asked some questions," she said.

College students often are drawn into cults because the groups "mix truth with lies. If it was just one big lie, it would be easy."

While it's normal to feel homesick while being away from home, not all students know how to cope with their feelings, Carol I said. Some, as a result, join

cults, who fill the need for family, she said.

Estimates on the number of active cults in America range from 3,000 to 5,000, depending on the source. Numbers for college student involvement are more difficult to come by, given the secrecy of such groups. But author M. Rudin, who wrote "Cults on Campus: Continuing Challenge," notes that more than half of new cult members are between the ages of 18 and 24.

Cult recruiters find college students attractive targets because often students desire to "better the world, to improve themselves or to feel closer to God," said D.H. Blunt, author of "Cults on Campus: Awareness is the Key."

Yet while mainstream religious organizations have a mission of enhancing the spiritual development of members, cults, on the other hand, have self preservation as a main goal and often use deceptive recruitment and conversion techniques, said Rudin.

Cult experts say that research into cults reveals some common themes in such groups:

Mind control. Many groups discourage members from reading material other than that produced by the cult group. They discourage television and newspaper reading. The reason this works, says Carroll, is because they label such sources as being part of the "dark side."

Cutting family ties. "With lots of groups, they'll tell you your family is un-

enlightened," Carroll said. "Once you're out of your support system, you become more dependent on them."

Denial of reality. Sometimes, reality becomes distorted by date-setting, says

Larry A.



Trachte, a professor at Wartburg College in Waverly, Iowa. Trachte, who's taught a course titled "Religious Cults" since 1979, expects a rise in the start of a millennialist

fervor as the year 2000 approaches.

The Heaven's Gate cult believed a spaceship was traveling behind the Hale-Bopp comet, a belief with no basis in scientific fact.

For college students, denial can manifest itself in more day-to-day tasks. "They tell you don't worry about the stress in school. All the stress you're under doesn't matter, because school really doesn't matter," Carroll said.

Still, colleges expose students to a world of ideas which threaten a cult's grip on members. Some groups, therefore, try to persuade young followers to drop out, Carroll said.

Not everyone believes college students are prime targets for cult groups.

Erling Jorstad, professor emeritus at St. Olaf College in Northfield, Minn., has studied groups like the Unification Church, Moonies, and smaller groups such as The Way International and says today's college students aren't in any real danger.

"Today's collegians are no very vulnerable to cult appeal," Jorstad said. "During the 70s the counterculture and the anti Vietnam war sentiment, cults had a strong appeal to the idealistic, 'let's make the world a better place' collegians. Or, cults offered a haven, a safe place away from the pressures of social activist involvement."

"This Generation X, with its postmodernist outlook has little or no interest in such change. Their cynicism mirrors that of the older generation, with little interest in organized politics, organized religion or formal educational pursuits."

While Jorstad acknowledges that there are some exceptions, he says today's collegians are more drawn to self-discovery and individual expression than to social activism.

A Lynching at Williamsburg Theater

By Richard Strube
Staff Writer

"It's a strange world we live in," says Kyle MacLachlan in "Blue Velvet." If there is any one statement that ties David Lynch's work together, this is it. It reveals the major theme of Lynch's vision and art.

The power of his films comes from his unique view of the world. But rather than stay at the level of pleasant appearances, he delves beneath the veneer of tranquility and sunshine to reveal currents of darkness and violence flowing under the surface of our everyday world.

The Williamsburg Theatre showed two Lynch films on April 18, "Lost Highway," and "Blue Velvet," Lynch's 1983 landmark film, now considered a cult classic. "Lost Highway," released in March, is already difficult to find in theatres. The screening provided a rare opportunity to see two Lynch creations on the big screen. "Lost Highway" showed first, but I'm going to review these works chronologically.

Jeffery Beaumont, played by Kyle MacLachlan, is a college student who returns home to visit his ailing father. Lumberton, a small, pretty northwest town, is an archetypal Lynchian town with its quirky but friendly populace. Located in the woods, it depends on lumber as its lifeblood. This relationship represents that intrinsic tie between the primal and the civilized.

Jeffery finds a human ear in a field. He takes it to Detective Williams, who thanks him, but reveals nothing about the case. Curious, Jeffery elicits the aid of Sandy Williams, the detective's daughter, played by Laura Dern. Sandy reluctantly helps him. "We live in a world of mystery and wonder," he tells her.

Jeffery goes to Dorothy Vallens, played by Isabella Rossellini. He breaks into her apartment, and hides in her closet. Frank

Booth (Dennis Hopper) comes to her house to abuse her. Jeffery learns that the ear belonged to Dorothy's husband whom Frank has kidnapped along with her son.

After Frank leaves, Dorothy asks Jeffery to help her, and the two begin a strange relationship. Dorothy was so scared by life that she needs to be hurt in order to feel intimacy. Jeffery struggles to express his passion without hurting her.

Jeffery becomes more enmeshed in Dorothy's world, and he confronts Frank. Frank abducts Jeffery and Dorothy and drives them to his friend Ben's house. Ben, played by Dean Stockwell, keeps Dorothy's family. Frank and his friends beat Jeffery badly, and leave him on the side of the road.

I will not reveal the climax of the film, but Sandy, who has fallen in love with Jeffery, confronts Dorothy and there is, if not a resolution, a head to the violence and darkness which has enveloped Jeffery's life. The film ends with robins singing; hopeful, but not idyllic.

"Lost Highway" is an interesting foil for "Blue Velvet." Like the earlier film, it deals with many of the same themes, such as mystery, disorientation, and the inherent strangeness of the world. But "Lost Highway" is a much less linear film, and many of its images are much darker.

Fred Madison (Bill Pullman), a saxophone player lives in California with his brunette wife Renee, played by Patricia Arquette. Their relationship is troubled. Fred believes that his wife is having an affair, and Renee's thoughts of Fred are unclear. The tangible darkness in their house reflects the mood of the relationship, a darkness that grows as the movie develops.

Fred and Renee mysteriously receive video cassettes of their home, and the two of them in bed. Fred encounters Robert Blake known only as The Mystery Man. The Mystery Man tells Fred he has been to Fred's

house before, and he is in fact there right now, a metaphysical paradox, since both men are miles from Fred's home. It is perhaps the single most disturbing, and amusing, phone conversation in history.

After Fred and Renee return home, Fred finds another video cassette of him brutally murdering Renee. She is dead, and Fred is convicted and sentenced to death. Fred cannot remember whether or not he killed her.

One night in his cell, he begins to have terrible headaches. He undergoes an apparent transfiguration, and in the morning Pete Dayton, played by Balthazar Getty, has replaced Fred. Since Pete is guilty of no crime, the authorities release him, and he returns to his parents home and his job as a mechanic.

One day at the garage, Mr. Eddy (Robert Loggia) arrives for work on his car. With him is Alice Wakefield, also played by Patricia Arquette, although as a blonde. Mr. Eddy thinks that Pete is the best mechanic in the state. Mr. Eddy is also a dangerous man, perhaps in the mob. Despite this, Pete and Alice begin an affair, which is soon discovered by Mr. Eddy. Mr. Eddy kills Pete, threatens him, and has him speak to a "friend," who is in fact the Mystery Man. Only the Mystery Man has a consistent identity in these two worlds. The film explores this relationship further.

"Lost Highway" and "Blue Velvet" are powerful films, which present David Lynch's unique understanding of the world. Lynch sees the darkness as a part of everything, a darkness which we often do not see, or which we choose to ignore. "Lost Highway" has more disturbing images, and more surreal strangeness, but "Blue Velvet" shows us a glimpse of the darkness inherent in daily life. Both films, however, show the world as a place where nothing is taken for granted, and where the inherent beauty, and strangeness, of the smallest things are revealed.



Rave Reviews

By Liz MacGahan

First Annual Sub-Off

Willing participants entered our contest, sending The Captain's Log staff free subs to devour and judge. Not slackers by any stretch, we diligently measured and noted a dozen criteria ranging from thickest meat to widest grease spot.

Subway Station knocked our socks off. I'm so impressed, I'm using clichés. The Subway Express, a weighty and splendid melange of Italian meats and cheese had the salient flavor of an excellent, spicy capicola. Subway Station scored extra points, and the title "Meatiest" by sending over the "Ridiculous" size. My hat is off and my belly is full. The two-pound titan and all-around fine meal wins our ace category, "Best Sub."

Tom Pitkin and his Subway Station team sent over an Atlantic City Connection, a vegetarian, and both hot and cold tuna subs, as well as enough secret sauce to last until next semester. The free pickles, crunchiness and sour, are worth a mention.

Personally, I adore the Atlantic City Connection. The meat is a richer blend, and wonderful served warm. This sub was a veritable mess. I had one after the Sub-Off just to jog my memory. I sat in the plain, friendly restaurant reading a Captain's Log from the rack there, and enjoying a cold draft beer. Pitkin has been a long-time CNU supporter, and offers a special meal deal to students: free drink and chips with a whole sub. I made frequent use of the roll of paper towels on the table, which I found somewhat satisfying.

Our decision to have winners in more than one category proved wise. Zero's was a worthy contender, submitting an exquisite meatball and cheese, a greasy, filling steak and cheese, a fabulous veggie, and a club sub, disappointing amid its illustrious company.

All of Zero's subs were on the thickest, lightest bread in any sub shop on the Peninsula. One of my co-judges said she wished she could sit and eat the bread all day. We voted Zero's winner of our "Best Bread" category.

Their Veggie sub was amazing. Besides the typical peppers and olives, it sported zucchini and broccoli, sharp cheese, tomatoes—a veritable barrage of yummy veggies. Non-vegetarians rejected meat subs in favor of this luscious melt. We emphatically voted Zero's winner of our "Best Veggie" category.

Vancostas fixed a solid 24-ounce monster of a steak and cheese as their entry, and threw in free, delicious steak fries as well. For those of you who have to pay for food, the price is right, and the fries make the meal. Vancostas wins our "Best Deal" category.

CNU students cramming for their exams this week will find that all of these places are friendly, serve good food, and are not bad places to crack a book.

The Captain's Log thanks all restaurateurs who took part. We are grateful for the fine food you gave us.

Some final thoughts before finals

By Joe Atkinson
Staff Writer

I'm currently looking at my top eight albums list in the April 22 edition of the paper, and I can't help but wonder what came over me. If I had my druthers, I'd amend the whole thing to include great albums by the Fastbacks, Ani DiFranco, R.E.M., Bettie Serveert, Pavement, the London Suede, Fountains of Wayne, Pappas Fritas, September '67, That Dog, Gene, Tobin Sprout ... Oh well!

I want to thank all the musicians, sound crew, and audience members who participated in the First Annual Battle of the Bands. All the bands put on great shows despite the chilly weather and the marginal turn-out. Next year's Battle should be awesome. Congratulations Skurj, you guys rocked. Where can I get a tape?

This should, assuming my mind is working properly (and it probably ain't), be my last column of the semester. That would probably explain my total lack of focus. I'm glad that all the papers and tests are temporarily coming to an end, but I have to admit that over the summer I'll miss my little job as music columnist. So I just want to end this marvelous spring semester with a few final preachy words.

I've made it a point over the last few months to use my column as a vehicle to review, discuss, and worship music that we probably aren't hearing over the radio waves or seeing on MTV. There's so much more out there than what we, the general

public, are continuously bombarded with. That's not to say that I don't like a band or musician because they get tons of radio and MTV play. Sometimes it happens that someone really good gets really famous. It's just that too often the things that we hear on FM radio, MTV, VH1 or whatever tend to suffer from a nearly complete lack of creativity or substance, or borrow



heavily from things that had creativity and substance 15 years ago. A band like Nirvana comes along and changes the way we look at music and two years later every band that's on the radio sounds exactly the same. I mean what's with Bush? Remember Sponge? What about Silverchair? C'mon kids, it's embarrassing.

There's so much more out there to hear, and we can't listen to it. For every Jewel, there's an Ani DiFranco or an Aimee Mann. For every No Doubt, there's a

Skankin' Pickle or a Less than Jake. For every Oasis there's a Wedding Present or a London Suede. I could go on, but I think you're probably catching my drift here. I wouldn't consider myself above listening to Jewel or No Doubt, and we all know how much I like Oasis, but that's just what we're spoon-fed by some big record executive who's more worried about dollars than creativity or originality. Settling solely for these artists is the college equivalent of settling for a 'C' over an 'A.' You may have to do a bit more work to find the more obscure, and likely, more interesting and less polished music, but in the end it should make you much happier. I'm not saying that settling for a 'C' is bad, I'm just saying that there's more potential.

I'll end with these words of thanks from Ani DiFranco: "Thanks to independent radio for screwing corporate play lists and spinning the music you think is cool. Thanks to the independent promoters who present obscure shows for love, not profit. Thanks to independent distribution for providing alternate routes for music to travel throughout the world. Thanks to thinking people in the media who write about what interests them, not just what sells copies. Thanks to the independent record stores that stock all the crazy stuff you just won't find at Wal-Mart. Basically, thanks to all the people out there working to expand and enrich our cultural vocabulary, not reduce it."

Carbon Leaf is not just a cheap copy

Local band takes a step towards the big time

By Carol Denn
Staff Writer

Carbon Leaf may be the next big thing. The congenial, laid back Richmond band may be headed for national fame.

With the semester winding down and graduation celebrations cranking up, Peninsula residents have a chance to catch another quality, original band. Carbon Leaf performs on the Peninsula for the first time at Wipeout Eddy's on May 8.

Carbon Leaf started playing music together at Randolph-Macon College in the spring of 1993. Bassist Devin McGuire and guitarist Terry Clark have been friends since high school. "I always knew I wanted to be in music," McGuire said. Drums were McGuire's first choice for an instrument, but his mother decided they were too loud and bought a piano. "I said 'Mom, why don't you get me a bass guitar? It's only a \$100 more,'" McGuire said.

Carbon Leaf have been working together long enough to develop their own sound. They have melded many influences, from R.E.M. to Helmet to Bach, maturing their music. Guitarist Carter Gravett is working on something different for their new album, employing such instruments as congas and mandolins. Singer Barry Privett has brought

his fondness of bluegrass, traditional Scotch-Irish music, into the mix.

Experimentation has lead the band to grow musically as individuals as well. "I have opened up to more music because of my roommate, Carter," said Carbon Leaf drummer Scott Milstead. "I used to have tunnel vision as far as music goes, but now I have a heightened and enlightened awareness of different types of music," Milstead said.

"The new album, which is expected to come out later this year, is more coming into our own," said singer Barry Privett. "The first album was called 'Meander' because that was our thought on it. Now the new album is more of our own definite style."

"There is a collaboration of players on instrumentation and Barry Privett writes all the lyrics," McGuire said.

"I came up with the words for 'Shellfish' while driving through Cape Hatteras," said Privett, who writes down lyrics whenever they come to him naturally. "In order to write, I take the instrumentation tape and listen to it alone for a couple weeks and come up with ideas," Privett said. Privett wrote lyrics for "Meander" in a laundromat. "Now that we have a laundry machine, his

life is in a shambles," Clark said.

Privett also devised the band's name. Carbon Leaf came to him while driving and appreciating the trees along the road. According to Privett, a leaf is natural, pure and full of life, but a carbon copy is false. "Carbon Leaf is trying to find the purest artistic expression, comfort and perfection," Privett said.

Carbon Leaf fans come alive when the band hits the stage. Their performances are tight and engaging, and even those seeing them band for the first time get into the music and enjoy the show.

Carbon Leaf, working their way toward wider recognition, has played with bands such as national act Fighting Gravity.

Gravett is modestly hopeful about his future. "What would be

ideal would be to become big enough to make this all I do," Gravett said. Now that they're starting to extend their following beyond the city, they hope to reach more and more people. "If only one passerby stops to hear us play, for even a part of a song, that makes the trip worth it," Gravett said.

"We played with the Connells. I used to listen to them, and then I got a chance to play with them," Gravett said.



The members of Carbon Leaf relax before a performance.

Photo by Carol Denn/The Captain's Log

Student recitals top off the semester

By Mary W. Hodges
Staff Writer

All those required end-of-the-semester recitals are a sure sign that school is about to end. The performers put many long hours of preparation into their recitals and put on wonderful programs. Unfortunately, it seems that only those directly involved in that department or that performer attend the recital.

Kristen Wagner, treasurer of the Performing Artists Association has tried to change this unfortunate occurrence. All semester she has diligently e-mailed the campus concerning various artistic activities. Two of the last recitals came from the music and theatre departments.

The performers in the music recital on April 23 also competed for a scholarship. The instruments included voice, piano, tuba, clarinet, and trumpet. The moderately large audience supported the artists with thunderous applause. Soprano Tiffany Temple and clarinetist Kimberly Lewis each took a \$500 scholarship. Pianist Elizabeth Waldsmidt took the \$400 scholarship. Joey Parrish, tenor, Jerry Lancaster, tuba, and Suzanne Shepard, soprano received honorable mentions.

The evening of April 23, the theatre de-



Amanda Nester plays X, the optimistic everywoman.

partment produced two student directed plays, recitals for the directors, actors and other supporting members of the crews. Teresa Horner directed act 3, scene 3 from Anton Chekhov's "The Cherry Orchard," with Amanda Nester and Stephan Perhac. Bobby Gery lighted the emotional performance of the two actors.

The highlight of the evening came with the premier of a play called "X Dreams" written by Greer Janis and directed by Mike Bland. Amanda Nester portrayed the ethereal looking X, as she frolicked over the giant black x-shaped set and confronted a

misogynist (Loren Loving), a holy man (Aaron Thomas), a bigot (Stephen Perhac), a monster (David Stebbins), and two priests cum thugs played by Matthew Cox and Patrick McElveen.

The special thing about this play, which showed the heavy influence of theatre department director Naum Panovski, wasn't its absurd metaphors. The entire production from the writing and directing to the



X's accusers swirl around her like fragmented pieces of herself.

Photos by Kelly Wells/The Captain's Log
lights and sets came from students. Perhaps the on-campus arts community is entering a new era where all majors attend music recitals and the students have a say in what goes on in the theatre.

Laser light show falls short of expectations

By Richard Strube and Kelly Wells
Staff Writers

The prospect of a laser-light rock show less than a mile from campus sounded too good to be true, and in a way it was. It turned out to be a show geared more towards attracting local high school students than college students.

KELLY: It's definitely worth going to the laser show just to buy the kaleidoscope glasses.

RICK: She's right. Though I found them useful for only about half of the laser show, they are certainly worth a dollar. But they make a better post-show investment.

KELLY: I thought the glasses were too much with the lasers. Everything turned into a giant blob of light, and I couldn't tell what was going on.

RICK: Cool they are, Kelly. And yet, I think we should say something about the

show itself. Overall, I found it to be unbalanced. I was not sure what audience the show was geared toward. The music was the sort that would appeal to the 14 to 17 year-old crowd from about four years ago. The songs were songs that I knew, but ones that kids today may regard as passe.

KELLY: I don't think that's necessarily true. The majority of the people who were at the light show were youngsters and they loved the show. The show is titled "Modern Rock." What did you expect?

RICK: I know you've been avoiding this, but it has to be addressed...Ladies and gentlemen, the Devil himself makes an appearance at this show. And let me tell you, it's pretty creepy.

KELLY: I think you are making this out to be too much. Of course I don't like the fact that they had the stereotypical image of the Devil with this one song. I think the

song and the Devil were both stupid. I also think that it gives more power to people who think rock music is Satanic. This type of imagery just adds to that argument.

RICK: There were some neat images though, and most of them were abstract. I thought the show bottomed out when it tried to show cartoon type images.

KELLY: I thought the cartoon pictures were funny. I liked the cartoons for Jane's Addiction's "Been Caught Stealing" the best. To see Beavis and Butthead up there was amusing. I think I would've enjoyed the Pink Floyd show more. To me, it just seems like Pink Floyd and lasers go hand in hand. Anything else with the lasers just seems out of place.

RICK: You liked the Jane's Addiction images? I mean, sure there was a dog, but I don't think that the moral of that song is: "Steal and go to jail," like the cartoon sug-

gested. But you're right about Beavis and Butthead. I think that you are also right, much to my dismay, about the Pink Floyd show. That music is better suited to the laser-light concept. I think that the cartoons we saw were poor attempts at music videos, and there are just too many bad videos in the world already.

KELLY: At least they were trying to add variety to the show. I thought overall the show was interesting, but it didn't hold my attention for very long. I didn't care to listen to five-year-old music for an hour.

RICK: It was an interesting show, but only to a point. The music was stale, and the images simply weren't arresting enough to hold my attention. But, the younger kids did seem to like the show, so it is probably worth taking your younger brother or sister. Take your family, but not your date. And don't forget the glasses.

THEATRE DEPARTMENT FINISHES ANOTHER YEAR



above right: Harold Grau is Muntu, the storyteller of "Height."

above: Matthew Cox and Kathy Rhodes dream away the time in paradise in Tomislav Osmanli's "Two in Eden."



above: Stephan Perhac and Kelly Wells trade barbs in "Inspector General"

right: Cheryl Harrison-Davidson talks things over with Eric Strong in "Guys and Dolls."



above: Aaron Thomas had a hopping good time as Muntu in "Height."

DIAC Tournament Weekend

Baseball

North Carolina Wesleyan captured its third tournament title in the last four years with a 9-4 victory over Methodist in Danville, Va. Jeremy Stewart was 4-for-6 with a double and 3RBIs, Barry Blake was 3-for-5, Matt McCay, Andy Jones and Daryl Smith had two hits apiece. Brian Floyd was the leading hitter for Methodist going 2-for-3.

All-Tournament Team

1B Scott DelCore, Shenandoah
2B Pat Seccaccia, Methodist
3B Jeremy Stewart, N.C. Wesleyan
SS Neil Barwick, Methodist
C Scott Forbes, N.C. Wesleyan
DH Rob Robinson, CNU
OF Andy Jankowski, Greensboro
OF Scott Robeson, N.C. Wesleyan
OF Pat Daly, Ferrum
P AJ Sirianni, Greensboro
Mike Abruzzese, N.C. Wesleyan

MVP Scott Forbes, N.C. Wesleyan

Final DIAC Baseball Standings

Team	Conf.	PCT.	Overall	PCT.	Streak
*N.C. Wesleyan (1)	11-1	.917	32-5	.865	Lost 1
Methodist (9)	2	.727	27-8	.771	Lost 1
Ferrum (3)	7-5	.583	23-9	.719	Lost 4
Greensboro (4)	5-6	.455	23-12	.657	Lost 3
Shenandoah (5)	4-8	.333	13-20	.394	Won 2
CNU (6)	4-8	.333	20-17	.541	Won 1
Averett (7)	2-10	.167	10-24	.294	Lost 1

(National ranking)

[Tournament seeding]

*Regular season champion

Softball

CNU won its fourth tournament crown in the last five years as they rallied for three

runs in the bottom of the seventh for a 6-5 victory over North Carolina Wesleyan in a rematch of the 1996 Dixie Final. CNU, who entered the game ranked 16th in the nation, capitalized on four Bishop walks, an error and a bases loaded single by Jaci Morris for the three runs. N.C. Wesleyan entered the game ranked 23rd in the national coaches poll to mark the first time in recent memory that two nationally-ranked teams played in the championship of the tournament.

ALL TOURNAMENT TEAM

1B Laura Boggs, N.C. Wesleyan
2B Shannon Jost, Ferrum
3B Anita Hutson, Shenandoah
SS Kim Olsen, N.C. Wesleyan
C Heather Morris, CNU
DH Angela Stover, Ferrum
OF Michele Hallett, Averett
Leslie Kobasa, N.C. Wesleyan
Jaci Morris, CNU
P Kristy Coull, N.C. Wesleyan
Jill Owens, CNU

Co-MVP Heather Morris, CNU
Kristy Coull, N.C. Wesleyan

Final DIAC Softball Standings

Team	Conf.	PCT.	Overall	PCT.	Streak
*CNU (16) [1]	8-2	.800	33-10	.767	Won 3
Methodist [2]	6-4	.600	19-17	.528	Lost 2
N.C.Wesleyan(23)[3]	6-4	.600	28-16	.636	Lost 1
Averett [4]	4-6	.400	18-18	.500	Lost 5
Shenandoah [5]	3-7	.300	8-19	.296	Lost 2
Ferrum [6]	3-7	.300	18-24	.429	Won 1

(National ranking)

[Tournament seeding]

*Regular season champion

Women's Tennis

Methodist and Averett finished tied with 40 points to share the 1997 crown at

Ferrum College. Each team took three singles crowns, while Averett took two of the three doubles titles. CNU (3-2 Dixie, 8-9 overall) finished third with 20 points, Greensboro had 18 and Shenandoah finished with two points and Ferrum did not score.

FIRST TEAM ALL-CONFERENCE SECOND TEAM ALL-CONFERENCE

#1 Elina Tolppa, Averett
Ivana Janciarova, Methodist
#2 Maaret Voutilainen, Averett
Isabel Barcelo, Methodist
#3 Erin Updegrave, Methodist
Anne Scott, Greensboro
#4 Kristy Hopper, Methodist
Amy Clark, Averett
#5 Kristine Broadwell, Methodist
Cloe Torres, Greensboro
#6 Kelly Eckes, Averett
Lauren Caulder, Methodist
#1 Tolppa/Voutilainen, Averett
Julie Viers/Lisa Fuzy, CNU
#2 Cross/Clark, Averett
Updegrave/Hopper, Methodist
#3 Broadwell/Caulder, Methodist
Buckwalter/Wachter, Averett

Men's Tennis

Methodist squeezed out a six-point victory over Averett to take its fifth outright Dixie title in the last seven years. In a similar situation as the women, Methodist and Averett split the singles titles but the Monarchs took two doubles titles for the overall crown. Greensboro finished third with 18 points, followed by Ferrum with 12 and CNU (1-4 Dixie, 9-8 overall) with 10. Shenandoah did not score.

FIRST TEAM ALL-CONFERENCE SECOND TEAM ALL-CONFERENCE

#1 Petteri Lehtinen, Averett

Tate Gallagher, Greensboro
#2 Scott Jenkin, Methodist
Timo Harkonen, Averett
#3 Peter Onnestam, Averett
Jeremy Plumley, Methodist
#4 Niklas Engblom, Averett
Jason Brown, Methodist
#5 Jon Bennett, Methodist
Quinn Burns CNU
#6 Joe Baile, Methodist
Dan Veasey, Averett
#1 Lehtinen/Harkonen, Averett
Jenkin/Plumley, Methodist
#2 Sellars/Bennett, Methodist
Onnestam/Engblom, Averett
#3 Brown/Tingle, Methodist
James/Lopez, Greensboro

Golf

Methodist took home the Dixie crown for the eighth time in the last nine years with a 15 shot victory at Ford's Colony in Williamsburg. Greensboro finished second with a 625, followed by CNU (646), Ferrum (654), Averett (707), N.C. Wesleyan (742), Shenandoah (810). Greensboro's Kevin Angle took medalist honors with a 146 to win by two shots.

1st TEAM ALL-CONFERENCE

Kevin Angle Greensboro 146
Bryan Wright Methodist 148
Mike Adamson Methodist 149
Scott Causby CNU 152
Ed Alvarez Ferrum 152

2nd TEAM ALL-CONFERENCE

John Gudauskas Methodist 155
Patrick Kelly Greensboro 156
Brian McLaughlin Methodist 158
Lee Fisher Ferrum 160
Eddie Lipski Greensboro 161

Track

Both the men's and women's teams placed third at the Eastern Mennonite Royal Invitational. For the men, sophomore Tony Smith (Chesapeake, Va., Western Branch H.S.) won the 110 meter hurdles in 14.96 and set a school record in the 400 meter hurdles of 52.99. The 1600 meter relay team was also victorious in 3:40.75.

The women saw freshman Casey Taylor (Prospect, Va., Prince Edward Co. H.S.) win the high jump at 5-2, sophomore Leema Madden (Harrisonburg, Va., Harrisonburg H.S.) capture the 100 meters in 12.26 and 200 meters in 25.27, freshman Jenita Harris (Portsmouth, Va., Wilson H.S.) win the 400 meter hurdles in 1:06.16 and the 1600 meter relay team win in 4:06.02.

Sailing

CNU took second place at The Delaware Spring Open, the final regatta for graduates and transfers. Todd Schummacher and Jola Dye, both of whom are graduating, took advantage of wind shifts with excellent decisions to claim top honors in the B Division. The also won the last race of their college sailing careers. Brian

Taliaferro who is returning next year and soon to be transfer Janet Rogers placed fourth in the A Division. The total gave them second place five points behind host Delaware.

The other schools to place were: Georgetown (3rd), Drexel (4th), Army (5), Maryland (6th), Penn. State (7th), Haverford/Bryn Mawr (8th), and Loyola (9th).

The Dixie's Best

The President's Cup is presented to the school which shows the top performance in Dixie Intercollegiate Athletic Conference athletics. CNU has won the cup several times in the past and led by one half of a point after the basketball season even without a women's soccer program (which begins next year). However, Methodist only finished lower than third place twice in all sports all year and took the cup for the 1996-97 school year.

Dixie Conference President's Cup Final Standings 1996-97

School	Men's Soccer	Women's Soccer	Volleyball	Men's Xcountry	Men's Basketball	Women's Basketball	Baseball	Softball	Men's Tennis	Women's Tennis	Golf	Total
Methodist	7	5.8	1	5	7	2.5	6	5.2	7	6.4	7	59.9
CNU	5		4	7	6	7	2.5	7	2.2	4.6	5	50.3
Greensboro	6	4.6	6	3	4	6	4		4.6	3.4	6	47.6
Averett	1	1	7	1	2	4.5	1	3.4	5.8	6.4	3	36.1
NC Wesleyan	2	7	3		4	2.5	7	5.2	2			32.7
Ferrum	3.5	2.2	5		4	1	5	1.6	3.4	1	4	30.7
Shenandoah	3.5	3.4	2		1	4.5	2.5	1.6	1	2.2	1	22.7

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The 1st Annual Captain's Log Sports Awards

***Male Athlete of the Year:** Ian McPherson. McPherson led the soccer team in goals and points and was third in the DIAC with 23 points for the season, and was named to the All-DIAC, All-VISA, and All-Region teams.

***Female Athlete of the Year:** Tamiko Patterson. Won two national titles in the NCAA nationals in Oshkosh, Wisconsin to help her team to another national title.

***Rookies of the Year:** Derek Reibel. Led the baseball team in most offensive categories, including batting aver-

age (.345), homeruns (7), and RBI's (28). Dana Edwards. Although a veteran of the basketball team, this was her first season as a softball player. She led the team in RBI's (29), Slugging PCT (.670), and Triples (7).

***Comeback Players of the Year:** Robin Abbot and Tina Martin. Abbot, a 44-year-old mother of four sons including one who has cerebral palsy, recovered from major surgery to compete with the tennis team. Martin blew her knee out last year and worked all summer to strengthen and rehabilitate it. She secured a starting position on the women's basketball team.

***Team of the Year:** Softball Team. The ladies won the regular season and CNU's only Dixie Conference Tournament Title for the 1996-97 school year. They finished the season 16th in the nation with a record of 33-10. They are awaiting a bid to the NCAA national Div. III Championship.

***Coach of the Year:** Paul Weiss. The DIAC softball coach of the year took his team to the top of the Dixie, won the tournament, and secured a national ranking of 16.

***Best Sports Photo:** YUCK! By Jessica Shumake.



The Captain's Log Sports Department decided to give athletic awards this year. The recipients proved difficult to select. So many were deserving of an award that the field yielded a tie.

Male athlete of the year was not an easy choice. Steve Butler ranked nationally in rebounding and blocked shots, Jeff McLean scored 1,000 points, and Matt Bryant was, well — just being Matt Bryant over the course of the basketball season. Ian McPherson, though, was simply more vital to his team than the others.

Tamiko Patterson was a difficult choice. Track does not have as many competitors as the other more popular sports, but a national title is pretty impressive. Misty Hart finished 30th in the nation in scoring. Dolmesha Stallings was also ranked nationally in field goal percentage for basketball. Jill Owen was the closest to Tamiko. She was the top pitcher and first-baseman in the Dixie, and one of the best hitters, but Tamiko won two national events which carried automatic All-America honors.

The rookies were shoe-ins. Colleen Kunz and Nick Creamsman performed well in cross country, and Vance Johnson was on fire at the beginning of the basketball season, but no rookies did as much for their teams as Dana Edwards and Derek Reibel.

We gave co-comeback player of the year awards. Robin Abbot's story is inspiring. She takes on the burden of being a four child parent and attending school. She went through gall bladder surgery and then returned to the team to compete.

Tina Martin is also heartening to those who would give-up rather than try. She worked and trained to play in the 1996-97 basketball season after her knee injury. She secured a starting spot as one of the tri-captains on a team.

The coach of the year was the most difficult. Vince Brown and his four girls won a national title. Art Thatcher continues to build his volleyball team into a Dixie power. Coco Hoffman left the team in shambles. Thatcher took a team with only five players in 1994, two days before the season began to a fourth place finish last November, narrowly losing to eventual champion Averett. Cathy Parson once again put a championship caliber team on the court, but came away with nothing for the second straight year. The only coach who works as hard as she is C.J. Woollum. Woollum coached a mediocre golf team to some bright spots, and took a high-speed basketball team to the NCAA tournament without Jeff McLean and dumped #1 Hampden-Sydney before losing to powerhouse Methodist. Curt Long and Shaw coach baseball and soccer respectively, but their teams are in a conference that puts two or three nationally ranked teams on the field. They have it tough. However, Shaw's team upset national power Mary Washington and Long's team took a game from nationally ranked Methodist this year.

The softball team was named the team of the year because they won CNU's only Dixie Tournament Title. Even though the women's track team won a national title, only four members competed; not the whole team. Also, most schools do not have track teams. The sport is simply not as competitive as basketball, baseball, or softball. In fact there are not enough schools in the DIAC for the sport to be recognized by the conference—but a national title is still a national title.

All the nominees were deserving of awards, and the choices were difficult. The fun was in trying to compare CNU's top athletes, not in choosing the winners.



The Best Sports Photo of the year, titled "Yuck" featuring Sean Flynn (right) and James Hable (left) in a mud bath of a soccer game.

Photo by Jessica Shumake/
The Captain's Log.

Golf

Season Just Okay

By Chris Perry
Staff Writer

Although the CNU golf team scattered some strong performances across the season, Head Coach C.J. Woollum and the players were not overly pleased at how the spring season played out.

"We feel a little disappointment in how we played for the spring," said Woollum. "The good moments were not as plentiful as we would have liked."

The Captains finished third out of seven teams to end their season at the Dixie Conference Championship with a two day score of 646. Scott Causby finished tied for fourth individually at the Fords Colony par 144 course, with a 152 total. With his score, Causby was named to the all-conference first team. Also placing for CNU were Danny Simonsen (11th, 162), Eric Bray (T13th, 164), Paul Holley (19th, 169) and Mike Gibson (T24th, 182).

Reflecting on the season, Woollum said that "our [team's] youth really showed this spring. We were up and down in terms of performance, certainly not playing well enough to be considered an NCAA team this year."

Although the Captains did not qualify as a team for the NCAA Division III Championship, to be held at the Medallion Club in Westerville, Ohio on May 13-16, Woollum is hopeful that Causby will receive an invitation as an individual.

"He's had a terrific year," said Woollum about Causby, who finished in the top 10 in the six spring events, including a first place finish in the Shipbuilders Invitational back on April 18. "It will be a great disappointment if he is not invited."

With the possibility of everyone returning next year, along with the addition of a few new recruits, Woollum is optimistic about the young team's future. "Hopefully these guys will work very hard on their golf games this summer. We know we are going to bring in several young men through our recruiting efforts from the high school ranks. So, we are optimistic about where we are going, we just didn't play as well this spring as we had hoped."

Softball

Lady Captains' Ride Not Over

By Kris Van Deusen
Staff Writer

The CNU softball team split a double-header with nationally ranked Salisbury State (ranked fourth in the region) 4-3 and 7-4 before entering the DIAC tournament. Armed with a 33-10 record (8-2 Dixie) they took on Shenandoah, a team they had beaten three times earlier by the slaughter rule.

"I knew it was going to be tough playing them a fourth time," said head coach Paul Weiss.

His prediction proved true as CNU needed seventh inning heroics by Heather Morris who drove in Sarah Melton to score the winning run.

Morris went 3-4 in the game with a homerun and two RBI's.

CNU then headed for the championship game after sending Methodist packing with a 5-2 victory. Morris, again the bright spot on the team, went 2-4.

N.C. Wesleyan looked to take the first game from CNU when they held a 5-3 lead going into the bottom of the seventh.

The Lady Captains' ace, Jill Owens, had won the first two games and Weiss had decided to rest her in favor of Julie Shelton.

"I decided to go with Julie and rest Owens," said Weiss. "They needed to beat us twice, so if we lost the first one we'd have Jill fresh to pitch."

However, Bishop's pitching collapsed,

walking the first two CNU batters. After two more walks and an error, Jaci Morris drove in the winning run with a single that lobbed over the first baseman's head. Jaci went 2-4 with a double and two RBI's.

The Lady Captains placed three players on the all-tournament team. Freshman Heather Morris was selected as a catcher, freshman Jaci Morris was selected as an outfielder, and junior Jill Owens as pitcher. Heather Morris was named co-MVP with Kristy Coull of N.C. Wesleyan.

CNU also filled seven spots on the All-Dixie Conference team. Named to the first team were Katie Minnick at third base, sophomore Dana Edwards at shortstop, sophomore Dee Shults in the outfield, sophomore Heather Emerson as designated hitter and Owens as pitcher.

Earning second team honors were Heather Phillips at first base and Sarah Melton in the outfield. Owens was also named Player of the Year and coach Paul Weiss Coach of the Year.

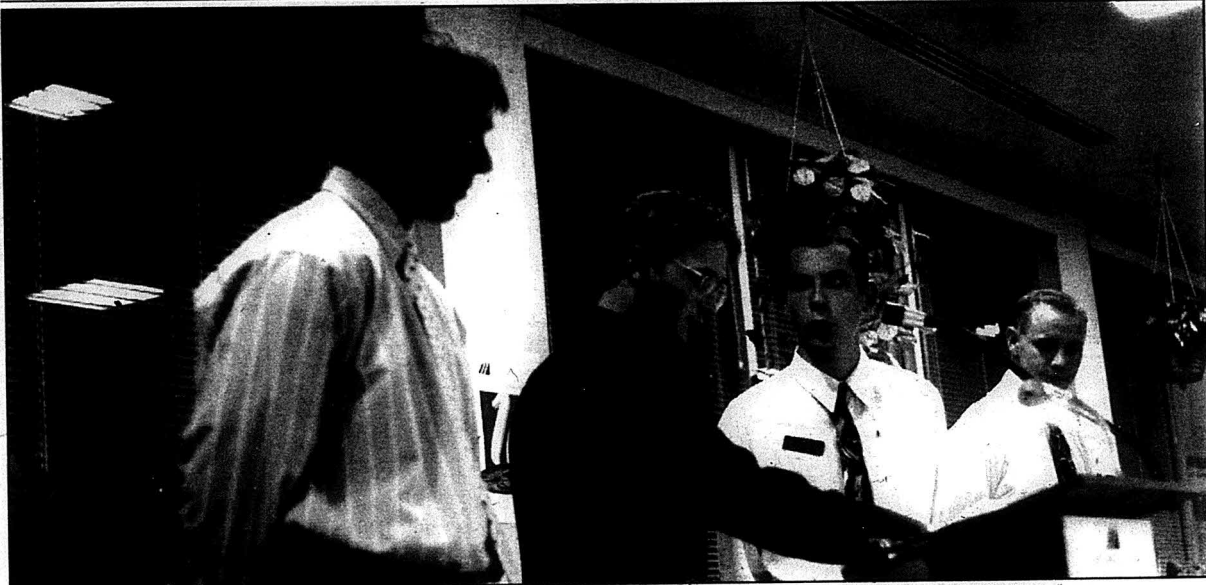
The team awaits the May 4 bid day hoping to get in the NCAA national tournament. "You don't just get in if you win your conference like basketball," said Weiss.

"We are ranked fifth in the South Region, but we may not receive a bid if they only take four teams from each region even though we are ranked 16th in the nation. It would be a shame if we don't go."



The Lady Captains sporting the only Dixie Conference tournament championship trophy.

Photo provided by
Paul Weiss



Banquet honors the best of the year

The Student Government Association held its awards banquet on April 17. The SGA used the event to acknowledge the hard work of its members and the other student organizations on campus.

Several faculty members such as Drumont Bowman and Doug Gallaer, were also recognized for their support of student clubs. The audience gave Cathy Banks three

standing ovations in honor of her devotion to the students.

Dr. Glenn Weber, Dr. Ken Rose and Dr. Mario Mazzarella, were each chosen Professors of the Year. The President's Cup, given out to the outstanding male and female leaders, were given to Gary Clark and Tricia Roman. The Vice President's Cup for an outstanding organization was given to Alpha Phi Omega.



top: Out going SGA President, Dave Edwards, (center) swears in next year's officers (left to right) Wally Atkins, Sean Cronin, Jon Poulsen. left: Dr. Mario Mazzarella and Dr. Ken Rose each receive Professor of the year awards.



It seems hard to believe that the school year is almost over. Upon reflection, I can honestly say that this has been one of the best years that Student Government has had. I have been fortunate to have been able to work with such a high caliber of people in SGA, ACT ONE, and The Captain's Log. The support we have received from the administration has absolutely been incredible and has certainly contributed to our success.

Another factor that has contributed to our success is our diverse and supportive student body. We have had more support and activities for and by the students than in any other year since I have been at CNU. That is not only a credit to the university and the Student Government, but it is also a credit to our students. The friendliness and welcoming attitude of our students is one of the qualities that truly makes CNU better than most other universities. It is rare to be able to walk across a college campus and be greeted with smiles and hellos from everyone you meet, and where else can you go and know so many people by name! These qualities make CNU special and make our experience here so memorable. Don't ever lose sight of these facts, because they are what contribute to the success of the university and to the success of our students.

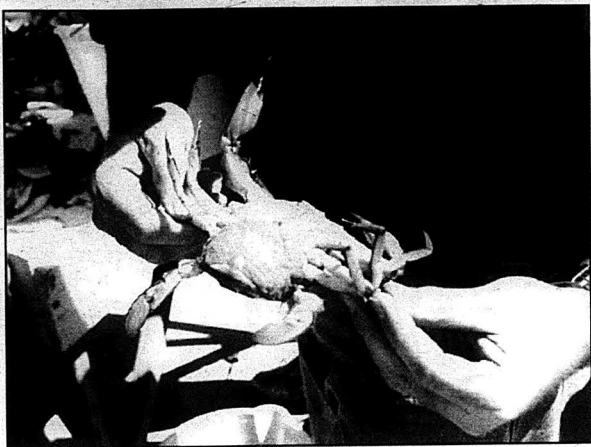
This past year has brought many challenges and opportunities our way. Thanks to the leadership and vision of your student leaders, we now have a game room lounge in Ferguson Hall, there is additional lighting around Santoro Residence Hall, and the name of the Campus Center has been changed to the Student Center. While this last change is a subtle one, it demonstrates the university's commitment to the students by reflecting that students are the first mission of CNU. The SGA worked in conjunction with Director of Student Life, Cathy Banks, Dr. Jane Webb and others in the creation of an honor pledge, further defining the university's and the student's commitment to education. CNU's name is being spread all over the Peninsula's high school and community college systems as SGA Student Recruiters are going back to their respective schools to tell others about the wonderful and dynamic things taking place here. The formation of a Greek Council has helped to strengthen ties and communication among all of the Greek organizations. These are only a few of our many successes. This year CNU and SGA have truly been on the move.

It has been a distinct honor and privilege serving you as SGA President this past year. I wish my successor, Jon Poulsen, all of the best and truly hope his year will be as fruitful and rewarding as mine has been. In my evaluation of the fall semester, I said that "God willing, the spring semester would be even better." I can honestly say that God was willing because this has not only been the best semester but the best year, and He deserves a lot of the credit for my success. Thank you for giving me the opportunity to serve you, and I wish all of you the very best as CNU continues to grow and truly become the "University of Choice for All Virginians."

Sincerely,

Dave Edwards

Dave Edwards
SGA President

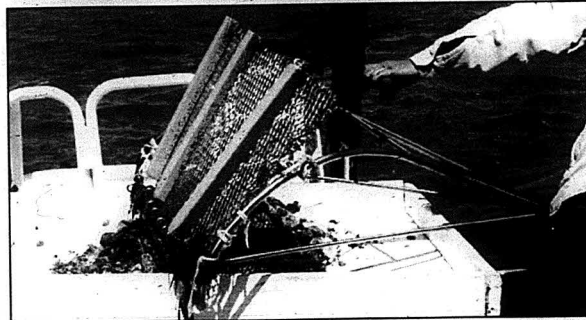
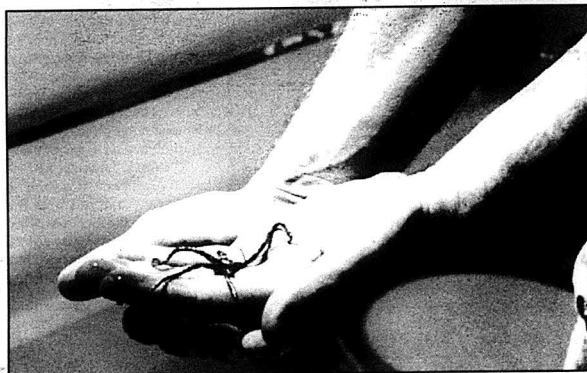
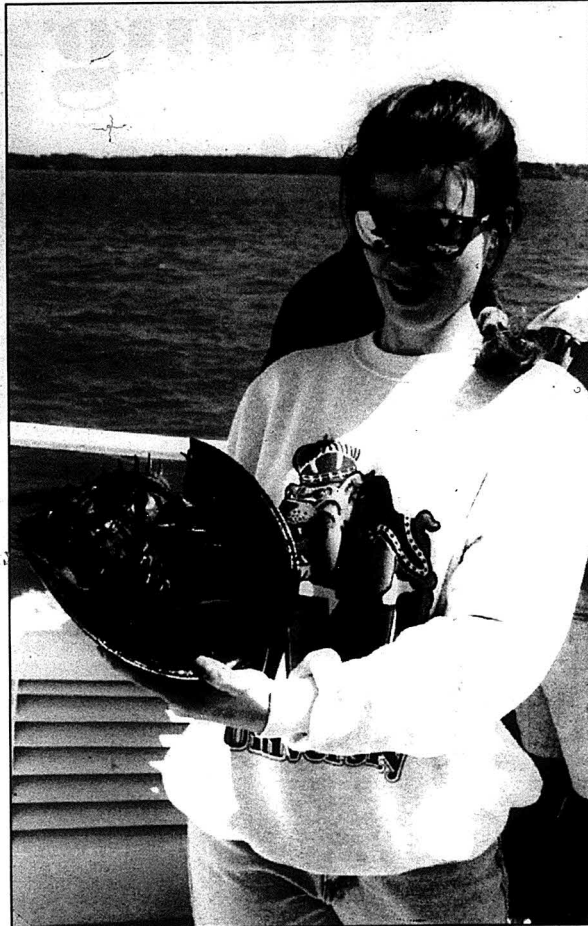


Biology Field Study

CNU biology students from Dr. Harold Cones's marine biology course and Dr. Ronald Mollick's invertebrate zoology course explored the mud flats of North Carolina during a field trip to the Duke University Marine Laboratory at Beauford.

Students trolled, collecting invertebrates in mud flats. Representatives from the Virginia Living Museum accompanied the CNU group on their annual excursion.

Photos by Jan Paine



Spring Madness

By Jennifer L. Mills
Staff Writer

A damp, autumn-like day clouded campus just as Spring Madness coordinators began setting up attractions for the most anticipated annual festival. Though temperatures plummeted, students hyped their spirits for a Friday afternoon party on the Great Lawn. A jar full of condoms, sumo wrestlers, and a spontaneous water balloon war had students cutting loose in every campus corner.

Organization members appeared in droves, all trying to raise money. Act One and SGA sponsored many of the free activities. The Captain's Log staff brought out a garbage can filled with water balloons, and Spring Madness truly got mad. The fund-raiser quickly escalated to a water-balloon battle. SGA member Sean Cronin sparked the action with a toss at fellow member Wally Atkins. Atkins later retaliated with Resident Assistant Todd DeForrest. Atkins and DeForrest picked up Cronin, and smashed balloons on his chest. Captain's Log staff members Mike Leonard and Eric Pesola entered the fray with a few tosses at SGA president Dave Edwards.

The battle took center stage, as the DJ pumped out some fighting songs. People stopped what they were doing and watched as students pelted each other with balloons. Pi Lambda Phi member Tim Phillips dumped a canister of lemonade on Edward's head.

Few people were spared from becoming targets. The Greek Council planned to sell pies but decided to use their merchandise to enter the fun. An unidentified female began hurling pies at the battlers. Within 15 minutes, the nearly 600 balloons were gone and the newspaper's attempts to raise money by selling the balloons was a bust. The participants, covered in water, lemonade, and pie, retreated in search of warmth and a change of clothes.

"I think the water balloon fight was a great idea," Edwards said. "If we have it next year, we should rope off a special area, away from the electronic equipment."

Alpha Phi Omega was possibly the only group who made money from their guess-how-many-condoms-are-in-a-jar fund-raiser.



Top Left: SGA Member Sean Cronin launches a water balloon. **Top Right:** SGA President Dave Edwards and Captain's Log Eric Pesola pose after being soaked by Tim Phillips' lemonade. **Middle Right:** Student Liz MacGahan's daughter Aislinn stocks up on ammunition during the battle. **Bottom Right:** Cassie Roberts lays motionless on the ground after being slammed. **Left:** Sigma Pi's See-Saw. **Middle Left:** The sumo on the Great Lawn.

Photos by Jenny Mills and Chris Taylor/ The Captain's Log

Bittersweet finale: Female grads face lower pay

By Laura Gridsby
Northern Star

A recent study on the lifetime earnings of men and women who graduate from Northern Illinois University finds women will make over \$300,000 less than men in their lifetime.

Margie Cook, program coordinator for the NIU Center for Women's Studies, said the main reason for this is something she calls "the segregation of the work force."

As she explains, men and women still are expected by society to take certain types of jobs according to gender. These jobs typically are split by the amount of pay available.

"It has more to do with gender roles," she said. "There is still a lot of gendered thinking about the kinds of jobs that men and women should do."

Cook said more women end up working in sections of the economy that have lower paying jobs, such as social science, teaching and child care.

Men typically work in jobs that have

high wages, such as plumbers, airplane pilots and auto mechanics.

And while the majority of students attending college are women, according to Cook, their education is geared toward these specific fields, so they still are making less money than men.

John Lewis, head of the study from the NIU Center for Governmental Studies, said he thinks a major reason is because women leave the workforce to raise children.

Even those who do re-enter the workforce at some time have to start at the bottom of the corporate ladder again.



"When women take time off to raise families, when they try to re-enter again, then they have lost that time and the salary increases from that time that the men have received," he said.

He also said women typically do not pursue the same kinds of jobs men are interested in obtaining.

"The difference may simply mean the value systems of women are different," he said. "Women don't usually like the high-pressure jobs men take on."

Cook also suggests there is still a very distinct "glass ceiling" where women and men working in the same positions will get

unequal pay, with the men receiving more.

"It appears to be simply linked to gender—men get hired with higher salaries and higher promotions," she said. "Overall, when a woman and a man are in the same business field and have the same qualifications, the man will typically get a higher rank and higher pay."

In 1994, women were still only making 72 percent of a man's salary, a census report in the Houghton Mifflin Almanac said.

Both Cook and Lewis agree that this issue should be addressed more and that NIU students should be educated more on the situation.

Right now, Cook said there is only one class at NIU devoted to women in the job market called "Women in Contemporary America."

"I certainly think a lot of young women today do not realize this is the reality they face after graduation," she said. "They think that judgements are based on merit and qualifications, financial stability and future savings."

Employers pay on student loans as a company benefit

By Colleen DeBaise
College Press Service

Kimberly Kleiman, a junior analyst for a suburban New York pharmaceutical company, would love to live in a trendy Greenwich Village apartment like the characters on "Friends."

But instead, the 1992 SUNY-Albany graduate rents the bottom half of a house in Iselin, N.J., an economically depressed suburb 45 minutes from the city. "I live in a basement apartment," she said. "Why? I'm paying off my student loans."

Although it's been five years since she finished college, Kleiman says the burden of pay back has not eased up. Like a growing number of college students, Kleiman financed a large portion of her college education through student loans. Monthly student loan payments continue to take a big bite out of her paycheck, leaving little left over to cover rent, groceries and other necessities.

In an innovative approach to dealing with skyrocketing student debt, NELLIE MAE, the largest nonprofit provider of student loan funds, has drafted a proposal yet to be approved by Congress in which employers could offer student loan repayment on a pre-tax basis as part of a benefits plan.

"Because there's such a problem with student debt, businesses should take a stake in it because students are paying so much for their training," Diane Saunders, vice president of communications and public affairs for NELLIE MAE. "It's time for the corporate world to step in."

In 1996, more than 50 percent of all U.S. students borrowed money to pay for their undergraduate of graduate education. That's partly because college costs increased as much as 200 percent between 1981 and 1994, outpacing inflation by more than 250 percent.

Experts also attribute the loan surge to the 1992 Higher Education Act, which expanded the federal student loan program and allowed more students to borrow even larger sums of money.

And simply, "more of the bonus to borrow has moved to the students," said Saunders. "In the past, the state and federal government and parents all were helping students pay for college more than they are

now."

Under NELLIE MAE's proposal, employers could take some of the debt burden off student's shoulders by offering a loan-repayment plan as part of the company's benefits package.

For instance, an employee would be able to set aside pre-tax income in a special account to be used exclusively for student loan repayment. Or, an employee could choose student loan repayment over benefits such as life insurance or dental coverage.

Companies also could choose to match student loan repayment dollars at levels similar to a 401(k) plan, in which an employer may contribute 50 cents, for example, for every dollar the employee pays.

According to Kevin Boyer, executive director of the National Association of Graduate Professional Students, it's only a matter of time before student loan repayment becomes a benefit that graduates seek when they start their job search.

"Billions are now being borrowed," he said. "At some point, students will have a difficult time repaying loans with their after-graduation salaries. Companies that are in a cash situation to repay a loan early may find a recent graduate very eager to work for them."

Financial aid directors at universities around the nation say they're willing to embrace the plan as good news for students plagued with a heavy debt burden.

"While colleges are concerned about the amount of debt students are incurring, it is still a necessity to pay for college," said Ellen Miller, director of financial aid at Hartwick College. "We all worry about the amount of debt our students have when they leave and how important it is for them to realize the necessity to repay those loans."

In the past year, the U.S. Department of Education has reported a record low student loan default rate of slightly under 11 percent. But that follows "get-tough" policies, such as garnishing wages and tax refunds, implemented to put a lid on the soaring number of defaulters.

Kleiman said she ran in to problems when she graduated from the State University of New York-Albany without a job and a pile of student loans to pay back.

"I would take cash advances on my credit card to pay my student loans," she

said. "The creditors would call me, and I would give them any excuse whatsoever."

With the help of a good job, she's been able to better manage her debt. However, "all of a sudden, you'll get these little financial hits," she said. "Your car gets stolen, or you get a divorce, and you're like, 'How the hell am I going to pay my students loans?'"

As scores of graduates report similar stories, students still in college are becoming more wary of the amounts they borrow, say college loan officers. They report a new breed of sophisticated student borrowers are asking more questions about their loans.

Miller, at Hartwick, said she finds today's college students much less willing to "just borrow" money to help pay their tuition bill.

"They want to know interest rates and whether or not the interest is payable immediately or if it is capitalized," she said. "They are becoming very savvy about student and family loans."

At the same time, students are graduating from college with less willingness to commit themselves to a work place for longer than the traditional "one year" for the resume.

"Young people coming into companies these days don't have the same work ethic," Saunders said. "They've seen their parents downsized or laid-off. There's no reason for them to have company loyalty."

Also, members of the "point-and-click" generation want more timely incentives for good performance, not a 10 year wait to get rewarded through a vested pension, she said.

NELLIE MAE's proposal, Saunders said, is attractive to companies because it would help them retain employees, thereby saving recruiting and hiring costs. Because loan repayment benefit, there would be no extra cost to the company or, for that matter, the government, creating a "win-win" situation for everybody, she said.

Enter Magazine, a 1-year-old webzine, recently launched a survey to gauge reader opinion on student loan repayment as a benefit.

For a corporate perspective, the magazine interviewed companies such as American Express, which said the idea "would put them ahead of other companies [and be worth] looking at."

NELLIE MAE president Lawrence

O'Toole has drafted a student loan repayment proposal that could be directly incorporated into the reauthorization of the Higher Education Act, scheduled to be taken up by the House in late 1997.

NELLIE MAE planned to introduce the proposal as part of a budget bill last year, but decided against it when a budget stalemate largely over education spending issues forced a government shutdown.

"We knew no one would pick it up with the budget debacle going on," Saunders said.

So far, the proposal has enjoyed bipartisan support from Rep. Joe Kennedy, D-Mass., and Rep. William F. Gooding, R-Pa. "It's a way of helping students get through college after the fact, and it's not costing the government any money," Saunders said.

But only time will tell whether the proposal will make its way out of legislative limbo and into company policy.

Saunders said she encourages students interested in the proposal to write their U.S. representative or senator in a grass-roots effort to push the legislation through Congress.

"That's the best way to get things done," she said.

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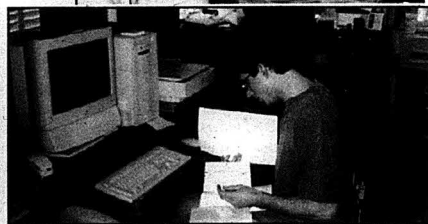
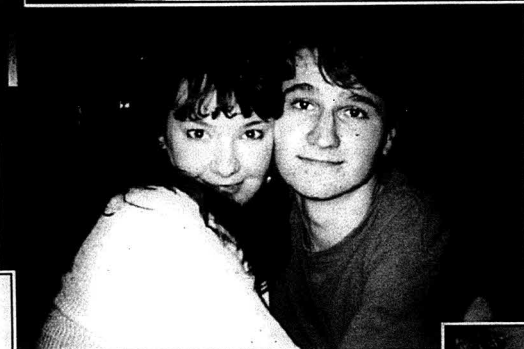
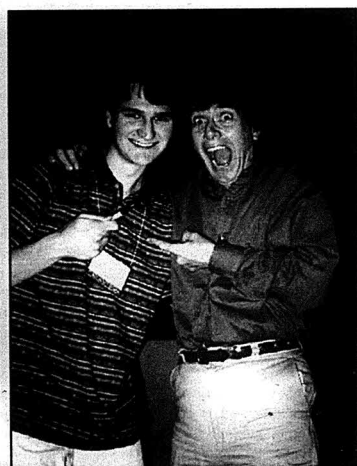
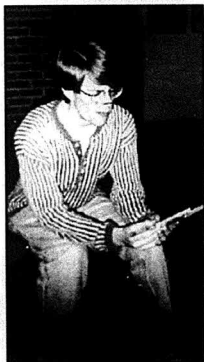
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The Captain's Log Staff 1996-1997



The Captain's Log Staff: Top Row- Kris Van Deusen, Sports Editor; Mark Schuetze, Advertising Assistant; Kelly Wells, Photography Editor; Wes Cline, Features Editor; Jonathan White, Graphic Artist; Middle Row- Eric Pesola, Design & Layout Editor; Mary Hodges, A & E Editor; Jenny Mills, Advertising Director; Melanie Stokes, Editor-in-Chief; Flash Taylor, Asst. Photography Editor; Mike Leonard, Asst. Managing Editor; Bottom Row- Don Kennedy, Staff Writer; Andrew Berrigan, Asst. News Editor; Rick Strube, Staff Writer.



Top Left: Music man Joe Atkinson ponders "Hmmm... Who's better? The Beatles or Oasis?". Top Center: Managing Editor, Mr. John Bailey enjoys an adult beverage. Top Left: *Null and Void* creator Eric Pesola and *Mother Goose and Grimm* cartoonist Mike Peters. Middle: Eric Pesola and Melanie Stokes pose in Orlando. Middle Right: Copy Editor Dave Mullin mulls over yet another grammatical error. Bottom Left: Graphic Artist Jon White chows down on some yummy cake. Bottom Right: Rick Strube, Scott Caldwell, Liz MacGahan and Wes Cline applaud at the Awards Ceremony.

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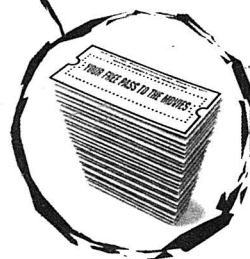
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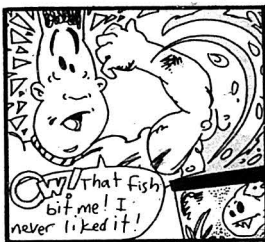
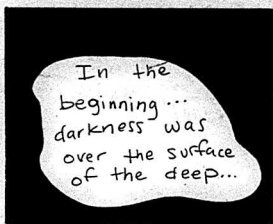
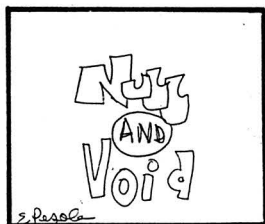
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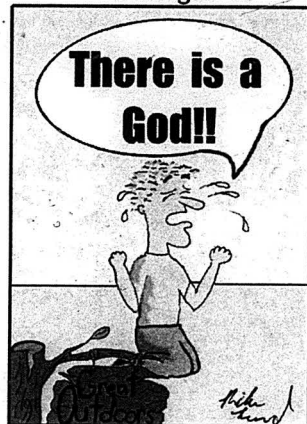
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The 1996 Cross Country team would like to thank Coaches Keith Maurer and George Seward for a great year. We all look forward to a winning season next fall.

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