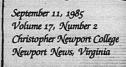
The Captain's Log

Founded in 1961





Christophers Hosts The New Student Showcase

By Diana Dely

In the near future, you may find yourself enjoying theatre with your lunch.

Some industrious theatre students are planning to give "Student Showcases," scenes and monologues from various plays, to be performed at Christopher's.

Theatre student Tim Morgan, director of the showcases, said the first is tentatively scheduled for the third or fourth week of September. The showcases will run approximately once a month, and they will probably begin at noon and continue for about an hour.

"We hope to generate more interest in theatre and build up talent in acting and directing," he said. The scenes will be from a variety of works, ranging from comedy to drama, classic to contemporary, and will include works by playwrights Arthur Miller, Oscar Wilde, and Moltiere. The showcases will not be very elaborate in scenery and costume, using "basically as much street clothes as possible."

Morgan said some of the scenes may be controversial. "We won't please everybody. We might even anger some."

The first scene they plan to do is from the third play from "Torch Song Trilogy" by Harvey Fierstein. Morgan said it is a "controversial scene, kind of funny, kind of framatic," about a retired drag Queen.

Morgan first started taking classes at Christopher Newport in 1979, spending a year and a half as an English major until he took a theatre course as an elective,

when he says he "was hooked," and became a theatre major. He is also active in the Over The Hill Gang and spent this summer working with the Shakespeare Festival in Williamsburg.

Morgan said the students will perform seven to ten scenes in the corner of the cafeteria; a narrator will introduce and explain each scene.

Morgan has 8-10 students right now, and auditions are open to everyone. He is looking for people to help with scenery and lighting, as well as for actors. If you are interested, contact Tim Morgan by leaving your name and phone number with Dr. Bruno Koch in the CNC Theatre. All parts are cast for the first showcase, but production of the next one will begin the third week of September.

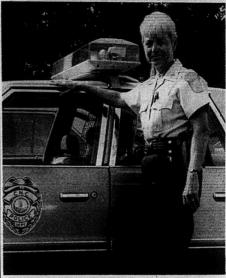


Photo by Kasey Howell, staff photographer

Patrolman Joyce L. Huning, a familiar face around campus, was recently promoted to Seargent.

Huning Promoted From Patrolman To Sergeant

By Karen Lynn Hastings

"I've found a home at CNC," says Seargent Joyce L. Huning. Huning was recently promoted from patrolman, to become the first lady Seargent at CNC.

Patrolling the College for the past 39 months, Huning commented, "I'd be stupid if I didn't say I've had a few anxious moments, but I really enjoy helping others." She brings a wealth of experience with her to the rank of Seargent. Huning attended an accredited police academy in 1976 and was an instructor for three-and-a-half years.

She was a field training officer for five-and-a-half years (three-and-a-half years at the Virginia Port Authority and two years at CNC). As a field training officer she worked with new employees assigned under her supervision. Huning helped train new recruits

until they felt comfortable enough to go out on patrol alone. At the Virginia Port Authority, she was a patrolman for six years.

Before starting her career over nine years ago, Huning was an instructor for adult education classes in Norfolk. She said, "When I decided to be a patrolman, it was a challenge to see if the state would hire me – and they did!"

Huning is continuously learning and has taken several courses in Police Science/Public Administration at CNC. This semester however, she is taking an emergency medical technician course theough the Police Department. This will enable her to add to her skills and also work as a volunteer for the Fire Department. As for her future, "I want to go as far as I can go in law enforce-

Continuing Education Fall Classes Scheduled

By Diana Dely

The Office of Continuing Education is offering three courses beginning this month. These are part of the fall schedule.

Scheduled to begin September 18 will be Small Business Management, Marketing and Financing. The course locuses on the steps necessary to start or buy your own business. Class meets Wednesdays, 7:45 a.m. in the Campus Center Terrace, and

runs for 5 sessions ending October 16. Cost is \$65.

The second class offering this month will be Sailing – for beginners and intermediates.

Beginning Sailing Includes theory, points of sail and rules of the road. Intermediate is a hands-on course including a reveiw of basics, and more advanced techniques – anchoring, tides and currents, weather, racing rules, starting principles, windward and downwind techniques.

Classes meet Saturdays at The Sailing Shack at Warwick Yacht Club beginning September 21, running 6 sessions ending October 26. Session A of Beginning Sailing meets 9 a.m. to 11 a.m., and Session B meets 12 noon to 2 p.m. Intermediate Sailing is also from 12 noon to 2 p.m. Cost is

Registration and payment should be completed at least one week prior to the first class meeting. To register over the phone or for more information call 599-7158.



Photo by Kasey Howell, staff photographer

The library roof recently underwent repair. This is the end result of the efforts.

Inside

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IN SEARCH OF HOT SPOTS?PG.	6

Editorials

Lisa Pieper Editor in Chief

Cynthia Brown Managing Editor

Julie Clementson Advertising/Business Manager

Karen Hastings Photography Editor Lee Ann Smith Feature Editor ? Entertainment Editor Hector Gonzalez Sports Editor

Dr. James Morris Faculty Advisor Dr. Madeline Smith Faculty Advisor Deborah Fuqua Technical Advisor

Due to equipment failure, *The Captain's Log* may have unavoidable mistakes in type. Please excuse possible errors, and we are sorry for the inconvenience.

Letters to the Editor must be signed and include a telephone number for verification purposes. Names will be withheld upon request. The Captain's Log will not be responsible for any errors in spelling or grammar.

Opinions expressed in this publication are not necessarily those of Christopher Newport College or its student body.

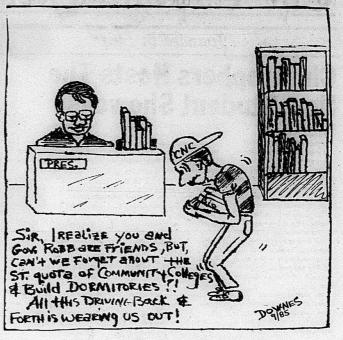
Letter:



Published weekly during the academic year, except during exams, The Captain's Log reserves the right to edit and comment on all unsolicited manuscripts and letters to the Editor, and does not guarantee publication of such material.

Production Notice

The next issue of *The Captain's Log* will be published September 18, 1985. The deadline for all announcements is six days before date of publication and **must** be typed, double-spaced. *The Captain's Log* office is CC223, 599-7196.



Once in a while, the debate over dormitories arises at CNC. In one article in this issue, the lack of domicile facilities is indicated as a possible source for the low participation levels at sporting events.

Whether or not this is a valid claim, it does, however, bring up the issue of whether or not CNC should consider the addition of dormitories to the campus.

Dommitories do provide an atmosphere of community that CNC, like most other commuter colleges, does seem to lack. They are, in effect, an alternative.

Yet this alternative housing facility also arises many questions. Questions such as how will this type of expansion affect other construction projects? Is the number of full-time, four-year students sufficient to warrant such an undertaking?

How does the constant flux of transfer students affect said number of students?

How will the construction of and maintenance of these facilities affect tuition?

What about married couples interested in living on-campus? How will such plans affect future property acquisitions?

The dormitory question is one in which

The Captain's Log is extremely interested.

The Editorial Board seeks the opinions of the

Administration, the faculty, and the student
body on this issue. Please send your responses

to The Captain's Log. Editor

AM ALIEN ON CAMPUS BY JAH

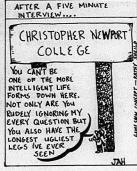
THE STORY BEGINS ON A SMAIL, BUT PROUP PLANET NAMED GOODATRON (NAMED SO BECAUSE IT ST THE LARGEST PRODUCER OF THE FULL, PEANNT BUTTER IN THE UNIVERSE), WHERE A GAMESHOW IS IN PROGRESS

...AND OF COURSE OUR 2ND PLACE
PRIZE WINNER GETS A TWO THOUSAND
YEAR SUPPLY OF PLANUT BUTTER

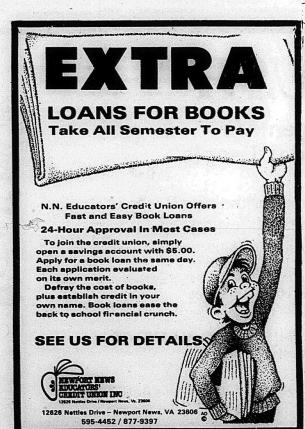


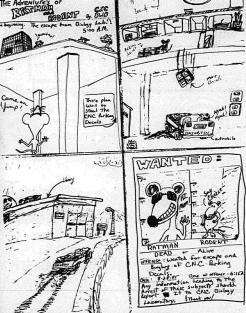












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Features



Photo by Karen Lynn Hastings, staff photographer

Dr. Madeline Smith has joined CNC's faculty and will be working in the English department as well as The Captain's Log.

Vaughan Reflects On Career At CNC

By Hector Gonzalez

In the beginning, CNC's Athletic Department consisted of two persons and offered two to three sports teams. Now it has a staff of 25 and sponsors 16 sports teams.

As he enters his 18th year as CNC Athletic Department Director, Bev Vaughan reflects on the many changes he has seen. In addition to the changes in the athletic program's size, the college has changed from a rating of no affiliation to NCAA Division III affiliation, says Vaughan.

Vaughan also recalls that in the early years CNC athletes were not recruited. Nonetheless, teams were competitive. Today the College recruits both in-state and out-of-state students, Vaughan said.

When asked why college scholarships were not offered to these student athletes, Vaughan pointed out that NCAA regulations forbid Division III schools from offering financial assistance to athletes unless they qualify as needy. Vaughan says this policy could change if CNC goes from Division III affiliation to either NCAA Division II or I. Before any scholarship program could be initiated, Vaughan believes several athletic facilities would need to be improved and full-time coaches hired.

Vaughan feels the athletic programs are heading in the right direction. As evidence Vaughan points to the President's Cup Trophy the College has received the last two years. This award is given annually to the college with the best athletic program in the conference.

Vaughan thinks the lack of student support at athletic events may be attributable to the absence of dormitories on campus. However, since 80 percent of the students' comprehensive fees goes to finance the athletic budget, Vaughan encourages students to support the programs

In assessing some of the achievements over the past years Vaughan gives most of the credit to his talented associates. "I'm oly an instrument of theirs to get the job done," Vaughan said.

Mrs. Ellison Presents Gift To CNC

Mrs. Mary C. Ellison of Hampton has donated three fruit trees to the CNC Campus Center. Richard H. Ryther, director of the Campus Center, intends to place the trees outside the front entrance during warm weather, moving them inside during the winter.

The trees – one lime, one orange, and one tangelo – are fifteen years olf and fruit-bearing, but small enough to be moved indoors. Ryther plans to have the redwood pots repainted, rather than buying new pots, which he estimated could cost \$200 each.

Robb Appoints Alan A. Witt To The Board

By Sarah Wiggins

Gov. Charles Robb has appointed Alan A. Witt, Treasurer of CNC Alumni Association, to the Board of Visitors. The appointment, effective July 1, will end June 30, 1989.

Mr. Witt was graduated from CNC in 1976 with a degree in Business Administration and is now a Certified Public Accountant and partner in Rauch Witt &

RUSH

Theme is "Everyday People"

All students invited for the next 2 weeks of parties and events

Wednesday, September 11 — Picture This Friday, September 13 — D.J. Dance Wednesday, September 18 — Never Never Friday, September 20 — D.J. Dance In Christopher's at 9:30 p.m.

STUDENTS FREE ADMISSION TO ALL EVENTS Guests \$2.00

Get a chance to check out all campus organizations JOIN THE FUN!



NATIONAL POETRY CONTEST

International Publications is sponsoring a National College Poetry Contest open to all college and university students desiring to have their poetry anthologized. Cash prizes will go to the top five poems: First Place, \$100; Second Place, \$50; Third Place, \$25; Fourth Place, \$15, Fifth Place, \$10. Awards of free printing will be given for all accepted manuscripts in the copyrighted anthology, American Collegiate Poets. The deadline is October 31, 1985.

Campus Clips

Attention all business majors and minors! The American Marketing Association will hold its first meeting September 12 at 2:30 p.m. in CC233. Susan Casey, Assistant Professor, will say a few words about the importance of marketing in business.

Joining an AMA Collegiate Chapter will help you gain valuable experience and a chance to communicate with others who share your goals. Dues are minimal and there is no pledge period. For more information contact KiKi Georges at 599-6770 or Judy Holliday at 874-9283.

Spanish Club

The Spanish Club will hold a meeting in W-221, September 19 from 12:15 to 1 p.m. Topics of discussion include: the renovation of the Spanish Bulletin board in Wingfield Hall, the establishment of a Spanish table and the annual language department Christmas party. For other information contact Professor Scheiderer in W-218 or call 599-

RECREATION DAY The Intramural Dept. will be sponsoring Recreation Day each Wednesday at Noon. V-Ball nets, horseshoes, frisbees, and footballs will be available for every-

one in the courtyard.

We want you there!

GONE SAILING

The CNC Sailing Club has started sailing. The club started sailing last Friday at the Warwick Yacht Club. Recreational sailing & sailing lessons are being offered every Friday & Sunday afternoon throughout the sailing season. The club invites everyone interested in sailing to come and experience it first hand. For information, club meetings are Fridays at Noon in N119.

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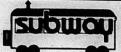
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LOST 14K gold square charm with cutouts. Lost in Campus Center Wed., Sept. 4. Has great sentimental value. If found, please call 874-7662. Reward offered.

CLERICAL SECRETARY NEEDED PT possible FT Must be able to file, work with the public & take on responsibility Please contact Mrs. Paul at 722-7421 ASAP.





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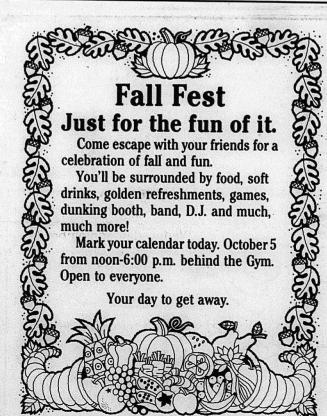
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Entertainment

In Search Of

By David Becker

Making one last check of my billfold, I found that I was well prepared. My weighty wallet, which was stuffed with singles, would be much lighter by the end of the evening. Then I checked for that all-important LD. I took one final deep breath to clear my head and headed for the best of college handouts – the "Hot Spots"!

Because many people are weight-conscious, it is not surprising that wine coolers and light beer are the current best sellers at many area establishments. At Berret's in Williamsburg, bartender Rich Benet, a CNC student, says "We go through literally keg after keg of Michelob Light!"

For the tops in college handouts, look to the following establishments and keep in mind they are not listed in any order.

Das Waldcafe (Warwick Boulevard) attracts many age groups. Your best chance of running into CNC students is on Sunday evenings from 9 p.m. until closing.

To unwind after a hectic daily schedule, take a leisurely ride to Colonial Williamsburg, where, situated on the Duke of Gloucester Street, you will find Berret's. There is no loud band here, so you can enjoy the ambiance with a special added attraction — an outdoor raw bar, served during the 4-7 p.m. Happy Hour.

If you are looking for a lively evening, look no further than Mercury Boulevard, where, nestled among the last food restaurants, you will find the Continental Room. For loud music and dancing, this is the place to go.

On Jamestown Road in Williamsburg, close to the 199 intersection is The Blue Rose – currently one of the "places to be seen". Tuesday evenings the ladies can enjoy all-night Happy Hour. With its videos, loud top-40 music, and small yet elegant hardwood dance floor, The Rose is a popular favorite of the CNC crowd.

Peoples on Warwick Boulevard, featuring the popular Wednesday evening Taco Bar (beginning at 7 p.m.), caters to the twenty-one and over crowd.

Minutes from any point in Tidewater is the beautiful Mercury Boulevard – overflowing with taverns. You're best chances of finding a CNC student are at Bennigan's (great drinks!) or at the incredible Chi-Chi's, where free munchies are provided during its Cantina Happy Hour.

Beach lovers, weary after spending a hot day in the sun, can cool off before the drive home at Rogue's, where you can go dancing. For the less energetic, try one of the quaint side pubs on the strip. The Noisy Oyster Restaurant and Raw Bar (1806 Atlantic Ave.) serves appetizing fried vegetables. From 4-7 p.m. the drinks (with a capital D) are two for one. I recommend the whiskey sour. To sober up, chow down on the broiled crab cakes, a real crowd pleaser.

Should you succumb to the lure of too much alcohol, you can sober up on free non-alcoholic beverages which most of these establishments serve to a "designated drinker."

Join me sson as I once again travel over land and sea in search of . . . Summer's Final Flings! September 14: CNC Monthly Concert - Barbara Hill, Harpsichordist

September 22: Senior Recital - pianist Karen Smith, 3 p.m.

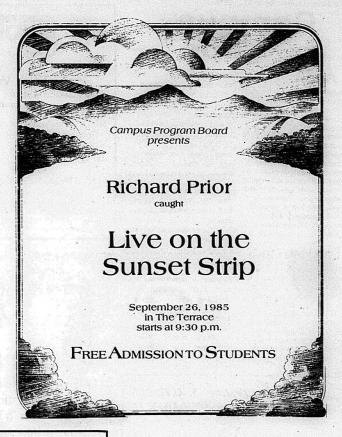
September 26: "Passion for Excellence" - Continuing Education Program

September 29: Faculty Recital - pianist Glenn Winters, 3 p.m.

October 5: CNC Monthly Concert - Jean and Kenneth Wentworth, duo-pianists, 8:15 p.m.

October 24: Performance of Cat On A Hot Tin Roof for high school students, 9 a.m.

October 25, 26, November 1, 2: Public performances of Cat On A Hot Tin Roof







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Calendar

1985-86 Men's Basketball Schedule

Nov. 23 (Sat.)	VMI	7:30 p.m.	Awa
Nov. 26 (Tues.)	Randolph-Macon College	7:30 p.m.	Awa
Nov. 29 & 30 (Fri. & Sat.)	Virginia Wesleyan Tournament CNC vs ??????	TBA	Awa
Dec. 5 (Thurs.)	Hampden-Sydney	7:30 p.m.	Hom
Dec. 7 (Sat.)	Roanoke College	2:00 p.m.	Hom
Dec. 14 (Sat.)	Mary Washington College	2:00 p.m.	Hom
Dec. 18 (Wed.)	Apprentice School	7:30 p.m.	Away
Dec. 20 (Fri.)	The College of William & Mary	7:00 p.m.	Away
Jan. 3 (Fri.)	Averett College	7:30 p.m.	Hom
Jan. 6 (Mon.)	Hampton University	7:30 p.m.	Away
Jan. 10 (Fri.)	Methodist College	7:30 p.m.	Hom
Jan. 11 (Sat.)	St. Andrews Presbyterian College	2:00 p.m.	Hom
Jan. 14 (Tues.)	North Carolina Wesleyan College	7:30 p.m.	Hom
Jan. 17 (Fri.)	Greensboro College	7:30 p.m.	Away
Jan. 18 (Sat.)	Univ. of North Carolina-Greensboro	2:00 p.m.	Away
Jan. 25 (Sat.)	Virginia Wesleyan College	7:30 p.m.	Hom
Jan. 27 (Mon.)	Averett College	7:30 p.m.	Away
Jan. 31 (Fri.)	St. Andrews Presbyterian College	7:30 p.m.	Away
Feb. 1 (Sat.)	Methodist College	2:00 p.m.	Away
Feb. 7 (Fri.)	Univ. of North Carolina-Greensboro	7:30 p.m.	Hom
Feb. 8 (Sat.)	Greensboro College	2:00 p.m.	Hom
Feb. 11 (Tues.)	North Carolina Wesleyan College	7:30 p.m.	Away
Feb. 15 (Sat.)	Virginia Wesleyan College	7:30 p.m.	Away
Feb. 16 (Sun.)	Ferrum College	2:00 p.m.	Hom
Feb. 19 (Wed.)	Dixie Conference Quarter-Finals	TBA	
Feb. 21 & 22 (Fri. & Sat.)	Dixie Conference Championship Tournament	St. Andrews	

Head Coach: C. J. Woollum Asst. Coach: Roland Ross Trainer: Chris Jones Nickname: The Captains

1984-85 Records-Overall: 13-14 Conference: 6-8 Colors: Royal Blue & Silver



Sailing Becomes Newest Varsity Sport At CNC

By Hector Gonzalez

The latest addition to the CNC Athletic Department is varsity sailing. The sailing team, formerly a club sport, received its varsity status this past summer, thanks to faculty coordinator Dr. George Webb, who has headed the CNC club since its inception six years ago.

The new coach is Mark Gibbons, who said last week in an interview with the Daily Press that he intends to develop the varsity program second to none in the state. Gibbons, who comes to CNC by the way of the University of Virginia, has a long history of sailing experience.

Gibbons would eventually like to qualify for the National Intercollegiate Yacht Racing Association Championship. The association is the governing body for collegiate sailing.

Before the sailing team can reach this level of competitiveness, Gibons said he needs to build a strong nucleus of young sailors. For this reason coach Gibbons encourages students interested in sailing to contact him in Room 119 of the gym or call 599-7052.

In the meantime Gibbons would like to increase the awareness of the sport by conducting weekly instructional meetings Fridays, in Room 119 of Newport Hall, at noon. Those interested in learning how to sail are invited to attend.

Jan. 3 Jan. 3 Jan. 3 Feb. Feb.

Feb. Feb.

Feb. Feb.

Feb. Feb.

1985 CNC Soccer Schedule

	e	-	o			2.00	
	Sept	7	Sat		Apprentice School	2:00 p.m.	Home
1		11	Wed.	Hampden-Sydn	ey	3:30 p.m.	Away
1		14	Sat	Shenandoah		2:00 p.m.	Home
		17	Tues.	William & Mary		3:00 p.m.	Away
e		20	Fri.	St. Andrews Pre	sbyterian College	3:30 p.m.	Home
e		25	Wed.	Longwood Coll	ege ·	3:30 p.m.	Home
e		28	Sat.	Greensboro Col	llege	2 00 p.m.	Away
,		29	Sun.	Univ. of NC-Gre	ensboro	1:30 p.m.	Away
,	Oct.	5	Sat.	* Averett College		2:00 p.m.	Home
e		8	Tues.	East Carolina U	niversity	3:30 p.m.	Home
,		12	Sat		Wesleyan College	2:00 p.m.	Home
e		16	Wed.	*Virginia Wesley		3:30 p.m.	Home
e		19	Sat	St. Mary's Colle		2:00 p.m.	Away
e		20	Sun.	Salisbury State	College	2:00 p.m.	Away
		23	Wed.	Johns Hopkins	University	7:00 p.m.	Away
		26	Sat.	Mary Washingto		2:00 p.m.	Home
e		30	Wed.	Randolph-Maco		2:30 p.m.	Away
	Nov.	2	Sat.	Roanoke College		2:00 p.m.	Home
		6	Wed.	Methodist Colle		2:30 p.m.	Away

*denotes Dixie Conference Games *denotes V.I.S.A. Conference Games



Photo by Kasey Howell, staff photographer

CNC's Sailing Club

Fall Sailing Schedule September 14-15 Navy Freshman Seminar Navy/420s

September 21-22	ivavy raii invitationai (ait)	Navy/420s & Laser
September 28-29	Watergate Minor	Georgetown/420s
October 5- 6	Navy Women's Intersect	Navy/420s
October 12-13	Area #4 Mono Eliminations	Navy/Lasers
October 19-20	MAISA Women's Fall Championships	Navy/420s
October 26-27	Area #3 & #4 Dinghy Eliminations	Navy/420s
November 2- 3	War Memorial Trophy (must qualify)	SUNYMC/420s
November 9-10	Atlantic Coast Women's Invitational (must qualify)	ODU/FJs



1985-86 Women's Basketball Schedule

1000-0	ou women s daskeide	m Schea	uie
. 22 (Fri.)	Roanoke College	7;30 p.m.	Home
. 23 (Sat)	Salisbury State College	rioo piiiii	Away
. 29 (Sat)	Ferrum College	7:30 p.m.	Home
. 2 (Mon.)	Mary Washington College	6:00 p.m.	Away
6 (Fri.)	Averett College	7:30 p.m.	Home
7 (Sat.)	Bridgewater College	5:30 p.m.	Home
2 (Thurs.)	Widener University	7:00 p.m.	Home
6 (Mon.)	University of Scranton	7:30 p.m.	Away
7 (Tues.)	King's College	7:00 p.m.	Away
10 (Fri.)	Methodist College	5:30 p.m.	Home
11 (Sat)	St. Andrews Presbyterian College	4:00 p.m.	Home
17 (Fri.)	Greensboro College	5:30 p.m.	Away
18 (Sat)	Univ. of North Carolina-Greensboro	4:00 p.m.	Away
21 (Tues.)	North Carolina Wesleyan	7:30 p.m.	Home
24 (Fri.)	Marymount College of Virginia	6:00 p.m.	Home
25 (Sat)	Virginia Wesleyan College	5:30 p.m.	Home
27 (Mon.)	Averett College	5:30 p.m.	Away
31 (Fri.)	St. Andrews Presbyterian College	5:30 p.m.	Away
1 (Sat.)	Methodist College	4:00 p.m.	Away
4 (Tues.)	· Mount Olive College	6:00 p.m.	Away
7 (Fri.)	Univ. of North Carolina-Greensboro	5:30 p.m.	Home
8 (Sat.)	Greensboro College	4:00 p.m.	Home
11 (Tues.)	North Carolina Wesleyan College	5:30 p.m.	Away
15 (Sat)	Virginia Wesleyan College	5:30 p.m.	Away
18 (Tues.)	Dixie Conference Quarter-Finals	TBA	
21 & 22 (Fri. & Sat.)	Dixie Conference Championship	St. Andrews	Presby.,

Sports



Photo by Karen Lynn Hastings, staff photograher

Claudia Stanley

By Karen Lynn Hastings

Claudia Stanley, CNC's All-American shot putter, had quite a successful summer. In May, she placed third in the NCAA Division III National Championships held in Granville, Ohio, tossing the 8lb-13 oz. put 44'3". In late June, Stanley competed in Cologne, Germany. Sponsored by the International Sports Exchange, she was one of only two lady shot putters chosen for the American squad composed of 45 Division III athletes.

Soccer Team Begins Season With Win

By Rob Jozwiak

The CNC Captains opened their soccer season Saturday with a decisive 5-0 victory over the Newport News Apprentice School. In temperatures of over 90 degrees, the Captains breezed to an opening win as they shut out Apprentice School.

Junior Carter scored the first goal two minutes into the game then B.B. Carter added two goals and an assist. Lubos Sivulka added a goal and an assist, and Herbie Stewart added the final goal with only five minutes left to play on an assist from Wolfgang Tichy.

"We played very well as a team and finished off enough of our scoring opportunities to easily win the game," replied goalie Rick Longobardi. "I think the key to the win was our overall team hustle. We hustled a lot to keep them on the defensive side of the ball and created a lot of scoring opportunities. The shutout goes in my name, but it's really a team shutout. Everybody has to do his part; it was a team victory."

Coach Seth Roland was very pleased with the way his team played, but had reservations. "You can't tell too much about

the defense of the team from a game like this. We weren't really tested defensively." Roland said. "I'm pleased that we totally dominated the game, and I'm proud of the way the guys held up considering the heat. This kind of game brings a team closer together and builds confidence for the season."

Roland said he was pleased by the way the Captain's kept constant pressure on the Apprentice School, eyen when it was evident that the game was in hand.

The next game for the Captain's is an away game at Hampden-Sydney Wednesday at 3:30 p.m., and the next home game is Saturday at 2:00 p.m.

Athlete's Corner

Danny Pittman Adds Spark To Cross Country

By Hector Gonzalez

It has been said that big things come in small packages. This 4 description surely fits *The Cap*tain's Log athlete profile Dan Pittman, who at 5'6", 118 lbs., packs a lot of heart and stamina.

Since his arrival on campus a year ago, Dan has helped Coach Vince Brown's cross-country program achieve conference as well as National recognition.

Last year Dan won his regional meet in his specialty event, the cross-country run, a grueling fivemile race run on hilly surfaces. Dan also took fourth place at the state meet and got as far as nationals, where Dan placed an impressive 19th out of 183 runners from 21 schools, with a time of 25 minutes for the five-plus m¹¹es.

Dan's goals this year include placing in the top five at the national meet and assisting Brown in developing the younger runners.

Dan's training schedule includes running 10 to 13 miles a day, and working out with the nautilus weight equipment to increase his strength and endurance. This senior physical education major finds the school's quiet atmosphere to his liking. The quality of education is also excellent, says Pittman, who believes that CNC has some outstanding professors.

During the off season Dan counsels and coaches young athletes. A devoted movie buff, Pittman goes to the movies at least two to three times a week.

As for future plans Pittman would like to eventually coach and teach cross-country at the high school level and possibly compete in marathons.

1985-86 Cross Country Schedule Men & Women

. 7 (Sat.)		Denbigh Road Race
. 14 (Sat.)		Old Dominion Invitational
. 21 (Sat.)		Liberty Baptist Invitational
. 28 (Sat.)	10:30 a.m.	CNC Invitational
5 (Sat)		Methodist & St. Andrews

11:00 a.m. Virginia Division II & III Meet Open Mason-Dixon Meet

Dixie Conference Meet

Open NCAA Regionals NCAA Championship Virginia Beach, VA Lynchburg, VA Home St. Andrews Presby., Laurinburg, NC

Liberty Baptist College Lynchburg, VA Methodist College, Fayetteville, NC

Atlanta, GA Atlanta, GA

Home

ins Cross Country Team Gears Up For Fall

Head Coach: Vince Brown

Asst. Coach: Ron Garner

Sept.

Oct 12 (Sat.)

Oct. 19 (Sat.)

Oct. 26 (Sat.)

Nov. 2 (Sat.)

Nov. 9 (Sat)

Nov. 16 (Sat.)

Nov. 23 (Sat)

By Mel DeLaGarza

taff writer

While most of us have been going home to make friends with the air conditioner, the CNC Cross Country team has been busy pounding the pavement to get ready for the upcoming

season. The team has been getting ready for over a month now. They feel confident that with the combined experience of the team they are ready to repeat as Dixie Conference champs.

According to Coach Vince Brown, both the men's and women's team have depth and should do well if they can stay healthy. The men's team consists of Dan Pittman, Steve Kast, Keith Marshall, Bill Holmead, Robert Taylor, Paul Holland, and Hazen Dunphy.

Season And Hopeful Conference Title

Coach Brown has high hopes for Kast who is running in the number two slot right now. Says Brown, "I think he's the most improved runner on the team. I'm

looking for big things from him."
With Pittman and Kast leading
the way on the men's team the
Captain's should be contenders
in every meet.

The women's team is equally impressive and should be more than contenders in their meets. Coming back for more this year are Karen Humphrey and Cindy Smith. Humphrey is nursing an injury but is expected to return in

two or three weeks. Another power runner is Leigh Anne Beale, an all state runner from Douglas Freeman who is expected to break a few tapes.

With Kim Angebine, Valerie Bramlet, and Leah Guthrie, all seasoned and experienced, Coach Brown believes that this year's Lady Captains are probably one of the top women's teams in the state and, hopefully, in the South.

The first meet this year will be Saturday September 14 at the Old Dominion Invitational, which will be run at Mount Trashmore. Looking ahead to September 28, the Cross Country team will host the CNC Invitational.