

THE CAPTAIN'S LOG

VOLUME 28, ISSUE 25

April 22, 1997



Journey to the Motherland



CNU celebrated African culture last Monday with "Journey to the Motherland," sponsored by the Multicultural Affairs Office and CNU's Dining Services. The Mor Thiam and Ballet Afrique dance companies performed heritage dances, and Harbor Lights served authentic African cuisine.

Photo by Kelly Wells/ Tha Captain's Log

Final Exam Question The Collect Call

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THE CAPTAIN'S LOG

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Bands go to battle for cash and kicks



By Richard Strube
Staff Writer

The signs were up everywhere for a week. From Ferguson to Santoro Hall, it was impossible to walk to class without seeing their bright colors and mysterious message: "First Annual Battle of the Bands." Did it truly mean what it said? By Friday afternoon a small, curious crowd of students gathered on the Great Lawn.

By 3:30 p.m. the small stage in front of the Terrace was bustling with activity. People were assembling drums, erecting microphones and tuning guitars everywhere. As Spring Madness drew to a close behind the sound stage, the first of the afternoon's bands took the stage. The first band to play in the first ever Battle of the Bands was called Shun, and they kicked the event off with a wall of noise, their high energy assuring listeners that this would not be a placid event. Shun played non-stop for half an hour, each song as energetic as the first, ending their set in a crash of music that seemed to hang in the air for several seconds.

The second band, Skurj, began their set

with a cover of "What a Wonderful World," which was dedicated to the lead singer's girlfriend. The band then played a number of original songs, which ranged from the metalesque to the fringes of pop. Skurj demonstrated a skillful versatility that is rarely heard in modern music, especially from a young band.

Soup was band number three. Their high-thrill antics and smooth funk style won them immediate crowd adulation. Lead singer Dave Stebbins was both absurd and suave in his unique combination of song and dance, punctuated by his brief asides to the crowd. The crowd responded with laughter, applause, and even brief bouts of dancing. These, however, were quickly contained.

Following Soup was the self-described hardcore band Survival. Survival is a band with a message; a message of "Freedom For All." Survival is also a band with a chaotic sound. Survival played the longest set of the day, their frenzied chords and angry lyrics echoing across the Great Lawn.

The headlining band of the evening, Fale from Buckroe, was the most intense

of the day. Their powerful music happily offended suburban sensibilities. The music, intense as it was, was well controlled by the musicians, who were not overcome by the sheer noise of their instruments, each musician distinctly audible.

The Battle was decided by five judges, who judged according to the following criteria: Loudest, Best Songs, Most Talented, Best Audience Response, and Best Stage Presence. The judges voted Skurj the best band of the day, and Soup the runner up. The bands received checks for \$150 and \$75 dollars respectively, and of course the admiration and envy of their fellow students.

Mike Leonard of the Captain's Log first came up with the idea for the Battle of the Bands last month. He and Eric Pesola worked with Act One and Dave Edwards of the SGA to coordinate the event.

Despite last minute advertising, the event was well attended, although hopefully next year even larger crowds will be present. Talk is already underway concerning the number of bands, stages, and sponsors for the Second Annual Battle of the Bands.



NEWS BRIEFS

"The Waste Land" goes to tax filers

"April is the cruellest month."

No doubt many taxpayers share that sentiment, which is the famous opening line of T.S. Eliot's poem, "The Waste Land."

In celebration of National Poetry Month, thousands of free copies of "The Waste Land" were given away at post offices in seven major cities on April 15, the deadline day for filing taxes.

The Academy of American Poets, Harcourt Brace and the American Poetry and Literacy Project had announced plans to hand out thousands of free copies of a special 75th anniversary edition of the poem. The books were distributed in New York City, San Francisco, Denver, Chicago, Miami, Boston and Washington, D.C.

"A couple of cities actually turned us down for this," said Matthew Brogan, program director of the Academy. "They didn't like the idea of rewarding procrastinators with a celebration. We were grateful to find that post offices in the cities we selected have more of a sense of humor."

For more information on programs for National Poetry Month, visit the Academy's web site at <http://www.poets.org>.

Information provided by the College Press

Interracial marriages on the rise

More Americans are marrying outside of their own racial group than at any time in the past, according to an analysis of U.S. Census data.

University of Michigan researcher Reynolds Farley found that in the last decade, about eight percent of black men married white women, compared to fewer than two percent in the 1940s or 1950s.

"In recent years, the proportion of both men and women from all racial groups who 'marry out'...has increased," Farley said, "and the percent of young black men who marry white women has increased sharply."

However, intermarriage is still much less common for blacks and whites than for Hispanics or Asians, he said.

Interestingly, gender seemed to be closely linked with rates of interracial marriage. Among Asian-Americans, women married someone of another race at a much higher rate than men, but among blacks, men were much more likely to marry outside their race than women.

Also, those living in California or Hawaii were much more likely to marry outside their racial group than those living in the South or Midwest, the study found.

Educational attainment also made a large difference, especially for blacks. "Black men with college degrees were most likely to marry white women," Farley said.

More influential than either geography or education, however, was recent service in the armed forces, the study found.

White men who had served in the military were three times as likely to marry black women as white men who never served. White women who had served in the military were seven times as likely to marry black men as white women who never served, the study found.

Racial integration of the military does not account for why the traditional racial dividing lines were broken down, Farley said.

Information provided by the College Press

SGA Corner

A town meeting will be held on April 23, from 11:30 a.m. to 12:30 p.m. in Christopher's. The town meeting is your time to pose questions to the administration. This meeting is for the benefit of students, and it cannot help you unless you attend. The administration is concerned about students and needs your input. Without the student voice, nothing can be done to make CNU more student oriented. So come to the Town Meeting and speak your mind.

Quilt angers Catholics

To Christine Eney, a Penn State senior, her quilt made a personal statement about her religious beliefs.

But to a state lawmaker and the Catholic League for Religious Civil Rights, Eney's quilt, titled "25 Years of Virginity: A Self Portrait," made a mockery of Christianity.

Eney displayed a quilt that features 25 pairs of underwear with red crosses sewn in the crotches. Eney told the Associated Press that the exhibit celebrates her Catholicism.

When the quilt was displayed on campus, the Catholic League of Religious and Civil Rights peppered the university with letters calling for its removal. Also, Republican legislator John Lawless asked the governor to denounce the quilt. The governor declined.

Penn State has supported Eney's right to exhibit her work.

"I can't imagine any circumstances under which this university would want to encourage censorship," said Graham B. Spanier, Penn State's president.

Information provided by the College Press



at a glance...

Tuesday

12:15 p.m.

"Flight, Flee or Freeze/Stress or Distress" seminar
Register in SC 146
SC 146

Wednesday

9 a.m.

Resume & cover writing seminar
Register in SC 146
SC 146

Noon
Scholarship Recital
Gaines Theatre

Thursday

8 p.m.

Vianne Webb memorial lecture in musicology
McMurrin

Saturday

8:15 p.m.

Ramseur Series pianist
Dubravka Tomsic
Gaines Theatre

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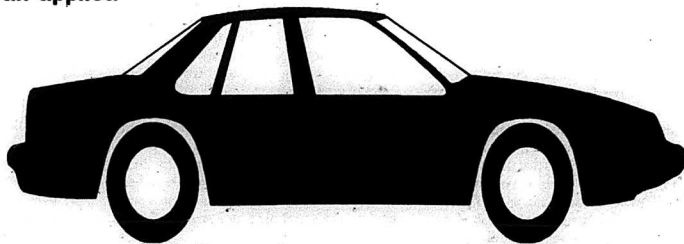
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Wes's World

By Wesley Cline
Humor Writer

Taxes written to the advantage of poor students

Today I would like to talk to you about taxes. I know that many of you have just finished paying them, and I will probably join you as a tax paying citizen next year. Until now, I have not earned enough to deserve the attention of the IRS.

Since that fairytale land of tax exemption that I have lived in is coming to a close, I think it would be appropriate for me to define the tax laws as I think they should be written. Of course, some might equate that to the IRS being run by people who have the money management skills of a chimpanzee on crack — but isn't that the way things are run anyway? I am not sure that anyone would be able to tell the difference if I design the tax codes or if the "ever correct" IRS does the honors.

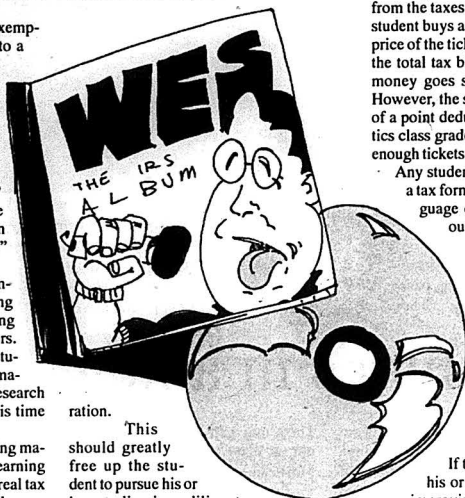
The first tax law that I would institute would be a clause for late filing because of the pressure of impending exams and end of the semester papers.

This is an obvious one. What student has time to get their tax information together under the barrage of research and studying that is necessary at this time of the year?

This goes doubly for the accounting majors, who are having to cope with learning to apply the strange language of the real tax laws instead of the clearly executed prose in which my laws are written. There would definitely have to be deductions for all of those things that every college student needs. It is only fair that students not be penalized because their cost of living is higher than the rest of society.

College students need a special diet to sustain themselves through the fragile state of being students. There is just no excuse for not allowing pizza and beer as legitimate business expenses for college students. The IRS would be required to prepare all

tax returns for students. The only responsibility of the student would be to confine their receipts to one room or give a reasonable list of where to find the appropriate information for tax preparation.



ration.

This should greatly free up the student to pursue his or her studies in a diligent manner in order to earn a degree and get a high paying job. Subsequently, they would pay more taxes and that is what the IRS wants anyway. Isn't it?

The student would have the option to review the forms before they are submitted to be sure that everything is correct. If the student feels he or she should have been allowed more deductions for things like air hockey and pinball, then those could be added in; and the IRS would not be allowed to question the change.

Anything that a student does to stimulate the economy would be counted as a tax credit.

For instance, if a student buys a CD, then the price of the CD would be subtracted from the taxes that the student owes. If the student buys a lottery ticket, then twice the price of the ticket would be subtracted from the total tax bill because the lottery ticket money goes straight to the government. However, the student would receive a 10th of a point deduction from his or her statistics class grade unless he or she purchased enough tickets to make the odds reasonable.

Any student who can successfully read a tax form would be given foreign language credit. If they correctly fill out the form, then they receive a math credit and a business credit. All of this, of course, would be just for fun since the IRS would be filling out the real forms.

The only tax form that the student would really fill out would be the one on which the actual taxes paid are allocated to the purpose that the student thinks appropriate.

If the student decides that all of his or her tax dollars should go to improving their university, then that is where the money will go. If that student decides to support foreign beer manufacturers, then that is where the money must be spent. I hope that my new tax rules meet with approval.

I must say, though, that anyone caught following these rules is not to mention my name and is solely on their own in explaining to the IRS what he or she was doing.

I make no claim that my laws are in any way binding, unless you eat them; then I am told that it can be very unpleasant.

Surviving the Week of the Dead

By Tony Felt
Staff writer

So here it is again, the last full week of school before finals. I know, I know, you have three 89 to 90 page research papers, six exams, four presentations, and a handful of angry professors who can't seem to understand why you haven't been able to make it to class on time including the previous week you never even bothered to attend.

Yup, this is it, Dead Week. The week we all administer an IV drip of coffee, Surge, Mountain Dew, or any other potential narcotic to force the brain into overdrive.

This is the week that pleasantries fail to make an appearance. Curse words from several foreign languages can be heard echoing throughout the campus.

This is also the week pedestrians ought to be especially careful when walking across Shoe Lane to Ferguson. It's difficult to say what one might do under such extreme stress and pressure, but I can assure you that to the Jolt-crazed student racing home to start "yet another" paper, he or she will hardly notice the oddly shaped, moving speed-bump (you) out on the crosswalk of Shoe Lane. Be careful!

So, what do we plan to do about all this? Glad ya asked. Thanks to the efforts put forth by United Campus Ministries, coordinator of final's week "Study Break," students will be able to stop by the Student Center and other key locations on campus during the week of finals, April 28 to May 2, and take advantage of free drinks, and other goodies. Yes, totally free!

The exam break schedule:

April 28
Morning: 8-10 a.m.
Student Lounge
Evening: 5-8 p.m.
McMurrin Hall

April 29
Morning: 10-12:30 a.m.
Student Lounge
Evening: 5:30-7:30 p.m.
Wingfield Hall

April 30
Morning: 8-10 a.m.
Student Lounge
Evening: 5:30-7:30 p.m.
McMurrin Hall

May 1
Morning: 10:30-1 a.m.
Student Lounge
Evening: 5:30-7:30 p.m.
Wingfield Hall

May 2
Morning: 10-12:30 a.m.
Student Lounge

Faith Matters: Receiving Jesus's Power

By Rev. Dr. Robert D. Marston
Contributing Writer

Sometimes referred to as "laziness," sometimes as "lack of energy," and occasionally as "displaying inertia," there are times in our lives when our energy level is so low that we find ourselves unable to move at all, or slowly at best. To the question, "What happened to your get up and go?" we might honestly respond, "I guess it got up and went."

Then, we sit still, stare out at nothing in particular, and remain immobilized for hours or even days.

Spring fever and approaching the

end of school create the ideal environment for us to fall victim to such a condition. Yet, now it is especially undesirable.

How do we snap out of it? How do we retrieve our get up and go?

First, reflect upon this passage from the Bible:

Come unto me, all ye that labor and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

—Matt. 11:22-30

It speaks of rest followed by taking upon ourselves the yoke of Christ, an easy yoke that makes the burden, any burden, light. This frees us to get up and go, being careful not to push ourselves along too fast, too soon.

First, one simple, easily-achieved goal is undertaken and then another.

As our list of accomplished tasks lengthens and our list of things left undone shortens, we discover that our energy has miraculously returned.

But it shouldn't surprise us, because from where else would the renewal of our energy issue forth than from the Lord of all power and might?



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Ancient songs combine the sacred and secular

By Mary W. Hodges
Staff Writer

Every semester, music students perform a slew of required recitals. And every semester, Dr. Clyde Brockett hosts a special recital for students in his Music 509 class, the Collegium Musicum. Family, friends, fellow music majors and curious students gathered in the spartan, narrow foyer of Ferguson Auditorium on the evening of April 15. It seems like a strange place to hold a recital, but acoustically it is the perfect place for the medieval chants of this year's program, "Music History Favorites and More."

The Collegium Musicum is a 500-level class that music majors may take as an elective. In the class, students learn music history, pronunciation of the mostly Latin lyrics, and transcription. Sarah Charlock explained the difficulties of transcribing ancient manuscripts into easily read modern music. The manuscripts are old and some-

times the ink is so faded they are difficult to read. Pieces or even whole pages of manuscripts are missing. The syllables don't line up with the notes as in modern music, so the transcriber has to figure out

which note goes with which word. To confuse matters even more, students must use a transcription chart dense with notes to translate manuscripts written in ancient musical notation. "Transcription takes knowledge, patience, persistence and imagination," Charlock said.



Manuscripts in hand, Sarah White, Sarah Charlock, Bruce Birch and Dr. William Witwer (from left) take the audience on a musical, historical journey.

The recital's selections introduced a new period in history where the strict religious music of the past began to blend with popular secular songs of the day. They opened with the processional, "Conductus

as part of the Feast of Fools. This piece was particularly difficult because they sang it using the French pronunciation of Latin.

Dr. Brockett enjoys teaching the Collegium Musicum so much that he even gave the audience lessons. He explained the history and customs associated with songs, and even taught the audience the two parts of a round, so that they could join in.

The performance blended the solemn beauty of sacred pieces such as "Kyrie" and "Beata viscera" with the silly, raucous fun of songs like "El Grillo" and "Triplum." Through the expression of the singers and the provided packets of translations, the audience gained an understanding of the music and the time from which it came.

The Dark Ages shines in a new light

By Richard Strube
Staff Writer

The Society for Creative Anachronism visited CNU on April 16, providing a demonstration of Medieval dress, craft and art. An international organization, the SCA's local chapter is the Barony of Tiredy Down, which operates in Newport News, Hampton, Williamsburg, and Gloucester. Under a tent they set up, members of this Barony brought some of their work for the inspection of CNU students.

Lady Aiculate of the Red Cliffs, otherwise known as Kitty Randall, has been involved in the group since high school. "What most people think of are the reenactments," she said. "They may not realize the dedication many of us have to many crafts. Glass work, textiles, blacksmithing, these are just a few."

"I think that our group is valuable for many reasons," Randall explained. "So many of these crafts are the basis of what we know today. To lose these arts would be a shame. I'm a hands on learner, and we are geared to that sort of work. And besides, so much of it is just plain fun." The SCA puts on four major events per year, consisting of feasts, jousting tournaments and dancing. In addition, the local groups

are constantly involved in a variety of activities. "Our activities can range from a major battle reenactment for a crowd of hundreds, to having one of us demonstrate forging techniques to a small class," said Randall.



The vendors had various goods on display for passers-by to inspect.

Dave Manes, who is both an archer and a bard in the SCA, explained about the group's organization. "We've modeled ourselves after the middle ages," he said. "We have ranks from king to knight to apprentice to peasant. Everyone is expected to give respect to the officers." In local groups there are elections, and those elected are our officers." Manes went on to explain what he values about being a member of the SCA. "I liked the idea of chivalry, and the importance of truth and honor.

These may still exist today, but they are not as institutionalized as they were. Maybe they should be."

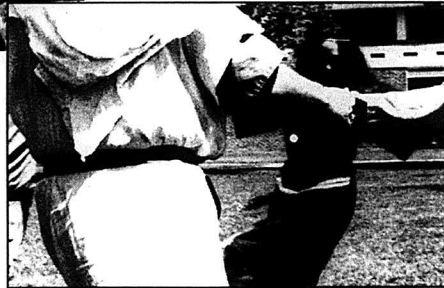
One of Manes' specialties is the craft of fletching—arrow making. Nearly every member of the SCA has studied at least one ancient skill. Kent Baldwin, known to his colleagues as Sir Tnek the Ainissestator, has made smithing one of his specialties. He lectured to a gathering of CNU students about the history of armor in medieval times, tracing it's development from chain-mail vests and helmets to the heavily armored

knights on horseback. Baldwin makes all of his own armor. "We learn by doing," he said.

Baldwin is also an expert on the ancient art of heraldry—the design of crests and coats-of-arms. "The need for heralds arose directly from the use of helmets in battle. When you could not recognize the face of your leaders, there had to be another way to distinguish friend from foe. Thus every knight designed his own herald."

Students were impressed by the three-hour presentation, and many stayed after the lectures and dances to browse at the tables and talk to members. "I was most interested in the costumes, and of course the weapons," said student Heather Mounts. "I wish that they had demonstrated some fighting."

The SCA was brought to CNU through the efforts of Dr. Mazarella. Those interested in the SCA can e-mail Kitty Randall at kitty@pinn.net



The Medieval Festival included demonstrations, such as this group dance.

Photos by Jessica Shumake

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Hypnotist makes a repeat performance

By John Bailey
Staff Writer

Smelly seats, a talking hand, a hurricane and Jem killing Scooby Doo were just a few of the highlights of Act One's show April 16. Tom DeLuca, a hypnotist, entertained and amazed CNU students by taking a few of their fellow classmates on a strange trip through time and "Evil Blades of Grass."

"This is too weird," De Luca said.

The evening's entertainment began with some basic parlor tricks. DeLuca asked one student to pick out cards, whose identities he would guess. The hypnotist used another student to count to 1,730 while he was busy heckling the crowd.

However, the real fun did not start until the cattle call went out and volunteers went on stage to be hypnotized.

"Faces, flowers, colors," DeLuca repeated as soft music played in the background. The audience watched as the volunteers slowly became more relaxed in their seats on stage.

Spotters stood behind the students to make sure they did not become too relaxed. DeLuca observed which individuals had not succumbed to his monotone drawl and removed them.

SGA vice-president Jon Poulsen was one of the students pulled from the group. He looked slightly dazed and confused from the experience.

Approximately 15 students remained after this weeding out process. They were ready to travel.

"We're all going fishing," said DeLuca. "Imagine you're holding a fishing pole. Now set the hook and begin reeling as fast as you can."

The students let the big one get away despite their hard work. However, the hypnotist was just getting started.

"Now we're going to see a Steven King movie, The Evil Blades of Grass," DeLuca said.

The students were dragged before killer weeds and giant daffodils. Several of the students were preparing to make their escape when DeLuca offered them Ben and Jerry's ice cream.

"These are really big cones," DeLuca

The students made pigs of themselves.

After freezing and over heating, the volunteers were given unique characteristics. There were two guys who could not keep their zippers up. A girl who pronounced her name as, "Ka" and a guy

who thought his name was "Ah" sat next to an impersonator of Jackie Chan's cousin. Another guy traded insults with his talking hand. It turned out he was the only one that could communicate with the girl from Pluto.

Then one of the volunteers stood up and warned everyone that a hurricane was coming and that we needed to leave the room immediately.

DeLuca kept everything under control by regressing the group to kindergarten. The students discussed who their favorite cartoon characters were and what their favorite toys were. Volunteers mentioned Voltron, G.I. Joe, Barbie and a pink and blue Scooby-Doo box.

"I have a surprise for everyone," DeLuca said. "There will be gifts for all of you, brought by Scooby-Doo himself."

The students were happy and excited until DeLuca told the group that there would be no gifts because Jem killed Scooby. The group then turned against the girl who five minutes earlier had said that Jem was "truly, truly" outrageous.

After some hair pulling and pencil throwing, DeLuca aged the group, making them believe they were in a dance club. With the close of CNU's version of "The Grind," the volunteers left, well rested.

"I don't remember a thing," the girl from Pluto said. "But I've done this before and I definitely will do it again."



above: Two of DeLuca's victims huddle together for imaginary warmth.

below: Tom DeLuca rules over his audience with a strong, subtle hand.



Photos by Chris Taylor/The Captain's Log

said. "You only have 30 seconds to eat."

John Cusack makes his Pointe

By John Bailey, Joe Atkinson, and
Lorrie Rubino
Staff Writers

Funny, violent, poignant. A child of bad '80s music returns to his high school reunion after tiring of his tedious career choice of—yes—hitman. Unfortunately, he is followed by a rotating cast of goons with really big guns. These goons with guns don't go over well with the girl he left behind, at least until she gets her hand on a gun and fires off a few rounds at him.

JOE: The movie started, after what seemed like 42 minutes of previews, and I found myself laughing almost immediately. John Cusack's character, Martin, shoots a guy on a bike for goodness sake!

JOHN: And that's funny to you Joe?! I mean let's not forget that he only shot that guy once. Dan Aykroyd's character, Grocer, polishes off four guys with two guns and hundreds of bullets.

LORRIE: OK, the killing stuff was pretty funny, but John on the phone with sis, Joan, Marcela in the movie, discussing whether or not to go to his high school reunion WHILE shooting the assassin on the bike was what made the moment comical.

JOE: Another good thing was the music. The soundtrack was good. I have a hard time believing that people actually listened to music that good in the '80s.

LORRIE: Thank you music snob!

JOE: You're welcome. And I was going to say that it actually added to the quirky ambience of the whole thing.

JOHN: Wrong. I thought the music was really bad. The actual reunion scene was completely bogus. There was no Duran Duran or Lita Ford.

LORRIE: All right, they didn't have (wait, let me cross myself in observance of greatness) any Duran Duran music, but they did have the Bangles, A-ha and that other obscure stuff that only Joe would recognize. But that is not the point... the movie was funny. Excessive violence is cool!

JOE: The movie was funny, and violent, and poignant. The excessive violence was great! I would encourage more film makers to include gratuitous violence.

JOHN: Well back to the story. I thought the character development was good. Martin's reaction to the baby at the reunion was certainly a growing point for his character.

JOE: Of course, less than five minutes after googling over the little baby, he kills

a rival hitman with a ball-point pen. Character development? There was some but I didn't see it there.

JOHN: Well, he did apologize.

LORRIE: But he didn't apologize to the guy he killed, instead he threw the body into the high school boiler. Anyway, John Cusack scores major cute points with the tough guy exterior (you know, the whole killer thing) and the sweet interior that longs for love with Minnie Driver.

JOE: Minnie Driver had the hot thing too. I want her.

JOHN: Sure, Joe. Anyway, back to the movie's character development. Dan Aykroyd as Grocer was a true maniac. He proved that unions can kill.

LORRIE: Don't think so John! Dan Aykroyd was somewhat amusing, but his role was essentially a waste of screen-time. He plays the same character in every thing he is in. Learn how to act or get another job! The best part of the movie was when Martin slammed a television over Grocer's head, ending the audience's torture.

JOE: Death by T.V. and romance, a brilliant and fitting ending, I think.

JOHN: Anyway, like I was saying, the character development was really good...



Alternate Route

By Joe Atkinson

OK girls and boys, the semester is coming to a close and I'm running out of chances to force my favorite music on you. I figured that I'd take this chance to point out the very best albums, in my warped opinion, released during the school year.

Whipping Boy — "Heartworm." Who says that all Irish-rock has to be the Cranberries or U2 related? Whipping Boy makes intelligent yet testosterone driven pop that's battering and memorable at the same time. Singer Fearghal McKee has one of the best voices in rock-and-roll, and the rest of the band can switch from quiet and unassuming to loud and intense at the drop of a hair. Plus, they mock Bono!

Billy Bragg — "William Bloke." Bragg is a British folkie with the wit of Elvis Costello and the melodic sensibility of the Smiths or R.E.M. to back it up. His songs tackle political issues, relationships, and soccer. Memorable Lyric: "Don't give me a place out in cyberspace, cause where in the hell's that at?"

Ben Folds Five — "Whatever and Ever Amen." I just reviewed this one last week. Who would have figured that piano driven pop could be so cool? With songs like "Brick" and "Kate," Ben Folds makes his case for being one of the best songwriters of the decade.

Chainsaw Kittens — "Chainsaw Kittens" The strangest thing to come speeding out of Oklahoma City since Timothy McVeigh, Chainsaw Kittens defy pop convention and create a sound all their own. "Waltz Across Debris" should be playing when the clock strikes midnight and welcomes in the year 2000.

Blur — "Blur." Forget Oasis! One day Blur will rule these dirty American shores. They're smarter, they're nerdier, they're less annoying, and they freakin' rock! You will buy "Blur," you will buy "Blur," you will buy "Blur," you will buy "Blur," you will buy "Blur," you will...

The Wedding Present — "Saturnalia." It's too bad these guys have been overlooked by almost everyone including their British countrymen. Their 1990 album "Seamonsters" was probably their best, but they still make some of the best music from that side of the pond. Imagine R.E.M. if they had been conceived in London instead of Athens, Georgia.

Sebadoh — "Harmacy" America's best home recorders stepped out of the bedroom and into the studio for this album. Songs like "Ocean" and "Beauty of the Ride" manage to be catchy and poignant at the same time. You may know frontman Lou Barlow from the Folk Implosion, who made it big last year with the song "Natural One" from the movie "Kids."

Stereolab — "Emporer Tomato Ketchup" These French folks make some of the strangest experimental pop you'll ever hear. You may wonder what they're talking about, Laetitia Sadier sings a number of these songs in French, but you'll find yourself humming along with the smooth melodies and dancing to the bouncy beats. Enjoy!

This Week in CNU Sports

Baseball

April 22 at Apprentice School 6:00pm
April 25 Va. Wesleyan(HOME) 6:00pm
April 26 at Va. State University 2:00pm

Sailing

April 26-27 America Trophy
at St. Mary's College

Outdoor Track

April 26 CNU Invitational(HOME)

Dixie Conference
Players of the Week

Athletes of the Week

Baseball: Andy Jankowski, Greensboro.

Softball: Kelly Eggleston, Averett. Dee Shults, CNU, was nominated.

Men's Tennis: Scott Jenkin, Methodist.

Women's Tennis: Isabell Barcelo, Methodist.

Golf: Ed Alvarez, Ferrum.

Rookies of the Week

Baseball: Ted Martin, Greensboro.

Softball: **Julie Shelton**, CNU, pitched three games during the week hurling a 1.65 ERA in 17 innings. She's a freshman from Richmond, Va.

Men's Tennis: Charles Montgomery, Ferrum.

Women's Tennis: Susan Holland, CNU. The freshman from West Point, Va. went 2-1 at #2 and #3 singles

Golf

The Captains are undefeated in the Dixie with a record of 4-0. They won a five-way match played at their home course (Kiln Creek G.C.). CNU had a 312, followed by Randolph-Macon at 322, Apprentice at 335, N.C. Wesleyan at 343 and Virginia Wesleyan at 352.

Freshman Paul Holley (Portsmouth, Va., Catholic H.S.) won medal honors with a 75, followed by junior Scott Causby (Hampton, Va., Hampton Roads Acad.) with a 76.

CNU hosts the Dixie Conference Tournament Saturday and Sunday at Ford's Colony G.C. in Williamsburg, Va.

Inside next week's issue...

Baseball, Softball, and Tennis DIAC Tourney Results and *The Captain's Log* Sports Awards.



Don't Let the
long address
scare you . . .
http://
www.cnu.edu/
studlife/captains

Softball

The Lady Captains, tops in the Dixie with a 8-2 record (29-9 overall), won six of eight during the week, and set a school record for longest win streak.

On April 9 the Lady Captains swept two from Mary Washington. In the first game, a 5-2 win, sophomore Kati Minnick (Hampton, Va., Bethel H.S.) went 2-2 with two RBIs, junior Jill Owens (Powhatan, Va., Powhatan H.S.) went 2-3 with a double, junior Angie Raynes (Port Republic, Va., Spotswood H.S.) was 2-2 and sophomore Dee Shults (Virginia Beach, Va., Bayside H.S.) was 2-4 with two doubles. CNU then swept the second game 9-1 in five innings. Sophomore Dana Edwards (Smithfield, Va., Isle of Wight Acad.) was 3-3 with two doubles and a triple, and sophomore Heather Emerson (Grafton, Va., York H.S.) was 2-3 with a double. CNU extended their winning streak to a school-record 13.

The next day Owens hurled a one-hitter at Eastern Mennonite in an 8-0 win. She also went 2-3 with a double, and freshman Heather Phillips (Williamsburg, Va., Lafayette H.S.) was 2-2 with a double. In the nightcap the Royals scored five in the first inning, but the Lady Captains rallied for an 8-5 win. Senior Joy Davison (Poquoson, Va., Poquoson H.S.) was 3-4 with a double, Edwards was 2-4 with a double, triple and two RBIs, freshman Heather Morris (Richmond, Va., Monacan H.S.) was 2-4 and Phillips was 2-4 with a double as CNU extended its winning streak to 15. But Saturday, Methodist scored two unearned runs and took a 2-1 win in the first of two games despite the fact that Owens limited the Monarchs to four hits. She was also 2-4, as was Heather Morris. In the nightcap however, the Lady Captains unloaded for 16 runs in the second inning en route to a 17-2 win in five innings. The win clinched the regular season Dixie Conference title for CNU which has either won or shared the crown every year in the 1990s. Minnick and Raynes each had three hits, Minnick a triple and four RBIs and Raynes a double. Edwards was 2-3 with a double, triple and two RBIs, sophomore Sarah Melton (Powhatan, Va., Powhatan H.S.) was 2-3 with a double and two RBIs, Owens 2-3 with two doubles and three RBIs, Jaci Morris 2-3 and Shults 2-3.

CNU dropped the opener to Chowan on April 13, 9-1, getting just three hits, but bounced back to take the nightcap, 4-1, behind a five-hitter by freshman Julie Shelton (Richmond, Va., Meadowbrook H.S.). Jaci Morris was 2-2 with a pair of RBIs and Phillips 2-3.

Softball Standings

Team	Conf.	PCT.	Overall	PCT.	Overall
PCT.	Streak				
*CNU	8-2	.800	29-9	.763	Won 1
Methodist	6-4	.600	18-15	.545	Won 2
N.C. Wesleyan (20)	4-4	.500	20-14	.588	Lost 1
Averett	4-6	.400	18-14	.563	Lost 1
Shenandoah	3-5	.375	7-15	.318	Lost 2
Ferrum	3-7	.300	15-20	.417	Won 1

(National ranking)

*Clinched regular season championship

Baseball

The Captains (4-8 Dixie, 18-15 overall) split four games during the week ending April 13 and now must face Averett in the play-in game to earn a spot in the Dixie Conference Tournament.

The week began with a 10-4 road win over Hampden-Sydney. The Captains scored six runs in the final three innings to break a 4-4 tie. Junior David Mitchell (Suffolk, Va., Alliance Christian Acad.) was 3-4 with a double, triple and four RBIs, while junior Brian Gunn (Ringgold, Va., Dan River H.S.) was 2-5 with a double, senior Chris Honeycutt (Portsmouth, Va., Manor H.S.) was 2-4 with a double, freshman James Walsh (Virginia Beach, Va., Ocean Lakes H.S.) was 2-4 and sophomore Carlos Thornton (Tappahannock, Va., Essex H.S.) delivered a towering home run over the 444-foot sign in center field.

The next evening CNU scored in the bottom of the ninth to defeat Apprentice, 7-6. Thornton was 2-4 for CNU, sophomore Mike Gard (Chesapeake, Va., Beach Home School) was 2-4 with two doubles, Mitchell was 2-5 with two RBIs and freshman Eddie Gosman (Chesapeake, Va., Greenbrier Christian Acad.) was 2-3 with two RBIs.

April 11 the Captains made up a rained out game at Randolph-Macon and lost, 8-7, in 10 innings. Gunn was 3-5, as was Gregory, while Gard was 2-4 with two RBIs, Mitchell 2-5 with a triple and freshman Derek Riebel (Chesapeake, Va., Nansemond-Suffolk Acad.) had a three-run homer.

Still on the road the next day, CNU lost to Salisbury St., 8-4. Sophomore Andrew Gregory (Carrollton, Va., Isle of Wight Acad.) was 2-5.

The Captains will meet Averett in the Dixie Conference Tournament play-in game Wednesday in Danville, Va., at 7 for a berth in the conference tournament which runs Thursday to Sunday in Danville.

Baseball Standings

Team	Conf.	PCT.	Overall	PCT.	Streak
*N.C. Wesleyan (3)	11-1	.917	27-4	.871	W12
Ferrum (17)	7-5	.583	23-7	.767	Lost 2
Methodist (11)	8-3	.727	23-6	.793	Won 7
Greensboro	5-6	.455	20-9	.690	Won 1
Shenandoah	4-8	.333	10-18	.357	Lost 7
CNU	4-8	.333	18-15	.545	Lost 2
Averett	2-10	.167	9-23	.281	Lost 1

(National ranking)

*Clinch regular season championship

THE CAPTAIN'S LOG
Sports Awards

THE SPORTS DEPARTMENT IS
ACCEPTING NOMINATIONS IN
THE FOLLOWING CATEGORIES:

Male Athlete of the Year
Female Athlete of the Year
Comeback Athlete of the Year
Coach of the Year
Rookie of the Year
Best Sports Photo of the Year

Women's Tennis

The Lady Captains (3-2 Dixie, 8-9 overall) won one of their three matches during the week. Winning twice each were senior Julie Viers (Williamsburg, Va., Lafayette H.S.) at No. 2 singles, freshman Susan Holland (West Point, Va., West Point H.S.) at No. 2 and 3 singles, and freshman Dawn Tissiere (Newport News, Va., Menchville H.S.) at No. 4 and 5 singles.

CNU faced stiff competition at Mary Washington (ranked 12th nationally) who took second place at the South Regionals.

"Although we didn't win any of the matches, everyone played well," said Accetola. "I hope this means we're peaking, which is important since the Dixie Conference Tournament is this weekend."

The ladies, however, scored big academically, earning the Intercollegiate Tennis Association's (ITA) All-Academic Team with a 3.21 cumulative GPA. Robin Abbott and Lisa Fuzy received the Scholar Athlete All-American Award with respective 3.70 and 3.51 GPA's. Fuzy, Abbott, Tissiere were also named to the National Dean's list.

"I'm real proud of the player's accomplishments," added Accetola.

CNU travelled to Ferrum for the DIAC Tournament last Saturday and Sunday.

Women's Tennis

Team	Conf.	PCT.	Overall	PCT.
PCT.				
*Methodist	5-0	1.000	13-3	.813
Averett	3-1	.750	9-5	.643
CNU	3-2	.600	8-9	.467
Greensboro	2-2	.500	6-9	.400
Ferrum	1-4	.200	2-8	.200
Shenandoah	0-5	.000	0-8	.000

*Clinched regular season championship

Men's Tennis

The Captains (1-4 Dixie, 8-8 overall) took a 5-2 win at Bridgewater.

Singles winners were junior Sean Olson (Honolulu, Ha., Diamond Bar H.S.) at No. 3, freshman Quinn Burns (Hampton, Va., Bethel H.S.) at No. 4, freshman Skip Williams (Chesapeake, Va., Western Branch H.S.) at No. 5 and senior Cello Mills (Los Angeles, Calif., Charleston (W.Va.) H.S.) at No. 6. Olson and Williams teamed to win No. 1 doubles, Burns and freshman James Lowes (Gresham, Ore., Sam Barlow H.S.) won at No. 2 as did Mills and sophomore Ronnie Angello (Yorktown, Va., York H.S.) at No. 3. The Captains visit Chowan Thursday before going to the Dixie Conference Tournament in Greensboro, N.C.

Men's Tennis Standings

Team	Conf.	PCT.	Overall	PCT.
*Averett (5)	4-0	1.000	8-4	.667
Methodist (10)	4-1	.800	11-3	.786
Greensboro (9)	3-1	.750	13-2	.867
Ferrum	2-3	.400	7-7	.500
CNU	1-4	.200	7-8	.467
Shenandoah	0-5	.000	0-6	.000

(Regional Ranking)

*Clinch regular season championship tie

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Perry conquers Vegas media

By Chris Perry
Commentary

I followed the registration procedure to the tee, but I was still a long shot at getting Caesar's Palace Media Relations's approval. Then the fax came: "This will confirm media access to cover April 12, boxing at The Thomas & Mack Center—Pernell Whitaker vs. Oscar De La Hoya." I was in, and on Tuesday, April 8, I flew to Las Vegas to see the bout that would determine the best pound for pound boxer in the sport today.

April 9: I arrived in Vegas and after checking in and getting some rest, I covered my first media related event of the week—the final pre fight news conference.

The media and many boxing personalities gathered in a huge ballroom in the convention area of Caesar's Palace. I searched for interviews and opinions on the outcome of Saturday night's fight. With tape recorder in hand, I ran into Eric Eshe—the King of the Four Rounders.

"It's going to be a chess match," said the man who simply goes by the name ButterBean. "De La Hoya's going to come out the first three rounds with a lot of power. Then Whitaker's going to play his game. There is no telling who is going to win. Flip a coin."

President of Top Rank, Inc. and De La Hoya promoter Bob Arum said, "I look for one of the best fights people have seen in a long time. These are two extremely skilled fighters, and because each guy is trying so hard, I think it will end in a knockout."

De La Hoya addressed the media first. "I feel that this fight will be a very difficult fight," said the "Golden Boy" who gained seven pounds to challenge Whitaker, the WBC Welterweight Champ. "But mentally and physically I am very prepared, and I know it's going to be the fight of my career until now."

Whitaker took off his headphones, which had kept him oblivious to De La Hoya and all other speakers, approached the podium, and said, "When you fight Pernell Whitaker, you're not fighting Joe Blow, you're fighting the king. ... This is the Academy Awards, and I figure, between 8 and 8:30 Saturday night, I'll be picking up my Oscar."

The media gathered around the fighters and started asking them questions. Whitaker was surrounded before I could get in a good position, so I decided to try my luck with De La Hoya.

I sat down at a table with about 15 other reporters and after he did about six straight TV interviews, including one for local sportscaster Scott Cash, De La Hoya made his way over to us. Questions were fired at him in succession which he handled with poise and the trademark smile that has made him a media darling and the endorsement king of boxing. Curious about his game plan in the early rounds of the fight, I asked De La Hoya if he planned on pres-

suring Whitaker early.

"I am a fast starter," he said. "As the fight goes I am adjusting to his style, but I am a fast starter and I might put pressure on him early. Who knows? It depends on what he wants to do."

Before leaving, I talked with Lou Duva, who has guided Whitaker from the beginning of his professional career. Duva said, "I have never seen him [Whitaker] as mentally strong and as physically strong

on Whitaker to win by decision at 4/1 odds.

April 11: After picking up my fight media credential for arena access the following night, I attended the official weigh-in. I had attended other weigh-ins before, but this was unbelievable. Hundreds of fans were pushed up against a barricade trying to catch a glimpse of both boxers. As Whitaker made his way to the stage, one quickly learned that this was a pro-De La Hoya crowd as boos and yelling came

Tony Mercurio from the Score 1310 AM. We all had total confidence in Whitaker's ability and knew that he had not been so excited about a fight since his last big test against Julio Cesar Chavez back on Sept. 10, 1993. In that fight he ventured to San Antonio, Texas to face an undefeated fighter whom many thought was the best in the business. When the dust settled, Sweetpea, the betting underdog, had clearly beaten Chavez, but the judges con-

troversially called the fight a draw. As we would find out later, there were many parallels from that night in 1993, to this night four years later.

I took my seat with the rest of the 12,200 fans, which included Bruce Willis, Cuba Gooding, Jr., and Kirstie Alley, and watched as De La Hoya entered the ring, followed by Whitaker. The time had come. With my camera and scorecard in hand, the first bell rang.

On my score card, I had the first round even, followed by De La Hoya winning the next three including a point deduction in the second round. Sweetpea won the fifth round, followed by another even round. I scored the seventh and eighth in De La Hoya's favor. In the midst of a toe-to-toe flurry in round nine, Whitaker knocked the Golden Boy down with a left to the chin. This gave Whitaker a 10-8 score for the round on my card, but I thought he needed to make a comeback in the final three rounds to win.

Whitaker moved around De La Hoya effectively and scored well, but De La Hoya was landing the more convincing blows.

Round 10 was close, with neither fighter taking a distinct advantage, so I marked it even. Round 11 I also gave to Whitaker, but I scored the final round for De La Hoya because Sweetpea, most likely convinced he had won, did nothing to try and win the round. In the end, on my card, I gave the win to De La Hoya with a score of 116-114.

When the official decision was read, the controversy began. All three ringside judges gave the win to De La Hoya by questionably wide margins of 115-111, 116-110 and 116-110. De La Hoya had won Whitaker's belt, but in the eyes of many media covering the fight, he didn't win by that much, if at all.

The fight appeared very close. Some of the rounds I marked evenly could easily have been given to either fighter. I just do not think Whitaker showed enough effective aggressiveness to win. But I do think his effort deserves a rematch, and at the post-

fight press conference, both fighters agreed to another fight.

"Any time, any place," said De La Hoya about the rematch. "I know I can do better. I feel unfulfilled."

Whitaker, still wearing his jacket that stated *The Best, pound for pound*, said, "I think I won 10 out of 12 rounds. [The decision] was unbelievable. It was a shut-out."

Although controversy reigned, the fight itself was a great one. The next one may be even better. I hope to be there.



De La Hoya and Whitaker square off during the big fight. Sweetpea won the first three rounds, but De La Hoya took the rest according to the judges.

as he is right now." I asked him about Sweetpea's critics who have said that Whitaker's legs are gone and have said he is a shadow of his former self.

Duva answered with infinite confidence, "Remember one thing, we [Team Whitaker] have won six titles. We have been champion for the past ten years. We have gone through all this stuff. De La Hoya has not. We are going to prove the critics wrong!"

April 10: The main media event of the day, a press conference with the boxer's trainers, lasted two hours. At a question and answer session, I asked Palace oddsmaker Vince Magliulo if anyone had placed a major wager on Whitaker since he was listed as a 3-1 underdog at the Caesar's Palace Sports Book.

He said, "I am like a priest, I have to

from the masses. When De La Hoya emerged, screams of "Oscar, Oscar!" rang out from the crowd, while the flash bulbs were blinding. Sweetpea played to the crowd, un-phased by his reception.

De La Hoya's signature smile was gone. Instead, he was stone faced and occasionally acknowledged his supporters with a determined pump of his fist. Both boxers weighed in at 146.5 lbs. They were in great shape and ready for one of the biggest fights of their careers.

April 12: The big day was finally here. Before heading to the Thomas & Mack center, I saw Raul Marquez win the vacant IBF Junior Middleweight championship from Anthony Stephens at the Tropicana Casino.

The hard fought battle was stopped in a ninth round KO. After the bout I asked



Left: Sweetpea hams it up during the pre-fight press conference. Center: ButterBean expresses his feelings to the crowd. Left: A sweaty De La Hoya hoists the WBC belt above the audience after his victory.

Photos by Chris Perry / The Captain's Log

keep confidential particular plays by particular individuals. It is safe to say a fight like this is not only a boxing match, it's an event. Five and six figure wagers on these types of events are the norm."

It was reported later in the "Las Vegas Review Journal" that Duva, just as he did when Evander Holyfield was the underdog and went on to defy the odds to beat Mike Tyson, placed a major play on Sweetpea. This included a \$1,000 bet at 100 to 1 odds for Whitaker to knock out De La Hoya in the sixth round. I put \$50

famed defense attorney Robert Shapiro, who is a dedicated fan of the sport, what he thought about the main event coming up that evening.

"I think it's going to be an excellent fight," said Shapiro. "Probably one of the best fights in the last five years ... I happen to be an Oscar De La Hoya fan. I think he has the size [advantage], and I look for him to win."

Once in the arena, I went to the press room and talked to local media personalities Skip Miller from the Daily Press and

University feeds bodies and minds

By Elizabeth MacGahan
Staff Writer

"The eating habits of students? They're atrocious!" CNU counselor Dr. Anita Tieman laughed, but her words were prompted by truth.

Students around the world know all about the dreaded Freshman Fifteen, the universal weight gain of stressed and harried college students. Psychology professor Dr. Lee Doerries said, "Anorexia nervosa occurs among college women a lot." CNU students experience both extremes, and wonder where the happy medium is.

Food Operations Manager Kevin Ososkie does his best to provide that happy medium with healthy, balanced meals at Christopher's. "Where else on the Peninsula can you get meat, potatoes, vegetables and bread for \$3.50?" Ososkie said. The Christopher's menu features healthy selections at humble prices. "I'm trying to cater to the student who doesn't want a lot of fatty foods," Ososkie said. "When I came here they were putting bacon in the vegetables, and lots of butter."

But Christopher's isn't always open, and when it is, it isn't the most popular eatery on campus. "The Terrace is much busier ... but Christopher's is cheaper," Ososkie said. "People buy short order here, and eat it in the Terrace." There are two solid, tradition-rooted reasons for this: College students are social, and they adore junk food.

"They eat tacos like crazy," said Harbor Lights Kitchen Manager Frank McKinnon. Ososkie tries to slim down the food at Christopher's to please health-conscious students. McKinnon tries to please all the students, and to answer every complaint. But cooking for a residence hall

full of individual tastes is a terrific challenge. "We try not to over season the food. Once we put it in, we can't take it out," McKinnon said. He keeps a full selection of spices and condiments available.

Students ask for the kind of food Burger King and Taco Bell serve. "That's what they want, fast food," McKinnon said. "They eat two cases of french fries with every lunch and dinner."

Harbor Lights offers two entrees, two starches and two vegetables every lunch and dinner, plus a salad bar, fast food and 10 varieties of cereal. Four different menus rotate every week, and the staff dreams up new ones over the breaks.

CNU students are generally satisfied with the dining services, but would gladly change the hours. Many students can't or don't want to eat early. "Now that we don't live at home, our eating hours are a lot different," said Angela Thomas, a freshman and a Santoro Hall resident.

Jen Simmons, a freshman resident student, said, "We sit down and eat." When she has time to, that is. CNU students eat out and order in.

"We eat pizza. Most of the time it's around 12 or so," Simmons said. Eating dinner on the meal plan can take some

fancy scheduling for a dorm student with evening classes.

Health and variety are important, but time and the elusive phenomenon of a social life rank high as well. McKinnon says he welcomes students at closing time, and doesn't mind lingering meals. "We don't push them out the door at seven o'clock," he said.



Eating healthfully and hurriedly don't have to be mutually exclusive. "Rather than try to figure out how to eat healthy, they just grab something fast," said Rita Cenname, the University Health and Wellness Services Coordinator. But the good news is, the options are there. For students without a meal plan, cheer up. Healthy food is easy to make. "There are plenty of healthy recipes out there," Cenname said. "People seem to be intimidated if they don't have a lot of time to make these big meals."

Whatever a student's living situation, Cenname has answers. Whether eating at home or on campus, healthy food is avail-

able. "Sometimes you just need a coach," Cenname said.

Resident student Marisara Kronenbusch agreed she is savvy enough to spot unhealthy food. "Obviously, you'd gain weight eating it," Kronenbusch said about the high-fat fast food on campus.

Thomas said she thought the food at Harbor Lights was O.K., but not her first choice for dinner. "Sometimes you look at the food and you just have to eat cereal," Thomas said.

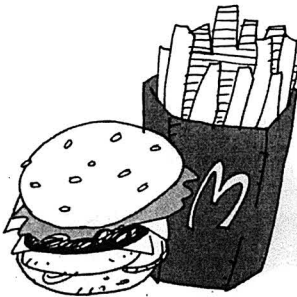
Kronenbusch shared Thomas's middling enthusiasm. "I think they pretty much have it together," Kronenbusch said. Perhaps Harbor Lights succeeds because they feed the social need. Kronenbusch said, "We do have sit down meals."

"Food is a medium for social interaction," said Cenname. Only scholarships attract more college students than food. From pizza parties to buddy diets, students make meals into social occasions.

Social eating can feed the wrong urges. Bulimia, an eating disorder characterized by a binge and purge cycle, is the most common eating disorder on college campuses, Cenname said. Bulimia seems to crop up in groups. "They act like a mutual support group for the dysfunction," Cenname said.

Sophomore Jessica Shumake agreed peer input can feed a woman's poor body image. "I guess I'm pretty vulnerable to that," said Shumake, who says she is healthy and happy with her body. Shumake was once encouraged by a friend to go on a buddy diet but decided a loss of weight would be unnecessary and unhealthy.

"There's a lot more to eating than fueling your body," Cenname said.



Drive past that drive-through

McDonalds

Quarter Pounder with Cheese has 520 calories and 28 grams of fat

Big Mac has 500 calories and 26 grams of fat

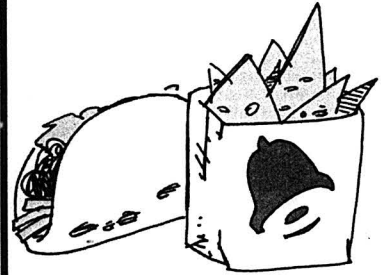
Filet-O-Fish has 370 calories and 18 grams of fat

Taco Bell

Taco Salad has 905 calories and 61 grams of fat

Soft Taco Supreme has 272 calories and 16 grams of fat

Beef Burrito has 341 calories and 21 grams of fat



Totally fat-free honey bread

2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon

1 tsp. nutmeg
1 tsp. ginger.
1/2 cup honey
1 egg's worth of egg beaters
1 cup nonfat buttermilk

Preheat oven to 350 degrees and spray lowfat cooking spray in a loaf pan. Blend dry ingredients in a large bowl, then beat in wet ingredients.

With a fork or beater, whip it with all your might for a full five minutes. Pour into loaf pan and bake 50 minutes..

Totally Fattening Grilled Cheesecake

1 package Athens fillo dough
1/2 cup melted butter
2 8-ounce packages cream cheese
1 cup sugar
1 egg

1 teaspoon vanilla extract
1/2 teaspoon ground cardamom
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup raisins

Defrost fillo dough according to package. Beat cream cheese, sugar, egg and spices until smooth. Fold in raisins. Unfold fillo and lift three or four layers onto buttered cookie sheet. Drop two or three tablespoons full of cream cheese mixture onto fillo dough, roll, coat with butter and wrap in aluminum foil. Repeat until out of dough or mixture. Grill on a hot grill five minutes each side. Cool before unwrapping.



Rave Reviews

By Elizabeth MacGahan

Dairy Island Station

12440 Warwick Blvd. tel. 595-0601
open Mon. - Thurs. 11 a.m. - 10 p.m.,
Fri. 10 a.m. - 11 p.m., Sat. noon - 11
p.m., Sun. noon - 10 p.m.
no alcohol
\$

I really like Dairy Island Station and want to give them the best of reviews for their ice cream and for the whole cow motif, but I can't get over the lame cappuccino. The coffee was weak, there was too much thin milk, and almost none of the limp, cool froth. Everything about this place indicates this is the perfect place to sit and sip coffee, except the coffee is less a sophisticated treat and more like an almost-ran in the dessert race.

Yes, it is the perfect place sit and sip a milkshake. Blend one with any of the 27 flavors of ice cream, dozen or so toppings and handful of flavors. The array of desserts and drinks could fill a decade's worth of summer evenings. They must know this, because inside Dairy Island Station, it's always summer. One wall is rainy grass green, the other and the ceiling are sky blue. Patrons eat at lawn tables under umbrellas. Cheerful cows abound.

I had to stand on tippy-toes to see the counter person while ordering, there were that many cows up there. Towards the back, two china hutches loomed, gorged on cow paraphernalia. Even the bathroom housed a couple of the totems.

I have to tell you, I may be a luxury-oriented gal, but I thoroughly enjoyed slurping my dribbly, sprinkle laden treat in a home-baked waffle cone while folded up at a child's picnic table. I traded in my trusty eating companion for two short and diapered colleagues. Neither one was excessively articulate about the experience, but both were sticky. I figure that means they liked it.

The cones are made on the premises. There are about four varieties which they don't always have on hand, but a customer can smell them baking almost constantly. Besides straight ice cream in dish or cone, there are flurries, shakes, splits, slushies, and hot or iced coffee desserts. I'll recommend any of these to someone with a sweet tooth.

As you can tell, I'm picky about coffee, and I avoided all drinks that mixed it with syrup or ice cream. Since the base product, the espresso, isn't bitter at all, they're going to be sweet.

Sandwiches are an excellent deal. They come with chips, veggies and a pickle. For three or four bucks, that's a good lunch.

Go to Dairy Island Station for dessert. Fresh, rich and novel ice cream desserts beat the daylights out of much of what area restaurants have to offer. Plus, with kid-friendly atmosphere, plenty of kitsch, late hours and just a short walk from campus, they make a matchless choice for an evening treat.

Anorexia is not all in your head

CNU professor participates in federally funded study

By Elizabeth MacGahan
Staff Writer

Dr. Lee Doerries, a psychology professor at CNU, studies anorexia nervosa in rats. The study, funded by the National Institute of Health and the Office of Veteran Affairs, is an animal model of human anorexia. Doerries and his colleagues are trying to understand anorexia nervosa in order to find a cure and a way to prevent the disorder from occurring.

"I, like most people, believed that anorexia nervosa was a psychological disorder," Doerries said. "What I've come to believe is that they [the physiological and psychological problems] are correlates."

Severely restricted diet and constant rigorous exercise characterize anorexia nervosa. Doerries and his colleagues set up that situation for rats by offering the animals as much food as they want, but only for an hour or two. For the rest of the day, the rats have access to a wheel and may run as much as they wish.

When restricted diet and increased exercise are introduced at the same time, rats eat less and exercise more. "Others have researched and found that the rats will run themselves to death," Doerries said.

They do not return to normal eating and exercise habits on their own. Doerries' team does not allow the rats to run themselves to death, but tries to find out why

they would.

Anorexia in people follows a similar course. Anorexics tend to have a poor body image and obsessive-compulsive need to exercise. "People who are down to 65 pounds and in the hospital for tube feeding, when left alone, will pull out the tubes and do calisthenics," Doerries said.

When people exercise, they produce a brain chemical called beta-endorphin. Beta-endorphin is responsible for the euphoric feeling, runner's high, that long-distance runners experience.

The rats in Doerries' model also produced beta-endorphin, but in the peripheral nervous system rather than the brain, and probably did not experience a runner's high. "The runner's high doesn't explain anorexia nervosa," Doerries said.

Both human and rat anorexics exercise compulsively. Humans also feel depression and poor body image.

Doctors prescribe Prozac, a drug which affects the reabsorption of a brain chemical called serotonin, for depression, and occasionally for obsessive-compulsive disorder as well. Now, Doerries has found that it helps rats. "In an animal model, it allows rats to eat more and maintain weight," Doerries said.

Many anorexics have been overweight. "They can be people who have struggled with their weight their whole lives," Doerries said. But poor body image does

not single-handedly cause anorexia.

"There are as many reasons to lose weight as there are people trying to lose weight," Doerries said. Whether the patient is an athlete or a college student who wants to look thinner, anorexia doesn't happen in a vacuum. When a person, 95 percent of the time a woman, severely restricts her diet and begins a strenuous exercise routine at the same time, she is in danger. Loss of 15 percent of normal body weight triggers the crisis. At this point, "something happens physiologically that makes it more difficult to voluntarily resume eating," Doerries said.

"When the weight loss is less than 15 percent, it's easier to say, that's enough," Doerries said.

Doerries has found that when the rats begin exercising more, and then gradually restrict their feeding hours, they are able to maintain their weight. When they restrict the feeding hours first, and then gradually introduce exercise, they also do fine.

"I would tell a daughter, start one or the other," but don't restrict food and start a strenuous exercise program at the same time," Doerries said.

Monitor the weight loss, see a doctor, and don't let the weight loss go below 15 percent [of normal body weight]," Doerries said.

Anorexics generally go through about five cycles of weight loss and gain before they overcome, or succumb and starve to death, Doerries said.

THE CAPTAIN'S LOG

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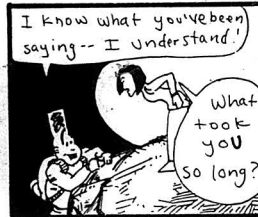
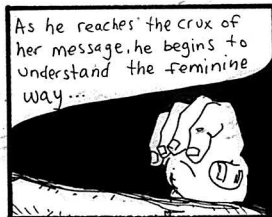
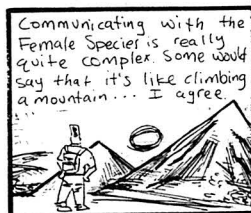
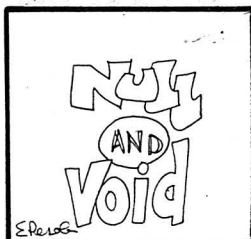
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