# APTAIN'S

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## A Fruitless Search CNU pours student money into quest Fails to name Student Life Director

By Melanie L. Stokes Staff Writer

CNU began searching last fall for someone they have yet to find. After spending several months and more than \$7,000 from student activity funds, administrators called off in its final stage, the search for a director of student

When Marie Hawley left the position on maternity leave and decided not to return following her son's birth, Cathy Banks, Hawley's assistant, took over as acting director. Banks has managed the student life office and student activities since last spring. When the university decided to permanently replace Hawley, a nationwide search began and Banks submitted her application. With the search suspended,

Banks goes on as acting director, indefinitely

Tim Freeman, CNU's director of resident life also applied. Banks and Freeman became two of the seven candidates who made it to the interviewing stages in Nov. and Dec. The search progressed smoothly and sailed through the many stages. Just before winter break, a committee nominated a candidate from the

final interviewees. From there, the committee's recommendation went before the dean of students, Drumont Bowman, who agreed with the selection. Reaching the final step, the recommendation went before President Trible and has gone no further.

The decision to suspend the search was not a commentary on the people who stepped forward," Trible said. Trible decided to find

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# Rose Recovering

Professor's in- class attack scares students, Sparks outpouring of well-wishing

By Melanie Stokes and Eric Pesola Staff Writers

Notorious for his lively lectures and irreverent delivery of world religions, professor Kenneth Rose is a student favorite. So when he nearly collapsed from chest pains during a class on Tuesday, word spread quickly across campus that Dr. Rose suffered an apparent heart attack.

"He was just talking calmly, telling us about his travels over the holiday break," Freshman Jimmy Polick said. Polick is a student in

Rose's Introduction to World Religion class which was meeting for the first time Tuesday. Rose reminisced about his winter travels in Portugal and mentioned that while abroad he suffered a mild heart attack.

"Then he just looked down with a real strange look on his face. He just stopped talking and went to the back of the room and leaned on a desk," Polick said. "Finally, he said he was having a little bit of pain in his chest and that his right arm hurt. He said

'class dismissed.' I just hope he's doing okay," Polick said.

A student called an ambulance which took Rose from a CNU classroom to Riverside Regional Medical Center where he spent eight hours in the emergency room. By Tuesday evening, tests completed but inconclusive, Rose went home

Though Rose is known for his physical raving and exhausting tangents in front of student audiences, he was not acting up dur

See Rose/ Page 5

## Catching the Spirit, Stealing the Show

During a recent Captain's basketball game, CNU student Chris Harper caught the school spirit and joined the cheerleaders. Harper came out of the stands, stealing the halftime show and energizing the crowd. The cheerleaders didn't mind the spontaneous intrusion. They looked pleased to spread the spirit

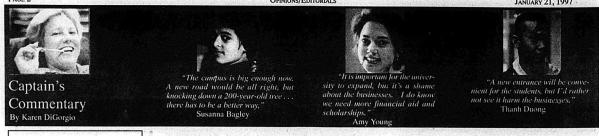
Photos by Kelly Wells/The Captain's Log













Sam Whitesell, 64, was hoping to be able to sell his business and retire

"I don't care about the Warwick widening project because I don't live here. As long as I can get to work without a hassle, I'm happy."

Quin Benjamin



The First Baptist Church Morrison used its sign to protest the road widening, telling drivers "We've been here for 113 years."

## CNU Land Grab

When details of the proposed widening of Warwick Blvd. were unveiled, property and business owners along the eastbound lanes between Prince Drew Road and Shoe Lane found themselves more adversely affected by it than their neighbors across the road. As written, the plan's two additional lanes, bike path, sidewalk, and landscaped median will replace a few gas pumps, cut down an over 200-year-old tree, and split a few buildings in half. Even so, the plan was approved by City Council.

As expected, CNU praised the "city-initiated" proposal while the property owners made no secret of their dissatisfaction with the city and its plan. They displayed ets made no sected of their dissatisfaction with the cry, and its plant. They dispute signs placing the cost of the 1.2 mile project at \$29 million, ridiculing the use of tax dollars to build bicycle paths, informing us that they had been at their location for 113 years, and accusing city council members of turning a deaf ear to their constituents. In addition, the owners wrote letters to The Daily Press, and commented openly to reporters whenever they were asked. Then, as abruptly as it began, the sign campaign and the property owner's protest ended.

'What had changed their minds?" I wondered, but not for long, because CNU's purchase of the Carrithers and Phillips Dowding buildings became public knowledge the week before classes resumed. After contacting several other property owners, I discovered that this is only one of many real estate purchases CNU is in the process of finalizing. According to Dorothy Burch, one of the owners of the College Court and College Arms Apartments, the only thing holding up sale of their property to CNU is

the completion of an appraisal.

Sam Whitesell, of Whitesell's Exxon, suspects a deal is in the works between CNU and the Exxon Corporation. "Exxon owns the land and the building, I just own the business," said Whitesell. "The company will be reimbursed for their investment, but I'll come out of this with nothing," he said. Whitesell also suspects that the First Baptist Church has a deal pending with CNU. "Marcellus Harris was all up in arms about the road widening. Then, he just all of a sudden stopped complaining about it."

Dr. Gerald Freeman has not yet been approached by CNU, but cannot afford to take advantage of an offer even if one is made. "I've just made \$250,000 in improvements, what advantage is it to me to sell to CNU when all the money will go to repay the bank?" Renovating a building that will soon be torn down is only one of Dr. Freeman's concerns. A family man as well as a dentist, Dr. Freeman has four children who will soon be heading for college. "There is no guarantee my patients will move with me," said Freeman.

"Trible called my ex-wife this morning and asked her to get an appraisal on the property," said Dr. Montague Martin, also a dentist. "Personally, I think it's time they [CNU] came out and told everyone what they're up to. Why does the school need a field house and an art center? Why not put all this extra money into books for the library or desks for the classrooms?

If, as Martin suggests, the city's intent all along has been to widen the road enough to eliminate the businesses and give CNU frontage on Warwick, then it will be just one more issue for voters to consider when council comes up for reelection. But, if it has always been President Trible's intent to expand CNU to Warwick Boulevard, design a new entrance where the Carrithers and Dowding buildings now stand, build a Field House with an Olympic-size pool, another residence hall, and a parking garage, and extend the great lawn from the main campus to Ferguson Hall, so what? CNU looking for a president who would increase funding for the university, attract funds from private sources, expand course offerings, and construct new buildings to house these new programs? As I see it, Paul Trible is doing the job the Board hired him to do, and the businesses on Warwick are unfortunate casualties.

"It would be nice to have easy access, but sad to lose any of the businesses in our communitv."

Amy Thomas

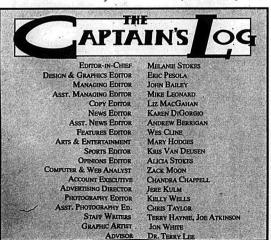


Sprinkle and Williams still voice their opinion on the city's decision.

A new entrance, Warwick frontage, and new buildings are very beneficial for us if the city is taking their property anyway."

Kelly Jackson

Photos by Karen DiGiorgio (left) and Melanie Stokes (right)/ The Captain's Log



Corrections

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# Politics In America Are You Involved?

By Alicia Sokes Staff Writer

As we head into a new year, President Clinton begins another term. With the possibility of Clinton having to go on trial for allegations of sexual harassment, many wonder whether he was the candidate to vote for in the 1996 election.

In retrospect, I consider why people chose whether or not to participate in the presidential election. Additionally, I also reviewed the issues I felt were most important and asked how these issues are being addressed.

Although thousands flocked to the polls last year, statistics reveal that more and more Americans are not voting. Of these, college students make up a signifi-cant percentage. The average voter turnout in other democracies such as France, Japan and Israel continues to be higher than in the United States. It seems that Americans are staying away from the polls for a variety of reasons. In his "Your Right to Vote: A Public Trust," Horace B. Deets, reveals that a University of Michigan study shows Americans' mistrust of government growing from some 20 percent in 1958 to 80 percent in 1994. This is understandable for millions of Americans, but certainly failure to vote cannot relieve the frustrations they feel about government and their quality of life. Keeping this in mind, I've gathered the comments of CNU students and faculty along with others about their participation in the 1996 election.

Specifically, I asked what issues are most important to individuals, how religious preferences do or do not affect votes, and what you think can be done to encourage more of today's college students to make that trip to the polls. Here are just a few of the responses I gathered:

Jonathan Blanks, a CNU senior, commented that he feels a responsibility to exercise his right to vote. For this reason Blanks participated by casting his vote during the presidential election last semester.

This senior mentioned that abortion, prayer in schools and family values were three of the issues he was most concerned with during the last election. Blanks added that religious freedom and making sure the government can't limit or put taxes on the church are definitely issues worthy of attention because it is important to be able to pray in schools and read one's Bible in public.

Blanks believes that most young people today don't care about politics and that things are too messed up for one election to make a difference. Although Blanks understands the frustration young people are going through, he feels that no human is perfect and that every citizen has the responsibility to participate in the election process. Blanks advises one should just vote for the lesser of two evils.

Freshman Natoya White says she did not vote in the election because she recently relocated. White explained that the issues she's most concerned with are affirmative action and education because she needs help to pay for college.

White explained that as a Baptist, her religious faith does not have an influence on her choice of candidate. White speculated that if people become aware of what is going on in the world then they will know that there are issues out there that can affect them. This may lead to more of us voting in the future. White believes that many refrained from voting because they didn't care about the election.

Patrick Curley, a senior, feels that politicians in our country influence tremendous economic, judicial and legal issues in our lives. Curley advises that we all need to vote.

Taxes, education and military involvement with other nations were the three most important issues to this CNU senior. Curley explained that tax is the most significant of these three because the government foolishly wastes tremendous amounts of money. Curley believes that there is little accountability for the government's actions.

A Catholic, Curley doesn't let his faith affect his political decisions. Curley also pointed out that unless more people vote, the future will be unbearable.

Curley realizes that people have such a pessimistic outlook about the future, and he understands why few want to deal with it now. Despite these feelings, Curley urges other college students to choose their future before it chooses them—past generations decided their future, and we have the right to decide ours.

Jermaine Walden, a junior and in the military, did not participate in the election

because he did not send off for his ballot. Walden feels that presidential candidates should go to more colleges to debate and give lectures. Walden also noted that many think that the issues don't concern them.

Deanna Deloatch, a senior, feels it is important to vote, especially since many of us are now allowed to. Specifically, Deloatch added that affirmative action is the most significant issue to her. As an African-American, Deloatch understands that were it not for affirmative action some African-American people wouldn't even be considered for jobs. Deloatch votes for the candidate who matches her spirit. She specifically likes the Democratic party, and said that she feels more spiritually linked to them than she does the Republicans. According to Deloatch, Republicans seem mean spirited. As a devout Christian, Deloatch chooses her candidates by first praying and asking God to reveal which candidate to vote for.

Professor Fabrice Lehoucq votes as a means of exposing a political preference. Lehoucq argues that a restructure of the electoral system is needed to increase the number of parties represented in our current political system. As for getting today's college students to vote, Lehoucq feels students probably believe participation in the political process is pointless.

In "Vote13 Won't Vote Unless Political Discourse Changes," the National Catholic Reporter revealed that, "72 percent of nonvoters and 73 percent of voters say they could never or only sometimes trust the federal government to do what's right. People. . . feel disconnected from the process when politicians debate issues that have no meaning to their lives and scream at one another rather than look for answers.

In "Your Right to Vote: A Public Trust," Horace B. Deets commented that, "The figures get better as the voters get older: About half the voters 35 through 64 went to the polls in 1994, and 60.7 percent of those 65 and over voted.

Alicia Says:



America's apathy and the lack of political involvement of the average citizen is always a topic people are prone to argue and debate. That is not the purpose of this article. The objective here is to consider why fewer and fewer Americans have faith in the politics of our nation.

Let's look at the facts. First, more Americans are extremely distrustful of the government and its officials. Secondly, young Americans, college students in particular, have seen more lying politicians, scheming senators, and careless representatives than any generation before. It is no wonder many college students today do not believe that their vote actually makes a difference.

I think today's youth are becoming more critical of time consuming processes and are more apt to participate in activities that show an immediate improvement. Take, for example, the increasing number of high school and college graduates who decide to join organizations such as the Peace Corps. Our generation realizes that while politicians change legislation, people are starving, children are impoverished and millions are without homes and clean water.

I agree that if one truly believes in the political process then one should by all means vote. On the other hand, consider how the months politicians spend proposing and approving legislation on homelessness and poverty could be better spent helping people find the food and shelter they need today.

Personally, I think mankind has gotten itself into far more trouble than even the technological advances and brilliant discoveries can begin to fix. Environmentally, we have just about doomed ourselves-from water and air pollution to deforestation. Socially, there is mass confusion, hatred, bigotry and oppression all around the world. Politically, Americans as well as those in other nations are playing a great game of charades.

It strikes me as ridiculous that people continue to put the utmost of faith in their senators, presidents, military commanders and others. These people, despite the high status they've created for themselves, are imperfect humans—just like the rest of us.

So as not to be labeled a pessimisagree that what I've stated is reality. If you feel that politics in our country has not been reduced to a game of who you know and what skeletons are in your closet then by all means vote. Feel patriotic . . . if at most for a day. As for those who refrain from voting, keep in mind that this does not mean you cannot be active and effective in changing our world. The opportunity to make positive changes is always available.

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Next month is Black History Month, so the next several issues will address topics specifically concerning African-American students, faculty and their communities. For more information on these and other upcoming issues please contact Alicia Stokes, Opinions Editor, at 594-7196.

## The Captain's Log

wants your letters to the editor. Please send your letters to the Captain's Log Office in the Student Center, Room 223. E-Mail us at clog@cnu.edu.



#### News Briefs

### CNU's SEVAnet Makes Major Impact on Hampton Roads Economic Development

In less than a year, companies involved in CNU's SEVAnet Electronic Business. Model Project have increased their revenue and savings by \$2,515,950. In addition, the project has led to 73 new or retained jobs and two new or retained companies.

The results, part of a study commissioned by the Center for Regional Analysis in The Institute of Public Policy in northern Virginia, indicate that the SEVAnet Business Model Project has had a significant impact on the companies involved. SEVAnet's official sponsor of the project, Virginia's Center for Innovative Technology, says its customer satisfaction ratings were: 4.20 for overall satisfaction, 4.10 for accomplishment of goals, 3.9 for timely delivery of results, and 3.5 as to whether the work was commercial, all on a 1.0-5.0 scale. Eighty-one percent of the 27 Hampton Roads companies identified as having worked with SEVAnet responded.

President and Chief Executive Officer of Peninsula Software of Virginia, Inc. Leroy Newman said 50 new customers and more than \$18,000 in sales to date can be attributed to the SEVAnet project. The software payroll firm has also secured four agreements with other companies for an even greater potential.

Newman said, "Not only are we using e-mail for communicating and selling our software programs over the Internet, but we're also using our web browsing capability to look for other software ventures." The company has also hired an additional programmer as a result of the SEVAnet project.

Ken Benassi, Regional Manager for National Welders Supply Co., said SEVAnet has been an excellent value and service. "It has allowed us to become a national company, so we can market our goods and services internationally." Recently, the company shipped an \$800 order to Guam as a result of its link on SEVAnet's web page.

Steve Jordan of Smithfield Companies said \$2100 in sales can be directly attributed to the Internet portion of their mail order business. The company is interested in creating a spin-off business on the Internet and directing it toward wholesale restaurant trade. Jordan said, "We envision ourselves being a long term supporter of SEVAnet."

Carl Anderson, President and C.E.O. of Virginia Hydroponics, said in addition to expanding their business locally and internationally, the project has allowed them to bring hydroponics in the classroom. "As a direct result of our web page, students in Alaska are seeing growing vegetables for the first time."

SEVAnet may be accessed on the Internet at http://www.seva.net. For more information on the electronic model project, call Dr. Winter at (757) 594-7092 or e-mail: https://www.seva.net

## A Wedgie with a Wallop

A Texas A&M University fraternity has been indicted on criminal hazing charges after a pledge lost a testicle because of a "wedgie."

In October, the Kappa Alpha fraternity pledge was lifted off his feet by the waistband of his underwear, which caused damage to his testicle, said Jean Zdziarski, assistant director of student life at Texas A&M.

"Because of that, doctors had to remove his testicle," he said.

The fraternity, which was suspended by the university until August 1999, was charged with organizational hazing, and could be fined up to \$10,000 or more depending on the extent of the injury.

A fraternity member was charged with individual hazing and could face up to a year in jail and a \$5,000 fine.

The student withdrew for the remainder of the fall semester for medical reasons but plans to return in the spring, the university said.

#### **Accredidation Affirmed**

The Southern Association of Colleges and Schools announced the reaffirmation of CNU's acredidation. SACS announced the accredidation on December 10, 1996 at a meeting in Nashville, Tennessee.

"The reaffirmation signals that our academic and fiscal affairs are in good order and that we can progress confidently into the future;" Provost Robert Doane said.

# CNU at a glance. . .

#### Wednesday

11 a.m. Journalism Workshop with Dr. Terry Lee SC 223

Noon
Dolphinologist Discussion
with Laura Uriah
Student Center Lounge

8 p.m. Act One Presents Comedian Pablo Francisco Terrace

2 p.m. Recreation Club Meeting Terrace

#### Thursday

5:30 p.m. Accounting Club Meeting Christopher's

#### Friday

9 p.m. Sigma Pi Fraternity's Annual Nut-N-Bolt Dance Terrace

# The Edition with a Mission APTAIN'S Of http://www.cnu.edu/studlife/captains/



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## Santoro Hall students find temporary homes over Winter Break

Staff Writer

For most CNU students living in Santoro Hall, the Thanksgiving and Christmas breaks mean a chance to go home. However, for international students, home can be as far away as Japan or Korea. This creates a problem. Students are required to leave the dorm during breaks to allow for health and safety inspections. Also, with the residence assistants gone, there is not enough staff left to maintain the building and keep it open.

Many international students make arrangements to stay with family or friends in the area or return home. Those who cannot make the long trip back home now have the opportunity to say with a host family here in Newport News. Santoro Hall officials and the United Campus Ministries worked together to place two students with families over the Thanksgiving holiday and one over the Christmas break.

Dean Nelson, Residence Life Assistant, said "Two students approached me in November with the need to have a place to stay over the Thanksgiving break. I asked Reverend Cheryl Harrison-Davidson for help with finding host families."

Reverend Harrison-Davidson contacted nearby Hidenwood Presbyterian

"Hidenwood has previously participated in the Christmas International House program placing international students with host families over the holidays. I was hoping there might still be families willing to help now," said Reverend Harrison-Davidson, "The church was very cooperative and quick to respond."

Hidenwood's Reverend Harold McKeithen found two families here in Newport News willing to take in CNU students during the Thanksgiving break.

"Many of the church's families have shown an interest in acting as a host family to students in the future so long as there is enough advance notification. The two families who did it this past Thanksgiving truly enjoyed the experience," Reverend McKeithen said.

Dr. Alex Boatwright and his wife Hannah Boatwright housed Kimiaki Ito, a student from Osaka Japan.

"Two years ago we were hosts to a Romanian teacher. It was such an enjoyable experience, we were happy for the opportunity to do it again," said Hannah Boatwright. "It was a great pleasure having Kimiaki share the holiday with our family. He fit right in and really enjoyed playing golf with my husband and son."

For Kimiaki, the experience went beyond just staying at home with the Boatwrights.

"The Boatwright's son Wes invited me to see him in Washington D.C if I ever get the chance. So, I visited Wes in early January. He gave me a great tour of the city," Kimiaki said.

Dean Nelson plans on sending reminders to all resident students prior to each break. This will ensure enough notice for Hidenwood to find host families, Nelson explained.

"Overall, the host families and the international students involved

seemed to have had a great experience," said Nelson.

In the future, residence hall students will receive reminders prior to each break to notify Dean Nelson if they will need to be placed with a host family.

Search/ continued from page 1

a permanent dean of students before electing a director of student life. Drumont Bowman serves as the acting dean of students and has been in the interim position since June, months before the student life director search began.

"It is important to select a dean of students and allow the dean to put together his or her team . . . creating a full complement of highly dedicated people," Trible said. The plan to allow the future dean to select the future director of student life was not conceived until the current search was nearly complete.

Beginning a nationwide call for applications, CNU purchased job advertisements costing \$1,899.08. The Office of Student Life paid the bill out of general student activities funds. Announcing the position in the Affirmative Action Journal cost CNU \$708.75. Ads in daily newspapers cost \$718.43 and a requisition in the Chronicle of Higher Education totaled \$471.90.

Three of the seven candidates were flown in from outside of Virginia at CNU's expense. Their travel, lodging and meals cost CNU at least \$5,500, according to Doug Gallaer, the search committee chairman.

"I have received receipts so far for about \$5,500 and expect the cost to total up to \$6,500," Gallaer said.

"Some time and money were wasted," Trible said when asked about the cost of a fruitless search.

Gallaer does not consider the search time entirely wasted.

"Sure I would like to see someone in the position. Suspending the search is not an indictment on any of the candi-. dates. They were highly qualified individuals. Any and all of the candidates can reapply in the next search," Gallaer

"I wouldn't begrudge anyone in a dean's position who would come in and want to select his or her own team and student life director," Gallaer said.

Students, including search committee member and SGA president Dave Edwards are eager to see a permanent student life director named.

"I am really disappointed that we have not brought closure to this effort," Edwards said. "The committee spent two and one-half months interviewing very capable candidates . . . we were confident in the recommendations we made," Edwards said

Edwards and other committee members would not name their selected director since the halt is an indefinite suspension. "I was honored to be on the search committee. We had an important job to do. I missed classes, rescheduled exams, and missed work for the interviews," Edwards said. "I would like to see a director in place now. This delay is confusing and upsetting students who have talked to me," Edwards said.

Tony Felt, a senior English major and assistant in the student life office expected an announcement last month.

This is wrong and extremely annoying," Felt said. "Someone has said, 'Let me push the hold button . . . I'm putting your life on hold.' Everyone in the student life office is unhappy about the delay," Felt said.

Trible has said that CNU is the university where students come first. If so, I say give us a director of student life . . . and while you're at it, give us Cathy Banks. She has proved that she can do the job and do it well," Felt said. For now, Banks remains in the position.

## Planning ahead key to keeping resolutions

By Colleen DeBaise College Press Service

Jacqueline Rodriguez, 17, is taking her New Year's resolution to lose weight seriously.

"Since November I started working out everyday to get myself used to doing it for the new year," said Rodriquez, a first- year student at Richard J. Daley College in Chicago. "I do aerobics and abdominal.

Unlike Rodriquez, most students don't have a fast-and- steady plan to adhere to their 1997 promises. After inhaling all those holiday cookies or lazing on the couch during winter break, the motivation level to keep a New Year's resolution can drop faster than the giant ball at Times Square.

Experts say designing a realistic game plan can help you stick to your New Year's resolution.

"Many of us vow to live healthier by giving up bad habits or making changes to our lifestyle," said Dr. Jeffrey Koplan, chief medical research officer for Prudential HealthCare. "To be successful, people should try to focus on one or two resolu-

and set realistic goals with, an action plan for accomplishing them."

According to a recent Prudential survey, less than half of the those who make New Year's resolution have a plan in place for achieving them. The most common resolutions mentioned by those surveyed in-

Rose / continued from page 1

"I wasn't even excited, but it knocked me back," Rose said. "I just couldn't talk. It was a striking pain across my chest."

"I laid on the stretcher looking up and thinking that I had lived a good life. If this was a heart attack . . . I had lived a good life," Rose said.

Though his hospital stay only amounted to a few hours, Rose was showered with concerned visitors and with phone clude "lose weight," "exercise" and "quit smoking."

But even if you have a plan, staying motivated is the tough part.

Rodriguez, who works two jobs, says her other New Year's resolution is to stay in school, no matter how hectic her schedule gets or how tight her financial situation

To stick to her 1 997 goals, she plans "to keep reminding myself everyday, 'I can do it, I can do it, I can do it,' and keep telling myself the benefits I can get out of them," she said.

Elizabeth Allison, 25, a graduate business student at the University of Chicago, has made several resolutions for the new year.

Among her resolutions are "to get straight A's, or at least to do well," she said, 'and to lose 20 pounds, of course."

Although classes have not yet started, Allison is headed off to the library. "I'm studying a lot more before the quarter begins," she said. "And I started a new exercise program. I'm jogging about three or tour times a week, for a couple of miles."

She's confident that she can stick to her plan for good grades. "You-pay all this money to go here, so it's easy to stick to it," she said.

But the jogging routine is another story. Allison gives that about six months, at least until the warmer weather hits and she gets distracted by more fun outdoor activities,

"I was just overwhelmed by the amount of people who came to see me and left messages on my answering machine who were from CNU," Rose said.

Word of the professor's illness spread quickly among students.

"I am shocked because Dr. Rose seems so healthy and so alive. I think he's only 46 years old," Senior Tim Hedgepeth, Rose's former student, said.

Since Tuesday, Rose has been through gegarges (fareres and sections

The American Council on Exercise warns that about half of all New Year's fitness resolutions will end in failure within three to six months because of a lack of motivation.

"For people who want instant results, it's easy to get discouraged," said ACE spokesperson Richard Cotton. "Many people starting exercise programs don't realize that consistency is the key to a healthy lifestyle.

The immediate benefit of exercise is that it relieves stress and builds self-esteem, he said. However, "it takes one to three months to get some of the visible physiological benefits, such as increased flexibility and reduced body fat," he said.

As a starting point, Cotton stresses the importance of setting realistic fitness goals, creating a challenging lenging-butenjoyable exercise routine and not expecting overnight results.

"Step into a new-routine slowly," he said. "When starting a program, don't push too hard. Set a goal of three times a week without taking off more than two days at a

A student might want to consider starting with 20 minutes of aerobic activity, 10 minutes of strength training and five to 10 minutes of stretching, he said. ACE offers a few other tips- such as how to enlist the support of your family and friendson its webs ite, at www. acefitness org. Those who want to give up cigarettes in 1 997 should also devise a solid plan.

medical tests which show that the attack with Rose this week.

"He did not have a heart attack but a gastrointestinal attack of some sort," Powell said. "He's undergoing some more tests to make sure there are no underlying prob-

Dr. Rose will begin his semester when he returns to the classroom this week, Powell said.

was not a cardiac arrest. Jouett Powell, dean of the college of liberal arts has kept in touch

#### Wes's World

## License plates key to the soul

Looking around campus, something strikes me. No, not the fact that I have once again forgotten to organize my life so that I can finally do my best in my classes. There are an abundance of personalized license plates on campus. Students, professors, members of the administration; they all

Most of these plates don't bother me. They just provide a convenient opportunity for people to let others know what is important in their lives. What is frightening is the message that some people want to share with the world.

On one car with a "Faculty/Staff" parking decal this license plate appeared "FAI LU." Upon first glance I thought this was the car of Fay and Lou. This was not the case though. It turns out that this plate holds a far more sinister message for the rader. It really means Fail you, which is apparently this professor's goal.

Most recently the professor made a change to his or her license plate. It now reads "IODURLIF." It took me a few days to figure this one out. I knew that it could not hold a hopeful message for the students. but it appears that this professor is on some kind of power trip. This plate as far as I can tell means "I" "O" hole "D" "UR" your "LIF" life. "I hold your life" does not seem to me to indicate a professor with compassion and understanding into the problems one understanding professor around. A few months ago his plate read "UCANPAS." I am sure that this professor understood the anxiety of his students and wanted to give them a double message of encouragement. He understood that his class can be hard a n d wants to resure students that also indicates they can pass his class. He also underthis student's tendency tostood the time constraints on his students and does not want to hold them up in traffic by making them stay behind him. By giving them permission to pass get their fix of in order to him, he gives them freedom to speed

Marie continued to grow."

ing ticket, whichever comes first. This same professor recently had a new plate made. It reads "GVEUANA." This only further proves how compassionate he is towards his students. What stu-

merrily on their way to class or a speed-

Fortunately there also appears to be

dent could resist the opportunity to receive an "A" in a class?

"INEDANA" adorns a student's car near the Student Center. This can only be a plea to all his or her professor's to give this poor individual a superior grade.

wards being a perfectionist. It is almost like a drug that this person must Another student's plate

reads "NOMRSCI." This again seems to carry a double message. No more science is obviously a cry of relief over completing the basic science general education requirement. It also indicates the level of proficiency that this student had. No Mr. Science. This student bears no great fondness for science and does not find himself ready to commit to a long term relationship with it.

An equally jubilant student had this message on her license plate "NOMRLANG." I know that many students released a sigh of relief when the language requirement was eased. It also shows her liberation from traditional titles. She takes the masculine Mr. and makes it an equally feminine thing. Or perhaps she is so disgusted with the pursuit of a second language that she does not even want to associate with a male who is enthusiastic about other languages.

When I finally tore myself away from admiring the cute and creative messages people had managed to put onto their plates I saw two plates that really made me raise my eyebrows. A car near the administration building had this plate "UOFTRIB." This wasn't all that odd in and of it self but then I passed a man putting a new plate on one of the university vehicles that read "TRIBLEU." I don't know what this means but I do have one question. Since anyone who contributes one million dollars to the university gets to name a building, does someone who raises considerably more money for the university get to name the university after him or herself? Just a thought.

## AWESOME CONNECTION exists in unique group

By Alicia D. Stokes Staff Writer

Awesome Connection is an organization that sets out to strengthen the sisterhood of CNU's African-American female students, faculty and staff. Launched in the Fall of 1995, Awesome Connection members meet every other Friday evening to discuss issues relevant to the group's members. Last year, the group discussion was based on Terry McMillan's novel, "Waiting to Exhale." Members of Awesome Connection paralleled events in the book to their own personal trials, aspirations and accomplishments.

This year the group is reading McMillan's newest release, "How Stella Got Her Groove Back." The novel addresses issues such as marriage, singleparenting, divorce, and relationships with African-American men. Already, the heart-

warming discussions the group is known for have begun.

Carrington and Norwood assign a few chapters to the group to be read for discussion in the upcoming meeting.

The discussions act as therapy in which group members and coordinators become fully involved. Carrington often uses art activities to help members analyze complex issues.

Members are also given a small plant to nurture and protect, and on occasion are

asked to bring their "The more I talked plants to the meetings. By caring for aloud to Marie the less the plant, members make steps toward stress I felt and the more nurturing them-

> -Joyelle Brooks second year mem-Joyelle ber, Brookes recalls, "I

named my plant Marie. I talked to her frequently and it was a type of therapy in itself. The more I talked aloud to Marie the less stress I felt and the more Marie continued to grow."

The group also participales in art therapy during which they draw pictures of goals and accomplishment. Putting these ideas in color and then describing them to the group helps each member to more clearly focus and plan steps toward attaining their aspirations.

The organization encourages CNU's African-American women to come and join others in future discussions.

For more information on upcoming meetings contact Marian Carrington at 594-7047. Students may also become a part of the Awesome Connection mailing list by signing up in the Office of Career and Counseling Services.

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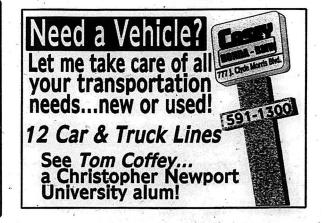
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## Comic professor takes education seriously — sorta

By Don Kennedy Staff Writer

As a preacher's kid, Dr. Albert Millar claims he had something of a reputation to live up to. P.K.s, he says, are always the ones you've got to watch out for.

Millar has certainly lived up to his reputation. It was obvious, early on, that he was a black sheep by his family's standards.

Three generations ago, Millar's grandfather immigrated from Scotland to Newport News, where he built the Plymouth Brethren Church. The church was a fundamentalist—almost Puritan-like—group who maintained strict rules for its congregation. And the rules were simple—don't partake of the world. Motion pictures were not permitted and owning a television was out of the question. And so, Albert Millar's escape became reading.

As Millar's father took over the ministry in 1951, it was expected that one day young Albert would do the same. But, he had other ideas. The literature that had been his best friend throughout his childhood had introduced him to a world beyond the Plymouth Brethren Church, and he couldn't wait to graduate from Warwick High to escape his destiny.

In college, Millar rebelled. He saw his first movie—the first in a series of events that squelched his family's hope that he'd stand before the Plymouth Brethren congregation, and instead sent him to the "unbeliever's pew" in the back of the church.

Millar's escape from his destiny was the beginning for him—a beginning that has led to his life as, what he calls "the lowest paid entertainer in America." For 31 years, some 14,000 CNU students have had front row seats for his comical antics and anecdotes—an off-beat style that has kept them laughing while they learned the finer points of literature and the English language. And it's his fresh approach to teaching that keeps them coming back.

"I ry to make each class as entertaining as possible," said the Paul Lynn lookalike professor. "That's the goal, to try to make a connection with each class. Each class is a challenge. And that challenge is to get people excited about what I'm trying to get across."

It seems his style is working. Millar says he feels honored when he sees a student who has taken him for a class previously, and returns for another.

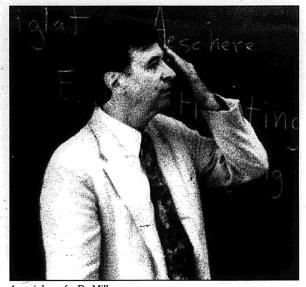
"There are some students who have majored in me," Millar jokes. "And I've taught 22 classes in the course of my career—that's half a degree right there."

Millar's ability to connect with his students puts them at ease. Sometimes, at the more racy passages of literary works, he'll insist on shutting the door to the classroom as if he's having a personal discussion with his students—telling them things he wouldn't tell anyone else.

"That's the trick," Millar explained. 
"Making the students feel comfortable in the classroom. Once we establish that bond and get that interchange going, it makes my job a lot easier. It makes it easier for me to guide them through the things I feel should be appreciated."

That's a stretch from Millar's earlier years in the classroom, when he typed every word he was going to say and read it to his students.

Today, the preacher's kid tells stories of his life outside the church that would make his father and grandfather cringe. After all, grave digging isn't a common



An epiphany for Dr. Millar.

Photo by Karen DiGiorgio/The Captain's Log

practice among the Plymouth Brethren.

Millar visited England over Thanksgiving to survey the grave site of one of America's great Revolutionary authors a site which he plans to return to with a shovel in hand.

"It all started when I was in graduate school at the University of Delaware," explained Millar.

"I had a professor there, Dr. Calhoun Winton, who was preparing to take a job at the University of South Carolina, where I attained my masters degree. We became quite close. I provided him with information about SC and he shared with me his secret about Thomas Paine."

When Thomas Paine died in 1809 and was buried on his farm in New Rochelle, New York, William Cobbett exhumed his remains with the intentions of giving him a proper burial in England. As it turns out though, Cobbett changed his mind about Paine's remains. As Paine was so desperately hated by the English for his aid to the American Revolution, plans were in place to take his remains all over England, anexhibit to be bound inchains and displayed at community gatherings in exchange for a

However, the night before his body was to go on display for the first time, Paine's family stole back the remains and buried them in a secret location in a suburb of London.

"Dr. Winton, in researching some old church records, came across some Paine family correspondence with a church. The letters divulged the location of the Revolutionary hero. His body is currently buried in the back yard of an elderly woman.

"But she won't allow us to exhume the body now," Millar continued. "She says we can do anything we wish after her death. But she doesn't want us disrupting the prize bush in her yard."

When asked how old the woman was, Millar's perfectly timed wit, kicked in: "Eighty-six and counting," he smiled.

That story became part of the classroom discussion in Millar's early American literature course. Not only could his students picture their straightlaced professor trudging through an old woman's bushes, they learned an interesting piece of history about a great American author along the way

And that's how it works. Millar's sometimes outrageous pursuit of knowledge leaves his students giggling at their desks—sometimes oblivious to the fact that they are learning along the way.

Millar's classes highlight his love for education—a love that has led to a massive book collection, many of which are first editions. Some of these books, he's embarrassed to say, were stolen. As Millar closed his classroom door for privacy, he told his early American literature students about his adventure in South Carolina which led to the prize book of his collection.

It seems, when he was in graduate school, Millar and his wife were invited to a wedding in South Carolina. It is there he saw an old abandoned plantation house, which the locals said was haunted. Legend had it that the house had been abandoned for years, that the family had just left it without so much as moving the furniture. The property was slated for demolition within weeks. Naturally, Millar's thoughts turned to where anyscholar of literature would turn as he heard the story of the haunted house—books.

That's what you get from a class with Dr. Millar—the unexpected. That's the way his mind works. His undying love for reading, which started with the sheltered childhood of a minister's son, has led him to where he is today. Although a congregation doesn't hang on his every word, his students do.

But they're not the only ones. Millar has had his experience with notoriety. In fact, in 1982, he was a national celebrity for a week or so.

That's when he saw his second movie, "E.T." Millar saw some similarities between the alien character of the movie and Jesus. He felt those comparisons so strongly that he was compelled to write them down in a scholarly pamphlet. One of his students drew a likeness of "E.T." on the cover of the pamphlet, and Millar had them printed up. He advertised them in the newspaper—selling them for \$1 to cover his costs.

"I just wanted people to read what I observed in the movie," Millar explained. "I mean, I was just comparing the charac-

ter in the movie to Jesus. I didn't see any

But Stephen Spielberg evidently did. Soon after Millar sent one of the original copies to the movie maker, he received word that he was being sued for copyright infringement. The Richmond Times-Dispatch picked up the story and soon the word of Dr. Albert Millar spread across the country. Millar did a stretch of talk shows as far away as Texas about his pamphlet and the law suit. "Saturday Night Live" even did a skit based on the pamphlet.

"That was my 15 minutes of fame," Millar said. "And I quite enjoyed the notoriety while it lasted."

Millar left his family home, a grand old home in Hilton built by his grandfather on the banks of the James River, as soon as he finished high school and went off to college. Yet, ironically, it was his family who always kept him right here in Newport News. Of course, there were other offers—nineteen in all—offering more money. But, somehow, Millar always managed to say no, remaining at home.

Today, Millar picks up his elderly mother every morning from that same family home. He spends six hours a day with his mother, taking her out for her soup at a series of restaurants she likes to visit.

"It's good companionship for me," Millar said. "I have been somewhat of a loner all my life. I've never been to a party or drunk a drop of alcohol. There aren't a whole lot of people with the same interests as me, you know."

What of the rest of his family? Would his grandfather and father approve of the man who chose not to follow in their footsteps as minister of the Plymouth Brethren Church—a man who watches movies and television?

"Although there was some disappointment early on," Millar said, "I believe there was great pride as the years went on.

"I remember in 1988, when I was presented with CNC's instructor of the year award, I went immediately from the ceremony and took the plaque they presented me to my sick father's bedside.

"My father looked up with pride and said 'you've got something there that money can't buy, son.' That was a special moment for me."

The life of an entertainer can be stressful, particularly a classroom entertainer waiting for freshmen to deliver term papers weeks late. But, Millar has an escape. Above his desk hangs a mounted photograph of the place he'd always rather be—on Hilton Pier on the James River in Newport News watching the sun set.

"I'm a self-appointed inspector of sunsets," Millar said, making reference to Henry David Thoreau's claim that he was a self-appointed inspector of snowstorms. "There is nothing more beautiful in the

"You know, sometimes I'll ask people, 'did you see that sunset last night?'

"They'll reply, 'no, but I heard about

"You can't just hear about a sunset," Millar said. "It's something you've got to experience — to stand in the midst of."

Millar stands in the midst of his sunsets on a pier built by his grandfather decades ago—that place and time, captured in the photograph above his desk. It is his nightly retreat, a place where he goes to reflect on life, just as he did when he was a boy—the avid childhood reader who blossmouth Brethren's loss has been Christopher Newport University's gain.

Boxscores and Standings

#### This Week in CNU Sports

Men's Basketball

Wed., Jan. 22 Ferrum College HOME 7:30 p.m.

Sat., Jan. 25 Averett College HOME 7:30 p.m.

#### Women's Basketball

Wed., Jan. 22 Ferrum College HOME 5:30 p.m.

Sat., Jan. 25 Averett College HOME 5:00 p.m.

#### **Intramural Action**

Bowling Circus Tourney, Jan. 27 Reg. Deadline Jan. 21

> Power Weightlifting Feb. 3 Reg. Deadline Jan. 28

Beat the Clock Basketball Jan. 31 No pre-registration

#### Dixie Conference Athletes of the Week

PLAYERS OF THE WEEK

Men's Basketball

#### JEFF McLEAN-CNU

The senior from Norfolk, Va., led the Captains to a 3-0 break including a win over Division II Virginia St. by averaging 20.7 points and 6.7 rebounds. He also had nine assists and six blocked shots. Also nominated: Ed Gwynn, Averett; Rodney Ponzo, Ferrum; Anthony Ware, Greensboro; Tyrone Bennett, Methodist; Jamar Jones, N.C. Wesleyan.

Women's Basketball

#### MISTY HART - CNU

The junior from Newport News, Va., earned All-Tournament honors at the CNU Invitational by averaging 18.0 points and 6.5 rebounds. She was .467 (14-30) from the floor and had seven assists, five steals and three blocked shots. Also nominated: Amy Cross, Averett; Deb Meisenbach, Greensboro.

#### ROOKIES OF THE WEEK

Women's Basketball

#### JACKIE MACKLEN -CNU

Came off the bench at the CNU Invitational to average 6.0 points and 3.0 rebounds along with three assists and three steals.

## The Good, The Bad

By Chris Perry Staff Writer

The CNU Men's Basketball Team earned several key wins over the holiday break, going 4-1, and improving their record to 8-4. The Captains have been involved in many close contests this season, but one certainly stands out.

In what turned into a classic shootout, CNU overcame Div. II Virginia State University, 86-84, on Jan. 7. The Captains lead early in the first half, 12-6, but found themselves trailing at halftime 44-39 VSII added to their lead in the second half until Mike Holland hit a threepointer with 8:44 left to rally the team. As the final seconds ticked away, senior Jeff McLean hit the mark with huge three that tied the game at 81-81 and was fouled. After missing the go ahead free throw, Virgian State's Elgren Green fired a three of his own that sent the Trojans ahead with 17.9 left. Holland was given the call and again sank a three to tie the game at 84-84 with 4.9 seconds to go. As VSU inbounded

Men's Basketball

86

84

39 47 -

44 40

Virginia St. (84)

34 36

37 36

Men's Basketball Standings

1.000

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.000 '3-9 .250

.000

Women's Basketball

26 32 - 58

39

Conf. PCT.

1-0 1.000

1-0

1-0 1.000

0-1 .000

0-1

Ferrum

CNU

Averett

Chowan

CNU (103)

CNU

CNU:

NC Weslyn

Methodist

Shenandoah 0-0

Greensboro 0-1

PCT.

636

.667

CNU

Averett

Methodist

Ferrum

Greensboro 0-0

Shenandoah 0-0

N.C. Wslyn 0-1

Overall

7-4

5-4 .556

3-7 .300

5-3 .625

3-9

103

CNU

CNU: 8-3 Technical For CNU (86) the ball, the Trojan's Steven Guy earned a technical foul for being a sixth man on the court. Holland hit one of two free throws and CNU held on for a thrilling victory.

McLean scored a career-highequaling 27 points while also pulling down 11 rebounds. Junior Matt Bryant scored 19, while Holland had 16 and junior David Powell added 14. Junior Steven Butler led way in rebounds with 17.

The Captains began Dixie Conference play last Wednesday night on the road against N.C. Wesleyan College. After trailing by three at the half, 37-34, CNU rallied in the second but came up just short loosing 73-70.

Bryant paced the Captains with 23 points, while McLean chipped in 17 and Powell added 13.

CNU traveled to Shenandoah University last Saturday night to face the Hornets and will return home to confront

# Elsewhere in the Dixie

For Week Ending Jan. 12.

#### **AVERETT**

MEN'S BASKETBALL (3-8): The Cougars had a tough week losing to 2 NAIA squads (Bluefield & Clinch Valley) as well as a ranked Maryville team. Averett did manage a win over Warren Wilson College to go to 3-8 on the season. Four different Cougars led the team in scoring in the four games of the week.

WOMEN'S BASKETBALL (3-4): The Lady Cougars lost their only game of the week to Savannah College of Art & Design to fall to 3-4. Amy Cross scored 12 and Lisa Morris pulled down a dozen rebounds in the defeat.

#### FERRUM

MEN'S BASKETBALL (6-4): Ferrum won two of three games since beginning second sengester play. The Panthers defeated Newport News Apprentice and Maryville while losing to Franklin & Marshall. Marcus Toney topped the 1,000 point mark with 19 against Maryville. He is the ninth player to score over a grand at Ferrum.

WOMEN'S BASKETBALL (5-4): The Ferrum women have dropped three straight to fall to 5-4 on the season.

#### GREENSBORO

MEN'S BASKETBALL (3-8): The Pride lost all four games in the Wittenberg and Catholic Tournaments to fall to 3-8.

WOMEN'S BASKETBALL (6-4): The Lady Pride dropped three games at the Goombay Shootout in the Bahamas.

#### **METHODIST**

MEN'S BASKETBALL (2-6): The Monarchs lost to Maryville in their only game of the week. Jason Childers had 19 points and Tyrone Bennett scored 14 in the road loss.

WOMEN'S BASKETBALL (2-4): The Lady Monarchs remain 2-4 having not played in the past week.

#### SHENANDOAH

MEN'S BASKETBALL (5-2): The Hornets remain 5-2 following no action last week.

WOMEN'S BASKETBALL (4-2): The Lady Hornets are still 4-2 following no action last week.

#### **Dixie Conference Leaders**

Men's Basketball

Steve Butler-Rebounds: 1st-127, 11.5 per game, Blocked Shots: 2nd 32, 2.9 per game. Jeff McLean-Scoring: 5th, 17.1 points per game.

Women's Basketball

Leema Madden-Assists: 1st-58, 5.3 per game, Steals: 1st, 36. Misty Hart-Scoring: 1st-231, 21 points per game.

| Macklen Place Martin Roberts Totals Percentages: 1-2-7, Madden 1 Barnes 1, Doo overs: 14 (M Stallings 1), 5 Edwards 2, M | 8<br>17<br>9<br>200<br>FG52<br>-3, Doughty 1,<br>artin 4.<br>Steals:<br>artin 2, | 2-3<br>1-4<br>0-0<br>46-87<br>9, FT5<br>aghty 1-<br>, Madde<br>, Allen 2<br>21 (Hart<br>Stalling | 0-0<br>0-0<br>0-0<br>4-7<br>71. 3-Pe<br>3). Bloc<br>n 1, Ha<br>2. Barn<br>1-4, Mac<br>5-2, Ma | 1-1<br>0-0<br>0-0<br>17-27<br>oint goa<br>ked Sh<br>rt 1, Ma<br>es 2, H<br>rklen 3,<br>idden 1 | 0<br>9<br>0<br>31<br>Is: 389<br>ots: 9 (I<br>scklen I<br>art 2, F<br>Pool 3, | 1<br>26<br>(Edward<br>dward<br>, Marti<br>tool 2,<br>Allen  | 4<br>2<br>0<br>103<br>ds 3-6, Har<br>s 2, Allen 1<br>n b). Turn<br>Macklen 1<br>2, Barnes 2 |
|--|--|--|---|--|--|---|---|
| Chowan (£<br>Totals<br>Percentages:<br>4 Turn-over   | Min<br>200<br>FG: 38   | Fg.<br>21-54<br>19, FT-4   | Ft.<br>12-30  | rebs.<br>(o-d)<br>14-26  | assts.   | pers.<br>fouls  | total<br>pts.<br>58   |
| Bethany  |  | 36   | 43  |  | 79   |   |   |
| CNU  |  | 26   | 51  |  | 77   |   |   |
| CNU: 8-3   |  |  |   |  |  |   | 7111  |
| Technical Fou  | ls: nor  | ne. Atte   | ndance  | 250  |  |   |   |
| CNU (77)   |  |  |   |  |  |   |   |
|  |  |  |   | rebs.  | assts.   | pers.   | total<br>pts.   |
| Hart   | Min<br>35  | Fg.<br>7-10  | Ft.<br>4-5  | (o-d)  | 4  | 4   | 19  |
| Madden   | 35   | 7-14   | 2-4   | 2-3  | 4  | 3   | 17  |
| Allen  | 28   | 4-10   | 4-5   | 5-6  | 1  | 4   | 12  |
| Pool   | 22 20  | 3-7  | 3-4   | 4-2<br>5-5   | 1  | 2 2 5   | 7   |
| Stallings<br>Edwards   | 35   | 2.5  | 1-3   | 0-4  | 2  | 5   | 6   |
| Macklen  | 5  | 2-3  | 1-2   | 1-0  | 1  | 1   | 5 2 0   |
| Barnes   | 10   | 1-1  | 0-0   | 2-2  | 0  | 3   | 2   |
| Doughty  | 5  | 0-1  | 0-1   | 0-1  | 0  | 5   | 0   |
| Martin<br>Place  | DNP  | 0-1  | 0-0   | 0-0  | U  | -   | U   |
|  |  |  |   |  |  |   |   |
| Roberts<br>Totals<br>Percentages<br>Edwards 1-3.<br>Hart 2, Barne<br>Pool 4, Stall<br>Steals: Pool<br>Bethany (          |  | Barnes<br>den 2. D   | ). Iurn<br>2, Hart<br>loughty   | 2. Allo<br>1. Hart   | n I, Mari  | icklin 1  | , Martin 1<br>allings 1)  |
|  |  |  |   | rebs.  |  | pers.   | total   |
| Totals<br>Percentages<br>3. Turn-ove   | Min<br>200<br>: FG,3<br>rs: 18.  | Fg.<br>26-69<br>77, FT<br>Steals:  | Ft.<br>26-37<br>.703. 3<br>10   | (o-d)<br>15-27<br>Point p  | assts.<br>16<br>goals: .0  | fouls<br>20<br>91. Blo                                      | pts.<br>79<br>ocked Shot  |
| CNU  |  | 0  | 38  | 40   | _  | 78  |   |
| NC We  | cleve  | in   | 25  | 23   |  | 48  |   |
| CNU: 8-5<br>Technical Fe   | ,  |  |   |  |  |   |   |
|  |  |  |   |  |  |   |   |
| CNU (78  | )  |  |   | 0  |  |   |   |
| CNU (78  | Min<br>35  | 6-17   | Ft.<br>6-8  | rebs.<br>(o-d)<br>2-4  | 0  | pers.<br>fouls  | 18 -  |
| Hart<br>Barnes   | Min<br>35<br>14  | 4-8  | 0.0   | (o-d)<br>2-4<br>3-6  | 3  | fouls<br>2<br>0   | pts<br>18 -   |
| Hart<br>Barnes<br>Pool   | Min<br>35<br>14<br>13  | 6-7  | 0.0   | (o-d)<br>2-4<br>3-6  | 0  | fouls<br>2<br>0   | pts<br>18 -<br>14<br>12<br>10   |
| Hart<br>Barnes   | Min<br>35<br>14<br>13<br>31<br>29  | 4-8<br>6-7<br>4-11<br>4-10   | 0.0   | (o-d)<br>2-4<br>3-6<br>5-2<br>6-7<br>2-2   | 0<br>3<br>0<br>0<br>8  | fouls<br>0<br>2<br>2<br>2<br>2<br>4                         | pts<br>18 -<br>14<br>12<br>10<br>9  |
| Hart<br>Barnes<br>Pool<br>Allen<br>Madden<br>Macklen   | Min<br>35<br>14<br>13<br>31<br>29<br>15  | 4-8<br>6-7<br>4-11<br>4-10   | 0.0   | (o-d)<br>2-4<br>3-6<br>5-2<br>6-7<br>2-2<br>1-4  | 0<br>0<br>0<br>8   | 2<br>0<br>2<br>2<br>2<br>2<br>4<br>0                        | pts<br>18 -<br>14<br>12<br>10   |
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Women's Basketball Standings

.000

.000

.000

Conf. PCT.

1-0 1.000

1-0 1.000

0-0 .000

0-1 .000

Overall PCT

5-5 .500

.667

.500

.600

.571

.429

### Slow Starts

The CNU women's basketball consistently puts up numbers that e they are a second half team tiell me they are a second half team-and that they have yet to play a game in which they were overmatched. They have not lost this season by more than 12 miles that they have blown out four reams by 30,45,53, and 59, but their record rests at 6-5 which is disappointing when you consider their relative workers.

The Lady Captains lost a heartbreaker to Bethany College of West Virginia on January 11 by two points, a game they should have won. They trailed in the first half and layed them in the second half, as they have done in most of their match-ups against lough teams.

CNU was outscored in the

second half in only three of their 12 games this season by a total of five

However, they have found it difficult to motivate themselves in the first half. CNU has trailed at halftime first fines, and won only once. However, when they have the lead at the midway mark, they never lose. If has been a matter of other teams taking advantage of CNU's poor first half play to get anough of a lead to withstand shing scoring onslaught in the second half.

In seven games against strong opponents, CNU has lost four scoring a total of 227 points in the first half and 300 points in the second half-that's 10 more points in the second half per

CNU has outscored their opponents in the first half in only six of 11 games. Four of those they scored over 100 points in blowouts. The last time they did that was in 1990-91 season when Karen Barefoot, Alice Streetman, K.C. Brown, April Macario, Felicia Kemp, Kinsey Pritchet, and Crystat Richardson were on the court. They won a record 14 games in a row finishing 20-7 and were the Dixie Conference Regular Season Champs. They did, however, lose the title game in the fournament to Greensboro 62-87.

CNU may seem to have a problem in committing more fouls than their opponents, yet aggressiveness is a major factor in their success. For instance, the team's two top foulers are Cynthia Allen (41) and Leema Madden (37), yet Allen leads the team in blocks with 16 and Madden leads in steals with 36-a fair trade. CNU has committed more fouls than their opponents by only 18 over 11 games for a minuscule 1.7 fouls per game. In five games they committed 7 or more fouls than their opponent. However, in two of those instances, they lost-one was the CNU Invitational against Bethany.

The team needs to make better ses to the low post where Allen, passes to the low post where smean, Stallings, and Barnes simply dominate. The team's most prolific passers, Hart and Madden, also lead in costly turnovers. Dana Edwards seems to have a handle on assisting, while keeping turnovers to a minimum.

None of this would matter if the Ladies could get warmed-up during the few minutes before the game instead of during the first half. CNU may even be undefeated if they played the first half anywhere near as intensely as they do the second.

## Lady Captains Fall in the CNU Invitational

Staff Writer

The CNU Women's Basketball team finnished 1996 with a 6-3 record. Their best start ever under head coach Cathy Parson. However, after scalping the hapless Lady Braves of Chowan in their

Bethany regained the lead 13-12. Plagued by a series of passing mistakes and questionable officiating, the Lady Captains began to falter. The Lady Bison were picking off week passes to the low post with ease and were also in the bonus shooting one-and-one from the foul line after only 10 minutes into the game.

the game at 57-57 with 5:55 left. CNU tied the game six more times; the last on a Misty Hart 3-point shot with 23 seconds left which brought the roaring crowd to their feet. "Misty has done that before,"

added Parson. "She is going to make plays like than."



Waiting for the final seconds to tick down before taking the final shot for the win, Lady Bison freshman guard Roseanne Scott missed her attempt but was fouled on the play-a bold call to make with only 8.3 seconds left on the clock. Scott made both free throws and after five more seconds and a time-out by CNU, the players took the court one last time. Madden looking for Hart was confused by the Bethany defense and made a pass to Stallings who acted as if that was not the way the play was planned. She turned and dribbled to just left of the top of the key and shot. She appeared to be bumped and the ball sailed

Above: Misty Hart finishes off a fast break as Leema Madden follows the shot.

Right: Tamara Pool Releases a jumper over two Chowan players. Both plays took place in the thumping CNU gave Chowan 103-58.

Photos by Kelly Wells/The Captain's Log

1997 opener the night before, the Lady Captains came into the Spaghetti Warehouse/CNU

Invitational Championship game and lost to Bethany College of West Virginia 77-79.

CNU, ranked first in the nation among division III schools in scoring, floundered offensively with poor shot selections. They did not get on the scoreboard until two minutes and 45 seconds into the game. Bethany did not fair much better as they were only ahead 2-0 when CNU sophomore point guard Leema Madden sank a three-pointer.

The Lady Captains cruised to an 11-2 lead, but after making one of two free throws, they remained at 12 points until

"They were bad passes," said Parson. "We've always told our players to bounce pass to the post and we weren't getting any bounce passes.'

When asked about the inconsistent officiating head coach Cathy Parson said, "I try to tell my players to play beyond the officials."

They could not in the first half and went to the lockerroom down 26-36.

As they have done all season, CNU went on a scoring flurry and outscored the Lady Bisons 11-6 in the first eight minutes of the second half and tied

wide right of the rim. Stallings looked up for a call, but only Scott and Bethany College were able to reap the benefits of a last second foul call at the end of the game. Bethany won 77-79.

We were sluggish today," said Parson. "It shouldn't have been that much of a contest. We should of handled them."

The Lady Captains took their anger out on N.C. Wesleyan College four days later Battering the Lady Bishops 78-48 improving their record to 8-5. CNU takes on Ferrum College this Wednesday at 5:30pm and the Lady Cougars of Averett.

#### Surviving With Style

By Mike Leonard Staff Writer

Almost all the leaves had fallen by Nov. 9. Only stick-like trees remained to cover the mountains. The temperature was a bit colder than the group of CNU students were used to, but still it was nice weather for a weekend hike. The destination was Crabtree Falls, the largest waterfall on the East Coast.

The trip was a requirement for the outdoor administration class. It was a chance for the students to demonstrate their leadership skills and apply their new knowledge. But it turned into a chance to demonstrate their survival skills.

The day of hiking was relaxing. At the end of every switchback there were lookouts. When we reached the top, a spectacular view of the falls and the surrounding valley greeted us. Across the valley was a horizon with sharp, distinct mountain peaks, and a sky filled with clouds. The only stressful thing so far was a group of kids that ran around like banshees.

Our group decided to make camp early, and in retrospect it was an extremely wise decision. The deceivingly peaceful morning was followed by an extremely harsh evening. An unexpected snow storm took the group by surprise as we set up camp. Had we been caught at a higher altitude, there would have been no suitable areas to pitch a tent, and it would have been more hazardous.

Even with the head start, our group had to rush to put up camp in the falling snow. Struggling to keep the campfire alive gave most of the group a task to take their minds off the possibly

dangerous situation.

With student Brian Williams' idea of using an emergency blanket as a cover, the group was able to make a fire with wood that had been completely covered with snow.

Students Jason Dame and Dave Culpepper busied themselves on an emergency shelter known as a debris-hut, something the group had learned how to build through the course of the class.

Some of the group started worrying around 5 pm. The snow was coming down even harder by this time, and even though they could not see it, the group knew that the sun was setting.

Luckily the storm broke, revealing a breathtaking sunset. Even at the worst point of the storm, the group wasn't mentally affected. We calmly stood around the burning damp logs pouring smoke, and patiently waited for dinner.

# Dave Matthews crashes into Hampton Roads

looking combination of synthesizer, gui-

tar, and drum machine slung around his

neck. None of the songs they played had

lyrics. They were dreamy melodic concoc-

## His band rocks the Coliseum into the new year

Dave gave the crowd a thrill at 9 p.m. by

coming out to introduce them in person. They were the perfect complement to the

Dave Matthews Band vibe. Their sound

By Mary W. Hodges Staff Writer

The Dave Matthews Band has started a new tradition for Hampton Roads. For the past two years they have held concerts on New Year's Eve at the Hampton Coliseum. What a way to ring in the new year!

The concert held on Dec. 31, 1996 provided quite a few challenges for fans. The first obstacle for the relatively poor 20-something student followers of the band was scraping together the \$35 for a ticket. Dave and his pals used to play the club circuit for a fraction of that. Finding a ticket for the sold-out show was the next hurdle. But the ticket holders weren't home free yet. After finding a parking space, people had to wait outside--some for several hours--in near freezing tem-peratures until the doors opened at 7:30. Then security searched everyone before allowing the throng to enter. Besides all of . these obstacles, there were the outrageous prices for food and souvenirs, the long lines at the bathrooms, and the alcohol that could only be consumed in a specified area. So was the concert worth all of the trouble? You bet!

Of course the performers did their utmost to entertain the crowd, but the crowd did some performing of its own. A hackey-sack ring formed on the floor before the show, and it grew as skilled and unskilled passersby joined in. One man in a hat reminiscent of Dr. Seuss' Cat in the Hat wowed onlookers with his devil stick, a twirling baton controlled by two smaller sticks. Another man and his wife sat in the area reserved for disabled audience members and then indignantly made a secene when security asked him to move. He seemed hardly in tune with the earthy, laid back and peaceful mood of the con-

Surprisingly, there were few Af-

rican-Americans at the concert, even

bands

would add

another guitar,

they had a banjo

player, hence the coun-

try sound. They had a horn

man like Dave Matthews', but their

percussionist was truly unique. He played

an instrument of his own invention, what

he called a synth-axe-drummatar, a bizarre

was like jazzed up country with a little blues thrown in for flavor. They had the usual guitar and base, but where most

nics. They didn't step out of any elaborate set. There weren't any props at all. There was only the expectant roar of the crowd, who knew they were in for an unforgettable show. The robust music with the horns and strings and thoughtful lyrics didn't need any adornment; just some simple colored lights and Dave wiggling around in front of his microphone. They played a combination of old favorites from their Charlottesville days on "Remember Two Things," and new hits off their latest albums "Under the Table and Dreaming" and "Crash."

Throughout the concert, the security guards pulled people over the barriers at the front of the stage because the throbbing mass of bodies was crushing everything in front of them as it pressed towards the stage. This is a typical problem at general admission shows. Many bands would ignore the problem and keep playing, or even entice the people and cause more problems. But Dave took an active role. He demonstrated how people should jump up and down instead of jumping on each other.

A little while before midnight, they left the stage promising to "get trashed" and be back in time to ring in the new year. And as midnight approached, a large green digital clock appeared, ticking off the last seconds of 1996. When it hit 00 Dave and his pals, freshly intoxicated, slammed into "Tripping Billies" as balloons cascaded down on the floor.

The crackle of bursting balloons accompanied the throb of a song that has become the Dave Matthews Band anthem. Bela Fleck and the Flecktones joined their hosts for many songs, providing even more depth to the show. They soared through the crowd pleasers like "Dancing Nancies" and "Ants Marching" with its inevitable and joyous crowd solo. The sight of ten thousand people singing and swaying as one is majestic. At such a grand scale, they managed to achieve the magic warmth and intimacy of their club days at home in Virginia. It harbors hope for a bright

When drum-

Carter

mer

Moore, bassist Stefan Lessard, violinist extraordinaire

Boyd Tinsley, and Dave took the stage

at 10:30 there was no fanfare, no pyrotech-

Beauford,

saxaphonist Leroi

though three-fifths of main act and part of the opening act was local band and Town Point Jazz Festival regulars Bela Fleck and the Flecktones.

The opening act was local band and Town Point Jazz Festival regulars Bela Fleck and the Flecktones.

# Beavis and Butthead Can you believe they reviewed this?

The movie begins with the opening credits in 70s superfly style, but the story begins as Beavis and Butthead discovering their television set has been stolen. In their search for this beloved household item a man hires them to kill his wife. But with

their limited mental capacity they think he wants them to have sex with her. They meet this ill-fated woman in Las Vegas. While they fight over who will romance her first, the woman hides a deadly virus in Beavis' pants. She then directs them to Washington D.C. On the way. Beavis and Butthead have many misadventures.

But after several musical interludes and a short period as priests, Beavis and Butthead make it to Washington, where, as always their old friend Mr. Anderson got the worst end of everything.

MIKE: I really don't know what to think about this film. It's not that I'm disappointed with it, it just seems like they turned an episode into a movie. What are your impressions?

ZACK: Well, Mike, "Do America" turned out basically as I expected. I knew that much of the humor involved in Beavis and Butthead was adult, so I didn't anticipate the movie to make much sense.

MIKE: I didn't expect it to make much sense, but I thought that it would be more clever than it was. There were too many scenes in which the gag was just donkey poor

ZACK: I agree, the humor was sick. Another thing I didn't like about the movie was all of the music scenes. It seemed like the director just ran out of ideas and couldn't fill 90 minutes worth of Beavis and



Butthead without a music montage.

MIKE: It did have its good points. There were several scenes with the lady they were sent to murder which were very funny. But the best part was when she tried to get them to go back and kill her husband. But Beavis and Butthead, stupid as they are, thought that when she said, "do him" she meant for them to have sex with him. Did you think that this film had good qualities?

By Mike Leonard

Zack Moon

ZACK: Despite the sick senseless humor, there were a lot of funny scenes in the movie. For example, there's a scene where Beavis and Butthead thought that the confessionals were outhouses. Church members came in to give their confessions and Beavis and Butthead pretended to be priests hearing the confessions.

There are plenty of other crazy scenes in the movie, but of course, the funniest things about "Do America" are the

characters themselves. Which character did you think was most humorous?

MIKE: I would say the old man named Anderson. I don't know what it is about him, but he reminds me of this old guy who would chase me out of a field when I was playing baseball. It's just funny seeing bad things happen to him. I'm not sure if that's a good attitude but it's my problem and I'll deal with

ZACK: Well, I don't know what to say about your problems, but Anderson was a trip. It was funny how he seemed to be caught in every bad situation that Beavis and Butthead were in. Something

else that became outrageous was the agent's obsession with the full body cavity search. I don't know about you, but he seemed to actually enjoy giving them.

MIKE: I think that this film would have been better as just a hour special on MTV. It was good but it just didn't seem to fill the full 90 minutes.

ŽACK: Knowing how short the actual scenes are in the original episodes on MTV, I think that they made a great attempt at actually bringing Beavis and Butthead to Hollywood. However, I think the Beavis and Butthead Marathon was probably better than this.

## Rave Reviews By Liz MacGahan

Cheers

615 Thimble Shoals Blvd. Newport News Tel. 873-3375 open: Mon. - Sat. 11 a.m. - midnight, Sunday Noon - 10 p.m. beer, wine, full bar

I wasn't going to review Cheers, but the blue corn tortilla chips were so good. Cheers is part of genre I usually avoid, but I was in urgent need of a glass of champagne. They had it by the glass and Mitty's didn't. Cook's, by the way, is not the worst champagne on the market.

Once my companion and I found ourselves comfortably ensconced in the warm, lively bar enclave, being waited on obsequiously by a smoothly professional bartender, we knew it was time to order.

For starters, the three-color chips and black bean salsa is heavenly. The chips all have subtly different flavors, yellow are corn and salt, red are subtly sweet and blue are rich and earthy. The salsa is faintly spicy with full-flavored beans. The dinner menu offered a basic grill selection of popular seafood, steak, prime rib and chicken. No surprising side dishes or vegetables, but the salads are lovely. Order your Caesar easy on the dressing. Definitely order the enormous "spectacular" salad with mixed greens and everything else good that grows.

My prime rib was tender and rare, no more or less than I desired. My companion's flounder was gently cooked, flaky, moist and flavorful. The broccoli on the side was green and crisp—still edible for a change.

Dessert was a child's adventure in chocolate cake and ice cream in pro-wrestler sized portions. My companion and I left half of our mile high pie melting on the plate as we relaxed and quietly chatted in the peaceful bar.

The check held no surprises, pleasant or not. The food was average quality, pleasant enough. I didn't flinch at the check, but I couldn't guarantee is was worth the price.



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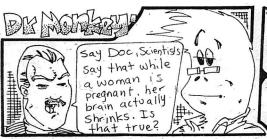
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Yes, Mike it is true that a woman's brain shrinks during pregnancy...

