

# THE CAPTAIN'S LOG

VOLUME 25 NUMBER 13

CHRISTOPHER NEWPORT UNIVERSITY NEWPORT NEWS, VA

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## NEWS

### International Internships

CNU students like Karen Sink (left) and Susan Bender (right) travel abroad to experience cultural diversity through teaching internships. **Story Page 5**



## CAREERS

### Career Outlook

What is the job future for the college graduates of today? It depends on what report you look at. **Story page 4**

## OPINIONS

### Abortion

With the twenty-first anniversary of the landmark decision Roe v. Wade, people are still debating this issue. **Story Page 2**

## SPORTS

### Ping-Pong

Senior Marcello Mills and freshman Dave Carithers placed first and second in the first annual Office of Student Life ping-pong tournament. **Story Page 8**



## Library embraces technology

By Stephanie Taylor  
News Editor

The Captain John Smith Library began acquiring computers and databases to assist students with research in 1988. Since that time, the reference library has grown to include 14 computer workstations. Each workstation is comprised of a computer containing one or more databases. Combined, these workstations house over 50 databases.

The most recent acquisition has been ProQuest, which has 4 workstations, all containing both the General Periodicals databases (GPO) and the ABI/Inform Business Information database (BPO). The ProQuest GPO has 1600 indexed titles and the BPO has several hundred indexed titles which are updated monthly. Many of the indexed titles are accompanied by the full articles (loaded on compact discs located adjacent to the workstations) as their appear in the

periodical.

The ProQuest Social Sciences Index confines its information to the social sciences, including subjects such as



Photo by Seth Rowan

ProQuest is one of the many workstations available for students to use in the library.

anthropology, sociology, psychology, and urban studies—there are 360 citations in this database. Like ProQuest, some of the citations have the articles on compact discs, eliminating the need to consult the periodical. About 360 social journals are indexed and 70 percent of the articles listed are available in full-image.

The library houses a number of other databases as well. These include the Education Resources Information Center (ERIC), PsychLIT, Business NewsBank, NewsBank Plus, Modern Language Association (MLA) International/Applied Science and Technology, Pcnensus, the National Trade Data Bank, FirstSearch, LEXIS/NEXIS, and Westlaw.

ERIC houses the computerized versions of Research in Education (RIE) and the Current Index to Journals in Education (CIJE). There are over 750 professional education

Please see **LIBRARY** on page 7

## IVCF attends Urbana Conference

By Cathy Cunningham  
Staff Writer

Students from the Intervarsity Christian Fellowship (IVCF) at Christopher Newport University attended a conference called *Urbana '93* from December 27-December 31, 1993, at the University of Illinois in Urbana. The theme of the conference centered on "God's Extravagant Mercy and Love." Hannah Kincaide, a freshmen, Lorie Graham, a junior Biology major, and Mark Wissmann, a senior Math major, attended the conference. Each day students from all over the country participated in small group activities together. A typical schedule consisted of breakfast at 6:30 a.m. followed by an hour of devotion. After the devotion, students had small group meetings with Bible studies. Then, students crowded into buses to return to the dormitories for lunch. During the day, speakers presented seminars and workshops to the students. At large group meetings missionaries from all over the world addressed students with stories and challenges of Christian living.

Graham indicated that she served as the Missions Coordinator for IVCF at CNU last year. Before leaving,

Graham didn't know what her purpose would be in missions, but felt that she might find ideas and direction at the conference. Because Graham will serve as the large group coordinator for IVCF this year, she said, "I really wanted to get involved with a large group. The conference gave me ideas about what to cover in the group. They gave out materials, and a notebook which had information on involving your group in missions."

Graham said she wanted to do world missions but after going to the conference, she realized that spreading God's love through missions can start at home in the local community. Hannah Kincaide, a CNU student explained that her parents went to the conference in 1983. The family became involved in missions during her childhood. "I went to see what my options were in missions. It was overwhelming at first because there were so many people, but I got to know some people," said Kincaide. "I would like to do short term missions for a couple weeks, but not a year long," she said. Kincaide noticed that there were many places open where the gospel would be needed.

Another participant at *Urbana '93*, Mark Wissmann, indicated that he

left his farm in Wisconsin to go to school because he felt called to some kind of full time ministry as a pastor or missionary in local or global areas. Wissmann explained that people serving as missionaries go to various areas in the world to bring the gospel to the people, to translate the Bible into the local people's dialect or to work as doctors, engineers and construction workers to provide for the physical needs of the people.

When Wissmann went to the conference, he hoped to find a clear indication of which seminary to go to. "I was tremendously encouraged. It was the overwhelming feeling I came away with," said Wissmann.

There are IVCF organizations at college campuses throughout the United States, but IVCF originated in England. IVCF, a non-denominational student organization at CNU, follows specific guidelines during small group Bible study sessions to ensure that no particular religious denomination has dominance in the discussions. Sometimes IVCF invites guest speakers to their meetings held from 12:00 noon to 1:00 p.m. on Wednesday. Students interested in joining IVCF can stop by the office, room 231, in the campus center.

## Violence, the media, and the government

By Stephen D'Amico  
Staff Writer

Violence has become the second leading cause of death of all young adults and the leading killer of African-American male adolescents. Things have gotten bad. The attorney general, Janet Reno, representing a liberal/progressive administration has sent out a warning to the death mongers who control the TV industry in what can be construed as a call to suppress the constitutional guarantees against censorship.

We live in ugly times and everyone feels backed up against graffiti covered walls. TV violence has risen along with the crime rate, maybe one step ahead. As a progressive writer I shudder

at another attack on free speech and I get cold sweats thinking that I might agree on an issue with a conservative stooge like Jesse Helms but I don't look forward to laying gut-shot on the street while some thug drives away in my car listening to my Julian Cope tape.

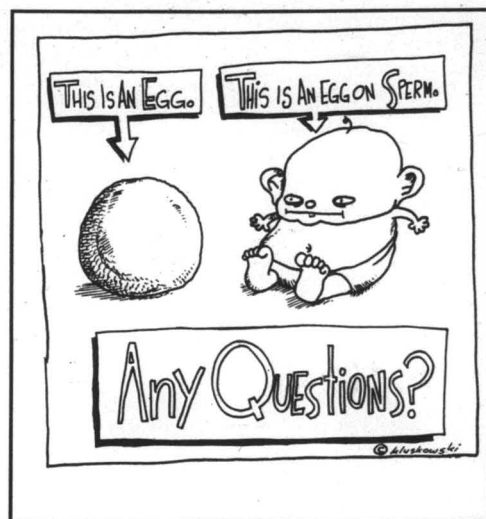
Ironically, the TV and movie industry executives are getting car-jacked in their BMW 850's. Now, hopefully they will start catching a clue and cut the average 497 scenes of violence shown on TV between 6:00 a.m. and 9:00 a.m., the killer kiddie hour. We are living in a cheap and savage world in which this bitter irony hangs around our necks like blue steel albatrosses.

# The Other Side

By Jennifer Jordan  
Opinions Editor

Last Friday, January 21, marked the twenty-first anniversary of Roe v. Wade. This event, coupled with the beginning of classes urged me to consider the importance of choices and of responsibility.

In most of my classes last week, the first thing that each teacher did was to go over the syllabus that outlined the semester's work. In one class, because of the way the syllabus was worded, a student expressed confusion over whether homework assignments were optional. The teacher explained to the student that, in fact, all of the assignments, tests, readings, and the course itself were optional. The teacher explained to the student that, in fact, all of the assignments, tests, readings, and the course



society. Actions incur consequences. That's where syllabi, rules in general, and the laws come in. Except of course

bility, you have the choice of a quick, safe cover-up. No one has to know."

To have sex is a choice in

## THE CAPTAIN'S LOG

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itself were optional. However, one could not expect to receive a very good grade if the assignments weren't completed and one could not expect to receive any grade at all if they didn't register and complete any work in the course. Conversely, if one were to choose to get a good grade, then the responsibility that such a person must take is to do the required work and to do it well.

Outside of school, if you are in a conflict with your neighbor, you have the option to inflict physical harm on him. But then you are also required to pay a penalty or spend time in jail because of that option you exercised.

Everything is optional and everyone has the right to make choices. It's what "life, liberty, and the pursuit of happiness" are all about. And every option comes with a responsibility. It's the way things have to be in a civilized

when it comes to "reproductive rights." In that case, women get a bonus choice for every choice to have sex. If they have sex, and they get pregnant they can choose again somewhere down the line (up until people actually see the baby without special equipment) to take responsibility or not. Whatever. It's up to the individual.

This is what is so confusing about the fact that abortion is legal. People are very interested in making sure that businesses which dump toxic waste are accountable, and government officials who make errors of any kind are put under a microscope. From our common tasks like taking a beverage out of a cooler in a 7-11 to owning property in Virginia, we are required to be responsible for what we do. But when it comes to pregnant women, the response is "hey, you needn't be burdened with the weight of responsi-

itself, diminished in importance by the fact that no legal responsibilities are incurred by the choice. Many people were shocked last year when custody of a young child was given back to her biological parents after the child had been cared for since birth by an obviously loving and more stable family. People who read about the case wondered about the child's welfare. Yet, for the last twenty-one years, children's welfares have been given little thought. Children are portrayed as lifeless lumps of tissue while women are depicted as victims stricken by a rare disease who should not be forced to endure further trauma by taking any responsibility for their condition. Pregnancy is not a disease. They know how it is caused and how it can be prevented. Choices require responsibility and reproductive choices should be no different.

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Circulation inquiries and advertising rates are available upon request by telephone or mail. THE CAPTAIN'S LOG welcomes letters from its readers. Send to: The Captain's Log, Christopher Newport University, 50 Blue Lane, Newport News, Virginia 23606. They may also be brought to our office or left in our mailbox on the second floor of the Campus Center. Please sign the letter and provide full address and telephone number for verification purposes. Students: Please indicate your class status. If the writer is affiliated with an organization, that may be noted.

THE CAPTAIN'S LOG reserves the right to edit letters according to style, subject and length, as well as refuse publication. Letters may be printed anonymously upon request. Corrections to THE CAPTAIN'S LOG will be published in the issue following the error.

# Working with AIDS victims rewarding for student

By Scott Arrowood  
Contributing Writer

Three months ago, I began working for the Peninsula AIDS Foundation (PAF) as a student intern. The field placement is part of my curriculum for the Social Work program of which I plan to graduate in May. After I chose PAF and was accepted, I quickly learned to forget any attempts at predicting people's responses to my in-

ternship. Some just nod politely while others make comments like: "How depressing your work must be" or "Just don't get AIDS." There are too many more of these comments to list but they all seem to draw to one conclusion: many of us are uncertain. We are uncertain not only in dealing with the disease itself and those it affects, but also how to deal openly with the issues of death, dying, sex, and sexuality. I am happy to

say that many respond to me with sincere enthusiasm and excitement, and I enjoy sharing some of my experiences with them.

I have a variety of responsibilities, including case management and group work, and I work with real people in real situations. I have clients who feel they live happy and full lives and I have clients who do not. Some deal with their situation while some remain in denial up until death. Most, if

not all, have to work through issues in their relationships with significant others, family, and friends, and all need a positive support system. I, too, am sometimes uncertain but that is part of any learning process, and working with persons with HIV/AIDS is as much an opportunity for growth as it is for helping someone. In other words, I have learned much about this disease and the issues related to it.

I would recommend PAF to anyone interested in volunteer work that would be both challenging and involving. With some training (provided by PAF) one can be a positive support in a variety of ways. For more information contact: Jocelyn White, Volunteer Coordinator, at PAF (591-0971). If interested in having someone come and speak to your group or organization then ask for Wendi Burke-Gibbs (Education Coordinator).

# Student Upset with Inefficiency in Student Accounts

By George Brooks  
Contributing Writer

As one of many students who receives financial aid here, on the morning of January 7, I was waiting in line with everyone else. Patiently I waited, anticipating the balance being turned over to me. I had big plans for this money, and could not wait to get my hands on it. Before I could collect, I knew I would have to pay off a previous obligation to the school. No problem. I

was ready and willing to do so.

When I finally arrived at the front of the line, I paid my debt and began the process of signing my checks over to me. Next was paying tuition so that the money could be turned over to me. I paid, and went next door to get my receipt. At this point, I had receipts from Student Accounts for \$69.98 and \$460.42. As it turned out, the previous teller had made a \$.09 mistake in figuring my debt. I could not get a tuition receipt, and if I

did not pay the odd change, my registration was going to be removed from the computer. I paid the \$.09 and got my receipt.

It's bad enough that I was delayed thirty minutes through no fault of my own, but the story doesn't end there. The following week, I received a call from Student Accounts letting me know that yet another mistake had been made! I still owed \$17.49! I proceeded to pay that amount, correcting the teller twice when she tried to give me incorrect

change. After all this, my receipt was for \$.06 short. After taking care of this, I had receipts for \$69.98, \$460.42, \$.09, \$17.43, and \$.06! Does this seem just a little ridiculous to anyone else?

I know that many students complain about problems here at CNU and use their tuition as a pivot point, but it just seems to me that this is avoidable! With modern technology, a computer program could be set up to handle all of this much more efficiently. I know, because I worked with a simi-

lar software package while in the realty management business. Please give me a break! The system does not have to work like this.

In closing, I want to point out that all of the tellers were extremely nice and polite, and I understand that to err is human. I applaud the fine job they do with what they have, but let's show them some support and put a system in place that will not only make the students happy, but will also make life easier for the tellers.

## The Meaning of Life





# Surveys conflict on jobs for grads

By Jennifer Burgess  
College Press Service

For new college graduates now may be the time to update their resumes and interview clothes—there are plenty of jobs out there for the taking.

But then again, perhaps you should make plans to move back home and leech off Mom and Dad until the job outlook improves.

Are there jobs out there? It depends on whom you want to believe.

The bright news: An increase in hiring is projected in 1994 for new college graduates, according to the 23rd annual edition of Recruiting Trends, a Michigan State University report.

The bad news: The outlook is bleak and recent graduates are going to face stiff competition for jobs, according to the United States Department of Labor's Occupation Outlook Quarterly.

The more re-assuring survey for

graduates, which was research by Michigan State, report a 1.1 percent increase in hiring over last year. This is the first increase projected in the past five years.

In addition to an increase in jobs, starting salaries are expected to be 0.4 percent higher than last year, Recruiting Trends said. The highest anticipated increases are for majors in chemistry, computer science, industrial, civil and mechanical engineering, mathematics and accounting.

According to the Research Trends survey, several fields are emerging with vast opportunities for employment. Among the rising occupations reported by the surveyed companies are computer-related fields, business systems analysts, environmental engineers and scientists, health care and medical specialists, and communications and multi-media specialists.

The highest starting salaries for

graduates with bachelor's degrees are chemical engineering majors at \$40,300. The results are based on the responses of 4,600 employers in industry and government agencies.

When asked what advice the employers have for recent college graduates, the most frequent response was to have realistic expectations.

"Get in touch with reality; reduce your 'hat size,'" the Michigan State survey said. "New graduates cannot demonstrate that they are overqualified for a job until they try it on for size."

Employers also said that if you get a new job and it's not what you expected, don't worry. Most companies reported that they don't expect to hire a college graduate and have that person by with the company for a lifetime. There is so much change happening in the workplace that most companies cannot guarantee lifetime employment.

"The expectation for an individual to 'marry' an organization is no longer the norm," the survey said.

Employers recommend starting at an entry-level position. "Get started in an organization that offers a career ladder and produce outstanding results," the survey said. "Promotions will come later." If you have a job, that is.

"Employment projection for the 1990-2005 period indicate that the average annual openings in jobs requiring a degree will number fewer than during the 1984-1990 period," wrote economist Kristina J. Shelley in the Occupation Outlook Quarterly.

Work experience will become as important, if not more important than education for some jobs, according to Shelley, because of the growing number of bachelor's degrees awarded each year that force graduates to compete for fewer jobs.

## Career & Counseling offers students career resources

Career and Counseling Services (OCCS) has developed a variety of comprehensive programs to meet student needs at Christopher Newport University. Services include career and personal counseling, self assessment, career resources and job vacancy information, and job search support services. The OCCS can also provide clubs and organizations with special lectures or seminars on a variety of topics.

Among the many topics that the OCCS covers are: *Test Preparation and Test Taking, Time Management, Anxiety Management, Identifying Your Personal Style, Identifying Your Career Interests, Study Skills, Combining Career and Family, Self Assessment and Career Planning, Barriers to Effective Career Planning, Myths Concerning Career Planning, Career*

*Planning and Personality, Goal Setting and Decision Making, Graduate School and You, Liberal Arts and Careers, Career Planning—The Process, Resume/Cover Letter Writing, Interviewing, Handling Tough Interview Questions, and Orientation to the Job Search.*

OCCS also offers a variety of other resources to help students in career planning. These include Computer Assisted Career Guidance, the Career Resource Center, Career Information Days, Job Vacancy Information, Video Tape Mock Interviewing, Student Employment Program, Video Tape Series, Resume Quick Check and Referral Services.

Computer Assisted Career Guidance is a comprehensive program available by appointment utilizing SIGI Plus to

assist students in clarifying and evaluating career choices. Virginia VIEW, an additional resource, can relate known interests to career ideas and provide related career information.

The Career Resource Center is a centralized location where information is available on career and educational topics. Resources provide information on careers, salaries, job searching, graduate and professional schools.

Career Information Days offer students an opportunity to come and meet with professionals from a variety of career areas. Recent Career Information Days included retail, law enforcement, public sector employment, federal employment, and manufacturing.

Job Vacancy Information provides an extensive listing of full- and part-time job openings from the public and

private sectors. Vacancy announcements are maintained on bulletin boards in the hallway be the Office. Additionally, a computerized job link program and job banks, such as the Virginia Employment Commissions and Interstate Job Banks are available.

The Student Employment Program offers full- or part-time students an opportunity to work part-time on campus.

The Resume Referral Service is a service whereby the OCCS maintains resumes of CNU seniors and graduates as part of the Placement File system. Through this service, the OCCS sends resumes to requesting employers based on student career interest. Placement File guidelines are available in the OCCS.

## Seminar Series, Spring 1994

### Resume/Cover Letter Writing Seminar

Thur, Jan 27	9:30 am
Fri, Jan 28	1:00 pm
Tue, Feb 1	1:30 pm
Wed, Feb 2	11:00 am
Wed, Feb 9	3:00 pm
Fri, Feb 18	10:00 am
Thur, Feb 24	9:30 am

### Interview Seminar

Fri, Jan 28	10:00 am
Tue, Feb 8	9:30 am
Fri, Feb 25	11:00 am

### Job Search Seminar

Fri, Feb 4	10:00 am
Thur, Feb 24	2:00 pm

### Identifying Study Habits

Mon, Jan 24	3:00 pm
Tue, Feb 8	2:00 pm

### How to Set Goals

Mon, Feb 7	9:00 am
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### Managing Your Time

Thur, Jan 27	11:00 am
Fri, Feb 4	9:00 am

### Anxiety Management

Mon, Jan 31	2:00 pm
Thur, Feb 10	9:30 am

### Identifying Your Career Interests

Mon, Jan 24	10:00 am
Thur, Feb 10	11:00 am

### Test Preparation & Test Taking

Wed, Feb 2	9:00 am
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### Resume Quick Check Service

Professional advice is available on a first-come-first-serve basis during the periods listed below.

Monday	2:00-3:00 pm
Tuesday	3:00-4:00 pm

Contact the OCCS for more information in CC146 or call 594-7847.

# Students to teach internationally

By Stephanie Taylor  
News Editor

Five Christopher Newport University students will leave the United States at the end of this month to teach in Mexico, Peru and Germany. Susan Bender will teach the 2nd grade, Karen Sink will teach 4th grade, and Gina Fallon will teach Secondary Math.

The three of them will room together where they will teach in Guadalajara, Mexico.

Anastasia Obradovic will teach Secondary Spanish in Lima, Peru. Heidi Hanson will teach Secondary English in Heidelberg, Germany.

CNU offers student teaching internships in U.S. accredited overseas schools which are managed by the U.S. Department of State.

The American Overseas Schools (AOS) are designed primarily to serve American expatriate communities, but they often attract an international student body in the host countries.

As with other teacher internships, these interns include opportunities for practical observation and application of knowledge, theory and concepts.

The overall objective of this program is to prepare effective teachers who possess the knowledge, skills, abilities and attitudes necessary to meet the diverse needs of today's students,



Photo By University Relations

From Left to Right: Gina Fallon, Anastasia Obradovic, Karen Sink, Susan Bender, and Heidi Hanson. The five CNU students are going to be teaching in Mexico, Peru, and Germany at the the end of January.

especially for cultural diversity.

A cross-cultural experience such as an international internship can be an advantage for teaching in the multicultural classrooms of the '90s. Alternatively, for the adventurous, teaching in the AOS can provide a career in itself.

CNU is committed to its partnerships with AOS'. In the last six years, 35 graduates of CNU have completed student internships in AOS' in Saudi Arabia, Germany, Iceland, Mexico, Costa Rica and Brazil.

Students must pay for their own

travel to and from their overseas placement and for their own room and board.

Assistance in arranging for housing may be available.

Regular CNU tuition rates apply if students complete their internship during the fall or spring terms. Students may request the country of their choice, as AOS' are worldwide.

The AOS program is one of CNU's oldest international programs.

Dr. Sandra L. Bryan, direction for Internships Overseas and an Associate Professor of Education and Leisure

Studies, and the Committee for Teaching Internships Overseas.

The committee members include Dr. David A. Bankes, professor of Biology, Chemistry and Environmental Science; Dr. David L. Wall, assistant professor of Government and Public Affairs; Dr. Stavroula Kostaki-Gailey, chairman of the Mathematics Department; Dr. Scott T. Pollard, assistant professor of English; Dr. Marsha M. Sprague, assistant professor of Education and Leisure Studies; and Dr. Christian C. Ramirez-Smith, assistant professor of Education.

Dr. Bryan, Dr. Sprague and Dr. Ramirez-Smith travelled to Guadalajara, on January 12-14, and spoke with principals, headmasters, teachers, members of the community, and visited classrooms in order to make arrangements for the student teachers. They also were recruiting students to live in the new CNU dormitories.

Dr. Bryan, said that as a result of student teachers going overseas, two CNU graduates—Gaby Gomez and Naimi Kamuri—decided to attend college here at CNU.

Students wishing to participate in the Student Teaching internships overseas are encouraged to apply early, and may contact Dr. Bryan in the Department of Education and Leisure Students at 594-7106.

## SGA implements new Smoking Policy in Campus Center

By Douglas Ruddell  
Contributing Writer

The General Assembly of the Student Government Association meeting of September 21, 1993, passed a Smoking Policy Proposal by a vote of 27-2, with 5 abstentions. The new Smoking Policy was formally enacted on January 1, 1994.

The policy proposal suggested that smoking in the Campus Center be confined to three areas: 1) the hallway between the Information Desk and CC150; 2) the John W. Gaines Theatre Lounge; and 3) upstairs (except student office hallways). Each end of the building would be available for smokers.

Additionally, Food Service is responsible for identifying smoking areas in *The Terrace* and *Christopher's*. Off-campus organizations which reserve CC150 are allowed to set their own rules for their own functions. Student organizations may also enact their own guidelines for the rooms that they occupy. If two or more groups share the

same office and disagree on a smoking policy, then a unanimous vote of "authorized agents" would be necessary to settle the question; if the vote falls short of unanimous, the room remains non-smoking.

The policy recommended eight areas be designated as non-smoking: the downstairs meeting rooms, breezeway, student lounge, bookstore hallway, upstairs hallways, bathrooms, game room, and stairwells. Further, The SGA has also requested that the university do some interior redecorating of the Theatre Lounge to provide accommodation for the change. It asks that 1) a ceiling fan be installed to aid in air circulation; and 2) a table be provided for students who wish to "smoke and study."

Henceforth, the SGA Student Services Committee retains the right of interpretation for the new smoking guidelines.

If anyone has any questions or comments regarding the Smoking Policy, they may contact SGA in CC208 or call 594-7197.

### Smoking Policy

#### Non-Smoking Areas

- A. Meeting Rooms (rooms 205, 233, 150 and the Banquet Room)
- B. The Breezeway
- C. The Student Lounge
- D. The Bookstore Hallway
- E. Bathrooms
- F. Upstairs Hallways
- G. Gameroom
- H. Stairwells

#### Smoking Areas

- A. The hallway between the information desk and CC150
- B. The Theatre Lounge
- C. Upstairs (except the student office hallways)

Food Service will set forth the smoking areas in *The Terrace* and *Christopher's*.

# Officials say more U.S. college students studying abroad

By Karen Neustadt  
Special Correspondent, College  
Press Service

A new survey has revealed that more American students than ever are studying abroad and that the trend will most likely continue as the world continues to shrink, according to officials at the University of Puget Sound in Tacoma, Washington.

A vast majority of directors of study-abroad programs report the number of students doing academic work in foreign countries is increasing, according to a recent Puget Sound study.

For example, 50 percent of the student body at Pomona College in Claremont, California packs their bags and studies abroad, and a whopping 60 percent at Carleton College in Minnesota travel the globe sometime during their four-year program.

"I think that an awareness of the world, which is something we call global competence, is becoming a very important part of undergraduate education," said Rhoda Borcharding, director of the study abroad program at Pomona College. "The big problem is how do schools finance these programs."

At Pomona College, a liberal arts

college with 1,400 students, many students travel abroad their junior year to study for an entire semester. Students can choose from 36 programs in 19 countries, and the program is included in the overall tuition. While such as large number of Pomona students do choose to study abroad, Borcharding said she is sometimes baffled as to why more don't choose to go abroad.

"I think we compete with our home college. The students like their college, and its extracurricular activities," she noted. "Most of the students who study abroad are in the humanities or social sciences. We have good representation from both groups, the languages, literature, international relations and the like."

Borcharding noted that matching up foreign study programs for math and science students is more difficult, as their curriculum is highly structured and more difficult to leave.

"We have very good support from the college. The faculty is especially interested and involved in the program," she said. While Pomona College students choose destinations all over the world, Western Europe is gaining the most attention from travel-minded United States students, the survey revealed, with one-half the

respondents saying this part of the globe is where students want to go. Other areas gaining interest from college students are Latin America, Australia and Japan. Some directors cited Eastern Europe or Africa.

The study revealed that college students in the East Coast tend to look at Western Europe, while more students in the West Coast tend to look at Asia. Most of the students from the University of Puget Sound in Washington, for example, travel to Asia. Thirty-three students from Puget Sound are participating in a year-long academic tour of nine Asian nations.

Puget Sound tripled the number of study abroad opportunities over the past year, and now has formal ties to 27 programs throughout the world. In each location, students are allowed to use financial aid as if they were on the U.S. campus. The newest programs are with the University of Aberdeen in Scotland and Griffith University in Australia.

While foreign language majors make up the bulk of students who choose to study abroad, English, business and political science majors are also travelling to foreign ports. Most of the responding colleges revealed that they are increasing the number of opportunities to students.

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# LIBRARY

Continued from page 1

journals indexed in CIJE, while RIE contains indexes of recent reports relating to the field of education. In most cases, the citations in RIE and CIJE are available on microfiche.

PsychLIT is produced by the American Psychological Association. It consists of information from the fields of education, business, law and medicine.

Business NewsBank and NewsBank Plus are two databases consisting of citations and abstracts from hundreds of newspapers throughout the country. Starting with the 1993 citations, Business NewsBank includes full-text articles. All other citations can be found on microfiche in the Reference Room. The Business NewsBank concentrates on companies and industries, while NewsBank cites current news and events.

Journals from all areas of literature, literary criticism, linguistics, folklore, and language are found in MLA International. This database shares a workstation with the Applied Science

and Technology database, which covers fields including engineering, mathematics, physics, chemistry, aeronautics, space and computer technology.

Peensus allows students to access statistics gained from the findings of the 1990 United States Census of Population and Housing. Statistics from states, cities, counties, and more can be accessed according to sex, age, income, and race among others.

The National Trade Data Bank is compiled by the U.S. Department of Commerce and 14 other federal government agencies. National and worldwide trade statistics are listed in more than 100,000 documents and tables.

Over 40 different databases can be accessed through FirstSearch. They cover various subjects, such as education, the social sciences, arts and humanities, science and technology, business and law. This source is utilized mainly by graduate students.

LEXIS/NEXIS and Westlaw can only be used by Christopher Newport University faculty and students. These databases contain information on laws, statutes and codes, court decisions, and articles relating to law.

With the exception of LEXIS/NEXIS and Westlaw, the databases may be accessed by any member of the community. There is a 20 minute time limit at all of the workstations, and everyone using the computers must sign in and out.

Instructions for how to use the computers are located at each workstation. However, the following reference librarians are more than willing to assist patrons, and may even give a tour of the workstations, along with further information--Mary Daniel, Reference Services Librarian; Joe Weber, Catalog/Assistant Reference Librarian; Doris Archer, Assistant Reference Librarian; Paul Pival, Acquisitions/Assistant Reference Librarian; Cathy Doyle, Access Services Librarian; and Trish Kearns, Technical Services Librarian.

The microfiche printers are located in the back of the library in front of the media center. Citations from computers are printed at the workstation. The cost of printing articles from the microfiche is \$.10 per page. At the present time, there is no charge for printing articles from the computer, but there will be a charge as soon as the system is completed.

## Students hit health centers for flu shots

By Diana Smith  
Special Correspondent, College Press Service

College students heeded warnings from health professionals and turned out in droves at campus health centers to be vaccinated against a nasty strain of influenza that's making the rounds.

In mid-October, health officials at the Indiana University of Pennsylvania ran out of vaccine because of high demand for free flu shots and had to order another supply.

The flu season generally runs from November to March, health officials say.

"As a direct response to the large number of students unable to get flu shots, we have instituted this action," Rhonda Luckey, director of administrative services at the Pechan Health Center, told The Penn student newspaper.

Although the best time for vaccination was at the start of the flu season in October, anybody still can get flu shots. Some university clinics offer the shots for free, although others may charge small fees. If the campus clinic is not offering the shots, check with local county or city health clinics of hospitals to find out how much they charge for the service.

There's a good reason for fear of flu:

Influenza can be dangerous, particularly for the elderly and for all ages with existing lung problems, heart disease, asthma or diabetes, because it can lead to pneumonia--not to mention that it's inconvenient as heck during finals when you need to be up all night studying, not hugging a bottle of medicine.

This strain in the A/Beijing/32/92 virus, which is one of three influenza viruses in worldwide circulation, according to the Centers of Disease Control in Atlanta.

"When this type of virus, which has been circulating since 1968, has been the epidemic strain, we have seen is more severe impact on older people and a higher death rate among the elderly," said Nancy Arden, chief of Influenza Epidemiology Activity.

That doesn't necessarily mean that the flu season this year is expected to be worse than in other years, CDC health officials note. But they warn that 10 percent to 20 percent of the population is expected to be infected with the influenza viruses that cause the flu.

That's bad, but not nearly as bad as the worldwide influenza outbreak of 1918, which eventually left more than 20 million people dead--548,000 in the United States alone.

The current vaccine contains virus

strains of three distinct groups of influenza viruses in worldwide circulation. When a person is vaccinated, a small dosage of the virus prompts the body to build up an immunity to the illness and prevents the virus from attacking, at least for a year's time.

At Hofstra University in Hempstead, New York, students reported more cold and flu symptoms earlier than usual this year, health officials said.

"We might be experiencing an earlier flu epidemic this year," said Dr. H. Zane Kirk, medical director at the Indiana University of Pennsylvania.

Kirk also warned that students who receive flu shots last year won't be protected this year.

Some of the common symptoms of influenza are nausea, headaches, fever, chills, congestion, sneezing, coughing, body or muscle aches and diarrhea.

If you do catch a cold or the flu, Dr. Jamie Weiner of Hofstra's Community Health Program advised students that it was best to treat one major symptom of it at a time rather than buying over-the-counter medicine that treats multiple symptoms. In addition, the old standbys--plenty of liquids and chicken soup--help by loosening secretions in the sinus and chest, he told the student newspaper flu shots.

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# B-ball teams dominating opponents

Chris Perry  
Asst. Sports Editor

The 1993-94 Christopher Newport University Women's Basketball Team is a team to be reckoned with. So far this season, the Lady Captains have a record of eight wins and five losses. The Lady Captains have played tough in January, as they have gone undefeated 4-0.

The first game of 1994 for the Lady Captains was against Franklin and Marshall College, at Ratcliffe Gym, on January 10. Led by senior **Karen Barefoot** (26 points) and junior **Felicia Kemp** (16 points), the Lady Captains defeated Franklin and Marshall 70-60. Two days later, on January 12, the women competed in their first Dixie Conference game. The Lady Captains defeated North Carolina Wesleyan College in a close 58-57 win. CNU held a one point lead, at the end of the first half, with a score of 29-28. In the second half, both schools fought to a 29-29 draw, giving the Lady Captains a one point win. Freshman **Dolmesha Stallings** was the high scorer with 22 points. From there the team traveled to Virginia Wesleyan to play the Lady Marlin's. With Barefoot scoring 26 points and junior **Alice Streetman** adding 25, the Lady Cap-

tains defeated the Lady Marlin's by a score of 78-75. The next day, the women returned home to take on Shenandoah University in their second conference game of the season. With Stallings (28 points), Barefoot (25 points) and Streetman (24 points) all scoring well, the Lady Captains defeated the Lady Hornets 95-65.

The CNU Women's Basketball team still has some tough competition waiting for them this season. In preparation for those games, Head Coach **Cathy Parson** said that "its a step by step, day by day process and I think this year, because we are so young, I'm having to work, probably, harder than ever before." Referring to how teams have played them in the past and what she expects will happen coming up this season, Coach Parson commented, "People love to get up for us...They [other teams] play very well against us. I believe they make less mistakes against us because not everyone is alert to the fact that they have to play well against us to win." Coach Parson continued when she said, "I think that's to my players credit because they are performing at a level of discipline that is to be reckoned with." The Lady Captains have four home games remaining this season. They are on January 29 and 30 and also on February 9-12.

By Jim McHenry  
Sports Editor

While all of us were enjoying the holidays and the long break away from school, the Christopher Newport University Men's Basketball Team kept busy running their record up to 11-2 (2-0 in Dixie Conference). The 2-0 mark puts the Captains in a tie with conference rival Greensboro College for first place in the Dixie Conference. Currently CNU is ranked third in the Division III South Region Rankings, just behind Roanoke College (13-1), and Greensboro (13-1) who stole the top spot from Roanoke two weeks ago when they beat them.

The Captains lead the conference in total team offense, shooting 466-926 (.503) from the field, 109-285 (.382) from three-point land, and averaging 96.2 points per game. Leading the team in scoring, as well as the conference, is senior guard **Ted Berry**, who is averaging 26.8 points per game, and is third in the conference in three-point percentage, shooting 35-38 (.398). Other top scorers for the Captains include junior forward **JoJo Chambers**, averaging 21.2 points per game, and senior guard **Brian Poarch**, who is averaging 10.5 points per game and leads the conference in three-point field goal percentage, shooting 32-63 (.508) from behind the line.

On the other side of the coin, the Captains are ranked fourth in the conference in defense, allowing their opponents only 84.2 points per game. Leading the defense for CNU are sophomore center **Terry Thomas**, averaging 2.2 blocks per game, and **Chambers**, who is averaging 2.0 blocks per game and leads the conference in rebounds averaging 12.1 per game. Also contributing to the defense are junior guard **Phil Williams**, averaging 1.7 steals per game, and freshman guard **Andre Bolton**, averaging 1.6 steals per game.

"When asked to comment on how the team has progressed through the season, Head Coach **C.J. Woollum** an-

swered, "Our record is obviously good, even though it's been somewhat of an inconsistent season thus far..." Coach Woollum continued saying, "We're off to a good start in the conference at 2-0, but we have a real difficult road trip this weekend [referring to this past Friday's game at Ferrum and Saturday's game at Averett], and I guess how we do on this road trip will kind of tell the tale on which way we go the rest of the season." Coach Woollum was also asked to comment on how well he thought Greensboro had been playing and he replied, "They are playing on such a mission. They're so intense every time they step on the floor.... They are playing like a team possessed. They are going out every night and just trying to hammer people. I think that if we can adopt that same intensity, we should match up very well with them."

But before the Captains can think about this upcoming Sunday's match up with Greensboro, they must first concentrate on tomorrow night's game against Chowan College and Saturday's game against Methodist. Coach Woollum commented on Chowan saying, "Even though the Chowan game is a non-conference game, the tough thing about that is that we beat them twice this year and it's always tough to beat a team three times." Coach Woollum continued by commenting on Methodist saying, "Methodist is playing very well, and they're in the best shape they've been in years." And though they are Methodist split their only two conference games so far this season, first man-handling Ferrum 102-69, and then losing to Greensboro by only nine points, 92-83.

The Captains know that they still have a long road ahead of them, especially after last week's near-loss to last place Shenandoah in overtime, in which the Captain's barely won 112-108.

The next game will be on Tuesday, Jan. 25 at 7:30 p.m.

## Mills wins 1st annual ping-pong championships, 3-0

By Christy Lee  
Contributing Writer

On Thursday and Friday, December 2 and 3, the Office of Student Life hosted a ping-pong tournament. Eighteen people participated in a best-three-out-of-five games, single-elimination (lose one match and your out of tourney) format, and on the first day of the competition, eight of the players were quickly eliminated from the tournament.

Friday's competition was challenging, but at 5:00 p.m. that afternoon, a champion was crowned. The winner of the 1st Annual Christopher Newport University Office of Student Life Ping-Pong Tournament was senior **Marcello Mills**.

Mills, a marketing major here at CNU, is twenty-five years old and has

been playing ping-pong for thirteen years. Mills' formidable opponent was freshman **Dave Carithers**. Mills defeated Carithers by three straight games to win the tournament by the score of 3-0. Carithers, whose major is undecided, is seventeen years old and has been enjoying the game for approximately five years.

Mills was presented with a personalized trophy for his accomplishment.

Also, both the champion and the runner-up each received a brand new ping-pong paddle, game balls, and a sporty carrying case.

The Office of Student Life would like to extend thanks to all those who participated and came out to watch the event, and helped to make it a success, and also wishes everyone

to join them in once more congratulating this year's tournament winner, **Marcello Mills**.

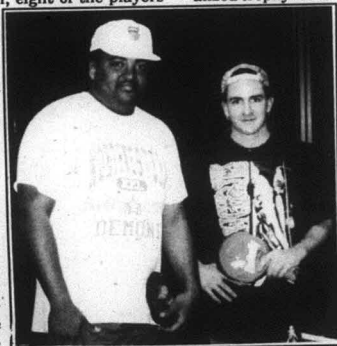


Photo by Marie Hawley  
Mills (left) and Carithers proved they were the top two players at CNU.

## Announcements

### Men's Tennis

Anyone interested in trying out for the 1994 Men's Tennis Team should report to the introductory meeting on Wednesday, January 26, at 4:00 p.m. in Ratcliffe Gym, Room 109A. Please contact Coach Reynolds in Ratcliffe Gym 106 if you cannot make the meeting but are interested in trying out for the team. Physicals will be given on Monday, January 31, in the gym at approximately 5:00 p.m. You must have a physical to be able to try out! Also, bring a copy of your class and work schedule.

### Intramurals

The CNU Department of Intramurals will be starting its 1994 5-on-5 Basketball season on Sunday, February 13, at 8:45 a.m. Sign-ups begin on Monday, February 7, and will continue until Wednesday, February 9, at 3:00 p.m. Registration is mandatory in order to confirm participation. You will not be allowed to play if you do not register! If you have any questions feel to stop by the Intramural Office (RATC-114) or call 594-7054.





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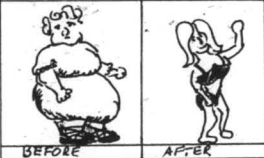


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YOGI FRED

CANCER Hula dancers will shake their grass skirts your way, flee to the island tropic. A soup ladle will be your key to happiness.

TAURUS Life will get much worse until you learn that the only true love one can have is fried fish, or a bronzed replica of Carl Maudlin. LIBRA A wishbone will become lodged in your throat. That little itch you thought was nothing will prove to be a horrible skin disease.

GEMINI Lactic acid will be your friend this week. Hey, a little regurgitation never hurt anybody! Ask any cow.

SCORPIO The government will come to your house and confiscate your stockpile of FDS. To keep you quite about the whole thing Belgians will buy you a toaster.

ARIES By god, what is going to happen to you this week is so damn bad I can't even begin to tell you. If I were you I would just cut my wrists now.

CAPRICORN Your addiction to Tic Tacs will pay off when Dick Clark comes to your house, wearing a satin night gown, and announce to the world that you have been named "Miss Happy Breath."

SAGITTARIUS In your deepest sleep you will dream that you are John Bon Jovi, upon awakening you will begin to sing the theme to "Courtship of Eddie's Father."

AQUARIUS As of today you are rich. Now go out and write all the cheques you like.

PISCES Mafia Tickle Hitmen will mistake you for one of the Kennedy kids. While they are touching you in many places, yelling "gitchie, gitchie, F-King Goo," you will notice that one of them is not wearing socks.

LEO Your dream date will come to be this week. Everything will go as you had always hoped it would, the dinner, the dancing, the nocturnal sheet ruffling. IN the morning you find your date gone, along with your wallet, VCR and Scattergories.

VIRGO You will find out this week that your birth day was not at all when you thought it was. A clerical error at the hospital, no doubt due to a brown out, resulted in your Real birthday being erased. Your true birthday is June 12.

Yogi Fred is a registered member of The Gifted International Society of Horoscopeographers (G.I.S.H.).



## The ALTERNATIVE BUNNIES

By Jeff Printer





# Classifieds

Miss  
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594-7196

## Announcements

Be part of the fun JOIN ACT 1! Meetings every Monday at 4:00 pm in CC233. Don't forget to use your sports bottle!

Weight Watchers at Work/School. FREE information meeting Tuesday, Jan. 25, 5:15 pm, CC 233. Get a "Super Start" on losing weight before Spring Break!! For further info, call Susan at 594-7260.

MSA is calling on all students to submit ideas for this Spring and next Fall's activity schedule. Come at 12:15 in room CC150 on Tuesday the 25th and suggest what you can.

Join EIT!! Join EIT!! Join EIT!!  
Join EIT!! Join EIT!! Join EIT!!  
Join EIT!! Join EIT!! Join EIT!!  
Join EIT!! Join EIT!! Join EIT!!  
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EXPOSE YOURSELF!! SHOW IT ALL!! Let AMA show

## Announcements

you how. Join come to the Wednesday meetings at noon in RM 233.

Help yourself stay a step ahead of the competition by joining Alpha Kappa Psi, the co-ed professional business fraternity. We'll give you the knowledge, network, support, and brotherhood you need to build a successful career.

Do you need a professional career look to help you secure that job after Graduation? Studies have shown that women who take care of their skin and look professional are hired 12% more than women who don't. Making you look good is my specialty. For a complimentary facial and customized career look, call Dorothy Smith at 766-0127.

Don't just run with the crowd to find the finish line, come in first with Sigma Tau Gamma, the #1 fraternity on campus.

Minority Students' Association will be meeting on Tuesday, Jan. 25 at 12:15 in CC150. Please come w/any and all ideas of what MSA can do to better represent you!

Alpha Kappa Psi, the National Co-Ed Professional Business Fraternity welcomes all 2nd semester Fresh-

## Announcements

men, sophomores, juniors, and 1st semester seniors who are business majors to attend our Information social, Wed. Feb. 2nd, 11:30-1:30, CC 150. Lunch will be provided.

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If you are taking Busn. Policies and Strategies and need the Harvard Case Reviews, I can help!! Will sell way below the Bookstore's price. If interested, please call Heather at 988-0640. (Don't forget, you can return them at the Bookstore up until the 28th and still get your money back!)

## Person to Person

Sheila: Need a pad? Michele: Party at Sears (after hours). Terry: Teach me a dance? anne: Working hard! Easter: You're back! Ann: Movie time! Suzie: Great party! Tim: Buy pizza? Jen Meer: Miss you

## Person to Person

upstairs. Allison: welcome upstairs! Little tired but chillin'! Pat B(Mr. Vain)

To my hunny- men come in big and small, BUT, you are the biggest-zucchini! Love, Pumpkin.

Tina M. WE NEED TO GO OUT AND PARTY!! Everyone thanks 4 coming out 1-8-94! Hope you all had a great time. Tim- Thanks 4 D card, we all had to pee in our undies!!

SLI '94- TATOR TOTS anyone? Matt, Mike, and Dwight doesn't sleep feel great? Snorers Beware! Had a great time bonding! Vincent-next time use a ladder or fall on your side! Megan-smores were okay, fire was a little much!

To all the Brothers of Sigma Pi, Good luck this semester! Love the Little Sisters.

G.-This is the message I never did last semester. Just remember-you'll always be my sister and I luv ya! Now that I'm single we can have fun! A.

Hey Mike, what's going on this Friday night? Anything interesting? Matt.

LASSIE, GO GET HELP, GIRL!! Timmy's in

## Person to Person

trouble, he's bathing with Michael Jackson. J.W. Bobbit said it best- "AUUGH!!" PSST, Hey T, NOSEHAIR! Fred, Hope to see more political incorrectness in life in the Blender.

SLI '94- "The Tator Tot Crew" keep Semours cooking alive!! Nevin + all the RA's--Beware Semour's A coming! Dwight, Anne, Megan... "The Part Crew." We need to go to Taco Hell! Not 4 food, but chairs!!

C'mon Matt! You didn't hear about Sigma Pi's Nut-n-Bolt? It's this Friday at 9 pm in the Terrace. I hear they are even going to have Z-104 there! Mike.

Jenn M. + Michele B. You 2 R D Best! Patrick- Wait & it will come to you! Megan M.- Thanks 4 lunch! We'll do T.B. soon + bowl. ACT 1-keep up the awesome job!

MSA would like to thank all students, faculty, or staff who came out Friday night to help us remember Dr. Martin Luther King Jr. May the light shine forever.

PEOPLE PLEASE! COLD WEATHER DOES NOT MEAN CANCELLED CLASSES!! GET A GRIP!!! THIS IS COLLEGE, NOT A PUBLIC SCHOOL!!!!

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DEADLINE for all Tape-A-Quarter Classifieds is NOON on Wednesday the week preceding publication. Publication dates are available upon request.

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