

# THE CAPTAIN'S LOG

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HTTP://WWW.CNU.EDU/STUDLIFE/CAPTAINS

FEBRUARY 8, 1999

## Positive counseling for students

By Diana Plevel  
Contributing Writer

Dr. Anita Tieman is a licensed professional counselor in CNU's Office of Career and Counseling Services (OCCS). Tieman teaches seminars on subjects including self-esteem, stress management, communicating with the opposite sex, setting goals, sexual abuse, substance abuse, and conflict resolution. She also provides individual counseling for students experiencing these and other types of problems, such as depression, anxiety, panic disorders, and post-traumatic stress disorder, to name a few.

Tieman has held her current position at CNU for two years. Originally from Texas, she earned her degree from Virginia Tech. She has been an educator, in one form or another, for thirty years, serving part of this time in the military as a training officer. Her work at the OCCS is one of the office's three major focuses. Another focus of the office is career decision-making, which helps match students' interests and strengths with career goals.

Mr. Douglas Gallae, Director of the OCCS, and also a counselor, coordinates personal and career counseling. Another professional career counselor, Dr. Melissa Whitt, assists him in the latter function. The third main focus of the OCCS is a variety of employment services, which include helping students create their resumes, hosting career information days for students to meet potential employers, doing mock interviews, and providing employment/internship information about opportunities both on and off campus. Ms. Becky Tupper, Coordinator, organizes this third focus. As stated in one of the OCCS newsletters, which are mailed to CNU seniors, these services "enable students to market and place themselves." The document goes on to say that "learning to manage change... is an important skill- a skill for life." Tieman and her fellow staff at the OCCS offer a wide variety of services to CNU students, in a professional, caring, non-judgmental, and approachable atmosphere.

When asked to identify her favorite aspects of her job, she

said, "The diversity- I enjoy counseling, teaching seminars and workshops, and serving on committees. Plus, I work with a wonderful, talented, and committed staff. Tieman says, The university setting allows us to build nurturing relationships, and that the most rewarding part of her job is that I can make a difference, so that students can leave here leading healthy and happy lives. She said she believes that many students would not graduate without counseling services and support. Tieman says people have asked her how she keeps such a positive attitude. To this she replies, If I didn't believe in my profession, I wouldn't have such a positive attitude; people can get better. When asked about the worst part of her job, Tieman said, students graduate and leave.

Tieman said she hopes everyone will take a look at one of the purple OCCS brochures, which are distributed throughout campus, and are available at the OCCS (SC-146).

The brochure announces the offices Spring 1999 Seminar Series, featuring topics on Career, Employment, Personal, & Academic Success. This is an invitation to more than 60 seminars and presentations, each of which usually lasts from 45 minutes to an hour. As part of the section called Personal Development Seminars, Tieman has incorporated a Couples Series, which will explore topics such as Communication, Intimacy & Sexuality, and Gift Giving, as they relate to couples. Although this particular series is designed for couples, singles may participate.

Other upcoming seminars within the personal development section include subjects ranging from self-esteem to conflict resolution. Coming soon will also be a new OCCS website, which the CNU community may access by first going to [cnu.edu](http://cnu.edu), then clicking on administration, then career and counseling services.

The four professional staff members and the support staff members of the OCCS stay busy. Tieman says that she hopes the office will have additional staff when the new residence hall is



Dr. Anita Tieman, one of CNU's licensed professional counselors, enthusiastically embraces the opportunity to make a difference in students' lives.

Photo by Barbara Temple/ The Captains Log

built, since it will bring another 500 students to CNU.

Tieman said, A university should prepare students not only

academically, but also to face life. She advises everyone to, Be nice, always be responsible for the choices you make, apologize

when you have been wrong, balance work with play, and learn emotional CPR (communication, patience, and respect).



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# The book of lists

By Richard Strube  
Staff Writer

As a minor note I wanted to mention an incident that occurred on P....Day. The student group Act One had a table set up in the lobby of the Student Center for an event of their own; one that was planned well before P....Day was conceived. This "Warm Welcome Back" is an annual event, and a traditional Act One endeavor. During the day, the students working at the table grabbed sodas from the nearby refrigerator next to Gaines Theatre. These sodas were brought by the students themselves. They also happened to be Cokes.

A passing student noticed the Coke cans on the table, and eavesdropped on a private conversation between friends. In the course of this conversation one student, not involved with Act One voiced his natural and healthy scepticism about the merits of CNU's sellout to P.... The second student, seated at the Act One table agreed with the first student's scepticism by saying "Yeah!"

To the ear of our sly eavesdropper, these words were more than she could bear. She promptly went to the Office of Student Life and filed an official complaint against Act One for using student money to support such an abhorrence as Coke. How dare they use her money to threaten such a windfall for CNU as the P.... deal?

So Student Life talked to Act One's advisor Cathy Banks, and she in turn reminded them that their members reflect on Act One as a whole even when they are not necessarily engaged in Act One functions. Thus, having Coke cans on the table

on P....Day might be mistaken for an official Act One protest of some strange kind, which it wasn't.

Of course, even if Act One cared to make an official protest they are still free to do it. Just read your student handbook- Section II A. 5. It's on pages 59-60 of the 98-99 edition. And that my friends, is another report from the front lines of the cola wars. Barring some sort of major incident, it is also the last. I find myself very tired of the whole situation. It is one thing to rally in the face of some great evil. It is quite another to crusade against short sightedness and small dishonesties. That's the stuff of day to day life anyway.

Instead, this week I will turn my attention to my annual tradition of The List. For those of you who don't read my column regularly, and especially for those of you who do, The List is my annual compilation of the best of the past year. So, without further ado, here is

The List for 1998:

Best Film of the Year: This one was a tie. "Fear and Loathing in Las Vegas" and "Pi" both earn top honors for being nearly perfect films. "Fear and Loathing" is the best adaptation from a novel ever, and "Pi" is just damn cool. Rent them both, pick your poison, and enjoy the ride. Honorable mentions were "Wild" and "Saving Private Ryan."

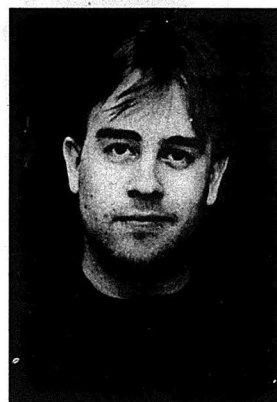
Best Book of the Year: "The War in Heaven" by David Zindell. This is the fourth and final novel of his "Requiem For Homo-Sapiens" series. Like the others, it continues his exploration of the question: "What does it mean to be human?" Oh, it also hap-

pens to be science fiction. Always a plus.

Best Album of the Year: 1998 was a pretty barren year musically, for what I listen to at least. I'm going to have to pick "Hello Nasty" by the Beastie Boys, and "Speak of the Devil" by Chris Issak as being the two best. Honorable mention is "Don't Be Afraid" by Information Society, which would be first, but I think it came out in late 1997.

Best TV of the Year: First place goes to "Babylon 5." In its last season, B5 managed to do things no TV show had ever done before. The dark mood of the 5th and final season was made only better by the improved special effects. The acting on B5 has always been a little strange, but that only added to the sense of disjointedness and impending tragedy. Honorable mention goes to "Cartoon Planet" and "Space Ghost Coast to Coast." Also- a nod to the SciFi Channel for running both the original Twilight Zone (possibly the best television show ever), and the original Star Trek (hosted by Leonard Nimoy).

Best Newspaper of the Year: Another tie, this time between The Washington Post and USA Today. If it's in depth coverage you want, read the Post. If it's raw data in mass amounts, read USA Today. The best example of their difference is the sports section. The Post has probably the best team of sportswriters in a single paper. USA Today just drops a brick of information, statistics, and all kinds of trivia for the reader to revel in. In a related category, the Worst Newspaper of the Year has to be the Daily Press. Remember how they let the Shipyard bully them around? Imagine if the



Federal Government had told the Washington Post it wasn't going to talk to them anymore. I think you would find more than a whining editorial in the next day's edition. See kids- real newspapers don't let the major industry in their area tell them how to do their job. Not a good move, but hey- why break a streak, right?

Anyway, as always, questions, comments, and criticisms should be directed to [clog@cnu.edu](mailto:clog@cnu.edu). Or just drop a letter in the Tape-A-Quarter box in the lobby of the Student Center. Cheers.

So you think you got skills? Prove it The Captain's Log is accepting applications for writers, photographers, and layout masters. True, it's tough to top Van Deusen, Cline, and Fleming. But you've got to be better than Strube. Stop by SC223 for an application and to meet us. Or send an e-mail to: [clog@cnu.edu](mailto:clog@cnu.edu)

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# Campus Life

## Despite smaller audience, Deluca delivers laughs

By Benjamin Hutt  
Staff Writer

Tom DeLuca, college entertainer extraordinaire appeared at Christopher Newport University on Wednesday night, Feb. 3rd. He has visited CNU several times in the past few years and has delighted his audiences with hilarious, hypnotic shows. This show was different than many of his past shows though: something was missing.

Could it have been an audience? Wednesday night at show time the Gaines Theater was less than half-full. The official attendance at this free show was between 120 and 130 people. While the show was postponed five minutes to wait for late arrivals it grew quite clear that no one else was coming. Those who did make it to the Gaines Theater were treated to an intimate setting with one of the best entertainers in the country.

Tom DeLuca was a recipient of the National Association of Campus Activities Entertainer of the Year Award in 1995, '96, '97, and '98 and has been nominated for that award again in '99.

When not on a college campus he makes frequent appearances on talk shows and can be found at a Fortune 500, or equivalent, association leading business people in The Power Napping Workshop to manage stress. The ability to control stress seems to be a key factor in DeLuca's show.

"Imaginism shows you how inventive people can be when they're

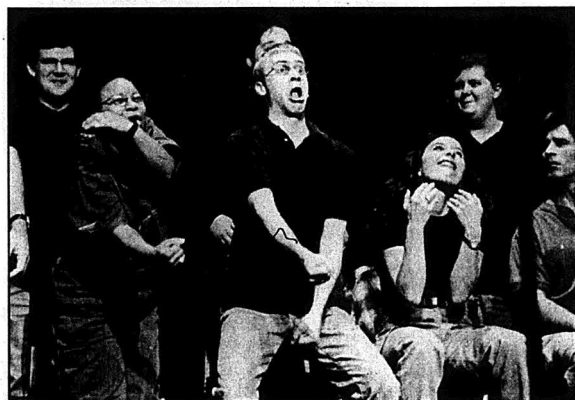
relaxed and free of pressure," he said. "I enjoy getting people to break through their own mental barriers while giving themselves permission to have fun in the process."

At the University of Illinois DeLuca earned a Masters Degree in Psychology.



Above: Eric Strong (Left) harasses Wesley Cline in an hypnotic fit of friendliness. Top Right: It's either really cold, there's a badger on the floor, or this guy's got a serious Heidi/yodeling complex. Below: Are there birds in the auditorium? Tom DeLuca turns his back on his intrepid subjects, who summarily go to town giving the hypnotist the one finger salute. DeLuca's, not an innocent bystander, though -- he put the suggestion into their heads.

-Photos by Wesley Cline (bottom) and Benjamin Hutt (above and top right) / The Captain's Log



Supplementing his work as a therapist, he began his act at local civic group functions. After performing in the Mid-West, DeLuca became a college entertainer nationwide.

Tom frequently returns to CNU courtesy of Act One and the Office of Student Life. The next DeLuca show sponsored by the Office of Student Life will be this summer for freshman orientation. The turnout should be higher than Wednesday night's show because CNU's basketball teams, which played that night, will not play in the summer.

"Maybe next time we'll be lucky," said Treva Burgess, executive chair of Act One.

The next Tom DeLuca show sponsored by Act One will be next spring. This event will also be free.

In the meantime, Act One's next scheduled event for this semester is a Mar. 30 appearance by magician Mike Super.



## A passion for penguins makes for a unique hobby

By Dave Zellars  
Contributing Writer

Chances are you probably know someone with an unusual quality about them, whether it's their personality, taste in music, or style of dress. Most of us also know someone who has a unique hobby. For example, how about collecting penguins?

It's not something people typically do in their spare time, but penguin collecting has been a life long hobby for Brandi Pucel. She got her first penguin as a gift from her grandma when she was a year and a half old. That stuffed penguin became the first in a long line of collectable penguins. Today, Brandi has around 300 penguins in various forms.

Penguin collecting was a hobby she originally shared with her cousin Janet. "My grandma would give me penguins that Janet already had," says Brandi. Brandi's first memory of receiving a penguin was at age five or six. Ever since then, she's been quite active in the collecting process.

"Penguins are very hard to find. It's a challenge to find one I don't already have," she says.

Over 100 of her penguins are stuffed animals while the other 200 or so consist of collectables such as watches, bracelets,

necklaces, bed sheets, pillow cases, blankets, posters, and jackets.

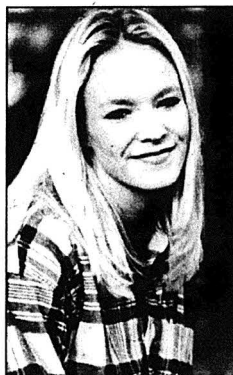
Brandi's favorite collectable is her ceramic penguin bank. She cherishes this collectable because close friends gave it to her after her emergency appendectomy. Some of her other rare pieces include a penguin

figurine made from the ashes of Mount St. Helen and a wind-up penguin that walks. In addition, Brandi owns a music box with three crystal penguins attached to the top.

Brandi is often asked about where she purchases her penguins. She finds most of her penguins at nature, department, and specialty stores. She adds that Christmas time is the best time to find them.

In addition to penguin collecting, Brandi enjoys athletic competition. In high school, she excelled in softball, basketball, and track. She also enjoys traveling and hopes to travel around the world when she graduates in 2001.

Brandi's life exemplifies hard work and determination. Her basic philosophy can be advice for all of us. She believes that, "We should learn as much as we can because we're not here that long." She adds, "Anything we live through makes us stronger." And as Brandi continues to move forward in life, she wants to be "all about it." In other words, "it's important to get as much out of life as you can."



Prolific Penguin Collector,  
Brandi Pucel

-Photo by Barbara Temple / The Captain's Log

## Senior of the Week



Name: Pat Bethea

Age: 23

Major: Management Information Systems

Campus/Community Activities: ACT-ONE, Pi Kappa Phi, Student Orientation Leader, SGA, Denbigh Lions Club

When I grow up I want to: Do web page design; Develop Computer Software

Personal Quote to the Class of '99: "Never quit. Always go for your goals."

## Denita Eason: all-around Renaissance student

Richard Strube  
Staff Writer

What? A Sophomore of the Week? Well, it wasn't our idea, at least not at first, but after spending about 15 minutes interviewing CNU student Denita Eason, we changed our minds. Here's why.

Not only can Denita dance up a storm, she can run like lightning. She is a 7 time All American for CNU's track team, where she runs the 400 in 50 seconds -- give or take. She also Long Jumps and runs one of the hurdle events, although she didn't specify which one.

In addition to an impressive Track and Field record, Denita also maintains a high GPA.

"I have a 'B' average, sure," she said. "You guys don't have to check up on that at the Registrar's Office do you?" Actually



Sophomore Denita Eason

-Photo by Barbara Temple/  
The Captain's Log

Denita, no we don't. But we did anyway. Your official GPA is... none of our business. You say it's a "B," then it's a "B." Denita is studying Psychology, and plans to pursue a masters after she graduates in 2001. After that it's on to the wonderful world of teaching.

In the mean time, Denita adds to her resume by working in the Scheduling Office. So if any of you are in student organizations that desperately need that perfect room, now you can all bug her about it.

Here's a little more about her:

Likes: Track and the classroom environment at CNU. And, of course, dancing.

Dislikes: Student apathy and the lack of campus activities which accompanies it.

Personal Quote: "To all CNU students: When you assume, you make an ass out of 'U' and 'ME'."

## Club Beat

### Sigma Tau Gamma brother headed to China for a year



Lee Showers (center, sitting) pre-pares for a year-long educational stint in China, with the support of his Sigma Tau Gamma brothers (clockwise from left): Mark Cooper, Dave Word, Dave Stumpf, Warren Fontenot, Mark Rich, Shane Russ, Chris Hale and Randy O'Neil.

-Photo by Paul D. Powers / The Captain's Log

By Paul D. Powers  
Contributing Writer

On Jan. 20, Sigma Tau Gamma said farewell to one of its brothers, Lee Showers. Showers will be attending Jiangnan University in China for the next year.

His interest in visiting China was piqued when he attended a lecture given by CNU visiting professor Dr. Tao of Jiangnan University. After listening to the lecture, he knew right then and there that China was where he wanted to go to study abroad.

"I want to go to China to learn about their culture, their language and customs," said Showers.

Showers' course of study at Jiangnan University also coincides with his interests

in business and the economy.

"I've been to Canada and Mexico, but I am anxious to go to China because its the third largest economy in the world."

Lee Showers has been a member of Sigma Tau Gamma for nearly three years. He has been involved in numerous activities through the fraternity including serving as Executive Vice President of Finance and acting as a representative of the Inner Greek Council. Upon his return to CNU from China, he plans to finish his degree and enter the field of International Asian Trade in the Pacific Rim.

Showers is grateful to his professors, family, and his Sigma Tau Gamma brothers for their continued support.

"Have a great year and two great rushes. Sig Tau Forever," said Showers.

As February arrives, so does Black History Month. In honor of the celebration, the Office of Multicultural Affairs (OMA) is sponsoring a number of special events for everyone on campus. If you have any questions regarding any of these activities, you can contact the OMA at 594-7335.

### Black History Month Activities 1999

- |                |   |  |
|----------------|---|--|
| February 8     | BluesWorks: Blues Trio Christopher's at 5:00 pm.  | will perform in Entertainment is Free. |
| February 12    | "An Evening of Romance: Romantic Film Artist Will Brent" in the Alumni Room (SC 150) at 7:00 pm. Live entertainment will be on the program, as well as a chance to meet artist Will Brent and purchase his artwork. |  |
| February 14-19 | MSA Book Sale in the Student Center   |  |
| February 15-19 | Alpha Kappa Alpha Sorority, Inc sponsors "SkeeWeek," a week of activities sponsored by the organization.  |  |
| February 16    | "Meet the Greeks: Forum on Black Greek Organizations" - ask questions of members of these organizations.  |  |

## Dr. Coker takes semester off to recover from stroke

By Danna Plewe  
Staff Writer



Dr. Robert Coker  
-File photo

from his Dec. 17 stroke.  
Hoping to return in the fall, Dr. Coker

is spending his time in physical rehabilitation, building his strength and getting back to 100 percent.

Although his recovery hasn't been as fast as he would like it, he says "I feel pretty good. I am 75 percent functional on my left side and 55-60 percent functional on my right side."

However, he was quick to assure that, "that is up from when it hit."

He is currently being treated three times a week at Riverside as an outpatient for the next few weeks. Afterwards, he will continue recovery on his home at home.

What does he miss most as he convalesces at home?

"I miss the fellowship, the fun we had on our own floor," he says without hesitation. "I want to tell CNU how much I appreciate the cards and messages from the faculty, staff and students."

# Reviews

## Food Review

### Taste of the Towne

#### Indian eatery offers a fun and spicy change of taste

By Shelly H. Breitbeil  
Staff Writer

Nawab Indian Cuisine  
204 Monticello Ave.  
Williamsburg  
565-3200

I had heard quite a few friends rave about this new Indian restaurant in Williamsburg.

"Oh you've gotta check it out and do a review on it," they said. "It's sooo good."

It's not often you hear that much chatter about a new restaurant these days, so I decided to take their advice.

We arrived about 7 pm on Tuesday to a pretty full restaurant. The decor was fancy but not pretentious, with a great mural of the Taj Mahal stretched across the far wall of the restaurant. We were seated at great little table next to a window. Our waiter arrived shortly after we were seated with what looked to be some sort of bread with a side a bright green dipping sauce which we were later told was mint chutney. The look on my mother's face was nothing short of comical. The two were quite interesting in both flavor and appearance, and made for pretty nice appetizers.

I'll have to admit that I was initially overwhelmed by extensive menu. There's a section for appetizers, soups & salads, accompaniments, chicken, seafood, combination dinners, lamb & beef, breads...you get the idea. It took me a while to take it all in.

I decided on "Vegetable Patia" because of its interesting ingredients — vegetables, sweet and sour mangos, spices, herbs, and fresh ginger. I ordered a side of "Carrot Achar" to accompany it, and an order of "Palak Kulcha" to start off with.

The menu made for an interesting read while we waited. It explains that the food at Nawab (which translated means "it is King") is prepared with all natural ingredients — no preservatives added. Every-

thing is prepared fresh to order, and is spiced to the customers preference.

The word "curry" actually means "sauce" in Indian and, contrary to popular belief, it is not necessarily spicy. When combined with other, more mild spices, it adds what they call "depth of flavor" to the entrees which contain it.

The "Palak Kulcha" that arrived soon after was just as the menu had stated: scrumptious. The soft bread, stuffed with sauteed, lightly spiced spinach, was accompanied by a cucumber-tasting yogurt sauce on the side. My mom, obviously enjoying it, decided to wrap half of it up for my Dad claiming "oh, your father will just love this."

Our entrees arrived with a heaping plate of steaming, long grain Basmati rice which smelled absolutely wonderful. And, while the entrees didn't look all that appetizing, they had more flavor and zest than anything I'd had in quite a while. I was quite glad I had ordered it "medium," too — any hotter, in my opinion, would have taken away from the wonderful flavor.

The spicy, pickled carrots I had on the side were what I would call "fun" — they had enough kick to make my eyes water and my nose run. It isn't surprising that they only give you a few.

It was truly a challenge to stop half way through so that I would have room for dessert, but my Mom had decided long before we even ordered dinner that we would be trying the "Kheer" — Indian rice pudding with nuts, spices and, get this, ROSE. It was as delicious and unique as the entrees had been, and made for a perfect ending with a nice hot cup of decaf.

So if you're looking for something fun and different for you and your sweetie to do for Valentine's day, I highly recommend that you go check out the newest "talk of the town" in Williamsburg — I'd make reservations ahead of time though, I don't doubt that they'll be completely booked in no time. Word of such an awesome little place usually spreads pretty quick.

## Music Review



### Without a "Doubt," Jay-Z's first (re)release is a treasure

By Steve Flemming  
Staff Writer

Million-selling rapper Jay-Z (a.k.a. Shaun Carter) made history this past year, issuing the first rap album to spend five weeks atop the "Billboard" pop albums chart. "Vol. 2...Hard Knock Life" is no doubt a milestone on all levels, but before "Vol. 2" or its predecessor, "In My Lifetime, Vol. 1," there was the album that was as hot as the summer it dropped, "Reasonable Doubt."

That's right. Before the major distribution deal with Def Jam Recordings and high profile collaborations with Timbaland, The Braxtons, Changing Faces, Silk the Shocker and Jermaine Dupri, Jay-Z and his self-owned and operated Roc-A-Fella Records issued "Reasonable Doubt," which has since become one of the most sought after albums of the modern era. Re-released to the masses at the end of January, it is hard to believe that it has taken nearly three full years for "Doubt" to get its due.

At the beginning of Summer 1996, Jay-Z was Brooklyn's latest export, and created quite a buzz with the single "Ain't No N\*\*\*\*a," which featured a young Foxy Brown in rare form. "Doubt" quickly followed, and despite a mad rush in its early weeks and a second hit in "Can't Knock the Hustle," "Doubt" did somewhat of a disappearing act.

By the middle of the following year when Jay-Z issued the lackluster "In My Lifetime, Vol. 1," "Reasonable Doubt" was out of print. As interest in him grew, con-

sumers beat down new and used compact disc bins with little success. When the fall of last year rolled around, the fascination with the young rapper was at its peak, with the first pressing of "Vol. 2...Hard Knock Life" selling out in one week.

To capitalize on the whirlwind that "Vol. 2" has caused, Roc-A-Fella decided to release a re-issue of the now classic debut. Despite lacking the obvious crossover appeal of songs like "Hard Knock Life" and "Can I Get A...," the selections on "Doubt" leave plenty for fans both new and old to savor.

As always, his brash, almost arrogant tone works to great affect, most notably on "Dead Presidents II" and "Politics As Usual." "Doubt" also features some great guest appearances, including spots by then up and coming lyricists Foxy Brown ("Ain't No N\*\*\*\*a") and Memphis Bleek ("Coming of Age").

Few would dispute the greatest treasure here is the forgotten gem "Brooklyn's Finest," which features the late Notorious B.I.G. in one of his last cameo appearances. Heightened by their rapid fire verbal exchange and a pulsating Ohio Players sample, the track is an excellent early showcase of the rapper's charismatic delivery.

Whether the re-issue of "Doubt" means that Jay-Z has come full circle, or people just slept on it the first time is a matter of interpretation. Nonetheless, listeners have a second chance to get the ultimate Jay-Z experience. Hopefully more people will get it this time around.



## Music

Vic Chesnut - "The Salesman and Burnadette" (Capricorn) Briefly described by Chesnut as a "lovely story of loss and longing and sloppy satori," "The Salesman and Burnadette" is, in the loosest sense of the term, a concept album.

True, concept albums often end up being halfcocked, ramshackle affairs, but with his impeccable melodies and needlesharp lyrical barbs Chesnut ably navigates a tricky, overly-worn rock and roll tradition.

Take, for instance, the soulful, deceptively catchy "Until the Led," where Chesnut bitterly recollects a crash and burn relationship. "Knowing what I know now, I should have had a cow," he sings, "with benefit of hindsight I can see your ass wasn't right. Maybe I'm mighty dull but you're pathological."

Always keen on fleshing out his songs with nice arrangements, Chesnut is helped

this time around by Nashville's 14-piece neo-country band Lambchop. But the album's most delightful guest-spot comes when country matriarch Emmylou Harris lends an eerie backing vocal to the vaguely unsettling "Woodrow Wilson." Although it begins to unravel a bit towards the end, "The Salesman and Burnadette" is mostly a stunning affair.

- Joseph Atkinson

## Movie

"Varsity Blues" (Paramount Pictures) The first must-see movie of 1999 is "Varsity Blues." The film is set in Texas where football is a way of life. As a story of football, relationships, rebellion, and abuse of power, "Varsity Blues" hits big.

The film stars James Van Der Beek of "Dawson's Creek" as Jonathan "Mox" Moxon, a back-up quarterback on the high school football team who disagrees with his

coach (Jon Voight) on how to win. Mox feels he should be the starter while the coach won't give him a chance. When his coach is forced to play him due to unforeseen circumstances, Mox proves to be a star player. However, Mox can't seem to please his coach no matter how well he plays. Eventually, Mox stands up for himself, rebelling against an unlikely authority figure.

Van Der Beek excels as a "good ol' boy" with an attitude underneath and Voight is brilliantly sinister and easy to hate. With a good supporting cast and a heroic ending, "Varsity Blues" should be a major hit at the box office. In fact, "Varsity Blues" was the top grossing movie its first week in theaters.

If you're looking for a movie that's funny, dramatic, and ultimately outrageous, do yourself a favor and check out "Varsity Blues."

- David Zellers

# Wes's World

By Wesley Cline

## Valentine's Day: the mousetrap of love

By Wesley Cline  
Staff Writer

I have been asked if I am going to bash Valentine's Day again now that I am single and have had time to heal. The answer is "Yes, I will."

I don't have a personal grudge against the holiday. It gives me an excuse to tell my father I love him (Love Ya, Dad) without having to feel strange about it. My mother, of course, already knows I love her, but I will still tell her that I do (Love Ya, Ma). All right, enough with the self-serving stuff, let's see if we can ruin this day of amour.

What follows is the almost true story of a gift that did not meet with the approval rating it was expected to receive.

A man I will call Tom, had a wife we will call Shirley. One day Shirley complained to Tom that she had discovered the little droppings of mice in their attic. Tom, being the good and loving husband that he was, decided to do something about it.

Tom didn't mention the problem again so that when he did something it would be a surprise. Shirley thought because he didn't say he was going to do anything about it he had forgotten. This made her very angry.

"I mean, really. We have mice and he doesn't even care. How embarrassing! What if someone finds out? Maybe I will mention it to him again later after he has had some time to act," she thought.

Time progressed a bit and Valentine's Day arrived. Tom had a little present that he was proudly waiting to give to Shirley. Shirley was very excited to receive a present

from Tom. She thought, "At least, he didn't just get me a card and a gift certificate for the mall this year."

Tom handed Shirley the present and waited impatiently, like a little child, for her to open it and be surprised and so grateful that she'd give him a big kiss.

She opened the present, hoping that Tom had finally decided to give her the necklace that she had been hinting for him to get for years. She got through the wrapping paper and found a cardboard box. She thought, "He probably hid the jewelry box inside so that I couldn't guess my gift right away."

She was so excited that she tore the lid off the box only to find it filled with tissue paper. She peeled back layer after layer of tissue paper to cover what it was so she was proud to

be giving her. She reached into the bottom of the box and saw what he had given her. Her eyes grew to three times their normal size and she screamed, overcome by great emotion. Tears started rolling down her face uncontrollably.

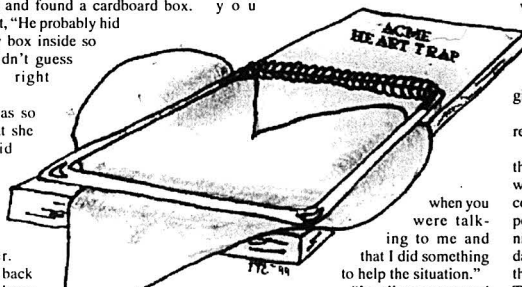
Tom was thrilled to have done such a

good job until he realized that Shirley didn't actually look happy. He knelt down on the floor where his wife had crumpled with the gift.

"What's wrong, honey? Don't you like the gift I gave you?"

"No, I don't like it! Who wants to receive mousetraps on Valentine's Day?"

"But, dear, you asked me to do something about our mouse problem. I thought it would be nice for you to know that I heard you



when you were talking to me and that I did something to help the situation."

"I realize you wanted to make me happy, but this is just not something you give as a present. Why didn't you just give them to me right away instead of wrapping them up and giving them to me as a gift? And, there is just something unromantic about mousetraps, especially those that have been . . . used."

So what can we learn from Tom and Shirley's little adventure? To begin with, don't give as a gift any device designed to

execute small animals, especially on holidays that are supposed to have something to do with romance and love. Definitely, don't give these devices as gifts if they have been used and are still in possession of the victims' physical persons. If you are in the habit of giving a generic gift on Valentine's Day, like say flowers and a box of candy, don't make your first foray into the world of personal gift purchasing alone.

Take along a trusted friend or even a relative.

I have heard that if you have children they can be wonderfully insightful about what to get for their parents. The only exception to this rule is in the purchase of very personal underclothing. That should definitely be done alone or with a mature, adult daughter. Little children tend to suggest the kind with cartoon characters on them. This particular item can be very sexy but doesn't work for everyone.

If a perfume smells good to you and it smells good on the salesperson, then it is probably a good purchase. However, do not tell your wife/girlfriend that it smelled good on the salesperson. She might not take it the right way. Finally, don't try the "if it works on the salesperson, it will work for your wife" trick in the lingerie store. This is a really bad idea.



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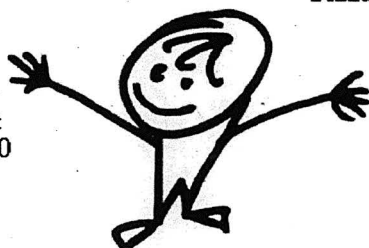
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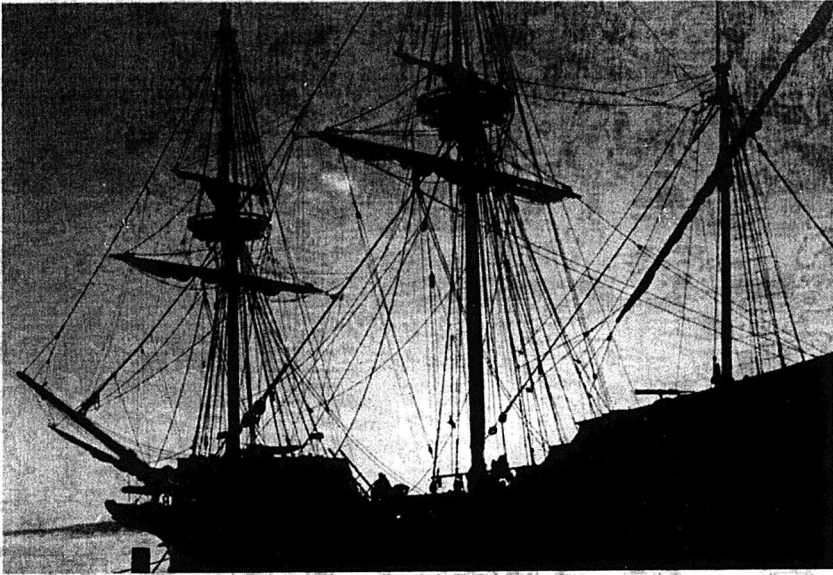
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# Sailing Strong



# Homecoming 1999

# Homecoming

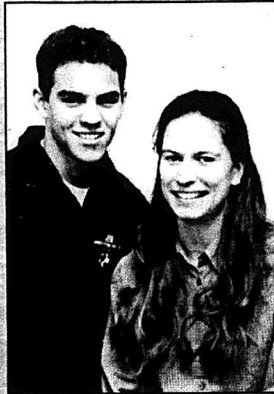
## Pi Kappa Phi

Michael Koontz, Jr. He is a Criminal Justice Major, and is on the crosscountry team.  
Tamara Pool, Sr. She is on the Basketball and Softball teams as well as being SGA President.



## Women's Soccer

Jason Farino, Fr. He loves playing video games, and looking cool in the Terrace  
Jacquin Miller, Soph. She believes the only way to get somewhere in life is through hard work.



## Phi Mu & Pi Lambda Phi

Adam Konta, Fr. He is the Social Chair for Pi Lambda Phi.  
Rhonda Steele, Soph. She is studying Mass Communication.



## Alpha Phi Omega

Jason Haivm, Jr. He is psychology major and a member of Sigma Tau Gamma.  
Janet Pohl, Jr. She is a History Major, and hopes to teach elementary school.



## Residence Hall Association

B.J. Sherrod, Fr. He is a tour guide for the Admissions Office, and hopes to become a C.P.A.  
Tonesia Nichols, Jr. She is the Project Assistant in the Residence Hall.

## Sigma Tau Gamma

Vince Dellaponte, Jr. He is a Fine Arts Major, and Vice President of Membership of Sigma Tau Gamma.  
Stephanie M. Brown, Jr. She is a Marketing Major and President of Gamma Phi Beta.

# Candidates

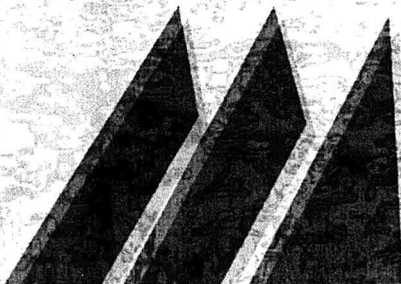
## Alpha Phi

Sean Phillips, Sr. He is a Computer Science Major and former CNU Basketball player.  
Sherri Szwydek-Smith, Sr. She is a History Major.



## Minority Student Association

Gregory D. Boothe Jr., Sr. He is Majoring in Finance.  
Tameka Joy Manuel, Soph. She is a Theatre Major.



Photos by Barbara Temple / The Captain's Log  
Illustrations & Layout by Mike Leonard / The Captain's Log



## Phi Mu Alpha & Sigma Alpha Iota

Billy Lackey, Sr. He is President of the Performing Arts Association  
Lydia McKeithan, Sr. She is a member of the Women's Professional Music Fraternity. Not Pictured.

## Act One

Thomas W. McDonald, II, Fr. He currently serves as Act One Assistant Webmaster.  
Heidi Hisler, Jr. She is a Pre-Nursing Major, and is the Entertainment Chair of Act One.



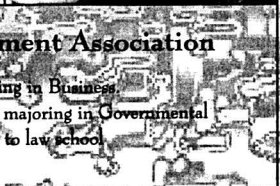
## Alpha Kappa Psi

Keith Elliott, Jr. He is majoring in Business Finance and in the Big Brother Program.  
Thomasina L. Byrd, Sr. She is a Business Administration Major.



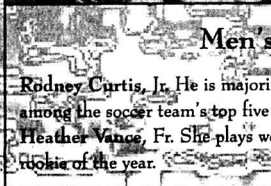
## Student Government Association

Mike Archbell, Fr. He is majoring in Business.  
Jamilia Benthall, Soph. She is majoring in Governmental Administration, and hopes to go to law school.



## Men's Soccer

Rodney Curtis, Jr. He is majoring in Business Finance, and was among the soccer team's top five points leaders.  
Heather Vance, Fr. She plays women's soccer, and was named rookie of the year.



# Homecoming 1999 Events

## Wednesday, February 17

Student Art Exhibit Opens (through February 26)

## Thursday, February 18

Bonfire and Pep Rally

adjunct to Santoro Hall, 7:30 pm Meet the athletes and coaches, watch the cheerleaders perform and enjoy the music of Astro D.J.

## Friday, February 19

Noon, Spirit lunch, Christopher's, \$4.95

4pm, Art Exhibit Awards Ceremony, Gosnold 101

Basketball: CNU vs. Greensboro mens (5:30) women's (7:30)

Fighting Gravity Concert in Ferguson Auditorium 9:30

## Saturday, February 20

Noon, Pre-game Buffet for Alumni, Ratcliff Small Gym

2 pm Men's Game against Methodist

(Introduction of Coronation Court)

4 pm Women's Game against Methodist

(Announcement of '99 King and Queen)

8pm, Homecoming Dance (semi-formal) Sailing into the Nigh, Christopher's

## Sunday, February 21

Noon, Class of '99—Brunch, President's residence  
(by invitation only)

# sports commentary



By Kris Van Deusen

## No Cry-babies

Have you ever found yourself playing a game in which your opponent took all the fun out of the game? Getting whooped in a sport no longer bothers me. Since it's happened so many times in the past, I'm used to it by now. However, I really can't stand playing against people who take any game too seriously. They are usually the ones who taunt, act cocky when they make a good play, cheat to save face, play dirty, or engage in other pathetic behavior. I hate playing against people like this because it makes me feel as if I need to win the game in order to achieve a certain amount of justice, which in turn makes the game no longer fun. Don't get me wrong, I love to win, but I can handle losing. My father always said that if you have to win to have fun, then you shouldn't be playing.

Well, last week I ran into another type of person who acts a certain way when he or she starts to lose—a cry-baby. You've seen them. They call every penalty and foul in the book, and go crazy if any infraction is called on them. Of course the myriad of excuses these people come up with are often laughable. I make a point of never giving up, but sometimes you just don't feel like playing any more.

Last week after a couple of games of basketball in Ratcliff, I was running my mouth at a friend of mine.

"You are so weak," I said to him.

He challenged me to a game of one-on-one. The loser had to tell all of our other mutual friends how the beating took place and that the victor is truly the better player.

I proceeded to kick his butt. Soon the whining began. It intensified when I called a foul. He complained and I gave him the ball even though the rule on the playground is that you always respect the other man's call. When it happened again, I vowed not to call another foul for the rest of the game. A couple of plays later I knocked the ball away during his dribble. He called a reaching-in foul.

I said, "It's not a foul unless I touch you." I suppose he didn't believe me so I gave him the ball again. A third party tried to explain it to him as well, but it was no use.

Finally, when the score was 6-3, I had no more appetite for the game. I decided not to play any more defense on him because he had turned into a full blown cry-baby. He even told me that he was playing with a pulled leg muscle. I suppose he thought he was actually schooling me when he took the lead until I told him I had stopped playing defense on him four or five points ago because he called foul on every single play. He was so pathetic during the game that once when it was obvious to the both of us that he had hacked me, he looked at me and said, "Are you gonna call a foul?"

I said, "I told you I wasn't going to call a foul for the rest of the game. You call it." He still didn't give me the ball, even though he knew he had fouled me.

Usually when an opponent pisses me off, I just want to beat him by a wide margin. This time I just wanted the game to be over. I was sick to my stomach. He said that we could play each other everyday during the week; a sort of playoff series. Well, he can forget it. Who would want to. There aren't enough hanky's in the world to shore-up his tears when he starts to lose.

He could tell I was sick of his crying. I took a bunch of three-pointers, which I missed, and he eventually won after a few uncontested lay-ups. If his weeping and bellyaching was simply a ploy to take the drive out of my competitive spirit, it worked like a charm.

# SPORTS

## Captains tame the kitties

By Kyle Thomas  
Contributing Writer

The Captains travelled to Rocky Mount, N.C. to stage a 81-74 come from behind victory over the Methodist Monarchs. The Captains started out slowly as Meth-

odist led 42-36 at the half. Even with 12:49 to play in the second half, CNU found themselves down by 14 (57-43). After a time-out, head coach C.J. Woollum made some substitutions.

"It was a matter of getting the right combination of players on the floor and also committing to a particular offense to run. Our defense just went up a notch," said Woollum. "Those factors, plus the fact that Methodist got tired, and down the stretch I

thought that we were a better conditioned team, led to the win."

Brandon Jones, who was suffering with the flu, had 27 points and 8 rebounds. Tiran Matthews added 20 points and three others chipped in 8 apiece—Antoine Sinclair,

Kenny Stokes, and Kenny Carter.

The win gave CNU sole possession of 1st place in the Dixie Conference as they headed into Greensboro the next day to take on the Pride.

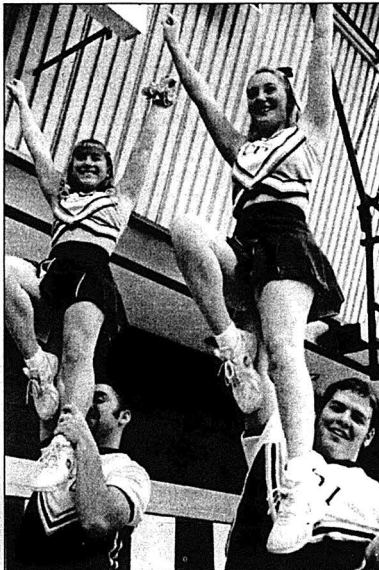
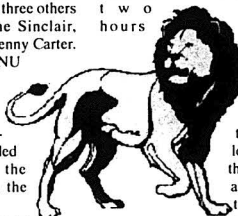
Brandon Jones felt worse than he was on Friday night and asked not to start the game. But as he did in the Methodist game, Brandon ignited the Captains to their 5th win in a row as they whipped Greensboro 77-67. The Captains took a 21-19 lead for good with 9:25 left in the first half but

the Pride would not allow CNU to get ahead by more than 8 points until the last 7 seconds of the game. The team felt inspired by Jones' playing well in games in less than 24 hours with an illness.

"His defeat of the illness helped the team out in the game," said Woollum. "Sometimes adversity allows you to do things that are extraordinary, and he had two extraordinary games considering that he was ill."

Jones again led the team with 26 points and 6 rebounds. Tiran Matthews had 19 points and Kenny Stokes had 8. Also Antoine Sinclair pulled down 9 rebounds and added 6 points.

THE PRIDE



Clockwise from bottom left: Dave Johnson, Sally Crisp, Crystal St. Claire, Lucas Dalton perform a stunt for the crowd during a time-out at a CNU basketball game last Wednesday. The Cheer squad performs at every home basketball game.

Photo by  
Kris Van Deusen/  
The Captain's Log

## DIXIE PLAYER OF THE WEEK

Men's Basketball

Brandon Jones - Christopher Newport

Playing with a severe case of the flu, the junior from Newport News, Va., averaged 26.5 points and 7.0 rebounds as CNU won road games at Methodist and Greensboro in one weekend and moved into first place. He shot .630 (17-27) from the floor and had six assists and four steals. Also nominated: Demarcus Morrison, Averett; Montrell McNair, Methodist; Marquis McDougald, N.C. Wesleyan; Cameron Jones, Shenandoah.



## Jones recognized nationally

Junior Brandon Jones reaped the rewards of his outstanding weekend by earning DIAC and D3 Online National Team of the Week honors.

He played two of his best games of the year averaging 26.5 points despite suffering with a bad case of the flu and not starting one of the games. He scored 53 points in 52 minutes shooting 17-for-27 from the floor and 4-for-8 from three-point range. He added 14 rebounds six assists, and four steals, which helped lift CNU to victories over Methodist and Greensboro. D3 Online recognizes the five most outstanding performances of the week each week. This was Jones first time on the D3 team.

## Division III Players of the Week

Shawn Swavely, Albright G  
Chad Fabian, Wilkes G

Brandon Jones,

Christopher Newport F/G

Sean Harrington, Mass-Boston F

Chaz Smoot, AndersonC/F

Rebounds, six assists and four steals.

## CNU wins sixth in row with weekend sweep

The CNU women grabbed an 8-7 lead and held off several Methodist challenges on their way to a 60-59 win Jan. 29. Cherrie Phillips lead all scorers with 15 points followed by Rasheka Barnes (12), Tamara Pool (11), and Nadine Ward (11). Pool also added 7 rebounds.

The Lady Captains moved into a share of the Dixie Conference lead with a 70-65 win at Greensboro Saturday afternoon. CNU never trailed in the second half after taking a 33-30 halftime lead, although Greensboro did tie the score once at 56.

The win, the sixth straight for the Lady

Captains, improved them to 10-7 for the year and 5-1 in Dixie play, tying CNU with Methodist for first place. GC slipped to 11-6 and 3-2.

Leema Madden paced CNU with 17 points and 5 steals, while Cherrie Phillips scored 13, Nadine Ward added 11 and 11 rebounds and Tamara Pool had 11 points. Ward made eight straight key free throws down the stretch to help insure the win. Tricia Ziegler scored 18 for GC and Tina Lineberry added 17.

Information provided by the sports information department.

## CALENDAR

WED  
No events  
scheduled

THUR  
No events  
scheduled

FRI  
Women's Basketball  
vs. Averett 5:30(Away)  
Men's Basketball  
vs. Averett 7:30(Away)

SAT  
Women's Basketball vs.  
Ferrum 2:00(Away)  
Men's Basketball vs.  
Ferrum 4:00(Away)

SUN  
No events  
scheduled

# Elsewhere in the Dixie

## N.C. WESLEYAN

Men's Basketball (9-8, 4-2): The men's basketball team faced Methodist College who led throughout the game, and after taking an 11 point lead into the locker room at the half, held off a furious comeback attempt by the Monarchs in the second half, to secure a 73-69 win. Keys to the Bishop victory were field goal percentage (48%) and three-point shooting (50%), as well as a solid effort defensively. Marquis McDougald had another double-double with 23 points and 10 rebounds and was joined by teammate Chris Moody with 14 points and 10 rebounds. Sophomore point guard Josh Walker (Seminole, FL) scored a career high 18 points against the Monarchs while shooting 5 of 6 from the floor, (4 of 5 from the three-point line), and was a perfect 4 of 4 from the free throw line. They then beat the Averett Cougars 94-79. McDougald was saddled with early foul trouble and eventually fouled out. Five players score in double figures. Junior, Chris Moody (Roanoke Rapids, NC) had an outstanding game as he led the team with 18 points and 14 rebounds; and Josh Walker scored 16 points and dished out 7 assists. Anthony Ervin scored 14 points.

McDougald still finish with 17 points and 10 rebounds while Fabian Lawrence added 11 free throws. The Bishops are now 4-2 in the conference and tied for second place as they begin the second half of the conference schedule.

Women's Basketball (9-7, 4-2): Methodist Monarchs, the Bishops fell to Methodist 60-57. Senior Jill Livezey scored 22 points for the Bishops and grabbed 10 rebounds while freshman Carolyn Erwin (Bristol, VT) added 10 points. Against Averett, the Bishops could not hold onto the lead against the Cougars. Erwin led the team in scoring with 23 points and also pulled down 12 boards while Trader had 14 points to go along with eight assists and three steals. Jessica Mook and Livezey also scored in double figures and Chontae Uptegrove got 10 rebounds. Parents day brought an undefeated Meredith team to Everett Gymnasium to take on the Bishops, but Meredith did not leave undefeated as Wesleyan won an exciting, down to the wire game, 71-67. Wesleyan Trader finished the game with 18 points (11-14 from the free throw line), 10 assists and five steals. Livezey and Erwin scored in double figures while Angelina Collie provided offense off the bench with nine points.

## FERRUM

Men's Basketball (5-13, 2-4): The Panthers played one game last week, a 78-74 Dixie loss to Shenandoah Jan. 28 in Winchester.

Sophomore R.J. Reynolds led Ferrum with 17 points and six assists. Freshman Curtis Lipscomb had 15 points, while seniors Rodney Ponzio and Michael Hunter chipped in 11 points each.

Women's Basketball (3-14, 1-5): The Ferrum women's team lost its only game last week, a 60-53 setback at Shenandoah. Junior Melissa Buchanan had 21 points and 12 rebounds to lead the Panthers. Freshman Ebony Irving had 14 points and nine rebounds and freshman Alison Everett had 12 points.

## AVERETT

Men's Basketball (8-9, 3-3): The men began the week extending their losing streak to five games losing to NC Wesleyan at home 79-94. Averett was led by Demarcus Morrison with 23 points and 11 rebounds. Marcus Tucker contributed 13 points and David Apple had 12 points and 7 blocks. The Cougars broke their losing streak with a road win at Shenandoah University 101-90. Averett's Demarcus Morrison scored a career high 41 points breaking the school record of 38 points in a game, also against Shenandoah. Morrison also contributed 13 rebounds. Derrick Rogers had 13 points and Jay Tate 10.

Women's Basketball (3-15, 1-5): The Lady Cougars began the week with a loss to Meredith College 67-95. Averett was led by Pam Jones with 20 points and Courtney Cowart 15. Jion Word record a triple-double with 14 points, 10 rebounds and 12 assists, the second triple-double in school history, men's or women's. The Lady Cougars lost to NC Wesleyan at home 68-70. Averett was led by Michelle Warner's 26 points and Pam Jones with 15 points. Averett broke their eleven game losing streak beating Shenandoah 85-75. The Cougars were led by Cowarts 5 3-Pointers and 21 points, a career high. Rebecca Smoot contributed 17 points and Michelle Warner had 16.

## GREENSBORO

Women's Basketball (11-6, 3-2): The Pride defeated Chowan College Wednesday night, 61-58, and was beaten by Christopher-Newport Saturday, 70-65. Against Chowan, The Pride led by as many as 21 points, but the Braves got within twopoints with 36 left. Three different players scored in double figures for Greensboro, led by Tina Lineberry's 15 points, nine rebounds and four steals. Tricia Ziegler and Lindsey Merkl each had 10 points. Ziegler also had seven rebounds and six steals while Merkl had a season-high seven assists. In a key Dixie Conference matchup on Saturday, CNU opened the second half with an 11-4 run and withstood a late GC charge in winning for the 6th straight time. Greensboro was able to tie the game at 56-56 with 3:48 left, but CNU closed with a 14-9 run. Lineberry's eight rebounds now leaves her just six shy of 1,000 for her career.

Men's Basketball (5-11, 1-4): Greensboro lost both of its games this week, falling to Chowan College, 81-74, and Christopher Newport, 77-67. The Pride has now lost seven of its last eight games.

GC built a 40-27 half-time lead against Chowan on the road Wednesday night, but allowed the Braves a 36-11 run to open the second half. Three players scored in double figures for The Pride, led by Geoff Lassiter's 17 points and 11 rebounds. Jay Campbell continues to sizzle from the outside, connecting on 5-of-10 three-point shots against Chowan and 3-of-7 against CNU. He finished with 14 points and four assists against the Captains. However, Greensboro could not overcome a 24-8 CNU run midway through the first half as the Captains took a 31-23 lead. The Pride got as close as two points in the second half, but could not fully overcome the deficit. Marlon Petty scored 17 points and grabbed nine rebounds in the loss.

## METHODIST

Men's Basketball (9-8, 4-3): Methodist had its five-game winning streak snapped, enduring a tough 0-2 week with losses at North Carolina Wesleyan (73-69), Monday, and at home, Friday, to Christopher Newport (81-74). At N.C. Wesleyan, Montrell McNair (17 points), Clayton Stewart (14 points, 11 rebounds) and Carl Ollinger (14 points) all led the Monarch efforts. Against Christopher Newport, Johnny Wilson scored a career-high 25 points on 10-14 shooting (5-8 from three-point land) while McNair chipped in 18 points and Shane Pierren added 11. MC, which led the DIAC five games into the conference schedule, is currently tied with N.C. Wesleyan for second in the league behind new leader Christopher Newport.

Women's Basketball (10-4, 5-1): The Lady Monarchs split last week's two games, winning at North Carolina Wesleyan (60-57), Monday, and falling to Christopher Newport (60-59), Friday, at the March F. Riddle Center. At N.C. Wesleyan, Amy Todd (23 points, 10 rebounds), Erin Updegrave (18 points, nine rebounds, five assists) and Triba Williams (11 points) paced the Methodist attack as MC improved to 6-0 (at that time) in 1999. Updegrave (22 points) and Todd (15 points) led the Lady Monarchs' offense against Christopher Newport. With the loss, MC dropped into a tie with Christopher Newport for first place in the DIAC standings.

## SHENANDOAH

Mens Basketball (4-14, 2-4) - The men's basketball team split its two games this past weekend to move to 4-14 overall and 2-4 in the Dixie Conference. SU snapped its two game losing streak on Thursday

with a 78-74 win over Ferrum College. Senior Cameron Jones (Gaithersburg, MD/Gaithersburg), 24 points, and freshman Tyson Thompson (Keysville, VA/Randolph Henry), had 23 led SU on offense. Freshman Ronald Merriwether (Keysville, VA/Giessen American) added 14. Shenandoah was unable to make it two in a row on Saturday, losing 101-90 to Averett College. Jones had 27 and junior Derek Helman (Greencastle, PA/Greencastle) scored 19 to lead SU while Merriwether added 12 and Thompson dished out a career high 13 assists.

Womens Basketball: (3-12, 1-5) - The women's basketball team also split its two games, defeating Ferrum 60-53 before losing to Averett 85-75. The women are now 3-12 overall and 1-5 in Dixie Conference play. Junior Jill VanGuilder (Suffolk, VA/Nansmond-Suffolk) had 17 points while Ellie Tanner (Wolfington, VA/Madison County) and Christal Akward (Staunton, VA/Robert E. Lee) both had 11 points and 10 rebounds. On Saturday, Shenandoah held a 42-38 halftime lead against Averett, but watched the Lady Cougars shoot 59% from the field in the final 20 minutes and take an 85-75 win. Tanner turned in her second straight double-double with 21 points and 12 rebounds, while VanGuilder had 20 points. Sophomore Carrie Weimer (Williamsport, MD/Williamsport) also played well; she had 17 points and nine rebounds.

## DixieAA Intercollegiate Athletic Conference A Stats and Standings

through games of Feb. 1, 1999

### Men's Basketball Standings

School	Conf. Pct.	Overall Pct.	Streak
CNU	5-1 .833	14-4 .778	Won 5
Methodist	4-2 .667	9-8 .529	Lost 3
N.C. Wesleyan	4-2 .667	9-8 .529	Won 3
Averett	3-3 .500	8-9 .471	Won 1
Ferrum	2-4 .333	5-13 .278	Won 1
Shenandoah	2-4 .333	4-14 .222	Lost 1
Greensboro	1-5 .167	5-12 .294	Lost 3

### Women's Basketball Standings

School	Conf. Pct.	Overall Pct.	Streak
Methodist	5-1 .833	10-4 .714	Lost 1
CNU	5-1 .833	10-7 .588	Won 6
Greensboro	4-2 .667	12-6 .667	Won 1
N.C. Wesleyan	4-2 .667	9-7 .563	Won 2
Shenandoah	1-5 .167	3-12 .200	Lost 1
Averett	1-5 .167	3-13 .188	Won 1
Ferrum	1-5 .167	3-14 .176	Lost 5

### Women's Team Statistics

score off	cnu	74.9
def	green	58.6
marg	meth	+7.2
fg%	green	.660
fg%	meth	.410
fg% def	meth	.354
3pt%	meth	.341
asst	meth	16.93
stl	ncw	14.41
turn marg	ncw	+7.59
off reb	ncw	18.06
def reb	cnu	28.65

### Women Individual Statistics

Scor	NCW	Livezey	20.9
Reb	Meth	Todd	10.8
FG%	meth	Updegrave	.565
Assts	cnu	barnes	5.35
stl	su	weir	.857
blk	ferr	buchanan	1.82
stl	cnu	madden	4

### CNU National Women's Leaders

Barnes scor 23rd (19.4)

### Men's Team Statistics

score off	cnu	79.5
def	cnu	69.3
marg	cnu	+10.2
fg%	aver	.697
fg%	cnu	.478
fg% def	cnu	.412
3pt%	fer	.379
blk	aver	6
asst	cnu	17.78
stl	aver	10.76
turn marg	aver	+4.71
off reb	cnu	17.50
def reb	ncw	27.18

### Men's Individual Statistics

indiv scor	ncw	mcDougald	24.5
reb	ncw	mcDougald	10.1
fg%	mc	stewart	.646
assts	su	thompson	5
fg%	su	thompson	.867
stl	su	morrison	2.24
blk	aver	apple	4.38

### CNU National Men's Leaders

reb marg 7th (10.1)



Open 8:30p.m. - 11:30p.m. Fridays and Saturdays

The Purpose of Shadrach's is to provide an inviting atmosphere with friendly service for singles and adults, Christian and Non-Christian, to connect and build relationships in a non-threatening environment. Shadrach's desire is to be a place for people to discover the treasure of Jesus' love.

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Kelly Wells Manager  
shadrachcoffee@hotmail.com  
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CNU

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Shoe Ln.



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- d) you're a virgin

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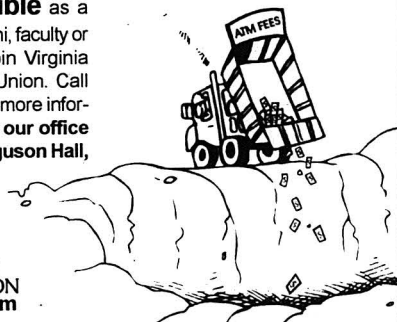
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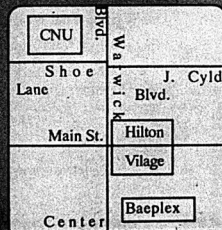
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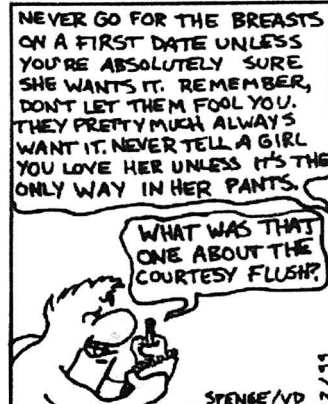
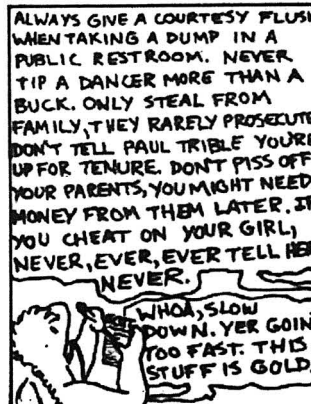
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# classifieds

Models needed for drawing and painting classes. 9-12 pm Tuesdays and Thursdays, 9-12 pm and 1-4pm Mondays and Wednesdays. These times or any portion of these times is desirable. Pose in costume or leotard for gesture drawings. Prof. Alexick 594-7090

Chinese Tutoring (speaking, writing, other language needs) Native speaker, former translator and interpreter, in Taiwan Art Museum. Creative teaching for all age groups. Reasonable charges. Call 873-5688 ext 238 days. 591-2318, evenings. Leave message.

New Years Resolution: I will call my (Statistics, Algebra, Calculus, Chemistry, Physics, Biology, Study and Research Skills) Tutor BEFORE my first test. Tutors Ink Julia Ross. 595-6452

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Great Tan Cheap! I won a twelve visit tanning package at Victoria's (a day-spa) in Yorktown. Valued at \$45 dollars that expires 4/23/99. I'm 71, live in VA Beach, and neither I, my wife, normy grown children are sunbathers. So, if you or a loved one are into a year long tan, here's your chance to save 25% and get that healthy looking glow for only \$33.75. Please call my son Paul at (757)461-4785 for more details.

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For those with a problem with alcohol, Alcoholics Anonymous meets Friday night from 7:30-8:30 pm in SC105. Any member of the CNU community who has a drinking problem is welcome.

Phi Mu Sisters- I love you! Kevin- you can take your shoes off at my house anytime, "BOYFRIEND"! Lindsay S- you're cool! Kris: Sliced Bread & shrimp is no reason to miss class! Cori: No news is good news! Heath: Any suggestions? Love, Moonshine.

Taryn- Hey Puddin', I love you! Carrie- thanks for sharing your house. Jenni- Let's go bowling. Sean P- You rock! Thanks again! Adrienne & Tricia- Gerber Family is awesome! Christa- Take care, call me if you need anything. Andrea & Amy- Welcome to Alpha Phi! Love, Sherry.

Phi Mu- thanks for a great rush. We ROCK! Congratulations to our new Phis! Cori: got any TP? Nikki- I love you so much! Lindsay S.: Never to the airport! Sigma Pi, Thanks for everything- we love you very much. You're great! Love Pokey

Hey "undefeated flip champs" if you wanna see what the rock is flippin' then you will bring your candy ass to see Todd, PJ, Brad, or Travis. We'll set up a "challenge". Hardcore Travis Binns

Shannon- Thanks for the refund! Sherri- Thanks for the notes! CNU- We want our COKE back!

Undefeated flip champs my ASS!! Hell, we invented the game, so come see Balls Woodchuck, Hardcore+DePends. If you want a beating you'll never forget. Congratulations AM Pledge class, and Good Luck- your educator "DePends"!

Travis, RJ, Tood, & Niki are the undefeated flip champions & we have a broken light to prove it! Congrats to all the Sigma Pi AM class. Thanks to everybody for coming to Beechmont and have a good time.

A picture is worth a thousand words... It's amazing what a backhand can do! Amy Middlebrooks

Recreation club meeting Tuesday 2-9-99 in the lobby next to the Gaines Theatre in the Student Centre at 3pm. The meeting will be held to vote on proposed changes and upcoming events open to all students and faculty.

Tape-A-Quarters must be received by Wednesday at 5pm. Cost is, obviously, one quarter per week, although more is always appreciated. All Tape-A-Quarters must contain a name and phone number, although we guarantee confidentiality from prying eyes. Faculty and staff members are charged at the same rate as students, although administrators, due to their larger salaries, are charged at the rate of fifty cents an ad. The Captain's Log bears no responsibility for the content, accuracy, or aesthetic quality of the Tape-A-Quarter classified ads. Tape-A-Quarters must be received by Wednesday at 5pm. Cost is, obviously, one quarter per week, although more is always appreciated. All Tape-A-Quarters must contain a name and phone number, although we guarantee confidentiality from prying eyes.

official tape-a-quarter form

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**CAPTAIN'S LOG**

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quarters  
here

name, phone number and today's date (required)

print message below. do not exceed six lines