

The Captain's Log

Christopher Newport College — Our 25th Year

November 27, 1985
Volume 17, Number 12
Newport News, Virginia



News writing staff goes to Yale

By Beth Emerson
staff writer

On Nov. 16, nine CNC *Captain's Log* reporters visited Yale University to attend the Investigative Reporters and Editors conference put on by the Yale Journalism School.

The day-long seminar offered a range of discussions directed towards the investigative process in journalism. The discussions were led by professionals in the field of both print and broadcast journalism.

Among the 25 professionals on hand, Marion Goldin from "60 Minutes," CBS News, had some encouraging words for the journalism students about television journalism. Marion Goldin said, "It is sometimes more difficult to produce broadcast journalism compared to print journalism, because not only do you have to do the leg work and write the story, but you also have to sync the visuals (film footage) along with the story."

Goldin also described how demanding, yet rewarding, it was to work so closely with Mike Wallace. Students were shown footage from a segment that aired on "60 Minutes" earlier this season. She described the steps involved in putting the segment together, and how time-consuming it was. Goldin stressed the point that, "All journalists must try to fairly give BOTH sides of the story; in turn, viewers and readers will make their own decisions."

Students also had the opportunity to listen to Dick Krantz, from WTTG-TV, Washington. Krantz is an investigative reporter/anchorman for the Washington

station. He gave students some tips on investigative stories, saying, "A good story usually starts with a tip, from there it's all leg work." Krantz emphasized the steps that lead to the finished product, as well as honesty and being fair to one's sources. He said, "Getting one's tip on the story, establishing the reporter's hypothesis to be investigated, a preliminary check on one's hypothesis, checking with various sources, compiling facts, interviewing the 'subject' of the story, evaluating the bulk of information gathered," are the steps a reporter takes in getting a good story.

Marsha Kramer from the *New York Daily News*, and James Polk from NBC News, Washington discussed how to find sources, how to use sources, and how to preserve and protect sources.

Kramer gave students tips in news investigations which she felt were very effective: "I find it very helpful sometimes to play on a person's ego for information...Boy, are you brilliant...Then what happened? As long as I get the information, within morals — that's fine." She made a point to tell students that journalists must protect their sources and most of all, check up on their validity if the source is unfamiliar. "If the sources' information is not first-hand," she said, "be sure and get more facts. Don't believe everything you hear — check your sources — then write the clinching story."

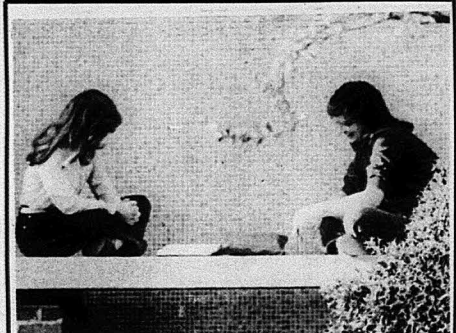
Polk made comments similar to Kramer's and he gave his point of view on sources in journalism. He explained that, "We ask people to help us understand

a story, we don't want to trick our sources — be up-front and honest; you'll get more stories in the future." The students were encouraged to be good listeners, since people usually like to talk about things they are familiar with.

Polk has developed a good rapport with his many sources since he "...maintains honesty, sets the rules of the interview, and fills his sources in on what he's up to — well, 80% of what I'm up to," he said. Polk has had the jump on many breaking news stories because he "...values his reliable sources and he keeps in touch with them to maintain a good relationship for future stories."

During the luncheon, provided by Yale University, many of the more than 500 students attending the conference were entertained by Nobel Prize winner, Seymour Hersh. Mr. Hersh discussed his experiences as a young journalist in Chicago. He said, "I was very anxious to get a big break." He continued with an hour-long recollection of his investigative process on the story which won him the Nobel Prize. He also briefly discussed work on his book about former Secretary of State Henry Kissinger.

The Journalism students from CNC attended the seminars hoping to take home some helpful tips on investigative reporting. The students stayed two nights in New Haven, Connecticut, where they had the opportunity to sightsee in the city and on the Yale campus, as well as attend seminars. The weekend was educational as well as entertaining for all involved.



C. Michael White, contributing photographer

Natalie Stanley and Chyrsan Holland study in the warm fall weather.

Younger scholarship contest offered

The 200th anniversary of the U.S. Constitution in 1987 offers a unique occasion for encouraging reflection on the history of America and the principles on which this nation was founded.

To commemorate that occasion, the National Endowment for the Humanities has launched a special nationwide competition for high school and college students from every state to conduct research and writing projects on the U.S. Constitution.

Award recipients will be expected to work full time for nine weeks during the summer, researching and writing a paper under the close supervision of a teacher or professor of the humanities. No academic credit may be sought for these projects.

ing an undergraduate degree at the time of application.

Applicants must be U.S. citizens or foreign nationals who have lived in the United States for at least three consecutive years at the time of application. Individuals who will have received or expect to receive a bachelor's degree by Oct. 1, 1986, are not eligible to apply.

Awards are \$1,800 for high school students and \$2,200 for college students. Each award includes \$400 for the teacher or professor who serves as project adviser. To request guidelines and application forms for the special competition, write to:

National Competition, Bicentennial of the U.S. Constitution, Room 504, National Endowment for the Humanities, 1100 Pennsylvania Avenue, N.W., Washington, D.C. 20506. The deadline for receipt of the applications is Dec. 15, 1985.

Applicants must be 21 years of age or under, throughout the calendar year in which the application is submitted; or, if they are over 21, they must be full-time college students pursuing these projects.

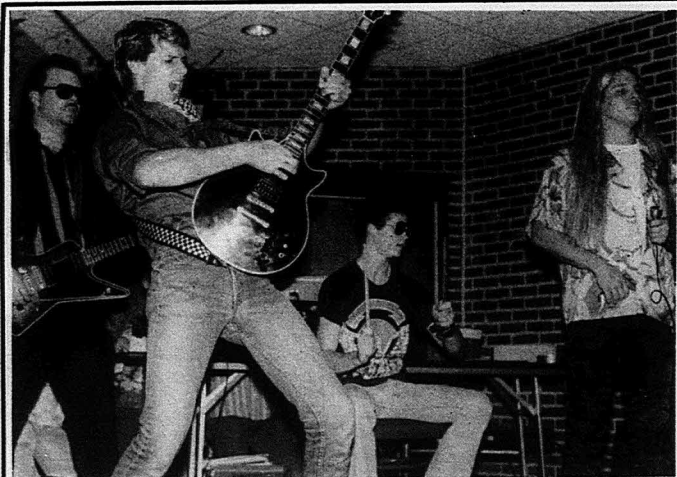


Photo by Kasey Howell, staff photographer

(L-R) James Willett, Dan Stachowiak, Eddie Blankenship, and Billy Towlee of "Vandal" lip sync as Van Halen in the recent contest sponsored by CPB. "Vandal" placed 3rd.

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Editorials

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We welcome Letters to the Editor — express your opinions!
We also appreciate comments on content and/or format of
The Captain's Log.

Letter:

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

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



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

Production Notice

The next issue of *The Captain's Log* will be published January 24, 1986. The deadline for all announcements is six days before date of publication and must be typed, double-spaced. *The Captain's Log* office is in CC-223, 599-7196.

CNC Searches for Motto and Song

VOTE FOR CNC COLLEGE SONG

Who:

YOU! (Everyone in the College community.)

Where:

Christopher's

When:

12:30 during the lunch hour
Tuesday, December 3 and Wednesday, December 4

Why:

Because CNC is your College...and this will be your song

Method:

Several songs will be played. Then voting will be done by ballot. Lyrics will be composed later.

BONUS:

**Drawing for FREE Meal Ticket Each Day.
You Must be Present to Win!!!**

"After 25 years, it's time for CNC to have a motto...and other things, too...like a school song and a mascot," according to Rita Hubbard, chairman of the Publications and Commemoratives Committee for CNC's 25th Anniversary Celebration.

The first project for her committee is sponsoring a contest for a CNC motto. The motto contest is open to all those connected with the college: students, faculty, staff, administrators, and members of the Board of Visitors. Boxes will be placed at various locations on campus for submissions.

The contest closes the last day of classes, Dec. 7. After that, the Publications and Commemoratives Committee will select the entries they consider best. These will be published in *The Captain's Log* in January, along with a ballot, so that all those in the college community can have an opportunity to vote for the motto of their choice.

Those wishing to enter the contest should submit a motto, their name, and telephone number.

When asked about the specific intent of a motto, Hubbard said that it should embody a guiding principle of the college. "James Madison University's motto is *Knowledge for Liberty*. VPI's motto is *Ut prosim/That I May Serve*. What words capture the spirit of CNC? That's what we hope to find out."

Members of the committee are David Alexick, Judith Hietanen, Paul Killam, Robert LaVerriere, and Jane Webb.

The Captain's Log

is now taking applications
for a bookkeeper.

Salary is \$3.35 per hour,

for 5-7 hours per week.

Applicants must be

available for interview at

the end of this semester,

and be able to work

through next semester.

Please come by CC-223

for applications.

The Editor

Features

Newport Hall gets new name

By Lisa Pieper

Editor in Chief

Like a father who quietly watches a child grow, so has Lewis McMurren watched CNC develop. Like the father who is reluctant to intervene with a strong hand, so has Lewis McMurren been operating behind the scenes to make CNC grow.

Once McMurren predicted a student body of 10,000. Ten years after the predicted maturity, the population falls short of the goal. But not all of McMurren's goals went unaccomplished.

The 30 year House of Delegates veteran had a reputation for earnest endeavors, and CNC was one of them.

"If William and Mary is the mother of CNC, McMurren is the father", said James C. Windsor, second president of CNC, in a 1973 article.

Honoring McMurren has been a recent decision of the CNC Board of Visitors: Dec. 14, Newport Hall will be renamed Lewis A. McMurren Hall. A ceremony to which 400 guests are invited, will honor the man and place a bronze plaque on the outer wall of the breezeway, facing the Campus Center. Newport Hall is the oldest building on campus, completed in 1964, when CNC moved from John Daniels school in downtown Newport News.

McMurren's commitment to CNC has remained constant since 1960, when he chaired the Peninsula Committee for Higher Education, a body which originated plans for CNC.

McMurren's career as a legislator started in 1947. At the early age of 14 he showed signs of political interest when, in 1928, Al Smith had been nominated by the democratic party for president. Lewis organized a club of young friends, and they campaigned in Newport News for Smith, which was said to compare favorably with any campaign sponsored by the older, experienced politicians.

Again in 1932, when the late Franklin D. Roosevelt had been nominated by the Democratic party, Lewis, at the age of 18, organized and carried on a very extensive campaign for Roosevelt.

Lewis graduated from high school in 1932. His classmates voted him the best all around boy of the senior class. Many of these friends have worked and voted for Lewis since 1947. Lewis attended Washington and Lee University in the fall of 1932.

In 1946, Lewis and a large group of men formed the Peninsula Industrial Committee as a part of the Peninsula Chamber of Commerce. These men realized the great need for joint action to meet the impact of the economic change brought about by the ending of the war. This is only one of the first accomplishments of a very long list.

In 1973, CNC gave the Distinguished Service Award to H. Westcott Cunningham, first president of CNC, and to Lewis McMurren in a joint ceremony.

In 1980, William and Mary honored Lewis with an honorary doctor of laws degree.

McMurren's extensive involvement as a legislator is marked by appointments to high ranking committees: he chaired the Roads and Internal Navigation Committee; Counties, cities and towns Committee; and the Virginia Independence Bicentennial Commission.

He sat on such bodies as the Appropriations Committee, the Privileges and Elections Committee, the Rules Committee, the Virginia Advisory Board on the Budget, and the Virginia Advisory Legislative Council (VALC), composed of senior delegates and senators.

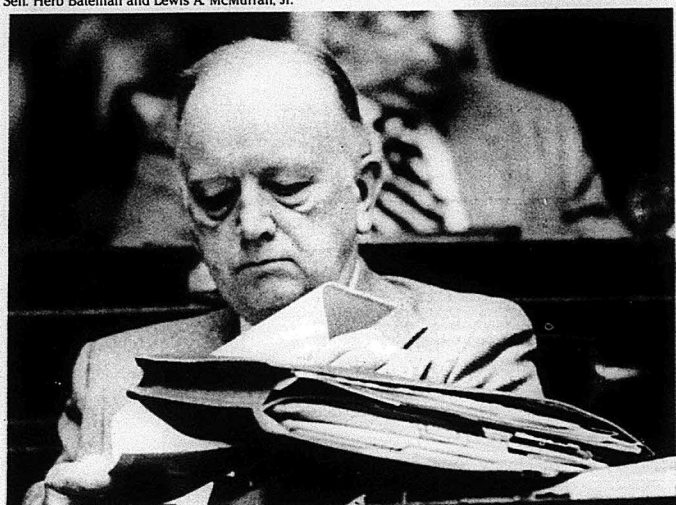
His interests in Virginia's history involved him in sponsoring legislative acts for the celebration of the 350th Anniversary of Virginia's Settlement, in 1957, and of the Bicentennial Council of the 13 Original States, as well as, the Virginia Independence Bicentennial Commission, and was active in the Jamestown-Yorktown Foundation.

Major gains for the Peninsula due to McMurren's involvement include: Christopher Newport College as a four-year,



Daily Press photo

Sen. Herb Bateman and Lewis A. McMurren, Jr.



Daily Press photo

Lewis McMurren studies legislature.

degree granting institution, the Hampton Roads Bridge Tunnel, the expansion of Newport News port facilities, the Yorktown Victory Center, and the list could go on.

Some highlights of his civic involvement include an award of the Order of British Empire, for his part in activities at Jamestown, presented by Queen Elizabeth, and his citation in 1974 at the sixth annual Brotherhood Citation Dinner of the Peninsula Chapter of the National Conference of Christians and Jews.

McMurren was defeated in 1977 by Robert C. Scott. He returned to the Capitol again in 1979 as Gov. John Dalton's legislative liaison.

Although this article can hardly name everything that Lewis A. McMurren accomplished in his 30 years of service to his community, in no way is it intended to underestimate the perseverance of this man. Silently through the years he has helped CNC to grow.

The 'Log' staff wishes everyone Happy Holidays

Entertainment

CNC students hold recital

By Ann Catherine Braxton
staff writer

The CNC Music Department⁴ began its first American Music Festival Friday Nov. 22 with a noon student recital of American songs and piano pieces.

Vocal selections included soprano Susan L. Roberts' rendition of "Billy Boy," a traditional American sailor's chanty, a "Hymn" by American composer and painter Charles Ives, sung by tenor Teddy Marks; and Leonard N. Bernstein's "Simple Song (Mass)," sung by soprano Ellen Fisher. Other vocal selections included soprano Laurie Goodrich's performance of two Ethelbert Nevin songs based on two rhymes from Robert Louis Stevenson's *A Child's Garden of Verses*, "In Winter I Get Up At Night" and "Of Speckled Eggs the Birdie Sings." Tenor Nicholas Eilebnfield

sang three twentieth-century compositions, "Shoes," "A Moonlight Song," and the recent "David Mourns for Absalom." Tenor Don Hendrickson sang three songs by composer Ned Rorem: "Early in the Morning," "O You To Whom I Often and Silently Come" and "Sally's Smile," a musical interpretation of works by notable American poets.

Piano student, Tan Lean-Cheng, performed two contemporary pieces, "Night Song" and "Above, Below and Between." Perhaps the most unusual piano selection was performed by piano major, Ellen Baize, who using rubber bands, nuts and bolts, and other objects from a musical kit, performed John Cage's "A Valentine Out of Season," making the piano sound like a percussion instrument.

Did you know that five members of the CNC faculty had books published in 1984?

Did you know that the National Shakespeare Company has performed five times on the CNC campus?

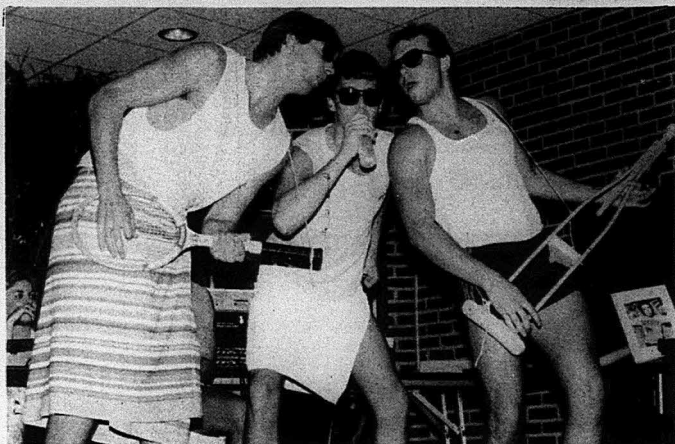


Photo by Kasey Howell, staff photographer

First place winners John St. George, Chris Hooper, and Mike Krank sing "I will Follow" by U2 to win \$100.

1986-87 College Handbook

The Handbook Committee is soliciting suggestions for changes to the 1986-87 edition of the College Handbook. Suggestions should be in writing, identifying the section and page number(s) to be changed, and stated in a form that could be directly incorporated into the text of the Handbook. Please send suggestions to Kathryn McCubbins, G-128.

What's Happening?

Night Life:

Big Apple "Comedy Club" (New York-style deli, 500 Jamestown Road, Williamsburg). Presented by Landon Arts Productions, Tuesdays. Free admission. Call 253-2651.

King Richard's (10762 Jefferson Ave., Newport News). Touch (Top 40), Tuesday-Sunday. Call 595-9746.

Mountain Jack's (1123 W. Mercury Blvd., Hampton). Live music (easy listening), Tuesday-Saturday. Call 827-1012.

Phillips Waterside (333 Waterside Dr., Norfolk). Bob Sawyer, Pat Morris, Phil Johnson, Ron Trotta (piano bar, ragtime), nightly; Ragtime bands, Friday-Saturday. Call 627-6600.

Yesterdays (Sheraton Inn Coliseum, 1215 W. Mercury Blvd., Hampton). Dinner music and dancing, Tuesday-Saturday. Call 838-5011.

Contemporary Music:

R.E.M., Chrysler Hall, Norfolk, 8 p.m. Dec. 4. Tickets \$13.50; available at Mother's Record and Tape Co. and Scope box office. Tickets \$14.50 day of show. Call 441-2163.

Nighthawks and Skip Castro Band, Boathouse, Norfolk, 9 p.m. Nov. 30. Tickets \$5.99; available at Mother's Record and Tape Co. and Ticketron outlets or call 1-800-233-4050.

Motley Crue, Hampton Coliseum, Dec. 11.

Movies:

Opened Friday:

King Solomon's Mines, starring Richard Chamberlain, Coliseum Mall Theater, Rated PG-13.

Opens Nov. 27:

Rocky IV, starring Sylvester Stallone, Coliseum 4 Theater, Rated PG.

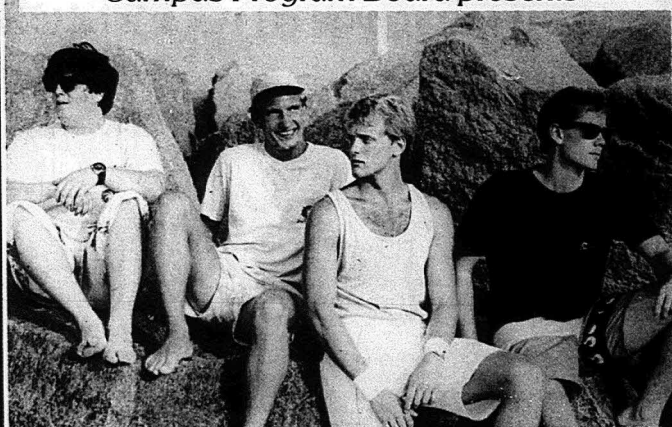
Theater:

A Day in Hollywood/A Night in the Ukraine, musical comedy, Williamsburg Players, James-York Playhouse, 200 Hubbard Lane, Williamsburg, through Dec. 14. Schedule: 8 p.m. Thursdays-Saturdays (no performance Thanksgiving Day); 2 p.m. Dec. 7 and 14. Tickets \$5. Call 229-1679 or 877-6468.

A Chorus Line, musical, Tidewater Dinner Theatre, 6270 Northampton Blvd., Norfolk, through Jan. 5. Schedule: (Wednesdays-Saturdays) Cocktails at 6 p.m., dinner at 7, show at 8:30; (Sundays) Cocktails at 4:30 p.m., dinner at 5, show at 6:15. Tickets: \$18-\$21.50; children \$13.75; senior citizens \$1 off ticket price. Call 461-2933.

One-act play readings, Landon Arts Productions, Greene Leaf Cafe, 765 Scotland St., Williamsburg, 9 p.m. Mondays. **A Christmas Carol**, Dec. 9. Free; light food and beverages available.

Campus Program Board presents



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Classifieds

To place ads call 599-7196

Roommate Wanted to share Apt. close to CNC. Call aft 4:30, 596-1296. Ask for Trent.

Home Stereo - Sanyo 220: Amp, cassette deck, tuner, turntable, speakers. Exc. cond. \$500 negotiable. 595-9021.

Cabbage Patch-style dolls. Reasonably priced. Beautifully handmade. Available in black, white, or tan. Order now for Christmas. Call 874-8175 and ask for Barbara.

For Sale: 35mm Camera, Canon AE-1 Program with 50mm lens, camera strap, also included a grey rainproof camera bag. \$150. call: 867-8056.

Wanted (2) CNC Baseball Managers - anyone interested in working with the men's Baseball team here at CNC, please call Coach Howard Wiseman at 877-1441, Monday-Friday after 7 p.m.

Pizza Hut Special Delivery is now open. We need drivers. Minimum wage plus tips. Apply at 10770 Jefferson Ave. (Ivy Farms Shopping Center) or call 596-0912 between 10-5 M-Sat.

GIRLS! Win \$75. Wet T-shirt contest every Tuesday night. Forum Restaurant, 9956 Warwick Blvd. 599-5536.

1977 Triumph TR-7. 4 speed, A/C, AM/FM. Lots of new parts. \$3,000 negotiable. 826-5722 - ask for Larry Toth.

For Sale: 1972 Plymouth Duster. Excellent condition. Must see to appreciate. \$1,000 or best offer. Call 595-4355 after 5 p.m.

Denbigh area townhouse. Three BR, 2½ BA, large kitchen, many appliances. \$600 per month, security deposit required. Available immediately. Call 723-7848, 245-6610.

Denbigh area house. Three BR, 1 BA, attached garage. \$600 per month. Security deposit required. Available Dec. Call 723-7848, 245-6610.

Secretarial-Light Housekeeping position now open for top area business executive. Flexible schedule, 15-20 hours per week. Great for college student. Must be mature, neat, and have a dependable car. Salary \$4-\$5 per hour. Call 877-7841 and leave name and phone number, I will reply.

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laughing? If you can, you may
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Campus Program Board
presents
the variety show

You Make Me Laugh as seen on T.V.

Wednesday, December 4
Christopher's
9:30-midnight
FREE to students

Let's relieve some anxiety before finals

Garden offers more than beauty

By Deborah Engbersen
contributing writer

Perennially delightful...these words best describe the site of greenery and flowers located in front of the Science Building on the Christopher Newport Campus. The inspiration for the garden, now going on its second year, came from Dr. David Bankes, Professor of Biology, who for a long time had wanted an attractive focal interest at the center of campus.

The garden, reminiscent of one found at a Victorian country manor, is comprised of 150 or so different types of perennial and annual plants. Some were donated by local growers, while most others had to be purchased. "Perennials," says Dr. Bankes, "bloom vigorously for a short period. They die back each winter and new growth begins in early spring. Annuals tend to bloom longer, some last all summer, but they must be replanted every year."

Over ten varieties of herbs also grace the garden, including such seasonings as rosemary, sage, thyme, and peppermint.

A student of chemistry and environmental science, David West, volunteers his time to maintain the garden. This job includes pinching off old blooms to encourage new ones, and containing plants whose new growth is crowding others.

It is no coincidence that the abundant garden is functional as well as lovely to behold. For students of the horticultural program, the garden serves as a

training aid, and a place to identify and study various plant species.

The garden is also being used as a test site for certain perennial plants, those not accustomed to the local climate. Dr. Bankes is interested in seeing how plants native to other regions of the country will adapt to the Tidewater area.

But what about the cold, dreary months when the trees go bare and frost hardens the ground? Plans are now in progress to introduce dwarf evergreens to provide winter interest.

Most would agree that Christopher Newport's garden is a special place, a place where weary students and overworked professors can take a little time to stop and smell flowers.

New Course

The English Department will be offering word-processing and composition instruction in the Spring semester, 1986. Skills gained in English 020 will enhance student writing abilities and give a polished look to reports and term papers. The class is offered MWF from 9 to 9:50 a.m. and TR from 9:30 to 9:45 a.m. Credit for this class may not be applied toward graduation. There is limited space in these classes, so register now.

Compiled by Lorraine Rand
staff writer

Disney Talent Search for Musicians

Disney talent scouts will begin a month-long, coast-to-coast search in January for America's best college instrumentalists to take part in the 1986 Disney Entertainment Work Experience at Disneyland and Walt Disney World.

From early June to late August, selected musicians will perform in daily shows with the 20-member All-American College Marching Bands at both Disneyland and Walt Disney World's Magic Kingdom, or with the 43-member All-American College Orchestra at Epcot Center. They will also polish their technical skills and learn about careers in entertainment during special daily workshops and clinics with nationally known professional musicians.

A detailed, full-color brochure is available by writing Disney Audition Tour '86, P.O. Box 40, Lake Buena Vista, FL 32830 or calling (305) 828-1717. Musicians should be 18 years old, full-time students and have completed their freshman year of college by June 1986. They should bring resumes and instruments to the auditions, and be prepared to sight-read and perform selections of their own choosing.

Brown Bag

The last brown bag lunch of the semester for non-traditional aged students will be held on

Monday, Dec. 2, at noon in the Banquet Room of Christopher's.

Mr. Keith McLoughland, dean of Admissions and Records, will give his annual report on the best books of 1985. He will discuss good books for giving and reading over the holidays.

All interested students are invited.

Mexican Trip

Professor C. D. Scheiderer is organizing a trip to Mexico from Jan. 7 to Jan. 16, 1986. The first part of the itinerary includes visits to pre-Columbian sites at Chichen-Itza, Uxmal, Palenque, Monte Alban and Mitla. After these stops, the group will spend three days on the beach at the Caribbean resort city of Cancun. The fare for each person (based on double occupancy) is \$879. This price includes airfare, American breakfasts daily, transfers and many other features. Reservations must be made by Dec. 5, 1985. Call Professor Scheiderer at 599-7109 (Office) or 874-1496 (Home).

internship

The Peninsula Health District's Home Care Program would like to offer an internship to a junior or senior student in public relations, marketing or a related field of study. The student will help develop a campaign and strategies to promote home health care services. Possible activities include developing a film or slide presentation, designing brochures and other promotional materials. Experience for this student as well as exposure to the workings of a state agency would be very valuable. They will give assistance in evaluations and recommendations that could

give the student possible credit and/or work experience reference. Please call Corinne Whitehead, R.N. at 599-7403 between 8 a.m.-5 p.m. for further information and discussion.

PPEC

The Peninsula Peace Education Center will hold the Second Annual Holiday Festival at Gosnold Hall, Friday Dec. 6 through Sunday Dec. 8: 7 p.m. to 10 p.m. On Friday evening, wine and cheese will be served. Paintings, by such local artists as Gene Craig, will be previewed and up for silent auction Friday through Sunday evening. Crafts, baked goods, Christmas card assortments, are among the many other items for sale at the Holiday Festival, Friday through Sunday evening.

Tickets for the Holiday Festival are available at the Peninsula Peace Education Center, 12300 Warwick Blvd., 595-3415. Tickets cost \$5.

Work Abroad

Would you like to work in Scandinavia summer/fall 1986? The American-Scandinavian Foundation is seeking qualified students for its training program in Denmark, Finland, Norway, and Sweden. Positions are available for students majoring in agriculture, chemistry, engineering, food technology, forestry, geology, and horticulture.

Student trainees are placed with Scandinavian firms for two months or longer, May through Dec. 1986, to gain practical work experience while living in a Scandinavian community. The trainee will receive sufficient income to meet living expenses during the training period. English is sufficient; there is no foreign language requirement.

The deadline for application is Dec. 15, 1985. There is a \$35 fee at the time of application. For more information and an application form, specify the exact field in which you are interested and write to Exchange Division, The American-Scandinavian Foundation, 127 East 73rd Street, New York, NY 10021.

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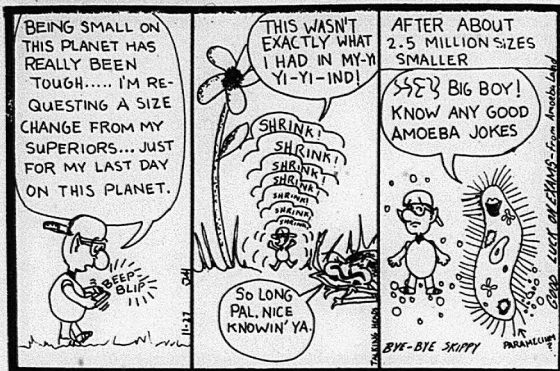


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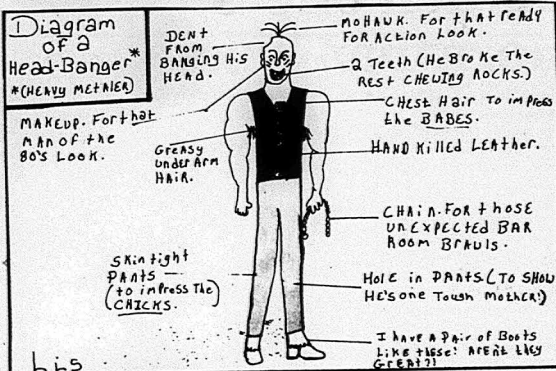
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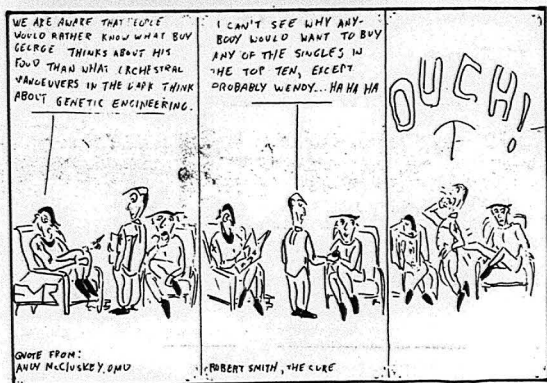
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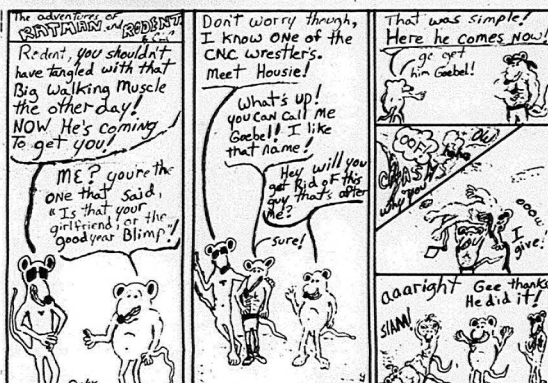
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Sports

Weightlifting two-day event

By Mel DeLaGarza
staff writer

The weightlifting competition began last week with two of the four events scheduled completed. Because of the large turnout, the scheduled one-day event was made a two-day event by the judges and the contestants. The events are the bench press, two-handed curl, squat, and the dead lift. The judges are Dr. Robert Cummings, Don Warner, and Ron Garner.

Thirteen men and four women showed up early to warm up for the bench press and the two-handed curl. After placement into appropriate categories based on their weight, the competitors announced the weight they wished to start at and then waited for their turn.

With only four women competing, the competition wasn't as intense, but plenty of pride was on the line. With lots of support and encouragement from the guys and spectators, Laura Hall

benched 91.5 lbs. and curled 53.5 lbs., while Michelle Shires managed 110 lbs. and a 65.5 lb. curl. Kim Proco benched 132 lbs. and curled 59 lbs., while Maria Bailey manhandled the bench press with 143 lbs. and curled a hefty 81.0 lbs.

After two events, the leaders in the men's division are Mike Cooke, who weighed in at 162 lbs. and benched 264 lbs. and curled 119.5 lbs.; and Keith Holloman who had all eyes on him by benching 302.5 lbs., while David Willis owned the curl by curling 125 lbs. Carl Haynes leads his division with a 280.5 lb. bench press.

Many thanks to Sigma Tau Gamma, the ROTC and the CNC athletes for competing in another intramural event. The competition was run by Max Anderson and Billy Towler. The second half of the competition, consisting of the squat and the dead lift, will be held Tuesday the 26th.

Captains look to tough season

By Chris Goddin
staff writer

Christmas break for the CNC Captains will be a tough face-off. From Dec. 5 to Jan. 18, the Captains will host seven games and be on the road for five. All 12 of these games, as well as the remainder of the basketball season is going to be tough.

"We don't have a breather game at all this season," said Coach Woollum.

Dec. 5 CNC will host Hampden-Sydney College at 7:30 p.m. The Captains last met Hampden-Sydney in the 1980-81 season where CNC was victorious. In six games against Hampden-Sydney, the Captains' record is 4-2.

Dec. 7 brings Roanoke College to Newport News for a 2 p.m. game. On Dec. 14 the Captains will host Mary Washington in another 2 p.m. game. Mary Washington met CNC last season and suffered a loss. In six games between the two, CNC's record is 5-1.

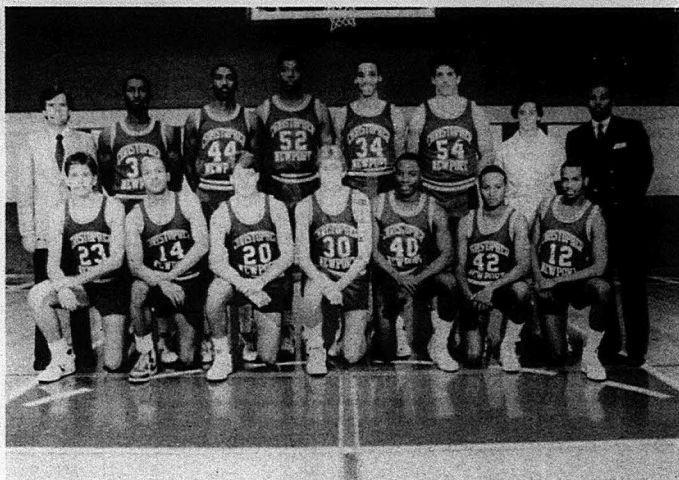
Dec. 16 will put the Captains on the road to the Apprentice School to try and better CNC's 4-11 record against this school. Finishing up the month on Dec. 20, CNC will travel to William & Mary. The Captains have never beaten this Division I school before so this is a very important game.

Wayne Block commented, "If there is a chance to beat William & Mary then this will be it because their team is not looking too good this season."

On Jan. 3 the Captains will start a new month by hosting Averett College at 7:30 p.m. CNC will try and add to its existing record of 15-4. Jan. 6 puts the Captains back on the road to play Hampton University. This is a very strong Division II school who has become much stronger since CNC last met them in the 1974-75 season.

The Captains will host Methodist College on Jan. 10 at 7:30 p.m. CNC will try and better its present 16-13 record against Methodist. Jan. 11 will see CNC hosting St. Andrews Presbyterian College at 2 p.m. St. Andrews will be trying to improve on last year's second place finish and seventh straight winning season.

North Carolina Wesleyan College will be traveling to CNC on Jan. 14 for a 7:30 p.m. game. The Captains will be trying to add to their 26-9 record against this tough Division III school. On Jan. 17 the Captains will be back on the road to play Greensboro College, the defending champions. They appear strong for this season and will give the Captains a good game.



File Photo

The 1985-86 Captains - Front row, l to r: Bev Vaughan, Jerome Nicholson, Brian Schuhart, Keith Cobb, Walter Moody, Greg Winbush, Rodney Bradshaw. Back row: Coach C. J. Woollum, Buck Moore, Broderick Royce, Carl Haynes, Mark Bryson, Joel Fortune, trainer Chris Jones, assistant coach Roland Ross.

Captains look good in their season opener against VMI

By Chris Goddin
staff writer

This past weekend the CNC Captains traveled to VMI to open their season against this difficult, Division I school. The Captains played a close game but ended up suffering a loss to VMI, 63-52.

Because VMI is a Division I school, CNC was the decided underdog from the beginning. "I am very proud of how the team played, they fought hard to the end," replied Coach Woollum.

"We had a poor shooting night from the outside and the four line," said Woollum. If the Captains had shot to their normal efficiency then they would have really given VMI some super-tough competition.

The leading scorers for the Captains were seniors Keith Cobb (12 points) and Buck Moore (10 points). Moore got into foul trouble and in the last part of the game had a call on him that Woollum felt "should

have gone to VMI." This caused Moore to foul out which did not help the Captains in scoring.

This week the Captains travel to Randolph-Macon College and to a two-day tournament at Virginia Wesleyan College where CNC will play Atlantic Christian College on Friday at 6 p.m. Depending on whether CNC wins or loses Friday, they will face either Virginia Wesleyan or Shenandoah, who also play Friday night.

Captains lose in an exciting and aggressive game Monday

By Chris Goddin
staff writer

The CNC Captains' record goes to 0-2 as they suffered a loss against the Randolph-Macon Yellow Jackets. A very exciting and tense game, CNC just could not pull off the win. The Yellow Jackets bounced back from a tough loss Saturday and beat CNC 63-58.

Along with the bad officiating, "We didn't play well enough to

win, they outplayed us," said Coach Woollum. Early on in the game the Captains were very tentative but as the game progressed the Captains became more aggressive.

The leading scorer for the game was Buck Moore (24 points) followed by Mark Bryson (15 points). The Captains' next game will be this weekend at the Virginia Wesleyan College Tournament.

The final game before the spring semester starts will be on Jan. 18. The Captains will be on the road to UNC-Greensboro. CNC will be trying to better its present 19-16 record against UNC-G.

This is going to be a fighting season for the Captains. They have a very tough schedule and everyone is encouraged to come out and support CNC in all of these important games.

General conditioning helps in prevention of sports injuries

By Rob Jozwiak
staff writer

"Listen to your body," says Chris Jones on preventing minor injuries in physical activities. "If you body says to stop because you're sore, then stop and stretch; don't push yourself."

Chris Jones, the athletic trainer at CNC, recommends general conditioning to prevent minor injuries in college, intramural and leisure time sports. Aerobics, flexibility and strength training are included in general con-

ditioning, which would eliminate most common minor injuries such as muscle and hamstring pulls. If such an injury should occur, Jones says to "ice the injury, never heat it. Apply for 15 minutes and stretch in pain-free motion. The next day take aspirin, not Tylenol, but aspirin and a pain reliever. Take two aspirins four times a day, at breakfast, lunch, dinner, and bedtime." She goes on to say it depends on the severity of the

injury whether one should not exercise the next day.

"More early injuries happen in intramural and leisure time sports, because the participants are out of shape and they want to get into shape too fast. But down the line, college sports catch up and all three are about equal," Jones concludes.

If you have any questions or minor injuries you want Jones to look at, her office hours are Monday through Friday from 1 p.m. to 6 p.m. in the Ratcliffe Gym.