

# THE CAPTAIN'S LOG

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FEBRUARY 7, 2000

## Einstein's brews up business

By Erin Zagursky  
Staff Writer

Sundaes adorned with gobs of hot fudge, cappuccinos crowned with cloud-like piles of whipped cream, and lunch entrées so sinfully delicious that you'll never eat at the Terrace again: these are just a few of the treats that Albert Einstein's Café offers us.

The new café, located just inside the library, opened last Wednesday morning to a small but enthusiastic group of students, faculty, and staff anxious to fill their cups with Jo while enjoying the beautiful dark paneling and gold trimming that surrounded them.

Although the future of the high-class café may be doubted by some because of its equally high-class prices and because of potential problems with noise, supporters of Einstein's believe that the jazzy, intellectual atmosphere of the place and all of its

delectable goodies will keep students coming back for more.

"The image of Einstein's is going to be coffee and jazz," said Einstein's manager and senior English major Janine Bruner. "It's going to be a very upscale place. We serve Starbucks coffee, and we have a fifty-disc CD player with nothing but jazz music. We also have five computers, so you could also say that we're going to be part cyber-café."

"(Einstein's) was made with the students in mind," Bruner said. However, not all students see it that way.

One concern raised by students is the level of noise that the café may create for those who go to the library to study.

"The volume of noise may increase and that could be disruptive," said freshman circulation desk assistant Betsy Mt. Castle.

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Above: Einstein's manager Janine Bruner keeps the coffee coming. Right: While construction workers added the finishing touches to the café, Einstein's opened for business. Left: CNU's first coffee clatch?

Photos by Erin Zagursky/  
The Captain's Log



## Snow showers down in Gosnold and Ferguson

By Jessica Daggett  
Staff Writer

When it snows, it pours — at CNU, at least.

Thanks to the eight inches of snow that fell on campus the second week of the semester, areas of Ferguson and Gosnold Halls experienced some water works Sunday, Jan. 30.

"Anybody who had a flat roof during that storm got leaked on,"

said Plant Operations Director Lennie Alger.

According to Alger, the problem started with the extraordinary amounts of snowfall last month and the mounds of snow that built up on the flat roofs of some of the campus buildings. That snow began to melt, but falling temperatures caused the melted snow to freeze. Thus, as storms pelted the area that Sunday, the rainwater could not get around the chunks

of ice and simply built up on the roofs.

All that water had to go somewhere, though, and where it went was under the flashing, the heavy material that covers the wall and parts of the roof to prevent leakage. The flashing on some of the buildings on campus does not go far enough across the roof and the water found its way between the flashing and the building structure. In Gosnold, Dean Jouett

Powell's office area and Falk Gallery saw the worst of it, where ceiling tiles fell out and floors got flooded — with varying consequences.

"Forty to 50 percent of the floor had been harmed," said Barry Wood, chair of the Fine and Performing Arts Center. "The flooding appeared to be rather substantial."

The school has already raised the damaged Falk floor and laid down a new one.

Luckily, the few student art works that were in Falk awaiting the Homecoming Art Exhibit were only minimally damaged with moisture in the frame. Those frames are being replaced by local framers.

As for the Homecoming show, it has been postponed to Fri-

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page 2



Don't know who should be Homecoming King and Queen? Check out the court in our special insert

Pages 7-11



The Captain's suffer their first loss of the season.

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## CAFE

Continued from PG. 1

Bruner replies to the question of noise by saying, "We want to be a good neighbor to the library, so quiet was a top concern when the café was being planned. Tempered glass was installed and special buffers were put into the walls to muffle sound. Extra money was also spent to buy special appliances that make very little noise."

Librarian Cathy Doyle agrees with Bruner. "The noise is something that we'll have to keep an eye on, but the café is in a secluded part of the library, so it shouldn't be a problem."

Besides concerns about the noise, students are perplexed by the high prices on menu items.

"I just wonder why they chose Starbucks. We're all surviving on student budgets here, and I doubt that they'll mark it down for us," Says junior Toni Wynder.

And she's right; the prices won't be marked down.

"Since it's Starbucks, it's a set price," says Bruner.

Not everyone has concerns about Einstein's. Many people are very excited about the place and have welcomed its opening.

"I think Einstein's is a great idea," says Physics professor Dr. Jane Webb. "A lot of us had cool little coffee house and pastry shops where we hung out. Hanging out is a

bug part of the college experience. You exchange ideas, you gripe about professors, you discover people who follow Wittgenstein are nuts, you fall in love, you break-up-all of that."

One of the people most excited about the opening of the café is President Tribble.

Tribble came up with the idea for the Einstein's after visiting a similar café at his daughter's college, and he and his wife have been there for every step of the new café's construction.

"It just shows their attention to detail," says Bruner.

President Tribble was out of town for the café's February 2nd opening.

## SNOW

Continued from PG. 1

day, Feb. 11 to accommodate repairs in Falk.

"It's a slight delay, a great frustration and additional work for the staff, who had just finished work on Einstein's," said Wood.

On the other side of the wall in the Office for the School of Liberal Arts, Secretary Tish Bondes walked into a wet and smelly office.

"It was a mess," said Bondes, who found her hallway carpet soaked, her copier

ruined and a few unimportant papers unsalvageable.

"The smell is awful," she said, "I've sprinkled stuff on it, but it doesn't take the odor away."

Over in Ferguson, the Green Room of the Theater Department's rehearsal theater experienced some leakage, damaging a couple of carpets.

However, said Alger of the campus

water woes, "It wasn't severe at all — just a couple leaks here and there."

Alger pointed out the extraordinary nature of this event, which was facilitated by more snowfall than the campus has seen in years, "It may never leak again."

Whether it does or not, Bondes is at peace with the discomfort of the previous week, "It's gonna work out — and I'm gonna get a new carpet!"

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The Blotter: a  
look at campus  
crime reports

by William Lee  
TMS Campus

PEORIA, Ill. (TMS) — Police arrested two Bradley University freshmen for allegedly selling marijuana from their dorm room despite the students' efforts to hide their business dealings.

Police said trouble started when residence hall staff noticed a strange smell coming from the room of Chavis Lingle and William Tennant. Housing officials inspected the students' room and found an elaborate setup allegedly designed to mask the smell of marijuana smoke. According to the Bradley Scout, the students stuffed wet towels underneath their door, covered the room's air vents, hung blankets to separate the room in half — police suspect to create a "smoking area" — arranged fans and an air purifier in the room and used a lot of air freshener.

Police said they found 64 grams of marijuana in the students' rooms. Lingle and Tennant were charged with possession with intent to sell before being sent to the county jail.

EVANSTON, Ill. (TMS) — Northwestern University police are investigating a female student's claim that another NU student assaulted her.

The unidentified student filed a report Jan. 29 saying that she was assaulted in a NU residence hall, according to the Daily Northwestern. It is not known whether the student would press charges against her alleged attacker, but if charges are not filed, NU administrators could take internal disciplinary actions.

As of Jan. 31 both students were still on campus, according to the Daily Northwestern.

CHAMPAIGN, Ill. (TMS) — University of Illinois police say they don't understand what motivated to students to steal wood from a local convenience store. An officer reported seeing two men carrying a small stack of packaged wood from the store during the early morning of Jan. 29, according to the Daily Illini.

Once the men spotted the officer, they dropped the wood, but were immediately stopped by the officer and arrested. Charged in connection with the incident were Timothy Garcia and Joseph Villa, both 18.

NEW HAVEN, Conn. (TMS) — New Haven police are still trying to identify a man who died after intentionally setting himself on fire.

The man, who appeared to be in his 30s or 40s, according to Yale Daily News, shocked the Yale University community when he burst into flames after touching a lighted match to his gasoline-soaked clothes on Jan. 29.

The manager of a nearby restaurant came to the man's aid with an fire extinguisher. The man died shortly after being taken to the hospital.



# Campus Life

## Krall highlights CNU Jazz Fest

By Steve Flemming Jr.  
Staff Writer

In celebration of Newport News native Ella Fitzgerald's legacy of fine jazz music, CNU and the City of Newport News will present the third annual Ella Fitzgerald Jazz Festival. The festival, which will take place April 26-29 will showcase some of the best vocal and instrumental jazz artists in the music world.

A part of the Virginia Waterfront International Art Festival, the jazz festival will feature renowned recording artists Norman Brown, Spyro Gyro and Diana Krall, as well as the CNU Jazz Club, the CNU Jazz Ensemble and the Jae Sinnett Trio.

Brown will perform on the opening night of the festival. In the tradition of guitarist extraordinaire George Benson, the Kansas City native has had a series of successful album releases and toured extensively in the U.S. and abroad. Fusing jazz and R&B, Brown has scored hits with covers of the Isley Brothers' "For the Love of You," Janet Jackson's "That's the Way Love Goes," and Luther Vandross' "Any Love," all of which were smash R&B singles at the time of their release.

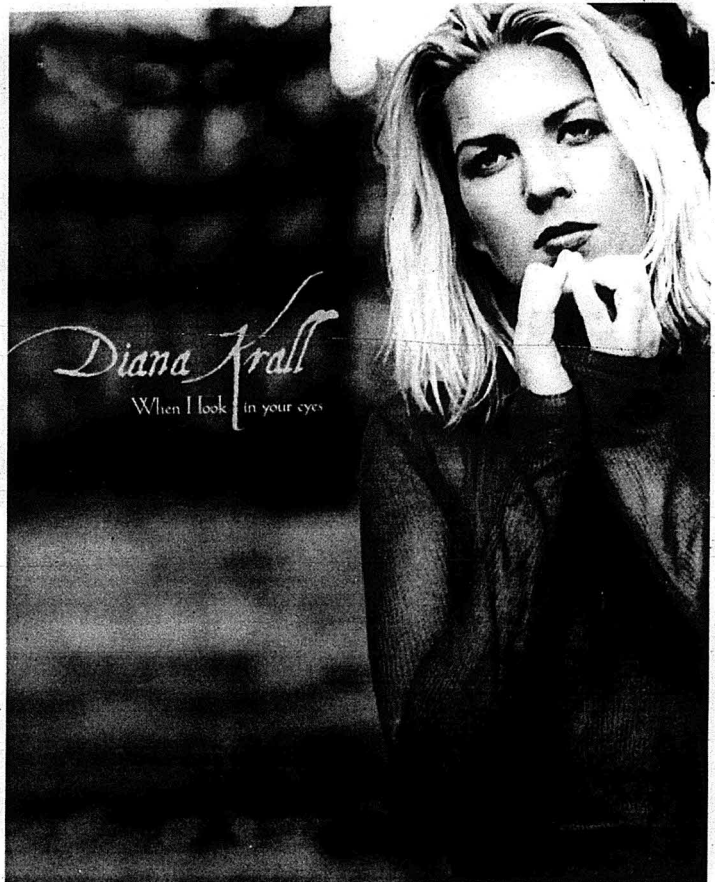
The Jae Sinnett Trio will open for Brown. Hailed as an exciting act by critics, the trio consists of leader Jae Sinnett (drums), Allen Farnham (piano), and Terry Burrell (bass). Each member has worked with other artists, with Sinnett and Farnham recording solo efforts. Sinnett, a popular radio personality, will serve as the master of ceremonies.

Spyro Gyro will bring their popular approach to jazz to Gaines Theater on the second night. With beginnings in Buffalo, New York, Spyro Gyro's fresh, trend-setting approach to instrumental jazz won them a wide fan base of the course of 20 years and 22 albums. A "smooth jazz" act before the their style of jazz really carried the name, Spyro Gyro continue to fuse jazz, pop and R&B with stunning results.

The CNU Jazz Ensemble will get things started on that night.

Closing the festivities will be critically acclaimed pianist-vocalist Diana Krall. Born in British Columbia, Krall's talent has earned her series of honors, including Grammy nominations, a Soul Train Lady of Soul award, and four successful albums, with "Love Scenes" becoming the first platinum jazz album in Canada. Heavily influenced by the likes of Nat King Cole and Roberta Flack, Krall's presence will serve as an ideal close to the show and a fitting tribute to the genius of Fitzgerald.

The CNU Jazz club will open the show.



Song stylist Diana Krall will close out the third annual Ella Fitzgerald Jazz Festival. The celebration honors the life and legacy of Fitzgerald a Newport News native.

## Heads Roll After Student Sees Stereotyping In Mannequins

By Roberto Sanchez  
Knight Ridder Newspapers

SEATTLE — Cosmetology is about as apolitical a field of study as you can find in a college — until you get to the mannequin heads at Shoreline Community College.

That's what students and administrators in the Seattle-area cosmetology program found out last week, after a student's claims of racial stereotyping with practice mannequin heads forced instructors to remove all name labels on them and demand that the supplier stop shipping any more until it fixes the problem.

At issue is the practice kit cosmetology students buy for \$525 to be part of the program. The kit includes four female heads, three of which are of light skin with wavy or straight hair, and one of dark skin and frizzy hair. Each mannequin has a sticker on the bottom with either a number or a name for the doll. Two of the light-colored heads have no name, the third is named "Viola," and the dark-toned head is named "Kinky."

The mannequin heads were made by Pivot Point, a Chicago-based cosmetology school and supplier of cosmetology tools and teaching aides.

Stephanie Stecher, 19, a student in the program who is half African American and half white, first mentioned the problem to her instructors, pointing out that calling a dark-skinned head "Kinky" was offensive.

To spend \$525 to find out they are stereotyping people ... if I'd found out, I would have never purchased it," Stecher said. "I would not even go into the class."

Stecher also is upset that students in the class will not work with model heads of males, Asians or Latinos, that most of the models on posters in the 11-person classroom are white, and that nobody on the teaching staff specializes in Asian or African-American hair styles.

Debbie Fisher, a cosmetology program adviser at Shoreline, said the school has been using mannequin heads from Pivot Point for two years. She said their models are very good, with realistic hair that responds well to styling and treatments. She said she had

been aware of the different labels on the heads, but never thought much of their names.

I was surprised. I never really thought about it being or not (being) offensive," she said. "I'm sorry offense was taken to it."

She said the term "kinky" has long been an industry standard for describing frizzy hair. "For many years, it was called kinky. Only in recent years has it changed to 'extremely curly,'" she said.

Bob Sich, chief financial officer at Pivot Point, said the model head is not named "Kinky" but "Eve," and that kinky is simply a term to describe the type of hair on the doll. But he said the head does have the word "Kinky" in the same place where other dolls have their name tag, and that nowhere on the head, box or catalog is the head called "Eve."

He said that the company never meant to offend African Americans — he said many of its employees and students are minorities — and that he would be taking action to prevent any more "Eve" heads from

leaving the factories or warehouses with the "Kinky" label on them.

"I will do my best to make sure the name is switched to 'Eve' on the box and on the mannequin," Sich said.

Jim Perez, vice president of student services at Shoreline, said the school feels badly about the incident, and he is making sure nothing else about the cosmetology program is offensive. He said the staff will remove the name labels on all of the heads and will not buy any new ones from Pivot Point until it fixes the name.

He said that students also spend some time with a counselor, and that the teachers in the program will go to a sensitivity training session Jan. 31. He said he will even look at diversifying the posters of models in the classroom.

All these things are a good start, Stecher said.

"Either you are an open-minded person or you are not," she said. "They are not hip with the times."

"But they are going in the right steps. It can only get better."



## Instructor says rude students a result of mixed messages

By Donna Halper  
TMS Campus

I believe rudeness is a problem today because many students are confused about authority.

After all, who are the authority figures anyway, and who are kids supposed to emulate? Let's see... the President plays sax on TV and has sex with Monica. Various politicians have affairs while they criticize the President for doing what they also are doing.

Meanwhile, assorted clergy in all the major religions are being arrested for a wide range of sexual transgressions. Parents admit they used drugs during the 60s. Fifty-year-old adults have plastic surgery to try to look 30. Older people try desperately to prove they are young. Athletes beat up coaches or get caught with drugs and are rewarded and forgiven, while ordinary citizens are arrested for doing the same thing. Every criminal has an excuse: "I didn't have a teddy bear when I was a kid, your Honor, so I was so angry that I had to beat up old ladies." And if you come up with the right excuse, you might get forgiven no matter what your crime.

In today's world of situational ethics, few things are considered wrong, and wealth is held up as the only measure of success. Kids see people screaming at each other instead of discussing. They see people jumping out of their cars and threatening the driver who cut them off in traffic. They see other kids getting beat up for "dissing" somebody, even if the kid in question didn't realize what he or she did was considered disrespectful.

We shout first and think later, it seems, and on TV, we pull out a gun and blow the other person away. No wonder kids are confused. Civility and courtesy are not valued the way they once were. Kids see so much

hypocrisy and intolerance. They see that working hard doesn't guarantee you job security. They see people who plagiarize getting good jobs instead of being ruined. They see the rich getting richer and giving less money to charity than ever before.

So why be polite? Politeness equals weak. Politeness equals letting people dominate you. Our model of success is Bill Parcells, a football coach who admits he has seldom been there for his own wife and kids and won't even acknowledge his wife for all the years she raised their children without him. Yet because his teams win games and because he is brutal with his players, he is admired and praised by the media and makes millions of dollars.

When you are 20 and you see all of this, you get a very mixed message.

It's a vulgar, crude world out there. The "F" word has worked its way into even casual conversation (I counted it 50 times in one episode of the successful TV show "The Sopranos."). Being rude is a coping skill in a universe ruled by status, power, and greed—a world where 5 percent are getting very, very rich, and poor children go to bed hungry, a world where politicians vote themselves yet another raise while telling the poor that it's their own fault if they don't have enough money for rent and food.

Students come to college wanting to make a difference, yet they feel that they won't be able to; they see so much that needs to be changed, and there is no mechanism for them to change any of it.

And yet... and yet there are kids who do try to be polite, and who do try to be civil, kids who get involved and keep on doing the right thing. We should encourage and praise them for it, but because most of us are in a hurry and have our own hassles, we tend to notice the kids who annoy us and overlook the "good kids." And the cycle perpetuates itself...

## Spirituality should fall in line with resolutions and priorities

By John Turrittin  
Contributing Writer

During the first few weeks of a new year, it is traditional for each of us to set goals, make resolutions or choose priorities. By now, you have probably already made some New Year's resolutions, you have already done some setting of priorities for this year.

However, although the priorities you have set or chosen for this year are a reflection of your overall life priorities, they are probably just a reflection of them and definitive of your overall life priorities themselves.

Since this publication is read primarily by students, it is logical to assume that academics and intellectual pursuits are included in your life priorities.

In addition, it seems reasonable that many of you also have overall life priorities in the areas of family, finances, your occupational goals, your social life, relationships in general, personal achievements, etc. Even a person who takes a non-serious, pleasure-driven approach to life in a sense has chosen that as a priority.

With the above in mind, have you evaluated your life priorities lately?

Is God a part of the picture? Have you considered spiritual concerns or goals as you have chosen your life objectives? In the Sermon on the Mount, Jesus told his followers not to be overly concerned about what to eat and drink, or what to wear. He told us to "seek first the kingdom of God, and His righteousness, and all these things shall be added unto you." (Matthew 6:33).

It is tempting to worry and fret and place a great deal of emphasis on money and the material goods that it can buy, but if we choose to ignore or deemphasize the spiritual dimension of life, we will miss the abundant and meaningful life that God intended for us.

Jesus came to die for our sins, to be our Savior. But He also came to give us an "abundant" life, a life full of meaning and purpose. Are spiritual goals and concerns included in your life priorities?

If not, study the life of Jesus in the Bible and discover the priority of His relationship with the Father and all the things He modeled and taught about life's priorities. In doing so, if done with an open and receptive heart, you will discover priorities worth living for!

John F. Turrittin, Baptist Campus Minister, may be reached at either 5910513 or bsulp@juno.com.

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## Jordan hits dancefloor and bedroom with new release

By Steve Flemming Jr.  
Staff Writer

In the ever-growing market of R&B balladeers, only a select few have managed to stay afloat. Like his peers R. Kelly, Brian McKnight and Joe, singer Montell Jordan has managed to consistently turn out material with commercial and artistic value. On his fourth effort, "Get it On...Tonite," Jordan delivers yet another solid and radio friendly collection.

The six-foot plus singer has had three successful gold or platinum selling albums, a successful run that started with what many consider the party song of the 90s, "This is How We Do It." Jordan has also worked as a writer and producer, most notably on Deborah Cox's number one platinum single "Nobody's Supposed to Be Here."

Half dance floor and half bedroom, "Get it On...Tonite" capitalizes on Jordan's ability to deliver songs in both styles. The first half of the album is tailored for what brought Jordan his initial success — the party. And once you weed out the corny interludes and skits, there are quite a few pleasant moments.

Part-street and part sophisticated soul, "Get it On...Tonite," the lead single, has already earned Jordan a hit. A tale of finding a girl at the club although he already has one at home, the song's rock solid bass line and catchy hook make it somewhat hard not to like.

The other uptempo numbers suffer from what makes a lot of R&B records on the

market uninteresting — mediocre lyrics, and the same, recycled beats that producers have been using for about the past five years. "Why You Wanna Do That (Ooh Girl)" and "Can't Get Enough" are a little on the redundant side of things and are quite cliched. Nonetheless, Jordan takes songs like "Come Home," "What's It Like? (Is it Good?)" and "Everybody (Get Down)" and makes them work.

Jordan comes across sounding much

more comfortable on the ballads. Aimed at the romantics of the world, the slow cuts cover a little bit of everything, ranging from sex after arguments ("One Last Time (Break Up Sex)" to getting guests to leave so two people can get intimate ("Time to Say Goodbye"). "Let's Cuddle Up" and the Prince-esque "Do You?" are entertaining as well, but the most entertaining yet odd number is a cover of Phil Collins' "Against All Odds." Jordan takes this big

pop ballad and makes it his own without sacrificing the elements that made the song a hit the first time around.

There is one non-musical point. In addition to a thank-you section in the album's liner notes, Jordan added on a special section he called the "no thanks" section. He says it is for "the people who entered my life only to make it a living hell." Though he probably is not the first artist to do such a thing, it's still definitely worth noting.



### MUSIC REVIEW

"Get It On...Tonite"  
Montell  
Jordan  
(Def Soul)

## Hampton restaurant offers up fine Indian cuisine

By Jessica Daggett  
Staff Writer

Love may be fickle but it's got nothing on hunger.

My boyfriend, Joe, and I had always bemoaned the lack of Indian restaurants on the Peninsula. A half an hour drive lie between us and that heavenly warm, airy naan bread and some juicy tandoori chicken. After all, Williamsburg's Nawab restaurant was our closest option for Indian eating. Despite the high quality of Nawab's offerings, it's distance meant it was reserved only for the occasional weekend. Unfortunately, we were beginning to crave those eastern dishes. And those canned curry sauces and dried basmati rice boxes just weren't cutting it.

But then Rajput came to town—and the drought ended. Hooray!

Joe and I were headed into Goody's bar in downtown Hampton when our eyes caught sight of that wonderful sign: Rajput — Fine Indian Cuisine — Coming Soon.

A few weeks later, with much nervous excitement, Joe and I cased into our first meal at Rajput.

On that brisk stormy evening it was comforting to leave the cold behind and enjoy the warmth which was all around us.

Joe and I dove into our menus — five pages of enticement! I don't know about Joe, but I was hard pressed to choose just one entree from Rajput's selection of lamb or beef, chicken, seafood, vegetarian and tandoori dishes (by the way, tandoori is a kind of Indian clay oven; meats, poultry and seafood are marinated, skewered and then cooked in the oven to give them a flavorful lightness). I finally settled on the Beef Vandaloo (\$10.95), described in the menu as Senior Brandon Jones and junior Antoine Sinclair each went over the 1,000 point plateau in their careers.

J'highly spiced marinated beef aged in vinegar, cooked with onion, potatoes and

spices." Joe went with the Chicken Korma (\$9.50), "boneless chicken cubes cooked in a mild cream sauce." Like most Indian eateries, Rajput offers all their entrees in mild, medium, hot and "Indian hot" variations. Joe and I, playing it safe, requested mild spicing and added an order of Naan (\$1.95) bread and some Rajputani (\$1.95) Shorba soup to accompany our meal. While we waited for our order to arrive, our waiter brought us a generous complimentary serving of Pappads and Mint Chutney. Pappads are light, lacey-looking wafers made of lentils and cracked black peppers. Rajput's pappads are perfectly crunchy, with a touch of spice. Pair that with Rajput's wonderful mint chutney, a mildly minty, refreshing bite.

Next, came our Rajputani Shorba, a tasty chicken and spinach soup. The chunks of chicken are so tender and flavorful they fall apart in your mouth — and that's to say nothing of that broth! It's richly flavored, chickeny warmth delights your mouth and lingers lightly on your stomach. Joe and I savored every last drop we could drain from our bowls and longed for more — until our naan bread and entrees came.

I had taken a chance with the Beef Vandaloo, as I've found in the past that the best food is had on a whim. Rajput's offering did not prove me wrong. The beef chunks were substantial and full of a juicy, garlicky flavor. Even better, though, was the velvety smooth sauce enveloping the meat. Creamy and spicily tomato-tinged, it MADE the dish. What I like best about Indian food is it's distinctive and exotic style — you taste flavors you've never experienced before. Rajput's Beef Vandaloo typifies that.

Our Naan bread, the fluffy flatbread baked in the Tandoori oven, was like cotton candy, so light and mellow it disappears in your mouth.

Great service, amazing food, soothing atmosphere — what more could you ask for? Nawab who?

### FOOD REVIEW



## Website

"Free ISP - D'oh!"  
(<http://thesimpsons.com>)

Valentine's Day is coming. If you have a significant other, you might know what you're getting him or her. But what are you getting for yourself? Feel the love, man. If you were like me, your email was wiped out and trashed randomly when school started. And it has not returned. Never fear! I have been scouring the net for free ISPs. Hey, I'm a student on a budget! One such free ISP which has received a little attention lately is from a favorite TV show, "The Simpsons." If the withdrawal symptoms from losing your weekly Simpsons fix has been making you twitch harder than a senior during exam week, point your browsers to [thesimpsons.com](http://thesimpsons.com). If you're tired of some lady saying that all circuits are busy when you try dialing in to CNU's internet, point your browsers to [thesimpsons.com](http://thesimpsons.com). If the idea of having a cool email address like "BartsBabe@thesimpsons.com" is appealing -- well, you get the idea. On the obligatory small blue box, there is a health meter which can run low if you don't periodically click on an ad. With the few ads that circulate, this usually meant that I clicked on the same ad. But I didn't have to click often. When the meter reached 55 percent, I clicked on one ad and it went back up to percent. I felt healthy indeed. I felt the service was a little less hoggy than Net zero (a more popular free ISP).

## Movie

"The Hurricane"  
(Azoff Films/Beacon Pictures)

"The Hurricane" is a brilliant movie directed by Norman Jewison. It grippingly showcases Denzel Washington's superb acting skills and sheds light on a tragic true story of wrongful conviction and nearly a lifetime lost. Carter, the main character, was an African American boxer who was accused of murdering people in a bar. A police officer, resembling a bulldog, appears throughout the film. Each time the detective is seen, the audience is trained to know something really bad is about to happen. I had not heard of Rubin "Hurricane" Carter before this movie since the height of the controversy occurred before my time, but thankfully this movie brought it to light for my generation. The movie is based on a book written by Rubin Carter and a supplemental book by the Canadians who -- Well, I'm not going to spoil the ending for you. Let's just say that there are some Canadians in it. Considering that the movie came out a few weeks ago, the theater was so packed I had to pretend to share my armrest with a stranger. She and I both laughed and eye-misted at the same times, even. There were even two children in the seats in front of me who seemed to enjoy the flick. Though the topic was adult, the lesson was for young and old. I would not be surprised if this movie and Washington were up for Oscars.

## Television

"City of Angels"  
(CBS, Wednesdays 8 p.m.)

In the long line of medical dramas past, black characters were few and far between. This season though, viewers are introduced to the doctors and nurses at Angels of Mercy Hospital, the setting for the CBS series "City of Angels." With storylines in the "St. Elsewhere"/"ER" vein, the show features a predominantly black cast of stellar performers. Though a successful black drama has been a rarity on the tube, the performers' talents are pulled together to give an excellent depiction of the obstacles medical professionals face in inner city hospitals often in ruin. From stereotyping of patients to a doctor attempting to carry out the dying wishes of an elderly woman concerned for her drug-addicted daughter, the situations the characters encounter come across as real. Starring TV and movie vets Vivica A. Fox ("Set It Off," "Why Do Fools Fall in Love") and Blair Underwood ("L.A. Law," "Just Cause") the show also features newcomers Hill Harper and Maya Rudolph, daughter of late R&B singer Minnie Riperton. A solid entry into the primetime line-up, "City of Angels" proves that the talent of black actors and actresses reaches beyond the sitcom.

This week's Random Reviews were contributed by Jessica Ledbetter (website and movie) and Steve Flemming, Jr. (television).

# Claar rates 1999's best and worst in music biz

By Michael Claar  
Staff Writer

1999 will go down as the year when bland pop (Britney Spears, Backstreet Boys, N'Sync), and dumbed down rock (Korn, Limp Bizkit, Kid Rock) ruled the charts. It's when Latin music (Ricky Martin, Jennifer Lopez, Marc Anthony) exploded on our culture but didn't make it any better. It's when grunge died a little death (as evidenced by poor sales of Bush, STP and Chris Cornell), and record company mergers caused many to lose their jobs while Michael Jackson still gets paid insane amounts of money.

As we close out the last year of the best decade of music since the sixties, I continue my endeavor to find the good in everything. In a year when there are no clear cut classics (no OK Computer, no Miseducation of Lauryn Hill), there were many small gems released upon the college music scene without much fanfare. The following is the result of a small, informal poll taken to find the best in 1999 music (and some of the worst too).

#### Best New Artists: Ben & Jason

Ben & Jason's album, "Emoticons," is the album Paul McCartney should have made after the Beatles broke up, but sadly, never did.

**Best Male Vocalist:** Ben Folds (Ben Folds Five)

Folds' voice grows more moving with every album.

**Goodest Album:** "Lost and Gone Forever" Guster

Guster's sophomore album isn't vital,

but it is great to fall asleep and wake up to.

**Best Female Vocalist:** Tori Amos "To Venus and Back"

**Best Electronic Album:** "Surrender" The Chemical Brothers

**Best Rap Album:** "Things Fall Apart" The Roots

**Best Live Album:** "The Roots Come Alive" The Roots

The Roots released two of the most under-appreciated works of the year and raised the bar for all rap albums to come after it. Why couldn't Dr. Dre's heavily hyped "Chronic 2001" be half as good as this?

**Madonna Award:** Blur, for their album "13."

This award goes to the band who most successfully reinvents themselves. On "13" Blur shows more growth than any other artist this year.

**Best Album To Fall In Love While Listening To:** "Out Of Tune" Mojave 3

**Vanguard Award:** The Flaming Lips, for their album "The Soft Bulletin"

This award goes to the artist who goes out of their way to increase their creativity and make their work something special. "The Soft Bulletin" is a trip to a planet a little to the left of the "Dark Side Of The Moon."

**Best Power-Pop Album:** "Utopia Parkway" Fountains of Wayne

**Best Comeback:** Sparklehorse

Mark Linkous, who is Sparklehorse, came back from a crippling, nearly fatal sleeping pill overdose to produce "Good Morning Spider," an album that is sure to be revered years from now.

**Most Prolific Female Folk Artist:** Ani

Difranco, for her albums "To The Teeth" and "Up, Up, Up, Up, Up, Up"

**Most Congenial:** Foo Fighters

**Most Improved:** Pavement, for their album "Terror Twilight"

**Biggest Disappointment:** "This Desert Life" The Counting Crows

The Counting Crows are just as good as their first album, which is a classic. But six years is enough time to show some growth.

**Worst Dressed:** any member of Matchbox 20

**Best Dance Song:** "Honey" Moby, from his album "Play"

Whenever I hear this song, I can't help shaking my bootie.

**Most Inventive Songwriters:** The members of Gomez, for their album "Liquid Skin"

Different every time you listen to it, Gomez created the most subversively entertaining album of the year.

**Best Reason To Believe In Hell:** Methods of Mayhem

If ex-Motley Crue drummer Tommy Lee wasn't cursed already, he'll burn for this. I never ever thought I'd tell someone they shouldn't have left Motley Crue but...

**Outstanding Drummer:** Olly Peacock (Gomez)

**Outstanding Producer:** Caleb Southern, for Ben Folds Five's "The Unauthorized Biography of Reinhold Messner"

**Best Radiohead Impersonation:** Muse, for their album "Showbiz"

**Guilty Pleasure:** "I Want It That Way" Backstreet Boys.

I don't know how, but I know all the words.

**Best Political Act (US):** Rage Against The Machine, for their album "The Battle of Los Angeles"

**Best Political Act (UK):** Manic Street Preachers, for their album "This Is My Truth Tell Me Yours"

With U2 going glam and Public Enemy nowhere in site, these two really have no competition.

**Worst Long Album Title:** "When The Pawn..." Fiona Apple

With another 57 words tagged on to the above, there really is no need.

**Best Tour:** Guster with Jump, Little Children

**Best Music Video:** "Praise You" Fatboy Slim

Sure it's gotten old, but do you remember how funny it was the first time you saw it?

And to cap it all off, I present you with 1999's ten best albums, in no specific order:

"Emoticons" Ben & Jason (Go! Beat)  
"The Man Who" Travis (Independiente)

"Liquid Skin" Gomez (Hut)  
"The Soft Bulletin" The Flaming Lips (Warner Brothers)

"13" Blur (Food)  
"The Unauthorized Biography of Reinhold Messner" Ben Folds Five (Sony 550)

"Showbiz" Muse (Maverick)  
"Lost and Gone Forever" Guster (Sire)

"Good Morning Spider" Sparklehorse (Capitol)

"Out Of Tune" Mojave 3 (4AD)

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\*Corporate and Professional  
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\*Educational Leadership (M.S.)  
\*International Economics (M.S.)  
\*Nursing (M.S.)  
\*Reading (M.S.)  
\*Special Education (M.S.)

\*Computational Sciences (M.S.)  
\*Criminal Justice (M.A., M.S.)  
\*Counseling and Human Development (M.S.)  
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Homecoming 2000

*Discovering  
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Treasures*



Feb. 9-12



# Homecoming

## ALPHA PHI

**Steve Boyce, Jr.** He is a Business Administration major and does charity work.

**Jennifer Guthrie, Sr.** She is majoring in Early Childhood Psychology and has worked at the information desk for two years.



## PI KAPPA PHI

**Mike Mechalske, Fr.** He is an SGA Senator and a nursing major, who hopes to work in anesthesiology.

**Beth Cook, Jr.** She is the Captain of the Blue Wave Dance Team and a Resident Assistant.



NO PICTURE

## BAPTIST STUDENT UNION

**Shawn Sharp, Jr.** He is the assistant baseball coach at York High School and a republican

**Jerilyn Sutton, Fr.** She is a photographer and a youth intern at Seaford Baptist Church.



## PI LAMBDA PHI

**Jake Jones, Soph.** He hopes to be a winning member of the CNU Captain's Football team in 2001.

**Sarah "Smiley" Hopkins, Fr.** She always tries to brighten up anyone's day.



## ALPHA PHI OMEGA

**Tom Dean, Sr.** He is majoring in Engineering and Computer Science and is Alpha Phi Omega's Sargeant at Arms.

**Tracy Farrell, Sr.** She is a history major who will be applying to law school after spring graduation.

## PHI BETA SIGMA

**Steve Flemming Jr., Jr.** He is majoring in English and a member of Alpha Phi Omega, and is the Captain's Log's Managing Editor.

**Janiya Moore, Soph.** She is the student manager for the alumni phon-a-thon in the Office of Institutional Advancement.

# Candidates

## MULTICULTURAL STUDENT ASSOCIATION

**Corey Mickleberry, Jr.** He was crowned MR. GQ in October.

**Jennifer Crawley**, Soph. She works in the Office of Career and Counseling.



## ACT ONE

**Brian Bowes**, Fr. He is a campus tour guide and appeared in CNU Tonight.

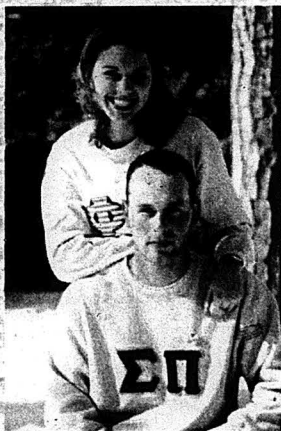
**Victoria Bessey, Jr.** She works on shows with the theater department.



## RESIDENCE HALL ASSOCIATION

**Mike Archbell**, Soph. He is the Residence Hall mailman.

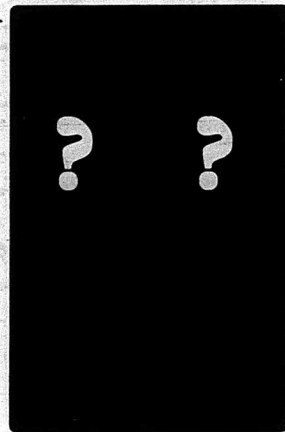
**Robyn Charles**, Soph. She is the President of the Residence Hall Association and works in the Office of Student Life.



## SIGMA PI & PHI MU

**Travis Bina**, Soph. He is Sigma Pi's representative to the Inter-Greek Council and is helping to found the Inter-Fraternity Council.

**Kris Strassburg**, Sr. She is Phi Mu's Chaplain and a member of the Alpha Chi honor and Omicron Delta Kappa leadership societies.



## KING AND QUEEN 2000??



## SIGMA TAU GAMMA & GAMMA PHI BETA

**Vince Dellapenta**, Sr. He is a Fine Arts major planning to graduate in December 2000.

**Kara Forrest**, Sr. She is President of Gamma Phi Beta and an SGA Senator.

# Homecoming 2000

## Events

### Wednesday, February 9

11 a.m. - 1 p.m., Ice Cream Social,  
Student Center Lounge

### Thursday, February 10

7:30 p.m., Bonfire and Pep Rally,  
East Side of Harbor Lights

### Friday, February 11

Noon, Spirit Lunch, Christopher's

7 p.m. (Doors Open), Homecoming Concert  
Featuring Athenaeum, Ferguson Auditorium

### Saturday, February 12

12:15 p.m., Pre-Game Alumni Buffet  
(Reservations Required)

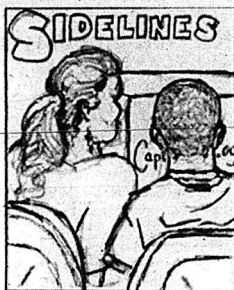
2 p.m., Men's Game Against Averett College,  
Ratcliffe Gym  
(Introduction of the Homecoming Court)

4 p.m., Women's Game Against Averett College,  
Ratcliffe Gym  
(Announcement of 2000 King and Queen)

7 p.m., Heritage Step Show and After Party,  
Ferguson Auditorium

8 p.m., Homecoming Dance  
"Rediscovering Atlantis," Christopher's





By Dave Gosselin

## Lack of school spirit equals no support

What an idea!

The perfect opportunity to watch the Captains and Lady Captains in action on the road no less, had come around.

A bus trip was planned for CNU's basketball games this past Sunday to see the both of CNU's basketball teams take on the Hornets of Shenandoah. Both men's and women's games are crucial in the quest for Conference championships.

Both teams are 6-1 in the Dixie Conference and are in prime position to win regular season championships and a first round bye in the Conference Tournament.

The cost of the trip was free. The cost for tickets when you arrived was free. The bus was due to leave at 9:30 a.m. and arrive back in Newport News at about 9:30 p.m. A 10 dollar deposit, which would have been returned to you as you boarded the bus, was the only money that you would have had to spend. Of course, eating expenses would have had to come from your own pocket.

You can't beat the price of a free bus trip to watch the nationally ranked men play, as well as the women who want to gain revenge against Shenandoah, who has already defeated them in Ratcliffe earlier this season.

Yet, as of last Thursday, rumors were circulating that hardly anyone had signed up for the trip and it very well could have been cancelled.

The point is, there is hardly any school spirit as of right now. People say that the level will go up when football comes. But is everyone going to wait for football to start before they come and cheer on the basketball teams, or any sport for that matter?

This campus is notorious for dorm students going home on weekends. This is college, people. You are supposed to get the college experience when you go to college, not go home on weekends. I mean, I know that there isn't much to do here on weekends for dorm students, but when an activity like this comes around, you should take advantage of it.

Other schools, such as William and Mary and Randolph-Macon have organized bus trips for away games and have packed buses. Why can't we have the same type of school spirit here? It just aggravates me to no end that we cannot generate the amount of school spirit that other schools have.

I hope that the Captains and Lady Captains were victorious and finish out their seasons in style, as well as the rest of CNU's sports teams just to show everyone that CNU has great athletic teams and that the school community should come out and support our athletic programs.

### CALENDAR

MON	TUE	WED	THUR	FRI	SAT	SUN
No Games Scheduled	No Games Scheduled	at home against Ferrum at 5:30 p.m. MB at home against Ferrum at 7:30 p.m.	No Games Scheduled	No Games Scheduled	at home against Averett at 2 p.m. WB at home against Averett at 4 p.m. Track at VMI.	No Games Scheduled

# SPORTS

## Men lose first game in 19 tries to N.C. Wesleyan

By Dave Gosselin  
Staff Writer

CNU's men's basketball team suffered their first loss in 19 games last Wednesday night at the hands of the N.C. Wesleyan Battling Bishops 80-73 in Everett Gymnasium in Rocky Mount, N.C.

The Bishops, upset at an earlier 40-point loss in Ratcliffe Gym, snapped the Captains 18-game winning streak.

CNU's only lead was 4-2 with 18:15 remaining in the first half when N.C. Wesleyan's Josh Walker hit a three-pointer that gave the Bishops a 5-4 lead, one that they would not relinquish.

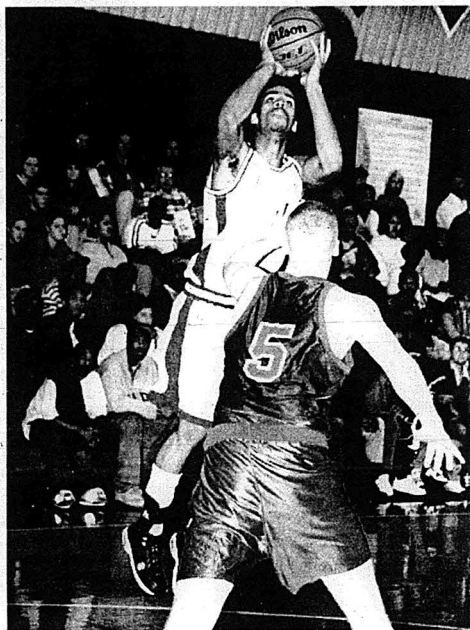
A 12-2 run by the Bishops mid-way through the first half lengthened their lead to 26-14. In the second half, the Captains got as close as 49-48 after two free throws by Antoine Sinclair with 17:19 to go in the game.

The only other time CNU (18-1, 6-1) came close to tying or taking the lead was on a jump shot by Sinclair with 9:14 left to play. N.C. Wesleyan then went on an 11-0 run where they held CNU scoreless for over four minutes. A three-pointer by Jamar Jones with 5:21 left in the second half, increased their lead to 13 points and put the game away.

"You have to give N.C. Wesleyan credit," CNU head coach C.J. Woollum said. "They made difficult shots and were ready to play."

N.C. Wesleyan was able to contain the inside as they were able to tip missed shots back out and gain second chances. They completely shut down the CNU tandem of Kenny Stokes and Terry Gray. Stokes and Gray combined for 5 points and five rebounds.

The Bishops' starters scored 78 of their 80 points. Seventy-six of their 80 points came from Jones, Chris Moody, Josh Walker and Fabian Lawrence.



Senior Brandon Jones aims high as he shoots a jumper in a recent game in Ratcliffe Gym against Shenandoah.

Photo Courtesy of Marco DiFlorio

See Men/  
page 12

## Hall of Fame inducts four new members in Class of 2000

By Dave Gosselin  
Staff Writer

Four new members were added to the Christopher Newport University Athletic Hall of Fame at halftime of the men's basketball game Saturday, Jan. 29.

Former basketball standout Ted Berry, Sports Information Director Wayne Block, Trainer Chris Jones and Cross Country/Track star Maura McColgan were enshrined as CNU's Hall of Fame Class of 2000.

This year's inductees bring the total number up to 52 since the Hall was founded in 1988.

Berry, who transferred halfway through his sophomore season to CNU, stepped right in and became a major contributor in his first season that followed the loss of all-time great Lamont Strothers. Berry averaged 15.2 points and shot 52.6% from the field. He led the Captains to a 17-10 record and a Dixie Conference regular season co-championship.

The following year he teamed up with fellow Hall of Famers Steve Artis and the late James Boykins to lead CNU to a 23-5 mark and advanced to the NCAA Tournament Sweet 16.

His best season came as a senior in what was probably was the best single season performance in CNU history. Berry set a school record in points per game averaging 27.3, which included a 47 point outburst at Salisbury St. which is also a school record. Berry led the Captains to a 22-5 record despite the losses of Boykins and Artis and another NCAA Tournament bid. He was named second team All-America and first team All-South and was voted Player of the Year in the Dixie Conference.

Since his CNU career, Berry has gone on to a fabulous professional career in England where he is one of the top players and was named Most Valuable Player of the English League's All-Star game last season.

Sports Information Director Block is currently in his 17th year as CNU's Sports

Information Director.

Since he has been at CNU, his publications have won 35 national awards from the College Sports Information Directors of America (CoSIDA), including ten as best in the nation. In 1997, he was honored with the Distinguished Service Award by the Virginia Sports Information Directors Association, an honor presented to those who have given outstanding service to college athletics in Virginia. He was the first ever sports information director to receive the honor. He is also currently in his 16th year as the Dixie Conference's Sports Information Director.

"It's a very big honor," Block said. "It's nice to know that the people I work with think that I deserve this honor."

Head Athletics Trainer Jones has headed the CNU training facility for 18 years, developing one of the finest pro-

See HALL/  
page 12

## MEN

Continued from page 11

Jones led all scorers with 28 points, 17 at halftime. Moody added 19 points, Lawrence added 15 points and nine rebounds and Walker finished with 14 points.

Sinclair finished with 22 points and eight rebounds. Brandon Jones had a double-double, 21 points and 11 rebounds. Donte Henderson was the only other Captain in double figures with 12 points. The Captains got 25 points off the bench, compared to the Bishops two. The rest of the starting five for CNU only combined for 5 total points.

CNU's next home game is Wednesday, Feb. 9 against Ferrum. They then take on Averett on Saturday, Feb. 12, which is Homecoming weekend.

## HALL

Continued from page 11

grams in the country.

"I was shocked to be chosen and it's an honor I never thought that I would get," Jones said of her appointment. "It is nice to be recognized by a variety of people who are from the athletic department and also people who are outside the athletic department."

As the athletic department has grown, she has almost singlehandedly overseen this growth with, until very recently, only occasional part time help. She has developed a cooperative relationship with the Virginia Orthopedics and Sports Medicine Group, one of the most prestigious orthopedic firms on the East Coast.

In addition to her training duties, she is also the Strength and Conditioning Coordinator at CNU. This includes helping all the athletic teams improve strength and conditioning. A tireless worker, she has given her entire adult life to the betterment of CNU athletes.

Former cross country and track star McColgan, is one of the top distance runners in the history of CNU. She was a four-time All-South/Southeast Region runner and was on the All-Mason-Dixon Conference team four times, too.

Her time of 18:42 on the CNU course in 1988 still stands as the fastest ever and she still holds four of the 20 fastest times in CNU history.

In track, she was an outstanding distance runner as well. She won two All-America awards, as a member of the fourth place 1600 meter relay team at the indoor national championships of 1989 and with the third place outdoor 1600 meter team that same year.



Junior Cherri Phillips stares down a defender as she makes her move towards the basket.

Photo courtesy of Marco DiFlorio

The women's basketball team avenged last season's loss at N.C. Wesleyan by defeating the Lady Battling Bishops 65-41 for their fifth victory in a row and their seventh in their last nine games last Wednesday evening.

Despite shooting the ball over 20 Wesleyan to 14 first total field goals in the balanced attack to victory.

The Lady Captains 34-14 halftime lead Rasheedah Martin like a baseball three-to-beat the buzzer.

Freshman Jen Harrell led the Lady Captains in scoring 12 points and eight rebounds. No other CNU player was in double digits. Cherri Phillips, Martin and Serita Jackson added 7 points. Lindsey Carney, Crystal Storey, Tia Moore, Karla Rhone and Nadine Ward each finished with 6 points.

## Sinclair and Jones each reach 1,000 points in their careers

Senior Brandon Jones and junior Antoine Sinclair each crossed over the 1,000 point plateau in their careers.

Jones transferred to CNU his sophomore year after he scored 48 points during his freshman campaign. He has since gone onto a successful career at CNU. This includes a 39 point outburst his sophomore year on the road against Salisbury St. that earned him a starting position.

"I didn't even know why they blew the horn," Jones said when he scored his milestone point. "To me, it's not a big thing. I just want to play and win games."

Sinclair, only a junior, came into the 1999-2000 season with 666 points. He needed 27 points against Methodist on Jan. 29, but scored 26. He got his milestone point the very next afternoon against Greensboro College.

"It felt pretty nice because I never did it in high school," Sinclair said. "It would mean a whole lot more to continue to win and get past the Sweet 16 for the first time."

## Football press conference tentatively scheduled for this week

A press conference is tentatively scheduled for this week to discuss the criteria for a coach. They will also announce when football will begin at CNU. A committee will likely be formed to select the first ever football coach in the history of CNU. Also, they will discuss the construction of a football field that will likely be centered around the outdoor track as the home field for the Captains. Bleachers and other necessities will also be discussed as they will have to be built in order to seat fans.

## Sinclair named National Player of the Week for the week of Dec. 6, 1999

Junior Antoine Sinclair was named Division III National Player of the Week put out by Columbus Multimedia for the week of Dec. 6, 1999.

He was National as well as South Region's Player of the Week. He averaged 30 points per game, 18 rebounds and five assists.

Through 19 games, Sinclair is averaging 19.3 points per game and 11.2 rebounds. He is currently the sixth leading rebounder in the country and has the second highest single game rebound total of 21 in one game.

## Jones named to D3hoops.com's Team of the Week

Senior Brandon Jones was named to the D3hoops.com website's Team of the Week for the week of Jan. 17-23 as well as Jan. 10-16.

For the week of Jan. 17, Jones led the Captains to victory in its first two Dixie Conference road games with 21 points and six rebounds in an 87-70 win at Ferrum and 23 points and eleven rebounds in a 97-65 win at Averett.

The week before, Jones had helped CNU to two 40-point wins in its first two Dixie Conference games. He averaged 20.5 points per game and added 11 assists and five blocks in the two wins.

## CNU boasts more Conference athletes of the week

Nadine Ward and Tia Moore were named Player and Rookie of the Week respectively for the week of Jan. 25, 2000.

Ward averaged 13 points and 11.5 rebounds and Moore averaged 18 points and 6.5 rebounds leading the Lady Captains to two victories over Ferrum 84-75 and Averett 75-53. Both games were on the road.

Junior Antoine Sinclair was named Player of the Week for the week of Dec. 13, 1999.

He scored 30 points and pulled down 18 rebounds as CNU defeated Salisbury St. on the road to equal the best start in school history with a 7-0 record. He was 11 of 18 from the floor and added five assists and three blocked shots.

Moore was also named Rookie of the Week for the week of Dec. 6, 1999.

She averaged 17 points and 10.5 rebounds as the Lady Captains split their two games. She was 15 of 25 from the floor and converted a three-point play with 3.8 seconds remaining to send CNU's come-from-behind victory over Southern Virginia into overtime.

## Men ranked number two in country as well as in South Region

The men received their highest national recognition in CNU history the week of Jan. 9. They jumped two spots from number four to number two in the nation in D3hoops.com top 25 poll.

They have been ranked number two for three straight weeks now behind fellow South Region foe Hampden-Sydney who took over the top spot in the nation on Jan. 3, dethroning 1999's national champion University of Wisconsin-Platteville.

The first regional rankings by the National Collegiate Athletic Association were released on Jan. 18.

CNU was ranked second in the South Region behind the number one team in the country, Hampden-Sydney. They have remained second through NCAA's latest regional ranking released Feb. 2.

The Captains have also been ranked number two in the country in the Columbus Multimedia poll that is based entirely on statistics and results.

CNU was also ranked nationally, a tie for third, in the most recent edition of the National Association of Basketball Coaches.

**Are you interested in writing about sports? If you have the ability to write or just want the experience, contact Dave at The Captain's Log office in SC 223, at 594-7196 or at clog@cnu.edu.**

## Coming Next Issue

- ◆ Football in 2001? We will see.
- ◆ Continuing coverage of winter sports.



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## FREE TO LOVING HOME

I rescued a terrified and injured mutt, possibly a 3-4-year-old Pit-mix, from the local SPCA -- because of a lame leg, I knew he had NO chance of finding a home in the little time they were giving him. A kind local vet took him in and discovered that he has a torn nerve in his arm. While it may never heal, it causes him no pain and hinders him only slightly -- he merely walks with a limp.

I would most certainly take this sweet, gentle dog in if I did not live in an apartment with a pet weight limit. It seems he has been abused, probably by someone who tried to make him mean when he simply doesn't have it in him, so he needs a little extra TLC. (He has been very appreciative of all the gentleness he has experienced since his rescue -- his incessant tail wagging every time I visit proves this to be true.)

While the vet has agreed to board him until we find a loving home for him, I feel I have pushed his generosity to its limits; I need to find him a loving home quickly. I just can't bear to take him back to the SPCA -- where he will most certainly be put down -- after getting his hopes up, and earning his trust in people again.

I will provide a collar, leash, harness, ID tag and food for a month for someone who is willing to share their life with this loving dog. Please call me and I will gladly take you to meet him.

Shelly Breitbeil  
757-881-9784  
cell: 757-719-2706  
sobreit@visi.net



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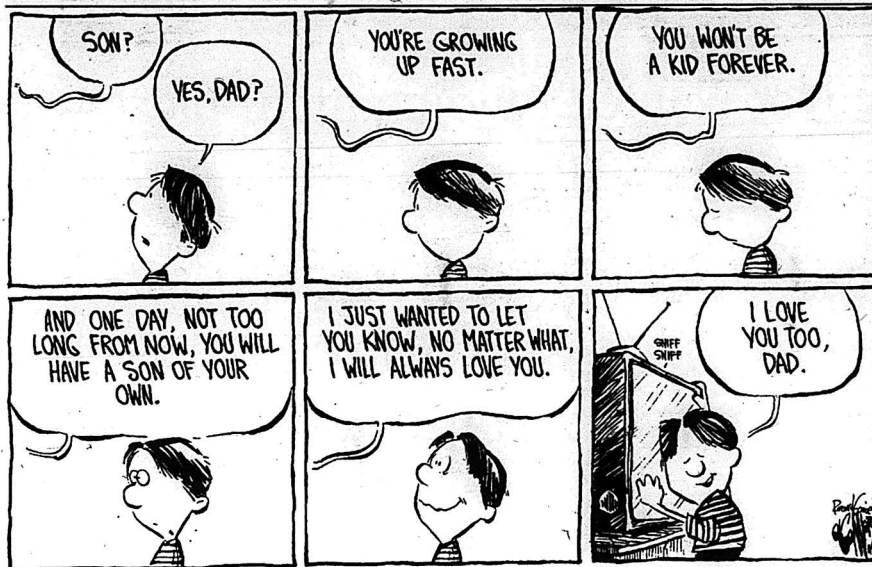


Mrs. Bradley couldn't seem to get  
enough parents involved in the school  
even though she  
really, really, really,  
really, really, really  
tried.

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Guidance for Grown-Ups



## Procrastination is a lifestyle

By Brett Wingeier  
Campus Correspondent - Tulane University

Surely there's a statistic out there that tells us how many all-nighters the average college student pulls per semester. One? Ten?

You know the feeling: head swimming, eyes red, stomach churning. Personally, I get minor hallucinations. I start feeling as if there's one of those delay loops between the world and me, the kind they use on live TV to blank out anything that might refer to sex.

The all-nighters in which you're having fun don't necessarily count. Sure, you're propping your eyes open for the sunrise, but if you're on a deserted beach with last night's blind date after a soul-searing 12 hours, you don't complain.

No, it's when you're racing to meet an 8 a.m. deadline, downing bad instant coffee because you can't afford the percolation time and falling asleep on your computer, that you know you're in deep.

There are two, perhaps three, results. If you're lucky, you pull it off. Called by desperation, the rest of your prospectus plunges full-formed from the heavens, to flow through your honeyed fingers. You're just that good — you tell yourself as you collapse in exhaustion at 8:01 a.m. — that you do your most efficient work in crises. Right.

But perhaps you just can't pull it off. It's 7 a.m., you're on your tenth coffee, and you decide to tie off loose ends and make

excuses. It isn't always a disaster. There are always extensions, forgiveness, additional years of thesis-writing, and you'll finish your paper when you regain consciousness.

And now comes the part that keeps Dayrunner and the Franklin-Covey people in business. You turn up the next day with a spring in your step and a day planner in your hand. How could it have taken so long to learn that procrastination is bad? You plot out your work for the next week, the next month, the year. You wield your monogrammed pen, the one your mother gave you for graduation, just like the models in the planner catalog.

That is, until the next all-nighter.

It's procrastination, of course, and by now I'm convinced that it's inescapable. Maybe a truly dreadful shock might be a cure: "20 children eaten by hungry lions; shocked community blames procrastinating student!"

But then again, even that might not be enough. I know I've gone through about 10 cycles of organization in the last eight years, most in the aftermath of all-night cram sessions. And none of them have lasted.

So I know I procrastinate. And at least three-quarters of my friends, students and others, seem to have a problem with it, too. It's particularly dramatic for us graduate students; the sudden transition to independent research makes it very easy to blow off that thesis. There's even a special degree — given with tongue firmly in cheek — for the guy who's been working on his Ph.D. for 10 years: A.B.D., or "all but dissertation."

And as I get older, I've found myself much more likely to take the third option that I hinted at before. Maybe I can get it done, maybe I won't, but if I'm truly in a bind, time is short and sleep is good and I'm as likely to write it off and deal with it in the morning. It doesn't make quite as dramatic a story, but I have enough of those already.

I guess everyone finds a method or two for coping. The "ball-over-the-fence" method has occasionally worked for me, although it often leads to even more trouble. According to this theory, you take some irrevocable step that will ruin your life if you don't start working on whatever you need to do. Perhaps you schedule your "we've been dating for six whole months" dinner with your girlfriend for the night before that literature review is due. Immediate fear is quite a motivator.

So after the hundredth sleepless night I've come to an agreement with myself. I procrastinate; I'll always do it, but I'll do it in moderation and do something worthwhile — like write or kiss or sing or run — while I'm putting off the inevitable. And I won't beat myself up about it, at least until the next sleepless night.

Perhaps someone's compiled the statistics on procrastination as well.

I'll look it up tomorrow.

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## THE CAPTAIN'S LOG

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## Question of the Week

Now that it's up and running, what do you think of Einstein's?

Jocelyn Citro, Freshman:  
"I think it's good because there's no place like it on campus. So far it's running really well."



Jesse Hines, Junior:  
"Seems nice. I work at the library so I can get a snack when I'm working or between classes."

Theresa Beverly, Junior:  
"I'm very Impressed. It's beautiful."



Megan Randall, Sophomore:  
"I think it's a lot better than I thought it would be. It's a good place to go and meet people. It adds to the campus."

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**Want to know more? Contact any member of MSA or come to our meeting on Thursday @ 12:15 SC 233**