



25th
Anniversary

The Captain's Log

est. 1970



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Campus Police Staff Grows

Residence Hall Places Increased Demand

By Karen DiGiorgio
Staff Writer

In response to CNU growth, the university police department has increased the number of police officers on staff from nine to 13. According to a police department spokesman, the last two officers to be hired started work the first week of November.

"The number of calls for service has greatly increased since the opening of the residence hall," said Chief Gerald Bright.

Currently, university police are responsible for answering service calls, patrolling the 75-acre campus, providing a secure environment for more than 5,000 students and faculty, and securing campus buildings, including the President's house and classrooms

and offices in the Crestar building.

"The university police department also provides officer escorts, when requested, and assists students and staff with vehicle problems," said Chief Bright.

University police officers are graduates of the Hampton Roads Academy of Criminal Justice and have the same authority as city or county police on university property. Chief Bright is a CNU graduate with 10 years of experience at the Portsmouth Police Department and five years experience as CNU chief of police.

The CNU police department consists of one chief, four sergeants, eight officers, one secretary, and ten paid student dispatchers.

Dorm residents in suspense

Winners of 'Best Rooms' contest to be announced today

By Robin Harris
Staff Writer

Today at 5 p.m. the winner of the first "Best Rooms Contest" will be announced in the residence hall. 26 rooms total were entered in the contest, which was held Nov. 9.

The four judges for the event were Carol K. Santoro, Robert McGaw of the Board of Visitors, Dr. Richard Guthrie, Chairman of the Department of Modern Languages, and Major Rufus Murphy from the CNU Army ROTC unit. Judges were selected by the Office of University Relations and represented a "good cross section" of the administration, said spokesperson Michelle Carpenter.

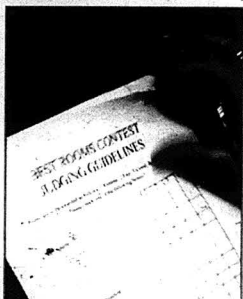
Rooms were judged on

the basis of CNU spirit, presentation, and student dress. Scores were given on a scale from 1-4 with a four being excellent and a one entered.

First through fourth place winners, as well as several honorable mentions, will receive prizes. The prizes were donated

by Cinema Cafe, Subway Station, Leggett in Patrick Henry Mall, CNU Bookstore, University Housing, Bally's Fitness, and Viking Card Shop.

Carpenter said based on the amount of "good participation" she the contest will become an annual event.



Scrutiny of rooms and residents.
Photo by Robert Harris



Contemporary interpretation of a classical work enthralls CNU audiences.

Photo by Henry Nowakowski

Extended hours draw students

Students make use of extra time

By Kate Mushinsky
News Editor

The recently extended hours of the McMullan Computer Lab are proving to be a productive time for students.

James Lewis, a computer engineering major who has been working as a lab assistant for a month, says that although days are usually busier, more people have been showing up between 10 and 10:30 p.m. On Monday, five people arrived during that time span. One student said "We saw the flyers and decided to support it." Another noted, "We used to go between classes, but after 9 is better." Another said, "If they had extended hours earlier, I might have graduated already."

Katina Ward, a junior who has classes all day said, "You go home, do what you gotta do, come back here and type stuff." Ward said she uses the center twice a week and finds the staff very helpful.

Other students have dif-

ferent reasons for taking advantage of the later hours. CNU graduate Joann Perry is seeking her teaching certificate, and working on campus in the admissions office during the day. "It's perfect for me," Perry said. She used to stop by the lab on her lunch hour or "quick, before class."

Lewis says he was glad to pick up the extra hours because he's usually up past midnight anyway, and can do his homework while working. On Monday's visit, he was quick to help students with the computers. "We don't have all the answers, but for basic needs, we help 'em out."

The decision to extend the hours was pushed through by Mike Russell, the director of the computer center. Russell was in Richmond most of the week, trying to solicit funds from the state for more computer resources.

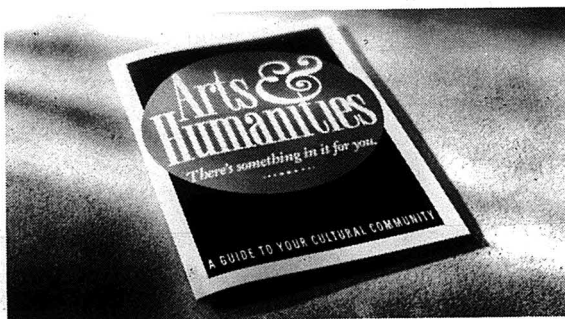
Student assistants spoke highly of Russell's enthusiasm and dedication to the center. Russell was responsible for each of CNU's

five thousand students getting a personal e-mail account number, and access to either of the two labs.

Michael Cahill, a junior, has been working at the McMullan lab for three years and says he remembers when only computer science majors were allowed to use it. "Mike Russell took the computer lab and did a 180-degree turn and made it fabulous." Cahill said they've recently obtained 16 more modems, which are currently being installed, which should alleviate the delays students experience trying to get onto the Internet.

Neither Cahill nor fellow staffer Kenneth Thomann were on duty Monday, but said they were at the lab most of the time because they enjoy it. Their enthusiasm is nourished, in part, by Russell, and a 20-year-old CNU staff member, Sheila Higgins. As Operations Supervisor, Higgins is the main operator of the computer center. She is also responsible for scheduling the lab assistants' hours and for having the murals painted.

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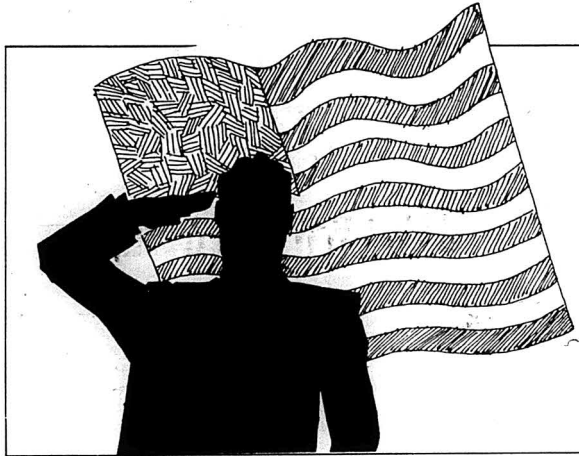
For whom the bell tolls

Eric Pesola
Staff Writer

The hole is being dug, nearly six feet deep. The coffin to hold the dead is being prepared. The pallbearers are being chosen. For whom, you might ask? For the Republican Presidential Campaign, that's who. As Colin Powell called the press conference to explain why he wasn't running for president, the funeral parlor was being selected. Before it has even begun, the race is dead.

Only a few months after the Republican Revolution that swept through Congress, the Grand Old Party is in a state of disarray. The questions that are being publicans build on the momentum created by the Revolution? Isn't there someone else besides Dole that we can run? These questions are toughies, and probably can't be solved by the time next November rolls around.

Face it, the American public does not like Bob Dole. For the most part he is viewed as a tired, bitter old man. He never smiles in front of the camera, and the media only shows us a Dole who is bickering with the President, other powerful Democrats, and even with Newt Gingrich, his greatest ally. Dole is unpopular with the voters, and the party won't admit it. They



"A glimmer of hope was displayed to card-carrying Republicans, and that glimmer of hope was Colin Powell."

made the same mistake on a smaller scale here in Virginia, in the last senatorial elections. The party was bent on running a candidate who championed all of their causes, and that's great. They lost because the candidate was Ollie North, whom the public perceived as a liar. The party did not listen

to cries from within, like from John Warner, and Marshall Coleman. The Republicans insisted their Ollie was the right man for the job, and perhaps he could've been, if he was running against Hitler. The Democrats ran incumbent Charles Robb, clearly one of the sleaziest men in Washington. The

Democrats prevailed because of Ollie's public persona. He is seen as a liar and the Republicans refused to see this.

A glimmer of hope was displayed to card-carrying Republicans, and that glimmer of hope was Colin Powell. He represented someone who could pull the party together, and at the same time, he would pull in a part of the vote that had been previously off limits to the Republicans: the Black Voters. Colin Powell was a conservative's nightmare because of his position on abortion, but they were willing to look the other way for a while. Powell is the American Dream in action, and the Republicans let him fall right through their fingers.

Which brings us back to Bob Dole. No one likes him enough to elect him president. So that's how it stands for the Republicans. No solid, well liked candidate thus far. No party sense to see that, and no good feeling. The good feeling hasn't been there since Ronald Reagan. The winner of the next election will be the man who is able to dodge the issues from his closet. He will be the one who is able to look at the good things that he has accomplished during his years as a public servant. He will be able to leap issues like health care, and welfare in a single lie. He will be William Jefferson Clinton, again.

Wes's World

Democrats: Fine, bad, or very bad?

By Wesley Cline
Staff Writer

I recently received in the mail a Presidential Poll prepared by the Democratic National Committee. Being the good liberal that everyone knows that I am, I immediately tore the envelope open to see how I could help out Billy.

The cover letter explained that I was being given a great honor and that my honest response was important in order to inform the president about how people really feel about him and his policies. I thought, what a great opportunity to share my thoughts with the president!

As I read the poll, I realized something. Most of the questions gave me these choices: "Excellent, Good, Fair, Poor, and "Undecided," but, the presence of only one negative choice and three positive ones troubled me. I thought that as long as all of the questions gave the same choices then I guessed that the poll could still be a valid one.

I reached the question on the media's treatment of Clinton and the choices changed slightly. I could now choose "Very Fairly, Fairly, Badly, or Very Badly." This question struck me as being just slightly unfair to the media considering the options in the previous questions. But, I figured maybe they realized that their questions were giving too many positive choices and not enough negative options. It's possible that they just didn't have time to go back and make corrections to this little poll before they sent it out to millions of people.



I continued on with the poll and discovered that they switched to an even simpler way to express one's opinion that gave me the choices "Favor, Oppose, and Undecided." I thought they had finally found a way to present their questions fairly.

I went on to the next set on questions entitled "The Republican Agenda and Other Nazi Ideas." This seemed odd to me but thought that maybe there were some typos making the heading seem more slanted than they intended. Perhaps they meant "Nice" instead of "Nazi." I then discovered that they were slanting their questions so that anyone in their right mind would have to answer in the negative or else

hand in their "I Am A Human" card and leave earth. There were questions like "Do you support the Republican's plan to make huge cuts to Social Service programs that put food and milk in poor starving babies' mouths and help single mothers find gainful employment?" and "Do you support the Republican's plan to exempt the rich from paying any taxes and put fully automatic assault weapons in the hands of violent criminals?"

These questions seemed a little biased against Republicans. If I am to believe what this poll insinuates about Republicans, then I would have to have them all rounded up and shot for not being humans but rather some strange, alien creatures out

those who think that to be a politician at all demands that one not be human but more of a snake or jackal.

I closed my eyes and gave the only answer that I could, though it probably means that I will never get to be the leader of the Republican Party. I went on to the next set of questions. This set was called "The Democratic Agenda—The Party That Cares About You." This heading struck me as much more cheery than their previous section titles. I also discovered that their questions were better. "Do you support Clinton's plan to put food in the mouths of all homeless people and train them in the skills that will assist them in getting jobs and homes?" was one question for which I found myself cheering after reading it. "Do you support a woman's right to choose?" Well, of course I support a woman's right to choose. Women have just as much right to choose their religion, literature, and even their own brand of orange juice as anyone else. No one should be making these decisions for women just because of their sex. It occurred to me that they might be referring to just abortion but then why would they leave it open so that all forms of choice could be included?

At the end of the poll, they asked me if I wanted to become a member of the Democratic Party; and, if so, at what level? Though the offer was tempting, I told them I was holding out for the free tote bag and complimentary copy of "Anne of Green Gables." A guy has to have his standards you know.

CNU News

Scholarships and Fellowship Information

Financial Aid Office Seeks Qualified Applicants

Several organizations are seeking candidates for scholarships and fellowships. For more information or application forms on any of these awards, please contact Tom Morehouse in the financial aid office at 594-7278.

James Madison

Memorial Fellowship

Purpose: Graduate study for future and current secondary school teachers. Graduate students pursuing a master's degree in American history or political science; Master of Arts in Teaching in history or political science; or a related master's degree in education that permits a concentration in American history, American government, or social studies. Award maximum of \$24,000.

Deadline: Mar. 1, 1996

The National Society

of Public Accountants Scholarship

Purpose: To award undergraduate accounting students entering their second, third, or fourth year. Award varies from \$500 for sophomores to \$1,000 for juniors and seniors.

Deadline: Mar. 10, 1996

Horizon Foundation Scholarship Program

Purpose: To encourage women to pursue careers related to the national security interests of the United States, and to provide development opportunities to women who are already working in national security fields. The value of each scholarship will be no less than \$500.

Deadline: Dec. 1 for the spring semester, May 1 for the fall semester

Land O' Lakes Scholarship Program

Purpose: To award 75 \$1,000 post-secondary scholarships to individuals who are pursuing degrees in agriculture or food-related fields.

Deadline: Mar. 31, 1996

Hampton Roads Chapter

of the Professional Construction Estimators Association of America, Inc.

Purpose: To award funds to deserving men and women who have demonstrated their desire and abilities to further their education in the construction industry.

Noted psychologist to speak at CNU

William K. Kilpatrick, nationally noted psychologist and foe of multiculturalism in American education will speak at Christopher Newport University on Monday, Nov. 13, at 12 p.m. in the Campus Center.

As the featured speaker in the 1995-96 Dean's Colloquia Series, Dr. Kilpatrick, who holds graduate degrees from Harvard and Purdue Universities and is a professor of education at Boston College, will discuss the topic "Multiculturalism and Moral Illiteracy" during his address on the CNU campus.

As he states in his 1992 bestseller Why Johnny Can't Tell Right from Wrong: Moral Illiteracy and the Case for Character Education, "The core problem facing our schools is a moral one. All the other problems derive from it. Hence, all the various attempts at school reform are unlikely to succeed unless character education is put at the top of the agenda."

Dr. Kilpatrick's address is free and open to the public. Following his address at 2 p.m., Dr. Kilpatrick will hold an open seminar.

For more information on the Dr. Kilpatrick's address, call Dr. James Morris, chair of the Dean's Colloquia Series, a 594-7121.

Information provided by the Office of University Relations

Music scholarship winner announced

Elizabeth Waldschmidt, a freshman instrumental piano music education major from Hampton, has been selected as the first recipient of the Ed D'Alfonso Music Scholarship in Instrumental Music Education in the amount of \$500. Waldschmidt, who is studying to become an elementary school teacher, is taking classes in music theory, ear training, applied piano and symphonic band.

The endowment is in memory of Lieutenant Colonel Edward D'Alfonso, who retired as a musician-teacher August 6, 1974, after 20 years with the U.S. Air Force. D'Alfonso graduated with a bachelor of arts from Duquesne University. He was a member of Airmen of Note and retired as commander/conductor of the TAC Band, Langley Air Force Band.

CNU director of music Dr. Mark Reimer said, "I think it's a meaningful show of support by the leading artists in the area for a significant instrumental music education program here at CNU. I think it will encourage students to get involved in our new area of instrumental."

Waldschmidt said, "I was both surprised and excited to receive such an honor. I've always loved music... it's always been a big part of my life. I hope this scholarship will help me reach my goals."

Mrs. D'Alfonso said she is pleased with the support the endowment has received from the community. "I want to see the music program grow. I think we need a strong music program on the Peninsula because we have some talented musicians here."

FREE LUNCH

Yes, there is such a thing. Cindy Lacky, admissions officer, is looking for a few students to volunteer their time at the Open House to be held Nov. 18 from 9 a.m. until 2 p.m. Students who volunteer to show CNU's campus to prospective students and their families on that Saturday will be given a free lunch, courtesy of Harbor Lights. Anyone interested in being a tour guide for a day should call Lacky at 594-7015. The Open House program is one of three held yearly at CNU, featuring faculty discussions, a welcome presentation, and lunch for all involved. The program is structured, and Lacky requests that those interested in attending register before the event.

Club News

American Marketing Association

At 12 p.m., Nov. 21, the American Marketing Association of CNU will be meeting in the Banquet Room in Christopher's. The guest speakers will be Roger Brown and Cindy Cloughly, manager and marketing director of Patrick Henry Mall. This dynamic duo are responsible for the tremendous success of Crown America's best mall, the Peninsula's own Patrick Henry Mall in Newport News. Between the two, they cover every facet of business, politics, community service, and, indeed, are two of the most creative and positive personalities in this region. Everyone is invited to hear the intricacies of their jobs in "the world of the mall!" Management majors, don't miss this one.

Currents

The deadline for submissions for the 1995-96 issue is fast approaching. Please submit your original works of poetry, prose or fiction to the *Currents* mailbox in Crestar Bank or in the Currents' mailbox on the second floor of the Campus Center. All submissions must include the author's name, phone number, and address. For further information contact Shannon at 483-7880 or Robin at 594-7196.

box in Crestar Bank or in the Currents' mailbox on the second floor of the Campus Center. All submissions must include the author's name, phone number, and address. For further information contact Shannon at 483-7880 or Robin at 594-7196.

Social Work Association

On Oct. 5th and 6th, CNU social work students and social work students from other Virginia campuses traveled to Massanutta Springs for an annual rally. The rally was quite productive in regard to networking among the students and faculty, as well as the workshops concerning future plans for Social Service programs at state and federal level.

Upcoming events for the Association are: the election of new executive officers at the Nov. 29 meeting (all Social Work students are urged to come) and a holiday bake sale in the Campus Center Breezeway on Nov. 30 and Dec. 1. Please come by and fill your sweet tooth with our goodies.

LOOKING FOR STUDENT INSURANCE?

When: Thursday, November 16
12:15pm & 5:30pm

Where: Campus Center 214

Mr. Brett Vigodsky, a representative from the University endorsed insurance program, Student Insurance Division, will be on campus Thursday, November 16, 1995, to answer questions for all currently enrolled participants and any students interested in purchasing health and accident insurance. If you are not able to come to the meeting and would like information, call 1-800-237-0903, ask for Lynn.

Reducing Pesticide Use Makes Good Sense

By: Jessica Shumake
Features Editor

When temptation arises most believe the forbidden fruit is the sweetest. The consequences come later, unless you play it smart and stick to the fruit that nature has in plenty. It can be hard to imagine this world as an Eden when eating an apple a day has side effects because it's coated with a chemical as toxic as a Vietnam vet's favorite additive, agent orange. When the fruit we eat for our health is poison, what should we do? Our modern society can rightly be called the grave of failed utopias.

Pesticides and herbicides now form a thin layer over the whole of North America. There is no doubt that we need to reduce pesticide use; by definition we know pesticides are hazardous. They are designed to destroy agricultural pests. Even with existing regulations, pesticides are capable of severely harming consumers, farmers, farm workers, rural residents, and wildlife. The amount of pesticides used is staggering and growing. In 1993 more than 800 million pounds of pesticides were used in U.S. Agriculture. Environmental Protection Agency (EPA) data shows that between 1980 and 1993 pesticide use per acre grew by 10 percent to historically high levels. Yet only 0.1 percent of the pesticide reaches the target pest. The remainder lingers in the environment.

Pesticide residues are pervasive in food and water. Well over 40 percent of vegetables and 50 percent of fruits consumed in this country contain residues from many different pesticides, sometimes with up to five different residues on one item. U.S. Department of Agriculture (USDA) data from 1994 indicates that washing and peeling may not be effective in removing those residues. In addition, the EPA recently found 46 pesticides in the groundwater of 26 states, exposing millions to cancer risks far greater than allowed by EPA standards.

Children are at greater risk. Regular exposure to pesticide residues in their food, particularly from fruit and vegetables, leaves infants and children especially more vulnerable. Young children eat far more

fruits and vegetables and are more sensitive to pesticides since their major organs are still developing. Americans want reductions in pesticide use, but they don't know how to get their voices heard. A 1993 national poll found that 70 percent of Americans are very concerned about the effects of pesticides on themselves and their families. 60 percent said that it was very important for farmers to switch to natural methods that do not rely on chemicals.

Reduction of pesticide use, farm profits, and abundant food go hand in hand. Although nationwide pesticide use has grown, some enterprising farmers have substantially reduced their dependence on them while helping their own bottom lines. In a recent Michigan state program, for example, more than 3,000 farmers saved more than \$5 million using a variety of alternative pest control practices.

Farmers using alternative practices remain in the minority. Small state and federal programs providing incentives to farmers to reduce pesticide use have demonstrated the potential of pesticide reduction, but have failed to reach a high number of producers. Federal action now can enable the vast number of farmers to lock in profitable pest control methods that will reduce U.S. reliance on agricultural chemicals in the 21st century.

To begin to reduce pesticide use now, a comprehensive, farmer-oriented program that would promote widespread pesticide reduction is long overdue. A federal initiative to reduce pesticide use, modeled on sound business management, planning, and accounting principles, will help propel more farmers toward the cutting edge of safer, healthier food production.

A national program is necessary, but in the present you can ask your grocer to stock and sell organic products, and then buy them. Urge policy makers to support use reduction proposals. Join a local organization fighting to reform the way pesticides are regulated in this country. Call the National Campaign for Pesticide Policy Reform at (202) 547-9009 for more information about programs that give techniques on the integrated pest management systems (IMP) at the heart of this program.

SGA Corner

Come one, come all, it's time for a town meeting!

It's time once again for the SGA's fall Town Meeting. Some of you may be asking yourselves, "What is a Town Meeting?" A Town Meeting is a forum where students and administrators come together to help find answers to many of the questions and problems facing CNU. If you are like most students, you have questions and uncertainties about our university. The Town Meeting is one of your best chances to find the answers. Even if you don't have a question, the Town Meeting informs individuals about changes that will be shaping the future of this university.

This year's meeting panel will be:

Dr. Anthony R. Santoro
Dr. Jouett Powell
Mr. William Brauer
Dr. David Harner
Dr. Robert Spicer
Mrs. Marie Hawley
Mr. Gerald Bright
Ms. Brooke McKee

CNU President
Provost
Executive Vice President
VP of Development
Dean of Students
Director of Student Life
Chief of University Police
SGA President

This semester's Town Meeting promises to be one of the best yet. With the search for a new president, the acquisition of Ferguson, the restructuring of the university, the implementation of a new strategic plan and the fight for money from the General Assembly, CNU is certainly at a challenging point in its history. We need the help of the student body to make this the best university in the Commonwealth. So be sure to stop by the Campus Center Student Lounge on Nov. 13 at 1 p.m. to give your input.

Escape to the Noland Trail

By Lucy Latchum
Contributing Writer

Walking the Noland Trail can be spiritual as well as physical exercise. For Dr. Mario Mazzarella, a history professor, the trail "provides beautiful gifts."

According to Mazzarella, the five-mile walking trail is a landscape of sky, clouds, trees, birds, flowers and water. "I love the woods. I'm mindful in the woods. I'm refreshed by the surroundings, especially Lake Maury. Once a blue heron glided so close, it took my breath away. The bird was serene, majestic—that was a special moment," said Mazzarella.

"I'm a member of the Tidewater Appalachian Trail Club and hiking has become an important outlet for me. Sometimes work can break us down; everyone needs to make time for play. We need to play as much as we need to sleep. The re-

laxing effects of the beautiful scenery provides an escape from urban sprawl and the trajectory of our daily lives," said Mazzarella.

From a fitness viewpoint, walking works wonders. "Walking is the most natural, revitalizing, low-impact and least expensive form of aerobic exercise. 'Often, I fill my backpack with weights, for resistance, and hike. This helps strengthen my aging knee,'" said Mazzarella.

According to health research, brisk walking at a speed of 4 m.p.h. or faster, for a total of six hours a week, improves cardiovascular fitness.

The Noland Trail is just moments from the campus of this university. So, find a friend or a group of friends and walk. According to Dr. Mazzarella, it's great medicine for the mind and body.

The Edible Political

By Jessica Shumake
Features Editor

For millions of homeless Americans, finding daily sustenance far outweighs any concern for nutrition. But thanks to an organization called Food Not Bombs, the hungry can find food that is not only healthy but also vegetarian, and in most cases vegan.

Although giving vegetarian, most of the time vegan food, to the homeless has put activist Keith McHenry at odds with the law, he keeps the force going. McHenry says that, "We want people to make the connection between vegetarianism, and feeding the hungry and homeless. There is an abundance of food; it's just mismanaged. We believe in a diet for a small planet," he says. Founded in 1980 by a handful of grassroots anti-nuclear activists in Cambridge, Mass., Food Not Bombs has grown into a network of more than 70 non-profit chapters nationwide. All of the groups have

the same goal of recovering unused vegetarian, usually vegan, food from restaurants and natural food stores and offer it free of charge to the homeless. Ideally, this donation occurs at highly visible outdoor locations where the homeless tend to congregate.

That visibility has come with a price, most notably in San Francisco where the organization has its West Coast headquarters. On one occasion 50 people were chased and arrested, attracting international media attention, for distributing food and activist literature on "food, peace, and justice." Keith McHenry, Food Not Bombs' co-founder, has been arrested by authorities more than 100 times for serving free food without a permit. McHenry claims that, "Food Not Bombs has tried to obtain

such permits but has been thwarted by the Recreation and Park Departments 1990 abolishment of the process by which such permits could be obtained."

McHenry believes public officials' inability to address the social and political causes of homelessness is the reason for the trouble. Their strategy has been to break up grass-roots efforts and put the homeless out of sight and out of mind. "The homeless," says McHenry, "are a good scapegoat for a lot of common economic problems of a city." The group's problems have aroused the interest and support of both the United Nations Human Rights Commission and Amnesty International, which are investigating whether group members' human rights have been violated.

Pregnant and Considering Adoption?

We're a loving and stable couple wanting to have a family. If placing your newborn or infant is an alternative you're seriously considering, please call Ken and Beckie at (804)489-2037.

Career & Counseling Voice

Need to make more time? How do you do that? Or do you have time to spare, and from what are you sparing it? Ever told someone you'll find time to do something? Is time hiding from you? It can seem like it when your friends have the time to do things they want to do. Maybe they took some of your time! Yet no one can actually take up your time without you giving up your time. Got it?

If you could save time, where would you keep it? In a bottle? If you saved it, could you spend time on something else later? If time is money, why can't it be taken out of our day and directly deposited into an account for time? Is time like a wild tiger on a leash, you can't seem to manage it and it gets away from you?

Enough already, you get the point. We all have the same amount of time allotted to us each day, pretty much 24 hours or 1,440 minutes or 86,400 seconds. It doesn't always seem that way because each person uses time differently. We usually feel we have enough time when a significant portion of it is allotted to doing things we enjoy or when we are able to accomplish the essentials of living eating, doing laundry, etc. and still have fun.

Think about how you spend your time. What proportion of your time is spent on activities which you are being forced to do? -- 40 percent of your time at a job you don't enjoy or 30 percent of your time spent on required schoolwork or classes with mandatory attendance? Nope! Remember, you chose to spend your time in this way. You may choose to go to work because you want to pay the bills and you may choose to go to school so you can seek a more satisfying job; nonetheless, these are clearly freely chosen choices.

So, you see, how you choose to spend your time reflects your priorities in life. It may be all you need is to remind yourself that some of this drudgery is actually an investment you have chosen toward a long-term goal and thus a priority. It may also be that your time frame is crooked (sorry, I couldn't resist!) and needs readjustment in line with your priorities. Either way, if you would like help assessing your time management skills, it is available in the Office of Career and Counseling Services, CC 146. Sign up for a time management seminar Nov. 21 at 2:00 p.m. or make an individual appointment with an OCCS counselor.

AKA sponsors AIDS seminar

Mary D. Jackson
Contributing Writer

"It made you think hard about abstinence," said Timcka Peters, a junior at CNU and a member of Alpha Kappa Alpha Sorority, Incorporated (AKA).

This was her reaction to the AIDS seminar sponsored by AKA, and the Peninsula AIDS Foundation (PAF) in the lobby of the Campus Center on Oct. 26.

Brenda Hill, the speaker from PAF, captured students' attention with her graphic slide presentation on AIDS, but she also stressed other Sexually Transmitted Diseases (STDs).

Hill told students how AIDS could be contracted--exchange of blood, semen, and vaginal fluids--and emphasized having safer sex and getting tested.

However, a majority of the slides showed people with an STD, and Hill explained to the students how the STD was contracted.

Similar to AIDS, other STDs such as Chlamydia, Herpes, Syphilis and Gonorrhea can be contracted by having vaginal sex; however, these STDs can be spread from skin-to-skin contact with an infected

partner's genital area, according to Hill.

One slide showed a man with syphilis inside his mouth. The next slide showed syphilis on a woman's breast. Apparently, the man's infected mouth came in contact with her breast during an intimate moment. Another slide showed someone with gonorrhea in the eye and other slides showed several infected penises and vaginas.

Many of the slides had students wincing and turning their heads. Despite the student's reactions during the seminar, the slides were effective.

"I think the slides stressed the point. It showed you what could really happen," said Peters.

"It (the seminar) told me about prevention, and it had very good photos," said Ivan Brown a business administration major at CNU.

Only a handful of people attended the seminar, but the graphic slides captured many students' attention passing through the CC lobby and students seated near the presentation.

For more information about AIDS and other STDs contact the Peninsula AIDS Foundation at 591-0971.

Transfer Students Prefer CNU

By Melanie Stokes
Staff Writer

"I love the parking at CNU," is not a common statement from CNU students. Sara Williams however, a transfer student from George Mason University says, "It's the little things you appreciate at CNU." Williams spent three years at George Mason before transferring to CNU this fall. "I was shocked to find out that parking decals here are free," she said, "At Mason you pay hundreds of dollars for parking decals and you still have to drive around for 30 minutes looking for a parking space that is three miles away from your building."

Williams is one of the 691 students on campus this fall who have transferred from another college or university. CNU's transfer enrollment, like retention rates, is down this fall. Last year 812 new students transferred to CNU, according to Evan Davies, Director of Institutional Research. Davies' figure of 691 includes classified and unclassified students. Carol Safco, Assistant Director of Admissions placed the transfer student number at 504. "This number reflects degree seeking students," Safco said. While Davies defines a transfer as "any person attending the university who says, 'I have credits I want to bring with me.'"

These new CNU students are pleased with the small class sizes. Williams transferred to CNU for a smaller nursing program. "The nursing classes at Mason are always closed," Williams said. "Here I have smaller classes and individualized attention and that's really nice," she said.

Kelley Davis, a sophomore transfer from Virginia Tech says, "I have had a chance for more 'one on one' with my professors at CNU. They know who I am and can teach me better that way." Davis transferred to CNU because Virginia Tech did not offer a program in social work, her major.

"The administration at CNU was very, very, very helpful," said Jennifer Sykes, a senior English Education major. "They sat me down, told me exactly where I was, what I needed to take, and how to get to where I wanted to be," she said. She said this differs from her four years at Radford University. "At Radford, every time I asked a question I got the runaround. At CNU every professor and administrator gives me an answer or finds it right away," said Sykes.

Transfer students say that CNU's intense course syllabi, heavy distribution requirements, and smaller social scope are drawbacks to CNU. "The classes here are harder," Williams said. "At Mason we did a lot less turn-in-work because the professors would have to grade so many papers. Here professors do not seem to mind the grading, I guess because they have fewer students." Williams adds that "the general distribution requirements at CNU are a little excessive."

While Sykes calls the requirements "outrageous compared to Radford," Davis said, "I went to Tech for one year and was almost finished with my general requirements. Now that I've transferred to CNU I have to take P.E., foreign language, and history. Not as many distribution classes are required at Tech."

While Davis says "I love it here," when referring to CNU's social scene, Williams says, "the social life here is a little less involved than Mason's."

Davis says that participating in rush week and pledging a sorority has been a good experience for her this fall. She says that because the university is smaller than Tech, "it is easier to meet people. Everyone is so laid back and people here are closer friends than at a bigger school."

Williams' social experience has been different. "There are not as many students hanging around on campus. People here don't seem to know each other. You have to be Greek to get involved in the social scene," Williams said.

"I am having fun. There are a lot of places to go out around here," Sykes said. "But I'm lucky because this area is home for me and I have old high school friends to hang out with." Sykes said, "It is hard to meet people on campus."

The office of student life hosted two transfer student orientations this summer. The orientation is held in one day instead of the two days held for new students.

According to Evan Davies, the transfer student breakdown this fall is 39 freshmen, 232 sophomores, 119 juniors, 23 seniors, and 278 unclassified students.

Where do these students come from? Carol Safco said that five percent of transfer students have earned bachelor's degrees and 14 percent have earned associate's degrees and are continuing their education at CNU. The other 81 percent are working toward their first bachelor's degree.

Men are from Mars, Women are from Venus Career and Counseling hosts relationship seminar

By Robin Harris
Staff Writer

Aliens invaded the career and counseling center last week to attend a relationship seminar. Aliens are how author John Gray affectionately refers to men and women. Last week Dr. Peggy Norwood, assistant director of career and counseling, conducted a relationship seminar entitled "Men are from Mars, Women are from Venus" based on the Gray novel of the same name.

"I'm not big on the pop psychology section of the bookstore," said Norwood, "But I love this book."

The four men and two women who attended the seminar initially avoided eye contact. Then Dr. Norwood questioned what men's and women's chief complaints about one another were, and the participants

came alive. One woman said that men just don't listen, to which one of the men replied, "Well, neither do women!"

Seniors Sarah White and Chris Hodges were among those who attended the one-hour session. "My mom gave me the book," said White, "and when I saw the flyer I thought it would be a good idea to come."

Hodges said he's glad he attended the workshop. "I enjoyed it," he said, "I learned something I didn't know before, and it helped to define the things I did know."

Norwood said the workshop is structured to help people like Hodges to "heighten their awareness." She says the relationship seminars she teaches are geared to be an overview of a subject like that of Gray's book, and that she also likes to use some of the seminars as an introduction to individual or group counseling.

Coming Up . . .

| | | | |
|------|--|-----|---|
| Mon | 1:00 p.m. SGA Town Meeting CC Lounge | Fri | 10:00 a.m. Parents Support Network Bake Sale Campus Center Breezeway |
| | 8:00 p.m. CNU Jazz Ensemble Gaines Theatre | | 8:00 p.m. CNU Symphonic Band |
| Tues | 11:00 a.m. - 2:00 p.m. Organization Fair | Sat | 9:00 a.m. - 2:00 p.m. CNU Open House |
| Thur | 8:00 p.m. 2nd Annual Mastercard ACTs Talent Show Gaines Theatre | | 8:00 p.m. CNU Chamber Singers and Women's Chorus |

Faith Matters

By Cheryl Harrison-Davidson
United Campus Ministries

ThanksLIVING

A colleague shared a curious story about a girl who wore a cross that hung from a chain around her neck. She bought it to give to the first person who admired it. And when she gave it away, she said, "Now you must give it to the first person who likes it." Well George was really fascinated with the thought of a cross passing from stranger to stranger - always on loan only to those who appreciated its beauty. So he decided to try for himself.

He chose for his experiment a group of friends that he really cared for. He knew he would soon be spending a week with them and wanted one of them to wear his cross. Only it didn't quite turn out that way. After three days with them, the cross still hung from a leather thong around his neck. No one had said a word!

Then one afternoon he met a stranger in a curio shop. She saw his cross and said, "How beautiful!" He was devastated. She wasn't the one he had planned for. She was a stranger, and he wanted to give his cross to a friend. But though he longed to break his word, he gave her the cross and told her it was hers to wear until someone else saw it and admired it. Then she, too, must pass it on.

George learned a lot about giving gifts that day. He had wanted to give a gift, but he had planned to give it his way. He had chosen who the likely receiver would be and had hoped to keep track of "his" cross. He wanted to give without tuning loose of the gift.

Real giving holds nothing back,

like God giving love to us. God sets no conditions on it; God does not reserve it only for friends. God gives and asks us to pass it on.

George says he has no idea where that cross is today. He only knows that it has been given, and that he can still feel its blessing.

As we approach the one day formally set aside as a day for giving thanks for the blessings we have received, think about ways you can freely give a bit of yourself: let someone get to know you better; tell someone they are "OK" and really mean it; be honest, when being phony with someone would be easier for both of you; be yourself while letting someone else be himself or herself. My suspicion is that when you let loose of the gift of yourself without trying to keep track of the results, you too will feel the blessing. Thanksgiving is really all about ThanksLIVING!

CaMA (the Campus Ministers' Association) invites you to CNU's Annual Interfaith Thanksgiving Service on Monday, November 20, 12:00 Noon in Campus Center Room 150. There will be baskets by the door to share a monetary gift or canned goods which will be donated to the Foodbank of the Virginia Peninsula. The service will be followed by a time of fellowship and refreshments.

Rev. Cheryl is a CNU campus minister with United Campus Ministries. Her office can be found on the second floor of the Campus Center, Room 228.

Bridging the Gap An Alumni Chat

On behalf of the Alumni Society of Christopher Newport University, I am delighted to have this opportunity to 'chat' with you about your Alumni Society. It's time we 'bridged the gap' from student to alumni and after reading this first of many monthly columns if you have any questions or want to express your ideas to the Alumni Society leave a message with the Alumni Office (594-7712) and one of us will get back to you.

Let's catch you up on the Society. With regard to membership, in 1993 the Society was 600 members strong. I am pleased to inform you we now have over 2500 members. This increase in membership yielded the Society additional revenue which in turn was funneled to the University to support specific initiatives. Soon you will join the ranks and the beat goes on.

In recent years our emphasis has

been in three areas: increased membership, increased financial support to University, and heightening the awareness of the Society. Events and projects recently funded by the Society include, the awarding of four student scholarships, receptions for Graduating Seniors, recognition by the Society to Outstanding Faculty Award Winners and Distinguished Alumni and the awarding of an Honorary Alumnus Award. High quality signs on campus grounds and hosting of after-work events held throughout the state are worthy of note as well.

In my next article I want to talk with you about our current plans for this year. Particularly about an "ALUMNI HOUSE".

All the best,
Karen J. Levy
Alumni President

Falk Gallery Hosts Annual Faculty Exhibit

By Jessica Shumake
Features Editor

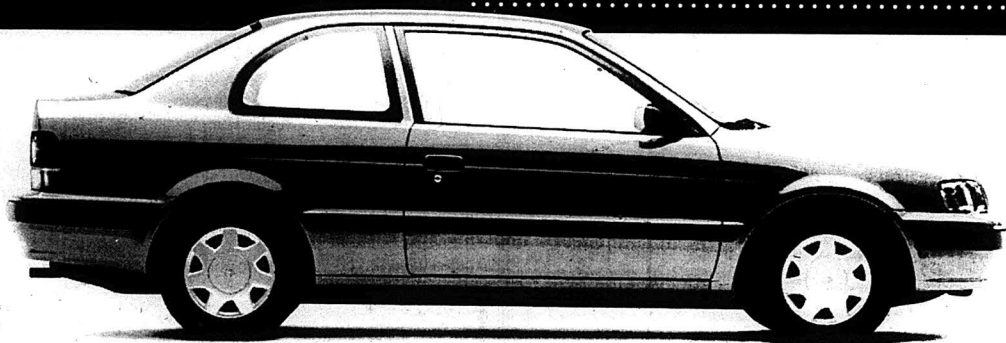
The Falk Gallery will sponsor the Annual CNU Art Faculty Exhibition from Nov. 16 to Dec. 8. The opening reception and sale of art works benefiting the arts department will be held on Thursday, Nov. 16, from 3:30-5:30 p.m. at the Falk Gallery in Gosnold Hall. Faculty artists will be present at the reception.

The exhibition will feature works by faculty members David Alexick, Greg

Henry and Betty Anglin. David Alexick will display his most current works which include a Cray-pas drawing, pastels, and an India ink composition. On view will be works related to Greg Henry's most recent children's book, *Chickens, Chickens!*

Gallery hours are 1-4 p.m., Monday through Friday. Additional information may be obtained by calling the CNU Arts Line at 594-7552.

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Volleyball team digs into record books

10 new records set by best team since 1989

By Kris Van Deusen
Staff Writer

Despite a loss to Averett in the quarter final round of play in the DIAC Tournament (15-1, 15-6 and 15-12) the CNU Volleyball team finished their most successful season since 1989. They ended with a 14-19 overall record and a fourth place finish in the Dixie Conference with 7-5 record.

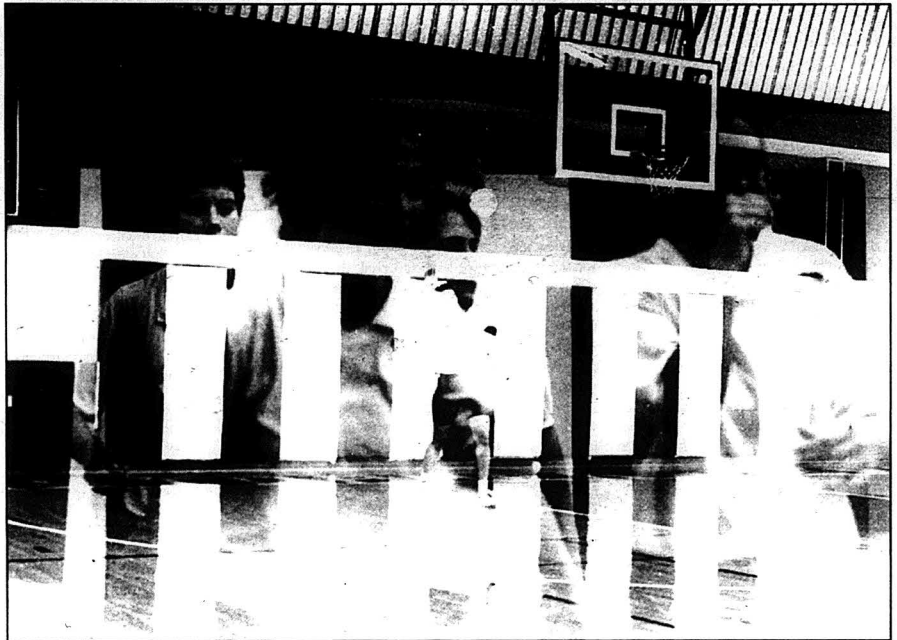
The team finished the season matching or breaking 10 individual and team records.

The Lady Captains set four new season marks with 1,078 kills, 2,005 digs, 1,034 setting assists and 191 blocking assists. They also set a one match record against N.C. Wesleyan in blocking assists.

"It's amazing what Art has done with this team," said Averett Head Coach Danny Miller. "Their level of play is impressively stronger this year."

A team newcomer, 5'7" outside hitter Jessica DeWitt made a huge impact on the team as she set records with 486 digs, breaking the previous record of 393 and ranking nationally in the same department with 4.8 digs per game. DeWitt ranks 13th nationally in digs per game.

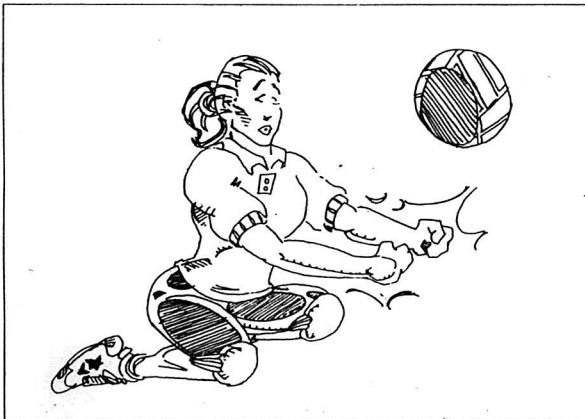
Rachel Hull earned second team All-Dixie Conference Honors as she finished



Thanks for the memories...

The CNU Volleyball team vacate the gym for another season.

Photo by Henry Nowakowski



fourth in the conference with a 4.89 assist average and seventh with a .287 attack percentage.

Others ranking in the conference were Michelle Hirsch and Nicole Antkiewicz who finished fifth with .47 and sixth with .46 respectively in blocking average. Antkiewicz also finished ninth in aces with a .50 per game average.

The top player on the CNU team was outside hitter and setter Tiffany Libeu who took first team All-Dixie Conference Honors and was runner up to Averett's Brenda Flamme for the DIAC player of the year. She broke season records with kills and a .409 attack percentage with a match record of .765. She also tied in blocking assists with 42.

Libeu finished first in DIAC with the

.765 attack percentage and was seventh in digs per game with 2.44, seventh in setting assist average with 4.24 and 10th in service ace average with .49.

"She's going to be hard to replace," said Thatcher. "Someone on the team is going to have to step up and fill her shoes. There are a number of girls on the team with the potential."

Thatcher has created an atmosphere of winning for CNU volleyball as they won their first tournament, the Lynchburg Invitational in October, and increased the attendance at home with 85 per match.

"I want to start a tradition of winning here at CNU," said Thatcher. "I want this team to have talent and championships coming here long after I'm gone."

"I want to start a tradition of winning here at CNU"

CNU Healthy

The mind & body connection

Presented by RN Organization
Department of Nursing

To manage stress, remember the mind-body connection! Don't be a victim. Take action to change a situation or cognitively reframe how you think about it to change your perception. Learn to relax using mediation or exercise. Laugh. Humor is a great healer.

Women can reduce their risk of breast cancer by improving their diets, exercising regularly, not smoking, doing monthly self-exams and regular screening tests.

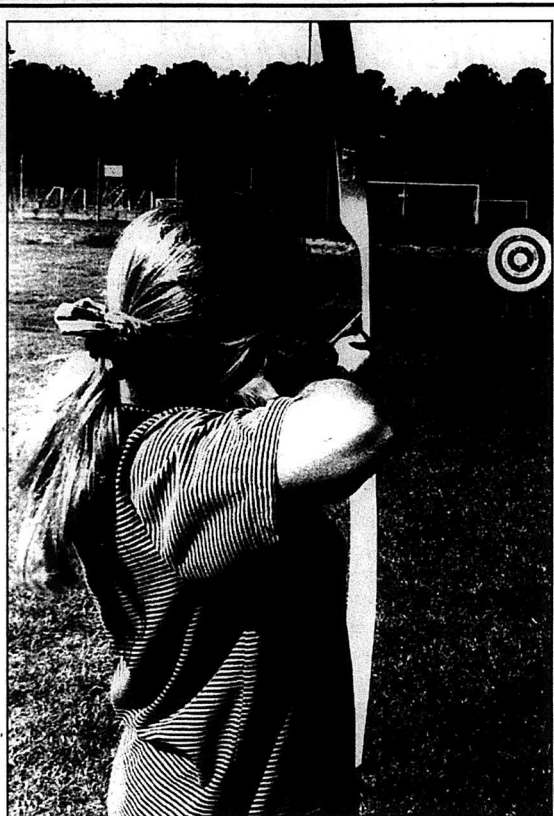
Studies have linked high-fat foods to the development of breast, ovarian, prostate and colon cancer.

Caffeinated and alcoholic beverages are diuretics, so they don't count towards your body's need for eight glasses of fluid a day. Drink fruit juice or water instead.

A sugar cone has 100 fewer calories than a waffle cone! Fill it with low fat frozen yogurt for a healthful treat.

A study done at the University of Texas Southwestern Medical Center in Dallas found the broken legs of nonsmokers healed an average of 130 days sooner than those of smokers.

When exercise-induced asthma causes wheezing, try swimming. Breathing is easier around warm, moist air of indoor pools.



Ready... Aim...

Freshman Stacy Taylor is on target in her first semester at CNU. She is demonstrating her archery skills for the benefit of our photographer

Photo by Robert Harris

Equestrians ride to fourth place End Fall Season

By Amy Williams
Sports Editor

The CNU Equestrian Team rode to a fourth place finish Oct. 29 at the Goucher College Intercollegiate Horse Show.

Megan Clark led the team with a first place finish in Intermediate over fences and a second in Intermediate on the flat. Clark's placings also qualified her for the high point ride off.

"I was pleased. That had been a goal of mine to make it to the ride off and the hard work has finally paid off," said Clark.

Regan Thornton led in the Novice Division with a fourth over fences and a second on the flat, followed by Jennifer Rowe with a fifth over fences and Michelle Graham with a second on the flat.

In the single class divisions, Arlene Winslow placed third in walk-trot-canter and Lisa Bein placed third in walk-trot.

"I'm very pleased with the team's improvement this semester," said Head Coach Don Sheehan. "I'm also impressed with the way they pull together as a team."

The Equestrian team placed ninth overall at the University of Maryland horse

show on Nov. 4.

Graham led the team with a first over fences and a sixth on the flat in the Novice Division.

Clark led the Intermediate Division with a second over fences and a fifth on the flat, followed by Lee Winslow with a third over fences and a fourth on the flat.

Arlene Winslow led the single class divisions with a first place in walk-trot-canter, followed by Bein with a sixth place finish in walk-trot.

"I think that despite the size of our team, we have pulled together and helped make a name for CNU," said Clark.



Skin deep? Football fan finds 'game' tiring

By Eric Pesola
Staff Writer

The National Football League is in a state of change. Just after the league's 75th anniversary, they are finding themselves in a bind. Teams are moving from large television markets to smaller ones, parity is the dominant force and the owners are bickering over any little thing.

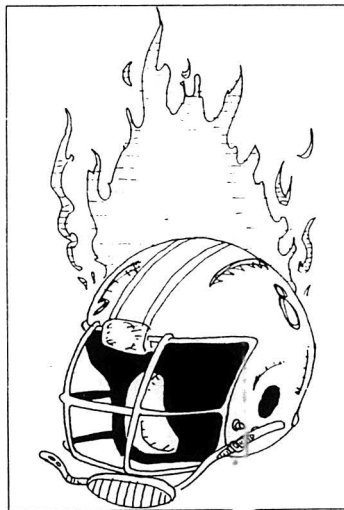
At the end of this season, the Cleveland Browns will cease to exist, giving way to the Baltimore Browns. As strange as it may sound, owner Art Modell is moving the Browns because of financial pains. The city that was riding so high with Indians baseball has now been discarded. The city had a love affair with the Browns that no losing season could destroy, but Art Modell found a way. He is just another follower on the dangerous path of franchise relocation. Earlier, the Rams moved to St. Louis and the Raiders moved back to Oakland. There's even talk of more movement in the ranks. The Tampa Bay Buccaneers might move to Orlando, the Houston Oilers might move to Nashville and the Cincinnati Bengals are talking about Los Angeles.

With all of that said, the excitement level in the NFL has dropped considerably. In one perspective, you can watch the Carolina Panthers go into overtime versus the Bears; however, there's only so much excitement in that when everybody knows who is going to win the Super Bowl. Unless their plane blows up en route, the Dallas Cowboys are sure to crush whoever gets in their way. Now, contrast a one, perhaps two team race to the 1980's when the league was full of contenders. At any given point, the Bears, Redskins, Giants and 49er's all had a legitimate shot at winning the Super Bowl. And sometimes even the Rams and Vikings could've made it. Now, thanks to the salary cap, the only teams that have a shot are San Francisco or Dallas. Not too exciting,

huh?

On top of all that, the owners and administrators in football are making as many headlines about lawsuits as their teams are for actually playing. There is something wrong with that. Perhaps these owners ought to quit arguing over who has the bargaining rights to what and concentrate on making their teams better for the fans.

That's the real reason there is a league,



isn't it? It's for the fans, right? The owners have lost sight of why the league was created in the first place. The owners of the NFL franchises need to stop moving teams with loyal fans, like those in Cleveland, for the almighty buck. They need to cooperate with the league and end these ridiculous lawsuits.

Finally, the owners need to repeal the salary cap, and get back to playing some real football.

The Captain's Log and the Terrace present: Beat The Captain's Log

To play: Just circle your choices for which NFL teams you think will win this week. Then clip this coupon and drop it in the Tape-A-Quarter box located in the Campus Center lounge (by the game room). If you win more games than the staff of The Captain's Log, you will be entered into a random drawing for the week. The winner of this drawing will receive a coupon for one free lunch (consisting of a sandwich, fries and a drink, alcohol excluded) at the Terrace. All entries due by Thursday at noon. All students, faculty and staff are welcome to participate.

Congratulations to Scott Bono for beating The Captain's Log in week #10.

Week #13 -- Our picks in bold

Seattle at Washington
Jacksonville at Tampa Bay
Indianapolis at New England
Pittsburgh at Cincinnati
St. Louis at Atlanta
Arizona at Carolina
N.Y. Giants at Philadelphia
Detroit at Chicago

Green Bay at Cleveland
San Diego at Denver
Buffalo at N.Y. Jets
Dallas at Oakland
New Orleans at Minnesota
Houston at Kansas City
San Francisco at Miami

NAME: _____

PHONE: _____

"Less Art and More Matter"

CNU's Hamlet Reaches the Balance

By Judy Mercier
Contributing Writer

Director Naum Panovski, along with a talented troupe of actors and production staff, brought two worlds together on Saturday night. The first of CNU's Theatre Program productions for the 1995-96 season, *Hamlet*—even in dress rehearsal—testifies that contemporary theater and William Shakespeare do have harmonious palpable pulses. Like a finely wrought lyric poem, Panovski's *Hamlet* leaves its audience with a powerful and lasting impression.

In a production such as this one, intellectualizing is seductive, especially considering the director's postmodern leanings, the blur of 17th century language and 20th century characterizations, the mix of Eastern and Western theater forms, the communion of technology and traditional live performance, the collaboration of actor and audience. Yet, this production offers more than an intellectual slant on the great master's play. What it does—and does so effectively—in its defamiliarization of "traditional" Shakespeare is force us to tune into high-pitch emotions, the ones we often don't want to face or feel, the ones we can deny when art makes it comfortable to do so. But not here. Panovski's art will impel us to think, compel us to feel.

On George Hillow's bleak set, angular, boxy, black—raw in its bareness—actors effectively mesh 20th-century characterizations with the beauty of Shakespeare's 17th century dialogue. Chaos, in all of its ugly rage and fury, swirls around the lusty, wanton, middle-aged Gertrude, skillfully played by Linda Livingstone, and her young, intoxicated king husband, Claudius, whose appearance more closely resembles an American militia member than a Danish monarch. Whether swaggering or stomping in his black army boots, Jay Hutchins evokes both contempt in his adolescent-brand taunting of the grief-stricken Hamlet and empathy in his impotent prayers of penance. The chemistry, although odd at first glance, between these two characters works subtly, covertly punctuating the incestuous nature of their relationship,

sickening in its power to pervert, frightening in its force toward evil.

Douglas Gordon, the doting, disabled Polonius, completes the unholy trinity and brings to his character a voyeuristic



Tom Rhodes and Krissy Keene
Hamlet & Ophelia



Jay Hutchins Plays Claudius

quality which makes him, and the nature of his foolish, albeit dangerous plotting, all the more despicable. Physically impressive and often draped in a black, ankle length coat, Gordon limps, laughs licitiously, pounds out his presence and his power with a black cane, all the while weaving strategies to feed the king,

feed his own want. As Laertes, Polonius' son, Aaron Thomas delivers his lines clearly and offers a youthfulness to his interpretation, causing his impulsiveness and emotional extremes to be all the more believable.

Brimming with energy and vitality, the players surprise and delight in their performances, and gravedigger John Hall brings comic relief with his dialect, actions and word play. Terry Crews' choreography deserves a special note in its meaning making. The modern-dance postures of the "ghost players" and the silhouette "Mousetrap" scene might in themselves make this play worth while.

Although all of the primary roles are laudably performed, two actors merit special consideration. Krissy Keene doesn't just play Ophelia, and in her performance, the innocence of youth, the confusion of first love, and the victimization of the powerless resonate in her characterization. Whether kneeling at the feet of her father or handing out petals to members of the audience, Keene never lets us forget that the fair Ophelia's life is anything but fair.

Likewise, Thomas Rhodes, as Prince Hamlet, skillfully handles the demands of his role. Especially effective in his madness scenes, Rhodes can bring a smile as quickly as he can turn a frown. This actor commands significant stage presence, particularly considering his youth. In their performances, these two fine actors provide some of the play's most memorable scenes.

Recently, Naum Panovski told me that theater holds the potential to "heal" us, to help us "harmonize our wounded souls" and find "hope." He also told me that he "restructured Shakespeare's script in order to unveil its deeper meaning." "I would respond, Dr. Panovski, that you have breathed new life into *Hamlet* and in doing so, plunged us more deeply into the tragedy that transcends time and place. I would also argue that your production makes the pain of humanity's dark penchant for intolerance, violence and destruction so intolerable, it forces us to attend to it like a weeping sore. And finally, though I suspect one might choose "—the play's the thing" as the capstone for this powerful production, I can't help but hear Ophelia's final words of "God ha' mercy" echo in my mind."

Panovski's Hamlet

By Melanie Stokes
Arts & Entertainment Editor

"Panovski's *Hamlet*" became the composite character of Ophelia and Hamlet phrase echoed by each of the quest panelists. "The role of women is, always in the Nov. 4 panel discussion entitled, "Hamlet, marginalized in Hamlet. Yet, this play picks Our Contemporary." Three scholars discussed up on the roles." Dasgupta said that CNU's production of Shakespeare's *Hamlet* under Panovski's *Hamlet*, "Lit with the light of to-the direction and interpretation of Naum Panovski day."

Campbell concluded that Dr. Douglas Gordon, English professor Panovski's *Hamlet* was a "Hamlet you expect and cast member, introduced the three scholars rience." "This is a play of enormous love with shortly after the *Hamlet* dress rehearsal. In an flashes of extraordinary humanity." Campbell compared Panovski's di- for his "vision" and the student actors for their reaction to the "soullessness of American di- "dedication." Gordon's introductory plea to the reeting." "This play has a moral spine and a audience was for appreciation and support for "the passion," Campbell said. For Campbell the type of quality theater you have witnessed tonight," entire play was "a mirage of imagery."

The three panelists agreed that the play they witnessed in "Panovski's *Hamlet*" was indeed audience members offered questions and "quality." Frederick Turner, University of Texas comments of their own. One excited audi- professor, Professor Gautam Dasgupta, tion," once member compared the play to a sym- Dasgupta's praise focused around the role of phony orchestra. "It builds, builds, and builds,

and you feel it inside and it's wonderful."

Linda Livingstone, the actor playing Gertrude, asked the panel what "stain on the psyche" the play had left and what they would take home from the experience. Dasgupta answered, "I do not look to art for answers but for its ability to raise more questions."

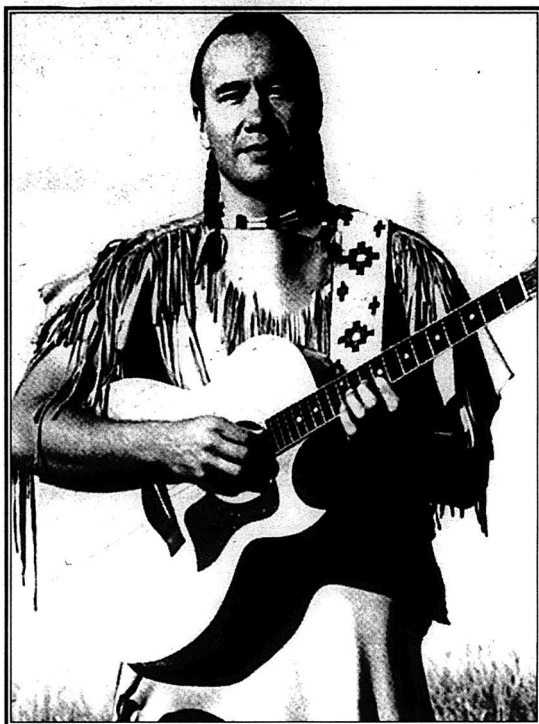
Resonating in everyone's comment was the idea that Panovski's *Hamlet* raises questions leaving the audience not with spoon-fed answers but with an artistic and internal experience.

Photos By

Henry Nowakowski



Arts In Review



Jack Gladstone: Myth & Melody

By Melanie Stokes
Arts & Entertainment Editor

The harmony of Native American singer Jack Gladstone soothed and entertained CNU students last week. On Nov. 6, 40 CNU students attended the free concert with Gladstone, sponsored by Act One.

Gladstone's concert, Native Reflections, is a delightful blend of acoustic song, storytelling, and photography. An enrolled member of the Blackfeet tribe of Montana, Gladstone is a direct descendant of Chief Red Crow. The hour long concert offered ten original songs with music and lyrics written by Gladstone.

Performing to the backdrop of nature at its purest, Gladstone's songs brings peace to the heart of every audience member. The large screen slide show behind him puts Gladstone in the lands and among the animals, the subjects of his songs.

Between songs, Gladstone's mythic story telling is a lighthearted lesson in Blackfeet History. Gladstone takes the audience through the plight of the Blackfeet Tribe from primary heritage to English culturalization and beyond.

"The first song welcomes in the fall," Gladstone said as he introduced, "Autumn Symphony."

"Hudson Bay Blues," was an audience favorite with a sing-a-long

chorus. Everyone present joined in on the "can't stop shoppin'" line of the chorus. The song about the development of the trade industry and its effect on the Blackfeet tribe also commented on the American shopaholic culture of today.

In all of his numbers, Gladstone interweaves legend and song. He tours the country in a luxury van with his father as his assistant. He plays on campuses, at conferences, and in coffeehouses nationwide. Gladstone's third album of original music entitled, "Noble Heart," is scheduled for release this month.

Other songs performed in Native Reflections include:

"The Owl and The Eagle," "The Bear Who Stole the Chinook," "Wolf," "Valley of the Little Big Horn," "The Gift," "Speak to Me Grandma," "Bright Path," and "Circle of Life."

The only disappointment at the concert were the two empty front rows in the audience. Gladstone is one worth seeing.

To receive the newsletter on Jack Gladstone with information on performances and music releases contact:

Hawkstone Productions
P.O. Box 7626
Kalispell, MT 59904
(406) 756-3158
(800) 735-2965

Rave Reviews: By Elizabeth MacGahan

A Taste of Mexico

El Mariachi
660 J. Clyde Morris Blvd Tel. 596-4933.
Open 11 a.m. to 10 p.m. every day.

Mexican and American beer, and full bar
\$

Dr. Danielle Cahill takes her students to El Mariachi because it is so authentic and so good. That's how I made my first trip some time ago.

Visit El Mariachi when you have a free day and a designated driver. You will want to eat a lot and take a nap afterwards. The food is rich, fresh, filling, and the margaritas are enormous. The \$11 'Monster' isn't a drink; it's an investment. You won't ever want another one.

When you go, and you will if you like Mexican food at all, order from the 'Special Dinners' portion of the menu. Nothing there isn't good, but straying from the standard Taco Bell entrees guarantees a gem. The special of the house is good, and the fajitas are amazing-smoky and sizzling, richly seasoned but not hot. The mole ranchero and the yolandas are my favorite. On the menu, the proprietors modestly describe the yolandas as chicken burritos. Technically they are. But more specifically, what ends up on your plate is about half a pound of perfectly tender chicken breast wrapped in soft tortillas and covered with a zesty red sauce. The meal is complete with all the trimmings—beans, rice, guacamole salad. Be absolutely sure you order the sour cream on the side. I can't tell why it is so much better than the usual stuff, but it is. Do the same for the mole ranchero, which is similar but subtly better in my opinion.

Be careful with the appetizers. Rather, skip them. Chips and homemade chunky salsa

with fresh cilantro arrive at the table with the customer. The meals are generous enough to make it difficult to eat anything else, too. But when a person is very hungry, or just desires the full service restaurant experience, they are indicated. Try ordering some guacamole dip—made on the premises—and a chile relleno. Dip the tortilla chips in those. The waiters will bring you all you need.

As for dessert, order coffee. I don't know what kind they have, but it is so rich. This is not the place to go for cappuccino or sweets. If a person by some miracle leaves the restaurant hungry, there's always Dairy Island Station. The flan is creamy and smooth, but the coffee is truly wonderful.

The wait staff is worth mentioning. Complaint of thirst, and a glass of water appears at the elbow. Salsa bowls are refilled before they are empty. They are quick and attentive, and almost parental in their concern. In fact, if there are children in the party, they are almost as good as a babysitting service. My daughter has never wanted for anything at El Mariachi.

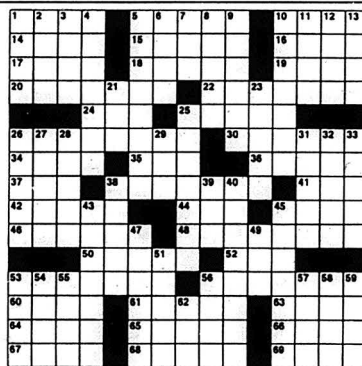
I visited El Mariachi once with my husband and two friends we were taking out to dinner. To impress them we ordered meals with appetizers, drinks and desserts. The wait staff had to watch our table carefully to clear away the plates as we ate in order to make room for the food that didn't fit on the table. When the bill came, we owed about \$30. And none of us needed to eat again that week. If you're tired of Mi Paseo and Taco Bell, go to El Mariachi and get the real thing.



THE Crossword

ACROSS
1 Menu item
5 Musical instrument
10 Ego
14 Horseman's game
15 Artist's stand
16 Border lake
17 Culture medium
18 Place for sports
19 Mud
20 Beer stein
22 Kind of illusion
24 Petroleum
25 Illegal fire setting
26 Sassy
30 Pencil rubber
34 Stock exchange membership
35 Drunkard
36 Musical refrain
37 — Vegas
38 On a horse
41 Boar
42 Penetrates
44 Auxiliary verb
45 Sheepfold
46 Vaporizes
48 Snares
50 Send payment
52 Fiddle
53 Burned with liquid
56 Betrothed
60 Cab
61 Depart
63 Carry-all
64 Stare at amorously
65 Burdened
66 Orchestra instrument
67 Look at
68 Tilt
69 Peel

DOWN
1 Little light
2 Roman garb
3 Veve
4 Exercise class item
5 Brave
6 Animal fat
7 Expend
8 Pavarotti, for one
9 Pass by
10 Instructional meeting
11 — the Red
12 Italian money
13 Sense
21 Assistance
23 Rich cake
25 Lure
26 Capri and Wight
27 Intended
28 Glue
29 Negative
31 Flavor
32 Cream of society
33 Becomes incensed
38 Provided guns for
39 Nest egg letters
40 One giving a sworn statement
43 Previously
45 Museum head
47 Scents
49 Child's game
51 Perfect image
53 Cease
54 Zoo item
55 Car shaft
56 Level
57 Asian desert
58 Jacket style
59 Transfer document
62 OK city



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ANSWERS



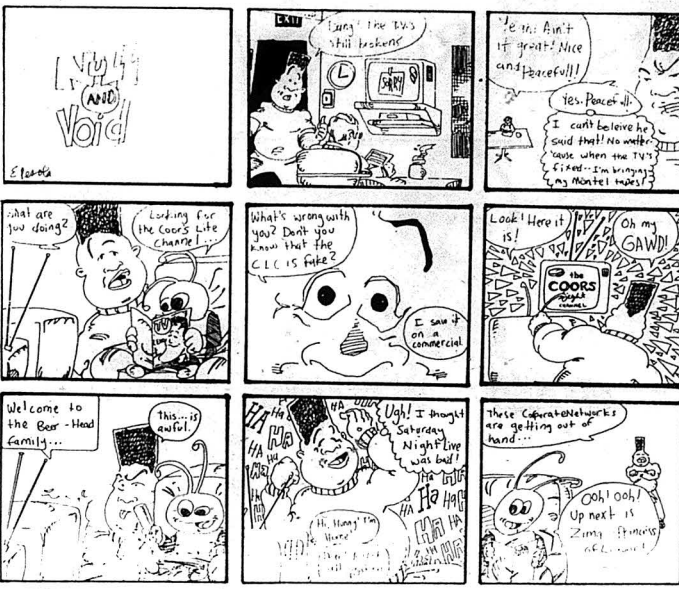


Fortune: One who ties one's tie too tight, often loses their head.

Dr. Monkey--



You know, you're the first person to ask, Dr. Rose! Hmmm...



CLASSIFIED

PERSONALS

Mr. Goodwrench of Sigma Pi, my car's engine is in need of an overhaul and I heard you're just the man for the job. Is it true that Suffolk men do it best?

- A Curious Car Owner

A special thanks goes out to all MSA members for an outstanding job at the PEACE IN THE STREETS basketball game. Stay strong.

- Executive Board

To: All men interested in learning more about Phi Beta Sigma Fraternity or joining Phi Sigma Fraternity call: 892-7193 & leave message.

Scott: I'm up 2 the test! Juan: where's shorts? G: Teach me. Frank: Follow me. Fonner: U got da Formula (D.O.C.)? Derek: Toot! Ricky: Give me taco! Tom: Break something? Chip and Tup: Under-ground Storage. Vince & Paul: Flying da friendly skies. Cronin: Mastermug! Ron: Body Slam! Brandon: With masterplan. Josh: Field trip ride. Zeta: Lace em up and hang in there.

- Pat B (Part of da DawgPound)

To the faithful few Delta Ladies, great job at the step show. Always remember, we are on a journey of historical significance.

- Yours in Delt SS

Norman: Can you say anything besides the name Chris? Dave S: Hello, is anybody there? Wes: Found your cowgirl yet? James: She's never coming. Kato: Snip, Snip.

- Hootie

PERSONALS

Cee-Cee, Heather, Wonder Twins, Ana, Mary, Shauna, Kelly, Laura, Kristina, Arlene: Best wishes w/Phi Mu! Crystal: Ready 2 joke? April: Gangsta crib. Lynn: Nice Big paddle. Leah: Keep in touch. Shireen: Don't listen 2 Angie. Courtney: Have money? Congrats 2 new members of Alpha Phi, Vickie & Mandy: Thanks 4 your support. Kelly B: Hillbilly! -Pat B (Hot and Spicy)

Dark One - I think I would rather be known for ham, than for men with pointed white hoods. I love Jeremy.

-Hootie

Mr. Butcher, with school, lifting weights, and that VW of yours, is there any time to have a little fun? I'm willing to find out, are you?

-A Fellow VW lover

Ms. R.L., I can't answer that question. The problems started when I fell out of sights. I think we will be O.K. though. Don't worry, Be happy!

-S.A.M.

I would like to thank all those who participated in the beer tasting last week. I would also like to thank the Terrace, and my lovely and talented assistant, Amy.

Ms. Thang, Aren't you glad that Ms. R.L. left S.A.M. a message. I know that I am. I'm glad their friendship is that strong!

-T.T.E.

To the Dark One: Get a life. We all know it's you Eric. Everyone is sick of your stupid ad's. -Papa Smurf

PERSONALS

Diane, Angie, and Laura, I'm sorry I was so stubborn on Friday night. Pi Lambs, Nick, Nick, and Sean I'm very sorry for my behavior. Matt, I'm sorry I was so stubborn and for anything I did that I don't remember. Cardine, I'm sorry for everything. I love you so much, please forgive me.

-Catherine

The Web is pulling the small lines in only the weak can prevail on the Web. The spoonman, will come together with his plan- "Tiberius", stay off the screen. I know all--and nothing. Who is Cheif Nasty Butt? PapaSmurf will burn! Jamie- don't date the bi.

- The Dark One

To the person who stole my wallet Oct. 26. I hope that someone steals your wallet--with all of your prized pictures--just after you cash your paycheck, and that you see none of it again. I hope that if you are taking courses you lose all of your books and notes, including the paper that is due that day, and that when you get home you find that your whole entire computer system has crashed irretrievably. I hope that you don't make a green light for the next three years. I hope that your pet runs away and finds a better home, and that you never know it. I hope that every time you approach the railroad tracks, a mile-long train moving at 5 miles per-hour has just started to cross. I hope that there is an opening everytime you try to cross the James River and Coleman Bridges. You know who you are.

-Outraged at CNU

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