

CAPTAIN'S LOG



by Jeff Gleason

Dr. Bruno Koch and Lissa Graham review *Glass* rehearsal

Newport News, Virginia
Volume 20, Number 7
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CNC to sponsor a "Drugs in the Workplace" seminar. For more information, see Page 5.

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ADVERTISEMENT: The *Captain's Log* has two open executive staff positions. For information, see Page 5.

Saving minutes will cost you

by Kathleen Anne Dickens
staff writer

Two signs warn drivers not to make a left turn off North College onto Warwick Blvd. Not only is it an illegal turn, it's a dangerous one. Yet, people continue to risk their lives to save driving a few hundred yards.

Christopher Newport College police officer Larry Nadeau states that the intersection is monitored frequently and numerous citations have been issued for the illegal left turn. Due to the seriousness of the crime the campus police will issue a Newport News traffic summons. Officer Nadeau suggests that students leaving the

campus use North Morris Lane to Hidden Blvd. or Shoe Lane.

Occasionally, as the traffic piles on Shoe Lane, students have crossed through the Ferguson High School parking lot to gain quicker access to Warwick Blvd. This is illegal; the school has placed a "No Thru Traffic" sign on the Shoe Lane entrance. Sgt. Art Nolan of the Newport News Police Department Office of Media

Relations states that this intersection is also monitored and a person caught cutting through the school parking lot will be issued a reckless driving ticket which carries a fine of \$50 to \$100 plus court costs.

Fortunately, the city of Newport News has seen the traffic problem students encounter when leaving campus and has approved a signal light to be installed at N. College and Warwick. According to Lynn Alsbrook, the Administrator of Traffic Operations, funding has been approved for the light. The tentative date for installation is January 1989. This is not a firm date as the light cannot be erected until the city has obtained permanent traffic control easements which are located on private property. Once installed, this signal will help to create a safe and useful intersection. Until that time, though, don't risk a traffic ticket or worse just to save a few minutes of time.

Student's persistence inspires

by Renee Hamilton
staff writer

Ten months ago, 30-year-old Tray Rater was able to out-run many men his age. He used to enjoy such vigorous sports as rugby, football and sailing. Less than a year ago, Tray Rater was much like any other CNC student, but in December of 1987, his life took a 180 degree turn. Today, Tray only dreams of playing rugby and football. He can no longer run. In fact, today, even walking is difficult for Tray.

Last December, Tray was diagnosed as having amyotrophic lateral sclerosis (ALS), the terminal, degenerative nervous-system disorder better known as "Lou Gehrig's Disease."

ALS is an extremely rare disease of the motor neurons that control the movement of the voluntary muscles of the body. The disease characteristically results in weakness and paralysis, and a wasting away of the muscles involved. Prognosis for recovery is grave, and although most victims usually die within two to five years of onset, occasionally the disease will stabilize and

persist without change for extended periods of time, sometimes permanently.

The cause of ALS is unknown. The disease strikes approximately 1 in 100,000 people each year. It is not genetically linked, although ALS occasionally runs in families because the children of ALS patients are at a 5 to 10 percent greater risk of contracting the disease.

In most cases, ALS progresses slowly. Weakness usually develops first in the muscles of the hands. It then spreads to the forearms, the shoulders and later, to the legs. Chewing, talking and swallowing also become difficult for ALS victims. Although speech is slow and sometimes slurred, intelligence is not affected by ALS even in the final stages of the disease.

Tray said that although he is constantly adjusting to the many physical changes that his body is undergoing, "School, work and my family keep me too busy to mope about being ill." Tray has two children: 19-month-old Nathan and 2-month-old Rachel. His wife, Ellen, teaches high school mathematics in Newport News.

They too, are adjusting to Tray's degenerative disease and to the resulting limitations that it places on him.

A computer science/applied physics major, Tray is currently taking two courses. He also continues to work full-time as a software engineer at N.A.S.A. Langley Research Park. Although he lacks only 7 hours to graduate, Tray said he will probably split up the load into two semesters and graduate next December. "I have one class and one lab now and I think that's my limit," he said, adding, "Two classes and a lab may prove to be too much."

Tray no longer has the control in his hands that he needs to write. In class he uses a small lap-top computer for taking

Continued on Page 7

The last day to withdraw from a class will be Friday, Oct. 28. Those who do not do so by Friday will receive an 'F' in the class if they have stopped attending and do not plan to complete the course.

VIEWPOINTS

Concerned mother
eager to help in hunt

Dear Editor,

On Sunday, Oct. 9, 1988, I read another article in the *Daily Press* about Keith Call & Sandra Hailey, the two CNC students who disappeared about 6 months ago. Although I do not know them, being a mother, and a part of CNC, the story goes straight through my heart.

Ever since the story broke, I have felt a sense of responsibility to do something, just because they are CNC students. After reading Keith & Sandra's headline story, this time I decided to do something.

If it would do any good, I would like to put one of their flyers in my car window. I feel sure other members of the CNC community would do so too. Would the *Log* through its resourcefulness be able to tell me where I can get a flyer, and anyone else if they want to? Can you imagine, even if a small number of CNC commuters put the flyer on their cars, look at the parking lots, that would be pretty many people.

We can not let time wash over this tragic event and allow us to forget. We need to keep it fresh on our minds until something

is discovered. This could happen to anyone, and we need to know what happened.
Name Withheld

Dear Name Withheld,

Sandra's mother is the only one that we know of that has the flyers. I have spoken with the campus police secretary and she is having the mother contacted to deliver more flyers to CNC. To get one for your automobile, you can see her and she will give you one.

You might also want to talk to Chief Capehart or one of the other campus police officers to find out if it is legal or not for you to post the flyers in your automobile.

The Captain's Log

Student wonders at
appearance of ad

Dear Editor,

Hopefully this is not the first letter to the *Log* of its kind. I am simply expressing a curiosity as to the "Forum" advertisement in our student newspaper.

In examining other student newspapers I sought to console myself with the idea

that maybe it was a typically contemptuous fad of a college oriented newspaper. However, I found no other like advertisements displayed.

Please don't begin to assume that I am associated with one of the many churches that adorn Todds Lane; I am not. Nor am I a fervent, fanatical, frothing feminist who believes in the devolution of the male gender's grey matter from the cerebral cortex location to the seemingly more descriptive coccyx region. I am, in truth, a wee bit disappointed.

Are there no other women currently at CNC as a student, faculty, or staff member that does not see the promotion of mutually exclusive endeavors taking place? The struggle to enrich and enlighten our minds as women, and ourselves as productive persons with the career hope of earning 53% less than men is

only fueled by the knowledge of real self-worth and an undying hope for the physical relocation of the male grey-matter that supports and encourages the exploited reproductive side of being female.

I do realize that society has acknowledged, tolerated, and even accepted these sanctuaries of male-bonding. I also realize that the women in the profession of partially exposed dancing have to make a living too. I suppose I would not feel quite as concerned if a fair share of exposure was given to the other side of the tale.

For example, did you know the Odyssey Disco (at 14872 Warwick Blvd. it's almost an equal distance to the west of CNC as the Forum is to the east!) has a scathing scanty male revue - Maverick and Kinky Ken, just to name a few - from 6 to 2 a.m. nightly except on Tuesdays???

Ms. CNC Student

EXECUTIVE
STAFF

THE CAPTAIN'S LOG is the official student newspaper of Christopher Newport College.

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Crystal Gayle

Popular vocalist in weekend
concert at Busch Gardens

Crystal Gayle will be appearing at The Old Country Busch Gardens in Williamsburg, Sunday, October 30.

Combining pop, country and blues, Gayle is an artist whose style is hard to categorize and whose appeal is as diverse as the voice itself. When asked about her style of music, she replies, "I never label my music. I just try to sing good songs and hope that as many people as possible like what they're hearing."

Obviously, they must. Gayle already has two "Platinum" as well as four "Gold" albums to her credit. She has twice been named "Outstanding Female Vocalist" by the Country Music Association and has received the same accolade from the

Academy of Country Music three times. She received a Grammy for her performance of her multi-million seller, "Don't It Make My Brown Eyes Blue." And she has been named "Favorite Female Country Vocalist" at the American Music Awards three times as well as being named "Favorite Country Female Video Artist" in 1986.

At Busch Gardens, Gayle will be performing songs from her new album, "Nobody's Angel," as well as many of her past hits.

As her fans know, and anyone who sees her soon finds out, Gayle sings from the heart, and that's what great music and performing is about.

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ETC.

Studies reveal conflicting changes in habits

(CPS) — More evidence emerged last week that indicates that the AIDS (acquired immune deficiency syndrome) scare has not markedly changed students' sexual habits.

More than 700,000 men aged 18 to 29 have had at least 10 sexual partners during the last year, a Centers for Disease Control (CDC) study found, putting them at "considerable risk" of getting AIDS or other sexually transmitted diseases.

AIDS, a virus which fatally destroys the body's immune system, is spread by contaminated blood products, sharing hypodermic needles with infected people or by having sex with someone who is carrying the virus.

There have been about 70,000 reported AIDS cases in the United States.

The disease's spread, of course, provoked a wave of efforts — ranging from government pamphlets sent to every American home to the installation of condom vending machines in campus washrooms — to persuade citizens to adopt "safe sex" practices.

The results of the efforts seem mixed. Some reports indicate students — a relatively promiscuous sector of the population — have changed their sexual habits, while others indicate they haven't.

A University of Wisconsin study conducted last year indicated that half the students at the Madison campus had changed their sexual behavior. A March poll conducted by the Michigan State University campus paper, the State News, revealed the AIDS threat had moved almost three quarters of the students there to make some changes in their sexual activities.

But University of Texas researcher Dr. Scott Spear reported that students are still contracting other sexually transmitted diseases, indicating that students aren't heeding efforts to practice safe sex. And a 1987 survey of college students by Blot-

nick Associates, a New York polling firm, revealed that only 6 percent of men think about AIDS before choosing sexual partners.

The new CDC study, in fact, showed that "most Americans appear to be at relatively low risk of infection," Dr. William Darrow said in releasing the findings Sept. 24.

"However," Darrow added, "a sizable percentage of young, never-married men report more than 10 sexual partners in the past 12 months."

About 5 percent of all the young men questioned in the CDC survey claimed they'd had more than 10 partners.

Model overcomes odds to lead vibrant life

NEW YORK — Terry VanDover of Williamsburg, "living proof that a woman not only can survive breast cancer, mastectomy, chemotherapy and radiation, but also can look great, feel fantastic and have a wonderful life," is featured in the current (November) issue of GLAMOUR.

VanDover, 33, who writes about her fight against cancer, wrote the magazine

asking for a makeover. She writes, "Losing a breast, losing my hair and gaining weight all took their toll on my self-esteem and my body image. But I was alive. I asked GLAMOUR for a makeover because I needed help in putting the pieces of my life back together."

"In September of 1986, all the pieces of my life finally were falling into place ...

Then I found a lump in my breast. At first I wasn't particularly alarmed because I didn't think young women got breast cancer ... Only after I'd had a needle biopsy and the doctor said, 'It is cancer,' did I believe it." After a mastectomy, it was discovered the cancer had spread to her lymph nodes making chemotherapy necessary to kill any stray cancer cells. After the chemo, which resulted in hair loss, VanDover had five weeks of daily radiation as a precaution.

"Exercising was out of the question as I had no stamina and little energy," VanDover writes. "All my good eating habits fell by the wayside because of a drug called Prednisone. I was hungry all the time and decided that since so many other things were making me feel bad, I'd eat whatever I wanted ... a habit hard to break when my treatments ended. From September 1986 to January 1988, I gained 15 pounds ... I was eating too much of the wrong foods and not exercising. My presurgery clothes no longer fit me, and I

was sure I'd never wear a bathing suit again."

VanDover learned new eating habits when GLAMOUR sent her to Isobel Contento, Ph.D., of Columbia University. "I soon realized how much junk I had been eating. I felt more energetic within a week of low-fat eating and exercising and I lost 10 pounds and 11½" in 10 weeks."

A student of Yoga for five years, VanDover was hesitant to return to exercise after the large amount of muscle loss. GLAMOUR sent her to Noll Daniel, of Urban Yoga Workout, here, who "showed me that I still could do most of the positions and work back up to or modify others. This boosted my confidence in my body." GLAMOUR also sent VanDover to Fred Daniels of New York's Sports Training Institute, where she learned an aerobic program she maintains.

Women — particularly young women — "can get breast cancer," VanDover says, "but if they do, they can cope. I hope, too, that I can be an example to other cancer patients."



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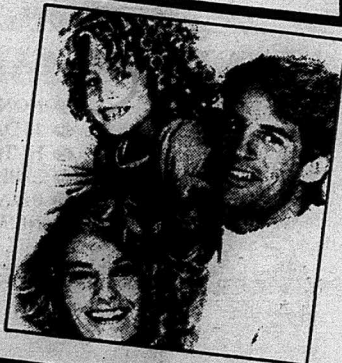
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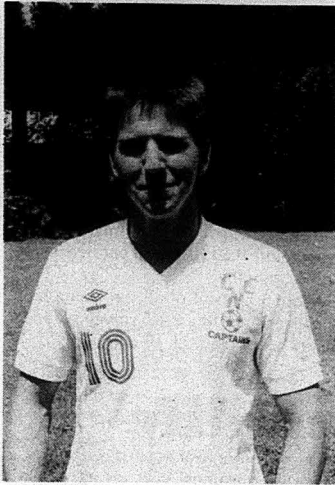
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4
SPORTSBIO:
Eric Pyle

NAME: Eric "Hank" Pyle

SPORT: Soccer

BACKGROUND: Eric is from Blacksburg, Virginia, where he played four years of soccer at Blacksburg High School, and was the team MVP for his junior and senior years.

At CNC, Eric is a junior studying Management and intends on graduating in 1990. He has started every game of his three year CNC soccer career, playing the midfield position.

Harsh week kills
VISA playoff hopes

After a rugged two weeks, the Captains soccer team has dropped to fifth in the conference with a 3-3 record, and 10-8 all around. The team will finish up its season in the next week with home games.

CNC beat Division II, Randolph Macon, 1-0, in overtime. Greg Friant scored on a shot by Scott Kuhnle with 1:26 left in the first overtime period.

The team then suffered three losses. First, the team lost to Lock Haven, 0-3, where the opponents scored all three goals in the opening 16 minutes of the match-up. Goalie, Allan Livingstone sat out 45 minutes due to serious cuts on his knee and eye.

The Captains also lost to NC Wesleyan, 2-6, and Mary Washington, 0-3. The team is now eliminated from any VISA playoff chance.

Sailing team gets
national merit

The CNC sailing team finished tenth at the Navy Fall Invitational, and are also ranked 13th in the nation.

The Top 20: ODU, Navy, California Irvine, Tufts, Charleston, Rhode Island, Brown, Yale, Kings Point, Michigan, Tulane, NY Maritime, CNC, Connecticut College, Harvard, Stanford, Coast Guard, Boston Univ., MIT, and Texas.

Ruggers dominate University of Richmond

by Joe Nuesslein
staff writer

On Sunday, October 9 the Christopher Newport College rugby team, defeated the University of Richmond 22-3. Steve Breitbell turned in an outstanding performance at the hooker position. He also contributed with a field goal in the first period.

Paul "Popeye" McVicker had an impressive day with a run of 50 yards before being knocked out of bounds by a University of Richmond player. Donald "Charlie Brown" Musselman is now leading the CNC squad in scoring, thanks to the last minute pitch from Eric Willborne. Steve Dunning, playing the fullback position, also made good with a score.

tion, also made good with a score.

On Saturday, October 15 CNC played the Fredericksburg club losing the varsity game 6-0. However, they won the junior varsity game 10-6. Willborne was knocked out of the first game with a knee injury five minutes into the second period, but came back to finish the game. Steve Dunning had another great day at the hooker position. Andy Huck contributed with some good tackles early in the game.

The CNC squad will now start preparing for the Ed Lee Cup, a rugby tournament held in Richmond. The team will compete against some of the best rugby teams in the state. As a result of these three games the CNC ruggers are 3 and 4 for the season.

Captains sports world



Patty Paternaude on the defensive

Two runners earn
All-State honors

The CNC cross country team competed in the Virginia Division II and III Championships. The men's team placed third out of nine teams. The women's team placed fifth out of seven teams.

G.W. Dameron and Maura McColgan won All-State Honors. Dameron finished eighth with a 26:31 time for the 8000m course. McColgan finished sixth in 20:25 for the 5000m course.

Volleyball wins one

The volleyball team won one of its matches, beating Mary Washington (9-15, 15-11, 16-14). But the team lost to number one Methodist (11-15, 1-15, 15-12, 5-15) and Salisbury State (8-15, 5-15, 15-9, 3-15).

The team is fifth in the conference with a 2-5 record, and 7-16 all around. The season ends with a three game road trip.

Baseball wins two

CNC Baseball won a doubleheader over Norfolk St., 6-3 and 4-1. Shawn Starcher and Gary Malarkey both had a pair of hits. Bryan Wheeler pitched a six-hitter and allowed just one earned run; Benny Elliot pitched a four-hitter with no earned runs.

The team lost a doubleheader to William and Mary, 5-15 and 2-6. CNC also split two games with Chowan, 5-4 and 1-2.

Bizzell leads team

The golf team came in second in a four way match, the teams only loss. The Apprentice School was first with 326, followed by CNC 328, Va. Wesleyan 337, and Hampton University 357.

The team finished tenth in the Methodist College Invitational. Jack Bizzell and Paul Hebinck both shot a 163 total.

Bizzell lead the team with a 79 average, followed by Barry Head 79.44, and Warren West 80.11. The team closed the season 7-1-1.

This week in sports

Friday, Oct. 28	Volleyball (A) Averett
Saturday, Oct. 29	Soccer (H) Longwood, 2:00 Cross Country (H) Mason Dixon Meet Volleyball (A) Greensboro Sailing (A) War Memorial/MAISA Freshman
Sunday, Oct. 30	Volleyball (A) NC Wesleyan

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Increase in forecast

(CPS) — President Ronald Reagan's last federal education budget proposal — due out in January, 1989 — may be different from the previous seven if only because it may ask Congress to increase education funding, former U.S. Education Secretary William Bennett hinted Sept. 20, his last day on the job.

The president asked Congress to cut its funding for federal college programs — sometimes by as much as half — every January except during the election years of 1984 and 1988.

Congress has agreed only fitfully.

In all, federal education appropriations have gone up about 16 percent since 1981, but an inflation rate during the same period of 25 percent meant that, in real dollars, Washington is funnelling 9 percent less to schools and students than it did at the start of the Reagan era.

In press interviews on Sept. 20, Bennett suggested the administration would ask

for a "slight increase" in funding — which could translate into more direct aid to colleges or students — in January.

While the next president probably would ignore the Reagan proposal, Bennett expected funding increases anyway.

"I'll bet you that the next administration, be it a Bush or Dukakis administration, will probably request a little more money, a small increase for '90, '91, '92," Bennett said on retiring.

Yet Bennett, who will write a book, start an education think tank and perhaps nurture some of the speculation that he might run for elective office in the future, didn't see Washington returning to the days of increasing college funding dramatically.

"I don't think you'll see a large increase from either candidate," he said.

"If you look at Dukakis's proposals now, whatever the merits, he's not talking about breaking the bank, (and) the vice president's indicated he would spend a little more money on education."

Topic: Substance abuse

by Peggy Hughes

Christopher Newport College is addressing a national issue that costs businesses \$102.3 billion a year in losses.

"Effective Managerial Responses to Drugs in the Workplace" is an upcoming seminar sponsored by CNC that will deal with the import of this continually increasing statistic.

The purpose of this program is to provide area businesses with information on drug and alcohol abuse on the job and steps that can be taken to deal effectively with this problem. It is designed to help businesses maintain a productive and responsive team of employees.

Substance abuse in the workplace is a growing concern, according to Stephanie S. Lloyd, director of Maryview Employee Assistance Program. She says that 8 to 10 percent of employees suffer from drug or alcohol abuse either directly or through a family member.

Lloyd is a certified alcoholism counselor and registered nurse. She works with businesses to educate them on how to identify substance abuse among employees and the effects of drugs in the workplace. She also teaches employers to motivate the employee to seek assistance before the problem affects their work performance. She will be a guest speaker at the seminar.

The program will cover such areas as how the company suffers when substance

abuse exists in the work environment. Problems such as lower productivity and the decline of quality of work will be discussed. The costs to employers will also be addressed, including direct issues that cut into corporate profits like increase in absenteeism, employee turnover, sick leaves, and compensation claims.

Some of the solutions that will be discussed include pre-employment screening, testing for probable cause if there is reasonable suspicion of abuse, and rehabilitating the employee who is known to be addicted.

The seminar will begin with a lecture by Garry Flowers, who is a national expert on drugs in the workplace. Other guest speakers will include professionals in business, law, and medicine who are all well acquainted with this growing concern.

A panel discussion will be included which will give different perspectives on the problems and solutions of drugs at work. Legal aspects of the situation and employees' rights will also be covered.

The workshop is cosponsored with Maryview Employee Assistance Program, Counselors at the James, and the Virginia Peninsula Chamber of Commerce. This seminar will be held November 15, 1988 in the CNC Administration Building, Anderson Auditorium, and the cost is \$35.00. Any questions should be directed to CNC's Continuing Education Department at 594-7158.

The Captain's Log

Now accepting applications for:

Photography Editor & Advertising Manager

Deadline is Nov. 3

Lady anchor drops in

by Joe Nuesslein
staff writer

On October 10, Jane Gardner, co-anchor for channel 13 news, visited the campus of Christopher Newport College to talk to Dr. Smith's Journalism 260 class. Gardner discussed the difficulty of being a woman in journalism and the stereotypes she had to overcome. She stated that her interest in journalism was really sparked by the need to gossip, "I find something out and I just can't wait to tell" said Gardner.

Gardner also talked about her start in journalism 10 years ago as a weather girl in Roanoke. After this assignment she came to channel 13 to do a weekly documentary. The television station was then bought out by a division of Dunn and

Bradstreet. The management felt the station was spending too much money on the documentary show so they asked her to anchor a news program. Gardner also feels that the coverage she gets in the Tidewater area is great, and with that comes many offers to go to other networks. However, she wants to stay where she's at.

She also talked about ethics in news reporting and journalistic style. She claims that some news programs might cut corners to get a story out, but warned the class to be careful for many reasons.

Betsy Creamer, a junior here at CNC, said "I'm more interested in print coverage, but I think it's always helpful to hear about personal experiences and to speak to people that are working in the business."

cast your
Ballot

There's something wild around

by Monique Stovall
staff writer

Somewhere, there is a beautiful place that has an air of quiet contentment. Its inhabitants are in harmony with nature and are unconcerned about their daily visitors.

A bald eagle sits proudly on its perch outside in a natural forest setting. Its sharp eyes blink, but it doesn't stir. This magnificent creature, though found injured and now unable to fly, serves as a reminder of how fragile and precious wildlife is.

Meanwhile inside, a city of bees hums with activity. The glass case which houses its hexagonal honeycomb is smeared with golden honey. An opening leads outside. Worker bees fly in and out as they search for nectar. Peacefulness reigns in the highly structured order of this city.

Everywhere you turn in this place, you come face to face with some of the most amazing wonders of nature. Where can you find such a world? Just around the corner from Christopher Newport College at the Virginia Living Museum off J. Clyde Morris Boulevard!

This is no ordinary museum. Open just a little over a year and a half, it includes an unusual combination of things: zoological park, aquariums, native botanical gardens, a planetarium and observatory.

Living animals, all native to Virginia, surround you in natural habitats — from marinelife and snakes to birds, insects and mammals.

It's an inexpensive yet fun place for CNC students to meet with friends and bring their dates. (For the cost of a movie, you can see hundreds of wildlife and a planetarium show!) For frazzled faculty members, it offers a relaxing place to get away from it all and commune with nature.

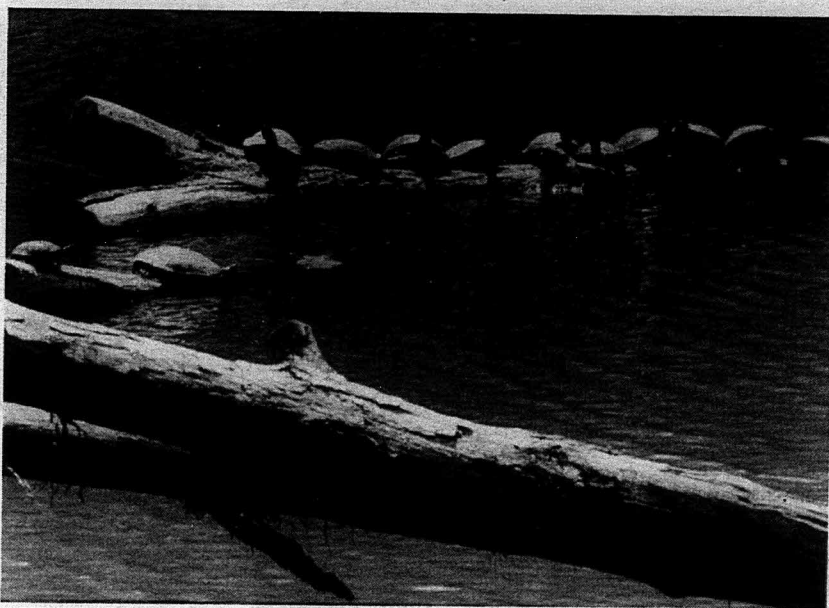
For parents, the Virginia Living Museum is a perfect place to bring the kids. But most importantly, it's a place where everyone of all ages can enjoy learning about the environment and why it's important to preserve it.

Living Exhibits

Inside the Living Museum, the exhibits begin with the recreation of life in the James River, from the mountains to the sea. Realistic landscaping makes you feel like you really are standing on the bank of Virginia's famous river. A blue crab enjoys a quick swim, while a loggerhead sea turtle dives for morsels on the "ocean" floor.

Next, the prehistoric section gets you acquainted with the creatures that roamed through Virginia — 500 million years ago!

The Chesapeake Bay Touch Tank is really fun! I never thought I'd want to touch the bottom of a horseshoe crab. A volunteer interpreter explains that this strange creature swims upside down ... it's amazing to watch.



The swimming log makes a great place to get together after a refreshing swim in the lake.

Down the hall, you can witness examples of how life survives in the wild. It's one thing to study ecosystems in class, but it's absolutely fascinating to see it as it happens!

Currently in the Changing Exhibit Gallery (through January 2) is a wonderful display on "The Secret Life of Minerals." You'll hardly believe all the things you never knew before about the necessity, beauty and energy (yes, rocks have energy!) of minerals.

In the aviary, a beautiful glass room for songbirds, a cardinal stands on one skinny, fragile-looking leg. It has its other leg tucked under to conserve body heat. Suddenly, it knows just where to go, and pulls a juicy worm from the green leaves.

Outside, a romantic lakeside boardwalk takes you on a journey into the lives of many animals. Turtles cluster along the sunning log to enjoy the warm sunshine. A beaver glides into the water for a swim after lunching on a piece of fruit. A bright red fox cozily curls up for an afternoon nap. Two spotted bobcats chase each other and wrestle playfully. And the life goes on...

Planetarium and Observatory

Come back inside, settle into a soft reclining chair, and the Planetarium show will whisk you away to explore the stars, planets and constellations of the universe.

During the day, the observatory roof opens to allow visitors a chance to see the sun, or maybe even sunspots and flares. Each Thursday night the museum opens

from 7 p.m. to 9 p.m. and you can see the planets up close with the observatory telescope.

Memberships:

Come back as much as you want!

If you become a Virginia Living Museum member, you'll receive a lot of benefits. For just \$25 a year, you can come back as often as you like for a whole year, and it pays for itself in just a few short visits.

Other membership levels are also available, such as the \$40 family membership and three free guests membership. Just by visiting the museum, your money supports the environment. It's terrific to have such a good time and help a worthy cause too!

Lots of Volunteer Opportunities

Not only is this Museum a great place to visit, it's also a great place to volunteer.

As college students, we are concerned with getting work experience. But, of course, we're also concerned with having a good time!

At the Living Museum, all you need to do is give four hours of volunteer time a week, and you can do both!

No matter what your major is, volunteering at the museum will enhance your resume, broaden your horizons and contacts, introduce you to new people, and you will learn lots of fascinating information about the world around you.

The museum always needs volunteers. These are some of the positions available:

- * wildlife exhibit guide *
- * landscaping and horticulture assistants *
- * planetarium technicians *
- * museum store salespeople *
- * and too many more to list here! *

NEXT VOLUNTEER TRAINING SESSION IS MONDAY NIGHT, NOVEMBER 7.

Call 595-1900 and talk with Gloria Lombardi, Manager of Volunteer Services at the museum to set up an interview.

Other Activities

In addition to the wildlife exhibits and planetarium, the museum's Education Department offers some unusual programs that are really worth experiencing!

Nature safaris leave the museum every other Saturday, all year long. Led by expert naturalists, you can go on hawk-watches, caving, fossil-digging, canoe trips and more to learn even more about wildlife.

Nature education classes are also available for all ages — from preschooler to adults.

I've gained something extra from the Living Museum. I'm an English major and I work on *The Captain's Log* as a proofreader.

Dr. Jay Paul, in CNC's English Department, arranged my internship with the Public Relations department at the museum. Although I am not paid, this on-the-job practicum gives me valuable work experience. When going on job interviews, employers are not too impressed by term papers as writing samples. By writing news releases, radio announcements and feature stories for a well-respected community organization like the museum, I'll have something useful to show.

Remember, the Virginia Living Museum is only five minutes away, and it has something for everyone at Christopher Newport College.

7
ETC.

Enter: The Virginia Living Museum...

by James Dean
staff writer

The choice was mine. I had some time to spare in between classes here at CNC and work, so I figured it could be used productively.

Enter: the Virginia Living Museum. Being the only "living museum" on the East Coast, I decided volunteering here would satisfy my interest in wildlife and replace the stagnant time in my schedule.

A few hours of my time a week brought me in contact with creatures I had never seen before, the chance to meet interesting people, and helped me understand more about the environment we live in.

I started volunteering about a year ago and have enjoyed being a herpetology and aquarium volunteer ever since.

Being a business major, I had no clue of the Latin names for the species of animals I was supposed to handle. But the curatorial staff used their common names so I didn't have to be a science major to understand them.

In the span of my volunteer work I have learned to identify many different species of marinelife, how and what to feed them, and their proper handling techniques.

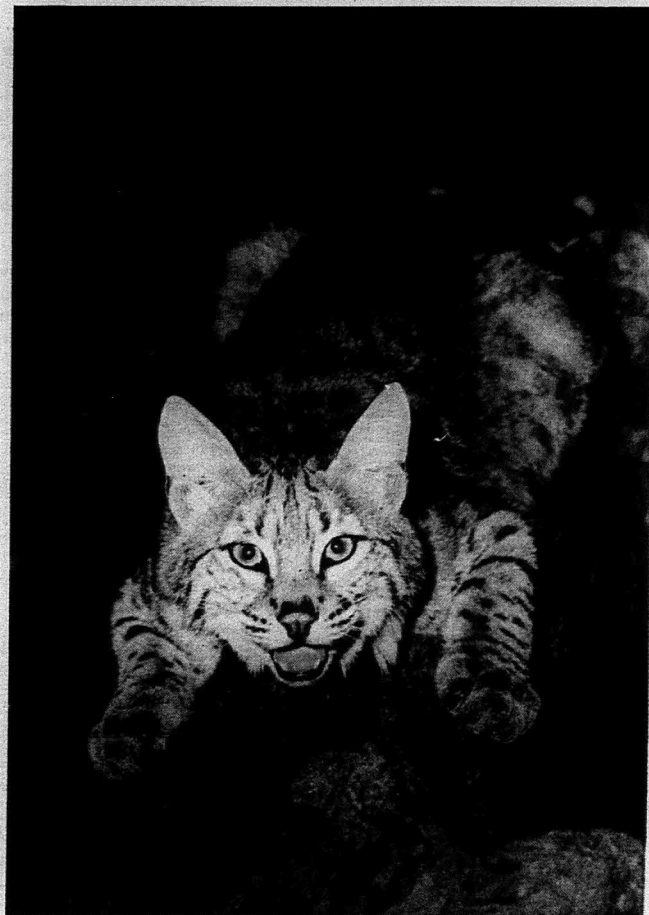
I have also traveled to North Carolina to obtain specimens for exhibits and have seined for small fish that are used for feeding the larger exhibit fish.

While my job differs from the variety of other volunteer positions at the museum, I feel that it is the most rewarding to me.

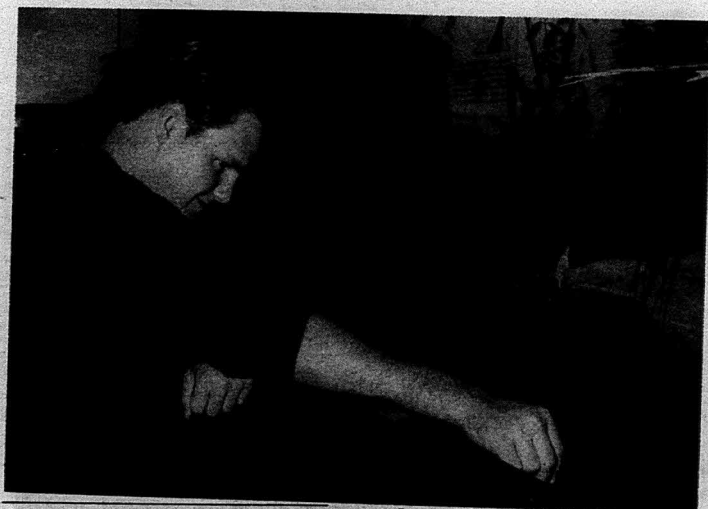
Aside from working with the animals, I have made a few friends there and have increased my communication skills. The volunteer benefits also make my job rewarding and the staff appreciates the help I supply. The museum also offers programs which are very interesting and fun to experience.

Contributing a few hours of my time a week makes me feel good knowing that the work I do helps thousands of guests enjoy their visit to the museum.

So if you haven't visited the Virginia Living Museum yet, then I encourage you to do so, and if you like what you see and have some spare time - consider volunteering.



This bobcat is always amusing. See it at the Virginia Living Museum.



Feeding Time: James Dean, Business Major, gives a handout to the aquatic life in the James River exhibit at the Virginia Living Museum.

Persistence

Continued from Page 1

notes. "I enjoy my classes tremendously," he said, smiling. After a pause, he continued, "The students and faculty at CNC have been extremely friendly and helpful. They've been a big morale booster as well as a big help in allowing me to concentrate on my studies rather than having to spend time trying to figure out how I'm going to get from one class to another."

Tray recently underwent surgery for a broken collarbone that he suffered as a result of a bad fall. The surgery left him weak, and consequently, he must now use a wheelchair. But Tray remains optimistic. He said, "Walking is one of those skills that had been deteriorating anyway. It was probably a good time for me to go ahead and start using a wheelchair anyhow."

Along with the physical and emotional

costs of ALS comes the exorbitant monetary cost of the disease. Some of the larger purchases that the Raters have made recently include a \$6,000 electric wheelchair and a \$10,000 mini-van in which to transport the wheelchair. Tray said that he must next have a hydraulic lift for the wheelchair installed on the van. The lift costs about \$7,000, so "it may be a while before we're able to buy one," Tray said, smiling, and added, "I guess I have to spend the money I make at work somewhere."

Spending time with Tray Rater is like taking a "happy pill." His optimism, his courage and his incredible drive are so apparent in his bright, brown eyes as he reels off his philosophy of life. He says, "I'm just like any other person, a social being. We don't learn about life by sitting alone in the corner. We learn through interacting with each other, it's more fun that way." Tray Rater is intelligent, witty, warm and articulate and he touches the lives of everyone he meets in a very special way.

8 NEWS

Worrying a negative pastime

Editor's note: This is the second of a five-part series by Robert J. Kriegel, Ph.D., best selling author, former All-American athlete, and mental coach for many Olympic and world class athletes. Kriegel gives speeches and does consulting for major corporations worldwide on peak performance, leadership and strategies for dealing with change. Currently, Kriegel is on a national tour of college campuses sponsored by the makers of Nuprin Pain Reliever.

To remind you how to be a peak performance thinker, Kriegel and the makers of Nuprin have developed a "pocket coach" of tips for combating pressure and pain. For a free copy of the Nuprin Relief Guide, write to Nuprin, P.O. Box 14160, Baltimore, MD 21268.

by Robert J. Kriegel, Ph.D.

Worrying is the negative national pastime. Everybody does it and very few find it is a positive experience. You don't think clearly or perform well when you worry. Your main focus is the worry, the fear of "What might happen if..." which overwhelms you, makes you feel depressed, reduces your energy, and prevents you from getting your work done.

College students are big worriers. That worry leads to stress and college students are very big on stress. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 are likely to suffer stress and pain than any older age group.

Most of what we worry about is out of our control. You can't control other people's responses, a grade a professor will give us, whether someone will agree with us, what they think of us, the weather, traffic, roommates, money, how we look, grades, the future. The more we worry

about things we can't control, the worse everything gets.

Remember this rule of thumb: You can't control other people or external situations. But you can control how well you prepare for and respond to them. In other words, you control your information, attitude and actions.

Worrying is made up of two words: what if. "What if ... they say no, ... I don't get the money, ... the professor assigns, ... the traffic ..." The key to beating the worries is to change the what if's to "if ... then's." "If they say no ... then I will..." "If I don't get the money then I will..." Always change the worry to anticipation. Concentrating your energy on what you can change, rather than dwelling on things you can't control increases your confidence and prepares you for any situation.

This strategy was used by President John F. Kennedy. Before his press conferences Kennedy and his aides anticipated any possible question or situation that might arise and developed answers for them. Whether a reporter asked about the Viet Nam War, the economy or civil rights, Kennedy was prepared.

Likewise, in a job interview, instead of worrying whether or not the potential employer will ask about your grades,

anticipate that he or she will. Then mentally list wins, accomplishments and qualifications that your course grades might not reflect.

Get into the habit of anticipating prior to any pressure situation, whether it's an exam, an interview, a date or a tennis serve. Make a "worry list," then change each worry (what if) to an anticipation (if ... then). Leaving your worries behind by focusing on what you can control enables you to concentrate your energy and perform at peak levels.

Perks speaks to SVEA on NASA

Ms. Lindy Perks, Deputy Director of Programs at the NASA Visitor Center was the featured speaker at the October 10, 1988 SVEA meeting. Ms. Perks enlightened the audience on the multitude and variety of educational programs at NASA. "NASA is involved in almost every aspect of life

including food, health, aerospace, aerodynamics and hydrodynamics," Ms. Perks explained.

NASA's many current projects include "Mission Planet Earth" which focuses on the ozone layer, excess of carbon dioxide and the greenhouse effect. Other projects named by Ms. Perks include the exploration of planets, lunar bases, Mars bases and a space station.

Ms. Perks noted that all NASA centers have educational centers that include slides, videos, computer programs, films,

catalogs and telelecture programs. The telelecture programs are 30-40 minute programs with a 10-15 minute question

and answer session by phone to classroom. The above programs are available to teachers and focus on future, historic and research and development.

The next meeting of the SVEA will be November 7, 1988 at 12:15 p.m. The location of the meeting will be announced at a later date. The speaker will be Mr. Nick Koltun, Coordinator of Instructional Technology at CNC.

Armstrong to speak to AMA

by Linda Brown

The Christopher Newport College American Marketing Association will present Susan Armstrong, President of the Hampton Roads American Marketing Association, on Monday, October 31, 2 p.m. in CC233.

Armstrong's topic will focus on Professional Organizations and how they relate to Marketers. She says "A professional organization can be beneficial to one's career growth, keeps one on top of current ideas and information and can also be fun."

Armstrong is currently the director of Coopers & Lybrand, an accounting firm in Norfolk. She has also served as Associate Director for the Virginia Center for World Trade. Armstrong has been a marketer of adult and continuing education at both

Old Dominion University and Christopher Newport College. She received her Bachelors degree in English and French at Washburn University in Kansas, and her Masters degree in Humanities at Old Dominion University.

Anyone is invited to attend the lecture. Refreshments will be served at the end of the lecture.

The following are upcoming lectures: Grace Stuckey, Professor of Sociology here at CNC, will speak on keynotes of group leadership, Wednesday, November 9 at noon in the room at the back of Christopher's. Bring lunch.

Lee Ann Sink, Manager of publicity and promotion for the Virginia Peninsula Tourism & Conference Bureau will speak on the impact of tourism on the Virginia Peninsula, Monday, November 28, at 2 p.m. in CC233.

Cadet Ranger Team tunes up

On Saturday October 8, Christopher Newport College's ROTC Cadet Ranger Challenge Team participated in the Ranger Challenge Tune-Up which is designed to prepare Ranger Teams from the local area for the regional competition on October 21-23.

Other schools participating in the Tune-Up were: The College of William and Mary, Virginia State University, Hampton University, Norfolk State University, and University of Richmond. Cadets competed in military skills such as the rope bridge, grenade assault course, physical fitness test, weapons assembly, weapons qualification and a 10 kilometer road march.

Due to hard training and determination, our team was able to capture three events: The rope bridge, the grenade assault course, and weapons assembly which placed CNC first overall. The Ranger Team is as follows:

Ranger Commander - Mike Houser
Ranger NCOIC - Steve Lemons
1st Squad Leader - Doug Schuetz
1st Squad - Mike Burnes
John Redinger
Sean Wilson

2nd Squad Leader - Kevin Cochran
2nd Squad - Mike Doble
Dan Bonham
Troy Dunn

Through October 21-23 the CNC Ranger Challenge Team will compete against 25 other colleges at A.P. Hill for the top spot

in the region. The winner will then go to FT. Bragg, North Carolina and compete with other colleges from the nation. With support and determination, the CNC Rangers will be crowned the number one Ranger Team in the Nation. Good Luck Rangers!

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A glimpse of *Glass Menagerie*

by Kay Helm
staff writer

Dr. Bruno Koch, who is directing the Christopher Newport College production of *The Glass Menagerie*, which opens November 11, defines the rehearsal process as "a mining operation."

The goal, according to Koch, is "To determine what is underneath the words, what is giving birth to the words." He views the actors' lines as "the basic materials ... the crucial process starts when we decide what we are going to do with the words."

There is a period when the director removes himself from the process and allows the actors to experiment on stage. During this time, the director's job is to listen to the actors, to suggest new approaches if necessary.

It is also during this time that blocking,

the movement of actors on stage, is different each time a scene is played. Actors experiment with movement, trying to find

out what their characters would do in the given situation. Some of these experiments

will be incorporated into the director's overall plan. A compromise is reached

between what works for the actor and what works for the director, resulting in a pleasing, realistic picture for the audience.

The actor's job is, according to Koch, to "crystallize the essence of the character and translate it into a physical gesture ... to project these essential character qualities from the beginning."

It's not a matter of a string of one different emotion after another, but of different mixtures, in varying strengths and combinations, tied with the traits and motivations of each character.

Actors study the script to find out about their characters. They read and reread, experiment with words and actions. They engage in regular discussions with each other and the director to find what is true for their characters.

Each step in the rehearsal process takes the play further away from vagueness, but it is slow, exhausting work. However, Koch warns, "Any impatience is going to impede the process."

An entire rehearsal may be devoted to one scene, playing it on stage, discussing it, experimenting with different aspects of it. Often, the answer to a particular problem lies in a small action — the way a character opens a door, for instance.

Koch has this advice for frustrated actors: "Be thankful as actors that you have been given these challenges, because these challenges can only be given to you by a great playwright ... Give yourself time to grow ... slowly ... step by step. There's no magic formula. Think in terms of weeks."

As they experiment, actors must keep in mind the play as a whole, the main idea of the playwright, their own characters' intentions, where each character starts from, and where each character ends up. They define objectives and identify the obstacles their characters face, then they devise tactics to overcome those obstacles.

Every time an actor goes on stage, he is in a precarious position. Trust becomes all important, and, according to Koch, "That's got to be earned in every rehearsal."

Rehearsals, however, are not an entirely psychological proposition. The set for *The Glass Menagerie* has multiple levels, which until this week were indicated only by tape stretched across the stage floor. Furniture from past productions was used until period pieces from the 1930s could be located or built.

Stage Manager Lissa Graham began rehearsals by stomping on the character Tom's coat, part of a process called "distressing", where costumes are made to look old and worn — a necessity in a play set in the depression.

Margaret Thomas (Amanda) wore weights strapped to her ankles to help her walk slowly. Likewise, Tina Terrell (Laura)



by Jeff Gleason

wore a knee brace to develop a realistic limp for her character. Matt Reibe (Tom), normally a non-smoker, had to practice smoking.

The rehearsal process is one of many ups and downs. Just when an actor has his performance seemingly right, a new element is introduced: a slightly different

prop must be used, a new piece of "business" (action for the actor to engage in) is added, there are suddenly real doors and walls. When this happens, actors regress.

They falter on lines they've known for weeks, or they go back to a more cautious approach to their characters until they are accustomed to the new situation.



by Jeff Gleason

Tina Terrell as Laura & Matt Reibe as Tom

Williamsburg Players Auditions

The Williamsburg Players will open the family Christmas comedy, *My Three Angels* Thursday, November 10.

Performances are slated Thursdays through Saturdays, November 10-December 10 at the James-York Playhouse, 200 Hubbard Lane, Williamsburg.

Curtain is at 8 p.m. for all evening performances, with the Saturday matinee on December 3 with curtain at 2 p.m.

Reservations can be made by calling 220-4379 or 875-5720.

The Williamsburg Players will hold open auditions for Ira Levin's mystery thriller, *Veronica's Room* on Sunday,

November 13 and Monday November 14, 7-9 p.m. at the James-York Playhouse, 200 Hubbard Lane. Levin, most notably known for *Rosemary's Baby* and *Deathtrap*, has constructed in *Veronica's Room* a "neat, elegant thriller" which will be directed by Lori Paschall, who has directed for Peninsula Community Theater and who has acted for several area theatre groups.

Veronica's Room will open January 26. The cast calls for one woman in her early 20's, one man in his mid to late twenties, and a man and woman, early forties to mid-fifties. Those interested in auditioning or volunteering to work in other areas of the production should come to auditions, or, call Sheila Wall, 229-9409



by Jeff Gleason

Tina Terrell as Laura & Shawn Bradley as Jim

Tape-A-Quarter Classifieds

Selling: Boy's dirt bike, good condition, \$20. Need to buy: Twin bed - cheap (approx. \$25-\$35). Leave message on answering machine. 594-0067.



Yo dude and dudettes: If you want to have a bitchin' time, come join the CABI Meetings Monday at 4:00 pm-CC233. We don't bite: contrary to popular belief. So catch a ride with the CAB.

BAND WANTED. NEW YEARS EVE GIG. Must know Top 40 and classic oldies. Send postcard with phone numbers to P.L.H., 13401 Sharon Dr. #43, N.N., VA 23602.

Nursery worker needed for church nursery. Sunday 9:45 until 12:15 and an occasional evening. \$5 per hour. Leave a message for Bob at 380-5525.

Strong college student interested in earning extra \$ by helping senior citizen with basic remodeling. Call 596-5094.

Need extra income? Daytime help is wanted at the Subway Station (orange and yellow building) across from Ferguson High School. Apply within. 599-0167.

Wafflehead + MSSH-L, Thor is a homo. The Ring-Bearers.



AMA - Speaker Susan Armstrong, President of Hampton Roads American Marketing Association - Monday, Oct. 31, 2:00 Campus Center Room 233. Refreshments provided.

ABC wants to attract students to write to *One Life to Life* telling why they think the perfect location for filming *One Life to Life* (ABC TV) should be: (Of course - CNC). The letter should contain reasons and feelings about CNC and why the student feels it should be filmed here. Students should give a brief college background, or narrative, giving descriptive highlights. Photographs should be exterior only and they will remain the property of ABC - *One Life to Live* Studio. Letters should be postmarked by November 8, 1988. On the back of the photos please be sure they are labeled correctly as CNC, 50 Shoe Ln., N.N., VA and a brief description. Letters should be mailed to: Location Search, PO Box 795, Radio City Station, NY, NY 10019.

Marketing firm seeks individual to work full-time or part-time marketing creditcards to students on campus. Flexible hours. Earn between \$90 and \$150 per day. Call 1-800-932-0528, EXT 25.



Band forming! Bass player needed. Instrumental proficiency, open mind, and willingness to work a must. If interested, call Chris Howard at 873-2485, ASAP.

Dona S. I think you are beautiful but I'm too shy to tell you. Should I be afraid to tell you how I feel? SHY GUY

SIG TAU Nuff Said If you would like to own one of these prestigious buttons, they are now on sale for 25 cents. To get one see Chris Goddin in *The Captain's Log* office.

Apartment for rent. 2 bedrooms, 1 1/2 bath. Less than 1 mile from CNC. Located at the Hiddenwood Apartments. Rent \$385 per month. (Oct. rent has been paid). Can move in anytime! Contact Theresa Kannan at 591-0941 or 562-4856 if interested.

R.L.S. Thanks for all your love and support through the hare times and good times. I Love You! Signed, Sweet Daddy Yum Yum!!!



AMA - wishes a Happy Birthday to the following members for Sep., Oct., and Nov.: Mary Malarkey, Mrs. Susan Casey, Robin Jackson, Laura Hoppe, and Elizabeth Bailey.

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VOTE, VOTE, VOTE. In 1984, only 37% of ages 18-24 voted. GET WITH IT!

To Glass: Amanda, have a happy birthday. Lots of love, S.Mom

To Vern: Hope you had a very, very happy 18th birthday! Love, Fuzzball



YOU CAN BUY A CAR! Small down payments and small weekly payments, first time buyers, great selection. Contact Michael Bowen or Tina at (804) 872-1400.

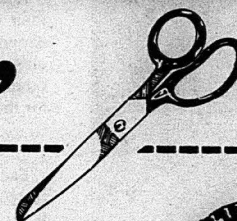
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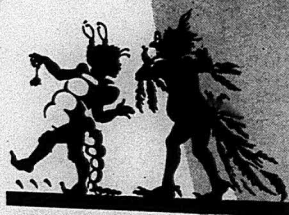
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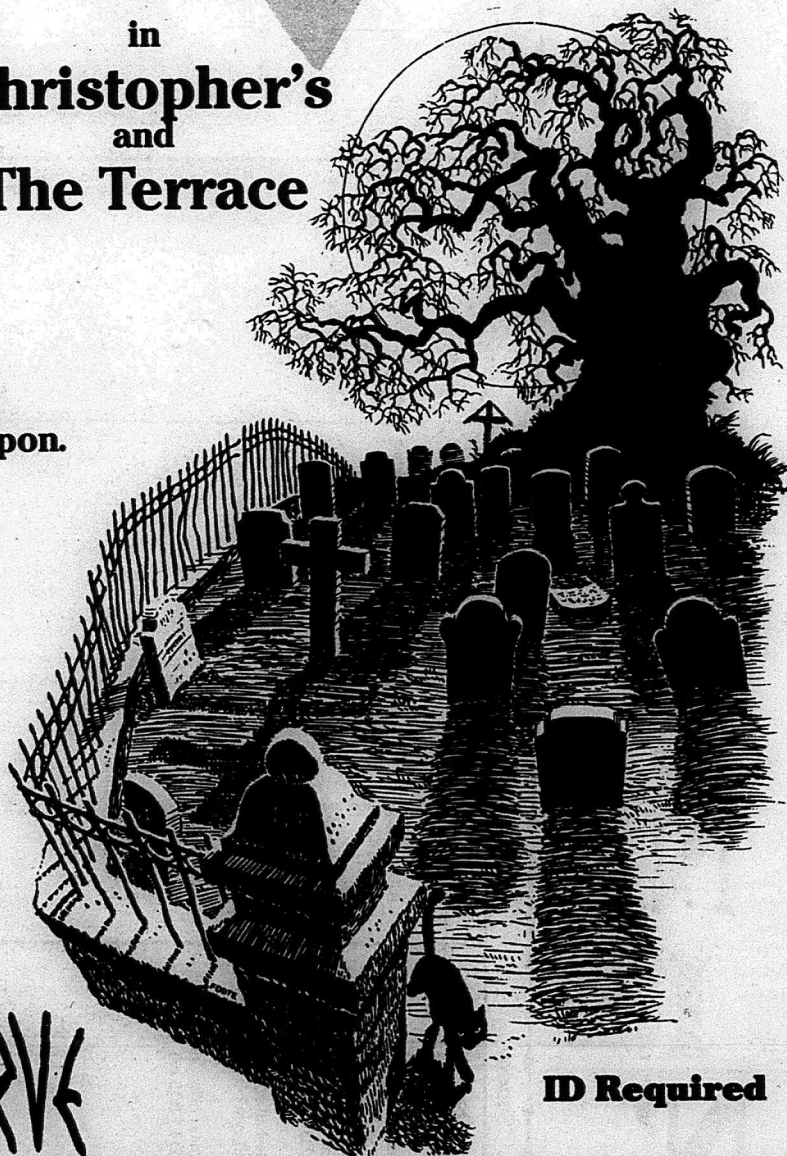
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WHAT'S HAPPENING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 23	October 24	October 25	October 26	October 27	October 28	October 29
<p>Sigma Tau Gamma meeting CC-156 7-10 pm</p> <p>Sigma Pi meeting CC-233 6-8 pm</p> <p>Volleyball practice small gym 7-9 pm</p> <p>Gamma Phi Beta pledge meeting CC-214 7-8:15 pm</p>	<p>BSU meeting CC-156 12-1 pm</p> <p>CAB meeting CC-233 4-5 pm</p> <p>AMA meeting CC-233 2-2:30 pm</p> <p>Sigma Pi meeting CC-156 9:30-10:30 pm</p> <p>IVCF Executive meeting CC-233 12-1:30 pm</p>	<p>Gamma Phi Beta pledge meeting CC-233 7-8:30 pm</p> <p>Alpha Kappa Psi pledge meeting CC-156 12:15-1 pm</p> <p>MSA meeting CC-233 12:15-1 pm</p> <p>Karate Club small gym 7:30-9 pm</p> <p>IVCF meeting CC-156 7-9 pm</p>	<p>IVCF meeting CC-156 11 am-7 pm</p> <p>Sociology/Social Work meeting CC-233 12-1 pm</p>	<p>Alpha Kappa Psi meeting CC-233 12-1 pm</p> <p>Karate Club small gym 7-9 pm</p> <p>SGA meeting CC-233 2:30-3:30 pm</p>	<p>No activities are scheduled</p>	<p>Rugby game CNC vs Va</p> <p>rugby tour away</p> <p>Karate Club practice small gym 2-3:30 pm</p>
October 30	October 31	November 1	November 2	November 3	November 4	
<p>Sigma Tau Gamma meeting CC-156 7-10 pm</p> <p>Sigma Pi meeting CC-233 6-8 pm</p> <p>Volleyball practice small gym 7-9 pm</p> <p>Gamma Phi Beta pledge meeting CC-214 7-8:15 pm</p>	<p>Gamma Phi Beta meeting CC-156 7-10 pm</p> <p>BSU meeting CC-156 12-1 pm</p> <p>AMA meeting CC-233 2-3 pm</p> <p>CAB meeting CC-233 4-5 pm</p> <p>Sigma Pi meeting CC-156 9:30-10:30 pm</p> <p>IVCF Executive meeting CC-233 12-1:30 pm</p>	<p>MSA meeting CC-233 12:15-1 pm</p> <p>Gamma Phi Beta pledge meeting CC-233 4-8:30 pm</p> <p>IVCF meeting CC-156 7-9 pm</p> <p>Alpha Kappa Psi meeting CC-156 12:15-1 pm</p> <p>IVCF Executive meeting CC-214 12-1:30 pm</p>	<p>IVCF meeting CC-156 12-1 pm</p> <p>SGA Table - VIP Breezeway 10am-2 pm</p> <p>Sigma Tau Gamma Alumni meeting CC-156 7:30-8:30 pm</p>	<p>Alpha Kappa Psi meeting CC-233 12-1 pm</p> <p>IVCF Drama CC Breezeway 12:15 pm</p> <p>Captain's Players Theatre Lounge 12:15 pm</p> <p>Psychology Club Luncheon W-110 12:15</p>	<p>Chili Day Lawn 11 am-3 pm</p>	