

CAPTAIN'S

LOG



by Alan Hilliard, photo editor

The 1989 Student Leadership attended orientation and a formal reception at President Santoro's on Nov. 30. The class will officially start on Jan. 20, following a retreat the weekend before classes start.

Newport News, Virginia
Volume 20, Number 12
December 8, 1988

Inside

NEWS: CNC receives \$100,000.
For details, see Page 6.

OP/ED: Theatre Dept. upset
about Final Review on *Glass*. For
one person's opinion, see Page 2.

SPORTS: To find out what's
happening in sports over break,
see Page 4.

ETC: Condoms now come in
school colors. See Page 13.

ADVERTISEMENT:

The exam schedule is on Page 3
and the library schedule is on
Page 5.

X-MAS: See the Christmas pages,
marked X-MAS, for all the holiday
news.

NOTE: *The Captain's Log* staff
thanks *everyone* for making this a
great semester. Merry Christmas
to all.

Holiday Suggestions:

by Monique Stovall
proofreader

Twenty five Constructive Things To Do Over the Christmas Holidays

- 1 Adopt an elderly person
- 2 Become a Big Brother or a Big Sister
- 3 Volunteer to take down Christmas decorations for an elderly person
- 4 Tutor a child
- 5 Wash the car
- 6 Sleep!
- 7 Clean out your closet and reorganize your life
- 8 Send out those resumes and work on your job search strategy since you'll be graduating this spring
- 9 Volunteer for Child Protective Services
- 10 Exercise!
- 11 Lose those extra pounds you've been meaning to lose
- 12 Visit a museum
- 13 Visit Colonial Williamsburg and see one of their plays
- 14 Buy books for next semester's classes and begin reading some of the chapters
- 15 Make a list of things you will work on improving this coming year and vow to check them off as you accomplish each goal
- 16 Learn a new hobby or craft
- 17 Help your parents around the house
- 18 Watch neighbors plants, pets or house while they are away for the holidays
- 19 Rake leaves or shovel snow
- 20 Read some library books
- 21 Get rid of those old clothes and items you haven't been using and donate them to a charity
- 22 Take time to be with your family and do something together
- 23 Make a file system for all those papers pertaining to school including term papers, receipts, and general information
- 24 Make a budget
- 25 Balance your checkbook

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2
OP/ED

New approaches to trimming trees

by Tom Gibson
opinions editor

With Christmas fast approaching and decorations going up left and right, the time has come to set up the traditional Christmas tree.

When you plant that tree in your living room, one thing is clear: it looks silly. A tree in the house *looks* silly.

This was discovered many decades ago when someone most likely said, "You know, this is the most ridiculous thing I've seen. We're going to have to do something about this."

So that someone scrambled about the house looking for something to make the tree fit in better with the decor of that time.

The first ornaments were probably nothing more than strings of popcorn and other food items found lying in the pantry. There is some evidence to suggest that small animals were used but those reports are unconfirmed.

So, thus, ornaments were born. And the decorated tree has become a tradition.

But the trouble with traditions is that they tend to repeat themselves and so, on that traditional tree will go the traditional ornaments used year after year after year.

A popular type of decoration has come to be wooden, or plastic, figures of Santas, elves, deer and other common Christmas symbols. These have taken the place of the colored glass balls in some homes. (The ones where, if you look at your reflection, it will send your nose halfway up your face making you look like some demented fool. I say fool because people usually go back and do it again.)

Whether you use either one, you're probably aware of one thing - it gets boring using the same items each year.

So, in trying to help solve the pressing problems on everyone's mind, I have worked out a solution.

Just as was done in days past before ornaments became so readily available and ordinary, take a look around your home, and you'll find all sorts of wonderful things to hand on your tree.

It is best, however, if you stick to a theme. A tree with a potpourri of diverse items only serves to confuse those that view it.

For example, a dieter may have at hand such products as Diet Coke, Lean Cuisine, Slim Fast and Dexamtrim. A tree covered with these not only provides a pleasant scene, but can hold as a reminder not to stuff yourself at the table Christmas Day.

A smoker could display various cigarette packs and ashtrays on the branches. A non-smoker could hang air fresheners and fire extinguishers.

Someone heavily opposed to drugs might have a "just say no" tree, dangling pictures of Nancy Reagan from the green needles.

A "safe sex" tree is another good theme. An assortment of condoms on a pine tree are excellent conversation starters and come in handy if faced with an emergency.

But whatever you hang on your tree, make it enjoyable. It is no fun if you face decorating your tree as if you were going to the gallows, dragging your feet and cursing under your breath.

VIEWPOINTS All thumbs

To the editor:

I am not in the habit of responding to reviews (Final Review on THE GLASS MENAGERIE). It seems rather pointless to me to argue with a critic. He or she is, after all, entitled to his or her opinion.

I would simply like to remind Mr. Joe Nuesslein of that age-old saying: Opinions are like a--holes. Everyone's got one.

Unfortunately some opinions are given more weight than they deserve. They are put into print.

Mr. Nuesslein would do his reading public a great service if he would stick to his appointed task of reviewing and criticising, and save the personal attacks and useless advice for his memoirs!

I am appalled at his referring to a fine young actress like Ms. Terrell as a "lump of coal" to be put "back under a rock!" Shame on him! Has he no sense of propriety?!

Mr. Nuesslein, I submit to you that there is much more to being a good writer than in turning a cute or clever phrase. The sooner you learn this, the better for all of us! You have a responsibility to your reading public to remain objective and civil in your remarks. There is no room for hostility and rudeness in good journalism!

In my opinion, Mr. Nuesslein, your wish to have "five thumbs" on your hand has already been granted. You were definitely all thumbs when you wrote this review!

So listen, Joe. "If you're reading this do yourself a favor don't quit your day job."

Matt Riebe

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CAPTAIN'S
LOG

EXECUTIVE STAFF

THE CAPTAIN'S LOG is the official student newspaper of Christopher Newport College. Opinions expressed do not necessarily reflect those of Christopher Newport College.

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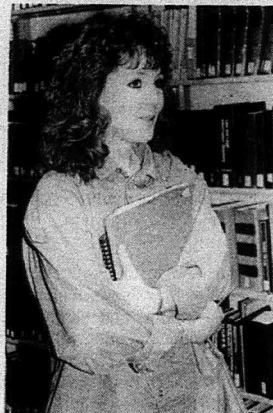
3 OP/ED

Do you take teacher evaluations seriously?



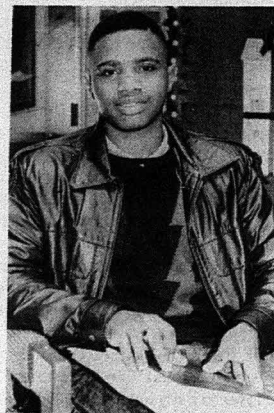
David Becker
Senior
English Journalism

Not in the least...Too many Professors with bad reputations, thus bad evaluations, are still here and many of them are tenured.



Tris Salldin
Senior
Art

I think the system could be effective, but it doesn't affect tenured professors.



Tommy Bunting
Senior
Economics Major

I take them very serious. If I have a disagreement with a teacher's policies, this is how I can voice my disapproval.



Michelle Fuller
Senior
Education Major

Yes. We need to reward those profs who do a good job. As students, we are in the best position to evaluate professors. We know if they are organized or prepared for class. Students know who the best profs are and our evaluations reflect that.

Fall 1988 Examination Schedule — December 12-17, 1988

DATE	1st Period 8 a.m.-11 a.m.	2nd Period Noon-3 p.m.	3rd Period 4 p.m.-7 p.m.	4th Period 7:30 p.m.-10:30 p.m.
MONDAY Dec. 12	MWF 8-9 a.m. MW 7-8:15 a.m.	MWF 11 a.m.-Noon	M 1-3 p.m. MWF 1-2 p.m. MW 1-2:15 p.m.	M 5:30-8:30 p.m. MW 7-8:15 p.m. MR 7-9 p.m. Monday Night Classes
TUESDAY Dec. 13	TR 9:30-10:45 a.m.	TR 2:30-3:45 p.m. T or R 2:30-5:30 p.m. TR 3-4:15 p.m.	TR 1-2:15 p.m. T or R 1-3 p.m.	T 5:30-8:30 p.m. TR 7-8:15 p.m. Tuesday Night Classes
WEDNESDAY Dec. 14	MWF 9-10 a.m.	MWF 2-3 p.m. MW 2-3:15 p.m. MW or F 2-5 p.m. MW 2:30-3:45 p.m. MW 3:30-4:45 p.m.	MW 4-5:15 p.m. W 5-6:30 p.m. M 5-6:45 p.m. MW 5:30-6:45 p.m.	W 5:30-8:30 p.m. MW 8-9:15 p.m. MW 8:30-9:45 p.m. and Wednesday Night Classes
THURSDAY Dec. 15	TR 8-9:15 a.m.	TR 11 a.m.-12:15 p.m. TR 11 a.m.-1 p.m.	TR 4-5:15 p.m. TR 4-6 p.m. TR 5-6:15 p.m. TR 5:30-6:45 p.m.	R 5:30-8:30 p.m. TR 8:15-10 p.m. TR 8:30-9:45 p.m. Thursday Night Classes
FRIDAY Dec. 16	MWF 10-11 a.m.	MWF Noon-1 p.m.	MWF 3-4 p.m. MW 3-4:15 p.m. M 3-5 p.m. W 3:30-6:30 p.m.	Departmental Exam Biology 101 Math 130
SATURDAY Dec. 17	S 9 a.m.-Noon CPSC 230 & 231			

Important Notes from the Office of the Registrar

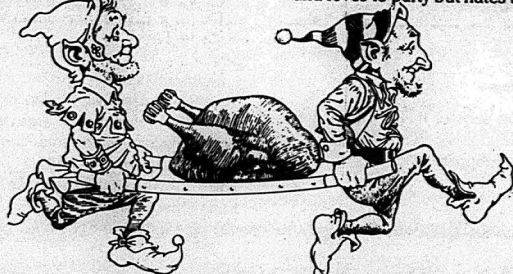
- No final exams will be given during the last week of classes.
- Students are required to take all of their examinations at the time scheduled, except: A. Where conflicts occur; B. For illness
- Students should contact the Dean through the instructor or Department Chairman by Dec. 16, 1988 for any exceptions.
- NOTE TO FACULTY:
 - Graduating seniors will be graded on separate grade sheets due in the Registrar's Office 24 hours after each final examination.
 - All other grades are due in the Registrar's Office 48 hours after each final examination.

Dr. Jock on eating habits during the spirited season

by David C. Bachman, M.D.
and Marlynn Preston

DEAR READERS: Exercising restraint is one of the toughest things to do this time of year. There are so many parties and dinners, so many Christmas cookies and Happy New Year toasts, so much free-flowing liquor and holiday food. Are you fit to deal with all that temptation? Here are some tips to help you get through the next few high-calorie weeks with a minimum of damage and regret.

SWEAT OUT THE SWEETS. The best way to deal with eating more is to exercise more. Add 20-30 minutes to your current workout, or - if you exercise every other day - add an extra day or two. You'll burn up extra calories, PLUS you'll be better



able to cope with holiday stress and strain. Many people feel blue around the holidays; use exercise to lift your spirits - naturally.

VISUALIZE YOUR EATING AHEAD OF TIME. This may sound peculiar, but it can really help you get through some heavy-duty partying without pigging out. Before you go (to a party, to dinner, etc.) close your eyes, take a few deep breaths, and visualize yourself at the party. Imagine yourself talking, happy, enjoying yourself. See yourself saying no to the peanuts, the potato chips, the pies and cakes, etc. See yourself enjoying limited servings of the healthiest foods available. See yourself turning down too much liquor, switching to soft drinks or club soda. In short, imagine yourself having a great time at the

party, from the first hello to the final goodbye, while exercising complete control over what you eat and drink. Sure, it's a struggle, but your mind is a very powerful ally.

DRINK LOTS OF WATER. Drink a few glasses of water before you arrive at a party, and keep drinking water throughout. This helps in several ways; water helps you feel full. You can keep a glass in your hand, and keep sipping...without getting drunk. (If you're susceptible to peer pressure, stick in a twist of lemon or an olive.) Drinking plenty of water before you retire may also limit your hangover the next morning.

THE RULE OF THREE. This works for one slender friend. She loves to eat and loves to party but hates to hate herself

the morning after. So she applies the Rule of Three: Never take more than three bites, chunks, pieces, or sips of anything! If you find your fingers in the peanut bowl, take three. If you can't resist the chocolate cake, take three bites and move on, etc.

SIGNAL YOURSELF. Make up a little signal to alert yourself BEFORE you overindulge. Say, for instance, your signal is an ear tug. Tell yourself you're going to tug your ear every time you reach for another piece of pizza, or another glass of beer, etc. When you tug, ask yourself: "Do I really want this? Is there something else (a piece of fruit, a glass of soda) that would taste just as good?" If you still don't trust yourself, you might recruit a friend to remind you to say no. Warning: This can be very dangerous to a friendship!

CNC gets last place in CIAA Tourney

CNC had to settle for last place in the Elizabeth City Tip-Off Tournament. The Captains were defeated by two CIAA Division II teams to drop their record to 3-3.

Friday, CNC lost to Hampton University, 76-50. Eleven turn overs and a 25 percent shooting average contributed to the 26 point margin. Lamont Strothers was the only CNC player in double figures with 19.

Saturday, CNC lost to Fayetteville State, 70-68. Rodney Bradshaw put up a 3-point shot at the buzzer, and barely missed. Strothers again led scoring with 21, 19 of which came in the second half.

In DIAC statistics, Strothers is second in scoring with an average of 20.7 points per game, and is second in blocked shots with an average of 1.5 per game. Bradshaw is third in assists with an average of 5.2 per game.

Lady Captains Beat Marymount, 86-79

The Lady Captains won only one game of a three game road trip. The team beat Marymount, 86-79, but lost to Bridgewater, 93-86 and Roanoke, 81-65.

Sophomore Cathy Skinner had outstanding performances throughout the weekend. Skinner scored 29 against Marymount, and 27 in the Bridgewater game. She also leads the DIAC in scoring, with an average of 20.5 points per game.



Upcoming sporting events

Thursday, Dec. 8	Women's Basketball (H) Mary Washington, 7:30
Friday, Dec. 9	Men's Basketball (A) Hampden-Sydney
Saturday, Dec. 17	Men's Basketball (A) Marymount
Thursday, Dec. 22	Men's Basketball (A) William and Mary, 7:30
Wednesday, Jan. 4	Women's Basketball (A) Norfolk State
Thursday, Jan. 5	Men's Basketball (H) Hampden University, 7:30
Friday, Jan. 6	Women's Basketball (H) Nazareth, 7:30
Saturday, Jan. 7	Men's Basketball (A) Apprentice, 7:00 Women's Basketball (H) Atlantic Christian, 7:00
Friday, Jan. 13	Women's Basketball (A) Greensboro Men's Basketball (A) Greensboro
Saturday, Jan. 14	Men's Basketball (A) Methodist Women's Basketball (A) Methodist
Tuesday, Jan. 17	Women's Basketball (A) NC Wesleyan Men's Basketball (A) NC Wesleyan
Friday, Jan. 20	Women's Basketball (H) Ferrum, 5:30 Men's Basketball (H) Ferrum, 7:30
Saturday, Jan. 21	Men's Basketball (H) Averett, 2:00 Women's Basketball (H) Averett, 4:00
Wednesday, Jan. 25	Men's Basketball (A) Catholic University

DANCE TO THE MUSIC OF...

**FEMALE
TROUBLE**

Wed., Dec. 14

Doors open 6 pm
\$1.00 cover with student ID

ODYSSEY DISCO
RESTAURANT

14872 Warwick Blvd.
Newport News 874-9384



5 SPORTS

Holiday gift ideas for the athletes on your list

by David C. Bachman, M.D.
and Marilya Preston

DEAR READERS: The holiday season is here again, time for DR. JOCK's annual list of gifts that keep on giving — gifts for the health-conscious and fitness-minded folks on your list. Some are big ticket items, most are not. Rather than make specific brand-name recommendations, we're suggesting categories of gifts. Let your choices reflect availability, price, and the taste of the person you're buying the gift for.

1. HEALTHY FOODS BASKET: Holiday baskets are traditional this time of year...fatty hams, rum-soaked fruitcakes, all-butter cookies. Why not pack up your own basket of items that look good and taste great but won't burden the recipient with unwanted fats and calories? Go to the biggest health food store in your area and scan the shelves. Some possibilities include: flavored vinegars, popcorn, bags of fresh herbs, fresh or dried pasta, low-salt crackers, organically-raised chickens, nuts, dried fruits, fresh fruits, etc. (Just for fun, you might want to hide a frozen Snickers bar in the middle.)

2. FITNESS TAPES AND BOOKS: Check out the growing selection of sports-and-fitness videotapes on the market. They range from \$19.99 to \$79 or more and are sold in big video stores, sports stores and via direct mail. Tennis players and golfers will always appreciate tips from the pros. If you're buying a workout tape, be sure and match it to your friend's ability. A nice change of pace for someone who regularly exercises is a relaxation tape or a tape of basic yoga stretches. Exercise/stretching/relaxation books also make good gifts, though they lack the pizzazz of video.

3. MERRY MASSAGE: People who work out tend to love massages and will love

you if you give them a gift certificate for one or more massages at some local health facility. A little research (starting with the Yellow Pages) can lead you to a masseuse who comes to the house. (If you're concerned, check references.) Another spine-tingling possibility is to buy your friend a powerful home-massage unit. Some cost hundreds of dollars. The cheap ones that do little more than buzz are a waste. In massage, the bigger, the deeper, the better.

4. RENT A VCR AND SHOOT YOUR FRIEND IN ACTION: Some people like to make their holiday gifts. Great! Make a tape of your friend in action: playing tennis, golf, running, swimming, etc. Actually, a tape that really shows your friend his/her form and style of play can be an invaluable aid if the person wants to improve. Frequently, when athletes SEE what they're doing wrong, it's easier to do it right. If you don't own a VCR-recorder, you can easily rent or borrow one.

5. MAGAZINES THAT MATTER: Here's an inexpensive way to make a long-lasting impression. There's an amazing array of magazines these days for athletes — for runners, walkers, weight lifters, golfers, tennis players, bikers, skiers, outdoor enthusiasts, etc. If you're not sure about the sport, check out "American Health," a fine overall good-health magazine. "Prevention" is another.

6. GET-AWAY WEEKEND: This is one of those big-ticket items, but if you've got the dough, a getaway gift certificate to a health resort or spa can go a long way in getting a loved one to relax, unwind and get back to the basics of good diet and exercise. Include yourself in the deal if you can afford it. If you've got more smarts than money, put together a do-it-yourself pseudo-spa weekend for your friend: buy bath salts, facial creams, rent a workout tape, send in low-cal meals, etc.

7. HOME FITNESS EQUIPMENT: The choices — and the prices — vary greatly, from \$5-jump ropes to \$5,000-home gyms, so take some time to shop around. Whatever you buy, make sure it's returnable or exchangeable since it's risky business to choose a piece of exercise equipment for someone else. Be creative; if you can't afford a \$400-exercycle, what about renting one for two months? If you CAN afford it, what about surprising the cyclist in your life with a recumbent bike, the new, kiddy-car kind you pedal from a seated position? Think small, too. What about a heart/pulse monitor? An electronic device to check your blood pressure? An air purifier or humidifier for easier, deeper breathing?

8. NEW SHOES FOR ALL SOULS: All athletes need new shoes from time to time, so a gift certificate from a local athletic shoe store is always a welcome gift. Good, cushioned athletic socks make great stocking stuffers, too. So do sweatbands, T-shirts, cotton shorts, etc.

9. A PERSONAL TRAINER: Personal trainers are getting more and more popular with people who want to get the most out of their exercise time. Why not rent a fitness expert for an hour or two to help your friend evaluate his or her exercise program? A variation on this theme involves paying for time spent with a golf pro, tennis pro, swimming coach, walking or running coach, etc.

10. PERSONAL SERVICE CONTRACT: Here's another outlet for the gift-giver who's long on creativity and short on cash. Think of some service you can do for the sportster of your choice. For instance, pick up his cross-country skis and have them hot-waxed for the season. Or take in her bike for post-season maintenance. Drive a runner or a walker to a beautiful trail out of town, wait for him to finish, and surprise him with a nice lunch when he returns. Whatever service seems appropriate, give it in the form of a homemade coupon, Good-For-One Whatever. Verbal promises have a way of vanishing into thin air.

The library schedule for

December 11-18, 1988, will be:

Sunday, December 11

1:00 - 10:30 pm
Reference staff will leave at 9:00 pm. Student supervisor in charge.
MEDIA 1:00 - 9:00 pm

Monday - Thursday,
December 12-15

8:00 am - 10:30 pm
MEDIA 8:00 am - 9:00 pm

Friday, December 16

8:00 am - 9:00 pm
Reference staff leaves at 5:00 pm. Student supervisor in charge.
MEDIA: 8:00 am - 5:00 pm

Saturday, December 17

8:00 am - 4:00 pm
MEDIA CLOSED

Sunday, December 18

CLOSED

EXOTIC GO-GO DANCERS

- NON STOP DAILY 5 PM - 2 AM
- 10 DANCERS FRIDAY NIGHT
- HI-TECK LIGHTS, SOUND & VIDEO
- LIGHTED GLASS RUNWAY
- 8 DANCERS MON-THUR & SAT.
- NEW DANCERS WANTED



FORUM

9956 WARWICK BLVD.

TIDEWATER'S BEST LOOKING GIRLS IN ACTION TONIGHT

6
NEWS

Mazzarella compares Munich to Modern Day

by Rick van Rijn
staff writer

What is the historical lesson of the 1938 Munich Conference? Professor Mario D. Mazzarella of the history department spoke to the complex issue in the second installment of the 1988-89 Dean's Colloquia series on Dec. 2.

Mazzarella's talk, entitled "Munich After 50 Years: Surrender or Playing for Time?" gave the background, atmosphere, and events leading up to Adolph Hitler's great political victory in 1938 when Britain and France allowed him to take Czechoslovakia without firing a shot.

Mazzarella cited the poor combination of Britain's policy of appeasement and Hitler's fanatical imperial designs as the recipe for Czechoslovakia's death and the coming of World War II.

Britain's policy of appeasement grew out of her ghastly experience of World War I, whose cause, Mazzarella said, could partially be traced to a lack of negotiations. Appeasement, however, proved to be too much negotiation in dealing

with an expansionist dictator like Hitler—bad timing for a good policy.

Mazzarella said that one vital lesson to be learned is that Britain was slow to change its policy because it feared it wouldn't have public support. There would have been support, Mazzarella explains, had the government kept the press, and hence the public, informed of the situation. The public must be informed if it is to make wise decisions concerning government policy.

Mazzarella drew a parallel to what he saw as the poor press coverage of the recent presidential campaign.

He also criticized parallels drawn between Munich and latter day situations such as Vietnam and Nicaragua, calling them "uninformed prattle" and "demagogic claptrap."

Finally, Mazzarella quoted an historian, who called Munich a symbol of the unwillingness to face up to an unpleasant reality.

Beamer gives to CNC



Mr. Karl Beamer (left) shakes President Santoro's hand (right). Mr. Beamer's wife, Elizabeth, is pictured in the middle.

Karl and Elizabeth Beamer donated \$100,000 towards the establishment of a full tuition and fees scholarship in the natural and/or mathematical science area.

Initially, one person will be selected annually by the Honors Council of the college, but that number could grow to "quite a few in the near future" according to President Santoro.

The requirements for the scholarship state that the recipients must be full-time students enrolled in the honors program during the academic year that they bear the designation "Karl E. and Elizabeth H. Beamer Honors Scholars." They also must

have demonstrated, in particular, excellence in and a commitment to the study of science.

If the recipient fails to meet any of these requirements during the period of award, he/she will lose the scholarship.

Recipients may be named "Karl E. and Elizabeth H. Beamer Honors Scholars" for second and subsequent consecutive academic years, but each award will be independently determined by the Honors Council. The Honors Council will also be the sole judge of eligibility for selection and for continuation during the period of a particular award.

"I am hoping that this donation will help prove that CNC is an excellent institution to invest in," stated President Santoro.

Coordinator featured speaker

Nick Koltun, Technology Coordinator at CNC was the featured speaker at the Nov. 7 meeting of the SVEA. Koltun provided the audience with an informative and interesting look at the technological advances that have had an impact on education. Koltun noted that there are so many resources today and more that will appear in the future.

"The current movement is away from the linear process and the teacher as lecturer," Koltun explained. Today the emphasis is on a more student-centered approach to education. Technology is assisting in this student-centered approach by providing an abundance of quality resources. Koltun explained that these resources will not only provide information to students, but will also diagnose a student's status and prescribe a direction for learning. "Teachers are in the communication business," Koltun explained. Through instructional technology a systematic approach that divides ideas into component parts can be used to apply knowledge to practical tasks. Instructional technology can also provide teaching and

learning patterns that are designed to provide instruction to each individual on a step by step basis to impart knowledge.

Koltun advised the audience that teachers must learn to be in the people business and deal with methodologies, learning styles, abilities and disabilities. Koltun concluded by noting the up and coming amazing computer advances such as computer interactivity and screen sensitivity; students will be able to interact with computers and computer screens are being designed that "read print".

The next meeting of the SVEA will be held on Mon., Jan. 23 at 4:15 p.m. The featured speaker will be Mrs. Barbara A. Miller, ESOL Coordinator for Newport News City Schools. The location of the meeting will be announced at a later date.

Becky Talley, Alan Hilliard and Melissa McNeil would like to thank Gamma Phi Beta and Kim Glenn, Scott Hillstrom and Lisa Hudson for their help in decorating at Sarah Bonwell Hudgins last Thursday, Dec. 1.

Fine Arts trip "a blast"

"Paulo Veronese, Michaelangelo, the Art of Japan..."

These were just several artists and art viewed at the National Gallery of Art in Washington, D.C. by members of the Fine Arts Society at CNC.

The tour took the students through many different periods in art, including an extensive collection of Japanese art.

The works of the Daimyo culture will be on display until January 23, 1989.

There were many positive reactions to the field trip on Nov 19. Dr. Alexick, an art professor at CNC, found the trip

"enlightening and informative."

Joe Bruni said it was, "A unique experience to see many of the art treasures of Japan, not only did it introduce us to Japan history and culture but it also conveyed the spirit of an peoples that may help us to understand contemporary Japan and it's peoples."

Stephanie Inouye summed up the trip. "We had a blast, and I wish everyone had a chance to go with us."

Anyone interested in joining the Fine Arts Society, please contact Dr. Alexick for details.

Sigma in D.C.

On Nov. 18, 1988, the Sigma Chapter of Omicron Delta Epsilon made an educational trip to Washington D.C.

The group visited the Federal Building of Printing and Engraving, the Federal Reserve Building, the Board of Governors, and the Japanese exhibit, 100-1500 A.D., in the National Gallery.

Omicron Delta Epsilon is an economic honors society. New applicants for the spring are now being accepted.

Requirements are: 1) a 3.0 average G.P.A., 2) a 3.0 G.P.A. in economics, and 3) a minimum of 12 hours in economics to include Econ 201, 202.

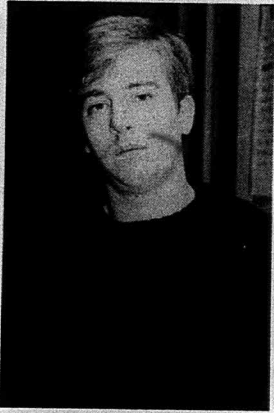
If interested, contact Rachel Benham (treasurer, secretary) at 595-9692.

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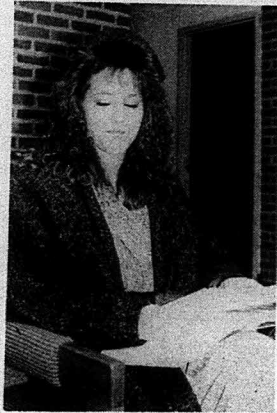
What do you want for Christmas?



Photos by Alan Hilliard, photo editor

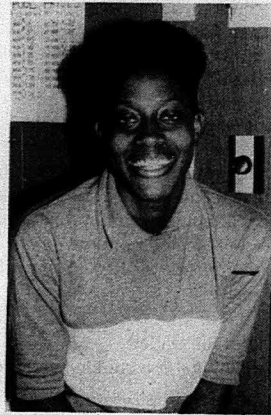
Glenn Krutsinger
Sophomore
Business Management

How about a new job? A real job? A new car?
Maybe just a car that runs...



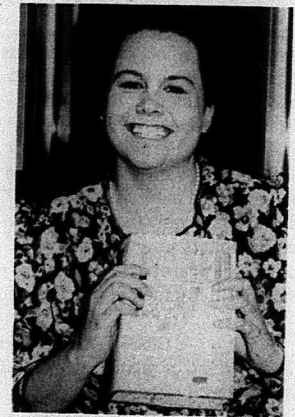
Annette Coates
Junior
Business

I want a new man!



Charlene Joseph
Senior
Management

I want a brand new car – a red BMW.



Dawn Sokol
Sophomore
Art

I want an "A" from my sculpture professor,
Tony Shiver, who said he would only give an
"A" to Picasso.

VOLUNTEER OPPORTUNITIES

Caring for the Caregivers is a volunteer program administered through the **Riverside Rehabilitation Institute**. Often as a result of a head injury, individuals lose many of their significant relationships. *Caring for the Caregivers* is designed to provide companionship for a head-injured survivor.

- Accompany the head-injured survivor with his/her leisure activities, i.e., movies, museums, shopping, providing one-to-one interaction twice monthly. (Activities and mileage are reimbursable).

- Participate in a nine-hour training program prior to volunteering.
- Attend an optional monthly support group.

For an application or additional information on the Caregiver Program, please contact Sherin Anderson at 928-8418.



RIVERSIDE
REHABILITATION INSTITUTE

245 Chesapeake Avenue Newport News, VA 23607

Christmas shopping ideas for everyone

by Kathleen Anne Dickens
staff writer

Christmas – what emotions it stirs! Remember when you thought you would burst waiting for Santa? And those happy times that families distant all year managed to gather for the holiday. What other time of the year do the trees and houses shimmer with colored lights? It's a glorious season, yet, it is a time that can cause despair – tis' the season for giving, but that takes money which many of us lack. Sadly, our world emphasizes the giving of material goods rather than the gift of self. Keeping in mind that it really is "the thought that counts", you can give inexpensive gifts. Surely the recipient will realize that although it may not have cost much in dollars, your offering was purchased and presented from the heart.

Listed below are some gift suggestions that range from free to \$10.00. Some of the ideas are silly, some are practical, all are inexpensive:

GIFTS FROM THE HEART (and not the wallet)

Offer a friend or relative an evening of free babysitting – you couldn't give them anything they'd rather have.

Offer your manual labor for free. Give someone a "coupon" that says you'll rake their leaves or wash their car, etc.

Got a friend who is a student – offer to type their next paper for free.

GIFTS FROM THE CNC BOOKSTORE

You probably hadn't thought of this store as a place for buying much besides inexpensive texts, but actually it offers some gift possibilities such as:
cute animal shaped ceramic mobiles – \$3.00

CNC T-shirts \$9.00 (give a large one to a little girl for a sleep shirt)
a Roget's College Thesaurus (it may not sound very exciting but it's a valuable asset to a student) \$3.95

post-it notes with assorted designs and sayings (kids really enjoy sticking these on everything) \$1.50 per pkg.

GIFT IDEAS FROM 'THINGS REMEMBERED' (Patrick Henry Mall)

Various Christmas tree ornaments which can be engraved for free price ranges from \$1.75 to \$3.00

Assorted key rings (silver and gold plated) free engraving of 6 letters price range from \$6.00 to \$10.00

Know someone that had a baby this year? This store has an adorable little rocking elephant that says "Baby's First Christmas" \$5.00

Locket on a chain in which you can place a tiny picture are \$10.00.

GIFT IDEAS FROM 'BARE BOTTOM'S COUNTRY STORE'

(located at 12482 Warwick Blvd. about 2 miles from CNC)

Tiny miniatures for shadow boxes – \$2.99

Wooden sconces with candles – \$8.99

Various shapes of woven baskets – \$6.95 and up

Porcelain soap dishes from England (want to impress someone?) \$10.00

For the person who has everything – scented candles in antique vegetable cans – \$8.95

GIFT IDEAS FROM THAT MARVELOUS INVENTION 'EVERYTHING'S A DOLLAR'

What better gift could you give a parent or child than a Child rescue sticker? These go on the bedroom windows of children so that in case of a fire the firefighters are alerted to the presence of a child. The decals are reflective and are self adhesive. There are two in a pkg. for \$1.00.

A wide variety of giant color books for \$1.00 and boxes of crayons for \$1.00. For \$2.00 you have a great gift for a child.

Pound Puppy Puzzles and other assorted puzzles that cost a lot more in other stores but only \$1.00 here.

A New Webster's Dictionary for \$1.00

Cute, assorted Christmas mugs for \$1.00

After looking in various stores in the search for inexpensive gifts I will offer Bradlees in Patrick Henry Mall the prize for the most unique gift item – for \$3.99 you can give someone (for men or women) a good laugh when they open their gift to find underwear decorated with tiny Santas and bright, red HAPPY HOLIDAYS!

May your Christmas be merry, bright and affordable.

Cut & Curl is the Family Favorite

Busy families who want to
look their best come to us
because we do it all... at
the right price too!

REDKEN
Salon Prescription
Hair Care

14335 Warwick Blvd., Warwick-Denbigh Shop. Ctr. 874-1044
840 J. Clyde Morris Blvd., Newport Sq. Shp. Ctr. 596-7072
27 W. Mercury Blvd., Langley Shp. Ctr. 723-8239

EVERYDAY LOW PRICES (Men & Women)

Haircut \$8.95
Perms \$17.95 to \$41.95
(Complete with shampoo, cut & styling)
Shampoo & Set \$6.95
Touch-Up From \$11.00
Frosting (set extra) \$17.00
Shampoo & Blow Dry \$8.95
KIDS CUT 12 & UNDER \$5.45

NO APPOINTMENT NECESSARY

Come in at your convenience. Our Large
experienced staff is ready to serve you.

HOURS: 9-6 Daily
Thurs. 9-9 OPEN 6 DAYS

Locally Owned 18 Years



9
X-MAS

Hot/Cold vacation spots for Christmas

by Kimberly Rodriguez
staff writer

As we take notice of the streets and houses adorned in holiday glitter and brightly lit decor, we are reminded of the holiday seasons that are approaching so soon. The time for planning, gift-giving, gift-buying and the aura of ambient, warm spirits are beginning to fill the air. Whether your holiday destination includes the ski slopes, the tropics or home-sweet-home, enjoy this winter season to its fullest.

Skiing has been an extremely popular sport and has been enjoyed by many thrill-seekers who opt for holidays on the slopes.

Wintergreen ski resort is very popular. It is located in Virginia's Blue Ridge Mountains and is approximately 43 miles from Charlottesville. The resort swarms with spectacular skiing and facilities in the Mid-Atlantic region. The breathtaking setting and layout of the resort assures a vacation to remember. The dining ranges from continental cuisine to casual fare. It even includes fantastic snowmaking capabilities to allow skiing earlier and later in the season. Skiing at Wintergreen is top-notch.

There are 10 slopes in which half are lighted for night skiing. There are also five lifts for more time on the slopes and less time waiting. The resort offers over a 1,000 foot vertical drop and runs that measure up to 4,450 feet. All of this is spread beautifully upon 83 acres.

If skiing will be the endeavor of a beginner, then be prepared for the complimentary, one and a half hour beginner lesson with a professional ski instructor.

The Highlands slopes are uncongested and the lift lines are minimal — an expert's dream come true. Advanced skiers are to be advised, however, that Wintergreen requires that advanced skiers demonstrate their ability to ski the Highland runs, beforehand.

A special feature is Diamond Hill's dual, electronically-timed race course where skiers race friends or improve their time against the clock.

For further information, such as lodging rates and programs, call the Activities office at Wintergreen at 1-800-325-2200.

Another popular resort is Massanutten in Harrisonburg, Va. It is located about 50 miles from Charlottesville. This year the resort has cleared its first new ski slope in 12 years. Intermediate slopes are 2,000 feet in length with a vertical drop of 500 feet. The resort also features snowmaking capabilities.

Visitors can enjoy recreation and social activity on the mountain. Ice skating on the ring adjacent to the Ski Lodge is also available. Nightly entertainment and socializing occurs in the Encounters Lounge. The resort is located in the beautiful Shenandoah Valley. For further information, call 703-289-9441.

Canaan Valley Resort State Park is located about 85 miles from Harrisonburg and is popular especially among young adults. Canaan Valley's cross-country skiing is blessed with natural snow and cold temperatures and positioned in the Alleghenies. The valley has an 850 ft. vertical drop and rugged terrain. Over 20 miles of meandering trails give the beauty of the valley to the cross-country skier. Ice skating is available on an outdoor lighted rink.

"A resort located in a most superb natural setting", says *New York Times*. For further information call 1-800-642-8632 or 304-866-4121.

For those who would rather ski the Colorado slopes, there is the Hi Country Haus in Winter Park, Colorado which is positioned near the base of the Rocky Mountains. It is the closest resort to Denver of approximately 70 miles.

Ski enthusiasts have been enjoying Winter Park for almost 50 years. The Winter Park/Mary Jane/Vasquez mountain's skiable terrain has increased to over 1,300 acres. The area has 106 runs with 18 chairlifts and seven mountain restaurants. More than just skiing recreation is provided at the resort. There is also snowmobiling, snowtubing or a horse-drawn sleigh ride to the top of the mountain.

For further information call 303-726-9421 or write P.O. Box 3095, Winter Park, CO 80482.

For those who opt for the warmer regions during the holidays, it should be known that the most popular holiday durations take place in Hawaii and Florida. The most popular island of Hawaii is Maui, of course.

In Hawaii, one can enjoy the golden, sandy beaches and appreciate the inviting climate.

In Florida, there are not only the beaches, but the famous Walt Disney Resort and Sea World for those young at heart. From flamenco dancing in Miami to the glorious sunsets in Key West, Florida is truly prepossessing.

Southwest Florida presents Sarasota, Marco Beach, Sanibel Island, and Longboat Key. Included are remarkable sandy beaches and balmy breezes. One can enjoy golf, swimming, sailing, snorkeling and water skiing. The Gulf Stream moderates the Pompano Beach with warm waters and breezes.

The Palm Coast is known for its elegance and opulence among the coconut palms. Palm Beach possesses a quiet charm and tropical beauty unsurpassed. Along the beach is a strip of world-famous shopping areas and exclusive shops.

Located on the Gold Coast is Ft. Lauderdale (better known for its unforgettable spring breaks) to Miami. In this area one can be a spectator of jai alai games, tennis matches and sailboat regattas.

When the land stretches to the Gulf of Mexico, a paradise for fishing unfolds with over 600 varieties of fish. Skin diving is made heavenly in the crystalline blue-green waters.

For further information call your local travel agency or write to Pleasant Travel Service, Inc., 2404 Townsgate Rd., Westlake Village, Cal. 91361.

Caribbean cruises are a new and exciting way to celebrate the holidays. One can visit such islands as Ocho Rios, Grand Cayman, St. Thomas, San Juan, and Tortola. This is offered through the Commodore Cruise Line as an exclusive cruise for the holidays. For more information see your local travel agency or write to Commodore Cruise Line, 1007 North American Way, Miami, Fla. 33132.

These were only a few of the vast array of ski and surf resorts open for the holiday seasons. For some of us, the Alps would prove feasible and to others, home is our retreat, just so long as we realize what remains important to us. Learn to live and try to live each day like Christmas Day. Merry Christmas and Happy New Year!!

The JOB FAIR is Coming!

KINGSMILL
on the James

Next year promises to be a busy year for Kingsmill on the James, the east coast's newest resort and conference center. A variety of full-time and part-time positions are available in the following areas:

Food Service—food servers, bus attendants, hostesses, cashiers, utility persons, cooks

Guest Services—bell persons, concierge

Transportation—drivers

Housekeeping—lobby attendants, night cleaners

Front Desk—reservations, PRX operators, front desk clerks

Landscaping/Golf Maintenance—grounds attendants

Maintenance—house attendants, customer service

Sports Center—Nautilus attendants, lifeguards

Internships

Come by and see what Busch Properties has to offer. It's your chance to join the team of the area's most prestigious resort and conference facility.

BUSCH GARDENS
THE OLD COUNTRY
WILLIAMSBURG, VA

Busch Gardens, Virginia's "family entertainment" theme park, has opportunities for you to join the cast of hosts & hostesses for the 1989 season!

Come explore seasonal job opportunities in the following areas:

Food Service—cashiers, utility food handlers, hosts, hostesses
Retail Operations—cashier & games hosts/hostesses

Park Operations—ride, theatre, cashier, zoo, security, grounds, park hosts/hostesses

Finance—accounting clerks & cash control hosts/hostesses

Warehouse—material handlers

Costumes—sewer stitcher hosts/hostesses

Safety—EMT & registered nurses

Landscape—landscape attendants

Engineering—electronic technicians

Clerical

Recreation Internships

Supervisory Positions

We invite you to come out and talk to our department representatives and interview for positions in your area(s) of interest.

Place:
Sheraton Coliseum Inn

Hampton, Virginia

Date: Dec. 20, 1988

Time: 10 am - 8 pm

So come on out to explore some of the best job opportunities on the Peninsula!

10
X-MAS

Ornaments an old tradition in America

by Monique Stovall
proofreader

During the Christmas season, evergreens decorated with bright lights and ornaments enjoy a beautiful tradition I have always loved. Through the years, ornaments changed with culture and society. I think ornaments decorating the Christmas trees of the 1980's reflect novelty and humor. I enjoy watching the new electric Christmas balls that plug directly into the light string. These modern balls light up to reveal a Christmas scene: Santa's workshop where his elves hammer and saw away as they make toys for good boys and girls. Trains ride around tiny villages and (my favorite) Santa rushes back for a last minute hug from Mrs. Claus.

Christmas stores stay open year round making it possible to buy ornaments a few at a time. However, it isn't until the Christmas season that we fully appreciate their beauty and splendor. Wax ornaments from the thousand year old city of Bavaria provide a special contrast to the brightly lit replica of a carousel that goes round and round.

It seems as if the Christmas tree with its unique ornaments has always been a part of American culture and history. However, the early colonists did not decorate trees until the 19th century. Prior to that time the colonists trimmed their stairs and entrances with garland and colorful wreaths. Apples and oranges were tied down with wire to circles of evergreens along with berries, pine cones and pomegranates.

A popular myth states that the Christmas tree was introduced to England around 1841 when Prince Albert presented his wife, Queen Victoria, with a brightly decorated tree after the birth of their first son. This captured the imagination of the English middle-class, and the custom spread rapidly, since Victorians were given to imitating the royal family.

The Queen's candle-lit tree may have been decorated almost entirely with expensive sweets, elegant tiny trays, baskets and glace fruits. On top stood the small figure of an angel with outstretched wings, holding a wreath in each hand. During the first years of the 20th century,

many Christmas trees were decorated partly with edibles and homemade trinkets. The old-fashioned customs began to change with the introduction of the first store-bought ornaments in 1870. Late 19th century trees were decorated with store-bought embellishments made of tin, wax, tinsel and glass along with homemade sugary ornaments.

The Christmas trees of the 1880's and 1890's reflected the culmination of an interesting phenomena. Following the Civil War, a scrapbook craze swept America for 40 years. Women collected pretty, colorful pictures from books. German printers added tinsel, angel hair and glitter to the pictures to create Victorian Scrap Ornaments.

Nativity scenes were very popular in Victorian America, as were cherubs and beautiful angels. Old-fashioned Santa Claus figures were dressed in fur-trimmed coats of blue, green or black. These Santas were thin, sad-faced old men who contrast sharply with the fat, red-cheeked, jolly Santa we know today. The happy Santa became the standard image for American children during World War I, when the supply of German scraps showing the older type was cut off.

Silk sachets were filled with candy and tiny gifts. Ribbons and bayberry were tied to branches laden with fruit and ginger-

bread cookies. Popcorn was strung and draped behind corn husk dolls and flowers. The intricate art of quilling (paper rolled into intricate designs) also became popular. Small quilted squares and pin cushions hung next to small wooden toys.

During the Depression, American manufacturers started making cardboard ornaments, producing little baby carriages, wagons and drums. In the 1930's Corning Glass began producing machine-made Christmas tree balls. These brightly colored balls display a quiet elegance and timeless beauty which is still popular.

As a child, I dropped one of these beautiful yet fragile balls and cried when it shattered into a thousand tiny pieces. When I began collecting ornaments for my own family's Christmas tree, I collected sturdier ornaments made of pewter, wax, wood and cloth. This year however, the brilliantly colored balls have again attracted my attention, almost as much as the electrical balls that light up to show playful elves sliding down a banister past the Christmas tree.

The evergreen is a beautiful symbol of the holiday season and decorations make each tree a personal work of art. Christmas tree ornaments of 1988 reflect a merging of old and new as they perpetuate a wonderful custom I and many others will continue to enjoy for a long time to come.

STAR of WONDER



What was the Star of the Magi? Join us for the Virginia Living Museum's Holiday Sky Show, a tradition in Hampton Roads since 1966.

PLANETARIUM
of the Virginia Living Museum

December 1 through January 8

For special group rates and reservations call 595-1900

Showtimes: Monday - Friday at 3:30 pm
Saturdays, Sundays at 1:30, 2:30, 3:30 pm
Thursday evenings at 7:30

Admission: \$5.00 (ages 12+); \$3.00 (ages 6-11); \$2.00 (ages 3-5); \$1.00 (ages 1-5).
Children under 3 not admitted to Planetarium.

Virginia Living Museum, 524 J. Clyde Morris Blvd. in Newport News (near Riverside Hospital)



by Alan Hilliard, photo editor

Susan Stein peers into the gingerbread house in front of Christopher's.

11 X-MAS

Turn ants into humans for all seasons

I understand why ants have no arms, no lips, and most of all, no heart. They need none of these structures. For no one loves them. What would an ant do if he had two arms to hug someone, a pair of soft kissing lips, or worse, a heart able to break in two? Up until a few years ago, I too had no need for these structures. But shortly after my 13th birthday, my body began its transformation.

It began at the school bus stop. A man named Chris pedaled past me. Something happened, something awful. Boom, boom, boom. What was that? I felt a drum pounding inside me, but I ignored the beating. And eventually, it went away. For two weeks my life resumed its mundane routine.

On the third week Chris, "the coolest of the cool" waved "hello" as he drove past me. Boom, boom, boom. It happened again, but this time the drummer and his tom-tom continued the playing for a week.

Then, for three years I heard nothing from my musician. And time passes quickly for ants. Suddenly, I was 18.

I do not know why. Maybe because I was 18, or maybe because I wanted to hear the

drummer within me, for whatever reason, I phoned the man, Chris, and begged for a date. More important, he accepted for Sunday night. It was after church when Chris and I strolled along the beach and "things" were fine. Then I felt someone's touch. It was Chris caressing my hand, one I never knew I had.

"What's wrong Dorothy?"

"I don't know Chris. I keep hearing this thump, thump, thump."

"You mean your heartbeat?"

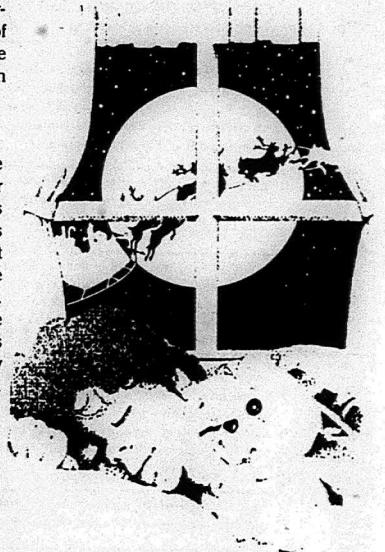
"Yeah, I guess so."

I attempted to disguise my surprise. What was happening to me? Ants have no hands, and certainly no heart. Maybe I was dreaming. Or could it be that I was changing? But why? I did not want to. For I feared

the horrible thing that I might become. But after a year I became accustomed to hearing my heartbeat, and accepted that part of me was not the same. Again things were fine, until four months before my 20th birthday.

It was about two weeks before Christmas. Holidays are a sad time for ants. We get no gifts. But this holiday was different, I had Chris, and for me, that was enough. Or, at least, I thought it was. But something happened. One week before Christmas an alien being possessed Chris. (I say an alien because I know of no one else that would tell me such a thing!) Chris grabbed my hands, planted a kiss on my lips, and said "Dorothy, I love you. Marry me."

"Marry me" must be magic words like "abracadabra". Why, what else would convert a meaningless ant into a desirable human?



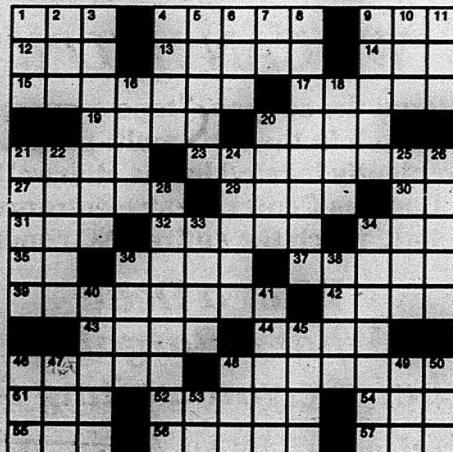
The Weekly Crossword Puzzle

ACROSS

- 1 Opening
4 Slumber
9 Solemn promise
12 Ventilate
13 Kind of beer
14 Retirement-plan
15 Delaying
17 Spanish pots
19 Doom
20 Bad
21 Twirl
23 Russian tea
27 Liquid measure
29 Same as
30 Italy: abbr.
31 Abstract being
32 Choice part
34 Resort
35 Latin
36 Danish measure
37 Guide
39 Channels
42 Organs of
43 River islands
44 Fruit
46 Middle East
48 Flying insect
51 Sum up
52 Small bottles
54 Born
55 Dance step
56 Roman official
57 Female: colloq.
61 Narrow opening
62 Paths
63 Urge on
64 College degree:
abbr.

DOWN

- 1 Aeriform fluid
2 Be ill
3 Gains



- 8 Incites to anger
9 Pretentious
10 Anglo-Saxon
11 Existed
12 Diminish
13 Animated
14 Send forth
15 Slumber
16 One of
17 Columbus's
18 ships
19 Place in line
20 More mature
21 Asterisks
22 Pertinent
23 Limbs
24 Scorching
25 A continent
26 Athletic group
27 Smoothies
28 Short period
29 Gaelic
30 Weaken
31 Mountain on
32 Crete
33 Siamese native
34 Beverage
35 Lamprey
36 Cyprinoid fish

BUSCH GARDENS • THE OLD COUNTRY

AUDITIONS '89

The Stars Are Out All Day!

★ America's premier theme park in Williamsburg, Va. is conducting auditions for over 250 singers, dancers, musicians, variety artists, actors, technicians, and supervisors. You could be part of the magic that truly makes Busch Gardens an entertainment "experience." So get your act together and 'shine' at our 1989 auditions.

Auditions: 1 to 1½ mins. For additional information call 1-800-253-3302.

Audition Date:
**WILLIAMSBURG
VIRGINIA**

Sunday
December 11, 1988

12:00 - 5:00 p.m.
Busch Gardens
Festhaus
Rehearsal Hall

**BUSCH
GARDENS**
THE OLD COUNTRY
WILLIAMSBURG, VA.



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Tape-A-Quarter Classifieds

Welcome aboard new AKPsi brothers: Heather, Missy, Paula, Kim, Wanda, Steve, Wendy, Barbara, Robert, David, Chip, Miriam, Cathy, Marlene, Liz, Bernie and Janice. Congratulations - we knew you could do it!!

FOR SALE: '86 Honda Prelude, Black, 86K highway miles, service records available, \$10,500. Call 881-9487.

Impossible to get paid for summer fun and sun? Based on prior experience and dependability, you can earn up to \$4.75 an hour as a lifeguard. Unique new program offers more money and great locations to choose from. Call 877-0890 for more details.

To Joe Nuesslein: Try taking your own advice and find a new day job besides trying to be a writer. May be a course in fairness is in order.

As I search for one small smile among the distant faces, I come upon one with which I can relate. The thinness of her body and fake mask only reveals her inner self to me. How can I let you know I "care" and have been where you are today? A simple hug, a kiss good-bye, or even an exchanged smile doesn't calm my deepest fears. I open my heart in hopes of love...The distant face becoming a beautiful smile and the thin, over-worked body - a healthy figure is my dream. For today, I have searched and found - now I shall "work, help, and achieve love" without limits! Please remember I truly care about you! STAR

To Joe Nuesslein: Try journalism school and maybe a common sense lesson in constructive criticism.

To: SCOTT CRAIG - Dimples, D-Day, Slash, Snooter, & M.K. Love Belinda too!! LOVE, SIGMA PI BROTHERS

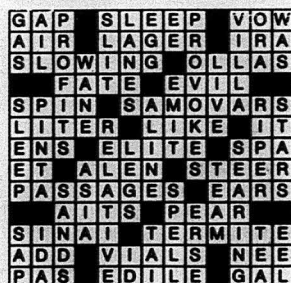
SWEETHEART - You brighten each day and fill my life with great happiness. Everytime we are together, it just convinces me more...It's the chance I've got to take!! No matter what happens. HAPPY AND HONEST

My goodness! It looks like somebody has a personal vendetta. This will now be my Final Review of your work Joe Nuesslein! *Glass Menagerie* was something for CNC to be proud of.

ATTENTION: If you enjoy playing golf or would just like to learn, then please attend the first organizational meeting of the Golf Club (Yes, the pun is intended)! The meeting will be held on Sunday, Dec. 11 at 6 p.m. in CC-228. Refreshments will be served.

HAPPY BIRTHDAY BOBBY HAYWOOD!! (from CAB)

The Solution



How much do you want for your used books? Set your price!! Come see Alpha Kappa Psi in the CC Breezeway Dec. 14-16; 11-1 and Dec. 15; 6:30-7:30 p.m.

A fabulous feast and a spectacular speech! The MSA is proud to host our second annual banquet with guest speaker Ms. Carolyn Moss. Mark your calendar now to set aside Jan. 16, 1989, to join us in Christopher's at 6:30 p.m. See an MSA representative for ticket information or come to any meeting each Tuesday at 12:15 in CC-233. Happy Holidays!!

We provide the space and people to sell your books. AKPsi will be in the CC Breezeway Dec. 14-16; 11-1 and Dec. 15; 6:30-7:30 p.m. Books taken on consignment for next spring. You decide your price!

ALPINE LODGE. Completely and attractively furnished rooming house limited to and designed for female college students. One mile from CNC. Semi-private rooms available now; reservations for Spring semester taken. \$150 per month plus \$50 utility/maintenance fee. Washer, dryer, color TV with cable, completely equipped kitchen with microwave, major house cleaning provided. Non-smokers only. No pets. Contact Ron Mollick, Biology Dept. (594-7123), or Beth Mollick (599-2702); evenings and weekends call 595-5074.

On-campus travel representative or organizations needed to promote SPRING BREAK TRIP to Florida. Earn money, free trips, and valuable work experience. Call INER-Campus Programs. 1-800-433-7747.

Hey Shug! I've got a song for you - Da-da-da-da, da, da, da, da, da, da, da. Fill in your own words if you like!! I love you - EENER

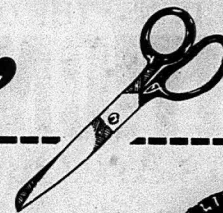
"TAPE-A-QUARTER" Classifieds

**Are you looking for an apartment
or have something to sell?**

WE CAN HELP!!

Just fill out the coupon, "tape-a-quarter" to it,
and drop it in the LOG multi-purpose box
conveniently located by the stairwell at the
Campus Center theatre entrance.
You could reach the entire CNC community!

**What a Deal!
What A Bargain!
What are you waiting for?**



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PHONE # _____

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NUMBER OF ISSUES
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@ 25¢ per Issue

CNC Students -
Faculty - Staff
& Alumni Only!!

13
NEWS

Difficult to graduate without a language

(CPS) — It's easier than it used to be to get into college without having any foreign language credits, but most colleges now make it harder to graduate without taking a course.

In a survey of campus language requirements, the American Council on Education (ACE) has found that one in 12 colleges has increased foreign language graduation requirements during the last five years.

But less than 5 percent of the nation's community colleges, which emphasize preparing their students to get jobs, require entering students to know a foreign language. One in eight requires

that students take a foreign language before graduating.

The authors of the ACE's study, called "International Studies for Undergraduates, 1987," were encouraged to find that 75 percent of the U.S.'s four-year campuses make foreign language courses graduation requirements.

"Enrollments in foreign language classes are increasing, at a time when enrollments in general are only holding steady," said Richard Brod of the Modern Language Association (MLA), apparently unaware that scores of campuses have had to cope with surprise enrollment increases this fall.

Interest in foreign language study has had its ups and downs.

Brod explained that language requirements were more common before World War II. "There was a loosening in the 1950s and 60s. Then there was a revival."

A 1987 MLA study found more than a million students were enrolled in language courses other than English for the first time in 14 years.

Brod attributes the increase to world trade pressures. Chinese and Japanese language courses — which have obvious economic benefits to budding business

people — have enjoyed the biggest leaps in popularity. MLA figures showed 23,454 college students studying Japanese in 1986, up 45.4 percent from 16,127 students in 1983.

The number of students taking Chinese went up 28.2 percent in the same time period, from 13,178 students in 1986 to 16,891, the MLA found.

Spanish and French remained the most popular languages with high school students, the MLA report determined.

In a 1987 report, however, the Education Commission of the States found that no state requires foreign language for high school graduation.

Condoms now available in school colors

(CPS) — It's the final touch for well-dressed college student: condoms in school colors.

Students at most schools will be able to get them soon, says Nicholas Fogel, Jr., president of College Condoms, the San Diego firm that's selling the devices to selected campuses in California, Arizona, Florida, Iowa and Kansas, "if the market is there."

The condoms are sold in packets of six for a suggested retail price of \$2.99. "At USC, the packets are three red and three yellow. At the University of California, it's three blue and three yellow. For schools

with three colors it's two, two and two," Fogel explained.

Red, yellow, dark and light blue, black, green and pink condoms now are available, but students soon will be able to buy them in brown, emerald, white, "every color," Fogel promises.

The inspiration for the product came when Fogel attended a basketball game with an alum of the University of North Carolina. The friend wore Tar Heel sportswear, prompting Fogel to tease that he probably also wore a Tar Heel condom.

The idea stayed with Fogel. His first consignment of 14,000 packets went on sale four months ago. A second batch of 240,000 boxes is almost ready for the marketplace.

While some campus stores carry the product and some choose not to, Fogel says he's had "100 percent acceptance" from all the campuses he's contacted.

The school colors, Fogel claims, "have relieved the stigma of buying a condom."

(Students) don't feel like they're really buying condoms. They can joke about it."

So far, at least one outlet reports sales of the condoms are slow.

Mort Spiegel, manager of Campus Drug near Arizona State University, says, "People have to become aware that it is here. We've sold a couple, though, I think it will catch on."

Fogel says typical reactions are like those of two doctors he contacted. One

wanted to buy several packets to give as presents at his class reunion. The second doctor said, "Those are great! I can use them as stocking stuffers."

Enabler prevents addict from being cured

My boyfriend is addicted to cocaine; I've been told by others that I'm enabling him in his addiction. What is an enabler?

An enabler is a person who prevents the addicted person from suffering adverse consequences or experiencing a crisis, thus prolonging the active state of the disease through continued use of the drug.

There are various styles of enabling which are manifested in a variety of behaviors. The following are the enabling styles and an example of each behavior described by Smith and Wesson.

1. *Avoiding and shielding:* Making excuses to avoid social contact while the person is using; disposing of, hiding or destroying addicted person's paraphernalia or drug supply.

2. *Attempting to control:* Pointing out the failure of the addicted person in order to alarm him or her; threatening to hurt oneself, attempting to get user to quit.

3. *Taking over responsibilities:* Waking the user in time for work or school; doing user's chores or homework; paying user's bills and covering his/her bad checks.

4. *Rationalizing and accepting:* Believing and/or communicating that cocaine

use is safer than other drugs; providing nasal spray, Vitamin E or warm water to soothe user's sore or stuffy nasal linings.

5. *Cooperating and collaborating:* Helping the user take the cocaine; supplying the "addicted person" with "downer" drugs to "counterbalance the tension or agitation" from the cocaine use; loaning or giving money to the user for purchase of the drug.

6. *Rescuing and subverting:* Cleaning up after the addicted person's use; encouraging the user to use the drug at home to avoid outside consequences; waiting on the user "hand and foot".

The enabler practices these behaviors without an awareness of the effects in terms of the disease, seeing them as sincere efforts to help. The enabler acts out of genuine concern and a sense of self-preservation.

There are numerous enablers in the life of the addicted person. Among them are: spouse, parent, sibling, employer, friend, law enforcement official.

If you see yourself in any of the above-mentioned examples, you are practicing

enabling behavior. That is, you are not allowing your drug-addicted friend to experience the consequences of his disease which could force him to make some decisions about his drug use.

For further information about enabling or any aspect of drug use and addiction call Arlington Treatment Center, 434-7396.

What are Narcotics and what drugs are in this class?

The term Narcotic refers to Opium and Opium derivatives or synthetic substitutes. Narcotics are widely used in medicine today for relief of intense pain. Morphine and Codeine are examples of Opium derivatives by slight modification of the chemicals in Opium. Dilaudid, Heroin, Percodan Demorol (Meperidine) and Methadone are produced.

Administration routes vary, for medical purposes, one ordinarily uses the oral or intramuscular routes. But, illegally, addicts may use inhalation, smoking, "skin popping" (subcutaneously), "main-

lining" (intravenously), or the oral route.

Use of Heroin creates a "sort of fantasy dreamy state, a feeling that all worries of the world are far away and that one has no problems. Users like to be left alone to pleasantly nod off". This feeling of Euphoria is described as being so wonderful that users continue trying to achieve that "initial rush" again. What actually happens is: Tolerance increases creating the physiological need to increase dosage yet the desired effect is never replicated. You have rapid progression of the addictive disease. Sixty percent of Heroin related deaths are overdose, 24 percent are infections and 15 percent are associated with violence.

The good news is: a great deal more is known about addiction today. A safe and comfortable withdrawal is the goal during the detoxification period and skills are taught to recovering addicts so that they, if they follow directions, can lead a happy healthy, "clean and sober" life.

Please, call or write us at Arlington Treatment Center with any questions or concerns.

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Rehearsing "the don'ts" ends in failure

Editor's note: This is the last 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 Pain Relief Guide, write to Nuprin, P.O. Box 14160, Baltimore, MD 21268.

by Robert J. Kriegel, Ph.D.

"Don't get nervous," "Don't say this," "Don't look at that..." "Don't think about..." People often defeat themselves

before they go into a pressure situation by thinking about what they don't want to do.

Thinking about what you don't want to do can actually make it happen. It's like the golfer at the water hole. As she prepares to swing, she thinks, "Don't hit it in the water." Where does it always go? Plunk — like radar — into the middle of the water.

Let me explain why that happens. The mind is an incredibly powerful tool. Research shows that when you picture something in your mind the same pathways of your nervous system are being excited as they would be if you were really doing that activity. The body can't distinguish between an actual experience and a very clearly held picture in the mind.

Thinking about "the don'ts" is actually rehearsing failure. It also causes enormous stress, and stress has become the plague of college campuses. 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.

To overcome the don'ts, think about what you do want to do, rather than what you don't. In a pressure situation, visualize a win. How would it look? What would you be doing? How would you be feeling? Imagine it as clearly as possible.

There have been many experiments indicating positive effects of visualization. One study involved three groups of students shooting basketball foul shots. One group physically practiced foul shots for 30 minutes a day. The second group did nothing. The third group visualized themselves shooting foul shots for 20 minutes a day.

At the end of 20 days, the group that actually practiced every day improved 24 percent. The group that did nothing showed no improvement. The group that only visualized themselves shooting fouls improved 23 percent.

Jack Nicklaus, one of the greatest golfers ever, attributes 10 percent of his success to his setup, 40 percent to his stance and 50 percent to the mental imagery he does before he takes each stroke.

Picturing what you do rather than what you don't want to have happen works for more than sports. It is effective for increasing confidence and preparing for any type of situation, mental or physical. Time, Inc. Chairman Dick Munro told me that as part of his preparation for an important speech he imagines the whole environment. "I will see it in my mind, what it looks like, who will be there, how they will be seated." Then he "sees" how he will come across, how he will look, what he will be saying and the positive result.

Many peak performers that I have interviewed in business, politics, medicine, law, the arts as well as in school use mental imagery to prepare for pressure situations. You can too.

Drinking problems increasing

(CPS) — Student drinking problems seem to be getting worse, despite tough new anti-alcohol measures adopted on many campuses, college student affairs administrators from around the country say.

About 35 percent of the administrators at 330 campuses nationwide said they now deal with more alcohol-related problems than in the past, the College Alcohol Survey conducted by two professors found.

The survey, taken every three years by Prof. Angelo Gadaletto of West Chester University in Pennsylvania and Prof. David S. Anderson of George Mason University in Virginia, also found that almost seven of 10 campuses now have some sort of "new-student orientation" program about alcohol abuse. In 1979, none did.

Only about eight percent of the campuses allowed campus groups to advertise drinking as the primary focus of an event, down from 49 percent in 1979.

Nevertheless, 48 percent of the administrators reported dealing with more cases of students "drinking in uncontrolled situations," and 38 percent observed increases in "abusive drinking" at their schools. Fifty-eight percent had more cases in which students had used fake identifications to buy alcohol before they were 21 years of age.

Being only 45 minutes shy of turning 21, moreover, might qualify as a problem.

Police, for instance, arrested University of New Haven junior Michael Luetjen at 11:15 p.m. Nov. 5 as he drank at a restaurant just 45 minutes before he celebrated his 21st birthday.

Luetjen was arrested when police were making a routine check of the restaurant. "It's like being in the wrong place at the wrong time," Luetjen said the next day. "I told them, 'I'm going to be 21 in a few minutes.' But I guess 45 minutes is 45 minutes in the eyes of the law."



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Strong exhibition of Student Art in show

CNC ART '88

Awards

This semester's juried art exhibition of current student work has been hung in the main corridor and in the front foyer case of the John Smith Library. The exhibition includes drawings, paintings done in various media, constructions, collages, prints, weaving as well as three-dimensional works of

ceramics, sculpture, and copper enamel. Awards have been provided by local frame shops and art supply centers.

Many works are for sale at reasonable prices. According to Professor Betty Anglin, "This is one of our strongest exhibitions of student work." I concur. You may want to give yourself an early Christmas present.

\$100 GC Eden Gallery
Jeff Stockberger
"Cowboy"

\$100 GC The Frame Shop & Gallery
Vanessa F. Sykes
"Pace 1.0"

\$35 GC Hang It Up
Kyoko Watanabe
Untitled

\$25 GC Hilton Village
Susan Stapleton McLaurin
Untitled

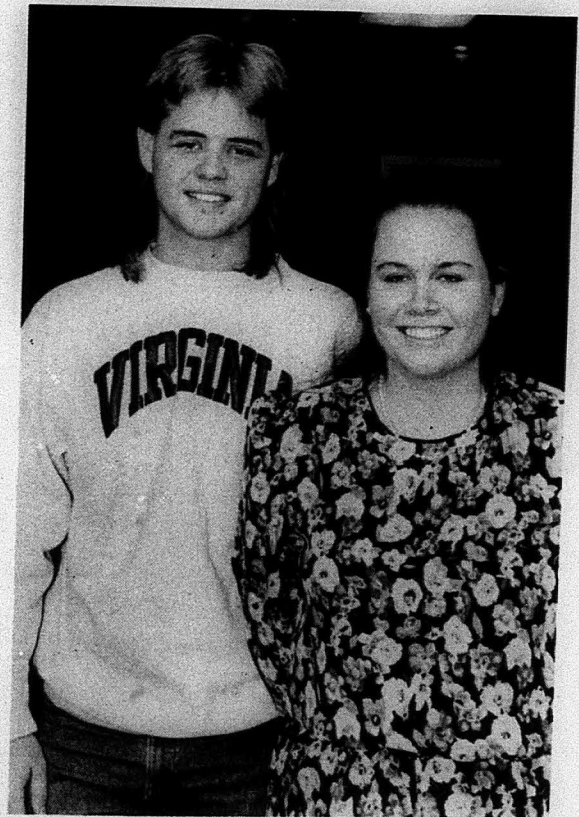
\$10 GC Billana's
Alan Hilliard
Untitled

Portrait from O'Neal's
Tish Johnson
"Storage Vessel"



by Alan Hilliard, photo editor

Betty Anglin discusses the show with visitors.



by Alan Hilliard, photo editor

Jeff Stockberger and Dawn Sokol each won prizes at the art exhibition.

\$50 GC The Framery
Stephanie Edmonds
Untitled

\$50 GC Eleys
Dawn Evans Sokol
"The Answer"

\$25 GC Goodman Hardware Co.
Nancy Kaiser
"For Imelda"

\$25 GC Eleys
Karen Markley
Untitled

Supplies from Paul's
Gay Womack
Untitled

\$18.
\$8.
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WHAT'S HAPPENING

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
December 4		December 5		December 6		December 7		December 8		December 9		December 10	
Volleyball practice small gym 7-9 p.m.		BSU meeting CC-156 12-1 p.m.		Karate club small gym 7:30-9 p.m.		CAB - Jonathon Solomon Christopher's 12-1 p.m.		Karate club small gym 7-9 p.m.		International Club Christmas party Terrace 6 p.m.-midnight		Karate club small gym 2-3:30 p.m.	
Sigma Pi brothers meeting CC-233 6-8 p.m.		Sigma Pi meeting CC-156 9:30-10:30 p.m.		AMA meeting CC-156 12:15-1 p.m.		Senior portraits CC-233 9 a.m.-6 p.m.		SGA meeting CC-233 2:30-3:30 p.m.		Alpha Kappa Psi officer induction CC-156 2 p.m.			
Sigma Pi chapter meeting CC-156 7-10 p.m.		IVCF meeting CC-156 12-1:30 p.m.		IVCF meeting CC-156 7-9 p.m.		Pre-law meeting CC-214 2-4 p.m.		SGA president council CC-233 3:30-4:30 p.m.					
		Senior portraits CC-233 2-6 p.m.		MSA meeting CC-233 12:15-1 p.m.		SGA VIP cards and jewelry CC breezeway 11 a.m.-2:30 p.m.		Alpha Kappa Psi meeting CC-233 12-1 p.m.					
		SGA VIP cards and jewelry CC breezeway 10 a.m.-2 p.m.				Sociology/Social Work CC-233 12-1 p.m.							
		CAB meeting CC-156 4-5 p.m.				IVCF meeting 12-1 p.m.							
		IVCF table CC breezeway 11 a.m.-1 p.m.											
		Gamma Phi Beta formal meeting CC-214 7-10 p.m.											
December 11		December 12		December 13		December 14		December 15		December 16		December 17	
Volleyball practice small gym 7-9 p.m.		Exams - Good Luck! Gamma Phi Beta formal meeting CC-233 7-10 p.m.		Exams Alpha Kappa Psi book sale CC-Breezeway 11 a.m.-2 p.m.		Exams Alpha Kappa Psi book sale CC-Breezeway 11 a.m.-2 p.m.		Exams Alpha Kappa Psi book sale CC-Breezeway 11 a.m.-2 p.m.		Exams		Karate club small gym 2-3:30 p.m.	