

CAPTAIN'S LOG

Newport News, Virginia
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Inside

NEWS: Cruelty to animals a big issue on campus. For details, see Page 6.

Exercise a must during winter months. Find out why on Page 7.

OP/ED: *Opinions Editor receives letter about last week's article on sex. See Page 2.*

Find out if you have a drinking problem. Answer the questionnaire on Page 4.

SPORTS: The SPORTS page has moved again. To find out what's happening in CNC's sportsworld, see Page 5.

ETC: Student Orientation Leaders are back. For details, see Page 8.

The Ultraviolet will be here Fri. For an interview with and picture of the band, see Page 10.

ADVERTISEMENT: For all you females that don't like the Forum ad, look at Page 5. This one's for you.

Student's knowledge not blind

by Kathleen Anne Dickens
staff writer

Slender, capable fingers ripple across the piano keys – lovely music fills the room. He has never seen the instrument he plays so well. To tell him the keys are a shiny black and white, the wood a burnished oak means nothing to him as he cannot conceive the idea of colors. Chris Buchanan is 'blind' and has been since birth. Yet, while in his company, his lack of sight doesn't come across as the major focal point of his life, but more like a minor inconvenience!

Chris is becoming a familiar sight at CNC as he slowly makes his way to class with the aid of a cane. Sometimes he has assistance, but usually he is on his own – he strives for independence.

As a young child, Chris attended a school for the blind in Hampton. At that time, public schools were not equipped to deal with handicapped children. Today, if at all possible, these children are mainstreamed into the public schools to help them learn to function in a sighted environment. As Chris became adept at braille and the use of a braille writer, his need for special education diminished. Chris graduated from Denbigh High School and has attended two years at Thomas Nelson Community College.

While still young, Chris began to exhibit traits known as "blindisms" – the uncontrolled head and body movements seen in some blind people. Chris' mother knew these actions would not be socially acceptable, so she constantly worked with him to break the pattern. Today, Chris contributes a lot of his strength and independence to his mother who wouldn't let him quit trying.

This is Chris' first year at CNC and he thinks he wants to major in psychology.

He has contemplated the idea of counseling adolescents as he remembers his own rebellious youth and wants to help teens through these times. Chris tapes his lectures and then transfers the recording onto paper with the use of a braille writer. This is similar to a typewriter with only six keys as all braille is composed of a series of dots. Chris also has his texts on tape which he receives, free of charge, from the Recordings for the Blind in New Jersey.

For some reason that Chris hasn't yet determined, people tend to talk about him as though he is not only blind, but deaf too. Actually, he has an excellent ear as a trained musician. Every weekend he entertains with his musical talent in the lounge of the Holiday Inn 1776 playing the piano, keyboard or guitar.

Chris feels that people may be hesitant to approach him as people are often afraid of what they don't understand. He wants potential friends to know that he is not easy to offend – just talk to him like you would anyone else. What he doesn't want is to come across to anyone as POOR CHRIS! He has a full life with the same joys and struggles that we all face. The only aspect of being blind that really bothers him is not being able to drive a car. Transportation to class and activities is sometimes a problem for him as he has to depend on others.

Asked if there was something he'd like to say in closing to the CNC faculty and students, Chris grinned and responded with a resounding "I'll see you next semester!"

There was a time when Janet Forbes could see sunsets and autumn leaves. However, two years ago her life was altered drastically in an accident that left her blind. The accident changed her goals, but not her determination to succeed. Today, carrying a full load at CNC, Janet is

solid about her desire to become a rehabilitation counselor. She wants to help others like she was helped.

Because she once had vision, Janet can still write notes in class with the aid of a writing guide which keeps her words straight on the paper. Then, with the assistance of Ron Robey, a reader for the blind, her notes are transferred to a tape which she uses for studying. Robey also accompanies Janet to class for tests which he reads aloud to her and then records her answers.

Janet, like Chris, feels that people may be timid about speaking to her because they feel uncomfortable with her blindness. However, she attempts to make the people in her presence feel as though they can speak to her as they would any other woman. Janet has been deeply appreciative of the helpful staff and students of CNC who have contributed to her ease in adjusting to college as a blind student.

With determination in her voice, Janet states her goal to eventually make some changes and improvements in the system that deals with the handicapped. She knows it will take a lot of work and effort on her part yet, she willingly faces the challenge.

Neither Janet nor Chris want or need your sympathy. They both know that there are many cliffs in life they will be forced to face alone, yet, they plunge on. Do yourself a favor and get to know these fine examples of humankind – Janet will inspire you with her determination; Chris will touch you with his music.



Chris Buchanan, Ron Robey, a reader for the blind, and Janet Forbes are enjoying their classes at CNC.



VIEWPOINTS



Condoms are not answer Virgins still virgins, others on their own

Dear Tom,

I suppose you have done your job by throwing out some offensive/titilating/humorous bait to hopefully hook a few victims into responding. These victims are most likely the very same people that tune into Geraldo when he says, "Lesbian lovers have homosexual dog? You decide - 4:00 Monday!" or when the cover of the "Inquirer" screams, "Two headed alien baby says Elvis is father!" and they buy it.

Does this mean I bought it? No, this means, I, being the magnanimous person that I am will instruct you in the error of your ways.

Your mistake was that you did not carry the analogy, of the penis wearing the condom being like the robber with a stocking over his face, far enough. According to Webster's Ninth, to be a robber and hence forth to rob, is "to take the contents of a receptacle". The stocking robber, again, is compared to the condom penis, therefore the receptacle symbolizes the vagina.

Have you not taken your distribution requirements yet for science? If not, I strongly recommend BIO 101-102 and Labs. In this course you will learn that to be a virgin, a person having a vagina must have the contents of her receptacle in place in order to qualify. Your biology textbook will refer to these contents as a hymen.

Therefore, if the contents of the receptacle are missing, it does not matter if the receptacle has eyes to see the robber or

not. Seeing is not the issue, nor is it physically possible for a vagina to acquire vision (except for an "Inquirer" article).

Does this put the condomed penis in the clear because it has no missing contents to use as convincing evidence? Does this mean all condomed penis' are virgins? No, no, no. The robber must penetrate the receptacle in order for the contents to be removed. Now we can positively say that the condomed penis (stocking robber) had to make penetration into the vagina (receptacle loosing contents) and therefore heterosexual intercourse has taken place leaving no virgins as a result.

As for the careless statement, "the vagina doesn't know there is a man out there," unless Tom is a nickname for Thomasina, you would not have any personal experience to share as evidence, would you? Or is this to be taken as the idea of a robber who, lost in a circus tent, never made it to the bank vault or receptacle and so no alarms were activated?

By the way, have you mentioned your fetish for battery operated devices to your therapist? This is the second article I have read that you have referred to them, and these delusions of grandeur in comparisons to Galileo? Have you considered the help available on the first floor of Wingfield?

I hope you are now on the right track and feeling enlightened. I am looking forward to your next meaningful-mindlessness article with baited breath.

L.D.S.

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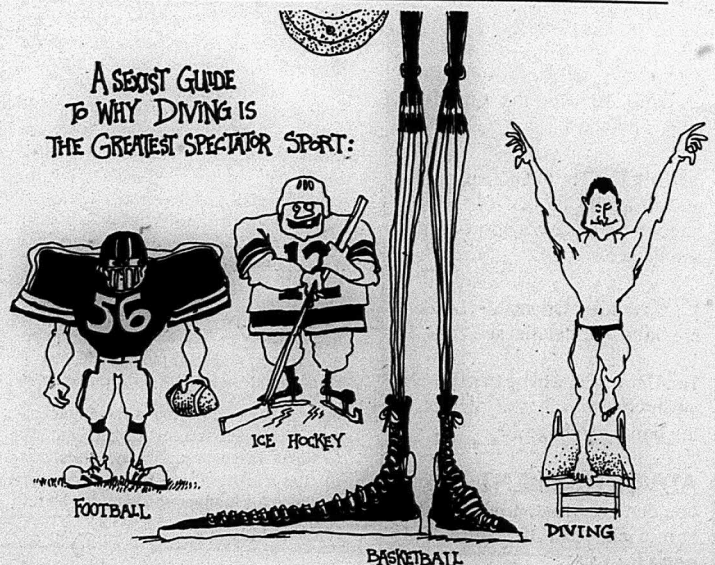
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Sign with 328 8

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OP/ED

How do you feel about gang bathrooms in dorms?



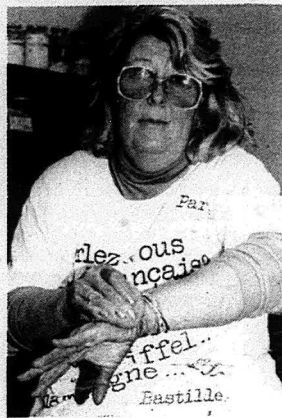
Lynette Gum
Senior
Accounting Major

No. There's no privacy and there would be a risk of security.



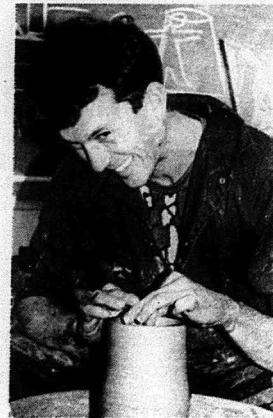
Terry Brown
Senior
Accounting Major

No. My mother would kill me...especially if they were co-ed!



Carol Dear
Art Student

I guess it would work in high crime areas... because there is safety in numbers.



Tony Shiver
Art Professor

It seems to me that this college has an overly conservative attitude...I don't have a problem with it but some people might.



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Fri. Nov. 11 from 10am-4pm
in the small gym.

Does anyone think before they write?

by Tom Gibson
opinions editor

Everyone who can write usually takes the skill for granted.

For instance, how many times do you say this to yourself: "Gee, I'm really lucky I learned how to write." And then sit back and recall all the moments of enjoyment you had which involved writing? Not very often I'd guess.

Tell you what, let's do it now.

Sit back, get comfortable. Close your eyes if you like, but keep in mind that reading this would be more complicated than need be. Kick off your shoes, smoke 'em if you've got 'em - whatever makes you the most comfortable. And let's think:

For many of us classified as students, most writing occurs in some sort of learning environment as notes, quizzes and tests. But these are probably not the most pleasurable moments for many and usually lead to one of the reasons some quit school.

But what about the pleasant side of writing? What about the notes written in class? Not the ones from a lecture, but ones written to a friend across the room. You know, the ones with messages such as: "You're fine," "Party tonight," "Stop your grinning and drop your linen." You get the idea.

And while you're in the classroom, how many write on the desks? This is popular among a select group of people and typically turns out messages such as:

"Biology sucks," "Algebra sucks," "Jana sucks." Then, of course, there are the various rock group names from Metallica to Guns 'n Roses to AC/DC. Once in a while a Willie Nelson appears, but not often.

And how about writing answers to tests on desks. Or for that matter, even cheat sheets. However, these are usually last resort methods for desperate students.

And then, while you're still in the learning environment, you must at least venture into the restrooms once. And on the subject of restrooms, what about that name? It doesn't make any sense since the only place to rest are those porcelain seats, and you can't rest on them because there's a

hole in the middle that makes rest an uncomfortable experience.

But anyway, while you're in there, you might happen to take a pen and write on the walls. You know the messages: "For a good time call..." or "Pay attention! Stop looking up here."

None of these fun-filled writing experiences could have taken place without the use of handwriting - a truly important tool for mankind.

So whenever you take out that pen or pencil to write your message, think how lucky you are that your able to do it. But always look over your shoulder to make sure you don't get caught.

Alcoholism: How to know if you are risking a serious illness

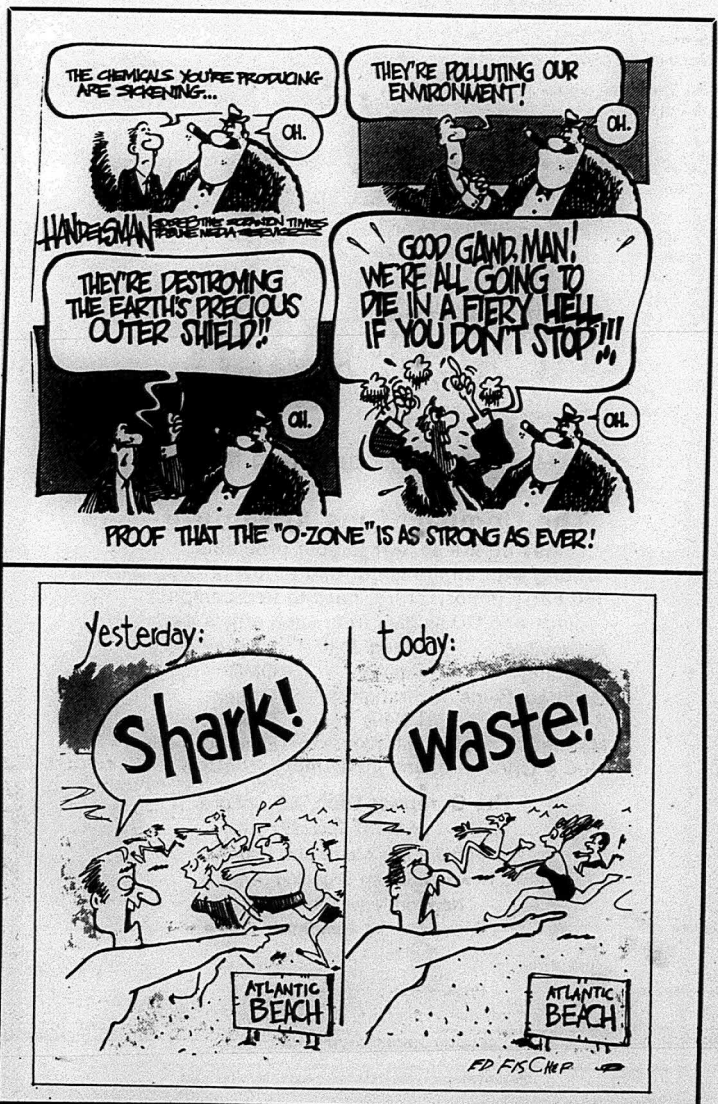
by Linda Deola, R.N.

To help the problem drinker accept the fact that he has a problem (the first step in recovery from any illness), the National Council of Alcoholism has developed these questions. If you drink alcoholic beverages to any extent at all - why not take the test right now?

1. Have you noticed that you are able to handle more liquor than you did when you were first drinking?
2. Did you ever wake up on the "morning after" and discover that you could not remember part of the evening before, even though your friends tell you you did not "pass out"?
3. When drinking with other people, do you try to have a few extra drinks when others will not know it?
4. Have you noticed recently that when you begin drinking you are in more of a hurry to get the first drink than you used to be?
5. Do you sometimes feel a little guilty about your drinking?
6. Are you secretly irritated when your family or friends discuss your drinking?
7. Have you noticed recently an increase in the frequency of your memory "blackouts"?
8. Do you often find that you wish to continue drinking after your friends say they have had enough?
9. When you are sober, do you often regret things you have done or said while drinking?
10. Have you tried switching brands or following different plans for controlling drinking?
11. Have you often failed to keep the promises you have made to yourself about controlling or cutting down on your drinking?
12. Have you ever tried to control your drinking by making a change in jobs, or moving to a new location?
13. Do you try to avoid family or close friends while you are drinking?
14. Do you eat very little or irregularly when you are drinking?
15. Do you sometimes have the "shakes" in the morning and find that it helps to have a little drink?
16. Have you noticed recently that you cannot drink as much as you once did?
17. Do you sometimes stay drunk for several days at a time?
18. Sometimes after periods of drinking, do you see or hear things that aren't there?
19. Do you get terribly frightened after you have been drinking heavily?

If you answered YES to any one of the questions, there is a definite warning that you may be an alcoholic. If you have answered YES to any two, the chances are that you are an alcoholic. If you have answered YES to three or more, you are definitely an alcoholic.

Use this same test for drug addiction!



BIO: Coach Cathy Parson



Coach Parson joined on at CNC early this semester; with numerous credits to her name, she is a great asset to the coaching staff.

NAME: Coach Cathy Parson
SPORT: Women's Basketball

BACKGROUND: Parson was appointed Assistant Athletic Director and Head Women's Basketball Coach early this semester.

Parson is a native of Hagerstown, Maryland, and attended West Virginia University, where she set several records during her years there. Parson was the only female to score over 2,000 points, finishing with 2,128. She set WVU records of most points per game (35), most 20 point games (46), and most double figure

games (108). Parson earned Honorable Mention All-American honors in both her junior and senior years, was First Team All-Atlantic 10 and All-East, and was team MVP for three years.

In 1984, Parson joined the Women's American Basketball Association and played for the Virginia Waves. In 1985, she was one of 18 women invited to try out for the first woman's position on the Halem Globetrotter. Three weeks after that try out, she joined with Providence College as the Assistant Women's Basketball Coach. Parson came to CNC from Providence College.

Captains sports world

Soccer bombs final

The CNC soccer team brought its season to a close with an unusually bad performance. The team lost to Mount Saint Mary's, 7-2.

With only 30 minutes to go, the team was trailing, 3-2. A penalty kick and three goals, sealed the ugly defeat.

Volleyball loses

The Lady Captains volleyball team lost in the first round of the DIAC Championship Tournament. CNC lost to Ferrum, 15-9, 15-7, 15-12. The team finished 9-20, a great improvement over last year's 1-35 record.

Sailing takes 5th

The CNC sailing team placed fifth out of 16 teams at the War Memorial Regatta. CNC was second on Saturday, but a tough day of competition on Sunday dropped the team to fifth.

Intramural tennis

The Intramural Tennis Tournament ended the past weekend.

From a field of 15, Dr. Cummings and Dr. Hoaglund competed in the finals. Dr. Hoaglund won 6-7 (5-2), 6-3, 6-4.

AD wins tournament

On Sat., Nov. 5 the Intramural Department held its annual golf tournament at Deer Run Golf Course in Newport News.

The winner in the low gross class was C. J. Woollum with a 72.

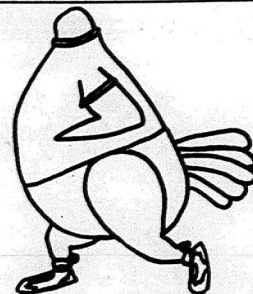
The handicap winner was David Scheiderer and two people received honorable mentions.

Turkey Trot soon

The annual Turkey Trot is just around the corner. The "trot" will be a two-mile run/jog/walk around the campus Tuesday, Nov. 22 at 3:30 p.m.

There are four age categories for men and women. The categories are 19 and under, 20-29, 30-39, and 40 and over. All winners will have a turkey donated in their names to a needy family in our community.

Anyone interested can sign up outside the Intramurals Office located in the Ratcliffe Gymnasium. Sign-ups can also be made 30 minutes before the start of the "trot".



For more information, contact G. W. Dameron at 594-7054.

This week in sports

Thursday, Nov. 10 Cross Country (A) Regionals

Friday, Nov. 11 Sailing (A) Singlehanded Nationals

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VA animal lovers not opposed to science

by Joe Nuesslein
staff writer

Although the anti-vivisectionist movement has been considered, by some, to be a bleeding heart issue and not to be taken

seriously, many will argue that it is mankind's right to defend animals from people who will do them harm. Kathy Henderson,

a senior at CNC, majoring in Management and Marketing, is just one who is getting involved to keep animals from being

treated cruelly. She became involved about two months ago when she took her dog to the veterinarian and saw a card

there for Virginians Against Cruelty to Animals. Kathy was always interested in

the rights of animals, but she was scared to do anything about it. She felt the farther she detached herself from the issue, she

wouldn't get hurt. Later, she realized that this line of thinking was wrong and joined the group.

Virginians Against Cruelty to Animals recently had a booth set up at CNC and Henderson volunteered her time to inform people about the acts being committed

against animals. She was upset at the comments being made by some people.

They would ask me, "if I felt so strongly about the cruelty to animals, why was I wearing makeup? They felt I shouldn't be at the booth because some animals are experimented on so scientists can see the

reaction of different skin agents on humans."

Kathie is not against using animals for research, she feels that some animal

research is necessary, such as cancer research. Her main objections to animal

experimentation are experiments that serve no useful purpose. Such as putting

two heads on a German shepherd to see how long it would live. This was done by

Dr. Beddow Bailey at the State University of Ghent in Belgium.

Rebecca Madden, director of Virginians Against Cruelty to Animals says, "A lot of

people perceive the animal rights movement as being against science. We're not,

we realize that certain areas of animal based research will go on. What we

demand is an end to the incredible amount of superfluous and redundant experimentation, which is conducted primarily to attract federal grant money

currently being doled out at the rate of five billion dollars a year." Experts say that the

Animal Welfare Act does not legislate what can or can not be done to these

animals during actual research. Animals may be legally burned, frozen, shocked,

blinded, psychologically traumatized, injected with deadly viruses, starved,

beaten, irradiated, and operated on repeatedly without the benefit of anesthesia or pain killers.

DAN QUAYLE'S FIRST DAY AS PRESIDENT



Don't be a couch potato this winter

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

Dear Readers: Brr-rr-rr...Across much of the country, it's getting colder outside. And at the first hint of winter, nippy temperatures, falling snow, at least half of the regular exercisers pack it in for the season. That's too bad because fitness is not a warm-weather sport. If you don't do something to keep up the level of fitness you've achieved over the spring and summer, you'll lose it in about six weeks. That's called deconditioning. If you want to stay fit all year round, you have to keep working at it all year round.

What should you do? That's up to you. You've got to find regular, rhythmical activities you enjoy or you won't keep up on your regimen. Here are some alternatives to think about:

JOIN A CLUB. For indoor exercise, it's hard to beat the facilities of a good health club, "Y" or neighborhood gym. The drawback may be the cost, but in some cities

there are so many clubs competing for your membership that you can get some

nice three- to six-month "introductory deals." Sometimes it's worth going directly to the club of your choice and checking out the bulletin board to see if anyone is selling off part of a membership. Keep in mind that joining a decent, no-frills health club is not an idle luxury. It's an investment in your fitness future. It will help you keep up your fitness level all year round. Think creatively about ways to work it into your budget.

BUY A BIKE. Pedaling a stationary bike is a great way to keep fit during the winter. Don't buy a cheap one. It will wobble and

give you a lousy ride. Invest in a solid, sturdy model with smooth, front-wheel action and adjustable tension control. Test drive the bike before you buy and when you get it home, choose a location carefully. Some people buy an exercise bike, then stick it in the basement next to the boiler and can't understand why they

never ride. When you do ride, adjust the bike to your body size and keep pedaling for 30 minutes, even if that means keeping the bike at the easiest tension. Gradually increase the tension, but don't leave yourself breathless. To fight boredom, watch TV, listen to tapes, or read a book.

ROW, ROW, ROW YOUR MACHINE. Rowing machines are good for your whole body. Not only will they increase cardiovascular fitness and endurance, they also build arm, back and leg strength. Invest in one that feels stable and comfortable. Drink a couple of glasses of water before you begin, rowing can really dry you out! Remember to keep breathing, too, while you row; exhale as you exert yourself, inhale as you return to the starting position.

POOL YOUR RESOURCES AND SHARE A GYM. If you live in an apartment building or if you're friendly with other families on your block, you might look into pooling your money this winter and buying some home gym equipment you can all share.

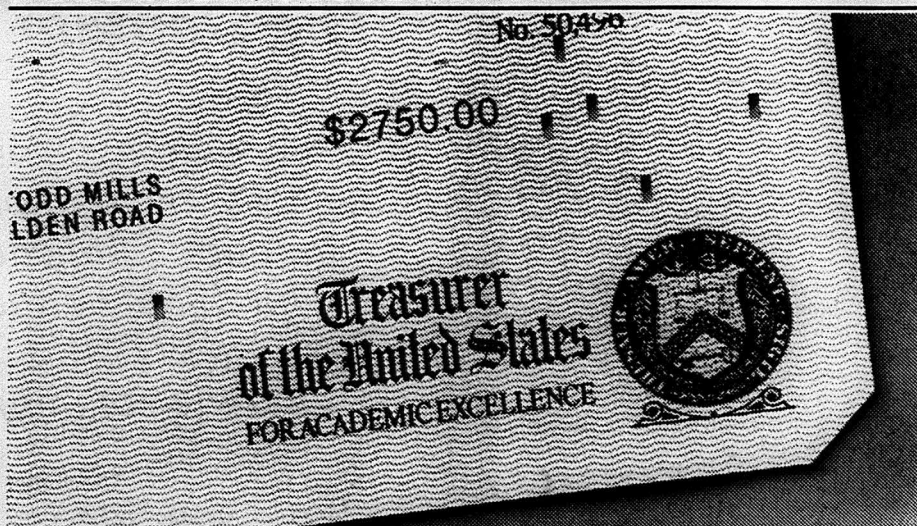
You've heard of block barbecues, why not block workouts? Get together and talk about your needs. An exercycle, a slant board (for sit ups), a multistation weight machine, and a weight bench (with free

weights) can turn an unused basement or party room into a marvelous mini home gym you all can enjoy.

GET INTO WINTERTIME WALKING. Cold weather is really no reason to come indoors to exercise. What about walking, one of nature's most perfect sports? We're not talking about mall-strolling or 5-minute excursions across the parking lot to the train, but 30- to 60-minute walking workouts that will get your heart pumping, your feet moving and improve your overall health and body tone. The trick, in winter, is to dress in layers and wear a hat. You may feel cold for the first few minutes, but relax and keep going and you'll feel toasty warm before you know it.

For those who prefer a bit more excitement, pick an outdoor sport you enjoy doing.

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Many performers featured at CNC Music Festival

by Ann Catherine Braxton
contributing writer

The CNC Music Department continues to celebrate American Music Week through Sun., Nov. 13. The festival began Mon., Nov. 7 with a lecture by senior Ellen Baize entitled "Harold Chapman: The Peninsula Years."

Baize, who will receive her Bachelor of Music in Music History May 1989, has been researching the life and work of prodigious teacher/composer Harold Chapman for her Senior Research Project.

Chapman (1909-1974) was a musically gifted Midwesterner whose years in Hampton produced a wealth of children's opera, choral and orchestral arrangements, and original sonatas written specifically for the Peninsula.

Baize once participated in the Music Department's Falk Seminar, which gives gifted CNC students the chance to research and publish findings on American music history.

The Media Department of the CNC Library houses the CNC American Music Library, a

landmark of American music research containing student and professor publications.

Dr. Clyde Brockett, the Falk Professor, also advises the senior papers for the Bachelor of Music candidates. A library field trip sparked Baize's interest in Chapman.

"Dr. Brockett had shown us the library collection of the pencil and ink manuscripts of Chapman's compositions," Baize said. "They were donated by his family."

Chapman studied at the New England Conservatory of Music in Boston where he met violinist Elizabeth Crouse, the daughter of a Hampton University professor. They married, taught for a while at Fisk University, and moved to Hampton just prior to World War II.

Baize's tribute to Chapman's memory stresses the mark he left on the Peninsula as its regional composer. He wrote specifically for the people and arts organizations of Hampton-Newport News. Chapman wrote original compositions for the Peninsula Symphony and composed the orchestral arrangement for *The Common Glory*, the long popular outdoor drama of Williamsburg.

Chapman and his wife Elizabeth were also a professional team. His first publically performed work was a piano-violin sonata played by his then wife-to-be at a New England recital. Thus began their practice of her performances of his compositions. She later taught young pupils and he would advance their studies in theory and history.

"Chapman seems to have had a gift of working with children," said Baize. "He devoted the last few years of his life to children's operas."

His 1970 work, *The Pied Piper* was performed through the Peninsula Civic Opera. In 1973 the Peninsula Civic Opera staged his work, *Simple Simon*, with a cast made up mostly of children and teenagers. The libretto (set of lyrics) was even written by a Hampton Roads Academy senior.

"Mr. Chapman has left quite a legacy to those he touched," Baize concluded. "One former student, Father Chrysogamus Waddell (formerly Thomas Waddell) of Gethsemane Abbey (Kentucky) is an internationally known expert on medieval

Gregorian chants. He credits Chapman with whetting his interest in early music. The Chapmans themselves had three children, two of whom have pursued careers in the arts."

Baize, who has talked to most of Chapman's relatives and close friends, will include letters, mementoes, and photographs when her paper culminates at the year's end. The lecture is presented in Chapman's memory.

Two highly-anticipated performances by the CNC Opera Workshop will take place at 8:15 Thurs. and Sat. nights in the Anderson Auditorium (A-105). A trio of American operas performed by CNC music students, will include "A Sudsy Secret," by Dr. Gerald Muller of Montgomery College. Muller has composed this short opera especially for the CNC Music Department and it will make its world premiere tonight with an additional performance on Saturday evening. The week will conclude with a Sunday afternoon concert of acappella music by the CNC Chamber Singers. Admission to these events is free and they are open to the public.

SOL program better than ever

THEY'RE BACK - and this time they plan to orientate the socks off all incoming freshmen!! Armed with enthusiasm and a bigger and better program, they're out to

initiate and facilitate! Who are these people? They are the 1989 Student Orientation Leaders (SOLs)! Sound exciting? Then pick up an application on November 14

and participate in one of the most rewarding programs on campus.

Next summer's orientation will be bigger and better because of the advisors' participation. Advisors and orientation leaders will meet with freshmen twice a

month for the entire fall semester. The change was made in order to keep students on track and create an environment where problems can be prevented or

discussed and resolved. Along with the increased responsibilities, orientation

leaders will now receive a small stipend.

The job of a SOL is very important. Upon selection, leaders must complete a

rigorous training session which prepares them to interact personally with their

group and help them feel at ease. "Orientation is a handshake between student and institution," said Tisa Mason, Director of Student Life. After completing the training

session, leaders write letters to all their group members introducing themselves and welcoming them to CNC. This is followed by two follow-up letters that prepare students for the orientation and

college experience. Finally, the big day arrives: ORIENTATION!! Leaders meet with their groups in assigned rooms and facilitate them through the orientation process.

Is all this work worth it? Do freshmen really appreciate the guidance? Zabrina McPhatter said, "It was a nice program. The scavenger hunt and Playfair were fun

activities, because they familiarized me with the campus and gave me the opportunity to meet new people." Nick Smith

commented, "I enjoyed it a lot. It was definately worth my while to go."

Applications are available through the Office of Student Life beginning Nov. 14 and must be submitted by 4 p.m. on Dec. 2.

For further information, contact the Office of Student Life at 594-7260.

The Captain's Log

would like your
suggestions to implement
in future publications
for the betterment
of CNC
and the community.

Write your ideas down
and drop in our
box. Downstairs in the
Campus Center near
the stairwell.

Chivas Regal Syndrome: The higher cost, the better

(CPS) - In what some call the "Chivas Regal Syndrome," a lot of young people apparently believe that the more they pay for college, the better the college must be.

In a survey trying to find out how students choose which college to attend - it also was to mark National Higher Education Week, Oct 9-15 - 38 percent of the students polled agreed that "the higher the tuition costs of a college, the better the quality of education a student will receive."

College officials call the belief the

"Chivas Regal Syndrome" after the premium Scotch whisky, and have used it to explain why Ivy League and other expensive schools continue to attract so many applicants even as cheaper, academically comparable campuses can't attract enough.

Few schools would admit to raising their prices solely to lure snobs. In 1982, George Washington University did adopt a consultant's advice to raise its prices in order to draw applications from people who ordinarily would go only to more expensive schools, but provoked a spate of bad publicity in the process.

The Education Week Survey was not without inconsistencies. Asked why more young people didn't go to college, 48 percent of the students said it was because college was too expensive.

Fifty-four percent of high school juniors and seniors surveyed, however, expected to graduate from college anyway.

The poll was commissioned by the Council for Advancement and Support of Education and conducted Aug. 24 through Sept. 7 by the Gallup Organization. It was based on telephone interviews of persons aged 13-21.

It also found that 67 percent of the students thought availability of particular courses was "extremely important" when selecting a college. Forty-four percent cited a school's academic reputation and 45 percent said college expenses were crucial deciding factors.

Only 20 percent said a campus's social life or athletic reputation were "extremely important" to them.

Seventy percent also said public schools offer as good an education as private schools, and 60 percent felt two-year institutions are on a par with four-year schools.

Questionnaire reveals alcoholic tendencies

I recently answered a questionnaire on drinking habits; my score indicated that I am an alcoholic. What does this mean?

Being an alcoholic means you have the disease of alcoholism. It means that you are an abnormal drinker, you metabolize alcohol differently from normal drinkers and you react differently to alcohol than normal drinkers - you cannot safely drink alcohol.

According to the National Council on Alcoholism's (NCA) definition of alcoholism, it is a "chronic, progressive and potentially fatal disease. It is characterized by tolerance and physical dependency, pathologic organ changes, or both, all of which are the direct or indirect consequences of the alcohol ingested".

Quite simply, the definition says that alcoholism is a long-lasting (incurable)

disease that gets worse as one continues to drink and has the potential for killing you if you continue to drink.

Tolerance indicates that the brain has adapted to higher concentrations of alcohol, i.e. You need increased amounts to obtain the same effect and are able to function better with increased amounts of alcohol.

Physical dependency means that you experience uncomfortable symptoms when you decrease or stop your alcohol intake; your body depends on it to stay comfortable.

Pathologic organ change means the alcohol use may bring about changes to the major organs (and others) of your body.

The alcoholic cannot consistently predict the amount to be consumed or the duration of the drinking bout; the pattern of drinking is usually continuous but may contain periods of abstinence between drinking episodes.

In short, being an alcoholic means you have a disease that lasts forever, gets worse as you continue to drink and has definite symptoms, all a result of drinking alcohol.

The good news is that although you will always have the disease, you can arrest the disease and stop the progression once you stop drinking and begin the recovery process.

For more information on drugs and addiction call Arlington Treatment Center at 434-7396.

"Recreational" drug use

Are there different types of cocaine use or will everyone who uses this drug become addicted?

There are two types of drug users, those with addictive disease and those who are "recreational" drug users according to Dr. David E. Smith, founder of the Haight-Ashbury Free Medical Clinic in San Francisco.

Dr. Smith breaks the recreational user type down into three subtypes. We will use cocaine as our example.

1. *Experimental.* This is the person who has tried the drug once, or a few times at the most. The user had a "neutral" experience (the drug did not produce the expected "high" effect) or a negative experience, the drug effect was dysphoric) and didn't use the cocaine again.

2. *Occasional.* This is the person who uses cocaine occasionally, usually in a social setting. This type of user experiences no adverse consequences in his/her "low-level" pattern of use, rarely using

more than 1/4 gram, by intranasal means (snorting). This is the stage addicts experienced early in their "using careers".

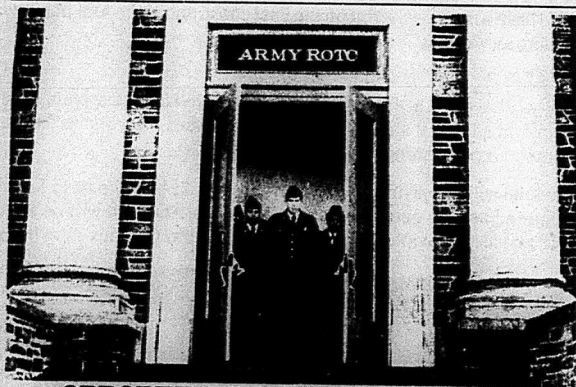
3. *Abuse.* This cocaine user may at times abuse the drug by increasing quantities (1/2-1 gram) and experimenting with other methods of use; intravenous injection and freebase smoking. This person has made a conscious decision to abuse the drug and may choose to control the use or even stop use in the event of adverse consequences.

At some point the abuser, given time, continued use and a genetic predisposition, "may progress to addictive use of the drug".

Once the abuser has crossed the line into addiction (and it is impossible to pinpoint when that occurs), there is no return to social or recreational use. The addicted person will experience craving, loss of control and continued use in spite of negative consequences. The person addicted to cocaine has a disease that he/she will have forever, will get progressively worse, and eventually die if the disease is left untreated.

For further information call Arlington Treatment Center, 434-7396 (1-800-533-1770).

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10
ETC.

Getting familiar with the Ultraviolet

Contrary to popular belief, U.V. is not a venereal disease, but the U.V. (Ultraviolet) is a Chicago-based band that plays modern rock and roll. Its members consist of Chris Schneider (lead vocals), Angelo Vancheri (drums), Bob Pucci (lead guitar), Bob Wall (base guitar), and Bob Tyrell (keyboards). In a phone interview on Oct. 26, 1988, between Chris Schneider and the Campus Activity Board's Scott Hillstrom, the following information was given about Ultraviolet and their lead singer.

- Scott: How long have you been playing?
- Chris: I've been singing for about 10 to 15 years, starting around the age of five. It started right after the British Invasion. Mom said it was like an addiction.
- Scott: So, what's the history of the band?
- Chris: Well, the nucleus of the band was Bob Pucci, Angelo Vancheri, and myself. We wanted to write different music with a different sound, something completely new. We did that for about a year. Then came Bob Wall and our latest addition, Bob Tyrell, and that made the sound of the Ultraviolet complete.
- Scott: Where have you played?
- Chris: Texas, Florida, Ohio, Tennessee, Kansas, Nebraska, and recently New York's Cat Club, where a lot of major bands get their start. While school is out we play at bars mostly and colleges in the spring.
- Scott: Have you opened for any major bands?
- Chris: The Romantics and Game Theory. We will be opening for the Tubes, Ean Hunter and Mick Ronson soon.
- Scott: Do you have a label?
- Chris: Yes, I-On Records. We will be playing in Nov. at the Whisky-A-GoGo, where we will be showcasing a lot of major labels.
- Scott: How did you get involved with National Association for Campus Activities (NACA)?
- Chris: Our management company D.K.P. Productions deals with NACA, they got us into the college market about two years ago. We are on 300 college play lists. We were at the top 20 of those colleges with songs like "Can't Go Home Again". We also have a couple radio stations in New York who air us.
- Scott: When is your next record due out?
- Chris: Well, we're looking at spring. We've been in the studio for the last three

weeks cutting tracks.

- Scott: Why do you play, for money, for fun, or is it the meaning behind the music?
- Chris: The major reason is an art statement, and the meaning behind it, our management company realizes this and they work with us and appreciate us for that.
- Scott: What are the band's future goals?
- Chris: We'll keep with the college crowd if and when we make the "Big Time".
- Scott: So, do you like your audience?
- Chris: Yes, and anybody who is willing to listen and who has an open mind.
- Scott: Do you write your own material?
- Chris: Yes, it's all original.
- Scott: What do you do in your spare time?
- Chris: I don't have a lot of spare time. It is mostly spent writing music and, in the studio, then I'm off to home to eat dinner and go to bed.
- Scott: Who has given you the most support?
- Chris: Our management company D.K.P. Productions and Diana Pershing.
- Scott: How did you come up with the name Ultraviolet?
- Chris: The Ultraviolet is an unseen thing, but is very real. It ties into the spiritual aspect of our music (our music isn't religious), it's inside people's minds and their feelings, it's a common thread we all share. The name Ultraviolet fit our music perfect.
- Scott: Is there anything you would like to add?
- Chris: We have a three-week run on the East coast, and we're looking forward to being in Virginia.
- Scott: So, you have never played in Virginia?
- Chris: No, we haven't. On the East coast we've played in Pennsylvania, and New York mostly, so it should be fun. We just want everyone to have a great time and party along with us.

The Ultraviolet will be playing in Christopher's Nov. 11 from 9 p.m. to 1 a.m. Valid I.D.'s are required and no guests under the age of 18. The cost will be \$2 for students, \$3 for guests. Ultraviolet is brought to you by the Campus Activity Board.





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Gamma Phi Beta

get lei'd dance

Nov. 16 in The Terrace

music provided by DJ Donovan

\$1 CNC students before 11 pm

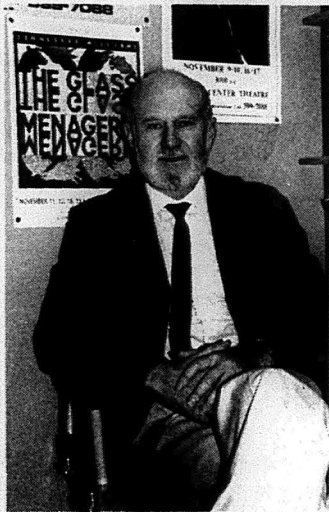
\$2 CNC students after 11 pm

\$2 guests 18 yrs. of age.

ID is required



New season opens with Williams' first major hit



Dr. Koch can now relax and enjoy the show.

The CNC Theatre opens its season with Tennessee Williams' first major success,

The Glass Menagerie, Fri. Nov. 11. This American classic tells the poignant and

gently humorous story of Amanda Wingfield's pathetic attempts to cling to

her gentility, and of the frustrated lives of her children; Laura, shy and crippled, long-

ing for love, and understanding, and Tom, restless, chained to being the family's

breadwinner when he longs to travel the world. The characters are rounded out

with the Gentleman Caller, a big, good-natured Irish man whom Amanda has

insisted that Tom bring home to dinner to

meet Laura. An embarrassing evening ensues, topped by the discovery that the Gentleman Caller is already engaged to be married.

The Glass Menagerie established Williams as the most promising playwright

of the post WWII era, and it earned him the N.Y. Drama Critics Circle Award as the finest

play of the season. One critic described Williams as "the Eugene O'Neill of the present."

Much of the play has been considered to be autobiographical. Amanda, who frantically

clings to the past, was derived from his own mother. The wistful, lame daughter

is, with modifications, based on his sister. Tom who longs for beauty and adventure in

his life but has to spend it working in a shoe factory warehouse is Williams himself.

Amanda, is played by Margie Thomas, Laura by Tina Terrell, Tom by Matt Riebe

and the Gentleman Caller by Shawn Bradley. The production is directed by

Bruno Koch, scenery and lighting were designed by Hank Sparks and the costumes by Laurel Tsirimokos.

The play will also be performed to over 2,000 high school students from the Hampton Roads area.

Performances are scheduled November 11, 12, 18 and 19 in the J. W. Gaines Theatre at CNC. Curtain time is 8 p.m. Tickets are \$5 for the general public and discount prices are available for CNC students, faculty, staff, senior citizens and groups.

For reservations call 594-7089, starting November 7.

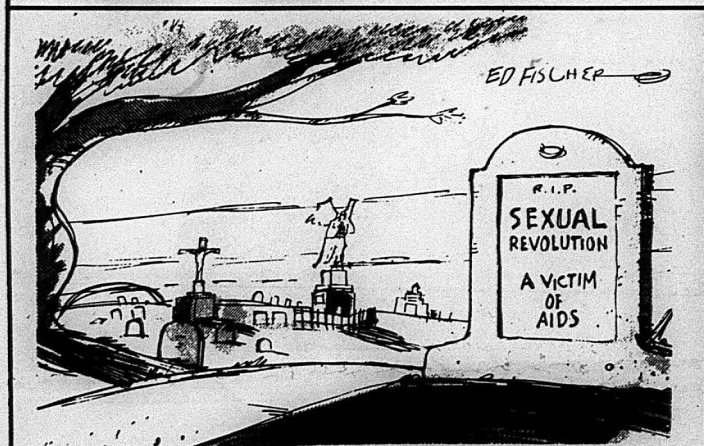
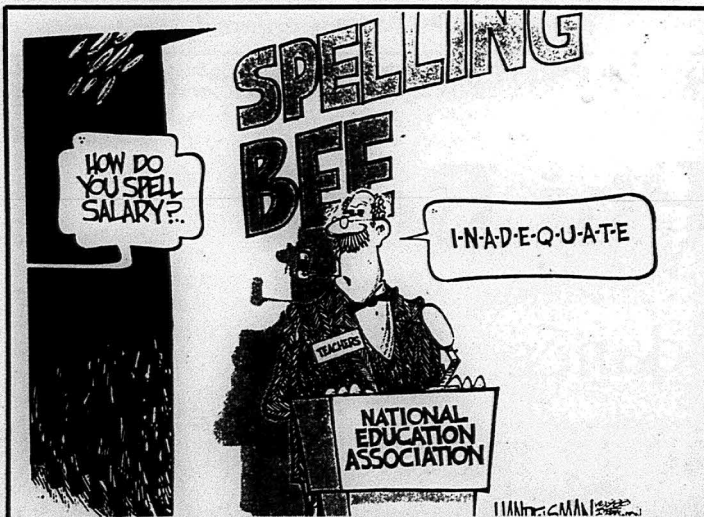
Pohl selected to be Joint Specialty Skill Designator

Major Donald W. Pohl, Officer-in-Charge of CNC's Department of Military Science, was recently selected by a Department of the Army board to be awarded the Joint Specialty Skill Designator. He was selected from the eligible population as being "most qualified" to represent the Army in joint assignments. This designator is required for an officer to serve in positions designated by the Secretary of Defense as "critical joint duty assignments."

A Joint Specialty Officer is one who is knowledgeable of an experienced in the employment/development and support of unified and combined forces to achieve national security objectives. Joint Specialty Officers provide continuity to the joint

arena as a critical adjunct to strategic and operational planning. Joint Specialty Officers act as mentors within the joint arena and their own services.

Major Pohl has served six years in Joint Duty positions. He was assigned as a Command and Control Officer in the Identification, Friend, Foe, or Neutral Joint Test Force (IFFN-JTF). The IFFN-JTF was an Army/Air Force test that was chartered to help improve the aircraft identification procedures used in the NATO Central Region. Major Pohl's most recent joint assignment was as the United States Military Training Mission (USMTM) advisor to the Royal Saudi Air Defense Forces Institute and Central Maintenance Technical Site in Jeddah, Saudi Arabia.



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Prayers offered for Agnes Braganza at service

by Jean Greenwood
staff writer

A prayer service offering healing and health for Agnes Braganza was held Tue., Nov. 1 in The Brauer Room in the Administration building. Braganza is the Director

of Continuing Education and has been affiliated with CNC since 1978. She is now recovering at home from her recent cancer treatment.

The prayer service was organized by Carolyn Lawrence, Campus Minister. It consisted of readings of the scripture and

a medley of hymns performed by Dr. Robert Coker, Professor of Management

and Marketing, and accompanied on keyboards by Ms. Pat Morris. The faculty and friends gathered in hopes of giving spiritual inspiration.

Funds from CNC faculty and staff, The Peninsula Women's Network, American Association of University Women, The Virginia Peninsula Leadership Institute,

Alumni, and friends were given to plant a bulb garden in Braganza's back yard. Eddie Anderson of McDonald's Garden Center has designed the arrangement of

the garden to provide Braganza with a bright and cheery atmosphere during her stay at home.

Braganza has devoted a great deal of her time to promote the future growth of CNC. She has expanded the Continuing Education Department and has started several

new and beneficial programs. The faculty, staff, and students at CNC would like to wish her a full recovery. Our thoughts and prayers go with her.

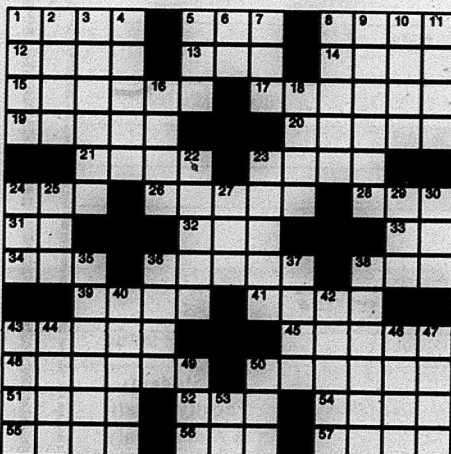
ACROSS

- 1 Instance
- 5 Church bench
- 8 Evaluate
- 12 Girl's name
- 13 Native metal
- 14 Short jacket
- 15 Wiped out
- 17 Destitute of
- 19 Chemical compound
- 20 Shouts
- 21 Prepare for print
- 23 Narrate
- 24 Existed
- 26 Contends with
- 28 Cry
- 31 Either
- 32 Playing card
- 33 Fulfill
- 34 Recent
- 36 Whips
- 38 Condensed moisture
- 39 Foray
- 41 Location
- 43 Publish
- 45 Macaw
- 48 Second of two
- 50 Looked with amusement
- 51 Toward shelter
- 52 Be in debt
- 54 Care for
- 55 Promontory
- 56 Camomile, e.g.
- 57 God of love

DOWN

- 1 Algonquian Indian
- 2 Ventilates
- 3 Declares
- 4 Mollified
- 5 Seed container
- 6 Teutonic deity
- 7 Marry

The Weekly Crossword Puzzle



COLLEGE PRESS SERVICE

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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.

SPANISH CLUB - meeting Monday, Nov. 14, W-203, 3 p.m. Guest speaker Steve Hart will discuss life in Madrid with slide presentation. All are welcome. Refreshments.

LOST: one large roll of white paper. Left in Campus Center. If found please call Mike at 764-4821.

Get lei'd by a Gamma Phi Nov. 16 at 9 p.m. in The Terrace!!

HEY EVERYONE, U.V. will be here Nov. 11 - that's right, tomorrow. In Christopher's from 9 p.m.-1 a.m. A band, a dance, lots of fun!!

Paul Revere - We've got to talk - Love

Get lei'd by a Gamma Phi Nov. 16, 9 p.m. in The Terrace

Get lei'd by a Gamma Phi in The Terrace, Nov. 16, 9-12:30.

Dona S. I enjoy the short discussions we are able to have although I wish we could have them more often. Maybe then I could tell you how I feel. **SHY GUY**

Get lei'd, Nov. 16 in The Terrace 9 p.m.-12:30 a.m.

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.

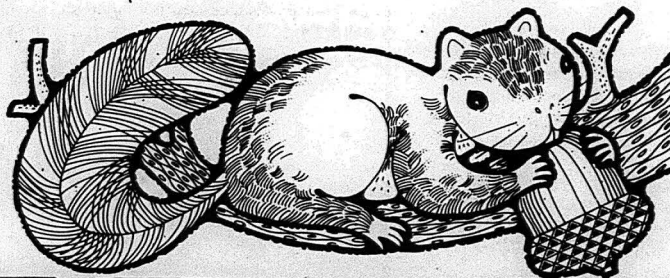
Thanks to Becky, Bobby, Mindy, Valerie, Randy, and Lisa for the awesome job on Nov. 5's Saturday Morning Children's Series! **KIMLEY**

Get lei'd by a Gamma Phi Nov. 16 in The Terrace.

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area representative to
college women

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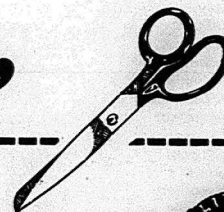
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ETC.

Highlighting "uh ohs" inhibiting to work

Editor's note: This is the fourth 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.

Most people forget how good they are. They dismiss past successes and have a

tendency to highlight failures, losses and weak areas of performance. I call this highlighting the "uh ohs/on nos."

Say you got 20 evaluations on a presentation you made in class. Seventeen are very good, three are very poor. What do you dwell on? If you are like most people, you dwell on the poor evaluations, convincing yourself you did a lousy job. You downplay the 17 great evaluations.

Dwelling on past failures, especially when they are not representative of your total performance, will cause your stress to climb and confidence to fall, and serve as a rehearsal for poor performance.

And college students are experts when it comes to reliving past failures and creating unnecessary 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 from

stress and pain than any older age group.

To avoid stress caused by "uh oh" thinking, review your current situation realistically. Did you really do a lousy job

or are you highlighting and exaggerating the negative? If you did a poor job, learn from it. Examine your thoughts and

behavior that caused the poor performance. Plan and rehearse how you will approach the same situation the next time.

When a similar situation comes up again, review your past successes, not failures. Visualize yourself doing well.

Have you ever walked out of an exam and remembered the answers to the questions you left blank or guessed on? That indicates that it was stress, not lack of knowledge, that caused you to blank out

on the answers. This is the "mental block."

If the first question on an exam is difficult, you might begin to think, "Uh, oh, I don't know anything; I'm going to fail." Stress builds, confidence decreases. You begin to feel like a failure and dwell too long on that first question. The stress and panic will likely remain and prevent you from concentrating on the rest of the exam.

Instead, start off a test with a victory. Look over the exam and find a question that you do know—a "can do." Answer that one first. Starting out with a win will build your confidence and start you off on a roll.

Winners, prior to a pressure situation, plan for every eventuality. They will anticipate anything that may arise, including the unexpected and undesired.

Sex is just like a saltine cracker

by Dorothy Jean Doble Glass

What is the meaning of a sexual relationship? When I was five television taught me that sex was a tube of Ultra-Bright toothpaste. At seven I decided that Hane's made me both shapely and sexy. By the age of 16 I was convinced that sex was like alcohol, dangerously addictive and intoxicating. My friend Kim and I thoroughly discussed the subject matter. Kim described her first sexual experience to me. "Sex disappointed me. I heard no bells. I saw no stars. The earth didn't move. Sex failed to satisfy my inner hunger. I thought that intercourse might replace my need for love. But, I was wrong." Kim's last sentence reminded me that sex is a

saltine cracker. I learned a lot about saltine crackers throughout my childhood. My first lesson was at the tender age of three.

One Saturday my mother dragged me on an all day shopping spree. After four hours my stomach howled and, my knees buckled. "Mommy, I'm hungry, now!" My mother did what any parent would have done when her child throws a temper tantrum in a public place. She shoved a couple of Saltene crackers in my mouth. And then she said "There, that will satisfy you until we can eat." Sex is like that. People believe that sex without commitment or marriage fulfills their need for love. Actually, sex alone leaves an individual searching for something else. Similarly,

one will be left with an insatiable thirst if he eats too many crackers. Beverages halt the symptom of thirst but do not solve the real problem.

Likewise, relationships centered around sex replace love with lust. Lust temporarily quenches the desire for love; but doesn't sustain a relationship. Eventually, both parties involved in the affair seek someone or something different. What happens to sexual relationships that have love, marriage and commitment? Marital sex is peanutbutter on top of a Saltene cracker. The peanutbutter sticks to the ribs and halts all hunger pains. Love and marriage accompanied with sex enhance a relationship and satisfy the human need for emotional commitment. Distinguishing sex from love is no easy task.

Parents wonder if their children know the difference between the two needs. However, these same mothers and fathers avoid discussion of the topic. They fear that they lack the proper knowledge on this subject. Parents need to start with the familiar. Teens have learned the physical mechanics about sex through the public school system. The rate of teenage pregnancies would decline if these adolescents would learn that nothing substitutes love and emotional commitment. Children need to know what sex isn't. Sex isn't "making love". It doesn't squelch a need. Sex is just a Saltene cracker.

So, please don't forget the jar of peanutbutter the next time you're hungry and reach for a package of Saltene's.

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WHAT'S HAPPENING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 6 Sigma Pi meeting CC-233 6-8 pm Sigma Tau Gamma meeting CC-156 7-10 pm Gamma Phi Beta pledge meeting CC-214 7-8:15 pm	November 7 Gamma Phi Beta meeting CC-233 7-10 pm BSU meeting CC-156 12-1 pm CAB meeting CC-233 4-5 pm Sigma Pi meeting CC-156 9:30-10:30 pm	November 8 MSA meeting CC-233 12:15-1 pm Gamma Phi Beta meeting CC-233 7-8:30 pm IVCF meeting CC-156 7-9 pm Alpha Kappa Psi CC-156 12:15-1 pm Recruiting Minority Career Day - See Debbie McHugh for details	November 9 Sigma Pi Dance Terrace 9 pm-1 am IVCF meeting CC-156 12-1 pm Sociology/Social Work CC-233 12-1 pm AMA speaker Banq. rm. 12-12:50 pm Gamma Phi Beta pledge bake sale CC-breezeway 10 am-1 pm	November 10 Alpha Kappa Psi meeting CC-233 12-1 pm SGA meeting CC-233 2:30 pm	November 11 Alpha Kappa Psi blood drive small gym 10 am-2 pm Glass Menagerie CC Theatre 8 pm	November 12 Glass Menagerie CC Theatre 8 pm Captains Players Theatre Reception Terrace 9:45 am-1 pm
November 13 Sigma Pi meeting CC-233 6-8 pm Sigma Tau Gamma meeting CC-156 7-10 pm Gamma Phi Beta pledge meeting CC-214 7-8:15 pm	November 14 BSU meeting CC-156 12-1 pm IVCF info booth Hallway 11 am-1 pm AMA meeting CC-233 2-3 pm CAB meeting CC-233 4-5 pm Sigma Pi meeting CC-233 9:30-10:30 pm History club meeting CC-233 12-12:50 pm IVCF Executive meeting CC-233 12-1:30 pm Spanish club meeting W-203 3 pm	November 15 MSA meeting CC-233 12:15-1 pm Gamma Phi Beta pledge meeting CC-233 7-8:30 pm IVCF meeting CC-156 7-9 pm Alpha Kappa Psi pledge meeting CC-156 12:15-1 pm	November 16 Gamma Phi Beta theme dance Terrace 9 pm-12:30 am IVCF meeting CC-156 12-1 pm	November 17 Alpha Kappa Psi meeting CC-233 12-1 pm IVCF info booth CC Hallway 11 am-1 pm NAA meeting CC-156 2:30-3:30 pm Captain Players meeting Theatre Lounge 12:15 pm	November 18 Glass Menagerie CC Theatre 8 pm SGA Tips Workshop practice Sigma Pi dance Terrace	November 19 Casino night Terrace 8 pm-1 am Glass Menagerie CC Theatre 8 pm