

CAPTAIN'S

LOG



by Brent Klich

CNC's Phil Tipton (with water barrel) and rugby teammates refresh themselves at Saturday's game against UVA.

Newport News, Virginia
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SAT scores remain flat for third year straight and go up for minorities. For the entire story, see Page 11.

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ADVERTISEMENT: Get a free ½ sub from Subway. For coupon, see Page 3.

Dorm Committee discusses architect



by Monique Stovall
staff writer

On September 26 the Dorm Committee held an executive session to discuss the contract negotiation process they will use to hire an architect. They may not hire an architect until November 1. The architect will complete work on the pre-planning stage on January 2.

Dr. Charles Behymer, Chairman of the committee, said there are still State rules and regulations which must be followed. He says, "We are not at a point yet, as a college, where we are into designing a building. There are a lot of questions that have to be answered for the State. That's what the pre-planning process is all about."

The process is long. Once the committee knows the criteria that will be used for evaluations, they will place an advertisement for an architect. Various architects

will send in proposals and the committee must select one to complete the pre-planning study. The Business Office and the General Assembly will then approve of the project. After approvals have been

made, the committee can proceed to Phase II and have an architect draw up

plans. Their fees are based on the size of the project.

Behymer says, "The President and the Board would like the building to be built and open by the Fall of 1992. That is a very,

very tight deadline. It means that everything is going to have to fall in place just perfectly for that to happen. It is not an

unrealistic deadline, but it is the earliest possible date that we can get a dormitory up."

The biggest problems facing the committee are hiring an architect and deciding on the scope of the project. Behymer says,

"The real fun part of the project comes when the pre-planning study is done and we get into designing the building." Christopher Newport College students will have to wait a few more months before knowing what the new dormitory will look like. It may be worth the wait.

Full-timers up with tuition down

by Jean Greenwood
staff writer

The new tuition structure has probably had a great effect on the increase of full-time students at Christopher Newport College. This Fall the full-time tuition rate

was a straight fee for anyone taking 12 or more credit hours. The increase of tuition per credit hour for those taking less than 12 hours was minimal.

According to Robert Netter, Registrar of

CNC, there has been a 5.35% increase in students this Fall. This increase reflects mostly full-time students. With this increase comes a need for more facilities and services. A solution to accommodate this problem is well under way.

This semester classes have been offered at 7 a.m. during the week and on Friday nights. This will help the part-time students who may have a job and the full-time students who need the credits toward graduation. Thus far there have been no

problems with these two new time slots being added. More classes will also be offered during the hours of 2 and 3 p.m. This will utilize even more of the facilities.

At this time, CNC seems to be benefiting from the increase in the enrollment. It is expected that the new tuition rate will encourage more students to attend CNC and not deter part-time students. If enrollment continues to increase, CNC will be on its way to a prosperous future.

ANONYMOUS ADVICE

Too much work plagues leaders

Dear Captain's Log

Recently a group of us were sitting around talking about how things have changed this year at CNC. Most of the student leaders, like ourselves are so overburdened. It seems as though problems arising this year are because of things that were left over from last year. Now when someone asks us to do something, we can't turn them down because we are expected to be leaders. It just doesn't seem fair that we have to overburden ourselves because of things we were asked to do and things we have to get done before this year's work can begin.

Over-Worked at CNC

things that were supposed to be left over until the beginning of the semester. Since you don't mention whether any of you were leaders last year, you may just be getting used to the new process. You don't mention what changes have taken place this year, but I assume it could be the responsibility of being leaders to the largest student population in school history here at CNC.

Because you are leaders, people look up to you. If you take too much upon yourselves and start slacking off in areas of school work you may lose your leadership positions. It doesn't hurt to turn down someone when they ask you to do something outside of school work. You won't hurt anyone else except yourselves.

Yours Truly,

Anonymous

**Ask
us!**



Armed lunatics loose and rampant in CNC parking lot

by Tom Gibson
opinions editor

It only takes one, just one maniac wielding a car door.

These madmen are found all around. There are even some lurking in the CNC parking lot. You may not see them, but they're there. They lie in wait for you to park your spotless, shiny, scratch-free car. Then, when you've left it, unprotected and vulnerable, they pounce.

They take their pointy car doors and ram them into your baby. And when you return, you find a bruised and beaten body. You then think to when you left your car...It must have been telling you something. That's why the seatbelt wouldn't unfasten. That's why the door kept closing on your leg every time you tried to get out.

But, oh, you didn't listen! You were being warned about the loonies with the

car doors, but you left anyhow. Now, you pay the consequences: your car doors look goofy. That's right, goofy. You'd look goofy too if there were indentations covering your body and your paint was chipped.

But alas, what can be done? Can't these banging freaks be stopped?

Side-molding could be put on your car, but these sick people have doors with wierd shapes - they'd either get above the molding or below it. There's just no end to this madness.

Our parking lots will never be safe until these malevolent door denters are hunted and burned. But the problem is that they look just like you and me. The only difference is that behind that deceptively normal facade, hides a grotesque door denter beastie with sadistic tendencies aimed at your car.

Dear Over-worked

When you accepted the positions of student leadership you inherited the problems of your predecessors. It's not going to get any easier, with this being the second month of school. You must also keep in mind that whatever was left from last year may or may not be anyone's fault. It may be

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

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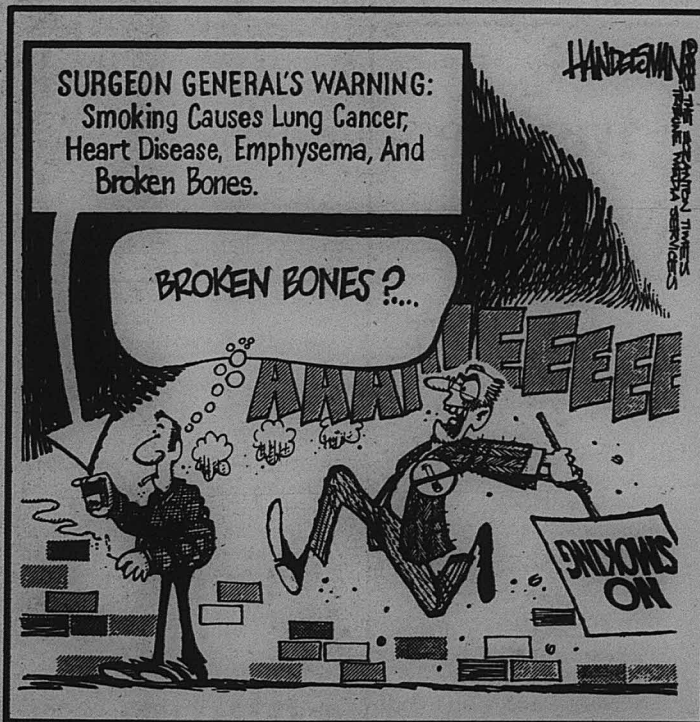
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LETTERS

OPINION POLICY

No Nonsense

Do you think it's a good idea that the U.S. is re-entering the space race?



photos by Brent Kilch

Lawrence Watson
Junior
Engineering

That's fine as long as the human race isn't forgotten in the process. Priorities must be set between billions spent on space and cuts in social programs in which there are thousands of homeless families who really need the assistance.



Karen Moore
Sophomore
English

"Uhhhh, Oh!...you mean the shuttle?"



Julia Hatch
Junior
Physics

We never really left it - that's especially true around NASA Langley. We never lost it in our hopes. It is, however, wonderful that some special attention is being paid to ethics in design and construction. No agency, no matter how beloved and fortunate, can be immune from failure.



Patrice Moore

I am very happy that the U.S. has re-entered the space program. After the Challenger accident, our program was virtually paralyzed and our dreams for space expansion were almost given up. This recent success of the Discovery has proven our dreams are not yet annihilated; just beginning.

Piano concert next week

The Peninsula Music Teachers Association (PMTA) presents its annual piano concert on Saturday, October 15, 7:30 pm, in the John W. Gaines Theatre at Christopher Newport College.

Our guest artist is Ms. Lee Jordan-Anders. Jordan-Anders received both her Bachelor and Master of Music degrees in piano performance at Northwestern University. In 1975 she became a member of the music faculty at Old Dominion University. She moved to Madrid Spain in 1980, where she performed both as a soloist and in chamber music groups.

She continued her studies with the well-known Spanish pianist Joaquin Soriano. Jordan-Anders is currently on the music faculty of Virginia Wesleyan College where she teaches piano and theory and is director of their "Familiar Faces" concert series.

Tickets are \$4.00 for adults and \$3.00 for students and senior citizens. Tickets are available at the door. There will be a reception following the concert. Proceeds will go to the PMTA Music Scholarship Fund.

Auditions for *Pirates of Penzance*

The Norfolk Savoyards, Ltd. will host auditions for the Gilbert and Sullivan operetta "The Pirates of Penzance" on October 16 and 17 at First Christian Church, 1600 Colonial Avenue, Norfolk.

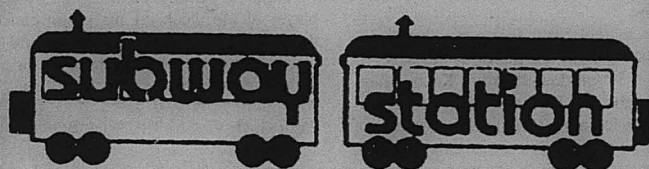
Those auditioning should come prepared with a song that showcases individual vocal range, flexibility and stage presence. An accompanist will be provided.

Auditions begin at 3:00 pm Sunday and at 7:30 pm Monday. Call Backs have been scheduled for Thursday, October 20 at 7:30 pm in the Center Theatre where the production will be staged the final week of April.

The Norfolk Savoyards, Ltd., now in its 25th Season, welcomes newcomers. For more information, call 628-7300.



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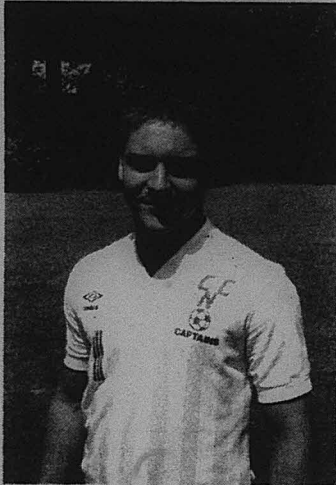
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SPORTS

BIO: Jon Schwartzman



NAME: Jon Schwartzman

SPORT: Soccer

HISTORY: Jon began playing at CNC in 1986, when he was fifth in scoring on the best team in CNC soccer history. Last year, he led scoring and was named to the All South Region second team and to the first team All Dixie Conference.

Schwartzman played for the Kecoughtan soccer program where he led scoring during his senior year and earned All State and three times All Peninsula District honors.

BACKGROUND: Jon was born in Frankfurt, West Germany in January of 1967. He graduated from Kecoughtan High School in 1985 and attended Ferrum College for a year before transferring to CNC. Jon is majoring in International Commerce and Business with sights of a 1989 graduation.

INTRAMURAL UPDATE

The results of last Sunday's Intramural Flag Football games are as follows:

The Party Reptiles lost to University Square, 31-18.

Double OHOH lost to the Big Boys Club 22-0.

10 Athletes Win Academic Recognition

A record total of 166 student-athletes have earned Dixie Conference All-Academic recognition for the 1987-88 school year. The total represents an increase of 16 students.

To qualify for selection to the team, a student-athlete must earn at least a "B" average during each semester of the academic year, and participate in a varsity sport at his or her school.

The members of the team selected from CNC are Kelly Baldwin, Hunter Cross, G.W. Dameron, Susan Frishkorn, Scott Kuhnle, Sandy Miller, Donny O'Beirne, Billy Raney, Todd Sperling, and Jennifer Vincent.

CNC Soccer wins 2 Game Road Trip

CNC took two conference games on the road last weekend. The team is now first in the conference with a 3-1 record, 8-4 all-around.

Saturday, the Captains beat Averett, 4-1. Greg Friant put two goals of his own toward the victory. John Fitzgerald added one.

Sunday, the team beat Ferrum, 5-0. Fitzgerald scored twice, while Junior Carter, Peter Olsen, and Paul Saunders all had one goal.

Fitzgerald was named as the male DIAC player of the week for his performance during the weekend road trip. Fitzgerald is also second in the conference scoring with 7 goals, 5 assists, and 19 points.

Bum Rush lost to The Wild Bunch due to forfeit.

Sigma Pi lost to Team Honus due to forfeit.

This Sunday the following games are scheduled:

10:00: BBC vs Sigma Pi

11:00: Double OHOH vs. The Party Reptiles

12:00: University Square vs Team Honus

1:00: Wild Bunch vs ROTC

Captains' sports world

Volleyball wins 2

The CNC women's volleyball team won two of their four matches over the week. The team beat Catholic University, 15-10, 6-15, 15-12, and Ferrum, 15-8, 3-15, 15-6, 10-15, 15-10. The team lost to NC Wesleyan and Greensboro.

Baseball defeated

The Captains lost a pair of double-headers, to Norfolk State, 2-8 and 4-7, and Virginia Wesleyan, 1-6 and 4-9. Bobby Robinson had a pair of hits in the Norfolk State game, while Bob Bates had two against Virginia Wesleyan.

Golfers win tourney

The CNC golf team won the Old Dominion Golf Club/Hampton University Invitational for the third consecutive year.

The Captains shot a 304 in the first round to take a first place lead immediately. Sealing the win was a 311 on the following day of competition.

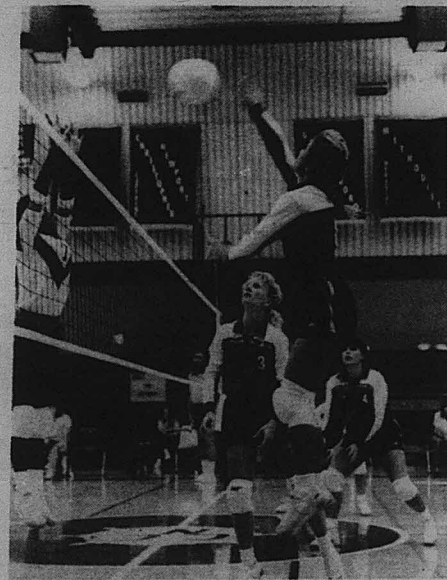
Jack Bizzell carded a 71 on the first round to finish with a 153, tied with Warren West. Glenn Kaylor shot a key 73 during the second round.

Tennis finishes 4-5

The Lady Captains tennis team lost three of four matches over the weekend at the Mary Baldwin Invitational to close their season with a 4-5 record.

The team lost to Randolph-Macon, 4-5; Virginia Wesleyan, 2-7, and Mary Baldwin, 2-7. The only victory came over Emory and Henry, 7-2.

The number two doubles team of Tammy Rowe and Amy Baker won all four matches over the weekend to finish 7-2 for the season.



Ruth Castellon at the net for a kill during a home match.

This week in sports

Friday, Oct. 7	Volleyball (A) Norfolk State/Hampton University Golf (A) Sleepy Hole Golf Course
Saturday, Oct. 8	Cross Country Invitational Soccer (A) Eastern Mennonite Baseball (A) Norfolk State, 2 games Sailing (A) Navy Fall Invitational Golf (A) Methodist College Invitational
Sunday, Oct. 9	Baseball (A) William & Mary, 2 games
Wednesday, Oct. 12	Soccer (H) Randolph Macon, 3:00

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FORUM

TIDEWATER'S BEAUTIFUL GIRLS IN ACTION TONIGHT!

Speech success

by Matt Bushnell
news editor

The Consul General of Japan Takayuki Kimura spoke to a packed auditorium last Wednesday about different areas in Japanese-American relations.

He shared the stage with President Santoro, the Honorable Mayor Jesse Rattley of Newport News, and Dr. Caning, the president of the Japanese-American Peninsula Society.

Dr. Santoro opened the engagement by describing Christopher Newport College's expanding the Japanese program. Mayor Jesse Rattley described the advantages of the city and then presented Consul General Kimura with a framed poster containing the city's economic logo "find a pearl in Newport News."

Consul General Kimura accepted the plaque and then talked about the major items in Japanese-American relations.

Socially, politically, and in matters of defense, relations are good, but under the economic area "there is some strain."

"Japan is not the United States' biggest investor" the Consul General stated, "Great Britain is first, followed by the Netherlands and then Japan."

He concluded his talk by saying "we should be careful in the short-term in economic areas, but in the long-term, I am very optimistic."

New class learns one step at a time

by Joe Nuesslein
staff writer



by Jeff Gleason

Dance instructor Mara Smith stretches out!

The students may not all be in step but the smiles appear on their faces with the job of ballet and dance now being taught at Christopher Newport College. According to instructor Mara Smith, the majority of students have little or no dance experience.

Smith has been teaching dance for 35 years and started formal training at six years of age in Budapest, Hungary. She says, "My parents just wanted to get me out of the house, so I wouldn't break anything." But as the lessons went on, so did her love for dance. Mrs. Smith has also worked for the Newport News public school system introducing dance and ballet to the public.

She is excited about the ballet and dance classes here on campus and would like to see them grow. Dance and ballet will be introduced next semester. The future of this class depends on the Board of Visitors and demand from the students.

Some students are under the impression that dance fills physical education requirements however Mrs. Smith is quick to point out that it doesn't. Students take the class mostly out of their love for dance or to get in shape.

The class meets in the small gym every Tuesday and Thursday, 2:30-4:30 p.m.

Department and Professor of the Week

by Kathleen Anne Dickens
staff writer

DEPARTMENT OF THE WEEK:

When visiting the Education Department one sees in action the word "productive." A group of prospective teachers were in the midst of a lecture instructing them in the art of evaluating children's test scores. Situated in the cozy reception area stands a bookcase filled with magazines and papers related to the field of teaching and education. Weaving through the voice of the lecturing professor were the sounds of students and computers.

Dr. Lora Friedman, Chairman for the Education Department, complemented this vital aspect of CNC. "I feel we have an outstanding program and an outstanding department. We get along well; we work and plan together and enjoy each other as people and professionals."

The Captain's Log salutes the Education Department for its far-reaching contributions to the college. For more information please call any of the Education Department staff listed below:

Dr. Sandra Bryan ext. 7106
Dr. Linda Morgan 7177
Prof. John E. Jenkins 7069
Prof. Jane Shupe 7752
Dr. Lora Friedman 7070

by Kathleen Anne Dickens
staff writer

PROFESSOR OF THE WEEK:

One isn't in the presence of Dr. Lora Friedman for long without being impressed by the sense of dedication she feels towards CNC students. Although obviously busy, Dr. Friedman graciously granted this interview. As we spoke, her phone rang - a student needed Dr. Friedman's time. Checking a well-worn purse calendar, she offered the student an appointment for the next day. There was a pause, then Dr. Friedman was saying "just bring the kids with you. We'll manage."

Friedman replied with a laugh when asked why she had gone into teaching. "When you grew up a Jewish girl in New York City you became a teacher. In those days your mother told you to go to college, become a teacher and marry a doctor." Friedman took most of her mother's advice. Six years ago she married a lawyer. Smiling, she said her mother would have approved anyway.

Attending New York City College, Friedman completed both her undergraduate and graduate work in the field of education. She went on to obtain her Doctorate at the Univ. of Florida. She has taught "every elementary grade there is", served

as a school principal and taught in various colleges. Her classes at CNC include education courses such as developmental and diagnostic reading, computer, math, and the supervision of student teachers.

Friedman feels positive about education in the United States. "We are probably the only country where so many people get educated. We have so many minorities and I feel we are richer for this. We need to learn to capitalize on the different experiences these youngsters bring to school."

On the negative side, she resents that there is not more emphasis on scholarly efforts. "Our country is funny about education; President Reagan has had football players in the White House, but has he had summa cum laude students there?"

When asking Friedman about her hobbies it was revealed that she holds a second degree black belt in Judo. She has applied this skill to the benefit of the psychiatric staff at Riverside Hospital. In teaching them Body Management Techniques she provided them with a method that will "immobilize a person without hurting them." One would never have guessed that this small, smiling, white-haired woman had that ability!

Friedman showed some of her underlying spunk when questioned on the issue

of students graduating without being able to read. "If somebody can't read it is not the fault of the school; they had every opportunity while in school to learn to read. People are available to help them. If they cannot read, it was their choice at the time."

We spoke about the increase of "returning students" at CNC, a subject that animated Dr. Friedman. "Isn't it wonderful! Many people did not have the opportunity to go to college when younger or didn't feel the need at that time. CNC is equipped to help them come back to school. I see older people taking courses toward a degree and some for the sheer enjoyment of learning. It's great to see the mixing of older and younger people. The older people have a wealth of experience to share, things you won't find in textbooks."

Completing the interview, this reporter turned off the tape recorder and thanked Friedman for her time. Preparing to leave, I decided to take the opportunity to ask about a class I was interested in. We went on to discuss at great length my educational goals. It was obvious that this busy department head was willing to give me, a student, all the time I needed.

That is the essence of Dr. Lora Friedman.

Editors note: This is the first of a five-part 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 2268.

by Robert J. Kriegel, Ph.D.

The alarm sounds. "6 a.m. I've really gotta hustle. I've gotta finish that outline, talk to Professor Jones, stop by the lab, read 100 pages for my noon psych class and be at work at 3 p.m."

Today's college campuses are pressure cookers. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 suffer from stress and pain than any older people.

As I've toured the country visiting college campuses, students tell me the most common causes of their stress are: too much to do, too little time; exams; money; relationships; interviews; family and career choices.

So, get rid of stress. Right? Wrong.

Stress is neither good nor bad. How you handle it can be. Learning to make stress work for you can help you concentrate better and think more clearly under pressure, have more energy, be more creative, and make college more enjoyable.

But many of us handle stress poorly.

Some people panic and work too fast under stress. Others procrastinate. Neither response is productive and both are caused by what I call "sabotage thinking" — common reactions to stressful situations that work against rather than for you.

Five common types of sabotage thinking are: "the gottas," "the worries," "the can't's," "the uh ohs/oh nos" and "the don't's."

Let's look at the gottas and methods to overcome them.

The gottas usually occur when you think you have too much to do and too little time to do it "I gotta study for two exams... I gotta read two chapters... I gotta

call financial aid about my loan... I gotta get a date for Friday night..."

The gottas make everything seem harder than it really is. You get into the panic zone, rushing to get it all done. You walk too fast, talk too fast, write too fast, eat too

fast. You can't concentrate or think clearly. You make careless mistakes, blank out on exams and forget things you already know. Everything seems like a life or death proposition.

I was talking to a junior at UC Berkeley who had a bad case of the gottas about a forthcoming exam. "I gotta get an A," he said. I asked what would happen if he didn't.

"If I don't get an A, I won't keep my 4.0 average. Then I'll never get into a really good graduate school, and then I won't get a top job, and then I'll never make a lot of money..."

By the end of his discourse, not getting an A on this test was akin to his life being ruined.

When he stopped and thought about what he'd just said — that if he didn't ace this test his life would be down the tubes — he started laughing. "I must be crazy."

He was not crazy, just not thinking clearly or realistically. Many of us get that way under pressure. This type of desperation thinking makes us overreact and causes panic. The cure is to shift from

irrational to rational thinking. Do a reality check. When you get the gottas take a deep breath, exhale slowly and ask yourself, "What is the worst thing that could possibly happen?" and "How likely is that to happen?"

This type of reality thinking puts the gottas in perspective. Sure, not getting an A would be a drag, but it wouldn't be the end of the world nor would it land this A student in the ranks of the homeless.

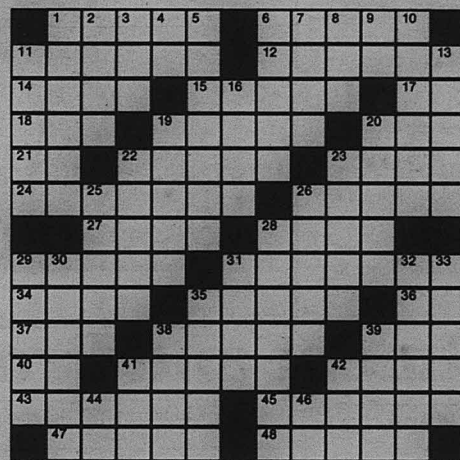
Looking at past wins helps, too. After all, he already had a 4.0 average, and had done well on difficult exams before.

Reminding himself of his past success on similar exams helped him relax and restored his confidence.

Gaining control of your thinking will help turn desperation reactions into peak performance actions. Learning this early in life will be invaluable in the future, because no matter what you do or where you do it, there're always going to be things you gotta do.

ACROSS

- 1 Adhesive substance
6 Schemes
11 Whalebone
12 Consisting of lines
14 Hebrew measure
15 Toward the left
17 Resulting in
18 Simian
19 Domicile
20 Beverage
21 Concerning
22 Farm buildings
23 Lager
24 Visionary
26 Mountain lakes
27 Matures
28 Presses for payment
29 Surfeited
31 Impedes
34 The sweetsop
35 Rescues
36 Guido's low note
37 Measure of weight
38 Flutters
39 Presidential nickname
40 Sign on door
41 Heaps
42 Rustic slang
43 A state
45 Sessaw
47 Erased; printing
48 Flavor
DOWN
1 Indulge to excess
2 Toward shelter
3 Weight of India
4 Symbol for tellurium
5 Empowers
6 Walks wearily
7 Unit of Italian currency: pl.
8 Emmet
9 Compass point
10 Glossy fabric
11 Piece of cut lumber
13 Bellows
16 Indigent
19 Directed at target
20 Brief
22 Wise persons
23 Musical organizations
25 Consumed
26 Melodies
28 Dispossesses
29 Glossy fabric
30 Made amends
31 Possess
32 Footwear
33 Beef animal
35 Dinner course
38 Broad
39 Vehicle: colloq.
41 Buddy
42 Corded fabric
44 Brother of Odin
46 Babylonian deity

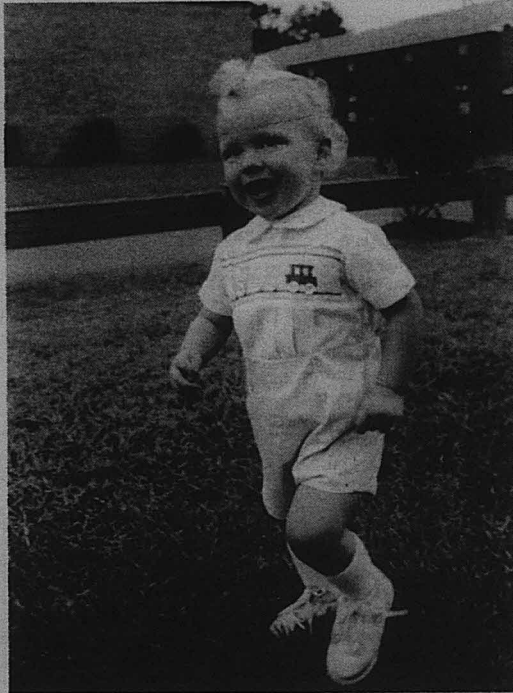


COLLEGE PRESS SERVICE

The Weekly Crossword Puzzle



Gamma Phi Beta's newest legacy, a baby



by Joe Nuesslein
staff writer

Gamma Phi Beta, in conjunction with the many diversified community and social activities they sponsor, are now introducing their newest legacy, Michael Anthony Merchant, age 18 months.

The winner of the all American Beautiful Baby Boy and Baby Sportswear for the Hampton-Newport News area, and two

Poquoson baby contests. Michael is becoming one of the most recognized babies in his home town of Poquoson.

On October 1, Michael represented the Hampton-Newport News area in the All-American Baby 1988 Virginia State Finals

held at the Holiday Inn in Williamsburg. Michael received a 3rd runner-up award.

Kimmie Whitlow-Merchant, Michael's mother and a Christopher Newport

College Senior said she entered Michael in his first contest at two months "almost out of frustration" to please all the people who thought Michael could win titles. After

winning that contest, other contests seemed to fall in place. At 11 months he

won the All-American Titles and at 15 months he won his second Poquoson title.

To help defray the costs of entering in this contest and the cost of clothing and pictures, the Merchants turned to the Sisters of Gamma Phi Beta and other sponsors. To enter alone costs between \$95 and \$245.

The Sisters of Gamma Phi Beta were eager to help their fellow sister and their legacy. Other sponsors include Judies

Styling Salon, Anna's Pizza, Poquoson Travel Agency, Helen Belcher of the Accounting Source, Yorba Linda Stationers of California and family.

Children were judged on beauty, smile, overall appearance and personality with the winner receiving a trophy, banner,

crown, \$100 savings bond and a special gift, and would represent Virginia in the National Contest.



by Brent Kilch

CNC's Mike Andress (right) in last week's rugby game against UVA.

8
NEWS

Enlightenment in Mexico

by Renee Hamilton
staff writer

"They're pioneers," said Education professor Dr. Sandy Bryan, "and they're headed for Guadalajara." "They" are the three CNC seniors who, on October 1, headed south of the boarder to begin the final phase in their teacher certification training - 10 weeks of student teaching, Mexican style.

Robert Fleet, Mike Nash, and Cathy Newlin will be the first students to experience the college's new Latin American Initiative program. The program, directed by Dr. Sandy Bryan, is an effort by the college to promote international education on campus.

The CNC education majors will be teaching at The American School Foundation of Guadalajara, Mexico - a private, coeducational school which offers programs from the pre-Kindergarten level through 12th grade. While most of the school's students are Mexican, approximately 12% are U.S. citizens - sons and daughters of American business and government employees.

Instruction in the school is done in both English and Spanish, but the students will be teaching only in English. Newlin and Fleet will be teaching 2nd and 4th grades,

respectively, and Nash will teach Social Studies on the high school level.

During their 2½ months of student teaching, the three students will live with Mexican faculty members and their families. "Weekend trips to Mexico's beautiful countryside will be part of the students' total experience," said Dr. Sandy Bryan. She said that the families with whom the students are staying will introduce them to as much Mexican culture as possible.

Funding for this special program came primarily from a \$298,000 state grant. Some of the grant money also went to the college's business department for use in the study of Japanese culture.

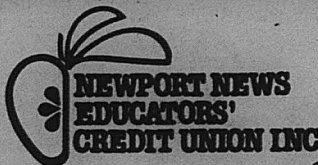
The grant doesn't cover the total expense of the program, however. Each student received a \$200 stipend, but the trip will cost over \$1,000 a piece. The difference must come from the students' pockets. Dr. Bryan said she hopes that in the future, "community interest in the program will generate more grant money and business subsidies."

Although only 3 students are participating in the program this year, Dr. Bryan said that she foresees the program expanding in the future as word of the Latin American Initiative gets out.



by Allan Hilliard

Mike Nash, Cathy Newlin, Robert Fleet and Dr. Sandy Bryan (left to right) display a poster advertising the trip. The students left on October 1 to teach in Guadalajara, Mexico.



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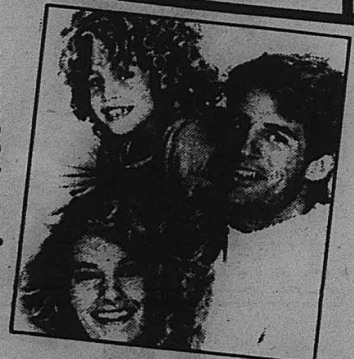
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Be careful when getting a winter tan

When the skin is tanned it provides a healthy glow and a good feeling in the person. When the rays of the summer sun diminish the tanning salons take charge and keep their customers tan all year around. There have been various positive and negative aspects of the tanning beds as well as endless theories and experiments.

Probably the foremost fact avid "sun-worshippers" should realize by now is that harmful rays emanate from the sun. These rays are referred to as ultraviolet B rays (UVB). The total radiation of sunlight contains .04% proportion of UVB. These rays

are considered the cancerous rays. There are also the ultraviolet A rays (UVA), which are not as harmful. These rays do the tanning. The total radiation of sunlight contains 10.6% proportion UVA. Most tanning beds contain less than 1% UVB.

John, of TANTASTIC tanning salon states that "the UVA bulbs are safe; they don't burn. These are the rays that do the actual tanning."

Another young lady, whose name will not be mentioned, is an employee of the same tanning salon. She claims "I do believe they're a little safer than the sun; you don't get burned or peel. For most

people the heat feels good on their backs, relieves tension, and provides relaxation.

Robyn Myers, employee of TAN-FAST-TIK tanning salon claims "The Silver Solarium beds are the best and safest to tan in."

The heart of the bed is the acrylic and bulbs. Both are extremely expensive. The bulbs usually lose their tanning rays after about 750 hours. The acrylic is the section of the bed which the person lies on. The acrylic serves as a protective covering for the bulbs. These are changed every 2,000 hours. The tanning beds also seem to have a positive effect of irradiation on the nervous system. Experiments prove that most people, after experiencing the beds, were well relaxed and felt the desire to sleep. The rays have a normalizing effect and cause the nervous system to react as a normal balanced state of the healthy being.

The irradiation leads to shortened reaction time, attention and concentration increase, and perception and response to stimulation being improved. This reaction can partly be attributed to the feeling of a healthy glow on a person's skin.

Of course, there are adverse effects of any tanning bed. When asked why the UVB rays are necessary in the beds since they are potentially harmful no matter how small the percentage, Robyn Myers states "A person needs a slight degree of UVB to activate the tanning process."

She also claims that some people can't handle the beds and their skin becomes irritated and begins to itch. When asked the cause of this Myers states "There is a melanin substance in the skin that, when you get on the bed, comes to the surface and then darkens. Some people don't handle the fast process and get skin irritation."

A frequently asked question is whether or not chances of skin cancer can be reduced on a tanning bed. Myers feels that

there is no difference to the resistance of cancer, whether in the tanning bed or on

the beach. The only difference is the lesser percentage of UVB on the tanning bed.

Another type of popular tanning bed is the Wolff Balarium. These beds have been noted to be extremely dangerous and harmful to anyone who uses them. These beds - albeit the standard Silver Solarium beds - radiate 4.7% of UVB. In the beds, the UVB irradiation is too intense and can damage the cells of the epidermis. The capillaries dilate, resulting in the releasing of blood to the surrounding cells, or internal bleeding. People using these beds often mistake the resulting skin color as a tan when, in actuality, the darkening under their skin is dried blood. Beware of the Wolff.

Al Fulsun, owner of the TAN-FAST-TIK salons, claims "When I realized this, I destroyed all of the Wolff beds I had." He figured it wasn't much of a loss considering the beds only cost \$2,000-\$3,000 each. These are much cheaper than the standard tanning beds. Fulsun also states "No tanning procedure, indoor or out, is safe. Anyone that tells you different is loaded."



The Philosophy Club will hold its next meeting on Wednesday, October 12 at noon in W-223. All are welcome. Coffee and doughnuts will be served.

PUZZLE SOLUTION

P	A	S	T	E	P	L	A	N	S
B	A	L	E	E	N	L	I	N	E
O	M	E	R	A	P	O	R	T	T
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N	E	V	A	D	A	T	E	E	T
D	E	L	E	D	S	A	P	O	R

Tape-A-Quarter Classifieds

Thanks Mindy, Lisa, John, Jamie, Lanie, Kimley, Valerie, Becky, Randy, Scott, Steve, and Bobby for the great job you did at Henry Cho. Sheri

To: Randy O'Neill
Happy Birthday!!
From: the CAB

Canoyman - I still deserve a kick in the butt. Am I forgiven??

To the Tobster - Keep up the hard work on all the Brother Awards you've been winning. Perseverance pays off. From: Brothers

Stork is looking for a fun filled date. Woman must be sensuous and able to do general landscaping for small company. All letters will be answered, so please reply.

To Sir Rodney: Some gardener you are. My family tree is withering. Get in gear for the spring. From: Big Bro

To Shnucka: Just wanted you to know dreams do come true, especially *ours*! Watch out for those trees! Love, Your Best Friends

LOST: Youthful idealism, somewhere around Campus Center. If found please return to your nearest apathetic student.

Steve (George), As always, the good times were fantastic but - I liked the old times better - they were real. Thanks anyway. Happy 22nd on the 12th!! Love Always, Christine

The 3 Nursekateers.

The Brothers of Sigma Tau Gamma would like to welcome and congratulate the Lambda Pledge Class, Steve, Paul, Tom, Bryan, Mike, Bruce, David, Brian, G.W., J.T., Derrell, David, James, Scott, and Anthony. It's going to be a great semester guys, and we know you are all going to do great. Keep up the good work.

The Brothers of Sigma Tau Gamma

ESSAYS & REPORTS

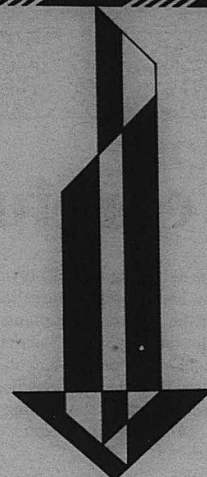
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The U.V. - is that some sort of venereal disease?

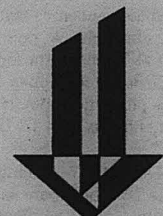
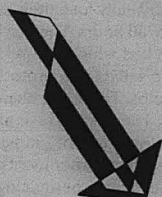
35 days. The U.V.

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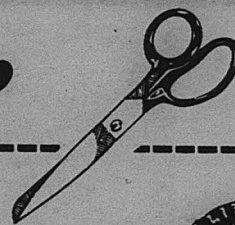
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SAT scores stay flat for third year

(CPS) — In spite of a huge wave of school reforms aimed mostly at helping students do better on standardized tests, Scholastic Aptitude Test (SAT) scores have stayed flat for the third straight year, the College Board announced Sept. 20.

This year's freshman had average verbal scores of 428 — down two points from the year before — and average math scores of 476, the same as in 1987.

"There's no medal for America in this news," said U.S. Secretary of Education William Bennett. "I said in April that 'the absolute level in which our improvements are taking place is unacceptably low.' Today it's a bit lower and still not acceptable. COME ON TEAM back into training."

College Board President Donald Stewart chose to stress the positive: "It is certainly reassuring to see that the decline in scores on the SAT has leveled off in recent years, because this probably means that some positive things are happening in the nation's schools."

Average scores peaked in 1963, and various observers have blamed everything from tenure to atmospheric nuclear testing for the decline since.

In the interim, verbal scores reached a high of 466 in 1968 and math scores a high of 493 in 1969. Yet from the verbal low of 424 and the math low of 466 — both recorded in 1981 — average scores began to rebound modestly until they leveled off again in 1987.

Although the College Board sternly warns people to weigh the test scores in "the context in which the particular test scores were earned," politicians always trumpet them as proof of something.

When scores turned upward in 1982, President Reagan claimed they vindicated his education policies.

Education Policy Analyst Jeanne Allen of the Heritage Foundation, an influential conservative think tank, says the Reagan administration can still take credit for improving SAT scores.

ded to that dialogue, but improvements take time. We'll see some real innovative successes."

"A lot of the dialogue by the Reagan administration sparked efforts to improve education," she said. "The states respon-

Still others don't see much room for interpretation in the scores.

John Katzman, president of Princeton Review, a New York firm that coaches standardized test takers, has fervently criticized the SAT for what he says is a bias against women and minorities. The SAT, he says, doesn't test actual knowledge, just students' ability to take standardized tests.

"It's a lousy test that doesn't measure aptitude. It's a bullshit test written by a bunch of guys from New Jersey."

Minority students' SATs rise faster than majority

(CPS) — Minority students' average Scholastic Aptitude Test (SAT) scores rose faster than those of "majority" students this year, the College Board said Sept. 20.

"The math scores of all ethnic groups rose this year," College Board President

Donald Stewart said in announcing the results of SATs taken by college-bound

high school seniors during the 1987-88 school year, "while the verbal averages for

most of the ethnic groups stayed the same or went up."

On the math tests, Asian-American students' averages rose three points to 408. American Indians averaged 393, Mexican

Americans 382, Puerto Ricans 355 and black students 353, respectively. The nationwide math SAT average was 428.

On the verbal tests, black students recorded the biggest gain: seven points to

an average 384. Asian-American students averaged 522, American Indians 435, Mexican Americans 428, and Puerto Ricans

402. The average for all the students who took the verbal portion of the SAT was 476.

While critics have long argued the SAT and other standardized tests are "culturally biased" — claiming they more accurately measure how thoroughly students have

adopted middle class values than how much aptitude for learning they have —

Stewart noted ethnic groups' scores have enjoyed "substantial increases" since 1978.

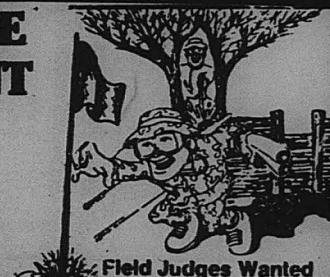
"I am very pleased by the steady progress shown on the SAT in the past decade by ethnic minorities," he said, "but the fact is that the averages of most ethnic groups still lag behind the national mean."

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2	October 3	October 4	October 5	October 6	October 7	October 8
Sigma Tau Gamma CC-156 7-10 pm Sigma Pi CC-233 6-8 pm Volleyball practice small gym 7-9 pm Gamma Phi Beta pledge meeting CC-214 7-8:15 pm	Gamma Phi Beta CC-156 12-1 pm BSU meeting CC-156 12-1 pm AMA meeting CC-233 2-3 pm CAB meeting CC-233 4-5 pm	Gamma Phi Beta pledge meeting CC-233 7-8:30 pm Alpha Kappa Psi pledge meeting CC-156 12:15-1 pm MSA meeting CC-233 12:15-1 pm Karate club practice small gym 7:30-9 pm	CAB Rick Kelley (entertainer) Terrace 9-10:30 pm IVCF meeting CC-156 11-1 pm Fine arts tour PFAS 1:30-2:30 pm	Sigma Tau Gamma cartoon night Terrace 8 pm-midnight Alpha Kappa Psi CC-233 12-1 pm Karate club small gym 7-9 pm	Gamma Phi Beta rush meeting CC-214 2-2:30 pm	Rugby club CNC vs UVA away
October 9	October 10	October 11	October 12	October 13	October 14	October 15
Sigma Tau Gamma CC-156 7-10 pm Sigma Pi meeting CC-233 6-8 pm Rugby game CNC vs Univ of Richmond away Volleyball practice small gym 7-9 pm Gamma Phi Beta pledge meeting CC-214 7-8:15 pm	Gamma Phi Beta meeting CC-233 7-10 pm BSU meeting CC-156 12-1 pm IVCF info booth CC-hall 11 am-1 pm CAB meeting CC-233 4-5 pm SVEA meeting Terrace 4:15 pm	Gamma Phi Beta pledge meeting CC-233 7-8:30 Alpha Kappa Psi pledge meeting CC-156 12:15-1 pm MSA meeting CC-233 12:15-1 pm Karate Club small gym 7:30-9 pm IVCF meeting CC-156 7-9 pm	IVCF meeting CC-156 11 am-1 pm Soc/Soc Work CC-233 12-1 pm	Alpha Kappa Psi meeting CC-233 12-1 pm Alpha Kappa Psi pledge meeting CC-156 12:15-1 pm NAA meeting CC-156 2:30-4:30 pm IVCF info booth CC-hall 11 am-1 pm Karate Club small gym 7-9 pm	Biology Club meeting NS-112 12:30 pm Rugby game CNC vs Fredricksburg Home Karate Club small gym 2-3:30 Fine Arts egg design G-102 10 am-2 pm	