The Captain's Log-

Volume VIII, Number 12

Christopher Newport College, Newport News, Virginia 23606

November 15, 1976

Music Club sponsors Consort

By Vennie Simpson

The CNC Music Club will present The Thursday Consort, performing in the campus theater on Friday evening, November 19, 1976.

The Thursday Consort was founded in 1970 by three recorder players interested in performing the literature for that instrument, both past and present. Since that time, the Consort has grown to five members, John Barrows, David Brooks, Jane Harrison, Pamela Peebles, and Herb Watson. Their most recent concerts have been of popular Medieval and Renaissance music. Their instrumentation has also grown to include voices, flutes, viols, Krumm horns, harps, psaltery, guitar, sackbut, rebec, and various percussion instruments.

The Thursday Consort perform regularly at

the Wren Chapel, College of William and Mary, Williamsburg. Last year, special concerts were given for the Project Plus Study of Medieval Man and an Ars Nova art lecture at the College of William and Mary. Also, a joint program with the Norfolk Camerata was presented on last year's CNC concert series.

As there is no director of The Thursday Consort, the members work together collectively to plan and rehearse each of their programs. Selections for their concert at CNC will include works by Thomas Morley, John Dunstable, Anthony Holborne, and others.

Dr. James Hines of CNC's Music Department feels this group is, "one of the best performing popular Renaissance music in the South." Tickets will be on sale at the door. Concert time is 8:15 p.m. CNC students will be admitted free.



Photo by Bruce Laubach

Bill Brown, a CNC ROTC cadet, receives a ROTC scholarship from Dr. James C. Windsor, CNC President, while Major Mills looks on.

Basic Studies Dept. conducts survey to learn student reaction

In recent study of students taking basic study writing or reading classes, it was learned that two-thirds of them were 18 or 19 years old, and seven-tenths of them live with their parents. While these are not startling statistics, they do give valuable information which may help their instructors adjust the curriculum to better suit the students' needs. This is particularly significant in view of the average age of the student population of CNC, which is at least four years older.

The study of the students in basic studies classes was a "Trial run" for some of the items being given on a broader scale to some 200 students chosen at random. This research project is currently underway, with the objectives of learning student reaction to various instructional styles and administrative and counseling services available. The selected students are given an opportunity to give

anonymous feedback to college officials which will be considered in adjusting programs to student needs and characteristics.

Each student who received a letter indicating he or she was chosen should be sure to complete the questionnaire. For further information, contact Bonnie Hansen at the Counseling Center.



The Thursday Consort will appear here on November 19, 1976. Pictured are Consort members, Jane Harrison and Herbert Watson (in tree), David Brooks (If), Pamela Peebles, and John Barrows on ground.

Sociology Club revitalizes, Seeks new members

By Mary Kane

The Sociology Club has reorganized and is encouraging all interested students to join. Membership is open to the entire student body.

The club will be concentrating on the sociological aspects of the world around us in programs and discussion groups. We have a number of ideas on possible future programs, such as: Minority on Campus Forum," and a "Look at Chinese Culture From Various Perspectives." The discussion group meetings will present any papers or books read dealing

with various sociological topics.

The club has set up a coffee table in the Sociology building. While getting your morning coffee be sure to read the bulletin board above with sociology news, minutes of our meetings and information pertaining to future programs.

Again we urge all interested students to join the Sociology Club. Our meetings are scheduled for the first and the third Tuesdays of the month and are held in Christopher Newport Hall, Room, N115.

CC completing arrangements for New Year's Party

Something which has never before been attempted here at Christopher Newport will be tried this year. The Campus Center is completing arrangements for a New Year's Eve Party which will boast the finest food and entertainment for the least expense to moneystrapped students.

Already signed for the evening is "Hungar" one of the area's most popular dance groups.

They will perform from 9:00 p.m. until 2:00 a.m. Prior to the dance, between 7:00 and 9:00 p.m., students will enjoy an all-you-caneat buffet dinner. Movies will show in the theater from 10:00 p.m. until 2:00 a.m., including among others, the famous Beatles film Magical Mystery Tour.

Of course, hats and noise-makers will be provided for ringing out 1976 and ringing in 1977. The game room will be available free of charge; and to top it all off, a breakfast of coffee or juice and rolls will be provided from 1:00 to 2:30 a.m.

The Captain's Log will carry ads in the coming weeks with information about tickets to what promises to be the year's biggest party.

What really is in junk food?

By Barbara Herondorf

Did you stop in the cafeteria this morning and eat one of those fat, plump, sugared doughnuts?

Do you know what you ate? You ate a blob of softened cardboard with refined, white sugar, containing no vitamins or proteins, that goos up your intestines. Why waste 35c on a glob of goo? If you persist in eating this way, save money, at least, by collecting boxes from food products, newspapers, and rolls from paper towels; chop it all up in a bowl and add some sugar and milk. Then take all that

money you've saved and buy a large box of

Skipping meals and snacking is something we all do and there's nothing wrong with an occasional skip or snack! But be sensible! Twinkies, Ho Ho's, Doritos, Cheetos, and Coca-Cola all provide chemicals, fats, sugar, salt, and starches, but no vitamins or minerals. An occasional Ho Ho or chocolate doughnut won't harm anyone, but snacking becomes dangerous when you skip meals and fill up on junk food day after day. How often

do you stop by McDonalds for the big meal of the day and buy a Big Mac, french fries, and a coke? Keep it up and you'll have a good case of malnutrition pretty soon.

If you're rushed in the morning and don't have time to eat breakfast, take 30 seconds and grab a hunk of cheese and an apple or. spread some peanut butter over some wheat bread to eat.

If you've got the munchies while you're watching TV or studying, snack on fresh fruit, raw vegetables, sunflower seeds, raisins (source of iron), yogurt (rich in B vitamins), peanuts, popcorn, bananas, carrots (source of vitamin A), celery with cheese, sesame seeds (high in calcium), or some of the natural cereals (and I don't mean Coco Krispies or Fruity Pebbles). Sunflower seeds contain calcium, phosphorous, iron, vitamin A, nitrogen, thiamine, ribofalvin, niacin, and vitamin Surprisingly, popcorn contains some minerals, B vitamins, protein, vitamin E, and bran from the hull, an important substance needed in the intestines which is taken out of refined carbohydrates and processed foods. Popcorn can be eaten with Parmesian cheese sprinkled on it or it can be shaped into a ball with molasses or honey and mixed with pumpkin seeds, raisins, and nuts. There are plenty of nutritious and delicious foods to

snack on, but Sunshine, Betty Crocker, and Charles Chips have you brainwashed!

When you have friends over, try offering them unsweetened fruit juices such as pineapple, orange, grapefruit, and tomato and be sure to keep a supply for yourself. Do you realize that drinking Coca-Cola is like drinking liquid sugar?

The results of good eating habits are something that won't show up right away. "You probably won't feel any different after eating that raisin than you did when you ate that glob of goo. But your body knows the difference. It's only over long periods of time that those good eating habits will pay off in good health. If you're one of those people who live from day to day, you'll be sorry tomorrow.

So, next time you're studying for exams or watching a Sunday football game, don't cram a bag of Prontos into your gut; don't eat nonsense! Think about what you're forcing your body to metabolize. Treat your body good and remember Shakespeare who said, "Our bodies are our gardens to which our wills are gardeners."



CNC students were caught unprepared for the sudden snow flurry which occured last Monday, however, many were still able to get some fun out of the tiny white flakes.

VCU offers Christmas inter-session courses

Badminton

Fencing

Scuba

Virginia Commonwealth University's Evenling College, for the fourth consecutive year, will offer the popular Christmas inter-session. Students from other Virginia colleges home for the winter vacation have joined VCU students in these holiday courses. This year the following courses are scheduled:

For three credits For one credit Cultural Anthropology General Psychology General Sociology History of South Africa **Human Sexuality** Introduction to American History Introduction to European History Mental Hygiene Shakespeare Social Psychology

State and Local Government World Regions

> Three-credit classes meet: 9 a.m. - 2 p.m. (one-hour break for lunch) December 27, 28, 29, 30, January 3, 4, 5, 6, 7, 8

For more information or registration for any of the above courses, write to the Dean, VCU Evening College, 901 W. Franklin St., Richmond 23284, or dial 770-6731.

"It has been said that marriage is an institution which teaches a man regularity, frugality, temperance and other virtues he wouldn't need if he stayed single." - Virginia Gaskill.



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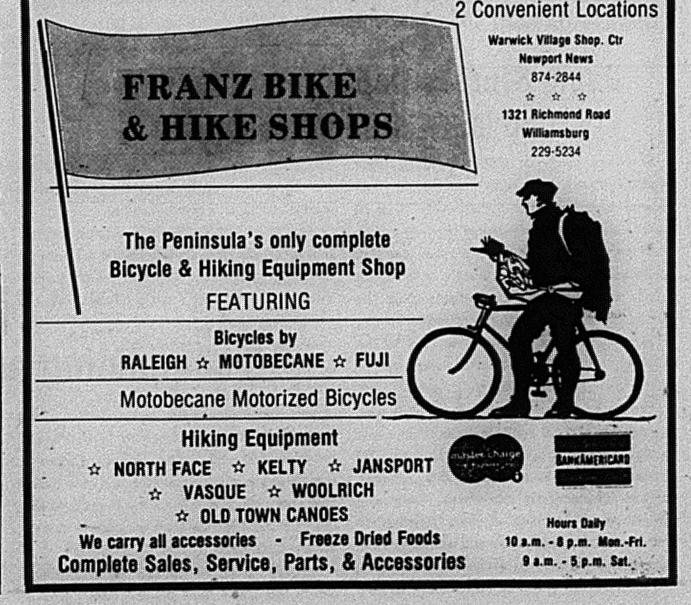
New booking for Christmas & New Years 809-B Main St., Newport News, Va.

595-8831

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Letters - Notices - Commentaries - Editorials

Threats - not the way to get things done

By Andre Ashcraft, Sr. *

Lately I've seen quite a few anonoymous signs about the Campus complaining about the lack of pictures of black students in The Captain's Log. Supposedly, these signs are "signed" by a "Black" and a "white" student. Reference has been made about possible "troubles" that could be made by these students if there is no change concerning the pictures of Blacks in The Captain's Log.

I'm quite concerned about this activity about the campus in that there is much ado bout nuthin'. 'It takes all kinds of people to make this world, and frankly a few disturbed ones, too. How on earth does anybody expect us (new papers) to be objective in our reporting if we selected our subjects according to racial composition. We can't go out and just take pictures to meet some quota to suit some people. We do take pictures of mood, creativity, awareness, the light side and the like. We can't just substitute if a particular group of people want us to photograph their choice of subjects. It's hard enough to find subjects to photograph for the moment and mood and not having to provide some racial balance. This paper is funded by the SCA, and it follows established guidelines in printing and

reporting objectively. We represent the entire school in printing and if we didn't the paper would automatically cease to exist. There are procedures to follow and since they are quite workable and responsive, the paper is not in jeopardy because of a small group of uninformed students.

My suggestion is, if in fact there is biased photography, then prove it. Out society has prided itself in "righting" the "wrongs" and this would be no lesser case to look into.

Sam Fairchild, SGA Attorney General, Rm.-230 Campus Center chairs the Student Grievance Committee and invites any and all complaints.

If we spent as much time bridging the gaps we sometimes create, then we would have our hands full and running over. I can't understand someone complaining on an issue and not helping to bring it to an end. I would think that if something hurt you, then you would try to remove it.

It's time for us to realize that this is 1976 and not the past. True, there are ugly things we must forget, but why build on these very incidents and allow them to continue to be ammunition for a mud slinging escapade? Why

not pull ourselves up by the bootstraps and get on with making this a beautiful place to live? Help us to help you! We're trying, how about you?



CNC Notices

Camera Club

There will be an important meeting of the Camera Club on Thursday, November 18. The club will meet at 12 noon in the Graphics Room - CC-223.

Harry Chapin Concert cancelled

The Harry Chapin concert will not be held at CNC, however, Harry Chapin will appear at Chrysler Hall in December. The CAC thanks the students for their cooperation in raising funds for the concert, but our bid of \$5,000 was not accepted.

Day Hike Scheduled

The CNC Hiking club will make a day hike up to Old Rag on November 21. The club will depart at 7:00 a.m., and return that evening.

Interested parties should contact any member of the club or sign up at the Campus Center Information Desk.

W & M vs. CMS

Tickets for the William and Mary vs. Christopher Newport College Lasketball game in Williamsburg on November 29, are on sale in the Director of Athletic's Office, Ratcliffe Gymnasium.

Students - \$2.00 Faculty & Staff - \$3.00

Dance Marathon

The Peninsula Chapter of Multiple Sclerosis would like to hold a Dance Marathon with proceeds going to Multiple Sclerosis research and patient services. We need any clubs or fraternities who wish to volunteer their services in helping to put on a Dance Marathon. It means a great deal of time and hard work.

Anyone interested should contact Mrs. Rodgers at 596-3597 from 8:30 to 3:00 p.m. and 596-7412 after 3:00 p.m.

Activity Calendar

Tuesday, November 16

Clep Tests	CC-233	8:30 à.m.
Bake Sale - Cheerleaders	CC-Hall	9:00 a.m.
	M-150	11:30 a.m.
Faculty Theology Group	CC-214	Noon
Outing Club	CC-233	12:15 p.m.
Women's Interaction	CC-209	Noon
Women's Interaction	CC-212	Noon
Young Democrats Sociology Club	N-115	12:15 p.m.
Sociology Club	CC-229	1:30 p.m.
Student Personnel Services		3:00 p.m.
Student Health Services		3:30 p.m.
Health Education Task Force		
Wednesda	y, November 17	,
Bake Sale - Pi Kappa Sigma Sorority		9:00 a.m.
CNC Board of Visitors	Campus Center	10:00 a.m.
Gymnastics Club	R-128	11:30 a.m.
Inter-Varsity Christian Fellowship	CC-149	Noon
Di Vanna Cinma Cornrity Meeting	CC-205	Noon -
Black Student Association Meeting	N-203	Noon
Women In Transition	N-204	Noon
Alpha Kappa Psi Fraternity	CC-124	Noon
Alliance Française Meeting		7:00 p.m.
	y, November 18	
Clep Tests		8:30 a.m.
Job Interviews - Burroughs Corp.		9:00 a.m.
Gymnastics Club	R-128	11:30 a.m.
Baptist Student Union	CC-227	12:15 p.m.
Freshmen Class Meeting	CC-124	Noon
International Club	CC-233	12:15 p.m.
American Chemical Society Dinner	CC-214	5:30 p.m.
American Chemical Society Unities		
Dr John Montgomery - Current Advances in Cancel Chemotherapy	G-145	8:00 p.m.
	ry, November 19	
		11:30 a.m.
Gymnastics Club		11:00 a.m.
German Club	CC-205	12:15 p.m.
Veteran's Accociation	G-145	7:30 p.m.
Movie - "Romeo & Juliet"	CC-Theatre	
CNC Monthly concert - "The Thursday Consort"		8:15 p.m.
Saturo	y, November 20	0.00
Karaté Club	R-146	9:00 a.m.
Movie - "Romeo & Juliet	G-145	7:30 p.m.
	y, November 21	
Volleyball Club	R-128 -	4:30 p.m.
Movie - "Romeo & Juliet		7:30 p.m.
	ry, November 22	0.00
Bake Sale - Black Student Association	CC-Hall	9:00 a.m.
THE CHILDRING WING OF CHILDREN WAS A COUNTY OF THE PROPERTY OF	G-145	Noon
	R-146	4 p.m.
Student International Meditation Society	CC-233	7:30 p.m.

The Captain's Log Staff

"The Official Student Newspaper" Christopher Newport College

OI

The College of William and Mary in Virginia

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"The Captain's Log," the official student newspaper of Christopher Newport College, is published weekly during the academic year for a total of 30 issues. The deadline for articles and advertisements is 3:30 p.m. on the Thursday preceding the Monday publication date. All material submitted for publication is subject to approval and editing by the Editor-in-Chief. It should be noted that editorials published in this newspaper do not

necessarily express the opinion of the newspaper, its staff, nor the College.

Letters, and other material, from our readers on subjects of general interest are welcomed. However, they are subject to editing and must be signed. In addition, they should include the writers full address and, for verification only, telephone numbers. Anonymous letters will not be published. All materials submitted for publication should be typewritten or printed, and double spaced.



Harpist Judy Kernell and her Golden Harp to appear with CNC Choir.

Harpist joins CNC Choir for concert

Judith Kernell, harpist with the Norfolk Symphony and the Virginia Opera Association, will be the guest of the CNC choir for their concert on December 10, in the Campus Center Theatre.

The featured work on the program is Benjamin Britten's "Ceremony of Carols" one of the monuments of 20th century vocal literature. Accompanied only by solo harp, "Ceremony of Carols" is a setting of nine medieval and renaissance carols.

\$5 simple marriage

(CPS).-A recent advertisement in the classifieds of a Vermont college newspaper offered simple marriage ceremonies for just \$5. However, the ad offers a special feature. If the Justice of the Peace's wife makes chicken soup, the ceremony costs \$10. for richer or poorer, in sickness and in health, well-fed or undernourished....

Winston Churchill once said: "If you will not fight for right when... your victory will be sure and not too costly; you may come to the moment when you will have to fight with all the odds against you and only a precarious chance of survival." Other works on the upcoming prograinclude three Spanish carols from the Renaissance, and a German Baroque cantata, Vincent Leubeck's "Willkommen susser Brautigam."

Editor-in-Chief

The Office of the Dean of Student Affairs is now accepting applications for the position of

Editor-in-Chief

of The Captain's Log, Christopher Newport's student newspaper.

Qualifications:

Full time status at CNC GPA of at least 2.0.

For further information, contact the Editor-in-Chief, CC-225 Submit written applications to the Dean of Student Affairs NLT November 18, 1976

Classifieds

FREE ADS FOR CNC STUDENTS (For three issues) The non-student rate for classified ads is \$1.00 for four lines in four issues. Bring your ads to *The Captain's Log*, CC 225, or phone 599-7196.

Help Wanted

The following part-time and full-time jobs are available through the College Placement Office located in CC-205.

PART TIME JOBS

Babysitter, Delivery, Service Station Attendant, Sales Clerk, Warehouse, Accountant Assistant, Salesman/Stock, Housecleaning, Account Executive, Bagger/Parcel Pick-Up Clerk, Bus Driver, Driver, Demonstrator, Sheet Metai Worker, Security Guard, and Santa Claus.

FULL TIME JOBS

Secretary, Programmer-experienced, Senior Accountant, Laborer, Management Trainee, Maintenance, Landscape Designer-Laborer, Sales Representative, Accountant, and Education Program Specialist.

Assistant Coordinator, Individualized Instruction —
Bachelor's degree; an education background and/or
classroom experience. Operating Room Technician Instructor—Registered Nurse certificate (Bachelor's degree in
Nursing preferred); a minimum of three years experience
working in the operating room of a hospital or equivalent
experience. Catalog/Documents Librarian—Master's degree
in Library Science with full-time experience in original L.C.
cataloging.

LOST & FOUND

Found - A dark blue "Busch Gardens" jacket with a pair of glasses and other valuables. Contact Tim - Davis (826-1695) or leave message at C.C. Info. Desk concerning this article. (11/29)

FOR SALE

Automotive

For Sale - 1969 VW Camper, ST, new engine w/ 5 months warranty, new muffler, new tires, in exc. cond. \$2,000. Call afternoons at 874-2674 (11/22)

For Sale - '74 Suzuki TS250 Exc. Cond. 2500 miles Price - \$500. Call 220-0457 (11/15)

For Sale - '73 Honda Civic, 4 spd. Exc. mech. cond. Call

after 5 p.m. 595-1479 (11/15) For Sale - Yellow 1971 Opel GT, \$1500. Call 851-3511

Miscellaneous

For Sale - Magnus 12 Chord Organ. Exc. cond., w/bench \$40.00. Call 877-5497 (11/29)

For Sale - 25" RCA Color Early American Console - gd. picture. 7 yrs. old. Price \$75.00 Call 595-2674 (11/29)

For Sale - Yorkshire Terrier - male, 3 yrs. old, full pedigree, red/gray - adorable - looks like "Benji", great with kids! Housebroken, all shots. Call 838-2465 aft. 6 p.m. (11/29)

For Sale - \$300 tiffany setting diamond; engagement ring, white gold for \$200. Call 596-7293 aft. 6 p.m. (11/29)

For Sale - Rabbits, \$3 each. Call 877-1487.

For Sale - Double bed, maple finish, hardwood, bookcase headboard, \$40; 3-in-1 carriage-stroller carbed, \$20; solid maple sm. buffet (antiqued green), \$15; miscellaneous baby items; bed rail, \$4. 596-8663 aft. 1:00 p.m. (11/15)

For Sale - Dbl bd./white bookcase headboard and night-stand \$30. Br. suit, spanish Oak, KS hdbd, nightstand, triple dresser/mirror, chest, 2 yrs. old, \$430.00. Shag rug 12x15, bound, burgundy and green1padding, exc. cond. \$95.00 Call 877-8886 aft. 3 p.m. (11/15)

For Sale - 3 ea. 7" reel, BASF recording tapes. 2 ea. 7" reel, MAXELL recording tapes. 1 ea. 7" reel, MEMOREX recording tape. Top quality, 2400 ft. in length. Call 599-4135. \$18.00 steals all 6! (11/15)

For Sale - 1973 Suzuki GT750. Exc cond, 13,000 orig miles. Equipped w/windjammer fairing, saddle bags, travel trunk, extra fairing, burglar alarm, extra brakes, extra chain & sprockets, dense lube super chain, crash bars, helmet, rainsuit and many extras. Asking \$975.00 - must sell to pay tuition. Evenings call 874-7581.

For Sale - Midland CB Radio, Complete w/ant., etc. Exc. Cond. \$125. Call days 229-3000, ext. 370. (11/15)

For Sale - 3½ mo. old seal point siamese kitten. Call 595-7993 aft. 4 p.m. Price reasonable. (11/15)

SERVICES

Tutoring - By exp. teacher; prep. for exams and term papers. German grammar, vocab., reading compreh. English structuring and writing papers, literary analysis. Day or night. Call 838-0515. 12/6

Typing - Professional Typing Service -- In Williamsburg. Exp. in all aspects of typing from term papers to dissertations. Satisfaction guaranteed. Call 229-1970. (12/13)

Free - German Shepherd, three years old, female, spayed.

Call Mrs. Hopkins, att. 4:00 p.m. - 596-1044 (11/29)

Typing - \$.50 page as is, \$.75 per page w/spelling, grammar, etc. corrected. 596-8663 att. 1:00 p.m. (11/15)

Lessons - 5 string Banjo Lessons - leain scruggs and chromatic styles from an experienced teacher. Contact Bill Gurley at 877-7759. (12/6)

FOR RENT

For Rent - Apt. for rent. Take ove lease on a 2 bdrm apt., within walking distance to college, \$170/mo. incl. paid utilities, lease exp. end of April-1977; no security deposit, College Court Apts., 596-8953 (11/22)

Need - To share Townhouse no lease. \$80.00 plus \$20.00 VEPCO. Located off Warwick Blvd. Bill Hamilton 245-5062 after 6 p.m. 974-4707. 11/15

Roommate - Female needed to share 2 bdrm apt. Rent would be \$80 per mo incl util. It has balcony, pool & A/C, less than 10 min. from Christopher Newport. Call Sharon James at 244-1771 before 6:00 or 463-0389 aft. 6 (11/15)

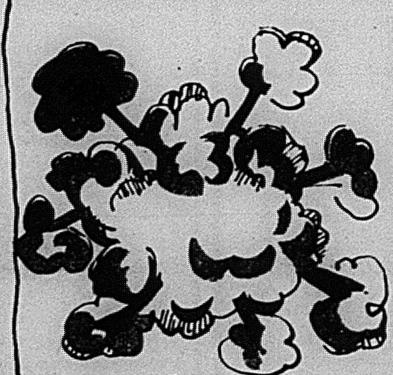
Roommate - to share 2 br. apt. on Warwick Blvd. near CNC. Approx. \$100 mo. Call Liz Perry 599-3812 (11/15)

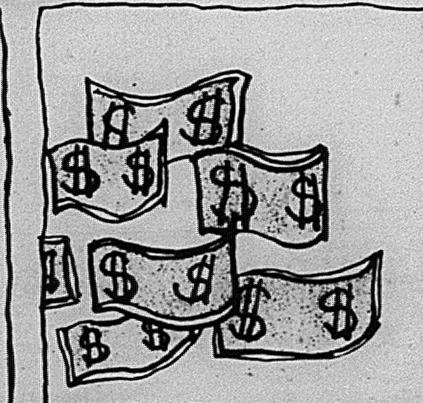
Roommate Wanted - Need a roommate; close to school \$90.00 a mo. All utilities paid. 596-8081 . (11/22)

For Rent - Room for rent in quiet neighborhood. 5 min from campus. Refrigerator and cooking privileges in room. \$15 per week. No smoking. Call 596/8249. 12/6

TURN BOOKS INTO CASH







Used Book Buy-Back Lobby -Newport Hall Dec. 13 &-17, 1976