

# The Captain's Log



Volume VI, Number 29

Christopher Newport College

Newport News, Virginia 23606

April 28, 1975

## CNC Office Safe Looted During Spring Fest

At approximately 08:45 Saturday morning, the Newport News Police Department was notified of an apparent robbery in the school administration building.

Evidence at the scene indicates that entry to the Administration Building was gained by way of one of the back doors to the library. After forcing this door open, the burglar, or burglars, proceeded to the Business Office where they found the safe. The safe was removed to the lobby where the back was ripped out with tools "borrowed" from the boiler room.

Present estimates indicate that approximately \$968.00 was taken in the caper; \$900.00

from the Business Office, and \$68.00 from the library.

The burglar(s), as if to indicate his (their) (dis) respect for CNC's security procedures, took time out from the task to defecate in the library floor.

In addition to the library and business offices, several rooms in Christopher Newport Hall were entered, including the Computer Room, however, nothing has been reported missing.

The break-in is presently being investigated by the NNPD. At press time on Saturday, no additional evidence or leads had been found.



Students enjoy afternoon on the Commons during "Spring Fest '75". Story on page 6.

(Photo by Fabian)

## CNC Choir to Give Concert

The Christopher Newport College Choir, under the direction of Mary M. Thompson, will present a concert on April 30, at 8:00 p.m. in the Campus Center Theatre.

Works included on the program are *Wedding Cantata* by Daniel Pinkham; *A Rose* by Jean Berger; *The Road not Taken*

and *Choose Something Like a Star* from "Frostiana" by Randall Thompson; and *America* by Randall Thompson.

Soloists participating in the program are Ann Czarniecki, Stephen Hoyle, Lalegul Ergun, James L. Rowe, Patricia Bentley, and Michael Prunty. The accompanist for the choir is Katherine Singleton.

The public is invited to attend, the admission is \$0.75. Students, faculty, and staff of CNC will be admitted free.

## McCleod Offered New Contract

By Mary Dvorak

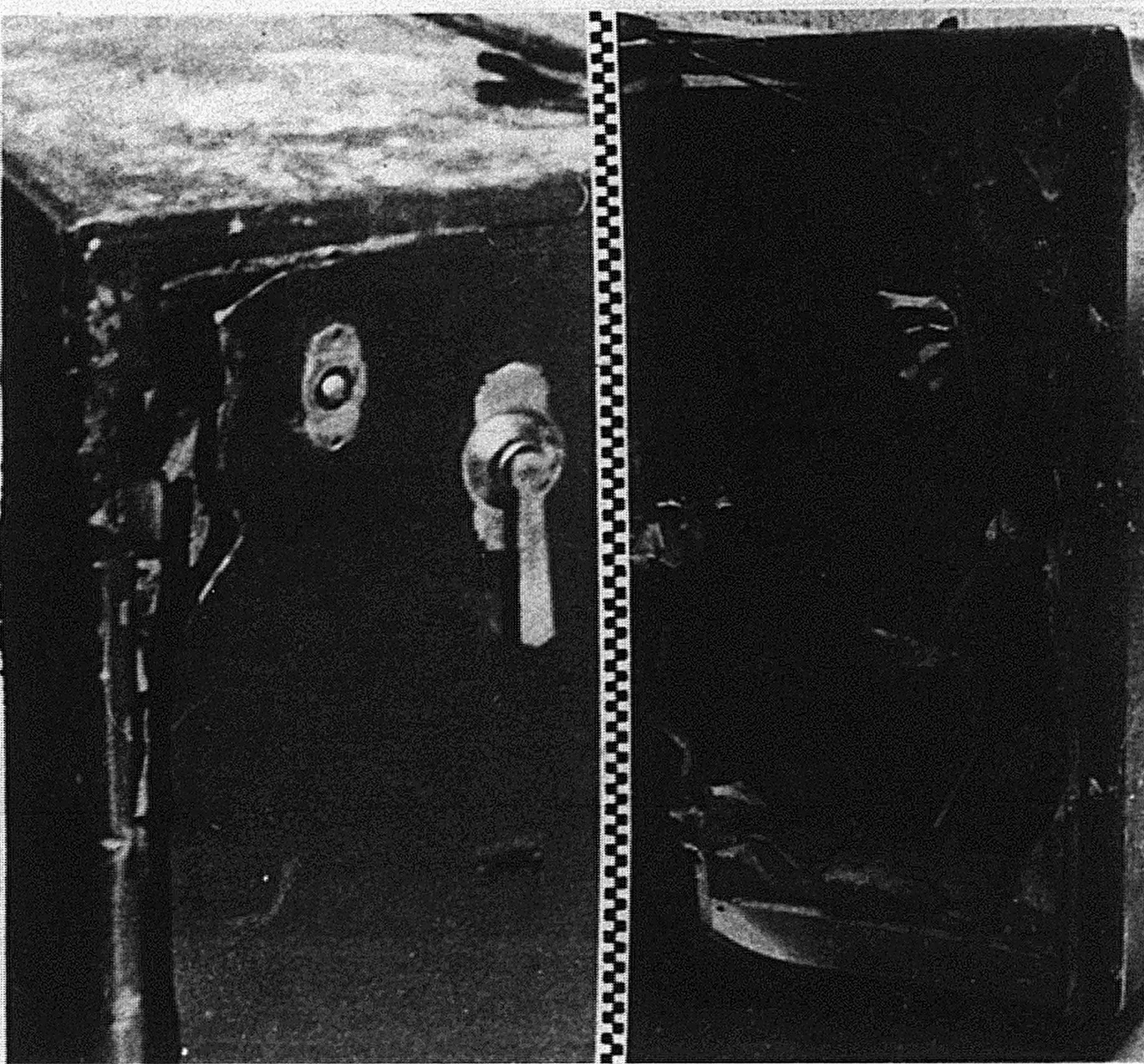
On April 23, a piece of mail was received through the Dean of Student's Office. The envelope contained a clipping from *The Captain's Log* with a change made in the headline, by the sender. Assuming it to be a lead on a story, I followed up on it only to find that the information was false.

To my mysterious informer, whoever you are, Mr. McCleod has been offered a contract for next year, and he seems to be in good standing with the College.

## Hukle, Owen win Student Honors

The Geography Department announced that two CNC students, Donald Hukle and Owen Costello, were proclaimed winners in the Student Honors Section of the Virginia Social Science Association in Richmond.

The Session was well attended and CNC students competed with entries from universities and colleges throughout Virginia. The topic of their presentations stemmed from Political Geography courses taught at CNC and



Administration's office safe as it appeared following Friday night's burglary. (Photo by Fabian)

## Kissinger Scholarship Established

Beginning in 1975, the Kissinger Scholarship Fund established by Dr. Henry Kissinger in honor of his parents, Paula and Louis Kissinger, will award each year a number of scholarships on a competitive basis. Persons eligible are children (natural, adopted or stepchildren) of service personnel officially designated as Missing in Action or Killed in Action in the Indo-China theatre after December 11, 1961.

Winners will be selected on the basis of high school records, test scores and evidence of leadership and good character. Awards may range up to \$1,000, the amount to be determined on the basis of financial need.

Winners may attend any United States accredited two or four-year college or a post-secondary school approved for participation in the federally insured Student Loans Program or accredited by the National Association of Trade and Technological Schools or a hospital school of nursing accredited by the National League for Nursing. Licensed Practical Nursing programs are not included.

There is provision for retaining the award from year to year within an educational program subject to certain limitations provided the student furnishes the Committee with evidence of satisfactory progress.

Applicants must be under 24 years of age and high school seniors or undergraduate students in good standing in a college, postsecondary school or hospital school of nursing. They must take the Scholastic Aptitude Test of the College Entrance Examination Board and must apply for and gain admission to an educational institution of their own selection.

All applicants must have applied for Social Security benefits and VA War Orphans Educational Assistance (38 USC, Chapter 35).

Application blanks can be obtained by writing to: Kissinger Scholarship Program, Educational Testing Service, Box 176, Princeton, New Jersey 08540.

## Booker to Appear on Tidewater A.M.

Dr. Marshall Booker, Professor of Economics at Christopher Newport College, will appear on the "Tidewater A.M." Show of WVEC-TV (Channel 13), Tuesday (April 29) between 8:00 am and 9:00 am.

Ms. Jackie Miller will interview Dr. Booker, and the topic will be "What The Economy Is Up To."

Dr. Booker, a native of Hampton, received his B.A. degree from Lynchburg College and his Ph.D. degree from the University of Virginia.

## Summer School Catalogues Offers 170 Different Courses

The catalogues for Christopher Newport College Summer School are now available, according to L. Barron Wood, Jr., Assistant Dean of Academic Affairs and Director of the Summer School.

One hundred and seventy different courses and 204 sections of the courses will be offered for A, B, C and D Sessions of Summer School. Session A begins June 4, and concludes July 3; Session B begins July 9, and concludes August 7; Session C begins June 4, and concludes August 7; and Session D begins June 23, and concludes July 22.

Early admission requests are being accepted by the Office of Admissions until May 21.

Early registration for Sessions, A, B, C and D will begin by the Office of Registrar, May 1, and conclude May 21.

Persons interested in admission interviews should contact the Admissions Office for appointments prior to May 30.

The Counseling Center of CNC, located on the first floor of Wingfield Hall, will make staff members available for early admissions counseling. The Center is open daily, Monday through Friday, from 8:00 am to 4:30 pm and on

certain evenings from 5:00 pm to 7:00 pm. A schedule of evening dates follows: Monday, April 28, Wednesday, April 30, Monday, May 5, Tuesday, May 13, Wednesday, May 21, Thursday, May 29, and Tuesday, June 3. Glen G. Vought, Counselor, will help students with information about programs and courses, transfer information and career development questions. The Counseling Center is customarily open one evening per week during the summer. A schedule of dates will be announced at the beginning of the summer session.

For further information call 596-7611, extension 247 or 305.



## Editorial

### SGA President, How Was he Elected???

There seems to be some question in the minds of a number of students as to how the new SGA President was elected. The question is whether or not the new president violated any of the rules in the Election Handbook.

A number of students witnessed one of the candidate's posters hanging directly behind the voting table. This person was also witnessed loitering around the voting table and at one point it was said that he left with a number of blank ballots.

Rumor also has it that he ushered in a number of unwilling voters and then proceeded to mark their ballots for them. Other rumors are that the newly elected president had cohorts actively recruiting people in the voting area for him.

A number of questions have been received about the elections, and its outcome, however, the answers are not readily available. Understandably, popularity played a large part in the election of the new SGA President, but one stops to wonder how two or three dynamic juniors (one unclassified) could show such disparities of popularity.

The main questions to be considered here are not how the president was elected, but the rules under which the elections were conducted. First, there is nothing in the rules prohibiting a candidate from placing a placard in the voting area. Second, there is nothing in these rules which states that a candidate or his supporters can not "herd" in voters, and finally, there is nothing in these rules which states that a candidate can not take ballots away from the voting place.

The deadline for questioning the election results has passed, it is the election rules which are being questioned here. Most often, it is the system which permits deviations from that which is acceptable. Now is the time for action to prevent even the remotest question of election results ever coming up again. Clubs, organizations, and student body are a part of the SGA, that's where the action is.

## Letters To The Editor

### Apathy Defeats Hornsby at CNC

To the Editor:

J.W. Hornsby Jr. was defeated, yes, trounced upon by apathy at noon, April 23, 1975 in room 125 of Christopher Newport Hall. The battle lasted about fifteen minutes during which Mr. Hornsby spoke to an audience of 21 of which I believe 62 per cent were students.

One half of one per cent of the student body showed up to see, listen, speak to the candidate. Understandably some students aren't interested as they do not live in the district Mr. Hornsby aspires to represent. But, surely more than fifteen students are planning to vote in the upcoming Democratic primary.

Perhaps there are as many as fifteen students at CNC who are below the legal voting age. Other than that, one excuse why is that no one is interested. Is it that real estate taxes, State Corporation Commission, and utility rates don't affect the students? Is it that the other 99.5 per cent of the student body are campaigning for Senator Bateman? I don't believe either of these possibilities are completely true. One possibility is that since I am relatively new to the area (two and a half years here) that I don't know that Mr. Hornsby is a schmuck and everyone else does. However, having heard him speak for fifteen minutes I don't believe this is the case either.

If I told you that Mr. Hornsby urges immediate passage of the ERA legalization of marijuana, and free beer for all college students would any of you be more inclined to hear him

Orade

speak if given the opportunity in the future? I don't know how he feels about these questions, I also don't know how he feels about many of the real issues of the day.

Last week Austin, Texas elected a new mayor. He is a thirty year old recent graduate of the University of Texas who says he could not have won if it had not been for the student body at U.T. Certainly this shows that apathy does not reign on all college campuses. These are the active students. This is also the home of such greats as Lyndon B. Johnson, John Connally, and others. Virginia is famous for all the men started here and stopped in the White House. Is this a phenomenon of the past or will

### Priest Not Ours

To the Editor:

The Faculty Theology Group cannot, alas, claim John Carroll's Beaming Priest as one of our number - and we were not in session on the Wednesday in question. We would welcome the gentle cleric to our discussions, however; his pragmatic vigor might enliven our deliberations.

Mr. Carroll's letter is a pretty piece of prose. It is evident that the O'Carroll has not toiled in the perilous vineyards of The Short essay Question in vain.

Jane Webb  
Secretary, Faculty Theology Group

it continue. If you believe all politicians are corrupt I urge you to run against them or find some uncorrupt individual and become active in what is your future.

George Lord

Letters from our readers on matters of general interest are welcome. However, they are subject to editing and must be signed. Please include full address and, for verification only, telephone numbers. Anonymous letters will not be published.

## The Captain's Log Staff

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The Captain's Log is published weekly during the school year. Deadline for all advertisements and articles is the Thursday preceeding Monday publication. Contributions and letters to the Editor are welcome. All material is subject to final approval of the Editor. Editorials do not necessarily express the opinion of the newspaper, nor of its staff.

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# Men, Women Different Socio-Economic Positions

Research Group One

The single most popular pamphlet we ever produced was a collection of statistical materials about the relative differences in the socio-economic position of men and women in the United States. Now, five years after the regular Census we have revised and up-dated that information. This column presents the highlights of our new edition.

The median income for all women who worked full time was \$6,488 - in 1973 when the Census last published such information. That year women made 57 cents for every dollar men earned. Have things been getting better? no. Relative to men, the economic position of women is slipping; and it has been slipping since 1955.

Ethnicity makes little difference. White, Black, Mexican, Puerto Rican, Polish, Italian, Irish, German, Russian - it's all the same. The survival level of the majority of women is marginal. Most women, like most men, work

out of economic necessity.

Even within the same job category women earn less than men. For example, saleswomen earn only 39 percent as much as salesmen, and women who run machines are paid 61 per cent as much as men running the same machines. Even professional women, who do make higher salaries, are grossly underpaid relative to men. They receive only 64 per cent as much. For almost all job categories, men have been moving ahead at the rate of 1 per cent a year. (The incomes of Black women and men also fell back in this time.)

Occupations are highly segregated by sex. Some, such as nurses, secretaries, private household workers, typists, seamstresses and

stitchers are over 90 per cent female. The analysis of sex segregation indicates no change over all occupations since 1900.

Thirty-five per cent of all working women are in clerical jobs involving some kind of low level office work. For Black women, 20 per cent work as clerks, while one-fourth of them are in "service" jobs - mainly cleaning services, food services, and low-level health services. And Spanish-American women are mainly concentrated in industrial settings as machine operators (24 per cent) or in offices as clerks (30 per cent).

With regard to education, women are still quite far from equality. While the same proportion of men and women complete high

school, fewer women go on to college and even fewer graduate. For every ten men who graduate, only six women do. That's about the same ratio as in 1930. At the Ph.D. level, men get 650 per cent more doctorates than do women.

Does education help women narrow the gap? No. Women who only completed grade school earn 55 cents for every dollar a man with a grade school education gets. The same is true for high school graduates. Having four or more years of college only adds on a nickel; women make 60 cents for each man's dollar.

More women are employed than ever before. In 1973, 44 per cent of all women 16 and over had jobs. Three out of five employed women were married, and slightly more than half of them had children who were still in school.

Why do women work? They work because of economic need. Four out of ten work to support themselves; and one-third work because the incomes of their husbands or other members of their household are inadequate. Altogether, then, if three-fourths of employed women did not work, they and-or their families could not survive.

Women who are not employed spend approximately 55 hours a week in housework. That is almost exactly the amount of time women spent in housework fifty years ago. In contrast, employed women spend only about 26 hours in housework each week. Estimates based on the specific tasks performed by full-time housekeepers indicate that the unpaid value of their work is about \$16,000 per year (at 1974 wages).

These statistical materials are important because they help destroy three myths about the life changes of American women. First, they destroy the myth that women work for "pin money." The myth itself persists because it is part of the ideology of sexism that pervades the society. (After all, men are seldom asked for an economic justification for their working.)

Second, these materials destroy the myth of the social and economic equality of women. Sexism pervades all areas of American life.

Third, and finally, these materials make clear that the socioeconomic position of women is not improving. If anything, it is getting worse. It is, in fact, doubtful that the political economy of the United States can be sustained under conditions of human equality.

## PERSONAL FREEDOM

Campus Studies Institute

Usually when personal liberty is discussed, the concern is with man's non-economic freedoms, freedom of speech, of religion, of the press, of personal behavior.

Frequently the most zealous guardians of these all-important freedoms are outspoken advocates of eliminating freedom in the economic area. When it comes to commerce, to the making and marketing of goods, they seem to be in favor of replacing freedom with rigid controls.

The question is, of course, how long these non-economic freedoms can be preserved in a society that has denied man his economic freedom.

Freedom of the press, for example, is well-nigh impossible if the State owns the newsprint, ink and printing presses; freedom of assembly is difficult if the State controls all meeting places; in truth, a free individual could not exist in a society in which the State controlled all means of employment and income, and hence the essentials of life: food, clothing and shelter.

"Give me control over a man's economic actions, and hence over his means of survival, and except for a few occasional heroes, I'll promise to deliver to you men who think and write and behave as you want them to."

"The inherent danger of socialism is that in establishing a social machinery for economic direction it creates a concentration of power, the coercive power of the state and the power of a focused economy, far beyond anything capitalism dreamed of and makes men far more dependent than free.



A Day of Play at "Spring Fest '75"

Students enjoy a pause in Spring Fest Activities. (Photo by Fabian)

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# Tennis Team, Second Place in Dixie Conference

The Christopher Newport College Tennis Team enjoyed its best season in history with a second place finish in the Dixie Conference Tournament last week. The Captains entered the tournament tied for second, during the regular season, with U.N.C. at Greensboro. Both teams had 5-2 conference records,

## String Festival for Lung Association

The Virginia Lung Association, Tidewater Region, is sponsoring a "String Festival" at the Strawberry Banks Manor House Gardens on May 10 from 2 to 6:00 pm.

The New Morning String Band, a local bluegrass group, will provide the music while visitors stroll through the gardens and enjoy the scenic waterfront view. The music and the location are being donated and all proceeds will be used to help establish an emphysema clinic on the Peninsula. Refreshments will be available.

Tickets will be on sale at the Lung Association Office, 12258 Warwick Boulevard in Newport News or at the Strawberry Banks Manor House Gardens (at the Hampton Bridge Tunnell Toll Gate). The price is \$2.00 per person.



John Ireland, Captain's Tennis Team member, practices at Centre Court.

(Photo by Lyon)

however the Captains defeated U.N.C.G. (7-2) in head-to-head competition in April.

North Carolina Wesleyan won the tournament with 40 points followed by CNC with 30, U.N.C.G. with 26, Lynchburg, 20, Greensboro College, 10, Virginia Wesleyan, 2, and St. Andrews and Methodist scoreless.

Christopher Newport also had three individual champions during tournament competition. No. 1 man, Jim Jordan, won his singles flight, No. 2 man, Mike Youngblood, captured his singles flight and Jordan and Johnny Roberts won the No. 1 Doubles Championship. Other Captains also fared well in the tournament with No. 5 man, Mike Hash, reaching the finals and No. 2, Roberts and No. 6, Jim Eyre reaching the semi-finals.

The Captains also closed out their regular season against all opponents with a 7-5 record and four of the losses were either 5-4 or 6-3 and all determined in the last two doubles matches.

Coach Jack Armistead will have seven returning freshmen from this year's team, so the future for the Captains' tennis squad looks very bright.

## Intramural Softball Closes Season, MVP's in First Place

By Tom Kilpatrick

The CNC Intramural Softball season closed out its regular season Friday as the Raiders defeated the Independents. The Championship was decided Thursday as the MVP's blasted EHO's 13 to 1 behind winning pitcher Susan Wilkes. Susan finished the season with an unblemished 5-0 won-lost record and was clearly the Most Valuable Pitcher of the season. Balance proved to be the key for the MVP's as they played five girls and five guys in each of their contests. The brothers (and sisters) of AKPsi kept the heat on the entire season, posting a 4-2 record.

Jeff Cahoon's Rangers were the most colorful group, sporting green hats and numbered jerseys. The Rangers also finished 4-2 for the season. Gene Hunsucker supplied the spark for the Rangers with three home runs in a short season. Gene finished second in the home-run department behind Tom Kilpatrick, of the MVP's, who had four.

The championship roster consisted of Wilkes, pitching; Kilpatrick at 3rd base; Joan Delaney catching; Karen Gleaton at first; Judy Wells at second, Mike Fallon at short; Dirl Riddle in left; Mickey McSweeney in center; Myra Smith in short-field; and Dave Barrick in right.

The final standings are as follows:

	Won	Lost	GB
MVP's	5	1	
AKPsi	4	2	1
Rangers	4	2	1

Raiders	2	4	3
Snakes	2	4	3
Independents	1	5	4
EHO's	0	5	5

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# CNC Players to Present Own Play "D'Law"

An original, humorous revue, entitled "D'Law," will be presented by the Christopher Newport College Players Thursday through Saturday evenings, May 1 through 3, in the Campus Center Theatre. Curtain is at 8:00 pm.

The revue is written, directed, and performed entirely by members of the student body and faculty at Christopher Newport College. Sketches have been contributed by Gary Brown, Mike Diana, Vicky Clark, Mickey Shiller, Rita Hubbard and Stan Fedyszyn. Brown, Diana, Shiller and Fedyszyn are all directing the production with the assistance of Jan Meredith on musical numbers.

"D'Law" is a spoof on police, particularly the

television version of the policeman and the exploitation of the "macho" of the police image. The members are all humorous looks at various aspects of the policeman as seen by the American of the 1970's.

High points of the show will be "Tix" Rita Hubbard as a police officer attempting to sell tickets to the policeman's ball, the cycle ballet, composed by Mike Diana is a number featuring the police motorcycle drill team riding especially prepared two wheel bicycles. Vicky Clark and Laura McNichol are featured in a lockerroom number, dealing with some new insights into policewoman's dressing rooms, and Mickey Shiller offers a special lecture for

new recruits at the Police Academy.

The cast will be comprised of six policemen: Mike Diana, Mickey Shiller and Paul Phinney, who will be accompanied by Vicky Clark, Laura McNichol and Rita Hubbard as their feminine counterparts. Five "grungies" complete the cast. The "Grungies" are the straightmen for all of the police antics and are comprised of Jan Meredith, Jo Harding, Tricia Bentley, Chuck Haas and Bruce Pittard. Gary Brown is stage manager and Cynthia Seyffert is in charge of costumes.

"There have always been a lot of inquiries as to why we never produced comedies at CNC," Stan Fedyszyn, assistant professor of theatre and overall director of the production noted. "We feel that we have a responsibility to provide training for the student that challenges

him in some way. Just taking a drawing room comedy off the shelf is something that other theatres do and there's no need for us to duplicate the effort. When someone came up with the idea of doing a revue, a lot of us jumped at the idea. Here the challenge is not just to work with proven material but to see if we can create good, funny material from the ground up. Some of it is quite good and some is not quite so good, but that's all part of the learning process," Fedyszyn added. "I hope we never get that encrusted that we don't leave room to give the student a chance to try things," he concluded.

Admission for all three performances of "D'Law" is \$1.00 for non-CNC connected individuals.

## School's About Out, Great!



Students enjoy music during Spring Fest activities.

(Photo by Fabian)

School is just about out! Sounds great, huh? No, this time, I'm not going to write about the "what are you going to do this summer?" stuff. Most people change their minds a hundred times and the rest of the students never planned it in the first place, and last of all, no one, including myself, is very interested anyway.

The last stretch of the long year is finally at our feet with 'Spring Fest,' sun (can you see it?), exams and for some, diplomas setting the final scene.

After all the complaining and threats of dropping out, we seemed to have pulled through, somehow - whether it was by the skin of our teeth or with flying colors. Still, questions, yet unanswered, are lingering in our heads, like "will I pass my final exam in psyche?" "What did my English teacher really mean when she wished me better luck next year?" "Why is the Captain's Log full of ads, giant pictures of guest speakers and activities calendars with only a few interesting stories?"

"Who am I?" "Why me, Lord?" and the revengful snarl, "I still wonder who told Dr. Pugh about those cheaters....haven't passed a test since she tricked us with four kinds."

Next year, present CNC students will be either someone else's students, finding themselves, graduates scanning the job markets, unemployed graduates scanning the want ads, or Other (you fill in the space and keep for a reminder).

CNC students, whatever you will be, it will be a new year and a new experience. This Spring Fest has marked the end of another year, and the beginning of a season (spring or summer???) with fun, games, sun, and great people (it's an opinion). It's been a year that will always be the past, and I hope that the next year will be equally great (I mean better) than this year. Adios, au revoir, goodbye, and have an unforgettable summer.

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# Emotional, Physical Stress Relieved by Practicing TM

By practicing transcendental meditation 20 minutes in the morning and 20 minutes in the evening a person rids himself of emotional and physical stress in a state deeper than the deepest sleep attainable.

"Why should I meditate?" To be healthier and happier. "Can anyone be taught to meditate?" Yes, definitely. "Is transcendental meditation a religion?" No. Emphatically not. TM is a technique, not a moral code. "Can a confirmed skeptic benefit from TM?" Yes, the ease with which it is learned astounds even the most determined skeptics.

"How does TM differ from other types of meditation?" It differs not in the goal, but in

the method of reaching that goal, which is the most natural and life-supportive. "What's so special about a TM teacher?"

The benefits of TM affect every aspect of our lives. Based on the assumption that the component parts affect the whole, TM not only benefits the individual by releasing inner stress, but, in turn, enhances society as a whole by this same reduction of stress. What is the nature of the process by which the individual revitalizes the society?

The adaptability of the physiology, psychology, sociology, and ecology makes possible the increased stability of these aspects which, in

turn, leads to their integration, their subsequent purification, and ultimate growth. This week we will discuss the first phase of progress, that of the adaptability increase.

Dr. Robert Keith Wallace is a pioneer in the researching of the physiology aspects of TM. He has found that TM causes a complete relaxation of the entire nervous system as shown by a marked reduction in oxygen consumption, breath rate, and cardiac output, among others. Wallace has also noted the biochemical changes occurring during this deep relaxation. For example, when a person is in a stressful situation, his skin resistance decreases. (This is the principle behind the use of the lie detector.) During TM however, skin resistance increases significantly, which indicates a state of deep relaxation and reduced anxiety.

Our physical well-being is reflected in our psychological health as well. Through the practice of TM, psychological adaptability, or the ability of the mind to adjust to change for survival and progress increases. Groups of

meditators tested along with matched groups of non-meditators showed substantial increases in learning ability, perceptual ability, self-sufficiency (i.e., reduced nervousness, increased sociability, increased self-assuredness), and overall intelligence. In other words, TM releases stress on our nervous system and, because of this release, we are able to funnel our energies toward constructive behavior rather than merely coping with our stress which produces non-constructive behavior.

In a sense, our eyes are opened, because for once we are able to see clearly without the fog of anxiety clouding our perceptions. In fact, we don't realize the extent to which anxiety affects every individual thought, perception, and act until that burden is lifted. A mediator experiences, more often than expected, a re-vitalization of every aspect of his behavior, his life—an experience which repeats itself with every added day of meditation. This "profound wakefulness," or "unbounded awareness" is

Continued on page 7

## AKPsi Raffle won by J. E. Dennis



Sam Griffith, AKPsi President, congratulates J. E. Dennis, winner of the bicycle raffle. Proceeds from the raffle will be donated to the CNC Day Care Center. (Photo by Green)

"Spring Fest, 1975" got underway with a belated shower of ping-pong balls delivered from a low flying aircraft, criss-crossing the campus, by our very own Jim Rollins.

The waiting crowd was rewarded with a "Red-Red" ball, good for a prize of \$25.00 in cash. Other balls, marked with various color combinations, were redeemable for an assortment of other prizes.

The afternoon proceeded with lots of fun and sun for all. Beer, sold by AKPsi, was in abundance to cool the heated brows of the numerous participants listening to the outdoor concert behind Newport Hall.

Evening brought out the late crowd, most of whom seemed to be high school students from Ferguson and Warwick high schools.

The Alpha Kappa Psi bicycle raffle for the CNC Day Care Center was won by Mr. James E. Dennis. Mr. Dennis purchased the winning ticket at the Coliseum Mall community booth. He said that he hoped that his daughter would be happy with the bicycle, it was a man's.

Saturday found the surviving members of the student body wrecking an automobile (junk car), playing tug-o-war, running races in shopping carts, and otherwise having a good

time of it.

The EHOs accumulated a total of 38 points to win the Spring Fest Trophy in the club sponsored competitions held on the Common on Saturday afternoon. "It was the girl's Stumble-foot races that won it for us", they said.

Their team included Barney Simonson, "Wildman" Gagne, Lymb Rowe, Jan Marshall, Dandy Hammond, Belinda Robinson, Jim Wingo, Kevin Kachadovrian, and Don Dommissie.

At press time on Saturday, the fun and frolics were still in progress. While some SGA officials were trying to come up with an idea that would restrict admittance to Saturday night's dance to CNC students, the AKPsi Brothers were counting their profits, and the student body was still enjoying itself.

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Individual contributions, no matter how small, are the children's main hope for survival. A contribution of \$1.00, the average cost of a hamburger, french fries and soda, can buy a year's supply of multi-vitamins for a child in a crisis country. \$15 can bring supplementary food and health services to five children for a month.

Can't you spare a bite... to save a life? Please send your contribution today. Mail to UNICEF World Child Emergency, 331 East 38th Street, New York, N.Y. 10016.

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# Transcendental Meditation Offers Well-being, Physical, Psychological Health

Continued from page 6

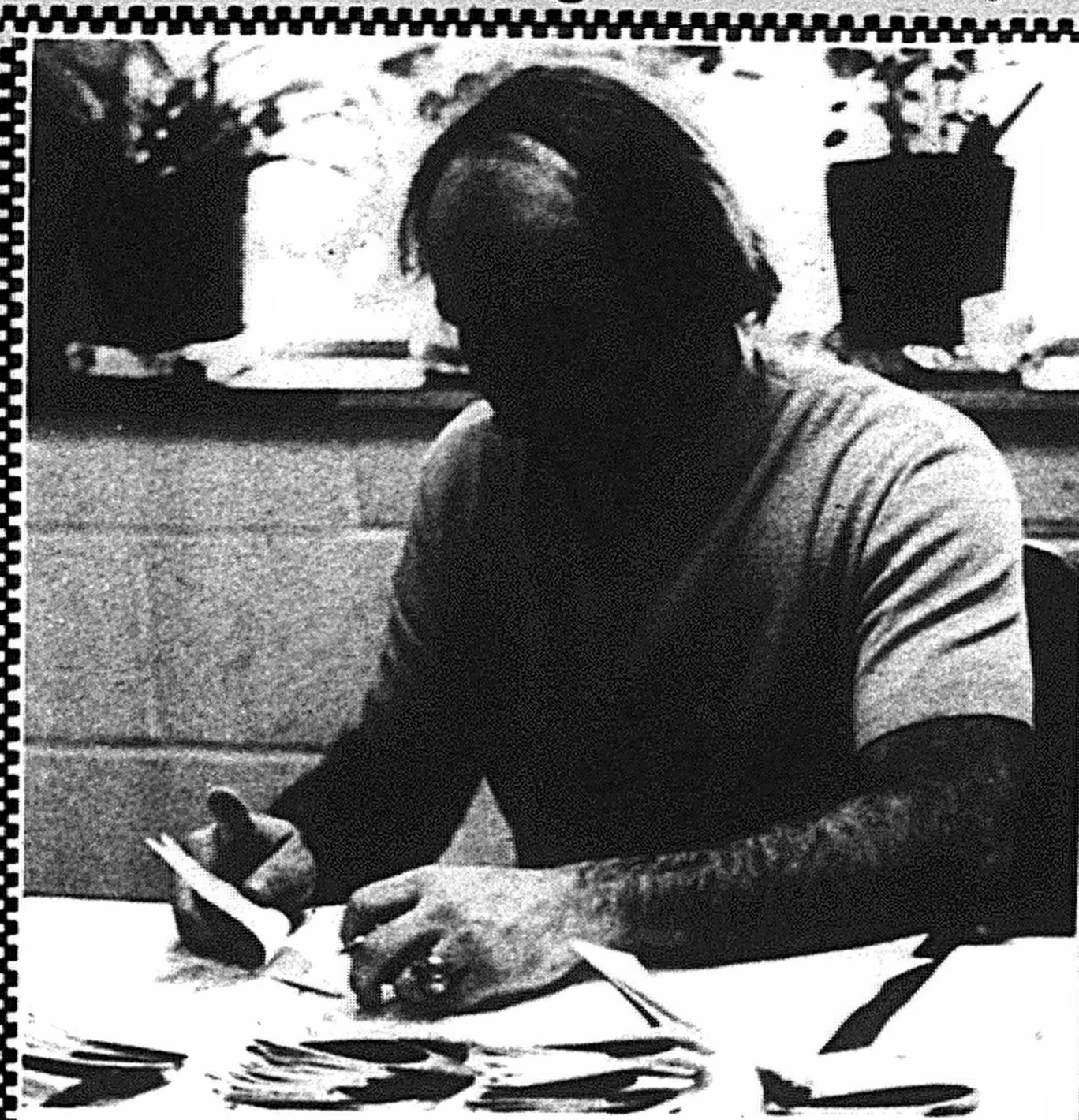
only one aspect of change in the meditator's life. The more profound effects of TM are seen in the individual's activities, in his interactions with others. So we can conclude that the physiological improvements give rise to psychological enhancement which accounts for the sociological changes brought on by TM.

The practice of TM increases the sociological adaptability, i.e., the ability of society to change for maximum mutual benefit, as shown by the following indicators. Wallace has conducted a number of studies to determine the degree to which meditators experience more productive and rewarding interpersonal relationships in business activities. He succeeded. There is a definite correlation between enhancing interpersonal relationships and the practice of TM. Along the same lines, meditators were found to have an increased capacity for intimate contact than were the non-meditators. Increased sociability goes hand-in-hand with this as does the reduction of anti-social behavior. The outward effects of the relaxation discussed on the physiological level are shown by a marked reduction of alcohol use, cigarette smoking, and use of non-prescribed drugs.

At the same time that man is searching for ways to preserve the ecology, or life-supporting functions of the earth, the answer is within himself. By striving to increase life, supporting values in himself, man is able to radiate these supportive influences throughout the universe. Once the negative influences of stress are freed from himself, man increased his awareness and capacity for adaptability to life.

What are the social and environmental implications of this "unbounded awareness" attained through TM? What could the daily practice of TM bring to mental patients? To juvenile delinquents? It could only bring a release of daily stress, an increase in individual serenity, and an ultimate tie to the systems of nature.

We will discuss the stability phase of TM in the next column.



Skip Fisher, SGA Attorney General validates AKPsi raffle tickets.

Sophomores nees \$3400 - Army ROTC

## CLASSIFIEDS

FREE ADS FOR CNC STUDENTS  
(For three issues)

The non-student rate for ads is \$1.00 for four lines in four issues. Bring ads to the Captain's Log Office in CC-225, or phone 596-7611 ext. 232.

### Employment

#### Help Wanted

**PART TIME JOBS-** Information on the following jobs is available through the Placement Office, room G-206, Ext. 223: Helper-Driver, Research Aids, Student Assistant, Sales, Baby Sitter, Bus Driver, Gardener, Usher, Usherette, Children's Companion, Waitresses, Boatmen, Helper, Life Guards.

**FULL TIME JOBS-** Information on the following jobs is available through the Placement Office, Room G-206, Ext. 223: Jr. Accountant, Accounts Clerk, Engineering Draftmen, Investigator, Bookkeeper, Evening Auditor, Town Manager, Manager-Trainee, Assistant Chemist, Teachers 1975-76, Laborer, Communication Dispatcher, Nurseryman.

**WANTED** Babysitting job, after 2 pm any day. Call Rosella 596-6233.

**WANTED** Part-time babysitter, 1-5 pm, 2 or 3 days wk. Call 595-1425.

#### Positions Wanted

**Typingdone** at home, \$0.50 per page. Call Mrs. Repasky at 826-9458.

**Wanted-Baby sitting job**, after 2 pm any day. Call Rosella- 596-6233.

**Wanted- Part-time babysitter.** 1-5 pm, 2 or 3 days a wk. Call 595-1425.

### Rentals

#### Rooms for Rent

**WANTED** female to share apt. cen loc, ref exch. Call 595-3890 or 877-0641.

**WANTED** female to share rm in nice hotel on oceanfront for summer at Va. Beach, \$25. per wk. or will to find apt. Call Susan, 595-7311 or 5956869.

**WANTED** roommate to share 2 br apt in Alpine Apts., \$90 mo. Call Carla after 4, 596-3698.

**WANTED** Fantastic, open-minded, fun-filled person to share water front cottage on Chesapeake Ave, Hampton. Rent very reasonable. Available May 1 or sooner. Call 722-8505 after 6:30 pm. Perfect for art student, has studio.

**Room for Rent-** kit, priv. in private home. 877-3040.

**Room for Rent-** close to College \$20 per wk, on bus line, everything furnished. Call 599-5051.

**Apt for Rent** - 5 min. from College. Call 595-8503.

**Roommate Wanted**, share two bedroom apt. max. until September 1, 1 1/2 mi fm CNC. Call 599-4018.

### Articles

#### Articles for Sale

**For Sale-** Moving-must sell everything, Cheap-plants, furniture, albums, dishes, clothes, etc. 3602 Campbell Rd. Apt. 12 Heritage Apts. Call 874-0135.

**FOR SALE** Luxury 3 BR 2 1/4 Bath Towhouse in Denbigh. Carpeted, AC, all new appliances and patio. \$220 per month. Call Dr. Millar at 242.

**FOR SALE** Complete set of drums, \$250. Call 874-6103.

**FOR SALE** 55 gal aquarium, Dynaflo 430 pump, live fish & plants, driftwood, every acc. \$105. Call Jeff 595-9112.

**For Sale-** 25 ft. Sportcraft 1974-188 Merc Cruiser 1/0 full cab hrd. tp. sleeps 4, head, galley. Exc. cond. CB 24 chan. Must sacrifice. Call 727-3461 days and 877-8472 eves, ask for Barry.

**For Sale - Sofa** \$25.00, chair \$15.00, 19 in TV w/stand \$55.00, Baby crib \$20.00, 1967 Saab sdn \$450.00. All items in servicable cond. Call 595-0631.

**For Sale - Nylon Hiking Chukka Boots**, size 8, \$10.00. Call 596-4107.

**For Sale - AMF 10-speed bike**, less than 1 yr. old, \$50 or best offer. Call Ann at 838-3696.

**For Sale - 18' "Y" Flyer Sailboat & trailer**, fully equipped for 4 people, new tags- ready to sail, \$550.00. Call Wayne at 838-7967.

**FOR SALE** Seamstress dress form, Model A accessories, \$25.; 1973 upright freezer, 21.1 cu. ft., coppertone, \$275.; Tandem bicycle, new, \$85. Call 851-6423.

**FOR SALE** Acoustic Guitar w-case, hand made in Philippines, \$50. Call 874-9195.

**FOR SALE** Reg Ping-Pong Tbl w-net and paddles, VGC, \$30. Call Keith, 877-1618.

**FOR SALE** Smith-Corona Corsair man port typewriter. \$25. Call 898-5793.

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**FOR SALE** Everything: bed, bookshelf, dr suite, rocker, books, plants, albums, clothes, towels, games, dishes, etc. Call 874-0135 or come by 3602 Campbell Rd., Apt 12 (Heritage Apts.)

**FOR SALE** moving, must sell, old fender Telecaster guitar, fender Bandmaster amp, Vivitar zoom lens 85-205, prices negotiable. Call Tom, 596-1749.

**FOR SALE** IBM Selectric Typing element, 12 pitch Courier, 1 yr old, \$14. An orig watercolor by John Stock, w-silver alum frame, 17 1/4 by 21 1/4 app'd at \$150, sell for \$45. Call George 877-3401.

**For Sale-** 1 Answermath pocket calculator, used 1 sem, priced reasonably, contact Eric Bankit, CC-230 or 874-7062.

**For Sale-** Ethan-Allen Pine LR, set of 14 pcs, individual pics, lamps, will sell as a group or separate. Excl Cond. Also Refrig, dryer, & DR set. Call 229-5861.

#### Wanted to Buy

**WANTED** to buy, 14 or 16 cu. ft. refrig. frost-free, either green or gold. Call 826-3419.

### Automotive

#### Autos for Sale

**FOR SALE** 1961 Volkswagen, exc cond, April Insp., \$300. Call 851-6423.

**For Sale - 1970 Mustang, Grande 351 V8.** A/T, P/S, P/B, A/C, tilt steering wheel, Ivy with vinyl top. Call 596-9210.

**For Sale - Honda SL125,** Exc cond, less than 1,000 miles. Asking \$600. Call 596-7611. Ext. 295.

**FOR SALE** 1965 MGB New top, tonneau, Stebro exhaust, 60,000 orig miles, body good cond, engine strong w-new parts too numerous to list. Call Tim at 855-7070 or leave message at desk.

### Animals

**FREE Kittens:** 4 males, 1 female. Mother Siamese, father???. Litter trainees, raised w-kids and dogs. Call 722-2354.

**FOR SALE** thoroughbred Arabian mare, 7 yr old grey, 15.1 hands, elegant. Call 838-3680.

**FOR SALE** Elegant Arabian Gelding, Reg Purebred bay, 14.3 hands, 6 yrs old, exc disp and conformation. Call 877-2804.



# Community Speakers, Interest to Saftey-First Aid Class

The students in Dr. Robert E. Kraft's Safety and First Aid class have had a smorgasbord of community expertise in safety education this semester. The students, primarily education majors, chose areas of interest in general safety

and school safety, and then experts from the community were invited to address the class. The students were also trained in first aid methods and certified in CPR (cardio-pulmonary resuscitation) by the Heart Association.

"It is impossible for one professor to be an authority in all areas of safety education, as students benefit most by hearing authorities in their respective fields," commented Dr. Kraft.

Community speakers this semester included: Mr. Peter Lucas, Newport News Police Officer, "Assault and Rape Prevention;" Mr. J.P. Henries, State Policeman, "Driver and Traffic Safety;" Mr. W. Wilson, U.S. Coast Guard, "Boating Safety;" Mr. William Cutts, Civil Defense Deputy Coordinator, "Disaster Pre-

paration;" Mr. J. Spencer, Newport News Fire Chief, "Fire Prevention;" Ms. Donna Hunt, Consumer Affairs Specialist, Peninsula Chamber of Commerce, "Consumer Protection;" Mr. Charles Baker, Transportation Department, "School Bus Safety;" Mr. Dennis Koslaski, Bethel High School Football Coach, "Protective Equipment in Athletics;" Representatives from the Shipyard and Budweiser, "Industrial Safety;" and Representatives from the "Life is Fragile" program and from N.A.S.A., "Noise Pollution."



**Fun at "Spring Fest 1975"** Students enjoy a game of Frisbee during Spring Fest activities Friday. (Photo by Fabian)

Women Too - Army ROTC

## Activity Calendar

### Activities

Job Interviews, Social Security Administration	CC-211	April 29	9-12 & 1-4
Faculty Theology Luncheon	CC-214	April 29	Noon
French Club Dinner	CC-214	April 29	6:30 pm
Politics & Ethics Workshop	CC-227	April 30	9:30 - 12:30
Women's Center Group	CC-214	May 4	2-5 pm
U.N. Association Dinner	CC-Cafe	May 5	6:00 pm

### Entertainment

CNC Sprin Concert	CC-Theatre	April 30	8:00 pm
CNC Players - "The Law"	CC-Theatre	May 1	8:00 pm
CNC Players - "The Law"	CC-Theatre	May 2	8:00 pm
CNC Players - "The Law"	CC-Theatre	May 3	8:00 pm

### Meetings

Student International Meditation Society	CC-233	April 29	12:15 pm
Baptist Student Union	M-Gym	April 29	7-9 pm
Karate Class	W-Gym	April 29	7:15 pm
Sailing Club	CC-124	April 29	7:30 pm
Student International Meditation Society	CC-205	April 29	7:30 pm
Gymnastics Club	M-Gym	April 30	11 am-1 pm
Pi Kappa Sigma Sorority	CC-205	April 30	Noon
Arts & Letters Division	CC-214	April 30	Noon
French Club	CC-209	April 30	Noon
Christian Science Organization	CC-212	April 30	2-3 pm
Karate Class	W-Gym	April 30	7:15 pm
Karate Class	W-220	May 1	7-9 pm
Gymnastics Club	M-Gym	May 2	11 am-1 pm
Faculty Advisory Commission	CC-214	May 2	Noon
Admissions Committee	CC-205	May 2	Noon
German Club	CC-209	May 2	Noon
Arts & Letters Division	CC-214	May 5	Noon
Spanish Club	CC-209	May 5	Noon
U.N. Association Meeting	CC-Theatre	May 5	7:30 pm

## VETERANS' HOT LINE:

Q: Would you publish more information concerning Verterans Group Life Insurance?

A: Public Law 93-289, effective May 24, 1974 created the VGLI program for veterans separated or discharged from active service. This insurance program is administered by the Office of Servicemen's Group Life Insurance, 212 Washington St., Newark, New Jersey 07102.

VGLI is a nonrenewable term insurance. It is issued in amounts of \$20,000, \$15,000, \$10,000 or \$5,000 and it cannot be purchased in an amount in excess of SGLI previously held by you at the time of separation.

This insurance has no loan, cash, paid-up or extended insurance value. However, if you purchase this insurance, you have restored your eligibility to convert to an individual policy of life insurance with a participating commercial insurance company at standard rates regardless of your health or physical condition at the expiration of coverage.

The last filing day for veterans who were separated between April 3, 1970 and August 1, 1974 is August 1, 1975. Contact Mr. Aspell in the Counseling Center for additional information and application forms.

Q: Do you have any information on State

## Questions and Answers on Education Benefits and Problems

Bonuses for Vietnam Era Veterans?

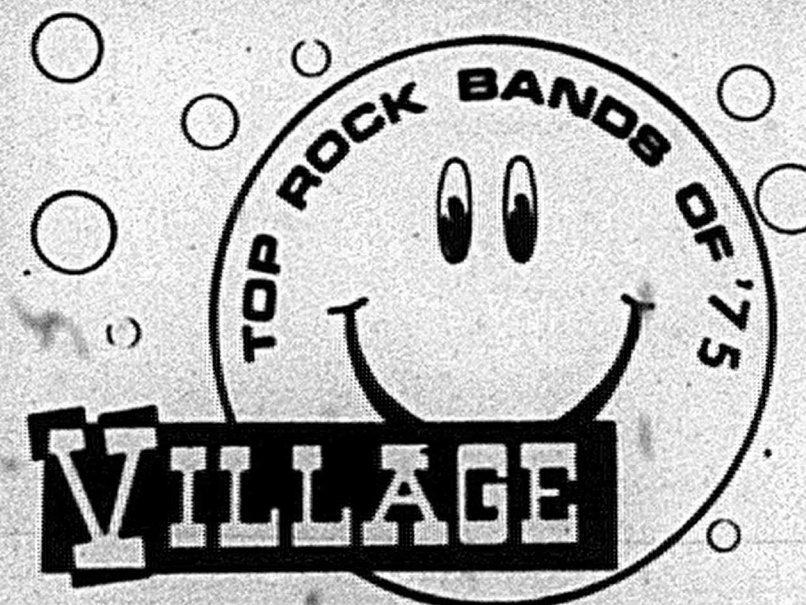
A: Yes. The Veterans Representative located in the Counseling Center has a complete list of those states which provide bonuses for Vietnam Era veterans. For example, Michigan has recently enacted law providing bonuses. To be eligible, the veteran must have been a resident of Michigan for at least six months before entering active military service and must have been on active duty 190 days or more during the period from January 1, 1961 to September 1, 1973.

Combat veterans are entitled to receive a \$600 cash bonus, and are defined as a serviceman or woman eligible to wear the Vietnam Service Medal or the Armed Forces Expeditionary Medal. Those whose active service did not entitle them to wear the aforementioned medals are entitled to draw a bonus of \$15 for each month of service, up to a maximum of \$450. Beneficiaries of veterans who died of service-connected causes would be eligible for the same cash payments. For application forms write: Vietnam Veteran Era Bonus Section, P.O. Box 1500, Lansing, Michigan, 48904.

Leadership and Management Training - Army ROTC

## Spring Semester 1975 - Examination Schedule

DATE	1st Period 8:00 am to 11:00 am	2nd Period 12:00 pm to 3:00 pm	3rd Period 4:00 pm to 7:00 pm	4th Period 7:30 pm to 10:30 pm
<b>Monday</b>				
May 5	11:00 - 12:00 MWF	3:00 - 4:00 MWF	4:00 - 5:00 MWF	7:00 - 10:00 Monday night classes
<b>Tuesday</b>				
May 6	11:00 - 12:15 TTH	2:30 - 3:45 TTH	4:15 - 5:30 TTH	7:00 - 10:00 Tuesday night classes
<b>Wednesday</b>				
May 7	10:00 - 11:00 MWF	2:00 - 3:00 MWF	5:00 - 6:00 MWF	7:00 - 10:00 Wed. night classes
<b>Thursday</b>				
May 8	9:30 - 10:45 TTH	1:00 - 2:15 TTH	5:00 - 6:15 TTH	7:00 - 10:00 Thursday night classes
<b>Friday</b>				
May 9	9:00 - 10:00 MWF	1:00 - 2:00 MWF	Bio 102 & Busn. 201 & 202 Departmental Exam	
<b>Saturday</b>				
May 10	8:00 - 9:15 TTH	9:00 - 12:00 Noon Sat. classes	5:30 - 6:45 MW	
<b>Monday</b>				
May 12	8:00 - 9:00 MWF	3:00 - 5:00 MW	6:00 - 7:40 M,T,W, or Th	Chem 122 Departmental exam



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