

# Highland Cavalier

Clinch Valley College

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Friday, February 17, 1978

## SGA Officers Elected!



In the Student Government Association election held on Wednesday, February 15, Steve Miner was elected President, and Neal Ward was elected Vice-President. Student voter turnout was unusually heavy, with a total of 294 students voting.

## New Fall Calendar Being Studied

by David Messer

A study is currently under way to investigate the possibility of eliminating the October mid-semester break and lengthening the Thanksgiving break from four days to eight days in the Fall 1978 semester. The new calendar which was drawn up by Dean Low, incorporated the Planning Committee's recommendation to combine the two college vacations and a shorter class duration. The dean presented the new calendar to the faculty at their meeting on February 8, at which time the proposal was tabled pending a study by a committee composed of Dr. Glenn Blackburn and Dean Bonnie Elosser.

The new calendar was prompted by a traditional standard in most schools which allows for one semester of lecture courses to last fifty minutes for the duration of a fifteen-week semester. The presence of a Fall break in addition to a Thanksgiving break would not allow the Fall 1978 semester to meet this class-day quota.

The shortening of classes from fifty-five to fifty minutes was also incorporated into the new calendar since, according to Dean Low, "We felt we didn't accomplish any more." The fifty-five one-hour courses were necessitated last Fall due to the

semester starting date and the time consumed by the mid-semester and Thanksgiving breaks.

Another rationale behind the deletion of the mid-semester break was complaints by numerous students that they could not afford to go home for both the mid-semester break and the Thanksgiving break. Yet, of the one hundred students polled on Wednesday afternoon, five approved of the combining of the two vacations, ninety-four approved of the present calendar, and one had no opinion.

Many people on campus are concerned that the only Fall break would fall to close to the end of the semester. Under the tentative calendar, the Thanksgiving break would last from November 18 to November 26. Classes would run from November 27 to December 12, and exams would last from December 14 to December 20.

Other students feel that Thanksgiving is too long to wait for a break. As one student put it, "The mid-semester break is a life-saver. It gives me a chance to do my term papers." Though the final calendar is the Dean's responsibility and does not require the approval of the faculty, Dean Low has decided to wait until the faculty meeting on March 1, to make a final decision.

## Baker Liberalizes Open Dorm Hours

Residents of Emma McCrary will soon be experiencing the surprise Crockett Hall residents had at the liberalizing of open dorm regulations. Housing Director Roy Baker has approved extended "open house" hours for Emma McCrary, a relaxation of "guard duty" hours for those manning the desks and the elimination of roaming floor proctors. He also indicated that the same relaxation may occur at Martha Randolph.

Crockett Hall was the first to receive extended hours for "open house". On Mondays through Thursdays females are allowed in the building from 2:00 pm to 1:00 am and from 2:00 pm Friday through 1:00 am Sunday. Baker stressed in his memo of February 1, 1978 that the new hours were on a trial basis to be evaluated weekly. Baker said the results of a survey taken last semester influenced his decision in which 56 percent of the residents indicated a preference for twenty-four hour "open house".

The change in rules for Emma McCrary is a fraction more complicated but the end result should make "open house" easier to occur. Said Baker about the change, "It was definitely needed... too many open dorms were being cancelled." The cancellations were due mainly to the strict regulations surrounding its operation. The new rules will alleviate the two main thorns; the length of proctoring and the "roaming proctors."

During the weekdays there will be only one day of open dorm either Monday, Tuesday or Wednesday alternating each week. The wing which open dorm takes place on will also alternate each week. Every Friday open dorm will occur on the women's wing starting at 6:00 pm. A minimum of twelve people must sign up for the open dorm to occur. Every Saturday open dorm will begin at 2:00 pm on the men's wing and end at 2:00 am.

The workshifts have been reduced to a half hour per person and no hall proctors will

be required. Among other details of the new rules the second floor men's bathroom will be open for women's use, however no bathroom will be open for men's use on the girls' side.

If no problems arise from the new rules at McCrary, Baker foresees no change in the new rules.

Baker sees a possibility of change at Martha Randolph but

he stressed the results of a survey to be issued in the near future will ultimately decide if and how open dorm regulations will be changed there. He said that no one from Martha Randolph has asked for open dorm regulations similar to Crockett Hall's. In fact, he says the reaction he has received from Randolph is the exact opposite.

## Eisenberg Lecture Series To Be Revived

By: David Messer

The Eisenberg Lecture Series, a program which brings noted University of Virginia scholars to Clinch Valley College, may resume again this semester after a lull during the Fall 1977 semester. According to Emmet Low, dean of the College, the series, which has not been utilized since the Spring of 1977, was apparently lost in the shuffle of an administrative reorganization at the University of Virginia last year. Mr. John Sullivan, former Associate Provost of the University of Virginia last year. Mr. John Sullivan, former Associate Provost of the University resumed the Chairmanship of the Speech Communications Department and was replaced in his former position by Mr. Bruce W. Nelson. Mr. Nelson acts as the link between the University of Virginia and Clinch Valley in such affairs as the Eisenberg Lecture Series, and there was apparently an oversight in Charlottesville when the Series was to be reinstated last Fall.

Dean Low has contracted Mr. David A. Shannon, Vice President for Academic Affairs and Provost at the University of Virginia, and Mr. Bruce Nelson regarding the Eisenberg Lectures, and the replies from UVA have been favorable. All that remains to begin the lectures again this semester is

for the Dean to consult Richard Peake, Chairman of the Publications, Film and Lecture Committee.

When questioned regarding the delay this year in the presentation of the series, Dr. Peake replied that the Eisenberg Lectures do not fall under the jurisdiction of the Publications, Film and Lecture Committee. He added that two years ago, when the Publications Film and Lecture Committee had become a reorganization of the Chancellors Standing committees, he had asked Dean Low if he wanted the committee to assume responsibility for the Eisenberg Lecture Series, and that the Dean had preferred to keep the series under the auspices of his office. Prior to the slump during last semester, the Eisenberg Lecture Series, which is financed in part by the University of Virginia and partly by Clinch Valley, had featured three speakers each semester. According to Dr. Peake, the Publications, Film and Lecture Committee's only affiliation, with the Eisenberg lectures is in recommending which UVA scholars should present lectures at the College.

Anticipating the Dean's inquiry concerning the Publications, Film and Lecture Committee's support of reviving the Eisenberg Lecture Series, Dr.

Peake stated, "On account of student demand, the Publications, Film and Lecture Committee is anxious to see the Eisenberg Lecture Series

continue. Students blamed the committee for there being no lectures, although we have no control over the situation."



## Our Man

The Highland Cavalier is proud to announce the appointment of a new faculty advisor to its staff, Mr. George L. Hawpe.

# Be My Valentine

Many of us observe Valentine's Day year after year, and wonder at times how it all started, and what its historical roots. Perhaps some of us never really thought about it.

St. Valentine is the designation of several saints. The most prominent are two martyrs whose feasts are celebrated on February 14. One was a priest who died at Rome, and the other was the Bishop of Terni. Not much is known about these two martyrs. They are recorded to have died on the same day (AD 270) and to have been burned separately along the Flaminian Way.

The custom of sending valentines, or love-tokens, usually anonymous, to one's beloved valentine had most probably been an accidental connection with St. Valentine and probably owed its origin rather to the medieval belief held generally in England and France, that it was at the start of the second fortnight of the second month that the birds began to mate. Chaucer wrote "for this was seynt Valentynes Day, when every fowl cometh liher to chese his mate." (Parliament of Fowles) Other early allusions to the customs of the day occur in the words of John Lydgate and in the Puritan Letters. If you wish to learn more about the above mentioned, look it up!

I would like to extend to all of you who have their beloved valentines close by, and watch the sun shine it's bright smile over those of us who have found someone very special to them, or have gotten back together again. Sending a valentine to your special someone who is far away is only lightened by the fact that soon you will be together again. It is hard to be away from someone you love very much, and need to have next to you to hold. I'd like to send a very special message of love to my lady.

Sweet Lorik, I hear a silent sigh  
Know that you are so far away,  
But I feel your love here every day,  
When you hold me and smile,  
The tears will soon dry  
Loving you all the while.

Brendon Schram



# LETTERS To The Editor

To the Editor:

When is it right to reap the corrections of wrongs as they arise, that is, "making hay while the sun shines," or over a period of time in a way in which the executor will be benefitted most, as opposed to doing so immediately, when pressing moral standards call for one to do so?

For now, although seemingly most unbefitting, I shall choose to follow the latter course of action, if only the purpose of self-protection.

The basis for my complaint revolves around a short but informative article which appeared in the February 3, 1978 edition of the Highland Cavalier, headlined, "Students - Know Your Education Rights." The article noted five rights guaranteed students under the Family Educational Rights and Privacy Act of 1974 and the Buckley Amendments, which became effective on January 6, 1976. The fifth of the above mentioned rights read as follows:

"To receive confidential treatment by the College of educational records; neither such records nor personally identifiable information contained therein, will be released without student permission to anyone other than those parties specifically authorized by the Act."

It now occurs to me that there possibly should have been a parallel article addressed to those persons responsible for following through with such legislation. I believe that I would have entitled it, "Faculty and Administration - Know Your Educational Responsibilities."

On the night of January 30, I was pulled aside by a friend of mine who then informed me that he had overheard in a conversation between Dr. Peake and Sheila Cox that I had worked out the remainder of \$250 which was to be added to me under the College Work-Study Program (CWSP), and that payment for my work was to end immediately. There was absolutely no reason why this information, although not personally endangering in any way, should not be handled in a confidential manner, as guaranteed me by my rights.

I did not learn the news

officially until the following day. Also on the following day I attempted to clarify the situation at hand, for there had been a mistake; I knew for a fact that my Work-Study job was supposed to pay \$500 per year, and not \$250. I was told by Sheila Cox that it would be four or five days before the truth would be known.

This situation brought about a severe problem for me, since my position was photographer for the Yearbook as well as for the Highland Cavalier, and the final deadline was only a week and half away. Furthermore, after the garbage-like treatment they (yearbook staff) gave me last semester there was no way in the world they could get me to work for them for free. I decided to halt all work until it would be known for certain whether or not I would be paid.

In the meantime, further divulgence of my supposedly confidentially-treated information spread, of which I was also informed. When I attempted to explain the situation at hand to a friend with whom I was speaking at one point during the week of crisis, she explained to me that the way she had heard it, I had originally declined Work-Study when I came here, because I felt that I would not have enough time. How, I asked, could she have learned this information? Her answer - "From someone who had talked with Debbie Pearson (editor of the Outpost, our yearbook)". That it was Miss Pearson's privilege to be informed of such information is highly doubtful, especially since it was totally impermanent to the situation at hand. She got the information from Sheila Cox's secretary.

On the day after I finally got the situation cleared up, I was to learn that the situation had been cleared up for others besides myself as well. In the shower that morning a friend who had absolutely nothing to do with the situation said to me, "Hey, I heard you're back up to \$500." And where had he heard this? He had heard Sheila Cox's secretary talking about it in Jefferson Lounge.

Once again, I do not consider this information personally compromising. By the same token, I do not wish for this letter to be misconstrued as a personal at-

tack on any of the above mentioned persons, since they most probably felt the same way, wishing for the situation to be resolved as quickly and simply as possible. However, the fact remains: My rights, have been totally overlooked, were grossly violated through several acts of indiscretion.

After discovering that so many persons had gained knowledge which, once again, are guaranteed confidential treatment under my rights, my immediate reaction was the decision to make an appointment with the Chancellor to discuss the matter. I made the appointment for last Friday. Chancellor Smiddy promised to help resolve the situation, and we talked on.

I mentioned to the Chancellor that after much observation, it had seemed to me that several students on campus feared coming forth with their problems dealing with such conflicts for fear of retribution on the parts of faculty members and administrators who might possibly suffer punishment or embarrassment as a result of such actions. The Chancellor immediately told me that if I knew any such persons that I should ask them to come forth, assuring me repeatedly that no such forms of retribution could possibly occur here.

On the way out of the Administration building tonight, I ran into and was stopped by Dr. Peake. Dr. Peake then informed me that the Publications Committee of which he, by the way, is chairman, voted last night to replace me as school photographer.

I am not necessarily saying that I consider this an act of retribution on the part of Dr. Peake, but I will say this: Last semester, during a similar crisis, Dr. Peake asked me to attend the next Publications Committee meeting to defend myself during a hearing-of-sorts. This time, I was never informed of the meeting, and thus was never given a chance to defend myself.

Think about it.

Sincerely,  
Walter Jacques

Dear Editor:

We would like to bring to the attention of the students, faculty, and Administration of C.V.C. a potentially menacing problem that the administration has added to their ever growing pile of dirty laundry: we would like to set forth a question:

"how would you like to be enjoying a romantic candle lit steak dinner for two when along comes an unsuspecting ant who proceeds to indulge in your dinner?" This is only minor compared to the growing problem of ants infesting the walls and floors. The occupants have repeatedly spoken to the proper

authorities, but, alas, no action a common situation at Clinch Valley College. This is an outrage and a health hazard. Is there no exterminator in the Tri-state area?

Concerned Occupants of the Clinch Valley College "Campus Housing Facilities"

Dear Editor:

I'd just like to say that I think the people in the dorm have been unfair to Mr. Lipps. I realize that we have gone for several days with no heat or no

hot water but Mr. Lipps is doing the best he can with what he has. After talking to him about this problem he has promised me that he will be happy to help the students with any problems they have in the dorm. Just call

this number anytime day or night (328-3736) and Jimmy will be right over.

Best wishes,  
Ralph Hurley



Tom Cox: Assistant Professor of Social Welfare

# CRIPS! Campus Relentless Investigative Patrol Staff

By Judy Gillespie

After much chasing-around, waiting-around, and an over-all run-around, this article will attempt to follow up on a story which appeared in a previous edition of the Highland Cavalier.

This college employs three men full time and two male students part-time to provide security for all residents of the campus. Frank Colyer, the Chief of Security at CVC stated that he had one security guard, Wayne McAmos and one night watchman, Fred White, working with him to provide CVC with a total coverage of 120 hours per week out of a 168 hour week. All the men work a forty-hour week (five days a week at eight hours a day) with Saturdays and Sundays off.

All three men have had previous experience with providing protection to citizens. Mr. Colyer and Mr. McAmos were both once Chief of Police in Wise. Mr. White served in the Norton Police Department. The duties of the Security and Night Watchman include checking furnace rooms for fires, inspecting buildings, especially after closing hours, writing speeding and parking tickets and patrolling both on foot and in

the cars. Special events such as sports events and dances require more patrolling on foot than is ordinarily done. Mr. Colyer stated that he sometimes took the money from the cashier's office to the bank for deposit when Clayton Willis was unavailable to do so. On weekends, the two male students fill in for Mr. Colyer, Mr. McAmos, and Mr. White in order to receive their work-study scholarships. Their duties are much the same.

Security has two state cars equipped with police radios. However, both cars are not functioning properly and have been in for repairs since December. Without these cars, the men must carry hand police radios, the antennas of which are seen sticking out of their back pockets. It seems that the state is putting more emphasis on maintaining their snow-weather vehicles than security cars. Because of this favoritism it is even harder to locate security personnel. To find help when needed, one must call the Wise police station which in turn must contact the security by radio, which at present is hand held and does not receive well. The best way to run down security would probably be to yell!

Chief of Security Colyer also stated that he has hopes of hiring another man to his staff in order to provide full twenty-four hour protection of the campus. He further stated that the new man would fill the position of the night watchman who would move up to the position of security guard.

# CVC Offers Evening Photography Classes

Clinch Valley College of U. Va. will offer a 10-week, one credit-hour course, Introductory Photography, beginning Tuesday, March 1, 1978. This course is designed to acquaint students with the basic principles of photography and presumes no previous experience, covering the basic skills needed to take effective photographs. Class demonstrations, discussions, presentations, and lectures will be given covering such topics as basic equipment, filters, film

usage, exposure control, composition, lighting techniques, and special techniques and applications of modern photography. Students should have an adjustable camera and will be expected to furnish their own film for color slides or prints or black and white. The course will meet Tuesdays from 7:00 - 8:30 in the Science Building (204). In addition, a one-credit hour, 10-week course, Introductory Darkroom Techniques, will be

offered to those students familiar with basic photographic methods, or those with previous photographic experience. Topics to be covered will be black and white and color film processing, printing and finishing, and subject matter concerning special effects and creative darkroom work. All materials will be provided, but there will be a \$20.00 assessment per student to cover darkroom expenses. The course will meet Thursdays, beginning March 3, 1978, from 7:00 - 8:30, in room of the Science Building.

# Students—Know Your Educational Rights

The Registrar's office at C.V.C. would like to inform students of their rights concerning educational records. Due to the Family Educational Rights and Privacy Act of 1974, and the Buckley Amendments, effective January 6, 1976, students have the right to:

1. To be provided with a list of the types of education records, as defined in the Act, which are maintained by the College and which are directly related to students;
  2. To inspect and review the content of those records;
  3. To obtain copies of those records upon payment of those expenses;
- To receive a response from the College to reasonable re-

quests for explanations of those records; and

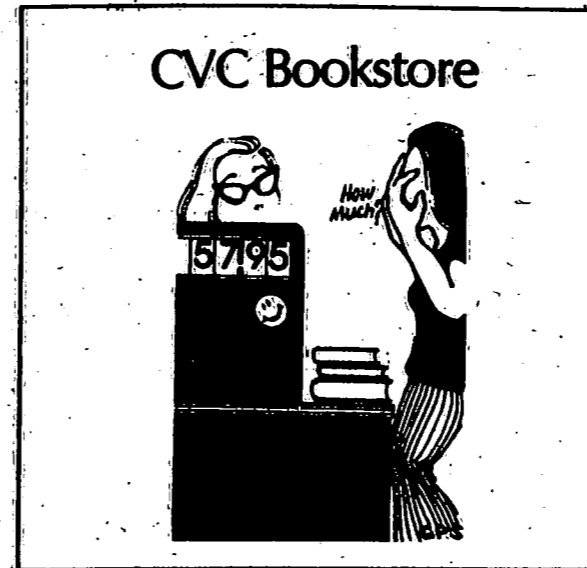
4. To receive confidential treatment by the College of education records; neither such records, nor personally identifiable information contained therein, will be released without student permission to anyone other than those parties specifically authorized by the Act.

For more specific information on who has the right to see your educational records and where these records are kept, a student may obtain a complete copy of these regulations from any faculty secretary, the Dean of Students' Office, or any student services office such as the Financial Aid office or the Registrar's Office.

# Lost and Found

If you have lost any of the following please contact the receptionist office in the Administration Building:

- 2 Men's wristwatches (before semester break)
- 1 Ladies umbrella
- 1 calculator with carrying case
- 1 pair of men's gloves



MY MATH BOOKS ARE SOLD OUT. THE PHILOSOPHY BOOK IS ON BACK ORDER. AND SOMEBODY STOLE MY ECON BOOK. ALL I HAVE LEFT IS MY CHECKBOOK.

THIS TIME OF YEAR, THAT'S ALL YOU NEED.

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# Welsh Writer To Speak At CVC

From the mountains of Wales near Pontnewydd, Bryan Walters comes to present a program on Wales Tuesday, Feb. 21, at Clinch Valley College. In "Dylan and Other Welsh..." Walters will include readings of his own poetry in the Jefferson

Lounge at 8:00 p.m. Acclaimed as the successor of Dylan Thomas, Walters has published seven books of poetry and two poetic dramas. His poetry appears on two records by Argo. In 1973 he was commissioned to write "Cloud Flow

ers and to act in the total-theater production by the London Festival Ballet.

Walters has taught poetry and creative writing at Birmingham and Aberystwyth Universities and has presented his poetry on BBC Radio as well as on radio in the United States. Studs Terkel has described an hour-long interview with Walters and Dylan Thomas's daughter, Aeronwy, as "one of the most exciting shows I have ever done."

Bryan Walters works include translation from the greatest of all Welsh bards, the 14th century poet Dafydd ap Gwilym. Whether reading his own works or those of his fellow Welsh poets, Walters offers entertainment that has been termed "a unique sensual experience," "vividly dramatic," and "deeply moving." Some critics have likened Walters' love of language to that of Dylan Thomas. They say Walters has "the same lyrical quality, but combined with an awareness of the problems of Wales."



Bryan Walters to Appear at CVC

# Who Cares About Student Government?

Jean Masler

Steve Miner, candidate for SGA President, was interviewed Wednesday night by Cathy Schwartz, during an interlude in the Coffeehouse.

Miss Schwartz asked several pointed questions to Mr. Miner. They are as follows:

Schwartz: "What was the factor that made you decide to run for SGA?"

Miner: "I'm interested in the SGA, and I have served as an officer. Also I see the SGA as more than a funding organization."

Schwartz: "What will you do to get more student input into the SGA?"

Miner: "Well, the SGA is the students themselves. Although, the administration holds the strings, by necessity."

Schwartz: "What changes will you make in the SGA to get the representatives back to the students?"

Miner: "I can't answer that exactly now."

Schwartz: "What is the financial situation of the SGA?"

Miner: "Contrary to popular belief, the SGA is not broke. Money has been allotted for different functions. For example, there is another dinner theatre planned, at a cost of approx. \$1000; as yet, no contracts have been signed. As

for the Spring Formal, \$1800 has already been spent on a band, I don't believe \$700 is necessary for decorations."

Schwartz: "How do you feel about the faculty handing out their 'dirty wash' in front of the students?"

Here Mr. Miner avoided the questions, except to say that the students had "limited rights."

Schwartz: "What about your relationship with other interest groups on campus i.e. Phi Sigma Kappa?"

Miner: "They're not involved, I don't see myself as involved in any 'interest group.'"

Schwartz: "What is your relationship with the administration?"

Miner: "As far as I know, I've made no real enemies. I think I will make definite progress and I don't want to be a 'lame duck' president."

The floor was then open for questions. About the possibility of a used book store-run by the students, Mr. Miner said it would be a "good idea," but a "large undertaking." Also the possible re-establishment of the Interclub Council will be looked into. All the candidates were invited to speak at the Coffee house Mr. Miner was the only candidate to attend.

# Moe Zilch And Campus Happenings

(UPYRS) At approximately 1:15 p.m. on February 18, CVC students, congregating in the recently remodeled lobby of Carter Hall for a PLO pep rally were interrupted by what one student described as "the damndest crash I ever heard." Moe Zilch, an RA, pulling Lobby duty at the time, rushed towards the source of the crash. "I perceived the sound to have come from the chambers of our beloved housemommy, Prudence McDoogle", stated Moe.

# Phi Sigs Install Three New Officers

The Xi Hexaton Chapter of Phi Sigma Kappa held a special meeting on Thursday, February 8, 1978 for the purpose of filling three offices which were vacated last semester.

Congratulations to the following brothers for their election to the offices: George Albiston, Secretary; Butch Muir, Sentinel; and Joel Boyer, Inductor.

"For a moment, after opening her door, I thought I was in a Hamilton Beach warehouse. There were microwave ovens, hot plates and waffle irons all over her usually spotless floor. I didn't see a trace of human life and decided that no one was home when a low, soulstabbing noise reached my ears. I thought that God was going to speak to me."

"Dammit Moe, get me out of here!" "I immediately phoned for an ambulance, which arrived in a record breaking 2 hours and 20 minutes, their best time yet." It seems that action on the highways was scarce that night; the ambulance attendant's report stated that they encountered only two picket lines and one "bear" road block. Well, misfortune seemed to breed more misfortune that night when the same ambulance, screeching to

halt at St. Mary's Hospital, jumped the curb and struck twelve winos waiting to give blood. As she was being carried into St. Mary's, Prudence's only words were "Oh God, not here, not here." Prudence's condition is listed as stable and her doctors speculate that she'll be back on the job in eight months.

According to Sgt. Donald Lawless, investigating officer from Wise's finest (the Police Dept. is seldom referred to the accident appears to have been the result of an over accumulation of electrical appliances, recently confiscated from Carter Hall residents in accordance with Rory Cooler's (Rory is the honorable Director of Sleeping Accommodations) latest directive, designed to prevent accidents.

Respectfully, Prince Albert and the Carter Hall Boys

# New Faces At Reference Desk

Pam Dickenson and Eddie Merritt are taking Rosemary Mercure's Library Lab course and a major part of their class is working at the reference desk in the library three hours a week. Both of these students took Mrs. Mercure's Reference & Bibliography course last semester and feel that the practical experience they receive in actually using the reference materials in this lab will cement their previous knowledge and give them additional skills in working with people. Both Pam and Eddie plan eventually to become

librarians - Pam in a public school somewhere in North Carolina.

Pam works on Wednesday nights from 6-9 and Eddie works Monday, Wednesday and Friday mornings from 9-10. These students need the practical experience of answering student, faculty, and staff questions. They are eager to help you and to help prepare themselves for a future career. Give them a chance. Ask your questions. They may not know all the answers, but they know where to find them.



Bob Fellows levitates Dean Bonnie Blosser in his magical fantasy show last Monday, February 13, proving that Dean Blosser has a few hidden talents of her own. The Magical Fantasy Show was part of the activities which marked Homecoming '78 at Clinch Valley College. Bob Fellows appears at CVC courtesy of the Student Government Association.

# Food For Thought

F. Cox

Before proceeding into the specifics of training for physical wellbeing it is appropriate to mention the importance of diet. The food we eat provides all the nutrients necessary for our brain to think and for our body to move. It is the fundamental fuel for the most sophisticated biomechanism in all the world. The ideal diet has been taught by many cultures and is mentioned in many religious texts, "the fruit thereof shall be for meat and the leaf thereof for medicine." Ezekiel 47:9. Vegetarianism has been with us for a very long time and is still the best diet.

However, "the vegetarian diet violates one of the cardinal rules of nutritional wisdom, that you should eat a variety of foods from each of the four basic food groups. Vegetarians avoid the first group entirely, since they eat no meat, fish, or poultry."

Vegetarians do eat grains, nuts and seeds, fruit, legumes, and vegetables. Most vegetarians are lacto-ovo vegetarians and they also eat milk products and eggs.

Vegetarians get enough protein from their diet because of "amino acid

complementarity." Protein in the human body is composed of 20 recognized amino acids; of the 20 the body can synthesize 14 from its fuel sources. The remaining are called essential because they must be consumed in the diet on a daily basis. "All 8 essential amino acids must be eaten within a half hour of each other and in correct proportions. If the body is to maximize its ability to utilize all of the amino acids that are available, this is called "net protein utilization; and means the amount of amino acids consumed and the efficiency of their utilization. By combining foods containing these eight essential amino acids you increase the utility or NPU of the foods because of the complementarity of the respective amino acids contents. An example would be beans, corn, and rice, as beans are high in lysine, corn is high sulfur containing amino acids and rice is high in tryptophan. These high amino acid contents are complemented by the high amino acid content of the other respective foods and therefore has a high NPU.

Traditionally diets have been based on the availability of foodstuffs in the insidiously ac-

cessible area. Different foods have been eaten because certain powers were transmitted through these substances. Combinations of food have been based on tribal or cultural experiences with these foods. The goal of any diet is to maximize the efficiency of work done by the consumer while providing the highest desirability rating of taste and fuel or nutritional needs. Diet is important because it can help you to think more clearly and because it can help clean the skin, trim the waist and help make us beautiful according to the most current aesthetic standards. And we all want this and perhaps by the most sincere pursuit of beauty we will in fact be humbled and become beautiful inside as well.

The best diet I know of is the wide variety lacto-ovo vegetarian diet which is based on the amino acid complementarity principle. Otherwise, the best diet is the wide variety diet which includes all available foodstuff.

Diet is important. What you eat is not what you are but it does significantly affect how you are.

Elections at C.V.C. bring an asinine barrage of sporic promises and glittering generalities from the latest bunch of Administration flunkies. The final tally indicating that only about 30 percent of the students bothered to vote gives way to the hackneyed cry of "apathy at C.V.C."

Why bother, given that S.G.A. is nothing but a jellyfish whipping boy for the administration. It's lamentable that S.G.A. should spend so much time and effort sponsoring social events and discussing Open Dorm Policy when the college is rapidly going to hell-in-a-wheelbarrow. This perpetual obsession with "social life" merely serves to hoodwink the student body and gloss over the more tragic problems of the College.

For once, let the facts come into the open: the academic quality of C.V.C. is rapidly disintegrating; the Social Welfare Department is a joke; the language department has for practical purposes ceased to exist; the Business Department is in a state of constant transition while Math is floundering

willily-nilly. In the hostile atmosphere created by the internecine war between the Dean and that partisan pack of witch hunting jackals (known as the Gang of Twenty-Four), it is the students who ultimately suffer-neither the Dean's Team nor the Gang can give proper attention to both academics and petty scheming. The new administration has managed to wreck Financial Aid and reduce the dorms to overcrowded, rat-infested, firetrap slums punctuated by a total lack of authority and discipline.

Emperor Joe is bent on leaving a legacy of myopic projects wasting thousands of dollars. Under the chancellor, the college hierarchy has become so obsequious that the final authority on all matters rests with Clayton Willis or Jim Lapps.

To command the student's respect, SGA should cease its sniveling how-toing to every whim and fancy of the Administration and use their remaining funds for legal action against those clowns who would rob the students of their education.

librarians - Pam in a public school somewhere in North Carolina. Pam works on Wednesday nights from 6-9 and Eddie works Monday, Wednesday and Friday mornings from 9-10. These students need the practical experience of answering student, faculty, and staff questions. They are eager to help you and to help prepare themselves for a future career. Give them a chance. Ask your questions. They may not know all the answers, but they know where to find them.

# H.S.!

# Attention: Degree Candidates

Degree Candidates - All students expecting to complete degree requirements in May or August 1978 - please be sure that you have filed a Degree Ap-

plication in the Registrar's Office. Those expecting to complete requirements for the Two-Year Certificate should also file the Degree Application

# notices

Attention: Med Tech Students

Any Medical Technology student interested in outside scholarships, please come by the Financial Aid Office.

Work Study

The Work-Study pay period runs from January 20-February 18 for this period. The time sheets are due in on the 25th of every month.

Water Safety Instruction Class

There is Water Safety Instruction Class being held at the CVC Pool every Thursday afternoon between the hours of 3-5:30 P.M. No recreational swimming during that time.

Thank you, Michael O'Donnell

FAF Forms Available

The new FAF forms for all types of financial aid are now available in the Financial Aid Office. Stop by any time and pick up one, if you are interested. Any students interested in detailed information on the new FAF Form can meet with Shelia Cox in Room A100B on February 17 at 3:30 p.m. till 4:00 p.m.

# Olympics At CVC?

Clinch Valley College has entered a bid for the 1980 Winter Olympics. Funds made for the bid are made possible by the \$35.00 Student Activity Fee.

Since CVC already has facilities for use in the 1980 Olympics, our bid can be accepted.

When frozen, CVC swimming pool could provide an ice hockey rink. Kathy Mullins will construct the tube-sliding course. The McCrary Parking lot will serve as the speed-skating track. The giant slalom will be staged down the path from the Library to the Drama Building. The figure skating event will be held on top of the library. Cross-country skiing will be held from Randolph Hall to Jims' Minute Mart and back.

CVC students should qualify for all events. The CVC girls have experience in the new

event; slippery side-walk balancing. The CVC guys should take gold medals in down-hill sliding and snow-ball making.

However, Chancellor Smiddy had started that school MUST go on during these activities.

Housing for the male participants will be gladly provided by Randolph Hall and housing for the female participants will be most welcomed by Crockett Hall. The coaches and their wives will stay in luxury at Emma McCrary's basement.

Police protection will be provided by Mrs. McAmis and her R.A.'s.

All donations will be appreciated.

Earl Clendenin  
Pat Sander  
CVC Olympic Committee

Dave's Adhesive Headquarters  
106-3  
NORTON, VIRGINIA 22701

Passmore's PHARMACY  
PHONE 677-2425  
NORTON, VIRGINIA  
J.E. Passmore, R.Ph.

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ΦΣΚ  
Phi Sigma Kappa To Sponsor  
Bonfire For Homecoming

The Xi Hexaton Chapter of Phi Sigma Kappa will sponsor a pre-victory bonfire on the upper parking lot about the Science Building (weather permitting) tomorrow evening at 8:30 p.m.

The Phi Sigs hope to build an enormous fire but help may be needed from the student body. All you have to do is bring anything that will burn be it an old newspaper, your dirty

socks, a picture of the opposing team, anything. Hope to see everyone there to help CVC achieve a glorious victory for Homecoming.

HOWAiP tw *WMCKI* ^

and May. These were the core of Denver's greatest peitom-Mioes and lfeel iOat they would have made this album better.

Side one opens with the album's fbnt-released single "How Can I Mve You A»EiT" RomanH8 with hmd ones *im* away win wear this me out. Next is "Itadewlnds" which was wiittm for the ABC special that was ata«d last night. "Bet On The Bhies\*", a Tom Fluion songi dlqdays some of James Burton's dobro ability. Anyone who> remeiabn lbn Flkxtoa win be pleased witti Denver^\* version of this smg; Anotliet song written dr this specials "R Anuoes Me," is a nibe song with a '^Ro^ Mt. High" type theme; "Ib^AeWild Oounlri" ha\* some good lead guitar *ty* James Burton.lbe last soogisfa Jimmy Ibbotson OOfy., Örit^ art BMD) tune "R^Un^ Waters." lUs.to.the albumslbest. Hie guitar (James Buction) and piano (Micbael *img*) *ate* fantastlel

Side two starts with bravel-higfon^the-road^song "TUrsbr BooU". l M Holtbidge *anim*. orchestra; slangs «ltn<ue Riten-our dead Cjuiv). make the song one of the albumf best. HO Danoff, whOtoo^wrote "Gfaunliy J Roads.itt resDMSible for "Dear-est Btmeruda",. «a> avinage love song. "ffiMtag iSkfes and Dancfaife Wata«"h8s niore nice keyboards. "I Want l b live", written by Denver, is an exloel-tent emrHIMI of the *irin*-get-thig-oMbr-Uues. The song vis wdl-writtenand tio^sipianoiiiS' a deflhle jdus. lbealbumends with a song that makes you lhfäk ö spring and good thnes. "Druthers^sä song that you'll findi youndf hunt'ng^ evrny-where von igot Innessv BuctpU and Hike, Ümoe once ag^iii provide an exodlent badi-up to ddbroandVelectricpiano;

**mougike**  
By  
**Roger Oallinan**

**I WANT**

**John Denver**  
**RCA Records**

.l listened'to John Denver\*\* new dbum, l Waat Ta Uve, with ndxed emotkms. r enjay Denver\*\* musics but T have to ucree ttutif nuidi of K IOUMI\* *aako*. *Jhea* lotddq at the cred-it\* lwasupsettoiee that S«ee Welsberg^ M m Sonunen, and Dick Knlsi were dwoit. Steve Welsberg was Denver^ best badiHip musician; M m *Slum men* was abo an excellent mimlrlan; he gav« Denver the hit song "ttitank Qod Tin A Country Boy." Dick Knlss has been wÜa Denver'since Knlss' fhst K Toupirolnup. You might; remember them- fttor; Fnii;

**Cohen's inc.**  
**Ptek Ave. Norton^ Va**

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**Hinhhiw^ (Satialter**

**Phi Upsilon Omega**  
**News**

by Dariae FMpps

. AtlheFMmiaiylSmeethig of Rii Upsilon O m ^ we held a tea for the new memben who have Jokied our sorority. lIKwe new memben who attended were: Chariotte Hatcher, Mi-chelle Smith, Grace Showalter, Valerie Henderson^ (Jeorgianna Undsey, and Kaleen Qonnan. Kveryooe enjoyed the evening and we h<9e lbe-new nonnben will enjoy woHdng with us. Note: Ftease remember that our meettaig idaoe has been changed to the Hush! Room bi ttie

Our Caraatm Sale dn conjunction with TMI Beta Chi ) was a success. We thank those people who purchased downen and sinoerely hope erayone bad a "Hsopy Valentfaw's Day" A note nam Gwyn Roeger, ftesident of Rii UpdhmOmega - I would Uhe to extend my personal apdogy to the B n t h m of TauBeta Olf fM-the oversight fai last wedes pq>e". Wh ^ we used ttie word "our" we were refeiring to Tsu Beta <9/ and Rd Updon Omega.

Fek 19-Yaa Oiv U n CRM (1937) with Heaiy Foadaind SfMi Ardiwy. Aa.inKmttag compuiioa piece to DiaMTIS HA1, ihli euDrvuistkw Mdw Braiilr\* n nvyptctanoT terothetritearb^iMrio&OocofFtoMla^betflitafc

Belly Boop, tlw only wnp of hootooB fun^ ia Hlmrie The Hoochn. to lw leea lfoad<y, Feb.MbefonA>iicoi4.

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Feb. 20-ABwcoid 0 **Ranmbed** dlneL«d by Fed\*\*o FelB^ "MAJ be Fedeiioo FeUnli' **nost nimbms ito.. ^mwgViluyftnuy..lan okRree.wm lominllc. tome** .->meek«iMl.

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Pek ig^Diaaa It Bitlii (1933) with Jen Hulow, Muie'Dnaler. Joha iad Ltone!Bkiynoe, lad WiBee Be<nr. A witty *uAysf*- inllv ktok at the Sif 'il cawt wektr laiIietjgggrim ea 1>0)\* Dymah\* ilMu cut imke dui • ranie *413itA*. '113 alMtee.

**H IM ear nil**

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