

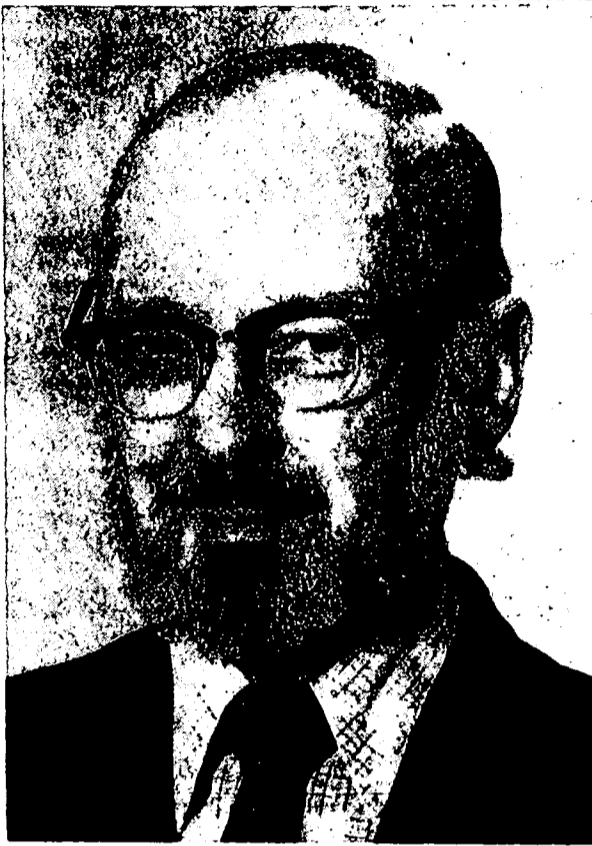
# Highland Cavalier

Clinch Valley College

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## Williams To Speak On Mountain Dialects

Cratis Williams, Professor of English, Special Assistant to the Chancellor, and for sixteen years Dean of the Graduate School at Appalachian State University, Boone, North Carolina, is a nationally known authority on the cultural heritage of the southern mountaineers.

A mountaineer himself, Dr. Williams grew up in the Big Sandy Valley, referred to frequently as "Kentucky's last frontier." Mostly of Scotch-Irish origin, he is a descendant of Indian fighters, "long hunters," veterans of the American Revolution, Tories escaped to the backwoods, refugees from the Whiskey Rebellion, and Kentucky mountain feudists. He thinks of himself as a "complete mountaineer."

As he was growing up in an isolated valley relatively untouched by influences from the outside, he learned the traditions of his people, whose songs, hymns, religious attitudes, manners, customs, and speech were essentially those of the borderers of the 18th century.

Dr. Williams was the first in the little valley in which he grew up to be sent away to high school. At first somewhat "ashamed" of the quaint "background" he brought directly into the glitter of the Jazz Age,

with its flappers and candy-ankles, he became interested in the traditional ballads when he learned that the texts included in his high school literature book differed from those still being sung by his kin and their neighbors back in the hills twenty-five miles from

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### Baker Hits R.A.

#### Absence

Housing Director Roy Baker recently sent a memorandum to all Resident Assistants concerning the lack of R.A.'s in the dormitories and mobile homes. Baker informed the R.A.'s that starting this weekend that personal notice must be made.

The problem of not enough R.A.'s is most serious in the mens wing of Emma McCrary. Mr. Baker has said that he has twice been called to McCrary to handle problems and found no R.A.'s on the wing.

Baker continued his memo by saying he has no objections to weekend absences, it's just that if someone is not notified, problems can arise. One of the female R.A.'s at McCrary said "I wonder what would happen if he says no." Whether the R.A.'s will obey Baker's decree is yet to be seen.

## Student Organizations Face Stark Year

By Gary Closs

Despite the five dollar raise in Student Activity fees, this year, the outlook for student funded organizations is bleak. The organization crunch is a result of a number of factors, but most importantly are in-

creased costs and reduced source of revenue. Phil Cheek, president of the SGA described his budget planning as, "slashing." Cheek stated that Student Organizations such as Phi Beta Lambda, International Club and SVEA would be

considered as "secondary."

"The student Government will come out with less money," Cheek stated. There are two major reasons for the reduced revenue, a reduced number of full time students and a substantially lowered balance left from last year compared to the 1978-79 session. This year the college has 95 less full time students compared to last year. This is a net loss of \$3800 under the new \$40.00 activity fee rate. The total enrollment for Clinch Valley is approximately the same as last year. Last year, Tony Graham's administration started with a \$3000.00 balance left from the 1976-77 academic session. This is a substantially higher figure than the \$260.00 this year's SGA has to work with.

Student Health, Athletics, The Outpost, The Highland Cavalier, Intrumurals and the Film and Lecture Committee are considered to be priority organizations in line for funding, but all will suffer a cutback in funding. Donna Noratal, editor of the Outpost, predicts that this year's Outpost will be

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## Crime Wave Hits Campus

By Jean Maier

Over the past two weeks a series of break-ins has occurred. Beginning Wednesday, August 30, 1978, sometime late in the night, two more break-ins have resulted since.

The first break-in of August 30, took place at Jim Lipps office, which is located above the commuter parking lot, behind the science building. Sources say that approximately \$4000 of equipment was stolen. However, when questioned, Frank Coyle wouldn't give an exact amount, he did comment that it was "a considerable amount." When further questioned Coyle said, "Hand tools, saws,

sanders, and socket sets," were among the items taken.

The second break-in occurred Friday, September 1, 1978 in the Post Office area. The break-in is estimated to have taken place between 5:00 and 5:30 Friday afternoon. However, when questioned Coyle said he didn't believe a "break-in" per se had taken place. Coyle believes that "someone was a little angry and kicked the door in."

Gail Smith, the College Postmaster, states that the lock had been torn from the wall. "I don't think anybody could kick the lock off the wall." No vis-

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## Student Nurses Sponsor CVC Blood Drive

By Tammy Kennedy

The Student Nurses Association in cooperation with the Norton Blood Bank is sponsoring a blood bank drive on Thursday, September 14, 1978, from 10:00 am until 4:00 pm in the Fred B. Greer Gymnasium.

When an individual donates to the blood bank drive, he gains credit for the amount of blood donated. New donors get cards that list their donations. A person can designate that the blood in his credit be used for an individual (Such as a member of his family who needs blood.) or for himself in an emergency.

At the blood drive, you can get you blood typed even if you don't donate blood. They can also check your blood count (hematocrit) for you.

If you think you are unable to give blood, go to the gym and make sure. They have a checklist to insure that you are able to give blood.

Giving blood is a healthy

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The newly formed Radio Committee had it's first meeting Wednesday, September 6. Members of the Committee include (from left to right): Alan Witherspoon, Frank Cox, Rick Hutzell and Mark White. They are fast-working on bringing a radio station to C.V.C.

## Campus Radio Chances Checked

By Mark G. White

Since April of last year a few interested students have looked into the possibility of having a radio station at CVC. The element that sparked this interest was the rumor that somewhere in the school's budget there was \$55,000 floating around waiting to be used for the purpose of a radio station. Not true. But, the small group decided to push forward, trying

to find ways to support their idea.

First of all, they went to the SGA and president Phil Check asking for money. Needless to say, Phil and the SGA didn't have the kind of money the group would need. So, instead of giving money, he decided to form an official investigating committee to find out how much money it would take to start a sta-

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# Stayin'

By

F. Cox

Angry, cauwperated, irritated. Inceived, provoked, plqiMd sailed, diaffed. Indignant, wroth. In-furiated. fdriios, infland, mad, raging; welcome to the dub.

Now Just cabn down and relax. Commonplace notion isltnow."Juatralax."Who can and who should give the drumstanoee of con>temporanr llfe.

Accorooing to James Hassett, writing in PeydKriogy Today August 1978, out <f evoy three American adults have hlc^ blood pressure. Mor than 90 preoent of these casee aramognosised as "essential hypertension" -an em>pnemism that means nobody really knows what is really causing it. Although moat doctors accept the evkloice that this is a key fact(nr in the syi>drome. 20th -century medldne treats hyperten\* sitm the way it treats most problems-"with pills."

"The new approach, whether is called holistic healing or behavioral medicine, seeks to attend to the proUem in a more fundemwital way. Medical research is shifting its forces from pills to people. DocttHs aro oiqihasiang restructuring of patioits lives to reduce eztrressive tenston and selfdestructive habits. It is less ooncomed with mbade cures Uian with changing overstress-ed, overfed, and underexer-dsed Amaicans."

To teach a *ptnoa* to relax is much harder writing a prescr^tion but here goes.

(1). Learn nlox. Any decrease in tention wiU lower your blood pressure momentarily, but reecaroh has shown that some Unds of relaxation an mora effective for controlling chronic hypertenskm than others. Herbert Bensim's best«elln.

desoribes in detail one of the sinqielest proven techniquee: Here are the instructions Dr. Benson gives his own patients: 'm quietly in a comfbrtablepoeition. Gloce your eyes. Disnily relax an your muscles, beginning at your feet and . up to your face. Kēqi them dee^y relaxed.

"Knaathe through your nose. Become aware of your breathing. As you teeathe out say the word 'one' to youndf. Continue for 20 minutes. You may open your eyes to ehedk^ Bme but do not use \*n alarm. When yoohave finished, dt quM-

hr for severd mhiutes, at first with doeed qns and lata- with opened «yee.

"Do not worry about whether or not you are successful in achieving a deep levd of relaxation. Maintain a pasdveattitude and permit relaxatiai to occur at it's own pace. Emect distracting thoughts. Whni these distracting thoughts occur, ignore them and keep rqiēating 'one'.

"Practkse the technique once or twice daily, but not within two hours after a meal, since the digestive processes seem to interfm with elidtatlon of an-tl^ted changes."

Thore is a great deal of variation in how quickly peopleireq>ond to this tyfie of qjrstematic rdaxatum: fw some, blood inessure may go down within severd days; *fat* others, it can take months. In dther case, the benefite fade witUn a few weeks if a>pa^son discontinues the practice.

Dr. Benstm believes that most peofde can benefit from lowering their bkwd

Siat^ham ^lt y <f us be hdpedby this techd-que. In a tdephone huter^ view, he stressed that it should be u8ed"only under the suoervision of a quaUfeir idivdcian." This is parttcuuffQr true for the patient, *yibo* is currmtly taking medication.

You may insist that you do not need instmctlai in how to relax, that watching gddf fish swim around tbs tank, or painting by the numbers, "watching" I Love Lucy" reruns woriu lust as wdL I may. Indeed. But studtes havis shown that many people are rather poor Judges of their own blood pressure.

The only way to be ca>tain of toe effects of your favorite form rdaxation is to try a stanple esperimeot: You can buy your own blood-preesure cuff 926 or moe) at a medical-supplies house. Pwform your rdaxatkm exercise regularly for severd montu, and take a Uoodineasure reading at the same time of day, every day. ThenitakereedngB (or several months when you don't relax gystematically and ocmqian the average values for the two test periods. You should have a bhysleian's advice and direction throughout; given the many nectors that Inflasnoe blood (Hfessure, the results of such an eqiafiement can be midendtpg (or-the laymail.

Your doctor can also help to put tUs eqwrlment in it\* 9«l!»uP«5P«&J2 vm don t nniifinnnn with nwmal variations that have Uttle medled significanos.

If easuring your blood pressure at home evenr day will, at the veiyhMst, help make you aware of your Uoodi^iessure level *The* advantage of this individualised raproach is that if you eqierfinent with different kinds of rslaxetion, it will he^ you to find an dteective exercise yon also eqjoy. It wiU be a useful approach if that exercise beeranes a part <d your dally routine *Im* the rest dyour **Uk**

(2). The firat stm fai treating hypertensiai ls to admit the problem exists and dedde to do something about it Find a doctor you can trust and follow his advtoe whether you Uke it or not If he telb you that you don't get enouedi exerdse^ you are undn too mudi stress, you nsed to kse a few pounds, dther change your haUta or buy an

b

# RTT Is Here

Rho Theta Tau, a new social organization for C.V.C. students, formed to make the college experience more pleasant - or at least bearable. Rho Theta Tau is not a fraternity, but, as the organization's Prime Minister Randy McMahon explains, "We give people an alternative to the frat system."

Rho Theta Tau offers such unique qualities as equal membership opportunities for both men and women, something available through any of the preexisting social organizations at C.V.C. Since having their constitution ratified by the S.G.A. on September 3 the group (presently consisting of 16 charter and 5 honorary members) sponsored a Fall Social in con-

junction with the Phi Sigma Kappa fraternity. Rho Theta Tau Midium Mike Goldman, who is directing the group's membership campaign, project memberships opportunities to be available later this month. Rho Theta Tau is characterized by a closeknit, informal atmosphere and a concern for the student body as a whole. Mike Pruitt (Rho Theta Tau Chancellor) expressed the group's aims in the following manner, "To bring people together and get something happening." This sentiment represents the groups' guiding idea expressed in Rho Theta Tau constitution: "To help improve the quality of life at Clinch Valley College and the surrounding community."

# Students, Know Your Educational Rights

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

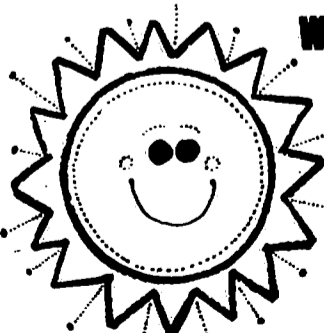
1. To be provided with a list of the types of education records, as defined in the Act, which are maintained by the College and which are directly related to students.
2. To inspect and review the content of those records;
3. To obtain copies of those records upon payment of expenses;
4. To receive a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

planations of those records; and

5. 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.

**THE WISE BAPTIST CHURCH**  
WISE, VA.



**PASTOR I. L. WRIGHT JR**

## American Collegiate Poets Anthology

### International Publications

is sponsoring a

# National College Poetry Contest

-- Fall Concours 1978 --

open to all college and university students desiring to have their poetry anthologized. CASH PRIZES will go to the top five poems:

\$100 First Place	\$50 Second Place	\$25 Third Place	\$10 Fourth \$10 Fifth
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AWARDS of free printing for ALL accepted manuscripts in our popular, handsomely bound and copyrighted anthology, AMERICAN COLLEGIATE POETS.

### Deadline: October 31

#### CONTEST RULES AND RESTRICTIONS:

1. Any student is eligible to submit his verse.
2. All entries must be original and unpublished.
3. All entries must be typed, double-spaced, on one side of the page only. Each poem must be on a separate sheet and must bear, in the upper left-hand corner, the NAME and ADDRESS of the student as well as the COLLEGE attended. Put name and address on envelope also!
4. There are no restrictions on form or theme. Length of poems up to fourteen lines. Each poem must have a separate title. (Avoid "Untitled"! Small black and white illustrations welcome.
5. The judges' decision will be final. No info by phone!
6. Entrants should keep a copy of all entries as they cannot be returned. Prize winners and all authors awarded free publication will be notified immediately after deadline. I.P. will retain first publication rights for accepted poems. Foreign language poems welcome.
7. There is an initial one dollar registration fee for the first entry and a fee of fifty cents for each additional poem. It is requested to submit no more than ten poems per entrant.
8. All entries must be postmarked not later than the above deadline and fees be paid, cash, check or money order, to:

INTERNATIONAL PUBLICATIONS  
4747 Fountain Avenue  
Los Angeles, CA 90029

## Thinking Out Loud....

-From Page Three -

and abusive. Many students have lost money for no fault of their own at the hands of this sorry policy. The people who run the bookstore are for the most part very pleasant and helpful. They have tried to make a better bookstore. Hopefully, they will see the injustice of this policy and change it.

and welcomes. The other is the social get-togethers that help people overcome the homesickness and the feeling of being alone. My complaint is not so much with the former aspect but with the latter. In past years there have been some dynamic things happen at orientation. SGA involve-

ment this year was pitiful and ill-planned. The so-called ice-cream social ended up in pitch darkness. A dance planned by the SGA was cancelled. If TBX hadn't held a disco dance, orientation week's social activities would have been a disaster.

## RBS....

-From Page Three -

much a public figure as a politician, corporate representative, or a labor leader. I see very little dif-

ting that freedom, as well as the other various notions in The Bill of Rights, which sustains itself today

#### Orientation Blahs

This year's orientation program was in my way of



**SEXT FL W**

"A woman never forgets a man that remembers".

W I R N

# Fonda Visits Anti-Union Mill

#### EDITOR'S NOTE:

This article, though biased, in my opinion makes interesting reading. Jane Fonda, the well known political activist, has visited a southern non-union textile factory for a union attempting to unionize the mill. Labor leaders consider this attempt to be crucial in opening up the basically non-union south. This article was supplied by the Stevens Campaign News Service, contracted to publicize the union campaign.

by Jane Fonda

Last year I was smuggled into a J.P. Stevens plant in Roanoke Rapids, N.C. I briefly experienced what thousands of workers face for eight to twelve hours a day, six days a week, year after year.

I thought I had been aware of the situation in which this giant textile company has resisted change, crushed the rights of its workers and defied the law for so many years. I'd been supporting the worldwide consumer boycott of J.P. Stevens products. But until I visited North Carolina, I frankly had never realized the extent to which the Stevens workers have been made to suffer.

Someone helped me get inside one of the plants. I had been told that the day before my arrival, a Federal inspector from the Occupational Safety and Health Administration (OSHA) had been there. OSHA had called management before coming, so management knew they were coming and cleaned the place up. I'd been told the place would be relatively clean, so I couldn't believe my own eyes and ears. What I saw was absolutely horrendous.

I stepped through the door of the plant. The sound of the machinery - wall-to-wall looms towering over the workers - was deafening. The noise and the working of the machinery made the entire floor shake violently. I screamed just to see if I could hear, and I couldn't

brown lung disease. I met brown lung victims, people who choke from the effects of exposure to cotton dust every day of their lives. But thanks to the company, its insurance carriers and the inadequate enforcement of health and safety standards, many of these people are not diagnosed as having byssinosis (brown lung disease), so they are unable to receive workers' compensation. Hundreds of families living in the Carolinas and working for J.P. Stevens and the other textile giants can personally attest to this tragedy.

I couldn't understand how men and women could work in such medieval conditions for eight hours or more every day, having to eat their lunches out of brown paper bags while standing by their looms. Even if you have a lunch hour - and not all Stevens workers do - there's no place to go. I saw no canteen, no recreation hall, nowhere at all to relax and take a break.

As the day wore on, women workers told me more about the physical effects of this work. They spoke of the terrible dangers of the machinery. Even though there are usually rail guards around the looms, the shuttles - which are very heavy and have pointed metal ends, like bullets - will be shuttling back and forth on the looms, and sometimes they'll slide right off the end of the loom and hit someone.

Depending on the types and model, a loom may run anywhere from around 100 to several hundred picks per minute (referring to the number of traverses the shuttle makes). A modern loom typically runs close to 220 picks per minute across, say, a six-foot width. This equals an average speed of approximately 1200 feet per minute.

The shuttle weighs several pounds and is shaped like a bullet with a metal tip at each end point, or two bullets back-to-back. I was told of workers hit in the fact, in the temple and on the side of the head in the terrible in-

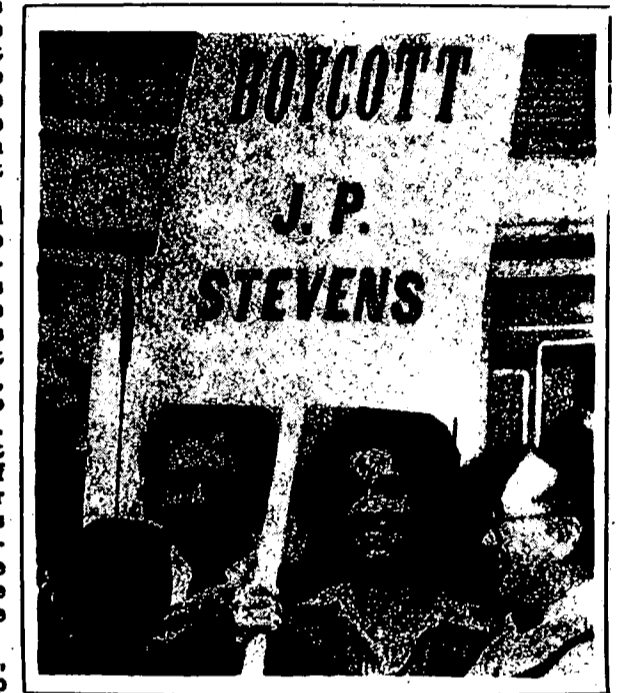
I'd known that textile workers, particularly in the South, are among the lowest paid industrial workers in the country. But I couldn't conceive of how great a strain it is just to keep a marriage and a family together when the women have to work long hours and their husbands are on another shift. There are couples who are almost never together because one is always sleeping while the other works. They have no child care, and both parents have to work just to eat and survive.

All of the horrors I heard about and witnessed made me share the sense of indignation that pervades Roanoke Rapids, where the majority of the workers voted for the union almost four years ago. Even so, management refuses to negotiate in good faith. They just won't acknowledge the right of the workers to better their own lives - so the workers and the union, while continuing and stepping up the organizing campaign, have also had to turn to the boycott.

I asked the workers, "How can you keep up

what you're doing? How can you have the courage?" And they told me: "We have nothing more to lose. And we'll continue to struggle to our death, if necessary, so that our children and other workers never have to go through what we've gone

through." These brave men and women in the Carolinas, Georgia, Alabama and elsewhere need our help. We must support them by making sure the boycott's impact is strong and steady. Don't buy J.P. Stevens products!



## California Tries To Stop The Fake Diploma Business

But New York Stalls Its Decision

Though average college costs are expected to rise by six percent, many higher education critics claim diplomas don't mean what they used to. It's said diplomas are getting cheap. The most cynical critic, however, never anticipated diplomas would some day be worth only \$10.

Yet that's exactly how much the Diploma Services Company of Marina Del Rey, Calif., and New York City, is charging for its "basic" fake diploma.

After discovering a fake replica of its own diploma, UCLA sought legal action against Diploma Services. Karen L. Fried of the California Attorney General's Public Welfare Division took the UCLA case, and has filed for an injunction. The case was con-

Fried has "no idea how many diplomas have been sold". She does, however, know of some notable academicians who responded to Diploma Services' newspaper ads. One was William E. Hall, the University of Southern California's registrar. Hall told Diploma Services he wanted to give his wife a diploma for her birthday. He was, in turn, told that he could get a "basic" diploma for \$10, though a sheepskin specifying degree and major would push the price up.

Hall was reportedly impressed with the phony diploma's appearance. He noted a disclaimer on the diploma's reverse side. Stanford associate registrar Robert O. Houghton also found a Diploma Service's replica-

until a trial is held. She has accused the company, which could not be reached for comment, with engaging in "unfair, unlawful, or fraudulent business practices". The firm is also charged with violating state laws which prohibit the sale of diplomas and using the UC seal without permission.

If convicted of unfair business practices, the company will be subject to a \$2500 penalty. The two other charges, according to Fried, carry no specific penalties.

**Work-Study Students To Meet Sept. 20th In 100A**

Pc

