

Highland Cavalier

Clinch Valley College

Member of the Virginia Inter-collegiate Mass Communications Association - VIMCA

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Wise, Virginia 24293

Volume 26 Number 17

And The Open Dorm Battles Continue

By Tammy Kennedy

Clinch Valley has a more liberal open dorm policy this semester than it has had in years past. Open dorm is now effective for four nights a week. The nights alternate in a Mon., Wed., Fri., Sat. pattern and a Tues., Thurs., Fri., Sat. pattern. There are five weekday hours and eight weekend hours. The open dorm schedule is as follows:

Monday, Wednesday: 6:00 p.m. - 11:00 p.m.

Tuesday, Thursday: 6:00 p.m. - 11:00 p.m.

Friday, Saturday: 6:00 p.m. - 2:00 a.m.

During open dorm, women visiting the men's wing must sign the registration book. For a man to enter the women's wing during open dorm, he must have a female resident sign him in.

The Highland Cavalier wanted reactions from the residents who reside under the open dorm policy. Donna Norratel, director of open house, said that she wished the hours on the men's wing could be increased since several men residents have requested longer hours. She also feels that registra-

tion books should be done away with.

Other reactions voiced among the female population were:

1. Longer hours on the men's wing.

2. 24-hour open dorm on weekends.

3. Open dorm all of the time, but keep strict registration books.

4. The guys should have 24-hour open dorm and the girls should have 24 hours on the weekend.

5. Leave it like it is.

When the male population was questioned, these were a few of their responses:

1. The hours are better now than ever, but it would be nice to have more afternoon hours.

2. They should do away with the requirement of having a female resident sign men in at the women's wing.

3. 24-hour open dorm on weekends.

4. Open dorm should be until 12:00 p.m. on weekdays.

5. Open dorm should be from 10:00 a.m. until 4:00 a.m. on weekends.

Student Health

By JoAnn Wampler

The Student Health Department of CVC asks that students who make appointments to see the doctor be considerate enough to keep them. Nurse Ann Varner will cancel student's appointments if they ask her to. She said, "Last Tuesday eight out of 19 students did not show up for their appointments and they usually come back in wanting another appointment, then do not show up again." The nurse understands that there can be emergencies, but this is becoming a habit with many students. At most, students have to wait an hour to see the campus doctor. At the clinic one would have to wait much longer.

Dr. Cartiglia is at CVC on Tuesday and Thursdays at 4:00

CVC Honor Court Members Attend

State-Wide Conference

On February 28, 1979 the Honor Court of CVC sent a delegation of its members to Williamsburg, Virginia to represent the College at a State-wide Honor Council Conference; the members of the delegation from CVC were Lisle Litz, Barbara Smith, Robin Russ and Kevin McGlothlin.

The purpose of the conference, sponsored by the college of William and Mary, was to acquaint delegates with the different Honor Systems of Colleges and Universities throughout the Commonwealth.

Through the use of seminars, the delegates were shown the various aspects included in Honor systems.

The delegation from CVC found many helpful suggestions in the areas of educating the student body about the proper workings of the Honor system, the procedures of investigation, and the various penalties used through out the state.

The Honor Court of CVC has intentions of experimenting with some of the aspects of educating the student body as well as the faculty as to the proper working of an Honor System.

p.m. For students convenience, Nurse Varner has her hours posted at her office.

The nurse will no longer be giving written excuses to students for missing a class due to illness.

Students should not abuse the student health department because their medical treatment is free. Also, there are no charges for medication. Student Health is for the benefit of the students, so don't abuse it.

Hooper Attends Symposium

Dr. William Hooper, Professor of Physics at Clinch Valley College, recently attended the national meeting of the American Association of Physics Teacher in New York City.

The meeting consisted of four days of sessions involving invited and contributed papers, plus displays of commercial and teacher made apparatus, films showings, and book displays by publishers. The papers delivered were on a variety of topics related to physics and especially to physics teaching. One series of papers was on Einstein and his theory of relativity, commemorating the 100th anniversary of Albert Einstein's birth which is being celebrated this year. Other papers included a series on dangers from energy production other than nuclear. Hooper noted that he found it interesting to view the purported nuclear dangers put in perspective by the consideration of the equally serious problems that occur due to other forms of energy production.

Dr. Hooper said he especially enjoys the apparatus, textbook and film shows at which he gets the most useful ideas for his teaching. Some of the contributed papers describing specific teaching ideas or techniques, were also very useful, he noted.

In two interesting sidelights to the regular sessions of the meeting, Dr. Hooper commented on a visit to New York's famous Hayden Planetarium and a visit with a Fifth Avenue artist. "The planetarium show was exciting and fresh, as it always is," he said, "and it included some recent

Founders Day 79 To Mark CVC's Silver Anniversary

By Jean Maier

1979 marks the 25th anniversary of the founding of Clinch Valley College. Founder's Day will be on April 6, 1979. Several activities are being planned by Bonnie Elosser, coordinator for this year's F.D.

Beginning at 10:00 a.m., Friday, a convocation will be held. As yet, no speaker has been retained, although Mrs. Elosser stated the Chancellor had someone in mind. Classes will be cancelled for the convocation, however, it is not yet known whether classes will be cancelled for the whole day. In addition, the choir will perform a few short selections.

Saturday, April 7, a buffet dinner honoring the first class of CVC and the founding fathers will be held in the Jefferson Lounge.

A limited amount of seats are available. Invitations to select groups will be sent with an R.S.V.P. stipend. The remaining tickets, which are free, will be given out on a first come, first serve basis to students, faculty, and staff.

Following the dinner Chancellor Smiddy will preside over a slide show setting the tone of nostalgia for the evening. Then, the choir will perform a few selections. Afterwards, several distinguished guests will address the audience on CVC and its founding. Among the guests, the Hon. Orby Cantrell, and Samuel Crockett. Buck Henson will be Master of Ceremonies.

A dance for college students and alumni, sponsored by the SGA, is scheduled for later in the evening. Sunday, April 8th, a local civic group will present a portrait of Emma McCrarry Hall to Clinch Valley College. The ceremony is set to take place in the library with a reception following. A few tentative activities are in the planning stages. Betty Gilliam hopes to have some art exhibits with a few one-man shows.

An Open Letter To The Student Body

By Coach Harrell

The gymnasium of Clinch Valley College is a multi use facility: classes, team practices, intramurals, social events; to name a few. Of necessity, there must be co-ordination of the use of the facilities.

Mr. Ciose's article was entirely off the mark. The gymnasium is the most open facility on campus. The gym is pretty much in constant use from 7:00 a.m. until 11:00 p.m.

The purpose of the gym schedule was to clarify the hours that the gym was open and available to be used. We have two kinds of open gym. (1) Supervised open gym, when a work study student is assigned to be at the gym and the gym is open to persons with activity cards. Those times are every night from 8:00 p.m. until 11:00 p.m., and on Saturday and Sunday afternoons from 2:30 to 6:00 p.m.

Exceptions are when there is another announced and scheduled event. It could be a basketball game, a special practice, a dance, etc.

(2) The second open gym is anytime the gym is not being used by a scheduled group which includes physical education classes, team practices, cheerleader tryouts, etc. The reason for this type is my desire to have the gym open as much as possible. This means if we don't have practice, then the gym is open. If a class does not meet, then the gym is open.

Mr. Ciose could easily find out when the regularly scheduled events such as practice, games, and physical education classes are, if he either bothered to ask or request his own personal copy of the schedule.

The Basketball teams, men and women together, practice approximately four to five hours a day when both practice. When only one team practices, which has been often since Christmas

because of the number of games both has played, the practices normally last from 1 1/4 to 3 hours.

If Mr. Ciose even bothered to look, he would be amazed that basketball practices are always conducted between 2:30 p.m. and 7:00 p.m. Some days they start at 3:00 p.m. or occasionally at 3:30 p.m. Sometimes practice is over at 4:30 p.m., sometimes when both teams practice it is over as late as 7:00 p.m.

However, Mr. Ciose has clouded the core issue with all his a.m.'s and p.m.'s. The core of his complaint is that students are not allowed to use the weight area during basketball practices. With just a tiny bit of effort on his part, he could have easily found out that his suggestion to allow students to use the weights during practices was tried for two weeks earlier in the year.

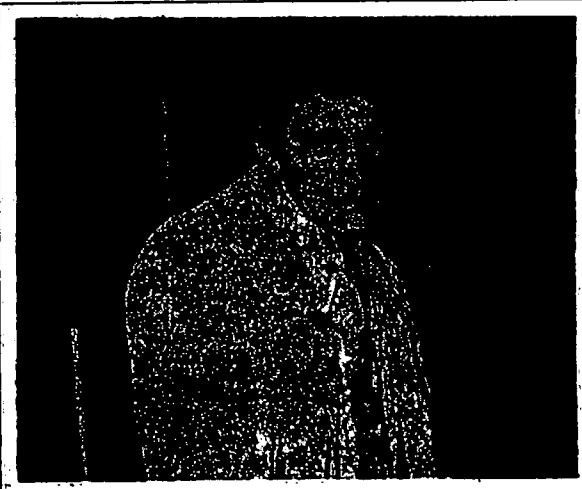
Needless to say, it just didn't work. The noise from that area was too great to overcome. Now I am the first to know that there is noise at basketball games. Mr. Ciose is obviously the last to know that basketball practice is not playing games, but a teaching and learning situation just as in any academic situation. I wonder if Mr. Ciose would like to attempt to teach or learn calculus, history, or health education while ten people vigorously work out with weights with all of the necessary banging and grunting. He might find it just a little difficult to concentrate, maybe even difficult to hear what the professor says.

The ideal situation would be to have access to the weights in a place that would not prevent learning or teaching from taking place. I will gladly entertain any ideas or suggestions that might accomplish this.

I am very much aware of the need to have student support. Moreover, I am very appreciative of the support that we do have. I think that enthusiasm at basketball games is at an all time C.V.C. high. I am personally committed to developing a strong athletic program at C.V.C. We are going to have the kind of teams that the students of C.V.C. deserve. No one, no one can work any harder than I to have a successful program at Clinch Valley.

My definition of success includes student support and en-

(cont'd to page 2)



Ministers Are Human Too

Dear Editor:
I am responding to the letter to the Editor from James Johnson in the February 26, 1979 issue of The Highland Cavalier. Ministers are not above the copyright laws. Most Ministers attempt to give credit for ideas as well as direct quotations in both their written and verbal communications.

It was not my intent to commit plagiarism in my column in the February 19 issue of The Highland Cavalier. I first heard the "Obscene Clone-fall" joke in table conversation at a meeting of the Wise Kiwanis Club in December, 1978. Only after the publication of my column in The Cavalier did I become aware that the joke appears in the "Laughter, the Best Medicine"

feature in the February, 1979 The Reader's Digest.

In the column I authorized I tried to show that the "Obscene clone-fall" joke was not original with me through the use of the words, "So the story goes..." I obviously did not make myself clear enough.

In soliciting contributions for its humorous features The Reader's Digest does not ask that only original material be submitted. Their policy is explained on the inside front cover of the February issue.

I apologize to The Highland Cavalier for any possible embarrassment. It was unintentional. I appreciate the opportunity to share through the pages The Highland Cavalier.

Letters

Highland Cavalier "Letters" Policy

The Highland Cavalier encourages all persons who wish to express themselves to write a letter to the Editor. All letters must be signed to be printed. Names will be held by request and at the Editor's discretion, however the original letter must be signed. Send all letters to Box 1127 by Thursday of each week.

Russ Takes A Shot At "The Duck"

Dear Editor:
Last weeks paper included a letter from "Phantom Duck" stating my column on "Environment's Side" had little relevance to the students at C.V.C. I strongly disagree but he/she has

an opinion and I can accept that. It does however seem strange to me that anyone who believes strongly in any of their conviction's, ironically (enough) hasn't got the courage to sign their name.

I am, sincerely,
Robin G. Russ

What Honor System?

Dear Editor:
The inclusion of the small article on the Honor Court Trail in Volume 25-Number 16 of the Highland Cavalier is undoubtedly the worst example of journalism I have ever encountered. As a former journalism major at VPI and SU, I feel that the total deletion of facts (names, offense, and verdict) was ridiculous. The student body has a right to know how its honor system works or if in fact it works at all. There is no wonder some people consider the honor system a farce. No institution can command respect if its functions are kept a secret.

Lisa Hamilton

A Sub-Nosed What?

Dear Editor:
All across the United States a minority has its basic rights violated. This minority is the off-road motorcyclist. We bikers are slowly being driven from public land. What is at stake here is not merely a "chunk of desert" as you stated to me, but rather a denial of access to public land and therefore a violation of our rights. To drive my point home all one has to do is examine the parallels between the Environmentalists-

Biker struggle and the pre-Civil Rights South.

In hope of providing some light upon this subject I submit to you Rick Sieman's editorial "How I learned to love the Snub-Nosed Lizard" for reprint in the Highland Cavalier.

Thank you,
Mike Vanover

Editor's note: See page 4 for reprinted article.

Where Are You Now, Clarence?

Dear Editor:
The other day while I was visiting friends at the newly rebuilt Carter Hall Lounge and bar, I ran into an old acquaintance who is now a third-year student here at good ol' CVC, Clarence Apathy. Realizing that

to pin him down would be a feather in my cap, I immediately cornered him in one of the booths before he could scramble away.

"Ahh, I've got you now," I cried out. He ahrank back sullenly and snorted, "What about it? I've been cornered before, but as usual, I'll get away."

Naturally, I had to agree, but I persisted in a voice filled with concern. "What do you battle so much with SGA? I've also heard complaints about you from the election committee, the Honor Court, and from Clayton Walcott about your refusal to pay your dorm fees. What is it about you, kid?"

"It's a matter of ethics," he replied calmly, "a small theory called principles. I've got a job to do just like you. My job is to get people roused up to do nothing. You could say it is part of "military upbringing." You know the old "Hurry-Up and Wait Syndromes." Well, that's it. The SGA has to be all aroused up to do nothing - and I did it."

Glumly, I watched as he left in triumph. I turned and asked the bartender for another drink. "You're out off," was his answer. I groaned out loud. Apathy had struck again.

Sincerely,
Art Buchwart

What About Professional Distance?

It seems that the issue of "Professional Distance" has become a topic of interest to students here at Clinch Valley College. How much professional distance should be maintained - within the classroom? Clinch Valley prides itself on being small enough to allow instructors and students to work closely. This enhances the learning experience; however, when an instructor and student develop a personal relationship they both must try to avoid bringing their personal relationship into the classroom. Whether the relationship is positive or negative, both student and instructor have a professional obligation to each other and to the other students in the class to leave the relationship outside the class-environment, for any personal relationship allowed to exist between a student and an instructor within a class, is detrimental to the class as a whole. The learning experience deteriorates severely because the focus is not on the class as a whole but rather on individuals.

This is not to say of course that an instructor should not be friendly with his students in class, it is to say that an instructor should not be too friendly with any one student or group of students, in particular within the classroom. Professional distance must be maintained for overall effective learning to occur.

Patricia B. Payne
Editor

An Open Letter.....

(cont'd. from front)

classroom. I want students to feel free to come to us with suggestions, and to be a vital part of the program.

I do wish that Mr. Closs would have taken the time to try to understand the basis for the decision about the use of the weights. I should also add that the gym is open during practices, and that activities are curtailed to prevent interruptions and distractions. We welcome students to observe practices. I might suggest to Gary that he might need to take the time to sit through a practice, maybe, he will see that basketball practice is more than playing games.

I appreciate Gary's praise of our efforts to raise money and to improve the performance of the team. I, too, appreciate the fine job that he has done this year. He is a fine person, an outstanding student, and a credit to Clinch Valley College. I do regret that our communication is through the Highland Cavalier rather than person-to-person.

In closing I want to thank the

students and faculty of C.V.C. for their generous support and understanding this basketball season. I am very proud of these players; they have worked hard against a lot of adversity. We haven't always been successful but we have tried.

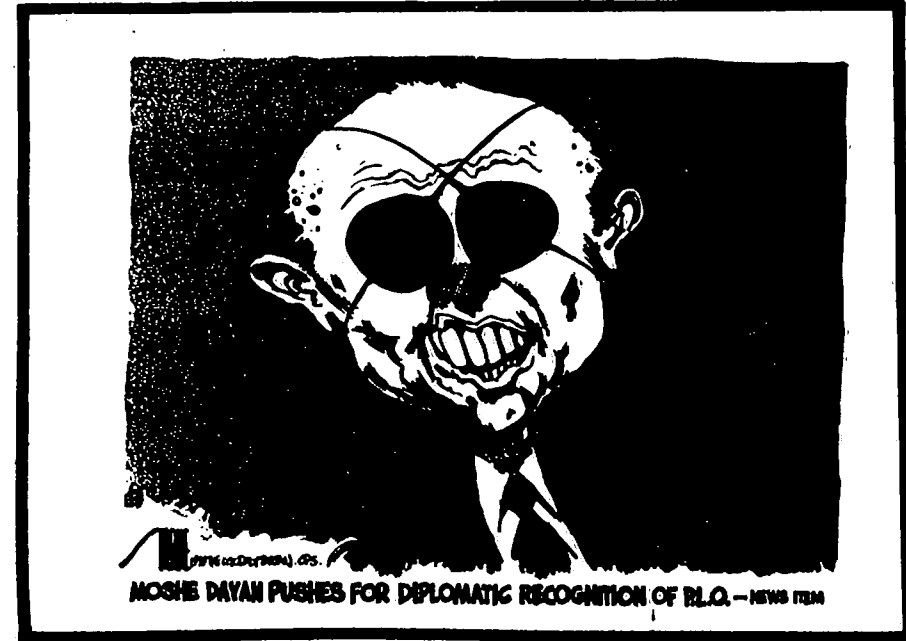
To quote a former President, "It is better to be one whose face is marred by dust, and sweat, and blood, who strives valiantly, who errs and comes short again and again because there is no effort without error and shortcoming, but who does actually strive to do the deeds, who knows the great enthusiasms - the great devotions, who spends himself in a worthy cause, who at best knows in the end the triumphs of high achievements and who at the worst - if he fails - at least fails while daring greatly, so that his place shall never be with those cold and timid souls who have tasted neither victory nor defeat." This year's basketball players have dared to be in the arena. I'm proud of them, and for them, say thanks to all the students for your support.

TBX Rush A Success

The brothers of Tau Beta Chi fraternity would like to thank those men and women who helped make this Spring's Rush another great success for TBX. Good luck to all of those who signed up and in particular to those women who will makeup the first group of the new Little Sisters organization.

Many thanks also to those who attended the last disco and joined us in having a good time. We appreciate your support for making us the No. 1 Fraternity on campus.

Steve Beuter



MOSHE DAYAN PUSHES FOR DIPLOMATIC RECOGNITION OF B.L.O. - NEWS ITEM



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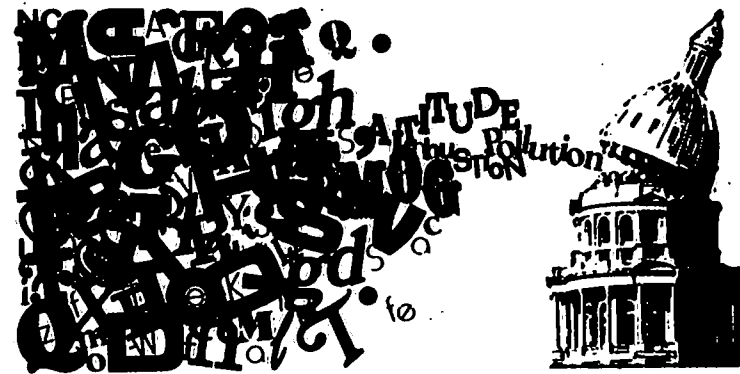
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Ears To Hear

By Jim Collie, Baptist Campus Minister

In Mark's Gospel chapter 4, verse 9, there is an intriguing line that Jesus is to use many times, "Listen, then if you have ears to hear with!" (Today's English Version.) Taken in context, there is no physical deformity or malfunction implied here. We know this only too well.

What's an expression we often use? "In one ear and out the other." Are there no times as well when we don't listen at all. We "turn off" and "tune out" S.O.P. for you! (Standard Operating Procedure.) I hope not!

Especially important to communication of any kind is careful hearing. Listening, receiving, decoding. Only then can a proper response be made.

Someone once said that the proportion of ears to mouth, two to one, should give us a clue to how much each should be used. Have you got ears to hear?

Sharon Daniels Appointed As Public Relations Person For CVC

By J.R. Shupe

Last fall the Publications Committee made a recommendation to the Chancellor's Office that an Office of Public Information be established to promote public relations for the college. During the Publications Committee's deliberations, Sharon Daniels' name was suggested as a possible candidate to fill the position. The Publications Committee felt that there was enough need to justify the creation of a full-time position for public relations.

Musk, and Theatre. Sharon will also continue to edit the college catalogue, as she has done for the last few years.

In general, the function of the office of Public Relations will be to keep the general public and student informed about campus activities.

For many reasons Sharon Daniels was the logical choice for secretary of public relations. First of all, she is extremely active in college activities. Sharon is a member of the Gladewater Council for Performing Arts and a member of the Highland Players. She attends all campus activities and is well acquainted with most people on campus and in the community. In other words, Sharon is a friend.

Ms. Daniels joined the Administrative Staff in 1962 as a receptionist. After serving in this capacity for 6 years, Sharon became a faculty secretary in 1968. She served as Secretary to the Academic Dean from 1972 until she became the Secretary of Public Relations this year.

For Your Information: News From The General Assembly

Money For Secondary Roads - The house and Senate have approved house bill 602 which provides approximately \$10 million in additional monies to be allocated to the localities based on the number of miles of unpaved roads in the localities. Wise county will receive \$107,714; Dickenson county will receive \$187,895; Lee - \$222,333; Scott - \$244,599; The city of Norton receives \$43,790; the town of Wise gets \$22,371; and Big Stone Gap gains \$39,711 in additional funds.

Mine Safety Legislation - The following provisions were recently passed by the house of delegates concerning mine safety.

- A regulation stipulating that no two pieces of self-propelled mobile mining equipment traveling in opposite directions inside a coal mine be allowed to pass each other while both are in motion on the same haulage road.
- A regulation requiring a communications system with both audible and visual signals to the work area of the mine. Presently only audible signals are required. This equipment must be approved by the chief of mines and installed as it becomes available.
- A requirement that while remote control equipment is in operation, no one is to be required to be between the equipment and the face or walls of the mine.
- Provisions for an equipped mine rescue team to be ready in the immediate vicinity before cutting through into an abandoned mine area.

How I Learned To Love The Snub-Nosed Lizard

Recently, the powers that be, in their infinite wisdom, closed off a huge chunk of land in the Los Padres forest of Central California. People used to ride bikes back in them that hills.

No more.

Now, the BLM people have been trying for years to screw the riders out of this land, but had been unable to come up with any valid reasons. They found their answer in a pile of lizard crap.

Yes, I said lizard crap.

You may shake your head and wonder if the Hunk has lost his metric marbles. But, I speaketh the truth.

You see, they have this forest ranger who can't stand bikers, and this guy thinks he's a cross between Flash Gordon and God. Apparently, he thinks that he's been set forth on this earth to save the planet from the people.

You've seen this sort of person before in the old movies on TV. They walk around a lot, drinking smoking liquid from chemical beakers and mumbling about tampering with nature and such.

Whatever.

It boiled down to the fact (or alleged fact) that this protector of nature was out on patrol and found the excrement of the rare Snub-Nosed Lizard. Not the lizard, folks, just his leavings. How he happened to get down on all fours in the middle of the forest to inspect a random pile of crap, remains a mystery.

By the way, how does one go about telling Snub-Nosed Lizard dung from - say - owl dung?

Obviously, this ranger must be heavily into excrement. Is there a manual issued by the BLM that enables the ranger to identify various types of animal leavings? Is there a testing kit? Perhaps the rangers carry a selection of slides - and - mix 'em up and match 'em! We don't really know, but can only wonder.

Back to the plot. Here you have a ranger - who is heavily anti-biker - who reports to his boss that he found leavings from an endangered species. Boss says, "OK, shut'er down." And we lose land.

Isn't it possible that this sort of harassment - and it is harassment, make no doubt about that - can work both ways? Sure it is. But you've got to use some imagination.

Let's say that the Sierra Club is breaking ground for a new building, or perhaps, just adding a wing to their existing location. This means a change to the environment, even if it is in downtown San Francisco. What you do is stop by the building site

and sprinkle a little bit of Snub-Nosed Lizard dung all over the place. Actually, you won't really have to find a Snub-Nosed Lizard and run around behind it with a baggie. Just find any old leavings, spray them with purple paint and use that to scatter around.

The fact that the leavings are purple is enough to convince most anybody right off that this is rare stuff you're looking at. And who's going to argue with you? Do you really believe that there is anyone in this whole wide world who makes a living identifying various kinds of lizard crap? Of course not! These people who are using the lizard thing to keep you out of the woods are stroking you, so you have the right to stroke them in return.

After you've sprinkled the "lizard dung" all over the place, you can then contact the powers that be and let them know that the extremely rare and endangered Snub-Nosed Lizard has a natural habitat at a site that is about to be destroyed by the evil Sierra Club. And would you please slip an injunction or two into their shorts until we have an environmental impact study made of the whole affair?

Do you have any idea, folks, what it costs in time and money to have one of those things right?

Right. It costs a fortune.

Now, if the Sierra Club chooses to ignore the welfare of this "lizard," then we can crucify them in the press. Can you imagine the headlines? "Sierra Club Erects Huge Building Over Home Of Endangered Species" or "ECO-Freaks Wipe Out Rare Animal Family" or "Cute And Cuddly Critters Buried In Cement By Sierra Club"

Heh, heh, heh. Now you get the idea. Play their own game. Only play it better. And sooner. The beauty of this whole thing is that you never really have to prove anything. All you have to do is cast a bit of doubt. Do you think that you can really prove the presence of a rare animal by a dried heap of some mysterious substance? Of course not. But if you scream loud enough and long enough, with the "interest of the public" at stake, then people tend to listen and even believe. Don't ask us why. We're just simple folks who like to ride around in the dirt and drink beer illegally in the truck on the way home. We tend to believe what people say and - in general - we are far too gullible.

Maybe it's time we got as rotten as the lying freaks who are

stealing the land from us, day by day, foot by precious foot.

Why play fair? Why not resort to cheap, common, crappy tactics? After all, there's an endangered species here to consider.

Ua.

(Ed. Note: Reprinted with permission from Dirt Bike Magazine.)



According to Chinese legend, Emperor Shen Nung drank the first cup of tea when leaves from a wild tea bush accidentally fell into his boiling drinking water.

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THE EMMIGRANTS (1972, Swedish) Directed by Jan Toppel. With Liv Ullmann and Maj von Schoultz. Emigration to America in the middle of the 19th Century. Ullmann and von Schoultz give little portraits of the emigrants and their families. The film is a masterpiece of the New Wave. It is actually a tribute to the original cast.

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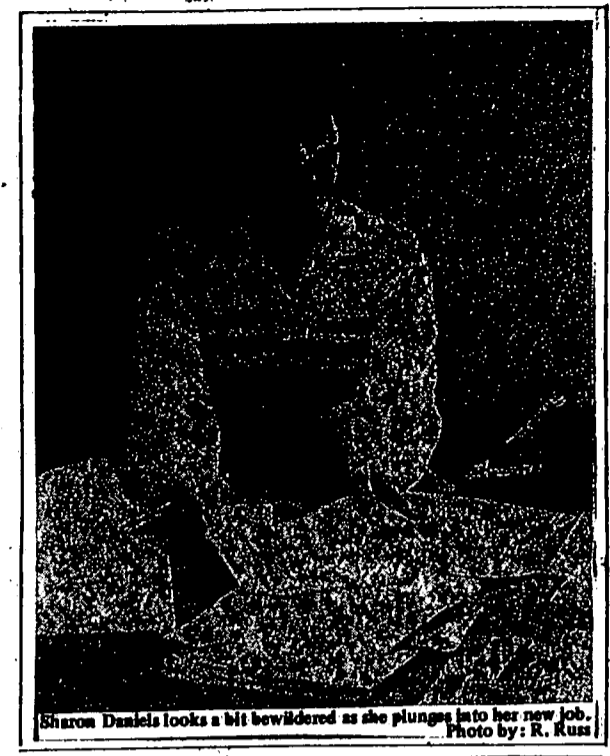


By Fred Cook
Greetings, sportsfans, and welcome to a special of RBS, as a public service, the column that asks the question, 'What should I do with these white tight shorts I bought on sale last August?'

fashions, which do dictate 'good taste.' Nevertheless, when a corpulent person is garbed in a halter-top and double-knit stretch pants, I don't know what to do first: feel pity, laugh, or throw up. I am, by no means, Mr. America, having nurtured my winter spare tire with reverence and warmth. But, unless Edith Massey and Orson Welles are your Ties and Travoltas, there is no reason for it. Munching out is dangerous, but difficult to avoid, at times. When the mouth gets dry and everything tastes better than usual, the impulse is to go for the Doritos, popcorn, Froot Loops, peanut butter, ice cream, pork rinds, candy bars, ad nauseum... (see 'Big Mac Attack!')

American myth has us spraying stuff into every conceivable nook and cranny of our bodies until we are deodorized, sanitized, and sterilized. Obviously, there is more to life than having kissing-sweet breath, sting-free iliac-scented armpits and 'personal hygiene' concoctions for when you want to get personal. Brushing teeth and occasional showers will do it all. You may love the natural smells of your body (and some of them can be stimulating), but the chance is that the person sitting next to you doesn't share your enthusiasm for organic aromatics. Katy Winters is alive and living in Secret. RBS, the fat one. See you next week.

Please Turn In All Material For The Highland Cavalier By 4:00 p.m. Thursdays



Sharon Daniels looks a bit bewildered as she plunges into her new job. Photo by: R. Russ

Mar 9
Exercise is also important. Running, swimming, basketball, weight training and gymnastics are the best forms of vigorous physical exercise. Sex, highly touted as a sophisticated form of workout, helps develop endurance, breath control, and muscle tone in legs, but not much else. The great recreation involved and the need for the most basic equipment, however, make it exceedingly more popular than volleyball. The gymnasium is open for students to work out, run, swim and, in general, get good and sweaty. Keeping a record of progress is helpful and will make a weight-loss program more concrete in one's every day routine. Dick Cavett once said, 'When I feel like engaging in vigorous physical exercise... I usually lie down and wait for the feeling to go away. He can afford to wait. Some of us can't.'

Steamboat Bill, Jr. (1928) Directed by Charles F. Reisner. With Buster Keaton and Marion Byron. 87M Running time, 70 minutes. Synopsis: 'Set in the locale of a southern river town, Keaton plays Willie Campbell, the long-been-away son of a riverboat captain. Willie's father is anxious for his son's return but his hopes turn to despair as a conical character gets off the train dressed in a beret, bell-bottomed trousers and a polka-dot tie. The attempt to make a man out of his son and to keep him away from his rival's daughter seem to be a full time job for Captain Bill. It's not till a cyclone hits the town and Willie must prove himself a hero in the eyes of all that we have a happy ending.' -Steven Jaynes

Mar 11
Nostril-probing-A less-heinous assault upon our senses, nose-picking is still a visual turn-off. It usually occurs during those private moments when we're alone, or think we're alone. Favorite location for proboscis-plundering are elevators, rest rooms, waiting rooms, and in cars (while waiting for red lights to change). In public places classrooms, auditoriums, once the lights go down, the finger goes up; immune to the criticisms of all except the most immediate neighbors. In classrooms and restaurants, the subtle use of the pinky slyly stabs at the 'grossa muscosa' with aplomb and distinction. The question is, if you're successful, what do you do with it? Wipe it on your jeans?... or worse, wipe it on your friend's jeans? Now, that's really gross. Better just keep your hands in your own pockets.

Stroszek (1977) German-American Directed by Werner Herzog. With Bruno S. and Eva Mattes. Running time, 106 mins. 'Stroszek is described by Mr. Herzog as a ballad, which is probably as good a way as any to categorize it initially. It's a 'read' picture. In some distant way it reminds me of East River, but it's an East River without sentimentality or political paranoia. It's terrifically, spontaneously funny and, just as spontaneously, full of unexpected pathos. 'Stroszek is the tale of three mismatched friends—a loser—who set out from Berlin to find El Dorado in northern Wisconsin, in winter, with very little money and hardly any knowledge of English. It would be difficult to imagine three people less fit for such a journey. . . . Scheitz is in his 70's, small, frail, modest, a fellow who seems always to be suffering from a chill. . . . Eve is a bunco but none-to-bright Berlin streetwalker. . . . Most importantly there is Stroszek, the Berlin street musician. . . . That these allegies must eventually be disappointed is a forgone conclusion, but the way it happens is anything but predictable.' -Vincent Canby, 'The New York Times'

Excessive Obesity-the range goes from a little excess, to a few extra rolls, to loss of eye contact with one's feet, to rotundity with profundity this is also called 'cloning a beachball.' Gland intestines, and metabolism rate five, not withstanding, the situation lies primarily within the balance of food intake and exercise. Besides being extremely unhealthy for the heart and blood pressure, the 'food=love + reward' program can be very destructive emotionally. In fact, it can reach proportions where an individual may be denied access to a public phone booth or a theater seat due to their inability to fit in the space allotted. This almost qualifies it as a legitimate physical handicap. In India, obesity is a symbol of wealth and success. In the US it makes the unspoken statement, 'I don't care about how I look.' Granted, there are health spas and 'fat farms' and diet foods that provide millions of dollars in profits for those who run the facilities and manufacture the diet goodies, and often, they do little else than make money. And granted, the American mythology places a high premium on the emaciated look for models and clothing

Movies (List made on March 1st
CVC Movie Marathon- Science Lecture Hall Showtime for all Marathons Movie: 7:00-9:30
March 2-"The Emigrants"
March 9-"Steamboat Bill, Jr."
March 11-"Stroszek"
1. "Halloween; (R)
2. "Midnight Express" (R)
-KINGSPORT-
Part Henry 5
1. "Ice Castles" (PG)
2. "Heaven Can Wait" (PG)
3. "Midnight Express" (R)
4. "Moment by Moment" (R)
5. "An Unmarried Woman" (R)
Starting March 2-"Hall"
Martin "Every Which Way But Loose" (PG)
Strand: "Brass Target" (PG)
-BRISTOL-
Bristol Mall 4
1. "Superman" (PG)
2. "Lord of the Rings" (PG)
3. "Ice Castles" (PG)
4. "Every Which Way But Loose" (PG)
Paramount: "An Unmarried

Movies
Woman" (R) Holiday: "Heaven Can Wait" (PG)
Cameo: "The Brink's Job" (PG)

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Member FDIC
We Provide Checking Accounts To Students Free Of Service Charges

JIM'S MINUTE MART, CAR WASH AND TEXACO
WISE OPEN LATE.

Notices

English Club Meeting
There will be an English Club meeting Monday, March 6, 1979 in Room Z308. All members please attend.

SVEA Meeting
There will be a meeting of the SVEA Monday, March 5, at 2:30 p.m. in Z308. All members please attend.

English Club Bake Sale
The English Club will be holding a Bake Sale in Lobby of the Zahmer Building Wednesday, March 7, 1979.

Housing Applications Now Being Accepted
Housing applications for the 1979 summer session and the Fall, 1979 semester are now being accepted. Applications may be picked up from the Housing Office, room 238, 2nd floor of the Administration Building.

Tutors Needed
The Upward Bound Program needs tutors to work with students in area schools in English, Math and History on a weekly basis (sometimes more often). There is a need for tutors in the following schools: Twin Springs, Castlewood, Rye Cove, Lebanon, Gate City, Chatwood, Appalachia, Ervinton and Dryden.

Ideas For Bumper Stickers Needed
Cinch Valley College will be celebrating its 25th Anniversary next month. Bumper stickers will be made available to mark this occasion. Students may submit ideas for the bumper stickers to Buck Henson by March 16, 1979.

Trivia Anyone?
If anyone has any information of interest to the general public concerning Cinch Valley College, they should contact Sharon Daniels, Room 217, Second Floor of the Administration Building; however, I must warn you that this gregarious redhead is so persuasive that she had me stuffing envelopes before the conclusion of this interview.

Graduation Pictures
The Outpost has contacted Coleman Studios of Elizabethton, Tennessee about providing Cap and Gown Photographs for 4th year students. The following plan has been offered by the Studio: Cost of \$36.00 the student will receive 2 - 8x10, 2 - 5x7, and 28 wallet size photographs, all fully retouched. However, there must be a minimum of twenty (20) students who are interested in the purchase of the Cap and Gown Photographs. Please sign-up on the sheet attached to the Outpost Office door by March 13th if you are interested. If you have any questions please see Donna Norstel at your earliest convenience.

Pot's No Longer A Culture Symbol, And Norml's Campus Membership Is Down
(CPS)Larry Schott, the new director of the National Organization for Reform of Marijuana Laws (NORML), is not entirely happy about the complacent attitudes of college students towards marijuana. "Pot has become so commonplace," laments Schott. "It's not a cultural symbol anymore."

CVC To Offer Instrument And Commercial Pilot Training Course
This course would prepare students for the Federal Aviation Authority's written examination for Instrument or Commercial Pilot certificate. The fundamentals that are necessary to prepare an individual for the examination will be covered in the course.

CVC To Offer Square Dance Class
Come and register for the square dance class, featuring Aubrey Ward as the "caller". Registration is 6:00 PM, Tuesday, March 6, 1979, in the Lobby of the Administration Building. The fee is \$15.00 plus \$5.00 for registration. Men and boys are especially encouraged to sign-up. The class will meet one night a week on Thursday at 7:00 PM, beginning March 16, 1979. A meeting place will be announced at registration. The class is worth 1 CEU credit.

CVC To Offer Two Courses In Photography
Cinch Valley College will offer two courses in photography beginning Tuesday, March 6, 1979. Beginning Photography will be offered from 8:30 p.m. until 7:30 p.m. each Tuesday. Registration will be held in the Administration Building at Cinch Valley College at 8:30 p.m. on Tuesday, March 6, 1979.

CVC To Offer Instrument And Commercial Pilot Training Course

This course would prepare students for the Federal Aviation Authority's written examination for Instrument or Commercial Pilot certificate. The fundamentals that are necessary to prepare an individual for the examination will be covered in the course. Mr. John Barry, an experienced instructor pilot will be the instructor. He is a full-time professional pilot who is certified by the F.A.A. John was a pilot in the United States Army and has previously taught for Appalachian Flying Services in Johnson City, Tenn. Registration is set for Tuesday, March 6, 1979 at 8:30 p.m., in the Administration Building at Cinch Valley College. Classes will begin on Monday, March 19, 1979 and be held each Monday and Wednesday from 7:00 p.m. until 9:30 p.m. for approximately ten weeks. The total cost for tuition and fees for this fifty hour course will be \$65. For more information contact the Office of Continuing Education, Cinch Valley College, 328-2431, ext. 260.

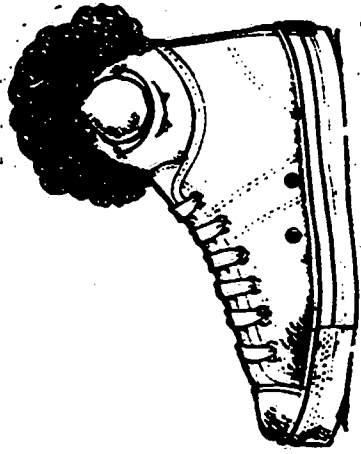
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PASTOR H. L. WRIGHT, JR.
SUNDAY SCHOOL - 10:00 A.M.
CHURCH SERVICE - 11:00 A.M.



A View From The Field Cavalier Roast

By Mark Schiffman
The CVC men's basketball team played their first conference tournament game in their history last Thursday at Campbellsville College. In Campbellsville, Kentucky, The Cav's, who ended up the season in last place, gave the Tigers a run for their money but eventually succumbed, 97-81. The loss ended the Cav's NAIA hopes for the year, as the winner of the tourney could eventually go all the way to the finals for the national championship. Clinch Valley has one matchup game remaining, against Bluffield.

CVC came out for the game in the right frame of mind, as they grabbed an early lead through some fine defensive play. This defensive intensity couldn't be maintained, however, due to Tiger pressure and CVC's own lack of any offensive consistency. Campbellsville went ahead to stay at the end of the half and broke away late for the victory. For the Cavaliers, Mike Moore was extremely impressive, scoring 22 points, 9 steals, and 5 assists. However, normally dependable Roger St. Clair and Homer Whitson could combine for only 7 out of 27 from the field and there was no one else to pick up the slack.

So the Cavaliers long and frustrating season came to a close. Even if they win against the Rams, the record will show 8-20, the same as last year. Not quite what everyone was expecting in preseason with all the hoopla over new players, etc. But the Cav's had some fun, and there were some notable achievements of the year that deserve their place in print.

MVP. Come on, how is there an MVP on a team that goes 8-20? Give it to Dave Greene, who played less than anyone and therefore had no contribution to the win-loss record.

Rookie of the Year. Steve Moore contributed a ton as a freshman this year but Steve cheated a little bit; after all he's older than Homer and he came out of the military. Why wasn't that jumpshot discovered after high school?

Entertainer of the Year-Johnny Cornette, who drew holes of applause at CVC whenever he played. Only he could make girls go crazy by missing a layup. No contest.

Dunes Bobick Memorial for Missing the canvas-I'll give this one to myself for the one-punch knockout I took against Bluffield. What made it amazing was the fact it was the only punch that connected in ten minutes of brawling.

Pete Rose "Charley Hustle" award-How about Homer Whitson, who wore himself out taking the ball out at one end and rebounding it at the other end in 6 seconds! Impressive.

Mario Andretti Meritorious Service award-George Spolarich, who came to CVC for a degree and wound up driving more miles than a busy truck driver. He didn't fall asleep once!

W.C. Fields award for outstanding contributions to the field of comedy. Actually, they were all hilarious at times but how about the between Dave Greene and Dale Lee, who can't talk seriously for more than 20 seconds.

Superman award for stopping runaway train-Go to be Wayne Stewart, who was hit so often that I thought he was made of oil.

ly pitty. What do they feed people down in Georgia that makes them love to take charges?

We could go on in this vein but one more thing: What about an spashy award to the girls basketball team for being so good and making it look easy while the guys had to struggle for everything? Just kidding, girls; what's a column without a little fun?

We'll discuss some baseball, intramural, and the future of the basketball team next time. Come out and see Dave Ray and Roger St. Clair play their final games next week and help give the team a boost for next year. I'm sure you'll not be disappointed.

The Athletics Vs. The Academics Delbate Escalates

As college and university budgets tighten, and tuition and students fees rates rise, resentment over the funding of intercollegiate athletics departments seems to be growing around the country. Student and faculty reports critical of athletic departments' relatively large budgets have surfaced on at least 14 campuses this academic year. The most recent report released was here at the University of Pennsylvania, and, as has happened at the other schools, widespread controversy has followed.

Penn's Faculty Senate Advisory Committee (ASAC), which is the guiding body for the Faculty Senate, issued a report last month as part of a university-wide review of athletic policy. It states that "continued participation in the Ivy League does not require that the present scope of Penn's program of intercollegiate athletics be maintained." The report recommends that the athletic budget be frozen for a three-year period, that the number of coaches be reduced, and that special athletic admissions be permitted only for football, basketball, and soccer.

SAC said its proposal would save money, and improve the quality of the student body. Five percent of Penn's student body can, under present rules, be admitted under a special admissions procedure for athletes. They are students, who, moreover, probably would not be accepted at Penn under normal procedures. Similar special admissions procedures exist for lower socioeconomic groups and for faculty children. Much of the debate that followed the SAC report has centered around the admissions question.

Mark Lerner, chairman of the Undergraduate Assembly, called the faculty report "short-sighted and irresponsible". The Student Task Force on Athletics assailed the report, citing "unsubstantiated assumptions" and mourning that the way it was released "may cause lasting damage to the university." It said SAC was wrong for considering admissions in the context of a report on athletics.

"Special admissions," added university trustee Robert Levy,

By Dennis Nettel
Dorris Hubbard was born and raised in Coeburn, Virginia. She received her Bachelor's from Emory and Henry and her Masters from the University of Tennessee. She certainly must be doing something right, because this year she has coached the 1978-79 Lady Cavaliers to a 19-2 season.

Dorris Hubbard is definitely an active person. She is a member of the Board of Directors of the Wesley Foundation. She enjoys backpacking, gardening, jogging, and tennis. To anyone who resides in or around this area they would know that Doris Hubbard and tennis, are synonymous with one another.

Last year alone she won the Womens Singles and Doubles in the Coalfield Progress Tournament, the Doubles (consolation) in the Emory and Henry Tournament and the Womens Singles, Doubles and Mixed Doubles in the CVC Open Tennis Tournament. One of her favorite tennis partners is Donna O'Dell. Donna who also plays guard for the Lady Cavaliers) is a fierce competitor for her coach of the tennis courts. Hubbard says of O'Dell, "She practices hard and has a

score desire to be good." When asked how he felt about the womens basketball team, she indicated that she was "very, very pleased." Hubbard considers the game more of a growing process than a win or loss proposition. "A couple of the girls grew up during the past season, they matured. It's what happens to the people, not a winning record." The way the coach sees it is, "you create a monster whether you win or lose, unless the team has developed the right attitude."

"I always try to remember I'm working with 10 individuals. The Lady Cavaliers have had their share of team problems. The coach attributes this to the fact that the team is "different things at different times." The team may wear the same uniform, they may practice together and even travel together, but its their attitude that makes the team. The Lady Cavaliers have a high number of assets to their team credit. It is this unselfish attitude that the coach and team have worked for. Coach Hubbard readily admits that winning helps any team attitude.

Great controversy has arisen over the closing of the gymnasium during basketball practices. While the Mens team does close the weight room leaving the rest of the facility open and welcomes spectators, Coach Hubbard maintains a completely closed practice. She insists that this helps her concentration (with many less distractions). She went on to say that women athletes are conscious of their skill level. I spoke to a few of the Lady Cavaliers to get their opinion on a few topics. Surprisingly, the topic of "closed" practices is one that many players disagree with. While speaking with three players, I found that they wanted practices to remain open...because spectators increase their consciousness. "They (spectators) motivate the team."

There was one topic that Coach Hubbard and her team couldn't disagree on, assistant coach Robin Olinger. Robin is herself a former Lady Cavalier who was coached by Doris Hubbard. In ad-

dition to being a former player, this year Robin coached Appalachee High School to a 500 season. Hubbard said of her assistant, "She's a natural athlete with a tremendous concept of the game of basketball." The players think she's great. "When Robin yells, it's okay. She's been through it, she knows what it's like."

In addition to Robin Olinger there are a few other "regular" team helpers that add to the Lady Cavalier family. They are Bonnie Blosser (who announces at home games and occasionally travels with the team), Spencer Hubbard (who keeps stats for the team), Swaine Skrems and Mike White (team manager), Of Swaine and Mike, one player said, "They treat us like queens. Where else can you find a guy to wash your dirty socks and cater to your every need? They're the greatest!"

The Lady Cavaliers are thankful for the student support they've received. The crowds have been an asset to the team. The newly painted gymnasium has been a moral booster to the team as well as the fans.

Coach Hubbard speaks highly of Frank Harrell, the athletic director. "He's easy to get along with. He's a work-a-holic." He is a great supporter of the Womens program." Hubbard, unlike some of her players, feels that the women receive their fair share of monetary support.

The Lady Cavaliers will have already competed in the Virginia State Tournament by the time this article is published. I'm sure the H.C. joins me in wishing the team well and to say that we are proud that you are representing Clinch Valley College.

Next week I'll talk with Frank Harrell about some controversial questions which have recently surfaced. They include the lack of scholarship money for women athletes, use of "work-study" team players, the drainage system for the basketball field, the battling cage and the other side of what happened last fall when Frank Harrell was accused of being prejudiced in his coaching.

Doris Hubbard: A Profile

For Your
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The Lollo jacket is made of a soft, warm, wool blend fabric. It features a notched lapel, a single-breasted front, and a matching skirt. Available in a variety of colors and sizes. Contact us for more information.

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