



## CVC Choir To Perform MESSIAH

By Bill Burgess

The Clinch Valley College-Community Choir will perform portions of George Frideric Handel's oratorio *Messiah* on Sunday, December 12, at the Coeburn Middle School Auditorium. The performance is at 3:00 p.m. Admission is \$2 for adults, \$1 for students.

Seventy-two voices now make up the Choir. Four members have been selected to perform solos within the works: soprano Kathy Eppes, music teacher at J. W. Adams Elementary School in Pound and part-time music instructor at CVC; alto Mary Nell Saunders from Norton; tenor Henry Stout, Jr. of Norton; and

bass Robert Beard. Stout and Beard are attorneys in Norton. Student understudies are soprano Lori Donley, alto Deby Baker, tenor Mark Fleming, and bass Travis Kennedy.

The Choir was organized in 1978 when Michael Donathan, assistant Professor of Music and Chairman of the Performing Arts Department at CVC, combined a student choir with interested members of faculty, staff, and persons from the surrounding area. The present choir consists of 22 CVC students, many members of faculty and staff, and community members ranging from high school students to attorneys and doctors.

Accompanists for the Choir are Kathy Stewart of St. Paul and Elaine Kiser of Pound, both CVC graduates. Ma. Stewart is a part-time instructor in piano at CVC and music teacher at St. Paul Elementary School.

Towns represented by choir personnel include Wise, Coeburn, Norton, Big Stone Gap, St. Paul, and Clintwood, Virginia. Jenkins and Whitesburg, Kentucky, are also represented. Student members are from hometowns in various sections of Virginia and from other states.

Officers of the Choir are President Jim Gage, an engineer at Beth-Elkhorn

Corporation, Jenkins; Assistant to the President Travis Kennedy, CVC student; Business Manager Frances Roberson, business instructor at CVC; Concert Manager Jack Hatcher, local merchant and businessman; Librarian Deby Baker, CVC student; and Sharon Daniels, CVC Public Relations Director who also covers public relations matters for the Choir.

The Choir, which rehearses each Monday night at 7:00 in the Chapel of All Faiths, will reorganize at the beginning of next semester. Students may take Choir (Music 102) for one hour of credit each semester. Donathan notes that up to six hours of choir may be used to fulfill the

16-hour humanities requirement of the College. No auditions are necessary to join.

Several things are planned for the Choir next semester. Twelve members will be chosen to perform as choir members in the National Opera Company's production of *Die Fledermaus* at J.J. Kelly High School. Members will have the opportunity to audition for a swing and jazz choir. The choir will be a part of the Pro-Art Association program featuring the music of Norton composer Denes Agay, to be held in April. The Choir's spring concert is tentatively scheduled as selections from Gilbert and Sullivan operettas.



Kim Austin, Ken Sanders, Tammy Kilgore, Greg Marshall, and Amy Poteet in "Five People Dancing to Mickey". Their act took second place in the Talent Show.

Photo by Cindy Saylor



Lisa Roberson charms the crowd en route to her first place finish in the Second Annual SGA Talent Show, November 22.

Photo by Cindy Saylor

## CVC Expands Staff

Seven persons have recently been added to its staff at Clinch Valley College.

Wilson Stapleton of Wise is Utility Serviceman for Cantrell Hall and the Chapel of All Faiths. He attended Kelly High School, has worked in maintenance and repair for the mining industry, and taught mine maintenance at the Wise County Vocational School.

Dorothy Ross, a Coeburn resident, is Custodial Worker for McCraray Hall dormitory. She graduated from Burton High School in Burton, Ohio, and has been employed by the Coeburn Garment Factory. She and her husband Dallas have five children.

Joyce Kiser is Custodial Worker in the Administration Building. She attended Pound High School and

worked in cleaning services at Manassas before returning to Wise County.

The new Watchman for McCraray Hall dormitory is John Johnson. He graduated from Dorton High School in Dorton, Kentucky, and received a B.S. degree in Elementary Education at Pikeville College. He is a former educator with the Dickenson County School System, taught in the Pike County System for several years, and comes to Clinch Valley after two years of employment in education and training at Flatwoods Job Corps.

Darlene Moore of Birchfield Road, Wise, is a Clerk-Stenographer in the Voucher Section of the Business Office. She is a graduate of Pound High School and previous employment was with Cody

Equipment and Supply Company and Business Systems Corporation of Wise. She and her husband Thomas have two children, Shane and Shawna.

Gaye Moore of Pound works in the Financial Aid Department as a Clerk-Stenographer. A graduate of Pound High School, she has varied secretarial experience in the banking and service industry. She and her husband David have two sons, Brian and Bradley.

Clintwood resident Diana Craft is Clerk-Typist for the Special Services and Upward Bound programs. Craft is a graduate of Clintwood High School and has worked as a secretary in banking, legal, and state services. She has two children.



Emcee Spruce Henry got things to a rolling start with his rendition of "King Tut".

**Letters**  
 Highland Cavalier's 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 withheld by request and at the editor's discretion, however the original letter must be signed. In addition, the editor has the right to edit and/or reject letters that violate the guidelines as set up by the publications committee. Send all letters to Box 1127 by Thursday, 3:00 p.m. each week. All letters must be typewritten, unless they are neatly printed.

LETTERS TO THE EDITOR CANNOT BE PUBLISHED UNLESS THEY ARE SIGNED. NAMES WITHHELD UPON REQUEST.

## Quickly The Days Pass!



By Warren H. Wattenbarger  
 Campus Minister,  
 Wesley Foundation

It seems almost impossible that the Fall Semester at Clinch Valley College is almost over. It is as though a few days or weeks ago we were preparing to begin.

The days and weeks have passed so quickly! Term papers have been prepared or at least should have been, tests have been given, graded and returned, sometimes to the surprise or disappointment of the student and occasionally to the professor.

Whether good or bad the learning experience of the past few months have taught us much: our

horizons have been broadened and there is a greater understanding of things about us. All of these experiences have served to better prepare us for the future. We have learned that it is not always best to put off that which needs to be done today until tomorrow. Once we procrastinate we are tempted to continue, suddenly we realize that time has passed and we have not done that which needed to be done. We often have been found burning the "midnight oil" or experiencing an all night session because we procrastinate. We then could be heard asking the question "Why did I wait so long?"

Life does not always work

in such a way, once we are beyond the hills and halls of the classroom experiences. Rather we shall be called upon to give our best day after day, decisions will have to be made, with no chance to wait until a later date or time. It becomes important that we learn to act and act promptly, always giving the best of ourselves to the cause that is before us. The writer of Ecclesiastes has reminded us that "There is an appointed time for everything. And there is a time for every event under heaven." So let us learn to use the time we have wisely, for the great benefit to ourselves and those around us.

## Discontent In The Lower East Side

Why is it so HOT in the library, and so unbelievably COLD in Randolph?  
 Why does the water in Randolph turn a rusty-brown color whenever it rains?  
 Why is the noise in the library often comparable, if not surpassing the noise in the lounge?  
 Why is the cafeteria salad bar so expensive?  
 Where IS the stereo system that the SGA purchased?  
 How does one get to see the new Chapel on the INSIDE?  
 Where and WHAT are the activities that we have paid an additional \$100 a year for?

All in all, it seems clear to me that as we students pay increased fees for tuition, housing, and activities, the quality of life and the number of activities available to CVC remain the same (if they aren't actually decreasing). As the prices in the cafeteria increase, the quality and quantity of food available remains the same (and in some instances we can consider this in terms of regression also). For some very strange reason, we are pumping more and more of our hard-earned dollars—there are rough economic times for students everywhere—into Clinch Valley College, yet we are not enjoying even a fractional increase in activities, or a minute improvement in housing facilities or cafeteria services.

Yes, it is true that the new buildings are there. But that's just it—they're JUST there! The game room and grill (complete with quarter-consuming jukebox) have provided students with yet another way of draining their wallets. I do not view these facilities as benefits considering the cost of their services. Furthermore, the inconvenience of the location of the new lounge/cafe/terera is best illustrated by the number of students who still congregate in the Jefferson Lounge.

Further, why haven't the bookstores, post office, OUTPOST and HIGHLAND CAVALIER offices, and Student Health departments been moved down into Cantrell Hall yet? I can appreciate the hassles and work involved in moving these facilities, but the cafeteria was moved, and seems to be functioning with all of its components intact.... Is there a problem with the offices in the basement of the building?

I will spare you the redundancy of hearing once again what have become the standard complaints regarding the Science Building. Hopefully, that is history.

Don't get me wrong. I DO have a great deal of respect for Clinch Valley College, and I can appreciate the impact of the imposed budget cuts. Yet at the same time, I also appreciate my checkbook balance. I am the same as all of the other complainers you have heard from—I want to know what we are paying for and where our money goes.

DISCONTENTED,  
 The Lower East Side pH Factor  
 Name Withheld By Request

## Grady Nutt

By Jim Collins,  
 Baptist Campus Minister  
 "He's American's Prime Minister of Humor,"  
 The Reverend Grady Nutt!

With those words Hee Haw watchers would know that the next few minutes were going to be spent poking gentle fun at Christian types in general and minister in particular.

Grady Nutt has been an influence in my life since high school days. Friends would talk of hearing him at church conferences. He was just becoming known then. Fresh out of seminary, he provided a comic interlude as assembly programs with his humorous stories. He also picked a funny little instrument shaped like a mandolin. It was called a tiple and had twelve strings. Just saying that he was about to play the tiple would bring

the house down. Later on in college, Grady was a frequent visitor to the University of Richmond campus. I was struggling to find myself at the time. I'll never forget the night he departed from his usual humor to talk of the pain and problems of growing up and becoming accepted as an adult. Problems he admitted he was still working through.

I went on to become a student at the seminary where Grady served on the staff. I read his articles in The Student magazine and then his books for young people: Being Me, The Gospel According to Norton, and Agapeeros. Through the written page and hearing him in per-

son, there was help for my own problems in growing up. Help that was being developed in the laboratory of human life.

Several years ago Grady wrote his autobiography, So Good, So Far. In it he departed from the usual chronicling of his life to organize the telling of it around people; the people who played an important part in the rooting and growing of his life.

Grady Nutt's passing just a few days before Thanksgiving has reminded me of the tremendous debt I owe to this funny man who always made sure that we knew he was a nut, with two t's. Thank you, Grady Nutt!

Peer Counselors  
 Host Guest Speakers

By Tim Bates  
 The Peer Counselors were happy to have as their guest Ms. Cindy Sweet, Alcohol Abuse Counselor, at their weekly meetings on November 5 and November 12. Ms. Sweet talked about her work with prisoners who had committed crimes stemming from their extreme chemical dependency. She discussed techniques which help clients feel relaxed and welcome. She also discussed counseling ethical standards, primarily confidentiality. These standards serve as guidelines for peer counselors in their work with other students.

Ms. Anne Varner will be the guest speaker at the next meeting on December 10.

## Delta Mu Delta Attempts To Organize

An attempt will be made to organize a Clinch Valley College Chapter of the Delta Mu Delta National Honor Society in Business Administration. The society was established to recognize and reward superior scholastic achievement by the students of Business Administration.

Undergraduate members are restricted to students in the Business Administration program. Continuing, the student must have completed at least half of the work required for a Baccalaureate Degree with a cumulative grade average of 3.2 and who are in the top 20% of their college class.

If you are interested in organizing a chapter of the Delta Mu Delta, please contact Dr. Harsh Vardhan or Jerry Kilgore.

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## Contemporary People

by H. Kevin Matney

As winter approaches the CVC campus, many students are diving into their closets for those warmer fashions.

The tips for this week are:

1. When sorting out all of last year's winter clothes, work to re-match or re-coordinate your winter wardrobe, eg: If you have a plaid shirt, try it with a dark sweater, leaving the collar of the shirt just barely out of the sweater. Colors to avoid at all cost in sweaters: white and yellow.
2. Since you've waited this long, now is not an appropriate time to try short hair. At the most, trims will keep the style for people until spring.
3. Tops of fashion now are corduroy jeans, perfect for those who want to stay in fashion but don't want to be all decked out.

The "Style" topic for this week is personalities. When encountering new people, do you know that you can't

discover every single facet about a person's personality? Because people often feel that they are "Psychic", or can really know someone from their first meeting, a lot of wrong first impressions are made.

Another interesting thing about personality is that, basically, there are no wrong kinds of personalities. It would be impossible to establish a table of characteristics for Human personalities. With this in mind, it could be said one should not judge new encounters by a set standard on how they should act or behave.

Personalities are formed in many ways. People are developed by their family, their friends, the work they do, their interest, etc. Often with a change of environment, people have a tendency to change. With change or a new situation, a person may develop a new outlook which effects their per-

sonality. Thus, never give up on a person because they have certain qualities that bother you. People change constantly and with the appropriate influence on your part, maybe you can contribute to a healthful change in unpleasant characteristics of your friends.

It has come to my attention that a few of my readers don't quite agree with some of the comments in contemporary people. I would more than appreciate any comments that you have and would try to use them in future articles. Please send your ideas, criticism, comments, and opinions to CVC Box 451 or see me personally. Looking forward to a more contemporary CVC campus.

**Examination Schedule**

Fall, 1982

BLOCK	EXAMINATION DATE	TIME
I	Wednesday, December 15	9:00-12:00
II	Tuesday, December 14	1:30-4:30
III	Thursday, December 16	9:00-12:00
IV	Thursday, December 16	1:30-4:30
V	Monday, December 13	9:00-12:00
VI	Saturday, December 18	9:00-12:00
VII	Tuesday, December 14	1:30-4:30
IX	Monday, December 13	1:30-4:30
X	Friday, December 17	9:00-12:00
XI	Tuesday, December 14	9:00-12:00
XII	Wednesday, December 15	1:30-4:30
XIII	Friday, December 17	1:30-4:30
XIV	Saturday, December 18	1:30-4:30

Evening Classes Regular meeting time during week of December 13-18  
 Classes End Friday, December 10, 1982

NOTE: For an instructor to change the time of an examination in an individual class, it is required that he/she secure the recommendation of the chairman of the division in which the course is located, and the approval of the Dean. Similarly, for a student to change the time of an examination from that which is scheduled, he/she must have the recommendations of the instructor in the course and the chairman of the division of the course, and the approval of the Dean.

All requests must be made in writing with reason given for the request.  
 Office of the Dean of the College  
 October 28, 1982

## Mock Senate Subcommittee Held At CVC

By Kimberly Henry and Laurie Lakatos  
 On November 24th a senate subcommittee granted the F.D.A. a 5 million dollar grant to do research on over-the-counter drugs. This did not occur in the typical world of Washington D.C. It occurred here at Clinch Valley College.

This all happened in Mr. Brigg's, Public Administration class. It was their assignment to develop, organize, and create a "mock" senate committee hearing. The purpose was to teach the students how to "sell a budget" to a public organization. Each of the students had a task to perform. The students worked together as one "big

family". It helped the students to better understand the importance of management responsibility and how planning-programming budgetary works.

Once again the students proved they were able and willing to work together and create something different—even spectacular.

## Attention Social Science Majors

Students considering the new social science major are advised to enroll in Anthropology 152 (Social Anthropology) or Geography 202 (Cultural Geography) this spring as the courses will not be taught next fall.

Sociology 291 (Social Science Research Methods) will be taught next fall. The Social Anthropology class will offer a trip to the Smithsonian Institute in Washington, D.C.

For further information about this new major, see Roger Irie or Terry Newland or check the proposed scheduling of classes which are posted outside room A209.

## Give Peace A Chance

By Jennifer Armeey  
 In these days of escalating global tension it is becoming increasingly necessary for citizens to actively express their concern about wars which are occurring or could occur. This active concern becomes even more important since we live in an age when nuclear annihilation could become a reality. Yet we are often in a dilemma of wanting to do something which shows our concern without having any positive opportunities to do it.

This situation can be changed, however. On Friday, December 10th, from 7:00 p.m. until 9:00 p.m., the Southwest Peace Vine is sponsoring a Candlelight Vigil for Peace. This vigil

will consist of a gathering of all those people who would like to see peace established in the world and are willing to become actively involved in the process of bringing it about. The vigil will consist of the reading of pertinent quotes, singing songs and prayers for peace.

The Vigil for Peace will be held at the Park Avenue public parking lot beside The Coalfield Progress building in downtown Norton. Candles and the words to songs will be provided for all of those who attend. Afterwards, refreshments will be provided at St. Anthony's Catholic Church. Those who wish to continue the vigil with prayer or meditation are welcome to use the church's facilities.

## American Music Course To Be Offered

The Department of Performing Arts will offer a new course in American Music Theatre next semester. Music 332 (3 s.h. credit) will be taught in block II by D. Michael Donathan. The course has no prerequisite and may be used to fulfill the humanities general education requirement.

American Music Theatre is a survey of the Broadway musical from "Showboat" by Jerome Kern in 1927 to the present with an emphasis on those Broadway musicals produced since "Oklahoma" in 1950. All students are encouraged to elect the course. No previous knowledge of music is required.

## Spanish Literature In Translation

The Spanish Drama of the Golden Age was second to none in quantity, and second only to Shakespeare in quality. This spring a course will offer in translation some representative plays of that unique literary period. Some of the plays included are Fuente Ovejuna, by Lope de Vega, where the author treats the theme of collective responsibility; The Trickster of Seville, and Tiro de Molina, which incorporates in a play for the

first time in European literature the myth of Don Juan; The Mayor of Zalamea, by Calderon, which deals with the complex concept of Spanish honor, both brutal and heroic; and Life is a Dream, also by Calderon, which explores the nature of reality. This course is Sp 389, Spanish Literature in Translation, and will be offered Tuesdays and Thursdays 10:05-11:20 a.m.

## Phi Sigma Kappa Little Sisters

The Phi Sigma Kappa Associates Little Sisters would like to apologize to everyone who purchased a "I Survived Oktoberfest" T-shirt for the delay in delivering them to you. A change in printing companies should make it possible to have them ready by today's printing of the Highland Cavalier. A Little Sister will be delivering your shirt to you SOON!

**Library Exam Schedule**

The Library will be extending its hours before and during the exam period:

December 8-9	8:00 a.m. — 11:00 p.m.
10	8:00 a.m. — 4:30 p.m.
11	1:00 p.m. — 5:00 p.m.
12	1:30 p.m. — 11:00 p.m.
13-14	8:00 a.m. — 11:00 p.m.
15-16	8:00 a.m. — 10:00 p.m.
17	8:00 a.m. — 8:00 p.m.
18	9:00 a.m. — 1:00 p.m.

# Notices

**NOTICE** - The last date for requesting a change in address for receiving grades for the Fall 1982 semester is Friday, December 10, 1982. Change of address must be made in the Registrar's Office.

**NOTICE** - I type 100 wpm and will type papers quickly and accurately at \$1/page. Debbie 328-2840.

**NOTICE** - Applications are being taken for a physics lab assistant for spring 1983. Preference will be given to students who have previously taken any physics course with the lab and to those who will be able to continue next year. See Bill Hooper (8107) if interested.

**CHRISTMAS DINNER** - The Baptist Student Union will be having their Annual Christmas Dinner on Wednesday, December 8 at 5:00

p.m. This dinner will also be Faculty Appreciation Night. All of the faculty, staff, and students at CVC are invited to attend.

**NOTICE** - An Exam-Taking Workshop will be given by Special Services Tuesday, December 7, 1982 from 5:00 to 6:30 p.m. in 206 Central Hall.

**NOTICE** - The Peer Counselors wish to thank everyone who participated in their survey in November.

**NOTICE** - Emma McCrary Hall, Crockett Hall, and Martha Randolph Hall will close for Semester Break on Saturday, December 18, 1982 at 4:00 p.m. All residents should plan to be out by this time. These dormitories will remain closed through December and will reopen on Sunday, January 16, 1983 at 2:00 p.m. If you are a dorm

resident and plan to attend Intercession classes, you must make arrangements with one of the Mobile Home residents to use their Mobile Home. **IMPORTANT!** If you will not be returning for the Spring Semester, please notify the Housing Office before December 17, 1982.



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## CVC Intercession Planned

The following courses will be offered during Intercession this year:

ENGL 212/312	Contemporary World Literature	Roy Ball
ECON 201	Principles of Economics	Peter Yun
COSC 201	Introduction to Computers	BNI Hooper
MUSIC 233	Music Appreciation	Mike Donathan
BUAD 362	Cost Accounting	Dana Kilgore
MATH 101	Algebra & Trigonometry	Bob Krystock

Students should get approval from their advisor before registering for Intercession courses. If you are registered as a student for the Fall Semester, the tuition will be \$108.00 for one course. If you have not been registered this Fall, then you must pay an additional \$10.00 registration fee. Tuition must be paid at time of registration and financial aid cannot be used for Intercession courses.

The scheduled dates for the Intercession this year will be from January 3rd through January 14th. Each class will meet from 8:00 a.m. until 12:30 p.m. each day. The daily time schedule may be adjusted due to inclement weather but classes will not normally be cancelled.

Registration forms should be picked up from the Registrar's Office. These forms should be signed by your advisor and then turned to Winston Ely or Pam Huddle (A229) before December 21, 1982. This will enable us to determine which classes have sufficient enrollment and to notify you if classes must be cancelled.

## Keyboarding Class Added

A new course which was recently added to the Clinch Valley College curriculum will be offered in the 1983 spring schedule of classes. Keyboarding, BUAD 196a and b, will be offered as two eight-week courses. One will begin January 20 and the other begins after the spring semester break in March. The one-hour credit course is designed for students who have no previous typing experience. It should be useful to students majoring in computer science, journalism, medicine, law, or any field that is being affected by computer technology. The class will meet in block XI on Tuesdays and Thursdays, with instructor Frances Robertson. Further information is available from her or Mrs. Betty Humphreys, room 119, Zehmer Building.

## A New, Baffling Disease

Leslie Peterson, a senior biology student at Clinch Valley College, will present a formal biology seminar on Monday, December 6, at 4:00 p.m. The topic is "New Disease Baffles the Medical Community." Within the past four years, a new disease of unknown cause and high virulence has afflicted more than 650 people, killing more than half of them. Acquired immunodeficiency syndrome (AIDS) has reached an epidemic level in the U.S., according to the Center for Disease Control in Atlanta. The death toll is more than the combined total of deaths attributed to toxic shock and the Philadelphia outbreak of Legionnaire's disease. Moreover, the toll continues to mount as 15 to 20 cases are reported every week. Epidemiologists and investigators at the Center for Disease Control in Atlanta are actively researching what is probably one of the first human cancers to be occurring in epidemic form, especially among homosexual men. The public is invited.

## Chemistry Seminar Schedules Speaker

Frank K. Schweighardt will visit Clinch Valley College on Friday, December 10, for two lectures. At 10:30 a.m. his lecture for members of the college community and the general public will be, "What Color Is Coal? The Chemistry of Coal Liquefaction." Later at 1:30 p.m. he will talk to the Chemistry Seminar on "Coal-Derived Liquids: A Challenge to the Separation Specialists." Both lectures are in the Lecture Hall of the Science Building. In the morning lecture he will discuss the geochemical history of the formation of coal, its characterization and use in solvent refined coal liquefaction. Production of coal-derived liquids based on by-product coking began in Germany and England in the 1840's, and the United States began work in the 1940's under the U.S. Bureau of Mines. Today three liquefaction technologies are under development: catalytic hydrogenation, direct hydrogenation, and pyrolysis. The general public and the college community are cordially invited to attend the general lecture at 10:30 a.m. on Friday, December 10.

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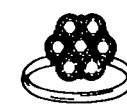
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## From The Placement Office

Virginia State Police Recruiter will be visiting CVC on December 8 from 1:00 p.m. to 3:00 p.m. See Pam in A229 for details.

**SENIORS:** Don't put off completing your placement file. It is time to get your recommendations in. Pick up materials in A229 from Pam.

**INTERESTED IN A SHOW BUSINESS CAREER?** Opryland will be auditioning singers, dancers, musicians, stage managers, and technicians. See Barry in A236 for more information.

## CVC Health Week

During the week of December 6-10 the Circle K Club of Clinch Valley College will be sponsoring several events. On Monday, December 6 we will be sponsoring a blood drive for the American Blood Bank Association. On December 7 and 9 we will be having a CPR clinic from 3:00-7:00 p.m. On Wednesday, December 8 we will be having a vision and glaucoma screening clinic.

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## Roundball Roundup

Compiled from staff reports: Lexington, Ky., Clinch Valley College's Cavaliers placed four players in double figures on Friday, Nov. 26 to take a 60-58 victory over Transylvania University.

Mike Hoskins, playing under a restraining order from U.S. District Court while waiting a ruling on his eligibility, sank a pair of free throws with six seconds remaining to give the Cavaliers a two-point lead. Pioneers' Andre Flynn's 15-footer at the buzzer was off target and Clinch Valley claimed the victory.

Terry Edwards led the Cavaliers with 17 points while Hoskins added 12. Steve Dowdy and Reggie Bryant scored 10 apiece.

Richmond, KY, Eastern Kentucky demolished Clinch Valley's Cavaliers on Saturday, Nov. 27, by a 90-61 count.

Shooting at a very impressive 62.3 clip, Eastern Kentucky took a 51-33 halftime lead, and quickly expanded it over the cold

shooting Cavs in the second half. CVC shot a meager 37.7 percent from the field for the game.

Terry Edwards was the only Clinch valley player in double figures with 12 points against the NCAA Division 1-A school.

Pippa Passes, Ky, Clinch Valley got back on the winning track last Tuesday, cruising to an 87-70 victory over KIAC foe Alice Lloyd.

Terry Edwards paced the Cavalier attack, scoring 27 points and pulling down 17 rebounds. Edwards also led the team's free throw effort, hitting on 9 of 11 attempts. Edwards ranked second in the nation last year in free throw percentage. As a team, the Cavaliers shot 78% at the free throw line.

After hitting only 39% of their field goal attempts in the first half, the Cavs came out hot in the second half, converting 61% of their shots. Tony Kolb pumped in 17 points, Kevin Short scored 11 and Reggie Bryant added 10.



By Barry Bellamy

At this time of the year, many diehard football fans (such as myself) find our sport being upstaged by those fellows in the shorts and tank tops bouncing a round ball. Though football is not over by any stretch of the imagination, I suppose it is time to give the already arrived college basketball season some thought. Here are a few thoughts for all you college basketball fanatics to ponder over the next week.

Despite losing their opening two games, Dean Smith's North Carolina Tar Heels will give Virginia a run for the ACC title in route to a twenty win season and another NCAA tournament appearance. Talent still abounds in Chapel Hill.

Virginia will rule the roost in the ACC this year. Virginia will again feature totally awesome Ralph Sampson. Sampson will dominate action this year, but will fall in his ultimate goal of leading the Wahoos to the National Champion-

# BARRY BELLOWS

ship. The reason for the shortcoming will be the generally mediocre supporting cast around him. One man can make a team, but not a NCAA tournament championship.

The top conferences will not be the ACC or the Big Ten. Look for the top conferences to be the SEC and the Big East. Last year, clearly the SEC had the best balance from top to bottom in the country. This balance was symbolized by last place Mississippi State defeating co-champion Kentucky while sixth-place Auburn defected Tennessee in the last game of the season to end the Volunteers' dreams of an outright championship. The Big East has my choice to go all the way, Georgetown, plus perennial powers Villanova, Boston College, Syracuse, and Connecticut. Last year three of the final eight teams were from the Big East. In the ACC you have Virginia and North Carolina but once you get past these two, the caliber of the teams drop at an ex-

ponential rate. The same is true in the Big Ten where you have Indiana and Iowa, but what else?

Despite all the "experimentation" by the conferences with shot clocks and three point lines, I believe the college game will still remain super popular. I do not anticipate a strike, anyway, by players or fans.

As a final prediction, here is my Top Ten for the upcoming season and some of the key players to watch on each team.

1. Georgetown - Patrick Ewing, Fred Brown
2. Kentucky - Derrick Hord, Dirk Minnifield
3. Virginia - Ralph Sampson, Othell Wilson
4. Indiana - Randy Wittman, Ted Kitchel
5. Missouri - Steve Stipanovich, Jon Sunvold
6. UCLA - Kenny Fields, Rod Foster
7. Villanova - John Pinone
8. North Carolina - Sam Perkins, Michael Jordan
9. Memphis State - Keith Lee
10. Tennessee - Dale Ellis

## Lady Cavaliers Place Third In Concord Tourney

CVC's Lady Cavaliers survived a last minute rally by Warren Wilson College to capture 3rd place in the Concord Tournament Nov. 26-27, in Princeton, West Va. The Lady Cavs broke a 28-28 halftime tie to pull ahead by 12 with just two minutes to play, but the Lady Pioneers took advantage of some last-minute turnovers by CVC to pull within one at the buzzer,

CVC winning by a 59-58 margin.

CVC lost a hardfought battle to Bluefield State - the eventual tourney winner - in the semifinals, but rallied back led by the shooting of Pam Horton and the rebounding of Stephanie Walton and Susan Hamilton. Pam Horton was named to the All-Tournament team, averaging 18 points a game.

## Talent Show A Success

By Leslie Peterson

The second annual Clinch Valley College Talent Show and Lisa Roberson proved that once again people like to clap their hands. Even though the competition ended with what seemed a live version of Music TV, the impact on folk rock. Roberson's balance of "Hickory Wind", "Little White Moon", and "The Moon's a Harsh Mistress" was the winning combination that cranked up the current so not to fall off the beam.

Other acts that placed se-

cond through fourth included a gymnasium scenario of "Micky, Micky" (you're so fine); country music was represented by Jerry Kilgore-he took the third place; and "Nobody" performed by Tammy Carnes took the fourth award.

The judges were Elaine Wombles, Edwin N. Troutmen, and Linda Frazier from Scott County, Virginia. The multi-faceted Spruce Henery served as MC, DJ, and stand-up comedian while the "Kilgore Band" filled in the other spaces.

## Garden State Fellowships

Garden State Fellowships are awarded on the basis of the applicant's grade point average, Graduate Record Examination scores, and the faculty appraisals. Awards pay \$4,000 annually and are renewable for up to four years. Recipients must attend a New Jersey graduate school on a full time basis in a course of study other than a professional degree program. Applications must be filed by March 1, 1983. Other Fellowship requirements and application procedures are listed on the application.

Please see the Financial Aid Office for more information.

# The Shape Of The Future

By Andrea L. Gonzalez

Today's women have become active in a man's world in more ways than one. Besides mining, construction work, and becoming a Supreme Court Justice, among other things women have picked up a new hobby which is fast becoming a sport, and that is bodybuilding.

There are many myths and questions about women bodybuilding. The most common of the two being that a woman will eventually look like a man. Now, truly, that is funny. A man and a woman have different hormones and unless a woman takes steroids, which is a male hormone, there is no way that she can look like a man. Furthermore, the muscles on a woman are almost unnoticeable. She will have a very firm and feminine body. Now who can argue with that?

The first step of bodybuilding is a strict diet, which many women can handle since most are on a continual diet anyway. Low carbohydrates are the secret. Fried foods and dairy products are forbidden. You may eat anything that flies or swims and all the fruits and veggies you

want. The whole purpose is to rid your body of the fat it has accumulated over the years of twinkies and soaps.

Dieting and exercise are parallel and routine. After your body becomes used to all this good food and hard workouts and the soreness is gone, the dieting becomes easy. When you exercise, a fluid is released in your brain that gives you a natural high and lowers your appetite, making that part easier. Eventually you get to eat more to gain back muscle weight. PLEASE don't forget your vitamins.

The exercises are divided into two groups: push muscles and pull muscles. The reason for this is so you don't kill yourself. The push muscles consist of: triceps (the back of your arms), chest, and shoulders. Your pull muscles are: biceps, back, and legs. Notice that I left out your stomach. That is because your abdominals, in the bodybuilding lingo, are at work everyday because they are the most flexible of all your muscles and the hardest to develop.

Don't let the initial soreness stand in your way. Believe me the only way to get rid of that is more exer-

cise. There is a fluid called Lactic acid that is worked in your muscles. Overnight it settles and hardens which causes the soreness. It needs to be worked and worked until your muscles and body is used to it then it doesn't produce anymore. Unless of course you increase your weight. Even then it is not as bad.

Contest time rolls around before you realize. To prepare you must practice posing, along with dieting for definition, to perfect your Amazon body, which is what it has become. You must choreograph a short routine performed to some great music that shows your muscles, should look easy, and impress the judges.

After you walk away with your trophy and eat your first fattening meal in a couple of months, you begin again. Just what you wanted.

Even if this is just a hobby it's fun to see people's reactions when you throw them a bicep shot. Just think, you can kick sand in people's faces at the beach, and never be afraid of your car breaking down on the wrong side of town, and...