



Sabo asks damages from architect, maintenance crew, contractors

By Rick Widener

John Sabo filed a motion for judgement in Wise County Circuit Court Friday seeking \$450,000 because of injuries he claims to have sustained in a fall at Clinch Valley College. Sabo is seeking damages from the architect responsible for designing the stairway, the maintenance crew forman who supervised the construction, and the contractors who built the stairway.

Sabo, who was visiting Clinch Valley College March 14, 1984 as Castlewood High School guidance counselor, claims that the defendants

"gross negligence" resulted in his falling on a stairway at the College.

The suit, filed February 22, alleges the defendants "had a duty to design and construct the...steps in a reasonably safe condition; to make reasonable inspections to determine whether defects existed and to repair the same or warn the public of any such defects." The suit further states that the stairway was designed and built "in such a grossly negligent...unworkmanlike and dangerous design and manner as to create a hazard," but the defendants

permitted them to be used.

Named in the suit are William Hube Jr., landscape architect; James Lipps Jr., CVC Buildings and Grounds Superintendent; Glen Murray trading as C&M Contractors of Wise, contracted to construct the steps; and Phillips Welding of Wise, which built the handrails.

The lawsuit filed last year by Sabo was dismissed by a county circuit judge after UVA attorney John Morris claimed that sovereign immunity made CVC immune to such suit. Morris demanded that Sabo prove his allegations.



Kim Mullins gives cute Cecile a free ride.

Yun: promoting coal in Seoul

By Allan K. Lovelace

Establishing a trade link between the coal industry in Virginia and his homeland will be the objective of Dr. Peter Yun at the Pan-Pacific

Conference II. Dr. Yun, chairman of Clinch Valley College's Division of Business and Social Sciences, will travel to Seoul, South Korea for the conference to be held May 13-15.

Dr. Yun plans to visit with business educators, government officials, and industry leaders to promote Virginia's coal which he describes as the "best in the world." Dr. Yun also added that "Virginia is famous for bituminous coal; Korea uses this type of coal in the steel industry."

According to Dr. Yun, there is a rapidly growing market for imported fuel sources for industry in South Korea and he believes that Virginia coal may become an important new source. "Korea imports 5.5 billion dollars worth of

foreign oil...there is a five billion dollar market right there for alternative sources," he said. Relative to that market need is the fact that South Korea burns more than 30 million tons of coal every year, and Dr. Yun stressed that "The South Korean government is demanding that the coal companies import 13 percent more coal."

Dr. Yun has discussed the feasibility of trading Virginia coal to South Korea with several government and private officials. He met last month with Dr. Walter Hibbard, Professor of Engineering at Virginia Polytechnic Institute and Director for the Virginia Center for Coal and Energy Research at the Virginia Coal

Continued on Page 5



Peter Yun

Highland Players

"Entertaining Mr. Sloane" opens Friday

The Highland Players production of the darkly satirical play "Entertaining Mr. Sloane" will run March 8 through March 12 at Clinch Valley College.

"Entertaining Mr. Sloane" examines a tangled web of sexual relationships and

competing affections that explode in violence. It presents adult situations with the critical humor of dark satire.

The cast includes veteran Highland Players performers Elaine Kiser, Ben Mays, Jon Fawbush, and Mark Kilgore.

Performances of "Entertaining Mr. Sloane" begin promptly at 8:00 p.m. in the Clinch Valley College Theatre.

Tickets are \$2.50. Advance reservations are encouraged. To reserve tickets, call 328-2431, ext. 283.

Chancellor Smiddy to be featured on public television

Clinch Valley College Chancellor Joseph C. Smiddy is one of four retiring state college presidents featured in a public television analysis of the future of liberal arts education.

The program, "To Know the World and Ourselves," is a one-hour review of a recent statewide conference on the liberal arts and sciences.

State Council of Higher Education Director Gordon K. Davis described the conference as a "critical examination of the changes in college curricula over the past twenty years." In the televised review of the conference, participants also discussed how curricula may need to be changed.

Chancellor Smiddy has

been chief administrator of Clinch Valley College since 1957 and is retiring at the end of the current academic year.

Other retiring state college presidents who participated in the conference were Dr. Thomas Graves of The College of William and Mary, Dr. Alfred Rollins of Old Dominion University and Dr. Frank Herford of the University of Virginia.

They discussed how the teaching of liberal arts and sciences has changed during their careers in higher education and what directions might be taken in the future.

"To Know the World and Ourselves" will be broadcast in Southwest Virginia March 4 at 9 p.m. on WSNV, Channel 47.

Betty Farmer
Editor

Andrea Gonzalez
Business Manager

Rick Widener
Copy Editor

Maria E. Portuondo
Proofreader

Hunter Hatcher
Special Advisor

Debbie Shortridge
Assistant Editor

Fletcher Dean
Photographer

Kathy Roark
Typist-Librarian

Afan K. Lovelace
Assistant to the Editor

Ron Heise
Faculty Advisor



The Highland Cavalier, printed by The Norton Press, Inc. in Norton, Va. is published by the students of Clinch Valley College, in Wise, Va. The opinions expressed herein are not necessarily those of The Highland Cavalier or Clinch Valley College.

OPINION

Campus parking is chaotic

There appears to be a great deal of confusion concerning parking on campus. The chaos has turned into a vicious cycle in which campus residents, commuters, faculty and staff are all competing for spaces with little—if any—attention given to the rules and regulations for parking on campus.

Each student, faculty and staff member who drives an automobile on campus is required—ideally speaking—to register his or her vehicle with the College and to purchase and display a parking sticker on that vehicle. Each group of drivers is issued a different color or type of sticker to indicate where they are legally allowed to park. Campus residents have designated parking areas near their respective dorms or trailers, and commuters, faculty and staff each have designated areas available for parking near the academic and administrative buildings. The problem, however, is that many people (for whatever reason) are having trouble parking where they are supposed to.

There may be several reasons for the current parking dilemma on campus. It may very well be that there are more cars being driven on campus than in the past. Maybe the number of student drivers has indeed increased. A walk through the parking areas indicates that the REAL problem, however, is that people just aren't parking where they ought to.

If on-campus students drive their cars up on the hill to go to class, commuters have a harder time finding places for their vehicles. One of the advantages of living on campus is that you are within walking distance of all buildings and facilities. On the other hand, however, if commuters use residential parking areas, on-campus drivers MUST park elsewhere. Commuters have access to and should utilize the upper parking area on the hill (referred to as "Little Mt. Fuji" by those drivers who daily scale it). And both residents and commuters are equally guilty of occasionally parking in faculty and staff areas, which displaces the latter group into the commuter spaces.

There are even a few of you out there who which don't have adequate public transportation. Most are checking the menu at the cafeteria to see if they have enough money for a full meal.

I know what I'm talking about; I work with kids every day. I've sent so many letters to East Tennessee State University asking them to look for money for just one more kid. I'm sure they're sick of seeing my letter head.

The Reagan administration is complaining that \$4.5 billion in student loans has been left unpaid. Denying this generation of youngsters adequate education opportunities because the government can't get its act together

Inadvertently leave your vehicles parked in front of or on the handicapped ramps. We do have a handicapped student here at CVC who MUST have constant access to these ramps. This is a serious matter and it is imperative that you remember to leave these areas clear.

The parking chaos on campus has indeed been enhanced this winter by snowfalls which have served to swallow up parking spaces and congest roadways. This problem could have been resolved by the effective removal of the snow, however maintenance crews just didn't seem to be able to remove the snow as quickly as it accumulated. (This situation was also present on the sidewalks and stairways which were not promptly cleared of snow and/or ice.)

But maintenance is not responsible for the inability of some people to read signs, adhere to rules, and park where they're supposed to. Although the creation of yet another parking area on campus would most probably result in increased chaos, it WOULD be helpful if the gravel-strewn parking area behind the Drama Building was paved and available for overflow student parking. But the core of the solution to the parking problem is very simple: drivers must cooperate by paying attention to the rules.

Parking illegally doesn't come cheap. If you have a parking sticker, the first violation results in a \$2. fine, the second violation is \$3., and each succeeding violation will accrue at the rate of \$5. per ticket. If, however, you don't have a parking sticker on your vehicle, the first ticket is \$5., the second is \$10., and the third and each following violation is \$15. Don't be fooled into believing that you can simply wallpaper your room with these tickets; they MUST be paid before the College will release your grades at the end of the semester. Realization of this fact indicates that the parking situation at CVC may not be hopeless after all. The revenue generated from parking fines could add up to enough for the College to make a substantial downpayment on a tow truck for future purposes.

Instead of having to stand in line for a pound of ground beef, the Russian housewife will be forced to stand in line for a half-pound of ground beef. There's nothing the Soviet public can do about it.

Our military strength doesn't depend solely on spending—it is based on our sophistication. Our superior education system has given us a superior technology. Russians spend more effort trying to steal our technology than in any other cold-war activity.

Education is our best defense. It's also important to have something worth defending. A culture in which everyone has the opportunity to become all he is capable of becoming—that's something worth defending.

We can't stay ahead of the Russians by diverting a disproportionate amount of our national resources into weaponry. They'll always match us in spending.

FEATURES

Alumni Review

James Senter : distinguished physicist , physician

By John Farmer
(President of CVC
Alumni Association)

James P. Senter, Ph.D., M.D. entered V.P.I. in the fall of 1958, but he soon discovered that the then mandatory military program was not appealing to him, and he left V.P.I. at the end of one quarter. In January, 1959 he entered Clinch Valley College and soon found that he was home both literally and figuratively.

The atmosphere at Clinch Valley College was academically stimulating without being stifling to the sensibilities of the young scientist who was an excellent student. Although Dr. Senter credits Professor Robinson and Professor Hooper for the excellent scientific preparation and inspiration they provided him, he also remembers that the liberal arts seminar taught by Professor Judd Lewis opened still other visions and provided a lasting influence.

By the fall of 1960, Dr. Senter had completed four semesters at Clinch Valley, and since CVC was only a two-year college at that time, he had to move on in order to conclude his B.S. degree in physics.

In 1960, Dr. Senter entered the University of Virginia where he spent the next nine years. He earned a B.S. degree in physics in 1962, graduating with a 3.7 grade point average; College of Arts and Science Deans List (1959-1962); and being tapped for the National Science Honorary Fraternity, Sigma Phi Sigma. Dr. Senter was also selected for membership in Sigma Xi. In 1964, Dr. Senter earned the M.S. degree and in 1966 the

Ph.D. During this period, he was privileged to work under the direction of Professor J. W. Beams, a winner of the National Science Award conferred by the President of the United States. Dr. Beams was one of the leading scientists of the era, having

senior scientist on a project to measure more accurately the gravitational constant "G". During this phase of his career Dr. Senter worked with the National Bureau of Defenders in Washington, D.C. and his research also took him to the atomic energy

Science". In 1969, Dr. Senter accepted a position at Georgetown College in Georgetown, Kentucky, where he was chairman of the physics department and director of the planetarium.

General Hospital. Dr. Senter is the son of Mrs. Evelyn Willis of the Skeetrock Section of Dickenson County and the late Chalmer Senter. He is a direct descendent of Revolutionary John Mullins, the first settler in Clintwood. In 1961, Dr. Senter married the former Ginger Rose, daughter of Reverend and Mrs. Maston Rose of the Caney Ridge Section of Dickenson County. The Senter family have one daughter, Mary Rachel, who is a sophomore at Clintwood High School. Both Dr. and Mrs. Senter have been very active in the effort to establish a hospital in Dickenson County. They are also active in many other organizations in Dickenson County, including the rescue squad and the crisis center. They are also members of the Poor Farm Society of Clinch Valley College and they actively support Clinch Valley College. Dr. Senter has many hobbies, including flying, mini computers, and astronomy. He also spends considerable time renovating and restoring the old house in Clintwood that is now home to the Senter family.



CVC Alumnus Dr. James Senter developed the Senter Densimeter, used in laboratories throughout the United States and Europe to measure the density of liquids.

participated in the Manhattan Project which resulted in the development of the atomic bomb. Under Dr. Beams' direction, Dr. Senter developed a machine called the Senter Densimeter which is used to measure the density of minute quantities of liquids. This machine has been used extensively in protein research, including cancer research, in laboratories throughout the United States and Europe. The results of Dr. Senter's Ph.D. dissertation were published in scientific journals, including "Review of Scientific Instruments".

Having finished his work for the Ph.D., Dr. Senter was selected for a post-graduate position at the University of Virginia where he worked as a

facilitly in Oak Ridge, Tennessee. The results of this work were published in several scientific journals, including the "Journal of the National Academy of

Board of Directors of the Wise

Letters to the Editor

BSU extends thanks

Dear Editor,
On behalf of The Baptist Student Union, I thank the students, faculty, and staff of Clinch Valley College for their enthusiastic response to "Singing Valentines." Thank you for your patience as the snow postponed delivery and thank you for allowing the disruption of classroom schedules for this project. All of the proceeds from "Singing Valentines" go to support Virginia college students who will give ten weeks of their summer as Summer Missionaries.

A special word of thanks go to the Clinch Valley College Catholic Campus Ministries and Father Joe D'Aurora for providing Ash Wednesday Worship on campus.

Godspeed,
Jim Collier

Education is worth defending

By Fern Overbey Hilton
Reprinted with permission of the Kingsport Times News.

Thomas Carlyle said, "The great law of culture is: Let each become all he was created capable of doing." If that's the goal at which an individual is aiming, the surest shot he can load in his gun is education. Let me tell you about my students.

Now and then students accidentally sign up for the advanced science class I teach. They usually catch on they're in the wrong place by the end of the second day and make haste to drop the course.

Most know exactly why they're there. Most know what is expected of them in advanced science. Most are willing to make the sacrifices necessary to meet the scholarship demands. Most are smart. Most are perfectly capable of going to college. Most would like to go to college.

But many have trouble getting their \$5 zoology fee. I have to be careful to make arrangements to wait for payday.

How, then are they going to come up with the \$20,000 they're going to need to attend the average American university? Without financial help, they're going to have real problems.

Meanwhile, on the national scene I would like to nominate the new Secretary of Education, William J. Bennett, to receive the first James Watt foot-in-the-mouth award of the second Reagan administration.

Secretary Bennett says the cuts in student aid he's proposing won't hurt so much if students will give up their fancy stereos, their nice automobiles, and their trips to the beach.

Most college kids don't have fancy stereos and most don't get to go to the beach. They're using those cars to go to work at places like fast-food stores at minimum wage and to commute to schools in towns and cities



Amateur Talent Nite

Wednesday, March 13

Cash Prizes Go To 1st and 2nd Place
Everyone Encouraged To Participate

We Are Hunting New Talent
To Sign Up For Entertainment
Any Talent But Dancing

ABC License #Z38164

Clisso's

RESTAURANT



Main Street, Norton
(703) 679-5896

THIS IS YOUR LUCKY DAY

Black Diamond # 5

Open till 12 Midnight
7 days a week!

Cold Beer
Gas
Drinks
Wine
Snacks

Stop by and
visit our gift shop.

Wise, Va.

Amateur Talent Nite

Wednesday, March 13

Cash Prizes Go To 1st and 2nd Place
Everyone Encouraged To Participate

We Are Hunting New Talent
To Sign Up For Entertainment
Any Talent But Dancing

ABC License #Z38164

Clisso's

RESTAURANT

Main Street, Norton
(703) 679-5896

THIS IS YOUR LUCKY DAY

Controversy ...

Thursday night dances, Friday morning attendance debated

By Martha J. Hall
 Stanley Willis, Professor of History, stated that he feels poor class attendance on Fridays is "an academic problem," and is a matter "for the administration to take care of... it's the responsibility of the Dean."
 Tammy Klugore, a Junior, stated that "once you're in college, you should provide for yourself and make your own decisions... we're paying for it (our college education)."
 The issue of whether or not Thursday night dances were causing poor attendance on Friday mornings was raised at a faculty meeting last semester. Recently, several faculty members and students assumed varying positions on how to approach this matter when surveyed by the Highland Cavalier.

Assistant Professor of Economics, remarked that "students are usually enthusiastic about classes at the beginning of the semester, but as they get sick of going to school, attendance will drop."
 Several teachers indicated that individual attitudes may be related to the attendance problem. Jack Mahony, Associate Professor of English, stated that "the dances are not the cause (of poor attendance), because the students will do what they want to do." Wayne Edwards said that the "more serious, more mature students make an effort to attend class." Edward L. Henson, Professor of History, also said that poor attendance is an individual problem.
 Several of the students interviewed noticed a decrease in class attendance of Fridays, but many felt that the dances were not directly related to this problem. Curtis Clayborne, a Junior, remarked that "people want to go home early on weekends, because they (CVC) never provide anything to do here on weekends." Maria Dela Torre, a Sophomore, also feels that people probably miss their Friday classes because they want to "start the weekend off early." Rhonda Oakes, a Junior, thinks that the dances may be an indirect cause of low attendance on Fridays, but not a direct cause. She stated that "professors tend to assume that the dances are the cause" (of low attendance), because the dances are "more or less acceptable excuses" (for not attending class).
 Other students expressed the opinion that fellow students are unlikely to attend a class that is uninteresting. Robert Mercure, a Junior, stated that the problem is that the "educators are not taking enough time to look at the classes from the students' viewpoint and because of that, they're not making classes interesting from the students' viewpoints." Ellen Bladwin, a Sophomore, summed up her opinion in the question by stating, "Who wants to go to a boring class?"
 Should the faculty provide incentives to encourage attendance or is the

responsibility entirely up the individual?
 Professor of Philosophy David Rouse, like many other teachers, gives regular quizzes in his classes to encourage attendance. Edward L. Henson noticed a decrease in class attendance until he introduced a
"If students exercise freedom, they should exercise responsibility!"
-Ron Heise
 "compulsory attendance policy." Ron Heise feels that "the institution should not impose a solution; it is up the individual student." He stated that "if students exercise freedom, they should exercise responsibility."
 All of the students interviewed agreed that attendance is up the

individual student although many felt that incentives do promote class attendance. Leslie Stapleton, a Sophomore, feels that "if the student doesn't want to be there (in class), it's not doing them any good anyway." Ellen Baldwin feels that it is important that "we (students) make our own decisions." Maria Dela Torre stated that "incentives (offered) by teachers that would make the students want to come (to class)... or their (the students') grades would suffer," may be a solution to the problem. Robert Mercure said, "It's the students' responsibility to see that they attend classes, but the faculty has a responsibility to the student to present their subject matter in an interesting manner that encourages attendance."
 Several other solutions were proposed to deal with the dance-night/attendance issue. Roy Ball, Professor of English, stated that he "would like to see an activities director who would organize (various) activities." Charles Hegli

suggested that perhaps "substitutes for the dances" would add variety to extracurricular activities.
 Leslie Stapleton, in agreement with several other students, would like to see "more dances on the weekends." Maria Dela Torre said that CVC needs "more weekend activities... the few people it does serve will make it worthwhile." Robert Mercure said that perhaps we need "more fun-type activities, instead of competitive activities, using the school's resources," and scheduled at various times.
 Several students did express the opinion that cutting out Thursday dances would not stop other Thursday activities. Leslie Stapleton feels that "Thursday-night dances are traditional here at CVC... stopping the dances would not stop the partying." Ellen Baldwin stated that "They (the students) need an outlet here: if they don't have dances, they're going to have parties."

Colyer seeks obedience to parking rules

By Rick Widener
 "As long as there are cars, there will be parking problems," said Frank Colyer, Chief of CVC's Campus Police; and there is little doubt that CVC has parking problems.
 Many people either aren't aware of or refuse to follow the rules which govern parking. Parking rules are in black and white on the Motor Vehicle Rules and Regulations sheets that every student is given when he or she registers his or her car.
 "Parking rules must be followed between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday. (After 5:00 p.m. individuals may park in any designated parking area. However, this does not include blocking driveways, parking on the grass, parking on walkways and shoulders)"
 Colyer emphasized that the lot near the tennis court is seldom used, but "is a very good lot; all you have to do is

walk up the steps to get to Zehmer."
 Abuse of parking areas is a problem to students with cars, but can be an obstacle to the handicapped. Colyer pointed out that every effort is being made to keep the College accessible to the handicapped. However, penalties for blocking the ramps for the handicapped are no more severe than any other violation. Colyer indicated that the Parking Committee has considered tow-away zones but concluded that it would simply make a bad problem worse—collecting fines, tow-away fees, impounding lots, etc. He stressed that students need to read and obey the parking signs.

College accessible to the handicapped. However, penalties for blocking the ramps for the handicapped are no more severe than any other violation. Colyer indicated that the Parking Committee has considered tow-away zones but concluded that it would simply make a bad problem worse—collecting fines, tow-away fees, impounding lots, etc. He stressed that students need to read and obey the parking signs.

College accessible to the handicapped. However, penalties for blocking the ramps for the handicapped are no more severe than any other violation. Colyer indicated that the Parking Committee has considered tow-away zones but concluded that it would simply make a bad problem worse—collecting fines, tow-away fees, impounding lots, etc. He stressed that students need to read and obey the parking signs.

College accessible to the handicapped. However, penalties for blocking the ramps for the handicapped are no more severe than any other violation. Colyer indicated that the Parking Committee has considered tow-away zones but concluded that it would simply make a bad problem worse—collecting fines, tow-away fees, impounding lots, etc. He stressed that students need to read and obey the parking signs.

CERTIFICATE of RECOGNITION

By virtue of the authority vested in the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:
 NATIONAL FOREIGN LANGUAGE WEEK
 March 3-9, 1985

Whereas, the study of classical and modern languages enhances our understanding of people, ancient and modern; and
 Whereas, the knowledge of foreign languages is crucial to international commerce and to the defense of the nation; and
 Whereas, the knowledge of other languages helps us to understand and appreciate the many cultures represented in Virginia society; and
 Whereas, the shortage of Americans who speak other languages has been recognized as a national need; and
 Whereas, foreign languages have been identified in Virginia as essential to better academic preparation of students;
 NOW, THEREFORE, I, Charles S. Robb, Governor, do hereby recognize the week of March 3-9, 1985, as FOREIGN LANGUAGE WEEK in Virginia and urge all citizens to promote the study and use of foreign languages in our schools and communities.

Charles S. Robb

Governor

Faculty Colloquium

Peake recites work

By Martha J. Hall
 Dr. Richard Peake, Professor of English at CVC, presented his original poem, "The Door to Door Show" at the Faculty Colloquium on February 27.

considered symbolic of the spirit's attempt to soar. As a salesman Guy was exposed to life in the raw.

The poem, which is loosely based on some of Peake's experiences when he worked as a "sampler" distributor for Proctor and Gamble in the summer of 1953, describes a young man's experiences as he distributed toothpaste to homes from Norfolk, Va. to California and back. The poem graphically and lyrically described the variety of life which the character, Guy, encountered in his door-to-door job. Throughout the poem, the scenes often shift into descriptive images of the birds. Some of these birds, such as the falcon, are often

"The Door to Door Show," which took Dr. Peake 30 years to create, only took one month of actual writing. Although the poem is unpublished at the present time, Peake stated that long, risqué poems are hard to get published, and he would like to have it printed "if I could have it published in the right place."

Dr. Peake said that the theme of the poem was "a young man's coming of age in America in the 1950's and the difficulties he has in accepting the world as it is and making that fit with the world his parents had presented to him."

Yun promotes Virginia coal in Seoul, Korea

Continued from page 1
 The competitiveness in the International Market," and "U.S. Anti-Dumping Law and its Economic Implications for Developing Countries." Dr. Yun added that although there will be several large coal companies represented at the conference, "We do have a lot of small and medium sized coal companies in Southwest Virginia and someone needs to take up their cause."

At the conference, Dr. Yun plans to present two papers entitled: "Availability of Virginia Coal and Its



Week-days 7 AM - 11 PM
Sat 8 AM
Sun 9 AM

Carwash Gas Fountain Drinks

Breakfast Specials Open at 6:00 a.m.

Sausage Gravy & Biscuits 89¢	Sausage Biscuits 89¢	Ham Biscuits 89¢	Steak Biscuits 89¢	Hogie Burger \$1.29 with Cheese \$1.39
Salad Sandwich 89¢	Pancakes & Syrup 89¢	BBQ Beef Pork or Chicken \$1.79	Turkey Sandwich \$1.79	

Smoked BBQ Chicken Donuts Fresh Daily

Soup beans 99¢	Potato Salad 49¢ - 1.19
Veg. Soup -1.29	Slaw 49¢ - 1.19
Chili beans \$1.19	Baked Beans 55¢ & -1.29

We can fix anything on our shelves for a small fee.
Warmup and container 15¢ extra.

Geneses Unisex Salon

Hair Styling

Located across from Wise Lumber Supply Wise, Va.

10% Discount for CVC Students



TED BARNETTE
JAN BARNETTE
JILL COLEMAN



328-CURL

Repentance removes guilt

By Jim Collie
Baptist Campus Minister

"Repent" said the poster for sale in the seminary bookstore. The letters were bold and eye-catching. A closer look revealed more to the message. In much smaller lettering at the bottom of the poster was the cryptic bill collector's prose. "If you have already repented, please disregard this notice."

For most Christians, the Lenten Season of the church year has begun. Ushered in by Ash Wednesday and continuing for four days until Easter Sunday, Lent is a reminder that repentance is a way of life. Repentance is a healthy, positive approach,

too. It is not a "guilt trip." Often guilt can be an end in itself. We focus on guilt and its feelings. Prolonged guilt leads to depression and helplessness. Repentance removes guilt by positive action. Repentance marks a turning point: Repentance enables us to look forward instead of behind.

Repentance means taking control and taking initiative in our lives. We are called to respond to an initiative already taken on our behalf. The Lenten Season focuses on the closing days of the earthly life of Jesus. Lent also focuses on His humanity and ours. On the cross on Good Friday and from the grave on Easter Sunday, Jesus conquered the consequences of failures, intentional wrong, misunderstanding and strife.

It is now our turn. The consequences of our actions must often be lived out, worked out, suffered out. But, it is possible to turn around and go in a new direction. This is what Lent is all about.

Repentance is ongoing. Each day sends its bill or notice. An attitude of repentance helps us keep current. Each day notice is received, "Repent. If you have already repented,..."

Emergency loan funds available

By Christine Maness

What if the check you're expecting from home doesn't show up this week? Do you bum food-money from friends or just go hungry until the check finally arrives? If you are a full-time student receiving financial aid, then you may be able to borrow up to fifty dollars from the Emergency Loan Fund.

The Hix Fund, a revolving loan fund for emergencies, is available for students who receive some type of financial aid paid that is paid directly to the college. All eligible scholarships a student receives are added together; then, expenses are subtracted to determine the amount of refund, if any, due the student. If there is a refund, students are then able to borrow up to fifty dollars, interest free. The loan will be directly deducted from the scholarship refund made to the student toward the end of the semester.

Clayton Willis, College Business Manager, warns students who are eligible to receive this loan that they must have a good reason. "Hot dates and wanting new shoes aren't acceptable reasons." Willis would also like to assure any student not qualified for the Emergency Loan Fund that "... We won't let anyone starve. If someone really needs money, we will work something out."

Intensive Hair Care Specials

Women's Shampoo, Cut & Style \$10
Men's Shampoo, Cut & Style \$8

Perms Starting At \$20

Vindetta Fleming
Lisa Gilliam

Main Street, Wise, Va.
328-4860



Are you immunized?

Spring break will be a good time to check on your immunization record; make sure that your immunizations are up-to-date!

Boston University officials have reported a measles epidemic on the University's campus. The school has reportedly cancelled all plays, art exhibits, and large lectures, and is warning students to stay away from crowded dormitory rooms and dining halls.

School and government health officials have said that they are concerned students will spread the disease from coast-to-coast over Spring break.

Avoid the possibility of bringing measles back with you after Spring break; make sure that your immunizations are current!

Attention Poets and Short Story Writers!!

The Jimson Weed, CVC's literary magazine, has been revived.

Anyone interested in having his work published should contact Betty Farmer or Debbie Shortridge for further details.

Gone With The Wind, Red Dawn
Star Trek - TV Series,
Star Trek III - In Search of Spock
48 Hours, Best Defense, Deal of the Century
American Family Video
Rt. 23 South, Norton Road, Wise, Va.
328-5667

Come to the all new Copper Kettle

Friday Night is Ladies' Night
Ladies Admitted FREE

Music By Midnight Mix David Akers, Disc Jockey

From 9 PM - 1 AM
Join Us Saturday Night too -
\$3 per person

Beer And Wine Served
ABC #035857



Highway 23 Between Norton & Wise

AROUND CAMPUS

Shorts

S O L applications being taken

Students interested in applying for the position of Student Orientation leader (S.O.L.) should come by the Admissions Office and pick up an application form before March 8, 1985.

- Students that are interested should:
1. Be a responsible individual.
 2. Have a cumulative grade point average of 2.5 or better.
 3. Be available to help with June and August Orientations.
- See Sandy Birchfield to obtain your application.

Brown bag it to seminars!

You are invited to participate in lunch hour seminars. Bring a bag lunch and we will lunch and learn!

Monday, February 25, 11:40-12:30, Time Management.
Wednesday, February 27, 11:40-12:30, Listening and Taking Notes.
Tuesday, March 5, 12:55-2:10, Reading Texts and Taking Notes.
Thursday, March 7, 12:55-2:10, Preparing for Tests and Handling Test Anxiety.
Meetings will be held in Z124.

Foreign language majors eligible

Scholarships are available for students majoring in foreign languages. The minimum qualifications are: 3.0 grade point average, full-time enrollment (at least 12 semester hours) and declared major in foreign languages. The final scholarship eligibility will be determined by the Department of Foreign Languages in consultation with the Dean of Students. The minimum scholarship will be \$250.00 per semester. The exact amount will be determined by the availability of funds.

For further details contact Professor Portuondo, Chairman of the Department of Foreign Languages.

CVC Observatory opens again

The Clinch Valley College Observatory has resumed its schedule of open houses for the spring semester. The observatory and its 25-cm reflecting telescope will be open to the public, weather permitting, each Wednesday evening from 9:00 to 10:00 p.m. except during college vacations (the next vacation is the week of March 20).

The Observatory is located on the roof of the Science Building on the CVC campus in Wise. Visitors may meet in the lobby of the Science Building or may come directly up to the Observatory.

UVA Placement Manual available

Any graduating senior who is interested in looking through the University of Virginia Placement Manual should come by the Career Planning and Placement Office. If you are interested in obtaining an interview with any of the companies that interview at the University of Virginia, you should write them a letter with that request. The names and addresses of these companies are found in the UVA Placement Manual. See Wayne Smith or Pam Huddle.

Deltas plan unique activity

The brothers of Alpha Delta Chi would like to congratulate brother George Walton for a successful basketball season. Also, John Kilgore and John Brickey III for a fine job of M.C. during the home games.

Our fraternity went skiing last weekend to Winterplace, West Virginia. We had a great time skiing during the day and relaxing in hot tubs and saunas at night.

Are you sick and tired of the CVC weekend? Our fraternity is going to do something about this problem. We are planning a unique activity in April for everyone to attend. Pay attention for more information. Alpha Delta Chi - The Fraternity that cares!

PI Kapps welcome Daniels to Committee

The Brothers of Pi Kappa Phi Fraternity want to welcome Sharon Daniels as a new member of their Advisory Committee. Sharon will serve as Financial Advisor and will work with the Fraternity on alumni relations. She has been closely associated with Pi Kappa Phi for the past five years.

Shorts

Student Counselor jobs open

HELP WANTED: One male and one female student to work Sunday, July 7, through Friday, July 26 as student counselors for the Summer Scholars Program. The Summer Scholars Program will bring approximately 40 high school students from Southwest Virginia to Clinch Valley College for three weeks of intense study in math and science. Counselors will receive free room and board and a stipend of \$140.00 per week. To apply or for further information see Van Daniel in Room 208 of the Science Building. Deadline is April 15, 1985.

Beauty pageant scheduled

Among the many activities scheduled for this spring at CVC is the Miss Clinch Valley College Beauty Pageant. All CVC female students who are single and plan to return to CVC in the fall are eligible to participate. The date and time of the pageant will be announced later. However, entry forms are now available and may be picked up in the Cashiers Office. All clubs and organizations are urged to sponsor a candidate of their choice. There is a \$5.00 entry fee that must be paid in advance.

For more information please see Martha McDaniel in the Cashiers Office between the hours of 8:00 a.m. to 4:30 p.m.

Faculty Colloquium schedule

March 13	Professor Shelton	"Beaver Research in Isle Royale and Voyageurs National Parks"
March 27	Professor Impey	"Foundations for a Taxonomy of Pedagogical Objectives"
April 10	Elaine S-S Sheldon (Instructor in Dance)	"The Flower Child Wilteth"
April 24	Professor O'Donnell	"Northern Irish Esquise"
May 8	Chancellor Joseph Smiddy	"Appalachian Heritage"

"New Happenings at Bookstore"

All Records & Tapes

20% off

Except Special Order.

New jogging pants in stock.

"We Miss You At CVC Bookstore"

Campus Calendar

Monday	Tuesday	Wednesday	Thursday	Friday / Weekend
2:00 p.m. - Highland Cavalier Staff meeting, Control Hall 4:00 p.m. - Women's Tennis Meeting, Gym 8:00, 8:30 p.m. - Intramural basketball games	5:00 p.m. - Wesley dinner 8:00 p.m., 8:00 p.m. - Intramural basketball games	4:30 p.m. - Faculty Colloquium, Chapel 8:00, 8:30 p.m. - Intramural basketball games 9:00 - 10:30 p.m. - Observatory open weather permitting	4:30 p.m. - S.S.U. dinner 9:00 p.m. - Dance	Friday 9:00 p.m.-1:00 a.m. - Dancing at Copper Kettle Saturday 1:00 p.m.-12:00 p.m. - Dancing at Copper Kettle Sunday 8:30 p.m. - SQA meeting

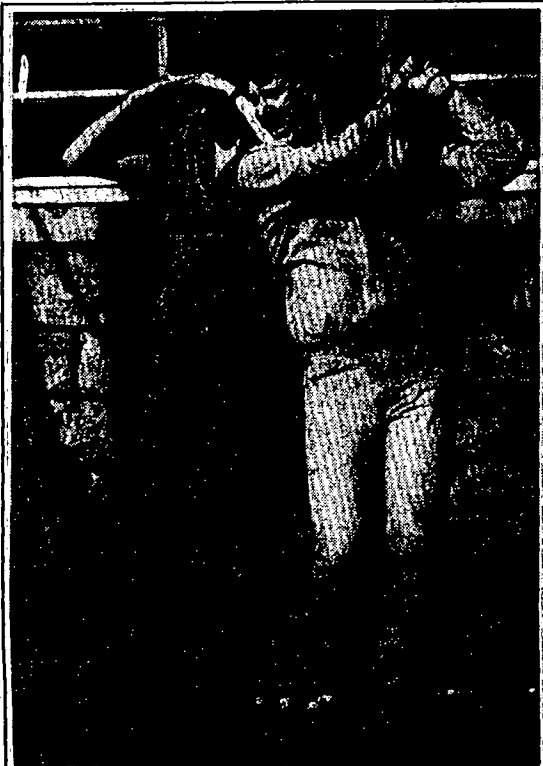


Photo By Fletcher Dean

Uh-Oh! Sliced it!

Lynn Rhon took advantage of the spring-like weather last week to get his golf swing back into form after a long winter's rest. Lynn is a senior Business and Public Administration Major from Castlewood.

Weight training

The sport is no longer for men only

By Betty Farmer

When CVC's Body Shop designated Mondays and Wednesdays from 8-10 p.m. for "Women Only", the old taboos were given another lick and CVC's women took another step.

Weight training has historically been the province of men. One of the traditional guidelines separating men and women has been physique. Tradition has equated masculinity with muscle and femininity with soft. But women no longer live under stereotypes. Just as Mr. Muscle can be a gentleman, Ms. Muscle can be a lady. Women bodybuilders combine muscle with definition and strength with grace to portray an image that exudes femininity.

Yet many people believe the myth that weight training will make a woman look like a man. This just isn't true. Because women do not secrete the same amount of testosterone, women cannot develop a man's muscle mass and quality. A woman secretes larger quantities of estrogen, which guarantees the integrity of her femininity. Unless a woman takes male hormones, she will not become masculine through weight training.

women are geared for child bearing, they most often gain weight in their hips and thighs creating the scorned pear shaped look. With weights, a woman can create a more proportional look. By building up her upper body, (increasing her chest size, broadening her shoulders and back, and adding size to her arms); meanwhile thinning her waist and flattening her stomach, and

problem may find she isn't losing weight, she may even gain a few pounds. But the beauty of the matter is that she'll look smaller because muscle takes up less space than fat. The number of pounds one weighs isn't always an accurate indicator of how someone looks. Inches are often more important than pounds.

There are women who immediately react to the notion of a professional body builder with "I don't want to look like that." Well, unless you work out 8-hours a day, you won't. Body building for these women have become a profession, not an exercise. Play tennis three times a week and you won't play like Martini Navratilova. The principle is the same. Professional body builders work as hard as they can on their bodies. The amateur isn't going to get the same results.

Unless a woman takes male hormones, she won't become masculine through weight training.

But you can get results and that is why this sport is growing rapidly among women everywhere. Women have explored the myths and ignored the critics about a host of things, bodybuilding is just one of them. CVC's women are no exception.

by decreasing the size of her hips, buttocks and thighs, she can achieve a more attractive appearance. In building the upper body one would try to increase the amount of weight lifted while keeping the number of repetitions low. To tighten and define the buttocks and thighs, lifting a relatively light weight as many times as possible would be recommended.

Scott Guthrie, President of the Body Shop said that women can still come to the weight room at other times. Setting a special time aside for women is an attempt to encourage women to use the weight room and to become acquainted with the exercises without being fearful a muscle bound man is watching her "heave" a 10 pound dumbbell. Guthrie warned that if several women didn't use the weight room during this time, he would feel obligated to return it to open hours.

The benefits of weight lifting go beyond appearance. Women (again because of nature) tend to have a higher percentage of body fat than men resulting in a slower metabolism. Metabolism determines the rate at which the body burns calories. That's why (generally speaking) the 140 pound man can eat more than the 140 pound woman without gaining weight. The man's muscle-fat ratio is generally higher. By decreasing her percentage of body-fat, the woman can help keep her metabolism burning calories long after her work-out is over. Like any exercise, weight lifting burns calories. More importantly, with proper diet, weight training can turn fat to lean. But because muscle weighs more than fat, a woman beginning a weight training

The Body Shop is open from 12 p.m. - 5 p.m. Monday through Friday for CVC students and faculty, from 5 p.m. - 8 p.m. for Body Shop members only, from 8 p.m. to 9:30 p.m. Monday through Thursdays for students and faculty, and from 8 p.m. - 10 p.m. Mondays and Wednesdays for women.

Intramurals heat up

By Carolyn Lawson

Sunday, March 3 kicked off four straight days of intramural basketball action. All thirteen teams were originally scheduled to participate, although Alpha Delta Chi II (captain Bryan Musick) committed two forfeits and is out for the season.

As usual, there will be four games per night except on the dates when Alpha Delta Chi II was to play. The first two games will begin at approximately 8:00 p.m., while the last two games will begin at approximately 9:00 p.m.

The order in which the teams will pair off will be as follows:

March 4, 8:00, Phi Sigs, Alex Modaber captain, BB's, Jeff Perry, captain.

Men Without Height, Mike

Wright captain, Liquidators, Scott Morgan captain.

9:00, No Names, D.A. Combs captain, Alpha Delta Chi II, Bo Stuart captain.

Top Five, Reed Owens captain, Showboats, Chuck Banner captain.

March 5, 8:00, Phi Kapps, captain, Alpha Delta Chi III, Mark Johnson captain.

9:00, Zone Busters, Kenny Crowder captain, BB's, Jeff Perry captain.

Phi Sigs, Alex Modaber captain, Liquidators, Scott Morgan captain.

March 6, 8:00, No Names, D.A. Combs captain, Alpha Delta Chi III, Mark Johnson captain.

Top Five, Reed Owens captain, Men Without Height, Mike Wright captain.

9:00 Showboats, Chuck Banner captain, Phi Kapps, Chris Boggs captain.

The way weights are used is another factor influencing the shape, male or female, the body will take. Lifting heavier weights fewer times will increase the size of the muscle. Using lighter weights with high repetitions will burn off fat, defining the muscle. While many men are striving to get "big and strong", many women are striving to get "toned and sexy". Because there are different goals, there are different workouts.

Weight lifting's diversity is one of its biggest assets. A weight training program can be adapted to individual desires. Attracting weight training to women is its ability to defy "mother" nature and the laws of gravity. Because

Cavaliers lose to Berne 65-60 in KAC tournament, finishing season 9-13 overall

Glenn Valley Cavalier ended their 1986 campaign (losing to Berne 65-60 in the final round of the KAC tournament) at Berne.

Saturday, February 22, Assembly in Crown Point, Berne, the loss resulted from poor

shooting and turnovers in the second half. The Cavs led 30-20 in the first half, but the Cavs had only

10 points in the second half. Berne had the Cavs outplayed a 35-30, a decisive effect on the Cavs' final score.

and the Cavs' 9-13 overall record. The Cavs had lost to the Cavaliers 65-60 in the final round of the tournament.