

Discrepancy causes changes in bookstore

By Gary Parsons
Highland Cavalier

Clinch Valley College's bookstore will remain Clinch Valley College's bookstore—at least for a time because the college and Anderson Brother's Book Company were unable to reach a mutually satisfying agreement, according to Steve Mullins, Assistant to the Chancellor, yet there will be one change, that being the absence of Estelle Meade, the former

manager of the bookstore.

Mullins said that the bookstore's services and policies will remain the same as last year as far as students are concerned, although from a bookkeeping point of view some adjustments have been made in how books will be ordered by the store.

Mullins said that the college originally had intended to contract the bookstore to a bookstore company who would then run the store for the college, in keeping with the college's policy to contract

out many of the services that before this year had been provided in-house.

What brought about the discrepancy between the arrangement now operating in the bookstore and what the college intended was a contract dispute between the college and the company who originally had won by bid the option to run the bookstore, Anderson Brother's Book Company, which also operates a bookstore on the campus of the University Of Virginia at Charlottesville, according to

Mullins.

Mullins said that Anderson Brother's Book Company failed to provide a college educated manager, a requirement stated in the college's specifications for bidding on the store.

Mullins said that last year's bookstore manager, Estelle Meade, was acceptable to the Anderson Brother's Book Company but did not meet the college's requirement of having a college degree.

Meade said she was given as her reason for being released a

lack of work and a lack of money. Meade said she was confused about her release because the bookstore is still operating and "someone's running it."

Meade said that she was the person selected by the Anderson Brother's Book Company to run the College's bookstore. Meade said that while there was never an agreement "on paper, they hired me on a handshake."

"The college didn't want me

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Relax

Students at McCraray Hall relaxed between classes last week.

Frank Snyder/SC Staff

Seminar deals with stresses of college

By Pamela Norman
Highland Cavalier

"Asking for help is a sign of courage...not weakness." That's the message Norman Winegar is trying to relay to college students who are experiencing stress-related problems as they adjust to college life.

Winegar and fellow counselor Susan Sheridan, both from the Holston Mental Health Service in Kingsport, Tenn., conducted a seminar Monday for first-year college students to help them overcome the stressful atmosphere that is usually associated with entering a new environment.

Nineteen percent of freshmen entering college will experience some type of stress, drug or alcohol related problem in their first six months at school, noted Winegar.

For that reason, Holston Mental Health Service, at the request of Clinch Valley College, has established the Student Assistant Program which will offer free and confidential counseling services for students.

Winegar said the transitional period, when students are making the change from high school to college, is a complex problem

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SGA plans \$53,000 distribution

By Allan K. Lovelace
Highland Cavalier

Distribution of Student Government Association funds at its Sept. 22 meeting was among the topics discussed at the Sept. 15 weekly SGA meeting held in SH100. Vice Chancellor and Dean Jerry D. Cardwell made a brief appearance to speak to the SGA about the roles of the SGA, the Highland Cavalier, and his own role for Clinch Valley College.

SGA Present, Rusty

Necessary, announced the SGA has approximately \$53,000 to distribute this year. Necessary said though the \$53,000 is not as much as he had hoped to have available, "We're still getting a \$21,000 increase over last year's total funds."

Necessary informed the SGA that "some good bands for the Homecoming" have negotiated with representatives from the college. Funding for the bands is drawn from student activity fees.

Jeff Brickett, junior representative, suggested that perhaps the SGA should consider increasing its financial support of the Highland Cavalier student newspaper and the financially ailing Outpost yearbook. Brickett reasoned that sparse student attendance at the SGA funded concerts indicates low student interest in the events. Therefore, Brickett said, the SGA might want to provide more funds for the two student publications.

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Opinions

Give Fritz and Company a chance to harmonize

By Fletcher Dean
Highland Cavalier

A friend of mine recorded an album a few years back. It wasn't that popular outside of his friends and family. Chances are you've never even heard of Christopher Henson or his *Captive Audience* album. Most sales went to those who know him best -- I've got two or three copies. I was listening to it the other day with a local musician when he said something that struck me as being profoundly

insightful. "Listen to him right here," he said. "He's searching for a melody. He's searching for an identity." I think about that statement "He's searching for an identity" every time someone complains about the food service provided by American Food Co. in the cafeteria. Now, complaints about cafeteria food aren't new to any college campus. But at Clinch Valley, the complaints take on a different perspective since we're going through a change in food services.

The latest episode was when an entourage of students hand-delivered to Chancellor Edmund Moomaw a plate of food from the cafeteria. It consisted of a hamburger, french fries and beans direct from the cafeteria. Their purpose was to show Moomaw how bad they thought the food was. They pointed out the old fries and stale hamburger buns. I don't know what they said about the beans. I don't think I want to know. Moomaw reportedly said that he was working on the

situation and it would be corrected. But I think he knows there is really nothing he can do right now. See, B.J. Fritz, the manager of the cafeteria, and American Food Co. are sort of like Christopher Henson -- they're searching for an identity. They've just started on what may be a long-standing performance at Clinch Valley College. They're still putting out their feelers and are trying to get a focus on just what they're doing. This

first couple of weeks, maybe even the first semester, is going to be like the *Captive Audience* album -- it's a trial run and opening debut in one swift motion. Don't expect everything to be harmonized and in perfect tune at the beginning. Give them time -- let them evolve. Let them find their identity. You may be surprised at the outcome. Just as I expect you to eventually hear good things of Christopher Henson, I also expect you to hear better things from Fritz and Co.

Editorial

U.S. economic priorities need review

Can you imagine ships and planes landing in a third world country and villages of children running to meet them, hands held out for the food that they expect is on board?

Well, imagine looking in the large eyes of an emaciated child, handing him a gun and saying, "Here, make food and clothing." Something is wrong here. Perhaps the government of the United States should step back a moment, review their actions of the past couple of years or so and decide where their priorities lie.

The Gramm-Rudman-Hollings bill was initiated sometime in 1984. Its purpose was to deal with the federal deficit. About the same time, all of the world hunger benefits began. The bill has undergone many changes since its first installment, mainly trying to establish who should be in charge of the U.S. funds.

The Hunger benefits however have maintained their main objective. Live-Aid and its counterparts continue to try to

supply aid to the millions of people of these third world countries. Ironically, the US also wants to supply these countries -- with weapons.

Now, the US is asking Congress to raise the deficit ceiling to \$2.3 trillion dollars (this year's deficit is expected to reach \$220 billion) to finance next year's budget deficit until the Gramm-Rudman-Hollings bill is passed. At the same time, there are many federally funded programs being cut -- such as welfare, education, even social security, to try to compensate the "bill that never was," namely G-R-H. It appears though that the defense section on the pie graph is still the most savory slice.

Isn't it funny that the two leading powers of the world are each able to feed and cloth half of the world, and at the same time, build and supply weapons to each of these same countries.

And which aid do you suppose gets priority? Where is the equity?

Do you ever have trouble getting started?

By Jim Collie
Baptist Campus Minister

Do you ever have trouble getting started? I do. I don't know all the reasons that beginning a new project, starting a new semester, meeting new people...frightens me. I do

know one. And I suspect that like me, you may be a perfectionist, too.

We want everything to be just right. That first meeting, first assignment, etc. has to be just perfect. So, we put it off as long as possible. But what do we miss? We miss a lot. Others are making new friends,

enjoying classes, maybe even becoming excited about being in school. And that's for us, too.

Having trouble getting started? Begin now. Today. We do not need to be perfect. We do need to make a beginning. Once begun, we more often than not, find that

we do OK. Often we do better than OK.

What are you waiting for? It's a new school year. There are new friends to make. There is a lot to learn. Let's begin.

May the God of all beginnings bless you in this new school year.

Registrar advises CVC students of rights

The Registrar's Office at Clinch Valley College would like to inform students of their rights concerning educational records. Due to the Family Educational Rights and Privacy Act of 1974, and the Buckley Amendments, effective January 8, 1976, students have the right:

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

4. To receive a response from the College to reasonable requests for explanations of those records; and

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

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

Festival

Dock Boggs Festival will move from Clinch Valley to Wise Fairgrounds

By Kim Lee
Highland Cavalier

If you like traditional mountain music and country cooking then be at the Wise County Fairgrounds on October 4 for the Dock Boggs Festival. A new location and a renewed excitement should make this year's festival better than ever.

The Dock Boggs Festival was moved to its new location after unforeseen complications that arose with the old location of the picnic

grounds on the Clinch Valley Campus, according to Anna Breeding, secretary of the festival committee. But, she adds, regardless of sudden switch in locations, the committee feels that the festival's popularity will continue to soar.

Events planned for the day-long affair include musical performances beginning at 11 a.m., which will last throughout the day. A variety of mountain music tastes will

be fulfilled as music ranging from blue grass to country to gospel will be performed. Entertainers scheduled to appear include Dovie Sowards, a local musician, Mike Seegar, and the Virginia Sugarcane Clogging Teams, as well as a variety of others.

Also scheduled for the day are covered wagon and stage coach rides along dusty old trails and a variety of storytellers will be on hand to spin tall tales about the good

olddays. Many mountain crafts will be displayed for interested onlookers to enjoy. Crafts such as hand-made quilts to wood working skills will make the viewer appreciate these lost arts. For those who like to participate, an apple butter stir off will be held. The apple butter will be sold to help raise money for the festival.

The traditional mountain meal of pinto beans and cornbread with all trimmings will be served at an unstated

time during the day. Fried pies, stack cakes, and funnel cakes, as well as a variety of other mountain desserts, will round out the meal.

The committee hopes that the change in location will not discourage CVC students from attending. The Festival wants and needs the support of the many campus groups and individuals. Admission is free and everyone is encouraged to attend this day-long celebration of "Dock" Boggs.

Pi Kappa Phi wins recruiting award

The brothers of Pi Kappa Phi fraternity would like to welcome all returning students back to CVC, as well as extending our greetings to all new freshmen and transfer students. We hope that you all had a great summer and wish you the best of luck in your classes this semester.

The Kapps would also like to congratulate our newest officers, Treasurer Tim Sturgill and Warden Gary Parsons.

During the summer, The Epsilon Epsilon chapter here

at CVC was the recipient of the Plus-5 award, a national honor recognizing outstanding achievements in recruiting. Way to go guys!

The award was presented at the Pi Kappa National Conclave, held this year at Roanoke College. Kapps from all over the country were in attendance. EE brothers Mike Donathan and Clyde Whitt were on hand to accept the award for the CVC Kapps.

We were the only chapter in Virginia to receive the award! Once again, welcome back.

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The Highland Cavalier encourages letters to the Editor from all who wish to express their views. All letters must be signed legibly, and dated to be printed. When permission from the Editor, letters may be anonymous, however, the Editor cannot be held responsible for our actions. Letters may be submitted to the Registrar's Office by Wednesday 5:00 p.m.

HEALTH

Continued from page 1

help. Part of that transition evolves from just moving away from their familiar environment. College life also means more responsibility as students try to make new friends, arrange financial stability, establish study habits and choose a college major.

These newly acquired responsibilities and problems,

combined with culture shock, can inevitably lead to stress, Winegar said.

Many students take the negative path and escape their problems by drinking, taking drugs, withdrawing, or lashing out at others, Winegar explained.

The first step in combating stress, Sheridan noted, is allowing other people to help. Often, talking with someone,

like a professor or a friend is one of the best ways to ease their burden.

Another way to fight stress, Sheridan said, is to get counseling to learn about the problem. That was the reasoning behind the formation of Student Assistant Program.

The program, scheduled to be in operation on Oct. 2, will be set up in the basement of McCrary hall. A counselor will

be on duty on Mondays and Thursdays from 1-2 p.m. to accept appointments.

The Mental Health Services will also be giving various seminars designed to help all students overcome different types of stress. Among the seminars already planned is one dealing with alcohol and drug abuse. Another seminar will focus on stress management and dealing with the changes associated with

collegelife.

The first seminar will focus on communication skills for resolving conflicts. It is scheduled for Sept. 29 in McCrary Hall at 7 p.m. The other one-hour seminars, each given by an expert in the field, will be held at two-week intervals.

For more information or to schedule an appointment for counseling, call 328-2431, ext. 272.

SGA

Continued from page 1

Several SGA members suggested better advertising is needed for the concerts. Giving more advance notice through posters, and in newspapers such as the Coalfield Progress, and the Highland Cavalier, was offered as an idea to increase student awareness of the concerts.

Cardwell outlined some of his initial impressions of the SGA and of the Highland Cavalier. Emphasizing what he views is the role of the SGA and of the student newspaper,

Cardwell said, "What I want the college newspaper and student government to do is represent the students." He added that he believed the student newspaper should print "the truth," and that the SGA is one of the more important "groups around campus."

Cardwell explained though he has been in office only a short time, he has gained some insight into the interrelationships of the administration, faculty, and students. Cardwell said the administration and faculty

sometimes "lose sight of what student life is all about." Cardwell said the students need to "shake up" the administration occasionally to remind them of this. When the administration, faculty, and students "come together," Cardwell said, "a college exists."

The SGA announced plans to sponsor a road rally Sept. 29 at 4 p.m. The rally will start at the college's uppermost parking lot. First prize will be \$50; second prize, \$25; third prize, \$15. There will be a charge of \$1 per entrant.

Freshmen elections for SGA

representatives will be held Oct. 1. The SGA approved the following Election Commission members: Greg Branch, Curtis Claybourne, Rick Davidson, Jana Debusk, Mark Fields, Greg Gilliam,

Marty Harless, Karen Jordan, William Kimbler, Danita Kiser, Rhonda McConnell, John Owens, Scott Robinson, Regina Smith, Tim Sturgill, and Paula York, Chairman.

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STORE

Continued from page 1

for some reason" Meade said. Meade also said that she had "filed a grievance against the college."

Chancellor Moomaw said that he felt Estelle Meade was a very good person and had done a fine job of running the type of bookstore that as up to now served Clinch Valley College.

The College's original goal, a goal which the college still intends to achieve, was to provide a bookstore that provided more services to the student body, but also provided services to the community, such as more scholarly literature and more books for leisure reading, Mullins said.

The original plan, according to Mullins, was to make space available in order to make a reading room where the literature in the bookstore could be reviewed and examined.

Mullins said that when the college could not reach agreement with the Anderson Brother's Book Company on store management, the

agreement between the two was canceled, an event that occurred late in the summer.

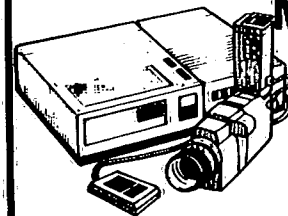
Chancellor Moomaw said that negotiations with Anderson Brother's Book Company are continuing, although the College is also talking to other book

companies about the contract.

Until more lasting plans can be made, the bookstore will be run by recent CVC graduates John Brickey, Sherry Brooks, and Chuck Banner who will handle the financial side of the store.

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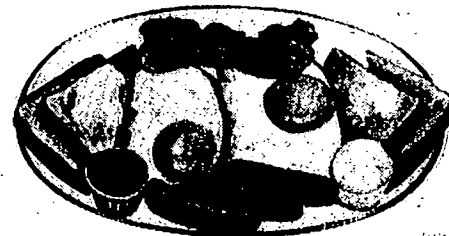
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Outpost yearbook nearing completion

By Leigh Ann Skein
Highland Cavalier

The 1985-1986 edition of the Clinch Valley College yearbook, The Outpost, is not finished yet and the organization is in debt, according to Mrs. Linda Conley, faculty advisor to the Outpost.

At this point, Conley said, the yearbook staff has not yet

completed the book, although it is nearly finished. The yearbook staff intends to submit the last sections of the yearbook to the Tabor Publishing Company this week, Conley said.

According to Conley, if the yearbook staff meets the deadline, then the Outpost will be available for distribution in November. There will not be any problem in distributing the yearbook to on-campus

students; however, no plans have been made at this time to get last year's seniors their copies of The Outpost, Conley said.

Mrs. Conley explained the lateness of last year's yearbook.

She said that there was not a photographer to take pictures for the yearbook. Another factor for the yearbook's lateness was the fact that the

staff does not own a camera. Therefore, there were not enough pictures to fill the book, Conley said.

Chris Fields, Co-editor of the Outpost, said that the absence of a full time photographer during the spring semester of 1985 posed a great problem to the completion of The Outpost.

Fields also said that another cause for the delay of the yearbook was due to the sharing of a photographer

with the Highland Cavalier.

Mrs. Conley said, that the college yearbook is in debt about \$4,000 dollars at this time. The reason for this large debt is because of outstanding bills from the past two years. According to Conley, in 1984-195 the Outpost had a debt of \$2,050 dollars. The period from 1985-1986 added more debt, thus leaving The Outpost without enough money to complete last year's yearbook, Conley said.

Acrobats to perform

To quote but a few of the critics, the CHINESE GOLDEN DRAGON ACROBATS AND MAGICIANS of Taipei is "incredible," "breathtaking," "stunning" and "quite unbelievable." The Acrobats continue to take the world by storm as they begin their sixth full year of touring.

The CHINESE GOLDEN DRAGON ACROBATS and MAGICIANS of Taipei will appear at Clinch Valley College's Greear Gymnasium on Saturday, October 11 at 3:00-5:00 p.m. as part of the 10th Annual International Arts Festival. The audience can look forward to more than

a glimpse into the fascinating Orient. The evening will be packed with sensational acrobatics, comedy, balancing feats, Kung-Fu and magic.

The grace and precision of the acrobats are the triumph of years of dedicated training and discipline, but their art was formed by centuries of tradition. Chinese acrobatics were created and performed in China as far back as 200 B.C., and have always been an integral part of the Chinese culture and the arts. Many of these acts clearly demonstrate the achievement of perfection through finding harmony between mind and body - an ancient concept of the Orient.

The show also features Kung-Fu demonstrations extraordinary feats that seem to defy physical laws which the Chinese attribute to the cultivation of "Chi," roughly translated as "inner strength" or "life energy."

Past tours have taken members of the CHINESE GOLDEN DRAGON ACROBATS and MAGICIANS of Taipei through South America, Central America, South East Asia, South Africa, England, Canada and the United States. Free tickets for this superb family show are available by calling 328-2431, ext. 261.

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Drug testing

Reagan declares war on substance abusers

By Kathy Kelley
HC Staff Writer

If you are eager to get a federal job after getting your degree, be ready to undergo rigid drug testing to enter a profession in government. President Reagan has also advised colleges and universities to crack down on the use and abuse of drugs at a televised press conference Sunday, September 14.

The President has joined Mrs. Reagan in the war against illegal drugs. "We're getting tough on drugs, and

we mean business," Reagan said during the signing of an executive order requiring drug tests. His plan comes after a \$4.2 billion enforcing narcotics laws and stiffening punishment for federal violators.

On Monday, President Reagan followed through with Sunday's TV appearance by presenting an administration anti-drug program aimed against users and pushers and focused on nationwide prevention and treatment. The program he has planned would involve:

- Subjecting hundreds of thousands of federal workers to random mandatory drug testing. Employees who work in national defense, public health, law enforcement, and those who handle classified and sensitive information would have to submit to urine tests. Persons who are found during testing to be taking drugs would have to seek counseling or treatment with expenses divided between the government and that person. If that person fails a second test, they are dismissed.
- Setting aside \$100 million

to create programs and train teachers to educate young people about drug abuse. Reagan hopes that universities and colleges would require that students sign pledges not to use illegal drugs. Legislative measures under his plan would allow colleges to employ pre-admission tests for drugs to get rid of the users before they reach the campus. Vice Chancellor Jerry Cardwell stated in this newspaper last week that "the use of illegal drugs...will not be tolerated on campus."

- Spending \$84 million to increase research on the detection and treatment of drug addicts, specifically minors, and another \$5 million to promote the formation of volunteer groups and public attention on the subject.

The President and Mrs. Reagan told Americans that there is "no moral middle ground," and the federal government is determined to start right now in winning this war against drugs and the pushers "who are killing America and terrorizing it."

Get a headstart on the gift-giving season

Christmas in October? While it may be a bit early to think of Christmas when the leaves have hardly begun to turn, it isn't too early to get a headstart on the gift-giving season. Whether it is gifts for others or gifts to yourself, the Friends of the Library will

have an appropriate gift for everyone, young and old alike, at its "Fill Your Christmas Stockings With Books" sale. For two weeks, October 2-16, at the Lonesome Pine Regional Library in Wise, the Friends of the Library will offer for sale hundreds of new

books in both hard cover and paperback. Selections will include adult fiction and nonfiction, cookbooks, gardening books, a large variety of children's books, special collection of books by Southern writers and much more. There will be a book for

every person on your list. And books are not all that the Friends will be selling. There will be a good selection of Christmas cards, napkins, wrapping paper, and calendars. Your purchase of gifts will

help the library pay for enlarging and refurbishing its circulation desk. So shop early for all your holiday needs at the Lonesome Pine Regional Library in Wise during regular library hours, October 2-16, and fill your stocking for Christmas.

Clinch Valley alumni picnic and reunions scheduled

The Clinch Valley College Alumni Association is expanding and becoming a more active part of CVC. Steve Mullins became Director of Alumni Relations last November, and through his office alumni have a direct means of staying involved and informed with school activities.

schoolmates, and to help the college by acting as a link with the community. There are currently chapters at Big Stone Gap/Appalachia, Dickenson County, Lee County, Scott County/Kingsport, and Norton.

Alumni involvement is being encouraged through a quarterly newsletter called CVC Update: College & Alumni News and several events planned at the school. An alumni picnic, which Mullins describes as a "feast," is planned for September 27 at 6 p.m. at the CVC picnic

grounds, and 10 and 30 year reunions will follow. It is hoped that the picnic will become a well-attended annual event and will help recruit alumni to be active in the CVC Alumni Association.

There are still a few weak areas in the program. Updating and maintaining the alumni address list is a very tedious and sometimes frustrating process, according to Mullins. Many former students have lost touch with the school and are not aware of the increased emphasis on alumni relations. Mullins and officers of the Alumni

Association hope the new alumni chapters can aid in getting more correct addresses on their listing of alumni, and get more people active in the program.

When graduates of CVC begin to recognize the school's commitment to the Alumni Association, membership and involvement with the program will increase, Mullins believes. As the Association grows, its members will serve as excellent examples of what Clinch Valley offers the community. This will help the school grow and become a

more integral part of the region. Mullins said thus helping CVC reach its long range goals.

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Attention!

Mountain music at CVC

Tom Bledso and Rich Kirby will be presenting "Voices from the Mountains," a collection of mountain music played on banjo, guitar, fiddle and mandolin. Veterans of 13 years performing together, their unique blend of crisp harmony and superb instrumentation is exciting, involving, and irresistible fun. They will be performing in the cafeteria, Tuesday, September 23, from 5 p.m. to 6 p.m.

Communication session slated

The Student Assistance Program will conduct a session on communication skills/conflict resolution on September 29, 1986 at 7:00 p.m. in the McCrarray Hall Study Lounge. The session will last about an hour and should be helpful.

Student health posts schedule

A nurse will be on campus five days per week (Monday - Friday), 8:00 a.m. - 12 Noon, to take care of student health needs. The nurse will be in the student nurse office in the basement of McCrarray Hall.

Would you like to be a tutor?

Tutors needed for the Office of Special Services in English, Accounting, Biology, Chemistry, Computer Science and Math. For details about qualifications and salary, please see Trish Stafford, Room 110, Zehmer Building.

Notice required on privacy info

Federal legislation (Buckley Amendment) concerning the privacy of information, states that students may elect to have their names, addresses and other "directory" information not listed in such a publication. Colleges may publish directory information concerning an individual student if the student does not request his/her information be withheld.

Get your library cards now

Student library cards are now available to be picked up. Students may pick up their card during regular library hours at the circulation desk. College I.D. is necessary.

Complete forms for graduation

Students expecting to complete degree requirements during the 1986-87 academic year (December 1986, May 1987, or Aug. 1987) must complete a degree application form and deposit it with the registrar's office. Degree application forms are available in the registrar's office.

Womens tennis team to meet

There will be an organizational meeting of women's tennis in Room Z106 at 9:30 PM, Monday, September 22. All former players and any interested players are invited. For information contact Mr. Chowdhury, Room Z103.

Sorority rush week to begin

Upsilon Omega welcomes freshmen & returning CVC students.

Look for our RUSH to begin in a couple of weeks! All interested girls should contact one of the members of Phi Upsilon Omega: Julie Carter, Beverly Hamilton, Jana DeBusk, Lynn Shupe, Susan Lerschlolarn, Dana Collier, Marty Harless, Rhonda McConnel, Nancy Mullins and Melissa Boggs.

SEA will meet

There will be a Student Education Association Program Meeting on Sept. 22 in Z202 at 4:30 p.m. The program topic is "How to Study for and Take the Three Core Battery of the NTE." All members are encouraged to attend.

Join in the SGA Road rally

Road Rally Monday, Sept. 29, 1986 4:00 p.m. upper parking lot (tennis courts). \$1.00 per person. Prizes: \$50.00 1st, \$25.00 2nd, \$15.00 3rd. See any SGA member for details.

A Matter of Record

The Highland Cavalier believes in printing the facts and setting the record straight when something published is incorrect. We correct errors that come to our attention. We also publish clarifications that help make the news more understandable. Call (703) 328-2431, ext. 286.

It was Clayton Willis, not Stan Willis, whom we quoted on page 4 of the September 15th issue.

FOOD POLICY

On Tuesday, September 9, 1986, the Food Service Committee met with Mr. Fritz, the Food Service Manager, to discuss complaints filed by students. There were 19 major complaints - of the 19 complaints 12 received immediate action. The other 7 complaints deal with either contract problems or management problems.

Complaint	Resolution
1. Variety in foods served	Preference survey sheets will be given to students so they can choose what they would like to see on the menus. These sheets should be filled out and returned to the Food Service Manager.
2. Too much repetition of food served.	Cafeteria is on a three-week menu rotating basis (contract specification). Menus are being adjusted.
3. Bland taste	A spice rack has been added to the salad bar with several spices available. The student can season to taste.
4. Not enough time/hours too long/short	Lunch time has been extended. Persons who know they are going to miss a meal can make arrangements with Manguera to have meal available.
5. Dirty silverware/trays	Closer check on items coming from the dishwasher will be done.
6. Explanation on rights-plan	Leaflets are being issued to students. American Food Management is sending more information.
7. Take Outs	You can at anytime the cafeteria is open get take outs.
8. Larger glasses	12 oz. glasses are being ordered.
9. No menu posted at door	Menu board is being sent from main office. XEROX copies will be posted until board arrives.
10. Fruit and more vegetables on the salad bar	Being done
11. More fresh desserts	Will be done
12. Hidden Valley Dressing	Done

Wanted
The manager has had problems with local vendors on receiving milk, Pepsi, etc. on time. On one occasion, spoiled milk was received.
Students will be informed about changes and meetings. please feel free to contact the Food Service Committee at any time.

Campus Calendar

Monday

- HC meeting/3 p.m./Cantrell
- SGA meeting/5 p.m./SH100A
- SEA meeting/4:30 p.m./Z202

Tuesday

- Wesley foundation meeting 5 p.m.

Wednesday

Thursday

- BSU meeting/5 p.m.

- Last day to drop classes

Friday/Weekend

- Lecture "Sydney Minty"
- Alumni Association picnic
- Class of '76 reunion

Outdoor recreation plentiful in SW Virginia mountains

By Roy Russell
Highland Cavalier

With fairly warm weather still upon us and winter quickly creeping up, it is a good time to take the opportunity to get out and discover the beautiful and interesting surroundings of Southwestern Virginia.

There are many outdoor parks and recreation areas within reasonable driving distance of the college which offer such outdoor activities as hiking, camping, rock climbing, or just a peaceful retreat to nature for relaxation.

One of the most popular spots near the college is High Knob. Many students frequently refer to the entire area located in the Jefferson National Forest as High Knob, but there are many just as interesting areas in the same vicinity. You can reach High Knob by traveling through Norton on Rte. 23. There are plenty of signs to make it easy to find.

Hiking is one of the more popular activities found at

High Knob. There are many trails to choose from, such as High Knob Trail which is 1.5 miles long and leads to the panoramic views of High Knob Tower (4,182 ft.). Other trails include High Knob Lake Shore Trail (0.5 mi.), and Mountain Fork Trail.

Along with hiking, High Knob Recreation Area boasts camping, swimming, fishing, and picnicking facilities - a spot for all tastes in very panoramic surroundings.

Another very lush recreation area located in the Jefferson National Forest is Little Stony, more commonly referred to as Bear Rock. The easiest access to Little Stony is through the Hanging Rock Picnic Area located near Dungannon.

This area features three breathtaking waterfalls, two about 24 feet and one eight feet in height. Little Stony possesses one of the most spectacular rock formations in Southwest Virginia. The rocks make for excellent climbing adventure.

There is also a wide variety of vegetation growing in the



Bear Rock areas which pose for a very portable experience with nature.

Kitchen Rock Trail and Bark Camp Lake Trail are not as well known as High Knob or Little Stony, but offer just as much beauty and excitement. Kitchen Rock Trail is an 0.5 mi. walking/hiking loop within a hardwood forest. Not far from the loop is Bark Camp Lake Trail. This trail begins at a beaver dam which crosses to a well-designed path around the lake for 3.7 mi.

Wildlife at both trails include Wood Ducks and Beavers. There is also fishing for species such as bass, muskellunge, and sunfish. However, there is no swimming allowed.

For the Speelunker, or cave excavator, the Cave Springs Recreation Area would be an excellent choice. The area is located near Big Stone Gap and Keokee. An exceptional example of rock outcroppings is located within walking distance of the recreation

area. The Stone Mountain Trail (originating at the area) leads to a cave which hides a subterranean stream.

A lot of interest was shown last year at a place known as Lake Flannigan. Flannigan is equipped with cliffs that are excellent to dive off of as well as for climbing.

Lake Flannigan is located past Clintnott, back up in the mountains. The water is surprisingly clear and makes for great swimming and rafting.

If you are at all interested in outdoor sports, you are located in one of the best areas in the state for such activities. You have at your finger tips, a world of trails, climbs, and caves, to let the outdoor sportsman (or woman) in you free. Experience the vast wonders of nature provided by the Appalachian Mountains.

Anyone seeking more information on facilities in this area should check out the numerous books in the library, or visit the Ranger Station located adjacent to the CVC baseball field.

Intramural football kicks off at Clinch Valley



Photo by [unreadable]

INTRAMURAL SCHEDULE

GAME TIMES	GAME 1	6:15 pm	GAME 2	7:00 pm	
					1 - Brew Crew vs. Beam's Best 2 - Pi Kappas vs. V.E. Oct. 2
					1 - Wolverines vs. Pi Kappas Sept. 22
					2 - V.E. vs. Brew Crew Oct. 6
					1 - Wolverines vs. Blazers Oct. 6
					2 - Southern Comfort vs. Beam's Best Oct. 7
					1 - Phi Sigs vs. V.E. Sept. 23
					2 - Brew Crew vs. Pi Kappas Oct. 7
					1 - Phi Sigs vs. V.E. Sept. 23
					2 - Brew Crew vs. Pi Kappas Oct. 8
					1 - Wolverines vs. Beam's Best Sept. 24
					2 - Blazers vs. V.E. Oct. 8
					1 - Wolverines vs. Brew Crew Sept. 24
					2 - Pi Kappas vs. Phi Sigs Oct. 9
					1 - V.E. vs. Southern Comfort Sept. 25
					2 - Beam's Best vs. Blazers Oct. 9
					1 - Southern Comfort vs. Pi Kappas Sept. 25
					2 - Phi Sigs vs. Brew Crew Oct. 9
					1 - Wolverines vs. Phi Sigs Sept. 29
					2 - Brew Crew vs. Southern Comfort Oct. 12
					1 - Pi Kappas vs. Blazers Sept. 30
					2 - Beam's Best vs. V.E. Oct. 12
					1 - Pi Kappas vs. Blazers Sept. 30
					2 - Beam's Best vs. V.E. Oct. 13
					1 - Wolverines vs. Southern Comfort Oct. 1
					2 - Phi Sigs vs. Blazers Oct. 13
					1 - Wolverines vs. Southern Comfort Oct. 1
					2 - Phi Sigs vs. Blazers Oct. 14
					1 - Wolverines vs. Southern Comfort Oct. 1
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