

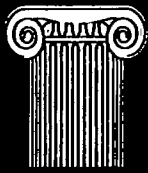


The Highland Cavalier

Vol. 42, No. 19

April 9, 1996

Campus



Briefs

NEWS BRIEFS AT CVC

For more information about any of the notices, call Tamyra Kennedy, News Information Officer, at (540) 328-0130.

CVC ANNUAL KINDERGARTEN CONFERENCE TO BE HELD ON APRIL 20

The fourth annual Southwest Virginia Kindergarten Conference sponsored by Clinch Valley College of the University of Virginia will be held on Saturday, April 20, on the CVC campus. The conference is provided as a community service for area educators, students, and parents. This year's key-note speaker is Jerry King, who is a noted educator and author. For more information about the conference, which is funded by CVC and the Southwest Virginia Public Education Consortium, call Dr. Sandra Richardson at (540) 328-0187.

SPRING OPEN HOUSE TO BE HELD AT CVC

Clinch Valley College of the University of Virginia will hold a spring open house on Saturday, April 13, from 8:30 a.m.-1 p.m. Courtney Kilgore, director of enrollment planning and services, says the open house will allow students to learn about CVC academic, athletic, financial, and social opportunities. The open house

BRIEFS, see pg. 3

CVC students spend break in Panama Beach City

Kathy Brown
Staff Writer

Six members of the Clinch Valley College's Baptist Student Union were among the 370 students participating in BeachReach '96 at Panama City Beach, Florida.

Bethany Alder, Gequetta Bright, Heather Abel, James McAfee, James Westmoreland, and Kathy Brown had a different kind of Spring Break this year. They went to the beach on a mission trip.

"The BeachReachers helped to serve over 2,200 free pancake breakfasts, played lots of volleyball, logged over 500 miles of free rides to Spring Breaker, performed and served at the Beach Express Coffee House and were a part of the street teams who talked to Spring breakers about faith commitments," said Collie.

CVCBSUers along with Mountain Empire student Greg Owens and Campus Minister Jim Collie formed a part of a larger team with BSUers from Radford, Virginia Tech, and the University of Kentucky.

Panama City Beach was the first of three parts of BeachReach '96. Twenty-two colleges were represented at Panama City Beach. Panama City was the week of CVC's Break, March 9-15. Other BeachReaches were held at Clearwater March 16-22, and at Daytona Beach during the week of March 23-29. BeachReachers chose to spend their break to minister their fellow students.

"I wanted to share my faith with the students on Spring break in Panama Beach, Florida. The most favorite BeachReach job was the van ministry. I had a great time meeting all sorts of people and spending time with other Christians during Spring break. I would do it again; maybe during the BeachReach '97," said fellow

BeachReacher
Westmoreland.

The project was patterned after the efforts of Texas BSUs at South Padre over the past fifteen years. The concept of students sharing their faith with fellow students

Jamie

busy. The free pancake breakfast began at 8:30 a.m. each morning. There were student servers and cooks were on their way to the Miracle Strip Amusement Park long before that to set up and join volunteers from the Georgia Bap-

Laguna Beach after being separated from his team.

The evenings brought a variety of activity. The Gulf Beach Baptist Church allowed us to take over their facility.

"The worship center became our prayer room. It was awesome to see fifty students at time praying for hours. There was high excitement whenever the quiet would be interrupted with news of answered prayer as faith commitments," said Collie.

The fellowship hall became the "Beach Express Coffee House" from 8:00 p.m. until 1:00 a.m. with food and live entertainment. By the middle of the week many Spring Breakers were becoming regulars

BEACH, see pg. 8



HC Photo/Taylor Burgess

J. P. Stanley and Ben Mullins are two of CVC's postal employees. Both are supervised by Jean Good. Turn to page 3 for details on how to speed-up your mail delivery.

worked so well there that Bob Hartman, Evangelism Consultant of National Student Ministry had a vision to try it at other beaches that attracted Spring Breakers. Hartman shared his dream with the BSU National Evangelism Task Force and BeachReach '96 was underway. Jim Collie, CVC campus minister, represents Virginia on the NET Force.

The BeachReachers days' were

tist Disaster Relief Team who brought their portable kitchen and their expertise in feeding hungry people to the project.

The BeachReachers afternoons were just as busy. The students gave out cards to advertise our ministry. Volleyball games and tug-of-war on the beach drew crowds. Mac McAfee had so much fun with volleyball that he had to walk the ten miles back to our lodging at

Pre-Registration Dates set for Fall 1996

Pre-registration for Fall semester of 1996 is set to begin on April 12, 1996. The priority processing system for pre-registration adopted sets aside the following dates:

- Friday, April 12 Seniors
- Monday, April 15 Juniors
- Wednesday, April 17 Sophomores
- Friday, April 19 Freshmen (12-23 hours)
- Monday, April 22 Open - Any one

The Registrar's Office will be closed for processing on the days indicated above. Transcripts received by the Registrar's Office will be processed on May 2, 1996.

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Editorials

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Sports

LaCount predicts outcome of baseball!

"Our Constitution was not intended to be used by...any group to foist its personal religious beliefs on the rest of us." Katherine Hepburn, actress, c. 1940.

Opinion

Writer expresses views on food irradiation, associated problems

Richard E. Sincere Jr.
Guest Editorial

Safe meat has become a big international issue. "Mad cow disease" in Britain has led European countries to ban British beef and McDonald's has announced that it will not allow importation of American chickens, arguing that American poultry is more likely to be diseased than native Russian poultry.

No one should be complacent about possible food contamination. According to *Consumers' Research* magazine,

40,000 cases of salmonella infections are reported in this country each year, though experts believe this is only the tip of the iceberg - the number could be as many as four million. At least 500 people die annually from salmonella infections.

Salmonella is present in a wide range of food products - chicken, beef, pork, shellfish, raw milk, eggs, and fish. It is almost impossible to avoid. A relatively safe, cheap, and simple method to prevent salmonella infections, however, is now available: ionized food

processing, also known as "food irradiation." This method may help avert an international crisis in the food import/export business, by providing a viable way to make food safe even under the threat of disease and contamination.

Because "radiation" is the Freddie Krueger of the anti-consumer network - those groups associated with Ralph Nader as well as anti-nuclear activist groups - ionized food processing has not yet been fully accepted by American consumers. Still, after almost 40 years of tests and experiments, we know more about food ionization than almost any other form of food preservation. The Food and Agricultural Organization of the United Nations recommends ionized food processing - which

uses low levels of safe radiation to break down the DNA of infectious bacteria and fungi - as a means of preserving food for the hungry people of the Third World.

Food Producers wonder if there is consumer support for the process. They probably have nothing to worry about. When Florida approved the sale of ionized food, one Miami supermarket chain, Lorenzo's began selling it at premium prices - and customers, pleased by its longer shelf life, quickly bought up all the stock.

Still, fearmongering and irrational beliefs about radiation have prevented the general use of food ionization, to the disadvantage of American consumers. David Rothbard, president of the Committee for a Con-

structive Tomorrow (CTFACT), a grass-roots consumers' organization, has noted: "Opponents of this technology are well organized and have succeeded in misleading the public, as well as many of our elected officials. Relying on flawed studies that have been rejected by almost every credible scientist, these opponents have used scare tactics to block the widespread use of this needed technology."

CTFACT has worked to educate consumers and grocers across the United States about ionized food preservation. Its message includes these points:

• **Food irradiation delays spoilage.** We lose millions of dollars worth of produce and meats each year due to spoilage.

FOOD, see pg. 3

Letter to the Editor:

Henson offers insight about history of campus police

Dear Sir:
I was interested in the article on the Campus Police and delighted that you would give them the credit which they so richly deserve.

Back in simpler times when I was chairman of the Faculty Student Affairs Committee, Jim Lipps and I were the only law on campus. As Jim used to say, "We had only one flashlight between us and it had a bad bulb." I did this while teaching twelve semester-hours of history. In addition to doing most of the maintenance work, inside and outside, Jim also handled the outgoing and incoming mail.

Later, I was Dean of Students, 1962-1965, while continuing to teach full-time. It was during

this time that I decided that CVC students should not be put in jail with common criminals. I arranged with the Wise police during one major dance weekend that erring students should be delivered to out house on Faculty Row. During that long night, Officer Cecil Taylor would just bring the latest miscreant into the house, stack him in the living room with the others, and announce in a loud voice that "Here is another one"

When it comes time for Mr. Lipps to retire, I know that you will handle this event with your usual ability and insights. If I can help in any way, I hope you will let me know.

Sincerely,
Edward L. Henson, Jr.

SIGNE
PHILADELPHIA DAILY NEWS
Philadelphia
USA

DRUG-FREE AMERICA



AGE 0-4 AMOXICILIN
4-12 RITALIN
12-18 APPETITE SUPPRESSANTS
18-24 NO-DOZ
24-38 PROZAC
38-65 ZANTAC
65+ EVERYTHING ELSE

• FOOD, from pg. 2

Ionizing radiation can delay the spoilage of highly perishable fresh fish and shellfish, and prolong the shelf life of fruits like strawberries.

• **Food irradiation is a substitute for toxic pesticides.** Low-dose irradiation can kill insects in grains and other stored foods and can substitute for fumigants like EDB (now banned by EPA regulations) that are hazardous to farm workers and food handlers.

• **Food irradiation eliminates trichinosis hazards in pork.**

• **Food irradiation kills salmonella and other infectious germs.**

Despite all these advantages, some vocal opposition to ionized food processing still exists. Explains Craig Rucker, executive director of CFACT: "

While public demonstrations have intimidated some grocers to boycott "irradiated" food, the more serious obstacles to advancing the technology lie in the state legislatures. Most states have passed laws requiring companies to label ionized foods with the work "irradiated."

The clear purpose of this legislation, he adds, "is to saddle ionized food with a negative nuclear connotation." (Rothbard asks, "Why not just make the labels carry a picture of a mushroom cloud?")

Some states are considering banning the sale and distribution of ionized foods: Maine, New York, and New Jersey have already instituted sales bans. These laws carry harsh penalties for offenders.

Fears of contamination from food irradiation are as foolish as fears about contamination from a microwave oven, a common household appliance.

Every form of cooking is, in essence, a form of radiation. A barbecue uses the radiation from flames; sun-dried raisins use the radiation from the sun's rays; smoked salmon is preserved with the radiation of burning hickory; an egg is poached with electric stovetop radiation.

To deny American consumers inexpensive, safe, and disease-free fruits, meats, and vegetables on the basis of anti-nuclear hysteria is simply bad policy. At the same time, we can help support U.S. farm exports by denying foreign countries - such as Russia - an excuse to exclude American products. Even Britain's "mad cows" could rest easy.

Good offers suggestions to speed mail delivery

Jean Good
Postmistress

The following are a few suggestions to ensure speedy delivery of your mail. If you follow these tips, your mail should reach its destination as quickly as possible.

Campus Mail

1. Always use your return address
2. Print or type clearly and use full names. No alias please.
3. For faculty or staff: Use full name, department, and building.

Example:

Student
John Doe
CVC Box 5000
Campus Mail

Professional
Jane Doe
Admissions Office
Bowers Sturgill
Campus Mail

Off-Campus Mail

1. Never put art work on the outside of your envelope. (While it is very endearing it greatly increases the chance of the mailpiece getting lost, delayed, or wrongly delivered.)
2. With postcards leave room for a complete address. Never run the body of your message into your address. Always put your return address in the upper left corner.
3. Always put the address in the center of your mail. Return address in the upper left corner of your mail. Never switch the two. This could result in the mailpiece being delivered back to you.
4. Always print or type your addresses. Sloppily written could result in wrong delivery, delayed, lost, or returned mail.
5. Always advise correspondents to use your entire address for your mail.

Example:

Professional
Jane Doe
Admissions Office
Bowers Sturgill
Cinch Valley College
1 College Ave
Wise, VA 24293-4400

Student
John Doe
CVC Box 5000
1 College Ave
Wise, VA 24293-4400



HC Photo/Taylor Burgess

Jean Good, CVC's Postmistress uses computerized-equipment to ensure that mail is properly stamped.

• BRIEFS, from pg. 1

is free. Interested individuals should call (540) 328-0102 or (800) 468-3412 for further details.

KENNEDY TO APPEAR ON WETS APRIL 9 AT 7:30 PM

Dr. Brent Kennedy, Clinch Valley College Vice-Chancellor for Development and College Relations, will appear on the April 9 episode of the *With Good Reason* radio program.

Kennedy's program, which will be broadcast at 7:30 p.m., will examine "A Breed Apart: Exploring Unique Appalachian Cultures."

Kennedy will discuss the history and culture of the remote and mysterious Melungeon people of Southwest Virginia, whose origins and ethnicity are a hot topic.

Following Kennedy's interview, Radford English professor and Appalachian Regional Center director Grace Edwards will join Robert Farley, a sociologist at Piedmont Virginia Community College, for a discussion on how outside influences may be putting distinct Appalachian cultures at risk of disappearing.

For more information, call

Carolyn Elliot at (804) 225-3248.

NORTON COMMUNITY HOSPITAL SPONSORS CVC GOLF TOURNAMENT

The "Community Spring Swing," a benefit golf tournament for the Athletic Department and the Alumni Association of Clinch Valley College, will be held on Friday, April 19, beginning at 9 a.m. at Lonesome Pine Country Club in Powell Valley.

Norton Community Hospital is sponsoring the event in recognition of CVC's role in the community, according to William Kenley, NCH administrator.

The event is open to the public.

The \$75 tickets include cart fees, green fees, and refreshments throughout the day. Several prizes will be awarded. In addition, Witt Motors will award a new Buick for a hole-in-one shot. For more information, call Valerie Stanley at (540) 328-0128.

CVC THEATRE AND HIGHLAND PLAYERS TO PRESENT COMEDY

Tom Stoppard's award-winning comedy *Rosencrantz and Guildenstern Are Dead* will be presented by the Clinch Valley College Theatre and the Highland Players during April 17-20 at 8 p.m. and on April 21 at 2 p.m.

Tickets are \$5. For more information, call Laura Miller at (540) 328-0226.

CVC SCHEDULES SUMMER ORIENTATION DATES

Dates have been announced for new student orientation at Clinch Valley College of the University of Virginia. A transfer orientation will be held on Friday, July 19. Two freshmen orientations have also been set.

Dates for the two-day orientation sessions are: Friday and Saturday, June 21 and 22; Friday and Saturday, July 12 and 13.

For more information, call Stephanie Shell at (540) 328-0139 or 800-468-3412.

The Highland Courier

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Highland Players to present *Rosencrantz and Guildenstern Are Dead*

CVC Press Release

Tom Stoppard's award-winning comedy *Rosencrantz and Guildenstern Are Dead* will be presented by the Clinch Valley College Theatre and the Highland Players during April 17-20 at 8 p.m. and on Sunday, April 21, at 2 p.m. The production is directed by Laura Miller, assistant professor of theatre at CVC.

"The two characters find themselves caught up in a world they cannot comprehend."

thoughtful comedy that presents the story of Hamlet from the point of view of the minor characters, Rosencrantz and Guildenstern. The two characters find themselves caught up in a world they cannot comprehend. Their confusion makes for many comic moments and situations.

The CVC production will feature two native Virginians in the lead: James Bocock as Rosencrantz and Ben Mullins as Guildenstern. Rob Cassell, a CVC drama graduate, will be featured as the Player, a traveling actor. His troupe of Tragedians include CVC students and community members, who each

have extensive theatre experience.

The Tragedians will be played by: Elizabeth "Opie" Booth, Laura Pitts, Crystal Reeves, and Debra Taylor. Bret Chisenhall, a student at L.F. Addington Middle School in Wise, will be featured as

"Alfred," the youngest Tragedian. Members of the court include: Jason Dorton in the featured role of Prince Hamlet; Michael Murrell-Fields as King Claudius; Nancy Wampler as Queen Gertrude; Roy Ball as Polonius; Toni Potter as Ophelia; Alan Taylor as Horatio; and Erik Bevins, Nicole Davidson, Christopher Davis, Jenny Dean, and Jason Marshall as courtiers, soldiers and ambassadors.

Campus Paperback Bestseller List Now Available Online

Beginning April 1996, the Campus Paperback Bestseller List will be available monthly online through AAP's Website. Previously under the auspices of the newly formed Trade Division, the Project will now be administered by the AAP's Higher Education Division. "We believe that the transition from paper to an electronic format will make this information accessible to an even wider audience at educational institutions, as they all have online access," says James Lichtenberg, Vice President, Higher Education Division.

Since we will no longer print a hard copy, we invite you to download the listing for inclusion in your publications or for duplication. The listing will continue its regular schedule, September through June and will be posted on the AAP website on the 25th of every month.

We value your opinion and welcome your response to the electronic version of the ever popular Campus Paperback Bestseller List. Feel free to e-mail your comments to the webmaster at the site, attn: Campus Paperback Bestseller List. Thank you for your continued support and interest in this project.

To access the Campus Paperback Bestseller List URL - <http://www.publishers.org/div/hed/bestsellers.html>

Registrar releases information concerning Spring Graduation

The following is information pertaining to CVC students who will be graduating this Spring, Summer, or those who graduated this past December.

Honor Cords
There will be representatives from the Registrar's Office in the gymnasium on the morning with the "HONORS" lists. Please check with the representatives early to see if you are entitled to wear an honor cord during the ceremony. cords will be provided that morning. The GPA requirements:

cum laude 3.500-3.699 magna cum laude 3.700-3.800 summa cum laude 3.900-4.000
The GPA must be maintained on graded work taken at CVC separately as well as on the combination of all graded work taken, regardless of whether the work was accepted for transfer or not.

No Graduation Practice
Be early on graduation morning.
Pictures
A group picture will be made before the processional. Individual still pictures will be taken as you cross the stage and receive your "fake" diploma. A video of the ceremony will also be taken. Information on how to order these pictures will be available in the information packets you will receive when you pick up your cap and gown.

Cap & Gown
You may pick up your cap and gown in the bookstore. They are usually here by May 1. Watch for announcements. Try them on before graduation day. If there is a problem with size or damage, please come by the Registrar's Office.



HC Photo/Taylor Burgess

Shaun Lawson and Crystal Collins display some of their art work they have painted. Both will be graduating this Spring.

fore graduation day. If there is a problem with size or damage, please come by the Registrar's Office.

Diploma
The piece of paper you receive on stage is not your diploma. You can pick up the "real" one in Cantrell Hall immediately after the graduation ceremony. After May 18, the diploma can be picked up in the Registrar's Office.

Frames
Frames for diplomas are available from Keepsake in Norton (679-2170). Prices range from \$76-\$88. Frames may also be purchased from Abingdon Mercantile (628-2788). Prices there range from \$35-\$56.

Announcements
Late orders for announcements can be placed in the CVC Bookstore until April 1.

Rings
Class rings can be ordered from Donna Bond at 328-3728.

Be sure to check with the local hotels for reservations for any out-of-town guests who may need accommodations. Rooms may be hard to find at the last minute.

General Note from past
Wear comfortable and lightweight clothing. Those black robes get hot. Eat breakfast. It may be a long, tiring morning.

Instructions For The Academic Procession
Seniors, Faculty, Advisory Council, and Platform Party
Saturday, May 18, 1996
Time and Place of Formation
9:30 a.m. Seniors - Gym
10:00 a.m. Seniors - Chapel Studio group picture (dressed in caps and gowns) - Gym

10:30 a.m. - Seniors, Faculty, Advisory Council, and Platform Party - Be in line and ready to receive instruction. (Gym)

10:50 a.m. - The procession will begin.

Please Meet as Follows:
Platform Party: Gym

Faculty and Advisory Council:
Gym
Grand Marshal and Color Guard:
Gym
Order of March

1. **Color Guard and Grand Marshal**
2. **Seniors** - Will march according to their place on the seating list which the Grand Marshal will have and will use a reserved section at the front.

3. **Faculty** - To be seated in a reserved section.
4. **Advisory Council** - To be seated to the rear of the faculty.

5. **Platform Party**
Position of Tassel on Caps
Seniors: Wear on right side. Move to left at end of Chancellor's pronouncement conferring your degree.

All others: Wear on left side.
Note: Men will remove caps during the Invocation and Benediction, leaving them on for the rest of the program.

StudentCenter goes to work on the web to help college and graduate students find jobs

New York, NY (Feb. 24)— StudentCenter, a new free online magazine and research tool for the post-graduation job search, recently went live on the Internet. Unlike any other online job service, StudentCenter is structured in a simple, easy-to-access format and offers the optimal balance between practical, how to information and offbeat humor to help relieve job search stress.

StudentCenter has already been recommended by Stanford University's online career site as an "outstanding job resource." Student Center includes an interactive, easy-to-search data-

base with extensive industry profiles on more than 35,000 companies, so students can instantly retrieve a customized list of options to pursue.

Also, StudentCenter offers many interactive services for users to practice important skills and gain immediate feedback. The most heavily trafficked part of the site so far has been the virtual interview which gives students an informative and entertaining quiz to help them develop strong answers to key questions.

The "Ask Donna" column gives students feedback on important job issues.

The site includes step-by-step guidelines for writing the perfect resume, cover letter, and thank-you notes, as well as lots of other helpful tips such as definitions of career buzzwords and details on legal issues/employment rights.

StudentCenter provides descriptions of more than 1,000 industries and will soon introduce an interactive "Career Doctor" to help students discover the right career for their individual skills and interests.

And of course, the creators of StudentCenter think that all work and no fun makes for a boring student, so there's lots of

entertainment to make the job search fun.

"Odd Jobs" lets students guess how superstars got their start, and "The Vegas Approach" lets students put their future into the hands of chance by randomly select fortune and outlandish job suggestion.

StudentCenter's Founder and President, Eve Yohalem, is a 28-year-old entrepreneur and graduate student at Columbia University. Yohalem understands the frustrations associated with job hunting. "The search doesn't have to be a complex, time-intensive scavenger hunt. Rather than pouring

through outdated directories and difficult to access CD-ROMs, students can now find 'one-stop information shopping' at StudentCenter. We've successfully demystified the job search," she explained.

StudentCenter is appropriately targeted at the largest population accessing the Internet, The 14 million college and university students and faculty represent more than 30 percent of all Internet users. StudentCenter can be found 24 hours a day, free on the World Wide Web at:

<http://www.StudentCenter.com>

Partin McReynolds remembered through scholarship

The Virginia College of Health Sciences, an affiliate of Virginia Polytechnic Institute, has established the Partin McReynolds Memorial Scholarship Fund. The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

Mr. McReynolds was a young man who was diagnosed with cancer. He had the courage to face his illness and to continue his education. He was a member of the Phi Kappa Phi Honor Society and a member of the Alpha Phi Omega Fraternity.

The fund is designed to provide financial assistance to students who are pursuing a degree in health care. The fund is open to all students who are currently enrolled in a health care program at the college. The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

With a goal of \$10,000, the fund will provide financial assistance to students who are currently enrolled in a health care program at the college. The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

Partin McReynolds was a young man who was diagnosed with cancer. He had the courage to face his illness and to continue his education. He was a member of the Phi Kappa Phi Honor Society and a member of the Alpha Phi Omega Fraternity.

The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

The fund is named in honor of Partin McReynolds, a CVC alum and a distinguished member of the profession.

CVC's nurse says it's time to get "moving"!

During the winter most of us gain a few or a lot of pounds partially due to being stuck inside. This winter has been worse than usual it seems! However, eventually things will change and we will get relief from the snow. We can now start today with getting rid of our hypokinesia and begin losing the pounds.

We can do this by adding physical activity to our days such as extra walking indoors, climbing the stairs whether we need to or not or put on a tape or CD of singing music and kicking up our heels to the rhythm. By the way, in case you didn't know, hypokinesia means

the state of decreased physical activity.

I know, we all have excuses why we can't or won't increase our physical activity. Here are a few: don't have time, don't like to exercise, don't like to sweat, look ugly or silly in shorts, can't stand pain, too tired, will start tomorrow. So, what's your excuse?

Here are some benefits of increased physical activity: strengthens the heart muscle and lungs, firms your other muscles, reduces stress, reduces blood pressure and reduces hunger.

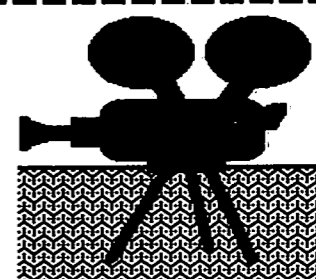
To have a balanced fitness program you need to warm up

for 3-5 minutes, do a low impact aerobic exercise, such as walking or stair climbing, for 20-30 minutes, circuit condition all large muscle groups and stretch for flexibility 15-20 minutes, and cool-down 3-5 minutes.

I don't have the space to go into detail about an exercise program but I will be glad to talk with any of the about exercise if you would like. The main thing is to keep moving. Hypokinesia is easy. Getting fit takes effort but can be fun. Take care of yourselves and each other.

Barbara Jenkins- Your nurse

HC Television Trivia



Chris dela Cruz

1. In the *War of the Worlds*, what phrase the aliens would say when wishing one another success on a mission?
2. In the 1960's *The Time Tunnel*, what was the project's name that built the Time Tunnel?
3. The sitcom *Sledge Hammer* aired on what network? Who created the show?
4. Dave Crabtree purchased what type of car in the sitcom, *My Mother the Car*?
5. In the Family Channel's *Zorro*,

- what was Zorro's true identity? What does "Zorro" mean in English?
6. In *Xena: Warrior Princess*, who portrays Xena and Gabrielle?
7. Name the animated "comic" spin-off from *Gilligan's Island*.
8. In *Get Smart*, name the organization that Smart worked for and the organization that he fought against.
9. What is MacGyver's first name and who portrayed him, according to the series *MacGyver*.

10. In *Lois & Clark: The New Adventures of Superman*, where did the villain Tempus come from?
11. In the sitcom *That's My Mama*, what was the name of the Curtis family's barbershop?
12. The early 1960's sitcom *The Farmer's Daughter* was about what?

Here are the answers to the questions from before Spring Break:

1. "A dark seven"
2. Sean Patrick Flanery & Corey Carrier
3. April Dancer
4. Millie
5. The 3 Orbs originated from the far future & bestowed amazing abilities to people.
6. Woodland Oaks, CA
7. Shelley Fabares
8. 51
9. A carnivorous plant
10. The!l
11. Fred Ziffel
12. Susan Dey

The Highland Center

Sports

King sweeps Clinch Valley in men's tennis action

Stacy Nicholson
Sports Editor

Clinch Valley's men's tennis team lost 8-0 to King College from Bristol, Tn.

Number one seed Derek Sutherland lost to Greshman Hill 7-5, 6-1. The number two seed match was rained out.

Number three seed Wil Massey lost to King College's Dave Osborne 6-1, 6-4.

Number four seed Alan White lost to King's Todd Worley 6-0, 6-4.

Anthony Brickey lost in the number five seed match to King's Chris Toomey 6-1, 6-2.

John Knapp from King won the sixth seed over CVC's Bryan Arnette 6-2, 2-6, 6-0.

Men's double action saw the number one seed of Sutherland and White lose to Rick Knapp and Osborne 2-6, 6-2, 7-5.

The second seed of Pierce and Worley lost to Hill and Worley 6-2, 6-1.

The team of Russell Cyphers and Brickey lost to Brent Mullins and Toomey 6-1, 6-4.

Cyphers, a football player, is limited to doubles play due to an injury sustained last season.



Women's tennis team manhandles King College, gear up for TVAC

Stacy Nicholson
Sports Editor

Emmrick 6-1, 6-1.

Angela Gray won the number four seed match 6-0, 6-2, over King's Amanda Govan. Kelly Dorsey won over Shelia Gill 6-2, 6-0.

Marnie Mullins wrapped up single's action with a 6-0, 6-0 victory over Mamie Hite.

Number one double's pairing of B. Mullins and Gray defeated Martino and Hamblin 6-2, 6-2. Roberts and Dorsey defeated Emmrick and Govan 6-0, 6-0.

Finally, it was the pairing of Misty Puckett and Bethany Mullins beating Gill and Hite 6-2, 6-2.

Bobbi Mullins shows her overpowering form in a match against the King College Lady Tornados last week. Mullins won both her singles match as well as her doubles match with teammate Angela Gray.
HC Photo/ Taylor Burgess



LaCount peers into his crystal ball and predicts the outcome of baseball

Mike LaCount
Sports Writer

National League

Well baseball fans, the waiting is over as the 1996 season finally got underway last month.

It will be hard to top last year's excitement as Cal Ripken, Jr. broke the consecutive game streak held by Lou Gehrig, first year pitcher Hideo Nomo starting the all star game over Cy Young winner Greg Maddux, and the addition of a play-off wild card race.

The National League pennant races will be tight, except in the East.

Atlanta will win the east quite easily. With their hitting line up, Rookie of the Year runner up Chipper Jones, and the deepest pitching staff in the majors, they will not only win the east, but represent the National League in the World Series.

The closest race will be in the west this season. Colorado will squeeze by the Dodgers, but the

Dodgers will obtain the wild card spot.

Colorado will need a healthy Bret Saberhagen in order for the Rockies' pitching staff to be effective. Bill Swift will need more than nine wins this season as well.

Dante Bichette, Larry Walker, and Andrea Galarraga knocked in over 30 homers apiece last season, expect this season not to be different.

With key additions to St. Louis, Tony LaRussa's new ball club will win the central. Ron Gant and Gary Gaetti will shine in Cardinal's uniforms.

Look for Atlanta in the east. Followed by New York, Florida, Philadelphia, and Montreal.

The central will have St Louis winning, followed by Houston, Chicago, Pittsburgh, and Cincinnati.

The west will see Colorado, Los Angeles, San Francisco, and San Diego.

Look for Dante Bichette to win MVP. Maddux will repeat as the

N.L. Cy young award winner. Tony LaRussa will win manager of the year. Pitchers on the rise include Jason Isringhausen from the Mets and Brad Clontz from the Braves.

American League

This season will start on time with a full 162 game season in the American League.

The Baltimore Orioles had a busy off season adding key players such as: Roberto Alomar, Kent Mercker, B.J. Surhoff, Randy Myers, Mike Devereaux, and Roger McDowell.

These additions will make the Orioles the dominating team in the A.L. East as well as the entire league.

When you add these additions to the roster along with Rafael Palmeiro, Mike Mussina, and Cal Ripken, Jr., you have your 1996 world champions.

This is the team to beat this year, and believe me, losing will not happen often.

The Cleveland Indians added some exciting talent to their already talented team. Jack McDowell will have an excellent first year with the Tribe. Expect him to pull down 18 wins this season.

Tim Salmon and J.T. Snow will lead the California Angels to the top of the west. They will eliminate Seattle's chances for a second consecutive western crown, although it won't be until the last month of the season.

The Boston Red Sox will take the Wild Card berth this season. This will make Boston's first back to back post season years since the 1915-1916 season.

Last year's MVP, Mo Vaughn, will carry the Red Sox as he did last season. Jose Conseco, newly acquired Kevin Mitchell, Mike Greenwell, and Roger Clemens will have a lot to do with the Sox's fate. They will respond.

In the east, Baltimore should win, with Boston, New York, Detroit, and Toronto rounding out the order.

The central should see Cleveland taking it, with Chicago, Kansas City, Minnesota, and Milwaukee finishing behind them.

The west will be California, Seattle, Texas, and Oakland.

Ken Griffey, Jr. should win the MVP with Cy Young winner Randy Johnson. Baltimore will produce the manager of the year in Davey Johnson. Pitchers on the rise include the O's Mike Mussina and the Tribe's Jack McDowell.



Collier finishes her career at Clinch Valley and looks down the road for better things

Kathy Brown
Staff Writer

Wendi Collier, a senior at Clinch Valley College, is one of the many CVC Basketball stars during this years' season who chose to come back during her fifth year instead of graduating to just play basketball.

Collier also decided since she is still at CVC that she should continue to expand her mind with knowledge and know how that could help her in the future.

She is double majoring in Chemistry/ Psychology Sociology. She will also have a minor in English.

Even though she does well academically; her first love though is basketball.

"I have played basketball since the first grade. My mother played basketball. I have played this sport because it is something that is constructed to do," said Collier.

Collier's other hobbies are soft-

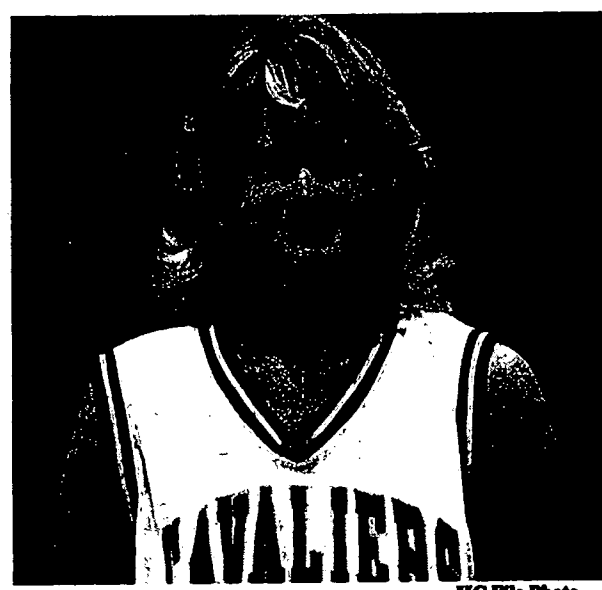
ball and practically any other outdoors activities that is available.

Basketball is what she loves to do most.

Collier did not begin to play on CVC's basketball team until her sophomore year.

She has been a forward throughout her basketball career at CVC.

She said during this time a student, Rachel Clay a former CVC Women Basketball player, was on the team.



Wendi Collier was the picture of consistency in her four years of basketball at Clinch Valley College and now her name shall endure in CVC's record books.
HC File Photo

"I learn a lot from Clay. This past years' entire team was from Southwest Virginia. In high school, we all played on separate teams and at this college we play as one team," said Collier.

Collier said that it was much harder to practice this time and to keep up with all of her other activities including class work.

She commented that since her time at CVC as a basketball star; she has had three different coaches.

"I have been coached by Michele Gill, Wayne Leswich, and Kim Bynum during my basketball career at college," said Collier.

As many basketball coaches that she has had in the past, she wants to coach in the future and also teach.

She has the desire to stay in Wise County, but if necessary she would move to better herself in a career.

"I think that being a basketball coach would be the best job to do in College," she continues to say, "I do see myself as CVC's Women Basketball Coach in the future, but a ways down the road," said Collier.

As Collier gets ready to graduate in May, she feels that she will miss her friends the most, especially her friends on the team.

Collier has discovered that she is an All-American and an Academic All American this semester.

"To be happy" is Collier's goal in life.

Collier set the school rebounding record this year.

Virginia Intermont steals a victory from Cavs in ninth inning

Stacy Nicholson
Sports Editor

The Virginia Intermont Cobras defeated the Cavs in a squeaker last Friday.

Clinch Valley led 2-1 in the sixth inning when Intermont's Wes Self put one out of the park, knotting the game at two apiece.

The bottom of the ninth was disastrous for the Cavs. VI's Darrin Morrison led off the ninth with a walk. A sacrifice bunt put the go ahead run on second base. Clinch Valley then pitched around Brian Summers and a fielder's choice put another VI player on base.

Then, a shot to third base was booted and the winning run scored. Chris Hill took the loss for the Cavs.

Federal law forces colleges to publish athletics budgets

College Press Service

WASHINGTON—The amount of money that universities spend on intercollegiate athletics soon will be public knowledge.

Now co-educational colleges that participate in any federal student financial aid program must publish reports outlining how much was spent on their men's and women's athletic programs.

The new U.S. Department of Education regulations were issued in response to a law passed by Congress in 1994 that was designed to increase knowledge of gender equality in intercollegiate sports.

The reports must be made public by Oct. 1, 1996, and by Oct. 15 in succeeding years.

To comply with the act, institutions will be required to

include the total revenues and expenses for collegiate athletics programs, broken down by sport, as well as total revenues and operating expenses of the institution.

Colleges also must include the number of undergraduates by gender, the number of participants by gender for each varsity team, the number of head coaches by gender, and the average institutional salary of the head coaches of the men's and women's teams.

The statute, however, does not specify where the reports are to be made available.

Under Title IX of the Education Amendments to the Civil Rights Act of 1964, any university that receives federal funding must have equal facilities and resources for all athletes.

UNC mascot killed

College Press Service

CHAPEL HILL, N.C.—Why anyone would want to slaughter a ram that served as the University of North Carolina's mascot is still a mystery to police.

The Tar Heel mascot, named Rameses XXIX, was found last month with its throat slit and its left shoulder cut off, police said.

The animal had been removed from its chain and dragged across a field close to the farm where it lived.

No one has been charged with the crime, although police suspect that teen-agers may have killed the animal on a dare.

For 70 years, the ram has been the official mascot of all North Carolina's athletic teams, although it only appears on the sidelines at

football games.

Legend has it that the ram became the mascot when a cheerleader in 1924 was inspired by a bruising fullback nicknamed "the battering ram," and decided the Tar Heels needed a symbol because Georgia teams had a bulldog and North Carolina State had a wolf.

A university spokesperson said the campus now has a new ram. Rameses XXX will make his debut at Tar Heel football games this fall.

The Tar Heel mascot, named Rameses XXIX, was found last month with its throat slit and its left shoulder cut off, police said.



Alpha Delta Chi sisters Bonnie Sale, Paige Allen, and Rebecca Hartnett along with Bucky the dog, take a break from practicing intramural softball.
HC Photo/ Taylor Burgess



Crockett's team of Aaron Hicks, Curtis Litton, Josh Brooks, Dan Armstrong and Chico Blevins show what softball power is all about.
HC Photo/ Taylor Burgess

Writer experiences Morissette in true form

Mike LaCount
Staff Writer

On Jan. 29, Alanis Morissette played a sold out show at George Mason University in Fairfax, VA and put on one of the most energetic shows I've ever seen.

The opening band was the group *Loud Lucy*, in which they played a mellow-alternative set. They are receiving a lot of air time on the radio stations in the D.C. area and on MTV's "Alternative Nation."

Finally, the lights went out, the arena stood to their feet screaming "Alanis!" The band would then walk on stage and about 30 seconds later, Alanis would stroll out on stage. She came out playing her harmonica solo, with her band joining her in "All I Really Want." The crowd, as it got louder, seemed to take over Alanis' vocals.

Morissette followed "All I Really Want" by performing "Right Through You," in which the crowd didn't let up. The crowd finally settled down during her ballad "Mary Jane." She played every song of her multi-platinum album

"Jagged Little Pill" and included two new songs, including one called "Can't Stop."

Morissette played two encores, the first of the two were her latest



single "Ironic," and ended the show with a heavy rendition of "You Learn."

Alanis surprised me by how well she sang. From seeing her perform on MTV and "Saturday Night Live", I wasn't too impressed. However, I was totally impressed with her performance in live concert. She sounded just as she does on her album.

The entire show lasted a little more than two hours, with not a boring second during her entire set. I would seriously recommend her "Jagged Little Pill" album.

•BEACH, from pg. 1

at Beach Express.

A Sunday School room became the command central for the Free Rides. Sprint Cellular donated phones and air time. The vans that were our transportation to the beach became taxis and thousands of breakers took advantage of our Free Rides from 8:00 p.m. until 3:00 a.m. each day. Students may have seen the vans on MTV.

Owens, Abel, and Brown trained to be dispatchers. McAfee and Bright performed at the Beach Express Coffee House. Alder and

Westmoreland found their place in the van ministry.

"The street teams canvassed the beachfront from 8:00 p.m. until 10:00 p.m. By the end of the week, everyone had tried mostly everything," said Collie.

On Wednesday morning at breakfast an event happened that captured the essence of the week for all BeachReachers.

"A young woman who had just turned eighteen and had been living on the streets for months came here with two companions to get a free mail. She was so struck by the caring attitude of the BSUers she

encountered that she made a decision to change her lifestyle and be reunited with her family. The young woman said, 'I don't want to be a street person all my life. I want to be like you.' She told the students who befriended her. Later in the week she was reunited with her parents and family.

"I think I can speak for all of us and say that we would go and do BeachReach again," said Collie. "We were constantly asked why we would give up our Spring Break to do this. Compared to what we each received we definitely came out far better," said Collie.

ATTENTION ALL STUDENTS

The Highland Cavalier SGA Presidential Debates will be held on April 15 at 1:00 in Zehmer lounge. The elections will be held on April 17-18 in the Zehmer Lounge. This is your chance to hear the candidates speak about their ideas for CVC's student government. You will have a chance to ask the candidates questions during the debate. Come out and join us during this time!



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