**Tis the season - for the flu?**

Eliza Evans
Staff Writer

No, it is not Christmas again. It is officially the middle of flu season again.
This is the time of year
*cough* when most people
*sniffle* feel as if they are at the bottom of the food chain *groan*.

The Student Health Services office has seen over 200 students in the month of February alone, most of which have had the terrible flu.

Some of the most common symptoms of influenza (flu) are:

- runny nose “sniffle, sniffle”
- sneezing “ah-choo”
- coughing “back”
- head and body aches “moan”
- sneezing “ah-choo”
- fever “Ohhh”

What can people do to make passing flu, page 2

First Annual Youth Crusade to be held

Cassandra Perry
Guest Writer

“We want to see a harvest of souls that will start an awesome move of God on our campus. That will have a lasting effect on students. A time of renewal for Christians and new people born into the kingdom of God."

This is what Suzy Bevins, co-founder of Alpha Omega, had to say about the Ignite the Light Crusade that is scheduled to take place April 12-16 on McCravy Field at Clinch Valley College.

The first annual Ignite the Light Crusade will feature speakers, music, skits, and more. The purpose of the event is to bring the word of God to the people living on campus at Clinch Valley and also the area’s youth.

In October the Student Health Services, Clinch Valley Prayer Group, and the 3rd floor McCravy’s women support group (aka Soul Sisters), got together and began to discuss the idea of a weekend event; but it was soon lengthened to a week.

Heather Smith, President of the Baptist Student Union, said this about the Crusade, “I want to make a difference on campus. To see our campus have a passion for God.” Both Smith and Bevins have been instrumental in planning this event.

The two have worked in conjunction with Ronnie Welch and Mary Jan Bevins, Baptist Student Union, and the 3rd floor McCravy’s women support group (aka Soul Sisters), got together and began to discuss the idea of a weekend event; but it was soon lengthened to a week.

Heather Smith, President of the Baptist Student Union, said this about the Crusade, “I want to make a difference on campus. To see our campus have a passion for God.” Both Smith and Bevins have been instrumental in planning this event.

The schedule that is set for the week begins on Monday night at 6 PM with speaker Pastor Wayne Haggar and 3rd Wave Ush Group performing skits and music. Both are from Zion Family Ministries.

Tuesday will be the highlight of the event with well-known Contemporary Christian groups, The Waiting and Switchfoot (invitation) expected to perform. Also speaking on Tuesday night is the lead singer from a group called Chasing Furies.

At 1 PM on Wednesday, a Mass and Rosary service will be held in the Chapel of All Faiths. The service will be led by Father Joseph Facuna from St. Anthony’s in Norton. That evening at 6 PM Jimmy and Marcia Mitchell will be speaking with special singers Bridgette Stallard and Cassandra Perry.

The author of the best-selling book, What Would Jesus Do? Garrett Sheldon, will finish out the night services for the week by speaking. Friday ends the Crusade with a service by Mike Jenkins who is nationally known for his work with professional sports teams. Along with Jenkins will be a song service by Tarrah Boy.

The only stumbling block that seems to lie in the way of the Crusade is money. The Crusade will require organizations to raise around $4000. So far, only $1000 has been raised.

Fundraising attempts are still underway. Letters have been sent out to local churches asking for their support. They have yet to receive a reply, but as Bevins said, “We’ve prayed about it and God told us not to worry about it, that He would be faithful.”

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**Information from the Office of Financial Aid Services**

Students who believe they cannot afford college are reminded that more than $45.5 million in financial assistance is available at Clinch Valley College of the University of Virginia, but applications must be completed soon.

In order to be considered for all sources of financial assistance, PVC must receive the personal information listed below before April 1, 1999. This deadline applies to all students: freshmen, transfer, and current Clinch Valley College students. Freshmen and transfer students must also be granted permission to the College by April 1:

- **Financial assistance may take the form of scholarships.** Grants, loans, and work programs.
- **Clinch Valley College** uses the Free Application for Federal Student Aid (FAFSA) in financial aid applications. The FAFSA is a confidential report of the financial situation of students and their family. The information required will include, but not be limited to, family income, assets, expenses, family size, number of family members attending college, and the age of the oldest child. When completed, this application is sent directly to Federal Student Aid, Attn: VASAFF, 1340 M.B.

Within four to six weeks the processing center will forward a need analysis report based on the provided financial data and the student's attendance. For more information, call the Office of Financial Aid Services at Clinch Valley (546) 3280-1209.

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**Women's Tennis Team 1998 TVAC champion in women's tennis with a few wins already in hand.**

Deanna Jones and Sondra Haire are two of the top three standpoint performers and the team has the desire to achieve success in the future.

The Lady Cavs have all had a player on each team for the past five years, in fact the Lady Cavs are the only team in the TVAC that has had a consistent lineup of players each year. The Lady Cavs are one of the top teams in the East Coast, with a 22-3 record, and the Lady Cavs have won the TVAC tournament for the past three years.

During the season, the Lady Cavs have won 14 of their 22 matches, including 12 in a row, to set a new record for most consecutive victories. The Lady Cavs are currently ranked number one in the East Coast, and are expected to continue their winning streak into the TVAC tournament.

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**NCAAMENS OF THE WEEK**

**Brandon Taylor** Sports Writer

The Lady Cavs' basketball season came to an end on March 8, 1999. The team finished the season with a 15-5 record and a trip to the NCAA tournament.

This season was the Lady Cavs' most successful season in recent years, as they finished third in the TVAC and advanced to the NCAA tournament.

- **Brenda Derrett and Samantha Lemon** were the Lady Cavs' top two scorers, with Derrett finishing her career as one of the top scorers in the TVAC. Lemon led the team in assists and made the Lady Cavs a more balanced team.

Despite the end of the regular season, the Lady Cavs have had a great season and are looking forward to the future.

The Lady Cavs have had a lot of players in the TVAC tournament, including Deanna Jones and Sondra Haire. The Lady Cavs have made it to the final four of the TVAC tournament twice, and are looking forward to making it to the championship game.

The Lady Cavs are currently ranked number one in the East Coast, and are expected to continue their winning streak into the NCAA tournament.

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**CFCC Intramural Report: Competition Continues**

Brandon Taylor Sports Writer

After their first official season with a record of 6-2, the Lady Cavs have a strong desire to achieve success in the future.

The team's coach, Gill, is looking for a new strength and stamina over than ever. This season, they will play mostly atprivy and are looking for a new strength and stamina over than ever. This season, the Lady Cavs have a strong desire to achieve success in the future.

The Lady Cavs' first game is an away game at Southeast Missouri State, and they are looking forward to the challenge.

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**Tennis team serves up wins**

**1999 Softball Preview**

Maribina Williams

The Snapshots take up the top of the food chain in no time if you take care of yourself.

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**Candy Bates Dores**

Women's Volleyball Sports Writer

On April 2, 2000, the Women's volleyball team defeated the Millsaps Defenders at home, 3-4, 4-3, 4-2.

The Lady Cavs are coming off a 3-0 sweep of the Millsaps Defenders in the first round of the TVAC tournament, and are looking to continue their winning streak into the final four.

The Lady Cavs have made it to the final four of the TVAC tournament twice, and are looking forward to making it to the championship game.

The Lady Cavs are currently ranked number one in the East Coast, and are expected to continue their winning streak into the NCAA tournament.

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**Bob Jackson**

Sports Writer

Bob Jackson, a utility player from Kentucky, is ready for his sophomore season, hitting 13 home runs with 34 runs and 3 RBIs. "Larry will be playing in the outfield this year," said coach Gill, "and a developed a good, powerful swing."
Female artists sweep Grammys

Damion Garrison
Staff Writer

It has once said that a woman's true place was in the home. Squash that old notion of female mediocrity. Female artists ruled at this years Grammy's. Held at the Shrine Auditorium in Los Angeles and hosted by Rosie O'Donnell, this year's award ceremony was the most enjoyable one in recent years. Great performances and surprise winners and losers highlighted this year's awards show.

The night started out with a Japanese inspired performance of Nothing Really Matters by Madonna. She was followed by Aerosmith and Sheryl Crow whom did so-so renditions of I Don't Want To Miss A Thing and Anything But Down. Kirk Franklin and the Family featuring Gerald Levert, Crystal Lewis, Mary J. Blige, and Bono ended the first hour of the show with a spiritually uplifting performance of the Grammy award winning Best Gospel Song, Lean On Me. Shania Twain began the second hour with her performance of Man I Feel Like A Woman. Alanis Morissette then performed her award winning single for the City of Angels Soundtrack, Uninvited. One of the biggest and most surprising performances of the night was Ricky Martin's showstopping concert style performance of Vuelve. The third hour included performances by Celine Dion and Bochelli. The final performance of the night was Lauryn Hill's African themed rendition of To Zion. On the whole, the performances at this years Grammy Awards were excellent.

The Top Award Winners of the night are as follows:

- Record of the Year- My Heart Will Go On; Best Female R&B- Lauryn Hill
- Album of the Year- The Miseducation of Lauryn Hill
- Song of the Year- My Heart Will Go On; Best Alternative Performance- Beastie Boys
- Best New Artist- Lauryn Hill; Best R&B Duo Performance- Brandy and Monica
- Best Female Pop Performance- My Heart Will Go On, Celine Dion
- Best Male Pop Performance- Eric Clapton; Best Country Album- Wide Open Spaces
- Best Pop Performance By Duo or Group- Jump, Live An, Wait, Brian Setzer Orchestra
- Best Dance Recording-Madonna; Best R&B Album- The Miseducation of Lauryn Hill
- Best Pop Album- Ray of Light; Best R&B Song- Do What (That Thing), Lauryn Hill
- Best Female Rock Vocal Performance- Uninvited, Alanis Morissette
- Best Male Rock Vocal Performance- Fly Away, Lenny Krantz
- Best Rock Performance by a Duo of Group- Pink; Aerosmith
- Best Metal Performance-Better Than You, Metallica
- Best Rock Song- Uninvited; Best Rap Album- Volume 2: Hard Knocks
- Best Rock Album- The Globe Sessions; Best Country Song- You're Still the One
- Best Country Group Performance- Wide Open Spaces, Dixie Chicks
- Best Rap Solo- Gettin Jiggly With It, Will Smith
- Best Latin Pop Performance-Vuelve, Ricky Martin
- Best Contemporary Soul Gospel Album- The Nu Nation Project, Kirk Franklin/Family
- Best Pop Album- The Toughest, Barenaked Ladies
- Best Pop Vocal Album- My Heart Will Go On, Celine Dion
- Best Pop Vocal Performance- My Heart Will Go On, Celine Dion
- Best Alternative Music Album- Wide Open Spaces, Dixie Chicks
- Best Traditional Pop Vocal Performance- One Day At A Time, Amanda Lear
- Best Performance By A Duo Or Group- Jump, Live An, Wait, Brian Setzer Orchestra
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- Best Alternative Music Album- Wide Open Spaces, Dixie Chicks
- Best Traditional Pop Vocal Performance- One Day At A Time, Amanda Lear

The ending has a nice little twist. The movie ends happily (with a reunion to a previously stranded Martian), and then ends happily again. This may be a little bit too much, as most viewers left the theater after the first ending, and missed the second. You have to see it to understand.

Perhaps the strongest point of My Favorite Martian is Christopher Lloyd. He creates a very lovable and comical character that people will not likely forget. One particular incident involves "Martian depression", in which Uncle Martin really "falls apart". His legs and arms physically fall off, when he cries, "I wanna go home", his head tumbles onto the floor.

To many, My Favorite Martian will appear as a satire upon modern society. Martin constantly makes fun of the low intelligence level of earthlings.' He says of the space program, "Your astronauts pee in their space suits! - case closed."

Contrary to the reputation Disney has earned from past productions - one of historical distortion - My Favorite Martian is more realistic. Certainly, there was less to distort, but the improvement is noticeable.

In keeping with the recent technological tradition in family movies, My Favorite Martian has its share of effects shots. Zoot is entirely computer-generated, and Martin's arms are full of servos (small motors) for the "Martian depression" scene. Martin also has the power to levitate objects, and to shrink his spaceship to the size of a toy; these demand extensive special effects. The Martian chews special gum to take on a human form, and each scene requires a digital transition.

Over-all, My Favorite Martian is a great movie. The special effects, makes them laugh, and gives them something to remember.

Rated PG (language)