



The Highland Cavalier

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'Tis the season- for the flu? First Annual Youth Crusade to be held

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"
- * dry coughing "hack"
- * head and body aches "moan"
- * red eyes
- * sore throat "groan"
- * fever "Ohhh"

These symptoms usually last 2 to 5 days.

What can people do to make them feel like the top of the food chain? Here are a few simple suggestions:

- * Drink plenty of liquids.
- * Get plenty of rest. Experts recommend no partying or heavy exercise.
- * Take aspirin or acetaminophen three to four times a day.
- * Use a humidifier, especially in the bedroom.
- * Avoid medicines that treat everything at once.
- * Do not use nasal decongestant sprays for more than three days.

There are also a few steps that can be taken to relieve individual symptoms such as:

- * Gargle lukewarm salt water to relieve a sore throat.
- * Drink steaming hot tea, chicken broth, or hot water. The steam moisturizes the nasal passages.
- * Make your own nose drops by mixing 1/2 tsp. of salt with 1 cup of warm water.

These tips will not cure the flu, they will just make the symptoms a little more tolerable.

Not everybody must suffer miserably. There are several

ways to prevent the flu from taking up residence with you such as:

- * Avoid touching your eyes, nose, and mouth. (This is usually easier said than done.)
- * Eat and sleep well, and get plenty of exercise. (Sometimes it pays to walk up the steps from the cafeteria.)

* Get a flu shot in the fall!
WASH YOUR HANDS!!
According to Tempa Rasnick of Student Health Services, proper hand washing is the most important factor in preventing the spread of the flu and several other germs. It is important to wash your hands at all times, but it is especially important before:

- ‡ preparing or eating food
- ‡ treating a cut or wound
- ‡ inserting or removing a contact lens

And after:
‡ after going to the bathroom
‡ handling uncooked food
‡ changing a diaper

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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 McCrarray 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 Baptist Student Union, Alpha Omega, Wesley Foundation, Clinch Valley Prayer Group, and the 3rd floor McCrarray'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 Gary Juhan. Bevins said, "Welch and Juhan have been open to many suggestions and have offered to help." Both women agree that the faculty have been very helpful.

The schedule that is set for the week begins on Monday night at 6 PM with speaker Pastor Wayne Hagar and 3rd Wave Uth 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 (tentative) 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 Facura 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."

Alumni Phonathon very successful

Stephanie R. Price
Guest Writer

Have you ever gotten a telephone call with someone on the other end trying to sell you something useless? Well, Clinch Valley College is one the phone this week and their goal is anything but useless.

During the week of February 21-25, CVC alumni are phoning members of the Old Alumni Alumni members to raise money for the college. The fund-raising is not only for the benefit of the school, but also for the benefit of the community. The fund-raising is being done by the Alumni Association, which is a group of former students who are still active in the community. The fund-raising is being done by the Alumni Association, which is a group of former students who are still active in the community.

in making people aware that the money that is donated is used for areas of greatest need, such as scholarships, athletics, student trips, and activities.

As for the students involved, they benefit in other ways. The students are not paid monetarily, but they gain valuable experience and training for future residences and jobs. This is an activity that will be a very effective addition to any resume and add to their communication skills.

A former CVC Nicole Lawson said that the phone calls were not a great deal for her, but she was glad to help. She said she was glad to help. She said she was glad to help. She said she was glad to help.

The Phonathon is in it's sixth year running and has been a complete success in the past. This year, however, Lawson has decided to try something different.

In the past five years, the Phonathon was scheduled for two weeks and each alum was asked for a \$100 donation.

Lawson has changed the way the fund-raiser works, and hopes that more alumni will get involved and have interest in the school. She is more concerned now about the percentage of giving, instead of the actual amount of money received.

This year we will start out asking for \$30, Lawson stated.

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News

Sports

Style

Financial Aid info.

Tennis season begins

Grammy review

News of professional athletes is better than you can get from the news. Barbara Adams

flu, from page 1

‡ blowing your nose, coughing, or sneezing. Sometimes home remedies and preventative measures still are not enough to prevent the flu from loving us.

Alumni, from page 2

Some alumni will give much more than this though. They will often give a larger donation than they gave the previous year. Though some alumni are extremely generous, many students involved in the Phonathon can state that others are very uninterested.

Student Support Services, the Tutor Connection, and the Math Lab have moved to the first floor of Zehmer Hall (next to the Jefferson Lounge). Office hours are M-TH: 8 AM- 10 PM and F: 8 AM- 5 PM. For more information call 328-0177.

PIZZA KING FREE DELIVERY From Our Castle To Yours! MONDAY - THURSDAY 11:00 a.m. to Midnight FRIDAY & SATURDAY 11:00 a.m. to 1:00 a.m. SUNDAY: 12 Noon to 12 Midnight

Information from the Office of Financial Aid Services

Students who believe they cannot afford college are reminded that more than \$4.5 million in financial assistance is available at Clinch Valley College of the University of Virginia, but applications must be completed soon.

In order for students to be considered for all sources of financial assistance, CVC must receive the processed information no later than April 1, 1999. This deadline applies to all students- freshman, transfer, and current Clinch Valley College students.

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) as its financial aid application.

Within four to six weeks the processing center will forward a need analysis report based on the provided financial data to the student and to the college and universities listed on the FAFSA.

Women enrolled at Clinch Valley College of the University of Virginia will benefit from a \$95000 grant for scholarships from the Lettie Pate Whitehead Foundation, Inc. of Atlanta.

The award, presented to Clinch Valley College Foundation, continues a long association between CVC and Lettie Pate Whitehead Foundation, which has provided funding to the College since 1977.

The Whitehead Foundation was chartered in 1946 for the aid and benefit for needy Christian women from Georgia, North Carolina, South Carolina, Virginia, Louisiana, Mississippi, Alabama, Tennessee, and Florida.

For consideration, students must complete a Free Application or Federal Student Aid (FAFSA). FAFSA's are available at high school guidance offices or can be requested from the Office of Financial Aid Services, Clinch Valley College, 1 College Avenue, Wise, Virginia 24293 and by calling (888) CVC-9324 or (540) 328-0139.

The application deadline for any student interested in applying for the Clinch Valley College of the University of Virginia Chemistry Scholarship is March 15, 1999.

This scholarship was established for Clinch Valley College faculty and alumni to provide financial support for entering freshmen interested in majoring in chemistry at CVC.

Interested students must be admitted to Clinch Valley College and complete the scholarship application. Letters of recommendation from current or former science teachers as well as a 250-word essay are required.

For more information or to request an application, contact the Office of Financial Aid Services locally at (540) 329-0139 or toll-free at (888) CVC-9324.

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Tennis team serves up wins 1999 Softball Preview

Robby Mullins Sports Writer

On Friday, Feb. 26 at 3:00 P.M., the CVC Women's and Men's tennis teams had their first match of the season at home against Montreat.

Members of this year's Women's tennis team include one junior, Brandi Collins; four sophomores, Laura Mullins, Amber Gunter, Lacy Gilley, and Kristi Carter; and two freshmen, Kristen Dotson and Stacie France.

Members of this year's Men's tennis team include seniors, Kevin Rubink and Woody Fretwell; junior, Matt Hurley; sophomores, Jon Hinchey and Brad Hart; and two freshmen, Corey Blanton and

Brad Watson. The coaches are Danny Rowland and Stan Zirkle. In the women's singles match, Mullins defeated Montreat's #1 seed, Abby Higley, 7-6(4), 6-3.



HC File Photo by Graham Marsteller

Women's Tennis Team 1998 TVAC champions gear up for another award-winning season with a few wins already in hand.

Dotson beat Beth Jones 6-3, 6-3. France won 6-2, 6-0 over Jessie Shatzle. Gilley defeated Krystal Braidwood by the score of 6-2, 6-0 as well. Gunter and Carter both

won their matches by default. In women's doubles action, Mullins and Dotson pounded Higley and Jones in an 8-1 win, France and Gunter thrashed Braidwood and Shatzle 8-1, and Gilley and Collins won by default. Overall, the Lady Cavs beat Montreat 9-0.

In men's singles action, Rubink beat Jason Bryant 6-3, 6-1, Hinchey defeated Thomas Hannah 6-3, 6-3, Hurley lost to Phil Quinn, 6-4, 1-6, 3-6, Hart bested Nathan Havgaard 6-4, 6-2, Blanton dumped Chris Rittle 6-2, 6-1, and Watson beat Derrick Thomas 6-0, 6-4.

In men's doubles action, Rubink and Hurley lost to Bryant and Hannah 4-8, Hinchey and Hart defeated Havgaard and Quinn 8-3, and Blanton and Watson beat Thomas and Rittle 8-3. Overall, the Cavs won 7-2.

Robby Mullins Sports Writer

After their first official season with a record of 8-22, the Lady Cavalier softball team, coached by Lisa Minton, are looking for much improvement in their second season.

The team is planning to rely on a balance of experience and a talented group of newcomers, as they have eight returning players and 11 new players on this season's roster.

This year's squad will be led by three seniors: Amee Duncan, a shortstop from Big Stone Gap, VA, Brenna Derting, an outfielder from Gate City, VA, and Carla Ratliff, an outfielder from Grundy, VA.

Duncan, who led the conference with a fielding percentage of .987, had a batting average of .513, led the team in runs batted in with 25, and was second on the team in stolen bases, will be the team captain this season.

Derting, who played 18 games last season, producing nine hits, five RBI, and four runs, is "a hard-working outfielder with a great attitude," says Minton.

Ratliff returns after playing 13 games last season and batting .333. "She has the greatest attitude in the game and always plays hard," said Minton.

Dana Booher, a sophomore pitcher/outfielder from Bristol, VA played in 26 games last season, batted .329, had 26 hits, scored 14 runs, and had 12 RBI.

Booher's pitching record was 5-8 last season, as she started 14 games, pitching 13 complete games, and striking out 35 batters. "Dana's coming off of a knee injury and she'll be back after spring break. She will primarily play outfield and contribute offensively and defensively," said Minton.

Stephanie Brumfield, a sophomore pitcher and infielder who played 25 games last season, batted .440, scored 19 runs, and

drove in 12. Brumfield pitched in 13 games, compiling a 2-10 record, pitching one shutout, and fanning 24 batters. "Stephanie will play mostly at pitcher and third base. She is fundamentally sound and stonger than ever as a pitcher," said Minton.

Mary Conkin, a utility player from Kingsport, TN, who returns for her sophomore season, batted .315 last season with 14 runs and 6 RBI. "Mary will be playing outfield. She's very quick, she's developed a good glove, and she's gaining confidence," said Minton.

Wendy Street, a sophomore first baseman from Richlands, VA, returns after playing in 28 games and batting .398 last season with 9 runs and 22 RBI. "Wendy will be our main power hitter this season," said Minton.

Sara Vanover, a sophomore outfielder from Vansant, VA, returns after playing in 12 games last season and batting .345 with 3 runs and 3 RBI. "Sara is an outfielder who works really hard," said Minton.

Newcomers to this year's team are: Misti Maples, a sophomore infielder from Castlewood, VA; Jamie Trent, a catcher/outfielder from St. Paul, VA; Brooke Paragon, a pitcher from Pound, VA; Alpha Hall, an infielder from Neon, KY; Lana Holbrook, an infielder from Neon, KY; Laura Wright, a utility player from Elk Creek, VA; Kristen Berney, an infielder from Virginia Beach, VA; Heidi Eades, an infielder from Woodford, VA; Jaime Hollingsworth, a catcher from Round Hill, VA; Alyssa Harvey, an outfielder from Danville, VA; and Allison Vaughan, a utility player from Galax, VA

Three students will be assisting Coach Minton this season. The student assistant will be Jason Mann, the statistician will be Bettina Vanover, and Nicole Roy will manage the team.

The Lady Cavs' first game is an away game at Southern Virginia College on March 3.

Lady Cavs lose season finale to Bluefield

Brandon Taylor Sports Writer

The Lady Cavaliers basketball season came to an end on Tuesday, February 23. The season finale was played against Bluefield College for the right to move on to the TVAC tournament, which was held at Virginia High School.

The game was like so many for the Lady Cavs this year. They were unfortunately the recipients of several bad calls that went for Bluefield and against them. The Lady Cavs received few breaks as the Bluefield shot 18 more free throws than the Cavs and made a whopping 10 more free throws than the Lady Cavs.

The game was a disappointing one for the Lady Cavs as they fell to Bluefield College by the score of 87-64. With the Lady Cavs losing, it marked an end to

Brenna Derting and Samantha Lester's career at CVC. Lester finished her career as one of the Lady Cavs all-time leading scorers and also ranks high on the all-time three point made list. Derting finished her career as a very important player and team leader for the Lady Cavs. Thanks for all the memories, Brenna and Samantha.

Despite the end of two standout performers and the disappointing loss the Lady Cavs played hard for the entire 40 minutes, which is typical of a Michelle Gill coached team. The Lady Cavs were led in the loss by freshman sensation Lauren Carr with 14 points and six rebounds. Samantha Lester poured in a solid 12 points in her last collegiate game. Point Guard Dawn Lewis scored 11 points. Candy Bates played well as she chipped in with eight points and six re-

bounds. Sophomores Nedria Conner and Jessica Hounsell contributed seven points each. Freshman Judy Carter also played well as she pulled down a team high seven boards in the contest. Despite the tough year for coach Gill and the Lady Cavs the future looks bright as the Lady Cavs have all but two players returning, including four starters from this years team.

Even though the Lady Cavaliers suffered through a nightmare of a season, the Lady Cavs should get at least two or three members of the team on the All Conference team. Nedria Conner and Samantha Lester should get strong consideration for the All TVAC team. Freshman Lauren Carr should also get strong consideration for the All TVAC team. Carr should get a long look at Freshman of the Year in the TVAC.

CVC Intramural Report: Competition Continues

Kimberly Deel Sports Editor

In intramural action this week the title of card champion was awarded to Larry Waldron. Larry won the final installment of the card tournament, UNO, after

consistently ranking high in the previous Hearts, Spades, and Rook competitions.

Don't forget that intramural soccer is underway! The teams signed up for the competition are: No Limit, Pi Lambda Phi, Pi Kappa Phi, Gamma Chi Omega,

Bruisers, Fighting Penguins, THC, Doobie Sisters, Bad Girls, and Fly Girls.

Tonight is the CVC-MECC extramural basketball tournament. The game promises, so come out to Carnes Gym in Big Stone Gap to cheer on the Cavs!

'Set your goals high and don't stop until you get there.' Bo Jackson

Entertainment

Female artists sweep Grammys DVD is the wave of the future

Damion Garrison
Staff Writer

It was once said that a woman's true place was in the home. Squash that old notion of female mediocrity.

Female artists ruled at this year's 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 Bocelli. The final performance of the night was Lauryn Hill's African themed rendition of *To Zion*. On the whole, the performances at this year's 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 a Duo or Group- *Jump Jive An' Wail*, 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- *Doo Wop (That Thing)*, Lauryn Hill
- Best Female Rock Vocal Performance- *Uninvited*, Alanis Morissette
- Best Male Rock Vocal Performance- *Fly Away*, Lenny Kravitz
- 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 Knock Life*
- 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' Jiggy With It*, Will Smith;
- Best Latin Pop Performance- *Vuelve*, Ricky Martin
- Best Contemporary Soul Gospel Album- *The Nu Nation Project*, Kirk Franklin/Family

Jarrold Williams
Entertainment Editor

Whether or not they have seen them at a local Wal-Mart or saw an advertisement on TV for a film coming to home video, by now the acronym "DVD" should be familiar to most people.

However, many may ask the question "Why should I buy a DVD player when I have a perfectly good VHS machine and they are still releasing tapes?"

This is indeed a good question but it is answerable on many levels. Perhaps the simplest way to say it is to ask the question "remember when people said the same thing about keeping their music tape cassettes and not switching to Compact Disc?" This is essentially the same debate albeit a more technology advanced one. Although much hype surrounds the advent of the DVD (or digital video disc) one cannot truly appreciate the difference it makes to view a film on DVD as opposed to the old VHS tape.

For starters, DVD contains more than double the lines of resolution that an average VHS player puts out. The picture is much more clearer and crisp and

the DVD medium also allows you to switch between aspect ratios with the touch of a button which lets the viewer toggle wide screen (or letter-boxed) viewing according to individual preference.

Perhaps the most dramatic difference in viewing a DVD versus a VHS tape is the sound. When a DVD player is coupled with a dolby digital receiver and the DVD is mixed in DTS digital surround sound the sound is simply breath-taking. Explosions rumble the floor and bullets whiz by your head all in true 3D digital sound imaging that only 5.1 digital sound can deliver.

One question that many potential DVD player buyers ask is "how many DVDs are their choose from?" The answer is more than you might think and the list is growing by leaps and bounds every day. All new films that are released on video are available on DVD format now and many older films are being re-mixed and converted to the DVD platform.

With sales increasing daily, DVD is here to stay and it simply blows VHS out of the water, it must be seen to be believed.

My Favorite Martian entertains and offers lots of laughs

Ruel R. Faruque
Staff Writer

You've all seen the commercials, you've all learned the lines, but have you seen the movie? Finally, Disney's *My Favorite Martian* - a continuation of the 1960's television show by the same name - has arrived. Starring Christopher Lloyd and Jeff Daniels, the movie is hilarious, entertaining, and will be a great success.

Tim O'Hara (Jeff Daniels) is a television news producer trying to rejuvenate his career. He is given one last chance, working with the station owner's daughter, reporter Brace Channing (Elizabeth Hurley). But due to Miss Channing's ineptitude, he is fired.

On the way home, Tim encounters the story of his dreams. A Martian spaceship nearly kills him as it crashes to Earth; despite his best efforts Tim cannot find the ship, and the Martian stows away in the trunk of his car.

Over the next few days, the alien gets to know Tim, taking on the name Uncle Martin. Tim is also introduced to Martin's spaceship. A

Polymorphic Zootenex 3000, it has a mind of its own; it speaks, walks on its own, laughs, feels pain, falls in love with other clothes, and is referred to by Martin, "my Zoot!". It spends hours in paradise - the washing machine.

Tim tries to capture Martin's true alien form on film and expose him to the world, thus winning a Pulitzer Prize. Martin, however, has other plans; he spoils Tim's ideas, and recruits him to help repair his ship.

Meanwhile, the national government embarks on an extensive search for Martin, and only through Martin's super-powers and high-end technology are he and Tim safe. As in ET, the alien gets captured, and is then rescued through a series of comical blunders.

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; it captivates viewers, makes them laugh, and gives them something to remember.

Rated PG (language)



Take me to your leader!



From the
Highland
Cavalier
Newspaper
Staff, have a
divine
Spring
Break!!!!