



A hair-raising good time



Cast members of "The Rimers of Eldritch" prepare for opening night on Thursday, Nov. 15. The play runs through Sunday, Nov. 18.

Smoke-out offers opportunity for students to kick the habit

by Tanya Bartek
Highland Cavalier Staff Writer

This year's annual Great American Smoke-out day will be held on Thursday, Nov. 15. The day, which encourages smokers to kick the habit, has left College students with differing opinions.

"I never really heard of the Great American Smoke-out, but I am going to try my best to quit from that day forward," said freshman Emily Murrell. "I think it is a good way to motivate people to quit smoking."

Twenty-five years ago, the American Cancer Society initiated the Great American Smoke-out to inform people of the hazards of smoking and to motivate those who do smoke to quit. According to the American Cancer Society, 47 million adults in the United States smoke. In another sense, about one-third of the world's population over the age of 15 is a smoker. Each year, the society strives to reduce this number by educating the public about the dangers of tobacco use. For

some people, this day becomes a motivation to overcome their addiction; and for others it seems to be another day to ignore the reality of the long-term effects.

"I have been smoking for about a year and I think I could quit on the 15th," said student Richard Mintes. "I wouldn't necessarily do it for the day itself, but it's because I know that I am not that strongly addicted."

According to the American Association of World Health, cigarettes kill 4 million people every year. Within one year, smoking kills more people than AIDS, alcohol, car wrecks, drug abuse, suicides, murders and fires combined.

Tobacco is composed of over 4,000 identified chemical compounds. Forty-three of these compounds are known to cause cancer in humans or animals. In addition, most lung cancer cases result from smoking. Smokers who do not refrain from smoking by the age of 30 have a 50 percent chance of dying from a disease associated with tobacco. For some, these statistics do not seem startling enough.

"I think the day has great intentions, but people are not going to quit unless they want to or are ready to," said freshman Karyn Deitrich. "Although I smoke, I don't think I will quit because of this national day."

"I've already cut back on smoking and I will continue to, but I know I will not quit on this day," said sophomore Li Truong.

No matter where a person is in his or her addiction, the American World Health Association states that there are four common stages to cigarette addiction. These include preparation (or agreement to stop smoking), experimentation, regular smoking and nicotine addiction. Many people do not realize that the strong addiction builds from the first time they inhale.

For those who may not choose to quit on Nov. 15, the American Association for World Health celebrates its "World No-Tobacco Day" on May 31. Similar to the Smoke-out, this day was established in 1988 to inform the world's population about the negative effects of tobacco on people's health.

Faculty offer insights into their personalities through decorations

by David Amos
Highland Cavalier Staff Writer

Students aren't the only people on campus who decorate their rooms. The faculty and staff of UVA-Wise have offices that are as unique and varied as their personalities. From movie posters and family pictures to comics and commentaries clipped from newspapers, faculty and staff members are making their offices a little more like home.

"Most of the things that I have are gifts that have been given to me over the years," said Jean Good, director of mail services.

As students wander through the halls of the classroom buildings, professors' offices can be seen with their many different decorations all over campus. For instance, if you happen to be on the first floor of Zehner Hall, then quite a few offices may stand out.

Michael O'Donnell's office is definitely a room that cannot be passed without noticing. If the door is open, it looks like a room in somebody's house, lit with only lamp light and appearing quite cozy from the outside.

Another office that may catch your eye on the first floor is Marla Weitzman's. If the door is shut, you can make out a famous former Chicago Bulls player on the back of a poster. If the office is open then the life-sized cardboard cut-out of Michael Jordan cannot be missed.

The two most heavily decorated offices in Zehner Hall may be those of two next-door neighbors: communications professors Rachel Tighe and Kyo Hart.

Tighe's obsession is cartoon characters, especially Scooby Doo. If you look around her office you will find items from many different cartoons. There are magnets on her filing cabinet of animated Disney movies, and Pinky and the Brain figurines adorn her bookshelves.

None of these, though, can compare to Tighe's Scooby Doo collection. She has figurines and tins of Scooby that take up space on two or three shelves of a bookcase. Tighe also has, at home, every episode of the series except one on video tape. Her latest additions have been her Scooby Doo Halloween decorations on her office door.

Hart's office is decorated with various advertise-

ments that are interesting and unique. One thing that you cannot miss, however, is his Winnie the Pooh collection. The funny thing, though, is that he isn't really a big Pooh fan. He bought the huge Winnie the Pooh that is in his office just because of its sheer size.

"It was cool," Hart said. The bear was too big for his tiny house, so he moved it to his office. Since then, people have assumed he likes Pooh and have continued to buy him various Pooh pieces for his collection.

Comic strips are a recurring attraction both in and out of many offices. Strips from either "Peanuts," "Dilbert," and "Calvin and Hobbes" can be seen outside of most offices. Other comics such as "The Far Side" and "Pearls Before Swine" are popular as well.

There are also people in other parts of campus that have their offices decorated. Good has the walls of the post office adorned with toys and posters that people have given her over the years.

Todd Gambill has pictures of famous athletes on his wall and Cole Spencer, who is an Indianapolis Colts fan, has sports items related to the team all over his office.



O'Donnell's door shows his love of art and culture.

King College joins UVA-Wise for Coffee Night readings

by Sarah Vanover
Highland Cavalier Staff Writer

The Department of Language and Literature held its biannual Coffee Night in Alumni Hall on Tuesday, Nov. 6. Featuring works from the "Highland Voices" (writers from the College and the community), the night was opened by UVA-Wise student Angela Johnson, who served as the evening's emcee.

"Writing is only half of the creative process," Johnson said in her opening remarks. "What makes it truly worthwhile is to be able to share your work with others in a setting such as this one."

The first reader was featured poet Suzanne Clark, a professor at King College who has authored poetry collections as well as books on how to write poetry.

"Most of my poems are rooted in the concrete world," Clark said, "but it seems as if lately I've been writing more philosophical ones." Among these are "Old House Plants," about a friend who becomes an invalid after the birth of her child, and "Noah: Plants a Vineyard," which tries to determine why the first thing that Noah did after leaving the ark was get drunk.

Clark was full of anecdotes and stories

as she presented her poetry. After reading a poem entitled "Unwashed Dishes," Clark explained how all poets go through dry periods. "Daydreaming, resting, sleeping are part of the creative experience," she said.

Clark has authored several books, including "Blackboard Blackmail," "What a Light Thing This Stone" and "Weather of the House." She offered some advice for up-and-coming poets. "My motto is 'See better,' from 'King Lear,'" Clark said. "Be a keen observer, build on imagery, love words, and beware of rhyme." Clark said that many aspiring poets get trapped in trying to make words rhyme.

Clark was followed by several of her students. Highlights from their presentations included a haunting take on the tale of Dorian Grey and hilarious odes to hunger, oranges and the lord of Nintendo. Also sharing poems and prose at Coffee Night were writers from UVA-Wise and the surrounding community, including Tiffany Burchette, Amy Clark, Angela Johnson, Angela Markham, and John Reeves. Science professor Margie Tucker read her poetry, as well as works by fellow professor Kevin Jones who was unable to attend the event.



Featured poet Suzanne Clark shared several of her poems during "Coffee Night."

Amy Clark read an excerpt from her novel "Ramsey Ridge." Full of humor, the excerpt was about a man whom God speaks to through a trout. Although funny, the excerpt also delved into issues concerning religion, spirituality and human weakness.

Presenter Adrienne Stout offered the logic behind her poetry. "I don't write my poems to tell a story," she said. "Anybody can relate to them."

Refreshments were provided, including

coffee, tea, cookies and candy. Copies of Suzanne Clark's latest book, which collects many of her poems, were available for purchase. She also brought copies of other books she has authored.

The Fall 2001 edition of Jimson Weed also made its debut. Both presenters and audience members were encouraged to take a complimentary copy of the new edition home. Jimson Weed will soon be available around the College campus and features works by Coffee Night's presenters.

Internet connection restored to Thompson Hall residents

by Bonnie Shortt
Highland Cavalier Staff Writer

After being deprived of the Internet for the last two weeks of October, many Thompson Hall residents were frustrated. Finally, after long hours of waiting, the on-line services have been restored.

Residents felt the effects of not having the Internet for different reasons. For some, it was a way to pass time and have fun. However, for others, the Internet is the only means of communication they have with people in their home towns.

"My friends and family e-mail me, so it's really annoying that I can't communicate with them now," said Thompson resident Sandra Ziniewicz. She lives over seven hours away from home and does most of her communication through e-mail.

Jessica Wood, another Thompson resident, was on-line when the Internet problems started.

"I usually talk people online," Wood said. "The last time I was on, I didn't get to say bye because I was kicked off. My friends are probably wondering if I'm okay."

Even though the Internet has now

been fixed, Wood is still experiencing some difficulty getting her on-line services to work properly.

After several complaints, members of computer services went to work to find the source of the problem. The inability to connect to the Internet was eventually traced to one resident's computer. It was discovered that this resident unknowingly had software on a computer which prevented everyone else in the residence hall from connecting to the Internet.

Laura Pritchard, senior computer network support technician of Computer Services, said that the problem was only limited to the one residence hall.

"Had this type of problem appeared before we completed the subnetting project, the impact would have been campus-wide in all probability," Oscar Ralle, director of computer services, explained in a memo sent to the faculty.

Leah Kiley, resident advisor of Thompson Hall, asked the women living in her hall to contact her about Internet problems before going to computer services. She said she would then take the proper steps to have the problem taken care of.

Diabetes awareness highlighted throughout month of November

by Kelly Muncy
Highland Cavalier Staff Writer

November is designated as American Diabetes Month in the United States. Diabetes is a disease in which the body does not produce enough insulin, a natural hormone used to break down sugars and starches for the body to use as energy.

Autumn Hines, a sophomore at Lee High School, is one of 16 million people in the United States living with diabetes.

However, Hines hasn't let diabetes stop her from enjoying her sophomore year. She participates on the cheerleading squad, winter dance team, Lee High marching band and numerous other school activities. Fortunately, Hines was diagnosed early and has her disease under control. Unfortunately, over 5 million people are living undiagnosed with diabetes.

Hines was 12 years old when she was diagnosed with diabetes. Her mother, Cheryl, said that Autumn adjusted to her

disease quickly. "She insisted on giving herself the injections from the beginning," she said.

Until recently, Hines was taking five to six insulin injections every day. Now, she is fitted with an insulin pump, which is inserted into the abdomen and automatically administers insulin as needed.

"It does get in the way sometimes, but it's better than taking shots," Hines said.

Many factors lead to diabetes, such as genetics, environmental conditions and obesity. Symptoms include frequent urination, unusual thirst, extreme hunger, unexplained weight loss, fatigue and irritability. The disease can lead to blindness, kidney disease, nerve damage, amputation, heart disease and stroke.

There are two major types of diabetes: Type 1 and Type 2. Type 1 diabetics do not produce any insulin for their body to use, so they must take daily injections of insulin to help their bodies survive. Type 2 diabetics do not produce enough insulin.

Outdoor recreation club growing thanks to successful events

by Kristina Powers
Highland Cavalier Staff Writer

In conjunction with the Student Activities Board, the Outdoor Recreation Club is now beginning to take shape as the semester progresses. The name is more recognizable after the white-water rafting trip in September.

Chris Davis is the advisor of the new organization. "Our goal is to make this the best small-college student life program in the nation," Davis said.

Over the years the club has shown a significant increase in activities and attendance, surpassing even its own expectations. As participation increases, it allows the club, through the Student Activities Board, to offer bigger and better things to the students.

The club's most recent event was a mountain biking trip along the Virginia Creeper Trail. The ride took place on Saturday, Nov. 10.

"We used the The Bike Station to head the mountain biking," Davis said.

The company provided the mountain bikes and area information for the students. The trail began as a Native American footpath and then became a railroad bed. Now the Creeper is a trail for hiking and mountain biking.

The students departed at 11 a.m. and began riding the trail around 1 p.m. The event lasted approximately three hours.

The Outdoor Recreation Club is planning to purchase three to five mountain bikes for the College. "They will be available for students to rent to take camping or riding for the weekend," said Davis.

The club is planning an event for every month and a big event for every semester. The club is holding a weekly meeting for members or interested people every Friday at 1 p.m. "I want students to come and discuss what they want to have on campus," Davis said.

The next event will be on either Nov. 30 or Dec. 1. Members of the club will travel to Cumberland Gap, Ky., to see the only natural rainbow in the Western Hemisphere. Events for the upcoming spring semester



A member of the Outdoor Recreation Club shows off a white-water rafting injury.

are already being planned.

"I want to have a skiing/snowboarding or mountain climbing trip," Davis said. He would also like to see the Outdoor

Recreation Club take another white-water rafting trip, this time to the Upper Gauley River. The club's last such trip was to the Lower Gauley River.

"The Rimers of Eldritch" opens Thursday Tibetan monks wow audience with unique dances, costumes

"That's the deal. That's how it works" said theater instructor Jon Mennick to his cast. The actors broke out into applause and smiles of accomplishment. For seven weeks now, they have been working diligently on their latest production.

Beginning Thursday, Nov. 15, the UVA-Wise theater will present a two-act murder mystery entitled "The Rimers of Eldritch" by Lanford Wilson. The play depicts a murder and the attempts of a small town to cover the crime up in order to maintain its security.

Within this intricate plot of murder and cover-up lies a theme of conformity that the cast hopes to relay to the audience. "There's many themes in this play," Mennick said. "The poetry of Lanford Wilson has many strands that you can build on and my strand was conformity and the dangers of it."

The cast is using props in the play, such as the costume colors, to reinforce the nonconformist theme. The characters who are conforming and have lost their individuality will be dressed in gray, black, and white. The actors who represent people who still possess life will be dressed in color.

"In the world that we've created, there is no danger because it is sterile but the danger lies within the minds of the people and they destroy the color," Mennick said. "Anyone who has color will lose it by the end of the play."

Mennick chose this play as a challenge inspired by Chancellor Steve Kaplan, who states on the UVA-Wise website that he wishes to bring the 'art' back to the liberal arts education offered here at the College.



"The Rimers of Eldritch" deals with issues such as murder and conformity in a small-town setting.

"I decided that I would pick the most difficult, modern American play there is, with the largest cast, and I will try to reach for something that is impossible and that can barely be done by professionals," Mennick said.

He also promises that the show will not disappoint. "The audience will see what it's like to have their own people, from their own community, do

something extravagantly wild," he said. "Their own people are attempting something wildly artistic because they are portraying their own world and we're paying homage to the audience."

The play will continue from Nov. 15-17; curtain time is 8 p.m. A matinee performance will be held on Sunday, Nov. 16, at 2:30 p.m. Admission is \$6 for adults. Emerald Robinson

UVA-Wise students and other members of the community were treated to an evening of ancient song and dance, performed by eight Tibetan monks, in Greer Gymnasium on Monday, Oct. 29. The show began with an introduction by a narrator who gave a brief history of the monks, their religion and the Drepung Loseling Monastery, located in Tibet.

The narrator also informed the audience that clapping one's hands in Tibet is used to ward off any negativity present. "Since your country uses (applause) to show appreciation, please feel free to do so," he said before the monks began the show.

The first hour of the performance consisted of six pieces, the first being the "Innovation of the Forces of Goodness." This piece involved a variety of unique musical instruments, such as echoing horns and gong-like drums. It also introduced the Multiphonic Singers of the monastery, who sang in a guttural bass.

The second piece, "Purifying the Universe," featured the monks singing and scattering rice over a silver base to symbolically perfect the world. The third piece, "Dance of the Black Hat Masters," featured two monks dancing in a symmetrical manner across the floor and wearing enormous black hats with whirling tassels attached to them. This piece was followed by "A Melody to Sever the Ego Syndrome," a simple sequence of the meditative playing of spinning, hand-held drums. Next came

an improvised debate among the monks called "Intense Encounters of the Third Degree."

An audience favorite was the final piece of the first hour, "The Snow Lion Dance." It was performed by two monks in a large lion costume.

"The snow lion was extremely funny," said freshman Breanne Dotson. "It was my favorite part of the performance because the monks made it act like a playful kitten just prancing around all over the floor."

After a 20-minute intermission, the second half of the performance began with the darkly lit "Dance of the Skeleton Lords," in which two monks performed a dance to chase away evil spirits and to allow the deceased and nature to rest peacefully.

While singing once more, the monks quietly poured water over a mirror as a healing process in "Purifying the Environment and Its Inhabitants," the second piece. "The Yak Dance" was next, featuring monks dancing in a yak costume to honor the animal as a symbol of Tibetan strength and happiness. Finally, the performance ended with the "Incense Offering and Auspicious Song for World Peace," a final act of symbolically purifying the universe by burning incense and allowing the smoke to travel throughout the air.

"This just shows us the cultural diversity among people of the world," said freshman Joey Perry. "Although it may be entertaining to us, it is very important to them." Roger Hagy, Jr.

LIFESTYLE

Many students balance academic demands with jobs to pay tuition, earn extra spending money

Many students at UVA-Wise decide whether or not they are going to have a job while they are enrolled in college. At UVA-Wise, there are a number of students who find themselves working all the way through college.

"I don't know what it is like to go to school and not work," said student Dana Stutts.

Stutts has spent many sleepless nights meeting deadlines because she does not get home from work until after midnight. She is completely responsible for herself and relies solely on her own income to support herself while in school.

Stutts works a full-time job at Logisticare while being a full-time student living on campus. Stutts said she averages about four hours of sleep at night because that is all she has time for.

"I like to work; I like to have money. But I don't have time to enjoy spending it," she said. Stutts admits she does not have time to get involved in campus activities and enjoy a social life.

"The worst thing is not having a real college experience. I know I will look back and wish that I had more time to experience college life, but I have to do what I have to do," Stutts said.

Stutts believes school is more important than

her job for now. She would like to spend more time on school work, but she cannot. Stutts plans on majoring in special education and teaching hearing impaired students after she graduates.

On the other hand, some students work just a few hours each week in order to earn spending money.

Sophomore Salima Montes is a French tutor on campus and works 10 hours a week so she can have spending money. She believes that tutoring affects her academic standing in a positive way. She said that tutoring increases her vocabulary in French so she does not have to study independently as much.

Montes likes her job and says she has become attached to her tutees. She has made new friends through her job that she may not have known if she did not have this job.

Justin Reeves, a work-study student on campus, works in the computer lab 10 hours a week. Reeves is a freshman on campus and believes that working and being a student is hard, but possible.

"Having a job and going to school is a little difficult and a student has to realize their education is more important than a job right now," Reeves said.

Reeves believes his job helps him out because it gives him extra spending money so he does not have as much stress over money. "My job relaxes me. It takes my mind off of school for a little while," Reeves said.

Another working student, freshman Danny Keller, is an employee at Goody's Clothing Store in Norton. Keller just started his job and said that it is very stressful to go to school and work.

"How can anyone expect to do their best in school while they also have the stress of a job?" Keller said.

Keller believes that students who go to school and have a job have to work hard to stay in good academic standing.

Angela Johnson works as an aide to the Department of Nursing. Her work schedule for the semester is made up around her class schedule, and though she sometimes works both before and after class, Johnson has found her employment experience to be both enjoyable and beneficial.

"I work because I need the money," Johnson said, "but more than that it gives me an opportunity to get out of the dorm and meet people I wouldn't get to meet otherwise." Stephanie Sargener

Indoor recreation space needed

There is one glaring problem with recreation in the area that is causing indoor recreation facilities do not exist, with the exception of the UVA-Wise gymnasium and swimming pool. This is causing problems for both students and community members.

Recreation facilities are few in number in the county, and when the worst weather hits, both students and Wise County residents turn to Greer Gymnasium.

One reason for the lack of recreation centers in the area may be the fact that Wise County has no department of parks and recreation, according to Angelo Underwood, executive director for the Wise County Board of Supervisors. "There is a recreation authority that helps with little leagues and soccer, but recreation is handled by the individual towns," Underwood said.

While some need this much-needed recreation center, others feel that school gymnasiums as recreation centers at night, Wise doesn't. This creates problems when local residents come to the College to play basketball. They don't have a schedule of practices and instead come to the gym hoping that it's not being used. When it is, frustrated residents have to either wait around

for the gym space to open up or leave disappointed.

This problem is intensified more by the fact that not everyone is able to use Greer Gymnasium, though residents are able to go within a reasonable distance. Though there are work-out areas nearby, there is no large indoor space available for sports-related purposes.

Students have the same problem as local residents, although they can sometimes find out when the gym is being used. Still, the lack of a second gymnasium or sports center means students often have a place to go.

"The gym is never open for students because college teams practice and play basketball and there are intramural sports," said student Chris Martin. "Police clear the gym at about 11:30 and I can't take activities to classes. Sometimes you want to play when it's late."

This means that, on some nights, gym time is cut short if the practices run long or the building is locked due to the late hour.

Martin said that it would help if someone would lock off parts of the gym that aren't needed by the basketball court and weight rooms and allow the gym to stay open later for students to use. Hilton Young

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Campus Calendar

Thursday, November 15
Great American Smoke-out
plus... BSU Coffee House, Baptist Student Union, 9 p.m.
plus... Intramural volleyball

Friday, November 16
Women's basketball vs. Covenant College, Greer Gymnasium, 5:30 p.m.
plus... Men's basketball vs. Covenant College, Greer Gymnasium, 7:30 p.m.
plus... John Wesley Foundation, Good Times, Wesley Foundation, 6 p.m.
plus... Alumni Holiday Ball

Saturday, November 17
Men's basketball vs. Bluefield College, Greer Gymnasium, TBA
plus... Rook Tournament, Hanson Hall, 7 p.m.

Sunday, November 18
Intramural volleyball

Monday, November 19
Wesley Thanksgiving Dinner, Wesley Foundation, 6:07 p.m.
plus... Intramural volleyball

Tuesday, November 20
Men's and women's basketball at Bryard College, N.C., 5:30 p.m.
Intramural volleyball

Wednesday, November 21
Thanksgiving break begins
plus... Residence halls close, 9 a.m.
plus... Offices remain open

Thursday, November 22
Thanksgiving Day

Sunday, November 25
Residence halls open, 9 a.m.

RECENT HAPPENINGS AT A GLANCE

Home football season ends with a win

An upset took place at Carl Smith Stadium on Saturday, Nov. 3. The Newport News Shipbuilders were taken by a younger, hungrier and more experienced UVA-Wise football with a final score of 45-2.

"We really played to our potential, but in my opinion we could have really stepped it up a notch," said freshman cornerback DeAndre Lewis.

The defense put on one of its best performances of the season, holding the Builders to a 187-yard total offense with no points.

While the defense held, the offense put up the points. Led by Adam Artrip, the offense charged 42 points. Greg Tester finished the day out with 16 carries for 59 yards and four touchdowns. "Sugar" Ray

Graves broke the line of scrimmage and sprinted 60 yards for the score to make it 14-0; Graves finished with 13 carries for 137 yards and two touchdowns.

An offense that has been struggling most of the season put up a remarkable 293 yards during the game. Cavs running backs combined for 41 carries and 225 yards. Will Laney

Cross country season ends

The cross country team finished its season last week at the conference meet in Tennessee. The men's team finished ninth of ten teams, but the women's team did not have enough runners to compete.

"We thought we had a good chance of placing high as a team in the meet," said Anthony Proulx, a sophomore runner on the team.

The team's coach had spoken of a possible third to fifth place finish, but no one expected to finish ninth. The top runner for the Cavaliers, Brandon Myers, came across the line 30 of 54 runners.

Despite a poor showing in the final match, the season overall was a positive one. The team came out big, winning its first meet of the year in Abingdon, Va.

Most members of the men's team will be returning next season. In order for the women's team to be successful next year, they will need to recruit more runners.

The team looks forward to the upcoming track-and-field season that may take place. If there isn't enough funding, runners can pay their own fees and run under the school's name. Michael Dillard

Special topics courses for spring

Special topics courses offered next spring are scattered throughout the Spring 2002 class schedule and are denoted by an "ST" before the course name.

According to registrar Sheila Combs, special topics courses may or may not be offered again in the future. These classes offer an analysis of unconventional topics that may be both helpful and interesting to

students.

Those with a concentration in Biology can take a special topics course called "Insect Diversity and Ecology," while aspiring photographers can take "Advanced Darkroom." "Extreme Cinema" will offer analysis of daring cinematic features, while "Bowling" will give students a chance to perfect their game and get off campus.

However, for this course, a \$40 fee for shoe rentals and other costs is required.

Also offered this spring are "Music Theory," "Nursing and the Law" and "Plants that Changed the World." The latter class can be taken as a regular or honors course and will examine everything from the Chinese opium trade to the Irish Potato Famine. Christopher Hanger