Cole elected SGA president, Mullins elected VP

By Bybrey Bowling

Bybrey Bowling

With the end of April close at hand, it meant only one thing: the Student Government Association (SGA) was holding elections again. After witnessing campaign flyers everywhere, UVa-Wise students voted for who they felt would best represent them for the 2005-2006 school year.

Winning the top position of president was Adam Cole. "My biggest goal over the summer and the beginning of next year is to have the SGA members get educated," Cole said. "I've planned a retreat to get the new members more involved so that they'll be better equipped to deal with SGA duties by the start of the year." Filling out the rest of the top SGA positions are Vice President Cub, Whitney Antolick, Nick von Tersh and Aaron Catbell. Everyone is excited about the new members more experienced so that they'll be better equipped to deal with SGA duties by the start of the year.

Ern completes successful year as chancellor

By Bybrey Bowling

The 2004-2005 academic year has seen a great deal of progress, which has undoubtedly been due in a very large part to Chancellor Ernest Em. Em has, in one short year, led the College successfully through growth and continued change.

The prospect of becoming the interim chancellor of UVa-Wise was appealing to Em when he was offered the opportunity. "I knew what the College was up to, knew the personnel, knew what it was about and understood it," Em said. "The fact that it was UVa-Wise just quickened our response. We love the College and the area."

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise." Em has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

With the end of this academic year and the College's 50th anniversary, Students say they will miss Chancellor Ern

By Breanne Dusen

With the end of this academic year and the College's 50th anniversary, Students say they will miss Chancellor Ern. Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

"[Chancellor Em's] tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary." Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise."

Ern has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary. It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise."

Ern has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise."

Ern has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise."

Ern has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.

"Since 2000, we've grown over 30 percent," Em said. "The growth is good because it offers an expanded curriculum. The students have been brighter, and the faculty likes to be challenged. The housing is being addressed and it's becoming a much more rounded experience for students. I have a very firm conviction that the faculty is very strong. This is a very special place that is distinct in it's own right...that's right on the campus of UVa-Wise."

Ern has focused on the continued development of the campus, as well.

"We have the storyboards a major addition to the drama building that will become a fine arts building," Em has focused on the continued development of the campus. The College has grown significantly within the past year, and Chancellor Em feels confident that the faculty is very strong. This is a very special place that is distinct in its own right...that's right on the campus of UVa-Wise."

Ern said, "We're in the process of major fundraising. The state has made it very clear that we can't do what they once did donation-wise, so it's a public/private endeavor that will make the College more attractive and well-known." Chancellor Em's tenure also coincided with a very important landmark in UVa-Wise history: the College's 50th anniversary.

It is evident that the College has grown significantly within the past year, and Chancellor Em feels confident in the future of UVa-Wise.
College counselor Bradshaw offers stress management advice for students

By Christine Onu

Bradshaw's office is at the end of the hall to the left of the main door. Bradshaw is a counselor who has been at U.Va.-Wise for several years. He is often seen talking to students and helping them with their problems. Bradshaw received his Bachelor's degree in Psychology from the University of Virginia and his Master's degree in Counseling from the University of Florida.

Bradshaw's main area of expertise is stress management. He has worked with many students over the years and has helped them deal with a variety of issues, such as exam stress, relationship problems, and academic difficulties. Bradshaw believes that stress is a common problem among college students and that it can be managed with the right tools.

Bradshaw's advice is as follows:

1. Prioritize your tasks.
2. Break your work into smaller, manageable chunks.
3. Take breaks throughout the day.
4. Get enough sleep.
5. Eat healthy foods.
7. Practice relaxation techniques such as deep breathing or meditation.
8. Seek support from friends, family, or a professional counselor.

Bradshaw emphasizes that stress is a normal part of life and that it is important to manage it effectively, but it is also important to know when to seek help. Bradshaw's office hours are Monday to Friday, 9 am to 4 pm. He can also be reached by phone at 540-985-3121. Bradshaw's email is clinton_bradshaw@uvawise.edu.

Nursing student receives $50,000 grant from local hospital

By Samantha Hall and Matthew Staff

The Nursing program at U.Va.-Wise has received a $50,000 grant from Lonesome Pine Hospital.

The grant will be used to support nursing education and research. The grant will be awarded to the Nursing program in 2005.

The Nursing program at U.Va.-Wise has a long history of providing quality education to its students. The program is accredited by the Commission on Collegiate Nursing Education and is recognized by the Virginia Board of Nursing.

Bradshaw also noted that the grant will help the program to attract more students and to improve the quality of its education.

"We are very grateful for this grant," said Bradshaw. "It will allow us to provide our students with the best possible education and to continue to improve the quality of our programs."

The Nursing program at U.Va.-Wise is committed to providing students with the skills and knowledge they need to succeed in the nursing profession. The program offers bachelor's and master's degrees in Nursing.

Bradshaw encouraged students to apply for this grant and to take advantage of the opportunities it provides.

"I encourage all our students to apply for this grant," said Bradshaw. "It is a great opportunity to support your education and to advance your career."
PLAYER PROFILE
COURTNEY NOWLIN

"Baseball is a family tradition and without it, I might not have had the chance to go to college. I love baseball because of the constant competition and my desire to win."

Plans after college:
"I would love to have the opportunity to play baseball after college, but if not, my plans are to teach physical education and coach baseball. If things don't work out this year, I will not give up on my dream to play pro baseball; I will go to try-out camps and explore my options."

College baseball career:
"My favorite moment of my UVa-Wise baseball career was my freshman year when I hit a solo homerun against Montreat College in the seventh inning that put us in first place in the conference. We won the game by one run and I got the win pitching that game. It was the only time since I have been here that we have swept Montreat. I want to say thank you to my pitching coach Doug Bates for everything he has done."

By Danielle Benton and Daniel Leehy
Staff Writers and Sports Editor

As warmer months approach, the end of softball season winds down to the last few games. The Lady Cavaliers softball team competed for the first place title in this season of upsets.

"It's exciting to have the privilege to be part of such a driven team," said senior Kendall Rainey.

The final double-header for the Lady Cavaliers was scheduled for Friday, April 29, at home against Montreat College, but it was rained out. The scrappy team from Montreat cannot be taken lightly and would have given the Lady Cavs a run for their money in their battle to finish first in the conference.

The Lady Cavs, therefore, are AAC co-champions with Tennessee Wesleyan College; another conference championship for the Lady Cavaliers means the word ‘dynasty’ can now be applied to UVa-Wise softball, which is when a team wins three titles. Seniors Nichole Poore and Kendall Rainey will have participated on each of those three winning teams, in the years 2002, 2004 and 2005.

"We’re anxious to get number three under our belt so that we can continue to further the success of the program," Rainey said.

The Lady Cavaliers will start the conference tournament today, Wednesday, May 4, at White Top Creek Park in Bristol, Tenn. The team also receives an automatic bid to the regional tournament, which will take place on May 11 and 12.

Lady Cavs tie with Tenn. Wesleyan for AAC title

AD DESIGNED BY DANIEL LEEHY

CONGRATULATIONS TO THE UVa-Wise GRADUATES OF 2005

"Good Luck and Godspeed"

AND TO ALL STUDENTS, FACULTY AND STAFF:

"Have a Safe and Happy Summer Vacation!"

from

The Highland Cavalier

AD DESIGNER
Daniel Leehy