Thomas Jefferson statue creates UVa connection

The College honors founder of UVa and author of the Declaration of Independence

By Andrea Bowling
Entertainment Editor
At 1 p.m. Monday, Sept. 26, a ceremony dedicating the unveiling of the new bronze Thomas Jefferson statue was held. Originally planned for outside by the statue itself, the ceremony held inside the Wtillie Library due to a heavy rain. Many faculty members and students were present for the event, crowding into the library despite the damp weather outside.

The highlight of the dedication ceremony was probably the Keynote Address, issued by John T. Eastman III, President of UVa. There were numerous speakers, however, and the "unveiling" of the statue was done by Honus Court Chair Lara C. Wharton. Many stayed after the ceremony for a reception of snacks and drinks provided by Chartwells.

The statue of Thomas Jefferson, the father of UVa and the author of the Declaration of Independence, was created by Edward Hlavka, a professional sculptor and member of the National Sculpture Society. Anyone who wishes to view the statue is encouraged to do so. It is located by the steps leading from the Sampson Student Center and dormitories to the John Cook Witty Library.

Left: UVa-Wise's statue of Thomas Jefferson was unveiled on Sept. 26. It is the College's first statue of the UVa founder on campus.

High Fructose Corn Syrup a severe nutritional threat

By Kenos Owens
Contributor

So you've heeded the advice of Dr. Phil and worship every ounce of print from the Atkins Diet. America is such a fortunate country, where citizens' major caloric concerns are not starvation, rather over indulgence—gluttony to be more exact.

There is a food additive in our midst that is contributing to our obesity even more than fat and those nasty ole complex carbohydrates. It has the complete blessing of the Food and Drug Administration and is used by virtually every corporate food manufacturer in the United States. Almost every caloric consumer of this food filler is immediately turned into "love handles," yet food filler is immediately used by virtually every corporation in the United States. Almost every caloric consumer of this food filler is immediately turned into "love handles," yet the molecular composition of HFCS, which has a high concentration of unbound fructose, has the ability to bypass the function of PFK and go directly to fat cells—triglycerides to be exact. Therefore, everything you eat that contains HFCS contributes immediately to your body fat, even if you are climbing the Empire State Building at level 10. In comparison, if you are inactive after eating normal carbohydrates or fat, at least some of the energy will be burned to maintain normal body functions.

The danger of HFCS is much more complex, and they start with its very conception. To metamorphose fields of Midwestern corn into a substance as sweet as table sugar is complicated. It involves vats filled with clear fermenting liquids, fungus, and chemicals, all using genetically altered enzymes to break down the complex carbohydrates. HFCS is not natural, and the resulting liquid is comprised of unbound glucose and fructose molecules. These "free" or unbound fructose molecules are more readily available for fat storage and have been found to interfere with normal heart functioning. A recent study by the USDA showed that high fructose diets decreased the lifespan of mice from a normal two years to a shocking five weeks. Not only did the mice not reach adulthood; they suffered from delayed testicular development, anemia, high cholesterol, and heart hypertrophy so severe that some of their small hearts enlarged until they exploded. A similar study on the effects of high fructose diets on human beings had to be terminated prematurely due to the early development of serious abnormal heart conditions in the subjects.

Other complications were also noted in the test animals. The liver must process every fructose molecule. Dissected livers of mice fed the high fructose diet were filled with fat and cirrhotic, similar to the livers of alcoholics.

Another USDA study suggests that high fructose diets upset the magnesium balance in the body, which is connected with bone loss. A recent study by the University of Iowa suggested that there may be a connection between Irreversible Bowel Syndrome (IBS) and fructose, with 31 of the 80 subjects suffering from IBS determined to be fructose intolerant.

Now back to the increase in triglycerides. The consequence of increased body fat from high fructose diets goes like this: higher triglyceride levels set to raise the bad cholesterol (LDL), and lower the good cholesterol (HDL). The result is an increased risk of high blood pressure and heart attack.

Scientific studies have also produced evidence that eating foods laced with HFCS can actually increase hunger...causing you to eat more. The body processes fructose differently than the carbohydrates sucrose. Glucose stimulates the pancreas to release insulin causing cells to pull sugar from the bloodstream. Glucose also activates fat cells to release leptin that makes you feel full, and prevents the stomach from releasing ghrelin that makes you feel hungry. Fructose however, does not cause the release of leptin or the suppression of ghrelin. Therefore you may feel hungry immediately after consuming foods containing HFCS, thus wanting to eat even more.

Why has this product shown up in our food supply in such large concentrations? The answer is simple, HFCS is a cheaper filler than sugar for the food processors to use...and it is just as sweet. HFCS is a good old fashioned empty and unsafe caloric filler that are sure to make processed food stockholders happy, to the tune of 4.5 billion dollars annually. Alarming, Americans now eat more HFCS than sugar.

What foods use high fructose corn syrup? Just for starters; you can find it in bread, catapay, yogurt, mayonnaise, pork, honey, egg nog, chocolate milk, ice cream, corn flakes, tomato soups, Canned spaghetti and meatballs, salad dressings, mayonnaise, potato salad, apple juice, catsup, yogurt, and many more. Also, a study by the University of Iowa suggested that there may be a connection between Irreversible Bowel Syndrome (IBS) and fructose, with 31 of the 80 subjects suffering from IBS determined to be fructose intolerant.

CAMPUS LIFE

Editorial on censorship policies at UVa-Wise

Do you agree or disagree with the new policies for posters at UVa-Wise? One student argues against them. For more information, check out Zack Webb's editorial on page 2.

ENTERTAINMENT

Samurai action for the PG2, a fan-favorite heads to Gamecube

This issue's Press Play presents Great Dawn of the Samurai and Fire Emblem: Path of Radiance on page 3.

SPORTS

Player Profile: Chelsie Lawson

Learn more about 2008's UVa-Wise cheerleader flyer and Captain Chelsie Lawson on page 4.

INSIDE

The Highland Cavalier

Left: UVa-Wise statue of Thomas Jefferson was unveiled on Sept. 26. It is the College's first statue of the UVa founder on campus.
**CAMPUS LIFE**

**BULLETIN BOARD**

**Interracial Flag Football**

**Wednesday, Oct. 5**

**International Club Morris Right, Jean de Florette**

**Bald Head 910**

**College Republicans**

**^**

**Stadium Parking Lot**

**3:30 p.m.**


**Saturday, Oct. 8**

**11 am.**

**FMIball game**

**College; Homecoming**

**Stadium Parking Lot**

**4:30 p.m.-7 p.m.**

**Every Thursday**

**Snriddy Hall 100**

**Wednesday, Oct 6**

**Intramural Dodgeball**

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**Jimson Weed Mailbox at**

**Friday, October 14.**

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NFL kicks off Hurricane Relief Weekend

By Beld Salameazy
Staff Writer

On Monday, September 18, the NFL did its part in our nation's mission to assist those affected by the horrific aftermath of Hurricane Katrina, by creating the "NFL's Hurricane Relief Weekend." Aside from the action-packed football competition, the league gave generous financial donations, as well as countless man-hours to assist those in need.

The highlight of the weekend was the unprecedented doubleheader on Monday Night Football, the first time two games had ever been broadcasted simultaneously on Monday night. Before, during, and after the games kicked off, dozens of football greats from the past and present were answering phones for the Bush-Clinton Katrina Fund. The NFL helped the presidents' on their quest to help rebuild the cities destroyed by the hurricane. "Anybody can give money, I wanted to do something more," said Hall of Fame Quarterback John Elway, who are both natives of New Orleans andEhiece McAlister, who plays for the Saints. They have already given large sums of money and participated in activities for injured or grief-stricken citizens. "When a neighbor or a child's house is lost, I know I'm doing something much better than writing a check," said Manning.

Player Profile

CHELSEY LAWSON

Position: Flyer, Captain (2005)
Class: Senior
Major: English Literature
Minor: Business Administration
Hometown: Lee County, Va.

"I love cheerleading because it's always exciting and there's always an opportunity to learn more. Since I've been in college I've performed stunts I've never dreamed I would have the ability to perform, ever."

PLANS AFTER UVA-WISE

“I plan to attend graduate school, absolutely NYC for a master's degree in Mass Communications/Journalism. I've also applied for several internships at leading magazine companies in New York. My dream is to become a writer for a women-focused magazine.”

INSPIRATIONS

"Probably, Erica Garton. She was so talented and could do anything, but she got hurt. But I've always loved the UK cheerleaders.”

CHEER FOR FOOTBALL OR BASKETBALL?

That's easy; I get a greater sense of enjoyment and accomplishment when cheering for men's basketball. You feel like you're a part of the action, being so close to the court. During timeouts, the stage is ours to excite the crowd, keeping them involved in the game as well. We may not have as much room to cheer at basketball games, compared to football, but the atmosphere makes up for the space.”

--Player Profile and photo by Daniel LeBoy, Sports Editor

SCOREBOARD

Football Standing - First Division AEC

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Volleyball Standings

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<td>UVA-Wise</td>
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<td>Virginia Intermont</td>
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<td>Bryan</td>
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<td>Tennessee Wesleyan</td>
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New Highland Cavalier Hotline!!!
For the latest scores and highlights of UVA-Wise athletics
Call: 276-328-0106

UnEmployed

by Matt Steen

Correction:

In the first issue, Christy Hall Buckner's e-mail was incorrect. Her e-mail address is chb3r@uvawise.edu. We apologize for this error.