New meal plan options for commuters

By Kate Baldwin
Opinions Editor

Both dining options are good at all campus dining facilities—Carlsmith Hall, Papa Joe’s, and the Wyllie Library, which will add a sandwich bar to its coffee offering by fall break.

Both meal plans and dining points can be purchased in the Cashier’s Office in Smiddy Hall.

"For me the [block] dining plans work better than the [dining] points," said Matt Carter, a senior and theater major. "When I bought points I felt like I was constantly feeding a cow. Now, even when I buy a large meal plan I never have meals left over at the end of the semester. I can eat as often as I want without worrying." A carte dining hall hours have been extended to 7:30 a.m. to 10 p.m. Monday through Thursday and 10:30 a.m. to 6:30 p.m. on weekends. The hours for the new sandwich bar have not been determined.

"There is no better plan or points is cheaper than paying at the door," Hopkins said. "You get a 5 percent discount and don't have to worry about sales tax. And it's just more convenient. You never have to worry about having cash on you to buy a meal.

"Commute students enjoy the same great privileges as resident students. You never have to worry about buying...

Expedition program successful in first year

By Heather Powers & Spencer Todd Adams, Jr.
Staff Writers

As part of the new freshman seminar class, community residential and commuter students, and it gets the new students oriented and comfortable before classes begin, Howard said.

As a result of the Expedition program, the school has already seen a jump in student involvement. Howard said she had to choose 25 veteran students to perform as Expedition Leaders (ELs), mentors whose task was to help guide the new students during the program.

"We needed energetic, involved, and connected students who would represent UVA-Wise," Howard said. "We had a great set of ELs who went above and beyond to help us welcome the freshmen class."

"[Training] was tough, but I had a great group of students and a great experience as an EL," senior Andrew Roberts said.

Incoming freshmen saw both good and bad in the Expedition program.

"It felt that the Expedition served its purpose," said freshman Sean Mullins.

"It allowed for students to socialize and get to know each other."

"It was a little drawn out, though. Two days would have been plenty of time for the Expedition."

Electric Motors of as few as 25 meals, and up to 80 meals are also available, but do not carry over semester to semester.

"Meals on our block plans will carry over from week to week," Hopkins said. "So, you won't have to worry about losing your meals each week if you do not use them, unlike plans for residents."

College, Northrop Grumman ink deal

UVA-Wise and Los Angeles-based global defense company Northrop Grumman Corporation on Monday announced a public-private partnership that will strengthen both the college’s technology program and the company’s workforce efforts in Southwest Virginia.

Northrop Grumman officials also announced a $1 million commitment to enhance the college’s software engineering degree program—the only one of its kind in Virginia.

"Today, Northrup Grumman and UVA-Wise are formally establishing a model partnership of cooperation and mutual benefit," said Chancellor David J. Prior. "UVA-Wise will be the educational hub, providing student internships, faculty and student research opportunities and advanced technical training for Northrop Grumman."

"Additionally, UVA-Wise will work closely with K-12 education and the region’s community colleges, all of which are vitally important to the success of Southwest Virginia’s emerging technology industry."
From the Editor's Desk

The Highland Cavalier
September 22, 2006

Dependence on cell phones is a tell-tale sign of insecurity

By Jack Merritt
Daily Staff Writer (U. Illinois)

(U-WIRE) CHAMPAIGN, Ill. - Our president recently proved that while he may be above American law, he isn't above God's law.

Although many of us are very fond of our cell phones, I'm sure you will be shocked to learn that our president recently proved that while he may be above American law, he isn't above God's law.

The fact that he can use a cell phone while driving is a testament to the power of cell phones and the need for us to use them responsibly. It is also a reminder of the importance of being a good role model for others.

Are you concerned about the use of cell phones while driving? If so, what steps can you take to ensure that you are using your cell phone safely and responsibly?

Sex and the Country: A lesson on comfort

By Nancy Stickle
Staff Writer

The thread count of bed sheets can range from 80 to over 1,000. The general thought is the higher the thread count, the softer the sheet. However, there is some debate about whether higher thread counts are really necessary.

Some people believe that higher thread counts are necessary for comfort, while others argue that lower thread counts are just as effective. In this article, we will explore the pros and cons of different thread counts and help you decide what is best for you.

Do you prefer higher or lower thread counts when it comes to bed sheets? Why? What factors do you consider when choosing your bed sheets?

Cav's new marching band

The Marching Highlanders have debuted their new uniform and their new music for the season.

This year, the band is wearing new uniforms that feature a more modern design and incorporate new technology to enhance their performance. The new uniforms are made from lightweight materials and are designed to maximize comfort and flexibility.

The band is also performing new music that is more contemporary and incorporates different styles to appeal to a wider audience. The new music is composed and arranged by the band's director, who is committed to creating engaging and dynamic performances.

Are you excited about the new uniforms and music? How do you think these changes will affect the band's overall performance?
Exhibition play proves successful for men’s golf

By Daniel Robinson
Sports Editor

The Cavs men’s golf team begins its fall exhibition season earlier this week and will continue to play through the end of October in preparation for what they hope to be a strong spring—following a lackluster 2005 season.

“We had a great fall last year,” said second-year head coach Leigh Clark. “Then we slumped in the spring.”

The team finished the season in sixth-place in the Mid-Carolina Invitational (AAC).

But, they are off to a strong start this season. The team placed tenth at the University of Arkansas Fall Invitational in early September—led by senior Bryan Bentley who opened the match with a 2-over-par 74 and shot a 3-over-par 75 in the final round—and just last weekend took third place—two strokes shy of a tie for second—in the Mid-Carolina Invitational.

The Cavs next travel to Greenville, Tenn. for the Britsum Invitational on October 1.

“We think we have the best team right now,” said Clark. “The way the team is getting along and the age of the team...we think we have a really great core group of players.”

This season’s team is young compared to others around the AAC—the team has no seniors and just two juniors, Clark said.

But, while the team may lack seasoned players, it is not without its share of quality players—among them returners Bryan Bentley and John Blake Graham, and newcomers Rhyme Hammitt and Ben Greenway.

Bentley, a sophomore from J.J. Kelly, led his high school team to a state championship. So far this fall Bentley has been the Cavs’ best scorer after two matches—leading the team at the season’s first tournament and turning in a ninth-place finish at the Mid-Carolina Invitational.

“I think we really come on strong this year,” said Clark.

“Graham, a former teammate of Bentley’s at J.J. Kelly, is a junior in his second year on the team. He tied Bentley for ninth place at the team’s most recent match.

“He is also an outstanding player,” Clark said.

The team’s newcomers are also expected to make an impact during the remainder of the fall exhibition season, Clark said.

Rhyme Hammitt, who attended Dobbsy-an-Bennett High School in Kingsport, has never played on an organized golf team. He was a soccer star in high school and has only “taken up golf in the last few years,” said Clark.

“But he came highly recommended by the pro at Roanoke College Country Club,” said Clark. “He is going to be an outstanding player.”

Hammitt finished in 65th place at the University of Arkansas Invitational and tied for 30th this past weekend.

Walk-on freshman Ben Greenway, of Newport News, turned in the team’s best score—one-over-par 71 after two rounds—at this past weekend’s Mid-Carolina Invitational.

“That was quite an achievement for a freshman,” Clark said.

But, since he is a walk-on, Greenway was actually playing as an individual and the team could not count his score, Clark said.

“They don’t get a lot of recognition, but they do work very hard,” said Clark. “They put in a lot of time and effort to get them to this point.”

Player at a Glance

Charles (“Chas”) Johnson

Linebacker, Cavs football team


Year: Sophomore

Greek: Phi Kappa Phi

Major: Business

Career Goal: To open a seafood restaurant with his best friend.

Earliest Memory of Football: “Watching the Miami Dolphins in the fall with my dad when I was about seven or eight.”

On the Football Season: “The team’s attitude has definitely changed for the better since my arrival here in Wise. The coaches have been able to bring in some new players with that winning attitude.”

On UVa-Wise: “Coming to Wise was probably one of the best choices I have ever made. The school is a great fit for me.”

JUSTIN SORENSON

Cavs to face Cumberland in homecoming game

By Cody Delton
Staff Writer

The undefeated Cavs football team will open up South Atlantic Conference play against Cumberland University in their homecoming game Saturday at Carl Smith Stadium.

The Cavs (3-0 overall) enter the game on a five-game win streak in the air and on the ground—outscoring their opponents 222-29 in the last three games.

Quarterback Randy Hippded connected on 15-of-20 passes for 305 yards and one touchdown.

Hippded completed 15-of-20 passes for 305 yards and one touchdown.

He led the Cavs to touchdowns drives in each of the team’s first six possessions.

Extremely difficult to defeat,” Cumberland (1-1 overall) will try to do just that as they begin conference play as well—after opening the season with a 24-17 on-the-road win over Southern Virginia and suffering a 28-21 home loss to Austin Peay State two weeks ago.

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