

# THE HIGHLAND CAVALIER

Celebrating more than 50 years of student news at UVA-Wise

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THE UNIVERSITY OF VIRGINIA'S COLLEGE AT WISE

OCTOBER 6, 2006

## Wise celebrates Fall Fling this weekend

By Jenna Powers  
Staff Writer

Wise County will hold its 28th annual Famous Fall Fling this Saturday and Sunday, Oct. 7 and 8, in downtown Wise--offering arts and crafts, a 5K race, a car show, a fashion show, wine tasting, music, and more.

The Fall Fling will include more than 100 vendors from Virginia and surrounding states, said Bonnie Akers, a member of the Fall Fling committee and one of the college's alums.

"Through this [festival], we're creating community involvement with churches, schools, arts, businesses, etc. and it's

going to be a fun weekend," Akers said.

And, the college's students, faculty, and staff are encouraged to attend.

"We love the college," said Akers. "We actually changed the Fall Fling from the second weekend in October to the first weekend to get the college involved without interfering with fall break."

Pre-Fall Fling activities slated for Friday include tours and a wine tasting event from 1 to 4 p.m. at the Mountain Rose Vineyard, and a spaghetti dinner at 5 p.m. sponsored by the Trinity United Methodist Church.

Musical performances--including a street dance--will be held on both

Saturday and Sunday. The street dance, on Saturday at 5 p.m., will feature a performance by the Front Street Band, playing a mix of music from the '60s and '70s.

"Everything and anything you should view to have a good time and enjoy yourself, that's what entertainment is all about," said Susana Hyder, a member of the Front Street Band. "It's great, every town should have a festival," she said.

The theme of this year's Fall Fling is Wise County's Sesquicentennial. And in honor of Wise County's 150th year, the Historical Society will be in attendance to help with research, and the Gladville Chapter of the

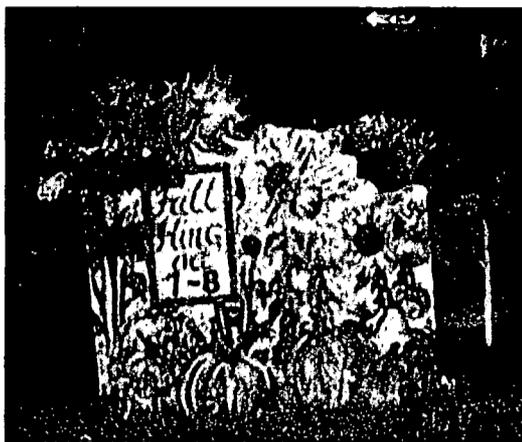


PHOTO BY KATE BALDWIN

This sign, at the intersection of Main St. and Norton Ave., announces the upcoming 28th annual Fall Fling in downtown Wise on Oct. 7 and 8.

Eastern Star will have a Coal Heritage Showcase featuring coal mining music and contests, coal memorabilia, prizes, and more.

For more information on Wise County's Fall Fling please call 276-679-4043 (day), 276-328-2456 (night), or go to [www.wisefallfling.com](http://www.wisefallfling.com).

## Money stolen from faculty

By Justin Sorensen  
Staff Writer

An unidentified man entered the offices of six female faculty and staff members in late September and stole purses and cash, according to e-mails sent to the college's employees late last month.

"In each instance, individual(s) entered un-locked faculty offices and removed money from purses or removed the pocketbooks with all of the contents," Provost Gil Blackburn told faculty and staff in a Sept. 22 e-mail message.

One victim, Shelia McNulty, an instructor in the Department of Language and Literature, said she first realized money had been taken from her desk when she was preparing to go to lunch and noticed money missing.

Earlier in the day she said she saw a man walk out of her office. When she asked him if she could help him, she said that he replied: "No thanks. Wrong office."

"I checked my office on my return and nothing seemed to be out of order so I believed that the gentleman may have just walked into the wrong office until I looked into my desk for some lunch money [which was missing]," McNulty said.

"I was just seconds from catching the robber red-handed," she said.

Campus Police Chief Stephen McCoy warned faculty and staff in a Sept. 21 e-mail that they should secure personal items in their offices and keep office doors locked.

## Campus parking continues to irritate students



PHOTO BY SARAH SMITH



PHOTO BY KATE BALDWIN

By Kate Baldwin  
Opinion Editor

A recent poll of commuter students found that, the number one issue commuters would like to see addressed is parking. "I hate parking all the way at the top, especially at night," said Tona Mullins, a senior and education major.

Commuters unhappy with the parking situation on campus will have to get used to it according to campus officials. "The long term master plan for the campus is for us to be a pedestrian campus," said Dr. Gary Juhan, vice chancellor for administration and chair of the parking committee.

The campus master plan approved by the UVA-Wise Board pushes parking to the edge of campus based on recommendations of the Campus Parking Committee, which is made up of SGA student representatives, faculty, staff, and administra-

tion. "The idea is to keep parking on the periphery," said Juhan. "In reality we could put parking [outside] each building, but that just wouldn't make for an attractive campus. It is possible to walk from one end of the campus to the other in 10 minutes."

Officer Ronnie Shortt, coordinator of parking and special events, said that steps have been taken to better the parking situation. "The paving of the softball/gym parking lot was meant to improve parking for commuters," he said. "We actually have more spaces but it may not seem that way due to on going construction. People have to understand that they have to be patient."

One of the problems the college faces when trying to create better parking is funding. "Parking improvement is not paid for out of money that

Virginia provides to college," said Juhan. "Funding for parking improvement and the campus's seven full time police comes from the purchase of parking decals and parking fines. Parking improvement is also paid for in part from unallocated student activity fees."

Other campuses have more parking issues than we do here. "Compared to other campuses, our parking to driver ratio is about 1 to 1.25. Last year there were 1566 parking spaces and 1941 vehicles registered to students, faculty, and staff. Not everyone can have a parking space," Juhan said.

There are three main zones for student parking: the football stadium (primarily for freshmen and sophomores), the commuter lot and the Greer gym lot. However, students are not happy with the way

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## New study abroad opportunities for college's students

By Simon Henry  
Staff Writer

Until recently, the prospect of spending a semester abroad may have been a distant and somewhat intimidating dream for most of the college's students.

High prices, shady grade transfers, and limited choices are now a thing of the past, thanks to Witold Wolny, the new head of the foreign exchange program.

This semester, for those who dare, walking through the door of Zehner, 125 could be the beginning of an international experience.

Wolny, a teaching fellow in the Department of Language and Literature, and a member of the college's faculty for five years, was approached by the college earlier this year with the idea of reducing his teaching duties and beginning the expansion of the college's international program.

And, directing such a program is not something new

for Wolny--he oversaw similar programs in Spain before he came to Wise.

"In Spain I almost had to fight for people's interest in such programs," said Wolny. "Here, the atmosphere has 'good vibrations' to use a Rastafarian phrase. People are much more enthusiastic towards the idea of increasing international exchange at UVA-Wise."

Students at the college may have noticed that more faces from around the world are beginning to appear on campus, and more of our own disappearing. Our students are now going to schools in Spain, Mexico, and Turkey.

Wolny said he hopes that by informing people of how easily and cheaply foreign exchange can be accomplished, more of the college's students will realize that they too can be among this crowd.

The college has signed an agreement with Academic Programs International (API) and hopes to expand exchange offerings by signing up with more programs such as International Student Exchange Program (ISEP),

Wolny said.

For bilateral programs like ISEP, the college subscribes to a network of universities from around the world, Wolny said. Under these agreements, our students can pay their UVA-Wise tuition and spend a semester or even a year at a foreign school, while a student from that school replaces them here, Wolny said.

Wolny said the college is also signing bilateral agreements with individual universities such as, Monterey Tech, University Santiago de Chile, the University of Wales, and Kansai Gaidi University in Japan.

And, soon students will be given a wider choice of countries in which to study, including England, Belgium, and even China, Wolny said. So, there will be people from more and more diverse cultures joining us on our campus while our college's students travel to theirs.

Wolny said his office has already received more than

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From the Editor's Desk

To: "A Very Concerned College Student"

I recently received an anonymous letter from "a very concerned college student" that indicated that I, as editor, and the staff of the paper were not doing our jobs. The writer said they were "disgusted by the college's newspaper thus far," and suggested that the paper include more "original" stories written by students here at the college instead of "copying articles from other schools."

First, let me say that I do not "copy" articles from other schools. That's plagiarism. *The Highland Cavalier* subscribes to a service that supplies student newspapers with stories produced by other college writers. We have, at times, used stories written by students at other colleges when they were relevant and well-written. Students at this institution should be informed of global issues—like Darfur—regardless of who the author is.

We do the best we can with the stories that are submitted. The regular submissions to the paper come from students enrolled in a journalism class on campus. As part of the course requirements, students must submit a story for each issue of the paper. We also have staff members who are not enrolled in the course that regularly submit stories as well. We would, of course, encourage other students that are not currently contributing to the paper to do so.

The "concerned student" went on in their letter to list story ideas that editors should "make" staff members cover. Coincidentally, most of these stories are being covered by students in the journalism class. Student submissions are read by editors and staff members and are chosen for inclusion in the paper based on thoroughness of reporting, writing style, and space limitations.

This student writer mentions that they "realize the lengths one must take to create a newspaper" because they were "on a newspaper staff in high school." Based on their vast knowledge, they observed, "you [meaning me] are not stepping up as editor and doing your job." The writer has no idea what staff members contribute to the paper each issue. We have weekly meetings where story ideas are discussed and stories are edited. Each issue week I, personally, spend nights working until early in the morning putting the paper together, and then have to go to a class at eight that very day.

What makes this letter writer's comments so unusual is that they contradict what we have heard from students, faculty and staff this semester. This semester's issues of *The Highland Cavalier* are a vast improvement over past years, not only in terms of content but also writing style and coverage of campus news. Submissions from our writers continue to improve. Better photos grace the pages. We now have an editorial page for the first time in years. And, beginning with this issue we now have an original editorial cartoon.

The letter ended saying, "Now it's up to you [meaning me], so what are you going to do, are you going to make the paper better for the next print, or are you going to ignore this complaint and keep making awful newspapers?" Our staff can only work with articles that are submitted. If we don't have enough well-reported and well-written articles from our college's students we are forced to print well-reported and well-written articles from other college papers.

This paper apologizes to any current student, faculty member or staff member if they have been disappointed with the product they've received this semester. From our vantage point we've produced a quality product that we're excited about. We've invested our time and energy into producing each issue of *The Highland Cavalier*. We are proud of the paper.

I offer an open invitation to anyone interested in writing for *The Highland Cavalier*—come join us. We hold regular staff meetings every Tuesday at 7 p.m. in Zehmer 137.

To the letter writer and all other students: This paper is produced by the students and for the students. It is up to you to help make it better.

--ALLANA BARRETT, Editor-in-Chief

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Life as a Non-Traditional Student

By Tona Mullins

Being a student at any age is extremely hard these days because of all the testing required for a student to excel in their education. Being a non-traditional student is even more stressful. You have to deal with many other factors in your life, besides trying and yearning to feel like you belong in your classes.

For me, feeling like I belong here at UVa-Wise is the hardest obstacle I have faced since I started classes here. This is my third semester here at the college and instead of feeling like I belong, the feeling of being an outsider just seems to be getting worse as the days and semesters pass.

The staff here at the college is awesome. Not only do they try to make me feel welcome, they keep telling me that I will succeed and that I do belong.

This feeling of not belonging I know is just a psychological problem of mine. Part of the problem is that I received my associate's degree in arts and sciences through Mountain Empire Community College and transferred here to further my education in the field of special education.

Mountain Empire's student population of 35- to 50-year-olds was at least 40 percent, but here at Wise the population of older students probably does not even register a single percentage of the student population. Non-traditional students at Mountain Empire were not that unusual. Here we are.

I am an older student and I need certain things to aid me on campus each day. With four to five classes per day and books weighing about 30 pounds, I used to have a rolling book bag, but decided to retire it. I do not have the privilege of going back to my dorm room to get my books for my afternoon classes. I do not have time to go to my car to get my books for my afternoon classes. Instead, I have to carry my books around most of the day. Most of the traditional students here seem to be very kind and polite about my unusual rolling book bag, but the rude ones are extremely rude. I have just about been run over by students in such a hurry to get out of a building while I am trying to enter. Most of the time, these students do not have the courtesy to say, "excuse me." It would

not be civil to repeat what has been said to me about my rolling book bag.

I wish the college had lockers for non-traditional students like me to store their extra books in between classes. I would be willing to pay for a service like this. I have considered going to SGA meetings to see if they could help me to get lockers installed, but my schedule seems to always conflict with SGA meetings. So, if any SGA members are reading this, I would appreciate it if you would consider this idea.

I am sure most non-traditional students would agree that it is harder and much more stressful to pursue your degree after you've started a family or been out of school for some time. We are very privileged to be able to go back home every day to our loved ones. But this same privilege can also be a disaster for our grades and mental state.

In order to maintain a good grade point average, a non-traditional student has to have very good time management skills, as well as having goals for themselves. Even doing things at home like cooking, cleaning, or spending quality time with our family takes time away from our studies.

I find myself thinking sometimes "have I gone insane," thinking I cannot do this anymore and just wanting to give it up, but wanting to do something with my life keeps me going.

I ask myself is it worth it. Most of the time I quickly respond by saying, "yes." Yes, it will be worth it once I have my degree and I regularly hear a child read their first book or see the smile on their face when they write their name for the very first time.

All of the younger students should take this advice to heart. Stay in college. Do not drop out. If you do, you will regret it sooner or later. Do not wait to finish college until you are middle-aged and decide you do not like your life. At that time, it will be very stressful to achieve your dreams with so many obstacles in your way.

Get your education while your brain is young and fresh, and not warped from life.

Tona Mullins, a senior at UVa-Wise, is a special education major. She is also a non-traditional student.

Cosby went too far in attack

By Emahunn Campbell  
Staff Writer

Throughout the history of African Americans there has been the perennial debate of personal responsibility versus social responsibility. This debate if forged in order to discover the cause of the pathology in Black America. Whether it is shown on one's local eleven o'clock news broadcast or on cable networks such as Black Entertainment Television (BET) one is constantly exposed to the negative images and stories of African Americans engaging in licentious behavior, violence, lewd or provocative dress, as well as Black women giving birth to illegitimate children. Unfortunately, these detrimental facets of African American life have been applied to the majority of Black youth; the champion of these arguments is the renowned and brilliant comedian, Dr. Bill Cosby.

I possess an immense amount of respect for Cosby, yet, I respectfully and vehemently disagree with his countless diatribes that are venomously aimed at the Black poor, primarily the Black youth and the Black poor. Cosby, in what is now known as his infamous "Pound Cake Speech" has attacked various

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You Know You're a Highland Cavalier If...



CARTOON BY KATE BALDWIN

Getting to Class Should Qualify for PE Credit.

Do you have a reaction to this cartoon or an opinion that you would like to share with the campus community? E-mail it to Opinion Editor Kate Baldwin at kebb6d@uvawise.edu.

*The Highland Cavalier* is the official student newspaper of The University of Virginia's College at Wise. The newspaper is published bi-weekly on Fridays. It functions to inform, educate and entertain readers accurately and responsibly. It does not necessarily reflect the opinions of the college's administration, faculty or staff.

*The Highland Cavalier* welcomes all contributions, which can be delivered to the Editor-in-Chief Allana Barrett in person (317 Slump Student Center), by standard mail (Campus Box 4682, The University of Virginia's College at Wise, 1 College Avenue, Wise, VA 24293); or via e-mail (kebb6d@uvawise.edu).

Letters to the editor can also be e-mailed to Opinion Editor Kate Baldwin (kebb6d@uvawise.edu). All letters to the editor must be signed—including the writer's department or major, address and telephone number. Letters may be edited for length, grammar, clarity and libel.



Slam Poet, ASIA, visited campus

By Jade Bolling  
Staff Writer

People who found themselves on the fifth floor of the student center on Sept. 26 at 7 p.m. got a real treat and surprise. Slam Poet, ASIA, performed an hour-long show of self-written poems, captivating the large crowd with his words.

"I've always set my goal to change at least one life each time I perform," ASIA said after the show.

A cancer survivor, ASIA told stories of growing up, losing a friend to cancer, comical views of telemarketing and frustration with "Asian stereotypes." His conversational style made it feel like we were all just childhood friends.

Read more for an interview with ASIA:

Q. Explain briefly how you came to be a slam poet.

A. There's a difference between a spoken word artist and a slam poet. A spoken word artist performs poetry while a slam poet competes in slam-poetry competitions by which the poet gets judged with points by randomly selected audience members. I am both. I started out as a spoken word artist performing at open mics around a nearby campus which, subsequently, led me to a poetry venue where they have monthly slams. I compete nationally with a team at the National Poetry Slam each year and compete at some local slams, but my true love is just to perform without rules or points which is what I do now at various colleges.

Q. Who are your favorite poets/authors and who influences you most?

A. As far as my favorite author, it would have to be Chuck Palahniuk (the author of "Fight Club.") His vivid images and dark comical style is amazing to read.

Q. What are some of your accomplishments with your poems and performances?

A. Though I consider having accomplishments, I think my biggest accomplishment is being able to travel nationwide performing in front of a diverse group of people. I've always set my goal to change at least one life each time I perform and so far, I think I've been successful. You never know who's listening or who needs to hear the words I've written. We all tend to think that what we feel or what we're going through is something no one else could understand until you hear someone else speak the exact same thoughts we were thinking at that moment in our lives. So to me, it's exhilarating to be able to tap into those hidden corners that people are afraid to confront because then, as an artist, you know that you've just given that person the sense of feeling normal in what they're thinking or going through.

Q. After having cancer, how does your outlook on life differ from before?

A. Anything life altering such as cancer would indeed change your outlook on life. Sometimes we get caught up in the complacency of things—needing to make a living, working every day to pay the bills, studying for that next test or whatever. We get trapped in our daily routines and it's hard to shake us out of it even if we desperately wish we could. And then something happens that wakes us up from this monotony and we realize that life is happening and it's happening rather quickly. I think that's key. I think it's that pinnacle moment of awareness that directs our life to a new destination that is far more rewarding than just going through the motions.

Study abroad opportunities grow

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100 hits for information regarding summer foreign exchange programs. These programs will be offered for fall and spring break, one or two semesters, or one summer. All programs are supported by the financial aid that you receive now at the college and all grades are transferable, Wolny said.

Wolny encourages students to seize the opportunity to travel, learn and grow.

"The change that people undergo in just one semester abroad is astonishing," Wolny said. "It is a life changing experience, not only academically, but on many personal levels."

For more information on the foreign exchange program you can contact Witold Wolny by email, ww4p@uvawise.edu, by phone, 276-376-4572, or by stopping by his office, Zehmer125.

Sex & the Country: To Squeeze or Not to Squeeze?

By Nancy Stichel  
Staff Writer

In the race to find the "one" why is it that the nice ones finish last. Ideally you would think they would finish first, equipped with honesty, kindness, and virtue. However, the liars and cheaters always seem to prevail. When it comes to getting the one you want, is the effort spent to get to the finish line worth the trophy at the end of the race?

You like him, he thinks you're okay. You do all the little things to show you care. For example, checking on him when he pulls a no show to his 8 a.m.; or waking up early to bring him a glass of water with a straw; to help alleviate his hangover from last night's festivities.

What's wrong with this picture? First, checking on him because he didn't go to his 8 a.m. Please, he doesn't have E. coli, he doesn't even eat spinach! Bringing him water because he's hung over, okay; giving him a straw so his heavy head doesn't have to put in the full exertion of energy to bring his mouth to the brim of the cup, way to much. You are being too nice.

Everyone has been through it. Doing everything imaginable to make the one you want happy and getting nowhere. I dare say it's as frustrating as pouring a bowl of cereal and then realizing you have no milk.

When dealing with such frustration college students ask themselves "Is the juice worth the squeeze?"

When deciphering whether or not "the juice is worth the squeeze" it's important to look at two components: how hard do you have to squeeze and what kind of juice are you going to get.

Applying that concept to relationships is simple. The "squeeze" means all that goes in trying to get the person you want, the "juice" being the outcome. You could put all the effort in the world squeezing a grape. The grape however is only going to give you so much juice. Just like with people. You could spend all day and night contemplating actions to please them. However all of your squeezing cannot make them feel something that is not there to begin with.

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aspects of the culture of Black youth. Cosby states:

People [are] putting their clothes on backwards. Isn't that a sign of something going on wrong? Are you not paying attention? People with their hat on backwards, pants down around the crack. Isn't that a sign of something, or are you waiting for Jesus to pull his pants up? Isn't it a sign of something when she's got her dress all the way up to the crack—and got all kinds of needles and things going through her body? What part of Africa did this come from? We are not Africans. Those people are not Africans; they don't know a damned thing about Africa. With names like Shaniqua, Shaligua, Mohammed and all that crap and all of them are in jail.

Such harsh, and naturally reproachable rhetoric, should not be tolerated without some form of candid and intellectually passionate critique. During the 1940s, 1950s, and the 1960s, African Americans have always expressed themselves through dress from vividly colored zoot-suits worn by men to short skirts and high heels worn by women.

In his national bestseller, "Is Cosby Right or Has the Black Middle Class Lost Its Mind," Dr. Michael Eric Dyson, a University of Pennsylvania professor, writes that "Black folk were considered repulsive and ludicrous in their imitation of the fine clothing worn in white society" after the emancipation of slaves. Furthermore, names such as "Shaniqua" and "Mohammed" are transparently derived from Africa, as well as religious figures. Moreover, these names come from the long tradition of African Americans naming their children after household

I recently purchased a 16 oz bottle of pomegranate juice which cost about 4 dollars. Compared to the same size bottle of orange juice costing just \$1.29 at the local Bee Line, I would say that's pretty expensive juice! However the antioxidants from that juice, which will help me age beautifully, and reach my life long goal of becoming a "MILF," makes that juice well worth it. As opposed to the vitamin C, which you find in orange juice, that helps prevent catching a cold.

It would be nice if everything was like juice, and you got exactly what you paid for. However in relationships no matter how much you give, you are not always going to get the desired results. In most cases it seems that the more effort we put in the least likely things will turn out in our favor.

Both sexes are guilty parties in neglecting the good ones in life and glorifying the worthless ones. When a nice guy tells you that you looked beautiful today, in fact, you look beautiful everyday, you think "well gee that's nice." However when the asshole in your life compliments your polo, life couldn't get much sweeter, which leads you to return to that store and buy all the remaining variations of that same polo offered.

All this exemplifies the importance of the chase. You want what you cannot have. The girl who brings you coffee in the morning, exactly how you like it, with just enough creamer to turn your coffee a khaki color is sweet, almost like a sister sweet. However the super hot volleyball player in your public speaking class who borrows your pen, then fails to return it, would really make you happy, that or her spandex shorts.

Everyone experiences being taken for granted. What differentiates the winners of the race from the losers is not who gets the girl or the guy in the end, but who stays true to themselves in the process. Don't be something you are not just because you think it is the only way to get the person of your dreams. Though it may end up working, your happiness will be short lived. Is the juice in fact worth the squeeze? No. Not if you end up sacrificing yourself. Or as junior, Britten Olinger says, "Well, do you want pulp or no pulp?"

Parking issue plagues campus

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parking is handled. "I think commuter upper classmen should have better parking spots than the lower classmen," said junior Nancy Stichel.

In the first full week of the fall semester campus police wrote over 400 parking tickets; some for not having a parking decal and some for parking in the wrong place, according to campus police records.

Students blame this on unclear parking policies. "[They] need to make it clearer where commuters can park," said junior Rene Newman.

However, campus police say that it is clear where stu-

dents can and can't park. "Parking spaces have been color coded to indicate faculty parking, so there is no excuse for parking in the wrong place. Everyone gets a parking map with their parking decal," said Shortt.

Campus police are very serious about campus parking policy. "If you are not in a marked spot in the right lot, you will get a ticket. You can't beat the system," said Shortt. "We usually only get complaints when someone gets a ticket, then they come to the parking appeals committee and complain about the parking situation."

## Cavs seek revenge against Lambuth

By Cody Dalton  
Staff Writer

The Highland Cavaliers will be in action this Saturday as they host their Mid-South Conference rivals, the Lambuth University Eagles, at Carl Smith Stadium on Saturday at 1:30 p.m.

The Cavs (4-1 overall, 0-1 in the Mid-South Conference) will look to get back on track following last week's 41-13 loss against fourth-ranked Georgetown College.

And, they will look to avenge last year's 25-21 heartbreaking loss to the Eagles. Lambuth scored two times in the fourth quarter last season to edge off the Cavs.

Lambuth enters the game with a 2-3 record, with both wins coming in conference play.

"This is a big game for us," said head coach Bruce Wasem. "Obviously, it is a bounce back game for us. We have got to get back on track and play our kind of football."

The Cavs had a big week before the Georgetown loss, earning the National Association of Intercollegiate Athletics (NAIA) #18 overall ranking. Junior running back Ra'Shad Morgan also earned NAIA Player of the Week honors that week, after setting his school record 289 yards rushing and scoring four touchdowns.

That was all spoiled for the Cavs against Georgetown, but things can only go up from here.

"It is always tough to come off of a loss, especially when you wanted to win so badly," Wasem said. "The sign of a good team is their ability to bounce back and play well."

"We have bigger goals and aspirations for this team this year," said junior running back Ra'Shad Morgan. "While it is good recognition to be ranked and we have worked hard to get here, it means nothing if we do not continue to do what got us here."

However, Wasem expects another tough game this week with Lambuth.

"I think this year's game will be every bit as competitive as last year's," he said. "They are a fine football team. Although they have a 2-3 record, they lost to a NCAA Division II team and two teams that are ranked inside the top 12 in NAIA."

"Their losses aren't any indication at where they are right now," he said. "It will be extremely competitive to say the least."

## From exercise to passion: Sharpe excels on and off the course

By Aaron Collier  
Staff Writer

Bradley Sharpe is a runner. He runs more in a week than most people run their whole lives. He runs rain or shine, snow or sleet. He is dedicated to the craft of running. Whether its training two hours on Monday or waking up at 6 a.m. to lift weights he has dedicated his life to being on the run. And, he wants to run the college's cross country team into the spotlight.

Sharpe started running cross country as a junior at Powell Valley High School as a way to get in shape for basketball season. He found something in cross country that most sports struggle to maintain: a positive atmosphere.

"Once I started running I really got into it," Sharpe said. "The atmosphere was really awesome. No negative words. All positive. I just really started to love it and I can't get away from it."

Sharpe finds the competition in cross country to be more with himself than any other team or the individual runners.

"When you compete in cross country its more than your opponents," he said. "Your competing against time. It's a positive thing to finish a race and see a time go down."

Sharpe was a multi-sport athlete in high school, playing both baseball and

basketball along with cross country, but decided his new found love of cross country was enough to command his full attention and dedication.

"Once I got out of high school I just tore away from baseball and basketball," he said. "I succeeded in it [cross country] in high school and wanted to further succeed."

Sharpe said that the sport of cross country is being recognized more and

more on campus as students gain knowledge about the sport. He was pleased to find so much support

when the team was introduced at the Homecoming pep rally, but finds that the sport continues to still live in obscurity.

"Everybody seems to think cross country isn't a hard sport or shouldn't be considered a sport," he said. "It's the most enduring sport there is. It takes the hardest work of any sport."

The college also offered a great place to not only to run cross country, but to get a good start on his education. Sharpe said that he saw a lot of his friends attend colleges far from home only to return a year later due to being home sick. He wanted to attend a smaller university that was closer to home.

"I wanted to start off a college around my home just so I could get the experience," he said. "Then

maybe later I might go away."

Sharpe's dedication also extends to his faith and religious beliefs. Sharpe was approached to portray Jesus in Oak Grove Baptist Church's Easter drama entitled "The Road to Calvary" and jumped at the opportunity. He found the drama to be a great opportunity to impact kids his age, something that he was looking to do at the time.

"I had been trying to find ways I could reach kids my age through out the church and the community," he said. "I wasn't getting a response at the time and I thought I would try the drama and once I did I felt that that was my main goal to reach kids my age."

That goal of reaching kids also led Sharpe to pick education as his major. He said he feels like he communicates with kids well and gets along with them. With those strengths he feels like becoming a teacher is the best way to go.

"I feel comfortable around them [kids] and that a good profession for me would be a teacher," he said.

Sharpe's message to anybody who comes to UVA Wise is to work hard and expect to have a heavy workload.

"It's a different atmosphere," he said. "You really have to buckle down. You have to take your studies seriously. No matter if it's an elective class or major class."

## Top ten ways for winning at IM flag football

By Whitney Bailey  
Staff Writer

Even though the word "football" is in the title, flag football is extremely different from real football. Not surprisingly, the strategies for winning are different as well. Chris Davis, the intramurals and recreation coordinator, offers his ten keys to winning at flag football.

**Rule #1: Have two blockers.** Every good team is going to have at least two blockers. The key to blocking is to line up about a yard off the line of scrimmage so you can react to your quarterback and the defense.

**Rule #2: Play a zone defense.** One teammate can help another out if their person has them beat. Playing zone saves energy

and strength which is critical.

**Rule #3: Put somebody in motion.** Throw the defense off by putting a player in motion. When the defense is running a zone, this makes them wonder who will be in their area and where they need to shift.

**Rule #4: Don't always look to go deep.** Short passes are safe plays. Short completions have a higher chance of gaining yardage than do long pass attempts.

**Rule #5: Lateral the ball.** Always keep a teammate close behind whoever has the ball. If something happens, they can lateral the ball back to their teammate. A play like this could result in gaining the first down or even a touchdown.

**Rule #6: Hold the ball out.** If the defense strips the ball from the offense then it is a 10-yard penalty. The ball's position determines the spot--not where a player's flags are pulled.

**Rule #7: Spin.** Flags are hard to grab. They are even harder to grab if they are flying everywhere. Anytime a defender is getting ready to pull your flags, you should try to spin.

**Rule #8: Go for the belt.** Flags are hard to grab, especially if the ball carrier is spinning. Instead of trying to grab the flags, go for the belt. When you grab for the belt, pull downward and you are almost guaranteed a grab.

**Rule #9: Play smart.** Know the rules of the game. They can work to the advantage of the team if

## From the Sidelines

### Finally a Reason to Care About Chemistry

Many coaches will tell you that a team's chemistry is its key to success.

In sports such as football, basketball, or volleyball, the team must work as a cohesive unit in order to achieve its goal. If a shortstop's girlfriend is sleeping with the second baseman, how many double plays do you think they're going to turn?

However, in sports that rely on individual achievements—such as tennis, golf, or cross country—the need for a team to get along is not as apparent.

Many say that there is no such thing as team chemistry in these individual-oriented sports. Obviously, the only people who would think this are those that have never participated in such sports.

Critics say that each team member can play for themselves and the result will be the same.

Coaches disagree:

"You have to have some team chemistry," says head golf coach Leigh Clark. "It's an individual sport. But you have to have that mentality that 'I've got to do well, I'm not just playing for myself.'"

In golf, five players represent their team and the highest four scores are tallied and serve as the team's score.

In other words, get one person putting like Happy Gilmore and the whole season can go down the drain. Remember everyone, "It's all in the hips."

And, much like golf, a team's overall score in cross country is determined by each runner's finish.

"In football, you've got 11 people. And all 11 are depending on each other on every play," says Jason Lewkowicz, head coach of the men's and women's cross country teams. "In cross country, one guy is not necessarily going to impact how another person runs, but during practice they motivate each other to run better and improve."

Let's face the facts. Even Steve Prefontaine couldn't win a cross country meet all by himself. The team has to work as one to get the victory.

Tennis is no different.

"If your players don't get along, they're not going to travel well, they're not going to practice well, and they're not going to sit and pull for each other during a match," says Danny Rowland, head coach of the men's and women's tennis teams. "Especially in doubles, you have to have chemistry. If you don't have chemistry, one apple can ruin the whole bunch."

Note to self...apples make for bad tennis players.

So, it is apparent that coaches of these individual-oriented sports believe that chemistry is important to their success. But, I'm sure you are all asking yourself, "What do you think about team chemistry, Daniel?"

Well reader, it is my belief that a team cannot possibly win unless its members get along.

I know there are those out there who are saying, "What about Shaq and Kobe? They didn't get along and they still won three straight NBA Championships."

Well, that may be true. And really, professional players probably have an easier time putting their differences behind them since it's a job to them. But, I can tell you that they won't have nearly as much fun playing the game as they would if they liked each other.

Honestly, why would anyone want to play on a team with a bunch of people you don't even like. Chemistry makes the game as a whole more fun to play. You can celebrate with one another when you win and console each other when you lose.

Any team in any sport at any level must have some degree of comradery in order to win. A team whose members do not get along seems doomed to fail.

they are understood clearly.

**Rule #10: Work for the playoffs.** "We just play the regular season to get seeding for the tournament," said Davis. Even if your team is not very good at the beginning of the regular season, just keep trying to improve for the playoffs. Try to evaluate other teams and see what your team needs to do differently against them.

Are you interested in joining the staff of *The Highland Cavalier*?

Staff meetings are held on Tuesdays in Zehmer 137 at 7 p.m.