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Schlosser speaks about "Fast Food"

By Allie Robinson
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A New York Times best-selling author spoke about the dark half of American fast food industry Tuesday night in the Chapel of All Faiths to an audience of students, faculty and community members.

Eric Schlosser, author of "Fast Food Nation: The Dark Side of the All-American Meal," which remained on the bestseller list for more than two years, said the book grew out of investigative work he did for Rolling Stone magazine.

After doing research on the industry he said he was surprised at how powerful the industry had become within the last 20 years and amazed at the transformations that had taken place within the agricultural industry, the job market and the landscape of American highways.

Schlosser said that the fast food industry spends \$3 billion on advertisements annually.

"And yet there was this whole world behind the counter that was hidden, that was not in those ads," he said.

He spent the next several years interviewing fast food workers, workers in the meatpacking industry and illegal immigrants who worked in the agricultural industry, investigating the scandals and poor business practices of which many Americans are unaware.

"When I feel there is something important someone doesn't want me to know I gotta know it," Schlosser said.

Some of the main issues he uncovered include the inhumane treatment of livestock, the injuries sustained by workers in the meatpacking industry and the lure of fast food to children, he said.

"One in five toddlers eats fast food daily," he said. "Preschool obesity has doubled and the obesity rate of elementary school kids has tripled. More and more kids are being diagnosed with diabetes."

Schlosser said that he actually loves burgers and French fries, but that these days he doesn't get his fast food fix from big chains.

"I don't want to regret them because I don't agree with the way they do business," he said.

Instead, he said he encourages students to buy locally.

"It is hard to be perfect," he said. "Just do the best you can—buying your burger from the Dari Barn instead



Photos by Kate Baldwin

Schlosser speaks with students and faculty in the Jefferson Lounge of the Slemp Student Center on Tuesday, Nov. 13.

of the McDonald's keeps you and your community healthy. It also will keep this town from looking like every other town in America."

In the seven years since "Fast Food Nation" was published, there have been some positive changes in the industry, Schlosser said.

"All is not dark and grim," he said. "I spend a lot of my time researching depressing social problems, but my background in history taught me that nothing is inevitable. These things don't have to be the way they are."

Schlosser said that the point of his work is not to get people fired up to become vegans.

"I am not telling people what to think," he said. "Rather I am trying to get people to think for themselves and feel some compassion."

Schlosser left the audience with one more burger analogy.

"There may be as many as thousands of cattle from five or six countries in one burger, whereas fifty years ago there was most likely only one. Think of that in terms of a relationship—the difference between a monogamous relationship and one in which you sleep with thousands

see Schlosser, page 2



Schlosser speaks with senior Jenna Powers after his talk about his writing and work with a small group of students.

December grads prepare for future

By Julie Kaye Shortt
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Students preparing for a December graduation are anxiously awaiting the day when they will be finished, but hesitant about what lies beyond graduation.

"I am excited because it has been a long four in a half years, but kind of worried about fitting into the real world," said Jaquelin Rodriguez, a senior majoring in psychology.

As Dec. gets closer students feel the stress of graduation.

"This semester has been a lot of work, but I am anxious to get it over with," said Kristen Phillips, a senior education major.

With this semester coming to an end, the graduating students are trying to concentrate on finals as well as graduation.

"I am really excited be-

cause graduation is so close with just a few weeks away," said senior accounting major Ashtan McCullum. "However, I am really stressed out with finals coming up."

Some students have spent this fall semester doing student teaching at local schools.

"I will finish student teaching in December," said Justin Sturgill, a senior education major. "I am excited to be graduating after 3 in a half years at UVA-Wise, even though I had to take a lot of summer classes and a full course load every semester."

The seniors reflected on their experience at the college and how the college was so willing to help them during their time here.

"It has been a good experience going to school at UVA-Wise," McCullum said. "Coming from a small high school, UVA-Wise was not a huge culture shock."

McCullum changed her

see Graduation, page 2

Celebrating International Week



Photo by Kate Baldwin

A student looks at different cultural items from the Ecuador table located in Zehmer Hall on Monday, Nov. 12. The table was displayed as part of the college's International Week celebration. Tables were set up throughout the campus, each of which concentrated on a different country

Student residence hall group attends Florida conference

By Aaron Collier
Features Editor
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The UVA-Wise Residence Hall Association (RHA) and National Residence Hall Honorary (NRHH) members returned earlier this week after participating in the South Atlantic Regional Conference at the University of Florida in Gainesville.

The South Atlantic region is one of eight chapters that make up the National Association of College and University Residence Halls (NACURH). The chapter includes all schools in Kentucky, Tennessee, North and South Carolina, Georgia, Florida, Alabama and Virginia.

Almost 700 students and advisers attended the conference. Assistant Director of Residence Life Angie Lemke said that even though nearly 60 colleges and universities attended, UVA-Wise held their own at the conference.

"I cannot begin to express how proud I am of all those who attended," Lemke said.

said in an e-mail. "Overall the entire conference was a very rewarding experience and I hope the students continue with the enthusiasm they developed [at the conference]."

Before the conference starts students can choose to represent their school by submitting presentation proposals. The best proposals are then selected to be presented. This year, UVA-Wise was selected to present five presentations at the conference. Two of the five 50-minute programs presented by UVA-Wise placed high at the conference as Resident Hall Association President Jessica Roloff's presentation entitled "Cross the Line" and Matt Grubb and Lindsey Miller's presentation "Lemme Sticks" were both ranked in the top 20.

"It's an honor to know that two of our programs were so well presented and enjoyed by other students that they voted them as two of the top 20 best programs in the conference," Lemke said.

UVA-Wise also came home finishing an impressive fifth in the School Spirit Competition. The students decked out in matching garb that included shirts, tiaras, swords, pom-poms and towels.

"This is a very remarkable thing because we are competing against huge schools," Lemke said. "UVA-Wise is showing all the other small schools that it is possible to represent your school even if you are small."

First time delegate Krista Huckaby said that this experience is something she is proud of and will never forget.

"Everyone did an awesome job and it was an amazing trip," Huckaby said by e-mail. "One that I will never forget."

NACURH promotes living on campus as a vital part of the college experience and provides resources to help member schools create an enjoyable residence hall environment and experience.

Stress levels on increase for students at end of semester

By Stephanie Ring
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Upcoming finals, graduate school applications, spring schedules, and last minute assignments are just a few of the things that stressed out around this time of year.

"I think this time in the semester is the most stressful because exam time is getting ready to hit," said Cody Dalton, a senior communication major. "Having such a short break and then heading right back into classes and exams hurts."

Increased stress is a factor that can lead to depression and studies over the past few years have shown that depression is on the rise in college students.

Research has shown that one out of every four young adults will experience depression before they reach the age of 24.

The American College Health Association reported that nearly half of all college students said they feel depressed.

"I think that it would be really easy to become depressed this time of year," said Jaret Bolling, a junior majoring in education. "Stress from class work that seems to get piled on right before the holidays, getting a bad grade on a test, not getting to visit your family enough, or just not being able to see old friends can really take its toll."

Shannes Johnson, a first year student, agreed that it is easy to become depressed missing family and friends.

"The people who you have depended on your whole life to get you through everything are suddenly not there everyday," she said. "It is hard to make that adjustment."

She said that the stress of juggling assignments, work and extracurricular activities also makes students vulnerable to depression.

"When something does not go the right way, it is so hard not to get depressed," Johnson said.

The Mental Health America association found that 30 percent of college freshmen report feeling overwhelmed a great deal of the time.

So who is more overwhelmed, freshmen or upper-classmen?

Bolling said that both are equally overwhelmed.

"Freshmen have to adapt to college life and may feel overwhelmed by the work they need to do when beginning life as a college student," she said. "For upper-classmen, there is not much room for mistakes. The courses are much more strenuous and before you know it, it is time to worry about graduation and the road ahead."

Johnson said that freshman live more stressful lives because everything is a new experience.

"It is very stressful when you have never experienced college life," she said. "You don't know how to deal with living alone, getting yourself up, or being self-determined and driven. It can be a huge smack in the face for first time students if you are not careful."

While parents often worry about their kids partying their college years away, their main concern should be over the stresses of college life that may lead to depression.

OPINION

Professor objects to "partisan vacuum of ignorance"

By Margie Tucker

I am writing in response to an article in the new student newspaper, "Notes from Underground." I do not know of the students whose names are given in the issue (Vol. 1, issue 3) to which I refer, nor do I know to whom one would send letters to the editor of that newspaper, so I am writing to the Highland Cavalier.

In the issue which I read, there is a short report on a study conducted in the early 1990s at Washington State purporting to find a link between abortion and breast cancer. A search of PubMed (a service of the National Library of Medicine, which itself is an agency of the National Institutes of Health) for breast cancer risk and abortion yielded several recent studies, including an article titled "Pregnancies, Breast-Feeding, and Breast Cancer Risk in the International BRCA1/2 Carrier Cohort Study (IBCCS)," published in the journal of the National Cancer Institute in 2006—the same journal in which the Washington State study was published.

This 2006 study looked at 1,601 women who were at high risk for developing breast cancer because of genetic factors. The authors "found no association between having a miscarriage or an induced abortion and the risk of breast cancer for women who carried a mutation in either BRCA gene."

Furthermore, a Summary Report from the National Cancer Institute [Early Reproductive Events and Breast Cancer Workshop] states that "induced abortion is not associated with an increase in breast cancer risk." A National Cancer Institute Factsheet titled "Abortion, Miscarriage, and Breast Cancer Risk" states that early studies done to assess the link, if any, between abortion and breast cancer were inconclusive. The problems with these early studies are outlined in another report put together by a Network contributor of the Canadian Health Network. Specifically, the studies had low sample sizes (i.e., randomness affects the results) and they relied on self-reporting of women's histories (vs. using official medical histories) subsequent to a diagnosis of breast cancer.

The Canadian report also specifically mentions the "Daling" study reported in "Notes from Underground" and it goes on to say that the "Daling" study "found that having an induced abortion increases a woman's chance of developing breast cancer by 1.5%." (The same Canadian report comments that the increased risk of lung cancer that is associated with smoking cigarettes is on the order of 200-800 percent, to give an idea of real risk in medicine). Although the small sample size of the "Daling" study questions the significance of this 1.5 percent increase, it did not stop the author of the student underground newspaper article from claiming that the same study showed "an induced abortion raises a woman's chance of getting breast cancer before age 45 by 50%."

While publishing an underground newspaper in order to provide a venue for unpopular opinions is a laudable effort, the editors and writers of the new "Notes from Underground" should at least make an effort to ascertain the truth of the claims that they make. As members of the press, they must hold themselves to the highest standards of truth and honesty, particularly on a campus with an Honor Code.

Otherwise, decisions about life and health will be made in a partisan vacuum of ignorance.

Margie Tucker is a Professor of Chemistry at UVA-Wise

Anti-war movement can be anti-American

With the exception of Vietnam, the current Iraq War is the most controversial conflict in American history.

The United States' involvement in Iraq (and by default the entire Middle East) has been rigorously debated on both sides of the political spectrum. And on the streets of America's major cities, a movement in opposition to the war continues to display itself.

But beneath the opposition to the Iraq War lies a darker sentiment, one that has seeped its way through the anti-war rhetoric.

I'm talking about anti-Americanism. One cannot pass by an anti-war rally without seeing signs and literature of protest or hearing speeches disparaging the United States.

At rallies across the country, it is not uncommon to see the U.S. flag burned, or

stomped on or dragged through the streets. Demonstrators carry signs attacking the U.S. as "racist" or "imperialist." Speakers rile up the crowds with speeches attacking the U.S. as a "terrorist state," intertwined with inflammatory calls for revolution (most of the demonstrations are put on by radical leftist groups like Not in Our Name and International ANSWER, both of which are products of communist groups).

Even more disturbing is that some of these demonstrations appear to offer support to our enemies. Demonstrators at one protest carried signs with messages such as "Long Live Fallujah" (referring to the Battle of Fallujah) and "I Support the Iraqi Resistance" (i.e. the Baathist and radical Islamic insurgency).

Rarely is a kind word about America present at these rallies.

Of course, the First Amendment protects such things as free speech, and I will not dispute that. However, I feel that such messages have crossed the line from simple opposition to anti-Americanism.

When confronted with messages such as these, one can't help but wonder what really motivates the anti-war movement.



Justin Jurek
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To Iraq With Love

By Marissa Jones

In all reality, how many of us say a special, inward "thank you" to the troops who are continually fighting for our freedom?

Odds are, these men and women only come across our minds when we see the latest death toll on CNN or when we see an American flag waving proudly in the wind. Besides those few times, who's really counting? ... Contrary to popular belief, someone is counting.

A random letter saying "Hey—thanks for fighting for my freedom" could change a soldier's life forever.

Recently, visiting author Tim O'Brien spoke to the UVA-Wise community about war and all of its consequence. We felt the effect of the war in our bones, and while some may have shed a tear, others yearned to do something, anything, to help our troops in our current war.

My Freshman Seminar 101 class has decided to make our daily soldier "thank you" a tad more personal. With all of our efforts in tow, we hope to create care boxes for soldiers.

Now, what's a simple box, you might ask. It is not the outside but what's inside that counts in this situation. How would you like to send soldiers the first American newspaper they may have seen in over a year? Or, perhaps, you might like to send them a box of baby wipes, so they can adequately bathe themselves to the best of their ability.

How about a sucker? I'm betting there are not many snack machines lurking around in Iraq or Afghanistan.

So, what do you, a college student at UVA-Wise, have to do with this?

You can make your own box! While the idea stemmed from one class, it holds the potential of including the whole university. We hope not only to provide life-changing packages to individuals who fight for our freedom, but also to offer them much needed support. Granted, they have family who may tell them all the time that they're thankful for them, but what if Americans worldwide sent the message across to our servicemen and women?

Can you imagine the uplifting of spirits? Even if you don't want to make an entire box, contribute a pad of paper or a pen. Then, at least, soldiers who receive these packages could write home to their child, wife, husband, mother, or father to tell them that they're alive, they miss them, and they love them.

If you do nothing else, though, say a little inward thanks more often. Even by doing that you can make a difference.

Whether or not you support the War in Iraq isn't the point; whether you support our troops, is.

Marissa Jones is a freshman and a member of Diane Silver's Freshman Seminar class.

Graduation: Students ready for real world experiences

Continued from page 1

major half way through her time at the college and she said the college made it possible for her not only to graduate on time, but a semester early.

"The college was very cooperative with me when I transferred in from Mountain Empire Community College," Phillips said.

Students also enjoyed the classes and the professors at the college.

"I really liked UVA-Wise," said Phillips. "I also liked the interactions with my professors due to the small class sizes."

Other students enjoyed the opportunity to meet new people.

"I have had a good experience at UVA-Wise and enjoyed meeting a lot of new people," Sturgill said.

Students have job opportunities after graduating from the college.

"I am currently working for BB&T and they have offered me a full-time position in Lynchburg," McCullum said. "I also have some job interviews coming up at an accounting firm."

Education majors plan on waiting for a job opportunity in the next school year.

"Since graduating mid-semester it is not very likely to get hired for a teaching position," Phillips said. "I plan to do substitute teaching at local schools for the spring semester."

Sturgill said he will substitute at local schools and apply for a teaching job in surrounding counties for the next school year.

Schlosser: Author talks about dangers of fast food industry

Continued from page 1

of people every week. In which scenario are you more likely to get a disease? Think about that the next time you buy a burger."

A reception and book signing followed the lecture. People lined up with their copies of "Fast Food Nation" as well as Schlosser's other titles "Reefer Madness" and "Chew on This."

"Today alone we've sold over 20 copies of 'Fast Food Nation,' which is excellent," said Chad Gentry, director of bookstore operations, who was working at the bookstore Tuesday night.

Gentry said the bookstore only usually sells four or five copies of an author's book when there is a lecture.

Gentry said that he's read through the book, but that it's sort of unsettling.

"I'm afraid I'll learn more than I want to know," he said.

Chancellor David Prior said that he felt the lecture went very well and that he

was pleased with the student turnout.

"Eric Schlosser told me that sometimes college students are apathetic about these issues, but that he felt good about talking with the students here," Prior said. "He's got a good impression of our students."

Senior Adam Robinson said that he has read "Fast Food Nation" twice, and that he enjoyed the additional information he got out of the lecture.

"[Schlosser] has been the best choice so far for the Chancellor's Lecture Series," he said.

Robinson said he loves fast food, but now, after learning that as many as a thousand cattle can be part of one burger patty, he will be less likely to order them.

"Fast food will probably more so be a fix for treats and sweets," he said.

Sophomore Sarah Smith said that the lecture was especially interesting to her

because her parents own two Dairy Queen restaurants.

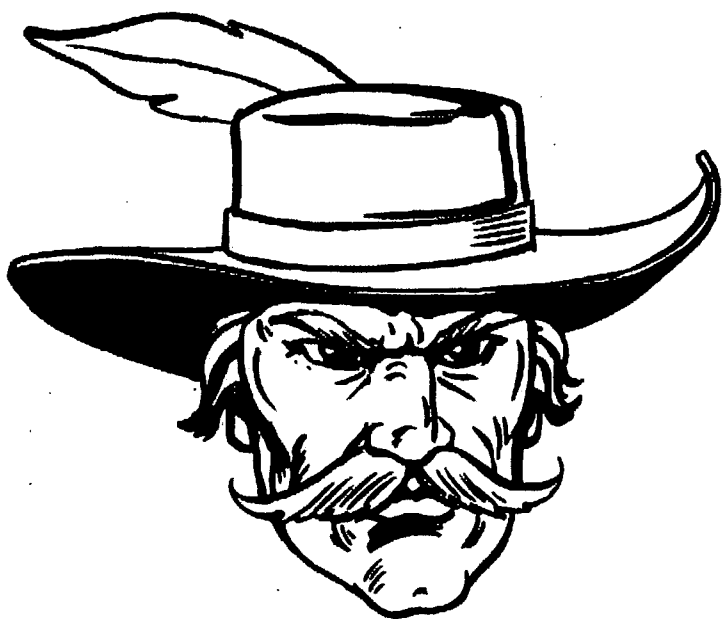
"Hearing this opened my eyes to what's really going on," she said. "Now I'll try to be healthier and think about what I am putting in my body."

Charlie Edwards, who graduated from Haysi High School, said that he has also read the book.

"The lecture was a great follow-up, especially since [Schlosser] added what he has learned since the book was published," he said.

Schlosser is a graduate of both Princeton and Oxford. A film version of "Fast Food Nation" was released in 2006; Schlosser cowrote it with Richard Linklater. He also published a children's version of the book last year titled "Chew on This: Everything You Don't Want to Know about Fast Food." He currently lives in California with his wife and two children and is working on a book about the American prison system.

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With Thanksgiving right around the corner, what are you thankful for?



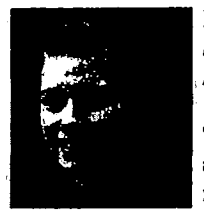
Leah Arthur
Freshman
Math and Spanish

"My twin sister and mother. I don't know how I could have gone through life without them both."



Thurance Elam
Freshman
Psychology

"I'm thankful for my family. Going off to college makes you realize how much you miss them."



Brittany Osborne
Sophomore
Math

"My friends. Their always there when I need them."

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Joe Gallimore is a junior majoring in Administration of Justice & Spanish

BY THE NUMBERS

Turkey Day

3 Number of places nationwide named after the holiday's turkey, including Turkey, Texas, Turkey Creek, La., and Turkey, N.C. There are also 10 towns named Turkey in the country, most of them in Kansas.

20 Number of people named Thanksgiving in the United States, according to the Social Security Administration. The name is most popular in Minnesota.

13.7 (in billions) The amount of turkey meat consumed by the typical American.

\$5.2 (in billions) The value of U.S. imports of live turkeys during the first half of 2005.

649 (in millions of pounds) The amount of turkey meat produced in the U.S. in 2005.

Compiled from CNN.com

Students thankful for Thanksgiving

By Katie Hurst
Staff Writer
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A huge feast, spending time with family, and seeing friends are all on student's minds because Thanksgiving break is just around the corner.

Students across campus have fond memories of past Thanksgivings and some students are excited about the one to come.

Sophomore Cassie Grover said her happiest memory was actually her funniest memory.

"I was six and it was when we first moved to Virginia," Grover said. "My 'Pop Pop' was making the turkey that year but the oven caught on fire so we had to have pizza instead."

Senior Aslihan Aras said she had never celebrated Thanksgiving in her native Turkey, but she had heard of the holiday.

Aras said her first time celebrating Thanksgiving was with her friends at the house of Robin Benke, the director of library services.

"That was the first time I had ever had pumpkin pie and it was delicious."

Aras also said this year she would be celebrating Thanksgiving at a friend's house.

"This year I have had a couple of invitations for a Thanksgiving dinner and I think my friends and I will go to our friend Paige's [Howard] house but that's up to how much homework I have," she said.

Sophomore Nancy Ka-



mal said she was looking forward to this Thanksgiving because her boyfriend will be home from Iraq.

"This Thanksgiving will probably be the best because of the excitement of my soldier coming home and being around my family again," Kamal said.

Kamal and Grover also said what they were thankful for this Thanksgiving.

"I would have to say I am most thankful for my 'Pop Pop' still being around," Grover said.

"I am thankful for the safety of my friends and family," Kamal said. "Just being able to see them and knowing they are healthy makes me feel truly blessed."

Class prepares packages

Diane Silver's Freshman Seminar class has begun accepting items to be included in care packages for troops stationed overseas in Iraq.

The class plans to collect items in shifts, across several weeks, beginning with hygiene products (toothpaste, toothbrushes, floss, sunscreen, chapstick, towlettes,

baby wipes, toilet paper). During the second shift, the class will collect recreational items (cards, stress balls, newspapers, CDs, books).

Finally, the class will collect food items (hard candy, licorice, fruit cups, jerky).

The class will start putting together packages once

all of the items have been collected.

If you would like to donate items, help with packaging, or have any other questions about the project, please contact Diane Silver in the Office of Advising and Retention in Smiddy Hall at 376-4627 or by e-mail at dls3wb@uvawise.edu.

5 Questions With....



Don Trivett
Teaching Fellow of Spanish

1. If you could go out to dinner with any three people, dead or alive, who would they be and why?
I would like to go out to dinner with Kurt Rambis, Bob Dole, and Hans Blix: regular guys who made considerable contributions with understated humility.
2. If you could live anywhere in the world where would it be and why?
I would live on a lake in Minnesota, so I could listen to the calls of the loons all day.
3. If you could have a super power what would it be?
I would like to have super-human speed so as never to be late for a class or a meeting.
4. Who is your favorite band or what is your favorite type music?
Simon and Garfunkel
5. Where is your favorite place to go on campus or in the town of Wise?
With the combination of good food and books, what could beat the library.

Staff meetings are held Mondays in the Honor Court room at 2 p.m. and are open to ANYONE who wants to be involved with the paper.

Girls & Sports

By Justin Borus & Andrew Feinstein



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Nov. 16th "The Laramie Project"
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Nov. 18th 2 p.m. "The Laramie Project"

Resident Halls

closed from
Nov. 21 @ 9 a.m.
to Nov. 25 @ 9 a.m.

Nov. 28
Blood Drive
Noon-5:00pm
Outside SSC



Nov 26th
Gary Crum, executive director of the Southwest Virginia Graduate Medical Education Consortium, will present "Karl Brandt: Hitler's Public Health Officer." (Mature content)
Chapel of All Faiths, 1 p.m.

International
Nov 27th
presented
Special
(Spain)
Science
Lectures
6 p.m.



Atreyu makes big comeback with new rock album

By Reid Salomonsky
Sports Editor
ras7q@uvawise.edu

It's a rare occasion when a young band can make a comeback after a disappointing album. It takes an entire renovation of sound, technique and a whole lot of originality.

Atreyu looks to have mastered the formula. After last year's disappointing "Death Grip on Yesterday," Atreyu's latest release "Lead Sails Paper Anchors" is proof that they not only have plenty of fight left in them, but enough to win back discouraged fans.

The most recognizable difference between this album and their three previous releases is lead singer Alex Varkatzas' melodic singing rather than his aggressive screaming that led to their strong following.

However, this isn't a whole new band. Just like their first two albums, "Suicide Notes and Butterfly Kisses" and "The Curse," this album is a return to the progressive and heavy riffs that made them famous, while also adding a mix of innovative transitions.

The opening lick in the album, "Doomsday," is the perfect way to introduce their new sound while still showing their metal-core roots with an intense guitar riff.

While they haven't completely abandoned their screaming ways, they do rely on dual vocals with drummer Brandon Salter, who provides his usual catchy chorus to the majority of the album's tracks.

Old school Atreyu fans will love "When Two are One," which reminds listeners of the band's early work. The song mixes sev-

eral different elements that make it an instant classic: an unexpected opening, incredible lyrics, a chorus that will get you chanting and a shredding guitar solo.

Although they changed their sound, their message continues to be heard loud and clear. The lyrics are so thought-provoking that they will leave fans blown away and dying for more.

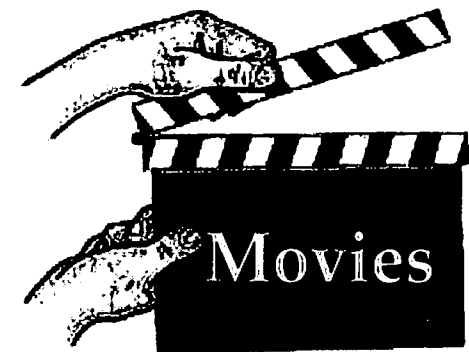
They have tackled more mature topics in this album, emphasizing more love and less love lost. They even show a more spiritual side in "Can't Happen Here," in which they make several references to God.

While the album is a huge step up, it is obvious that this was an experimental sound which didn't produce a flawless CD.

Long-time Atreyu fans will be upset with the track "Falling Down," which could almost be compared to the commercial sounds of groups like Fall Out Boy.

The 11-song CD includes a bonus track that is as unexpected as their cover of Bon Jovi's "You Give Love a Bad Name."

Even though they aren't the same Atreyu of old, the band has obviously matured and should not only regain its disappointed fans, but surely develop new ones.



"Spider-Man 3" DVD proves to be well worth the wait

By Aaron Collier
Features Editor
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What is red and blue, swings around New York City and comes in a nice package to take home?

"Spider-Man 3" on DVD.

One of the biggest summer blockbusters of the year is now on DVD in its entire super-hero splendor.

Just like with any other DVD that is released, "Spider-Man 3" has both a regular one-disc release and a two-disc special edition with both releases being offered in widescreen and fullscreen format.

For those who have forgotten the plot of the film, Spider-Man faces his inner demon when a symbiotic alien attaches itself to the heroic web-slinger and brings out his dark side.

Spider-Man not only must battle the dark part of his soul, but also the dangerous Sandman and the revenge-driven Venom.

Being the comic geek that I am, I chose to purchase the two-disc Special Edition in widescreen format with all the bells and whistles attached. The first disc includes two commentaries, one with director Sam Raimi and the cast of the film and the other with former Marvel Comics President and producer of the film Avi Arad along with his other fellow producers Laura

Ziskin and Grant Curtis. The disc also includes blooper reels, a very cool video for the song "Signal Fire" by the band Snow Patrol and photo galleries showing both conceptual photos and artwork.

Of the two commentaries, I chose to watch the one featuring director Sam Raimi and the cast that included Toby McGuire (Peter Parker), Kirsten Dunst (Mary Jane Watson), James Franco (Harry Osbourne), Topher Grace (Eddie Brock/Venom), Bryce Dallas Howard (Gwen Stacy) and Thomas Hayden Church (Flint Marko/Sandman).

The commentary does not dissipate. The best part of the commentary was hearing Raimi talk about how many revisions the script went through before it was transformed into the final product.

He talks about how Venom wasn't in the plans to begin with and how the original plan was to cast Sir Ben Kingsley ("Lucky Number Slevin," "Sexy Beast") as the Vulture to complement Hayden-Church's Sandman.

This might prove the internet rumors that the studio forced Raimi to put Venom in the film instead of teasing him for the next villain in the fourth installment.

The second disc includes three featurettes highlighting the creation of the Sandman, Venom and the new Goblin. The Sandman and the Venom



features touched on both the comic book origins and how they translated them on to the screen. Even though I would have liked to have seen more from the comic book side—such as interviews with the creators of each character—both features were interesting enough and I particularly enjoyed the Sandman one and how much time and effort was put in by both the special effects crew and actor Thomas Hayden Church.

The process to bring the Sandman to life was amazing and made me appreciate the final product a lot more.

The second disc also includes an on-location video from both of the key filming locations, New York and Cleveland. The disc also includes spotlights on the editing and the sound of the film along with the key stunts featured in the film.

In the end, "Spider-Man 3" Special Edition is worth every penny and should be added to any DVD collection.

"The Laramie Project" a powerful performance

By Drew Lyon
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It must be a Halloween decoration, a scarecrow, the rising and falling of the chest area was some sort of contraption, but the hair was so real, the hair gave it away, a mountain biker recalled in an interview about the day he found the unconscious battered body of Matthew Shepard tied to a fence.

Shepard was an openly gay 21-year-old college student who grew up in Laramie, Wyo. His attack was widely perceived as a hate crime given the brutality of the assault coupled with his sexuality. The town garnered unprecedented media attention and a nationwide outpouring of sympathy, as Shepard remained hospitalized on life support for six days before dying with family at his bedside, on Oct. 12, 1998.

In the wake of this event, members of New York's Tectonic Theatre Project descended upon Laramie and conducted over 200 interviews with residents of the Laramie community and anyone who could provide insight into the tragedy.

The compilation of these interviews, along with cast member journals and news reports, became "The Laramie Project," a play that sheds light on the potential violence harbored in today's youth.

The UVa-Wise theater division presented this still poignant material last weekend in their production of "The Laramie Project," directed by Jonathon Taylor. "The Laramie Project" will complete its run with two shows this weekend, including tonight at 8 p.m. and Sunday at 2 p.m., in the theater trailers.

A cast of nine students, each playing multiple roles, thrust the audience into the town of Laramie, rapidly bouncing between a wide range of characters, with each one providing perspective on Shepard and his premature death. The transitions between characters were surprisingly easy to follow and distinguish as the play progressed. The personal connection to Shepard grew with each scene as the play moved toward its inevitable conclusion. By the time Shepard's father, portrayed by senior Matt Carter, delivered his remorseful final address to the jury sentencing one of his son's killers, an emotional crescendo was achieved. And the wave of despair beset upon the audience was palpable.

Junior Craig Rice shined in every role he played—from CEO of the hospital where Shepard spent his final days, to a frustrated gay member of the Laramie community.

Senior Joel Ernst provided some comic relief with his over-the-top performance of an attention-seeking bartender, who was one of the last people to see Shepard before he left with his assailants.

Other members of the cast, including Heather Morgon, Jesse Lambert, Casey Chinault, Jaime Herman, Sarah Jones and Matt Trogovac, delivered appropriately reserved performances in their roles, careful not to overshadow the powerful content.

The production did not rely on an elaborate set, merely a few black cubes for the actors to interact around.

It was the personal nature of the performances that resonated strongest, fostering an emotional bond with Laramie, and leaving the audience to ponder how tragedies like this can be avoided.

Fall Out Boy, Gym Class Heroes rock Young Wild Things Tour

By Craig Rice
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On Nov. 7, I traveled to Roanoke along with several other UVa-Wise students to catch one of the best tours of the winter, the Young Wild Things Tour. The tour includes the bands Cute Is What We Aim For, The Plain White T's, Gym Class Heroes, and headlined by Fall Out Boy.

The concert began with an uproar as New York-based band Cute Is What We Aim For took the stage. It was apparent early on that these kids were still trying to find their footing on a live stage as they tore through a set which included their hits "Curse of Curves," and "Newport Living," to what seemed to be an unwinnable crowd.

The Plain White T's was the second band on the bill and led a fierce chorus of sweltering fans in their mega-hit "Hey There Delilah." The band also played their hits "Take Me Away" and "Hate is a Strong Word (But I Really, Really, Really Don't Like You)." The band tried their best to excite the crowd, but at this point in the concert the crowd wanted just one band: Gym Class Heroes.

As the lights went down for Gym Class Heroes the fans began to rush the stage in anticipation. They opened with their billboard hit "Cupid's Chokehold," but lead-singer Travis McCoy was drowned out in a sea of

voices from the crowd who knew the song by heart.

The band had great showmanship and kept the crowd in the palm of their hand with the songs "The Queen and I," and "New Friend Request." The fevered intensity came to a climax when the band closed their set with "Clothes Off," and many onlookers took the song title literally by removing shirts, shoes and hats and throwing them on stage.

Right before Fall Out Boy took the stage, a giant screen fell on the stage shielding the audience from the behind-the-scenes modifications. After 15 minutes of waiting, a video screen flashed an animated short and once it ended a strong, driving beat cascaded from behind the giant screen. The crowd grew silent and with a swift drop the screen fell to the ground and Fall Out Boy burst into "Sugar, We're Goin' Down."

The band put on an amazing hour-and-a-half set and it was great to see that Fall Out Boy is finally growing into a band that have found themselves and their fans.

The band mostly played hits off of their albums "Under the Cork Tree" and "Infinity on High," which upset some audience members because many wanted to hear the band's older songs.

The Young Wild Things Tour runs through Dec. 2 and will end at the Hard Rock Hotel in Las Vegas, Nev.

Briefs

Lady Cavs, Lawson rewarded for spectacular season

After a stellar 9-2 season, the Cavs rootball team will have to wait until next year to make the coveted NAIA football playoffs.

The Cavs finished the season ranked No. 14 in the NAIA, which was one spot short of making the playoffs. Mid-America Nazarene received the final spot with a final ranking of No. 13.

In order to make the playoffs, a team must be ranked in the top 20. *AkO* winners of each conference/division receive an automatic bid if they are ranked inside the top 20.

Senior Joey Olackwell banded out five assists and dropped in eight points and added three steals.

The men's basketball squad had an impressive showing in Tuesday's game.

The men's basketball squad had an impressive showing in Tuesday's game. The men took down rival Alice Lloyd College on Monday, 83-68 on Nov. 17.

Freshman Adam Hood led the team with 17 points.

Alter a light first half, the Cavaliers caught fire by hitting 17 of 28 attempts to pull away from the Eagles.

The Cavs (3-2) saw Hood hit three long-range shots. Junior Eric Swords and sophomore Pancei Kecev hit double figures with 11 and 10 tallies.

Senior Joey Olackwell banded out five assists and dropped in eight points and added three steals.

Lady Cavs finish Impressive *Vittk*

The Lady Cavs volleyball team had two solid matches in the AAC last Friday, Nov. 9, but could not pull out a win.

The Lady Cavs started the early afternoon by shutting out Covenant, 3-0, then outlasting Union College in five games before falling to host King College, 3-0.

The Lady Cavs (22-12) split the first four games against the Lady Bulldogs, 22-30, 30-21, 30-25 and 24-30. But the fifth contest has been a rallying point all season for UVa-Wise, the fourth seed took the deciding game 15-12 for the first defeat of AAC regular season champion (33-13) Mtlwyeh'.

The Lady Cavs' victory over the Mr team earned notice of qualifying for the NAIA Regional Championship.

The squad received the fifth seed and will play the #4 seed from the South at King's College starting at 4 p.m.

This was only one of the good news stories received in the past week as several players were awarded for their outstanding performances.

After Jesu's UVa-Wise women's volleyball team, junior Britney Lawson was voted the Appalachian Athletic Conference (AAC) Ubers of the Year at the league awards banquet Thursday night.

Senior Nati Williams received AU-AAC first team for the third year in a row and setter Sam Putyea made the AAC AU-Freshman team. The three Lady Cavs have helped double the team's wins from a year ago to 22.

Also on Monday, Lawson and senior Leeza EXM Santos earned spots on the AAC All-Academic team.

Lawson carries an impressive 3.76 GPA in math education. Williams Dos Santos holds a 3.54 GPA with a double major in history and Spanish.

UVa-Wise also recorded a top place finish at the AAC tournament completed last Saturday after having been eliminated in the first round the previous two years. Lawson earned the Ubers of the Year and All-AAC first team. She led second year head coach Steve Emlin's defense and the AAC with 6.8 digs per game.

Lawson was also named the NAIA National Ubers of the Week and NAIA Region X Ubers of the Week one time apiece and selected for the AAC same honor four times. Britney set the school record for digs with 683.

The NAIA Region X Volleyball tournament will be held tonight and tomorrow at King College. The Gfws are scheduled to play in Indiana Southeast at 1 p.m. today, and the winner will face Kei King College tomorrow at 10 a.m.

NAIA playoff system is a

By Cody Dalton
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Destiny met (faster on Sunday, as the UVa-Wise football team found out they were ousted from the NAIA playoffs.

After such a wonderful season, which was better than last year's turnaround, the Cavaliers find themselves on the outside looking into the NAIA playoffs.

I understand that the University of the Cumbetand's defeated the Cavs a couple of weeks ago which gave them the automatic bid but there are still two teams below us in the nuddngs that received bids.

Black Hills State (7-2) and Northwest Oklahoma State (8-2) both got in ahead of our team, despite being four and six spots below us in the rankings, respectively.

So what exactly are the NAIA weekly rankings for?

I guess it is just a nice way of organizing things, so that in the end, teams with better records (UVa-Wise) get ousted from competing based on their records.

Being a fan of football, I never thought that I could find anything more idiotic than the Bowl Championship Series (BCS) in the NCAA football system.

I feel bad for the seniors in the football program, who have arguably had the biggest impact on this program since its inception in 1991.

Players like Ra'Shad Morgan who set the single season touchdown record (27) and tied the career touchdown record with 62 this year.

So ultimately what does this playoff system come down to?

Tradition. The voters in the poll want to keep up with tradition.

For those of you who are college football fans and who watched Boise State defeat Oklahoma in the Fiesta Bowl I see our football team in the same shoes. Tradition tried to override the underdog, but the underdog prevailed.

So all I can say to next year's squad is that I hope you make the post-season. Win the division, get into one of the top 10 spots, and leave the voters and doubters behind.

Thank you. Yams. Stove Top. Incredible Sales for anyone willing to wake up before 4 a.m.

Did I forget anything? Oh yeah...football

As we approach Thanksgiving, I had to double check my Turkey Day checklist, and once again sports can be included into almost any holiday.

Most of us will be heading to some maybe a thousand miles away from here with their families next Thursday* celebrating with the traditions that they have done for years.

Personally, I am looking forward to returning home and sitting around the table with my family, sharing all the things that we are thankful for.

Since I will be telling my closest friends and family what I'm most thankful for, I feel it is appropriate to show what the Cavs athletic department has made me so thankful for this season.

The Oives' football team gave us plenty to be thankful for this season despite just missing the playoffs this season. So, their 9-2 record was nothing short of outstanding, and we can thank several players who went above and beyond the call of duty.

Stephen Kxe Jason Lovett became the first C in school history to reach the 1000 yard receiving mark in a single season, while senior running back Ra'Shad Morgan set the single season touchdown mark (27).

Don't forget junior Randy Hippeard who shattered nearly every passing record in school history.

The Lady Cavs volleyball team had such a marvelous season, that it will now include a spot in the post-season tournament for the first time in four seasons.

The Lady Cavs will enter the NAIA Region XII tournament with the fifth seed. Led by senior superstar Natasha Viers who paced the squad with 626 kills, the Lady Cavs will look to finish this season off the way they started.

They will face fourth seed Indiana Southeast at King College today at 4 p.m. The winner of the game will play King tomorrow at 10 a.m. with the finals starting at 3 p.m.

The men's and women's basketball teams have given us something to be thankful for when we get home stretches coming in on December.

The cross country team has given us plenty to be thankful for in establishing a great foundation for the future of the program. Freshman Brittany Killou became the first UVa-Wise woman to receive an invitation to compete in the national while the team itself had a fantastic finish.

While most of us will be staring at our faces, making small talk with the family member we hate the least and watching the Cowboys move the lead, let's be thankful for the excellent athletes of UVa-Wise who will return early to their families.

OoCaval

Cavs Sports Poll of the Week

Who do you think deserves to be the MVP for the Cav football team?

- A) Randy Hippeard
- B) Ra'Shad Morgan
- C) Jason Lovett
- D) Jahmai Potter
- E) Ben Robertson

E-mail csd5j@uvawise.edu with your choice and any feedback you might have.

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