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SGA committee promotes events

By Drew Lyon
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Students walking around campus may have noticed the flyers for last weekend's Holly Ball and this past week's Winter Spirits activities.

The highly active SGA Communication Committee is responsible for the recent increase in the promotion of SGA-sponsored events and campus activities.

Elena Klinova said she encourages students to utilize the committee as a medium for communicating ideas to the SGA.

"The communication goes both ways," she said.

The members of the committee, including, chair Klinova, co-chair Meron Belachew, Steven Allen, and Jariel Walton, said students should come to them with any thoughts or concerns for SGA.

The student-run committee is responsible for designing flyers, contacting the school newspaper, and using word of mouth to promote upcoming events.

Klinova said that the committee is always welcome to new members and that any student see SGA, page 2

Freshman class prepares holiday care packages for overseas soldiers



Photos by Daniel Robinson



Above: Freshmen Rebecca Roberts, Michael Domyan, Jacqueline Marshall and others distribute items to be shipped to troops stationed overseas on Dec. 3. The class collected items such as food, hygiene products, books, and magazines from the college and community

Left: Kristen Blevins prepares to close one of the last boxes before they are all shipped to soldiers on Dec. 7. It should take no longer than a week for the packages to arrive in Iraq

By Allie Robinson
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Freshmen in Diane Silver's seminar class set aside personal opinions about the war in Iraq on Dec. 3 and decided to make the holidays a bit brighter for American soldiers stationed overseas.

The class gathered enough items to complete six care packages and boxed them Monday during their seminar period. The boxes included food, hygiene products and entertainment items for the troops.

"[We do it to] give back to the troops, so they have something for the holiday," said freshman Michael Domyan.

Freshman Mariss Jones said it was good to let the soldiers know they are appreciated

"It's Christmas and they don't get the things we do," Jones said. "They don't get to go home or have a Christmas tree or any of the other things we get here."

Some freshman in the class have personal ties to the military, such as April Laurain, who said she had a brother in Iraq, and Brittany Collis, who said her sister's boyfriend just got back from Iraq.

"It's a really good thing," Collis said. "It feels really good to give back."

Freshman Kurt Yetter has family members who are stationed in Afghanistan over the holidays.

"It's good to be able to give something to the troops, and make them still feel at home," he said.

Donations for the packages were the result of drop boxes across campus, donations from faculty and staff and the items that the class members contributed.

"Students [in my class] came back from break with items," Silver said. "They got their families and communities involved."

Churches also helped the cause.

Jones mentioned the project at her church's business meeting and members voted to donate \$200 in addition to the items that the church had already contributed.

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Smith preserves small-town Appalachian past in novels

By Stephanie Skeen
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When her college professors told her to write about what she knew, Lee Smith thought to herself, "I'm not going to write a damn thing about Grundy, Va."

Little did she realize that following this advice would eventually make her an award-winning novelist, as she gave up writing stories of glamorous and far-way places for stories of small-town Appalachia.

"The most regional can be the most universal," Smith said during her lecture to students and faculty on Nov. 28 in Greear Gymnasium. "I have come to understand what my writing teachers were trying to tell me."

Smith, a native of Grundy, Va., is the author of nine novels that tell the stories of rural Appalachia. Her book, "Oral History," was the English composition class' reading for

this semester.

"Though she is a nationally known author, she remains deeply rooted to this area," said Amy Clark, assistant professor of rhetoric and composition and director of the Appalachian Writing Project. "She is also known for mentoring several student writers who went on to publish bestselling books."

Smith said she was always "romantically dedicated" to being a writer since she could talk, "fueled always by [her] voracious reading," and would write of places she'd never been, such as Hollywood and Hawaii. Many times Smith would write herself into the stories as a way of getting out of her small town.

Her stories of distant places were not well received by her professors at Highlands College, Smith said.

"Lee, write what you know," Smith said her instructors told her, and she always refused, not wanting to write about her relatives stringing beans on a porch and gossiping for

see Smith, page 2



Photo by Daniel Robinson

Author Lee Smith speaks with Freshmen students and community members in the Greear Gymnasium on Nov. 28. Smith shared selections from her book, "Oral History" and stories from her childhood.

Merry Christmas!



Photo by Kate Baldwin

Campus Minister Beth Tipton quotes from Christina Rossetti's "In the Bleak Mid-Winter" as she prepares to light the Christmas tree, Dec. 5, in the Student Center atrium.

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PLAYER OF THE WEEK

Research symposium planned for spring at E&H

By Aprille Guilliams
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The second annual Student Research Symposium will be held at Emory & Henry on April 3 and offers an opportunity for students to present academic work on various topics to the college community.

The first symposium was held at the college last semester. Both UVA-Wise and Emory & Henry are sponsoring the symposium. The two institutions plan to alternate in hosting the event.

"We encourage interested students to speak with their advisors, department chairs or with other faculty about the possibility of submitting a proposal," said Dean Amelia Harris.

"All students are eligible to submit papers to the symposium and there are no set qualifications for the participants," Harris said. "The quality of their submissions is what will qualify them to participate."

Two faculty members from both UVA-Wise and Emory & Henry will select papers to be delivered at the symposium from abstracts the students submit.

The symposium has not set a specific number of participants. However, there were 19 paper presentations and 14 poster presentations last year. Harris said some of the poster presentations involved more than one student.

Harris said there are no specific topics and the symposium sessions will be planned based on the submissions that are accepted.

Last year's symposium included papers on psychology, English and the natural sciences. The poster session included presentations on psychology, religion and sci-

ence. "We hope the symposium will encourage student interest and participation in scholarly research, as we believe research is an important element of a liberal arts education," Harris said.

She said participation in this event and the research that it will entail will be a wonderful line on a resume and would be very helpful when applying to graduate school or professional schools.

Submissions for the symposium are to be turned in by March 3.

The symposium is scheduled to last three hours or one afternoon.

More details about the submission process will be available after the winter break. Students who are interested can also contact Dean Harris for more information.

Foreign exchange students prepare to return home

By Stephanie Ring
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While most students are preparing for the annual trip home following this semester's final exams, Leopoldo Guerra, Jesus Rodriguez, Gabriela Rodriguez, and Lorena Marcos are preparing for the long trip back to Mexico.

Marcos said she is counting down the days left until she returns home. "I miss my family and my friends a lot," Marcos said. "I cannot wait to see them again."

Guerra, Jesus Rodriguez, Gabriela Rodriguez, and Marcos are participants in the study abroad program between UVA-Wise and Monterrey Tech. The program allowed these students to take courses for credit, as well as improve their fluency in a second language.

"I was very nervous two weeks before I came here," Guerra said. "I was nervous about what I was going to do in this place, the people, and if I was going to be alone. But the people at UVA-Wise are very nice."

Jesus Rodriguez, who had previously spent a year in Texas, said he was not nervous at all.

"I already knew about the American culture, way of living, food, and everything," he said. "I was excited."

The study abroad program provided the students with many opportunities to enhance their educational experiences, as well as their lives.

"Studying abroad has a lot of personal benefits," Jesus Rodriguez said. "It is the optimal way to learn. It gives you the opportunity to travel. It helps me to understand my own culture and know more about myself."

Gabriela Rodriguez said she liked immersing herself in a new culture. "The best part of being here is meeting people from different cultures," she said. "I like this kind of school life and I can improve my English."

Guerra said he enjoyed the challenge of taking courses in another language. "When I came here, I didn't speak any English really, just the basics," he said. "Now I can have a conversation."

Although eager to return home, the students said they would miss UVA-Wise. "I am going to miss my new friends because they are now something important in my life," said Gabriela Rodriguez.

Marcos agreed that the people here will be what she misses the most when she returns to Mexico. "The people that I met here, they are my good friends now and it's going to be hard for me to leave them," she said. "I hope to see all of them again sometime."

"You create a lot of memories and good times, but you know you have to leave," Jesus Rodriguez said. "That is how it has to be."

All four students said they encourage UVA-Wise students to embrace other cultures and participate in the study abroad program. "This was a decision that I will never regret," Jesus Rodriguez said.

SGA: Committee continues work of promoting events

Continued from page 1

dent is eligible for a position.

Students who are interested in pursuing

"This is a great opportunity for anyone who likes working with other people and is looking to get more involved around campus," Klinova said.

this outlet for creativity and teamwork should approach one of the members or contact Klinova at epkfn@uvawise.edu.

Smith: Award-winning author recounts origins of career

Continued from page 1

others' illnesses.

Her mind changed when she then came across James Still's River of Earth (which Smith referred to as an "Appalachian 'Grapes of Wrath'") and found the family's destination in the book was a little town called Grundy, Va.

Smith then wrote a paper about her family on the porch and received an A in her class.

Smith said she also remembered how lies were often called "stories" when she was younger. "Don't you tell me no story," she recalled her parents telling her.

Smith made it her mission to preserve these stories and dialects in her novels. She said she realized her small town might be losing its uniqueness and began taping the stories her relatives told.

Many students said they found Smith's speech inspirational.

"Actually being able to hear her as been

an amazing experience, especially because I'm a writer," said English major Jenna Johnson. "This really empowers me to write about my family."

The college's teachers said they found her lecture fascinating as well.

"I've been a fan of Lee Smith's writing since college, and it's always inspiring to hear one of her readings," Clark said.

A local English teacher asked Smith whether her novel should be taught as a history or a literature book.

Smith said the choice was up to teachers, but said she had always been fascinated at how she could ask six people for a description of a past event, and hear six different stories repeated back to her.

"No matter how much we try to understand the past... we cannot know what it was like to be there," she said. "There's always a mystery at the heart of the past."

Freshmen: Students make season brighter for troops

Continued from page 1

"I got really involved with the project and asked my dad, who is the pastor, if I should bring it up at the meeting," she said. "Then a lady in my church made a motion and it passed right away."

Silver, an academic advisor in the Office of Advising and Retention said that she

received contributions from faculty and staff, including money, entire care packages, and books from the campus library.

"The ones who support us are incredible," she said. "It amazes me how generous the people...are."

Silver said the class might be able to get a cor-

poration to help them ship the boxes to soldiers, who should receive the packages by Christmas.

Silver's class last year shipped three copy-paper boxes full of goodies to the troops. In the spring, she said, her class will also be collecting items to send overseas.

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Movie Trilogies Cease To End

By Patrick Battle
Northern Star (Northern Illinois U.)

(U-WIRE) DEKALB, Ill. - It is no secret that in recent years Hollywood has developed an insatiable hunger for producing movie sequels.

In most cases, depending on a film franchise's potential for success, a sequel eventually leads to the filming of another sequel, therefore consummating the collection better known as the trilogy.

As final as these compilations appear to be, there is a growing trend that may soon threaten the life of the modern trilogy.

That threat is the fourth film, and it is steadily making appearances in movie franchises thought to be complete.

The issue surrounding the phenomenon of the fourth film is not a general matter of either loving or hating sequels. A fourth installment to a series can be healthy or damaging, depending on the franchise.

For instance, the Indiana Jones series starring Harrison Ford is adding another chapter, this time co-starring Shia LeBeouf and "Beowulf" star Ray Winstone. With the talent of old and new, and the high likelihood Steven Spielberg will deliver another captivating and memorable film, the question of necessity remains. Does this movie need to be made?

However, sometimes necessity is overrated. Another Spielberg series, "Jurassic Park," suffered a devastating blow with its unimpressive third installment, "Jurassic Park 3" (2001).

Spielberg didn't direct it (as he probably should have), and consequently owes his audience a far more appropriate ending to his great science fiction innovation.

However, there are some franchises that might actually be in dire need of revitalization. For instance, "Terminator 3: Rise of the Machines" (2003) was more of an extended chase scene than a worthy conclusion to the classic epic that preceded it.

Even some recent releases could benefit from a fourth installment.

Despite its blockbuster status and financial prosperity, "Spider-Man 3" was a big disappointment among many fans who felt that director Sam Raimi lost touch of the enchanting essence he captured so well in the first two films.

They will just have to be judged as they come along.

Some franchises will make us wish they would have pulled the plug at three, and some may even inspire us to crave a fifth serving.

Either way, say goodbye to the finite boundaries of trilogies - because four is on its way to becoming the new three.

Can you draw?
Do you take a lot of pictures when you go out with friends?
Are you good at telling stories?
Then the Highland Cavalier wants your stuff!

Contact Editor-in-Chief
Daniel Robinson at
dar8a@uvawise.edu to find out how you can get your work in the paper.

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Living Dead overrun campus

By Craig Rice
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I sat down today to write another review article but looking at my surroundings—and my backpack—I have had a change of heart.

Inside my backpack at this very moment are papers, final exam study guides, books, pens, papers and general disdain.

I am dead. I am the walking dead. I wander around campus aimlessly. Given the chance, I'd probably eat brains.

And the most demoralizing thing about this is that I have noticed the entire campus has turned into the Living Dead. Our eyes are sunk in, our clothes are tattered and torn and large chunks of hair are missing from constant pulling.

There are kids with distorted faces and women with stubble.

We are stressed. We are dying and the only thing that gives us hope is that...well that's just it...we have no hope.

There are research proposals, analytical essays, science journals, book reports

and every other kind of assignment known to man due within the next five days.

This is our fault. We are slow. We are unorganized. We are college students.

The coffee doesn't work anymore since the library has put in its own café. Twenty cups of espresso—full cups of espresso—and we are still wondering why we went to class without shoes on.

Our alarm clocks look like someone has taken a baseball bat to them and the snooze button laughs when we push it.

Don't hate us...we are trying.

We are sick, stressed out and sniffling. It's worse than the plague and we have it.

At times I find myself pondering whether or not the military would have been a better choice than college. I look at the downtrodden, sullen faces and I cry a little inside. But we will push through.

We will prevail, because we've been through this, we have immunities.

We stay up until 3 a.m. and write terrible papers.

We live every last thing in our lives and when people ask us a question we yell at

What is/was your favorite X-mas gift?



David Carter
Sophomore
History

"A CD player that my dad got me to put in my car. It was my first car so it meant a lot to me."



Kristin Collins
Freshman
Nursing

"Money. I can go get what I want and not have to worry about taking anything back."



Matt Trgovac
Sophomore
Theater/History

"A Troy Polumalu Super Bowl jersey I got last year."

them because we are stressed. And, yelling helps.

December 15 is a day of reckoning. I plan to hibernate all the way to Christmas. Some kids will die, but it will not

be in vain. We will remember them. They die figuratively, not literally.

We are the walking dead. Someone please, and our misery.

Double Standards on Obscenity Rampant

Whether we like it or not, obscenity in the mass media exists everywhere.

Every day we are bombarded by images and words that would make most people cringe, from music to movies to television to the Internet.

Obscenity is all around us, and there is little we can do to change it.

However, when it comes to obscenity, there seems to be a rampant double standard that deems certain kinds of obscenity more worthy of attention than others.

Take the case of shock jock Don Imus, for example. On April 4, Imus found himself in hot water after he made comments on the air about the Rutgers women's basketball team that many found to be offensive. He described the women as "nappy-headed hos." The comments were despicable and low and many rightly condemned them.

CBS was flooded with calls demanding action be taken against Imus, and civil rights activist Al Sharpton

went on his own radio show and demanded that Imus be fired.

Imus subsequently apologized to the Rutgers team for the incident and later came back to talk radio. The condemnation Imus received for his despicable remark was rightly received. No such comments about women should be tolerated, at all.

But Imus' comments were nothing compared to the trash being uttered by some of the biggest names in hip-hop music.

Many hip-hop artists, especially gangster rappers, routinely denigrate women, use some of the foulest language known to man and use words that would get most other people in serious trouble.

For example, the rap artist Timbaland has a song that uses the "n" word over 24 times. Artists like Snoop Dogg and 50 Cent write lyrics that denigrate women in disgusting ways.

Ludacris produced a 2003 album entitled "Chicken-n-Beer," which featured a cover depicting him holding a woman's leg like a chicken leg, and featuring song lyrics relating to sex and violence, staples of gangster rap music.

Many rap videos feature bevy of scantily-clad women gyrating and performing sexually explicit dance moves while the artist performs.

And let's not forget the controversial Eminem, whose greatest hits include "The Real Slim Shady," with its filthy lyrics denigrating other musicians and "My Name Is," which contains references to rape and drug use.

One would think that such filth would be attracting strong condemnation from civil rights leaders and others.

But there is nothing. There are no calls for censoring the lyrics of these songs. Al Sharpton is not on his radio show calling for the rappers to be fired. There are not calls for the heads of record company executives who produce and market the records. Not a thing.

Such silence displays a horrid double standard when it comes to obscenity in the media.

It is a crime against humanity for shock jocks and others like Don Imus to use the phrase "nappy-headed hos" on the air (and it is), but it is apparently O.K. for rappers and hip-hop artists to denigrate women, use racially inflammatory language and glorify drug use and gang violence in their songs.

Confronted with this, one must stop and say, "Enough is enough."

It is time for the double standard to end.

The Highland Cavalier is the official student newspaper of The University of Virginia's College at Wise. The newspaper is published 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. Also, the opinions expressed on the Opinion Page are those of the individual writers and do not necessarily reflect the opinions of newspaper editors and staff members.

The Highland Cavalier welcomes all contributions, which can be delivered to the Editor-in-Chief Daniel Robinson in person (317 Sleep 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 (dar8a@uvawise.edu).

Letters to the editor can also be e-mailed to Opinion Editor Eric Vanover (etv3n@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.

ASSOCIATED COLLEGIATE PRESS

BY THE NUMBERS

X-Mas Season

38 The height (in meters) of the world's tallest Christmas tree in Stockholm, Sweden, which features 5,000 festive lights.

4 Percentage of Americans who don't celebrate Christmas at all.

50,000 The typical number of letters addressed to Santa Clause that the post office at Nuuk, Greenland, receives every year. The post office promises to reply to every letter.

25 Number of years that fruitcakes can age and still be enjoyed, as long as they have the right preservatives and are stored in tightly closed tins.

8 The number of Santa's original reindeer, according to the 1823 poem, "A Visit from St. Nicholas." Their names were: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen. Rudolph—the star of a 20th century American song—came later.

\$795.86 The average amount Americans will spend on Christmas this year.

Obtained from CNN.com and Gizmodo.com

25 Things To Do During Your Final Exams

By Autumn Lauzon
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1. Bring a pillow with you, fall asleep and set the alarm for the last 15 minutes. When it goes off, yawn, notice the time and say, "Wow, I better hurry." Turn your exam in early.
2. Use the exam to make paper airplanes and launch them at the professor.
3. Bring someone to coach you through the exam and give you random pep talks.
4. About 5 minutes after getting the exam, loudly say "I don't understand anything and I've been to every lecture! Who are you? Where's the regular professor?"
5. Bring a PSP (or Game Boy for old school effect). Play with the volume at full blast.
6. Come up with ways to refuse to answer every question such as: "I refuse to answer this question on the grounds that it conflicts with my religious beliefs." Be creative.
7. Fifteen minutes into the exam, stand up and rip up the papers and throw them into the air, yelling "Merry Christmas." If you're really daring, ask for another copy of the exam. Say you lost the first one. Repeat the process every fifteen minutes.
8. Answer the questions in crayon, paint or fluorescent markers.
9. Go to your exam wearing bunny slippers, a bathrobe, a towel on your head and nothing else.
10. Do the entire exam in another language. If you don't know one, make one up. Use Roman numerals on math/science exams.
11. Bring things to throw at the professor when he/she isn't looking and then blame it on the person in front of you.
12. As soon as the professor hands you the exam, eat it.
13. Every five minutes, stand up, collect all your things and move to another seat.
14. Comment on how sexy the professor is looking that day.
15. Come to the exam wearing a Spider-man costume. Every few minutes attempt to shoot spider webs out of your wrists.

16. Go to an exam for a class you have no clue about, where you know the class is very small, and the professor would recognize you if you belonged. Claim that you have been to every lecture. Fight for your right to take the exam.
17. Bring a water pistol. Use it... frequently.
18. Try to get your classmates to participate in the wave every time you know the right answer.
19. As soon as the exam starts, hum the theme to "Jeopardy." As you walk to the front to turn in your exam, hum the theme to "Rocky."
20. Bring a friend to give you a back massage throughout the entire exam. Insist this person is needed because you have poor circulation.
21. Bring cheat sheets FOR ANOTHER CLASS (and make sure it's obvious, like calculus notes for an English exam) and staple them to the exam with the comment, "Please use the attached notes for reference as you see fit."
22. When you walk in, complain about the heat. Strip. (This would work best on the top floor of Zehmer.)
23. Play Frisbee with a friend on the other side of the room.
24. Bring a large, ugly, plastic or ceramic statue. Keep it next to you and ask for answers. Consider a small sacrifice.
25. Bring a musical instrument with you and play random songs. If asked to stop, say "it helps me think." Bring a copy of the Student Handbook, challenge the professor to find the section on the use of musical instruments during exams. Don't forget to use the phrase "Told you so."

Some of the suggestions for things to do during your final exam were obtained from buzzle.com

5 Questions With....



Sandra Richardson
Professor of Education

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 have dinner with Dr. David Elkind, Dr. Sigmund Freud and Dr. Jean Piaget.
2. If you could live anywhere in the world where would it be and why?
If I could not live in the United States, I would try England.
3. If you could have a super power what would it be?
The ability to grant wishes for other people.
4. Who is your favorite band or what is your favorite type music?
My favorite singer is Kenny Rogers. I like his low, gruff voice.
5. Where is your favorite place to go on campus or in the town of Wise?
To teach my classes! I enjoy being with my students.

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Girls & Sports

By Justin Borus & Andrew Feinstein



DEC. 7TH - LAST DAY OF CLASSES

DEC. 10TH - EXAMS BEGIN

Dec. 15th - Residence Halls CLOSE

Dec. 17th - Grades posted

Dec. 11th The UVA-Wise Concert Choir & Highland Chorale Holiday Program
Wise Baptist Church
7 p.m.

DEC. 10TH LATE NIGHT BREAKFAST @ THE CAF 10 P.M.



Hot Dog Sale
TUESDAY, DEC. 11TH
11 am
DARDEN HALL LOBBY

HAVE A SAFE HOLIDAY BREAK.
SEE YOU NEXT YEAR!
-The Highland Cavalier Staff

JAN 13TH RESIDENCE HALLS OPEN

JAN. 15TH CLASSES BEGIN



"Futurama" returns with "Bender's Big Score"

By Daniel Robinson
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When "Futurama" was first canceled by the Fox network in 2003, few people seemed to care.

However, after Adult Swim picked up the show and started airing reruns on a nightly basis, the show garnered a large following.

Due to its ratings on Adult Swim and DVD box-set sales, "Futurama" has been reborn as "Futurama: Bender's Big Score," a feature-length, straight-to-DVD movie continuing the saga of Philip J. Fry as the 21st century delivery boy making a name for himself in the 31st century as... a delivery boy.

In 2008, Comedy Central will air 16 episodes of the show's fifth season.

However, before the show's run on Comedy Central, the episodes will be released on DVD as four full-length movies.

As for "Bender's Big Score," the movie is excellent and follows in the same

tradition of witty humor as the show.

What is surprising, however, is how good the storyline actually is. The plot is extremely complex and you may have to watch the movie several times to understand all of it.

The movie begins with the crew taking several jobs at the Fox network (aply named Box network in the movie) before they discover that the secret to universal time travel is found within a tattoo on Fry's backside. To say anymore would give away too much, but needless to say, time-traveling wackiness ensues.

Fans will be happy to know that almost every character from the original cartoon makes a cameo in the movie.

The entire Planet Express team is intact, voiced by their original actors, but the movie also sports appearances by Zapp Brannigan, Al Gore, Scary, Hypnotoad, Tinky Winky and even Robof Santa. The only thing that might put-off some veteran "Futurama" fans is that Leela shows no interest whatsoever in Fry. Anyone who watched the final episode of the show's original run knows that it seemed Fry had finally won



over Leela in "The Devil's Hands are Idle Play Things." The relationship is still a major part of the storyline, but it's disappointing not seeing them together.

All things considered, "Bender's Big Score" is a hilarious movie that faithfully continues the show's comic roots. It's a must-see for any "Futurama" fan, but it is also accessible enough that non-fans should enjoy it too.



Editor's Picks: Top Ten holiday songs for your iPod

By Aaron Collier
Features Editor
aac7x@uvawise.edu

Bono rocks and rolls his way on to my list with his rousing rendition of "Christmas." Bono lends his trademark emotion to the track like nobody else could.

Christmas is in the air and what makes the holiday season even better? Great Christmas music!

Now, I know what you're going to ask: "Oh, great feature editor of the best newspaper in the entire galaxy, what do you recommend I put in my iPod for the Christmas season?"

I am so glad you asked young grasshoppers. Here are my recommendations of Christmas music that will have even your Grandma shaking her "money-maker."

Start your Christmas playlist off right with this hip-hop anthem of what Christmas is like back on the streets of Hollis, New York. The boys from Run DMIC rhyme their way through Christmas day, from the food on the table to the goodies under the tree.

2) "Hark the Herald Angel Sing" - Nat King Cole
Nat King Cole gives a spirited rendition of this Christmas classic. His smooth voice along with the angelic choir on background vocals creates a great scene for an even greater song.

3) "Winter Wonderland" - Elvis Presley
The King himself belts out the best version of this song I have ever heard. A Christmas fixture in my house since I was boy (along with my father doing his best impression of the King. Hey, you have to take the good with the bad.) this song holds a very special place in my album of Christmas memories.

4) "Have Yourself a Merry Little Christmas" - Frank Sinatra
No Christmas mix would be complete without the coolest man to ever grace the Planet Earth. Sinatra lends his sultry, powerful voice to this traditional Christmas jingle and transforms it into one of my all time favorite Christmas songs.

5) "Christmas (Baby Please Come Home)" - U2
Happy Holidays and Merry Christmas from your friendly neighborhood feature editor.

6) "The Christmas Song (Chestnuts Roasting on an Open Fire)" - Sammy Davis, Jr.
The second Rat Pack member to make an appearance in my mix and the second coolest of the group (that's right Dean Martin. Eat your heart out), Sammy's unique voice gives new life to this great song.

7) "Sleigh Ride" - Ella Fitzgerald
This might be the best track on my list. Fitzgerald's voice is filled with so much emotion you can't help but get happy about the holiday season. The great jazz horns and drums give this song a great vibe that will have you up and dancing in no time.

8) "Christmas Night of the Living Dead" - MXPX
Two of my favorite things in one song: Christmas and zombies. MXPX gives a unique take on Christmas as they fight off a zombie attack on Christmas. Christmas with a punk edge, defiantly a good thing.

9) "My Favorite Thing" - Tony Bennett
Tony Bennett's great voice along with a tremendous big band breakdown in the middle of the track makes this a holiday essential.

10) "Sleigh Bells and Wine" - Jason Gleason
The former frontman of one of my all time favorite bands, Further Seems Forever, Gleason's smooth, tender voice gives a true sense of loneliness of a Christmas without the one you love by your side. The instrumentals lend to the loneliness and make this track one of my favorites.

There you have it, my list of songs that truly gets you in the mood for the holidays. But even though my list is pretty good, I recommend you make your own soundtrack for this upcoming holiday season to share with friends and family.

THIS WEEK IN ENTERTAINMENT

Billboard's Top Ten Digital Downloads



WEEK OF DEC. 8, 2007

- 1) Alicia Keys No One
- 2) Flo Ride Feat. T-Pain Low (Album Version)
- 3) Timberland Feat. OneRepublic Apologize
- 4) Chris Brown Feat. T-Pain Kiss Kiss
- 5) Soulja Boy Crank That (Soulja Boy)
- 6) Fergie Clumsy
- 7) Colbie Callalt Bubbly
- 8) Jordan Sparks Tattoo
- 9) Finger Eleven Paralyzer
- 10) Matchbox Twenty How Far We've Come

Amazon.com's Top Ten Video Games



WEEK OF DEC. 8, 2007

- 1) Super Mario Galaxy Nintendo Wii
- 2) Wii Play Nintendo Wii
- 3) Call of Duty: Modern Warfare XBOX 360
- 4) Brain Age 2: Nintendo DS
- 5) Mario and Sonic Olympic Games Nintendo Wii
- 6) Brain Age Nintendo DS
- 7) Rock Band: Special Edition PS2
- 8) Assassins Creed XBOX 360
- 9) Mario Party DS Nintendo DS
- 10) Petz Cats 2 Nintendo DS

Billboard's Top Ten DVDs



WEEK OF DEC. 8, 2007

- 1) Shrek the Third Dreamworks
- 2) Ratatouille Walt Disney/Pixar
- 3) Ocean's Thirteen Warner Brothers
- 4) Spider-Man 3 Sony Pictures
- 5) I Pronounce You Chuck and Larry Universal
- 6) Transformers Dreamworks
- 7) Meet the Robinsons Walt Disney
- 8) Amazing Grace 20th Century Fox
- 9) Gilmore Girls: The Complete 7th Season Warner Brothers
- 10) The Jungle Book Walt Disney

Wind Ensemble spreads Holiday cheer



Photo by Kate Baldwin

Aaron Helbert, Phillip Martin, Michael Richardson, Ben Harding, Haikye Kelsner, Roy Crawford, J.J. Hanchak and Andy Mitchem—the UVA-Wise Wind Ensemble—play lively Christmas tunes at the tree lighting on Dec. 5 in the atrium of the Slamp Student Center.



Weekly Special

December 10 - December 14
Medium Snow Cap
Vanilla & Caramel
Latte w/whipped cream & white chocolate sauce
\$1.99

Sports Briefs

Strong Finish leads to Victory against Intermont

The men's basketball team scored 10 unanswered points in the last seven minutes, to pull out a 77-70 home victory against Virginia Intermont on Dec. 4.

Sophomore Pance Kevcev and junior Bryan Sexton led the Cavs with 15 points and 13 points, respectively.

The win gave the Cavs their first win over a division opponent this season, and ended a three game losing streak.

The Cavs will next host AAC rival King College tomorrow night at 7:30 p.m.

Morgan announced to first team All-American

Senior running back Ra'Shad Morgan received confirmation earlier this week, that he was named to the 2007 first team all-American squad for the second straight year, he told *The Highland Cavalier*.

Morgan, ranks second in all time rushing yards after his 2007 season, which included 1541 yards rushing and a school record 27 touchdowns.

Morgan, who chased the all-time rushing record all season fell just short at season's end.

The formal announcement will be made Dec. 10

Poor shooting leads to Tough Loss against AAC opponent

The men's basketball team had a rough night on Dec. 1, as they lost the battle against Covenant College at the free throw line.

Covenant College had a 30 to seven advantage from the line, but the Cavs were able to overcome that to keep the game close.

The 75-72 Cav loss was their second of the season against AAC rivals, and saw several players step up to score big.

Five Cavs reached double digit figures, with senior Seth Gibson leading the attack with 12 points, while Freshman Robert Amis and Junior Eric Swords added 11 points each.

Lady Cavs face tough Cobra challenge in close victory

The Lady Cavs managed a close home win over Virginia Intermont Dec. 4 in a 75-73 shoot-out.

Freshman Adrienne Womack led the Cavs with 18 points and was seven-of-ten from the floor. Junior Lauren Jervis also dominated with 12 points and a career-high 16 rebounds.

Sophomore Brittany Maxwell and Junior Kim Norris also had impressive performances with 16 and 12 points, respectively.

The Cobras were led by freshman guard Heather Odie. Odie contributed a team high 26 points and 8 rebounds.

The win was the Lady Cavs' (3-9,1-2) first against an AAC rival.

The Lady Cavs will host King College, who are currently tied for second in the conference, tomorrow night with tip off scheduled for 5:30 p.m.

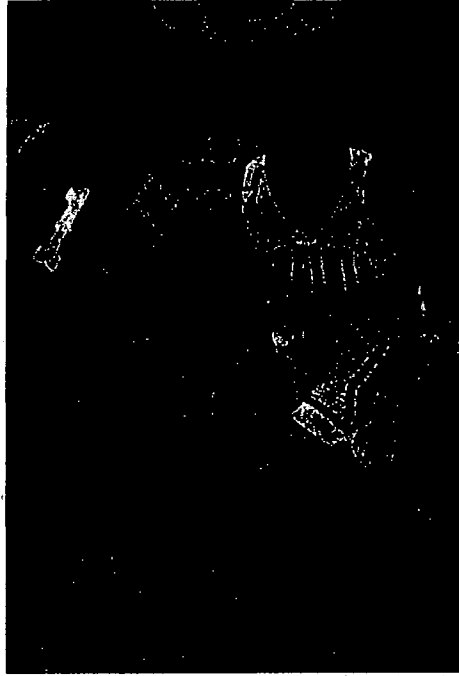


Photo by Jessica Price

Junior guard Kim Norris charges past Virginia Intermont's Heather Odie in the Cavs 75-73 win over the Cobras. Norris finished with 12 points in the victory on Dec. 4

Lady Cavs return from tourney as Region XII Champions

By Reid Salomonsky
Sports Editor
ras7q@uvawise.edu

At the beginning of this season, no one thought the Lady Cavs volleyball team had a prayer. I hope none of them had put money on that.

The Lady Cavs season ended last Thursday Nov. 29, when they were eliminated in the NAIA National Tournament. Although they returned home without a trophy, they remain the pride and joy of the UVa-Wise athletic department thus far.

Picked to finish seventh in the preseason [AAC Poll], the Lady Cavs season looked dismal at best. With the largest number of freshman players in squad history, the playoffs were more than just unlikely. But this didn't discourage the spikers of UVa-Wise.

"We believed from day one if we were a true team and all stuck together this would be the prize." Said head coach Steve Dallman,

After a surprising season lead by super star seniors Natasha Viers and Whitney Lane, and an unprecedented year by freshman setter Sam Purveya, the Lady Cavs turned a corner when they qualified for nationals after winning the Region XII championship at King College.

"Beating King on their court in Regionals after being down 0-2, had to be the highlight of the year for us," Dallman said

Dallman said that he knew from the beginning that this year, his second as head coach, would be significantly different than last seasons underachieving season.

"Senior leadership was the big difference this year over last year," Dallman said. "Our freshman recruits stepped up big time, and they really raised the bar. The [players] worked hard in offseason and summer conditioning and that was the key to our success."

Dallman was very happy with the way this year ended,

regardless of whether or not they went all the way.

"Players and coaches trusted each other 100 percent," Dallman said. "Discipline on and of the court was a key factor, and without it we wouldn't have stood a chance."

There were some outstanding performances this season, but no one person deserves the credit, he said.

"The team MVP is the team. Everyone did their job, including myself. If you don't believe me, the results speak for themselves."

Despite having a great year, and a long offseason ahead, the Lady Cavs are already strategizing for next season.

"Next year our challenge will be to get back [to Nationals]," Dallman said. "[We] have some great recruits coming in but we'll sorely miss the senior's leadership."

The Lady Cavs overall record for season was 25-16, and 10-1 at home.

View From the Cheap Seats

A "Fresh" Year

Most of us had (or are having) a rough transition switching from high school to college and still haven't gotten a grasp of the whole thing.

Whether it's not remembering that classes should ALWAYS be attended, forgetting that the café should never be the first choice when you're hungry, or that two bars of cell phone service is worth bragging about college has been quite a change for most us.

However, no matter how difficult the lifestyle or academic changes are, they really can't compare to those who are making the switch from high school star to NAIA freshman.

Usually, coaches don't have the kind of talent (or sometimes the guts) to give freshmen a starting spot in place of an upper classmen. However, this season some coaches here at UVa-Wise have had no choice but to play some red-hot first year players.

There have been some outstanding performances from some of the new faces here at the college, but three players in particular have been the class of the 2007 all-star freshman class.

Adam Hood, the lone male of the big three, has done nothing but stun fans this season on the basketball court.

The winner of last week's Cavs sports poll (two votes, highest voter turnout ever... and one was his girlfriend) ranks second on the Cavs points per game averaging 9.3.

The Duffield native has sunk an awesome 20 three-pointers in this young season. That ranks second on the team, while he has been able to rack up 11 steals and is second on the team with 111 points. All this and he is yet to even have his first collegiate start.

The second of our fantastic freshmen this year is the exceptional cross country star Britney Killough.

Killough was the foundation of an outstanding squad, and became the first Cav to ever qualify for the NAIA national championship race. Although her final race ended in injury, her performance this season was nothing short of phenomenal, and helped establish the women's cross country team for years to come.

The last of our tremendous trio of freshmen is Sam Purveya.

Volleyball setter had quite possibly the most impressive freshman season in Cav history. The Bristol native stunned fans this year with 1,632 assists. If you don't think that's impressive, the career mark is 2,500. She will easily destroy that record next season and go down as one of the best volleyball players in Lady Cavs history.

Outstanding freshmen are undoubtedly a rare and priceless commodity. They will be the foundation of your program for four years and they will only get better.

Not only do we have several outstanding young players today, but we now have a foundation set for the future.

Go Cavs!

Cavs Sports Poll of the Week

What is the most likely Christmas gift for Cavs fans this season?

- A) A national title for the men's basketball team
- B) A national title for the women's basketball team
- C) A regional championship for the men's basketball team
- D) A regional championship for the women's basketball team

E-mail ras7q@uvawise.edu with your choice and any feedback you might have.

Players of the Week



Seth Gibson
Basketball - Senior

- Scored nine points (including two three pointers) against AAC rival Virginia Intermont on Dec. 4
- Posted a 12-point game against Covenant on Dec. 1 and added a trio of three pointers



Lady Cavs
Volleyball Team

- Returned home on Nov. 30 from their first appearance at the NAIA national tournament
- Won the Regional XII championship in Columbia, Mo on Nov. 17 and finished their season 28-16, 15-7 against conference opponents




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The Last Word

...and he is yet to even have his first collegiate start.