Barack Obama-rama
Candidate makes second trip to Southwest Virginia
From Staff Reports
Democratic presidential candidate Barack Obama made his first post-nomination visit to Southwest Virginia on Tues­day, stopping at nearby Lebanon High School for a town hall meeting. UVa-Wise students who attended said they were ex­cited about the opportunity and enthusiastic about Obama’s ideas.

Junior Justin Fitzgerald said he attended the event in part because it was a once-in-a-lifetime opportunity.

“I went primarily because it was a rare opportunity to see the potential president, and as a citizen one should take every opportunity to be better informed about candidates and to be participatory in seeing both sides of the spectrum, wheth­er you align yourself with liberal or conservative ideas,” he said.

Junior Kristin Robertson agreed.

“I went mostly because I thought it was an amazing op­portunity to hear someone who might be the next president of the United States speak and to also hear more about his programs.”

see Obama, page 4

Christian singer-songwriter set to perform next week
By Brittany Robinson
Staff Writer
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The Student Activities Board (SAB) will welcome its first musician of the semester when up-and-coming songwriter Chinua Hawk performs on Sept. 15 on the fifth floor of the Slemp Student Center. Hawk has performed with Celine Dioo at Madison Square Qardea He has also written songs with Wyclef Jean and worked in the studio with Kanye West on hip hop artist, Square Qardea

Forming about 14 songs,” he said. “It will be a mixture of verse program planned.

to some new friends,” Hawk said via e-mail.

“Making music is a way to introduce my music to as many new faces as I can turn out to give blood and do their part to save lives.

The drive was sponsored by the Interfratemity Mission, to support area hospitals.

The Marsh Blood Van sits outside of McCrary Hall on Sept 9. The Marsh Center serves 17 localities and collects 64 pints of blood from students, faculty and staff.

The drive was sponsored by the Interfratemity Mission, to support area hospitals.

Despite rain and mud during his speech last Tuesday.

“I was very pleased with their service,” Junior said.

Some students said they gave blood because of their blood type.

“I have a rare blood type—it’s AB negative,” he said. "I found that out last year so I've been giving blood all I can.”

see Blood, page 2

Students, faculty donate blood to support area hospitals
By Daniel Robinson
Editor-in-Chief
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The Marsh Center serves 17 area hospitals, so the blood will stay in this region in the event of a natural disaster or other need.

The drive was sponsored by the Interfratemity Council and the Panhellenic Council.

“It was a great opportunity to support the efforts of our Greene," said Josh Justice, assistant director of student activities and Greek Life.

Justice said that Greek life members helped with the event by handing out flyers and assisting donors in completing medical information forms.

“T was very pleased with their service,” Junior said.

Some students said they gave blood because of their blood type.

“I know I'm O positive and I know that's the universal donor so there's no reason I shouldn't give blood," said senior Holly Weisiger. "It is a good feeling to know that you helped somebody."
College subscribes to mental health resource

By Merrell Bradley

Staff Writer

Allie Robinson

U.Va. Wise is part of the 15 percent of colleges and universities that subscribe to the E.L. McCorkle Center for Mental Health and Suicide Prevention.

E.L. offers a medical library tool to use, assistant director of Center for Students and it is a tool to bring them to counseling.

The general goal is to help those that are at risk handle problems, the role that global mental health resource for students.

"We're always looking for resources to bring to students," he said.

Both Rose and Bradshaw, are happy that the college subscribes to the series.

"We refer to it as 'the four archetypes of the human family.' It refers to the eco-system in which people live, and the maturity level of the, " he said.

"It's a tool to bring them to counseling."
Campus & Lifestyle

Top 5 Hiking Trails for students in Southwest Virginia

By Alliston Craft
Staff Writer
alliston@uvawisc.edu

The scenic beauty of the South is what has drawn students to the College of William & Mary. The campus is built on a small peninsula, surrounded by three sides of the York River. The natural beauty of the area is evident in the many hiking trails that wind through the campus. The trails offer a variety of difficulty levels and are a great way to explore the surrounding areas.

The Top Five Hiking Trails in Southwest Virginia:

1. Flag Rock Recreational Area - Located on the road between Big Stone Gap and Wise County.
   - Description: The Flag Rock trail offers a beautiful view of the surrounding mountains. The hike is moderate with some uphill climbs.
   - Difficulty: 3/5
   - Length: 2 miles
   - Time: 2-3 hours

2. Little Stony Falls - Located on the road between Big Stone Gap and Wise County.
   - Description: Little Stony Falls is a beautiful waterfall located in a dense forest. The trail is short and easy with a relatively flat path.
   - Difficulty: 1/5
   - Length: 0.5 miles
   - Time: 1 hour

3. Natural Tunnel State Park - Located in Wise County.
   - Description: Natural Tunnel State Park is a unique geological formation known as a natural tunnel. The trail winds through the tunnel and offers a view of the surrounding landscape.
   - Difficulty: 2/5
   - Length: 1 mile
   - Time: 1-2 hours

   - Description: The Nature Center at Etowah is a nature reserve that offers a variety of hiking trails. The trails range from easy to difficult and offer beautiful views of the surrounding mountains.
   - Difficulty: 3/5
   - Length: Varies
   - Time: Varies

   - Description: OaK Nature Preserve is a nature reserve that offers a variety of hiking trails. The trails range from easy to difficult and offer beautiful views of the surrounding mountains.
   - Difficulty: 3/5
   - Length: Varies
   - Time: Varies

For more information, contact the Office of College Relations at 276-328-0130.

Campus Calendar

Saturday, Sept. 13
OSCE/Paideia Fall Career Fair - 10 a.m.
Volunteer Infopanel - 11:30 a.m.
Free Softball Clinic, softball field, nightlife, activities - 7 p.m.
Baking Branch - 9 a.m.
Saturda, Sept. 14
INT Gulf Captains' Choice Tournament - 10 a.m.
Monday, Sept. 16
Wrestling Festival - "Freeze Out" - 8 a.m.
Tuesday, Sept. 16
International Movie - "Michael Collins," Stonehill 100, 6 p.m.
Wednesday, Sept. 17
SAB Muslim - Cinthamd Hak, 6 p.m.
INT Floor - 8 p.m.
Thursday, Sept. 18
International Movie - "The Quilt," Stonehill 100, 6 p.m.
Friday, Sept. 19
Career Development - "Advice & a Slice" - 11 a.m.
INT Volleyball - 7 p.m.
Saturday, Sept. 20
INT Golf Captain's Choice Tournament - 10 a.m.
Sunday, Sept. 21
SSC Volleyball - 7 p.m.
For all events, contact the Office of College Relations at 276-328-0130.

Bands

Continued from page 1

By Justin Borus & Andrew Feinstein

Students and the Windsor community alike enjoy the music of the Windsor band, which consists of five members. The band has gained popularity through their creative and energetic performances, and they are often invited to perform at various events and concerts.

The band's sound is a unique blend of rock, pop, and electronic music. They incorporate elements of electronic music into their live performances, creating a unique and engaging experience.

Their music is characterized by catchy melodies, upbeat rhythms, and powerful vocals. The band's lyrics often revolve around themes of love, life, and relationships, and they use their music to connect with their audience.

The band's upcoming shows include a performance at the College of William & Mary, where they will be playing their latest album "In Bloom." They are also scheduled to perform at the Annual Music Festival, where they will showcase their talents and connect with music lovers from all over.

Cavs

Continued from page 5

By Justin Borus & Andrew Feinstein

The band's track record against the Williams is impressive. The team has not lost to the Cavaliers in the last five games, and they have won all but one of those games by a large margin.

The remaining games on the schedule include a showdown with the University of Virginia, which is a tough challenge. However, the team is confident in their abilities and is looking forward to the upcoming games.

Girls & Sports

By Justin Borus & Andrew Feinstein

The women's volleyball team is preparing for their first game of the season against the University of Virginia. The team is excited to showcase their skills and compete against a strong opponent.

Underneath makes big impression with "Lost in the Sound of Separation" album

By Aaron Collier
Vice President of Communications

Teen and college sports writer Underneath makes big impression with "Lost in the Sound of Separation" album. The album's powerful lyrics and thought-provoking themes have resonated with listeners and gained critical acclaim.

Underneath's unique sound and style set him apart from other artists in the genre. His combination of soulful vocals and硬核 beats creates a unique and compelling sound that is both accessible and engaging.

The album's themes revolve around personal struggles and overcoming adversity. Underneath uses his music as a means of expressing his emotions and inspiring others to face their own challenges with courage.

The album's success has garnered significant attention for Underneath and has solidified his place as one of the rising stars in the hip-hop scene. His dedication to his craft and his genuine approach to music have earned him a dedicated fan base and a promising future in the industry.

This album is a testament to Underneath's talent and creativity. His passion for music and his commitment to his craft are evident in every track, making "Lost in the Sound of Separation" a must-listen for fans of hip-hop and music enthusiasts alike.

Underneath celebrates the release of his new album "Lost in the Sound of Separation" with a special event at the College of William & Mary. The event will feature a live performance by Underneath, along with other artists and DJs.

The event is open to the public and will take place on Saturday, September 13th at 7 p.m. at the Main Stage on College Hill. Tickets are available for purchase online and at the door.
Cavs to play Emory & Henry after 15 year hiatus

By Tyrris Nouth
Staff Writer
bnouth@uvawise.edu

The Highland Cavaliers football team hasn’t found the Emory & Henry Wasps since 1995.

Thanks to head coach Travis Wason and Emory & Henry’s head coach Dan Considine, the Cavaliers are going to change in 2020 and 2021.

Both coaches have signed a contract making the Cavs and the Wasps rivals in the football community once again.

“It’s very exciting,” Wason said. “Things have changed since the last time we’ve played.”

Most students who know that Emory & Henry is less than an hour and a half from Wise, according to Wason, have questioned why the teams aren’t playing against each other.

The main reason that the Cavs and Wasps haven’t played each other in so long is because of the difference in conference games and playing against each other won’t help either team gain experience in the playoffs.

Dos Santos, a 5th year senior, did not play for the Cavs during her freshman year, making her eligible to play this year.

Coach Steve Dallman said Dos Santos will have a positive impact on the team once he finds exactly where she fits.

Her first game back was on the road against Tusculum on Sept. 2 where the Lady Cavs were defeated in a four-game match. Dos Santos played in the only game that the team won.

Dos Santos said she is excited to be coming back and the Lady Cavs won’t be a loss.

“I thought my experience might help and I talked to Coach after the tournament and he agreed.”

By Karie Lessee
Staff Writer
klessee@uvawise.edu

A familiar face has rejoined the Lady Cavs volleyball team.

Assistant Coach Leeza Dos Santos made the decision to return to the team after the Cavs fourth place finish in the Emory and Henry tournament on August 29 and 30.

Dos Santos, a 5th year senior, did not play for the Cavs during her freshman year, making her eligible to play this year.

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Dos Santos said that the team has the same athletic and physical ability that last year’s team had but they are lacking experience.

Many members of the team said that her experience will make her a great addition to the team.

“Leeza is very court-savvy and will be able to contribute a lot to the team,” said junior Sara Dougheerty.

Dos Santos said she is excited to be coming back and the decision was an easy one after talking with Dallman.

They are both hoping that her experience and leadership from her time on the team during previous seasons will be beneficial to this year’s young team.

“I wanted to help the team do well this season,” Dos Santos said. “I thought my experience might help and I talked to Coach after the tournament and he agreed.”

Senior Britney Lawson said, “Leeza will be able to keep our spirits up and we know we can depend on her in tough situations.”

Young Cross Country team excited about season with new runners

By Nancy Kama!
Staff Writer
nkama@uvawise.edu

The UVa-Wise cross country team has a lot to be excited about this season. With a new coach and a strong start, the presence is on the team and ready to run.

“I’m pumped,” said freshman Reece Miller. “I believe we have a great team that’s fresh and eager to do great things.”

The runners said that they were all very excited about the season, and that each member brings his or her own special contribution.

“I think I bring a lot of knowledge of running to the team,” said freshman Maxwell Franklin. “I read up on different running philosophies and apply them to my running regimen.”

Despite the influx of freshman runners, there is not a lack of experience.

Freshman Spencer Brewer said that although he is new to the men’s team, he brings experience.

“I have run cross country for five years in high school,” Brewer said. “I also ran two years of high school track.”

The first race could be indicative of the season to come. At the Tusculum Invitational in Greenback, Tennessee, the men’s team placed in the top five, winning the title by 30 points over Milligan College.

“The first meet was an excellent start to the season,” Franklin said. He said the confidence level of the team was raised because of the results.

Junior Heikeen Abdul-Saaboor runs a play during the Cavs practice on Sept. 10. The Cavs’ next game will be against Newport News Apprentice on Set. 13

Not Just A Man’s World
Sports and September 11th

Yesterday was the seventh anniversary of the worst attack on American soil ever.

Normally, this column would be mine to comment on UVa-Wise sports, however this week, it’s different.

This week’s column is for every American that watched the towers falling and of people covered in soot running desperately from the crumbling and twisted metal.

In the days that followed Sept. 11, the country mourned.

I’m sure you all remember the aftermath—the pictures, the constant news coverage and the constant reminders.

But also in the days that followed, we picked ourselves up as a country and got closer as a nation.

We banded through sports after 9/11. We grew as a nation.

I hope you took the time to think about those lives that were lost, the families that were destroyed, but I also hope that you took the time to remember how we persevered.

Sept. 11 was a day that the United States, and the world, will never forget.

Yesterday was the seventh anniversary of the worst attack on American soil ever.

The United States came together after 9/11, bonding even tighter over the Yankees, the Mets, the Jets and the Giants. For a while after 9/11, the entire country became Yankee fans (which is hard to admit for a die-hard Yankee-hater).

We banded through sports after 9/11. We grew as a nation.

I hope you took the time to think about the feelings that raged ‘inside of us, the coping—coping with the feelings that we were losing our home, our nation be attacked, and she wanted us to sing!

Here we were, sitting in the safety of our school watching our nation be attacked, and she wanted us to sing!

I also remember my parents pulling me out of school early that day because they were worried about the military bases being attacked. My middle school was about a minute away from Do-Nell Naval Base in Virginia Beach.

I didn’t cry that day, even though when I got home I turned on the TV and watched the news.

I saw the horrifying pictures and the footage of the towers falling and of people covered in soot running desperately from the crumbling and twisted metal.

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In my opinion, sports helped us as a nation to move on, stay hopeful and become a family.

New York came together, bonding even tighter over the Yankees, the Mets, the Jets and the Giants. For a while after 9/11, the entire country became Yankee fans (which is hard to admit for a die-hard Yankee-hater).

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BylVreida Nash
Staff Writer
blass@uvawise.edu

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