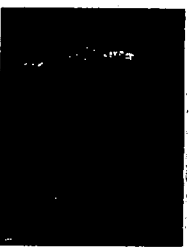


INSIDE

The Lady Cavs softball team will play in the Virginia Wesleyan Beach Blast tournament over spring break. Read the preview on Page 6.



Could you spend an entire semester in a foreign country? One UVa-Wise senior did. Read her story on Page 4.



"The Wrestler" starring Mickey Rourke is now showing in local theaters. Find out if it's worth seeing on Page 5.

UPCOMING

Spring Break

Spring Break will officially begin for all UVa-Wise students tomorrow morning. Residence Halls will close at 9 a.m. tomorrow and re-open March 15 at 9 a.m. Classes will resume on March 16.

Time Change

Don't forget—daylight savings time begins this Sunday, March 8. Be sure to set your clocks ahead one hour tomorrow night.

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SVEA hosts celebration of Dr. Seuss' birthday

By Aaron Collier
Feature Editor
aac7x@uvawise.edu

Children flood into Greear Gymnasium with eyes of wonderment.

A steady stream of laughter and smiles fill the gym.

The Cat in the Hat, Cindy Lou Who and Thing One and Thing Two are all in attendance to assist the children in wishing a literary giant a happy birthday.

Somewhere, Dr. Seuss is smiling.

The Student Virginia Education Association (SVEA) celebrated the 105th birthday of beloved children's author Dr. Seuss on March 2. The party was open to children ages twelve and under and gave them a chance to spend time playing games, eating green eggs and ham and watching skits with their favorite Dr. Seuss characters.

Sandra Richardson, professor of education, said the event had over 200 attendees and she was happy to see the community embrace the event.

"I'm glad the word has gotten out in the community," she said. "We do advertise in the

see Dr. Seuss, page 2



Photos by Aaron Collier

Above: Professor of Education Sandra Richardson holds four-month old Braylen Davis during the Dr. Seuss' Birthday event on March 2. Over 200 children and adults attended the event.

Right: A young fan poses for a picture next to a plush replica of Cat in the Hat in the Greear Gymnasium on March 2.



College to host Career and Internship Fair

By Daniel Robinson
Editor-in-Chief
dsr8a@uvawise.edu

The Center for Student Development will host the UVa-Wise Career and Internship Fair on March 18 in the Greear Gymnasium from noon to 3 p.m.

Students who have not yet signed up have until March 17 to do so.

Kathy Elkins, assistant director of career development, said students needed to attend the event even if they are not looking for a job because it will prepare them for a future of job hunting.

"Our students are great at texting, e-mail, Facebook and MySpace, but when it comes to face-to-face communication they are really struggling."

Elkins said students should bring their resumes as well as wear professional attire to the event.

"A suit is preferable," she said. "And the reason why is because this is essentially an interview, so you need to think about what you would wear to a job interview and that's what you need to wear to the career fair."

Elkins said that students that come to the career fair in non-business professional attire might be asked to leave and come back in more suitable clothing.

"We want to make sure that they're presenting the best image of themselves," she said. "We're not doing them any favors by letting them think that that is what they need to be wearing."

Elkins also recommended that students research the companies they were planning on talking to.

"This is as much of a chance for our students to learn about the different companies and opportunities with that company as it is for them to find a job."

Elkins said it had been difficult getting businesses to come to this year's fair.

"This year's career fair has been a challenge because of the job market and the economy," she said. "We [usually] just try to have a wide-range of employers, but this year our goal is just to get some employers here. A lot of our recruiters that have come in the past are not recruiting this year."

"So we're very happy that we have about 24 [recruiters] right now."

Employers that will be present at the fair include: Wellmont Health Systems, Carillion Clinic, Sykes Enterprises, CGI and Northrop Grumman.

"We have CGI and Northrop Grumman, which are not recruiting just for technology," Elkins said. "A lot of students are under that

Tree planting event to take place later this month

By Mariah Redden
Asst. News Editor
msr4u@uvawise.edu

"I speak for the trees."

Just like Dr. Seuss' environmentally friendly character, the Lorax, that's also what the Guest River Restoration Project (GRRP) and the Department of Mines, Minerals and Energy (DMME) will be doing later this month.

The groups have organized a tree planting event to be held on March 17 from 10 a.m. to 2 p.m.

Claire Donley, the Appalachian Coal Country Watershed Team (ACCWT) coordinator for the GRRP, said the goal of the project was to plant a total of 800 trees,

all of which will be provided by DMME.

The trees are to be planted on a reclaimed area of land in the Crane's Nest Community, north of Coeburn.

Wetlands Coordinator Allyson Green is assisting Donley with the project via planning and recruiting volunteers.

Green wrote in an e-mail that the ACCWT recently teamed up with the Appalachian Regional Reforestation Initiative (ARRI) to help plant trees on abandoned strip mines.

Donley said throughout areas in the region, organizations are trying to put together at least one tree planting event in their area.

Green said this will "give communities a chance to reclaim mine lands so they have not only beautiful forested areas in their communities that they can watch grow, but more habitat[s] for plants and animals as well."

Donley and Green both said they were encouraging others to support the event.

"This is a great opportunity for school groups and sports teams to complete needed community service hours, or for environmentally conscious students to assist with reforestation efforts," Donley wrote in an e-mail.

"There will be some students

see Planting, page 2

Senior Salute to be held in two weeks

By Aaron Collier
Feature Editor
aac7x@uvawise.edu

With graduation only two months away, many seniors are already finding themselves asking familiar questions.

"Where do I pick up my cap and gown?"

"Will my name be spelled right on my diploma?"

"Am I even eligible to graduate?"

Fear not, UVa-Wise has you covered.

The college will host Senior Salute 2009 on March 18 from 9 a.m. to 6 p.m. on the 5th floor of the Slemp Student Center. There


will also be a Senior Salute for students of the Southwest Virginia Highland Education Center on March 17 from 4 p.m. to 6 p.m.

The event will allow seniors to register with the Alumni Association, confirm eligibility for graduation and vote for a Commencement student speaker among other things.

The occasion will also give students a chance to win door prizes, like a diploma frame. Refreshments will also be served.

Jo Stewart, administrative assistant to Alumni Relations, said the event will give seniors everything they need to be prepared for

see Salute, page 2



Senior Salute 2009

March 17, 4-6 p.m., SWVHEC, Abingdon
March 18, 9 a.m.-6 p.m., Student Center, 5th floor

At this event you can:

- register with the Alumni Association
- order announcements & class rings
- confirm eligibility for graduation
- receive your cap & gown
- participate in the senior class gift
- confirm whether you will graduate with academic distinction
- vote for Commencement student speakers
- verify spelling of your name for your diploma

Refreshments will be served.
Door Prizes will include a UVA-Wise diploma frame.

www.uvawise.edu/commencement

Dr. Seuss

Continued from page 1

newspaper and send flyers to the schools, but I've had people calling me and saying "When is it? When is it?" so that's a good sign."

Senior education major Jaret Bolling said the event was a way for students to help children in the community.

"It's a good thing for the kids," Bolling said. "It's a chance for us to give stuff back to [them]."

Helen Melshen said the event will help kids become motivated to read, not only Dr. Seuss, but other books as well.

"I believe that having this event makes them want to read more books," she said. "It just inspires kids. They want to get more books—more Dr. Seuss."

Richardson said that having games based on Dr. Seuss' works will help the children remember to go and read the story, no matter what their age.

"The students have] made games that go with the book to help them remember the book," she said. "So, even if they're non-readers at



Photo by Aaron Collier

Volunteer students prepare to cut Dr. Seuss' birthday cake on March 2 in the Greer Gymnasium. It was the 105th birthday of Dr. Seuss. Children ages 12 and under were invited to enjoy skits, readings and games celebrating the author's work.

at this point, hopefully they'll do some fun things that will help them think about the books."

Jeff Cantrell, education department chair, said he was delighted with the effort students put into this year's celebration.

"We're very proud of them," he said. "They work really hard and they put in a lot of time. I think if you ask them they'd tell you that it's all worth it when they just see the kids...[and their] eyes of Dr. Seuss."

Junior elementary education major Andrew Houser said that in the end the event is all about the children learning about Dr. Seuss.

"All in all, it's a good thing to see kids really learn [and]...to see the happiness of Dr. Seuss."

Junior elementary edu-

CONSTRUCTION UPDATE

Construction projects continue across campus

From Staff Reports

According to the latest Capital Update sent out from the Office of the Vice Chancellor for Finance and Government, construction on the Convocation Center is scheduled to begin this spring.

The project is expected to cost \$30,000,000 and will be built across from Carl Smith Stadium. The center will seat 3000 people and is expected to be a venue for both athletic and convocation events in the area.

The project is expected to be completed in the fall of 2011.

Renovation of Smiddy Hall is continuing as planned. Installation of storm and water lines is complete. Workers are currently working on underground electrical and ductwork.

Science Building renovation, anticipated to be finished in May, is reaching the final stages. Drywall is being installed on both floors. Door frames are in place. Roof decking, ductwork and electrical work is ongoing.

Exterior brickwork for the Center for the Arts is 99 percent complete. Brickwork in the courtyard area is still continuing. New roofwork is complete while roofwork on the original building is ongoing.

The new dining hall, being built next to Thompson Hall, is expected to be completed in July. Underground electrical and plumbing work continues while roof decking is nearly complete.

The new residence hall's exterior brickwork is nearly finished. Roof decking for the hall, which is being built in place of the Theme houses, is complete. Mechanical and sprinkler pipe installation has begun as has interior framing for floor and ceiling tracks.

Both the Crockett Hall renovation and Campus Entrance are nearly complete with only minor sitework needed to be finished.

The update reminded all students, faculty and staff that the gravel road by Culbertson Hall is still for Construction vehicles only.

Also, the college requested that no one remove the yellow and blue flags positioned throughout campus. The flags mark underground utilities and their movement could delay projects.

Planting

Continued from page 1

from Coeburn High School helping to plant trees, but we'd love to have students from the college come help," Green said. "We'll be planting 800 saplings plus some willow cuttings, so the more people we have helping the faster we can get the trees in the ground."

Green said the area for the project was chosen because of its lack of vegetation.

"It's a good area for a tree planting project because it's on an old gob pile, so the soil isn't too compacted for roots to really take hold," she said.

"The planting area will act as a great riparian buffer zone in that area, with the trees helping to filter water that runs into the river, keep soil in place, and provide habitat for creatures in the area."

Green said the more volunteers there are, the easier the project will go.

"What a great excuse to skip class, right? 'Sorry I can't come to class today: I'll be saving the world one riparian zone at a time,'" she said.

To get to the tree planting site in Crane's Nest, travel north on 72 and turn right onto Floyd Road. Floyd Road is past the coal tipples at Tom's Creek. From Floyd Road, turn left onto Carroll Road. The tree planting site is a mile up Carroll Road on the left.

For further information, contact Allyson Green at agreen@uvawise.edu or Claire Donley at clairedonley@vizon.net or (276) 376-4650.

OPINION

How will you recover from midterms?

Spring break is essential for every college student, whether you head for the beach or catch up on precious sleep.

However, with the economy a little shaky and some popular travel destinations questionable, what should you do for spring break?

What shouldn't you do for spring break? First of all, trade in Cancun for a road trip.

With drug trafficking making Mexico a risky travel destination, college students are being warned against going to popular destinations in Mexico.

But, in all reality, why would you want to go to the beach on spring break? A road trip is much more fun.

There is a fine art that must be considered when planning a road trip during these economically shaky times.

Taking along friends to split the bill is a must. Gas is still expensive, but it's much cheaper than an airplane ticket to Cancun.

Being creative is also key when taking a road trip. Don't stress out if you get lost.

Just follow the signs and you'll end up somewhere. If you must have some type of order, settle for a map and a highlighter, find a line and follow it for a bit.

Also, forego fancy dining areas for a stop at a campground to enjoy a tasty ham sandwich, a bag of chips and water.

Not only will it be healthier, but your wallet will also thank you.

If you on a road trip just isn't your style, or you don't have any cash whatsoever, there are still fun alternatives that can be economically beneficial.

Do some community service. Never underestimate the power of picking up trash on the side of the road or raising money for a good cause. You will meet amazing people and spend your break doing something worthwhile.

Doing community service will also boost the economy. It's really a win-win situation. If even that doesn't strike your fancy, take a trip to the movies.

Going to the movies is one of the cheaper forms of enjoyment left to those of us short on cash, especially if you only buy a ticket.

With movies like Watchmen, Miss March and The Last House on the Left coming out on Friday, individuals can get their weekly dose of action, comedy and horror at the box office this week.

Plus, it's a great way to do something fun with friends that won't break your purse. However, it will help the economy, because you're putting money into the movie industry.

If I still haven't said anything that sounds appealing, how about a trip to your local park? Whether it's an amusement or natural park that strikes your fancy, both are appealing for spring break.

If you have some extra cash lying around, go for the amusement park.

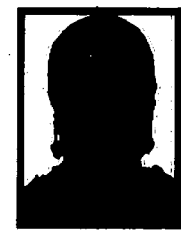
If you don't have any extra money, or standing in line all day isn't your style, go for a natural park in your area. With natural trails for hiking, picnic areas and museums, it's a great place to go spend an entire day that will be jam-packed full of fun.

Besides, putting in that little extra at the gift shop will let Virginia know that you still appreciate such resources. My last resort and fifth suggestion for you is to do absolutely nothing.

It sounds horrible, and in no way will it help our economy if you sit on your butt in front of a television screen during your entire spring break, but let's get real. We're in college, and when we have a break, sometimes we just have to take a break.

If you need a week full of relaxation, take it. If not, try to do something productive for yourself that will also benefit the economy in some way.

After all, every little bit counts, right?



Marissa Jones Opinion Editor mj42@uvawise.edu

Are students coming into college stupid?

By Mariah Redden Asst. News Editor mnr4u@uvawise.edu

What happened to high school?

This is a recurring question that pops into my head while sitting in class.

My answer: Advanced Placement classes. These classes count towards a student's college degree.

Sure, to finish high school while at the same time acquiring college credit is every high school student's dream.

However, while AP classes may be a high school student's dream, the classes become a nightmare to college students who would actually have a serious educational experience when it comes to classes.

I'm not saying I'm a perfect student.

The other day I messed up on counting the syllables in a line of poetry incorrectly, something that happens from time to time.

Just like a person can miss the answer to an equation and as a result flunk an entire test.

But that's not the kind of thing I'm upset about.

Confusion in poetry and math happens, but should confusion occur in such large amounts in various classes?

What happened to common sense? Not knowing a fragmented sentence from one that is a run on, and other basic educational rules are some of the things that are absent from the minds of many incoming college students.

As the college semester progresses, students learn what year their fellow peers are and why they are taking classes due to the answers given in those classes.

More often than not, the individuals who take dual enrollment classes are the ones who need a refresher on the concepts of learning.

Many students who dual enroll by taking college level courses in high school are often unprepared and oblivious to the guidelines of how to survive in college.

There is no transition from a high school education to college education.

While high school students may be able to excel in Standards of Learning and place above their actual grade level, what do they learn other than how to take standardized tests?

According to the college's Web site, "exceptionally able and well prepared students may also be awarded advanced standing credit. These are semester hours which may be counted toward a degree."

The issue—more and more students are entering into the college setting unprepared.

These students have difficulties passing remedial courses such as English 099.

I'm not saying AP classes are not right for all students, just that they aren't right for the amount of students that are currently enrolled.

Students should be thoroughly tested before being allowed to enter into an AP class.

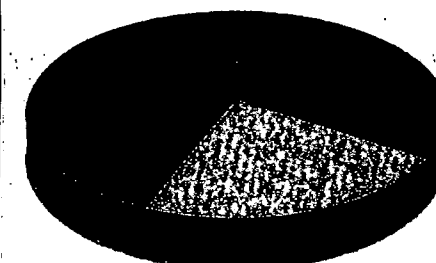
Not being prepared for class presents the issue of infringing upon the learning experience of other college students who are prepared and mature enough for a college level education.

All I want to know is what happened to high school?

Why does this source of academic learning exist if officials simply okay students to bypass this important stage in intellectual growth?

Poll of the Week

Should UVA-Wise allow students living in the residence halls to have overnight guests of the opposite sex?



- No overnight guests
- Yes, but with limited visits
- Yes, overnight guests are fine

Percentages:
No overnight guests — 34%
Yes, but with limited visits — 22%
Yes, overnight guests are fine — 44%

Student Comments:
Aaron Dorsey, Senior, English Literature: "Why not? It's going to happen anyway, and in my five years here, I've seen RAs even breaking the policy as early as my first semester here. So while having the policy is a comfort blanket for parents, it's filled with holes."

President Obama, the "porkulus" bill will never work

The Great "Porkulus" Bill of 2009 has finally been shoved down the collective throats of America.

Now each and every one of us get to taste the fatty grease of massively increased federal spending.

We also get to taste the largely expanded federal government that naturally comes with such a move.

Are you enjoying the free breakfast provided by President Barack Obama and Company?

No? Hmm, why am I not surprised?

President Obama promises us that this pork laden bill will "stimulate" the economy (hence it's name) and bring us out of the current economic funk we're in.

For added emphasis, he flashes his trademark "vote for me, I'm so handsome" smile as he speaks of it.

But while reading the news this morning, I learned that the Dow has finished below 7,000 points for the first time since '97.

So much for economic stimulation, eh?

What President Obama and his friends in Washington fail to realize is that we've been down this road before.

Every one of us has had to learn about the stock market crash of 1929 that precipitated the Great Depression.

We also know about the New Deal programs offered by President Franklin D. Roosevelt to help bring us out of that

funk. But what people fail to realize is that the New Deal programs not only did not help America, but in some cases made things worse for the economy.

It was only America's involvement in World War II and the leap into a war economy that saved us from the Great Depression.

Now, I'm in no way advocating going to war to solve our problems. My point is that throwing money at our economic problems is not going to solve anything.

President Franklin D. Roosevelt tried it and failed, only saving us when Pearl Harbor was attacked and the U.S. entered the Second World War.

Likewise, President Obama is trying it, and will more than likely fail, because that is not the way our economic system works.

Those who do not learn from the past are doomed to repeat its mistakes.



Justin Jurek Opinion Columnist jj8g@uvawise.edu

MCA earns more than \$800 during art show fundraiser

By Lexie Ramage Staff Writer lra3c@uvawise.edu

The Multi-Cultural Alliance raised a total of \$836 last Saturday at the Steelwater Coffee Bar during their art show.

"After commission we earned \$416," said senior Scott Fitzsimmons, president of MCA. "My goal was \$200 so I was really surprised."

Around seventy-one people showed

up between noon and 5 p.m. Patrons viewed over 120 pieces of artwork and enjoyed drinks from the coffee bar.

Fitzsimmons said he was happy with the turnout but felt it could have been better.

"I think the turnout was really good although the rain hurt us," he said.

Fitzsimmons said he was surprised by the support of the college's faculty and staff.

"The Chancellor came with his wife and they bought a lot," he said.

"The faculty and staff bought a lot, too, which showed a lot of support."

Due to its success, Fitzsimmons said MCA would host another art show in April.

He said MCA was planning on getting local schools involved as well in the next art show.

Fitzsimmons said he was thankful to the art department and the community for their support of the MCA.

Salute

Continued from page 1

their big day.

"By the time a senior leaves, he or she should know everything they need to know about dates [and] what's required of them to be able to be declared officially graduated," she said.

Linda Jordan of the registrar's office, said that this is a chance for seniors to make sure all their information is right before they accept their diploma.

"It's just a very good event for you to touch base about graduation," Jordan said. "To make sure we have all your information correct."

Stewart said that seeing students getting prepared to graduate is satisfying, but seeing students leave the college is sad as well.

"We're always excited when we see the fruits of the labor of the people that have been here," Stewart said.

"We're always happy to get to spend time with the students and we're sorry to see them go, but we're also happy and excited that they're going out in to the world and represent us well."

Sheila Hilemen, textbook manager for the campus bookstore, said seniors

who participate in the event will receive a school-colored key-chain tassel as a souvenir.

Seniors who attend must have paid their graduation fee and can do so in the Registrar's Office. For more information visit www.uvawise.edu/commencement.

Commencement is scheduled for May 16 at 11 a.m.



Corrections

In our Feb. 27 issue, we incorrectly reported that the band, Holy Ghost Tent Revival, would be performing in the student center on Feb. 28. They will actually not be playing on campus until later this month.

We also incorrectly listed the date on all interior pages as Feb. 27, 2008 instead of 2009.

We apologize for any inconvenience.

Career Fair

Continued from page 1

misconception that they only recruit for technology, but they're also looking for business and communication majors."

Representatives from the FBI will also be at the college fair.

"They have...about 600 positions they need to fill," Elkins said. "Some of that's due to retirement [and] some of that's just due to increasing workload."

Elkins said she was especially excited to have American Fidelity Assur-

ance Company.

"They have at least two to three positions in Wise that they are looking to fill immediately, so those are guaranteed jobs that our students are going to be up for," she said.

"Even if students aren't looking for a job right now...this is excellent experience. It's an opportunity for students to practice communicating with professionals on a face-to-face level."

A complete list of all employers attending the fair can be found on the Career Development Web site.

Elkins said it was important for freshmen and sophomore students to attend the career fair as well so they could "learn what a career fair looks like."

"You don't want the one career you go to be the one that counts the most because it's your senior year."

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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), by phone (328-0170), or via e-mail (highlandcavalier@uvawise.edu).

Letters to the editor can also be e-mailed to Opinion Editor Marissa Jones (highlandcavalier@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.



UVa-Wise senior spends semester abroad at the University of Huelva

By Simon Henry
Staff Writer
sph7z@uvawise.edu

Imagine you wake up one morning for your 8 a.m. class. You walk outside, and instead of a snowy, cold UVa-Wise campus, you find yourself walking to class in the warm Spanish sun.

This was a reality for senior Natasha Bambarger last semester. Bambarger participated in a four month study abroad program at the University of Huelva, Spain, and attended courses for the same cost as her UVa-Wise tuition. A private fund available to UVa-Wise students interested in study abroad covered her air fare.

Bambarger lived in an apartment with other international students. She said living with other students as opposed to a host family gave her a deeper international experience.

All of her classes were taught in Spanish and were relevant to her major of Psychology and minor of Sociology. She said her classes were difficult at first because of the language barrier, but they became easier with time.

"When I went, I knew basically no Spanish, but I stuck it out," she said. "I learned the longer you are there the faster you learn."

The University of Huelva had an atmosphere unlike UVa-Wise. There was a different type of administration, they served beer on campus, had more flexible schedules and no attendance policy.

However, most of her learning occurred outside of the classroom.

"You can only benefit from learning about other people from other places," she said. "I don't understand why other people don't do it really. You learn so much about yourself, because initially you're completely alone. You have to find new friends, new professors, and once you get over that phase it's really fun."

Bambarger was able to visit various destinations including Gibraltar, Madrid, Seville and Lisbon on self-planned weekend excursions with her friends.

She said friends were a large part of her experience. They came from all over Europe, including Holland, Spain, France and Germany.

She said her favorite memory from her time abroad was a trip to the most western point in Europe, Cabo da Roca. However, she said her worst memory was saying goodbye to all of the people she had grown close to.

In summing up her experience, Bambarger said "We go through life in a rush to find a place to be, but we don't realize it's the people we meet along way that make it irreplaceable."

"Although we look and speak different, we share the same heart."



Photos provided by Natasha Bambarger



Right: Senior Natasha Bambarger stands overlooking the Atlantic Ocean on the westernmost point in Europe, Cabo da Roca in the Lisbon district of Portugal. Bambarger spent four months taking classes in Spain at the University of Huelva, during which she also toured much of Europe.

Below: Natasha Bambarger poses for a picture with friends in the Lisbon Oceanarium in Lisbon, Portugal. It is the second largest oceanarium in the world and the largest in all of Europe.

Campus Bulletin

Effective Feb. 20, inter-library loan services are once again open for all students to use.

Career Services will host the Annual Career & Internship Fair on Wed., March 18.

All students and alumni are invited to attend this event to meet with employers to discuss employment and internships. Students are expected to be in professional dress and have copies of their resume on hand.

The event will be held in the Greer Gymnasium from noon to 3 p.m.

A current list of registered employers will be available on the career services Web page.

The UVa-Wise Environmental Club meets each Friday at 1 p.m. in Zehner 206. Bring a green snack.

We are already organizing for Earth Week in the spring.

Contact President Geneva Bailey at gmb9h@uvawise.edu or Vice President Rollo Samuel at rls2u@uvawise.edu.

Hypertension (high blood pressure) is a common disorder that affects thirty percent of the U.S. population.

If left untreated, hypertension can lead to heart dis-

ease, the leading cause of death in the United States. Hypertension is sometimes referred to as "the silent disease" because many people are unaware of their hypertension until it is identified as part of a routine examination.

To raise awareness of the risk factors for heart disease, the month of February is designated American Heart Month.

In recognition of American Heart Month, on Feb. 25, Tauna Gullely's freshman seminar students checked blood pressures in the atrium of the student center.

We want to thank senior nursing students Kofi Koduah, Festus Amarteifio and Victoria Anaale-Dibia for their help with the event.

Everyone who had their blood pressure checked was given the opportunity to participate in a drawing for a door prize, a basket filled with nutritious foods. Our winner was Linda Davidson.

Poetry Corner



Wild Flowers
By Matthew Vetter

At fifty-six, having left my mother,
my father buys a motorcycle.
I imagine him because
it is the son's sorrowful assignment
to imagine his father: there,
hunched on his mount,
with black boots, with bad teeth,
between shifts at the mill,
ripping furrows in the backroads,
past barn and field and silo,
past creek and rock,
past the brown mare,
sleek in her impertinence,
never slowing until he sees
the bull. He stops, pulls
his bike to the side of the road,
where golden rod and clover grow,
walks up to the fence, admires
its horns, its wet snout snorting
and blowing
its breath, its girth, its trampling
of small wild flowers.

Girls & Sports

By Justin Borus & Andrew Feinstein



THIS WEEK IN ENTERTAINMENT

Movies

(All released on Mar. 6)

"Watchmen"

(Warner Brothers)

Cast: Jackie Earle Haley, Patrick Wilson
Rating: R

Genre: Action/Drama
Plot: Set in an alternate vision of the year 1985, the murder of an ex-superhero causes a vigilante named Rorschach (Haley) to look into the matter, an investigation that reunites him with his surviving old colleagues—all of them former superheroes themselves—and gradually unveils a conspiracy with links to their shared past and catastrophic consequences for the future. (IMDB.com)

Muscle

(All released on Mar. 10)

Kelly Clarkson

"All I Ever Wanted"

(RCA)
Genre: Pop/Rock

Jadakiss

"The Last Kiss"

(Roc-A-Fella)
Genre: Hip-Hop

New Found Glory

"Not Without a Fight"

(Epitaph Records)
Genre: Punk/Pop



Photo obtained from IGN.com

"THE WRESTLER"

"Depressingly beautiful."

By Aaron Collier
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You remember the worst day of your life. Nothing went right and everything went wrong.

Now imagine having a bad day for the rest of life. Grey skies every morning, a body that aches with even the slightest motion and looking in the mirror and seeing a worn, tear-stained face staring back at you.

You can quit imagining. Director Darren Aronofsky has created such a life with "The Wrestler."

And it's depressingly beautiful. "The Wrestler," starring Mickey Rourke, is the story of an aging, beat-up professional wrestler named Randy "The Ram" Robinson and his attempt to repair his broken life.

The film is nothing short of an amazing silver-screen achievement, as it blends captivating cinematography with an accurate portrayal of the wrestling world.

From the drugs to the backstage environment, Aronofsky gives the audience a hauntingly vivid look into the world of professional wrestling.

Rourke's performance is brilliant and well worth the Academy Award nomination it garnered. His portrayal of a man that is trying to rebuild his life that he has destroyed due to his own selfish decisions is captivating. You want him to succeed, but as his story progresses, you begin to see that the damage done cannot be fixed.

One of the most emotionally charged scenes takes place at a small wrestling convention that Robinson is a part of.

As he sits at his table, he begins to look around the room at his friends and fellow wrestlers. What he sees are men with debilitating injuries, some even handicapped, by a profession that can give you so much and take it all away even faster.

It's a very poignant scene that serves as a wake-up call for Robinson and sends him on his ill-fated attempt

to make his life better.

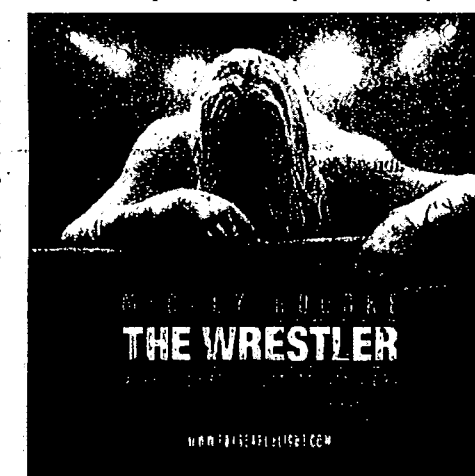
The cast around Rourke makes his performance even stronger. The characters that precariously stand on the edge of Robinson's life add more emotion to a film that thrives on it.

Whether it's Robinson's angry and estranged daughter Stephanie (Evan Rachel Wood) or Cassidy (Marisa Tomei), the stripper trying to get out of her occupation, each character adds layers to an already deep film.

The only complaint I have about the film is that it drags a bit. Even though the characters drive the film, there are scenes that seem to slow the movie to a halt.

Aronofsky, at times, seems to be trying too hard to be "artsy" with his filmmaking by putting long scenes with no dialogue in sight. These scenes are still gorgeous to look at, but it puts the audience in danger of losing interest.

"The Wrestler" isn't for everybody. If you're looking for a fun "movie night" with your friends, this isn't the movie to choose. But, if you want a film that has emotion and depth, then this may be the movie for you.



THE WRESTLER

www.paramount.com

Rapid Reviews Movies

"Street Fighter: The Legend of Chun-Li"
(20th Century Fox)

"There's something special about this underwhelming mess of a Street Fighter reboot that many cinematic cheese-lovers will find very appetizing. The fact is that 'The Legend of Chun-Li' is not at all a good flick, but it's filled with so much cornball ineptitude that one would think some rather broken mad movie genius was behind it."

Jeremy Wheeler/TV Guide

Muscle

U2

"No Line on the Horizon"
(Interscope)

"He [Bono] is still singing about singing, all over 'No Line on the Horizon,' U2's first album in nearly five years and their best, in its textural exploration and tenacious melodic grip, since 1991's 'Achtung Baby.'"

Dayt Fricke/Rolling Stone

Video Games

Halo Wars
(Xbox 360)

"A solid RTS on the Xbox 360, Halo Wars may not break the mold, but it does provide an impressive entry to the series and one that finally makes the genre feel at home on a console."

Steven Hopper/GameZone.com

Holy Ghost Tent Revival rocks coffee bar

By Craig Rice
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On Feb. 27, alternative band Holy Ghost Tent Revival, played a two-hour show at Steelwater Coffee Bar. The band played both new and old material for a crowd of over 80 people.

"It just feels good to play music again," said keyboardist Mike O'Malley. "We took a little bit of a break so it's just great to play."

The band showed their eagerness in a performance that included folk sensibilities, raging jazz numbers, big band crescendos and limitless energy.

The band hails from Greensboro, N.C. and the members said they were used to the constant traveling that comes with touring. "At first it can get to you, but after awhile you start to really like the people you meet and the places you go," drummer Ross Montsinger said. "After awhile you don't miss home, because everywhere you go makes home seem less cool."

Lead singer and banjoist Stephen Murray said he has

different troubles on the road. "Cow tails, man. Those things are two for a dollar, so any gas station I come too I end up eating too many," he said.

The band began the night with a rambunctious version of "Walking Down the Street," off their first studio album "So Long I Screamed!" Next they glided effortlessly through numbers "Getting Over your Love," and a 5-minute long melodrama with overture, characters, plot and tragedy called "Hammer Fell."

Listening to Holy Ghost Tent Revival is a lot like tuning through the channels on a radio but without the static and non-seamless transitions. They move from one genre to the next; folk, ragtime, rock, bluegrass, funk, jazz, do-wop, soul, pop, and can transition through each without missing a beat.

Their constant exploration of style and coherence is not some gratuitous hodgepodge of sounds—everything works, and everything works well. Their historic sounds belie the age of this group of 20-somethings.

"We all met in college," Montsinger said. "We added Mike a few months ago, but other than that we all knew each other."

A long line of vocal harmonies, and eclectic feet stomping music has the feeling of an event that the band's very name suggests.

"We saw it on a sign driving through North Carolina," Murray said. "I took a picture of it, and we all decided it was the best thing any of us had come up with. So there we were—Holy Ghost Tent Revival."



Photo obtained from WSOE 89.3

Lady Cavs head to the beach for "Beach Blast" tourney

By Brittany Wichtendahl
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The Lady Cavs softball team will travel this weekend to be a part of the 12th Annual Virginia Wesleyan Beach Blast. It will be the first time the team has competed in the tournament.

The team will be facing Virginia Wesleyan, Randolph-Macon College, Peace College and Wilkes University.

Head Coach Tori Raby-Gentry said the tournament and going up against new teams will be a good learning experience for the younger players.

"It's always interesting to play different teams because you don't know what to expect and it's kind of good because you have to work through some things and learn," she said.

"It's good for your players, especially your younger ones. Your more mature veterans have...been in the situation to go in and play some teams that they know nothing about. It makes you a little bit more focused."

The Lady Cavs have never played any of the four teams they will face this weekend and Raby-Gentry said the team will rely on defense and pitching.

"We've played consistent," she said. "The one game we lost we lost by one run. We're playing consistent. Our defense has been solid enough, consistent enough."

"If we get that one run, we have a chance."

Pitching, which has been a strong point for the Lady Cavs this season, has struggled through the last couple of games. But Raby-Gentry said the pitchers have gotten back on track and are looking strong for the upcoming tournament.

"Typically, these teams don't have strong pitchers," she said. "I think pitching wise we'll be ahead."

Because of the recent cold weather, the team has not been able to practice on the field in some time. Raby-Gentry said that while it could be an issue for some teams, the Lady Cavs haven't struggled with it.

"We didn't [get to practice outside] last week and our defense had no errors," she said.

The players get a few days of relaxation before playing games again, but unlike regular students, they do not get a full week.

Raby-Gentry said this will benefit the team in the long run.

"Conference tournament comes about the same time finals do so [not getting a break] kind of prepares you to get used to that stress," she said.

"It's kind of a good preparation for the end of the season to be honest with you. It's the same thing. It's kind of that same mentality so...it's never really affected us."

If the Lady Cavs do fall behind in any of the upcoming games, Raby-Gentry said she is confident that the team will be able to turn it around.

"The one thing I will say—which...is something that I'm proud of the team for—when we have gotten behind...we haven't stressed," she said.

"We've stayed loose, we've stayed focused, and we got right back in the game. In the past, we've choked. We've done a good job [this year]."

The Lady Cavs play Randolph Macon at noon tomorrow and then Virginia Wesleyan at 4 p.m.

Sunday, the team plays Peace College at 10 a.m. and Wilkes University at 2 p.m.



Photos by Jessica Price

Above: Freshman Ashlee Washburn takes a ground ball during the Lady Cavs indoor practice on March 3.

Left: Senior Brittany Tunnell catches a fly ball during indoor practice on March 3. The Lady Cavs are set to play in the Virginia Wesleyan-Beach Blast this weekend.

Not Just a Man's World Midterm break for athletes

With spring break officially starting tomorrow, I've noticed something about the way professors and athletes are dealing with midterms.

I have class with a few athletes, and in the past few weeks, I've overheard conversations about postponing midterms.

I have to say, I'm extremely pleased to hear that most professors are more than willing to work with athletes that can't be in class the day of their test.

Most of the professors let athletes take the midterms early or postpone them until the end of spring break.

It's refreshing to see.

After all, spring athletes don't really get a break like the rest of the campus. Why punish them and hurt their grade for having to play in a game?

Softball head coach Tori Raby-Gentry told me during our interview that all of the softball players had to talk with their professors about midterms.

The Lady Cavs left yesterday for the Virginia Wesleyan Beach Blast.

She also mentioned that the players usually never have any issues with professors when it comes to missing classes or important tests like midterm.

Even though now is the time for midterms, I've known professors to be flexible about missed classes before now.

Earlier this semester, I had to go on a trip to Staunton, Va. It was required that we attend the field trip. It counted as part of our grade in the class.

On the day of the trip, there was a baseball game, and one of my fellow classmates is a baseball player.

He told our professor about the situation, and our professor was more than willing to work something out with him.

Now, usually on the first day of classes, professors come marching into the classroom talking about how attendance counts towards your overall grade.

They also talk about how the midterm and final exam are huge chunks of your grade and that if you miss either one of those, you will more than likely fail the course.

However, when an athlete needs to be excused because of a game, professors drop the tough act and work something out with the student.

In bigger schools, professors begrudgingly allow the athletes to miss out on their exams.

Sometimes, the professors don't allow the athletes to make up tests.

And in those cases, the athletes' overall grade is hurt.

While there are some athletes that may abuse this privilege, I have yet to hear or see any example of this at Wise.

It's nice to see that, no matter what the syllabus says, our professors work with athletes, instead of seeing them as stereotypical jocks.



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Cavs baseball team faces a rough start to 2009 season

By Kacie Jessee
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The Cavs baseball team has not gotten off to the best of starts this season with a 2-8 overall record.

The two wins for the Cavs came on the road against Toccoa Falls College. The Cavs defeated the Eagles 14-0 and 5-4 on Feb. 6 and 7, respectively.

Head Coach Hank Banner said inconsistency is a major factor in the Cavs' recent losses.

"Youth can make you inconsistent at times," Banner said. "But there are juniors doing the same thing."

He said the team can't continue to blame their record on the young players, because it's a team effort.

"Pitching has been a bit of a disappointment," Banner said. "But there's a

lot of room for improvement in all areas."

He said that the success that they've had over the years is because they've worked as a team and they're just working to get to that point again this season.

"The effort's been good, but the results haven't had the outcome that we want," he said.

Lack of practice outside has put the Cavs at a disadvantage. Poor weather over the past couple of weeks has forced the team to practice in the gym.

"There's a lot of things we can do in the gym, but a lot we can't," Banner said.

He also said that with warmer weather in the forecast they are hoping to get out on the field more and maybe even get a few two-a-day practices in.

Being on the field longer will give the Cavs time to focus on areas, such as

"Nobody's going to feel sorry for us. We have to find ways to win."

Hank Banner

hitting, that are difficult to perfect inside.

Banner said they are going to work hard everyday and stay upbeat.

"Nobody's going to feel sorry for us," Banner said "We have to find ways to win."

The Cavs will be on the road over break as they face Milligan College March 7 and 8, Tennessee Wesleyan on March 14, and Montreat College on March 15.

Upcoming Games

March 8
at Milligan College 1 p.m.
(two games)

March 10
at Tennessee Wesleyan 2 p.m.

March 14
at Montreat College 1 p.m.

March 15
at Montreat College 1 p.m.

March 17
at Pikeville 1 p.m.
(two games)