



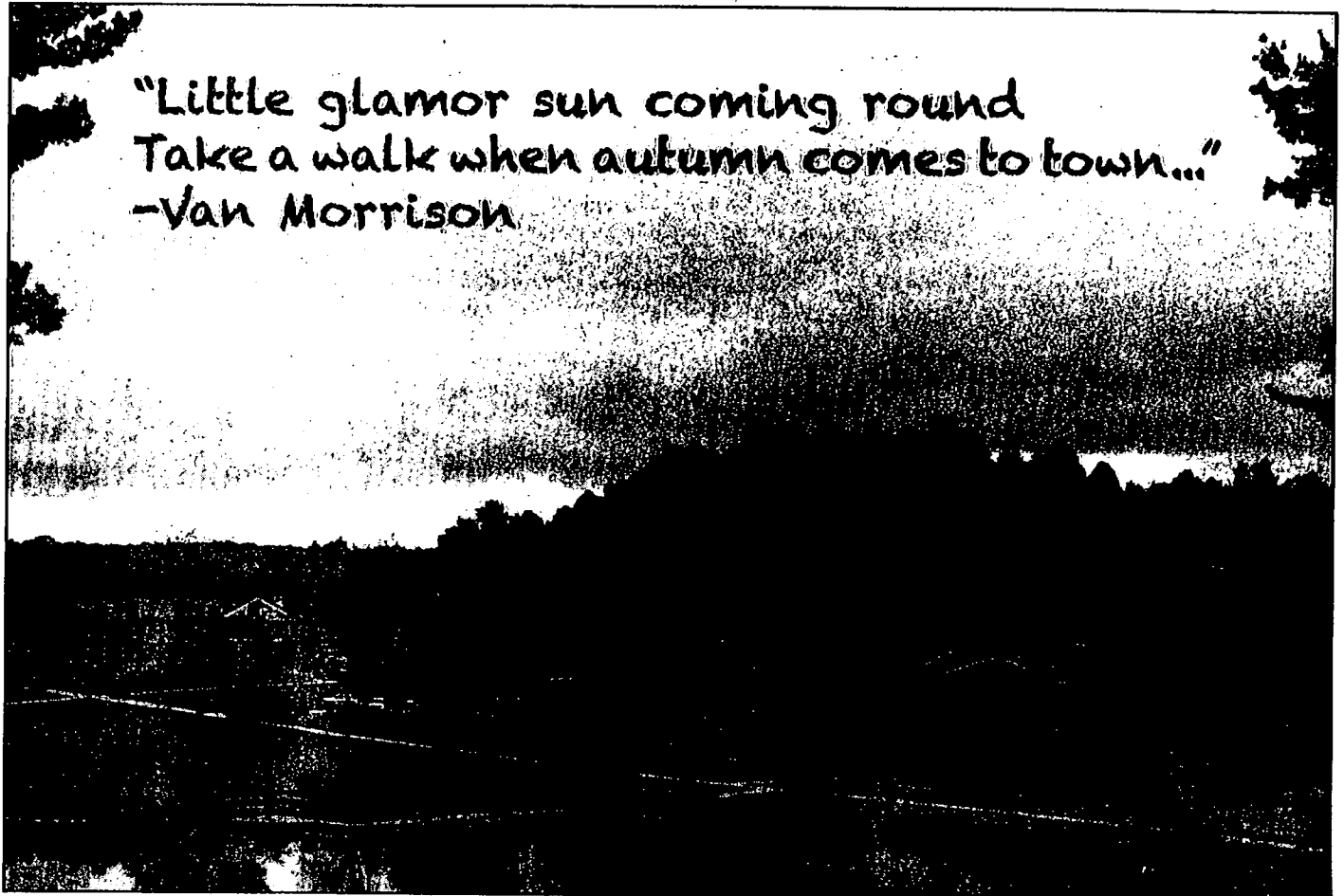
The HC is seeking info on red flags.

The Official Student Newspaper of UVa-Wise
highlandcavalier.com

THE HIGHLAND CAVALIER

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"Little glamor sun coming round
Take a walk when autumn comes to town..."
-Van Morrison



Graham Siegfried | The Highland Cavalier
In the distance cars slowly filled up McCraray Residence Hall parking lot last Sunday afternoon as students returned to campus from fall break. Students returned to an autumn canvas of burnt orange, yellow and red as the trees had begun to change over break.

SGA looks to expand

By Megan Gray
News Editor
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The Student Government Association is seeking to expand this year.

The group plans to add four more senators - one for each grade level - and students can vote on the portal to approve the plan.

Voting will be open between Oct. 28 and 31. If the amendment is approved, senators will be installed by next semester.

According to senior senator and political science major Brett Hall, the idea to expand SGA was proposed during the summer, and is supposed to help SGA better fulfill its academic duties.

"It's one of our implied powers in the constitution is that we are a liaison between the students and the staff academically and socially," Hall said. "We're doing our part socially ... but we're kind of lacking in representation of our students academically."

At first, the plan was to add three more senators whose specific powers would be geared toward academics.

However, many were against this, Hall said.

"Initially there were a lot of holes in the plan, especially since the constitution expresses that we should already be doing that. It is our job," Hall said.

In order to restructure a solution, a committee was set up which included senators Brett Hall and Madison Savarese. One thing they noticed was that the number of committees in SGA was inefficient. Thus, the committees were reduced from 16 to eight, and a new Academic Committee was added.



Josh Weaver | The Highland Cavalier
SGA members convene at their last meeting on Oct. 4. Online polls will be open between Oct. 28 and 31 for students to vote on an amendment adding four more senators.

"The feeling that we had is that we were spread too thin," Hall said. "We just need more hands."

Hall said that even though there are fewer committees, there is still the same amount of work, and adding new senators might help.

"[In] a large group [it] is hard to get business done, but the pros outweigh the cons in this. In this situation, we need more people," Hall said.

Some of SGA's academic plans are to help out with the "see your advisor" campaign, hold forums to represent each department within the college, to hold panel discussions and to put a larger emphasis on academics.

If the amendment is passed, the schedule of petitions and elections will be found on the SGA's Facebook and Twitter page. The changes will take effect next semester.

Upcoming

▶ Depression Screening

A depression screening will be held in the student center atrium from 10 a.m. to 2 p.m. today.

▶ Last Day to Drop/Add

Friday is the last day to drop a fall semester course or add a second 7 weeks course.

▶ Last Day for Tutoring

Friday is the last day to request live tutoring. Online tutoring will remain available throughout the semester.

▶ "The Alfred Jarry Show!"

The "Alfred Jarry Show!" opens Friday at 8 p.m. in the Gilliam Center for the Arts.

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Traditions Emerge

By Megan Gray
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The Cavalier riding across the field at Carl Smith Stadium before football games is just the beginning of a list of new traditions at the college.

Other traditions that have started this year include Cavs cookies and new Mountain East T-shirts, which have been given out at games.

Chancellor Donna Henry, in order to celebrate the college's transition into the new Mountain East Conference, helped push for the new traditions.

The mounted Cavalier idea was adopted from The University of Virginia in Charlottesville, who also has one present at their football games.

The horse, named Cid, belongs to the son of rider Vice Chancellor of Development and College Relations Tami Ely.

"It's been fun and exciting and I've loved every minute of it," Ely said of representing the college Cavalier.

At first there were some concerns that the horse would damage the integrity of the field, or that the animal would get scared from the noise of the games.

"The field can withstand almost anything," Ely said. "And he's pretty high energy, but he's

pretty well trained and listens to the rider's directions well. A lot of it is the noise, but he's gotten more used to it; but the yard line numbers, for some reason, every time they scare him."

So far, the mounted Cavalier is planned to continue to appear at all of the football games. However, Ely is looking for an experienced student rider to take her place.

"I'm glad I got to be the first one, but I am ready to let someone else share in the fun," Ely said.

Ely is also excited to continue these new traditions and see more in the future.

"Traditions are important," she said. "This can be a stressful place when you're working and studying and you're trying to do all these things. I think traditions, especially lighthearted things can be great stress busters and are a great way to bring everyone together as a community."

Ely praises the traditions already created by the SAB, SGA, Alumni Association, and other student groups.

"They are important as we have a diverse campus," she said. "I think it instills pride and camaraderie and I hope it will stay."

A photo of Ely riding Cid out for the opening of the first home football game against the University of Charleston was the front page photo in the homecoming issue of The Highland Cavalier on Sept. 25.

National Alpha Sigma Phi org. responds to article

This article is a follow-up to "Alpha Sigma Phi returns charter" published in the Sept. 25 issue.

By Megan Gray
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The former UVA-Wise chapter of Alpha Sigma Phi has been ordered by the national Alpha Sigma Phi organization to stop using the fraternity's name and emblems.

A cease-and-desist letter was sent to the local group on Sept. 25.

Gordy Heminger, president of the national organization, wrote a letter to the members of the former local chapter and to The Highland Cavalier following an article about the local group's voluntary decision to return their charter after a struggle with debt and conflicting interests.

The chapter is no longer active on campus.

"The chapter struggled for years with recruiting and retaining members which caused challenges for them in paying their bills," Heminger said. "We worked with the chapter for years on debt repayment arrangements and debt forgive-

ment but in the end, the chapter decided to close."

Alpha Sigma Phi has 116 chapters throughout the country, and the former UVA-Wise chapter was installed in 2008.

The former UVA-Wise chapter raised grievances that they struggled because of the small population on campus.

"I can assure you that Alpha Sigma Phi understands a fraternity on a small campus as many of our 116 chapters and colonies are on a small campus and many campuses are smaller than UVA-Wise," Heminger wrote in the letter. "What we don't understand is having the smallest fraternity on-campus and the inability of the members to recruit new members ultimately led to [the chapter's] inability to pay [their] bills which ultimately led to the closure of the chapter."

Members of the former chapter declined to comment further.

"We never like to see a chapter close and we have dozens of high performing chapters on small campuses so we thought with the right motivation and desire by the chapter, this could work. Unfortunately, it didn't," Heminger said.

New flags, 'V's to increase pride

By William Yearout
Staff Writer
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Students arriving on campus at the start of the academic year were greeted by a few changes to the look of the campus, most notably, the lamp post flags leading up to the school.

They were updated over the summer and the college's "V" logo now adorns roads throughout campus.

Behind these changes is the Student Government Association, with President Dakota Hill leading the organization this year.

"We're trying to bring out the campus spirit," junior government major Hill said. "We want people to feel proud about going to school here. We've always noticed a lack of our colors, red and gray, or our 'V' symbol on the campus here."

While the movement doesn't have a formal name, Hill says that it is commonly referred to as "Cavalier Pride" by the SGA.

The changing of the flags happened shortly after classes ended last spring, and the road was painted just before Freshman Expedition.

"We've had to cut through some red tape, especially with the roads," Hill said. "We had to go through [the Virginia Department of Trans-

portation] and the college before we could start. We wanted the incoming students to start out with a strong sense of campus pride."

While painting the roads was a short fight with red tape, anything much more elaborate would require much more work, Hill said.

One of the ideas under consideration is putting Thomas Jefferson's quotes on buildings across campus, which Hill said would require approval from Charlottesville.

Another idea, also still in the conceptual phase, is putting red lights into the campus lake.

Reaction to the changes has been very positive, though some worry over the use of funds has been expressed.

"I think that perhaps this money could be used somewhere better," said junior administration of justice major Kim Good. "I understand wanting to have campus pride, but I'd really like to be able to use the Wi-Fi without it cutting off..."

On the other end of the fence is sophomore administration of justice major Zac Castle, who feels that the changes are good for the atmosphere of the college.

"Campus pride is something that will help everybody here feel connected," Castle said. "Some of these projects might cost a bit, but the reward is worth it. A campus has to have an

News Briefs

Nursing registration deadline

The deadline for applying to the nursing program is Nov. 1. Students can apply online at www.uvawise.edu/nursing/forms/nursing-online-admission-application.

All students applying to the nursing program must register to take the TEAS test. Students can register for the test online at uvawise.edu/nursing/. The last two test dates are Nov. 4 and 25 from 3-7 p.m.

Students who need help with nursing advising can contact Kim Lawson at klaj6@uvawise.edu and 376-4690 or stop by her office in Darden Hall Room B023.

-Todd Galyean

Bake sale ongoing for new organization

A bake sale set up in the student center atrium is ongoing to raise money to help the UVA-Wise Stunt Club, a new organization, to help buy safety equipment and group T-shirts for performances.

The sale will continue today and Thursday from 10 a.m. to 2 p.m.

Cookies, "Breaking Bad"-themed rock candy and Oreos are available for sale.

-Todd Galyean

Marching band competition to be held

The Marching Highland Cavaliers will host the second annual CAVL-CADE of Bands this Saturday.

Gates open at 1:30 p.m. The competition begins at 3 p.m. Bands from three states will compete for the Chancellor's Cup and a \$1,000 prize.

In case of inclement weather, the contest will be moved into the David J. Prior Convocation Center.

-Kandee Wallace

Where are the red flags coming from?

Mysterious red flags have been spotted all across campus stuck in the ground. While The Highland Cavalier immediately sought to contact college relations regarding the red flag outbreak, it was learned they were also at a loss for their origin.

Online at uvawise.edu, students can click on "The Red-Flag Mystery" link to watch a video showing that all departments and levels of administration appear to be confounded by the red flags' presence on campus.

Anyone with information regarding the origin of red flags on campus can contact The Highland Cavalier at highlandcavalier@uvawise.edu. Informants may remain anonymous.

-Todd Galyean

Zombie 5K to be held Saturday

By Zack Stallard
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The winner of this weekend's Running Dead Trail Run will have to outrun a host of undead zombies, in addition to fellow runners, to win.

Outdoor Recreation, SAB, SDAB and Intramurals will host the event, a 5K, Oct. 19.

Participants will run a trail that goes around campus and behind the intramural fields.

Each runner will have a flag belt and, in order to continue, he or she must avoid the "zombies" and preserve the flags to survive and cross the finish line.

The cost of running the race is \$20 until Saturday.

Senior health and physical education major Dustin Ferrell said he likes the idea of the zombie run on campus.

"Zombie runs are popular around the U.S. at this time of year, and I feel that UVA-Wise is attempting to bring popular events from large cities to the small community of Wise," he said. "My one complaint would be that I feel that it should take place after dark."

With the popularity of zombies in the media, students are excited for an event like this.

Senior art major Michael Peck said the timing of the run is appropriate.

"October is a good time for an event like this," he said. "It should also garner a lot of support due to the popularity of [AMC's] 'The



Walking Dead." Sarah Smith, assistant director of student activities and outdoor recreation said the proceeds of the run will go to help communities in Wise, Lee and Scott counties, and the city of Norton.

Studios in Seoul

Rougi Toure is a senior international relations major studying in Seoul, South Korea for the semester. She will be contributing a column about her experiences abroad throughout the fall.

My dear UVA-Wise family, this week was the most important holiday in Korea. It is called chuseok, and is a form of Thanksgiving. Most Korean students go back home for the holiday.

I will be talking about curious things that I have learned about this place. This is my own individual perspective on how looks are very important to Koreans. Usually after a person graduates from high school, as a present the parents sometimes offer them a double eyelid surgery, which reshapes the skin around the eyes.

For jobs, even if you have the qualifications and another person that is better looking applies to the position they will get the job. Looks are also important to find a mate.

For example, in my school they have a powder room with makeup and blow dryers and everything for students to use. In Korea, both male and females use makeup. Actually, males tend to die their hair a lot here. Since being pale is considered as beautiful, one needs to be careful when buying soaps and lotion because they tend to contain chemicals for skin lightening.

How do Koreans feel about Americans?

So far everyone who knew that I am an American has been welcoming! The general population here really likes

Americans; so contrary to what I expected. Also, as for my fear of being dark[skinned] and being mistreated, to my surprise, a lot of Koreans find it pretty funny that I really did not expect. A really funny thing is that people randomly try to touch me or take pictures of me.

One amazing thing that happened to me is that one day, me and my friends were walking around and were talking about how we wanted to tutor, then one random lady interrupted us. She gave us her contact information and apparently she is a translator and studied abroad in the U.S. in her youth. She later on decided to be our host in Korea and introduced us to her family. This weekend she and her family took my friend Anna and me near the North Korean borders which was very cool.

One weird thing that's happened to me while in Korea was last week in the subway station. I was going up the escalator when I felt someone punch me really hard in my back. When I turned around it was an elderly man who was six inches shorter than me. When I looked at him he moved to the other side, the funny thing was he was so small and held a bucket of water. After a few seconds, I realized he had mental problems because he kept on mumbling to himself.

See you next time. Feel free to submit questions so I have an idea on what you guys want to learn about.

Questions for Toure can be submitted to the highlandcavalier@uvawise.edu.

Ask Miss Cindy

An advice column written by Cindy Greene, our own cafeteria cashier

Dear Miss Cindy,
I came to college to party. Now I'm paying, big time. What do I do now? My grades are horrible. My parents are going to be disappointed in me. My life is ruined.

Having Regrets

Dear Having Regrets,
It's not too late to turn things around. You have only been here a few weeks, so you still have time to step it up. Stop the party scene immediately. Talk to your professors. Get tutoring, if you think you need it. Buckle down, burn the midnight oil, get caught up and stay on track this time. You're not the first to do this and you won't be the last (unfortunately). I'm just glad you realized it in time to change it. I believe in you, and so do your parents.

Love,
Miss Cindy

Advice given through "Ask Miss Cindy" is for general information purposes only and should not be used as a substitute for any specific medical, legal, academic or other professional advice.

Tag us in your Jack-O-Lantern pictures on Facebook. Our favorites may be published in the Halloween edition.

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Give IT a break with the Wi-Fi

Submitted by Doug Murphy

It's no secret that the Internet on campus is excruciatingly slow sometimes. But not only is it slow, it's also fairly unreliable and not all that expansive.

Wi-Fi connectivity is spotty at best when you're outside the buildings and not available at all in the science and art centers. Why?

You have to consider some simple facts of life that technology is not perfect, is incredibly expensive, and that Wi-Fi, in its own right, is rather touchy. When you try doing widespread Wi-Fi that seamlessly connects between different access points as your students move around campus, things can get rather difficult.

Our campus uses routers that give us an approximate maximum range of a mere 230 feet for indoors for 802.11n routers, at best. Furthermore, they use omnidirectional antennas so the signal is uniform in all directions. To put that in perspective, that's roughly the length of Darden Hall.

That's not exactly a good thing when you're trying to cover a campus that measures roughly 1,700 feet from the far corner of Culbertson to the far corner of the science center.

Factor in possible locations for storing routers in the buildings (surprisingly few, mind you) and the materials that the buildings are made out of, and you can start to see why it's not exactly up to your standards.

The routers are broadcasting at 2.4 GHz and 5 GHz. The routers running at 5 GHz makes it even spottier as 5 GHz signals have more trouble penetrating objects than 2.4 GHz. So why not just use the 2.4 GHz band?

Well the 2.4 GHz band has been around for quite some time now and many devices use it other than just your Wi-Fi enabled devices.

As such, the 2.4 GHz band can get extremely cluttered when many devices are present, and this is a college campus where nearly every stu-

dent has a smart phone/tablet/laptop. Well most of us understand that CavaNet-Open requires no user authentication, but since there is less security, there are more restrictions.

For some users who have older laptops/devices, CavaNet-Open is the only option because their devices don't support the more modern authentication and security methods that CavaNet is using.

So how can we do our part in making it better?

Try not to use it during peak hours. That's usually in the evenings after classes are over where everyone is busily Facebooking and Snapchatting to their hearts' content. And when you aren't using it, go ahead and disconnect from it.

This may be hard, as it's faster, but if you're just browsing Facebook or checking how your football team is doing, this can easily be done on 3G without clogging up that little bit extra on the Wi-Fi.

Wi-Fi in the dorms is new this year, but at the cost of removing the Ethernet connectivity.

This brings us to the heated topic of gaming consoles.

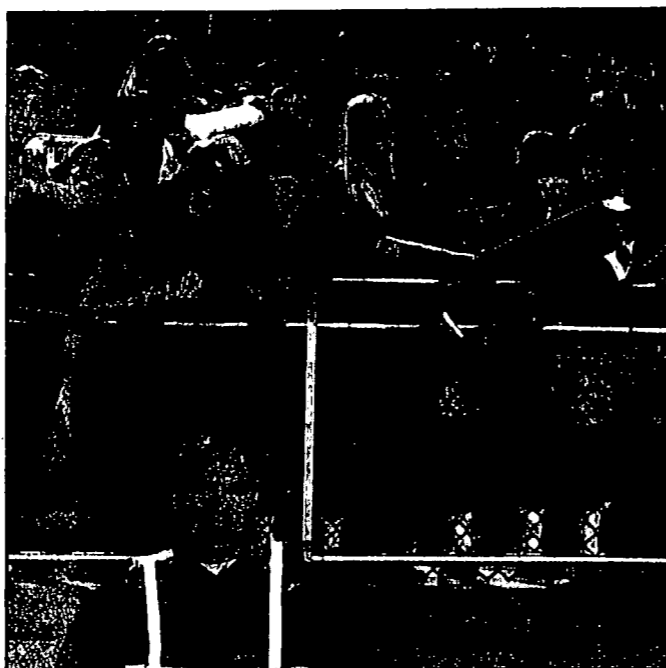
Being realistic, many students love gaming whether it's on PC, XBOX 360 or PS3, but without Ethernet, how can you reliably game on these?

You must take your console to IT and have them make some changes and sign a contract just to use the console on the Wi-Fi.

In closing, the next time you feel like trashing our campus IT department, you should first ask yourself one thing: "Could I do it better?"

If the answer is no, then you don't really have any position to be trashing them. We don't know how hard they're working to rectify the issues present in our campus network. So just hang in there students. I feel confident that it will get better as time goes.

Murphy is a senior computer science major



Josh Weaver | The Highland Cavalier

Students enjoy the homecoming game with a policeman who also decided to join in on the fun.

5 ways to tell you are stereotypical white girl

Compiled by Kande Wallace

1. Monograms are like totally your thing. They are so cute!

2. #You #Just #Posted #An #Instagram #Photo. #Must #Hashtag #Everything.

3. Your Ugg boots deff go with everything.

4. All you talk about in fall is pumpkin flavored food and drink. (Pumpkin spice lattes! Oh my God! So delish!)

5. You can't work out unless your shoes match your tank top. And pants. And sports bra. And socks.

Twitter immaturity @UVA-Wise

By Kande Wallace
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Twitter has every kind of UVA-Wise account you could think of, right? Intramurals, SDAB, SAB, Pi Kappas, the official UVA Wise Twitter.

Everything. Two new accounts have been blowing up lately though, and the fad is catching on quick. The first to take the scene was UVA-Wise Confessions. It's kind of fun, right? Yeah, you just private message your UVA-Wise friend confession, and they post it anonymously for the public to see.

It's funny and entertaining to check out sometimes, but at the same time, it isn't really being used in the right way. Instead of having fun with it, we have best friends obviously tweeting about one another and just a random conglomerate mass of tweets about how hot some girl is or how they want to have sex with them (which can be considered bullying and harassment) and saying things like, "Is a cuddle buddy too much to ask for?!"

That's no fun. Those aren't even a confes-

sions. Instead, the public would probably much rather see this little tidbit of Twitter gold: "I wrote a song about a girl I liked..... then I found out she was lesbian..." or "I'm oddly attracted to Donald Trivett, don't judge me."

This is what we want to read. Make us laugh. It's intended to have some fun. If only people would actually confess something. When that happens, it's actually pretty fun and hilarious to go through and read, not to mention it can definitely kill some time between classes. Props to UVA-Wise Confessions and its good intentions.

Then, of course, UVA Wise Burn came onto the scene.

The purpose of this one is to anonymously insult everyone on campus. Their bio says, "Send us your hate towards your fellow students in a DM they will be posted anonymously remember you do not have to mention names!"

Not only is their spelling (see "mentoin" and grammar (sweet Jesus at the size of that run-on sentence), horrendous, but how juvenile can we get?

Basically you send your childish insults to

this person and they anonymously tweet it for you since some don't have the guts to say what they think to that person or at least post it with their own names.

This "burn page" is fun if you have the mindset of a pubescent girl, I suppose, but how creative (in the spiteful high school girl that needs a hobby sort of way) of not only the creator of this page, but the people participating, too.

Don't we have better things to do than put people down and make fun of everyone? If not, maybe someone needs to pick up some extra classes or get a therapist because these tweets are beyond immature and rude.

We are college students pursuing a higher education and should probably act as such. Having fun is one thing, but investing your time in online abuse and disrespect is another.

It looks like the definition of acting like an adult is very different to some on campus and it definitely shows on Twitter now. Most of us here are in our twenties or close to that, so perhaps we should act like it.

UVA Wise Burn has since been suspended for violation of Twitter's usage agreements.

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Cavs defensive performance not enough

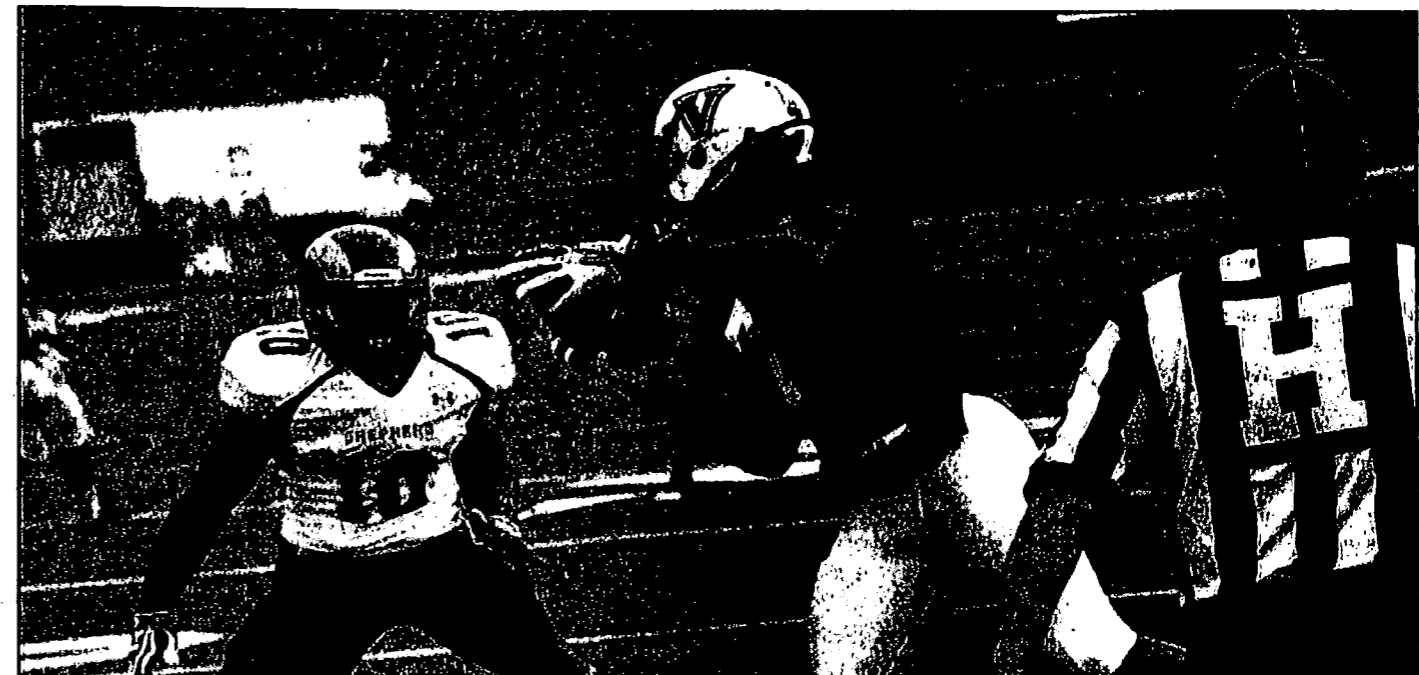


Photo courtesy of Richard Meade

Sophomore Terrence Younger hauls in a pass in the Cavs 42-17 loss to the Shepherd University Rams Oct. 12. Younger finished with 82 yards.

By Jordan Childress
Sports Editor
jsc6x@uvawise.edu

A last-minute attempt to score wasn't enough for the UVA-Wise Cavaliers last weekend, and they dropped a 42-17 decision to the Shepherd University Rams.

The Rams came into the contest with a 5-0 record and ranked 12th nationally in Division II polls. The Cavs were trying to avoid the worst start in school history with a win versus the ranked Rams.

The Rams got on the board early in the first quarter with a safety as the Cavs snapped the ball over the head of senior punter Tyler Graham and a 24-yard field goal by Ryan Earls gave the Rams a 5-0 lead after the first quarter.

When the second quarter started the Cavs controlled the ball for all of 15 seconds as freshman Ty Ryans was intercepted by Corey Washington who returned the interception 45 yards for a touchdown.

The Rams then later added another touchdown when C.J. Davis returned Graham's punt 80 yards for a touchdown to extend the Rams lead 19-0.

With the first half winding down the Cavs caught a break as senior Vernon Payne picked off a pass by Jeff Ziemba and returned it 37 yards for a touchdown.

Heading into halftime the Cavs found themselves with their backs against the wall with a 22-7 deficit and their starting quarterback out with an apparent leg injury.

At halftime, the Rams had 92 total offensive yards and the Cavs managed with 11. The score at the half did not show how well the Cavs were playing.

Freshman quarterback Jeremy Eubank

took over for the injured Ryans and started the second half off with an interception that led to a 36-yard field goal by Earls.

The Cavs' second drive of the second half saw the most exciting play of the day. The two-headed monster receiving core of senior James Long and sophomore Terrence Younger showed their playmaking skills. Sophomore Cullen Lavoi faked a handoff and handed the ball off to Long. Long then found Younger running down the field for a 40 yard pass.

"We had been working on that all week," Long said. "The line was blocking and Younger made a heck of a catch."

On the Cavs' fourth drive of the third quarter the Cavs offense started to roll. Lavoi found James Long on a 65-yard strike. The pass set up a six yard touchdown pass to Long one play later to make the score 25-17.

"What a leader and athlete," Lusk said. "I'm very proud of James."

The Cavs finished with 219 yards of total offense after only having 11 at the half and finished the day with negative 35 yards rushing.

Lavoi finished the day with 158 yards passing and a touchdown, while Younger finished with eight catches for 82 yards.

Long grabbed seven balls for 140 yards and a touchdown. This gives Long 45 catches on the year for 778 yards and five touchdowns. Long also finished the day with 135 kick return yards and a 40 yards passing.

"Coach is drawing up good plays for our good receivers to get open," Long said. "The quarterbacks are executing."

The Cavs defense only allowed 346 total yards of offense to go with an interception and five sacks.

"Defensively, we played awesome today,"

Lusk said. "We battled and battled and hung in there trying to give ourselves a chance to win in the fourth quarter."

Freshman Timmy Meador led the Cavs with two sacks and six and half tackles. Sophomore T'Ontray Billups led the Cavs with nine tackles on the day which gives him 55 on the season. Billups also came into the contest leading the Mountain East Conference with five sacks.

"I got to bring the intensity and energy for us to ball out," Billups said. "Coach [Justin] Hamilton put in some great calls, he's a great defensive coordinator."

The Cavs are off to their worst start in program history with an 0-6 record and 0-4 MEC play. The Rams improve to 6-0 on the season and 5-0 in MEC play.

This season has been a learning experience as the Cavs have a young team that is still learning to play at the NCAA Division II level.

"We have been outsized up front and we are extremely young" Lusk said "I think we are starting to figure it out and we are looking forward to playing these next couple of weeks."

The Cavs will return to play next Saturday when the team visits Glenville State College. Kickoff is set for 1 p.m. and the game can be found on 93.5 WAXM or online at www.uvawisecavs.com.

"I believe if we came out and played with the same intensity that we did today, our record would be a lot better," Lusk said. "I tell you what, these last five games are really going to show what we're made of."

On Oct. 26 the Cavs return home to face West Virginia State in which they hope to collect their first home win since Oct. 22, 2011.

Women

Continued from page 6

Cavs athletic program has seen several changes happen over the past several years from joining the Mid-South Conference in the NAIA in 2010 to making the jump to become an NCAA Division II member in 2012.

The facilities have changed dramatically over the years from Greer Gymnasium to the Prior Center.

Many people forget that the softball field was originally located where Stallard field is today.

The Cavs added women's golf in 2012 and will field a lacrosse team in the spring of 2015 which will be the seventh women's sport.

No one has witnessed these changes first hand more than Kendall Rainey, associate director of athletics for academics.

Rainey was a member of the Cavs volleyball and softball teams from 2001 to 2004. Rainey was a two time NAIA Academic All-American and holds the school record for assists in volleyball with

3,431 a record that may never be broken.

"We have grown our women's athletic programs pretty consistently over the past 10 years," Rainey said. "The biggest difference between the two sports that I played is the speed of the game and sheer athleticism. I'm not sure that I could make a team right now."

The Cavs have had a fair share of struggles recently, with several conference and divisional changes, but it's been a learning experience.

"In my opinion only, I think we have some of the best women athletes that this school has ever seen," Rainey said. "Even though their record doesn't show that right now."

During the 2012-2013 athletic season in the three sports for each men and women that keep win/loss records, the women's sport teams produced 46 wins compared to 24 by men's teams.


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Clinch Valley College and UVa-Wise women's athletic photos courtesy of Shirley Baker-Mullins, The Alumni Office and Darrell Dingus-Ely.

Women's athletics history honored

By Jordan Childress
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Women in the history of UVa-Wise sports were honored last month during the college's Homecoming festivities.

The UVa-Wise Athletic Department hosted a "Celebrating Women in Athletics" event for past female athletes that competed for Clinch Valley College as well as UVa-Wise on Sept. 28 in the David J. Prior Center. The event saw around 50 former athletes attend. Women's athletics have been part of the college for the past 44 years, and have grown vastly over the years from three sports in the early 1970s to seven today.

The first female sport started in 1969 with volleyball in the fall. Basketball came in the winter of 1969 and softball in the spring of 1970. CVC started three women's sports during the school year of 1969-1970 with the help of many volunteers and Doris Kilgore who was involved in the athletic department. The only established sports at CVC during this time were men's basketball and baseball, which started in the late 1950s.

The three sports started out as club sports playing by NAIA rules, but CVC did not belong to an official association. CVC was led by three coaches Deidra Brantley who was a music professor, Judy Giolitto a biology professor and Kilgore. At this time CVC had no budget for women's sports, but provided uniform tops. The women had to buy their own shorts and shoes and do their own laundry.

The 1969-1970 school year was a learning experience for CVC as the teams struggled in competition. Shirley Baker-Mullins, who was a sophomore that year, was instrumental in getting women's athletics started at CVC. The same women played all three sports. The 1970-1971 school year saw CVC women's sports hit another milestone as women's intramural sports were created.

"When we spent time together it was like family. Just like any family we agreed and disagreed but never forgot to work together,"

Baker-Mullins said. "It was the same people involved in all sport activities and the way we had to give and all those who were so willing to help us achieve without compensation for their time."

CVC played local schools like Emory & Henry College, Virginia Intermont College, Sullins College and Carson-Newman College. The local women's teams would play each other and then play a tournament to see who would walk away with the championship. Baker-Mullins said the tournaments would be played in Greer Gymnasium or at Emory & Henry, because they were the only two institutions that had big gyms.

Travelling to play opposing schools or play in tournaments was difficult for CVC during the early years, but Merrill Sawyers, who was a custodian at CVC, would volunteer his time to take the teams to play.

"My favorite memory was to watch us grow. We went from not being able to do anything to winning the basketball tournament my senior year," Baker-Mullins said. "We had a lot of embarrassing losses our first year, so it made it sweeter to win when we were seniors."

Mullins and Kilgore starting up the women programs are CVC paved the way for Kathy Bentley-Mahan and others. Bentley-Mahan played basketball and softball for the Cavs from 1976 to 1980.

"We were a close-knit bunch of girls back then who played for the love of the game," Bentley-Mahan said.

After CVC founded the first three women's sports in school history, tennis came along in 1973.

Women's sports progressed throughout the 1980s, but really hit a stride in the 1990s. The women's softball team won the college's first state championship, which was held at Virginia Wesleyan College in 1980. Softball was suspended not long after this, but was reinstated in the early 1990s. Women's cross-country was also started up in the early 1990s.

In 1999, the Virginia General Assembly changed the college's name from Clinch Val-

ley College to The University of Virginia's College at Wise. It was not long after the name change that women's athletics started to win regional championships and earn bids to the NAIA National Tournament all with the help of Mullins and company in the 1970s.

The first national tournament appearance in school history came during the 2005-2006 basketball year when the Cavs turned in a 24-10 record with a 15-5 record in Appalachian Athletic Conference play. The Cavs only lost one home game during that season. Before the Cluesman sisters made their way to Wise, there were the Helton sisters: Sarah and Rachel. The Heltons, LaShay Collier, Terri Ann Hill, and Chelsea Lee played most of their young careers together and the hard work paid off with a trip to the national tournament.

Sarah Helton finished her stellar four-year career with 2,190 points, a school record that still stands today. Her sister Rachel poured in 1,136 points.

Sarah Helton was the school's first NAIA All-American in 2006 with third team honors.

"To be able to play in a town that we grew up in and to play in front of family," she said. "It was an opportunity that most student-athletes don't get to have."

The Cavs softball team saw several successful years in the late 2000s earning NAIA Region XII championships in 2005 and 2007 which punched a ticket to the national tournament. Maddi Ridenour became the second female athlete to earn NAIA All-American honors her freshman year in 2008.

The volleyball program saw a national tournament appearance in 2007 after producing a 25-16 record and 13-5 in AAC play. The Cavs won the NAIA Region XII and Brittney Lawson received Libero of the Year award as well. Lawson also holds the school record for NAIA Academic All-American honors with five between softball and volleyball. Lawson was a member of three Region XII championships as well.

The

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