

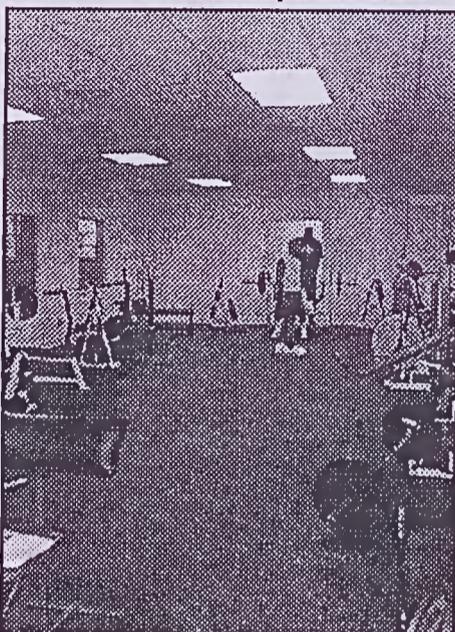
Students Get Pumped

By Shellie Bowser

The Montreat College campus has a new and much needed addition: the weight room. The weight room was extended into the bottom of the gym and creates much more room for exercise. The existing weight room has been converted into a well equipped training room. The training room is complete with three training tables, a variety of medical supplies, and most importantly, room for the trainer to get things done. The new weight room now contains more equipment. There are new sets of weights and new machines that combined many of the old.

The weight room has been needed for quite some time. Junior Luke Tatum, exclaimed, "The new weight room is really nice. I'll be huge in no time!" The need was noticed by many of the members of the coaching staff. The project for the new room has been in process for the last year and a half.

The idea to create and follow through with this project was a collaboration between the athletic department and



Members of the Men's Basketball Team enjoy the weight room improvements

the development office. Money for the project was given to the college in the form of gifts from unnamed donors. Construction of the room was done mainly by the maintenance and coaching staffs.

Feelings around campus are ones of pride and appreciation. Senior basketball player Aaron Gilchrist expressed, "I am very impressed with the new weight room. The new equipment is better designed for the type of workouts that many of the athletes need in order to be elite." The students have a new facility that is available to them and is more equipped to their needs. The athletic teams have already begun to utilize the room greatly.

Volleyball Team Struggling But Continuing To Fight

By Daryl Bryant

The "Battle at the Border" was an unsuccessful tournament for the host Lady Cavs volleyball team. The Lady Cavs lost in their three preliminary games to Tusculum, Mars Hill, and Lenior-Rhyne on the first day of the tournament Friday, October 11th. The next day in single elimination, the Lady Cavs hustled and played well but lost to a tough Tusculum team, who later went on to win the tournament. With the loss, all hopes of winning the coveted "Battle of the Border" title were then obliterated. In the finals, Tusculum beat Mars Hill for that title.

The Lady Cavs played another

tough TVAC opponent, Clinch Valley, this past Friday and battled hard only to lose in four games.

Senior Christi Waddell, commented, "We have been struggling lately, but we are trying to keep our confidence level up. Hopefully things will come together in the next few weeks in time for the conference tournament." Saturday did not turn out any better for the Lady Cavs who battled with Lees-McCrae for four games only to lose.

The Lady Cavs won at home Thursday against Limestone, who they beat earlier in the season, and travel to Clinch Valley on Friday.



The Intramural Volleyball Season was a big success with five teams competing. The Championship Game was held just before Fall Break leaving "Players V.C." as champs.

How Did You Spend Your Break?

By Shazette Davis

Montreat students share their Fall Break experiences:

☛ Alex Cervantes enthusiastically expressed, "I went to Tallahassee to visit my friends."

Cervantes also pleasantly surprised her parents when she unexpectedly showed up for the break

☛ Shayla Ghitto went to a Jars of Clay Concert at Western Carolina University. Ghitto said, "I had a groovy time."

☛ Jaime Lance responded, "I went to Jennifer Lowry's house and went horse back riding and visited some friends in Winston-Salem."

☛ Chantes Gillespie turned 20 over the break (Happy belated birthday Chante!).

☛ Phil Quinn commented, "I was stuck in Riceville without any transportation. I lived in a basement - it sucked!"

☛ Carrys Marion was stalked by a "hick" in Atlanta who followed her around in his car after having flirted with her at a gas station. Fortunately Marion was able to out-drive the stalker and eventually lose him.

☛ Tracy Albritton said, "I went to a Scottish Festival on Stone Mountain where I heard a great band. I got their autographs and will tour with them. I will perform with them on February 22 in South Carolina."