

UNIVERSITY OF  
CHARLESTON

THE  
EAGLE



4/17/23 Edit 2



# Volleying for a Legacy

By Nishelle Denson

The University of Charleston Men's Volleyball team has had an exceptional season. Coach Luke Reynolds has led the team to an impressive 19 wins out of 20 matchups\*. The Golden Eagles have yet to lose with home court advantage; 11 of their 18 wins were at the [Wehrle Innovation Center](#).

The men's volleyball team is unique to campus as it is the only Division 1 level sport on campus. They are part of the Eastern Intercollegiate Volleyball Association, EIVA for short. The conference includes teams from Penn State University, George Mason University, THE Ohio State University, Princeton, and even Harvard.

Coach Luke Reynolds is in his second season with the Golden Eagles. He came to the University after spending the last 10 years coaching professionally in Europe as well as with the Australian Men's National Team. He also spent time playing the sport as well during his college years. Coach Reynolds is assisted by Coach Robert Poole. He also played in his college years at University of Mount Olive in North Carolina. He even led the nation in aces per set (when the ball is served and hits the ground on the opposite of the net) in 2018. UMO is in the same conference.

## An Interview with Coach Reynolds

### How is coaching in college different than the pros?

Obviously, the level of players is the biggest, however we are trying to bridge this gap daily as we work at a high level on the court and expectations are always at an elite level. But professionals have been playing at the highest level for 10+ years and carry a very different mentality. This mentality is something that we are trying to build here at UC and create a culture that wants to be of the highest level and to be among the best in the country.

### What do you attribute to this historic season?

Athletes mind set, the ability to execute the small details, and desire to win at all costs. There has been a shift in the way players approach each day, each game, and each session. It is no longer a "we just want to compete" it is now a "we want to win" mentality. Once the players began to believe that they could do something special then they began to outplay their opposition and even win in situations we probably should not have. No doubt it has been a full team effort to get to this stage, there has never been one player that has completely dominated every game – we rely on winning and working as a team and this is a strength in itself.

### How did it become the only D1 sport?

Athletic Director, Dr. Bren Stevens, was a long time volleyball player and coach, and she wanted to develop a program at the school. In Men's Volleyball, both D1 and D2 compete on the same stage, so the program was lucky enough to be able to play against prestigious teams and enter the EIVA Conference.

### Is the Mountain East Conference missing out by not having Men's Volleyball?

I don't think that the MEC would have the ability to build a conference or to be able to compete at the highest level in Men's Volleyball – however, I do think that the state of West Virginia does need to promote men's volleyball across the junior and high school levels. As far as I know, it is not a sport offered at varsity or junior varsity levels.

### What should fans expect at a volleyball match?

High intensity, emotion, athleticism and raw emotion as the guys look to compete at the highest level.

The men's volleyball team along with their coaches have created a space to showcase not only their hard work but also to show what happens when a team works together for the same goal. When asked about being intimidated when playing larger Division 1 schools, Coach Reynolds said that as a team, they embrace the challenge rather than shy away from it, "Fear no one, outwork everyone."

\*Record at the time of writing the article

### [Meet the Team](#)

### [Meet the Coaches](#)

### [Schedule](#)

#### Home:

Friday, March 31 New Jersey Institute of Technology 7pm  
Saturday, April 1 New Jersey Institute of Technology 4pm  
Friday, April 7 Princeton University 7pm  
Saturday, April 8 Princeton University 3pm

#### Away:

Tuesday, April 4 Central State University 6pm  
Friday, April 14 Penn State University 7pm  
Saturday, April 15 Penn State University 4pm



Photo by Scott Abbott



Photo by University of Charleston Athletics





# Hidden Gems

By Hannah Forsbrey

Photo by Yoga Power

Do you want to do something fun and active off campus but don't know any good places in Charleston? Let me tell you about a few hidden gems in downtown Charleston you might want to take a look at.

## YOGA POWER LLC

Do you ever feel like you need some fun and relaxation? Well, we've got the perfect place for you right here in Charleston. Go to Charleston's premier yoga studio called Yoga Power where you can "Unplug and Recharge." They offer 75 in-studio and virtual livestream yoga classes every week in their 6,000 square foot studio. For those of you worried you can't afford it, don't worry. You can get 60 days of unlimited classes for only \$60! Yoga Power has everything from beginner yoga and meditation, all the way to aerial and bungee yoga. They have beginner levels for every course so don't be afraid to try something completely out of your comfort zone.

If you can't make it to the site, they offer live stream virtual classes where you can practice anytime, anywhere. If you want to see some livestreams of their classes, they record and upload them to their Video on Demand Library.

If you're not sure you want to dive straight in yet, then take a look at some of their upcoming workshops and special events at their studio. They have workshops like belly dancing and events like beer yoga at a brewery. The opportunities are endless so make sure to sign up if you're interested, because spots can be taken fast. If that still wasn't enough to get you excited, they even do retreats. They go to New River Gorge in April, Greece in September, Italy, and so much more!

If you want to see more of their prices and intro offers, click [here](#).

Go to the website [here](#) to check out their class schedules and descriptions:

Location – 601 Morris Street, Suite 302, Charleston, WV 25301

Email: [info@yogapowerwv.com](mailto:info@yogapowerwv.com)

Phone: 681-265-9384

Text: 304-459-2675

Hours of Operation –

- Monday: 9 AM – 8 PM
- Tuesday: 9 AM – 8 PM
- Wednesday: 9 AM – 8 PM
- Thursday: 9 AM – 8 PM
- Friday: 9 AM – 8 PM
- Saturday: 9 AM – 2 PM
- Sunday: 9 AM – 8 PM

## BUTCH HILES BRAZILIAN JIU JITSU & MMA, LLC

For those of you that are looking for something a little more, hard core, go to Butch Hiles Brazilian Jiu Jitsu & MMA. Brazilian Jiu Jitsu is a technique that uses a person's leverage rather than brute strength. This makes it one of the best self-defense techniques for men and women. Train under the highest ranking BJJ (Brazilian Jiu Jitsu) instructor in the area as well as many other top rated black belts. They offer a variety of classes and seminars including private lessons, self-defense for men and women, boxing/Muay Thai, cardio kickboxing, and much more.

Here are some videos of their tournaments and fight videos: [YouTube](#). If you want to take a look at their upcoming classes, go to their website [here](#)!

Location – 410 Summers Street, Charleston, WV 25301

Phone: 304-549-9370

Facebook: Butch Hiles

Twitter: Butch Hiles

Hours of Operation –

- Monday: 9 – 10:30 AM, 5:15 – 8:30 PM
- Tuesday: 9 – 10:30 AM, 5:15 – 8:30 PM
- Wednesday: 9 – 10:30 AM, 6 – 8:30 PM
- Thursday: 9 – 10:30 AM, 5:15 – 8:30 PM
- Friday 6:30 – 8:30 PM
- Saturday: 10 AM – 12:30 PM
- Sunday: 1 – 3:30 PM

Photo by Butch Hiles Brazilian Jiu Jitsu



# No Car, No Problem

By Nishelle Denson

Traveling off the University of Charleston campus can be tricky if you don't have access to a vehicle. Thankfully, the University has partnered with Kanawha Valley Regional Transit, colloquially known as KRT. Through the partnership, KRT provides UC students, faculty, and staff with free transportation on the bus, if they have a valid UC ID. The buses are even outfitted with a bike rack, so grab a bike from the UC Boat House and take it with you. Check out the schedule to navigate your way around the greater Charleston area. Whether you want to go shopping at the mall, head to Kroger's for groceries or even get to Target or Walmart, there is a KRT bus to get you there.

The bus runs Monday through Saturday, so unfortunately, you'll have to still use rideshare on Sundays.

To head to Kanawha City, the bus stop is next to East Apartments:

| To Kanawha City Kroger | Bus Number | Route Name                    |
|------------------------|------------|-------------------------------|
| 6:55 AM                | 7          | Campbell's Creek              |
| 7:25 AM                | 17         | Southside                     |
| 8:25 AM                | 17         | Southside                     |
| 8:55 AM                | 7          | Campbell's Creek              |
| 9:25 AM                | 17         | Southside                     |
| 10:25 AM               | 17         | Southside                     |
| 11:25 AM               | 17         | Southside                     |
| 12:25 PM               | 7          | Campbell's Creek              |
| 12:55 PM               | 17         | Southside                     |
| 1:55 PM                | 17         | Southside                     |
| 2:55 PM                | 7 or 17    | Campbell's Creek or Southside |
| 3:55 PM                | 17         | Southside                     |
| 4:55 PM                | 17         | Southside                     |
| 5:25 PM                | 7          | Campbell's Creek              |
| 5:55 PM                | 17         | Southside                     |
| 6:55 PM                | 17         | Southside                     |
| 8:25 PM                | 17         | Southside                     |
| 9:25 PM                | 17         | Southside                     |



Photo by Nishelle Denson

To travel to downtown Charleston, the bus stop is next to Rigglesman at the bench:

| This schedule will help you connect to other bus lines, ask your driver if you need any help! |            |                  |                               |            |            |
|---|------------|------------------|-------------------------------|------------|------------|
| To Charleston: Mail/Bus Hub   | Bus Number | Route Name       | To Southridge: Walmart/Target | Bus Number | Route Name |
| 8:00 AM   | 17         | Southside        | 8:30 AM                       | 21         | Southridge |
| 8:30 AM   | 7          | Campbell's Creek |                               |            |            |
| 9:00 AM   | 17         | Southside        | 9:30 AM                       | 21         | Southridge |
| 10:00 AM  | 17         | Southside        |                               |            |            |
| 10:30 AM  | 7          | Campbell's Creek | 11:00 AM                      | 21         | Southridge |
| 12:30 PM  | 17         | Southside        |                               |            |            |
| 1:30 PM   | 17         | Southside        |                               |            |            |
| 2:00 PM   | 7          | Campbell's Creek |                               |            |            |
| 2:30 PM   | 17         | Southside        | 3:00 PM                       | 21         | Southridge |
| 3:30 PM   | 17         | Southside        | 4:00 PM                       | 21         | Southridge |
| 4:30 PM   | 17         | Southside        | 5:00 PM                       | 21         | Southridge |
| 5:00 PM   | 7          | Campbell's Creek |                               |            |            |
| 5:30 PM   | 17         | Southside        | 6:00 PM                       | 21         | Southridge |
| 6:30 PM   | 17         | Southside        |                               |            |            |
| 7:00 PM   | 7          | Campbell's Creek | 7:15 PM                       | 21         | Southridge |
| 8:00 PM   | 17         | Southside        |                               |            |            |
| 9:00 PM   | 17         | Southside        |                               |            |            |
| 10:00 PM  | 17         | Southside        | 10:30 PM                      | 21         | Southridge |



Get The App!



More About KRT

Visit <https://rideonkrt.com/> to find more schedules and information.



# West Virginia's Historical Sites Road Trip

By Abbie Hamilton

West Virginia is home to numerous historical events and locations, though often overlooked in favor of the neighboring state and home of our federal capital: Virginia. Nevertheless, West Virginia has much to offer, including many towns worth visiting this summer.



Image by Appalachian Forest National Heritage Area

## Lewisburg

The North House Museum and Archive is a 200-year-old house that features many exhibits devoted to the last 200 years of history in Lewisburg, preserved by the Greenbrier Historical Society. The historical society also owns "The Barracks," which is a three-story log cabin right in the heart of Historic Downtown Lewisburg. On top of simply existing as a striking building, it now functions as an escape room! While currently closed for renovations, The Barracks will be open again after this summer with tickets sold at \$25 per person.

Beyond historical sights, Downtown Lewisburg also features many delicious restaurants and eye-catching storefronts, ranging from health foods, to sports supplies, artisan shops, to antique and thrift stores. At just an hour and 45 minutes away from Charleston, Lewisburg is worth the visit.

## Philippi

Philippi, West Virginia is approximately two hours from Charleston, and home to the first land skirmish of the Civil War in 1861. Called by some the Battle of Philippi, it was the first of numerous victories that forced the Confederate army out of northwest Virginia, eventually leading to the creation of the new state of West Virginia. Some even called the battle the "Races at Philippi" due to how the largely untrained Confederate forces fled. Reenactments and events will be held June 1st through 4th right on Main Street by the Blue and Gray Reunion.

Beyond the civil war, Philippi holds other wonders—including two mummies at the Barbour County Historical Museum, as well as plenty of ghost stories. Beyond that, the museum has a statue of Lurch from the 1960's The Addams Family television show, as he was played by Ted Cassidy from Philippi. An annual Lurch Fest will be held August 5th in town.



Image by WV News

## Charles Town, Harpers Ferry, and Shepherdstown

All within 20 minutes of one another and approximately four and a half hours from Charleston, Charles Town, Harpers Ferry, and Shepherdstown are a perfect trifecta for a weekend getaway full of fun activities, interesting stories, and beautiful sights.

Charles Town holds little historical significance in comparison to its neighbor, Harpers Ferry, West Virginia, though it was once the capital of West Virginia. Nevertheless, what it lacks in rich history, Charles Town makes up for with festivities. On June 18th, Charles Town will host their annual WV Fest with numerous activities, including a 5k race, artisans, live music, historic tours, and interactive activities. Charles Town is also home to stunning architecture and a well-preserved historical district that fills with vendors for the festival.

Just north of Charles Town, Harpers Ferry is a historical town that now boasts a beautiful national historical park and many notable attractions in terms of food and entertainment. And if nothing else is of interest, nothing beats a wax museum in honor of John Brown's raid on the Harpers Ferry Armory! Some historians point to John Brown's raid as a tipping point for the Southern states, eventually leading to the Civil War.

Due to its strategic location where the Shenandoah and Potomac rivers converge, separating present-day West Virginia, Maryland, and Virginia, Harpers Ferry was attacked repeatedly by both sides of the Civil War. Most of the town was destroyed by the war and later flooding, eventually rebuilt by the National Park Service.

With John Brown's Fort and the headquarters of the Appalachian Trail, Harpers Ferry is a beautiful juxtaposition of nature and history.

In 2016, Shepherdstown was called the most haunted town in America by Destination America who made a six-part series about the town. Beyond ghosts, Shepherdstown is the oldest town in West Virginia and thus full of beautiful architecture. Perhaps the most interesting sight is the Bavarian Inn, a European-inspired resort that offers a truly unique experience within West Virginia--not to mention the inn's strategic placement near all the above-mentioned locations.

Between festivals, hiking, wax museums, and German resorts, these towns can make for an unforgettable weekend.

Image by West Virginia Tourism



# How to Set Yourself Up for Success in College

By Stormie Surface

College as a first-generation student can be fun, but you must remember that this is still school, and if you fall behind, it can be stressful to catch up. Here are some ways to stay on task while still being able to socialize with new friends. According to [10 Tips on How to Be Successful in College](#), here are some important points:

## Attendance is the biggest key to being successful:

- Make an effort to show up to class regularly.
- Ask questions or answer questions.
- Participate in group discussions.
- Take notes.
- Sit closer to the front.

## Studying:

- Don't cram.
- Ask for help or ask questions.
- Get a study buddy.
- Take breaks.
- Understand your auditory learning.

## Organization:

- Keep all your assignments, notes, and other coursework.
- Create to-do lists.
- Stick to a realistic schedule.
- Plan ahead and do it.
- Create a calendar.

## Time management:

- Study effectively.
- Record lectures.
- Set up a tutoring appointment through the UC portal.

## Mental Health:

- Use school resources.
- Talk to a counselor.
- Know when to ask for help.
- Talk to a trusted family member or a friend.

# Summer Streamin'

By Abbie Hamilton

As summer rests its hand on our shoulders, inviting us to relax after a long semester, we could all use time to decompress. And how better to kick up our feet and relax than with a well-earned binge-a-thon? Here are a few streaming platforms to browse and shows to binge.



## Disney Plus:

This streaming service has much to offer in terms of hours of classic Disney films and shows, not to mention two elaborate cinematic universes; Marvel and Star Wars.

With Marvel, Phase Four consists of over 50 hours of films and television series. If that is a challenge you wish to take on this summer, best of luck with your noble endeavor.

The stories of Star Wars can offer even more content--over 150 hours of content, in fact, when you include Star Wars: The Clone Wars (which you should). For superfans, this may sound like a great week or two on the couch. For casual fans, stick to Episodes 1-6, and maybe throw in The Mandalorian (24 episodes), The Book of Boba Fett (7 episodes), and Obi-Wan Kenobi (6 episodes). And for everyone else, you can't go wrong with the original trilogy.

If neither of the above options interest you, there's always Gordon Ramsey traveling through the culinary world in Gordon Ramsey: Uncharted as Jessica Wagner, Director of the Center for Career Development for University of Charleston, suggests.

A Disney Plus subscription can cost as low as \$7.99.

## Netflix:

As of August 2022, Netflix has over 6000 titles available for streaming. Here are a few to consider:

Stranger Things, with 4 seasons out and the last one on its way, is a perfect show with which to join the Netflix bandwagon. Thrilling and full of gory adventure, many say it is worth the hype.

In terms of shows to binge start to finish, here's a quick list: Community (comedy, 110 episodes); New Amsterdam (drama, 89 episodes); Peaky Blinders (crime/drama, 36 episodes); New Girl (comedy/romance, 146 episodes); Shameless (comedy/drama, 134 episodes); Gilmore Girls (comedy/drama, 153 episodes); Somebody Feed Phil (Documentary, 33 episodes); Ozark (drama, 44 episodes); Breaking Bad (drama, 62 episodes); The Flash (sci-fi, 171 episodes); Black Mirror (sci-fi, 22 episodes), and Dead to Me (comedy, 30 episodes).

And here are a few emphatic suggestions from on UC's campus:

"Bridgerton for sure," a sophomore shared. "I think I've watched it three times."  
"I recommend Shadow and Bone!" said one senior. "It has an awesome fantasy world."  
With Netflix, an account for one person with ads costs \$6.99 per month.







Hulu:

Hulu, pricewise, is any student's best friend at \$1.99 per month with ads after the student discount.

Hulu also offers plenty of well-enjoyed shows, including Power (crime/drama, 63 episodes), Only Murders in the Building (mystery, 20 episodes), American Horror Story (horror, 103 episodes), Vikings (adventure, 89 episodes)--and of course, Dance Moms (reality, 224 episodes).

In regard to comfort shows, Hulu offers good choices, ranging from the quirky relatives in Modern Family (comedy, 250 episodes), to the seemingly endless drama of Grey's Anatomy (drama/romance, 409 episodes). For crime show lovers missing those long, nearly plotless seasons of murder, look no further than classics such as CSI: Crime Scene Investigation (crime, 336 episodes) and Bones (crime, 245 episodes).

"Watch How I Met Your Mother," one senior suggested. "It's a wild journey from start to end."

And if nothing else, you can't go wrong with UC's beloved Betty White in Golden Girls (comedy, 177 episodes).

HBO Max:

An HBO subscription with ads is \$9.99. Plus, they have Friends (comedy, 234 episodes)!

HBO also continues to deliver binge-worthy shows year after year. The Sopranos (crime/drama, 86 episodes) follows a New Jersey crime family; Game of Thrones (action/adventure, 73 episodes) has a lot of deaths and also dragons; and The Last of Us (action/adventure, 9 episodes) has only just begun and already captures many hearts with its zombies, violence, and intriguing characters.

As a few honorable mentions, Peacock offers 20% off their various subscription options, allowing access to many favorites such as The Office (comedy, 188 episodes), Parks and Recreation (comedy, 124 episodes), Brooklyn Nine-Nine (comedy/crime, 153 episodes), and Psych (comedy/crime, 121 episodes plus 3 movies and a musical).

Amazon Prime offers half price on a year-long subscription, making it a great option for any looking to invest in a year of streaming alongside all of Amazon's other benefits. They offer well-produced shows such as Jack Ryan (action/drama, 24 episodes), Fleabag (comedy/drama, 12 episodes), Hanna (action/drama, 22 episodes), Rings of Power (drama/fantasy, 8 episodes, and many more.



Whatever you choose to watch--or not watch--this summer, Jessica Wagner has another recommendation:

"I swear, it'll be worth it. Just go to the Kanawha County Library in Downtown, and get your library card," Wagner said. "With the Libby app, you can get ebooks, audiobooks, and a lot of stuff for over the summer. I listen to audiobooks all the time."

The library also has DVDs available for check out!

If you find yourself always searching for a new movie or show to get into, try [Rotten Tomatoes' website](https://www.rottentomatoes.com/) for popular recommendations. Above all else, enjoy this summer and any shows with which you choose to fill it. You've earned it!

## Spring 2023 Eagle Contributors

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