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# How the University of Charleston Became a Footnote in NCAA Women's Basketball History

By Nishelle Denson

There aren't many people in the world that can say that they were part of making sports history, but the 1984 University of Charleston's Women's Basketball team can say they were.

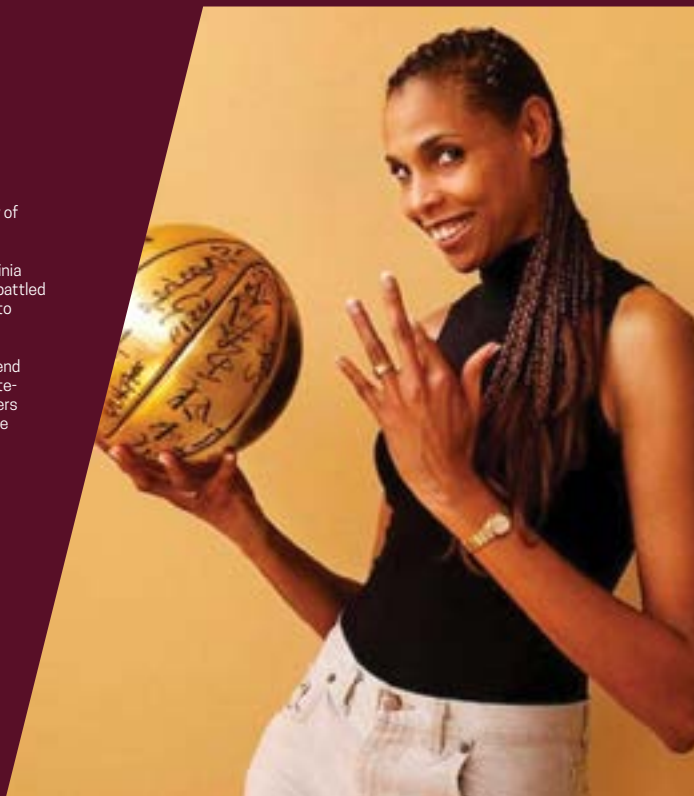
On a cold Friday afternoon in late December, the University of Charleston Golden Eagles faced off against the West Virginia Mountaineers. Most students and residents of both universities had already traveled home for the holiday break. Both teams battled fiercely for the few hundred fans in attendance, unaware that late in the game, WVU 6'7" center, Georgeann Wells, was about to make history.

The local news stations only sent one reporter that would give her story to all the stations; however, they didn't even send a photographer with her. WVU had no cameras and UC only had one camera rolling. Even though it was a holiday weekend, excitement grew during the game as the Eagles traded baskets with the Mountaineers. After a basket by the Eagles, the Mountaineers took advantage of Wells, positioning down the court. Their point guard heaved the ball in her direction. Wells took the ball to the rim and SLAM DUNK! The first ever dunk was made in women's basketball in National Collegiate Athletic Association history. WVU Coach Kittie Blakemore knew that Wells was able to dunk and knew that she would possibly get a dunk that season, but she just wasn't sure when it would happen.

Only one person was able to capture video evidence of that dunk and that was UC coach Bud Francis. Coach Francis refused to share the tape with WVU. He seemed to be unhappy with the fact that history was made at the expense of the Eagles. After years of asking for the tape, WVU gave up, assuming that Coach Francis had destroyed it. In 2009, 25 years after the dunk, a reporter reached out to Bud Francis, the coach's son, and he located the tape in a box in a barn. Thankfully the tape was intact and video evidence of the history making dunk was recovered.

When talking to UC's athletic director, Dr. Bren Stevens, about this anecdote in the school's history she said, "I was not on site when Georgeann Wells logged the first official dunk in an NCAA collegiate contest. However, as a basketball and Morris Harvey College/UC fan, I remember reading about this specific accomplishment. I was good friends at the time with West Virginia University's Head Women's Basketball Coach, Kittie Blakemore. Kittie Blakemore was my first-ever mentor. I remember how excited she and Georgeann's teammates were about having such a remarkable accolade on her watch. When you think about this occurring almost 40 years ago, it is still rare to see a female basketball athlete dunk during a regulation contest."

[Read more about Georgeann Wells and see the video of her historic dunk here.](#)



Picture by GoNews

## Affordable Spring Break Trips: College Student Edition

By Stormie Surface

Spring Break is right around the corner. Money can be tight, and planning trips can be stressful for college students. According to the 10 best cheap spring break destinations, there are many trips you can take for a reasonable price. Whether you are looking for the beach, the mountains, history, or something local, we have you covered!

Looking for some sun?

Panama City Beach (PCB) is one of the top cheap places to visit for a fun beach trip. Florida can be expensive. PCB is very affordable and has beautiful, white, sandy beaches and clear, blue water. Hotel prices range from \$100-\$500. There are endless activities to do. For example, you could go on a tour and interact with dolphins at the Gulf World Marine Park. Panama is a great beach vacation, especially with cheap hotels, fun beach days, and lots of activities to explore. Hope to see those cute beach pics!

Looking for adventure?

The Grand Canyon is a great getaway for adventure, measuring approximately 277 river miles in length, up to 18 miles in width, and a mile deep. Though it can be very crowded, it is still a beautiful experience. You could go on a helicopter tour to see the Canyon up high for an amazing view. They have cheap hotels ranging from \$100 to \$200. The dining is a bit different, but unlike many other national parks, the Grand Canyon has several restaurants and grocery stores, for example, Yavapai Tavern is near the area and affordable. Whether you are looking for a weekend getaway or a week-long trip without sandy feet, the Grand Canyon is a great way to get outdoors and explore.

Looking for history?

New Orleans is known for its beautiful "European-style architecture," and it is also considered the birthplace of jazz music. It is a perfect place to experience music, food, art, and history. The hotel prices range from \$100 - \$300. There are many things to do (especially free) in New Orleans, for example, the St. Louis Cathedral. Overall, New Orleans is a piece of history but has fun nightlife, great food, and cheap hotel prices.

Looking for something more local?

Adventures on the Gorge is only an hour drive from Charleston. Not everyone is able to fly or drive hours away, so that's why Adventures is perfect for a week or weekend trip. You can rent a cabin for an affordable rate. Cabins range from \$200 to \$500. There are lots of local restaurants to eat at like Chetty's Pub, and it's at the resort. If you love the outdoors, there are lots of trails to hike, kayaking, zip lining, rafting, lake, paintball, fishing, biking, and don't forget the famous view of the New River Gorge Bridge. According to Adventures on the Gorge, there is something for everyone to do. Remember to be safe and have fun whether it is catching some sun at the beach, learning about history, or exploring the mountains.



New Orleans



Panama City Beach



Pictures by Pixabay



# The Impact of Traveling for Student-Athletes

By Brooke Devold

Over 600 of Charleston's students are athletes and most spend many of their college days traveling to hotels, going to games, and managing schoolwork. This can be stressful for many student-athletes and professors.

Mental health has become more recognized in sports, and resources have been given to students for help. Recently, there have been many collegiate athletes coming forward about their mental health. Harry Miller, an Ohio State football player, shared his experience and was an inspiration to people everywhere. More information on his story can be found at <https://www.today.com/news/sports/ohio-state-football-player-harry-miller-says-s-retiring-details-mental-rcna19654>.

The student-professor ratio at UC is 16:1, giving student-athletes the chance to form connections with professors if they need assistance. Many athletes at UC feel that their professors are understanding of the commitments they have to their sport.

"Teachers should be willing to understand that being a student-athlete can be very stressful at times, but we are given the opportunity to connect with professors--and the students who want to be successful, will be. More often than not, professors will understand your stress and help you out as much as they can if you talk to them" said Austin McKee, a men's Volleyball player and financial planning major at Charleston.

Professors at UC hope to convey to students that they do care about their success and are there to help. There are many options for student-athletes on campus, from tutoring, study sessions, and most importantly, flexibility from professors if there is proper communication.

Jason Newsome, a Psychology professor at UC, has a lot of experience working with student-athletes. Asking for help early is the biggest bit of advice he offers, saying that they are there to help.

"Academic success, as well as athletic success, require discipline and self-motivation. Some days are hard. You have to be willing to work through those hard days," said Professor Newsome.

If you need assistance:

Academic success center <https://www.ucwv.edu/academics/academic-success-center/>

Counseling- <https://www.ucwv.edu/uc-life/counseling-and-outreach-services/>

[uc-counselor@ucwv.edu](mailto:uc-counselor@ucwv.edu)

Picture by University of Charleston Athletics

## UC MEN'S VOLLEYBALL TEAM

By Alec Beavers

The University of Charleston's Men's Volleyball team has a chance to have an outstanding season this year. Currently the team is 8-0 with every game ending in a three to zero sweep. This may very well be the best team our program has ever seen. Multiple players have played at a pro or national team level.

There are so many incredible players on the UC team, like Luuk Hoge Bavel and CJ Raines. Hoge Bavel comes in at an astonishing 6'6", and he makes good use of it. He really understands how to use his body to put the ball in hard places for the opposing team to defend against, and he does it with finesse. Raines comes in at only 5'9" but he makes up for it in speed. Before I can even see where the ball is going, he has gotten into position to pass to his teammates. There are times when some of the taller guys are closer than him, but he still gets there to make the play first.

Although the players are very talented, volleyball is a team sport, and the way UC plays makes that obvious. The players that are not playing during the game do an amazing job of cheering their teammates on. The team has multiple chants to keep the team motivated and bring up morale. The team really gets the crowd going and it makes the home games even more enjoyable.

UC Men's Volleyball is one of the only teams on campus that is D1, so they play teams like Harvard, Penn State, and Ohio State, all of whom are known for being forces to be reckoned with. Senior Ismael Sneed had this to say about the season so far: "This has been the best start to any season in program history and our first time ever being ranked. We strive to continue to make history." A new Coaches poll has just recently come out with the national rankings in our division. For the first time ever, UC is on the rankings at the 15 spot. If you happen to have any extra time on campus or just want to do something fun, check the volleyball roster and try to make it to a game. You won't regret it.



Picture by University of Charleston Athletics



## Sexual Assault Awareness

By Jason Fraley

Being a sexual assault victim is extremely hard mentally and emotionally. Many different factors can trigger an emotion that one thought was suppressed. Certain scents, images, sounds, or words can trigger a person causing them to react uncontrollably. When dealing with someone who has experienced sexual assault, it is key to understand triggers. Understanding a person's triggers can help someone not only understand his/her fears but can help someone find a way to treat emotional distress.

According to Sara Gluck, a specialist in sexual assault recovery, sexual assault doesn't only affect women. Males today are often conditioned to keep silent about topics like this.

Sexual assault is a very sensitive topic. When a student experiences sexual assault, it can cause a person's work ethic, motivation, and social life to suffer drastically. When a victim is surrounded by friends, it is easier for them to put on an act rather than to tell the friend group how they feel. According to Dr. Erin Teaff, a psychologist who focuses on sexual related trauma, when a victim of sexual assault is alone, he or she tends to struggle with motivation, self-worth, and mental health. Many times, this form of self-deprecation can lead to unhealthy habits: eating disorders, lack of physical activity, addictions, and self-harm are all common results of an assault.



Picture by OIED Staff



There is also Intimate Partner Sexual Violence (IPSV) where one partner is exposed to sexual violence from the other partner. IPSV is the most common form of sexual violence found in an intimate relationship. IPSV, in recent years, has begun to replace the term marital rape because it can also describe sexual assault incidences within intimate relationships. This type of sexual violence can be overlooked because people tend to perceive that both partners in a relationship are consensually engaging in sexual activity.

In an ever-developing society where violence, suffering, and pain are becoming normalized, we mustn't lose sight of the effects that sexual assault has on the victims. By understanding the mental, physical, and emotional effects, we can find ways to help prevent assaults from recurring in the future. By focusing on sexual assault, we can bring a better understanding of the underlying issues that lead to them. By looking at the stereotypes, contradictions, and social constructs surrounding the idea of sexual assault, we can help adjust the view that people have on the topic. We can change the way people are educated about sexual assault and bring awareness to an important topic.



Picture by WRC

## Summer Blockbuster Movies

BY HANNAH FORSBREY

Looking for something to do on a rainy summer day? Why not go to the cinemas with your friends and family? Don't know what to watch? Already got you covered. Let's review some of the movies coming out this summer.

Movie Genres:

**Horror, Drama, Action, Comedy, Romance, Sci-fi, Thriller, Fantasy**

According to Brian Renner of Movie Insider:

If you're going with friends and you are a die-hard Marvel fan, *Guardians of the Galaxy Vol.3*<sup>1</sup> comes out May 5th. The new sci-fi sequel follows our beloved band of misfits as they go on a new journey protecting the universe.

Do you have any young siblings or are you a child at heart? Go watch the new PG live-action film, *The Little Mermaid*<sup>2</sup>, about a beautiful young mermaid named Ariel, coming out May 26th.

If you want to leave the younger siblings at home, then go see *The Machine*<sup>3</sup> on May 26th. This rated R sci-fi/thriller is about an estranged father, a murderous mobster, and a sociopathic crime family.

If you were a fan of Spiderman into the Spider-verse, then you will be thrilled to hear that the sequel, *Spiderman Across the Spider-verse*<sup>4</sup>, comes out June 2nd to theatres. Miles reunites with Gwen Stacy and travels across the multiverse, encountering new threats they never even knew existed.

Any Transformers fans out there? This new movie gives us all the old characters we know and love, like Optimus Prime and Bumblebee, as well as introducing a whole new species of Transformers to help join in the battle between the Autobots and Decepticons. Go and see *Transformers: Rise of the Beasts*<sup>5</sup> in theaters June 9th.

On June 16th, see DC's, *The Flash*<sup>6</sup> and Disney Pixar's, *Elemental*<sup>7</sup>. This Flash adaptation stars Ezra Miller, who travels through time to prevent the murder of his mother but unknowingly causes changes that result in the creation of the multiverse. The flick, *Elemental*, is an animated romance movie about a fire girl and a water boy discovering how much they actually have in common.

For those horror film fans out there, there will be a new *Insidious: Fear the Dark*<sup>8</sup> movie that comes out July 7th. This picks up where the last one left off, where Dalton goes to college. His college dream turns into a nightmare when the repressed demons of his past return to haunt him.

If you are more of a documentary or based on a true story kind of person, then go see the movie, *Oppenheimer*<sup>9</sup>, that comes out July 21st in theaters. This drama is a retelling of how physicist, J. Robert Oppenheimer, and his team developed the atomic bomb.

If you loved the Indiana Jones pictures, then you must watch the new *Indiana Jones and the Dial of Destiny*<sup>10</sup> coming to theaters June 30th. Harrison Ford returns as Indiana Jones for the fifth installment of the films where he goes on a whole new adventure as everyone's favorite onscreen archeologist.

Everybody's favorite Mission Impossible characters are back in action for a new film called *Mission: Impossible – Dead Reckoning Part One*<sup>11</sup>. Coming to theaters July 14th, Ethan Hunt and his crew go on a new secret mission.

If you're a Barbie fan, you won't want to miss out on this new PG-13 live action-comedy movie, *Barbie*<sup>12</sup>, that comes out July 21st. Barbie sets off for the human world to try and find true happiness.

Any fans of the strong and powerful Carol Danvers will love this new picture that comes out July 28th. *The Marvels*<sup>13</sup> takes place after the Ms. Marvel series where Captain Marvel and Ms. Marvel go on an adventure across the galaxy.

*Meg 2: The Trench*<sup>14</sup>, the sequel, comes to theaters August 4th. The underwater research team is back in action once again due to the threat of two 75-foot prehistoric sharks.

If you've ever seen the original Haunted Mansion family film with Eddie Murphy that came out 20 years ago, you'll want to see the new 2023 adaptation. The new *Haunted Mansion*<sup>15</sup> comes to theaters August 11th where an unsuspecting woman and her son move into the mansion and discover all kind of ghostly shenanigans.

On August 18th, theaters introduce a new DC movie called *Blue Beetle*<sup>16</sup>. This is the story of how Jaime Reyes becomes the Blue Beetle after discovering the Blue Beetle scarab and learning to use his new alien powers.

This is not a complete list of all the films coming out this summer, but these will be some of the most popular ones. Go out with your friends and family to enjoy all these new blockbuster movies!



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# Medical Misconceptions

By Nishelle Denson

Treating and studying the human body is generally a straightforward practice—heal the broken and cure the sick. Many patients are able to be treated at any facility without any type of bias. Unfortunately, not all minority patients are treated the same.

Studies have shown that the everyday public, medical students, and even practicing medical professionals believe some common misconceptions about race and biology. One common belief is that black people's skin is thicker. This belief may stem from the prevalence of keloid scarring in people of African descent.

In a **report** from the New England Journal of Medicine, they discuss how these misconceptions have entered common belief. The main source of these dangerous myths is slavery. **During that period many doctors would butcher enslaved peoples to show that they had a higher tolerance for pain.** The reality was that the slaves knew that if they made a fuss or cried out in pain, they were likely to receive punishment, while others had received so much mistreatment that the pain of being operated on without any anesthetics was a small inconvenience. Others may have wished that the procedures would lead to their deaths.

These are some common misconceptions:

1. Do Black people have thicker skin than white people?
2. Are black women less susceptible to pain?
3. Does race dictate a person's health outcomes?
4. Do all disorders and diseases present equally across races?
5. Are minority patients more likely to be pill seekers?
6. Are black patients more hyperbolic about their pain levels?

Answers: 1-6: NO

These medical misconceptions can lead to a misdiagnosis or further trauma to the patient.

Ways that we can avoid these:

- Have open and direct conversations with patients about their care and expectations.
- Address colleagues when they engage in harmful rhetoric
- Be introspective and learn what biases you may hold
- Ask questions if something seems biased

**For further information on facing and correcting biases in health care, read here**



Picture by Celia Jacobs



Picture by Miguel Martinez

## Aren't Schools Supposed to be Safe?

By Jason Fraley

In a **recent study** by Dr. Langman, a professional statistical analyst, data shows that 75% of all school shooters had some form of traumatization in their life.

In most cases, shooters often target staff members with 18 shootings in 2014 directed toward staff. Females were the second highest at 9 shootings directed toward them, followed by family members at 6, rivals at 3, and bullies at 1.

If most of the shootings are aimed toward staff and administration, what are the school systems doing to help prevent or prepare students in the case of an active shooter?

One of the most infamous school shootings in history is the Columbine shooting of 1999.

According to A&E Television, "The Columbine shooting on April 20, 1999, at Columbine High School in Littleton, Colorado, occurred when two teens went on a shooting spree, killing 13 people and wounding more than 20 others, before turning their guns on themselves and committing suicide. This launched a major investigation to determine what motivated the gunmen, Eric Harris, 18, and Dylan Klebold, 17."

This shooting opened the eyes of America, raising questions on how gun control policies should change and what the plan was to prevent this from happening again.

Since the 1999 shooting at Columbine, there have been 971 school shootings. The prevalence of gun violence in schools grew from 5 shootings per year on average, from 1999-2014, to 109 shooting per year on average, from 2015-2022.

In recent years, school shootings have increased by over 2000%, what are our schools doing to keep the youth of our country safe?

## The Problem With Shein And Fast Fashion Retail

By Abigail Hamilton

While sitting in the Commons or the Coffee Tavern at the University of Charleston, it is simply a game of guessing how long before someone walks in with their latest online shopping delivery, likely from Shein, a popular fast fashion online retailer.

"[Shein offers] cheap, usually good quality clothes," a University of Charleston senior said. "Their quality has gotten a lot better recently, but that likely comes at a worse cost than I can imagine."

Shein has obvious appeals for a college student. They offer a wide variety of clothing styles and relevant trends at reasonable prices. Delivered straight to campus, Shein and similar retailers are an easy choice—but not an ethical one.

Many do not realize the extent of the unethical practices in which companies like Shein engage, and thus, college students cannot be faulted for choosing these retailers. However, with understanding comes the responsibility to choose wiser shopping habits.

For example, Shein's products are made in unsafe factories in China where employees work **long hours for little pay**. These "sweatshops" allow Shein to daily list thousands of new products on their website. **Undercover investigative studies** show workers forced to work 17-hour days—with only one day off a month. Without severe wage cuts for mistakes, one factory paid workers approximately ¥4,000 (\$590.40 USD) per month.

Moreover, Shein promotes fast fashion and unsustainable living. In just 2018, **over 11 million tons of textiles** were disposed of in landfills throughout the United States alone. With clothes that are cheaply made and trends that come and go in just weeks, Shein encourages these trends in clothing waste to grow exponentially.



Picture by Chavie Lieber



Shein also **primarily uses materials such as nylon and polyester** that may not hold up for wearability for long, and they also do not decompose. This means that waste products made of these materials are significantly more harmful to the environment than other materials such as cotton, wool, and linen.

Shein also allegedly takes designs from other creators without their permission. Shein and its parent company, Zoetop Business Co., **has faced many lawsuits within the United States for claims of trademark or copyright infringement**. Beyond large brands, such as Ralph Lauren Corp., many small-business creators claim that Shein poaches their popular designs without permission or proper compensation--and without repercussions.

This alleged copyright infringement includes sticker art designs, clothing designs, and even original artworks printed onto sweatshirts. Many creators swap stories across social media, raising complaints that, while they have to rely upon their skills and ideas to sell pieces at sustainable prices, Shein--supposedly--pushes small business owners and creators out of their own market by copying designs, mass producing and selling the products at significantly lower prices. These creators claim that Shein diminishes their profits and clientele pool.

So, if this is true, why does this matter? So what if Shein supposedly offers creative designs at better prices? The potential and unfortunate ramifications is that most creators rely upon their designs and sales for at least a portion of their income. If creators cannot sell their own products or get compensation for their own designs, then many cannot afford to create in the first place.

Unlike in historical time periods like the Renaissance, most artists cannot rely upon wealthy patrons to provide for them while they create art for the sake of art. In short, if Shein uses unethical methods of procuring designs, say goodbye to the arts.

These unfortunate truths about fast-fashion retailers leave college students with a hard choice between educated, ethical consumerism and convenience of purchase. Many feel stuck between a rock and a hard place as they must choose between what they can afford and what is right.

"I can't afford to shop at the higher quality shops that I prefer," one UC sophomore said. "But I also don't want to support sites like Shein."

Thankfully, a viable alternative lies within a different type of shopping: thrifting.



Picture by Kaley Roshitsh

## THRIFTING

By Abigail Hamilton

It is easy for students at the University of Charleston to choose online retail over other retail options, but it isn't the most ethical choice. Alternately, thrift shopping offers numerous, and often overlooked, benefits.

Here are five reasons to choose thrifting over online shopping:

1. Thrifting is inexpensive:

In Charleston alone, there are a variety of thrift stores that offer unbeatable prices on different products. **Goodwill** offers men's and women's clothing for prices regularly far below \$10, and many shoes at \$3.99; **YWCA Past & Present Gently Used Clothing Store** offers clothing in excellent condition for low prices; **Union Mission Thrift Store** sells all paperback books at \$0.50 each and hardbacks at \$1 each; **Habitat for Humanity ReStore** offers great deals on furniture; and **Salvation Army Thrift Store** has small home appliances for under \$10.

2. Thrifting offers good quality items:

In the category of clothing alone, one can come across a vast selection of high quality brands, including Ralph Lauren, Land's End, Abercrombie, Hollister, Nike, Adidas, Banana Republic, L.L. Bean, and Tommy Hilfiger. Beyond brand names, thrift stores offer access to vintage clothes at reasonable prices, too!

"Most of my closet is high-end," a junior at UC said. "It's all from thrift stores and will last me forever."

3. Thrifting allows shoppers to check sizes:

Even if some stores still have their dressing rooms closed, holding up clothes to check lengths can go a long way and eliminate the hassle of online returns when sizing charts lie. This is especially useful for women's clothing brands as sizing standards differ for each company.

4. Thrifting can support good causes:

By shopping at certain thrift stores, shoppers can support important causes that benefit those in need. **Mountain Mission Thrift Store**, for example, funds their Emergency Assistance Programs which help local families in need. By taking a few moments to research local thrifting options, shoppers can use their money frugally while also supporting important causes in their communities.

5. Thrifting gives clothes a second life:

By shopping at thrift stores, shoppers prevent more clothes from filling landfills each day. Each item in the store found use elsewhere first, and shoppers have the opportunity to recycle the products again.

"I love thrifting," Chloe Showalter, UC psychology major and sophomore, said. "I love thinking about how I'm wearing another human being's favorite shirt."

For anyone that loves shopping, thrifting is a great way to integrate ethical consumerism into one's routine. Simply donate what clothes or other items with which you grow sick or bored and replace them with quality items at reasonable prices.

Here are all the addresses for the above mentioned thrift stores:

**Goodwill:** 215 Virginia St W, Charleston, WV 25302

**YWCA Past & Present:** 1598 Lee St E, Charleston, WV 25311

**Union Mission Thrift Store:** 700 South Park Rd, Charleston 25304

**Habitat for Humanity ReStore:** 301 Piedmont Rd, Charleston, WV 25301

**Salvation Army Thrift Store:** 207 Wyoming St., Charleston, WV 25302

**Mountain Mission Thrift Store:** 1620 7th Ave, Charleston, WV 25387



Picture by Pixabay



Picture by Pixabay