

## Innovation



## AT ITS BEST

By: Evan Ulrich



With the ever-changing landscape of the University of Charleston, innovative ideas have grown at the center of the capitol of West Virginia, literally. With the addition of the UC Downtown Innovation Hub (DIH), local businesses are getting the helping hand they need.

### Discovering the Hidden Gems of Innovation



*The DIH is located at 240 Capitol Street in the Downtown Charleston Historic District, and they are open from 9 a.m. to 5 p.m.*

The DIH provides a business accelerator to help people with a business idea if they do not know where to go from there. They also help with businesses seeking growth. However, they must meet certain flexible requirements such as being in operation for more than one year, having at least one employee other than the founder(s), and having a minimum of \$250k in revenue during the prior year. This helps the Business Accelerator Program know that they are already an established business.



Unbeknownst to many, this project started in September of 2019 when the first discussion occurred about how the space could be used to benefit both UC and the Charleston community. In May 2020, the Market Assessment and Feasibility Study for the business accelerator concept kicked off. After that, in May of 2021 a feasibility study was completed which started the proposed development to fund the project through the U.S. Economic Development Administration (USEDA). In May of 2022, UC received a USED A grant award to fund the DIH to prove the concept of the Business Accelerator Program and its other initiatives. During Fall 2022 and Spring 2023, renovation of the facility began. In July of 2023, the DIH officially opened.

Many students have seen or heard of this new downtown campus addition, but what is it? The DIH is an extension of the campus with rooms available for students to study, but it is not the building's focus. It is a business-focused platform for the university. There will be future opportunities for students to get internships to help the interests of local businesses.

The DIH has many businesses within their cohort, such as Gresham Plumbing, which is a family-owned business that has been providing Charleston with their services since 1937. The Donut Connection is also a client, and they just changed ownership to Teresa Ortiz, a 20-year-old from South Carolina who acquired the shop from a family friend.

Although much of the DIH is directed toward the business landscape, with the many partners DIH has, they will be able to connect students who are looking to start their own businesses and provide guidance to them. The DIH also holds events like the ArtWalk, giving local artists and UC students an opportunity to display their art in any medium. They are also looking to help with other events around the city that the community and students are interested in. Students are also invited to every event such as workshops, speakers, and panels free of charge. However, The Business Accelerator Program is there to help many local businesses reach their full potential.

# Unmasking Halloween

## *Unveiling the Magic of Costume Creativity*

BY: TIMBER  
HUYSMANS

As autumn is getting closer, you might need some help preparing for Halloween frights and delights. Whether you're gearing up for a night out or doing a night of trick-or-treating, the quest for the perfect costume can be stressful. We have your back with a list of costume concepts for October 31st.

## The Classics with a Twist:



### **Witchcraft Wonders:**

Embrace the timeless charm of the witch. Get a pointed hat, wield a wand, or clutch a broom, and you'll be set for the night.

### **Vampire Elegance:**

Conjure the essence of the immortal with pointed teeth, pallid skin, and a hint of (fake) blood. Simplicity meets perfection with this classic costume.



**Zombify Yourself:** Reach deep into your wardrobe to use some of your old clothes, then sprinkle on a dash of makeup magic to transform into a hauntingly realistic zombie.



## Pop Culture Pizzazz:

### **Mandalorian Meets Baby**

**Yoda:** In a galaxy not so far away, The Mandalorian took the world by storm, and now you can, too. Slip into Mandalorian Armor, and don't forget to adopt a mini-Baby Yoda companion. If you have a partner in crime, let them join the fun as well!

### **Squid Game Sensation:**

While Squid Game burst onto screens in 2021-2022, its legacy came back to life with the trailer for season 2. Dress up as a guard in a red jumpsuit or go as a contestant with the iconic green attire. It's a comfortable and trendy choice for any Halloween gathering.

### **The Joker and Harley**

**Quinn:** Whether you decide to go solo or team up, the Joker and Harley Quinn are timeless crowd-pleasers. With numerous movies and series over the years, you have the freedom to choose the version that resonates with you most. These duos have cemented their status as Halloween icons.

### **Barbie and Ken**

**unleashed:** Be a splash of colour in a world of fashion by dressing as Barbie or Ken from their record-breaking movie. With a casual twist on their vibrant outfits, you can effortlessly recreate the magic. This idea thrives in a group setting where each friend can embody their unique version of the character.

# UNMASKING HALLOWEEN

## Budget-Friendly Brilliance:

### The Timeless Ghost:

For a budget-friendly option, fashion a classic ghost costume. Grab an inexpensive sheet, cut out eye holes, or simply dust your face with white powder if you prefer an uncovered look. Simplicity at its finest!



### Animal Antics:

Dive into the animal kingdom with two budget-friendly options. Either do a comfortable animal suit or exercise your creativity by crafting an outfit in your chosen animal's colour scheme then accentuate with accessories. The possibilities are endless.



### Back to the 90s Nostalgia:

Venture into vintage stores for a blast from the past. Slip into the vibrant sportswear of the '90s, and complete it with a wig that could be a mullet or an afro.

It's a budget-friendly outfit that will attract a lot of attention.



Whether you're pinching pennies or yearning to become your favorite character, Halloween offers an endless canvas for self-expression. Prepare for a Halloween to remember. Embrace the magic of costumes, and let your imagination run wild this October 31st.



# How to Eat Healthy as a College Student

By: Rachel Osborne



College campus food can be tricky to balance, especially as an on-campus resident and athlete. Here at the University of Charleston (UC), the cafeteria has several options that you can mix and match to strive for a better diet. There are also some tips and tricks for dormitory meals that are tasty and nutritious while complying with the health and safety rules of your residence hall.

Let's start with the basics of a balanced diet for athletes. A healthy diet consists of roughly equal amounts of protein and fat with a good amount of carbs. According to the Better Health Channel, an athlete's diet should be 45-65% carbohydrates, 15-25% protein, and 20-35% fats. Protein, fat, and carbohydrates are all types of macronutrients commonly referred to as macros. Protein is essential for several functions of the body, specifically, muscle maintenance and recovery. Fat contains nutrients your body needs, but too much of this increases the risk of heart disease and obesity. Carbs are what give your body the energy it needs to function. All of these put together in healthy amounts make for a fulfilling diet.

## How can students put this knowledge to use in the cafeteria?

Have a look at each of the food stations, and take note of which type of macro is being served in each dish. You'll want to dedicate around one-quarter of your meal to protein, one-half to carbs, and the rest to vegetables, according to Harvard Health. Try to avoid taking a whole dish of pasta, or just eating fries and nuggets every day. It is difficult to know the exact numbers of nutritional information when eating at the cafeteria but starting with simple steps like this will improve your diet. You may even start to physically feel better when you cut out greasy foods.

## An Air Fryer is Your Best Friend

If you do not have access to a kitchen on campus, get yourself an air fryer! Air fryers are now allowed in dorm rooms and are a great way to make healthy meals quickly. Walmart and Amazon offer some great, cheap options for air fryers ranging from \$25-\$30. Air fryers can cook meats like chicken and salmon to potatoes or vegetables like cauliflower. Chicken, for example, can take only ten minutes to cook in an air fryer. Pair that with a salad, and you have made yourself a healthy chicken salad. For vegetarian options, cauliflower is a great substitute. You can whip up some buffalo cauliflower by adding just a few other ingredients. You can find more quick and tasty air fryer recipes here on Eleat Sports Nutrition. There are ways around unhealthy campus food that do not include DoorDash or drive-thrus.



<https://eleatnutrition.com/blog/air-fryer-recipes>



## Share Your Feedback

UC Dining Services offers a platform for your feedback. If there are concerns you wish to share with them, you can follow the instructions in the image below. You can send a text message anonymously to the phone number listed or you can send feedback through their website.



Please Tell Us About Your Dining Experience!

Text Your Comments to the Manager at:  
**304.381.1564**  
Your phone number remains anonymous.

OR Visit: [AVIserves.com/UCWV](https://AVIserves.com/UCWV)  
and select CONNECT WITH US



Scan to TEXT



Scan for Website



# Fall

With fall quickly approaching, it will bring many of our favorite things, like pumpkins, Halloween, and new fashion trends to fit into the season.



# Fashion

## Trends for Your Wardrobe in 2023

By: Brooke Devolld

You may be wondering what items you need to add to your wardrobe. Here's a peek at the trends you should expect to see:

### All Red Everything



The color of fall 2023 is red. Different shades of red are going to be seen throughout the season and can be a pop of color that will elevate every look. Taking a simple outfit and adding a red shoe or jacket is the easiest way to make a statement this fall.



### Leather is Back

Leather, an 80's inspired look, is just one of many things that is coming back into style this fall. Instead of the basic leather bomber or jacket, it is being adapted into specific things based on people's styles, like leather dresses or skirts.



### Denim Head to Toe

Denim has been all the talk for the past few years, and if you didn't know it would be back again this fall, now you do. Denim maxi skirts are on trend and perfect for a cold fall day. Oversized denim jackets can be your go-to for any fall afternoon when you need an extra layer.

Students at the University of Charleston gave some perspective about trends they want to see this fall, saying they look forward to rocking anything from bomber jackets, leg warmers, cropped vests, earmuffs, or oversized pants.



### Working Girl Outfits

Whether you work in an office or not, adding a blazer to your wardrobe will have you fitting in no matter your environment. Blazers, paired with a wide leg pant or a skirt, will be a big trend as the weather gets cooler.



# West Virginia

Exploring the Charm of seasonal  
changes here at UC West Virginia

## A Rollercoaster Ride for International Students at UC

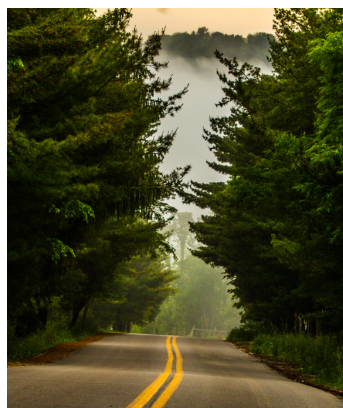
Weather

By: Tessla Jacqueline Aguilar Guerrero

Season



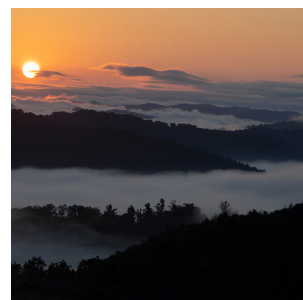
International students arriving at the University of Charleston (UC) are often greeted with a whirlwind of cultural shocks. While they may expect certain differences in language, food, and customs, one aspect that can catch them completely off guard is the wildly unpredictable weather of West Virginia. The state's climate is known for its dramatic shifts, and these inconsistencies can leave international students challenged in their efforts to adapt. West Virginia's meteorological unpredictability, famously showcasing all four seasons within a single day, can be quite a surprise for newcomers, especially those accustomed to more stable climates. This rapid swing between warm and cold, sunshine and rain, can leave even international students in disbelief, questioning whether they've entered a realm where seasons whimsically exchange their seats.



*Whole 4 different seasons changes experience  
thorughout the semesters only at UCWV*

### A JOURNEY THROUGH THE WEATHER DILEMMA OF THE BEAUTIFUL WEST VIRGINIA

For international students, the immediate dilemma revolves around wardrobe choices in the face of West Virginia's capricious weather. The complex decision of whether to opt for a T-shirt or a heavy jacket can lead them to stand before their closets in contemplation. To tackle this dilemma, many adopt a strategy local have long embraced: dressing in layers. This approach allows them to seamlessly adapt to the day's temperature fluctuations. They can effortlessly shed a layer if an unexpected burst of sunlight arrives or add a jacket when an abrupt cold front sweeps through the region.



*"UCWV Transforms  
Through the  
Seasons: A Year of  
Enchanted  
Changes!"*

# THE ROLE OF TECHNOLOGY

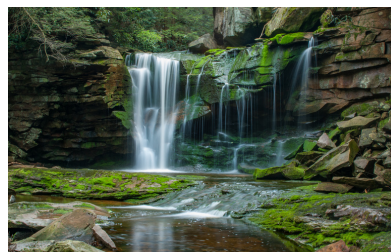
## Weather Apps as Lifelines

In their efforts to adapt to West Virginia's weather, international students often turn to technology for assistance. Weather apps, such as AccuWeather or The Weather Channel, become their lifelines, providing real-time updates and forecasts. These apps offer valuable information on temperature, precipitation, and wind conditions, helping students plan their outfits and activities accordingly.

Many students, in fact, develop a near-obsession with checking weather apps multiple times a day. They understand that being unprepared for the weather can lead to discomfort and inconvenience. Thus, it's not unusual to see groups of international students huddled together, smartphones in hand, comparing weather predictions and strategizing for the day ahead.



Over time, as they gain experience, many international students become skilled at dealing with the whims of West Virginia's climate. They learn to embrace the unpredictability and even find charm in its ever-changing nature. This resilience extends beyond clothing choices and extends into their overall adjustment to life in the United States.



*"The weather here is crazy! I came to West Virginia in shorts, and within a few hours, I was shivering in my winter coat. It's like experiencing all four seasons in one day. I've learned to check the weather app religiously," said Domenica Cruz, a student from Ecuador.*



In conclusion, West Virginia's weather presents a unique set of challenges for international students at UC. The rapid shifts between seasons and the uncertainty of daily weather conditions can be disorienting. However, with the right strategies, such as dressing in layers and relying on weather apps, students can adapt and thrive in this meteorologically diverse environment. Moreover, this experience serves as an important life lesson in resilience and adaptability, shaping them into more versatile and resourceful individuals as they navigate their educational and cultural journey at UC.

# UC Women's Soccer Coach Makes Immediate Impact

Soccer

By: Rachel Osborne

Season

The University of Charleston women's soccer team is in full swing with new leadership as Gary Ogilvie steps into the head coach role. Ogilvie was named as the women's new head coach in December 2022.

With Ogilvie as the new coach, the ladies have had a successful start to the Fall 2023 season and show no sign of slowing down. To begin their season, the women's soccer team travelled to Erie, Pennsylvania for an invitational trip against Kutztown University and Gannon University.



On Thursday, August 31st, a 1-1 tie occurred against Kutztown University then two days later, the Golden Eagles beat the Knights of Gannon University 4-1. Ogilvie and his team came home in high spirits that night. This is the most successful regional campaign the women's soccer team has seen since 2013.

Ogilvie is not the only one benefitting from the success. A newcomer to Charleston, Juliette Lucas, was recognized as the MEC Offensive Player of the Week on September 4th after scoring two goals against Gannon University. The New Zealand native said that the recognition has given her more confidence going forward.

"The regional games were a good starting point for us and showed the team has a lot of potential but for us to compete with the big teams, we have a lot of work to do," said Lucas.



Ogilvie's team has had a successful start to their MEC regular season with a 4-0 conference record as of Wednesday, September 20th.



# FRIENDLY FACES EVERYWHERE: SMALL-TOWN WARMTH

By: Tesla Jacqueline Aguilar Guerrero

International students, get ready to experience some next-level hospitality. Don't be surprised if strangers smile and say hello on the street or if your professor invites you over for dinner. The University of Charleston is one big, friendly family, and you'll feel at home faster than you can say "bless your heart." The sense of community here is visible, and you'll quickly discover that the friendly faces you encounter aren't just a one-time occurrence. They're an integral part of daily life. This level of hospitality can be quite surprising for those coming from places where interactions with strangers tend to be more reserved.



To give you a taste of what it's really like to experience these cultural shocks, we caught up new students from UC and their first impressions.

"I never expected such a warm welcome from strangers. People here are incredibly friendly and open. Back in Jerusalem, you'd rarely strike up a conversation with someone you don't know, but here, it's a daily occurrence. I love it!" said Riva, a current sophomore from Jerusalem.



"Coming from Bangkok, where the pace of life is often fast and interactions with strangers tend to be limited, I was initially taken aback by the openness of the people at UC. Here, it's as if everyone wants to be your friend. I appreciate the genuine warmth and inclusivity it made my transition to studying abroad much smoother." said Stefani, a current transfer student from Bangkok.

In conclusion, UC isn't just a place to earn a degree; it's a cultural adventure waiting to be explored. From the warm-hearted locals to the wild weather swings, you'll experience a whole new world. So, grab your cowboy boots, keep an umbrella handy, and get ready to embrace the unique charm of UC. Y'all are in for a wild, wonderful ride!





Are you wondering how to create a profile on LinkedIn that makes you stand out from your competition? If you're not confident in creating a profile that will give you the best professional opportunities, here are some tips to help you.



LinkedIn is one of the most popular social media platforms that allows you to market yourself to jobs in your desired field of work. Starting with the basics on LinkedIn will be the first step in creating your perfect profile.

A professional headshot for your profile picture can go a long way in getting your profile more views. Next, a headline will be your "tagline" that will help jobs find you through searching. This tagline should include your desired job with as many keyword phrases as possible.

## A Guide to LinkedIn for College Students

### By: Brooke Devolld

Following the tagline, the "about" section lets a potential viewer know about your skills, talents, and expertise. It is the perfect place to show who you are, what your passions are, and what your goals are. Your summary section should include your strengths and should be organized using shorter paragraphs or bullet points that break up content and keep your viewer reading.

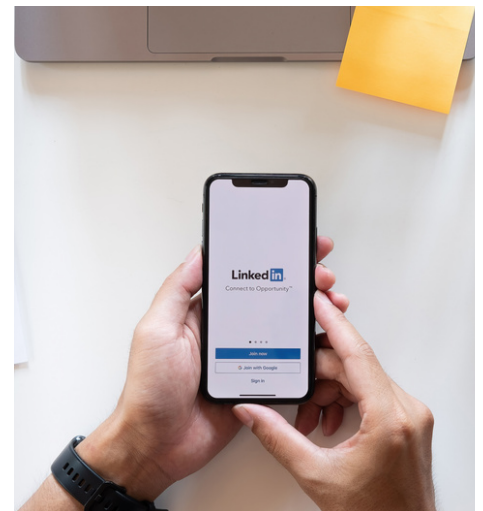
At the end of the summary section of your profile, there is an area that lists your expertise. This area acts as a generator for people hiring to search for what they need. For example, if your goal was to get a job in marketing, you would add keywords such as "marketing manager", or "content marketing". The more expertise you have listed, the more likely you are to come up in searches.



The "media" section allows you to show off any content you have that may be relevant to your desired career. Videos, photos, and PDFs can give you an advantage over your competitors and are proof that you will be the perfect person for the job.

The "experience" section is a way to show your audience a timeline of your experience so far. Use 2-3 sentences that explain your most impressive accomplishments in jobs or internships thus far in your professional career.

Lastly, the "recommendations" section of LinkedIn is an area where other members of LinkedIn can highlight your character and your accomplishments. There is a section labeled "ask for recommendations" that gives your past bosses, mentors, or colleagues a place to exemplify why you are the best candidate.



**"LinkedIn helped me build connections during such a crucial time to do so. They have a jobs tab that makes it easy to specifically filter for what job you are looking for," said Metzger.**

Kayla Metzger, a recent college graduate, believes that LinkedIn is one of the most important tools for college students to use. Metzger used LinkedIn frequently during her senior year of college, and it paid off when she got a job as an events and marketing manager.



She explained that she thought the “past experience” section was the most important part of your profile to focus on because employers will look at this area first to make sure you have past internships, experience, school activities and more.



“It is hard to stick out from your profile alone. A great way to stick out is to connect with the hiring manager or recruiter of a job and send them a personal note on LinkedIn. It is showing that you want to take the extra step that most students don’t take,” said Metzger.



## Travis Kahle, the Director of the Innovation Center at UC, gave perspective into the importance of setting up LinkedIn before graduating college.



“LinkedIn is a valuable tool for students because of its high usage among hiring managers. Studies show the usage of LinkedIn by hiring managers is between 60-90%,” said Kahle.

He explains that LinkedIn is much like an online resume where you can promote your skills and accomplishments.

“Even if you aren’t looking for a job, LinkedIn is a great way to build a professional network and connect with influential people,” said Kahle.

It’s never too early to make sure you have all the opportunities that will help you shine, and LinkedIn is the best place to do so.

# Out-of-Towners Guide to Charleston, WV

By: Evan Ulrich

As an out-of-state student at the University of Charleston, I had to learn the ins and outs of the city quickly. Being able to navigate the many things to do in the West Virginia Capitol made my 3 years here very enjoyable.



The WV State Capitol Complex is a wonderful place to sift through the history of this great state. From everything to the Governor's Mansion to the West Virginia State Museum, you can spend an entire day here for free.

To find all your fresh and locally grown produce, head to the Capitol Market at 800 Smith Street. This farmer's market consists of indoor and outdoor sellers with goods ranging from local produce to flowers to Ellen's Homemade Ice Cream.



Looking for a place to catch a beer and a ballgame? Head to GoMart Ballpark at 601 Morris Street. The Charleston Dirty Birds are an independent professional baseball team in the Atlantic League of Professional Baseball. The park holds many promotional nights for Charleston, such as college nights, dollar beer nights, and fireworks shows.



If you are looking for some incredible soul food and barbecue, head down to Dem 2 Brothers and a Grill at 423 Virginia Street. Featured on The Food Network, this restaurant sells some of the best ribs and brisket in town for all the meat lovers. It is locally owned by two friends who brought a different flavor to barbecue.



Lastly, Charleston houses four golf courses for all golf lovers. From Coonskin Park par three courses to Edgewood Country Club, you have courses for golfers of all different skills. For the rolling views of West Virginia, head to Little Creek Golf Course or for less of a challenge, head to the flat Big Bend Golf Course.



To learn more about the many exciting places all around Charleston, visit the [Charleston, WV Visitors Bureau](#).

# SULLIVAN'S RECORDS

*By: Caden Chapman*



Sullivan's records is an essential visit for anyone who loves music or vinyl. Sullivan's was established ten years ago in 2013 on the East End, but the store has since moved to 613 Lee Street. This puts Sullivan's within walking distance of many restaurants, stores or events that may be happening around Charleston. This is very convenient as people can now pop in during their day around downtown Charleston.



I first discovered Sullivan's records when I was 17, and I had just been given a record player by my stepdad. I was on the hunt for a Jimi Hendrix album when I first stepped into the store, and I was amazed with the selection. They had at least one vinyl record for each of my favorite bands. I looked over the albums for at least an hour before my mom finally made me leave. I left with at least 8 records that day. I went home and listened to every one of them. My vinyl collection has grown quite a bit since then, and I would say I now have over 100 albums in my collection; it all started at Sullivan's.

Sullivan's truly caters to everyone's musical taste. They also sell posters of your favorite bands; this is a perfect way to add more decoration to your dorm room

What really stands out about Sullivan's besides the remarkable selection is the service. Every time I have gone there, the staff is always incredibly friendly and helpful. I would say I have gone to Sullivan's about twenty times, and each time, I have had a wonderful experience. I am greeted and welcomed as if I am meeting with friends, and I am recognized by the owner every time. It really makes the experience of buying a record more comfortable.



There are many things that make Sullivan's Records great. Whether that be the choice of records at your disposal or the friendly and rewarding service, Sullivan's is truly an experience and a must see when visiting downtown Charleston.

613 Lee St E, Charleston, WV 25301  
(304) 344-4355

@sullivansrecords- Instagram account where they often post information.

Tuesday- Saturday  
12-6

You can find your favorite albums from various decades, including the 60s, 70s, 80s, 90s, 2000s, 2010s, and even albums that have come out more recently.

# Taylor Books

By: Jasmine James



It is always better to shop locally, but even better to experience locally. A coffee shop, bookstore, café, and art gallery nestled on Capitol Street in downtown, Charleston. Taylor Books is a wonderful place to grab a coffee and a bite to eat. They have free Wi-Fi and a large book selection. In the café they offer Taylor Coffee, a selection of teas, juices, sodas, smoothies, ice blended espresso drinks, and a variety of homemade cookies, cakes, brownies, and bars. They even offer lunch options.

I have gone to Taylor Books many times to have a change of scenery, when doing homework, or to buy some new books to read. Books are usually expensive, but they have a section in the back of the store for used and discounted books. They are all great reads!

I also love walking into the art gallery and being able to see many local artists' talents on display, from sculptures, to jewelry, to canvas, to photography, and Blenko glass. The art selections change frequently and are on sale.

Past the art gallery you can check out the Floralee Hark Cohen Cinema, which shows independent films (would be great for a date).



226 Capitol St, Charleston, WV 25301

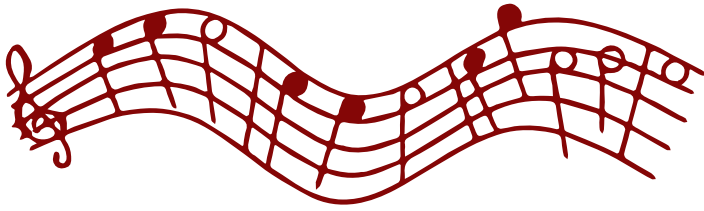
If you are creative, you can create your own art by taking pottery classes or getting a membership to use open studio time in The Clay Studio inside Taylor Books. Every Saturday they also offer a story, snacks, and a craft to make.

Every weekend includes a live performance by a local band. They also have board games to play while you enjoy the music and goodies that they offer. You can check out Taylor Books Facebook for more upcoming events and details.

After 5 pm. The Summers Street parking garage is free, and if you do not have a car there is the KRT bus service; or, you can rent a bike from the boat house. Taylor Books is a great start if you want to experience Charleston and have a change of scenery from campus.



# Upcoming Concerts



BY: PARKER  
YOUNG

*West Virginia has always drawn great acts from around the world to come and perform for our viewing pleasure. While Huntington is usually the hotspot for most acts and concerts to come and perform, Charleston has been able to get some pretty good acts lined up for the rest of the year. Here are some of the notable dates that are coming up for the Civic Center, as well as a description of the artists that will be performing.*

**On October 9th**, the legendary surviving Beatle, Ringo Starr, is bringing his All-Starr Band for a show at the Charleston Civic Center for a one-night event. The legendary drummer is sure to put on a great show and anyone who attends will leave with a smile on their face.



Moving over to a different genre of music, Tool will be rocking the Charleston Civic Center on **November 4th**. Tool formed in Los Angeles California with frontman Maynard James Kenan, Drummer Danny Carey, Guitarist Adam Jones, and Bassist Paul D'Amour with the later addition of Justin Chancellor in 1995. Tool's debut album *Undertow*, which was released in April of 1993, was certified triple platinum by the RIAA and has peaked at number one on the Heatseekers chart.



The Trans-Siberian Orchestra is coming back to the Charleston Civic Center on **November 17th**. TSO is always a treat to watch whenever they come around. Their unique blend of orchestra music and rock really make their shows a spectacle to watch every time. Formed in 1996 by producer, composer, and lyricist Paul O'Neil, keyboardist and co-producer Robert Kinkel, and core members Jon Oliva and Al Pitrelli, their unique style has made them famous. They are most known for their Christmas songs and concerts, and their shows usually sell out stadiums. Accompanied by laser lights and fog, their shows tell a story from the very first song to the closing note. If you have never seen them live you owe yourself to go to this show.



# College Graduate

## *Now what?! Navigating the Post-Graduation Identity Crisis*

BY: REBECCA MAGO

In a society where the pursuit of a college degree is often portrayed as the definitive path to success and a secure, promising future, the experiences of many recent college graduates can be starkly disparate from the rosy picture they were initially presented with. The culmination of years of hard work, symbolized by the momentous occasion of donning a cap and gown, is frequently accompanied by a profound and disconcerting sense of uncertainty. As they stand on the cusp of their post-graduation journey, a perplexing question looms large in their minds, echoing like a relentless drumbeat: "Now what?"

Many college graduates are confronted with a post-graduation identity dilemma. It's a point in life when the glaring disparity between academic expectations and the actual demands of the real world becomes brutally obvious.

The burden of student loan debt only exacerbates the post-graduation quandary. Many graduates are saddled with huge student loan debts that can take decades to settle. This financial stress might limit their employment options, drive them to accept less-than-ideal jobs, and hinder their capacity to attain other life goals, such as purchasing a home or raising a family.



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### **SO, WHAT CAN BE DONE TO SUCCESSFULLY TRAVERSE THE MURKY WATERS OF POST-GRADUATION LIFE?**

First and foremost, it is crucial to dismantle the pervasive notion that obtaining a college degree is a guaranteed ticket to swift and seamless success. Graduates must come to terms with the reality that while their education provides them with valuable knowledge and a foundation of skills, it is merely one component of the larger puzzle that is their professional journey.

In the real world, success is not solely contingent upon the parchment of a diploma but is instead shaped by a combination of factors. Graduates need to understand that their educational attainment is a starting point, a launchpad into the complex terrain of the job market. It equips them with a theoretical framework, critical thinking abilities, and the capacity to process information – all of which are invaluable assets. However, these attributes must be complemented by practical, hands-on skills that are directly applicable to their chosen field.

Another critical topic is addressing the student loan situation. Policymakers and institutions must collaborate to develop feasible solutions that alleviate the load on graduates, whether through loan forgiveness programs, lower interest rates, or improved financial education. Instead of restricting graduates to rigid, unreasonable expectations, it's time to redefine success and assist them as they go on their individual adventures.



In conclusion, it is imperative for society to recognize that success can assume diverse forms, extending beyond the confines of financial accomplishments and societal expectations. Graduates should be empowered to embark on various journeys, investing time in the pursuit of genuine fulfillment, even if it necessitates departing from conventional career pathways. To sum up, the post-graduation identity crisis presents a multifaceted challenge, deeply rooted in societal norms, financial obligations, and the schism between educational preparation and the ever-evolving job landscape. To successfully navigate this intricate phase, graduates must dispel the notion of immediate success, address the pressing student loan dilemma, and cultivate the requisite skills and adaptive mindset necessary to flourish in our perpetually changing world.

## LABOR OF LOVE

*By: Parker Young*

Another year, another round of Labor of Love for the students at the University of Charleston. Every year students are grouped together to give back to the community of Charleston. As a DMDS major, our project was making pillow pockets as well as a custom bookmark for the students of Kanawha City Elementary.

Volunteers were given an empty pillow sack as well as some pillow fluff with the goal of evenly stuffing the pillow so that it was full and soft. After the pillow pockets were finished, students moved on to making custom bookmarks about whatever they wanted. It could be about knowledge or learning, or something random like a character from a TV show or a movie. Some of them had a simple one-word message like "knowledge," while others had Scooby Doo and SpongeBob on them. The only requirement was that you put your name, major, as well as an inspirational quote on the back.



Once the bookmarks were finished, students chose one of the books that they had on the table, and they placed the bookmarks in the books. Next, they put the book inside the pillow pocket. Overall, the event inspired teamwork and creativity among the participants. I'm sure the kids were happy and pleasantly surprised with their pillow pockets.



# LABOR OF LOVE (2)

*By: Jasmine James*

Labor of Love is a well-loved tradition here at the University of Charleston. It is a day full of giving back to the community--who gives to us--with fundraising and social events. This event could not happen without the organization of Kara Fisher and Hallie Chillag, who put together a day full of smiling faces.

The difference Labor of Love can make on an individual is drastic and will be something all UC students will remember. Working together for a common cause is a sound way to strengthen social bonds and build connections.

Labor of Love is set up so that sports teams and clubs can have a sense of team bonding while working together to accomplish a common cause for the greater good.

**Tinnlee Wadino**, a member of the UC Lacrosse team, said, "Labor of Love gives me purpose and makes me feel more connected with myself and the community."



This shows how community service can empower students to have a sense of empathy and to want to make a difference. Being involved directly with our community can teach people from all backgrounds different perspectives, experiences, and challenges.

**Lindsey Reavis**, softball player, said, "It was so nice to go to the nursing homes and bring flowers to all of the residents. I loved seeing the smile on the men's faces when they received flowers as well."

Some projects this year included books and bouquets that the softball team created. Other projects included students working in the soup kitchen, cleaning up a local park, working at the Ronald McDonald House, putting together food packs for Backpack Blessings, and taking on vital cleaning projects like area murals and YWCA projects.



I was blessed to work with my team, the Lacrosse team, and the Lions Club to help clean up the Lions Club park and to paint. We broke into groups, and I was a part of the painting group. We painted primer on the cinder block wall so that a local artist could paint a second mural. While I was painting, my other teammates were laying gravel, pulling weeds, and trimming foliage. I met wonderful people that are a part of the Lions Club, and they gave me and my team great insight into how the park has an impact on the community. After finishing the work, they offered us lunch, and we joined in prayer to be grateful for the blessings we received; they thanked us for our hard work.

Getting down in the dirt and physically learning through hands on experiences creates a whole different learning environment that complements classroom learning.

Many said it was an emotional experience to be able to make their day and get to know the people within our community.

The combination of experiential and academic learning is valuable for personal and professional development. UC is working on creating an inclusive and close-knit community to create relationships that can benefit students in a professional and social aspect. UC's vision is to fulfill its long-standing mission by embracing diversity and adopting innovative practices to empower students for personal growth and professional success. Labor of Love is just one instance of UC accomplishing its mission.

# *The West Virginia Culture Center and State Museum*

*By: Caden Chapman*

Right across the river from the campus of the University of Charleston, sits the West Virginia Culture Center and State Museum. The Museum and Culture Center highlights the beauty that West Virginia has to offer. Whether that be through the stunning art made by the citizens of West Virginia on display or through the historical journey that the museum takes you on. I have been going since I was five, and I will never forget the experiences I have had exploring the past of this state.

The museum takes the visitor on an adventure throughout the state's history. Starting all the way back in the Stone Age, you get to experience prehistoric West Virginia; during this exhibit you will see things like arrowheads and a giant piece of coal. You will then enter the civil war; this exhibit is equipped with the sounds of cannon fire and scenery from the time. Next, you will see an old general store, and you can sit in a 1950s diner. You can even walk through a coal mine. It is amazing how immersed you will become in different time periods all through West Virginia's history. The museum's path allows each person to experience historical events at his or her own pace. It is truly a wonderful place to spend an afternoon learning and connecting with the culture of this state; it is also completely free to enjoy.

The Culture Center also offers various art exhibits which change frequently; recently they have had an exhibit showing various quilts made by people from West Virginia. The quilts are delightful and represent this state well. It is necessary for this art to be shared and shown as it is a part of the people who make up this state. With a variety of different pieces changing throughout the year, it is as much of an experience as the museum.



Near the art exhibits is an incredible gift shop which sells many things also made by the people of West Virginia. The staff are helpful and eager to tell anyone anything they would like to know about the items in the gift shop or even about the Culture Center itself. It is necessary to stop in and look for what piece of this state you can take home with you.

The most interesting part about the Culture Center is the library and archives. If a family has been in West Virginia for a couple of generations, there will be extensive records covering the family and their ancestors. A visitor could spend hours in the library reading and educating themselves about the detailed history of this state. The ability to read documents and records from all throughout the past of West Virginia is truly spectacular and can even be interesting for someone who is not from here. The museum allows people to experience history, but the archives can allow someone to explore history.

The Museum got its start on April 3rd, 1894, when Governor William A. MacCorkle announced the opening of the state museum, located on Capitol Street. It would move a couple of times, but eventually it would need its own space. In July of 1976, The West Virginia State Museum would receive its own home. It has remained in this home ever since, only being renovated once in the late 2000s into what it is today.



Overall, The West Virginia Culture Center and State Museum has so much to offer everyone--art, history, and many events which happen throughout the year. It is truly a magical place, and I encourage everyone to go at least once and experience some of what this state has to offer.

<https://wvculture.org/> - The link to their website where they list what events are happening throughout the month.

The Museum is open Tuesday-Saturday, 9:00 AM to 5:00 PM.

Capitol Complex

1900 Kanawha Boulevard East

Charleston, WV 25305-0300

# University of Charleston's Cross Country Team Continues Dominance

By: Rebecca Mago

The University of Charleston's Cross-Country team has quietly become a powerhouse in the world of collegiate athletics, achieving an impressive feat that deserves the spotlight. For the past four consecutive years – 2019, 2021 spring, 2021 fall, and 2022 – our Cross-Country team has clinched victory at the Mountain East Conference (MEC) Championships. This remarkable accomplishment deserves recognition.

The University of Charleston's Cross-Country team is a force to be reckoned with, consisting of both men's and women's teams. They are setting an example of excellence in both academics and athletics. The student-athletes on these teams balance rigorous academic schedules with demanding training regimens, showcasing their commitment to both their education and their sport.

In 2022, the team displayed their prowess by finishing 8th out of 34 teams in a highly competitive field. This remarkable achievement deserves a standing ovation, as it stands as the highest-ranked accomplishment by any team at UC in the entire season.



This season, the team has begun strongly. Following their impressive performances at the Charleston Invitational, we are proud to announce that Jeanne Corroy and Aidan O'Leary have been chosen as this week's MEC Runners of the Week. Corroy secured the top spot with an exceptional time of 14:23.5 in the 4k race, marking the second-fastest time ever recorded in our school's history. Meanwhile, O'Leary demonstrated his prowess in the Men's 6k, finishing in second place with a remarkable time of 18:52.0.

As we enter this season, let's actively celebrate and support our Cross-Country team. Attend their races, track their progress, and show them that the entire University of Charleston community stands with them. These student-athletes warrant our backing, admiration, and applause. In conclusion, the University of Charleston's Cross-Country team has achieved something truly remarkable, winning the MEC Championships for four consecutive years and achieving the highest ranking of any team in the university's history. It's time for us, as a university community, to give them the recognition they rightfully deserve. Let's celebrate their successes, cheer them on, and show our appreciation for their dedication and hard work. Together, we can ensure that this incredible team receives the acknowledgment they have earned.