

## Explore the



## CHARMS OF West Virginia

*By: Rebecca Mago*

As the crisp autumn breeze descends upon WV, nature dons its vibrant hues, turning the state into a picturesque canvas of reds, oranges, and yellows. Fall is a magical time in West Virginia where the landscapes come alive with the colors of changing leaves, and the air is filled with the promise of exciting adventures.

### *Fall Activities at Capitol Market and Beyond*

One of the best places to experience the essence of fall in WV is the Capitol Market, a hub of local culture, cuisine, and community spirit. Nestled in the heart of Charleston, the Capitol Market is more than just a market; it's a celebration of West Virginia's rich heritage and a gathering place for locals and visitors alike. As the leaves start to fall, the Capitol Market transforms into a bustling haven of fall activities, offering a plethora of experiences for everyone seeking an authentic taste of West Virginia's fall charm.



One of the highlights of visiting Capitol Market in the fall is indulging in the bounty of the season. Local farmers and artisans showcase their harvest, offering a cornucopia of apples, pumpkins, and other fall produce. The aroma of freshly baked pies and cider fills the air, inviting visitors to savor the essence of autumn. While exploring the market's stalls, you'll find a delightful array of homemade jams, artisanal cheeses, and handcrafted chocolates – perfect for creating your fall-themed feast or a thoughtful gift for someone special.

Capitol Market doesn't just stop at providing delicious treats – it's also a hub for fall festivities. Families can enjoy the annual pumpkin carving contests, hayrides, and live music performances. The jovial atmosphere, coupled with the colorful backdrop of falling leaves, creates an enchanting ambiance that encapsulates the spirit of the season. Children's laughter mingles with the cheerful tunes of local musicians, making every visit to Capitol Market a memorable experience.

Beyond the confines of Capitol Market, WV beckons with a plethora of outdoor activities that come to life in the fall. The state's scenic beauty reaches its peak during this season, making it an ideal time for hiking and exploring the numerous trails that wind through the Appalachian Mountains. Whether you're an experienced hiker or a beginner looking for a leisurely stroll, WV's trails offer breathtaking vistas, adorned with the colors of fall foliage.

WV's fall activities extend beyond nature and outdoor adventures. The state boasts a rich cultural heritage, which comes alive through its museums, art galleries, and historical sites. A favored art gallery would be West Virginia's premier artisan market, Tamarack Marketplace, which is located on One Tamarack Place, Beckley, WV, 25801, is more than a shopping destination. The cultural hub of southern West Virginia features all things to shop local, eat local and art local. Visitors can delve into the region's coal mining history, explore local art galleries showcasing regional talent, or attend live performances at theaters and music venues. The fall season often brings a myriad of cultural events, including film festivals, craft fairs, and storytelling sessions, providing ample opportunities to immerse oneself in the artistic soul of WV.



While engaging in fall activities, film festivals offer a wonderful opportunity to stay connected. For example, the West Virginia International Film Festival promotes a passion for cinema through a variety of inclusive films. You can attend the festival at the following address: 2165, Charleston, West Virginia 25328 – the screenings are Fridays and Saturdays at 7:30pm and cost students only \$5. Amidst the plethora of fall activities, it's essential to capture the moments that make this season special. WV's scenic beauty provides the perfect backdrop for photography enthusiasts, offering endless opportunities to capture the kaleidoscope of colors that adorn the landscape. Whether you're an amateur photographer or a seasoned pro, the fall foliage, coupled with the charm of Capitol Market, presents a captivating subject to immortalize in your photographs.



In the heart of West Virginia, fall emerges as a vibrant celebration of nature, community, and the state's distinctive heritage. As the leaves paint the landscape with brilliant hues and the air carries a crisp chill, there's an undeniable sense of magic in the atmosphere. Locals and travelers alike come together to revel in the festivities, whether it's apple picking in quaint orchards, navigating corn mazes with friends and family, or savoring warm cider by a crackling bonfire.



*The fall season in West Virginia is a time to embrace the outdoors, from scenic hikes through trails ablaze with autumnal colors to leisurely bike rides along picturesque routes. It's a season of harvest festivals where you can delight in fresh produce, homemade jams, and local crafts from the heart of the state. Communities gather for pumpkin carving contests, hayrides, and storytelling sessions, creating bonds that echo the warmth of the season itself.*



Amidst this natural spectacle, the spirit of fall in West Virginia isn't merely a sight to behold but a feeling to be experienced. Whether you're relishing the simple pleasure of crunching leaves beneath your boots or finding inspiration in the artistic tapestry of fall foliage, there's an enchantment in every moment. So, as the days grow shorter and the nights longer, let West Virginia's fall activities weave their spell around you, reminding you of the beauty that can be found in embracing the changing seasons.



# CHARLESTON FOOTBALL DOMINATING THE MEC

By: Jasmine James

“Chucktown tough and nasty” is not just a saying. The University of Charleston football team has been dominating this season with a six-game win streak. This is UC’s greatest season in 14 years with Coach Quinn Sanders at the helm. The team has been consistently playing with good technique, effort, discipline, and finesse. The Golden Eagles have been displaying great teamwork and brotherhood. This component has put together big wins and great stats.



The 2023 conference play kicked off with a bang as the UCWV Golden Eagles made a statement in their very first game facing off against Concord University and dominating with a 54-12 win.

The Golden Eagles' offensive line, led by quarterback Javonte Howard, has been a force to be reckoned with. Howard possesses 1718 passing yards and 20 passing touchdowns. He connected with his wide receiver, Tae Marrero, with 526 receiving yards and a total of 9 touchdowns. Chavon Wright, ranked #5 in Division 2 rushing yards, has been dominating the run game with 1128 total yards (rushing and passing) and 13 rushing touchdowns. Against Notre Dame College, Chavon Wright had his game high of the season with 276 rushing yards and 3 touchdowns. The offensive line blocked tremendously, which is why Wright's run game has been so successful.



It's not just the offense that has been turning heads. The UCWV defense has been ferocious by stopping opponents to about 30 points each game with an average of 17 points for opponents. This number has almost been cut in half compared to the 2022 season. They also have been shutting down all opponents running game from the defensive line. Aden Miller has a total of 52 total tackles as well as Ra'Shaad Morris with 42 total tackles, Cashawn Beasley with 32 total tackles and 5 pass break ups, and Willie Floyd with 44 total tackles.

As the season progresses, Chucktown football remains number 1 in the MEC with high hopes for the postseason. With the 2023 season shaping up to be one of the most thrilling and successful in the history of the University of Charleston, WV football program, the Golden Eagles continue to captivate the hearts of their fans and leave their mark on the college football landscape.



# Starbucks Seasonal Delights: Sip into the Season!

By: Tessla Aguilar Guerrero

As the seasons change, Starbucks unveils a tantalizing lineup of seasonal drinks that are sure to warm your heart and tickle your taste buds. Whether you're a pumpkin spice enthusiast or craving a cozy winter treat, Starbucks has something special for every season. Here's a sneak peek at their delightful seasonal offerings:

**Fall Frenzy:** Embrace the autumn vibes with the beloved Pumpkin Spice Latte (PSL). Made with espresso, steamed milk, pumpkin pie spices, and topped with whipped cream, it's the quintessential fall sip.



**Springtime Refresh:** As spring blooms, try the Iced Honey Lavender Latte. It's a delightful blend of espresso, milk, honey, and a hint of lavender syrup over ice, offering a floral and refreshing twist.



**Year-Round Classics:** Don't forget Starbucks' year-round classics like the Iced White Mocha, Caramel Macchiato, Café Mocha, and Vanilla Latte, perfect for any season.



**Winter Wonderland:** When snowflakes start to fall, don't miss out on the Peppermint Mocha. This creamy concoction blends espresso, rich mocha sauce, and peppermint syrup, crowned with whipped cream and chocolate curls.



**Summer Vibes:** When the sun shines brightly, the S'mores Frappuccino is a must-try. This icy indulgence combines coffee, marshmallow-infused whipped cream, chocolate, and graham cracker crumbles.



Whether you're craving the cozy comforts of fall, the festive flavors of winter, the blooming delights of spring, or the cool refreshment of summer, Starbucks has a seasonal drink to match your mood. Head to your nearest Starbucks and savor the season one sip at a time!



# AUTUMN APPALACHIAN BEAUTY

By: Evan Ulrich

West Virginia offers many stunning locations for fall photography, with its rolling hills, vibrant foliage, and scenic landscapes. Here are some of the best places for capturing the beauty of autumn in the Mountain State:



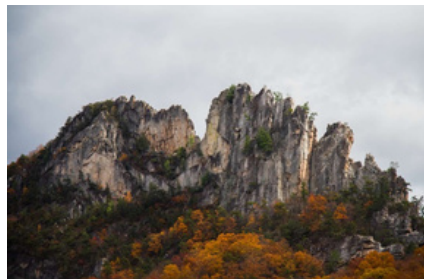
**Dolly Sods Wilderness Area** in Grant, Randolph, and Tucker Counties, WV is a high-altitude plateau in the Monongahela National Forest known for its striking red and orange foliage. The unique combination of open meadows, spruce forests, and rocky terrain provides a diverse range of photo opportunities.



**Blackwater Falls State Park** in Davis, WV is famous for its namesake waterfall, which is surrounded by a forest full of vibrant fall colors. The canyon, the river, and the trails offer numerous photo opportunities.



**Cranberry Glades Botanical Area** in Hillsboro, WV is an area unique for its sphagnum bogs and open meadows. The crimson and gold foliage, coupled with the wetlands, make for beautiful photo subjects.



**Seneca Rocks** in Pendleton County, WV is an iconic West Virginia landmark that offers breathtaking views of the fall foliage against the backdrop of the impressive rock formation. Hiking the nearby trails provides many opportunities to capture the colors.

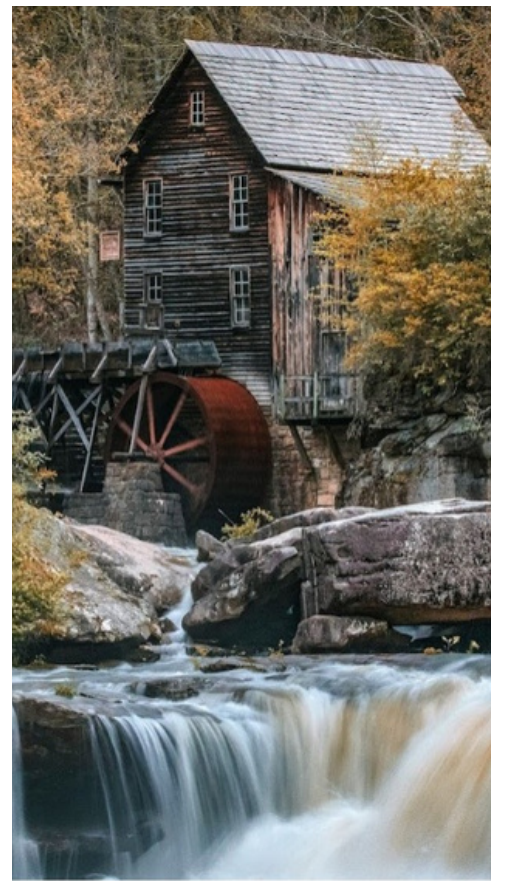


**The New River Gorge** is beautiful any time of year, but it is especially picturesque in the fall. The river winding through the vibrant valley with the bridge above it is a classic shot. The beauty extends to nearby trails, viewpoints, and the historic town of Fayetteville.



**Canaan Valley**, also located in Davis, is known for its vivid fall colors and is a beautiful place for capturing autumn beauty. Scenic drives, hiking trails, and the surrounding Canaan Valley National Wildlife Refuge offer plenty of opportunities for photos.

**Greenbrier State Forest** in Caldwell, WV has very dense hardwood forests, which offer many trails for capturing fall foliage. The Greenbrier River and nearby resorts like The Greenbrier provide additional photo opportunities.







**Babcock State Park** in Clifftop, WV is famous for its Glade Creek Grist Mill, which is particularly photogenic against the backdrop of fall foliage. The park also offers excellent hiking trails and views of the New River Gorge.



**Monongahela National Forest** in Durbin, WV is expansive and encompasses many of the locations mentioned above making it an excellent base for exploring and capturing the diverse landscapes of West Virginia in the fall.

**Harpers Ferry** is a historic town at the confluence of the Shenandoah and Potomac Rivers and offers a unique blend of natural and historical beauty. The fall colors, combined with the preserved buildings and ruins, provide an intriguing backdrop for photography.



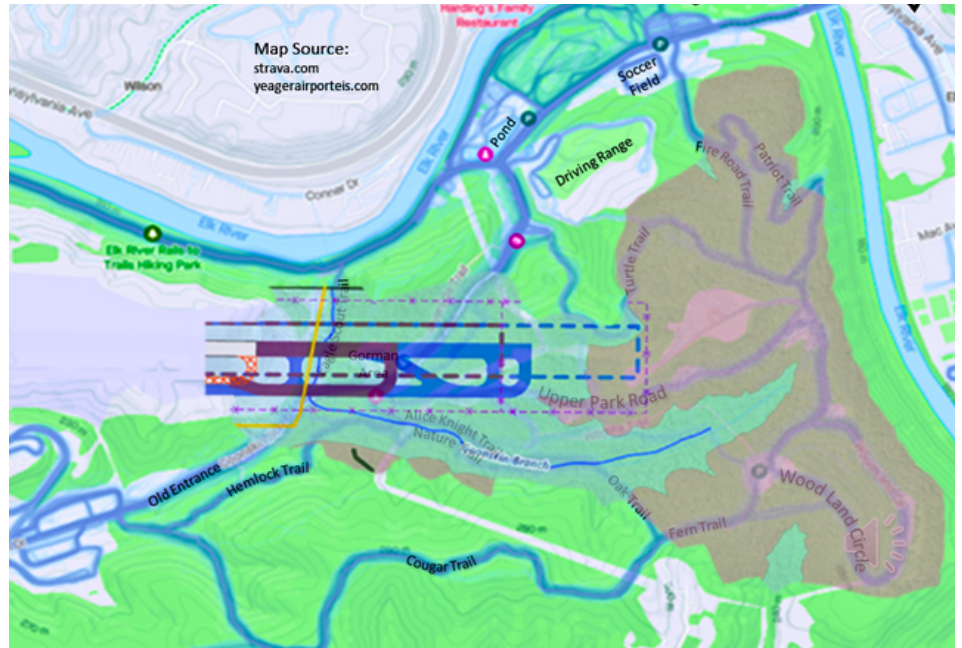
When visiting these locations, it is important to time your trip to coincide with peak fall foliage, which typically occurs in late September through mid-October, but the exact timing can vary from year to year. Be prepared for changing weather conditions, and make sure to respect the natural environment and any park regulations when capturing the stunning fall scenes in West Virginia.



# Save Coonskin Park

By: Caden Chapman

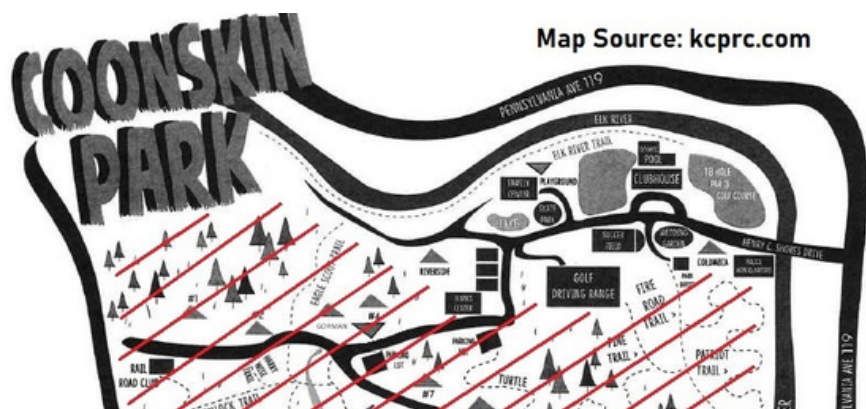
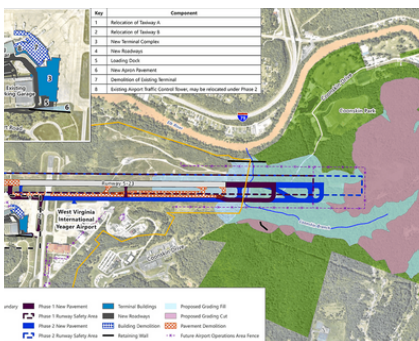
Approximately nine miles away from the campus of the University of Charleston sits Coonskin Park. This park is equipped with hiking trails, a golf course, a fishing pond, biking trails, a soccer stadium, and even a venue for weddings. The park was built in 1950, and it is safe to say that many memories have been made here. Although this park is beloved by the Charleston community, it is currently being threatened by the West Virginia International Yeager Airport.



However, Coonskin Park has the support of many people, including the organization behind the attempts to save the park known as 'Friends of Coonskin.' Currently, they have a petition signed by over 11,000 people. This overwhelming support has been important in the fight to protect the park against the proposal.

There are many remarkable things to experience at Coonskin Park. However, a larger and safer airport runway would certainly benefit Charleston and put many WV travelers at ease.

For more information about the proposed changes to Coonskin Park, you can find it here: <https://www.savecoonskinpark.com/questions-and-answers>





# WINTER SPORTS SCHEDULE

By: Jasmine James

Basketball in the Wehrle Innovation Center is always an invigorating environment and a great way to end our fall semester. Below are the schedules for both men’s and women’s basketball for the rest of the semester. Pack the Wehrle Innovation Center for the double headers highlighted below! Let's all come out and show support!

Men’s Basketball

Nov. 10	7:00 p.m.	Salem University	Home	Charleston, WV
Nov. 11	4:00 p.m.	Gannon University	Home	Charleston, WV
Nov. 18	4:00 p.m.	Concord University	Away	Athens, WV
Nov. 21	7:30 p.m.	Glenville State University	Home	Charleston, WV
Nov. 29	7:30 p.m.	Frostburg State University	Away	Frostburg, MD
Dec. 2	4:00 p.m.	Fairmont State University	Home	Charleston, WV
Dec. 6	7:30 p.m.	West Liberty University	Home	Charleston, WV
Dec. 9	4:00 p.m.	Wheeling University	Away	Wheeling, WV



Women’s Basketball

Nov. 11	5:00 p.m.	Kutztown University	Neutral	California, PA
Nov. 12	2:00 p.m.	California University of Pennsylvania	Away	California, PA
Nov. 15	5:30 p.m.	Gannon University	Away	Erie, PA
Nov. 18	2:00 p.m.	Concord University	Away	Athens, WV
Nov. 21	5:30 p.m.	Glenville State University	Home	Charleston, WV
Nov. 27	5:30 p.m.	Emory & Henry University	Home	Charleston, WV
Nov. 29	5:30 p.m.	Frostburg State University	Away	Frostburg, MD
Dec. 2	2:00 p.m.	Fairmont State University	Home	Charleston, WV
Dec. 6	5:30 p.m.	West Liberty University	Home	Charleston, WV
Dec. 9	2:00 p.m.	Wheeling University	Away	Wheeling, WV





# Embracing the Magic of Christmas in Charleston

*West Virginia: Coonskin Holiday Lights and St. Albans Festival of Lights*



BY: REBECCA MAGO

As the festive spirit fills the air, Charleston, WV, comes alive with the twinkle of Christmas lights, the warmth of community, and the joy of celebration. Nestled amid the scenic beauty of the Appalachian Mountains, Charleston and its neighboring city, St. Albans, offer enchanting holiday experiences that make this season truly magical. Let's dive into the heart of these celebrations and discover the wonders that await locals and visitors alike.

## Coonskin Park Holiday Lights: A Winter Wonderland Unveiled

Coonskin Park, a beloved oasis in Charleston, transforms into a winter wonderland during the holiday season. The Coonskin Holiday Lights display, a cherished tradition, dazzles visitors of all ages. As dusk descends, the park illuminates with a breathtaking array of sparkling lights, casting a radiant glow over the landscape. Families and friends gather to stroll through this enchanted forest of lights, marveling at the creative displays that depict everything from classic holiday scenes to whimsical characters.

The highlight of the Coonskin Holiday Lights is not just the visual spectacle but also the palpable sense of community. Laughter mingles with the gentle melodies of holiday music, and the air is infused with the sweet scent of hot cocoa and freshly baked treats. Children's eyes light up with wonder as they spot Santa Claus and his reindeer amidst the shimmering lights. It's a perfect opportunity for families to create cherished memories and for visitors to experience the heartwarming hospitality of WV. Enjoying this fantastic opportunity comes at no expense, but it's advisable to carry some cash for gratuity purposes. The location you need to head to is 2000 Coonskin Drive in Charleston.



## St. Albans Festival of Lights: A Luminous Extravaganza

Just a short drive away from Charleston, the city of St. Albans hosts its own enchanting spectacle—the St. Albans Festival of Lights. This extravaganza illuminates the city with a spectacular light display that captures the essence of the holiday season. As you meander through the streets adorned with millions of twinkling lights, you'll find yourself transported into a world of pure magic.

One of the unique features of the St. Albans Festival of Lights is its sense of community involvement. Local businesses, schools, and organizations come together to create dazzling light exhibits, each telling a story of holiday cheer and creativity. From animated scenes to intricate light sculptures, every corner of St. Albans is adorned with the imaginative craftsmanship of its residents. Driving through the St. Albans Festival of Lights is free of charge. However, they welcome donations in the form of either money or canned goods. The place to go is: 931 Observatory Drive in St. Albans.



These communities embrace the true meaning of Christmas by organizing various charitable events, food drives, and toy collections for those in need. The holiday season becomes an opportunity to spread kindness, compassion, and joy, reflecting the heartwarming generosity of West Virginians.

As you visit the Coonskin Holiday Lights in Charleston and the Festival of Lights in St. Albans, you're not merely witnessing a visual spectacle; you're becoming a part of a cherished tradition and an embodiment of the holiday spirit. Whether you're marveling at the creativity of the light displays, sipping hot cocoa with your loved ones, or contributing to the community through acts of kindness, the magic of Christmas in WV is an experience that will warm your heart and create memories to last a lifetime.

Come and immerse yourself in the enchantment of Coonskin Holiday Lights and the St. Albans Festival of Lights. Let the luminous displays and the spirit of giving remind you of the true magic of Christmas—a season of joy, love, and unity, celebrated in the heart of WV.



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## SLACK PLAZA

*By: Caden Chapman*

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In the center of downtown Charleston, WV sits an outdoor venue where you can escape the natural landscape of a city. The City Center at Slack Plaza open in 2022 and has been remarkably successful in bringing together the community. It is equipped with swings, many chairs, tables and even a stage that sits directly in the front of the venue. It is a comfortable place to spend an evening. The location is also convenient; Slack Plaza is on Summers Street, which makes it a short walk away from many restaurants, shops, and even the Charleston Town Center.

All these things make the City Center at Slack Plaza amazing, but the best part is the events that take place there. These events typically run from the summer into early fall. They organize open mic nights, brunch & jam which includes local food vendors and live music, theater productions occur occasionally in the park, and bands will often play such as a Grateful Dead tribute band known as City Center Dead.

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.

Overall, it is a place where people can connect with each other and have fun. Keep an eye out this upcoming summer for events taking place at 182 Summer Street.



# The KRT

## Free Public Transportation for the University of Charleston Students

By: Rachel Osborne

Did you know that the University of Charleston (UC) holds a partnership with the Kanawha Valley Regional Transportation Authority (KRT)?

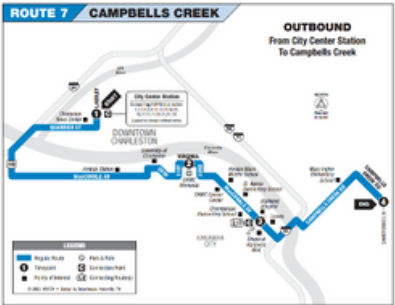
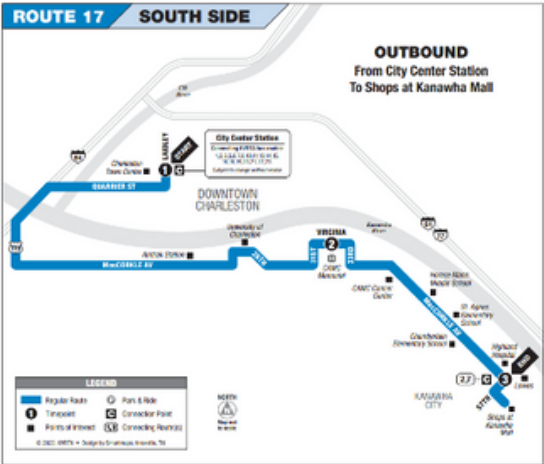
Traveling Outbound? Head to the East apartments bus stop for these scheduled times:

It can be hard to navigate around the city of Charleston without having your own form of transportation. With the KRT, you can explore Charleston for free with a simple swipe of your student ID card when boarding the bus.

There are two bus stops on campus along Cherokee Avenue. One is outside of Rigglesman Hall near the Pharmacy building. The other is a little more difficult to find as it is unmarked, but the KRT will stop outside the opposite end of East Apartments.

There are many places in Charleston that you are now able to travel to explore the city. The KRT has two routes that pass-through campus: Route 7, and Route 17. The following images show the location, stops, and scheduled times for these routes. The main bus station where all buses depart from is found downtown on Laidley Street. There you will be able to hop on a bus and travel any route you please. Further information can be found on the Kanawha Valley Regional Transportation Authority website at <https://rideonkrt.com/>

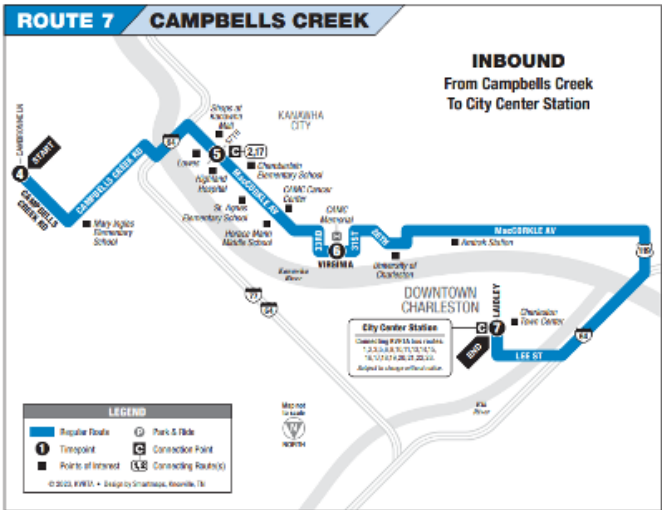
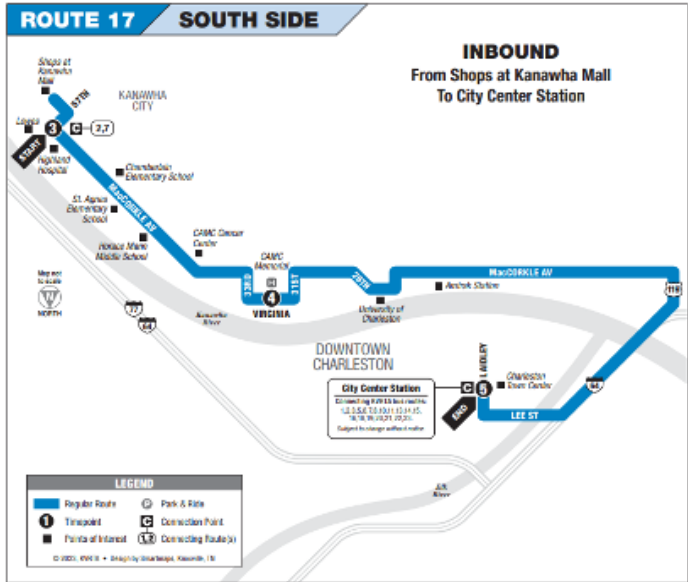
Scheduled Time	Bus Number	Route Name
6:55 am	7	Campbell's Creek
7:25 am	17	Southside
8:25 am	17	Southside
8:55 am	7	Campbell's Creek
9:25 am	17	Southside
10:25 am	17	Southside
11:25 am	17	Southside
12:25 am	7	Campbell's Creek
12:55 pm	17	Southside
1:55 pm	17	Southside
2:55 pm	7 or 17	Campbell's Creek 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





TTTraveling Inbound? Head to the Riggleman bench bus stop at these times:

Scheduled Time	Bus Number	Route Name
8:00 am	17	Southside
8:30 am	7	Campbell's Creek
9:00 am	17	Southside
10:00 am	17	Southside
10:30 am	7	Campbell's Creek
12:30 pm	17	Southside
1:30 pm	17	Southside
2:00 pm	7	Campbell's Creek
2:30 pm	17	Southside
3:30 pm	17	Southside
4:30 pm	17	Southside
5:00 pm	7	Campbell's Creek
5:30 pm	17	Southside
6:30 pm	17	Southside
7:00 pm	7	Campbell's Creek
8:00 pm	17	Southside
9:00 pm	17	Southside
10:00 pm	17	Southside



# Eagles Read: Where Reading Comes to Life!



By: *Timber Huysmans*

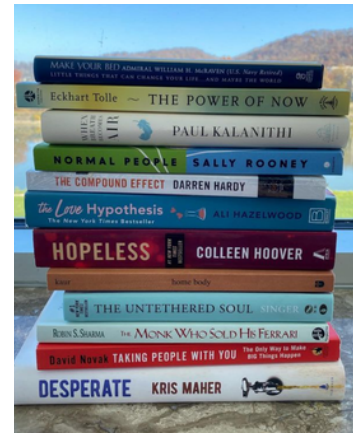
In a world full of screens, the Eagles Read Book Club is the place for students who love to read. It was started by Lialuisa Markert because she loves reading, and she believes it can help people connect with each other at UC.

"I think it's important to keep students reading, and I want to give people the opportunity to read and share their thoughts together, since I like reading myself, and I think it would help people make more connections in the school," said Markert.



One of the club's unique features is its democratic book selection process. Lia sends out a list where everyone can suggest their favorite books. The group then votes on their top choices, and Lia selects a few books from the suggestions for the final voting process. This ensures that everyone has a say in what they'll be reading next.

Currently, the group consists of 18 avid readers who meet regularly to discuss their thoughts on the selected book. Their reading choices have included a diverse range of books, such as "The Tattooist of Auschwitz," "Red, White, and Royal Blue," and "Pride and Prejudice."



The club's activities have already left a lasting imprint on the school. From painting your own tote bags to selecting a book every month and discussing it during meetings, the Eagle Read Book Club has created an environment that goes beyond the written word. Lia facilitates these discussions by providing questions that engage all members and enhancing the reading experience. A Jane Austen movie night transported members into the world of classic literature and cinema. Additionally, they invited author Corey Doctorine to talk about his book, offering an extraordinary opportunity for book lovers to interact with a published writer.

**If you're intrigued and want to be a part of this remarkable literary journey, don't hesitate to reach out. You can message the club on Instagram ([ucwv\\_library](#)), or simply inquire at the library. The Eagle Read Book Club is ready to welcome new members with open arms.**

"Everybody is welcome. I'm happy for everybody that joins. I just want people to give reading a chance," said Markert.



ucwv\_library [Volgen](#) [Chatbericht sturen](#) [...](#)

18 berichten 71 volgers 63 volgend

Schoenbaum Library

This is the official social media account of the Schoenbaum Library. 🌈 📚 📖

📍 University of Charleston, WV

📖 Book Club "Eagles read"

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# Why Is Traveling Important?

*Here are 6 reasons why you should start planning your next trip now:*

BY: BROOKE DEVOLLD



## Health and mind

Traveling has a lot of health benefits and can improve your overall well-being. Getting to travel can help decrease anxiety significantly and studies have shown a correlation between people who travel a lot and a decreased risk of heart disease.



Taking a trip can spark a new interest for you and will be beneficial to you in some way. For example, when traveling through a European country or hiking in the mountains, you will be getting a lot of exercise that may make you more interested in those activities in your day-to-day life.

A new interest can also boost your dopamine levels, which contributes to how we thrive as humans. Learning that you have a passion for baking, painting, or swimming, could add a healthy new habit in your life that brings you joy.

## Travel is education

Getting to see various parts of the world gives you knowledge that no school could ever replicate. You would be surprised what you would learn just by taking a trip.

It will teach you about history, geology, language and more. Getting to eat at restaurants may educate you in the cuisine of the culture or getting to see landmarks like a temple or palace will teach you the history.

Travel isn't always pretty, but it is guaranteed to change you. It might be uncomfortable because it is new and different, but the marks it makes on your memory and life will teach you that you can do hard things.

Miriam Dreher, a student at the University of Charleston, gave perspective on her traveling experiences and why she thinks traveling is important.

"I have been to a lot of different cities and countries in Europe, and I learned that places can even be different within a country. It's those small differences that showed me a lot of the local culture," said Dreher.

She said that aside from the cultural experience, traveling is about having fun, doing new things, and spending quality time with people.

"I would rather save money to go on a trip than spend it on something materialistic, because the memories I get from traveling can never be replaced," said Dreher.

## Perspective and creativity

Traveling can give you a new perspective and teach you a lot about the world. Being able to experience diverse cultures and outlooks is a great benefit and helps us embrace our lives and be more thankful for the things that we have.

Traveling will allow you to learn things about yourself and help you boost your creativity. Going to a museum or listening to music in an international country that you don't traditionally hear, can give you a chance to learn more about what you love outside of your fixed environment.





# *Soaring to New Heights: The Thrills of Bridge Day in West Virginia*

*By: Evan Ulrich*

Every year, with the crisp autumn air sweeping through the Appalachian Mountains in Fayetteville, WV, adventure enthusiasts from all over the world converge on the scenic New River Gorge Bridge. They come for an event unlike any other. A day that combines breathtaking natural beauty with adrenaline-pumping excitement: Bridge Day.

Bridge Day is a festival that celebrates the marvel of human engineering—the majestic New River Gorge Bridge. It stands tall and proud as the third-highest bridge in the United States. The event is held every year on the third Saturday in October and is one of the largest extreme sports events in the world. What sets Bridge Day apart from your typical autumn festivity is the unique opportunity for thrill-seekers to take a daring leap off this colossal steel structure.

For many, Bridge Day is all about the jump. Participants from everywhere gather to base jump or rappel from the New River Gorge Bridge, which towers 876 feet above the river. It is not for the faint of heart, and the rush of freefalling amidst the stunning Appalachian scenery is nothing short of exhilarating. As jumpers descend, their colorful parachutes unfurl like blossoms in the autumn wind.

The event attracts an eclectic mix of individuals. Anywhere from experienced daredevils to first-time jumpers who take a leap of faith with the guidance of professional jumpmasters. Watching the jumpers cascade from the bridge is a remarkable sight, a visual symphony of courage and human spirit.

While base jumping is undoubtedly the highlight of Bridge Day, the event offers so much more. The New River Gorge Bridge is closed to traffic for the day, transforming into a bustling pedestrian thoroughfare. Visitors can stroll along the bridge, taking in the breathtaking panoramic views of the gorge and the vibrant autumn foliage that surrounds it.

The festival grounds at the gorge's edge are alive with activity. Artisan vendors, live music, food stalls, and interactive exhibits offer many entertainment options. The crowd's energy is palpable as people of all ages come together to celebrate the beauty and thrill of the gorge.



Bridge Day in West Virginia is not merely a festival; it is an experience. It is a day when nature and adventure enthusiasts, thrill-seekers, and the curious come together to revel in the breathtaking New River Gorge and the feat of engineering that is the New River Gorge Bridge. The jumpers may take the leap off the bridge, but everyone in attendance experiences a thrilling rush of their own, whether it is from watching the jumps, exploring the gorge, or simply enjoying the sense of community that defines Bridge Day. It is a day to commemorate courage, creativity, and the pure joy of living life to the fullest in the Mountain State.



# Shining a Light on Seasonal Depression

By: Brooke Devolld

## What is seasonal depression, and how can students who are experiencing it help themselves?

Seasonal depression, or Seasonal Affective Disorder (SAD), is a type of depression that is impacted by the seasons and weather. Most who experience it say that as the temperature drops, so does their mood.

Other symptoms of SAD may be lack of energy, lack of interest in things, oversleeping, or difficulty concentrating. Seasonal depression is estimated to affect over 10 million people in the United States. Those with a pre-existing mental disorder, like bipolar disorder or depressive disorder, are much more likely to experience seasonal depression as well.

Even people who aren't diagnosed with SAD can feel the effects of winter. Many people will have a few symptoms of seasonal depression as it gets closer to winter. College students are a susceptible group, especially because it occurs in people who have other mental health issues.

Seasonal depression can be linked to a few different things biologically that make the condition so easy for anyone to experience. Reduced sunlight can cause a drop of serotonin in the brain that triggers depression. Also, as it gets colder outside, it gets harder to do activities outdoors that are good for your brain and body.

If you do not experience it, there's a good chance someone you know might. You may be able to identify SAD by a few different things: difficulty doing schoolwork, not going to class, increased substance use, or social withdrawal.

What can you do if you start to experience seasonal depression? Doctor Jason Newsome, a professor at the University of Charleston, has some advice for people who don't know where to start.

"Currently, researchers believe that the change in light exposure during the winter months causes chemical changes in the activity of serotonin, norepinephrine, and dopamine in the brain. These neurotransmitters are known to be generally involved in depressive disorders," said Newsome.

"Research suggests that medications that are used for other depressive disorders work moderately well for seasonal depression. Cognitive behavioral treatment has also been shown to be helpful in treating these depressive symptoms," said Newsome.

Doctor Newsome suggests one more thing for those who may be wondering about other treatments: full spectrum light.

"It is important to note that our LED and florescent lights do not include the full spectrum of light that we typically get from the sun. Full spectrum lightbulbs are fairly common and can be purchased from places like Lowes, Home Depot, and Amazon," said Newsome.

Similarly, light therapy boxes mimic sunlight and researchers believe it increases chemical levels in your brain that boost your mood and make you feel better.

## Seasonal Depression Home Remedies

Sit in front of an artificial lightbox 30-45 minutes a day

Spend more time outdoors in natural light

Take vitamin D supplements

Eat a balanced diet

Exercise regularly

Get proper sleep

Consider taking a vacation (if possible) to a warmer, sunnier climate



It is recommended to use light therapy treatments combined with therapy or medications. Most who have been diagnosed with SAD say that it helps them to get ahead on their treatments and start before symptoms worsen.

UC offers on-site individual counseling to assist students, as well as off campus therapy sessions that are free to all students.

Call 304-357-4862 or email [uc-counselor@ucwv.edu](mailto:uc-counselor@ucwv.edu)  
Director of counseling and outreach-  
[ranceberry@ucwv.edu](mailto:ranceberry@ucwv.edu)



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## ***SING HALLELUJAH FOR KEENAN HALL***     *By Nishelle Denson*

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Tucked away on the first floor of Rigglesman Hall is a corridor lined with unassuming doors. Many students and faculty utilize this hallway, passing a plaque next to one of those unassuming doors, which reads "David Ray Keenan Recital Hall." The music students and faculty at the University of Charleston know that this door leads to a dedicated rehearsal space. For years, professors have said that, "rehearsals will be in Keenan Hall," but who was David Ray Keenan?

David Ray Keenan was born on September 30, 1962. He fell in love with music at a young age and shared his passion through instruments and voice. He was honored to showcase his talent throughout high school, which led him to pursue a career in the performing arts. Keenan started his path to higher learning by attending Marshall University, where he studied music and participated in the University Bands. In his last two years of college, he dual-enrolled at UC as well, where he studied voice with an emphasis on opera. Keenan's love of opera extended to performing on stage; his last show at UC was "Amahl and the Night Visitors."

A photo from this show was used to create one of the two portraits that hang in Keenan Hall, the other being a portrait of Keenan in profile. The scene from "Amahl" was created from a rehearsal where Keenan was wearing street clothes; the artist traveled to see the costumes worn in the performance to complete the painting.

In 1986, during his senior year, Keenan lost his life in a car accident. The Keenan family dedicated the rehearsal space in his honor and memory in 1988.

When the hall was dedicated, they said, "The recital hall means the world to David's family. It is a symbol of his love and passion for music, as well as a symbol of our love and memory of him. This facility not only keeps his memory alive but also allows others who never knew him but share his passion to enjoy performing at the University that he loved. It is our hope that it will continue to be utilized by students of the performing arts for years to come."



In the 35 years since the hall's dedication, the University of Charleston's music program has undergone many changes, with the most recent being the reintroduction of the music minor on campus. Music is a language that connects people across generations, languages, and demographics. The next time you walk through Keenan Hall, hum a little tune or even sing out loud in honor of Keenan's dedication to music.