



## Marching On: UC Bands Performs One Year Under New Director

By: Elijah Newell



This past August marked the first year since Josie Fisher became the University of Charleston Band Director and Dance Team Supervisor. Under Fisher's direction, the UC Bands program has provided music at football, basketball, and volleyball games, played in the background at several holiday events, and held many of their own concerts at the university. In a recent interview, Fisher talked about her time as the band director, and what she enjoys most about the job.

"I like that I get to see the growth of my students over more than just one year," Fisher said. "I get to have more of you guys and develop a bond with you and see you grow as musicians."

Fisher, a resident of Huntington, WV, got her undergraduate degree in music education from Marshall University, and then earned a master's degree in music performance with a focus on trumpet. She taught courses at Marshall, worked as a substitute teacher in Cabell county, played with several local jazz groups, and offered private trumpet lessons until she was hired for the band director position at UC in August 2023.

Fisher talked about the different rehearsals and performances the band does every year. The band meets every Monday, Tuesday, Wednesday, and Friday to rehearse from 2-3:30pm, and during those rehearsals they alternate practice between marching band works and concert band pieces. She said that the band typically plays for all home football and basketball games, as well as at least one concert band event during the year. Fisher also mentioned that the band is sometimes recruited to provide music for other events at UC as well, such as

the Christmas Market event put on by International Students and Worldfest. She said that the performance the band gave for the Christmas Market last year was one of her favorite memories in band so far.

"So that was kinda fun for us, not necessarily as a big performance opportunity, but I think just to play together, make music together, and it was something we were doing on the spot," Fisher said.

Fisher also talked about problems that UC Bands has consistently had to deal with over the past year. She said the biggest problem is simply getting people to sign up to join in the first place; relatively few students at UC are not already involved in another sport or extracurricular activity, and the few students who are open are often intimidated by the time commitment required to participate in band. Fisher said that she feels part of the issue could be that new students take the advice to avoid overloading yourself in your first year too far.

"Especially for like new students, everyone tells them 'Oh, don't overload yourself in the beginning' which like I agree to an extent, but your courses only get harder the more you progress I would say, and more intensive, and so I feel like if you're going to add it in and see if you can handle it, you should try it out in the beginning. That's just something I wish more people would do," Fisher said.

Fisher revealed some of the upcoming noteworthy band performances she plans on holding later in the year. The band will be playing in all home football games this year. Some special game performances will include the October 25th game, which will feature some Halloween themed music by the band during their performance. The band will perform during the opener men's and woman's UC Basketball games on the first week of November, and also play during the Senior Night game on November 16th. The UC Band and UC Choir concert will be held on the following day, November 17th at 3pm.

Fisher said that anyone interested in joining the UC Band should contact her, either through email at [josiefisher1@ucwv.edu](mailto:josiefisher1@ucwv.edu), Instagram on @ucbands, and also directly on the UC website, at <https://www.ucwv.edu/uc-life/band/>. Fisher said that anyone interested in joining shouldn't be afraid to sign up.

"If you've enjoyed music in the past, performing it, and still have that love, then you're welcome to come join us at any time. We'd love to have you and fit you in whatever capacity you can... if you want to learn something new, we're willing to teach you and work with you and try to figure it out," Fisher said.

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# 4 Discounts Every College Student Needs

By: Kenzie Shaffer

Whether you are shopping for your dorm, clothes, or upgrading your computer, finding a way to save money while enjoying your student life experience can make a difference. Discounts can cover a wide range of categories and help you save money using your student ID or .edu email address. Whether you need essential daily use discounts or looking to treat yourself to something nice, try these discounts.

## Amazon Prime

Students turn to Amazon for their basic needs often, and

this is why you should sign up for Amazon Prime. Students get the first 6-months free, or you can choose a monthly subscription for \$7.49 by entering your email and the year you graduate to receive access to Prime Video library, fast shipping, and free same-day delivery in select areas.

## Apple

Apple offers a discount on multiple devices. From 10% off on computers and iPads to 20% on AppleCare+, this is technology students use daily. By providing student verification and entering your student email, you can enjoy Apple Music at a discounted price of \$5.99 a month and free access to your favorite shows on Apple TV.

## Nike

Looking for a new outfit to wear around campus? Nike

offers students 10% off your order for regular priced items on clothes and shoes if you create a Nike account with your student email.

## Walmart

At Walmart, you can find anything from clothes, dorm supplies, groceries, and technology. By signing up for Walmart+ for \$6.47 a month, you can receive same-day delivery, free shipping, and a Paramount+ subscription to enjoy all your favorite shows and movies. You can enter your student ID on the Walmart app.

Be sure to keep your student ID or email handy and make the most of these opportunities to make your college journey easier and enjoyable with these discounts.

# Hidden Gems in Charleston

By: Indiyah Spetnagel

Charleston contains a wide range of exciting activities from rock climbing adventures to charming antique shops. If you're searching for something fun to do, this article uncovers some of the hidden gems Charleston has to offer.

## 1. The Antique Mall

This antique store is tucked away in the south end of Charleston where most people don't even realize its there! With three floors of endless finds, it's easy to spend hours perusing everything. From trinkets to vintage sports-wear to furniture, this store has something for everyone.



## 2. Stray Dog Antiques

This is another incredible antique store located in the heart of Chucktown! Though it's in the middle of our historic downtown, it's often overlooked. This store also has three floors of unique vintage finds and and very friendly staff. Full of vintage apparel, furniture, and jewelry, you'll find exactly what you're looking for at Stray Dog Antiques!

## 3. Capitol Market

This wonderful find in Charleston has both indoor and outdoor markets full of plants, fresh fruit and veggies. The market also contains Mea Cuppa, an adorable coffee bar and Soho's, a delicious Italian restaurant. You can also find a wide variety of meats at Johnnie's Fresh Meat Market, decadent chocolate from Holl's Swiss Chocolates, and heavenly ice cream from Ellen's, a local ice cream shop. Needless to say, Capitol Market has it all for a perfect day out.

## 4. Energy Rock Gym

Located deep in Kanawha County, you'll have an amazing time at our local rock-climbing gym! With well-padded floors, the gym is perfect for both beginners and advanced rock climbers. Have an adventurous day with friends or take a class to become more advanced!

## 5. Escape Rooms

Looking for an escape from school responsibilities? Charleston has multiple escape rooms to choose from. Located right downtown, Outta Time eXcape Rooms will give you a thrilling experience. From finding Edgar Allen Poe's lost manuscript to going back to the 80's with a Christmas Eve adventure, what an exciting way to spend your weekend!

Locked and Coded is another great escape room to choose from. With many options like breaking out of jail, escaping the wicked witch's cavern, or finding the missing people on your crew in an investigation, Locked and Coded will have something for everyone to enjoy!



# UC Welcomes New Head Coaches

By: Kaleigh Serra

This past year, the University of Charleston hired many new head coaches across different sports programs, including softball and baseball. Dr. Bren Stevens, UC athletic director, has made excellent decisions about her hires to run the UC sport programs. She has chosen new head coaches with outstanding character and past experiences to lead and impact each program with individual success.

The new UC Softball Head Coach, Taylor Welch said, “I feel like in my softball journey, coaches I have had make a big impact in my life and has inspired me to be a coach. Besides being a part of athletics, I want to be an influence in not only softball, but for the next part of my players’ life beyond UC.”

Welch also said that she is “excited to be here” and eager to be working with the soft-

ball team. This is her first head coaching job, but she has worked as an assistant at Gannon University in the PSAC conference, which is in the same regional as the MEC conference.

Welch was also a graduate assistant at Pennsylvania Western University, Edinboro, where she completed her master’s in social work. Welch is expected to help the UC Softball team to have a winning season and to go far into the post season. Finally, a message to bring to the UC student body: “UC students have shown great support to softball; hopefully that support continues at our field.”

Dean Peterson, UC Baseball Head Coach said, “My hope is that our players and coaches make the UC community a better place. I hope that we encourage and inspire. I use the word love, I think that love is valuable, and we all need it in some way, shape, or form; we all need encouragement. So, I hope that our players and coaches add value in a deep and meaningful way to people.”

Prior to being the head

baseball coach at UC, Peterson was an assistant coach and pitching coordinator at Frostburg State University. Before that, he was a pitching coordinator at Allegheny College. Peterson was also drafted by the Boston Red Sox and played five seasons with them.

Besides his successful baseball career, he was a pastor, then chaplain, for a minor league affiliate of the Washington Nationals. Peterson also was a part of the Secret Service for the US President, Vice President, and other white house staff. Peterson took on being the head baseball coach at UC last year for their 2024 season. The Golden Eagles were 44-10 overall and 26-4 in conference. Peterson has already brought success to UC and is expected to keep it like that.

All in all, Coach Taylor Welch and Coach Dean Peterson have and will continue to make a positive impact at UC along with the other recent head coach hires. As a student body at UC, we need to come together and support these new coaches and cheer them on from the stands!



# UC’s New Fitness Court

By: Jaiden Harris

While walking through campus, you may have noticed the big outdoor gym structure behind the fitness center. This is the University of Charleston’s newest addition to campus, unveiled back in late May of 2024.

UC has partnered with the National Fitness Campaign to provide a place where you can get active and receive a nice full body workout. This is an effort to increase movement within the UC community, especially for those who are not a part of a sports team on campus.

The courts consist of a seven-workout circuit separated by the following movements: Core, Squat, Push, Pull, Lunge, Agility, and Bend. The circuit is designed to be completed within 7 minutes; however, it can be done at the pace of the individual.

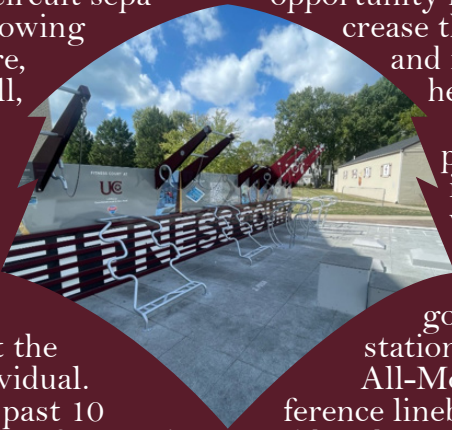
Over the past 10 years, the number of states in the US that reported an obesity rate of over 35% of the population has dramatically increased. The NFC has been raising funds and awareness to help decrease the obesity percentage around the country. By building fitness

courts, the NFC is providing an opportunity for everyone to increase their activity levels and improve their daily health for free.

The fitness court provides clear instructions and video tutorials for every workout, making it easy to go from station to station.

All-Mountain East Conference linebacker, Aden Miller said, “The court is a great way for me to get a quick and effective full body workout the day after a game.”

From pull ups to step ups, the fitness court has what you need to stay active and get a quality workout daily.



# UC's Spirit of Service Still Strong

By: Alex Cochran

This Labor Day, students and staff woke up early for the annual community service event, Labor of Love. What makes this event so special? With a campus full of volunteers, it didn't take long to find answers.

Two people shared their perspective: one a student, Kelton Boblits, and another a member of staff, Jason Cheeks.

Kelton Boblits's group partnered with the Religious Coalition for Community Renewal to provide relief to homeowners in need of assistance. Boblits was a student leader for his project, and he quickly posed a

question of his own in the interview.

"If we're not going to do it, who else is? It was a lot of fun to go out there and make a difference, and it was something that you could tangibly see."

He expressed that his group's work helped to tie the University to its namesake city and clarified the importance of providing aid to those who are unable to do the work alone.

"To get out there and meet the need that they don't have time to meet on their own was super valuable and meaningful."

Jason Cheek created reading pillows for elementary students, and credited Dr. Susan Divita in acquiring suitable books. When asked if he enjoyed the event, he shared a personal

reason for his participation.

"I did enjoy it, because I used to work in the elementary schools before I came here and worked in the education department, and there are a lot of children in need."

He talked further about the impact of the books.

"With our area, we have a lot of areas that don't have access to literacy, and I think this was one small step toward providing that."

Cheek also noted the event created good outreach in the community.

"We seem to spread out really far [into Charleston]. We have the different majors, different athletic teams, different groups, and because we're not all doing the same thing, we're making a presence all over."

# 5 Destinations to Visit in West Virginia

By: Kenzie Shaffer

The New River Gorge National Park and Preserve in Glen Jean is a place you must visit at least once in your lifetime. The park is known for its infamous hiking trails and white-water rafting. The New River is one of the oldest rivers in the United States surrounded by wildlife, and you will also notice that it is one of the few rivers that flows from south to north. As you enter Glen Jean, you will drive across the New River Gorge Bridge, but you will also be able to walk under the bridge's catwalk. The bridge stands at 876 feet and takes anywhere from two to three hours to walk. If walking the catwalk or whitewater rafting is not your speed, the park offers many outdoor activities such as biking, climbing, fishing, and many scenic driving routes.

If you are looking for a place to visit with intriguing historical elements and luxury activities, the Greenbrier may just be the place for you. The Greenbrier is in White Sulphur Springs and has 710 rooms to accommodate your friends or family's needs. There are over 55 activities such as croquet, ziplining, horseback riding, and kayaking. The Greenbrier Spa has over 42 treatments including massages, facials, manicures,

and pedicures. The Greenbrier also holds a 720-foot nuclear bunker from the Cold War. It was built in 1958 and was supposed to house all the members of Congress at the time. The bunker was kept a secret for 30 years and now the resort offers tours of what is inside, and the artifacts left behind. It brings so much diversity from a casino to a fine dining lifestyle for any guest looking for a relaxing yet adventurous getaway.

Dolly Sods is a destination that encompasses three counties and covers 17,371-acres of land. Elevating at 2,500 to 4,700 feet, you can find over 42 different trails to hike or camp. It's situated in the Monongahela National Forest and is known for its rugged terrain and elevation. Besides hiking, you can find many animal and plant species such as the cinnamon fern and mountain ash along with black bears, and red foxes. The environment allows the animals to thrive. You can also find a "magical tree" in Dolly Sods. It is a rugged, unordinary shaped pine tree that is known to photograph beautifully. If you would like to spend a day or possibly a few hours in the Alleghany Mountains, Dolly Sods is a great choice.



Audra State Park is a must-see destination in Barbour County. It offers swimming holes, hiking trails, fishing and makes the perfect day trip spot. With 65 campsites and a 2-night minimum stay, you can explore the 5 trails, ranging in terms of difficulty and length, it is something you do not want to miss. One of the parks highlighted spots is Alum Cave. As you enter the cave, you can see the flow of the river on your left side. As you look to your right, you will walk beside the caves' natural rock formation. It is the perfect place for nature lovers and outdoor enthusiasts to explore.

Spruce Knob is a 4,883-foot plateau in the Alleghany mountains and is located in Pendleton County. The wildlife such as black bears, white tail deer, and a variety of bird species is perfect for any nature enthusiast. The park got its name from the famous "spruce" trees surrounding the area for miles. It creates a unique scenic atmosphere that is perfect for any hiking or even birdwatching trip. If you are seeking a little more adventure, Seneca Rocks is also located in the Monongahela National Forest where there are opportunities to hike the 1.3-mile trail and climb the 900-foot vertical rock. West Virginia's title of "almost heaven" is fitting for Spruce Knob where the beautiful mountains and cool mountain air make you feel like you just might be in heaven.



# UC Football: Tough and Nasty

By: Jaiden Harris

The 2023 season has been deemed by many as the “greatest football season in University of Charleston history.” Led by Mountain East Conference Head Coach of the year, Quinn Sanders, the Golden Eagles finished the season with a 10-2 record, making it to the second round of the NCAA playoffs for the first time in program history.

Safety Cashawn Beasley said, “It’s always cool to make history doing something that’s never been done before, but we left with a bad taste in our mouth.”

Referring to the 2-point loss to Kutztown University in the second round of the playoffs,



Beasley also said, “Worst part about coming this far is not getting the job done.” Along with winning the Mountain East Conference Championship, UC had a total of 17 All-Conference selections, 4 All-Region selections, and 4 All-American selections. UC will be returning numerous starters on both sides of the ball for the next season. Running Back Chavon Wright finished his record breaking 2023 campaign by being awarded conference player of the year, first team All-Region, and Don Hansen All-American honors.

“We have to finish what we started,” Wright said.

“What makes this team so special isn’t the record at the end of the year,” All-Conference Middle Linebacker, Aden Miller said.

Miller explained that the difference between this team and previous teams was “The bond we built together during the offseason; we created a brotherhood bond that will weather any storm we face.”

Going into the 2024 season, Charleston Football’s mantra was to play “Tough and Nasty.” Though it may sound a little odd, this playing style has molded UC’s football program into what it is today. Playing with the “Tough and Nasty” attitude means doing the dirty work other teams aren’t willing to do.

“We want to physically impose our will from the first whistle to the last because we just want it more than they do,” Beasley said.

UC’s football team encourages everyone to come out and enjoy a home game at Laidley Field. The remaining home games are October 5th vs Glenville State, October 12th vs Wheeling, October 25th vs Fairmont State, and November 16th vs West Virginia State.

To continue following UC football throughout the 2024 season, you can follow the team on Instagram and/or X @UCWV\_Football. Team schedule, roster, and more information can be found at <https://ucgoldeneagles.com/sports/football>.

# UC Athletic Wins

By: Indiyah Spetnagel

The start of the fall sports season has been a successful time for the Golden Eagles! With many sports teams returning to campus victorious, there’s been plenty to celebrate.

Our women’s volleyball team swept the floor on day 1 of the PSAC Kickoff Tournament with wins against Jefferson and West Chester Performing in Pennsylvania at the Hollinger House on September 6th, the team secured a 3 – 1 win against Jefferson and a 3 – 0 win against West Chester.

The men’s football team conquered Livingstone College on a road game. On August 31, the football team returned from North Carolina with a 38 – 7 win starting their season off on the right foot. At the end of the week, Chavon Wright was named the MEC Offensive Play-

er of the week after racking up 126 rushing yards on 21 carries and 3 touchdowns.

Putting at Berry Hills Country Club on September 9th, the women’s golf team were the underdogs at the UC invite. Moving from 3rd place to 1st, the ladies were 2 strokes ahead of second place and 16 strokes ahead of third place.

Along with the women’s team, the men’s golf team brought home the bacon finishing 3 under par at the UC invitational. Playing at the Edgewood Country Club on September 9th, the boys were the only team to shoot under par after 3 rounds.

Continuing the winning streak, UC’s men’s soccer team traveled to the Bishop Schmitt Field in Wheeling and claimed a 5 – 0 victory on September 8th against Wheeling University. Joao Belmudes was the MEC Offensive player of the week after an assist and scoring 2 goals.

Running at the Virginia Tech Invitational in Blacksburg, VA on September 6th, our men’s cross-country team kicked off their season with a 2nd place finish. Running an average time of 18:33, the men’s team set a new 6k team school record average. Iggy Chalker finished in 10th place with a time of 18:17, which is the second fastest 6k in school history.

Following the men’s team, the women’s cross-country team finished in 4th place at the Virginia Tech Invitational with a score of 108. Beth Sykes had a 12th place finish with a time of 14:35, which is the second fastest 4k recorded at UC.

Director of UC Athletics, Bren Stevens, said, “Our fall sports are off to a great start. I am always impressed by how diligently our coaches work to ensure they bring in student-athletes who will be successful on the course, court, or field.”

# Charleston - A Secret Outdoor Paradise?

By: Lia-Luisa Markert

When I first arrived in Charleston as a freshman, I felt like there was nothing to do. Downtown seemed like a big disappointment, and campus quickly felt too small. I had committed to the University of Charleston to run, and I worried that my next four years would consist of repetitive runs around the campus. However, three years later, I discovered the hidden beauty in and around Charleston.

To my surprise, this city is a hotspot for outdoor enthusiasts, offering plenty of opportunities for activities like swimming, running, biking, and hiking. Charleston hides stunning views and beautiful locations just waiting to be explored. Whether you're a college athlete, a local runner, a professor, or just visiting, you'll fall in love with the charm of the Appalachian area and the city of Charleston.

One of the most popular spots is the Kanawha River Trail that runs right along the river. You will see a beautiful view of the city of Charleston including the Capitol Building on one side and the natural Appalachian Mountains by the Kanawha River on the other side.

If you are taking the UC campus as a starting point for an activity, you should explore the nearby Kanawha city neighborhood. The area offers a great active community, plenty of beautiful old houses to observe,

and lots of small side roads to create loops for variety. This area is also a great and safe area for a bike ride or walk.

If the city's nature is not enough, you can drive to nearby Kanawha State Forest, which is a true diamond of outdoor enthusiasts. Beautiful, rolling country roads, surrounded by a thick, fairytale forest, offer a great opportunity for runs and bike rides. The forest has more than 60 miles of hiking and biking trails, picnic areas, a campground, and a diverse wildflower, tree, and bird population.

"What are my top three runs in the Charleston area? There are so many choices," said Zane Chalker, a graduate student and a cross country runner at UC. "I would say KSF Middle Ridge Trail, Carriage Trail, and Long Bridge, which is a loop around the river, crossing the two bridges."

The Carriage Trail is a natural trail in the middle of Charleston. It was originally built for oxen hauling construction to build the Sunrise mansion, as the nearby bridge road was too steep for animals. It is now a hotspot for runners and hikers.

"Running on Carriage Trail really makes you forget that you are in the city and [makes you] think that you are in a forest. It's absolutely beautiful, especially at sunrise, because you can overlook the entire city," said Chalker.

Nadia Calore, a psychology student and runner at UC,

said that her favorite running location is Coonskin Park, which was featured in the last edition of The Eagle.

"Coonskin Park has great trails, a pretty golf course for soft surface, and beautiful nature. It's only seven miles from campus, and it's a great representation of West Virginia's beauty," said Calore.

If you are willing to drive outside of Charleston, the Elk River Trail is definitely a great choice. It currently stretches over 73 miles from Clendenin to Gassaway and is easily accessible from multiple exits off I-79. The ERT is a great representation of West Virginia's rural coal industry. The pretty Appalachian nature is a perfect spot for running, hiking, or gravel biking.

Local runner George Singleton has lived in Charleston for over twenty years. His favorite activity?

"Waking up on a Sunday morning, heading to Kanawha State Forest, and running for hours. It's just me, the birds, the sunlight through the trees, and my breath. The beauty of the forest energizes me. Then I come back and spend the day at the Capitol Market, grab brunch at SOHO's—it's the best way to enjoy the city," said Singleton.

You just have to be willing to explore and open your eyes to see the opportunities in and around Charleston.

"You can't get this experience anywhere else. I can have the industrial city, the river, the mountains, the forest, the capitol building, and downtown in a single run. Charleston has so much to offer," said Chalker.





# Riverside Road

## Signs: Historical Markers Near UC

By: Alex Cochran

Have you noticed the historical signs dotted along West Virginia's roads? At UC, we are surrounded by these impactful signs, but if you haven't read them then you might not know just how inspirational their messages are.

Many of these signs can be found along UC's biggest backyard attraction, the Kanawha River.

For instance, did you know that some legendary athletes grew up near UC?

Following the river west on MacCorkle Avenue, there is a sign in St. Albans that celebrates the achievement of one of its athletes. The sign reads "Home of Randy Barnes. 1996 USA Olympic Gold Medalist." There's a sign for another big name in the opposite direction.

About 30 minutes southeast from UC is the town of East Bank, and though its high school is no longer in service, it is where basketball legend, Jerry West, graduated. You probably know his silhouette since it is the NBA's logo.

These historical signs also share the fact that our own backyard played a central role in the history of chemistry.

The Belle Works is an old facility that can be found to the southeast of campus. Its sign reads that the plant was the origin of the "first successful, commercially synthesized ammonia." This process is now one of the foremost essential chemical manufacturing processes in the world, and it took place just 20 minutes from campus.

The Belle Works serves as a great example to any chemistry majors on campus that WV is prominent in chemistry's history.

Some of these signs describe historical events even further back in time. People called West Virginia home long before the state's for-

mation, and the proof is nestled along the sidewalks of MacCorkle Avenue. It's one of UC's oldest neighbors, the South Charleston mound. According to its accompanying sign, it's estimated to have been made some time around the year AD 1. It also says that the Smithsonian identified the remains of thirteen Adena people within it in 1883.

For more information about historical markers, check out the Historical Marker Database. This online organization preserves the information provided by these signs and improves their accessibility. Another resource for reading these signs is a handbook titled Signs of the Times: West Virginia's Highway Historical Marker Program. The book was published by the state in 2020 and lists each marker alphabetically by county. It is available for purchase at the WV Archives Library located within the Cultural Center at the WV Capitol Complex.

# Schoenbaum Library; An Underrated Academic Resource

By Elijah Newell

With new and returning students walking the halls of the University of Charleston once again, graduate and undergraduate learners alike will be studying, researching, and writing to complete various assignments throughout the year. The Schoenbaum Library, located on the third and fourth floors of the Clay Tower Building (CTB), is an under-utilized academic help center dedicated to aiding students in achieving the best work possible for their classes.

John Adkins, Library Director at the Schoenbaum Library for the past 20 years, said that more students should take advantage of what the library has to offer.

"A lot of folks don't use the library as much as they should, and that's one of the things you kind of lose: public

libraries don't have the same focus that we do, and while you're in school you have the opportunity to make free unlimited use of librarians, and people don't take advantage of that enough" Adkins said.

Adkins said that the most important service the Schoenbaum Library offers is their librarians. UC librarians can assist students in brainstorming for papers and articles, provide a general guide for students in studying for assignments, and can help students create and edit citations in proper format. They can also ensure that students keep their writing academically pure and free from plagiarism or misappropriation of others' ideas within their assignments.

Adkins also mentioned that Schoenbaum offers one of the few quiet places on campus for study. Both floors of the library are kept as quiet as possible to offer a conducive environment for study and research.

Adkins said the library has an

extensive collection of physical books, e-books, articles, and scholarly videos free to use by students. However, should students find a book online or physically that the Schoenbaum Library does not have access to, UC librarians can actively reach out to other libraries and help students obtain physical or digital copies of needed material. The library front desk also holds a suggestions box, in which students can submit on paper books they want to see added to the library's catalogue.

Any students in need of assistance or are curious to learn more about the library can contact Schoenbaum by email at [librarian@ucwv.edu](mailto:librarian@ucwv.edu). Alternatively,

students can drop by the main desk and office for the library on the third floor of CTB. Adkins made it clear that the library is here to help.

"We offer resources, space, and expertise to assist in your academic endeavors" Adkins said.



# Why Choosing Reusable Cups is a Simple Step We Can All Take

By Lia-Luisa Markert

As an international student coming to the United States from a small village in Germany, arriving at the University of Charleston has been an eye-opener for me in many ways. From the size of the supermarkets, cars, or the T-shirt sizes, everything seems bigger in the States. However, one aspect that caught my attention immediately is the amount of plastic and food waste produced, even within our small campus.

When I left Germany at 18, people were very concerned about environmental problems like global warming, climate change, and plastic pollution. These issues are still widely discussed today, and it feels like we need to act quickly. Using plastic packaging or accepting plastic bags instead of reusable ones is often seen as old-fashioned and irresponsible in my country.

When I arrived in Charleston, I was surprised by how differently people approached waste. I still get strange looks when I use my reusable shopping bags at Walmart or pack my sandwich in a Tupperware container instead of using plastic. Reactions like this surprise me and highlight a cultural difference in how people handle waste. Aldi, a European grocery store expanding to America, is setting a great example for positive sustainability in the U.S. by encouraging people to bring reusable bags when shopping.

After spending time at the university and talking with my American classmates, I noticed that people here don't seem as aware of waste management, recycling, and its environmental impact as they do in Germany. Back home, it was normal to be taught about climate change and how to protect our environment in school, while it seems like in West Virginia these knowledge resources are not as prevalent in the education system.

This difference in awareness explains why practices that would be seen as environmentally harmful in Germany, like using single-use plastic products or driving short distances instead of biking, are more common here and not often questioned.

During a recent dinner with friends at the school's cafeteria, I brought up something that had been bothering me—why were so many people still choosing single-use plastic cups when reusable ones were available? Out of curiosity, I asked, “May I ask why you choose the single-use cup over the reusable one?” The responses were surprising.

Some said, “I thought it would save dishwashing time for the workers.” Others admitted, “I haven't really thought about it,” or “I want a lid and straw,” and even, “It just looks better.”

Many people, like my friend, worry that using reusable cups adds to the burden of washing dishes. However, a study by the University of Michigan's Center for Sustainable Systems has shown that the water used to wash a reusable cup is minimal compared to the energy and resources required to produce a new plastic cup each time.

It's easy to overlook how much of an impact such a small choice can have on the environment. But making the switch from single use to reusable cups

makes a significant difference.

A single plastic cup might seem harmless, but millions are used and thrown away daily, and most of them end up in landfills or the ocean. According to the Environmental Protection Agency (EPA), plastic pollution is a growing crisis, contributing to nearly 300 million tons of plastic waste produced globally each year.

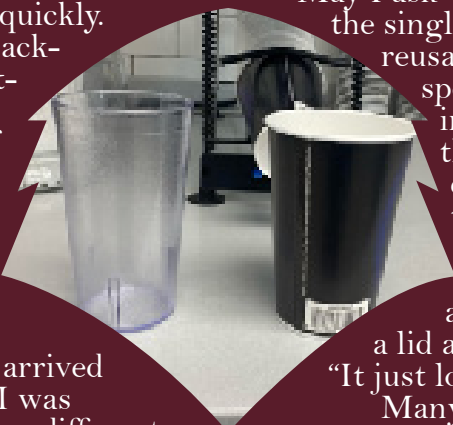
Manufacturing single-use cups requires raw materials like petroleum, as well as energy to produce and transport them. This all leads to higher carbon emissions, which contribute to climate change. Reusable cups, on the other hand, drastically reduce these environmental impacts over time.

Switching to a reusable cup is one of the simplest ways to reduce our environmental footprint. Each time you choose a reusable cup, you're making a statement that convenience doesn't have to come at the expense of our planet. If everyone made this small change, the collective impact would be tremendous.

Awareness is the first step to change. Even though one article won't change everything overnight, it reminds us of the serious effects of wasteful practices. By learning more about recycling and cutting down on our own waste, we can start making more sustainable choices.

At UC, we can lead by example. Improving our recycling, using fewer single-use plastics, and being careful about food waste can make a big difference. Small actions, if done by many people, can add up to significant environmental benefits.

As an international student, I want to talk about these issues and encourage my peers to think about their environmental impact. By sharing ideas from different cultures, we can learn from each other and work towards a more sustainable future.



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