

# **THE EAGLE**



**Fall 2024**

**EDITION 2**

# Influence and Responsibility; Talking with Chef Paul Smith

By: Alex Cochran

Chef Paul Smith is proving West Virginia's potential to the world because he made history this summer as the first West Virginian to win the culinary industry's coveted James Beard Award. As a former Executive Chef at the University of Charleston and current board member, this achievement hits home.

Smith graduated from the Culinary Institute of America and has worked in places like the Biltmore Estate in Asheville. He was named WV Tourism's 2024 Professional of the Year. He also leads successful restaurants like 1010 Bridge. Yet, he still feels the need to share his success back home.

"West Virginia was always home and always where I wanted to come back to...change the perception of what people outside of West Virginia have of West Virginia through food." In fact, UC was part of this decision, Smith said. "It was the first Executive Chef job I had when I came back," and it "taught me how to manage a business." In returning home, Smith brings name recognition and status. So, how does he use the spotlight?

Smith said he "100%" identifies as a "culinary ambassador for WV," using his influence to help both the state's people and its image.

Smith refers to the state as a "rising tide," in which people must work together.

"It's up to all of us to work together as one team... toward a common goal, which is to rise the tide of West Virginia."

Smith intends to use his culinary fame for the state's good. "You name it, and I do it." Whether it's helping the Clay Center, the Capitol Market, mentoring cooks for Recovery Point West Virginia, or working with Fairness West Virginia, Smith has raised money for all sorts of local charities.



"If there is a nonprofit, we have either donated or done a dinner for them to raise money," he said.

In describing how these local efforts help promote West Virginia's community, Smith says that it is all about "food, music, and stories, and that to me is what Appalachia and West Virginia is... what I'm trying to do is tell my story and our story as a state and as a community through food."

To Smith, it's the power of these w these words that allows WV to "exceed the expectation [of visitors] ... and they can't get back fast enough."

When asked how students at UC could help the community in their own way, Smith said that helping the community isn't just about being a "volunteer." An important part is also "hard work with education, and [being the master of your craft]."

However, Smith also recommended students utilize the networking opportunities presented by WV's tight-knit community.

"You have access to senators, legislators, and bosses. So, take advantage of it and utilize the relationships that you build here."

In fusing the ideas of community service and personal growth, Smith stated that they are not mutually exclusive.

"In creating something for yourself, you're actually servicing others. So...being of service actually is more self-serving than you could imagine, but giving, you receive more than you could imagine as well."

To Smith, one's success is success for all.

"If you would have told me that I would've moved home to West Virginia and won a James Beard Award - that was like a one in a million chance - and so to be able to win the award at home to bring that pride and that community support home through food is, I think, an amazing accomplishment for all of us."

In discussing the future, Smith stated that he hopes his success "can give back and make UC a better place, because it made me a better person."

Smith is also soon opening Paulie's. It will be an Italian-American restaurant seated opposite of Bridge 1010 in the previous space occupied by the Bridge Road Bistro.

"It's for everyone--it's for blue collar, white collar, no collar."

# Celebrate the Season: Christmas Events Around Charleston

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By: Indiyah Spetnagel

Charleston is full of activities to get you in the Christmas spirit! With a variety of events suitable for all ages, this Christmas season will be one to remember.

For the craft enthusiasts, Valley Cake Café & Catering is holding a ceramic Christmas tree painting class on November 21st from 6:30 to 8:30pm in Teays Valley, WV. Select your own 9, 12, or 17 inch ceramic Christmas tree and enjoy a delicious charcuterie board and drinks while you paint.

Another creative opportunity this season is a wreath design workshop at the Capitol Market, running from November 16th to December 14th. To take part in this festive activity, purchase a ticket and all the wreath making supplies will be provided.

The Dunbar First Church of God is holding a Holiday Vendor and Craft Show on November 9th from 9am to 4pm. It will host many local crafters and vendors selling a variety of goods perfect for holiday gifting.

Join the St. Albans historical society in celebrating the holidays at the Morgans Kitchen Old Time Christmas open house. On December 10th, from 5pm to 7pm, come for Christmas stories around the fire and a tour of Morgan's Kitchen, complete with refreshments.

Love family game night? The Dunbar Branch Library is hosting a Christmas themed Minute to Win It game night. On December 17th, at 5:30, go head to head with other families on this exciting night of fun.

Huntington is hosting an Ugly Sweater Pub Crawl for those 21 and over. On December 21st, starting at the Old North Arcade Bar and Kitchen, show up in your most outrageous holiday sweater and gather your festive friends and embrace the holiday cheer!

Just looking for a calm night looking at the beautiful Christmas lights? There are multiple light shows you can attend. There is a magical Christmas parade on D Street in South Charleston; on December 7th, at noon, you can see colorful floats, lively bands, and festive, cheer-filled streets.

Another dazzling display of holiday lights is being held at Coonskin Park from November 23 to December 31st from 5:30 to 10pm. The park will also hold their 8th annual Light the Way 5k on November 22. The County Christmas Tree Lighting will be held at the Coonskin Clubhouse on December 5th. Santa Claus will be attending on December 6th to 8th.

If you're looking for a night full of theater, the Davis Fine Arts Theatre at WVSU is holding the Children's Christmas Performance and a rendition of The Nutcracker on December 7th at 1:30pm. Additionally, the Charleston Clay Center is also holding a Magical Cirque Christmas holiday Variety Show on December 8th at the Fox Theater. Also at the Clay Center, the West Virginia Symphony Orchestra is playing Sounds of the Season on December 7th at 7:30.

Here at UC, the Charleston Area Alliance is hosting a Holiday Window Display Contest. Starting on November 29 at 8am and finishing December 17 at 5pm, [click here to vote on your favorite window display!](#)

With so many wonderful events lined up, there is something for everyone this holiday season. Make sure to participate in creating lasting memories and embracing the joy of Christmas in our community!





# Interested in Work Study?

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By: Kaleigh Serra

Do you need some extra cash? UC has a perfect solution to help you! Having a work study position is great for students without a car, and your department manager will be flexible with your schedule. There are also a variety of jobs that students can apply for like the bookstore, mailroom, fitness center, athletic assistant, financial aid, coffee tavern, assistant in the cafeteria, and so much more. Students are allowed to work twenty hours every two weeks or ten hours every week. Depending on the job, students usually make around \$9.00 an hour. Therefore, if you work twenty hours every two weeks and get a check every two weeks, each paycheck is around \$170.00. This will help with needs like groceries, gas, or other necessities.

There are multiple ways a student can get a job on campus. You can ask an employee in a specific department if they need a work study. For example, Glenn Johnson employs work-students in the bookstore or mailroom.

"Work studies are good for picking up the slack that a part-time employee used to be. Therefore, a work study fills in for a part-time employee," Johnson said.

A student can get a job by emailing and setting up a meeting with Jordan Browning in Financial Aid. Browning checks for students' eligibility. She also handles all the paperwork and gets students approved for the work study. This process usually does not take long and depending on how quickly the students turn in their paperwork. If you get past this, you will have a couple pages of additional paperwork, and you will need to provide two forms of identification. After that, you are all set and ready to work!

## Light the Night at GoMart Ballpark

By: Jaiden Harris

Are you in search of a fun-filled day with your family and friends in the Charleston area? The Charleston Dirty Birds will be hosting the second annual "Light the Night" event presented by GoMart to bring in the holiday season.

Upon arrival, visitors are greeted by more than 2.5 million choreographed lights that will illuminate the GoMart Ballpark creating a family friendly environment where you can walk through the field or even skate on the outdoor ice rink. They will also bring back the holiday train as well as last year's fan favorite, the ferris wheel.

"We are definitely expecting this year's light show event to be bigger than last year's," GoMart Ballpark employee, Darius Willis, said.

Light the Night will also be introducing 2 new attractions this year. With the addition of a carousel and ice bumper cars, the expectations for this year's event are high. More event highlights include unique food and beverage vendors, pictures with Santa Claus, a fireworks show, and so much more!

"Walking through the event last year, I just had a very warm feeling... there were so many fun activities that I could enjoy with my teammates," University of Charleston student, Aden Miller, said. With the cold weather in mind, there are heaters placed throughout the park to help keep warm.

Tickets can be purchased in person when you arrive at the park or online at [dirtybirdsbaseball.com](https://dirtybirdsbaseball.com). Light the Night will operate from November 15th, 2024, to January 1st, 2025. The hours of operation are Monday-Thursday 5:00 p.m.-9:00 p.m. and Friday-Sunday 5:00 p.m.-10:00 p.m.

## Facilities Hard at Work

By: Elijah Newell



Pearlie Rigdon, UC Custodian, mopping the floors of Riggleman Hall

The University of Charleston's campus on the Riverfront is widely regarded as one of the most beautiful campuses in West Virginia. Keeping that recognition isn't easy or cheap; a massive amount of work goes into achieving and maintaining that beauty. UC Facilities is the primary organization behind the beauty and the functioning of the school, addressing everything from toilet clogs and busted air-conditioning systems to mowing the lawn and trimming hedges. Gary Boyd, the Director of Facilities Services at the University of Charleston, said he was proud of the effectiveness of his team.

"The condition of the UC campus and beauty of the grounds is superior to many campuses I visit," Boyd said.

Facilities employs custodial staff that clean all of campus, stationing workers for both the residence halls and the academic facilities. In addition to mopping and cleaning all the floors, custodial workers also must clean rooms and areas that require specific precautions to avoid damaging equipment, such as in the science labs in Clay Tower Building.

These workers also gather all the trash on campus to be crushed in the compactor in GSU and then shipped to the nearby landfill. Under Boyd's direction, student organizations teamed up with custodial workers to completely overhaul UC's recycling program.

"We are recycling over 8 tons of debris every month in that program now, so that's one of the things I'm very proud of, and I'm proud of the students who helped me develop that and get it off and running as well. Very happy with that," Boyd said.

Facilities also has a variety of skilled trade workers who take care of electrical problems and temperature controls. Due to the antiquated heating and cooling systems in some buildings like Rigglesman Hall, as well as supply chain disruptions from the COVID-19 pandemic that are still causing backlogs for certain older parts, managing the temperature consistently across campus can be a difficult task.

The skilled trade workers at UC respond to these issues and are assigned to different jobs through the work-order management system. In this system, any academic or faculty division at UC can send a request to Facilities to come fix the issue they are dealing with, and the office workers in Facilities will prioritize and then deploy skilled trade workers to take care of those orders. Anyone that needs to enter a work-order can enter one in, and Facilities will get to it as soon as possible.

In addition to maintaining equipment, skilled-trade workers at UC also work diligently to maintain power and temperature control under any conditions. According to Boyd, it has been rare in UC's history that the power and temperature systems across the school have been down for more than an hour, and the instances in which they typically occur are due to issues on the power company's end of the system. To ensure that UC remains a top priority during any outage scenario in Charleston, Boyd has business representatives with the water, power, and gas companies for the school so Facilities can receive and spread quick updates and progress reports to students and faculty, should those resources be compromised.

Facilities also has ground workers on hand that are responsible for all landscaping work around the university, including managing the lawn, cleaning up and disposing of leaves in the fall, scraping and removing ice and snow from the sidewalks and parking lots in the winter, and cleaning all trash that makes its way around UC. Boyd was particularly proud of the beautiful condition UC ground workers are responsible for upkeep.

"They may be the hardest-working individuals I have ever been around in my entire life. The way they keep the landscape up at this institution is phenomenal, and I'm extremely proud of the work they do and the condition that they keep the grounds in," Boyd said.

If anyone on campus would like to learn more about Facilities or get in contact with them and deal with any issues or concerns, they should contact the Facilities main office on the 1st Floor of Riggleman Hall. Barring extreme circumstances, either Boyd, Admin Assistant Mindy McDaniel, or Office Manager Jennifer McCallister are always there to answer any questions or to address any problems students or faculty may be experiencing. They can also be reached by email at [garyboyd@ucwv.edu](mailto:garyboyd@ucwv.edu), [mindymcdaniel@ucwv.edu](mailto:mindymcdaniel@ucwv.edu), or [jennifermccallister@ucwv.edu](mailto:jennifermccallister@ucwv.edu) respectively, or through the main Facilities phone number, 304-357-4704.

"If there's an issue, we never turn anyone away.... Most generally, anytime that anybody comes to this office during regular working hours, myself, Jennifer, or Mindy can provide an answer," Boyd said.

## **In Memoriam**

### **Della Griffith**

**August 15, 1959 – October 06, 2024**

**We say goodbye to a beloved member of the UC community.**

**We will miss her very much!**



# Study Hall for Athletes

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By: Jaiden Harris

The University of Charleston is taking the initiative when it comes to student athletes and their academics. The Golden Eagle Retention and Academic Success Program (GRASP) is a study hall system for freshmen and transfers with below a 2.75 GPA as well as returning student athletes that are at risk of losing eligibility.

GRASP study hall is located on the third floor of the Clay Tower Library. Study hall availability hours are Monday-Thursday 8:00 a.m. to midnight. Friday hours are from 8:00 a.m to 5:00 p.m. Saturday hours are from 12:00 p.m to 5:00 p.m. Sunday hours are from 1:00 p.m to midnight.

"GRASP forces me to take my classes more seriously," said Noah Benson, senior student at UC.

The study hall system is tracked for all required student athletes.

Low risk athletes (2.749 to 2.500 cumulative GPA) are required to complete 2 hours per week.

Moderate risk athletes (2.490 to 2.250 cumulative GPA) are required to complete 4 hours per week.

High risk athletes (2.249 to 2.0 cumulative GPA) are required to complete 6 hours per week.

Extreme risk athletes (below 2.0 cumulative GPA) are required to complete 8 hours per week and meet with the GRASP director bi-weekly.

"It gives me an incentive to continue to improve my GPA," said Damarcus Ash, sophomore student athlete at UC.

The GRASP director is Jenna Theden, and she is also the head women's volleyball coach. She wants to ensure that the student athletes at UC are taking advantage of the resources available on campus. She also wants to get the athletic department's GPA as high as possible.

"The goals of GRASP are to create better study habits for new students and increase retention for the athletic department as well as the University by helping students do better in classes," Theden said.

Tutoring, advising, and mentoring sessions are available and can count towards required hours for the week. Tutoring is offered for almost every major and every class at the University. It can take place in the library or somewhere else around campus depending on your schedule/agreement with the tutor. When sessions are completed in the library, students are allowed to sign into GRASP to log the time for the session and complete their study hall hours. Tutor sessions can be accessed and scheduled through the MYUC student portal.

For help signing up with a tutor or more information on the GRASP program, stop by the 3rd floor of the Clay Tower Library and speak with Jenna Theden or Chris Ferguson, Director of Academic Success Center.

# Dorm Recipes

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By: Kaleigh Serra

Being a picky eater can be hard, especially when you only have a microwave in your dorm room. Have you ever come back from a long day of classes or practice and there's nothing you like in the cafeteria? Well, here are some recipes and snacks you can try!

The Fasta Pasta is a gadget that's extremely useful. You can cook endless pasta with just a microwave. This is a great tool, and it will expand the meals you can make in your dorm room. Pasta salad is one meal you can create using the Fasta Pasta. After making your noodles, just add items like your favorite Italian dressing, favorite cheese, cucumbers, tomatoes, pepperonis, and more.

"I really liked the Fasta Pasta," said Addison Mass, a UC student that owns a Fasta Pasta. "I think it was a great way to cook noodles, and it was very convenient especially for students living in dorms without a stove. It was also very fast and easy to use which was also perfect for dorm living." Boxed mac 'n' cheese is another meal you can make that can be found at your closest Walmart or Aldi then follow the recipe. Kraft is a popular brand and always makes the best mac 'n' cheese, especially the thick 'n' creamy.

## Fasta Pasta on Amazon

You can make microwave mug pizza in your dorm. It takes about 5-10 minutes to prep and 1-2 minutes to cook depending on your microwave. The ingredients you need are included in the following list: 4 tablespoons all-purpose flour, 1/8 teaspoon baking powder, 1/16 teaspoon baking soda, 1/8 teaspoon salt, 3 tablespoon milk, 1 tablespoon olive oil, 1 tablespoon marinara, 1 generous tablespoon shredded mozzarella cheese, 5 mini pepperoni, and 1/2 teaspoon Italian seasoning. First, mix your flour, baking powder, baking soda, and salt together in the mug. Then, add the milk and oil into your mug and mix. There might be lumps, but that's normal. Put the marinara sauce across the top of the mixture. Then, sprinkle your cheese, pepperoni, and Italian seasoning across the top. Finally, microwave the mug for about 1-2 minutes or until it either rises to the top or starts bubbling.



Chips and queso is an easy snack to make in your dorm. College students love to get Mexican food. Why not bring it to your dorm room? Walmart sells cheese dip called Gordo's that tastes just like Plaza Maya's queso. You can even add your favorite store-bought salsa or guacamole.

Blueberry muffin mug cake is another recipe to make in dorm! This recipe takes about 10 minutes to prep and about 2 minutes to cook. The following ingredients is what you will need: 1/4 cup and 2 tablespoons of all-purpose flour, 2 tablespoons sugar, 1/4 teaspoon baking powder, 1/4 cup milk, 2 tablespoons of melted butter, 1/2 teaspoon pure vanilla extract, and 1/4 cup of fresh blueberries. As for the instructions, you want to start by mixing the flour, sugar, and baking powder. Then, add the milk, butter, and vanilla until the batter is smooth. After that, mix your blueberries in. Finally, put the mug in the microwave for about 1-2 minutes or until the mug cake is done to your liking. You can sprinkle some sugar on top before putting the mug in the microwave. Enjoy!

To find more recipes like these, look at Pinterest or Tik Tok for meals and desserts. There are some great ideas like a brownie mug cake and microwave pot pie. Now you do not have to worry about being a picky eater.

## New Foods in the Coffee Tavern

By: Indiyah Spetnagel

As a student at UC, it's always exciting to see what new items our Coffee Tavern will bring each semester. After adding refreshers and more breakfast sandwiches last year, this semester is looking to be even better!

One exciting addition is a larger selection of milkshakes. The classic chocolate and vanilla flavors are still available, but we now have some unique options like caramel and pumpkin, which comes at the perfect time for the fall season.

On the drink side, the CT has introduced a wider range of pre-bottled options to the lineup. Celsius energy drinks are now available in various flavors, and they're sure to be a hit. They've also added Pure Leaf Teas and Naked Juices.

The CT has made a big push to offer more gluten-free options for those with dietary restrictions. You can find a variety of sweet treats like Hasbro Gummy Bears, Snickerdoodle cookies, a gluten free version of rice krispie treats, as well as some healthier options like Nature Valley Granola Bars and Planter's Trail Mix.

Looking further at the food side of the menu, the CT has added even more breakfast sandwich options. The new additions include chicken, sausage egg and cheese, and bacon egg and cheese on your choice of biscuit, croissant, or muffin. They also have hummus as well as peanut butter and strawberry jam Uncrustables for a quick grab and go option.





# Eagles Read: Fall into the World of Sports Literature!

By: Lia-Luisa Markert

When was the last time you held a book in your hands? And how much time do you spend on your phone each day? Many of us spend hours scrolling through social media or watching videos while reading often gets neglected. In an age dominated by digital media, we may overlook the many benefits that reading offers and the negative effects of excessive screen time.

Research shows that overusing smartphones and other digital devices is linked to various health issues. The American Psychological Association found that excessive media consumption can lead to sleep disturbances, concentration difficulties, and decreased emotional stability. A study published in *JAMA Pediatrics* shows that children and teenagers who spend more than two hours a day on screens are at a higher risk for behavioral problems. In contrast, reading offers numerous benefits. It not only enhances mental health but also improves concentration, boosts empathy, and expands vocabulary. According to a study by the National Endowment for the Arts, reading improves cognitive abilities and fosters critical thinking.

Reading fosters empathy and helps us understand other perspectives. Studies indicate that reading fictional works enhances our ability to grasp the thoughts and feelings of others. Research published in *Science* found that literary works featuring complex characters significantly increase empathy. Additionally, reading can lower the risk of Alzheimer's and dementia, as evidenced by research from the University of California, Berkeley. Regular reading broadens our horizons and makes us more understanding individuals.

These findings show the importance of stepping away from screens and grabbing a book instead. Recently, while reading a book in front of my teammates, someone said that they didn't know how I could read because in their mind reading is the most boring thing in the world, and they have a hard time concentrating. Others in the room quickly agreed, claiming they could never motivate themselves to read. If you also find it challenging to start reading, here are a few simple tips:



1. **Start Small:** Set a realistic goal, like reading one chapter a day or 10 minutes before bed.
2. **Choose Books That Interest You:** It doesn't matter what you read, if it interests you!
3. **Find a Quiet Place:** A cozy spot without distractions can help you focus on reading.
4. **Read Together:** Find a friend or a book club to read and discuss with.

At the University of Charleston there's a book club open to everyone! To promote the benefits of reading, the "Eagles Read" book club invited all students to participate in a sports-themed reading challenge. In honor of UC's 19 NCAA Division II athletic teams and the 2024 Paris Olympics, the club launched an exciting reading project with the motto: "Train your mind like your body—read to boost focus, build resilience, and unlock your full potential on and off the field!"

The "Eagles Read" reading challenge offered an exciting selection of sports literature, including inspiring stories from famous athletes and books on mental strength and resilience. Whether you're into track, tennis, or other sports, there are plenty of books to motivate and inspire you. Best of all, these books will remain available in the library for borrowing even after the challenge, so you can check them out anytime. Additionally, suggestions for more sports-related reading are always welcome and can be submitted at the library. The book club encourages all students to make the most of their time and discover the benefits of reading.

Participating in the Eagles Read reading challenge is a fantastic way to start reading more. You don't have to be a member to join. Everyone is welcome! The book club encourages all students to explore the world of (sports)literature together. Start today by picking up a book and discover how reading can transform your mindset and perspective!



**Eagles Read**  
FALL INTO THE WORLD OF SPORTS LITERATURE!

In honor of UC's 19 NCAA Division II athletic teams and the 2024 Paris Olympics and Paralympics, Eagles Read is launching a Sports-Themed Fall Project!

*"Train your mind like your body—read to boost focus, build resilience, and unlock your full potential on and off the field!"*

**FEATURED BOOKS**  
available in the Schoenbaum Library

- Tennis**
  - Andre Agassi – OPEN
- Swimming**
  - Katie Ledecky – Just Add Water
  - Mallory Weggemann – Limitless: The Power of Hope and Resilience to Overcome Circumstance
- Track / Running**
  - Usain Bolt – Faster than Lightning
  - Jessica Ennis – Unbelievable: From My Childhood Dreams to Winning Olympic Gold
  - Lauren Fleshman – Good for a Girl: A Woman Running in a Man's World
  - Kara Goucher – The Longest Race: Inside the Secret World of Abuse, Doping, and Deception on Nike's Elite Running Team
- CrossFit**
  - Tia Toomey – The Heart Is the Strongest Muscle: Know Your Why and Take Your Mindset from Great to Unstoppable
- Mindset**
  - Jim Afremow – The Champion's Mind: How Great Athletes Think, Train, and Thrive

**Want a Different Sport?**  
Interested in baseball, football, soccer, or another sport? Email [lia@uicmarket@ucwv.edu](mailto:lia@uicmarket@ucwv.edu), DM the @ucwv\_library on Instagram, or drop a suggestion in the library's collection box.

**Pick up a book that can make you better!**  
Many famous athletes, like Kobe Bryant, trained their minds by reading, and you can too! Everyone is welcome to join this fall reading project—no need to be a member! Every genre is accepted in the reading challenge.

**HOW IT WORKS:**

- **Check Out:** The books are available at the Schoenbaum Library for checkout.
- **Get Inspired:** Feel free to use this list as inspiration and find your own sports-related book!
- **Scan the QR Code below:** to share your thoughts and see your progress, whoever reads the most books this semester will get a price!

**There's a fine balance between reading for information and reading for inspiration. It helps you think critically, and that's vital in training both your body and your mind.**  
— KOBE BRYANT

# Go to Bed! The Surprising Truth About Sleep for College Students and Athletes

By: Lia-Luisa Markert

Did you know that the average person spends about one-third of their life sleeping? According to the Guardian, if you sleep eight hours a night, that's a third of your day—and over the course of 75 years, it amounts to 25 years or 9,125 days spent asleep! This statistic surprises many people. A lot of people worry about missing out on life by sleeping too much. However, sleeping less isn't more at all. Especially in college, sleep plays a crucial role in your performance in academics and athletics and your overall well-being. Sleep plays a crucial role in your academic and athletic performance, as well as your overall well-being.

Sleep isn't just a time to rest; it's essential for our brains to function properly. Getting enough sleep helps us remember information, learn more effectively, and make better decisions. When we don't get enough sleep, it becomes harder to focus and think clearly.

"Sleep is the key performance factor for success. Everyone can train hard, but by sleeping enough, you can out-recover your competitors," said UC's head cross-country coach, Nick Bias.

Many students believe that sleeping less gives them more time to study, socialize, or get things done, but this is a misconception. In fact, not getting enough sleep makes us less productive and can negatively impact our performance.

"I get 6-7 hours of sleep on average, but I know I need more to feel my best," said Abby Anderson, a student-athlete at UC.

Research shows that getting adequate sleep helps students perform better academically and athletes excel in their sports.

"I don't really pay attention to my sleep. I work as an RA, so it's hard to get enough sleep when I can't go to bed until 3 a.m. and have class the next morning," said Tim Gutzeit, another student-athlete at UC. His experience is common among students who juggle multiple responsibilities.

So, how much sleep do college students and athletes really need? The National Sleep Foundation recommends 7-9 hours of sleep for college students and 8-10 hours for student-athletes. Napping can be a great way to boost your energy and alertness.

Here's an example of a healthy sleep schedule:

College Student:

- Bedtime: 11:00 p.m.
- Wake-up: 7:00 a.m.
- Naps: 20-30 minutes in the afternoon for a quick recharge

Student-Athlete:

- Bedtime: 10:00 p.m.
- Wake-up: 6:00 a.m.
- Naps: 20-30 minutes after practice for recovery

To improve your sleep, it's important to develop good habits. Establishing a relaxing bedtime routine can help. Try winding down by avoiding screens and going to bed at the same time every night. If you have trouble falling asleep, try deep breathing, muscle relaxation, or reading a book.

"I used to have trouble sleeping, but I started getting into a good routine, turning off my phone, and going to bed at the same time every day," said Beth Sykes, a student athlete at UC, who found that having a routine helped her sleep better.

Her experience shows how consistent habits can make a big difference. A good morning routine can also set you up for better sleep at night. Getting natural light in the morning, staying active, and eating a healthy breakfast can improve your overall sleep quality. Consistency is key to maintaining these healthy routines.

In the hectic life of a college student, it can be hard to prioritize sleep, but it is essential for success. Both students and athletes need to recognize how essential sleep is for excelling in school and sports. Good sleep is a prerequisite for successful studies. Lack of sleep, on the other hand, is not trendy and is not a sign of hard work or determination. If you are constantly tired, you will never be able to reach your full potential. As the saying goes, "Go to bed!" Your brain and body will thank you, and you'll see better grades, improved athletic performance, and a healthier life. By making sleep a priority, UC students can unlock their full potential both academically and athletically. Prioritize sleep, and you'll see the benefits!



## Doctorate of Nurse Anesthesia Practice Program Comes to UC

By: Elijah Newell

The Fall 2024 semester marks the first class of the Doctorate of Nurse Anesthesia Practice (DNAP) program at the University of Charleston, the fruit of a partnership between the university and the Charleston Area Medical Center (CAMC). The program trains students in nurse anesthesia, combining both clinical time and course work into their curriculum, to ultimately make them Advanced Practice Registered Nurse-certified Registered Nurse Anesthetists.

Dr. Megan Orphanos, Program Director of the DNAP program, discussed what exactly a nurse anesthetist's job is.

"Nurse Anesthetists plan and deliver anesthesia, pain management, and related care to patients of all health care complexities across the lifespan. CRNA's collaborate with patients and other health care professionals to provide high quality, evidence-based and cost effective care," Orphanos said.

The program has a rich history in the Kanawha Valley and West Virginia; starting in 1955 the CAMC school supplied certified registered nurse anesthetists (CRNAs) to the state of WV and throughout the country for multiple decades. This program was the first in the country to offer a master and doctorate degrees in nurse anesthesia. CAMC has now added UC as a cohort for the program, making the school one of the few universities in West Virginia that provides the DNAP program. The program is accredited by the Higher Learning Commission and the Council on Accreditation of Nurse Anesthesia Educational Programs. Orphanos said that this partnership was natural, given UC and CAMC's pre-existing relationship.

"UC and CAMC work very tightly together with most of the health sciences, so it just made sense for us to become partners, as they use CAMC as a clinical site. UC and Vandalia Health already had a pretty strong partnership, so it just made sense for us to come here and grow the new program," Orphanos said.

Minimum requirements for admission to the program are a bachelor's degree in nursing with at least a 3.0 GPA average and at least one year of intensive care unit experience. This year 255 people applied for the program, which can only accept 30 people for a class, since it is extremely competitive. The work required to get into the program is worth it, as the program at UC has unique benefits compared to other nurse anesthesia programs.

The CAMC system has over 120 certified registered nurse anesthetists, and they each have a unique knowledge and skill set they can pass on to students in clinical cases and management of patients at the hospital. The program also stays entirely within the Charleston area, which stands in contrast with other DNAP programs at other universities which require lengthy travel to other hospitals. Nursing anesthesia is a rewarding career; nurse anesthetists spend their days helping people during very painful, vulnerable moments in their lives, ensuring they are pain-free and safe during medical procedures. Nurse anesthetists make sure their patients are safe and taken care of through the pre-op, intra-op, and post-op process. Nurse anesthesia is a demanding but rewarding job, a perfect career for those who like a challenge and want to help others.

"If people enjoy a challenge, this is a great career, because everyone is different. Every anesthetic is different, and it just makes for a fun and challenging career," Orphanos said.



**DOCTOR OF  
NURSE ANESTHESIA**



By: Alex Cochran

This January, the University of Charleston will pay tribute to the Civil Rights Movement with its annual Enlightened Living Week. This event recognizes the legacy of a national hero, Martin Luther King Jr., and it is a reminder to students that the spirit behind his cause should live on. But less commonly known is that West Virginia is home to places that have ties to black history and the Civil Rights Movement.

Much of these local ties stem from a historic district in Charleston called the Block, dated 1914 to 1941. Seven minutes from campus, it sits between Washington St. East and Shrewsbury Street, or roughly between the Capital Market and the Clay Center. There is a historical marker dedicated to the area that describes it as the “Heart of the black community,” as well as the “center for black business, education, religion, and social life.”

The West Virginia Center for African-American Art & Culture states that the Block’s area has associations with big names, such as Booker T. Washington, who lived in nearby Malden in his youth; Reverend Leon Sullivan, who attended Charleston’s Garnet High School and became a national civil rights leader; and the commander of the Tuskegee Army, Benjamin O. Davis Jr.

If this information sounds unfamiliar, that’s not surprising, as much of the Block’s history has been lost to time and is not well covered.

According to a 2021 report from the local station WOWK, the Block was a bastion of black culture in a time when the surrounding city of Charleston was heavily segregated.

Many of the Block’s cultural sites cannot be found today, but five sites in the area do still exist, and are even on the National Register of Historic Places. These sites are the Mattie V. Lee Home, the Samuel Starks Home, Garnet High School (renamed to Garnet Adult Education Center), the Simpson United Methodist Church, and the Elizabeth Harden Gilmore house.

Although all these sites are important, the Mattie V. Lee Home and its legacy still endures in the modern era. According to Clio, a historical database, the home first opened its doors in 1915 in support of black women. Today, over one hundred years after its start, the home is used by healthcare group Presteria Center as a rehab facility combating addiction.

Reportedly, the house first acted as a “safe haven” for black women and grew into a “social, religious, and cultural center” of importance in the Block.

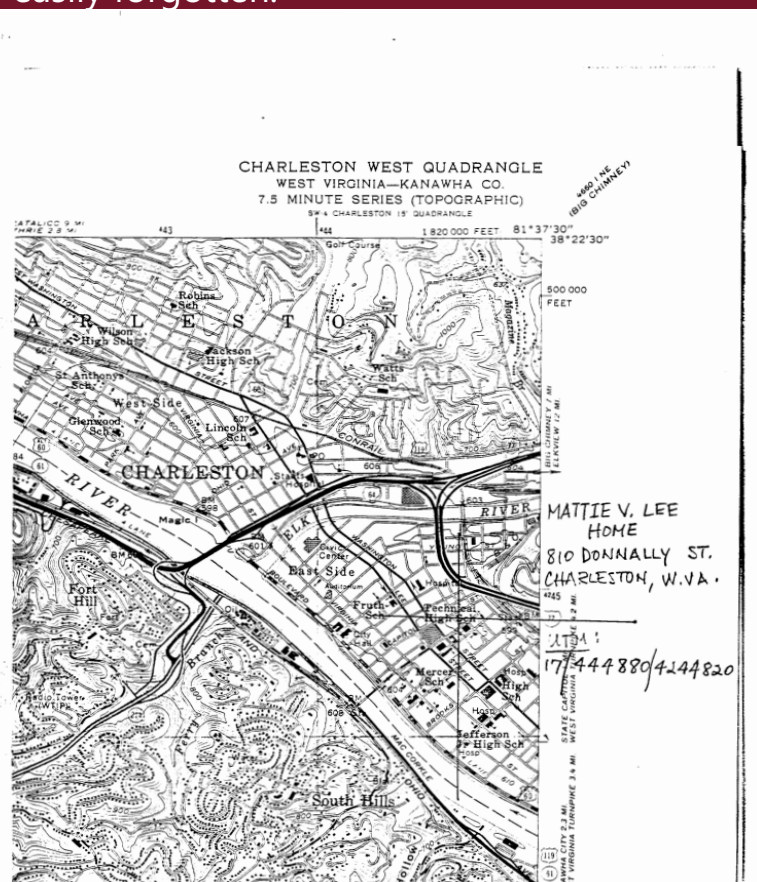
As students, it can be easy to doubt the impact of our actions, but consequential figures like Lee show that the helpful decisions we make today may very well be felt by people down the line decades later.

The Block's community endures today through the Simpson United Methodist Church. Although the building's survival is iconic of the once thriving Charleston community, its inspirational spirit of endurance unfortunately contrasts it with the many black businesses that did not survive.

According to the Simpson Church's own website, the church was once surrounded by stores like salons, pharmacies, and grocers "that successfully supplied the needs of this community." Now, the church sees itself as a "tangible reminder of those prosperous times between 1914 and 1941."

These sites did not exist in a vacuum. They were surrounded by a once prosperous community, and although this community was suppressed by racism and segregation, the community found strength to thrive until it was disrupted by outside forces and allowed to fade from the public's memory.

According to the same aforementioned WOWK report, the Block began to erode after desegregation, and much of what survived was disrupted by the interstate system and other factors. This January, during Enlightened Living Week, it can be easy to think that the Civil Rights Movement occurred only on a national scale: but remember that communities like The Block fought hard for their existence on a local level too. Their existence and their struggles should not be easily forgotten.



# UNIVERSITY OF CHARLESTON

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