



A beacon of light that gives warning to passing ships

PHAROS

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West Virginia Wesleyan College

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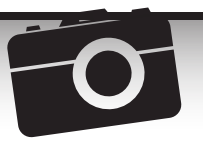
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NEW AND INTERESTING SPRING CLASSES

by Trevor Randolph



Image from sfexaminer.com

Every semester adds special classes to the course selection for students. These special topics are chosen and lead by professors who have a profound interest in a topic, who want to offer new material to students and help enrich their college experience. These classes are also typically honors courses, as the special topics are also advanced in nature.

Some of the classes offered next semester include Intro to Entre-

preneurship (BUSI-288), Violent Crime (CJUS-288), Gender Communication (COMM-288), Cultural Capitals: Paris (INDS-288), and Politics & Film (POLS-288), all of which sound interesting to students, including sophomore Jamie Young.

"These classes give students opportunities to learn more in their respective fields," Young says. "I'm actually thinking about taking Politics & Film this spring."

Intro to Entrepreneurship will have two instructors: Professor Kelly Hughes and Dr. Tracie Dodson. The students will learn characteristics of a successful entrepreneur and what it takes to turn an idea into a business venture. Violent Crime, taught by Professor Craig Jankowski, will give students a better understanding of violent crimes through illustrating what constitutes such crimes. Cultural Capitals: Paris is the honors

program's special topic class offered for next semester and will be taught by Professor Doug Van Gundy, head of the WVWC honors program. This class will give an overall study of the city of Paris through its historical, political, literary, artistic, and film resources. Politics and Film, taught by Professor Robert Rupp, will examine the way Hollywood has portrayed politicians across the decades.

These are just a few of the special classes offered this spring. Check the front of your registration packet for more classes. Classes added to our course selection will also appear in your email inbox via eMos. Keep these courses in mind when deciding next semester's class schedule!

THE NEXT GENERATION OF GAMING

by Dylan Newcome

Videogames as a medium have become a cultural force of their own in places around the world, and rightfully so. A large audience of different kinds of people has flocked to the type of experiences that it seems only immersing oneself in a good game can bring. It should come as no surprise, then, that the launch of new gaming hardware is celebrated with much fanfare. Those who are keen to welcome a new wave of games are excited.

Gaming giant Nintendo began its next-gen endeavors in November 2012 with Wii successor Wii U, but console-makers Microsoft and Sony are going head-to-head this fall with their new gaming consoles: Xbox One and PlayStation 4. Both machines are set to provide great computational improvements over their predecessors, allowing for games with greater visual fidelity, more impressive artificial intelligence (AI), and expansive game worlds. As

similar as the big three consoles may seem, there are some differences, both subtle and obvious, that are worth consumers' attention.

The successor to Microsoft's wildly successful Xbox 360 has seen its share of controversy since its unveiling. Microsoft drew the ire of fans when the company originally stated plans for Xbox One policies to effectively cancel the secondhand game market, among other things. Executives have since made a complete turnabout, reversing the unfortunate policies and trying to earn back the respect and trust of consumers.

Inside the Xbox One are 8 GB DDR3 RAM, a custom 8-core Microsoft CPU, and a 500 GB HDD. Of much interest is Microsoft's new use of ESRAM. This type of memory, while mostly efficient, may impose hurdles for game developers. The Xbox One controller is nearly identical to the 360 controller. An Xbox Live subscription is still needed

to access many online features. The Xbox One has a strong showing of exclusive launch titles, including Capcom's Dead Rising 3, Crytek's Ryse: Son of Rome, and internally-developed Killer Instinct and Forza Motorsports 5. The system launches Friday, November 22, at a suggested retail price of \$499.99.

Sony's PlayStation 3 successor wowed followers with news of its 8 GB of GDDR5 RAM, a memory solution that makes intensive game-development simpler. The machine also has an 8-core x86 AMD CPU, as well as a 500 GB HDD.

The controller is a new iteration of previous Sony controllers, dubbed DualShock 4 (DS4). DS4's layout and function is largely similar to that of its forerunners, but it does feature a clickable touchpad on the front with a 1920x900 pixel resolution. The controller's "Share" button allows players to grab screens and videos from their gameplay and upload

them to the web. Players who were hoping to play online for free may be disappointed to discover that the PS4 requires a paid PlayStation Plus subscription.

The console also has some degree of functionality with Sony's handheld gaming platform, the PlayStation Vita, with the device serving as a means for players to have a second-screen experience. Many cross-generation multiplatform games like FIFA 14, Battlefield 4, Assassin's Creed IV: Black Flag, and Just Dance 2014 will be available on PS4, along with other gaming platforms. In terms of exclusives, Sony will be publishing five titles available at launch. One of these games is Knack, a platformer from the mind of Mark Cerny, the mastermind behind Crash Bandicoot and lead engineer of the PS4 hardware. The PS4 launches Friday, November 15, at a suggested retail price of \$399.99.



XBOX ONE

PS4

Image from ubergizmo.com



LIFESTYLE

WHERE HAS THE “CHIME” GONE?

by Tabby Bennett

Image from www.wvc.edu*The chimes of Wesley Chapel have remained silent since Commencement in 2011.*

Do you remember the sound of the chapel chimes playing every hour as you went to class? For some, the chapel chimes are synonymous with Wesleyan. They are perhaps the oldest part of our campus. Unfortunately, the chimes have broken.

“The chimes were a cue for campus,” said Brett Miller, College Archivist, Records Manager, Music Librarian, and Wesleyan alum. “Even if you weren’t aware of what time it was, you could get your bearings if you heard the Alma Mater at noon or the songs that played at 6 P.M. every day.”

According to Angela Gay Kinkead, Dean of the Chapel, the chimes have been a part of Wesleyan’s history longer than any of the buildings still in use today. The Shannon Bells were originally purchased from a donation by the Shannon and Phillips families. In the early 1900s, the bell was placed in the Seminary building, which is now the site of the Admissions Building. When the Seminary building caught fire, the bells were saved and put in the chapel only to be used two other times in history. The bells were tolled when President Stanley Martin died and on the first anniversary of the September 11 disaster.

The chimes we’ve all heard were part of an analog system that projected from the chapel steeple. According to Schulmerich Bells, the manufacturer, Wesleyan possess the last analog system in existence. Unfortunately, on the 2011 Commencement morning, the chimes broke and became irreplaceable.

“I miss the chimes terribly,” said Kinkead. “They made Wesleyan what it was. It really was a Wesleyan tradition.”

According to Kinkead, the estimate for a new chime system will cost roughly \$30,000, and there are many other needs to be taken care of first. The chapel itself needs a new roof and new electric wiring.

“During your college career, the bells became a part of your daily life, whether you were aware of it or not,” said Miller. “People who come back to campus have a very strong association with them. Students who never experienced them missed out.”

Within a few years, after some needed updates to the chapel, the sound of the chimes should return to all students of Wesleyan.

WESLEYAN’S NEWEST ARCHIVE HELPFUL FOR UPCOMING BOOK

by Liesa Kimelaskas

For those keeping track of West Virginia Wesleyan’s history, the college’s 125th Anniversary is just around the corner! To commemorate this milestone, Wesleyan plans to publish a historical text during Fall 2015.

Most of Wesleyan’s history was recorded in the earlier 1940 and 1965 publications. These books, however, focus more on the administrative and financial decisions made over the years. Many of the faculty involved in creating the new book—including

figures such as President Pamela Balch, Reverend Angela Gay Kinkead, and Director of Alumni Relations Kristi Wilkerson—wish to see a more balanced approach to the subject matter. To understand how Wesleyan will achieve this balance, Brett Miller, archivist, coordinator of records management, and music librarian, explains the process.

Miller has a hand in compiling the manuscript and choosing all 185 included photos. He says the idea is to “use photos and captions to tell a

story without rehashing what’s already been written.” He must be intentional when selecting pictures. In most cases, Miller opts for pictures with people rather than landscape portraits or the construction of buildings.

“I learned during my internship at the Smithsonian that people come to museums to see themselves,” Miller says.

Like a yearbook, people want to keep a memento of their past to remember their friends’ involvement

on campus. Miller hopes the pictures he chooses “spark a memory [and] reconnect the members of Wesleyan who haven’t been back for years.” With Miller’s careful consideration and the shrewd eye of other Wesleyan faculty, the book released for Wesleyan’s 125th Anniversary will highlight academic life, political influence, and community engagement, which may not have been covered before.

Miller notes that it is much easier to compile this historical text now that Wesleyan has a central archive.

In previous years, historical documents and pictures were kept at a few locations on campus. The college has recently consolidated their history into one repository, located in the Annie Merner Pfeiffer Library. With all of Wesleyan’s information in one location, important documents and manuscripts are readily accessible.

For more information on the college’s history or researching original Wesleyan artifacts, contact Paula McGrew, Carol Bowman, or Brett Miller in the Annie Merner Pfeiffer Library.

WE LEAD: ECO AND SUSTAINABILITY CLEANUP

by Rachel Bunting

More than ten Wesleyan students participated in the Buckhannon River cleanup on Saturday, October 26th. The effort was organized by the WE LEAD Eco and Sustainability team. Eco and Sustainability Coordinator Kyra Waugh, like many others, believes in the importance of tidying our community.

“We need to make people aware of the damage that they cause our earth when they decide to litter,” Waugh says. “A lot of their litter is not biodegradable. By cleaning the river, we are helping to make our environment more beautiful. We’re also helping with awareness.”

On average, a plastic bottle can take up to 450 years to decompose fully. Sometimes the decomposing process can take up to one thousand years! Students at the river cleanup not only picked up plastic bottles, but also soda cans, plastic bags, and even an old bicycle! No littered item was off limits.

According to Business Insider, American consumers spend 300 times more on bottled water than on tap water. This year, the Eco team

organized a tap water challenge to illustrate that people should choose tap water to prevent waste associated with plastic bottles. The team set up in front of Wesley Chapel and challenged passers-by to taste a range of waters in small cups. Of those polled, many felt that tap water tasted just as good as bottled water, if not better than certain brands.

The Eco team also organized a poster competition on campus. The competition involved participants’ use of recycled materials to create images of topical environmental issues. This project also involved going into the Buckhannon Academy Elementary School and working with 2nd-grade pupils to learn the importance of recycling.

Future projects include an “up-cycling” event where Christmas ornaments will be made from a variety of materials. There are also plans to collaborate with Wesleyan’s Enactus organization to encourage local businesses to recycle, as well as to potentially introduce personalized recycling bags on campus. Bethany Jordan, another Eco team coordina-

tor, emphasizes the importance of this project.

“The amount of waste that occurs with each grocery store trip by using bags is astounding,” Jordan says. “It’s such a waste of plastic, and it’s so often overlooked. By doing something as simple as beginning to use recycling bags each time you go to a store, people will develop attitudes that can save many bags over a lifetime and make a real contribution to a healthier environment.”

Asa Nichols, coordinator, says this eco change is needed.

“If we don’t start acting like we live here, then we will not pass anything on to future generations,” Nichols says.

Students who wish to get involved with WE LEAD Eco will make a difference on campus, in the local community, and even in their own hometowns. New students are encouraged to attend the Eco team’s biweekly meetings on Wednesdays at 4:15 P.M. in the Center for Community Engagement (CCE), located behind the bookstore.

Image from clker.com



ARTS



Image from suitcasescholar.com

FOLGER SHAKESPEARE LIBRARY: “ADVANCING KNOWLEDGE & THE ARTS”

by Liesa Kimelaskas

Many words come to mind when one thinks of William Shakespeare: playwright, actor, innovator, mortality. Shakespeare greatly influenced American society by transforming the English language and questioning human nature. Amherst College student Henry Clay Folger realized the importance of Shakespeare's contributions during one of Ralph Waldo Emerson's lectures in 1879. Henry Folger, along with the help of his wife Emily Jordan Folger, began collecting portfolios, books, manuscripts, playbills, and paintings relating to Shakespeare or the era in which the man lived. By 1932, the couple built a library in Washington, D.C., to house what would come to be known as the world's largest Shakespearian collection. Thus, many scholars think “Folger” when they hear the word “Shakespeare.”

Wesleyan Professor Dr. Devon McNamara speaks highly of the Folger Shakespeare Library and its adjoining Theatre.

“Even though you can go to Pittsburgh [to see a play], or the Greenbrier, this is a particular place,” McNamara says. “There are lots of good companies, but it's about the context [of being able to see the] library itself—seeing [the] 16th century portfolio itself.”

Dr. McNamara helps the Folger Library's quest in “advancing knowledge and the arts” when she brings groups of eager students to Washington, D.C., each fall. Since 1998, Wesleyan groups have made a pilgrimage to this nationally-registered, historic place. Students study Shakespeare in a 300-level course, then take a weekend to tour the Library and watch a performance.

During the weekend of October 26, the class watched the Folger Theatre's performance of Romeo and Juliet. Many students claimed they did not understand the play until they saw it performed.

With funds from Wesleyan's English Department and a college student discount, this eye-opening experience was made more affordable for students. Whether it's to eyeball the library hidden behind a curtain, study famous costumes in the Great Hall, look up at the unicorn painted on the ceiling of the theatre, or watch an actor address the audience from the center aisle between seating, students are bound to enjoy themselves at the Library. West Virginia Wesleyan College has begun this annual tradition, and students can only hope it continues.

GUEST TEACHER: SHAWN COPELAND

by Addie Lewis



Dr. Shawn Copeland, a professional clarinet player for the Relevants Wind Quintet, recently held a workshop with musically-inclined students on West Virginia Wesleyan's campus. Students involved in Concert Concentus, Movement/Voice Practicum class, Dance Repertory class, the Glass Menagerie, and the Jazz Big Band Ensemble listened to his expertise. Copeland also offered individual private lessons afterwards.

Erica Wolf, a freshman dance major, finds these workshops practical and applicable.

“The class I had with Shawn Copeland allowed me to learn how to use and carry my body differently,” Wolf says. “I really enjoyed his class because he was very nice and fun while he was teaching us.”

Copeland taught students about the Alexander technique. This technique is a way of bringing awareness to one's self about muscle and mental tension so that individuals do not overexert themselves. It can help improve posture, balance, alignment, and poise. This is a popular study known among many performers of all types. Copeland plans to teach additional workshops based solely on Alexander technique.

Copeland teaches music and Alexander technique at High Point University and the University of North Carolina at Greensboro. He is also the adjunct professor of Clarinet at High Point University. Copeland travels across the country, teaching at various music festivals. He received his Doctorate of Musical Art degree from the University of North Carolina at Greensboro. Not only is Copeland an accredited teacher of Alexander technique, but he is also skilled in body mapping—another technique that teaches how to play and sing with less tension and more enjoyment. Body mapping is an application of anatomy and physiology. “I am in my third and final year of study toward teacher certification in the Alexander technique,” Thomas Schoffler, WVWC instructor, says. “Wesleyan will be only the second college or university in West Virginia to have a faculty member with such a certification.”

Students who had the pleasure of experiencing Copeland's lessons look forward to attending more workshops and applying his teachings to their studies.

HEALTH

WESLEYAN'S SECOND ANNUAL TURKEY TROT 5K

by Adam Hill

Do you ever feel guilty for eating extreme amounts of turkey, stuffing, and pumpkin pie on Thanksgiving Day? The Wellness Center has the event you need to eliminate those unwanted calories: the Early Bird Turkey Trot.

The Turkey Trot is a fun, 5k road race through the streets of Buckhannon. The race will be held Sunday, November 17, at 1:00 P.M. It will start and end at the fountain. The

course is flat and easy, making it suitable for all ages and fitness levels. Students who present student ID can trot for \$10. The race costs \$15 for community members.

In its second year, the 5k hopes to garner a bigger, better, more enthusiastic crowd than last year. Senior criminal justice major Chris Toompas believes this goal is possible.

“Most people don't enjoy running, so this type of race will bring

a different environment for participants,” Toompas says. “There are so many themed races popping up these days, and the crowds for these events are bigger than I've ever seen. I think the Turkey Trot will be great for the Wesleyan and Buckhannon community.”

You can burn approximately 65-100 calories per mile by just walking! If you run vigorously, or even jog, you could burn upwards of 350 calo-

ries during this 3.1-mile race. That's an entire slice of pumpkin pie! Running also increases your cardiac and respiratory health, which helps your body function more efficiently in all aspects. It's possible that this race is the kick-start you need to start living a more healthy, active lifestyle.

Students can register at www.wvwcmemberearlybirdturkeytrot.zapevent.com. All other participants can register at earlybirdturkeytrot.zapevent.com. Be

one of the first fifty registered and receive a free t-shirt. Additional prizes will be given for Best Costume and top three overall male and female finishers!

Whether you're an avid runner or a leisurely walker, ruffle your feathers, come on out, and strut your stuff at the 2nd Annual Early Bird Turkey Trot!

FINDING YOUR “CENTER” AT THE WELLNESS CENTER

by Maty Swartz

Hey, Bobcats! Looking for a way to relieve end-of-semester stress? Want to stop moping around your dorm room with a bag of Doritos and instead get some exercise? Do you want to feel healthier, more energized, and tranquil in mind and body? If you answered “yes” to any of these questions, look no further than our own Wellness Center! Every Wednesday from 5:30-7:00 P.M., you can recharge your batteries and get a great workout through yoga.

For those of you who think yoga is “easy” and that it is merely a cop-out for “real” exercise: you are wrong. If

yoga is done correctly, every single muscle in the body is engaged in even the most basic of poses. As a result, endurance, strength, and flexibility are increased. The longer a pose is held, the more stamina is increased—which can come in handy if you're a student-athlete! Muscles also become longer and tighter the further one progresses in her yoga practice. Moreover, in order to do a pose correctly, the spine, neck, and sacrum must be completely straight throughout yoga. Because the practice focuses on keeping the body in perfect alignment, posture will improve sig-

nificantly. Practicing yoga regularly can also help alleviate asthma, back pain, high blood pressure, and even depression, too.

The most beneficial aspect of yoga, however, is its miraculous ability to relieve stress while simultaneously sharpening the mind. Upon entering a yoga class, one must be completely willing to leave behind the outside world and all of its burdens; yoga is a time for peaceful reflection, not secular chaos. One must completely empty her mind and focus solely on the task at hand, whether it be a complicated pose or simply maintaining

a “yoga breath.” A yoga breath occurs when one inhales deeply from the diaphragm until air fills the lungs to their capacity, then exhales slowly through the nostrils. As simple as it may sound, this process delivers a nourishing supply of oxygen to the brain, which, in turn, stimulates clear thinking and the propensity for focus.

Practicing yoga relieves anxiety that accumulates throughout the week. Whenever I come out of savasana, or “corpse pose,” which is the pose we do at the end of every class, I've fully emptied my mind. I instantly feel more energized, like a giant weight

has been lifted from my shoulders. Though I am far from where I want to be in my practice, I can already tell a difference in my flexibility, strength, and the amount of energy I have during the week. Little by little, I see improvements!

To strengthen your mind and body, visit the Wellness Center on Wednesday nights, 5:30-7:00 P.M., and give yoga a try. It might just be the ideal workout for you!



WORLD



Image from nuruinternational.org

JAKE HARRIMAN: FOUNDER/CEO OF NURU INTERNATIONAL

by Ashley Young

Wesleyan's Brad Long Peace Education Lecture sheds light on leadership. This fall's lecture proved that. The 2013 keynote speaker delivered a message full of truth, hope, and belief that we can end extreme poverty.

Jake Harriman is the founder/CEO of Nuru International, a non-profit organization working to end extreme poverty around the world. A native of our state, he entered the U.S. Naval Academy, graduated with distinction, and began a career in the Marine Corps. After eight years of leading a special operations unit, Harriman, an individual who frequently witnessed the woes of poverty in Iraq, decided to turn a humanitarian dream into a reality. Harriman was accepted into Stanford Graduate School of Business. He graduated with an MBA, and a passion for helping those in need, in 2008.

Harriman believes we "live in a world of choices." After years of researching poverty and trying to define it, he found the words of Mahbub al Haq, finance minister of Pakistan, and Amartya Sen, Nobel Prize winner; these two leaders define extreme poverty as "a lack of meaningful choices for basic human rights." Harriman says this definition matches the painful scenes depicted in Iraq. It became Nuru's basis.

The term Nuru means "light" or "hope." According to Harriman, Nuru aims to be a light or hope to hurting people. Through a careful selection process, the organization chooses areas of the world that are "remote, rural, and lack NGO presence," areas that are in need of stability. Harriman and the Nuru team lead with a servant-leadership style. This form of leadership encourages natural leaders to emerge; it also

answers questions that are unique to each community. Harriman believes there are three "knows" that must be understood before turning people without choices into a self-sufficient, financially stable body.

"First, know your people," he says. "Who are you working with? Second, know your job. Be good at what you do, and always strive to improve. Third, know yourself. Know your strengths and weaknesses, and apply yourself accordingly."

Nuru's success is attributed to Harriman's passion and work ethic. For individuals with an entrepreneurial spirit and a willingness to help others, he offers advice.

"The world has a lot of room for good people with good ideas," he says. "You just have to get out there and make a change."

Visit NuruInternational.org for more information.

RED CROSS BLOOD DRIVE

by Trevor Randolph

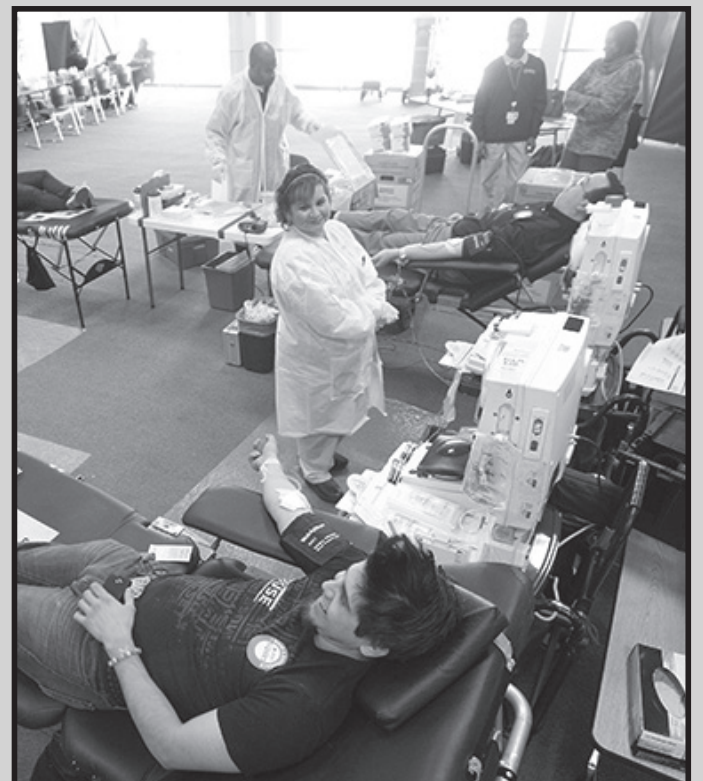


Image from csupomona.edu

Every year, West Virginia Wesleyan hosts a blood drive through the American Red Cross. The Red Cross is a non-profit organization that, aside from blood drives, also assists people of need in impoverished areas, in places where natural disasters occur. The Red Cross thrives on donations and volunteers and first aid.

During on-campus blood drives, students, faculty, and staff volunteer to donate blood to help save the lives of people who need it most. According to the organization, for every pint of blood donated, three lives are saved. There has already been one blood drive this semester. Turnout for this blood drive was smaller than usual, as the average turnout for WVWC has been around 50 people for the past several years.

Alpha Sigma Phi fraternity runs the blood drives at WVWC. The fraternity has direct contact with the

Red Cross and assists in signing up participants beforehand. Philanthropy Chair J.T. Noland considers minimal campus-wide publicity one of the reasons why few people donated earlier this year. Because the blood drive was early in the year, Noland believes this also caused a small turnout.

For those who missed the first blood drive, there will be another opportunity to donate later in November. Noland shared his organization's reasons for taking part in these events.

"Alpha Sigma Phi helps with blood drives mainly because it is a good cause," Noland says. "It feels good to help such a great organization as the American Red Cross."

The Red Cross does so much to help people all over the world. The only things they need in return for their hard work are donations and volunteers. Donating blood is an easy way to help contribute to the cause. Help save three lives this November! Be on the lookout for more information about an upcoming blood drive.

TIE-DYE CUPCAKE FUNDRAISER RESULTS

by Kaila Burch

Autumn brings family gatherings and holiday traditions. As stressed college students, we often look forward to the long breaks that come with various holidays. A week without studying, reading, and homework appeals so greatly to those of us who are fortunate enough to attend college that, many times, we forget about others who do not have the same opportunities, who do not have the means to attend college. In reality, we are more blessed than we believe. To change these unfair conditions, many individuals are in the fight to increase educational opportunities around the world.

She's the First is a non-profit organization that sponsors girls' education in developing countries. The

organization supports girls so that they become the first in their families to graduate from secondary school. So far, She's the First has impacted the lives of 289 girls in 11 countries. Various college-aged groups in the U.S. raise funds and support the organization through one of their largest fundraisers: the Annual Tie-Dye Cupcake Bake-Off.

Her Campus WVWC eagerly stepped up to sponsor She's the First in their third Bake-Off. Hard work from Her Campus team members, Aladdin Food Management, and Executive Chef Patrick O'Brien allowed Her Campus WVWC to #BakeAChange. The Bake-Off began Friday, October 25, and concluded Friday, November 1. In

total, Her Campus WVWC raised \$300, meeting their goal for the fundraiser! Editor-in-Chief Ashley Young chose to donate the raised funds to deserving girls in The Gambia.

"So many students freely gave to our fundraiser," Young says. "Some didn't even take a cupcake in exchange for their donation! The kindness of our buyers will support a girl who truly deserves to be the first in her family to go to school."

To learn more about She's the First and how to support young girls' quest for education, visit shesthefirst.org.

"O'Brien and staff donated 180 cupcakes and countless dollars. Her Campus WVWC is thankful for the support!"

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SPORTS

SPORTS
SPOTLIGHT:
RAY
WARREN

by James Williamson



Ray Warren is a senior Guard for our men's basketball team. He was born and raised in the Bronx, often playing football as a young boy. Warren started playing basketball at the age of 12. In 2012, during Warren's first year at WVWC, he played in 27 games, making 25 starts with a game high of 24 points against Seton Hill. Warren has high hopes that his senior season will be successful. The men's basketball team will play Division 1 schools such as Bradley University and University at Buffalo. They'll also travel to Puerto Rico in December to take part in a tournament.

What inspired you to play basketball?
Watching basketball on TV. I just wanted to hoop.

Favorite Basketball Player?
LeBron James

Short Term Goal for this season:
To finish as a top 3 team at the half break of the season.

Long Term goal for this season:
To lead our Conference in assists and win our first MEC championship.

Which NBA player's game is like yours?
Chris Paul

If you had a million dollars, what would you do?
I'd make sure my family was taken care of, then buy everything I've ever wanted.

NEW MOUNTAIN EAST CONFERENCE

by Jamie Young



Photo from wesleyanbobcats.com

The 2013-2014 academic year marks the first season of the brand new Mountain East Conference (MEC). After years of rumors, nine schools within the West Virginia Intercollegiate Athletic Conference (WVIAC) came to a mutual agreement that it would be in their best interests to leave the conference and start anew. This decision led to the demise of the WVIAC, which was created in 1924.

The WVIAC hosted fifteen schools, all of which were located in West Virginia. In contrast, the MEC currently hosts 12 teams, located from West Virginia, Virginia, and Pennsylvania. Members include University of Charleston, Concord University, Fairmont State University, Glenville State College, Notre Dame College, Shepherd University, Urbana University, University of Virginia's College at Wise, West

Liberty University, West Virginia State University, West Virginia Wesleyan College, and Wheeling Jesuit University. Seton Hill University has also announced that it plans to join the MEC in the near future. The six schools that remained in the WVIAC relocated to other conferences, with the exception of Bluefield State College, which did not receive a conference bid for the 2013-2014 season.

Changes are sure to come to Wesleyan with the new conference. Wesleyan's football team received an entirely new coaching staff after their dismal 2012-2013 season. Future changes will most likely occur as new funding arrives and is distributed throughout the school's athletic programs.

There are conflicting opinions about the formation of the new conference. Wesleyan junior Adam Hill

thinks leaving the WVIAC is a good decision.

"It gives us some new competition," he says. "Instead of facing the same teams and the same schedule every year, we're now able to play against new teams, even some from other states."

The new conference does allow for a change of pace, making games more exciting for fans and athletes alike. The vast majority of schools currently in the MEC are transfers from the WVIAC. However, other schools will most likely join as the conference ages.

Whereas some are optimistic about the switch, others don't feel the same. Wesleyan men's soccer coach Gavin Donaldson is "not happy about it," saying that he "[does] not believe that all of our teams will be funded, staffed, equipped or provided the scholarships in order to evenly com-

pete in the new conference." Donaldson makes a valid point. Since there are fewer teams in the MEC than the WVIAC, it is likely that the schools in the MEC could receive less funding for athletic programs. Only time will tell, as the frontrunner teams of the MEC emerge.

The WVIAC was one of the oldest, most historic collegiate sport conferences in the United States. Its postseason basketball tournament, which began in 1936, was the second oldest still-existing tournament in the country. The conference experienced a rich history—one that includes the switch from the NAIA to NCAA Division II in 1994. Even so, nothing lasts forever, and the legacy of the WVIAC will live on into the MEC. The WVIAC may no longer exist, but it will be remembered by the fans and athletes who experienced it for themselves.

2013 Fall Sports Recap

Football	@ Fairmont State	Oct. 31	W 40-37 (OT)
Runningback Michael Anderson rushes for a career high 224 yards, 1 TD, in Wesleyan's overtime victory over the FSU Falcons.			
Women's Soccer	@ Wheeling Jesuit	Oct. 30	W 1-0
Senior Jade Smith nets the lone goal of the game. Goalkeeper Lauren Duncan snags her 9th shutout performance of the season.			
Men's Soccer	@ Wheeling Jesuit	Oct. 29	L 0-1
After a hard-fought effort, Bobcats suffer a close loss against the Cardinals and miss out on a bid for the MEC Tournament.			
Volleyball	@ University of Charleston	Oct. 29	L 0-3
Samantha Swann has 8 kills and Katlyn Hoge digs 13, but it isn't enough to pull off the win.			
Cross Country	@ Pipestem State Park	Oct. 26	W 1st, M 2nd
Women: Freshman Naomi Underwood leads the surge with an overall 1st place finish, followed by Erica Walker (2nd), Loren McDaniel (3rd), Racheal Hulett (6th).			
Men: Freshman Wes Stowers places 5th overall to lead the men. Brody Born and Nathan Witacre follow in 8th and 9th respectively.			
Golf	MEC Championship	Oct. 16	W 3rd, M 10th
Women: Becky Gossard and Kayla Linger shoot phenomenally to send Lady Bobcats home with 3rd place.			
Men: Junior Ben McMillion leads Bobcats. Logan Kaptis and Ryan Holcomb help bring men to a 10th place finish.			

About the Editors

Ashley Young, a native of Hurricane, W.Va., is a senior public relations major. She is the Editor-in-Chief of both the Pharos and Her Campus WVWC, and she works to maintain various leadership roles on campus and her 3.9 GPA. She spent the summer as an editorial intern with Thomas Nelson Publishers, the world's largest Christian publishing company (also America's sixth largest), and she edits and proofreads wherever her eyes turn. Ashley's also an oil painter, a lover of laughter, and she's engaged. Readers can gladly keep up with her day-to-day happenings by following @AshleyIsYoung on Twitter and Instagram.

Assistant to the Editor-in-Chief **Dylan Newcome** is a junior computer science major from Buckhannon, W.Va. He enjoys running track for Wesleyan, playing Nintendo games, drinking delicious milkshakes and reading political satire. But mostly that third thing.

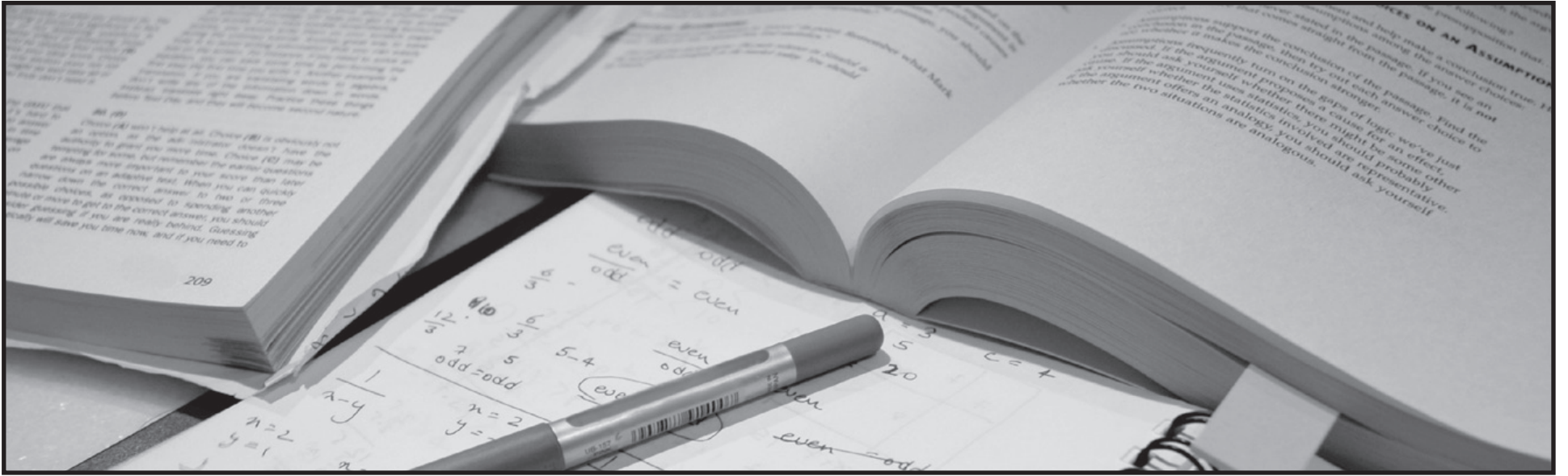
Layout Editor **Ethan Butler** is a senior double major in Communication Studies and Photography, and hails from Buckhannon, W.Va. When he is not busy being a total nerd, he can be found taking part in such activities as writing, videography, comic book art, and graphic design.

Do you have a response
to an article?

Contact the Editors

and let your voice be heard!

Email Ashley at young_ab@wvwc.edu or Dylan at newcome_dm@wvwc.edu with the subject "Letters to the Editor" for a chance to appear in a future issue!



FINAL EXAMINATION SCHEDULE FALL 2013

	8:00 - 10:00	10:30 - 12:30	2:00 - 4:00	6:00 - 8:00
Friday, December 6	MWF 9:00	TTh 2:30/3:00	MWF 11:00	MWF 12:00
Saturday, December 7	TTh 8:00	MWF 8:00	TTh 1:00	TTh 6:00/6:30/7:00
Monday, December 9	MWF 1:00	MWF 2:00	TTh 9:30	MW 6:00/6:30/7:00
Tuesday, December 10	MWF 3:00/4:00	MWF 10:00		

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THE ELIE WIESEL FOUNDATION PRIZE IN ETHICS ESSAY CONTEST 2014



The Prize in Ethics Essay Contest is an annual competition designed to challenge college students to analyze the urgent ethical issues confronting them in today's complex world.

Articulate with clarity an ethical issue that you have encountered and describe what it has taught you about ethics and yourself.

Full-time Juniors & Seniors at accredited four-year colleges and universities in the U.S. are invited to enter.

FIRST PRIZE: \$5,000
SECOND PRIZE: \$2,500
THIRD PRIZE: \$1,500
TWO HONORABLE MENTIONS: \$500 EACH

ONLINE ENTRY & GUIDELINES:
www.ethicsprize.org

DEADLINE: ONLINE BY
DEC. 2ND, 2013, 5PM PST
www.eliewiesel.org

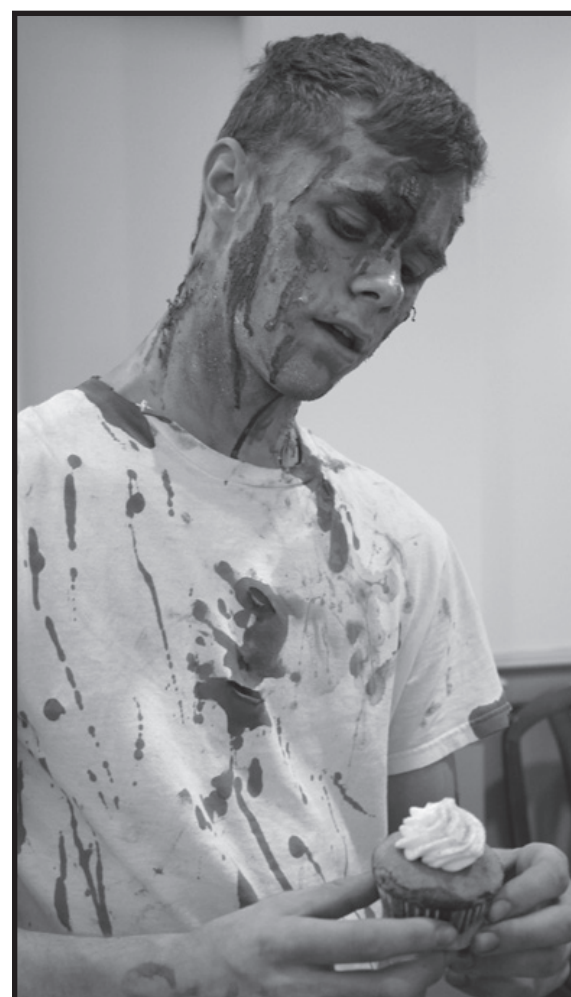


PHOTOS

All photos by Ashley Young—October 31, 2013



Above: *A banana cowers in dread as it is pursued by a rampaging gorilla.*
Top Right: *Jamie Young disguises himself as Jerry the Aladdin worker.*
Right: *The Aladdin staff get into the Halloween spirit.*



Above: *A devious jester prepares to heckle diners at Aladdin.*
Right: *This zombie takes a break from terrorizing the living to enjoy a delicious cupcake.*
Far Right: *Adam Hill and Editor-in-Chief Ashley Young pose as Bob Ross and a Happy Little Tree.*



THANKSGIVING MENU MAKEOVER

by Maty Swartz

Succulent turkey, creamy mashed potatoes, and decadent pumpkin pie. For most of us, these foods are Thanksgiving dinner staples, but not everyone can partake in these traditional foods due to conflicting dietary needs. Some of us can't eat rolls or stuffing because of illnesses such as celiac disease. What about those of us who aren't able to reach for the rich mac and cheese because of lactose intolerance? We must not forget vegans who can't eat much of anything, either!

The question becomes, "What can we do?" Thankfully we aren't in the age of Pilgrims anymore, so we have loads of new, innovative dishes that become Thanksgiving substitutions. Most of these alternatives are healthier and won't leave you in the dreaded Thanksgiving food coma. Here are a few dishes to try this Thanksgiving with your family!

Celiac Disease: It's difficult for celiac patients to enjoy yummy, carb-infused Thanksgiving dishes—especially stuffing and dinner rolls! But if you make these changes, enjoying holiday favorites will be a cinch!

•**Stuffing:** Depending on whether you prefer stovetop stuffing to homemade, you can simply buy gluten-free mix or use crumbs from one of your favorite gluten-free breads. Just bake the dish according to your traditional recipe!

•**Rolls:** We all know that making rolls that are light and fluffy and gluten-free is a challenge in and of itself; in fact, it's nearly impossible. If you're feeling left out when the rest of your family reaches for the rolls, try making a gluten-free batch of cornbread, instead! Whether you use your own recipe or buy a mix, you can add various combinations of fruits, herbs, and spices, such as ap-

ples and thyme, in order to make the dish more flavorful. This simple trick is sure to leave your guests reaching for seconds!

•**Lactose Intolerance:** Thanksgiving is a time for butter, butter, and more butter. Practically every traditional dish calls for butter—which, unfortunately, contains dairy. Here are a few delicious substitutions.

•**Mashed Potatoes:** Boil potatoes like you normally would. When whipping the potatoes, add soy milk in place of regular milk and soy powder for thickness. You can even add garlic for that extra zing! My personal favorite is mashed sweet potatoes, which are naturally less starchy, more flavorful, and don't require as much milk or butter. Just whip the potatoes and add coconut milk, cinnamon, and a pinch of brown sugar. Delicious!

•**Macaroni and Cheese:** Although it sounds nearly impossible, use nutritional yeast, soymilk, and tahini paste to create rich, interesting mac and cheese. Here's the best part: it's much healthier, so you can eliminate all of that extra saturated fat and calories!

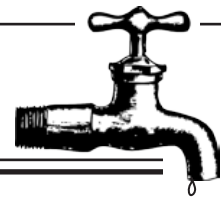
•**Vegans:** So we know that turkey and ham are totally out of the question as far as the main course goes. Almost every other dish is eliminated as well. But here are some healthy, meat-free alternatives that just might make your mouth water, even if you're not a vegan!

•**Turkey/Ham:** Instead of having unhealthy meats as the main course, try a hearty vegetable pot pie! Gather your favorite sautéed veggies, such as broccoli, cauliflower, carrots, and butternut squash, for that home-cooked taste. Vegetables are added to

a creamy mixture of nutritional yeast and vegetable stock, all baked together in a warm, whole wheat crust. Add some of your favorite herbs and spices for flavor, and you have the main dish for a delectable feast.

•**Pumpkin Pie:** In order to make this dessert that's both tasty and healthy (compared to the traditional pumpkin pie!), gather the following ingredients: baked and mashed sugar pumpkin (as opposed to a canned pumpkin mix), silken tofu (as opposed to milk), sugar, cinnamon, pumpkin pie spice, and a whole grain pie crust (Graham cracker is fine, too!). Make the pie as you normally would. Enjoy your Thanksgiving!

the SATIRE SPIGOT



ACTING PROFESSOR CAUGHT ACTING AS PROFESSOR

by Ethan Butler

BUCKHANNON, W.Va.—West Virginia Wesleyan College charged a former faculty member with accusations of fraud last week after discovering the suspect had been using a fake identity and was in no way certified to instruct college-level courses. Alfonz Conrad was hired by WVWC to take on a faculty position in the musical theatre department starting in the Fall 2013 semester. After an official investigation concerning legal citizenship, officials found that Conrad's true identity was Carl Mulder, 43, of Ontario, Canada.

Conrad was hired under the impression that he was a skilled method actor and took charge of teaching such courses as Role Dedication and Dramatic Hand Gestures II. The self-titled professor also claims to be the published author of the acclaimed text *Being John Malkovich* (or *Anyone Else you See Fit*), though this claim is currently under investigation.

"I still can't believe con-guy Mulder was pulling this off right under our noses the whole time," says Teresa Layton, vice president of the Faculty Hiring and Approval Committee. "I had such high hopes for Alfonz. We were clueless."

The Faculty Hiring and Approval Committee reports that future applicants will be subject to thorough background checks. Other individuals at the college, however, defend Mulder and his strong will to follow his calling without small things like accreditation standing in his way. "Conrad, or Mulder, I suppose, was clearly suited for the job," says English literature professor Gordon Shultz. "The students loved him and were clearly learning from him. He put on a perfect act every day, after all."

In an exclusive interview with Mulder concerning how he kept up his identity as Conrad, he explained his daily morning routine of vocal and accent warm-ups, fol-

lowed by makeup application, a process which he said could last as long as three hours.

"The false beard was certainly the most time consuming characteristic of my daily transformation," says Mulder. "It may seem unnecessary to some, but after spending some time preparing my role as Conrad, I really felt this strong vibe that he would be the type of fellow to keep a well-groomed beard."

Mulder expresses strong enthusiasm about his upcoming court case.

"Though this is an unexpected turn of events, I am very intrigued to discover how Conrad's character will behave in this situation," says Mulder. "Even though my lawyer has strongly encouraged me to attend the courtroom as myself rather than my recent alter ego, I've been using my time away from work to really reflect on what I've learned about Conrad so far. This should give me something to build on when the court date comes around."

NOISY STUDENT PACKING UP THINGS PREMATURELY PROBABLY HAS SOMEWHERE REALLY IMPORTANT TO BE RIGHT NOW

by Dylan Newcome

WEST VIRGINIA WESLEYAN COLLEGE—A student who began audibly shoving belongings into his backpack when his professor hinted that class would soon be over likely has a very urgent obligation, sources confirmed today. The student is not simply in a hurry to sleep for the remainder of the afternoon.

Daveth Kermit, junior, hastily folded up his notebook, placed it in his backpack, and zipped the compartment of the bag loudly when his History of Estonian Textiles instructor hinted that class could perhaps possibly be over soon. However, experts say the likelihood that Kermit has absolutely nowhere meaningful to be immediately following the 10:00 A.M. class is extraordinarily

low. Estimates place Kermit's obligations, which are apparently important enough to noisily interrupt a holder of a PhD, between "leading a United Nations forum on eco-sustainability" and "performing open heart surgery on children in undeveloped nations" in terms of significance levels. Important to Kermit's obtrusive routine is his keen ability for sensing when class is about to be over.

According to sources, verbal cues such as changes in the instructor's tone and key phrases like, "all right, class" and "next time" indicate to Kermit that class could possibly be concluded in as little as five minutes. Being prepared to briskly walk out of the classroom as soon as possible is vital to maintain Kermit's busy

and profoundly influential schedule, where leaving class a minute later could possibly result in the Wesleyan student missing his flight to the international space station to perform imperative duties as site captain. Although the clamor is incredibly distracting to other students in the class, sources say that Kermit possibly conducting a symphony orchestra in a timely fashion is worth the cost of several classmates failing to hear their next homework assignment.

At press time, Kermit could be seen shuffling into his room, where he was presumably preparing for a role in a groundbreaking new ABC drama series and not just taking a midday nap.



Photo from wvculture.org

AGGIE GHOST UNMASKED

by Ethan Butler

Legends of the Agnes Howard Ghost have been put to rest this week as the man responsible for the so-called hauntings, a local gardener, was captured in an elaborate trap constructed by a group of concerned teenagers.

The culprit, Old Man Pinkerton, has been charged with breaking and entering, aggravated assault, and disturbance of the peace. According to Pinkerton, he is a direct descendant of the Howard family. His ghostly antics were meant to deter college students from the family fortune hidden on the building's fifth floor.

"All these blasted college students would have eventually found out that the walls of the fifth floor are solid gold," Pinkerton says. "I knew it was time to put my past experience in movie makeup and special effects to good use."

There was reportedly a heavy ruckus in Agnes Howard Hall last week in the hours leading up to Pinkerton's capture. Residents of the dormitory supposedly witnessed slapstick chase sequences resulting in the Aggie ghost impossibly pursuing its investigators throughout the building's winding hallways.

"At one point, the ghost and a guy in a green shirt entered completely different doors, then both came out of the same door farther down the hallway," says on-scene witness Sydney Robertson. "I'm still not sure how that happened, and I have no idea where the oldies music was coming from."

Reportedly, Old Man Pinkerton would have gotten away with his crimes if it hadn't been for the meddling group of teenagers and their Great Dane.

How to POTTY

A COMPREHENSIVE GUIDE FOR COLLEGE STUDENTS ON THE GO

with Ethan Butler

LESSON #3:

I POTTIED. NOW WHAT?

First of all, I would like to congratulate you on your successful trip to the potty. Well done! However, try to withhold your squeals of utter joy for the moment, because there is

still more to be learned. A trip to the toilet can leave your hands covered in icky germs—we don't want these! Just take a quick trip to the sink (these come standard in every restroom), and give your hands a wash. Don't forget to use soap! Just one whiff of the flowery fragrance of your newly washed hands will make you the envy of your social circle in no time. Potty on, friends!