

IMAGINE

WCU HONORS COLLEGE MAGAZINE 2015



LAST WORDS

Jack Matthews, a philosophical novelist from Ohio, wrote a book with this wonderful title: *Pictures of the Journey Back*. As I step down as Dean of The Honors College and return to words and books in the English Department, several pictures of students come to mind:

MICHELL GURLEY (BS Special Education 1998), the first Honors Board president, now a prominent speech therapist who has worked in the US and Europe, who made us laugh in restaurants with her hilarious stories until we could not breathe.

BRANDON ROBINSON (BA History 2005), now a lawyer with his own practice in Raleigh and in the midst of writing two books, who gave the best commencement address I ever heard at WCU.

JOEL STROOT (BS Biology 2005), a Renaissance man who excels at carpentry and has studied dentistry and the priesthood, who with his incredible enthusiasm and booming use of the PA system in Reynolds Hall restored the Honors Board in 2004.

BRETT BANTHER (BS ET 2006, MS ET 2009), former Honors Board president who is now an engineer, who showed me around his hometown of New Orleans and introduced me to beignets at Café Du Monde. He dreamed of a room at the top of an arch where the Honors Board would meet—a room that exists today between Balsam and Blue Ridge Halls.

LAURA LITCHFIELD THOMAS (BS Special Studies 2009), walking the halls of Reynolds Hall with her service dog, bearing up magnificently while enduring cancer treatments year after year; she has since graduated from Edward Via Virginia College of Osteopathic Medicine and is in her residency at Memorial Hospital in Savannah, Georgia.

JUSTIN KLEBERG (BS Parks and Recreation 2011), the “Ernest Hemingway of The Honors College,” who now teaches for the National Outdoor Leadership School in Utah and Idaho; a whitewater master, he recently saved the life of famous author Tim Cahill in a mishap on the Colorado River.

SHANNON OWEN (BS Finance 2011), calling each time she succeeded through yet another layer of interviews until she succeeded in gaining a great job at Group Risk Specialists in Atlanta.

TESS BRANON (BS Biology 2013), who said she was going to go straight from WCU into a doctoral program at MIT on a full ride, and then came to the office with a letter that confirmed she had done it (she’s there now).

CONNER ORR (BS Accounting 2013), once worried about an injury that almost lost him his football scholarship, who graduated with a straight 4.0 and now works as a CPA for Grant Thornton LLP in Atlanta.

It has been an honor to work with these and countless other students. To them, and the faculty, staff, and generous donors who all made our Honors College, I have these last, inadequate words: Thank you.



Brian Railsback, Dean
The Honors College
March 29, 2015



IMAGINE MAGAZINE WRITERS AND DESIGN STAFF

WRITING STAFF (ABOVE)

Back row (L to R): Jeremy Jones (professor), Meghan Classen, Madeline Forwerck, Yustin Riopko, Jake Browning, Kenyetta McGowens, Ryan Riley, Holly Thomas, James Landolf, Taylor Kinter, Brian Railsback (dean)
Front row (L to R): Diane Schleicher, Alison Russell, Sammie Harris, Madeline Moore, Katelyn Townsend, Sydney Price

DESIGN STAFF (INSET) (L to R): Katana Lemelin, Kaitlyn Stafford, Savannah Camper, not pictured: Rubae Schoen (mentor)

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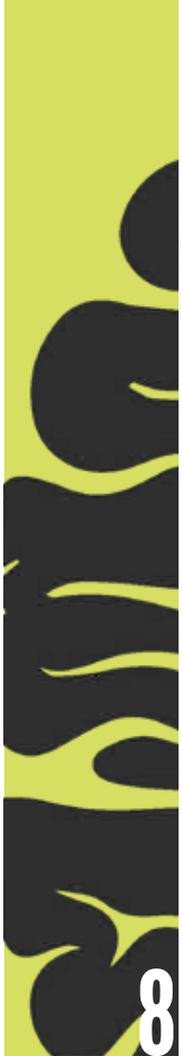
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By Alison Russell



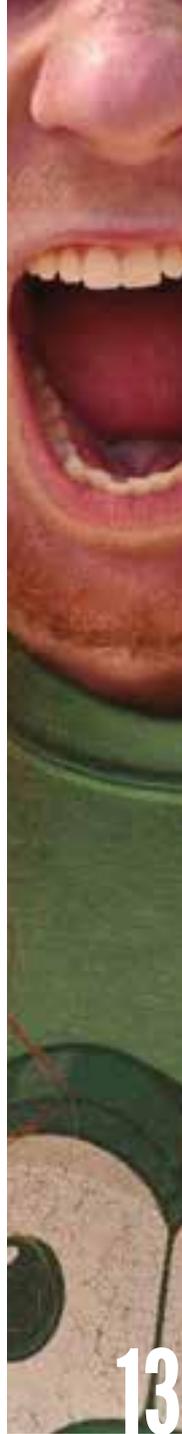
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PARANOIA ED

BY: ALISON RUSSELL



ALL IS EERILY QUIET ON A FOGGY, CRISP AUTUMN MORNING ON A BARREN TRAIL IN THE WOODS...

One person stands alone on the trail. Dressed in all black and breathing heavily in the chilly air, the man catches his breath on a leaning tree. Something rustles in the fallen leaves behind him. He jumps, startled, and slowly turns around, but nothing is there. Suddenly, a ghostly, skinny figure materializes in front of him. The man is petrified as the figure reaches out and—"Cut!" yells Patricia Brown after she takes a sip from her chai tea latte and reviews the footage from the last scene. Patricia, a film and television production major, co-created this found footage, horror webseries, *Paranoia*, in 2013. With short, wavy brown hair, an innocent face, and an unsuspecting smile, Patricia is not the type of girl you'd expect to come up with the idea for a horrific and creepy web series. But she did: "By the way," she says. "I have a baby—it's *Paranoia*."

Filmed on and around Western's campus, *Paranoia* is based on the lure of Slenderman, a mythical creature who creates a mass sense of paranoia in his victims. The series came to life one night in the dorm room of another film and television production major, John Duncan. Following a discussion about a dream of a tall, skinny figure lurking in John's bedroom when he was a child and an all-nighter, *Paranoia* was born.

Later, in her makeshift editing suite (otherwise known as her dorm room), Patricia perches at her desk, seamlessly working the material from the day's shoot. With her headphones on in front of her laptop, she tunes in completely to her task, trying to make what she calls "the imperfect perfect" through the use of special effects. While working non-stop for hours at a time, Patricia occasionally loses herself in the footage and feels like she, not the characters, is the one being watched.

"I have to sometimes take my headphones off and look around the room and remember where I am and then go back to editing because it is kind of intense." Other than being a director and an editor of *Paranoia*, Patricia also acts in and films the series. "I feel like I'm actually good at something because of film. It really has shown me that I have raw talent. We're all given gifts and this is mine."

Patricia admits that other things don't come to her as easily as filmmaking does. Fitting in with her peers and doing well in school have always been difficult, but film has always been there for Patricia. When she was five years old, Patricia and her younger sister began messing around with a video camera and their toys, filming whatever they could from bouncy balls to Barbie dolls around their house.

As Patricia grew, so did her love of making movies. Throughout her high school experience, Patricia felt like she never truly fit in with the crowd and didn't excel academically. When she rekindled her passion for filmmaking, Patricia felt like she found something that helped her feel accepted by her peers and could continue doing for the rest of her life.

With her own film production company, Anchored Down Films, and two short films, *The Rookie* and *Continuum*, under her belt, Patricia decided to attend Western to broaden her knowledge of film. She was welcomed and embraced by the sense of community she found within the program. Every person she met was willing to help each other out with personal film projects, and, in Patricia's words, it was good to be around people who understood her when it came to "speaking film."

"Action!" Patricia calls back on the set in the deserted woods not far from Western Carolina University's main campus. Behind the camera, her film crew hurriedly works to get the lighting right on this vital scene of the second season of *Paranoia*. On-set, Patricia's enamored air shows how much she loves filming and working on *Paranoia*—"Film is me. I don't have a lot in my life that doesn't revolve around film and that's perfectly fine with me."

MORE AT: PEBROWN5.WIX.COM/ANCHOREDDOWNFILM



HEADS

UP RESEARCH

BY TAYLOR KINTER



“I COULDN'T PASS THIS TEST EVEN IF I DIDN'T HAVE A CONCUSSION.”

IMAGINE THIS: the wide receiver catches a pass from the quarterback. He turns up field. Suddenly, a defender crashes into his head. He falls to the ground. Athletic trainers rush to the field to evaluate him for a concussion. These concussion tests are what drew Elena Keretses to the athletic training program at WCU.

Elena became interested in athletic training after learning about the program at an open house. “I really liked how athletic trainers learn about prevention techniques for injuries, care of the patients and rehabilitation afterwards. The job encompasses so many details and new things all of the time.”

Then, she became curious about studying concussions when she heard athletes say, “I couldn't pass this test even if I didn't have a concussion.” Elena wanted to know how clinicians determine which tests were the most effective to assess a patient with a possible concussion.

With the help of her professor, Dr. James Scifers, Elena developed a research study. Diagnosing a

concussion correctly is important, as concussions can cause nausea, dizziness, memory loss and, in severe cases, hemorrhaging. They could end an athlete's career and mentally incapacitate a person for the rest of his or her life. Once someone is diagnosed with one concussion, the risk for another goes up.

Back on the sideline, athletic trainers perform different tests, such as the 3-Word Recall, Serial Seven and Months-of-the-Year-Backwards test. In the 3-Word Recall, the athletic trainer will list three random words and the patient must try to recite the three words later. The Serial Seven test requires the patient to count down by sevens from 100. These tests are used instead of asking the athlete to rate different symptoms, as athletes will often downplay their symptoms to return back to the game.

Elena's research shows that only three tests—3-Word Recall, Finger-to-Nose (patient touches their nose and then the administrator's finger with their index finger as fast as they can), and Proprioceptive Finger-to-Nose (administrator moves their finger while the Finger-to-Nose test

PROFESSIONAL FOOTBALL PLAYERS WILL RECEIVE ANYWHERE BETWEEN 900-1500 HITS TO THE HEAD IN ONE SEASON.

CONCUSSIONTREATMENT.COM

is administered)—are actually able to correctly diagnose a concussion without a supplemental test.

Elena's research is significant because it shows that some of the tests currently used by clinicians to diagnose concussions are not accurate. This work has expanded the knowledge on concussions and has been accepted to multiple athletic training conferences in Atlanta, Virginia Beach, and Asheville. In February, she traveled to Dallas, Texas to present her research at the National Athletic Trainers' Association Educator's Meeting.

WHERE IN THE WORLD?

SIX STUDENTS, SIX EXPERIENCES, ONE WORLD.

By Madeline Moore and Holly Thomas



SARAH CAROLINE DUFFY

Time moves differently in Spain. The day starts late, naps are routine in the afternoon and it's off to the discotecas (clubs) at midnight. Sarah Caroline Duffy, a junior double majoring in international studies and Spanish, is adjusting to the many cultural differences as she works towards her Spanish degree in Granada, Spain during the fall semester. Caroline is also minoring in TESOL (Teaching English to Speakers of Other Languages) and aspires to be an ESL (English as a Second Language) teacher upon her graduation from WCU. She says that by living with a host family, she is learning a lot about the culture, which mostly revolves around food. "The Spanish culture is amazing and very crazy," says Caroline. "They love their food and wine. They eat all the time, but it's a social thing to do." She also says how living with a family is great for improving Spanish-speaking skills, but interestingly enough her English-speaking skills have begun to decrease. Caroline is embracing the Spanish culture in every way she possibly can.



LEELA LIVIS

Studying abroad in Japan and Germany was a no-brainer for Leela Livis. She wanted to see the world and to become immersed in languages that she had studied for most of her life. While she only spent three weeks in Japan over the summer, Leela ended up spending a full semester in Germany. "Both countries were absolutely amazing! The food was amazing.

After five months of German food, I'm still having a hard time eating American food." The food wasn't always good though. While Leela was able to speak the languages of both countries, in Japan she was unable to read the Kanji (one of Japan's three different writing styles), which sometimes led to her buying food that she didn't like at all. But events like this didn't dampen Leela's overall experience. "Choosing to study abroad was probably the best decision in my entire college experience."

MIRANDA WELGOS

Miranda Welgos has traveled to Spain, Costa Rica, Peru and Cuba and is now spending the fall semester in Chile. "If you get too comfortable somewhere, chances are you aren't experiencing everything you could be," she says about her travels, a senior double majoring in Spanish and business administration. In Chile, she is studying commercial engineering. Her semester ends in December, but she plans to hang around until January to do some exploring on her own around the south of Chile. Miranda says that Chilean culture doesn't stray too far from our own. She loves how heavily family-oriented they are. "When you are around friends and family here everyone actually spends time with each other without being on their phones or other electronics." Miranda has really fallen in love with the Chilean culture and lifestyle. She even anticipates returning after graduation to live there and teach English.



SARAH MCCALL

Sarah McCall has studied language and culture in both Japan and South Korea. Sarah chose Japan because she was enthralled with the language and culture, but she chose South Korea because she knew so little about it. Throughout her experiences studying abroad, Sarah has learned to be open to experiencing new things, such as eating beautiful and elegant Japanese food and communicating with others. "You might be afraid of talking

to someone from another country because you aren't sure how to communicate or what the culture is like, but once you get to know them, you realize how, no matter what country you are from, we are all just human."

JOHN ANDERSON

John Anderson is a junior Entrepreneurship major studying International Business in the Czech Republic. He chose this location because he already had family living in the area, and while he had visited before, John wanted to experience the country for a longer period of time. "It is very different from the States; very family-oriented, people here seem a lot happier with a lot less." John is also fluent in the country's language - Czech - which he claims makes a huge difference in his overall experience. While he is enjoying the change in atmosphere and the "break from Western," John says he would no longer consider moving to the Czech Republic. "I realize that I am used to the United States and all its modern conveniences."



TAYLOR PENWARDEN

Meeting new friends, learning about a different country's history and culture and snorkeling in the Witsunday Islands with fish bigger than her are some of the things Taylor Penwarden has experienced while studying in Melbourne, Australia for the fall semester. "I have had the best time of my life here," says Taylor. She chose to study in Australia because of her fascination with its beauty both in culture and in scenery. Taylor, a junior majoring in biology, hopes to become a veterinarian and is studying biology as well as Australian culture while in Melbourne. "I have learned so much from my experience," she explains. "I've learned how to accept everyone I come across and adapt to all the different cultures. I've learned how to look at things from a new perspective."

Overheard

In Cullowhee

Collected by Madeline Forwerck

“...And I knew he was going to be there, so I made sure I looked good at church on Sunday. I made sure I looked real fine.”

-girl in Starbucks.

“This would be so much easier if I had cake.”

-girl in Rec Center

“I’m turning twenty-one on a Thursday and my parents said they were going to come up that weekend. And I was like, why?”

-girl outside Coulter

“How many girls have you been romantically involved with? I’ll tell you how many. Zero.”

-guy on Intramural Fields

“I can’t find one person to kiss me, let alone two!”

-guy on the UC Lawn

“Let me pet your forehead.”

-girl in Blueridge Hall

“I used to only nap when I was sick. Then I got to college.”

-girl in Balsam Hall

“When I met Jimmy he was trying to break a bottle over his head.”

-guy in Einstein’s

APOCALYPSE NOW: HUMANS VS. ZOMBIES

BY: RYAN RILEY

Welcome to the apocalypse.

I’ll be your guide. Every semester, the campus of WCU converts to a giant game of tag known as HvZ (Humans vs. Zombies). HvZ began in 2005 at Goucher College and is now played worldwide.

At WCU, HvZ is organized by Campus Recreation and Wellness. The game

begins once players are divided between the living and the undead. Then, for two weeks, the humans try to survive as long as possible by wielding sock balls against hordes of zombies, students wearing bandanas around their heads. Below are two accounts from a recent battle: one from a human and one from a zombie.



HUMANS

It started out easy. Everyone ran from meeting place Alpha in small groups of no more than 5. We all knew they would be coming for us, but what we couldn’t find out was how or when. By the second leg of the mission half of us had fallen, and with most of us woefully unprepared, it wasn’t looking good.

We began sprinting to the next building. All we had to do was get to the police station; we’d be fine there. Halfway to the police station, the horde emerged; there must have been at least 20-30 zombies in that blob.

The scent of decay and the screeches they made were nightmare worthy, but in a nightmare I wouldn’t be armed. We bolt. There is nothing to do. The undead were here in too large of a force. Fresh food and water would have to be put on hold for another day. If we were going to survive, we’d have to forfeit those for now. I am happy to run off and try later. Better to keep my insides on the inside than to risk them going outside.



ZOMBIES

Easy Mode: Engaged

GRRRRRrrrrrrraaaaaaaahhhh...

Movement? What is that? Food? Maybe it is, maybe it isn’t, but I’m hungry. I thought they were here, and they are. But they’re in that accursed building. I still have to get some food in me.

More food, more bodies.

They’re leaving the building! Chase them, CHASE THEM! Ugh, into the building again. This is boring.

More time, more people. They can’t wait all day, but we can.

More zombies, more options. They’re moving! Chase them! Eat them!

We got one! Does he know where the others are headed? To the police station!

We beat them here! Group up!



Burl- “There’s a fine line between taking the game too seriously and having fun, Burl Womack rides this line quite well.”

Some Mission- “CJ taking point on getting in, unfortunately it didn’t end well.”

MuckinAbout- “Gotta take sometime and enjoy the moment, you’re undead after all!”



A SECOND CHANCE

By Kenyetta McGowens

COLLEGE IS DIFFERENT THE SECOND TIME AROUND.

As I approach the table, I notice Reginal Bittle writing in a notebook, then crossing through something quickly on a sticky note. Reginal, who goes by Lin, is large and scruffy and not like other freshmen. He is twenty-two, and this is his second chance at college.

In 2010, the first time Lin was a freshman, he attended all of his classes the first week. He joined organizations. He made friends. Then he started to realize his

classes seemed too easy. So he stopped going. "I just showed up for the test," he says. Instead of going to class, he slept (to prepare for the parties), played video games with friends or wrote song lyrics about girls. That is how his whole semester went. Then, on Christmas day, he received the letter:

ATTENTION: Reginal Bittle, this letter is to notify you that you are on academic suspension.

"My mom couldn't look at me," Lin recounts. The months following were filled with severe depression. The weight of his mistakes almost broke him; he had suicidal thoughts. What kept him going was the wise counsel of his father and grandmother, who were both ministers and gave him spiritual advising as well as support.

He spent the next four years working dead-end jobs; a janitor at an airport, electronics at Walmart, a waiter at Applebee's, and (ironically) as a student advisor at a community college. This is when he realized "there is no money out there if you don't have a degree." He began to think about going back to school and decided to pursue his education again with the money he had been saving up over the years. What ultimately pushed him to reapply is a verbal blessing from his mother and the fear of going through the motions of life and leaving no legacy. "I have a fear of being forgotten."

The reapplying process was hard for Lin. He called. He filled out forms. He called again. Unlike the first time he applied to school, he had to do it all on his own.

One part of the process required Lin to write his letter of academic intent. It was an essay explaining what did not work out the previous time and what he planned to do differently. After submitting his application he had no choice but to wait to hear back from Western Carolina about whether or not he would be able to go back to school. Then the letter came. "A man is only allowed to cry three times in his life," Lin says. "When I got my letter of acceptance, I cried."

Lin's first semester back in school has been a completely different college experience. Instead of skipping and partying, he is attending class and studying. "Besides going to class, I am using skills I learned in the work field," the new freshman explains. "You see these sticky notes? I use them to make sure I can get all of my work done." These sticky notes are just a few of the many to be written over the next four years.

FACULTY SPOTLIGHT REBECCA HESTER

BY RYAN RILEY



Students describe Professor Rebecca Hester in various terms: like a friend and like a mentor. Perhaps this is why students have been clamoring to get into her classes since registration day and why many of them remain in contact with her after they graduate.

"Her class was pivotal in deciding my major," one former student said. "I wouldn't be where I am without that."

Professor Hester teaches in the psychology department. Her classes have opened up the field of psychology to many students during her 14 years at WCU. One student, Johnathan, had his entire plan for college tossed out the window after taking her class. "Within one lecture I was curious about other options, after three I was considering my current plan, after five that plan went out the window."

By making her class exciting, engaging and relevant, Professor Hester makes sure students remember the information and retain its value even after the class is complete.

Plus, it's not every day you can learn to psychoanalyze your best friend.

You probably don't know Tacquice Wiggan. You might not even know her name. However, it is likely that you have felt the impact of this vital part of the Western Carolina University staff. Sometimes referred to as mother or sister, her fun attitude makes an impression on anyone who is lucky enough to work with her.

Tacquice is the Assistant Director for Leadership Programs at Western, as well as the primary advisor for Cat Camp, an excursion for incoming freshmen. She is also the head of the Freshman Leadership Institute, an organization that prepares first year students for college life. One of Tacquice's favorite causes is Dance Marathon, a charity event benefitting Children's Miracle Network Hospital. Outside of work, Tacquice is dedicated to her husband and son, who was born in late 2013. Her faith is also an important part of her life.

She has made an impact in many lives, from Cat Campers to FLIers, and almost everyone else she meets. "She's one of those people where the little things count more than anything else," says Cat Camper Kristen Bellas. "She is always willing to help."

STAFF SPOTLIGHT TACQUICE WIGGAN

BY SYDNEY PRICE





In Search of Harmony

By Justin Riopko and Dianne Schleicher

Justin Beebe leans forward over a collection of sheet music in his apartment. His reddish-brown hair falls over his forehead, and he pushes his thin-framed glasses back into place. Meticulously, he works the miscellany of themes together in his head. But these melodies aren't his own. Justin received the variety of riffs and progressions from musicians all over the world.

A senior music education major at Western Carolina University, Justin is collecting these drastically different sounds and unifying them into something he calls The Harmony Initiative. The project went sort of like this: imagine that a painter hands a square of equally sized paper to a hundred people and asks each person for a picture with no limitations except a uniform color scheme. The painter then cuts out all the images created and manipulates them together into one final piece of art. With a similar goal in mind, Justin sought melodies and then combined them into an abstract and collaborative musical construction. Five chord progressions were developed and, using social media, the group requested the submission of as many melodies as possible. Justin compiled these melodies—ranging from rock, jazz, classical, and more—and spent about a month creating a final piece.

"I was also honored that both of my parents contributed melodies to the project." The idea for this project first came to Justin as he played piano one day during the summer of 2013. While trying to imagine a song that would never end, Justin had the idea

to collect melodies from others and to integrate them into one piece. Justin immediately took the idea to his friend and fraternity brother, H.A. Hoffman. "His support of the idea," says Justin, "combined with the fact that he didn't think I was completely crazy gave me the confidence to begin pursuing the project." For help with sponsorship and outreach, Justin presented the idea to the executive committee of his music fraternity, Phi Mu Alpha Sinfonia, and they voted to support and sponsor the project.

The result is a ten-minute music video and song. A vast array of tone colors—soaring woodwinds, muted horns, distorted electric guitar, sweet voices and much more—unravels an almost unbroken string of unique but interconnected melodies. On the screen, images of western North Carolina's colorful mountains and the university's students and staff play back and forth. The project feels grand and inclusive, seeming to embody the many musical values. "That is a major premise of the project," Justin says. "We are stronger when we work together." The Harmony Initiative was not just for fun. With assistance and over 2,000 hours of collective work, the project was a dedicated endeavor. Justin was given the chance to present the creation at the National Conference for Undergraduate Research (NCUR) in April 2014 at the University of Kentucky alongside David Myers, who was the audio editor and recording engineer, as well as a student in the Commercial and

Electronic Concentration at WCU. The presentation of The Harmony Initiative was successful and well received. In addition to NCUR, Justin presented The Harmony Initiative in a campus premiere that raised money for the School of Music Scholarship Fund. As for a larger, more formal presentation, Justin says he is more focused on reaching a larger audience via the Internet. The Harmony Initiative can now be found on YouTube.



Quidditch

By Sydney Price

The Intramural Quidditch team at Western, the Cullowhee Chimeras, was formed in 2013. The team attended the 2013 Quidditch World Cup in Myrtle Beach, SC.



Quidditch: It's Not Just for Wizards Anymore.

You're probably familiar with a sport from the Harry Potter series called Quidditch where players fly around a field on broomsticks. What you might not know is that Quidditch is a real sport and has been since 2005. The first "Muggle Quidditch" team was formed at Middlebury College in Vermont. The sport now has teams in over 200 countries and at over 200 Universities in the United States, including one here at Western. The league even has an official governing body: the International Quidditch Association. The sport can be described as "A fun mix of basketball, dodgeball, soccer and tag," says Jake Browning who plays as a Keeper on the Cullowhee Chimera team.

(Very) Basic Rules

The Pitch: 60x48 yards. Seven players per team: keeper (guards the goals), 3 chasers (score goals with quaffle), 2 beaters (throw bludgers), 1 seeker (catches snitch).

There are four balls per game: 1 quaffle (slightly deflated volleyball, used to score goals), 2 bludgers (slightly deflated dodgeball, Beaters throw them at Chasers), 1 snitch (a human being pursued by the seekers).

If someone falls off their "broom" (usually a PVC pipe), they must run to their goal hoops before they can rejoin the game

Scoring

3 hoops at end of each end of the pitch are guarded by keepers.

Goal (quaffle through hoop) = 10 points

Snitch caught = 30 points and game ends

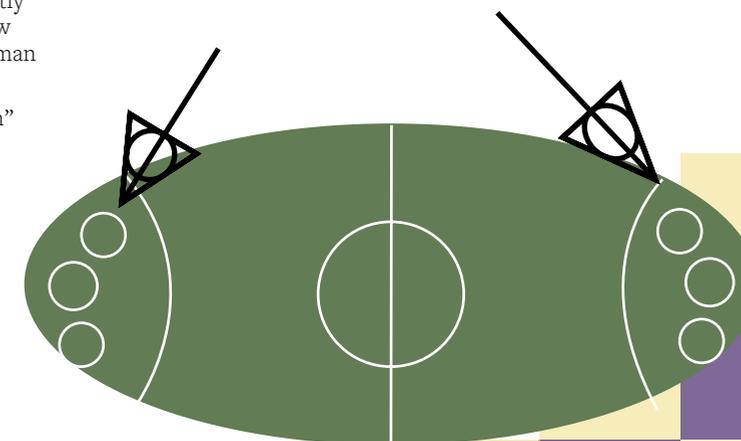
Tournaments

IQA World Cup: held in US annually

Global Games: One team from each Quidditch-playing nation

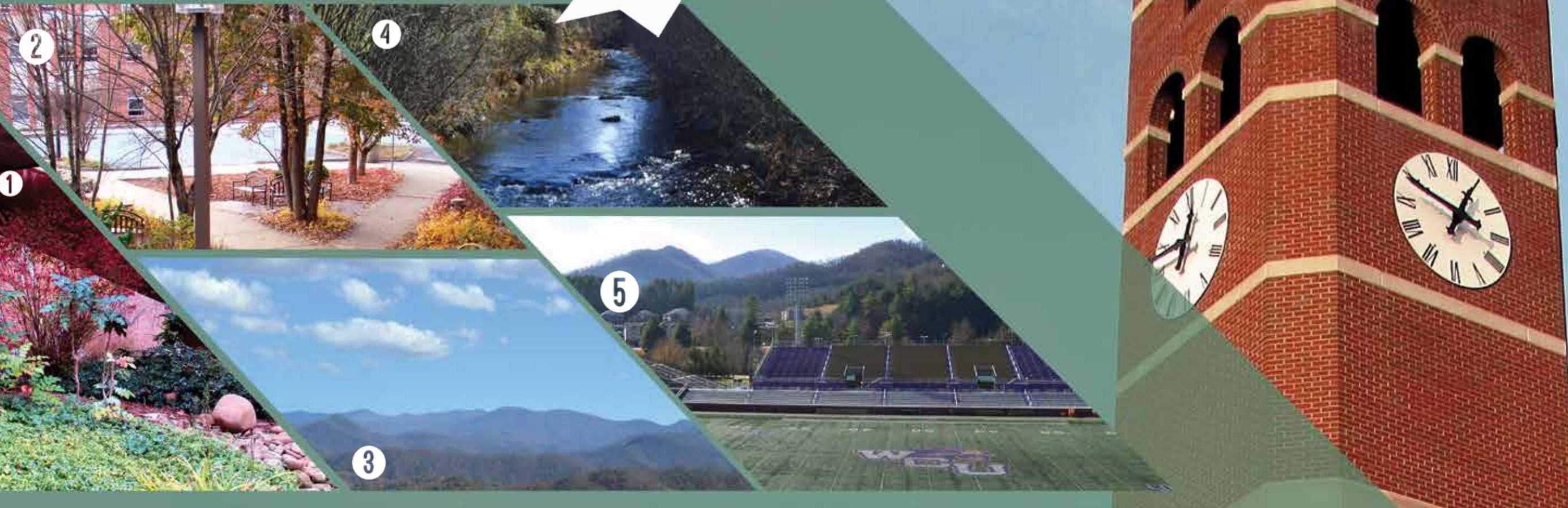
Numerous regional tournaments

The British Quidditch Cup



FIND THE BEAUTIFUL PLACES ON CAMPUS

by Sammie Harris, Madeline Moore and Dianne Schleicher



1. LIBRARY SITTING AREA

Down the steps near the main entrance of the library and across from the entrance to the Technology Commons lies a beautiful sitting area. A long bench is the first thing seen along with copious amounts of foliage and chirping birds. At the beginning of the school year, representatives from the Technology Commons set up in the open space to assist those with technological questions. In the warmer months, people often gather along the long bench with their laptops and frappuccinos, enjoying the mountain air.

2. STILLWELL SITTING AREA

Down the stairs beside Stillwell Science Building lies an overlooked sitting area nestled in the tress. Benches sit in a semicircle, surrounded by plant and animal life. On nice days when the sun shines on this area, students come to read and study in a pocket of nature. It's not uncommon to see a stray cat or two wandering about in this area, a music lover sitting and enjoying the sunshine or an artist sketching away.

3. THE LOOKOUT

Just across the highway and up by the animal shelter is the Jackson County Airport. Right before you get to the airport parking lot, a small landing stands where you can park your car and look at the wonderful view of the WCU campus. The rolling Appalachian mountains surround the campus and stretch as far as you can see, making our small campus look even smaller in comparison. It's not uncommon to see a stressed out student, professor or resident of Jackson County sitting up there enjoying solitude with a magnificent view.

4. CULLOWHEE CREEK

Down by the softball field parking lot is a small, commonly overlooked park. There's a tree perfect for hanging a hammock and a thin creek runs beside it, under a bridge and alongside the parking lot. When the weather is nice, students like to play around in the water or even attempt to catch some fish. Under the bridge students will sometimes spend an afternoon sitting in their hammocks with their toes dipped in the water.

5. THE STADIUM

Go Catamounts! Down the stairs under Belk and across Centennial Drive stands the EJ Whitmire Stadium, home of Catamount football. With 12,000 seats, it isn't hard to observe the beauty of the mountains from any position in the stadium. As the sun sets, the mountains stand out against the backdrop of the changing sky. With this view, it is easy to see why Western's colors are purple and gold.

6. ALUMNI CLOCK TOWER

In the middle of campus sits a monument every Catamount has stared at. The Western Carolina University Alumni Tower, widely known as the clock tower, stands at 66 feet in the epicenter of campus. On bright days, the sun reflects bright from the bricks and during dull winter months, the tower is the one source of color among the trees and surrounding buildings. At night, with the purple glow on the clock face, students come out to sit and listen music or for solitude and a wonderful view of the Catafount.

MOUNTAINS TO MACY'S

BY JAMES LANDOLF

It was nearly 9:00 a.m. The air was cold and the sky was white. They had said the weather would hold off, but we could smell the coming snow. We waited, standing in the bitter cold for hours with our Hot Hands shoved in our gloves. The collective sound of conversations and cheering made it difficult to hear the person beside me. Behind us were floats and balloons all lined up; directly behind us loomed an ominous Thomas the Tank Engine balloon, staring down at us. Any second now, someone would give the cue to stand at attention. And the parade would begin.

Imagine a family a bit annoyed with each other after having spent too much time together. Apply that to over 500 people, and you have the atmosphere of the Pride of the Mountains Marching Band at 10:00 Monday morning. We had spent nearly 17 hours cramped onto 10 buses, together as one big “happy” family before reaching New York. Thankfully, we soon found breakfast on board the boat, Spirit Cruises, at Chelsea Piers. “I wouldn’t have minded taking a boat to New York,” band member Jeremy Lowman said, stretching his legs as we stood on top deck. “At least you can stand on a boat.” After the short voyage, we visited the 9/11 memorial, and finally to the Newark Renaissance Hotel for some decent sleep.

We played as tourists the next day with our cameras at the ready. The

tour guide took us to see the New York City hot spots: Trinity Church, the famous Charging Bull and finally Central Park. Our tour guide said you couldn’t hear much traffic once you got deep enough into the park, but no one believed him. Then, the car horns disappeared. “I didn’t think he was serious,” someone whispered somewhere within the crowd.

Once the tour ended, the students rode charter buses to Broadway to see The Lion King, Les Miserables, Pippin and Aladdin. Though most of the band occupied the nosebleed seats, tears were still shed by even the manliest of sousaphone players.

The third day was without a doubt the dreariest. The rain refused to cease, so morning rehearsal was held in the hotel ballroom. At our first note, I feared the chandeliers might fall down. The combined sound rattled the entire building.

Following rehearsal, the band director, David Starns, gave the students the option of staying in the hotel if they didn’t feel like going into town so they could rest up for the parade. But my group and I decided to go. The constant rain soaked us and the cold only made matters worse. 7:00 p.m. couldn’t come soon enough. We all returned to the hotel for a meeting at 8:45 p.m. and set alarms for 1:00 a.m. Thursday. Parade day.

We arrived for rehearsal at 3:00 a.m. and practiced how we would go into

the television set. We scheduled an hour but only needed 26 minutes. After practice, the band packed and sacked the world’s largest Applebee’s.

After standing at the Macy’s start line for frigid hours we finally began the parade, marching for 3 miles past every wide-eyed toddler and bundled up grandma, carving through the city’s skyscrapers. Caitlin Bernabe, a baritone saxophone player, gave a constant count down to 34th Street, “25 blocks...15 blocks...6 streets...we’re here.” And we were there.

Having played the beats and marched the streets, what was left for the band to do? Sleep and eat tons of turkey like everyone else of course.

Friday was the last day for the band to spend time in New York. We saw the famous Rockettes and some students visited the Empire State Building. More daring students even went on the subway. “Just play on your phone and don’t look out the windows,” said low reeds section leader, Kelsie Yohe.

The day went on and soon it was time to leave. The city had exhausted both the students and their wallets, and at 9:00 p.m., the band boarded their buses and left the city. The light from the city dimmed and the traffic sounds diminished. It had been a long and tiring but remarkable experience. I smiled as I could finally rest my head on my propped-up pillow as we passed through the Lincoln Tunnel, the city becoming the skyline.



TWO PROJECTS FOR TRANSFORMATION

WCU students working hand-in-hand with local organizations to help put an end to hunger.

A RECIPE FOR CHANGE

by **Sammie Harris**

The classroom transforms. Desks become counters. Tarps become tablecloths. Children become cooks. Everyone stands at attention, ready to mix, chop and cook. Here in Jackson County, the students at Cullowhee Valley School experience food inside the classroom. They are taught lessons in a way that stay with them even after the school day is completed because they are not your ordinary K-8 students. They are the change agents of the world.

Each semester Western Carolina University's education, nutrition and dietetic majors partner with the Appalachian Sustainable Agricultural Project (ASAP) to work within the specialized project Growing Minds @ WCU. Within this program, volunteering college students work in Jackson County to provide support and resources that create awareness of agriculture in the classroom in fun and creative ways.

These students observe, assist and direct local food cooking classes. They plan field trips to farms and classroom visits from local farmers. They even teach gardening lessons and lead taste tests of creative recipes using local food in school cafeterias.

It all starts with a cute story to pique the children's interest. The ASAP farm-to-school leader then discusses the recipe the children will be making. All the children rush to wash their hands and claim their spots at the cooking stations. After each job is done, another story is read while the leader and volunteers set out the finished product. The food is sampled, some children ask for seconds and others are taught to say the phrase "this isn't for me, maybe next time."

Through receiving farm-to-school recipes and taste testing new foods, these children often become the epicenter of healthy living in their own homes. Growing Minds @ WCU is a project aimed at healthy living for everyone. The idea is that young children will influence their families to make lifestyle changes towards healthier living, and thus more and more people are educated about healthy lifestyles. Children encourage their parents to venture out to farmers markets for fresh produce, buy healthy food in the grocery stores and cook farm-fresh meals at home.

The lesson is over. The tarps are folded. The desks are cleared. The children return to being students. Even though the cooking is completed for the day, these children will never lose the impact of integrating agriculture into their daily lives. And neither will the adults around them.



A HURTING SOUL, A HELPING HAND

by **Meghan Classen**

Brooke Talley did not intend to get as involved as she did in the United Christian Ministries of Jackson County. The sophomore originally volunteered to satisfy the hours her Psychology 150 class required. However, she soon realized it was something she felt she needed to do. She is not alone. Brooke is one of several WCU student volunteers who fell into volunteering regularly UCM.

Part food bank, part counseling center and part safety net for Jackson County, UCM was founded in 1989 by several local churches to help people struggling to pay bills and put food on the table. UCM relies on donations and volunteers to serve all the people who need their help.

When freshman Natalie Yarborough arrived at the small ranch-style house with the blue sign out front, she thought the place a "bit too small for the influx of people in the area they cover." This feeling doubled once she saw the small storeroom packed with the food that didn't fit on the shelves.

After arriving to UCM, student volunteers help in any number of ways, depending on how busy UCM is that day and whether there has been a delivery of food. Many times, cans need to be dated and sorted; sometimes the personal and household items room needs to be stocked; and other times clients arrive in need of food. In this last case, a student volunteer will walk through the shopping

area with the client and a UCM counselor, bagging the food for the client before helping take it to the car.

Students volunteer for different reasons. James Landolf, freshman, says, "I like spending time with people, and it's a nice environment. It's really fun, even if it is work." Natalie, like Brooke, started volunteering because her freshman seminar requires 50 hours of service, but says she might continue after because "it's nice to know I'm helping."

UCM benefits greatly from the volunteers it receives, many of whom are from the WCU Honors College, which partnered with UCM last year. Yet even with student volunteers, UCM faces many challenges. The food's not always easy to come by, and even though they receive a few small grants most years, most of what UCM has comes from purchase or donations. Because its needs change on a daily basis, the staff can't put out pleas for specific items very often.

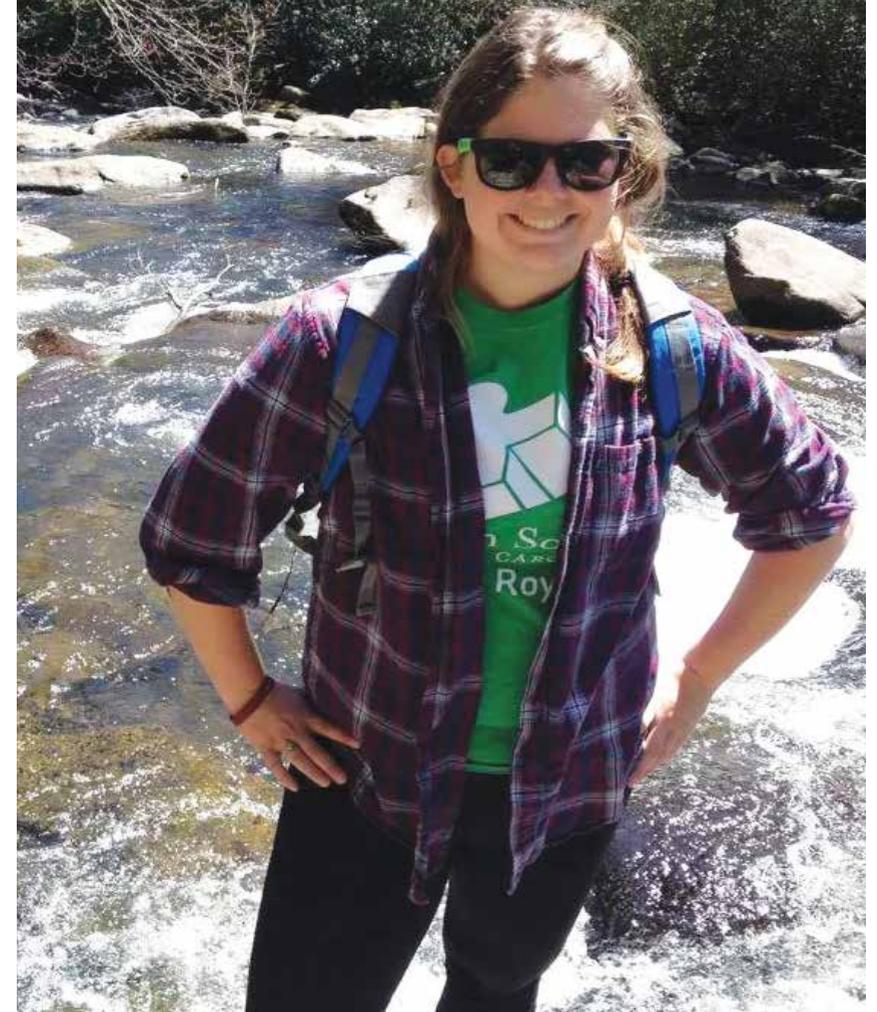
One day, Director Kathy Cross would have said the biggest need was diapers, as they didn't have any to give out, but three days later, they had a dozen boxes of them. Cross says the biggest way UCM could receive more help would be for the organization to market itself more so that people know what it is and does. Yet while UCM always hopes for more help, it will continue helping as many people as it can with what it has.

FINDING RECREATION AND VOCATION

By Jake Browning

"I think that a lot of times people are more focused on fixing people and making them like us instead of seeing what's unique about them."

-Kelly Kinnear



GO to school. Get good grades. Get a job. Make money.

This formula for surviving is nothing we haven't heard before. Getting the job done comes first, and happiness takes the back seat. But Kelly Kinnear plans to do both through recreational therapy.

"I think that a lot of times people are more focused on fixing people and making them like us instead of seeing what's unique about them," Kelly says. As a summer camp counselor, she remembers spending her days with Peter, a young autistic boy who was fascinated by the bugs around the camp. He talked to Kelly about his favorite bugs for hours, and she loved how unique he was. Peter inspired Kelly to get involved with the special needs community by volunteering for projects like the Special Olympics.

Kelly didn't immediately pursue a career that matched this interest when she arrived at Western. She

started as a psychology major but found recreational therapy a much better fit in her sophomore year. She especially enjoyed her adventure therapy classes, which gave her the chance to go out into Jackson County to do interventions – anything fun and therapeutic to do with a client – with a variety of groups, including youth, addicts and the elderly.

With the help of her professor, Dr. Jennifer Hinton, Kelly has made many notable accomplishments in her time at Western. She served the campus Recreational Therapy Association as both president and treasurer and attended several statewide conferences for students of her major. In 2014, she even presented her research on effective interventions alongside Dr. Hinton at the North Carolina Recreational Therapy Association Annual Therapy Conference in Raleigh.

One of Kelly's proudest moments came earlier in the year when she was

named North Carolina's Recreational Therapy Student of the Year. Kelly will soon be leaving campus to begin a prodigious internship at the Sheppard Center in Atlanta. There, she will be working closely with patients who have suffered brain and spinal cord injuries. As she prepares to leave, she looks back on her time on campus fondly, but she also looks forward to the opportunity to put her most effective interventions into practice, especially wheelchair rugby.





THE MAGIC OF MUSIC

by Katelyn Townsend

SPELLBINDING

THE AUDIENCE
WITH

EXQUISITE VOCALS

I sit in the second row and open my program just in time to watch the Western Carolina University Concert Choir line up in rows facing the audience. Thirty eager college students look to their director, Dr. Michael Lancaster, for the signal to begin their opening song, “Warum Op. 92, No. 4.” The auditorium goes silent. Then they sing.

The vibration of their voices plunges straight through me. The sound is powerful yet graceful, like a falcon. It spreads its wings and soars up above the rafters. Diving, spinning, gliding, it weaves through the audience. When the great bird finally returns to its nest, it is met with the thunder of applause.

Amid the clapping, I recall my past conversation with Dr. Lancaster about the choir’s mission: to unlock the beauty of great musical pieces. Now I understand.

There is a mystery, a magic, hidden within vocal music, waiting to be revealed. To uncover it, the choir hired a professional orchestra to accompany them three times a year, flies famous Norwegian composer Ola Gjeilo to America to work with them, and perform at various high schools and churches in North Carolina.

The choir has unveiled the magnificence of a variety of pieces. Some originate from the slaves of the South or derive from the old Latin Mass while others were written by great composers and singers such as Eriks Esenwalds.

Suddenly a new chord sounds; the choir began Eriks Esenwald’s piece based off the poem of St. Thomas Aquinas, “O Salutaris Hostia.” The theater transforms into a quiet meadow. The melody flows like a



spring wind blowing through tall green grass. From its touch, flowers bloom and stretch towards the sun. Trees wave their branches in time to the breeze; sparrows harmonize with its tune; clouds dance in the sky. Everything seems to reach heavenward until the final note fades away.

The next song on the program, “In Dreams,” is an original piece by high school student Jack Davis. In 2014, the WCU Concert Choir was selected from among several other choirs to perform Jack’s song at the North Carolina Music Education Association Conference. That same year, the choir was also invited to perform at the American Choral Directors Association Conference later in the winter.

My attention is brought back to the stage as the choir begins their final song, “I Can Tell the World.” I feel like I am in an old church down south.

It is warm from the summer heat and the energy of the congregation. People are all around me, dancing and singing. I can’t help but grin and sway to the soulful beat. It is like coming home to family after traveling: welcoming, exciting, joyful. The feeling lingers long after the choir takes their final bow.

“Singing well is the best feeling,” Dr. Lancaster says. A certain light shining in each member’s eyes tells me he is right. Every unique voice blends together to form a masterpiece.

I am surprised only an hour had passed. Those thirty students took me out of time and space. Walking the sidewalks towards home, I can still feel those voices dancing through the evening air.

AT LEFT: Dr. Michael Lancaster

NATIONAL CONFERENCE ON UNDERGRADUATE RESEARCH 2015

Below are the projects accepted, titles, student presenters, and their sponsors for NCUR29. Funding for travel to NCUR29 was made possible by local tuition funds earmarked for support of the Quality Enhancement Plan and undergraduate research in particular.

ANTHROPOLOGY & ARCHAEOLOGY

Soapstone Use in the Late Archaic
Savanah Hopper, presenter | Jane Eastman, sponsor

Push vs. Pull Saws: Analyzing Exit Chipping on Bone
Rachel Winebarger, presenter | John Williams, sponsor

BIOLOGY

Validity of Morphological Characters Used to Distinguish the Mosquitoes *Culex Restuans* and *Culex Pipiens*
Cody Dunlap, presenter | Brian Byrd, sponsor

CELL & MOLECULAR BIOLOGY

Identifying ABC Multidrug Efflux Pump Genes in the Pathogenic Microorganism, *Elizabethkingia Meningoseptica*
Amanda Haile, presenter | Jessica Moore, sponsor

Keratin Biomaterials Attenuate Hypoxia-Mediate Cell Death
Brianna Lund, presenter | Heather Coan, sponsor

Identifying Antibiotic Resistance Genes from the Major Facilitator Efflux Pump Superfamily in the Pathogenic Microorganism, *Elizabethkingia Meningoseptica*
Chue Vang, presenter | Jessica Moore, sponsor

CHEMISTRY

Synthesis, Characterization, and Luminescent Studies of Europium-Doped GdF₃ Nanoparticles for Potential Biomedical Imaging.
Laney Browder, presenter | Channa De Silva, sponsor

Surface Enhanced Raman Spectroscopic Detection of Human Bodily Fluids for Forensic Applications
Alexandra Cassell, presenter | David Evanoff, sponsor

Synthesis, Characterization, and Photo-catalytic Studies of ZnO Nanoparticles Doped with Europium or Manganese Metal Ions for Potential Clinical Applications
Joseph Lee, presenter | Channa de Silva, sponsor

Surveillance of Anions in Natural Waters Determined by Ion Chromatography
Carolina Naylor, presenter | Scott Huffman, sponsor

Synthesis, characterization, and Luminescent studies of Europium β-Diketonate Complexes Using Dipyridol(3,2-a:2',3'-c)phenazine Ligand Derivatives.
Margaret Pearce, presenter | Channa De Silva, sponsor

CRIMINOLOGY

Emotional Dysregulation Among Offender With and Without Mental Illness

Summer Brathwaite, presenter | Jamie Vaske, sponsor

Testing the Marshall Hypothesis Among College Students

Mary Hannah Hughes, presenter | Cyndy Hughes, sponsor

Missing Persons: The Complexity of Water Recovery

Emily Jaynes, presenter | Lisa Briggs, sponsor

Engineering/Engineering Technology Assessment of Google Glass Determined by a Neurotypical Population
Merab Mushtiq, presenter | Martin Tanaka & Kelly Kelly, sponsors

ENGLISH

Shakespeare's Modernization of the Pastoral in *As You Like It*

Aaron Cole, presenter | Mary Adams, sponsor

Out of Place: Sexuality, Politics, Religion and the Construction of English Identity in Chaucer's *Wife of Bath's Tale*

Allison Dorminey, presenter | Brian Gastle, sponsor

The City of Disguises: Gender Fluidity in Jeanette Winterson's *The Passion*

Sara Gatilogo, presenter | Annette Debo, sponsor

The Beauty-Making Power of the Imagination in Samuel Taylor Coleridge's *Dejection: An Ode*

Rachel Jackson, presenter | Brent Kinser, sponsor

The Transcendence of Female Gender Roles in Shakespeare's Problem Comedy *Measure for Measure*

Tori Landolf, presenter | Mary Adams, sponsor

Christina Rossetti's Fear of Little Goblin Men: A Psychoanalytic Approach to *Goblin Market*
Anna Oates, presenter | Brent Kinser, sponsor

Your Place on the Wheel: Mordred in The Alliterative *Morte Arthure*

Leah Rhodes, presenter | Brian Gastle, sponsor

Environmental Studies & Sciences Should Criminologists Take an Interdisciplinary Approach? A New Perspective on Prevention

Mary Hannah Hughes, presenter | Burton Ogle, sponsor

Evaluating Sustainability of Purchasing Practices at Western Carolina University

Emily Moore, presenter | Laura DeWald, sponsor

Analyzing Health Effects of Electronic Vaporizers

Eva Robert, presenter | Tracy Zontek, sponsor

Fog Machine Aerosol Nanoscale Characterization

Abigail Tompkins, presenter | Burton Ogle, sponsor

Health Sciences & Public Health A Comparison of Static and Dynamic Stretching on Functional Performance

Julia Plourde, presenter | James Scifers, sponsor

Shift as a Variable

Marissa Taylor, presenter | Tracy Zontek, sponsor

HISTORY

From One King to Another: The Influence of King Alfred on Later Anglo-Saxon Kings

Kaitlyn Wright, presenter | Vicki Szabo, sponsor

LINGUISTICS & WORLD LANGUAGES

So I Was Like, "I wonder why people use 'like' to introduce a quote:" A Dialect Study of Quotative "Be Like"

Elizabeth-Ann Diehl, presenter | Erin Callahan, sponsor

LITERATURE

Perhaps the Poet Forgot: The Manipulation of Identification in *Sir Gawain and the Green Knight*

Melody Chandler, presenter | Brent Kinser, sponsor

The Knight's Mirror: Moral Redemption in The Wife of Bath's Tale

James Parr, presenter | Brian Gastle, sponsor

Shadrack and the Fiery Furnace: The Survivor in Toni Morrison's *Sula*
Crystal Plemmons, presenter | Annette Debo, sponsor

MICROBIOLOGY & IMMUNOLOGY

Comparison of the Microbiology of Ten Flavors of Kombucha

Chequita Brooks, presenter | Sean O'Connell, sponsor

MUSIC

Gustav Mahler's Fifth Symphony

Justin Beebe, presenter | Christina Reitz, sponsor

The Development of Orff-Schulwerk

Mindy Cook, presenter | Christina Reitz, sponsor

Aaron Copland and A Lincoln Portrait

James McDonald, presenter | Christina Reitz, sponsor

Dvorák's Contribution to American Nationalism in the Late 1800s
Kandyce Norton, presenter | Christina Reitz & Shannon Thompson, sponsors

Herrmann and Hitchcock: The Art of Film Music

Javan Surratt, presenter | Christina Reitz, sponsor

PHILOSOPHY & ETHICS

Levinas, Feminism and Maternity
Melissa Bradley, presenter | John Whitmire, sponsor

Don't Cop Out: A Sartrean Interpretation of The Matrix

Justin Burnette, presenter | James McLachlan, sponsor

Non-Problems: Wittgenstein and Feminist Philosophical Theory

Kathryn Hopkins, presenter | Christopher Hoyt, sponsor

Wendell Berry: The Art of Belonging

Michael Thames, presenter | David Henderson, sponsor

Misconceptions Concerning Descartes' Method in Meditations I

Tiffany VonVitzthume, presenter | Daryl Hale, sponsor

POLITICAL SCIENCE

Assessing the Effectiveness of Community-Based Re-Entry Initiatives

Grayson Keating, presenter | Michael McDonald, sponsor

PSYCHOLOGY

Authoritarian/Authoritative Religion and Tolerance of the LGBTQ+ Community

Garrett Goodwin, presenter | David Scales, sponsor

Analysis of Cheating in a Simulated Classroom

Olivia Lochner, presenter | David McCord & John Baley, sponsors

RELIGIOUS STUDIES

Luther and Melancthon: The Mutual Dependence of Faith and Reason

Michael Thames, presenter | Daryl Hale, sponsor

SOCIOLOGY

Students Estimation of Use of Campus Mental Health Services

Jalen Brown, presenter | Kathleen Brennan & Kim Gorman, sponsor

BELOW: Rehearsing for NCUR: The WCU Undergraduate Expo on March 23, 2014



ALUMNI UPDATES



BRITTANY N. PHILLIPS | *by Meghan Classen*

Brittany N. Phillips graduated in May 2014 from WCU with a B.S. in electrical engineering. She is now at North Carolina State University working towards her master's degree in atmospheric science. Her field, marine aerosol, examines the aerosols that come out of the ocean when waves break. When she finishes her two-year program, she hopes to work at a research institute or with NASA or the EPA.

Superpower of choice: "Invisibility because it would be cool to be anywhere and no one would know."

CASEY WELLMON | *by Madeline Moore*

After graduating in 2013 with a B.S. in nursing, Casey Lynn Wellmon stayed close to WCU and worked as an R.N. at Harris Regional in Sylva for about a year. In November of 2014, she moved to Charlotte and now works as an R.N. at Presbyterian Medical Center on a cardiac floor. In the future, Casey plans to go back to school to earn a doctorate in nursing. Her goal is work as a nurse practitioner in the acute care setting.

Superpower of choice: "If I could have any super power, it would be to have the power of healing. I think the explanation it pretty clear."

CHRISTOPHER ADAM RAY | *by Sydney Price*

Christopher Adam Ray graduated from WCU with a B.A. in history and a B.S.Ed. in social sciences. He is currently pursuing a Master's of Administration and is involved in the College Student Personnel Program and the Graduate Student Association. During his time as an undergraduate, he was a resident assistant, an orientation counselor, and was a member of the Chancellor's Ambassador's Program. Before beginning graduate school, he taught in Munich, Germany for four months. He enjoys expanding his knowledge of the German language in his free time and is also an avid runner and swimmer.

Superpower of Choice: "Flight, I've always wanted to fly. I could fly back to Germany."

DEBORAH MOCK | *by Katelyn Townsend*

"If you really want something, you can make it happen," says WCU graduate, Deborah Mock. Deborah is living proof of this maxim. During her time at Western, she made friends

for life, sky dived with Base Camp Cullowhee, majored in forensic anthropology, and graduated in 2014. Now, Deborah is pursuing a second degree in the ABSN program at Western's satellite campus in Biltmore Park. With high hopes for the future, she plans to specialize in nursing and pursue a career as a traveling nurse.

Superpower of choice: "Teleportation. Then I could travel anywhere on my days off and see the world. Also I could save a ton of time and money, letting me study or sleep in those last 20 minutes instead of having a commute time."

EMILY RANSOM | *by Holly Thomas*

Emily Ransom graduated from Western Carolina University in the spring of 2014 with a B.S.Ed. in middle grades math and social studies. Today she is a happily married 8th-grade math teacher at South East Guilford Middle School in Greensboro. While at Western, Emily was a Teaching Fellow and member of CMLA; she also played tenor saxophone in the Pride of the Mountains Marching Band (including marching in the 2011 Rose Bowl Parade her freshman year) and served as president of Sigma Alpha Iota.

Super Power of Choice: "To fly. Because I'm always late."

ERIN KEENAN | *by Kenyetta McGowens*

Erin Keenan graduated in 2014 from WCU with a B.S. in communication sciences and disorders. With the goal of becoming a speech pathologist, Erin is now furthering her education at Western Carolina by pursuing her master's degree. Erin loves the friendly atmosphere at Western and all the outdoor activities. She advises freshman to make the most of their four years by not going home on weekends and getting involved in the numerous clubs and activities that are offered on campus.

Superpower of choice: "Heal the Sick."

KEVIN BULLOCK | *by Alison Russell*

Kevin Bullock graduated from WCU in 2014 with a B.S. in communication. After graduation, Kevin attended the ten-day NABEF Media Sales Institute at Arizona State University's Walter Cronkite School of Journalism and Mass Communication, where he learned vital skills to begin his career in broadcasting and broadcasting sales. Kevin, a native of Oxford, N.C., now works as the Senior Sales Representative for 1450 AM WIZS

in Henderson, N.C. In the future, Kevin hopes to own his own radio station and possibly even become a professor at WCU.

Superpower of Choice: "The ability to see into the future. I can get winning lottery numbers, go back to Western to get like five Ph.D.s and then be set for life."

LIZZY NANNEY | *by Madeline Forwerck*

After earning her B.S. in communication with a minor in public relations in 2013, Lizzy Nanney accepted a job as book publicist at The History Press, where she organizes events to promote new publications. While she is eager to continue learning at her current job, she plans someday to pursue a position at a publishing firm in a larger metropolis. She also enjoys live theatre, old movies, and exploring new places. Lizzy encourages incoming freshmen not to shy away from travel: "You won't get summers and breaks forever. Take road trips with your friends. It's okay to be broke right now."

Superpower of choice: "Teleportation because there are so many places I want to go, but no time or money with which to go there."

MASON ADAMS | *by Yustin Riopko*

Mason Adams graduated from WCU in December 2013 with a B.F.A. in graphic design. He now lives in Charlotte, NC, where he is a motion graphics designer for the INSP television network. His job centers on the creation of animated images that air during marathon specials or network events. In his spare time, Mason plays music, rides bike, creates artwork and volunteers at his church. Mason also admits to wasting a few minutes here and there on reddit.

Superpower of choice: "Easy, telekinesis: moving things with your mind. Moving things just by thinking a thought would allow one to move objects mechanical cranes struggle with. I could stop speeding projectiles. And on the subject of moving things with your mind, that would include myself, so I would basically get the ability of flight too. Ultimately telekinesis would be the most practical if I were a superhero...or villain."

MEGAN BAILEY | *by Jake Browning*

Megan Bailey graduated from Western in 2014 with her B.A. in English. She now works as a composition assistant at Scribe Inc, a publishing company based in Florida. In addition to composing documents and building ePublications, she is also in training for her dream job as a copyeditor. Megan has big plans for the next few years, including traveling more, moving out to Florida and establishing herself as an editor. She attributes her current plans and successes to her "wonderful, helpful professors" at Western.

Superpower of Choice: "Teleportation. That way I would never have to deal with crazy Florida drivers!"

MEGHAN F. LAWLER | *by James Landolf*

Meghan F. Lawler graduated from Western in the spring of 2014 with a B.S. in chemistry and biology. She is now on a five-year track at Duke University to obtaining her Ph.D. in chemistry. When she graduates, she aspires to be a college professor at a place like Western so that she can give students the

education she received. Duke is a little closer to places such as the Northgate Mall; however, Meghan admits she misses the serenity that Western and its mountains gave her: "I would give anything to be back in those peaceful mountains."

Superpower of choice: "To be able to stop time so I could get more work done in a day (or sleep more!)."

MEGHAN WALKER | *by Taylor Kinter*

Originally from Weddington, N.C., Meghan Walker came to WCU for the beautiful mountains and the equestrian team. Meghan majored in biology with a pre-health concentration and minored in chemistry, and she now attends the veterinary school at North Carolina State University. She would like to become a mixed veterinarian after graduating and return to the mountains. Some of her favorite memories of WCU are Jack the Dipper and hiking the waterfalls around the area.

Superpower of choice: "The ability to talk to animals because my job would be way easier."

NOELLE MCCONNELL | *by Dianne Schleicher*

After graduating in December of 2013 with a B.S. in psychology and a minor in political science, Noelle McConnell has become a neurofeedback trainer for UNC Asheville's Advanced Psychological Services. Her work includes performing clinical studies on children from ages 7-10 with Attention Deficit Hyperactivity Disorder through various methods. To relax, Noelle likes to listen to film scores and motivational speakers, lift weights and go hiking. When asked if she has any advice for students, Noelle says: "It isn't about knowing which path to choose, it's about having the right foundation. The rest is an adventure."

Superpower of Choice: "If I could have any superpower, it would be the ability to absorb, process and retain information at rapid speed. There is so much to know and learn about the world, but time is a major setback."

OLIVIA CHACE BUNN | *by Sammie Harris*

After graduating from WCU in 2013 with a B.S. in special education, Olivia Chace Bunn took a Bahamas graduation trip to relax before moving to Asheboro, NC with her new puppy. She is currently working as a special education teacher at Randleman High School. Chace misses the love and support of her Alpha Chi Omega sisters and the students she came to love as a resident assistant. In the future, Chace hopes to become math certified in order to teach mathematics and, ultimately, to get her master's in administration.

Superpower of Choice: "Invisibility. With being a teacher I'd want to be that fly on the wall. I've always hated watching people struggle so this would help me to see what is really going on in people's lives and to find the best way to help them."

STEPHANIE BURRIS | *by Ryan Riley*

Stephanie Burris earned her bachelor's in biology at WCU in 2014 and is currently attending Campbell University's School of Pharmacy. While she likes Campbell, pharmacy school is hectic and she often misses the calmness of Cullowhee.

Superpower of Choice: "Superspeed. If there was a better way to save on gas and do my errands, I haven't heard of one."

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COVER PHOTO:
Natalie Yarborough, Honors first-year student, at work
for United Christian Ministries of Jackson County