

CAMPUS LIFE

Graduating Senior Set to Move across Street to Pfizer

Michelle Chalmers, a new Wesleyan graduate, looked back on her time at Wesleyan and described her new position at Pfizer, the pharmaceutical company located on North Wesleyan Boulevard.

A native of Oak Harbor, Washington, Chalmers attended Southern Nash High School in Bailey. A first-generation college graduate, she majored in biology and minored in environmental science. As a commuter student, she was involved in a number of extra-curricular activities, including Future Farmers of America, the Anime Club, the Poetry Club and the Science Club.

She was interviewed for this profile in April.

Q: What other colleges did you consider before deciding on Wesleyan? And what was it that appealed to you most about this school?

A: I considered Nash Community College and ECU. But I preferred Wesleyan over ECU because it was closer to home. And I was often told that the

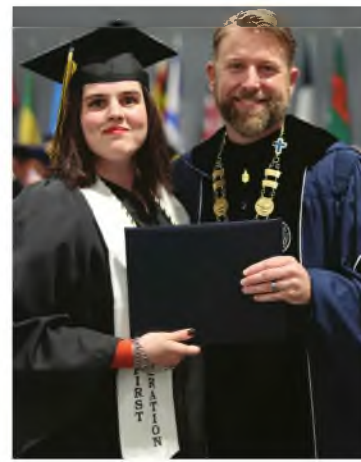
Wesleyan community was like a family. After I began to attend, I saw this first-hand. I could see it in the activities held on campus; and I liked that all the professors knew their students on an individual basis. No matter what, Wesleyan is in it together.

Q: What led you to study biology?

A: It was my high school biology teacher, Mrs. Mitchell. She would make sure you understood the material and, if you didn't, she would provide extra help. I liked the way she taught us about cells, genetics and evolution. It pushed me to want to continue in biology.

Q: What was your favorite class at Wesleyan?

A: I would say it was Biology 330: Global Water Issues. It's my favorite because of the out-of-class experiences it provided. We would go outdoors to different places, such as a creek in Battle Park, and collect samples to test back in the lab. It was a good way to learn about water issues. Another memorable field experience occurred on campus; the professor had us take soil samples from various spots, and we tested their pH, nutrients and texture.



Michelle Chalmers and President Duff at graduation. Photo courtesy of M. Chalmers

always like to stay busy. I worked part time, at different jobs, at different times, all four years. I was employed at grocery store in Zebulon as a deli/bakery clerk, at a Rocky Mount non-profit, Peacemakers, as a fifth-grade tutor, and as a server at the Rocky Mount Cracker Barrel. All my jobs helped me with my time management skills and taught me lessons about responsibility.

Q: What's one aspect of Wesleyan that you would change?

A: I have two suggestions. First I would try to hold more school events and activities at more convenient times. Sometimes commuter students get excluded from events because of the time. I would suggest eliminating classes between noon and 1 p.m. and scheduling activities for that slot.

I'd also make changes at the cafeteria, because sometimes with the food it makes me want to skip meals, which is not healthy. I think the caf food is not only lacking variety but flavor. Maybe they could get some new recipes; better yet, have students write down their favorite food and submit the recipe.

Q: Tell us about your new job at Pfizer.

A: I'm an environmental monitoring analyst. In my day-to-day duties, I'll be collecting air, water and surface samples, looking for bacterial contaminations around the facility. If its products are going to hospital patients, Pfizer wants to make sure that all their medicine is safe.

Winners Selected for Academic Writing Contest

Dr. Doreen Thierauf, assistant professor of English, has announced winners of Wesleyan's 2023 Academic Writing Competition.

Entries were judged by a panel of Wesleyan faculty from all four academic divisions: Drs. Dimitri Blondel, Jarrod Kelly, Jackie Lewis, Chad Ross, John Temple, Lee Templeton, and Shane Thompson, as well as Library Director Rachel Roy.

Winners will be published in the 5th edition of the online magazine "Omnium."

FIRST-YEAR COMPOSITION

1ST PLACE: *Why Does Studying Abroad Improve Education?* by Lara Mezger

2ND PLACE: *Same or Different? Finding the Basis of Discrimination* by Victoria Seggiaro Parma

3RD PLACE: *Whole New Ballgame: The Evolution of Business in Soccer* by François-Xavier Bouin

HUMANITIES

1ST PLACE: *The Paradoxical Nature of Heroism* by Layali Kasem

2ND PLACE: *Critical Masculinity in Predator (1987)* by Sierra Alexis Joyner

3RD PLACE: *When the Treatment is Itself the Disease: "The Yellow Wall-Paper"* by Layali Kasem

SOCIAL SCIENCES & EDUCATION

1ST PLACE: *Exploring Age-Related Differences in Work-From-Home Preferences* by William Speight

2ND PLACE: *An Education Paid in Blood: Tactical Developments and Evolution of the British Expeditionary Force from 1914-1918* by Elijah Myers

3RD PLACE: *Childhood Effects on Memory: A Literature Review* by Britney Tippett

BUSINESS & COMPUTER INFORMATION SCIENCES

1ST PLACE: *Research Marketing Analysis: CAIA Cosmetics* by Vendela Dolsenius

2ND PLACE: *The Ethical Implications of the Commercialization of Human Genetic Material* by Perla Garcia

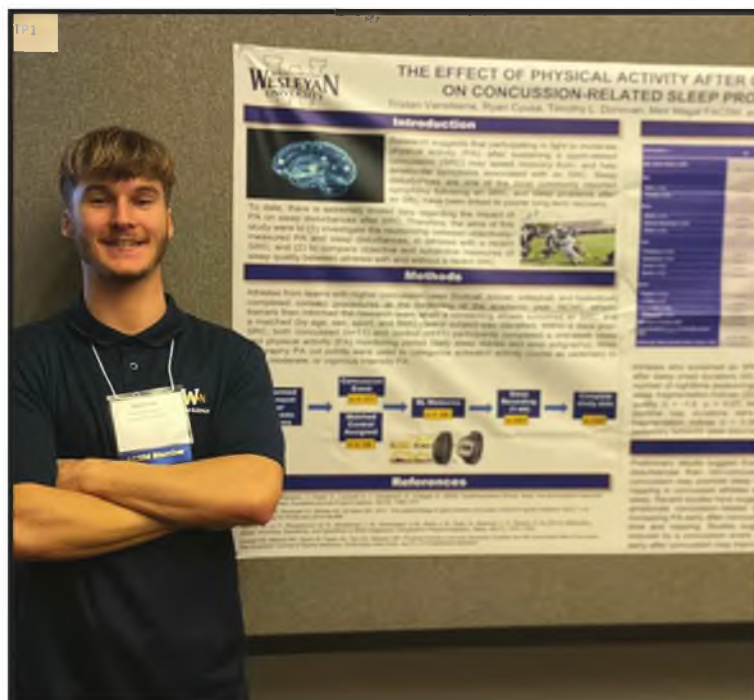
3RD PLACE: *Libertarianism vs. Utilitarianism: Economic Distribution and Distributive Justice* by Nicholas Parrish

NATURAL SCIENCES & MATHEMATICS

1ST PLACE: *Instar Duration of Dragonfly Nymphs in Relation to Different Food Quantities (Odonata: Anisoptera)* by Perla Garcia

2ND PLACE: *The Effects of Thyroid Hormone on Tadpole Metamorphosis* by Jordyn Matlock

3RD PLACE: *Role of Physical Activity in Sickle Cell Anemia* by Mayan Amitay



Exercise science major Tristan Vansteene presented his research in a poster at Wesleyan's annual student science symposium as well as at a recent conference of the Southeast American College of Sports Medicine. His work was titled "The Effect of Physical Activity after Concussion on Concussion-related Sleep Problems."

Photo courtesy of S. Crowley

HOME from pg 2

It was last December that I realized I needed to make a change, a serious change. I went back home for Christmas break and talked to my parents to get their honest opinions of what they thought I should do. I was upset during the decision-making process, as I was watching a lifelong dream get crushed. After discussing it with my parents, I heard the typical "You do whatever makes you happy" talk. So I took a week to research different universities for me to attend. At first I was hesitant to consider Wesleyan. Despite all the problems at ECU, I was still somewhat reluctant to give up on my "dream school." Plus I had lived in Rocky Mount my whole life, and ECU had been appealing, in part, because it meant not living at home with my family. But in time I saw that Wesleyan was the right place after all.

The moment I stepped foot onto Wesleyan's campus for a visit, I felt so welcome. The admissions director recognized me and knew one of my teachers at Nash Early College. She was nice, and everyone was able to answer my questions as I was getting situated. After a few weeks, I completed orientation, registered for spring semester, finalized my loans, and began classes. I realized how much I enjoy the beautiful campus with the big trees and historic buildings.

I have become so much happier with myself and my life. I'm able to talk to my professors and meet with them to discuss my progress in their classes; all my professors know me by name and talk to me in the hallways. I now know that this is the learning environment that I need.

NC Wesleyan feels so homey. I also live in the comfort of my own home, and I am no longer doing a long-distance relationship with my boyfriend, which has made a big difference in my life. I have noticed such a great difference in my attitude and my performance, especially at my job (I work at a local car wash) and in my home life. This school has changed my life in so many great ways in such a short time frame. I'm excited to see what the future holds for me here at Wesleyan and I couldn't be happier with my choice.

Q: What would you say was your happiest moment while in college?

A: That's a hard one; I've had many moments. I would have to say my number-one happiest moment was meeting my significant other, Gary Arreaga (He majored in accounting and now works for a software company while studying for his master's at NC State). He was a senior during my freshman year. We started talking and before the end of my first semester he asked me to be his girlfriend. Gary and I have been together since that time. We're still going strong—a Wesleyan Couple.

Q: What was the biggest challenge you had to overcome in working towards your degree?

A: I have two answers. One was taking general chemistry class; I found the course material very challenging. The other was balancing work and school. I

WORKOUTS from pg 4

Austin Manley likes to take the first couple weeks off from basketball to relax. He prefers to stay active in the summer through weightlifting and finding pickup games to play. Manley likes to eat more during the summer due to the number of calories he burns playing.

While his coach gives ideas on what to work on, he likes to do his own thing. Similar to his coach, he said it's easy to identify which teammates were not active over the summer. "They're tired after one or two games of open gym, or they play poorly because they didn't work on their skills," he explained. As a shooting guard, Manley knows it's vital that he keep up his game even during the summertime.

In contrast to Coach Thompson, women's Coach Artina Trader provides her players with a 12-week-long workout program once created by an exercise science student intern. Over the years, Trader has adapted and recycled the program, supplementing it with video explanations.

Not all players follow the plan, she said.

"I think sometimes the mentality is that they can get in shape through preseason," she said. "They think they don't have to work out and build endurance in the summer. That's just wrong."

Football's Aeon Blake, defensive line coach and strength and conditioning coordinator, relates to Trader's frustration regarding the lack of participation in summer workouts. "Winter and spring they lift, and their body will change in definition or bulk," Blake stated. "When they come back from summer, they're not as toned."

The football team's summer program lasts two months and consists of four-week cycles. If Blake adds a new lift to their

routine, he provides a video link explanation or offers an alternative that can be completed with or without gym equipment.

He wishes there was more accountability within the team, more drive among the players to check up on teammates throughout the summer. From a coaching standpoint, he would like a way to track and receive feedback from summer workouts.

Nick Burns is an outside linebacker who enjoys working out. While Coach Blake provides the necessary tools for an effective summer exercise program, Burns is confident enough in his lifting background to follow a personal workout routine tailored to his specific goals.

Whether it's increasing overall strength with power lifts or focusing on agility after coming back from a hip injury, Burns likes to lift throughout the summer, as it helps when he returns for preseason in the fall. "Lifting weights is an important way to improve performance and make yourself a better athlete."

Like his colleagues in the athletics department, Coach Mark Bowman can spot when his men's soccer players don't complete his team's summer program. There are more players who suffer from muscle cramps and soft tissue injuries in the pre-season.

After neglecting their summer fitness programs, he said, some players will even try to avoid their preseason fitness test. The second-year coach, a former Wesleyan assistant, said he'll typically get several emails in the weeks leading up to the season with players claiming to be injured.

"I think we're getting to a point in the culture of our program that most do complete the programs," Bowman said. "There's always going to be a group of guys that don't think they need to work out or are fit enough not to do the program."