What’s Up Westover?

Newsletter of the Society of Westover Fellows.

Featured:
Director of the Society of Westover Fellows, Dr. Edward DeClair, walks through the line-up of “Freshtovers” before the annual induction ceremony.
Abigail Burnette, co-president of the Society of Westover Fellows, majors in economics (financial emphasis) and minors in international relations. Abigail’s favorite courses at LC have been “Money, Credit, and Banking” and “The American Dream,” an Honors colloquium. Additionally, a study abroad course in Europe, that focused on the economics and politics of the Europe- an Union, proved to be one of Abigail’s most valuable courses. Abigail’s senior thesis will analyze the predictability of future terrorist attacks based on current worldwide illicit drug prices.

To complement her academics, Abigail gained work experience in several summer internships across a wide range of businesses. Abigail is a member of Phi Kappa Phi, the premier academic honor society at Lynchburg College; she has led the freshman honor society, Phi Eta Sigma (PES), as its president for three years, and recently was honored as a recipient of a scholarship recognizing her leadership in the Lynchburg chapter of PES. As vice president in charge of operations for Delta Sigma Pi, the professional business fraternity, and a PASS tutor in microeconomics, Abigail manages a tight schedule that includes a campus job in the School of Education and Human Development.

Garrett Corless, vice president of the Society of Westover Fellows and a junior, is a chemistry major and biology minor preparing for medical school. Garrett is a member of the academic honor societies Phi Eta Sigma and Phi Kappa Phi, as well as the LC chapter of the Student Affiliates of the American Chemical Society. Currently, Garrett is working with Dr. Bill Lokar researching surfactant adsorption utilizing Self-Consistent Field Theory and Analysis. In his free time, Garrett serves as vice president of club lacrosse, chairman of the inter-fraternity council, and a member of Phi Delta Theta fraternity, Virginia Theta chapter. In the past, Garrett has worked as a chemistry tutor, and this year, Garrett hopes to work as a physics assistant.

Ashley Rynard is a junior English major from Rustburg, Virginia, currently studying to become a high school English teacher. She has enjoyed her time at Lynchburg College and has taken advantage of many of the opportunities that it has provided for her, such as being a Connect- ion Leader, tutoring in the Wilmer Writing Center, and working as the secretary in the Society of Westover Fellows. Ashley is also a member of four academic honor societies, including Phi Kappa Phi. Along with her campus activities, Ashley also enjoys giving back by taking part in community activities including Big Brothers Big Sisters and Relay for Life. In the past, Ashley has also worked as a summer camp counselor at Camp Piankatank.

Brynn Workman, a senior exercise physiology major. As a sophomore, Brynn studied abroad in London as a part of the Win- ston Churchill Honors colloquium. The following year, she served as the PASS Leader for the human anatomy and phys- iology class. Also during her junior year, Brynn was inducted into Phi Kappa Phi. Later, Brynn’s internship at Focus Phys- ical Therapy proved to be an invaluable experience working in outpatient rehabil- itation. Brynn is now applying to graduate schools in pursuit of a doctorate of physi- cal therapy while she works on her senior Westover thesis in which she will investi- gate the thermoregulatory effects of con- vective cooling on aerobic performance. As an avid horse lover, Brynn hopes one day to incorporate therapeutic horseback riding into her physical therapy practice. When Brynn is not spending her time hiking or volunteering at the Lynchburg Humane Society, she can often be found working as a barista at Brewed Awaken- ings, the campus coffee shop, where she has been employed for three years.

Katie Neill, originally from Durham, North Carolina, is currently a junior. After joining the Society of Westover Fellows her sophomore year, Katie is now one of the junior class representatives, as well as the vice chair for communications. She majors in studio art and minors in graph- ic design, art history, and secondary education. In her free time, Katie is one of the assistant editors for the Aurous, LC’s journal of visual arts and creative writing. Ka- tie is also an LC enrollment student ambassador and a member of academic honor societies Phi Eta Sigma, Phi Kappa Phi, Kappa Pi, and Kappa Delta Pi.

Kelly Sawyer holds the position of academic programs chair for the Society of Westover Fellows. Kelly is currently a sophomore majoring in health pro- motion andminoring in biology and chem- istry. After her four years at LC, Kelly hopes to become a registered dietician and work her way toward earning a master’s degree or Ph.D. in human nutrition. Kelly is a Bonner Leader and chair of the healthy living department for the campus organization PACE. In addition to working with these organizations, Kelly volun- teers regularly at the Alan B. Pearson Regional Cancer Center and serves as a tutor at Perry- mont Elementary School.

Patrick Cobb, a junior from Montclair, Virginia, serves as the treasurer for the So- ciety of Westover Fellows. He majors in economics and minors in accounting and math. During his freshman and sophomore years, Patrick earned all-academic honors while participating in varsity cross-country and track. Currently the vice president of scholarships and awards for Delta Sigma Pi, the professional business fraternity, Patrick is also a member of several academic honor societies, in- cluding Delta Mu Delta, Phi Eta Sigma, and Phi Kappa Phi. Patrick spends his free time with his brothers of Sigma Phi Epsilon. After college he hopes to pursue a Ph.D. in financial economics.

Deirdre Scanlon, the communications chair for the Society of Westover Fellows executive board, is a sophomore English major with a minor in environmental studies. From Alexandria, Virginia, she interned this summer for the U.S. Department of State’s Bureau of Consular Affairs in Washington, D.C., where she looks forward to returning to work over school breaks. During this school year, Deirdre has become an active member of the Student Activities Board and Cir- cle Kiwaniis International. Additionally, Deirdre works as a Wilm- er Writing Center tutor and as an editor for LC’s literary magazine, The Prism.
Learning the Ropes:

Each year the incoming freshmen of the Society of Westover Fellows (“Freshtovers”) journey to Wilderness Adventures at Eagle Landing, a retreat center nestled in the beautiful Blue Ridge Mountains near New Castle, Virginia. Accompanied by members of the Westover executive committee and the Westover directors, and led by resident counselors, the Freshtovers began their bonding experience with various team-building games. In “Lions and Lionesses,” the “lions” do their best to hold on to each other as the “lionesses” do their best to tear them apart. In this game, the Freshtovers quickly learn the value of teamwork and how it applies to the Society. With new bonds forming, the Freshtovers then set off in smaller groups, some to tackle the rigorous high ropes course, others to begin the low ropes.

For the past few years, the Freshtovers have had nearly 100 percent completion for the most exciting of all activities at Eagle Landing: the zip-line. It is usually a challenge to try to get all the Freshtovers to participate in experiencing the (reportedly) longest zip line east of the Mississippi. However, this year the counselors had no difficulty getting everyone to climb up the mountain and zip down. Although some may think the Freshtovers only strapped in out of peer pressure, this year the counselors had no difficulty getting everyone to climb up the mountain and zip down. Clearly this group of Freshtovers shared a willingness to keep in each other’s company and support each other unlike any preceding classes. Ethan Lee, the Freshtover speaker for the induction ceremony, recalled, “even though I was looking forward to some sort of hammock course, the Westover retreat was a great way to meet new people and build bonds.” He told the large audience gathered in the chapel that the friends he made at the retreat remain his good friends today. Hannah Cooke, a Freshtover who is already a member of the varsity cross-country team, said, “it was a great way to jump-start the year, and I enjoyed bonding with the rest of the Freshtovers, while getting to know the professors in the program. The retreat definitely made it easier for me to transition into life at LC.” For another Freshtover, Lisa Kaucher, “the retreat helped me form amazing friendships and bond with other Westovers. Everything, from the group activities to kayaking, made me realize that Honors students don’t always fit the nerdy stereotype.” Even during their first encounter, Westover students go above and beyond to connect with one another. Some of the closest friendships within the Society often begin at retreat. Without a doubt, whatever messages the crazy Eagle Landing counselors conveyed to the Freshtovers during those first two days of college, they worked wonders to weave ties of friendship stronger than those of any other first-year program.

Alumni Updates

Last year, the Society of Westover Fellows proudly graduated a strong group of hardworking seniors whose serious ambitions and finely-honed skills landed them in graduate schools and careers across the nation. Given the current economic climate, the competition for graduate positions and jobs is fierce; however, our graduates were successful in finding appropriate, even enviable, placements to further their professional and educational aspirations.

Many Westover alumni from the Class of 2012 are now candidates for graduate degrees at a wide variety of highly respected programs. Here’s a sampling of what some of the Westover graduates are doing following graduation: Danielle Cox is working toward her master of arts in divinity at the University of Chicago while her classmate, Maggie May, is pursuing the same degree at Christian Theological Seminary in Indianapolis. Deanna Smith is studying for her MA in athletic training at Old Dominion University Medical Center, and Daniel Cupricht is working toward his MEd in kinesiology at the University of Virginia. Across the country in California, Arianna Stelling is pursuing a PhD in applied social psychology, and at the University of Oregon, Sarah Turner is working on her MA in museology. Aiming at being a professional writer, Julie Kittel works full time as a copywriter in Baltimore while also taking graduate courses at Towson University in pursuit of her MS in professional writing. Paul Bucklen and Beth Fasbinder have found good teaching placements, and Reid Taylor is living in San Diego working for everyone’s favorite gecko at GEICO in that company’s highly selective management trainee program. Former Society of Westover Fellows president, Liz Childress, works as a paralegal for a Richmond, Virginia, law firm as she considers whether or not to attend law school. These 2012 graduates exemplify what an education at Lynchburg College, specifically in the Westover Honors Program, can do for one’s aspirations. Successful in finding appropriate, even enviable, placements to further their professional and educational aspirations.

These 2012 graduates exemplify what an education at Lynchburg College, specifically in the Westover Honors Program, can do for one’s success afterward. All have effectively aspired, acted, and achieved to get where they are today. The Westover Honors Program is extremely proud of the all of their accomplishments. We wish them the best of luck as they continue in the Hornet spirit!
Paige Gadsby, a sports management major, spent her summer working with the Houston Astros as a foundation development intern. Paige’s many responsibilities included organizing and implementing fundraising events and crafting business communications such as memos, responding to e-mails, and making phone calls regarding events. During her time with the Astros, Paige worked with the departments of marketing, community affairs, and media relations, enabling her to develop professional skills in networking, interviewing, and working in a fast-paced, professional sports environment. During her internship, Paige enjoyed the opportunity to meet other interns the most. In addition, she loved being at the ballpark every day and watching baseball games all the time.

Matt Anderson, a sports management major, interned with the Lynchburg Hillcats from the spring to fall 2012. His main job responsibilities included operating the video board during the games, updating statistics, overseeing music operations, and preparing the stadium for the next game. During his internship, Matt learned how to work in a professional environment and develop his networking skills. He appreciated the opportunity to be around future major league players. His favorite memory of the internship was the Hillcats winning the Carolina League championship. Go Hillcats!

Before even setting foot on LC’s campus, Taylor Rabon was already on a productive path. A freshman communication studies major with an emphasis in public relations, Taylor interned over the summer at the Buckingham Slate Company’s site in Arvonia, Virginia, which mines slate to manufacture into various other products, such as floor tiles and gravel. Jumping from place to place within the company, Taylor was able to experience everything from splitting roofing tiles to managing daily finances. Her favorite internship experience was getting to see a mine blast, intended to shift the slate so that the miners could get to “the good stuff.” She recalls the experience, saying, “It wasn’t a huge blast, but it was enough to create a lot of smoke and a big boom.”

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Shelby Kienzle-Pappalardo traveled to Uganda and Kenya on Dr. Olsen’s study abroad program organized with the Sports Outreach Institute. Expecting to encourage those she met to move forward through their obstacles, she instead found herself inspired by their strength and perseverance. Shelby helped teach Ugandans and Kenyans about public health and rights for women and children as well as techniques in sustainable agriculture. Shelby was also able to see first-hand the difficult circumstances of the people living in the Mukuro Slums in Nairobi, Kenya: “The ground was muddy and unstable you had to look at your feet while you walked to make sure you didn’t slip and fall … the walkways were narrow and the roofs were low; not only did you have to watch your feet but also your head, so you didn’t whack it on a low roof.” Despite these desperate conditions, Shelby found the spirit of the women living in the slums deeply moving; Shelby is now motivated to live with gratitude for her own well-being and to continue to support the Sports Outreach Institute and its community-building efforts.

As a sophomore environmental science major and business administration minor, John “JP” Ruthburn spent this past summer cultivating his academic aspirations. First, JP learned about the ecology of tropical rain forests on a study abroad program to Costa Rica with Dr. Tom Shahady. When he returned home, he worked as an intern with Hazen and Sawyer, an environmental engineering firm in Fairfax, Virginia. This experience offered JP a glimpse into the field he hopes to work in after graduation. At headquarters, JP collected and analyzed data associated with mechanical and chemical processes used in waste treatment; he also researched emerging technologies in municipal sewage management. In the field, JP got an in-depth look into Hazen and Sawyer’s waste treatment sites. Continuing his internship next summer, JP looks forward to learning more about the environmental workforce.
Meet Dr. Tom Bowman

Dr. Tom Bowman, assistant professor of athletic training, is easily one of the most popular professors at Lynchburg College. Dr. Bowman was brought on as a Westover faculty member in 2008 to teach his first colloquium, “Jock Culture,” which focused on current issues in collegiate and professional sports. A student in that class observed, “While he’s highly educated and knowledgeable, he still treats his students as his equals and, as a result, gains unanimous respect from them.” The colloquium’s popularity was repeated when he taught the class again in spring 2012, earning him the coveted award of “Westover Faculty Member of the Year.” Dr. Bowman enjoys teaching Westover students, he says, because he thinks they employ a higher caliber of critical thinking, reading, reflection, and writing skills than the average college student.

Currently, Dr. Bowman is engaged in several projects, including finishing up a grant-funded study on the proper removal of the face mask from a lacrosse helmet, performing a study on athletic training education with an emphasis in the experiences of the students and their retention rates, and helping his Westover graduates accomplish more with their theses—including presenting at various conferences and publishing their research. His most important project to date, however, is relatively new: parenthood. He and his wife, Katie, are proud parents of Lauren, 20 months, and Drew, 4 months. With his new family and a recently acquired PhD in higher education in athletic training, Dr. Bowman’s future has never been more promising, both personally and professionally.

Cakes, Classes, and Connections

The much anticipated annual dessert meeting for the Society of Westover Fellows took place on Wednesday, October 3. More than 120 Westovers from all classes met in Memorial Ballroom for a group picture and then gobbled down a variety of desserts while mixing it up with other Westovers. The Society’s executive committee organized the tables by major so that newer Fellows could talk with more experienced ones about strategies, pathways, and pitfalls in the various majors offered at LC and in the Westover Honors Program. Emma Kinsey, a sophomore Fellow, claims, “This year, I enjoyed being able to impart to the freshmen the same sort of friendly advice about classes and professors that the upperclassmen once imparted to me.”