

# ETERNAL *Flame*

FALL 2016 EDITION

## CHANGING THE WORLD ONE MEAL AT A TIME

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West Texas A&M  
University™

# WEST TEXAS A&M UNIVERSITY VISION STATEMENT

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Guided by its pioneering spirit, West Texas A&M University will be recognized for its excellence in teaching and learning, with a strong focus on engaging students in challenging and meaningful experiences that aid in their intellectual and personal development. WTAMU alumni will be scholar-leaders empowered to advance their chosen field, to impact their communities, and to pursue excellence.

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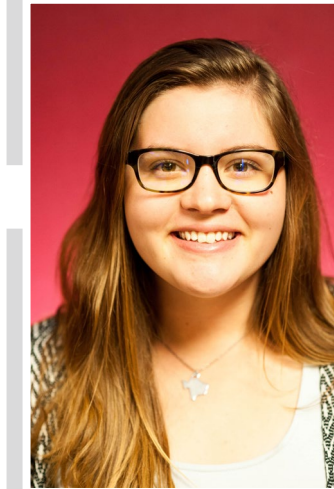
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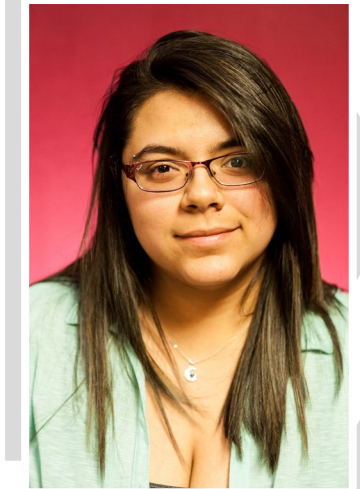
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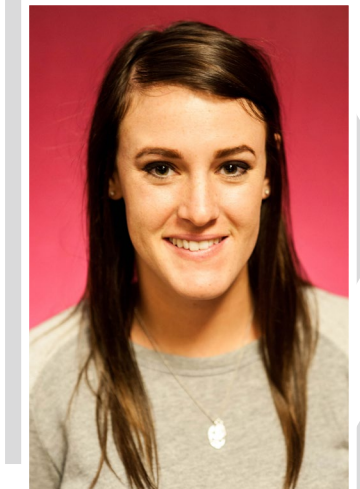
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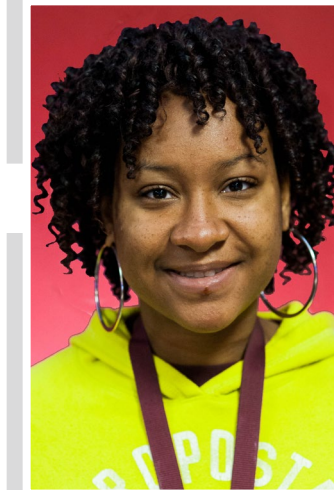
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# ONE-ON-ONE PRESIDENTIAL INTERVIEW

BY MATTI SMITH

It is not every day that WT students have the chance to speak with the president of their university, but one lucky student had that chance recently. Matti Smith was given the opportunity to sit down and speak with the new president of West Texas A&M University, Dr. Walter Wendler, asking him questions about his college experience, embarrassing moments, and even his hidden talents.

## What is your favorite memory from college?

I started college in New York at a two year school, transferred to Texas A&M in 1970 and graduated there in 1972. I would say my favorite memory is kind of a weird one, but it's the one that sticks in my mind so vividly. I had never been on an airplane before I went to Texas. I had never been west of New Jersey before I went to Texas. As a matter of fact, I thought New Jersey was the "Wild West," I didn't know any better. I mean, I was a New York boy from Long Island, and I got on that plane and it took me to Houston, and I got on a bus. I didn't even know what to do. The next day I got back on a bus, took it to College Station, Texas, and they dropped me off at the foot of New Main. If you've never been to College Station, it is on the crossroads of Texas Avenue and the front door of the university. It was in August and the air conditioner on the bus was broken. I sat on the back of the bus and just died on the way there. It was muggy and nasty. I had a green foot locker that I got from an army surplus and a powder blue piece of Samsonite luggage. I dragged that foot locker bag and that powder blue luggage up New Main. That was my first experience being away from home and at a university. It was just



## DR. WALTER WENDLER

Dr. Wendler began his presidency at WT in August 2016.  
Photo from the WT President's Office

about my first time for everything. I remember it like it was yesterday.

## What was your most embarrassing moment in college?

I took a reinforced concrete course. I'll never forget this one. It was in New York and the guy that taught the course, his name was Nicholas Romanelli. He was an Italian American engineer, a Columbia graduate, a smart guy. He taught this course, when I took the first test I was wrestling with it for all kinds of reasons. Mostly because I worked too much and wasn't paying much attention. So I took the first test and before he gave them back he said, 'The tests ranged from 98 to 6.' I leaned over to the guy next to me and said, 'Well I'm glad that somebody got a 6 and I know it wasn't me.' Wrong. I got a six on a test. It scared me to death. That was the last semester I

was there. I was already thinking of transferring to Texas A&M, I had already been accepted, but I said this is gonna seal the deal. I am doomed to stay on Long Island for the rest of my natural life. So it was very embarrassing, because I leaned over and told this guy and he looked over and laughed, you know, we both laughed and when I got the test I said, 'Oh my gosh I should have just shook his hand.' I had nowhere to go, but up.

## If you could spend one day in someone else's shoes, who would it be and why?

I'm a very sincere believer, practicing Christianity. So on one hand, I would say in Christ's shoes. I spend a lot of time reading about Him and reading the things He said. I think it would be very interesting for a long list of theological reasons, but I'll put it on the flat plain of the earth and say Abraham Lincoln or Harry Truman because of their leadership and the kinds of things that they had to navigate to get things done. Truman for one decision that he had to make. I would like to better understand what he was thinking about with the atomic bomb. I would just like to know what he was thinking about. I think what Lincoln dealt with, not so much with the war or any of those other things, but with the Emancipation Proclamation, because that was something that was going to change the world. I would have liked to have known what went on in his mind, and I'm sure he was optimistic and fearful.

## Who inspires you the most and why?

A university leader that I knew that, while in the face of challenging circumstances, stuck to his guns and followed through on what his beliefs and commitments were and never wavered from purpose. He was the president of Texas A&M, a fellow named Ray Bowen. What I admired about Dr. Bowen was he stayed true to the causes he believed important and did not waver. I admire him very much.

It was a great privilege to speak with Dr. Wendler. He is a man with great ambition and is an amazing example of how to strive and reach your goals. WT is very lucky to have him as our president and I can't wait to see what he does in the future.

Thank you, Dr. Wendler. Go Buffs!

- Matti Smith

## What are you most proud of and why?

My family. I am thankful to God that He provided the wife that He did for me. We've been married since 1973. We have two sons, I'm very proud of them. They are both married. I'm also proud of my daughter-in-laws. From them I have five grandchildren. Those are the most important people in my life.

## Do you have any hidden talents?

In New York I played club hockey in Farmingdale. And I could skate reasonably well. I wasn't fast, but I could skate pretty well. At one time, I was a pretty good pool player. I haven't played pool in years, but I understood the physics of the game and could run a table.

## What three movies could you not live without?

*The Yearling*, *October Sky*, and *Lawrence of Arabia*.

## If you could describe yourself using three words, what would they be?

A risk taker, a Christian and a family man.

## If you could witness one event in history, what would it be?

I would say the marriage of my mother and father. That started a chain of events that still goes.

## What is one of WT's traditions that you especially like?

Well you know, I'm still trying to understand a lot of these traditions and so on. This isn't so much a WT tradition, but it is part of the WT culture, so let me respond this way. There is, in this place, an expectation that people will stand on their own two feet. It is a place where people stand on their own and exercise their own free will. They expect reasonably that their decisions about life have consequences. It makes me admire the place and the people that make it up.

# EXPERIENCING THE WORLD

BY AILEEN TAYLOR

7 continents. 196 countries.  
A world of possibilities.

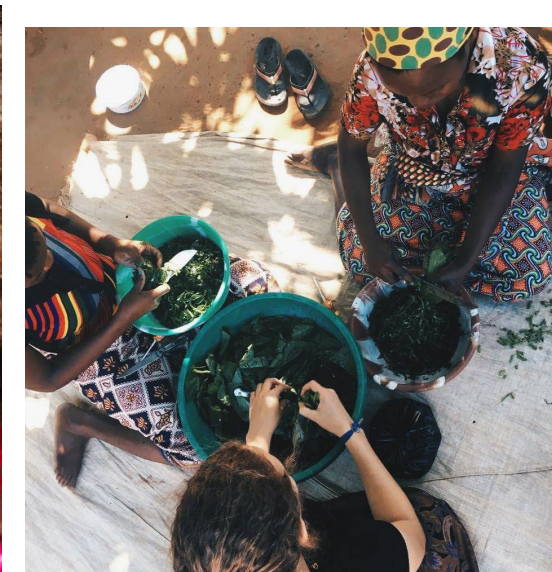
The world we live in is so vast, and yet, many of us never leave our hometowns. If you think about this on a global scale, that is like choosing to live in the same house for the rest of your life. For most, traveling tends to be something that is at the top of the list of things they want to do, and somehow it seems to wind up somewhere near the bottom of things that actually get done. College is the time that we will never be more free to do what we want or more limited (seemingly) by where we are. Whether its finances or a busy schedule, many find themselves pushing off their dreams of travel for “later.” While traveling is not always easy, it can be well worth the sacrifice. From exotic, faraway lands, to places here in America’s backyard that you didn’t even know existed, WT students have found ways to travel anywhere and everywhere in order to fulfill their wanderlust. Breck Pennington, a senior business marketing major, is one of those students. The daughter of missionaries, Pennington has been earning her frequent flyer miles since before she could walk. She was born in Thailand, so her first travel experience was actually to come to the States. At 13 years old, Pennington decided to embark on her first solo trip. “I just bought a plane ticket and went back to Thailand to visit my family there, and then I realized that I could just buy a ticket and go whenever I want,” Pennington said. At 22 years old, Pennington has made her way through seven different countries.



“The world is bigger than where you are at, and there’s always something new you can learn or something new to experience.”

Raised by missionary parents, Breck has developed a deep love for helping others and spreading Christ’s love everywhere she goes with everyone she meets. Photo by Eric North

“The world is bigger than where you are at, and there’s always something new you can learn or something new to experience,” she said. Pennington has made it her mission to go somewhere new every summer, and that’s not an easy undertaking. Some trips are conceived with a spark of curiosity. This is how it happened for sophomore music education major, Arianna Stallman, and her high school best friend, when they decided to begin planning their trip to Europe. Their junior year in high school they took an AP European history class, and they decided to go to all of the places



Breck sits down with some of the women from Mozambique, Africa and shares some laughs while she learns how to cook Matapa, a traditional dish resembling spinach. Photo by Caroline Hayward

they had been learning about from books, so they started planning. Stallman and her friend chose to visit France, Austria, Germany, and Italy for their first trip abroad, and then they just started saving up. For a six-week trip, there are a lot of



While stopping for a quick gelato on the waterfront in Venice, Italy, Arianna was captivated by the beautiful colors of the city. Photo by Arianna Stallman

I wouldn't trade the experience of traveling in an antique vehicle for anything.



Penelope the Westy has seen many roads, but possibly none as vibrant as those in Aspen, Colorado after the leaves changed. Photo by Gunnar Widowski

preparations required. One of the main things that needs to be sorted out: living arrangements. Stallman decided on hostel living. Hostels are a very cost-effective way to travel internationally. Most hostels are booked by the bed instead of by a room.

"They were very interesting," said Stallman. "Some were chains, so they were nicer, and others were in random places. One was actually in

the back of a restaurant." In some places, the hostels are even co-ed. Room sizes can vary from two people in a room all the way up to 20 in a room at times. Stallman enjoyed meeting all of the people in the hostels, because sometimes she and her friend would go grab dinner and go places with the people that they met in the hostels. Traveling with others can be a very exciting experience, but there are those who go for

a more solo experience. Take previous WT student, Austin Starbuck for example. Starbuck realized one day that he didn't want to just go into the workforce. "Did I want to work 9 to 5 the rest of my life and be able to afford luxuries, or did I want to simplify my life and have the experiences my heart desired?" said Starbuck. He realized he could just live out of his VW bus, and he was off! He

has been winding his way through the states for the past eight months, enjoying and appreciating the many different places and cultures to explore in our own backyard. Starbuck has made it through 34 states so far, and he's not planning on stopping anytime soon. "I would have to say my favorite place is always the most recent one I've visited or the one I'm currently in. I'm constantly experiencing



I'm constantly experiencing new things and meeting new people.

Austin Starbuck stops for the night with a perfect backdrop of the Rockies behind him. One advantage to traveling in a van is that anywhere can easily turn into a camp site. Photo by Austin Starbuck



One of the many places Arianna Stallman made it to during her adventures in Europe was Berlin, Germany where she came across this cathedral. Photo by Arianna Stallman

new things and meeting new people. All of them play a role in where I am today."

For many, traveling of the states, and it just can be daunting because of the price tag, but Starbuck has learned that it doesn't take much. He currently lives on \$350-\$500 a month. "My main source of income is finding work on the road," Starbuck said. He has discovered that if you do seasonal work on the road, then you can stay somewhere for a few months and then be set to head out for your next adventure.

Gunnar Widowski, a 2010 WT graduate, has

## WHEN IN DOUBT, LEAVE IT OUT.

### A GUIDE ON WHAT NOT TO BRING WHEN TRAVELING

Overpacking for a trip can lead to fees, thrown-out backs, and unnecessary stress from trying to lug around a heavy bag full of things you don't need. Save yourself frustration and energy, and trim these un-needed items from your packing list.

- **Don't bring your entire beauty routine.**

Let loose. No one is going to notice if your hair isn't perfectly done or if you skipped a couple of steps in your face wash regimen. Bring items that double up. (i.e. shampoo/conditioner or moisturizer with SPF)

- **Don't pack your entire closet**

You only need about half of what you think you will need. Bring clothes that are neutral and can easily be mixed & matched. Same for shoes. Never bring more than three pairs, and make sure you can wear them with multiple outfits.

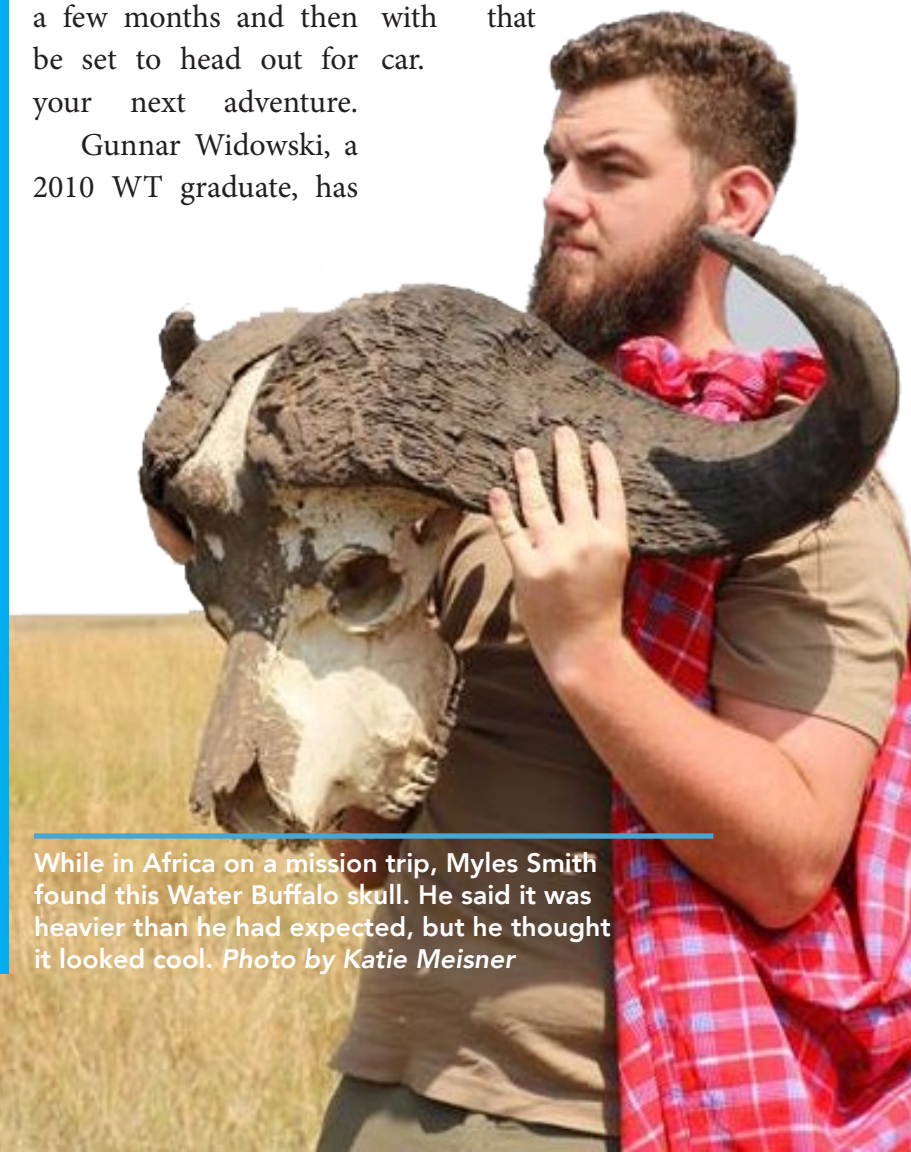
- **Don't pack jewelry/valuables**

It's just easier if you leave these at home. It's less likely for them to be stolen or misplaced this way.

- **Don't bring all of your gadgets**

Unless you are traveling for work, there is no need for anything more than a phone, or possibly a camera.

Basically, look at everything on your list and decide whether you HAVE to bring it or whether you can live without it. Is it worth carrying around for the duration of your trip to use it only once or twice? In the end, traveling is more for the experience, so only bring things that will enhance your trip.



While in Africa on a mission trip, Myles Smith found this Water Buffalo skull. He said it was heavier than he had expected, but he thought it looked cool. Photo by Katie Meisner

She's not always the easiest to drive or the most reliable, but I wouldn't trade the experience of traveling in an antique vehicle for anything." No matter your

Widowski has three reasons for traveling or things he looks into when deciding where he is going to take off to next:

1. The season. He likes to look at what he can do in any place during a particular season.

2. Who is traveling with him. He tries to coordinate where he wants to go with the schedules of the people he wants to take with him.

3. The rest is on a

whim. He could be missing a certain area, or he could have been intrigued by a new place he's just heard of. He's open to whatever happens.

Whether you think is holding you back, traveling is an opportunity everyone should look into, and it's probably not going to be something you

Travel helps you realize just how much is going on in the world.

Travel helps you realize just how much is going on in the world.

regret. Myles Smith, a graduate student in communication studies here at WT knows this first hand. Smith has a dream to travel everywhere he possibly can.

"My goal is to visit each continent at least once," Smith said. So far, Smith has made it to three continents, and he is currently seeking out his next adventure.

To cover the cost, he recommends fundraising, and applying for scholarships and loans if you need to.

"Travel just helps you realize just how much is

going on in the world," Smith said. "It makes you think more like a global citizen rather than just as an American citizen."

The best way to begin to better understand the world around you is to experience the world for yourself. Whether you want to backpack across the U.S. or rack up frequent flyer miles, the one thing all of these globetrotters can agree on is that you should do it. Figure out how, and then just go. The only thing stopping you is yourself, so get out there and see the world, one new place at a time.

When traveling, there's not always AC readily available, so Gunnar Widowski jumps into the lake to cool down in Jackson, Wyoming.

Photo by Gunnar Widowski

Widowski often takes friends with him on his travels, and they found that Mirror Lake in Wisconsin is the perfect place to set up camp.

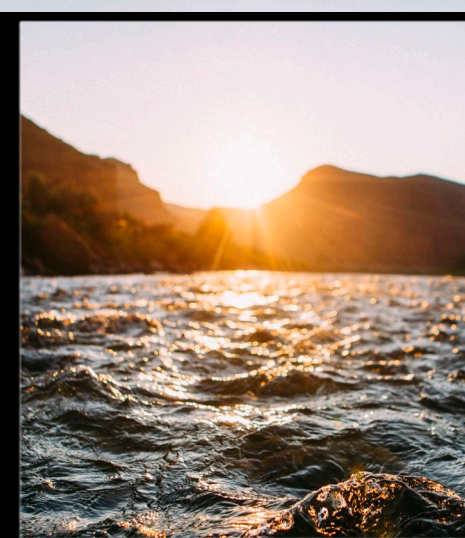
Photo by Reece McKillip

While in Carmel, California, Widowski takes a moment to appreciate perfectly clear waters unlike anything that could be found in West Texas.

Photo by Gunnar Widowski

After setting up camp for the night in Buena Vista, Colorado, Widowski enjoys quality time with friends.

Photo by Gunnar Widowski



## TOP 10 DESTINATIONS FOR WALLET-FRIENDLY WANDERING

### 1. ESTONIA

Little known Baltic islands, the beautiful forests of Lahemaa National Park offer a unique side of Europe.

### 2. HO CHI MINH CITY AND HANOI, VIETNAM

For food, housing, and sight-seeing, the average traveler can spend less than \$20/day.

### 3. EAST AFRICA

Gorilla encounters, sandy beaches, and the Rift Valley are just a few of the great wonders that can be appreciated without breaking the bank.

### 4. NEW MEXICO, USA

Between hiking in the Alpine Forests, visiting the hot springs, and cheap eats, New Mexico is a hidden gem for traveling on a budget.

### 5. BOSNIA & HERCEGOVINA

Inexpensive accommodation, meals and intercity transport combined with historic cities as well as rafting on the Una River or skiing, reward both the adventurous and those seeking a less well-travelled Europe.

### 6. GALICIA, SPAIN

Galicia offers a rare view of a Spain lost in time with prawning villages, beautiful inlets, and the high-quality seafood offered in the many tapas bars.

### 7. QUEBEC CITY, CANADA

In a few days you can tour the beautiful Unesco-listed old town and dine in old-school bistros. For the more adventurous, Montmorency Forest and Jacques-Cartier National Park offer a wilder taste of the province.

### 8. COSTA RICA'S CARIBBEAN COAST

Rafting, reefs to explore, and a sloth-Sanctuary. Need I say more?

### 9. TIMOR-LESTE

One can find bargain beach shacks on the beaches of Atauro Island, and in the misty hill country, there are homestays. Traveling around Timor-Leste can be an old-fashioned adventure.

### 10. WESTERN AUSTRALIA

Thanks to recent currency fluctuations, travel to the outback is cheaper than ever. Iconic natural sights around here, from the rocky coast and winelands of the southwest to the outback treats of the Kimberley, Kununurra and the Pinnacles, making this the perfect getaway.

Source: [www.lonelyplanet.com](http://www.lonelyplanet.com)

Background photo by Cameron Tipton in Costa Rica

## LOCAL SITES TO SEE

BY MALLORI JOHNSON

Take a break from studying and have some fun enjoying these local, budget friendly attractions!



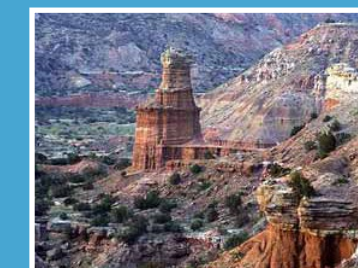
### CADILLAC RANCH

25 mins from campus  
Price: Free Admission  
Interstate-40 Frontage Rd.  
Amarillo, TX 79124  
[www.legendsofamerica.com](http://www.legendsofamerica.com)



### AMARILLO ZOO

25 mins from campus  
Price: \$4 Admission (free on Mondays)  
NE 24th Ave. & Dumas Dr.  
Amarillo TX 79107  
[www.zoo.amarillo.gov](http://www.zoo.amarillo.gov)



### PALO DURO CANYON

30 mins from campus  
Price: \$5 Admission  
11450 Park Road 5  
Canyon, TX 79015  
[www.palodurocanyon.com](http://www.palodurocanyon.com)

# WTAMU SETS THE STANDARD FOR CLONED BEEF

Answering all of your

## QUESTIONS & MISCONCEPTIONS

BY KAITLYN MASSEY



Kelly Jones, Landon Canterbury, Payson Hales, and Hayden Alexander, the team caring for, WT cloned animals, Alpha and Gammas. The bull Alpha and the heifer Gammas both are a step into a new kind of science. Photo by Rik Andersen

Imagine this: It is 10 years from now and someone is in the supermarket picking out a steak dinner for the night. Maybe they are choosing food for their kids. Or they could be choosing food for themselves, friends, maybe even their roommates. When people feed the ones they care about, or even themselves, there is no doubt that it is an important decision. So how do people know they are making the right choice?

Assuming the year is 2026, there could be the option to purchase Prime Yield Grade 1 WT certified beef. The option would be a new and improved beef option. The supermarkets and meat markets would look different than ever before. Would the public know what that Prime Yield Grade 1 means? No worries, the public has 10 years to figure it out and this article to help better understand what it is.

If that day comes, and people are faced with an extra steak option in the supermarket, hopefully people will remember that Prime Yield Grade 1 is the best combination of quality grade and yields grade

in the U.S. Department of Agriculture's beef evaluation system. Only about .03 percent of all beef carcasses achieve this rating. The quality grade refers to the palatability of the meat, how tender, juicy, and flavorful it is, and the yield grade estimates the amount of boneless, closely trimmed retail cuts from the high-value parts of the carcass.

"This outcome indicates that the antagonistic relationship between beef carcass quality and yield can be overcome by crossing rarely occurring animals," Dr. Ty Lawrence, professor of meat science from West Texas A&M and lead researcher on the project, said in a June 2016 media release.

“The antagonistic relationship between beef carcass quality and yield can be overcome by crossing rarely occurring animals.”

With just the right a Prime Yield Grade price, people might 1 beef is rare but that didn't stop him from going to Dr. Dean Hawkins, dean of West Texas A&M Agriculture and Environmental Sciences College, with the question might arise ground-breaking idea. The idea of getting the perfect slice of beef was also at checkout, if people choose that steak, how can such high quality be so reasonably priced? The answer is West Texas A&M.

In August of 2012 Dr. Lawrence has a group of individuals studied these animals from West Texas A&M, for years. He knew that combined with industry

### THE BASICS OF GRADING BEEF

**QUALITY GRADES** for tenderness, juiciness, and flavor

**PRIME GRADE** is produced from young, well-fed beef cattle. It has abundant marbling and is generally sold in restaurants and hotels.

**CHOICE GRADE** is high quality, but has less marbling than Prime. Choice roasts and steaks from the loin and rib will be very tender, juicy, and flavorful.

**SELECT GRADE** is very uniform in quality and normally leaner than the higher grades. It is fairly tender, but, because it has less marbling, it may lack some of the juiciness and flavor of the higher grades.

**YIELD GRADES** for the amount of usable lean meat on the carcass.

**YIELD GRADES** range from "1" to "5". Yield grade 1 is the highest grade and denotes the greatest ratio of lean to fat; yield grade 5 is the lowest yield ratio. Though yield grades are not something consumers normally see, they are most useful when purchasing a side or carcass of beef for the freezer.

SOURCE: [www.fsis.usda.gov](http://www.fsis.usda.gov)



professionals, made and their offspring was as history when they took a little piece of meat from the carcass of a dead steer. The DNA of a steer was never more important. This DNA was then inserted into an egg cell of a cow. From that, a cloned bull calf was born. WT's cloned bull's name is Alpha, and he was just the beginning of a three-to-five year endeavor to utilize science and enrich efficiency of the beef industry. What has been done at West Texas A&M has yet to be done anywhere else in the world.

But wait, cloned beef? Is that even safe to eat? Yes, yes it is. In January of 2008 the FDA concluded that meat from clones

and their offspring was as safe as any other food we eat on a daily basis. As of right now, cloned beef isn't commercially consumed, because that would be a very expensive steak. Although, if WT's project continues at a good rate, then in the near future, cloned beef could become more cost effective and could be purchased in a nearby local grocery store.

So why is everyone having a problem with GMO's in their food, is that not what this is? This is actually totally different and has shown to be completely safe. GMO is a Genetic Modified Organism where the genetic material from species is being forced

into another unrelated species. With cloning, they are taking the material from cattle and making the same species to produce the perfect beef to sell to consumers.

Now back to the check out line. Assuming it is 2026, the checkout lines have to be much faster, right? That way, they are quickly home preparing their meal, soon serving a higher quality beef to everyone at their table. The effect from that successful "WT project" would be an eventual industry average increase which would allow people to have the option for this higher quality steak in their local supermarket, at a cheaper price than before. The taste would be amazing and nothing like before.

Some say this is unsafe and needs to be stopped, others would take it with the perspective that our population is growing and we need to find a way to efficiently make more food to feed the world. Although this is expensive now, we have to start somewhere. This new aspect to the industry

is life changing and will hopefully, in the future, become the norm. This is going to help not only the agricultural industry, but also beef consumers all over the world.

Overall what makes people's future steak dinner so special is the pioneering that took place. Certain traits in beef were improved without compromise. Typically, a higher quality grade comes with a sacrifice in yield. The more tender the meat, the more fat it stores.

The Quality Grade measures the tenderness, juiciness, and flavor of the meat. When trying to perfect the quality and the Yield it becomes difficult when so much is at stake. The Yield grades for the amount of usable lean meat on the carcass. The minerals and vitamins included in the feed to the animal are very important, along with the genetics to perfect the grade of Prime Yield Grade One. As a consumer people have a choice, and hopefully it is an educated one.



Prime Yield Grade 1 cattle are hard to come by, but WTAMU has had the opportunity to reach the goal of perfection. Photo provided by WTAMU College of Agriculture & Natural Sciences



## Spicy Garlic Chimichurri Butter

### INGREDIENTS

- 2 lobster tails
- 2 bone-in ribeye steaks
- salt and pepper, to taste
- 2 teaspoons paprika
- 2 teaspoons ground coriander
- 1 teaspoon brown sugar
- 1 garlic clove, minced
- 1/4 teaspoon cayenne pepper
- olive oil, for cooking
- real deal french fries, for serving
- Spicy Garlic Chimichurri Butter
- 1 small head roasted garlic, mashed (or 2 cloves grated garlic)\*
- 2 sticks (1 cup) unsalted butter, softened
- 1 shallot, minced or grated
- 1 anchovy fillet, finely chopped
- 1 fresno chile, seed + chopped
- 1/2 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh oregano, chopped
- 2 teaspoons kosher salt

### INSTRUCTIONS

To make the Spicy Garlic Chimichurri Butter, add the roasted garlic to a medium bowl and finely mash it with a fork. You can also use a knife to mash the garlic into a paste. To the bowl, add the butter and mix it in with the garlic. Add the shallot, anchovy, fresno chile, cilantro, parsley, oregano and salt. Mix well. Keep the butter room temperature if using right away or store in the fridge for up to 1 week.

To make the steak and lobster, combine the paprika, coriander, brown sugar, garlic, cayenne and a good pinch of salt and pepper in a bowl. Completely season the steaks with the spices.

Use kitchen shears or a very sharp knife and cut the lobster tail right down the center. Rub the flesh of the lobster with olive oil, season with salt + pepper.

Heat a grill, grill pan or cast iron skillet over high heat. Once hot, place the steaks on the grates, cook until desired tenderness, about 5-8 minutes (depending on thickness) for medium-rare, per side.

About five minutes before the steaks are done cooking, place the lobster, flash side down, on the hot grill (or pan), cook for about 5 minutes and then flip the tails over and spread the chimichurri butter over the tails. Continue cooking for another 3-5 minutes or until the shells are bright red. Remove both the steak and tails from the heat.

To serve, place the hot steaks on a platter, add a good dollop of the chimichurri butter and the lobster tails. Serve with french fries and salt. Enjoy!

Recipe and photo by: <http://www.halfbakedharvest.com/surf-turf-steak-lobster-spicy-roasted-garlic-chimichurri-butter/>



# WT ACT

Learn • Advocate • Communicate

West Texas A&M University  
Agricultural Communicators of Tomorrow



# Go Buffs!

@wttagcomm

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WT ACT

# AN UNWELCOMED ROOMMATE: WT GHOST LEGENDS

**WTAMU  
University  
Bookstore**

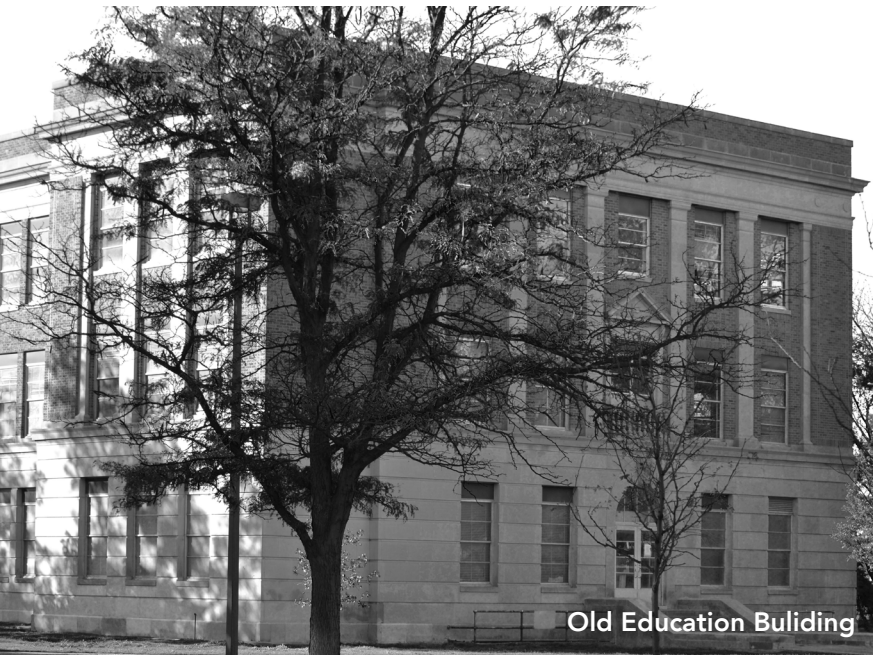
**H**ave you ever woken up in the middle of the night and felt like someone was in your room beside you? Or you wake up hearing things happening in your room while you're asleep? Have you ever walked in a building and felt like there was someone else there besides you? Or seen anything suspicious happen on its own? Imagine waking up to seeing a girl wearing a white night gown with long blonde hair going through your clothes, but knowing you're the only one in there because your door is locked.

Whether you believe in ghosts or not, rumor has it that there are ghost or spirits wandering around the residence halls, buildings, and the museum on West Texas A&M University's campus. The Buffalo Courts building, the old education building, the residence halls, Shirley and Stafford, and the Panhandle Plains Historical Museum are all examples of places where a ghost or spirit has been seen or heard by someone.

The Buffalo Courts building is now home to any and all things related to alumni relations for WT. This building originally served as the first athletic dorm in the state of Texas, which was built in 1935. Lisa Insall, alumni relations coordinator, said there was a WT employee that was driving in front of the Buffalo Courts late one night and very visibly saw a girl dressed in all white sitting on the stairs inside the building.

"It was at a time that no one should have been

There are written notes on the chalk boards in the old classrooms that say "help me" on them.



Old Education Building

here, so he turned around and went in to check and make sure everything was okay. When he got in the building, this ghost or spirit of the girl that he saw was gone,” Insall said. She also said that this worker noted that the ghost or spirit of this girl he saw had a very sad look to her. The old education building is located between Old Main and the Panhandle Plains Historical Museum. This building has been out of teaching use since the 1980’s, and now serves

He even said there are written notes on the chalk boards in the old classrooms that say “help me” on them, but he thinks it is just people messing around. Rumor has it, there is a ghost or spirit in the Panhandle Plains Historical Museum.

“Some years ago, the custodians at the Panhandle Plains Historical Museum said that after hours a woman can be seen close to the Red Cross Wagon, wringing her hands like she was waiting to hear about an injured soldier,” said Larry Bedwell, head grounds keeper for West Texas A&M University. Also, there have been reports of elevators opening and closing by themselves at very weird hours of the day and night. “There are also rumors that there is a ghost or spirit in one of the older,

all girls, residence halls, Stafford. One of the original stories told was that there was a couple watching television that had gotten in a fight and the guy pushed the girl down a spiraled set of stairs. Now reports have been made that you get the sense that you are falling when you stand in this certain spot. “At night, you can see light in the windows on the third floor, and you can see a figure pass the window on the west side of the third floor,” Bedwell said. There have been reports that H Unit in Stafford Hall is one of the most haunted places in the hall, along with the basement where the laundry is located. People say that, like the old education building, you get the sense or feeling that someone or something is there with you

“I woke up to the sound of hangers hitting together

when it is just you there. The residence hall, Stafford, is not the only residence hall that is reported to have a ghost or spirit wandering through the halls. Shirley Hall, another all girls, residence hall on campus, has been home to many students throughout the years. Shirley Hall consists of different units, four of them house the sororities on campus. One of the many examples of people experiencing or seeing ghosts or spirits happens to be in the Delta Zeta sorority unit of Shirley Hall. The girls that have lived in this unit have tons of stories about experiences with a ghost or spirit. They have even named her, “Connie.” The rumor that everyone has heard is that Connie is a ghost of a young girl that was a student at WT, and a member of the Delta Zeta sorority. It is believed that Connie was tragically killed in a car accident. “I lived in L4 which is the room she lived in. One night I woke up to the sound of hangers hitting together and I looked and she was going through my closet looking at all of my clothes. She had long blonde hair and was wearing a white nightgown,” said Mollee Richardson, a member of the Delta Zeta sorority. Richardson isn’t the only member to encounter Connie. “One time when I was taking a nap in my room, I woke up, half asleep, but I saw the back of a short blonde girl’s head holding a purse walking out of



Stafford Hall

my room. When I woke up, I went into the living room and asked if anyone had been in my room that day, and no one said that they had been,” said Karen Lozano, a Delta Zeta member that has lived in the unit before. Lozano also said that she knew it wasn’t her roommate, because she never carried a purse. There have also been claims of ceiling tiles being moved up and down. “All of my ceiling tiles in my room started moving up and down at the same time, but my window was closed,” said Emily Hoelscher, another Delta Zeta member. Bree Lynskey, another member experienced a similar situation. “We came up from doing laundry, and while we were walking down the hall, we noticed the ceiling tiles were moving up and down, but no one was in the hall moving them,” Lynskey said. After hearing all these stories and experiences, one starts to wonder, are these ghosts or spirits real or not?

**TOP 3**  
**HAUNTED PLACES**  
**IN THE UNITED STATES**

**1** Moundsville Penitentiary  
Moundsville, West Virginia

It is known as one of the most violent correctional facilities in America. Many prisoners were hanged or killed in the electrical chair, and others were murdered by other prisoners. The prison closed in 1995, but some of the tortured spirits still can be seen or heard during tours of this prison.

Source: [www.wvpentours.com](http://www.wvpentours.com)

**2** Trans-Allegheny Lunatic Asylum  
Weston, West Virginia

Once known as the Weston State Hospital before closing in 1994, hundreds of people died at this asylum. There are spirits that haunt this asylum that date back to the Civil War era, when it served as a military post. Paranormal tours of this facility are given in 2 hour visits, but they offer a more intense ghost hunt that lasts up to 8 hours.

Source: [www.trans-alleghenylunaticasylum.com](http://www.trans-alleghenylunaticasylum.com)

**3** Villisca Axe Murder House  
Villisca, Iowa

The murder of Josiah B. Moore, his wife, their 4 children, and 2 young girls who were there overnight still haunt this little white framed house. Residents of this home have reported seeing visions of a man with an ax, hearing the cry of children, and other unexplained paranormal activity. There are tours as well as an overnight experience for groups at the home.

Source: [www.villiscaiaowa.com/index.php](http://www.villiscaiaowa.com/index.php)



# CHANGING THE WORLD ONE MEAL AT A TIME

BY BAILEY STICKLE



Photo by Bailey Stickle

It's no secret where our meat comes from. Steak comes from cows, bacon comes from pigs, you get the picture. But, have you ever wondered if there were alternatives to getting your daily recommended protein without eating products that are made from animals? Many WT students have made the lifestyle switch to better their lives and, potentially, the environment.

Craig Whiteside, an environmental science graduate student, has been a vegan for the past 10 months and said he became motivated after he watched a Netflix documentary, *Cowspiracy: The Sustainability Secret*.

“I was left with an empty fridge. Every one of my meals was centered around some type of meat substance.”



**HAPPY COW IS A MOBILE APP THAT USES YOUR LOCATION TO SHOW LOCAL OPTIONS FOR VEGAN AND VEGETARIAN RESTURANTS AND GROCERY STORES.**

In this documentary, the United Nations claimed that raising livestock produces more greenhouse gases than the emissions of cars, trucks, trains, boats and planes combined. This is due to the amount of methane produced from animals' digestive process. *Cowspiracy* also said that one quarter-pound hamburger requires over 660 gallons of water to produce, which is equivalent to two months of showers. That's about how much water it takes to make 18 cups of coffee because it takes 37 gallons of water to grow the beans for one cup of coffee. Many believe that if people eat less meat, this will cut down the nations' water consumption. Whiteside said, after he watched *Cowspiracy*, he immediately went to his fridge and began throwing out all of his meat and dairy products. “I was left with an empty fridge. Every one of my meals was centered

around some type of meat and cheese, but they are substance,” he said. Whiteside eliminated all meat, egg, and dairy-based products from his diet. The foods he eats now range from your normal fruits and vegetables to rice, legumes, nuts, seeds, tofu and herbs. He said there are meat alternatives so he can still reach his recommended amount of protein. Some of these meat alternatives can still taste like beef, chicken

and cheese, but they are made from plants, such as pea protein, and are made to replicate the same texture and taste as real meat. Whiteside said he began researching and quickly found helpful sources to help him change his diet. He discovered that this new lifestyle change could be traced back to about 2,000 years ago, but wasn't actually defined until 1949. He said even for

**Craig Whitesdale, pursuing his masters in environmental science, began his vegan diet 10 months ago after watching *Cowspiracy*. Photo by Chase Mardis**



Photo by Bailey Stickle





Photos by Bailey Stickle

him to eat 1 lb. of meat, there were such harmful affects on the environment. He felt he had to make a change.

When he goes out to eat, Whiteside said, he has to be cautious of how the food is made and check the fact sheet for that restaurant.

“Typically I’ll stick to restaurants that have vegetarian and vegan options, but if not, I find myself choosing from the sides menu in order to

create my own plate,” Whiteside said. He said there is also an app for smartphones called Happy Cow that he uses when he wants to go out to eat. It shows nearby restaurants that are vegetarian and vegan friendly. As usual, people may be a little surprised when they learn someone is living a vegan lifestyle, but there’s a lot people can learn from it. Whiteside said people are taken back by the news and follow with, “Where do you get your protein?” Beef, chicken and

other meats can be substituted with lentils, quinoa, oatmeal, chai seeds, chick peas and anything plant-based that is high in protein. In fact, half a cup of lentils adds about 9 grams of protein and nearly 15 grams of fiber to your meal. Munching on almonds or humus is a good way to snack instead of grabbing the chips and queso. Juliana Calvaruso, a junior political science major, has been a vegan

for over two years and was a vegetarian right out of middle school. She decided to make the switch when she realized that all life matters to her. She recalls a childhood moment when her grandmother brought home two live chickens that she bonded with instantly. One day, she went to go visit the chickens, but they were gone. Her grandmother made chicken soup that day and that’s when she knew where her food came from. Calvaruso said that even though this lifestyle

was an easy choice for her, it hasn’t been very easy to maintain. She feels that WT’s cafeteria doesn’t know what’s in their food; their food isn’t labeled properly and there are limited and unappetizing options available for vegan students.

“I currently do not have a meal plan because the vegan options are not nutritionally fulfilling,” she said. She said it’s sometimes hard to eat vegan when people are close-minded and go out of their way to make her feel uncomfortable. However, she showed a lot of her non-vegan friends how she can “veganize” all of their favorite foods and enjoy it at the same time. The diet she lives by is a topic she tries to avoid. She said because we live in an agricultural bible belt, she doesn’t usually get a lot of support. When people hear that she is vegan, people make stereotypical comments like, “but you’re not skinny, vegans are supposed to be skinny,” or “oh you probably don’t get a lot of protein,” and always the occasional rude comment, “but BACON.” Calvaruso said there are tons of resources available for anyone who

*It isn't as hard as everyone thinks it is, and it also offers a ton of health benefits.*

is interested in becoming vegan. She said PETA (People for the Ethical Treatment of Animals) and other organizations have easy, free recipes and guides for ordering vegan at cheap places, such as Taco Bell.

She said, “it isn’t as hard as everyone thinks it is, and it also offers a ton of health benefits.” Along with changing the food you eat, you also need to change what you drink. As we all know, most college students are avid coffee drinkers. How would that change if you’re vegan? It’s pretty simple, you just need to replace ingredients that are made with animal products.

“If you substitute coconut or soymilk for regular milk, you can make any drink vegan. Just hold the whipped cream,” she said. Calvaruso said she isn’t a big coffee drinker, but she definitely won’t pass up a frappe or an iced chai latte. Now, it may seem like a lot of people choose to be vegan because of their beliefs on animal rights and how the food is processed. However, others just prefer the taste of vegan food over an animal-based diet.

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## Vegan Recipe CURRIED EGGPLANT WITH TOMATOES AND BASIL



### INGREDIENTS:

- 1 cup white basmati rice
- kosher salt and pepper
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 pints cherry tomatoes, halved
- 1 eggplant (about 1 lb), cut into ½-inch pieces
- 1 ½ teaspoons curry powder
- 1 15.5-ounce can chickpeas, rinsed
- ½ cup fresh basil

### DIRECTIONS:

1. In a medium saucepan with a tight-fitting lid, combine the rice, 1½ cups water, and ½ teaspoon salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes.
2. Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes.
3. Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and ¼ teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.
4. Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.
5. Stir in the chickpeas and cook just until heated through, about 3 minutes.
6. Remove the vegetables from heat and stir in the basil. Fluff the rice with a fork. Serve the vegetables over the rice with yogurt, if using.

Recipe and photo by: [www.realsimple.com](http://www.realsimple.com)

# PETA

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS

IS THE LARGEST ANIMALS RIGHTS ORGANIZATION IN THE WORLD,  
WITH MORE THAN 5 MILLION MEMBERS AND SUPPORTERS

Whitney McDonald, a junior finance and accounting major, said eating meat makes her feel nauseous. She feels better eating vegan because she knows she is putting something good in her body that also doesn't make her sick.

McDonald has been vegan for about a year and is trying different vegan foods.

"It's always so good," she said, "I really like chai seed pudding. It's just chai seeds, vanilla and coconut milk."

McDonald said she likes to use coconut milk as a replacement for regular milk in drinks, such as coffee, because in order for something to be vegan, it can't have any

animal products in it. If she could give advice to anyone new to this diet or considering switching, she said to just start small when trying new recipes because it's really hard to switch in a day.

A vegan lifestyle is not for everyone, so there are many people who choose to be vegetarian. Vegans can't eat anything that is an animal by-product, that includes honey, milk, etc. Vegetarians can include animal by-products in their diet, but not meat.

We've all been guilty of placing a few bets in our lives, but have you ever placed bets on your diet? That's how one student decided he wanted to be a vegetarian.

Chase Morrison, a

senior criminal justice major, said during his junior year of high school, his friend bet that he couldn't be vegetarian for a month. His friend was sadly mistaken.

"I did it, and during that time I did a lot of research on it, and I found out it is healthier for me, better for the environment and I physically felt better, so I decided to stay vegetarian," he said.

Morrison is actually an "ovo-lacto vegetarian," which means that he can eat eggs and dairy products, but no meat or meat by-products.

"I essentially eat the same things as most people, except I will either have a meat substitute or

leave it out entirely," he said.

Morrison thinks that being vegan isn't as healthy as being vegetarian. He said, living in this part of Texas would make it impossible for him to eat anything that he didn't make at home.

On campus, he can eat a few places in the JBK, but sometimes finds it hard to eat in the cafeteria because there isn't a wide variety of choices for vegan or vegetarian students.

"We don't just eat salads and peanut butter all day," Morrison said.



## Vegan GROCERY LIST

Mori-Nu Extra Firm Silken Tofu  
\$23.87

BetterBody Foods Organic Quinoa  
24 oz. - \$8.27

BetterBody Foods Organic Chia Seeds  
32 oz. - \$10.48

Great Value Jasmine Rice  
5 lbs. - \$4.44

Goya Chick Peas  
16 oz. - \$6.99

Great Value Lentils  
1 lbs. - \$1.32

So Delicious Dairy Free Unsweetened  
Vanilla Coconut Milk Beverage  
32 oz. - \$2.29

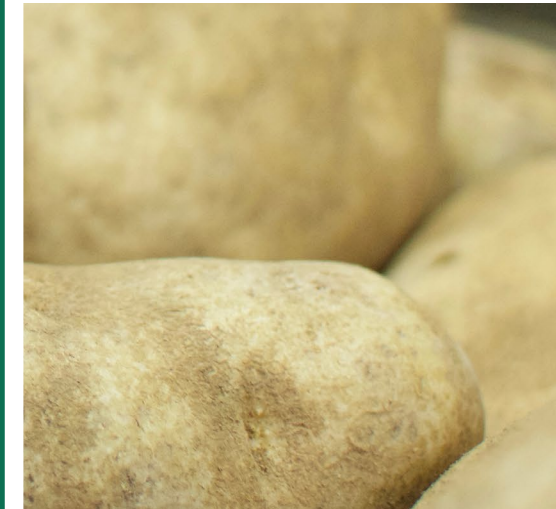
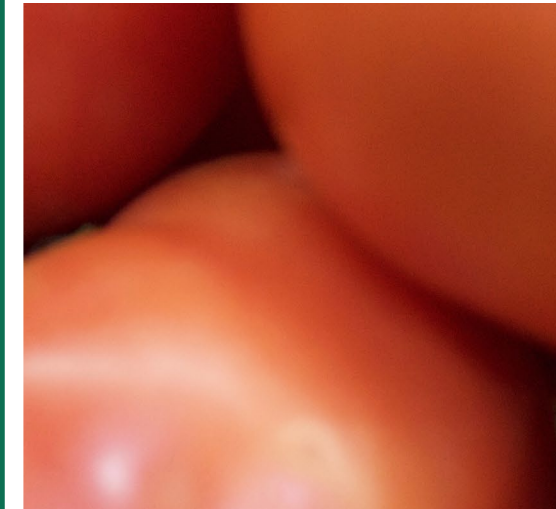
Quaker Oats Old Fashioned Oats  
42 oz. - \$4.18

Lipton Natural Green Tea bags  
40 ct. - \$3.65

Blue Diamond Whole Natural Almonds  
25 oz. - \$12.26

Total: \$77.75

\* Prices according to Walmart \*



Photos by Bailey Stickle

4 "I did a lot of research on it and I found out it is healthier for me, better for the environment and I physically felt better, so I decided to stay vegetarian."

# COFFEE SHOP OR LIBRARY

*murmur*  
*silence*

BY ABBY BETTS



The Coffee Shop murmur - the sounds of espresso steaming, of soft music and mellow conversations all wrapped together with the dim lighting creates an atmosphere where some find a home, a place to study the stars or write the next up-and-coming novel. The bright lights, the soft whispering, the flipping of pages all play a hand in creating an atmosphere that makes the library a place for the studious. Both are places where students head when it's time to hit the books, each having aspects that seem more appealing to some students and less to others. The dim lighting may draw some into the coffee shop, while the bright lights help others to focus better in the library. The constant music playing in a coffee shop can turn some away, but the lack of conversation in a library can prevent some from finding a study nook.

He walks into the local coffee shop, scans the room, waves at his buddy from history, smiles and chats briefly with his lab partner, then his favorite table opens up as a local novelist packs up and



leaves. This specific table he considers to be the "creative zone." He then begins to set his books out, boot up his laptop, and build his own study outlet, the cherry to the sundae of the perfect study nook. Grabbing his favorite caffeinated beverage, he heads back to his table, bunkering down to study for the week.

In the eighteenth century, when very few were literate, people would gather in coffee shops around the time the newspaper was printed. It would be posted within the shop and the literate would read it aloud to the illiterate. Even before people began studying in coffee shops, perhaps even for as long as coffee

I have to have a creative setting, an encouraging setting.

shops have been around, an atmosphere of creativity and learning was being created. What makes a coffee shop have this unique atmosphere?

"The coffee shop vibe," said Tanyon Allison, a

West Texas A&M University graduate, "it goes back to having the perfect setting, the right lighting, the murmur; I have to have a creative setting, an encouraging setting."

Along with setting, the mood also has to be right for some. Without the right environment, instead of accomplishing anything, the student might end up further behind.

"I love moods," Allison said, "like lighting or if I'm reading and trying to get something done, I get inspired by the environment. I have to turn a light off and turn a lamp on. I have to create a setting that inspires me to get something done."

Coffee shops allow for those moods. With the dim lighting, the lamps placed around the shop, the soft music, the mood is set, allowing for creative juices to flow and studying to be accomplished. Along with the coffee shop vibe, one of the perks of studying in a coffee shop is the easy access to coffee, something many students need to study successfully.

"I generally always drink coffee, though," said Andrew Coffey, an electronic media major, "when I study, I would

prefer to always study in a coffee shop, but money doesn't always allow for that." it comes down to being an introvert or being an

When it comes to an introvert or being an

As a nursing student, Hannah Yock has always had to spend long hours studying. After she graduates from WT, she hopes to become a traveling nurse, going abroad and helping those in need. Photo by Abby Betts



Mike Williams has never been afraid to study in silence or in a loud place. He often finds himself studying in the WT library, but he doesn't shy away from coffee shops. Photo by Abby Betts

extrovert. Where an nursing major and an extrovert needs people, an introvert needs solitude. A library is very quiet, known for its silence, and the occasional librarian's "shhh," whereas a coffee shop is known for its murmur.

"It's an extrovert thing," said Allison, "I work well with other people, like I pick up on everyone else's vibe, hearing the murmur. It's just like, you feel like other people are there and other people are getting stuff done."

Hannah Yock, a

*I'm easily distracted, but if I put in headphones, I like there being lots of people.*



as if it is made for those who want to study alone, and in silence.

She breathes in deeply, smelling the sweet scent of old books. A feeling of home overcomes her as she heads into the quiet zone, passing by several others on her way to her favorite spot. Seeing them in their territory, the study zone, she feels more motivated. If others are working hard then she should too. Finding her table empty, she sets up her study area, she plugs in her laptop, pulls out her headphones, finds her favorite classical playlist, and settles in. So

"Sometimes people don't like doing that because they will get distracted," she said, "which I'm easily distracted, but if I put in headphones, I like there being lots of people, not necessarily interacting with them, but their presence helps me focus for some reason."

The library, on the other hand, has minimal distractions. It is almost

In the past year Tanyon Allison has worked at Palace, graduated from college, and gotten married. Though he no longer has class work or tests to study for, when it comes to needing a creative atmosphere, Palace is his place. Photo by Abby Betts

*The community feel of people doing the same thing kind of gives me more energy and helps me focus more easily.*

long as she was here, she knew she would not be bothered.

Coffee shops are the extrovert to the library's introvert. In a coffee shop, you can talk to anyone, laugh loudly, and sing along with the music, without the fear of being hushed or glared at. For some, though, this atmosphere can take away from getting into the studying mindset.

"I need peace," said Maria Chacon, a social work major, "and no sudden movements or loud noises. I go to the separate desks that are further back because, though I like being with a larger group studying, I like being by myself in that large group."

Libraries have been around for thousands of years, and as long as librarians have been around, they have been known for silencing the loud and helping the lost within their walls. Along with that, libraries have

communities within, ones that bring about learning environments, study groups, and more.

"Coming to the library gives me the sense of feeling that other people are doing the same thing," Chacon said. "It motivates me to work harder. I'm less motivated in my room. The community feel of people doing the same thing kind of gives me more energy and helps me focus more easily."

Where coffee shops have comfy chairs and couches, libraries have more sit up straight, no slouching chairs. In libraries lighting is brighter and the chattering is less, creating a contrasting study environment to the loud and bustling coffee shops. Again, the environment is very important to any study nook. While some students need solely lamp light, others need brighter rooms. Though some can study in a chair meant for naps, others must be in

Jordan has been attending WT for the last year and a half. In this time she has found the Cornette Library to be her favorite place to study. Photo by Abby Betts



If it is time to crack down and study for a while, Andrew Coffey knows how to set up his own study station. He is not afraid to take up a whole table if it means getting the job done. Photo by Abby Betts



## COFFEE WITH COFFEY: AN INSIDER LOOK INTO THE COFFEE SHOPS NEAR WT

Andrew Coffey has an affinity for coffee, which is quite ironic considering his name is pronounced Cough-Fee. With his love for coffee, he also has a love for coffee shops, especially exploring and scoping out any new shops or even ones that have been around for a while but he hasn't been to yet. He loves to do this because of the different types of people he might come across while there. Of the coffee shops near to WT, he has visited Evocation, all three Palace's, Marshall's, Urbana, both Roasters, Cliffside and Peeta's in United Supermarkets.

For each coffee shop he visited, he gave some thoughts on them, briefly explaining what their atmosphere was like and why he liked it.

Cliffside has really good coffee, but it is more of a drive through than a place to sit down, open a book, study for a while, or meet a friend.

Evocation and Marshall's are both a little bit smaller than your average shop, compared specifically to Palace.

Evocation is more about the craft and modern style, like the types of tables and the lighting, where Marshall's has more of an old fashioned feel.

Marshall's is also kind of like Cliffside, it does have a place to sit in, only smaller.

They have really good coffee and cute stickers on their cups. They are not well known and more older people visit there. It's the kind of place to grab a cup of coffee and sit down to read a newspaper – they have a rack with magazines and newspapers.

Roaster's is always popping. It has a very distinct smell. It is always a solid place to study or to just sit and relax. He always gets the same drink, a Poor White Man's Mocha and said they have really good coffee.

Urbana is very young – he has only been there once – and it was okay.

Palace is where he studies most often. His favorite one is the one on 34th and Coulter because it has open windows around the whole thing so there are more things to look at and a better view. Downtown and Canyon's Palace both have the downtown feel to them. Palace is also the place to go for less sweet, blacker coffee.

Peeta's is kind of weird because it is in a grocery store.

Why visit all these shops? To try new coffee, see who has the best atmosphere, maybe even see who has the best coffee.

Wherever he goes, he judges their coffee and judges them to their competitors by ordering their mocha latte. Sometimes he does it for studying, but mostly he wants to know who has the best coffee in this area. Palace is probably his favorite place, but the problem is they are the most expensive. The best coffee, in his opinion, is from Marshall's, but Roasters is the best place to study because there are less distractions and he is less likely to run into someone he knows.

His final critique on the coffee shops were recommendations for which shop was the best for different things.

Palace is the best to meet interesting people, like a business person, or some adventurer who wears Chaco's, doesn't take showers and has a big backpack on. This is the best place for anything to happen.

Cliffside and Marshall's have the best coffee but don't have the best sitting room or space.

Roaster's is the cheapest – for the most part. Here he can get a Poor White Man's Mocha for \$2.85 where other places charge up to four and five dollars.

Evocation is all about the craft. This is where to go if you already know a lot about coffee or you would like to learn more about coffee.

WT has a large variety of coffee shops surrounding it, many places to meet an interesting person, people watch, or have a great cup of joe. It just may take some time to find the perfect one for you. Coffey may have found his coffee shop niche, but there are still many more for him to explore.

Which coffee shop is perfect for you?

Photo by Abby Betts



seats that are unpleasant. And for some, they have certain standards for their perfect place to study.

"A few factors that make up the ideal place to study," said Jordan Guerra, a communication disorders major, "are uncomfortable chairs, so you don't fall asleep. It's also well lit, quiet, and there are minimal people, so there's less distractions."

For some, a library is the place to study simply because it is stereotyped as a place to study. This has been a stereotype created by media, as well as college students in general.

"I've been going there to study for so long now," said Mike Williams, a

sophomore public administration major, "that it's kind of engrained in me to study there, almost like I associate it with getting a lot of work done."

Regardless of where anyone sits down to study, unless it is in "a glass box on the top of the Rocky Mountains" according to Williams, it will be hard to be alone. Though they may seem very isolated, libraries are still very popular. Whether it is to find some older books that cover the invention of photography or if it is for researching how pulling all-nighters affects a student's grades, it is a place where students go to find answers, for

homework, a paper, a research project, or otherwise. Though coffee shops do not house databases with endless research, they do house students studying for a wide assortment of classes. And introvert or extrovert, sometimes the type of work determines the location of study.

"You don't know what you're going into," said Coffey, an introvert, about studying in a coffee shop versus a library.

"Unexpected things could happen, like if you see people you know, it could distract you from studying... It also depends on what I am studying," he said, "If I am studying

to get things done, I go to the library, but if it is a free study, I go to a coffee shop."

The perfect place to study - something all college students hope to find. Some have found it, some are still searching, and some have even settled.

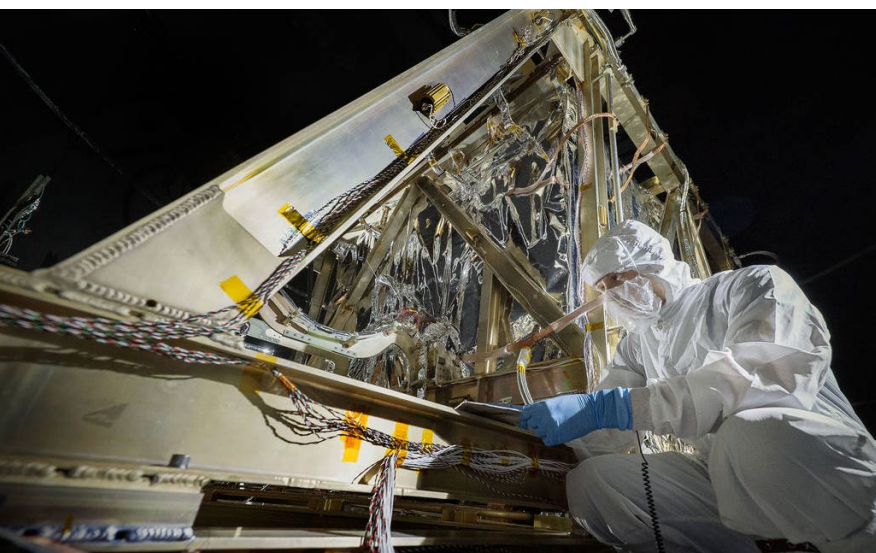
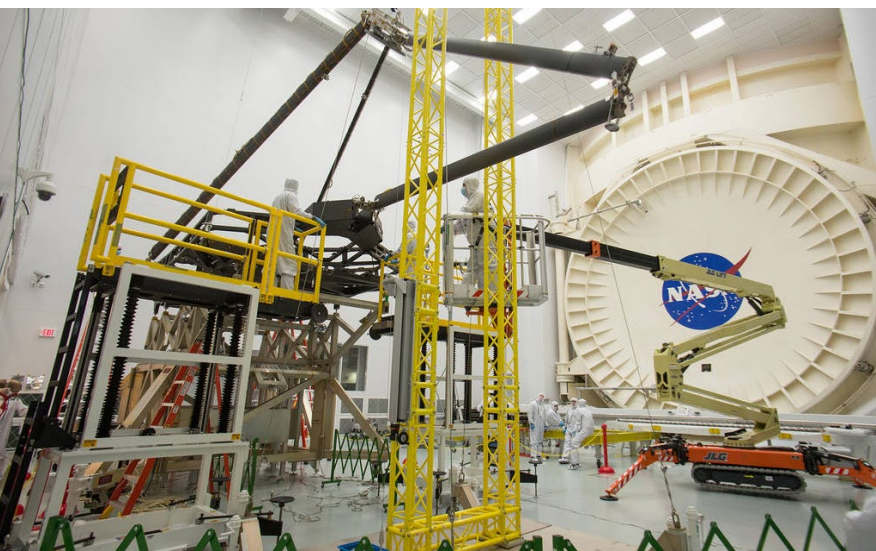
From bedrooms to libraries, hall lobbies to coffee shops, any place that someone sets down their books, picks up their pencil, or plugs into their laptop becomes a study zone. Whether the student is an introvert or an extrovert, they just need to find their zone, find what works, dim light or bright light, soft music or soft whispers, the aroma of coffee or the smell of old books.

### WHAT'S IT TAKE TO GET ALL A'S IN COLLEGE?

- Don't skip class
- Manage your time
- Understand your workload
- Take notes in class
- Don't wait to cram exam material
- Ask when you don't understand
- Have a routine study time and place
- Do anything for extra points

# PREPERATION FOR FUTURE ADULTING: INTERSHIP EDITION

BY SHEA JOHNSON & TIANNA BROWN



Senior Kelly Ramos had the opportunity to work with other interns on promoting projects like the James Webb telescope, which will launch in October of 2018. Photos from [www.nasa.gov](http://www.nasa.gov)

While some students don't know what type of industry is best for them, or what they want to do after college, senior advertising and public relations and applied communications major, Kelly Ramos does. Ramos said she has always wanted to work for NASA. This summer, she spent 10 weeks in Greenbelt, Maryland at NASA Goddard living out her dream.

"I discovered these NASA internships when it was mentioned in Ad/PR Society my first semester here in Spring 2015 when Dr. [Emily] Kinsky shared information about it on her Twitter," Ramos said. "I choose this internship because it has been a dream of mine to work for NASA in some way, and to know that

I choose this internship because it has been a dream of mine to work for nasa.

there was a chance for me, especially as a non-science major, I jumped at the opportunity."

Ramos said she tried to apply at that time, but missed the deadline, so she made sure to turn it in early the next time. Because of the early status of her application, she was one of the only interns this summer to be granted funding.

"On my first day I had to team up with my fellow co-workers and write



Sophomore TJ Beckerink visited several fairs and events while in New York for his internship. Photo by TJ Beckerink

are now," Ramos said, "[Most] are more than willing to tell you their journey on how they got to where they are now."

Because internships are highly encouraged if not required for every major, students can have difficulty choosing which one best suits their career path and desires. As for sophomore animal science major TJ Beckerink, that wasn't the case. Beckerink grew up on dairy farms in both New

York and Texas, he said he was "born into it." Beckerink spent his summer preparing for his future as a dairy farmer in Sherman, New York. "I wanted to get out of Texas for awhile, see something new," Beckerink said, "I was 13 when we left, so I saw a lot but I didn't get to do a whole lot on the farm. I got to see how they do it; it was a different way to farm. It was good." Beckerink worked as

a story on the interns," Ramos said, "that story led to other stories on NASA Goddard employees and what they do at the center. I loved hearing about the work they were doing."

Ramos also had the opportunity to escort tours and help in the TV studio manning the phones. She also coordinated with producers across the nation to make sure they were ready for "live-shot" interviews. Ramos and other interns had the chance to co-produce an intern profile video that earned more than a 1,000 views on Facebook. "I enjoyed getting the chance to meet amazing people, even those that weren't scientists," Ramos said, "I learned about what it takes to make something happen and the process of it all. It was no easy task, but those you work with and worth learning, knowing that I can apply the same

skills in the future." Ramos and the other interns stayed busy preparing for upcoming events including the Juno spacecraft arrival to Jupiter, the James Webb Space Telescope being built at NASA Goddard. Ramos said her experience as an intern helped her prepare for her career after college. "Pick the brains of those you work with and ask questions on how they got to where they

are now," Ramos said, "[Most] are more than willing to tell you their journey on how they got to where they are now."

I got to see how they do it; it was a different way to farm.



## A SUMMER AT GLOBE LIFE PARK ARLINGTON, TX

It's not every day that someone from small town America gets the opportunity to do a summer internship with a Major League Baseball team, but this past summer Marissa Martinez did just that with the Texas Rangers. As an advertising and public relations major, she was able to work on her communication skills each day as she sold raffle tickets to people from all walks of life. She said she met different people associated with the team and, though they were not always in suits and ties, she learned to be good to everyone, regardless of what they looked like.

One of her main tasks was selling raffle tickets, and during her time there she was able to sell over \$27,000 worth. She would go out three hours before the game and sell all the way through the sixth inning, with the winner being announced in the eighth. Tickets sold for 3 for \$5, 10 for \$10, and 40 for \$20. The winner of the drawing would receive half of the pot and the other half would go to the Texas Rangers Foundation.

Martinez was able to witness history over the summer on the night when the most tickets ever were sold. The night after the Dallas shooting, the Texas Rangers Foundation elected to donate their half of the money to the victim's families. The crowd responded and increased the jackpot exponentially, greatly helping the families of the tragedy and leaving Martinez feeling content with the cause.

Not only was this internship a great opportunity for Martinez to better her communication and AD/PR skills, but it helped her to further realize the importance of one of life's greatest lessons:

**Don't judge a book by its cover.** You never know who it is you are talking to, whether they are in a suit and tie, a Rangers baseball jersey, or even a random t-shirt. They could be anybody and they deserve to be treated with respect.

*Photo by Marissa Martinez*



Beckerink stops his work to take a selfie with one of the dairy cows. Photo by TJ Beckerink

an assistant herdsman Amarillo. Chambers for Reliance Dairy, worked behind the scenes LLC, which consisted in the studio learning of walking through about what it takes pens, checking on cows, to create a 30-minute breeding, looking for sick, news segment, and feeding the cows.

"I had a lot more responsibility up there," Beckerink said. "That was nice, but the jobs are pretty similar to home." "I accomplished my duties by being an extra set of hands they needed to get the job done," Chambers said. "Most of the assignments I helped with would take numerous hours and days."

Senior broadcast journalism major, Desiree' Chambers spent her summer interning at KAMR Channel 4 in One of Chambers' duties was to archive

**“I think that it is important for everyone to do an internship so you can know whether this is definitely the industry you want to go into,**

videos, which usually had to submit a personal statement, as well as one from a WT faculty member and from the employer. Assistant Professor of mass communication, Dr. Mary Liz Brooks was on the committee to choose the 2016 Intern-of-the-Year. Chambers said she helped them catch up.

"It is satisfying when you know you have helped someone complete the tasks on their list," Chambers said.

Chambers said she learned how to edit stories and how to write teasers with the transitions and editing bays that are used at the news station. She also had the chance to work with sports reporters, which will help her later on in her career as a sportscaster.

Brooks, who studied undergrad at WT, received her masters at Angelo State University, and received her doctorate from Texas Tech, said she had two internships during her career as a student.

WT students have the opportunity to be rewarded for their work as interns. For the fourth consecutive year, WT and Phillips 66 partnered to present the Intern-of-the-Year contest for juniors and seniors. Applicants

Brooks said, "There are a lot of anecdotal stories about what goes on with professors and maybe what they went through and everything, but I don't think that you can really get the full impact of what industry you are going into until you go and get an internship." Brooks said when it comes to preparation for the business world, sitting in a classroom and listening to everything is not enough, students need to go out and work, whether it is paid or unpaid, to really get a feel for what is going on in the industry.

"I think that it is important for everyone to do an internship so



Reliance Dairy farm cow enjoying the attention that she is receiving from the workers. Photo by TJ Beckerink

# INTERN-OF-THE-YEAR WINNERS

you can know whether this is definitely the industry you want to go into," Brooks said. "Basically, you just have to get your hands dirty." Brooks said while there is nothing wrong with applying for internships at big companies, students should consider applying for smaller businesses. While experience at big firms can be impressive on a resume, prestige is not everything. "I would say my advice would be to look for an internship in something broad, I think that you should maybe look at some local organizations," Brooks said. "You'll get a different experience." Brooks said an important part of internships is making a lot of connections, which can be easier within smaller internships, whether working at a bigger agency in a department or at a smaller company. "Doing an internship is a time to try out various

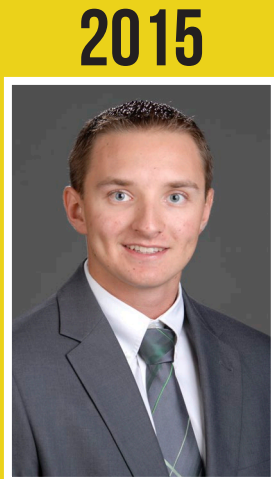


Behind the scenes at KAMR Channel 4. Photo by Desiree' Chambers

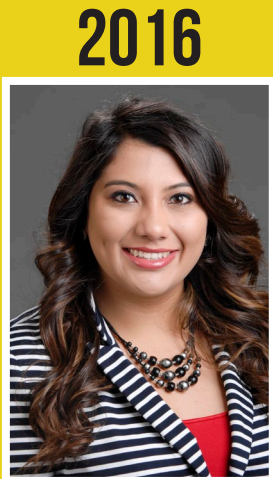
industries. Don't just think Take this time and really you have to go to an figure out where it is you agency and that will look want to work." the best on your resume.



Doing an internship is a time to try out various industries. Don't just think you have to go to an agency and that that will look the best on your resume. Take this time and really figure out where it is you want to work.



**2015**  
**BLAKE WASHBURN**  
MECHANICAL ENGINEERING MAJOR  
INTERN FOR PHILLIPS 66  
IN BORGER, TEXAS



**2016**  
**MAGALIA MORALES**  
ACCOUNTING MAJOR  
INTERN FOR CITY OF AMARILLO  
IN AMARILLO, TEXAS



**2017**  
**THIS COULD BE YOU!**  
FOR APPLICATION INFORMATION  
CONTACT STEVE SELLARS  
IN CAREER SERVICES  
(806) 651-2345  
SSELLARS@WTAMU.EDU

Photos provided by WTAMU Career Services

# THE EVOLUTION OF DANCE

BY DENE' LOZA

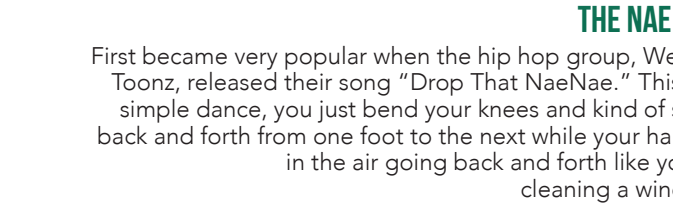
Remember back in middle school, going to the first school dance and everyone was dancing to the soulja boy, cupid shuffle, and the pop lock and drop it? Those were definitely the dances to know, but that was anywhere from 5-10 years ago. Feel old yet? Now that we are all in college, let's look back on the dances that have been popular over the past few years that are necessary to bust out to show off and deem you the life of the party for the rest of your college career!



2012

## GANGNAM STYLE

Introduced by Psy when his song "Gangnam Style" released during the summer of 2012. To do this dance you bend your knees and extended your arms out in front of you with one crossing over the other at the wrists. You then start bouncing your legs up and down one at a time while your arms move up and down simultaneously.



2013

## THE NAE NAE

First became very popular when the hip hop group, We Are Toonz, released their song "Drop That NaeNae." This is a simple dance, you just bend your knees and kind of sway back and forth from one foot to the next while your hand is in the air going back and forth like you're cleaning a window.



2014

## THE WIGGLE

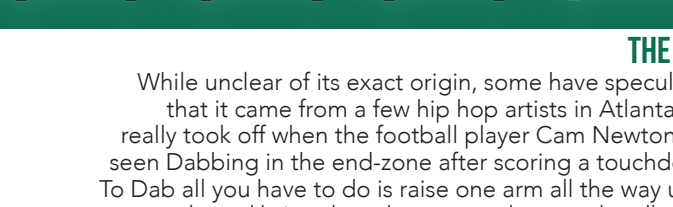
Made famous by Jason Derulo in his song "Wiggle". This move is fairly simple to do; you just bend your knees and wobble them back and forth while also wiggling your arms in an outward direction.



2015

## THE WHIP

Widely known to go hand-in-hand with the Nae Nae especially after the song "Watch Me" by Silento came out in 2015, but became popular on its own in 2014 when Fergie was seen doing it while performing her song "LA Love" at the AMAs. All you have to do for this dance is extend your hand out in front of you like you are holding on to the steering wheel of a car, bend your knees a little bit and dance with it. Some people include body rolls and other various body movements, while others just sway with the beat.



2016

## THE DAB

While unclear of its exact origin, some have speculated that it came from a few hip hop artists in Atlanta and really took off when the football player Cam Newton was seen Dabbing in the end-zone after scoring a touchdown. To Dab all you have to do is raise one arm all the way up at an angle and bring the other arm up bent at the elbow in the same direction as the other arm and bring head down into your arm like a cool sneeze.



2017

## RUNNING MAN

This dance move was made famous in the late 1980's, but has recently made a comeback when a couple of athletes on Instagram made a video with the "#RunningManChallenge" hashtag. Many others followed with their own videos with the same hashtag. For this dance you pretty much just run in place to beat of a good song, most commonly "My Boo" by Ghost Town DJ.

FALL 2016 EDITION

ETERNAL  
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