Campus dietitian Ashley Galloway Thomas knows that, when it comes to nutrition, you’ve got to find your balance.
APPLAUSE

VALERIE MORRIS, dean of the School of the Arts, received the Arts Schools Network’s 2017 Higher Education Award.

Political science professor KENDRA STEWART has been selected to join the National Academy of Public Administration.

PAM RIGGS-GELASCO, chair of the chemistry department, was named the American Chemical Society, South Carolina Section, Outreach Volunteer of the Year.

PERKS

Employees may receive a 10 percent discount on all dental services with Jay Myers ’98 at CANNON PARK DENTAL, located on the corner of Ashley Avenue and Bull Street. Call 723.5346 for information and to schedule your appointment.

Employees are eligible for home buying/refinancing benefits through the S.C. LOCAL HEROES PROGRAM. For more information, visit sclocalheroes.com or call 877.820.9262.

Employees who mention College of Charleston Friends and Family when booking a room at the HOLIDAY INN EXPRESS on Spring Street will save 15 percent on the best available rate. For more information, call 722.4000.

Use your CoC login credentials to access secure wireless networks while visiting other universities that are part of the EDUROAM NETWORK. For a list of Eduroam members, visit eduroam.org/where.

THAT’S THE TICKET.

Now that staff and faculty can receive two complimentary tickets to all home sports events, the game is on! To get your free general admission tickets to a Cougars basketball, soccer, baseball or softball game, just show your Cougar Card at the venue gates when they open on game day. For men’s basketball, there’s a limit of 100 tickets (all in section 209) available for this opportunity – first-come, first-served – so look alive, Cougs! If you do drop the ball, though, you’re still in the game: Employees’ ticket price for men’s basketball home games is only $10. Nice save!
PRINT TO IMPRESS.
Add a new dimension to your classes with Teaching, Learning and Technology’s 3D printer! Available to all CoC faculty, the MakerBot 5th Generation Replicator uses cornstarch-based (biodegradable and renewable) plastic to create models, manipulatives and artifacts that show a whole new side to any course material. Join the TL T group on Yammer and look for the biweekly I Want That! post to win a 3D print of anything from an animal cell model to a velociraptor claw replica simply by being the first to describe how you’d use the print in class. For more information, visit th.cofc.edu/technology/3d.

BOOK SIGN IN.
Cooking, self-help, biography, poetry, fantasy, history, romance, science fiction, DIY home repair, photography, mystery, travel guide, children’s, health, comics: If you wrote it, we want to know! There is a long list of published authors at the College – and we want to make sure you’re on it. Whether it’s out of print or out to print, send the title (and any other info you want to provide) of your publication(s) to theportico@cofc.edu and we’ll make sure it’s on the books!

BOOK SIGN OUT.
Things are sunnier than ever at the College, thanks to the removal of three oaks in the Cistern Yard last August. The trees – two laurel oaks and a live oak – had visible rot and were deemed hazardous to leave standing. Together with the laurel oak that fell in July 2016, these trees have left the Cistern Yard in a whole new light.

OUT OF THE WOOD.
The laurel oak that fell in the Cistern Yard last year has found new life in the form of earrings, cufflinks, bottle openers, pendants and oyster knives. The items in the Cistern Oak Collection are available online at alumni.cofc.edu, where – with the proceeds from their sales going to scholarships and CoC programming – the oak’s legacy will live on forever.

BRIGHT SIDE.
The students’ return brings so much energy to campus. I love seeing the Cistern Yard with much energy to campus. I love seeing the Cistern Yard with the laurel oak – had visible rot and were deemed hazardous to leave standing. Together with the laurel oak that fell in July 2016, these trees have left the Cistern Yard in a whole new light.

ICE BREAKER.
If the thought of grabbing a broom and sweeping up around the house just makes you want to curl up inside, join the club! Founded by former staffer Amanda Watson Smith ’90 and made up largely of CoC community members, the Charleston Curling Club invites you to come out and give the sport a shot. For more information, check out the club’s Facebook page, email charlestoncurlingclub@gmail.com or contact Kristin Halvorson ’00 in the history department at 866.2987.

PERKS
- Employees who have paid for an AMAZON PRIME membership may request that the Office of Procurement and Supply Services work with Amazon to determine their eligibility for a partial refund.
- Employees are eligible for 20 percent off of admission to the SOUTH CAROLINA AQUARIUM. Purchase tickets online using the promo code cofc17, or present the code at the aquarium’s ticket window.
- AFFORDABLE TRAVEL OF ORLANDO offers employees several discounts on Orlando parks, lodging and travel. To access discounts, call 866.463.0412 or enter CoC at orlandoemployeeaccounts.com.

MEMOS
- STAFF TRAINING APPLICATIONS for spring 2018 are due November 1. To apply, log onto MyCharleston, click on the Employee tab and open the Staff Application for Credit Course under Employee forms. For more information, contact Deana Richardson at richardson@cofc.edu.
- REPORT PROBLEMS WITH VENDING MACHINES to cougarcard@cofc.edu.
- Employees who have paid for an AMAZON PRIME membership may request that the Office of Procurement and Supply Services work with Amazon to determine their eligibility for a partial refund.

ON BRIEF
10'6.5"
LENGTH IN FEET OF THE COLLEGE’S LOGO SIGN ON THE FRONT OF 176 LOCKWOOD DRIVE. THE NEW COLLEGE OF CHARLESTON AT WESTEDGE FACES BRITTLER BANK PARK AND IS NOW HOME TO THE CONTROLLER’S OFFICE, THE OFFICE OF PROCUREMENT AND SUPPLY SERVICES AND THE JOSEPH P. RILEY JR. CENTER FOR LIVABLE COMMUNITIES.

7. ALFRESCO EATING.
Open-air dining at the College has never felt so fresh. Crisp new furniture and healthy new landscaping have rejuvenated City Bistro’s courtyard dining area since its renovations last summer. Now with an updated, tasteful look and an energetic vibe, City Bistro is all fresh for alfresco dining.

8. AFFORDABLE TRAVEL OF ORLANDO offers employees several discounts on Orlando parks, lodging and travel. To access discounts, call 866.463.0412 or enter CoC at orlandoemployeeaccounts.com.

9. SUPPLY ON DEMAND.
Vending machines are great when we find ourselves in a bind. And – with pens, thumb drives and even old-school calculators in stock – the one on the second floor of the Stern Center isn’t selling bytes of empty calories!
To Our Health!

Ashley Galloway Thomas’ life revolves around food. Seriously.

As an Aramark employee working with the College’s Dining Services, Thomas is the first registered dietitian to serve the campus community. She provides nutrition counseling for students with food allergies and works with Dining Services to add healthier food choices to the College’s menus. Student Health Services can refer students with conditions such as diabetes or hypertension to her for dietary counseling, and she occasionally works with students with eating disorders, often sent over for consultations by counselors, coaches or athletic trainers.

Thomas — an enthusiastic traveler and lover of hiking, yoga and pottery (she even has her own wheel and kiln at home!) — holds a bachelor’s in dietetics and a master’s in nutrition education and health promotion, both from Florida State University, and brings extensive clinical experience to the position. She has previously worked in hospital settings helping high-risk populations, such as patients with renal disease, work to meet their nutritional needs. More recently, she worked as a research dietitian with the Medical University of South Carolina’s Department of Gastroenterology before moving across Calhoun Street to the College of Charleston.

“I saw this as an opportunity to get back to working on the front line of prevention,” says Thomas, who also serves as the adviser for the CofC Nutrition Club and runs an internship program for public health students.

With Thomas focusing so much on good nutrition, you might assume her repertoire of food consists largely of salad and water. But, as it turns out, this girl of good-for-you food makes room in her life for cookies, pizza and the occasional burger. And her nutrition blog, The Fresh Beet, bears that out with a variety of fun food recipes like mushroom miso ramen and apple pumpkin pancakes alongside tips on how to build a better salad and how to choose the most nutritious peanut butter.

Thomas insists that eating is all about balance — and that there’s a danger in labeling foods “good” and “bad.”

“Once you do that, then you start restricting yourself from things you do enjoy, and eating can become a burden,” she says. “There’s a lot of mind games when it comes to eating, and there shouldn’t be. I think the more we become connected to our food, the easier eating well becomes. Then things just kind of naturally fall into place.”

Just like she has naturally fallen into place at the College of Charleston.
Jerry McClary has never met a stranger – at least not in the nearly 25 years he’s been at the College of Charleston.

As the manager of custodial duties at the 90-year-old Sottile Theatre, McClary greets everyone he sees – and always with a pleasant word and a smile.

“I love meeting and getting along with people,” says McClary, who has worked in almost every building on campus over his tenure, during which time he has also been the sole person to change out the Sottile Theatre marquee’s messages. “I love working here. That’s the thing that keeps me going: I mean, fellow workers, students, professors, everybody. That’s what drives me.”

McClary wasn’t always such a people person.

“I wasn’t always nice,” he offers. “I used to be mean. I’d cuss and get angry a lot.”

But, as Hurricane Hugo began turning toward Charleston in 1989, McClary, too, began changing course.

“I talked with my momma on the phone that night. She said it was terribly windy and she was afraid,” he recalls. “After I hung up, I started praying. I told the Lord, ‘If you let me and my family live through this storm, I’ll change. I’ll be good and I’ll serve you all the rest of my life.’”

He and his family lived. Still, it wasn’t until a few months later, when McClary saw himself in a home video, that he really started to change.

“I saw myself cussing and being ornery on screen. I said, ‘That can’t be me. Am I really like that?’ So, that’s when I changed,” says the dedicated family man, whose wife of 32 years, Cheryl McClary, also works for the College’s Custodial Services.

When he’s not working, McClary spends much of his time at New Tabernacle Fourth Baptist Church, where he serves as a deacon and sings in the choir.

“That’s important to me,” he says. “Being in the church is something I learned growing up.”

Growing up in a family of 16 children in Kingstree, S.C., McClary also learned respect for others and the importance of working hard – and he applies both life lessons to his work at the College, especially when he’s changing out the words on the Sottile Theatre marquee.

“That board really gets people’s attention. Putting those messages up there: That gives me a sense of pride, and it makes me happy. I see how people are joyful when they read those messages. They like it. It puts a smile on their faces. Of course, I’ve made a couple of mistakes over the years: putting the wrong letter in the wrong spot,” he chuckles. “But that makes people smile even more.”

And so does McClary’s friendly face and warm greetings. So, next time you see him changing out the marquee, don’t be a stranger. He certainly won’t be.
“That’s the whole point of improv: It’s completely absurd,” explains the assistant director of New Student Programs, who joined the Theatre 99 improv ensemble in 2008 and has been a regular stage presence ever since. “Your whole life you’re trained to think first before you say something – but here, you have to forget all that and reverse it: You have to unlearn that and just say something. Don’t think, just say something. Because it doesn’t matter what you say – the funny will come. Funny things always happen when they’re unexpected.”

Speaking of unexpected funny things: When Harper took her first improv class at Theatre 99 10 years ago, she would have never guessed she’d actually have a knack for it. She was doing it to meet people, to push herself – not to become a comedian. In fact, she didn’t think of herself as a particularly funny person at all. Quirky, yes. Goofy, sure. But funny?

“It turns out, my quirks come off well on stage,” she shrugs, adding that – despite her initial fears – she was surprised to feel so at ease on the improv stage. “You learn to welcome the discomfort of being on the spot. I mean, it’s not like you have to put any thought into it.”

That’s because the quick, chaotic bounce of improv doesn’t leave any room for thought. Deliberation and planning just get in the way.

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The absurdity is even more pronounced when you step off the stage and get a little meta about the whole thing. “People come to the theater to have fun,” says Harper. “People aren’t there to see some highbrow piece of theater. They’re not there to see drama or a thriller or a horror. They’re there for a cheap, easy laugh. They want to have fun, to be part of something silly. I think that’s why people keep coming back – it’s a familiar kind of fun.”

Of course, it’s improv, so familiarity comes with a twist. “The whole thing about improv is to shake things up – you’re always trying new things,” says Harper, who tried her hand at puppetry for the first time in Theatre 99’s long-form three-on-three tournament in April 2016 and has incorporated puppets into her acts ever since. “The thing about improv is that it rewards you for being silly, and it doesn’t get any more silly than an adult sitting in front of other adults while talking to a puppet and pretending like it’s talking back.”

All silliness aside, however, improv has given Harper something pretty valuable. “It’s a place I can go and be completely unprofessional. I can just go play,” she says. “It’s a place I can go and be completely unprofessional. I can just go play,” she says. “It’s an escape from the rules and responsibilities of my real life. That’s been a nice release for me.”

And when you put it that way, that kind of absurdity makes a whole lot of sense.
Between his bright shock of hair, gleaming smile and 6-foot-3-inch stature, the senior identity and access management analyst in the architecture and integration department of the College’s Division of Information Technology is hard to miss – especially when he opens his mouth and you hear his deep, booming voice.

“It’s easy to pick me out,” laughs Schroeder, who sings bass with the Charleston Symphony Orchestra (CSO) Chorus, the Grace Church Cathedral St. Gregory Choir and The King’s Counterpoint vocal ensemble. With three rehearsals a week and a heavy schedule of performances, Schroeder is kind of all over the place.

“I’m always juggling things,” says Schroeder, who has also served as both vice president and president of the CSO Chorus. “I have to be organized. My calendar is very important.”

Music has always been a part of Schroeder’s life. Before choral singing, it was the French horn, which he played from middle school through college. And then there was the euphonium, which he played with the Cadets Drum and Bugle Corps (then the Garfield Cadets), a world-class competitive touring junior corps based out of Allentown, Pa. But he didn’t find his voice in choral singing until 1990, when he joined his church choir in New Jersey.

“It turned out I was pretty good at it,” says Schroeder, who became a cantor for his congregation and even sang a solo here and there. Then, when he came to Charleston in 2002, he auditioned for the St. Gregory Choir at Grace Episcopal Church and became the choir’s bass II staff singer. He then joined the CSO Chorus, where he got to sing accompaniment parts for everything from Beethoven to Bernstein.

“Singing with a symphony is a whole different experience,” says Schroeder. “It’s just a gas.”

He’d certainly hit the right note – and Charleston’s choral community was tuning in to listen.

In 2014 he was invited to become a founding member of The King’s Counterpoint, a professional ensemble that specializes in sacred and secular music from the Middle Ages all the way to the modern era. That experience has afforded Schroeder wide performance opportunities, including his first trip abroad ever – to England’s Wells Cathedral.

“They liked us so much, we’ve been invited back and also got invitations from multiple other cathedrals. On these trips, we sing ‘Evensong’ every day for a week, which I love,” says Schroeder, who will also be doing a residency in England’s Canterbury Cathedral and Westminster Abbey next year. “Singing ‘Evensong’ is actually the best, because it involves so much music, is different every service, but yet it’s very structured.”

Schroeder may have found his sweet spot for singing, but he says that spot will always be in the right back corner of the choir.

“I generally prefer to be an ensemble singer,” he says. “I don’t like to stand out there and belt.”

Of course, he doesn’t have to be a soloist to get noticed. Even from the very back of the choir, Schroeder can’t help but stand out.
No, you don’t have to be faster than a speeding bullet to be a hero – but, when it comes to sudden cardiac arrest, the faster you are, the better.

“LITERALLY EVERY SECOND COUNTS,” says Capt. Tim Agee, CoC’s resident fire marshal, noting that, according to the American Red Cross, for every minute defibrillation is delayed, the chance of survival is reduced by about 10 percent. What’s more, National Safety Council statistics show that quick access to an automatic external defibrillator (AED) could increase the odds of survival from 5 to 40 percent.

Fortunately, the College of Charleston has us covered: Since 2009, Fire and EMS has steadily installed more and more public-access AEDs on campus, bringing the number to 40 and counting.

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Of course, while these portable devices are designed to be used by the untrained bystander, we have to know where to find them in order to use them. And, when that time comes, there’s no time to waste looking around – at least not if you want to save the day.

The College has given us all what it takes to be heroes. The rest is up to us.

Remember, you don’t have to wear a cape or leap tall buildings in a single bound to be a hero. You just have to be prepared to act fast when it really counts. And when you do, everybody wins.

PUT TO THE TEST!
FIND THE CLOSEST AED TO YOU WITH THIS LITTLE SPEED TEST! TIME IS TICKING! ACT FAST!

TO WIN A PORTICO MUG:
BE ONE OF THE FIRST 10 PEOPLE TO EMAIL THEPORTICO@COFC.EDU WITH THE LOCATION OF YOUR CLOSEST AED. PLEASE INCLUDE:
1 BUILDING AND AREA OF YOUR CLOSEST AED
2 LOCATION OF YOUR OFFICE/HEADQUARTERS (BUILDING & ROOM/SUITE/FLOOR)

TO WIN A PORTICO MUG, TWO TICKETS TO THE REALIGN DANCE CONCERT (NOV. 17–19) AND A T-SHIRT FROM THE COLLEGE OF CHARLESTON BOOKSTORE:
BE THE FIRST PERSON TO EMAIL THEPORTICO@COFC.EDU WITH A PHOTO OF YOUR CLOSEST AED AND THE LOCATIONS OF YOUR NEXT FIVE CLOSEST AEDS.
PLEASE INCLUDE:
1 PHOTO AND LOCATION OF YOUR CLOSEST AED
2 BUILDING AND LOCATION OF YOUR NEXT FIVE CLOSEST AEDS
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TELL ME ABOUT AEDs
• AEDs are portable computerized devices used to treat sudden cardiac arrest, a condition in which the heartbeat stops abruptly. An AED is not a replacement for CPR or quick activation of the emergency action steps: Check, Call, Care. In an emergency, always check the scene for safety and check the victim for responsiveness. If there is no sign of life, make sure someone has called 911 for help and someone has been told to get the AED. Perform CPR until an AED is ready to use, until signs of life are restored or until EMS or another trained responder has arrived to take over.

• The College of Charleston Fire and EMS offers Heartsaver CPR/AED training to the CoC community at a discounted price throughout the year. For more information, visit fireandems.cofc.edu/cpr.

• For more information about the College’s AED Program, including training and a full list and map of public-access AEDs, visit fireandems.cofc.edu/aed.

• AED MACHINES LIKE THE ONE ARE PLACED AROUND CAMPUS
• Using voice prompts, lights and text messaging, AEDs walk users through every step of the way. A video demonstrating how to use the College’s AEDs is available at fireandems.cofc.edu/aed/training.php.

SAFE AND SWEET: AED machines like this one are placed around campus.

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CONGRATULATIONS TO NORMA LUDEN, administrative assistant in the Office of Student Life, whose name was drawn at random from those who correctly guessed that the image was one of the two paintings in the third-floor lobby of the Stern Student Center. They were painted by the late John Davis, who – before serving as the College’s campus arborist and grounds director from 1989 to 2009 – was the associate director for the Columbia Museum of Art and taught ceramics at the University of South Carolina and the Richland Arts School. His legacy continues across the landscape of our campus.

GUESS WHAT?

IF YOU THINK YOU KNOW WHAT THE OBJECT in the above photo is and where it can be found, send your guess to theportico@cofc.edu by Friday, November 17. The names of those who submit the correct answer will be entered into a drawing for a free lunch for two at the Fresh Food Company. The contest is open to all College faculty and staff.