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Recommended Citation

Marshall University Honors College, "Honors Oracle, March 2022" (2022). *Honors Oracle*. 69.
<https://mds.marshall.edu/oracle/69>

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Honors Oracle

Marshall University's Honors College Newsletter • March 2022

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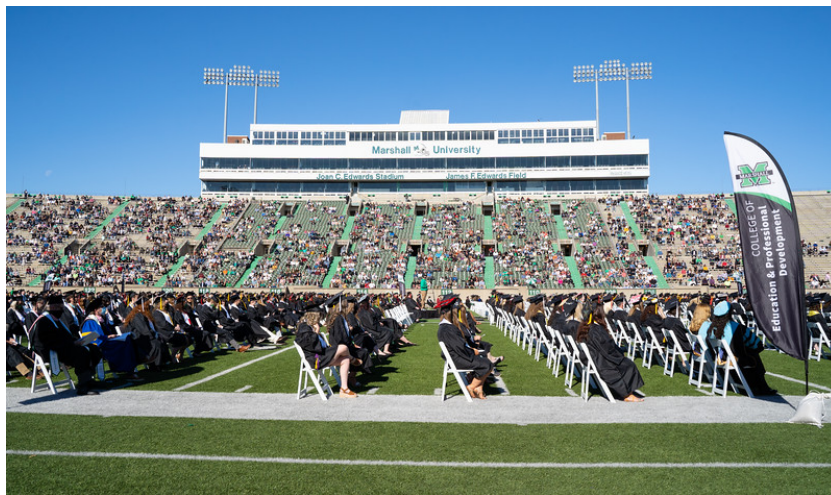


Photo by Austin O'Connor, via muphotos.marshall.edu

Has the Pandemic Affected Marshall Student's Plans for After Graduation?

By AVERI AYA-AY

Students have spent plenty of time at home over the COVID-19 pandemic, which likely gave students time to contemplate their plans for after graduation or even change their career paths. This can be seen most significantly in students who decided to go into the healthcare field over the pandemic. After interviewing a few students who recently made significant changes in their planned career paths to go to graduate school for careers in the healthcare field, it is obvious that witnessing the tragedies of the COVID-19 pandemic significantly influenced their decisions.

When asked if experiencing the pandemic influenced her decision to go to medical school, Sarah Hoard, who is a senior chemistry major at Marshall and applied and was accepted to Marshall's medical school during the pandemic, answered, "Yes, experiencing the pandemic made me realize how many people we really need in the medical field. We also saw how truly essential and important the work of healthcare workers is, which made me want to be a part of the healthcare field."

She also responded to the question of if being isolated to her house for many months gave her time to think more about her career path. "It gave me time to realize exactly what I wanted in a career and realize that research wasn't exactly what I pictured for that."

She also stated, "During the pandemic I realized how much I missed interacting with people through my job and in my classes, which also influenced my decision to go into a career that involved interacting with people more."

Senior Nichole Tyree who also decided to change her career plans in forensic chemistry and applied and was accepted to Marshall's Physician Assistant program stating, "I was considering going to PA school before the pandemic but after being stuck at home witnessing so many people suffering from the covid-19 virus and hospitals having a shortage of healthcare workers, it really solidified my desire to go to PA school."

(continued on page 3)

Making the Most of Campus Food

By EVAN GREEN

When it comes to living on campus, there are few things as important to most students as food. Marshall has a number of available options for on-campus dining, including Starbucks, Harless Dining Hall, The Den, Chick-Fil-a and many others. In addition to food options, the way that students are able to purchase food is also a vital aspect of campus dining. The meal plan that Marshall offers to its students include two different types of currency: meal swipes, which replenish weekly and can be used to purchase specific meals from most restaurants on campus, and Flex dollars, which are given in full at the start of the semester and do not replenish until the start of the next semester.

Certain campus dining options only accept Flex, while others only use meal swipes. However, most utilize a blended style in which only specific meals can be purchased using meal swipes and others can be bought with flex. All of these options can also be purchased with money, so that students and faculty without meal plans are able to eat on campus.

The most popular dining option at Marshall is Harless Dining Hall. This is because Harless is not associated with

any outside restaurant and exists solely to feed Marshall students. Harless can be accessed using just a meal swipe, and allows students to eat as much as they want in a buffet-style environment.

“The best part about Harless is the variety. There are some things that they have every day, like the salad bar or chicken sandwiches, but other things change almost every day. It keeps things from getting stale,” Ian McKnight, a Marshall senior who eats at the dining hall almost daily, said when asked about the experience at Harless.

The two most popular options aside from Harless are undoubtedly Chick-Fil-a and The Den. Marshall’s Chick-Fil-a can be found in the Memorial Student Center, and the line to the restaurant usually has at least ten people in it at any given time throughout the school day, and includes a number of different options for students to choose from.

The Den is located between Towers East and West, and is a modified version of the popular restaurant Denny’s. It includes burgers, breakfast options, and shakes, and since it is open much later than the other dining options on campus, typically closing at

midnight, it is by far the best option for late-night cravings on campus. The Den was closed throughout most of the fall semester this year due to staffing issues, and so its reopening this semester was a cause for celebration among many students.

There are some drawbacks to campus dining as opposed to home cooking or normal restaurant dining which some students have expressed. “They try to be accommodating, but it is often a challenge to find vegetarian options on campus that actually taste good.” Olivia Andrew-Vaughan said. Andrew-Vaughan is a vegetarian, and usually avoids campus dining due to the limited options provided for her dietary restrictions. “I go to Harless once a month at most, and I pretty much only go for the weekend brunch.” Dining options may be limited for those with dietary restrictions, but the dining staff tries to offer something at all times for students with restrictions and/or allergies.

There is a lot to consider when choosing where to eat on campus, but Marshall has made a strong effort to allow students enough variety to keep campus dining fresh and interesting throughout the semester.

Staff Spotlight: Sierra Hamsher

Major: English

Hometown: Orrville, OH

Favorite Class: Modernism with Dr. Joel Peckham

Plans After Graduation: Graduate school in Charleston, SC

Currently Reading: "On Earth We're Briefly Gorgeous" by Ocean Vuong



Friends Visiting Marshall

By RAFAEL ALFONSO

Marshall offers a welcoming community and exciting location to those who come to visit, according to the friends of Honors College students.

Hayden Runions, a freshman at Ohio University, came to visit honors student Evan Green in mid-February. Green and Runions grew up together in Portsmouth, Ohio and have maintained their close friendship by visiting one another at their respective universities. However, Runions does not just spend his time with his best friend when he comes to visit Marshall.

“Evan’s friends are nice to visit,” Runions said, “because me and my acquaintance who come with me have gotten to know them pretty well. So, I’d say that’s why we come up.”

Runions also added that Huntington offers a unique allure and setting for his visits. He described the city as “very different from Athens or Portsmouth” and other places in Ohio.

“In Portsmouth, we don’t really have anything,” Runions said. “So, Huntington is different because there’s always stuff going and there’s stuff everywhere; but the university is smaller than my school, Ohio University, so there’s less college kids

and more just, random adult people who also live here.”



Fischer Caplin and Olivia Andrew-Vaughan

Similarly to Runions, but visiting later in the semester, freshman Fischer Caplin came to see his long-term girlfriend and honors student at Marshall, Olivia Andrew-Vaughan, from Brandeis University just outside of Boston, Massachusetts.

Describing his visit, Caplin said, “It was a little bit less like spending a lot of time together because she has class and everything. Like, obviously, she has a super busy schedule. She’s taking like seven classes. So, like, out of her mind,

but I love her.”

Caplin explained that he and Andrew-Vaughan spent what time they could together by eating at the various options in the Memorial Student Center, hammocking in Buskirk field, or just sitting together in a “pretty spot on campus.” By himself, though, Caplin often settled down somewhere else on campus with a book to read.

When he came to visit last semester amid Huntington’s warmer weather, hammocking and reading really appealed to Caplin. However, during his most recent visit, he spent most of his time at the MSC. According to him, its comfortable couches and centrality to the rest of campus made it an ideal place for Caplin to read and for his girlfriend to check up on him in between classes.

Marshall’s campus also provided a welcome change of pace from Brandeis, according to Caplin. As a small liberal arts college, Caplin said Brandeis did not have as big a campus or as big of buildings as Marshall. He also remarked on the size of the communal areas around campus, which further set Marshall apart from his university.

Plans (continued from page 1)

and applied and was accepted to Marshall’s Physician Assistant program stating, “I was considering going to PA school before the pandemic but after being stuck at home witnessing so many people suffering from the covid-19 virus and hospitals having a shortage of healthcare workers, it really solidified my desire to go to PA school. As soon as it was safe, I went to job shadow a PA in a hospital and realized that I definitely wanted to become a PA.”

She also stated, “My grandpa contracted Covid over the pandemic

and was in the hospital for four months, he ended up recovering but for a while no one was sure if he would make it. I wished that there was some way I could help him while he was in the hospital and saw how significant the job of his healthcare team was in his recovery, which also influenced my decision to want to go into a career where I can help people like my grandpa.”

KC Hoard, who is a senior engineering major at Marshall, did not make any changes in his future career plans but saw changes in what his future career might look like due to the pandemic.

KC has been working as a student mechanical engineer trainee at the U.S. Army Corps of Engineers throughout the pandemic and has witnessed many changes in his work environment.

He states “Working from home during the pandemic gave many of my coworkers peace of mind if they were at risk or had family members at risk. A majority of the office still works from home and the federal government has seen a lot of benefits in remote work. I think this will definitely change what my future career might look like.”

Club Spotlight

By JAMES C. WILLIAMSON

Finding a club that fits your interests is a challenge for many college students. Even though there are a vast number of different clubs here at Marshall, it is difficult to know which are active and seeking new members. Listed below are three active clubs to give you some ideas.

Marshall University Chapter of the American Fisheries Society

This club strives to offer students of any major or career path unique opportunities and experiences in aquatic biology/ecology, especially in fisheries management. Specifically, members can look forward to networking events with local professionals, opportunities to connect with organizations looking for new hires, field trips out to interesting aquatic environments, and much more. Getting involved is as easy as following the club on Herdlink, attending a meeting (info posted on their Facebook group page under “Marshall University

Chapter of American Fisheries Society”), or contacting President Hunter Bellamy by email (bellamy10@marshall.edu).

King of Kings Chess Club

If you’re looking for a fun new hobby to pick up, this club could be for you. Through voluntary weekly meetings and future tournaments, President Amond Bailey hopes to provide a place for chess players of any skill level to learn the game while still having fun. Amond said he himself finds chess to be interesting due to the intellectual challenge the game presents and the many options when it comes to strategy. If you are interested in joining, you can find the club on Herdlink or send an email to (KoK_ChessClub@Yahoo.com) with any questions.

Herd Against Misogyny

If you are looking for a meaningful

organization with a message worth getting involved in, seriously consider Herd Against Misogyny, led by President Kayla Blevins. This organization seeks to create a space that encourages women’s rights and allows for productive and accepting conversations on issues related to their cause. If you are interested in joining the club, you can contact Kayla by email at (Blevins178@marshall.edu) or read about their organization on their HerdLink page.

The clubs listed above are only a few options to get involved in. Many more clubs have their information listed on HerdLink if you are interested in browsing for yourself. Alternatively, consider starting your own club through the forms provided on HerdLink (specifically – “Intent to Form new Organization”) to contribute to club life in a more unique way.

Marshall's Biology Club Showcase

By CAMERON WHETZEL

Marshall University features a lot of clubs and organizations, in fact there are well over 200 here on campus. However, over the pandemic a lot of these clubs took a serious hit as meetings either had to go virtual or not be held, and they were left with little to do in terms of programs or events. Now though, as the worst of the pandemic seems to be behind us, and in person classes and meetings can be held a lot of these clubs and organizations have the chance to get going again.

One club that fits this mold is the Marshall Biology Club. Led by president, Melanie Browning, the club is working to rebuild back to where it was in previous semesters. Before the pandemic, the biology club was able to hold and participate in events including a Brain seminar, a community

and river cleanup, a behind the scenes zoo tour, and the Marshall Mash, a Halloween themed event held by the college before Covid.

I spoke to member and Social Media Liaison Natalie McCann about the club and their future plans. When asked about what she likes best about the biology club she told me that she “appreciated the opportunity to do research with professors from here at Marshall, as well as participating in community outreach events.” In terms of upcoming plans, McCann told me that events are currently in the works, but suggestions are always welcome.



10th Annual Brain Expo, via MU Biology Club on herdlink.com

She also informed me that the club is in the process of applying for a grant that would help to fund these future events.

I also spoke to another student, Jana Sherif, about what she was hoping to do with the club this semester and she said she “was looking forward to giving

back to the community and getting to meet people with similar interests.”

The Biology Club meets every other Tuesday at 11 am with the next upcoming meeting occurring on the 15th of March in the Science Building room S 307. For more information you can visit their Herdlink page at <https://herdlink.marshall.edu/organization/biologyclub> or keep up to date with them on Instagram at @marshallbiology.

Insight into Marshall's Marching Thunder

By JILLIAN BROWN

On Friday, February 18th, 300 high school students, representing 45 different schools, packed into the Smith Recital Hall to hear a performance by the Marshall Symphonic Band. But after the concert, they were in for a treat: a special performance by the Marching Thunder, Marshall's most well-known music ensemble.

The students were on campus for Honors Band event, a 20-year tradition where high school music students come together to learn from faculty and experts, perform for friends and family, and bring the skills they learn back to their home bands.

The Honors Band event is one of the biggest recruitment events for the Marching Thunder, according to Dr. Cristopher Schletter, Director of Athletic Bands. The Marching Thunder is the soundtrack to every home football game. They are in the stands, rain or

shine, win or lose, cheering on the Herd. They perform at most home basketball games and important campus and community events, most recently the closing of the Huntington Time Capsule. Recruitment for the Marching Thunder is not just recruitment for the program, but for Marshall itself. "I'm recruiting for the University, not just the School of Music." Said Dr. Schletter when asked about recruitment.

Recruitment is perhaps the most pressing issue for the Marching Thunder. Without a lot of members, students in the band are harder pressed to meet the demands and expectations set by Dr. Schletter and the community at large. A larger band means a louder sound and less of a burden on the individual members.

"It's easier on the students," Dr. Adam Dalton, the Director of Bands here at Marshall, said, "It's easier for them to

listen and play along. With a larger band, it would be easier to split up for events. 30 students here, another 40 there...it's better for their time management."

And it's better for the school. Band members are, first and foremost, students. In fact, over three quarters of the band are non-music majors. They are students who have a passion, a love of music and performance, and choose to share that passion with the school and the rest of the Huntington Community.

The Marching Thunder does not require tryouts for woodwind and brass players. Prior marching experience, though appreciated, is not necessary. The band is open to all students regardless of major and offers tuition waivers to help offset the cost of supplies. This Fall join the Marching Thunder and be a part of something incredible.

How Do You Handle Stress?

By BROOKE BURNS

With midterms coming up (and finals quickly approaching) academic related stress is at an all-time high among students, especially those in the Honors College. With the increased work load midterms usually brings on and the desire to finish out the semester strong, I have seen that students forget to take time for themselves to decompress from the intense stress that they are under. This observation put me on a mission to find out all of the different ways that students destress in hopes that they can help others.

I interviewed several students living in Willis Hall by asking them one question- "How do you destress from school?" Peyton Levi, a freshman, told me he goes rock climbing and calls his mom. Suitemates Garrett Shield and Evan Green said they relieve stress by going to the gym to lift weights and watching TV with their friends. Natalie Dauber, a junior, said she relieves stress

by going to Starbucks to get a refresher and having hot tea with her friends after a long day. I personally deal with stress by going to the hot tub at the rec, making time for a cup of coffee in the morning, and working out, whether that be yoga or lifting weights.

In all honesty, I have found that the best way to deal with academic stress is to prioritize quality time for yourself. As honors students, we sometimes forget to sit back and enjoy our time in college on our quest for success. My best advice to relieve stress is to make time for yourself just like you make time to study. Find the balance between academic success and good mental health. Find a hobby that you enjoy and remember that the semester is almost over!

Fall 2022 Honors Courses*



Honors Peer Mentoring -

Michelle Biggs

SpTp: Music and Film - *Kay Lawson*

SpTp: Mything Person Legends - *Tim Burberry*

SpTp: Asian Music Videos - *Zeli Rivas*

SpTp: Science and Science Denial - *Herman Mays*

SpTp: Russian History and Culture - *Slav Gratchev*

SpTp: TEDxMarshallU Internship - *Brian Kinghorn (Mentor)*

Honors College Newsletter (Writers and Editors) - *Brian Hoey (Advisor)*

Student Associate Steering Committee (Members and Officers) - *Brian Hoey (Advisor)*

Visit <https://www.marshall.edu/honors/courses/> for more information.

*subject to change