First fridge finds its way to foodbank

By TAYLOR WATTS
THE PARTHENON

Facing Hunger Foodbank received funding from the American Electric Power Foundation in June to furnish its first commercial refrigeration unit. The unit will put the refrigerator to use for the first time 11 a.m. Thursday. It will welcome local partner agencies to pick up fresh produce, eggs, dairy and meat to stock their food pantries in time for Thanksgiving.

Within the FHF service region, more than 15 percent of the population struggles with hunger, including 36,930 children. Cyndi Kirkhart, FHF executive director, said the food bank has at times faced some limitations with its current warehouse.

“Prior to the AEP Foundation’s generous gift, we were only able to house frozen and nonperishable food items,” Kirkhart said. “The addition of the refrigerator will allow us to incorporate a more diverse range of foods into our inventory.”

Kirkhart said healthy food items, such as fresh produce, are often times the most costly and difficult items for the individuals served by FHF to access.

“We're so glad to be able to support the important work of the Facing Hunger Foodbank,” Stew Stewart, AEP’s external affairs director, acknowledged the impact the food bank has on the community.

“We’re so glad to be able to support the important work of the Facing Hunger Foodbank,” Stewart said. “The AEP Foundation has placed a priority on making sure the basic needs of West Virginians are met.”

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SANTA COOKIES WITH POLICE

A sex communication workshop to teach boundary respect

By ANDREA HORSEY
THE PARTHENON

A sex communication workshop will take place 7 p.m. to 9 p.m. Thursday in room 505C of the Marshall University Memorial Student Center.

Jocelyn Gibson, president of the Women’s Studies Student Association, helped organize the event.

“We are hoping that a lot of people come out,” Gibson said. “In the past, we have not had a lot of luck with consent workshops. I think it’s kind of scary for people to even come out. They think it’s not something that they need or that it applies to them. We notified it as a sex communication workshop in hopes that more people will be involved.”

The workshop will focus on ways to consent in daily life, as well how to communicate with partners.

“We have a lot of information for people. Gibson said. “We are going to go over consent in daily life, which is kind of a weird thing, and isn’t something that people really think about. I think we must clearly relate consent to how people react with children. Some people think it’s okay to just pick up somebody’s kid or force a kid to be nice to somebody that they don’t feel comfortable around. That is something that we try to emphasize that there are times in adult life when you would rather somebody not talk to you, or get too close to you, and we don’t always teach people to respect those boundaries. That is something that we can apply to everyday life and obviously, there will be information about sex. I think we are going to have some condoms and representatives from the WVFrees and WISE programs talking to people as well.”

Gibson said she is most looking forward to having a big crowd at the event.

“I am excited to have a big crowd,” Gibson said, “and help people learn some things that they may not know or new techniques for speaking with their partners and safety.”

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POLICE BLOTTER

By TIM CARRICO
THE PARTHENON

All information was provided by the Marshall University Police Department.

Joy Riding
MUPD was called at 11:45 a.m. Nov. 10 to the Third Avenue parking lot after a female student claimed her vehicle was missing. The police said the victim’s Nissan Altima went missing from the parking lot, after the victim left her 15-year-old boyfriend stay in the car. The victim told police her boyfriend was going to sleep in the car. The victim claimed he took her vehicle because he was going to sleep in the car. The victim’s iPhone 6 was missing. Police attempted to talk to the suspect, but could not get a response. After several calls, police were able to get in touch with the suspect via telephone. The suspect told police he had parked the vehicle in a different parking lot. MUPD was able to find the vehicle and the suspect. When MUPD tried to question the suspect, he walked away. Police officers tackled the suspect after he became belligerent and threatened the officers. The suspect was charged withjoy riding and two counts of assault on a police officer. The suspect’s name was not released.

Petit Larceny
MUPD was called at 9:53 a.m. Nov. 13 to the Twin Towers East dormitory after a student claimed his iPhone 6 was missing. Police said the student woke up in the middle of the night to use the bathroom. The victim claimed he took his cell phone with him to the bathroom and placed it on top of the toilet paper roll. Police alleged the victim left his cell phone in the bathroom. Hours later, the victim noticed his cell phone was missing and contacted MUPD. Police said interviews were conducted and no witnesses have come forward. No arrests have been made in this case.

Stolen Plate
MUPD was called at 12:29 p.m. Nov. 15 to the Fifth Avenue parking lot after a student claimed her KIA plate was stolen from her vehicle. MUPD said the license plate was stolen from her vehicle the previous night to Nov. 15. No arrests have been made in this case.

Ronald McDonald House presents Cookies with Santa and superheroes

By KELLY PATE
THE PARTHENON

Marshall University’s First Year Residence Halls and Marshall Rec Center have teamed up with local organizations to provide the community with holiday gifts this season.

Three trees, one in the lobby of the Marshall Rec Center and one in each lobby of the First Year Residence Halls, are set up with tags from various agencies for those in need this Christmas season.

Givers may collect tags and return un-wrapped gifts to that location with the tag attached to help someone in need. These trees must be dropped off by Dec. 16.

Due to facility and operations coordinator for the First Year Residence Halls, said this event is a great way for Marshall to give back to the community.

“This program is a way for students and other members of Marshall to come forward and respect that there are others in the community outside of Marshall that need assistance.”

Belcher said, “Most of the gifts that are available to buy will benefit children and young adults, so students should feel connected to them.”

Belcher said in the past two years, Rec the Halls has been a way to keep in touch with the agencies that help people in the tri-state. They have been able to give out more than 500 gifts to those in need.

The organizations involved are MRCDC, Presbyterian Ridge, Lil’y’s Place, Big Brothers/Big Sisters, Branches Domestic Violence Shelter, Gofund Girl, A.D. Lewis Community Center and Ronald McDonald House.

The wishes were made by local children and submitted through each agency. Each organization has submitted anywhere from 20-100 wishes each.

Amanda McComas, executive director of Branches Domestic Violence Shelter, said this is the organization’s first time being involved in this event.

“We are honored that Marshall would include us in such an event,” McComas said. “I believe this event will be very beneficial to the community, and I am excited to see what can happen through it.”

Contributors should not worry about wrapping the gifts, as the Rec and First Year Residence Halls will take care of wrapping with the help of volunteers.

A wrapping party will be at 20 a.m. Dec. 12 at 9 a.m. to arrange the gifts. Volunteers will be rewarded with snacks and drinks while enjoying an afternoon atmosphere.

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By BRADLEY HELTZEL

The Marshall University equestrian team competed against 10 other schools in its second show of the year Nov. 8 and 9 in Midway, Kentucky.

The team was represented by four riders: Christine Proffitt, Kylie Swain, Andrea Withee and team co-captain Kelsey Willis. The riders collected a total of four ribbons for the competition.

Swain captured the second place ribbon for her performance in novice jumping, while Proffitt placed fourth in the advanced flat class, which consists of walk, trot and canter. Withee displayed good poise in her first show with the team as she collected fourth and sixth place ribbons in beginner level flat classes.

Willis said she thought Withee was nervous, but also said everybody gets nervous before shows, including herself, and she has been showing for three years.

“Getting nervous isn’t necessarily a bad thing,” Willis said. “It’s a good thing because it keeps you attentive.”

She also said that once Withee got adjusted and comfortable with the showing process, she became more confident and performed very well.

“After Andrea had the first day under her belt,” Withee said, “I think she was feeling a lot better about herself, and her abilities, going into the second day.”

Willis also said despite the hectic process of preparing for the show, such as figuring out traveling situations and booking hotels, the team relaxed and enjoyed themselves once they actually got to the show.

“If we get there, it’s all fun and games,” Willis said. “It’s a serious sport, but you have to have some fun with it.”

Willis said she was pleased with the performance by each of the girls and said she thought the team did very well, especially when considering the inexperience of the team at this point in the year. She said that even experienced riders like Proffitt, who was on the team last year, are just getting back into riding since summer break.

The team is not scheduled to compete in another show until February, which Willis and fellow co-captain Sarah McComas view as an opportunity for members of the team to become more comfortable and gain more experience learning the subtleties of riding.

Willis and McComas agreed that learning the refined skills of adjusting to different horses is something riders adapt to over time.

McComas said because these advanced skills can’t be taught, their coach prioritizes proper techniques of understanding the core position when riding.

“The main things we hear over and over are keep our heels down and our eyes up, shoulders back, just stuff like that,” McComas said. “Basically, it’s about your posture.”

As the newer members of the team develop their riding techniques and overall understanding within the sport, the team should be better equipped for their next show. McComas, Willis and the other veteran members of the team have assisted in the learning curve of the less-experienced riders. Most importantly, however, the girls are enjoying themselves as a team while continuing their passion for the sport.

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By GARY WELTON

CENTER FOR VISION AND VALUES

Christian psychologist David Myers, in his writing and speaking about happiness, has suggested that long-term happiness is not particularly dependent on our wealth or health. If you tell me that this year you are one person who was millions of dollars in the lottery and another became penniless, you’ve given me no sense of their current happiness. We quickly adapt to our current conditions, and in the year since the lottery winnings and the less fortunate, these individuals become less happy and less special. It is easy to confuse consumers. Instead of altering them.

While we still back the parents or guardians providing food for West Virginia’s kids, Jeffrey is correct in believing we must all get on board. “We’ve got to make systems change,” she said. “We’ve got to make sure that at a time and work through that socio-economic barrier to get to culture, because until we get to that the most of them, nothing is go- ing to happen.”

And if we do not, the costs may be more than we are prepared to bear.

We are all ready for the upcoming week off from classes, and we are probably telling ourselves this will be the week we accomplish all those things; we haven’t even talked about to the semester—se- nior, neglected homework, unfinished novels and incomplete project criteria. What are we really going to do on those five days of freedom? Check Facebook and Instagram to see what everyone else is eating? Play Candy Crush? Watch Netflix? That semester with the parents or guardians.

While it does seem appealing to just zone out in front of the television or computers, there are better ways to spend the time, especially more nutritious ways. As students, we spend the majority of our days planned in front of computer screens, and if we aren’t in front of a computer we are likely looking at our phones. Sometimes, we are looking at both. “There are many people who have to reframe from our constant exposure to screens. Pick up a book, start a craft or hobby and talk to the people around you instead of texting the ones who aren’t.”

Anyway, Thanksgiving is a time to be grateful for what we have, and social me- dia sites will be especially thankful if we might be able to appreciate what is right in front of us if we aren’t staring everyone else’s good fortune through a physi- cian’s office window. Honesty, we are overfed during the semester, especially thick to flu- rid and the time off can either give us the break we need or it can become consumed in chaos. It is up to you how you want to spend the Thanksgiving holiday. As much attention to electronic gadgets can lead you feeling anxious or overwhelmed, especially if friends are showing off your newwedded with pictures of their holiday plans. Spending the week stress-free can lead you feeling refueled and ready to finish up the semester with a newfound deter- mination. If you have homework to do, try to knock it out before we even care to leave the laptop behind and unplugging from Thanksgiving break and play into relax- ation and calm.

Take a break from all your technology during Thanksgiving break.

Happy Thanksgiving from the Parthenon!
“Stopping at one degree just wasn’t for me,” said Mengistu Jima from Addis Ababa, Ethiopia. Mengistu Jima first began his college education at Marshall University in 2010 in the LEAP program, which has since become a part of INTO Marshall.

“I came across a cultural shock when I first came to Marshall University because people were so free, they expressed their feelings,” Jima said. “So, I had to adapt. Now I am free to be free.”

Jima said she chose to attend Marshall when a friend, who also attended the school, recommended it to him.

“I learned about West Virginia through the song, ‘West Virginia Mountain Mama’ by John Denver,” Jima said. “The song described it as a beautiful place, so I researched schools, and Marshall was my choice.”

Jima said he came to the United States to see if the education was different from his home country.

“The difference between the education here, and the education in Ethiopia, is here in the United States, they’ll give you feedback, and that helps you advance in your profession,” Jima said. “It helps you critique. In Ethiopia the professor gives you a lecture, then you are the one to memorize it. Here, there are two people communicating back and forth, instead of it just being the students responsibility to teach themselves the lesson.”

Jima got his bachelor’s degree in geography and environmental study in 2004, a bachelor’s degree in foreign language and literature in 2008 and a minor in political science. He also has a degree in adult and technical education.

Jima is currently working on his second masters in environmental science and geographic information systems. He plans to graduate in May.

“You can never get too many degrees,” Jima said. “When I came to Marshall University I told myself I could do all things I set my mind to.”

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