City Council praises YMCA program, police officer

By LEXI BROWNING
THE PARTHENON

Huntington’s City Council passed a resolution honoring Huntington YMCA Fitness program and announced the Huntington Police Department’s Office of the Year Monday during its bi-monthly meeting at City Hall.

The program, Kids in Motion, began as a pilot six-week program in November 2013 with 25 participants. By the start of 2015, the 10-week program had 90 participants and now includes family-oriented workouts.

The Centers for Disease Control and Prevention reported a change in childhood obesity during the past 30 years, declaring one-third of children overweight.

Sarah Sprick, participant and mother of two children in the Kids in Motion program, said the YMCA was responsible for her family’s decision to exercise and lead healthier lifestyles.

“We learned in the first week that these out of the four of us were obese,” Sprick said. “We were eating horrible food, all processed, all frozen, what was easy for me to cook, and I knew the two of us could barely run the races. It was embarrassing.”

Sprick said the family made an immediate decision to start preparing healthy meals, and in the spring, took advantage of Huntington’s exercise opportunities.

“We’ve walked the PATHS… played disc golf at Rotary Park, we go hiking at Beech Fork [State Park],” Sprick said. “Huntington has a lot to offer if people just know about it.”

Sprick said the family has shed 100 pounds altogether.

The council also praised Lieutenant Officer John Williams, who has served the HPD for 30 years. Williams was awarded the honor for his series of achievements.

“Part of what makes her story so interesting is that people often will say that the warrior spirit is just masculine.” — ERIC DEL CHROL

Retired Navy SEAL to tell story of coming out transgender

By HANNAH HARMAN
THE PARTHENON

Marshall University sexuality studies will present Wizard of Sexuality Studies at 8 p.m. Monday in Smith Hall Room 154.

Wizard of Sexuality Studies is a game show allowing students to ask the questions, decide the winners and watch their favorite teachers fight for victory.

Director of Classics David Chrol said he really enjoys the game.

“Wizard of Sexuality Studies is hilarious and whimsical.” Chrol said. “It is just so much fun, and it is so smart.”

Shawn Schlesinger, director of graduate studies, said the questions range from highly intellectual to those that would make a seventh grade teacher cringe during his or her education course.

“The event gives students across campus on their topics for the questions that they want to ask,” Schlesinger said. “Moreover, as opposed to just getting a biologist’s or a political scientist’s answer to a question, you can get a wide range of perspectives that reflect each panelist’s academic background and expertise.”

The first 100 audience members will receive clickers to cast their votes. Additional votes are encouraged every dollar donated to CONTACT Rape Crisis Center. Chrol said Sexuality Studies received more than $1000 from votes during last year’s show.

English professor Hilary Brewster will join the panel after the $1000 was reached in 2015.

“Last year, going into the final round, we were in first place based on audience voting,” Brewster said. “The ultimate winner, Jeffery Powell, had a donation of $500 dollars. It was great for the event and CONTACT, but it meant none of us stood a chance after that. I like to joke that I won the popular vote and left won theCitizens United votes.”
MU kicks off reading program for 2015

By ERIKA JOHNK
THE PARTHENON

Marshall University’s Alpha Kappa Psi is hosting a Valentine’s Day raffle basket that includes $900 of merchandise. The basket consists of two movie tickets, dinner for two at Rooster’s, ice cream for two at Gold Stone Creamery, a 40-inch flat-panel television and Russell Stover chocolates.

There will be a display table set up at the entrance of the Memorial Student Center where tickets can be purchased. One raffle ticket is $2 and five tickets are $10. Tickets can be purchased until Thursday.

Alpha Kappa Psi is the largest and oldest business fraternity in the world and is recognized as a premier developer of principled business leaders. Mackenzie Lloyd, Alpha Kappa Psi president, said the fraternity is hosting this raffle to make the cost less expensive for students who want to attend professional events and network with other chapters.

“That is an opportunity for the members to go and learn about professional refinement and network with other chapters,” Lloyd said. “It’s a special opportunity to raise money for us to go last year. We wanted to see if we can make the opportunity available for as many as possible.”

Alpha Kappa Psi is open to all majors at Marshall. The fraternity recruits twice a year, with spring recruitment events held in the spring semester.

Lloyd said at the beginning of each semester, a new class of students will be recruited, giving them the opportunity to attend networking events where people can decide if they would like to join.

“Goal of an organization is to help members develop personal and professional refinement that will assist them throughout their careers,” Lloyd said.

Morgan Henderson, director of fundraising for Alpha Kappa Psi said the basket would make a great Valentine’s Day present.

“This year we did the shopping for you and it’s going to be a fantastic party and entertainment for your Valentine’s Day party,” Henderson said.

The basket winner will be announced on the Marshall AKPsi Facebook page Thursday.

Erika Johnk can be contacted at johnk@marshall.edu.

This is just one of the great free events we like to offer our students to help break up the monotony of class and give students a break,” Tabor said. “It’s an awesome opportunity to go out with friends and enjoy something I love,” Black said.

Marshall freshman Sheyna Black said she finds going to the movies a great way to relax.

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CAB Advisor Lee Tahor said this is one of many possibilities for students. CAB Advisor Lee Tahor said this is one of many possibilities for students.

Fleeing From Police

A man considered a suspect in a larceny case fled from police officers by driving off the road and running on foot.

Huntington police received a report of a male driver strike a female passenger at 6:32 p.m. Jan. 28 on the corner of 16th Street. The driver and a male passenger fled west and struck a tree and metal post at the intersection of 16th Street and 2nd Avenue. The female sustained injuries and was transported to the Cabell Huntington Hospital.

An MUPD officer on patrol witnessed the fleeing from police. The officer turned on his emergency lights and the suspect began to flee, clipping the police cruiser. The vehicle fled west and struck a tree, trapping the female passenger inside. The officer disarmed the male passenger and took him into custody.

The female passenger was also transported to the Cabell Huntington Hospital.

Larceny

A woman reported her purse was stolen from a room in Myers Hall on Jan. 30. The incident is believed to have occurred between 12:30 a.m. and 2 a.m. The purse was in an unlocked desk in an unknown room. MUPD has no suspects.

Larceny

A female student reported her diamond earrings were stolen between 3:45 p.m. and 2 p.m. Jan. 30 from a Smith Hall restroom. The earrings were valued at $499. MUPD has no suspects.

Tyler Ferris can be contacted at fer- ris12@marshall.edu.
The Marshall University lacrosse team is preparing for a new season. Coach Sarah Conners started the team in 2012. Conners, a senior, says her favorite part about the team is the willingness to play and represent Marshall, which will go a lot of new girls that have never played before, and everyone is catching on to everything really quick.”

Junior team captain Sophie Cooper said the addition of 14 new players to the returning five will bring a diverse skill set to the team. “I expect great things to come out of our upcoming season,” Cooper said. “We’ve just truly become family, and these girls are some of the best friends I’ve ever had.”

Recruitment Chair Alexa Shay said there are new members on the team this season. "We’ve just truly become family, and these girls are some of the best friends I’ve ever had."

- Sarah Conners

We are all excited for the new members that are playing this year and can’t wait to start the season,” Shay said. “They are all very dedicated already and are excited to play. We also have a lot of new girls that have never played before, and everyone is catching on to everything really quick.”

Junior team captain Sophie Cooper said the addition of 14 new players to the returning five will bring a diverse skill set to the team and provide them with a promising season.

“It will be exciting to see how we match up in the new conference.” Cooper said. “We have a lot of talent and pure heart and the willingness to play and represent Marshall, which will go a long way. I am most excited for our home game on April 4. We are expecting a good turnout with lots of friends and family. I am excited to see how we do.”

Conners, a senior, says her favorite part about the team is the friendships she has made throughout her years at Marshall.

“Player of the week”

By JILL SHEMANSKI
THE PARTHENON

By BRADLEY HETZEL
THE PARTHENON

The Marshall University lacrosse team is preparing for a new season despite the challenges the team has faced. Coach Sarah Conners started the team in 2012. The team is self-governed and responsible for paying fees out-of-pocket, relying heavily on fundraising. Costs include hotels, referees, traveling and uniforms.

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Editorial

Obama confronts sexual violence at Grammys, and we couldn’t be happier that he did so

President Obama is continuing his fight against sexual violence, this time reaching out to the stars of the Grammys. Sunday’s Grammy awards included a video of the president talking about the importance of sexual violence awareness.

The video was an advertisement for Obama’s “It’s On Us” campaign against campus sexual violence, launched in September 2014. In his message, Obama stressed the power of their influence over their fans.

Letters have the unique power to change minds and attitudes, and get us thinking and talking about what matters. Obama said, “And all of us, in our own lives, have the power to set an example.”

Obama has done an excellent job addressing this very relevant and very important issue to the American people, especially amongst a generation full of old white men who honestly think women can be “looking for it” when they wear certain clothes, or that rape can be “a blessing” if a child results from the incident. Directly following Obama’s message, Brooke Astel, a survivor of sexual violence spoke about her experience.

Obama brings his message against sexual violence to the stars Sunday at the Grammys and encourages them to join in his campaign to end it. Katy Perry performed her song “By the Grace of God” to complete the Grammy Awards’ small act of advocacy. However small the segment was, sexual violence of any kind is a pertinent issue that needs to be prioritized and kept at the surface until it is stopped. Public figures should take upon themselves to advocate against sexual violence until women feel safe walking down the streets, until people can drink without worrying about date rape drugs and until girls all over the world are safe from human trafficking.

In the words of the president himself, “It’s not okay. It has to stop.”

Column

Workout and relax at the same time

Yoga is an after-class powerhouse activity, combining down time and exercise for students.

By AMANDA GIBSON

You have never gotten back from a long day of class and just needed to take a moment for yourself? You may binge-watch your favorite television shows, take a nap or sip on your favorite coffee. Although my guilty pleasure is watching cat videos on the Internet, my favorite thing to do with your workout...Namaste.

Yoga makes working out fun for me, and I am always excited when I go to the gym. Now I know my workout is tailored to my body and have fun exercising. I started using the elliptical at the gym, and I started lifting weights twice my size. It took me a while to realize I needed to work with my body that agrees with your body, get adventurous.

Finding a workout regimen can be a fun experience. When I first started working out, and I thought it was all about running and lifting weights every two days. It took me a while while I really need to work with my body and have fun exercising. I started using the elliptical at the gym, and I started lifting weights that were right for me. I found yoga class and loved it, I had a blast doing it and loved it. Now I know my workout is tailored to me, and I am always excited when I go to the gym. If you are still struggling to find a workout that agrees with your body, get adventurous. If you have any questions, get up and move. It is important to take a moment for yourself every once in a while, and if your workout is something that makes you relaxed, happy and excited, then you might find, your next time will also start benefiting your physical health.

The best part of spending your downtime working out is, eventually, you will see a change in yourself. You will see you are happier, you are healthier, you are less stressed and more motivated. With all these benefits to exercising, it is hard to go back to sitting or watching cars on the Internet. So next time you find yourself without homework, try hitting the gym, a free class at the Rec or partaking in a run or walk around campus. You may find that the gym is cheaper and healthier, and you are always excited when you go to the gym.
Continued from page 1

By SAMUEL SPECIALE
CHARLESTON DAILY MAIL

Jim Shaffer has rough hands and bad times.

Shaffer, 85, has cobbled to the frugality of his operations.

He has for the past 60 years.

For decades, the 20-em

area to be with family after

Shaffer, 85, has worked for the

shop near Kanawha State Forest. Having worked for the

Charleston Broom Company,

career. While each broom

perfections are what make his

industry's decline is owed in part to international trade agreements that allowed, among many products, like brooms, to be cheaply produced in Mexico where labor costs are low and materials are inexpensively harvested.

Shaffer also blames the emergence of big chain retailers in the '80s and '90s.

"Wal-Mart and Kmart put us all out of business," he said.

Shaffer said chain retailers stock Mexican-made brooms because they are cheaper, an agreement he has nothing but contempt for.

"These brooms are cheap for a reason," Shaffer said he had been combos his fingers through the bristles of one of his brooms.

Shaffer said referring to President

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"I’ll continue for as long as I can," he said. "I hate to admit it, but I’m slowing down some," Shaffer said.

Shaffer remains retired, but has devoted an entire lifetime to broom making. Shaffer admitted he didn’t know the reason for doing so but said it has been a relaxing and rewarding trade.

These days, broom making has become cathartic for Shaffer.

"When I get nervous and frus-
terated, I come out here and make a few brooms," he said. "Then, I’m in a whole new world."
Student plans solo trip to India

By KARIMA NEGHMOUCHE
THE PARTHENON

People travel for experience, some travel to further their education, some travel for adventure and some travel for a mix of all three. Marshall University student Stacy Hacker is going for all three. Hacker is following one of her dreams in June and travelling to India alone.

Hacker, an early childhood education major, said she wants to get out of the country for the learning experience. Hacker said she also wants to help others and learn how the education system works in other countries. She wants to implement her knowledge from this trip for her future career.

Hacker said it is important to live life with a “just do it” attitude. “I think if you’re young and want to travel you should look into volunteering,” Hacker said. “It’s a great learning experience and you’re helping others. Just do it. I was so scared for so long that I was never going to be able to travel or leave the country. Then one day I just decided to go, and now I feel unstoppable.”

Hacker said her biggest fears are funding, transportation issues and getting sick while out of the country. “I have about half of the funding complete thanks to donations, and I just need to make sure I get the rest by April,” Hacker said. “Surprisingly, a lot of people have helped me, some I barely even know. I just hope I get the support to carry on.”

Hensley said funding is not a barrier that is going to stop her from doing what she’s dreamt of doing for so long. “Traveling is a life-changing experience and a wonderful opportunity,” Hensley said.

Karima Neghmouche can be contacted at neghmouche2@marshall.edu.