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FRANKLIN NORTON | MANAGING EDITOR
Counselor in residence offers free counseling in dorms

Marshall University students in need of counseling and support may look no further than in Twin Towers East. The university is now offering counseling services provided by Thomas Holland, the new counselor in residence, a position created by the Counseling Center, Housing and Residence Life and the clinical psychology doctorate program.

“The counselor in residence position in general is not a new idea to college campuses, and dating back to the late 1990s you see the beginnings of that position,” Holland, a second-year doctorate student, said. “But it is new to Marshall, so it’s my understanding that several of those departments saw a large influx of cases in which mental health was in need of more hands on deck inside the residence halls.”

As a psychology student, Holland will be conducting research as well as providing counseling services to students in need. He said the counselor in residence position will consist of three main components.

“First is traditional counseling services during office hours,” Holland said. “The second is programming through the Housing and Residence Life. Many times you hear of resident advisers and other staff and faculty giving presentations on different aspects of life inside of the dorms, but my job will be to provide psychoeducation on the latest research on mental health components. We’re looking to call those ‘Tom Talks.’ The idea is we’ll be putting forth provocative, not controversial but certainly interesting, ideas that will help draw students in and provide presentations on them. It’s initially starting with myself, but we want to broaden that to other doctoral students and other individuals in the community to help provide more awareness for our students and how they can address mental health concerns that are very prevalent on Marshall’s campus.”

The third aspect of Holland’s job is outreach and spreading awareness of the mental health services that are on campus.

“I can’t tell you if I had a dollar for every time I heard someone say ‘I didn’t know we had a psych clinic, I didn’t know we had a Counseling Center, I didn’t know these resources were available otherwise I would have been using them or I would have been seeking them out,’” Holland said. “And so, one part of my position is I’ll be placed inside of a residence hall so that there might be less barriers there for students to feel comfortable coming and receiving services because it’s literally in the main lobby. We are kind of out of the way over here, but that also stands to benefit some privacy as well, too.”

Holland will offer office hours on the first floor of Towers East. Each Monday, Wednesday and Friday his office hours are 5 to 9 p.m. Tuesdays he will be available 5 to 6 p.m. and Thursdays from 7 to 9 p.m. Every other Sunday, he will have office hours as well.

“I am a son of Marshall, and so I think that was a component of me being hired as the first one here because I had experience living in these halls, living in First Year North, remembering what it was like, what homesickness feels like when your parents first leave.”

THOMAS HOLLAND

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H.E.L.P. program works for student success

Marshall University welcomes Sally the Salad Robot

By GRETCHEN KALAR
THE PARTHENON

Marshall University’s Higher Education for Learning Problems program assists students with learning disabilities. The college H.E.L.P. program is a fee-based service that works with Marshall students diagnosed with a specific learning disability (SLD) and attention deficit/hyperactivity disorder (ADHD).

Students in the program receive one-on-one academic tutoring from graduate assistant tutors, testing accommodations as guaranteed under the section 504 of the Rehabilitation Act, time management organization from qualified learning specialists through their Skills Development Program and instruction and coaching in study skills.

Some students in the program said they had not heard of Marshall until researching the H.E.L.P. center, and the program attracts students from across the country.

“I heard about the H.E.L.P. Center just through doing research that everyone does when picking colleges,” Nick Uliana, of Pennsylvania, said. “Going to a school special for students with learning differences really helped with ‘thinning the herd’ on colleges that would fit me best.”

Mike Andry, from Texas, said his parents had Marshall on the list of potential colleges.

“My mom and dad, in the summer of 2012, were looking for that would be able to help me out with my issues and still be successful in helping me make my dreams a reality,” Andry said. “I was previously hesitant to go to school out of state. I wasn’t thinking closely about Huntington and West Virginia at the time. Marshall wasn’t even close to my first choice and back then, but things changed when I gave it a chance, and the dominoes have fallen since.”

Uliana said the people are the best part of the H.E.L.P. Program.

“The people that work there are simply the best,” Uliana said. “They are accepting and they love their students for who they are. They work so hard to ensure the success of their students.”

Andry said he can see positive results from assistance he has received from the H.E.L.P. center.

“It had certainly helped me become better academically and socially,” Andry said. “While it is awesome that there are also other similar programs that exist at UCLA and Duke, for example, the program at Marshall is honestly the best.”

Uliana said there was a hidden gem in the H.E.L.P. program.

“Vinny Curry, Super Bowl Champion and current Tampa Bay Buccaneer, also Marshall football great, was a H.E.L.P. program alumni,” Uliana said. “So basically, we win Super Bowls.”

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By HANNAH GRAHAM
THE PARTHENON

The latest feature in campus technological advancement is tucked away in a corner of Smith Hall’s first floor. It sits right beside a cooler filled with Sodexo goods, and around lunch time on Monday through Friday, it attracts a crowd of curious students.

Sally is a robot that has been introduced to Marshall University this semester. She is a simple, boxy machine that has one mission: to make salads for students on campus.

Tanner Wooten, sophomore and self-proclaimed salad aficionado, said he likes the new addition, and Sally offers a variety of greens, nuts, vegetables and dressings to students to create their own salads.

“I’ve gotten 3 salads down here so far this semester. I really enjoy getting lunch from her,” he said. “There’s something here for everybody who likes salads. It’s a really cool addition, and I like that it’s in Smith Hall.”

Rose Accidental, a Sodexo employee who works the register on the first floor of Smith during lunch hours, said she has noticed a lot of interest in this new robotic spectacle.

“A lot of kids really like her because she’s new, and she makes good salads,” she said. “She’s in high demand. If only they can keep her maintained.”

Despite her popularity thus far, Sally the salad robot has had technical problems which has made getting a salad more difficult for some students. University maintenance workers have been trying to figure out how to keep Sally working without any hiccups. Whether it’s the lettuce in the machine being too big for Sally to filter through, or the machine getting jammed up by excited, salad-hungry students, maintenance workers are still struggling to keep Sally in working order on a day to day basis.

Sophia Cassidy, a sophomore anthropology major, said she feels disappointed but she is excited to try a salad when Sally’s problems are resolved.

“I’ve wanted to get a salad here for a week now,” Cassidy said. “She looks super cool, and I’ve had friends get salads. They look really good and fresh. I hope she starts working this week because I know I’ll use her a lot.”

Hannah Graham can be contacted at graham155@marshall.edu.
Cicada Books events offers an escape for locals

By MEG KELLER
THE PARTHENON

Bookish smells and intimate words filled the air of a local business in the west end of Huntington. In the shop, poems from local authors were on display Monday night. Cicada Books is the newest spot in town where Marshall University students and Huntington residents can come to relax, read books, study and share poetry.

“We wanted to create a space that was doing its own thing,” owner Dawn Norman said.

The shop has organized two open mic nights for local poets to share their works. They also had a game night last month where patrons gathered to play their favorite games while enjoying coffee at the shop. Cicada Books offers a private space that can be used for book clubs and study groups to read or study in a more private setting than on campus or at the library.

Katie Norman, the co-owner of the shop, said she hopes these exclusive opportunities will entice Marshall students to visit. Anybody who needs an event space is welcomed at Cicada Books, Norman said.

For people like Bill Wolford, Cicada Books’ events offer a place to share poetry in a venue like no other.

“It’s great to have somewhere that is local,” Wolford, who occasionally has to drive out of state to share his poetry said. “It has been much more convenient coming here” Wolford said.

Wolford said he enjoys the fact that people come to these events, and both open mic nights for poetry have had good turn outs. Wolford also said Cicada Books is a good vehicle for keeping artistic value alive in the Huntington community.

“It is great to have a place where artists can come together and have a platform for their work,” he said.

Emmalee Moles, a psychology major at Marshall, frequents the shop to read books, check out poems and grab coffee.

“The shop is a great place for Marshall students to escape the stressors of college for an evening,” Moles said.

Moles said she listens to local Huntington talent to support her community.

“I think poetry and stories are a great way to escape daily stress and chill out. Cicada offers that opportunity” Moles said.

There are no new upcoming events scheduled at this time, but the Normans do plan to continue with open mic nights the last Monday of each month. Cicada Books is located in Old Central City at 604 14th Street, West Huntington.

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Potential fraternity aims to represent LGBTQ students, community

By JOELLE GATES
THE PARTHENON

Potential fraternity hopes to create safe space for LGBTQ men.

The Delta Lambda Phi interest group, a potential fraternity composed of gay, bisexual, transgender and progressive straight men, had its first meeting Monday evening.

Nine Marshall University students and two faculty members gathered to begin the process of starting the fraternity after noticing a lack of LGBTQ representation on campus.

“Faculty members began to notice that was only one organization for LGBTQ students on campus while other minorities have a number of different organizations,” Jonathan Sutton, faculty adviser of the group, said.

The group of students and faculty discussed different ideas for the fraternity during the summer, and although they haven’t been recognized as a national chapter, Sutton said that is their immediate goal.

Despite the group being targeted at a specific community, members of the meeting said that the potential chapter could have a big impact on campus.

“We would have the same purpose of any other frat,” Levi Haines said. “But we also want to foster a brotherhood for the LGBTQ community on campus and lead conversations about change in the surrounding area.”

When the topic of a potential discrimination arose, James Ticknor, a member of the group, said there is a distinct need for LGBTQ exposure on campus.

“Most ignorance towards different lifestyles come from a strong lack of exposure,” Ticknor said.

When met with the idea of adversity and struggles in the future, members said they were willing to fight for their space on campus.

“It’s so important to harbor safe spaces for all communities, not just select groups [on campus],” Rajon Stanton said.

Members of the group said they had high expectations for the future even though the task at hand may seem overwhelming.

“If there begin to be various safe spaces on campus it could reassure students that they aren’t alone no matter how they’re feeling,” Jonathan Stonesreet, another member, said.

The group is still in the beginning stages of forming, and members said they are determined to keep high spirits while recruiting new members.

“As long as we have enough members who are committed and willing to fight through ignorance then we’ll be able to overcome that,” Haines said. “We’ll always have a positive outlook.”

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City Council signs ordinance requiring maintenance for rental units

By DOUGLAS HARDING
THE PARTHENON
Huntington City Council met Monday to discuss an ordinance that would create a residential registry subjecting reported or known problem rental units to mandatory maintenance.

“Everyone deserves a safe place to live,” Alex Vence, vice chairman of city council, said. “It doesn’t matter who they are or what their socioeconomic status is, or who their landlord is, that’s why I’ll be supporting this ordinance.”

Penalties for landlords who fail to register their units could be up to $500 a month, according to the ordinance. “The full intent of the ordinance is to provide protections and safeguards to the residents that live in rental property,” Bryan Chambers, city communications director, said. “And more particularly those that we have ongoing issues with.”

Amidst skepticism and disapproval from local landlords, the city council voted unanimously to enact the ordinance following an hour-long discussion which resulted when council women Joyce Clark and Tina Brooks were initially unconvinced. “Good landlords truly feel that we are under attack,” Derrick Evans, a local landlord concerned about various aspects of the ordinance, said. Evans said he understands why there is reason for concern, but he wishes the city would attempt to solve the problem based on individual complaints as opposed to punishing everybody by requiring that all rental units in the area be registered.

President of Tri-State Rental Properties, Chrystal Rogers, expressed similar concerns regarding the ordinance. “You all said there are no registration fees but there are re-inspection fees,” Rogers said. An initial re-inspection will cost $50, and further inspections could lead to $100 fines, Rogers said.

“If the reasoning for the ordinance is that substandard housing conditions become unsafe for the public and surrounding environment, then home owners should be forced to register as well,” Rogers said. Council members and city officials remained largely convinced that the residential registration in the ordinance was the best way to ensure and promote general welfare in the area. “It’s a one sheet form,” Clark said, “I don’t foresee this being cumbersome for landlords.”

Council man Charles McComas said he couldn’t see any reason why landlords would be against the ordinance. “I wouldn’t mind them coming to inspect my home any time,” McComas said. Matt Winters, city fire marshal, said, “This ordinance is not a punitive measure against local landlords and is necessary to avoid senseless tragedies. It allows us to deal with properties we have problems with daily.”

Assistant City Attorney Ericka Hernandez also spoke about the benefits of the ordinance for the university and its students. “Preventing needless tragedies and disasters that result from substandard housing issues is the main concern of the inspectors,” Hernandez said. “Those are the kinds of things that keep our inspectors up at night.”

Local landlords will be expected to register within 90 days after the ordinance’s passage, however, it is likely that not all properties will be inspected within the first six months, Hernandez said.

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Holliday addresses media before season opener

By RICK FARLOW  
SPORTS EDITOR

Marshall head coach Doc Holliday addressed the media Tuesday in a press conference at Joan C. Edwards Stadium, as the Herd approaches Saturday’s road matchup at Miami (Ohio).

Holliday opened by naming Marshall’s four captains: redshirt senior defensive lineman Ryan Bee, redshirt junior safety Malik Gant, senior wide receiver Marcel Williams and redshirt junior offensive lineman Levi Brown.

“We have two offensive (captains) and two defensive (captains),” Holliday said. “Every time you go on the road and play a good football team, you have to have great leadership, and those guys will provide it for us.”

Holliday answered questions about his roster, as well. Though graduate-transfer quarterback Alex Thomson is the projected starting quarterback, Holliday the decision won’t be announced until gameday.

“Whoever that (quarterback) is will start for the first time,” Holliday said.

“Our guys up front have played a lot of football and the great thing is, whoever that (quarterback) is, we’re going to surround him with people who have played a lot of football.”

In terms of special teams—another position battle—Holliday announced redshirt sophomore kicker/punter Robert LeFevre will be the Herd’s starting punter.

“I’ve got confidence in LeFevre,” Holliday said. “Special teams always plays a big part in field position and we’re going to have to play really good special teams this week.”

Though Marshall defeated Miami last season, Holliday said that the RedHawks are a talented team who will provide a challenge for the Herd.

“It’s a tremendous challenge,” Holliday said. “Miami’s football team is a lot like us. They got [all their players] back. They got their quarterback back. Offensively, they’re basically the same team we saw a year ago. We have to play well in all three phases. We’re excited.”

Rick Farlow can be contacted at farlow@marshall.edu.

New videoboard in Cam Henderson Center nearing completion

By DEREK GILBERT  
THE PARTHENON

Installation of the Cam Henderson Center’s $1 million, center-hung videoboard is approaching its conclusion, as Marshall University Athletics aims for an early-September completion date.

“(The board will) make a world of difference in that arena,” Aaron Goebbel, associate director of athletics for external affairs, said. “There’s nothing better than panning the crowd during a timeout and seeing yourself up there going wild and having a good time. That’s what it’s about.”

The timetable for the videoboard’s installment is not officially set, but the athletic department hopes it will be finished before Marshall volleyball’s September 5 home match.

The high-definition videoboard, manufactured by Daktronics, was first announced in May and features a four-sided screen with a moving halo ring around the bottom that will be used as a supplemental display. The four screens can be utilized to show live-action as it happens in the arena, as well as replays and graphics.

Scott Morehouse, Marshall associate director of athletics for game operations and facilities, said the new videoboard is an enhancement to the game day experience for a fan.

“With the old board that we have on the wall, the people on the far end (of the arena) down with the pep band would have to turn around to look up there,” Morehouse said. “Now, it doesn’t matter where you’re at in the arena, you’re going to be facing a screen.”

Morehouse said the board provides opportunities to attract events outside of Marshall athletics, and the videoboard is a key factor in helping Marshall compare to other college venues.

Some of the parties Goebbel said have been playing crucial roles in the installation of this new piece of technology are Marshall’s athletic director Mike Hamrick, Scott Morehouse, Marshall Athletics’ multimedia rights holder IMG College and Dixon Electric in Huntington, West Virginia.

Derek Gilbert can be contacted at gilbert75@marshall.edu.

Looking really good in the Henderson Center. Airborne by this evening and let the content loading begin. Ultimate teamwork. #HerdFamily

Mike Hamrick  
@TheHerdAD

PHOTO COURTESY OF MIKE HAMICK’S TWITTER | @THEHERDAD
Men’s soccer drops match against Oakland
Herd comes up short despite two second half goals

By MORGAN GRIFFITH
THE PARTHENON

Marshall men’s soccer endured a 3-2 loss Monday night at Hoops Family Field, as two second half goals weren’t enough to top the Oakland Grizzlies. With the loss, Marshall moved to a win-loss record of 1-1-0 while Oakland improved to 1-0-1.

“I think we just didn’t keep our cool,” Marshall head coach Chris Grassie said. “We knew exactly what they were going to come out and do, they did it. We did it until we scored and then we had a mental let down.”

After a scoreless first half, both teams combined for five goals in the second. The scoring commenced in the 53rd minute as Marshall sophomore forward JP Rylah deflected a touch pass from the 6-yard box into the back of the net. Sophomore forward Jamil Roberts and junior midfielder Jonas Westmeyer were each credited with an assist.

Within seconds of Rylah’s goal, though, Oakland equalized the match with a goal by freshman forward Dawsun Schrum, who scored off of a cross into the box. Oakland subsequently took a 2-1 lead in the 69th minute after a goal from redshirt freshman defender Napoleon Outlaw III, who came on as a substitute in the 56th minute.

“We got caught up in the calls too much and we got unorganized,” Grassie said. “They caught us on the counter-attack, which is exactly what we talked about them doing.”

In the 79th minute, Marshall freshman forward Gianni Bouzoukis scored his first goal of the season to tie the game 2-2. Bouzoukis’ goal was a rebounded volley from outside the 18-yard box. The tie was short-lived, though, as the Grizzlies took a 3-2 lead with a goal from senior midfielder Jacob Moore.

Marshall took 12 total shots (nine on goal), while Oakland took 10 shots (seven on goal). Despite out-shooting the Grizzlies, the Herd was flagged for six offsides calls compared to one call against Oakland. Additionally, Marshall committed 15 fouls, as opposed to Oakland’s six, and six Herd players were shown a yellow card.

Grassie said heat and exhaustion may have contributed to the lack of focus.

“It was very hot and humid,” Grassie said. “I think the guys were exhausted from preseason and then you’re kicking off and it’s 100 degrees. It can be draining and that’s when you’ve got to be sharp.”

The Herd was not able to equalize in the final eight minutes, as Oakland pulled out the 3-2 victory. Oakland redshirt sophomore goalkeeper Sullivan Lauderdale had seven saves, which aided Oakland’s winning effort. Grassie is focusing on what’s next for the Herd.

“There is a game around the corner so we can forget this,” Grassie said. “We can put this behind us. We can watch the video, we can analyze what went wrong, we can correct it and acknowledge it and move on.”

The Herd’s next match will be Friday at 5 p.m. against Ohio State at the Dayton Classic in Dayton, Ohio.

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Freshman forward Gianni Bouzoukis sits on the pitch after Marshall’s late-game loss to Oakland. Bouzoukis, one of the 12 freshmen on the Herd’s roster, is the only freshman to record a goal so far this season after his goal against Oakland.
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The Constitution of the United States of America

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble; and to petition the Government for a redress of grievances.

The Parthenon, Marshall University’s student newspaper, is published by students Monday through Friday during the regular semester and Thursday during the summer. The editorial staff is responsible for news and editorial content.

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Letters to the Editor are accepted. See guidelines online.

The poetic tragedy of John McCain’s death


When news broke that longtime U.S. senator and twice presidential candidate John McCain died from his battle with brain cancer, the nation was stunned. This was a man who epitomized the American ideal of a patriot: a decorated war hero who spent decades of his life as a public servant. The Arizona republican received messages of honor and respect from members of both parties, including his most recent presidential opponent, Barack Obama.

“John McCain and I were members of different generations, came from completely different backgrounds, and competed at the highest level of politics,” Obama said in a public statement. “But we shared, for all our differences, a fidelity to something higher—the ideals for which generations of Americans and immigrants alike have fought, marched, and sacrificed.”

As the nation eulogizes McCain, the one clear attribute expressed by many is a recognition of McCain’s honest integrity, a moral leadership that transcended personal and party interest.

“The outpouring of tributes to McCain is not only a testament to who he was but to the hunger people have to return to the values he lived by,” Margie Warrel wrote in Forbes. “Like integrity. It is the foundation upon which all successful lives, organizations and countries are built. Without it, eventually even the most impressive and tallest ‘house of cards’ eventually tumbles down.”

In a time of deep political turmoil, McCain was often shone as a bright light for the conduct of a senator. He represented an old school style of politics that put love of country above any other motivation. With his death, this light has dimmed, and the capitol in Washington feels darker than ever. With his voice silenced, shouts from across the political aisle seem louder. The era of politics in which McCain entered into many years ago is officially over.

In his own farewell address, McCain offered the American people one final message, a message that he lived out beautifully in all his years of public service.

“We weaken our greatness when we confuse our patriotism with tribal rivalries that have sown resentment and hatred and violence in all the corners of the globe, McCain wrote. “We weaken it when we hide behind walls, rather than tear them down, when we doubt the power of our ideals, rather than trust them to be the great force for change they have always been... But we have always had so much more in common with each other than in disagreement.”
By RILEY SMIRL
COLUMNIST

I’m Rileigh Smirl. I’m a journalism major pursuing minors in English, Spanish and political science. I listen to musicals more than any person probably should, I have a podcast, and, most importantly, I’m a freshman. Now, at this point you’re probably wondering, “What is a freshman doing in the Parthenon?” Isn’t this supposed to be written by trained students who have taken classes to do this?” Well, yes, you’re most definitely right. I have only been in classes for a week, and I’m nowhere near an expert—I haven’t even turned 18 yet.

But, it seems as though I have a perspective that all of us have at one point, yet many seem to forget the value of. Being a freshman is difficult, new, weird—and for most of us—the first time in our lives we’re expected to be responsible entirely for ourselves and act like “adults.” Though most, if not all, freshmen can’t wait until the day they can stroll back on to campus next fall as sophomores, avoiding Week of Welcome and the struggles of finding your way around campus for the first time, I think we should value this year as much as all of the others. Sure, we’re no longer the big dogs like we were in our senior years of high school, but isn’t that an advantage in some ways? We’re expected to make mistakes and forget how to get from our dorms to the library and do all the stereotypical things freshman do, so why not take advantage of that? Make mistakes, go out of your way to ask for help, and don’t worry how stupid you think you might look to everyone else on campus. Because if there’s one thing I’ve learned in my first 10 days at Marshall, it’s that college is nothing like high school. Everyone who’s here is here because they want to learn or perfect their craft or become a professional sports star, not because they have to be.

So, this year I want you to join me in looking through a freshman’s eyes at life at Marshall, from the very beginning. Even if you’re a senior, a professor, or a graduate student, looking back at how college seemed in your freshman year, however long ago that may have been, is nostalgic and sappy and maybe even makes you thankful for how much older you are now. Either way, I plan on sharing my unedited and honest struggles, successes, and triumphs with any of you who choose to join me every week (or as often as they’ll let me.) Because your freshman year is an experience you only have once, so why not savor every great moment and every not so good one and publish them all in the school paper?

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By FRANKLIN NORTON
MANAGING EDITOR

A year ago, one of my best friends and roommates mentioned that he was thinking about joining a local CrossFit. My eyes rolled back into my head and I mocked him relentlessly. CrossFit was for a bunch of protein-powder-eating, muscle-shirt-wearing, weight-tossing jerks. A year later, and here I am, one of those weight-tossing jerks—and I’m better for it. Sometimes it’s good to change your mind about things it’s good to change your mind about things.

I was a runner for years of my life. I was on the cross country and track teams throughout middle school and high school, and I loved being a part of a team. I loved meeting goals and pushing past limits. When I started college, all I knew was how to run. Which I did—for a while. Until I was too busy or too tired or too whatever. Needless to say, I stopped running and worked out approximately 3 times a semester.

Like many college students do, I started to gain weight. This was good at first, having been decently underweight for a good portion of my life, until it wasn’t good. Like many people also do, I laughed it off when people mentioned my weight gain. I owned it. I was just getting a “dad bod.” Exercise was for losers. I tweeted this last December: “How out of shape am I, you ask? I broke a sweat and got out of breath wrapping Christmas presents.” That tweet got 35 likes and a retweet. Not too shabby. But the issue was that behind these jokes was a deeper identity struggle. I was out of shape, tired and lacking confidence. Humor is the easiest way to hide from others and ourselves. One of my favorite authors, Donald Miller wrote, “if we live behind a mask, we can impress but we can’t connect.”

In April after writing a story about new ownership at a local CrossFit, friends at this gym convinced me to give it a go. I swallowed my pride and threw away my hiding humor and went to work. As a result of many days of challenging workouts, I feel more comfortable in my own skin than I have in a long time. This feeling comes from more than just the noticeable weight loss and improved athletic performance, but also from how I have learned to connect with others, and myself, more authentically.

At CrossFit we can be honest about who we are and where we are, caring for our bodies and working to be the best version of ourselves. There are no masks. The work is hard, but it’s work worth doing. Counter to culture, it’s cool to try, rather than funny to not. My encouragement to all is to find this in your life. Whether you find it in a CrossFit gym or not—stop hiding and do the work to change your circumstances. Don’t laugh off your struggles; face them head on. Be brave enough to be better.

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Let Me Be Frank: On CrossFit
Hurricane’s death toll in Puerto Rico put at nearly 3,000

By DANICA COTO
ASSOCIATED PRESS

SAN JUAN, Puerto Rico (AP) — Puerto Rico’s governor raised the U.S. territory’s official death toll from Hurricane Maria from 64 to 2,975 on Tuesday after an independent study found that the number of people who succumbed in the desperate, sweltering aftermath had been severely undercounted.

The new estimate of nearly 3,000 dead in the six months after Maria devastated the island in September 2017 and knocked out the entire electrical grid was made by researchers with the Milken Institute School of Public Health at George Washington University.

“We never anticipated a scenario of zero communication, zero energy, zero highway access,” Gov. Ricardo Rossello told reporters.

“I think the lesson is to anticipate the worst... Yes, I made mistakes. Yes, in hindsight, things could’ve been handled differently.”

He said he is creating a commission to study the hurricane response, and a registry of people vulnerable to the next hurricane, such as the elderly, the bedridden and kidney dialysis patients.

Rossello acknowledged Puerto Rico remains vulnerable to another major storm. He said the government has improved its communication systems and established a network to distribute food and medicine, but he noted that there are still 60,000 homes without a proper roof and that the power grid is still unstable.

“A lesson from this is that efforts for assistance and recovery need to focus as much as possible on lower-income areas, on people who are older, who are more vulnerable,” said Lynn Goldman, dean of the Milken institute.

Tuesday’s finding is almost twice the government’s previous estimate, included in a recent report to Congress, that there were 1,427 more deaths than normal in the three months after the storm.

The George Washington researchers said the official death toll stood at 16, President Donald Trump marveled over the small loss of life compared to that of “a real catastrophe like Katrina.”

Hurricane Katrina, which struck New Orleans in 2005, was directly responsible for about 1,200 deaths, according to the National Hurricane Center. That does not include indirect deaths of the sort the George Washington researchers counted in Puerto Rico.

The White House issued a statement on Tuesday noting that it sent 12,000 personnel to Puerto Rico for response and recovery efforts, and said it would continue to support the island’s government and its communities in their recovery for years to come.

“The American people, including those grieving the loss of a loved one, deserve no less. The president remains proud of all the work the federal family undertook to help our fellow citizens in Puerto Rico,” it said.

Yet many remain outraged at both the local and federal governments.

Rep. Nydia Velazquez, a New York Democrat, said the report shows the U.S. government failed the people of Puerto Rico.

“These numbers are only the latest to underscore that the federal response to the hurricanes was disastrously inadequate and, as a result, thousands of our fellow American citizens lost their lives,” she said in a statement.

There is no national standard for how to count disaster-related deaths. While the National Hurricane Center reports only direct deaths, such as those caused by flying debris or drowning, some local governments may include indirect deaths from such things as heart attacks and house fires.

Researchers with George Washington said they counted deaths over the span of six months — a much longer period than usual — because so many people were without power during that time.

“That caused a number of issues,” Goldman said, explaining that people were forced to exert themselves physically or were exposed to intense heat without fans or air conditioning. “It’s fairly striking that you have so many households without electricity for so long. That’s unusual in the U.S. after a disaster.”

Power has not yet been fully restored to Puerto Rico nearly a year after the hurricane, and outages remain common.

Puerto Rico’s government released data in June showing increases in several illnesses in 2017 that could have been linked to the storm: Cases of sepsis, a serious bloodstream infection usually caused by bacteria, rose from 708 in 2016 to 835 last year. Deaths from diabetes went from 3,151 to 3,250, and deaths from heart illnesses increased from 5,417 to 5,586.

Bethsaida Rosado said government and health care officials were not prepared for the storm, and she is still angry her 76-year-old mother died because oxygen tanks were not available on the island after the hurricane.

“Do you know what it’s like to see your mother run out of oxygen?” she said. “I don’t wish that on anyone.”

Months ago, the Rossello administration stopped updating its official death toll at 64 and ordered the independent investigation amid suspicions the death were substantially undercounted.

The first phase of the study cost $305,000. In the second phase, the researchers plan to focus on the causes of death.

The researchers found that the risk of death was 45 percent higher for those living in impoverished communities, and that men over 65 saw a continuous elevated risk of death.

They also reported that physicians and others told them that Puerto Rico’s government did not notify them about federal guidelines on how to document deaths related to a major disaster.

“Others expressed reluctance to relate deaths to hurricanes due to concern about the subjectivity of this determination and about liability,” the report said.

For the study, the researchers reviewed mortality data from July 2010 to February 2018. They also took into account an 8 percent drop in Puerto Rico’s population in the six months after the storm, when tens of thousands fled because of the damage.

The study also found that government emergency plans in place when Maria hit were not designed for hurricanes greater than a Category 1. Maria was a Category 4 with 154 mph winds. Damage was estimated at more than $100 billion.

The researchers made several recommendations, including more emergency planning and government training for doctors on filling out death certificates. They also said the public health system needs to be strengthened, though Goldman said they don’t know yet whether those weaknesses contributed to storm-related deaths.
Student Organization and Involvement Fair exposes students to opportunities on campus

By HANNAH GRAHAM
THE PARTHENON

The Student Organization and Involvement Fair offered students the opportunity to get involved on campus Tuesday on the Memorial Student Center Plaza. Tables from various organizations were set up along the plaza from 11:00 a.m. to 1:00 p.m. Leaders from multiple organizations stopped and talked to students about campus involvement, community service, Greek life and other organizational activities.

“Our goal today really is to put our name out there and get more members,” said Jacqueline Browning, vice president of Marshall University’s Chapter of the National Society of Leadership and Success. “We are lacking in resources and members, so we really just want to get our name out there and get people interested.”

Courtney Sowards, the representative for Marshall Mentors, referred to the mentorship program as a “family” and that any student who wanted to get involved in the mentorship program or just wanted a group of peers to hang out with was more than welcome to do so.

“We want to get them involved in our community; we want more people to join our family,” Sowards said. “All the tables out here today are really just trying to grow their families.”

Rachel Handley, a first year student, was representing the CRU table despite saying that she had just joined last week.

“CRU is really welcoming and open to all sorts of people,” Handley said. “They’ve really made me feel like a part of the organization already. It’s really good for people just starting here to get involved in something. It’s important for organizations to reach out to people who may not know where to start, so I really think this fair is a great opportunity for that.”

Hannah Graham can be contacted at Graham155@marshall.edu.

 Members of Pediatric Entertainment Program recruit for their group at the Student Engagement Fair Tuesday on the Student Center plaza.
Huntington Music and Arts Festival highlights positivity of Appalachia through art, music

By LILLIE BODIE
THE PARTHENON

The city of Huntington commemorated the history of Appalachian culture with the official kick off for the Huntington Music and Arts Festival: Appalachia. At the Wild Ramp Monday, the Huntington community gathered in song and dance passed down from the roots of Appalachia. Stony Point String Band and Tim Lancaster offered a free show while local arts and crafts vendors were displayed.

“This event was created to showcase unique things throughout time in Appalachia that make it what it is and exposes people in the area to things they have never seen,” Keebie Gilkerson, who helped put HMAF: Appalachia together, said.

Spinning, hand weaving and knitting were practiced by artisans from Heritage Farm to show how clothing was created before the rise of machinery from the Industrial Revolution.

“The mountains kept people from coming to this area, and we were behind in development,” Alane Thomas, an artisan from Heritage Farm, said. “And this was important to our livelihood. It is truly surprising how many people don’t realize how clothing used to be made and how hard it was.”

The location was very important when creating HMAF: Appalachia, Gilkerson said. “This area is one of the biggest antique districts in the state, so we are trying to highlight to young people places like this exist,” Gilkerson said. “The Huntington community is tightknit and it gets a bad rep. Too often the media pushes the bad and the goods not highlighted enough, and that’s one thing we’re really trying to accomplish throughout the whole week of Huntington Music and Arts is to only show the positive. And we all know there is a problem in Huntington, and people like this are the ones trying to address it.”

HMAF events have brought the community together and attracted people from other regions, including musicians, artists and observers.

Musician Tim Lancaster of Florida said, “I always find myself back here, I love the music of Appalachia and the love of the community.”

Huntington Music and Arts Festival started out as a one-day event, which has now led to a week full of events. Tuesday was Art on the Edge at the Huntington Museum of Art with music from DJ Feminiasty, as well as a HMAF Sock Hop, a skate party at Roll-A-Rama.

Today is the HMAF 72 Hour Film Challenge Screening at Fourth Avenue Arts from 6 to 8 p.m. and Comedy Night featuring local comedians and nationally touring stand-up comedian, Brent Turhune.

Other events the rest of the week include HMAF We Care, Ewe Care at Black Sheep Burrito & Brews, with an opportunity to donate supplies for local schools and teachers, and local bands will perform. Friday there will be live music, and Saturday is the Huntington Music & Arts Festival from 12:30 to 10 p.m. located at Ritter Park’s Amphitheater. The festival concludes Sunday with a family cookout at Ritter Park with live music.

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Fourth Annual Huntington Music and Arts Festival

HMAF 72 Hour Film Challenge Screening
Wednesday, 6-8 p.m.—4th Avenue Arts

HMAF Comedy Night with Brent Terhune
Wednesday, 7 p.m.-12 a.m.—4th Avenue Arts

HMAF Pre-Party with Tony Harrah & the Fly-over States and Sean Whiting & the Handsome Bastards
Thursday, 7-10 p.m.—Pullman Square

HMAF We Care, Ewe Care with Of the Dell and the Third Thieves
Thursday, 10 p.m.-12 a.m.—Black Sheep Burrito & Brews

HMAF Pre-Party with Bridge 19 and Joslyn & The Sweet Compression
Friday, 7-10 p.m.—Heritage Station

HMAF Open Mic with Brayn Ming and the Kentucky Sons
Friday, 10 p.m.-1 a.m.—The Lantern

HMAF Main Event with 25 acts
Saturday, 12:30-10 p.m.—Ritter Park Amphitheater

HMAF After Party with Charlie Brown Superstar, ScroungeHound, Buffalo Wabs & The Price Hill Hustle and Shelem
Saturday, doors open at 8 p.m., show starts at 10 p.m.—The V Club

HMAF Family Cookout with Friendly Fire and Chocolate 4-Wheeler
Sunday, 3-7 p.m.—Ritter Park Historic District