The Parthenon, October 17, 2018

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Women’s soccer falls to UNT

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By MEG KELLER
THE PARTHENON

A once barren lot is now the future home for a family of five.

Kourtnie Farmer, a senior environmental science major at Marshall University, spent her Friday painting a newly established Habitat For Humanity house in the West End of Huntington.

Farmer is the president of Marshall’s Habitat For Humanity chapter, an organization that she said is personally fulfilling for her and allows her to give back to her community.

“I find purpose in giving back to others,” she said.

Habitat For Humanity is an organization that is dedicated to providing affordable housing to those in need, Farmer said, and Marshall’s chapter has contributed to 11 veterans in the community, several of which were homeless.

Farmer said Habitat For Humanity receives grants and donations from community members and local businesses to fuel its housing mission, but most of its funds are from fundraising.

Before the keys to a Habitat home are handed to its new owners, the applicants must qualify financially, pass background checks and contribute “sweat equity,” Farmer said. This means the applicants must devote up to 500 hours of volunteer service to building other Habitat homes.

These homes are not free of charge but are severely reduced. Farmer said the houses have a zero percent interest rate, meaning the owner pays only the baseline worth of the home.

Habitat offers Marshall students a unique way of helping their community and earning volunteer hours. Mark Kazee, senior biology major, said he volunteered on the promise of free pizza but quickly found a reason to stay.

“I stayed [after the pizza] because I had so much fun,” Kazee said.

He said he simply enjoys having the opportunity to paint and build homes, an exclusive aspect of Habitat’s mission.

“It gives me something to do besides sitting at home studying,” Kazee said.

Marshall’s Habitat chapter does not just put in physical work on future homes. Farmer said members volunteer at Habitat’s Restore, construction sites in Huntington, fundraise and participate in awareness events.

Each Huntington Habitat house is built in roughly three months by volunteers. Marshall’s Habitat chapter is currently working at three sites, the biggest being a five-bedroom home for a family of five at 1237 Jefferson Ave. Farmer said there is a dedicated crew working at the house sites Tuesday through Saturday weekly.

Marshall students have contributed at the Jefferson Ave. site by transporting flooring and tiles to the site as well as painting.

Marshall’s Habitat Chapter hopes to continue to go. The organization was started several years ago but left dormant after the previous president graduated, Farmer said.

“Being able to give my time to something meaningful is what makes me feel good,” Farmer said.

She said this is why she took over and is trying to revitalize the organization at Marshall.

Marshall’s Habitat chapter plans to grow in numbers and implement exposure by sponsoring events on campus. Nov. 5 they are building a wall on the plaza of the Memorial Student Center that will be used in a future Habitat home.

“If you want to make a difference in your community this is where it starts,” Farmer said. “Nail by nail we are improving Huntington.”

Meg Keller can be contacted at keller61@marshall.edu.
Love Your Body Day gives students a confidence boost

“Love Your Body Day is not only a Marshall event but occurs nationwide to constitute the need for self love. “Love Your Body Day occurs nationally every single year, and the purpose is to encourage young people to love the body that they’re in and to have a healthy self and body image,” Snyder said. “And this event is to take a moment just to have some happiness and celebration of bodies of all kinds, all genders, all sizes and all colors.”

A Love Your Body board was created by staff and cameras were provided for students to place pictures of themselves to place on the board and write personal messages.

“We want the board filled up with positive images and messages,” Snyder said. “And we have mirror clings, so they can take their own mirror stickers home, where they can write a positive, inspirational message to themselves to look at everyday and every time they look in the mirror.”

Snyder said it is important for students to love their bodies because media factors can have a negative effect on women’s body issues and can create insecurities. “There’s been a lot of negative things in the news lately that puts women’s bodies in a vulnerable position,” Snyder said. “And with this being Domestic Violence Awareness Month, a lot of that relates to the way women feel about themselves with self-esteem and self-worth.”

Victim advocate for Marshall University Stacy Sexton, who works for Contact Rape Crisis Center, which serves victims of sexual assault and stalking, said many body image problems begin with anxiety issues and can be helped by having a kind neighbor. “Often our anxiety and trauma is carried in our body and realizing that and being kind to your body and doing things to counteract that trauma is important for self health,” Sexton said. “And sometimes just having someone to talk to can really take the pressure off and elevate the mood.”

Sexton said this matter is more prevalent in college students.

MU Votes stresses importance of voting for Marshall students

By HANNAH GRAHAM
THE PARTHENON

With midterm elections on the horizon, MU Votes is working to inspire the importance of voting in Marshall University students across campus.

West Virginia’s midterm election is Nov. 6, but students may also to opt to vote early from Oct. 24 to Nov. 3.

Madison Parker, a senior double major in special education and political science, said she takes her position in MU Votes very seriously to increase voting among young West Virginians.

“I think it’s important that we as college students are empowered and realize that our voices matter,” Parker said. “The decisions that elected officials make directly impact our campus, so it’s very important for our voices to be heard.”

Parker and fellow MU Votes members Paige Looney and Jacob Redman have helped students register to vote over the past few weeks. They have visited classes to talk about the importance of voting, and they sponsored a Chicken Patty Night at late night dining in Twin Towers last week. MU Votes members said they are happy with the students they have helped to register, but the next step is getting those same students to the polls.

“Every vote counts,” Redman said. “A vibrant democracy requires everyone’s participation.”

Professor George Davis of the Political Science Department said he is impressed with the initiative taken by MU Votes. “They’ve gotten so many students registered, but the next stage is helping those students follow through,” Davis said. “College students have a big stake in this election, especially with state races. Our state-level representatives control appropriations, which tells us how much funding Marshall gets. This directly affects tuition increases and budget cuts, so this election should matter a lot to Marshall students.”

MU Votes is continuing their outreach with an Election Education event Oct. 25 featuring members of the political science faculty talking about the specifics of student voting, as well as emphasizing the importance of it. “The importance of this election cannot be understated,” Redman said. “It will determine our future and what type of state and country we will live in for years to come.”

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SGA calls for executive session to discuss House of Representatives

By SARAH INGRAM
NEWS EDITOR

The Student Government Association discussed potentially forming a House of Representatives during an executive session Tuesday, Oct. 16. The senate released a statement claiming the House of Representatives could potentially be approved if a committee is formed to revise governing documents that outline the purpose and privileges of the House.

“We, the senate, have come to the conclusion, after an executive session, that senate will potentially support the idea of the House of Representatives if and only if a senate committee is formed by President Barclay to devise the governing documents and purpose of the House of Representatives,” Jo Tremmel, Senate Parliamentarian, disclosed after executive session had ended.

Tremmel said there are currently governing documents describing rules and functions of a House of Representatives that the senate believes need to be reviewed and revised. During executive session, the senate discussed the need for a committee to be formed to perform such revisions before potentially being approved by SGA.

Forming a House of Representatives was proposed by Student Body President Hunter Barclay and Vice President Hannah Petracca in a previous meeting for senate members to discuss. Petracca spoke of what she believes the purpose of the House would be.

“The idea behind this is that we want to get more student organizations involved in student government,” Petracca said. “There’s a huge disconnect between student organizations and SGA, and this is a good opportunity for them to get involved and be part of student government.”

While there have been concerns about how each section of student government will function, Barclay spoke of how, if the motion is approved, there will be a speaker of the House to communicate between each section of government.

“It’s currently set up that there would be a speaker of the House,” Barclay said. “The speaker of the House would be the liaison between the representatives, and the senate and the executive branch. They would collect the opinions and present them as a liaison to the separate branches.”

Barclay also said part of his reasoning for wanting a House of Representatives to be formed would be to give student organizations a chance to express opinions.

“I know that there are a lot of groups on campus that may not be represented in the senate, but they have valuable and valid opinions,” Barclay said. “So I want to make sure that their opinions have a chance to be presented and expressed.”

After the senators closed executive session and attendees were allowed to reenter the room, senators motioned to postpone the discussion on forming the House to next week’s meeting.

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COLA to sponsor opioid crisis discussion Oct. 25

By DEREK GILBERT
THE PARTHENON

An opioid crisis discussion titled “Appalachian Opioid Epidemic: Mama Told Me Not to Come,” will take place Oct. 25 at Fat Patty’s in Huntington.

The event is being sponsored by Marshall University’s College of Liberal Arts and will feature a panel with members of Marshall’s psychology faculty; it is a follow-up to a symposium presented by Marshall’s psychology staff at the Southeastern Psychological Association this past spring.

Topics discussed at the event include the origin of the opioid crisis, its effects on the city of Huntington, as well as effects on other communities where such crises are present, and different research taking place at Marshall focusing on people affected from substance use disorder.

Among those speaking at the event from Marshall’s psychology is Marianna Linz, the Psychology Department chair. Linz said she hopes those who attend the discussion will leave with a strengthened sense of how this situation became so deeply rooted in Appalachia.

“The opioid crisis isn’t our first rodeo,” Linz said. “It’s the product of our communities being home to industries that are hard on people.”

Linz also said she hopes anyone who attends the event leaves it with a different perspective on those who are affected by opioid addiction.

“Those who come will discuss how our communities were culturally and economically vulnerable to this perfect storm,” Linz said. “I want people who come to leave with an understanding that this substance use disorder doesn’t affect ‘those people,’ it affects our people.”

The title of the event is a nod to Three Dog Night song “Mama Told Me Not to Come,” the song being a metaphor for addiction. Linz said the title fits in well with what Marshall’s College of Liberal Arts is trying to convey with the event.

“It’s all about the warning signs being there and being willfully blind to them for too long,” Linz said.

Marshall first year elementary education major Katherine Morwell said she thinks the event could be very fruitful for anyone that attends.

“I think most of us have a lot of questions about the opioid crisis, but it’s been around for so long that we don’t really ask the basics anymore, even if we don’t know it,” Morwell said. “So this could really help a ton of students start wrapping their heads around the opioid crisis.”

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Gala invites LGBTQ community to celebrate homecoming

By JOELLE GATES
THE PARTHENON

Marshall University’s Homecoming Pride Gala will be 7 p.m. Oct. 18 in the Memorial Student Center’s Don Morris Room.

The event is sponsored by the President’s Commission on Diversity, Equality and Inclusion in collaboration with the LGBTQ Office.

“We thought long and hard when we came up with this idea, and we knew we wanted to do something that our students, faculty and alumni would want to attend,” Shaunte Polk, the sponsored program administrator for the LGBTQ Office, said. “We don’t have many opportunities for our alumni to come back and celebrate their pride, so we wanted this to be an event that lets guests mingle and have a good time for a good cause.”

The gala will be the first of its kind, and Polk said the LGBTQ Office is hoping to make the occasion an annual event for the community to get involved with.

“It’s a huge event with so many people on board, so it’s going to be great,” Polk said. “Expect to see a little bit of everything. We have some lovely drag queens who will be there, and our committee will also be there to represent the community. Marshall hasn’t seen anything like this before.”

The event is 1990s themed and will feature a drag show with local drag queens, music from DJ Bravo, 90s themed decorations and specialty named drinks for those 21 and older.

“All of the performers will bring something different to the table,” Tammy Fae St. Clair, the drag queen who will emcee the event, said. “I do comedy, but some of the other queens will perform to recent music.”

In addition to creating an event for LGBTQ students, Polk said she wanted to make sure LGBTQ alumni felt welcome during homecoming.

“We wanted to draw the alumni to the event because we often lose contact with our LGBTQ+ graduates,” Polk said. “This is a time and place to bring them back and give them an opportunity to celebrate homecoming because we want to make sure they know that our LGBTQ alumni are just as important as other alumni.”

Proceeds from the event will be going toward the creation of a new scholarship aimed at Marshall’s LGBTQ students.

“We usually think about all the great things on Marshall’s campus, but there are some things that we just don’t have,” Polk said. “We wanted to provide a scholarship initiative to our LGBTQ+ students.”

Despite the event being aimed at LGBTQ students, faculty and alumni, Polk said the event is open to anyone who is interested in attending.

“We’ve worked very hard and have had a lot of amazing people help with this project,” Polk said. “We envision this as being a great time, and with the amount of time and effort we’ve put into it, we feel in our hearts that it’s going to be an event that people should attend. This is going to be a night to remember.”

Tickets for the Homecoming Pride Gala will be on sale in the LGBTQ Office throughout the week and on the day of the event.

Joelle Gates can be contacted at gates29@marshall.edu.
By MORGAN GRIFFITH
THE PARTHENON

The Marshall University Football team (4-2, 2-1 Conference USA) returns to Joan C. Edwards Stadium Saturday for a 2:30 p.m. matchup against Florida Atlantic University (3-3, 1-1 C-USA).

“(FAU) has tremendous talent on both sides of the ball,” Marshall head coach Doc Holliday said. “It’ll be a challenge for us that we are looking forward to. I know our fans are excited and it’s going to be a great atmosphere here on Saturday afternoon.”

Marshall and FAU have met five times before, and Marshall leads the all-time series 4-1. The Owls got their first-ever win against Marshall last season but have yet to win in Huntington. A win for the Owls would make it their first road victory of 2018.

FAU’s junior running back Devin Singletary was named C-USA preseason offensive player of the year and presents a threat on offense. Singletary is C-USA’s all-time career rushing touchdown leader and FAU’s all-time scoring leader. He also holds the C-USA record for consecutive games with a touchdown (19). Last season, Singletary became the first player in FAU history to be named Associated Press All-American. Holliday acknowledged the challenge that Singletary poses for the Herd’s defense.

“(Singletary) is probably a guy you’ll see in the NFL this time next year, he’s a really good player,” Holliday said. “We’ll have to do a great job of wrapping him up and getting multiple guys to him because he’s a hard guy to bring down.”

At quarterback, the Owls have redshirt freshman Chris Robison, who transferred to FAU from Oklahoma. So far this season, Robison has completed 64.6 percent of his passes (115 of 178) for 1,416 yards with seven touchdowns and six interceptions. He set the program’s passing yards record (471) and completion percentage record (82.5), both of which came against Air Force.

On defense, the Owls have senior linebacker Azeez Al-Shaair, who was named C-USA defensive preseason player of the year. FAU is the only school in the country to have two players with conference preseason honors. Last year, Al-Shaair led the conference in tackles and was fifth nationally (147). He is also a three-year C-USA postseason honoree.

Marshall’s offense has several threats, as well. Last week, redshirt sophomore Tyler King, who was named C-USA offensive player of the week, finished with 12 carries for 63 yards and a touchdown. King is 38th nationally in rushing yards per game (88.3). King is second in total rushing yards (589) and third in rushing average (6.1 yards per attempt). His best game this season was against Middle Tennessee State University, where he rushed for 210 yards on 23 carries. He has scored 10 touchdowns this season and has the third fewest carries of anyone in college football (87) with at least 500 rushing yards.

At running back, Marshall has redshirt sophomore Ty Tyler is ranked 15th nationally in rushing yards per game (88.3). King is second in total rushing yards (589) and third in rushing average (6.1 yards per attempt). His best game this season was against Middle Tennessee State University, where he rushed for 210 yards on 23 carries. He has scored 10 touchdowns this season and has the third fewest carries of anyone in college football (87) with at least 500 rushing yards.

Marshalls Joan C. Edwards Stadium is nationally known for being one of the toughest places to play, with the Herd winning 82.1 percent of its home games. That is the fifth-highest mark in the country.

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Women’s soccer falls to North Texas at home in C-USA battle

By DEREK GILBERT
THE PARTHENON

The Marshall Thundering Herd Women’s Soccer team lost 3-0 to the No. 24 North Texas Mean Green Sunday at Hoops Family Field.

The loss dropped Marshall to 5-8-2 (3-5-0 C-USA) on the year, while North Texas improved to a record of 10-1-2 (5-0-1 C-USA).

In spite of being shut out at home Sunday, Thundering Herd head coach Kevin Long said he has a handful of positive takeaways from the game.

“I thought it was a positive weekend for style of play and kind of regaining our identity,” Long said. “The disappointing part is you get the loss.”

The game was scoreless until the 36th minute when North Texas sophomore utility player Brooke Lampe scored off a corner kick from junior defender Madeline Guderian.

The goal, Lampe’s first of the year, would ultimately be the deciding goal of the match. The Mean Green rode its 1-0 lead into the half and came out aggressive for the second half with three shots on goal in the first 15 minutes.

North Texas’ persistence paid off, as sophomore forward Berklee Peters scored off Logan Bruffett’s free kick into the box. Peters recorded her sixth goal of the season—all six of which have come in C-USA play.

North Texas’ physical style of play became increasingly prominent as the game went on. A collision between Herd junior goalkeeper Megan Bonelli and Unt senior forward Aaliyah Nolan injured the Herd goalkeeper.

Bonelli remained in for the rest of the game and had another encounter with Nolan, who scored her sixth goal of the season by maneuvering around the goalkeeper in the 81st minute. Nolan sent the ball into the back of the net to bring the game to its final score of 3-0.

Long said Marshall’s backs are against the wall, as the team sits at 10th in Conference USA and needs wins in its last two matches in order to qualify for the C-USA tournament. Long said the team will prepare for the squad’s next game with a focus on creating more offensive opportunities.

“We’ve got to get back to a scenario where we’re confident in the final third and creating chances for ourselves,” Long said. “If we’re not getting a handful of shots, we’re going to struggle no matter who we’re playing.”

Marshall will have a week to prepare for its next match against the Louisiana Tech Lady Techsters Sunday at Hoops Family Field.

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

Junior midfielder Gabby Powers advances the ball across the midfield against North Texas. Powers has started all 15 matches for the Herd this season.

Grading the Herd’s week seven performance

STAFF REPORT
OFFENSE: A-

Marshall hadn’t rushed for more than 300 yards in a game since the 2015 season before erupting for 319 yards and five scores on the ground Saturday. Running backs Anthony Anderson and Tyler King each had multi-touchdown games, and King earned Conference USA Co-Offensive Player of the Week honors after shredding the Monarchs’ defense for 195 yards and two TDs. 165 of those yards and both scores came in the fourth quarter. Anderson had a season-high 91 yards and a career-high three touchdowns in what amounted to the best rushing performance for the Herd in nearly three years. Quarterback Alex Thomson looked more comfortable in the pocket in his second start. He completed 62 percent of his passes (18 of 29) for 182 yards and a touchdown. The passing game will come along as he continues to progress in offensive coordinator Tim Cramsey’s system. However, if the rushing game continues to churn out performances like this, the pass game might not need to be a factor.

DEFENSE: B+

Old Dominion threw the ball 54 times and was limited to under 300 yards passing. That’s a testament to the Marshall secondary’s lights-out performance Saturday. No ODU receiver totaled more than 55 yards and dynamic duo—wide receivers Jonathan Duhart and Travis Fulgham—were limited to a combined eight catches for 85 yards (Fulgham did catch a touchdown). The run defense kept ODU out of the end zone as well, and the Monarchs mustered only 402 yards of total offense—its lowest output since Blake LaRussa became the starting quarterback. Not a bad effort by the Thundering Herd defense, considering the Monarchs shredded Virginia Tech for 632 yards and defending Conference USA champion Florida Atlantic for 508.

SPECIAL TEAMS: A

Robert LeFevre had another solid performance, averaging 46.4 yards per punt on his five attempts with three downed inside the 20 and two going for more than 50 yards. Placekicker Justin Rohrwasser made all six of his extra point attempts and has now made 21 of his 22 extra points (the one miss was a blocked kick). Rohrwasser only had one of his seven kickoffs go for a touchback, but the kick-off unit allowed only 19 yards per return on the other six kickoffs.

Parks, Brauckmuller tie for first place at Kauth Invitational

STAFF REPORT

Sophomore Kerri Parks and junior Shelby Brauckmuller finished in a tie for the individual championship Tuesday at the Mary B. Kauth Invitational at the AT&T Canyons Course at TPC San Antonio.

“Kerri and Shelby continue to play well for us every single time we tee it up,” Marshall head coach Brooke Burkhammer said in a release. “We learned a lot from the last event, and I truly believe that helped us this time.”

Parks and Brauckmuller finished in a three-way tie with TCU’s Sabrina Iqbal at 1-under-par atop the leaderboard. As a team, Marshall finished in second place (12-over-par), seven shots behind the tournament champion Horned Frogs.

Parks entered the final round atop the standings after shooting a 5-under-par 67 in the opening round but double-bogeyed the opening hole of her final round on her way to a 4-over 76. Parks led the field in par-3 scoring at 3-under and created chances for ourselves,” Long said. “We’re going to struggle no matter who we’re playing.”

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America’s own Bully-in-Chief

President Donald Trump listens to questions from the media after leaving the Oval Office of the White House, Saturday in Washington, en route to Kentucky. (AP Photo/Jacquelyn Martin)

Ever since we were young children, we were told to stand up to bullies. We were also told that bullies never really win in the end. Well, the current occupant of the White House is proving those idealistic words wrong.

Tuesday, the president reacted on Twitter to the dismissal of Stormy Daniels’ defamation lawsuit against him, referring to her as “Horseface.”

“Federal Judge throws out Stormy Daniels lawsuit versus Trump. Trump is entitled to full legal fees.”

@FoxNews,” tweeted the president. “Great, now I can go after Horseface and her 3rd rate lawyer in the Great State of Texas. She will confirm the letter she signed. She knows nothing about me, a total con”

For a president to call a woman names based on her appearance, for the whole world to see, is not only morally disturbing, but a blatant abuse of power. But this type of bullying is all too common in the Trump playbook.

“It’s only the latest un-presidential memo. The discourse only got uglier online, however, with Daniels tweeting back, “Ladies and Gentlemen, may I present your president. In addition to his... umm... short comings, he has demonstrated his incompetence, hatred of women and lack of self control on Twitter AGAIN! And perhaps a penchant for bestiality. Game on, Tiny.”

Her lawyer, Michael Avenatti, called the president a “disgusting misogynist” and an “embarrassment to the United States.” He later went on to ask the question: “How many other women did you cheat on your wife with while you had a baby at home?”

It was a sad morning all around, and something nobody has ever seen: a porn star’s appearance, and the porn star publically ridiculing a porn star’s appearance. It is mean, combative, inappropriate and shameful. Nothing is surprising anymore. People on both sides of the aisle should be incredibly concerned with this president’s gross misconduct. This is beyond partisan politics—this is an issue of morality and common decency.

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 PARTHENON’S CORRECTIONS POLICY
“Factual errors appearing in The Parthenon should be reported to the editor immediately following publication. Corrections the editor deems necessary will be printed as soon as possible following the error.”

THE FIRST AMENDMENT | 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 to peaceably assemble; and to petition the Government for a redress of grievances.

The discourse only got uglier online, however, with Daniels tweeting back, “Ladies and Gentlemen, may I present your president. In addition to his... umm... short comings, he has demonstrated his incompetence, hatred of women and lack of self control on Twitter AGAIN! And perhaps a penchant for bestiality. Game on, Tiny.”

Her lawyer, Michael Avenatti, called the president a “disgusting misogynist” and an “embarrassment to the United States.” He later went on to ask the question: “How many other women did you cheat on your wife with while you had a baby at home?”

It was a sad morning all around, and something nobody has ever seen: a porn star’s appearance, and the porn star publically ridiculing a porn star’s appearance. It is mean, combative, inappropriate and shameful. Nothing is surprising anymore. People on both sides of the aisle should be incredibly concerned with this president’s gross misconduct. This is beyond partisan politics—this is an issue of morality and common decency.
At the end of every one of my child development classes, the professor says to us: “Everybody hug somebody.”

I've always liked that he said this, but I never really thought about the psychological implications this advice had. So I did some research, and all I have to say is, for the love of all things, everybody please go hug somebody. Lord knows we need it.

Before I go any farther into this, just know that when it comes to science, I am pretty much useless. But this type of science I think I can handle. Bare with me as I try to explain.

Our bodies all create a hormone called Oxytocin. It acts as a neurotransmitter in our brains. It pretty much plays a huge role in social interaction. Anywhere from sexual to interactions to more general social attributes such as trust, generosity and empathy. I’m focusing most on the empathy and trust pieces here.

Oxytocin is often referred to as the love hormone, as it is at the core of what makes people connect. What we can take from this is that we are literally built to connect with others. There is a wiring that requires of us to love. But there seems to be a growing trust, generosity and empathy deficit in our society.

"A research study on the effects of technology and relationships found that our increased use of tech has resulted in less face-to-face communication and worse quality communication," writes psychologist Mylea Charvat. "It appears we are facing a moral dilemma - but I posit that it is broader than that. Whether or not we prioritize human connection may well determine the kind of world we leave to our children (one connected and human or disconnected and self-centered) as well as our mental and physical health."

So what’s the best way to connect with the others? How do we get more Oxytocin? There is something that physically occurs in our brains when we touch other people. A spark goes off, the neurons fire and suddenly that oxytocine, the love hormone, floods in.

"Physical touch stimulates the most potent release of oxytocin," writes Emiliya Zhivotovskaya. "In a TED Talk, Dr. [Paul] Zak prescribes at least eight hugs per day to feel happier and more connected, as well as to nurture relationships. According to Zak, research into relationships has shown that higher oxytocin levels are associated with improved heart health, especially in women. Furthermore, after only 20 seconds of hugging a romantic partner, one can achieve a spike in oxytocin levels, as well as a decrease in blood pressure, heart rate, and cortisol levels."

So obviously, oxytocin is an important part of our humanity. And the best way to activate this flood of oxytocine is to connect with others through physical touch.

From here, we are more trusting, more generous and more empathetic. Eight hugs per day seems like a nice prescription to me.

What this really all boils down to is a need to be gentle. We have to be present, there for other people. We cannot let the world allow us to disconnect and lose our humanity. And the world could really use some gentleness right now. There is strength in tenderness. Everybody hug somebody.

Franklin Norton can be contacted at norton18@marshall.edu.

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INTERESTED IN CONTRIBUTING TO THE PARTHENON?

We are always looking for more people to contribute to The Parthenon. If you are interested in writing a column, drawing cartoons, taking photos or whatever you can come up with, email Franklin Norton at norton18@marshall.edu.
Suspended West Virginia justice testifies at own trial

By JOHN RABY
ASSOCIATED PRESS

CHARLESTON, W.Va. (AP) — A suspended West Virginia Supreme Court justice took the witness stand Monday at his criminal trial and denied using state vehicles for his own benefit.

Allen Loughry responded to questions for more than three hours after federal prosecutors rested their case. Loughry is accused of 22 counts related to using his office for personal gain.

Before the defense started its case, the judge denied a defense motion for a directed verdict of acquittal.

Loughry said he was offered a state car like other high government officials when he became a justice in 2013, but he refused. Instead he used state-owned cars made available to the justices for what he said was a variety of reasons, including public outreach.

“It’s important that you constantly be out there in the public, and I agree with that,” Loughry said.

Most charges against Loughry are wire fraud allegations that he used state vehicles and gas cards for personal use. Others contend Loughry made false statements, tampered with witnesses and committed mail fraud.

Asked twice by his attorney John Carr about the trips, Loughry denied he benefited personally from them.

Assistant U.S. Attorney Philip Wright said records show Loughry “would not agree” to some of them. He said he never used a state fuel card to put gas in anyone else’s vehicle.

Loughry said the first one.

“I would love people to walk away from this table having a true feeling that they are loved, supported, and that people other than themselves see them as beautiful, and are perfect the way they are with a little confidence boost throughout the day,” Rigdon said.

In college it’s very easy to hate your body and talk negatively on it, but you want to keep a positive body image and love how you look and who you are, and that’s what we’re trying to promote,” Rigdon said.

Rigdon said she would love if students walked away from the booth enlightened and assured with themselves.

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Zenan Li, China

By JOELLE GATES

Zenan Li, a first-year business major, left his small village in Zhejiang, China, to pursue his undergraduate degree.

After hearing about Marshall University’s business program, Li joined INTO, a program that brings international students to American universities to begin learning new skills and gain international exposure.

“We are young, so we want to go out and see things,” Li said. “Chinese food and American food are very different, so it was a little uncomfortable to get use to the food,” Li said. “Chinese food and American food are very different, so it was a little uncomfortable to get use to what Americans eat.”

Although this is the first time he has left his home country, Li said adjusting to life in America has been easy. “When I came here to study, I was speaking English at a low level,” Li said. “Most people can’t understand what (Chinese) students say, and we have a hard time understanding English.”

Despite the struggles that may arise from this barrier, Li said having the opportunity to expand his speaking skills will only strengthen his communication skills for when he returns to his home country.

“I came to America to work on my English and communication and cultural skills,” Li said. “These skills might help me get a job in a good company, so I can learn as much as possible and eventually start my own company.”

One way Li is improving his speaking skills is through opportunities to learn from Americans and tell them about what the situation in China is like, but we don’t evaluate people like that.”

As he looks forward to the future, Li said he is excited to establish himself in America and hopes he is given more opportunities to learn from Americans and tell them about his home country.

“In America, I’ve been in many situations where I walk down the street and some Americans will make fun or harass me,” Li said. “In my opinion, this is what makes China better than America. Many Americans don’t understand what the situation in China is like, but we don’t evaluate people like that.”

Joelle Gates can be contacted at gates29@marshall.edu.

Worship Directory

Fifth Avenue Baptist Church
1135 Fifth Avenue
Corner of Fifth Avenue & 12th Street in downtown Huntington
-Sunday Morning Worship – 10:45 am
See our website for many other times of Bible study, worship, and activities for children, youth, and adults.

www.fifthavenuebaptist.org
304-523-0115

PRESBYTERIAN

Beverly Hills Presbyterian Church
469 Norwown Ave., Huntington, WV 304-529-4651
Sunday Service 11 a.m.
All Welcome
Pastor: Cindy Harkless bhpcusa@comcast.net

FREE WILL BAPTIST

Central Free Will Baptist Church
451 6th Avenue, Huntington, WV 304-526-2717
9:45 A.M. — Devotion
10:00 A.M. — Sunday School
11:00 A.M. — Morning Worship
6:00 P.M. — Evening Worship
Wed. Services — 7:00 P.M.
Pastor Steve Williams

METHODIST

Steele Memorial United Methodist Church
733 Shaw St.
Barboursville, WV 25504
304-736-4583
Sunday School — 9:40 A.M.
Sunday Worship — 8:45 A.M. & 10:45 A.M. & 6:30 P.M.
Celebrate Recovery - Tuesday - 6:30 P.M.
Rev. Kevin Lantz
Rev. Ralph Sager, Associate Pastor

CATHOLIC

St. Peter Claver Catholic Church
828 15th St. (on 9th Ave) Htg.
304-691-0537
Sunday Mass: 11:00a.m.
Daily Masses: 12:05 on Monday, Wednesday, Thursday and Friday Confession by appointment
Rev. Fr. Douglas A. Ondeck

OUR LADY OF FATIMA
Catholic Parish & Parish School
545 Norway Ave., Huntington • 304-525-0866
Mass Schedule: Saturday 5:30 P.M.
Sunday 8:00 A.M. & 10:45 A.M.
Spanish Mass: 2nd & 4th Sundays at 9:15 A.M.
Misa en Español: segundo y cuarto los domingos a las 9:15 A.M.
Confession: Saturday 3:30 – 4:30 P.M.
www.ourfatimafamily.com
Father Paul Yuenger

SACRED HEART
CATHOLIC CHURCH
2015 Adams Ave. Huntington, WV • 304-429-4318
Mass Times: Sat. 5:30pm, Sun. 9am,
Confessions on Sat. 4:45pm-5:15pm or anytime by appointment
Office Hours Mon-Fri. 9am-2pm
Rev. Fr. Douglas A. Ondeck

St. Joseph Roman Catholic Church
526 13th Street
(304) 525-5202
Pastor: Fr Dean Borgmeyer

Sunday Mass Schedule
Saturday Vigil: 4:30 pm
Sunday: 8:00 am, 10:00 am, 12:00 Noon, 5:30 pm
Confessions
Saturday 8:00 am-8:25 am
Sunday 4:00 pm-4:25 pm
Tuesday 5:00 pm-5:25 pm
or by appointment
Unity Walk brings Marshall community together, begins homecoming activities

By HANNAH GRAHAM
THE PARTHENON

Marshall University had its seventh annual Unity Walk Monday, Oct. 15 to kick off the homecoming week festivities. The walk started and ended at the Memorial Student Center, and students from multiple organizations participated in the walk and celebrated their differences.

Paige Reger, sophomore communications major, participated in the walk with her Delta Zeta sisters. She said the Unity Walk is important to improving relationships on campus, and the sorority she belongs to is a big proponent of celebrating diversity.

“It’s important that we get to meet each other and come together in this manner,” Reger said. “We all get to meet and understand one another, and that’s important to grow as a person.”

Students talked and got to know one another as they walked the path through the center of campus and past the Rec Center. Half the students went around Third Avenue, half went around Fifth Avenue, and the group reconvened on the sidewalk in front of the entrance of Old Main.

Andy Hermansdorfer, Marshall’s director of student involvement, spoke about the importance of the Unity Walk as he walked with students.

“Our Unity Walk gives students an opportunity to celebrate each other,” Hermansdorfer said. “It lets them celebrate diversity, but it also lets them celebrate inclusion. It gives students an opportunity to meet people they haven’t met before, and it gives the community an opportunity to see what goes on on campus.”

Homecoming court attendants, student government, Marshall athletic teams and other organizations came together in the name of celebrating their backgrounds and meeting new people. Despite the rain, students had smiles on their faces as they walked.

The Unity Walk aimed to bring students of all organizations, backgrounds, races, genders, sexual orientations and cultures together. Rayshawn Eastman, the dean of student development, said he was excited to see the turnout of students ready to do just that.

“Diversity is really crucial to the student environment,” Eastman said. “You get a lot of people from different backgrounds interacting and learning from one another. The ability to interact with different people and learn from them is vital as students advance in their careers. This is where that interaction happens, right on a college campus.”

Maurice Cooley, associate vice president of Marshall’s Office of Intercultural Affairs, was largely responsible for organizing the gathering.

“We hope you look forward to getting to know all of your new brothers and sisters,” Cooley said during the opening announcements. “You can chat, sing, make noise and whatever you’d like to do. Just enjoy your time together.”

Cameron Bright, senior psychology major, was walking with Marshall Collegiate 4-H.

“Hopefully we can get more people involved and keep it alive,” Bright said.

The Unity Walk is important, because it allows us all to come together to celebrate our differences, but also realize our similarities as a community,” Bright said.

After the brief walk around campus, students went inside the Memorial Student Center for more celebration.

“I think the Unity Walk is great,” Lila Beattie, first-year nursing major, said. “We all get to come together as a campus, and that’s one of the reasons why Marshall is so great.”

Hannah Graham can be contacted at graham155@marshall.edu.

Women’s rights group, Herd FREE, is fighting for reproductive education, equality for all

By DOUGLAS HARDING
THE PARTHENON

West Virginia’s leading organization fighting for women’s rights and equality for all, WV Focus on Reproductive Education and Equality, now has a Marshall University chapter called Herd FREE.

Herd FREE’s mission is to raise awareness about women’s rights issues, such as access to reproductive care, protecting Roe v. Wade and defeating WV’s Amendment One, an attempt to ban women’s right to an abortion and cut Medicaid’s funding of abortions for poorer residents, to be on the state voting ballot in November.

“Herd FREE allows students across campus to stand up and fight for issues and causes they believe in to make a difference,” Elena Compton, a sophomore social work major and member of the group, said.

Compton, who is also the student representative of Marshall’s women’s commission, said she joined the group to make phone calls to voters for their Tie-Dye and Tie Up the Phone Lines event Tuesday, Oct. 16 in the Memorial Student Center. During the event, members of the group made phone calls to West Virginia voters to raise awareness and discuss the importance of voting no on Amendment One in three weeks.

“It’s important for women to be able to make their own decisions about their own bodies, and that’s why it is essential to get out and vote no on Amendment One,” Compton said.

Compton said it is important to educate and talk to voters about these issues, because a lot of people are unaware but generally agree with the group when issues are explained to them.

There is currently a negative stigma around women’s reproductive rights, Compton said, and one of Herd FREE’s main goals is to help combat that.

“Birth control and reproductive rights are so useful and essential, but they have been stigmatized for ages, and we have to change that,” she said.

Compton said she and Herd FREE are also working on starting a sexual assault support group on campus called Be Herd. The group will focus on policy education and referrals for help for anyone needing it.

“We’re currently looking for more members and interested students to get this group officially started,” Compton said.

Be Herd meetings will take place from 5 to 6 p.m. Mondays in Prichard Hall Room 143, directly prior to Herd FREE meetings which are Mondays from 6 to 7 p.m. in the same room.

“Our hope with this group is to empower students to take leadership on issues most important to them regarding women’s rights and specifically reproductive rights,” Katie Wolfe, communications coordinator of WV FREE, said.

To reverse negative stigmas regarding women’s and reproductive rights and to combat the fact one in four women will be sexually assaulted during college, education at an earlier age is essential, Wolfe said.

Currently only eight states in the U.S. require teaching young people about consent in sex education classes, Wolfe said.

“We aren’t even teaching people what consent is or what it means to respect other people’s wishes,” she said. “That’s something that has to change for us to see any progress on this issue.”

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