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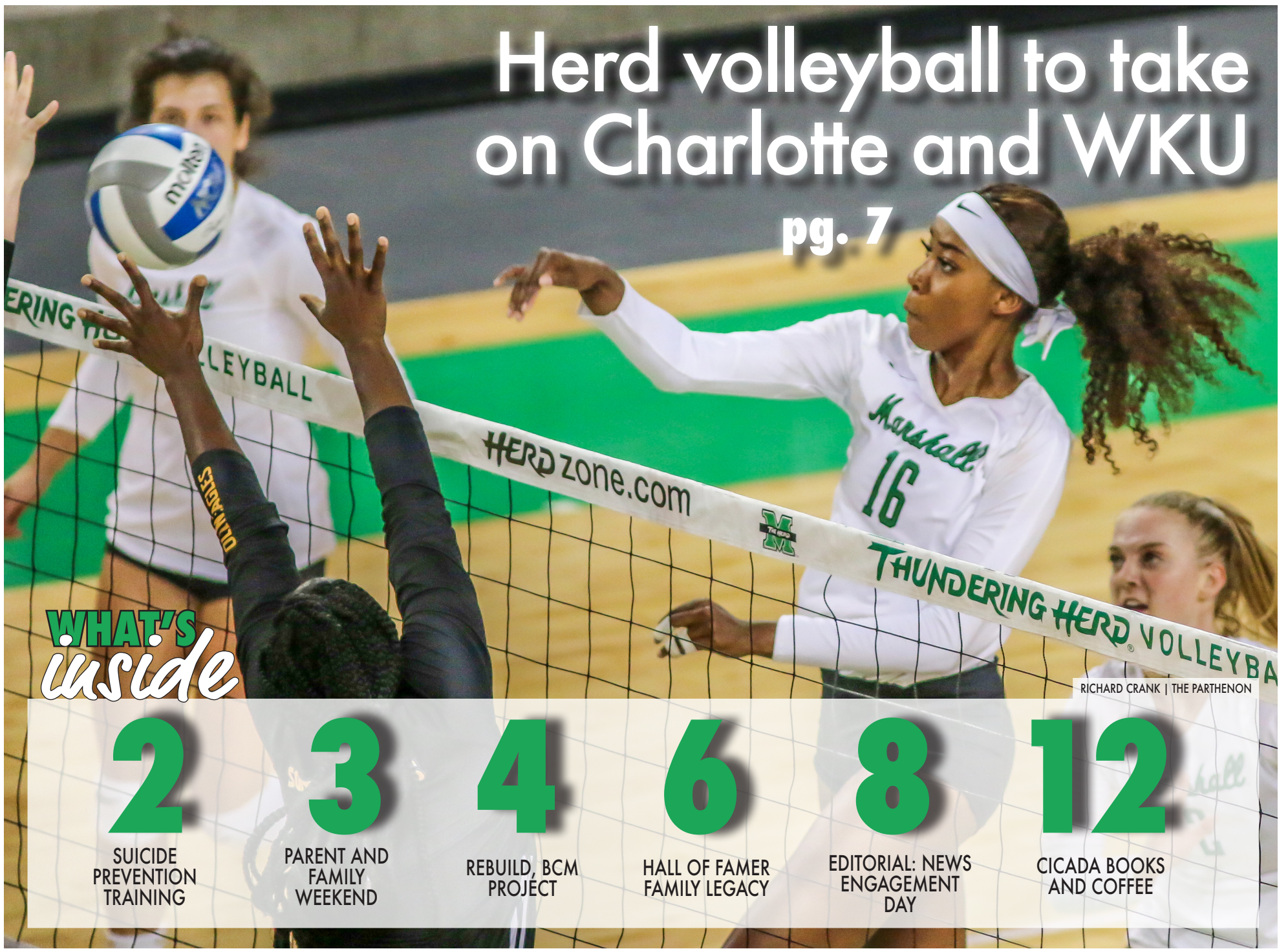
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THE PARTHENON

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Herd volleyball to take on Charlotte and WKU

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Marshall QPR training works to end stigma surrounding suicide

By **BLAKE NEWHOUSE**
THE PARTHENON

Destigmatizing the conversation surrounding suicide is the first step to reducing it, a Marshall University social worker told students Monday at Drinko Library.

"If we don't ask the question, we can't have the conversation," said Katelyn Fowler, social worker and grant coordinator for MU-SPEAC, Marshall University's Suicide Prevention Education Across Campus. "If we don't have the conversation, then we can't get people help."

The conversation was a part of Marshall's suicide prevention training, which utilizes the QPR technique, Question, Persuade, Refer, of recognizing warning signs of suicide and offering help to those who may be experiencing suicidal thoughts.

In 2017, suicide was the tenth leading cause of death in the United States, and in West Virginia it was the eighth leading cause of death, more than five times the amount of people who died in alcohol related motor vehicle accidents, according to the American Foundation for Suicide Prevention.

Fowler said the topic of suicide prevention affects us all, which is even more of a reason to learn about how to help someone.

"In a state where suicide is the second leading cause of death for people aged 15-24, it is really all our business to get involved in suicide prevention," Fowler said. "Why is it important that you come to a QPR for an hour and listen to me talk? Because one person who dies by suicide is too many."

“
If we don't ask the question, we can't have the conversation. If we don't have the conversation, then we can't get people help.”

— *Katelyn Fowler*



BLAKE NEWHOUSE | THE PARTHENON

Katelyn Fowler, grant coordinator for MU-SPEAC, talks to students about suicide statistics in West Virginia.

Fowler talked about her personal experience with confronting someone about self-harm and how it inspired her to work in the field of suicide prevention.

"People don't typically come into this field without something that drives them," Fowler said. "So, if it's going to be helpful, we always try to share our stories when appropriate."

Fowler's best friend had shown warning signs of self-harm before entering into

college, but Fowler said she was unaware of the extent of her friend's issues until one night in college when her friend was dropped off at their college dorm, lying unconscious on the floor.

Fowler said her best friend was struggling with diabulimia, an eating disorder where type-1 diabetics misuse their insulin to lose weight, which can result in death.

The parents of Fowler's best friend asked that she not tell anyone about the struggles their daughter was facing, a request Fowler said she followed until the illness worsened.

"We couldn't keep her safe anymore. It got to the point where things were getting really bad, so we went to tell someone that we trusted at the school," Fowler said. "They called her family in, and she got sent to treatment in Arizona. She is now married, a nutritionist with degrees doing very well, but hasn't spoken to me since the day I told the people at the university."

Some people may view this situation as somber, but Fowler said she has a different perspective about her experience.

"She can be mad at me, but she's here,"

Fowler said. "She is here to experience all of those things in her life. I would much rather her be here and be upset with me than her not be here at all."

In order to change how people think of suicide, Fowler said suicide prevention organizations throughout the country are trying to change the way we discuss suicide.

"We're encouraging people to shift their language and the way they talk about suicide. Research science shows that how we speak about something dictates the way we behave around that issue," Fowler said. "So, saying 'committed suicide,' it gives off a negative connotation. We often use the word commit when we are talking about sin, murder, theft, so it kind of criminalizes the act in and of itself. It can be very hard for people who are suicide loss survivors, to hear that about the person they love. So, we use words like 'completed suicide' or 'died of suicide' so it does not have a positive or negative connotation, it's just neutral."

The conversation also included students and faculty members that had lost a loved one to suicide, some saying that they wish to understand what they could do in the future to prevent suicide from happening again.

Other students, such as Shelby McKeand, a second-year graduate student majoring in school counseling, said she came to the event to learn more about what she can do to help as she enters into the workforce.

"The suicide rate goes up every single day," McKeand said. "People don't always see the warning signs because they aren't really aware of them, so hopefully this gets the word out there and will help prevent suicide in the future."

Fowler said that these conversations are vital to the cause and she hopes that sharing her story with others will encourage them to speak up.

"These kinds of conversations are going to change the stigma around mental health issues, I really and truly believe that," Fowler said. "I know that it sounds so cliché, but I truly do believe it, and it's why I am so passionate about this. So, if you're worried or concerned about talking to someone or about making the call for more support, I hope you'll just remember my story. Always be safe rather than sorry."

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Parent and Family Weekend most successful yet

By **JULIANNA EVERLY**
THE PARTHENON

Parents and families from throughout West Virginia and beyond came to Huntington to be reunited with their Marshall University students who have been away at school for roughly six weeks.

Marshall's Parent and Family Weekend tripled in attendance this past weekend and became the most successful one yet, according to the event coordinator.

"This year was a substantial growth in attendance," Michael Circle, parent and family services coordinator and coordinator for Parent and Family Weekend, said. "Last year, we had 250 people, and that was a record for me since I have been in charge of this event, but this year we were lucky enough to have 800 people."

The weekend was full of events for the families to partake in.

On Friday night, there was a Welcome Reception and later, a Family Feud event that took place for the first time. On Saturday during the day, families could participate in the tailgate and football game, where there was a section just for the them that completely filled up. On Saturday night, a Parent and Family Game and Movie Night took place. On Sunday, to close out the weekend, there was a Farewell Brunch at Harless Dining Hall.

In past years, Parent and Family

Weekend has taken place during Marshall's homecoming weekend. After years of trying to move the dates, it finally changed, allowing parents and families to enjoy their time without the extra community members that partake in homecoming activities.

"With homecoming you have alumni, community members, student organizations and a lot of other things going on," Circle said. "We wanted to give parents and families a more intimate weekend that was just for them."

Sophomore exercise science major Chloe Cook said her family came to Huntington for the weekend. Cook said it was an enjoyable experience for her and her family last year, so they knew they had to attend again.

"This year, my mom, dad, grandma and grandpa all visited me for Parent and Family Weekend," Cook said. "I was able to show them around Marshall's campus and



JULIANNA EVERLY | THE PARTHENON

Sophomore exercise science major Chloe Cook and her family attended the Marshall vs. Cincinnati game on Saturday.

the Huntington area, as well as show them what my life is like here at Marshall."

Cook said she feels that Marshall has a family atmosphere that is unlike any other school and Parent and Family Weekend embraced that.

"This event helped my family stay connected with me and see what Marshall has to offer me while I'm here," Cook said.

Julianna Everly can be contacted at everly128@marshall.edu.

Marshall students give back through community service

By **BRITTANY HIVELY**
THE PARTHENON

During college, a time when students are focused on classes, extracurricular activities and potential jobs, Marshall University students have still found time to give back to the community.

"I have grown to love Huntington. Having so many opportunities to give back to the community means that I am able to invest into the community in ways that I find meaningful," Jacqueline Browning, senior and president of the National Society of Leadership and Success organization,

said. "This allows the betterment of a city that is close to my heart, which is a wonderful feeling."

Marshall currently has more than 250 student organizations and clubs, according to the university's engagement site, HerdLink. More than 140 of those organizations cite community service in their description, but even more find ways to give back to the community.

"There are several organizations that their primary focus isn't necessarily service, however they do a lot of outreach, they have a lot of community service hours,"

Will Holland, director of community engagement, said. "All of our Greek chapters on campus are extremely good at reaching out to the community. Groups that you don't necessarily think of being associated with service are doing a lot of great things and putting in a lot of hours."

Browning said community service not only allows students to give back in different ways, but it allows them to expand their horizons.

"I think it is so important to get out of our own bubble and to see the world and our community in a different way," Browning said.

"This broadens the way we can see our community and the people in it."

With such a high number of organizations doing community service, Holland said it can be difficult to get a specific number of hours that students are putting back into the community.

"It's so hard to track," Holland said. "We're talking several thousands; I want to say just our fraternities and sororities alone are bringing in thousands of hours every year, and that's just a portion of all of our student organizations."

Students interested in finding an organization to fit their

interests can check HerdLink. Holland said they can also contact him and set up an appointment to find the best fit for their interests.

"The more engaged our students are, the better success they'll have here on campus," Holland said. "And when it comes to the community service, the more engaged they are with the community, the more connections they'll have, the better the letters of reference they'll have and the better their resume will look."

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Rebuild renovates empty buildings

By **AARON DICKENS**
THE PARTHENON

Demolition and Renovation occurred inside of buildings in Huntington on Saturday, Sept. 28, when Baptist Campus Ministry (BCM) helped with Rebuild projects.

Rebuild, an organization in Huntington, strives to help the people in Huntington by renovating buildings to give people who are struggling a place to hang out and escape the realities of their lives.

"We wanted to give some of the people with tougher lives a place to go," Steven Sxkeley, a volunteer as the project manager for Rebuild, said. "One of the best ways to do that is transforming a place into somewhere where people can go to pray and convey their troubles. A coffee shop is also a good place to hang out and debrief."

One of the ways that the Rebuild team does this is by pairing up with

BCM and having the members volunteer for labor.

"This is the fourth or fifth time that BCM has helped us with a project like this," Sxkeley said. "They tear into the building by smashing walls, putting up dry wall, cleaning and moving furniture. I am always impressed with the immense amount of work they put out to help us. Not a single person is on their phone; it is a solid group effort. They give every ounce of effort they have every single time they have volunteered."

Although the Rebuild team has two more empty buildings to renovate, one of the formerly empty buildings has been renovated into a ministry. The current building BCM and the Rebuild team is working on is being renovated into a coffee house, Sxkeley said.

One of the other goals is to give people hope that things can get better if you work on them, said Paul Law, the assistant director of Rebuild.

"One of our goals is to give a visual representation by showing people that no matter how something is damaged or destroyed, that it can be fixed," Law said. "Some people feel like their lives are beyond repair, so we want to try and give people that hope by turning a place that was once so empty to a place with meaning."

Despite one of the main goals being to renovate certain buildings and to help others, Sxkeley said that it is also an outreach to people who are not affiliated with Christianity who are interested in learning more about the faith.

"Overall, it is a Christian outreach," Sxkeley said. "People from BCM get an opportunity to share their beliefs with others as well as show how the power of Christ can change a building from nothing to something."

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Students plan for fall

By **MEG KELLER**
THE PARTHENON

With the first day of fall passing last week, Marshall students have begun making plans to celebrate the season.

Raquel Melgar, a junior social work major from Philippi, West Virginia, said she is "excited for anything that has to do with Halloween" and plans to attend the Twin Towers Resident Hall event, "Tower of Terror."

"I'm going to the Pumpkin Festival this weekend, and I'll probably go to some haunted corn mazes, or maybe King's Island or something," Julianne Godwin, a senior marketing major from Charleston, West Virginia, said.

Although some students are preparing for extracurricular fun, Caleb Jiggetts, a freshman game design major, is still getting in the swing of things in his first semester of college.

With his first class beginning at 8 a.m., Jiggetts said his most difficult feat of college thus far has been waking up early for classes. Overall, he said he is adjusting well.

"Homework is a little annoying, but for the most part, it's pretty good," Jiggetts said.

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Green and White Day attracts prospective students to Marshall

By **PHUONG ANH DO**
THE PARTHENON

High school students from all over West Virginia and nearby states visited Marshall University on Green and White Day to check out what the university has to offer for both campus life and academic showcases.

Around 1,100 individuals signed up for the event, and some of them said they are already hoping to return next year as freshmen.

"I want to apply right away," said Abigail Rittinger, a student from Hurricane High School who plans to study biology. "I didn't know there were a lot of programs in here. But after coming to Green and White Day, I know a lot more about it."

Rittinger came to Green and White Day with her parents. Her mom, who used to be a Marshall student, said she supports her daughter's desire to apply for the university.

"I will encourage her to apply for Marshall because one, it's near our home and two, I went to Marshall myself, and I think they have a lot to offer that you can be very successful in the future," Cheryl Rittinger said.

Jaime Taylor, Marshall's provost and senior vice president for academic affairs, said the goal is to get individuals across West Virginia and other states, such as Ohio,



PHUONG ANH DO | THE PARTHENON

High school students and family members visited campus for Green and White Day Saturday, Sept. 28.

Maryland and Virginia, all on campus to see the campus life and, more importantly, to show the academic showcase.

"We want them to see all the academic programs that we have," Taylor said. "A lot of students only think of nursing, engineering, law. We want them to see all of these because Marshall has one hundred plus degree programs."

The big difference from this Green and White Day

compared to others was after the event, families and students were invited to join in cheering on the Thundering Herd against the Cincinnati Bearcats.

"It really gets people to really experience what it likes to be a Marshall Thundering Herd," Taylor said.

The university has made an effort in getting more recruiters in providing prospective students with an app making it so individuals can communicate with the academic units throughout the year, according to Taylor.

Taylor said that Green and White Days are important for both the future recruitment of Marshall and the state of West Virginia.

"Green and White Days are so important for Marshall to get more students enrolled," Taylor said. "This is good for the state of West Virginia. The more individuals we can get a college degree in a state of West Virginia,

the more that's going to help our economy. Today we have 1,100 individuals signed up, we're hoping that turns out to be anywhere from 900 to 1,000."

Future fall dates for Green and White Days are scheduled for Nov. 11 and Dec. 6.

Phuong Anh Do can be contacted at do18@marshall.edu.

Dr. Alan B. Gould, long-time administrator and faculty member, dies at 81

UNIVERSITY COMMUNICATIONS

Alan B. Gould, a longtime faculty member and administrator at Marshall University, passed away early Sunday morning after a long illness.

"We are deeply saddened to hear of Alan's death," said Jerome A. Gilbert, president of the university. "He knew this institution better than most, having received two degrees from Marshall and then serving as a faculty member for decades. His knowledge of world history, civic responsibility and the political realm was legendary. He will be missed."

Gould served in a number of capacities at Marshall

over his more than 45-year career at Marshall, including professor of history, chair of the history department, assistant to the president for special projects, dean of the College of Liberal Arts, provost and executive director of the Drinko Academy. He was also interim president from 1990 to 1991.

He was named an honorary Drinko Fellow in 2016.

Gould, a Huntington East High School graduate, earned B.A. and M.A. degrees in history from Marshall University, and a Ph.D. in history from West Virginia University.

He is survived by his wife, Mary Nell, and three sons.

Funeral arrangements are pending.



PHOTO COURTESY OF UNIVERSITY COMMUNICATIONS

Gould served as Marshall's interim president from 1990 to 1991.

Submissions open for future Drinko exhibition

By SUMMER JEWELL THE PARTHENON

For an exhibition challenging negative perceptions of Appalachians, Drinko Library is asking local artists to submit their work.

"What we're trying to do is create a year-long theme on exploring Appalachian identity seen by actual Appalachians rather than the identity of people outside of Appalachia who often stereotype this region and tend to show it in the worst possible light," said Sabrina Thomas, the instruction and research librarian at Drinko Library.

The exhibition, entitled "Reframing Appalachia: Images, stories and dreams for the future," is a collaboration between Drinko Library and Marshall University's art department. It will be displayed in the library from Jan. 13 to May 11. Entries can be dropped off to the library from 8:30 a.m. to 5 p.m. Dec. 2-3.

There is currently a traveling photography exhibition in the library for the fall semester titled "Looking at Appalachia."

Drinko Library is also accepting poetry submissions for "Reframing Appalachia: Images, stories and dreams for the future," which is something they have not done for exhibitions in the past according to Thomas. The poetry must be framed and with a wire hang on the back so that it can be displayed.

They are also accepting 3D sculptural work that is no larger than 45 inches high by 26 inches wide by 7 inches deep and weighs less than 5 pounds.

"This is a chance for you to show your world and what this region is like through your eyes," Thomas said. "This is your chance to show your lived life and be a part of a juried art exhibition."

Summer Jewell can be contacted at jewell44@marshall.edu.



MICHAELA CRITTENDEN | PHOTO AND GRAPHICS EDITOR

The "Reframing Appalachia" exhibition will be displayed at Drinko Library from Jan. 13 to May 11.



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SOCIAL MEDIA POLL RESULTS	Y	N
DO YOU PLAN TO ATTEND THE WEST VIRGINIA PUMPKIN FESTIVAL IN MILTON?	61%	39%
ARE YOU GOING TO THE WOMEN'S SOCCER GAME THURSDAY?	15%	85%
WILL YOU BE GOING TO SEE PROFESSIONAL BULL RIDERS AT BIG SANDY THIS WEEKEND?	10%	90%
DO YOU KNOW ABOUT THE LGBTQ+ HISTORY MONTH EVENTS AT MU?	37%	63%
HAVE YOU PARTICIPATED IN SUICIDE PREVENTION TRAINING?	25%	75%

This poll was conducted on The Parthenon's Instagram, @MUParthenon. The results reflect responses from an average of 180 individuals.

Cross-country freshman 'runs' in the footsteps of Hall of Fame father

By GRANT GOODRICH
THE PARTHENON

Marshall Athletics Hall of Famer Rogers Beckett left Huntington several years ago, but the Beckett name returned to Marshall's campus this semester with his freshman, cross-country running daughter, Astoria Beckett.

"Even though my intentions weren't to come here," Astoria Beckett said, "I think it's kind of cool I followed my parents' footsteps and managed to go to the same college as them."

She follows the footsteps of a father who was a part of Marshall football's most successful four-year class in history, in which they compiled a 50-4 record.

Rogers Beckett said because he is usually busy working on ideas or real estate projects, he has not been back to campus very much, even for football games. However, with his daughter now enrolled at Marshall, Rogers Beckett said he had a chance to return to campus for the Marshall vs. Cincinnati football game.

"It was interesting," he said. "I haven't sat in the stands many times, so it was a different perspective. It was good to be back."

While on campus, he was also able to see a lot of the new construction and upgrades that have taken place through the years.

"I think the student experience is much better," Rogers Beckett said. "I think they've done a great job investing into that. It's definitely a great sight to see."

The facility upgrades not only impressed him, but Astoria Beckett said they impressed her as well and were one of the many reasons she chose to come to Marshall.

Other than the fact that it is her parents' alma mater, Astoria Beckett said she also really liked the coaching staff, and it ended up being her best financial option.

In the mid 1990s when Rogers was deciding on his school destination, he said he chose Marshall partly because they were the "cream of the crop of their division"



Marshall University Athletics Hall of Famer Rogers Beckett (right) stands with daughter, Astoria Beckett who now runs cross country.

and it was a "change of pace."

Though there were many reasons that both father and daughter said they chose to attend Marshall, but one held true in 1996 and today: the welcoming atmosphere and the friendly people.

"I think it provided a great atmosphere and environment for me to gain independence," Rogers Beckett said.

Because that atmosphere was still present all these years later, Rogers Beckett said he felt comfortable

with Marshall's environment, making it easy having his daughter at a home away from home.

"Marshall showed that they are willing to invest into her education as well as her athletic skills and abilities," he said.

So far, Astoria Beckett said she has enjoyed everything but the humidity, while her favorite part has been the training.

"It's definitely different from high school," Astoria Beckett said. "But it's cool to say, 'I'm a collegiate athlete and going to a DI school.' I think that's pretty amazing because not everyone gets that opportunity."

The opportunity is one that both father and daughter share, and Rogers Beckett said he hopes his daughter will be able to have some of the same experiences at Marshall that he did.

"I've met numerous families and alumni, and gotten to know them on an off the field and in and out of the classroom," Rogers Beckett said. "I believe that's one thing it (Marshall) has to offer Astoria as well."

As a part of the Marshall team, Rogers Beckett was a first team All-MAC player in 1998 and 1999 and a Marshall team captain in the 1999 season. He also served as vice president of the Student Government Association for the 1999-2000 school year.

Rogers Beckett was drafted in the second round of the 2000 NFL Draft to the San Diego Chargers and went on to play for the Cincinnati Bengals in 2003. Once he was no longer able to play in the NFL,

Rogers Beckett returned to Marshall in 2005 to finish his master's degree, which he had started during his senior year, he said.

After graduating, Rogers Beckett he moved back to Apopka, Florida where he was born and raised to use his degree for urban development and city planning.

Grant Goodrich can be contacted at goodrich24@marshall.edu.

Athlete of the Week: Marah Abu-Tayah

Class: Senior
Height: 5'6
Position: Forward
Hometown: Williamsville, Illinois

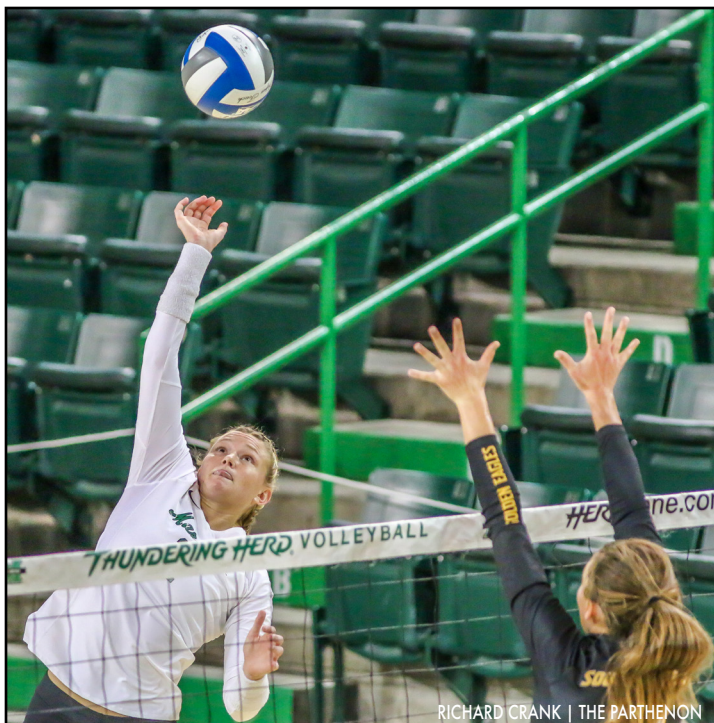
LAST WEEK'S RESULTS:
vs. Florida International University 2 G, 2 A
Marshall women's soccer senior forward Marah Abu-Tayah earns

this week's athlete of the week honors after being named Conference USA Co-Offensive Player of the Week, after she successfully scored two goals and had two assists in the matchup against Florida International University. Abu-Tayah helped lead the Herd to a 6-0 shutout win over the Panthers. This win is the first win in C-USA play for the Herd.



SYDNEY SHELTON | SPORTS EDITOR

Herd volleyball to take on Charlotte, WKU



Ciara DeBell swings against Southern Miss in the 3-0 sweep on Sept. 27.

By SYDNEY SHELTON
SPORTS EDITOR

After starting conference play 2-0, the Marshall University volleyball team will hit the road this week to battle the Charlotte 49ers and the Western Kentucky Hilltoppers.

The Herd is coming off of a sweep against Southern Mississippi and a 3-1 win against Florida International University.

Marshall (11-4) has had a solid start to the season only collecting four losses, all four of which were non-conference. Only trailing Rice, Marshall sits in second place for Conference USA.

Friday, the Herd travels to Charlotte, North Carolina to face the 49ers (10-7). Charlotte is ranked seventh in C-USA.

Charlotte started conference play with a 0-3 loss to UTSA but bounced back beating Middle Tennessee 3-1. Earlier in Charlotte's season they beat Eastern Kentucky 3-1 which Marshall swept weeks ago.

Charlotte's senior libero Yumi Garcia is a crucial part of Charlotte's team so far this season.

Region Team, All-Conference First Team, NCCISIA All-State First Team, MVP of the Rose Hill Classic and named to four all-tournament teams.

Garcia seems to be a threat up against the Herd blocking and hitting. Marshall has climbed the charts and currently sits in fourth place in the NCAA Division I standings for blocks per set, just .22 points behind Utah. Sophomore middle Isa Dostal and junior middle blocker Destiny Leon are both individually ranked in blocks per set. Dostal sits in 12th place, .01 behind 11th. Leon is ranked 26th.

Days later the Herd will travel to Bowling Green, Kentucky to face the Hilltoppers, who are on an 11 win streak.

WKU is (15-1) with one C-USA win over Southern Mississippi.

The Hilltoppers swept Southern Miss after Marshall handed

**see VOLLEYBALL
on pg. 10**

She has earned Conference USA Defensive Player of the Week twice in September. Last season, she was named C-USA's Libero of the Year, AVCA All-South



Sophomore setter Gabby Coulter during the Southern Miss game on Sept. 27.

MU Football to travel to Middle TN

By BRIGHAM WARF
THE PARTHENON

The Herd's goal to hoist the Conference-USA Championship trophy begins Saturday against Middle Tennessee to kick off conference play.

"We're trying to start off 1-0 and come together as a team," redshirt sophomore running back Brenden Knox said. "Conference play brings out the best in people and everything we want to achieve as a team is ahead of us."

Marshall is coming off a tough loss of 52-14 against the Cincinnati Bearcats at the Joan C. Edwards Stadium in front of 32,000 fans.

The Herd (2-2) can treat the out of conference matchups as learning experiences to face in conference foes.

"Last week, we did not play to our expectations," redshirt senior defensive lineman Marquis Couch said. "It was on our part, we have to lock down and buckle up and look at the mistakes and little things to improve."

Marshall finished the 2018 season 6-2 in conference play with one of the losses coming to Middle Tennessee at home where the Herd was shut out in the second half and finished the game 24-34. Middle Tennessee went on to the conference championship, but ultimately lost to UAB.

Middle Tennessee - similarly to Marshall - has faced challenging out of conference teams this season and is entering conference play with a 1-3 record. The Blue Raiders

started off its season facing Michigan, who is now ranked 19th and lost 21-40, went on to play Duke and lost 18-41 and lost to the 14th team in the nation in Iowa with a score of 3-48.

MTSU's sole win on the season was against Tennessee State when the Raiders sophomore quarterback Asher O'Hara completed 22-30 passes for 367 yards and four touchdowns.

"He has completed over 70 percent of his passes this season," Head Coach Doc Holliday said. "He is not going to run out of bounds or slide. He is going to jump over people. All you have to do is turn on film of Michigan, Iowa or Duke and you can see that they all have a hard time tackling him, so that will be a challenge we have to deal with."

With another key offensive leader out for the season, senior wide receiver Artie Henry, senior wide receiver Obi Obialo, Holliday and the rest of the coaching staff are relying on young guys to step up in their absence.

"Unfortunately, the older receivers we have are not out there right now," Holliday said. "The younger guys are going to have to accelerate their growth and go make plays."

Kick off between the Blue Raiders and the Thundering Herd is set for 3:30 p.m. E.S.T. at Johnny "Red" Floyd Stadium in Murfreesboro, Tennessee, Saturday Oct. 5.

Brigham Warf can be contacted at warf13@marshall.edu.

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The Parthenon, Marshall University's student newspaper, is published by students Wednesdays during the regular semester and every other week during the summer. The editorial staff is responsible for news and editorial content.

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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.

EDITORIAL

News Engagement Day

The purpose of News Engagement Day, which was Tuesday, Oct. 1, is to give readers a chance to connect with their news organizations and ask questions. In honor of the day, Parthenon editors reflected on what news means to them.

Having the opportunity to learn and share the heartfelt, intimate stories of people, and help keep people informed as they should be is what is fulfilling to me. The stories behind the story is what I want to tell. That's where the passion lies.

-Meg Keller, Social Media Manager

I am so lucky to have the opportunity to tell stories and allow the public to be educated and informed in their decisions. Whether it's politics, a new business or an inspiring feature, news is important. I love being able to give a voice to those who may not have had one otherwise. Hearing about the lives of others and portraying that in print is the best part of the job.

-Hanna Pennington, Executive Editor

To me, newspapers are a platform for sharing and assessing uncensored ideas and stories, representative of a dedication to relentless truth-telling and an ever open dialogue amongst individuals of all walks of life.

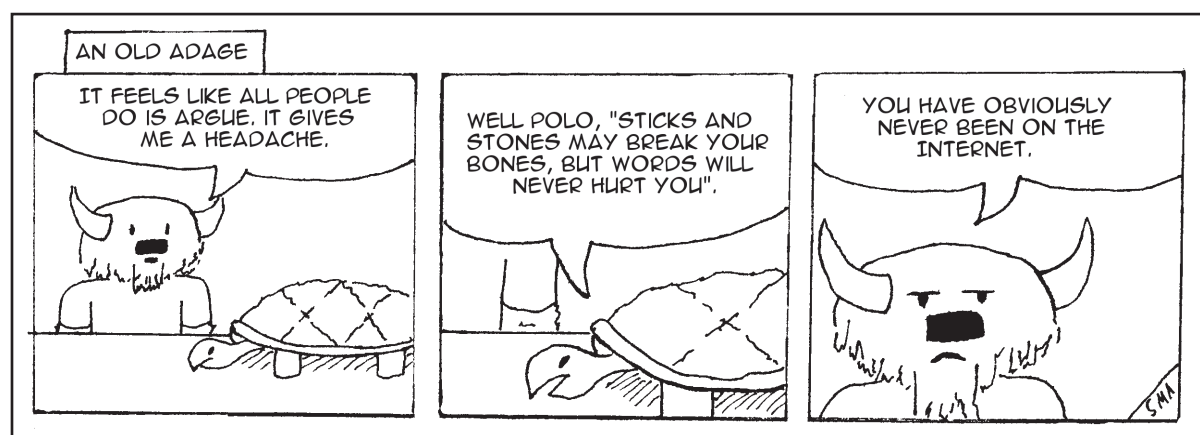
-Douglas Harding, News Editor

News means everything to me. It means telling stories and finding a more meaningful purpose. My favorite kind of news is sports. As a determined and hardworking journalist, I want to demonstrate my passion for sports in the professional sports world while remaining a dedicated and focused person and female journalist.

-Taylor Huddleston, Assistant Sports Editor

Everyone has a talent. For me, it's my use of words and how I can craft them. That's why news and journalism is so important to me; it's how I can prove myself and put my talent to use. I'm honored to serve the public, especially Marshall students, as a journalist.

-Amanda Larch, Managing Editor



SAM APPLETON | CONTRIBUTOR

PROGRESSIVE PERSPECTIVE: Sanders, Warren campaigns far from identical

By **DOUGLAS HARDING**
NEWS EDITOR

As in recent weeks Joe Biden has repeatedly face-planted on the campaign trail and nosedived in polls across the nation, Sen. Bernie Sanders and Sen. Elizabeth Warren have established themselves as clear frontrunners to overtake the top spot among potential Democratic voters.

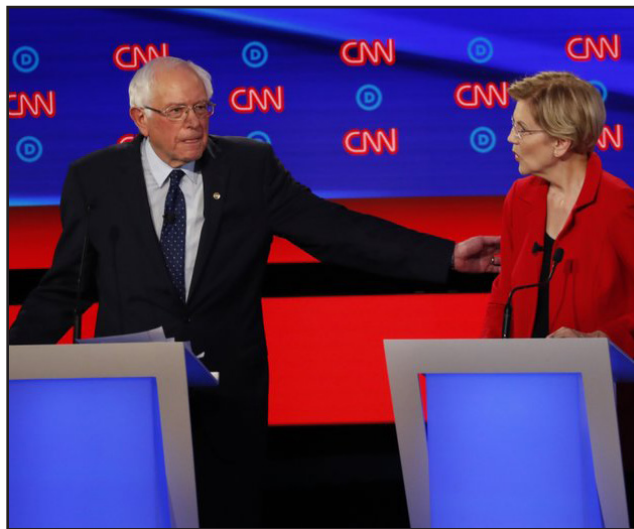
As such, a common narrative has developed throughout mainstream media and political discourse in the U.S., painting the campaigns of the two senators as equally populist and progressive and, at least for voting purposes, practically identical.

Last week, MSNBC invited Emily Tisch Sussman, a Democratic strategist and former vice president of campaigns for the Center for American Progress, onto their program. She went as far as to claim, “Basically, at this point, if you are still supporting Sanders as opposed to Warren, it’s kind of showing your sexism,” mirroring arguments made throughout corporate media by Hillary Clinton supporters in 2016 and implying the two campaigns are so similar that their defining difference is in the genders of the two candidates.

The problem with such a narrative is that it is demonstrably false.

Of the many differences between the two candidates and campaigns which will be closely examined by potential voters in all-important months ahead, several stand out as particularly defining and notable.

One difference between the two campaigns often cited by progressive Democrats and populist Independent potential voters alike is related to perhaps the most crucial issue facing Americans today: healthcare.



PAUL SANCYA | ASSOCIATED PRESS

Sen. Bernie Sanders, I-Vt., gestures toward Sen. Elizabeth Warren, D-Mass., during the first of two Democratic presidential primary debates hosted by CNN Tuesday, July 30, 2019, in the Fox Theatre in Detroit.

While Sanders has introduced a bold plan to eliminate all medical debt in the country, currently totaling \$81 billion, Warren has remained relatively silent, only occasionally throwing tepid support behind a vague version of Medicare for All, then in other moments electing to retract that support.

This is likely a crucial decision-making factor for some 500,000 Americans who go bankrupt each year from medical bills and some 40,000-50,000 who die each year unable to afford healthcare.

A second difference deals with a different sort of debt, which has become the defining characteristic in the lives of a generation of Americans struggling to find their footing in an economy they have discovered to be rigged to work against them.

While Sanders has released a thorough plan to eliminate all student loan debt in the country, currently worth about \$1.6 trillion, Warren’s plan forgives only a fraction of that debt, calculated based on the wealth of the individual attempting to pay off their loans.

Indeed, Warren’s plans across various fundamental issues affecting the American working-class display a pattern of mirroring Sanders’ plans, with slightly less radical—and less populist—outcomes and ideals.

Another difference deals not with policy plans of debatable outcomes in the future, but with concrete voting records of which Americans—and countless citizens abroad—have already experienced various disastrous pitfalls as a result.

As Warren voted, more than once, to increase the Trump Administration’s already bloated—\$700 billion—defense budget, Sanders has principally opposed on each of several occasions.

The number of lives lost at home and abroad at least partially due to the bipartisan approval of this massive American war-making budget are genuinely incalculable. While Warren, having accepted large amounts of money from the Military Industrial Complex—notably from defense contracting corporation Raytheon, which is headquartered in Warren’s home state of Massachusetts—has

see PROGRESSIVE on pg. 10

Jena’s Creative Corner

EDITOR’S NOTE: This is a work of fiction written by a contributor to The Parthenon. This does not reflect The Parthenon’s views.

By **JENA CORDLE**
CONTRIBUTOR

“THE HAPPY TREE”

The leaves fall around this time, so crisp and crunchy. During this time of the year there is a big Happy Tree that’s quite famous. With two eyes and a mouth carved into the big oak tree, sitting at the edge of the park.

For decades, lovers signified their love by bundling their love letters together and placing them in the holes of the tree. It is told that once this is done, a leaf will fall ever so gracefully off its branch to show what is to be true: their love.

Every year goes by, and the notes are no longer there. Skeptics say that the notes are taken out by

the city; believers and lovers know that no matter where their letters venture off to, the tree will keep them safe. No one can prove where they go, but no one can deny the mystery that the Happy Tree has become. Though, the tree is much more simple than people actually think.

Truthfully, the Happy Tree isn’t always a happy tree. It’s an old tree, a dying tree that used to be so full of life and happiness. Now, so lonely, not having another tree to spend its remaining time with. Yet, it does have Fall, and it has its love letters and couples in love spreading their joy to the tree.

For a short while, that’s enough for the tree. It’s the people that keep it going; their love is a sign of hope for the Happy Tree that there is a chance the tree can find love for itself. There is hope at the sign of a very small but captivating oak sprouting from the dirt by the Happy Tree.

Jena Cordle can be contacted at cordle27@marshall.edu.

Parthe-Pet



Kanna is a 7 month old kitten who is shy but sweet. She loves to play all the time with toy mice, strings and boxes. She is very vocal and tells her mom everything she needs to know. Whenever Kanna is not playing or talking, she can be found napping by a window.

Interested in featuring your pet in the paper? Use #ParthePet on social media or contact larch15@marshall.edu with photos and a short bio.

PROGRESSIVE cont. from 9

proven herself complicit in endless American wars, Sanders, funded mostly by teachers, Walmart and Amazon employees, has dedicated decades of his life to ending them.

Much the same way, Warren has spent most of her political career—and her lifetime—attempting to appease and remain a part of the same political system and status quo that Sanders has spent his lifetime fighting to fundamentally transform.

As detailed in a May 2019 Politico cover story by Alex Thompson, “Warren used to be on the other side of the fight she is now waging. For many years before she entered politics, the woman now at the forefront of the progressive wing of the Democratic Party was a Republican.”

Later in the article, one of Warren’s best friends from high school, Katrina Harry, explains, “Liz was a diehard conservative in those days.”

During “those days,” as is evident in various black-and-white photos that have repeatedly gone viral on social media, Sanders, an avid admirer of Dr. Martin Luther King Jr., could be found organizing and participating in protests for civil rights in Chicago, going so far as to chain himself to black fellow protestors, refusing to move even when arrested by Chicago police.

Warren remained a member of the Republican Party until after the beginning of her political career, electing to switch to the Democratic Party in 1996 when she was almost 50 years old. By that time, Sanders had been organizing, campaigning and legislating against politics-as-usual for nearly three decades.

Even since switching sides, Warren has repeatedly displayed her affinity for corporate democracy and those ensuring and benefiting greatly from its continued existence.

In an interview with The Young Turks earlier this year, Warren explained that while she is not accepting corporate, Big Money campaign contributions in the Democratic Primary, she will not hesitate to do so in the general.

Despite promising to not accept Big Money donations in the primary, Warren has transferred more than \$10 million toward her 2020 presidential campaign from her 2018 campaign for senate, during which she accepted millions from Big Money donors,

PACs and lobbyists.

As reported by the New York Times last month, “The open secret of Ms. Warren’s campaign is that her big-money fund-raising through 2018 helped lay the foundation for her anti-big-money run for the presidency.”

Meanwhile, Sanders has garnered in the past year over three million contributions from more than one million individual donors, raising about \$61.5 million at an average of just \$19 per contribution. Sanders’ collecting over \$25 million in the most recent fundraising quarter constitutes the most money raised by a Democratic presidential candidate in any of the 2019 fundraising quarters and more than Warren collected through the first two fundraising quarters combined.

Sanders has for decades understood the corrupting influence of Big Money in politics and dedicated his work to combatting and ending it. Such will not change in the general election. While Warren may claim to understand the corruption inherent in accepting Big Money contributions, she remains adamant about participating in said corruption in the general election.

Even leaving out several other major differences between the candidates and their campaigns—including Warren’s “spirited defense” of Joe Manchin while his 2016 primary challenger, Paula Jean Swearengin, acts as a surrogate for Sanders’ 2020 campaign, and her lack of a comprehensive K-12 education plan in the face of Sanders’ plan to ensure all public-school teachers are paid at least \$60,000 a year amongst other improvements—the contrasts are stark.

This is not to say every potential Democratic or Independent voter ought to support Sanders over Warren, but rather, those pronouncing throughout corporate media and mainstream political discourse the absurdity of supporting Sanders over Warren despite their seeming likeness are either misinformed, lying or performing propaganda. Sanders and Warren are not one and the same, and their many major differences are far from nonexistent, meaningless or unsubstantial.

Douglas Harding can be contacted at harding26@marshall.edu.

VOLLEYBALL cont. from 7

USM its first conference loss.

The Hilltoppers have had a conference player of the week every week this season.

Sophomore middle hitter Lauren Matthews was named Co-Offensive Player of the Week three weeks into the season. She had a season high 22 kills against Northern Kentucky.

Senior right side Sophia Cerino was named Defensive Player of the Week Sept 9. Cerino tallied 23 kills, 11 blocks, 10 aces, six digs and five assists the weekend before she was given the honor.

Junior setter Nadia Dieudonne and freshman outside hitter Paige Briggs are the duo to keep an eye out for. Both student athletes have received Conference Player of the Week honors three times this season.

Dieudonne had 37 assists in WKU’s opening conference match up.

Briggs season highs include 18 kills vs Loyola Chicago and 23 digs vs Northern Kentucky.

The Herd faces the 49ers Friday, Oct. 4 at 6 p.m. and the Hilltoppers on Sunday, Oct. 6 at 1 p.m. EST.

Sydney Shelton can be contacted at shelton97@marshall.edu.

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Local business provides alternative therapy treatment

By **BLAKE NEWHOUSE**
THE PARTHENON

Float Effects, owned by Marshall University graduates, celebrated its first anniversary of offering floatation therapy to the Huntington community

“Various people ask who floats, but honestly it’s everybody,” Jeremy Jarrell, co-owner of Float Effects and management integrations specialist, said. “We have people with chronic pain issues, we have athletes, cross-trainers, marathon runners, aspiring MMA fighters, weight-lifters, people with arthritis and then there are people like me, who don’t suffer from any pain issues, but they really enjoy getting out of their headspace.”

Flotation therapy involves an individual getting into a pod of water and 805 pounds of Epsom salt, allowing the individual to float without any effort. The pod is pitch black, although there is the option to float with the lights on, and is set to 93.5 degrees, depriving the senses of sight, touch and sound from the individual. The pods are fully filtered between each float, ensuring that every individual has a safe and clean environment to relax in.

According to Float Effect’s website, floating has been used as an alternative therapy treatment by individuals for the last 60 years.

Rachel Jarrell, co-owner of Float Effects and licensed psychologist, said that some of the individuals who use the floatation therapy do so to relax from the constant stimulation that is inherent in daily routines.

“We are constantly connected to phones, TVs, computers, duties, responsibilities, so being able to get in there and get all that stimulation out, both through sensory, sound and vision just puts you in a completely different headspace. It’s amazing,” Jeremy Jarrell said.

Jeremy Jarrell and Rachel Jarrell, both graduates of Marshall, work full-time jobs and opened the first floatation therapy location in the tristate area in October 2018.

“With my current job, I travel some, and when we would go places, we would always try to find a place to

//
We are constantly connected to phones, TV’s, computers, duties, responsibilities, so being able to get in there and get all that stimulation out, both through sensory, sound and vision just puts you in a completely different headspace.”

-Rachel Jarrell



Flotation therapy involves an individual getting into a pod of water and 805 pounds of Epsom salt.

float,” Jeremy Jarrell said. “We were wondering what to do with this place, whether or not to lease it out, and finally decided to just open a float shop.”

Float Effects is only one of three locations in the state that offers flotation therapy; the others are located in Wheeling and Whitehall.

Rachel Jarrell said that floating is a not a cure, but a management tool for individuals.

“I’m a licensed psychologist, so I am very careful about what I say the tanks can do and what they can’t do, and I am not going to put anything out there that is not backed by science,” Rachel Jarrell said. “It’s not going to change the way you think about things, it’s not going to get rid of your irrational beliefs that cause anxiety, but it will allow you a period of relaxation not only for your body, but for your mind.”

With students entering into the middle of the semester, Rachel Jarrell said that she believes floating could be very beneficial for those undergoing a lot of stress.

“I think a lot of students could benefit from it,” Rachel Jarrell said. “It’s kind of like a reset button, when you’re so stressed out, you can get in there with your senses being deprived of sight, sound and touch, and your brain can decompress and

actually reset. It’s also drug-free, with no side effects that come with Prozac or other anxiety medications. It’s completely natural.”

Studies have shown that floating not only increases dopamine levels, but endorphin levels as well, according to Float Effects’ website.

Rachel Jarrell said there is not a particular demographic that frequently use flotation therapy, noting multiple people use floating for different reasons.

“I had a lady come in whose father had just recently died, and she said she wrote his eulogy in her head while in the tank,” Rachel Jarrell said. “Another woman said she was working on a book and was struggling with a couple chapters until she laid in the tank and just thought about it.”

Both Jeremy Jarrell and Rachel Jarrell float weekly, and both said how rewarding it is to help the local community to experience floating for the first time.

“That’s one of the best things about this,” Jeremy Jarrell said. “It’s a great thing when people come out from doing it with an amazing experience, completely happy and just blown away by what they just went through.”

Float Effects offers 60-minute floats for \$65 and 90 minute floats for \$85, and sessions are available to book at their website.

Community members interested in learning more about the effects of flotation therapy may visit the Float Effects website at floateffects.com.

Blake Newhouse can be contacted at newhouse19@marshall.edu.

Cicada Books and Coffee



offers community a tranquil environment



PHOTOS COURTESY OF SARAH ROWE

By SARAH ROWE
THE PARTHENON

Offering its own twist on the traditional bookstore experience, Cicada Books and Coffee, located in Huntington's West End, gives the community a place to relax.

"Instead of being like a fast food coffee shop like Starbucks that seems impersonal, people come to Cicada for the experience." Stephen Alavesos, a barista

at Cicada Books and Coffee, said. "It's a very relaxing atmosphere that most coffee shops lack. Even as an employee, it's not a lax job, but it's a relaxing environment to be a part of, and we all try to avoid making anything feel like a stressful situation."

Cicada Books and Coffee is filled with vintage and antique decor and furniture, including a typewriter and old-school record player. Though there are some new books, the majority offered at Cicada Books and Coffee are donated, making the community an integral part of the business.

"I wanted to create an environment where even on your worst day, you know you have a place of comfort to come to," Don Norman, owner of Cicada Books and Coffee, said. "It's not your conventional coffee shop, but it's also quiet enough to implement a library environment. We see a lot of Marshall students come in, especially once the school year starts, because it has comfortable seating and a quiet atmosphere to study in."

As midterms approach, Marshall University students are finding places off campus to study and work in.

"After I've spent all day at classes, I don't always want to stay even longer on campus just to do homework or study," Kaitlyn Arnold, a Marshall University senior, said. "I can come with my friends, grab a drink, connect to the Wi-Fi and finish schoolwork, without feeling like I'm obligated to be there."

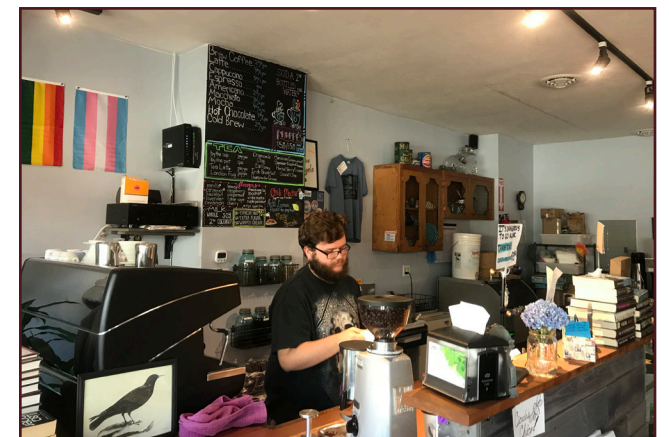
Aside from the drinks and decor, Cicada

Books and Coffee offers a venue for book clubs and children's book readings.

"I bring my granddaughter here with me because she loves the activity center," Mary Wellman, a Huntington resident, said. "I can sit on the couch and enjoy a cup of tea, while still keeping an eye on her while she reads and plays. This place feels like the perfect fit for the area it's in. Cicada Books is near all the antique shops, which adds to the overall feel of the business because it feels like it is a part of the street."

Cicada Books and Coffee offers accommodations for different demographics, as it is a member of the city's Open to All Campaign and is organizing multiple events throughout the month of October.

Sarah Rowe can be contacted at rowe128@marshall.edu.



Cicada Books and Coffee provides a calm atmosphere for the local community.