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THE PARTHENON

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WOMEN'S FALL 2019 SCHEDULE

BASKETBALL



Dec. 3 | 8 p.m. vs. Indiana State @Indiana



Nov. 9 | 1 p.m. vs. Norfolk State @Home

Marshall



Nov. 21 | 5 p.m. vs. Morgan State @Home



Dec. 7 | 1 p.m. vs. Bowling Green @Home



Nov. 13 | 7 p.m. vs. Ohio University **@0hio**



Nov. 24 | 2 p.m. vs. Evansville @Evansville



Dec. 15 | 2 p.m. vs. Rutgers

@New Jersey



Nov. 19 | 11 a.m. vs. Coppin State @Home



Nov. 27 | 6 p.m.
vs. Alderson Broaddus
@Home



Dec. 21 | 2 p.m. vs. Towson
@Towson

Nov. 7 | 7 p.m. vs. Robert Morris @Home

FALL 2019 SCHEDULE

Nov. 10 | 2 p.m. vs. Toledo
@Home

Nov. 15 | 7 p.m. vs. Notre Dame @Notre Dame

Nov. 19 | 7 p.m. vs. College of Charleston @Home

Nov. 21 | 8 p.m. vs. Howard @Home Nov. 29 | 9 p.m. vs. Florida @Florida

Dec. 4 | 7 p.m. vs. Akron @Home

Dec. 8 | 2 p.m. vs. Toledo @Toledo

Dec. 11 | 7 p.m. vs. Bluefield State @Bluefield State

MEN'S BASKETBALL

Dec. 16 | 7 p.m.
vs. Morehead State

@Morehead State

Dec. 19 | 7 p.m. vs. Eastern Kentucky @Home Dec. 22 | 2 p.m. vs. Northern Iowa

@Northen Iowa

Dec. 29 | 2:30 p.m. vs. Duquesne @Cleveland

Students prepare for graduation at Countdown to Commencement

By BRITTANY HIVELY

THE PARTHENON

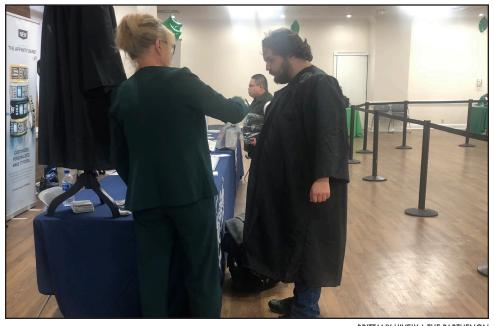
Construction did not stop seniors from filling the Memorial Student Center to tie up loose ends and move one step closer to graduation.

Countdown to Commencement is described on the Herd Alum website as a "one-stop-shop for graduating seniors to take care of all last-minute details before graduation."

"This event allows our students who are graduating to tie up their loose ends," Michael Circle, parent and family services coordinator of Student Affairs, said. "Figure out what they need to do to graduate, get the cords and stoles necessary, get a professional headshot, pretty much everything they need to finalize their business here and learn about how they are sons and daughters of Marshall even after they are gone."

With just a little over a month left of classes, some students are preparing for winter commencement.

"It definitely made it a lot more real as soon as I got my cap and gown," Kayleigh Terrell, a senior biology pre-med major, said. "I was excited to not only see my cap and gown, but everything else they could offer to us towards the end of our time here." Terrell, along with other soon-to-be graduates had the opportunity to find out how to stay connected to their Herd family after graduation.



BRILIANY HIVELY | THE PARTHENON

A Marshall University student prepares for December graduation at Countdown to Commencement on Tuesday, Nov. 5 in the Memorial Student Center.

"They have the alumni association here to talk to them about groups all over the country," Circle said. "No matter where they go to work, there's usually an alumni group in big cities for Marshall University. They get together, watch games, do meetings and stuff like that."

Circle said there was a little something for everyone at the countdown event.

"Even though graduation is a month from now," Circle said. "They [graduates] have plenty of time to get with our Office of Career Education and talk about where they can go with their degree and what they can do moving forward. Talk to our alumni association and see how they can get involved going further. And we have the graduate college here, if they want to further their education still."

Students who were unable to attend the Countdown to Commencement can get their stoles from the registrar's office and their caps and gowns from the bookstore.

Brittany Hively can be contacted at hayes100@marshall.edu.

BodyShots seeking submissions

By SUMMER JEWELL

THE PARTHENON

BodyShots, an annual multimedia art event at Marshall University, is seeking submissions for its upcoming 13th installation, titled "Witch, Please."

"We are looking to sort of celebrate the history and the literature and just the concept of witches from a positive and artistic kind of thing," Hilary Brewster, assistant producer of BodyShots, said. "We feel like the tie in of lucky 13 and witches goes well together."

Proposals can be submitted from now until Dec. 13 via a form that can be scanned from a QR code on event flyers. Brewster said she will send the link to anyone who needs one if they email her at brewsterh@marshall.edu.

"We are really looking for people to interpret the theme of witches in any artistic or intellectual medium that they are compelled toward," Brewster said. "Almost anything goes, and we do take video submissions, whether that be a narrative film or whatever, but we do try to limit the numbers of videos just because it is a live performance event."

The event in which the works will be displayed will take place Tuesday, Feb. 25 in the Don Morris Room in the Memorial Student Center. The show typically runs

roughly one hour long and is followed by snacks.

Brewster said BodyShots is open to live dance performances, creative fiction, poems, documentaries, mini lectures, live and video comedy, creative interpretation of texts and more. It is requested that each piece be no longer than 10 minutes.

"We've had so many historical instances of witch hunts of women and men, but especially women, being burned at the stake or stoned to death, so there is a lot of history that is coming out," Brewster said. "But also, there is how witches are portrayed in film or in literature, so we really try to have a theme that anyone from across the university can get involved with."

Brewster said people should get involved because it is a good way to display art to a wide audience.

"It's a really well-attended event every year, and this year the space is even bigger so we're hoping for increased attendance," Brewster said. "Also, it's a really great way to have your creative and intellectual work enjoyed by a large, supportive audience who's just really there to see the talents across the university."

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

Social Media Poll Did you attend the soccer 17% 83% game last weekend? Are you excited that Herd 79% 21% basketball is back? Are you disappointed there 57% 43% is no football game this weekend? Will you attend the 49th 69% 31% annual Memorial Fountain Ceremony next week? If you are graduating 29% 71% this semester, are you attending Countdown to Commencement?

This poll is taken from The Parthenon's Instagram account, @muparthenon, and is based on an average of 37 voters.

BCM broomball tournament combines soccer, field hockey

By JULIANNA EVERLY

THE PARTHENON

Students from Marshall University's Baptist Campus Ministry drove to Charleston Saturday Nov. 2 to put their skills to the test through an activity called broomball. Students from BCM play broomball once a semester, and it is an event that is highly looked forward to.

"The whole atmosphere of broomball is just really exciting," said Tanner Keen, a sophomore political science major who served as a captain for this semester's event. "Everyone is excited, and there is a ton of energy, and everyone is really into watching all of the games."

Broomball is a mix between soccer and field hockey and is typically played on the ice. However, due to a mix up with the ice rink, BCM had to find somewhere else to play on such short notice, and Oakwood Baptist Church allowed the students to use their gym to play.

"The rules are basically the same as

hockey, but instead of a puck, we use a ball, and instead of a hockey stick, we use a broomball stick, which is like a piece of rubber attached to a stick," said Jacob Davis, a junior finance major who plays broomball with BCM each semester. "You're allowed to either kick the ball or use the stick to get the ball around, and the goal is to get the ball into your goal to score, but you can't score off of a kick."

Broomball is one of the most exciting events of the semester for BCM students, and students always look forward to it, according to Keen.

"There's just so much energy and excitement, and everyone is really into it," Keen said.

Teams are chosen by a draft, and even though it is all for fun, it is taken seriously, Keen said.

"It was pretty cool to be able to draft a team, and it was kind of funny how serious we took it," Keen said. "It took a long time, but it was really cool to be on that side of things."

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There's just so much energy and excitement, and everyone is really into it."

> —Tanner Keen

Keen had the opportunity to be a captain this semester, and it ended up being a different experience for him, compared to when he was just a player.

"I got to be the person for my team that got to hype everyone up and get them excited, and I quickly realized that the team starts to match the energy of the captain," Keen said.

Broomball is unique because it is unlike any other game, according to Keen.

"It's something that some people are just randomly good at," Keen said. "Sometimes, unathletic people are good at broomball and athletic people just aren't. It's probably because it's not a real sport."

It is also a good way to partake in some friendly competition, according to Davis.

"It's fun because you get to take a break from school and go compete against your friends and make some memories," Davis said.

Julianna Everly can be contacted at everly4@marshall.edu.

Neuroscientist lectures on importance of inclusion on campus

By BLAKE NEWHOUSE

THE PARTHENON

Words have more power than people assume, said a neuroscientist who spoke Tuesday on Marshall University's campus.

"Do not underestimate the power of words and messages to tear people down, to make them feel like an outsider and cause them social pain," said Steve Robbins, neuroscientist and former professor at Michigan State University. "On the other side, do not underestimate the power of positive messages to lift people up, to make them feel like insiders and take away their pain."

Robbins, who is also the founder of S.L. Robbins and Associates, a consulting firm on human behavior, spoke to university faculty members about how practicing inclusion could greatly impact everyone on campus.

"The human brain is optimized to perform at its best under two root conditions," Robbins said. "Condition one, our brain wants to be around people, and condition two is that our brain also wants to be around people who care about them. The brain is hardwired to belong, and for no other reason, that's why we should be addressing issues of inclusion."

Robbins said he was born in Vietnam and immigrated to the United States with his mother in 1970 at the age of five.

"In coming to the United States, we had to leave a whole family behind, which was extremely difficult because in Vietnamese culture, family means everything," Robbins said. "We flew into LAX, and as we got off the plane, people



BLAKE NEWHOUSE | THE PARTHENON

Steve Robbins addresses Marshall faculty members Tuesday at the Joan C. Edwards Playhouse during his lecture on the importance of inclusion on campus.

threw things at me and my mom. They spit on us as we walked by and yelled horrible words towards us. I didn't understand English at the time, but I knew these were not pleasant words by the way people were yelling them."

Robbins said he remembers the feeling of being treated like an outsider, confused as to why he and his mother were treated the way they were.

"We were these outsiders in these people's minds," Robbins said. "We were these immigrants who didn't belong in their country, forgetting that this is a land of immigrants."

After experiencing severe bullying and exclusion as a young boy in the U.S., Robbins said he was inspired to learn more about the human brain and how inclusion could greatly benefit human beings as a whole.

"If you don't address the inclusion piece of the equation, then diversity is just optics," Robbins said. "The root of every problem concerning diversity is insider versus outsider. If you start determining the insider and outsider, it'll make the diversity conversation a lot easier. Why? Because everyone experiences both conditions. Everybody knows what it is like to be on both sides, which means we can be empathetic if we are motivated to be."

In 2002, a group of UCLA neuroscientists conducted a study to find out what happens inside of a person's brain when they are put in the position of an outsider. They conducted a test excluding an individual from a game with two other people and found that the same parts of the brain that light up when a person experiences physical pain light up when that person experiences exclusion.

see LECTURE on pg. 10

On-campus employment problematic for international students

By PHUONG ANH DO THE PARTHENON

Unlike most students, international students who are on the F-1 visa can only apply for off-campus employment in cases of severe economic hardship, according to U.S. Immigration and Customs Enforcement. Therefore, the most convenient way is to apply for on-campus jobs, and the F-1 student's total work hours for all jobs cannot exceed 20 hours a week during the school term.

Marshall University graduate student Jummy Adegoke now has two part-time jobs as a cashier at Steak 'n Shake in the Memorial Student Center dining hall and a front desk position at INTO Marshall.

"When I got here in INTO, on my first day of school, I was already asking around how I can

said. "Now, I divided my time to work at Sodexo and INTO. My parents can afford tuition, but I have some personal bills that I need to pay, so I needed to find jobs right away."

In addition, the process to get on-campus jobs for international students requires more time than for domestic students. An F-1 student will need certification letters from the designated school officials (DSO) and the employer, and the student must present these letters to get a social security number, according to U.S. Immigration and Customs Enforcement.

The majority of international students tend to work two or three jobs at the same time because the outof-state tuition and fees are more expensive than the in-state rate, and parents back in their origin countries sometimes can only afford tuition. As a result, many students who study abroad said they have to work multiple jobs to pay for their living expenses.

Ngan Bui, a junior student from Vietnam, said she has



The process of acquiring an on-campus job is often more time-consuming for international students than for domestic students as a get jobs around here," Adegoke result of the various required certification letters from designated school officials.

two part-time jobs and one seasonal job at Marshall.

"One of my part-time jobs is working as a front desk for INTO center, and I'm also a tutor for athletes," Bui said. "The seasonal job is I'm International Peer Educator (IPE) at INTO, my main responsibilities are taking new students around campus and informing them with events at Marshall during their first few weeks."

International students at Marshall find on-campus positions with Sodexo, the Recreation Center, INTO and other departments, said Lesli Burdette, associate director of admissions for International Student Services.

However, some overseas students said it is not easy to find an on-campus job that they can balance along with studing and other school work.

Trang Nguyen, a graduate student from Vietnam, said a graduate assistant (GA) is the position that many graduate students want to get, as this job allows more time to

study and they can work, but it is not easy to obtain this position.

"My major is MBA and I applied for a GA position in my department many times," Nguyen said. "Even though the Lewis College of Business opens many GA positions every semester. I still didn't get it because my bachelor's degree is not related to my master's degree."

Nguyen said because of the heavy assignments in her major, if she applies to work at Sodexo, she cannot spend the majority of her time studying.

Mugdha Khaladkar, a graduate student from India who has worked at Sodexo for over a year, said it is hard to balance her time for studying.

"I applied for some GA positions, and I got two interviews. I was selected for one GA position, but because

I just finished my study at INTO and there were some terms, I could not take it," Khaladkar said. "At the beginning, I worked night shifts a lot, usually from 3 p.m. or 7 p.m. to 1:30 a.m. And they can let me work 15 hours only, which is nothing, so I asked them for more hours. They sent me to the dish room, and at Harless Hall, I used to work everywhere whenever they needed me."

Khaladkar, who is now working at Chick-fil-A in the MSC, said the job is hard for students.

"I am now working at Chick-fil-A on campus, it is way too hard," Khaladkar said. "They don't have enough people to work. We were told that they need around 25 to 30 people, but they just have 15 or 20. It's way too hard because me and my friend have worked here for eight months so we know how to work. So, there is a lot of pressure for me to work in the back."

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

Donation drive collects supplies for local infants, toddlers

By TAYLOR SPEIGHT

THE PARTHENON

To help build relationships with local health organizations and shed light on inconsistencies in the Huntington area, the new Marshall University Health Science Society organization is sponsoring a donation drive geared towards infant and toddler supplies.

"The infant and toddler drive will not only allow us to help babies in need," Jay Salters,

secretary of the Health Science Society, said. "We are building connections though our work and being the change in the community that we want to see."

Salters also said he believes it is important for HSS to not only make a name for themselves on campus but in the community, too.

The HSS, which is geared towards assisting health science students with different pre-professional development opportunities, wanted to celebrate the official establishment of the organization by having its first donation drive.

Whitney Crofcheck-Glenn, historian of the Health Science Society, said she is thrilled about beginning this transition from forming a society to a fully established society that is beginning community outreach.

"I hope to see a good amount of donations along with increased interest from health science students who want to gain more experience," Crofcheck-Glenn said.

Donations can be dropped off in baby boxes located in Gullickson Hall Suite 100 and will be accepted until Wednesday, Nov. 20.

More information about donating can be found by contacting the faculty adviser, Georgiana Logan, at logang@marshall.edu.

Taylor Speight can be contacted at speight1@marshall.edu.

In-state players to assist Herd in upcoming season

By MIKE DOTSON

THE PARTHENON

Marshall University men's basketball will begin its 2019-2020 season with the most in-state players the team has seen in recent years. After a successful season last year and a CIT championship, the Herd is going to be coming out looking for a repeat of last season, or even better, with a Conference USA championship.

The big difference this year compared to recent years in Herd Hoops is the five in-state players that Marshall has on its team. The in-state players consist of freshman Ty Sturm, redshirt freshman Jeremy Dillon, junior Jarrod West, freshman Robby Williams and freshman Devin Collins.

Being an in-state player for the Herd can mean a lot to the player and the community, according to some of the team members.

"I take pride in being from West Virginia and being able to play at Marshall," West said. "Not a lot of West Virginia guys make it out to play at the Division I level or college level at all, a lot of us get looked over."

West has been a starter for the Herd since he arrived on campus and is coming off of a season where he averaged 28.6 minutes per game and lead the team with 80 steals. With West being the only one who has experienced playing time for the Herd, Head Coach Dan D'Antoni said he has high hopes for each of the West Virginia boys.

"I expect all of them to play good and play hard," D'Antoni said. "We have guys that are gym rats and we understand that this team is going to mature and get better."

Dillon is from Mingo County, where he led Mingo Central



Dan D'Antoni talking up the crowd at Herd Madness.

High School with over 1,300 points and a trip to the 2016-2017 semifinals. He also received all-state honors.

Sturm is from Hurricane where he attended Cabell Midland High School. While at Cabell Midland, he played

basketball for three seasons; during his senior season he averaged 13 points, eight assists, eight rebounds and two steals a game. He was named second-team all-state during his junior season and first-team all-tri-state and first-team all-state during his senior year.

Williams is from Charleston, where he attended Charleston Catholic High School. He played varsity basketball all four years with over 1,500 career points. He was named first-team all-state and first-team all-Kanawha Valley while he was there. He left his mark at Charleston Catholic by holding the school's record for three pointers made in an entire season and in a single game.

Collins is from Chapmanville where he attended Chapmanville High School. He played basketball all four seasons and averaged 17.8 points, 6.8 rebounds and 5.3 assists per game his senior year. Last season, he was named first-team all-state and first-team all-Cardinal conference. He led his team to back-to-back state titles in 2018 and 2019 while being named the MVP of the 2019 tournament.

There is one more member of the team that has West Virginia roots, but he cannot be seen bringing the ball down the court. D'Antoni can be seen sporting his suit jacket and t-shirt combo while coaching the team to a hopeful victory. D'Antoni, a Marshall Athletics Hall of Famer, is a native of Mullens, West Virginia. He has been the head coach at Marshall since April 2014.

The newcomers can be seen in action against Robert Morris at 7 p.m. Nov. 7 at the Cam Henderson Center.

Mike Dotson can be contacted at dotson132@marshall.edu.



MU women's basketball with high hopes on season

By GRANT GOODRICH

THE PARTHENON

With the combination of talented returning players and newcomers ready to make an impact, the Marshall University women's basketball team is in position to take another step forward, Head Coach Tony Kemper said.

"I think we definitely have a group of returners that will step up," Kemper said. "Then I think we have some newcomers that are going to come in and make a big impact from the start."

The 2019-2020 version of the Thundering Herd will be without its top two scorers from a season ago, Shayna Gore and Taylor Porter, but Kemper said the new people will help with the transition.

"There's no question that our team's going to be different this year," Kemper said. "[But] I think we have the people in there to get it done."

Stepping in to fill the void left by Gore and Porter, the key returners are redshirt senior guard/forward Khadaijia Brooks, junior forward Taylor Pearson and junior guard Kristen Mayo.

Brooks and Mayo started 31 of the 32 games last season while Pearson started in 26 of the 30 games she attended.

As a junior on a team where half of the faces are newcomers, Pearson said she views herself as one of the leaders of the team.

"There's a lot of things I am used to that [the newcomers] don't really know about," Pearson said.

Pearson averaged 5.8 points per game last year, but she said leading is not only about how many points she scores; It is

about the little things.

Even though two of the team's top players are gone, Pearson said that the chemistry of this year's team is better.

"You can just tell that we really have a feeling that we really want to be around each other," Pearson said. "It's just [about] getting used to playing with each other."

The team's leading returning scorer is Brooks, who averaged 8.8 points per game last season to go along with rebounding the ball at a 6.1 per game clip.

The returning assist leader, Mayo, averaged 7.7 points in each contest, and she also led last year's team in free throw percentage at 90%.

Coming back to the lineup this season is 6'2 senior forward Ashley Saintigene, whose action ended nine games into last season after a knee injury.

The 2019-2020 squad will not be able to rely fully on its returning production, however. Newcomers will inevitably have to help the progress of the program.

Two newcomers that Kemper said he sees as instant impact players are junior college transfer and junior guard Dazha Congleton and freshman guard Savannah Wheeler.

Congleton, who is originally from Huntington, played the past two seasons at Wabash Valley College, the number one ranked junior college Division I program. She led the team in scoring during the 2018-2019 campaign in lieu of an undefeated regular season.

"It's more fast-paced," Congleton said about the difference between Marshall and Wabash Valley. "The defense is way different. You have to slow down and make plays."

Wheeler, the 5'6 freshman from Catlettsburg, Kentucky, attended Boyd County High School last year, where she averaged 31.1 points per game.

There are seven total newcomers this season for the Herd with five of those being freshman. Aside from Congleton and Wheeler, the other newcomers include: freshman guard Christiana Mclean, forward Alexis Johnson, forward Sky Thomas, guard Paige Shy and sophomore forward Mahogany Matthews.

With such a different team, the question of just how the team meshes its strengths is still up in the air, said Kemper. However, what he said he does know is that his team will "be ready to fight and play hard for Marshall."

Between Nov. 5 and Dec. 2, Marshall will play its non-conference schedule with key matchups against Ohio University on Nov. 13 at Ohio, Bowling Green University on Dec. 7 at home and Rutgers on the road Dec. 15.

Then, to start off the new year, the Herd will open Conference USA play at Rice on Ian 2

They will play 14 total conference games until they are divided into a group based on their conference record to play the final five conference games of the season.

The Marshall women's basketball team will begin play for the 2019-2020 season on Tuesday, Nov. 5 at 6 p.m. against Kentucky Christian University.

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



Some of the 2019-2020 women's basketball team during the Herd Madness event on Oct. 22.

Herd men's hoops season ranked 11th in preseason coaches' poll, season preview

By BRIGHAM WARF

THE PARTHENON

Head Coach Dan D'Antoni's team may have lost leading scorers Jon Elmore and C.J. Burks to professional basketball, but with the returns and the new faces of Marshall University basketball, the goals remain the same for the 2019-2020 basketball season.

"We always try to win the NCAA tournament," D'Antoni said. "It is like having a dream and you almost win the lottery, why

not dream that you win the whole thing?"

Even though Marshall did not make it to the NCAA Tournament last season, the team still ended the 2018-2019 season on a high note by winning the College Insider Tournament to get another banner hung from the rafters.

Despite being picked to finish Conference USA 11th, the Herd returns guard Taevion Kinsey, who was the team's third leading scorer as a freshman, junior guard Jarrod West, junior forward Darius George

and redshirt junior forward Jannson Williams.

Besides Kinsey, all have gained experience and polished their play since being apart of the 2017-2018 Conference USA championship team that advanced to the second round of the NCAA March Madness Tournament.

Since the March Madness run, redshirt sophomore forward Iran Bennett and junior forward Mikel Beyers have also taken part in learning the D'Antoni system, as they both had roles in last season's team. This year, the team is made up of six true freshmen and four redshirt freshmen, but leaders such as West have offered advice to the younger guys.

"Every day I try to come out and lead," West said. "I am trying to get all of these young guys intact and in the flow so they can jump on board with us, but the most important advice is to play hard."

see MEN HOOPS on pg. 10

OPINION

THE PARTHENON

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 FIRST | The Constitution of the AMENDMENT | 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

Students should support all Herd basketball





RICHARD CRANK | THE PARTHENON

Forward freshman Dajour Rucker and guard Dazha Congleton, a junior transfer student, at Herd Madness.

So far Marshall University's men's basketball team has played in two different exhibition games, and with the women's team they have participated in the annual Herd Madness. These nights were filled with the introduction of new teams, amazing dunks and lots of basketball. But do you know what they were not filled with? Students in the stands.

The student section at games has been less than full for the last three events. Most of the time, you might hear of attendance being low at women's games, but these events with low attendance also included men's games.

So, what's the deal?

It doesn't stop with basketball though; consistently people come to football games and leave early, or they never even show up to support the volleyball team at all.

As students, we get into the games for free. There is a special section for us to hoot and holler and be absolutely ridiculous in, so why don't we go?

Here are at least two reason why you should:

Reason one is Marshall has become a home to so many students, and a lot of them are athletes. Some of these athletes moved here from the other side of the world.

Let that sink in....they choose to come to Huntington, West Virginia from places like the Trinidad or Slovenia to be a part of the Herd.

These people changed their entire lives to move to West Virginia. Their families can't come support them, but we must show them that they have a new family and that's their Marshall family.

Reason two is that you are only here for four years, or sometimes five, but you get the point. Make the most of these moments. Go witness greatness. Go see a women's player drop 25 points, go watch the amazing dunks at the guys' games. Go support the women's volleyball team as they change the culture that is Marshall volleyball.

When fans pack the stadium or fill up the seats in the Cam Henderson Center, you make a difference in an athlete's life, but it might also change yours.

INTERESTED IN CONTRIBUTING TO THE PARTHENON?

We are always looking for more people to contribute, regardless of major. If you are interested in writing, cartoons, reviews, photos or have other ideas, please email Amanda Larch at larch15@marshall.edu.



GINGER'S GUIDE TO: Love Your Red Hair Day



The fifth annual Love Your Red Hair Day was Tuesday, Nov. 5, but Amanda loves her red hair every day of the year.

By AMANDA LARCH

MANAGING EDITOR

I love my red hair. I know that may sound strange, but that statement took me years to say. With Tuesday, Nov. 5 being the fifth annual National Love Your Red Hair day, I thought I would write, once again, about my journey to love my hair. My dedicated readers will know my hair is a favorite topic of mine. It's a large part of my identity, so why shouldn't I write about it from time to time?

National Love Your Red Hair was created by HowToBeARedhead.com founders, Adrienne and Stephanie Vendetti, two redheaded sisters.

"We wanted to create a national recognized day of the year that empowered redheads to love their hair. But, most of all, it's a reminder for women everywhere, redhead or not, to love their unique qualities," Stephanie Vendetti wrote on their website.

Being a redhead truly is life-defining, but not always in a good way. Redheads

are nicknamed, and referred to, as gingers very, very often, and that's not always a polite term. Imagine your whole identity being based around negative connotations about your hair color. Sure, blonde is used often to describe and refer to people, but it's namely attractive women.

Does ginger have that same connotation? No, I don't think any redhead would tell you it does.

When non-redheads use the word ginger to describe redheads, there is almost always an insult hand-in-hand with it. Ginger has a long history of meaning soulless, freckled, ugly, pale and undesirable. And it's not ever talked about. There are so many anti-bullying ads and social media movements that encourage people to love themselves, but how often is red hair included? I am a redhead advocate, simply because I can't think of any others, besides the Vendetti sisters.

I didn't like getting teased because of my hair color, and I don't think anyone should be made to feel less of themselves for a physical aspect. Since I've been in college, I've really tried to reclaim the word ginger. It's in my social media handles, and I embrace my ginger-ness.

Seeing the overwhelming amount of support on social media for #LoveYourRed-HairDay was empowering. Messages of encouragement made me smile, and I love seeing so many people embracing their red hair just like I do.

So, in the spirit of National Love Your Red Hair Day, I want everyone to love a part of themselves that they've been told they should hate. I want them to treat themselves a little better. And, most importantly, I want everyone to remember they are more than their physical appearance. I hope that one day we don't only judge people based on looks.

Amanda Larch can be contacted at larch15@marshall.edu.

COLUMN: Mental health on campus

By TYLER SPENCE

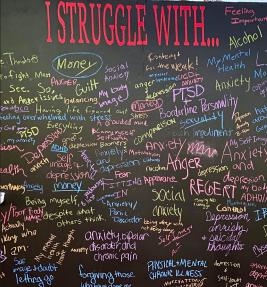
CONTRIBUTOR

If you walked by the Memorial Student Center at any time last week, you may have noticed a large, four-sided, black chalk wall. The tops of each side invite students to share their struggles, how they cope and what makes them smile.

The wall was put up by Active Minds, as a part of the students' capstone project. They were unsure whether or not there would even be a response to the wall's unfinished statements, as they undoubtedly carry a bit of baggage. However, within one day the wall had been completely covered with answers. Many of these answers included mentions of drinking, anxiety, anger and regret, and lighter topics like family, friends, prayer and music.

It is a trendy wave for politicians and organizations to talk about mental health, as it rightfully should be. The National Institute of Mental Health says that 31% of Americans will experience any kind of anxiety alone in their lifetime, and suicide continues to claim more lives of young people every year. And even with our highly connected society, more and more we seem to miss true human connection the most, something that our devices can't necessarily provide.

Human connection is more than knowing people, it is actively engaging in the acknowledgment of the struggles, dreams and triumphs of



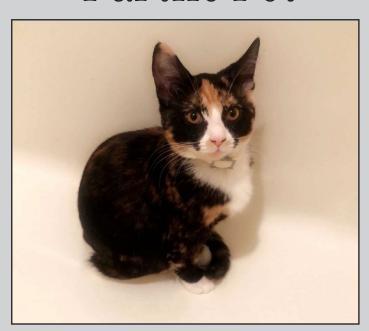
TYLER SPENCE | CONTRIBUTO

Active Minds put up a wall last week to allow students to write about their mental health struggles and how they cope.

the person walking by you on the sidewalk, taking your order or sitting across from you. We couldn't imagine ourselves without these things; it seems easy to discount these in others during the day-to-day.

see HEALTH on pg. 10

Parthe-Pet



This is Pia. She loves cuddling, sleeping next to the shoes and sunbathing in the window. She knocks over every cup of water she can find and needs attention most when you're busy.

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

HEALTH cont. from 9

How can we expect to know how our friends are really doing if we don't ask them? And how can we expect them to answer honestly if they don't feel that empathy will be returned their way? Are we too worried about being "canceled" to honestly admit to our mistakes? Is keeping our image up more important than finding help?

I believe these are questions that trace back to a culture

built on clout and image, not authenticity. I worry about the future of our culture and the impact it will have on young people now, and for generations to come. Our current society asks us to be vulnerable with our struggles and to talk to someone, yet more frequently mistakes seem to be met with being canceled, rather than help.

Let's create a different culture here at Marshall. Where

struggles are spoken about honestly, where mistakes are met with forgiveness, and kindness is second nature.

If we are all Sons and Daughters of Marshall, that also means we are all brothers and sisters of Marshall too. Let's look up and seek one another out with kindness and genuine care.

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LECTURE cont. from 4

"We are all aware of the saying, 'sticks and stones may break my bones, but words will never hurt me.' Well, this research and a lot of other research that followed says that this phrase is fundamentally false," Robbins said. "I can hurt you deeply with words; in fact, I can make the case that I can hurt you more deeply for a longer period of time with words than through action. This is the social pain of bullying."

The issue of making someone feel like an outsider occurs on college campuses as well, according to Robbins.

"The problem is that you have a bunch of classrooms, with a bunch of professors who do different things, and students get a little mixed up," Robbins said. "Imagine you're a student and you walk into professor A's classroom and they do things a certain way, then two hours later you go to professor B's and they do things a different way. As

a student, you're all mixed up and don't know what to do, and on top of all that, what if professors do things a certain way that makes you feel like you don't belong? How does that affect a student?"

Humans are drawn to a sense of belonging, dating back to the beginning of human history, said Robbins.

"A lot of the brain mechanisms we talk about started long ago in a hostile environment," Robbins said. "Why did our ancestors in this dangerous, hostile environment want to be part of a tribe? Because it raised the possibility of survival. We need others to survive. Not only do we

need them in the womb, but we need them as soon as we pop out of the womb, not just for days or months, but we need them for another 25 years."

Ending his lecture with a simple message for

faculty and students on Marshall's campus, Robbins asked those in attendance to practice inclusion in their daily lives.

"What I want you to practice is this: Be more mindful, be more observant of people in your midst, in the halls and campus, who may feel like outsiders," Robbins said. "We often know who they are, we can look and see, be mindful of these people and care about them. Go up to them and tell them they are a part of your tribe, because that is what we are about at Marshall University."

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MEN HOOPS cont. from 7

Marshall finally got a feel for the team after scrimmaging nothing but Green and White for months in its two exhibition games, in which they easily won against Glenville State 100-66 and Rio Grande 92-59.

"It is a new year," Kinsey said. "As soon as last year ended, everyone was ready to get right back on the court, so it's been long awaited."

Redshirt freshman guard Cam Brooks-Harris and freshman center Goran Miladinovic have shown sparks of energetic and smart play for Marshall in the exhibition games. Brooks-Harris led the way for the Herd with 19-points over Glenville State and Miladinovic went 4-6 with nine points and three blocked shots against Rio Grande.

With only exhibition games having been played, there is still a lot of uncertainty for what will unfold this season, but one thing is guaranteed – more exciting dunks from Kinsey coming to the Cam Henderson Center. When asking Kinsey how it feels for him to excite the crowd with a dunk, he appreciated the support of the Herd fans.

"I can start to see out of the

corner of my eye the fans rising and pull out their phones, and it is really exciting," Kinsey said. "We appreciate the love the fans give us here."

The Herd kicks off non-conference play at home against Robert Morris, this is the first of seven home games before Conference USA play begins. The other games are Toledo, College of Charleston, Howard, Akron, Bluefield State, rounding it out against Eastern Kentucky.

The first non-conference away game will take place in South Bend, Indiana as Marshall faces Notre Dame. The game will be aired on the ACC ESPN Network. To follow, the Herd will travel to Florida to take on the Florida Gators, a game that will be on the SEC ESPN Network. The team will face Toledo for the second time this season, but this time on the road. Morehead State and Northern Iowa will be on the road in mid-December. The Herd wraps up its non-conference play against Duquesne, this game will be played at the Rocket Mortgage Fieldhouse in Cleveland, Ohio.

Jan. 2 will start conference play off for the Herd in a home contest against Rice, followed by a game versus North Texas. Charlotte, Old Dominion, Western Kentucky, Southern Miss. and LA Tech will face off against the Herd in the Cam Henderson this season. While the Herd will tackle Middle Tennessee, University of Alabama at Birmingham, WKU, Florida International, Florida Atlantic, UTSA and UTEP on the road.

Teams are set to play 12 members once and their travel partner (WKU for Marshall) twice. Following the 14 conference matches, teams will be grouped based on their final scores and schedules against four conference opponents in the final three weeks of the season for an 18-game schedule.

The Conference tournament is set for March 11-14 in Frisco Texas at The Ford Center.

Tip-off for the regular season is on Thursday, Nov. 7 at 7:00 p.m. against Robert Morris in the Cam.

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



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Upcoming class registration creates stress for students

By AARON DICKENS

THE PARTHENON

Stress and frustration come and go in some students' lives, and registering for classes is no exception to causing those emotions.

Beginning on Nov. 7, Honors College students can register for classes for the spring 2020 semester with the following days allowing seniors, juniors, sophomores and then freshmen to begin registering.

But while some students say this is an opportunity to look forward to a new chapter in life, others say this is one of the most stressful times of the academic year.

"It can get pretty stressful," sophomore Donald Hansbury said. "It gets more stressful as you progress in your academic career. As you start getting more into your major, watching classes close up and you're not registered in it, that can be an experience."

There can be some ways to manage to this stress. Talking about scheduling with an academic adviser or looking up the classes needed can help students with their scheduling, senior associate of the Office of the Registrar William Biggs said.

"Students need to plan ahead and meet with their

Degree Works page to see what specific classes they

The academic center, located in Corbly Hall 334, has aca-The academic center, located in Corbly Hall 334, has academic advisers that offer advice to students, assist them in it about a week or two ahead of their choices for classes and make sure they stay on track with their graduation time.

In addition to planning ahead, students can use aca demic planners or have alternate classes to help with the stress of registration.

"Have a list of seven or eight classes to take just in case classes are closed," Biggs said. "That way, you have other alternatives to run to and you are not relying on just one schedule."

If a class fills up that does not mean a student will not get that class, Bigg said.

"Just because the class fills up, that does not mean you will not get in it," Biggs said. "Some students might drop the class, so there is always a chance the class will open back up."

Due to students having to act fast when the clock strikes midnight on the night of registration, being

advisers," Biggs said. "Do it about a week or two ahead of registration day. Students can also look at their "Students need to plan ahead and meet with their advisers. Do registration day."

- William Bigas

mentally and physically ready for the night of registration is key, Hansbury said.

"Get in the right mindset and get prepared," Hansbury said. "Being ready to stay up late always helps. Get some snacks, some friends, some music to keep yourself going."

In order to register for classes, students have to clear the holds on their account such as financial holds or adviser holds. Students can clear holds by checking with their adviser or by paying off any finances that prohibit them from registering.

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CONTRIBUTOR

The triple-echo of a loud-speaker ripples off the mountains in the distance. A Toyota pickup truck rumbles through the mud to my right. The Winfield, West Virginia Riding Club is bustling with people. Food trucks line the gates of the east-most arena. Cows and horses are in transit, on lead, back and forth, splitting the crowds.

"It's a good thing for the community and helps raise funds for the upkeep of the riding club," says Maddy Martin, frequent rodeo attendant and horse rider. The cry of a goat is heard from the hog-tie contest in the arena up ahead. She speaks of the Stampede Rodeo that reoccurs every half year. Participation in normal rodeo events is limited to contestants who are registered members of a High School Rodeo Association. Spectators are invited to attend all three days of the March rodeo competition.

As I spectated a lasso competition, the bulls are funneled via steel tunnels. Cowboys stand on the metal gate openings as the contestants rip through the dirt of the arena. Each female rider, the group in competition, had a unique horse, with patterned flank strap or gilded leather restraints. "I enjoy the personality of the animals. I like that you can tell how a riders relationship with a horse affects the outcome of the event they're entered in. I love that horses and people can have such a unique partnership like that," says Martin.

The riders compete for ribbons. The award ceremony is an announcement via intercom. One girl in

a pink leather riding jacket breaks into tears, hugging her mother. To my right, a family at a large metal booth lifted slightly above the arena, below them the bull tunnels. They control music playback and audio level. Their German Shepard barks at the clang of the gates while cowboys rustle the bulls back to

The events throughout the night include Barrel Racing, Calf Roping, Steer Wrestling, Team Roping, Bull Riding, Pole Bending, Goat Tying, Breakaway Roping. With each bull riding competition, the contestant is thrown off. The community, the audience, talks he or she back onto their feet. The announcer takes them to the exit as cowboys wrangle the bull back to the starting gate. The March events last until after nightfall. The chill in their air causing the breath of the cows to be visible clouds near the pins. As the last event reaches its end, the horse owners make their way to the fleet of aluminum transport trailers near the parking lot rear; the next day, to do

Southern District 4-H Horse Camp in partnership with the West Virginia High School Rodeo Association will be hosting a High School Rodeo Competition the weekend of March 29-31, 2020 in Winfield, WV at the Winfield Riding Club. Information is available via their Facebook page.

View the full photo essay on MarshallParthenon.com.

*Editor's Note: This is a creative work submitted by Kadin Tooley from JMC 400, a photojournalism class at Marshall University.





