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## **The Parthenon, December 4, 2019**

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# THE PARTHENON

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# 2019

## A YEAR IN

# review

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# Cirque Musica brings theatrical twist to Huntington

By **SARAH INGRAM**  
COPY EDITOR

Acrobatics and symphonic music will transport the Huntington community to another world as “Cirque Musica presents Holiday Wishes” comes to the Keith Albee Theatre at 7:30 p.m. Dec. 9. The circus and orchestra combination is expected to give some students a once-in-a-lifetime experience as they witness twists and turns from the storyline as well as the performers.

“We’ve never really had a show of this magnitude with the ‘cirque’ theme,” said Angela Jones, director of marketing for the Marshall Artists Series. “We’ve had smaller shows at smaller scales in the years past with Chinese acrobats and things like that, but this is more of a big show. Big like it’s going to fill the stage.”

“Cirque Musica presents Holiday Wishes” tells the story of a family and their relationship with technology during the holiday season. The producer and creator of the show, Stephen Cook, said he hopes attendees will be able to take a step back to appreciate the time they spend with family and friends during the holiday season.

“I remember growing up and going to shows with my family and creating memories,” Cook said. “I hope people enjoy it; I hope they appreciate it.”

Cook said the idea came from his own home as well as the world around him since technology has become a major part of many people’s lives.

“I have an eight and a 10-year-old, so this hits home,” he said. “This is reality though. Everyone is busy, everyone has a phone, so (“Cirque Musica presents Holiday Wishes”) really addresses that.”

Jones said she expects to see the audience filled with children and said she hopes the event is one that everyone can enjoy and relate to, since the theme follows how she thinks today’s world is headed.

“The holidays always tend to bring people together, but we don’t really realize we are all glued to our phones until someone else points it out,” Jones said. “You don’t always

realize it takes you away from situations.”

Keeping the children in mind, Cook said one of his favorite parts of the performance is seeing children and how they view the show.

“I love seeing kids with their families,” Cook said. “Watching the performers on stage and seeing the reactions, it’s great.”

Cook has been working with Cirque Musica for roughly nine years and explained that the company creates different shows each year to entertain audiences throughout the country.

“Every year we create a brand new show, new themes, new music, new laughs,” Cook said. “It’s a very technically advanced show with a theatrical twist. I think for the students, it’s something they maybe have not seen before.”

Jones also said she wanted to remind students they should take advantage of the fact that they can get Marshall Artists Series tickets for free or reduced prices, especially because the event can give them a chance to relax during finals week.

“It’s going to be a stressful time of the year, you know, finals week,” she said. “It’s a good way to kind of take a stress-free date for yourself or your friends. And it’s a good way to get you in the holiday spirit.”

Full-time students can get one free ticket to the event, and part-time students can get one ticket at half price. Tickets can be purchased at the Box Office Monday through Friday from noon to 4 p.m.

The Marshall Artists Series will continue to bring entertainment to the Huntington and Marshall communities in the spring with events such as “The Simon and Garfunkel Story,” “Finding Neverland,” the Spring International Film Festival and multiple others. Information on event dates and ticket release dates can be found at <https://www.marshall.edu/muartistsseries/>.

**Sarah Ingram can be contacted at [ingram51@marshall.edu](mailto:ingram51@marshall.edu).**

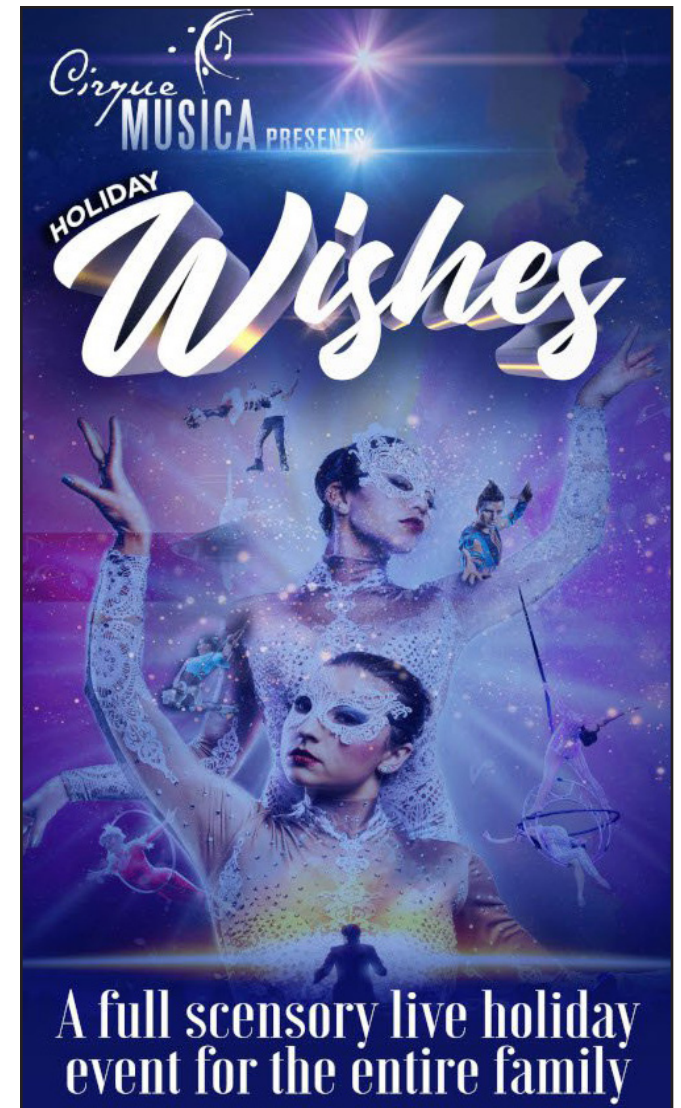


PHOTO COURTESY OF MARSHALL ARTISTS SERIES

“Cirque Musica presents Holiday Wishes” will highlight the role of technology during the holiday season.

# Student Affairs pushes for commuter involvement on campus

By **BRITTANY HIVELY**  
THE PARTHENON

Marshall University Student Affairs is continuously working on programs to make life easier for students, including commuter student services, which is growing in size and expanding in options.

While resources for commuters may not be as well-known as other programs, student advocate and success specialist Michelle Biggs said Student Affairs is trying to change that.

“It just started the last few years,” Biggs said. “We’re trying to make it more of a network. We think what commuters need are resources, information, how to get

connected to organizations or the resources.”

Biggs said they have begun targeting students early on in their Marshall journey to make sure they know about these services.

“At WOW, we started doing a breakfast, just saying here’s some information, get connected,” Biggs said.

The breakfast at the beginning of each year is typically held in the commuter lounge in the Memorial Student Center and students have the opportunity to see all of the amenities offered.

“Microwave, refrigerator, lockers, couches,” Biggs said. “It’s close to the LEAD Center, so students can get involved.”

Biggs said the goal is to make commuters feel a sense

of community on campus.

While they may not live on campus, Biggs said, commuters have the same support residents receive.

“You can come to us and we will get you connected,” Biggs said.

The commuter student lounge has been under construction most of the semester, Biggs said, but will be open before the start of the new semester.

Biggs said commuters are encouraged in the meantime to come upstairs to the Student Government Association office to relax.

**Brittany Hively can be contacted at [hayes100@marshall.edu](mailto:hayes100@marshall.edu).**

# New program helps students cut back on textbook expenses

By SARAH ROWE  
THE PARTHENON

A new Marshall program is using works published under public domain to save students hundreds of dollars by reducing the price of textbooks by as much as 90%.

“Students don’t realize how much influence they have in a university,” said Larry Sheret, open educational resources librarian. “When they advocate for something like free textbooks, other students and faculty listen. The student government can accomplish something reasonable like this if more word gets out.”

The Open Educational Resource program offers free Open Textbooks online for an array of different courses, with five primary components: to retain published work and making copies, to reuse published work in a wide range of ways, to revise the work to adapt, modify and improve it and to retribute it with others.

Open Educational Resources are works that reside in the public domain or have been released under intellectual

property licenses that permit free use and are used for teaching, learning and research purposes.

For college students, every dollar counts, and saving money on textbooks means saving money in general.

“I can’t tell you how much money I have spent on a basic science and math class textbook that I only read once or never at all,” Kelsey Seibert, a sophomore at Marshall University, said. “The Open Educational Resources and Open Textbook programs could save some kids a lot of money in the long run, even if it is only for a few classes.”

Sheret said there is potential for the program to expand if there is more participation from university faculty.

“Since the program is relatively new, Marshall mainly offers Open Educational textbooks (resources) for 100 and 200 level classes,” Sheret said, “But if we get more faculty involved in the program, we would potentially see textbooks and other resources, such as video streaming, software and techniques for all level courses.”

There are courses offered under the Open

Educational Resources program, but they do not count for any hourly credits.

“Only around 25% of the faculty uses Open Educational Resources for textbooks,” Sheret said. “We hope if students push more for the program and we offer professors more incentive to use them, we will include the other 75% in the near future.”

Open Educational Resources are usually free or have minimal costs, which can help relieve some of the financial stress that burdens students when accessing materials they need to help meet their course requirements.

“Students are already used to publishers like Pearson that offer their textbooks online, that have online quizzes and study prompts,” Sheret said. “The Open Textbooks and Open Educational Resources could emulate something similar, instead students might pay \$20 opposed to \$200.”

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

# Alternative, holistic healing treatments offered at local practice

By BLAKE NEWHOUSE  
THE PARTHENON

A local Huntington business is offering alternative healing treatments for those in need of help, whether it be physically, mentally or spiritually.

“Being a psychic has a lot to do with energy and reading vibrations. It’s the act of receiving messages from a higher power, and is definitely intuitive,” said Jill Hughes, a holistic health practitioner at Light Touch Healing Arts in Huntington, West Virginia. “We all have intuitive abilities. The only difference between the average joe and a psychic is that we have learned to listen to energy and actually translate that into something that is understandable.”

Hughes worked 17 years for the state government as an office manager before she went through what she calls a “spiritual awakening,” prompting her to leave her job and offer healing of all kinds to those around her.

Her business, Light Touch Healing Arts, offers education and consultations on essential oils, reiki energy sessions and intuitive coaching. The business charges \$60 for an hour session of reiki, and \$100 for an hour of intuitive coaching, with free initial consultations for all services.

Preferring the term “lightworker,”

which she says is someone who uses God’s light to help others, Hughes first started her practices through a Facebook group doing work for free, but soon her message reached beyond social media.

“I have done readings for people across all 50 states, and about 28 other countries, with no advertising, just through word of mouth,” Hughes said. “I didn’t even know that many countries knew English, but apparently they do.”

When asked if she has encountered skeptics while performing her services, Hughes said that overall most of her interactions with individuals have been positive.

“I understand being skeptical because there are people who do scams and things like that, which gives us light intuitives a bad name, but that just comes with the territory I guess,” Hughes said. “I’m never offended by it because there were many years before these abilities came to me that I was on the other side of the table, so I never judge anyone who is where I used to be.”

Light Touch Healing Arts is also focused on looking at how early holistic practices can be intertwined with modern advances in medicine.

“There have been hospitals all over the country who are starting to bring these

treatments into their practices because they realize there is a benefit to it,” Hughes said. “We have actually been called by the veterans hospital, who are considering using oils in their practice there, and I know that even the Cleveland Clinic has begun offering reiki treatments.”

Hughes said she believes part of the

reason these practices are not being used as frequently in the United States is due to the power of the pharmaceutical industry in the country.

see TREATMENT on pg. 10



BLAKE NEWHOUSE | THE PARTHENON

Light Touch Healing Arts offers a variety of essential oils that can be used as an alternative to pharmaceutical medications.



# Stress Relief Week helps students relax during dead week

By **JULIANNA EVERLY**  
THE PARTHENON

Students have the opportunity to take a break from the stress of preparing for finals week and fix their minds on relaxing, stress-free activities happening across campus.

The Campus Activities Board and Marshall Libraries teamed up to put on Stress Relief Week for Marshall students during dead week, offering free activities for students to relax and take a break from preparing for their final exams, Emilie Christenberry, vice president of CAB, said.

“Stress Relief Week is a great thing for students to take advantage of because it is stress-relieving and it’s free,” Christenberry said. “Our goal is to make dead week and finals week less stressful on

the student body by allowing them to do fun things like DIYs and giving them snacks and bubble wrap, and we also serve a free lunch on one of the days.”

The activities for the week kicked off Monday with essential oils in Prichard Hall, massages with Triad Tech and survival kits in the Don Morris Room and DIY stress balls in Drinko Library.

Tuesday, CAB provided a free lunch in the Student Government Association office. There was also a magic mural giant coloring sheet in Drinko Library.

There will be a button making station in the lobby of Drinko Library and a mini DIY where students can make their own ornaments and sand jars in the Don Morris Room Wednesday.

Thursday, there will be a story time with milk and cookies in Drinko Library

as well as Herd Holiday in the evening at the Memorial Student Center.

Closing things out on Friday, Drinko Library will have Lego kits, card games, movies and calming jars available to check out all day. The “Be Kind to Unwind” event will also be taking place at the Memorial Student Center.

CAB and Marshall Libraries work together to pick out events that would not cause any more stress to students, Christenberry said.

“Our organization gets together to decide what would work the best and be the most enjoyable,” Christenberry said. “The whole semester is taken to plan what we do for Stress Relief Week, and each member helps come up with the events.”

CAB wants Stress Relief Week to be campus-wide, and Christenberry said

partnering with Marshall Libraries is helping them achieve that goal.

“The library has been really great with how many events they put on during the week,” Christenberry said. “They always work really hard, and we love to have their support and supporting them in return.”

The main goal for the week is to take stress off of the students, Christenberry said.

“I just think it’s important for college students to know that we support them as a campus and that we know how stressful finals week can be,” Christenberry said. “This week as a whole is important because of how stressful it can be, and these events are meant to take some of the strain off of them.”

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

# Award-winning professional pianist performs in recital at Smith Hall

By **AARON DICKENS**  
THE PARTHENON

Those in attendance at Smith Hall Monday evening were treated to a musical performance by an award-winning professional pianist.

The piano recital was led by Antonio Galera, a professional artist who has performed around the world in places such as France, Belgium, Greece and South Africa.

“One of the things I love about music is that I get to travel the world,” Galera said. “I get to see so many different cultures, meet people from all over the world. It’s very enriching for my life. Regardless, music would have always been in my life even if it wasn’t my job.”

Galera said his passion for music began in his early years, and he performed his first recital when he was a teenager.

“My passion for music came naturally,” Galera said. “My family is a musical environment. Then I decided one day to make this my full-time job. My first solo recital was when I was 16 years old.”

Since then, Galera’s passion has led him to winning prizes such as the Yamaha Music Foundation of Europe Award and to major performances such as his recital at the Madrid National Auditorium.



AARON DICKENS | THE PARTHENON

**Antonio Galera is a Spanish professional pianist as well as a Joan C. Edwards Distinguished Professor in the Arts.**

These performances convinced Henning Vauth, an associate professor at Marshall University, to invite Galera to perform for a crowd in Smith Hall.

“I’ve known Galera for a very long time,” Vauth said. “We studied at the same time in Paris, France at a private music conservatory called the Ecole Normale.”

Galera played songs such as “Voiles,” “The Sunken Cathedral” and songs from Mozart.

to keep playing music, practice their pieces and never give up in order to succeed in their competitive field.

“Follow (your) passion; follow it with regularity,” Galera said. “One of the main things in music is that you need to make a fixed schedule for your time with your music.”

**Aaron Dickens can be contacted at dickens41@marshall.edu.**

“This is all repertoire that I love. I cannot choose any of these songs as my favorite. I love playing all of them,” Galera said.

As Galera played his pieces, his ability to play at an intense level with ease shocked some members of the audience, including William Grimes.

“I cannot believe he can hold that much stuff in his head, and it comes out through his fingers,” Grimes said. “It’s an amazing artistic triumph to be able to do that.”

The piano recital was followed by a piano duet from Galera and Vauth.

Janette Grimes, another audience member, said she knew Vauth because he is the choir director at her church.

“It was just marvelous to see,” she said. “We were just tickled to death to see him perform tonight.”

Galera said musicians need



# International students face obstacles finding full-time employment

By **PHUONG ANH DO**  
THE PARTHENON

Work environment, economic opportunities and personal freedom are some of the top reasons why international students decide to stay and work in the United States. However, pursuing a career in the U.S. can be a long and difficult journey for them.

Even when international students can find an internship to work under the Optional Practical Training (OPT), this cannot guarantee they get a full-time job in the U.S. International students need sponsorship for a work visa to legally work full-time.

H1-B is an immigration class intended for temporary workers in specialty occupations that many international students want to get, said Lesli Burdette, associate director of admissions for International Student Services.

“Every year, U.S. government can provide only 65,000 H1-B visas or something, and the chance is 30% for you to get them,” Ryohei Fukuda, an MBA graduate student at Marshall University, said. “You have to have a job that pays well, and you have to have a job that can’t be replaced by American people easily, and that job has to have specific skills. So, it’s very competitive and hard for us to get H1-B.”

A problem that international students may face is finding employment in the U.S. that is willing to sponsor them for a work visa. A sponsorship is when a company pays additional cost for their employees to work in the U.S. It can cost thousands of dollars, especially when the company uses an immigration lawyer in the process, which can discourage employers from hiring international workers.

Pressure to stay in the U.S. can be intense for international students whose home countries do not offer substantial job opportunities.

“

You have to have a job that pays well, and you have to have a job that can’t be replaced by American people easily, and that job has to have specific skills. So, it’s very competitive and hard for us to get H1-B.”

—*Ryohei Fukuda*

“I have a friend from Turkey, and he doesn’t want to go back to Turkey,” Fukuda said. “He said in Turkey, they don’t have a good economy. He doesn’t like the current situation of Turkey and doesn’t want to go back, which is kind of sad.”

Joy Vu, who used to study at Marshall from Vietnam, got the H1-B sponsorship and is now working as a business research analyst with Marshall’s Information Technology Department.

Vu said the process to get a work visa is not easy.

“The company I worked during my OPT while I was in California did not sponsor for H1-B,” Vu said. “If your major is computer science, finance or marketing, it may be a little bit easier for you to get a sponsorship, especially from big companies or start-up. My company is willing to sponsor but just for specific positions. You have to be very competent to get the sponsorship, and even if the company wants to sponsor you, your document may not go through the process because you’re not special enough.”

A student’s major and the budget of the company are other factors that can affect international students when trying to get working visas, Vu said.

In addition to visa difficulties, international students may face various other obstacles. International students who do not have strong networking skills may struggle to find jobs. Others must overcome language and cultural barriers, which can cause potential employers to reconsider hiring domestic employees instead.

“I’ve applied for over 300 companies and, finally, I got to work at Marshall, which is very good,” Vu said. “I worried what if my H1-B failed, or they won’t be able to submit my H1-B on time. And when I got the result in September that my H1-B was approved to work at Marshall, I felt so relieved.”

Phuong Anh Do can be contacted at [do18@marshall.edu](mailto:do18@marshall.edu).



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<u>Social Media Poll</u>	Y	N
Are you excited for the holidays?	71%	29%
Do you have any finals this week?	33%	67%
Are you going to attend the men’s basketball game Wednesday vs. Akron?	38%	62%
Are you graduating this semester?	8%	92%
Do you have any New Year’s resolutions?	45%	55%

*This poll is taken from The Parthenon’s Instagram account, @muparthenon, and is based on an average of 40 voters.*



# Marshall punter LeFevre awarded C-USA Special Teams Player of the Week

By **BRIGHAM WARF**  
THE PARTHENON

Doc Holliday has preached all season long that great special teams plays will win games and redshirt junior punter Robert LeFevre's performance against Florida International University was just that – great.

LeFevre was named Conference USA Special Teams Player of Week after helping the Thundering Herd secure an overtime win over FIU 30-27 by pinning the Panther offense.

"How about him (LeFevre)," Head Coach Doc Holliday said after Marshall's win over FIU. "Whenever you get into a game like that field position is so important in that weather."

Despite the rainy conditions that lasted the entirety of the game, LeFevre punted the ball five times for 227-yards while averaging 45.4 yards-per-boot. Four of LeFevre's five kicks pinned Florida International University inside its own 20-yard line drastically changing the game. To top off his performance, three of his punts went for at least 50-yards.

The Hillard, Ohio native emerged as the

starting punter last season for Marshall after only seeing action in one game his redshirt freshman season behind graduate Kaare Vedvik who handled kickoff and punt duties. During the 2018 season, LeFevre averaged more than 44-yards per punt in his last three games of the season. Since then, LeFevre has kept the role and has helped in many of the Herd's successes.

Thus far, LeFevre has averaged around 44-yards per punt this season with a long of 58. A notable game from the punter was against Florida Atlantic University this season when Marshall was in a fierce matchup against the Owls. LeFevre's punt near the end of the third quarter was downed at the FAU four-yard line leading to a sack safety by senior linebacker Tyler Brown that contributed to the Herd's victory over the Owls at the FAU Stadium.

LeFevre's leg will get will more game of use this season as the Herd wait to receive and accept a bowl game that will take place later in December.

**Brigham Warf can be contacted at Warf13@marshall.edu.**



RICHARD CRANK | THE PARTHENON

Robert LeFevre earned C-USA honors after his performance against Florida International.

# Athlete of the Week: Iran Bennett, Men's Basketball



PARTHENON FILE PHOTO

Iran Bennett dunking against Hofstra in the 2018-2019 season.

**ABOUT IRAN BENNETT:**

Position: Forward  
Class:  
Redshirt sophomore  
Height: 6'9  
Weight: 299 lbs

**LAST WEEK'S RESULTS:**  
vs. University of Florida

16 PTS, 6 REB, 1 BLK,  
1 STL

Marshall University men's basketball redshirt sophomore forward Iran Bennett earns this week's athlete of the week after his standout performance against the University of Florida Gators. Although the team lost 67-73, Bennett helped keep the Herd in the game. Bennett had 16 points, six rebounds, one block and one steal for Marshall.





# Marshall men's soccer closes out historical season in NCAA Sweet 16



By **TAYLOR HUDDLESTON**  
ASSISTANT SPORTS EDITOR

The No. 11 Marshall University men's soccer team concluded its 2019 season in the Sweet 16 round of the NCAA Tournament with a 4-1 loss on Sunday night at No. 6 University of Washington.

Redshirt senior Paulo Pita recorded a season-high nine saves during the match while junior forward Jamil Roberts scored the Herd's lone goal.

"We have a lot to be thankful for, a lot to be proud of," Pita said. "Overall, it was a good season. I think it opened the doors for next year. I was not expecting anything less than that. I am happy with the season. I wish I could play another season to go further with the boys next year."

The Herd finished its historical season with a 16-3-3 record (5-1-1 Conference USA). Marshall had a record-breaking season as the team claimed its first ever Conference USA Regular Season Championship with a win over FIU and the Conference USA Championship title with a golden goal made by junior midfielder Pedro Dolabella over the Charlotte 49ers, 1-0.

Those 16 wins set a new record of wins in a season while the old record was 14, set in 2000 when Marshall won the Mid-American Conference Regular Season title. The three losses set a program record in a season by the 2000 team and was tied again in 2010 and 2012.

In his third season at Marshall, Head Coach Chris Grassie was named Conference USA Coach of the Year. In his first two seasons, he obtained eight wins each and doubled them this season.

"It was a terrific season," Grassie said. "It's something for the guys to really be proud of. All in all, two conference championships, being seeded in the NCAA Tournament, beating WVU, it's been a great season."

The team became nationally ranked on Oct. 15 at No. 21 and continued to be ranked in the NCAA/United Coaches' Poll Top 25 for the rest of the season.

Heading into the NCAA Tournament, the Herd was awarded the 11th rank and received a first-round bye. In the second round, Marshall defeated the West Virginia Mountaineers 2-1 at Hoops Family Field in front of a record-breaking crowd of 2,126 people.

"It's great for the program," Grassie said. "We've always had a strong fanbase who supports us from the community."

Pita praised the Huntington and Marshall communities for their continuous loyalty to the team throughout the season.

"It's amazing," Pita said. "The support, it's amazing how the community hugged us and supported us no matter what. It's going to be sad to leave."

Redshirt freshman forward Milo Yosef

logged 12 goals this season, the only Herd player to score double-digit goals in a season since Tom Jackson in 2011. Yosef was awarded C-USA Offensive MVP and Freshman of the Year.

Roberts' 10 assists during this season was tied for the program record for most in the season. Roberts also led the C-USA in assists.

**see SOCCER on pg. 10**

“

**It was a terrific season. It's something for the guys to really be proud of. All in all, two conference championships, being seeded in the NCAA Tournament, beating WVU, it's been a great season." —Chris Grassie**



RICHARD CRANK | THE PARTHENON



## 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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"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

## Ushering in a new decade



DOUGLAS HARDING | NEWS EDITOR

A winter day on campus this past March. While students have come and gone, all have left their mark on campus.

It's the end of an era. Another ten years has come and gone. It's been quite a decade, and soon we'll be entering the 2020s.

You may have seen, or even participated in, the popular "Decade Challenge" on social media, in which people compare pictures of themselves at the beginning and end of the decade. Some posts are humorous and others touching. Everyone has changed somewhat in the past ten years, to say the least.

For many students at Marshall University, we've grown up a lot since 2010, when we were still younger than 10 or not quite teenagers. Look at us now; some of us are preparing to graduate. Some of us have our first "grown up" jobs, while others are working toward goals of doctorate degrees and getting accepted into research programs. We're making our mark around the world.

Believe it or not, we've improved our campus by attending, and future students will only continue to help our community and make Marshall a home to all. Each and every one of us has made a positive impact in Huntington during our time here. Marshall President Jerry Gilbert expressed his appreciation and thanks for the campus community in a recent press release.

"Just last week, I was listening to an award-winning faculty member talk about her passion and love for teaching and for her students. I've gone out on several Saturday mornings to witness the incredible work of our Marshall Medical Outreach for the homeless and indigent," Gilbert said in the release.

"Our Student Government Association is working to expand our food pantry and develop a system for students to share extra food points with others who

may be hungry. Our Classified Staff Council is again sponsoring a free meal just before Thanksgiving for any student who is still in town. Our researchers and staff are working with those in recovery and they are having great success. Marshall alumni and supporters are giving to need-based scholarships to help students pay for college. And, there are many more examples of acts of kindness and compassion in our university community."

Following the rush of Black Friday and entering the hustle and bustle of another holiday season, it feels like any other year. But this year, why not expand on the "Decade Challenge" and see what changes we've gone through. Last issue, we wrote about giving thanks, and while we can do that as well now, there are other things to consider.

Look how much the world has changed in a decade. The first iPad was released in 2010, and new versions of this and other popular technologies are being released each year. In 2011, the human population hit 7 billion, according to the United Nations Population Fund. And it's only going to grow, which is something we need to consider. The future involves all of us.

What can we do better in the decade to come? We can register to vote and exercise our right to vote. We need to help the earth, because climate change is real and has the potential to be devastating. For those growing up right now, just born or not yet born, we have to consider what kind of future we're leaving behind for them. It is clear that our decisions don't just affect us and our generation, but they'll continue to affect generations to come, including future Marshall students.



# On to the next chapter: Farewell from Hanna Pennington



**By HANNA PENNINGTON**  
EXECUTIVE EDITOR

In high school, I couldn't wait to be in college. During my freshman year at Marshall University, I already couldn't wait to graduate. Now, as I write this farewell letter the day before my final print night with The Parthenon and during my last week of class, ever, I'm finally realizing that these have been some of the best years of my life.

In January 2018, I began reporting for The Parthenon after already dropping the class once the semester beforehand. I was a nervous wreck, and I didn't have much self-confidence. But soon enough, I began seeing my name in the paper, and on the front page, and I realized this was exactly where I belonged. There was something so wonderful about seeing my stories in print and having a platform to publish my work. Still, I never imagined I was capable of being executive editor.

Aside from honing my skills and giving me the confidence I needed to begin pursuing a career in journalism, The Parthenon has brought me to some of the most wonderful people.

Sydney, I never would've guessed that I'd find such an amazing and loyal best friend during my last year here at Marshall. Thank you for always being there for me and explaining sports lingo to my clueless self. I'll always cherish our wine nights while watching Bachelor in Paradise and of course, trivia at The Union.

Amanda, thanks for being the best managing editor I could ask for. I'd never get by without your copy editing skills, and I'm so happy I had a friend like you to rely on throughout this crazy journey.

I'm proud of the person I've become, but mostly, I'm thankful—for this school, for this community and for the countless opportunities I've

been given. Although this chapter is closing, Marshall and The Parthenon will always hold a special place in my heart. This place has shown me who I am, who I aspire to be and what I'm capable of.

If you know me, you know it wouldn't be possible to end this farewell without a quote from the woman I've looked up to since middle school: the legendary T. Swift.

"There are going to be people along the way who try to undercut your success or take credit for your accomplishments or your fame. But if you just focus on the work and you don't let those people sidetrack you, someday, when you get where you're going, you will look around and you will know — it was you, and the people who love you, who put you there. And that will be the greatest feeling in the world." — Taylor Swift

**Hanna Pennington can be contacted at [penningto131@marshall.edu](mailto:penningto131@marshall.edu).**

# See ya later, alligator: Farewell from Sydney Shelton

**By SYDNEY SHELTON**  
SPORTS EDITOR

When you are a little kid, you think about graduating from college and getting a big girl (or boy) job. You really have no idea how quickly it comes. In just a few days, I will zip up my gown, put on my cap and walk across the stage to receive my diploma.

There are times that I thought this day would never come, where I did not know how I would get all the papers written and the events covered. Yet, there were days when I wished time would slow down because I was having the time of my life. Now here I am just days away from taking that walk. While I know I will be returning in the spring to pursue my master's degree, I keep having to remind myself that I am doing some things for the last time and this chapter of my life is coming to a close.

My last 2.5 years have been spent at a wonderful university, surrounded by people who have supported me since the day I met them. While here, I have found my family in equipment, where we have bonded over mopping up sweat, washing dirty clothes and watching judge shows. I have found professors that care more about my personal life and how I am doing than an assignment. I have found that nothing beats walking into the Cam on game day except standing in the Joan while "We Are... Marshall" rings through the stadium.



I have experienced game days in the press box and Wednesday night trivia at the Union. I have been to three fountain ceremony's, one of which I was able to walk in memory of the late Jeff Nathan, the Parthenon Sports Editor, who died in the plane crash and learned what role I now have as a daughter of Marshall.

**see SYDNEY on pg. 10**

## Parthe-Pet



This is Gimli. He is an English mastiff who weighs 230 lbs. He might look like a horse, but he's a huge cuddle buddy who loves to do nothing but laze around all day. Here he is pictured next to his friend Stevie Ball.

**Interested in featuring your pet in the paper? Use #ParthePet on social media or contact [larch15@marshall.edu](mailto:larch15@marshall.edu) with photos and a short bio.**



**TREATMENT cont. from 3**

"When you get talking to various individuals in medicine, most of them are not opposed to these treatments," Hughes said. "It's when you get into the "big pharma" perspective of things where you find the most criticism. Essential oils are tremendously cheaper and not as heavily regulated by the government, so I think the pharmaceutical companies are more against them than the actual doctors."

In addition to this, Hughes also claims that doctors and nurses in the United States are not given proper training in regard to essential oils and various alternative treatments.

"They aren't really trained that well in herbs and oils and how they affect the body, and there truly is a science to all of this," she said.

Hughes said that her mission is not to convince anyone of her abilities, but to simply help those who come to her for help.

"Early on through the awakening I had, I realized that I did not have to prove anything to anyone; it's not what the gifts are for, it's not what we are here for and it's not part of the plan," Hughes said. "The plan is to help the people who need it, and the people who need it will come to us for help. I'm not in business to prove anything to anybody."

Light Touch Healing Arts is located at 715 Third Avenue in Huntington and can also be reached through email at [lighttouchhealingarts@gmail.com](mailto:lighttouchhealingarts@gmail.com).

**Blake Newhouse can be contacted at [newhouse19@marshall.edu](mailto:newhouse19@marshall.edu).**

**SYDNEY cont. from 9**

There were a lot of ups and downs, but I would not change a single thing that happened in my life these last few years. Through those ups and downs, I found my people within the walls of the Parthenon newsroom.

That room quickly became my home after arriving here at Marshall. From naps between classes, to 3 a.m. homework sessions, to print night and everything in-between; that room and the people that I have met along the way have changed my life. Many of my nights have been spent in that room surrounded by a group of people that will be one of my hardest "see ya later's."

The opportunities that I have received while here at Marshall, most importantly with the Parthenon, have allowed me to travel to more than eight states, attend Conference tournaments and bowl games, cover everything from the Conference

USA basketball tournament to the State of the University in D.C. Every single article written, social media video posted, drone flight and page designed changed my life.

I am forever grateful for Marshall University and for the Parthenon, everything that I have learned and experienced thus far has helped me build the foundation to my life. The Parthenon brought me many experiences, memories and one of my best friends. Thank you, Hanna Pennington, for keeping me sane; we have almost made it! As we walk across the stage in a few days, may we remember today and forever why we chose this university and why we are Marshall.

For the Marshall Parthenon, and for the last time, I am Sydney Shelton. Go Herd.

**Sydney Shelton can be contacted at [shelton97@marshall.edu](mailto:shelton97@marshall.edu).**

**SOCCER cont. from 7**

Marshall sends off seniors Pita, Illal Osmanu, Carlos Diaz-Salcedo, Jonas Westmeyer and Bryce Notardonato with numerous honors and successes.

Pita played in goal every minute of the season and recorded eight shutouts for the Herd, which is good for second-most in a season in team history. He was awarded the C-USA Co-Golden Glove Award.

Osmanu was named C-USA Defensive Player of the Week twice this season, back-to-back. He was named to First Team All Conference.

Diaz-Salcedo was named C-USA Tournament Defensive MVP along with acquiring All-Academic team honors this season.

Westmeyer had nine assists on

the season and was second on the team following behind Roberts.

Notardonato was the back-up goalie who continued to help set the team up for its success on and off the field.

"Next year, obviously we lose some key guys, but next year we will be back, relog and rebuild a little bit stronger and go from there," Grassie said. "We've got a lot of talent, and we still have so much to work on. It's going to be exciting. This year was about proving that we can. Next year is knowing that we can and building from that to be an elite team."

**Taylor Huddleston can be contacted at [huddleston16@marshall.edu](mailto:huddleston16@marshall.edu).**

# PARTHENON

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# Former international student reflects on time at Marshall University

By **AARON DICKENS**  
THE PARTHENON

While traveling to a new country can create a combination of excitement and anxiety, one former Marshall University student said choosing to travel from the United Kingdom to study in Huntington will stay with him forever.

“One of the best choices I have ever made was going to Marshall,” James Bedford said.

“Marshall was in a state I’d never visited: beautiful West Virginia. The location seemed awesome sitting right next to the Ohio River. The campus seemed cozy and all together which was a plus. Apart from that, I kind of winged it and hoped for the best.”

Some international students only come to the United States to study for one semester. Many of those who choose Marshall do not regret that choice, Bedford said.

Despite being in a new area of the world, Bedford said the people and activities at this university are the beauty of Marshall.

“The people I met and the friends I made was amazing,” Bedford said. “Secondly, the number of organized clubs, sports events and extra-curricular activities either student ran, or the university organized. They add boat-loads to

the university experience and are awesome for getting to know people and make friends.”

Bedford highlighted that some of the main activities he has enjoyed at Marshall included events with the Recreation Center.

“It was fantastic being so close to the Rec Center and allowing me to train and play on the badminton team three times a week,” Bedford said. “I traveled to WVU, Morgantown with the team to play some friendly but competitive games against WVU.”

Other clubs such as Habitat for Humanity and Huntington Campus Collective left major impressions on Bedford.

“It meant a lot that I had the opportunity to offer my time and help the people of Huntington (with Habitat for Humanity),” Bedford said. “And God is working hard in Huntington, and HCC is proof. Worshiping there, being challenged every Tuesday night at Campus Collective and truly becoming closer to God left a huge impression on me.”

Although Bedford’s intentions were to stay for only one semester, he said he wished he could have invested in another semester at the university.

“It felt like my time at Marshall was cut short,” he said. “It would have been fantastic to cultivate more lasting

**“If I were tell people anything about Marshall, it’s that don’t judge book by its cover. The short time that I spent at Marshall will stay with me forever.”**

- James Bedford

relationships and be able to give back to Huntington.”

Bedford also said that students should not think less of Marshall just because it is surrounded by a smaller city compared to other universities.

“If I were tell people anything about Marshall, it’s that don’t judge book by its cover,” Bedford said. “Small town and forgotten state doesn’t mean a thing. The short time that I spent at Marshall will stay with me forever.”

**Aaron Dickens can be contacted at dickens41@marshall.edu.**

PAGE EDITED AND DESIGNED BY JOELLE GATES | GATES29@MARSHALLEDU



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1135 Fifth Avenue  
Corner of Fifth Avenue & 12th Street in downtown Huntington  
-Sunday Morning Worship – 10:45 am  
See our website for many other times of Bible study, worship, and activities for children, youth, and adults.  
[www.fifthavenuebaptist.org](http://www.fifthavenuebaptist.org)  
**304-523-0115**

**METHODIST**

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Barboursville, WV 25504  
304-736-4583  
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Sunday Worship — 8:45 A.M. & 10:45 A.M. & 6:30 P.M.  
Celebrate Recovery - Tuesday - 6:30 P.M.  
Rev. Kevin Lantz  
Rev. Ralph Sager, Associate Pastor

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**Pentecostal Truth Ministries**  
(304) 697-5600  
PASTOR JANET MOUNTS  
SERVICES:  
Sunday School 9:45 A.M.  
Sunday Worship 11:00 A.M.  
Wednesday: 7:30 P.M.  
[www.pentecostaltruth.com](http://www.pentecostaltruth.com)  
1208 Adams Avenue  
Huntington, WV 25704

**CATHOLIC**

**St. Peter Claver Catholic Church**  
828 15th St. (on 9th Ave) Htgn.  
304-691-0537  
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Misa en Español: segundo y cuarto los domingos a las 9:15 A.M.  
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Sunday: 8:00 am, 10:00 am, 12:00 Noon, 5:30 pm  
**Confessions**  
Saturday 8:00 am-8:25 am  
Saturday 4:00 pm-4:25 pm  
Tuesday 5:00 pm-5:25 pm or by appointment



## International students experience Christmas traditions during dead week



PHUONG ANH DO | THE PARTHENON

Students were invited to participate in Christmas activities during dead week.

**By PHUONG ANH DO**  
THE PARTHENON

With cupcakes, gingerbread and Christmas activities, INTO Marshall is aiming to ease students' minds during dead week by letting international students get involved in some American Christmas activities.

"We have a holiday party to celebrate with our students," Liv Giovingo, student services specialist at INTO, said. "It's especially to get international students to learn about different holidays that we celebrate in the U.S., and for domestic students an opportunity to come and celebrate something that they always celebrate."

Despite the cold weather and stress during dead week, both international and domestic students made it to the event on Dec. 2 in the INTO Center Lobby. INTO Marshall provided gingerbread and cupcakes for students to decorate for free. Ngan Bui, a junior student originally from Vietnam, said decorating gingerbread was a new experience for her.

"We do have other Christmas activities to celebrate in Vietnam, but I don't think gingerbread decorating is common in my country," Bui said. "I did enjoy the party. I think

the main purpose is to help student to relax and calm before the final. Gingerbread decorating is soothing and relaxing for me."

Giovingo said the gingerbread house will be available for students until the end of the week and students can come and decorate the cookies anytime they want.

"I will leave some of the houses out over the week so if students want, they can still do that in between finals," Giovingo said. "It's nice to have these events during dead week, so people can hangout, or watch a movie or do a craft to get their minds off of studying for just an hour."

Alvaro Soriano, a Spanish-American student, said he enjoyed the party and the cookies were his favorite part.

"My friend encouraged me to join the event, and when I came here and saw the cookies, I was like, 'Oh, perfect,'" Soriano said. "We decorated the gingerbread when I was younger. As now I'm older, we don't do that anymore. I enjoyed the cookies; I enjoyed the drawing. It makes me feel like a little kid again."

**Phuong Anh Do can be contacted at [do18@marshall.edu](mailto:do18@marshall.edu).**

**"I did enjoy the party. I think the main purpose is to help student to relax and calm before the final. Gingerbread decorating is soothing and relaxing for me."**

**- Ngan Bui**