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We Are ... Marshall, May 31, 2023

Office of Marshall University Communications

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WE ARE... MARSHALL®

The Newsletter for Marshall University
Faculty and Staff

May 31, 2023

Hundreds of volunteers pitch in for Community Cares Week to make Marshall shine

MAY 30, 2023



Marshall's second annual *Community Cares Week: Giving Back to the Herd* was an overwhelming success, with hundreds of volunteers pitching in to make a positive impact on the university's campuses and centers.

The four-day sweat equity event focused on engaging faculty, staff, students, community members, local businesses and alumni chapters to help check off "To Do List" items

for the university, while giving back to the university that has invested in them. Alumni chapters who were unable to make it back to campus worked on service projects in their own communities as well.

This year, the volunteer week surpassed last year's event by more than 60% with a total of 724 people who pre-registered or walked up to volunteer, working 1,958 service hours. Additionally, there were approximately 100 staff members working anywhere from one shift to all nine by leading projects, as well as a dozen staff or cabinet members serving lunches and drawing raffle prizes each day.

Several area groups also volunteered together, including the MU Early Education Steam Center, State Electric, the Alpha Kappa Alpha Sorority Alumni Chapter, the Huntington Regional Chamber of Commerce and the Marshall Men's Basketball Team. Boy Scouts with Troop 12 helped complete Thomas Farrell's Eagle Scout project.

To view a video compilation of Community Cares Week, narrated by President Smith, click [here](#). To view photos of volunteers and projects, click [here](#).

The following materials used for projects included:

- 661 flowers and shrubs
- 6 trees

- 1,770 bags of mulch
- 80 landscaping stones
- 10 Adirondack chairs
- 20 tons of rock
- 75 gallons of paint
- 154 pairs of safety glasses
- 146 pairs of jersey gloves
- 40 boxes of disposable gloves
- 30 gallons of gas for pressure washers
- 116 paint rollers
- 134 paint brushes

- 30 rolls of painter's tape
- 20 paint pans
- 30 pan liners
- 6 rolls of painter's paper
- 30 rolls of 10×12 drop cloth
- 2 boxes of painter's rags
- 24 microfiber cleaning cloths
- 4 – 64 oz. bottles of cleaning vinegar
- 3 30-yard dumpsters
- 1 solar charger

The following tasks were completed by volunteers:

Landscaping

-New plants, trees and mulch were added across campus, including around the Memorial Student Center Plaza, the Welcome Center, all undergraduate residence halls, the Landing, Housing and Residence Life offices, Smith Hall, the Fred and Christine Shewey Athletics Building and the Education Building. Rocks were also placed on a hill between Old Main and Smith Hall. ROTC also completed special cleaning and landscaping projects at memorial sites around campus.

Pressure Washing

-Sidewalks and entryways across campus, including the Memorial Student Center, Drinko Library, Joan C. Edwards Stadium and brick pavers and concrete planters on the Memorial Student Center Plaza.

Painting

-Areas across campus, including Joan C. Edwards Stadium, bike racks outside of buildings and a total of 14 rooms and the first floor main hallway of Buskirk Hall.

Carpentry

-A new seating area was constructed outside of Morrow Library on Buskirk Field and Adirondack chairs were added between the Education Building and Prichard Hall.

Housekeeping

-All residence halls and the Memorial Student Center were cleaned, including windows and floors and bleachers and seats inside the Henderson Center were wiped down. Corbly Hall, Drinko Library and Harris Hall were cleaned out, filling three 30-yard dumpsters.

Thrift Store

-More than 150 bins of donations from residence hall Green Move Out events were organized and store areas were cleaned.

Off-Campus Alumni Events

-Several Huntington-area alumni groups worked together in projects on campus, including the MU Black Alumni, the Greater Huntington Alumni Chapter and the Society of Yeager Scholars Alumni Chapter. Alumni groups in other areas worked together in their communities in the name of Community Cares Week, including the Mid-Ohio Valley Alumni Chapter in Parkersburg, West Virginia, the Greater Annapolis Area Alumni Chapter in Annapolis, Maryland, the Myrtle Beach Alumni Chapter in Myrtle Beach, South Carolina, the Southern Coalfields Alumni Chapter in Beckley, West Virginia, the Cincinnati/Northern Kentucky Alumni Chapter in Cincinnati, Ohio, the Eastern Panhandle Alumni Chapter in Martinsburg, West Virginia, and the Raleigh Alumni Chapter in Raleigh, North Carolina.

Participants sought for study on an art intervention in aging

MAY 30, 2023

Researchers at Marshall are seeking participants aged 55 or older for a new health study designed to examine the impact of visual art activities on the well-being of aging adults.

Many individuals report health benefits from participating in art activities as they age, which is generally supported by previous [research](#). This health study, supported with funding from The Huntington Foundation, builds upon those principles to evaluate the effectiveness of a community-based visual art workshop as a way to improve multiple areas of health and well-being by using assessment tools for cognition, depression, stress, pain, social connection and loneliness.

Participants in this art workshop / health study will create small, colorful works of art on paper to combine into a larger, expressive individual work. Participants will meet for their art workshop six times for two hours. The art workshops will be taught by Marshall art alumni with oversight by Sandra Reed, professor of art at Marshall University. Participants will also learn fundamental principles of visual art, including basic color theory, how to use various art media and a method

for image transfer. Participants will be encouraged to find personal meaning in their art and to share what they learn and create with others.

“This study is unique in our community-based approach to promoting multiple areas of health and well-being,” said Masa Toyama, Ph.D., assistant professor of psychology at Marshall University and principal investigator on the study. “As an interdisciplinary research team consisting of physicians as well as art and psychology professors and researchers, we hope to indicate potential health benefits of visual art activities that can be conducted outside of a doctor’s office.”

In addition to Toyama and Reed, physician faculty from the Marshall University Joan C. Edwards School of Medicine Cynthia Pinson, M.D., Martha Sommers, M.D., and Asma Nayyar, M.D., are collaborating on this study.

This study is open to the public. The study team will also work with local senior centers and organizations on study participation. The team will host the following information sessions for interested individuals to learn more about this health study:

- 9:30 a.m. Wednesday, June 14, at Barboursville Senior Center, 721 Central Avenue
- 10 a.m. Thursday, June 15, at Ceredo Senior Wellness Center, 484 Main Street

The first art workshop series will begin in July and two additional series will follow. For more information about these schedules, visit <https://jcesom.marshall.edu/research/research-study-life-bouquet>. To participate, e-mail ArtAndAging@marshall.edu or call Toyama (Principal Investigator) at 304-696-2777 or Reed (Professor of Art) at 304-696-5671.

This project (IRB # 2041495) was approved by the Marshall University Institutional Review Board in the Office of Research Integrity, a group not associated with the study.

Please join us for a

Retirement RECEPTION

DR. JEFF ARCHAMBAULT

Interim Dean, Professor of Accounting | Lewis College of Business

22 years of service

Thursday, June 1 | 2-4 p.m.
Drinko Atrium



Do You Suffer from Low Back Pain?

Marshall University's School of Physical Therapy will be hosting a **Lumbar Spine (Low Back) Course June 9-11.**

If you or anyone you know is experiencing low back pain which doesn't resolve, this could be a perfect opportunity to have a **FREE** assessment & treatment performed by a member of the McKenzie Institute international faculty.



For more information, contact Brad Proffitt,
304-696-5619 or proffitt2@marshall.edu





Are you interested in promoting youth empowerment in your West Virginia community?

If so, then **YES** is for you!

Registration is **FREE!**
Meals and lodging provided.

REGISTER NOW!
June 5-6
Marshall University Student Center

Our Sponsors



COMMUNITY Connections, Inc.



Register at www.MUYouthEmpowerment.org

Cardboard Boat Race returns this year on June 6

MAY 23, 2023



The June Harless Center's Cardboard Boat Race is back as part of the Huntington Children's Museum's Kidsfest. Participants in grades 3-12 will learn and utilize the engineering design process and other STEAM skill sets to design, build and race a boat entirely out of cardboard and duct tape (all materials are provided).

Join us Tuesday, June 6, from 8:30 a.m. – 3:30 p.m., for a day filled with problem-solving, teamwork, and summer fun as teams of up to three build and navigate their epic cardboard creations across the Henderson Center pool.

Register at: <https://forms.office.com/r/5swi5h4CjK>

Questions? Contact Jason Gibbs at gibbs15@marshall.edu.

Photo: A scene from 2022 as two participants race their cardboard boat creation.

PRESIDENT BRAD D. SMITH INVITES YOU TO ATTEND THE
THIRTY-NINTH ANNUAL

Staff Recognition And Service Awards Luncheon

WEDNESDAY, JUNE 7TH, 2023
12:00 p.m. - 2:00 p.m.
Don Morris Room | Memorial Student Center

**RSVP at: www.marshall.edu/staff-council/rsvp
Please respond by Wednesday, May 31st, 2023**

Please contact Katie Counts in the Staff Council Office at easter@marshall.edu or 304-696-2222, or Nina Barrett at barrett@marshall.edu or 304-696-2216 with special dietary requests or questions.

*Due to limited space, once capacity is reached
no additional RSVPs will be accepted.*

Wellness Wednesday



Introductory yoga class focused on mindfulness and gentle stretching.

30 MINUTES OF CHAIR YOGA

Each Wednesday in June and July

3:30 pm • Drinko Library, Room 349



All employees and Lifelong Learning members welcome. No cost or special equipment required.

Scan QR Code to register.
marshall.libwizard.com/f/Yoga2023

Questions, contact Diane Palmieri at palmierid@marshall.edu
www.marshall.edu/library



Please join us for a

Retirement RECEPTION

DR. PAMELA MULDER

Psychology

for 31 years of service

June 8th | 3pm - 5pm
John Marshall Room, MSC

For more information contact
Tracy Eubank
eubank5@marshall.edu



School of Art and Design to host invitational exhibition 'How Close is That to Richmond?'

MAY 30, 2023

Marshall's School of Art and Design will host a group art exhibition titled *How Close is That to Richmond?* curated by Gallery Director Courtney Chapman. It will be open June 12 through July 6 in the Charles W. and Norma C. Carroll Gallery, with a closing reception planned for 5 to 6:30 p.m. Thursday, July 6, that is free and open to all.

The exhibition features 26 contemporary artists creating in a wide range of concept and media with one thing in common: geographic location. Each artist in this invitational exhibition lives and works in West Virginia.

"This exhibition exemplifies that being an artist, especially an artist in West Virginia, can mean many different things," Chapman said. "In this group, you will see paintings, sculpture, photography, pottery, and much more. We have so many talented artists in the state working in contemporary themes, it was difficult to narrow it down to what our gallery could hold."

The exhibition will be open while Marshall hosts the Governor's School for the Arts, a three-week program that affords rising high school juniors in West Virginia the opportunity to work with accomplished artists and build relationships with other student artists in the state. The students in this program will be able to view the works while having classes in the Visual Arts Center.

The Charles W. and Norma C. Carroll Gallery is in Marshall's Visual Arts Center, located at 927 Third Ave. in downtown Huntington and is free and open to the public from 10 a.m. to 4 p.m. Monday through Friday.

For more information about Marshall's School of Art and Design, visit www.marshall.edu/art.

Study finds sex education tool improves reproductive health knowledge among adolescent girls

MAY 30, 2023

A School of Medicine study found that a virtual sex education tool improved reproductive health knowledge scores and measures of self-efficacy among adolescent girls.

The findings, published last month in [Sex Education](#), a leading international journal on sex, sexuality and relationships in education, found that sexual health knowledge scores on a validated scale increased among participants, along with improved measures of self-efficacy regarding birth control, healthy relationships and sexually transmitted infection (STI) prevention. Notably, a greater proportion of participants reported improved confidence in obtaining birth control, recognizing an unhealthy relationship and testing for STIs.

A research team conducted a baseline assessment of sexual health knowledge among adolescent females ages 14 to 18. Participants also answered questions about past experiences with school sex education programs and self-efficacy. They then completed the online curriculum available at www.marshallteentalk.org, which covers a range of sexual health topics presented through short, animated videos. A post-survey then reassessed participants' sexual health knowledge, along with the same measures of self-efficacy.

“Adolescents use websites and social media for sexual health information; therefore, there is a great need for accurate, evidence-based online reproductive health tools,” said Marshall Health Pediatric and Adolescent Gynecologist Jennie L. Yoost, M.D., M.Sc., an associate professor at the Joan C. Edwards School of Medicine and senior author of the study. “Marshall Teen Talk was designed specifically to provide local adolescents an accessible and accurate resource for reproductive health that they can trust. This study validates the website as an effective teaching tool.”

In the current study, 30.3% of participants reported they had never had sex education classes in school. The online curriculum was overwhelmingly favored by study participants, with 94% reporting the information was presented in a way that was easy to understand, and 93.9% reported they would recommend the website to a friend.

In addition to Yoost, the research team included Dani Roth; Emma Nellhaus, M.D.; Morgan Ruley; Ariana Hess, M.D.; and Rajan Lamichhane, Ph.D. The team will expand future studies to include male and nonbinary adolescents, as well as partnerships with teachers. As adolescents in rural areas are less likely to seek out sexual health services, this website can also potentially serve our community by linking individuals to specific health resources and clinical needs.

Marshall Teen Talk was established in 2014 by Yoost as an after-school telehealth outreach to rural West Virginia high schools. Since that time, the program evolved into an evidence-based online curriculum available at www.marshallteentalk.org that can be completed in approximately 45 minutes and can be used as a supplement to classroom learning. The project was funded through rural health initiative grants from the Robert C. Byrd Center for Rural Health at Marshall University with funding from the West Virginia Higher Education Policy Commission and private donors. Website design and animation were developed by Bulldog Creative Services.

To view the article in its entirety, visit “A virtual sex education tool improved reproductive health knowledge among adolescent girls” by Roth et al., please visit <https://doi.org/10.1080/14681811.2023.2203909>.



**JUNETEENTH
CELEBRATION**

Friday, June 16th | 12pm-3pm
Harless Field
(between Harless Dining Hall and City National Bank)

FREE live music with Red Line,
along with Food, Friends and Fun

Sponsored by Office of the President
www.marshall.edu/president



SAVE THE DATE!

Faculty Instruction & Training (FIT)

*Join us for a full day of education
on Title IX, Copyright, Travel, Safety,
Purchasing and more.*

**AUGUST 16, 2023 • 9 AM
MEMORIAL STUDENT CENTER, BE5**

Sponsored by the Office of General Counsel & External Affairs and Human Resources



The next regular issue of *We Are...Marshall* will be distributed June 7, 2023. Please send items for consideration to WAMnewsletter@marshall.edu by noon Tuesday, June 5, 2023.

To read the content of this newsletter online, please click on the following link:

link: www.marshall.edu/wamnewsletter/May-31-2023.
