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Brittany Hively  
Parthenon@marshall.edu

Grant Goodrich

Emma Berry

Xena Bunton

Isabella Robinson

See next page for additional authors

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“If you don’t like something, change it. If you can’t change it, change your attitude.”
-Maya Angelou
Marshall to Provide Help for Those Seeking Recovery

By MADISON PERDUE
REPORTER

To battle the state’s opioid pandemic and foster healing and growth in the community, the West Virginia Collegiate Recovery Network is offering peer recovery support and educational programs to help those seeking recovery.

Susan Mullens, Collegiate Recovery’s program coordinator, said the network’s programs are open to students, staff and faculty. Mullens works with schools all over West Virginia who are interested in the program. She said many services and events are open to anyone in the community regardless of their location.

The DHHR funds the network to help provide peer support specialists on seven campuses in southern West Virginia. Mullens said each collegiate recovery program has various offerings weekly from all recovery meetings, mindfulness and stress management.

Mullens said in addition to individual and group support therapy sessions, the network also provides recovery ally training which addresses the stigma of substance abuse and helps others learn about how to support individuals in recovery.

Rebecca Tomblin, a senior psychology student at Marshall University, said she got involved with the recovery program at an overdose awareness event held last September. She is now an assistant recovery coach who helps with anonymous meetings where people can share resources and support those seeking recovery.

“We offer meetings for people with substance abuse disorders and their families,” Tomblin said. “We also just offer recovery meetings for anyone struggling with addiction of any kind, not just substance abuse.”

Tomblin said she also helps with outreach, and the network is trying to get more students involved with the program.

Tomblin said the program includes SMART Recovery, which focuses on education through a four-point system including motivation, coping, management of thoughts and behaviors and living a balanced, healthy lifestyle. The program meets on Wednesdays from 5-6 p.m. online.

See Recovery on pg. 10

A Renewed Focus On Men’s Mental Health

By TYLER SPENCE
OPINION EDITOR

The Marshall counseling center has been a driving force of focus on mental health over the years. As a pandemic disrupted students’ lives, the counseling center was required to adapt and respond to the new challenges people began to face. Part of this response has been an initiative focusing on men’s mental health.

“Men tend to underutilize mental health services and resources, while women utilize them the most,” said Candace Layne, director of the counseling center.

Men’s mental health week was the brainchild of Layne, who received a grant in order to help fund the events. The events included more traditional activities like a lecture and included an event taking place at a barbershop where men could have a space to talk while getting haircuts. These types of events intentionally give men a space where they feel safe and comfortable.

Layne talked about the stigma many men face when dealing with mental health issues. There will always be an inclination to just “man up” and not talk about issues they may be experiencing.

“Boys are taught sometimes that boys need to be tough. I think we can teach boys to still be tough, but emotions are okay. We need to begin to open up those conversations within our homes — it starts in the home, it starts young,” Layne said.

Men’s mental health has long been regarded as something most men have not taken seriously enough over the years. This has led to men leading the rates of suicide in the United States.

Programs like these will continue to shed light on communities who may be most underserved by traditional counseling and therapy in an effort to change the current culture surrounding men’s mental health.

Tyler Spence can be contacted at spence83@marshall.edu
Empty Bowls: Continuing Tradition

By ALYSSA WOODS
THE PARthenon

In a time when so many are worrying about jobs, health and money, the stress of food insecurity is something that no one should have. Facing Hunger Foodbank in Huntington, is fighting to ensure that families have one less worry. This semester, Marshall University is continuing a tradition in which they partner with the foodbank to raise money and fight hunger in an event called: Empty Bowls.

According to Allora McCullough, Empty Bowls is a national event that relies on the help of artists and other craftspeople to feed their local communities. Empty Bowls has been ongoing since 1990, and Huntington is hosting Empty Bowls for their 18th year. McCullough volunteers at the foodbank every Friday, which puts her in an excellent position to see the benefits firsthand.

Thanks to owner and Marshall alumna Jessica Stone, The Pottery Place in Huntington will be hosting the event this year. Meanwhile, ceramic students at Marshall University can participate by creating bowls that will be auctioned off. The event was originally a one-day fundraiser, but due to COVID-19, the many individuals involved have pulled together to convert the fundraiser into a month-long online auction, starting April 1 and ending April 30.

Individuals who wish to participate in raising money for Facing Hunger through the Empty Bowls event can go to https://www.thepotteryplace.biz every Friday in April. Each week will feature new bowls for sale along with a dessert auction. Buyers will pay online and pick up at The Pottery Place.

McCullough ensures The Pottery Place has “established social distancing, sanitation and mask-wearing policies to protect the public at this time.”

McCullough anticipates “close to one thousand bowls total will sell throughout the month of April.” Each bowl will cost 20 dollars, and proceeds will go to Facing Hunger Foodbank, where each bowl sold will provide 180 meals.

“The are actively producing bowls for the event throughout the rest of the month of March,” McCullough said about students who have dedicated their time to crafting the bowls. “Each student is also volunteering time at the Facing Hunger Foodbank through February and March to experience a direct connection between the work they do to raise money and how that benefits the food bank.”

For further information about the Empty Bowls event, you can follow Facing Hunger Foodbank on Facebook or go to https://www.thepotteryplace.biz.

Alyssa Woods can be contacted at woods161@marshall.edu.

Paint and Sip

By MIRANDA VALLES
REPORTER

Marshall University’s Paint & Sip series event, hosted by Student Activities, gives students the opportunity to come together and to paint pictures that correspond to the given theme for that session.

Miquela Buzzard, a freshman at Marshall, said the Paint and Sip event has been one of her favorite activities since starting at Marshall.

“I’ve been to the one in October and also the one in November, both times the atmosphere just seemed very laid back, so it wasn’t as awkward as I thought it would be,” Buzzard said. “I know things have changed since the pandemic, so the seating is a bit more spaced out, but I still had a great time.”

Buzzard said the pandemic has made recreational activities extremely hard to enjoy. However, she said she is thankful the university is still providing safe ways for students to participate in events like this one.

Jayden Blaylock, who is also a freshman at Marshall, said that she also feels thankful for the fact that she still gets to participate in a creative outlet despite the pandemic restrictions.

“I’ve only been to Paint and Sip once, but when I went in November, it was super fun,” Blaylock said. “They had us all socially distanced, but it was still pretty enjoyable to be able to do that with my friends, considering a lot of stuff isn’t available to go out and participate in anymore.”

Blaylock said the provided environment makes it a much more enjoyable experience and helps those participating focus on the art and really destress.

The next Paint and Sip in the event series is the ‘Throwback Logo’ March 23, in the Don Morris room of the Memorial Student Center.

Seating is limited, and social distancing and masks are both required.

Miranda Valles can be contacted at valles1@marshall.edu.
Athletic Training Month: Spotlight

By CHLOE COOK
THE PARTHENON

Athletic Trainers play critical roles in the behind-the-scenes aspects of sports, arts and competitive competitions.

The dedication of professionals in the field of Athletic Training creates a safe, educated environment for athletes, performers, coaches and directors.

The month of March is National Athletic Training Month, which is an incredible time to highlight Marshall University’s Athletic Training Program’s honors and achievements.

Dr. Zach Garrett, Marshall University’s Athletic Training Program director and President of the West Virginia Athletic Trainers’ Association, is passionate about the opportunities Marshall students have in the Athletic Training program.

“Our athletic training program is unique. One of the things that makes it somewhat different is that it is a three plus two program,” Garrett said.

The program allows students to come to Marshall and receive their bachelor’s and master’s degree in Athletic Training in five years, which no other program in the state of West Virginia does.

Opportunity for students to gain clinical experience is present in many different fields. Marshall University’s Athletic Training program works with Marshall athletics, as well as local high school and college sports, performing art centers and other clinical locations in the Huntington, WV area.

Chloe Cook can be contacted at Cook489@marshall.edu.

Marshall graduates struggle to find employment amidst pandemic

By JENNIFER WESE
THE PARTHENON

Adversities faced during the COVID-19 pandemic continue to impact the daily lives of Marshall graduates.

From the ongoing observance of state-wide and university mandates to the enlarged job shortage, graduates looking to transition to their professional journeys must face the endless constraints associated with living in a pandemic society.

Rachael McKean, a recent graduate of Marshall University’s Lewis College of Business, has experienced this struggle firsthand.

“Prior to the pandemic, my life revolved around sustaining proper childcare for my son. Now my main concern has been finding available jobs that coincide with my career path,” McKean said.

Following the declaration of COVID-19’s pandemic status by the World Health Organization in March 2020, West Virginia has continued to maintain a higher-than-average unemployment rate.

According to the seasonally adjusted unemployment rate published by WorkForce West Virginia in January 2021, the state boasted an unemployment rate of 6.5%, which shows that approximately 51,500 residents remained jobless within the state at that time.

Contributions including the financial burden inflicted on businesses throughout the pandemic and the inability to predict future setbacks could potentially prove problematic for current and future graduates within the area looking for career opportunities.

To cope with the constant stress and uncertainty associated with a pandemic, McKean has relied heavily on her faith to combat the unending obstacles faced along the way. “The majority of my daily tasks are centered around prayer and faith, everything from parenting my son to maintaining emotional balance,” McKean said.

With a limited job market and professional experience, McKean continues to rely on her faith to remain positive. “Maintaining faith has brought the daily motivation I need to begin a new career and prevent discouragement from the time it has taken to receive the most appropriate job offer,” McKean said.

Although the current job market looks dismal compared to pre-COVID statistics, the wide-spread administering of the COVID-19 vaccine within the state could help reinstatement and create non-essential positions throughout West Virginia.

Looking towards her future with hope, McKean attributes her success to date to her unceasing faith and her daily devoted prayer time. “My faith comes first and impacts every major decision I make in life and towards my future,” McKean said.

Following this interview, McKean accepted a position with Charleston Area Medical Center Health Systems, Inc.

Jennifer Weese can be contacted at Weese44@marshall.edu.
Schools weigh whether to seat students closer together

By Collin Binkley
AP Education Writer

BOSTON (AP) — New evidence that it may be safe for schools to seat students 3 feet apart — half of the previous recommended distance — could offer a way to return more of the nation’s children to classrooms with limited space.

Even as more teachers receive vaccinations against COVID-19, social distancing guidelines have remained a major hurdle for districts across the U.S. Debate around the issue flared last week when a study suggested that masked students can be seated as close as 3 feet apart with no increased risk to them or teachers.

Published in the journal Clinical Infectious Diseases, the research looked at schools in Massachusetts, which has backed the 3-foot guideline for months. Illinois and Indiana are also allowing 3 feet of distance, and other states such as Oregon are considering doing the same.

The Centers for Disease Control and Prevention is now exploring the idea too. The agency’s director, Dr. Rochelle Walensky, said the 6-foot guideline is “among the biggest challenges” schools have faced in reopening.

The CDC included the larger spacing in its latest school guidelines, which were issued in February and concluded that schools can safely operate during the pandemic with masks, distancing and other precautions. It suggested 6 feet and said physical distancing “should be maximized to the greatest extent possible.”

Other organizations have issued more relaxed guidelines, including the World Health Organization, which urges 1 meter in schools. The American Academy of Pediatrics says to space desks “3 feet apart and ideally 6 feet apart.”

Dan Domenech, executive director of AASA, a national superintendents group, said he expects more states and schools to move to the 3-foot rule for months. Illinois and Indiana are also allowing 3 feet of distance, and other states such as Oregon are considering doing the same.

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Herd men’s soccer set for top-15, conference tilt with Kentucky

By GRANT GOODRICH
SPORTS EDITOR

Heading on the road for a top-15 matchup, the Marshall men’s soccer team is gearing up to face the University of Kentucky Thursday at 5:00 p.m. in Lexington for an in-conference showdown.

The game will be the Herd’s third conference game of the season; Marshall beat the University of South Carolina on the road 2-0 and Florida International University at home 1-0.

Kentucky has played the same amount of conference games, losing to Charlotte 2-1 in overtime and beating Florida Atlantic 3-1.

The Thundering Herd and the Wildcats last met in the Conference USA semifinals, in which the Herd topped the Wildcats 1-0. Marshall, in turn, moved onto the conference championship game and was crowned the 2019 C-USA Champion.

Although Marshall got the best of Kentucky last season, UK leads the all-time series 11-6-2, winning five straight from 2012 to 2016.

So far this season, the Marshall offense has been led by junior midfielder Vitor Dias; he has scored six goals and added two assists.

C-USA preseason offensive player of the year Milo Yosef has been held in check for the most part, scoring two goals on a team-leading 13 shots on goal.

In the box, goalkeeper Oliver Semmle has had the task of replacing Paulo Pita. Through seven games, Semmle has seven saves and a save percentage of .700.

On the other side, the Wildcats’ scoring has been more balanced, with three players tied for the team lead in goals. Sophomore forward Eythor Bjorgolfsson, junior forward Daniel Evans, and junior forward Brock Lindow have four goals apiece.

see MSOC on pg. 10
Athlete of the Week:
Ryan Leitch, baseball

ABOUT RYAN LEITCH
Class: Freshman
Position: Catcher
Height: 6-1
Weight: 195
Hometown: Whitby, Ontario

PERFORMANCE
3 hits, 3 homeruns, 5 RBI, 5 runs over the final two games vs. Mercer

For his performance at Mercer in the final two games of the three-game series, freshman Ryan Leitch has earned athlete of the week honors.

After a slow game one for Marshall as a team and Leitch as an individual, the offense picked up in game two, and the momentum carried over into game three. The Herd scored 10-plus runs in back-to-back games, winning 11-10 in game one and 19-9 in game two.

Leitch was a large part of that offensive explosion, with all three of his hits going for homeruns, but more than anything, Leitch exemplifies the team’s combined production.

Marshall had 14 hits as a team in game one and 20 hits in game two. Although Leitch did not lead the way in total hits, his hits were the most impactful, leading the way in RBIs and homeruns.

In game one, Leitch hit a solo homerun in the top of the sixth to tie the game at six; the Herd did not trail again.

In game two, Leitch got on base in the first inning by way of a walk, his first of three walks on the day. Leitch scored himself in the top of the second with a two-run homer to left. He got things going again at the plate as the leadoff hitter in the top of the eighth, hitting his second homerun of the day.

Not only did Leitch put in work at the plate, but he also added eight putouts and one assist to his day on Sunday as catcher.

On the season, Leitch leads the Herd in homeruns and RBIs, with five and nine, respectively.

Freshman catcher Ryan Leitch swings at a pitch against Morehead State on Sunday, March 7. Marshall lost the contest 6-2.

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College campuses across the country use the terms “traditional” and “non-traditional,” referring to the age of students. Non-traditional tends to be 24 years old and up, while traditional is those right out of high school.

This term is also used for students completing the Free Application for Federal Student Aid (FAFSA).

However, with changes in the economy, culture and in general, each generation—this term has become archaic, and it is time we retire it.

More and more students are working their way through college because their parents simply cannot afford to put them through. Many homes are now working off a two-person income just to make ends meet; adding in thousands of dollars a year for one child is not plausible for them.

The traditional age for the FAFSA hurts these students and others who have no additional help from their parents by requiring traditional students to claim their parent’s income to determine their family’s contribution. How many students who would thrive in college skip out because of this?

We are no longer in a cookie-cutter, one-size fits all world. Not everyone is cut-out to attend higher education, and not everyone is cut-out to do a trade job. With that in mind, not everyone is cut-out to attend universities right out of high school.

There are a plethora of reasons that may keep these students from being “traditional” beyond just the FAFSA. Reasons from home situations to health conditions to personal life and more.

Whatever the reason may be, these students often find themselves seeking higher education later in life. They may have children and their own families by then. They may be searching for a career change. They may be just seeking to be better educated.

Are we keeping them from pursuing these things because of a label? Are we missing the mark by not including themselves in our target audience?

As a “non-traditional” student with her own family, who never had the opportunity to be a “traditional” student due to outdated FAFSA requirements for parent involvement, I think we are excluding so many. Even when the student has cut ties at 18 years old, the same rules apply.

I graduated with my bachelor’s at 29 years old, and now at 30, I am working towards a master’s degree. I have loved every bit of being “non-traditional.”

My children have been able to experience the journey with me. I don’t feel like I have missed out on anything the other students do. I have made lifelong friends. I have learned so much from the generations below me, and I hope in some way they have learned from me too.

Going after those degrees is the best decision I have made, and I would hate to think someone is missing out because of their fear of being “non-traditional” or because the timing just was not right.

I hate to see fellow students struggling to make ends meet due to a lack of financial aid because of their parent’s income. I would hate for people who could flourish with higher education to miss out due to this thinking.

Are the terms necessary? Not that I see.

Will the world end if we retire these ancient terms and rules? Or, would we see more people getting a chance to follow their dreams, less stress from students negatively affected by the rule and a more positive attitude towards bringing generations together? Anything is possible.

When it comes down to it, we are all students working towards doing something we are passionate about, something we love and changing the world for the better.

Tradition is great, but sometimes it is time for tradition to change, and in this case, it is as simple as some terminology.

Have a comment on something in The Parthenon? Respond with a letter to the editor at parthenon@marshall.edu.
March Madness is back. Brackets are being printed, filled out andbet on between friends. For many, March is just as synonymous with basketball as December is with Christmas or November with Thanksgiving. Not only is it a widely celebrated and anticipated event every year, but it is also the best sporting event we have in the United States. Taken from us last year, the first round of the NCAA men’s basketball tournament will return Friday at noon, while the first four (play-in) games will actually tipoff a bit earlier on Thursday at 4 p.m.

Three things make March Madness the best tournament in sports: the enormity, the competition itself and the inspiring storylines. There is only one sports tournament that makes more advertising revenue than March Madness – the NFL Playoffs – and the margin is not by much. For a short time, in 2014, the NCAA tournament overtook the NFL playoffs for the top spot.

March Madness generates over one billion dollars in ad revenue every year, and it is only climbing. That number is greater than the NBA playoff and double the amount made by the MLB playoffs. As far as media rights, CBS and Turner Broadcasting combine to pay $771 million a year for the right to broadcast all 67 games. The tournament is able to sustain its substantial ad and TV deals because of the viewership it pulls in on a yearly basis. There are an estimated 100 million viewers in 180 countries from the first round to the final four.

In total, the 67 games accumulate 770 million views, which is the most total views any sport pulls in. Obviously, the NFL playoffs still has a better per game average, but the sheer number of opportunities that an advertisement has to be seen by way of March Madness is unparalleled.

So, the enormity of the event is right there with the NFL playoffs, and in some ways, March Madness supersedes it.

But before advertisers ever decided to put money toward the big dance, there had to be viewers; there had to be popularity.

Without the enjoyment people find in basketball and the structure of the 68-team tournament, there would never have been the opportunity for the tournament to become the revenue monster that it is today. The unique nature of the tournament, first and foremost, lies in the fact that 68 teams are competing, more than any other tournament in the United States. In fact, there are more teams in the bracket than what the NBA and NFL have combined. With the bracket divided into four segments, there are practically four individual brackets, with the winner earning a berth to the Final Four.

The Final Four itself is one of the unique monikers the tournament has for each round. There is also the Elite Eight and the Sweet Sixteen. Those alliterated terms have become staples in the landscape of sports. There are no other tournaments that have such marketability and branding within each round.

The first round, the Round of 64, is when the actual “madness” begins, and it consists of 32 games. This is the round in which the unmatched distinctiveness of March Madness begins to fully separate itself from its counterparts.

The Round of 64 begins the telling of stories that only the NCAA tournament can procure — the upsets, the deep runs by unsuspecting teams, the noteworthy people around the teams. This round creates legends and stories that last generations. One of the more recent stories, and one the greatest ever seen, is the run by Loyola-Chicago — an 11-seed who made it to the Final Four.

The Ramblers knocked off the No. 6 seed Miami in the first round and followed that up with a round of 32 win against No. 3 seed Tennessee. Already, Loyola-Chicago had cemented its legacy in the NCAA tournament; it was a run that would be remembered. However, it did not end in the Sweet Sixteen as it does for many “Cinderella” teams. The Ramblers continued its historic run, knocking off No. 7 Nevada. In the Elite Eight, with a Final Four berth on the line, Loyola topped No. 9 seed Kansas State, who was on a run of its own.

The Ramblers story ended in the Final Four against Michigan, but that team’s legacy was forever embedded into people’s hearts and minds across the country.

The story, although sufficient with the upset victories, did not end there. The Ramblers had a fan who was with them every step of the way – 98-year-old Sister Jean. Sister Jean, who was born during the Ramblers’ fifth ever season in 1919, had endeared herself with the players and coaches, giving them each a hug as they walked off the court.

Now, 101-years-old, Sister Jean will return to the NCAA tournament with her No. 8 seed Ramblers as they take on No. 9 seed Georgia Tech on Friday at 4 p.m.

What other sports produce true “Cinderella” stories such as Sister Jean and Loyola-Chicago? None. Only March Madness allows a school with a name unbeknownst to many people to rise and take the world by storm. Only March Madness creates the number and quality of indelibly separate memories from the actual game being played.

Villanova won the 2018 national championship, but many people will forget the Wildcats’ championship run as the years pass; some have already forgotten. But those same people will always remember the Loyola-Chicago Ramblers.

That is the legacy of March Madness, and it is what separates it from the rest of the sports tournaments we have. That is why it is the best.

Have a comment on something in The Parthenon? Respond with a letter.
MSOC cont. from 6

Kentucky had played a total of 13 games compared to Marshall’s seven, yet Marshall has scored 18 goals on the season, closely behind Kentucky’s 23. Albeit, Marshall scored 10 goals in one game against WVU Tech. Also, Kentucky’s statistics stretch back to games it was able to play in the fall.

In the spring, Kentucky has played one less game than the Herd. Moreover, two of the six teams UK has played this spring have been Marshall-like opponents – Akron and Bowling Green.

Marshall’s lone defeat of the season came in a 2-1 overtime loss to Akron; Kentucky tied with the Zips 1-1 after two overtime periods. Both Marshall and Kentucky defeated Bowling Green 1-0.

The in-conference matchup between Marshall and Kentucky begins at 5:00 p.m. Thursday, and it can be watched on ESPN+.

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

RECOVERY cont. from 2

Mullens said the network provides naloxone training every week virtually, and MU’s CRC also provides this training.

Mullens said the pandemic has created challenges for the network in creating a community and getting people involved. She said some schools are not currently providing in-person services due to the virus, but others have continued.

“Yes, the pandemic has impacted our progress,” Mullens said. “Collegiate recovery is very much about creating and fostering a community and safe place for those in or seeking recovery, and it has been very challenging to create a community with everyone being remote.”

Mullens said a mentor of hers is known for saying, “No one should have to choose between their education and recovery,” and this is her mantra and mission.

“I want to encourage students to help us create a safe, supportive campus culture for those in or seeking recovery,” Mullens said. “We need everyone to be engaged in some manner, whether that is participating in Recovery Ally Training, being trained and carrying naloxone and helping raise awareness that recovery is not only possible but probable when having the support needed.”

Madison Perdue can be contacted at purdue118@marshall.edu.

Parthe-Pet: Jenny

Jenny is two-year-old kitty who was recently adopted from Little Victories Rescue in Ona, WV. She has been feral her whole life, so she is loving being a pampered house-cat.

Her daily activities include sunning herself in the window, lounging in her kitty tower and teasing her dog sister. She is six pounds and all attitude.

If you would like to have your pet featured in the Parthe-Pet, please email a picture and brief bio to parthenon@marshall.edu.
Editor's note: The following memo was written by the West Virginia Advisory Council of Students, an organization with representatives from West Virginia collegiate institutions, to send to the West Virginia Legislature on the status of the current campus carry bills.

Guns in campus legislation: a memo from ASC

The West Virginia Advisory Council of Students, a formal body consisting of Student Body Presidents and representatives from West Virginia collegiate institutions, would like to express our opposition to legislation allowing firearms to be carried onto our campuses without consideration to the jurisdiction of and power delegated to our respective Board of Governors.

We believe that legislation of this type would endanger members of our campus communities due to the crowded nature of our classrooms and buildings, which may not allow for safe and responsible carrying.

We believe that legislation of this type would endanger members of our campus communities who may be suffering from mental health issues, which have an increased tendency to surface in the stressful environment of college.

We believe that legislation of this type would endanger members of our campus communities who may find themselves in situations of violence or situations that involve decreased risk assessment and responsible decision making.

We believe that matters related to firearms on campus should remain within the jurisdiction of our respective Board of Governors, who serve our campuses dutifully and have the primary knowledge of the needs and concerns for the welfare of those they represent.

We ask that our representatives in West Virginia Legislature consider our voices on this matter. For further information or inquiry, please contact Advisory Council of Students President and Marshall University Student Body President, Anna Williams (sga@marshall.edu).
McDowell County – A Misunderstood People

BY TYLER SPENCE
OPINION EDITOR

WELCH, W.Va — McDowell County is usually known for two things, the high rate of drug overdoses and opioid addiction, and the fact that the county had one of the single highest margins of victory for former President Donald Trump in the 2016 Presidential Election.

This large shadow of McDowell County is only present in the mind of outsiders and is met with eye rolls when brought up in conversation.

“I feel like McDowell County is finally getting some better coverage,” Derek Tyson, an editor at The Welch News, said.

In a rebuttal to the comment, Melissa Nester, owner of the newspaper, said, “But that’s you pushing that coverage, Derek.”

“I know, I know,” Tyson said. “We definitely have issues down here that’s been very highlighted in the past, but we do have good things as well. That’s something I would like the rest of the state to know. We feel looked down upon by a lot of the rest of the state, and that hurts.”

Tyson later said a chain is only as strong as its weakest link, inferring that McDowell is the weakest link to the metaphorical chain of West Virginia counties.

Many McDowell residents believe their problems are not taken seriously enough. They are only known for their problems and not the vibrant and welcoming community that calls the county home, as was noted by two different people who had moved from other areas to McDowell as adults.

McDowell County was once the crown jewel of coal country, with a population of nearly 100,000 residents in 1950. It is estimated today that the county is down to around 17,000, with over 32% of those living below the poverty line.

When asked if the government’s response to the pandemic was sufficient in meeting people’s needs in McDowell County, Tyson said he was unsure how useful it would be in helping people long-term.

“I don’t know anyone who can’t use a few more dollars in their pocket. I don’t really know how much of an impact it will have across a span of time, though,” Tyson said.

Paul Dick is the Area Director of Young Life — a Christian youth organization. Dick is originally from Pittsburgh, but he has lived just outside of Welch for the past four years. When asked if there was a divide between cities like Huntington and Charleston between areas like McDowell County, he said he felt there was even a divide with smaller cities, including Morgantown and Beckley.

“The metros of those places are the places the people of McDowell would like to make it. Imagine 200 kids graduate here every year, and they all go out into the community to find jobs; they won’t. It’s a numbers thing,” Dick said.

When asked about businesses that have closed or struggled due to the pandemic, Dick explained how everything in McDowell County is already essential - schools, the hospital, the prisons, or “death and taxes,” as Dick put it.

The destruction of the coal industry has been a heavy burden for the state. Still, while many communities have tried to evolve and expand on the other industries in their area, McDowell has struggled to keep up.

There is a vicious cycle of a lack of job opportunities that leads to population decline, forcing more businesses to close. This is compounded by poor infrastructure, including poor internet access and an opioid epidemic seen across the nation. The pandemic didn’t shake McDowell like the rest of the world. There is much less to shake.

McDowell has done its fair share in an attempt to evolve, particularly through tourism. ATVs were spotted riding through downtown Welch multiple times throughout the afternoon, all riding through the Hatfield-McCoy trails. These trails are controversial among residents, saying they don’t see the economic benefit of having the trails.

“We are trying to move all our eggs from coal to tourism, and I feel even at that McDowell County is forgotten,” Nester said. “It’s obviously not about ‘let’s build up the areas that need built up’… if you’re working on your house, in my head, you fix the places that need to be fixed first.”

Marlee Rowe is a substitute teacher in the county and moved to Welch after graduating from West Virginia University. “This place, we know it’s overlooked, but it has some of the most cultural history I have ever studied. People here are hardworking and humble,” Rowe said.

When asked to describe the people in McDowell County, a phrase that is repeatedly heard is “they would give you the shirt off their back.”

Despite the problems and the stereotypes that accompany the region, the people of McDowell desire to be known in their entirety. Ultimately, those genuinely wishing to understand McDowell County will have to talk to someone from the area to grasp how deep the roots people have to their home and how deeply they care for one another.

These connections are the ones missed by those simply passing through or the media attempting to showcase the people there.

Tyler Spence can be contacted at spence83@marshall.edu.