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Overdue after a decade

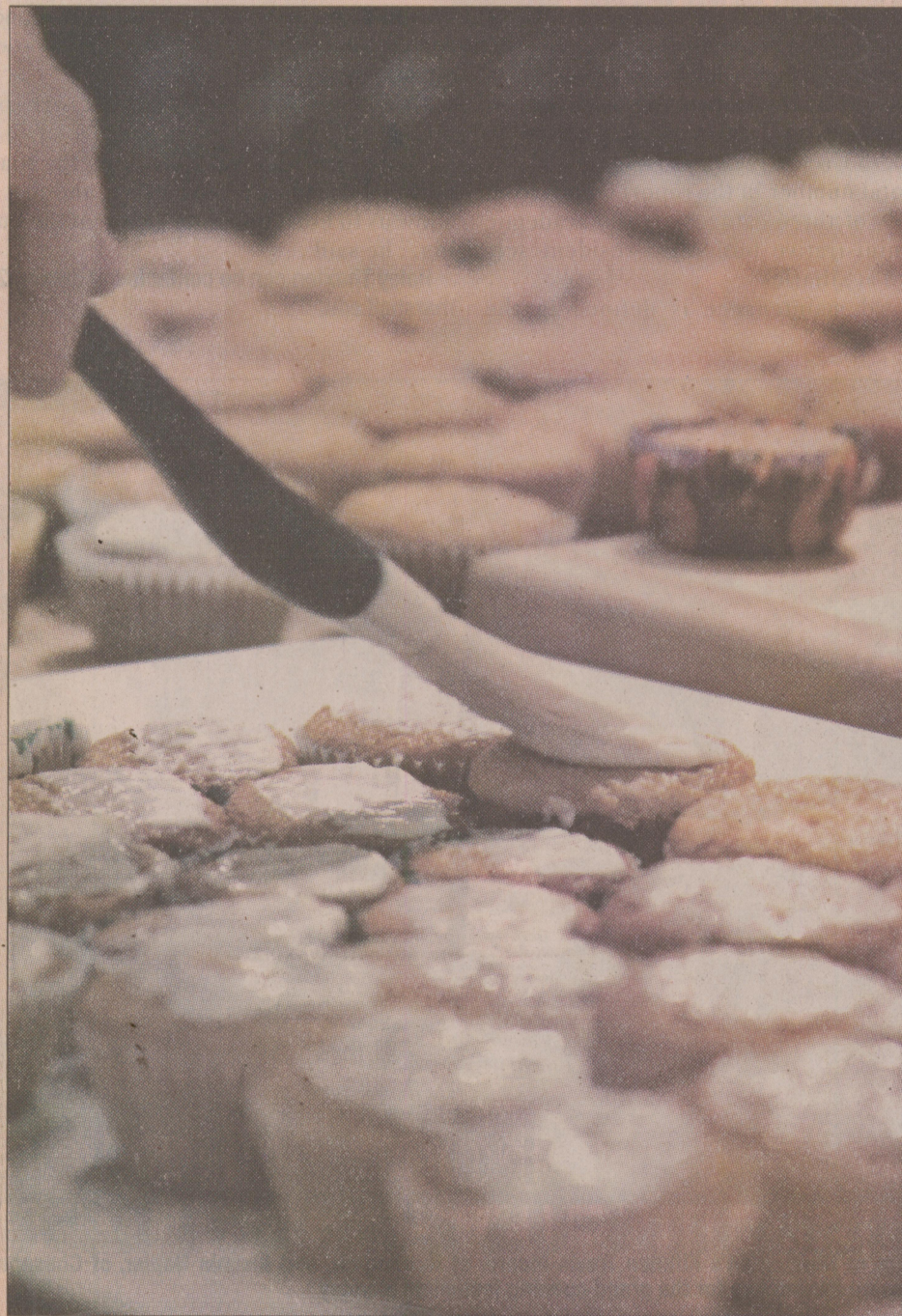
Thundering Herd makes 20 wins **Sports, Page 3**



THE PARTHENON

Marshall University's Student Newspaper marshallparthenon.com | Tuesday, February 23, 2010

It's a food revolution!



A plate of butternut squash muffins is just out of the oven for the Huntington Kitchen open house on Monday.

Kitchen aims to make city healthier

BY TESS MOORE
THE PARTHENON

Tri-State residents now have access to healthful cooking lessons inspired by Jamie Oliver's food revolution with the grand opening of Huntington's Kitchen on Monday in downtown Huntington.

"It's been pretty busy; we've had several people come in," said Jillian Moore, manager of Huntington's Kitchen. "I've signed more than a dozen people up for classes today, and everyone is sampling the food and having a look around."

Classes for the 10-week program start Tuesday, Moore said. Each class can accommodate up to 12 people who will receive an hour cooking lesson and get to eat what they cook for a donation of \$10.

This program can make a difference and reduce the rate of obesity in the Tri-State, Moore said.

"If you really concentrate on using these things we can teach you in the 10 weeks, you can really change your life," she said.

Ebenezer Medical Outreach, a local free clinic, is managing and operating the kitchen, she said.

"Any patient from Ebenezer can come to classes for free," Moore said. "We serve uninsured and underinsured so a lot of times those people think they don't have access to something like this."

Scholarships for classes will also be offered for those who need it, Moore said.

"If someone is interested in a scholarship you can come in and talk to me, and we'll work it out," Moore said.

The classes will teach participants how to cook soups, stir fry, chicken chow mein, chicken dinner, vegetables for sides, pizza and several other recipes throughout the 10-week program, Moore said.

"You learn everything from boiling eggs to making a pizza from scratch," Moore said. "I'm excited to get people excited about cooking. Part of the Jamie Oliver experience is to pass it on. He wants someone to come learn a recipe and then pass it on to three or four people. So that's what this is about, spreading the word."

Ashley Thompson, healthy lifestyle coordinator at Huntington's Kitchen, said she is also excited about the opening and the benefits it will bring to the community.

"I think not only will it benefit our patients at Ebenezer, which is our focus, but it is a great opportunity for the city of Huntington to finally take baby steps in making a positive change," Thompson said.

Jamie Oliver and his team designed the program's menu, but there will be some additions for medical purposes, Thompson said.

"We're going to add some twists in to compromise for diabetics and heart disease," she said.

In the future they would like to start doing special events, but as of now they are just focusing on the 10-step program, Moore said.

"We have good interest right now, but I think once the show airs and more people are learning about it that it will get more popular," Moore said.

Tess Moore can be contacted at moore231@marshall.edu.



Travis Moore is a volunteer at Huntington Kitchen. He helped to prepare food for Monday's grand opening.

Huntington's Kitchen

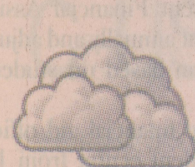
LOCATION: 911 3rd Ave.

HOURS: 11 a.m.-7 p.m. Monday, Tuesday and Thursday

9 a.m.-1 p.m. Wednesday and Friday

9 a.m.-1 p.m. every third Saturday

COST: \$10 each class



CLOUDY

39°

33°

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Comments

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TODAY'S CALENDAR

Relive "I Love Lucy" on stage

Sports

Men's Basketball vs. Rice
Houston, Texas
8 p.m. Wednesday | Houston, Texas

Women's Tennis vs. Middle Tennessee State
1 p.m. Saturday | Murfreesboro, Tenn.

Entertainment

An Evening with Lucille Ball
8 p.m. | Keith-Albee Performing Arts Center

W.Va. High School Wrestling Tournament
Thursday-Saturday | Big Sandy Superstore Arena

Community

Create Huntington Chat 'n Chew
5:30 p.m. Thursday | The Frederick

On campus

Financial Aid Festival
Feb. 21-26 | Huntington Campus

Team Trivia Game Show
8 p.m. | Memorial Student Center

Grand opening of Foundation Hall, home of the Erickson Alumni Center
2:30 p.m. | Saturday

New movies

Friday, Feb. 26
Cop Out
The Crazies



Monday - Wet T-Shirt Night
Thursday - Amateur Night

\$200 Weekly Winner
\$500 Weekly Winner

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Campus renovations finished by end of spring break

BY HALEY THAXTON
THE PARTHENON

The Marshall University Physical Plant has many remodeling and maintenance projects this semester. The biggest project is the second floor of the Science Building.

"The north side of the second floor has already started to be renovated and should be completed by the end of students' spring break," said Mark Cutlip, director of the Physical Plant.

Danny Holland, project planner for the Physical Plant, said he has been in the position since November 2009, but has put in 13 years at Marshall prior to his current job.

"Holland has the job of compiling the information we need to move forward anytime we have a major renovation," Cutlip said. "He gets the quotes and pricing, then takes it to get approved."

"All together it is going to cost \$25,000," Holland said. "It's not a major project, just a face lift."

The wallpaper will be taken down and replaced with paint, new signs will be put up for classrooms

and the hallway will have all new tile, Cutlip and Holland said.

Holland said C.E. Adkins will do the painting, Paris Signs will make the signs and either Lowe's or Custom Carpets will do the flooring.

Cutlip said the Physical Plant employees have already started replacing the ceiling and adding new lights.

"Painting should be started within the next 10 days," Holland said. "The tile will be started and completed over the week of spring break."

Holland already has plans for the color and design of the tile.

"The floor will have a dark gray border and a light gray center," he said.

Once it is completed, Cutlip said he hopes the rest of the building will be fashioned similarly.

"Providing funding, we are hoping the second floor will look good enough to use it as a model for the rest of the building," Cutlip said.

Cutlip said he doesn't think any renovations have been done like this since the section of the Science Building was added.

The Physical Plant is also bringing the Science Building's green house back to life.

"We have already replaced the lights and started on the drainage system," Holland said.

Cutlip said a program will start this spring to grow the campus flowers in the green house.

"Eventually we hope that all of the flowers on campus will be grown in house," Cutlip said.

"It has been a long time since the green house has really been used, so we hope to get it in working condition," Holland said.

The Physical Plant has multiple projects this spring, according to its Report on Deferred Maintenance and Capital Improvements.

The total for all deferred maintenance, Americans with Disabilities Act compliances, capital renewal and improvement amounts to \$65,943,935, according to the report.

The total number in the report comes from the needs of three categories: the academic and administrative buildings, resident services and auxiliaries.

Deferred maintenance is defined in the

report as the correction of deficiencies in a building, piece of equipment or area to a condition where it can function correctly for its intended use.

Capital renewal is for enhancement of existing assets while improvements are done to meet present-day needs, meet requirements or to improve aesthetically, according to the report.

Another big project listed in the report for this spring includes an air conditioning unit for Corbly Hall.

"The new chillers we will be installing in Corbly will allow the building to have year-round air conditioning," Cutlip said. "They are supposed to regulate the air in the building."

This project will also be finished over spring break, Cutlip said.

"We will have a crane blocking the road in between the library and Corbly, and that will allow us to hoist the units on top of the building," he said.

Haley Thaxton can be contacted at thaxton21@marshall.edu.

Election season increases political activity on campus

BY ERIN SHAVER
THE PARTHENON

As political campaigning for midterm elections becomes more prominent, Marshall University College Republicans and Young Democrats recognize political trends and plan for events this semester.

Although Democrats have a majority in Congress, recent seat vacancies have created the chance for Republicans to close the majority gap, said Aaron Kidd, secretary of College Republicans from Hurricane, W.Va.

"The seat previously held by Ted Kennedy went to a Republican in Massachusetts, of all places," Kidd said. "That's a Democratic powerhouse, and the seat going to Scott Brown is a sign."

One reason people may vote for Republicans is frustration with Democratic leadership, Kidd said.

"The Democrats have controlled Congress since 2007, and I think people are realizing more government is not necessarily the answer," Kidd said.

Although some look at the Democrats as the problem, the frustration could be attributed to both parties, said Ben Crowder, member of Young Democrats from Huntington.

"At this point, the frustration is due to the overall leadership in Congress," Crowder said. "Nothing goes perfectly, and no one seems to realize that leaders of both parties need to step up."

Crowder said news of seats going to Republicans might affect some areas of the country more than others.

"It depends where the seat is, but at the same time, since people are frustrated it could definitely have an effect," Crowder said. "In any administration, you hope for bipartisanship, but with the way Congress is right now, it's not going to happen."

Kidd said the opportunity for a power shift in Congress makes it important for political student organizations to inform students about elections.

"We're trying to get a lot of people involved," Kidd said.

Crowder said reminding students of primary elections is as important as informing them about issues.

"Whenever there's an election, we try to get the word out," Crowder said. "We try to get people to vote, not just Democrats, but anyone who has an opinion to express."

College Republicans have no weekly meetings this semester, but information about events throughout the semester can be found on its Web site or Facebook page, Kidd said.

Crowder said Young Democrats meets at 9:15 p.m. Tuesdays in Smith Hall Room 443 for a typical meeting and 6:30 p.m. and Thursdays in the Memorial Student Center Room 2W37 for issues meetings.

Erin Shaver can be contacted at shaver29@marshall.edu.

Groups clash over proposed W.Va. beer tax

BY TOM BREEN
ASSOCIATED PRESS WRITER

CHARLESTON, W.Va. (AP) —

A debate over the state's beer tax is showing that for West Virginians, three cents is much more than spare change.

At a public hearing in the Capitol on Monday, speakers from unions, retailers and a group of beer enthusiasts said the proposed tax increase will eliminate jobs, discourage new business and send West Virginians across state lines to buy their beer.

For religious groups, substance abuse programs and recovering alcoholics, though, the bill represents a chance to find millions of dollars for

time it's sitting in store coolers.

"This will cost our members jobs, and I'm talking about good paying jobs," said Ralph Winter of Teamsters Local 175, which represents beer truck drivers.

Mike Graney, president of the One Stop chain of convenience stores, said the increase would be ruinous for the 41 One Stops in West Virginia.

"It would be a disaster for us to give our customers a compelling reason to take their business across the border," he said.

The bill amounts to putting the burden for a range of addictions on the shoulders of beer drinkers, argued Travis Carrow, president of the West Virginia Craft Beer Appreciation Society.

"It is not even close to fair to place the entire



SHOLTEN SINGER | THE PARTHENON
Volunteers at Huntington's Kitchen Travis Moore, of Huntington, and Aleshia Napier, of Chesapeake, Ohio, prepare the kitchen for the grand opening festivities Monday.

Financial Aid Festival, advice for students

BY PATRICK MILLER
THE PARTHENON

Marshall University's Office of Student Financial Assistance is hosting a week long program to educate students on financial aid.

Approximately 1,000 students missed the March 1 filing date for FASFA last spring, potentially losing out on thousands of dollars in grant money.

"We wish our students to be more educated with financial aid, such as how important deadlines are," said Kathy Bialk, director of student financial assistance. "If you miss the early deadline, you may not have every opportunity to collect grant money like those who file on time."

Information and tips regarding financial aid and managing debt will be provided in the student center throughout the week.

The Financial Aid Festival is sponsored by the financial aid office and will cover things such as understanding and obtaining financial aid, paying for graduate school and getting out of debt.

"We want to make sure to give any help on

pay for graduate school at noon Wednesday in the Memorial Student Center Room 2W22. The financial aid office will provide information about repaying student loan debt Thursday in the Shawkey Dining Room. A seminar about the ways to obtain loan forgiveness for teaching in disadvantaged school districts will be offered Friday.

There are a couple incentives for students to attend these events.

The first 40 students who participate in each event will win a free lunch, said Nadine Hamrick, associate director of financial aid. Students who participate in individual meetings will have the opportunity to win more prizes.

Bialk said if more students were educated on how financial aid works, they would get more money and quicker.

"Too often, many people wait until a couple days before school starts to sort out their financial aid, and this leads to congestion and weeks passing before the students get money to buy books or other needed expenses," Bialk said.

The MU Office of Student Financial Assis-

SPORTS

USA



Hassan Whiteside, basketball

Whiteside averaged 12.5 points, 7.0 rebounds and 5.5 blocks as the

Award-winning graphic novelist to visit Marshall

BY JOHN YEINGST
THE PARTHENON

A writer and artist sponsored by the College of Liberal Arts, the Marshall English Department, and the West Virginia Humanities Council will be reading from her work in the Marshall University Memorial Student Center on Thursday.

Jessica Abel is an award-winning writer with a career that has already begun to shape the future of literary media and engagement. Her reading this Thursday is the opening appearance of her visit to the area to teach in the Huntington Museum of Arts Gropius Masters series of workshops.

"My first contact with Matt Madden and Jessica Abel was in November 2008 when I invited them to be visiting artists with the Huntington Museum of Art's Walter Gropius Master Artist Series," said Katherine Cox, the Huntington Museum of Art's Director of Education. "As the day approaches when they will arrive, almost a year and a half later, I'm excited and eager."

"We've been in constant communication all of these months, planning and preparing for their arrival in Huntington," Cox said. "We have discussed and planned everything, from workshop content to dietary preferences. It has been a pleasure to work with people who are committed to their work and serious about imparting their knowledge to others."

Abel is the co-series editor with her husband, of the Best American Comics, and teaches at the School of Liberal Arts in New York, according to a news release. She lives with her husband, Matt Madden, and daughter in Brooklyn.

"When I opened Abel's first great novel, 'La Perdida,' I did not know what to expect other than words, pictures and a large investment of time," said Arthur Stringer, professor of English at Marshall. "To my delight, her story pulled me in immediately. In search of cross-cultural truths, its young heroine is genuine and compelling."

Jessica Abel is the author of five books, according to a news release. "La Perdida" is a graphic novel thriller set in Mexico City. Recognized with a "Best New Series" Harvey Award, it has since

been translated into French, Spanish and Italian.

Stringer said Jessica Abel is the first graphic novelist to appear in the Marshall Visiting Writers Series' twenty-year history.

"Our goal has always been to show the face and the voice of the writer, the character behind the words we read in books," Stringer said. "In doing so, literary arts come alive in the world beyond a book's pages, a world breathing humans join the community of storytelling."

Abel will also be at the Huntington Museum of Art presenting "Drawing Words & Writing Pictures: A Comic Workshop" from 9 a.m. to 4 p.m. Feb. 26 and 27; and 9 a.m. to noon Feb. 28. Able and her husband, Madden will give a gallery walk through "LitGraphic: The World of Graphic Novel" during the opening reception from 2 to 4 p.m. Sunday. The gallery walk through is free.

The reading will be at 7 p.m. in Room 2W16 of the Memorial Student Center.

John Yeingst can be contacted at yeingst@marshall.edu.

Even Barack Obama needs a BFF

CHICAGO (AP) — Even a president needs to have a BFF or two.

Meet Chicago businessman Marty Nesbitt and hospital executive Eric Whitaker. There's a good chance you may have seen them already.

They're regulars at President Barack Obama's side: tagging along when he accepted the Nobel Peace Prize in Norway, buying shave ice during the president's Hawaii vacation, shooting hoops in Washington, climbing a lighthouse on Martha's Vineyard off the Massachusetts coast and attending A-list White House parties.

Nesbitt and Whitaker are part of a long tradition of those who serve as first friends to the man in the Oval Office. Being a friend to the president is an important job description.

"You need somebody to talk to — or not talk to — about what's going on," said Paul Light, a presidential historian at New York University. "You wouldn't want to vacation with (presidential chief of staff) Rahm Emanuel, for goodness sake."

President Bill Clinton had his circle of friends from Arkansas. President George W. Bush leaned on buddies from Texas; notably pal Don Evans, who moved to Washington to be commerce secretary.

"It's like when Laura is around," Bush once said, likening Evans to the first lady. "I view him as somebody who knows me well, is not afraid to give me his opinion, has my best interest at heart."

By all appearances, that's the kind of relationship Obama has with Nesbitt, who runs a parking company, and Whitaker, an executive at

the University of Chicago Medical Center where first lady Michelle Obama used to work.

The two men and their families joined the Obamas for their winter vacation in Hawaii, where cameras caught them sampling island treats and hitting the golf course. Back in Washington, Nesbitt and Obama turned up in black track suits to head for the basketball court at Fort McNair last fall for a private game of hoops. And that was Whitaker riding bikes with Obama and his family during the president's vacation on Martha's Vineyard last summer.

Nesbitt and Whitaker had seats at the table last month when the president and first lady celebrated her 46th birthday at Restaurant Nora in Washington, scored coveted invitations to the Obamas' first state dinner and mingled on the South Lawn during the Obamas' Fourth of July barbecue.

The Rev. Carolyn Yeldell Staley, a friend of Clinton's since their high school days in Arkansas, fondly remembers Clinton's assistant calling to invite her to movie nights with the president at the White House theater.

Such friendships, she said, are "the link to life that's normal."

Obama's friendships with Nesbitt and Whitaker stretch back years before he rose to prominence. Stories have been written about how he and Whitaker played basketball together when they were in graduate school at Harvard and how Nesbitt, whose family lives in Obama's South Side neighborhood, met him years ago.

West Virginia talks human trafficking

KIMBERLY BRADLEY
THE PARTHENON

The First Wesleyan Church in Huntington hosted a community forum Saturday to address human trafficking nationally and within West Virginia.

The panel included Cristina Suarez-Ross, victim advocate of the CONTACT Rape Crisis Center, Lt. Donald Frye of the W.Va. State Police, Detective Rodney Pell of the Huntington Police Department, Rhonda Farley, director of Branches, Sheriff Thomas McComas, Social Service Supervisor Hope Smith of the Cabell County Department of Human Resources and Glen Robinson of the First Wesleyan Church.

The panel addressed human trafficking in our state and shared the situations that they had encountered.

Forum director and Special Agent of the FBI Joseph Ciccarelli recognized human trafficking on a national level.

"Human trafficking is a high priority in the FBI," Ciccarelli said. "I don't think it's a huge problem here but we may have issues involved here with human trafficking that we are not aware of."

Ciccarelli provided tips of how to identify a potential victim.

"Nationally, victim characteristics are usually undocumented citizens that are economically disadvantaged, have a lack of education and have a language barrier," Ciccarelli said.

Terry Roberts, facilitator of the event, read a recent article written by Amanda Kloer on human trafficking in Ohio.

The Trafficking in Persons Study Commission found that 1800 people are trafficked in Ohio every year, according to the change.org article. This includes 800 immigrants who are exploited in commercial sex and factory work, as well as about 1000 American-born children who are forced into prostitution.

"Children who are in our backyard, and talking to people within our own city and state, there are situations that certainly need that definition," Roberts said.

Lt. Donald Frye of the W.Va. State police said he could remember two situations in W.Va. in

which persons tried to sell their children.

"This happens right here at home," Frye said. "Within the last month at least 1,000 computers have lit up in W.Va. with child pornography. Child abuse and child pornography is a form of child trafficking," Frye said.

Hope Smith and Rhonda Farley both shared their experiences with cases involving trafficking.

"Homeless children in Cabell County are increasing dramatically," Smith said. "Some of these children don't have anything and could easily be victims of a trafficker. We've also had teenage prostitution here in Huntington, some are runaways, and some are involved in drugs and in need of money."

"We have a lot of kids on the streets, and we just really need to reach out and give," Smith said.

"At Branches I've seen one to two cases a year that fit trafficking," said Rhonda Farley, director of Branches. "I've seen a Milton woman sold for prostitution to earn money for her family."

Farley also had a case where a trafficker kept a woman captive and abused in Barboursville.

"We usually find these victims by complaints in the community," Ciccarelli said. "Also, the local law enforcement's response to an incident or information received from non-governmental organizations, churches and community service providers."

"Service providers and the faith-based community may be in the position to make everyone aware of these issues," Ciccarelli said. "It's good for the community and us to work together."

The U.S. Department of State estimates between 600,000 and 800,000 people are trafficked worldwide. Eighty percent of those victims are female.

There are currently 212 pending investigations in the U.S., Ciccarelli said.

The panel encourages one to contact the National Human Trafficking Resource Center at 1.888.373.7888 or contact your local law enforcement with information about a victim of human trafficking.

Kimberly Bradley can be contacted at bradley82@marshall.edu.

Need to get something off your chest?
E-mail us at
parthenon@marshall.edu

SUDOKU

Difficulty: 2 (of 5)

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PREVIOUS SOLUTION

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HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

W.Va. couple charged with neglect in baby's death

CHESTER, W.Va. (AP) — A Chester couple is in jail, charged with child neglect resulting in the death of their 4-month-old son.

Hancock County Sheriff's Deputy Matt Harvey said 31-year-old Amanda Goodman was arrested over the weekend in the Feb. 1 death. She's in the Northern Regional Jail on \$50,000 cash bond.

WTOV said her husband, 27-year-old Kristopher Burchette, was charged with the same offense Monday. Burchette had been held on an unrelated charge.

Two grandparents living in the home have not been charged, but the investigation is continuing.

Two surviving children, ages 1 and 2, have been placed with other relatives.

Harvey says the home was uninhabitable, with trash covering the floors.

The baby's diaper apparently hadn't been changed in days.

Elderly man killed by CSX train

ST. ALBANS, W.Va. (AP) — An 84-year-old man has died after being struck by a train in West Virginia.

St. Albans Police Lt. James Agee said an empty westbound CSX coal train hit Ronald E. Hoover of Amandaville on Sunday as he tried to cross railroad tracks in St. Albans.

Agee said Hoover was a former railroad worker with Alzheimer's. Hoover's body was sent to the state medical examiner's office. CSX is also investigating.

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BY HALEY THAXTON
THE PARTHENON

Study abroad programs at Marshall University give students the opportunity to expand their educations by adding real world experience at a low cost.

Peter Zasowski, senior history major from Knoxville, Tenn., had a chance to visit 13 countries in five months.

Zasowski studied in Estonia during the spring 2009 semester. "Studying abroad changed my life," Zasowski said. "This may be a cliché but it is true, and that's why so many people say it."

Estonia is located in the Baltic region of Europe. Zasowski said it is the most developed country in the region.

"I wanted to go to a smaller, lesser known place to get a better experience," Zasowski said.

He said because he went to Estonia, it allowed him the opportunity to visit more places. "If I would have been in a bigger and well-known place like Germany, I wouldn't have had as broad of an experience," Zasowski said.

During the semester, he took 16 credit hours but only had class Monday through Wednesday.

Having a four-day weekend allowed him to take many trips with other exchange students in Estonia.

He visited 13 countries including Sweden, Italy, Croatia, Ireland and Germany.

Zasowski said traveling within Europe was easy, cheap and a very good experience.

"Once we got to where we were going, it was relaxed," he said. "Each time we were in a strange city but it was so easy to adapt."

"All of the flights I took to other countries combined, cost less than the flight over to Estonia," Zasowski said.

Instead of booking a round-trip flight, Zasowski got a one-way ticket, and when he was ready to leave, he booked another flight home.

"Not having a set date to leave allowed more time for me to go to other places with my new friends," Zasowski said. "I stayed in Europe an additional three weeks after classes ended just because I could."

By the end of his stay in Estonia, Zasowski said he could make it through a conversation in Estonian. He had no prior knowledge of the language when he arrived in Estonia.

"It is important to learn at least some of the language no matter what country you visit," Zasowski said. "It shows that you are interested and you gain respect with the people you are trying to communicate with."

"The easiest way to adapt to other cultures is to immerse yourself in it," Zasowski said.

He said not to get too wrapped up in the experience.

"I had to keep telling myself that I have a life after this," he said. "It helped me to keep in touch with people from home, and stay interested in what was going on in their lives."

Zasowski kept a travel blog where he posted his activities with pictures.

He said his parents would read it, post responses and then print it off to take to his grandparents.

"Writing the journal helped me to stay grounded," Zasowski said. "It reminded me that I wasn't going to be there forever. I had to remember that I would be leaving in four months."

Since he returned from abroad, Zasowski has put together a memoir of his entire experience.

"The blog and pictures are the basis, and after the book is finished, anyone will be able to pick it up and basically follow me through my journey," he said.

He said he is considering going out of the country once he graduates from Marshall.

"I am trying to get an internship in Lithuania through contacts I developed," he said. "Before this experience, I never would've considered going out of the country for school or work," he said, "but now I definitely am."

Zasowski started preparing to go study abroad his freshman year of college, and the details were finalized the semester before he left for Estonia.

He said the study abroad office was helpful throughout the process.

I was able to experience."

Kylie Gallegher, executive study abroad adviser, said most students go on exchange programs like the one Zasowski participated in.

"It is a nice and easy way for students receiving financial aid to study abroad," Gallegher said. "A lot of people don't realize they can pay the same amount they would be paying at Marshall."

Gallegher said Marshall usually has about 30 students study abroad each semester, and 40 to 50 students go to various places in the summer.

To be eligible to study abroad, a student must have a 2.75 grade point average, a sophomore standing and no academic or disciplinary probation, Gallegher said.

Haley Thaxton can be contacted at thaxton21@marshall.edu.



PHOTO COURTESY OF PETER ZASOWSKI
Peter experiences piloting a hunting boat down a river in Cambridge

"Someone was always available to help or answer any questions, especially when I was out of the country," Zasowski said. "They were really concerned with my happiness and how I was doing."

"Now that I'm back, they throw parties and invite people who have gone, are going or are foreign exchange students at Marshall," Zasowski said. "It is great to talk with people who have had similar experiences."

Zasowski said he knows a lot of students do not study abroad because of the cost, but there are solutions.

He went on a tuition exchange program that allowed his scholarship from Marshall to keep paying tuition for his studies abroad.

"My room and board ended up being the same as it would have been for a room in Towers for a semester," he said.

"Even if you do have to spend some money, the experience is definitely worth it," Zasowski said.

"The little bit of credit card debt I have now doesn't compare to what

ESTABLISHED IN CHARLESTON, IL
IN 1983 TO ADD TO STUDENTS GPA
AND GENERAL DATING ABILITY.

JIMMY JOHN'S

Since 1983

WORLD'S GREATEST
GOURMET SANDWICHES

Corporate Headquarters Champaign, IL

\$4.75

8" SUB SANDWICHES

All of my tasty sub sandwiches are a full 8 inches of homemade french bread, fresh veggies and the finest meats & cheese I can buy! And if it matters to you, we slice everything fresh everyday in this store, right here where you can see it. (No mystery meat here!)

#1 PEPE®

Real applewood smoked ham and provolone cheese garnished with lettuce, tomato, and mayo.

#2 BIG JOHN®

Medium rare choice roast beef, topped with yummy mayo, lettuce, and tomato.

#3 TOTALLY TUNA®

Fresh housemade tuna, mixed with celery, onions, and our tasty sauce, then topped with alfalfa sprouts, cucumber, lettuce, and tomato. (My tuna rocks!)


#4 TURKEY TOM®

Fresh sliced turkey breast, topped with lettuce, tomato, alfalfa sprouts, and mayo. (The original)

#5 VITO®

The original Italian sub with genoa salami, provolone, capicola, onion, lettuce, tomato, & a real tasty Italian vinaigrette. (Hot peppers by request)

#6 VEGETARIAN

Layers of provolone cheese separated by real avocado spread, alfalfa sprouts, sliced cucumber, lettuce, tomato, and mayo. (Truly a gourmet sub not for vegetarians only..... peace duuuu!) 

J.J.B.L.T.®

Bacon, lettuce, tomato, & mayo. (The only better BLT is mama's BLT)

THE ORIGINAL J.J.

★ SIDES ★

- ★ Soda Pop \$1.49/\$1.69
- ★ Giant chocolate chip or oatmeal raisin cookie ... \$1.75
- ★ Real potato chips or jumbo kosher dill pickle \$1.25
- ★ Extra load of meat: \$1.50
- ★ Extra cheese or extra avocado spread \$1.00
- ★ Hot Peppers..... Free

FREEBIES (SUBS & CLUBS ONLY)

Onion, lettuce, alfalfa sprouts, tomato, mayo, sliced cucumber, Dijon mustard, oil & vinegar, and oregano.

\$3.49

PLAIN SLIMS®

Any Sub minus the veggies and sauce

SLIM 1 Ham & cheese

SLIM 2 Roast Beef

SLIM 3 Tuna salad

SLIM 4 Turkey breast

SLIM 5 Salami, capicola, cheese

SLIM 6 Double provolone

Low Carb Lettuce Wrap

JJ UNWICH®

Same ingredients and price of the sub or club without the bread.

JIMMY TO GO®
CATERING

BOX LUNCHES, PLATTERS, PARTIES!

DELIVERY ORDERS will include a delivery charge of 25¢ per item (+/-10¢).

★★ JIMMYJOHNS.COM ★★

\$7.75

THE J.J.
GARGANTUAN®

This sandwich was invented by Jimmy John's brother Huey. It's huge enough to feed the hungriest of all humans! Tons of genoa salami, sliced smoked ham, capicola, roast beef, turkey & provolone, jammed into one of our homemade French buns then smothered with onions, mayo, lettuce, tomato, & our homemade Italian dressing.

OK, SO MY SUBS REALLY AREN'T GOURMET AND WE'RE NOT FRENCH EITHER. MY SUBS JUST TASTE A LITTLE BETTER, THAT'S ALL! I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. SHE THINKS WHATEVER I DO IS GOURMET, BUT I DON'T THINK EITHER OF US KNOWS WHAT IT MEANS. SO LET'S STICK WITH TASTY!

Jimmy John

\$5.75

GIANT CLUB SANDWICHES

My club sandwiches have twice the meat or cheese, try it on my fresh baked thick sliced 7-grain bread or my famous homemade french bread!

#7 GOURMET SMOKED HAM CLUB

A full 1/4 pound of real applewood smoked ham, provolone cheese, lettuce, tomato, & real mayo!

#8 BILLY CLUB®

Choice roast beef, smoked ham, provolone cheese, Dijon mustard, lettuce, tomato, & mayo.

#9 ITALIAN NIGHT CLUB®

Real genoa salami, Italian capicola, smoked ham, and provolone cheese all topped with lettuce, tomato, onion, mayo, and our homemade Italian vinaigrette. (You hav'ta order hot peppers, just ask!)

#10 HUNTER'S CLUB®

A full 1/4 pound of fresh sliced medium rare roast beef, provolone, lettuce, tomato, & mayo.

#11 COUNTRY CLUB®

Fresh sliced turkey breast, applewood smoked ham, provolone, and tons of lettuce, tomato, & mayo! (A very traditional, yet always exceptional classic!)

#12 BEACH CLUB®

Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, sprouts, lettuce, tomato, and mayo! (It's the real deal, and it ain't even California.)

#13 GOURMET VEGGIE CLUB®

Double provolone, real avocado spread, sliced cucumber, alfalfa sprouts, lettuce, tomato, & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is world class!)

#14 BOOTLEGGER CLUB®

Roast beef, turkey breast, lettuce, tomato, & mayo. An American classic, certainly not invented by J.J. but definitely tweaked and fine-tuned to perfection!

#15 CLUB TUNA®

The same as our #3 Totally Tuna except this one has a lot more. Fresh housemade tuna salad, provolone, sprouts, cucumber, lettuce, & tomato.

#16 CLUB LULU®

Fresh sliced turkey breast, bacon, lettuce, tomato, & mayo. (JJ's original turkey & bacon club)

#17 ULTIMATE PORKER™

Real applewood smoked ham and bacon with lettuce, tomato & mayo, what could be better!

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"YOUR MOM WANTS YOU TO EAT AT JIMMY JOHN'S!"®

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