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THE PARTHENON

Wednesday, November 30, 2011 | MARSHALL UNIVERSITY'S STUDENT NEWSPAPER | marshallparthenon.com

Final exam stress relief possible

BY ASHLEIGH HILL
THE PARTHENON

With finals approaching, students might often find themselves experiencing large amounts of stress.

"When it comes to dealing with stress, little things matter," said Kim White, counselor at the Counseling Center. "Tiny changes can make a big difference. Changes don't have to be big, life changing or drastic."

White said the most important thing students can do to prevent stress is to avoid procrastination.

"If you know you have to do something to do, then do it," White said. "Give yourself an hour a day to focus on your schoolwork with no interruptions at all."

White said she recommends putting aside an hour a day to focus on studying and schoolwork.

"Monitor how you spend your time," White said. "Get off Facebook and turn off your phone. Do all you can to get finished in that hour. Try and have that period of time when you are uninterrupted and undistracted."

Another coping mechanism for stress is to exercise regularly.

"Exercise will keep your energy levels up," White said. "It will keep you moving and active. It will prevent you from convincing yourself you need a 20-minute nap, which can turn into waking up two hours later."

Another thing students can do to reduce stress during finals is to attend class, White said.

"Attending class is the number one thing you can do to reduce stress

See STRESS | Page 5

SGA Senate elects new parliamentarian

BY JOHN GIBB
THE PARTHENON

The Marshall University Student Government Association has a new parliamentarian after Jay Roudebush resigned a week earlier than expected.

Roudebush has played a large role in the SGA debates and found it necessary to resign a week early because of

the possibility of debate over the newly revised bylaws.

"I do not want to impact the new bylaws anymore than I already have," Roudebush said. "I will not have to live with these bylaws, and if I stay for my last week I am eligible to serve. I will certainly be a part of the debate and influence the process."

Roudebush has served the capacity of SGA

parliamentarian, judicial and Constitutional committee chair for the last two years. He plans to graduate in December with a master's degree in political science and public administration.

In an email released to members of the SGA, Roudebush said, "I am thankful for all of you who currently serve with me in the Student Government

Association — I have served in many leadership roles throughout the university and have been honored to have been elected to each one of them."

Roudebush has played a prominent role in the structure of the SGA constitution. He has rewritten various bills within the Constitution, including a more recent bill, making it mandatory

for all SGA members to attend the Nov. 14 plane crash memorial.

With Roudebush absent at Tuesday's meeting, the SGA Senate nominated candidates for and elected a new parliamentarian. Nominated were Ashley Quaranta, Kendrick Vonderschmitt and Luke

See SGA | Page 5

CROWNED CADETS



Cadets Andrew Tennant, graduate student, and Abigail O'Connell, sophomore, are crowned Mr. and Ms. ROTC Homecoming 2011.

SUBMITTED PHOTOS | FOR THE PARTHENON

Two cadets from the ROTC program share experiences

BY MEAGAN EARLS
THE PARTHENON

The Reserve Officers' Training Corps program at Marshall offers students much more than just Army experience, and it has had a great impact on two cadets, in particular.

"Our expectations for students in the ROTC program are that they excel in their academics, the ROTC program and that their actions follow the Army values," said Maj. Lilita Daniels, training officer.

The Army values consist of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

There are many students who excel in the ROTC program, but two Cadets were named Mr. and Ms. ROTC Homecoming for 2011.

"Not only do I want my fellow cadets in the program to look up to me, but I also want other people in my life to look up to me and see that I am striving to do well."

> ABIGAIL O'CONNELL

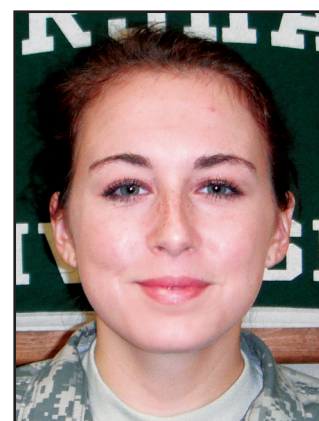
Cadet Andrew Tennant, graduate student, and Cadet Abigail O'Connell, sophomore undergraduate student, were recognized as two outstanding cadets from the ROTC program.

Cadet Tennant has been in the Army for four years and is now working on his master's degree in adult and technical education.

"I am active duty right now — previously an infantryman, and I've been through one combat deployment," Tennant said. "I am married with three kids, and I am a Christian."

"I was in the middle of trying to figure out what I wanted to do with my life," Tennant said. "I went to Fairmont State University for two years, and I enjoyed parts of it. But it wasn't enough so I dropped out and decided to go to a school called the National Outdoor Leadership School."

During his time at NOLS, Tennant spent six months doing outdoor recreation activities such as backpacking, whitewater rafting and rock climbing.



O'CONNELL



TENNANT

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Fat Patty's hosting food drive

BY TYLER KES
THE PARTHENON

What began as an off-hand comment has turned into a full-on effort to feed the hungry.

The idea for the Punch Hunger in the Mouth food drive came when journalism major Dale Johnson and recent Marshall graduate William Irby were hanging out before work at Fat Patty's.

"One guy kept whining about being hungry, so I just jokingly said 'Oh my god just punch it,' and Dale said 'Punch hunger?' and I said 'Yeah just punch hunger right in the mouth,'" Irby said. "We kind of looked at each other until we decided we should probably just start a food drive called Punch Hunger in the Mouth, and then it took us a few hours and a few phone calls before it was all set up."

The food drive, which started Monday, will run for the majority of December.

The food collected will be donated to the Huntington Area Food Bank.

Although a design hasn't been picked yet, T-shirts promoting the event are on the way.

"We're also going to have T-shirts printed, and sell them from like \$7- \$10 apiece," Irby said. "Steve Anderson, the guy from the tattoo shop, he's just going to donate them, and we're going to take all the money, all the money is going to go to the Huntington Area Food Bank."

Those interested in making donations can drop off non-perishable food items at the Huntington and Barboursville Fat Patty's locations, as well as Tattoo Mafia and Bottle and Wedge, which are also located in Huntington.

"There's a lot of hunger in the world, I mean world hunger is probably one of the leading problems right now, as you can see from

See FOOD DRIVE | Page 5

Red Cross Club hosts blood drive sign-ups

BY KELLY STARKEY
THE PARTHENON

Marshall University's Red Cross Club is having sign-ups 11 a.m. through 4 p.m. Wednesday for an upcoming blood drive in the lobby of the Memorial Student Center.

The blood drive will take place Friday and it will be located in the Don Morris Room.

"We are asking for 20 to 25 donations from students," said Brittini Brooks, president of the Marshall University Red Cross Club. "This is the last blood drive that we will be having until next semester."

The Red Cross Club is asking for donations of all blood types and also double reds of types A-, B- and O.

Brooks said double reds are

when two units of blood are donated.

"We are encouraging everyone to make an appointment," Brooks said. "If participants have an appointment, then they will not have to wait and can get in quickly to donate."

Donors can make an appointment at www.redcrossblood.org/make-donation. At

that website, enter the zip code 25701 to find a blood drive and then look for Dec. 2 and click the link to schedule an appointment.

"Anyone who is unable to donate but would like to volunteer can stop by the blood drive at 11 a.m. or whenever they have free time," Brooks said.

Anyone interested in donating who can't attend this

blood drive can also donate at the local American Red Cross located at 1111 Veterans Memorial Blvd. in Huntington.

Students can get more information about blood donation and eligibility at www.redcrossblood.org or call 1-800-RED-CROSS.

Kelly Starkey can be contacted at starkey27@marshall.edu.

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Morning snow.
42° 27°

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it's quotable

"If you want to lift yourself up, lift up someone else."

-BOOKER T. WASHINGTON

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MARSHALL CAREER SERVICES



"If Congress refuses to act, then middle-class families are going to get hit with a tax increase at the worst possible time."

>PRESIDENT BARACK OBAMA

Electronic recycling drive set for today

BY RACHEL HUNTER
THE PARTHENON

As the upcoming holiday season draws near, Marshall University students and faculty now have a chance to get rid of old electronics to make room for new ones.

Marshall's Parks and Recreation Organization will be conducting a recycling drive for electronics 10 a.m. to 3 p.m. Wednesday at the former site of Grace United Methodist Church on Fifth Avenue next to McDonald's.

Rick Abel, assistant professor of Marshall's natural resources and recreation management department is in charge of the drive. Abel said it is important for people to do their part in recycling.

"We've got to get into being better stewards of the earth, and electronics recycling is a small piece of it," Abel said. "Each time we teach people how to better manage the resources we have, we will

leave those that follow us a better place to live."

MU-PROS will be taking small to medium, old or unwanted electronics such as, computers, printers, microwaves, refrigerators, VCRs, DVD players, TVs and radios. The electronic parts will be taken to various recycling centers, both local and not local. The proceeds of the drive will be used for MU-PROS activities and training.

Abel said MU-PROS has recycled more than 2,000 pounds of electronics.

"I'm really proud of our students," Abel said. "They do a wonderful job pitching in to the collection process and recycling."

Abel said if students are not able to drop off their electronics during the times of the drive, they can also drop them off at Prichard Hall, room 201 or send an email to abel2@marshall.edu.

Rachel Hunter can be contacted at hunter79@marshall.edu.

Breakfast with Santa to benefit Children's Hospital

BY AMANDA FASTUCA
THE PARTHENON

A breakfast with Santa at a local hotel will benefit the Children's Hospital at Cabell Huntington Hospital Saturday by raising money for art supplies.

The breakfast is from 8:30 a.m. to 11:30 a.m. at the Pullman Plaza Hotel.

Natalie Blackwelder, director of sales and marketing at the Pullman Plaza Hotel, said the buffet includes breakfast food such as a fruit display, pancakes, French toast sticks, scrambled eggs, bacon, sausage, cereal and a selection of homemade gourmet muffins. The entrance fee is \$12 per person, and children under five can eat for free.

"Something I would really like to get across is that it is more than just a breakfast with Santa," Blackwelder said. "I really want the focus to be on the reason we are

having it, which is to help provide art supplies to the Pediatrics Unit. They don't have a lot of supplies, and they don't get a lot of donations for items like this. So it really makes a difference for the kids and just gives them something to do."

There will be an arts and crafts station at the event to keep the children busy and entertained.

"When the kids come in, Santa Claus will be there to take photos with them," Blackwelder said. "We will also have art stations such as cookie or cupcake decorating, which is similar to what they would have at the hospital."

Blackwelder said that the Cabell-Huntington Convention and Visitors Bureau will also help provide craft supplies for the stations.

"The Red Caboose is a part of the convention

center's gift shop," Blackwelder said. "So they will help with sponsoring as well as the rest of the Convention and Visitors Bureau. The Huntington Hammer cheerleaders will also be helping with the breakfast as they dress up as Santa's elves and help the children with the arts and crafts."

Blackwelder said she plans to continue to develop a relationship with the hospital.

"Personally, it's been a cause of mine to get involved with the pediatrics program," Blackwelder said. "They are trying to come up with 12 million dollars to build a new Children's Hospital. Right now they have 10 million. The pediatric unit is going to have their own separate entrance so they don't have to go all the way through the hospital. So I think that all of the plans they have are just phenomenal. That

being said, I just feel like this is a great way we can give back to the community. We have never done this before but we want to be more involved and start doing more fundraisers for the program."

Blackwelder said they are accepting donations at the breakfast, as well as more volunteers to help.

"If anyone at Marshall would be interested in coming to work with the kids at the breakfast or at the craft table, they are more than welcome to do so," Blackwelder said. "We are also accepting donations of paintbrushes, art supplies or even if they just want to drop an attached donation into the jar to buy these supplies."

Those who are interested in helping with the breakfast can call Blackwelder at 304-525-1001 or e-mail her at natalieb@pullmanplaza.com.

Amanda Fastuca can be contacted at fastuca@marshall.edu.

Depression more common in winter, counselor says

BY ASHLEIGH HILL
THE PARTHENON

The change in seasons can cause people to become depressed.

Winter depression is also known as Seasonal Affective Disorder.

The disorder is most common in the change from fall to winter season, but can occur from spring to summer as well.

Counselor at the Counseling Center, Kim White said that a large part of Seasonal Affective Disorder is biological.

Sunlight has a large effect on serotonin levels, and reduced sunlight can create a drop in serotonin, which can trigger depression.

"People are less inclined

to go outside and the sun doesn't shine as long," White said. "You're getting less sunlight and less vitamin D in your body, so it affects your mood."

White said decreased sunlight also has an effect on sleeping patterns and melatonin levels in the brain.

"Even though there are a lot of biological components to depression, I'm of the firm belief that how you cope with depression can either bring you out of it or perpetuate it," White said. "Positive coping makes a difference."

Symptoms of Seasonal Affective Disorder are the same as regular depression, which include hopelessness, anxiety, low energy levels, isolating oneself

Even though there are a lot of biological components to depression, I'm of the firm belief that how you cope with depression can either bring you out of it or perpetuate it."

> KIM WHITE

from friends and family, gaining weight and having trouble concentrating.

"The tendency is, when we get depressed, to avoid social situations because we don't feel like we have the energy to put forth a happy face," White said.

White said she encourages people to recognize the symptoms, and challenge them.

"Coping mechanisms really matter," White said.

"Don't put yourself in a situation where whatever it is you're doing to cope creates more depression."

Socializing, exercising, getting good sleep and establishing a good sleeping pattern all help to combat Seasonal Affective Disorder.

White said staying up late and sleeping in can throw off the body's rhythm, so it is important to establish a reasonable bedtime and get

up eight hours later.

She also recommends eating healthy foods.

"A lot of times in winter, when you have these holidays like Thanksgiving, Christmas and New Years, we're eating foods that are high in starch, fat, and carbohydrates," White said. "Processing that food is draining your body and your system, which creates fatigue."

It is also important that to balance healthy eating with a good workout daily.

Another factor that can contribute to the disorder is alcohol consumption.

"During this time of year, we're getting together with our families, and depending on the family situation, that could be a good or a

bad thing," White said. "If the family dynamic is stressful, sometimes people will drink to ease tension, which can lead to problems, lack of judgment and more stress."

Alcohol is a depressant, and can further increase depression and anxiety.

"It's fun while you're doing it, but there are always after effects," White said.

Winter depression is most common in people who live in areas where winter days are short, women and people between the ages of 15 and 55.

It is also recommended to seek counseling to deal with Seasonal Affective Disorder.

Ashleigh Hill can be contacted at hill281@marshall.edu.

Man flees scene of crime, forced to pay restitutions

The following information was provided by the Marshall University Police Department.

BY DALE JOHNSON
THE PARTHENON

LEAVING THE SCENE OF AN ACCIDENT

A 51-year-old man lost control of his vehicle, struck and knocked over a light pole and slid into the grass in front of the Marshall Placement Center at 3:40 a.m. Tuesday on the 1600 block of Fifth Avenue. Police said the man was not at the scene of the accident and his car was towed to J and B's. The man went to police the next day to give a statement. The man has to pay restitution and was cited for failure to maintain control of a vehicle and leaving the scene of an accident.

HIT AND RUN

A man reported Nov. 18 that his Saturn had been hit on Fifth Avenue and Ninth Street and the person who did it ran. There was damage to the rear bumper of his vehicle. No estimation was made of the cost of the damage.

VANDALISM

Sometime between 11 p.m. Nov. 19 and 11 a.m. Nov. 20 a Marshall logo and two Dr. Pepper graphics were cut and stolen off of the Henderson Center. There is no suspect at this time. The damage was estimated to cost \$3,000.

LARCENY

A man reported at 2:48 p.m. on Nov. 17 that a Euphonium, gig bag and mouthpiece were stolen from an unlocked locker in Smith Music Hall sometime between Nov. 10 and 10:30 a.m. Nov. 14. The value of the stolen items

was estimated to be \$2,547.

A man reported that a stereo system had been stolen from his truck sometime between 10 a.m. Nov. 17 and 2:30 p.m. Nov. 18 in the Stadium Parking Lot. Police said there are no signs of forced entry and that damage was visible to the center console of the vehicle. There is no suspect at this time. The value of the stolen property was estimated to be \$2,000.

Sometime between midnight Nov. 19 and 11:30 p.m. Nov. 20 two Marshall banners were stolen from John Marshall Drive. There is no suspect at this time. The value of the stolen property is estimated to be \$358.

A man reported Saturday that his car had been broken into sometime between 8:00 a.m. Thursday and 9:15 p.m. Saturday in the Stadium Parking Lot. When the man got to his vehicle he noticed the

door was open, damage to the passenger side door lock and his stereo system speakers had been stolen. There is no suspect at this time. There is no estimation on the value of the items or damage to the vehicle.

A woman reported Monday that her iPod was stolen on Nov. 13. The victim said she does not know where it was. There is no suspect at this time.

A man reported a book bag stolen from Harris Hall around 7 a.m. Tuesday. A bookstore called police and notified them that stolen books had been sold back. Police said some of the victim's items were found in a trashcan. Police said there is a suspect identified and that criminal charges are pending and will be filed at a later date.

Dale Johnson can be contacted at johnson327@marshall.edu.

'Mama Mia' to come to Clay Center on Friday

BY BRITTINI BROOKS
THE PARTHENON

The Broadway play "Mama Mia" will come to Charleston on Friday.

"Mama Mia" is a part of the Clay Center's Broadway in Charleston series.

Mama Mia is a play about a young girl who invites three men to her wedding to learn the true identity of her father.

"We fell in love with the movie," said Leann Dickens, Clay Center public relation specialist. "Seeing the live Broadway show is a completely different experience."

"The characters really come alive through ABBA's fun music and the feel-good story is entertaining for everyone," Dickens said.

Tickets are available at the Clay Center box office. People can call to purchase their tickets or go online to theclaycenter.org.

Ticket prices range from \$49.75 to \$71.

"Tickets are going quickly," Dickens said. "Most of the remaining seats are in the second balcony."

The performance will be at 8 p.m. in the Clay Center's Maier Foundation Performance Hall.

"Mamma Mia is huge in New York City right now," Dickens said. "This opportunity to see it right here at home is very exciting."

The Clay Center is located off exit 100 at One Clay Square in Charleston.

Brittini Brooks can be contacted at brooks73@marshall.edu.

EAST DIVISION	CUSA		Overall	
	W	L	W	L
Southern Miss	6	2	10	2
Marshall	5	3	6	6
East Carolina	4	4	5	7
UCF	3	5	5	7
UAB	3	5	3	9
Memphis	1	7	2	10

WEST DIVISION	CUSA		Overall	
	W	L	W	L
Houston	8	1	12	4
Tulsa	7	3	8	6
SMU	5	3	7	5
Rice	3	5	4	8
UTEP	2	6	5	7
Tulane	1	7	2	11

Game on

Herd and Bobcats square off for 98th time

BY ADAM ROGERS
THE PARTHENON

Coming off an overtime win against the University of Cincinnati Bearcats on Friday, Marshall men's basketball will return to the Cam Henderson Center Wednesday night to take on the Ohio University Bobcats.

The Thundering Herd is off to its best start since the 1999 season, when Greg White coached Marshall to a 10-0 beginning and a 21-9 finish.

"I think it's a credit to our players and our staff," said Tom Herrion, Marshall head coach. "We've been challenged out of the gates and played really good competition. Winning down at Wilmington, which was a tough challenge, and obviously the win on Friday night up in Cincinnati against a very good Bearcat team was good for us.

"One thing you have to remember is that we haven't even hit December yet," Herrion said. "There's such

a long part of our season when there's going to be some peaks and some valleys. We obviously want to keep as many peaks and high moments as possible, but we're in for a long journey throughout the course of this season."

Wednesday's matchup against the Bobcats will mark the 98th meeting between Ohio and Marshall, with the Herd trailing in the all-time series 51-46.

Ohio returns three starters from last year's 19-win squad and is led by junior point guard DJ Cooper.

"It starts with their backcourt, Cooper obviously makes them go," Herrion said. "They've got really good balance. They've lost some (guys), but they've got really good depth and play really hard. They can score at a few different positions and run a few different sets and execute very well."

"Ohio is a good team, who hung in there with Louisville this past weekend," said Marshall senior point guard

Damier Pitts. "DJ Cooper is a good point guard — one of the best point guards in the whole country. They're going to come out with a lot of energy, and they did end our season last year so we kind of owe these guys."

The Bobcats ended the Herd's season last year with a 65-64 win in the 2011 CollegeInsider.com Tournament and is still fresh in the team's mind.

"They came here and got it done, and we didn't," Herrion said. "We didn't get the job done, and I've reminded our kids of that. At the end of the day, they scored one more point than us, and we didn't get it done. Our season ended, and I haven't forgotten that." Tipoff is slated to begin at 7 p.m., as the Herd tries to stay unblemished on the season and the Marshall Athletic program hopes to move to 7-0 in their last seven games.

Adam Rogers can be contacted at rogers112@marshall.edu.



JAKE SNYDER | THE PARTHENON

Redshirt freshman Justin Coleman turns in a pass during the Herd's opening exhibition game against Northern Kentucky. Coleman is averaging just fewer than five points and rebounds a game, but has gained notoriety for his high-flying athletic dunks.

Cross-country runner competes at NCAA Championship

BY COURTNEY WILLIAMSON
THE PARTHENON

Not only is Matt Schiffbauer due to graduate in May with a degree in exercise physiology, but the senior also qualified to compete in the NCAA Cross-Country Championship.

Crossing the finish line with a top-150 finish in the 252-person field, Schiffbauer said he was glad to make it.

"It's completely surreal to have even been there to compete," Schiffbauer said.

The runner finished with a 10K time of 31:10.8 and placed 149th in the last race

of the 2011 season at Lavern Gibson Championship Course.

"We hoped for a better finish for Matt, but he still beat 103 of the best cross-country runners in the nation," said Jeff Small, head coach.

Wisconsin took first place as a team after having five

runners place in the top 35. Lawi Lalang from Arizona finished first with a time of 28:44.1.

Schiffbauer was the first runner in more than 30 years to represent Marshall University, since 1979 when Kim Nutter advanced.

"I was proud and honored to be able to wear Marshall gear," Schiffbauer said. "The team always goes (to the meet), and it was nice to be able to be the person they were cheering for."

Schiffbauer said he wanted to keep a positive attitude before going into the meet.

"It was such a good experience," Schiffbauer said. "I told myself that whether I had a good or bad race, it would help me."

Small said, "He has completed one of the best seasons and careers in Marshall history."

Schiffbauer, Morgantown, W.Va. native, said he prepared for the competition in a different way than his usual races.

"(I was) barely doing anything, which is what I (was) supposed to do," Schiffbauer said. "I tried to stay fresh for my race by cutting my runs in half and doing easier workouts. Preparation for

this meet was more mental than physical."

Part of that mentality was remembering his love for the sport.

"Anyone who loves running, loves it for themselves," Schiffbauer said. "I may sound selfish in saying that, but at the end of the day, I'm the one who does it."

The former conference champion tennis player was once awarded a scholarship to play tennis at Concord University but decided on Marshall to fulfill his cross-country needs.

"I didn't start to really run until my senior year of high school," Schiffbauer said. "I ran my junior year, but didn't finish the season. The next year, my friend talked me into it and here I am."

After a successful season his senior year at University High School, collegiate running became an interest of Schiffbauer's. When contemplating possibilities, he wanted to get away from home.

"Coach Small was willing to take a risk," Schiffbauer said.

The runner was recruited and decided to attend Marshall.

"Now I'm only an

interstate away from home, and I'm able to visit frequently," Schiffbauer said.

Schiffbauer qualified after finishing 10th in the Mid-Atlantic Regionals at the University of Maryland-Eastern Shore and running the 10K course in 30:50.

"I hate to lose anything, and I love to run because I know what it takes," Schiffbauer said. "I train hard, knowing it will take someone good to beat me."

Upon graduation, Schiffbauer has future goals that he hopes will always have room for his desire to run.

"I'd like to go to graduate school, though I'm not sure what exactly I want to study," Schiffbauer said. "I'd like to get a job that allowed me to run and maybe get a legit sponsorship."

For success, Schiffbauer said he looks to motivation throughout this exciting time in his life.

"My niece is in kindergarten this year, and it's so weird to see her grow up," Schiffbauer said. "She's a miracle in itself, after dealing with some complications after her birth. If she wouldn't have made it, I wouldn't

See SCHIFFBAUER | Page 5



HERDZONE.COM

Senior cross-country runner Matt Schiffbauer treks through the Lavern Gibson Championship Course during the NCAA Cross-Country Championship. Schiffbauer finished in 149th place overall. He was the first runner from Marshall to make it to the nation meet in more than 30 years.

Lions' Ndamukong Suh suspended 2 games

BY DAVE BIRKETT
DETROIT FREE PRESS(MCT)

DETROIT—Ndamukong Suh stomped an opponent on the arm, and for that, the Detroit Lions' playoff chances have taken a punch to the gut.

NFL vice president of football operations Merton Hanks notified Suh on Tuesday that he has been suspended two games for stomping on Green Bay Packers lineman Evan Dietrich-Smith during last week's Thanksgiving loss.

The suspension is without pay, so Suh will forfeit

\$165,647 — two-seventeenths of his \$1.405-million base salary.

Suh has three days to appeal the decision and is not allowed to practice nor be at the team facility during the suspension. The league said in a statement it will expedite any hearing in time for Sunday's game against the New Orleans Saints.

If Suh does not appeal or the penalty is upheld, he will miss games against the Saints and the Minnesota Vikings. The Lions will receive a roster exemption to fill his spot.

The Lions also are in line

to be fined \$50,000 for exceeding \$100,000 in fines as a team (with a maximum of \$50,000 per incident). Team fines are handed out after the season, after all appeals are exhausted.

The Lions released a brief statement about the suspension Tuesday: "We were formally informed this morning of the league's decision to suspend Ndamukong Suh for two games. We respect the process the league undertook in order to arrive at this decision."

During his weekly appearance on WXYT-FM Tuesday, Lions coach Jim Schwartz

said: "Everybody's responsible for their actions and accountable for it. The league has decided to suspend him two games. That's something that we have to deal with, we have to live with, and we have to find a way to get past it."

"We'll defend our players for everything they do from snap to whistle, and we want to be known as a tough, physical team that plays as hard as they possibly can. But anything that happens after the whistle ... we need to be accountable for it, we need to move on, and we need to get ready for the Saints."

Suh was ejected from Thursday's Lions-Packers game after he stomped on Dietrich-Smith's right arm early in the third quarter. The penalty gave the Packers an automatic first down, and Green Bay scored a touchdown two plays later.

Suh apologized to his teammates, coaches and fans in a postgame news conference, saying he was just "trying to remove myself from the situation" and his stomp was unintentional. About 29 hours later, he said his reaction was "unacceptable" but never apologized to Dietrich-Smith.

The Lions released a statement Friday, condemning Suh's stomp. "The on-field conduct exhibited by Ndamukong Suh that led to his ejection from (Thursday's) game was unacceptable and failed to meet the high level of sportsmanship we expect from our players," it read, in part.

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THE PARTHENON

ABOUT US

The Parthenon, Marshall University's student newspaper, is published by students Mondays through Fridays during the regular semesters, and weekly Thursdays during the summer. The editorial staff is responsible for news and editorial content.

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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.

COLUMN

Adderall use in college

BY CHELSEY FRANCIS
TECHNICIAN, NORTH
CAROLINA STATE U. VIA UWIRE

With finals and papers looming, it seems like the right time to make the decision, will you or won't you allow chemicals to alter your brain make-up so that you can do better on a paper or final.

Research on Adderall quickly reveals it is considered a highly addictive medication. Typically, Adderall is given for attention deficit hyperactive disorder, ADHD. However, the same chemicals in Adderall are also in a medication for narcolepsy. These chemicals, dextroamphetamine and amphetamine, work by changing the amounts of certain chemicals in the brain to produce a different result.

For people who do not have ADHD, Adderall acts like a stimulant. Although stimulants increase attentiveness, they also increase heart rates, sometimes at a rate too high to be safe. Other side effects of Adderall abuse are: Development of sleeping and eating disorders, dry mouth, mood swings and higher blood pressure.

Although there are no real statistics to show how prevalent the use of Adderall and similar medications are on college campuses, the National Survey on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely as their counterparts who are not full-time college students to have used Adderall non-medically in the past year.

Any medication, legal or illegal, altering the chemicals in your brain should be considered heavily before being taken.

This semester Duke U. updated their Community Standard to include unauthorized use of prescription medicine in the definition of cheating. Although U. North Carolina-Chapel Hill doesn't include unauthorized use

of prescription medicine, according to an article published in the Daily Tar Heel, the student attorney general for UNC's honor system said it might be included before long.

With other local universities taking the step towards lowering, if not doing away with, the use of Adderall as a study aid, it's time for N.C. State to do the same.

Although our Student Code of Conduct includes various methods of cheating that are, unfortunately, utilized by students, Adderall should be included.

If a student uses Adderall and ends up with a 96 on a test, it's very obvious they wouldn't have gotten the same score had they not used Adderall. The Adderall made it possible to significantly increase the amount of time spent studying as well as the attentiveness to the material.

When said like this, it sounds highly beneficial, but the fact still stands—it alters the chemicals in a person's brain.

I, for one, am not a fan of the fact that a medication can change the chemicals in my brain. Even if I don't graduate from college with a 4.0, the fact that I'll have made it through college without taking Adderall or a stimulant to make myself study more, will mean more than a 4.0 with Adderall would mean.

Although I've never taken Adderall, it would seem to me that although the material could be retained for the test or final, the material wouldn't be retained after that. What we learn in college is supposed to help us for the rest of our lives. If we learn the material just for the test, it's not going to help us ever again.

I hope the University will at least consider including Adderall use in the Student Code of Conduct. Using mind-altering substances is not something that shows we are an institution of higher learning, as the administrators like to remind us that we are.

WHAT DO YOU THINK?

Visit us at marshallparthenon.com, click on the OPINION link in the navigation bar to write a letter to the editor, and let your voice be heard.

EDITORIAL

Marshall University students begin to prepare for upcoming final exams

As the fall semester rolls to a close, Marshall University students campus wide sharpen their pencils and prepare their coffee makers for the dreaded finals week. Anxious students have feared these frightening seven days for months, each year, test time comes just a little too soon for students. However, several sources offer helpful hints for students to avoid panic attacks.

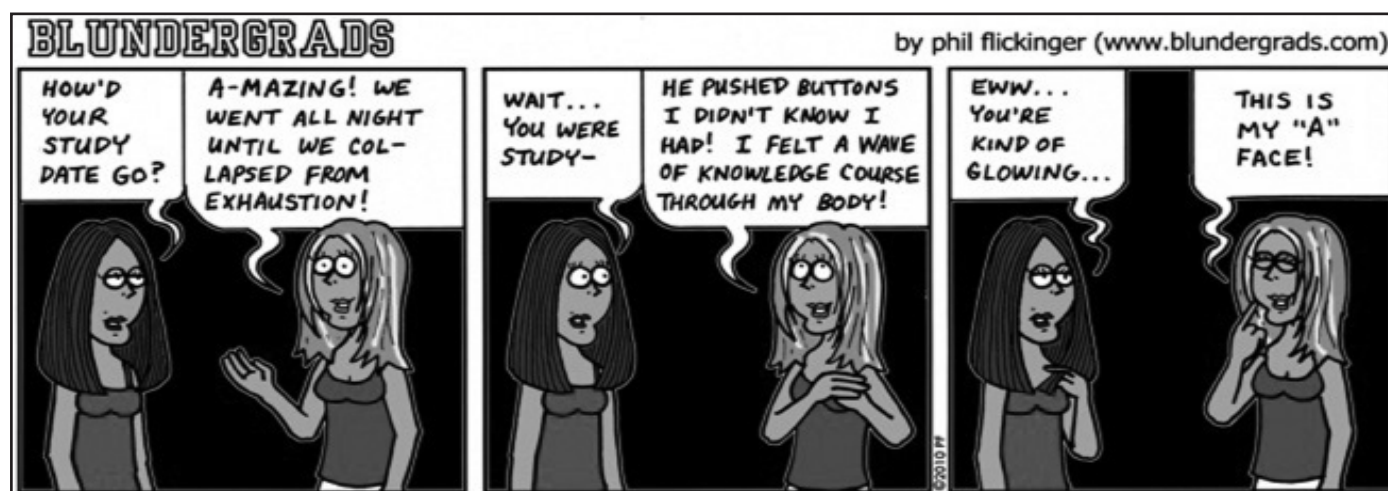
Florida's Pensacola State College suggests students keep older tests from the class and use these to prepare for the final. Also, students need to start studying two weeks before the exam, avoiding the last minute cram session. The article also suggests that students be careful to keep up with in-class work and assignments, falling behind on a reading assignment could be detrimental to a final grade.

Mycollegesandcareers.com advises students to study in a quiet spot where they can easily concentrate. This way, they can ensure they don't lose focus or get lost in overall errands in their daily lives.

According to College Tips (an online site for college students), test-takers should arrive early for all exams and be very sure they are awake for the exam, cue the coffee and Red Bull. Another website, studyfresh.org, proposes examinees go to the professor for help. This way they know first hand what is on the upcoming test.

No matter which ways students find best to survive their impending tests, it is always key to remember to remain calm and relaxed. Students who come in prepared are always ahead of the class and should not panic over a few unfamiliar questions. Good luck.

EDITORIAL CARTOON



COLUMN

Waking up from the European dream

BY ANDREW JOHNSON
MINNESOTA DAILY, U.
MINNESOTA VIA UWIRE

"Why can't we be more like Europe? It's such a pleasant way of life," students returning from abroad often grumble. Anything typically American, they sneer, is lowbrow. But using only personal experience as a gauge for Europe's pre-eminence can result in being badly informed, especially amid current political, cultural and economic woes.

Apparently, understanding the centuries old, if not millennia old, culture of European countries is attainable in just a semester in Montpellier, Bologna, Toledo or Freiburg. Old World sophistication has become a souvenir you can bring back with you just as easily as your Oktoberfest mug or actual Dijon mustard. Throw in a suddenly undying allegiance to the local soccer team and your worldliness is unquestionable. It seems like only a few months ago you were inhaling Jell-O shots to "Party in the U.S.A.," and now you're a wine connoisseur who insists Sweden was cheated in the last Eurovision.

Smugly acting as if you're now a cultured emissary, fully equipped to teach deprived Yankee Doodles that our lives aren't quite so dandy compared to a café-lounging, siesta-enjoying one, ignores a reality for the sake of a Bavarian or Gaelic castle in the sky. The whole fortified castle mentality for Europe is fitting, its aim to keep some people out.

Even though the United States is nearly 40 percent nonwhite, Eurofans still argue it is relatively intolerant. Meanwhile, despite most of its countries hovering at only 10 to 15 percent nonwhite, Europe is considered tolerant when it comes to race.

It's easy to be color blind to race when you rarely see other races. In France, North African black immigrants are hardly mingling with the idealized image of le français. Instead, they're residing in low-income apartments in the Parisian outskirts, where unemployment is near 50 percent among Muslim youths, and crime is prevalent because of the lack of social mobility. The latest assault and murder rates are actually higher in France than in Algeria, where many of these immigrants come from. This lack of opportunity is hard to see from the comfortable and distant vantage point enjoyed by the "traditional" French. Conveniently, the country's constitution doesn't permit data collection based on race, so they're never directly confronted with hard evidence either.

Even across the Channel, this front of multicultural harmony shows itself. In 2010, officials estimated that 57 percent of British Pakistanis were married to their first cousin. Forget the dating pool, what about the gene one? This sort of trend only comes about through cultural isolation. I'm not sure who is doing the isolating — the Brits or the Pakistanis — and it doesn't really matter; the point is

that it exists in a country regarded for its openness. Correction: a continent regarded for its openness. The Netherlands, Spain and Italy have each experienced their share of race riots over the past couple years as well.

Ah, but even amid these socioeconomic issues, nouveau Europeans insist that the lifestyle is so pleasing, with their quaint bakeries and picturesque plazas. As Johnny Depp once said of Europeans, "Most important thing, though, is that people there know how to live!"

But do they? Fourteen of the top-20 countries with the highest suicide rates are in Europe, with an additional 10 countries ahead of the United States, which is 40th. Norway, dubbed "the happiest country" according to a recent survey, has a higher suicide rate than India, China and Venezuela. What's causing these Europeans to take their own supposedly idyllic life?

Just glance at the European Union's economic troubles and you'll understand the source of their misery. One in five Greeks, Montenegrins and Spaniards is unemployed, and it's even worse for our age group. Stateside, we get nervous if unemployment is more than 8 percent. Debts continue to build up and there is popular resistance to doing anything to fix the problem. Turmoil has forced prime ministers to step down, replaced with appointed stand-ins who are entrusted with acting in the best interest of the people even though they

were never elected.

But the dangers go beyond who will decide whether or not Greek government employees will continue getting their 13 monthly checks per year or Denmark can continue paying students to go to their universities. As feisty youths, we unwisely herald the latest unrests in London, Paris, Madrid and Athens as inspirational, looking past the injuries, destruction and deaths caused by the demonstrators. If we're lucky, though, we won't have to worry about hearing these menacing tales much longer. Since the start of the anti-austerity protests in 2008, Reporters Without Borders has dropped Greece 39 spots on its press freedom index, from 31st to 70th, during which a journalist was killed at his home because of his coverage. Apparently, enlightened activists think an environment of free flowing information is an unimportant casualty.

None of this is to discourage travel or studying abroad; my passport is decorated with stamps from across the globe and each stop has been personally enriching. Rather, bear in mind that these experiences are definitively distant from reality, adventures that you embarked on to escape it for a while. Of course coming back to your reality will always pale in comparison to a romanticized aura of Europe, but choosing to remain in that fantasy isn't cultured, it is convenient simplification.

THE PARTHENON

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ROTC

Continued from Page 1

"When I graduated from NOLS, I didn't necessarily want to do a job outside," Tennant said. "I wanted to take those skills and use them somehow. I figured the Army would be the best place to do that, and the skills that I developed at NOLS have meshed very well with what the Army stands for."

"I love that the Army embraces the ideas of servant-hood," Tennant said. "The Army really offered a lot with respect to my goals as a Christian and a person, and that aligned more to what I had been wanting."

Tennant came to the ROTC program through the Green to Gold program, which is a program in the Army for active duty personnel who want to go from enlisted to becoming an officer.

"Green to Gold is a program designed to get enlisted members who have potential to become

officers to fulfill that role," Tennant said. "You have to submit a packet that goes before a selection board, and I was one of 150 chosen out of around 500 applicants."

Tennant is also the Cadet Battalion Commander for the ROTC program.

"In a real life situation, the Battalion Commander is in charge of everything a unit does or does not do so I try to apply that here," Tennant said. "Although it's not easy to do in a situation like this, I feel responsible for the battalion."

"Along with my responsibilities to ROTC and my school work, I'm trying to be actively involved in church, be the best father I can be and be supportive for my wife," Tennant said.

Tennant said upon finishing his master's degree, he will be attending flight school in the next year to become an Army Aviation Officer.

Cadet O'Connell is a sophomore criminal justice major from Frederick, Md.

"When I was about to graduate from high school and thinking about what I wanted to do, I was kind of on the edge on whether to go to college or enlist in the military," O'Connell said. "I found out what ROTC was and thought that it would be the best of both worlds."

"I looked into Marshall and their ROTC program, and from then on it was like love at first sight," O'Connell said. "I wasn't completely sure about what I wanted, but I knew I wanted more military exposure."

"My experience with ROTC so far has made me more disciplined and patriotic, it has given me countless amounts of skills — like communication skills and public speaking skills," O'Connell said. "It has given me courage and confidence that I use in my personal life and school work."

"Being in a leadership role within the program makes me want to strive to be a better leader, and I try to lead by example by



My experience with ROTC so far has made me more disciplined and patriotic — it has given me countless amounts of skills — like communication skills and public speaking skills."

> ANDREW TENNANT

following the Army values," O'Connell said. "Not only do I want my fellow cadets in the program to look up to me, but I also want other people in my life to look up to me and see that I'm striving to do well."

"I take the Army values to heart, and I appreciate them every day because they are shaping who I am," O'Connell said.

O'Connell said after graduating she plans to start her career in the Army in either the military police or military intelligence fields.

"The other cadets nominated and voted on Tennant and O'Connell to be recognized, and I think their concern and care for

others is what really got it for them," Daniels said. "Their work speaks for them."

"Both cadets have very different paths of how they are here today, but they are both top-notch and will be very successful as Army officers," said Lt. Col. Michael Stinnett, professor of military science.

"In this program, we really do care for our cadets," Daniels said. "When you display that type of emotional feeling to a student, it allows them to be more open to be who they are and helps you to mentor them in a better way."

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SGA

Continued from Page 1

Brumfield. Quaranta and Vonderschmitt are senators representing the College of Liberal Arts and Brumfield is a senator representing the College of Information Technology and Engineering.

Quaranta received the majority vote and will begin her duties as parliamentarian immediately.

"The role of parliamentarian gives me the opportunity to deal more with the SGA," Quaranta said. "I have served on the senate for two years and have held leadership positions during my entire time with the SGA which is why I am qualified for the position."

Quaranta has served as assistant chair of the judiciary committee and is the chair of the campus life committee. In addition, she was also the chair of the smoking subcommittee before it was disbanded Nov. 1.

Quaranta said it is important for students to get involved in SGA and sit-in on the weekly meetings.

"Nothing is going to change if students sit back and not allow their voices to be heard," Quaranta said.

The final SGA meeting of the semester will be in the Shockey Dining Room of the Memorial Student Center at 4 p.m. Tuesday.

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FOOD DRIVE

Continued from Page 1

any advertisement on TV or public service

announcement," said Yorgie Alexandropoulos, manager at Fat Patty's. "So that kind of sparked the idea to help out."

While the holiday season

is usually a time when plenty of students leave the area, Irby doesn't want that to stop people from helping out.

"Any type of support or

form of support, even if it's inviting people to the Facebook group or whatever, it's going to help out," Irby said.

Irby also said that

they will be trying to get more businesses to help out as the food drive continues.

Tyler Kes can be reached at kes@marshall.edu.

STRESS

Continued from Page 1

and anxiety for school, especially when it comes to finals," White said, "This

is the time when professors are doing reviews and talking about what is going to be on the final and how you can be prepared. Going to class is the best thing you can do."

Students can also visit the

Counseling Center located on the first floor of Prichard Hall.

"If someone is having trouble dealing with stress, feeling overwhelmed, procrastinating or has anxiety

of any sort, then a few sessions with a counselor can help a lot," White said. "It can illuminate your thinking, what you're doing wrong and how you can change it."

The Counseling Center is open from 8 a.m. through 5 p.m. from Monday through Friday.

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SCHIFFBAUER

Continued from Page 3

have, either."

Schiffbauer said some of his other motivation stems from others' doubt.

"I enjoy proving people wrong so an influence in my life is anyone who ever told me

I was unable to do something," Schiffbauer said.

Now with Schiffbauer finished, the 2011 season for the cross-country team has concluded. The team will continue training for the track and field season, as well as the 2012 season. Track and field begins in one month.

Schiffbauer has one year of eligibility for track remaining

if he does not use it this year.

"I'd like to go somewhere to compete," Schiffbauer said.

Competing as an Olympian is a possibility for Schiffbauer.

"June is when Olympic trials begin," Schiffbauer said. "I've thought about it."

Schiffbauer said he will never forget his time spent at Marshall or the countless miles he

has ran across Huntington.

"This is just a stepping stone for me," Schiffbauer said. "Competing at the NCAA Cross-Country Championship is just one of the many national meets I hope to attend and participate in."

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SUH

Continued from Page 3

Voted the dirtiest player in the league in a Sporting News poll of his peers, Suh is the sixth player suspended by NFL commissioner Roger Goodell for on-field actions. The first, Albert Haynesworth, got five games for a more egregious stomping incident, and no other player has been suspended more than one game for on-field conduct.

Suh has been fined at least three other times since the

Lions took him second overall in the 2010 draft. Last year, he was docked \$7,500 for a takedown of then-Cleveland Browns quarterback Jake Delhomme and \$15,000 for a hit on Chicago Bears quarterback Jay Cutler. This preseason, he was fined another \$20,000 for a hit on Cincinnati Bengals quarterback Andy Dalton.

The Lions (7-4) are in the thick of the wild-card race with five games left but would miss the playoffs for the 12th straight year if the season ended Tuesday.

"I know that Ndamukong

wants the team to be able to focus on New Orleans, doesn't want the focus to be on him, but unfortunately, it is right now," Schwartz said on WXYT. "And like I said, that's a position he put himself in by losing his composure in those situations. Not to say that that stuff doesn't happen on a lot of NFL plays. It does, but you have to be accountable for it. You can't excuse that kind of behavior."

"So whatever the penalties are, we'll deal with them, we'll be accountable for them and move on with

it. I think that it's just like dealing with injuries. You don't really worry about who you don't have available, you worry about who you do have available. And Corey Williams and Sammie Hill, Nick Fairley, Andre Fluellen will play very, very good football for us this year, so we'll be fine regardless of what the situation is."

Either Fairley, the 13th overall pick in April's draft, or Hill, in his third NFL season, will start in Suh's place against the Saints. Neither player has a sack this season.

ABROAD

Continued from Page 6

them all within two weeks of leaving the United States.

"There was a lot of work to be done by lots of people, a lot of money and my academic future riding on the actions completed the last two weeks before I left, and it was very, very hard," Morris said. "I hardly slept. I became overwhelmed, and no matter how many tasks I checked off of my to-do list, the work never seemed to be done."

Morris said she is having a good experience in New Zealand, but it's tough being in a new environment.

"My experience as a whole has, of course, been a learning one," Morris said. "I've

had to learn how to be on my own without a really close support system like I have at Marshall. I've learned that I absolutely love the Appalachian Mountains, and that I will never again take for granted how nice it is to have easy transportation or to know and identify with the hidden underlying culture of a place in which you live."

Morris said living in the New Zealand is a different experience than living in the U.S.

"The cost of living here is incredibly more expensive, so their way of living is a little bit more sustainable and minimalistic to compensate for the high cost of living," Morris said.

"Houses with insulation or central heating and cooling are rare," she said. "It's winter going on spring here, so

I sleep with an electric blanket and space heater instead of having central heating to rely on. Every time I leave a room, I am expected to turn the light out and every load of laundry must be a cold wash due to the high electric bill.

"Clothes driers are thought of as excessive, unnecessary and expensive so everyone dries their clothes on a line," Morris said. "As the woman I live with, Bunnie, says, 'There's nothing like the wind and sunshine through your clothes,' and I couldn't agree more."

Morris said one of the biggest challenges and obstacles she had to overcome was getting around in New Zealand.

"From the excessive expenses, difficulty in making new friends, lack of Internet

connection, missing home and finding transportation," Morris said. "I still haven't overcome most of those obstacles, but I've been working on at least finding a way to deal with them as they are."

"I'm coming close to the end of my stay, and when I look back on all of the things I have done, I find peace knowing that I have accomplished so many things — some I planned, most I didn't," Morris said. "The one thing I needed was to clear my mind of all of the clutter it had inside. For lots of reasons, my thoughts about who I was and what I wanted in life were knotted up so that I couldn't think for myself."

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GUIDE TO
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Wednesday, November 30, 2011 | THE PARTHENON

New outlook, New Zealand

Student overcomes fears to teach abroad

BY JOHN LEWIS
THE PARTHENON

Olivia Morris is one of the first Marshall University students to teach abroad in New Zealand.

Morris, senior education major from Hurricane, W.Va. will be in New Zealand for 14 weeks teaching math facts, phonics, critical thinking skills, reading comprehension and everyday life skills to kindergarteners, third graders and fourth graders.

China is one of the most popular locations in which Marshall students teach abroad. However, Morris chose to go somewhere different than usual — New Zealand. Morris said she wanted to take on that challenge.

"It's kind of invigorating, actually, to see myself reach the potential of doing something that seems out of reach because I've felt drawn to it," Morris said. "It's a huge opportunity for growth and a rewarding step for me.

"I've always been somewhat of a procrastinator and have been afraid to take risks, but this time I wouldn't let the idea of that affect me," she said. "Just because it hasn't been done before doesn't mean it can't be done or stop me from achieving my dreams."

After having the opportunity to study abroad in New Zealand, Morris said she began to wonder how else she could challenge herself.

"It makes me excited to think about what else I can do, where else I can go and what else I can see," Morris said.

"From a broader perspective, knowing that what I've done will give hope and motivate other students in the College of Education to study abroad makes me incredibly happy."

Morris said if she had to give any advice, it would be to never give up on anything.

"Stay motivated by keeping some part of your goal tangible," she said.

Morris said she has been able to experience a lot of sight seeing in a short period of time while abroad.

Morris said negotiating between two colleges in different countries dealing with bursars, registrars and financial aid offices 17 time zones away is not an easy task to handle, but it can be done.

Morris said planning is not easy, and it takes dedication and a lot of motivation to accomplish it.

"I hit a lot of walls while I was planning," Morris said. "I think most people (who are) doing something new and different do, but I hit

See **ABROAD**
Page 5



SUBMITTED PHOTOS

Olivia Morris teaches students while studying abroad in New Zealand.

"I've always been somewhat of a procrastinator and have been afraid to take risks, but this time I wouldn't let the idea of that affect me."

- Olivia Morris



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