

2-15-2012

The Parthenon, February 15, 2012

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Recommended Citation

Myers, Crystal, "The Parthenon, February 15, 2012" (2012). *The Parthenon*. Paper 118.
<http://mds.marshall.edu/parthenon/118>

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THE PARTHENON

VOL. 115 NO. 84 | MARSHALL UNIVERSITY'S STUDENT NEWSPAPER | MARSHALLPARTHENON.COM



CONTACT aims to stop abuse

BY ALLYSON WARNER
THE PARTHENON

February marks Teen Dating Violence Awareness Month, a time where people gain knowledge of the issue at hand.

President Barack Obama presented a proclamation on the issue three years ago.

"The more information we get about teen dating violence, the more popular the month itself gets," said Amanda White, campus advocate/STOP victim advocate.

CONTACT of Huntington provides support for victims in West Virginia counties around the area.

According to the "Sexual Assault in West Virginia: An Informational Handbook," one in four adult women in the state of West Virginia are sexually assaulted.

Their goal is to spread awareness to someone in an abusive relationship where they can find resources to help them.

One thing the administration has done is create a violence hotline for anyone who needs help dealing with a problem.

Dating violence is not only something teens should worry about but college students as well.

White, who works with this agency, is a campus advocate who comes to Marshall to teach about dating violence.

"My personal goal is to spread enough awareness here on campus where people recognize some of these signs of abuse," White said. "Or also some of the signs of what love is not. Hopefully they'll be more apt to get help."

This month might be dedicated to teens, but it is essential for college students to have awareness of dating violence as well.

Realistically one in four college students have been a victim of sexual assault.

CONTACT of Huntington works a lot with the campus police to try to confront this matter at hand.

By volunteering Marshall students can offer their time to help the cause.

They offer programs throughout the year where they need volunteers on a daily basis.

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GAY MARRIAGE RALLY



TRAVIS EASTER | THE PARTHENON

Huntington residents rally to protest civil rights

BY TRAVIS EASTER
THE PARTHENON

Despite bad weather, Huntington residents took to the streets Valentine's Day to advocate same sex marriage.

Marshall Students and citizens gathered downtown at the corner of Fourth Avenue and Eighth Street to show their support for a legislative bill to legalize same sex marriage.

"I think at some point we are going to look back on 2012 and realize we denied United States citizens their civil rights," said medical imaging major Kelly Payne. "I think it's despicable and ridiculous."

Members of the Mt. Olive Independent Fundamental Baptist Church of Hurricane also attended the protest, but they had a very different message. The congregation wants lawmakers to strictly follow their interpretation of marriage as between one man and one woman through the



I think that at some point we are going to look back on 2012 and realize we denied United States citizens their civil rights"

> Kelly Payne,
medical imaging major

state's Defense of Marriage Act. They also held signs at the courthouse, distributed anti-LGBT-themed pamphlets and preached to people in the area.

"This is not a counter protest, we are simply here to preach the Gospel of Jesus Christ," congregation leader, Pastor Ernie Spence said of their gathering.

Emotions ran high as both groups frequently tried to talk over one another. Members of both sides would also often shout negative comments at the opposing group.

"(God) has done everything in his power to save you from your wicked and evil ways," Spence said.

Graduate psychology student Brittany Johnson said

she feels the church should be more accepting of the LGBT community.

"I really feel that if anybody is going to live and walk in the path of Christ, they should treat others equally," Johnson said. "I believe that's what Jesus would have done."

Currently seven states and the District of Columbia allow same sex couples to marry. Earlier this week, the New Jersey state senate passed a bill to recognize same-sex marriages. Many states, including West Virginia, have legislative bans or language that prohibit same sex marriage.

Travis Easter can be reached at easter14@marshall.edu.

TOP: Protesters gather in front of the Huntington courthouse Tuesday to show support for gay marriage rights.

BOTTOM: Huntington resident Michael Gibbens holds a flag signifying gay rights in front of anti-gay marriage protesters at Tuesday's rally.

Career Services encourages students to Snap. Post. Win.

BY MARISSA DEMARIA
THE PARTHENON

With a narrow job market and limited opportunities for job seekers, Career Services is attempting to make the job search more simple.

Marshall University students are eligible to participate in Snap. Post. Win., a contest encouraging

students to work together in order to find a job.

"Basically, we wanted to encourage students to work together," said April Biser, graduate assistant for Career Services. Networking is such an important part to finding a job."

The process for this opportunity is as follows: Snap a picture of a job posting, post that picture

to the Career Services' Facebook wall, and if the picture has the most likes by noon Monday, the poster is eligible to win a prize. The winning participant is eligible to win a \$25 gift certificate to either the Marshall Bookstore or Starbucks.

Biser said this a unique and beneficial opportunity for students because

it is fun and most importantly, a student may end up getting a job from this experience.

"This isn't like a raffle where you just put your name out there," Biser said. "You are actually providing useful information to students. We want to encourage students to help one another because while a job may not be right

for you, it may be great for someone else."

Participants, including those liking the picture, must like the Career Services' page to qualify. Inappropriate and non-current job postings will be disqualified at Career Services discretion. If two pictures of the same position are posted,

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Elections give students opportunity to voice opinions

BY ZACHARY MORRIS
THE PARTHENON

The Marshall University Student Government Association will be conducting its annual elections starting Feb. 27.

The elections will last for two weeks and provide students the opportunity to campaign, promote and present their ideas for students concerns. The election will be from 8 a.m. through 4 p.m. March 6 and 7 in the Memorial Student Center and at the Marshall Recreation Center.

The positions for student body president and vice president are available during the election cycle and are voted on as a single ticket. Interested students must attend Marshall full-time and be able to fulfill the seat during the fall and spring semesters. They must also have 40 credit hours and have maintained a minimum 3.0 cumulative GPA.

Current Student Body President Ray Harrell, Jr. said his favorite part about elections is the campaign.

“Campaign time is exciting because you get to see

everyone with their different platforms and plans as well as see the student body voice their concerns to their potential representatives,” Harrell said.

Undergraduate and graduate students are given the option to apply for a seat on the senate given they meet certain requirements. Undergraduates are required to have at least a minimum 2.5 cumulative GPA in Fall 2012 while graduate students must be enrolled in 6 hours with a minimum 3.0 cumulative GPA in Fall 2012. Students must

be able to attend the SGA meetings at 4 p.m. Tuesdays.

“There is a certain appeal to the experience of running for public office,” said Adam Fridley, senate president pro-tempore. “There is something about it when you’re putting your name out there – talking to students, listening to them and their concerns, how you’ll handle certain problems and why they should vote for you. There is a certain appeal in that process where you’re able to learn a lot about yourself and your integrity.”

Each college is assigned a general number of senate seats to fill based on the size of students enrolled. If all of the senate spots are not filled at the end of elections, those spots will remain open until a not-yet determined date during which they will become member at large positions. Once those spots become member at large, any interested students at that time may apply to be a part of the SGA as long as they meet the requirements.

“You get to evaluate yourself on so many

different levels as far as what you’re able to do for your college, your dean, how to make your college better and it helps you explore your strengths and represent your student body,” said Dustin Murphy, Sergeant at Arms.

There will be a mandatory meeting for all those interested on Tuesday in the SGA offices, and applications can be obtained at that meeting or in the SGA offices.

Zachary Morris can be reached at morris243@marshall.edu.

College Goal Sunday helps students with financial aid

BY ANDREW FROBEL
THE PARTHENON

Students and families of Huntington had the opportunity to gain knowledge about financial aid programs at the College Goal Sunday.

Angela Holley, statewide coordinator of West Virginia College Goal Sunday, said she was very happy with the amount of students that attended the event. College Goal Sunday’s workshops were conducted at 19 different locations across the state.

The annual event is volunteer-operated. Holley has been a volunteer for the program since writing the initial grant proposal for the West Virginia Higher Education Policy Commission in 2006. The first official College Goal Sunday was hosted in February 2010.

Holley said she coordinates the event for other sites in the state, but she volunteers locally on the day of the event. Holley said local financial aid professionals were at the event to offer one-on-one, confidential support to anyone planning to attend college.

Holley said her staff has over 300 volunteers each

year since the program’s existence.

“We assisted with FAFSA completion, made any corrections to FAFSA’s, and answered all questions that an individual may have had, regarding the financial aid process,” Holley said.

Kathleen Maynard, communications disorders sophomore from Prichard, W.Va., has been a volunteer for College Goal Sunday for the past two years. Maynard said she has been influenced by the event, mainly because it helps many students fill out their FAFSA.

“I know how hard it was my senior year in high school to understand what I had to do to get financial aid for college,” Maynard said.

Maynard said attending the event is one of the wisest decisions a student could make. She said the staff would help students fill out their FAFSA correctly for all students and incoming freshmen.

The event offered workshops to everyone in attendance. The workshops provided students and families with the opportunity to learn more about and apply for valuable financial aid programs to help them pay for education and training

beyond high school.

The workshops are open to students of any age or income level who are interested in pursuing or are currently enrolled in a trade certificate program, a two-year or four-year degree program.

Eric Stano, political science junior from Ottawa Hills, Ohio, said he was able to fill out his FAFSA on time and before deadline.

“I received a lot of great advice and helpful information that I can use in the future,” Stano said.

Governor Earl Ray Tomblin said in a press release, the state and community’s commitment to this initiative highlights the importance of helping more students attend and succeed in postsecondary education programs.

“College Goal Sunday is made possible through the generosity and dedication of hundreds of volunteers from our state’s colleges and universities, college access programs, community organizations and the business community,” Tomblin said.

Andrew Frobel can be contacted at frobel@marshall.edu.

Student teaching helps give students hands on experience

BY HILARY FREEMAN
THE PARTHENON

Student teaching is the capstone to graduate for education majors and requires 600 hours of dedication plus more time in academic writing and oral presentations than are required.

“Student teaching allows student teachers to learn what does and what does not work with real students and find their own personal teaching style,” said Kelley Holderby, senior education major. “Students may not encounter issues like parent involvement, school policies or teacher meetings in earlier field experiences, and these issues are not always discussed in classes.”

Kristi James, director of clinical experience for Marshall University’s College of Education, said every student must pass student teaching before graduating with an education degree from Marshall.

“Student teaching is your large body experience — it is a minimum of 600 hours,” Holderby said. “We help support them through an MU Online presence, but we also have

seminar. At this seminar, it gives students time to talk to professionals about the important parts of their teacher-candidate work samples.”

Holderby said student teaching is a good experience but can be a challenge to balance with work, other classes and extracurricular activities.

“Student teaching is very rewarding, but it is also incredibly time consuming — and it doesn’t pay the bills,” Holderby said. “I go to work right after student teaching three days a week. The other two days, I have the seminar for student teaching and another evening class. I also work on weekends, which doesn’t leave much time for lesson planning and preparing materials.”

Holderby said despite her busy schedule, the college of education is a great support during her student teaching experience.

“Marshall does a great job of providing student teachers with a network of professionals for guidance,” Holderby said. “This allows students to experiment with classroom

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Dine and Discover at Black Sheep on Thursday

THE PARTHENON

Paige Muellierelle, associate professor of psychology at Marshall University, will deliver a presentation entitled “When Appearances aren’t Deceiving: Broken Windows and Community Revitalization” from 6 p.m. through 7 p.m. Thursday at Black Sheep Burrito and Brews in Huntington.

A question-and-answer session will follow the presentations.

The presentation is part of Marshall’s College of Science’s “Dine & Discover: The Dynamic Community Series.” Dine & Discover gives forums for a variety of topics “that have helped shaped the regional community or projections of how the community may develop in the near future,” according to the Dine and Discover page on the Marshall’s website.

The lecture is free and open to the public. Attendees are encouraged to arrive early due to limited space.

Sustainability Department hosts ‘Lunch and Learn’

THE PARTHENON

Marshall University’s Sustainability Department is hosting a representative from Appalachian Power for its first lecture in the series.

Jim Fawcett, Appalachian Power representative, will speak at “Lunch & Learn” at noon Thursday in the Marshall Foundation Hall.

“He will be talking about the new rebates and incentives that power company is offering businesses,” said Margie Phillips, manager of the sustainability department.

Phillips said companies upgrading to more energy efficient products could apply with Appalachian Power to receive energy incentives.

Marshall applied for credits after retrofitting

equipment to improve energy efficiency.

“It’s a good incentive because you are investing money in energy efficient products, and the power company is helping you by giving you a rebate,” Phillips said.

The series was brought to Marshall as an endowment created by Etna Building Maintenance. The series will cover topics such as recycling, cafeteria waste, composting and water conservation.

The series focuses on ways to bring sustainability education to businesses, students and public schools in the tri-state area, Phillips said.

The sustainability department will host one speaker every month for 12 months.

Santorum’s voting record at odds with tea party’s fiscal philosophy

BY DAVID LIGHTMAN AND
WILLIAM DOUGLAS
MCCCLATCHY NEWSPAPERS
(MCT)

WASHINGTON — Supporters of the tea party movement, the grass-roots conservatives who’ve been relentless in demanding tough, lean budgets, are rallying behind Republican presidential candidate Rick Santorum, but Santorum’s record suggests he’s hardly one of them.

His support among tea party Republicans is surging, according to a new Pew Research Center poll, which labels him the clear favorite of the influential group.

Yet while Santorum was a U.S. senator from Pennsylvania from 1995 to 2007, he was hardly the kind of die-hard fiscal conservative

whom movement followers crave.

“His record contains more than a few weak spots that make us question if he would resist political expediency when it comes to economic issues,” said an analysis from the Club for Growth, which promotes fiscal conservatism.

Added Mark Meckler, a co-founder of the Tea Party Patriots, “There are places you can say yes and places you can say no” as to whether Santorum is a rock-solid fiscal conservative.

The former senator, Meckler said, is “a relatively average Republican. His votes change from year to year depending on whether it’s an election year. I’d say he’s a relative conservative on taxes.”

In a nationwide poll taken last Wednesday

through Sunday, Pew found that among Republican and GOP-leaning voters, 42 percent of tea party backers preferred Santorum. Rival Mitt Romney was far behind at 23 percent.

But questions about Santorum’s fiscal background, questions the Romney and Ron Paul campaigns are raising daily, suggest that Santorum’s support is going to be tested severely as the campaign moves into Michigan and Arizona, which hold primaries Feb. 28.

Santorum’s fiscal record is certainly more conservative than that of most lawmakers, and he’s consistently supported major tax-cut legislation. But his record has some significant blemishes from the purist-conservative perspective.

Santorum most angered conservatives with his backing of the expensive 2003

Medicare prescription-drug program, which is expected to cost about \$68 billion this year alone. Santorum told CNN last year that his Medicare vote was a mistake, because the program wasn’t paid for.

His vote for the 2005 highway bill, a \$284 billion measure that was loaded with earmarks, including the infamous Alaska “Bridge to Nowhere,” also outraged conservatives.

Santorum has been a consistent supporter of earmarks, the local projects that members of Congress insert into legislation. Taxpayers for Common Sense, which tracks earmarks, estimates that in Santorum’s 12 years in the Senate and four in the House of Representatives, he got at least \$1 billion in projects.

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SPORTS

WEDNESDAY, FEBRUARY 15, 2012 | THE PARTHENON | MARSHALLPARTHENON.COM

Herd using week off to rest

BY JARROD CLAY
THE PARTHENON

On a day when the Marshall University men's basketball team would ordinarily be preparing for a Wednesday night game, the Herd was just getting practice started for the week.

After playing at least two games a week for the past three months, the Thundering Herd finally has a week off, and it comes not a moment too soon.

"We need it (the off week) badly," said Marshall head coach Tom Herrion. "We just need to exhale for a second, kind of re-group and get out bodies back together. We've been in a tough stretch so we've got to take advantage of it."

A stretch that saw the Herd lose six of seven games before breaking back into the win column Saturday night at home against East Carolina University.

In the victory over ECU, Marshall had one of its best offensive performances of the season, shooting 54 percent from the field and 50 percent from beyond the three-point arc.

"We had a good flow

offensively," Herrion said. "I think we've had a good stretch where we've taken good shots, and we've just had some guys who I think are good shooters just not make them. Obviously, that's been a bit of a recurring theme for us a little too much this season."

Despite a down shooting season for Marshall, the great shooting performance Saturday night gave the Herd a boost of confidence heading into the off week.

"Kids are only human nature, and they start pressing and thinking too much, which is not something we want our guys doing," Herrion said. "It (shooting) got contagious once one or two guys hit some shots."

Two of those guys who made clutch shots were freshmen Chris Martin and Jamir Hanner, who played a combined average of eight minutes a game before the contest against ECU.

The two combined for 12 points, but Herrion said their biggest impact comes in practice, pushing the entire team to improve.

"I just think they're really

talented young players," Herrion said. "I've said it all season, and our fans don't necessarily get a chance to see them play as much in games, but we've been really excited about them from a practice standpoint. They've gotten so much better. I think they're both, along with the other freshmen, going to be a big part of our future success."

The Herd was without DeAndre Kane, the team's leading scorer in its last game, while he was attending the funeral of his father, but Herrion said he is optimistic Kane will be back in action in Marshall's next outing.

"He's (Kane) a really good player, and we're obviously better with him," Herrion said. "We hope to get DeAndre back in the mix later this week and see how productive he can be moving forward."

After starting out 4-0 in Conference USA, the Herd now finds itself at 6-5.

With only five regular season games left, Herrion said every game is viewed as a "must win."

"I think every team in the country might be saying that at this time in the season," Herrion

said. "Everybody is trying to go out and get their next win, and we're no different."

The Herd returns to action Saturday when it travels to Dallas to play the Mustangs of Southern Methodist University.

Jarrold Clay can be contacted at clay105@live.marshall.edu.

MARCUS CONSTANTINO | THE PARTHENON

Marshall head coach Tom Herrion looks on at the Thundering Herd during Saturday's 78-68 win over East Carolina University. Herrion and the Herd now enjoy a week off before heading to Dallas to play Southern Methodist University.



A league of their own...

MWC and C-USA forming all-sport conference

THE PARTHENON

The Mountain West Conference and Conference USA held a teleconference in October 2011 to announce that the conferences unanimously decided to consolidate their football member programs into one association conference. But that plan has since changed.

According to a release from Tulane University's Athletic Department, "presidents and chancellors from 16 universities met in Dallas on Sunday to discuss future conference membership plans and agreed to work on forming a new intercollegiate athletic association that would begin competition in the 2013-14 academic year."

Originally, the MWC and C-USA partnership was a football-only association conference but it will now include all sports.

"This is a concept we've been working on for well over a year and has been studied in depth for the last several months," MWC Commissioner Craig Thompson said during October 2011's teleconference. "We've had several conference calls and in-person meetings between our respected boards and athletic directors and on those multiple occasions, have reviewed the plans to get us to the point where we are today."

Universities involved in that meeting were the United States Air Force Academy, University of Alabama at



OPINION

WEDNESDAY, FEBRUARY 15, 2012 | THE PARTHENON | MARSHALLPARTHENON.COM

EDITORIAL

Moss' return to NFL: a gamble for both sides

Former Marshall University football player Randy Moss announced Monday via his UStream account that he was planning on returning to the National Football League after a one-year hiatus from football.

Moss' accomplishments throughout his 13-year career, dating from 1998 to 2010, have been numerous. The receiver ranks second on the all-time NFL career touchdowns list, fifth all-time in reception yards and ninth all-time in catches. Prior to his return, Moss was a shoe-in for the NFL Hall of Fame on the 2015 ballot, his first eligible year.

Instead, the aging star — he celebrated his 35th birthday Monday — will look to suit up again in 2012.

But, does anybody really want him?

NBC Sports' website Pro Football Talk reported Tuesday that Moss' agent Joel Segal claimed that the receiver has already been contacted by three teams.

Who these teams are and what their interest really is can be debated, but the fact is, someone will likely take a risk on Moss.

The real question is can he compete at a professional level. At 35, Moss is teetering on the edge of a couple more good seasons and too old to make it.

Add that Moss has been a problem child for several teams — he spent his final seasons jumping from city to city en route to playing for three different teams and recording a career low 28 receptions on the season.

Moss is a huge gamble for any team that

wants to take a shot — and aging players demoralizing struggling teams is nothing new.

Media darling Terrell Owens limped through a 6-10 season in 2009 with the Buffalo Bills before moving to the Cincinnati Bengals in 2010 only to go 4-12. Owens also sat out last season and is currently looking for a team.

Then there is Brett Favre. Favre set off a whirlwind of media activity after his “will he, won't he” one-man stage show of a retirement in 2007. Favre did, however, have two strong seasons with the New York Jets and Minnesota Vikings before imploding in 2010 in his final season with the Vikings.

For Moss, it's a crapchute. His return is a chance to silence critics from his disastrous 2010. It could also fuel those same critics' fire.

COLUMN

Red Cross offers more than meets the eye

BY MICHAEL MCATEER
THE PARTHENON

I recently completed my orientation to be an American Red Cross volunteer. The orientation was held in Cross Lanes, W.Va., at the American Red Cross chapter building, facilitated by four staff members and a handful of other people who showed up to begin their volunteer orientation for the American Red Cross. Heather Foster, volunteer services manager for the central West Virginia region suggested that we (volunteers) should go around the table introducing ourselves and stating why we were interested in volunteering with the Red Cross.

One young man said he was a communications major and was volunteering as part of his service requirement for his degree, and a couple of older women said they had been active in blood drives in the past and wanted to become more involved in that aspect of service. The young woman sitting to my right gave her name and said she was an “Army widow.” She didn't say why she was volunteering and didn't necessarily have to — we could all guess.

The American Red Cross is probably best known

for its regular blood drives at places of employment, hospitals, college campuses and the like, and for good reason. The organization reports that every six seconds, someone needs blood in this country for a variety of reasons.

If someone is involved in a serious auto accident or a natural disaster, then blood at the ready can mean life and death. But there are other instances when someone needs blood as well. If someone is experiencing cancer or Leukemia treatment for example, without fresh blood that person could not recover. The American Red Cross accounts for quite a bit of collecting the necessary blood and distributing it to hospitals and clinics where it is needed most.

The organization is also known for their disaster relief services. Whenever there is a flood or earthquake, Red Cross volunteers are there to hand out blankets and food as well as find families immediate shelter if they have lost their home. I reported a few weeks ago that West Virginia is among the highest states for house fires. For nearly every house fire that occurs in our state, the American Red Cross is contacted so that volunteers

and staff can be there to serve those most in need.

Another area that the American Red Cross serves, and one that I would not have known of without my orientation training, is the Emergency Communications Service. This is a service specifically tailored for our men and women enlisted in the Armed Forces.

Red Cross volunteers are providing emergency communications to and from our service members, 24 hours a day, 365 days a year, no matter where they are stationed in the world. “Red Cross emergency communications services keep military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family experiences other emergencies.”

And while this is a function of the military for our service members, it is still nice to know there are legions of people working every day to ensure news (good or bad) from the home front is reaching those who are protecting our freedoms.

During a break in our training, I was able to reach across to the young woman

who had introduced herself as an “Army Widow.” I offered my condolences for her loss and the sacrifice that she and her husband had made for our country. She gracefully and graciously accepted my condolences as though she hears this a lot but understands the sentiment. I asked if her husband had been deployed when he lost his life? She gave me the exact date of his death, “Sept. 11, 2007...he was going for his fourth deployment.” She also told me daughter was only five weeks old when he was deployed. I was stunned by her honesty and willingness to be forthcoming about her situation. I responded with the only honest words that I could conjure: “I am so sorry. I can only imagine.”

Much lip service is paid to “supporting our troops,” particularly in political circles. I feel like I have met someone who is putting her intentions where her experience lies, in serving other military families with the Red Cross. I hope I, too, can make a difference though service, knowing that others have sacrificed so much more.

Michael McAteer can be contacted at mcateer@marshall.edu.

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APP:

The Parthenon's Guide to Campus Life at Marshall

CORRECTIONS

In Tuesday's edition, The Parthenon ran a brief regarding the removal of “Lewis” from the name of the College of Business. The brief stated “A proposal to drop the name Elizabeth McDowell Lewis that has proceeded the College of Business has been placed

on the agenda for the next Faculty Senate meeting.”

It has been brought to our attention that the article was incorrect. No such item will appear on the senate agenda, and the Faculty Senate is not involved in any way with the changing of the name for this college.

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 | **The Constitution of the**
AMENDMENT | **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.

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.

LETTER TO THE EDITOR

Brava to Sydney Ranson for her February 13th editorial in the Parthenon! Learning a second language should become a common element of a primary, secondary and college education. The benefits of learning a second language match those promised by the study of history, literature, the arts, science and math.

Our nation's economy is becoming increasingly international. It is now common to find small and large foreign corporations building various facilities in the United States. Buffalo, W.Va., for example, is the home to a large and extremely productive Toyota engine and transmission factory. Following Toyota to West Virginia are many other Japanese companies that have production and distribution facilities in this great state. West Virginia also enjoys the corporate presence of corporations from France, Germany, Italy and many other countries.

To participate in a global economy, corporations will be more dependent upon a new generation of professionals who understand the languages and cultures of others in the same way they understand the principles of commerce. That is to say, learning a second language opens many career opportunities for the contemporary college student.

I am, of course, proud that the College of Liberal Arts offers majors in four modern languages — French, German, Japanese

and Spanish — and that students completing a major in the college complete four semesters of one of these languages. While it is true that learning a second language is hard work, I believe the extrinsic and intrinsic rewards justify the effort.

My colleagues and I are also proud of the collaboration we have developed with the College of Business. Marshall students now have the opportunity to double major in International Business and one of four modern languages. Linking a high quality business education with superior language skills is a simple recipe for success. We also welcome majors in other colleges to enhance their degree with a major in a language.

Jorea M. Marple, West Virginia superintendent of schools, sees the need to emphasize second language education in primary and secondary schools. In a recent opinion piece she noted, “Learning a foreign language — not just in snippets but as a sustained education — allows students to take on an alternative identity and see the world in different ways. This is especially true for less privileged students like many here in West Virginia. We owe it to our children to help them learn another language and gain a better understanding of the world in which they live.” I agree.

Sincerely,

David J. Pittenger, Dean of the College of Liberal Arts

A balanced diet (and budget)

BY JILL WENDHOLT SILVA
McClatchy Newspapers

20 ways to pinch pennies and still eat healthy

Have you tried organic goji berries from the Himalayas?

An acquired taste, the antioxidant-rich jewels look a lot like red raisins. You can buy a bag at health food stores, but at \$14 to \$18 a pound, they aren't considered cheap eats.

But trying to trim your food budget doesn't mean you should give up on making healthy choices.

Here is a list of 20 easy ways (and a few recipes) to help keep your food budget and your waistline trim.

1. Kiss food fads goodbye. Sure, pomegranate juice is yummy and good for you. But you can approximate the same flavor in drinks, cocktails or smoothies by adding less expensive cranberry juice and still get that antioxidant burst. An even less expensive substitution: 1 cup red grape juice (still high in antioxidants) and 1 teaspoon lemon juice.

2. Save more with savvy recipe substitutions. If a recipe calls for a high-fat ingredient such as sour cream, consider using plain yogurt instead. If the recipe calls for an exotic ingredient, swap a less expensive one. From abalone to zwieback, "**The Food Substitution Bible**" (Robert Rose) by David Joachim is one of the best resources on the subject.

Case in point: While testing a recipe a few weeks ago, I needed eight Szechuan peppercorns. After two trips to the Asian market, I wound up buying a lifetime supply. Wow, I could have substituted 2 teaspoons black peppercorns plus 1 teaspoon lemon zest or 1 tablespoon salt-free lemon pepper seasoning.

A more compact substitution guide is available free at www.oznet.ksu.edu/humannutrition/INGSUB.htm.

3. Bag your own lettuce. Salads may be a dieter's delight, but bagged salad mixes are rarely a bargain. Buy lettuce and other greens by the head. Wash and chop leaves yourself, then store in a zipper-top bag. Want an even bigger bang for your buck? Buy a super-large quantity of salad mix at a warehouse store and split it with a friend.

4. Bulk up on spices. Spices are loaded with antioxidants. To save money, buy from bulk bins. Although it may sound counterintuitive, buying spices this way allows you to buy only the amount called for in a recipe, so there's no waste.

Keep in mind whole spices are the best value and last longer, up to two years. Powdered red spices, such as paprika, chili powder and cayenne, which typically have a one-year shelf life, last longer when stored in the refrigerator.

5. Munch money. Popcorn is a budget-friendly snack food. And it's a whole grain. Keep in mind the kernels need not be oozing butter to taste utterly delicious. You can easily transform plain popcorn with a dab of your favorite seasoning blend, a sprinkling of fresh herbs or a shaving of Parmesan cheese.

6. DIY dressings. Bottled salad dressings are pricey and usually loaded with preservatives. Instead, use oil and vinegar at a ratio of 3-to-1.

Resist the urge to buy olive oil in bulk since it goes bad in as little as three months once it's opened. And don't you dare pitch that vinegar lurking in the back of the pantry. Cook's Illustrated reports commercial brands contain 5 percent acetic acid and have been pasteurized for a long, long shelf life. If there is sediment at the bottom, simply filter the clouds away with a coffee filter.

7. Down-size dinner — and dessert. Americans have grown used to bagels the size of hubcaps. So when meal-planning, keep in mind a serving of meat should be no larger than a deck of cards, an ounce of cheese is about the size of Monopoly dice, and a medium piece of fruit the size of a tennis ball.

But don't skip dessert just because you're keeping tabs on portion distortion. In tough times dessert is good for your psyche — and it's easy to downsize with mini-muffin or tiny tart pans.

8. Save with speedy grains. Quick-cooking grains like barley, couscous and quinoa are economical and quick to fix.

But if you want to add more grains to your diet, there is a world of others including sorghum and spelt.

9. A big return on investment. Most nuts and seeds are pricey but well worth the investment healthwise since they're loaded with hearty-healthy omega-3 fatty acids. Studies show that nuts and seeds also help you to feel full longer throughout the day. To keep nuts and seeds from turning rancid quickly, be sure to store in the freezer.

10. A cereal two-fer. No need to promenade down the pricey, presweetened cereals aisle. Just keep walking right past those breakfast bars and boutique granolas. Grab a barrel of old-fashioned rolled oats and you're doing your heart — and wallet — a favor.

A versatile staple, you can use rolled oats to make oatmeal or to make your own granola. To avoid boredom, experiment with different natural sweeteners (maple syrup, honey, molasses, agave and so forth) and vary the dried fruit and nut combinations you choose.

11. Get more bang for your organic buck. "The Organic Food Shopper's Guide" (Wiley) lists 20 foods that might be worth paying more for if you are concerned about pesticide residue: apples, beef, bell peppers, carrots, celery, cherries, chicken, citrus, coffee, corn, eggs, imported grapes, milk, nectarines, peaches, pears, potatoes, red raspberries, spinach and strawberries.

12. Snack attack. Nearly every snack chip, cookie or bar is available in 100-calorie snack packs, but do you really want to pay a premium to have someone else throw a few cheese crackers in a sandwich baggie?

Buy in bulk and take a few minutes to portion them into your own reusable containers. Not sure what 100 calories looks like? With most snacks, it's about a handful, but check the nutrition labels.

13. Budget beef. Like butter and eggs, beef is no longer considered a nutritional bad boy. Red meat provides protein, vitamin B-12 and iron. Still, steak is pricey even in the best of times, so choose lean beef cuts that are more moderately priced.

Consider recipes that call for bottom round steak, hanger steak, tri-tip, shoulder tender or shoulder center steak. Remember to eat a moderate amount of meat in your overall diet.

14. Fizz for less. Instead of buying pricey carbonated juice drinks containing high-fructose corn syrup and other artificial sweeteners, make your own thirst-quenching spritzer using sparkling water and just a splash of 100 percent fruit juice.

Take a long sip and feel the jingle in your pocket. That extra change used to help pay all those superstar spokesmodels to advertise those pricey soda and juice drinks. Now it's yours.

15. Save a penny. Bakery cakes, cupcakes and pies are pricier than baking from scratch. And to extend the shelf life, most contain hydrogenated oils, also known as trans fats. When you bake it yourself, you control the kinds of fats, sugar and flours you use.

16. Trickle-down economics. Drink more tap water. It's good for you. It fills you up. It's free.

17. Pint-size purees. Making your own purees for baby keeps the ingredient list as simple to decipher as ABC. But it's also downright trendy, judging from all the baby food cookbooks and specialized gadgets, including the Williams-Sonoma "Beaba Babycook," a food processor that retails for \$150.

All you really need is a decent food processor or an inexpensive food mill. Plan on pureeing the family dinner, and keep an eye out for produce on sale. Use freezer trays to freeze the food, then pop the cubes into a zip-top freezer bag for storage.

18. Bargain-basement beans. How low can you go? Beans are one of the most inexpensive staples you can add to your shopping list. Loaded with protein, fiber and folates, they're also one of the most nutritious.

Slow cookers are a great way to speed up the cooking time. Canned beans cost a little more, but are still healthy if you rinse and drain to remove the sodium they're processed with.

19. Waste less food. Americans are reported to waste anywhere between 15 percent and 30 percent of all food they buy.

Guilty? Make your own vegetable stock from vegetable remnants. Roast a whole chicken, and find clever ways to sneak leftovers into the menu.

Turn a stale heel of bread into breadcrumbs. Save the yolk, even when the recipe only calls for egg whites.

Just keep in mind you can take frugality too far. The Partnership for Food Safety Education reminds consumers there are limits to safe leftovers. For more info, go to www.befoodsafe.org.

20. Luxurious leftovers. Take what lurks in the shadows of the refrigerator and make it into a sumptuous meal or snack. For instance, you can turn a lowly head of cabbage into something fit for the deli with the addition of a curry dressing, blue cheese crumbles or a handful of nuts and dried cranberries.



HEALTHY-CHEAP FOOD MCCLATCHY-TRIBUNE

CONTEST

Continued from Page 1

"A lot of people think you have to be directly involved with victims when, in fact, you can sit at information booths, make posters or anything," White said.

Women are not the only

ones who can take a stand against dating violence or sexual assault. Men can as well. They can help by standing against men who physically hurt or harm women.

White said if women could get more men on their side that would be a huge

help.

CONTACT of Huntington is 100 percent confidential and welcomes anyone ranging from the victims to their family and friends who help them deal with the issue.

Allyson Warner can be contacted at warner65@marshall.edu.

TEACHING

Continued from Page 2

management and instructional techniques in a safe environment."

Student teaching also allows teacher candidates to gain professional contacts in their field before

they graduate.

"It helps future teachers collect resources to use in their classrooms and build a network of

contacts in the field of education," Holderby said.

Hilary Freeman can be contacted at roush89@marshall.edu.

CONTEST

Continued from Page 1

same position are posted, only the entry with the earlier post time will be entered into the contest.

Utilizing a social networking site such as Facebook is becoming a common practice for companies and organizations to market themselves. The Career Services staff has employed this practice and understands the broad reach Facebook has.

"We are certainly hoping to attract more students to our page and raise awareness

about Career Services in general," Biser said.

Denise Hogsett, director of Career Services, said she hopes the contest will show students how much easier job searching can be when people network and collaborate. Even after the event is over, Hogsett said she wants the Career Services' Facebook wall to be a place where students, alumni and faculty come together to post job opportunities, as well as career advice and encouragement.

Marissa DeMaria can be contacted at demaria3@marshall.edu.

SANTORUM

Continued from Page 2

"He's not in the pantheon of great earmarkers, but he certainly played the game," said Steve Ellis, the group's vice president.

In addition, Santorum voted many times to raise the federal debt ceiling and for Amtrak funds.

"By most standards, he's a conservative," said Terry Madonna, the director of the Center for Politics and Public Affairs

at Pennsylvania's Franklin & Marshall College.

"The problem is this isn't the (normal election) year by most standards. This is the year that Republicans are looking for purity. They want a candidate who has no flaws, no transgressions, no walk-backs for true conservatism. That's the nature of the debate right now. A lot of conservatives are afraid they'll elect another appeaser who'll sell out the true conservatives and the conservative movement."

VETERAN

Continued from Page 6

of the patients to this day. I assisted in 843 surgeries over a 90-days period, which ranged from minor surgeries to spinal fusions, craniotomies, amputations and child births."

The defining moments, along with others Marcum experienced during his time in the Navy, build bonds between people. Saving lives together or fighting side by side can create a bond few would

argue, and going from being a Hospital Corpsman surrounded by people who completely understand what he was going through to a university student surrounded by people who most simply haven't had the experience to begin to understand what he has gone through presents its own set of personal challenges.

"I was adopted more than once growing up and everyone has since passed away or no longer live in this area. My twin brother,

also a Navy veteran, lives with his wife in Seattle. I visit them a lot so that is helpful, but it's just me out here. I do have friends out here, though, that assisted in my easing back into being a civilian."

All in all, Marcum is taking everything a day at a time. The completion of his bachelor's degree is in sight, and he is settling into his new life post-Navy. He said he misses the Navy and the brotherhood, but felt the right decision for him was to move on and

further his career outside the military. While he's had some things to overcome during his transition to full-time student, he said he has also met some amazing new friends and professors who have challenged him and earned his respect. Even though he's no longer on active duty, Marcum said he still lives his life by the Navy core values of "Honor, Courage and Commitment."

Shane Arrington can be contacted at arrington16@marshall.edu.

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WEDNESDAY, FEBRUARY 15, 2012 | THE PARTHENON | MARSHALLPARTHENON.COM

Rec Center taking students to new heights

THE PARTHENON

The Marshall University Recreation Center continues its pursuit of the great outdoors.

The Rec Center recently returned from a trip to Snowshoe Mountain, where participants enjoyed a three-day weekend on the slopes.

Assistant Director of the Rec Center, Phil Snyder, said the trip went well.

"It was a successful trip," Snyder said. "We had 30 participants. We all met up there Friday. The weather could have been better, but a lot of people went early Friday and skied and then also on Saturday. We got a pretty good trip out of it."

Students interested in participating in the outdoor pursuits can join the Rec Center for its next trip, a smoky mountain getaway. The group will travel to Gatlinburg, T.N. over Spring Break.

"We're trying to get as many people on this trip as we can," Snyder said. "We're looking for at least 10 people to go. It's going to be really nice trip. We've got a really nice cabin and a huge list of activities we'll be doing."

The price includes lodging, some meals, transportation and a long list of activities.

The deadline to pay for the trip is March 1.

The Rec Center will also host several clinics throughout the spring semester.

The first will be a canoe clinic at the Rec from 3 to 5 p.m. Sunday.

For those who enjoy a hike, there will be a backpacking chef clinic from 3 to 5 p.m. March 4. The clinic will explain what foods to bring on a backpacking trip while still being able to travel lightly.

Trying to stay green? Students can join the Leave No Trace (LNT) Facilitator Training from April 21 through 22. The purpose of this clinic is to discuss how to enjoy the great outdoors while leaving the least negative impact on the environment. The clinic includes all materials needed for training.

The final trip of the semester will be a trip to Voodoo Paintball in Proctorville, Ohio on April 21.

"This trip is a local trip and low expense," Snyder said. "We're hoping students really take advantage of that."

Students can contact Phil Snyder or visit the front desk of the Rec Center to register for any trip or clinic.

For prices and dates, students can access the Rec Center website at www.marshallcampusrec.com or contact Phil Snyder at 304-696-6477 or snyderp@marshall.edu.



PHOTOS COURTESY OF SNOWSHOEMTN.COM

Students learn about Catholicism by attending Newman Center's film series

THE PARTHENON

Elisabeth Offenberger, sophomore dietetics major from Vienna, W.Va., said she learned how to remember her identity in God and remain strong in her faith when she attended a film about St. Bernadette at last year's Catholic Film Series.

"I think they're definitely good role model-people you can look up to and say, 'wow, they lived their lives in a good way,' and then try to imitate them to help yourself to be a better person," Offenberger said.

Offenberger said she attends the Catholic Film Series because of the lessons she learns from it.

"It means a lot to me because there are things about saints and

saints' lives that you don't always, like you've learned it as a kid because you have to, but it's nice to have that refresher of that really happened and to be able get more out of it now that I'm older," Offenberger said. "It's good for anyone. Anyone can learn a lot from it."

Marshall students can learn lessons in Catholicism or about Catholic historical figures through motion pictures and documentaries in the Catholic Film Series.

The Catholic Film Series will be in the Catholic Newman Center 8 p.m. Wednesday.

Some students are curious about Catholicism, and the Catholic Film Series is an opportunity to learn more, said Natalie Rohan, director of campus ministry from

Marlboro, Md. She said other students may have something against Catholicism or may have confusion, and they may find clarity through a movie shown.

"Where I'm from, everybody's Catholic," Rohan said. "So moving out here and being a minority has made me realize how many misconceptions there are about Catholicism." "I wanted to do it because I wanted to get some non-Catholics in to educate and say we're all Christian, we all love Jesus and we're not that different."

Rohan said it is important for students to learn about different cultures and backgrounds to acquire an appreciation for them and to lessen confusion. She said if there is less confusion about

different cultures and backgrounds, then there might be less hatred.

Rohan said students can learn about Catholic beliefs through the film "The Catechism of the Catholic Church" by Archbishop Christoph Schönborn.

She said the film is about the Catechism, a book Catholics receive that helps them to learn about their doctrine and the reasoning behind it.

"We learned miracles happened in church history, and it keeps you open to the idea of miracles," Rohan said. "Anything can happen, and we should always be ready to welcome God into our lives."

Shaun French can be contacted at french25@marshall.edu.

Marshall to host talent show

THE PARTHENON

Marshall University students have the opportunity to show off their talent Wednesday night.

The Center for African American Students' Programs and the National Pan-Hellenic Council fraternities and sororities on campus have come together to present the Apollo Night Talent Show. The theme is a throwback to the Apollo Theater in Harlem, N.Y.

"This event gives students the opportunity to see and enjoy the talents of their peers and simply have a good time," said Tiffany Hubb, who helped organize the event.

The talent show is open

to any type of act. To sign up as a participant in the show, students can go to the Center for African American Students' Programs or email Tiffany Hubb at hubb@live.marshall.edu. The event takes place Wednesday at Marco's in the Memorial Student Center at 7 p.m. The admission price is \$3.

"The event will be unforgettable," said Hubb. "Come out and support the event and we promise you will enjoy the experience."

Participating students will compete for cash prizes. First place prize is \$100, second place prize is \$50, and third place prize is \$25.

Veteran transitions to full-time student



SUBMITTED PHOTO

Troy Marcum, U.S. Navy Petty Officer 2nd Class, served in the Marines but hung up his boots in order to come to Marshall and pursue a degree in biology.

BY SHANE ARRINGTON
THE PARTHENON

United States Navy Petty Officer Second Class Troy Marcum has fought for his country with courage, helped heal the Marines he fought alongside with commitment and was discharged with honor to pursue his life outside of the military—he strives to embody the core values of the Navy consisting of "Honor, Courage, Commitment."

It's been more than a year since Marcum hung up his uniform to go forth as a full-time college student.

Working on his bachelor's degree in biology to pair with his experience as a Hospital Corpsman with specialties in combat surgical operations and urology, Marcum is building his way to medical school using the foundation he constructed while in the Navy.

Even with all his classes, including summer classes,

and long hours studying, Marcum said he still remembers what it was like when he transitioned from walking in the desert with combat boots to walking on the snow-covered walkways of Marshall University's campus.

"It was culture shock to say the least," Marcum said. "While entering the Navy was a shock, exiting it was much more of one. Coming from an institution with as much structure and discipline as the U.S. military has to a place that really doesn't know what the right hand is doing from the left was a challenge that was not easily won."

Marcum said he has had to jump through more than his fair share of hoops to see his university aspirations come to fruition. He said Marshall claims to be a military-friendly school, and while some veterans are more satisfied than others with how they're treated

by the university, he wants to see the process more streamlined.

"I am used to a certain level of professionalism and pride, and a lot of people in this area try to skate by doing the absolute bare minimum," Marcum said. "Marshall certainly enjoys their money and makes veterans jump through some pretty ridiculous hoops to attend, and that's a policy I think needs to be reviewed and adjusted. There have been some shining stars, however, like Kelley Sweetman and Lora Varney. Without them, I would have left Marshall long ago. Both ladies are benchmarks, and I am forever grateful for the work they do."

The hoops and hurdles are behind him now, but that doesn't mean obstacles don't present themselves from time to time. Whether it is a professor treating him like just another student, as

opposed to a man who spent five years serving his country, or fellow students who call him "baby-killer," Marcum said he tries not to let it get to him too much but finds the specific term ironic since his job was saving lives. He even brought more than one baby into this world during his time in uniform.

"The highlight of my Navy career would be participating in Operation Unified Response: Haiti," Marcum said. "I was selected, due to my experience in urology, to go to Haiti two days after the earthquake for relief efforts. I flew from Norfolk to Cuba to Port-au-Prince and was instantly overtaken with the destruction and despair. It was a humbling experience, one I often describe as the best worst experience I could hope for. It is something I will never forget, and I'm still in contact with some

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