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## The Parthenon, March 5, 2015

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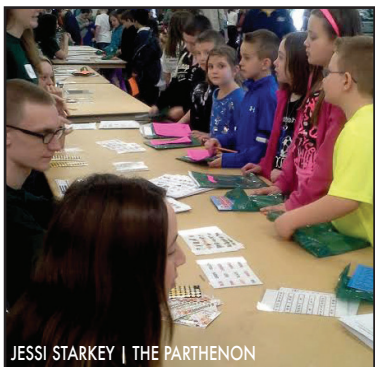
# THE PARTHENON

THURSDAY, MARCH 5, 2015 | VOL. 118 NO. 101 | MARSHALL UNIVERSITY'S STUDENT NEWSPAPER | marshallparthenon.com

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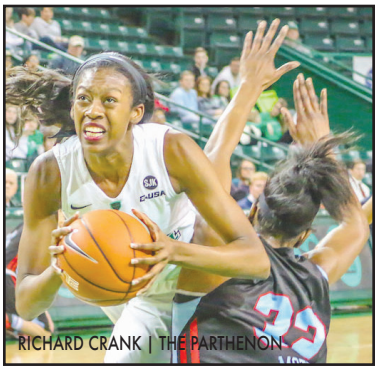
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### TODAY'S WEATHER:

PROVIDED BY MARSHALL UNIVERSITY METEOROLOGY STUDENTS

**Meteorology Thursday**  
www.marshall.edu/met

**WINTER STORM WARNING**  
Heavy snow showers will continue through the morning rush hour with new accumulations of snow 1-3 inches. With sub-arctic air moving in, rain from yesterday will freeze under the new snow pack. Watch for hidden ice.

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## PRECIPITATION PREPARATION

### Marshall, Huntington respond to Winter Storm Thor



By TYLER FERRIS  
THE PARTHENON

At the midpoint between winter storm Octavia and the first day of spring, Huntington found itself in the path of yet another winter storm.

Thor, not to be confused with the Norse God of Thunder, could dump up to 10 inches of snow on the already saturated community by Thursday afternoon, creating a slick situation for travelers, according to the National Weather Service.

Remnants of Octavia still remain, leaving a reminder of the chaos that several inches of snow can create.

According to a release from the city of Huntington, city workers are preparing for the storm.

The release said the city is divided into five zones spanning its limits. Each zone is assigned a plow truck with a salt spreader. A sixth truck will be utilized for school zones and as a backup if any of the trucks experience mechanical issues.

The Public Works Department prepared 800 tons of salt, 300 tons of cinders and one ton of calcium flakes for potential travel problems. Calcium flakes support the salt in low temperatures.

Marshall University also prepared for the worst.

Mark Cutlip, director of the Physical Plant, said the university has a standard

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Yaris "Soulful Fro" Mason and Michael "Mickey B" Brown, right, recite poetry Wednesday at Black Koffee.

NICHOLE HENDERSON | THE PARTHENON

## BLACK KOFFEE

### Students share talents at open mic night

By NICHOLE HENDERSON  
THE PARTHENON

Marshall University students came together Monday with live music and soulful poetry at Black Koffee in Marco's Lounge.

Sophomore Myshea Bailey and graduate assistant Derek Robinson created the new event.

"I feel like that is what we lack here at Marshall," Bailey said. "There are so many people on campus that are creative, and I thought this would be a nice event to have an open platform for people to share their talent with everyone."

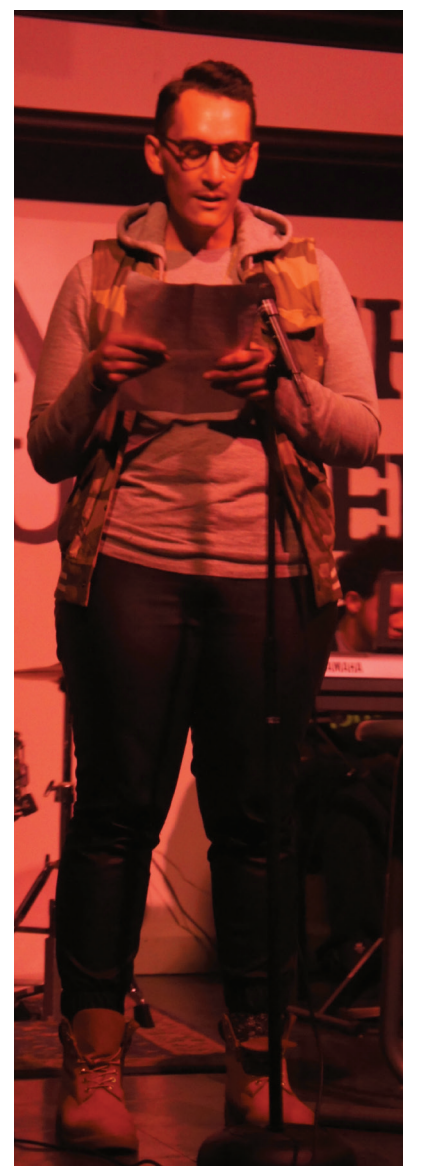
The mic was open to students who wanted to perform and show the crowd what they can do.

Public Relations major Michael Brown said it was his first time reading his work in front of an audience.

"I thought performing tonight was really liberating," Brown said. "I've never read anything I've written out loud in front of an audience, so it felt really free and nice to let other people hear what I write daily."

Yaris Mason, junior psychology major, said he was nervous at first, but the audience made the experience fun.

"It was actually really nerve-racking at first, but once I got up there it was really fun," Mason said. "I had a lot of



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## SGA explains delayed funding

"We all sat back and waited for [funding] to come back from the state and then were hit in the face when we found out that it wasn't cleared at the second mark."

DUNCAN WAUGAMAN

By LEXI BROWNING  
THE PARTHENON

A misstep in the budgeting process resulted in concern over Marshall University Student Government Association's financial support of student organizations last semester, leaving most groups without funding.

Student organizations filed for monetary funding during the fall for travel and conference fees but a fault in staffing prohibited funding from being returned to groups.

According to SGA protocol, after students apply for the funding, SGA sent the reports to an employee in student affairs who is responsible for filing invoices and passing the financial requests to the state to be processed and sent to each organization.

The former employee responsible for acting as the middleman between SGA and the state resigned shortly after all funding requests were received.

Duncan Waugaman, student body president, said SGA administration had no knowledge of the employee's intended departure or neglect of filing invoices.

"She let everything sit by the waysides unbeknownst to us because on our end, it is a waiting game," Waugaman said. "We all sat back and waited for [funding] to come back from the state and then were hit in the face when we found out that it wasn't cleared at the second mark."

Waugaman said the inability of non-employees to finance the invoices was a further setback in the process.

Steve Hensley, dean of student affairs, said the

loss of the administrative assistant greatly impacted the financial distribution process from all angles.

"It's been a horrible mess," Hensley said. "It's tempting to look for an individual to blame, if there is anybody. I would take that blame."

Hensley said the first priority of the new administrative assistant would be taking care of the delayed payments.

The new employee is scheduled to start working March 16.

"We lost our adviser," Hensley said. "We lost our administrative assistant so until we can get them replaced we're limping along. I am very disappointed in the things that have unfolded and the most disappointing thing is that I knew it was going to happen and I couldn't make it any different."

SGA's total revenue is \$68,436.13 for the last and current semester. The anticipated budget sponsoring student organizations for travel and conference fees totaled \$29,500, and SGA delegated \$26,144.16 for student organizations last semester alone.

Waugaman said SGA administration tried to quicken the process to support upcoming fees for organizations that received little to no funding outside of SGA.

"We try to give [smaller organizations] as much money as we can," Waugaman said. "Not all groups are as financially sound as student government or a fraternity or sorority, and they all have just as

See FUNDING | page 5

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MARCH PARTHENON

## Brain Expo teaches children about neuroscience



Children learn about neuroscience at the 2013 Brain Expo at Marshall University. The 2014 Brain Expo occurs Friday at the Memorial Student Center.

FILE PHOTO

By **ALLYSON CARR**  
THE PARTHENON

Marshall University is starting International Brain Awareness week with the seventh annual Brain Expo Friday from 9 a.m. to 2 p.m. in the Don Morris Room of the Memorial Student Center.

The expo is open for elementary schools, usually grades third through fifth, to attend hands on stations and learn about brain and neuroscience education.

There are different aspects of the brain within the 28 different stations including how to use the brain, how to take care of it and how it works.

Nadja Spitzer, director and cofounder of the MU Brain Expo, said this event is a lot of fun for the kids who attend and the university students who volunteer

and work the stations.

"It's great for the children that come because the university students make a very accessible role model," Spitzer said.

One of the stations allows the children to wear gloves and touch real animal brains. This gives them hands on interactive learning experience with university students who show them science is for everybody.

Spitzer said the importance of the expo is for children to find interest in science and to learn it is possible to pursue a career in science.

Robert Cooper, biology graduate student, will be attending the event as a returning volunteer. Cooper said as a child his parents helped him fall in love with science and as a volunteer

he wants to help other children do the same.

"I think getting kids interested in science is really important because it is fundamental to our lives," Cooper said. "The world always needs new people thinking about science."

Cooper said it is the responsibility of scientists to get the next generation interested. The next kid may be the next Albert Einstein, but he or she may not be interested in science yet.

"I would absolutely love to instill that same feeling in kids," Cooper said. "To give them that moment that all of a sudden science makes sense and that it is way cooler and complex than they ever thought."

Allyson Carr can be contacted at [carr120@marshall.edu](mailto:carr120@marshall.edu).

## A defiant Alabama regains ground against gay marriage

ASSOCIATED PRESS

Alabama's stand against same-sex marriage regained ground Wednesday after the state's highest court ruled that its ban remains legal, despite federal court pressure to begin issuing licenses to gays and lesbians. But advocates said they're not giving up either — and that the justices in Montgomery will find themselves on history's losing side.

The Alabama Supreme Court ordered county probate judges to uphold the state ban pending a final ruling by the U.S. Supreme Court, which hears arguments in April on whether gay couples nationwide have a fundamental right to marry and whether states can ban such unions.

Stuck between the state's highest court and a series of federal rulings, many probate judges were at a loss early Wednesday. Mobile County, one of the state's largest, initially announced that it wouldn't issue licenses to anyone, straight or gay.

By mid-day, gay rights advocates couldn't find a single county still granting licenses to same-sex couples.

Dean Lanton said he and his partner, Randy Wells, had planned to wed in Birmingham on Aug. 12, the anniversary of their first date, but now might have to get married out of state because of the decision.

"It was a punch in the gut. It was out of the blue," said Lanton, 54. "It's just Alabama politics, *deja vu* from the 1960s."

Montgomery County Probate Judge Steven Reed, a Democrat and one of the first to issue gay-marriage licenses following a January ruling by U.S. District Judge Callie Granade in Mobile, said he was duty-bound to turn gays and lesbians away again, for now. But he also suggested that he would join a new round of appeals.

"I feel pretty safe in saying we will be filing something with the court," Reed told The Associated Press. "I don't think we'll be at the end of it regardless of what we do, until the (U.S.) Supreme Court rules."

The all-Republican court ruled 7-1 that Alabama's 68 probate judges must stop issuing marriage licenses to gay and lesbian couples, despite a ruling by Granade that the ban is unconstitutional.

They gave probate judges five days to respond if they believe otherwise, but speaking out could be politically risky in the deeply conservative state, where Alabama's justices and probate judges must run for office after each term.

Before Tuesday's ruling, 48 of the state's 67 counties were acknowledging that

Alabama had become the 37th U.S. state where gays can legally wed, according to the Human Rights Campaign, which advocates for gay marriage nationwide. By Wednesday afternoon, the group couldn't find any county issuing licenses to gay and lesbian couples.

Same-sex couples will likely appeal up to the U.S. Supreme Court if necessary to block the latest state supreme court ruling, said Ben Cooper, chairman of Equality Alabama. "It's important to understand that this is not nearly the end of this," he said.

Last month, the top court declined to stay Granade's order, with only Justices Clarence Thomas and Antonin Scalia dissenting. But the state justices didn't accept that as a warning of eventual defeat.

"The Alabama Supreme Court has now demonstrated a willingness to defy and nullify a decision of the Supreme Court of the United States, the 11th Circuit Court of Appeals and the federal district court for the southern district of Alabama," said David Kennedy, who represented the couple whose case resulted in Granade's ruling.

The 134-page decision did not explicitly invalidate the marriages of hundreds of same-sex couples in recent weeks, but described their licenses as "purported." It said the state doesn't discriminate because it bans both men and women from marrying people of the same sex. It called this rational, because it encourages ties "between children and their biological parents." It dismissed the argument that anyone in love should be able to wed, saying that if so, polygamy would be legal.

At the Jefferson County Courthouse in Birmingham, where about 200 same-sex couples received wedding licenses the first day they were issued and ministers performed marriage ceremonies in the park outside, probate workers said Wednesday that only opposite-sex licenses were now available.

Two women who came in for a license unaware of the decision were refused, said a worker who spoke on condition of anonymity because she wasn't authorized to release information to the news media.

Alabama has done more than any other state to resist same-sex unions, Human Rights Campaign Legal Director Sarah Warbelow said.

"It really is an outlier at this point,"



Shay French, right, and Kiera Willis, both of Mobile, Ala., embrace after learning that Mobile County probate judge Don Davis refused to issue marriage licenses at the Mobile County Probate office in Mobile, Ala., Monday, Feb. 9, 2015.

AP PHOTO | AL.COM | SHARON STEINMANN

she said. "Most states, when they were instructed by the federal government to issue marriage licenses, have done so quietly and in stride."

But Elmore County Probate Judge John Enslin, who had refused Granade's order, applauded the state's justices on his Facebook page, saying he's "saddened for my nation that the word 'marriage' has been hijacked by couples who cannot procreate."

Chief Justice Roy Moore, who had told probate judges to ignore Granade's initial order, recused himself.

Justice Greg Shaw was alone in full dissent. He called it "unfortunate" that federal courts refused a delay pending a final U.S. Supreme Court ruling, but said his fellow justices have created more confusion by "venturing into uncharted waters."

The Southern Baptist-affiliated Alabama Citizens Action Program and the Alabama Policy Institute, a conservative think tank,

had asked for Tuesday's ruling, "concerned about the family and the danger that same-sex marriage will have," said Joe Godfrey, executive director of ACAP.

But an attorney for couples who sued said the state justices showed "callous disregard" for their rights.

"Even as nationwide marriage equality is on the horizon, the Alabama Supreme Court is determined to be on the wrong side of history," said Shannon Minter, legal director of the National Center for Lesbian Rights.

Tuesday's state high court decision seems to have rebuilt the barrier.

"It's very frustrating. I had done made up my mind we were going to issue the licenses and I thought that was it," said Probate Judge Leon Archer in rural Tallapoosa County, which also stopped issuing marriage licenses to gay couples Wednesday. "And I think that is going to be the ruling of the U.S. Supreme Court in June."

## Passage of 2015 Firearms Act cause for concern

By **AMY NAPIER**  
THE PARTHENON

The West Virginia Senate Judiciary Committee recently passed a bill enabling the Firearms Act of 2015, allowing anyone over the age of 18 to carry a concealed weapon without a permit.

Sen. Robert Karnes, R-Upshur, said he advocated this bill because he believes citizens have a constitutional right to defend themselves.

"I believe that charging somebody for a permit in order to have this weapon that you may well need, is a violation of a basic and an inherent right and obviously a violation of the second amendment," Karnes said.

Marshall University students and staff members have expressed concern since Senate Bill 347 was passed.

Pamela Mulder, psychology professor and faculty senate liaison for the Legislative Affairs Committee, said she wrote a letter to congress emphasizing the need for proper gun training before obtaining a weapon.

"There are many people out there who do not handle their emotions very well," Mulder said. "You've seen them get mad. You've seen road rage. You've seen all these other responses. The only thing I could imagine would be worse would be an untrained person carrying a gun and shouting at strangers."

Political science professor Marybeth Beller said she opposes the bill because having a weapon is not the same thing as protecting oneself.

"The idea that is largely promoted in society is

that if everyone is armed, everyone can defend him or herself," Beller said. "The logic is that isn't true. People who successfully defend themselves with firearms are very trained in how to do so."

Karnes countered this argument and said most people in West Virginia are already familiar with safe gun practices.

"It's not really an issue here that much," Karnes said. "I think almost anybody who actually gets a gun is going to want to know how to use it properly. I'm not against training. I just don't think it should be a requirement."

Karnes said SB 347 is currently in the House of Delegates Judiciary, and he said he thinks it will pass soon.

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# SPORTS

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## Herd Women to take on Monarchs and 49ers

THE PARTHENON

Old Dominion University Monarchs will take on Herd women's basketball at 6 p.m. thursday in the Cam Henderson Center. The lady Monarchs have won four of their last five games. However, a Herd

win would give Marshall its 17th win of the season and ninth league victory.

The Herd will also take on the University of North Carolina at Charlotte at 1 p.m. Saturday at the Cam Henderson Center.

The Herd took on Louisiana Tech University Jan. 31 at the Cam Henderson Center.

RICHARD CRANK | THE PARTHENON



RICHARD CRANK | THE PARTHENON



## Athletic training keeps Herd athletes healthy

"Being able to watch athletes come back from injuries and be successful on the court is an amazing feeling."

-MALLORY GOMES

By JILL SHEMANSKI  
THE PARTHENON

The Marshall University Athletic Training Department gives students the opportunity to have hands on experience with Division 1 sports teams.

Athletic trainers are in the background of every event any team competes in.

Kacey Hidebrand is an athletic training student at Marshall for the men's soccer team and women's swimming and diving team.

Hidebrand said her favorite memories as a trainer are the relationships she has built with athletes and coworkers.

"My experience at Marshall has been a dream," Hidebrand said. "Growing up in Huntington, I have always been a Marshall fan, and getting to work at a Division 1 level has been great. I have gotten to work with some of the most talented athletes in the country and the Marshall community is a great one."

Russell Smothermon, who worked as one of the trainers for the football team in the fall, works with the baseball team this season.

Smothermon said he is thankful for the experience Marshall has provided him over the past two years.

"It is a great privilege working with great people every day," Smothermon said. "Being a part of a conference and bowl winning football team has been one of my most memorable moments."

A typical day for most of them usually begins as early as 7 a.m. or 8 a.m. and can end as late as 10:30 a.m. depending on the practice or game time.

Athletic trainers help athletes go through rehab protocols and provide treatment for injuries and illnesses. Trainers also set aside time for additional duties such as insurance and other paperwork, rehab plans and treatment plans.

Mallory Gomes, Herd volleyball athletic trainer, said her experience as a trainer at Marshall has been nothing shy of amazing.

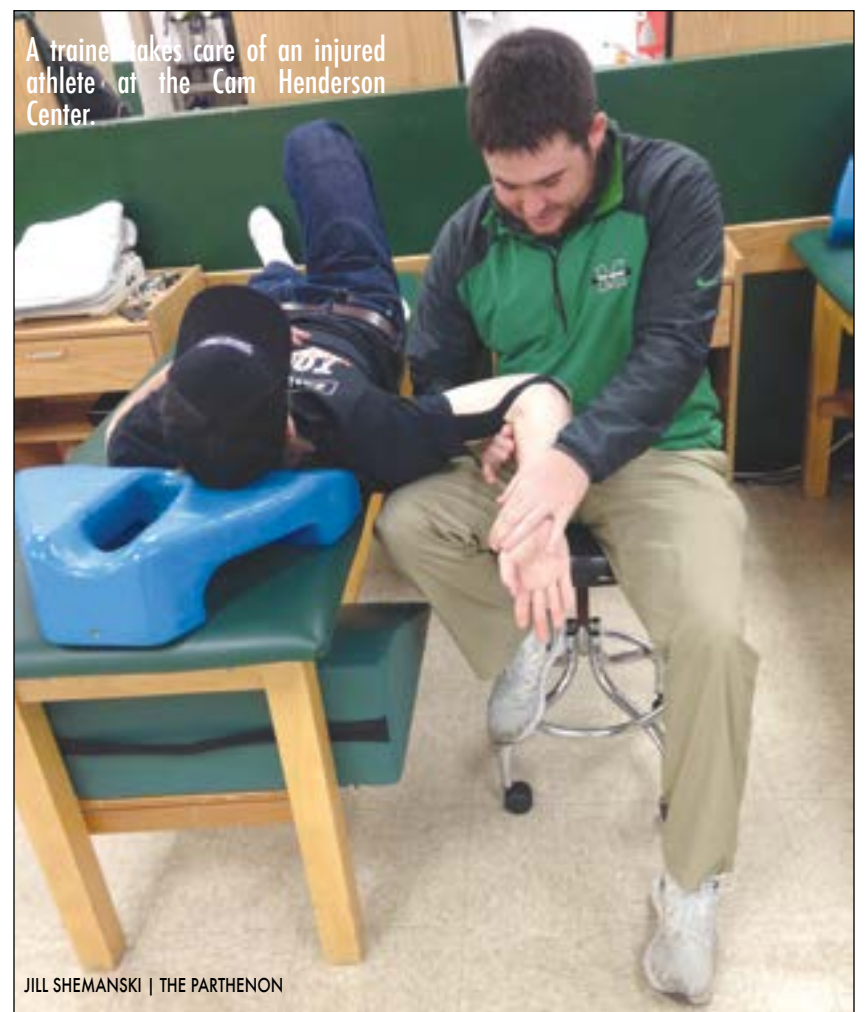
"I could not have asked for a better two years at Marshall University," Gomes said. "From the experience of working with Division 1 athletes and coaches to a very supportive and helpful sports medicine team, Marshall has become my home and the members of the volleyball team, coaches and sports medicine staff have become family."

Gomes said what she does out on the court makes her feel proud.

"There has been so many memories to choose from, but being able to watch athletes come back from injuries and be successful on the court is an amazing feeling and proud moment," Gomes said.

Jill Shemanski can be contacted at [shemanski@marshall.edu](mailto:shemanski@marshall.edu).

A trainer takes care of an injured athlete at the Cam Henderson Center.



JILL SHEMANSKI | THE PARTHENON

## Herd Tennis to play Cincinnati and WVU

By KASEY MADDEN  
THE PARTHENON

Marshall University's women's tennis team hits the road this weekend to play the University of Cincinnati and West Virginia University.

The Herd travels after two home matches against Penn State University and Utah University.

Marshall beat Penn State Saturday 4-3 for the second season in a row.

The team lost its first home match of the spring season Monday, 4-3 to Utah.

In the Penn State match and the Utah match, sophomore Rachael Morales' singles match determined the overall deciding point.

Morales said she looks forward to the road games this weekend.

"It's always fun to play WVU because we have such a big rivalry," Morales said. "But we're hoping and

expecting to win. We're expecting just to, go out and play well and just to support each other as teammates."

Head coach John Mercer has been on Marshall's tennis coaching staff since 1994, according to Marshall athletics.

Assistant coach and former Marshall tennis player Kellie Schmitt said in those years, the Herd may have lost to WVU one time, and she thinks the team plays a little bit harder because of the rivalry.

According to the Intercollegiate Tennis Association, after Monday's loss against Utah, the Herd dropped from 55 to 70 in the national rankings.

Cincinnati and WVU are not currently ranked in the top 75.

Coach Schmitt said before the loss to Utah, the Herd was also ranked first in C-USA.

"I mean they're two good matches, Cincinnati got better, if we compete well, we should be fine,"

Schmitt said. "The same with WVU."

Schmitt said the team hopes to win the road matches along with two road matches later in the season against Rice University and the University of Houston to climb back into higher rankings.

The Herd is 7-4 with six wins at home and only one win on the road.

"Hopefully we can get another two, get back on the roll again like before," Schmitt said. "We have these two, and two matches next week before spring break."

After the two road matches, the Herd is back home to play Miami University of Ohio and Winthrop University.

The Herd travels to a 4 p.m. match Friday in Cincinnati and heads to face WVU at 9 a.m. Sunday in Morgantown.

Kasey Madden can be contacted at [madden24@marshall.edu](mailto:madden24@marshall.edu)

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# OPINION

THURSDAY, MARCH 5, 2015 | THE PARTHENON | MARSHALLPARTHENON.COM

## THE PARTHENON

The Parthenon, Marshall University's student newspaper, is published by students Monday through Friday during the regular semester and Thursday 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.

### BE HERD: GUIDELINES FOR SENDING LETTERS TO THE EDITOR

Please keep letters to the editor at 300 words or fewer. They must be saved in Microsoft Word and sent as an attachment. Longer letters may be used as guest columns at the editor's discretion. Guest column status will not be given at the author's request. All letters must be signed and include an address or phone number for confirmation. Letters may be edited for grammar, libelous statements, available space or factual errors. Compelling

letters that are posted on The Parthenon website, www.marshallparthenon.com, can be printed at the discretion of the editors.

**The opinions expressed in the columns and letters do not necessarily represent the views of The Parthenon staff.**

Please send news releases to the editors at parthenon@marshall.edu. Please keep in mind, letters are printed based on timeliness, newsworthiness and space.

## COLUMN

### #FeministThursday

## I'm a woman and I'm sorry (not sorry)

By **JOCELYN GIBSON**  
MANAGING EDITOR

I'm sorry. I think I noticed something about language and gender. Women use language much more timidly than men, don't you think? Maybe I'm wrong.

Seriously, how many times a day do we hear a woman say, "I'm sorry," and then start to speak? Almost every time a woman opens her mouth there is some kind of a qualifier attached to her comment, whether it be "I'm sorry," "I think" or "do you think?" it almost seems as if a woman is never sure of what she is saying.

Why do we do this? Is it because we really aren't sure or is it because we don't want to hurt anyone else's delicate ego by asking a question he or she can't answer or knowing something he or she doesn't?

It all comes down to learned gender norms. Women are socially engrained with the idea that we can't be assertive, we have to constantly have concern and awareness for others' feelings, and we shouldn't be know-it-alls.

In our language and in our mannerisms, women are taught to shrink themselves. In her spoken word poem, "Shrinking Women" performed at College Unions Poetry Slam Invitational 2013 at Barnard College in New York City, Lily Myers explores this idea of women becoming more internal while men expand outward.

"I asked five questions in genetics class today, and all of them started with the word 'sorry,'" she says in her performance. "I don't know the requirements for the sociology major because I spent the whole meeting deciding whether or not I could have another piece of pizza."

The brutal honesty of her performance pains me because I think we have all been there if we really think about it, especially in a college setting. What it means to be feminine is constantly on our radar — don't draw attention to yourself, take up as little space as possible and don't speak up because you're probably wrong anyway.

See **FEMINIST THURSDAY** | Page 5

## EDITORIAL

# Racism still strong since 9/11, proving detriment to U.S.



The Healing Field in Spring Hill Cemetery is a memorial for those who died Sept. 11, 2001, the 1970 Marshall plane crash victims and veterans of the armed forces.

LEXI BROWNING | THE PARTHENON

Thirteen years have passed since the events of Sept. 11, 2001. When the towers fell, American racism rose.

Some would say this hatred toward Muslims has decreased—that time has healed the wounds and erased the scars that 9/11 left behind.

Even though there may not be regular occurrences of outright racism associated with 9/11 anymore, it is still present. The looks of distrust and anger may have faded, but the stigma has not.

Even today, if a Muslim in traditional headdress steps onto an airplane or boards a bus, one can witness the passengers' sudden change in body language that indicates a sense of discomfort and concern.

The problem here, aside from the racism itself, is all the hatred and distrust stems from the ridiculous assumption that every Muslim is a terrorist and will kill for his or her beliefs.

Al-Qaeda attacked us, not the nation of Islam.

Muslims have said for years, ever since the attacks, Al-Qaeda does not represent the beliefs of the Quran. There are extremists, and as such, perform extreme acts to express their beliefs.

While it is true the Middle East is a violent place where religious beliefs are the seed from which such violence grows, to assume terrorists — Al-Qaeda, or any other terrorist group — is representative of an entire group of people is a simple-minded philosophy.

Among the people who speak out against the violence of the Islamic faith are Christians, especially religious figures whose status afford them opportunities to speak on a national platform. It is common for them to speak out against the Muslim faith because of the violence it tends to beget, further pointing out that no such violence stems from Christianity.

Apparently, they have forgotten about something called the Crusades — seven military campaigns with the general edict of conversion or death.

Furthermore, the Quran teaches virtually the same lessons as the Bible, since they are inexorably linked, not to mention that there are sects of violence in all

religions since the dawn of belief.

In fact, throughout the course of human history, religion has caused more war and bloodshed than any other reason.

People who form a hatred for an entire race of people (or many races, in the case of Muslims) based on the acts of a small percentage clearly do not understand that for every religious message conveyed, countless interpretations of that message will arise.

Racism of any form is detrimental to society in general, even racism based on extreme acts of violence. More importantly, it is the people who do the act — not the religion they claim to represent — that must be brought to justice.

## SUBMISSION

# MU SAND talks fat

By **JAMES MCQUINN**  
MU SAND

We have grown up in the age of fad diets. One fad that has lasted for some time is the low-fat diet.

Is a low-fat diet really a good idea, and are there any fats we really should be avoiding? Here are some useful tips to help you understand dietary fats.

Not all fats are bad in fact we need some fat in our diet.

According to the Dietary Reference Intakes, 20-35 percent of all the calories we consume a day, should come from fat.

Fat plays a major role in energy production and storage, hormone production, digestion, Vitamin D production and the list goes on.

So, which fats are healthier and less healthy? The American Heart association suggests limiting saturated fat to 7 percent from the calories we consume daily. These fats are solid at room temperature.

Most saturated fats come from animal sources such as meats, cheeses, whole milk, butter and eggs. Palm and coconut oil are high in saturated fats as well.

Excess saturated fats tend to increase LDL cholesterol levels in our bodies. This is the cholesterol that is associated with heart disease.

There are some very easy ways to reduce the amount of saturated fats in our diet and increase monounsaturated and polyunsaturated fats.

Replacing the solid fats with oils such as olive oil or canola oil can replace saturated fats with more heart healthy, monounsaturated and polyunsaturated fats.

Try eating leaner meats such as beef that is 90 percent lean or better.

Chicken tenderloin is a great example of a white meat with low saturated fat. You can also limit saturated fat by choosing low-fat cheese and skim or 1 percent milk.

MU SAND can be contacted at [musand@marshall.edu](mailto:musand@marshall.edu).

**FAT, NOT A BAD WORD!**

**THE FAT FACTS**

If you thought all fats were bad, think again. Some dietary fats are essential for the human body and play important roles in our bodies. Omega-3 fatty acids are a type of polyunsaturated fat that can only be acquired through food and are especially beneficial. They have been shown to improve cholesterol levels, reduce high blood pressure, and lower the risk of coronary heart disease. Two omega-3 fats called docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) can be found in fish. Some nuts, seeds, and vegetable oils contain alpha-linolenic acid (ALA), a less potent omega-3 fat which may be converted to DHA and EPA in the body. [mayoclinic.org](http://mayoclinic.org)

**FIND THE OMEGA-3 FATS!**

**3 oz Salmon**  
DHA/EPA  
~1.9 grams

**1 Tbsp Flaxseed**  
ALA ~2.4 grams

**3 oz Mackerel**  
DHA/EPA  
~1.7 grams

**1/2 cup Walnuts**  
ALA ~5.3 grams

**DRI for ALA is 1.1g/day for adult females and 1.6g/day for adult males. For EPA/DHA, 2 servings of fish or 8 oz. seafood per week is recommended.**

**Learn more about fats March 10, 12-1:30p in the Student Center**

OUR PURPOSE: To provide busy college students with practical ways to promote healthy nutrition and activity in their lives. Nutrition Inside is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
Created by: Jessica Walden, Anthony Bowen, & Dominador Lao II, MD  
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GRAPHIC SUBMITTED BY MU SAND

## Get your voice Herd

Want the chance to give your fellow students valuable advice? Is there any topic you love to talk about, but you know your friends' eyes glaze over when you talk about it? Whether it's music, politics or Marshall University, The Parthenon is looking for regular columnists for its opinions page.

Columns should be between 300-500 words, well-written and researched. Columns will be edited for grammar, libelous statements, available space or factual errors.

This is your chance to let your voice be heard.

For more information, contact managing editor Jocelyn Gibson at [gibson243@marshall.edu](mailto:gibson243@marshall.edu).

# Storm could be winter's last big one but some want more

By **JEFF AMY and LAURIE KELLMAN**  
ASSOCIATED PRESS

A storm stretching from northern Texas to southern New England threatened to bring icy rains, sleet, and snow overnight Wednesday but also hopes it would be the last significant snowfall for the East Coast this winter.

Governors in Alabama, Mississippi, West Virginia and New Jersey declared states of emergency in advance of the storm, and Congress hurried to finish business amid a snow emergency declaration in Washington. Mississippi counties were advised to open shelters powered by generators to give residents an option beyond cold, dark homes in the

event of power outages.

West Virginia, Kentucky and southeastern Ohio were expected to get hit the hardest overnight Wednesday and into Thursday with 8 to 10 inches, while Baltimore and Washington were looking at 6 to 8 inches of snow, said National Weather Service forecaster Bruce Terry.

Philadelphia, where a snow emergency was in effect Wednesday, could get 6 inches and New York could see more than 4.

Temperatures plummeted as the storm pushed east: The mercury fell from 71 degrees to 52 degrees in Monticello, Arkansas, and from 74 to 48 in Greenville, Mississippi — both within an hour. By

Wednesday afternoon, readings were in the mid-20s across Arkansas.

Boston is a little more than 2 inches shy of its all-time snowfall record, and meteorologists predicted 1 to 2 inches would fall by storm's end Thursday evening.

Schools from Texas to West Virginia closed early Wednesday and Penn State University canceled classes due to weather for the first time in eight years. About 1,200 flights were canceled, including 600 in and out of Dallas-Fort Worth.

Residents of Kentucky and West Virginia contended with flooded roads and mudslides. And by Wednesday night, a sheet of ice coated the roads in

Memphis, Tennessee, making driving especially hazardous. In Arkansas, high school basketball playoff games were postponed until Thursday.

## CONGRESS FLEES FLURRIES

The weather forecast got Congress going and produced rare bipartisan agreements in the House and in the Senate to finish business early and get out of town. Up to 8 inches of snow was in the forecast for Thursday morning.

Senate leaders set the last vote of the week for 2:30 p.m. Wednesday. But that wasn't good enough for Republican Sen. James Inhofe of Oklahoma.

"Is there any way you could change that to 2:20 from 2:30?" Inhofe asked on the Senate floor. "There are four people who can't make planes, otherwise."

## HE WAS ACCOMMODATED. LIGHT AT THE END OF THE TUNNEL?

Mike Halpert, deputy director of the National Weather Service's Climate Prediction Center, said the storm "might be winter's last hurrah." Likewise, AccuWeather senior meteorologist Alex Sosnowski said the storm could be winter's "caboose."

After the storm and possibly some cold days into the weekend, the next couple of weeks should be considerably

warmer than normal for a large chunk of the country, Halpert said. The Climate Prediction Center predicted, however, colder-than-normal temperatures for New England.

## TWO MORE INCHES, PLEASE!

Some Bostonians were clamoring for a little more snow so they can break a record.

So far this winter, the city has received 105.5 inches of snow — more than 8 1/2 feet, the National Weather Service said. The record is 107.6 inches recorded during the 1995-96 season. Records date to 1872.

Having endured weeks of misery, residents like Erin O'Brien insist they deserve bragging rights. Otherwise what was the point of repeatedly digging out?

"I want the record," said O'Brien, a professor of political science at the University of Massachusetts-Boston.

Others don't care about the record. Amy Ouellette, a marketing associate in Salem, north of Boston, just wants spring and sun to come and melt it all away.

## ICE ROAD TRUCKERS

No injuries were reported in a four tractor-trailer crash that closed an icy road in rural western New York. The Daily News of Batavia reported the trucks either collided or went

off the road in drizzle and snow around 5 a.m. Wednesday on Route 63 in Bethany, 32 miles southwest of Rochester.

## ROOF COLLAPSE KILLS COWS

Officials blamed heavy, wet snow for a partial barn roof collapse that killed at least five cows Wednesday morning in central New York. The collapse at the Whey Street Dairy in Cuyler, 25 miles southeast of Syracuse, was one of hundreds of roof collapses blamed on heavy snow in the Northeast this winter. Massachusetts officials say they've received reports of nearly 200 roof collapses since Feb. 9.

No one was injured Wednesday morning when a 100-foot by 100-foot section of the roof of Boston's vacant Bayside Expo Center collapsed. The building was previously slated for demolition.

## TRAVEL-WEARY BUCKEYES

Bad weather Tuesday night turned an Ohio State men's basketball team trip to Penn State from an easy one-hour plane ride into an 8½-hour ordeal. Icy runways in State College, Pennsylvania, forced the team's plane to land in Latrobe, about 110 miles away. The team took a bus the rest of the way to Penn State, traveling at times through dense fog and rain, for the Wednesday night game.



CHARLES KRUPA | AP PHOTO

A house is surrounded by flood waters on US 60 near Waverly, Ky. Wednesday morning. Kentuckians are dealing with flooded roadways and mudslides as they brace for another winter storm that will blanket the state with snow.



DARRIN PHEGLEY | AP PHOTO | THE GLEANER

A woman navigates high snow banks and deep puddles as she walks through the Chinatown neighborhood of Boston, Wednesday. Boston is about two inches from setting an all-time season snowfall mark, which current record is 107.6 inches from the Winter of 1995-1996. Many Bostonians are wishing to break the record, to at least have something to boast about in an otherwise challenging season.

## THOR

Continued from page 1

procedure of prepping campus for winter storms.

The physical plant ensures they have an ample amount of salt and that all vehicles are fueled ahead of time.

Cutlip said workers come in at 6 a.m. to begin snow removal. In extreme cases, like Octavia or potentially Thor, they start at 5 a.m.

**Tyler Ferris can be contacted at ferris26@marshall.edu.**

## KOFFEE

Continued from page 1

support from the audience, and that made it so much better."

Students applauded the creativity behind the event and expressed interest in seeing more like it in the future.

"This event showed that people express themselves in different ways so the campus should be more open to having unique events like this to bring the masses out," Mason said. "A lot of people may not be interested in sporting events or other events that we always have on campus. My favorite part was seeing everyone on the mic being comfortable, and I really appreciate that it was a relaxed intimate feel, like we are

all family."

Bailey said events like this will continue on campus every month, including live music and guest speakers.

"I want people to take away that art is in all forms and we are all different for a reason," Bailey said. "It is okay to appreciate creativity and to appreciate your uniqueness and love it."

**Nichole Henderson can be contacted at henderson86@marshall.edu.**

## FUNDING

Continued from page 1

important meetings so that's why we're really trying to get that money to them."

One organization, the Marshall Student Association of Nutrition and Dietetics, uses its SGA funding to promote healthy eating on campus and to partner with local organizations such as the Ronald McDonald House and Burrito Riders.

Lindsey Deem, senior involved in the MU SAND, said her organization applied and received funding in the fall semester in November 2014 but has not received funding for the spring semester.

"We will have to start doing fundraisers," Deem said. "We already do fundraisers in the [Memorial] Student Center, but we'll

have to work harder because we count on SGA funding."

Deem said SGA administration has responded quickly to her concerns.

Waugaman said SGA contacted student organization representatives to familiarize them with the funding process and give updates on the location of their group's funding.

"We are reaching out to different faculty members, learning how to make invoices and trying to find time in their schedules to let them help us," Waugaman said. "Right now we want to make student groups aware of this because the money is important to them."

Waugaman said funding would be fulfilled as soon as possible for groups who have not received support from the fall semester and those who suffered financial hits would be reimbursed.

**Lexi Browning can be contacted at browning168@marshall.edu.**

## FEMINIST

## THURSDAY

Continued from page 4

Myers goes on to talk about the gender differences between herself and her brother in the performance.

"I have been taught

accommodation. My brother never thinks before he speaks," she says. "I want to say: we come from difference, Jonas. You have been taught to grow out. I have been taught to grow in. You learned from our father how to emit, how to produce, to roll each thought off your tongue with confidence. You used to lose your voice every other week from shouting so much. I learned to absorb."

As women we are taught to fade into the background, and even those of us who have emerged can still find the tentative statements in our vocabulary, if we look for them.

I notice it most often in my role as an editor. I never tell a reporter to cover a story. I ask — every single time. "Do you think you could cover this story?" or "Would you like to do this one?" Never do I say, "You're covering this," but that's what I mean.

The fact that I can't do my job because of the way I have been socialized is kind of a serious problem.

Therefore, I challenge each and every one of you reading this to make yourself notice and count the times in a period of a week that you add qualifiers to your statements.

**Jocelyn Gibson can be contacted at gibson243@marshall.edu.**

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## Meet an INTO Marshall Student

# Anastasia Semenchenko

By **JARED CASTO**  
THE PARTHENON

Anastasia Semenchenko is a freshman Marshall University INTO student studying biology. Semenchenko is from Russia where she previously majored in linguistics and the translation of her native language to English. So far, she has found the transition to American culture easier than she initially thought, which is something she attributes to helpful peers and the friendly INTO MU staff. Now that Anastasia has been at Marshall for more than a year, she has turned her focus to helping incoming INTO MU students as an INTO MU student ambassador.

Semenchenko said her favorite part is guiding new INTO MU students around the campus, answering their questions and giving them the same support she had when she first arrived. Semenchenko said she is also excited about taking classes outside of the INTO MU program, meeting American students and studying as an American student does.

Jared Casto can be contacted at [casto178@marshall.edu](mailto:casto178@marshall.edu).

**Q: How do you think that you have adapted to America?**

A: I feel really good here. I feel that I've adapted to the country, the culture and the people. There is no big difference between our countries.

We have some different cultural aspects, but in general we have lots of things in common. So, it wasn't too difficult for me to adapt to American culture and American people.

I'm a very social person and for me it's easy to find contact with different people from different countries and cultures. I just came here and I started to talk to people, look around and learn about life here. There are some differences, but not too difficult.

**Q: What is the main difference between America and your home?**

A: I feel like people in the U.S. are more open to each other and maybe more friendly.

I don't want to say that people in Russia are not friendly or helpful to each other, but I feel more support here.

When I first came to the U.S., I didn't speak English very well and I had lots of problems with housing and all this life stuff. When I first met people, they tried to help me. I was nothing for them. They didn't know me. They didn't have to spend their time on me, but they did it because they knew how difficult it was to be international in the U.S.

I feel like in Russia people are more independent and they have to do everything by themselves, they don't ask for help, and they don't want to help each other a lot.

**Q: What are your plans for after you graduate?**

A: It's really difficult to say. I'm a freshman, and I have at least three more years to think about it. But I'm thinking to stay as a science major, so maybe I will do research work and maybe I'll do my masters here in the U.S. I'm not sure if it will be at Marshall, but we'll see.

**Q: Are you interested in returning to Russia?**

A: After life here, I realize that I like it more than in Russia. If I will find something really good here, like good opportunities, I will try to stay here in the U.S. but if I have some good places to work in Russia, I will work in Russia.

All my family and friends are in Russia, and I'm Russian. I don't know. I feel like it is my culture and that is what I'm connected to. But in the U.S., I feel like it's my home. I know a lot of international students have plans to go back home because they don't feel like they are connected to the culture or life here, but I feel totally comfortable here.



JARED CASTO | THE PARTHENON

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