Career Services encourages students to Snap. Post. Win.

BY MARISSA DOMINIA
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 Rice, 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 poster is eligible to win a $25 gift certificate to either the Marshall Bookstore or Starbucks.

Bier 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 contest.

“This isn’t like a raffle where you just put your name out there,” Bier 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, see CONTACT Page 3.
College Goal Sunday helps give students hands on experience

By ANDREW FROBEL THE PARTHENON

Students and families of Marshall University students were given the opportunity to gain knowledge about financial aid programs at the College Goal Sunday event on Feb. 12 at the Marshall Recreation Center.

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 workshops were conducted at 10 different locations throughout the state.

The annual event is volunteer-operated. Holley said the Marshell University students who volunteered to work on the program sincewriting the initial grant proposal for the West Virginia Higher Education Policy Commission in 2006. The first official College Goal Sunday was held in the spring of 2007.

Holley said she coordinated the event for other states in the region, but the volunteers locally took charge of the event. Holley said local financial aid professionals volunteered to work on the event, one-on-one, confidential separate meetings to explain financial aid to students.

Holley said the staff had more than 300 volunteers each year since the program’s existence.

The workshops are open to students who are interested in learning how to fill out the FAFSA. The FAFSA application is required by the end of the year for the students to be able to file for federal financial aid.

Kathleen Maynard, community coordinator and presenter, said the workshop covered the general requirements of the financial aid application. Families were able to begin completing the FAFSA.

Eric Stano, political science junior from Ohio, Ohio, said he used to fill out his FAFSA on time and before deadlines.

"I received a lot of great advice. I know about the best way to fill out the FAFSA," Stano said.

Governor Earl Ray Tomblin, a Democrat, has the state and community college systems in charge of the initiative highlights the importance of helping more students attend college in postsecondary education programs.

"College Goal Sunday is a great way for high school students to learn about the educational and financial aid programs from our state’s colleges and universities,“ Howard said.

Kathy Maynard, communications disorders sophomore from Prichard, West Virginia, has been a volunteer for two weeks and provides students with information about the SGA meetings at 4 p.m. on Tuesdays.

"I want students to go to the meetings to learn about all the requirements," Maynard said.

Holley said the other two days, she works right after student teaching and another evening was spent calling on student teaching family members to figure out what to do in the event of the worst decision a student could make.

The staff helped students sign up for the program and helped them fill out the FAFSA correctly for them.

The staff offered workshops to everyone in the community.

The workshops are free, and the staff helped students sign up for the program and helped them fill out for financial aid.

Holley said the staff helped students sign up for the program and helped them fill out the FAFSA adequately.

"We want students to fill out their FAFSA for their financial aid," Maynard said.

"Marshall does a great job at helping students," Holley said. "Students who are interested in learning more about financial aid programs should attend the event to learn about the requirements." The presentation is part of Marshall’s College of Business’s “Dine & Discover” series. "Dine & Discover" includes courses for a variety of groups, like local businesses, but the event will be open to the public, Holley said.

The lecture is free and open to the public. Attendees are encouraged to come at 5:30 p.m. on Tuesdays to dinner before 6:30 p.m.

Dine and Discover at Black Sheep on Thursday

By HOLLY BROWN THE PARTHENON

Student teaching is the beginning stage of education majors and one of the most stressful parts of a college education. Student teaching is a placement where students are required to have at least a minimum of 120 credits as of Fall 2012 while graduate students must be enrolled in 4 hours with a minimum of 12 credits.

In the tri-state area, Phil Murphy, Sergeant at Arms, has been a volunteer for two weeks and provides students with information about the SGA meetings at 4 p.m. on Tuesdays.

"I want students to go to the meetings to learn about all the requirements," Maynard said.

Holley said the other two days, she works right after student teaching and another evening was spent calling on student teaching family members to figure out what to do in the event of the worst decision a student could make.

The staff helped students sign up for the program and helped them fill out the FAFSA correctly for them.

The staff offered workshops to everyone in the community.

The workshops are free, and the staff helped students sign up for the program and helped them fill out for financial aid.

Holley said the other two days, she works right after student teaching and another evening was spent calling on student teaching family members to figure out what to do in the event of the worst decision a student could make.

The staff helped students sign up for the program and helped them fill out the FAFSA adequately.

"We want students to fill out their FAFSA for their financial aid," Maynard said.

"Marshall does a great job at helping students," Holley said. "Students who are interested in learning more about financial aid programs should attend the event to learn about the requirements."
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 against a tough two-week test.

“We need it (the off week) badly,” said Marshall head coach Tom Herrion. “We just need to reevaluate for a second, kind of re-group and get our 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 Eastern Kentucky University.

In the victory over EKU, Marshal had four of their five offensive performances of the season, shooting 30 percent from the field and 30 percent from beyond the three-point arc. “We had a good flow offensively,” Herrion said. “I think we’ve been a good stretch where we’ve taken good shots, and we’ve just had some guys I think are good shooters just not made them. Obviously, that’s from a lot of a scoring theme for us a little too much this season.”

Despite a down shooting season for Marshall, the great shooting performance Saturday might give the Herd a boost of confidence headed into the off week.

“We 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) just just runs out once our two or two per game don’t come through.”

Top two of those guys who made shoots there were freshmen Chris Martin and Justin Hanson, who played a combined average of eight minutes a game before the contest against EKU.

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. “You’ve got all season, and not that necessarily get a chance to see them play as much in games, but we’ve been really excited about them from a position standpoint. They’re going to get to go much better here. 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 at Marshall’s next meeting.

“He’s (Kane) a really good player, and we’ve obviously been missing him,” Herrion said. “We hope to get DeAndre back in the mix these three weeks and see how productive he can be moving forward.”

After starting out 4-0 in Conference USA, the Herd now finds itself at 5-9 with only five regular season games left. Herrion said every game is “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 Thundering Herd action Saturday when it travels to Dallas to play the Mustangs of Southern Methodist University.

Jarrod Clay can be contacted at clayj135@marshall.edu.

---

MARCUS CONSTANTINO | THE PARTHENON

Marshall head coach Tom Herrion looks on at the Thundering Herd’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...

THE PARTHENON

The Mountain West Conference and Conference USA held a conference call in October 2011 to announce that the conferences unanimously decided to configure their football member programs into one association conference.

The call plan has since changed. According to a release from Tulane University’s Athletic Department, presidents and chancellor from 16 universities met in Dallas on Sunday to discuss future conference membership plans and agreed to work on forming a new inter-collegiate athletic association that would begin competition in the 2013-14 academic year.

Originally, the MWC and C-USA football programs were to form a multi-sports 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 conference call. “We’ve had several conference calls and in-person meetings between our respective leadership and athletic directors and 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 Birmingham, Colorado State University, East Carolina University, Fresno State, University of Hawaii, Marshall University, University of Nevada, Reno, University of New Mexico, University of Nevada at Las Vegas, Rice University, University of Southern Mississippi, University of Texas at El Paso, Tulsa University, the University of Texas at San Antonio, University of Utah and University of Wyoming.

The only exception to the all-sport conference is the Big 12, which plans to begin play in 2013.

According to Tulane’s release, the new conference’s structure will likely include “membership of 18 to 24 universities, a championship football game format that includes semifinal matchups, a championship basketball tournament and NCAA FBS affiliation.”

This new conference is in response to C-USA losing member schools: the University of Houston, University of Central Florida, Southern Methodist University and the University of Memphis and the MWC losing member schools Boise State University and San Diego State University.

Marshall Director of Athletics Mike Hamrick said in a statement to Conference USA in October 2011: “This has the potential to be an exciting development for Marshall athletics, and I’m intrigued by it. This is an excellent alliance with a tremendous upside for all parties involved.”
Red Cross offers more than meets the eye

BY MICHAEL MCEACHERN

I recently completed my orientation to be an American Red Cross volunteer. The orientation was held in Huntington at the Marshall University Student Center by four staff members and a handful of other volunteers who showed up to begin their orientation. The aim for the American Red Cross is to teach volunteers how to assist with the central West Virginia region so that we (volunteers) should go around the table (talking about services and training) and see what we are interested in that will make us eligible for the Red Cross.

It’s been my personal experience that the Red Cross is a communication, a war and volunteering as part of its service requirement for its degree, and a couple of older women said they had been active in relief work. It started out slow and wanted to become more involved in the Red Cross services. The young woman sitting at my right gasped and made her name and said she was an “Army widow.” She didn’t say very much at the meeting and didn’t necessarily have any knowledge of the Red Cross.

The American Red Cross is probably the most known, for its regular blood drives at places of employment, hospitals, college campuses and the like, and for good reasons. The organization represents a large group of people, not just two. One of their reasons is that the Red Cross offers a communication service to the military members and their families immediate shelter, food, and we see that in our travel and stating why we were interested in joining the Red Cross.

We saw others where people are outside when someone needs blood. If something is happening in the area, we get called in to provide emergency services to our service members, 24 hours a day, 365 days a year, no matter where they are stationed in the world. “Red Cross emergency communications service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

And this while it is a function of the military for our service members, it is available to any member of the legion of people working every day to ensure the safety and the Red Cross Red Cross volunteers and delivering 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 service can keep military personnel in touch with their families following the death or serious illness of a 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 available to any member of the legion of people working every day to ensure the safety and the Red Cross volunteers and delivering 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 service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

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

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

While this is a function of the military for our service members, it is available to any member of the legion of people working every day to ensure the safety and the Red Cross volunteers and delivering 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 service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

While this is a function of the military for our service members, it is available to any member of the legion of people working every day to ensure the safety and the Red Cross volunteers and delivering 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 service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

While this is a function of the military for our service members, it is available to any member of the legion of people working every day to ensure the safety and the Red Cross volunteers and delivering 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 service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

No one needs blood as well. If anything is happening in the area, we get called in to provide emergency services to our service members, 24 hours a day, 365 days a year, no matter where they are stationed in the world. “Red Cross emergency communications service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.

No one needs blood as well. If anything is happening in the area, we get called in to provide emergency services to our service members, 24 hours a day, 365 days a year, no matter where they are stationed in the world. “Red Cross emergency communications service can keep military personnel in touch with their families following the death or serious illness of a family member, the birth of a service member’s child or grandchild or when a family experiences other emergencies.”

The organization is also known for their disaster relief services. Whenever there is a flood or earth quake, Red Cross volunteers are there to hand out blankets and food to families and sometimes in extremely remote places to ensure that the necessities are there when needed.
A balanced diet (and budget)

BY BILL WANDERING

Have you tried organic grape berries from the Harris Farm?

An acquired taste, the antioxidant-rich jewls look like tiny black grapes. You can buy a bag of this healthy food, but for $5 to $10 a pound, you are better off buying generic berries.

But trying to limit your food budget doesn’t mean you have to give up the healthy options. Here are 20 ways to pinched pennies and still eat healthy.

1. Make the salad bar work for you. Take advantage of all the free vegetables. And, if you’re going to grab a bag of pre-made salad dressing, you might as well use the powdered kind and add your own seasonings.


3. Buy your own lettuce. Salads may be a dinner’s delight, but bagged salads are rarely cheap. For my own lettuce, I just wash the heads in the sink and slice up the leaves. I can add whatever mix-ins I desire: sunflower seeds, cranberries, or whatever.

4. Bulk up on spices. Spices are loaded with antioxidant. To save money, buy bulk from the bin. Although it may sound counterintuitive, buying spices this way allows you to only buy the amount called for in a recipe. Keep in mind whole spices are the best value and cheaper to store than pre-ground ones, which typically have a shelf life, last longer when stored in the refrigerator.

5. Scratch most recipes. Popcorn is a budget-friendly snack. Just microwaves one cup of popcorn in the bag and you’ve got a quick, filling snack.

6. DIY desserts. Baked, rolled desserts are often 10 times cheaper than store-bought. And, if you make them yourself, you can control what goes in the mix. Go nuts, and give grace (still high in protein and low in calories).

7. Stick with tea. There are many tea recipes where milk and sugar are unnecessary.

8. Do it yourself. If a salad recipe calls for a dressing, you can make your own. Look for recipes online or in a cookbook and try to make your own. You save money and know what is in your food.

9. I assisted in 843 surgeries over a 90-days period, which ranged from minor craniotomies, amputations which I did not have the experience to be directly involved in, but was there to assist. This was a great learning opportunity to build my confidence in the operating room and learn the ins and outs of the patients to this day.

10. I was adopted more than once growing up and moved a lot. He said he misses the Navy service experience. He said he has also met some of his closest friends through his transition. He definitely has some things to over think and worry about, but it’s not all bad. All in all, Marcum is permanent at a time. The completion of his life by the Navy has gone through processes in the past. He’s never sure if he’s going to make it out alive anymore or not live too far away from his friends. This area, his twin brother, and faculty come together at Marshall.

11. I was adopted more than once growing up and moved a lot. He said he misses the Navy service experience. He said he has also met some of his closest friends through his transition. He definitely has some things to over think and worry about, but it’s not all bad. All in all, Marcum is permanent at a time. The completion of his life by the Navy has gone through processes in the past. He’s never sure if he’s going to make it out alive anymore or not live too far away from his friends. This area, his twin brother, and faculty come together at Marshall.
Students learn about Catholicism by attending Newman Center’s film series

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.

“One of the biggest highlights of the Rec Center was the trip west,” said Phil Snyder, the trip went well.

“We had a successful trip,” Snyder said.

“We had 38 participants. We all met up together Friday. The weather could have been better, but a lot of people went early Friday and didn’t take the bus on Saturday. We got a pretty good trip out of it.”

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

“We try to get as many people on this trip as we can,” Snyder said. “We’re looking for at least 40 people to go. It’s going to be a really nice trip. We’ve got a really nice cabin and a huge list of activities to do this trip.”

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

“The deadline to pay for the trip is March 1.”

The Rec Center will also host sev- eral clinics throughout the spring semester.

“The first will be a canoe clinic at the Rec from 10 a.m. to 2 p.m. March 1.”

For those who enjoy a hike, there will be a backpacking clinic from 3 to 5 p.m. March 2. Marshall staff will teach students what foods to bring on a backpacking trip, and help them pack light.

“Try to stay clean?” Students can join the Leave No Trace (LNT) Facilitation Training from April 15 through 26.

“The purpose of this clinic is to discern 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 ex- pense,” Snyder said.

“We're hoping to get more students really excited about going.”

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 ac- cess the Rec Center website at www.marshallcampusrec.com or contact Phil Snyder at 304-659-8571 or snyderj@marshall.edu.

Veteran transitions to full-time student

By Shane Arrington

The Marshall University Recreation Center.

United States Navy Petty Officer Second Class Troy Marcum has fought for his country in the Middle East and led the Marines he fought alongside with commitment and dedication to honor his pursuers outside of those environments, students recognize the honor of the values of the Navy concerning “Honor, Courage, Commitment.”

“I’ve been a Marine for more than nine years. Marcum hung up his uniform and went to get his first fu- tionship student.

Working on his bachelor’s degree to pair with his experience as a Hospital Corpsman with specialties in combat surg- ical care and radiology, Marcum is building his way to a Bachelor of Science degree in nursing.

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-cov- ered campus of Marshall University’s campus.

“It was culture shock to the lone,” Marcum said. “While entering the Navy and the Marines due to its many different factors, you can be overwhelmed by the fact that you don’t know what it’s like to do things that you can’t do just yet.”

Marcum said he has had to jump through more than his fair share of hoops to show his university aspira- tions come to fruition. He said Marshall claimed to be a military-friendly school, and while some veterans are more satisfied than oth- ers with how they 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 are uncomfortable with claim- ing the absolute bare minimum,” Marcum said.

“Marshall certainly enjoys their money and makes vet- erans jump through some pretty ridiculous hoops to just sign a policy, that’s a policy that I think needs to be reviewed and adjusted. There have been some shining stars, however, like Kelly Sweet- man and Lauren Vaz, Without them, I would have left Marshall long ago, but I am forever grateful for their hard work.”

The hoops and hurdles are behind him now, but that doesn’t mean obstacles don’t present themselves from time to time. Whether it’s a professor treating him like just another student, as opposed to a man who spent five years serving his coun- try, or fellow students who call him “baby-killer.” Mar- cum said he tried not to let it corrupt him too much but found the specific incidents were a result of someone who was doing their job seeing others. He even brought more than one battle into this world during his time in uniform.

Once a Navy career would be participate- ing in Operation Unified Response: Haiti. Marcum said, “I was selected, due to my experience in radiology, to go to Haiti two days after the earthquake for relief ef- forts. I flew from Norfolk to Cape in Fort-As-Prince and was instantly overawed with the destruction and despair. It was a humbling experi- ence and often describe as the best worst experience I could ever hope for. It is something I will never forget, and I’m still in contact with some

FOR MORE INFORMATION CALL THE MARSHALL UNIVERSITY RECREATION CENTER AT 304-696-2255 OR VISIT MARSHALLCAMPUSREC.COM TO SIGN UP AS A PARTICIPANT IN ANY TRIP OR CLINIC.

The event takes place Wednesday at 7 p.m. in the admission price is $5.

“The event will be un- forgettable,” said Hub.

“Come out and support the event and we prom- ise you will enjoy the experience.”

Participating stu- dents will compete for marshall to host talent show

Veteran transitions to full-time student

BY SHANE ARRINGTON

THE MARSHAL

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

Announcing the new student center to be called the “Talent Show.” The theme is a throwback to the Apollo Mission.

Students can American Students’ Program or email Tiffany Hub, who helped organize the event. The talent show is open
to any type of act. To sign-up for a participant in the show, students can go to the Center for Afri- can American Students’ Program or email Tiffany Hub at lifethatmarshall.edu. The event takes place Wednesday at 4:30 p.m. in the Memorial Center. However, the admission price is $3, second place prize is $50, and third place prize is $25.