

Marshall University

## Marshall Digital Scholar

---

The Parthenon

University Archives

---

Fall 10-21-2009

### The Parthenon, October 21, 2009

Marshall University

Follow this and additional works at: <https://mds.marshall.edu/parthenon>

---

#### Recommended Citation

Marshall University, "The Parthenon, October 21, 2009" (2009). *The Parthenon*. 4455.  
<https://mds.marshall.edu/parthenon/4455>

This Newspaper is brought to you for free and open access by the University Archives at Marshall Digital Scholar. It has been accepted for inclusion in The Parthenon by an authorized administrator of Marshall Digital Scholar. For more information, please contact [zhangj@marshall.edu](mailto:zhangj@marshall.edu), [beachgr@marshall.edu](mailto:beachgr@marshall.edu).





**Thunder Walk**  
Football team looking  
for more student  
support | pg 3

**Love of the game**  
MU basketball  
player finds peace  
on the court | pg 4

# THE PARTHENON

WWW.MARSHALLPARTHENON.COM

MARSHALL UNIVERSITY'S STUDENT NEWSPAPER

WEDNESDAY, OCTOBER 21, 2009

VOL. 112 NO. 37 © 2009 THE PARTHENON

## Symposium speaker informs students of ecotourism history

BY KRISTEN BARRY  
THE PARTHENON

The 23rd Annual Yeager Symposium began with the first of three lecture events at the Joan C. Edwards Playhouse on Tuesday.

Sterling Evans, Louise Welsh Chair at the University of Oklahoma, gave a lecture entitled "The History of Ecotourism: Case Studies of 'Oro Verde' from Latin America."

Evans said the World Ecotourism Institute cites ecotourism as being "responsible travel to natural areas which conserves the environment and preserves the welfare of the local people."

Evans said the history of ecotourism goes back to philosopher Jean-Jacques Rousseau's idea of primitivism and his attention to interactions between people and landscapes.

The most recent historical development in ecotourism is the Costa Rican national parks and biological reserves.

Evans said Costa Rican national parks are not like U.S. national parks because they revolve around the conservation experience.

Evans said people typically relate ecotourism with tropical destinations and don't realize it can include other places such as deserts, coral reefs and archaeological sites like the Mayan ruins.

Evans said non-tropical places such as Canada, Ireland and Greece are among the top 10 ecotourism destinations.

Manitoba, Canada is a popular ecotourism destination.

## Yeagers begin 23rd annual event



SHOLTEN SINGER | THE PARTHENON

SEE YEAGER | PAGE 5

Sterling Evans, Louise Welsh chair at the University of Oklahoma, speaks about the importance and history of ecotourism in Latin America at the 23rd Annual Yeager Symposium on Tuesday.

## Ghost hunting group searches paranormal activity on campus



BY DIANA CALLE  
THE PARTHENON

White orbs in the night sky reveal that Marshall students and staff are not alone on campus.

"Every place you walk through on campus has reports of being haunted," said Tigger C. Conn, junior information technology student from South Shore, Ky.

Conn is a certified ghost hunter who started an MCTC ghost-hunting group this semester. So far, he has taken MCTC students, Marshall students and community members on four ghost walks throughout Marshall's campus.

"I took people to the ghost walks on Thursday, Friday and Saturday and during those three days we had more than 60 people show up," Conn said.

SEE GHOSTS | PAGE 5

Several locations on campus including Morrow Library (LEFT) and Jenkins Hall (ABOVE) are believed to be haunted or experience paranormal activity by Tigger C. Conn, certified ghost hunter. Conn started a group to track paranormal activity, and these white orbs are believed to indicate a spiritual presence on campus.

## Organizations inform students of health care reform



SHOLTEN SINGER | THE PARTHENON

Ben Crowder, sophomore from Huntington and Nathan Miller, regional field director of Organization for America from Kingwood, W.Va., help bring more awareness to Angela Sundstrom, public relations major from Fayetteville, W.Va., about the healthcare reform.

BY ELIZABETH ADAMS  
THE PARTHENON

National health care reform issues were a topic of conversation at The Memorial Student Center on Tuesday.

Current health care problems and solutions were discussed one-on-one with Marshall University students, faculty and staff, as Marshall's Young Democrats and Organizing for America representatives teamed-up to educate and gain support on campus for President Barack Obama's health care reform plan.

Declaring a national day of action, Organizing for America and allied groups, such as unions and Healthcare for Americans. Now, urged people in all 50 states and every congressional district to talk about health care reform and contact their members of Congress and urge them to pass the bill.

"Organizing for America is the post-election branch of the campaign to elect Barack Obama," said Matt Sowards, president of Marshall's Young

Democrats.

Meghan Gardener, state director of Organizing for America, described it as "the second wave of the Obama campaign."

Organizing for America works to support the initiatives presented by President Obama and health care reform is at the top of the list, Gardner said.

"Obama built a great grassroots support network during his campaign," Gardner said. "We volunteers knew we weren't done when Obama won the election. The election was not the change, but the opportunity for change. The movement never ended, and people were still fired up and ready to get these reforms to be passed."

"Marshall's Young Democrats have been working with OFA for some time now, but this is the

first project of this nature," Sowards said. "We have done a listening tour discussing the main issues and policy objectives, and this is the implementation of one of these."

"Open dialogue is beneficial for all involved and helps dispel misinformation," Sowards said. "Students should be informed and actually look at the bills, rather than just listening to sound bites."

Sowards recommended students look at government Web sites and contact staff at their congressional offices to make sure their goals are in line with what the students believe in.

President Obama promised in a Sept. 9 joint session to Congress that he would not sign a bill that adds one dime to the deficit.

**Most people understand how important these reforms are and have their own healthcare issues.**

**Meghan Gardener**  
State Director of  
Organizing for America

SEE HEALTH CARE | PAGE 5



# OPINION

2

WEDNESDAY, OCTOBER 21, 2009

MarshallParthenon.com

## THE PARTHENON

ESTABLISHED 1898

**KYLE HOBSTETTER**  
EXECUTIVE EDITOR  
HOBSTETTER@MARSHALL.EDU

**ANDREW RAMSPACHER**  
SPORTS EDITOR  
RAMSPACHER@MARSHALL.EDU

**SOLOMON FIZER**  
WEB EDITOR  
FIZER14@MARSHALL.EDU

**EMILY AYRES**  
COPY EDITOR  
AYRES@MARSHALL.EDU

**JONAS SWECKER**  
ASSISTANT SPORTS EDITOR  
SWECKER@MARSHALL.EDU

**KAYLA QUEEN**  
MANAGING EDITOR  
QUEEN53@MARSHALL.EDU

**WHITNEY BURDETTE**  
NEWS EDITOR  
BURDETTE56@MARSHALL.EDU

**MORGAN UNGER**  
LIFE EDITOR  
UNGER6@MARSHALL.EDU

**ADAM GONZALES**  
COPY EDITOR  
GONZALES7@MARSHALL.EDU

**SHOLTEN SINGER**  
PHOTO EDITOR  
SINGER10@MARSHALL.EDU

### 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.

### EDITORIAL

## You shouldn't be 'fraid of no ghosts Students should think of the friendlier ghouls

A popular concept these days is that everywhere with a scary vibe is haunted. Marshall University's campus is no different, with reports that many buildings on campus have ghosts and ghouls roaming the halls. With hit movies like the new "Paranormal Activity" scaring the pants off of moviegoers, it seems like ghosts are getting a bad rap lately.

But students should not fret about facing fiendish paranormal baddies. While many students only see ghosts that possess innocent women, drag Justin Long to hell or keep Pac Man from eating power pellets, they seem to forget the friendlier fiends from years past that made meeting a ghost seem cool.

What about Casper, The Friendly Ghost. The only scary thing he did was that he turned into Devon Sawa at the end of his movie. He was always helpful and looked out for his friends. I wish a had human friend like Casper.

Another friendly ghost was Slimer from Ghostbusters, the animated television show not the movie. He was a jerk in the movie. Slimer was always willing to help out the animated ghostbusting foursome whenever he could. It is sad the movie overshadows the good deeds Slimer did in the animated show.

The Ghosts of Christmas Past and Present, not Future he is a scary dude, tried to teach Scrooge how to change his life, and make him a better person. That doesn't sound scary at all.

Students should remember not all ghosts are bad. In fact, ghosts could be your new best friend, if you don't scare them away with your prejudices.

### Guidelines for 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 posted on The Parthenon Web site, [www.marshallparthenon.com](http://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](mailto:parthenon@marshall.edu). Please keep in mind that stories are run based on timeliness, newsworthiness or space.

## Online poll

### What are your plans for Halloween?

- A) Eat candy?
- B) Drink beer?
- C) Do nothing?

**Previous poll**  
Are you going to the Coal Bowl in Morgantown?

Yes .....24%  
No .....40%  
Not sure .....36%

Vote online at  
[www.marshallparthenon.com](http://www.marshallparthenon.com)

### EDITORIAL CARTOON | ERIN FELTON | THINK OUTSIDE THE SIDEWALK



### THE COMMON CAUSE | Jay Roudebush

## Give the president time for change

### Editor's Note

Matt Sowards and Jay Roudebush have written a joint column today to discuss President Obama's time in office and the challenges he faces.

Is change really coming? I believe the answer to that is yes, but very slowly. President Obama is a man not a super hero. There are a great many things that need to be changed.

The little Bush administration caused a fracture between the whole of the world and America. The economy was left in shambles over the preference of the federal government favoring large corporations over protecting the individual.

There was no plan or direction that was suitably left for President Obama.

Congress was elected to be overwhelmingly Democratic. Sadly, many people in Congress



**JAY ROUDEBUSH**  
COLUMNIST

are too lazy or afraid to make any progress toward change.

The Republicans on the other side of the aisle systematically vote against any bill sponsored by a Democrat, regardless of topic.

So we have the side with a mandate doing nothing out of fear, and the recently removed from power Republicans stand against all progress.

Today change is a buzzword. Change has happened. We aren't declaring war on nations that have not attacked us or have not planned on attacking our nation.

There is change in the economic market of the United States. We have seen change in the direction of foreign policy of this great nation.

There are fear tactics being thrown around. Lies have been spread about the direction this

"These things have no truth at all. This changes the minds of the uneducated and the misinformed. There needs to be honest information being given to the people so that they might be able to see the progress the federal government is making for the people."

nation is currently moving. Death panels, Socialism, Nazism, and various other lies have been thrown out into the public.

These things have no truth at all. This changes the minds of the uneducated and the misinformed. There needs to be honest information being given to the people so that they might be able to see the progress the federal government is making for the people.

The reality makes no different to the liars. The liars who spread misinformation do not care about the welfare of the general public. They have the special interests of the few in mind.

This is a terrible position to place the people of this country in. The opposition doesn't care.

President Obama is trying. He isn't perfect. America criticizes the Iranian election for fraud, while the nation we currently occupy, Afghanistan, does the same thing.

The world is complicated. America is only a part of the whole. Obama is trying to change the view of the whole of the world. It is difficult.

The American economy is a beast. It is wild and cannot be immediately changed, but we are making progress, thus says the Obama apologist...

### THE SOWARDS REPORT | Matt Sowards

## President has to learn to play ball

...As anyone who has read my columns in the past knows that I am not the Obama apologist that Jay happens to be.

However I believe this is an interesting topic, and since Jay and I have been given this unique opportunity to work together on a column, here it goes:

President Obama was elected by a majority of Americans last November. To many, this majority signaled a mandate, a mandate for change.

We all heard so much of this during the debate and presidential coverage, you all know what I'm talking about, "hope" and "change we can believe in." But where is it?

Is it coming, or is it still stashed away in the immortal words of President Kennedy?

While I am more skeptical than Jay, I have openly said that I do anticipate to see this mass change that we were all promised last year.

The first step, obviously, is in re-



**MATT SOWARDS**  
COLUMNIST

gard to health reform. This issue has been dominated by Democrats (mostly while being the minority party) for the past thirty years.

Now that the Democrats have control of both the legislative and executive branches of government, we have a real opportunity to fix the system and change the way we do business in this country.

But in order to do this, the president has to learn how to play ball.

By play ball I do not mean coming in during the 9th inning hoping to knock one out of the park, but play sound and solid ball throughout the course of the game so you are not down and hoping to get a miracle in the end.

Sadly, the Hail Mary rarely ever

works (with the exception of the occasional Brett Favre).

Obama has sat on the sidelines watching this debate take place, and watching others craft the legislation.

He spoke to Congress, but afterwards even Democrats were still confused as to what exactly he wanted out of this legislation. How can you craft "change" out of ambiguity?

Well, quite frankly, you cannot. I believe the change will happen, and I believe it is a true possibility in America.

However, I do not think that this will come to fruition with an

inactive president.

He wins global awards, yet cannot get his own party together long enough to craft a single health care bill?

I know I'm not the only person less than satisfied with the progress thus far.

Until we know what the president plans to do, and how he intends to pass this "change" legislation we're all sitting and waiting.

Although, I'm sure that after four years have passed all of you will be able to sit back and see whose opinion was more accurate: Jay's hopeful optimism, or my scathing cynicism.

### THE PARTHENON | Reader information

#### 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.

#### Contact us

109 Communications Building  
Marshall University  
One John Marshall Drive  
Huntington, WV 25755

E-mail: [parthenon@marshall.edu](mailto:parthenon@marshall.edu)

#### Phone and Fax

Newsroom 304-696-6696  
Editor 304-696-2522  
Reporters 304-696-2520  
Fax 304-696-2732  
Advertising 304-696-2273

#### Advertising & Administration

Nerissa Young (304) 696-2736  
Adviser  
Sandy Savage-York (304) 696-2273  
Advertising Manager  
Advertising Office (304) 696-3346

#### Daily News Quotation

"It demonstrates I think better than any of us could ever say that this Iranian leadership is afraid of their own people, and afraid of the truth and the facts coming out." — Secretary of State Hillary Clinton on the Iranian trial of American citizen Kian Tajbakhsh who was sentenced to 15 years in Iranian prison.



## No student support at Thunder Walk



Marshall University mascot Marco leads the Marching Thunder and members of the football team and coaching staff to Joan C. Edwards Stadium before the homecoming game against East Carolina on Oct. 3. The football team and SGA are trying to get more students involved in the Thunder Walk.

BY MEGHANN FERGUSON  
THE PARTHENON

Football season is filled with plenty of tailgating and partying but when it comes to cheering on the team in the Thunder Walk, support is lacking.

The Student Government Association has addressed the lack of student support at a number of meetings this fall. They also have been trying to get fresh ideas that would bring students out to the Thunder Walk.

SGA President Sean Hornbuckle was pleading with sorority and fraternity members of SGA to get the word out and bring members to the event.

The route for the Thunder Walk was changed. The football team now walks through the middle of campus prior to every game to get more student involvement.

With lack of support from fans, the coaching staff is thinking about canceling the tradition.

"The coach's main issue was if there are no students there, it's not going to happen," said Lashawna Sampson, SGA vice president.

Thunder Walk is a tradition that SGA is trying to make bigger. Hornbuckle mentioned in the meeting that it's really hard to get college students to come to a tailgate that has no alcohol.

The idea of the Thunder Walk is to cheer on the

football team as they walk to the stadium before the game. Students lineup on either side of the sidewalk outside the new Recreation Center to cheer for the football team. The walk is led by the Marching Thunder, cheerleaders and dance team.

SGA has a student tailgate during Thunder Walk, which is designed to bring students in by offering free food and cornhole.

One idea that Hornbuckle and Sampson tossed around during the meeting included having it become a competition between residence halls and awarding a prize to whoever had the most residents attend.

"There are no posters for it, there's really no advertising for it," said SGA member Kelly Kutavitch. "As far as that the information might just not be trickled down from student organizations like SGA that know about it."

The Thunder Walk will be 9:45

a.m. Saturday in the Marshall Recreation Center Plaza. The Student Activities Programming Board, SGA, Marshall Maniacs and Papa John's will sponsor the Thunder Walk.

"I think it would be more effective if we were actively involved in it instead of standing on the sidelines, which is what we do at the games," Kutavitch said. "I think they just come for the free food."

Meghann Ferguson can be contacted at [ferguson121@marshall.edu](mailto:ferguson121@marshall.edu).

**The coach's main issue was if there are no students there, it's not going to happen.**

**Lashawna Sampson**  
SGA Vice-President

## Debate team prepares for competition

BY KRISTEN BARRY  
THE PARTHENON

The Thundering Word, Marshall's speech and debate team, is gearing up for competition this week.

This weekend, the team will compete in the Berea and Cumberland Swing at Berea College in Kentucky.

The team will also be hosting the 2009 Chief Justice/Alumni Swing Invitational Oct. 30 through Nov. 1 on Marshall's campus.

Danny Ray, director of forensics, said the competition will kick off with six rounds of Lincoln-Douglas Debate.

"Saturday and Sunday are two different tournaments," Ray said. "One of them is called the Chief Justice and the second one Sunday is the Alumni Swing tournament. We have some alumni coming in to help us organize and run the tournament."

Ray said every university in the nation that has a speech and debate program was invited

to the tournament.

Ray said the tournament has 12 events altogether and the team has different ways it prepares for each.

"Each event requires a different mode of preparation," Ray said.

For example, the team has weekly practices for impromptu speaking. For this type of speaking, the team member is given a topic and only gets a minute and a half to prepare a five minute speech.

"That's totally different than if you are in an interpretation event," said Sarah Craiger, assistant director of forensics.

Craiger said for this type of event, "you have all the time in the world to prepare for your round and then you have ten minutes to present a story."

"For speaking events, the team members write their own material, so there is research involved," Ray said.

SEE DEBATE | PAGE 5

## Group recognizes breast cancer awareness

BY KATIE FOWLER  
THE PARTHENON

A local group is celebrating more than just Halloween this month by celebrating life; October is recognized as Breast Cancer Awareness Month.

The Sisters of Hope is a support group designed to help women who are dealing with breast cancer as well as survivors of the disease.

Gigi Gerlach, registered oncology nurse with the Edwards Comprehensive Cancer Center and the Sisters of Hope facilitator, said the support group meets every third Monday of every month.

"This meeting is set in stone for the simple reason if someone new comes, someone will always be here to greet them," Gerlach said.

The meetings provide survivors with food, activities, guest speakers and fellowship. This month the Sisters of Hope had a special dinner and a door prize drawing. The women also made blankets for

cancer patients in the Edwards Comprehensive Cancer Center.

Gerlach said the turn out for the meetings in October is always bigger.

She also said Sisters of Hope is rewarding.

"It is really important when you are going through something like this to have some guidance and people to share with," Gerlach said. "Who better to do that than survivors?"

Sharon Allen, breast cancer survivor from Ceredo, W.Va., said she started attending the group in Oct. 2005 after being diagnosed in February of the same year with stage-three breast cancer.

"Sisters of Hope is wonderful," Allen said. "When I was first diagnosed I was so afraid to die. When I met people who were five, 10 and 20-year survivors, it made me feel hopeful."

The women of the support group help spread

SEE AWARENESS | PAGE 5

## Charity provides comfort for families of ill children

BY JAYME MEADOWS  
THE PARTHENON

The Huntington Ronald McDonald House opened in 1987. Since then, families with seriously ill children have found comfort and peace of mind with the generosity of the Ronald McDonald House.

According to the Ronald McDonald House Web site, 7,743 families have stayed at the house. Most of the residents are from the Tri-State area, but families from 29 other states and four foreign countries have also stayed at the Huntington Ronald McDonald House. Today, 270 houses are set up worldwide.

Doris Bruzik, volunteer coordinator of the Ronald McDonald House, said its mission is to help and provide a place to stay to families of seriously ill children while their child is in the hospital.

Bruzik said families turn to the Ronald McDonald House after they receive news about their child's health such as cancer, prematurity, blood disorder or other types of medical conditions.

"We give families a peace of mind with a home away from home while their child is in the hospital," Bruzik said.

The Ronald McDonald House has become

more than just a place for a family to stay, but also a place where they can find physical and emotional support from the staff and families facing the same concerns.

"The families provide a sense of support, because they are all kind of going through the same thing," Bruzik said. "It's also very important to children to have their family here close to them as well as to the family to be close to their ill child."

As of July 1, the Ronald McDonald House has provided 290 families with a place to stay.

Bruzik has been with the Ronald McDonald House for 14 years and says she loves knowing she is doing something good for the community and the families of ill children.

Families are provided with a comfortable room of their own, laundry facilities, as well as toys for children. If families are unable to provide a small contribution then they can stay at no cost.

"Nobody is turned away from us," Bruzik said.

Dorothy Morse has been a volunteer with the Ronald McDonald House for 10 years.

"The Ronald McDonald House is a great organization," Morse said. "Families are provided with a comfortable place to stay that keeps them close to their children with very little cost to them."

Jayme Meadows can be contacted at [meadows130@marshall.edu](mailto:meadows130@marshall.edu).

**We give families a peace of mind with a home away from home while their child is in the hospital.**

**Doris Bruzik**  
Volunteer Coordinator,  
Huntington Ronald McDonald House



The Huntington Ronald McDonald House provides housing for families of ill children. It is located behind Cabell-Huntington Hospital.

JAYME MEADOWS | THE PARTHENON



### It's a "Ruff" World Out There

## Effective Job Search is a Process

- Resume and Cover Letter Preparation
- Networking
- Company Research...and more

Career Services can help with YOUR job search.

Learn more by calling Career Services 304-696-2370  
[www.marshall.edu/career-services](http://www.marshall.edu/career-services)





# SPORTS

WEDNESDAY, OCTOBER 21, 2009

PAGE DESIGNED AND EDITED BY  
Andrew Rampschacher  
rampschacher@marshall.edu

MarshallParthenon.com

## Trading deadline gives little headlines

It seems every week in this NFL season, a player has stepped up and outperformed all others. Two weeks ago it was Austin Miles hauling in 10 passes from Tony



**JONAS SWECKER**  
Fantasy Factory

Romo for 250 yards and two touchdowns. Last week it was Tom Brady.

In week six, Brady silenced all critics and doubters when he took the field in the New England snow and threw for 386 yards and six touchdowns,

five of those coming in the second quarter. The five touchdowns, thrown to Randy Moss, Wes Welker and Kevin Faulk, set an all-time NFL record.

Capping off the week was the NFL trade deadline. This year the trade deadline was the same as always — almost as overhyped and unentertaining as another Tyler Perry movie or television show. That's right, the NFL trade deadline should hold the title "Tyler Perry's House of Trades."

The biggest developing news story of this year's deadline was Joey Galloway being released from the New England Patriots. Because no players were traded, no bye weeks have changed. Also, I doubt Galloway will contribute to a team any time soon based on his inability to produce in New England, making him as irrelevant to fantasy football as Joey Lawrence. Woah!

Here are some guys that I think will step up this week, and guys that should take a seat:

### - Quarterbacks

**Start:**  
Peyton/Eli Manning, Colts/Giants — This week the Manning brothers have awesome match-ups. Peyton faces the No. 28 ranked passing defense in St. Louis and younger brother Eli faces No. 22 ranked Arizona. Both quarterbacks have talented receivers and running backs to balance the offense. You can't go wrong with a Manning this week.

**Bench:**

Carson Palmer, Bengals — Palmer has been mediocre so far this year and has yet to post a 300-yard game. He has managed to find the end zone eight times, but has also thrown seven interceptions. His week seven opponent, Chicago, ranks No. 10 against the pass and only allowed Matt Ryan 185 yards, two touchdowns and forced him into two interceptions. Palmer might be better off on your bench this week if you have a backup with a more favorable matchup.

### - Running backs

**Start:**  
LaDainian Tomlinson, Chargers — LDT hasn't produced much this year. He's been hurt most of it. If he hasn't been hurt, he's been replaced on goal-line carries by Darren Sproles. I look for that to end this week against the Chiefs. Last week against the Broncos, LDT carried the ball 18 times for 70 yards and caught three passes for 30 yards. Unless he sustains another injury, look for the Chargers to commit more to LDT this week and for the rest of the season.

**Bench:**

Matt Forte, Bears — Last week against the Falcons, Forte ran the ball 15 times for 23 yards. That's 1.5 yards a carry. This week Forte faces a Bengals defense that is nearly identical to Atlanta's in terms of rushing defense. He's only ran for over 100 yards once this year (against the Lions) and his next highest total is 66. I know it's hard to set a running back that you likely took as a first round pick, but I won't feel comfortable starting him until he improves.

### - Wide receivers

**Start:**  
Wes Welker, Patriots — With the resurgence of Tom Brady comes the resurgence of Welker. Last week in the 59-0 blowout against the Titans, Welker caught 10 passes for 150 yards and two touchdowns. He fits perfectly into the Patriots offensive strategy when it's clicking and performs like none other from the slot position. Randy Moss' deep threat ability keeps defenders on their toes, opening the middle for Welker to his thing. Use this momentum wave to your advantage as the Patriots face the Buccaneers this week in London.

SEE FANTASY | PAGE 5

## Despite setbacks, Haymon soars on

BY BREANNA JONES  
THE PARTHENON

Student-athletes have enough obstacles to deal with, but with constant moving and the loss of both parents, Antonio Haymon is trying to turn his obstacles into

a drive toward success.

"There's no waiting around for me," said Haymon, junior college transfer basketball player from Chicago. "From my first game to my last game I'm going to go hard until I can't go any harder. I only have two years to do my

thing and that's what I plan on doing."

Born Jan. 20, 1988 in Chicago, Haymon has seen his share of struggle and tragedy.

At an early age Haymon moved from place to place in the Windy City.



Haymon defies gravity for a dunk and two points while playing at Cecil College in Maryland.

PHOTO COURTESY OF ANTONIO HAYMON

Then he completed three years of high school in Virginia, did two years at National Christian Academy in Maryland and another two years at Cecil College in North East, Md.

"Growing up, we were always moving," Haymon said. "I went to maybe 12 different elementary schools, but I like seeing different things, meeting new people and experiencing new things. I like moving; I like being in new places."

In 2000, just weeks before he and his brother were to move into their father's house, his father suddenly died from a fatal heart attack.

"I stopped talking for a while, but I just threw myself into the game," Haymon said. "After that you couldn't find me without a basketball."

Shortly after his dad's death, Haymon moved in with his aunt in Virginia, while his mother remained in Chicago with his brother.

"Transitioning is easy for me because I like new places, but I was really just focused on basketball," Haymon said. "That was my best friend at that time."

"Still is."

In 2008, the summer before he was to start at Marshall University, Haymon lost his mother to unknown complications.

"When my dad died I made up my mind that I was going to make it. But when my mom died, I knew it was a necessity," Haymon said.

Haymon is excited for the upcoming season and said he has high hopes that his trials and tribulations will turn into his success. Haymon said he strives to give 100 percent every chance he can.

"I'm always in the gym," Haymon said. "Growing up, I didn't have anything really and after my parents died, I knew I had to grind it out."

"The summer before I decided to come to Marshall, I think I visited every campus imaginable."

**"When my dad died, I made up my mind that I was going to make it. But when my mom died, I knew it was a necessity."**

**Antonio Haymon**  
Marshall Basketball Player

When he visited Marshall, he instantly knew it was the school for him. Marshall reminded him of his previous schools that were relatively small, but still growing.

"I knew it was the place for me because of the atmosphere," Haymon said. "It's a lot like Cecil, where I can have a lot of fun and still stay focused on school. The people here and coaches make it a great experience."

One of the people Haymon instantly bonded with was teammate Tyler Wilkerson.

"He was my host on my visit," Haymon said. "He's kind of showing me around and looking out for me."

Wilkerson is a senior forward and was co-captain of the team last year.

"I can appreciate a hard worker," Wilkerson said. "I'm just trying to help his transition as much as I can."

Marshall head basketball coach Donnie Jones is excited about the upcoming season and what Haymon has to offer as a player.

"We had a need for him immediately," Jones said. "He's a great kid, he works hard and has a good attitude. We can expect him to help us out a lot this year."

The Herd officially began practice last Friday.

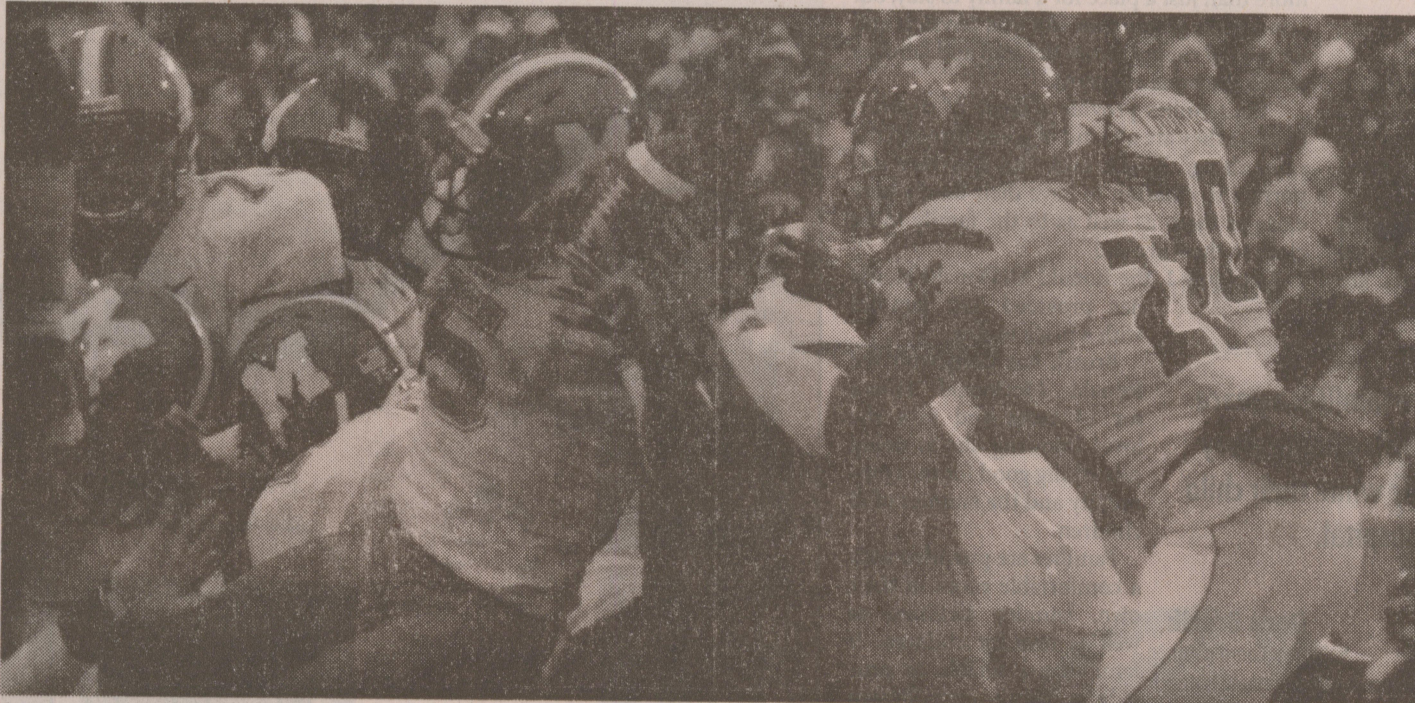
"I'm so tired I can't even focus, but it's worth it and I'm excited for the season to get started," Haymon said.

Thundering Herd Madness is set for Thursday at the Cam Henderson Center, where basketball fans will get to see Haymon and the rest of the team in action.

"I'm really excited," Haymon said. "I've come a long way and I plan on making it further. It's a must for me. I have to want it more than the next guy."

Breanna Jones can be contacted at jones435@marshall.edu.

## Coal Bowl's mixed results push Herd forward



SHOLTEN SINGER | THE PARTHENON

Herd junior tailback Darius Marshall has the ball knocked out by WVU's Brandon Hogan in the second quarter of MU's 24-7 loss to the Mountaineers last Saturday.

BY ANDREW RAMSPACHER  
THE PARTHENON

If negativity and pessimism was what you were looking for Saturday following Marshall's 24-7 loss at West Virginia, then Thundering Herd head coach Mark Snyder had no deal for you.

"This is the most focused, positive, feeling-good-about themselves-group since I've been here," Snyder said. "We have confidence. And I just told the team, we have to be able to bottle that up and take it back to Huntington with us and we're going to be fine this year."

"Because that was a very confident group going against a very good football team today and I haven't sensed that since I've been here."

Snyder's been at the helm at Marshall for five years and this Saturday will be the first time he enters week eight of the season 4-3.

The Herd will kick-off with UAB (2-4, 2-1 Conference USA)

at noon from Joan C. Edwards Stadium.

The Blazers are in a similar position to Marshall. They're coming off a disappointing loss on the road to a BCS opponent — a 48-13 loss at Ole Miss. But contrary to Marshall's result, they never had much of a chance in their upset bid.

UAB trailed 27-0 at halftime on its way to a 35-point setback.

"The first 20 snaps of the game were good from a defensive standpoint, but we came unraveled a little bit before halftime," Blazer head coach Neil Callaway said. "We gave up a couple quick scores, which I think did us in."

Snyder couldn't say the same Tuesday at his weekly news conference. Marshall's defense rarely looked disheveled at WVU, limiting a highly potent Mountaineer offense to just 313 total yards and stopping star running back Noel Devine to a season-low 103 yards.

And the Herd's offense played well enough to give Marshall a

7-3 lead heading into halftime.

"There is no such thing as a moral victory," Snyder said. "We still got the L, period. But we felt like we were very competitive, and the margin of talent between the two teams has shrunk."

"I think WVU is a very good team and Coach (Bill) Stewart is going to have a good season up there. There was a lot of positives you could take from that football game."

But a lot of negatives too.

"The Herd entered WVU's red zone three times and came away with only seven points."

"Marshall was just 4 of 15 on third downs."

Only four of quarterback Brian Anderson's 17 completions went to Herd receivers. The rest went to tight end Cody Slate and running back Darius Marshall.

Center Chad Schofield had three shotgun snaps go awry, resulting in the loss of chunks of yards at a time and essentially killing essential drives.

The Herd offense generated

all of 68 second half yards.

But what happened in Motown has stayed in Motown, Snyder said.

"(The Marshall players) have put the last game in the drawer," he said. "I said a long time ago, 'If you start addressing these things right now, you are too late.'"

But a couple of those things he had to address.

After a 21-17 loss to East Carolina on Oct. 3, the Marshall passing game went under scrutiny for a lack of balance.

SEE HERD | PAGE 5

**MARSHALL  
PARTHENON.  
COM**

**Special Costumes  
Just For You,  
MY PRETTY ...**

We make it easy to find the perfect disguise with hundreds of ideas for adults and kids, from this year's latest trends to classic costume choices.

**MAGIC MAKERS**  
National Costume Supply House  
545 4th Ave., Huntington  
Charleston Town Center  
Ashland Town Center  
www.magicmakers.com

**HAPPY HALLOWEEN**

**SunTime TANNING**  
HAIR & NAILS

115 6th Ave., Suite C Huntington  
304-522-6484

**We Make MU Look Marvelous**

**Wear your costume in on October 31st & get 50% off your favorite bottle of lotion**



# Residents learn about Career Services

BY MARIA ROMANO  
THE PARTHENON

Residents of Holderby Hall learned how to use Career Services Monday evening.

Glen Midkiff, a Marshall alumnus and public relations coordinator for Career Services, spoke about the importance of deciding which major and minor fit a student best and how to prepare for life after graduation.

"I didn't know what I wanted to do when I was in college, so it feels good to be back helping students with the same thing," Midkiff said.

He showed the students how to use Sigi3, an online tool available on the Career Services Web site, which provides information about majors and minors as well as job descriptions.

Midkiff advised students to be realistic about their expectations after graduation.

"Don't expect the top salary after you graduate," Midkiff said. "Develop your responsibility and leadership so you can grow in your occupation."

He offered advice to students about what they can do while in college to prepare themselves for

the future.

He said getting involved with a student organization relevant to a student's major or talking to professors experienced in a particular field are ways to prepare.

"Definitely job shadowing or internships will get you that experience employers look for," Midkiff said.

He said having a minor can also make a student more marketable. When choosing a major based on a preferred occupation, Midkiff said it is important to consider the income the student would like to make in addition to the student's values and talents.

Leeanne McLaughlin, junior public relations major, works at Career Services a few days a week as part of a work study.

"This is something every student should be involved in," McLaughlin said.

Her advice to students who are

unsure about their major is to make an appointment with Career Services or to spend time researching the career options online.

Career Services is open from 8 a.m. to 5 p.m. Monday through Friday.

Resume help and printing services are available Thursdays at 3:30 p.m., according to the Career Services Web site.

Services is co-sponsoring an etiquette dinner and fashion show at 6:30 p.m. Oct. 28 in the Memorial Student Center. Midkiff said the fashion show will feature clothes suitable for job interviews and everyday work attire. The clothing will be provided by Kohl's.

Students may contact Career Services at 304-696-2370 or [career-services@marshall.edu](mailto:career-services@marshall.edu) for more information.

Maria Romano can be contacted at [romano5@marshall.edu](mailto:romano5@marshall.edu).

Don't expect the top salary after you graduate. Develop your responsibility and leadership so you can grow in your occupation.

Glen Midkiff  
Career Services Marshall Alumnus  
and Public Relations Coordinator

# Marshall to host Power Shift '09 Exchange of ideas, local green issues to be raised

BY ELIZABETH ADAMS  
THE PARTHENON

A weekend of environmental awareness and concern for local green issues will take place on Marshall University's campus Oct. 23 - Oct. 25. Students from West Virginia and Kentucky will look for answers to tough local questions on sustainability.

"Students are hosting the event to unite with peers, exchange ideas and share information," said Lalena Price, Marshall's communications coordinator. "I think that will happen based on their agenda, the speakers and their idea to talk and share different viewpoints on campus."

"Clean energy jobs, environmental justice and ending mountaintop removal are the focuses of the conference," said Danny Chiotos, youth organizer for the West Virginia Student Environmental Coalition and co-coordinator of the event.

"The conference will focus on local issues with a strong backing to the national climate legislation

that transitions into clean energy and economy," Chiotos said.

"We'd like to see a shift to the most responsible forms of energy. We want to transition the state and its workers to clean energy use and sustainability."

"We want green job creation in the communities instead of relying heavily on the coal industry," Chiotos said.

Chiotos cited examples of West Virginia efforts to transition jobs from the coal industry to clean energy jobs, including The Coal River Project in Raleigh County, W.Va. and The Just and Open Businesses that are Sustainable, or JOBS, Project in Mingo County, W.Va.

Chiotos points out that the initiatives of the conference are in line with Federal Government initiatives.

"The Legislature wants cuts in carbon emissions of 20 percent by (the year) 2020 and 80 percent by 2050," Chiotos said. "The House bill is frustrating because big coal negotiated it down to relative ineffectiveness. I have high hopes

for the Senate."

"I think students can learn a lot at a conference like this about sustainability and the environment," Price said. "People have different ways of doing that, whether it be to talk about recycling or stopping mountaintop removal."

The conference is an entirely student funded and run project of the Energy Action Coalition in conjunction with the Student Environmental Action Council, the West Virginia Youth Action League, and the Kentucky Student Environmental Coalition.

"We hope there is a great exchange of ideas and that the students learn from the experience," Price said. "If you can't exchange ideas that are unpopular or difficult to grasp on a college campus, then where can you do it?"

"Marshall is already passionate about the environment. Just over a year ago, the Greening Marshall Committee was formed," Price said.

Elizabeth Adams can be contacted at [mccoma36@marshall.edu](mailto:mccoma36@marshall.edu)

## FANTASY

Bench:

Santana Moss, Redskins — Washington has taken the play-book out of the hands of head coach Jim Zorn and placed it in the hands of Sherman Lewis, a former NFL assistant, who has been retired from the NFL since 2004. Two weeks ago, Lewis was

calling bingo at a senior center and will now be calling plays in the NFL. Maybe I'm wrong, but I would wait a few weeks to see how this switch affects his production, which has been minimal already, before starting Moss again.

Jonas Swecker can be contacted at [swecker@marshall.edu](mailto:swecker@marshall.edu).

## SUDOKU

Difficulty: 3 (of 5)

9					4			
	6		4	2			5	8
		3	6					
8					5		9	7
			7					
	2	4			1	3	8	
	7	1			9		6	
6		5		1				
3			2					9

10-20-09

(c) JFS/KF -- Dist. by UFS, Inc./NEA

## PREVIOUS SOLUTION

1	4	9	6	2	3	5	7	8
6	7	2	1	8	5	4	3	9
8	3	5	7	4	9	6	1	2
5	2	1	9	6	4	7	8	3
3	8	4	2	1	7	9	6	5
7	9	6	5	3	8	1	2	4
9	1	7	8	5	2	3	4	6
2	6	3	4	9	1	8	5	7
4	5	8	3	7	6	2	9	1

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

## DEBATE

The Thundering Word members have shown they have what it takes to compete successfully.

"This year, we've only gone to two tournaments and everyone on our team has already qualified to go to nationals," Craiger said. "We got second place at the last tournament out of 14 schools."

"Our team members are experienced. They're new," Craiger said. "Only the captain, Zack (Frame), has competed previously."

Ray said the team defeated two of the top five teams in the nation in debate.

The team has had trouble getting funds in the past, but Ray said that situation has improved for them.

He said the team has gotten support from both the College of Liberal Arts and President Kopp.

Craiger said the Student Government Association has also given money to the team.

"It's important to understand that what we have accomplished is great compared to the amount of money we actually have," Ray said. "We're limited in what we're able to expose ourselves to."

Kristen Barry can be contacted at [ryder8@marshall.edu](mailto:ryder8@marshall.edu).

## YEAGER

nation because tourists can get up close to polar bears and see a clear site of the aurora borealis.

Evans said there are many advantages to ecotourism as well as disadvantages.

One advantage is economic development on national and community levels. However, a possible downside to this can be expansion of infrastructure.

Evans said one major criticism of ecotourism is that it "ignores the way you get there, and the flight time outweighs by a factor of 100 any benefits."

Evans said there are three main components of ecotourism: conservation, profits and locals.

Evans said tourism itself is the No.

## GHOSTS

FROM PAGE 1

Conn hosted the fourth walk Monday, which lasted for an hour and a half. Participants met at 7 p.m. in front of Marshall's parking garage on Third Avenue. Though Conn did not take participants inside the buildings, he discussed the history of each one and the paranormal activity that has been reported in them.

Sam Diamond, 21, from Ashland, Ky., said he heard about the group from Conn and this was his second ghost walk through campus.

"I've always been interested in paranormal activity and I like the history behind it," Diamond said.

The first stop was Gullickson Hall. Conn said he has received reports about paranormal activities in the women's locker room. He said one report he received was about a girl who had her hair pulled when no one was around her. He said some reports are about girls in the locker room feeling a presence of someone watching them.

The next stop was Harris Hall and Laidley Hall. Conn said he has received reports for Harris Hall where professors and students have heard children talking and walking through the building. In Laidley Hall, he said reports have been made of people walking and loud banging around 4 a.m. every few days.

Conn then moved on to discuss Morrow Library. He said it was built between 1872-1873

and it is the second most haunted place on campus. He said he has received reports from people felt a presence. Conn also said people have seen white orbs when take pictures around the buildings. These orbs, he explained, represent the presence of paranormal activity.

Old Main was the next building discussed on the walk. Conn said he has received reports of a man walking in and out of the women's bathroom in the basement of the building. He also said he had a first-hand encounter with a ghost in the basement during the spring 2009 semester.

"I was looking for the soda machine in the basement and saw a man wearing overalls," Conn said. "When I asked him where the machine was he pointed me to the direction of it and after I walked two feet I turned to look at him and he was gone."

He said he then asked two financial aid officers about the man and they told him he had passed away a long time ago.

The Memorial Student Center and Smith Hall were also covered during the walk. Conn said he received a report of a ghost who walks down the stairs and goes out through the double doors of the front entrance in the student center. In Smith Hall, Conn has received reports of screaming and glass shattering every night around

9 p.m.

The One Room Schoolhouse and Jenkins Hall were the next buildings on the walk. Conn said during the 1937 Flood some children were killed and he has received reports of children singing and laughing inside the schoolhouse. He said in Jenkins Hall, reports were made of children laughing and he caught a picture a few months ago of two young kids who were staring and laughing looking out one of the windows in Jenkins.

Diamond said he has not seen any actual ghosts lately but has seen white orbs in many pictures.

"I haven't seen any pictures recently, but when I was a child I have seen a few weird odd spirits," Diamond said.

The ghost walks through campus are hosted daily, except for Wednesdays, and they are open to anyone who is interested. Conn said he will be investigating the auditorium in City Hall at 12 p.m. Friday. Saturday, he will conduct an investigation of a 120 year-old house in Huntington at 10 p.m. The equipment he will use includes a digital camera, a digital voice recorder, a camcorder, a flashlight, a laser, motion detectors and an electro-magnetic field reader.

Diana Calle can be contacted at [calle@marshall.edu](mailto:calle@marshall.edu).

## HEALTH CARE

FROM PAGE 1

His three big points on health care included more stability and security for health insurance, more affordable choices for the uninsured and reducing health care costs for all Americans.

His proposed solutions included creating more choice in the insurance market for those who cannot afford current rates. He will do this by creating a public insurance option that will ultimately drive insurance market competition up and prices down.

This will prohibit insurance companies from denying coverage based on pre-existing conditions, protect Medicare and seniors, encourage preventative care and allow people to keep

health insurance they are already happy with.

"There are five communities in Congress with jurisdiction over health care and all five of them have passed their versions of the bill," Gardner said. "The bills are now being discussed in committees, so volunteers all over the country are asking people to commit to calling their member of Congress."

Marshall's Young Democrats are very much in support of passing a health care bill, but we want the bill that is best for covering the most people, driving costs down and increasing quality," Sowards said.

The national goal of obtaining 100,000 pledges to call senators and congressmen

and women was surpassed around 3 p.m. The goal was increased to 150,000, which was surpassed and increased again in hopes of achieving 200,000 pledges by the end of the day.

"The response has been overwhelming," Gardner said. "Most people understand how important these reforms are and have their own health care issues."

As of 7:30 p.m. Tuesday, the pledge-count was 200,485.

For more information or to pledge to contact your local senators and congressmen and women, go to [www.mybarackobama.com/timetodeliver](http://www.mybarackobama.com/timetodeliver).

To work or volunteer for OFA, contact [ofawestvirginia@dnc.org](mailto:ofawestvirginia@dnc.org).

Elizabeth Adams can be contacted at [mccoma36@marshall.edu](mailto:mccoma36@marshall.edu).

## HERD

FROM PAGE 4

Slate and Marshall grabbed 11 of Anderson's 16 completions.

A week later at Tulane, the roles reversed. This time it was the receivers — Antavious Wilson, Wayne Bonner, Jamal Wilson, Chuck Walker — who accounted for 15 catches.

But then came last Saturday.

"When you are playing a good defense, you are going to throw to your go-guy, like Cody Slate," Snyder said. "It was like the East Carolina game. Coach (Skip) Holtz knew it, his staff knew it — so did the

team — that the ball was going to Cody. But they have to stop it. He is one of our better players.

"But absolutely, we have to get the wide receivers more involved. It comes down to what defense you are playing and what they allow you to do. We look forward to this week and getting them back involved."

And as for the snapping troubles?

"I asked Chad at the game and he really didn't have an answer for me," Snyder said. "Not all of them were high. A couple of them were hot and the ball was damp because Brian was taking a long time, bleeding down the clock to get us in the right play."

Andrew Ramsbacher can be contacted at [ramspacher@marshall.edu](mailto:ramspacher@marshall.edu).

## AWARENESS

FROM PAGE 3

awareness for breast cancer in the community and raise money for patients in need of financial assistance.

"We sell t-shirts to raise money," Gerlach said. "We set up booths at festivals and give out information to women about breast cancer. Many of the women also have their own ministries."

The group was started five years ago when the Edwards Comprehensive Cancer Center opened to provide more services to patients, Gerlach said.

"One and eight women suffer from breast cancer in their lifetime," Gerlach said. It is good to have a group like this for them."

She said it is important for women to be aware of their bodies even in their twenties.

"Once a woman is 40 years old, she should begin receiving annual breast exams," Gerlach said.

Katie Fowler can be contacted at [fowler61@marshall.edu](mailto:fowler61@marshall.edu).

## PARTHENON CLASSIFIEDS

Call 526-4002 to place your ad

Shop Smart SHOP THE CLASSIFIEDS!

The Herald-Dispatch [www.herald-dispatch.com](http://www.herald-dispatch.com)

4040 General/Miscellaneous

Soloist and "keyboardist" needed. Sunday Service 11:00 AM Good Salary 304-522-2784

LET THE Herald-Dispatch CLASSIFIEDS WORK FOR YOU!

Call Today! 304-526-2837

THE PARTHENON

Reach more than 19,000 Marshall Students, Faculty and Staff!

Call 526-4002 to advertise



## Veggie delight

## Recipe spotlight

### Vegetarian lasagna

#### Ingredients

- 1 (28 ounce) jar spaghetti sauce
- 8 uncooked whole wheat lasagna noodles
- 1 (15 ounce) container low-fat ricotta cheese
- 1 (8 ounce) package low-fat mozzarella
- 2 cups chopped raw vegetables (squash, onion, carrot, cauliflower, spinach, etc.)

#### Directions

1. Preheat oven to 375 degrees and prepare 9X9 baking dish
2. Pour 1/3 jar of sauce into bottom of pan
3. Lay four lasagna noodles on top of sauce
4. Pour 1/3 sauce on top of noodles
5. Cover noodles with the ricotta cheese, vegetables, and 1/2 the mozzarella
6. Lay 4 remaining noodles on top
7. Pour on final 1/3 sauce
8. Cover with aluminum foil and bake for 1 hour
9. Uncover and sprinkle with remaining mozzarella cheese
10. Put back in oven uncovered and bake until cheese is melted and browning



PHOTO ILLUSTRATION BY WHITNEY HUNTER

Vegetarian options are popping up in chain restaurants and in campus cafeterias to accommodate the nearly 6 million young American vegetarians.

### Popularity of vegetarian diet rises with college crowd

BY WHITNEY HUNTER  
THE PARTHENON

College students are choosing to live a vegetarian lifestyle as more options become available to them.

Once considered an unconventional lifestyle, vegetarian diets have gone mainstream. Peg Andrews, communications director for the West Virginia Dietetic Association, said the vegetarian diet has attracted an increasing number of fans over the past few years.

"The growing popularity of vegetarian diets is good news since it makes non-meat alternatives more available," Andrews said.

Chain restaurants such as Subway, T.G.I. Friday's and Ruby Tuesday are onto the trend and include vegetarian meals on their menus.

Kenneth Lowe, manager of T.G.I. Friday's in Cross Lanes, said they get many customers who ask for healthier options.

"We sell a lot of our turkey burgers and green bean appetizers," he said. "The crowd is looking to eat healthier these days."

Mallory Jensen, freshman sports management and marketing major from Bluefield, W.Va. commented on the vegetarian selection at Marshall.

"I am a strict vegetarian and was surprised to find all the vegetarian food at Marshall,"

Jensen said. "They always have fresh fruits and vegetables, soups, and even hummus in the student center. The cafeterias have vegan selections too, which makes it so much easier to plan a meal."

Even though so many options are available to those who eat vegetarian, nutritionists say the lifestyle makes it hard to maintain a balanced diet. To understand the diet itself, the distinction must be made between different types of vegetarians.

Susan Poindexter, personal nutrition consultant in Charleston, W.Va. said lacto-vegetarians exclude meat, poultry and fish but include dairy products. Strict vegetarians exclude all animal products including meat, poultry, fish, eggs and dairy products.

"Nearly 6 million young Americans claim to be vegetarians and each person has his or her own idea of what a vegetarian lifestyle includes," Poindexter said.

Proteins, vitamins, minerals and fats can be missing from a normal vegetarian diet, but they can be supplemented with other fruits and vegetables, she said. Like all diets, food options and how much is consumed are important to a balanced diet.

"Eating a vegetarian diet can be a healthy move but, it doesn't guarantee that your diet

will be a good one," Poindexter said. "Unless properly planned, the diet may be unbalanced and lacking in certain key nutrients."

She said a lot of vegetarians rely on high-fat cheese, high-fat soy products, nuts and seeds to make up for all the nutrients they miss.

"This is where it gets tricky and students who are already conscious of weight gain should be careful," Poindexter said.

"Certainly a vegetarian diet can be healthy even though certain nutrients are hard to obtain; however, with careful preparation a healthy lifestyle can be maintained," said Kelli Williams, associate professor of dietetics.

Stephanie Bellamy, senior economics major from Dublin, Ohio, said she chooses to be a vegetarian because it is better for the environment.

"I know it's not always the healthiest choice, but there is no slaughtering animals and no chemicals are used," Bellamy said. "Everything comes straight from the ground."

Andrews said becoming a vegetarian is a personal choice and everyone has different reasons for it, but she said students should speak to a doctor for diet counseling before making it a permanent decision.

Whitney Hunter can be contacted at howell38@marshall.edu.

Always Local...  
The Herald-Dispatch  
& www.herald-dispatch.com

Score a

# TOUCHDOWN

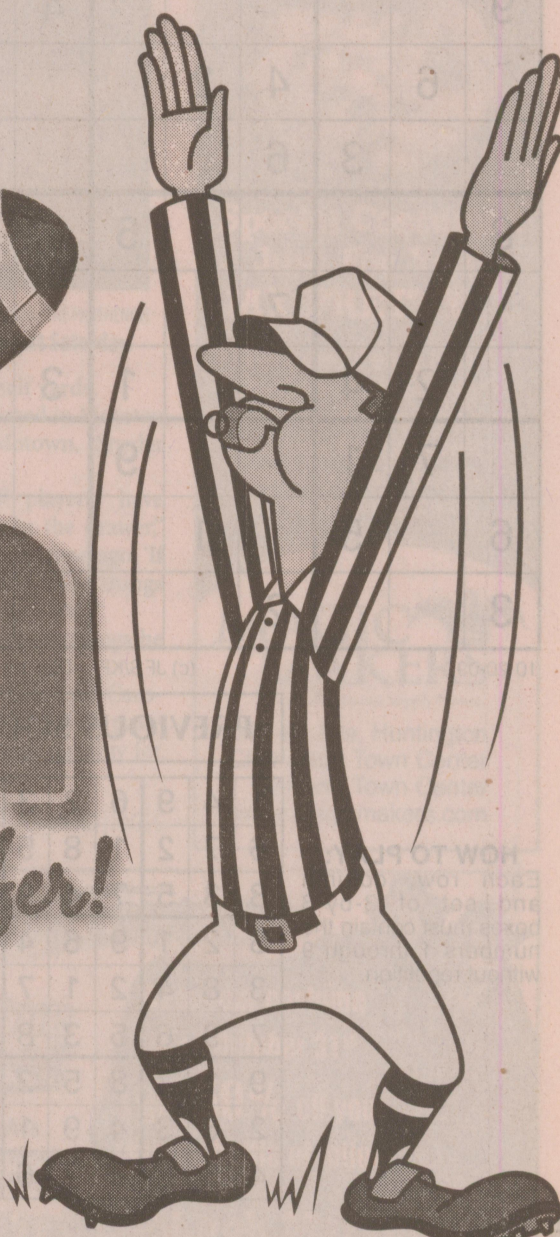
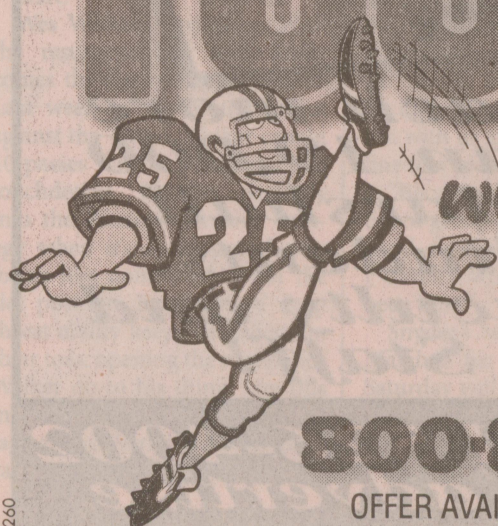
with the HD's Special 9 month offer!

**\$5.99 a month**

Call 526-4005 or

**800-888-2834 for more details!**

OFFER AVAILABLE ONLY TO THOSE WHO HAVE NOT SUBSCRIBED WITHIN THE LAST 60 DAYS.  
FIRST 3 MONTHS OF PAYMENT REQUIRED.







Recycle your Denim into  
insulation to help rebuild  
communities in need!

Change the World One Pair of Jeans at a Time.™

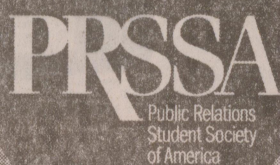
# Donate Denim Now!

Recycle your Denim and receive **25% off** at *Vanity*  
a new pair of jeans eVanity.com

Beginning Oct 1 through Nov 2,  
text **MARSHALL** to **44144** or go to  
**CottonFromBlueToGreen.org** to enter  
for a chance to win one of ten (10)  
**\$250 American Express gift cards.**  
Standard Messaging and Data Rates  
Apply. Limit one entry per day  
per valid phone number.

For complete rules and regulations visit CottonFromBlueToGreen.org or the  
COTTON FROM BLUE TO GREEN.® vehicle on your campus on October 6.

Sponsored by



For more information  
please contact  
muprssa@gmail.com

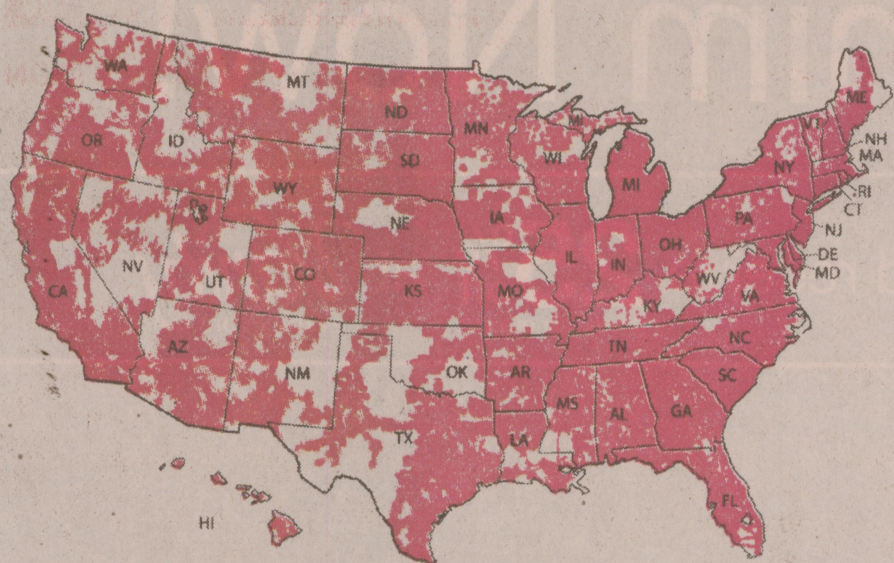
**CottonFromBlueToGreen.org**

Name of Sweepstakes: Denim Drive 2009 Sweepstakes. No purchase necessary to enter or win. Void in Puerto Rico, Rhode Island, and where prohibited. To enter, (1) Go to [www.CottonFromBlueToGreen.org](http://www.CottonFromBlueToGreen.org) or (2) text "MARSHALL" to "44144". Standard messaging and data charges apply. Sweepstakes begins at 12:00:00 p.m. EST on October 1, 2009 and ends at 11:59:59 a.m. EST on November 2, 2009. In order to be eligible, entries must be submitted no later than 11:59:59 a.m. EST on November 2, 2009. Entry open to U.S. residents, 18 years of age or older, who are residents of the District of Columbia and the fifty U.S. states, excluding Rhode Island. Prizes are ten (10) two hundred and fifty dollar (\$250) American Express Gift Cards. (Total Retail Value: \$2,500) Odds of winning depend on number of eligible entries received. Sponsor and Operator: Cotton Incorporated, 6399 Weston Parkway, Cary, NC 27513. Visit [www.CottonFromBlueToGreen.org](http://www.CottonFromBlueToGreen.org) for Official Rules including additional details of entries, prize, and other restrictions.

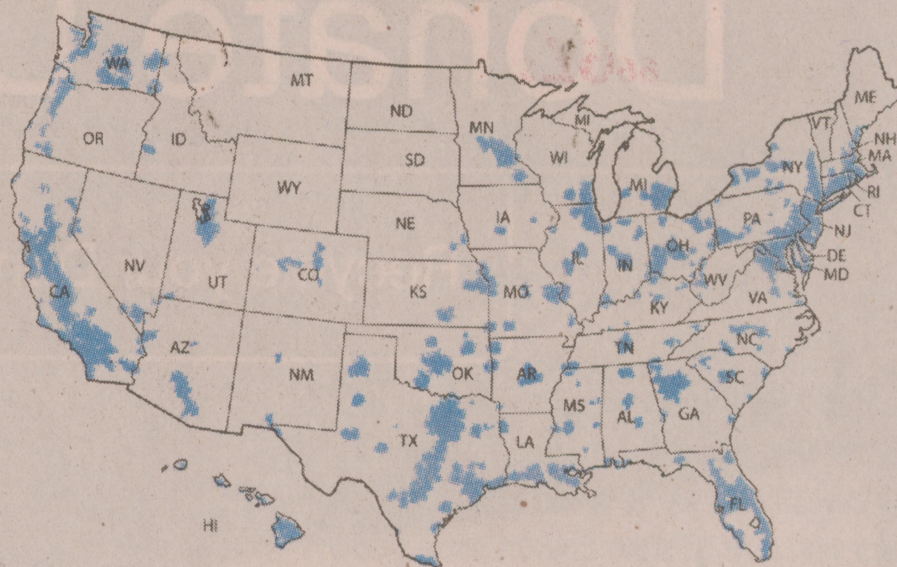


verizonwireless

# WANT 5 TIMES MORE 3G COVERAGE THAN AT&T? THERE'S A MAP FOR THAT.



Verizon Wireless 3G Coverage



AT&T 3G Coverage

Browse the Web and download music and apps, at 3G speed, in five times more places than AT&T. Before you pick a phone, pick a network.

## GREAT DEALS ON ADVANCED 3G PHONES

### BlackBerry® Storm™

Our lowest price ever

**NOW \$49.99** \$149.99 2-yr. price - \$100 mail-in rebate debit card.

**BUY ANY BLACKBERRY, GET ONE FREE**

Free phone must be of equal or lesser value. All smartphones require a voice plan with email feature, or email plan.

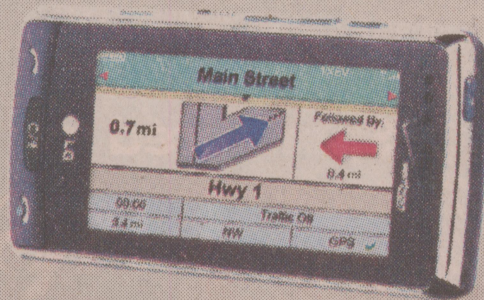


### LG Versa™

Large 3" touch screen

**\$49.99** \$149.99 2-yr. price - \$100 mail-in rebate debit card.

Requires a Nationwide Calling Plan.



### Samsung Rogue™

Fully equipped 3G slider

**\$79.99** \$179.99 2-yr. price - \$100 mail-in rebate debit card.

Data package of \$9.99 or higher, or Nationwide Premium or Connect Plan required.



All phones require new 2-yr. activation. While supplies last.

**SWITCH TO AMERICA'S LARGEST AND MOST RELIABLE WIRELESS NETWORK.**

Call 1.877.2BUY.VZW

Click [verizonwireless.com](http://verizonwireless.com)

Visit any Communications Store

#### VERIZON WIRELESS COMMUNICATIONS STORE

##### ASHLAND

NEW! 925 Winchester Ave. 606-324-1887

Ashland Town Ctr. 606-329-1022

BARBOURSVILLE Huntington Mall 304-733-1784

CHARLESTON Charleston Town Ctr. 304-344-0198

##### HUNTINGTON

NEW! 3 Bonnie Blvd. 304-736-5900

Pullman Square 304-523-3011

##### SOUTH CHARLESTON

NEW! 40 RHL Blvd. 304-744-3906

TEAYS VALLEY State Route 34 304-757-4533

WHEELING 500 Cabela Dr. 304-547-0833

#### AUTHORIZED RETAILERS

Equipment prices, models and return policy vary by location. Authorized Retailers may impose additional equipment-related charges, including cancellation fees.

##### ASHLAND

Cell Phones

Ashland Town Center Mall 606-326-0949

Winchester Ave. 606-325-0774

BARBOURSVILLE Cell Phones 304-733-4597

##### BECKLEY

RT Wireless

304-250-3396

Crossroads Mall 304-250-3173

BLUEFIELD RT Wireless 304-716-0055

CHARLESTON Cell Phones 304-344-2425

Wireless 304-925-4002

##### CLARKSBURG

The Phone Store

132 Thompson Ave. 304-848-5025

The Phone Store 304-848-6350

GALLIPOLIS Wireless 740-201-6234

LEWISBURG RT Wireless 304-520-0096

NEW MARTINSVILLE Eagle Electronics

304-455-5700

PORTSMOUTH Authorized Cellular

740-354-8822

PRINCETON RT Wireless 304-716-0046

WEIRTON Cellular Connection 304-740-5030

WHEELING Wireless 304-242-1444

WHEELERSBURG Authorized Cellular

740-574-4081

WHITE SULPHUR SPRINGS RT Wireless

304-520-0098

In Collaboration with

Alcatel-Lucent

**BUSINESS CUSTOMERS**  
1-800-899-4249

Activation fee/line: \$35 (\$25 for secondary Family SharePlan® lines w/ 2-yr. Agmts).

**IMPORTANT CONSUMER INFORMATION:** Subject to Customer Agmt, Calling Plan, rebate form & credit approval. Up to \$175 early termination fee & other charges. Device capabilities: Add'l charges & conditions apply. Offers & coverage, varying by service, not available everywhere. While supplies last. Shipping charges may apply. Rebate debit card takes up to 6 weeks & expires in 12 months. Map does not guarantee coverage, contains areas with no service, and generally predicts where rates & outdoor coverage apply. Equipment, topography and environment affect service. Coverage comparison based on square miles covered. All company names, trademarks, logos and copyrights not the property of Verizon Wireless are the property of their respective owners. Rhapsody® and the Rhapsody logo are registered trademarks of RealNetworks, Inc. © 2009 Verizon Wireless.

**BEST BUY**