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Herd prepares for tournament

Marshall to take on Western Carolina in CIT Sports, Page 3



THE PARTHENON

Marshall University's Student Newspaper

marshallparthenon.com

Tuesday, March 16, 2010

Advanced technology at MCTC creates 3-D models

BY ELIZABETH ADAMS
THE PARTHENON

MCTC's manufacturing engineering department is using advanced technology to make prototypes for manufacturing.

The printer accepts 3-D computer files and prints the 3-D objects using hard plastic.

"This is the future of manufacturing," said Theodore Triplett, head of the department. "Once people realized they could use this technology to print prototypes, they realized they could also use it to create the stuff they actually want."

Because these machines accept 3-D files, MRI's for a hip replacement may be sent to a similar printer and the part can be printed in titanium, allowing for a perfect match and easier recovery, said instructor Tony Pelino.

Cell printing is where a person's cells may be inserted into a printer and printed in a specific way.

Though they have not printed a functioning organ yet, they have printed live tissue for recovery needs, and soon an MRI of a person's kidney could be sent to a computer, edited for correct function and reproduced using their viable cells with this printer technology, Pelino said.

Plastic, metals, ceramics and food are already being printed into desired shapes, Pelino said. If there is a material out there they are working on a way to print it.

"Your imagination is the only limit," said Christian Carlsson, a student in the program from Frederick, Md.

The technology was developed by researchers at MIT about eight years ago, but the real advances have been happening in the last couple of years, Pelino said.

The printer first puts down a hard animal fat base as a platform on which to print the object, Pelino said. It uses the same substance as filler to separate moveable parts so that they may remain free after printing.

Printing layer-by-layer in horizontal cross sections of one-thousandth of an inch, the new printers put down the material exactly where it goes, so it is an additive process that creates the desired objects, instead of the subtractive process used in traditional manufacturing, Pelino said. There is no waste or scrap, because things are not being cut out from larger pieces of material.

The printed objects are placed in a bath of detergent to wash away the mold.

The manufacturing engineering program also has a business component to help students use and market the skills they are learning at MCTC.

Triplett visited small businesses in the area asking what MCTC could do to help them to continue employing West Virginians and this is what we came up with, said Carol Perry, dean of MCTC liberal arts.

"Right now one of the major employers in West Virginia is small businesses and this will help provide the skills to help them stay in business," Perry said. "We're also incorporating into the program an entrepreneurship course that will help them where a lot of small businesses fail."

"There are so many uses and you don't have the silos of industry that you're used to."

This means low overhead for businesses, as designers can work from home communicating electronically on an order-by-order basis to customize products to the customers' desires through computer-aided design.

"One day, people will shop and pay online then print out what they bought at home," said John Bowles, a student in the program.

The skills learned in the program not only help students to use the new printer technology but also help them to perfect designs using computer technology for traditional manufacturing currently being used in the area, allowing for fewer mistakes and less waste through trial and error.

Elizabeth Adams can be contacted at mc-coma36@marshall.edu.



Tony Pelino, MCTC technician, holds a model house made with the help of the school's new prototype manufacturing printer. The model took 36 hours to make. The 3-D technology was developed by students at MIT eight years ago, but has advanced over the last couple of years.

SHOLTEN SINGER | THE PARTHENON

Student Government candidates debate before elections

BY ALYSSA SALYERS
THE PARTHENON

The candidates for student body president and vice president went head to head in the final debate of the Student Government Association elections in the Memorial Student Center on Monday.

The teams answered questions posed by Sean Hornbuckle, student body president, Lashawna Sampson, student body vice president and Jonathan Murray, SGA election commissioner. Each candidate was given two minutes to respond to each question with the opportunity for a one-minute rebuttal for opposing viewpoints.

The candidates introduced themselves before

addressing Hornbuckle's questions about the general concerns of the student body, their individual campaign platforms and Senate Bill 480. Hornbuckle's question as to how they would address possible campus-wide budget cuts elicited different responses from each team.

The team of Randy Tomblin and Josh Sime favored belt-tightening by the SGA.

"First of all, we need to look at unnecessary expenditures by the SGA," Tomblin said. "We need to make sure we are not just handing out money hand-over-fist. We also need to make sure that we pass bills that further student improvement and student involvement."

Joe Stefanov and Raymond Cousins took the

approach of trying to find alternative funding.

"I would work to get more donations by reaching out to the community," Stefanov said. "I would hope to work together with different organizations in an attempt to maximize what we can get done. The SGA is not the only organization to feel the crunch. We need to work together to get more out of our dollars."

Patrick Murphy and Samantha Turley wanted to find places to cut the budget that would not affect student organizations. Murphy said the SGA budget was vital to their ability to help student groups.

"I think the money that is delegated to the Senate is very important to the student body and student organizations," Murphy said. "I think we could

reduce the salaries of the executive board. I believe the pay is way too high and we need to decrease it."

Murphy said cohesion with the Student Activities Programming Board would be another key factor in making the SGA budget stretch.

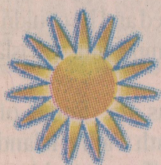
Candidates also answered questions about veterans, getting commuter students and freshmen involved on campus and their first priority if elected.

Some students in the student center came specifically to hear the debates.

"I think it's very important for students to vote," said DeBecco Lynch, senior psychology major. "I was pretty sure who I was going to vote for, but this

See DEBATE 15

SUNNY



55°
41°

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TODAY
ON TV



The Biggest
Loser
8 p.m.
NBC



American
Idol
8 p.m.
Fox



NCIS
8 p.m.
9 p.m.
CBS



Lost
9 p.m.
ABC



Melrose
Place
9 p.m.
CW

CALENDAR

SGA elections begin today

Sports

Men's Baseball
3 p.m. Friday | vs. LeMoyne | Kennedy Center

Women's Tennis
Saturday-Monday vs. William and Mary and Auburn | Huntington Tennis Club

Entertainment

Russian Rhapsody
8 p.m. Saturday | Keith-Albee Performing Arts Center

Community

Lost Kingdom's of the Nile
Lecture Series
6 p.m. | The Clay Center

Demolition Derby
Saturday | Big Sandy Superstore Arena

On campus

SGA Elections
Today and Wednesday | Memorial Student Center and Marshall Recreation Center

WVFREE discussion
7 p.m. Thursday |

Memorial Student Center

New movies

Friday
The Bounty Hunter
Diary of a Wimpy Kid
Repo Men



Monday - Wet T-Shirt Night
Thursday - Amateur Night

\$200 Weekly Winner
\$500 Weekly Winner

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Marshall students use spring break to build homes for families

BY KIMBERLY BRADLEY
THE PARTHENON

Seven students from Marshall University are traveling to Franklin, W.Va., during spring break to participate in the 2010 Collegiate Challenge Program with Almost Heaven Habitat for Humanity.

"We will be building apartment buildings or single family homes," said Cyndy Hardwick, coordinator of the group and minister of missions and ministries at the Fifth Avenue Baptist Church.

The buildings are a development of southern style homes in the Franklin district that provide individual family units, said Karen Laird, full-time volunteer center host of the Almost Heaven

Habitat for Humanity.

"We are currently working on a special project, the River Bend Gardens, a development that will give 15 families homes," Laird said. "We started the project last fall and have the two buildings up with the roofs on."

The funding for the infrastructure for this development was made by a partnership with the West Virginia Housing Development Fund and the Housing and Urban Development's Self-Help Housing Opportunity Program, according to the Almost Heaven Habitat

"We are currently working on a special project, the River Bend Gardens, a development that will give 15 families homes."

Karen Laird, full-time volunteer center host of Almost Heaven Habitat for Humanity

for Humanity Web site.

Collegiate Challenge is a year-round alternative break program that offers groups of five or more students the opportunity to visit one of the 250 host affiliates throughout the U.S. Students spend one week working with the local affiliate, the local community and families to help eliminate poverty housing in the area, according to the Habitat for Humanity Web site.

"I actually have participated at the collegiate challenge for several years and thought I should get Marshall students to participate," Hardwick said.

The Fifth Avenue Baptist Church provided the \$150 per person donation for the group of ten, Hardwick said. The church is also providing \$600-700 in food for the week.

"The \$150 donation they give goes toward building supplies for the Habitat house," Laird said. "We don't charge them for staying here at the volunteer center."

Two other universities will help with the build. Forty high school students from Country Day School in Bryn Mawr, Penn. and Syracuse University's Habitat for Humanity Club.

"I like the age group of young adults and I look forward to it," Hardwick said.

Kimberly Bradley can be contacted at bradley82@marshall.edu.



Suzy
SexTalk

Spring Break: dos and don'ts

It's that time of year again: Spring Break. Time to sleep in, forget about class and — for some of us — take a vacation. However, safety never takes a break. When planning your

Spring Break vacation, take into consideration

enough pills to last your entire trip. Third, pick hotels and travel spots that are in well-lit areas and have a good reputation (any chain hotels or hotels that are in the downtown area). Find activities in town that you can do without drinking alcohol; a great Spring Break is one you can remember afterwards. If you do decide to go to bars or clubs, make sure you keep an eye on your drink at all times to prevent people slipping date rape drugs into it. Also, always refill your own drinks and never let someone get them for you, unless it's someone you trust in your group of traveling buddies. Do not go home with people you meet. A safe rule to have is to always go home with the same people you left home with.

Sexual assault is a serious issue, especially if you are traveling. Alcohol and drug use can hinder your ability to control your surroundings and can inhibit your judgment. If anything does happen while you are traveling, call the area police immediately and report any attacks or assaults. Please be safe this Spring Break and use your better judgment! If you have any comments, questions, or concerns, e-mail me at suzysextalk@gmail.com.

Spring Break vacation, take into consideration safety measures and how to prevent yourself from getting into a dangerous situation in a place far from home.

First and foremost, if you are traveling, you should go with at least one person you are familiar with. Traveling in groups helps you and your friends keep track of one another's locations and prevents people from getting lost or attacked. Second, pack condoms, dental dams or any other contraceptives you may use. If you are on birth control pills, make sure you bring

Residence Services creates new opportunities for Marshall students to preserve environment

BY TESS MOORE
THE PARTHENON

Marshall University Residence Services added a green house living-learning community to raise awareness of sustainability in the residence halls and on campus for fall 2010.

"What were finding is a lot of our students have an interest in green issues and sustainability," said Stephanie Hurley, residence life specialist.

Two floors, one male and one female, with 18 rooms in Twin Towers West will be dedicated to students who have interest in green living and raising awareness on campus, Hurley said.

"It's a cool opportunity for people who aren't sure how they feel about it," Hurley said.

Anyone who is interested in green living but not sure they can fully commit can have the opportunity to get their feet wet and see if it is something they can do, she said.

"We will work with the sustainability office on campus-wide initiatives they want to do, but specifically work to spread the news of green living within the residence halls," Hurley said.

"I think the university has made an obvious effort in going green," said Sarah Morrison, sophomore English major from Cross Lanes, W.Va.

Morrison said she lives off campus but plans to move into the residence halls this summer. She said she is interested in living on the green house community floor.

"It would be better for the Earth, and I would learn more about ways to do things right,"

Morrison said.

Residence Services is hoping people will do things like be more conservative with water and electric, and there will be a general expectation of that as well, Hurley said.

"Silly things that don't seem like a big deal can make a big impact, such as turning off the water when you put soap in your hair, and there will be a greater initiative for recycling," Hurley said.

Recycling bins will be placed on the floors, making it more available for the residents and to motivate them to recycle, she said.

"We are still in the beginning planning stages, but we are trying to plan field trips where the green house community can go and see the benefits they are doing in action," Hurley said.

For example, they would go to a recycling plant to see what is happening or go to a landfill to see where the trash goes when it is not recycled, she said.

"I think it helps the impact to physically see the difference," Hurley said.

One project residence services is working on with the sustainability office is having an earth hour next spring and encourage students to turn off their appliances and lights in their room for one hour, she said.

"We will invite everyone to do it, not just the greenhouse community floors," Hurley said. "By turning off a lot of the electricity, we hope to heighten the awareness on how much unnecessary energy we consume."

Tess Moore can be contacted at moore231@marshall.edu.

Words for Women



SHOLTEN SINGER | THE PARTHENON
Kat Williams, director of Marshall University's Women's Studies Program, speaks about sport identity at Body Shots IV: Possession, an annual event that incorporates multimedia into discussing women's issues.

Mexico violence factors in spring break plans

BY CHRISTOPHER SHERMAN
ASSOCIATED PRESS WRITER

SOUTH PADRE ISLAND, Texas (AP) —Marquette University senior Kelly Magennis wasn't even up prepping for the start of the biggest spring break week on Texas' South Padre Island when the first text message arrived from her mom forbidding her from crossing into Mexico.

"I said, 'don't worry, I didn't even bring my passport,'" Magennis said, surrounded by several thousand like-minded spring breakers on the beach Monday.

Whether it was grisly murders of three people with ties to the U.S. consulate in Ciudad Juarez, Mexico, over the weekend or months of reports about the bloody drug war south of the border, students at the popular spot just off the southern tip of Texas said they were avoiding the short drive to Mexico. For many, parents' admonitions short circuited spring break plans before they began.

"Parents should not allow their children to visit these Mexican (border) cities because their safety cannot be guaranteed," Texas Department of Public Safety Director Steve McCraw said in a warning issued March 4.

The alert applied specifically to border towns and did not include other popular Mexican destinations such as Cancun and Puerto Vallarta, but University of North Texas student Katie-Ross Ward said the strong warning closed the deal for her parents.

"My parents wouldn't let me go (to Mexico) because I have blonde hair and blue eyes," said Ward, 18. "They said I'd get kidnapped."

The U.S. State Department issued its own warning Sunday, a day after an American consulate employee, her husband and the husband of a Mexican employee were gunned down in separate incidents in Juarez. Suspected drug gangsters

chased down and opened fire on two SUVs carrying the families from a children's party, killing the adults and injuring two children.

"Drug cartels and associated criminal elements have retaliated violently against individuals who speak out against them or whom they otherwise view as a threat to their organizations," the government warning said. Families of U.S. government employees in several northern Mexico cities were authorized to leave the country until April 12.

Dan Quandt, executive director of the South Padre Island Convention and Visitors Bureau, said Texas week — the biggest week of the collegiate vacation season on the island — was packed and he couldn't tell if the violence in Mexico was impacting the island's business one way or another.

Once advertised heavily as the home of the "Two Nation Vacation," South Padre Island has worked in recent years to offer everything students want on the island so they don't feel the need to head to Mexico.

Still, Quandt said it's sad that students now are less likely to get even that brief taste of another culture. While some were just seeking a lower drinking age, some from other parts of the country sought out a new experience. "A lot of it is just to say you did it (went to Mexico)," he said.

But this year, students appear to have received the message about the risks of cross-border travel, Quandt said. "It's just not happening."

W.Va. unemployment rate tops 11 percent in February

CHARLESTON, W.Va. (AP) — West Virginia's unemployment rate topped 11 percent in February as the number of jobless residents increased by 5,000.

Workforce West Virginia said Monday that February's 11 percent rate was nearly six-tenths of a percentage point higher than January's rate.

The number of unemployed state residents rose to 86,400 last month. Total unemployment was up 25,400 over last year.

The state's seasonally adjusted unemployment rate increased by three-tenths of a percentage point to 9.5 percent. The national rate remained at 9.7 percent.

Plane hits, kills man along South Carolina beach

HILTON HEAD, S.C. (AP) —An official said a plane making an emergency landing struck and killed a man who was walking or jogging along a Hilton Head, S.C., beach.

A Hilton Head Island fire and rescue spokeswoman said the single-engine plane started leaking oil at about 13,000 feet and was trying to land at the local airport. Joheida (Joh-HI-da) Fister said the oil blocked the pilot's vision and he tried to

land on the beach at Palmetto Dunes late Monday afternoon.

She said the pilot reported that the propeller came off the plane. She said the plane hit the man and came to rest a little farther down the beach.

The names of the man killed, pilot and passenger were not released. The plane was an Experimental Lancair IV-P.

Fister said federal transportation officials are investigating.

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"I was speechless when coach Jones

got a hold of me. I'm excited to get to lace em up again, put on my white jersey which, is my favorite, and get to continue playing for the Herd."

Darryl Merthie, senior point guard on playing in the CIT Tournament.

Assessing the 'CIT'uation Herd prepares for first postseason action in 22 years

KYLE HOBSTETTER | THE PARTHENON
Marshall forward Antonio Haymon goes up for shot against Tulsa in the Herd's 80-64 loss in last week's Conference USA Tournament. The Herd will host Western Carolina as the No. 1 seed in the College Insiders Tournament tonight.



BY KYLE HOBSTETTER
THE PARTHENON

After Marshall men's basketball's heart-breaking loss to Tulsa in the Conference USA Tournament quarterfinals, postseason hopes seemed far away.

But with the College Insiders Tournament, the Herd have a postseason bid for the first time in 22 years.

The Herd will host Western Carolina in the first round of the CIT at 7 p.m. tonight at the Cam Henderson Center. Head coach Donnie Jones said it's a great feeling that his team is still playing while others are sitting at home.

"We're excited to be in postseason play, it has been 22 years since we've been," Jones said. "There are a lot of teams who would like to be playing right now. There are 200 some teams not playing right now."

The Herd earned the No. 1 seed in the tournament's second year. That means if the Herd can win its next three games, it will host the championship game.

Having the ability to play for the postseason at home gives the Herd optimism to take home the CIT championship.

"I think it's big for us, being at home everyone plays good," said sophomore forward Cam Miller. "We come out more intense and hyped with the crowd behind us. It's just a big advantage for us, and we're going to try and win it out."

But to win out the Herd has to first get past the Catamounts of the Southern Conference.

Two things stood out after the Herd watched video of Western Carolina.

"Shooting, everyone can shoot," said Miller, a former Catamount. "And a lot of people have been playing there for a



Western Carolina at Marshall

7 p.m. Tonight

Cam Henderson Center

Radio: 88.1 WMUL

Web: FoxCollegeSports.com.

while. Since I've played there, and there are six or seven guys who have been playing there together for awhile, so chemistry wise they are good. They got two or three years under them."

The main three guys who average double figures are all in their third and fourth years with Western Carolina. Senior Brandon Giles, an All-Southern Conference player, leads the Catamounts in scoring, with 11.8 points per game.

Along with Giles, senior Jake Robinson averages 11.4 points per game and junior Mike Williams contributes 10 points per game. Those three help the Catamounts average 73.3 points per game as a team, a number very close to the Herd's total of 79.9 per game.

Jones said that with the Catamounts, it won't be just about playing a good team. It's also about dealing with the tournament atmosphere.

"They are well coached and are feisty and can all shoot," Jones said. "That will be similar to what we're used to playing against, but you only got one day to prepare. It's got to be more about you than it is about them because there is only so much prep."

But with only one day to prep, the Herd

See CIT 15

CIT Favorites

Here is a look at some of the top teams that could give the Herd trouble in the College Insiders Tournament.



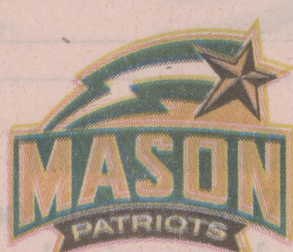
Creighton Bluejays

Record : 16-15

From the Missouri Valley Conference, Creighton used to be a regular name in the NCAA Tournament. Led by former Marshall head coach Dana Altman, the Bluejays can prove to be a difficult matchup for any team. This is the first time in 12 seasons the Bluejays were not in the NCAA or NIT Tournament.

Led by junior center Kenny Lawson Jr., Creighton has had to adjust to being an inside team instead of the usual 3-point shooting team.

Creighton pulls the first round draw of South Dakota, but will host as the Bluejays will return to the Omaha Civic Auditorium for the first time since leaving there after 2003 when they left to play in Omaha's Qwest Center.



George Mason Patriots

Record : 17-14

Most remember George Mason from its incredible run to the Final Four in 2006, but the Patriots from the Colonial Athletic Association will now try its hand at winning the CIT.

Head coach Jim Larranaga always has his teams ready to play no matter what tournament or situation he finds his team in and is using the CIT to get his team some extra games and practice for next season.

Led by guard Cam Long and his 12.1 points per game, the Patriots are a team that likes to use defense and patience instead of a high scoring offense like the one the Herd uses. George Mason averages 66 points per game, but hold teams to also 66 points per game as well. The Patriots host Fairfield tonight.



North Colorado Bears

Record : 24-7

What could probably be the sleeper team of the tournament, the Bears from the Big Sky Conference are looking to make school history by achieving the most wins in school with 25.

Head coach Tad Boyle has led his team to an incredible season. Winners of just four games in 2006-07, the Bears are one of the nation's top success stories. It's been a season-long tale, too. Northern Colorado started the campaign 8-0, a streak that included victories over in-state rivals Air Force and Colorado State.

Northern Colorado looks to continue the season as the team hosts Portland on Wednesday.

Nation ready to prepare brackets at tournament begins

BY EDDIE PELLIS
AP NATIONAL WRITER

The selection committee made its choices. Now, it's America's turn.

The country's biggest office pool, otherwise known as March Madness, serves up the usual smorgasbord of choices, starting with Kansas, the overall top seed in the 65-team NCAA tournament bracket released Sunday.

"It's a blessing, it's a burden," Kansas coach Bill Self said of being No. 1.

The Jayhawks are the early 2-1 betting favorite to make the Final Four and win their second national title in three years on April 5 in Indianapolis, but there are plenty of candidates to knock them off.

The list starts with the three

other top seeds: Kentucky in the East, Duke in the South and Syracuse, which will have to travel about 2,000 miles for the West regional in Salt Lake City. The Orange are trying to make the Final Four for the first time since Carmelo Anthony led them to the title in 2003.

The Orange dropped below Duke in the rankings due to an early loss in the Big East tournament in which center Arinze Onuaku injured his right quadriceps.

Onuaku, who averages 10 points, five rebounds and 1.1 blocks a game, isn't expected to play Friday when Syracuse opens against Vermont.

"We're proud to be a No. 1 seed," Syracuse coach Jim Boheim said. "This team has worked extremely hard, been consistent all year. Obviously,

the tournament is always going to be challenging. It'll be challenging right off the bat."

The tournament officially begins today with an opening-round game between Arkansas-Pine Bluff and Winthrop. It reaches full swing Thursday with 16 games, including Kansas' opener against No. 16 Lehigh in the Midwest - a region that includes No. 2 Ohio State, No. 3 Georgetown, defending runner-up Michigan State and is largely considered the toughest of the four.

"After you look at the bracket, you say, 'Well, I don't think we had a lot of favors done for us,'" Self said.

Kansas was one of seven teams from the Big 12 to make it - one fewer than the Big East, which sent eight for the third time.

Senior Night Movie

THE MARSHALL EXPERIENCE 2010



Pick up your **FREE** ticket at Countdown to Commencement or email samples@marshall.edu
(Ticket good for ONE free showing and includes popcorn, drinks & candy)

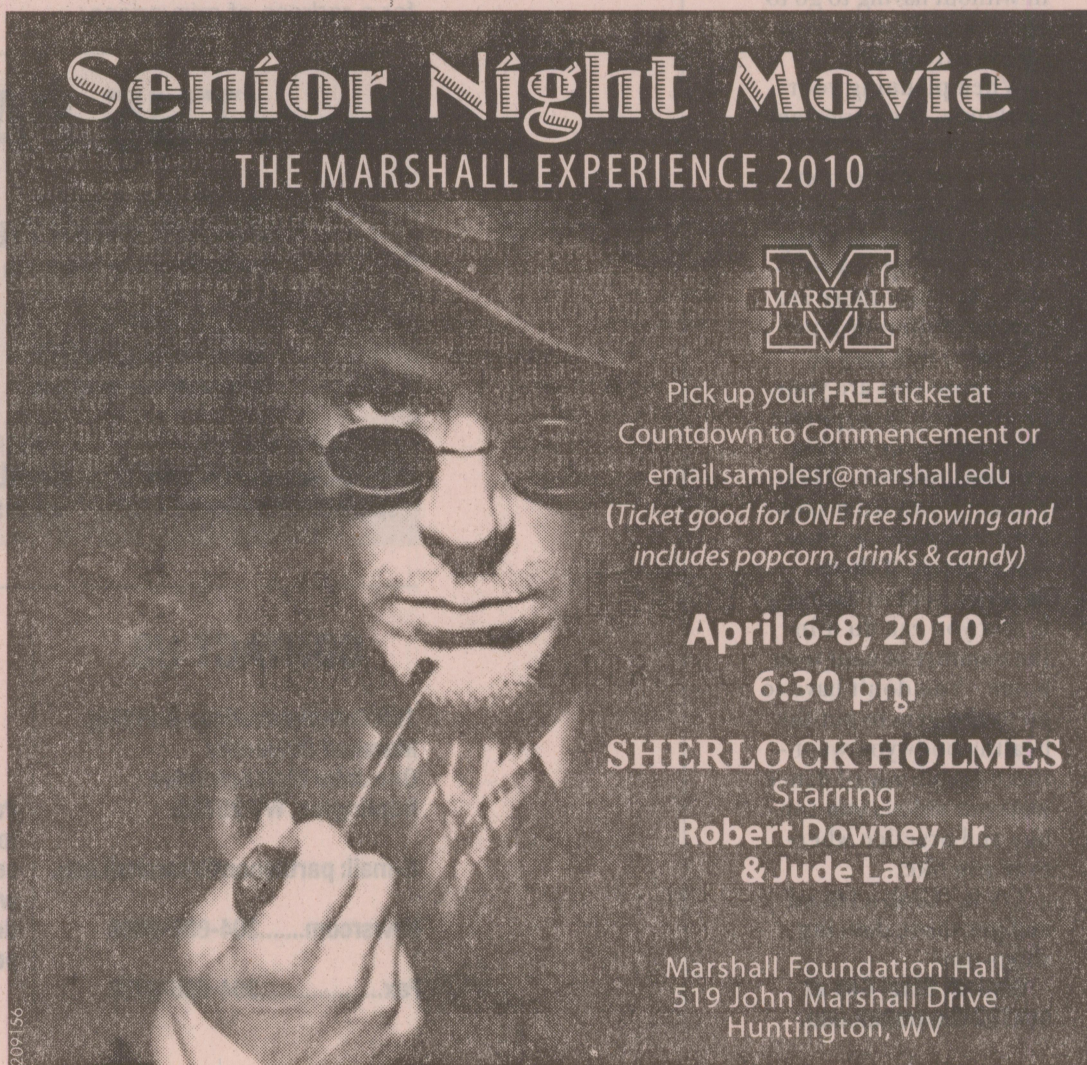
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OPINION

THE PARTHENON  marshallparthenon.com | Tuesday, March 16, 2010



"David is a great professional

and has worked very hard to be ready for the World Cup, so missing it will be a big blow."

Fabio Capello, England national team boss, on the total rupture of David Beckham's Achilles's tendon

4

THE PARTHENON EDITORIAL

Go get some reliable help on those research papers

Drinko Library and the Writing Center assist students in workshops today through Thursday.

By the time we get to college, we've learned all we can about the basics of writing, science, history and math. Then we are taught a little more in our freshman and sophomore years until we actually get into the specifics in our last two years of undergrad.

No matter how much we have been bombarded by the common rules of the four main subjects, it

slips out of our minds as soon as we start moving on to newer things. It's just like studying for a test and knowing all that information, and then the next week, if you took the same test, you wouldn't get half those answers right again.

It seems our brains can only hold so much. That is why the Drinko Library and the Writing Center are working together to bring writing

workshops to help students with research papers. Sometimes, in all the assignments and plans we have during the semester, basic rules about papers can fly out the window.

Or, especially when students aren't in a major where writing is emphasized, it can be extra hard to remember how to write well.

In these workshops, writing center tutors and librarians will be of assistance. These people aren't just amateurs. They know their stuff, and even if you don't need help with the writing exactly, they can probably

point you in the right direction for the resources you need.

Who would pass up the extra help? This is probably one of the worst times of the semester, where professors seem to work together to make everything due at the same time before Spring Break. Plus, our thoughts are probably already on Spring Break so that makes it even harder for us to concentrate. Add the warm weather that has been occurring lately, and it's all we can do to just sit down in front of a computer screen and start typing.

We live in a world where we're used to being able to get resources and the help and information we need from all kinds of different places. The library and the Writing Center are often forgotten, but they offer reliable and personal help for our needs. As students we automatically pay for these services with our tuition every semester so why not use what you're already paying for?

The workshops will be from 11 a.m. to 3 p.m. today and Thursday and from 1 p.m. to 4 p.m. Wednesday.

STACI COX
HEALTH AND HAPPINESS

Try dance for a change

I love to dance. Everyone loves to dance, whether they are good at it or not. Dancing allows us to



Staci Cox

COLUMNIST

let loose, free our minds and have fun. Whether it's structured dancing such as ballet and jazz

or just casual dancing with your friends, dancing is fun for everyone.

Not only is dancing fun, but it can also be a good workout. Dancing is a great cardiovascular workout, and a workout that tones your muscles. It gets your heart pumping and gets you sweating, which means you are strengthening your heart and burning calories.

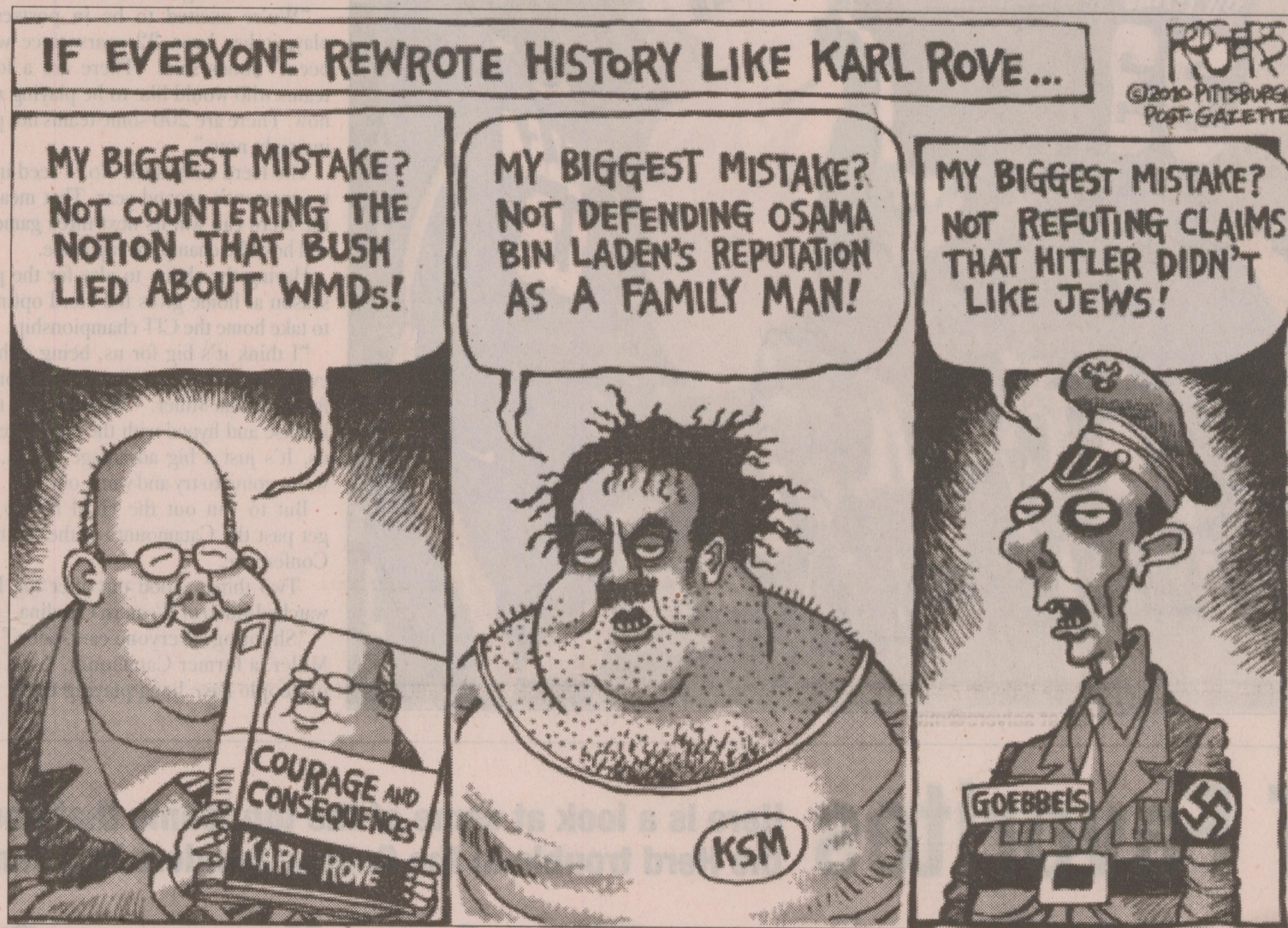
There are many types of dance workouts you can do. Try belly dancing, contemporary or jazz for a good core and leg workout. Ballet, though it isn't as strenuous for a cardio workout, will sculpt every muscle. Zumba, which is an aerobic-type workout that uses different types of dance, is one of the most popular workout programs today. Many women are interested in Zumba because it gets you fit without having to go to the gym to lift weights or run on a treadmill.

When planning your workouts, it's important to mix them up. Often we get bored of our everyday workout, and our bodies crave something new. Dancing is a solution. Because there are so many different types of dance, it is easy to pick those that are your favorite and incorporate them into your weekly workout routine. This will keep you from skipping workouts because you're tired of them. Another perk of dancing is that you can do it in the comfort of your own home. You don't have to go to the gym to get the healthy body you want — there are plenty of dance workout videos you can buy and practice wherever you like.

Try it. Grab a friend and get those dancing shoes out!

Contact Staci Cox at cox152@marshall.edu.

EDITORIAL CARTOON | ROB ROGERS | PITTSBURGH POST-GAZETTE



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.

Online poll

What are you looking forward to most about spring break?

- Home-cooked food
- Relaxation
- Travel

RESULTS

What is your favorite spring sport?

- Baseball/Softball.....52%
- Tennis.....24%
- Golf.....24%

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Letters can be e-mailed to The Parthenon with word length of 350 to 450 words. Writers must give contact information and editors will contact them to verify information and identify before anything is published.

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Dance benefit kicks off a series of events to raise funds for Darfur: Breaking the Silence

BY ERIN SHAVER
THE PARTHENON

Darfur: Breaking the Silence started their series of events promoting awareness about the situation in Darfur with a dance party. The organization raised more than \$150 through the donations of 25 students who attended the party in the basement of the Memorial Student Center, said Kati Bailey, president of Darfur: Breaking the Silence. The dance party was organized as a fun way to increase awareness among students before other larger events take place later in the semester, Bailey said. War in Darfur throughout the past seven years has affected approximately 3 million people, Bailey said.

"It is estimated that between 300,000 to 400,000 have been murdered, and there are up to 2.5 million refugees," Bailey said. The large numbers of murder and displacement in Darfur is not widely known, said Kelly Armstrong, who is in charge of public relations for Darfur: Breaking the Silence. "Many people at Marshall don't really know what is going on in Darfur and the extent of the violence," Armstrong said. "If everyone was given that awareness, I believe we could do some great things." Bailey said the lack of awareness about what is happening in Darfur was the reason for the organization's name. "No one is talking about it, and it deserves to be discussed," Bailey said. "This is an issue, an issue of genocide, that is being pushed under the rug, so we would like to bring it to light, make some noise and break the silence starting here on campus."

Armstrong said once people do know what is happening in Darfur, they should consider helping however they can. "If we were the ones being forced out of our villages and being raped and abused, we would want help," Armstrong said. "If we have the resources to help, why shouldn't we?" Bailey said the millions of refugees live in Internally Displaced People camps and face the possibilities of illness and hunger. "Malaria, cholera and other diseases outbreak periodically," Bailey said. "Food and water is scarce, and these people are probably emotionally exhausted." The money raised at the dance party will go to World Vision International and will be used, specifically, for rice and water for the refugees in Sudan, Bailey said. Erin Shaver can be contacted at shaver29@marshall.edu.

Student organization assists in cleanup

BY HALEY THAXTON
THE PARTHENON

The Parks and Recreation Organization for Students hosted a community service cleanup day at Beech Fork State Park on Saturday. The Parks and Recreation Organization for Students, or PROS, took 35 volunteers to Beech Fork to collect debris and recyclables. Rick Abel, assistant professor for recreation and park resources, is in charge of the organization and projects like the cleanup. "We had 10 students from PROS and 25 from the Wayne High School ROTC," Abel said. Abel was pleased with the turnout from both groups that participated. "To come out on a rainy day is a big deal," Abel said. "But in our field, we work when other people play, and we work so that other people can play." Abel said parks and recreation majors have community service requirements, and this event was one option of the semester for the students to volunteer. Abel said the group collected about 4,800 pounds of debris during its three-hour stay in the park. Some of the debris collected by the group was recyclable, while the rest went to the trash. "We brought back all metal to be recycled," Abel said. "Over 300 pounds of steel and at least 25 pounds of pop cans.

"All the money generated from the recycling goes into the organization's budget to do more activities like this," Abel said the group found many interesting items in the cleanup. "There was a crazy amount of beer bottles, tires, basketballs, engines and exhaust pipes," Abel said. Kim Beach-Shaffer, parks and recreation major from Milton, W.Va., said the Beech Fork cleanup was like a treasure hunt. "We found what we think was an old house site," she said. "There were old shoes and parts of engines." Beach-Shaffer and Abel said an event like this is important to bring students together. "Doing something for the community like this builds camaraderie and friendship," Beach-Shaffer said. "The students work together during these things are not always friends," Abel said. "But spending three hours together on a muddy and rainy day brings them together by the end of it." Abel said the Wayne High School group was especially enthusiastic at Beech Fork. "The high school kids are neat to watch," he said. "Their energy level is about five clicks up from the college kids." He said while they were disciplined, they still had a lot of energy. "It is uplifting to see that many young people wanting to do something meaningful for the community," Abel said. Haley Thaxton can be contacted at thaxton21@marshall.edu.



KIM BEACH-SHAFFER | THE PARTHENON
Lenza Paul, junior parks and recreation major from Barboursville, W.Va., assists with the PROS cleanup at Beech Fork State Park.

DEBATE

Continued from Page 1

debate was an eye-opener when it came to what the other candidates stood for and how they plan to accomplish their goals." Hornbuckle said he expected the debate to be more competitive than it was, but he was impressed with the quality of the candidates. Students can vote from 8 a.m. to 8 p.m. on March 16 and 17. Polling stations are located in the Memorial Student Center and the Marshall Recreation Center. Alyssa Salyers can be contacted at salyers@marshall.edu.

CIT

Continued from Page 3

wouldn't have it any other way. For every college basketball team it's about making it to the postseason. Senior Darryl Merthie wasn't expecting it, but after five years of being done, he will welcome the chance to play deep into March. "I was speechless when coach Jones got a hold of me," Merthie said. "I'm excited to get to lace them up again, put on my white jersey which is my favorite and continue playing for the Herd." But for Merthie it's also a chance to get the taste out his mouth from the Tulsa game. In the last ten minutes of the game, Marshall only scored six points and was sent home packing earlier. Merthie said this tournament is a chance to keep his season going and also get his redemption. "That was the worst ever playing basketball and I thought my career was over with," Merthie said. "We're playing in front of our home crowd, and we don't lose here, so it's going to be hard for someone to come in too. Even though it's the CIT we're happy to play and so are people on campus." With the CIT tournament, the Herd could have a chance to build for next season. Last year's CIT Champion was Old Dominion, who are now in the NCAA tournament. Jones knows that his team can gain experience for the NCAA run next season. "Hopefully we can keep building off this" Jones said. "This is a step for us to get a taste of the postseason and next year make it to the NCAA's." If the Herd wins, it will play again March 22 at the Cam Henderson Center against an undetermined opponent. Kyle Hobstetter can be contacted at hobstetter@marshall.edu.

Cook-off contest winners announced

THE PARTHENON

Students competed in the National Collegiate Ramen Noodle Cook-Off on Saturday. Beta Alpha Psi and the International Students' Organization sponsored the cook-off. All of the proceeds from the event went to the Palms for Life Fund, a nonprofit organization that establishes alliances with organizations that work directly with poor communities

in Africa, Asia and Latin America to achieve social, economic and environmentally sustainable development, according to the Palms for Life Web site. The winners of the ramen noodle cook-off are James Kuhn and Sydney Nicholas from Delta Sigma Pi, said Tyler Rowland, president of Beta Alpha Psi. The event raised \$1000 for the relief effort in Haiti.

Check out the Web site:
www.marshallparthenon.com

SUDOKU

Difficulty: 4 (of 5)

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

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PREVIOUS SOLUTION

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

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

Residence halls extend break-housing applications

THE PARTHENON

Marshall University Residence Services will close several residence halls over spring break but are accepting break-housing applications until 4 p.m. Wednesday for students who plan to stay. First Year Residence Halls will remain open, but all upperclassmen halls besides Twin Towers East and West will be closed, said Le'Kesha Glover, assistant director of Residence Services. "Students who want to stay must fill out a break-housing application which is located at the front desk of all the residence halls," said Tracey Eggleston, residence life specialist. Usually there are about 100 students who live on campus over spring break, Glover said. "We will staff Towers East and West like it is a regular day," Glover said. "There is front desk staff 24 hours a day and students will still have to show their keys like they do normally." There will be resident advisers and directors on duty and professional staff in the Residence Services offices as well over the break, she said. If a student currently lives in Towers East or West they can request to stay in their own room, Eggleston said. Those who do not live in the Towers will be assigned a room or can get permission to stay in a friend's room. "We close the buildings because there are only 100 students or less that stay over the break, and that is just fiscally irresponsible," Glover said.

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9. Buffalo Wild Wings Grill
10. China Cafe

Next Stop

MOREHEAD,

camping

shopping

fishing

golfing

boating

BY KELLY N. CROUCH
THE PARTHENON

The Daniel Boone National Forest and Cave Run Lake surround Morehead, Ky and the areas around it, have attracted many sportsman and outdoor enthusiasts.

Cave Run Lake is located south of Morehead, along Interstate 64 west of Huntington. It is an 8,270-acre manmade reservoir that was completed in 1973 in the northern-most part of the Daniel Boone National Forest. The lake was constructed as flood protection for the Licking River valley and has become a prime muskie-fishing and recreation spot.

"Fishing, boating, skiing and swimming at Cave Run Lake becomes more and more popular each year," said Thomas McCluskey, Morehead Visitors Center employee.

"There are several recreation areas and campgrounds along the lake for guests to stay and play," said Monica Franklin, Cave Run Lake employee. "Boat rentals have always been a favorite of Cave Run Lake regulars and guests."

Boats, including pontoon boats, houseboats, fishing boats, paddleboats and two-story boats, are available starting in April. Boats can be rented by the

day, weekend, week or holiday, Franklin said.

Campgrounds along Cave Run Lake offer tourist amenities, such as RV hookups, camping, sandy beaches, group areas, boat ramps, hiking paths, biking trails, basketball courts, amphitheater shows, scenic overlooks and wildlife viewing areas, Franklin said. Camping areas also feature bathhouses with showers and electrical hook ups.

Morehead isn't just for the adventurer. It also boasts attractive golf courses and shopping outlets.

"Nature and the surrounding views from Eagle Trace make golfing in Morehead fun and captivating," McCluskey said. Eagle Trace Golf Course is the most popular course around and has the Appalachian Mountains and the Daniel Boone National Forest as a background. The course also features the longest tees nearby and is a par 72.

There are three golf courses in Morehead, so guests and patrons may choose different courses for the golfers' needs, McCluskey said.

"Shopping nearby is a must," McCluskey said. "There are a variety of arts and crafts stores, gift shops and antique malls featuring local artisans' work and souvenirs for family and friends."

Kelly Crouch can be contacted at crouch16@marshall.edu.

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