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THE PARTHENON

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INSIDE > NEWS, 2 | SPORTS, 3 | OPINION, 4 | LIFE!, 6 | 68° 47°

page designed and edited by CRYSTAL MYERS
myers132@marshall.edu



Marshall celebrates 175th anniversary

CAPITOL GOES GREEN

BY SARAH STILES
THE PARTHENON

Green and white flooded the upper rotunda at the State Capitol yesterday as "Marshall University Day" was celebrated amongst the community.

The day's special guests included a John Marshall portrayal by Jack Cirillo, Marshall's mascot Marco and Mr. and Miss Marshall, Joshua Botkin and Sharafina Azman Al-Rashid.

Marshall University President, Stephen Kopp, was also present at Tuesday's celebration.

Student body president, Ray Harrell, and other Student Government

Association officials traveled around the upper rotunda — promoting their organization to several legislators and other guests.

"Marshall Day is important because it allows the public to see the extensive growth and history of our great institution," Harrell said. "Which is often regarded as the 'little brother' despite our status as the oldest school of higher education in the state and our unique differences when compared to other state institutions."

Representatives from Marshall's 12 colleges were at display tables to promote the university's 159 majors, 105 degrees

and programs each college offers.

The tables were filled with giveaways and set up throughout the rotunda for visitors to interact with the assortment of Marshall colleges, clubs and campus organizations.

Harrell said the tables allow legislators and other guests to explore the many departments and groups at Marshall they might not otherwise be aware of in addition to meeting the faculty, students and staff from their respective colleges.

Table giveaways included T-shirts, chocolates, pamphlets and mini footballs ensuring guests did not leave empty handed.

The Alumni Association, organizers for the event, handed out popcorn in souvenir green lunch bags to an array of faculty, staff, students, alumni and visitors.

Several alumni were in attendance, including former Miss Marshall Miranda Rosiek, who represented the college of business.

Legislation ran as scheduled Tuesday morning when the Marshall community was recognized for its attendance.

Chief of Staff, Matt Turner, said the event gave Showcase an opportunity to showcase Marshall to lawmakers across the state.

"This is a once-a-year opportunity for them to speak

to representatives from all the colleges and celebrate the state's second largest university — especially our rich heritage dating back 175 years," Turner said.

Turner said this is also a chance to show lawmakers what Marshall does with the funding they provide and the impact the university has on the state.

Marshall's Fife and Drum Corps played in the Senate Chambers before moving to the Governor's Reception Room — where Governor Earl Ray Tomblin officially announced Feb. 28, 2012 as "Marshall University Day."

See CAPITOL | Page 5



MARCUS CONSTANTINO | THE PARTHENON
Marco greets guests while walking into the Senate Chambers during MU Day at the Capitol on Tuesday.

Harrell/Smith left unopposed on executive ballot

BY ZACHARY MORRIS
THE PARTHENON

Ray Harrell, Jr., student body president, will officially be the only presidential nominee on this year's ballot.

If elected, Harrell will be the third incumbent in the history of the Marshall University Student Government Association to win re-election.

"I've decided to run again because the past year has been the most rewarding experience I've ever had," Harrell said. "I want to be able to follow through with the programs and initiatives we've started over the past year and see them through to their completion."

Harrell said the greatest

accomplishment throughout the past year has been the organizational management software that has been in the works since Spring 2011. He said it required a great deal of work, along with cooperation, from many departments across the university.

Harrell said his platform this year is going to be values based and focuses on what students want to see done for the university.

Both Harrell and Smith have been on the SGA since their freshman year.

"Collective experience will spur more innovative ideas and promote diverse involvement, which will yield proven results — that's our platform," Harrell said. "We're not going to come in and promise the

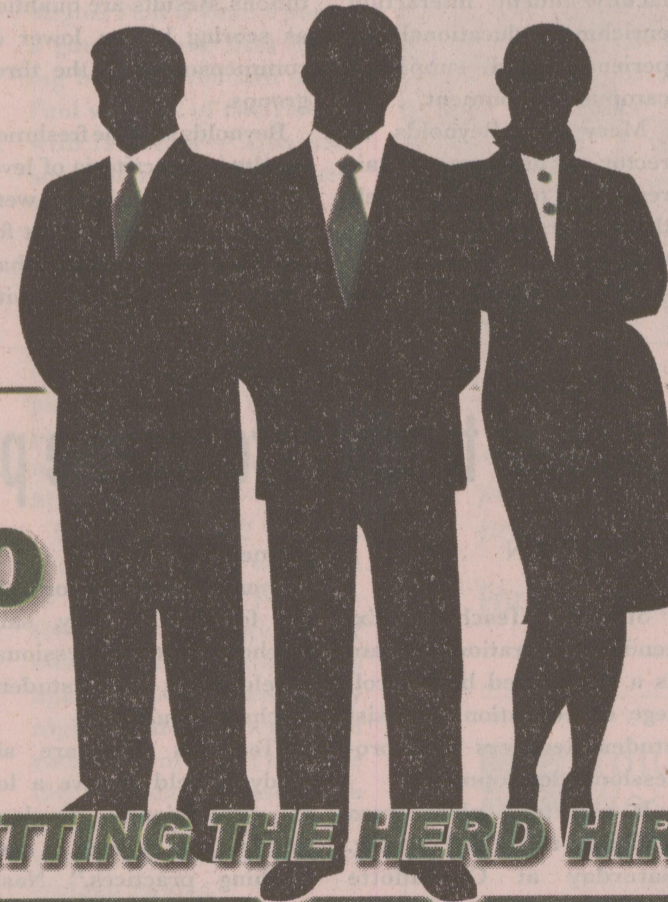
student body great things without hearing them from the student body.

"We're going to go around to 40-50 student groups to learn what the students want out of the SGA," Harrell said. "We're the only group that has constant dialogue with the president's office and we want to let the students build our platform."

Harrell said he picked Aja Smith as his vice

president for the elections because of her experience, drive and because of what the position entails.

"I chose Aja because I have personally seen her responsibility and leadership abilities," Harrell said. "I felt there was no better person to fulfill the role of vice president and deal with external relations such as Week of Welcome, Recfest and becoming the president of the senate."



“Collective experience will spur more innovative ideas and promote diverse involvement which will yield proven results.”

> RAY HARRELL
Student body president

Smith said she was looking forward to the opportunity of being a senator again until Harrell approached her about being his vice-president.

"I just planned on being a senator again," Smith said. "I've been a senator since I was a freshman, and I think I'm ready to step up and assume more of a leadership role by running the senate meetings since I've been in the chair as a senator for so long."

"Aja and I know what we stand for, what our current

administration has accomplished and our cabinet has more than 16 years of combined experience," Harrell said.

Students interested were required to be at the filing day meeting to be on the ballot. However, students can still apply through Raymond Cousins, election commissioner, to become a write-in candidate for either their college or for the president/vice president position.

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

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SALA defends Pell Grant at MU Day at Capitol, takes action

BY ZACHARY MORRIS
THE PARTHENON

The Marshall University Student Advocacy for Legislative Advancement spent the day at the Capitol in Charleston discussing legislation with members of the state legislature.

The members of SALA drafted a resolution to oppose the cuts of the Pell Grant, a federal form of financial aid, in order to assist

those who rely on the grant to attend college.

"We were able to talk to several members in the House of Delegates and the Senate about a resolution," said Adam Fridley, Senate President Pro-Tempore. "If the members were supportive of our resolution they were able to sign it. Senator Wayne Plymale, who represents Wayne County, will be the lead sponsor on the bill and was incredibly receptive."

"I haven't spent much time in the Capitol, but it showed to me that the senators have an open door and are actually willing to listen to what the constituents have to say," said Elisha Hassan, sophomore International Economics major. "It also showed how they feel about certain issues like the Pell Grant as well as other student issues."

Hassan said SALA brings a new level of confidence for the bill they introduced

back to campus, as well as confidence for bills they will present in the future.

"We're going to have the backing of the state legislature in the matter of the Pell Grant and they're going to oppose the cuts because it affects a large portion of their constituency," said Ford Rucker, senior finance major.

"Part of the reason we started this group was to provide a broader voice for students in national, state

and local level politics," Fridley said. "I think what we've brought back is an affirmative on the question of can students make a difference."

Members of SALA said other issues they are looking at working on are the residency requirement for students to live on campus and getting a lower out-of-state tuition cost for students that live close to West Virginia.

Fridley said that another

accomplishment of visiting the Capitol was getting support from legislative members about sending petitions to all of the institutions of higher learning for students to sign. Fridley said it would give even more support to the opposition of the cuts to have support from students across the state and the state legislature.

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

Create Your Huntington works to improve city

THE PARTHENON

Community members are working to improve the livability of Huntington through the Create Your Huntington Campaign.

Create Huntington is a group that works to improve Huntington economically and socially. The Create Your Huntington Campaign was created on the premise that if citizens of Huntington want change to happen in the community, they have to be the ones to create it.

Thomas McChesney is the leader of Create Huntington's weekly forum called the "Chat 'n Chew."

The "Chat 'n Chew" is a discussion group that meets from 5:30 p.m. through 7 p.m. each Thursday in the lobby of the Frederick Building. The group is open to any citizen of Huntington who would like to find out what is happening around Huntington and discuss projects and ideas in the works.

Eve Marcum-Atkinson, communicator for Create Huntington, assists community project groups by getting in contact with volunteers

and creating publicity.

"Create Huntington helps to empower citizens to create the Huntington they love to live in," Marcum-Atkinson said. "We want to improve our community so Huntington will be successful in the global economy."

The Create Your Huntington Campaign is spreading its efforts to Marshall University as well.

When asking students what they would change about Huntington, most said they would fix the roads and add more entertainment events.

Molly Blatt, senior elementary education major from Huntington, said she would like to see a student group that helps clean up Huntington.

"Huntington is extremely rundown and really needs a face lift," Blatt said. "A good way to start would be to have a group that picks up trash around the city."

Upcoming Create Your Huntington events will include recycling efforts around the city and the "Personal Dinner for Four" raffle.

For more information about Create Huntington visit createhuntington.com.



TYLER KES | THE PARTHENON

Members of the community band together to improve the livability of the city through the Create Your Huntington campaign. The group intends to improve Huntington socially and economically.

Leadership Tri-State recognizes Ky. residents

THE PARTHENON

Leadership Tri-State will honor Jim and Vicki Cantrell as the 2012 Community Service Award Recipients.

The award luncheon will be at noon Thursday at the Bellefonte Pavilion in Russell, Ky.

Leadership Tri-State recognizes outstanding men and women in the Tri-State area who demonstrate the qualities of leadership in community service.

Sharon Walker, executive director of Leadership Tri-State, said the Community Service Award began in 1997.

"The first two people to receive the award were John and Donna Hall," Walker said. "Rather than choosing an individual out of the entire Tri-State region, we circulate each year from Ohio, Kentucky and West Virginia, and choose people who are active within the community."

Walker said the Cantrell's were chosen for the Community Service Award because they are

very instrumental within the community, especially with the Paramount Arts Center.

"Jim serves as a board member for the Paramount Arts Center, the Kentucky Chamber of Commerce, Ashland Alliance and Economic Development and King's Daughter Medical Center," Walker said. "Vicki is involved in all kinds of things. She was the Gala Chairman in 2009, the Paramount Woman's Association Youth Education Volunteer Chairman and part of the Paramount Endowment Committee."

Jim Cantrell received his bachelor of science degree in chemical engineering from the University of Kentucky and Vicki Cantrell graduated from Eastern Kentucky University with a bachelor's in speech pathology and audiology. The Cantrell's have two sons, Clay and Chris.

For additional information about Leadership Tri-State and ticket information for the upcoming luncheon, contact Sharon Walker at 606-324-1787.

NSSE launches Thursday for freshmen, seniors

BY BRITTANEE BARTON
THE PARTHENON

The National Survey of Student Engagement, an assessment of student learning and engagement, begins Thursday for Marshall University freshmen and seniors.

The survey is in its fifth year at Marshall and measures data categorized under five benchmarks: Level of academic challenge, active and collaborative learning, faculty/student interaction, enriching educational experiences and supportive campus environment.

Mary Beth Reynolds, director of assessment, said responses to the survey help the university evaluate key objectives.

"We want to see to what

extent students feel their coursework at Marshall challenges them academically, to what extent courses require engagement in active learning with peers, to what degree students interact with faculty in a positive way and to what extent students engage in educational experiences outside of a classroom environment," Reynolds said.

The results of the NSSE are presented to Marshall in terms of relation to three comparison groups of institutions. Results are qualified as scoring higher, lower or commensurate to the three groups.

Reynolds said the freshmen results in the criteria of level of academic challenge were the biggest improvement for Marshall last year. Marshall scored commensurately with

the comparison groups in 2010, but scored higher than all three comparison groups in 2011.

Jessica Jordan, student rise is likely an effect of the recently required first year seminar and critical thinking classes.

The focus on critical thinking is a new challenge for students.

"We noticed students were really lacking critical thinking skills," Jordan said. "When they got to their senior capstone, they'd be having to do critical thinking to master their portfolios or complete an internship, but they didn't have a grasp on critical thinking. No matter what major a student opts to study, they will have to apply critical thinking to that major."

Reynolds said the NSSE is an indirect assessment because it is a survey, Reynolds said. "So we're asking students to give their feedback about how often they do certain things, rather than actually solving a problem to demonstrate."

Freshmen and seniors invited by email to participate will be entered into a drawing upon completion of the 20-minute survey. A gift card package from the Marshall Bookstore and Marquee Cinemas will be raffled off to 20 participants, and one grand prize of an iPad 2 will be given away May 2.

Brittane Barton can be contacted at barton35@marshall.edu.

Student teachers to receive professional assistance Saturday

THE PARTHENON

Student Teaching Extended Preparation Program is a day hosted by the college of education to assist student teachers with professional development.

It will take place from 8:30 a.m. through 2:30 p.m. Saturday at Guyandotte

Elementary.

Jenny Nash, coordinator for STEPP Day, said teachers get professional development so student teachers should, too.

"Teachers who are already in-field receive a lot of professional development to stay current in best teaching practices," Nash

said. "The program was developed to provide this same type of opportunity for students so they can begin working as professionals and having that professional commitment."

The day will include instructional strategies assistance, improvement on classroom management

skills and several giveaways for current education students.

Participants in STEPP Day will receive free lunch and a \$50 stipend, Nash said.

For more information on registration, contact Jenny Nash at the college of education clinical office or call (304) 696-3239.

Pursuing the dream

Former Marshall basketball star Baines works toward ultimate goal of NBA

BY LAWREN HIGHTOWER
THE PARTHENON

Former Marshall University men's basketball player Tirrell Baines is currently living out his dream playing in the NBA Developmental League.

Baines, originally from Laurens, S.C., attended the Patterson School in North Carolina before coming to Marshall in 2007.

During his freshman year at Marshall, Baines averaged 11.5 points per game, along with 5.8 rebounds per game. The 5.8 rebounds averaged per game ranked third on the team that season.

Baines finished third on the Herd in scoring during his senior season, averaging 12.8 points per game and ranked first in rebounds, grabbing 6.6 boards per contest.

During his time at Marshall, Baines was a model of consistency, shooting at least 52 percent from the field every season.

"I just tried my best to stay consistent," Baines said. "My goal is to make it to the NBA, but I know if I stay consistent and work as hard as I can, good things will come. There is always someone watching."

Baines said he credits Marshall for putting good

people around him and allowing him to succeed.

"At Marshall, I learned that it's very important to have good people around you," Baines said. "The people at Marshall had my back and wanted the best for me. That is why I'm fortunate enough to be in the position I'm in today."

Marshall men's basketball coach Tom Herrion said having a player like Baines on the roster last year made things easier for him in his first year coaching the Thundering Herd.

"Walking into the situation I walked into and knowing I had a senior like Tirrell, made things a lot easier on me," Herrion said. "He excelled in the one year we had him. He offered really good leadership."

Junior center Nigel Spikes, who started alongside Baines last year, said Baines was a good leader and he tried to learn as much as he could from him before he left.

"You always try to learn from players who have been here longer than you," Spikes said. "Just watching him play and seeing the little things he did — those were all little tips I picked up I knew could make me a better player."

Upon graduation, the Erie BayHawks selected Baines in the fourth round of the NBA Developmental League draft. The D-League serves as a developmental league for NBA teams. The NBA boasts many players who first got their start in the D-League.

"To be honest, the NBA D-League wasn't something I initially thought of as an option," Baines said. "But I am grateful this opportunity came. I hope to make the best of this opportunity."

During his short time in the D-League, Baines has played with players who have gone on to play in the NBA, such as the Chicago Bulls' Mike James and the New Orleans Hornets' Donald Sione. Baines even shared the court with NBA sensation Jeremy Lin of the New York Knicks.

"When you're on the same court as those guys, it makes you feel like you belong," Baines said. "Playing against NBA level talent every night, it definitely gives you a sense of accomplishment."

Coach Herrion said with hard work, he believes Baines can have a lengthy playing career.

"He can have a chance to play a long time overseas or professionally if he stays healthy and keeps working

at his craft," Herrion said. "He is a hard-working kid, and I think he's had a great year in the D-League. Hopefully it will open up more doors for him."

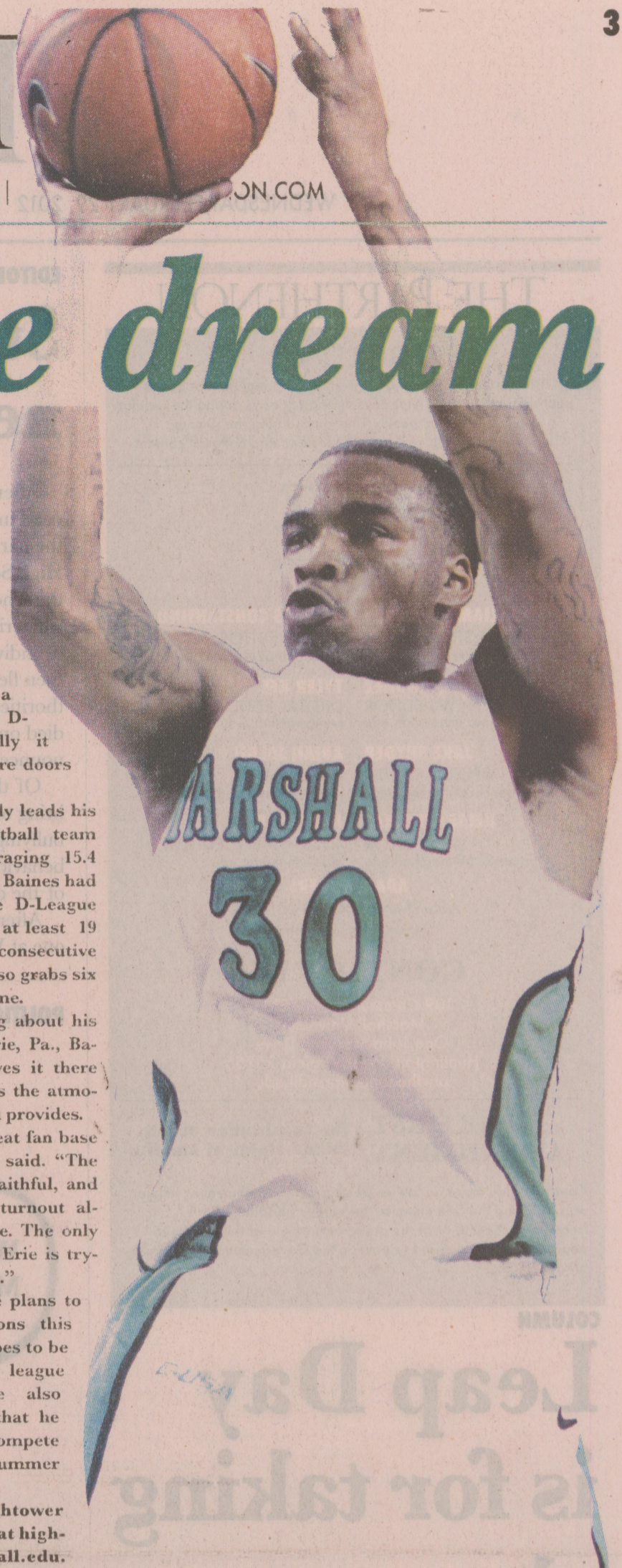
Baines currently leads his D-League basketball team in scoring, averaging 15.4 points per game. Baines had a stretch in the D-League where he scored at least 19 points in eight consecutive games. Baines also grabs six rebounds per game.

When speaking about his new home in Erie, Pa., Baines said he loves it there and really enjoys the atmosphere the crowd provides.

"We have a great fan base in Erie," Baines said. "The fans are really faithful, and we get a good turnout almost every game. The only bad thing about Erie is trying to stay warm."

Baines said he plans to weigh his options this summer and hopes to be competing in a league somewhere. He also said he hopes that he will be able to compete in the NBA's summer league.

Lawren Hightower can be reached at high-tower5@marshall.edu.



Basketball travels to Greenville for game against East Carolina

THE PARTHENON

The Marshall men's basketball team will hit the road for the final time this season when it travels to Greenville, N.C. to take on East Carolina.

The Thundering Herd is coming off an 87-67 loss to Memphis and looks to get back on track against the Pirates on Wednesday night.

This will be the second meeting between the Herd and the Pirates this season, with the first coming Feb. 11 in Huntington. In that game, Marshall shot 54 percent as a team, and Damier Pitts scored 27 as the Herd defeated East Carolina 78-68.

Marshall's loss to Memphis was the Herd's worst loss of the season, but Marshall

remains in fifth place in Conference USA at 17-11 (8-6 C-USA). With only two regular season games remaining, the goal for the Herd is to gain sole possession of fourth place and, by doing so, earning a first round bye in the conference tournament.

East Carolina sits at the opposite end of the conference standings with a record of 12-15 (3-11 C-USA), placing them next to last in the conference. The Pirates have had an especially tough stretch the past few weeks — losing five consecutive games.

Leading the Herd in scoring is sophomore guard DeAndre Kane with 15.7 points a game.

Senior guard Damier Pitts has seen his average climb close to Kane with 14.3 points a game.

Marshall has been strong on the glass all

season, outrebounding its opponents by seven points per game. Although that number has decreased from plus 11 earlier this season, the Herd is one of the top offensive rebounding teams in the nation.

East Carolina is on the opposite end of the spectrum with a negative rebounding margin, averaging five fewer rebounds than the Herd.

East Carolina is led in scoring by junior guard Miguel Paul with 15.6 points a game. In the first meeting between the two sides, Paul was one of two Pirates with 19 points — alongside sophomore forward Robert Sampson.

The matchup will be the Pirate's final home game and will serve as senior day for forward Darius Morrow who averages 13.2 points and 6.1 rebounds per game and scored 11 in the first meeting with Marshall.

Marshall is 6-2 on Feb. 29, and the Herd will look to win its sixth consecutive leap day game by sweeping the season series against ECU Wednesday night. Marshall will then return home to conclude the regular season on Saturday against the second place Southern Miss Golden Eagles.



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THE PARTHENON

ABOUT US

The Parthenon, Marshall University's student newspaper, is published by students Mondays through Fridays during the regular semesters, and weekly Thursdays during the summer. The editorial staff is responsible for news and editorial content.

STAFF

CRYSTAL MYERS
EXECUTIVE EDITOR
myers132@marshall.edu

WILLIAM LINEBERRY
MANAGING EDITOR
lineberry2@marshall.edu

MARCUS CONSTANTINO
PHOTO EDITOR
constantino2@marshall.edu

KATIE QUIKONEZ
NEWS EDITOR
quikonez@marshall.edu

TYLER KES
DIGITAL EDITOR
kes@marshall.edu

JAKE SNYDER
SPORTS EDITOR
snyder100@marshall.edu

ARIAN JALALI
COPY EDITOR
jalali@marshall.edu

KELSEY THOMAS
LIFE EDITOR
thomas336@marshall.edu

JOHN GIBB
ASSIGNMENT EDITOR
gibb@marshall.edu

ADAM ROGERS
ASSISTANT SPORTS EDITOR
rogers111@marshall.edu

CONTACT US

109 Communications Bldg.
Marshall University
One John Marshall Drive
Huntington, West Virginia 25755
parthenon@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 people to peaceably assemble; and to petition the Government for a redress of grievances.

EDITORIAL

Stricter gun control laws are needed to ensure fewer tragedies

After a high-school shooting that left three students dead in Ohio on Monday, the nation was reminded of the harm that loose gun control laws can have. Chardon High School, 30 miles northeast of Cleveland, Ohio was the school struck by this tragedy. A student entered the cafeteria at around 7:40 a.m. and opened fire on a table of individuals, according to eye witnesses. The suspect then fled out of the school, when he was detained by authorities after willingly giving himself up. One individual died on the day of the shooting, while another was pronounced brain dead the following day.

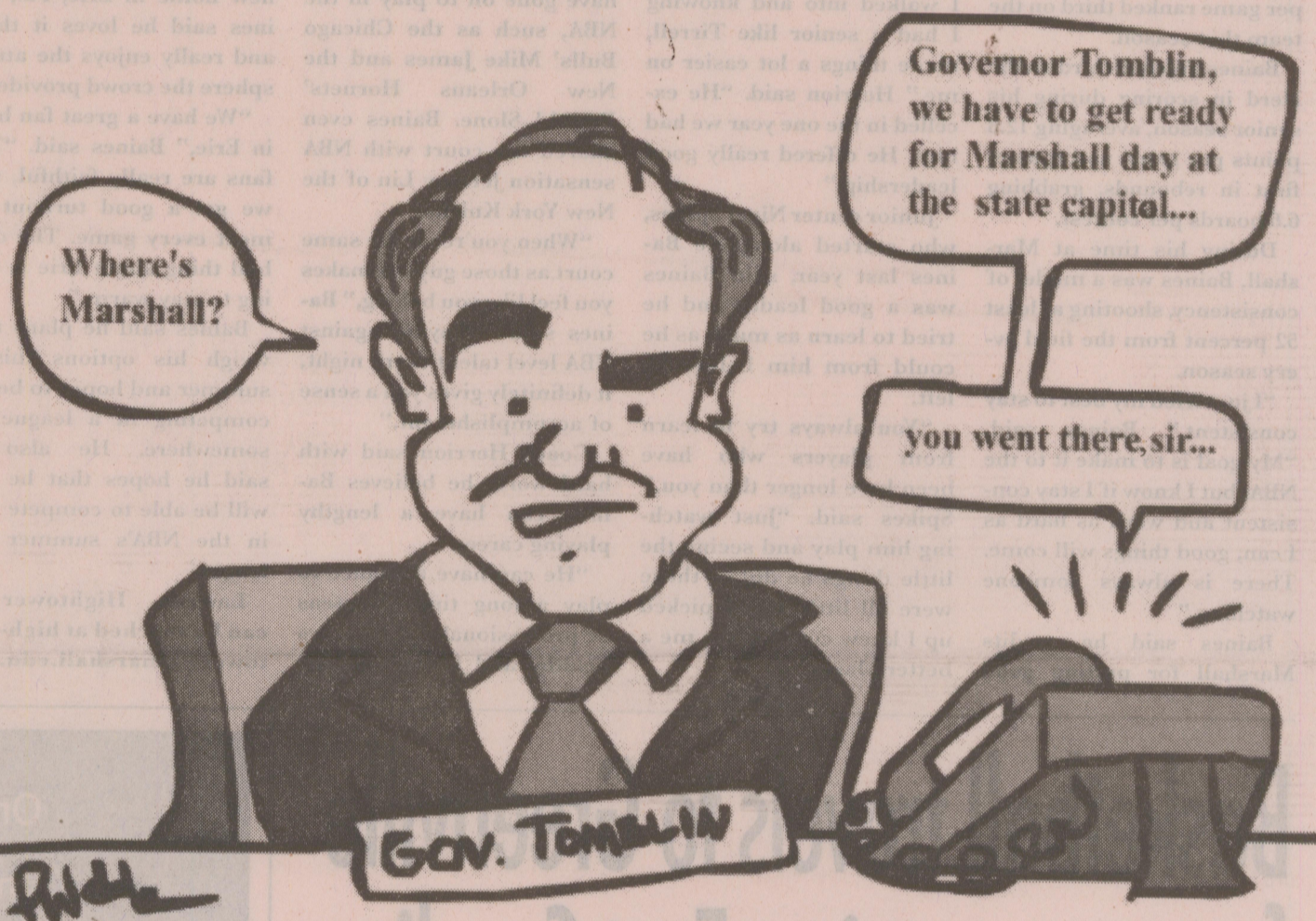
Of the many issues that school shootings like this bring to the forefront of American consciousness — bullying, metal detectors for schools, detecting violent behavior at a young age — there is one that is at the core of the debate: Gun control.

After tragedies like the recent one in Ohio and the one at Virginia Tech, there is often much heated public

debate about tightening gun-control laws, but often this is to no avail. It is time that firearms become one of the more regulated "rights" that Americans cling to. In a country that has around 30,000 firearm related deaths a year, how could one oppose tighter regulations? When looking at tragedies like the one in Chardon, Ohio, there is certainly more to take into consideration other than improving regulation of firearms. But it is a place to start for the good of the entire country.

When pro-gun individuals refer to the Second Amendment as their "right to bear arms," they are only interpreting the Constitution to further their own self-interest. We are a modern society now, not one with an impending revolutionary war. Stricter gun laws should be enacted before more lives are taken by the barrel of a gun. Firearms are not about individuals' rights, they are about the safety of an entire country and its ability to avoid senseless deaths by enacting gun-control reforms.

POLITICAL CARTOON | BY PATRICK WEBB



COLUMN

Leap Day is for taking chances

BY BRITTINI BROOKS
THE PARTHENON

I am sure some, if not most, of you have seen the movie, "Leap Year." For those of you who haven't seen it, "Leap Year" is about a woman who believes her boyfriend is about to propose to her before he goes on a business trip to Ireland. When this does not happen, the woman follows her boyfriend to Ireland to propose to him after her father tells her that it is acceptable to do in a leap year.

After seeing this movie possibly 20 times, I wondered to myself if this legend that women could propose to men in a leap year was true and if so, where the legend started.

This legend is in fact true and is said to have started in the fifth century by St. Bridget.

St. Bridget was getting tired of waiting for St. Patrick to propose. St. Patrick then said that on Feb. 29 anxious women could propose to the men.

The myth states that any man who turns a woman's proposal down at this time must pay a fine. The fine would generally come in the form of a kiss, silk dress or a pair of gloves.

In 1288, a law was said to be passed in Scotland allowing a woman to propose marriage to the man of her choice. This is supposedly the first known documentation of the leap year proposal legend.

There is one flaw to this law that was precedent of

an Old English law that declared Feb. 29 was a day to be ignored and had no legal status.

This did not stop a woman from going ahead and proposing to the man of their dreams. Of

“So ladies, if you have been waiting for the man of your dreams to propose marriage, take this leap day to ask him. The worst that could happen is that he says no and you end up with a new silk dress or a kiss on the lips.”

> Brittini Brooks

course in today's society, it is more acceptable for a woman to ask a man to marry her, but there are still some people out there who feel it is inappropriate. Some people believe that a marriage proposal should remain traditional by having a man get down on one knee with a ring in hand.

So ladies, if you have been waiting for the man of your dreams to propose marriage, take this leap day to ask him. The worst that could happen is that he says no and you end up with a new silk dress or a kiss on the lips.

Brittini Brooks can be contacted at brooks73@marshall.edu.

COLUMN

The sweet tooth many have for junk food is a sign of good advertising

BY MICHAEL McATEER
THE PARTHENON

We as Americans, have a complex relationship with our food. It is no wonder, because we have more access to all kinds of food (good and bad) at any given moment in human history. Since the Industrial Revolution, industrial products like corrugated board, cellophane plastic wraps and vacuum sealing have made our food last longer and taste more fresh than ever before. Couple this with the shiny and nearly incomprehensible beauty of the packaging they inhabit, and it is no wonder that we love food. Not only do we love food, but we also love the food that is bad for us.

I like to think of my favorite food items as poor romantic choices. Akin to when you pick a boyfriend or girlfriend and your friends wrinkle their noses at you in disgust, saying "What do you see in them? They are no good for you! Dump that chump." I feel as though that is what my body is saying to me when I ingest drive-thru food or

microwave something that comes in the shape of a pocket. I know that fruits and vegetables are the rational choice, and I should stick with the winners in the grocery store. But in spite of myself, I end up having continual flings with French fries and corn-syrup sodas. The question then becomes, "why?" Why do I not have the will power to ditch that lousy cheeseburger and pick up a celery stick? The answer to this might be as difficult as my on-and-off-relationship is with the wrong food.

I am referring to what researchers in Toronto, Canada have recently cited as "behavioral priming." While these scientists have given it an enticing, scientific name, the concept is not new. The idea is that your brain is programmed to crave certain foods when you receive a specific visual cue. Sort of like a Pavlovian response to the bell, when I see the Coca-Cola logo on a can, in the store, on a soda machine or on television, I am prompted to want to drink Coca-Cola. Even if I am nowhere near a Coca-Cola at the time, I will still react

with a low-level, physiological craving. And it doesn't have to be Coca-Cola. It can be Pepsi, Cocoa Puffs, Burger King, Cheetos or any other branded food product. The message is the same: "You want me, I know you do!"

This explains, in part, how so many diet plans do not work. It is estimated that 34 percent of adults are obese in this country, according to the Centers for Disease Control. Another estimation is that \$40 billion was spent on diet plans and dietary supplements in 2003. It is also reported that anyone who participates in a radical weight loss system will typically gain the weight back within 18 months, and possibly weigh more than they did when before. Is that to say that diet plans do not work for all or that it is impossible to keep the weight off once you start? No. What it does say is that there is a legion of food out there that is highly seductive and will guarantee failed health if consumed on a regular basis. Add to that mix that your brain is also working against you in this fight, because it has been "behaviorally primed" to

crave sweet, salty and highly fattening foods. It is a lost cause.

What can be done to change this? The best that we can hope for is that children do not develop a taste for these serial lovers themselves. Children as young as three or four years old can recognize brand-name logos such as McDonald's and Trix and once they get a taste for them, they will likely be hooked for life. It has been purportedly by the CDC that one in three children born after 2000 will develop Type 2 diabetes in their lifetime; a type of diabetes which is caused by eating liliaceous meals and snacks.

If you put the food producers on the spot, they would likely say none of their products are meant to be consumed on a regular basis or are "to be used as directed." They might say that, but their actions tell us differently. Just like in love, the bad relationships can be the hardest to walk away from. Our heads might be telling us no, but our hearts are saying "one more bite."

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

Student Resource Center helps students avoid 'midterm meltdown'

BY JOANIE BORDERS
THE PARTHENON

With midterms quickly approaching, the Student Resource Center offered students tips on how to avoid a "midterm meltdown."

The SRC held two workshops Wednesday, the first in the First Year South Residence Hall at 1 p.m. and the second in Twin Towers East glass lounge at 3 p.m. The workshop focused on how to alleviate test anxiety, tips for more effective studying and how to stay focused on the exam.

Jessica Jordan, resource

specialist at the SRC, said that there are a lot of different ways students can alleviate stress before and during a test that can help students get higher scores on their exams. She said there are different reasons that students can be stressed including the pressure that students put on themselves to succeed, expectations of a spouse or family member, lack of preparation or the fear that a previous negative experience will repeat itself.

"Students can sometimes become overwhelmed before taking a test and if not controlled

that can affect their performance," Jordan said.

Jordan said symptoms of test anxiety are often nausea, severe headaches, faster heartbeat, hyperventilating, "going blank" during an exam or even muscle cramps. There are several strategies that students can use to cure these symptoms and help them focus on the exam.

Being prepared is the first step Jordan said can prevent meltdowns on exam day.

"Understanding why students should not procrastinate is important," Jordan said. "The week

before students should organize their notes to prepare to study, realizing the parts that need work and what comes easy."

The day of the exam Jordan said that students should eat whatever a normal breakfast is to them and if they think they will get hungry to make sure to take a snack or drink. The most important thing, Jordan said is students need to get a good night of sleep.

"What students don't realize is the reason you shouldn't procrastinate is because they need to get a good night's sleep because if you don't your brain

can't function correctly," Jordan said.

Other tips Jordan reviewed in the workshop were being aware of one's body, noticing when there is an accelerated heartbeat to know when to use tactics. Focusing on breathing, working out the morning of a test and eating a peppermint to stimulate the brain are other tactics the workshop covered.

Katie Andrews, freshman nursing major from Milton, W.Va., said that she will definitely use some of the tactics Jordan shared in the workshop.

"I never knew that about

peppermint and will try that tactic on my next exam," Andrews said. "I think the workshop helped a lot, I'll definitely try slowing down my heart rate the next time I feel too overwhelmed during an exam."

Any of the materials offered in the workshops at the SRC can be found at the in the SRC. Jordan is also available to give short workshops at the beginning of classes for professors interested. The SRC is open Monday thru Friday from 8 a.m. to 5 p.m.

Joanie Borders can be contacted at borders9@marshall.edu.



SUBMITTED PHOTO

Since the beginning of the year, Huntington has experienced 12 arson cases, many have been located in the city's west end. Vacant buildings have been the target for some arsonists. One fire left 18 people homeless.

Huntington arsons on the rise, fire department understaffed

THE PARTHENON

As the Huntington Fire Department fights budget and staffing problems, fire officials said they now have another problem to add to the list: Arson.

Reed Cook, Deputy State Fire Marshal, said it's an alarming trend. Cook said there have been 12 arson fires since the beginning of this year in Huntington, and the problem is especially prevalent in Huntington's West End.

"It is definitely a problem," Cook said.

The most devastating arson fire was Feb. 2.

Last week, Huntington arrested 24-year old Quinton L. Kennie in

connection with setting a fire to a six-unit apartment building. No one was hurt, but 18 people were left homeless. Kennie was arrested at his home on West, 5th Avenue, where they found cocaine and \$600 in cash.

As investigators close one case, Cook said the problem still exists on Madison and Jackson Avenues. Last week two more arson fires were added to the list.

"They had two more fires approximately two blocks apart from each other," Cook said. "Both of them appeared to be vacant structures, both within an hour of each other."

The two fires come weeks after Fire Marshals said someone tried to set three different and concession stands at a baseball field in St. Cloud Commons.

"It is pretty obvious when you have a vacant structure, no electricity, and it starts on the outside," Cook said.

For Huntington firefighters, fighting fires that are intentionally set is especially frustrating. Captain Brett Gaeger, said it's a matter of life and death.

"I feel bad for the sucker who gets caught," Gaeger said. "Every time, whether full-staffed or short-staffed, it puts us in

danger from the time the truck goes out the door."

Cook said the increase in arson fires is creating more headaches for departments that are facing budget and staffing problems.

"The Huntington fire department is short staffed," Cook said. "Our main concern is the firefighters that are having to come out here and put out these fires. We're concerned with their safety."

As Huntington Police and the State Fire Marshal's office continues to investigate, anyone with any information is asked to call the arson hot line at 1-800-233-FIRE.

CAPITOL Continued from Page 1

Tomblin is the first Marshall graduate to become governor of West Virginia.

Kopp accepted the proclamation and presented

Tomblin with a commemorative jersey used in the movie "We Are Marshall" with the number 75 representing the number of lives lost in the plane crash of 1970 as well as the year Tomblin received his masters of business administration degree from Marshall.

Jack Cirillo, portraying John Marshall, wondered the halls of the Capitol and spoke at the ending celebration stating how proud he is of the institution which shares his name.

"Thank you for celebrating with us, thank you for all that you do for our great state

and thank you for providing and proudly showcasing, as governor and citizens, your Marshall heritage," Cirillo said. "Like you, we wear the green and white with pride."

Sarah Stiles can be contacted at stiles8@marshall.edu.

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to talk about who he plans on leaving his business to when — or if — he ever retires.

"I am just not going," he said.

Cohen has two daughters in Florida, but he said they have no interest in ever taking over the

business.

In the future, David said he hopes to continue to have good business and that he and the employees have good health.

"There's something in the walls that's keeping me healthy," Cohen said.

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

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A local affair

A series on Huntington businesses

Mack & Dave's remains Huntington staple despite change in times

BY ALLYSON WARNER
THE PARTHENON

Mack and Dave's is one of the most recognizable store names in the area, even after 61 years of business.

Dave Cohen, owner of Mack and Dave's, is still running his business at 87, with all the same employees who started working there when they opened.

"We've had these employees now for years and years," Dave said. "We don't change them overnight because they're very good, and naturally, we're very good to them."

It was never Dave's dream to someday own a big business. All he was focused on was being the greatest paper man he could be and selling newspapers for a living.

"I was selling newspapers and making pretty good money for only four or five hours a day," Dave said.

Ralph Masinter, owner of B&B Loans, offered Dave a job to work for him in his pawn shop.

"My dad told me to take the job even though I didn't really want to," Dave said.

Little did Dave know he would be forever grateful by following his father's advice.

At B&B Loans, Dave met his business partner, James "Mack" McClung, while working together at the shop. They worked cordially with each other until Dave went off to war in Guam.

After the war, Dave went to work in a pawn shop in Cincinnati, Ohio, but his old boss constantly visited him at his new job.

"My old boss at B&B Loans would come in and beg for me to come back and work for him," Dave said.

Eventually, Dave found himself back in Huntington working for B&B until the owner passed away.

"We had a wonderful boss, but he died - so then his wife and father took over the business," Dave said. "I don't know which came first - if Mack and I quit or if we were fired."

The friends then went into business with each other and decided to open up their own pawn shop in the city.

The partners changed their location four different times but always stayed on Third Avenue. Mack and Dave purchased their current location back in 1974, borrowing \$1 million in order to purchase it.

Like any business when it first opens it, there were challenges. Dave said they were the "new kids on the block" and didn't have much money.

At first, the store was strictly a pawn shop, which was good for business because there was only one or two in town. As the years passed, those stores became more and more popular - causing them to stock about 70 percent new merchandise and 30 percent used.

Through it all, they were able to stand their ground and continue to be open throughout the years.

With his partner passing away in 1992 from pancreatic cancer, Dave is the only owner left running the business.

The two had a remarkable partnership with each other

and only had one fight the entire time they knew each other.

"He either gave in or I gave in," Dave said.

One of the main things that have kept their business open is the employees who have been there for years.

"They did help with the success," Dave said. "As we expanded our business, the more employees we gained."

"He's a great man," said Peggy Morris, store worker. She has worked for him since she was a high school student.

"I would have retired a long time ago if it was not for Mr. Cohen," Morris said.

Another thing that helps the business is that the employees are extremely nice to all the customers.

"Money or no money, we

treat everyone the same, and that's what counts," Cohen said.

Dave said he feels that not only the city of Huntington has helped the store stay afloat all these years, but also the surrounding area, which makes it have an advantage over bigger company stores around the city.

Dave said the store has many loyal customers who shop at Mack and Dave's because they are local. Many families have come to the stores for years, making it seem like a family store.

Dave said owning a business is not easy, but he enjoys meeting new customers and talking to the older ones that come in on a daily basis.

Dave said he does not like

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Leap year: An explanation for the extra day every four years

BY ASHLEY FOSTER
THE PARTHENON

Feb. 29th: The day that only comes every four years. Did you ever wonder where it comes from and why we need it?

The calendar we use today is called the Gregorian Calendar, closely related to the Julian Calendar, which was introduced by Julius Caesar in 45 B.C. The Julian Calendar featured 365 days with an extra day added at the end of February every four years. This would have worked, but after several centuries, the extra days started to add up.

By the 16th century, the spring equinox had been pushed forward to March 11 instead of the usual March 21. To fix this problem, in 1582, Pope Gregory XIII refined the calendar, creating the Gregorian Calendar - with the rule that leap day would occur in any year divisible by four. That means that century years such as 1700 and 1800 cannot be leap years.

Kevin Law, geography professor at Marshall University, teaches meteorology, climatology and physical geography.

"The reason we have a leap year is because of the extra amount of time it takes the earth to fully revolve around the sun," Law said. "The length of a year is not actually 365 days. It's

actually 365.2425 days and that is why we add an extra day every four years."

Carley Riens, sophomore elementary education major, will be celebrating her 20th birthday this year.

"I always get excited when Leap Year comes along," Riens said. "I have only gotten to celebrate my birthday five times in my life. I hate it sometimes, but I guess it just makes my birthday extra special. This year I'm going to do it up big!"

Missing a birthday three out of every four years might cause various problems throughout a person's life. Riens expressed problems with getting her driver's permit when she turned 15.

"I will never forget when I went to get my learner's permit," Riens said. "It was so annoying because the DMV couldn't decide whether I could take my test on Feb. 28 or March 1."

Only 4 million people in the world have their birthday on Feb. 29 and only 187,000 of those people live in the United States. That means one in every 1,500 people will have a leap day birthday.

So as Riens celebrates her "fifth" birthday tomorrow, happy birthday to the rest of her fellow leap babies!

Ashley Foster can be contacted at fofoster108@marshall.edu.

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