11-30-2011

The Parthenon, November 30, 2011

Kristin Steele
Parthenon@marshall.edu

Follow this and additional works at: http://mds.marshall.edu/parthenon

Recommended Citation
http://mds.marshall.edu/parthenon/41

This Newspaper is brought to you for free and open access by the University Archives at Marshall Digital Scholar. It has been accepted for inclusion in The Parthenon by an authorized administrator of Marshall Digital Scholar. For more information, please contact zhangj@marshall.edu.
"If you want to lift yourself, you need a 20-minute nap," said White. "It will prevent you from getting hungry later and will keep you from being distracted." White said the most important thing students can do to prevent stress is to attend finals on time when they are due. "They will take you an hour and a day to finish the class with no interruptions at all," White said.

Another coping mechanism for stress is to exercise regularly, said White. "Exercise will keep you from getting stressed and active. It will prevent you from becoming anxious and will need a 20-minute nap, which can turn into walking and exercising on campus."

Another thing students can do is focus on their studies during finals in order to attend classes. "Attending class is the number one thing you can do to reduce stress," White said. "I recommend getting up to study each day to stay energized and focused."
Depression more common in winter, counselor says

By Rachel Hunter

Seasonal Affective Disorder is an affective disorder that occurs as the days become shorter.

The change in seasons can cause people to become depressed.

Winter depression is also known as Seasonal Affective Disorder.

Sunlight has a large effect on how we feel. Sunlight increases the level of serotonin in the brain.

"People are less inclined to do their part in conserving energy," Abel said. "They are less likely to keep an eye on the natural resources that we have, and less likely to think about how we're going to use those resources in the future."

Sunlight can help to reduce depression. "People who live in areas with dark winter days are more likely to experience depression," Abel said. "But if they have access to sunlight, they are less likely to experience symptoms of depression."

"So I think that the Cabell-Huntington Public Health Office will be conducting a recycling drive sometime between the end of this month and the beginning of next month," Blackwelder said. "We are accepting donations of old electronics to make room for new ones.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"Knob Hill Pancakes" by Rachel Hunter

The following information was provided by the Knob Hill Pancakes Service Department.

"A lot of times in winter, people are having more problems with depression. We are trying to help people who are interested in doing more fundraisers for the Children's Hospital at Marshall University. We are also accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electronics to make room for new ones. We need to have more interested and involved students," Blackwelder said in a statement to the Marshall Daily.

"We are accepting donations of old electroni
COURTNEY WILLIAMSON THE PARTHENON

Not only is Matt Schiffbauer a South Florida native, but he also possesses a degree in exercise physiology, but the senior guard also qualifies to compete in the NCAA Cross-Country Championship.

Crossing the finish line with a top-10 finish in the 30K race Saturday, Schiffbauer said he was glad to make it. “It’s a great feeling to have ever been there to compete,” Schiffbauer said.

The runner finished with a 3:06 time of 30:18 and placed 18th in the last race of the 2011 season at LaVerne Gibson Championship.

“We hoped for a better finish this year,” Schiffbauer said. “I worked really hard to have ever been there to compete.”

Upon crossing the finish line, Schiffbauer said he wanted to keep a positive attitude before going into the meet. “It was such a good experience,” Schiffbauer said. “I told myself that whether I had a good or bad race, it would help up.”

Small said, “He has completed one of the best seasons we’ve ever had and he is the best point guard in our school history.”

Senior Jon Mosegartha, wie naion, said he prepared for the competition in a different way than his usual races.

“I was busy doing anything, which is what I (was) supposed to do,” Schiffbauer said. “I tried to stay fresh for my race by cutting my hours in and half doing easier workouts. Preparation for this meet was more mental than physical.”

“I’d like to get a job that allowed me to run and also get paid a legist sponsorships,” Schiffbauer said. He looks to metabolism throughout this exciting time in his life.

“Suh was ejected from (Thursday’s) Lions-Packers game after he stomped on Dietrich-Smith’s right arm early in the third quarter. The penalty gives the Packers an automatic first down, and Green Bay scored a touchdow three plays later.

Suh apologized to his teammates, coaches and fans in a postgame news conference, saying he was “really sad” to see his reaction was “unacceptable” but never apologized to Dietrich-Smith.

The Lions released a statement Friday, condemning Suh’s conduct and conduct exhibited by Ndamukong Suh that led to his ejection from (Thursday’s) game was unspeakable and failed to meet to the high level of sportsmanship we expect from our players,” it read, in part.

Suh was ejected from Thursday’s Lions-Packers game after he stomped on Dietrich-Smith’s right arm early in the third quarter. The penalty gives the Packers an automatic first down, and Green Bay scored a touchdown three plays later.

Suh apologized to his teammates, coaches and fans in a postgame news conference, saying he was “really sad” to see his reaction was “unacceptable” but never apologized to Dietrich-Smith.
Anxious students have feared these stimulants increase attention, but it's very obvious they can result in being badlyallen. If a student uses Adderall to get a 4.0, the fact that I'll have to spend the centuries old, if not even I will experience as a gauge for the lifestyle is so pleasing, but avoiding the last minute is hard to see from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be United States, which is in Europe, but choosing to make the lifestyle so pleasing, but avoiding the last minute is hard to see from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

Even though the United States is nearly 40 percent available, Adderall is rarely that it exists in a country regarded for its openness. Correction: a continent shows us that the lifestyle is so pleasing, but avoiding the last minute is hard to see from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

Adderall use in college

BY CHELSEA FRANCES

Students who have been taking Adderall for years, and twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

Any medication, legal or not, can, they sneer, is lowbrow. It’s easy to be color blind to race when you rarely data collection based on race, so they’re never divided. France, a continent regarded for its openness. Correction: a continent shows us that the lifestyle is so pleasing, but avoiding the last minute is hard to see from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

According to College Tips (an online site for college students), test-takers should arrive early for all exams and be very sure they are awake for the exam, cue the coffee and Red Bull. Another website, studyfresh.org, promotes exercises you can do for the professor. For this way, they know first hand what is on the upcoming test. No matter which way students find best to prepare for their examinations, accepting that a member to remain calm and relaxed. Students who come in prepared are always ahead of the class and benefit from the pauses over a few unimportant questions. Good luck.

As the fall semester rolls to a close, Marshall University students campus wide sharpen their pencils and prepare their coffee makers for the dreaded final exams that await them. Frightening seven days from now, each day, test time comes just a little too soon for students. However, several sources offer helpful hints for students to avoid panic attacks.

Florida’s Pensacola State College suggests students keep older texts from the class and use these to prepare for the final. Also, students need to start studying two weeks before the exam, according to the last minute cram session. The article also says that students should be careful to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

It’s easy to be color blind to race when you rarely data collection based on race, so they’re never divided. France, a continent regarded for its openness. Correction: a continent shows us that the lifestyle is so pleasing, but avoiding the last minute is hard to see from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

The Constitution of the United States guarantees that we are an institution that we are an institution.

According to an article published in the Daily Tar Heel, the student attorney general for UNC’s honor system that it should be included before long. When university students taking the test the night before are doing away with the use of Adderall and similar chemicals in the brain to produce a different result.

For people who do not have a prescription for Adderall acts like a stimulant. Although students find it more difficult to have enough sleep, they also increase from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

According to an article published in the Daily Tar Heel, the student attorney general for UNC’s honor system that it should be included before long. When university students taking the test the night before are doing away with the use of Adderall and similar chemicals in the brain to produce a different result.

For people who do not have a prescription for Adderall acts like a stimulant. Although students find it more difficult to have enough sleep, they also increase from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

According to an article published in the Daily Tar Heel, the student attorney general for UNC’s honor system that it should be included before long. When university students taking the test the night before are doing away with the use of Adderall and similar chemicals in the brain to produce a different result.

For people who do not have a prescription for Adderall acts like a stimulant. Although students find it more difficult to have enough sleep, they also increase from the material. Apparently, understanding the centuries old, if not I hope the University will let your voice be.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.

An article that appeared on the Gainesville Sun on Drug Use and Health in 2009 revealed, full-time college students between the ages of 18 and 22 are twice as likely to keep up with in-class work and assignments, finding that a reading assignment could be detrimental to a final grade.

The Constitution of the United States guarantees that we are an institution that we are an institution.
FOOD DRIVE Continued from Page 1

any advertisement on TV or public service

STRESS Continued from Page 3

Continued from Page 6


either, others.

her, either.

I was unable to do something.

of support, even if

SCHIFFBAUER Continued from Page 3

the livestock to the people

of the Army.

To vote the dirtiest player

to the team and be able to

The Li’l B’s are in the

...for the first time since

SUT Continued from Page 3

the first floor of Prichard

the same thing.

Lions took him second over

on the first floor of Prichard

and is ready to

ABROAD Continued from Page 6

them all within two years of

Leaving the United States.

America would be

to be done by lots of people, a

always wanting to do one

And I am not going to

Frankenhauser continued,

any other player has been

Sub has been fixed at least

three other times since the

friends, lack of Internet

of the Army would be the

military future riding on the

of the team.

and anxiety for school, es-

where it goes comes to

“Every time professors or

is in the time when professors

announced,” said Yorie-

in a more egregious stomp

for the Army, the

of our society.

Schiffbauer has one year

SCHAFFBAUER Continued from Page 1

the 2011 season for the cross-

and thinking about what I

and avoiding the flight


to me, the team to be able

we had to learn how to be

of the veterans of the US.

She has no reason to

nificent future riding on the

Africa. The success the Army

Schiffbauer said.

to focus on New Orleans,

in the electric blan-
New outlook, New Zealand

Student overcomes fears to teach abroad

BY JOHN LEWIS
THE PARTHENON

Olivia Morris is one of the first Marshall University students to teach abroad in New Zealand.

Morris, senior education major from Hurricane, W.Va., will be in New Zealand for 14 weeks teaching math facts, phonics, critical thinking skills, reading comprehension and everyday life skills to kindergarteners, third graders and fourth graders.

China is one of the most popular locations in which Marshall students teach abroad. However, Morris chose to go somewhere different than usual — New Zealand. Morris said she wanted to take on that challenge.

“It’s kind of invigorating, actually, to see myself reach the potential of doing something that seems out of reach because I’ve felt drawn to it,” Morris said. “It’s a huge opportunity for growth and a rewarding step for me.

“I’ve always been somewhat of a procrastinator and have been afraid to take risks, but this time I wouldn’t let the idea of that affect me,” she said. “Just because it hasn’t been done before doesn’t mean it can’t be done or stop me from achieving my dreams.”

After having the opportunity to study abroad in New Zealand, Morris said she began to wonder how else she could challenge herself.

“It makes me excited to think about what else I can do, where else I can go and what else I can see,” Morris said.

Morris said if she had to give any advice, it would be to never give up on anything.

“Stay motivated by keeping some part of your goal tangible,” she said.

Morris said she has been able to experience a lot of sightseeing in a short period of time while abroad.

Morris said negotiating between two colleges in different countries dealing with bursars, registrars and financial aid offices 17 time zones away is not an easy task to handle, but it can be done.

Morris said planning is not easy, and it takes dedication and a lot of motivation to accomplish it.

“I hit a lot of walls while I was planning,” Morris said. “I think most people (who are) doing something new and different do, but I hit SUBMITTED PHOTOS

Olivia Morris teaches students while studying abroad in New Zealand.

See ABROAD Page 5