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Codi Mohr
Parthenon@marshall.edu

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By HALEY WADE
THE PARTHENON

Cooler weather and changing leaves mean winter and flu season are just around the corner. College students can be especially prone to illnesses while sharing classrooms and close-living spaces such as dorms.

Amy Saunders, director of student health education programs, said while hand-washing and getting enough rest are important in warding off colds, the best way to prevent illness is one Marshall University provides to all students free of charge.

“The Center for Disease Control recommends flu vaccines for most individuals, and they’re a great way to prevent the flu,” Saunders said. “Marshall will be offering its first free clinic next week in the Memorial Student Center, on Oct. 23.”

The clinics will be offered several times throughout the year courtesy of the Cabell-Huntington Health Department.

Junior Alexa Shay said she is thankful the vaccines are available in such a close and convenient place for students.

“I try to get a flu shot every year, so it really helps that Marshall offers them on campus,” Shay said. “Like a lot of students, I don’t have a car, so it’s important that it’s given somewhere I can get to easily.”

Sophomore Sabrina Waseem said she gets the vaccine because getting sick affects more than her health.

“Being in college gives me a big workload, so I can’t afford to get sick,” Waseem said. “It’s important that I stay healthy, because a missed class or late work can put me really far behind.”

Saunders said now is the best time to get a vaccine.

“They usually watch and test for the flu in our area,” Saunders said. “It usually does come around this time, which is when people should tend to take advantage of getting their vaccination.”

Shay said she has tried harder to keep herself healthy since she became a student at Marshall.

“I think it’s easier to get sick when you go to college, because you’re sharing a few blocks of campus with thousands of people,” Shay said. “We’re coming in contact with different people every day, so it’s important to stay healthy.”

Saunders said for those who cannot make it to the vaccine clinic at the Memorial Student Center, there are other options for students.

“Even if you can’t make it to get the vaccine on campus, the Cabell-Huntington Health Department will have several free clinics around town, which will be posted on their website,” Saunders said.

Haley Wade can be contacted at wade68@marshall.edu.
Herd football climbs in national rankings

Quarterback Rakeem Cato continued to perform, setting the NCAA’s record for consecutive games with a touchdown pass. Saturday’s game against the Panthers gave Cato a streak of 19 games.

Running back Devon Johnson also held strong, tying for eighth place nationally. Johnson has 11 rushing touchdowns.

Running back in the field against Southern Miss at Kidd Field. Sept. 6.

Herd women’s soccer defeats UAB 2-1.

By SCOTT BOLGER

THE PARTHENON

With two goals from junior midfielder Kelly Culicerto, Marshall University women’s soccer came back from a 1-0 deficit in the first half and defeated the University of Alabama-Birmingham 2-1.

The Herd improved its record to 6-4-4 (2-1-2 C-USA).

The strategy worked and earned them a corner kick success and with a four-man diagonal formation of attack, Alabama-Birmingham would send three players forward and leave one back to lob passes toward the proceeding Blazers. This strategy was ineffective, except in the 38th minute, when midfielder Paige Banks decided to force a pass and kick the ball 25 yards out into the top right corner of the Herd goal.

Until the 38th minute, both teams were at a stalemate, vying for possession at midfield and craftsmanship. Marshall finished the half with two shots on goal and six shots total.

Culicerto said. “Second half, we went in there, got on each other, and tore it up in the second half.”

In the second half, Marshall shut down the diagonal formations, stealing the ball from the majority of every offensive set up. The Herd, similar to the first half, dribbled to the half field, passed across field to a player five yards behind them, and sent a midfielder flying to receive a through pass up field.

The Herd dominated possession time with craft-drifting within a triangular set, disallowing the Blazers to get off another shot.

Garnering her fifth and sixth goals of the season, Kelly Culicerto was pleased with the Herd’s play in the second half. "First half, we were kind of struggling," Kelly Culicerto said. "Second half, we went in there, got on each other, and tore it up in the second half."

Kelly Culicerto also mentioned how vital it was for Marshall’s corner kickers to zone in on the ball. "We try to focus on some of our big strong headers, like me, my sister (Kristine Culicerto), and Jenna (Dubs),” Kelly Culicerto said. “We try to make our main focus on people who can win the ball in the air.”

Marshall will take its corner kick success and apply it against Middle Tennessee State University at 2 p.m. Sunday.

Scott Bolger can be contacted at bolger@marshall.edu

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Herb women’s soccer falls to Blue Raiders

By SCOTT BOLGER

No. 3-2-2, the Blue Raiders opened the second half with a 40-yard kick from Kelly Guccione, who headed it wide left. In the second half, Marshall failed to execute its 1-1-3 formation, allowing the Raiders to score four goals on seven shots.

Scott Bolger can be contacted at bolger@marshall.edu.
Let Spirit Week serve as a reminder of how small the world really is

By BRI SHELTON
The Parthenon

During the summer, when the Ebola epidemic really took hold of western Africa, Americans sat back and thought “that’s really bad for Africa. I hope they get a handle on it soon.”

Two American doctors working in Africa contracted the deadly virus, and when they were transported back to America, we switched from our TV screens and thought “Oh, I hope stays kept contained,” then moved on.

Then, Sept. 30, Thomas Eric Duncan, from Liberia, was diagnosed with Ebola in a Dallas hospital. The world discovered he had been in our home when he first started showing symptoms and no one knew who he had contact with. Following Duncan, two nurses in the Dallas hospital have been diagnosed with Ebola, one of which flew to Columbia before she revealed her sick side.

This has started a media frenzy, and social media is filled with equal parts terror and confusion as to why three people in Dallas are cause for so much alarm. The media has been trying to infer the public’s notion of facts, including it cannot be contracted from someone until he or she starts showing symptoms, it’s not airborne and symptoms are flu-like.

While the threat of a virus like this is preventable, Americaa needs to keep in mind only three people have gotten it so far and only because they were in close contact with a patient. Americans, however, have seen many movie scenes and read too many scary stories. Whether we want to admit it or not, a small part of our brains believes Ebola is going to wipe out most of the country, leading the survivors to make a trek across the country to find Randall Flagg in Las Vegas. (That’s plot of Stephen King’s “The Stand” if you didn’t know.)

All joking aside, America’s pretty, prickly, safe bubble has been popped. When Duncan was diagnosed and we realized our hospitals might not be ready to handle the virus, America became real, not something happening in another country. There wasn’t an ocean between us and the virus anymore when we realized岩石 这 made it possible for someone carrying the virus to right into our country.

It is small, and it gets a little smaller every day. Every thing that happens on the other side of the ocean can affect us in America, whether we want to believe it or not. Americans tend to think along, content to live in our own little world with our own little problems. We need to remember we, Americans, are part of something much bigger; a planet filled with nearly six billion people.

A health worker, right: sprays a man with disinfectant chemicals Sept. 4 after he is suspected of dying due to Ebola in a Texas room, near, lock in Monroe, Liberia. Six months after the first Ebola outbroke, scientists say they’re learned more about how the potentially lethal virus behaves and how future outbreaks might be stopped. These first cases of Ebola were reported in January by the World Health Organization on March 23 before spreading to Sierra Leone, Liberia and elsewhere.

State Editorial

Harm to seniors: EPA rules impacting electric rates

A recent report from the 60 Plus Association is more reason for concern when it comes to crippling new federal regulations and higher electric bills.

The report, which was released just this week, says Morgan Griffith, R-Va., and 60 Plus Association founder and chairman Jim Martin, conclude that the new EPA rules targeting coal-fired power plants will increase electric rates at prices above the general rate of inflation while also leading to higher utility prices of America’s elderly population that earned the smallest cost of living (COLA) adjustments that many of the seniors years of age or older depend upon.

The report also found that energy costs are adversely impacting lower-income seniors affected by health conditions, leading them to forego food for a day, reduce medical or dental care, and fail to pay utility bills, according to Griffith. We aren’t surprised by the findings of this particular study, as we have been warned for several months now that the new EPA rules targeting coal-fired power plants will lead to higher electric bills for most Americans, including senior citizens and those low-income families living right here in the coal regions of Virginia, West Virginia, and Kentucky.

And Griffith correctly points to a comment made by then presidential candidate Barack Obama back in 2008 of evidence of this unfair burden that is being placed on senior citizens.

Griffith says when President Obama was a candidate back in 2008 he told a newspaper editorial writer for the San Francisco Chronicle that he had a plan for a cap and trade system that would cause electric rates to necessarily skyrocket.

“This comment has always troubled me,” Griffith said. “When Obama said — concerning his plan for a cap and trade system — that he thought electric rates would have to increase, he included the single moms trying to hold down a job, raise children and pay their bills such that the keep the lights and heat on.”

Griffith says he has been and continues to seek answers from EPA officials in terms of the impact that these new rules will have on low-income seniors, as well as on the poor and elderly through increased heating and cooling prices. He argues that the agency is showing a “disdainful disregard” for seniors and others.

We too are concerned. Not only about the impact of these new rules on the coal mining industry, but also the impact of higher electric bills on senior citizens and low-income families across our region.

Want the chance to give your fellow students valuable advice? Is there any topic you love to talk about, but you know your friends’ eyes glaze over when you talk about it? Whether it’s music, politics or Marshall University, The Parthenon is looking for regular columnists for.

Letters may be edited for timeliness, newsworthiness, length and clarity. Letters that are posted on The Parthenon website, www.marshallparthenon.com, can be printed at the discretion of the editors.

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By ZACH WRIGHT
THE PARTHENON
Networking with other students and organizations is a valuable way to meet important people and gain recognition. Networking can be daunting at first, but the Student Resource Center has an upcoming workshop that will help students with the process.

The workshop, called “Making Your Mark on Campus,” will occur Tuesday in the SRC Conference Room. The event will have two different times, at 11 a.m. and 1 p.m.

The event was organized by Michelle Barbour, career services counselor for the SRC. Barbour said the event is for any student who has an interest in networking and how it can help students make connections with campus organizations and other common-interest groups.

“The event is geared towards all students to help them understand how to make connections on campus and get involved,” Barbour said.

Barbour said information for a number of organizations on campus will be distributed during the event so interested students can reach out to them easily.

“We will hand out a list of organizations and let them know where they can go to find out more information about organizations on campus,” Barbour said.

Barbour said the workshop would help develop a strategy that can help students be more comfortable with networking.

“We want students to make a networking strategy specific to them,” Barbour said. “We will work with them to figure out what social and academic connections they have or can make on campus that will make them the most successful when connecting with networking sources.”

Barbour said students would only benefit themselves if they come out and get information about campus organizations. The workshop allows students to get in contact with organizations that may share common interests or for someone who wanted to try something new.

“From this event, a student can gain the importance of getting involved and making connections on campus,” Barbour said. “Students can then learn the workshops with information and valuable resources that can help them get started with the networking process.”

Zach Wright can be contacted at wright283@marshall.edu.

Frankie Valli, voice of the Four Seasons and legendary performer, took the stage at 7:30 p.m. Friday at the Keith Albee Performing Arts Center.

PHOTOS BY RICHARD CRANK | THE PARTHENON
BASE jumpers from across the world found themselves plunging into the New River Gorge Saturday in Fayetteville, West Virginia. Every year since 1993, people have been flocking to Fayetteville on the first Saturday in October to celebrate Bridge Day. Bridge Day commemorates the 1977 completion of the New River Gorge Bridge and is the only time of year BASE jumpers are welcome to make the leap off the bridge. The New River Gorge Bridge is the fourth longest steel single-span arch bridge at 3030 feet long and stands 876 feet above the New River.

Two BASE jumpers prepare for a tandem jump Saturday at Bridge Day in Fayetteville, West Virginia. First-time BASE jumpers must complete a tandem jump before going solo.

A BASE jumper jumps off the jump platform Saturday during Bridge Day. BASE stands for Building, Antenna, Span and Earth.

A BASE jumper deploys his parachute after jumping off the New River Gorge Bridge Saturday. BASE jumpers use different types of parachutes and equipment than skydivers.

A BASE jumper guides himself to a safe landing Saturday at Bridge Day in Fayetteville, West Virginia. Jumpers face an 876-foot drop off the New River Gorge Bridge. The shorter drop makes BASE jumping more dangerous than skydiving.

A BASE jumper is catapulted off the New River Gorge Bridge Saturday at Bridge Day in Fayetteville, West Virginia.