

2-19-2015

# The Parthenon, February 19, 2015

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# THE PARTHENON

THURSDAY, FEBRUARY 19, 2015 | VOL. 118 NO. 92 | MARSHALL UNIVERSITY'S STUDENT NEWSPAPER | marshallparthenon.com

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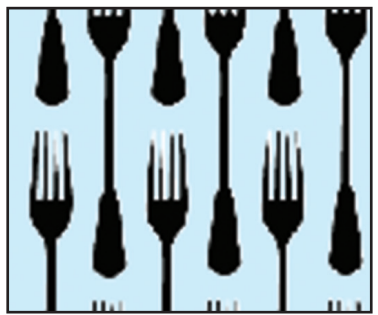
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## TODAY'S WEATHER:

PROVIDED BY MARSHALL UNIVERSITY METEOROLOGY STUDENTS

**Marshall Meteorology Thursday**

The National Weather Service in Charleston, W.V., as issued a **WIND CHILL ADVISORY**

Arctic air will make it feel like -20°F. Frostbite can occur in less than 30 minutes. Limit exposure to bare skin.

<b>Daytime</b>		<b>8</b>
Flurries Poss. Early Partly Cloudy		
<b>Nighttime</b>		<b>-10</b>
Dangerously Cold Conditions		

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## MU DAY AT THE CAPITOL

### Marshall football, Kopp honored in Charleston despite weather conditions



Marshall head football coach Doc Holliday prepares to accept a Senate Resolution to honor the Marshall football team during Marshall Day at the Capitol Wednesday in Charleston.



PHOTOS BY LEXI BROWNING | THE PARTHENON  
Marshall's head football coach Doc Holliday and Interim President Gary White commemorate Senate Resolutions honoring the Marshall football team Wednesday in Charleston.



A delegate applauds during Marshall Day at the Capitol as Senate Resolutions honor Marshall President Stephen J. Kopp and the Marshall football team Wednesday in Charleston.

By LEXI BROWNING  
THE PARTHENON

Inclement weather did not stop the West Virginia Legislature from paying tribute to President Stephen J. Kopp and recognizing the accomplishments of the 2014 Marshall football team Wednesday at Marshall University Day at the Capitol.

Senate Resolution 36, sponsored by Senator Robert Plymale, D-Wayne, memorialized the life of Kopp and elaborated on his accomplishments.

Gary White, Marshall interim president, said the resolution honoring Kopp, his personal friend, between

*"As Marshall people, we sit there and think that [Kopp] only really represented Marshall in what he did, but his efforts were echoed statewide and still echo today."*

DUNCAN WAUGAMAN

both legislative chambers was a suiting privilege.

"He did so much for Marshall University in such a short period of time," White said. "I'm very pleased, and I think it was very fitting for both houses in the West Virginia Legislature to recognize his service with a resolution."

White echoed both chambers in saying not only had West Virginia adopted Kopp and his wife Jane Kopp as beloved residents, but the Kopp family had adopted and loved the state too.

"His death was untimely and tragic, but our job now is to

See CAPITOL page 5

## Black Lives Matter panel to focus on modern culture

By AMY NAPIER  
THE PARTHENON

Marshall University's Students for Appalachian Socialism organization is presenting a Black Lives Matter panel from 6:30-9:30 p.m. Thursday in the Memorial Student Center's Shawkey Dining Room.

The panel will discuss racial oppression in modern culture as well as racial identity.

Panelists will include Keelon Hinton, Marshall psychology professor, and Lamont Lilly, an activist from North Carolina.

The event is scheduled near the assassination anniversary of human rights activist Malcolm X.

Sophomore Kenedi Wilson said she plans to go to the event.

"I think it's important to understand where our university stands in terms of racism," Wilson said. "A lot of times we tend to think that racism ended in the 1960s, but that's not true. It's still rather prominent in this rural area we live in."

Wilson said she hopes to see strong support from the community.

"This is something I feel strongly about," Wilson said. "I'm really hoping to see a big turnout."

SAS said they expect an audience of 50-100 members.

Amy Napier can be contacted at [napier168@live.marshall.edu](mailto:napier168@live.marshall.edu).

## 'CABARET'

### opens for eight-show run



By MIKAELA KEENER  
THE PARTHENON

Marshall University's School of Music and Theatre presented its opening night of "Cabaret" Wednesday at the Francis-Booth Experimental Theatre.

The performance kicked off the eight-night run of the show.

Before the production, Nicole Perron, director and choreographer, said Wednesday's show was a special performance due to the cancelation of classes Monday and Tuesday. Perrone said Wednesday's performance was to be a dress rehearsal for the cast because of the lost rehearsals. The cast started

rehearsals at the beginning of the spring semester Jan. 12.

The experimental theatre was designed to bring the Kit Kat Klub—setting of the show—to life for audience members. Cabaret tables placed around the stage helped set the mood for the show. According to the program, this design became tradition for productions of the show since its revival in 1998.

Marshall freshman Victoria Mabe said she likes how interactive it is.

"They can connect with everybody," Mabe said. "It's just different from any show I've ever seen."

The cabaret sign used in Marshall's 1979

production of "Cabaret" was also used for the set.

"Cabaret" takes place at the Kit Kat Klub in Berlin, Germany during the Nazis' rise to power in 1931. The musical focuses around Sally Bowles, a cabaret performer played by senior Emily Pritchard, and her relationship with Cliff Bradshaw, an American writer played by Timothy Woda, a junior.

Seven performances are scheduled for 7:30 p.m. Thursday through Saturday and Feb. 26 through Feb. 28. There will be a matinee performance 2 p.m. March 1 at the experimental theater.

Mikaela Keener can be contacted at [keener31@marshall.edu](mailto:keener31@marshall.edu).

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# No relief from winter: Cold lingers over much of country

LEFT: Heavy snow reduced visibility and made travel difficult around Charleston, W.Va., Tuesday. Even the Interstates were snow covered.

BELOW: The snowfall was so heavy that within a couple of hours there was enough snow for Jed Pettigrew, 17, to sled ride at George Washington High School in Charleston, W.Va., Tuesday.

AP PHOTOS | CHARLESTON DAILY MAIL | CRAIG CUNNINGHAM



THE ASSOCIATED PRESS

Low temperatures gripped much of the South, Mid-Atlantic and Northeast on Wednesday, freezing and refreezing snow and ice and making roads hazardous for those who'd ventured out. In many areas, the cold was expected to stay for days.

The refreeze has already played out over and over in New England, where mountains of snow are piled high. Here's a look at how people are handling the weather:

**RUSH HOUR WARNINGS**

In the Baltimore-Washington region, officials urged commuters to leave early and avoid a snowy rush hour.

Forecasts called for a possible 1 to 2 inches of snow between 4 p.m. and 9 p.m., with low visibility, high winds, and falling temperatures. Combined, that can make for slick roads and dangerous driving conditions.

Transportation officials say it's bad timing for a snowstorm.

**TOILET SNOWPLOW**

Talk about a pooper scooper.

A man in suburban Washington, D.C., attached a plow to the motorized toilet, which he had already made for a parade this past summer.

David Goldberg of Rockville, Maryland calls the contraption "Loo-cy," and it comes complete with a toilet paper stand and a magazine rack.

Goldberg posted a YouTube video of himself sitting on the commode while plowing about 4 inches of snow Tuesday in front of a hardware store he owns in Bethesda, Maryland.

**WINTER WINS AGAIN**

Remember that New York tourism office website that suggested potential visitors should go to the Florida Keys?

Well, its website crashed.

Bruce Stoff of the Ithaca-Tompkins County Convention and Visitors Bureau says nearly 150,000 views crashed the site on Tuesday afternoon.

On Sunday, Visitithaca.com posted images of Key West and provided links to Florida Keys websites. The site said, "We surrender" and "Winter, you win" and suggested that a visit to Key West was a better option than frozen central New York.

The upside: Stoff says his office fielded numerous inquiries about tourism in upstate New York.

**DON'T JUMP**

Boston residents overwhelmed by massive snowfalls the last month have been recording videos of themselves jumping out of windows and into snowbanks, and Mayor Marty Walsh wants them to cut it out.

Walsh chastised thrill-seekers who've been filming themselves performing the frosty feat and then posting the videos on social media websites.

Walsh says, "It's a foolish thing to do, and you could kill yourself."

He says Boston "isn't Loon Mountain," a New Hampshire ski resort. He said Monday the stunts are dangerous as city workers struggle to clear snow-clogged streets and deal with snowbanks 10 feet high.

**COMMUTING NIGHTMARE**

Massachusetts Gov. Charlie Baker says he's done with excuses and wants the contractor that operates the MBTA's commuter rail system to take steps to improve service that has been crippled by brutal winter weather.

Baker met privately early Wednesday with three senior representatives of Keolis Commuter Services.

The governor later told reporters that Keolis' service recovery plan was not satisfactory and the company must do a better job of communicating with the riding public.

There have been widespread reports of long delays on commuter rail lines and passengers waiting for trains that never arrive.

**DOGGONE IT**

Here's an upside to all this snow: It was so deep in Troy, New Hampshire, that residents were finally able to capture a black Labrador retriever that had been on the lam for three years.

The wily female pup, who's 3 or 4 years old, had been spotted regularly, but nobody could

get close enough for a grab. That changed on Sunday night when Courtney Davis and his girlfriend, Tiffany Bennett, spotted her running from an abandoned trailer. Hampered by deep, fluffy snow after a series of heavy storms, the dog couldn't get away again.

Carl Patten Jr., who's been keeping the pooch in his heated garage since then, said Tuesday that he's using two collars on her: one a harness and the other around her neck, just to be safe.

"It's like Houdini, this dog," Patten said.

**ROOF RAGE**

Massachusetts officials are stepping up warnings about the potential for roofs to collapse under the weight of snow that has built up in recent weeks.

Public Safety Commissioner Thomas Gatzunis said owners of residential and commercial buildings should be aware of signs of stress on roofs, including ceilings that are sagging or developing cracks.

See WEATHER page 5

## COLA Conference extends submission date

**By PATRICK BREEDEN**  
THE PARTHENON

The Marshall University College of Liberal Arts Research and Creativity Conference application deadline is extended to Feb. 25.

The conference features the analytic, creative and empirical works of critical analysis of text, theory, poetry, short stories and research projects by undergraduate students.

A faculty member must approve the proposed research as work that meets the scholarly expectations of the Research and Creativity Conference. The faculty member oversees the project to ensure it is completed.

Students who want to participate in the conference must fill out the application form found on the College of Liberal Arts' website and submit the form to an adviser. Each

application must contain a 12-word title and 200-word abstract for the proposed project.

Conference chairman Viatcheslav Gratchev said the conference is an opportunity for undergraduate students to present research and gain experience similar to graduate level presentations.

"The benefit of this conference is unique," Gratchev said. "Marshall, for 15 years in a row, is offering an opportunity to undergraduate students to present their own independent research. There are tons of conferences across the country, across the region and across the state for graduate students, but an undergraduate who has an idea and wants to put it forward will not be accepted."

See COLA page 5

## University makes color change official

**By NICHOLE HENDERSON**  
THE PARTHENON

Marshall University's Board of Governors recently made the decision to officially change the school color from hunter green (PMS 356) to kelly green (PMS 354).

Mallory Jarrell, University Communications marketing & branding coordinator, said the university changed the color a couple years ago.

"That was when the athletic teams changed their uniform colors, and you saw all of the apparel at local retailers change as well to the brighter kelly green," Jarrell said.

Jarrell explained how the darker green was harder to work with and became problematic while reproducing.

"When it was printed, the ink color was dark, and it was very hard to be consistent throughout different types of printing materials," Jarrell said. "So it was suggested through a committee that we change to PMS 354 to be a brighter kelly green."

John Winters, director of printing services said the final decision was made by the Board of Governors but the issue was brought forth and presented by Ginny Painter, senior vice president for communications and marketing at Marshall.

"We want to maintain consistency in order to better relate to what is happening in the athletics arena because they are the most visible as far as the apparel goes," Winters said. "The university wanted to

See COLOR CHANGE page 5

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# SPORTS

THURSDAY, FEBRUARY 19, 2015 | THE PARTHENON | MARSHALLPARTHENON.COM

## SWEETHEART CLINIC IS SET TO HELP YOUNG ATHLETES

By JILL SHEMANSKI  
THE PARTHENON

The Marshall University Athletic Department is having the 18th Annual Sweetheart Clinic 9:30 a.m. Saturday in the Chris Cline Athletic Complex Indoor Athletic Facility.

The clinic is a free event open to girls ages 4-12.

The Sweetheart Clinic began in 1998 in recognition of National Girls and Women in Sports Day. Since its inception, more than 2,000 girls have participated with the opportunity to learn developmental skills in nine women's sports.

Each year the Sweetheart Clinic is made possible at Marshall through loyal partners, who have an appreciation for the Herd and National Girls and Women in Sports Day event. Sponsors and companies including Sodexo, Colonial Lanes, Papa Johns, Marshall Surgery, AMP Gymnastics, Valley Health, WV WIC Program, Marshall OB/GYN, Marshall Family Medicine and Signs Unlimited helped to make the clinic a possibility this year.

Former Marshall volleyball player Samantha Bane said the clinic is rewarding.

"The Sweetheart Clinic is a great way to get involved with the young aspiring athletes in the Huntington community," Bane said. "I remember how I was when I was a kid, and having the opportunity to give back by teaching girls about the sport I love is extremely rewarding."

Participants will be divided into age groups and will rotate through nine different stations, learning developmental sports skills from each of the Marshall's women's sports coaches and student athletes. In addition to developmental skill instruction, participants will receive a free t-shirt.

Assistant Marshall volleyball coach Taylor Strickland said

the girls really enjoy the clinic. "It is a great way to get them interested in sports and to be active," Strickland said. "They truly enjoy hanging out with all of the student-athletes because they look at them as role models."

Check-in for participants will last from 9-9:30 a.m. in the indoor facility. The clinic will begin promptly at 9:30 a.m. After the clinic, participants will have a pizza party and a Marshall cheerleader-led pep rally in the Cam Henderson

Center. Participants will then be invited to attend the Marshall women's basketball game versus University of Alabama at Birmingham with free admission at 1 p.m.

Family members and visitors of participants may purchase a ticket to the women's basketball game at the clinic for \$3.

Jill Shemanski can be contacted at shemanski@marshall.edu.



Herd women's soccer prepares to take on University of Cincinnati Sept. 12, 2014 at the Veteran's Memorial Soccer Complex. LEXI BROWNING | THE PARTHENON

## Herd Men's Basketball to take on Blue Raiders

By ADAM POLSKY  
THE PARTHENON

Marshall University's men's basketball team will face a road test Thursday in conference for Middle Tennessee State University in Murfreesboro, Tennessee.

The Thundering Herd comes in at 9-16 (5-7), which is good for 11 in the C-USA standings. The Blue Raiders enter play at 13-13 (6-7) landing them at eight in conference standings.

However, the teams are heading in different directions. The Herd won four of its past five contests and most recently came off of an upset victory over Western Kentucky University, 87-82. MTSU dropped three of its past four matchups and capped off the stretch by losing a heartbreaker to University of North Texas, 57-56.

Marshall won four straight C-USA home games and three straight conference games overall. Head coach Dan D'Antoni said streaks like this are fun to be a part of.

"It's fun, it's not like you're pulling teeth," D'Antoni said. "It's a great time in your life as a coach and as a player."

The last time both teams met was Feb. 2, 2014 when Middle Tennessee squeaked out a win in Huntington,

56-53. The Blue Raiders had seven seniors on that team but the Herd has lost some key players since then, as well. Former starting point guard Kareem Canty transferred to Auburn University among other roster shake-ups.

The Herd was on the outside of the conference tournament looking in just a few weeks ago, but now it finds itself climbing the ranks at a rapid pace.

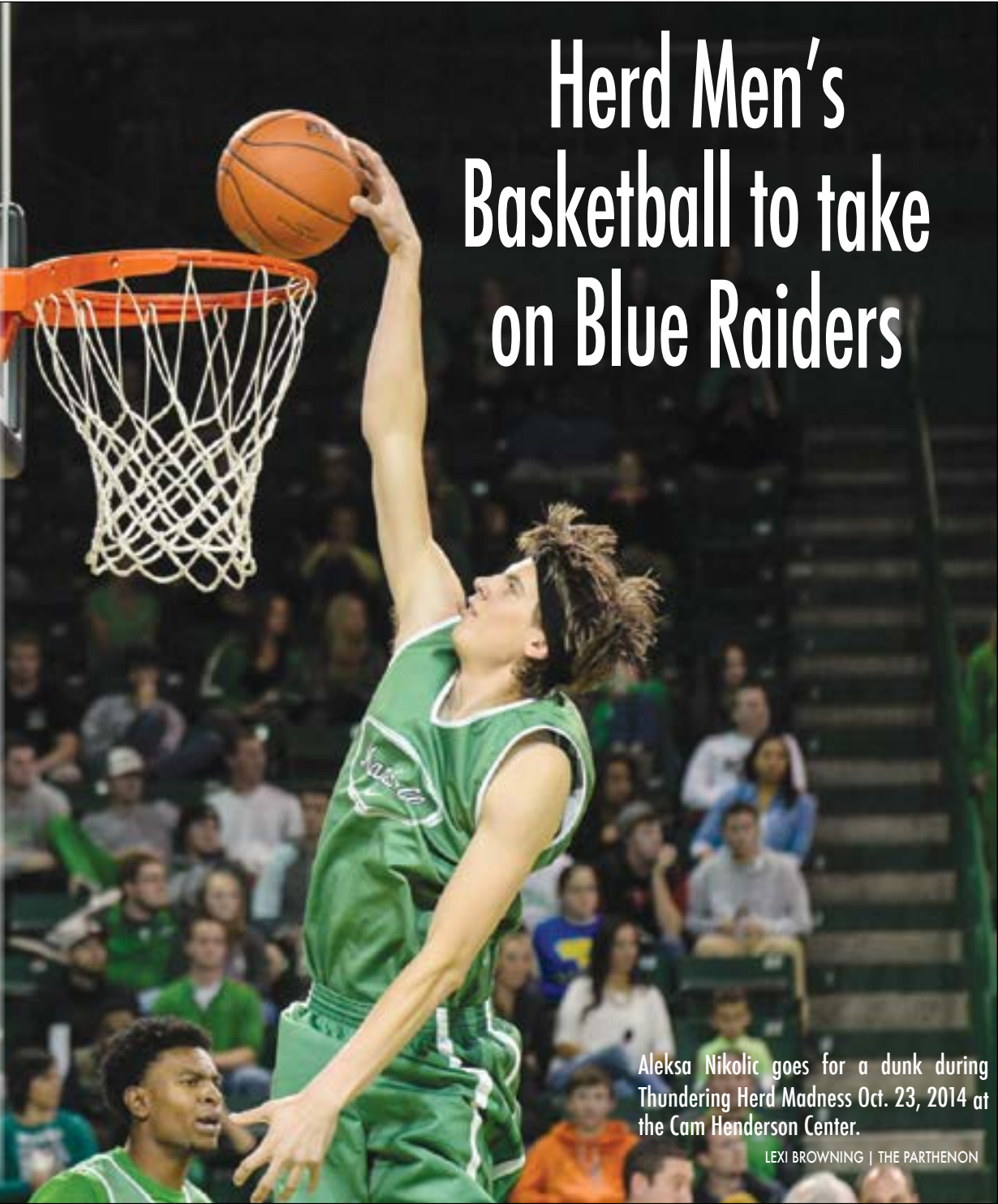
Sophomore forward Ryan Taylor said losing 12 of 13 games at one point in the season did not deter his team's confidence.

"We've seen teams come out of streaks like that and be good," Taylor said. "We can make it into the tournament as a 12 seed, but if you're playing, and you're hot, it doesn't matter what your record is."

The game was originally scheduled for 8 p.m. Thursday but weather conditions have forced the start time to be 5 p.m.

Marshall will face University of Alabama at Birmingham 8 p.m. Saturday to round out its two-game road trip.

Adam Polsky can be contacted at polsky@marshall.edu.



Aleksa Nikolic goes for a dunk during Thundering Herd Madness Oct. 23, 2014 at the Cam Henderson Center. LEXI BROWNING | THE PARTHENON

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THE PARTHENON

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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.

BE HERD: GUIDELINES FOR SENDING LETTERS TO THE EDITOR

Please keep letters to the editor at 300 words or fewer. They must be saved in Microsoft Word and sent as an attachment. Longer letters may be used as guest columns at the editor's discretion. Guest column status will not be given at the author's request. All letters must be signed and include an address or phone number for confirmation. Letters may be edited for grammar, libelous statements, available space or factual errors. Compelling

letters that are posted on The Parthenon website, www.marshallparthenon.com, can be printed at the discretion of the editors.

The opinions expressed in the columns and letters do not necessarily represent the views of The Parthenon staff.

Please send news releases to the editors at parthenon@marshall.edu. Please keep in mind, letters are printed based on timeliness, newsworthiness and space.

COLUMN

Why I am rejecting the term "white feminism"

By JOCELYN GIBSON  
MANAGING EDITOR

An idea persists among many modern feminists that mainstream feminism is "white feminism." That is, it isn't meant to help anyone other than white middle and upper class women. I firmly reject the term "white feminism."

I reject the term not because I think feminism as it stands is successful in helping women of all races, ethnicities, cultures and socioeconomic conditions, but because there are other groups of women — white women — whose cultural ideals don't always mesh with mainstream feminist ideals.

It is the same argument people make for feminism being "white feminism." They see feminism as something not meant for them because it doesn't align with their cultural values.

In her book "If I Had a Hammer: Retraining the Really Works," Margaret Little talks about her experience teaching Aboriginal women (primarily impoverished, single-mothers) carpentry through a

program called the Women's Work Training Program.

One of the key points of her novel is the cultural barrier that impeded the women's success in the program because of its structural "whiteness" even though it was developed specifically for them.

One example Little gives is that the women wouldn't ask questions during the training if they didn't understand something, when she asked them why they told her in their culture it would be seen as disrespectful and "challenging one's elders" to ask questions when they are being given instructions. "I just can't unlearn it, and I don't want to," Little quoted one of the women as saying.

The women were experiencing a disconnect between their culture and what the program was trying to teach them, and they didn't feel comfortable giving up that aspect of their culture. Mainstream feminism sometimes fails to recognize that some cultural practices don't need to be unlearned for women to embrace feminism.

See WHITE FEMINISM | Page 5

EDITORIAL

In a world of advanced technology, some are seeking nostalgia instead

In a world comprised of advancing technologies, the human obsession with the past remains vigilant. This prevailing interest is not limited to the far past, such as the Civil War era or medieval England, but more recent eras, such as the '70s.

In downtown Huntington, amidst Sprint and Intelos stores, there is a vintage video game store with playable entertainment systems from the '80s and vintage arcade machines. It is not uncommon to walk by the place and see it filled with people. People's interest in the recent past is

generally borne out of nostalgia, but what about periods of history further back in time? Fairs and festivals that emulate a certain period of history are always prevalent. While often anachronistic, people all over the world engage in such events, either as spectators or reenactors.

As we move forward, we are always looking back.

What is it about the past that invites such interest? The further technology advances, the greater the interest in the past seems to grow. There are a number of factors for this, but it is arguably the severed

connection to our past that generates such interest in recreating it. We only have historical writings, works of art and some photographs to connect us to the past, and such things can only take us so far. History is like an unclimbable mountain peak: we can see it, we have an idea of what it might be like at the summit, but there is no way to know all the details. So we fill in the blanks as best we can.

People's obsession with the past can also be a way to escape the real world for a while. The modern world

moves at a much faster pace than ever before, and sometimes it is nice to slow down and take a moment to sit back and relax.

But most importantly, history, either through study or anachronism, teaches us to understand where we were and where we are going. The past is a lesson: it shows us our successes and failures. It guides us down the right path so that we have a better idea where the future might lead us. No one can predict the future, but with the past as a lesson, one can at least make a pretty good guess.



STATE EDITORIAL

W. Va. needs safer energy transportation

CHARLESTON DAILY MAIL

America, and the world for that matter, uses lots of energy. The energy source used more than any other in the United State is oil — at 36 percent of the energy consumed in this country.

In the American energy portfolio, natural gas is next at 27 percent, coal at 19 percent, renewable energy at 10 percent, and nuclear at 8 percent, according to the U.S. Energy Information Administration.

The oil is produced — pulled from underground rock and reservoirs — wherever those reserves are. Before being used, oil must be refined. To get from production area to refinery, obviously, it must be transported.

In the United States, 70 percent of crude oil is shipped by pipeline, the safest and most efficient of all methods of oil transportation.

Twenty-three percent is shipped on tankers and barges over water, while 4 percent is trucked, and only 3 percent, amazingly, is shipped by rail, according to James Conca writing in an April 2014 Forbes column.

Each method of transportation has its own unique problems and benefits. None is without risk.

Amid a North American energy boom and a lack of pipeline capacity, Conca reported, oil shipping by rail has sharply increased.

"The trains are getting bigger

and towing more and more tanker cars," Conca wrote. "From 1975 to 2012, trains were shorter and spills were rare and small, with about half of those years having no spills above a few gallons. Then came 2013, in which more crude oil was spilled in U.S. rail incidents than was spilled in the previous 37 years."

With Monday's train derailment, Montgomery, W.Va., now joins the list of places — Lac Megantic, Quebec; Lynchburg Va; Pickens County, Ala.; among others — that have seen dramatic and dangerous oil tanker fires involving the volatile Bakken crude.

Considering the increase in oil transport, the CSX Corp. and other railroads need to

do a much better job — obviously — on safety. Shorter trains, upgraded tank cars, lower speeds, and better track maintenance are among improvements railroads can and should make even before greater pressure from regulators and lawmakers begin.

In the bigger picture, however, the nation needs to develop a long-term, cohesive and realistic national energy strategy — something that has been talked about since the 1973 energy crisis but never fully developed. That strategy needs to encourage rapid development of an integrated network of modern, safe and more efficient underground pipelines to carry the energy we rely on.



Train cars remain on the scene following a train derailment near Mount Carbon, W.Va. Tuesday. A CSX train carrying more than 100 tankers of crude oil derailed Monday in a snowstorm, sending a fireball into the sky and threatening the water supply of nearby residents, authorities said Tuesday.

AP PHOTO | THE REGISTER-HERALD | CHRIS JACKSON



# Sister of 'American Sniper' defendant: He said he killed 2

ASSOCIATED PRESS

The sister of the former Marine accused of fatally shooting "American Sniper" author Chris Kyle and another man testified Wednesday that when her brother came to her home after the killings, he seemed "almost in a daze."

Laura Blevins, on the stand during the defense's first full day of testimony, said that when Eddie Ray Routh arrived, he told her he'd killed two people, The Dallas Morning News reported.

"He said he took their souls before they could take his. I asked him what he meant by that, and he said they were out to get him," Blevins said.

Routh, 27, is charged in the Feb. 2, 2013 deaths of the famed former Navy SEAL sniper and his friend Chad Littlefield at a shooting range. The trial has drawn intense interest, partly because of an Oscar-nominated film based on Kyle's memoir.

Routh has pleaded not guilty, and his attorneys are mounting an insanity defense. They say Routh was in a psychotic state at the time.

Blevins said that when she saw Kyle's truck, she began to fear he was telling the truth.

"When I was looking at him, he kind of looked like he was out of it, almost in a daze or something, and when I told him that I loved him, there was something in him that understood that," Blevins said.

Kyle had taken Routh on the outing after Routh's mother asked him to help her son, who family members have said suffered from post-traumatic stress disorder after serving in Iraq and in Haiti following a devastating 2010 earthquake.

Blevins testified that she'd distanced herself from her brother after he was hospitalized several times for mental health issues, fearing he could be a danger to her family.

Key points in the case:

THE CRIME

On Feb. 2, 2013, Kyle, Littlefield and Routh drove to Rough Creek Lodge and Resort, which has a shooting range. About 5 p.m., a resort employee discovered the Kyle and Littlefield's bodies. Authorities say Routh arrived at his sister's Midlothian home about 45 minutes later.

Criminal law experts say a verdict hinges on whether the

defense can prove Routh was insane and did not understand that the killings constituted a crime.

PROSECUTION CASE

While prosecutors have described Routh as troubled, they've also said any history of mental illnesses should not absolve him of being accountable for the deaths.

"Mental illnesses, even the ones that this defendant may or may not have, don't deprive people of the ability to be good citizens, to know right from wrong," Erath County District Attorney Alan Nash said during opening statements.

And while testimony and evidence presented by prosecutors often included Routh making odd statements, he also confessed several times, apologized for the crimes and tried to evade police.

ROUTH'S GIRLFRIEND

Routh's former girlfriend testified Wednesday that he would become enraged over minor incidents, once throwing a shoe across the room because he dropped his beer.

Jennifer Weed also testified about an incident two weeks before the killings in which Routh acted paranoid and wouldn't let her or her roommate leave their apartment, The Dallas Morning News reported. She said he grabbed a ninja sword and butcher knife, saying he was trying to protect them.

Weed's roommate called police and he was hospitalized for mental health treatment. He was released about a week later.

Weed testified that she visited Routh at his Lancaster home the night before the slayings and they got into a fight because he was smoking marijuana after saying he would quit. She said he behaved oddly during the fight.

"I asked him if he was seeing things, and he said, yes," Weed said. "He definitely had paranoia about the government out to get him."

WHAT'S AT STAKE

Jurors have three options: find Routh guilty of capital murder, find him not guilty or find him not guilty by reason of insanity. If convicted, Routh faces life in prison without parole. Prosecutors aren't seeking the death penalty. Even if he's acquitted, Routh could remain in custody. The Texas criminal code stipulates that

in cases involving violent crimes where defendants are found not guilty by reason of insanity, the court can initiate civil proceedings to have them committed.

WHO WAS KYLE?

Kyle served made more than 300 kills as a sniper for SEAL Team 3, according to his own count. He earned two Silver Stars for valor. After leaving the military, he volunteered with veterans facing mental health problems, often taking them shooting.



## COLA

Continued from page 2

Students who present will follow similar requests, demands and standards as a regular academic conference, Gratchev said. Experts in each field of study will evaluate the abstracts.

Gratchev said there are no other conferences in the area like the Research and Creativity Conference. He said it is a prestigious event for Marshall students, and students outside of Marshall do not participate.

Victor Fet, a Marshall professor of biological sciences and noted expert in the study of scorpions, will be this year's guest speaker. Marshall Classics Chairman Eric Del Chrol served as last year's guest speaker.

Last year's conference consisted of 86 participants. Gratchev said he anticipates the same number of applicants now that the deadline has been extended.

The Research and Creativity Conference is April 2-3.

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## COLOR CHANGE

Continued from page 2

make sure that the materials we produce all stay consistent."

Jarrell said the color change was more of a formality issue to get things more consistent throughout the entire university, and she said the focus was not entirely on athletics.

The color change will not cause any further expenses for Marshall.

"What we will do is, as things get replaced or redone, that's when the changes will occur," Jarrell said.

"Kelly green is what our fans like, it is what people like to see for Marshall and what they associate with Marshall is that bright kelly green," Jarrell said. "This is just going to help us be more consistent in our brand and throughout all of our university items and our licensed merchandise and retail."

Students and members of the community can look forward to seeing the brighter green take over Marshall's campus in the future.

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## WHITE FEMINISM

Continued from page 4

As a white, Appalachian feminist I often find that my cultural upbringing and ideals don't go along with the feminism that I see most often displayed in the mainstream. I do, however, still identify as a feminist while acknowledging that I might not always agree with other feminists or make choices with which they would agree.

I imagine the disconnect I feel between my goals and those of mainstream feminists is similar to what women of color feel in the same predicament. Mainstream feminism seems to care about high-profile working women who are held back from promotions and can't break through the glass ceiling, and so do I, but that isn't a women's issue I am faced with on a daily basis. I care about whether women in West Virginia are able to afford bottled water for themselves and their children when we are in the middle of yet another water crisis. I am concerned that impoverished single-mothers have to make impossible choices between clean water they can't afford and water that could make their children sick when they don't really have a choice at all.

My life in the mountains has taught me

that women don't have to work high-profile careers to be successful. In my mind, the feminist icons are the strong mountain women who stayed home, raised a family, worked the land, tended to the animals, chopped their own firewood, took a casserole to their elderly neighbor and still had dinner on the table for their own family every evening.

Mainstream feminism considers traditional Appalachian women oppressed along with Muslim women, Christian women and women belonging to tribes in Africa. What they don't see is the feminist potential of these women, just because they are part of a culture that appears patriarchal doesn't mean they don't have their own unique brand of feminism.

I'm with the idea that mainstream feminism doesn't include or care about everyone, but I am not with the idea that it is "white feminism" because it marginalizes white women too. We can all agree that feminists come with a variety of principles that are indicative of their background and culture and no one brand of feminism is the right brand.

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## WEATHER

Continued from page 2

Other signs could include popping or cracking sounds from the roof or attic area, and doors or windows that either won't open or suddenly open on their own.

Numerous partial roof collapses have been reported in the state — including at a Kmart store and a high school — but no serious injuries as of Wednesday.

MORE COLD FOR CAROLINAS

The cold snap affected just about everyone in the Carolinas: Schools closed, people worried about tree limbs falling on homes or pipes bursting, and shelters took in more homeless people.

In Greenville, South Carolina, Frank Marshall prepared for the deep freeze, bounding from store to store Wednesday looking for bags of rock salt to help melt the ice in his

driveway. No luck: Every place was out.

"Nobody has a thing," said Marshall, 67, a retired truck driver. "You go inside and everything is about spring. Nobody expected this,"

But he joked that if his power goes out, he won't have to worry about his refrigerated food: "I'll just put everything outside."

WARMTH IN THE WEST

While much of the rest of the country shivered, the Pacific Northwest experienced a different kind of February, with record-breaking high temperatures. Flowers blossomed, bees buzzed, and the sky was blue. Temperatures have crept north of 60 degrees. But low temperatures have meant headaches for skiers and snowboarders. Nearly all ski resorts in western Washington have partially or completely closed — there's not enough snow.

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The Parthenon  
on Twitter



## CAPITAL

Continued from page 1

protect the legacy that he created," White said. "We are honored to have the opportunity to do that as we search for a new permanent leader for Marshall University."

Duncan Waugaman, student body president, said the ceremony was touching.

"As Marshall people, we sit there and think that [Kopp] only really represented Marshall in what he did, but his efforts were echoed statewide and still echo today," Waugaman said.

Senate Resolution 37 honored the Marshall football team and designated Feb. 18, 2015 as Marshall University Day.

"It shows that people are interested in football, and our winning record is showing through," Waugaman said. "Our continued success will

bring a lot of advertising and marketing to the university."

Though many representatives from Marshall were unable to venture out of Huntington due to the icy conditions, Matt Hayes, executive director of alumni relations and coordinator for Marshall Day at the Capitol, said the turnout still provided the university with an opportunity to have a presence at the Capitol.

"We take a lot of pride in how we showcase the very best of what's happening at Marshall University year after year, and it's a great opportunity," Hayes said. "We're thankful that we're afforded by our state leaders to come up and represent the university on this occasion."

**Lexi Browning can be contacted at browning168@marshall.edu.**

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Nutritional namaste

"Mindful eating is not a diet. There are no menus or recipes."

By KELSIE LIVELY  
THE PARTHENON

Owner and founder of Brown Dog Yoga Katrina Mailloux shared the importance of eating mindfully during her presentation at Huntington's Kitchen.

"The Yoga of Eating" draws on research done by Susan Albers, Cleveland Clinic Family Health Center psychologist, "The Mindful Eating Marathon." They both express the importance of slow paced eating and savoring every bite of your food.

"Mindful eating is not a diet," Albers said on her website. "There are no menus or recipes. It is being more aware of your eating habits, the sensations you experience when you eat, and the thoughts and emotions that you have about food. It is more about how you eat than what you eat."

Mailloux said mindful eating is about being aware.

"Mindful eating is about eating with awareness and with regard to what your doing and what your thinking while you're eating," Mailloux said.

Mailloux's 12-year yoga background has helped her discover pairing a slow paced appetite with a slow paced life.

"Obviously, eating healthy is going to help us be more, its going to help us physiologically with our numbers with our blood pressure, cholesterol, and all those important numbers that physicians want to remain at a certain baseline," Mailloux said. "But, you know, yoga helps us make conscious decisions about the foods that were choosing. So, if we just slow down a little bit and breathe we may decide that 'my body really needs that apple, opposed to that bag of chips' and again I'm not saying that you can't ever have that bag of chips, but just eat in a balanced way. This time you had the bag of chips, next time, have the apple."

Huntington's Kitchen, located in the heart of

Huntington was established by Jamie Oliver's Food Revolution in 2009 and is now run by the Cabell Huntington Hospital.

Recently appointed manager of Huntington's Kitchen Veronica Hordubay has enlisted the help of community educators to bring a new array of classes to the kitchen.

"We're trying to get the community involved in the kitchen," Hordubay said. "So, the more that we can reach out to our educators who are in the community not just in the hospital system, I think we're going to get a rounder broader array of people coming in."

The kitchen is a place where community members can take classes learning how to cook with fresh ingredients, classes with local health professionals and other community educators.

"I think it is such a benefit in terms of education, support, community out reach and really giving individuals an opportunity to learn ways to make a healthier life, preparing foods at home using fresh ingredients," Mailloux said. "Learning the tools in the kitchen, learning the difference between gas heat and electric stove. I feel so honored and blessed that we have this resource in downtown Huntington."

Huntington's Kitchen is beginning to mix traditional cooking classes with a wide variety of other lectures about the importance of eating healthy.

"Right now, I have a full month of classes, I'm running probably anywhere from 2-3 classes a week depending," Hordubay said. "A lot of them are sold out and they're going really quickly so I'm in the process of recruiting more volunteers and more instructors."

The kitchen is located across from Pullman Square and provides a wide range of classes with varying prices.

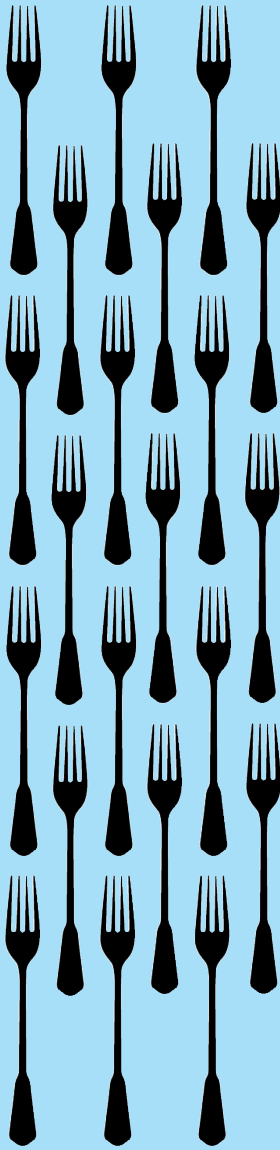
Kelsie Lively can be contacted at [lively37@marshall.edu](mailto:lively37@marshall.edu).

The Mindful Eating  
MARATHON

Learning to eat well is more of a marathon than a sprint.



Slim down by slowing down and savoring every bite with the help of these ten tips (of 26.2) from Susan Albers, Cleveland Clinic psychologist and author of 50 Ways to Soothe Yourself Without Food.



- 1. **EAT LIKE A GOURMET.** Smell, touch and savor each bite.
- 2. **SIT DOWN.** Avoid eating while standing up, walking or while standing in front of the fridge.
- 3. **PULL OUT THE FINE CHINA (OR AT LEAST A PRETTY PLATE).** That will make your mealtime feel special.
- 4. **DON'T MULTITASK.** Focus on what you're eating.
- 5. **TURN OFF THE TV.** Research indicates that TV significantly prompts mindless eating.
- 6. **MOVE MINDFULLY.** Yoga is clinically proven to help people become more mindful eaters.
- 7. **EAT FIBER.** This helps regulate your blood sugar levels so you're not tempted to binge (the very definition of mindless eating).
- 8. **PUT YOUR FORK DOWN BETWEEN BITES.** Slowing down helps you to eat more mindfully.
- 9. **EAT WITH YOUR NON-DOMINANT HAND.** If you're a righty, dine as a leftie, and vice-versa. This can reduce how much you eat by 30 percent.
- 10. **SIP WATER BETWEEN BITES.** It's a sneaky way to both slow you down and fill you up with calorie-free fluids.

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