3-5-2015

The Parthenon, March 5, 2015

Codi Mohr
Parthenon@marshall.edu

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

Recommended Citation
http://mds.marshall.edu/parthenon/465

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.
Students share talents at open mic night

By NICHOLE HENDERSON
THE PARTHENON

Sophomore Myshea Bailey and grad- uate assistant Derek Robinson created the new event.

“I thought this would be a nice event for people to share their talent with everyone.”

The niche was open to students who wanted to perform and above the crowd what they can do.

BY TYLER FERRIS
THE PARTHENON

At the midpoint between winter storm Octavia and the first day of spring, Hun- tington found itself in the path of yet another winter storm. Then, not to be confounded with the Norse God of Thunder, could dump up to 12 inches of snow on the already saturated commu- nity by Thursday afternoon, creating a slick situation for travelers, according to the Na- tional Weather Service.

Yaris Mason, junior psychology ma- jor, said he was nervous at first, but once he got up there “I was really fat.” Mason said, “I had a list of things I wanted to perform and show the crowd what they can do.

Public Relations major Michael Brown said it was his first time reading his work in front of an audience.

“I thought performing tonight was really liberating,” Brown said. “I’ve never read anything I’ve written out loud in front of an audience, so it felt really free and nice to let other people hear what I set tee daily.”

By LEXI BROWNING
THE PARTHENON

Steve Hensley, dean of student affairs, said the first priority of the new ad- ministrative assistant would be taking care of the delayed payments.

“The new employee is scheduled to start working March 16.

“We lost our advice,” Hensley said. “We lost our administrative assistant so we can get them replaced as we’re moving along. I am very disap- pointed in the things that have unfolded and the most disappointing thing is that I was going to happen and couldn’t make any difference.”

SGA explains delayed funding

“we all sat back and waited for (funding) to come back from the state and then we were hit in the face when we found out that it wasn’t cleared at the second mark. ”

DUNCAN WAUGMAN

The release said the city is divided into five zones spanning its limits. Each zone is assigned a plow truck with a salt spreader. A sixth truck will be utilized for school zones and as a backup if any of the trucks experience mechanical issues.

The Public Works Department pre- pared 800 tons of salt, 300 tons of cinders and one ton of calcium flakes for potential travel problems. Calcium flakes support the salt in low temperatures.

Marshall University also prepared for the storm.

Mark Cutlip, director of the Physical Plant, said the university has a standard
Brain Expo teaches children about neuroscience

By ALYSSON CARR
THE PARTHENON
by Alysson Carr

Marshall University students and staff members are excited about the upcoming National Brain Expo Friday at the Student Center.

The expo is open for elementary school students, and organizers are hoping to work with middle school students as well. Teachers will also have the opportunity to learn about neuroscience for themselves.

“It’s going to be a fun day for everyone,” said Pam Mulder, psychology professor and faculty senate liaison for the Legislative Affairs Office. “We want to set the stage for young minds to explore the world of neuroscience and offer a learning experience that’s fun and interactive.”

The expo will include hands-on learning activities, a question and answer session with neuroscientists, and a science fair. There will be five different stations, each one teaching a unique concept. These stations include how the brain works, how it processes information, and why it’s important to learn about the brain.

The expo is a great opportunity for students to learn about the brain and its functions. It also provides a fun and engaging way for children to explore the world of neuroscience.

The expo is open to all elementary and middle school students. Teachers and parents are encouraged to bring their students to the expo.

The expo will be held on March 5 from 10 a.m. to 2 p.m. at the Student Center. There will also be a separate session for middle school students on March 6.

The National Brain Expo is sponsored by the American Psychological Association and the National Institutes of Health. The event is designed to promote public awareness of the importance of brain research.

The expo will be free and open to the public. For more information, contact Pam Mulder at 304-696-2836 or pmulder@marshall.edu.
A typical day for most of them usually begins as early as 7 a.m. or 8 a.m. and can end as late as 10:30 a.m. depending on the practice or game time. Athletic trainers help athletes go through rehab protocols and provide treatment for injuries and illnesses. Trainers also set aside time for additional duties such as insurance and other paperwork, rehab plans and treatment plans.

Malory Gomes, Herd volleyball athletic trainer, said her experience as a trainer at Marshall has been nothing shy of amazing. “I could not have asked for a better two years at Marshall University,” Gomes said. “From the experience of working with Division I athletes and coaches to a very supportive and helpful sports medicine team, Marshall has become my home and the members of the volleyball team, coaches and sports medicine staff have become family. Gomes said what she does out on the court makes her feel proud. “There has been so many memories to choose from, but being able to watch athletes come back from injuries and be successful on the court is an amazing feeling and grand moment,” Gomes said.

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

**Herd Women to take on Monarchs and 49ers**

*By KASEY MADDEN*

**THE PARTHENON**

*Marshall University’s women’s tennis team hits the road this weekend to play the University of Cincinnati and West Virginia University.*

The Herd travels after two home matches against Penn State University and Utah State University. Marshall beat Penn State Saturday 4-3. For the second season in a row.

The team lost its first home match of the spring season Monday, 4-3 to Utah.

In the Penn State match and the Utah match, sophomore Rachael Morales’ singles match determined the overall deciding point.

Morales said she looks forward to the road games this weekend. “It’s always fun to play WVU because we have such a big rivalry,” Morales said. “But we’re hoping and expecting to win. We’re expecting not to go out and play well and to prepare each other accordingly.”

Head coach John Mercer has been on Marshall’s tennis coaching staff since 1994, according to Marshall athletics. Assistant coach and former Marshall tennis player Kellie Schmidt said in those years, the Herd may have lost to WVU one time, and she thinks this team plays a little bit harder because of the rivalry. According to the Intercollegiate Tennis Association, after Monday’s loss against Utah, the Herd dropped from 55 to 79 in the national rankings.

Cincinnati and WVU are not currently ranked in the top 75.

Coach Schmitt said before the loss to Utah, the Herd was also ranked first in C-USA.

“I mean they’re two good matches, Cincinnati get better, if we compete well, we should be fine,” Schmitt said. “The same with WVU.”

Schmitt said the team hopes to win the road matches along with two road matches later in the season against Rice University and the University of Houston to climb back into higher rankings.

The Herd is 7-4 with six wins at home and only one win on the road. “Hopefully we can get another two, get back on the roll again like before,” Schmitt said. “We have these two, and two matches next week before spring break.”

After the two road matches, the Herd is back home to play Miami University of Ohio and Winthrop University.

The Herd travels to a 4 p.m. match Friday in Cincinnati and heads to face WVU at 9 a.m. Sunday in Morgantown.

Kasey Madden can be contacted at madden24@marshall.edu.
I'm a woman and I'm sorry (not sorry)

By JOCELYN GIBSON
Managing Editor

I’m sorry. I think I noticed something about language and gender. Women use language much more than men, don’t you think? Maybe I’m wrong.

Seriously, how many times a day do we hear a woman say, “I’m sorry,” and then start to applaud? Almost every time a woman speaks, there is some kind of a quali-"flatter"ing on the other side — do you think he is “I’m sorry,” “I thank you,” or “I’m glad to meet you?” Everyone seems to be a woman in no corner of what I’ve never heard.

Why do we do this? Is it be-cause we really aren’t sure or is it because we don’t want him to dis-appoint his desperate wife by asking a question he can’t or won’t answer or something like the other side of the coin comes to mind. If all comes down to learning proper body language, then the cul-turally engrained with the idea that we can’t be wrong, we have to constantly have con-cerns and awareness for other’s feelings, and we shouldn’t be left in the dark.

In our language and in our transactions, women are more likely to shrink themselves. In her spoken words, “Striking Women” performed at College Station Poetry Slam Interna-tional 2013 at Berryman College in New York City, Lily Myers explores this idea of women being more internal while men—expanding outward. “I asked five questions in conjunction with our daily life, and all of them started with the word "sorry,"” she says in her perfor-mance. “I don’t know the requirements for the sociol-ogical major because I spent the week meeting deciding whether or not I could have an-other piece of pizza.”

The brutal honesty of the performance paints me because I think we have all been there if we really think about it, espe-cially in a college setting. What it means to be feminine is con-stantly on our radar — don’t draw attention to yourself, take up less space, sit by the window, or better.

Chicken tenderloin is a great example of a white meat with high in saturated fats as well. Try eating leaner meats such as beef that is 90 percent lean or better. Excess saturated fats tend to increase LDL cholesterol lev-els as the Bible, since the attacks of 9/11, the 1970 Marshall plane crash victims and veterans of the armed forces. For more information, contact managing editor Jocelyn Gibson at gibson243@marshall.edu.

We have grown up in the age of fad diets. One fad that has lasted for some time is the low-fat diet. By JAMES MCQUINN

MU SAND talks fat

MU SAND, a junior in visual design, said “I’m sorry” is a bad word. According to the Dietary Reference Intakes, 20-25 percent of all adults are underweight, one in ten have a BMI that indicates they might be underweight. Fat plays a major role in energy production and storage, hormone production, digestion, Vitamin D production and the list can go on, so, which fats are healthier and less healthy? The American Heart Association suggests limiting saturated fat to 7 percent from the calories we consume daily. These fats are sold in room temperature. Most saturated fats come from animal sources such as meats, cheeses, whole milk, butter and eggs. Palm and coconut oil are high in saturated fats as well. Excess saturated fats tend to increase LDL cholesterol levels in our bodies. This is the cholesterol that is associated with heart disease.

There are some very easy ways to reduce the amount of saturated fat in our diet and increase monounsaturated and polyunsaturated fats. Replacing the solid fat with oils such as olive or canola can replace saturated fats with more heart healthy, monounsaturated and polyunsaturated fats. Try using leaner meats such as lean (90 percent lean or better)

Chicken tenderloin is a great example of a white meat with low saturated fat. You can also limit saturated fat by choosing leaner meats such as 90 percent or 93 percent milk.

MU SAND can be contacted at musand@marshall.edu.
Storm could be winters most bad one but some want more

By JEFF Amy and LAURIE KELLAM

A storm stretching from southern New England to southern New Mexico threatened to bring more than 1 foot of snow, as well as the second-snowiest day ever, to the region.

Temperatures plummeted to the single digits across the Mid-Atlantic region, and snow continued to fall through Thursday morning. In Washington, residents were advised to open their doors to provide shelter for power generation plants.

“The weather forecast for Congress goes and produces notable big areas in the snow and the Senate to finish business until a snow emergency declaration in Washington. Mississippi counties were told to prepare for severe weather conditions.

“Flurries” in Washington, D.C., were reported to have blown snow into the streets.

Residents of Kentucky and Virginia, on the other hand, were told to stay off the roads until the snow had melted.

“Flurries” were also reported in Arkansas and Georgia.

In Arkansas, high school basketball playoff games were rescheduled for Friday due to the weather conditions.

In Georgia, the University of Georgia postponed its basketball game due to the snow.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.

In Washington, D.C., the National Mall and the Supreme Court were closed due to the weather conditions.

In Mississippi, the Mississippi State Capitol was closed due to the weather conditions.

In Virginia, the University of Virginia was closed due to the weather conditions.

In Arkansas, the University of Arkansas was closed due to the weather conditions.

In Georgia, the University of Georgia was closed due to the weather conditions.

In Texas, the University of Texas at Austin was closed due to the weather conditions.

In New Mexico, the University of New Mexico was closed due to the weather conditions.
Anastasia Semenchenko

By JARED CASTO
THE PARTHENON

Anastasia Semenchenko is a freshman Marshall University INTO student studying biology. Semenchenko is from Russia where she previously majored in linguistics and the translation of her native language to English. So far, she has found the transition to American culture easier than she initially thought, which is something she attributes to helpful peers and the friendly INTO MU staff.

Semenchenko said her favorite part is guiding new INTO MU students around the campus, answering their questions and giving them the same support she had when she first arrived. Semenchenko said she is also excited about taking classes outside of the INTO MU program, meeting American students, and studying as an American student does.

Jared Casto can be contacted at casto178@marshall.edu.

CONTINUED ONLINE
@ marshallparthenon.com