



Brian Warden

Staff writer/Section Editor

BILL NYE: CREATION VS. EVOLUTION

February 5, 2014, two major popular beliefs faced off in a somewhat brutal debate. Both candidates remained respectful to each other but vigorously supported their own argument. The best way to describe the debate is like a championship boxing match, for the entire debate both Nye and Ham exposed each other's weaknesses and attacked them ruthlessly. One instant, Nye would attack creation, but in the next, Ham would attack evolution. Personal attacks, or derogatory statements toward the opponent's character, were not displayed as the debate stayed classy and respectable. Ham takes the floor first because he won the coin toss, Nye will make the closing remarks before the rebuttal session in the debate. Ham came out swinging, in which he accused the secularist of "highjacking" the term science. He says they have perverted it by turning theory into accepted fact. Ham goes on to explain that there are two separate kinds of science: historical science and observational science. Observational science is science that one can see and watch happen, while historical science falls to Ham's core belief, the Holy Bible. Now Nye emerges from his "corner" on a mission. Nye loosens up the crowd with a light joke about bowties and suits, a strange but effective tactic. With the crowd eased of the mind from the intense fast start of Ham, Nye begins to reveal his argument. Nye explains that contrary to popular belief, historical science simply doesn't exist. Ouch, Nye politely stepped on Hams toes in mere minutes of his turn in the debate. Nye states that the Great Flood described in the Holy Bible could not have happened because there is no fossil record of a mass amount of animals dying around the world at the same time. Nye also points out that since Noah built such a large boat in the desert, he would need superpowers, instead of guidance from God. Ham retaliates saying that many well-to-do scientists have made major breakthroughs in the scientific community. Raymond Damadian, the scientist that invented the MRI, was a creationist, and Ham urges that other scientists believe in creation but are afraid to speak out due to what he refers to as an "atheist lobby". None the less, in the same turn, Ham refers again to historical science and the logic that there is a difference in what is seen and recorded in history and what is tested and then estimated and applied in a historical aspect. "There's a difference between what you observe and what you interpret with regard to the past," says Ham. Ham goes on to explain that perspective is clouded by what one believes; one either believes that God, a divine power, created the Earth and rules over it or one

believes man created it all and is the divine power. He enforces his point with a touch of rhetoric in the fact that man cannot rule over every single aspect of the earth at once near less create beings. He says that the evolutionary tree is "belief" because we can't see one "kind" changing into another. He says we can see and observe animals being different from each other and that's observational science. Again, he says the word science and the word evolution have both been high jacked. Ham says evolution is a belief, and that his beliefs stem from the Bible and what he can observe and see today. He says he admits his historical science idea is based on the Bible and that he takes Genesis as literal history. Nye, showing respect, emerges; he thanks Ham for his presentation, and takes the floor. Nye states natural events for his point. He presents the removal of snow ice in arctic regions. Nye explains that there is 680,000 layers of summer/winter cycles that could not have occurred in 4,000 years. He goes on to explain that certain trees have been found that date back to 9,000 plus years, by evolutionist dating methods. "If there was a flood, how could these trees survive underwater?" asks Nye. Nye continues to explain if the Ark did float among the Middle East, how did kangaroos get to Australia if no land bridge were available in that time? Nye explains that what is sought after in science is the ability to predict, if that is true, why is the scientific community so destined to uncover the past? Why is it that any other written document is considered historical truth except the Holy Bible? Nye stated that the Ark could not have held up under the weight of the animals and supplies and that it would even take supernatural powers to create such a "mythical boat". Is not the creation of the earth from a random explosion in space, a bit farfetched also? Shouldn't there be more scrutiny applied to the relation of all animals being created, or that one species turned to another? If that is true, why are we not seeing species evolve to new creatures today? How did all the atoms that were present in this "Big Bang" exist in the first place? These are questions that in Nye's words are "a mystery". My closing question here is, why are we allowing theory, mystery, and "extraordinary circumstances of random events" take precedence over a written document that has stood the test of time? Yes, I believe in the ability to believe freely, and whether you believe in Creation or Evolution is your individual right. It is only fair that theory does not supersede a written document without fair consideration.



By Cameron Waterbury
Staff Writer

HOW TO OWN YOUR MIDTERMS

Midterms are coming up and it is very important that you do well on these upcoming exams. Not only are they important for the present but they are also important for your future. Midterms usually weigh much more than the average test or quiz and thus provide more stress. It is vital for to remember that stress will hold you back and studying is the only thing you can do to counterattack it.

When studying for midterms you should shut out the world and focus on the test. Prep work is very important; hopefully you have been keeping all of your papers in a neat folder so that everything is together and ready to go. Make sure you eat a healthy breakfast and eat three meals a day. You should study for a couple hours and then take breaks in between. The brain works better when you give it time to learn. Procrastination will come back and bite you in the butt so you should really start studying a couple days before your actual test.

If you have everything together then well-organized studying should be the easy part. If you study well with music then put music on, but keep it at a low level so that it is not too much of a distraction. Try studying without music as well, you may find it easier to concentrate with more silence. Go to the library to study. While your resident hall room might make you feel more comfortable, it is full of distractions that could hurt you. Make plans for your study breaks with friends. Make a tight schedule where you study then play, then study again.

Notecards are a great way to remember phrases or definitions. Writing them down also helps your brain remember things better; it all has to do with muscle memory. Study these notecards with a friend that may be in the same class, but try to stay on subject. The only way to get better at something is to practice doing the actual act. It is impossible to get better at math if you never actually practice the problems. Don't get in a habit of just copying the answers from the back of the book. Instead try doing extra homework problems and really challenge yourself. You will be surprised as to how easy some problems will come to you once you've done harder problems before.

Consider actually using that textbook you spent all that money on. Teachers

use textbooks for a reason, and so should you. Read over the chapters a couple times. If you need inspiration to read, try eating a gummy bear, or similar small snack, every time you finish reading a paragraph. Don't be afraid to stop yourself after reading something interesting to think about it and what it means. Compare the textbook to your notes and make sure you have all the information necessary. Compare notes with a friend as well, just in case you accidentally slept in and missed class that one day.

Sleep is very important for your brain and overall functionality. The human body needs on average about 6-8 hours of sleep every day. Being tired can not only affect your education but can also affect your social attitude as well. Get a good night's rest every night, but don't sleep too much! Over sleeping can cause you to feel more tired and lazy, so make sure you stay within the 6-8 hour range.

Make sure you give yourself plenty of time to get ready for any sort of studying. Also make sure to know when your exam dates and times are. Most professors are really strict and do not allow for you to be even one minute late. Get there 10 minutes early and do some last minute studying if you have to. Wake up a little earlier than you normally would, allowing for more time to wake up your brain.

Confidence is the key. While studying is the most important part, confidence can also be a make it or break it deal. If you go into a test with no confidence, odds are it's because you didn't study enough. If you have a lot of confidence and tell yourself you are going to do well it's because you studied and you are ready to take on the world. Remember that the only way to do well on a test is by studying. Never go into a test thinking you can pass without studying. It is always better to be more prepared than under prepared. Nothing is impossible, especially if others have passed the test before you. Strive to be the best, and be the best.



By Cameron Waterbury
Staff Writer

THE WOLF OF WALL STREET

The Wolf of Wall Street was released on December 25, 2013. It was directed by Martin Scorsese and contains many famous actors like Leonardo DiCaprio and Jonah Hill. This movie is based off of a true story about Jordan Belfort, from his rise to his fall. DiCaprio plays as Jordan Belfort, a money and power hungry stockbroker who becomes rich and addicted to the drug life.

The Wolf of Wall Street, all 180 minutes of it, is action packed filled with drama between the love life of Jordan Belfort and his path to riches. Alongside his partner Donnie Azoff (played by Jonah Hill), Jordan is able to work from the very bottom to the top of the food chain. The stock market is always unpredictable and full of greedy men and women who only care about money. Jordan was able to alter this even more to his advantage, against the law and become a very rich man.

The acting was way above par. As a hard movie critic, I usually find many problems within the acting or the very small perks in voices. The movie started off very quickly and really grabs your attention, but as it goes on it really seems to drag. This is not only because of that fact that it is a three hour movie, but because they tried to grab many years of a story into

three hours. They depicted the story well, as Hollywood usually does anyways and stayed on point for most of the duration.

The Wolf of Wall Street is definitely a movie I would recommend watching. In terms of comedy it has its high points, no pun intended, and its lows, again no pun intended. DiCaprio really went above and beyond in this movie. His acting and overall character was outstanding and debatably the best he has ever done. DiCaprio has been in many movies and is known worldwide. I have seen many movies that contained DiCaprio and I can safely say that he definitely deserved a reward for it. Jonah Hill, a loved actor and comedian, was paid very little for this movie. He wanted the part so bad he was willing to get paid only \$40,000 for it. It was his intention that he was the one to do it and that it was a great way to show the world what he is capable of.

Unlike many movies depicting a true life story, The Wolf of Wall Street keeps to the truth and teaches us a valuable lesson about drugs and greed. In the end, we will always get caught and there is no easy way out.

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REAFFIRM

APRIL 7-9, 2014

ACCREDITATION NOTICE

WEST VIRGINIA UNIVERSITY is seeking comments from the public about the University in preparation for its periodic evaluation by its regional accrediting agency. The University will host a visit April 7-9, 2014, with a team representing the Higher Learning Commission of the North Central Association. West Virginia University was first accredited by the Commission in 1926. The team will review the institution's ongoing ability to meet the Commission's Criteria for Accreditation.

The public is invited to submit comments regarding the University to:

Third-Party Comment on West Virginia University
The Higher Learning Commission
230 South LaSalle Street, Suite 7-500
Chicago, IL 60604-1411

The public may also submit comments on the Commission's website at www.ncahlc.org.

Comments must address substantive matters related to the quality of the institution or its academic programs. Comments must be in writing.

All comments must be received by March 5, 2014.



West Virginia University

MONTY'S WEEKLY AGENDA

Tuesday February 25th

Student Government Association Meeting @ 1 pm- Student Activities Room

Student Success Seminar- "Tame your Texts!" @ Tech Library 1-1:45 pm/ 5-5:45 pm

SAB Movie night- Pride @ Tech Ballroom 8- 10 p.m.

Wednesday February 26th

Dean of Students drop-in hours 2-4 p.m.

Etiquette Tips for Personal and Professional Success @ Student Activities Room 4-5 p.m.

Friday February 27th

BINGO @ Bear's Den 11:30 a.m.- 12:30 p.m.

Priority deadline for Gradation Check form for Fall consideration

Tuesday March 4th

Student Government Association budget meeting @ Activities room 1- 2 p.m.

Wednesday March 5th

Dean of Students drop-in hours 2-4 p.m.

Thursday March 6th

First day of Second 8-week classes

Dress for Success Fashion Show @ Tech Center Ballroom 7-8:30 p.m.

Friday March 7th

BINGO @ Bear's Den 11:30 a.m.- 12:30 p.m.

Math Field Day @ Engineering Building 12 noon- 5 p.m.

Last day to withdraw from a full semester class with a "W"

Saturday March 8th- Sunday March 16th

SPRING BREAK!

MEET THE STAFF....



Staff writer Kassie is a sophomore here at WVU Tech. She has lived in West Virginia all her life and currently resides in Smithers. Shope is a graduate of Riverside High School class of 2012 where she played volleyball, was a member of Beta club, and was yearbook editor. In her spare time, Kassie says she loves to go shopping, take naps, read, work out, ride four wheelers, and go fishing. She says the most important people in her life are her mom Gina, her little sister Bethany, and her boyfriend Andy. Shope says being raised by a single parent makes her family much closer than the normal family. Kassie has been with her high school sweetheart Andy for three years now. She says he is her best friend and she could not make it without his support. Her major is History and Government and she plans to attend the WVU College of Law upon graduation from WVU Tech. Her ultimate goal is to become a prosecuting attorney and to someday move to the beach. Kassie enjoys learning about history and has a fascination with President John F. Kennedy. She also loves politics and considers herself a proud democrat. Kassie also loves traveling and says she hopes to see the

world someday. Some of her favorite places to travel are Myrtle Beach, Indiana, North Carolina, Tennessee, and pretty much any beach. Her favorite show is Law and Order: SVU and she idolizes Mariska Hargitay. She also loves country music and has seen many country stars in concert such as George Strait, Brooks and Dunn, Carrie Underwood, Josh Turner, Keith Urban, and Jason Aldean. She also loves listening to older country musicians such as Alabama, Dolly Parton, Johnny Cash, and Conway Twitty. Although she is nineteen years old, Kassie considers herself to be a big kid on the inside. She says she loves watching movies from her childhood, playing with her younger sister, and watching Disney movies. Some people may think she's immature but she says that you can never be too old to watch a Disney movie and enjoy it. Kassie also has a dream of going to Disneyworld because she never got to go as a child. Kassie has a dream of having a log cabin house way out in the woods where the nearest neighbors are at least ten miles away. She says she has grown up living in the country her entire life, so she would really like to continue living even further out in the country without any neighbors nearby. She plans to stay in West Virginia after graduation unless she gets an opportunity to move somewhere else. Shope says she would probably only move if she had the chance to move to the beach or somewhere much warmer. Kassie says she believes that she can accomplish anything she wants to with hard work and dedication. She says she is beyond proud of the things she has accomplished so far in life such as graduating high school ranked 37th in her class and getting good grades during her first two years of college. She says that she is excited for the future and cannot wait to get accepted to WVU Law as it has always been her dream. Kassie says she believes that she can accomplish anything she tries and leaves us with a quote from Walt Disney, "All of our dreams can come true if we have the courage to pursue them".

DRUNK DRIVING



by Scotty Stone
Staff Writer

Drunk driving is a new social stigma, and for good reason. Every single year thousands of individuals are injured by those who are irresponsible enough to take to the roads inebriated. In fact, over 17 million people each year drive drunk. That's enough people to fill up a state, actually it's enough people for it to become the fifth largest state, if they were all forced to create their own. So why do people drink and drive?

It's been said that those who drink and drive think that they're "fine" and that they can just drive a car when they can barely even walk straight. These are also the same people you see on the news who caused a crash on the highway over the weekend and killed a family of four with their reckless behavior. They may even be the person who was driving home from the party after prom and killed a car full of their friends. The driver may or may not have survived, but no matter what, there is no apologizing for what they've done, the damage is dealt. People are hurt. Lives were ended before their time.

What's worse is that drinking and driving is something that a lot of people will continue to do again and again after they've done it their first time especially if they only got caught by the police. Most states hardly have a real punishment for those that drink and drive. In West Virginia, after your first offense, your license is only suspended for a year unless you're under the age of 21, and if you plea your case and the judge likes you, the charge can be dropped to a reckless driving charge. In Maryland, if you're caught by the police while drinking and driving you can either choose to have a breathalyzer installed in your vehicle or you get a year of suspended license, and most people still drive on a suspension anyways. That's hardly enough punishment for a drinking and driving.

A designated driver is a necessity for any group that plans to go out and drink, and without one all you're asking for is trouble. Just because you're young does not mean that you are also invincible. Losing a young family member in a crash is worse than losing an elderly family member, and a parent should never have to bury their own child, especially over something that could have been avoidable. So many things could go wrong driving from one place to another while drinking; you could be swerving all over the road and hit someone who was just casually walking by, or you could hit another vehicle. Worst of all, a drunk passenger could grab the wheel and cause a crash and that's quite possibly one of the worst things that could happen.



LEPRECHAUNS



By: Cameron Waterbury
Staff Writer

Leprechauns, everything you think you know about them is false. I was lucky enough to find one and interview him for this article. Lee Pak Chan the Leprechaun, or just Lee for short, was nice enough to spend the day with me and answer any questions. For starters he insisted on clearing up all the leprechaun stereotypes like: the pot of gold theory, the small height theory, wearing all green, Irish, ginger, and being a Jew about money. Lee went on to tell me that most leprechauns are actually Mexican and speak fluent Hindi and Yiddish. The eastern tribe leprechauns, also known as the Sepiwssa, speak an uncommon click backwards. The pot of gold is to lure humans into the hands of the Sepiwssa tribe. Unlike the other leprechaun races, the Sepiwssas prefer human flesh and use this method as a way of trapping easy meals. Leprechauns are also on average seven foot tall. It is unusual to find a leprechaun less than seven foot tall. Upon reaching the age of maturity, 392 for most leprechauns, if a male is not at least seven foot tall, he is sacrificed to the cotton candy and spaghetti gods.


Leprechauns only wear the color green when they hunt for humans. It's their camouflage. The only time a human has seen a leprechaun is when it's on the prowl, so it's only natural that we would think they only wear green. Lee's favorite color is silver, just saying. The Irish leprechaun clan died off ages ago when the fire nation attacked. Although there are other theories as to how they died, like the potato famine and when the snakes ate them all. The ginger clan, sdratsabsseluos, composed of all devil worshipping red heads, accidentally summoned Godzilla and well, the Japanese didn't make it

in time to save them. Lee has light brown hair and told me that his girlfriend is a smoking hot blonde. So all those stereotypes of them only being red heads are clearly false.

Most Leprechauns don't even use money. They live in a sort of Utopia where all they care about is having a great time and staying alive. Tension between the tribes and clans rarely happens because they don't feel there is any need to fight. Any sort of fighting is usually settled with a game of Dance Dance Revolution. The losing team will sacrifice their weakest player and the winning team wins.

Leprechauns live in a world called Ainran ruled by a Lion named Nalsa and a Fawn named Sunmut. They are only able to teleport to earth using special powder and throwing it inside a magic fireplace. This magic only allows them to exist in earth for about 10 minutes. A hunter leprechaun must be quick with his work and master the disguise. Certain powders also allow a leprechaun to alter his/her appearance, hence the stereotype of them being much shorter than they are.

There is still much more we can learn about these curious creatures. The interview with Lee only lasted about 9 minutes before Zeus came down and forced him to return to Ainran. All this information only leads us to believe that there may be creatures outside of the human race. Beyond our universe there may just exist a different type of being that is able to communicate and function like we do. But there is no way to tell, because we have never seen or interviewed them.



By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

At the very beginning of the month, on the evening of February 1st, a group of brave Tech students loaded up some vehicles and drove to West Virginia Power Park to participate in an event which brought pain and discomfort to their bodies, but benefited a higher cause, the Special Olympics. For those of you who don't know, the Special Olympics is the largest sports organization for those who have intellectual disabilities. Over 4.2 million athletes from over 170 countries worldwide compete in both winter and summer events. On the 1st, 8 brave souls from Tech wanted to give money to this cause, and in doing so, bought them a spot in line to participate in the Plunge. Bluntly put, the Plunge involves jumping into a pool of freezing cold water and racing across to the other side where a ladder awaits patiently to serve as the escape route from the torture.

There were 8 individuals from the campus of WVU Tech who wished to participate in this event. Community Service coordinator Neal Edwards led the way with the planning, forming a Facebook event page and pressuring students into biting the bullet. The 8 who decided to do the right thing were Edwards, Zach Carnahan, Joe Jackson, Craig Mitchell, Jonathan "Aussie" Eske, Brian Warden Jr., Ratliff Resident Director Mike Sheldon, and I. We arrived at the scene and made our way to the registration booth. As we signed the waiver forms, we laughed as we read the fine print, which read "[this event may cause]... permanent physical injury, or even death."

Once the paperwork was out of the way, we made our way to the pool to await the countdown of submersion. Before the actual jump, a costume contest took place to appreciate the creative and visually pleasing (or displeasing in the case of the tooth fairy) (if you were there you would understand). Tech's own Mitchell entered the costume contest for he wore his Jake the Dog costume, the lovable character from the popular children's show Adventure Time. Mitchell took the stage on all fours and ran around like a dog, lifting his leg to mark his territory and barking with impressive abilities. Unfortunately, Mitchell lost the contest, but had fun competing anyway.

It was time. The moment had come

for contestants to plunge into the measures 38 degree Fahrenheit pool, having their breaths shoot out of their bodies and toes turn blue. The crew from Montgomery ended up at the back end of the line, and had to wait patiently until it was their turn to jump. This may have been for some, due to putting off the time of being frozen, but was also a bad thing, for we all got colder and colder the longer we stood in line. The first ones to take the fall were Sheldon and Eske. The Plunge Man shouted into his microphone, "3... 2... 1... Plunge!" The two Golden Bears jumped into the water and scurried quickly to the other side to escape the pool of pain. Next on the platforms were Edwards, with his majestic, flowing hair, and Mitchell, who was still in his dog costume and eager to put on a show. The two heard their countdown and fell straight forward simultaneously which ended in the loudest belly smack of the night, forcing loud "Oohhhhs" from the crowd and producing dark red marks on the two plungers' stomachs. Up next were Jackson and Carnahan. The two jumped into the water on the countdown and Jackson, the Canada native, fanned himself off while in the water to cool down from the heat. He then refused to exit the pool, and walked a couple laps around the pool. The last Golden Bears to make the jump were Warden and I, who was dressed up in a batman mask and a long cape for showy purposes. As the countdown was made, I turned my back to the pool and jumped backwards, doing a backflip in the air, and entered the pool. Warden and I then grabbed some beach balls floating in the water and played some quick volleyball before leaving the pool and entering the warm bathroom to defrost.

The Polar Plunge was an enjoyable event for a good cause. Upon concluding the jump, a reception was held for all the plungers which included food and beverages which could satisfy all those in attendance. Although the water was extremely cold, and no one in their right minds would choose to enter the freezing liquid, the event was actually pretty fun, and I found myself smiling during most of the event, even when walking up the ladder after the jump. While it was cold, it was honestly an enjoyable experience, and doing it for charity purposes made it all that much better.

2014 Movies

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|---|--|
| • Stalingrad February 28, 2014 | • Hercules: The Thracian Wars July 25 , 2014 |
| • God's Not Dead March 21, 2014 | • The Giver August 16, 2014 |
| • Rob the Mob March 23, 2014 | • The Green Inferno September 5, 2014 |
| • Noah March 28, 2014 | • The Book of Life October 17, 2014 |
| • 10 Rules for Sleeping Around April 4 , 2014 | • Dumb and Dumber To November 14, 2014 |
| • Spider-Man 2 May 2, 2014 | • Unbroken December 25, 2014 |
| • The Fault in Our Stars June 6, 2014 | |

3.. 2.. 1.. POLAR PLUNGE!



WHAT STUDENTS REALLY WANT TO KNOW :3D TATTOOS

By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

Today’s society has adapted to include many aspects in everyday life which would have been looked at as abnormal, insane, or even disgusting in past generations, and people of different cultures have learned to express themselves like never before while still being accepted in mainstream life. Two of the biggest fads that have taken the United States by storm are piercings and tattoos. While piercings have evolved from the simple ear to the lips and nose, amongst other body parts, there is virtually no limit to what type of tattoo may be desired. With acceptance in the 21st century at an all-time high for body art, the next big thing for the colorful needles was bound to come soon, and 3D tattoos may just be that.

3D tattoos are basically exactly what they sound like. They are tattoos on human flesh that appear to be popping off the skin, or in other cases, digging in the skin. Showing the ultimate level of creativity and talent, some of these markings could be of a spider which appears to be crawling in the skin, rather than being on the skin. Another may give the image of nails sticking in a shoulder with blood running down from the point of impact. Other 3D tattoos, however, take a different approach.

Possibly the most interesting, these tattoos are those which serve to illustrate the inside of the human body. In simpler terms, the illustrations show the skin peeling back, revealing what is underneath. What is then revealed to be under the skin is up to the person who carries the mark, depending on their creativity or interests. Maybe detailed muscle strands are shown with a zipper unzipping the skin; or maybe the flesh is ripped off violently to show a bionic shoulder underneath. Other creative minds have taken this concept the next step. They reveal creatures buried inside their bodies, peaking out of a wound on the arm or side, glaring violently at those who stare.

These types of tattoos are awe-inspiring, at the least, and are intended to have the viewer take a second look. Often, very graphic

details of blood and gore are shown, due to the skin having to be mutilated in order to show the viewer what is hidden inside. These types of images are extremely detailed, and it takes years of practice for the tattoo artist to be able to create such images as to make viewers of the art drop their jaws.

Shading is a very important part of this process. In order to have a scorpion appear as it is on someone’s shoulder, they will have to have shading under the legs and tail to appear as though it has a shadow. This is what really makes it appear as if the insect is actually on the skin. Also, if the image is intended to show the inside of the body, or what is underneath the skin, dark shading or just blackness must be utilized to make it look believable. This is no easy task to do, and many tattoo sessions are often required to pull it off. The unique shading and layering effects made the image appear real if looked at from the right angle, and will satisfy any creative mind which longs for that perfect tattoo. Whatever your opinion is of the art, you cannot deny the fact that these creations are filled with talent and imagination, and are simply amazing to gaze upon.



GET READY FOR GRADUATION

By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

This is a rather exciting time for the seniors here at Tech; the ones who have spent the past 4-6 years of their lives as professional students, filling their brains with information and knowledge day in and day out in an attempt to get to this point of their lives, graduation. Some of these students may have mixed feelings about ending their careers as students and jumping into the harsh pit of the real world. While this is the ultimate goal of a college student, it is rather scary when job hunting begins and the days of staying up late drinking mountain dew and hitting the Xbox are no more.

Whatever your feelings are toward graduation, you must remember to remain on track, and complete a few tasks to ensure a successful graduation and a promising future. By this time, you should have already met with your advisor to make sure you have completed all the classes required to have you walk across that stage. You should have submitted a “grad check” last semester and have it back by now which will tell you what classes you still need to graduate. By this time, you should have also already completed your graduation application and have submitted it to the registrar. If you have all of this finished, you are in good shape thus far.

The next few tasks are not all necessarily required. This is the time where you must purchase your cap and gown (a requirement if you wish to walk during graduation), order your class ring, and schedule your graduation photos, if you so choose. Your class ring is serves as an emblem of your time spent on your education. If you wish to get graduation photos taken, be sure to do it early enough so

you have time to get them back and use them to send out invitations. All of these should be done about 2-3 months before graduation.

About 2-5 weeks before it is time to cram into the gym and walk the stage you should be sending out your invitations and announcements, and concentrate heavily on your final class projects. This is the time when it all starts coming together and class work may be the last thing on your mind, but you must remember to finish strong academically. Be sure to complete any projects which may be floating around needing completion.

It is now the day before graduation, and you have finished everything you needed to do by every deadline. Your checklist is a lot smaller now, but there are still a few things to remember to do. Place all your graduation items together in one spot for easy access when you need them. These objects include your cap and gown, tassel, proper fancy clothing to go under the gown, your name card (with pronunciation marks if necessary), and a schedule of events so you are informed of what will be happening.

You did it. It is the day of graduation. Grab all your supplies which you set out the day before and be sure to get to rehearsal on time. Arrive early and pay close attention to instructions to ensure you aren’t the only one walking the wrong direction down the aisle. Smile for pictures and take in the memories from your past student career. This is an exciting time and will represent a milestone when taking into consideration your life’s achievements. Go celebrate, you deserve it!



GRIN AND BEAR IT: RELIGION AND RELATIONSHIPS

By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

With most every person in America having their own opinions and beliefs on theology, the mere topic of religion is touch in itself, often avoided in casual conversations. Everyone was raised differently; some were forced to attend church every Sunday, some chose to go. Some didn’t practice any particular religion, yet some attended synagogue and observed Jewish holidays. There are countless religions and belief systems out there, and most people try not to talk about it due to a possible debate of unnecessary disagreement arising. While there are situations where the topic of religion can be avoided and no damage is done, meaning the friendship continues without detour, other situations may not be so simple. What happens, for example, when two people want to be in a relationship with one another, and have clashing theological beliefs?

Possibly every couple will have a different take on this issue. Let’s explore first, the stance that religion should not be a deciding factor in whether or not to have a relationship with someone. Every couple is going to have differences and disagreements. This does not mean that it necessarily causes issues, however. The two involved persons will most likely (unless they are unbelievably identical, which will make the relationship boring) disagree on food choices, their taste in books or movies, or an array of other life aspects, like leisure activities or favorite season. Religion can be viewed as one of these aspects. Sure, there may be differences in beliefs, but does this necessarily mean that problems should arise from this? Some would say no. They would say that as long as respect is still present for each other’s opinions and individualities, and love is still experienced and shown, then this disagreement won’t be detrimental to the relationship.

In an article published in the New York Times, an estimated 58% of married couples in the United States are of different faiths. This means that over half of all married couples have found a way to co-exist together without serious problems. Of course, it is natural for a person to wish to be involved with someone like minded in this category, especially if the person is strongly religious and puts a high priority on their beliefs. A problem with this, however, is that “deal-breakers,” those who are of a different faith, may be a good match, yet are ruled out in the beginning due to a clashing religion. This serves to restrict a person from numerous options and a chance of love. What happened to respect for one another, without the need to try and change people? While it is hard enough to find a person you find to be kind, attractive, successful (most common sought out traits) and also be interested back, you are now putting an extra layer of requirements on the situation, making it all the more difficult to find a partner.

The other side of the coin presents a strong argument as well, however. In a poll

conducted on debate.org, participants were asked if religion was important in a relationship. An overwhelming 67% responded that it was, and backed up their answers with powerful beliefs. There are enough differences in people lives that adding another, highly important one, on top of them all simply makes life more stressful and harder to deal with. When two people have similar beliefs, it makes easier to accept the other’s point and be tolerant and patient with them. It also eliminates the question as to what will be taught to the children, if the couple decides to reproduce. Having apposing beliefs can lead to disagreements, loss of respect, and can even challenge the feelings of love. This can all lead to the two people drifting apart, and eventually deciding that a relationship with one another may not be the best idea.

Possibly the reason people decide to form a relationship in the first place is because they realize they share common interests and are compatible with one another. If this statement is to be accepted, then a clash in religious beliefs would hinder this, and present a large gap in compatibility. It will depend on the individual people involved. What is the level of common interests required to form a healthy and stable relationship, and what aspects hold priority over others? Religion is very important to a lot of people, and a requirement for shared beliefs is often held in order to form a relationship. The issue of afterlife plays an important role in this decision, for a person who believes in heaven and living after death may not want to be involved with someone who believes that their body is simply placed six feet under and life is over, with no spiritual afterlife occurring.

As stated before, religion can be a touchy subject to talk about, let alone be a dictate whether or not a relationship can, or should be attempted. There are different opinions about the matter, some positive, and others negative, believing different outcomes be present. There is the group who believes in individuality and respect for other’s thoughts and beliefs. These are the people who grin and bear it. They accept each other, respect each other, and continue to live their lives with love, not allowing a theological disagreement bar them from happiness. Acceptance is key here, and an attempt to change their partner is frowned upon.

However, there is the other group of people; those who believe shared beliefs are essential for a healthy, stable, successful relationship. They believe compatibility with one another is what makes them fall in love in the first place, and sharing religious beliefs proves this compatibility. Whether you find yourself in the first group, or the second, the issue is one which requires thought, and you must decide which side of the coin you find yourself on. It is an important decision which can have a large influence on your relationship, and its chances of success. Consider is deeply, and best of luck.

TECH SPORTS

WRESTLING BRIEF

The Golden Bear wrestling team had their senior night on Tuesday, February 4th. Campus favorite and team captain John Walters was in the spotlight for the day, for he is the only team member to spend all four years of his collegiate years in the Golden Bear program. It was his night, and his wrestling performance proved it. The match started out in the opponents favor, Ohio Valley University, when they took an early 16-0 team lead over our Golden Bears. Momentum then took a turn in our favor when senior Walters took to the mat and displayed a dominating performance over his opponent, scoring 8 points in the first period before slamming him to the mat in the second and forcing his shoulder blades down for a pin. The crowd erupted with applause as J-Dub moved his season record to 21-4. Sophomore co-captain Dirk Ponchak then took the mat with hopes of following up his teammate with more success. After scoring 5 points early in the first period, Ponchak surrendered a few points before being put in a position which could be taken advantage of. Arching his back and spreading his arms and legs wide, he was able to pin his opponent with only a few seconds left in the period, bringing his record to 25-2 for the season and continuing the momentum for the Bears. Next up was freshman Colton Rowe at 174 lbs. After a few strategic takedowns and transitioning to a cradle, Rowe turned his opponent to the mat, marking the third consecutive pinfall, and taking his 18th win on the season. The last match of the evening was performed by our own Tola Marakinyo, who managed to take the win by decision, 10-6, which is an inaccurate account of how the match went down. Marakinyo was in control the entire bout and moved his record to 21-3 for the season. Unfortunately, the match ended with an unexciting forfeit by OVU, but adding points to Tech's side of the scoreboard, marking another victory to our fighting bears, 27-22.



SWIMMING BRIEF

The men's and women's swimming team traveled to Christiansburg, Virginia to compete in the Appalachian Swimming Conference Championships on Friday, February 14 through Saturday the 15th. Both teams swam their hearts out to represent our school, and many Golden Bears made the podium at the end of the tournament. The men's team ended in the 7th position out of 12 with 177 team points, and a few Bears placed well in individual races. Brazilian Matheus Montarroros swam in the 500 freestyle and finished in first place with a time of 4:38.47, giving him the gold medal, and finished second in the 200 free with a time of 1:43.15. Jack Cavanagh took forth in the 200 breaststroke (2:09.00), fifth in the 200 Individual Medley (1:58.65), and fifth in the 100 breaststroke (59.52). Up next for our swim squad is the NAIA National championships located in Oklahoma City, OK on March 5-8th ..

WOMEN'S BASKETBALL BRIEF

On January 25th the lady Golden Bears traveled to Ohio to take on Wilberforce University. Elizabeth Evans and Roche Wimberly both put 22 points on the board for Tech, but unfortunately it wasn't enough and the game resulted in a loss for the ladies, 76-72. After the bout with West Virginia University at Parkersburg was postponed, the girls entered the Baisi center on the first of February to battle the University of Pikeville. After a close game, and 21 points contributed by Evans, the team took another loss by 11 points, final score 81-70. Five days later the girls were on the road, traveling to Concord North Carolina to battle Barber-Scotia College. The losing streak came to an end in this game, for the girls put up 79 points on the board which was enough to retire their opponents, who only managed to sore 66. On February 9th, the girls wanted revenge as they took on Wilberforce University once more. Only a couple weeks prior, as you may remember, the Bulldogs managed to come out on top by four points, so now that the game was in Montgomery, it was time to get even. Nia Nolan was on fire, making 9 out of 14 field goals and 7 out of 9 free throws for a total of 25 points. Tracee Mitchell and LaKisha Adkins both contributed 12. The final score of this game was 89-52.

SPORTS SCHEDULES NOVEMBER - DECEMBER

3/1/2014	Baseball vs University of Cincinnati-Clermont (DH)	East Bank, WV
3/1/2014	Softball vs University of Northwestern (Ohio) (DH)	Belle, WV
3/1/2014	Baseball vs University of Cincinnati-Clermont (DH)	East Bank, WV
3/1/2014	Softball vs University of Northwestern (Ohio) (DH)	Belle, WV
3/1/2014	Men's Basketball at Lindenwood University-Belleville	Belleville, IL
3/1/2014	Women's Basketball vs Bluefield State College	Montgomery, WV
3/2/2014	Softball vs University of Northwestern (Ohio) (DH)	Belle, WV
3/2/2014	Softball vs University of Northwestern (Ohio) (DH)	Belle, WV
3/2/2014	Baseball vs University of Cincinnati-Clermont	East Bank, WV
3/4/2014	Softball at University of Rio Grande (Ohio) (DH)	
3/4/2014	Softball at University of Rio Grande (Ohio) (DH)	Rio Grande, OH
3/5/2014	Baseball vs Shawnee State University (Ohio) (DH)	East Bank, WV
3/5-8/2014	Women's Swimming vs NAIA National Championships	Oklahoma City, OK
3/5-8/2014	Men's Swimmingvs NAIA National Championships	Oklahoma City, OK
3/5/2014	Baseball vs Shawnee State University (Ohio) (DH)	East Bank, WV
3/7-9/2014	Men's Basketball at A.I.I Division I Independent Tournament	Atlanta, GA
3/7-9/2014	Women's Basketball vs A.I.I. Tournament	Marietta, GA
3/7-8/2014	Wrestling at NAIA National Championships	Des Moines, IA
3/8/2014	Baseball vs Alfred State College (DH)	East Bank, WV
3/8/2014	Baseball vs Alfred State College (DH)	East Bank, WV
3/9/2014	Baseball vs Alfred State College	East Bank, WV
3/11/2014	Baseball vs Penn State Allegheny	Vero Beach, FL
3/12/2014	Baseball vs Vero Beach Tournament	Vero Beach, FL
3/13/2014	Baseball vs Penn State Allegheny	Vero Beach, FL
3/14/2014	Softball vs Lindenwood University-Belleville	Elizabethtown, KY
3/14/2014	Baseball vs Penn State	Beaver Vero Beach, FL
3/14/2014	Softball vs Roosevelt University	Elizabethtown, KY
3/14/2014	Softball vs St. Mary of the Woods	Elizabethtown, KY
3/15/2014	Softball vs Robert Morris University (Ill.)-Springfield	Elizabethtown, KY
3/15/2014	Softball vs Iowa Wesleyan College	Elizabethtown, KY
3/15/2014	Baseball vs Vero Beach Tournament	Vero Beach, FL
3/19/2014	Baseball at Campbellsville University (Ky.) (DH)	
3/19/2014	Baseball at Campbellsville University (Ky.) (DH)	Campbellsville, KY
3/20/2014	Softball vs Glenville State College (DH)	Belle, WV
3/20/2014	Softball vs Glenville State College (DH)	Belle, WV
3/21/2014	Softball vs Ohio Christian University (DH)	Belle, WV
3/21/2014	Softball vs Ohio Christian University (DH)	Belle, WV
3/23/2014	Baseball at University of Rio Grande (Ohio) (DH)	
3/23/2014	Baseball at University of Rio Grande (Ohio) (DH)	Rio Grande, OH
3/25/2014	Baseball at Point Park University (Pa.) (DH)	
3/25/2014	Baseball at Point Park University (Pa.) (DH)	Pittsburgh, PA
3/27/2014	Softball at Davis & Elkins College (DH)	
3/27/2014	Softball at Davis & Elkins College (DH)	Elkins, WV
3/29/2014	Baseball vs Shorter University (Ga.)	Elkins, WV
3/30/2014	Baseball vs Shorter University (Ga.)	Elkins, WV
3/30/2014	Baseball at Davis & Elkins College	Elkins, WV

MEN'S BASKETBALL BRIEF

The end of January and beginning of February provided five games for the Golden Bear basketball team. Blood and sweat stayed on the court during these games, and only one came back with an L added to the record. The first game was against Campbellsville University on January 25th in the Baisi Center. Junior Jaren Marino led the team with 23 points, making 10 out of 12 field goals and winning the game 79-68.The Bears took to the road five days later, on the 30th to battle West Virginia University at Parkersburg. Big man Armond Perez led the team with 24 points, leading to another dominant victory 112-68. To start off the month of February, the team traveled to Davis and Elkins College in Elkins WV. Stephen Coles was the top scorer in this bout, but unfortunately it wasn't quite enough, for the game resulted in a loss for Tech, 70-65. Ohio Valley University traveled to Montgomery on the 5th of the month and a show was put on for our Golden Bear crown when little man Eddie Gordon put up 19 points and Perez contributed 16. Victory was achieved with a score of 93-61. Also on the home court of the Golden Bears was the battle against Wilberforce University. With the game being only one point in our favor at halftime, our Golden army came out in the second half and outscored their opponents by 15 points, bringing the final score of the game to 114-98.

Nursing Section

STAYING SAFE: THE TRUTH ABOUT STDS AND SAFE SEX IN COLLEGE



By Jamie Staunton
Staff Writer

Sexually Transmitted Diseases (STDs) are an extremely scary thing to think about. That is, if people are actually thinking about it. The unfortunate truth is that most people do not think twice about STDs because they think they are invincible. It's easy to think you are invincible and you will never be that person that develops an STD. You haven't been with that many people, so you don't have anything to worry about, right? Wrong. STDs are a serious problem for everyone in the United States, but especially for college students.

The number of college students affected by STDs is astounding. One in every four students has one. That is scary to think about, especially if you just happen to be sitting in class and gaze off, wondering if one of the people in your row is the not so proud owner of a dangerous disease. The CDC estimates that every year the United States sees the occurrence of 19 million new sexually transmitted diseases or infections. Of these reports, the majority of the cases are from people between the ages of 15 and 24. Why is this so common between college students? It would appear that safe sex is not a top priority for many people.

Safe sex is something that is so simple, but it seems that many college students across the country take that for granted. Only 54 percent of today's college students report using condoms during intercourse. This may seem like it isn't a big deal at the time when you're in the moment, but later on down the line it will be a huge deal to you. About-std.com reports that most specifically, the number of gonorrhea and chlamydia cases are on the rise with gonorrhea cases spiking 4.1 percent and chlamydia cases rising 0.7% since 2011. Those are some intimidating numbers.

Most people often think that as long as everything looks normal, then that means they are normal. That could not be any further from the truth. In fact, 80 percent of people that have an STD are asymptomatic and show no symptoms. Women are also more likely than men to show no symptoms. So just because things seem normal does not mean you are in the clear. You still have to be very careful. While abstinence is the only completely safe method to prevent STDs, there are several things a person could do to help prevent the spread of STDs in their life.

- Always use a condom. Always and sometimes are two completely different words. Do not let that one time that you don't use one be the time that matters. Remember that creepy saying from sex education class about how having unprotected sex with one person is like having unprotected sex with all of their partners before you? Yeah,

well that's actually quite true, as you are exposing yourself to every STD your partner and all of their previous partners has been exposed to. Save yourself from that super disturbing thought and wear a condom.

- Don't impair your judgment. Alcohol and drugs alter your level of consciousness on a good day under normal circumstances. Over 45 percent of college freshmen reported failure to use contraceptives when binge drinking on campus. There are so many things that can go wrong if you choose to get drunk or high before you have sex. Can you say stranger danger?
- Respect yourself. Don't EVER let anyone disrespect you or your morals or beliefs. If you're not ready for sex then don't do it. If you want to use a condom and your partner has some lame reason why they won't wear one, call them out on it and don't do it. In order to protect yourself, you have to protect your dignity first.
- Birth control is ONLY birth control. Just because a girl is on the pill or the shot or has an IUD does not mean she and her guy are protected from things that bite in the night. Babies are one thing to worry about. Chlamydia, gonorrhea, HPV, genital warts, herpes, HIV, and AIDS are just a few others.
- Ask questions. Don't be afraid to ask your partner who they've been with and to get tested if you are willing to answer the same questions and do the same. Assuming that you guys are completely out of the woods is a foolish decision that could cause you both a great deal of trouble.
- Talk about sex. "Let's talk about sex, baby, let's talk about you and me..." Salt N' Pepa didn't just have a hit with that song, they were trying to send an important message, and even today that song and message are still important. Talk about all of the possibilities, concerns, and expectations. That way no one is caught off guard and both parties know what to expect. Can't figure out how to start the conversation? Take a light, slightly humorous approach. I gave you the first few lyrics to a great song.

Safe sex and STDs are both very sensitive topics. While they should be approached with caution, they also need to be taken very seriously, especially in the college setting. No one can deny that sex happens, but it isn't a game. It is something that needs to be taken seriously for the sake of our health.



MEDICAL STATISTICS

- Flu activity peaks in January and February. Because of this, the CDC recommends anyone over 6 months of age be vaccinated. (Centers for Disease Control and Prevention)
- More than 110 million Americans have an STD – most of those cases are people between the ages of 15 and 24. (USA News)
- Young children suffer from an average of six to eight colds per year. Adults average are at around two to four cold per year. Most of these occurrences happen between September and May. (American Lung Association)
- Roughly 1 in 6 Americans (48 million people) get sick, 128,000 are hospitalized, and 3,000 people die per year from foodborne illnesses. (Centers for Disease Control and Prevention)
- Approximately one third of American teens and college students suffer from migraines due to fluctuating hormones, eye strain, physical and psychological stress, sleep deprivation, alcohol use, and poor posture.



By Jamie Staunton
Staff Writer

A FRIENDLY WORD FROM YOUR NEIGHBORHOOD NURSING STUDENTS

Applying to specific programs within a college can be a stressful process. From experience, I can say that the process of applying to nursing school is an extremely frightening, yet awesome experience once you find out that you are in the program. The process is a complex combination of forms, essays, and planning that in the end is so incredibly worth it. The explanation sounds so much simpler than the actual process. The beginning of the process is the application. The deadline to apply is February 1 every year, so most applicants are working on and considering their essays over the long Christmas break. The application is like a standard college application, only with a planning section and spots for schedule planning and an essay in which students attempt to explain in so many words why they believe they deserve to be admitted into the nursing program. Last year I remember personally writing and rewriting my essay, trying my hardest to make it just right so that it would get my point across. Needless to say, that was a difficult task in itself. The scheduling section is for students to list any of the pre-requisite classes required before being admitted into the program. Students are required to maintain a 3.0 GPA in all pre-requisite courses, and if any classes are missing, the student is required to list what semester they plan to take their remaining classes. Will you take any classes over the summer? Are you enrolled in the class during the current spring semester? These questions and this section help to determine if the student is actually prepared for the possibility of being accepted into the nursing program.

Once the application is complete and submitted, the waiting happens. Acceptance or denial letters are not sent out until around late March, so there is a good amount of time that students just wait anxiously for any type of response. The waiting is very nerve wracking, because for most of us we want this so bad we can't imagine what we would do if we were to get a rejection letter. However, once the acceptance letter comes, there is a lot more preparation involved. The summer before a student's first semester of nursing school, a detailed list of instructions is sent out. You have to register online to have a detailed background check performed, and a series of documentation from student's shot records must be uploaded to this online site before they may enter the clinical setting. Students must also become and have uploaded documentation of current CPR certification. The last step is to have your clinical uniform ordered, and then things start to become real. While the whole process of applying for nursing school is stressful, I would be lying if I said there is no more stress once you are in the program. There is a pressure put on students to continue to do their very best so that they may remain in the program so that we all may become registered nurses. That stress will always be there until we each individually graduate and pass our licensure exams after graduation. However, the stress is worth it. Once you are accepted there is a sense of pride and accomplishment that settles over your shoulders and it just makes everything worth it. And that is a look into the nursing application process.



MAKING SOLAR ENERGY ECONOMICAL
By Cameron Waterbury
Staff Writer

Solar energy has always been the talk of the future. Nothing makes more economical and “green” sense than a panel that provides us with energy that only uses the sun. The sun itself out-powers anything that human technology could possibly create in this time and age. However, only a small amount of energy that the sun gives off actually reaches the earth. This “small amount” is still over 10,000 times as much as all the commercial energy that we use. But why is this new solar energy phase so important? The solar power industry is already a multibillion dollar industry that still doesn’t get anywhere close to the energy market compared to oil, natural gas, and coal. Fossil fuels play the largest part in the world’s source of energy. This cannot continue forever though, as it cannot remain the dominant source of energy endlessly. Oil and gas prices will not be able to keep up with growing energy demands. For this reason, and many more, solar power offers an attractive alternative. Solar power is environmentally clean and “free,” but exploiting the sun’s power is not easy. There are many barriers that require vast engineering innovations before the average American has a solar panel powering their whole grid. Today’s commercial solar cells, made from silicon, typically convert sunlight into electricity with an efficiency of 10-20 percent. There are some cells that do obtain a higher percentage, but not much higher. The manufacturing costs incorporated in the power grid would produce electricity at a cost roughly 3-6 times higher than current prices. Engineers still need to find a way to lower the manufacturing costs in order

for it to become not only commercial, but effective as well. Prospects for improving solar efficiency are promising the current standard cells will have a theoretical maximum efficiency of 31 percent because of the electronic properties of the silicon material. Some multilayer cells can reach 34 percent efficiency and some current experimental cells have exceeded 40 percent. New materials for solar cells may help reduce the cost of cell fabrication. These materials can give the greatest impact on the cost and widespread implementation of solar electricity. Material purity is also important. Current solar cell designs require high-purity, and thus are an expensive addition. Impurities block the flow of electric charge. That problem would be diminished if charges had to travel only a short distance, through a thin layer of material. But thick layers would not absorb as much sunlight. Another barrier to widespread use of the sun’s energy is the need for storage. Weather plays a major key as well. With cloudy weather and nighttime darkness, it is important for a vast amount of storage to supply the needed energy. Large banks of batteries are a proven method of energy storage, but they face serious problems when scaled up to power-grid proportions. If the engineering challenges involved with solar powering could be solved, reducing their costs, and providing efficient ways to use the electricity stored, solar power will state its dominance to fossil fuels as a sustainable energy for us to use.

MATH TUTORIAL LAB
Spring 2013

Engineering Lab - Room 107

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Susan Barton				
9:00	Ranjith Munasinghe	Bing Yang	Ranjith Munasinghe	Bing Yang	J.T. Hird
10:00	Fred Cavalier	Chengmin Yang	Fred Cavalier		J.T. Hird
11:00					
12:00				Sue Barton	
1:00					Deb Chun
2:00	Chengmin Yang		Deb Chun		
3:00	Phil Redden		Phil Redden		



OBAMA CARE
Brian Warden
Staff Writer/Section Editor

As the year 2014 rolled in to our lives so did the newest advancement in healthcare, yes I am speaking of the Affordable Care Act. This healthcare act will cover the majority of Americans. It is cheaper than existing plans but will not penalize anyone from their existing plans. The new healthcare platform will even insure those who cannot afford it. This is the new standard of American society. In reality, this healthcare reform has been a horrible failure. Problems have ran freely as blood from a wound. Americans soon found out that “Affordable” doesn’t always mean as it sounds, and free to some does not guarantee free to all. You can keep your own plan without fear of penalties applies to very few cases. This new standard doesn’t always mean advancing in the positive direction. Most Americans are now asking for change back from “Change You Can Believe In”. Around Christmas time, Fox News released “12 Days of Obamacare” mocking the numerous failures that consist of, but are not limited to: website failure, high deductibles and premiums, hackings and phony sites, unneeded coverage, lies and excuses and many more. “If you like your plan you can keep it” gave peace to many Americans that felt that they had a say in what coverage they had; they still had their freedom of choice. Apparently this belief was wrong, while many still have the choice of their old coverage they are being forced to pay more than they originally did before Obamacare. Where is the freedom? After this was discovered the White House rebutted with “If you like your plan you can keep it IF it has not changed since the law took effect”, which led to numerous cancelations and ultimately, the loss of freedom of choice in many eyes. “The Affordable Healthcare Care Act is cheaper than private plans”, but for who? To some low income families or individuals the healthcare is free, to them but someone else must pick up the tab. Sean Hannity, a talk show host on Fox News television as well as “The Patriot” on Sirius XM radio described it best when he referred to “Free Healthcare to you is another taxpayers’ expense.” Just as in basic economics, there is no such thing as a “free lunch” there is a set cost

for everything, whether you experience the loss or another fee, it is not truly free. This reform is a disincentive to work. If the government rewards not working, why should the public hassle with working? One may ask, how does this Affordable Care Act encourage others not to work? The answer is rather simple, this new healthcare reform whether it be the coverage, the deductibles, or the premiums are all evaluated by income. The lower the income, the less the recipient is obligated to pay, and with those on government provided incomes, such as welfare, receiving the most coverage for the lowest price thanks to the hard working middle class that often experiences increase in premiums and less coverage than under previous healthcare providers. This concept of public healthcare is reflective of sharing wealth, which has failed in any other country that has attempted theses socialist programs. “The healthcare reform will increase job growth.” If Obamacare hurts the incentive for many to go work, how could the reform be of any help to job growth? How does forcing employers to supply birth control and fund abortions even if it is against the company’s morals, with few exceptions for major corporations, help the U.S. economy and business? Logical thought repels the thought that “free stuff” is “good stuff” in the economy, and placing the bill of this “free stuff” on young struggling businesses is not the way to jump start a struggling economy. While the Affordable Care Act has some good strong intentions, it is nearly impossible to incorporate in a free market economy. We should instead look to boosting small business to grow into stronger, growing businesses to promote job growth and allowing them to be stable enough to afford health insurance for the employees. If removing the corruption of health insurances is on the political agenda other methods should be pursued. The federal government and state governments do plenty for the economically disadvantaged as it is without penalizing those who are working to better their situation.



CATCH YOUR ZZZ’S, SLEEP DISORDERS AMONG COLLEGE STUDENTS
By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

College is a time of mass learning, social exploration, and probably the deepest nights of sleep ever experienced. There is simply something about hitting the books by day and playing sports and watching movies by night that makes us all so tired and have the desire to crawl in bed and not leave again for hours upon hours, often after the day is well into its start, and the doors for breakfast have already been closed. This is what a lot of college students experience every week, but there are also those students who experience the direct opposite, and simply can’t seem to find time to keep their eyes closed, and when they do, can’t manage to enter REM sleep and just lay on their mattress restless as can be. Sleep disorders are found in more than a quarter of all college students. In a study conducted in 2010 which involved 1845 college students in a large state college, 27% of the students were at high risk for a sleep disorder, narcolepsy and insomnia being the most prevalent. Narcolepsy is defined as a disorder in which people experience trouble sleeping at night, and also an abnormal daytime sleep system. Those with this disorder will, when they are able to fall asleep, experience REM sleep within about 5 minutes of dozing off, verses others who fall asleep on a regular pattern, who take over an hour to experience REM. Often times, those who have narcolepsy experience cataplexy, which is a condition that involves sudden loss of muscle functions, ranging from a simple feeling of weak muscles to the absolute failure of use of that particular muscle. Another symptom is sleep paralysis, which is the temporary inability to talk or move upon waking up from a sleep period. The most common symptom, however, is for the person to begin participating in excessive and unusual daytime sleeping, often times every day. If some of these occurrences are happening in your life, you may have narcolepsy. Insomnia, as most of you already know, involves the inability for a person to fall asleep, or stay asleep as long as intended. Often times, insomnia is the cause of feelings of tiredness during daily functions, and it can hurt one’s social, occupational, educational, behavioral life. What comes to be an issue with these sleep disorders among college students is that they can hinder the student’s academic achievements, and be a leading reason of suffering grades. Let’s face it, it is very difficult to study and pay attention in class when we have

difficulty sleeping and weren’t able to get a full night of shut eye the night before. Also, REM sleep, the type of sleep usually achieved at the end of a night, is the period where new information gathered during the day prior is consolidated within the mind. Those who do not sleep a full night or wake up repeatedly probably won’t reach this period of sleep. On a side note, this also means that staying up half the night to cram for a test and only sleeping a couple of hours is not beneficial, for a lot of the information probably will not be retained. On top of suffering academics, lack of sleep a few nights in a row can lead to physical problems. Your immune system can suffer after only a few nights with lack of sleep, and you may begin to feel confusion, depressed, irritated, and simply have lower self-esteem. With this being supposedly the best years of our lives, we don’t have time to be depressed or unhappy. By this time, you may be realizing that you have some of the symptoms mentioned above, and don’t get a full night’s sleep each night. So what exactly can be done about this to improve future sleep habits? Number one, try to relax! During the evening, do an activity which slows your thought process and heart rate. Try reading a book or watching some TV until you feel your eyes get heavy, and then close them and melt away. If your mind is full with different thoughts which keep you worried or occupied, write them down on a detailed list and then stop thinking about them until the following day. During your day, try to avoid the intake of stimulants, such as caffeine or nicotine. These speed up your heart rate and make it difficult for you to relax. Alcohol, while it is a depressant, is also probably bad idea. While it may allow you to fall asleep (or more accurately, to pass out) it can cause restless sleep and will leave you feeling tired as can be when you awaken. Lastly, try to have a regular sleep pattern. This means going to sleep and waking up at roughly the same time each day. Your body’s mental clock will lock this into memory and will allow you to fall asleep each night. A regular sleep pattern will increase alertness during the day and will reduce the chance of insomnia. Sleep is very important during your college years. While it may be fun to stay up until 4 watching the Big Bang Theory and playing Call of Duty while still making that 8 am class, it is probably not the smartest idea. It will hurt you in the long run,



WEST VIRGINIA DRUG TRENDS

By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

There are many different opinions about the condition of our beloved home state when it comes to drug use. Some believe we are heavily infected in drug use, with dealers walking the backstreets at night, and others believe we are in pretty good shape, not having steep statistics and having safe neighborhoods when the sun goes down. The straight answer as to which opinion may be true is not available. In some ways, our state measures up pretty good in relation to the rest of the nation. However, in other ways, the facts don't exactly leave a good taste.

In the years 2007-2008, the National Survey on Drug Use and Health returned results which indicated that West Virginia was among the top ten in the country in rates of several drug use categories in the ages of 18-25. The drugs included in this statistic were cocaine and other illicit drugs other than marijuana. While this doesn't make us too proud of our state, the next statistic might. According to the survey, 6.79 percent of West Virginia residents reported using illicit drugs one month prior to taking the test, versus the national average of 8.02 percent. Unfortunately, the follow up statistic hit McDowell County quite yard, giving it the fifth highest rate of drug poisoning death in the nation, with 38.3 deaths per 100,000 people.

The fastest growing problem in the nation regarding drug use is not of the hardcore, rot your teeth to a pulp and makes you lose 40 pounds of flesh type of drugs. The rising problem is of prescription drugs, or prescription drug abuse. The nation formed a Prescription Drug Prevention Plan which they called "Epidemic: Responding to America's Prescription Drug Abuse Crisis," which had many goals to try to grab hold of the situation. Some of these goals included reducing prescription drug abuse by expanding and funding Prescription Drug Monitoring Programs (PDMPs), recommending and providing secure and convenient disposal methods for unused or expired drugs, and education for all those who may be

involved with prescription drugs, including hospital patients and healthcare providers.

West Virginia established their own PDMP in 1995 to monitor Schedule II-IV Controlled Substances. This program gathers information once a week to interpret if mishandling is occurring. Other things that PDMPs does is assist in patient care, provide warning signs of drug epidemics, detect insurance fraud, and serve to find solutions to these problems. Prescriptions are going to be given. In the society in which we live in now, resorting to prescriptions is the most common doing after a doctor's visit. This cannot be stopped, and won't be in the near future. The biggest thing that must be done to prevent abused prescription drugs is to provide an alternative to get the drugs out of the hands of the users. PDMPs serve to provide a proper way to dispose of unused, unneeded, or expired prescriptions in a safe way. Education is also key. A person will not dispose of their drugs in the correct way if they do not see the negative aspects of keeping, selling, or abusing these drugs. An educated person on these negative effects will dispose of their drugs the correct way, if they have a way to do so.

Another program serves to enhance and coordinate drug control efforts in local, state, and federal law enforcement agencies. These are called High Intensity Drug Trafficking Areas (HIDTA) and West Virginia has 11 counties which are included in this program. These counties are Boone, Cabell, Kanawha, Lincoln, Logan, Mason McDowell, Mercer, Mingo, Putnam, and Wayne counties. The mission of the program in these counties is to tackle drug trafficking organizations and ensure they do not resurrect.

With West Virginia getting bashed about numerous aspects of its lifestyle, drugs should not be one of them. Let's face it; we are not the best state, but we are also not the worst, and we have hard working men and women combatting the areas we need to improve on as to support a rich and successful drug-free future for our youth.



CVS KILLS TOBACCO

by Scotty Stone
Staff Writer

Tobacco using students of Tech who leave campus to smoke or chew snuff are going to have to go elsewhere to buy cigarettes or any other tobacco soon, because CVS just announced that they will soon quit selling tobacco products. By the time October 1st rolls around, every single CVS in the United States will have adopted this policy, including ours. CVS is now the first, with many pharmacies to follow, to have ceased the sale of cigarettes and other tobacco products.

This comes as part of the company deciding that they want to help improve the health of the customers that come to them for their pharmaceutical needs. The company is already the highest grossing chain of pharmacies in the United States so even if they lose cigarette sales, they won't really be losing that much money and might actually help out stores that rely on tobacco sells like Smoker Friendly

CVS is hoping to set an example for other pharmacies and drug stores to follow. The company hopes that their decision has a noticeable difference on the amount of deaths coming by way of lung cancer and heart disease. They are also hoping that by stopping the widespread sale of tobacco that health-care costs for smokers will decrease and keep more families whole. Another goal of the company is to hopefully reduce the number of underage smokers by keeping the product out of their store.

This decision has apparently been

in the works for quite some time, as the company has been gauging what exactly their customers truly want from them. Looking at the long-term, CVS hopes that it can keep many of its customers and hopefully gain some new ones with this unprecedented decision. However, the company does foresee a two billion dollar per year loss, but when it is forecast that they made upward of 90 billion dollars this year it isn't too far of a stretch to say that the stores can handle this.

The tobacco providers to CVS have expressed a disappointment in their decision to stop selling the tobacco products, but they also understand that in today's society that this is going to happen, however they were worried about other unhealthy products. According to higher ups at CVS, the candy, chips, and alcohol don't have as terrible or as adverse long term effects as cigarettes do.

In addition to banning the sale of tobacco in their stores, CVS is also going to sponsor anti-tobacco classes and really start pushing the sales of nicotine patches and gum. CVS is hoping to lead the wave of tobacco free stores and reduce the smoking population to even lower than the already 19%. Do you want to help them or are you going to start purchasing your tobacco somewhere else?



LOCAL SCHOOLS AFFECTED BY MCHM

By Andrew Frohnapfel

Staff Writer



West Virginia American Water leaked MCHM into the water that affected the lives of some 300,000 customers. While several weeks ago all the hype focused on the water situation in the Charleston area, recently it has not seen as many headlines due to it supposedly being cleaned up and dealt with accordingly.

So it may come as a surprise that students at five different schools were sent home early on Thursday February, 7 2014 due to the distinct smell of licorice that is the noticeable trade mark of the hazardous chemical MCHM. According to American Water, this issue was to have already been fixed, yet here we have a perfect example of how they get things wrong time and time again. While the National Guard stated that upon testing of the water later in the day Thursday, there were no amounts of MCHM found. Nevertheless, how are we to know that our students and children are safe?

When will kids get back to school for good and start learning like they should? Local school officials add days to the academic calendar because students have missed over ten days since Christmas break alone due to all the water problems and the artic weather the area has received. Teachers, principals and other faculty have all agreed that they cannot afford for students to miss any more days so it has been decided to tack on days to the end of the year. Originally Kanawha county schools were supposed to finish up May fifteenth but now it will be at least May



twenty-third before summer vacation begins.

With Mother Nature not cutting us any breaks as of late in terms of snow and cold, it is only to be expected that students will miss at the very least a few more days for cold weather alone, especially since salt and cinder reserves are running low due to the inability to get them shipped in on barges. This unfortunately is not the only thing that could cancel more school. While the national guard says the water is clear, there are still people claiming of cases where there water is not safe and if this arises in any schools again like it did on February 7, school officials will have to cancel school creating even more days for students to make up. If the trend of missing more school than attending continues, then our students could be going to class well into June.

With the whole state in a crisis and canceling school left and right, legislatures are working on a law that will allow the board of education to force all counties in West Virginia to make up all days missed due to snow or any other reason. This law states that students can be forced to start as early as August first and finish on the last day on June thirtieth leaving only one month for summer vacation. If a solution to the situation we are in is not found then West Virginia legislature will get its way and our students will not get to have the summers that they look forward to, but rather a break long enough to take a vacation only to turn around and begin school shopping.



THIS MONTH IN HISTORY

On March 6, 1836, an American occupied fort in present day Texas fell into Mexican control. This fort was none other than the Fort Alamo. The Mexican Army, under the control of General Santa Anna, began their siege on February 23, and slowly picked off the defenders and cut supply lines. Once defeat was inevitable, several attempts to surrender were ignored and on March 6, the last defender was slain. The total elimination of surrendering Americans sparked fierce enthusiasm throughout Texas and surrounding areas. The image of the massacre at the Alamo weighed on the minds of the American people so much, that "Remember the Alamo" became a frequent battle cry for Texans as they began to drive the Mexican army back south.

On March 23, 1869 the West Virginia State Senate ratified the Fifteenth Amendment of the United States Constitution by a vote of 10 to 6, with 6 either absent or abstaining. (The previous day, the House of Delegates ratified the amendment by a vote of 22 to 19.) The Fifteenth Amendment prohibits the Federal and State governments from denying citizens the right to vote because of "race, color, or previous condition of servitude" and was the last of the "Reconstruction Amendments."



by Brian Warden
Staff Writer

THEN AND NOW: DUCK DYNASTY

Duck Dynasty has brought an enormous spotlight to the “rags to riches” Robertson family. The tv series ‘Duck Dynasty’ mixes comedy, the outdoors, and faith in God into a comical family show. On the show, as well as in reality, the Robertsons own a duck call company called Duck Commander. The cast/employees/family include the founder of the company, Phil, his wife, Kay, and their sons Willie, who is now the acting CEO; Jason, “Jase”, who helps Willie keep the high quality of the calls by managing in the “Duck Call Room” where each call is made by hand, as far as the television show is concerned. In the call room is America’s favorite; Silas Robertson, or better known as, Uncle Si. Joining Si and sharing the task of making the calls is a long time family friend, John Godwin. Godwin also shares a love for family, humor, outdoors, and God. Lastly for the call makers is Willie and Jase’s younger brother, Jep. Jep was introduced in a much lighter way as the show went on, but he too shares like faith and a love for family values. Sounds like a nice clean All-American family, but it hasn’t always been so picture perfect. I personally had the opportunity to hear Willie speak at a men’s conference last March in Lynchburg, Virginia. During is speech I learned quite a lot about the Robertson’s history, and I was shocked to say the least. Willie spoke of how his mother and father started out, Phil was on the run, suffering from addictions, and poor. Astounding to see the changes that have been credited to God. Phil attended Louisiana Tech University where he was the starting quarterback until he walked away from the sport, giving his position up to no less than Terry Bradshaw. Phil went on and received his degree and soon began to operate a bar in Arkansas. Soon after arriving in Arkansas, Phil engaged in the “Sex, Drugs, and Rock N’ Roll lifestyle” as he quoted to ChristianPost in an interview. While her husband turned to the wild lifestyle, Kay turned to Christianity. Soon after her conversion, Phil kicked her and the three sons out of the house, but Kay persevered and remained married. A year later, Phil who was struggling with an out of control lifestyle turned to the Christian faith and has never looked back. The apple does not roll far from the tree though. Years later, a member of the Robertson family faced another dance with the devil, this time it was Jep on the dance floor. Jep was raised in a Christian home from the time of an early age, after Phil’s conversion, but as he grew older he met a group of guys that introduced him to the “Things the world had to offer” like drugs and alcohol. Jep continues to tell the trials in his time away from the family and the faith in an interview with

iamsecond.com. Jase recalls one night, after an extended time of drug and alcohol abuse, that he woke up with one leg hanging out of the truck and was scuffed and cut. Still to this day he doesn’t know what happened. “I hope I didn’t run over someone” haste remarked sincerely during a video interview. This kind of event didn’t slow him down though, “I woke up the next day and asked for more. I thought I hid my actions well from my family. Apparently I didn’t, one night I was watching a movie in town and I found a note on my windshield from Willie that said we should meet”. When Jep arrived at Phil’s house, the set meeting spot, all his brothers trucks were there. That’s when his life changed. Phil gave his son an ultimatum, “Change or you’re on your own.” This worked for Jep as he was immediately aware how far away he had wandered from his faith and his family. Lastly, America’s favorite, Si Robertson. Si has not always led a clean addiction free life either. As a Vietnam veteran, he picked up drinking. So recalls in his book “Si-Cology,” he drank to the extent that he carried a whiskey flask with him everywhere, even on duty. He later tells of a time he nearly killed an Vietnamese mother and son while intoxicated. As his deployment he vowed to not return to the States as an alcoholic. Another issue for Si is that he inherited a mental disorder, and while he didn’t explicitly name the disorder in his book, it doesn’t seem serious. While not having perfect pasts, which should not be expected of anyone, they have reformed and became successes. Phil began an empire in the duck call industry and preaches at various churches. Willie and Jase inherited the business as well as guest speakers and other business endeavors such as “Duck Commander” and “Buck Commander”. A big accomplishment for all the Robertsons is getting to star in a tv show that is more like a sitcom than a reality show. Yes, even though it may break some die-hard fans hearts, the show is a sitcom. “The directors create scenarios and we get to be ourselves in the situation” says Phil in an interview with iamsecond.com. In all reality though, a company could not stay afloat if they spent a majority of the day out gigging frogs or killing ducks on a daily basis.



GO FOR GOLD!



Brian Warden
Staff Writer/Section Editor

“USA...USA...USA...” is a common chant associated with the Olympics in American households and the Olympic arenas. The Olympics occur once every four years and are assured to bring some eye-popping and jaw-dropping spectacles. Countries from across the globe join together and send their top athletes to compete head to head with each other all to “Go for Gold”, and a nice check and plenty of endorsement deals. This year the games occurred in Sochi Russia, but where did they originate? Why are the games held once every four years? The answers to these questions take us back to ancient Greece, and as legend has it to the basis of their religious beliefs. The ancient god Zeus fought his father, Kronos, for control of the world. The fight took place on a mountain top overlooking the valley known as Olympia. After Zeus defeated his father, a statue and temple were built in honor of the battle. Ancient Grecians would go to the valley to pay respect to their god, Zeus, and please him with a series of athletic talents. Thus the Olympics were born. As the games began to form out of the memorial ceremonies, they occurred in accordance with the Olympiad, the four year period the Greek recorded their history. The modern Olympics are somewhat different in customs to the older Olympics of ancient Greece. Yes, a torch is still lit, athletes still pay tribute to their country, and it is a spectacle of amazing athletics, but the events have new strict regulations, there is a serious amount of preparation to be able to perform and there is a trial process that participants must go through to take the stage. Also in ancient Greece, Olympians had to remain amateurs,

which means they had to pay their way. The winners were not awarded with medallions of gold but wreaths of olive branches and showered with small material gifts. This festival of games soon began to fade as the Roman Empire rose to power and Olympia, the once great city, fell. Not until April of 1896 did the modern games become popular. Fast forward to the present. The Olympics is an occurrence that many people look forward to. The athletes are often professionals at their event, all are well compensated for playing and new technological advances push the envelope of amazing feats time after time. This year in Sochi a rare event happened; the American slopestyle skiers swept the podium. Joss Christensen (gold), Gus Kenworthy (silver), and Nick Goepper (bronze) made only the third US sweep in history after the 1956 men’s figure skating and the 2002 men’s halfpipe competition. The Olympics look positive for the Americans as they tend to compete every Olympic season. Sochi, even though a dominant winter climate, proved how difficult it could be to many of the world’s premier athletes. With warmer weather striking the region the snow was less and less stable for skiers and snowboarders from across the globe. Sochi officials were driving 12 hours in all directions for dry ice to preserve the snows form. The Olympics are always an interesting watch, and this year proved to be no different. The next winter Olympics is scheduled for 2018 in Pyeongchang, South Korea. But many American legends we associate with the winter games plan not to attend, this should give rise to new and shining stars. “...USA...USA...USA”



By Brian Warden
Staff Writer

ORIGIN OF ST. PATRICK’S DAY

St Patrick’s Day has traced its roots deep in ancient times. St. Patrick lived in the British Isles; a piece of land, during this time was in frequent conflict and wars. The Isles were invaded and conquered first by the Roman Empire and then by several Germanic tribes. During these attacks and invasions, St. Patrick was captured and taken as a slave at the believed age of sixteen. Legend has it that one night, while in captivity, he was praying, and a voice told him to escape and find a ship that was waiting for him two hundred miles away. St. Patrick done as the voice told him and he made it safely to the ship, managed to sail to Europe, and disembarked in what is suspected to be modern day France. He led several of the ship’s crew through a dangerous forest, eagerly praying the duration of the time. Neither Patrick nor any member of his crew was captured. When some of the men were about to die of starvation, wild animals appeared for them to eat. Events such as these appeared to be miracles and gave rise to later, even more flamboyant, legends surrounding the St. Patrick. Upon returning to his homeland, St. Patrick felt that he was called by God to perform an important mission. He felt that God had made it his duty to go back to Ireland, where he was just held in captivity, and convert the Celtic people to the Christian religion. St. Patrick arrived in Ireland and became a missionary, travelling from village to village and talking about his faith. On multiple occasions, several tribal spiritual leaders approached St. Patrick and told him that they found it difficult to understand and believe in the Holy Trinity. Using his resources, St. Patrick thought a moment, then stooped down and picked one of the plentiful shamrocks growing wild around Ireland. “Here are three leaves, yet it is one plant. Imagine the Father, Son, and the Holy Spirit as each of these

leaves. Here they are, yet they are one plant.” The tribesmen understood, because Patrick had used a familiar object to explain. This event spawned the well known international symbol of the shamrock and St. Patrick’s Day. Stories of Saint Patrick, his miraculous journey, and his sainthood reached far and wide. Much like our media and popular figures today, stories began to spread, and as the stories spread so did the truth. His most famous feat is forcing the snakes out of the entire country of Ireland. Even though there are many different stories about how he accomplished such a task, logically it is not true. St Patrick died on March 17 and the Irish people set aside the day to mourn. He became the patron saint of Ireland. Mourning turned to commemorating him and celebrating his life. Americans have inherited this custom. On St Patrick’s Day in the United States, millions of people celebrate whether they are Irish or not. Celebrations generally consist of the same things around the world, and contrary to many other holidays, a large portion of the world celebrates the holiday, with the exceptions of Africa, Middle East, and Asia. Sayings and customs have generated over the years such as “Kiss me I’m Irish” and “Luck of the Irish”. Customs that have risen around the holiday consist of pinching someone that is not wearing green, this is especially popular in young children, and heavy celebratory drinking commonly occurs, usually not with younger children though. According to some accounts, blue was the first color associated with St. Patrick’s Day, but that started to change in the 17th century. Green is one of the colors in Ireland’s tri-color flag, and it has been used in the flags of several Irish revolutionary groups throughout history.



By Andrew Frohnappfel
Staff Writer

TROUT FISHING

With the worst of winter out of the way, fisherman can expect to be hitting the streams and lakes as soon as the ice melts off. The West Virginia Division of Natural Resources stocks trout ranging from ten to twelve inches every year from January until early June. Over 720,000 pound of fish or roughly 1.2 million trout are stocked at over two hundred locations each year. Before heading out on the water a fisherman will need a fishing license which can either be purchased online or at your nearest retailer. For a yearly license, residents of the mountain state are charged a total of \$36.00 while nonresidents are charged \$68.00. This charge may seem like a lot, however if you do not think a seasonal license is for you, there are one day licenses available if you just want something new to try for a day. Anglers are allowed a daily creel limit of six trout and a possession limit of twelve meaning that after catching 6 fish for the day, the fisherman must either catch and release or simply call it a day. When fishing for trout there are few tools that will make the task much easier. Some of these helpful tools include: an ultralight fishing rod around five and a half feet is a good place to start along with trout lures, power bait, night crawlers, pliers, sinkers, and bobbers, all which are a must as well as some hooks in the size range around eight. A tackle box or a fishman’s vest to keep supplies in is equally handy as you can use it as a way to organize all of your equipment for easy grab-and-go access. In all reality, these are

the only items needed but if you’re like most anglers, as time progresses your tackle will grow so that you have nearly any bait imaginable for any fishing situation possible. As a beginner, it will be easiest to fish from lakes when accessible because they are easier to navigate due to the fish being confined to one area as compared to a stream where the trout can spread out over miles of water. The best places to fish are inlets or points where often deep pockets of water are found; there are times though that the fish move into shallow water to sun themselves or feed off of insects. A good way to find a hotspot to fish is through communication. Do not hesitate to ask others what areas and baits they have had the most success with. However, you should not fuss when what you heard does not work as fishing success varies from day to day and more frequently changing from one minute to the next. A more advanced fisherman may want to invest in waders or even a small boat, that way they have access to a larger amount of fishing locations. Being able to get into remote areas from the shore can often be problematic and scare off the fish, whereas having an alternative way to get to these spots can yield large catches. When wading or boating, always make sure to use the caution and the correct safety equipment to avoid accidents as trout fishing takes place in cold water where hypothermia and frost bite can be major issues.



By: Andrew Frohnappfel
Staff Writer

GETTING BACK YOUR BEACH BODY

February is here to stay and with the holiday season long gone, you are probably looking in the mirror thinking who that chubby fellow looking back is. Have no fear, there is still plenty of time to get back into shape before summer without living at the gym and eating nothing but lettuce until the point you feel a little leafy. Half the battle is won the day you decide to get your butt off the couch and commit to a healthy lifestyle and stick with it. Cardio is essential and must be incorporated in your workouts at least two to three times a week. There is no easy way around skipping cardio, but the good news is that you have several options that you can choose from that will all help you develop your body into a lean mean fighting machine. Running, cycling, and swimming are all excellent forms of cardiovascular exercise and mixing in all three will work your muscles while building endurance and providing new landscapes so that you do not become bored of repeating the same thing over and over. Cardio sessions should begin with a five minute warm up to get your muscles stretched out followed by twenty to twenty-five minutes of rigorous activity and lastly finish up with a five minute cool down to prevent soreness and to get your muscles on the road to recovery. On the days you are not doing cardio, you should try to get in some weight lifting and calisthenics at the gym. Ideally you will want to shoot for three sets of ten reps for each exercise before going to the next one. Targeting two muscle groups each day and never working the same group two days in a row will keep you from being too sore to move, but also allowing you to work all the major muscles. Squats, deadlifts, bench-presses, and shoulder presses are the four best strength training exercises; there are no two ways around it and are necessary if you want to look your best. Using a barbell at first is the best because you can pack on heavy weight which builds strength, but dumbbells and even exercise machines have their place as you progress. If you do not think that the gym life is for you, but would still like to get some definition to your body, have no fear as some of the latest proven health crazes can be done in the privacy

of your own home. With programs such as P90X, Insanity, and T25 it is very much possible to become a shredded monster without leaving your living room. All the programs are different in the technique and exercises, however they do all focus on muscle confusion to keep your muscles constantly guessing and never giving you a plateau effect allowing your body to only get stronger giving you steady progress. Also, with the purchase of any one of these products comes a suggested diet plan that should be followed for optimal results. Diet is a critical part of a healthy life style, otherwise no matter how much you exercise without proper eating you will never get a perfect body. Eating lean meats, fish, fruits, and vegetables will keep your caloric and carbonic intake down allowing you to gain muscle and lose fat. Put down the soda and pick up the water bottle. Most people today live in a constant state of dehydration so you need to make sure you are not one of them. Drink eight glasses or sixty-four ounces of H₂O each and every day and shoot to always drink a glass before you eat to help prevent overeating. Without adequate protein intake your body cannot put together the particles that make up cells, tissues, and organs, nor can it generate the substances needed for cardiovascular function, muscle contraction, growth, or healing. Without an adequate amount of protein our muscles do not heal up quickly and could therefore lead to overtraining of muscle which could lead to permanent injury. The ideal time to take in protein is directly after a workout because your body begins healing as soon as you are finished exercising. The most common type of protein is whey as it delivers the best growth and healing while also providing weight loss if the right type is used. The key to fitness is not one individual aspect, but rather a blend of several to earn the ultimate results. Whether you like going to the gym or would rather stay home, there shouldn’t be any reason you cannot find a half an hour every day to exercise in some form. Following the right exercise and eating plan for your needs, you are sure to be the guy all the girls swarm over this summer at the local pool.

Reviews

RAZOR 1000 EPS



By: Andrew Frohnappfel
Staff Writer

New for 2014 is the Polaris Razor 1000 EPS which is a true racing machine that cannot be beaten. With the newest advancements in technology, it is predicted to be the best selling side by side ever released on the market. The Polaris Razor comes in four colors: white, grey, red, and orange with countless accent colors and decals allowing for a unique design to every owner. The trail shredding beast will come in several models with a starting price of \$19,999 MSRP; well worth it if you want to be the coolest kid on the block. The Polaris is powered by a 999 cc liquid cooled motor and driven along with an automatic belt drive transmission that uses an electric clutch. Cranking out 107 horsepower and seventy foot pounds of torque, this machine allows it to go from zero to fifty in a neck breaking six seconds. The cylinder head has been redesigned to not only deliver more power but also allow better air flow and to run off of eighty seven octane creating excellent fuel mileage. With a longer ninety inch wheel base and dual rated Walker Evans needle shocks that have eighteen inch rear travel and sixteen inch front travel, the new Razor has an almost bottomless suspension that can be put through the toughest conditions. Twenty nine inch tires give the Polaris thirteen and a half inches of ground clearance so that the buggy can make

it over even the largest obstacles. Inside the cab the newest Polaris has a few custom features including drain plugs for easy cleanup after a long day out on the trail, adjustable racing style seats for the driver and passenger that include new Dryseat technology for the most comfort, and an overhead radio for the best sound quality available. The old half doors have been cut in half to make quarter doors for added elbow room giving the rider more cockpit room for better control and safety. A ten inch tilt steering wheel, cup holders, and footrest have all been added due to consumer request. Also included is an all-digital design display that uses LED lighting to project everything from the seat belt reminder up to the speedometer and tachometer. For an extra charge Polaris has full roofs, windshields in countless styles, custom bumpers, roll pans, skid plates, arm guards, and about a million other accessories to make your razor one of a kind to fit your needs. Whether you are a city mouse looking for a change, an outdoor enthusiast, or just a plain sucker, the newest side by side in the Polaris line up is definitely for you. So, the next time you are looking for something to do on a long rainy day go check out the Polaris Razor 1000 EPS at your local retailer and see if it is the right fit for you.

MEN STATISTICS

- In the United States 835,000 men were assaulted by their intimate partners in one year.
- Men between the ages of 18 and 44 are less likely to go the doctor than women.
 - 75% of men wash their hands after using a public restroom.
- A man’s beard grows fastest when he anticipates sex or thinks about it.
 - 17% of guys have only ever slept with one person.
- Men like phones with lots of buttons, it makes them feel important.

UPCOMING BIG 12 SCHEDULE

Monday, March 3
K-State at Oklahoma State (ESPN) 8:00 pm

Tuesday, March 4
Iowa State at Baylor (ESPN2) 6:00 pm

Wednesday, March 5
Texas Tech at Kansas (Big 12) 7:00 pm
West Virginia at Oklahoma (ESPN) 8:00 pm
TCU at Texas

Saturday, March 8
Kansas at West Virginia (ESPN/ESPN2) 11:00 am
Baylor at K-State (Big 12) 12:30 pm
Oklahoma State at Iowa State (ESPN/ESPN2) 1:00 pm
Oklahoma at TCU (Big 12) 3:00 pm
Texas at Texas Tech (ESPNEWS) 3:00 pm

Wednesday-Saturday, March 12-15
Phillips 66 Big 12 Men’s Basketball Championship
Sprint Center - Kansas City



10 Things in Every Girl’s Purse

- 1. Hand sanitizer
- 2. • Debit card
- 3. • Lip gloss
- 4. • Loose change
- 5. • Pack of gum
- 6. • Makeup
- 7. • Mirror
- 8. • Hair brush
- 9. • Hair bows
- 10. • Bobby pins



Kassie Shope,
Staff Writer

HOW TO DRESS FOR CRAZY WEATHER

Nothing is more irritating than putting together a really cute outfit and then realizing that it isn’t appropriate for the weather the next day. The weather around here is literally changing every single day and it becomes really difficult to know what to wear on a daily basis. One day it’s freezing and snowing and the next it’s sunny and fifty five degrees, you just never know what you’re going to get on any given day. However, here are a few tips on how to avoid these weather problems and still dress cute.

My first tip would be to simply check the weather. It might sound simple, but most of us simply forget to do this with our busy schedules. Most of us have smart phones that we can use to check the weather in under a minute which makes it very easy and convenient to do. Even though the weather isn’t always right and sometimes it can be way off, but checking it daily will give you at least a ballpark estimate of what the temperature and weather conditions will be the next day.

My next tip would be to always dress in layers! If you think it’s going to be cold, wear several different layers so you won’t have to wear a jacket all day to stay warm. Most women wear the same few essentials: normally a tank top, a shirt or sweater, and sometimes a scarf. It doesn’t sounds like much, but wearing more clothes will help you hold in body heat which will keep you warmer. On another note, if the weather is unexpectedly warmer than you thought, you can always take off your jacket and outerwear to get cooler.

For cold weather normally I would suggest wearing a heavy jacket, obviously. It gets colder by the day and it can become brutal without a decent coat to wear to keep warm. The most suggested brands are North Face or Columbia jackets because they are the warmest jackets that are on the market. Other essentials to suggest are hats such as toboggans, scarves to keep your neck warm, and gloves because there is nothing worse than having cold hands. Layering a few pair of socks on really cold mornings is another popular routine because feet get cold more easier than other parts of the body. Boots are always very warm and keep you from falling on the ice on campus. From personal experience, Bearpaw brand is my best suggestion because Uggs are too expensive me for personally. But if you can afford Uggs, then by all means get a pair. They are really warm and very high quality.

Overall, having a variety of clothing options unpacked and ready to go at any given moment is the smartest option. Honestly, no one ever knows for sure what the weather is going to be like on a certain day. My ultimate suggestion to you would be to check the weather and then dress accordingly while also packing extra clothes to take with you in case the weather does decide to do a 360 on you. The most important thing is to dress accordingly and stay warm!

PROS AND CONS OF BEING MARRIED IN COLLEGE



By Kassie Shope
Staff Writer

Let me begin this article by saying that I am not married. My boyfriend, Andy, and I have been together since we were seniors in high school. When we started dating, I was only sixteen and he was seventeen. As much as we loved each other when we got together, I know our love has grown and matured with us as we have grown up in the past few years. After being together for three years, we are both accepting of the fact that we will get married one day. We just want to wait until we are more established and can afford a nice wedding. While we aren’t legally married, I believe we are spiritually married. We are soul mates and neither of us would ever want to be with anyone else.

There are many advantages of being in this type of relationship, as well as a few disadvantages. The one thing that we do that many non-married couples don’t do is live together. We have our own house together which comes with a lot of responsibility. Having our own place means that we can renovate and fix it up how we want which is really fun and gives us something to do together. Plus it’s an ongoing project so we never have an excuse to be bored. While fixing up a place of our own is very fun, the bills that come with it are not fun at all. Many college students don’t know the responsibility and stress of having bills because they live in dorms or with their parents. There’s nothing wrong with that, but I will be the first to say that having bills is not fun.

Another huge advantage of being in a committed relationship in college is that you always have someone who is there for you. You are their best friend and they are yours. You have a constant support system rooting for you and that becomes really helpful during hard times. Andy supports me so much that he works full time as an EMT so I can concentrate solely on school and so we can pay the bills. Without him supporting me and pushing me to always do my best, I couldn’t succeed in school and achieve everything that I do.

I would say that the biggest disadvantage is probably the rude comments we get from random people and friends. Some people may think we’re too young to be in a serious relationship and that’s okay, but their reasoning is always “you should be having fun at this age”. The truth of the matter is, I am having fun with my best friend who also happens to be my boyfriend. Just because we are young and in a relationship doesn’t mean we are consumed with drama and are always serious around each other. Trust me, that couldn’t be further from the truth. Our friends have been calling us “married” for years now and they always seem to say it in a sarcastic way. They seem

to think we’re too young to be so committed to each other. Well I personally believe that I’m too old to goof around and date thirty different people in a year. We were lucky enough to get it right on the first try so why would we throw that away because of the shallow opinions of others?

Another advantage is that you always have someone to hang out with. Neither of us are ever bored because we spend pretty much every free moment we have away from work and school together. That’s probably my favorite thing about our relationship. I always have someone to talk to, to vent to, to go on a drive with, or to just watch tv with. People always ask me “do you ever get tired of spending time together?” The answer is no because we don’t waste our time fighting or aggravating each other the way a lot of couples do. That’s how I know that we’re soul mates.

In the end, I don’t think it matters whether you are 19 or 90. If you love someone, you should be with them regardless of age, gender, money, and especially the opinions of others. There’s no set age that you can fall in love so don’t let anyone tell you that you can’t possibly be in love at such a young age. Don’t let anyone tell you that you’re too young to be in a serious relationship or that you’re too young to get married. It is your life and you should never let anyone bring you down when it comes to something as serious and life changing as love.



ST. PATRICK’S DAY PINTEREST CRAFT



Kassie Shope,
Staff Writer

DIY Green Glitter Shoes
What you need:

- ☐ Shoes of your choice
- ☐ Green Glitter
- ☐ Glue
- ☐ A bowl and spoon

How to:

- 1) Coat your shoe in glue in one thin layer
- 2) Pour your glitter into the bowl
- 3) Hold the shoe over the bowl and begin sprinkling glitter onto the shoe using the spoon
- 4) Once your shoe is covered, tilt the shoe to dump any excess glitter back into the bowl
- 5) If you apply more than one coat of glitter, repeat this process as needed
- 6) Let them dry and rock your awesome new shoes on St. Patrick’s Day!

HOROSCOPES



By: Cameron Waterbury
Staff Writer

Aries (March 21 – April 19) – Last week everything went your way, but karma is about to kick you in the rear. You did one thing wrong and now you’re going to pay for it. Sometime this week it will strike and cause you to wish you’d never done anything wrong in your life. It may be in the form of a bad test grade or some sort of illness, but watch your back, because here it comes.

Taurus (April 20 – May 20) – You study hard but never see results that meet your expectations. No matter how hard you try you never do as well as you had hoped. Fortunate for you, this is your week. Your grades are going to improve and you will even manage to shave a couple of pounds off that you’d been trying to lose for months.

Gemini (May 21 – June 20) - You love food, everything about it; even the word sounds delicious to you. You don’t cook all that much yourself but when you do, it’s a meal for champions. Unfortunately, you haven’t had many good meals lately. This disappoints you but ensures that the next meal that meets your taste buds is going to be that much better.

Cancer (June 21 – July 22) – Your love life is borderline nonexistent, whether you have someone in your life or not, you feel empty inside. Something just isn’t the same. You always need to be around people but still miss out on the alone time. It’s time for you to take a break for once and relax for a day. Put everything aside and just enjoy living. There is a lot going on that you are missing out on because you are tied down.

Leo (July 23 – August 22) – You just can’t catch a break. The second you sit down you have to stand back up again. The second you go to bed is the second you’re wide awake. You wake up, you’re tired. You take a test, you have another right after. The world honestly hates you for no reason at all. This frustrates the living Satan out of you but at a certain point you just get used to it and let it happen.

Virgo (August 23 – September 22) – Trying new things is always a sketchy subject. You’re so used to a normal schedule that anything outside of it throws off your mojo. While you like to go out and have fun, you make sure everything is done before so that you don’t have to stress about it later. Stress is something you don’t want to mess with.

Libra (September 23 – October 22) – Time, your worst enemy. You never have enough time in the day to do anything. Classes feel longer than they actually are and outside of class, time flies quicker than a seahawk racing a bronco. Saving time just doesn’t seem to exist at all and you make do with what you have. If you had the

choice to alter time there’d be no waiting.

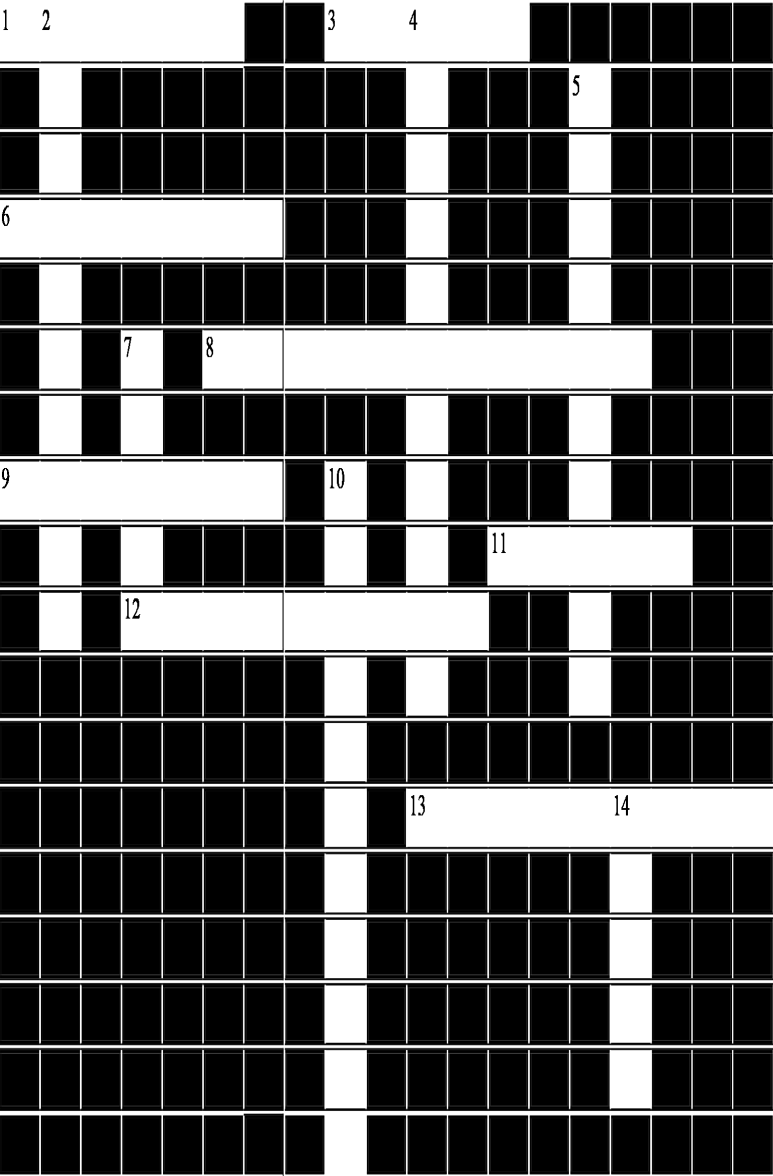
Scorpio (October 23 – November 21) – Procrastination is your middle name. Although it probably isn’t, it should be. You could be given a whole year to do a project and you’d still wait until the night before to do it. You took a two week long science experiment and did it in two hours. Mold has never grown on bread that fast in the history of mankind, most likely because you lied about the whole experiment. Even motivation won’t get you to do anything before you’re forced to. Face it, if it ain’t due tomorrow, it ain’t being done today.

Sagittarius (November 22 – December 21) – You could sleep 50 hours every day and still be tired. The average human needs 6-8 hours of sleep every day, and if you don’t get double that it’s going to be a bad time. Weekends don’t even exist anymore because you go to sleep late Friday night and wake up Monday, tired for class. 30 minutes of free time means nap time, homework means nap time, studying means nap time, and oh boy nap times means a great time. Go get some sleep buddy, because there is nothing more unproductive than sleeping more than you have to.

Capricorn (December 22 – January 19) – When you’re cold you’re cold, when you’re hot you’re hot. You’re either freezing your balls off or sweating them off, but either way those boys are never happy. There just doesn’t seem to exist a constant temperature where you’re actually comfortable. This goes for your room as well. Antarctica or Pompeii, your choice.

Aquarius (January 20 – February 18) – One day without breaking your freaking neck is considered a win. You could try and kill a fly and it would kill you. You’re about as fragile as a bruised banana. Every day you have, or get, some kind of injury or illness. Trying is no longer an option; you’re always going to get hurt. But this only makes you stronger. A broken arm to you is like the common cold to everyone else. Your pain tolerance is so high you didn’t realize your ankle was broken until you found it walking back from class. Pain is weakness leaving the body and you, are one strong bastard.

Pisces (February 19 – March 20) – There will be a large lightning storm, raining from the heavens, and you happen to be one of the selected few. Your life will be spared and super powers will be gained. Unfortunately, your whole family parish is leaving you alone and with no choice but to destroy the world and claim it as your own. Your powers are superhuman strength, telekinesis, gills, fire balls, invisibility, and stretchy arms. With these powers nothing will stop you. Now go, it’s time.



ACROSS

DOWN

1. A lucky one has four leafs
3. Month of St. Patrick's Day
6. Origin of St. Patrick's Day
8. Day of St. Patrick's Day
9. Leads to what Leprechauns protect
11. Characteristic of Leprechaun
12. Lucky; found on horses
13. Leprechauns protect this
2. Fantasy creature affiliated with St. Patrick's Day
4. Lucky; part of a rabbit
5. Characteristic of Leprechaun
7. What happens if you don't wear green on St. Patrick's Day
10. Attitude of Leprechaun (hint; synonym for trouble-maker)
14. Color of St. Patrick's Day

MIXOLOGY- THE PERFECT LONG ISLAND



By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

For those of you who have passed that magical age of allowance of alcohol consumption and have made the journey inside a bar, you may know a thing or two about your favorite drink. Possibly the most famous go-to drink is one composed of numerous liquors, adding to the adventure and satisfying that crave for a buzz. This drink, of course, is the ever-so-popular Long Island Iced Tea.

The Long Island, as some people already know and others will find to be shocking, contains absolutely no tea whatsoever. Inside this magical glass of wonder is a combination of five liquors. These liquids of damage are gin, vodka, tequila, rum, and triple sec, with splashes of sour mix, and cola, which give it the caramel color, thus earning Iced Tea to be included in the name. Different bars will use different ingredients, for some of them are interchangeable, such as replacing the triple sec for a different orange flavored liquor, and using lemon juice instead of sour mix. Whatever the combination, this drink of power packs a punch and is easy on the way down, unlike other mixed drinks which seem to burn the throat and leave the stomach in a condition of near vomiting. Some bars also replace the cola with real iced tea, thus making the name of the drink a bit more accurate, but taking away some of the irony.

The origin of the drink is not quite

proven, but many believe it to have originated on Long Island, New York in 1972 when a man named

Robert Butt (rough name to have while growing up, surely) entered a competition to make a new mixed drink while using Triple Sec. There are other theories that the drink was invented 50 years prior, during the prohibition, when a man (whose name is unknown) made a new drink in a local community called Long Island in Kingsport Kentucky. This drink was then perfected by the original inventor’s son. Back then, whiskey and maple syrup were key ingredients and it is thought that the present day Long Island Iced Tea stems from this old timer drink.

The next time you are taking a night out on the town in an attempt to pollute your bloodstream with toxins and kill your brain cells, take the Long Island Iced Tea into consideration. It gets the job done effectively and swiftly, and can leave you satisfied, down to the last drop.



Joe Sherfey
Staff Writer

BBQ BURGER

Ingredients:

- Sauce
(Optional; regular BBQ sauce can replace this, but not recommended):
One cup of ketchup
A half of a cup of packed brown sugar
One-third of a cup of sugar
One-fourth of a cup of honey
One-fourth of a cup of molasses
Two teaspoons of prepared mustard
One and a half teaspoons of Worcestershire sauce
One-fourth of a teaspoon of salt
One-fourth of a teaspoon of Liquid Smoke
One-eighth of a teaspoon of pepper

Burgers:

- One egg, lightly beaten
One-third of a cup of quick-cooking oats
One-fourth of a teaspoon of onion salt
One-fourth of a teaspoon of garlic salt
One-fourth of a teaspoon of pepper
One-eighth of a teaspoon of salt
One and a half pounds of ground beef
Six hamburger buns

Instructions:

First, in a small saucepan, combine the first ten ingredients. Now, bring the pan to a boil. Next, remove from the heat and set aside one cup of barbecue sauce to serve with the burgers. Then in a large bowl, combine the egg, oats, onion salt, garlic salt, pepper, salt and one-fourth of a cup of the remaining barbecue sauce. Now, spread the beef over the mixture and mix well. Shape the mixture into six patties now. Now, grill the patties covered over a medium heat for 6-8 minutes on each side. Then, baste the patties with one half of a cup of barbecue sauce during the last 5 minutes. Finally, serve the patties on buns with toppings of your choice and the cup of barbecue sauce. I hope you enjoy this meal.