



BATTLER COLUMNS

ALDERSON BROADDUS UNIVERSITY

March 2016

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Buckingham Works Towards Optometry Program

CIERA NESTOR
BATTLER COLUMNS REPORTER

As Alderson Broaddus continues to grow and broaden the horizons and opportunities it has to offer, one particular program grows further in the process of making its way onto campus.

ABU's School of Optometry is continuing into completion as Bob Buckingham, Dean of the school of optometry, as well as others work together to accomplish all of the necessary steps to bring the rare specialty of education to the state.

Although the process of creating the program will be in the making for some time before any final decisions are made, there is much anticipation and planning occurring that gives ABU something big to look forward to.

The plan is to have the school of optometry placed in the old Broaddus Hospital after renovations and rebuilding are completed. The school will contain classrooms on the second, third, and ground floor of the hospital along with a clinic on the ground floor, while the rest will be used for the rural entrepreneurship and business incubator.

"We decided to move from Withers-Brandon to the old hospital because we felt it was more cost effective," Buckingham said. "This will enable less chaos and allow for undergraduate programs to continue their education in WB."

Along with bringing this program to ABU, it will be the only optometry school in the entire state, and will join the list along with 25 other optometry schools that are placed in the United States. Because of the lack of eye care facilities in the area, this program will be a start to the revolution of optometric care in West Virginia.

"Our goal is to help lower income families and create a stronger eye care platform to improve the overall health of the state population and hopefully create in-state jobs for future optometrists," Buckingham said. "Our clinic will be placed on the ground floor of the old Broaddus hospital and it will be available to the community as well as our ABU students. Students will also receive a discount when coming to the future on-campus clinic."

Although there are no official details to when the renovations and building will begin because of the approval waiting process, the anticipated year that the first class of optometry students will begin their education at ABU is August 2018. With the number of optometry schools in the country at a slim number, this will allow for recruiting to ABU to be widespread all across the country.

The goal for the first year is to have a maximum of 48 students enrolled in the program. Faculty and staff for the program are still undecided as well until approvals for the optometry school are made. Along with this, a plan to create new apartment-style housing and parking for the future students and faculty is in the making.

"We are anticipating that this upcoming program will create numerous opportunities for ABU, the community of Philippi and the state of West Virginia," Buckingham said.

Boehke Announces New Exercise Science Major

STEPHA-TERESE POULIN & MAKENZIE ROSE
BATTLER COLUMNS REPORTERS

Alderson Broaddus University held a press conference to formally announce the addition of its newest major: Exercise Science.

Michael Boehke, the chair of AB's athletic training program, gave an overview of the new program at the press conference. As a continuation of the university's commitment to the health sciences, courses will include anatomy and physiology, orthopedic evaluation, rehabilitation, kinesiology and biomechanics, nutrition, and psychology.

"We already have students that have changed majors to exercise science and are already in the courses," Boehke said. "This will be a wonderful recruiting tool for our school as well."

AB is not the only college in West Virginia that offers an Exercise Science major. West Virginia University (WVU) has the largest Exercise Science major in the state. Boehke assured that this should not cause any conflict with students attending AB to acquire a Bachelor's degree in Exercise Science.

"We are who we are we are," Boehke said. "We're AB. Students that want to go to a larger institution will go to a larger institution. Students that want to be on our mountaintop will be here."

With students already enrolled in the program, professors and trainers alike are anxious and excited to see where the new Exercise Science major will lead.

Although the university is accredited for its Athletic Training Education Program, they are not yet accredited for exercise science.

"I've not yet had a conversation with my Dean or Provost regarding seeking accreditation as it is not a requirement to offer the major," Dr. Boehke stated.

The university's website (AB.edu) confirms that, "The Alderson Broaddus University Athletic Training Education Program (ATEP) is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students graduating from the ATEP are immediately eligible to sit for the Board of Certification (BOC) examination."

The American Society of Exercise Physiologists, founded in 1997, says accreditation makes sure the academic programs are evaluated and improved, that students are better prepared for the Board Certification exam and ensures that the public is confident they are being treated by a certified professional. When a student attends an accredited school, they take less entrance certification exams.

An official press release from Alderson Broaddus University states, "Alderson Broaddus University is continuing to work on adding more academic initiatives, which will be announced in the near future."

Alderson Broaddus University hopes to be a leader for exercise science programs.

"It is our hope that this will become a premier major in preparing future healthcare professionals," Boehke said.

AB Students Plan Return to Europe for Semester Abroad

MAKENZIE ROSE
BATTLER COLUMNS REPORTER

Gorgeous landscapes, centuries old architecture, and the thrill of the unknown has been drawing visitors to Europe for years. That same draw captures students from Alderson Broaddus. The study abroad program gives AB students opportunities to not only study abroad, but also to explore other countries in the near vicinity of Salzburg, Austria, where the students are housed at Haus Wartenberg,

Junior, Criminal Justice Major, Sarah Mersing is just one of the students who will be traveling to Europe for the Fall semester of 2016.

"I just want to see the world," Mersing said.

It is not just tourist attractions that Mersing wants to visit. She wants to see what the culture is

like in the small towns outside of the major attractions.

"I just keep thinking about all the things I'm going to do there," Mersing said, apprehensively, but with excitement.

Mersing is from Charles Town, West Virginia and wants to see everything before deciding where she wants to call home in the future.

Part of the Europe semester gives students an opportunity to travel to neighboring countries: Italy, Greece, Ireland, Norway, just to name a few. For Mersing, there is one beautiful country she wants to visit while overseas.

"Switzerland is my number one!" she announced with enthusiasm.

In relation to her major, Mersing explained that there are branches of the government that

sometimes require travel abroad. She wants to work for the government and traveling abroad with AB would give Mersing a better idea of which countries she would be most comfortable or familiar with if travel should be required in her future career.

Junior Brittany Pace, from Bridgewater, Massachusetts, has similar thoughts.

"I see it separating my resume a part from others and it makes me stand out when competing for a job because bosses love international experiences." Pace said.

Pace wants to experience a new culture, new places and adventures in Europe with Italy being the country she would like to visit. Pace is excited but nervous, as traveling abroad for a semester is new to her.

"It is a long period of time to be out of my comfort zone, I will just have to adjust and make the best of it!" Pace said.

Junior Joseph Smith, from Racine, Ohio, will also be venturing across the ocean in the fall.

"I am quite excited, but also slightly nervous as I've never left the United States," Smith said.

Most students have at least one country that they would like to visit, but Smith says the Netherlands, Croatia, and Spain are the top three he wants visit. He says that this experience will better understand other cultures that he may encounter later in life in future job opportunities.

With excitement growing and departure time approaching, the students of AB will soon embark once again into the intriguing realms of Europe.

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Campus News

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All articles sent in will be considered for publication. However, the paper does reserve the right to refuse publication due to any reasonable editorial objections. Furthermore, all articles will be edited for factual accuracy, spelling, writing style, and grammar. All articles and letters to the editor can be sent via e-mail. Photos can be sent via e-mail as well.

A Dry Campus, or Damp?

STEPHA-TERESE POULIN
BATTLER COLUMNS REPORTER

In the United States, college serves as a right of passage. What happens during those four years is different for everyone, but statistics show that one thing has seemingly become ritual: drinking.

Alderson Broaddus University’s student handbook states that the use or possession of alcoholic beverages is strictly prohibited, yet students often wonder how strict the alcohol ban is.

“I know some people who got caught and an RA was like, ‘I was never here,’” AB sophomore Christina Ross said.

Why do college students seemingly drink more, though? The National Institute on Alcohol Abuse and Alcoholism explains several instances that lead to increased drinking in a College Drinking Factsheet.

“Certain aspects of college life, such as unstructured time, the widespread availability of alcohol, inconsistent enforcement of underage drinking laws, and limited interactions with parents and other adults, can intensify the problem,” the NIAAA reported.

Chad Hostetler, the Director of Counseling Services at AB, released some statistics from the 2014 student Health Behaviors Survey to show how students consume alcohol. Furthermore, it shows what students assume their peers con-

sume. About 20 percent of the 1,000 students who attended AB took the survey.

Statistics reflect that drinking at college has outwardly become ritual. Colleges do provide alternatives to partying, but it ultimately comes down to the willpower of the students.

“While a variety of activities is helpful in reducing drinking on campus, it ultimately comes

down to students buying into the idea that drinking is not what makes things ‘fun’ in college, otherwise they’re not going to choose those other options,” Hostetler said. The NIAA College Drinking Factsheet notes that, “Almost 60 percent of college students ages 18–22



Graphic by Lora Owston

drank alcohol in the past month.”

Comparatively, 60.5% of AB’s students reported that they drank within the last 30 days. On every college campus, dry or wet, there is an effort put forth to enforce alcohol rules. But what is the best way to do so?

“Make sure that whatever the rule is on wet or dry campus, that the rule is clear, and that it’s clearly enforced,” Hostetler said. “If students know that underage drinking is enforced strictly, and that 90% of those parties are getting ‘busted’, then it forces them to consider whether the reward is worth the risk, and other options for fun become more enticing.”

Greek Spotlight on New Sorority Zeta Eta Theta

MORGAN LEAF
BATTLER COLUMNS REPORTER

Greek life at Alderson Broaddus University has flourished this year. The numbers of students becoming a part of a fraternity or sorority have increased. This year ABU has a new sorority on campus, Zeta Eta Theta.

The purpose of Zeta Eta Theta is to bring females together on campus that would not typically associate with each other and to create a more uniformed female student body. President Melanie McDermott stated, “Our goals are to create lifelong friendships, grow interest in Greek Life, extend a helping hand to the community, and inspire academic excellence within each member.”

As with any organization, there is a commitment involved in being a part of Zeta Eta Theta. It depends on the role of the ‘sister’. Between meetings and planning, a student can put in around 2-4 hours a week. Officers of the sorority spend about 10 or more hours a week planning and organizing events.

“We don’t necessarily see it as work, though. We are still really excited and enthusiastic about becoming a sorority, and we just want to be successful,” stated McDermott.

The pledging process involves different activities designed to bring the pledges closer as a pledge class. During this process, the Zeta Eta Theta values and ideals are taught. To pledge the female student must have at least a 2.25 GPA.

One of the members of Zeta Eta Theta, Maureen Moth, described her experience, “It has really helped me to be more social and I hope that it emboldens the other members to as well. I’ve gotten to know people on campus that I probably would never have really interacted with, and I’m thankful for that opportunity.”

Zeta Eta Theta focuses on members going outside their individual niche. Community service is also a big part of the organization and involving community members.

When asked about if there is a secret to the success of being a senior student-athlete and being a part of the sorority Moth stated, “It comes down to having passion, dedication, motivation, and

good time management; things every person is capable of having. It’s a lot of work, and it does get to be overwhelming at times, but if you love what you are doing, it makes it worth every minute.”

Zeta Eta Theta is looking forward to Greek Week as well as Do Good Weekend. The sorority has also been able to do work with Heart and Hand House on several occasions, including collecting canned and boxed goods from people on campus.



Zeta Sisters showing their sorority pride. Photos submitted by Morgan Leaf.

Features

Mckinney Prepares for New English Class

MAKENZIE ROSE
BATTLER COLUMNS REPORTER

In the Spring of 2017, a new Honors English class will make an epic arrival in AB's classrooms.

Taught by Dr. Kayla McKinney, Epic English will be bringing famous works such as Star Wars, The Lord of the Rings, Beowulf and The Odyssey under the microscope of literary criticism.

"This has been my wish list class since I started teaching," McKinney said.

Within this course, McKinney points out several questions about epics that will be considered:

- How would the students define the word "epic"?
- Is there more than one epic hero?
- Why tolerate epics?
- Why a refreshed appetite for the epic?
- Where are women in epics?
- Is there such a thing as a female epic?
- What is the definition of the "epic hero"?
- What traditions of epics have lasted?

This course will also include epic pieces from music (both modern and classical), art, science, history, comics, and religion. Guest speakers will introduce students to their area of study to farther assist in the understanding of different epics.

"I always wanted something that I thought students could bring more of their own personal flair to," McKinney explained. "Another inspiration for this course was the desire to share some of the works that were influential in my learning process as a college student."

The main challenge of the course will be the commitment to dealing with the longevity of epics. But McKinney hopes that students will grasp the skills to analyze different works.

"The epic allows for favorite characteristics and themes," McKinney says. "And representations showing different types of people at different times in their lives or showing people's beliefs or morals."

In preparation for Epic English, McKinney is calling this upcoming summer, her epic summer.

"I will watch and read everything on the list. I will reach out to other scholars to really expand and make the list valuable," McKinney explains. "But I like to go in with a full sort of view of what are some of the things that we could draw out so that we can start with a good foundation."

When asked what inspired her to create this class, McKinney said, "I don't yet have any kids of my own, so I love to pass texts on to my students. Passing on well-loved works is not a bad legacy to leave!"

Some of the epics required for the class can be found for free online through YouTube or other websites.

"It should not be epically expensive to take Epic," McKinney said.

Coming in 2017, Epic English will give students the opportunity to explore various works of literature, art, music and other areas of "epics" as well as bring some of their own favorites to the attention of both fellow students and professors.

Yik Yak Promotes Online Disinhibition Effect at AB

JACOB PITNER
BATTLER COLUMNS REPORTER

Most students at Alderson Broaddus are familiar with the popular app "Yik Yak" which is a common social media platform in which users up-vote posts or comments which are uploaded by a college or town's users anonymously.

What many users may notice sets Yik Yak aside from other social media, is that many posts and comments seem to be written with a hateful or malicious intent. Why is this so common on Yik Yak as opposed to other social media platforms?

The leading cause of this was termed by psychologist John Suler and is recognized by the US National Library of Medicine and National Institutes of Health as "The Online Disinhibition Effect." This theory says that the moment that you shed your identity the usual constraints of your behavior are left behind.

According to the New Yorker, "Arthur Santana, a communications professor at the University of Houston analyzed nine hundred randomly chosen user comments on articles about immigration, half from newspapers that allowed anonymous postings, such as the Los Angeles Times and the Houston Chronicle, and half from ones that didn't, including USA Today and the Wall Street Journal, he discovered that anonymity made a perceptible difference: a full fifty-three per cent of anonymous commenters were uncivil, as opposed to twenty-nine per cent of registered, non-anonymous commenters. Anonymity, Santana concluded, encouraged incivility"

We'll never truly know why humans act this way, but as the old Oscar Wilde quote says, "Man is least himself when he talks in his own person. Give him a mask and he will tell you the truth."

Seven Places to Visit in West Virginia in the Spring

CIERA NESTOR
BATTLER COLUMNS REPORTER

Winter has finally passed, and spring is now upon us. Now that the temperatures are rising and the leaves and flowers will soon bloom again, West Virginia's beauty will turn a new page.

Because of West Virginia's natural beauty, it offers numerous outdoor activities for ABU students. Here are 7 places in West Virginia to visit in the spring:

1.) Blackwater Falls State Park
Blackwater Falls State Park received its name from the dark-colored waters of the Blackwater River. Visitors can enjoy camping, hiking, boating, swimming, or fishing at the park. Just be sure to take the trail to the main attraction - Blackwater Falls. While these falls aren't as tall as some, they're equally beautiful.

2.) New River Gorge National River
Among the oldest rivers on the continent, the New River lies amid sloping mountains and offers white waters suitable for tubing, rafting, and canoeing. An abundance of other recreational opportunities are nearby, such as hiking, zip lining, hunting, fishing, bird watching, camping, biking, and rock climbing. Make sure to take a ride over the New River Bridge to see a bird's eye view of the river. And there are plenty of great little towns, shops, and eateries to explore, too.

3.) Valley Falls State Park
The Valley Falls State Park is located only a short drive from Fairmont and Grafton. This 1,145 acre day use park hosts a variety of outdoor recreation including fishing, picnicking, kayaking, and 18 miles of hiking and mountain biking trails.

The park is enhanced by a series of foaming falls which were created by the dark, rushing waters of the Tygart Valley River and provides a boundary between Marion and Taylor counties. The prevalent rock formation known as Connoquenessing Sandstone, forms the cap of the falls over which the river plunges and swirls and appears both as ledges and huge room size boulders for over a mile down the narrow canyon floor.

4.) Seneca Rocks
The formation of Seneca Rocks is a landmark for all to see. The trail is a pleasant three-mile hike along gentle uphill grades and switchbacks. The summit has a viewing platform suitable for all hikers and the opportunity for more adventurous folks to scramble out onto the exposed rock face for a more dramatic view.

5.) Audra State Park
The park located in Barbour and a portion of Upshur County, attracts families that enjoy the outdoors to hike, camp and picnic. The water of the Middle Fork River and the rock overhang of the Alum Cave are favorite photo backdrops. Audra State Park has been one of West Virginia's treasures since 1948.

6.) Arden River
This is a large river with lots of rocks that create many great swimming holes along the 3.6 miles that the road parallels the river. Some spots in this area get inundated on hot weekends by large groups of people. If you want to get away from this scene, just go upstream or downstream a little, there are many swimming spots.

7.) Coopers Rock State Forest
Bands of rock cliffs line the Cheat River Gorge and provide numerous overlooks. The centerpiece among these is the main overlook, which furnishes a panorama of the gorge and distant horizons. A maze of enormous boulders and cliffs fascinates hikers, and the trails are especially lovely in June when the rhododendron and mountain laurel are in bloom. Several trails wind through forest valleys and over ridges, and a number of creeks beckon the explorer. Glade Run is dammed to form a 6-acre pond that is regularly stocked with trout.



Blackwater Falls State Park



Seneca Rocks



New River Gorge National River

Athletics

Men’s Lacrosse Shows Promise for Spring Season

jAMES SCHOOLCRAFT
BATTLER COLUMNS REPORTER

The Alderson Broaddus University Men’s Lacrosse team is two and five, yet despite their record, have shown signs of promise so far this season.

Jake Weddell, Jesse Worley, and Dustin Stone all have received Eastern College Athletic Conference (ECAC) honors. These awards were issued in just the first two weeks of the season, after playing the 20th ranked team in the country, Queens University, in Charlotte, North Carolina.

The Battlers have scored 81 goals through seven games this season, compared to only 49 goals through seven games last season.

Junior, Keir Young, leads the way for the Battlers on the offensive side of the field with 24 points.

“My goals for the rest of the season are to continue to experience success with my team,” said the junior attacker, “I care about the experience with my team more than any personal achievement I could accomplish.”

The Battler’s next home matchup is Friday, April 1 against The University of Alabama in Huntsville at 4 pm.



Attacker, Kier Young, #44

Nesland and Pell Excell in Distance Events

JACOB PITNER
BATTLER COLUMNS REPORTER

Humans have been running and racing for thousands of years and according to *The Harvard Gazette*, humans have been proven the greatest distance running species on the planet. Distance and competitive running is simply in our nature. However; the question is, why would anyone want to run distance? In track and field there are dozens of events, most of which are considered sprints and mid-distance running. Then there are the distance events between 3,000 and 10,000 meters. Most athletes would rather die than run these, but two Alderson Broad-dus track runners, sophomore Scott Nesland and freshman Caleb Pell, consider these distances to be the ones that they enjoy and excel at the most.

When asked why they chose long distance running the two had varying answers. Pell simply said, “Well, because I couldn’t sprint.” Nesland said, “In sixth grade I ran the mile and was way ahead of everyone else. Things just took off from there.”

In the sixth grade, Pell wanted to go out for track and try sprinting, but his coach quickly realized that this wouldn’t allow him to reach his full potential and put him in the distance events. Pell, a state runner in track

all four years and cross country for three years of high school, looks back and thanks his coach for this decision. Scott, however, began running cross country his sixth grade year and track his freshman year of high school because his middle school didn’t have one. He ran in the state meets all four years of high school for both sports.

Now college athletes, both are extremely content with their event choices, but are always hungry to better themselves and their personal records. In the upcoming meets, both have their eyes on the 3,000-meter record which stands at 9:26.79.

Andall Takes Chance of a Lifetime to Play on Grenada National Team

MORGAN LEAF
BATTLER COLUMNS REPORTER

For Alderson Broaddus junior Alec Andall February 12 is a day that he will remember forever. This is the day that Andall’s life changed as he received an invitation to play for his home country of Grenada on the Senior Men’s National Team in the Caribbean Cup.

Andall started playing soccer at the age of seven in his village in Paradise, Grenada. Andall is just one of many family members that play soccer. Andall’s grandfather owned a youth soccer academy and was also a coach. When his grandfather would coach he would take Andall with him to the park. Andall would watch and play with a ball and try to do what the soccer players were doing.

“This is how I developed such passion for the game,” said Andall. Soccer is not the only sport that Andall has participated in. When he was younger, he played tennis and won several tournaments. He also participated in high and long jump although his passion for soccer would not allow him to pursue other sports.

As a junior Battler, Andall’s position is central defense although he has played every position except goalkeeper. Prior to his athletic career at Alderson Broaddus, Andall played as a defensive midfielder although Coach Phipps moved him around the field until he felt was strongest at central defense.

“I played my first game in that position and did a phenomenal job, so I’ve embraced it and started developing my game in that position,” Andall said.

Andall’s experience at Alderson Broaddus University has

been a positive one. “We have two great coaches, Scott Phipps and Jonathan Fridal. They have done a great job developing the program from where it was three years ago to being a nationally ranked team last season. We have a great bunch of players who I have also learned a lot from and enjoyed playing with. We get better every season, and I am really excited to see what the upcoming season holds for us,” said Andall.

Andall’s favorite team is FC Barcelona. His favorite player is Lionel Messi.

“He (Messi) is the most complete player I’ve ever seen in the game and he amazes me each and every time I watch him play,” said Andall.

As far as his goals for the future, Andall stated, “I have already made some short term future goals which is to be a lot better than I was last season, be an All-American player and my ultimate goal is to play at a professional level.”

Andall is representing his country of Grenada in the Caribbean Cup where his team will be playing two games in the first round of the tournament. The first game is a home game as Grenada takes on St. Maarten. The second game Andall will travel to the U.S. Virgin Islands. The top team from the tournament advances to the CONCACAF Goal Cup, which is a much bigger tournament. The Goal Cup tournament is held in the United States and consists of the top Central American and Caribbean Countries.



Grenada Men’s Soccer Team. Andall pictured back, center.



Andall practicing pre-game.