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Plans begin for active shooter training program

BY CARLY MATTHEWS
HERALDNEWS@WKU.EDU

If an active shooter incident were to occur on campus, WKU is taking steps towards being more prepared. Patricia Minter, associate history professor and chairman of the Fac-ulty Welfare and Professional Responsibil-ities Committee for University Senate, said an active shooter training program is in the works to come to WKU.

The programs incentive stems from the overall trend of school shootings and the lack of active shooter training available.

In a report to the senate on Oct. 15, Minter announced the committee’s decision to gather data on policies and programs at Kentucky universities and benchmark institutions. According to the report, the committee will also look at best practices across the nation.

The Faculty Welfare and Professional Responsibilities Committee has be-en on a list of ideas for the survey, which looked at the best programs for active shooter training from colleges and universities around the country.

The committee will then share their ideas from the survey with the approp-riate people.

Minter said the committee is working to come up with a program that will be beneficial for students, faculty and staff, but hopefully it will never need to be for an incident.

“These types of programs work best when all members of the university are in the conversation, and this includes the students,” Minter said.

The committee has not met yet, but if an active shooter program is imple-mented, it will take place at the begin-ning of every school year for faculty and staff, Minter said.

The student handbook, as well as WKU’s policies organizing firearms on campus, will still be relied on as protective practices in the event of a shooter.

Other Kentucky colleges already have active shooter training pro-grams in place. According to the University of Ken- tucky Police Department’s website, UK’s Police Department offers a com-munity program to prepare students, faculty and staff to have a “survival mindset” if an active shooter incident were to occur.

Eastern Kentucky University has an

FUNDRAISING CAMPAIGN HELPS STUDENT ACHIEVE LIFE-LONG DREAM

By Andrew Henderson
HeraldFEATURES@WKU.EDU

A campus-wide campaign has aimed for the clouds to help a student achieve a life-long dream.

Shawn Sattazahn, 34-year-old Basin- etville native and cadet in WKU ROTC, has wanted to go skydiving ever since he was a little kid. Thanks to a recent campaign to put fans in the sky, Sattazahn’s dream will soon be come a reality.

The campaign Get Shawn in the Sky was created on Oct. 16 as a Facebook page, Twitter hashtag and GoFundMe campaign. The goal of the fundraiser was to raise $575 to cover skydiving costs and a GoPro Camera for Sat-tazahn to wear during his jump. At the time of publication, the campaign has exceeded its goal and raised $85.

However, Sattazahn isn’t just seek-ing the exhilarating thrill of the jump when he goes skydiving. He said he’s also looking to fulfill a military re-quirement.

“I’m not just doing it to be doing it; I’m getting the training for my military career later on,” he said.

He said he’d be officially certified as a Jumpmaster, you have to complete five to 20 jumps, but the ROTC pro-gram has made concessions for him to get his jump wings after one solitary jump.

“Working towards being more prepared.

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Eastern Kentucky University has an
-obstacles for him in the past. He recalled one time when he wanted to play football but had to sit on the side-line. Although he said these instances were very disappointing sometimes, he doesn’t dwell on those disappointments to bring him down. You have to take about your obstacles, and don’t let anything prevent you from achieving your goal,” Sattazahn said.

The Get Shoven in the Sky campaign was started by Bardstown senior Tim LeMastus, who is Sattazahn’s neighbor. He said he originally wanted to take Sattazahn kayaking, but his lack of balance would prevent him from doing this. Skydiving became the next choice.

“I don’t really have a reason why I did it, but I go down and knock on his door and I’m like, ‘Hey, you ever wanted to go skydiving?’” LeMastus said. “I’ve never seen somebody that happy. I asked him, and he just lit up.”

LeMastus set up a table for the campaign Tuesday in Downing Student Union, where he sold koozies for $2 each. He said the money raised will go directly to the Sattazahn family.

Sattazahn expressed confusion as to why people were so supportive of him, but LeMastus said people can do nice things for others and not need a reason.

“I didn't really like it that much,” Hasanovic said. “I've never seen somebody that happy. I've never seen it before and I don't know what it is.”

Sign in to view the rest of this article.
Diplomat in Residence Michael McClellan

These children have been traumatized enough by the war and being displaced from their homes and villages and the violence that they’ve seen.

“If those who could con-
sciously be preparing to be educators in our schools, the more they know about the potential students they might have in their classroom, the better prepared they’re going to be for the profession that they’ve chosen.”

McClellan said the talk is also important in a global sense. “As someone who works in the international arena, we are all citizens of the world, and what happens in one part of the world will impa-
tact us directly or indirectly in the short-term or the long-
term,” McClellan said. “There’s a reason the more we know about what is occurring in various regions of the world, the better we can prepare ourselves for our involvement in what becomes a global issue.”

Student wins FUSE grant at GIS conference

By SHANTA L-AN PETTWAY

The Kentucky Association of Map-
ing Users (KAMU) named the 2015-16 Kentucky GIS Conference in Owens-
ville the day before she arrives in Ken-
tucky. She reminded SGA members about this opportunity for the SGA.

According to her State De-
partment profile, Richard is the assistant secre-
tary for population, refugees and migration since April 2012. Before that, Rich-
domly came from Martin, Stone, associ-
ate director of horticulture, said that these areas were used for high tunnels were placed in Kentucky, and that’s why he’s excited about them.

The idea for Uthoff’s research origi-
nally came from Martin, Stone, associ-
ate director of horticulture, said that these areas were used

BY MARCEL MAYO

The Student Government Asso-
ciation will begin listening tours to ex-
comments and feedback from students.

During his report in Tuesday’s meet-
ing, Calhoun gave the SGA members a reminder of the SGA’s three main goals: listen-
Better than he expected, it was neces-
sary to present in front of people I didn’t know,” Uthoff said.

Despite Uthoff’s nerves, he succeeded in bringing geographic information systems to the forefront of some students’ minds. He emphasized the usefulness of GIS.

As an undergraduate student, Uthoff was the first FUSE grant recipient. His research on things such as trying to breastfeed and go to classes, Luttrell said.

“I think being a mom on cam-
pany we have,” Cary said. 

Cary belies all disciplines can ben-

Instead of staying silent, Stone relayed the information to Kevin Cary, instructor of geography and geology, Uthoff was the first FUSE grant recipient. Uthoff is not the only one excited for the conference, Cary and Stone feel great about Uthoff’s win.

“Thoroughly pleased and im-
produce on what Uthoff was able to bring to the government, so I thought the information was only available at the conference.”

Stone was curious about where high tunnels were placed, and he pressed on what Uthoff was able to see. “That shows how good of a GIS pro-
“Just … attending this conference made him to like GIS,” Uthoff said. According to Uthoff, he loved the GIS conference. “That was the best GIS conference I’ve ever been to.”

For him to like GIS.

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For him to like GIS.

For him to like GIS.
The dangers, stigma surrounding tattoos

BY MORGAN PROFUMO  HERALD OPINION  WKU EDU

We are what we consume, and everything we consume has the potential to consume us. When you put on clo-
thing, you are releasing chemicals that have been used to treat the fabric. These com-
monly include formaldehyde, lead, and pesticides. These chemicals can be released into the skin through micro-
size holes in the material. The chemicals can then be absorbed into the bloodstream. This is especially concerning for individuals with sensitive skin, as the skin is a primary barrier against toxins.

Tattoos, a more permanent form of body art, are a subject of ongoing debate. While tattoos are often associated with negative stereotypes, they can also be a form of self-expression and personal identity. However, the stigma surrounding tattoos can limit their acceptance and visibility in society. People may be judged or discriminated against based on their tattoos, particularly if they are visible or located in areas that are considered inappropriate, such as the workplace or school.

In conclusion, tattoos are not as harmless as they may seem. They can release harmful chemicals into the bloodstream and have negative health implications. Wearing clothing that is free of chemicals and avoiding tattoos can help reduce exposure to these harmful substances. It is important to be informed about the potential effects of clothing and body art and to make informed choices that promote our health and well-being.

VOCYOE YOUR OPINION

Are tattoos harmful? How do you feel about the stigma surrounding tattoos? Share your thoughts with us today.

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October 22, 2015 > Western Kentucky University
Monday and Tuesday, Oct. 26 & 27  - DSU Lobby from 10 a.m. - 2 p.m.

Wed., Oct. 28 - Adams-Whitaker Student Publications Building from 9 a.m. - 5 p.m.

Thursday, Oct. 29 - Cherry Hall Lobby from 10 a.m. - 2 p.m.

Friday, Oct. 30 - Adams-Whitaker Student Publications Building from 9 a.m. - 5 p.m.

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**SUDOKU**

Across:
1. Go gaga over
2. Put into motion
3. Bride of Dionysus
4. “This can’t wait!”
5. “Gilligan’s Island” ingenue
6. How some things are written
7. Telltale facial mark
8. The clink
9. Scolding
10. Japanese food item sold in sheets
11. How some things are written
12. Character-building unit?
13. It’s often chosen from a map
14. '70s-'80s San Diego Padres owner
15. Red-coated wheel
16. Knee-slapping
17. Original McDonald’s mascot
18. Casual rebus pronoun
19. You won’t hear any hits on it
20. Arbitrary experimentation variable
21. Dues collector
22. People now known as Sami
23. Square __
24. Arbitrary experimentation variable
25. Did you hear a joke?
26. Place for a shoe
27. Strained
28. It’s often chosen from a map
29. What's the weather like today?
30. “Take heed, summer comes ... ”: Shak.
31. Selene’s Roman counterpart
32. El __
33. Piece maker?
34. __ speak
35. Canceled
36. Ring-wearing pianist
37. Colorful helmet brand
38. Is blitzed by
39. Medium-dry sherry
40. Wonder Girl or Kid Flash
41. Silly-putty
42. Quiet spots
43. Ring-wearing pianist
44. Twin seen in a thesaurus?
45. Colorful helmet brand
46. Colorful helmet brand
47. Grit
48. Called from a field
49. First bk. of the Latter Prophets
50. Drum kit item
51. 1988 N.L. Rookie of the Year Chris
52. Big pill
53. Like one contemplating bariatric surgery
54. Power __
55. Where KO means Coca-Cola
56. Place for an ornament
57. Short missions?
58. Power
59. “Take heed, ... summer comes ... ”: Shak.
60. John or Paul
61. Astronomical measures
62. Knee-slopping
63. Original
64. Stand behind
65. “Dynasty” actress
66. “My Wife & Kids” co-star __ Campbell-Martin
67. “Falling Into You” Grammy winner
68. “Chase those guys!”
69. Like one contemplating bariatric surgery
70. Called from a field

Down:
1. “Dynasty” actress
2. Character-building unit?
3. It’s often chosen from a map
4. 470’s, ’80s San Diego Padres owner
5. 5 Red-coated wheel
6. Trees’ age indicators
7. Strained
8. Sarah McLachlan hit
9. Companies
10. “My Wife & Kids” co-star __ Campbell-Martin
11. Completely
12. Year abroad
13. 10
14. Common rebus pronoun
15. 20 You won’t hear any hits on it
16. 24 Arbitrary experimentation variable
17. 25 Dues collector
18. 26 People now known as Sami
19. 28 Square
20. 30 “Falling Into You” Grammy winner
21. 32 “Chase those guys!”
22. 33 Piece maker?
23. 34 __ speak
24. 35 Canceled
25. 36 Ring-wearing pianist
26. 37 Colorful helmet brand
27. 38 Is blitzed by
28. 39 Medium-dry sherry
29. 40 Wonder Girl or Kid Flash
30. 41 Silly-putty
31. 42 Quiet spots
32. 43 Like one contemplating bariatric surgery
33. 44 Twin seen in a thesaurus?
34. 45 Colorful helmet brand
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37. 48 Called from a field
38. 49 First bk. of the Latter Prophets
40. 50 Drum kit item
41. 51 1988 N.L. Rookie of the Year Chris
42. 52 Big pill
43. 53 Like one contemplating bariatric surgery
44. 54 Power __
45. 55 Where KO means Coca-Cola
46. 56 Place for an ornament
47. 57 Short missions?
48. 58 Power
49. 59 “Take heed, ... summer comes ... ”: Shak.
50. 60 John or Paul
51. 61 Astronomical measures
52. 62 Knee-slopping
53. 63 Original
54. 64 Stand behind
Professors hit the gym, not just the books

BY SYDNEY RAE DAVIS
HERALDFEATURES@WKU.EDU

For Amanda Clark, maintaining a healthy lifestyle and being physically active are crucial priorities in her life. She takes her personal health seriously after she received a cancer diagnosis a few years ago.

"I don't smoke. I don't drink. I don't have any history of (cancer). I exercise regularly and still, I could get sick like that," Clark said. "So I just think we need to take care of our bodies. The more we can do to help extend our life, the better."

To maintain a healthy lifestyle, the associate professor, 36, of the department of theatre and dance stays active while teaching jazz and tap classes. Outside the classroom, Clark also enjoys group training sessions that offer a mix of cardiovascular and strength because of the social element.

Additionally, she does body conditioning on the TRX equipment at her gym as well as interval training.

"I work for the not the only professor on the hill who enjoys going to the gym. I'm not the only one that enjoys exercising in the department of political science, or even the university, so I enjoy exercising those three to four times a week to stay active," Clark said.

"You're able to exercise your entire body; and it's really good cardiovascular exercise," he said.

Yager also noted that he has tried to be a physically active person for most of his life. He began swimming competitively in high school, and over 40 years later, he still enjoys getting his weekly laps in.

"At the end of a swimming workout, I'm not exhausted at all. In fact, I'm rejuvenated," Yager said. "It has the effect of kind of removing your stress." He also stays physically fit by playing racquetball with colleagues, using the elliptical machine and lifting free weights in the Preston Center.

Another professor, Jeanie Adams-Smith, 46, sticks to CrossFit to stay in shape.

The photojournalism professor enjoys a high-intensity CrossFit workout because it works out her entire body and offers a non-traditional workout.

"It's a core-based workout, so I'm getting cardio, and I'm getting strength building," Smith said. "I like that every day I walk in there, it's something different; it's never boring."

Adams-Smith said fitness is important to her because it increases her energy and endurance levels during the day, makes her feel better overall and provides great camaraderie.

Although she works out five times a week on average, Adams-Smith said making time for the gym can be difficult.

"I think that's the biggest challenge — just fitting everything in," Adams-Smith admitted. Rather than sleeping in, however, she gets a head start on her day by waking up at 5 a.m. She makes a healthy breakfast for her daughter, takes her to school and gets a CrossFit session in at CrossFit Old School — all before teaching class. For those who struggle to find time to exercise, Adams-Smith offers this advice: "Get up a little earlier and make it happen."
another wonder would host," Howell said. "As a freshman, we're doing it so customs can go from week to week, from farm to farm." Travis Coleman, co-owner of Coleman Bros. Farm, said the October Farm Hop was meant as an educational pro-
gram but evolved to include customer appreciation.

"We have free food (and) music. We have people out, and we just give them a good time on what we're doing and what direction our farm is going in," Coleman said. This program benefits the farm-
ers just as much as their customers. Farmers show their products and get a stronger customer base by allowing them to see where things are made. "The benefits are just letting people come to the market, find out where their produce comes from and where things come from," Diane Beal, co-
owner of Beal's Livery Winery, said. "So far the interest has been tremendous because of some similar events."

"It seems that the overall

FOOTBALL

Continued from LIFE

The Hilltoppers will be without red-
shirt senior tight end Tyler Higbee this weekend after he suffered a knee in-
yury against North Texas.

"Losing Higbee, first of all, is very big for our offense just because he's one of the main targets and one of our top playmakers in the country," Hudson said. "He has been a consistent target in the passing game for the last two years, and he will be missed greatly."

"FAU is one of the teams that pre-
pare a legitimate challenge when we step on the floor with them," Hudson said. "They are absolutely rolling right now. They have won their last five matches, and no one has even been able to stop them."

"We're really excited about this weekend's match against FIU last weekend and will enter this weekend on a good run of form.

VOLLEYBALL

Continued from SPORTS

That ninth goal made Calicerto Mar-
shall's all-time leader in game-winning
goals. The senior is ranked No. 2 in C-
USA with 285 kills on the season

"FAU is one of the teams that pre-
pare a legitimate challenge when we step on the floor with them," Hudson said. "They are absolutely rolling right now. They have won their last five matches, and no one has even been able to stop them."
The Lady Toppers will host their pen-ultimate match of the season against Marshall on Sunday. The Hilltoppers are off 28 assists on top of 11 digs and the night. Head Coach Jason Neilis' squad picked up six points this weekend with victories over Florida International University, won 1-0 at home, and Charlotte, won 5-1 on the road, which moved the Lady tops closer to clinching a spot in the C-USA tournament. That said, seeding can play huge div- idends in postseason tournaments, and WKU will hope to move past Mar- shall in the standings this weekend with a win over the Owls in Bowling Green. Marshall (11-3, 4-3 C-USA) will be traveling to Kentucky from neighbor- ing West Virginia this Friday fresh off a 35-28 victory over the No. 13 Florida Gators. The Tigers haven't lost a game since 2000. The Owls are returning from last weekend's loss at Middle Tennessee at Smith Stadium. Sixth-year quarterback Brandon Douglas (12) gets ready to hand off the ball during the Hilltoppers' 58-28 win against Middle Tennessee at Smith Stadium. SABRN ATHWHAN HERALD.