Following coverage of the struggle of finding appropriate nutrition for the vegetarians living on RiverPark campus in Issue 3 of The Saber, Dining Services has made changes to how they operate downtown and responded to the disapproval from students.

Two sources of criticism for the Aramark-operated Dining Services were the lack of menu variety for vegetarian students and the limited levels of nutrients found in the food that was provided. Since the publication of the story, changes in Dining Services have included a new focus on vegetarian options in the Rankin Den, such as a display of what the vegetarian options are and the availability of other foods upon request for students.

The menu at the Den has been changed as well; more options from the menu are being tested downtown to provide a greater selection for students with diverse dietary needs.

"Columbus State Dining is now posting daily vegetarian options near the entrance at the Rankin Den & Dining. Columbus State Dining also opened a new Mongolian Grill in the Cougar Café this fall which offers tofu and egg as proteins, and a wide variety of vegetables daily," said Janet Walker, an Aramark district manager; furthermore, "The Den has implemented over 50 new vegetarian and/or vegan dishes to their menu," to accommodate the needs of some students.

Students who don’t know if there are vegetarian options available can also view the menu online by “downloading ‘Campus Dish’ on your iPhone or Android…Columbus State Dining may occasionally serve items not found on the menu, like special requests (i.e. Veggie Burgers or Made-Without-Gluten options),” said Walker.
The details of a groundbreaking trade deal that cuts tariffs and sets trade standards for twelve countries, including the U.S., have finally been released to the public nearly a month after the deal was finalized in closed-door meetings. The proposal has faced harsh criticism from both Republicans and Democrats due to the secrecy of its negotiation and mixed opinions about whether free trade will hurt or help American jobs. It will still need to be ratified in Congress.

No Enrollment Cap for CSU

While some universities across the nation have had over-capacity issues and capped their enrollment, CSU has not encountered that problem, although it has grown at a rate of three percent this year.

CSU President Chris Markwood, Ph.D., is in the process of meeting the missions set forth by Board of Regents Chancellor Hank M. Huckaby, which are to “complete the comprehensive fundraising campaign, grow enrollment, increase student success rates, continue to build partnerships that have made CSU so distinctive, and to continue the momentum.”

“I have asked our enrollment management to put together an enrollment plan that will focus on how we will grow smart,” said Markwood. He hopes to have a plan in hand by spring or summer at the latest.

The Peeple App

It’s Yelp for people

Yik Yak might be the current big app on campus, but a new app that also makes use of anonymity called Peeple is making waves for all of the wrong reasons. Peeple has been compared to Yelp, the review app for restaurants and other businesses, but for rating people, not food. It gave users the ability to anonymously rate a person in three categories: personal, professional and romantic, regardless of whether that person had signed up for the app. Peeple’s Twitter and Facebook virtually blew up with criticism over potential bullying and violations of privacy. Since the media frenzy, one of the app’s creators Julia Cordray said “With the feedback, we’ve made some really great movements toward more positivity for our app.” People will now have to be signed up for the app to be rated and approve comments. As of early November, Peeple’s app, website and social media have been removed, but a new version of the app is alleged to be released later this month.

Sisters for Soldiers Philanthropy

The Sisters of Alpha Omicron Pi host charitable event

During the week of Veterans Day, Alpha Omicron Pi is hosting Sisters for Soldiers, a philanthropic event with the goal to donate care packages to soldiers overseas. Monday, Nov. 9, was a collection day where people could donate items, or RSOs could put together a box full of items to send to soldiers. Tuesday, Nov. 10, was a Party with the Pandas day, where students could pay to throw watercolor-filled balloons at volunteering AOII women. Wednesday, Nov. 11, is an obstacle course. Thursday, Nov. 12, will be “Kisses for the Troops” and Friday, Nov. 13, will be another collections day and the final day to donate boxes and items.
Election Season is Fast Approaching
The presidential election buzz is louder than ever

Lindsay Marchello
Copy Editor

The presidential election does not begin until Nov. 2016, yet the media is buzzing with news about the nominees and their campaigns. Debates have been scheduled up to March of next year, providing the public with plenty of opportunities to listen to the candidates explain and defend their positions on numerous political topics.

As of right now there are 15 Republicans running for the candidacy and three Democrats. Republican nominees Scott Walker and Rick Perry have dropped out of the race, as have Democratic contenders Lincoln Chafee and Jim Webb. According to the Real Clear Politics national polling average, Hillary Clinton is leading the Democratic Party nomination at 53 percent, followed by Bernie Sanders at 28.6 percent, and Martin O’Malley trailing at less than two percent. With a crowded Republican field, only a few nominees stand out to the voters. Ben Carson is leading the polls at 24.8 percent, Donald Trump at 24.5 percent, and Marco Rubio at 11 percent.

With the presidential election still a year away, it is too early to accurately predict who will win the Republican and Democratic nominations. Anything could happen to shake up the poll numbers. A major player in this year’s election is the youth vote. Below are some statements made by CSU students about some of the nominees.

Democratic candidate Hillary Clinton is a triple threat. As former first lady, Senator of New York, and U.S. Secretary of Defense, she is cultivating a progressive platform focused on affordable healthcare for all Americans, social issues like women’s and LGBT rights and economic support for small businesses. Clinton claims to be the “champion” that Americans need for the future.

“While Hillary Clinton displays the multiple credentials preferred for presidential candidates, her motives do not seem entirely unbiased. I believe that the issues and solutions that she has chosen to take on are all worthy causes, but most of her motivation stems from the desire to be the first female president.”
– Kathryn Smith, senior, English literature

Current senator of Vermont and self-declared socialist Bernie Sanders has 34 years as an elected official under his belt. A popular choice among younger voters, Sanders has prioritized universal healthcare, equal rights for women, minorities and LGBT groups, action on climate change, and free tuition for higher education.

“He’s like the Democratic Santa Claus, which is great in theory. His whole platform is to just give everyone what they want, but that isn’t realistic.”
– Kasey Cross, junior, communication

Scott Berson
Copy Editor

President Obama has worked hard to avoid the dreaded “second-term curse” that his predecessors George W. Bush and Bill Clinton fell victim to during their last months in office. He has kept busy, and his last legislative decisions this year will become major policy issues for his successor to deal with, whoever that may be.

Obama has worked hard to close a nuclear deal with Iran, which he hopes will curtail the Islamic Republic’s troubling nuclear program for at least a decade. Most of the Republican candidates, as well as U.S. ally Israel, have strongly opposed the deal, saying that it is far too lenient.

Obama has also been dealing with the increasingly muddled Syrian civil war. President Obama has been steadfast in his position that embattled President Bashar al-Assad must step down after he allegedly used chemical weapons on his own citizens to quash protests. The United States has had to navigate a tricky situation ever since. Obama wants to support the rebel cause, but not all of the rebel groups themselves (some are members of ISIS, another growing terrorist threat). Russia, on the other hand, supports al-Assad, and tension between the two superpowers has been high.

One of Obama’s most controversial achievements in office has been the implementation of “Obamacare.” The government-assisted healthcare service has been fraught with issues, but is still credited with providing up to 30 million people with health insurance through its online marketplace. Whether to amend or repeal the law is a major talking point for most Republican candidates.

Although it has always been an issue, some of Republican candidate Donald Trump’s more bombastic statements about illegal immigration have made the topic a top point of contention for the election. About a year ago, the Obama administration announced a commitment to provide at least 4 million undocumented immigrants with the ability to work and live in the U.S. without immediate fear of deportation. The plan, still somewhat hazy in its details, has stalled in Congress.

The next President will have to continue sorting out the immigration mess, as well as a new flare of interest in gun control in the wake of a new crop of mass shootings. Obama has toyed with the idea of using an executive order to broaden background checks for firearms purchases, but any such legislation is already highly contentious, and would face heavy opposition from Congress and lobbyists. His successor will have to take the reins and ensure that a decision is made one way or the other.

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– Kathryn Smith, senior, English literature

Tieanna Graphenreed
Staff Writer
Illustrations: Noah Sachs
**WEIRDEST ELECTION FACTS**

- Presidential candidate merchandise available for purchase include Rubio’s “Marco Polo” shirt ($45), Jeb Bush’s “Guaca-bowle,” ($75) and Hillary Clinton’s pantsuit t-shirt ($30).
- Ben Carson divulged his theory about how the Egyptian pyramids were used for grain, not for the interment of dead pharaohs as archaeologists believe.
- Reporters following Hillary Clinton at a fourth of July parade were corralled, and sometimes dragged, behind a rope line.
- Donald Trump’s hair has been compared to corn silk, a fuzzy caterpillar, a troll doll, Biff from “Back to the Future,” and various animals including rabbits, guinea pigs and howler monkeys.
- Independent candidate Deez Nuts polled at 9 percent in North Carolina.
- Wocka Flocka Flame announced his candidacy for the 2016 election; Kanye West announced his intent to run in 2020.
- Monty Python inspired “Strange Women Lying in Ponds Distributing Swords” was announced as a political party.

**THE REPUBLICANS**

Billionaire real estate developer Donald Trump has no real experience as an elected political official. Nevertheless, he has been vocal and active in his campaign to “Make America Great Again!” Trump’s conservative platform focuses on veteran’s administration reforms, tax reforms, the preservation of second-amendment rights, and an overhaul of America’s policies toward immigration.

“Are you joking? The policies he has toward immigration and gun control aren’t something I can agree with.”
– Brianna McClain, senior, communication– integrated media

Florida Senator Marco Rubio is campaigning to usher the United States into a “New American Century.” Rubio’s socially and fiscally conservative platform advocates for tax reform, protection of Medicare and Medicaid benefits, modernization of the higher education system, and an uncompromising foreign policy supported by military action.

“He has good intentions, and at this rate that it looks like he may be a shoe-in for the election. But as far as my opinion goes, he is just another money hungry politician with semi-respectable morals.”
– Louwell Dettrey, senior, health science

Former neurosurgeon Ben Carson has never held elected office. Carson has relied on his experience in the healthcare industry and personal religious ideologies to construct a presidential platform for the upcoming election. Carson emphasizes the preservation of the second amendment and religious freedom, and asserting that tax reform, strengthening of foreign policy, and minimal government involvement in the healthcare system are ways to “Heal, Inspire, and Revive” America.

“I like his tax policy. He believes that taxes should be 10 percent of what you make and he’s coming from a biblical standpoint.”
– Jeremy Reid, senior, communication – public relations

**Presidential Pop Stars**

An overview of the presidential campaign in popular media

With every single presidential candidate for the 2016 election in possession of a Twitter account, it is becoming harder to ignore the hand popular media and the internet are playing in the upcoming election. Facebook is starting to advertise websites of campaigners on its users’ news feeds and Twitter is trending hashtags such as #feelthebern and #jebcanfixit. Popular talk shows such as “Last Week Tonight with John Oliver,” “The Late Show with Stephen Colbert” and “Jimmy Kimmel Live!” have also entered into the conversation. Oliver reported on his twitter feud with Republican candidate Donald Trump, Kimmel has interviewed children about the presidential candidates and Colbert invited Republican candidate Jeb Bush onto his show.

Popular late night comedy show “Saturday Night Live” has already aired an episode with Hillary Clinton as a special guest, as well as Donald Trump who hosted on Nov. 7 to 6.6 million views.

It is too soon to say whether or not popular media will end up hurting or helping these candidates in the long run; truly, it will probably be a mixture of both. It is evident, however, that popular media is playing a bigger role in the presidential campaign than it ever has before, and its influence will only continue to grow.
WHY IS MALE SEXUAL ASSAULT NOT TAKEN SERIOUSLY?

Photo: Carly McMinn
Infographic: Sam Sachs

November 11, 2015 | The Saber
Rape is a serious issue and it is a topic that is immensely difficult to address. The media appears to do a fairly decent job at addressing this sensitive subject for women, yet when it regards male victims of sexual assault, the media is as tactful as an elephant trudging through a minefield. It should be common knowledge that rape is nothing to laugh at, so why does the media constantly portray the sexual assault of men as a joke?

On April 11, 2015 Saturday Night Live performed a skit called “Teacher Trial.” This skit was an oddly jovial take on the trial of a female teacher accused of having sex with her sixteen year old male student.

“It was the best day of my life!” piped the young victim, “I just remember giving thousands of high fives!” Everyone in the courtroom skit looked either smug or happy to be there, except for the crying mother, but even she was portrayed as a joke.

It is astonishing that SNL could be so tone-deaf as to think that the statutory rape of a sixteen-year-old boy is the perfect inspiration for jokes, but they approved that script. They’re not the only ones who’ve attempted to portray male sexual assault as something comical.

In the 2011 comedy “Hall Pass,” Stephen Merchant’s character is raped in jail at the end of the movie. It is a quick scene that lasts no more than 20 seconds, yet the writers felt the need to include rape in a comedy. Other movies like “Get Him to the Greek,” “Horrible Bosses” and “Wedding Crashers” have all included rape jokes about men.

Prison rape jokes are perhaps the most common rape jokes to be found on television and on the internet. After Jared Fogle from Subway pled guilty to child pornography there was an immense flurry of jokes about how he was going to be raped in prison. While Jared isn’t a sympathetic individual, insinuating that he could be another number in the prison rape statistic makes light of the numerous others who have been violated while incarcerated.

The statistics of male rape victims compared to female victims is relatively low, so perhaps people incorrectly think this is ample justification for making jokes.

After all the Rape, Abuse and Incest National Network (RAINN) reported a little less than three percent of American men experienced an attempted or completed rape in their lifetime. The Bureau of Justice Statistics reported in 2012 that four percent of state and federal prison inmates reported experiencing some form of sexual victimization.

The numbers may be low but it is important to remember that not only is this not ample justification for making jokes, but these statistics only include rapes that are reported. A lack of reporting is a major issue in trying to compile accurate statistical data of sexual violence. It is an even greater problem with male victims. The group 1in6 noted that, “Only 16 percent of men with documented histories of sexual abuse considered themselves to have been sexually abused, compared to 64 percent of women.”

The lack of reporting by male rape victims is especially high as addressed in a CNN article called “Against his will: Female-on-male rape.” James Landrith, a rape victim talks about his trauma and how he struggled to admit that he had been sexually assaulted. “I want people to understand that it’s not about how physically strong you are,” Landrith stated, “We [men] are conditioned to believe that we cannot be victimized in such a way.”

Society needs to do a better job of addressing sexual assault; whether it is assault on a woman or a man should make no difference. For victims to feel safer reporting their assault the media needs to stop turning rape into a joke. This is no laughing matter.
Overeating on Thanksgiving? Here are the facts

Elaine Hoffmeister  
Managing Editor

Thanksgiving may have you tempted to gorge yourself until buttons burst and you pass out in front of a football game or the Macy’s Thanksgiving Parade. If you wind up eating 27 bread rolls to reward yourself for surviving the delicious smells of the day, you’re not alone. Regardless of whether you’re having a turkey dinner or a pizza, there are plenty of healthy ways to avoid overdoing it in the season of indulgence.

The average Thanksgiving dinner has more calories than an adult needs in an entire day. Overeating during this holiday is not the healthiest choice, but it’s not the end of the world either if you decide to choke down more than usual.

Here is the science behind the indulgence. It takes eating an extra 3,500 calories in a 24-hour cycle to gain a pound, and the average person might appear to weigh more than they actually do for a few days because salty foods like those eaten during Thanksgiving retain water. Bloating is caused by foods expanding in your stomach, and the side effects of serious overeating includes discomfort, raised blood pressure and blood sugar, acid reflux, indigestion and sleepiness.

The issue of overeating doesn’t seem to be a strong concern for students on campus. Ashley Frady, a freshman math major, said that she does not worry about overeating during the holiday, and other people should not worry either. Similarly, senior chemistry major India Winston doesn’t worry about overeating, but still changes her eating and dieting around the holiday, but “only because my birthday is around the corner and I want to be cute.”

Thanksgiving lore says that eating turkey causes drowsiness, but that one’s a myth. According to the Washington Post article “No, turkey doesn’t make you sleepy,” tryptophan, the amino acid blamed for sleepiness after a Thanksgiving gorging, is no more present in turkey than in other kinds of poultry or in pork. If you’re feeling like nap time can’t come soon enough, it’s probably carbs or alcohol that’s to blame, depending on which poison you picked.

If diet or health concerns are keeping you from being able to overindulge in turkey and stuffing, there are many ways to avoid the risks. Increasing workout days and times around the holidays, choosing healthy or lighter substitutions, downsizing portions, and avoiding seconds are basic precautions.

It might also be a good idea to recognize that eating a lot on Thanksgiving will almost inevitably occur. Acceptance is a good idea, because if you deny yourself the pleasure of partaking in the fun, you may find yourself scarfing down even more as you rebel against your self-imposed rules. If you overeat, it is best to just accept that it happened and to not feel bad about it; making yourself depressed will only lead to more eating.

Pro tips for preparing for the holiday and staying free from food side effects include not skipping meals prior to the dinner, because that creates greater temptation to overeat, and eating lighter amounts during the day of reckoning. Alexismarie Rolle, a sophomore criminal justice major who does worry about overeating around the holiday, said that “For one week before Thanksgiving I eat only soup, basically stock.”

But as Healthy Living executive editor Laura Schocker decreed, “One day of dieting doesn’t make you skinny, so one day of eating won’t make you fat.” Food babies aside, advocating the avoidance of overeating during the holiday season is mainly for the health benefits; provided that a person maintains their wits, however, nothing hurts in moderation. Overeating once or twice a day season is preferable to doing it every day. Mindfulness plays a key part in keeping that in balance. Whatever happens, don’t starve yourself the day to compensate- your body will try to store fat. Instead plan long-term adjustment back to routine, and enjoy the holiday treats.
It’s not just a shortage, it’s the “great pumpkin shortage.” And it’s not the leftover pumpkins still rotting on porches, but the canned sugar pumpkins used in the beloved pumpkin pies that are a staple of the Thanksgiving season.

When stores sell out of canned pumpkins, that’s it for the year, and there will be no more available until the next harvest in 2016. In June, record rainfall in the top pumpkin-producing state of Illinois depleted the annual crop yield by a third. Illinois produces about 90% of the sugar pumpkin crop, and the lack of reserves will make supply tight in the next few weeks.

Experts advise people to buy their canned pumpkin puree early and not wait until the week of Thanksgiving, or their dinner spread may be going without pie this year. While companies like canned pumpkin manufacturer Libby don’t have a cushion of extra product, they have said that they expect to have enough stock to cover demand, and that prices should not rise.

But don’t take their word for it—buy the puree as soon as it hits the shelves, and warn any ambitious family and friends who feel like making the effort of going the homemade route this year to get in gear. Thanksgiving just wouldn’t be the same without pie after all. Hopefully, the ice cream and Cool Whip reserves will not suffer any unexpected disasters of their own.

Are you tired of the same, boring, basic recipes every holiday season? Are you looking to unleash your adventurous side in the kitchen this Thanksgiving? Are you searching for a way to finally beat your mother-in-law in the coveted “best dish” battle that ensues every year? Then look no further! These recipes are sure to wow even the sourest Scrooge this season.

Seasoned Mashed Potatoes With Red Wine Gravy:

6 ounces of turkey drippings, fat removed (if you don’t have enough turkey drippings just add more stock)

*Start with the gravy because it needs to be prepared no later than the night before.

1. Mix three tablespoons of red wine with the cornflour until it forms a smooth paste. Once the paste comes together, mix it thoroughly with the rest of the wine.

2. Heat the 20 ounces of stock in a pot until it is steaming, and then mix in the red wine mixture and the optional jam. Stir until it is thick.

3. Keeping it in the pot, cover the surface with plastic wrap and chill overnight or up to two days.

4. Before serving, reheat the gravy until it is bubbling then stir in the turkey drippings or the remaining 6 ounces of stock.

For Potatoes:

1. Wash, peel and boil 5 pounds of potatoes until they are fork tender.

2. While the potatoes are boiling, pluck the thyme and rosemary leaves off of the stems and chop the garlic. If you are using jarred, pre-chopped garlic in olive oil then you do not need to add any more in the next step.

3. When your potatoes are fork tender, drain them and place them in whatever dish you will prepare them in.

4. In a pan, sauté your garlic in olive oil for one minute. Add the butter and fresh herbs (to taste) to the pan and sauté until the garlic is browned and the herbs are fragrant.

5. Pour the mixture over the potatoes and begin mashing.

6. Add milk to preference to make your mashed potatoes less lumpy.

7. Serve potatoes in a bowl with the gravy on the side.
As more and more of daily life becomes interwoven with technology, the internet continues to develop from a tool to an extension of the individual. In recent years, the reliance upon technology for everything from banking to simple communication has expanded rapidly and with it, issues of online safety.

In our current society and its continually developing use of technology in everyday life, cybersecurity has expanded to protecting not only an individual computer or system, but also the information of users.

As more and more is put online, it has become easier for hackers to steal this information and commit identity fraud or to blackmail users. Much of these exploitable pieces of data could be protected if users were more knowledgeable.

As a product of these situations and developing issues, cybersecurity education is becoming increasingly more important in the United States and abroad. Columbus State University was given a $4.5 million endowment by Columbus-based Total Systems Security (TSYS) to develop a cybersecurity program in the Center for Commerce and Technology’s computer science department.

On Oct. 13, 2015 CSU was named a national cybersecurity education center by the federal government’s National Security Agency and the Department of Homeland Security. The TSYS Center for Cybersecurity began an undergraduate certificate program in cybersecurity this fall, with a “minimum one semester of cybersecurity for all computer science, information technology, and management information systems major studies students.”

“It’s really good for a lot of students. Having worked at the UITS help desk for three years, I think having a cybersecurity IT program would be helpful for teaching students how to be more responsible and aware of online threats,” said Benji Johnston, a senior history major with a computer science minor.

By developing a program in cybersecurity, CSU will be helping to “develop the University System of Georgia’s capabilities in IT and cybersecurity as well as significantly increase the number of IT and cybersecurity industry qualified graduates coming from USG institutions,” according to Columbus State News.

With a plan to have an undergraduate track B.S. in computer science and an undergraduate security option by 2016, CSU will be looking for candidates to fill the position of “Endowed Professor in Cybersecurity and Director” for the new program, according to the TSYS Center for Cybersecurity 2015 Fact Sheet.

Whether or not this will affect an increase in cybersecurity knowledge is yet to be determined, but the program hopes to accomplish “cybersecurity literacy across campus” by 2017, along with a potential master’s program in cybersecurity management.

Moving forward, CSU will be one of three universities in the state of Georgia to have a national cybersecurity education center designation until 2021. With an intent to provide research opportunities for cybersecurity and other related subjects, the new department will have the potential to make an impact on the current generation of students’ online safety.
Rachael Mockalis  
Staff Writer

Last month students received an email from Residence Life announcing that Columbus State University would no longer manage Courtyard II, and it would instead become a private apartment complex managed by Greenhill Properties. The email stated that Courtyard I (to be renamed “The Courtyard at CSU”) would house all upperclassmen, while freshmen would stay in the residence hall currently under construction on Clearview Circle.

Some students, like freshman computer science major DJ DeBois, feel that this will be a good change. “The moving of Courtyard II into Courtyard I will be great for the school,” said DeBois, “especially with the new freshman dorms.”

Still, some students may feel concerned about possible policy changes or the possibility of overflow housing. Sarah Secoy, Residence Life Director, stated that it is unlikely there will be any need for overflow housing next school year. “The addition of the new residence hall will actually net an additional 191 beds on campus,” Secoy said. “We feel confident that we will have enough beds to be able to accommodate all of our students.”

Secoy also said that “The Courtyard at CSU will begin transitioning to a mature community and there will be policy changes to accommodate this environment.”

Secoy concluded by saying that Residence Life’s current main concern is educating students and helping them decide whether they should live on campus or if off-campus living is a better fit.

Racking up the word count

Lindsay Marchello  
Copy Editor  
Illustration: Elaine Hoffmeister

National Novel Writing Month, or Nanowrimo, has arrived and writers from around the world are fast at work writing a complete novel in only a month. Writers have just 30 days to write a novel with no less than 50,000 words. Columbus has its own Nanowrimo regional chapter which will host events and provide support for the novel writing marathon.

At the beginning of the month the chapter hosted a Write-a-Thon at the Carson McCullers Center. Nanowrimo participants were able to hang out at the McCullers Center from 10 a.m. to 7 p.m. and work on their novels while enjoying light refreshments.

Starting on Nov. 13 at 7 p.m. and ending that following morning, the Columbus regional chapter of Nanowrimo will be hosting a Write-All-Night event where writers can get together and work through the night. Write-All-Night will take place at the Hampton Place Apartments and is open to the public. A donation of $15 is encouraged but is not required. There will be a potluck dinner, so bringing food is an alternative to a cash donation.

“IT’s motivating to be surrounded by other students who are going through the same process,” said Sunshine King, a graduate student in library science, and the regional municipal liaison for the events. “The event unites all writers and provides moral support.”

For more information email King at king_sunshine@columbusstate.edu or visit the group’s website at nanowrimo.org.

John Lester - University Relations, left  
Alan Medders - University Advancement, right

Tieanna Graphenreed  
Staff Writer  
Photo: Tieanna Graphenreed

In March 2015, Columbus State University announced its comprehensive “First Choice” campaign, an effort designed to raise $106 million in public and private donations to improve the university. In the three years since the campaign was launched, CSU and the Board of Trustees solicited $67 million in donations from alumni, community members and businesses through a variety of outlets including the CSU website, social media, news releases and a monthly phone-a-thon.

The bulk of monetary donations are from private donors. “There is not a piece on this campus that has not been touched by private support to Columbus State,” said John Lester, the Assistant Vice President for University Relations. Additionally, the influx of funding enabled the university to invest in the enhancement of academic and educational programming.

“We really wanted to invest in people, programs and facilities in that order,” said Alan Medders, Vice President of University Advancement and Executive Director of CSU’s Foundation University Advancement. Endowed scholarships and professorships, cybersecurity programming in the TSYS School of Computer Science, and construction on facilities including Howard Hall, Arnold Hall, freshman dormitories and the College of Education and Health Professions building on the RiverPark campus are by-products of donations.

Students are pleased with renovations, particularly Howard Hall. “It’s such a great resource for students to study or hang out,” said sophomore biology student Olivia Miller.

University administration is looking toward the future. “We’re probably two years away from putting the next five year plan together, but it will happen quickly,” said Medders.
No Shave, No Shame
A brief history of shaving and why women can be hairy too

Cassidy Richards
Staff Writer
Illustration: Tiffany Ray

Men across the internet think that women should not be allowed to participate in “No-Shave November.” The popular argument being tossed around is that not shaving is unsanitary for women. If that were the case then women would have evolved to not have body hair in the first place. The trend of shaving didn’t happen out of some biological need to be hairless from the neck down. Shaving, for both sexes, has always been about status and fashion. It was perceived, much as it is today, that men who could afford neatly shaven and trimmed faces were more revered in society. It wasn’t until after female fashion shifted from the conservative neck-to-ankle style of every decade of fashion up to the 1910s, to the exposed arm and ankle freedom of the 1920s, that the same standard became applied to women. Razor companies, recognizing a new audience of buyers, began suggesting that women ditch the “unattractive” hair from their newly exposed limbs.

Why didn’t this trend affect men? It wasn’t until much later, in the 1970s, that men started wearing shorts and sleeveless shirts, and by that time society had accepted that manly men were destined to be hairy whilst elegant women were doomed to shave. This standard is ridiculous since body hair is a personal preference and dictates neither how manly nor feminine a person is. So, if your woman doesn’t want to shave this November, don’t tell her that she’s being gross because, let’s face it, she probably doesn’t like kissing your Gandalf beard either. Besides, if she puts up with it for a measly month, so can you.

Carls Barkley
Contributing Writer
Photo: Lobna Yunis

There comes a point in your college career when you feel like you know everyone. Granted, you probably don’t know all eight thousand students here at CSU, but you get into a routine in which you see the same people constantly. And since these peers know your past it’s hard to get involved with them romantically.

You have heard all the stories: the good, the bad and especially the ugly. Dating someone new is supposed to be a fresh start, but it doesn’t feel like one when you try to date someone who has heard that one story about the time you ended up in the fountain on Broadway. So you become complacent with being single and you reassure yourself that you’ll find the right person out in the “real” world.

Then fall semester comes around and a new wave of freshmen arrive. These new students are like that third slice of pie you probably shouldn’t have: fresh, shiny and hot, and they don’t know your past indiscretions. Not only are those new faces a nice change of pace, but they also try harder to be impressive. Poor things haven’t realized that, unlike their text messages, the amount of fucks someone has is limited. They groom themselves and actually dress decently. They occasionally catch your eye and give you a warm smile.

But once you see past the thick haze of sexual attraction, you remember the age difference between you two. Their alluring doe-eyed look becomes a scarlet “A.” Three years may not seem like a huge difference, but you would be surprised. When you really start thinking about what it would be like to hang out with them, you remember it might be a good idea if you actually spoke to one another before you hook up.

But what do you talk about? Anxiety starts popping up because you don’t know what to expect with someone younger than you. Who knows what the hip kids are into these days? Do you still AOL instant message? Want to go hit the quad later? Blockbuster and chill?

So you do what every other person in this situation would do: you add them on Facebook. That’s a good first step right? Of course they immediately accept your friend request, but then it’s like radio silence. You did your job right? You made the first move, and then...nothing. You still see them around but it’s like nothing ever happened.

You become so distressed that you start thinking “what if they don’t like the way I breathe or put my shoes on?” It gets so bad that you clamp up whenever you’re around them, which worsens the problem. You stay two strangers who happen to be Facebook friends and occasionally smile at one another. By that point you’re questioning what the point of dating is anyway. You hit bottom when you can’t even get a freshman to ask you out, right? Maybe I’m being a little overdramatic, but dating is hard these days. Everyone is so passive that you can’t really tell what people want.

Our elders tell us that college is where we find ourselves. What they don’t tell you is that it’s a long process. Usually by senior year you have it figured out and you know what works best for you. But when this soul searching revelation occurs it’s hard to know if someone else can appreciate it, let alone a college newbie. The question is, then- do you play it safe, stay friends and focus on getting out of school? Or do you risk taking the leap and missing the landing? There are pros and cons to both approaches, but you better decide before someone else snatches your freshman away.
CHAMPIONS OR OLYMPIANS?

Should eSports be considered for Olympic events?

In July 2013, gaming satire website Play4Real published an article stating that League of Legends, a popular online game, would be becoming an Olympic sport in 2016. While satirical, the article began a legitimate debate among the gaming community.

From conversations among students on Columbus State University’s campus, the opinions on League of Legends and other eSports becoming official events for the Olympics is split between those for it and those against it. So, the question is, should eSports be a part of the Olympics?

The short answer? No. The Olympics are a physical competition. League of Legends, Smite and DOTA are all mental competitions. Vunty Wan, a junior finance major and the North American Collegiate Championship coordinator for the student-run Columbus Summoners University, a student competitive team, said that as far as eSports being considered as an Olympic Sport, “Absolutely not. I believe that the Olympics should traditionally be almost all physical. I don’t believe that League of Legends is Olympic-worthy.”

While the games are competitive and challenging, they are not physical competitions in any respect. Even though this opinion is shared by some, others disagree. Ethan Smith, a senior general business major and Fusion eSports Chief Operating Officer, believes that games such as League of Legends should be on the same level of coverage and involvement as sports like football and basketball. Smith thinks that “It takes far more skill to be a professional League of Legends player than any traditional sport.”

Clearly, the camps are split. Personally, I think that despite eSports being competitive, mentally challenging, and based very much on teamwork, they’re just not Olympic. A key factor here is what the type of competition is. The Olympics are very much physically demanding. While there is certainly some mental challenge involved, the majority is based on physical capability and teamwork, depending on the event.

By comparison, eSports is based on teamwork, strategy and is mentally challenging. This doesn’t mean it’s going to be taxing on the body unless you never leave your chair. I believe that the Olympics should traditionally be almost all physical. I don’t believe that League of Legends is Olympic-worthy.”

Online gaming is becoming more widespread. It’s getting more money, more attention and more acceptance around the world. But it isn’t Olympic. Online gaming is worthy of the attention and enthusiasm that physical sports garner, but it is my belief that video games, even challenging team-based games, should never be a part of the Olympics. As eSports continue to develop and grow, and physical sports continue to stay a constant in our society, equal importance should be given to both. The differences between the two are stark though. They’ll never be exactly the same, and they shouldn’t be. Gaming just isn’t the same as athletic competition. Feel free to disagree.

THE WAIT IS OVER

Sam Sachs
Copy Editor
Illustration: Noah Sachs

All of these can be used to describe the player in the Fallout series by Bethesda Softworks. Fallout 4 came out on Nov. 10 and is the first new content Bethesda has released since 2011’s The Elder Scrolls V: Skyrim. Anyone who even kind of enjoyed Skyrim should be psyched to play the new Fallout since they’re using the same creation engine to bring the post-apocalyptic sandbox world to life.

In Fallout, players can explore a vast open world, save all the people through quests and morality, or do what everyone else does and just murder everyone they meet to loot their corpses. Except children; children are immortal in Bethesda games.

Something new with Fallout this time around is the ability to build a settlement. You’re no longer stuck wandering the wasteland. When it hits the fan, you can cram your companions in your house with you and hide from all the people you’ve pissed off.

If you aren’t excited for the new Fallout game since you don’t like deserts and people dealing with the end of the world, you should be thrilled anyway because now they can make the new Elder Scrolls game. Here’s hoping for Summerset Isles or Valenwood, because nobody should ever hope for Black Marsh.

By the end of this week, everyone will either be watering the desert with the blood of their enemies and drinking Nuka or we’ll still be playing Skyrim. See ya, nerds.
We are a nation of addicts, but it isn’t our fault. From infancy, we are taught that cheese is healthy, because it has calcium which gives us strong bones. It’s also unbelievably delicious. But then again, once upon a time cigarettes were touted as being healthy too. Now we know better. I’m not saying that cheese causes cancer, but eating too much cheese can cause weight gain and in some cases flatulence.

After reading the article at YumUniverse, “Addiction to Cheese is Real Thanks to Casomorphins,” my eyes have been opened. Casomorphins are the product of casin, a milk protein produced when milk is digested and they have an opioid effect. Simply put, cheese gets us high.

All of these years, that need for the after-dinner nap has been blamed on the turkey, when in reality the culprit has been cheese. We have to deal with our loved ones, who are also probably addicts, offering us a ride on that golden train, and when we are feeling guilty for giving in to our appetite, they ask us if we want more. We are bombarded with this nefarious food at every turn in our lives, especially around the holidays. The madness must end.

So, this Thanksgiving when someone tries to push the cheese sauce for your broccoli, or offers you a cheese ball, just say no. Saying no is the first step to recovery.
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