

Volume LX, Issue 2 | September 23, 2015

# THE *Saber*

COLUMBUS STATE UNIVERSITY'S STUDENT-RUN NEWS SERVICE

The  
Parking  
Problem



COLUMBUS STATE UNIVERSITY

# THE Saber

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Cover Photo: Carly McMinn

## LETTER FROM THE EDITOR



The second issue of the fall semester is finally here. We have welcomed several new staff members and started our training process to teach them everything from AP Style to submission guidelines and meeting deadlines. Some of them already have great work in this issue. It's been a wild ride so far, but we have found some exciting new perspectives and voices to add to The Saber. Again, we are done hiring for the fall semester, but everyone is welcome to apply for staff positions in January.

The Saber reaches out to the family of Mariah Farrow and wishes them well in this time of grief. For details on the tragic loss of Mariah, please see page 3.

We have heard and addressed the questions regarding parking on campus. The answers we found might surprise you – check out page 7 to learn the facts and fiction about CSU and its purported parking problems. Also, the second half of our promised two-part look into President Chris Markwood can be found on page 4.

This issue has a lot of fun things to look out for as well, like an under-cover scoop on the Tinder app, a spotlight on an inspiring army spouse, a glance at one of Columbus' hidden treasures and an exposé on the popular pumpkin spice latte. We hope you enjoy reading these stories and look out for The Saber's next special, fall themed issue, which will be out on Oct. 7.

**-Catherine Saavedra**  
*Editor-in-Chief*

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# CSU Student Shot Off Campus

*CSU freshman killed in Phenix City, Ala.*

**Sam Sachs**

*Campus Life Editor*

*Photos: Farrow Family*



***Mariah Farrow, age 19***

On Sept. 13 at 11:50 p.m., a report of shots fired was called in to the Phenix City Police Department (PCPD). Officers responded to the call at the 1000 block of 16th Street and 10th Court, after which the victim, Mariah Farrow, was transported to Midtown Medical Center.

Farrow, a recent graduate of Carver High School and an undeclared freshman at Columbus State University, lived off campus. She was pronounced dead at 12:18 a.m. from multiple gunshot wounds. At 11:15 a.m. on Sept. 14, Demetrius Devonta Dorsey, 18, was taken into custody as

a suspect by “members of Phenix City Police Department’s Criminal Investigation Division with the assistance of the U.S. Marshals’ Gulf Coast Regional Task Force,” according to the PCPD. Following the announcement of time of death, Farrow was moved to the Russell County Coroner’s office for post-mortem examination.

CSU representatives issued a statement to faculty, staff and students at 2:45 p.m. stating that “It is with great sadness that we report the death of a Columbus State University freshman,” and asked that everyone “Please keep the family in your thoughts and prayers.”

As with any Columbus resident, the community was saddened by the tragic news. The family is grieved by the loss with the victim’s father, Zachary Farrow telling WTVM “I just took it like it is and how it was, until the doctor came in and told us she was gone.”

Farrow had recently celebrated her 19th birthday on Sept. 2. Counselors at CSU were provided to speak with students who had classes with Farrow and to give support and counseling to those students seeking it following the tragedy.

On Sept. 16, a candlelight vigil was held at the scene of the shooting by members of Farrow’s family and friends. The Dean of Students at CSU, Dr. Aaron “Chip” Reese, gave a further statement that he mourned “the loss of Mariah and our hearts and prayers go out to her family.” At this time the alleged shooter, Dorsey, is being held at Russell County Jail as the investigation continues.

For those personally affected by the loss of Mariah Farrow and interested in counseling, please contact the CSU counseling center at 706-507-8740 to set up an appointment, or visit the office on the third floor of Schuster on Main Campus. RiverPark residents can go to 25 West 10th Street, building six, for counseling appointments.

The PCPD’s Criminal Investigation Division has requested that anyone with further information about the shooting contact Captain Frank Ivey, PCPD Investigation Division Commander at 334-448-2836, or the PCPD Dispatch at 334-298-0611.



***Candlelight vigil held on Sept. 16***

# Interview with President Markwood

*A conversation about goals, family and his CSU experience*

**Sam Sachs**

*Campus Life Editor*

*Media: Carly McMinn*

*Columbus State*

The Saber interviewed Columbus State University's new president Chris Markwood in order to learn more about CSU's newest leader on a more personal level. Starting first with simply asking where he was from, Markwood as a reported "Texas native" said he was born in Dallas and raised in Rosco, a part of west Texas.

As noted in publications such as CSU's "Focus," Markwood is a family man and is intent on communication and learning about his new community. When asked how getting to know the campus is going, the president answered that he was "Currently in the process of working my way around campus through all of the offices and departments, talking with faculty and staff about...where should we as CSU go from here."

The president also said that he was about "90 percent done with meeting the administrative and student support units on campus," and "50 percent done with the academics, so not quite ready to say I've met everyone yet."

Markwood brought this back to his and the University System of Georgia's Board of Regents' goals for Columbus State, which are "To finish the comprehensive campaign, increase student success and retention, grow enrollment and continue to build partnerships that have really made CSU and Columbus the partners that they are and to continue the momentum of this institution while moving forward." Markwood also noted that "How we do all that will really distinctly be CSU."

When asked about his philosophy as an educator, Markwood answered "I really believe that we need to engage students in high level concept-based inquiry that leads them to understand the details...I think that there's a difference between me standing up and talking to students and saying, 'here's what I know and you need to be able to repeat it,' and having a conversation about A, B or C, and engage them in helping to find the relevant information. My job is to help them understand the importance of prioritizing and evaluating information critically, and working in teams while working in higher levels."

On a more personal level, Markwood spoke about some of his hobbies and interests and his adjustment to CSU and Columbus so far. According to the president, his family is still living in a temporary residence as they try to sell their home in Texas, but have enjoyed going to events in the community, such as a concert



***CSU's fifth president, Chris Markwood, Ph.D.***

of Doc Severinsen at the RiverCenter, a CSU soccer game, and some of the theater productions such as "The Velveteen Rabbit."

An activity Markwood has been enjoying is cooking. "My family and I really enjoy cooking together. We enjoy the process of creating food together. My daughter, for her age, is quite accomplished for what she can do." As a family, he said his favorite dishes involved "taking a holiday that is approaching and deconstructing the food into bite size finger food. We've created the Thanksgiving meal as bites, a turkey and stuffing crostini, the green bean casserole as a stuffed mushroom."

Markwood also mentioned that he enjoys a lot of different kinds of music and that his favorite is jazz, but that his music tastes have not influenced the student radio station. He is very excited for "the first student produced show that is beginning to air," and that he "looks forward to growing that program."

One of Markwood's activities as president is writing the "Posts from the President's iPad." The president said that the posts were inspired by a former boss of his from the University of Wisconsin. While talking with the chancellor of the university system there, the administration decided that they would do a "weekly update to the campus to help ease tensions and address transparency issues and communication issues," and that the opportunity was used to open doors of communication.

Markwood has been very active on social media for CSU, especially with Twitter. His favorite part so far has been students asking "'Dr. Markwood can we get a selfie with you?' and the answer is always 'Yes.'" As such an active president on campus, students can expect to see Markwood often as he continues to get to know the CSU community.



***One of President Markwood's first speeches at CSU***



# Renovations across Campus

*Progress reports on Arnold Hall, Woodall Hall, Ledger-Enquirer buildings*

**Toni Stauffer**

*Copy Editor*

*Photo: Savannah Brown*



## *Ledger-Enquirer demolition site*

With the renovation of Howard Hall successfully completed, other projects are now underway and others are still in the planning stages. Plans for the Arnold Hall renovation have been sent to the University System of Georgia's Board of Regents (BoR) for approval, as well as the state historic preservation office.

"Arnold Hall access will be primarily through the newly defined 'front' entry," said Eric Pittman, Director of Campus Planning and Development. "Exterior classroom access will be eliminated and the exterior, secondary entrances will be more traditional as they will enter hall spaces."

There will be three dedicated classrooms and one tiered lecture hall. The new design will intentionally complement Howard Hall and the classrooms will have similar technology. The Writing Center and the "Math & Science Collaborative" will be temporarily relocated to the main floor of Arnold Hall until the renovations of the library, the site of their future permanent location, are completed.

The English department will have 28 offices for faculty and a shared conference room, while the psychology department will have seven offices and an open office for student assistants. The planned budget for Arnold Hall is \$4.95 million with an anticipated completion date slated for Aug. 2016. "The funding on this project is through state general obligation bonds (G.O. bonds)," said Pittman. "No campaign funds or TSYS money will be put into this project."

Additionally, a funding request will be sent to the BoR in the amount of \$5.9 million to renovate the facade of the library. The timeline for completion is three years. "The anticipated demolition of Woodall is going to be spring or summer of 2017," stated Pittman, "after we are able to move all the occupants and functions to new locations."

The Lenoir Hall Annex renovation has been completed and is now home to the environmental sciences department. Lenoir Hall will undergo interior renovation while a new adjacent building with 25,000 square feet, housing 10 labs will be built into the hillside. Construction should begin summer 2016 once the designs are completed and approved by the BoR.

The new housing site on Main Campus is currently cinderblock and wooden frames, but by summer 2016 the dorms are scheduled to be finished, which will add 540 new freshmen beds by fall semester 2016.

As for progress on the Ledger-Enquirer building at the RiverPark campus, Pittman stated "The College of Education and Health Professions (COEHP) will relocate in fall 2016 and we anticipate opening that building for classes by spring 2017."

For more information, master plans can be located on the University System of Georgia website at [www.usg.edu](http://www.usg.edu) under "institutional master plans."

# Michael McFalls Returns from Sweden

*McFalls talks about his experience at the University of Gothenburg*

**Tiffany Ray**

*Contributing Writer*

*Photo: Martin Gustavsson*

Recently, The Saber sat down with art professor Michael McFalls, who just returned from teaching abroad in Sweden, to speak with him about his experience there and how it may affect his teaching methods at Columbus State University.

## **Overall, how was your experience in Sweden?**

"It was life changing, it was great... the great thing is that we lived out in the country on a farm in a cottage and could walk out to the woods."

## **How did the students in Sweden differ from the students you have here at CSU, such as the teaching style and relating to them?**

"I was worried that language was a problem, but they teach all of their classes in English there, and most of the students are from all over Europe, not just Sweden... All in all it was great; the students were typically older, a little more mature... they were totally dedicated to



**Professor Michael McFalls**

art, and only art there, they wouldn't be taking anything else. But, I have to say, the students at CSU are just as great."

## **How did it feel to be one of the 1100 that got to do the Fulbright program?**

"The Fulbright process takes a year, and so what you have to do is get an invite to even apply and you have to know somebody. [The process] is laborious, and you have to "dot your I's, and cross your T's," but if you get it, it's very much an honor."

## **How do you plan on using what you experienced in Sweden and bringing it back to CSU?**

"Most of my time was spent doing my own research... I wanted to go to a craft school and learn a craft, which I found out I wasn't good at. But I think some of that will apply, but I think I can bring some of those skills, or [at least] learn how to talk about that to students. The other thing, is wanting to bring some of the students back in Gothenburg here... if all things fall in the line, hopefully, we may be able to bring some of them here to work with our students to build a sculpture here."

## **Is there anything you can tell us about the new bachelor's degree in the art program?**

"Yeah, it's a great degree... it's a much more flexible degree for students, a much more interdisciplinary degree for students, a liberal arts degree that will allow students to have experiences in many forms of art, and the other idea is for [the students] to have concentrations in other things."

# Op-Ed: Is EverFi's Haven Accurate?

*What might be wrong about the sexual assault statistics*

**Lindsay Marchello**

*Arts and Entertainment Editor*

*Media: everfi.com*

By now everyone on campus should know about EverFi, the online learning site that gave students access to a sexual assault and alcohol awareness program. Completion of these interactive programs was required by the University System of Georgia as of fall 2015.

Sexual assault is notoriously difficult to talk about. It is an uncomfortable subject that many wish to never bring up in conversation, but is an important topic to discuss nonetheless. Haven aims to have this discussion in what they describe as “an engaging online, research-based program that provides a unique learning experience regarding important prevention skills and strategies for our students.” I fully support their goal of informing students about sexual assault, but I found some fault with their program.

Haven informs us that one in five women and one in 16 men are sexually assaulted on college campuses. I have heard the “one in five” statistic numerous times, but never the “one in 16.” When I first heard those statistics, I was astounded at how such an incident rate could occur in the United States and looked into how the



*Screenshot from the EverFi website*

statistics were obtained and now have my doubts as to their accuracy.

Haven cites a 2007 study called The Campus Sexual Assault Study by the National Institute for Justice for their one in five and one in 16 claim. After a little digging, I was able to find the study that they used and was confused by how Haven could find this study representative of all campuses across the United States.

The web-based survey used a random sample of undergraduates at only two universities. Only 5,446 women and 1,375 men participated in a survey that

only took about 15 minutes to complete. The overall response rate of women from the two universities was 42.2 percent and 42.8 percent, while a much lower number of men responded to the study. Of the women who responded to the survey, 19 percent claim to have experienced attempted or completed sexual assault since attending college. About 0.7 percent of men reported forced sexual assault with 2.7 percent of these occurring due to alcohol and drug consumption.

My problem with this study is the small sample size that was used and the low response rate. There are thousands of universities in the United States, so it seems odd to conduct a study about something as serious as sexual assault on campuses while only surveying two universities.

I believe that a broader study must be conducted in order to combat sexual assault on college campuses. EverFi's aim to inform students on this serious issue is marred by their questionable statistical data. Without proper research we cannot adequately battle this issue that affects both men and women across American college campuses.

## Useful Apps for Students

*Help for surviving the college experience*

**Tiffany Ray**

*Contributing Writer*

*Media: Google, Instin LLC, Duolingo, Forestapp.cc, Quizlet Inc.*

MyHomework is a daily planner in your pocket. Available for Apple, Android, Windows and Amazon devices, myHomework syncs across devices to be accessed anywhere. Students can list their schedules with times and classroom information. Users can choose to receive homework reminders for individual classes when assignments are due. This app also works offline for on the go usage.

Google Keep is a way to organize lists, notes, photos and voice memos. The home screen allows users to shift through different tabs like sticky notes. Users can also color code their tabs to make organizing easier. Students can use Keep to take notes about homework, test dates, writing assignments, etc. Users can also use Keep to make grocery lists, notes with certain websites, or a check list of shows to watch. Google Keep works on any device that supports Google.

Students interested in learning multiple languages can download Duolingo for free and learn languages from Spanish to Swedish. The app gives a daily goal for users



to reach to learn their language of choice. New users go through pictures and must pick which picture goes to the term given, after one or two pictures, users are asked to form a sentence based on the words they just “learned.” The App uses different styles of short games to help the user learn a language. A study done by the City University of New York and the University of South Carolina said that an average of 34 hours on Duolingo equaled a year of foreign language at any university. The app is available for Apple, Android and Windows Phones.

Forest is an app to help users stay off their devices via a “planting method.” Users can set a timer on their device and for every 30 minutes a tree is “planted” in their forest. If users leave the app to do something else

on their device, the tree will die. The whole purpose of the app is for users to leave their phones alone to be able to focus on homework, studying, working, etc. The app is available on Apple, Android, Windows Phone and Chrome devices.

Quizlet is the mobile version of the Quizlet website that students use to create or find flash cards to help them study. Users can find flashcards made by other users or make their own flashcards based on vocabulary or study guides given to them by teachers. The app takes the flash cards and makes matching games to help individuals learn different subjects. Users can find topics ranging from foreign languages to philosophy courses. This app is available for Apple and Android devices.



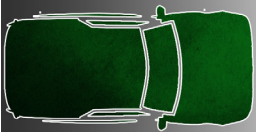
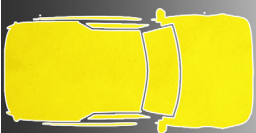
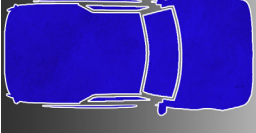
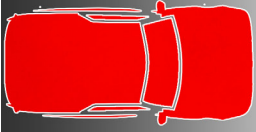
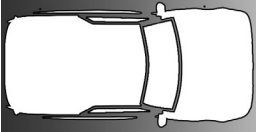
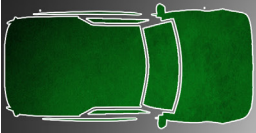
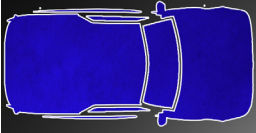
# The Parking Problem

*A new reality for student parking*

**Scott Berson**

*Local and World News Editor*

*Illustration: Elaine Hoffmeister*



Last semester, Columbus State University started construction on a new freshman dormitory on Clearview Circle that has temporarily taken away about 300 student parking spaces. The result has been a complicated reorientation for some students who are used to being able to park with relative ease.

Those living in the two Courtyard dormitories on Main Campus are no longer able to park on campus before 5:00 p.m. on weekdays, and those students who are allowed to park are finding it increasingly difficult to do so in prime locations. It's tough medicine to swallow, and students are upset. Nequia Frails, a sophomore business management major, is "frustrated" by not being able to drive from Courtyard II to her classes on Main Campus. "Even though I have a car, I have to walk and catch the shuttle. And I just really don't like walking," she said. "I think that since we're paying for it we should have more places to park. I'm sure we have the money." Hers is a sentiment that has been heard loudly and often during these first few weeks of school.

The Saber sat down with three administrators who are in the thick of the current parking issue; Patrick McHenry, Associate Dean of the College of Letters and Sciences, Rus Drew, Assistant Vice President for Safety and Chief of Police and Gina Sheeks, Ph. D., Vice President for Student Affairs.

All say that the plans for this transition have been in place for months, and have generally worked out as expected. "Through our meetings with students, faculty and campus groups, we have seen that [the parking situation] has stabilized very well," said Sheeks. Perhaps unknown to most students, the effect that this construction would have on student parking has been a point of serious study, and an outside urban planning firm was even contracted to determine what should be done. "They basically said that we were only using 70 percent of our parking capacity, even at peak times," explained Sheeks. "Basically, we were never going to have a 'carpocalypse,'" added McHenry.

And for the most part, this is true. There is plenty of parking, approximately 200-500 open spots at any given time, even during peak morning hours. They are just not necessarily in the most convenient places.

Chief Drew of the Campus Police recommended that if you are going to be on campus for a while, go directly to those big open lots, even if they are farther away, and just take the ten minute walk. "If you're not going to be here before nine, your best bet is just to head directly to lots five and seven by plant ops, or the soccer complex or the Cunningham Center. In fact, don't even

come in the main entrance. Use the entrance off of East Lindsey and park." Sheeks agreed and said "This endless circling of the inner lots to find spaces... it's not effective, you don't wind up finding a space, and that's what going to contribute to making you late for class."

Some students agree with this, and say that the students who are complaining are exaggerating the situation. "I think people are upset because they have to park where it's not extremely convenient and they have to walk more than two minutes to get to their class," says Matt James, a sophomore marketing major. "There's plenty of parking at the soccer complex and they've told us that, but nobody bothers to go park there."

The overall goal is to create a more condensed inner campus that gives priority to pedestrians, cyclists and greenspace over parking lots and motor vehicles. "It's also an issue of safety," said Chief Drew. "The more we have cars riding around on the interior of campus, the higher the likelihood that we're going to have accidents. So we're trying to be deliberate in pushing those cars to outer lots to try to encourage more pedestrian and cycling traffic more towards the interior."

Beyond all that, however, is the fact that whatever parking struggles there are right now will only last about two years. Part of the planning process took into account the other major construction program taking place on CSU campus, the new College of Education and Health Professions downtown. Once that complex is completed, a significant bulk of traffic will relocate towards the river. "With those spots coming back online and a substantial amount of business moving downtown, we're really going to have a glut of parking," said McHenry. Students will have to adapt and make the best of the situation until then.





# Art and Music Therapy Benefits

*How these alternative forms of therapy can lead to a peaceful mind*

**Lindsay Marchello**

*Arts and Entertainment Editor*

*Photos: Tieanna Graphenreed*

College can be a stressful place for many students. Some students struggle to balance their homework, their jobs, social life and getting enough sleep. High levels of unmanaged stress can lead to health issues such as headaches, digestive irritation, depression and anxiety. It can even cause preexisting conditions such as asthma and diabetes to worsen. Stress and their related illnesses are a major concern for many students today. The Associated Press teamed up with MTV to conduct a study called "College Stress and Mental Health" in 2009. The study found that up to 85 percent of students feel stressed on a daily basis, with 77 percent feeling stress over academic concerns.

There are many ways to manage stress and the mental health problems that stress can cause. One of these ways is through art and music therapy. Art therapy allows for individuals to deal with stress by expressing themselves creatively, while music therapy gives people a way to express their emotions through the medium of music, whether by listening to it, or by playing it. Both forms of therapy provide individuals with a safe and healthy medium to express their feelings without the pressure of confronting it directly.

John Roop, Columbus State University counselor and part-time instructor in the psychology department, informed The Saber about the many benefits of these alternative forms of therapy. "Both art and music therapy have been shown to be effective in helping individuals with all types of issues," Roop explained, "Listening to or playing music, singing, as well as drawing, coloring, etc., is a great distraction tool from focusing on our stressors, giving us a break from them and



*Professor Orion Wertz applies paint to his canvas*

allowing us to often refresh ourselves and be able to approach life's challenges with a different perspective." Another counselor at Columbus State University had this to say about art and music therapy: "[It is] tremendously helpful. I think for a lot of people who have difficulty accessing their emotions it allows them to express themselves."

Art and music therapy can be easy to get involved with because they do not necessarily require a therapist or any outside help. Roop mentioned that, "The great thing is that most people have access to music and some form of art even without a therapist to help them express their emotions. A popular and fairly cheap new trend is the utilization of coloring books. These coloring books, which are intended for an older demographic,

include complex and intricate patterns for individuals to color and find some peace of mind with.

Some CSU students have found music to be particularly beneficial to them in some manner. Joanna Checa, an exercise science graduate student, revealed, "I listen to music to help me exercise, but I never considered using it for relaxing." On the other hand, Alexander Oglesby, a freshman computer science major claimed that, "music can help with depression sometimes." Another student showed interest in working in the art and music therapy field. Danielle Bingham, a freshman psychology major said, "Art and music therapy have tremendous benefits. They help relieve stress and help with depression and anxiety. Hopefully one day I can do that for a living."



*Junior arts education student, Tacarra Miller*



*Junior studio arts student, David Jones*



# Is Atlanta the New Hollywood?

## *Investigating the influx of movie and film productions in Ga.*

**Tieanna Graphenreed**

*Staff Writer*

*Illustration: John Hope*

Over the past few years, Ga. residents may have noticed an influx of celebrity appearances in their state capital. What is the possible reason for this increase? Atlanta has rebranded itself as a hub for the television and film industry.

Since 2008, over 11 production studios have planned to relocate to Ga., or expand existing offices in the city. Reasons for moving can be attributed to the enticing tax incentives offered in the state which save film and television companies up to 30 percent in production costs. In addition to financial incentives, the Georgia Film, Music and Digital Entertainment Office offers location scouting assistance, equipment and a network of skilled professionals.

According to georgia.org, "Georgia-lensed feature films and television productions generated an economic impact of six billion dollars" in 2015 alone. Box office hits such as the "Hunger Games" franchise and "Divergent" franchise, as well as Marvel Studios productions like "Ant-Man" and "Captain America: Civil War" have brought attention to the state capital. Moreover, popular television shows like "Teen Wolf," "The Vampire Diaries" and "The Walking Dead" are encouraging tourism in the form of super-fans hoping to catch a glimpse of notable filming locations. The increase in the Atlanta travel industry has led to the launch of the Internet platform ComeTourGeorgia.com, which enables tourists to book tours to famous film, television and music attractions.

The television and film production industry has revitalized Atlanta's economy. This fiscal and economic success may spill over into smaller cities like Columbus. Students at Columbus State University are hopeful that internship experiences or professional

opportunities will arise locally in response to Atlanta's booming economy, and many students would jump at the chance to be cast in a film or television production. When asked if she would take advantage of such an opportunity, theatre performance senior Carrie Moll responded without hesitation, "Probably." For other students, it hinges on the timing. "It depends on when it is," said Aleshia Samuel, a senior music education major with an interest in theatre. "It would depend on how close it is to the opera and the other recital that I'm in, but in general, that seems like something I would be interested in."

With its unique landscapes, financial incentives and vast potential, Ga. could continue to grow as a hub for the production industry. It is a possibility that the wealth of employment opportunities will spread throughout the state.



# Transgender Roles in the Media

## *The controversy of the portrayal of transgender characters*

**Briana Holmes**

*Staff Writer*

*Illustration: Kyshmah McNeill*

The issue of transgender portrayal in the media has for some time been a controversial topic in both the transgender and cisgender communities. Many within the transgender community believe that transgender roles within the media should be played in the majority or entirely by people who actually identify as transgender or transsexual. And naturally many cisgender people believe the opposite, which is that it should not matter.

The primary issue many transsexuals have with this matter is that although cisgenders (people who identify with the gender assigned at birth) can play transgender roles (with the aid of cosmetics, wardrobe and other such means), many transgender individuals resent the lack of authenticity of cisgender actors. In their eyes being transgender is not just a physical alteration in identity, but it is also a mental lifestyle. Cisgenders counter that they believe that they are acting and that they have every right to portray any role.

A valid reason many cisgenders have argued in their favor of acting in such roles is because for years this behavior has been acceptable and done. For instance in the 1999 film, "Boys Don't Cry," a teenage transgender boy is portrayed by female actress Hilary Swank. Also, recently in the Amazon original series "Transparent," cisgender male Jeffrey Tambor portrayed a transgender woman. In addition, there have been plans for upcoming movies in which cisgenders play transgender roles such as "About Ray," a film in which a mother must adjust to her daughter, as played

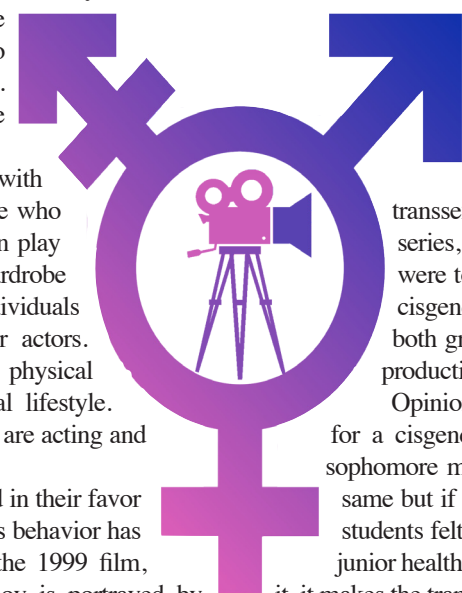
by Elle Fanning, transitioning into a male. But despite this, recent events, such as the transformation of Bruce to Caitlyn Jenner, seem to have caused the issue to resurface, this time drawing attention from

others outside of the transgender community.

Lately, the internet streaming media provider Netflix took steps to invite more transgender actors to act as transgender characters. They did so in arranging a casting call specifically for those who identify as transgender or transsexual to audition for a role in their new original series, "The OA." In doing this, Netflix's intentions were to eliminate any feelings of bias or favoritism to cisgender individuals and establish a healthy mixture of both groups playing transgender roles in their original productions.

Opinions vary on campus about whether it is acceptable for a cisgender to play such a role; Grace Dominique, a sophomore music education major, commented "It's not the same but if you can embody it, then do it." However, other students felt the opposite. One student, Stephon Williams, a junior health science major, remarked "I just don't agree with it, it makes the transgender community look like a freaking joke."

Clearly opinions wildly range on the spectrum between agree, disagree and somewhere in between. Perhaps eventually a clearer cut approach will be apparent, but until then the inclusion of both cisgender and transgenders in the portrayal of transgender characters will continue to be visible within the media.



# Op-Ed: The Tinder Tribulation

*Is online dating ever going to be a good experience?*

**Scott Berson**

*Local and World Editor*

*Illustration: John Hope*

I'm bored on the shuttle, and like any other student, I know just what to do- I pull out my phone. But now, instead of scrolling through Facebook or refreshing Snapchat, I have a new, more scandalous option. I open up Tinder.

For those still not in the know, Tinder is a dating app that lets you see potential "matches" around you on your phone. You see their photos and a quick snippet of a description, and then you either swipe to the left to reject them, or to the right to say you're interested. If the person is interested in you too, you get a match, and can then send them messages. While some use it as an actual dating service, the majority of Tinder users are looking for a way to have casual sex. That's right- now I can browse for base human companionship in much the same way I browse for pork chops at the grocery store.

And there's nothing wrong with that, necessarily. What's the difference between this and meeting someone by chance on the street or coffee shop? I'd never tried it before- but something got me curious.

There are about the same number of men and women on dating sites (52 percent men, 48 percent women), but women are the ones who are being pursued. And often, that pursuit is kind of terrifying. I wanted to check out what exactly the differences were between what a male user like myself experiences on a casual dating site, and what a comparable female user would experience. So I decided to experiment. I created two profiles: one for me, and a fake one as a girl, and got to swiping.

At the end of it, maybe 10 minutes later, I already had 11 matches (plus four new messages). To put that in perspective, I did this experiment for a month, and on my male account, I got six. Total. I went ahead and opened the first message, from a guy named Derrick.

"Hey sexy, I wish you were closer so you could give me some

head lol." Swoon. Uppercut right to the heart. Would I, as a girl, like to give head to Derrick? What a question. I evaded for a few minutes, but eventually decided against it, because I'm damn classy and don't do that kind of thing for just any guy.

I read a few other messages. Some people called me sexy. I replied "thanks boi" to one of them (that's cute, right?). He responded with "WelCUM" and a winky face. Another guy named John asked for nudes straight away. I wondered briefly if I should send him

some, just to see what he'd do. Apart from these, there was always a huge chorus, maybe 20 or so guys by then, all saying the same thing- "Hey."

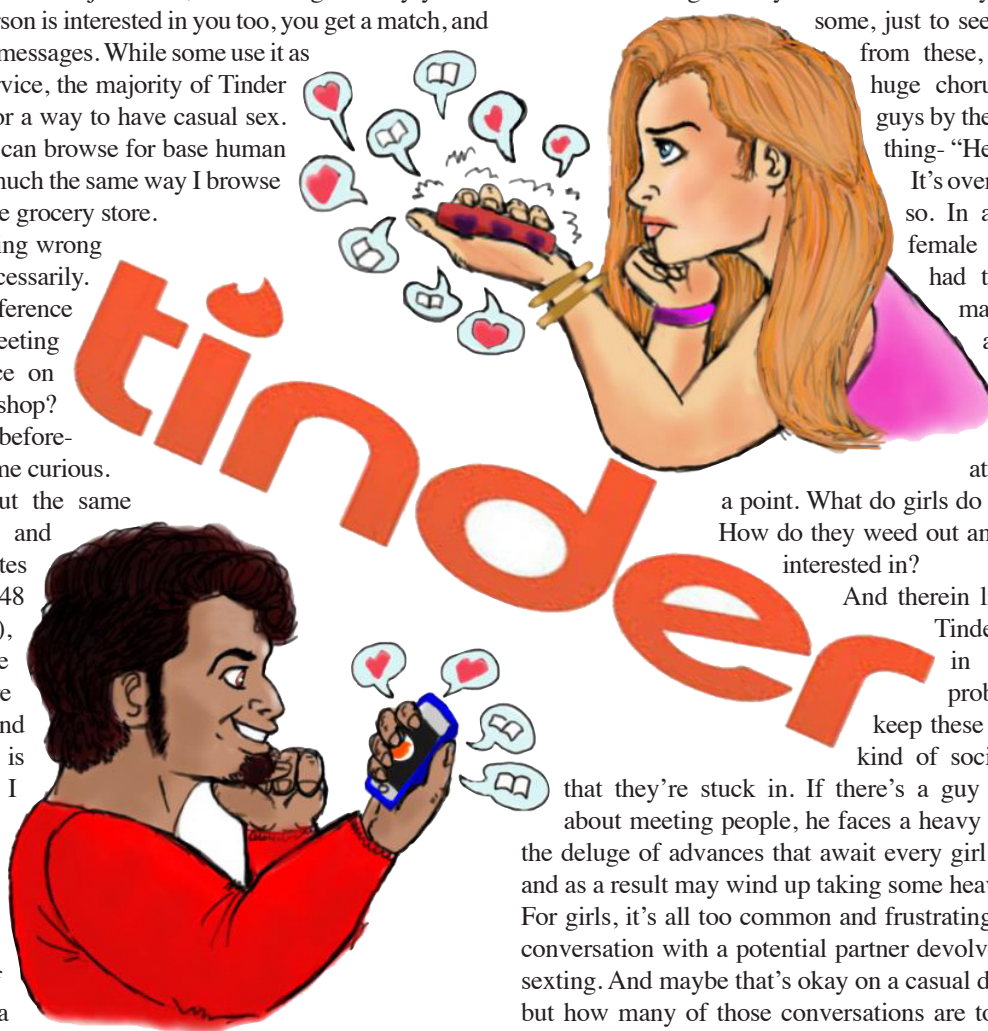
It's overwhelming, incredibly so. In a half hour, the fake female profile I created had three times as many matches as mine had in a month. Some of this could be written off as me not being spectacularly attractive, but only to

a point. What do girls do with all this sausage? How do they weed out anyone they're actually interested in?

And therein lies the problem with Tinder, and online dating in general, and it's a problem that is going to keep these services in the weird kind of social acceptance limbo

that they're stuck in. If there's a guy who's really serious about meeting people, he faces a heavy risk of getting lost in the deluge of advances that await every girl who has an account, and as a result may wind up taking some heavy self-esteem blows. For girls, it's all too common and frustrating to have a promising conversation with a potential partner devolve quickly into creepy sexting. And maybe that's okay on a casual dating app like Tinder, but how many of those conversations are too many in one day? Five, ten, thirty? I imagine the fatigue comes on pretty quickly.

Before online dating can be taken seriously, it's going to take some changes. Different apps have tried to rework the system. Coffee Meets Bagel suggests one match per day, at a specific time. Bumble is an up-and-coming service where the women are the only ones who can send requests and messages. These types of services are trying to change the paradigm, but are we going to accept them? For the sake of my cobwebbed and barren profile, I hope so.



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# Stars, Stripes and a Stethoscope

*How one student balances two very different worlds*

**Scott Berson**

*Local and World Editor*

*Photo: Jill Jenkins*

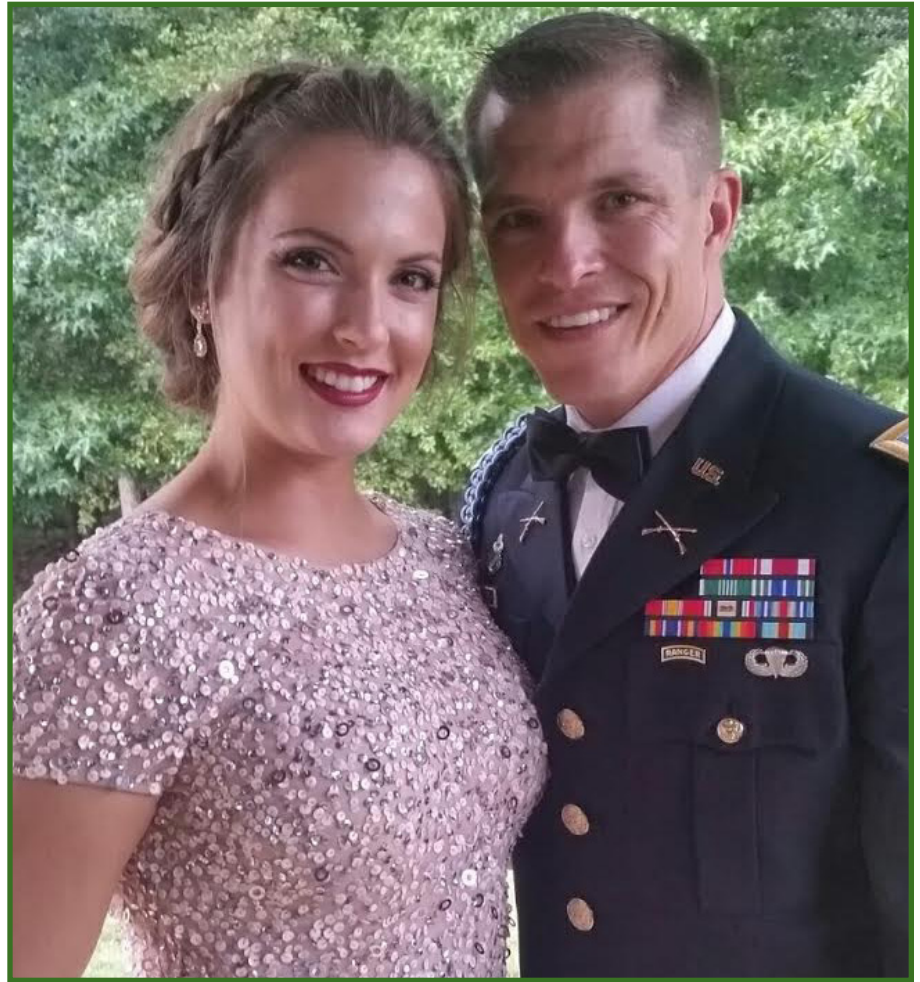
A typical day for Jill Jenkins starts with wishing her husband good luck as he leaves for physical training at four in the morning. After grabbing a few more hours of sleep, she heads to CSU for classes. She takes a brief lunch, either with her husband or with a group of other military spouses, and then works on scientific research projects to prepare for her entrance to medical school. Depending on the day, she may spend some time volunteering at the USO (United Service Organizations). After a few more hours of research, she heads home, makes dinner for herself, her husband, or in some cases a whole cadre of military officers, tries to hit the gym, and then goes to sleep. The next day, she'll start the whole process again.

Jill is a senior biology major with a tough job – trying to balance the challenges of being married to an Army captain with her own dream of becoming a physician. Her story is an inspiring one, especially since it is a situation that could be very close to what many other couples at CSU may be going through, either now or in the near future.

Jill grew up in Columbus, and spent her first two years of college at CSU before her life changed dramatically. “I met my husband here when he was stationed at Fort Benning. I was a junior-ish, probably between sophomore and junior year. We moved to Fort Bragg, N.C., where I attended my second university. We were there for about two years, where I worked full time and went to school at night. From there we moved to Colorado, where I attended the University of Colorado, and finally I'm back here.”

Now, she is at CSU finishing up her undergraduate degree. “Biology was something I just knew I was always going to do, I was either going to practice or teach. My main focus was always becoming a physician, and then my secondary focus is that fell apart, or if I felt that my heart wasn't leading me in that direction, was to be a college professor.”

But being a military spouse comes with its own set of challenges apart from the already intimidating rigors of the journey to be a medical professional. Long hours apart, frequent moves, and scheduling inflexibility can make it a much more frustrating challenge than many people, even other married couples, have to deal with. Jill, however, seems to take it all in stride. “In order to make the relationship last, you need patience and understanding, but support is the big one. Be strong for your significant



*Jill and her husband, Captain W. Allen Jenkins*

other. They are challenged with a lot of time consuming events that the military requires of them. I always tell people to be strong for them, to be there for them. They're out there training to defend our nation. And that's a really gravid responsibility, one that they take an oath to do. And I think sometimes it's hard as a civilian to see how important that is, since we don't take that oath.”

Even beyond that, having dreams of a professional life comes with a caveat that many people, women especially, know all too well. When you focus on a career, sometimes you have to put other things on the back burner. “My husband and I are both very career focused right now. I have medical school that I need to get through, and I don't feel like my life will be truly fulfilled until I complete my aspiration of becoming a physician, and my husband still has at least ten more years in the service. Until then, I feel the family part can wait.” The thing is, she says they have a plan. “We're in a unique situation. The way we're planning it, since I'm jumping into my career right now, by the time I'm successful as a physician, he'll

actually be near retiring. So it'll kinda be like a role reversal. He'll be able to stay home and take care of our children if we have any, and I'll be the one working.”

Jill's plan is a real burst of optimism for some who have been brought down lately by naysayers who say that it is impossible for a woman to be both a successful mother and a successful professional. Now, Jill is ready to work hard and fight to make her plans and dreams come true. “I will be applying to medical school next year and that's part of the challenge of being a military spouse actually, because I will be attending medical school here somewhere in the Southeast, and my husband will actually likely be moving out to Kansas next year. So we will be separate. It's going to be an interesting and challenging chapter in our lives, our marriage, and our careers. Like two oppositely spinning plates. But I believe if you support your spouse, you keep your wits about you, and you have perseverance, you can really accomplish anything you want. I'm living proof.”



# Columbus's Lunch Box Museum

*A retirement home for childhood treasures*

**Toni Stauffer**

*Copy Editor*

*Photos: Lobna Yunis*



*The largest collection of lunch boxes in the world located at the Antique Mall in Columbus, GA*

Featured in numerous online roadside attraction guides such as RoadsideAmerica and Atlas Obscura, the Lunch Box Museum is one of Columbus' quirkier attractions that you may not have known even existed. Located in the River Market at 318 10th Ave. (by the Civic Center), RoadAmerica.com rated the museum as being "worth a detour."

The museum holds the largest collection of metal lunch boxes in the world, with more than 2,000 on display. The whole experience is like watching 70 years of history unfold. Driving onto the lot is like stepping into another world littered with rusty relics from days gone by; the experience whets the appetite for adventure. Inside the one story brick building, there is a Sherman tank engine that looks like an impressive piece of modern art, an enormous assortment of antique furniture, movie posters and figurines, as well as other eye-catching and unusual objets d'art.

The manager, Pat Schroeck ("Like the ogre, Shrek") pulled a green curtain back from a doorway. "Just like the old circus

side show, step behind the curtain." On the other side, Schroeck revealed the museum floor, a surprisingly large room at about fifteen feet by sixty feet.

Hundreds of metal lunch boxes and trays featuring American pop culture and historical icons covered the walls and were displayed in glass cases. Duplicates lined the shelves, some editions up to five deep back toward the wall. Apart from being part of the museum, the whole room is also technically the gift shop. "Everything in this room is for sale," said Schroeck. There is a vintage Incredible Hulk lunch box with a price tag of \$55, a Super Heroes one going for \$75 and a Scooby-Doo edition selling for \$125.

A doorway to the left led into a larger room where fake Christmas tree branches decorated with strands of white lights hung from the top of the walls and a tree house took center stage. Around the tree were tables with not only more metal lunch boxes, but metal trays and old portable record players. Lunch boxes lined these walls too, in alphabetical order. Nothing in this room is for sale, but patrons are welcome to handle the lunch boxes.

The owner, Allen Woodall, Jr., 81, began collecting the metal lunch boxes in the 1980s, after they were banned by schools and companies began manufacturing plastic and soft material lunch boxes instead. Columbus State University's Woodall Hall on Main Campus is named after Woodall's grandfather, W.C. Woodall. The irony is that Woodall himself never owned a metal lunch box as a kid, but used a simple brown paper sack.



*Lunch boxes from Allen Woodall's collection*

## The Lunch Box Museum

**Location:** 318 10th Avenue, Columbus, GA 31901  
**Phone:** 706-332-6378  
**Hours:** Wednesday through Saturday  
 -10 a.m. to 6 p.m.  
 Sunday  
 -11 a.m. to 5 p.m.  
 Closed Monday and Tuesday



# Remaking the City Streets

*Gehl Architects unveil blueprints for the Minimum Grid project*

**Scott Berson**

*Local and World Editor*

*Photos: Scott Berson*

After several months of planning, Gehl Architects, the urban design firm tasked with creating a new system of people-friendly infrastructure for Columbus, unveiled their preliminary plans at a packed public announcement the evening of Sept. 15. The plan, called the “Minimum Grid”, is the result of a competition held by the Knight Foundation last year that solicited ideas from citizens all over the country to think of ways to make their communities more successful. Out of over 7000 entries nationwide, the Minimum Grid plan was one of only 32 winners, and was eligible to receive funding. The grid is envisioned as a mixture of trails, bike lanes, parks, and revitalization projects that will help connect the different parts of the community together, helping people get to where they want to go, how they want to get there.

Anne King, Executive Director of Midtown, Inc., started the meeting by saying that “Columbus really is an ambitious city, and we are now poised to be a national model for medium sized cities all over the country.” Mayor Teresa Tomlinson noted the necessity for integrating alternative transportation into city life. “This is the future,” she said to an audience of about 100 people. “The days of pedestrian and cycling paths being these oddities are long gone.” She isn’t wrong. Well over half of millennials would prefer to live in a walkable or bikeable city, and nearly half of baby boomers do as well. Over 80% of millennials cite the ability to get around without a car as an important decision for where they decide to settle, according to a



***Betsy Covington, president of the Community Foundation, examines a map with a citizen***

Transportation for America survey.

The urban planners then took the stage and went over some of what they had uncovered over the summer. They had looked at pedestrian, car and bicycle traffic and identified five key areas in need of development. Those areas were the Civic Commons (near the Columbus Public Library), the Columbus Museum, 13th Street, Buena Vista Road, and UpTown. All of these places were areas that people said they enjoyed going to or had to travel through often.

Gehl found that citizens had four general problems with the way the city is organized.

The first is that people want more options for how to get around, but don’t see a good way to currently do so. The second is that places feel disconnected and difficult to navigate to without a car. The third is that streets are not seen as public spaces, but merely as channels to get from one place to another. The fourth is that people often don’t feel welcome to be out and about without a car - but, on those occasions (like Market Days) when they do, they come in droves. “We see that demand, then,” said Gehl designer Andreas Røhl. “We see that desire to be with people, and to have these public spaces.”

There is still much work to be done. Although the planners had some ideas already, they invited those in attendance to head downstairs and break into small groups to brainstorm specific ideas for how to make those five key areas better. “You all live here, you know the place better than we do,” Andreas said with a chuckle. Citizens mostly found that getting across streets safely was the most important thing to facilitate. Many people pointed out the lack of crosswalks and curb cuts all over the city, and especially in the civic commons area. People also made it known that they wanted areas to be more shaded, perhaps by planting more trees in greenspace areas like in front of the library. Andreas encouraged citizens to think of the ideal, and not to worry about the costs just yet. “Think what if? What if you could go from the woods to the river? What if walking or biking to Country’s was actually safe and inviting? What if?”



***Citizens brainstorm on improving core areas of the city***

## Cougar Goals

*A quick chat with the soccer team*



**Senior psychology major,  
Rebecca Calder**

The Saber got in contact with Women's Soccer Head Coach Jay Entlich at a Friday practice and asked him about the current season and what he is doing to improve.

### **Soccer season started off well for the team, right?**

"Yep, we had two home games beat Lynn University 2-0 and Lee University 5-2." Since this interview they have lost twice (University of Tampa 1-2, and #1 Rollins 0-1).

### **How did last season turn out?**

"Last year we had a terrific year, we went 21-1-1, were 5th in the country and we lost in the NCAA quarterfinals."

### **How many freshman and new players do you have this year?**

"14 new players, 13 freshmen, which is one of our largest classes ever and we're absolutely thrilled about the group. Got some real hard workers and some of them are making a big impact. Olivia Jarrell scored two goals in our opening game, Brooke Nail has started every game as a defender, Kelsey Laurence has gotten a couple of assists. So far we are pleased with the new crop of kids. We also have one transfer student, Hugrun Elvasriddottir who's a transfer from the University of Florida. She scored the third goal against Lee."

In order to improve for this year the players have been doing team building exercises, such as welcoming everybody at meetings, having team dinners, scavenger hunts and a big sister program. To give perspective, in team skills they are ranked by the NSCAA (National Soccer Coaches Association of

America) as third in the country.

Coach Entlich took team members Rebecca Calder (senior psychology major) and Shelby Rolling (senior health science major) off the practice field to answer some questions.

### **How long have you been playing for CSU and what's your position?**

RC: 3 1/2 years and I play right defense.

SR: This is my 4th year and I play defense.

### **How do you think the season looks so far?**

RC: Pretty well, we've got some really stand up players this year, freshmen, transfer and returning, so I'm really impressed. We have a full bench, everyone can play soccer.

SR: I'm super excited about this season. We have a lot of incoming players that I think will really be able to help us out and a lot of returners playing really well. It's very competitive all over at practices and I'm very excited to see what this future has for us.

Catch our Lady Cougars' next home game Saturday, Sept. 26 against USC Aiken at 1 p.m.

## #PSL Changes and Drawbacks

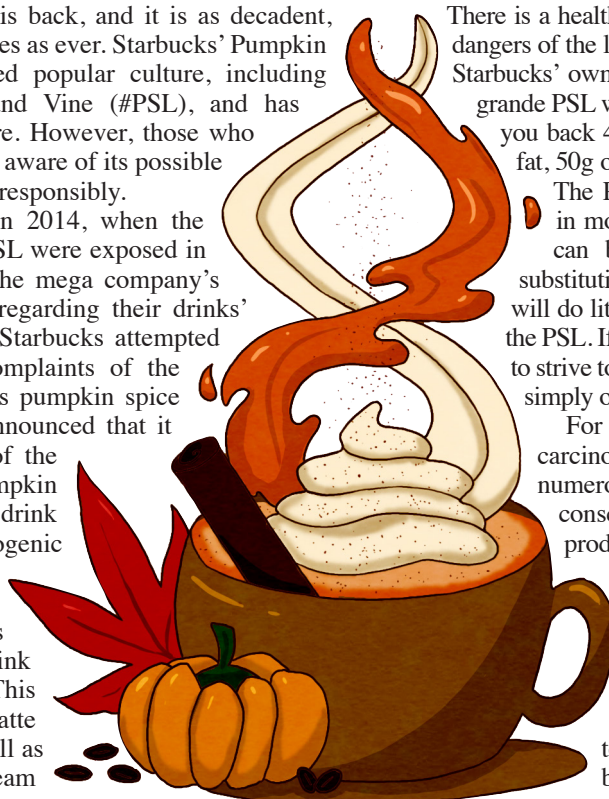
*Starbucks' Pumpkin Spice Latte improves but remains unhealthy*

**Elaine Hoffmeister**  
Managing Editor

*Illustration: Elaine Hoffmeister*

The official drink of autumn is back, and it is as decadent, delicious and dripping with calories as ever. Starbucks' Pumpkin Spice Latte (PSL) has infiltrated popular culture, including Facebook, Twitter, Instagram and Vine (#PSL), and has developed into its own subculture. However, those who partake in this fall treat should be aware of its possible health implications and consume responsibly.

Due to public controversy in 2014, when the ingredients and calories of the PSL were exposed in a viral campaign that revealed the mega company's deliberate lack of transparency regarding their drinks' more questionable components, Starbucks attempted to address one of the main complaints of the drink: the lack of pumpkin in its pumpkin spice latte. In Aug. 2015 Starbucks announced that it would be changing the recipe of the beloved drink to incorporate pumpkin purée, in addition to making the drink "cleaner" by removing its carcinogenic caramel coloring and taking out all artificial ingredients. The nutritional information remains unchanged, and reportedly the drink tastes almost exactly the same. This year Starbucks' Pumpkin Spice Latte comes in hot or cold lattes, as well as frappuccinos, or coffee-less cream frappuccinos.



There is a health risk in overconsuming this drink, and the dangers of the latte are evident to those who look for them. Starbucks' own website displays the price of the drink: a grande PSL with whole milk and whipped cream will set you back 420 calories (160 calories from fat), 18g of fat, 50g of sugar and a surprising 220 mg of sodium.

The PSL is a drink which should be consumed in moderation, as the high sugar and fat content can be a very unhealthy combination. Even substituting for skim milk, or other replacements, will do little to offset the overall calorific contents of the PSL. If anything, health officials advise consumers to strive to be aware of the nutritional information and simply order the drink as an occasional treat.

For those seeking healthier fall treats free of carcinogens and GMO-laced milk, there are numerous recipes to be found, including health-conscious online recipes. With pumpkin spice products cropping up and trending everywhere, finding a substitute for the PSL is not wholly difficult. On the other hand, while there remain questionable additives in the PSL, the same can be said of many foods college students consume. So, while the PSL is not the best drink to add to a diet, if imbibed in moderation it can still be a fine way to herald in the fall and winter seasons.



# Hacking Your Kitchen

*Hearty paninis made easy*

**Cassidy Richards**

*Staff Writer*

*Photos: Cassidy Richards*

Being a foodie can be tough in college, especially when you're living in a dorm with limited resources. It becomes even more difficult when you are trying to eat well and on a budget. Paninis are a great way to get that gourmet flavor you desire while staying under budget and within nutritional range.

What's that? You don't have panini press? Not to worry! There are easy ways to get the same gooey, toasty taste without shelling out a fortune. All you need is your favorite panini ingredients, a pan, and something with a good weight to press your sandwich down with such as a pot, a flat pan lid, a heavy plate, or a heavy bowl. Just make sure that the apparatus you choose for pressing is smaller than the pan you grill your sandwich in. Here is a recipe for a super tasty panini that comes in under 500 calories.

## Peach Panini

### What you need for one serving:

- 2 slices of your favorite bread
- 2 slices of turkey bacon
- Half of a peach
- 2 slices of your favorite sharp cheese (I used Gouda but Sharp Cheddar, Asiago, or Havarti work fine)
- 2 tablespoons of margarine

### Execution:

1. Fry the turkey bacon over medium heat to desired crispiness. While this is frying, peel, pit and slice your peaches. The slices should be around a quarter inch, but don't worry if you cut them a little bigger as they will shrink when you're cooking them. When your bacon is done, set it aside to drain on a stack of paper towels, or paper bags.
2. In a pan, melt 1 tablespoon of margarine over medium heat. Add your peach slices and sauté until they are fragrant and smell like peach pie. If you are going to use the same pan that you made your turkey bacon in make sure you clean out any residual fat that has cooked off from the bacon or else it will scorch and make your peaches taste super gross. Drain the peaches on the same paper towels that your bacon is on, don't worry if they are touching.
3. With the other tablespoon of margarine, spread margarine on your two slices of bread. Place the bread, margarine side down, in your pan. Make sure your pan is not over heat during this part or you will burn your bread! Now stack your ingredients starting with one slice of cheese, then the turkey bacon, then the peaches, and finish it off with your last slice of cheese.
4. Place your pan over medium heat for one minute. Place the second piece of bread margarine side up on top of the rest of your ingredients.
5. Using the bottom of a pot, pan, plate, bowl or flat pan lid, press the sandwich down. Don't worry if some of the margarine comes off on it.
6. Toast the sandwich for 1-2 minutes and then flip with a spatula.
7. Repeat steps 5 and 6 until your sandwich is the desired meltiness and toastiness.
8. Serve immediately and enjoy!



*Stacked panini above and finished below*



*Comic: Noah Sachs*





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