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THE Saber

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY



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COLUMBUS STATE UNIVERSITY

THE **Saber**

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On the Cover: SPC Jeremy Jacobson

Cover Photo: Ryan Krafthefer

LETTER FROM THE EDITOR



The Saber would like to respectfully wish a happy early Veterans Day to our armed forces, from CSU students and troops stationed at Ft. Benning, to those in the community and abroad. We commemorate your services, and appreciate your successes. To see an inspiring story on the victories of our local troops, see "Soldier's Stories" on page 9. We hope that students remember the importance of this holiday and continue to give support to our soldiers.

In this issue we have a concentration on crime – on page 10 you can find a summary of the increase in criminal activity in Columbus. Additionally, see the latest developments in the Ferguson, MO case in the article "Michael Brown Controversy Continues." In this edition we also include an exploration of developing technologies, including the future of HBO and the Amazon Fire Phone.

Although it's cliché, there is truth in the observation that being a leader means you have to make tough decisions. At times people don't quite know what leaders do, but most often they are found putting in a lot of work behind the scenes. This holds true for student leaders on campus. For all of you out there, here's to putting in that final push as the climax of the semester approaches.

Tune in a couple of weeks from now for our Thanksgiving issue, and The Saber's balancing act of enjoying the upcoming holiday while preparing for the subsequent stresses of finals' week.

-Catherine Saavedra
Editor-in-Chief

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Publication Opportunities at CSU

A look into The Carson McCullers Literary Awards and The Arden

Cam Krafthefer

Local and World News Editor

Photo: Ryan Krafthefer

Carson McCullers was an author who was born in Columbus, GA. The Department of English at Columbus State University celebrates her life by holding a series of annual awards in her name. Famous for her novels “The Heart is a Lonely Hunter,” “Reflections in a Golden Eye,” “The Member of the Wedding,” “The Ballad of the Sad Café,” and “Clock Without Hands,” McCullers is a large part of the southern literary culture. It is only suitable that the literary awards at CSU are held in her honor.

Nick Norwood, Ph.D., Professor of English at CSU claims, “[McCullers] showed how a young woman from this small southern town could have a literary career on the world stage. The writing awards, inspired by her model, encourage students to have high aspirations for their own work.” Norwood has been a judge for the awards in the past and admitted, “I was inspired by the fact that so many young people wanted to participate.”

The Saber had a chance to meet up with a former winner of the Carson McCullers Literary Awards, Alyssa Hudson. She submitted her piece “Salt Morning” and won the Orlene Jones Poulsen Award for Fiction in 2014. She explained: “The Carson McCullers Awards afford students the chance to test ourselves. It’s one thing to offer up work in a classroom setting, but it’s definitely different to submit work for



Senior Creative Writing major, Alyssa Hudson, won the Orlene Jones Poulsen Award for Fiction

review. It’s more competitive and there’s a certain anxiety that comes to me when I submit work, but I know I need to get my work out in the open, or else there’s no real point of writing.”

All CSU and Georgia high school students are encouraged to submit original pieces of fiction, nonfiction, poetry, and expository writing to the awards. The deadline to submit pieces is Feb. 1, 2015. The Creative Writing page on the CSU

Department of English website has more information on how to submit work.

Winning pieces of the Carson McCullers Literary Awards are also included in each edition of The Arden, CSU’s annual literary magazine. The Arden is another opportunity for students to submit literary pieces, as well as pieces of artwork, for possible publication. Unlike the Carson McCullers’ Literary Award, which allows each student only one entry per section, the allowed amount of submissions is unlimited.

Students are encouraged to take advantage of this opportunity. Sam Alliston, the Editor-in-Chief of The Arden claims: “The Arden serves as a great outlet for students, no matter their major, to showcase their work. Being published in The Arden is also a great thing to add to your resume for any employer.”

The deadline to send in work for the Arden is Dec. 14, 2014. Additional information on submitting to The Arden can also be found online through the CSU Creative Writing page. Both the Carson McCullers Literary Awards and The Arden are free of charge, meaning that a fee is not charged in order to submit. If a student is interested in trying to get a piece of literature or artwork published, the Carson McCullers Literary Awards and The Arden are two opportunities that should not be passed up.

Playing Video Games to Save Lives

Campus Nerds participate in Extra Life Gaming

Eric Nicey

Staff Writer

Photo: dicehateme.com

From 8 a.m. on Oct. 25 to 8 a.m. the following day, the Campus Nerds played video games in both Riverpark’s SAC room and Main Campus Dormitories for 24 consecutive hours to help raise money for an event called Extra Life. Extra Life is a charitable event used to fundraise for local Children’s Miracle Network Hospitals.

The event was created in 2008, in honor of Victoria Enmon, a girl who suffered from lymphoblastic leukemia. Inspired by her story, the Sarcastic Gamer community sent her video games and gifts. The Campus Nerds have been participating in Extra Life since last year, where they raised over \$400 for the local Children’s Miracle Network Hospital at the Midtown Medical Center in Columbus. Thus far they have raised \$165 for the Midtown Medical Center and are currently looking for more participants in the event.

For more info on the event visit the Campus Nerd’s organizational page on the CSU Involve website or extralife.org.

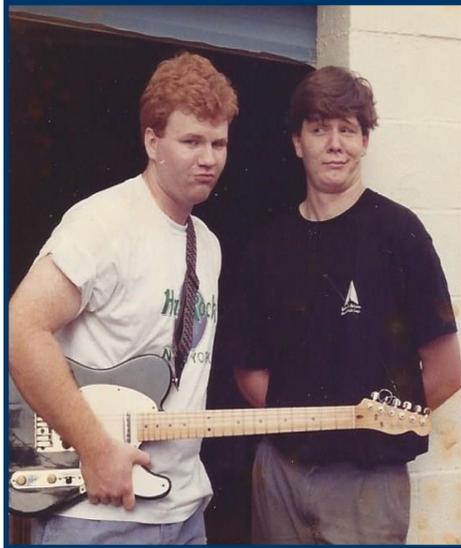


Fast Five with a Professor: Dr. Gary Sprayberry

Danielle Davis

Layout Editor

Photo: Gary Sprayberry



Prof. Gary Sprayberry (on the left) in the spring of 1992 with fellow band member and drummer, Lantz Croft (on the right), of the Ultimate Mother Monsters

Carl Sagan once said: “You have to know the past to understand the present.” This is something that the chair of the Department of History and Geography, Associate Professor Gary Sprayberry, undoubtedly recognizes. Having received a Ph. D. in History from the University of Alabama in 2003, Prof. Sprayberry realizes the importance of history. He advises those who are interested in the subject to find ways to enjoy it. Recently, The Saber caught up with Prof. Sprayberry to discuss what life is like in the business of history.

Where are you from?

GS: I was born and raised outside of Anniston, Alabama.

How many years have you been at CSU?

GS: I’ve been at CSU for eight years. I arrived here in the fall of 2006. Before I came to CSU, I was teaching at Miles College, an HBCU (Historically Black College or University) outside of Birmingham, AL.

What would you be doing if you weren’t a professor?

GS: I would be a lounge singer. I played in a few bands back in college so music has always been a cool thing.

What do you want your students to take away from your class?

GS: I want them to be enthusiastic about history because it’s so fascinating. There are so many people they can ‘meet’ in my class. I also want them to take away an appreciation for history, for the story of people. They should walk away feeling like history is interesting.

What’s an interesting thing about you that your students don’t know?

GS: I’m a recovering “Dungeons & Dragons” geek. I used to play a lot when I was in school.

Hole in the Howard Wall

Howard Hall renovations update

Preparations for Howard Hall’s renovations began at the end of last semester and continued throughout the summer. Now in the fall semester, reconstruction is visibly progressing. The first noticeable sign of the construction work was the raising of fences around the Howard Hall building and the surrounding lawn areas immediately adjacent to the building. Once the semester began, students began to notice new additions to the hall, mainly a series of white columns that had been built onto the exterior wall.

Progress inside had remained relatively under the radar due to Howard Hall being closed to the student body. However, at the end of September and early October, a large hole was knocked out of the second floor’s middle section. The interior of the building is still being taken apart, with walls being torn down and new insulation and walls being placed. From the hole in the outside, students can view the renovations taking place on their way to classes in Arnold Hall and when walking to the student clinic.

As all of the officials heading the project or with knowledge of it could not be reached for comment, students and faculty may speculate as to the progress of renovations. While reconstruction appears to be going smoothly, there has been no official statement given at this time.



Howard Hall currently under reconstruction

Sam Sachs

Campus Life Editor

Photo: Tionna Howard

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Renaissance Masque Performance Coming Soon

Columbus State University students to perform a Renaissance Masque

Lindsay Marchello

Staff Writer

Photo: Carly McMinn

On Nov. 7 and Nov. 8 at 7:30 p.m., Columbus State University will be holding its very own Renaissance Masque. Ben Jonson's "News from the New World as Discovered on the Moon" will be recreated by faculty and students from the Columbus State University's College of Arts and the College of Letters and Sciences. Ben Jonson's masque, which is both lavish and comedic, tells the story of the discovery of civilization on the Moon, while also commenting on how people react to the concept of news. The two-night event, which will be performed on the Mainstage at the Riverside Theatre, is free to all students and faculty.

The performance is a collaboration between CSU and the Columbus community, with a local chapter of the Society for Creative Anachronism providing assistance in the form of loaning period costumes and dancers for the performance. Furthermore, Belfast University, which has worked with London's Globe Theatre in the past, has



Rachel Knapp, Katie Holmes, and Blake Hammond prepare for their performance

lent music from the 1500s to be played by students from the Schwob School of Music.

Making up most of the performance is the student body of CSU. Students from a variety of majors will be lending their musical, dancing, and drama skills to the

production of Ben Jonson's Renaissance Masque. One of the faculty overseeing the event is Professor Shannon Godlove, Ph.D. In regard to the show, she said, "the masque performance will feature well over 50 CSU students playing Renaissance music and performing choreographed Renaissance dances." Professor Kristen Hansen, Ph.D., another faculty overseer, had this to say about the show: "The end result of this masque is not only the performance experience, which is exciting enough, but this masque has also been a staging point for several academic research interests among graduate and undergraduate students."

The Renaissance Masque, which will be performed on Nov. 7 and Nov. 8 at 7:30 p.m. in the Riverside Theatre, will be an exciting and insightful event for all viewers. For more information regarding the show, call 706-649-7225 or visit ColumbusState.edu/music.

What Are You Watching This Fall?

This season's hottest shows

This season of television programming has been a jam-packed success. Shonda Rhimes Thursday's on ABC, which air "Grey's Anatomy," "Scandal," and "How to Get Away with Murder" will make a person's head swirl with all the twist and turns every show brings. "Gotham" and "Sleepy Hollow" are two fantasy shows that heat up Fox every Monday. Vampires are still gracing the scene with the season 6 of "Vampire Diaries." Will Bonnie and Damon ever make it back home? "Black-ish," a new show that depicts what it's like to be black in suburbia has really sparked controversy. The fall always has the best programming, check the listings below to catch up on these amazing shows.

Francesca Renfroe

Arts and Entertainment Editor

Photo: hulu.com



Hot Fall TV

When: Sundays at 10 p.m.
on ABC

What: *Revenge*

When: Tuesdays at 8 p.m.
on ABC

What: *Selfie*

When: Mondays at 8 p.m.
on FOX

What: *Gotham*

When: Tuesdays at 8 p.m.
on CW

What: *The Flash*

When: Mondays at 9 p.m.
on FOX

What: *Sleepy Hollow*

When: Wednesdays at 9:30
p.m. on ABC

What: *Black-ish*

When: Thursdays at 8 p.m.
on CW

What: *Vampire Diaries*

When: Thursdays at 10 p.m.
on ABC

What: *How to Get Away
with Murder*

When: Thursdays at 8 p.m.
on ABC

What: *Grey's Anatomy*

When: Fridays at 9 p.m. on
CBS

What: *Hawaii Five 0*

When: Thursdays at 9 p.m.
on ABC

What: *Scandal*

When: Fridays at 10 p.m.
on ABC

What: *20/20*

Please Play Your Music Louder

Loud events on campus disrupt some students' day

Sam Sachs

Campus Life Editor

Illustration: Marjorie Pierce



Lately it seems that every day there is some event happening on campus. Campus involvement is wonderful, it lets organizations reach out to the community and they can recruit and have a good time. What this should not allow is for such incredibly loud music and games to be played in the middle of the Davidson all afternoon.

Now, it may just be me and I could be totally wrong, but the Davidson Student Center exists for the enjoyment of all students. This means that everyone in the Davidson should be able to sit in there and do whatever they need or want to do. That could include playing a video game, watching a movie with a friend, or, since we're on a college campus, studying. What makes studying

extremely hard is when any random group that knows how to request space on campus takes over the Davidson for three or four hours and blasts the same songs over and over again from the radio.

I am tired of hearing "Blurred Lines" or "Turn Down for What" every single time that some organization wants to run some random event. Those types of songs may be what works for your group at your parties or in private or in your car, but they are not in any way acceptable to play at such high volumes while people are going about their lives and trying to just have an easy day.

Maybe it's too much to ask from the campus. Looking around on any given day I see stupid arguments, entitled people hitting on everyone that they see, and entire groups leaving to avoid such obnoxious, pointless noise. If groups want to recruit new members or have an event to raise awareness about their organization, there are more polite ways than throwing terrible music at extremely high volumes in student's faces. The Davidson is there for everyone, not just for you.

By all means, play your music. But for the love of all things polite, turn the volume down and be aware that you're not the only people in the building. Seriously, nothing gives a bigger migraine than terrible music that assaults the senses as soon as you enter the room. I admit, some may react to this with a comment of "just leave" or "you don't have to be there," but the point is that I shouldn't have to give you what you want when I'm irritated.

Please remember to have some common courtesy.

College, Love and a Pen

Meeting the Parents

Francesca Renfroe

Arts and Entertainment Editor

Illustration: Elaine Hoffmeister

Getting to know the parents can be a stressful occasion. In a relationship, what your significant other's parents think of you can sometimes make or break the relationship (let's hope not). Nevertheless, what your first impression is with their parents means a lot. What do you do when it is your first time meeting them and you don't want to blow it?

"Listen to what your S.O [significant other] says about their parents," says Deandra Fields, junior Psychology major. "Your S.O will talk about their parents, from the stories they tell you should be able to direct which direction you need to go in when meeting them."

"I cannot stress this enough, just be yourself," says Jazzmine Vann, senior Psychology major. "Putting on a front will give the 'rents a red flag about you. If you're being fake with them, they're going to think you're being fake with their child and that's not what you want."



Seeing the folks can be nerve-wracking

"I think taking your time and making sure that you're ready to take that step is the biggest thing you have to do. If it's right then meeting the parents will be stressful, yes, but everything will play out the way it needs to," said Tashiera Parker, a Graduate student.

Listen to what your significant other has to say, be honest with the parents, and make sure that it's the right time. If you're approaching the situation with these three things in mind, your first meeting with the parents should be a success. If you happen to get that one very overprotective parent who does not want to let their child go, then be patient and talk with your significant other.

It will work itself out with time if handled properly. Shake the nerves off, put on your best outfit and get ready to meet the parents!

Michael Brown Controversy Continues

Autopsy report leaked to the media

By now most individuals are aware of the unrest in Ferguson, Missouri that began on Aug. 9 after the fatal shooting of 18-year-old Michael Brown by Darren Wilson, local police officer. The incident has resulted in numerous protests demanding justice for Brown, with some protests turning violent. An increase in unrest occurred after the medical autopsy of Brown was leaked to the St. Louis Post-Dispatch on Oct. 22. The leak,



which came before a grand jury decision on whether to indict Wilson, has sparked controversy throughout the nation.

The autopsy reveals that Brown was shot multiple times by Wilson, with gunshot wounds to the head and chest being the cause of death. A toxicology report found traces of marijuana in Brown's system. The autopsy report also revealed that Brown was shot in the hand at close range, which was supported by gunpowder particulates that were discovered on the tissue near the wound.

The knowledge of the close range hand wound has sparked much speculation, as well as discovery of Brown's blood in Wilson's vehicle and on his uniform. Forensic Pathologist Judy Melinek was reported by the St. Louis Post-Dispatch as saying, "[This] guy is reaching for the gun, if he has gunpowder particulate material in the wound." Not long after, Melinek informed MSNBC that her words were taken out of context. Melinek argued that the autopsy report could explain a variety of different scenarios for what occurred between Brown and Wilson.

St. Louis City Medical Examiner Michael Graham informed NewsHour that the report indicates an altercation

occurred near the car, but also added that, "this report doesn't fundamentally answer the question of whether at some point [Brown] had his hands up as witnesses have said, or whether he surrendered, or whether they were up in an aggressive posture." While many have taken the leaked autopsy reports to mean that Wilson's version of the events are verified, others remain firm in their beliefs that Wilson is at fault.

The night of the leak, 200 people appeared outside the Ferguson Police Headquarters. Five individuals were arrested for disturbing the peace or failing to disperse, while some protesters threw rocks and other hard objects at local authorities.

Questions have arisen as to whether the autopsy leak was a strategic move by the Ferguson police in an attempt to sway the grand jury. Ex-Attorney General Eric Holder, informed Justice Department lawyers that he is "exasperated [at the] selective flow of information coming out of Missouri." Currently, two inquiries are underway regarding Brown's death. While the St. Louis County grand jury considers whether to charge Wilson of a crime, federal investigators are examining accusations of civil rights violations.

Lindsay Marchello

Staff Writer

Illustration: Marjorie Pierce

Will Cable Remain Relevant?

HBO confirms the release of an online service

Popular TV network HBO threatens a loss of cable subscribers as the company decides to take its services to the next level. Richard Plepler, CEO of the network, has confirmed that people will be able to buy HBO without a cable subscription, starting in 2015. The network is home to some of the most popular television shows including "Boardwalk Empire," "Girls," "True Detective," and the now most popular series, "Game of Thrones."

Those who love these popular shows, but do not have cable will now get the chance to explore the HBO world in a different way. Because the service will become available online, it is speculated that this change will target the younger generation, who are more computer savvy than previous generations.

Hulu Plus and Netflix are examples of online television services that are being used worldwide by a variety of people, especially by students who are in college and cannot afford, or do not have the ability, to get a cable subscription. One concern about internet-based television is that the world of cable is a very profitable one. If the use of internet-based television continues to increase, while the use of cable decreases, it would cause cable companies to potentially lose customers, television networks, and money. This could negatively influence companies who use cable television as the majority of their marketing campaigns.

As of now, the cable industry is still a big business and will continue to profit as long as there is a large population of people

Lyndal Bedford

Staff Writer

Logo: nofilmschool.com



who keep their cable subscriptions. The idea that most networks will turn into online only services is not yet a fully realized possibility due to competition with other services such as Hulu Plus and Netflix.

For HBO, there are still details to be worked out, like how much the program will be and the exact date for when it will be released. This will give viewers of shows like "Game of Thrones" the choice to leave their cable subscriptions and enjoy the shows they love online.

Soldier's Stories

Interview with an award winning Ft. Benning Tank Commander

James A. Grider is a Sergeant First Class, who is currently stationed here at Ft. Benning with his award-winning tanking crew. Originally from Ft. Worth, Texas, Grider and his wife and two kids have been stationed at four different Army bases in the United States. Grider has been deployed to Iraq three different times in the past, but lately he has been leading his tank crew in various competitions.

In May of 2014, Grider and his crew entered the Sullivan Cup Competition, here at Ft. Benning. The Saber asked Grider if he would like to give readers an inside look, to which he responded: "The Sullivan Cup competition is a physically and mentally demanding world-class event that rigorously tests US Army Soldiers, US Marines, and International Partners in tank crew maneuver, sustainment, and gunnery skills. The Sullivan Cup provides a realistic and challenging tank crew competition that will build esprit de corps within our Armor Force and returns the pride of Mobile Protected Firepower gunnery to its rightful place in the mounted force's mindset, determining the best tank crew in the military."



Front to back: SGT Benjamin Whiteman, PFC Thomas Carter, SFC James Grider, and SGT Kevin Luu

Grider and his crew, part of the 2-69 AR, 3rd ABCT, 3rd Infantry Division, won the Sullivan Cup Competition this year. Grider described his experience: "To win the Sullivan Cup was a tremendous achievement for me and my crew. As a senior NCO, my job is more about supervising than executing now, and I can't express enough gratitude towards my crew for how well they performed. To earn the title of the best crew in the Army will be a crowning achievement for all of us in our careers."

Following the Sullivan Cup, Grider and his crew were invited to the Worthington Challenge in Canada. Grider explained how the two events were different:

in today's armor community, as well as knowledge and experience to take back to our units. We can take the experiences we had there and use that to prepare the crews of the future, not only to compete, but to be better prepared and knowledgeable in their craft."

Grider has been stationed at Ft. Benning for some time now, and states that "the Columbus area is the best area surrounding a post that I have been in," as he has enjoyed spending time with his family around town. While he admits that his job can be challenging, he states, "The soldiers I have had the privilege of leading have been world-class."

Cam Krafthefer
Local and World News Editor
Photo: benning.army.mil

"The Sullivan Cup is primarily an American Competition. There were 14 US Army teams, one US Marine Corps team, and two teams from Canada. The two competitions were very similar, focusing on the skills needed to operate as a proficient armored crewman in today's complex battlefields." Grider and his crew were the first international competitors to be invited to the challenge.

Because of his crew's success, The Saber asked if this had any effect on the future of the crew. Grider stated: "These competitions give us an important place

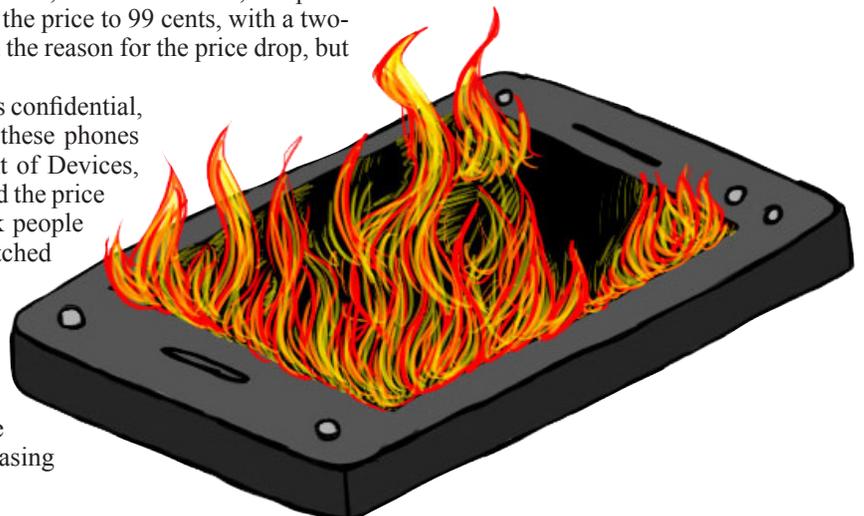
Amazon Fire Burns Out

Sales of Amazon's phone plummet

In June of this year Amazon released its flagship phone, the Amazon Fire, at a price of \$199. Merely two months later, Amazon dropped the price to 99 cents, with a two-year contract. The company declined to comment on the reason for the price drop, but speculation puts the fault on poor sales.

It is not unusual for Amazon to keep its sales figures confidential, so there is no way to know for sure how many of these phones were actually sold. Amazon's Senior Vice President of Devices, David Limp, said that the company simply misjudged the price of the phone. "We didn't get the price right. I think people come to expect a great value, and we sort of mismatched expectations."

Amazon did, on the other hand, report a loss of \$170 million on the phone, and that loss composed a large chunk of its total operating loss for the latest quarter, \$544 million. Currently the company still has \$83 million worth of the phones going into the next quarter and has not specified any plans on releasing them.



Austin Nichols
Staff Writer

Illustration: Noah Sachs

Criminals Continue to Plague Columbus

City faces declining arrest rates amid increasing crime

Scott Berson
Staff Writer

Illustration: Noah Sachs

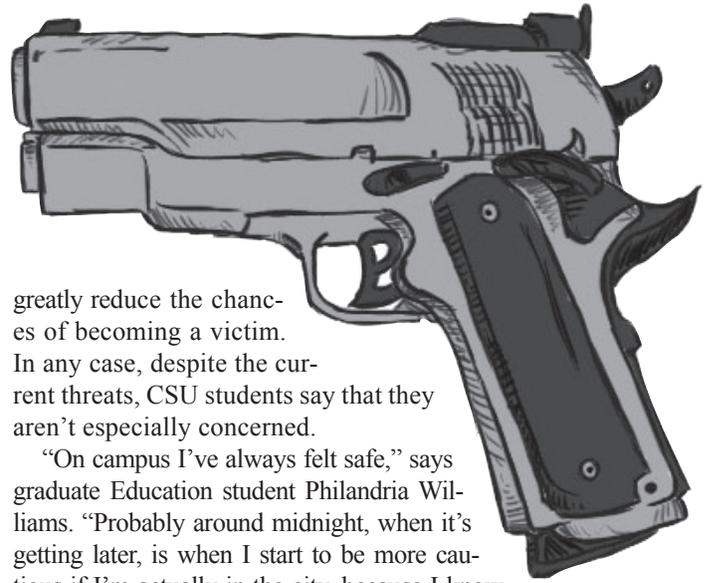
On Oct. 27, 30-year-old Lacosta Williams was shot to death at Booker T. Washington Apartments, only a short walk from Broadway and student housing. Williams' death marked 19 homicides for Columbus this year. Columbus and Phenix City have never been strangers to crime; in the sixties the area was known as a center for organized crime, and although that reputation has largely faded, violence and theft continues to infect the city streets.

With assault being the only decrease, all other types of serious crime (murder, rape, robbery, vehicle theft, etc.) have rates that have spiked anywhere from three to 30 percent in the last two years. Last year, Columbus had 22 murders and almost 3,400 cases of burglary, according to a report by the Columbus Police Department. The police department has struggled to find, train and keep officers on the force to combat the increase in crime. As police are spread thin, more criminals get away with their offenses. Arrest rates have declined about three percent, while crime rates increased around the board.

However, it's not all bad news. Although there has been a spiked increase in crime over the past few years, the longer term trend seems to be that crime is declining. One reason for this could be the increasing prosperity of Columbus itself. "Good economy helps reduce crime," Columbus Mayor Teresa Tomlinson was reported as saying. "Economic downturn is often related to high crime rates, and many young people tend to commit reckless incidents."

Even though Columbus is statistically more dangerous than other cities, the difference may not be as great as expected. The chance of being victim to a violent crime in Columbus is about one in 200, compared to about one in 260 for Georgia, as a whole.

Vigilance and normal precautions, like locking up the house, can



greatly reduce the chances of becoming a victim.

In any case, despite the current threats, CSU students say that they aren't especially concerned.

"On campus I've always felt safe," says graduate Education student Philandria Williams. "Probably around midnight, when it's getting later, is when I start to be more cautious if I'm actually in the city, because I know that that's when more crimes happen." Freshman Music major Caleb Cole says that he believes the police are doing a great job protecting the students and the community. "The police are always downtown, you can see them on their scooters and cars, they do a good job."

In any big city, crime is inevitable and countering it is a full time struggle. As the community fights against crime and violence, students are encouraged to stay safe and to report any suspicious or criminal activity to the authorities.

#HealthGoth

Do you have this treadmill in black?

It's hard to be goth, especially in the South where everything is sunshine and hospitality. It's even more difficult for goths who want to stay healthy in the deep-fried comfort food homeland. However, there is a bright side, and it's black. Thanks to Portland musicians Mike Grabarek and Jeremy Scott, the #HealthGoth trend was born. The duo created a Facebook page encouraging the dark-hearted among



An example of the shirts available at the Health Goth web store

us to go to the gym and feel the burn of exercise, while still keeping in line with all-black attire.

DJ Johnny Love, also known as Deathface, took up the trend and even penned a Health Goth Fitness Bible for encouragement. Some of the tips include: "Your body is 80% made in the kitchen," and "Don't skip a leg day." Of course, with Love's line of high-quality black sportswear, you won't want to skip a leg day.

Love's line even has the backing of Marie Claire, who says that the Health Goth trend is a mix of "gothic sensibilities with futuristic sportswear." If that sounds like a cool aesthetic, all of Love's outfits can be found on the Health Goth website, healthgoth.com, and Love's Etsy store, aptly called Healthgoth. Also on the Health Goth website is Love's personal mix of workout music. While it's not Nine Inch Nails, it is fun to listen to and will warm even the deadest of hearts.

Unfortunately, it's not all cobwebs and graveyards. There are some struggles

to being a Health Goth, as Complex Magazine points out. Their list of "10 Struggles of Being a Health Goth" lets up-and-coming goths know that someone else understands how few smoothies come in black, and no, blackcurrant apparently doesn't count. The number one struggle for Health Goths, though, is unavoidable. It's a sad fact of psychology: exercise makes you happy, which, for any true goth, is unimaginable. Luckily, Johnny Love has some sound advice. He encourages people to work out "til you feel like death," that way, death stays on the mind. So what are you waiting for? It's time to recreate your shrine to Trent Reznor and jump on the Health Goth bandwagon before it gets too popular!

"DJ Johnny Love, also known as Deathface, took up the trend and even penned a Health Goth Fitness Bible for encouragement."

Catrina Dygert
Staff Writer

Photo: Healthgoth.com

Rising Expectations

CSU women's basketball set to start a new season

Last season, the CSU women's basketball team exceeded expectations by winning the Peach Belt Conference Tournament, and getting the automatic bid into the NCAA basketball tournament. Led by the dynamic senior trio of Chatil Bradford, Asha Alexander, and Tae Smith, the Lady Cougars finished last season with a record of 21-7.

Gone are Alexander, Bradford and Smith, but returning are last year's leading rebounder Carrie Washington and exciting sophomore point guard Britteny Tatum. Even with the loss of his senior trio, the Lady Cougars are the preseason favorites to win the Peach Belt, and that has Head Coach Jonathan Norton feeling good about his team.

"Last year everybody knew who was going to get the ball and where they were going to shoot it," said Norton. "This year we think it will be really spread out. Carrie has become a much better finisher around the rim, and we have a newcomer Michelle Mitchell who can really score the basketball. Other than that we believe that we have a team that can average around six and ten points."

Junior college transfer Michelle Mitchell was an all-American guard who originally committed to Troy State University before



Women's Basketball Head Coach, Jonathan Norton

ultimately deciding that CSU was a better fit for her.

CSU will be a lot younger this year with three sophomores, one junior, and a senior starting, as opposed to last year's set of three seniors, a junior, and a freshman.

"We have a talented group, but we are still trying to identify leaders," said Norton. "We lost our three leading scorers, our second and third leading rebounders, and lots of leadership. Even most of our returning players are young because they are sophomores, so we're trying to build team chemistry, but I think as the

season goes along we will find that identity."

The heightened expectations create pressure for this young squad, but the message during preseason is simple: Set your own expectations.

"At our first meeting I told them 'you had a great year, but it's a new year, and everybody is 0-0,'" said Norton. "It's a bunch of one game seasons, and I want them to make their own mark and set their own expectations."

This season is full of interesting storylines that include a tough non-conference schedule, the always difficult Peach Belt Conference schedule, and the return of former CSU's women's basketball coach and current Francis Marion coach Jay Sparks. The young lady cougars will be tested early with a match against a Tuskegee squad that won 18 games a season ago sandwiched between two regional tournaments.

"We will be a fun team this year," said Norton. "I hope that we can build on our success, keep going to the Peach Belt Conference and NCAA tournaments, and give the city of Columbus something to be proud of."

For more information on this year's Lady Cougar basketball team, please visit csucougars.com.

Jake Hall

Staff Writer

Photo: Columbus State University

Losing Someone We Love

Rebuilding life through grief

Aug. 24, 2013 – that's the day my father died.

One of my favorite stories about him was told to me by my mother. Even though they decided not to know my sex during the pregnancy, Dad knew I would be a girl. Before I was born, he bought a red dress with ruffles and white tights

for me to be dressed in for the trip home, both of which were made for a nine-month-old. Mom tried to explain that they would be too big for me, but Dad was resolute. He and that red dress won.

As I became an adult, he would often tell me that I was too nice. I think he worried that I would let this world run me over. But in the end, we balanced each other out; I softened him up and he made me a little tougher.

I miss him. I think about my father every day. I'm sad that he won't be at my wedding, that he won't meet my children, and that they won't get to know him. But I'm so very grateful for that sweet man and the time we had. I'm thankful for how he pushed me, how he saw what I was capable of, even when I doubted myself.

Whenever I feel overwhelmed with what life is throwing at me, if I'm really still, I can hear exactly what Dad would have said to me: "Chocolate Drop, if it was easy, everybody would do it."

Simply put, grief sucks. Sometimes, we try to make ourselves "get over it." Clients who come to therapy to work through grief will often say they "still feel sad" and that they "should be better by now." As a therapist, they want me to help them "fix it." Imagine their disappointment when I tell them I can't help them with this goal; how does one feel better about losing someone you love?

What can take place, however, is rebuilding. Life can be reassembled without the physical presence of the person you've lost. But if you're willing to feel it, there are ways that the person still exists. Recollections

of laughter, hugs, traditions, the lessons your loved one taught you – these memories are with us, always. J.K. Rowling wrote the following in one of the Harry Potter books: "Love leaves its own mark. Not a scar, no visible sign... to have been loved so deeply, even though the person who loved us is gone, will give us some protection forever." I've never read a truer thing in all my life.

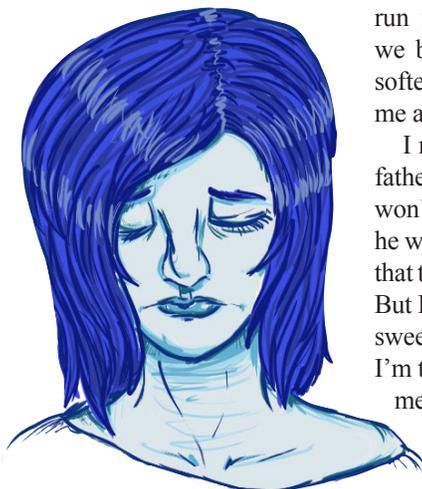
Remember the people that you love despite the fact that they aren't here for us to hold. Don't believe they can't be celebrated or still missed. You don't have to put them away just because they're gone. The sadness of grief is like an ocean; the waves of it ebb and flow. That happens to be the toll for loving someone. But what we get in return is simply too precious to describe.

Jennifer Moore, Ph.D.

Staff Psychologist

CSU Counseling Center

Illustration: Noah Sachs





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