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THE Saber



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On The Cover Bo Bartlett, among others, installing his painting "Civil War" in the Scarborough Gallery at the Bo Bartlett Center.

These stories and many others found within these 36 pages of content.

Special thanks to Tamma Smith for help with photography



STORY BY SCOTTIE DECLUE

Executive representatives
of the Columbus State
University Student
Government Association.

MOVING FORWARD: SUSTAINABILITY AND 'UNUSUAL' REPRESENTATION

First SGA forum of 2018 reveals Environmental Sustainability Plan, new RiverPark Senator

The Student Government Association's first forum of the spring semester was mostly a welcome-back event aimed at introducing student representatives to one another, but the meeting also revealed several important updates on agenda items from 2017. Aside from crossword puzzles, interactive games, and the viewing of a full episode of "Schoolhouse Rock," SGA representatives discussed the passing of a resolution for an environmental sustainability project, announced the filling of a College of the Arts Senator position by biology major Evan Gordon, and discussed the successful implementation of a campus-lighting improvement project by SGA and Campus Police. ▶

Sustainability Act

Last November, Kaleb Cocoran, Speaker of the Representatives, introduced a resolution to SGA titled the "Sustainability Act," which if implemented, would "create a more sustainable campus and encourage students, faculty, and staff to adopt responsible and environmentally-focused habits" through a number of various means.

"We want to try and reduce as much styrofoam and plastic on campus as we can," Cocoran said. "There has been talk about planting more trees on campus, also. That will, however, require special permissions on campus. We are also looking at acquiring some waterless urinal systems."

The act outlines three major initiatives: furnish additional recycling bins on campus, review and reduce the water usage and water drainage on campus lawns, and make an effort to reduce the amount of plastic used on campus. Although the resolution has been written, a more thorough proposal must be submitted to President Markwood before approval may occur.

"We already have and sent a resolution to the board, it passed, and now it is going to President Markwood," Cocoran said. "Now we have to create a detailed proposal outlining the specifics of the plan."

Project managers are unsure how much the project will cost, as collaborators are still working out the details.

College of the Arts Representative

Normally, senators who represent students from a specific school of study tend to follow the same academic track, but that is not the case with Evan Gordon, freshman biology major and now senator of the College of the Arts and RiverPark Campus. Gordon ran unopposed, as no other student came forward when the position became available.

"I heard about the vacancy for the college of arts, and I have a passion for all things arts, and I realized that this position left the students without representation,"

Gordon said. "When I heard the opportunity was available to fill that position, I took it."

Gordon has just finished a seven-year stint with the Army. "I just came off of active duty, and I've been stationed on Fort Benning for the last two years, but I've been in the Army for seven years," Gordon said. "In the Army, I was a parachute infantryman working with special operations units called long-distance reconnaissance and surveillance teams, then worked as an air-assault instructor and a rappel instructor on Fort Benning."

"I only represent the voice of the students to a larger crowd, and it's not so much how much do I know about the arts, it's about how willing I am to listen to the concerns of the students I represent," Gordon responded when asked whether he could capture the voice of the art students as a biology major.

"As of right now, I am still learning the ropes. One of our current missions is to let everyone know who I am and that I am available to listen to their issues," added Gordon

Students who would like to speak to Gordon can email him at gordon_ewan@columbusstate.edu, or make direct contact by attending one of the monthly SGA forums in the Columbus room in Davidson Hall.

Lighting Project

Last semester, several students continually voiced concerns to SGA about areas on campus that were poorly lit and needed improved lighting for safety reasons.

SGA passed a resolution, and with the help of Campus Police, were able to replace and install new lights in many areas across campus.

"We really don't have a final number of lights because we replaced so many," SGA President Logan Ragan, said. "Students kept coming forward, and we took on that responsibility and followed through. Student safety is certainly a concern of SGA, and this is a good example of how SGA can work with the University and the students to solve problems."

EVAN GORDON, FRESHMAN BIOLOGY MAJOR IS NOW SENATOR OF THE COLLEGE OF THE ARTS AND RIVERPARK CAMPUS

REESE, JONES OUT. ROMANDINI, MCELVEEN IN

CSU's administrative team to undergo short-term transition

STORY BY PHONG VO AND MARIAH JACKSON

On Jan. 5, President Markwood announced in his "Post from the President's iPad" some major changes to the administrative team at CSU. Both Human Resources director Laurie Jones and Assistant Vice President of Student Affairs and Dean of Students Aaron "Chip" Reese, Ph.D., have left Columbus State University to embark on opportunities at Albany State University for a short period.

Reese will act as interim vice president for Student Affairs and Enrollment Management at ASU, and will hold the position for three months. The goals of his assignment are to merge Student Affairs with Enrollment Management and to hire personnel for several executive administrative positions. Jones will take up a position in the Human Resources department. So far, Reese and the transition team for ASU have been able to merge five of their offices: Bursar's, Registrar, Residence Life and Auxiliary Services. John McElveen, Ph.D., will fill in for Reese while he works toward these goals, and Russ Romandi will act as associate vice president for Enrollment Management while McElveen is working in Reese's position. McElveen served as associate vice president for

Enrollment Management at CSU before Reese was loaned out.

"The University System of Georgia requested Reese serve in an interim role with (ASU)," said McElveen, but the CSU administration expects Reese's return soon. "Probably within several months," he added.

ONCE REESE RETURNS, MCELVEEN AND ROMANDINI WILL RESUME THEIR PREVIOUS TITLES ACCORDING TO THE ADMINISTRATION.

Jones could not be reached for comment on her transfer, and has already begun her work leading ASU's Human Resources team. Once Reese returns, McElveen will resume his previous responsibilities as Associate Vice President for Enrollment Management.

Gina Sheeks, Ph.D., knew McElveen already performed many of the same duties that Reese did while working at Middle Georgia College. Sheeks and President Markwood asked McElveen to fill in during Reese's absence because of his previous experience with similar administrative duties.

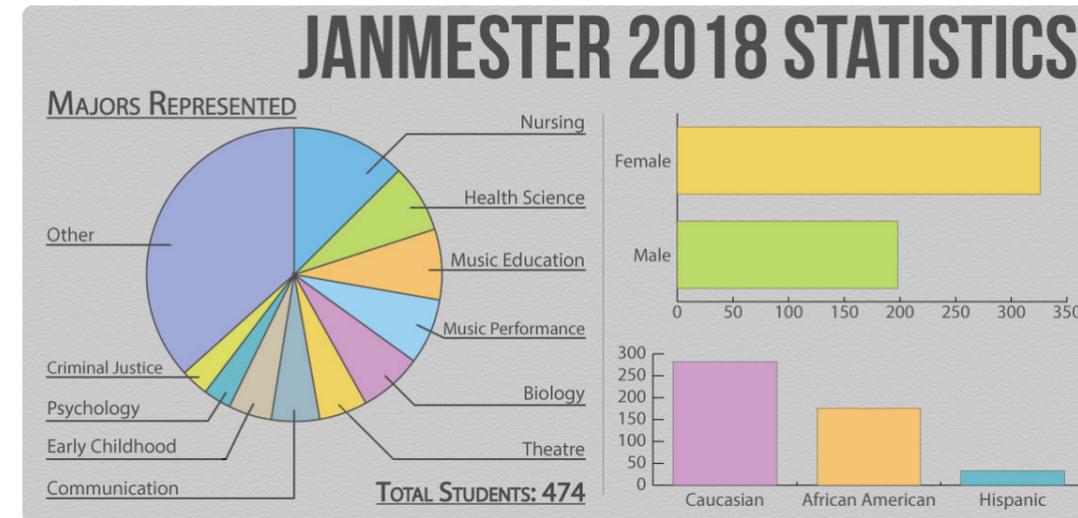
"My goal is to serve and support our students with the same standard of care and attention provided by Dean Reese," said McElveen, now part of the Student Affairs team.

Because McElveen has temporarily stepped in for Reese, he needed a temporary replacement as well; Romandini was selected. Romandini has worked for CSU as director of financial aid for over 20 years, a position he continues to carry out the duties of alongside his new duties of associate vice president for Enrollment Management.

"In a lot of ways, this job is simply an extension of what I have been doing," said Romandini, whose main task will be working with enrollment services.

Once Reese returns, McElveen and Romandini will resume their previous titles according to the administration.

January 2018 was the first January Semester implemented at Columbus State University

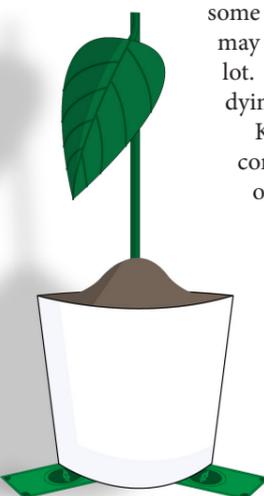


CSU THROWS NEW SHADE

The removal of trees in decline over winter break leads to a tree-planting initiative on Main Campus

STORY BY IVEY MILAM, ILLUSTRATIONS BY MADI STEELE AND RAYLYN RAY

While students were away on winter break, Columbus State University lost three of its live oak trees and several of its pines. According to Clifton Ruehl, Ph.D., an associate biology professor, an arborist from Diversified Trees removed both trees near the Student Recreation Center and trees around the Schwob Memorial Library after Mike Medlock and Kelly Wilson from Plant Operations saw that conditions necessitated the removal.



“Some of the trees around the library were damaged last fall when the library roof was being replaced, some were diseased (pine beetles), and some may have posed a threat to cars parking in the lot. The trees removed by the rec center were dying or dead,” Ruehl said.

Kelly Wilson, director of maintenance and construction, stated that the trees outside of the recreation center were live oaks and that those outside of the library were pines. Already, workers from Seasonal Concepts have replanted oaks around the center.

“These will hopefully grow into large beautiful trees with lots of shade,” Ruehl said. Although the trees will all be replaced by healthy native trees, there is still room to improve the state of the tree canopy on campus. “In the last decade, many more trees have

been removed from campus than have been planted, resulting in a thinning tree canopy and fewer of the many ecosystem services (shade, habitat) that trees provide,” Ruehl said. “There are many things that could be done. The Sustainability Committee is working on the five-year strategic plan and would like to make the tree canopy (or the loss of the canopy) on campus a part of that process. Becoming a Tree Campus USA is another way to ensure the ongoing maintenance and protection of the trees on campus.”

According to the Arbor Day Foundation, “The Tree Campus USA program helps colleges and universities around the country establish and sustain healthy community forests.” As of spring of 2017, nineteen colleges in Georgia are considered Tree Campus USA institutions, and over 300 in total are present in the United States. In order to be recognized as a school involved in the program, the institution must be a two or four-year college that follows the five formal steps posted on the Arbor Day Foundation website: create and maintain a Campus Tree Advisory Committee, possess a Campus Tree Care Plan, allocate annual funding for tree-related activities, hold an Arbor Day observance, and carry out a service learning project.

Currently, CSU is not enrolled in the program. However, due to its arboretum fund, the University is already one step closer to becoming a recognized school. With dedication to the other requirements, the trees that add beauty and shade to an already charming campus will continue to offer those things and ultimately sculpt CSU into not simply a respectable learning environment but also one that adheres to environmental policies.

WHAT IS THE ARBORETUM FUND ?

THE ARBORETUM FUND at Columbus State University pays for the landscaping and beautification services on campus. “The funds have been used for various landscaping projects over the years,” said Rocky Kettering, vice president for University Advancement, “This includes planting trees on campus.” The money for the fund is from donations to the CSU Foundation, which began accepting them in 1997. According to Kettering, a committee that was headed by English professor David Johnson initiated the request for funding, and the most recent donation was in 2000. There

has not been another donor gift since. With the previous contributions, the arboretum fund has covered the costs of replacement trees for those removed over winter break in addition to other general improvements to the main campus, which can include the purchase of mulch for the plants. “The most recent purchases included live oaks, sycamores, maples, and various pallets of grass and pine straw for main campus,” Kettering said. “The current balance in this fund is \$0. The funds have been fully utilized for their intended purpose.”

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ARAMARK CONDUCTS SURVEY, MAKES CHANGES

*Aramark general manager
Paul Gurski discusses dining
changes across campus*

STORY BY MADDIE FUERTE,
ILLUSTRATION BY
ASHTON JOHNSON

Students spoke, Aramark listened, and Columbus State University's dining services met their needs with a plan of action. In Frank Brown Hall on RiverPark campus, one will find a "new Micro POD – a self-service convenience store on the second floor," said Paul Gurski, Aramark general manager.

Other improvements have been made to the campus services as well. Aramark has "ramped up" dining events and set forth the "Peer-to-Peer Ambassador team" to better student dining services campuswide.

Surveys were conducted on behalf of students in order to glean insight into the wants of the diners and needs of the dining areas. Part of that process was hiring a "team of culinary experts that are passionate about serving the needs of all of our students," said Gurski. Students have noticed those changes and are excited about "the chicken [being] better," said Tatyana Valteau, a student who dines in the cafe regularly.

One of Aramark's goals is to make the student's dining experiences what the student wants, and the employees express passion about it. Not only have a series of surveys been conducted, but fun events, such as "Wing Night at the Rankin Den" or "Welcome Back Luau," have been promoted." Gurski also explained that the team is meeting



**"FOOD
SHOULDN'T
BE HARD"**

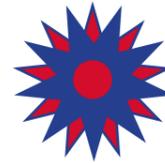
regularly with the Student Government Association to better reach the student body.

"Food shouldn't be hard," Gurski said. Changes have already been made to better the dining experiences at CSU, and they will continue to become what the student body wants. If the issue is important, Dining Services encourages students to reach out. Let Aramark know what CSU wants.



Danesha Evans receiving the Miss CSU crown. Danesha's platform is suicide prevention.

DANESHA EVANS



MISS CSU 2018

STORY BY SCOTTIE DECLUE
AND VIVIAN DUNCAN

During the unseasonably warm evening of Feb. 3, attendees at the twentieth annual Miss Columbus State University beauty pageant were treated to a show. The hair spray was thick in the air, the crowd was electric, and the six contestants came determined to win.

At the program's end, Danesha Evans, a senior studying musical theatre, received the crown and title of Miss CSU, making her the twentieth recipient of the award. Evans also received the Haylee Henderson Community Service Award as well as the Charles R. Eason Talent Award for her tap dancing. She is preceded by Miss CSU 2017, Chelsea Rogers, who was unable to attend the pageant due to her travels in Japan.

"The pageant was phenomenal, and the one thing that made it the most special are the girls that I competed with," said Evans. "Everything we did behind the scenes and the sisterhood is what made it important, and fun, and phenomenal."

Evans will go on to compete in the Miss Georgia Pageant, which takes place in Columbus annually. Miss CSU is a preliminary competition whose winner becomes applicable to compete in the state

competition. Evans, who competed with a suicide prevention platform, will continue to spread her message at Miss Georgia.

"I compete for many reasons, my platform is suicide prevention, and I want to spread the message of prevention and help people who may be in a state of crisis," said Evans. "I am excited to go to Miss Georgia. It is an opportunity that many people don't get to have even if they have been competing for years. I am excited to learn from a new experience."

THE HAIR SPRAY WAS THICK IN THE AIR

Elias Argueta, executive director of the Miss CSU competition, said this year's focus was not only about recognizing Miss CSU 2018, but about acknowledging all the Forever Miss CSUs. In attendance that night were 14 Forever Miss CSUs, who took on various roles throughout the evening's program.

"They are going to be performing, judging, and we have one – Ama Trear – who will be the emcee," said Argueta. "We wanted to make sure that the twentieth year was about those forever Miss CSUs also, and we wanted to recognize them for what they've done for the University."

Miss CSU 2002, Kara Shehane-Lee, enjoyed the performance and also sang "Don't Rain on My Parade" by Barbra Streisand. "This is sort of a fun little blast to the past. It's a good look back," Shehane-Lee said. "I am excited to sing that song because it is the gusto of a pageant girl – the idea that she can be what she dreams."

Many CSU students attended the event. "Miss CSU was very enjoyable and I'm so proud of all the girls who competed," said Mary Claire Halbrook, CSU senior. "The (emcee) was very interesting and made the pageant enjoyable for the audience that she had even though it was an awkward running commentary."

Amarinda Trear, Miss CSU 2012 and the event's emcee, was originally meant to co-host with another Miss CSU, however, her partner did not show and Trear took on the responsibility alone.

"I feel like the girl that was crowned Miss CSU is a good representation of what Columbus State strives to teach their students to be like," said Jacob Halbrook, CSU sophomore.

DEBUT GRANDEUR

*A historic event for CSU:
The Bo Bartlett Center is
finally open*



THE BO BARTLETT CENTER
COLLEGE OF THE ARTS AND LETTERS, COLUMBIA STATE UNIVERSITY
RIBBON CUTTING JANUARY 18, 2018





A view from
the inside of
the Center.

STORY BY SCOTTIE DECLUE

Individuals in the art community eager to finally get a glimpse of the stunning Bo Bartlett Center need not wait any longer, as collaborators finalized the massive College of the Art's project and opened its doors to the public during a ribbon-cutting ceremony this January. The ceremony may have indicated the end of the installation process, but there is still much work ahead in terms of accomplishing the goals and mission of the Center, which involve educational outreach.

The Center's opening ceremony showcased the works of nearly 30 artists, many of whom have never been exhibited in the Southeast. The opening exhibition, *Peers & Influences*, was Bartlett's recognition of the many artists with whom he had a close connection. The exhibit included works by Bartlett's wife and co-curator, Betsy Eby, as well as Andrew and Jamie Wyeth.

In addition to *Peers*, the center will hold the Scarborough Collection, which is a collection of 14 staggering paintings by Bartlett, as well as an archival room called the Cheves Archival Gallery that houses a collection of objects relevant to the inspiration and production of Bartlett's works.

"This magnificent facility will serve not only as the home for defining works and memorabilia of this highly acclaimed American artist, it will expand the experiential learning opportunities afforded by the center's educational programming. It is truly an art education center," said College of the Arts Dean Richard Baxter.

Housed in the Corn Center at RiverPark campus, the 18,425 square-foot interactive gallery—complete with skylight and movable 31' x 17' walls—was developed in a partnership between Columbus State University and nationally acclaimed artist Bo Bartlett. Designed by Seattle-based architect Tom Kindig, an award-winning member of the American Institute of Architects, the Center spent five years in construction and cost roughly \$6.5 million, but it has been 15 years since the Center's inception.

Bo Bartlett, a Distinguished Visiting Professor of Art at Columbus State University, is a locally-rooted American realist painter who expresses a modernist vision in his work and has received renown through repeated commendation and recognition globally by the professional art community. He has exhibited art in world-class museums and is the recipient of many awards, most recently the

1858 Prize for Southern Contemporary Art by the Gibbes Museum of Art.

"This new facility on the second floor of the Corn Center for the Visual Arts on the RiverPark campus is a spectacular addition to Uptown Columbus and to Columbus State University," CSU president Chris Markwood said. "I think the Bo Bartlett Center will add significantly to this region's growing national reputation as an incubator of young talent, and a showcase of accomplished artists."

According to the University, Bartlett will conduct various annual workshops held at the center. A rotating exhibitions gallery will feature the work of visiting American artists, who are acclaimed both nationally and internationally and will also teach master classes. Additionally, the center will offer educational outreach for the surrounding region with a focus on providing art training and the development of creativity for underserved communities.

"I am honored to partner with Columbus State University," Bartlett said. "I am particularly thrilled about our plans to reach out to young people, who perhaps haven't had the opportunity to unlock their creativity and realize their potential.

There was nothing like this when I was growing up in Columbus. But now that I am back in my hometown, I can't think of a better way to give back."

The Center's website states its mission is to "explore creativity and learning within the context of the work and studio practice of the painter and Columbus, Georgia native Bo Bartlett," and as a multidisciplinary institution, will have a wide range of programs to include exhibitions, concerts, lectures, and film. The Center also intends to develop a network of affiliated art schools, museums, and universities across the country for partnerships and future collaborations. "I look forward to the opening of this unique cultural institution in the College of the Arts at CSU," said David Houston, Executive Director of the Bartlett Center. "We will work to add to the many unwritten chapters of the history of American art while continuing to develop our deep commitment to innovative community service."

"His paintings will mean something to some people and something else to others," Houston said. "A good realist painter is like a good musician. They're storytellers. But given the complex times we live in, the story is never simple."



Bartlett's wife
and co-curator
Betsy Eby

THE EXPRESSION OF DIS EN G A G E M E N T

Creighton Michael re-imagines mark-making through his exhibition "In Process"

STORY BY SCOTTIE DECLUE

Disengagement was the term thrown around by artist Creighton Michael and his exhibition curator Joel Carreiro when describing the focus, direction, and theme of "In Process" – an exhibition currently on display in Illges Gallery at the Corn Center until Feb. 17.

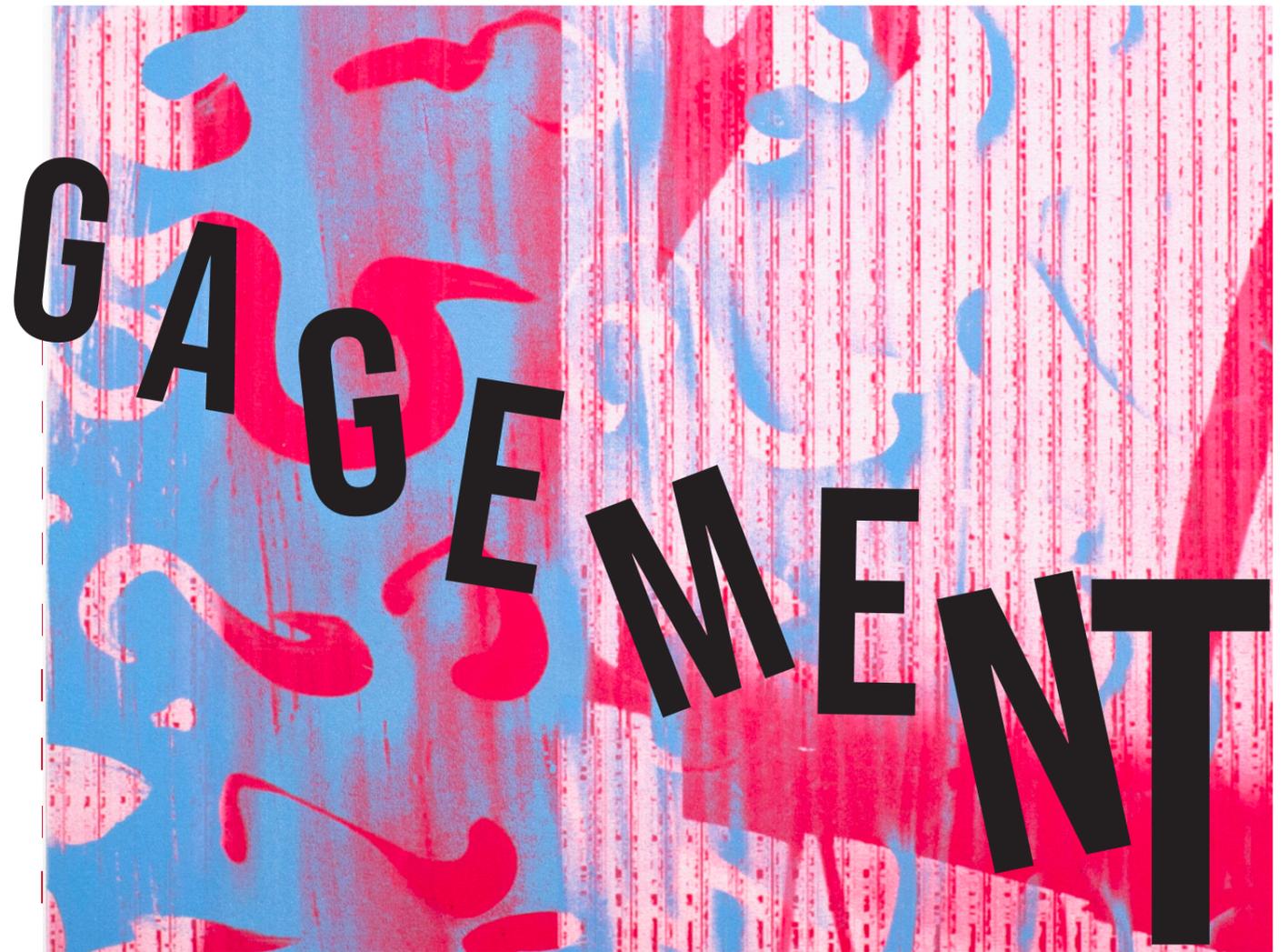
The collection of 38 pieces explores Michael's innovative mark-making style, which re-imagines "the transformative possibilities of mark-making through a variety of drawing, printmaking, painting and sculptural materials and methods as well as video and sound," according to Carreiro.

A reception was held to debut the collection in late January, which included two unusual surprises: a public interview

of Michael by Dan Rose, Ph.D., who is the Director of the Counseling Center at CSU; and a premier of "Carving Air" – a choreographed dance piece performed by the CSU Dance Team and designed specifically for Michael's exhibition.

Although there is much variation in each piece comparatively, Michael attests that the 17-year span of work is built off a concurrent theme of expressive disengagement. "He will make the brush strokes on a sheet of plastic, on a table. And, later on, he'll peel them off and apply them. It's all secondary," Carreiro said about the 20 or so layered acrylic pieces. "He refers to it as expressive disengagement or mediation. Essentially, what is it is, the expressive act is one

MICHAEL ATTESTS THAT THE 17-YEAR SPAN OF WORK IS BUILT OFF A CONCURRENT THEME OF EXPRESSIVE DISENGAGEMENT.



Layered acrylic chronicle piece titled "punctuation"



Left to right: Joel Carreiro, Creighton Michael, and Dan Rose

step, and then applying on a panel is a secondary step."

"Disengagement, or removal is like being in two places: collaborating with nature, or a computer, or other people, or myself even, goes along with that," Michael said. "I want to separate myself from the actual creation, which is why I paint on acrylic and then contemplate, and then later come back. This is why I collaborate with others."

Several of Michael's pieces, although designed by Michael, are assembled by someone else for each exhibition. "Instructions for GRID," for example, is a collection of steel wires with rubber tubes placed in various positions on a canvas, and each installation is unique to each exhibition.

"The idea is that the collaborator can put these in different arrangements every time, and the piece changes every time in a collaborative method," Carreiro said. "He has front loaded the decision making

process in a way that you can't actually fail, but you give the decision making to someone else. He thinks of it like a musical composition. He is obsessed with Beethoven 6th. Every time it's performed, certain parts are accentuated."

José Rosario, a studio art major at CSU, was a gallery assistant who installed the piece "Instructions for GRID." "Essentially, the entire piece comes in boxes and we have to put it together in a grid," Rosario said. "I think that certain pieces have this incredible feel that look like something you expect it to be. Once you take a closer look at everything, bits and pieces come out and you start to notice more."

Halfway through the reception, four individuals wearing all black began performing the silent dance piece "Carving Air," which lasted roughly 15 minutes. The performance used the entirety of the gallery space, and was choreographed by one of the performers, Courtney Collado.

The presentation was originally designed around a musical piece called "Construct," written by musician Bruce Roter, but was performed in silence.

"I was given the artist and the music, and chose a piece of art that I liked: the floor piece 'Trefoil.' The music was hard to count, so we made the piece in silence," Collado said. "As a choreographer, you start with the music and an idea. Essentially, I was given the music, context, space, and the art. It was unique working with these concepts."

Also performing "Carving Air" were three CSU students: Ashlan Averett, computer science major, Jena Davis, Spanish Major, and Alexander Williams, a theatre major. "I think the dance was perfect for the gallery because Creighton Michael portrays the process of making art, and this piece was kind of like portraying the process of making dance," Davis said. "We were dancing for the music and the art."

MEET OUR NEW PROVOST DEBORAH BORDELON, PH.D.

“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED IT’S THE ONLY THING THAT EVER HAS.”

~ MARGARET MEAD



STORY BY TONI STAUFFER

IN JUNE OF 2016, Columbus State University Provost Tom Hackett, Ph.D., moved out of his position to form a new initiative within the College of Education and Health Professions.

The move left a vacancy that, after a year and a half, has finally been filled. Deborah Bordelon, Ph.D., has an impressive 21-page curriculum vitae. She received her bachelor's in elementary education, a master's in education, and a doctorate of philosophy in special education at the University of New Orleans, along with several certifications. Bordelon has extensive experience in strategic planning and budgeting, special education, academic program growth and vision, institutional development, obtaining funding, and forming community partnerships.

She has been a professor, a dean, assistant chair, chair, and she served as provost for Governors State University in Illinois. She is a member of no less than 12 professional organizations, has a wide range of field interests, served on numerous committees, given many presentations, received seven academic awards, and has published extensively. There is no doubt that she is more than qualified to be our provost, but people are so much more than their resumes.



Please tell in your own words what your job as provost entails.

The position of Provost and Executive President is one that I find energizing and exciting. As Provost and Executive Vice President, I serve as the chief academic officer and the position is second in command reporting directly to President Markwood. I work closely with the Faculty Senate, the Executive Leadership Team, the Deans' Council, and the Chairs' Council. I am responsible for collaborative decision-making focusing on university-wide strategic planning and budget development, institutional research and the conduct of research, creative activities and scholarship.

I also have oversight of all of the areas of the University that have an impact on the educational experience of students, which includes academic planning, educational policy, student enrollment, university libraries, student success (retention, progressions, and graduation), academic advising, international education, distance learning, faculty development, academic judicial affairs, servant leadership, continuing education, as well as institutional effectiveness, assessment, and accountability. It is a position that is demanding and requires a broad understanding of all aspects of the university, but for me it is a dream job!

Why did you choose your career path? And did you always know that is what you wanted to do?

My career path was influenced by mentors who guided me to where I am today. I have taught students in grades 1-8 in the general classroom as well as in the gifted program. When I was finishing up my gifted certification, my professor, Dr. Mary Banbury, asked me to stay after class. Needless to say, I was thinking the worst; however, she wanted to encourage me to pursue a doctoral degree in special education and wanted to be my major professor. As a first generation college student, I never thought that I would be a college professor, much less a Provost. Dr. Banbury was such a phenomenal mentor during my doctoral program

(and we continue to be close friends) and always challenged me to be open to new opportunities. Her advice resonated with me and continues to guide my career path. As a result, throughout my career in higher education, I have always been actively involved in university life both in and outside of the classroom as well as in the community. As leadership opportunities were presented to me, I have been open to them and have embraced both the challenges and opportunities.

What college(s) did you attend, and can you tell us what your education meant to you?

All of my degrees are from the University of New Orleans. I am a first generation college student and the only person in my family to go on to earn graduate degrees. My parents did not graduate from high school, though they did earn GEDs when I was in elementary school. When I was an undergraduate student, I lived at home and worked to pay for educational expenses. This resulted in limited time for engagement on campus, but I did try to attend theater productions and lectures on campus on a regular basis. Having the opportunity to pursue an education truly opened up the world to me.

My experiences as an undergraduate have informed my commitment as a university administrator to ensure that commuter and resident students have opportunities to get engaged with university life through a wide range of activities. I want to make sure that everyone sees themselves as integral members of the university community.

Why did you decide on Columbus State University?

What drew me to Columbus State was the strong commitment to developing innovative academic programs, supporting student involvement and focusing on student success. This was evident in my meetings with administration, faculty, staff, and students. I was also drawn to the university-wide commitment to creative problem solving and servant leadership.

There is a vibrancy on campus that I could feel immediately.

President Markwood's vision for Columbus State and the new strategic plan address initiatives that I am very passionate about. I am so excited to be a part of CSU as it embarks on this transformation and growth. I want to truly make a difference in the lives of students.

Do you plan to adopt or create any special projects? Do you have any plans ready to go?

Three key focus areas for me are program development at the undergraduate and graduate levels, recruitment and retention of students, and faculty development. I also want to get actively involved in the "We Solve It" Quality Enhancement Plan and the Servant Leadership Program. I am passionate about empowering students to be critical thinkers and leaders in their communities. I also want to focus on developing new community partnerships and building upon the ones that currently exist.

What is your favorite book?

This is another category that is hard to narrow. Reading is one of my favorite hobbies. One book that I have recommended to many of my friends is *Kindred* by Octavia Butler. She was the first African American female science fiction writer. *Kindred* deals with time travel, slavery, and human connections. It is a very powerful and thought-provoking book.

I also recently received *Lincoln in the Bardo* as a gift, and I am really looking forward to reading it.

Who do you admire?

I greatly admire Ruth Bader Ginsberg. Her intelligence, wisdom, and sense of humor have always impressed me. She has been a champion for gender equality and has been willing to stay true to her convictions even in the face of adversity. I am really looking forward to seeing the documentary, *RBG*.

MUSICAL PERFORMANCE RECEIVES STANDING OVATION



Schwob School of Music students perform Mozart's "La Finta Giardiniera" to packed houses

STORY BY SCOTTIE DECLUE

The scene was set: the balustrade of an 18th century Italian estate covered with ornamental ribbons, potted plants, and white wrought-iron patio furniture. The lights went up, and what followed was the first musical opera performance of 2018 for Columbus State students at the Joyce and Henry Schwob School of Music.

Students and faculty from Schwob's Vocal Division twice performed the musical opera "La Finta Giardiniera" by Mozart this January to standing ovations from packed houses in the RiverCenter for Performing Arts' Studio Theatre.

Although "Giardiniera" was written for a cast of seven characters, nine students in total performed. The stage characters

Serpetta and Roberto (Nardo) were portrayed by different students each evening. During the Friday performance, Serpetta and Roberto were played by students Katherine Ambrester and Terrence Gibson. The Sunday performance cast Keyln Hammonds and Nicklaus White. The main character, Violante the Gardener, was played by Schwob student Olivia Crouch.

"Physically, I would say the most important thing I did was stretch," Crouch said about preparing for her performance. "Stretching is, as I've learned, an extremely important part of one's warm up. The quality of one's voice is greatly affected by the condition of one's body." Crouch mentally prepared for her role by viewing



The cast of the Jan. 19 performance of "La Finta Giardiniera."

CROUCH MENTALLY PREPARED FOR HER ROLE BY VIEWING THE STAGE FROM A DISTANCE AND RUMINATING FROM THE CHARACTER'S PERSPECTIVE.

the stage from a distance and ruminating from the character's perspective.

"Before heading out on stage, it's important to get yourself in the right mental space," she said. "I found it helpful to find a spot to myself backstage to just think. I thought about my character's situation, how she felt about each situation, and what would make me feel that same way. In this way, I hoped to portray the character as honestly as possible."

The 18th century Italian opera, comprised of approximately three one-hour acts, was organized by stage director J.J. Hudson, D.M.A., and artistic director Professor Joseph Golden, and was conducted by Associate Professor Paul Hostetter. All three hold various degrees in musical theatre with distinguished recognition for outside work in their fields. Managing the stage for the performance was Schwob student Brea Walker, with help from Assistant Stage Manager and Schwob student Jay Branch.

"The performances of La Finta Giardiniera were chaotic but

successful," Walker said. "Even though we had many setbacks the show went on, as it always does. Somehow we managed to get an opera up and running through snow days, actors losing their voices, and a sick maestro. But each performance the actors gave their all and brought to life the melodramatic comedy that is Opera Buffa."

The musical score, played entirely on piano, was performed by Schwob students and piano majors Juan Collazos and Zhirui Zhou. Each pianist played approximately half a set, switching off during Act II.

"We started to prepare the music the last week of December, and then we had two more weeks of rehearsals where we worked with the singers throughout the piece," Collazos said. "I use to spend in between two and three hours per day to practice it. Even though the music was not very difficult to read and memorize, Mozart always requires you to be very accurate with the notes and the style, so the concentration should be always high."



“ Henig’s performance strapped the audience into a rollercoaster of reactions that did not let up until the very end.”

DAN HENIG, VIRAL INTERNET MUSIC ARTIST, PLAYS AT RIVERPARK

Covers Beyoncé, Lil Jon, and more

STORY BY JAVERE JOHNSON

Dan Henig, whose career took off after covering “Get Low” by Lil Jon and the East Side Boyz and more recently gained fame for performing “My Neck, My Back” at a senior center, performed Tuesday, Jan. 23 at Columbus State University.

It is no secret that it takes talent to sing. However, Henig’s performance requires having the confidence and stage presence to perform explicit songs in locations that normally have a nonexplicit vibe.

This was unlike any other recent performance at CSU because Henig has a unique performance style that includes the audience, and the show was indeed explicit, appropriate only for a mature audience. Henig is much more than a cover artist. He has written many original songs that range from a series of topics like being a Jewish cowboy to his struggle making it in the music industry. He

does not constrict himself to one genre but instead makes songs that are humorous and emotional.

Henig’s performance strapped the audience into a rollercoaster of reactions that did not let up until the very end. The audience cried from laughter and then immediately fell into a reflective state as they thought about Henig’s lyrics. What made this even better was that the audience got to choose the direction of the show.

Random people in the crowd were asked two questions: if they would like to hear an original or cover, and if they wanted a happy, sad, or funny song. Henig did the show without a set list, which made this one of the most interactive, musical performances to ever come to CSU. It’s safe to say this event was a great start to the spring 2018 Cougar Kickoff.



Columbus State University

TOWER DAY APRIL 12

CSU Undergraduates from all disciplines are encouraged to submit proposals online to present research, scholarly activities, and creative endeavors.

Submission Deadline, March 16, 2018

https://aa.columbusstate.edu/research/undergrad/towerday_index.php
Contact: Professor Hannah Israel at israel_hannah@columbusstate.edu

Colloquium

4/12

9 am - 6:30 pm
Davidson Hall

Keynote Addresses
Scholarship Presentations
Poster Sessions
Art Exhibition

Concurrent Research Presentations:

QEP Real World Problem
Solving Presentations

SAGE / Spring Annual Presentation
and Game Expo

Tower Day Celebration
Performances and Awards Presentation



ACTORS STEPHEN TOBOLOWSKY AND ANNE HEARD VISIT CSU

Hollywood actor participates in symposium for CSU Theatre students



STORY AND PHOTOS BY VIVIAN DUNCAN

Hollywood actors Stephen Tobolowsky and Ann Heard, who are married, held a symposium and book signing before the State Theatre Gala on Jan. 13 in the McClure Theatre at the Springer Opera House. The event was a partnership with the Georgia Repertory Theatre, where they talked about their lives and lessons in the acting industry. Columbus State University theater majors were strongly encouraged by their professors to attend the symposium as an unofficial convocation event, as well as to meet inspirational figures in their area of study.

“As a young actress, hearing Stephen and Ann talk about their experiences in the acting industry was so rewarding,” CSU Sophomore and theatre major Macy Frazier said. “They were also so supportive of all of us and encouraged us to pursue our careers with passion.”

Tobolowsky teaches comedy and improvisation techniques in Los Angeles and has appeared in hundreds of television shows and films, including roles in “Groundhog Day,” “Spaceballs,” “Mississippi Burning,” and “Californication,” as well as appearances in shows such as “Murder She Wrote” and “Glee.” His popular radio podcasts of autobiographical stories were turned into a book titled “The Dangerous Animals Club,” and his signature talent in storytelling also inspired his newest book “My Adventures with God,” which was available for signing at the event.

Paul Pierce, Director at the Springer,

introduced Tobolowsky. “This is our chance to show our students how first steps in their careers might look,” he said. Tobolowsky proceeded to address more than just the theatre students with impactful bits of knowledge and wisdom. “The biggest thing you need to know is that 95 percent don’t do it. I don’t mean not succeed, but they just don’t do it,” he advised. “If you do something... those are successes, because you’re already ahead of the game and ahead of the person who didn’t do something.” Tobolowsky also gave advice specific to the actors in the room about auditions. “You may not get this one, but they’ll remember you for the next one,” he said.

“You are here for the marathon, not the sprint, if you’re an actor.” Tobolowsky finished his inspirational speech and let his wife Ann take a turn. Heard is from Griffin, Georgia and earned her undergraduate degree in Early Literature. She eventually returned to school to take acting classes even though she had no background in acting. And though it seemed like an impossible dream at the time, Heard is now a successful actor and director. She moved to Los Angeles and met Tobolowsky, and they have been married for thirty years.

The actors and audience took a more sombre tone when an attendee asked about Tobolowsky’s time working on “Glee.” He explained his feelings after his co-actor Cory Monteith passed away due to drug and alcohol abuse in 2013. “I have terrible mixed feelings about Glee because of Cory. I loved Cory so much; he was such a great person. I think of Cory, such a bright light, a beautiful person, gone,” he said. “You get this one life, don’t throw it away, it’s not a joke. There is something in us that

will eventually lead to self-destruction. Don’t do that. There is nothing more precious than your life.”

The couple shared stories such as the time Tobolowsky had to turn down a main character role of Al from the television show “Home Improvement” because he had a baby on the way, or the time he got a role because he had recently fallen off a horse while riding on the side of an active volcano and broke his neck.

Tobolowsky attributed his urge to start writing to the accident. His doctor told him that it was a fatal injury, so Tobolowsky began writing stories about his life that he wanted his children to know. He explained that it was not for the money, but it all actually happened quite accidentally. He was contacted to do a podcast telling his stories, which then spread across the National Public Radio. Tobolowsky was contacted about publishing those stories in a book, and he now has a second one published as well.

The director had to step in to end the session due to excessive questions from an inquisitive audience. “I felt as if the lecture was informative but also very casually engaging,” CSU freshman and theatre major Garrett Williams said. “It allowed the audience to understand that just like ourselves, everyone experiences tragedies and triumphs.”

Students also seemed to take a liking to Tobolowsky on a personal level, and not simply as a role model. “I felt as if Stephen was a very honest and caring person. He has worked extremely hard in life and rightfully deserves what he has,” Williams said. “He also has some great personal examples to help encourage anyone interested in pursuing the same field of work as he does.”

The CSU Department of Art Faculty Exhibition

Kite in a Hurricane

March 1 - April 17

Curated by Jonathan Walz and Tad Mike

- Elizabeth Roberts McFalls
- Nicholas McMillan
- Joe Sanders
- Hannah Israel
- Rylan Steele
- Orion Wertz
- Michael McFalls
- Yuichiro Komatsu

Please join us for the exhibition reception

March 13 at 5:30 pm

Illges Gallery
Corn Center for the Visual Arts
921 Front Avenue



EDUCATOR OF THE YEAR AWARD NOMINATIONS ACCEPTED FEBRUARY 1-28, 2018

Do you have a favorite professor who goes beyond the call of duty to ensure the success of their students or who has inspired you in some way to greater personal or academic achievement? If you do, please take a moment to express your admiration and appreciation by nominating them as a candidate for the 2017-2018 Educator of the Year Award. The professor chosen as the recipient of this award will be celebrated as part of the Scholastic Honors Convocation Ceremony on Friday, April 27, 2018.

Nomination forms are available in two locations:

Student Government Office (Davidson Center Room 207)
Office of Student Affairs (Schuster Center 216)

Nominations are due by Wednesday, February 28, 2018.

TOUR DE CHOW: FIRST WATCH

This fresh food-focused restaurant serves up great brunch



Left: Turkey Burger
with House Potatoes.
Right: A.M.
Superfoods Bowl

STORY AND PHOTOS BY VIVIAN DUNCAN

First Watch, located at 2528 Weems Road in Columbus, certainly lives up to its excellent reputation by serving delicious and healthy breakfast, brunch, and lunch options from 7:00 a.m. to 2:30 p.m. every day. The small franchise is known for fresh ingredients, for never using microwaves, heat lamps, or deep-fat fryers, and for providing not just a cup, but a whole pot of freshly brewed coffee for customers.

When entering First Watch, you get an immediate relaxing, retro-farmhouse feel. The grey, aged wood-wall accents, as well as bits of yellow decor make the dining area aesthetically pleasing. The ambiance of this restaurant creates a setting that allows you to focus on your food by minimizing background noise. The music is soft and contemporary, which lends to the atmosphere rather than take away from it.

Though there is no traditional appetizer menu, many of the sides serve the same purpose. First Watch's "Million Dollar Bacon" is phenomenal, featuring four slices of hardwood-smoked bacon baked with brown sugar, black pepper, cayenne, and a maple syrup drizzle. "I've never had something so incredible in my life. If you love bacon, you'll love this," said Nick Silva, a customer at the restaurant. The contradictions of spicy, sweet, and crispy melt in your mouth making this bacon well worth the price of \$4.99.

The establishment offers a breakfast and a lunch menu all day, so there is a variety for whatever you are craving that moment, whether it be a chia bowl or a turkey burger.

The "Baja Turkey Burger" has avocado, organic mixed greens, homemade pico de gallo, mayo, and horseradish havarti on a brioche bun. The creamy texture of the avocado pairs well with the crunch of the fresh greens in the burger, although I suggest

to order light on the mayo in order to avoid the overall texture being too overwhelmingly creamy. The addition of the hint of horseradish is a great fork off of a traditional turkey burger.

First Watch's signature pot of Project Sunrise coffee is worth the hype. The coffee is suitable for all coffee drinkers because it is not too strong, while keeping a robust, smoky, flavor-packed taste.

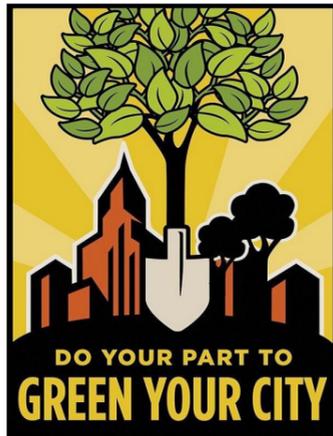
Another option for a morning drink is the "Wake Up Call," a blend of coconut water, local honey, and lemon juice with a cayenne sugar rim. Between the sour of the lemon and the kick from the cayenne, this drink is definitely a wake-me-up. The cayenne doesn't hit the throat until after the sip, but it perfectly complements the sour-sweet taste of the juice.

For a breakfast option, you can order the delicious "A.M. Superfoods Bowl," which consists of coconut milk chia pudding topped with fresh bananas, berries, house-made granola, and the perfect amount of blackberry preserves. On the side comes whole grain artisan toast topped with creamy almond butter and sea salt.

First Watch's philosophy is to do anything for you if it is possible, and they mean it. Something as simple as eggs can be customized. If you were to choose an omelette, or other egg option, you have the choice to substitute eggs for cholesterol-free eggs, or egg whites, at no additional charge.

In addition to that philosophy, they also exhibit quick, friendly, and courteous service, as well as a welcoming, leisurely atmosphere complete with complimentary Wi-Fi service. When you are done with your food, you can go up to the front of the restaurant to pay your bill. Most of the main dishes fall between \$9 and \$11, which is very fairly priced considering the freshness of the ingredients and the culinary artistry that goes into each dish.

TREES COLUMBUS
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IS OUR COUNTRY TOO POLITICALLY CORRECT?

How political correctness has escalated over the years

STORY BY IVEY MILAM
ILLUSTRATION BY BRITTNEY GREEN

I recall a time during my junior year of high school when two of my friends joked about the decency of saying “winter break” instead of “Christmas break.” It appeared to be a harmless tease directed at one friend by another that resulted in the girl accusing the boy of labeling her as a Satanist because she refused to add religious connotation to her phrases. While this example of political correctness is by no means a serious one, it does demonstrate that such a belief system has permeated our country, which raises a question: is the United States too politically correct?

“Of course it is,” Columbus State University nursing sophomore Jon Gaboury said. “Now PC is a way of censorship. If I don’t like what you say, then I simply say that I am offended by it, and under the rules of PC, the opposing opinion must stop and is thereby censored.”

Gaboury isn’t the only one who feels this way. In 2016, the Pew Research Center published a poll that presented that 68 percent of the U.S. believes we are too “easily offended these days over the language that others use.” Another poll, which Rasmussen Reports released in 2017 recorded that 85-percent of Americans hold the importance of free speech above that of political correctness.

The definition of political correctness has changed considerably over the years, so what once was a tactic to



POLITICAL CORRECTNESS ONLY IMPEDES PERSONAL GROWTH AND STUNTS THE RELATIONSHIPS WE HAVE WITH OTHER PEOPLE.

establish social equality and fair treatment is now becoming a poor method of sheltering today’s youth and further dividing social groups. “We are a more divided country than we ever were in the ‘70s and ‘80s,” Gaboury said. “No one person did that; it was done by a system of ideas that tells us that words hurt and that we can dwell on that hurt for as long as we want. However, if you want to see what a silly idea that is, go to a VA hospital. Look at the veterans that have lost limbs, eyes and been burned beyond recognition. Listen to their stories of perseverance.” A vital message lies in Gaboury’s words: do not dwell on the pain caused by others’ remarks. Doing it only impedes personal growth and stunts the relationships we have with other people.

According to The Free Dictionary, to be politically correct is to conform “to a particular sociopolitical ideology or point of view, especially to a liberal point of view concerned with promoting tolerance and avoiding offense in matters

IT SEEMS THAT MANY PEOPLE NOW WIELD SOCIAL CORRECTNESS AS A SWORD TO STRIKE DOWN OPPOSING VIEWPOINTS.

of race, class, gender, and sexual orientation.”

“The intentions were simple: watch what you say so you don’t offend,” Gaboury said. “Of course, to say that is very broad. It wasn’t to keep everyone from ever being offended... When I was younger the word ‘retarded’ was used commonly, even for those that weren’t special needs. Through PC, it was explained that the parent of a special needs child should not be bombarded by such a hurtful word. In that instance, it seems like a good idea, until EVERY word offends SOMEONE.” Although the intent of the approach is respectable, it has snowballed into a habit of shunting wrongful accusations onto people and causing many to sometimes feel uncomfortable when speaking publicly.

Like Gaboury, many support the primary aim of political correctness, but they feel that it has progressed into an abusive system that people too readily use against each other. While the majority agree with the idea that people should be respectful and empathetic toward any and all groups, what they do not agree with is pressuring others to be overly cautious about what they say. It is not necessarily that someone will utter a blatantly racist or sexist comment; rather, it is that someone may mention a subject that is strongly linked to their beliefs and inadvertently offend a person who holds a contrasting set of beliefs.

It seems that many people now wield social correctness as a sword to strike down opposing viewpoints. Instead of exposing themselves to different groups, many individuals are now distancing themselves from them. On college campuses, the setting where political correctness has been becoming the most prevalent in its extreme form, some students choose to create “safe spaces,” which according to Merriam-Webster, Incorporated, are sites “intended to be free of bias, conflict, criticism, or potentially threatening actions, ideas, or conversations.”

Anthony Kapel “Van” Jones, an American author, news commentator, and non-practicing attorney, pointed out that there are two ideas of such areas of protection. “One is a very good idea, and one is a terrible idea,” Jones said. “The idea of being physically safe on campus, not being subjected to sexual harassment and physical abuse... I’m fine with that. But there is another view that is now ascendant... It’s a horrible view...which is that ‘I need to be safe ideologically, I need to be safe emotionally, I just need to feel good all the time. And if someone else says something that I don’t like, that is a problem for

everyone else, including the administration.”

Jones argues that safe spaces close students off from other perspectives and cause them to lose their voices. He fears that the students seeking such safe spaces are no longer learning ways to strengthen their convictions and to defend themselves. It seems they are falling back on others similar to themselves and shoving the rest away.

In spring of 2017, Columbus State University introduced its own safe space program in an attempt to offer students a non-threatening environment in which they could share issues they had been facing. Greg Hudgison, director of University Relations at CSU, commented that the program, which the administration soon terminated after they realized that it was “ill-named,” and had not been intended to “be mixed in with a political agenda.” The University introduced the program simply to show students that the counselors are always open to them.

SAFE SPACES CLOSE STUDENTS OFF FROM OTHER PERSPECTIVES AND CAUSE THEM TO LOSE THEIR VOICES.

Though the media often focus on the negative side of political correctness, practicing PC does not always end in violence and hypersensitivity. In fact, “Creativity from Constraint? How Political Correctness Influences Creativity in Mixed-sex Work Groups,” a research study published by Cornell University in 2014, revealed that it can improve productivity and creativity in male-female teams because it allows both parties to feel comfortable with each other.

Even with that in mind, being politically correct can be a tricky business. Americans have gone from “blacks” to the often inaccurate “African Americans” to the consideration of “people of color” as the politically correct name of a single racial group. For someone who actively tries to avoid offending others, it can be difficult to keep up with all of these alterations, especially for multiple groups.

Regardless of whether you strive to be politically correct or not, we should all exhibit compassion and understanding toward one another, but we should also ensure that we are not simply haranguing other people for having given us any meager offence, that we are not taking the act of being PC too far. Instead, let us work together toward a more aware and tolerant relationship with one another, one in which compassion, not sensitivity, guides the boundaries of correctness.

“Words can only hurt you if you CHOOSE to let them,” Gaboury said. “Strength comes from within. It is a choice, and you make that choice a thousand times a day. So, are you Cougar weak or Cougar strong?”

CSU PROFESSOR RECEIVES NATIONAL RECOGNITION

Jan Gunnels Burcham, Ph.D., receives Most Outstanding Early Childhood Teacher Educator award



STORY BY MARIAH JACKSON

Jan Gunnels Burcham, Ph.D., and Interim Associate Dean of Teacher Education at Columbus State University, was named the 2017 Most Outstanding Early Childhood Teacher Educator by The National Association of Early Childhood Teachers Educators at a conference held in Atlanta last fall.

The NAECTE is an organization of teachers and educators in the grade school system. According to their website, they gather for two conferences each year: a June conference and a fall conference.

Burcham has many accomplishments under her belt that qualified her for this award, such as traveling to China, leading workshops and presentations, and training teachers to teach both nationally and internationally.

Working in early childhood education for 30 years as an elementary teacher, Burcham decided that she wanted to meet her goal

by leading other teachers to become more effective in their classrooms. So, she went back to Auburn State University, where she obtained her bachelor's degree, and then earned her Ph.D. She taught at Troy University and Darton State College before inspiring education majors here at CSU.

"My goal has always been to improve the teaching and learning that happens in schools," Burcham said. Burcham said that NAECTE hosts workshops for techniques and they dissect issues that educators need to know how to handle in their classrooms. She also said that political figures are known to attend these meetings. For anyone to be accepted for this award, they must be nominated as a member of the organization. A nominee must acquire the criteria to qualify for the award by being an active member, mentoring, demonstrating leadership, professionalism, and self-reflective practices as stated on their website.

"MY GOAL HAS ALWAYS BEEN TO IMPROVE THE TEACHING AND LEARNING THAT HAPPENS IN SCHOOLS"

~ JAN GUNNELS BURCHAM, PH.D.

The person who wishes to nominate someone must write a letter telling why they believe their nominee should have the title. Several of her colleagues nominated Burcham.

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YOUR BRAIN ON COLLEGE



How to wire your mind for success

STORY AND ILLUSTRATION BY ASHTON JOHNSON

YOU'RE FINALLY AN ADULT. You've made it to college, and now you get to decide on what to do with your life. Congrats! But you're not done growing up. If you're in your early twenties, your brain is still developing. The decisions you make now will not only alter the course of your future, these decisions will anatomically change your brain.

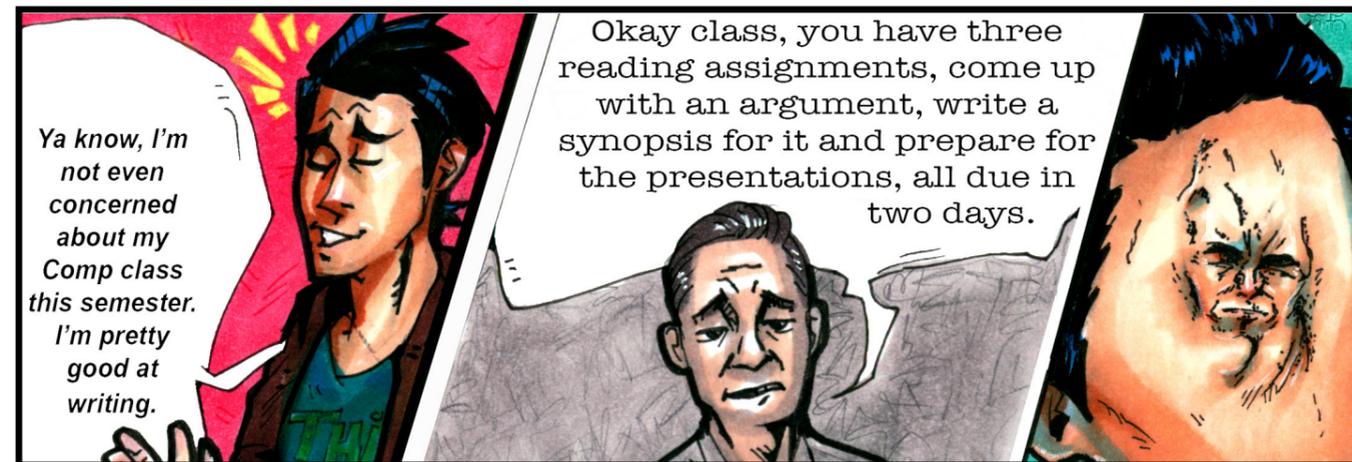
Before we explore those changes, here are some questions to consider. How much sleep did you get last night? What kind of food are you putting into your body? How much water are you drinking? It's still early in the semester, but your academic future might entail pulling all-nighters for coursework, skipping out on water in favor of sugary caffeine, and eating Chick-fil-A all day, every day. These options might seem convenient as you try to balance college, work, and everything else life throws at you, but making a habit out of these conveniences can be detrimental to your health and, consequently, your brain.

So, what's changing in that cranium? Well, you've got 'til age 25 before you're fully matured. Until then, your brain is shifting towards optimal integration of its regions and synthesizing the activity between them. Coincidentally, college is the ideal setting to challenge you while these higher-order cognitive capacities mature, such as abstract thinking, self-regulation, and setting and achieving goals. But you have a lot of life-altering choices to make for someone whose brain has yet to fully develop the essential parts involved in decision-making.

You have agency over how your brain develops through the habits you make. Here's a brief explanation on the science of habit—neuroplasticity. Everything you experience is woven into a neural network where billions of specialized cells conspire to make you, you. Ever wonder why it's so hard to break a habit? Repeated thoughts and behaviors reorganize the pathways connecting these cells. You'll find countless examples

in the routines, hobbies, and skills you use every day. These things would cease to be without neuroplasticity. A single phrase sums it all up: "Neurons that fire together, wire together."

While CSU is here to help mold our success, many of us sacrifice our wellbeing to meet the demands of college. Do it enough times and your brain will be wired for harmful habits. So, whenever it's late and you're eyeing the clock, wondering if you can make do with six, three, or even zero hours of sleep, do your brain a favor and go to bed. No grade is worth putting yourself at an increased risk for a weakened immune system, a heart attack, and Alzheimer's. Sleep is that important. So are food, water, and exercise. By now, this advice sounds familiar, maybe even repetitive. You hear it all the time from health advocates when it comes to treating your body (and your brain) right. Everything mental is physical. It's crucial that you be mindful of this as you work towards that degree.



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