EDITOR'S LETTER

BY SCOTT A. DECLUE

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What a time to be alive. 2017 is just about done, and good riddance. Honestly, I can't tell you that I’m happy about what’s coming next. I remember looking forward to a new year and new opportunities, but 2017 was so hectic and chaotic on so many levels that I am utterly dumbfounded as to how 2018 could be any better. I feel unsure as to whether I should be concerned about focusing on my English homework, or figuring out ways to fight global humanitarian crises. Perhaps the two are not mutually exclusive...

As William Butler Yeats wrote, “Education is not the filling of a pail, but the lighting of a fire.” Well, fire equals heat, which is a catalyst, and catalysts precipitate change. There's some symbolism here. Right?… Where are my chemistry and literature majors when I need them?

Anyway, this Saber issue certainly has some “flame” that we hope you find enjoyable. As always, thank you for taking the time to read our publication, and congratulations graduates of 2017. Happy holidays, everyone.

CORRECTIONS

SGA Forum meetings are held twice a month. Last issue published that meetings were held monthly.

FAREWELL SABER GRADUATES

A farewell and special thanks to:

James Morgan
Marisol Peña
Tonya Streeter

POSITIONS AVAILABLE

Interested in journalism? The Saber is looking for talented students to join the team. Contact us through Facebook, by email, or on our website for more information.

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Contact csusaberd@gmail.com
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FIRST CHOICE CAMPAIGN HITS BIG NUMBERS

As Columbus State University’s First Choice campaign comes to a close, President Markwood shared with the CSU community some of the statistics from the six-year project, and called the campaign a “tremendous success.” Markwood said that the following information was provided by Vice President for University Advancement Rocky Kettering.

FIRST CHOICE CAMPAIGN STATISTICS 2012-2017

$85 Million
Cash, Pledges, and Planned Gifts

$25 Million
Gifts-in-kind and Property

6,500 DIFFERENT DONORS
SINCE SUMMER OF 2012

500
Corporations and Foundations

70% From Georgia

2,500 Alumni

3,500 Friends

CREATED 80 NEW ENDOWMENTS FOR SCHOLARSHIPS

ARCHIVES RECOVERY SLOW BUT STEADY

On Sept. 3, the day before Labor Day, a roof drain occupying a section above the Columbus State University archives burst, causing severe water damage. Archivist David Owings discovered the damage. Owings and archives staff have been working for the past two months with a professional restoration company to recover and repair the damage.

A large portion of materials are still enclosed in the area that was set up as a dehumidification chamber for boxes that were the wettest. “We still have a long process to go,” Owings said, “Fortunately, the insurance money came in fast.” He pointed to the new top-of-the-line archival storage boxes designed to prevent water damage. However, it was not a simple matter of transporting records from their surrogate boxes into new ones.

Owings was unsure just how much insurance would cover as he cited examples of a couple of manufactured post cards that stuck together from the moisture, as well as a unique photo of a Native American that became glued to another document. “We hope to be able to send items that are stuck together to professionals who could successfully separate them. However, if insurance can’t cover everything, then priority has to go to the photo.”

“We are getting things done, but we need help from volunteers,” Owings said. The history department had previously sent out an email to all its majors encouraging students to volunteer and potentially earn convocation credit. However, students from all majors are welcome. “I would happy to sign off for volunteer hours for students, as long as their work is first approved,” Owings added.

Currently, students are only allowed access to the archives by appointment, though Mr. Owing assured “we will be back to our normal format by finals, but if not, then definitely by the start of the spring.” A lot of work is still left, but repairs have been made to the drain pipes.

If interested in volunteering, contact David Owings at owings_david@columbusstate.edu, or Jesse Chariton at chariton_jesse@columbusstate.edu.

BY PHONG VO
PHOTO PROVIDED BY CSU ARCHIVES
Momentum is an international undergraduate research journal at Columbus State University that has been around since 2011. "We are less of a stiff and formal organization and more of a warm community of aspiring scholars, eager to learn and grow as students and citizens," said assistant editor-in-chief Stephanie Clarke, who is a junior majoring in biology and psychology. "We are committed to providing accurate, science-based information on a multitude of subjects that are often misconstrued by the media and other sources of questionable credibility."

Submissions for the journal can be about anything, as long as they are research-based. This includes studies of any kind, such as for biology; literary analyses; artistic critiques; and perspectives, which are cultural research summaries for study abroad trips.

The journal is open to any person willing to send work, no matter their age, area of expertise, or even location. "We accept submissions from all over the world...which is different from other research journals," said Chad Reynolds, a junior and biology major with a pre-medical concentration, and Momentum’s editor-in-chief. According to Reynolds, the journal has received entries from all over the United States, and even one from someone in the Philippines.

The journal is currently accepting submissions of papers 4,300 words or less, which must fit requirements on the website. After the author sends their work, the organization’s editorial advisory board will read through it and assess its content, structure, and mechanics before approving it or suggesting revisions. "As editors for CSU’s undergraduate research journal, we are tasked with reviewing research manuscripts written by other students, passing on selected articles to faculty reviewers for final review, and compiling accepted submissions into yearly publications of Momentum," Clarke said. This process will repeat until the board has selected eight to 12 submissions.

As of now, Momentum has accepted one submission for its upcoming issue, but the priority deadline isn’t until Nov. 26. A competition for the cover design is also being held with the same deadline. The theme is centered on space and rockets.

Momentum is also looking for editorial staff. Proficiency with writing is not mandatory for an editor, so even people with less experience in writing can become one. "I would say that to be an editor, you have to have a passion for learning and self-discovery," Clarke said. "Contrary to popular belief, I wouldn’t say that you have to be a particularly strong writer, as there are many skills needed on an editorial board."

Currently, the 2017 members of the editorial advisory board are Kathryn Gaylor, Caroline Murphy, Jacob Halbrook, Maya Price, Rachel Pearson, Stephanie Clarke, and Chad Reynolds. The board meets on a weekly basis to arrange fundraising events and discuss submissions.

"I decided to apply for an editor position because I wanted to hear more about other CSU students’ research, gain experience working as part of a team, and see what research was like on the publisher’s side of things," Clarke said. "I also simply wanted to get more involved in my community."

If you are considering submitting work for the journal, you should visit https://momentum.columbusstate.edu/ to view the guidelines. To apply for a position on the editorial advisory board, email the journal at momentum@columbusstate.edu for an application.
As they gazed through the protective glass at a blackboard covered in Albert Einstein's lecture notes, Professors Kerri Taylor and Ryan Lynch of Columbus State University's Chemistry and History Departments wondered markedly different things. While visiting the Museum of History and Science in Oxford, England, they contemplated conceptual approaches to their upcoming study abroad program.

Taylor, a doctor of science with a passion for teaching, wondered how Einstein established an understanding of the measure of expansion in the universe. Lynch, an authority on premodern history, considered how this scientific knowledge might have impacted society—more importantly, could a history major and a chemistry major both appreciate this artifact?

They concluded, emphatically, yes. So much so that they designed an entire study abroad program around understanding the relationships between the history of science and its impact on society.

“Rock Stars of Science,” as their study program title suggests, will offer undergraduate students opportunities to investigate how scientific pioneers impacted the world, explore several curious destinations of the United Kingdom, and live amongst the locals at CSU’s invaluable Spencer House in the heart of Oxford, England.

“This was something that came out of mine and Dr. Lynch’s interaction from New Faculty Seminar,” said Taylor about the inception of Rock Stars. “At Miami University in Ohio, we had a chemistry and culinary study program in Italy that had a unique historical perspective, and I thought how neat it would be to have that at CSU.”

Taylor said that as an undergraduate, she was not provided opportunities like Rock Stars, and explained that now, with her colleague’s help, she can provide that experience. Lynch added that an important part of being a professor is “looking back at our own undergraduate experiences, thinking about what we missed out on, and finding ways to give that to our students.”

Lynch, who received his Ph.D. in Oxford, explained that one of great benefits of the programs is the opportunity to stay at the Spencer House.

“For a university our size—a public regional university—we provide opportunities for international education that punch well above our weight,” Lynch said. “Those opportunities let us compete with much larger flagship universities, and that includes what we have with the Spencer house.”

Due to its central location, the Spencer House allows students to see what it’s really like to live in Oxford, not just as students of the University, but as a local. The house is located...
Arts and Entertainment

BY JUDE JHONSON

NO CHRISTMAS BREAK FOR “NEWSIES” CAST

As the holiday season approaches, students begin planning their breaks and trips home to see friends and family. For some students, however, these holiday plans are nearly nonexistent. Many of Columbus State University’s theatre majors are a part of the Springer Opera House’s production of “Newsies” this December. The show runs from Dec. 1 through Dec. 23, which means that these students cannot go home until Christmas Eve at the earliest.

This is a drastic change for students who are used to spending the holiday season at home, but the cast is excited to be a part of the show, even if it means a nontraditional holiday season. “Well, when you do a show, you’re not really working,” said Seth Wicker, freshman theatre education major. “Newsies is the best Christmas present for me.”

Some members of the production are excited for the opportunity to experience the holidays differently than they usually do, simply because it allows them to break away from traditions. “I’m excited about it,” said Kate Fowler, Newsies crew member and CSU freshman. “I don’t want to go home.”

Other cast members are glad to have the opportunity to see what working in the professional world will be like. “While I do love my family, I am excited to get to be my own person and do what I want to do later in my life now,” said Tyler Biehl, theatre performance major. “It’s exciting to get to work on a really dance heavy and difficult show with a different kind of family.”

The cast of the show might not have the opportunity to spend the holiday season with their actual families, and hours of rehearsals take priority over typical holiday festivities. They added that the bond the cast has already created and the quality of the show make the sacrifices worth it.

The new program seeks to create a unique combination of science and history courses

in northern Oxford in an area called Summertown near the River Thames. The area is known for its nice weather, shopping areas, grocery stores, pharmacies, pubs, fantastic cuisine, and, of course, historically significant sites.

During the 18 day stay, Lynch and Taylor plan to visit with their students various museums and historical sites in Oxford, London, and Cambridge.

“We’re going to tailor the curriculum to fit the needs of the students,” said Taylor. “If more science majors join, we may spend more time at locations that have more of a focus on science, and vice versa.” Lynch added that students will have the weekends available to explore other places in the U.K. they might be interested in such as Wales, Scotland, and even Northern Ireland.

Rock Stars, which will take place during the summer of 2018, has only 10 slots remaining and will offer two chemistry courses (ITDS 1155 and CHEM 3555) as well as two history courses (HIST 1121 and HIST 3555). Students who are interested in the program should contact the Center for Global Engagement or Professors Taylor and Lynch for more information about the program. Deadline for first-come-first-serve grants is on Feb. 20.
News

STUDENT ATHLETE JUGGLES FATHERHOOD, ACADEMICS, MILITARY

A glimpse into the busy life of a non-traditional student athlete

BY MADDIE FUERTE
PHOTO PROVIDED

M ichael Catron is just as busy as the rest of us, if not busier. He is an exercise science major, Sgt. 1st Class in the Army, runs cross-country, is in Columbus State's ROTC program, and is a father. Catron ran in every meet so far, this year. His best time is twenty-seven minutes and twenty seconds for an eight-kilometer race.

He begins his day at 4:30 a.m. to complete last minute homework and take his child to daycare before meeting the cross-country team for morning runs at 6:15am. After practice, Catron goes home to get ready for classes and eats breakfast. In between classes, he typically goes to the training room again to address any possible injuries. After spending his day at CSU, going to classes, getting extra training, and taking care of any ROTC obligations he picks his child up from school, cooks dinner, and repeats everything the next day.

Catron contributes part of his success to a Mediterranean-style diet. Catron describes the diet as “what has been eaten in the Mediterranean in the past millennium, just what was naturally grown there.” The foods consist of fresh fruits and vegetables, fish, poultry, very little red meat, and good fats.

Catron says he believes he can stand as a role model for the "younger guys," as he describes them. "If they can see that I'm still pushing, it lets them know that they can push harder," said Catron. He encourages the rest of the team to trust the coaches training methods.

ROTC and cross-country training conflict with each other and Catron’s schedule varies often. The ROTC instructor allows him to attend PT (physical training) once a week with ROTC, instead of the normal three days a week. The other days, he is at morning runs with the cross-country team. He says his favorite place to run is the team’s Saturday morning runs out at Ghost Town. He describes it as “just a dirt road.” Catron says this particular run is longer, and the group runs together. Sometimes, the team will go to breakfast after these runs.

Catron says he runs to keep himself disciplined. He began running competitively when he lived in Italy and sees running as something to “better himself.” He is a competitive person, and running allows him to stay in shape, “knowing his mentality.” CSU was his first experience with having a coach. When he came to school here, he decided to ask the cross-country coach if he could run for the Cougars. His goal in doing so was to learn. Catron says, “[Coaches] help you break through all your plateaus, because you cannot go as far by yourself as you can with a coach.”

VERBATIM: MARIJUANA

BY DAVID BOST | PHOTOS BY BO LEWIS

Q: Atlanta recently passed legislation lessening penalties on individuals caught with less than an ounce of marijuana. Do you think Columbus should adopt a similar policy?

Atlanta recently passed legislation lessening penalties on individuals caught with less than an ounce of marijuana. Do you think Columbus should adopt a similar policy?

“I'd rather Columbus not adopt a similar policy. We have to be cautious. It will make you do crazy things. The arguments for decriminalization are not very compelling. I understand the medical purposes, but that is a slippery slope.”

–Mike Newbrey, Ph. D., Lecturer of Biology

“It’s cool that it is no longer a criminal offense, but it seems backwards. As if Atlanta is just following national trends. It was a petty charge in the first place.”

–Savannah B., Senior, Computer Science - Information Technology

“There are worse things to be doing.”

–Ariel M. Senior, Psychology

“It’s a good idea because it keeps people out of jail. A seventy five dollar fine is much more reasonable than jail time.”

–Daijah C., Senior, Health Science

“I do not have an opinion. I would not be excited if my kids were smoking marijuana, but I do understand its medical uses.”

–Kimberly Shaw, Ph.D., Professor of Biology

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If you get caught with marijuana by the Columbus Police Department, you are definitely going straight to jail, and you certainly will not collect $200. The same holds true for a run-in with the Columbus State Campus Police. In the wake of major legislation changes in Atlanta regarding marijuana laws, The Saber asked the CSU community as well as a Columbus lawmaker their opinions on the matter.

“I am not aware of any pending legislation in Columbus to reduce penalties for marijuana possession, but our jails are constantly filled to capacity,” said Councilman Walker Garrett, who regularly attends city council meetings. “I would be in favor of legislation which could open up cells filled with non-violent offenders to make room for criminals truly threatening our safety.”

Currently, marijuana is in the same category as heroin, LSD, ecstasy, and peyote

Lawmakers of Atlanta recently passed legislation reducing penalties for possession of marijuana less than one ounce this October with the intention of addressing “the disparity in the numbers of African Americans arrested for possession,” according to a statement given by Atlanta Councilman Kwana Hall who authored the measure.

While white and black Americans use pot at about the same rate, African Americans are arrested and charged at a larger rate. Between 2014 and 2016, 92 percent of those arrested for possession in Atlanta were African American and 85 percent were male, according to the Racial Justice Action Center in East Point, Atlanta.

Under the new measure in Atlanta, individuals who are caught with less than one ounce of marijuana will pay no more than a $75 fine and will not serve jail time. Prior to the change in the law, individuals caught with pot would be incarcerated and fined up to $1,000, which is a 92.5 percent decrease in financial penalties. According to the Atlanta Journal Constitution, the legislation spent months in committees being debated.

By Georgia state laws, a conviction of possession of marijuana less than one ounce may result in a one-year incarceration or a maximum fine of $1,000. In Columbus, those caught with pot will face jail time and can bond out on charges less than one ounce. Paraphernalia has an up to a $1,000 fine also, and if you are caught in your vehicle with pot, the car can be towed and impounded at a cost of $120 and stored at a rate of about $30 per day.

Being caught with marijuana in a vehicle can lead to DUI, which has a fine of up to $1,000. A DUI may result in your license suspended for a period of time, plus DUI class which costs on average around $300. The license reinstatement costs about $300.

In 2015, Columbus attempted to implement a plan called Rapid Resolution that would move people through the legal system more quickly to reduce overcrowding, but the inmate numbers continued to climb. The Rapid Resolution Program did, however, save an estimated $406,000 according to Chief Assistant Public Defender Steve Craft.

As of August this year, Muscogee County Jail, which can accommodate about 1,065 inmates, had about 1,077 inmates according to Sheriff Donna Tompkins. If CSU students, faculty, or staff are arrested due to possession of marijuana, they also are sent to the Muscogee County Jail.

Currently, eight states have decriminalized possession of small amounts of marijuana, and in those states marijuana has been legalized for recreational use. Additionally, 29 states have legalized marijuana for medical purposes. The reason that marijuana has not been legalized for medical or recreational use across the country is because under federal law, Marijuana is a schedule I drug and, according to the DEA website, has “no currently accepted medical use and [has] a high potential for abuse.” Currently, marijuana is in the same category as heroin, LSD, ecstasy, and peyote.

Currently, there are a few groups advocating for the legalization of marijuana in Columbus including the Facebook group Columbus Georgia for Marijuana Legalization, which has 255 followers. Additionally, NORML, which stands for the National Organization for the Reform of Marijuana Laws, have chapters throughout the country including Columbus.
SGA LOBBIES FOR A DECREASE IN ADMINISTRATIVE POWER

Struggle for full-student voting power over student fees goes back to the drawing board

BY SCOTTIE DECLUE
ILLUSTRATION BY BRITTNEY GREEN

Student Government Association President Logan Ragan is contesting administrators on the Executive Leadership Team at Columbus State University for 100 percent student control over the allocation of student fees, citing a mismanagement of funds by the Homecoming Committee, the possibility of voting bias by faculty and administration on the Student Activity Fees Committee, and inappropriate control of funds by staff who vote on the SAF who are not required to pay fees.

Ragan stated in an interview that department faculty might “argue for more money and be biased to vote for their department’s increase in funding,” and added that “faculty and staff don’t pay into student fees, so why should they get to decide where it goes?” Ragan noted that a counter to his claim of faculty bias would be that students may also be biased over their own organizations, to which he rebutted: “it’s a little easier to be biased when you’re the one paying.”

Ragan said that the Homecoming Committee should be audited

Ragan’s attempt to change policy became apparent in an amendment to the SGA constitution this Fall which declared that faculty and staff should only be present as ex officio to oversee the allocation of student fees from a distance and only offer advice when needed. The proposed measure was advised against and, consequently, rewritten to exclude the amendment, but Ragan and Speaker of the Representatives Kaleb Cocoran have attested that they will “lobby for a decrease in administrative power over student fees in the near future,” claiming that there is a proposal in the works.

STUDENT ACTIVITY FEES COMMITTEE

Currently the SAF, which is an institutional committee that determines how student fees are used, consists of 75 percent students. The remaining 25 percent are faculty or administration. Assistant Vice President of Academic Affairs Gina Sheeks, Ph.D has worked to increase the number of student voters on the committee from 50 percent to 75 percent, a change she says “aligns with the direction of our new strategic plan and focuses on student empowerment.”

The University System of Georgia’s governance states that “at least 50 percent of the activity fee committee must be represented by students,” but has an exception for special circumstances wherein “a general purpose fee is instituted system-wide by the Board of Regents.” CSU students currently pay a mandatory institutional fee each semester — $265 for the Fall semester of 2017.

The CSU website outlines this institutional fee as one which would “ensure academic excellence during times of state funding,” and says also that “institutions may use it to support any level of operations that would be appropriate for any educational purpose.”

Sheeks stated that administrative oversight and voting power on the SAF is important for “recruitment, retention, and important for the goals and objectives of the University to ensure we are all working together in the same direction.”

Although students play a major role in the allocation of student fees, Ragan said “it still isn’t enough,” and expressed that an SAF comprised of both students and staff “might explain why Homecoming Court applicants are having to pay out of pocket for a service they already pay for.”

Ragan claimed that applying for Homecoming Court puts financial strain on applicants who must pay a $25 application fee, and said that he feels students should not “have to pay out of their own pockets for an activity that they already pay for through a mandatory activity fee.”

Usually, applicants are nominated members of student organizations, and those organizations pay for the application fee out of their budgets. However, Ragan did not receive the nomination of his organization this year, and instead applied for Homecoming Court independently, paying the application fee at his own expense.

Ragan added that the Homecoming Committee responsible for planning and budgeting of the annual week-long event should be audited to determine whether or not the fee is a result of fiscal irresponsibility.

“For faculty and staff don’t pay into student fees, so why should they get to decide where it goes?”

HOMECOMING AUDIT

For the fifth year in a row, the Homecoming Committee has required Homecoming Court applicants to pay an application fee of $25 and that money, according to Director of Student Life Melissa Dempsey, is used to “help offset the
costs associated with court.” Dempsey says that the homecoming fee is useful for improving the quality of the event due to budget limitations.

“The budget is typically tight,” said Dempsey, “so we look for co-sponsors in assistance [for fundraising].” This year’s sponsors included Residence Life, Student Activities Council, Athletics, the Quality Enhancement Plan grants program, and even Sheeks who helped sponsor the Kickoff event with food.

Each year, a planning committee for Homecoming comprised of students and administrators collaborates to determine how much money is needed to fund the week-long event. After determining an amount, the committee requests funds from the SAF during a meeting held in April each year. The SAF reviews the request for funding, and either approves or denies the amount.

Additionally, the Homecoming Committee attempts to find new ways to structure the event each year, which has resulted in both increases and decreases in costs. This means that the budget tends to fluctuate from year to year because the costs, types of programs, events, vendors, and certain services change.

For example, in 2012 the budget was $20,000, but in 2016 the budget decreased to $13,500. This year’s budget was $17,000. Itemized breakdowns of the costs, vendors, and programs for 2012, 2016, and 2017 were markedly different according to budget summaries provided by Dempsey. The summaries also showed that the Homecoming Committee spent more than 98 percent of their funds each year.

A member of the homecoming committee—a student who asked to remain anonymous—added that working within the confines of the budget is challenging, and said the application fee helps.

“The budget is stretched thin enough as it is,” the student committee member said. “We are really grateful to have the additional fees from applicants, even if it’s only $25.” This year’s application fee was allocated toward building a float and purchasing flowers.

CONSTITUTIONAL AMENDMENT

Ragan and other members of the SGA have attempted to facilitate full student voting power over the SAF by revising a section in the SGA constitution to include a component that declares “there shall be no faculty/staff voting taking place on [the SAF committee] to determine how the Student Activity Fee will be allocated.” This revision was advised against through council to the SGA by Dean of Students and Assistant Vice President for Student Affairs Chip Reese, Ph.D.

Sheeks, who also councils the SGA, said that there is “great value in faculty and staff oversight on this committee,” and added that a future change could be “something possible to explore.”

“He can’t veto the bill, but stated that he would make sure the President wouldn’t approve of the changes,” Logan said. “He is only there to advise, and shouldn’t try to sway the opinion of the President.” A revised SGA constitution must have approval of the University President before ratification can occur.

When asked about exercising control over the revisions to the constitution, Reese responded that he does “not have the authority to veto any amendments,” and added that “the University President has asked me if I was aware of the amendment and was I in support of the change. I have always enthusiastically answered ‘Yes, Sir.”

Members of the SGA revisionary team responsible for drafting changes to the constitution have since removed the measure after being advised by Reese to do so, but Logan and Cocoran have attested that they will continue to fight for more student control over the SAF in the future.
STUDENTS SHARE EXPERIENCES ABOUT SEXUAL HARASSMENT

BY JUDE JOHNSON
ILLUSTRATION BY KILEY ANDERSON

Every student at Columbus State University is required to complete a sexual assault and harassment prevention course before they can enroll for classes. While this course is valuable to the student body, it does not stop incidents of sexual harassment, especially for students on the downtown campus, where they are constantly surrounded by people who are not students.

Sexual harassment comes in many forms—from verbal harassment to physical assault—and students of CSU have unfortunately experienced them all. “The weirdest one to date was somebody asking for my Snapchat out their car window,” freshman Macy Frazier said. “[A separate time] my roommates and I were walking down the sidewalk and these two older men shouted, ‘Hey, some cute college girls! It ain’t nothing but a thing, ladies.’ It was just super uncomfortable.”

These incidents can be uncomfortable and frightening for students, but not necessarily a threat to their safety. Other times, however, student safety is being jeopardized. “I should start keeping a tally of how many times I get cat called ‘cos it’s probably like six times a week,” said Chelle Leary. “Plus there were dudes who grabbed my ass and almost broke my wrist one time.”

As an extra safety measure, many students have mace on their keychains, or they carry a knife with them when they walk around campus at night. But not all incidents are the result of strangers. Even on campus and between students there are incidents of sexual assault.

“I was just at a party and at the bar a guy was talking up a girl,” said one freshman student who wishes to remain unnamed. “When she looked away he put something in her drink.” While this student was able to notify the girl of the danger before anything happened, other students have not been as lucky. The threat of sexual harassment and assault is far too real to be taken lightly, and students’ stories leave the question: what else can be done to prevent these incidents and keep students safe?

AMAZON COOKING HACKS

BY LAUREN MILEY
ILLUSTRATION BY EDDIE SAMPSON

Cooking in college can be challenging, especially for students living on campus. After all, there’s only so much you can do with a microwave and a mini-fridge, and let’s face it: eating a steady diet of ramen, PB&J sandwiches, and junk food can get old quickly (and they aren’t the most nutritious options either). You don’t need a fully-stocked kitchen to make a delicious meal in your dorm. Try these three kitchen gadgets available on Amazon to cook creative, healthy meals—even if you only have a microwave and a mini-fridge.

Tea Infuser, Ououdee 4-Pack Silicone Tea Infuser, $8.99 w/ Amazon Prime
Your morning cup of tea just got more stylish! Ououdee’s funky tea infusers are perfect for all types of loose-leaf tea and includes a drip tray to set the infuser for convenient cleanup. The infusers are made of FDA approved BPA-free material and rust-free stainless steel, and the unique silicone design allows you to safely retrieve the infuser from a steaming cup of tea without burning your fingers.

Salad Cutter Bowl Salad Maker, $7.47 w/ Amazon Prime
Tired of washing dishes and chopping vegetables, but you don’t want to eat another burger at a fast-food restaurant? Try the all-in-one, BPA-free Salad Cutter Bowl by WarmthXD to quickly rinse, chop and serve a salad or chop vegetables and fruits for a snack with minimal cleanup.

Sistema Microwave Cookware Rice Steamer, 87.2 Ounce/ 10.9 Cup, $12.35 w/ Amazon Prime
Say goodbye to take-out! Sistema’s phthalate-free and BPA-free material microwave rice steamer makes it easy to safely cook up to eleven cups of rice in the microwave and create a multitude of nutritious meals including polenta, quinoa, vegetables, pasta, and oatmeal.
Despite the semester winding down, many Columbus State University students find themselves overwhelmed by projects and finals. Stress can also rise from the holidays, financial situations, and relationships. None of these are uncommon, and many studies show that a certain amount of stress is normal and healthy. However, there are unhealthy ways to combat stress, such as procrastination and the “treat yourself” mindset. Instead of binge-watching a hit show on Netflix, try some of these science-backed ways to relieve stress.

**Deep Breathing**
If you find yourself hunched over your laptop, fingers clacking away on your keyboard, consider taking a moment to practice deep breathing. Sit, or lie down on your back, and inhale slowly through your nose. Make sure your abdomen expands fully. Then exhale until your abdomen is relaxed. Studies show that deep breathing can reduce stress and anxiety, and result in a temporary drop in blood pressure.

**Walking Outside**
Since the weather is finally cooling down, going for a walk between assignments or study sessions most likely won’t result in heat stroke. Take this as an opportunity to stretch your legs and free your mind from the stuffy dorm room air. Studies done at the University of Michigan have shown that walking outside can decrease depression and lower perceived stress. Take it slow, though!

**Take Naps**
Yes, it is okay to nap, despite the many assignments looming over you. In fact, the National Sleep Foundation recommends taking a 20-30 minute nap each day in order to increase alertness. Taking longer naps might result in grogginess, though. Make sure your sleeping environment is restful: turn off the lights and try to rid the area of disruptive noise.

As college students, it is easy to become overwhelmed, but it is also easy to take steps to fight the stress you will inevitably encounter. Start practicing these techniques when you feel the stress taking over. These are only three of many easy and cheap ways you can combat stress. If you want to learn how stressed you are, you can take the following Perceived Stress Scale created by Sheldon Cohen.

**PERCEIVED STRESS SCALE TEST**

| 0 = Never | 1 = Almost Never | 2 = Sometimes | 3 = Fairly Often | 4 = Very Often |

1. In the last month, how often have you been upset because of something that happened unexpectedly?

2. In the last month, how often have you felt that you were unable to control the important things in your life?

3. In the last month, how often have you felt nervous and “stressed”?

4. In the last month, how often have you felt confident about your ability to handle your personal problems?

5. In the last month, how often have you felt that things were going your way?

6. In the last month, how often have you found that you could not cope with all the things that you had to do?

7. In the last month, how often have you been able to control irritations in your life?

8. In the last month, how often have you felt that you were on top of things?

9. In the last month, how often have you been angered because of things that were outside of your control?

10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

**GRADING**

| 0-7 = very low stress | 8-11 = low stress | 12-15 = average stress | 16-20= high stress | 21+ = very high stress |

By Tonya Streeter
Illustration by Britney Green
Musical artist Sam Smith sang "But when you call me baby, I know I’m not the only one." Many of us have felt this way at least once when dealing with a serial dater. But there are the lucky ones who haven't encountered one and may ask: what is a serial dater?

Urban Dictionary has a lengthy definition on “serial dater” that reminds me of a long, strongly-worded text message. The serial dater is essentially described as a person who dates multiple people at one time while never focusing on one person. Another term for a serial dater is “player.”

Columbus State University senior political science major Ashaunti Humphries had the unfortunate experience of being involved with a serial dater. As a freshman in high school, an upperclassman dated her and a few of her other classmates at the same time. She didn't find out until the other girls confirmed the rumor. To ensure you don't go through that (insert “again” as many times as necessary), Amanda Fama, a writer for Elite Daily, gives three signs to look for in a serial dater: obsession with the “honeymoon” phase, problems with being single, and fear of commitment.

That brings us to the reasons behind serial dating. As stated before, serial daters may be afraid of commitment. It may be due to the circumstances he or she grew up in, or a relationship that tore that person apart. In my interpersonal communications class, we often talk about relationships and what makes them work. The class agreed that sometimes people who grew up in a divorced family are likely to have a negative opinion about marriage. Ming Cui and Frank D. Fincham of the Florida State University conducted a study that supports this claim. Of the participants that participated in this study, most of them had as Cui and Fincham described it, “a less optimistic attitude toward marriage (a more favorable attitude toward divorce) and a weaker commitment to their own relationships”. In fact, one of our classmates admitted to being a serial dater when she was in high school. Her parents were divorced. She happily tells us that she is in a committed relationship. Some college-aged serial daters will say that they are too young for that kind of commitment. So, they are only having fun.

When you identify someone as a serial dater, my advice would be to stay away. Even though my classmate was able to come out of the serial dating life, not all serial daters will be willing to do the same. How do you deal with a serial dater? In my opinion, you don’t.

The article “Inside the Mind of a Serial Dater,” at e-harmony.com has the following advice: “Trying to save these serial daters is a lost cause that will only lead to more pain, frustration and a lowering of your own standards. Deep personal issues and forces are at work that time alone can’t solve. Listen to their “It’s not you—it’s me” breakup speech and keep moving, allowing yourself to feel hurt and keep seeking someone who will elevate you to the equal pedestal on which you both belong. Until the true serial dater reconciles their alienating motivations hidden by superficial expressions of affection, he or she will keep substituting the same types of good-for-right-now-but-not-forever people over and over like interchangeable widgets, and will leave a wake of broken hearts in his or her path.”
OK, I'M TURNING OFF THE LIGHT. GOODNIGHT.

HELLO, DEAR...

...?

THE NEXT MORNING...

GOODNIGHT.

Kingdom Hearts 3.

FINAL FANTASY 7 HD!

What's with all the arguing?

They're arguing about which game is going to get delayed first.

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