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THE Saher

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY



LEADERSHIP INSTITUTE

COLUMBUS STATE UNIVERSITY



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COLUMBUS STATE UNIVERSITY

THE SABER

CATHERINE SAAVEDRA, EDITOR-IN-CHIEF
CSUSABEREDITOR@GMAIL.COM

ELAINE HOFFMEISTER, MANAGING EDITOR
CSUSABERMANAGER@GMAIL.COM

ERIKA GALDAMEZ, MARKETING MANAGER
CSUSABERADS@GMAIL.COM

TBA, LAYOUT EDITOR
CSUSABER@GMAIL.COM

JOE MILLER, ADVISER
MILLER_JOSEPH1@COLUMBUSSTATE.EDU

TBA, COPY EDITOR

RYAN KRAFTHFER, MEDIA EDITOR

DANIELLE DAVIS, CAMPUS LIFE EDITOR

FRANCESCA RENFROE, ARTS&ENT EDITOR

JUSTIN MINGE, LOCAL & WORLD EDITOR

ERICK RICHMAN, SPORTS & WELLNESS EDITOR

TREVOR MEHRKENS, DISTRIBUTION MANAGER

STAFF WRITERS

JAKE HALL, CAM KRAFTHFER, LINDSAY
MARCHELLO, BRANDI PHILLIPS, SAM SACHS

PHOTOGRAPHY AND ART

SABRINA ANDERSON, JAZMIN MCCOY, CARLY
MCMINN, MARJORIE PIERCE, NOAH SACHS

4225 UNIVERSITY AVE.
COLUMBUS, GA
31907-5645
CSUSABER@GMAIL.COM

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Cover Photo: Erika Galdamez

LETTER FROM THE EDITOR



In our second issue this semester we've taken a closer look at that which has lately affected you, the reader. From CSU cutting down on printing pages, to the viral ALS campaign, to our school's connection with our neighbors in Ft. Benning, The Saber has done the utmost to include you in a network which expands beyond the boundaries of this campus.

At times it's important to pull back and be aware of the deeper story behind the mania. For example, while The Saber addresses the importance of the Ice Bucket Challenge, we also look at another side of the issue and discuss why the biggest killer in America remains relatively ignored on social media.

Another recent event, The Jim Blanchard Leadership Forum, showcased those who have pursued their interests with passion and determination, and ultimately experienced great success as a result. It's a model of how to approach your own majors and desires, and how to act with decisiveness and take risks, as the speakers advised.

Ultimately, remember that you alone choose your role in the world. Signing petitions, striving to be a leader, raising awareness – all these things are choices, and by picking up this issue of The Saber you've already taken a step towards getting connected and staying informed.

- Catherine Saavedra
Editor-in-Chief

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Fast Five with a Professor: Dr. Monica Frazier

Danielle Davis
Campus Life Editor
Photo: Monica Frazier

Beakers. Microscopes. Petri dishes. To some of us, these are just objects. To Dr. Monica Frazier, an associate professor in the Biology department, these are instruments that can be used to teach, learn, and even revolutionize. Dr. Frazier's love of science is what drives her to provide an academically stimulating environment for her students. Recently The Saber sat down with her to discuss what life is like inside as well as outside of Lenior Hall.

Where are you from?

MF: I'm from Opelika, Alabama. I still reside there. It's funny how life works out sometimes. You end up where you start.

How many years have you been at CSU?

MF: This fall marks the beginning of my eighth year. I started here in the fall of 2006. Before coming to CSU, I worked at Tuskegee University in Tuskegee, Alabama.

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

MF: I would completely tap into my creative side. I love sewing, embroidery, etc. Essentially, I would create to my heart's desire. I like to be in the know when it comes to new crafting machinery. Right now, the *Brother ScanNCut* is my go-to device.

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

MF: I want them to never be afraid of a challenge just because of the work that's involved. When you do that, you limit what you can accomplish. I don't want them to be afraid to go outside of their comfort zone. It's not as bad as they think. I want them to believe in themselves, to never give up or quit. Have a strong work ethic. One thing I learned while in my PhD program is that you can become an expert in anything. But in order to do that, you must be willing to put forth hard work. Ultimately, I like my students to think and use the knowledge they have to help solve problems. Science is often factual, but there are times when you need to pull from more abstract places.

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

MF: My students probably won't believe me when I say this, but Cell Biology was not my thing. Over time, I grew to love it. The thing about that is if I'd given up I never would've been able to unlock that potential in myself. Now for something less academic, I love to play the saxophone. In addition to that, I enjoy spending time outdoors. I often go camping and canoeing. And I guarantee my students will get a kick out of this last one. My stepping skills were considered 'top of the line' in regards to my sorority.



Decline in Printing Pages Raises Student Concern

University Information and Technology Services urges them to save paper

Brandi Phillips
Staff Writer

When you're a student the last thing you want to worry about is running out of printing pages. Unfortunately, at the beginning of this fall semester students were faced with that exact plight when they discovered a drastic drop in free printing pages. Last year, students were allotted 500 pages for printing. This year that amount was decreased to 300 pages.

Abraham George, the Chief Information Officer for University Information and Technology Services (UITs), explained the reason for the decline in printing pages.

"For the summer term, there were 300 printing pages. For fall and spring, we have 500 pages. At the beginning of the semester it is usually 500 pages. The transition from the summer to fall semester was an accident." George also mentioned

that last year students printed an average of 175 pages.

Chelsee Pike, president of the Student Government Association, gave her opinion on the page count situation.

"The print page decrease from 500 to 300 was brought to my attention via Facebook by a couple of concerned students who were very frustrated. After finding this out, and not getting a straight answer from UITs, I decided what better way to raise awareness than to start a petition. The online petition received over 350 signatures and the paper petition had roughly 200. This is a prime example of how I represent the student body. I am here to fight for any student concerns no matter how big or small. I hope this shows students that I am here to assist them in

any way possible."

Although the print allotment has been increased to the correct amount [500 pages], George and the rest of UITs would like to encourage students to be more eco-friendly. George would like to see both students and faculty using less paper and accessing more digital programs.

"UITs is working to get the campus more digitalized, for them to use programs such as D2L and Google Docs. No one should be using a lot of paper. We can do orientations and trainings to get everyone familiar with going digital," George commented.

Keep in mind that if students do happen to run out of printing pages, they will be given up to 50 free printing pages.

Ninth Annual Jim Blanchard Leadership Forum

Charismatic business mogul Mark Cuban headlines

Jake Hall

Staff Writer

Photos: Erika Galdamez

Mark Cuban, dressed in jeans and a polo, captivated his audience on the first night of the 2014 Jim Blanchard Leadership Forum.

"He's as arrogant as they come," said Tim Wright, an audience member. "But when you're that intelligent, it's okay to be a little cocky."

A self-made man, billionaire Cuban discussed topics pertaining to everything from Dallas Mavericks' athlete Dirk Nowitzki, to what medicine will be like ten years from now, to his investment in the television show *Shark Tank*.

"Dirk is not the most gifted or the most athletic," said Cuban on how he selects his basketball players. "But he is a perfectionist in process. He is consistently the first one in and last one to leave."

The overall theme of the forum was seizing opportunity. Cuban explained what he thought about this theme in one phrase: "Risks are scary."

In addition to listening to Mark Cuban speak, audience members had the opportunity to see Tom Cousins, a prominent real estate developer, honored. Cousins was awarded the Blanchard Award for Outstanding Stewardship and Ethics in Business for his role in revitalizing the East Lake Meadows housing project and golf course.

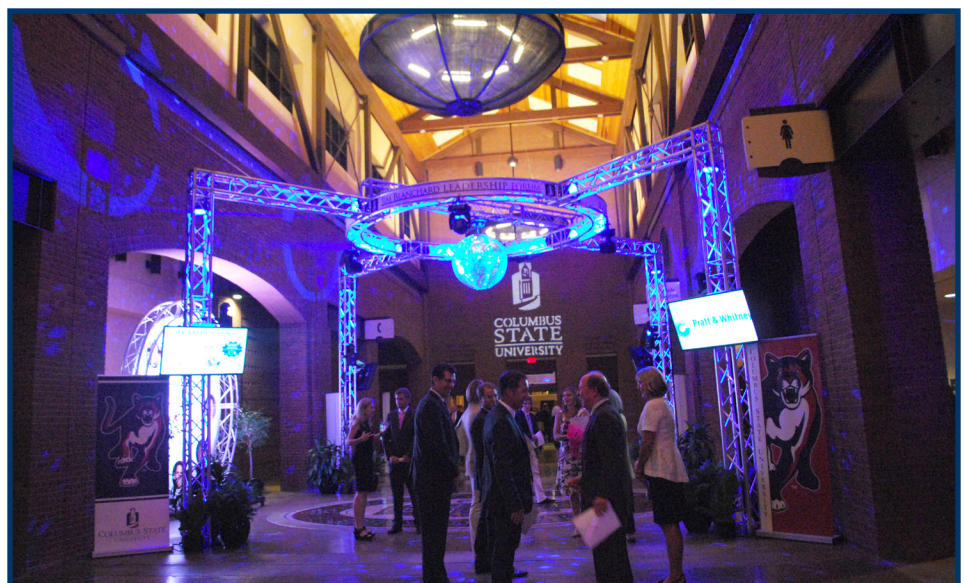
The second day of the forum featured Harlem Children's Zone Inc. President and CEO Geoffrey Canada, Retired Vice Admiral John Ryan, FaceBook COO Sheryl Sandberg, New York Times bestselling author Marcus Buckingham, Harvard leadership lecturer and founder of the Center for Public Leadership Ronald A. Heifetz, and founder of Spanx Inc. Sara Blakely.

Reaching its ninth year, the Jim Blanchard Leadership forum has previously brought significant keynote speakers such as Condoleezza Rice, Colin Powell and Newt Gingrich. It has been confirmed that the Bush Family will headline the 2015 Leadership Forum.

Before he left, Mark Cuban gave some advice to current and future entrepreneurs.

"Be honest," said Cuban. "I want people around me that are honest. They make me look smarter which makes my company look smarter."

For more information on the Jim Blanchard Leadership forum please visit jblf.org.



The Boys of Benning

A book with heart and historical value

Out of 238 men, only 119 US Army Infantry Soldiers graduated from Ft. Benning's Officer Candidate School (OCS) in March of 1962. In 2012, after a 50-year reunion, Thomas B. Vaughn, co-author and co-editor of *The Boys of Benning* claimed, "The idea for [the] book grew out of that historic reunion, and a collective desire to document our stories, not for fame and fortune, but for families and friends."

"The idea for [the] book grew out of that historic reunion, and a collective desire to document our stories, not for fame and fortune, but for families and friends."

Out of the 119 second lieutenants, 14 of those men agreed to submit their own chapter for the book, telling stories from time spent in and out of the US Army. The *Saber* had the opportunity to meet Vaughn as well as co-author Rudy Baker. Both men were humble but also eager to share their stories.

The second chapter, written by Baker, is delightfully heartwarming. He admits to readers that it was difficult growing up as a sharecropper's son in a mid-twentieth century North Carolina: "It was a hard life, but we always had plenty to eat, mostly raised on the farm." After he graduated high school, Baker worked in a furniture factory for a week before quitting to join the Army in 1954. Baker served in the Army for 33 years before returning to civilian life for good in 1987.

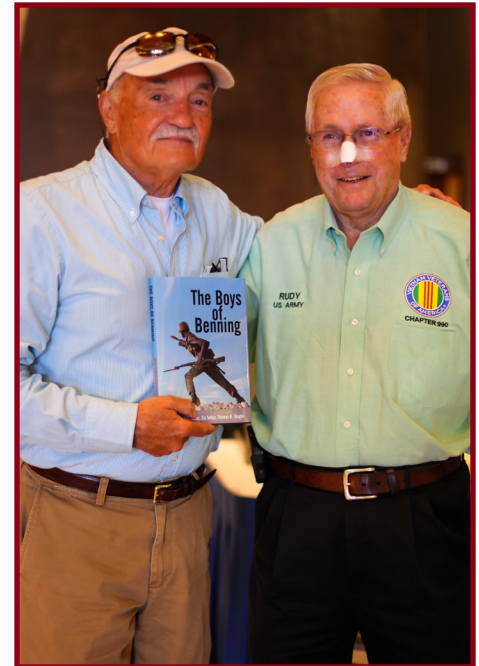
In Chapter 12, Vaughn claims he knew at a young age that he wanted to be involved in the military. "I dreamed of becoming a soldier. Those dreams were fueled by books and movies." Upon graduating high school, Vaughn left for Fort Knox where he became the youngest member of the Armor Advanced NCO Course. In 1959, he started his official Army career and served for 29 years.

Like Baker and Vaughn, the majority of these men served overseas, supporting the United States through trying times. This book contains the personal, first-hand stories of this nation's heroes. Therefore, if the reader values history or has an interest in the US Army, this book will not disappoint.

Cam Krafthefer

Staff Writer

Photo: Cam Krafthefer



Thomas B. Vaughn and Rudy Baker pose with their book "The Boys of Benning."

A Taste of Georgian Art in Columbus

Exhibits showcase Civil War artifacts, Civil Rights art, and more

The Columbus Museum is home to a number of diverse exhibits steeped in historic and artistic value. Generally the exhibits are in place for about seven months before being cycled out. Currently, there are four main exhibits on display in the museum, some will be ending soon while others will continue for a number of months.

Among the exhibits currently on display is a series of artifacts ranging in age from the civil war to the mid-1900s. Some of the more notable artifacts include a set of surgeon's tools from the civil war and early versions of the camera and film from the late 1800s. This exhibit, known as "Memories Cabinets" will be on display until June 7, 2015.

Another exhibit with a large collection of works is the featured gallery of William Beckman. Beckman was an artist born in 1967 who worked the majority of his life until his death in 2013. The exhibit, ran through Sept. 7, 2014 and included 50 charcoal and graphite drawings, many of which were drawn on handmade paper. The gallery featured individual people



"There's a Man Going 'Round Taking Names" by Lamar Baker

as the subject of many of the drawings, including a large amount of self-portraits, alongside a few large works which depicted cows and bulls.

An art exhibit with a more historical tone is the "Leaving Mississippi" collection. "Leaving Mississippi" includes a number of paintings by artist Najee Dorsey, who also provides information and connection

between the art and the civil rights movements of the early 20th century. Dorsey, a Columbus native, has been featured in a number of exhibitions around the country and his exhibit is open through Jan. 4, 2015.

The last exhibit presented at the Columbus Museum at this time is the "Valley Painters" gallery. Consisting of a collection of works featuring artists from Georgia with a variety of backgrounds, the gallery has an eclectic series of paintings of differing styles and subjects. Work in the "Valley Painters" exhibit features creations by artists such as Lamar Baker and Bo Bartlett, among others. These paintings are part of a set of works in the museum's permanent collection, and will be available to viewers through March 8, 2015.

While these exhibits are all available for a limited time, the Columbus Museum continually features exhibits of varying subjects with cultural and historical value.

Sam Sachs

Staff Writer

Photo: Carly McMinn

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10,000 Ft. Benning Jobs in Danger

Letter writing campaign that could preserve Columbus' economy

More than 10,000 jobs on Fort Benning have recently been threatened by the US government, so the Pezold Management Group took action and organized a letter writing campaign. "Stand Up for Ft. Benning" was supported by local businesses in order to protect jobs that were being considered for elimination by the US Army. Campaign stations were placed in several buildings around town where

citizens could submit a letter and support the local economy.

A drawdown in this area could cost as many as 14,000 regional defense and contractor jobs, according to the Chamber of Commerce. In the last few years, plans have been made to move the third brigade out of Ft. Benning.

The loss of an additional 10,000 jobs would have a great effect on Columbus' economy as a whole. Jack Pezold,

owner and operator of Pezold Management, claimed that saving the jobs is important, "Because there's a lot of money that's spent at Ft. Benning and there are a lot of good jobs."

The campaign raised more than 17,000 letters, exceeding the initial goal of 10,000. All the letters were sent to the US Army Environmental Command in Fort Sam Houston, Texas. Though there is no promise that the letters



will convince the federal government to not downsize in this area, officials believe that the letters still support a good cause.

Cam Krafthefer

Staff Writer

Photo: Ryan Krafthefer

Columbus Businesses Offer Same-Sex Benefits

Aflac, Total Systems Services, Inc. provide same-sex health benefits to employees

A move that would make gay rights advocates rejoice - Aflac and Total Systems Services, Inc. are now offering health insurance benefits to same-sex couples. Same-sex marriage is still prohibited in Georgia, but Aflac and TSYS appear to have found a loophole. As

long as an employee can show proof of marriage or domestic partnership, they are able to receive health insurance benefits.

For many same-sex couples, this means leaving Georgia to marry in a state where same-sex marriage is legal, such as

New York or Vermont. For now same-sex marriage is prohibited under the Georgia Constitution, but the decision by these two companies to offer health insurance benefits to same-sex couples is seen by some as a step in the right direction.

Lindsay Marchello

Staff Writer

Illustration: Noah Sachs



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Ice Bucket Challenge: A Charitable Phenomenon

ALS awareness pours over the nation

People all over the world are dumping buckets of ice water over their heads and posting videos of the act on social media. This bizarre trend is enacted not just for fun, but also for raising money and awareness towards amyotrophic lateral sclerosis, also known as ALS or Lou Gehrig's disease. Raising over 100 million dollars in donations and prompting hundreds of thousands of Google searches on ALS, the ice bucket challenge has become one of the most successful charity campaigns in recent history.

ALS is a disease with no cure, and most who are diagnosed have a life-expectancy of two to five years. The disease can afflict anyone, but it is not contagious. ALS is described as a "progressive neurodegenerative disease," meaning it affects the nerve cells in the brain and spinal cord. More specifically, ALS degenerates motor neurons, slowly causing the patient's

voluntary muscles to be affected. This usually leads to the patient becoming totally paralyzed, and eventually causes death.

The ALS Association was founded in 1985 to raise money for research into the disease, and also to increase public awareness. The organization has been active in the past, spending approximately 24 million dollars last year in ALS research, fundraising, community services and public education on the disease. The ALS ice bucket challenge has caused the ALS Association to dramatically alter their expenditure plans, almost quadrupling the donations they received from last year.

The origin of the ice bucket challenge, like the origin of most social media trends, is difficult to ascertain. The rules of the challenge are simple, although there are variations. The basic idea includes a person being challenged by someone else on social media to dump a



bucket of ice water on their head. In some versions, the challenged person may either donate to the ALS Association or post a video of them enacting the challenge. In others, the challenged individual must post a video of themselves completing the challenge and donate money. Most videos end with the person completing the challenge and in turn challenging others to do it.

Justin Minge
Local and World News Editor
Illustration: Marjorie Pierce

This chain of dares has caused the ice bucket challenge to go viral on social media sites like Facebook and Twitter. Over a million videos have been posted, with celebrities such as Mark Wahlberg and Taylor Swift participating.

Many students at CSU have also posted ice bucket challenge videos. April Trawick, a student and resident assistant on the

Courtyard 1 campus, was challenged by her boss, Residence Life Coordinator Chloe Argen, to participate in the challenge. Trawick said she "had never heard of ALS before the ice bucket challenge," and stressed the importance of participating when challenged. "I don't have the money to donate," Trawick stated, "but by doing the challenge I can help spread the word about ALS."

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Why No Love for Heart Disease?

ALS research is flourishing, but what about your most likely killer?

Erick Richman

Sports and Wellness Editor

Illustration: Marjorie Pierce

Every day, 15 people are diagnosed with the neurodegenerative disease amyotrophic lateral sclerosis (ALS), while almost 1,500 people die from a heart disease related event in the same time frame.

Since the Ice Bucket Challenge took off, research groups have raised many millions of dollars for research, with Project ALS reporting a 50-fold increase in donations.

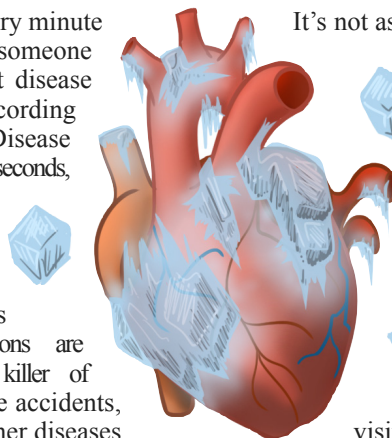
For the 5,600 or more people diagnosed with ALS each year, the disease is a life-altering event. Of every 100,000 deaths, two are the result of the disease. Independent charity-monitoring group Charity Navigator reports that Project ALS spends 89% of their funds on such programs, with the ALS Association spending 73% on theirs.

Ideally the influx of publicity and funds from the Ice Bucket Challenge will help the promising research these groups are doing and bring that number down, as well as bring assistance to those living with the condition.

Meanwhile, every minute of every day, someone dies from a heart disease related event, according to the Center for Disease Control. Every 34 seconds, someone has a heart attack.

This means that cardiovascular disease and its various manifestations are the number one killer of Americans, far above accidents, homicides and other diseases.

If we want a healthier society, the most important thing we can do is lead healthy lives ourselves. While cardiovascular disease has genetic components, engaging in regular, moderate exercise and eating a diet with enough fiber, fruits and vegetables, along with not smoking, can massively reduce your risk.



It's not as exciting as celebrity videos are, it's not as refreshing as an ice shower is, and it doesn't have that same exhibitionist flair – but eating a couple of green fibrous things and moving a bit more is the single biggest contribution you can make to the public health of America.

For more information on heart health and protecting yourself from your most likely killer, visit the American Heart Association at heart.org or the Centers for Disease Control and Prevention at cdc.gov.

Erick Richman is an NSCA Certified Strength and Conditioning Specialist, Graduate Exercise Science student and Personal Trainer at the CSU Recreation Center.

Verbatim: College Football Playoff

Jake Hall

Staff Writer

Photos: Jake Hall, Columbus State

A new era in college football has begun as the BCS is out and the four team college football playoff is in.

Instead of computers deciding the next football national champion, a group of esteemed leaders will pick the four best teams in the nation to play in two "win or go home" playoff games. The two winners of those games will play for the national championship. What do you think?



"I think that it's a great idea because it gives everybody a fair opportunity, and the opportunity to compete at a high level for one trophy."

- Prience Smith, CSU student



"I think that it is a good idea. The only thing is that like BCS still works in the favor of the powerhouse teams like Alabama and Oregon. I think these schools will still be in the top four playing for the title, so it really does not matter if a small school like Boise State competes in the end."

-Shawn Richardson, CSU student



"I personally like it because there has always been a lot of complaining about how other teams should have got their shot, and now they will. If the small schools want to play with the top powers, well here's your chance."

-Brandon Hatcher, CSU student



"It's a positive thing to happen for the sport. It takes the decision out of the hands of the polls, and out of the hands of the computers. It puts it into the hands of a committee that can make a judgment and a fair judgment. They can take a fair look at it, and it is to be played out on the field versus in the polls and on the computers."

- Stephen Williams, Assistant Sports Information Director at CSU.

Meet CSU's New Athletic Director

An interview with CSU's new AD, Todd Reeser

Jake Hall
Staff Writer
Photo: Jake Hall

On April 4, then CSU athletic director Jay Sparks announced that he was leaving CSU to go back into the world of collegiate coaching. The search was on for the new face of CSU athletics.

After many interviews with numerous candidates, CSU announced on June 27 that Todd Reeser had been hired as the new Athletic Director of Columbus State.

Reeser has spent 28 years climbing the athletic administrative ranks. He has been everywhere from Illinois State, his alma mater, to his most recent job as the Senior Associate Athletic Director for Development and Sports Services at Georgia State University.

This past week The Saber took an opportunity to sit down and get to know him.

The Saber: So tell us a little something about yourself.

Reeser: Well I'm a central Illinois farm boy that had an opportunity to play baseball at the collegiate level, and I decided to be in athletics, not necessarily to coach, but to get in this thing called athletic administration. I had great mentors and people who let me kind of run with it, and the next logical step was to be an athletic director. Working in athletics you get to meet a lot of great people, and impact the student-athletes in a really positive way.

Saber: Who are some of your mentors?

Reeser: Well there are people who may not think they are my mentors, but they gave me an opportunity, whether it's Jim Livengood, former Arizona, UNLV and Southern Illinois AD, to my most recent AD Cheryl Leveck at Georgia State who made me better because of her encouraging us to grow and to be prepared enough to plan. That was necessary at Georgia State because we were starting up a new program, and it kind of elevated the program overall. There were many people that weren't my boss that are great friends and colleagues today. That's the beauty of athletics, you get to work with a lot of different constituencies.

Saber: What attracted you to CSU?

Reeser: I saw that this was a place that was committed to athletics. They have outstanding facilities, and a history of success. People always ask me if I am more for Division I or Division II. The difference is on the court versus off the court. On the field and on the court it's the same. Kids, they work hard and they compete. As the AD it's all the same, just different numbers. You try to help them compete at a higher level, and to develop on and off the field. At the end of the day it is about the student athletes. That is what is important. I found this to be a great place to continue a level of excellence, and hopefully even elevate it. We also have outstanding coaches in place that can win now.

Saber: What are your goals at CSU?

Reeser: Our role is to build this brand outside of Columbus. When I got here I was amazed at some of the facilities that



Reeser studies the playback of the recent women's volleyball game.

Columbus State had, and I haven't even gotten to the athletic facilities yet. I honestly cannot wait to show us off to people that I worked with. I worked for five years in Atlanta, and had no idea. Competitively, I feel that we should be at the top of our region and conference in many sports. I am still assessing, and I feel that if we can provide them with what they need as far as scholarships and the operating budget then we should be very competitive. Our coaches are resourceful, and we have great facilities. Our scholarships, however, we do need to take a look at that, and get creative whether it is fundraising or various other things. I think that if we are at the top of the conference then that means we will be strong nationally. We have everything in place, but it's my job to provide my coaches with the proper resources.

Saber: While at Georgia State, you helped to develop it into one of the top rising young programs in the county. Do you see CSU being on par with them down the road?

Reeser: We did a lot of things at Georgia State with football and so on. I don't see us getting that far right now, but I do see us as being one of the strongest Division II schools in the country. I've been asked the football question many times, and I do not feel that it is a question to be answered at this time. Right now, I want us to get stability at where we are at. I've been down that road so I understand the positive impact it can have, but I also understand the challenges that it brings. It was not part of my platform when I came here, but if down the road it makes sense then sure I will welcome it. We just want to be successful at this time.

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College, Love and a Pen

How to handle shady individuals

Francesca Renfroe
Arts and Entertainment Editor

In life there are individuals who will disguise themselves as your friend only to become a foe later on. What do we call these individuals? Shady.

"What is a shady person? It's a person who stabs you in your back when you're not looking. They are always trying to be your friend, asking you if you're okay. But they really don't care," said Communications major, Deandra Fields.

"You're mean, but you're not upfront about it," said Charise Clay, another Communications major.

Well, if that is all it takes to become a shady person, then we encounter them on a daily basis. How would we deal with these individuals? What is the right approach to no longer putting up with a person with this drastic character flaw?

"I would be nice to them," started Health Science Major Arielle Lee. "There is no reason to work yourself up over someone who couldn't be trusted. Just be nice and continue to live your life."

"A shady person? I'd shed light on them and confront them," said Gilles Charles, also a Health Science Major.

"It isn't shade if no one catches it," said Daisha Dandy a Nursing major.

The people and situations we encounter are endless. Just on this campus there are thousands of people from different walks of life. Some of them will be genuine and others will not. The most important thing to remember is to not get so caught up in what other people are doing that you lose yourself. There are plenty of people who have your best interest at heart, so just keep that in mind the next time someone is shady towards you.



superheroes of Service

Monday 8

Origins: Interest Meeting
7:25pm 254 Davidson

Wednesday 10

Chillin' Like a Villain

10-noon Einstein Bros (Library on Main)
7pm Momma G's: Half-Off Day (Riverpark)

Thursday 11

Walk Like a Hero
7pm Track @ the Rec

Friday 12

Origins: Interest Meeting
7:25pm Rankin Atrium

Saturday 13

Whitewater Classic: Tuskegee vs. Albany State
Garriet-Harrison Stadium, Phenix City
3pm

Monday 15

Dorm Raiders
Details to come

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