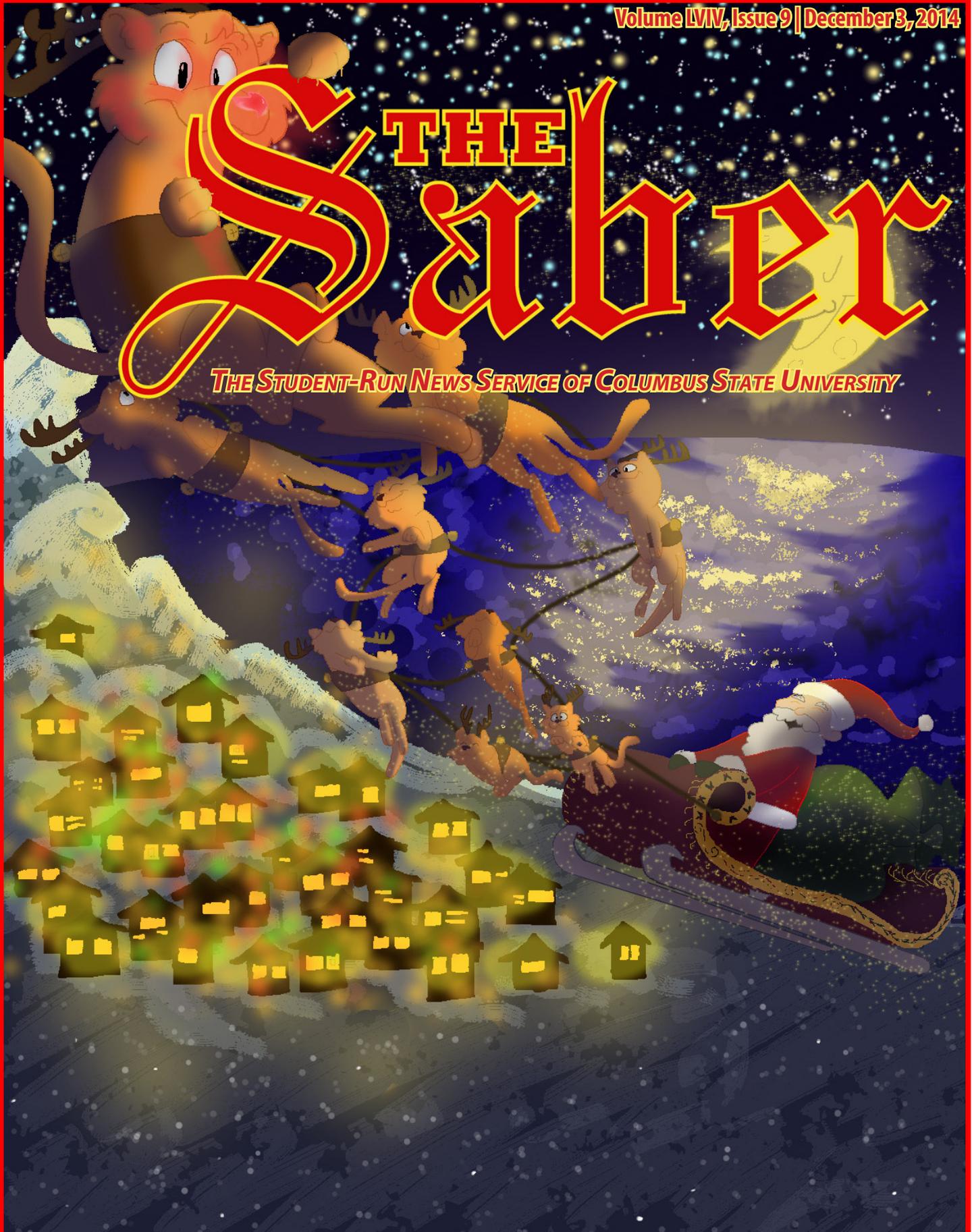


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THE Sable

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY



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COLUMBUS STATE UNIVERSITY

THE Saber

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Cover Illustration: Marjorie Pierce

LETTER FROM THE EDITOR



Happy Holidays to everyone on campus and beyond, no matter how you choose to celebrate this season. The Saber wishes you a restful break and the opportunity to enjoy family, food and fun. Wrapping up this year, I just want to give a big thank you to all of our staff for their hard work this semester, and their dedication and time on all nine issues published so far. I'd especially like to laud our graduating staff writer, Jake Hall, for all of his semesters of contribution to The Saber. Similarly, congratulations to all of you graduating this December, and to your well-deserved success!

In this special Holiday issue we have content relating to the season. For all you scrooges out there, there's an opinion piece exploring how early Christmas has been breaking out each year. For anyone who wants a glimpse of what's happening around town this month, take a gander at "The Spirit of Christmas" on page 8. For all those parents out there with young children, there's a fun play in town called "Santa's Christmas Tree" by the CSU Theatre Department. Finally, for those of you worried about the extra calories that come with holiday gorging we have just the article for you – "Winter Workouts," on page 12.

Just one more thing – best of luck on finals. See you in 2015!

-Catherine Saavedra
Editor-in-Chief

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Pride Plus

New student-run LGBT organization

Austin Wallace
Staff Writer

Pride Plus is a relatively new student-run organization on campus, whose main focus is to promote social and educational growth in the local Columbus community. Since the organization began in late October it has inducted approximately 20 active members, while there are more than 30 on the Pride Plus e-mail list.

According to Chris Delano, a cofounder of the organization, the idea to create a group with a specific emphasis on the LGBT community and issues faced by LGBT individuals stemmed from the fact that there were no existing organizations that focused on bringing those individuals together while also provoking social activism.

Pride Plus is split into three key initiatives designed to promote involvement among members of the local population. These initiatives include community outreach, social activism, and educational engagement, and are lead by three different vice presidents. By dividing the organization into different sections with separate leaders, the group hopes to more

“There’s no pressure for anyone to stay away from us if they aren’t LGBT, we want everyone involved.”

effectively spread social awareness, bring the community together through social interaction and events, and better educate people on issues related to the LGBT community.

While the organization is still very young, it has already held various events and has plans to host many others. These events included a lost and found clothes drive for LGBTQUI homeless teens in Atlanta, Georgia hosted on Nov. 20 and 21 on both Columbus State University’s Main Campus and RiverPark Campus, a Thanksgiving dinner held in the Student Activity Center on the RiverPark Campus on Nov. 25, and plans to host a ResLife sponsored Winter Ball on Dec. 9 at 6:30 p.m. in the Rankin Gardens and Atrium. The organization also hopes to organize a conference with Kennesaw State University and their LGBT student

groups to help educate people on LGBT issues.

Although Pride Plus’ emphasis is largely on members of the LGBT community, Delano promises that one does not necessarily have to be a member of the LGBT community to be an active member of the organization. “There’s no pressure for anyone to stay away from us if they aren’t LGBT, we want everyone involved.” He goes on to explain that some of the organizations key members “are not part of the LGBT community, but they support Pride Plus.”

During the fall semester of 2014, weekly meetings were held in the Davidson Student Center’s Room 258, every Thursday at 5 p.m. However, nearing the end of the semester, meetings have ended and the schedule and location for the spring semester of 2015 are still to be decided.

For more information regarding the organization or its events visit their Facebook page, “CSU Pride Plus” or contact Chris Delano at delano_christopher@columbusstate.edu

Holiday Spirit

Campus traditions spread through CSU

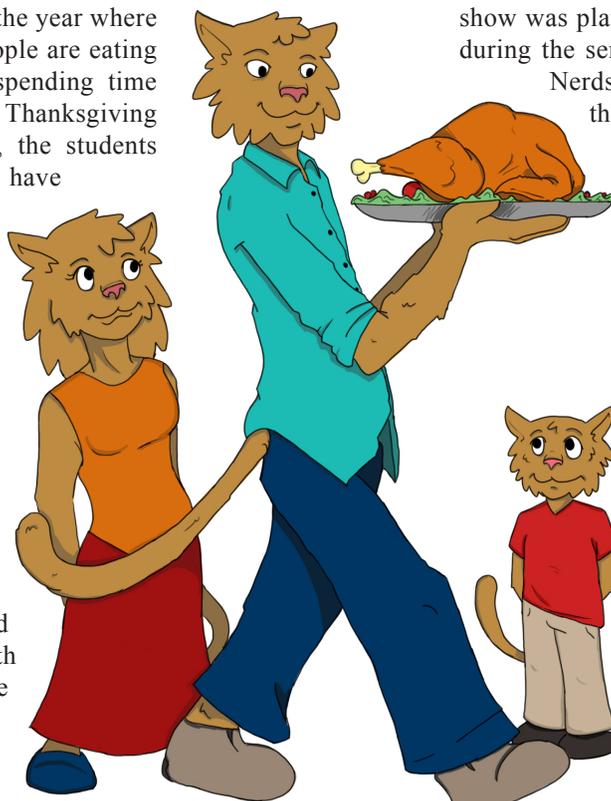
Lyndal Bedford

Staff Writer

Illustration: Noah Sachs

It is getting close to that time of the year where holiday music is being played, people are eating seasonal food, and everyone is spending time with their friends and family. With Thanksgiving gone and Christmas on the way, the students at Columbus State University have prepared for the holiday season by taking part in some of their traditions.

Two organizations that have gotten into the holiday spirit by sharing their holiday rituals include the Campus Nerds and Chi Alpha Christian Fellowship. The Campus Nerds have finished up the semester by hosting their event called Nerds-giving. This event, which occurred on Nov. 20, 2014, opened up to the public to allow friends to get together, eat food, and reflect on the year that they had with each other. It was also a time where people were thanked for helping with the events that they had this year such as NerdaCon. A slide



show was played showing the various events held during the semester, and it was a time where the Nerds, along with their friends, showed their appreciation.

The Chi Alpha organization had a similar event known as their Thanksgiving Festival. The students brought their own food dishes, shared them with everyone who came to the event, and enjoyed the company of anyone who took part. They hosted a lip-synching competition where anyone who came was able to participate.

This year, starting from Dec. 1, 2014 to Dec. 5, 2014, Chi Alpha is having a Five Days of Christmas event, where they will be spreading the Christmas spirit by giving out free candy and singing Christmas carols.

As holiday traditions continue to spread at CSU, it can make the wait for students to go home more enjoyable.

Dining Services Town Hall

The future of food at CSU

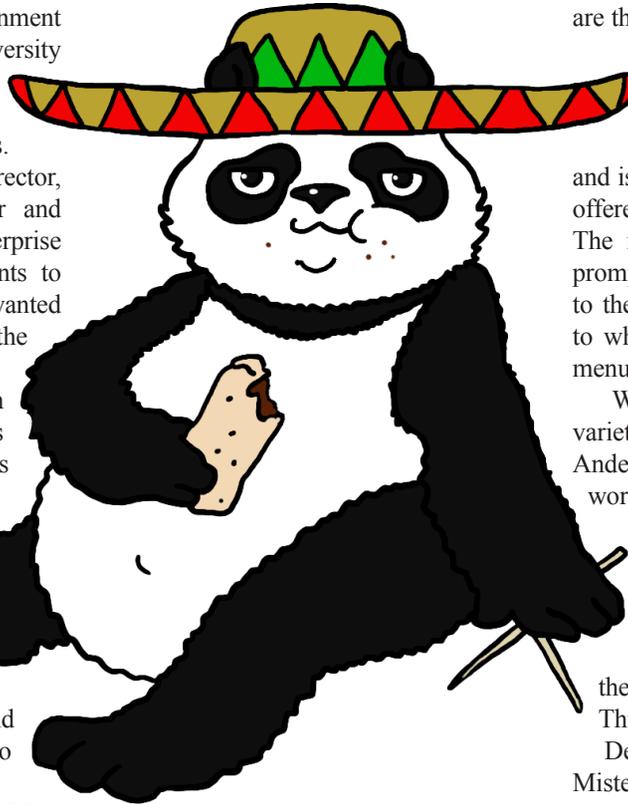
On Nov. 11, 2014 the Student Government Association of Columbus State University hosted a Town Hall meeting to discuss concerns with Dining Services and plans for future changes.

Troy Anderson, the Food Service Director, Justin Balsam, the Chef Manager and David Mitchell, the Director of Enterprise Development sat down with students to hear what they liked, disliked and wanted from Dining Services moving into the future.

The beginning of the meeting began with Mr. Anderson discussing plans for potentially adding a Panda Express and a Moe's Southwest Grill to the CSU campus. Not only would these new concepts be added to CSU, but the main cafeteria would be expanded as well to meet the needs of the growing student body. If the changes are approved and funded, renovations are planned to begin in March 2015.

Following the discussion of what Mr. Anderson hoped to provide next year, it was also announced that meal equivalency would be returning sometime in the spring semester of 2015.

For students unfamiliar with meal equivalency, it was a promotion offered



by Dining Services to use a meal plan scan to purchase food at Subway or Chik-Fil-A rather than in the cafeteria or at the Rankin Den in River Park. When this option would be implemented is still to be decided.

Some changes being made this semester

are the addition of a second large salad bar cooling unit, which has allowed for an increase in variety and availability at the salad bar. This change was implemented on Nov. 12 and is a permanent addition to the services offered at the Main Campus cafeteria. The increase in variety at the salad bar prompted discussion of adding variety to the breakfast menu for both campuses, to which the difficulty of changing those menus was addressed.

While changing menus or increasing variety for breakfast would be difficult, Mr. Anderson explained how the menu rotation works for lunch and dinner in the cafeteria and at the Den. The process is done by a cyclical menu that operates on a four-week cycle. This means that every semester, each week's menu is only repeated four times, with the exception of chicken days on the Thursday of every week.

Despite the town hall meeting ending, Misters Anderson, Balsam and Mitchell assured the students that should they have comments or concerns, they can always come to Mr. Anderson's office by the Chik-Fil-A or communicate online through Twitter, Facebook and the CSU Aramark website: <http://www.campusdish.com/en-us/css/columbus>.

Sam Sachs

Campus Life Editor

Illustration: Elaine Hoffmeister

Student Government Association Holiday Projects

SGA serves over 50 homeless people with meals

Eric Nicey

Staff Writer

Photos: Francesca Long



Members of SGA serve food to those in need

On Nov. 9, 2014, the Student Government Association held its first Feeding Open Door Event, where CSU students, including fraternity and sorority members, helped to serve homeless citizens a hot meal. The event also consisted of an array of musical entertainment such as dancing and singing performances from CSU students. Over 50 homeless people were fed as a result of the event. Rachel Green, President of the Student Government Association, stated that "the event was extremely successful." As

it came to a close, the homeless individuals who were at the event were given to-go plates to take with them.

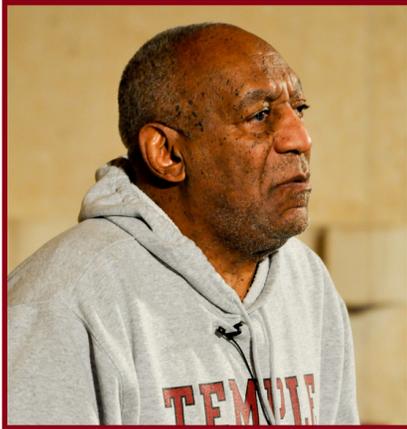
Following their Feeding Open Door Event, SGA is now holding its coloring book drive which will end on Dec. 8. The event will consist of the collecting of coloring books by members of SGA to donate to children at Columbus Hospital. For more info on the event contact the Student Government Association office at 706-568-2403 or visit at Davidson Student Center, Room 207.



SGA's Feeding Open Door Event

Beloved Comedian or Rapist?

Several women accuse Bill Cosby of rape



Bill Cosby, 77 years old

Bill Cosby, known for his stand-up comedy and his role in the NBC sitcom “The Cosby Show,” is currently facing

rape accusations from numerous women. Sixteen women have come forward claiming that Bill Cosby sexual assaulted them, with 12 claiming that he drugged and raped them. Among the group of women is model Janice Dickinson, actress Louisa Moritz, and former Playboy playmate Victoria Valentino. These alleged rapes occurred between 1965 and 2004, but the accusations have only now been made public.

The accusations came just as Bill Cosby was working out a deal with NBC for a new comedy show, but now the television network has dropped the project. TV Land has followed suit, pulling The Cosby Show clips from its website. Furthermore, Netflix postponed a comedy program with the comedian, and Bill Cosby’s David

Letterman interview was cancelled amidst the growing controversy.

At first the comedian announced that he would not dignify the rape allegations with a response, but when a Florida radio station offered prize money to anyone willing to heckle Cosby at his comedy show at King Center in Melbourne, the comedian broke his silence.

In an interview with Florida Today, Cosby explained his reason for not addressing the rape allegations: “I know people are tired of me not saying anything, but a guy doesn’t have to answer to innuendos. People should fact check. People shouldn’t have to go through that, and shouldn’t answer to innuendos.” Despite the massive public outcry and media attention, Cosby is still planning 36 shows up until May 2015.

Lindsay Marchello

Staff Writer

Photo: Flickr Commons

“Santa’s Christmas Tree” Coming to the Stage

Join the CSU Theatre for a night of family fun

Nothing says Christmas like going out and getting a tree. Too bad in Beverly Weiler’s musical “Santa’s Christmas Tree,” Santa’s naughty elves forget to do just that. And they’ve got their work cut out for them. Three notable trees on Snowy Mountain all believe they’re the best choice. Mr. Douglas, Lady Spruce, and Sir Noble would all like a chance to live in Santa’s forest forever. While Miss Merry, the small and withered pine tree, is certain that any of them would make a great choice.

Trouble is on the horizon for all the trees and forest animals, however, with the arrival of the Blizzard Wizard. Will he be stopped in time for the Santa’s elves to select the perfect tree?

You’ll have to join CSU’s Theatre Department at the Riverside Theatre Complex in order to find out.

“Santa’s Christmas Tree” is a part of CSU Theatre Department’s family series. It will be directed by Professor Brenda May Ito of CSU’s Theatre Department. If you would like to purchase a ticket, call the box office Monday through Friday from 11 a.m. to 5 p.m. at 706-507-8444.

Danielle Davis

Layout Editor

Showtime

December 6 at 10:00 a.m.

The Hobbit: Battle of the Five Armies

A preview of the soon-to-be released film

Since 2001, Peter Jackson’s adaptation of “The Lord of the Rings” has captivated audiences worldwide. Ending in 2003, many wondered what would happen to Middle Earth and if there would be any other related stories adapted to film for their viewing pleasure. The answer to that came in 2012 when “The Hobbit: An Unexpected Journey” premiered as part one of a new trilogy. Now, in 2014, that trilogy is coming to an end with “The Hobbit: Battle of the Five Armies,” and wraps up the final act of “The Hobbit” novel. The film will show the last effort by Thorin, Bilbo, and company to secure the Arkenstone of the dwarves and protect their home from both Smaug in his fury and the several enemies they have made during their quest.

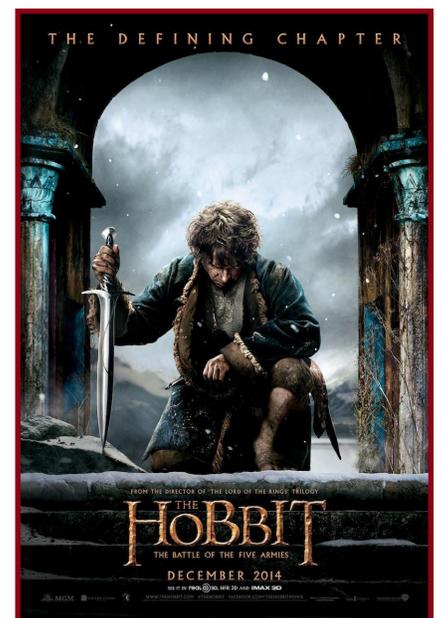
Among their enemies are Azog the Defiler, an old enemy from the fall of the Dwarven capital who has come for revenge on Thorin, Thranduil and the elves of Mirkwood in their pursuit of a share of the Dwarves’ treasure, and the Men of Long Lake who also seek riches. The Eagles of the Misty Mountains join the battle after coming to the aid of the wizard Gandalf, and all this happens as Smaug destroys Lake-town in vengeance for being disturbed from his stolen hoard of treasure in the Dwarf mountain Erebor.

Set to be the final installment of any film in Middle Earth, “The Hobbit: Battle of the Five Armies” premieres on Dec. 17 of this year.

Noah Sachs

Contributing Writer

Media: New Line Cinema



News from the Capitols

Hunger Games: Mockingjay kept from theaters in Thailand and China

Sam Sachs

Campus Life Editor

Media: Lionsgate



On Nov. 21, the third installment in the “Hunger Games” movie franchise, “Mockingjay-Part 1,” was released in the United States, with releases on the international sectors from Nov. 19 and onward. “Mockingjay” is the first half of the two-part finale of the “Hunger Games” films, and depicts the open civil war between the Capitol’s tyrannical government and the subjugated districts forced to work for them.

In the real world, civil unrest and opposition to controlling governments has spread in recent months. Following the May 22 military coup in Thailand and growing revolutions in Hong Kong, China made the decision to delay the release of “Mockingjay” in theaters until January of 2015. Thailand, already having released the film in their own theaters, pulled the film from theaters after Thai students began to emulate the rebel salute from the films in protest of the military government.

Since the release of the film in Thailand on Nov. 19, five Khon Kaen University students have been taken into custody by the

government and required to report to the military following their releases. The Apex Group cinema chain, the main theater company in Thailand, gave a statement on the removal of the film saying that they had canceled showings due to feelings that “our theaters are being used for political movements.”

Other places around the world are also seeing “Hunger Games” inspired rebellious action, including St. Louis, Missouri, where people protesting the Ferguson grand jury decision vandalized a city landmark with the phrase “if we burn, you burn with us,” a sentence made popular from the film and book series.

While the tensions escalate between citizens and governments, the “Hunger Games: Mockingjay-Part 1” has been monetarily successful, with a high-ranking box office release and massive ticket sales continuing through domestic and foreign markets.



Jennifer Lawrence as Katniss Everdeen

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Philae Lander Touches Down on Distant Comet

10-Year mission ends in scientific milestone

Scott Berson

Staff Writer

Photo: Wiki Commons

Nov. 12 marked the end of a 10-year mission to land a spacecraft on the Comet 67P/Churyumov-Gerasimenko, roughly 320 million miles away from Earth. The project, an international effort headed by the European Space Agency (ESA), involved flying the Rosetta spacecraft 3.7 billion miles to enter orbit around the comet. From there, a lander was deployed in order to analyze the chemical composition of the comet, and to track how it changes as it orbits the sun.

Comets, some of the oldest bodies of the galaxy, have been reported and documented by humans for centuries. While comets are thought to be composed mostly of ice, the Rosetta mission is the first scientific endeavor to attempt to provide a definitive analysis for the makeup of a comet.

The time of the landing was a tense moment for the team of scientists. The lander, named Philae, left the Rosetta spacecraft and approached the comet, a descent which took nearly seven hours. Rockets and harpoons, which were meant to slow and secure Philae, failed to activate, and the lander bounced off of the comet's surface. Nearly two hours later, it returned to the ground and bounced again before finally coming to rest underneath a cliff.



Although it had a rough landing, the craft did not sustain any serious damage. Through a German-built sensory device it “sniffed” the light atmosphere around the comet and detected what seemed to be organic compounds. This is a major find that could help answer some questions as to how such compounds first appeared on Earth. Philae was also able to drill into the comet's surface and determine that it was composed primarily of ice, with a thin layer of dust resting on top. A comet can be seen as a sort-of snapshot of when the universe was very young, so being able to understand exactly what is inside of them could yield some incredible insight into what such a universe would have been like.

Unfortunately, greater analysis will have to wait. Because Philae came to rest in

the shadow of a cliff, it was only able to function for a brief time before being put on an indefinite standby as its solar-powered batteries drained—it remains a precarious situation. In the coming months, the comet should move into a position that will allow the sun to recharge Philae's batteries, but it is also possible that the rays will be too strong and the lander will overheat. If this happens, it will no longer be usable. The ESA plans to monitor the comet and remains “optimistic” at the possibility of greater scientific study.

Time will tell if Philae will be able to gather more data. In the meantime, team members from the project are taking in some well-deserved praise. Public interest in the project has been fairly high, and though a significant source of media attention was due to a controversy over project scientist Matt Taylor's choice of dress in an interview, the general renewed interest in science and space exploration shows that people are still excited about scientific progress. Alastair Reynolds, former astrophysicist for the ESA, likened the project to science fiction come true. The success of the project, he says, is “a reminder that we can do amazing things, if we dream big.”

Students Escape Death at FSU

The story of the armed gunman who injured three

Cam Krafthefer

Local and World News Editor

Photo: Wiki Commons

In the earliest hours of the morning on Nov. 20, over 500 Florida State University students feared for their lives when they realized that there was an armed gunman among them in the Strozier Library. The students scattered to flee the building, leaving their personal belongings behind.

It was reported that 31-year-old FSU Alumni, Myron May, fired several rounds and injured three students: Elijah Velez, Nathan Scott, and Farham Ahmed. Fortunately, all three victims survived the shooting; however, Ahmed suffered a spinal injury, paralyzing him from the waist down. The campus police at FSU responded quickly and shot May to death on the front steps of the library.

The Saber was able to get in contact with FSU student Peyton Lanier, who is a junior majoring in Mechanical Engineering. Lanier stated: “I got woken up to the news about the shooting right after it happened, and I was a little shaken at first. Shootings happen everyday, but when it's at the library and it's happening with your peers, it's a little different.”

Lanier was impressed with how quickly the FSUPD responded to situation, but he is concerned about the truth behind the occurrence: “There were also a lot of questions about the true story: How many shooters were there and how

many people got hurt. That was probably the worst part about the whole thing.”

This instance caused some students at FSU to question why there is no concealed carry on campus, as many now fear for their safety. Lanier claims that he would like to see concealed carry on his campus, despite the quick response of the FSUPD.



The Spirit of Christmas

Events of the season in local and surrounding areas

Austin Nichols

Staff Writer

Photo: Ryan Krafthefer

Christmas is coming with a barrage of events to celebrate the holidays and to give back to the community. Callaway Gardens has one of the biggest holiday light displays in the south, "Fantasy in Lights." It has been named one of the worlds "Top Ten Places to See Holiday Lights" by National Geographic. Featuring over eight million lights, the show will be going on through Dec. 30.

Uptown Columbus is hosting its own holiday celebration, "Broadway Holiday," which will feature a holiday tree lighting, carriage rides, and even a visit from the Coca-Cola polar bear on Dec. 5. The following day on Dec. 6, the Riverside Theatre Complex is showing their play "Santa's Christmas Tree," and on the Dec. 7, Fort Benning's Maneuver Center of Excellence (MCOE) will be performing a holiday concert.

In addition to going out and having a good time, the holidays are a perfect time to give to those in need. Members of the Salvation Army can be found in front of many businesses, collecting donations to help give the less fortunate a Christmas dinner. "Toys for Tots" is a program that accepts new or gently used toys at sites around Columbus to give to underprivileged children in the community. "The Empty Stocking Fund" is a similar organization, dedicated to giving underprivileged children in Georgia a Christmas present,

although this organization only accepts online donations and does not have a physical toy drop.

For those of a religious orientation, the Lottie Moon Christmas Foundation is an organization that collects offerings to send to missionaries in foreign countries over the holidays.

Whatever you choose to do over the holidays, it is important to remember to have a good time, to give back to the community, and to embrace the Christmas spirit.



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Officer Darren Wilson Not Indicted

The Grand jury's decision causes a violent uproar in Ferguson, MO

Cam Krafthefer

Local and World News Editor

Photo: Wiki Commons



On Nov. 24, The Grand jury's decision to not indict Officer Darren Wilson for the death of Michael Brown caused a wave of destructive responses in the town of Ferguson. Though facts on the case have been confused through various media outlets, it was reported that Wilson was not indicted for the death of Brown because there was no probable cause to justify the accusation that Wilson killed Brown in cold blood.

However, this reasoning was not good enough for the people in the town of Ferguson, as they proceeded to riot in the streets. President

Obama addressed the nation on the issue and stated: "Burning buildings, torching cars, destroying property, putting people at risk—that's destructive, and there is no excuse for it. Those are criminal acts, and people should be prosecuted if they engage in criminal acts." Though despite the saturated coverage on the riots, there were several peaceful protests throughout the nation in response to the Grand Jury's decision.

While many would like to think that this issue is about morals, not race, the entire situation has been spun into a white-black issue by the media. Supporters of civil and equal rights fear that situations similar to this will continue to occur if something doesn't change. Obama claims: "People are beginning to have real conversations about how we can change the situation, so that there's more trust between law enforcement and some of these communities—and those are necessary conversations to have."

On Nov. 29, just days after the Grand jury's decision, Wilson resigned from his position, effective immediately, due to the controversy of the situation and various, violent threats that were made towards Wilson and his fellow police officers.

Chocolate Shortage: A Not So Sweet Story

A shortage of cocoa threatens the chocolate industry

Lindsay Marchello

Staff Writer

Illustration: Marjorie Pierce

Rumors of a potential chocolate shortage have popped up just in time for the holiday season. Reports coming in from Bloomberg news predict that by Jan. 1, 2020, the gap between the amount of chocolate that people want to consume versus the amount available will grow to one million metric tons. In just 10 years after that, the gap will grow to two million metric tons. Evidently, the world is running out of chocolate.

The reason behind this potential chocolate shortage is multifaceted. Disease, drought, demanding markets, and the displacement of cacao by crops, such as rubber and corn, all factor in the declining availability of chocolate. The world's largest provider of cocoa, Abengourou, Ivory Coast is feeling the increasing pressure and hardships associated with chocolate production. The Guardian details cocoa farmers' struggles in an article entitled, "The Cocoa Crisis: Why the World's Stash of Chocolate is Melting Away." One passage reads: "They know the hardships; the risk of diseases, inconsistent rains and buyers forcing them to sell at rock-bottom prices. With aging trees that yield fewer pods and the arduous process of harvesting, farmers have been giving up on their plantations."



Despite the difficulties in producing cocoa, the demand for the sugary treat has not wavered over the years. Countries like the United States and the United Kingdom demand more and more chocolate every year, and with the addition of China and India to the chocolate culture, the industry has seen a greater pressure to supply. Seasonal purchases bring an even greater pressure on chocolate suppliers to meet demand, as Halloween leads the market with 90 million pounds of chocolate purchased for the holiday, and Easter and Valentine's Day close behind.

Candy manufacturers like Mars Inc. and Barry Callebaut are worried that consumer demand for chocolate will

exceed cocoa supply, but others are not convinced a chocolate shortage is on its way. Tim Worstall, author of the Forbes' article entitled, "That Great Chocolate Shortage; Of Course It's Bad Public Policy, Why Do You Ask?" argues that in a proper market a shortage could never occur. He explains: "We can only have a shortage of something at the price that people want to pay for it. For prices move to balance supply and demand."

Worstall continues in his article to explain that the Ivory Coast government fixing the market price for cocoa is the reason behind the chocolate shortage. He sums up his findings in the following sentence: "So, the government buy in price for cocoa is set so as to make a nice profit for the government at the expense of the farmers. And thus our disconnect between what we're all willing to pay for cocoa and what the farmers are getting for it. And thus, obviously the shortage."

While the media continues to warn of a looming chocolate shortage, the rest of the world can breathe a little easier knowing that the sweet plant won't be disappearing anytime soon, or at least not for this holiday season.

The Christmas Creep

Should the holiday season be starting months before December?

Elaine Hoffmeister

Managing Editor

Illustration: Elaine Hoffmeister

Beginning the Christmas craze after Thanksgiving is great. Having fun with Christmas in July is cute. But when Christmas starts invading our lives in October, September, and even August, things have gone too far. Christmas is starting earlier every year, and the trend doesn't look like it's stopping anytime soon.

The phenomenon is called the Christmas creep, a term coined in the 80s when retailers began moving up the start of the holiday shopping season so as to have more time to sell their wares. It's an especially pervasive phenomenon affecting the largest retailers, from giants Sam's Club, Target, and Walmart, to department stores like Dillard's and JCPenney. Some stores just never take down their Christmas stock. Have you been to Traditions lately?

You may remember that when our generation was in its Santa Claus adoration phase the Christmas creep was isolated to December and maybe November. But today stores, radio stations, and TV channels are getting into the jingle bell spirit not only before Thanksgiving, but even before Halloween.

Hallmark has been showing its holiday movies since Nov. 1, while Christmas trees and ornaments began cropping up in September, coupled with the annual snow-filled Christmas ads and jingles which have been sneaking into the airwaves. Today it's not so much the Nightmare before Christmas as Christmas before the Nightmare.

Historically, the creep is rooted in a progressive movement of the early 20th century called the "shop early campaign," during which President Roosevelt officially moved Thanksgiving a week earlier to ease the strain on retail and improve conditions for overworked clerks. Since then retailers have entered a global competition to capture the delicious Christmas profits first. The sheer consumerism of the holiday takes care of the rest.

Originally this early Christmas shopping trend began because people procrastinated their gift buying until the last minute. Today, however, it's a reflection of American society as a whole, a structure which has moved toward commercialism in all aspects of its existence. Youth, happiness, entertainment, and love have all been given price tags, so why not Christmas, which incorporates all these ideals? Some social theorists might even argue that the Christmas creep is the product of adults becoming infantilized and wanting to enjoy the fun longer.

In economics there is a concept known as diminishing marginal utility, wherein the more of something you have, the less you get out of it. This is true of the Christmas craze as well. Provided that all else remains constant, there is a good chance that sooner or later people will tire of it. And this applies to other holidays as well, those which have failed to escape this trend. For instance, Hanukkah and other seasonal festivities are getting the same

commercializing treatment as Christmas; meanwhile, Easter eggs are sold with Valentines and four-leaf clovers in January.

But what is the effect of all of this?

With Christmas already having become a highly secularized religious holiday, there is not much opportunity to dwell on the extravagance of having a four month celebration. And while everyone certainly enjoys having as much fun as possible, the holiday cannot possibly live up to the heightened expectations manifested

by such a long holiday season. If that's the case, there are limited possible futures of this phenomenon. Either Christmas simply never stops being celebrated, and we have eggnog all year round, or we have a fallout with the commercialization, and everyone grows sick of the tinsel and toys.



***“Today it’s not so much
the Nightmare before
Christmas as Christmas
before the Nightmare.”***

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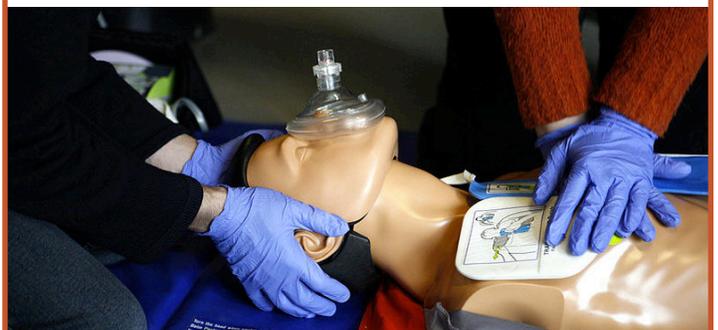
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Carrying Momentum

CSU men's basketball to push last season's energy toward a new start

Jake Hall

Staff Writer

Photo: Derrick Reed



The Lumpkin Center's basketball court

The CSU men's basketball team saw last season come to an end in the Peach Belt Conference tournament at the hands of top-seeded South Carolina-Aiken. It was a crushing defeat in which CSU lost an eight-point lead. Although the game ended in loss, CSU showed promise and character throughout the game, exchanging the lead several times in the second half.

The Cougars come into this season with virtually the same team plus several newcomers, including 6-foot-11 transfer Tim Dixon. The loss to Aiken, although heartbreaking, gives the Cougars momentum to carry into this season.

"I thought we played our best game against Aiken last year," said Robert Moore, head basketball coach at CSU. "We just couldn't finish."

CSU lost leads seven different times last season. Blown leads caused the Cougars to fall to a record of 14-13 last year, just barely sneaking into the tournament.

This year Coach Moore hopes to change that. "We had trouble finishing," said Moore. "We had a lot of young guys, and at times I just don't think we knew how to win those type of games. We would come out in the first half, and look like the best team in the league, and turn around in the second half and look like the worst. We are hoping that Peach Belt experience will help us to turn things around."

The Cougars were picked to finish fifth in the Peach Belt preseason poll, but this year the league is wide open. USC Aiken lost most of its championship team this offseason, and they will look to rebuild this year; meanwhile, Montevallo returns with the Peach Belt Player of the Year, Toran Brown.

CSU returns with its star, and runner up for PBC Player of the year, Kenney Funderburk, along with returning players Shane Heyward, BJ Battle, DeAngelo Kirkland, Ty Harris, and Brent Jackson. Funderburk comes in with a lot of hype this year, and Coach Moore believes that Kenney can capture the award this season.

"I really like his attitude coming into this season," said Moore. "He had a great summer by staying home, lifting weights, and working on his game. I've always felt that if you can make the guys around you better, you become a complete basketball player. Kenney is the kind of player that we need to carry us, and I think that he and his teammates know that."

For more information on CSU men's basketball, including scores, highlights, and a complete schedule, please visit cscougars.com.

Winter Workouts

Helpful tips for staying active this holiday season

Lucas Ely

Staff Writer

Photo: Flickr Commons

The holiday season is upon us, and with it comes finals, shopping, and of course food. Shopping, finals and family responsibilities can take up a lot of time, making it hard to squeeze in a workout. If your exercise of choice is running or cycling, it can be hard to even convince yourself to go out into the elements. Here is some advice to make your winter workouts less chilling.

If going outside seems too daunting, there is absolutely no shame in taking your exercise indoors. Going to a gym, like the Student Recreation Center, can be a great option. All of the equipment is already there and, best of all, the building has heat.

If going to the gym isn't your thing, you can turn the living room into a gym. Calisthenics are the perfect go-to for an at home exercise routine. These are exercises like push-ups, sit-ups, pull-ups, and squats, which don't require any equipment. Instead, they use body weight as resistance. If you are a cyclist or runner, an indoor trainer or a treadmill may be a worthwhile investment. These allow you to still have the experience of running or biking, while staying indoors. You can even watch television or read a book to help beat the monotony.

If you are one of the few brave enough to hold to your outdoor exercise regimen, one of the most important things to address is what to wear. Start with a base layer of a material that will wick sweat away from your body. Stay away from cotton; any sweat you produce will quickly evaporate and take body heat

with it. Next, layer a long sleeve athletic top, and finish with a breathable jacket or pullover to protect from wind. Keep your legs warm with thermal tights or running pants. Couple all that with protection for your ears, gloves, and good socks, and you should be good to go. As a general rule, you should feel a little cool when you start out. However, once you've warmed up, your body will generate plenty of heat to keep you comfortable.

Winter can be a difficult time for people trying to stay active, but with these tips you can continue, or even start, an exercise routine as we move into the coldest months of the year.



Tony Hawk Takes Flight

Skateboard legend Tony Hawk rides world's first hoverboard

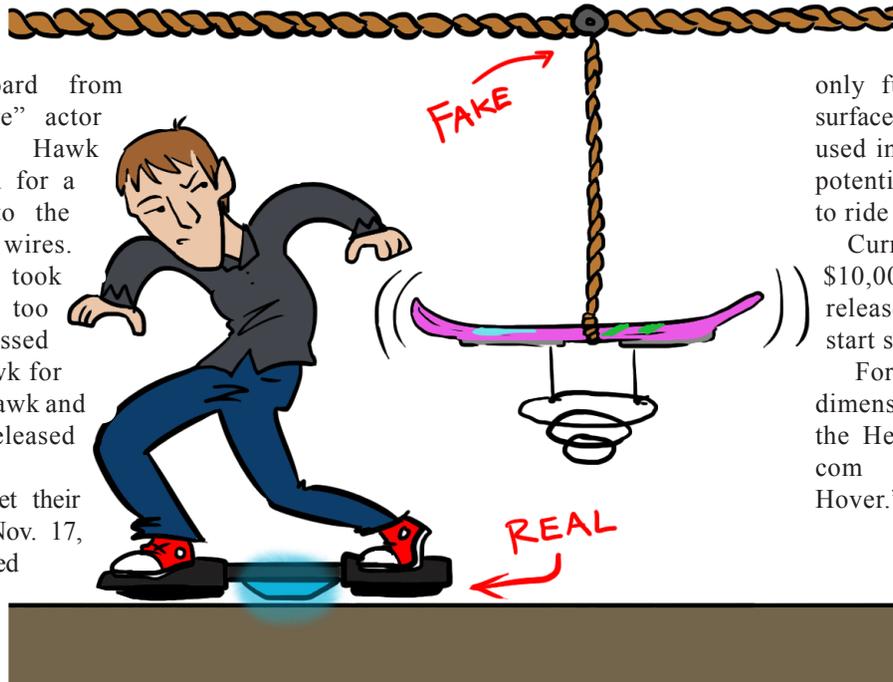
Professional skateboarder Tony Hawk has been grinding up the news recently. Hawk's most recent hoverboard video was ill received amongst some fans, because it came eight months after a prank video with HUVrTech. In the footage, Hawk accepts a hoverboard from "Back to the Future" actor Christopher Lloyd. Hawk then takes the board for a test drive, thanks to the help of some hidden wires. Unfortunately, fans took the video a little too seriously and harassed the company and Hawk for raising their hopes. Hawk and HUVrTech both released official apologies.

Now, fans can get their hopes up again. On Nov. 17, RIDE Channel released a YouTube video that depicted Hawk riding the world's first functional hoverboard.

Originally, the project was a Kickstarter campaign from Hendo Hover with a goal of \$250,000. The company has since raised almost double their goal and created a board called "The Hendo." The board hovers an inch off the ground, but only functions above certain surfaces, such as the aluminum used in the video. This means potential buyers won't be able to ride the board on the road.

Currently, the Hendo costs \$10,000 and is slated for release in Oct. 2015. Better start saving now.

For information about the dimensions and dynamics of the Hendo, go to kickstarter.com and search "Hendo Hover."



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The Frazzle of Finals

Five tips for managing stress during finals week

Toni Stauffer

Staff Writer

Photo: Wiki Commons



Fall semester is almost at an end. For many students, finals are the most stressful part of school. Some are on the fence about grades, and a final can determine whether they pass or fail. Caffeine consumption is at an all-time high during finals, as is pencil chewing, nail biting, hair pulling and sleepless nights. Too much stress without a break leads to a condition known as distress; a negative reaction to stress that has symptoms such as headaches, nausea, high blood pressure, angina and insomnia. Stress can also make previous health issues worse. Most doctor visits are due to the negative effects of stress, and as much as 50 percent of emotional disorders are stress-related.

Some students might be tempted to relieve stress with alcohol, tobacco, or other drugs; however, the relief felt from these substances is only temporary and can keep the body in a stressed state. Students need a clear head to study and retain information. Here are tips for managing stress during finals:

- 1. Exercise.** Taking a walk to clear your head during a difficult study session can help lower stress by releasing stress-busting endorphins.
- 2. Get enough sleep.** An upset sleep cycle creates stress and disrupts focus.
- 3. Limit caffeine intake.** While a little caffeine provides a boost of energy, too much can lead to insomnia and heart palpitations. According to Psychology Today, heavy caffeine consumption is more than four eight-ounce cups of coffee a day.
- 4. Eat well.** Avoid sugary and salty snacks. Instead, opt for fresh fruits and vegetables, like baked kale or rice cakes instead of potato chips. You'll feel better and it will help keep stress levels lower.
- 5. Stay hydrated.** Some students get so focused on their studies that they don't pay attention to their basic needs, such as water intake. Staying hydrated helps to combat stress and keep the body healthy.

Columbus State Hoops Heating Up

A look at the basketball games taking place over the winter break

Jake Hall

Staff Writer

Photo: Derrick Reed

Winter break is a time for rest, relaxation, and basketball as the stars of CSU men's and women's basketball teams take the court for 12 home games between Dec. 3 and Jan. 12.

December 3

CSU's men's basketball team will host the College of Coastal Georgia. The Mariners hold a record of 3-4 at the time of writing, and are led by guard Reggie Burke.

December 6

The Lady Cougars take on the Selma Lady Bulldogs at the Lumpkin Center, while the men's team takes on Carver Bible College later that night.

December 8

The men's squad finish up their nonconference schedule with a game against the Fort Valley State Wildcats. CSU has won the last two meetings by three points.

The Lady Cougars wrap-up their nonconference schedule the following night at home against Albany State.

December 13

The men's and women's teams open up conference play at home against Armstrong Atlantic. A win would be significant in putting the women's and men's teams back into the Peach Belt Conference Tournament.

2015

CSU hosts conference foe Francis Marion. The Lady Cougars will face CSU Hall-of-Famer, and former CSU Athletic Director, Jay Sparks. It will be the first time Coach Sparks enters the Lumpkin Center as the opponent.

For more information on the teams, including a complete schedule and game results, visit csucougars.com.



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